



BURGERS REINVENTED

food allergen & sensitivities chart

All menu items include allergen and sensitivity information for the items listed on the menu only. If the menu calls for the guest to make a choice, this is not included in the allergen information for that menu item. Examples of items that require a selection include sauces, cheeses and dressings. Please consult the ingredients of each product prior to consuming.

***Caution:** According to the FDA, highly refined oils such as highly refined soybean and peanut oil are not considered major food allergens, we have listed these ingredients here for your knowledge. The FDA does not require manufacturers to identify MSG in processed foods and MSG occurs naturally in most foods, therefore, this list does not include every food item that could contain MSG.

Allergens Considered	Sensitivities Considered
• Eggs	• Bulbs / Onion
• Fish	• Garlic
• Milk	• MSG
• Peanuts	• Sulfite
• Shellfish	
• Soy	
• Tree Nuts	
• Wheat	

Note: Due to the variety of ingredients and manufacturing processes each vendor uses, it is the obligation of the restaurant manager and franchisee to carefully inspect each label of non-contracted items.

Menu Item	Allergens
Beef Burgers (with ingredients as stated on the menu)	
Burger 101	Wheat, Garlic, Refined Soybean Oil
Cheesy Burger	Wheat, Milk, Garlic; Refined Soybean Oil, <i>does not include sauces or cheese</i>
The Bacon Cheesy	Wheat, Milk, Garlic; Refined Soybean Oil, <i>does not include sauces</i>
The Shroom	Wheat, Soy, Milk, Onion, Garlic, Refined Soybean Oil,
Black & Bleu	Wheat, Egg, Milk, Sulfites, Garlic, Onion, Refined Soybean Oil,
Tex-Mex Haystack	Wheat, Soy, Milk, Egg, Garlic, Sulfites, Onion, Refined Soybean Oil,
BBQ Bacon Burger	Wheat, Milk, Egg, Garlic, Refined Soybean Oil,



Menu Item	Allergens
The Philly Cheese	Wheat, Soy, Milk, Egg, Garlic, Onion, Sulfites, Refined Soybean Oil,
Cinco Burger	Wheat, Milk, Egg, Garlic, Onion, Refined Soybean Oil,
The OMG!	Wheat, Milk, Egg, Garlic, Onion, Refined Soybean Oil, <i>does not include sauces or cheese</i>

Menu Item	Allergens
Seafood (with ingredients as stated on the menu)	
The Ahi Tuna	Wheat, Sulfites, Soy, Fish, Milk, Egg, Garlic, Refined Soybean Oil
Spicy Thai Shrimp	Wheat, Sulfites, Soy, Shellfish, Milk, Egg, Garlic, Refined Soybean Oil,
Chicken (with ingredients as stated on the menu)	
Chicken Parmesan	Wheat, Sulfites, Milk, Egg, Garlic, Refined Soybean Oil
Monterey Chicken	Wheat, Sulfites, Milk, Egg, Garlic, Refined Soybean Oil
Buffalo Chicken	Wheat, Sulfites, Milk, Egg, Garlic, Refined Soybean Oil
Mediterranean Chicken	Wheat, Sulfites, Milk, Egg, Garlic, Refined Soybean Oil
Turkey (with ingredients as stated on the menu)	
The Skinny	Wheat, Sulfites, Milk, Egg, Onion, Garlic, Refined Soybean Oil
The Cobb	Wheat, Sulfites, Milk, Egg, Garlic, Refined Soybean Oil
Veggie (with ingredients as stated on the menu)	
Black Bean Burger	Wheat, Sulfites, Soy, Milk, Egg, Onion, Garlic, Refined Soybean Oil
The Greek	Wheat, Soy, Onion, Garlic, Refined Soybean Oil, Eggs, Milk
Slider 3-Packs (with ingredients as stated on the menu)	
The Cheesy 3-Pack	Wheat, Soy, Milk, Egg, Garlic
Bacon Cheesy 3-Pack	Wheat, Soy, Milk, Egg, Garlic
Black & Bleu 3-Pack	Wheat, Sulfites, Soy, Milk, Egg, Onion, Garlic
Gourmet Dogs (with ingredients as stated on the menu)	
101 Dog	Wheat, Soy, Milk; <i>does not include toppings or sauce</i>
Chili Cheese Dog	Wheat, Sulfites, Soy, Milk, Onion, Garlic
Great Dane Dog	Wheat, Soy, Milk, Egg, Garlic, Sulfites, Onion, Garlic
Chicken Tenders (with ingredients as stated on the menu)	
Chicken Tender Basket	Wheat, Milk, Onion, Garlic; <i>does not include sauces</i>
Chicken Tender Sandwich	Wheat, Milk, Onion, Garlic, Sulfites, Soy, Fish, Egg
Buffalo Chicken Tender Basket	Wheat, Milk, Onion, Garlic; <i>does not include sauces</i>
Fries, Etc. (with ingredients as stated on the menu)	
French Fries	Garlic, Refined Soybean Oil
Sweet Potato Fries	Garlic, Refined Soybean Oil
Half & Half Basket	Garlic, Refined Soybean Oil



Menu Item	Allergens
Cheese & Ale Fries	Wheat, Soy, Milk, Garlic, Refined Soybean Oil
Cheese & Ale Sauce	Wheat, Soy, Milk, Garlic
Turkey Chili	Soy, Milk, Onion, Garlic

Menu Item	Allergens
Fresh Salads (with ingredients as stated on the menu)	
The Chopped Cobb	Milk, Egg, Onion, Garlic, Refined Soybean Oil
Black & Bleu Chopped	Milk, Egg, Onion, Garlic, Refined Soybean Oil
The Sonoma Valley	Tree Nuts, Milk, Refined Soybean Oil
Super Burger Bowl	None; <i>does not include burger patty or dressing</i>
Side Salad	None; <i>does not include dressing</i>
Kids' Menu (with ingredients as stated on the menu)	
Garden Salad	None, <i>does not include sides</i>
<i>with Crispy Chicken</i>	Wheat, Milk, Egg, Onion, Garlic
<i>with Grilled Chicken</i>	Garlic
Burger	Wheat, Soy, Milk, Garlic, <i>does not include sides</i>
Cheesy Burger	Wheat, Soy, Milk, Garlic, <i>does not include sides</i>
Turkey Burger	Wheat, Sulfites, Soy, Milk, Egg, Garlic, <i>does not include sides</i>
2-Pack Grilled Cheese	Wheat, Soy, Milk, Egg, <i>does not include sides</i>
Hot Dog	Wheat, <i>does not include sides</i>
Chicken Tenders	
Crispy Chicken	Wheat, Milk, Onion, Garlic, <i>does not include sides</i>
<i>with Grilled Chicken</i>	Garlic, <i>does not include sides</i>
Side, Applesauce	None
Side, Grapes	None
Side, French Fries	Garlic
Side, Sweet Potato Fries	Garlic
Shakes & Signature Shakes (includes Burger 21 vanilla ice cream, Blue Bunny Vanilla Ice Cream)	
Bananas Foster	Milk
Chocolate	Soy, Milk
Chocolate Malted Milk Ball	Wheat, Soy, Milk
Chocolate Peanut Butter	Soy, Milk, Peanuts
Cookies & Cream	Wheat, Soy, Milk
Crème Brûlée	Wheat, Milk
Key Lime Pie	Wheat, Sulfites, Tree Nuts, Soy, Milk
Strawberry	Milk
Strawberry Short Cake	Wheat, Soy, Milk, Egg
Vanilla Bean	Milk



Menu Item	Allergens
Ybor City Double Espresso	Soy, Milk

Menu Item	Allergens
Kids' Shakes	
Chocolate	Soy, Milk
Strawberry	Milk
Vanilla	Milk
Floats & Sundaes <i>(includes Burger 21 vanilla ice cream, Blue Bell ice cream & frozen yogurt)</i>	
Retro Floats	Milk
Your Cookie Sundae	Wheat, Tree Nuts, Soy, Milk, Egg
Kiddie Sundae	Soy, Milk
Cookies	
All Cookies	Egg, Milk, Soy, Tree Nuts, Wheat,
Cheese Selections	
American	Milk, Soy
Cheddar	Milk
Swiss	Milk
Provolone	Milk
Gorgonzola	Milk
Fontina	Milk
Monterey Jack	Milk
Smoked Gouda	Milk
Sauce Bar Selections	
Apple Cider	Egg, Sulfite
Barbecue	Garlic
Chipotle Mayo	Egg, Milk, Soy, Sulfites, Wheat, Onion, Garlic
Honey Mustard	Egg, Refined Soybean Oil
Ketchup	Onion
Mustard	Garlic
Ragin' Cajun	Egg, Milk, Soy, Sulfites, Fish, Onion, Garlic
Ranch	Egg, Milk, Soy, Onion, Garlic, Refined Soybean Oil
Thai Ketchup	Soy, Sulfites, Wheat, Onion, Garlic
Toasted Marshmallow	Egg, Soy, Sulfites, Wheat



Menu Item	Allergens
Salad Dressing Selections	
Avocado Ranch	Egg, Milk, Onion, Garlic, Refined Soybean Oil
Honey Mustard	Egg, Refined Soybean Oil
Ranch	Egg, Milk, Onion, Garlic, Refined Soybean Oil
Raspberry Walnut Vinaigrette	Tree Nuts, Refined Soybean Oil
Fat-Free Balsamic Vinaigrette	Sulfites, Onion, Garlic, Refined Soybean Oil
Burger Patty Selections	
Beef Patty	Garlic
Cinco Beef Patty	Wheat
Chicken Patty	Wheat, Sulfites, Milk, Egg, Garlic
Turkey Patty	Wheat, Sulfites, Milk, Egg, Garlic
Shrimp Patty	Wheat, Sulfites, Soy, Shellfish, Garlic
Tuna Patty	Wheat, Sulfites, Fish, Egg, Garlic
Garden Veggie Patty	Wheat, Soy, Onion, Garlic
Black Bean Veggie Patty	Wheat, Sulfites, Soy, Milk, Egg, Onion, Garlic
Chicken Tender (fried)	Wheat, Milk, Onion, Garlic
Bun Selections	
Gluten Free Bun	Egg
Brioche Bun	Wheat, Refined Soybean Oil
Whole Wheat Bun	Wheat, Refined Soybean Oil
Slider Buns	Wheat, Soy, Milk, Egg
Lobster Roll	Wheat, Soy, Milk

