

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 | | | | | | |

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|--------------------------------|------|-----|-------|-----|--------|----------|------|-----------|--------|
| 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 | | | | | | |

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|---------------------------------------|------|-----|-------|-----|--------|----------|------|-----------|--------|
| 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.

