



2026 Catering Food Allergy Guide

Item	Nuts	Dairy	Gluten	Egg	Fish	Soy	Shell Fish	Sesame
Assorted Cookies	Contains Nuts	Contains Dairy	Contains Gluten	Contains Egg	Fish Free	Contains Soy	Shellfish Free	Contains Sesame
Baked Beans	Nut Free	Dairy Free	Gluten Free	Egg Free	Fish Free	Soy Free	Shellfish Free	Sesame Free
BBQ Chicken	Nut Free	Dairy Free	Gluten Free	Egg Free	Fish Free	Soy Free	Shellfish Free	Sesame Free
BBQ Pulled Pork	Nut Free	Dairy Free	Gluten Free	Egg Free	Fish Free	Soy Free	Shellfish Free	Sesame Free
Blondies/Brownies	Contains Nuts	Contains Dairy	Contains Gluten	Contains Egg	Fish Free	Contains Soy	Shellfish Free	Contains Sesame
Cheese	Nut Free	Contains Dairy	Gluten Free	Egg Free	Fish Free	Contains Soy	Shellfish Free	Sesame Free
Cole Slaw	Nut Free	Dairy Free	Gluten Free	Contains Egg	Fish Free	Contains Soy	Shellfish Free	Sesame Free
Corn on the Cob	Nut Free	Dairy Free	Gluten Free	Egg Free	Fish Free	Contains Soy	Shellfish Free	Sesame Free
Fruit Salad	Nut Free	Dairy Free	Gluten Free	Egg Free	Fish Free	Soy Free	Shellfish Free	Sesame Free
Green Salad	Nut Free	Dairy Free	Gluten Free	Egg Free	Fish Free	Soy Free	Shellfish Free	Sesame Free
Hamburger Bun	Nut Free	Dairy Free	Contains Gluten	Egg Free	Fish Free	Contains Soy	Shellfish Free	Sesame Free
Hamburgers	Nut Free	Dairy Free	Gluten Free	Egg Free	Fish Free	Contains Soy	Shellfish Free	Sesame Free
Hot Dog Bun	Nut Free	Dairy Free	Contains Gluten	Egg Free	Fish Free	Contains Soy	Shellfish Free	Sesame Free
Hot Dogs	Nut Free	Dairy Free	Gluten Free	Egg Free	Fish Free	Contains Soy	Shellfish Free	Sesame Free
Ice Cream Sandwich	Nut Free	Contains Dairy	Contains Gluten	Egg Free	Fish Free	Contains Soy	Shellfish Free	Sesame Free
Impossible Burger	Nut Free	Dairy Free	Gluten Free	Egg Free	Fish Free	Contains Soy	Shellfish Free	Sesame Free
Italian Dressing	Nut Free	Dairy Free	Gluten Free	Egg Free	Fish Free	Soy Free	Shellfish Free	Sesame Free
Ketchup	Nut Free	Dairy Free	Gluten Free	Egg Free	Fish Free	Soy Free	Shellfish Free	Sesame Free
Lettuce	Nut Free	Dairy Free	Gluten Free	Egg Free	Fish Free	Soy Free	Shellfish Free	Sesame Free
Mac 'N Cheese	Nut Free	Contains Dairy	Contains Gluten	Contains Egg	Fish Free	Soy Free	Shellfish Free	Sesame Free
Mustard	Nut Free	Dairy Free	Gluten Free	Egg Free	Fish Free	Soy Free	Shellfish Free	Sesame Free
Onion	Nut Free	Dairy Free	Gluten Free	Egg Free	Fish Free	Soy Free	Shellfish Free	Sesame Free
Pasta Salad	Nut Free	Dairy Free	Contains Gluten	Egg Free	Fish Free	Contains Soy	Shellfish Free	Sesame Free
Pepper & Onion	Nut Free	Dairy Free	Gluten Free	Egg Free	Fish Free	Soy Free	Shellfish Free	Sesame Free
Pickle	Nut Free	Dairy Free	Gluten Free	Egg Free	Fish Free	Soy Free	Shellfish Free	Sesame Free
Popcorn	Nut Free	Dairy Free	Gluten Free	Egg Free	Fish Free	Contains Soy	Shellfish Free	Sesame Free
Potato Salad	Nut Free	Dairy Free	Gluten Free	Contains Egg	Fish Free	Contains Soy	Shellfish Free	Sesame Free
Ranch Dressing	Nut Free	Contains Dairy	Gluten Free	Contains Egg	Fish Free	Contains Soy	Shellfish Free	Sesame Free
Relish	Nut Free	Dairy Free	Gluten Free	Egg Free	Fish Free	Soy Free	Shellfish Free	Sesame Free
Sausage	Nut Free	Dairy Free	Gluten Free	Egg Free	Fish Free	Soy Free	Shellfish Free	Sesame Free
Sausage Bun	Nut Free	Dairy Free	Contains Gluten	Egg Free	Fish Free	Contains Soy	Shellfish Free	Contains Sesame
Soda	Nut Free	Dairy Free	Gluten Free	Egg Free	Fish Free	Soy Free	Shellfish Free	Sesame Free
Tomato	Nut Free	Dairy Free	Gluten Free	Egg Free	Fish Free	Soy Free	Shellfish Free	Sesame Free
Vegan Burger	Nut Free	Dairy Free	Gluten free	Egg Free	Fish Free	Soy Free	Shellfish Free	Contains Sesame
Veggie Burger	Nut Free	Dairy Free	Contains Gluten	Egg Free	Fish Free	Contains Soy	Shellfish Free	Sesame Free
Watermelon	Nut Free	Dairy Free	Gluten Free	Egg Free	Fish Free	Soy Free	Shellfish Free	Sesame Free

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