



ALLERGEN GUIDE

At Boudin Bakery, we understand that many guests have food allergies and dietary restrictions.

This guide is intended to help you make informed menu choices by identifying the presence of the major food allergens in our menu items.

MILK • EGGS • FISH • SHELLFISH • TREE NUTS • PEANUTS • WHEAT • SOY • SESAME

Guests with severe food allergies should exercise caution when ordering, as we cannot guarantee that any menu item is free from allergens due to shared preparation and cooking areas. If you have a special dietary request, or a specific food allergy, please inform a manager prior to ordering and we will do our best to make accommodations.

While we make every effort to avoid cross-contact of ingredients, we prepare our food in open kitchens with shared cooking and preparation areas. Menu items may contain, or come in contact with, allergens such as milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy and sesame. Because of this, Boudin Bakery cannot guarantee that any menu item is completely allergen free.

This list of allergens is based on the data supplied by our food supplier's database and data from Boudin Bakery's recipes using the approved vendors. Variations may occur based on circumstances such as, differences or changes in suppliers, ingredient substitutions, recipe revisions, seasonal ingredient availabilities, and varied product assembly in each restaurant. Ingredient and allergen information is subject to change without notice.

The data shown here is for informational purposes only and Boudin Bakery does not assume any responsibility for a particular sensitivity or allergy to any of our menu items. Boudin Bakery is not an allergen free facility.

While we are happy to accommodate special requests, please remember:

- Our food is prepared in shared preparation areas and could come into contact with any of the major food allergens.
- We attempt to avoid cross-contact but cannot guarantee any item to be completely allergen-free.
- None of our products are certified gluten-free.

Updated 5/29/26

ALLERGENS									
SANDWICHES & BURGERS	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Sesame
BLTA	X					X		X	
California Veggie			X					X	X
Caprese (Vegetarian)			X					X	
Catalan (Vegan)							Almonds	X	
Catalan (Vegetarian)			X				Almonds	X	
Chicken Salad	X					X	Almonds	X	
NEW Crispy Chicken Caesar Wrap	X	Anchovy	X			X		X	
NEW Crispy Chicken Parm	X		X			X		X	
Deluxe French Dip	X		X			X		X	
Grilled Brie with Apples & Fig Jam			X					X	X
Hot Chicken Pesto Sandwich	X		X					X	
Italiano	X		X			X		X	
Prosciutto & Pestos Sandwich			X					X	
Short Rib Melt			X					X	
Sourdough French Dip			X			X		X	
The Great Grilled Cheese			X					X	
The Great with Bacon			X					X	
Toasted Chicken Club	X		X			X		X	
Tuna Salad	X	X				X		X	
Tuna Melt	X	X	X			X		X	
Turkey and Havarti	X		X			X		X	
Turkey Avocado	X		X			X		X	X
Turkey Cranberry	X					X		X	

ALLERGENS									
CATERING SANDWICHES	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Sesame
Ham & Swiss	X		X			X		X	
Pesto Roast Beef	X		X			X		X	
Roast Beef & Cheddar	X		X			X		X	

ALLERGENS									
MILKSHAKES	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Sesame
Cookies & Cream	X		X			X		X	
Dark Chocolate	X		X						
Sea Salt Caramel	X		X						
Strawberry	X		X						
Seasonal - Summer Peach	X		X						

ALLERGENS									
SOUPS & CHILI (excludes bread bowl, includes garnish)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Sesame
Broccoli Cheddar			X						
Butternut Squash			X			X	Walnuts		
Chili			X						
Clam Chowder			X		X	X			
Rustic Tomato			X						

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SALADS & GRAIN BOWLS (excludes rolls/bread)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Sesame
Asian Citrus Chicken Salad	X					X		X	X
Chicken, Apple, Walnut Salad	X		X				Walnuts		
Crispy Chicken Avo Salad	X	Anchovy	X			X		X	
Little Gem Cobb Salad	X		X					X	
Mixed Greens (Side Salad)			X					X	
Mixed Greens (Side Salad, No Croutons)									
Southwest Crispy Chicken Salad	X		X			X		X	
Traditional Caesar Salad	X	Anchovy	X					X	
Add On Grilled All-Natural Chicken Breast									
Add On Crispy Fried Chicken Breast	X		X			X		X	
Green Goddess Chicken With Avocado Protein Bowl	X	Anchovy	X			X			
Harvest Cobb Protein Bowl			X			X	Almonds		
Mediterranean Chicken W/ Lemon Hummus Protein Bowl			X						X
Pesto Parmesan Chicken Protein Bowl			X			X		X	
Roasted Beet & Berry With Goat Cheese Protein Bowl			X						

ALLERGENS

KIDS MENU (see soup section for soup allergens)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Sesame
Cheese Pizza			X			X		X	
Chicken Fingers & French Fries								X	
Grilled Cheese			X					X	
Mac & Cheese			X					X	
Turkey Sandwich								X	
Cheesy Scrambled Eggs with Potato Wedges	X		X			X		X	
Yogurt & Fresh Fruit Cup			X						

ALLERGENS

MAC & CHEESE	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Sesame
Chicken Pesto Mac & Cheese	X		X			X		X	
Homestyle Mac & Cheese	X		X			X		X	
Short Rib Mac & Cheese	X		X			X		X	

ALLERGENS

PIZZA (individual & Papa Steve's)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Sesame
All Meat			X					X	
Cheesy Garlic Bread	X		X					X	
Classic Pepperoni			X					X	
Crowd Pleaser (50/50)			X					X	
Four Cheese			X					X	
Hawaiian Pizza			X					X	
Papa Steve's Original Style Pizza Bread			X			X		X	
Sausage & Pepperoni			X					X	
Bacon Carbonara Pinsa Romana			X			X		X	
Four Cheese Pinsa Romana			X			X		X	
Pepperoni Pinsa Romana			X			X		X	
Prosciutto Bianca Pinsa Romana			X			X		X	
Sausage & Pepperoni Hot Honey Pinsa Romana			X			X		X	

ALLERGENS									
BREAKFAST	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Sesame
Bacon & Cheddar on English Muffin	X		X			X		X	
Cali-Style Bacon Breakfast Burrito	X		X			X		X	
Cali-Style Veggie Breakfast Burrito	X		X			X		X	
Granola & Greek Yogurt Parfait			X				Almonds	X	
Ham & Swiss on Croissant	X		X			X		X	

ALLERGENS									
BREAKFAST SIDES	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Sesame
Bacon									
Fruit Cup									
Potato Wedges			X			X			
Sourdough Toast								X	
English Muffin			X					X	
Multigrain Toast								X	X

ALLERGENS									
DRESSINGS & CONDIMENTS	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Sesame
Arrabbiata Sauce									
Balsamic Dressing									
Basil Pesto Sauce			X						
Caesar Dressing	X	Anchovy	X						
Calabrian Chili Hot Honey									
Citrus, Garlic, & Herb Caesar Dressing	X	Anchovy	X						
Dijon Mustard									
Garlic Aioli Spread	X								
Honey Mustard	X								
Horseradish Mayo	X					X			
Jalapeno Ranch Dressing	X		X						
Lemon Hummus Dressing									X
Lemon Vinaigrette Dressing									
Mayo	X								
Pesto Balsamic Dressing			X						
Pesto Mayo	X		X						
Ranch Dressing	X		X						
Romesco Sauce							Almonds		
Spicy Asian Dressing						X		X	X
Spicy Crema			X						
Sundried Tomato Spread			X						

ALLERGENS									
BREADS	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Sesame
Asiago Cheese			X					X	
Brioche (Buns & Rolls)	X							X	
Cinnamon Raisin			X					X	
Corn Rye								X	
English Muffins			X			X		X	
Pinsa Crust - 4 Pack						X		X	
Schiacciata Flatbread								X	
Sourdough (Loaves, Rolls, Baguettes, Critters & Shapes)								X	
Sweet Cinnamon Delight	X		X					X	
Multigrain (Loaves & Lunch Boxes)								X	X

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BAKED GOODS	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Sesame
Bagel - Blueberry								X	
Bagel - Cinnamon Raisin						X		X	
Bagel - Onion								X	
Bagel - Plain								X	
Bagel - Sesame								X	X
Bar - Cookies & Cream	X		X			X		X	
Bar - Double Fudge Brownie	X		X			X		X	
Bar - "Gluten Friendly" Raspberry Almond Shortbread	X		X			X	Almond		
Bar - Peanut Butter Crunch	X		X	X		X		X	
Bar - Salted Caramel Pretzel Brownie	X		X			X		X	
Chocolate Chip Banana Bread - Loaf & Mini	X		X					X	
Cookie - Oatmeal Raisin Spice	X		X			X		X	
Cookie - Peanut Butter	X		X	X		X		X	
Cookie - Semi-Sweet Chocolate Chip	X		X			X		X	
Cookie - Snickerdoodle	X		X			X		X	
Cookie - The Royale	X		X			X	Coconut, Macadamia	X	
Cookie - White Chocolate Macadamia Nut	X		X			X	Macadamia	X	
Croissant - Almond Lg. & Mini (NorCal & SoCal)	X		X			X	Almond	X	
Croissant - Butter Lg. & Mini (NorCal & SoCal)	X		X					X	
Croissant - Chocolate Lg. & Mini (NorCal & SoCal)	X		X			X		X	
Loaf - Banana Pecan	X		X			X	Pecan	X	
Loaf - Marble Chocolate Chip	X		X			X		X	
Loaf - Pumpkin Swirl Loaf	X		X			X		X	
Mini Coffee Cake	X		X			X		X	
Morning Bun Lg. & Mini	X		X					X	
Muffin - Banana Walnut	X		X			X	Walnuts	X	
Muffin - Blueberry	X		X			X		X	
Muffin - Iced Lemon Poppyseed	X		X			X		X	
Scone - Artisan Blueberry	X		X					X	
Scone - Artisan Cinnamon	X		X					X	

ALLERGENS

Sides	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Sesame
House Fries									
Spicy Buttermilk Ranch Fries	X		X			X			