

## ALLERGEN ADVISORY - 2021

We understand and are concerned that some folks may be allergic to the ingredients we use or the products we sell. The information below is specific to our shop only, as ice cream shops will have proprietary recipes and their physical production and sales environment will vary. If you have any serious allergy concerns, we prefer you opt out, rather than making what could be an unfortunate choice. We would rather neither of us run the risk of an illness.

**Nuts** of course are the most well-known allergen. We take specific steps to isolate nuts by asking questions, using separate scoops, storing tubs in different freezers and will open a new tub, if we have it, to minimize unintended contact.

We use ingredients that do contain other notable allergens being **dairy, nuts, eggs, wheat, gluten, and soy** throughout our facility. **Therefore, we cannot guarantee that products not intended to have an ingredient, do not have traces of unintended ingredients.** If you have any questions or have allergy concerns, please let us know before you order.

**DAIRY** – ALL OUR ICE CREAM, SHERBET AND SOFT SERVE PRODUCTS CONTAIN DAIRY. Do you have an allergy, or do you have a lactose issue? There is a difference. Dairy protein allergies are serious and most often are caused by exposure to natural milk protein such as casein or whey. Lactose is natural milk sugar. As we age, though for some age is not a factor, we have trouble digesting lactose, thus the bloating and gaseousness. We carry a selection of Non-Dairy Alternatives, Sorbet and Italian Ices which are not intended to have dairy, but which may have other specific or unintended ingredient allergens.

**ICE CREAM FLAVORS WITH NUTS** – including peanuts, walnuts, wet walnuts, almonds, pecans, coconut.

<b>Almonds</b>	<b>Coconut</b>	<b>Peanut</b>	<b>Pecans</b>	<b>Walnuts</b>
Almond Joy	Almond Joy	Choc Peanut Butter	Butter Pecan	Chocolate Walnut
Banana Almond Chip	Coconut	Butterfinger	Toasted Peach	Rocky Road
Biscotti		Moose Tracks		
Coffee Heath		Peanut Butter		<b>Other Nuts</b>
Heath		Peanut Butter & Jelly		Cashew Turtle
Heavenly Hash		Trail Mix		Pistachio

**Continued**

**EGGS** – Eggs contain lecithin which is used as an emulsifier. Our base ice creams are NOT made with eggs, but eggs are ingredients in the baked goods found in such flavors as:

Apple Pie	Brownie Delight	Key Lime Pie	Kooky Monstah
Whoopie Pie			
<b>Products: Apple Pie Blueberry Pie</b>	<b>Brownies Cookies</b>	<b>Crepes Cinnamon Rolls</b>	<b>Whoopie Pies</b>

**WHEAT**

**GLUTEN**, which is generally found in wheat, rye, barley, or its by-products.

**SOY Lecithin** is often used as emulsifier in these products and others. Therefore, assume if a product has wheat, rye, or barley, it has gluten and will probably also have soy. These flavors include:

Beer Breathe	Cookie Butter	Key Lime Pie	S'more's
Biscotti	Cookie Dough	Kooky Monstah	Strawberry Cheesecake
Blueberry Cheesecake	Cookies and Cream	Lemon Ginger	Tiramisu
Brownie Delight	Coffee	Mint Cookie	Whoopie Pie
Cake Batter	Grape Nut	Mud Flats	Mud Flats
Coffee Oreo	Honey Graham	Salted Pretzel	
<b>Products: Apple Pie Blueberry Pie</b>	<b>Brownies Cookies</b>	<b>Crepes Cinnamon Rolls</b>	<b>Whoopie Pies Plain, Sugar and Waffle Cones</b>

**SOY** – Assume that in addition to those flavors having wheat, rye, or barley, many of our flavors will have soy. Soy is used as an emulsifier and will appear often on a label as an ingredient called **Soy Lecithin**, which basically helps the fat molecules to stay small and the fat and water to play nice together. *(Even in dry goods!)* This is what eggs do. It is the lecithin in the egg that enhances creaminess by working with the fat and water.

Many candies have soy, when in the ice cream or as a topping. **Soy is so common an ingredient that if you have a concern, it is best to inquire specifically when ordering.**