

ZAXBY'S



# ALLERGEN and SENSITIVITIES GUIDE



**Zaxby's® Guests: All ingredient and allergen information was obtained from product vendors. Zaxby's cannot guarantee our foods are 100% allergen free. We use shared equipment during food preparation which could result in the cross-contact of allergens. Additionally, Zaxby's suppliers may use ingredients in their manufacturing facilities where trace amounts of allergens could come in contact with Zaxby's ingredients, or any product formula could be changed without prior notice to Zaxby's. We encourage anyone with food sensitivities, allergies, or special dietary needs to consult with their physician before consuming any of our foods. For information regarding the presence of allergens in our foods, please visit <https://www.zaxbys.com/zaxbys-allergen-guide>. Zaxby's foods are fried in a blend of fully refined canola and soybean oils. The FDA does not consider these highly refined oils as allergens; therefore, they are not included here. If you have any questions or concerns, please consult your physician before consuming these foods. Revised on 1/25/2018.**

## ZALADS®

	ALLERGENS								SENSITIVITIES		
	Dairy	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	MSG	Gluten	Sulfuring Agents
The Grilled House	•		•	•						•	
The Fried House	•	•	•	•					•	•	
The Garden House	•		•	•						•	
The Grilled Cobb	•	•	•	•							
The Fried Cobb	•	•	•	•					•	•	
The Garden Cobb	•	•	•	•						•	
The Grilled Caesar	•		•	•						•	
The Fried Caesar	•	•	•	•					•	•	
The Garden Caesar	•		•	•						•	
The Blackened Blue	•		•	•						•	
The Buffalo Blue	•	•	•	•					•	•	
The Garden Blue	•		•	•						•	
Side Salad											
Side Caesar	•		•	•						•	

## SANDWICH MEALS & SANDWICHES

	ALLERGENS								SENSITIVITIES		
	Dairy	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	MSG	Gluten	Sulfuring Agents
Kickin' Chicken Sandwich Meal	•	•	•	•					•	•	
Kickin' Chicken Sandwich	•	•	•	•					•	•	
Chicken Finger Sandwich Meal	•	•	•	•					•	•	•
Chicken Finger Sandwich	•	•	•	•					•	•	•
Grilled Chicken Sandwich Meal		•	•	•					•	•	
Grilled Chicken Sandwich		•	•	•					•	•	
Zaxby's Club Sandwich Meal	•	•	•	•					•	•	
Zaxby's Club Sandwich	•	•	•	•					•	•	
Cajun Club Sandwich Meal	•	•	•	•					•	•	
Cajun Club Sandwich	•	•	•	•					•	•	
Chicken Salad Sandwich Meal	•	•	•	•					•	•	
Chicken Salad Sandwich	•	•	•	•						•	
(3) Nibblerz Meal®	•	•	•	•					•	•	•
(3) Nibblerz	•	•	•	•					•	•	•
BLT Sandwich Meal (off menu)		•	•	•					•	•	
BLT Sandwich (off menu)		•	•	•						•	
Grilled Cheese Sandwich Meal (off menu)	•		•	•					•	•	
Grilled Cheese Sandwich	•		•	•						•	

## MOST POPULAR

	ALLERGENS								SENSITIVITIES		
	Dairy	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	MSG	Gluten	Sulfuring Agents
Chicken Finger Plate (4)	•	•	•	•					•	•	•
Buffalo Chicken Finger Plate (4)	•	•	•	•					•	•	
Chicken Finger Plate (5)	•	•	•	•					•	•	•
Buffalo Chicken Finger Plate (5)	•	•	•	•					•	•	
Chicken Finger Plate (6)	•	•	•	•					•	•	•
Buffalo Chicken Finger Plate (6)	•	•	•	•					•	•	

## WINGS<sup>1</sup>

	ALLERGENS								SENSITIVITIES		
	Dairy	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	MSG	Gluten	Sulfuring Agents
Boneless Wings & Things	•	•	•	•					•	•	•
Buffalo Boneless Wings & Things	•	•	•	•					•	•	
Traditional Wings & Things	•	•	•	•					•	•	•
Buffalo Traditional Wings & Things	•	•	•	•					•	•	
Buffalo Boneless Wings Meal (5)	•	•	•	•					•	•	
Buffalo Traditional Wings Meal (5)	•	•	•	•					•	•	
Big Zax Snak® Meal	•	•	•	•					•	•	•
Buffalo Big Zax Snak	•	•	•	•					•	•	

## 5 BONELESS WINGS with each sauce

	ALLERGENS								SENSITIVITIES		
	Dairy	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	MSG	Gluten	Sulfuring Agents
Boneless Wings (No Sauce)			•							•	
Boneless Wings - Wimpy™			•							•	
Boneless Wings - Tongue Torch®			•							•	
Boneless Wings - Nuclear™			•							•	
Boneless Wings - Insane™			•							•	
Boneless Wings - Original	•		•	•						•	
Boneless Wings - HHM		•	•							•	
Boneless Wings - Sweet & Spicy			•	•						•	
Boneless Wings - Teriyaki			•	•						•	
Boneless Wings - BBQ			•							•	

<sup>1</sup> Allergen Information for Wings does not include wing sauce. Please refer to the Signature Sauces Section.



**10 BONELESS WINGS**  
with each sauce

- Boneless Wings (No Sauce)
- Boneless Wings - Wimpy™
- Boneless Wings - Tongue Torch®
- Boneless Wings - Nuclear™
- Boneless Wings - Insane™
- Boneless Wings - Original
- Boneless Wings - HHM
- Boneless Wings - Sweet & Spicy
- Boneless Wings - Teriyaki
- Boneless Wings - BBQ

**20 BONELESS WINGS**  
with each sauce

- Boneless Wings (No Sauce)
- Boneless Wings - Wimpy
- Boneless Wings - Tongue Torch
- Boneless Wings - Nuclear
- Boneless Wings - Insane
- Boneless Wings - Original
- Boneless Wings - HHM
- Boneless Wings - Sweet & Spicy
- Boneless Wings - Teriyaki
- Boneless Wings - BBQ

**5 TRADITIONAL WINGS**  
with each sauce

- Traditional Wings (No Sauce)
- Traditional Wings - Wimpy
- Traditional Wings - Tongue Torch
- Traditional Wings - Nuclear
- Traditional Wings - Insane
- Traditional Wings - Original
- Traditional Wings - HHM
- Traditional Wings - Sweet & Spicy
- Traditional Wings - Teriyaki
- Traditional Wings - BBQ

**10 TRADITIONAL WINGS**  
with each sauce

- Traditional Wings (No Sauce)
- Traditional Wings - Wimpy
- Traditional Wings - Tongue Torch
- Traditional Wings - Nuclear
- Traditional Wings - Insane
- Traditional Wings - Original
- Traditional Wings - HHM
- Traditional Wings - Sweet & Spicy
- Traditional Wings - Teriyaki
- Traditional Wings - BBQ

**20 TRADITIONAL WINGS**  
with each sauce

- Traditional Wings (No Sauce)
- Traditional Wings - Wimpy
- Traditional Wings - Tongue Torch
- Traditional Wings - Nuclear
- Traditional Wings - Insane
- Traditional Wings - Original
- Traditional Wings - HHM
- Traditional Wings - Sweet & Spicy
- Traditional Wings - Teriyaki
- Traditional Wings - BBQ

**1 CHICKEN FINGER**  
with each sauce

- Chicken Finger (No Sauce)
- Chicken Finger - Wimpy
- Chicken Finger - Tongue Torch
- Chicken Finger - Nuclear
- Chicken Finger - Insane
- Chicken Finger - Original
- Chicken Finger - HHM
- Chicken Finger - Sweet & Spicy
- Chicken Finger - Teriyaki
- Chicken Finger - BBQ

**5 CHICKEN FINGERZ**  
with each sauce

- Chicken Finger (No Sauce)
- Chicken Finger - Wimpy
- Chicken Finger - Tongue Torch
- Chicken Finger - Nuclear
- Chicken Finger - Insane
- Chicken Finger - Original
- Chicken Finger - HHM
- Chicken Finger - Sweet & Spicy
- Chicken Finger - Teriyaki
- Chicken Finger - BBQ

ALLERGENS									SENSITIVITIES		
Dairy	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish		MSG	Gluten	Sulfiting Agents
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