



ALLERGEN INFORMATION



GLUTEN



EGGS



SULPHITES



FISH



SOYA



MILK

MSG

ALL NATURAL BEEF							
CHICKEN SANDWICH	✓					✓	
COUNTRY FRIED	✓					✓	
GRIDDLE DOG	✓					✓	
CHILI	✓						
BACON							
AMERICAN CHEESE						✓	✓
CHEDDAR CHEESE							✓
GRILLED ONIONS							
GRILLED JALAPEÑOS							
CRINKLE CUT FRIES							
ONION RINGS	✓						✓
HAMBURGER BUN	✓					✓	
HOT DOG BUN	✓					✓	
JALAPEÑO MAYO		✓				✓	
MF RANCH DIP		✓				✓	
GLUTEN FREE BUN		✓					
CHOCOLATE SHAKE						✓	✓
VANILLA SHAKE						✓	✓
STRAWBERRY SHAKE						✓	✓
CARAMEL SEA SALT						✓	✓
BANANA CREAM PIE	✓					✓	✓
PEPPERMINT SHAKE						✓	✓
BLUEBERRY SHAKE						✓	✓
BUTTERSCOTCH TOFFEE						✓	✓

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Due to the handcrafted nature of our food, variations in our supplier ingredients, and our use of shared cooking and preparation areas, we cannot ensure that our food is free from any allergens.

We prepare our foods following procedures to prevent allergen cross-contact, but products containing wheat, egg, soy and dairy are all made in our kitchens. If you have a food allergy, use this guide, and let a team member know about any dietary restrictions.

- ★ Gluten is a protein found primarily in wheat products and is valued for its ability to add strength and texture to baked products.
- ★ Texas Spice, the manufacturer of our chili spice state their products are gluten free. They use a fully acid hydrolyzed corn protein which does not contain wheat gluten.
- ★ We recommend guests with gluten and other food allergies consult their physician before consuming our food and beverages.
- ★ **Why do we use peanut oil?**
 1. **We believe that Quality is Everything!**
 2. **It is the purest oil.**
 3. **It is the best tasting oil.**
 4. **It is monounsaturated.**
 5. **It is trans-fat free.**
- ★ We use a highly refined (heat processed) peanut oil, which removes the proteins from the oil.
- ★ Allergic individuals react to protein fractions of oilseeds rather than refined oils.
- ★ The Food Allergen Labeling and Consumer Protection Act (January 1, 2006), requires that labels clearly state the presence of any of the eight major food allergies (milk, egg, peanut, tree nut, fish, shellfish, wheat, and soy). Within this legislation there are a few exceptions to the rule. One is that highly refined oils, such as our peanut oil, are not considered a "major food allergen," and therefore do not have to be labeled as such.
- ★ We recommend that guests with peanut allergies consult their physician prior to consuming products at Mighty Fine.
- ★ For more information visit: foodallergy.org/page/peanut-allergy

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