



Food Allergen Chart for Wheatfields Restaurants

This list is compiled based on product information provided by staff and food manufacturers. Every effort is made to keep this information current, however it is possible that ingredient changes and substitutions may occur before this list is updated. Wheatfields makes the majority of the menu items to order so individual preparations may vary. This chart does not include weekly special items as ingredients vary. Individual food items may come in contact with one another during food preparation and is not reflected on this chart. Please notify your server if you have a food allergy.

| Menu item | Egg | Fish | Milk/Lactose | Peanuts | Sesame | Shellfish | Soy | Gluten | Treenuts | |
|-------------------------|-----|------|--------------|---------|--------|-----------|-----|--------|----------|--|
| Bruschetta | | | X | | | | | X | | |
| Eggplant Cipriani | X | | X | | | | | X | | |
| Caprese | | | X | | | | | | | |
| Antipasti Platter | | | X | | | | | X | | |
| Arancini's | | | X | | | | | X | | |
| Crab Cakes | X | | | | | X | | X | | |
| Calamari Frito | | X | | | | | | X | | |
| Sauteed PEI Mussels | | | | | | X | | X | | |
| Maccaroni & Cheese | X | | X | | | | | X | | |
| Radiatori Pesto | X | | X | | | | | | X | |
| Eggplant Parm | X | | X | | | | | X | | |
| Fettuccine Piselli | X | | X | | | | | X | | |
| Ricotta Gnocchi Pom | X | | X | | | | | X | | |
| Spaghetti Puttanesco | X | | | | | | | X | | |
| Tagliatelle Bolognese | X | | X | | | | | X | | |
| Linguine & Clams | X | | | | | X | | X | | |
| Chicken & Ssg Scarpetta | X | | | | | | | X | | |
| Chicken Rigatoni | X | | X | | | | | X | | |
| Lasagna Classico | X | | X | | | | | X | | |
| Ravioli Formaggio | X | | X | | | | | X | | |
| Ravioli Funghi | X | | X | | | | | X | | |
| Chicken Marsala | X | | | | | | | X | | |
| Chicken Milanese | X | | | | | | | X | | |
| Grilled Salmon | | | X | | | | | | | |
| Shrimp & Spinach | X | | X | | | | | X | | |
| Seared Scallops | | | | | | X | | | | |
| NY Strip Steak | | | X | | | | | | | |
| Market Salad | | | | | | | | | | |
| Caesar Salad | X | | X | | | | | | | |
| Iceberg Wedge | | | X | | | | | | | |
| Beet & Goat Cheese | | | X | | | | | | | |
| Wheatfield's Chooped | | | X | | | | | | | |
| Grilled Steak Salad | | | X | | | | | | | |
| Margherita Pizza | X | | X | | | | | | | |
| Pepperoni Pizza | X | | X | | | | | | | |
| Sausage & Mushroom | X | | X | | | | | | | |
| Buffalo Chicken | X | | X | | | | | | | |
| Goat Cheese Pizza | X | | X | | | | | | | |
| Farmer's Market Pizza | X | | X | | | | | | | |
| Tiramisu | | | X | | | | | | | |
| Chocolate Lava Cake | | | | | | | | | | |
| Chocolate Mousse | X | | X | | | | | | | |
| Cannoli | | | X | | | | | | | |
| Cheesecake | | | X | | | | | | | |
| Crème Brulee | X | | X | | | | | | | |
| Marinara | | | | | | | | | | |
| Alfredo | | | X | | | | | | | |
| Puttanesca | | | | | | | | | | |
| Bolognese | | | | | | | | | | |
| Pesto | | | X | | | | | | X | |
| Pizza Crust | X | | | | | | | | | |
| GF Pizza Crust | | | | | | | | | | |
| GF Corn Fusilli | | | | | | | | | | |
| GF Rice Linguine | | | | | | | | | | |
| Ziti | X | | | | | | | X | | |
| Radiatori | X | | | | | | | X | | |
| Rotelle | X | | | | | | | X | | |
| Spaghetti | X | | | | | | | X | | |
| Linguine | X | | | | | | | X | | |
| Fettuccine | X | | | | | | | X | | |
| Tagliatelle | X | | | | | | | X | | |
| Cheese Ravioli | X | | | | | | | X | | |
| Mushroom Ravioli | X | | | | | | | X | | |
| Citrus Vinagrette | | | | | | | | | | |
| Balsamic Vinagrette | | | | | | | | | | |
| Bleu Cheese | | | X | | | | | | | |
| Caesar | X | | X | | | | | X | | |
| | | | | | | | | | | |