

ALLERGIES INFORMATION

To try to accommodate our customers with food allergies or sensitivities, we are providing menu ordering information that should help you to make your food selection. Click on the item below that you want to avoid to view your menu options.

No allergen or nutritional information on our website should ever be considered a guarantee, but simply a best faith effort to serve our customers.

All of the 9 major allergens are present in our restaurants in one form or another. We ask that when placing your order you alert our manager on duty to your food allergy or sensitivity. We will then try our best to avoid any accidental cross-contact, but again we can offer no guarantees and accept no liability. The more information relating to your specific needs you can provide, the better we can attempt to protect you.

The range of tolerance or reactions to the presence of food allergens varies greatly from person to person. Decisions on the amount of precautions you should take or risks you may expose yourself to, are always best made by you in consultation with your physician.

ALLERGEN DISCLAIMER

We understand the challenges facing people who struggle with food allergies or have to manage food sensitivities in their lives. We know how difficult it is to eat safely, especially when eating out. Your options are severely limited because of the absence of available information. It is with that understanding that we have compiled information on all of our menu items and are providing it to you. The information on our website includes allergy declarations for all menu items as well as foods that should be safe to order for each of the major food allergens.

The allergen information provided is accurate and up-to-date to the best of our knowledge. It is based entirely on the information provided by our ingredient manufacturers and suppliers. We have limited this disclosure to the 9 major allergens (wheat, soy, milk, eggs, peanuts, tree nuts, fish and shellfish, MSG) as those are the only ones manufacturers are required to disclose.

The labeling practices and terminology relating to manufacturer's handling of other potential allergens in their facilities varies greatly and can be vague. Because of this, we have not included in our listings allergens that may be present in the manufacturer's plants or may even come in contact with the same manufacturing equipment. Where possible, we have tried to ascertain with our manufacturers that proper segregation and cleaning procedures are in place to prevent accidental cross-contact. However, these things are beyond our control.

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DAIRY

PIZZAS

Crusts

There are no dairy products used in our crust..

Sauce

Choose our Marinara Pasta Sauce, all other sauces contain dairy products.

Cheese

Order your pizza with no cheese.

Add-ons/Toppings

There is no milk in any of our toppings with the exception of meatballs.

PASTAS

Ask for no butter, cheese, Pesto sauce or, Alfredo sauce.

Pasta

Avoid Meat Ravioli, Vegetable Ravioli, Cheese Tortellini, or Meat Lasagna. All other pastas should be fine if ordered without butter, cheese or Alfredo sauce.

Sauce

Choose Meat Sauce or Marinara.

Add-ons/Toppings

There is no milk in any of our toppings with the exception of meatballs and cheese.

CALZONES

Order your calzone with no cheese and avoid meatballs. All other ingredients should be fine.

SALADS

All of our salads should be safe choices as long as you order them with no croutons or cheese.

Dressings

Choose Italian, French or, Thousand Island dressings.

SANDWICHES**Buns**

Choose our white Ciabatta bun for your sandwich.

Potato Chips

Potato chips are safe.

APPETIZERS / SIDES

Choose Boneless Wings, Barbeque wings or, Humus platters. Avoid all others.

DESSERTS

All our desserts contain milk.

BEVERAGES

All are safe except of course for milk.

WHEAT

There is often flour in the air from making pizza dough and hand-forming our crust for pizzas and calzones. So if your level of sensitivity is such that this presents problems, you probably should avoid eating our food.

PIZZAS

Avoid all.

PASTAS

Avoid all.

CALZONES

Avoid all.

SALADS

Avoid croutons and gyros, all others should be fine.

SANDWICHES

Avoid all.

SIDES

Choose Chips, Buffalo Wings, Spinach Dip or, Stuffed Mushrooms.

DESSERTS

Avoid all.

BEVERAGES

All of our beverages should be safe.

SOY

The FDA exempts highly refined soybean oil from being labeled as an allergen. Studies show most allergic individuals can safely eat soy oil that has been highly refined (*not* cold pressed, expeller pressed, or extruded soybean oil). Most individuals allergic to soy can safely eat soy lecithin. Follow your doctor's advice regarding these ingredients.

PIZZAS

Avoid all.

PASTA

Avoid Cheese Tortellini.

CALZONES

Avoid all.

SALADS

Avoid Caesar Dressing..

SANDWICHES

Avoid all.

APPETIZERS/SIDES

Avoid Humus platter and all Wings.

DESSERTS

Avoid all.

BEVERAGES

All should be safe.

EGGS

PIZZAS

There are no eggs or egg products in any of our pizzas, sauces or ingredients with the exception for meatballs.

CALZONES

There are no eggs or egg products in any of our calzones, sauces or ingredients with the exception for meatballs.

PASTA

Avoid all.

SALADS

Choose French or Italian dressing.

SANDWICHES

No eggs are used for our buns.

SIDES

Avoid Spinach dip, Stuffed Mushrooms, Toasted Ravioli, and Mozzarella Sticks.

DESSERTS

Avoid all.

BEVERAGES

All our beverages are safe.

FISH

PIZZAS

Avoid Shrimp.

CALZONES

Avoid Shrimp.

PASTA

All should be safe.

SALADS

Avoid Caesar Dressing.

SANDWICHES

All should be safe.

SIDES

All should be safe.

DESSERTS

All should be safe.

BEVERAGES

All should be safe.

TREE NUTS

Many of our ingredients are processed in plants that contain nuts. So if your level of sensitivity is such that this presents problems, you probably should avoid eating our food.

PIZZAS

Avoid Pesto sauce. We do keep it in a separate container and use separate utensils when handling it so all others ingredients should be safe.

CALZONES

Avoid Pesto sauce. We do keep it in a separate container and use separate utensils when handling it so all others ingredients should be safe.

PASTA

Avoid Pesto sauce. We do keep it in a separate container and use separate utensils when handling it so all others ingredients should be safe.

SALADS

All are safe.

SANDWICHES

All are safe.

APPETIZERS/SIDES

All are safe.

DESSERTS

Avoid Tiramisu.

BEVERAGES

All are safe.

GLUTEN

We have taken all of the normal precautions to avoid cross-contact (hand washing prior to preparing your food, a clean preparation area, use of clean utensils, etc.) but we cannot totally eliminate the possibility of incidental gluten contact. The most likely source would be from flour present in the air at the time your food is prepared. Please consider this virtually unavoidable risk in advance of placing your order if trace amounts of flour, which might be present in the air, would cause you health issues.

PIZZAS

Avoid all.

PASTAS

Avoid all.

CALZONES

Avoid all.

SALADS

Avoid Croutons.

SANDWICHES

Avoid all.

APPETIZERS/SIDES

Avoid Italians Wings and Boneless Wings.

DESSERTS

Avoid all.

BEVERAGES

All of our beverages are gluten-free except for beer.

PEANUTS

Many of our ingredients are processed in plants that contain nuts. So if your level of sensitivity is such that this presents problems, you probably should avoid eating our food.

PIZZA

Avoid Thai peanut sauce.

PASTA

All should be fine.

CALZONES

Avoid Thai peanut sauce.

SALADS

All should be fine.

SANDWICHES

All should be fine.

APPETIZERS/SIDES

All should be fine.

DESSERTS

All should be fine.

BEVERAGES

All of our beverages should be safe.

MSG

PIZZA

Avoid Gyros, Ground Beef or Spicy Sausage.

PASTA

Avoid Ground Beef or Spicy Sausage.

CALZONES

Avoid Gyros, Ground Beef or Spicy Sausage.

SALADS

Avoid Gyros.

SANDWICHES

Avoid Gyros.

APPETIZERS/SIDES

All should be fine.

DESSERTS

All should be fine.

BEVERAGES

All of our beverages should be safe.