

# NUTRITION & ALLERGEN GUIDE

LIMITED TIME OFFERINGS



We know many of our valued Guests have varying degrees of food intolerances and allergies they deal with daily. To ensure you have a safe experience, please review the following information to assist you with selecting menu options that best fit your individual needs.

Because of our reliance on suppliers for accurate information, shared cooking and preparation areas in our kitchens, and cooking procedures, **we cannot eliminate the risk of cross-contact or guarantee that any item is free of any allergen and no items are certified gluten free, vegetarian or vegan.**

Before placing your order, please inform your server if a person in your party has a food allergy. If you have further questions, please ask to speak to a Restaurant Manager. If you have specific questions about food allergies or sensitivities, we recommend that you contact your medical professional.

For more information regarding allergens and preparation information for our regular and limited time offerings, please refer to the Nutrition and Allergen & Preparation Guide on our website or ask for a copy from your server.

LIMITED TIME OFFERING	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Fish Sandwich	630	30	6	0	70	1190	61	4	6	26
Fish & Tots	1030	66	10	0.5	85	1710	80	7	2	24
Baked Tots	440	23	3.5	0	0	680	53	5	1	4

KEY:	PREPARATION	COMMON ALLERGENS									
<ul style="list-style-type: none"> <li>• Contains this allergen</li> <li>X Risk of cross-contamination for all allergens due to cooking method and utensils</li> </ul>	FRIED (IN BEEF SHORTENING)	EGG	FISH	MILK	PEANUTS	SESAME	SHELL-FISH	SOY*	TREE NUTS	WHEAT	GLUTEN
Fish Sandwich		•	Haddock					•		•	•
Fish & Tots		•	Haddock							•	•
Baked Tots		•	Haddock							•	•

## PREPARATION OF MENU ITEMS

Normal kitchen operations often involve shared cooking, preparation areas and tools; for that reason the possibility exists for allergen-containing food items to come in contact with other food products.

FOR EXAMPLE:

- We do not use separate fryers; due to this use of shared fryers there is the potential for allergen cross-contact between fried foods.

Buffalo Wild Wings® has received allergen information from our approved manufacturers and does not guarantee its accuracy other than as compiled. It is possible that ingredient changes and substitutions may occur due to the differences in regional suppliers, recipe revisions and/or preparation techniques. Some menu offerings may vary by restaurant and may not be available at all locations; test products, test recipes, limited time offers, or regional items may not be included.

Beef shortening is used to fry products. Refer to the FRIED column under PREPARATION for indication of what products are fried in beef shortening. Fish Sandwich, Fish & Tots, and tots served with the Fish Sandwich are baked, unless fried per guest request.

\*The soybean oil used in some of the Buffalo Wild Wings® sauces, dressings and products is a highly refined oil unless otherwise specified. Highly refined soybean oil does not demonstrate a significant hazard to allergic individuals and therefore it is not listed as an allergen. This is confirmed by the FDA and USDA in their allergen specifications. Please note that although soybean oil is listed as an ingredient in these products, highly refined oil is not considered an allergen.