

DINOSAUR BAR-B-QUE ALLERGY REFERENCE GUIDE

MARCH 2011



Dinosaur Bar-B-Que makes every attempt to identify ingredients that may cause allergic reactions for those with food allergies. Every effort is made to instruct our food production staff on the severity of food allergies. However, there is always a risk of ingredients coming in contact with other ingredients. We are a scratch kitchen that makes all our food to order. There is also a possibility that manufacturers of the foods we use could have come in contact with other ingredients. We cannot guarantee that an item one may be allergic to has not come in contact with the food you choose. Dinosaur Bar-B-Que will not assume any liability for adverse reactions to food consumed, or items one may come in contact with while eating at Dinosaur Bar B Que restaurants.

ITEM- prepared as described on menu

APPETIZERS, SALAD & DRESSINGS	GLUTEN	DAIRY	NUTS	TOMATO	GARLIC	SHELLFISH
Balsamic "Lo-Cal" Dressing					X	
Bar-B-Blues Dressing	X	X		X	X	
Bleu Cheese	X	X			X	
Cayenne Buttermilk Ranch	X	X		X	X	
Chili Nachos	X	X		X	X	
Chili on the halfshell	X	X		X	X	
Chopped Salad (can be served without nuts)			X	X		
Creole Honey Mustard Vinaigrette				X	X	
Deviled Eggs				X	X	
Fried Green Tomatoes (Fancy)	X	X		X	X	
Fried Green Tomatoes (Original)	X			X	X	
Fried Green Tomatoes (Shrimp Remoulade)	X	X		X	X	X
Garlic Ginger Vinaigrette						
Green Goddess					X	X
Iceberg Wedge- topped with bacon, tomatoes and nuts; no dressing			X	X		
Maple Sherry Vinaigrette						
Pork & Black Bean Nachos		X		X	X	
Red Wine Vinaigrette					X	
Salmon Fritters	X			X	X	
Salsa				X	X	
Sausage, Cheese & Crackers	X	X			X	
Shameless Shrimp- boiled in beer that contains gluten	X				X	X
Jumbo Chicken Wings				X	X	

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SOUPS & STEWS	GLUTEN	DAIRY	NUTS	TOMATO	GARLIC	SHELLFISH
Broccoli Cheddar	X	X		X	X	
Cheddar Ale	X	X		X	X	
Chicken Noodle	X				X	
Chicken Velvet	X	X		X	X	
Crab & Avocado	X	X		X	X	X
Gumbo w/Chicken, Chorizo & Shrimp	X			X	X	X
Jambalaya- Rice is Uncle Ben's and verified gluten free				X	X	
Mexican Chicken Tortilla				X	X	
New England Clam Chowder	X	X			X	X
Roasted Poblano	X	X			X	
Sausage & Onion	X	X		X	X	
Tomato Basil	X	X		X	X	

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ENTREES & SANDWICHES		GLUTEN	DAIRY	NUTS	TOMATO	GARLIC	SHELLFISH
	Ribs- no sauce				X	X	
	Pulled Pork- no sauce				X	X	
	Beef Brisket- no sauce					X	
	Bone-In Chicken (Half & Quarters)- no sauce					X	
	Jumbo Chicken Wings					X	
	Skirt Steak				X	X	
	Ribeye				X	X	
	Bourbon Molasses Steak sauce- <small>soy sauce in worcestershir sauce</small>	X			X	X	X
	Habanero Cooks Butter		X		X	X	
	Churrasco Chicken Steak				X	X	
	Bronzed Catfish- <small>marinated in Buttermilk & Tabasco</small>		X		X	X	
	Shrimp Spiedini- <small>nuts in peanut dressing</small>			X		X	X
WITHOUT A BUN	BBQ Prime Rib sandwich				X	X	
	BBS		X		X	X	
	Beef Ruben		X		X	X	
	Blues Burger	X	X			X	
	Brazen Burger					X	
	Brisket Blue sandwich		X		X	X	
	Brisket sandwich				X	X	
	Chicken Bar-B-San		X		X	X	
	Chicken Cajun				X	X	
	Chicken Club				X	X	
	Chicken Diablo				X	X	
	Chicken Dream Club		X		X	X	
	Chicken Philly		X		X	X	
	Chicken Popeye		X		X	X	
	Chili Cheeseburger		X		X	X	
	Cuban		X		X	X	
	Diablo Burger		X		X	X	
	Dino Burger		X		X	X	
Original Chicken Sandwich				X	X		
Pork Carolina		X		X	X		
Pork Memphis		X		X	X		

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WITHOUT A BUN	Pork Porto sandwich		x		x	x	
	Pork-sket		x		x	x	
	Pulled Pork sandwich				x	x	
	Smoked "Hot Link" Sausage		x		x	x	
	Smoke-Roasted Turkey Breast sandwich		x		x	x	
	Vegetarian Smoked Portobello		x		x	x	
	Works Burger		x		x	x	
	Kids Chicken Fingers	x	x				

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SIDE DISHES	GLUTEN	DAIRY	NUTS	TOMATO	GARLIC	SHELLFISH
A.K. Chili				X	X	
Applesauce						
BBQ Beans					X	
BBQ Fried Rice-contains eggs	X				X	
Black Beans & Rice					X	
Cajun Corn		X			X	
Carrot & Raisin salad					X	
Coleslaw					X	
Cornbread	X	X				
Cottage Cheese	X	X				
Fresh Cut Fries** <i>PLEASE SEE NOTE BELOW</i>			X **		X	
Fresh Fruit salad						
Fresh Salad Greens				X		
Harlem Potato Salad					X	
Mac & Cheese	X	X		X	X	
Macaroni Salad	X			X	X	
Maple Whipped Sweet Potatoes- (without nut topping)		X				
Mashed Potatoes (no gravy)		X			X	
Gravy	X			X	X	
Salt Potatoes with Cajun Garlic butter		X		X	X	
Simmered Greens					X	
Tomato Cucumber salad				X	X	
White Rice					X	

****IN TROY, FRIES ARE FRIED IN REFINED PEANUT OIL. IN SYRACUSE, ROCHESTER AND HARLEM, THEY ARE FRIED IN CANOLA OIL**

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DESSERTS	GLUTEN	DAIRY	NUTS	TOMATO	GARLIC	SHELLFISH
Banana Coconut Pudding	X	X				
Brownies	X	X				
Cheesecake- plain	X	X				
Chocolate Icebox Pie	X	X				
Fruit Cobbler	X					
Key Lime Pie	X	X				
Peanut Butter Pie	X	X				
Sweet Potato Pecan Pie	X	X				
DINO SAUCES	GLUTEN	DAIRY	NUTS	TOMATO	GARLIC	SHELLFISH
Sensuous Slathering sauce				X	X	
Wango Tango sauce				X	X	
Roasted Garlic Honey sauce				X	X	
Garlic Chipotle				X	X	
Devil's Duel				X	X	
Mojito Marinade					X	
Creole Honey Mustard				X	X	