

Twinnies Allergen Information

Dairy

Eggs

Fish

Shellfish

Tree Nuts

Peanuts

Wheat

Soybeans

Vegetarian

Vegan

Gluten-Free

Last Updated 9/9/2016

Does the menu item below contain any of the "Big 8" allergens?

Diet Restrictions

	Dairy	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Vegetarian	Vegan	Gluten-Free
Chef Salad	Yes	Yes									Yes
Caesar Salad	Yes		Yes				Yes				
Cobb Salad	Yes	Yes									Yes
Hummus & Pita						Yes	Yes	Yes	Yes		
Thai Chicken Noodle				Yes	Yes	Yes	Yes				
Turkey & Provolone	Yes						Yes	Yes			
Ham & swiss	Yes			Yes	Yes	Yes	Yes				
Spinach & Goat Cheese Salad	Yes			Yes	Yes				Yes		Yes
Honey Walnut Chicken Salad		Yes		Yes	Yes	Yes	Yes				
Tuna Over Tomato			Yes					Yes			Yes
Mediterranean Salad w/ Chicken		Yes						Yes			Yes
Parfait	Yes			Yes	Yes	Yes			Yes		
Egg Salad	Yes	Yes		Yes	Yes	Yes	Yes	Yes			
Caprese (no meat)	Yes	Yes					Yes	Yes	Yes		
Panini (veggie)	Yes	Yes					Yes	Yes	Yes		
Turkey Club	Yes	Yes					Yes	Yes			
Chicken Focaccia	Yes	Yes		Yes	Yes	Yes	Yes				
Turkey Avocado (mayo) Bacon	Yes	Yes					Yes	Yes			
Chicken Pita		Yes					Yes	Yes			
Pastrami	Yes	Yes		Yes	Yes	Yes	Yes				
Peanut Tuna	Yes	Yes	Yes	Yes	Yes	Yes	Yes				
Twinnies Cuban	Yes	Yes					Yes	Yes			
Roast Beef	Yes	Yes					Yes	Yes			
Fresh Fruit Salad									Yes	Yes	Yes
Cheese Tortellini	Yes	Yes					Yes	Yes	Yes		
Greek Salad	Yes							Yes	Yes		Yes
Pasta Salad (Veggie)	Yes	Yes					Yes	Yes	Yes		
Chic Pea Salad								Yes	Yes	Yes	Yes
Banana Bread		Yes		Yes	Yes	Yes	Yes	Yes	Yes		
Cheesecake Brownie	Yes	Yes					Yes	Yes	Yes		
Walnut Brownie	Yes	Yes		Yes	Yes	Yes	Yes	Yes	Yes		
Big Cookie!	Yes	Yes		Yes	Yes	Yes	Yes	Yes	Yes		
Raspberry Crunch w/Almonds	Yes	Yes		Yes	Yes	Yes	Yes	Yes	Yes		
Lemon Bar	Yes	Yes					Yes	Yes	Yes	Yes	
Blueberry Crunch w/Almonds	Yes	Yes		Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Granny Bar w/Nuts	Yes	Yes		Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Cheesecake	Yes	Yes					Yes	Yes	Yes		
Warm Apple Tart		Yes					Yes	Yes	Yes	Yes	
Dessert	Yes	Yes		Yes	Yes	Yes	Yes	Yes	Yes		
Rocky Road w/Almonds	Yes	Yes		Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Eclair	Yes	Yes					Yes	Yes	Yes		
Cake Pops	Yes	Yes					Yes	Yes	Yes		
Gluten Free Brownie	Yes	Yes						Yes	Yes		Yes
Snack				Yes	Yes				Yes	Yes	Yes
Dessert	Yes	Yes		Yes	Yes	Yes	Yes	Yes	Yes		
Dessert	Yes	Yes		Yes	Yes	Yes	Yes	Yes	Yes		
Snack	Yes			Yes	Yes	Yes			Yes		
Muffins w/Love		Yes		Yes	Yes	Yes	Yes	Yes	Yes		
Apple Strudel		Yes					Yes	Yes	Yes	Yes	
Scones		Yes					Yes	Yes	Yes	Yes	
Pound Cake	Yes	Yes					Yes	Yes	Yes	Yes	
Tres Leches	Yes	Yes					Yes	Yes	Yes		
Large Cinnamon		Yes					Yes	Yes	Yes		
Small Cinnamon		Yes					Yes	Yes	Yes		
Bagels	Yes	Yes					Yes	Yes	Yes		
w/Cream Cheese	Yes	Yes		Yes	Yes	Yes	Yes				