

# A FRESH TAKE ON ALLERGY AWARENESS

## WE CARE WHAT YOU EAT



Foods That Meet **FLIK Nutrient Criteria** Consistent with Current USDA Dietary Recommendations for **Calories, Fat, & Sodium**



Foods Prepared Without Meat, Fish, Poultry, or Gelatin but may contain Milk and/or Eggs



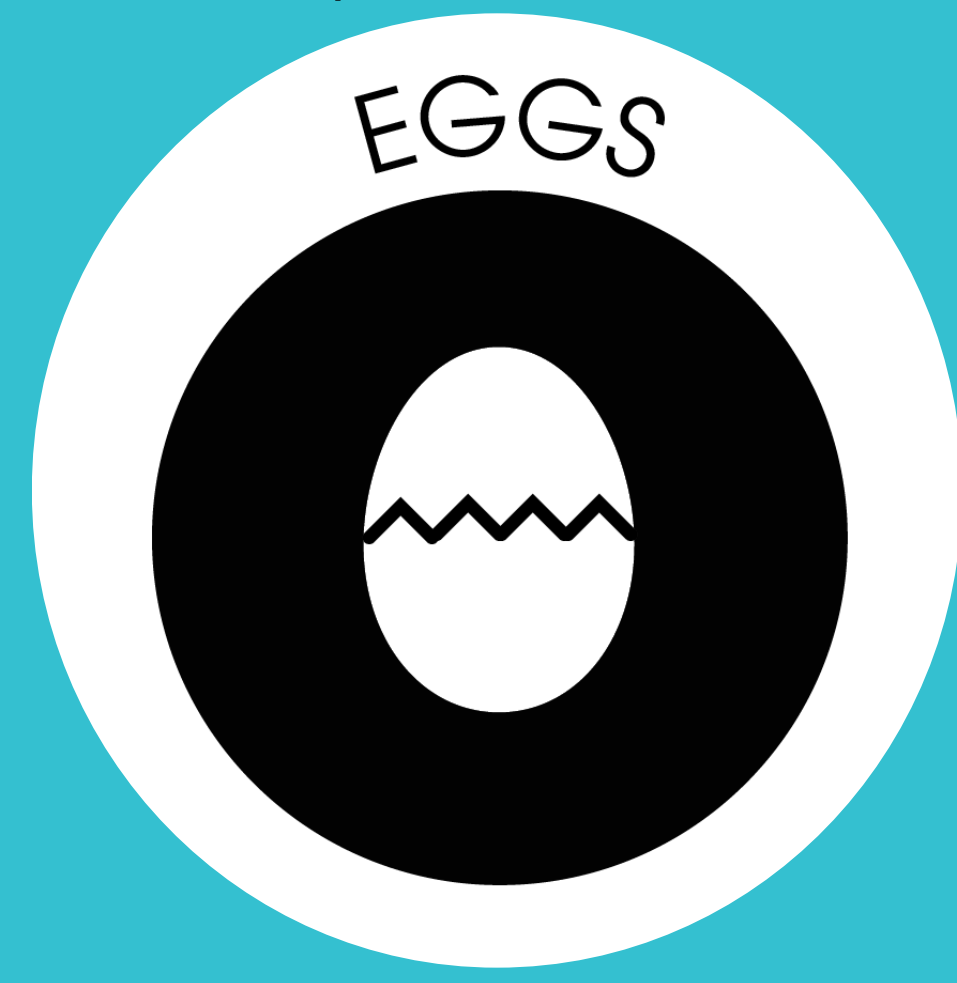
Foods Prepared Without **Ingredients from Animals** - i.e. Milk Products, Eggs, Honey, Gelatin, Animal Enzymes (Rennet) or bi-products.



All **Wheat** and Wheat Products - **NOT** including Rye, Barley or Malt



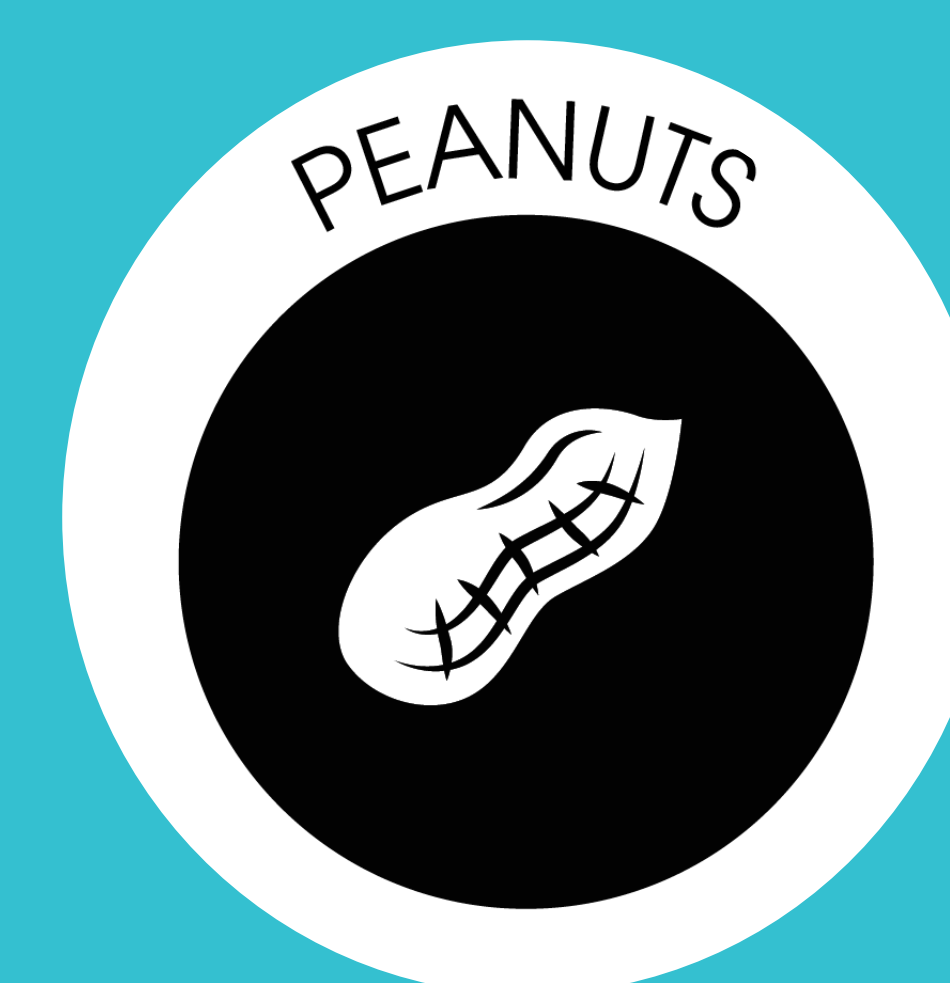
Foods Prepared Without **Gluten Containing Ingredients**



All Whole **Eggs** and Egg Products - i.e. Egg White, Albumin, Lysozyme, etc.



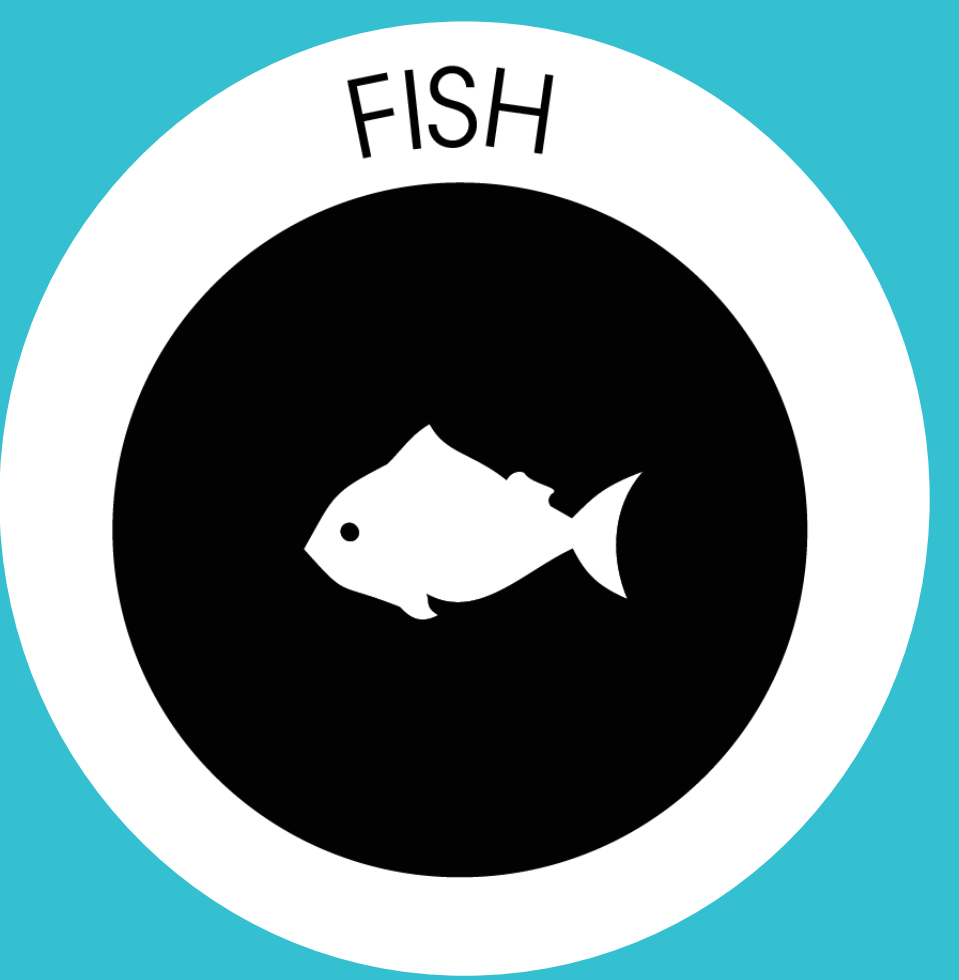
All **Dairy** Products - i.e. Milk, Cream, Cheese, Yogurt, Butter, Whey etc.



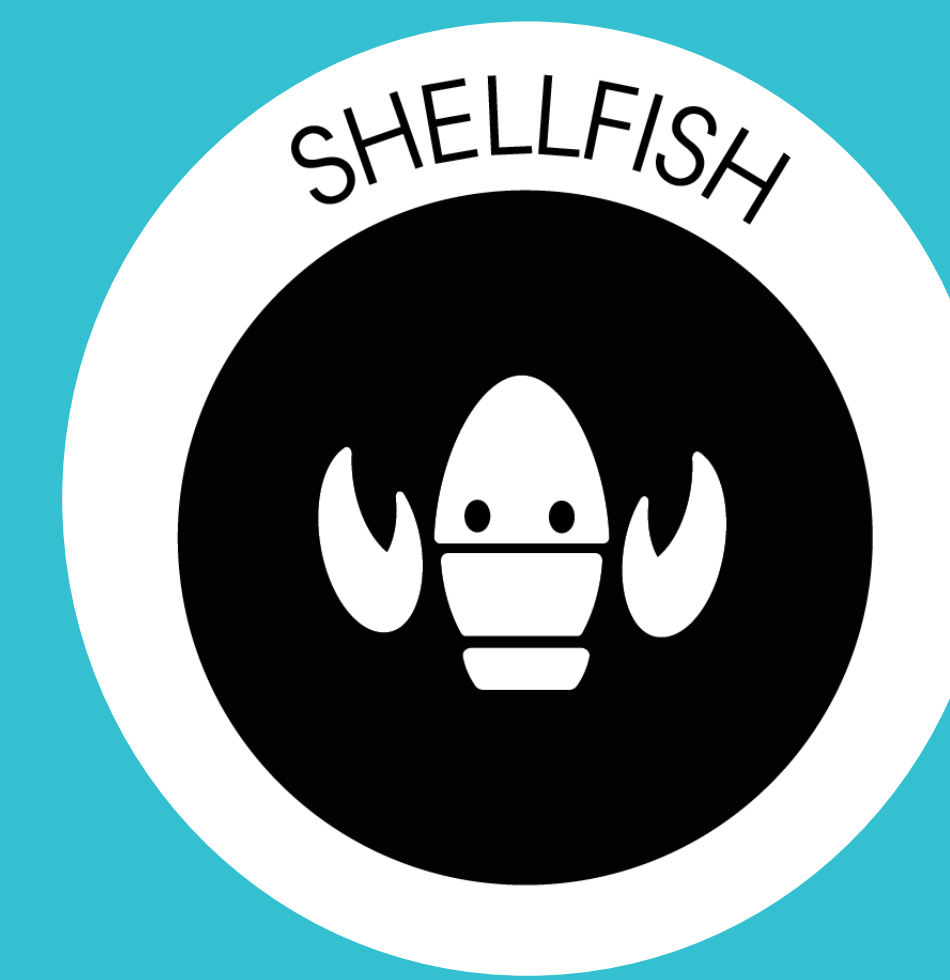
All **Peanuts**



All **Tree Nuts** - i.e. Almond, Walnut, Pecan, Pistachio, Cashew, Pine Nut, Coconut etc.



All **Fin Fish** and Fish Products - i.e. Salmon, Tuna, Cod, Halibut, Anchovy, Fish Sauce etc.



All **Shellfish and Mollusks** - i.e. Lobster, Crab, Shrimp, Mussels, Clams, Oysters etc.

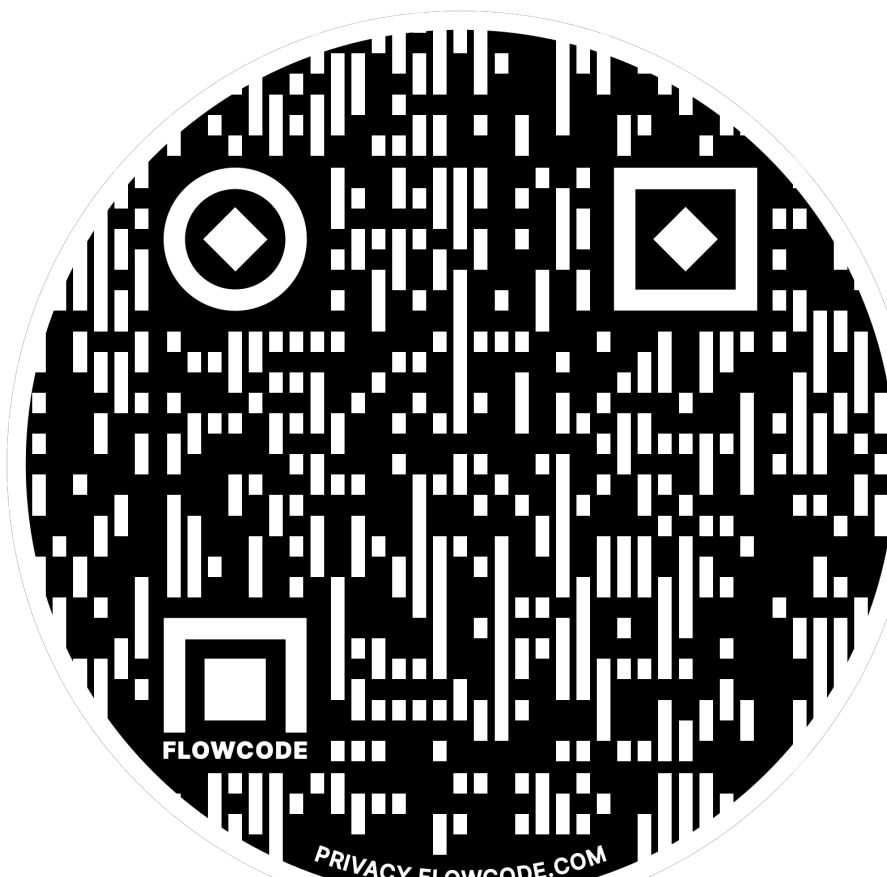


All **Soy** and Soy Products - i.e. Soybean Oil, Soy Sauce, Soy Lecithin, Soybean, Edamame, etc.



All **Sesame** and Sesame Products - i.e. Sesame Oil, Sesame Paste.

## QUESTIONS? SCAN ME TO EMAIL



Allergen Icons have been added to cafe items for informational purposes. Advisory labeling on ingredients (i.e. precautionary statements such as "may contain," "processed in a facility that also processes," or "made on equipment with") **HAVE NOT** been included in our signage. If you have a question about ingredients, food allergens or preparation, please ask the allergen expert.