

Casey's Allergen Chart



	Corn	Dairy / Lactose	Eggs	Fats / Oils (animal)	Fish or Seafood	Sulphites	MSC	Peanuts	Soy Beans	Nuts & Seeds	Oils & Extracts	Wheat / Gluten
Health Check												
Thai Tenderloin Salad	✓		✓	✓					✓	✓	✓	✓
Cedar Plank Salmon					✓				✓			✓
Mango Mahi Mahi					✓						✓	
8 oz. Sirloin	✓			✓					✓		✓	
8 oz. Filet Mignon (Quebec only)	✓			✓					✓		✓	
Soups												
Roasted Red Pepper Soup	✓	✓				✓					✓	
French Onion Soup	✓	✓		✓		✓			✓	✓	✓	✓
Starters												
Classic Chicken Wings with dip	✓	✓	✓	✓					✓		✓	
Dusted Chicken Wings with dip	✓	✓	✓	✓					✓		✓	✓
Fiesta Nachos with dips	✓	✓				✓					✓	
Chicken Quesadilla with dips	✓	✓		✓		✓			✓		✓	✓
Spinach & Artichoke dip with chips and Naan	✓	✓	✓						✓		✓	✓
Tornado Potato with dips	✓	✓	✓		✓				✓		✓	✓
All Dressed Cheesy Garlic Bread (small or large)		✓		✓		✓			✓	✓		✓
Chicken Tacos	✓	✓		✓		✓			✓	✓	✓	✓
Sweet & Spicy Chicken Bites	✓	✓		✓		✓			✓	✓	✓	✓
Asian Calamari	✓	✓	✓		✓	✓		✓	✓	✓	✓	✓
Pesto Baked Brie with Crustini (Quebec only)		✓				✓			✓	✓	✓	✓
Salads												
Thai Tenderloin Salad with dressing	✓	✓	✓	✓					✓	✓	✓	✓
Spinach Salad with Shrimp and dressing		✓	✓	✓	✓	✓				✓	✓	✓
Spinach Salad with dressing		✓	✓	✓						✓	✓	✓
Caesar Salad with dressing		✓	✓	✓	✓	✓			✓	✓	✓	✓
Cobb Salad – no dressing (Ontario only)		✓	✓	✓		✓			✓		✓	
Baja Salad with dressing (Quebec only)	✓	✓	✓	✓		✓			✓		✓	✓
Fish												
Mango Mahi Mahi	✓	✓		✓	✓				✓		✓	✓
Cedar Plank Salmon with rice and vegetables	✓	✓		✓	✓	✓			✓		✓	✓
Fish & Chips (single and double) with slaw and tartar	✓	✓	✓		✓				✓	✓	✓	✓
Pasta & Rice												
Short Rib Rigatoni (no garlic bread)	✓	✓		✓		✓			✓	✓	✓	✓
Chicken Penne (no garlic bread)	✓	✓		✓		✓			✓	✓	✓	✓
Nine Vegetable Linguine (no garlic bread)	✓	✓				✓			✓	✓		✓
Louisiana Jambalaya (no garlic bread)	✓	✓		✓	✓	✓			✓	✓	✓	✓

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Asian Inspired												
Pad Thai - Vegetable	✓		✓		✓	✓		✓	✓		✓	
Pad Thai - Chicken	✓		✓	✓	✓	✓		✓	✓		✓	
Pad Thai - Shrimp	✓		✓	✓	✓	✓		✓	✓		✓	
Cashew Chicken Stir Fry	✓		✓	✓		✓			✓	✓	✓	✓
Burgers (no side dish)												
Burger 2		✓	✓	✓		✓			✓	✓	✓	✓
Turkey		✓	✓	✓		✓			✓	✓	✓	✓
Bacon & Cheese		✓	✓	✓		✓			✓	✓	✓	✓
Butcher Block		✓	✓	✓		✓			✓	✓	✓	✓
The Big Cheese		✓	✓	✓		✓			✓	✓	✓	✓
Memphis BBQ	✓	✓	✓	✓		✓			✓	✓	✓	✓
Blue Smoke	✓	✓	✓	✓		✓			✓	✓	✓	✓
West Coast		✓	✓	✓		✓			✓	✓	✓	✓
Grilled Vegetable	✓	✓	✓			✓			✓	✓	✓	✓
Three Cheese Bison (Quebec only)		✓	✓	✓		✓			✓	✓	✓	✓
Sandwiches (no side dish)												
Stacked Sandwich		✓	✓	✓		✓			✓	✓	✓	✓
Club Sandwich	✓	✓	✓	✓					✓	✓	✓	✓
Steak Sandwich (Ontario only)	✓	✓	✓	✓		✓			✓	✓	✓	✓
Prime Rib Baguette (Quebec only)	✓	✓		✓		✓			✓	✓	✓	✓
Crispy Cod Sandwich	✓	✓	✓		✓	✓			✓	✓	✓	✓
Cobb Sandwich (Ontario only)		✓	✓	✓		✓			✓	✓	✓	✓
Steaks												
Two 4 oz Tenderloin Medallions (Ontario only)	✓	✓		✓		✓			✓		✓	
8 oz. Bavette (Quebec only)	✓	✓		✓		✓			✓		✓	
12 oz. New York	✓	✓		✓					✓		✓	
16 oz. Ribeye	✓	✓		✓					✓		✓	
8 oz. Sirloin (Ontario only)	✓	✓		✓					✓		✓	
8 oz. Filet Mignon (Quebec only)	✓	✓		✓					✓		✓	
Ribs & Chicken												
Full & ½ Rack of Ribs	✓			✓	✓	✓			✓	✓	✓	✓
½ Rack of Ribs & Rotisserie Chicken	✓	✓		✓	✓	✓			✓	✓	✓	✓
Half Rotisserie Chicken	✓	✓		✓			✓		✓		✓	✓
¼ Rotisserie Chicken (Leg or Breast)	✓	✓		✓			✓		✓		✓	✓
Crispy Chicken Strips	✓	✓		✓					✓		✓	✓
Buffalo Chicken Strips		✓	✓	✓					✓		✓	✓
½ lb. Chicken Fajitas (Quebec only)	✓	✓		✓		✓			✓		✓	✓

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Sides												
Fries									✓		✓	
Sweet Potato Fries (with Smokin' Cajun dip)	✓	✓	✓						✓		✓	✓
Rice Pilaf	✓	✓		✓					✓		✓	✓
Kids Menu												
Kids Pasta with Butter (with garlic bread)		✓				✓			✓	✓	✓	✓
Kids Pasta with Tomato Sauce (with garlic bread)		✓				✓			✓	✓	✓	✓
Kids Chicken Strips	✓	✓		✓					✓		✓	✓
Kids Fish & Chips	✓	✓	✓		✓				✓	✓	✓	✓
Kids Burger and Fries		✓	✓	✓		✓			✓	✓	✓	✓
Kids Grilled Chicken Strips and Fries	✓			✓					✓		✓	
Kids Quesadilla	✓	✓		✓		✓			✓		✓	✓
Kids Vegetable Stir Fry	✓		✓	✓		✓			✓	✓	✓	✓
Kids Vanilla Ice Cream with Gummie Worms		✓				✓		✓	✓	✓	✓	
Kids Peanut Butter Chocolate Ice Cream with Gummie Worms		✓				✓		✓	✓	✓	✓	
Desserts (all inclusive)												
Mini Strawberry Shortcake	✓	✓	✓									✓
Mini Peanut Butter Sundae	✓	✓	✓					✓	✓	✓	✓	✓
Bacardi Rum Cake	✓	✓	✓					✓	✓	✓	✓	✓
Cheesecake (no sauce)	✓	✓	✓			✓		✓	✓	✓	✓	✓
Apple Mary	✓	✓				✓		✓	✓	✓		✓
Chocolate Cake	✓	✓							✓		✓	✓
Banana Fosters	✓	✓	✓			✓		✓	✓	✓	✓	✓
Ice Cream - Vanilla		✓						✓	✓	✓		
Ice Cream - Peanut Butter Chocolate		✓						✓	✓	✓	✓	

NOTE:

- (a) Our nutritional and allergen information is based upon data received from suppliers.
- (b) Serving sizes can vary, and ingredient substitution is possible.
- (c) Calculations are based on the nutritional and allergen data as of the date of this posting only.
- (d) Software used to compile the data for a particular dish from all the ingredients' data has inherent errors.
- (e) Limited time specials may not be included in the table.
- (f) All fried products may contain one or all of the allergens in this table as the fryer oil can be a source of cross-contamination of allergens.

ALSO NOTE:

If you or anyone in your party joining us have allergies, or are sensitive to any ingredients, please advise your server. In addition, we cannot guarantee that our restaurants and dishes will be 100% free of peanuts - a food item that can cause severe reactions for some people



† Health Check™ item. The Heart and Stroke Foundation's registered dietitians have reviewed these menu items to ensure they meet the specific nutrient criteria developed by the Health Check™ program based on the recommendations in Canada's Food Guide. A fee is paid by each participating restaurant to help cover the cost of this voluntary, not-for-profit program. See healthcheck.org