

Blimpie Allergen Statement



Blimpie has listed the top eight food allergens recommended by the FDA.

Item	Allergens							
	SOY	EGG	MILK	PEANUT	TREE NUTS	WHEAT	FISH	SHELLFISH
Sandwiches/Wraps								
Blimpie Best	X		X			X		
Blimpie Trio	X		X			X		
BLT	X	X				X		
Chicken Cheddar Bacon Ranch	X	X	X			X		
Chicken Teriyaki	X		X			X		
Ciabatta, Buffalo Chicken	X	X	X			X		
Ciabatta, Grilled Chicken Caesar	X	X	X			X	X	
Ciabatta, Mediterranean	X	X	X			X		
Ciabatta, Roast Beef, Turkey & Cheddar	X	X	X			X		
Ciabatta, Sicilian	X	X	X			X		
Ciabatta, Turkey Italiano	X	X	X			X		
Ciabatta, Tuscan	X	X	X			X		
Ciabatta, Ultimate Club	X	X	X			X		
Club	X		X			X		
Cuban	X		X			X		
French Dip	X		X			X		
Ham & Swiss	X		X			X		
Ham, Salami & Cheese	X		X			X		
Meatball	X		X			X		
Pastrami	X		X			X		
Philly Steak & Onion	X	X	X			X		
Reuben	X	X	X			X		
Roast Beef & Provolone	X		X			X		
Seafood	X	X				X	X	X
Special Vegetarian	X	X	X			X		
Tuna	X	X				X	X	
Turkey & Avocado	X					X		
Turkey & Cranberry	X					X		
Turkey & Provolone	X		X			X		
Turkey & Bacon	X		X			X		
Veggie Supreme	X		X			X		
VegiMax	X	X	X			X		
Wrap, Chicken Caesar	X	X	X			X	X	
Wrap, Roast Beef & Cheddar	X	X	X			X		
Wrap, Southwestern	X	X	X			X		
Wrap, Steak & Onion	X	X	X			X		
Wrap, Zesty	X		X			X		
Breakfast Items								
Biscuit, Bacon Egg & Cheese	X	X	X			X		
Biscuit, Egg & Cheese	X	X	X			X		
Biscuit, Golden Buttermilk	X		X			X		
Biscuit, Ham Egg & Cheese	X	X	X			X		
Biscuit, Sausage Egg & Cheese	X	X	X			X		
Croissant, Bacon Egg & Cheese	X	X	X			X		
Croissant, Egg & Cheese	X	X	X			X		
Croissant, Ham Egg & Cheese	X	X	X			X		
Croissant, Plain	X	X	X			X		
Croissant, Sausage Egg & Cheese	X	X	X			X		
Bluffin, Bacon Egg & Cheese	X	X	X			X		
Bluffin, Egg & Cheese	X	X	X			X		
Bluffin, Ham Egg & Cheese	X	X	X			X		
Bluffin, Plain	X					X		
Bluffin, Sausage Egg & Cheese	X	X	X			X		
Burrito, Bacon Egg & Cheese	X	X	X			X		
Burrito, Egg & Cheese	X	X	X			X		
Burrito, Ham Egg & Cheese	X	X	X			X		
Burrito, Sausage Egg & Cheese	X	X	X			X		
Gourmet Cinnamon Roll	X	X	X			X		
Muffin, Banana Walnut	X	X	X	X	X	X		
Muffin, Blueberry	X	X	X			X		
Panini Breakfast	X	X	X			X		

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Salads								
Antipasto	X		X					
Buffalo Chicken	X		X					
Chef	X		X					
Chicken Caesar	X	X	X				X	
Seafood	X	X				X	X	X
Tuna	X		X				X	
Ultimate Club	X		X					
Garden	X		X					
Cole Slaw	X	X						
Macaroni	X	X				X		
Northwest Potato	X	X						
Potato	X	X						
Soups								
Bean with Ham	X		X			X		
Beef Steak & Noodle	X	X	X			X	X	
Beef Stew	X					X		
Captain's Corn Chowder	X		X					
Chicken & Dumpling	X	X	X			X		
Chicken Gumbo	X		X			X		
Chicken Noodle	X	X	X			X		
Chicken with White & Wild Rice	X		X			X		
Cream of Broccoli with Cheese	X		X					
Cream of Potato	X		X					
French Onion	X		X			X		
Grande Chili w/ith Bean & Beef	X							
Harvest Vegetable	X		X			X		
Italian Style Wedding	X	X	X			X		
Minestrone	X	X	X			X		
New England Clam Chowder	X		X			X	X	X
Pasta Fagioli w/ Sausage	X	X	X			X		
Pilgrim Turkey Vegetables with Rice	X		X					
Seafood Gumbo	X		X			X	X	X
Split Pea with Ham	X		X			X		
Tomato Basil with Raviolini	X	X	X			X		
Yankee Pot Roast	X					X		
Chips								
Cheddar Sour Cream Lays	X		X					
Cheetos, Crunchy	X		X					
Doritos Cooler Ranch	X		X					
Doritos Nacho Cheese	X		X			X		
Fritos								
BBQ Lays	X							
KC Masterpiece BBQ Baked Lays	X	X	X			X		
SunChips Multigrain Harvest Cheddar	X		X			X		
SunChips Multigrain Original	X					X		
Lays Potato Baked	X							
Lays Potato Regular								
Pretzels Classic Thin Style						X		
Desserts								
Chocolate Chip Brownie	X	X	X			X		
Chocolate Chunk Cookie	X	X	X			X		
Oatmeal Raisin Cookie	X	X	X			X		
Peanut Butter Cookie	X	X	X	X		X		
Sugar Cookie	X	X	X			X		
White Chocolate Macadamia Nut Cookie	X	X	X		X	X		

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	SOY	EGG	MILK	PEANUT	TREE NUTS	WHEAT	FISH	SHELLFISH
Individual Menu Items								
Bread, Cheddar Jalapeno	X		X			X		
Bread, Ciabatta	X					X		
Bread, Honey Oat	X					X		
Bread, Marble Rye	X					X		
Bread, Whole Grain Wheat	X					X		
Bread, Pretzel	X					X		
Bread, White Italian	X					X		
Bread, Zesty Parmesan	X		X			X		
Tortilla Wrap, Spinach	X					X		
Tortilla Wrap, Spinach (Northwest Region)	X		X			X		
Tortilla Wrap, Traditional Flour	X					X		
Tortilla Wrap, Traditional Flour (Northwest Region)	X		X			X		
Bacon								
Buffalo Chicken	X							
Cappacola								
Grilled Chicken Strips	X							
Corned Beef								
Ham								
Meatballs	X		X			X		
Pastrami								
Pepperoni								
Philly Steak & Onion	X							
Prosciuttini								
Roast Beef								
Salami								
Seafood Salad	X	X					X	X
Tuna	X	X					X	
Turkey								
American Yellow & White			X					
Smoked Cheddar	X		X					
Shredded Mild Cheddar			X					
Shredded Parmesan			X					
Provolone			X					
Swiss			X					
Dressings and Sauces								
Blue Cheese	X	X	X					
Buttermilk Ranch	X	X	X					
Creamy Caesar	X	X	X				X	
Creamy Italian	X	X						
Dijon Honey Mustard	X	X						
Fat-Free Italian								
Light Buttermilk Ranch	X	X	X					
Light Italian	X							
Parmesan Peppercorn	X	X	X					
Blimpie Special Sauce	X							
Thousand Island	X	X						
Mayonnaise	X	X						
Chipotle Mayonnaise	X	X						
Yellow Mustard								
Honey Mustard								
Spicy Brown Mustard								
Oil, Blend	X							
Red Wine Vinegar								
Buffalo Hot Sauce	X		X					

Your health is of utmost concern to us. Please be aware that Blimpie products may contain traces of allergens (soybeans, egg, milk, peanuts, tree nuts, wheat, fish or shellfish) or food sensitivities from a manufacturing facility and preparation on site. The allergen information provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store, and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, and regional menu variations.