

Flat Top Grill Allergy List

Including Sauces, Appetizers, and Stick Options

Allergy- **Wheat or Gluten**

Do Use-

- All Vegetables
- Nonfat Spicy Lime Basil
- Rice Stick Noodles
- All Meats
- Rice Wine Vinegar
- Gluten Free Soy Sauce (Tamari)
- Sesame Oil
- Indian Coconut Curry
- Chi-Town Tomato
- Vegetable Soup

Allergy- **Soybean Products**

Do Use-

- All Vegetables **EXCEPT** Edamame
- White Rice
- Brown Rice
- Rice Stick Noodles
- Yellow Noodles
- Chi-Town Tomato
- Red Hot Chili Sauce
- Indian Coconut Curry Sauce
- Nonfat Spicy Lime Basil
- Pad Thai Sauce
- Sesame Oil
- Sriracha Hot Sauce
- Vindahoo Sauce
- Rice Wine Vinegar
- All Meats
- Roti Prata Bread
- Vegetable Soup
- Ice Cream
- Whipped Cream

Allergy- **Salt**

Do Use-

- Rice Stick Noodles
- All Vegetables
- Ice Cream
- White Fish
- Beef
- Sesame Oil
- Whipped Cream

Allergy- **Garlic**

Do Use-

- White Rice
- Brown Rice
- Rice Stick Noodles
- Yellow Noodles
- All Vegetables
- Soy Sauce
- Rice Wine Vinegar
- Sesame Oil
- All Meats
- Roti Prata Flatbread
- Chow Mein Noodles
- Chocolate Storm
- Ice Cream
- Choco Roti Sunday
- Whipped Cream
- Chocolate Fudge
- Veat
- Tofu
- Burrito Wrap
- Thai Spicy Green Beans (NO Sauce)
- Chilled Edamame (NO Sauce)
- Grilled Edamame (NO Sauce)

Allergy- **Sugar**

Do Use-

- Rice Stick Noodles
- Yellow Noodles
- White Rice
- Brown Rice
- All Vegetables
- Soy Sauce
- Gluten Free Soy Sauce (Tamari)
- All Meats
- Chi-Town Tomato
- Tofu
- Thai Spicy Salt
- Sesame Oil
- Thai Spicy Green Beans (NO Sauce)
- Chilled Edamame (NO Sauce)
- Grilled Edamame (NO Sauce)

Allergy-**Corn**

Do Use

- Rice Stick Noodles
- Yellow Noodles
- All Vegetables EXCEPT Sweet Corn and Baby Corn
- Soy Sauce
- Asian Sesame Ginger
- Chi-Town Tomato
- All Meats **EXCEPT** Hot Dogs
- Sesame Oil

Allergy- **Peanuts**

Do Use All offerings EXCEPT:

- Peanut Sauce
- Kung Pao Hoisin Sauce
- Thai Red Curry Sauce
- Flat Top Quesadilla
- Pad Thai Sauce
- Teriyaki Sauce
- BBQ Tempeh
- Vegetable Pakora
- Veat
- Choco Roti Sunday

Allergy- **Onion**

Do Use

- White Rice
- Brown Rice
- Yellow Noodles
- Rice Stick Noodles
- All Vegetables EXCEPT Onion and Scallions
- Soy Sauce
- Asian Sesame Ginger Sauce
- Red Hot Chili Sauce
- Pad Thai Sauce
- Peanut Sauce
- Sesame Oil
- Sriracha
- Vindahoo
- Rice Vinegar
- Chow Mein Noodles
- All Meats
- Edamame Grilled or Chilled (NO SAUCE, NO LEMON PEPPER)
- Choco Roti Sunday
- Chocolate Storm

Allergy- **Eggs**

Do Use All Offerings EXCEPT:

- Yum Yum Sauce
- Triple Chocolate Storm
- Ice Cream
- Chow Mein Noodles
- Choco Roti Sunday
- Macaroni and Cheese
- Cheesecake

Allergy- **Seafood**

Do Use All Offerings EXCEPT:

- Shrimp
- Thai Red Curry
- Pad Thai Sauce
- Teriyaki
- White Fish
- Bay Scallops
- Salmon

Allergy- Dairy

Do Use All Offerings EXCEPT:

- Burrito Wraps
- Chocolate Storm
- Ice Cream
- Whipped Cream
- Yum Yum Sauce
- Macaroni and Cheese
- Choco Roti Sunday
- Chocolate Fudge
- Cheese
- Flat Top Quesadilla
- Cheesecake

Vegan

Do Use All Offerings EXCEPT:

- Yum Yum Sauce
- FTG BBQ Sauce (contains Honey)
- Pad Thai Sauce
- Thai Red Curry Sauce
- Teriyaki
- Chocolate Storm
- Choco Roti Sunday
- Whipped Cream
- Ice Cream
- Flat Top Quesadilla
- Any meat or seafood
- Chow Mein Noodles
- Cheese
- Burrito Wraps
- Veat
- Cheesecake

Note:

Burrito Wraps are not vegan. It contains Enriched Wheat Flour that may use animal product to enrich. FTG BBQ contains honey but is otherwise animal-product free.

***All products may be substituted at any time without any notice from our suppliers. We highly recommend speaking with the manager on duty to confirm the ingredients from the kitchen if you have any allergies or dietary restrictions.**