

# ALLERGY AWARENESS Page 1 of 2

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 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 or injury.

We use ingredients that do contain notable allergens, such as dairy, nuts, eggs, wheat, gluten, soy and some food color 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 an intolerance or 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.

**NUTS** of course are likely 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. However, this still does not guarantee that nuts or nut by-products are not present in any flavor.

## **ICE CREAM FLAVORS WITH NUTS** – Almonds, Coconut, Peanuts, Pecans, and Walnuts

Almond Joy - <b>almonds</b>	Heath - <b>almonds</b>
Banana Almond Chip - <b>almonds</b>	Heavenly Hash - <b>almonds</b>
Biscotti - <b>almonds</b>	Moose Tracks - <b>peanuts</b>
Butter Pecan - <b>pecans</b>	Peanut Butter - <b>peanuts</b>
Cashew Turtle - <b>cashews</b>	Peanut Butter & Jelly - <b>peanuts</b>
Choc Peanut Butter - <b>peanuts</b>	Pistachio - <b>pistachios</b>
Chocolate Walnut - <b>walnuts</b>	Rocky Road - <b>walnuts</b>
Coconut Butterfinger - <b>peanuts</b>	Snickers - <b>peanuts</b>
Coffee Heath - <b>almonds</b>	Toasted Peach Praline - <b>pecans</b>
	Trail Mix - <b>cashews, peanuts, almonds, walnuts</b>

**FOOD COLOR** – Although most of our ice cream does NOT contain food color additives, if it does, we try use natural food colors whenever we can. However, if you have any sensitivity to food color, please let us know when ordering.