

Product Allergen Information



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

Item	Allergens							
	SOY	EGG	MILK	PEANUT	TREE NUTS	WHEAT/ GLUTEN	FISH	SHELLFISH
Subs/Wraps	SOY	EGG	MILK	PEANUT	TREE NUTS	WHEAT/ GLUTEN	FISH	SHELLFISH
Blimp	X	X	X			X		
Blimpie Best	X		X			X		
BLT	X	X				X		
Buffalo Chicken	X	X	X			X		
Chicken Cheddar Bacon Ranch	X	X	X			X		
Chicken Salad	X	X	X			X		
Club	X		X			X		
French Dip	X		X			X		
Grilled Chicken Teriyaki	X		X			X		
Ham Salami & Cheese	X		X			X		
Ham & Swiss	X		X			X		
Hoboken Hero	X		X			X		
Meatball Parmigiana	X	X	X			X		
Mediterranean	X	X	X			X		
Pastrami	X		X			X		
Philly Cheese Steak	X	X	X			X		
Reuben	X	X	X			X		
Roast Beef & Provolone	X		X			X		
Roast Beef, Turkey & Cheddar	X	X	X			X		
Sicilian	X	X	X			X		
Tuna	X	X				X	X	
Turkey & Avocado	X					X		
Turkey Bacon Cheddar	X		X			X		
Turkey & Cranberry	X		X			X		
Turkey & Provolone	X		X			X		
Ultimate Club	X	X	X			X		
VegiMax	X	X	X			X		
Veggie & Cheese	X		X			X		
Wrap, Buffalo Chicken	X	X	X			X		
Wrap, Grilled Chicken Caesar	X	X	X			X	X	
Wrap, Southwestern	X	X	X			X		
Salads	SOY	EGG	MILK	PEANUT	TREE NUTS	WHEAT/ GLUTEN	FISH	SHELLFISH
Antipasto	X		X					
Buffalo Chicken	X		X					
Cole Slaw	X	X						
Garden	X		X					
Grilled Chicken Caesar	X	X	X				X	
Macaroni	X	X				X		
Potato	X	X						
Ultimate Club	X		X					
Desserts	SOY	EGG	MILK	PEANUT	TREE NUTS	WHEAT/ GLUTEN	FISH	SHELLFISH
Chocolate Chip Brownie	X	X	X			X		
Chocolate Chunk Cookie	X	X	X			X		
Oatmeal Raisin Cookie		X	X			X		
Peanut Butter Cookie	X	X	X	X		X		
Sugar Cookie		X	X			X		
White Chocolate Macadamia Nut Cookie	X	X	X		X	X		

Product Allergen Information cont'd

Individual Components	SOY	EGG	MILK	PEANUT	TREE NUTS	WHEAT/ GLUTEN	FISH	SHELLFISH
Bread, Cheddar Jalapeno	X		X			X		
Bread, Ciabatta	X					X		
Bread, Honey Oat	X					X		
Bread, Pretzel	X					X		
Bread, White Italian	X					X		
Bread, Whole Grain Wheat	X					X		
Bread, Zesty Parmesan	X		X			X		
Tortilla Wrap, Salsa	X					X		
Tortilla Wrap, Spinach	X					X		
Tortilla Wrap, Traditional Flour	X					X		
Bacon								
Buffalo Chicken	X							
Capicola								
Corned Beef								
Grilled Chicken Strips	X							
Ham								
Meatballs	X	X	X			X		
Pastrami								
Pepperoni								
Philly Steak & Onion	X							
Prosciuttini								
Roast Beef								
Salami								
Tuna	X	X					X	
Turkey								
Veggie Pattie	X	X	X			X		
American Yellow & White Cheese			X					
Pepperjack Cheese			X					
Provolone Cheese			X					
Shredded Mild Cheddar Cheese			X					
Shredded Parmesan Cheese			X					
Smoked Cheddar Cheese	X		X					
Swiss Cheese			X					
Dressings and Sauces	SOY	EGG	MILK	PEANUT	TREE NUTS	WHEAT/ GLUTEN	FISH	SHELLFISH
Au Jus	X		X			X		
Blimpie Special Sauce	X							
Chipotle Mayonnaise	X	X						
Dressing, Blue Cheese	X	X	X					
Dressing, Buttermilk Ranch	X	X	X					
Dressing, Creamy Italian	X	X						
Dressing, Creamy Caesar	X	X	X				X	
Dressing, Light Buttermilk Ranch	X	X	X					
Dressing, Light Italian	X							
Dressing, Peppercorn Ranch	X	X	X					
Dressing, Thousand Island	X	X						
Frank's RedHot® Hot Sauce								
Mayonnaise	X	X						
Oil, Blend	X							
Red Wine Vinegar								
Spicy Brown Mustard								
Teriyaki Sauce, Samurai Sam's	X					X		
Yellow Mustard								

Product Allergen Information cont'd

Breakfast Items	SOY	EGG	MILK	PEANUT	TREE NUTS	WHEAT/ GLUTEN	FISH	SHELLFISH
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		
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		
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		
Gourmet Cinnamon Roll	X	X	X			X		
Muffin, Banana Walnut	X	X	X	X	X	X		
Muffin, Blueberry	X	X	X			X		
Panini, Grilled Breakfast	X	X	X			X		
Soups	SOY	EGG	MILK	PEANUT	TREE NUTS	WHEAT/ GLUTEN	FISH	SHELLFISH
Bean & 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 with Bean & Beef	X							
Harvest Vegetable	X		X			X		
Italian Style Wedding	X	X	X			X		
Pizza	SOY	EGG	MILK	PEANUT	TREE NUTS	WHEAT/ GLUTEN	FISH	SHELLFISH
BBQ Chicken Pizza	X		X			X		
Cheese Pizza	X		X			X		
Classic Combo Pizza	X		X			X		
Hawaiian Pizza	X		X			X		
Pepperoni Pizza	X		X			X		
Sausage & Mushroom Pizza	X		X			X		
Veggie Pizza	X		X			X		