



ALLERGEN INFORMATION

The following is an itemized menu containing all the ingredients we use in each of our menu items. An "X" in the box of each allergen means that said ingredient contains that particular allergen. **DISCLAIMER:** As much as we strive to provide different food options for our customers, we cannot guarantee there is not any cross-contamination between our different products. Please exercise caution when ordering food that may contain or may have been exposed to your allergen. Also, be mindful not all substitutions are possible.

Menu Item	Gluten	Soy	Egg	Milk	Peanut	Tree Nut	Shell Fish	Fin Fish	Sesame
BACON, EGG, & CHEESE BAGEL SANDWICH									
Bacon									
Egg			X						
Choice of Cheese				X					
Bagel	X								
SAUSAGE, EGG, & CHEESE BAGEL									
Sausage									
Egg			X						
Choice of Cheese				X					
Bagel	X								
BACON, EGG, & CHEESE CROISSANT									
Bacon									
Egg			X						
Choice of Cheese				X					
Croissant	X	X		X		Produced in a facility that processes Tree Nuts			
SAUSAGE, EGG, & CROISSANT									
Sausage									
Egg			X						
Choice of Cheese				X					
Croissant	X	X		X		Produced in a facility that processes Tree Nuts			
VEGGIE, EGG, & CREAM CHEESE BAGEL									
Egg			X						
Tomato									
Spinach									
Garlic Herb Cream Cheese				X					
Bagel	X								



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Menu Item	Gluten	Soy	Egg	Milk	Peanut	Tree Nut	Shell Fish	Fin Fish	Sesame
VEGGIE, EGG, & CREAM CHEESE CROISSANT									
Egg			X						
Tomato									
Spinach									
Garlic Herb Cream Cheese				X					
Croissant	X	X		X		Produced in a facility that processes Tree Nuts			
SWEET HEAT BAGEL									
Egg			X						
Sausage									
Pepper Jack Cheese				X					
Bacon Habanrro Jam									
Bagel	X								
SWEET HEAT CROISSANT									
Egg			X						
Sausage									
Pepper Jack Cheese				X					
Bacon Habanrro Jam									
Croissant	X	X		X		Produced in a facility that processes Tree Nuts			
BAKERY									
Double Chocolate Chip Muffin	X	X	X						
Banana Nut Muffin	X	X	X			X			
Blueberry Muffin	X	X	X						
Orange Cranberry Muffin	X	X	X						
Bagel	X								
Cinnamon Roll	X	X	X	X					
Donut	X	X		X					
Blueberry Scone	X	X		X					



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Menu Item	Gluten	Soy	Egg	Milk	Peanut	Tree Nut	Shell Fish	Fin Fish	Sesame
White Chocolate Raspberry Scone	X	X		X					
Apple Cinnamon Scone	X	X		X					
Apple Turnover	X	X							
Cherry Turnover	X	X							
Chocolate Croissant	X	X	X	X		Produced in a facility that processes Tree Nuts			
Feta Spinach Croissant									
Bagel GF			X						
GF Blueberry Muffin			X						
YOGURT PARFAIT									
Vanilla Yogurt				X					
Fresh Berries									
Granola		X							
FRUIT CUP									
Honeydew									
Cantaloupe									
Pineapple Red Grapes									
GARDEN SALAD									
Lettuce									
Tomato									
Red Onion									
Cucumber									
Carrots									
Cheddar Jack Cheese				X					
CAESAR SALAD									
Lettuce									
Tomato									
Parmesan Cheese				X					



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Menu Item	Gluten	Soy	Egg	Milk	Peanut	Tree Nut	Shell Fish	Fin Fish	Sesame
Croutons	X	X							
Caesar Dressing		X	X	X				X	
HAM & CHEESE 6" DELI SUB									
Hoagie Bun	X	X							
Ham									
Choice of Cheese				X					
Lettuce									
Tomato									
Red Onion									
TURKEY CLUB 6" DELI SUB									
Hoagie Bun	X	X							
Turkey Breast									
Bacon									
Choice of Cheese				X					
Lettuce									
Tomato									
Red Onion									
CHICKEN BACON RANCH 6" DELI SUB									
Hoagie Bun	X	X							
Grilled Chicken Breast									
Bacon									
Ranch Dressing		X	X	X					
Choice of Cheese				X					
Lettuce									
Tomato									
Red Onion									



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Menu Item	Gluten	Soy	Egg	Milk	Peanut	Tree Nut	Shell Fish	Fin Fish	Sesame
CLUB WILDERNESS 6" DELI SUB									
Hoagie Bun	X	X							
Ham									
Turkey Breast									
Roast Beef									
Choice of Cheese				X					
Lettuce									
Tomato									
Red Onion									
HAM & CHEESE SPINACH WRAP									
12" Spinach Wrap	X	X							
Ham									
Choice of Cheese				X					
Lettuce									
Tomato									
Red Onion									
GARLIC HERB HAM & CHEESE WRAP									
12" Garlic Herb Wrap	X	X							
Ham									
Choice of Cheese				X					
Lettuce									
Tomato									
Red Onion									
TURKEY & CHEESE SPINACH WRAP									
12" Spinach Wrap	X	X							
Turkey Breast									
Choice of Cheese				X					



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Menu Item	Gluten	Soy	Egg	Milk	Peanut	Tree Nut	Shell Fish	Fin Fish	Sesame
Lettuce									
Tomato									
Red Onion									
TURKEY & CHEESE GARLIC HERB WRAP									
12" Garlic Herb Wrap	X	X							
Turkey Breast									
Choice of Cheese				X					
Lettuce									
Tomato									
Red Onion									
PRETZEL BITES & CHEESE SAUCE									
Pretzel Bites	X	X							
Cheese Sauce				X					
SOUP OF THE DAY INFORMATION AVAILABLE ON REQUEST									