



# sodexo

## 2011 FOOD ALLERGY GUIDE



### Dairy Ingredients

The different dairy allergen ingredients that are taken into account for this guide are:

- |                  |                     |
|------------------|---------------------|
| Acidophilus Milk | Lactoglobulin       |
| Casein           | Lactose             |
| Caseinate        | Malted Milk         |
| Curds            | Nougat              |
| Galactose        | Potassium Caseinate |
| Ghee             | Ready Sponge        |
| Lactalbumin      | Rennet              |
| Lactate          | Sodium Caseinate    |
| Lactic Acid      | Whey                |

Please take notice of the ingredients researched and be aware that only the ingredients listed above have been searched for, and there may be other ingredients that may still pose an allergic threat. Any product containing any of these listed ingredients has been flagged as potentially harmful to any guest with a dairy allergy.

### Gluten Ingredients

The different gluten allergen ingredients that are taken into account for this guide are:

- Alcohol
- Barley, Barley Flour
- Barley Malt Extract or Flavorings, Bran
- Bulgur, Chilton
- Cracked Wheat, Couscous
- Dextrins, Dextrimaltose
- Dinkie, Durum
- Einkorn, Emmer
- Farina, Faro, Filler, Flour, Fu
- Germ, Gluten, Vital Gluten
- Graham Flour, Groats
- Kamut
- Malt, Matzo, Matzo Meal, Mir
- Orzo, Panko, Pasta, Rye
- Seitan, Semolina, Spelt, Starch
- Triticale, Triticum
- Udon, Wheat

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### Nut Ingredients

The different Tree Nut and Peanut allergen ingredients that are taken into account for this guide are:

- Arachis
- Emulsifier
- Food Additive 322
- Gianduja
- Goober Peas
- Hydrolyzed Vegetable Protein(HVP)
- Lecithins
- Mandalona
- Marzipan
- Nuts
- Nougat
- Peanut
- Peanut Butter
- Praline
- Walnut

Please take notice of the ingredients researched and be aware that only the ingredients listed above have been searched for, and there may be other ingredients that may still pose an allergic threat. Any product containing any of these listed ingredients has been flagged as potentially harmful to any guest with a Tree Nut or Peanut allergy.

### Egg Ingredients

The different egg allergen ingredients that are taken into account for this guide are:

- |               |                |
|---------------|----------------|
| Albumen       | Ovalbumin      |
| Albumin       | Ovamucin       |
| Apovitellenin | Ovamucoid      |
| Egg Lysozyme  | Ovoglobulin    |
| Egg Whites    | Ovotransferrin |
| Egg Yolks     | Ovovitellin    |
| Eggs          | Phosvitin      |
| Globulin      | Simplexse      |
| Livetins      | Vitellin       |
| Lysozyme      |                |

Please take notice of the ingredients researched and be aware that only the ingredients listed above have been searched for, and there may be other ingredients that may still pose an allergic threat. Any product containing any of these listed ingredients has been flagged as potentially harmful to any guest with an egg allergy.

**canobie.com**

# Food Allergy Guide – 2011

Sodexo, the food service provider here at Canobie Lake Park, makes every effort to ensure our Guests' needs are met. We understand that some of our Guests may have food based allergies, and we strive to provide them with detailed information to make their meal choices as hassle-free as possible. The dietary and allergy information used to create these guides has been researched by Sodexo USA. The product ingredient information was derived directly from the product packaging that we receive from our suppliers.

While we attempt to keep this information as current and as accurate as possible, please understand that there are many factors that can affect the accuracy of these guides, including but not limited to temporary product substitutions or cross-contamination (our products are shipped, stored, and transferred alongside other items that may include allergens). As always with any serious food allergy, please use your best judgment when deciding what and what not to eat.

We are happy to provide these guides as a service to our Guests, in hopes that it makes your visit here at Canobie Lake Park as enjoyable as possible. If there is anything else we can do to assist, please do not hesitate to use the contact information below or visit Guest Services at the park entrance. For specific product ingredient lists please use the contact information below. Thanks for visiting and enjoy your day!

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*The information in this guide has been researched and collected from Sodexo, USA, the food service provider inside Canobie Lake Park. There are multiple factors, beyond our control, including without limitation: misinformation, human error, and ingredient substitutions from food distributors that could prevent the accuracy of this guide. We recognize that eating at the park can be challenging with a food allergy and that is why we allow any person with a life-threatening allergy to bring his or her own food into the park.*

~ SODEXO USA

## KEY

Nut Allergies



Dairy Allergies



Gluten Allergies



Egg Allergies



### 1 – The Trellis

Item	Nut	Dairy	Gluten	Egg
Pizza (cheese or pepperoni)				
Hamburger				
Cheeseburger				
Chicken Sandwich				
Hot Dog				
French Fries				
Onion Rings				
Garden Salad				
Chicken Caesar Salad				
Milk / Chocolate Milk				
Apple Juice				
Coffee				
Tea				
Hot Chocolate				

### 2 – Lemonade Stand

Item	Nut	Dairy	Gluten	Egg
Lemonade				
Strawberry Lemonade				
Pretzel				
Nacho Cheese Sauce				

### 3 – Cafe D'Or

Item	Nut	Dairy	Gluten	Egg
Starbucks Hot Coffee (Regular or Decaffeinated)				
Starbucks Iced Coffee (Regular or Decaffeinated)				
Espresso Shot				
Hot Chocolate				
Flavored Syrup Shot				
San Pelligrino				
Chocolate Chip Muffin				

### 4 – Pizza Ria

Item	Nut	Dairy	Gluten	Egg
Pizza (Cheese, Pepperoni or Peppers & Onions)				
Steak & Cheese Sub				
Clam Chowder				
Chili				
Candy Apples				
Caramel Apples				
Cotton Candy				
Popcorn				
Hot Chocolate				
Apple Cider				

### 5 – Gables Grill

Item	Nut	Dairy	Gluten	Egg
Hamburger				
Cheeseburger				
Chicken Sandwich				
Hot Dog				
Chicken Tenders				
French Fries				
Cheese Fries				
Uncrustables PB & Jelly				
Apple Juice				

# Just for fun! CANOBIE LAKE PARK

**MAP KEY**

	REST ROOMS		FOOD
	FIRST AID		FREE PARKING
	LOCKERS		STROLLER RENTAL
	WHEELCHAIR RENTAL		GIFTS
	AIR CONDITIONED		AUTOMATED EXTERNAL DEFIBRILLATOR
	DESIGNATED SMOKING AREA		

**Canobie Lake Park is a smoke-free facility.**



## A variety of food choices throughout the Park!

- 1 THE TRELIS** – Cheeseburgers, Hot Dogs, Pizza, Grilled Chicken Sandwiches, Salads
- 2 LEMONADE STAND** – Lemonade, Strawberry Lemonade, Pretzels
- 3 CAFE D'OR** – Coffee, Iced Coffee, Lattes, Cappuccino, Espresso
- 4 PIZZA RIA & SUBS** – Hand-Tossed Pizza, Submarine Sandwiches, Soups, Salads, Clam Chowder, Chili

- 5 GABLES GRILL** – Cheeseburger Baskets, Chicken Tender Baskets, Hot Dog Baskets, Cheese Fries
- 6 PONCHO CANTINA / FRIED DOUGH** – Nachos, Tacos, Quesadillas, Cheese Fries, Fried Dough
- 7 BE-BOP DINER** – Chicken Tenders, Fries, Cheese Fries, Fried Dough

- 8 LUMBER JACK'S ICE CREAM** – Sundaes, Hard Scoop Ice Cream, Soft Serve Ice Cream
- 9 SONS OF LIBERTY TAVERN** – Appetizers, Wraps, Chicken Tenders, Sweet Potato Fries, Mac & Cheese, Salads
- 10 POPCORN BOX** – Popcorn, Cheddar Popcorn, Caramel Corn

- 11 HOT DOG DINER** – Grilled or Steamed Hot Dogs, Sausage, Bratwurst
- 12 FRIED DOUGH** – Fried Dough
- 13 ENTRANCE CART** – Caramel Apples, Candy Apples, Richie's Slush, Cotton Candy, Dippin' Dots
- 14 DIPPIN' DOTS** – Dippin' Dots Ice Cream by the Cup
- 15 OKTOBERFEST TENT** – A variety of traditional German favorites
- 16 KABOB GRILL CART** – Teriyaki Chicken Kabobs, Sweet Chili Chicken Kababs and Grilled Corn



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### 6 – Poncho Cantina

Item	Nut	Dairy	Gluten	Egg
Beef Tacos				
Nachos w/ Cheese				
Beefy Nachos				
Nachos Grande				
Spicy Fries				
Cheese Fries				
Salsa				
Guacamole				
Sour Cream				
Fried Dough				

### 7 – Be-Bop Diner

Item	Nut	Dairy	Gluten	Egg
Frankenstein's Favorites				
Chicken Tenders (Plain)				
Headless Horseman Sauce (Honey Garlic)				
Dracula's Delight Sauce (Teriyaki)				
Sweet & Sour Sauce				
The Gravedigger Sauce (Sweet Chili)				
Wolfman's Howl (Frank's Buffalo)				
French Fries				
Cheese Fries				
Ranch Dressing Dip				
Bleu Cheese Dip				
Fried Dough				
Fried Dough Extreme				

### 8 – Lumberjack's Ice Cream

Item	Nut	Dairy	Gluten	Egg
Soft Serve In Dish				
Regular Cake Cone				
Hot Fudge Sundae				
Candy Apples				
Caramel Apples				
Cotton Candy				
Popcorn				
Fudge (Asst. Flavors)				

**9 – Sons of Liberty Tavern**  
**(Food Menu)**

Item	Nut	Dairy	Gluten	Egg
Chicken Tenders				
Wraps (Buffalo Chicken, Chicken Caesar)				
Wraps (Turkey Club, Tuna)				
BLT Sandwich				
Grilled Reuben				
Pulled Pork Sliders				
Clam Chowder				
Chili				
French Fries				
Cheddar Bacon Fries				
Sweet Potato Fries				
Nachos w/ Cheese				
Popcorn				
Hot Chocolate				
Apple Cider				

**9 – Sons of Liberty Tavern**  
**(Beverage Menu)**

Item	Nut	Dairy	Gluten	Egg
Wine (Chardonnay, Pinot Grigio, Merlot)				
Beer (Bud, Bud Light, Bud Light Lime)				
Beer (Heinekin)				
Frozen Alcoholic Drinks				
Apple Juice				
Hot Coffee				
Hot Tea				
Milk or Chocolate Milk				

**10 – Popcorn Box**

Item	Nut	Dairy	Gluten	Egg
Popcorn				
Caramel Corn				
Kettle Corn				
Cheddar Corn				
Butter Topping				

**11 – Kayem Hot Dog Diner**

Item	Nut	Dairy	Gluten	Egg
Hot Dog				
Sausage (w/Peppers & Onions)				
Bratwurst (w/Caramelized Onions)				
Doritos				
Lays Potato Chips				
Pickle				

**12 – Fried Dough**

Item	Nut	Dairy	Gluten	Egg
Fried Dough				
Fried Dough Extreme				
Whipped Cream Topping				
Chocolate Sauce				
Caramel Sauce				

**13 – Entrance Cart**

Item	Nut	Dairy	Gluten	Egg
Cookies & Cream Dippin' Dots				
Birthday Cake Dippin' Dots				
Banana Split Dippin' Dots				
Blue Raspberry Dippin' Dots				
Richie's Slush				
Caramel Apples (Various Toppings or Plain)				
Candy Apples				
Pretzels				
Popcorn				
Cotton Candy				

**14 – Dippin' Dots**

Item	Nut	Dairy	Gluten	Egg
Cookies & Cream Dippin' Dots				
Birthday Cake Dippin' Dots				
Banana Split Dippin' Dots				
Blue Raspberry Dippin' Dots				

**15 – Oktoberfest Tent**

Item	Nut	Dairy	Gluten	Egg
German Potato Soup				
Gurkensalat (Cucumber Salad)				
German Potato Salad				
German Fries				
Chicken Tenders				
Chicken Cordon Bleu Bites				
German Pretzel				
Turkey Legs				
Kayem Pale Ale Bratwurst				
Sweet Sausage				
Chicken Quarter w/Fries				
Bockwurst (.25 lb Hotdog)				
Apple Crisp				

**16 – Kabob Grill Cart**

Item	Nut	Dairy	Gluten	Egg
Teriyaki Chicken Kabob (w/Pineapple & Peppers)				
Sweet Chili Chicken Kabob (w/Peppers, Onions & Mushrooms)				
Grilled Corn				

**Carts**

Item	Nut	Dairy	Gluten	Egg
Hot Dog				
Sausage				
Pretzels				
Cotton Candy				
Popcorn				
Caramel Apples				
Candy Apples				
Hot Chocolate				
Apple Cider				

**Condiments**

Item	Nut	Dairy	Gluten	Egg
Ketchup				
Mustard Packets				
Mayo Packets				
Relish Packets				
BBQ Cups				
Honey Mustard Cups				
Sweet & Sour Cups				
Caesar Dressing				
Ranch Dressing				
Olive Oil Vinaigrette				
French Dressing				
Italian Dressing				

**Pepsi Products**

Item	Nut	Dairy	Gluten	Egg
Pepsi				
Diet Pepsi				
Sierra Mist				
Mountain Dew				
Fruit Punch				
Orange Soda				
Mug Root Beer				
Aquafina Bottled Water				

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