

ALLERGENS

ITEM	SOYBEAN	DAIRY	SHELLFISH	SESAME SEEDS	EGGS	WHEAT	NUT
CHICKEN	✓	✓					
STEAK	✓						
SHRIMP	✓		✓				
HOUSE DRESSING	✓						
HUMMUS				✓			
DILLIO SAUCES	✓	✓			✓		
GARLIC SPREAD					✓		
CAESAR DRESSING		✓			✓		
RICE		✓					
FRIES	✓						
FRYING OIL	✓						
EGGPLANT		✓				✓	
CHEESECAKE	✓	✓			✓		
STRAWBERRY SHORTCAKE	✓	✓			✓	✓	
PARFAIT	✓	✓			✓	✓	✓

DISCLAIMER

AT MIDDLE EATS, WE WORK TO PROVIDE THE MOST UP-TO-DATE MENU INGREDIENT INFORMATION TO HELP GUESTS WITH FOOD ALLERGIES OR SENSITIVITIES MAKE INFORMED CHOICES WHEN DINING AT A MIDDLE EATS LOCATION. IT IS IMPORTANT TO CONSULT A MEDICAL PROFESSIONAL IF YOU HAVE ANY CONCERNS REGARDING FOOD ALLERGIES OR SENSITIVITIES. PLEASE NOTE THAT SOME MENU ITEMS MAY NOT BE AVAILABLE AT ALL RESTAURANTS. WHILE INGREDIENT INFORMATION IS BASED ON STANDARD PRODUCT FORMULATIONS, VARIATIONS MAY OCCUR DUE TO DIFFERENCES IN SUPPLIERS, INGREDIENT SUBSTITUTIONS, CHANGES IN RECIPES, PRODUCT ASSEMBLY AT THE RESTAURANT LEVEL, REGIONAL DIFFERENCES, AND SEASONALITY. THIS INFORMATION IS BASED ON OUR STANDARD PREPARATION, INGREDIENTS, SUPPLY, AND PROPORTIONING REQUIREMENTS. MIDDLE EATS RESTAURANTS CAN OFTEN BE BUSY, AND CROSS-CONTACT MAY OCCUR BETWEEN INGREDIENTS AND DIFFERENT MENU ITEMS, INCLUDING ALLERGENS. THEREFORE, IF YOU HAVE ANY FOOD ALLERGIES, IT IS CRUCIAL THAT YOU ARE AWARE OF THE INGREDIENTS LISTED IN ALL MENU ITEMS. ALWAYS INFORM YOUR LOCAL MIDDLE EATS ASSOCIATE IF YOU HAVE A FOOD ALLERGY OR SENSITIVITY, AS WELL AS ANY PRODUCTS WITH WHICH IT MAY COME INTO CONTACT."