



PERKINS® MENU GUIDE FOR GLUTEN SENSITIVITY / WHEAT ALLERGY

Please read this Information:

At Perkins® Restaurants we believe in putting it all on the table. This list of menu items was put together with information from our food suppliers. These menu items as noted are not prepared with ingredients that contain gluten or wheat when prepared by our standard recipes. However, all of our menu items are prepared in a common kitchen with gluten exposure. Therefore, these menu items may come in contact with ingredients that contain gluten through shared cooking and preparation areas. Due to these circumstances, we cannot guarantee that any menu item can be completely free of gluten. Perkins & Marie Callender's, LLC, its franchisees and employees do not assume responsibility and do not make any warranty, either express or implied, regarding the completeness or currency of this information. We do not recommend these items for guests with celiac disease. Guests with gluten sensitivities or wheat allergies should exercise caution when ordering and consuming these items. The material below is provided for informational purposes only and is not meant to substitute for the advice provided by your own physician or other healthcare professional.

Most food allergies and sensitivities are triggered by common foods such as dairy, eggs, peanut, wheat, gluten, nuts, fish, shellfish and soy. A food allergic reaction typically occurs when the body's immune system overreacts to a particular protein found in these foods. Fortunately, most guests are aware if they have a specific food allergy or sensitivity and can avoid foods that may cause them a health problem.

This guide lists a number of common allergens and is designed to help you make informed choices when you eat at Perkins. Always keep in mind, in a restaurant setting where there is no equipment dedicated to any particular foods, any menu item may contain trace amounts of ingredients from other menu items. Also, regional ingredient substitutions may occasionally occur. If you have any questions about food allergies or sensitivities, we recommend that you contact your medical professional.

Please note: regional items, limited time offers and test products are not included in this information. While we make every effort to keep this information up to date, it is possible that ingredient changes and substitutions can occur due to regional suppliers of ingredients or seasonal changes; therefore, we recommend that you visit our website for the latest nutritional information.

Hearty Extras

- Hash Browns
- Bacon
- Ham
- Pork Sausage (Links & Patties)
- Turkey Sausage Patties
- Smoked Sausage
- All Fresh Fruit

3 Egg Omelets

(Must be ordered without Pancakes, Mammoth Muffin®, Toast, Biscuits or Tots or Homestyle Potatoes)

- Everything Omelet and Granny's Omelet and Hearty Harvest Omelet with fresh fruit and hash browns



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Fresh-Cracked Classics

(Must be ordered without Pancakes, Mammoth Muffin®, Toast, Biscuits or Tots or Homestyle Potatoes)

- Build-a-Breakfast with fresh fruit or hash browns and choice of bacon, ham, pork sausage (links or patties), turkey sausage or smoked sausage
- Hearty Mans Combo
- Steak Medallions
- Grilled Pork Chop (no sauce)

Soups

(Must be ordered without Crackers)

- Tomato Basil

Salads

(Must be ordered without Croutons)

- Garden Side Salad
- Chopped Cobb Salad

Salad dressings that are gluten-free include:

Blue Cheese, French, Honey Mustard, White Balsamic Vinaigrette, Ranch, Fat Free Italian or Ranch and Thousand Island.

Comfort Classics

(Must be ordered without side choices of Rice or French Fries or Tots or Homestyle Potatoes)

- Grilled Salmon
- Grilled Tilapia
- Grilled Pork Chop (no sauce)

Sides

- Garden Side Salad (without croutons)
- Asparagus Spears
- Green Beans with Bacon
- Fresh Broccoli
- Buttered Corn
- Fresh Spinach
- Baked Potato
- Mashed Potato (no gravy)