

Pullman Café Allergy List

Allergens	CONTAINS							Alternatives/Notes
	Wheat	Soy	Eggs	Dairy	Nuts	Vegetarian	Vegan	
Menu Items								
Baguettes								
Roast Beef and Provolone Cheese with Jus	X			X				
Ham and Cheese	X			X				
Turkey and Cheese	X			X				
Cuban	X			X				
Focaccia								
Fresh Veggies and Mozzarella with Pesto	X			X		X		Pesto is made with Pine Nuts (Seed)
Italian Meats and Cheese with Pesto	X			X	X			Mortadella contains Pistachios and Pesto is made with Pine Nuts (Seed)
Sandwiches and Sides								
Tuna Salad		X	X					Mayonnaise contains Soybean Oil
Chicken Salad		X	X					Mayonnaise contains Soybean Oil
Pita Bread	X					X	X	
Baguette	X					X	X	
Southwest Chicken Wrap	X	X		X				Wrap contains Soybean Oil
Grilled Cheese	X	X		X		X		Texas Toast contains Soy Flour
Hummus						X	X	
Fresh Garden Salad						X	X	Vegan without Dressing
* Special Salad *								* Ask Staff about Special Salad *
* Sandwich of the Day *								* Ask Staff about Sandwich of the Day *
Fruit Cup						X	X	
Assorted Fruit						X	X	
Desserts								
Brownie	X	X	X			X		
Chocolate Chip Cookie	X	X	X	X		X		
Lemon Pound Cake	X		X	X				May Contain Nuts and Soy
Chocolate Chip Pound Cake	X		X	X				May Contain Nuts and Soy
Apple Pie/Apple Crumb Cake	X		X	X				Apple Pie is Dairy Free Contain Nuts and Soy

Pullman Café Allergy List

Plum Tart	X		X	X				May Contain Nuts and Soy
	CONTAINS							
Allergens	Wheat	Soy	Eggs	Dairy	Nuts	Vegetarian	Vegan	Alternatives/Notes
Menu Items								
Smoothies								* See Individual Labels *
Fresh Smoothie				X		X		
Egg Sandwiches								
Egg and Cheese English Muffin	X	X	X	X		X		English Muffin Contains Soybean Oil
Bacon, Egg and Cheese English Muffin	X	X	X	X				English Muffin Contains Soybean Oil
Sausage, Egg and Cheese English Muffin	X	X	X	X				English Muffin Contains Soybean Oil Baguette is Soy-Free
Fresh Baked Goods								
Bagel with Cream Cheese	X			X		X		Vegan without Cream Cheese or Butter : Can Substitute Jelly
Plain Croissant	X			X		X		
Chocolate Croissant	X	X	X	X	X	X		Contains Hazelnuts
Ham and Cheese Croissant	X			X				
Blueberry Muffin	X	X	X	X		X		
Double Chocolate Muffin	X	X	X	X		X		
Raisin Bran Muffin	X	X				X		
* Muffin of the Day *								* Ask Staff about Muffin of the Day*
Blueberry Scone	X	X	X	X		X		
Raspberry White Chocolate Scone	X	X	X	X		X		
Apple Cinnamon Scone	X	X	X	X		X		
Cookie	X	X	X	X	X	X		Contains Macadamia Nuts
Plain Pretzel	X					X	X	
Pretzel with Cheese	X			X		X		
Yogurt Parfait	X			X	X	X		Contains Cashews, Almonds and Hazelnuts