

Market Station Breakfast Allergy List

Allergens	CONTAINS							Alternatives/Notes
	Wheat	Soy	Eggs	Dairy	Nuts	Vegetarian	Vegan	
Menu Items								
Hot Food								
Scrambled Eggs			X			X		*Dairy Free*
Western Scrambled Eggs			X	X				Contains Ham and Cheese
Farmer's Scrambled Eggs			X	X		X		Contains Cheese
Fried Rosti Hash Browns						X	X	Fryers are not Gluten Free
Roasted Potatoes						X	X	
Turkey Sausage Links	X	X	X	X				
Pork Sausage Links/Patties	X	X						Links: Contain Soy / Patties: Do Not Contain Soy
Sliced Ham								
French Toast Casserole	X	X	X	X		X		
French Toast	X	X	X	X		X		
Buttermilk Pancakes	X	X	X	X		X		Soybean Oil
Maple Syrup						X	X	
Grits						X		Made with Butter
Oatmeal						X	X	May Contain Gluten (Cross-Contamination)
Biscuits	X			X		X		
Sausage Gravy	X	X		X				Soy in Pork Sausage
Eggs Florentine	X	X	X	X		X		Contains Soybean Oil
Crispy Bacon								
Chocolate Sauce						X	X	
Salsa						X	X	
Baked Goods								Ask Staff about Daily Pastries not listed
English Muffin	X	X				X	X	Contains Soybean Oil
Bagel	X					X	X	
Assorted Muffins	X	X	X	X		X		
Cinnamon Coffee Cake	X	X	X	X		X		
White Bread	X	X		X		X		Contains Soy Flour
Wheat Bread	X	X				X	X	Contains Soy Flour

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	Wheat	Soy	Eggs	Dairy	Nuts	Vegetarian	Vegan	
Menu Items								
<i>Cold Food</i>								
Mixed Berry Yogurt				X		X		
Plain Yogurt				X		X		
Musli	X				X	X	X	Contains Cashews, Almonds and Hazelnuts
Sunflower Seeds						X	X	
Raisins						X	X	
Peaches						X	X	
Pineapple						X	X	
Assorted Fresh Fruit						X	X	
<i>Cereal</i>								
Fruit Loops	X	X				X	X	
Corn Flakes	X					X	X	
Musli	X				X	X	X	Contains Cashews, Almonds and Hazelnuts
<i>Omelette Station</i>								Inform the Omelette Chef of any Allergies