

# Food Allergies and Sensitivities

The Counter has listed the top 8 food allergens recommended by the FDA.  
The X indicates the item contains the specified allergen.

	Allergens							
	Eggs	Milk	Fish	Peanuts	Shellfish	Soy	Tree Nuts	Wheat Gluten
<b>Starter</b>								
All-Natural Beef Chili		x						x
Chili Cheese Fries		x						
Deviled Eggs (4 each)	x	x						
Fried Dill Pickles	x					x		x
Fried Onion Strings (with Ranch and BBQ)	x	x				x		x
Fried Plantains (Miami)								
Grilled Veggie Skewer (2 skewers)								
Hot Wings - Buffalo Style (with Ranch)	x	x				x		
Hot Wings - Sweet Sriracha								
Loaded Tots (with Ranch)	x	x				x		
Parmesan Fries	x	x				x		
Sweet Potato Fries (with Horseradish Aioli)	x	x				x		
Shoestring Fries								
<i>with Cheese</i>		x						
The Fifty-Fifty								
Shoestring Fries								
Sweet Potato Fries (with Horseradish Aioli)	x	x				x		
Fried Onion Strings (with Ranch and BBQ)	x	x				x		x
Turkey Chili	x					x		x
<b>Burgers / Bowls</b>								
Asian Veggie Bowl						x		
Bacon BBQ	x	x						x
Beef & Blue	x	x				x		x
Bison & Goat Bowl		x						
Bison is Gouda	x	x				x		x
Breakfast	x	x				x		x
Chipotle Turkey / Taco Turkey	x	x				x		x
Classic Cobb / The Counter Cobb	x	x				x		
Garden Bowl - Chicken						x		
Garden Bowl - Beef								
Grilled Mahi Mahi			x					
Honey Dijon Chicken / Grilled Chicken	x	x				x		x
Loco Moco	x	x				x		x
Mediterranean Bowl		x						
MIA (Miami)	x	x				x		x
Minis	x	x				x		x
Old School	x	x						x
Sonoma Bowl		x						
Sprouted Veggie / Unique Veggie	x							x
Teriyaki	x					x		x
The Counter	x	x				x		x
The Impossible	x	x				x		x
The Purist	x							x
Veggie (LAX T7)	x							x
Chicken Club (LAX T7)	x	x				x		x
<b>Salad</b>								
Caesar		x						x
Grilled Chicken (addition)						x		
Chicken Caesar (Miami)		x				x		
Hippie		x						x
Simple Salad - no dressing								
The Kale Salad		x						
Garden (LAX T7)								
Counter Cobb (LAX T7)	x							
Chicken Caesar (LAX T7)	x	x				x		
<b>Sandwiches</b>								
BLT & A	x	x				x		x
Grilled Cheese Trifecta		x						x
<i>Applewood Smoked Bacon (4 half pieces)</i>								
Grilled Ham & Swiss (Miami)		x						x
Southern Fried Chicken	x	x						x
The Meltdown - Basil Pesto		x				x		x
The Meltdown - Thousand Island	x	x				x		x
Turkey, Swiss and Tomato Melt (Miami)	x	x						x
Veggie Club		x						x
<b>Sides</b>								
Beef Chili								
Coleslaw	x							
Fried Onion Strings (with Ranch and BBQ)	x	x						x
Grilled Veggie Skewer								
Homemade Lattice Chips								
Potato Salad	x					x		

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Quinoa Salad		x						
Shoestring Fries								
Side Salad - no dressing								
Sweet Potato Fries w/ horseradish aioli	x	x				x		
Turkey Chili	x					x		
<b>Happy Hour</b>								
Fried Dill Pickles with apricot sauce	x					x		x
Loaded Tots (with Ranch)	x	x				x		
Parmesan Fries	x	x				x		
Two Mini Burgers - Southern Fried Chicken	x	x				x		x
Two Mini Burgers - All-Natural Beef	x	x				x		x
Two Mini Burgers - All-Natural Turkey	x	x				x		x
Two Mini Burgers - Vegan Veggie	x	x				x		x
1/2 order Hot Wings - Sweet Sriracha								
1/2 order Hot Wings - Buffalo w/ Ranch	x	x				x		
Guacamole and Chips (Miami)								
Buffalo Cauliflower - (Miami)	x	x				x		x
Fried Zucchini - (Miami)	x	x				x		x
Sampler - (Miami)	x	x				x		x
<b>Kids</b>								
Applesauce								
Baby carrots								
Chicken Tenders		x						x
Grilled Cheese		x						x
Ham & Cheese		x						x
Mini Beef Burgers	x	x				x		x
PB&J		x		x		x		x
Shoestring Fries								
Sweet Potato Fries								
<b>Breakfast</b>								
Breakfast Burrito with Bacon (San Diego) low	x	x						x
Breakfast Burrito with Bacon (San Diego) high	x	x						x
Breakfast Burrito with Sausage (San Diego) low	x	x						x
Breakfast Burrito with Sausage (San Diego) high	x	x						x
Breakfast Sandwich w/Bacon on English Muffin High (San Diego)	x	x						x
Breakfast Sandwich w/Bacon on English Muffin Low (San Diego)	x	x						x
Breakfast Sandwich w/Bacon on Whole Wheat High (San Diego)	x	x						x
Breakfast Sandwich w/ Bacon on Whole Wheat Low (San Diego)	x	x						x
Breakfast Sandwich w/ Bacon on Croissant High (San Diego)	x	x						x
Breakfast Sandwich w/ Bacon on Croissant Low (San Diego)	x	x						x
Breakfast Sandwich w/ Sausage on Whole Wheat High (San Diego)	x	x						x
Breakfast Sandwich w/ Sausage on Whole Wheat Low (San Diego)	x	x						x
Breakfast Sandwich w/ Sausage on Croissant High (San Diego)	x	x						x
Breakfast Sandwich w/ Sausage on Croissant Low (San Diego)	x	x						x
Breakfast Sandwich w/Sausage on English Muffin High (San Diego)	x	x				x		x
Breakfast Sandwich w/Sausage on English Muffin Low (San Diego)	x	x				x		x
Classic with Bacon (Miami)	x	x						x
Classic with Sausage (Miami)	x	x						x
Chilequiles (Miami)	x	x						x
Denver (Miami)	x	x						x
Signature Breakfast with Bacon (San Diego)	x	x						x
Signature Breakfast with Sausage (San Diego)	x	x						x
Veggie (Miami)	x	x						x
Breakfast Sandwich (LAX T7)	x	x				x		x
Breakfast Burrito (LAX T7)	x	x						x
Breakfast Bowl (LAX T7)	x	x				x		x
Breakfast Burger (LAX T7)	x	x						x
Fried Plantains (Miami)								
Hashbrown (Miami)								
House Potatoes (San Diego)								
<b>Protein</b>								
All-natural Beef								
Turkey								
Chicken Breast						x		
Vegan Veggie - San Diego								x
Vegan Veggie								x
Organic Bison								
Southern Fried Chicken		x						x
Mahi Mahi Fillet			x					
Impossible Burger						x		
<b>Cheese</b>								
Tillamook Cheddar		x						
Provolone		x						



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	Eggs	Milk	Fish	Peanuts	Shellfish	Soy	Tree Nuts	Wheat Gluten
<b>Toppings</b>								
Lettuce Blend								
Organic mixed Greens								
Kale								
Baby Spinach								
Tomatoes								
Roasted Grape Tomatoes								
Dried Cranberries								
Cucumbers								
Carrot Strings								
Alfalfa Sprouts								
Red Onions								
Grilled Red Onions								
Scallions								
Hard-Boiled Egg	x							
Fresh Jalapenos								
Dill Pickles								
Pepperoncinis								
Mixed Olives								
Roasted Red Peppers								
Grilled Pineapple								
Coleslaw	x							
Croutons		x						x
Quinoa								
Marinated Artichokes						x		
Avocado								
Applewood Smoked Bacon								
Bacon Onion Jam								
Sauteed Mushrooms								
Sunny Side Up Egg	x							
Fried Onion Strings		x						x
Guacamole								
Sauteed Onions								
Sliced Deli Ham (Miami)								
Sausage Patty (Miami)								
Plantains (Miami)								
<b>Eggs</b>								
Egg whites (2 eggs)	x							
Fried (2 eggs)	x							
Scrambled	x							
Egg Omelette (3 eggs)	x							
Egg Whites Omelette (3 eggs)	x							
<b>Beverage - Counter Cocktails</b>								
Peach Bourbon Smash								
Pomegranate Paloma								
Garden Tonic								
Counter Signature Sangria								
Classic Mule								
Pineapple Mule								
Casa Margarita								
Sangria Rita								
Smoke & Spice Margarita								
<b>Beverage - Refreshers and Soda</b>								
PomBerry Lemonade								
Peach Mint Fresca								
Blackberry Iced Tea Fizz								
Skinny Soda - blueberry								
Skinny Soda - cucumber								
All-Natural Lemonade - Regular								
All-Natural Lemonade - Strawberry								
All-Natural Lemonade - Arnold Palmer								
Coke								
Diet Coke								
Sprite								
Fanta Orange								
Barq's Root Beer								
Pibb Extra								
Sprite Zero								
Coke Zero								
Fresh Brewed Iced Tea								
Acqua Panna								
San Pellegrino								
<b>Beverage - Coffee &amp; Espresso</b>								
Cappuccino		x						

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Cafee Mocha		x						
Cafee Latte		x						
Espresso								
Hot Cocoa w/ Whipped Cream		x						
Coffee								
Coffee w/ Steamed Milk		x						
Hot tea								
Chai tea Latte		x						
Flavor Syrup (Vanilla)								
Flavor Syrup (Chocolate)								
Flavor Syrup (Vanilla) Sugar Free								
<b>Beverage - Shakes &amp; Floats</b>								
The Classics - Chocolate		x						
The Classics - Vanilla Bean		x						
The Classics - Strawberry		x						
Birthday Cake		x						x
Banana		x						
Banana Split		x						
Chocolate Mint	x	x				x		x
Coffee		x						
Smoked S'mores		x						x
Nutella & Salted Pretzel		x				x	x	x
Root Beer Float		x						
Hard Root Beer Float		x						
Dreamsicle		x						
Peanut Butter		x		x				
Red Velvet		x						
Strawberry Mint-Mosa		x						
Minted		x				x		
Frozen Mexican Hot Chocolate		x						
Float		x						
<b>Shake Add-ins</b>								
Banana								
Blackberry								
Brownie	x	x				x		x
Caramel		x						
Chocolate		x						
Chocolate Chips		x				x		
Coffee								
Graham Crackers								x
Malted Milk		x						
Marshmallow								
Mint								
NUTELLA		x				x	x	
OREO cookie						x		x
Peanut Butter				x				
Pretzel								x
Rainbow Sprinkles								
Strawberry								
<b>Desserts</b>								
Brownie	x	x				x		x
Brownie w/ Caramel Sauce	x	x				x		x
Brownie a la mode (only ice cream)		x						
<b>Catering</b>								
Brownie	x	x				x		x
Chocolate Chip Cookie	x	x				x		x
Fruit Salad								

Your health is of utmost concern to us. Please be aware that The Counter® products may contain traces of allergens (peanuts, tree nuts, soybeans, wheat, milk or eggs) or food sensitivities from a manufacturing facility and preparation on site.

Common Tree Nuts that may be found in our stores include almonds, cashews, coconut, macadamia nuts, pecans, pistachios and walnuts.

The Allergen information The Counter® has 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.