

ALLERGEN QUICK REFERENCE GUIDE

	Gluten	Wheat	Soy	Egg	Dairy	Tree Nuts/ Legumes	Vegetarian	Vegan	Ingredients
Breads									
Thyme Focaccia	YES	YES	no	no	no	no	YES	no	Allergen: Gluten, Wheat
Herbed Potato Roll	YES	YES	no	YES	no	no	YES	no	Allergen: Gluten, Wheat, Egg
Cookies									
Black & White	YES	YES	YES	YES	YES	no	YES	no	Allergen: Gluten, Wheat, Soy, Egg, Dairy
Chai Snickerdoodle	YES	YES	YES	YES	YES	no*	YES	no	Allergen: Gluten, Wheat, Soy, Egg, Dairy
Milk Chocolate	YES	YES	YES	YES	YES	no	YES	no	Allergen: Gluten, Wheat, Soy, Egg, Dairy
Oatmeal Wheatgerm	YES	YES	YES	YES	YES	no	YES	no	Allergen: Gluten, Wheat, Soy, Egg, Dairy
	Gluten	Wheat	Soy	Egg	Dairy	Tree Nuts/ Legumes	Vegetarian	Vegan	Ingredients
Cookies (continued)									
Salted Rye Whiskey with Dark Chocolate	YES	YES	YES	YES	YES	no*	YES	no	Allergen: Gluten, Wheat, Soy, Egg, Dairy
Semi-Sweet Chocolate Chunk	YES	YES	YES	YES	YES	no	YES	no	Allergen: Gluten, Wheat, Soy, Egg, Dairy
Cakes									
Salted Caramel Dark Fudge Brownie	YES	YES	YES	YES	YES	no	YES	no	Allergen: Gluten, Wheat, Soy, Egg, Dairy
Hummingbird Bundt Cake	YES	YES	YES	YES	YES	Pecans	YES	no	Allergen: Gluten, Wheat, Soy, Egg, Dairy, Nuts
Savory Croissants									
Butter	YES	YES	no*	YES	YES	no	YES	no	Allergen: Gluten, Wheat, Egg, Dairy
Bacon, Egg & Cheddar	YES	YES	no*	YES	YES	no	no	no	Allergen: Gluten, Wheat, Egg, Dairy
	Gluten	Wheat	Soy	Egg	Dairy	Tree Nuts/ Legumes	Vegetarian	Vegan	Ingredients
Savory Croissants (continued)									
Roasted Turkey with Smoked Gouda	YES	YES	no*	YES	YES	no	no	no	Allergen: Gluten, Wheat, Egg, Dairy
Smoked Ham with Cheddar	YES	YES	no*	YES	YES	no	no	no	Allergen: Gluten, Wheat, Egg, Dairy
Egg, Spinach, Mushroom &									

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Egg, Spinach, mushroom & Muenster	YES	YES	no*	YES	YES	no	YES	no	Allergen: Gluten, Wheat, Egg, Dairy
Sweet Croissants & Rolls									
Fresh Blueberry Cream Cheese	YES	YES	no*	YES	YES	no	YES	no	Allergen: Gluten, Wheat, Egg, Dairy
Cinnamon Sugar Morning Bun	YES	YES	no	no*	YES	no	YES	no	Allergen: Gluten, Wheat, Dairy
Chocolate Almond Croissant	YES	YES	YES	YES	YES	Almond	YES	no	Allergen: Gluten, Wheat, Soy, Egg, Dairy, Nuts
	Gluten	Wheat	Soy	Egg	Dairy	Tree Nuts/ Legumes	Vegetarian	Vegan	Ingredients
Sweet Croissants & Rolls (continued)									
Cinnamon Roll w/ Cream Cheese Frosting	YES	YES	YES	no*	YES	no	YES	no	Allergen: Gluten, Wheat, Soy, Dairy
Muffins									
Blueberry Streusel	YES	YES	no*	YES	YES	no*	YES	no	Allergen: Gluten, Wheat, Egg, Dairy
Carrot Ginger Bran	YES	YES	YES	YES	no*	no*	YES	no	Allergen: Gluten, Wheat, Soy, Egg
Scones									
Blueberry	YES	YES	no*	YES	YES	no*	YES	no	Allergen: Gluten, Wheat, Egg, Dairy
Cappuccino Mocha	YES	YES	YES	YES	YES	no*	YES	no	Allergen: Gluten, Wheat, Soy, Egg, Dairy
Hearty Seeded	YES	YES	YES	YES	YES	Almond	YES	no	Allergen: Gluten, Wheat, Soy, Egg, Dairy, Nuts
	Gluten	Wheat	Soy	Egg	Dairy	Tree Nuts/ Legumes	Vegetarian	Vegan	Ingredients
Oatmeal									
Steel Cut Oatmeal	no*	no*	no*	no	no*	no*	YES	YES	Allergen: NONE
Quiche & Egg									
3 Cheese Quiche	no	no	no	YES	YES	no	YES	no	Allergen: Egg, Dairy
Hardboiled Egg	no	no	no	YES	no	no	YES	no	Allergen: Egg
Yogurts & Fruit									

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Blueberry, Granola Yogurt Cup	no	no	YES	no	YES	Almond	YES	no	Allergen: Soy, Dairy, Nuts
Strawberry, Granola Yogurt Cup	no	no	YES	no	YES	Almond	YES	no	Allergen: Soy, Dairy, Nuts
Hearty Seeded Yogurt	no	no	no	no	YES	no	YES	no	Allergen: Dairy
Swiss Oatmeal	no*	no*	YES	no*	YES	Almond	YES	no	Allergen: Soy, Dairy, Nuts
Fresh Fruit Cup	no	no	no	no	no	no	YES	YES	Allergen: NONE
	Gluten	Wheat	Soy	Egg	Dairy	Tree Nuts/ Legumes	Vegetarian	Vegan	Ingredients
Breakfast Sandwiches									
Cheddar Breakfast Sandwich	YES	YES	no	YES	YES	no	YES	no	Allergen: Gluten, Wheat, Egg, Dairy
Ham Breakfast Sandwich	YES	YES	no	YES	YES	no	no	no	Allergen: Gluten, Wheat, Egg, Dairy
Bacon Breakfast Sandwich	YES	YES	no	YES	YES	no	no	no	Allergen: Gluten, Wheat, Egg, Dairy
	Gluten	Wheat	Soy	Egg	Dairy	Tree Nuts/ Legumes	Vegetarian	Vegan	Ingredients
Breakfast Sandwiches (continued)									
Denver Breakfast Sandwich	YES	YES	no	YES	YES	no	no	no	Allergen: Gluten, Wheat, Egg, Dairy
Spinach & Mushroom Breakfast Sandwich	YES	YES	no	YES	YES	Almond (Aioli)	YES	no	Allergen: Gluten, Wheat, Egg, Dairy, Nuts
	Gluten	Wheat	Soy	Egg	Dairy	Tree Nuts/ Legumes	Vegetarian	Vegan	Ingredients
Breakfast Sandwiches (continued)									
Southwestern Breakfast Sandwich	YES	YES	no	YES	YES	no	YES	no	Allergen: Gluten, Wheat, Egg, Dairy
	Gluten	Wheat	Soy	Egg	Dairy	Tree Nuts/ Legumes	Vegetarian	Vegan	Ingredients
Sandwiches									
BBQ Pulled Chicken with Spicy Cole Slaw	YES	YES	YES	YES	no	Almond (Aioli)	no	no	Allergen: Gluten, Wheat, Soy, Egg, Nuts

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Sandwiches (continued)									
BLT	YES	YES	no	no	no	Almond (Aioli)	no	no	Allergen: Gluten, Wheat, Nuts
Caprese	YES	YES	no	no	YES	no	YES	no	Allergen: Gluten, Wheat, Dairy
Chickpea Vegetarian	YES	YES	YES	YES	no	Sesame Seed	YES	no	Allergen: Gluten, Wheat, Soy, Egg, Nuts
	Gluten	Wheat	Soy	Egg	Dairy	Tree Nuts/ Legumes	Vegetarian	Vegan	Ingredients
Sandwiches (continued)									
Classic Ham	YES	YES	YES	YES	no	no	no	no	Allergen: Gluten, Wheat, Soy, Egg
Classic Tuna Salad	YES	YES	YES	YES	no	no	no	no	Allergen: Gluten, Wheat, Soy, Egg
	Gluten	Wheat	Soy	Egg	Dairy	Tree Nuts/ Legumes	Vegetarian	Vegan	Ingredients
Sandwiches (continued)									
Classic Turkey	YES	YES	YES	YES	no	no	no	no	Allergen: Gluten, Wheat, Soy, Egg
Porchetta	YES	YES	no	YES	no	no	no	no	Allergen: Gluten, Wheat, Egg
Pulled Chicken	YES	YES	YES	no	YES	Almond (Aioli)	no	no	Allergen: Gluten, Wheat, Soy, Dairy, Nuts
Roasted Turkey with Cranberry Chutney	YES	YES	no	YES	no	Almond (Aioli)	no	no	Allergen: Gluten, Wheat, Egg, Nuts
	Gluten	Wheat	Soy	Egg	Dairy	Tree Nuts/ Legumes	Vegetarian	Vegan	Ingredients
Sandwiches (cont'd)									
Shaved Ham	YES	YES	no	no	YES	Almond (Aioli)	no	no	Allergen: Gluten, Wheat, Dairy, Nuts
Turkey Pesto	YES	YES	no	YES	YES	Almond (Aioli)	no	no	Allergen: Gluten, Wheat, Egg, Dairy, Nuts
Vegetarian	YES	YES	YES	no	YES	Almond (Aioli)	YES	no	Allergen: Gluten, Wheat, Soy, Dairy, Nuts
	Gluten	Wheat	Soy	Egg	Dairy	Tree Nuts/ Legumes	Vegetarian	Vegan	Ingredients
Salads with Dressing & Focaccia									
Cobb	YES (Focaccia)	YES (Focaccia)	YES	YES	YES	no	no	no	Allergen: Gluten, Wheat, Soy, Egg, Dairy
Mexican Chop	YES (Focaccia)	YES (Focaccia)	no	no	YES	no	YES	no	Allergen: Gluten, Wheat, Dairy
Mixed Greens	YES (Focaccia)	YES (Focaccia)	YES	no	no	no	YES	no	Allergen: Gluten, Wheat, Soy

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Salads with Dressing & Focaccia									
Roasted Beet with Goat Cheese	YES (Focaccia)	YES (Focaccia)	no	no	YES	Pistachio	YES	no	Allergen: Gluten, Wheat, Dairy, Nuts
Spicy Thai Peanut	YES	YES	YES	no	no	Peanuts	YES	no	Allergen: Gluten, Wheat, Soy, Nuts
Spinach, Berry & Goat Cheese	YES (Focaccia)	YES (Focaccia)	YES	no	YES	Walnuts	YES	no	Allergen: Gluten, Wheat, Soy, Dairy, Nuts
	Gluten	Wheat	Soy	Egg	Dairy	Tree Nuts/ Legumes	Vegetarian	Vegan	Ingredients
Soups									
Ratatouille	no	no	no	no	no	no	YES	YES	Allergen: NONE
Roasted Butternut Squash	no	no	YES	no	no	Almond	YES	YES	Allergen: Soy, Nuts
Spicy Lentil Dahl	no	no	no	no	no	no	YES	YES	Allergen: NONE
Turkey Pot Pie	YES	YES	YES	no	YES	no	no	no	Allergen: Gluten, Wheat, Soy, Dairy
Dressings									
Balsamic Vinaigrette	no	no	YES	no	no	no	YES	YES	Allergen: Soy
Citrus Pistachio	no	no	no	no	no	Pistachio	YES	no	Allergen: Nuts
Raspberry Vinaigrette	no	no	YES	no	no	Walnut	YES	YES	Allergen: Soy, Tree Nuts
	Gluten	Wheat	Soy	Egg	Dairy	Tree Nuts/ Legumes	Vegetarian	Vegan	Ingredients
Dressings (continued)									
Smokey Blue Cheese	no	no	YES	YES	YES	no	YES	no	Allergen: Soy, Egg, Dairy
Spicy Thai	YES	YES	YES	no	no	Peanut	YES	YES	Allergen: Gluten, Wheat, Soy, Nuts
Tomatillo Lime	no	no	no	no	no	no	YES	YES	Allergen: NONE
Spreads									
Aioli	no	no	no	no	no	Almond	YES	no	Allergen: Nuts
Balsamic Onion Jam	no	no	YES	no	no	no	YES	no	Allergen: Soy
BBQ Sauce	no	no	no	no	no	no	YES	YES	Allergen: NONE
Cranberry Chutney	no	no	no	no	no	no	YES	no	Allergen: NONE
Fennel Apple Onion Chutney	no	no	no	no	no	no	YES	no	Allergen: NONE

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Spreads (continued)									
Garlic Butter	no	no	no	no	YES	no	YES	no	Allergen: Dairy
Gremolada	YES	YES	no	no	no	no	YES	no	Allergen: Gluten, Wheat
Hummus	no	no	no	no	no	no	YES	YES	Allergen: NONE
Italian Dressing	no	no	YES	no	no	no	YES	no	Allergen: Soy
Mayonnaise	no	no	YES	YES	no	no	YES	no	Allergen: Soy, Egg
Mustard, Dijon	no	no	no	no	no	no	YES	YES	Allergen: NONE
Mustard, Stone Ground	no	no	no	no	no	no	YES	YES	Allergen: NONE
Pesto, Basil	no	no	no	no	YES	no	YES	no	Allergen: Dairy
Pesto, Chipotle	no	no	no	no	no	no	YES	YES	Allergen: NONE
Pesto, Roasted Red Pepper	no	no	no	no	YES	no	YES	no	Allergen: Dairy
* Manufactured in a facility and/or on shared equipment with this allergen. Precautions are taken, but cross-contamination can occur.									
While we make every effort to avoid cross-contamination of our ingredients, each Specialty's Café makes and assembles our food from raw ingredients on shared equipment. Products may contain or come in contact with allergens such as wheat, peanuts, dairy, soy, egg, tree nuts, fish and shellfish. Specialty's cannot completely guarantee that any given menu item is free of any allergen. Exposure should be made in consultation with your doctor.									