



2021 Fall 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 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 judgement when deciding what and what not to eat.

We are happy to provide this guide 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 ingredients lists, please use the contact information below. Thank you for visiting and enjoy your day!

Chef George McClain

Sodexo - Executive Chef

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	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Pizza Ria							
16" Cheese Pizza		✓	✓		✓		
16" Pepperoni Pizza		✓	✓		✓		
16" Specialty Pizza		✓	✓		✓		
Slice of Cheese		✓	✓		✓		
Slice of Pepperoni		✓	✓		✓		
Slice of Specialty Pizza		✓	✓		✓		
Gluten Free Pizza		✓			✓		
Combo - 2 Slices of Pizza & Soda		✓	✓		✓		
Combo - 1 Slice of Cheese Pizza, Bag of Chips & Soda		✓	✓		✓		
Combo - 2 Slices of Specialty Pizza & Soda		✓	✓		✓		
Chicken Caesar Wrap		✓	✓	✓	✓		
Turkey Wrap		✓	✓		✓		
Veggie Wrap			✓	✓	✓		
Bag of Chips		✓			✓		
Soda							
Hot Chocolate		✓			✓		
Bottled Water							

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	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
<u>Poncho Cantina</u>							
Burrito		✓	✓		✓		
Gluten Free Burrito		✓			✓		
Burrito Bowl		✓	✓		✓		
Double Protein		✓					
Gluten Free Bowl		✓			✓		
Nachos Grande		✓	✓		✓		
Taco Salad with Meat		✓	✓		✓		
Quesadilla		✓	✓		✓		
Cheese Quasadilla		✓	✓		✓		
Cantina Carne Asada Fries		✓	✓		✓		
Chips & Salsa					✓		
Chips & Queso		✓			✓		
Rice & Beans					✓		
Cheese Fries		✓	✓		✓		
Southwest Waffle Fries			✓		✓		
Guacamole (2oz)					✓		
Extra Salsa (4oz)					✓		
Extra Sour Cream (4oz)		✓			✓		
Extra Queso		✓			✓		
Fried Dough			✓		✓		
Soda							
Bottled Water							

	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
<u>International Food Festival</u>							
Soft Serve with Sprinkles (Vanilla, Chocolate, or Twist)		✓			✓		
Cone Dip (Chocolate or Cherry)		✓			✓		
Root Beer Float		✓			✓		
Creamsicle Float		✓			✓		
Stok Cold Brew Float		✓			✓		
Cotton Candy							
Personal Cheese Pizza		✓	✓		✓		
Personal Pepperoni Pizza		✓	✓		✓		
Hot Dog Basket			✓		✓		
Italian Sausage Basket			✓		✓		
Chicken Parmesan Sandwich		✓	✓	✓	✓		
Hand Cut French Fries					✓		
Cheese Fries		✓	✓		✓		
Poutine Fries		✓	✓		✓		
Chili		✓			✓		
Side Caesar Salad		✓	✓		✓		
Soda							
Bottled Water							

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	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Lumber Jack Ice Cream							
Fresh Fruit Smoothie		✓					
Chicken Salad Wrap		✓	✓	✓	✓		
Weekly Special		✓	✓	✓	✓		
Kids Meal - Uncrustable	✓	✓	✓		✓		
Chicken Caesar Salad		✓	✓	✓	✓		
Soft Serve		✓			✓		
Cone Dip (Chocolate or Cherry)		✓			✓		
Dole Whip					✓		
Lumberjack Mega Cookie Sandwich		✓	✓	✓	✓		
Sprinkles	✓	✓	✓		✓		
Cherries					✓		
M&Ms	✓	✓			✓		
Whipped Cream		✓			✓		
Soda							
Hot Chocolate		✓			✓		
Souvenir Cup							

	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Gables Grill							
Wings w/ choice of side		✓	✓	✓	✓		
Fried Chicken Sandwich Basket		✓	✓	✓	✓		
Fried Chicken Sandwich Only		✓	✓	✓	✓		
Gluten Free Chicken Tender Basket		✓		✓	✓		
Gluten Free Chicken Tenders		✓		✓	✓		
Mac & Cheese Waffle Bowl		✓	✓	✓	✓		
Garden Salad (with Gluten Free Dressing)		✓		✓	✓		
Kids Mac and Cheese		✓	✓	✓	✓		
Corn Dog		✓	✓	✓	✓		
Crinkle Cut Fries					✓		
Gluten Free Potato Chips		✓			✓		
Soda							
Hot Chocolate		✓			✓		
Bottled Water							

	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Lemonade							
Lemonade							
Add Flavor Shot							
Pretzel with Cheese		✓	✓		✓		
Fruit Cup							
Box Candy		✓			✓		
Hot Chocolate		✓			✓		
Popcorn		✓			✓		

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	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Popcorn							
Popcorn Bag		✓			✓		
Caramel Popcorn Bag		✓	✓		✓		
Kettle Corn					✓		
Soda							
Bottled Water							
Gatorade							
Game Fuel							
Refill							
Souvenir Popcorn Cup		✓	✓		✓		

	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Fried Dough							
Fried Dough w/ butter, powdered & cinnamon sugar			✓		✓		
Fried Dough w/ strawberry jelly, peanut butter, & powdered sugar	✓	✓	✓		✓		
Fried Dough BLT		✓	✓	✓	✓		
Box Candy		✓			✓		
Soda							
Bottled Water							
Gatorade							

	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
The Smoker							
Pulled Pork Parfait		✓	✓	✓	✓		
Pulled Pork Sandwich		✓	✓	✓	✓		
Brisket Sandwich		✓	✓	✓	✓		
Chicken Quarters		✓	✓	✓	✓		
Sausage		✓	✓	✓	✓		
Half Rack of Ribs		✓	✓	✓	✓		
Smoked Turkey Leg					✓		
Bottled Water							
Bottled Soda							
Draft Beer			✓				
Canned Beer			✓				
Mac n Cheese Side		✓	✓	✓	✓		
Coleslaw		✓		✓	✓		
Baked Beans					✓		
Potato Chips		✓					
Pulled Pork Sandwich Only			✓		✓		
Brisket Sandwich Only		✓	✓	✓	✓		
Sausage Only			✓		✓		

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	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
<u>The Trellis</u>							
Cheeseburger Basket		✓	✓		✓		
Hamburger Basket			✓		✓		
Black Bean Veggie Burger Basket			✓		✓		
Grilled Chicken Sandwich Basket		✓	✓		✓		
Whole Cheese Pizza		✓	✓		✓		
Whole Pepperoni Pizza		✓	✓		✓		
Cheese Slice		✓	✓		✓		
Pepperoni Slice		✓	✓		✓		
Nashville Hot Sandwich Basket			✓	✓	✓		
Footlong Hot Dog Basket			✓		✓		
Kids Hot Dog Meal			✓		✓		
Boar's Head Blazing Buffalo Chicken Wrap Basket		✓	✓	✓	✓		
GF Boar's Head Blazing Buffalo Chicken Wrap Basket		✓		✓	✓		
Garden Salad			✓				
Chicken Caesar Salad		✓	✓	✓	✓		
Fruit Cup							
Fries					✓		
Soda							
Gatorade							
Bottled Water							
Hood Milk		✓					
Starbucks Coffee							
Teavana Hot Tea							
Hot Chocolate		✓			✓		
Kind Bars	✓	✓		✓	✓		
Gluten Free Muffins		✓		✓	✓		
Chicken Sliders Only			✓	✓	✓		
Nashville Hot Sliders Only			✓	✓	✓		
Cheeseburger Only		✓	✓		✓		
Hamburger Only			✓		✓		
Black Bean Veggie Burger Only			✓		✓		
Footlong Hot Dog Only			✓				

	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
<u>Midway Stage Food Tent</u>							
Shrimp Poboy		✓	✓		✓	✓	✓
Philly Cheesesteak		✓	✓		✓		
Canobie Cuban		✓	✓		✓		
Grilled Street Corn Elotes		✓					
Smoked Turkey Legs							
Chicken & Sausage Gumbo			✓		✓		
Fried Apple a Lamode		✓			✓		

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	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
<u>Sons of Liberty Tavern</u>							
Seasoned Waffle Fries			✓		✓		
Mozzarella Sticks		✓	✓		✓		
Sweet Potato Waffle Fries					✓		
Chicken Tender Basket		✓	✓	✓	✓		
Foot Long Lobster Roll		✓	✓	✓	✓	✓	✓
Foot Long Hot Dog		✓	✓		✓		
Gluten Free Buffalo Chicken Wrap		✓		✓	✓		
Chicken Caesar Wrap		✓	✓	✓	✓		✓
BLT Sandwich			✓	✓	✓		
Clam Chowder		✓	✓		✓	✓	✓
Chicken Caesar Salad		✓	✓	✓	✓		
Gluten Free Garden Salad					✓		
Gluten Free Chophouse Salad		✓		✓	✓		
Kids Grilled Cheese		✓	✓	✓	✓		
Kids Chicken Tender Basket		✓	✓	✓	✓		
Chili		✓			✓		
Italian Sausage Sub			✓		✓		
Fish & Chips		✓	✓	✓	✓	✓	✓
Draft Beer			✓				
Premium Draft Beer			✓				
Alcoholic Canned Options							
Wine Selections			✓				
Soda							
Bottled Water							
Hood Milk		✓					
Apple Juice							
Starbucks Coffee							
Teavana Hot Tea							
Frozen Cocktail							
Chicken Tenders Only		✓	✓	✓	✓		

	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
<u>DaVinci's Dream Cart</u>							
Cookies & Cream Dippin' Dots		✓	✓		✓		
Rainbow Ice Dippin' Dots					✓		
Chocolate Chip Cookie Dough Dippin' Dots		✓	✓		✓		
Cotton Candy Dippin' Dots		✓		✓	✓		
Banana Split Dippin' Dots		✓		✓	✓		
Chocolate Dippin' Dots		✓		✓	✓		
Popcorn		✓			✓		
Cotton Candy							
Bottled Water							
Gatorade							

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	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Cafe D'or							
Coffee							
Espresso Latte		✓					
Espresso Mocha		✓					
Espresso Caramel Machiato		✓			✓		
Hot Tea							
Shaken Iced Tea							
Pumpkin Spiced Latte		✓					
Chai		✓					
Hot Chocolate		✓					
Add Espresso Shot							
Almond Milk	✓		✓		✓		
Coconut Milk	✓		✓		✓		
Oat Milk	✓				✓		
Add Flavor Shot							
Add Whipped Cream		✓	✓		✓		
San Pellegrino							
Richie's Italian Ice							

	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Hofbrauhaus							
Draft Beer			✓				
Draft Premium Beer			✓				
Wine			✓				
Popcorn		✓			✓		
Pretzels		✓	✓		✓		
Corn Dog		✓	✓	✓	✓		

	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Midway Stage Rock 'n' Roll Bar							
Draft Beer			✓				
Draft Premium Beer			✓				
Wine			✓				
Popcorn		✓			✓		
Pretzels		✓	✓		✓		

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	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
<u>Midway Dippin' Dots</u>							
Cookies & Cream Dippin' Dots		✓	✓		✓		
Rainbow Ice Dippin' Dots					✓		
Chocolate Chip Cookie Dough Dippin' Dots		✓	✓		✓		
Cotton Candy Dippin' Dots		✓		✓	✓		
Banana Split Dippin' Dots		✓		✓	✓		
Chocolate Dippin' Dots		✓		✓	✓		
Cookie Crumble Dippin' Dots Sundae		✓	✓		✓		
Rainbows & Unicorns Dippin' Dots Sundae		✓			✓		
Rainbow Fun Dippin' Dots Float					✓		
Orange Delight Dippin' Dots Float			✓		✓		
Moonlight Dough Dippin' Dots Float			✓		✓		
Citrus Fun Dippin' Dots Sundae Float					✓		
Soda							
Bottled Water							
Game Fuel							
Popcorn		✓			✓		

	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
<u>Main Entrance Carts</u>							
Pretzel with side of Cheese		✓	✓		✓		
Caramel Apple	✓	✓	✓	✓	✓		
Candy Apple		✓	✓	✓	✓		
Popcorn		✓			✓		
Cotton Candy							
Gatorade							
Bottled Water							
Stok Cold Brew Coffee							
Richie's Italian Ice							
Cookies & Cream Dippin' Dots		✓	✓		✓		
Rainbow Ice Dippin' Dots					✓		
Chocolate Chip Cookie Dough Dippin' Dots		✓	✓		✓		
Cotton Candy Dippin' Dots		✓		✓	✓		
Banana Split Dippin' Dots		✓		✓	✓		
Chocolate Dippin' Dots		✓		✓	✓		

	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
<u>Minuteman Clams</u>							
Chicken Tender Basket		✓	✓	✓	✓		
Gluten Free Chicken Tenders		✓		✓	✓		
Pretzel with Cheese		✓	✓		✓		
French Fries			✓		✓		
Soda							
Hot Chocolate		✓			✓		
Bottled Water							
Chicken Tenders Only		✓	✓	✓	✓		

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	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
BeBop Diner							
Chicken Tenders		✓	✓	✓	✓		
Chicken BLT Salad		✓	✓	✓	✓		
Gluten Free BLT Salad		✓		✓	✓		
Fried Dough			✓		✓		
Richie's Slush							
Waffle & Strawberry		✓	✓	✓	✓		
Fruit Cup							
Sprinkles					✓		
Whipped Cream		✓			✓		
Chocolate Sauce							
Ice Cream	✓	✓	✓	✓	✓		
Soda							
Gatorade							
Bottled Water							
Souvenir Cup							