



How to Eat WANDA'S NUT ALLERGIES



Nut allergies include any form of tree nut including walnut, almond, hazelnut, cashew, and pistachio.



READ MENU ITEMS CAREFULLY
ASK EMPLOYEES TO SWITCH
GLOVES (IF SEVERE)

DO



CONSUME ANY BAKED GOODS

DON'T

FOOD ITEMS TO CHOOSE FROM

HOT CEREAL

CLASSIC OATMEAL

BANANA CRUNCH OATMEAL
BERRIES & CREAM OATMEAL
CINNAMON APPLE CRUNCH
OATMEAL

GRILL

LANCER CHEESEBURGER
GOURMET FRISCO BURGER
MONDAY'S ONLY
AVOCADO TURKEY BURGER
ULTIMATE BEEFLESS BURGER

BREAKFAST BOWLS

CBU SCRAMBLE BOWL
VEGETARIAN SCRAMBLE BOWL
SOUTHWEST POWER BOWL
LEAN-N-MEAL BOWL

BURRITOS

BREAKFAST BURRITOS - EGG &
CHEESE, BACON, SAUSAGE, OR VEGETARIAN

SANDWICHES

BAGEL SANDWICHES
EGG & CHEESE, BACON, OR SAUSAGE
CROISSANT SANDWICHES
- EGG & CHEESE, BACON, OR SAUSAGE
BAGEL & CREAM CHEESE



4n0wtr5etel
WANDA'S



NO GLUTEN ADDED

Added means the recipe itself does not

ASK EMPLOYEES TO CHANGE THEIR GLOVES
 ASK QUESTIONS OR FOR CLARIFICATIONS

FEEL LIMITED WITH THE OPTIONS

BREAKFAST

GRILL

- LANCER CHEESEBURGER
- AVOCADO TURKEY BURGER
- BEYOND BEEF BEEFLESS BURGER
- LETTUCE WRAP AVOCADO BURGER
- DAILY SOUP

LUNCH & DINNER

STACKED ^{w/}

How to Eat WANDA'S

SHELLFISH ALLERGIES

Shellfish allergy

KNOW THE DIFFERENCE BETWEEN
FISH AND SHELLFISH

FORGET EPIPEN (IF APPLICABLE)

HOT CEREAL

CLASSIC OATMEAL
BANANA CRUNCH OATMEAL
BERRIES & CREAM OATMEAL
CINNAMON APPLE CRUNCH
OATMEAL

BREAKFAST BREAKFAST BOWLS

CBU SCRAMBLE BOWL
VEGETARIAN SCRAMBLE BOWL
SOUTHWEST POWER BOWL
LEAN-N-MEAL BOWL

BURRITOS

BREAKFAST BURRITOS
EGG & CHEESE WITH BACON, SAUSAGE, OR
VEGETABLES

SANDWICHES

BAGEL SANDWICHES
- EGG & CHEESE, BACON, OR SAUSAGE
CROISSANT SANDWICHES
- EGG & CHEESE, BACON, OR SAUSAGE
BAGEL & CREAM CHEESE

GRILL

LANCER CHEESEBURGER
GOURMET FRISCO BURGER
MONDAY'S ONLY
AVOCADO TURKEY BURGER
ULTIMATE BEEFLESS BURGER
LETTUCE WRAP AVOCADO BURGER
LANCER FRIES
ONION RINGS
DAILY SOUP

LUNCH & DINNER STACKED

SMOKED BRISKET SANDWICH
TURKEY PESTO MELT
RIVERSIDE TURKEY CLUB
GRILLED CHEESE

TOSSED

CHICKEN CAESAR SALAD
ASIAN CHICKEN SALAD

FIESTA GRILL

QUESADILLA - CHEESE OR CHICKEN
FIESTA FRIES- VEGGIE, BARBACOA, OR
SHREDDED CHICKEN
DIEGO BURRITO - VEGGIE,
BARBACOA, OR SHREDDED CHICKEN
TACOS- VEGGIE, BARBACOA, OR
SHREDDED CHICKEN- TUESDAY'S ONLY
BAJA SALAD- VEGGIE, BARBACOA, OR
SHREDDED CHICKEN

How to Eat WANDA'S

PAY ATTENTION TO FOOD LABELS
ASK QUESTIONS

SECOND GUESS YOUR OPTIONS

BREAKFAST

HOT CEREAL

CLASSIC OATMEAL

BANANA CRUNCH OATMEAL

BERRIES & CREAM OATMEAL

BREAKFAST BOWLS

CBU SCRAMBLE BOWL

VEGETARIAN SCRAMBLE BOWL

SOUTHWEST POWER BOWL

BURRITOS

EGG & CHEESE BURRITO

VEGETARIAN BURRITO

SANDWICHES

EGG & CHEESE BAGEL SANDWICH

EGG & CHEESE BREAKFAST

CROISSANT SANDWICH

BAGEL & CREAM CHEESE

GRILL

ULTIMATE BEEFLESS BURGER

LANCER FRIES

ONION RINGS

DAILY SOUP

LUNCH & DINNER

STACKED

GRILLED CHEESE

TOSSED

CAESAR SALAD- NO CHICKEN

ASIAN SALAD- NO CHICKEN

FIESTA GRILL

CHEESE QUESADILLA

VEGGIE FIESTA FRIES

VEGGIE DIEGO BURRITO

VEGGIE TACOS

TUESDAYS ONLY

VEGGIE BAJA SALAD