



## FOOD ALLERGY & GLUTEN GUIDE

# **GLUTEN FREE MENU**

## **APPETIZERS:**

PEEL & EAT SHRIMP

## **DINNERS:**

All Dinners, including Ribs (minus sauce) are gluten free EXCEPT THE ONES THAT ARE FRIED

Please be sure to order dinners with NO BREAD AND NO AU JUS (PRIME RIB)

## **SALADS:**

All salads and ingredients are gluten free EXCEPT KRAB ON THE SEAFOOD COBB AND CROUTONS

Please be sure to order salads with NO BREAD

## **SIDES:**

All sides are gluten free EXCEPT FRENCH FRIES, BEANS AND HUSH PUPPIES

**\*\* NOTHING THAT IS FRIED AT PINEAPPLE WILLY'S IS GLUTEN FREE \*\***

**\*\* THESE ITEMS AND THEIR INGREDIENTS ARE SAID BY THE FDA TO CONTAIN NO GLUTEN \*\***

# **ALLERGEN INGREDIENT LIST**

**\*\* THIS IS ONLY A LIST OF COMMON ALLERGENS AND DOES NOT LIST ALL  
INGREDIENTS\*\***

## **APPETIZERS:**

**CHEESE CURDS:** WHEAT, EGGS, MILK

**TUNDA DIP:** FISH, EGGS, SOY, WHEAT, MILK

**AL. E. GATOR:** WHEAT, SOY, MILK, EGGS

**ONION RINGS:** MILK, WHEAT, EGGS

**BUFFALO WINGS:** CORN STARCH, WHEAT

**BUFFALO SAUCE:** GLUTEN FREE

**SIRACHA BBQ:** WHEAT, SOY

**PEEL & EAT SHRIMP:** NO MSG, GLUTEN FREE

**CALAMARI:** WHEAT, SOY, MILK, EGGS

**CHIPS:** CORN

**CHEESE:** MILK

**CHILI:** NATURAL FLAVORING

**GUACAMOLE:** GLUTEN FREE

**SALSA:** GLUTEN FREE

## **SANDWICHES:**

**BREAD:** WHEAT, EGGS, SOY

**HAM:** CARAMEL COLORING

**TURKEY:** MODIFIED FOOD STARCH

**ROAST BEEF:** SOY, NATURAL FLAVORING, CARAMEL COLORING

**CORNERD BEEF:** SOY, NATURAL FLAVORING

**PULLED PORK:** SOY, NATURAL FLAVORS

**CUBAN:** GLUTEN FREE (WITHOUT BREAD AND MAYO)

**CHICKEN BREAST:** SOY, (GLUTEN FREE)

**BACON:** (GLUTEN FREE)

**ROAST BEEF PO BOY:** MILK, SOY, WHEAT // **GRAVY:** WHEAT, SOY

**POPCORN SHRIMP:** WHEAT, MILK

**CHICKEN TENDERS:** WHEAT, SOY, MILK, EGGS

**ALL CHEESES:** MILK

**ALL FRIED FOOD:** MILK, EGGS, SOY, WHEAT

## **SIDES:**

**FRENCH FRIES:** SOY WHEAT

**BABY BAKERS:** NATURAL FLAVORINGS

**BAKED BEANS:** MODIFIED FOOD STARCH, NATURAL FLAVORINGS, PORK

**BBQ SAUCE:** MODIFIED FOOD STARCH, NATURAL FLAVORINGS

**POTATO CHIPS:** PEANUTS, (GLUTEN FREE)

**COLESLAW:** SOY, EGGS

### **KIDS:**

**CORNDOGS:** PORK, BEEF, WHEAT, CORN, SOY, EGGS

**PB&J:** PEANUTS, SOY, EGGS, WHEAT

**GRILLED CHICKEN:** SOY, (GLUTEN FREE)

**ALL FRIED ITEMS:** MILK WHEAT, SOY, EGGS

### **SALADS:**

**KRAB:** SOY, EGGS, WHEAT, CRAB, FISH

**ALL DRESSINGS:** SOY, (GLUTEN FREE)

### **DESSERTS:**

**ALL DESSERTS:** WHEAT, SOY, EGGS, MILK, PEANUTS