

# **Ebenezers Allergy List**

## **Bell Peppers (green and red)**

Baked beans  
Vegetarian chili

## **Coconut**

Apple crumble dessert

## **Corn**

Baked beans  
Vegetarian chili  
Barbecue sauce  
Strawberry shortcake  
Apple crumble  
\*Seasonings used on chicken, salmon, and steak (could request just salt and pepper if requested early enough)

## **Eggs**

Coleslaw dressing  
Strawberry shortcake dessert  
GF cookie  
\*may contain\* Apple crumble dessert

## **Garlic**

Barbecue sauce  
Seasoning used on chicken, steak, and salmon  
Roasted vegetables  
Baked beans  
Vegetarian chili  
Mashed potatoes

## **Gluten**

Rolls  
Apple crumble dessert  
Strawberry shortcake dessert  
**\*If you are CELIAC or have a severe gluten allergy, it is recommended NOT ordering chicken. It has a high chance of cross contamination.**

**Lactose** (milk, butter, cheese)

Mashed potatoes

Vegetarian Baked Potato (you can request no cheese)

\*Rolls (they have butter on top, you can request no butter)

\*Salmon (has butter on top, you can request no butter)

Apple crumble dessert

Strawberry shortcake dessert

GF cookie

**\*requests for no butter need to be made by 4:00pm day of**

**Oats**

Apple crumble dessert

**Onion**

Seasonings used on chicken, steak, and salmon

Roasted vegetables

Baked beans

Mashed potatoes

**Peanuts**

\*MAY CONTAIN\*

Apple crumble dessert

Strawberry dessert

**Tree nuts**

\*MAY CONTAIN\*

Apple crumble dessert

Strawberry dessert

**Other nuts**

N/A

**Pepper (black)**

Seasoning on chicken, steak, and salmon

Roasted vegetables

Vegetarian chili

**Pork**

Baked beans

Pulled pork

**Raw carrots**

Coleslaw

**Sesame**

N/A

**Shellfish** (shrimp, crab, lobster, crayfish, clams, scallops, oysters, mussels)

N/A

**Soy**

Apple crumble dessert

Rolls

Coleslaw dressing

GF cookie

\*MAY CONTAIN\* Strawberry dessert