


# 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>								
Buffalo Cauliflower (with buttermilk ranch)	x	x				x		x
Sweet Sriracha Brussels Sprouts								
Fried Dill Pickles	x	x				x		x
Loaded Tots (with Ranch)	x	x				x		x
Shoestring Fries								
<i>with Cheese</i>		x						
Fried Onion Strings (with Ranch and BBQ)	x	x				x		x
Sweet Potato Fries (with Horseradish Aioli)	x	x				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
Parmesan Fries	x	x				x		
Chili Cheese Fries		x						
Deviled Eggs (4 each)	x	x						
Hot Wings - Buffalo Style (with Ranch)	x	x				x		
Hot Wings - Sweet Sriracha								
Deviled Eggs (4 each)	x	x				x		
Fried Plantains (Miami)								
Grilled Veggie Skewer (2 skewers)								
<b>Burgers</b>								
The Counter	x	x				x		x
The Impossible	x	x				x		x
The Purist	x							x
Bison is Gouda	x	x				x		x
Juicy Lucy	x	x						x
Sprouted Veggie / Unique Veggie	x							x
Beef & Blue	x	x				x		x
Old School	x	x						x
Bacon BBQ	x	x						x
Chipotle Turkey / Taco Turkey	x	x				x		x
Breakfast	x	x				x		x
Minis	x	x				x		x
The Counter (San Diego)	x	x				x		
The Purist (San Diego)	x							x
Bacon BBQ Burger (San Diego)	x	x						x
BBQ Bacon (San Diego)	x	x				x		x
Beef & Blue ( San Diego Fashion Valley)	x	x				x		x
Old School (San Diego Fashion Valley)		x						x
Old School (San Diego)	x	x				x		x
Old School Impossible		x				x		x
Mediterranean Bowl (San Diego)		x						
Loco Moco	x	x				x		x
Teriyaki	x					x		x
MIA (Miami)	x	x				x		x
BBQ Bacon (LAXT7)	x							x
Old School (LAXT7)	x	x						x
LAX Burger (LAXT7)	x	x				x		x
Veggie (LAX T7)	x							x
Chicken Club (LAX T7)	x	x				x		x
<b>Sandwiches</b>								
Chicken , Bacon, Ranch	x	x				x		x
Nashville Hot	x	x				x		x
Southern Fried Chicken	x	x						x
The Meltdown - Basil Pesto		x				x		x
The Meltdown - Thousand Island	x	x				x		x
BLT & A	x	x				x		x
Honey Dijon Chicken / Grilled Chicken	x	x				x		x
Grilled Cheese Trifecta		x						x
<i>Applewood Smoked Bacon (4 half pieces)</i>								
Grilled Ham & Swiss (Miami)		x						x
Turkey, Swiss and Tomato Melt (Miami)	x	x						x
BLT (LAXT7)	x	x				x		x
Grilled Cheese Trifecta (LAXT7)		x						x
<b>Salad</b>								
Southwestern Kale	x	x				x		
Southwestern Kale w/ Turkey (San Diego)	x	x				x		
Caesar		x						x
Grilled Chicken (addition)						x		
Chicken Caesar (Miami)		x				x		
Hippie		x						x
Simple Salad - no dressing								

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The Kale Salad		x						
Garden (LAX T7)								
Counter Cobb (LAX T7)	x							
Chicken Caesar (LAX T7)	x	x				x		
Classic Cobb / The Counter Cobb	x	x				x		
Garden Bowl - Chicken						x		
Garden Bowl - Beef								
Grilled Mahi Mahi			x					
Mediterranean		x						
Sonoma Bowl		x						
<b>Chilis</b>								
Turkey Chili	x					x		x
All-Natural Beef Chili		x						x
<b>Sides</b>								
Beef Chili								
Coleslaw	x							
French Fries ( San Diego)								
Fried Onion Strings (with Ranch and BBQ)	x	x						x
Grilled Veggie Skewer								
Homemade Lattice Chips								
Potato Salad	x					x		
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>								
Buffalo Cauliflower	x	x				x		x
Buffalo Wings w/ Ranch	x	x				x		
Fried Zucchini	x	x				x		x
Guac and Chips								
House-Made Potato Chips	x	x				x		
Loaded Tots (with Ranch)	x	x				x		
Mini Cheeseburgers	x	x				x		x
Parmesan Fries	x	x				x		
Southern Fried Chicken Sliders	x	x				x		x
Sweet Sriracha Brussels Sprouts								
Sweet Sriracha Wings								
Two Mini Burgers - All-Natural Turkey (miami)	x	x				x		x
Two Mini Burgers - Vegan Veggie (miami)	x	x				x		x
Sampler - (Miami)	x	x				x		x
<b>Kids</b>								
Applesauce								
Baby carrots								
Celery Sticks								
Chicken Fingers ( San Diego)								x
Chicken Tenders		x						x
Grilled Cheese	x	x				x		x
Ham & Cheese		x						x
Mini Beef Burgers	x	x				x		x
PB&J	x	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

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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
<b>Breakfast Sides</b>								
Fried Plantains (Miami)								
Hashbrown (Miami)								
House Potatoes (San Diego)								
<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								
<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		
Juicy Lucy		x						
<b>Cheese</b>								
Tillamook Cheddar		x						
Provolone		x						
American		x						
Swiss		x						
Smoked Gouda		x						
Feta		x						
Fresh Mozzarella		x						
Herbed Goat Cheese		x						
Jalapeno Jack		x						
Danish Blue Cheese		x						
Pimento Cheese		x						
Vegan Cheese								
<b>Style</b>								
Brioche	x					x		x
Brioche - Turano								x
Multigrain/Whole Wheat								x
Hawaiian	x	x				x		x
English Muffin		x				x		x
Ciabatta								x
Gluten Free	x							
Pretzel		x						x
Griddled Sourdough		x						x
Croissant	x	x				x		x
Texas Toast								x
Lettuce Blend								
Organic Mixed Greens								
Baby Spinach								
Baby Kale								
<b>Sauces, Aioli, Dressing</b>								
Garlic Aioli	x	x				x		
Creamy Avocado Ranch	x	x				x		
Chipotle Aioli	x					x		
Horseradish Aioli	x	x				x		
Hickory BBQ								
The Counter Relish								
Apricot Sauce						x		x
Sweet Sriracha								
House Mustard								
Hot Wing Sauce		x						
Vegan Mayo						x		
Mayo	x					x		
Dijon Balsamic								

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	Eggs	Milk	Fish	Peanuts	Shellfish	Soy	Tree Nuts	Wheat Gluten
Lemon Vinaigrette								
Sesame Ginger Vinaigrette						X		
Basil Pesto		X						
Tzatziki		X						
Buttermilk Ranch	X	X				X		
Honey Dijon	X					X		
Thousand Island / Russian	X					X		
Caesar	X	X				X		
Habanero Salsa								
Peanut				X		X		X
Ginger Soy Glaze						X		X
Umami	X	X				X		
Lucy Sauce	X					X		
Bacon Aioli	X	X				X		
Garlic Aioli (San Diego)	X	X				X		
Chipotle Aioli (San Diego)	X	X				X		
BBQ Sauce (San Diego)								
Thousand Island (San Diego)	X	X				X		
Dijon Balsamic (San Diego)								
Honey Dijon (San Diego)	X							
Ketchup								
Mustard								
Nashville Hot Sauce								


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<b>Toppings</b>							
Lettuce Blend							
Organic mixed Greens							
Baby 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 Corn							
Roasted Red Peppers							
Black Beans							
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							
Caramelized 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							
Minute Maid Lemonade							
Fresh Brewed Iced Tea							

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Acqua Panna								
San Pellegrino								
<b>Beverage - Coffee &amp; Espresso</b>								
Cappuccino		x						
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 Split		x						
Chocolate Mint	x	x				x		x
Smoked S'mores		x						x
Nutella & Salted Pretzel		x				x	x	x
Root Beer Float		x						
Sea Salt Caramel		x						
<b>Spiked Shakes</b>								
Bailey's Irish Cream		x				x	x	x
Hard Root Beer Float		x						
Lucky in Kentucky		x						x
Mexican Mocha		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						x
Marshmallow								
Mint								
NUTELLA		x				x	x	
OREO cookie						x		x
Peanut Butter				x				
Pretzel								x
Rainbow Sprinkles								
Strawberry								

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.