

Dinner Specials: Big 9 Allergen Chart

Menu Item	Milk	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	Sesame
Ribeye Steak	X*								
Prime Rib	X*								
Whitefish (Pan-fried)							X		
Chicken (Pan-fried)									
Liver and Onions			X						
Pork Chops									
Meatloaf		X	X						
Lasagna	X	X	X						
Beef and Egg Noodles		X	X						

Menu Item	Milk	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	Sesame
Chicken Stir Fry			X	X					
Spaghetti and Meatballs	X	X	X						
Fettuccini Alfredo	X		X						
Cheese Tortellini Alfredo	X	X	X						
Tortellini Alfredo w/ Shrimp	X	X	X					X	
Tortellini Alfredo w/ Chicken	X	X	X						
Cheese Tortellini Romano	X	X	X						
Garlic Bread (Served w/ Pasta)	X		X						

Menu Item	Milk	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	Sesame
Potato & Vegetable (Sides)	X*								

**Flagged for Milk assuming the use of butter for seasoning or mashing. If prepared strictly with olive oil, these would be dairy-free.*

Important Ingredient Details

- **Wheat:** Found in all pasta, egg noodles, tortellini, and garlic bread. It is also found in **Liver and Onions** (typically dredged in flour) and **Meatloaf/Meatballs** (which use breadcrumbs as a binder).
- **Egg:** Present in the **Egg Noodles**, **Tortellini** pasta dough, **Meatloaf**, **Meatballs**, and the ricotta cheese mixture used in **Lasagna**.
- **Soy:** In a "no additive" kitchen, soy is primarily found in the soy sauce used for the **Chicken Stir Fry**.
- **Fish/Shellfish:** The **Whitefish** is a fish allergen; the **Shrimp** in the tortellini is a crustacean shellfish allergen.
- **Milk:** Found in all **Alfredo** and **Romano** sauces, **Lasagna**, and the cheese inside the **Tortellini**. It is also present in the butter used for **Garlic Bread** and traditionally in mashed or baked **Potatoes**.

Key Assumption: Since these items are made without preservatives or additives, I have flagged **Soy** only where it is traditionally part of the core ingredient (like Soy Sauce in Stir Fry). I have also flagged **Milk** for sides like potatoes or garlic bread, as they are typically prepared with butter.

