



GARBANZOSM
MEDITERRANEAN FRESH

Allergen Information Beverages

Menu Item	Gluten	Wheat	Milk	Soy	Eggs	Peanuts	Tree Nuts	Fish	Crustacean
Milk			•						
Lemon Flavor Shot									
Chocolate Milk									
Pepsi			•						
Sierra Mist									
SoBe Pomegranate Yumberry									
Vanilla Flavor Shot									
Mint Lemonade									
Pomegranate Lemonade									
Dr. Pepper									
Diet Pepsi									
Iced Tea									
Lemon Slice									
Cherry Flavor Shot									
Diet Dr. Pepper									
Diet Mountain Dew									
Mountain Dew									



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Allergen Information

Bread

Menu Item	Gluten	Wheat	Milk	Soy	Eggs	Peanuts	Tree Nuts	Fish	Crustacean
Gluten-Free Pita									
White Pita	wheat	●							
Wheat Pita	wheat								
White Tortilla	wheat			soybean oil					
Pita for Gyros	wheat, oats, barley	●		soybean oil					
Whole Wheat Tortilla	wheat	●		soybean oil					

Allergen Information

Protein

Menu Item	Gluten	Wheat	Milk	Soy	Eggs	Peanuts	Tree Nuts	Fish	Crustacean
Chicken Kabob									
Portobello Mushroom									
Falafel									
Sirloin Steak									
Gyro	wheat	●		soy protein, soybean oil					
Chicken									
Steak Kabob									



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Allergen Information

Desserts & Sides

Menu Item	Gluten	Wheat	Milk	Soy	Eggs	Peanuts	Tree Nuts	Fish	Crustacean
Chocolate Chunk Cookie	wheat, barley	●	●	soy lecithin, soybean oil	●				
Seasoned Chips				soybean oil					
Baklava	wheat						walnut, pecan, cashew, almond		
Falafel									

Allergen Information

Grab & Go

Menu Item	Gluten	Wheat	Milk	Soy	Eggs	Peanuts	Tree Nuts	Fish	Crustacean
Greek Chicken Salad			●	soybean oil					
Hummus & Veggie Snack Pack	wheat, oats	●		soybean oil					
Vegetarian Wrap	wheat			soybean oil					
Greek Vegetarian Salad				soybean oil					
Chicken Wrap	wheat	●	●	soybean oil					



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Allergen Information Kids Menu

Menu Item	Gluten	Wheat	Milk	Soy	Eggs	Peanuts	Tree Nuts	Fish	Crustacean
Steak Sirloin									
Rice				soy lecithin, soybean oil					
Gyro	wheat			soy lecithin, soybean oil					
Pita Grilled Cheese on White	wheat	•	•						
Apple									
Chicken									
White Pita	wheat	•							
Pita Grilled Cheese on Wheat	wheat	•	•						
Wheat Pita	wheat	•							
Portobello Mushroom									
Falafel									

Allergen Information Prep Recipes

Menu Item	Gluten	Wheat	Milk	Soy	Eggs	Peanuts	Tree Nuts	Fish	Crustacean
Mediterranean Garlic Spice									
Mushroom Oil									
Kabob Marinade									



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Allergen Information
Sauces & Salad Dressings

Menu Item	Gluten	Wheat	Milk	Soy	Eggs	Peanuts	Tree Nuts	Fish	Crustacean
Greek Vinaigrette				soybean oil					
Tzatziki			•						
Tahini Sauce									
Cilantro Sauce									
Mediterranean Garlic Sauce				soybean oil	•				
Red Chili Sauce									



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Allergen Information

Toppings

Menu Item	Gluten	Wheat	Milk	Soy	Eggs	Peanuts	Tree Nuts	Fish	Crustacean
Seasoned Rice				soy lecithin, soybean oil					
Kalamata Olives									
Seasonal Vegetables									
Pepperoncini									
Hummus									
Cucumber & Tomato									
Lettuce									
Roasted Eggplant (Baba Ganoush)									
Feta Cheese									
Spicy Red Pepper Hummus				soybean oil					
Red Cabbage									
Red Onion									
Tabbouleh	wheat	●							
Pickles									



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Sensitivities Information

Beverages

Menu Item	Corn	Seeds	MSG	Sulfites	Nitrates	Yeast	Alcohol	Artificial Coloring	Onion	Garlic
Milk										
Lemon Flavor Shot							•	•		
Chocolate Milk										
Pepsi	•							•		
Sierra Mist										
SoBe Pomegranate Yumberry								•		
Vanilla Flavor Shot								•		
Mint Lemonade										
Strawberry Flavor Shot								•		
Pomegranate Lemonade										
Dr. Pepper	•							•		
Diet Pepsi								•		
Iced Tea										
Lemon Slice										
Cherry Flavor Shot								•		
Diet Dr. Pepper								•		
Diet Mountain Dew								•		
Mountain Dew	•							•		



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Sensitivities Information

Bread

Menu Item	Corn	Seeds	MSG	Sulfites	Nitrates	Yeast	Alcohol	Artificial Coloring	Onion	Garlic
Gluten-Free Pita						•				
White Pita						•				
Wheat Pita										
White Tortilla	•			•						
Pita for Gyros				•		•				
Whole Wheat Tortilla	•			•						

Sensitivities Information

Protein

Menu Item	Corn	Seeds	MSG	Sulfites	Nitrates	Yeast	Alcohol	Artificial Coloring	Onion	Garlic
Chicken Kabob									•	•
Portobello Mushroom										•
Falafel										
Sirloin Steak										
Gyro						•			•	•
Chicken										
Steak Kabob									•	•



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Sensitivities Information

Extras

Menu Item	Corn	Seeds	MSG	Sulfites	Nitrates	Yeast	Alcohol	Artificial Coloring	Onion	Garlic
Chocolate Chunk Cookie		sunflower oil								
Seasoned Chips		sunflower oil								
Baklava										
Falafel									•	•

Sensitivities Information

Grab & Go

Menu Item	Corn	Seeds	MSG	Sulfites	Nitrates	Yeast	Alcohol	Artificial Coloring	Onion	Garlic
Greek Chicken Salad				•				•	•	•
Hummus & Veggie Snack Pack		sesame				•				
Vegetarian Wrap		sesame								
Greek Vegetarian Salad				•				•	•	•
Chicken Wrap	•	sesame		•					•	•



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Sensitivities Information

Kids Menu

Menu Item	Corn	Seeds	MSG	Sulfites	Nitrates	Yeast	Alcohol	Artificial Coloring	Onion	Garlic
Steak Sirloin										
Rice	•	sunflower oil								
Gyro										
Pita Grilled Cheese on White						•		•		
Apple										
Chicken										
White Pita						•				
Pita Grilled Cheese on Wheat						•		•		
Wheat Pita						•				
Portobello Mushroom										•
Falafel									•	•

Sensitivities Information

Prep Recipes

Menu Item	Corn	Seeds	MSG	Sulfites	Nitrates	Yeast	Alcohol	Artificial Coloring	Onion	Garlic
Mediterranean Garlic Spice										•
Mushroom Oil										•
Kabob Marinade										



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Sensitivities Information
Sauces & Salad Dressings

Menu Item	Corn	Seeds	MSG	Sulfites	Nitrates	Yeast	Alcohol	Artificial Coloring	Onion	Garlic
Greek Vinaigrette				•			•	•	•	•
Tzatziki	•									•
Tahini Sauce		sesame								•
Cilantro Sauce									•	•
Mediterranean Garlic Sauce	•								•	•
Red Chili Sauce	•								•	•



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Sensitivities Information

Sides

Menu Item	Corn	Seeds	MSG	Sulfites	Nitrates	Yeast	Alcohol	Artificial Coloring	Onion	Garlic
Seasoned Rice	•	sunflower oil								
Kalamata Olives										
Seasonal Vegetables									•	•
Pepperoncini				•				•		
Hummus		sesame								
Cucumber & Tomato										
Lettuce										
Roasted Eggplant (Baba Ganoush)		sesame								•
Feta Cheese										
Spicy Red Pepper Hummus		sesame		•					•	
Red Cabbage										
Red Onion									•	
Tabbouleh									•	
Pickles										



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Disclaimer

OTM

This TAG report presented by On The Menu identifies the eight major allergens and gluten, as well as, food sensitivities. The presence of any of the major allergens and gluten are indicated in color-coded tables. Cross-contact of the major allergens and gluten is identified only if this information was provided to On The Menu by your food service operation. Food sensitivities are indicated in black and white tables. Cross-contact is not identified for food sensitivities.

The eight major allergens and gluten are:

- Wheat
- Eggs
- Soy (for soy we will denote whether it is soy, soy lecithin and/or soy oil)
- Milk
- Fish (i.e., bass, salmon, cod - we will name specific fish)
- Crustacean/shellfish (i.e., crab, shrimp - we will name specific crustacean/shellfish)
- Peanuts
- Tree nuts (i.e., almonds, pecans, walnuts - we will name specific tree nut)
- Gluten (for gluten we will denote whether it is derived from oats, wheat, barley or rye)

The food sensitivities ingredients are:

- Seeds (sesame, sunflower, poppy, celery, linseed, mustard, flax, pumpkin)
- Corn*
- MSG**
- Nitrates/Nitrites
- Sulfites***
- Yeast
- Alcohol
- Artificial Food Coloring (includes caramel coloring)
- Onion
- Garlic

* Corn will be identified only as it is made available in your ingredient spec sheets. Due to time/budget constraints, On The Menu is unable to contact manufacturers to determine whether or not vaguely listed ingredients such as modified food starch contain corn. Note: we will provide you with ingredient statements for all menu items which your customers may review to identify ingredients of concern.

** MSG will only be identified if the product contains monosodium glutamate in the ingredient lists. Ingredients such as autolyzed yeast and carrageenan which may contain MSG will not be identified. Note: we will provide you with ingredient statements for all menu items which your customers may review to identify ingredients of concern.

*** Sulfites will only be listed as they are made available in the spec sheets. U.S. labeling regulations do not require products to indicate the presence of sulfites in foods unless it is added specifically as a preservative.

Disclaimer: The allergen, gluten and food sensitivity tracking performed by On The Menu presumes no changes have been made to the recipes, including change in ingredient formulation and/or ingredient manufacturers or suppliers, for any of these menu items since work was completed. On The Menu does not warrant the accuracy of the tracking if any such recipes have been revised, any ingredient formulation and/or manufacturer or supplier has been changed or if any items have been added to the menu unless On The Menu has been informed and has received these updates.