

# Restaurant Allergy Information

## Appetizers

1. **Garlic Bread**
  - Contains: Gluten, Dairy
2. **Caesar Salad**
  - Contains: Gluten, Dairy, Eggs, Fish (anchovies in the dressing)
3. **Bruschetta**
  - Contains: Gluten
4. **Stuffed Mushrooms**
  - Contains: Gluten, Dairy
5. **Chicken Wings**
  - Contains: Dairy (blue cheese dressing)
6. **Mozzarella Sticks**
  - Contains: Gluten, Dairy
7. **Spinach Artichoke Dip**
  - Contains: Dairy
8. **Shrimp Cocktail**
  - Contains: Shellfish

## Soups and Salads

1. **Tomato Basil Soup**
  - Contains: Dairy
2. **Clam Chowder**
  - Contains: Shellfish, Dairy
3. **House Salad**
  - Contains: None (depending on dressing)
4. **Greek Salad**
  - Contains: Dairy (feta cheese)
5. **Cobb Salad**
  - Contains: Eggs, Dairy

## Main Courses

1. **Grilled Chicken**
  - Contains: None
2. **Vegan Burger**
  - Contains: Gluten (bun), Soy (patty)
3. **Spaghetti Carbonara**
  - Contains: Gluten, Dairy, Eggs
4. **Beef Stroganoff**
  - Contains: Gluten, Dairy
5. **Salmon Fillet**
  - Contains: Fish

6. **Chicken Alfredo**
  - Contains: Gluten, Dairy
7. **Eggplant Parmesan**
  - Contains: Gluten, Dairy
8. **Lamb Chops**
  - Contains: None
9. **Seafood Paella**
  - Contains: Shellfish, Fish
10. **BBQ Ribs**
  - Contains: None

## Desserts

1. **Chocolate Cake**
  - Contains: Gluten, Dairy, Eggs
2. **Fruit Salad**
  - Contains: None
3. **Cheesecake**
  - Contains: Gluten, Dairy, Eggs
4. **Tiramisu**
  - Contains: Gluten, Dairy, Eggs
5. **Brownie Sundae**
  - Contains: Gluten, Dairy, Eggs
6. **Apple Pie**
  - Contains: Gluten, Dairy
7. **Crème Brûlée**
  - Contains: Dairy, Eggs
8. **Panna Cotta**
  - Contains: Dairy

## Beverages

1. **Coffee**
  - Contains: None
2. **Orange Juice**
  - Contains: None
3. **Soft Drinks**
  - Contains: None
4. **Iced Tea**
  - Contains: None
5. **Lemonade**
  - Contains: None
6. **Herbal Tea**
  - Contains: None
7. **Milkshakes**
  - Contains: Dairy
8. **Sparkling Water**
  - Contains: None
9. **Hot Chocolate**

- Contains: Dairy