

GOT FOOD ALLERGIES?

We know how challenging it can be to dine out when you have dietary limitations. That's why we've crafted a number of homemade recipes and dishes to better accommodate those needs, so you can safely enjoy a meal that puts your mind (and belly) at ease, and doesn't taste like cardboard! **IT'S AS SIMPLE AS 1, 2, 3 ...**

1 IDENTIFY YOUR ALLERGY	2 SELECT A MENU	3 REVIEW THE DETAILS + SPECIFY ANY FOOD ALLERGY WHEN ORDERING
<ul style="list-style-type: none"> ▶ Milk/Dairy ▶ Egg ▶ Lactose-Intolerant 	Regular  Vegan-friendly items only	<ul style="list-style-type: none"> • vegan batter • served on a V square or V heart waffle <small>We do not have a dedicated vegan iron. If you are worried about cross-contamination please inquire further.</small>
Gluten	Gluten-free	<ul style="list-style-type: none"> • vegan or gluten-free batter • cooked on a dedicated GF square or heart iron • served on a GF square or GF heart waffle
Peanut	Regular or Gluten-free	<ul style="list-style-type: none"> • buttermilk, savory or gluten-free batter • cooked on a dedicated nut-free iron • served on a BM heart waffle or savory wedge/square
Tree Nut*	Regular	<ul style="list-style-type: none"> • buttermilk batter or savory batter • cooked on a dedicated nut-free iron • served on a BM heart waffle or savory wedge/square
Peanut + Tree nut	Regular	<ul style="list-style-type: none"> • buttermilk batter or savory batter • cooked on a dedicated nut-free iron • served on a BM heart waffle or savory wedge/square
Gluten + Peanut	Gluten-free	<ul style="list-style-type: none"> • gluten-free or vegan batter • cooked on a dedicated GF, peanut-free iron • served on a GF heart waffle
Gluten + Dairy	Regular  Vegan-friendly items only	<ul style="list-style-type: none"> • vegan batter • cooked on a dedicated GF square or heart iron • served on a GF/V square or GF/V heart waffle
Soy	Regular or Gluten-free	<ul style="list-style-type: none"> • buttermilk, savory, vegan or gluten-free batter • iron coated with butter or canola oil <small>We do not have a dedicated soy-free iron. If you are worried about cross-contamination please inquire further.</small>
<ul style="list-style-type: none"> ▶ Gluten + Dairy + Peanut ▶ Dairy + Peanut 	Regular  Vegan-friendly items only	<ul style="list-style-type: none"> • vegan batter • cooked on a dedicated GF/peanut-free heart iron • served on a GF/V heart waffle
<ul style="list-style-type: none"> ▶ Dairy + Tree nut ▶ Gluten + Tree nut ▶ Gluten + Dairy + Tree nut 	So sorry, but unfortunately there are no waffle options available for these combinations of allergies. The good news is there are plenty of other non-waffle options that are safe and delicious for you to enjoy!	

BM = buttermilk, V = vegan, GF = gluten-free

*Tree nut = walnuts, pecans, almonds, brazil nuts, pine nuts, coconuts

Buttermilk batter - a mixture of whole wheat and all-purpose flour, baking powder, baking soda, salt, sugar, eggs, buttermilk, butter

Vegan batter - King Arthur gluten-free flour, almond milk, agave, coconut oil

Gluten-free batter - King Arthur gluten-free flour baking powder, baking soda, salt, sugar, eggs, buttermilk, butter