



U.S. ALLERGEN LIST



Menu Items	EGG	Seafood	MILK	NUTS	SOY	WHEAT	MSG	Gluten
Breakfast Items:								
Egg Sandwich w/Cheese bagel	x		x		x oil	x		x
Egg Sandwich w/Cheese & Sausage bagel	x		x		x oil	x		x
Egg Sandwich w/Cheese & Ham bagel	x		x		x oil	x		x
Egg Sandwich (no cheese or meat) bagel 2oz. Whole wheat	x				x oil	x		x
Don Poncho whole wheat wrap					x oil	x		x
VT Bread english muffin					x	x		x
Hash Brown					x			
Granola cereal					x	x		x
GM Honey Nut Cherrios				x almond				
Frosted Mini Wheats						x		x
Frosted Flakes						x malt fl.		x
Lucky Charms								
croissant	x		x	x-sesame	x	x		x
Swiss Miss Hot Chocolate			x		x			
Peanut butter banana round (house)	x			peanuts		x		x
Peanut Butter Energy Bar (house)				peanuts		x		x
Whole Donut + Donut holes			x		x oil	x		
Asiago Cheese Bagel	x		x		x	x		
Everything Bagel	x-M		x-M		x	x		
Plain white whole wheat Bagel	x-M		x-M		x	x		
Banana Bread	x		x	M= Tree	x	x		
Pumpin Bread	x				x	x		
X= indicates item contains the allergen								
M= indicates item MAY have been processed in a plant that also processes the allergen								