



Allergy Sheet

Allergy? No Problem!

We will make your pizza allergy-free!

We care about your food sensitivities!

Each item will only list allergens that are present.

Allergens Tracked: Dairy | Egg | MSG | Peanuts | Soy | Tree Nuts | Wheat/Gluten | Alpha-Gal

Pizza

- **Crusts** (Original, Lavosh, Pan): Dairy, Wheat, Soy
- **Gluten-Free Crust:** Dairy, Egg
- **Toppings (Pepperoni, Sausage, Beef, Bacon):** Alpha-Gal
- **Cheese:** Dairy

Hot Buffet & Pasta

- **Mac & Cheese:** Dairy, Wheat
- **Chicken Pot Pie:** Dairy, Wheat, Soy
- **Gravy:** Dairy, Soy, MSG
- **Chicken Alfredo:** Dairy, Soy
- **Beef Dishes (Taco Beef, Meat Sauce):** Alpha-Gal

Soups

- **Chicken Noodle / Chicken & Rice:** Wheat
- **Chili:** Alpha-Gal, Soy
- **Vegetable Soup:** Soy
- **Creamy Tomato:** Dairy, Soy

Desserts

- **Cookies:** Dairy, Wheat, Soy
- **Cupcakes:** Dairy, Egg, Wheat
- **Ice Cream:** Dairy
- **Cobblers:** Dairy, Wheat
- **Chocolate Pudding:** Dairy, Soy, Alpha-Gal

Salad Dressings

- **Ranch, Blue Cheese, Caesar:** Dairy, Egg, Soy
- **Italian / Fat-Free Italian:** Soy
- **Cottage Cheese:** Dairy
- **Bacon Bits / Diced Ham:** Alpha-Gal

Tell Rusty Your Allergy-Free Meal!

My meal would be...





Allergy Sheet

We care about your food sensitivities!

Below lists all the food that is **SAFE** for each allergy.

Allergens Tracked: Dairy | Egg | MSG | Peanuts | Soy | Tree Nuts | Wheat/Gluten | Alpha-Gal

Dairy-Free Options

- **Pizzas:** Tomato Sauce, Vegan Cheese, Veggie Toppings (onion, bell pepper, mushroom, black olive, spinach, pineapple, jalapeño)
- **Hot Buffet:** Spanish Rice, Cilantro Lime Rice, Baked Potato, Corn, Green Beans, Pinto Beans
- **Salad Bar:** All fresh vegetables, fruits, sunflower seeds, Fritos, chickpeas, cucumbers, tomatoes, beets
- **Soups:** Vegetable Soup (verify non-cream base)
- **Proteins:** Grilled Chicken, Turkey

Egg-Free Options

- **Pizzas:** Original, Lavosh, and Pan Crusts; Tomato Sauce; all veggie toppings
- **Hot Buffet:** Mac & Cheese (Dairy but no egg), Rice dishes, Beans, Corn, Green Beans
- **Salad Bar:** All vegetables, fruits, Fritos, chickpeas, sunflower seeds
- **Soups:** Vegetable Soup, Chili

Alpha-Gal Free Options

- **Pizzas:** Tomato Sauce, Gluten-Free or Lavosh Crust, Chicken, Veggie toppings, Vegan Cheese
- **Hot Buffet:** Chicken dishes, Rice, Beans, Corn, Green Beans, Baked Potato
- **Salad Bar:** All
- **Soups:** Vegetable Soup

Wheat/Gluten-Free Options

- **Pizzas:** Gluten-Free Crust with Tomato Sauce, Chicken or Veggie toppings (*crust contains dairy & egg*)
- **Hot Buffet:** Corn, Green Beans, Rice (Spanish or Cilantro Lime), Pinto Beans, Baked Potato
- **Salad Bar:** All fruits, vegetables, sunflower seeds, Fritos
- **Soups:** Vegetable Soup & Creamy Tomato

Soy-Free Options

- **Pizzas:** Tomato Sauce, Veggie Toppings, Gluten-Free Crust (no soy oil), Chicken, Turkey
- **Hot Buffet:** Rice dishes, Beans, Corn, Green Beans, Baked Potato
- **Salad Bar:** All fresh vegetables, fruits, sunflower seeds, Fritos
- **Soups:** Vegetable Soup

MSG-Free Options

- **Pizzas:** All
- **Hot Buffet:** Baked Potato, Corn, Rice dishes, Beans, Green Beans
- **Salad Bar:** All
- **Soups:** Vegetable Soup

Peanut & Tree Nut Advisory

Peanut butter cookies & Cashew Chicken pizza contain nuts. Peanuts and tree nuts are not used as intentional ingredients in other menu items. However, due to shared preparation and service areas, cross-contact may occur, and we cannot guarantee that any item is completely free of nut allergens.