



2022 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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Pizza Ria	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
16" Cheese Pizza		✓	✓		✓		
16" Pepperoni Pizza		✓	✓		✓		
16" Specialty Pizza		✓	✓		✓		
Slice of Cheese		✓	✓		✓		
Slice of Pepperoni		✓	✓		✓		
Slice of Buffalo Chicken 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 w/Chips		✓	✓	✓	✓		
Turkey Wrap w/Chips		✓	✓		✓		
GF Turkey Wrap w/Chips		✓			✓		
Buffalo Chicken Wrap w/Chips		✓	✓		✓		
Garden Salad							
Chicken Caesar Salad		✓	✓	✓	✓		
Bag of Chips		✓			✓		
Soda							
Gatorade							

Outrigger Grill	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Tiki Burger			✓	✓	✓		
Reef Burger		✓	✓	✓	✓		
Caribbean Chicken Sandwich			✓		✓		
Beach Club Chicken Sandwich		✓	✓		✓		
Big Kahuna			✓	✓	✓		
Salty Dog			✓		✓		
Island Tenders		✓	✓	✓	✓		
Tsunami Tenders		✓	✓	✓	✓		
Tide Pool Turkey Club		✓	✓	✓	✓		
Rip Tide Roast Beef		✓	✓	✓	✓		
High Tide Ham & Swiss		✓	✓	✓	✓		
Gluten Free Turkey wrap					✓		
Jr. Hot Dog			✓		✓		
Jr. Chicken Tenders		✓	✓	✓	✓		
Assorted Fruit Cup							
Carrot Sticks with Ranch		✓		✓	✓		
Garden Salad		✓		✓	✓		
Chicken Caesar Salad		✓	✓	✓	✓		
Soda							
Bottled Water							
Gatorade							
Tsunami Tenders Only		✓	✓	✓	✓		
Island Tenders Only		✓	✓	✓	✓		
Tiki Burger Only			✓	✓	✓		
Reef Burger Only		✓	✓	✓	✓		
Caribbean Chicken Sandwich Only			✓		✓		
Beach Club Chicken Sandwich Only		✓	✓		✓		
French Fries			✓		✓		
Homemade Kettle Chips			✓		✓		

Monkey Bar	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Margaritas							
Pina Colada	✓						
Virgin Pina Colada	✓						
Virgin Margarita							
Electric Lemonade							
Draft			✓				
Draft Premium			✓				
Canned Seltzer							
Wine			✓				
Soda							
Bottled Water							
Popcorn		✓			✓		
Chex Mix		✓	✓		✓		

Petey's Island Pizza	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Personal Cheese Pizza		✓	✓		✓		
Personal Pepperoni Pizza		✓	✓		✓		
Personal Veggie Pizza		✓	✓		✓		
Personal buffalo Pizza		✓	✓		✓		
Personal Supreme Pizza		✓	✓		✓		
Large Dill Pickle							
Canned Soda							
Bottled Water							
Gatorade							
Canned Beer			✓				
Seltzers							

Private Cabanas	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Acai Bowl	✓	✓			✓		
Fruit Platter							
Chips & Pico de Gallo					✓		
Shrimp Cocktail					✓	✓	✓
Chips and Buffalo Dip		✓	✓	✓	✓		
Garden Salad							
Chef Salad		✓		✓	✓		
Chicken Caesar Salad		✓	✓	✓	✓		
Jr. Hot Dog			✓		✓		
Jr. Chicken Tenders		✓	✓	✓	✓		
Reef Cheese Burger		✓	✓	✓	✓		
Beach Club Chicken Sandwich		✓	✓		✓		
Salty Dog			✓		✓		
Island Tenders		✓	✓	✓	✓		
Tsunami Tenders		✓	✓	✓	✓		
Personal Cheese Pizza		✓	✓		✓		
Personal Pepperoni Pizza		✓	✓		✓		
Personal Veggie Pizza		✓	✓		✓		
Personal Buffalo Chicken Pizza		✓	✓		✓		
Personal Supreme Pizza		✓	✓		✓		
Bottled Soda							
Bottled Water							
Iced Coffee							
Canned Beer			✓				
Beer Bucket			✓				
Icee Alcoholic Beverages							
Virgin Icee Beverages							
Rum Runner					✓		
Wine Selection			✓				

Poncho Cantina	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Burrito (Chicken or Beef)		✓	✓		✓		
Gluten Free Burrito		✓			✓		
Burrito Bowl		✓	✓		✓		
Double Protein		✓					
Gluten Free Bowl		✓			✓		
Nachos Grande		✓	✓		✓		
Taco Salad		✓	✓		✓		
Taco Salad with Meat		✓	✓		✓		
2 Soft Taco's		✓	✓		✓		
Quesadilla		✓	✓		✓		
Cheese Quesadilla		✓	✓		✓		
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			✓		✓		
Churros		✓	✓	✓	✓		
Soda							
Bottled Water							
Agua Fresca							

International Food Festival	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Soft Serve with Sprinkles (Vanilla, Chocolate, or Twist)		✓			✓		
Dips (Chocolate, Strawberry)							
Root Beer Float		✓			✓		
Creamsicle Float		✓			✓		
Stok Cold Brew Float		✓			✓		
Cotton Candy							
Stok Cold Brew							
Personal Cheese Pizza		✓	✓		✓		
Personal Pepperoni Pizza		✓	✓		✓		
Qtr. Pound Hot Dog Basket			✓		✓		
Qtr. Pound Chili Cheese Dog Basket		✓	✓		✓		
Qtr. Pound Mac n Cheese Dog Basket		✓	✓	✓	✓		
Mac n Cheese Bowl		✓	✓	✓	✓		
Bacon Mac n Cheese Bowl		✓	✓	✓	✓		
Chili Mac n Cheese Bowl		✓	✓	✓	✓		
Pulled Pork Mac n Cheese Bowl		✓	✓	✓	✓		
Italian Sausage Basket			✓		✓		
Chicken Parmesan Sandwich		✓	✓	✓	✓		
Hand Cut French Fries					✓		
Cheese Fries		✓	✓		✓		
Poutine Fries		✓	✓		✓		
Soda							
Bottled Water							

Dancing Bear Canteen	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Bacon Cheddar Burger		✓	✓		✓		
Cheeseburger		✓	✓		✓		
Hamburger			✓		✓		
Black Bean Burger			✓		✓		
1/4 lb Hot Dog			✓		✓		
Gluten Free Turkey Burger w/chips		✓			✓		
Gluten Free Buffalo Turkey Burger w/chips		✓			✓		
Garden Salad							
Steak Fries					✓		
Corn on the Cob		✓			✓		
Kids Hot Dog Meal		✓	✓	✓	✓		
Kids Chicken Tender Basket		✓	✓	✓	✓		
Draft Beer			✓				
Canned Seltzer							
Wine			✓				
Bottled Soda							
Bacon Cheddar Burger Only		✓	✓		✓		
Cheeseburger Only		✓	✓		✓		
Hamburger Only			✓		✓		
1/4 lb Hot Dog Only			✓		✓		
Gluten Free Turkey Burger Only		✓			✓		
Gluten Free Buffalo Turkey Burger Only		✓			✓		
Gluten Free Chips		✓			✓		

Cafe D'or	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Coffee							
Espresso Latte		✓					
Espresso Mocha		✓					
Espresso Caramel Machiato		✓			✓		
Hot Tea							
Shaken Iced Tea							
Matcha Latte		✓					
Chai		✓					
Coffee Frappuccino		✓					
Cream Frappuccino	✓	✓	✓		✓		
Refreshers	✓	✓	✓		✓		
Hot Chocolate		✓					
Add Espresso Shot							
Almond Milk	✓		✓		✓		
Coconut Milk	✓		✓		✓		
Oat Milk							
Add Flavor Shot							
Add Whipped Cream		✓	✓		✓		
San Pellegrino							

Gables Grill	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Fried Chicken Sandwich Basket		✓	✓	✓	✓		
Cheeseburger Basket		✓	✓		✓		
Hamburger Basket		✓	✓		✓		
Untamed Burger		✓	✓		✓		
Footlong Hotdog Basket			✓		✓		
Southwestern Chicken Sandwich Basket		✓	✓	✓	✓		
Gluten Free Chicken Tender Basket		✓		✓	✓		
Chicken Tender Basket		✓	✓	✓	✓		
Side of Fries					✓		
Kids Hotdog basket		✓	✓		✓		
Soda							
Bottled Water							
Cheeseburger Only		✓	✓		✓		
Hamburger Only			✓		✓		
Southwestern Chicken Sandwich Only		✓	✓	✓	✓		
Chicken Tender Only		✓	✓	✓	✓		
Gluten Free Chicken Tender Only		✓		✓	✓		

Lemonade	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Lemonade							
Add Flavor Shot (Strawberry/Raspberry)							
Pretzel with Cheese		✓	✓		✓		
Fruit Cup							
Popcorn		✓			✓		

Giant Pineapple	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Dole Whip					✓		
Soft Serve w/Sprinkles		✓			✓		
Rum Runner					✓		
Rum Runner Souvenir					✓		
Canned Beer			✓				
Seltzers							
Gatorade							
Bottled Water							
Popcorn		✓			✓		

Chicken Coop	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Chicken Tender Basket		✓	✓	✓	✓		
Sauced Chicken Tender Basket		✓	✓	✓	✓		
French Fries					✓		
Soda							
Water							
Gatorade							
Sauced Chicken Tenders Only		✓	✓	✓	✓		
Chicken Tenders Only		✓	✓	✓	✓		

Lumber Jack Ice Cream	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Fresh Fruit Smoothie		✓					
Fresh Fruit							
Stok Cold Brew							
Soft Serve w/Sprinkles		✓			✓		
Soft Serve Kiddie Cup		✓			✓		
Log Flume Sundae		✓			✓		
Pirate Ship Sundae	✓	✓			✓		
Timber Splash Sundae	✓	✓			✓		
Lumberjack Mega Cookie Sandwich		✓	✓	✓	✓		
Sprinkles	✓	✓	✓		✓		
Bananas							
Blueberries							
Strawberries							
Hot Fudge Sauce	✓	✓			✓		
Cherries					✓		
M&Ms	✓	✓			✓		
Whipped Cream		✓			✓		
Soda							
Souvenir Cup							

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

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

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

The Trellis	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Cheeseburger Basket		✓	✓		✓		
Hamburger Basket			✓		✓		
BBQ Bacon Cheeseburger Basket		✓	✓		✓		
Black Bean Veggie Burger Basket			✓		✓		
Grilled Chicken Sandwich Basket		✓	✓		✓		
Whole Cheese Pizza		✓	✓		✓		
Whole Pepperoni Pizza		✓	✓		✓		
Cheese Slice		✓	✓		✓		
Pepperoni Slice		✓	✓		✓		
Fried Chicken Basket		✓	✓	✓	✓		
Nashville Chicken Basket			✓	✓	✓		
Footlong Hot Dog Basket			✓		✓		
Kids Hot Dog Basket			✓		✓		
Garden Salad			✓				
Chicken Caesar Salad		✓	✓	✓	✓		
Fruit Cup							
Soda							
Gatorade							
Bottled Water							
Hood Milk		✓					
Rockstar Energy Drink							
Starbucks Coffee							
Teavana Hot Tea							
Kind Bars	✓	✓		✓	✓		
Grilled Chicken Only					✓		
Fried Chicken Only		✓	✓	✓	✓		
Nashville Chicken Only			✓	✓	✓		
Cheeseburger Only		✓	✓		✓		
Hamburger Only			✓		✓		
BBQ Bacon Cheeseburger Only		✓	✓		✓		
Black Bean Veggie Burger Only			✓		✓		
Fries					✓		
Footlong Hot Dog Only			✓				

Sons of Liberty Tavern	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Seasoned Waffle Fries			✓		✓		
Mozzarella Sticks		✓	✓	✓	✓		
Sweet Potato Waffle Fries					✓		
Chips & Queso		✓			✓		
Chicken Tender Basket		✓	✓	✓	✓		
Foot Long Hot Dog		✓	✓		✓		
Gluten Free Turkey Wrap		✓		✓	✓		
Fried Chicken Club		✓	✓	✓	✓		
Steak & Cheese		✓	✓		✓		
BLT Sandwich			✓	✓	✓		
Grilled Reuben Sandwich		✓	✓	✓	✓		
Black Bean Burger			✓		✓		
Chicken Caesar Salad		✓	✓	✓	✓		
Gluten Free Garden Salad					✓		
Gluten Free Chophouse Salad		✓		✓	✓		
Kids Grilled Cheese		✓	✓	✓	✓		
Kids Chicken Tender Basket		✓	✓	✓	✓		
Draft Beer			✓				
Premium Draft Beer			✓				
Alcoholic Canned Options							
Wine Selections			✓				
Soda							
Bottled Water							
Hood Milk		✓					
Apple Juice							
Starbucks Coffee							
Teavana Hot Tea							
Hot Chocolate	✓	✓					
Frozen Cocktail							
Chicken Tenders Only			✓		✓		
Clam Chowder		✓	✓		✓	✓	✓

Tropical Chillers	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Tropical Chiller Cup							
Tropical Souvenir Cup							
Souvenir Cup Refill							

Minuteman Clams	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Chicken Tender Basket		✓	✓	✓	✓		
Clam Plate		✓	✓		✓	✓	✓
Clam Roll Plate		✓	✓		✓	✓	✓
Lobster Roll Plate		✓	✓	✓	✓	✓	✓
Fried Lobster Plate		✓	✓		✓	✓	✓
Fried Lobster Roll Plate		✓	✓		✓	✓	✓
Fish & Chips		✓	✓		✓	✓	✓
Fish Taco Plate		✓	✓	✓	✓	✓	✓
Gluten Free Garden Salad		✓			✓		✓
Chicken Caesar Salad		✓	✓		✓		✓
French Fries			✓		✓		
Onion Rings			✓	✓	✓		
Soda							
Bottled Water							
Clam Chowder Bowl		✓	✓		✓	✓	✓
Clam Roll Only		✓	✓	✓		✓	✓
Lobster Roll only		✓	✓	✓		✓	✓
Chicken Tenders Only		✓	✓	✓	✓		

BeBop Diner	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Chicken Tenders		✓	✓	✓	✓		
Fried Chicken Sandwich Basket		✓	✓	✓	✓		
Hamburger			✓		✓		
CheeseBurger		✓	✓		✓		
Footlong Hot Dog Basket			✓		✓		
Chicken BLT Salad		✓	✓	✓	✓		
Gluten Free BLT Salad		✓		✓	✓		
Fried Dough			✓		✓		
Fruit Cup							
Soda							
Rockstar Energy Drink							
Bottled Water							
Souvenir Cup							
Chicken Tenders Only		✓	✓	✓	✓		
Fried Chicken Sandwich Only		✓	✓	✓	✓		
Hamburger Only			✓		✓		
Cheeseburger Only		✓	✓		✓		

Corkscrew Dippin' Dots	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
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							
Popcorn		✓			✓		

Midway Stage Cart	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Cotton Candy							
Popcorn		✓			✓		
Richie's Italian Ice							
Gatorade							
Bottled Water							

Midway Dippin' Dots	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
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							
Popcorn							

Yankee Whaler	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Hard Scoop Ice Cream	✓	✓	✓	✓	✓		
Soft Serve w/Sprinkles		✓			✓		
Firecraker Cool Treat	✓	✓	✓	✓	✓		
Double Cotton Candy Cool Treat	✓	✓	✓	✓	✓		
Canobie Double Banana Split in a Waffle Bowl	✓	✓	✓	✓	✓		
Canobie Fudge Slider Treat	✓	✓	✓	✓	✓		
Waffle Bowl		✓	✓	✓	✓		
Whipped Cream		✓			✓		
Soda							
Souvenir Cup							
Cotton Candy							
Popcorn		✓			✓		
Fresh Fruit							
Bottled Water							

Antique Carousel Cart	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Lemonade							
Add Flavor Shot							
Richie's Italian Ice							
Pretzel			✓		✓		
Popcorn		✓			✓		
Fruit Cup							

The Village Carts	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Popcorn		✓			✓		
Pretzel			✓		✓		
Cotton Candy							
Richie's Italian Ice							
Bottled Water							
Gatorade							

DaVinci's Dream Cart	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
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							

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

Main Entrance Carts	Nuts	Dairy	Gluten	Egg	Soy	Shellfish	Fish
Pretzel			✓		✓		
Caramel Apple	✓	✓	✓	✓	✓		
Candy Apple		✓	✓	✓	✓		
Popcorn		✓			✓		
Cotton Candy							
Gatorade							
Bottled Water							
Rockstar Energy Drink							
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		✓		✓	✓		