

Schlotsky's

IT'S A MOUTHFUL ALLERGEN SCORECARD

Some menu items included in this list may not be available at your local Schlotzsky's. There are also local or seasonal menu offerings that are not listed. Please check with your local Schlotzsky's for information on those offerings.

Signature Sandwiches

Menu Item	Wheat/ Gluten	Soy	Dairy	Egg	Peanuts	Tree Nuts	Fish	Shellfish	MSG
The Original®	•	•	•						
Deluxe Original-Style	•	•	•						
Turkey Original-Style	•	•	•	•					
Ham & Cheese Original-Style	•	•	•						
Turkey Avocado	•	•	•						
Turkey Bacon Club	•	•	•	•					
Fiesta Chicken	•	•	•	•					
Angus Roast Beef & Cheese	•	•	•	•					
Smoked Turkey Breast	•	•	•	•					
Fresh Veggie	•	•	•	•					
Beef Bacon Smokecheesy	•	•	•	•					
Chicken Bacon Smokecheesy	•	•	•	•					
French Dip	•	•	•						

Gluten Sensitive Signature Sandwiches made with Gluten Free® Bun

Menu Item	Wheat/ Gluten	Soy	Dairy	Egg	Peanuts	Tree Nuts	Fish	Shellfish	MSG
The Original®		•	•						
Deluxe Original-Style		•	•						
Turkey Original-Style		•	•	•					
Ham & Cheese Original-Style		•	•						
Turkey Avocado		•	•						
Turkey Bacon Club		•	•	•					
Fiesta Chicken		•	•	•					
Angus Roast Beef & Cheese		•	•	•					
Smoked Turkey Breast		•	•	•					
Fresh Veggie		•	•	•					
Beef Bacon Smokecheesy		•	•	•					
Chicken Bacon Smokecheesy		•	•	•					
French Dip		•	•						

Pizza 10 inch.

Menu Item	Wheat/ Gluten	Soy	Dairy	Egg	Peanuts	Tree Nuts	Fish	Shellfish	MSG
Double Cheese	•	•	•						
Pepperoni & Double Cheese	•	•	•						
Fresh Veggie	•	•	•						
BBQ Chicken & Jalapeño	•	•	•						

Artisan Flatbread

Menu Item	Wheat/ Gluten	Soy	Dairy	Egg	Peanuts	Tree Nuts	Fish	Shellfish	MSG
California Chicken & Avocado	•	•	•	•					

Salads w/o Dressing

Menu Item	Wheat/ Gluten	Soy	Dairy	Egg	Peanuts	Tree Nuts	Fish	Shellfish	MSG
The Orchard	•	•	•		•	•			
Turkey Avocado Cobb	•	•	•	•					
Southwestern Chicken		•	•						
Chicken Caesar	•	•	•						
Garden Salad									
Garlic Breadsticks	•	•	•	•					

Salads Wraps with Wheat Tortilla

Menu Item	Wheat/ Gluten	Soy	Dairy	Egg	Peanuts	Tree Nuts	Fish	Shellfish	MSG
The Orchard	•	•	•		•	•			
Turkey Avocado Cobb	•	•	•	•					
Southwestern Chicken	•	•	•						
Chicken Caesar	•	•	•						
Garden Salad									

Dressing

Menu Item	Wheat/ Gluten	Soy	Dairy	Egg	Peanuts	Tree Nuts	Fish	Shellfish	MSG
Blue Cheese		•	•	•					
Ranch		•	•	•					
Italian		•							
Caesar		•	•				•		
Balsamic Vinegar & EVOO									

Chips

Menu Item	Wheat/ Gluten	Soy	Dairy	Egg	Peanuts	Tree Nuts	Fish	Shellfish	MSG
Lays Baked Regular		•							
BBQ	•								•
Cracked Pepper			•						•
Jalapeno									•
Regular									
Salt & Vinegar			•						
Sour Cream & Onion			•						•

Soups

Menu Item	Wheat/ Gluten	Soy	Dairy	Egg	Peanuts	Tree Nuts	Fish	Shellfish	MSG
Broccoli & Cheddar			•						
Loaded Baked Potato			•						
Timberline Chili			•						
Tomato Basil	•		•						
Garden Vegetable		•							
Salted Crackers	•	•							

Kids Meal

Menu Item	Wheat/ Gluten	Soy	Dairy	Egg	Peanuts	Tree Nuts	Fish	Shellfish	MSG
Cheese Pizza	•	•	•						
Pepperoni Pizza	•	•	•						
Ham & Cheese Sandwich	•	•	•						
Turkey & Cheese Sandwich	•	•	•						

Desserts									
Menu Item	Wheat/ Gluten	Soy	Dairy	Egg	Peanuts	Tree Nuts	Fish	Shellfish	MSG
Brownie	•	•	•	•					
Chocolate Chip Cookie	•	•	•	•					
Sugar Cookie	•	•	•	•					
Café Cold Catering Sandwiches									
Menu Item	Wheat/ Gluten	Soy	Dairy	Egg	Peanuts	Tree Nuts	Fish	Shellfish	MSG
Basil Chicken	•	•	•						
Italian Deli	•	•	•						
Sonoma Turkey	•	•	•						
Buns/Tortilla									
Menu Item	Wheat/ Gluten	Soy	Dairy	Egg	Peanuts	Tree Nuts	Fish	Shellfish	MSG
Sourdough (contains sesame seeds)	•	•	•	•					
Jalapeno Cheese	•	•	•	•					
Dary Rye	•	•	•	•					
Tortilla	•	•							

* = This product is manufactured on equipment where peanut and/or tree nut containing products are processed.

◦ = Does not contain the allergen but is prepared on shared equipment at the restaurant, however, each restaurant takes special precautions to prevent cross-contact.

• = Contains ingredient

All menu items are prepared in our restaurant kitchens where dairy, eggs, wheat, soy, peanuts, nuts, seeds and fish are present.

The Food Allergen Labeling and Consumer Protection Act (FALCPA) identifies eight major allergens: dairy, egg, wheat, soy, peanuts, tree nuts, fish and shellfish. These foods account for about 90 percent of all food allergies in the United States and are noted on our allergen chart. MSG (monosodium glutamate) is not one of the Top 8 allergens; however, for your convenience we have it included.

Some menu items may not be available in all Schlotzsky's restaurants. The information provided is effective as of March 2021. Variations may occur at the local restaurant due to preparation at the restaurant, season of the year, use of an alternate supplier, ingredient substitutions, and variances in product assembly and/or recipe revisions.

Schlotzsky's, and its franchisees and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided by Schlotzsky's restaurants. Furthermore, we cannot guarantee the prevention of cross-contact of any ingredient present in our restaurants including but not limited to dairy, wheat, soy, peanuts, tree nuts, seeds, fish and shellfish. The nutritional, allergen and ingredient information is obtained through one or more of the following sources: (1) Genesis R&D Product Development and Labeling Software, version 9.9 which includes the USDA database; and (2) Approved food product suppliers and manufacturers for the Schlotzsky's™ restaurant system. Information based on standard recipe specifications.

For further ingredient information or to address dietary concerns and specific sensitivities, please call us at (800) 846-BUNS.

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