

DAIRY INGREDIENTS:

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

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

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

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

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

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EGG INGREDIENTS:

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

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

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SOY INGREDIENTS:

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

Edamame	Nimame	Soy Isolate	Tempeh
Guar Gum, Gum Arabic	Okara	Soy Lecithin	Textured Soy Flour (TSF)
Hydrolyzed Vegetable Protein (HVP)	Soy, Soya	Soy Oil	Textured Soy Protein (TSP)
Kinako, Kouridofu	Soybean	Soy Protein	Textured Vegetable Protein (TVP)
Miso, Natto	Soyabean	Tamari	Tofu, Yuba

As anyone with a soy allergy is likely aware, there are many ingredients that "may contain" soy which are not labeled as such. Some of these ingredients that are NOT taken into account (unless the specific package declares that it does contain soy) for this guide are:

Artificial Flavorings	Lecithin	Natural Flavorings
Citric Acid	Mono-Diglyceride	Vegetable Broth
Glycerol Monostearate	Monosodium Glutamate (MSG)	Vegetable Oil

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 soy allergy.



sodexo

2018 CATERING FOOD ALLERGY GUIDE



2018 Food Allergy Guide

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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Sodexo - Executive Chef
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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

COLOR CODE					
Nut Allergies	Dairy Allergies	Gluten Allergies	Egg Allergies	Soy Allergies	Shellfish Allergies

SALADS

Item	Nut	Dairy	Gluten	Egg	Soy	ShellF.
Tossed Salad						
Pasta Salad			✓	✓	✓	
Potato Salad				✓	✓	
Caesar Salad	✓	✓		✓	✓	
Chicken Caesar Salad	✓	✓	✓	✓	✓	
Italian Dressing						
Ranch Dressing		✓		✓	✓	
Bean Salad						
Cole Slaw		✓		✓	✓	
Fruit Salad						

SIDE DISHES

Item	Nut	Dairy	Gluten	Egg	Soy	ShellF.
Vegetarian Baked Beans			✓			
Corn on the Cob					✓	
Rice Pilaf			✓		✓	
Caesar Salad	✓	✓		✓	✓	
Steamed Green Beans					✓	
Steamed Baby Carrots				✓	✓	
Baked Mac & Cheese		✓	✓	✓	✓	

MAIN DISHES

Item	Nut	Dairy	Gluten	Egg	Soy	ShellF.
Hot Dog		✓	✓		✓	
Hamburger		✓	✓		✓	
Cheeseburger		✓	✓		✓	
Veggie Burger (Vegan)			✓		✓	
Sausage w/Peppers & Onions		✓	✓		✓	
BBO Chicken 1/4					✓	
Caribbean Chicken 1/4					✓	
Chicken Breast		✓	✓	✓	✓	
BBO Pulled Pork			✓		✓	
Baked Haddock			✓		✓	
Lobster						✓
Clams						✓
Ribeye Steak					✓	
Steak Tips					✓	

DESSERTS

Item	Nut	Dairy	Gluten	Egg	Soy	ShellF.
Watermelon						
Hoodsie		✓				

CONDIMENTS

Item	Nut	Dairy	Gluten	Egg	Soy	ShellF.
Ketchup						
Mustard						
Relish					✓	
Mayo				✓	✓	

PEPSI PRODUCTS

Item	Nut	Dairy	Gluten	Egg	Soy	ShellF.
Pepsi						
Diet Pepsi						
Sierra Mist						
Mountain Dew					✓	
Fruit Punch						

SNACKS

Item	Nut	Dairy	Gluten	Egg	Soy	ShellF.
Caramel Apple	✓	✓	✓	✓	✓	
Candy Apple	✓	✓	✓	✓	✓	
Cotton Candy						
Popcorn		✓			✓	
Slush						

SANDWICHES without BUNS

Item	Nut	Dairy	Gluten	Egg	Soy	ShellF.
Hamburger			✓		✓	
Cheeseburger		✓	✓		✓	
Hot Dog		✓			✓	
Sausage w/Peppers & Onions		✓			✓	
Veggie Burger (Vegan)			✓		✓	
BBO Pulled Pork			✓		✓	

