

Clara's Tidbits Allergen Menu

This guide lists allergens for our core menu. All foods are prepared in a shared kitchen, so cross-contact is possible. Please alert a staff member of any allergies.

Meat

Turkey Breast

Ham Sandwich

Roast Beef

Pastrami

Chicken Salad

Contains: Eggs, Soybean oil

Tuna Salad

Contains: Eggs, Soybean oil, Fish

Chicken Avocado

Contains: Eggs, Soybean oil (in the mayo)

- You can request NO MAYO ALLERGY

Turkey Avocado

Contains: Eggs, Soybean oil (in the mayo)

- You can request NO MAYO ALLERGY

Our Bread

Contains: Gluten, wheat

Gluten free options for sandwiches are available.

Salads

Chicken Salad & Fruit

- **Contains:** Eggs, Soybean oil (in the mayo)

Tidbits Special

- **Contains:** Gluten-Free, wheat

Taco Salad

- **Contains:** Dairy
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Soups

Veggie Soup

Chili

Broccoli Cheddar Soup

- **Contains:** Dairy, Wheat

Gumbo

- **Contains:** Wheat (roux),

Sides

Potato Salad

- **Contains:** Eggs, Soybean oil (in the mayo)

Pasta Salad

- **Contains:** Gluten, Wheat, Eggs, Soybean oil (in the mayo)

Coleslaw

- **Contains:** Eggs, Soybean oil (in the mayo)



Cookies

Chocolate Chip

- **Contains:** Wheat, Eggs, Dairy

Oatmeal Raisin

- **Contains:** Wheat, Eggs, Dairy

Peanut Butter

- **Contains:** Peanuts, Wheat, Eggs, Dairy



Dressings

Balsamic Vinaigrette

Red Wine Vinaigrette

House Ranch – Contains: Dairy

Russian – Contains: Dairy

Blue Cheese – Contains: Dairy

Creamy Italian – Contains: Soybean oil, Mustard

Honey Mustard – Contains: Eggs, Mustard

Lite Italian – Contains: Soybean oil

Lite Ranch – Contains: Dairy, Eggs, Soy

Caesar – Contains: Dairy, Mustard, Fish



Cross-Contact Disclaimer

We follow FDA guidelines for major allergens — **Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soy, Sesame**. Our kitchen handles all major allergens, and cross-contact is possible. For severe allergies, please notify a manager so we can take additional precautions.