

# Food Allergies and Sensitivities

Blimpie® has listed the top nine food allergens recommended by the FDA.  
The X indicates the item contains the specified allergen.



|                                        | Allergens |     |      |        |           |       |      |           |        |
|----------------------------------------|-----------|-----|------|--------|-----------|-------|------|-----------|--------|
|                                        | SOY       | EGG | MILK | PEANUT | TREE NUTS | WHEAT | FISH | SHELLFISH | SESAME |
| <b>Main Menu</b>                       |           |     |      |        |           |       |      |           |        |
| Blimpie Best®                          | X         |     | X    |        |           | X     |      |           |        |
| Blimpie Best® Deluxe                   | X         | X   | X    |        |           | X     |      |           |        |
| BLTA                                   | X         | X   |      |        |           | X     |      |           |        |
| Buffalo Chicken (with Ciabatta)        | X         | X   | X    |        |           | X     |      |           |        |
| Chicken Cheddar Bacon Ranch            | X         | X   | X    |        |           | X     |      |           |        |
| Club                                   | X         |     | X    |        |           | X     |      |           |        |
| Ham & Swiss                            | X         |     | X    |        |           | X     |      |           |        |
| Hoboken Hero™                          | X         |     | X    |        |           | X     |      |           |        |
| Italiano                               | X         | X   | X    |        |           | X     |      |           |        |
| Meatball Parmigiana                    | X         | X   | X    |        |           | X     |      |           |        |
| Philly Cheesesteak                     | X         | X   | X    |        |           | X     |      |           |        |
| Roast Beef & Provolone                 | X         |     | X    |        |           | X     |      |           |        |
| Salad Lettuce                          |           |     |      |        |           |       |      |           |        |
| Sicilian (with Ciabatta)               | X         | X   | X    |        |           | X     |      |           |        |
| Spicy Italian                          | X         |     | X    |        |           | X     |      |           |        |
| The Blimp®                             | X         | X   | X    |        |           | X     |      |           |        |
| Trio Supreme                           | X         | X   | X    |        |           | X     |      |           |        |
| Tuna                                   | X         | X   |      |        |           | X     | X    |           |        |
| Turkey Bacon & Cheddar (with Ciabatta) | X         |     | X    |        |           | X     |      |           |        |
| Turkey & Provolone                     | X         |     | X    |        |           | X     |      |           |        |
| Ultimate Club (with Ciabatta)          | X         | X   | X    |        |           | X     |      |           |        |
| <b>Kid's Subs</b>                      |           |     |      |        |           |       |      |           |        |
| 3" Ham and Cheese                      | X         |     | X    |        |           | X     |      |           |        |
| 3" Turkey and Cheese                   | X         |     | X    |        |           | X     |      |           |        |
| <b>Value Subs</b>                      |           |     |      |        |           |       |      |           |        |
| Ham & American                         | X         |     | X    |        |           | X     |      |           |        |
| Ham, Salami & Provolone                | X         |     | X    |        |           | X     |      |           |        |
| Turkey & American Wrap                 | X         |     | X    |        |           | X     |      |           |        |
| Veggie & Cheese                        | X         |     | X    |        |           | X     |      |           |        |
| <b>Premium Sides</b>                   |           |     |      |        |           |       |      |           |        |
| Buffalo Chicken Macaroni and Cheese    |           | X   | X    |        |           | X     |      |           |        |
| Chicken Macaroni and Cheese            |           | X   | X    |        |           | X     |      |           |        |
| Macaroni and Cheese                    |           | X   | X    |        |           | X     |      |           |        |
| <b>Local Favorites</b>                 |           |     |      |        |           |       |      |           |        |
| Chicken Caesar Salad                   | X         | X   | X    |        |           |       | X    |           |        |
| Chicken Salad                          | X         | X   | X    |        |           | X     |      |           |        |
| Chicken Teriyaki                       | X         |     | X    |        |           | X     |      |           |        |
| French Dip                             | X         |     | X    |        |           | X     |      |           |        |
| Ham, Salami & Cheese                   | X         |     | X    |        |           | X     |      |           |        |
| Italian Beef                           | X         |     | X    |        |           | X     |      |           |        |
| Mediterranean (with Ciabatta)          | X         | X   | X    |        |           | X     |      |           |        |
| Pastrami (with Pretzel Bread)          | X         |     | X    |        |           | X     |      |           |        |
| Reuben (with Ciabatta)                 | X         | X   | X    |        |           | X     |      |           |        |
| Turkey & Avocado                       | X         |     |      |        |           | X     |      |           |        |
| Turkey & Cranberry                     | X         |     | X    |        |           | X     |      |           |        |
| Turkey Reuben (with Ciabatta)          | X         | X   | X    |        |           | X     |      |           |        |
| Ultimate Club Salad                    | X         |     | X    |        |           |       |      |           |        |
| Veggie & Cheese                        | X         |     | X    |        |           | X     |      |           |        |
| Veggie Patty                           | X         |     |      |        |           | X     |      |           |        |
| Wrap, Buffalo Chicken                  | X         | X   | X    |        |           | X     |      |           |        |
| Wrap, Chicken Caesar                   | X         | X   | X    |        |           | X     | X    |           |        |
| Wrap, Southwestern                     | X         | X   | X    |        |           | X     |      |           |        |

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|---------------------------------------|-----------|-----|------|--------|-----------|-------|------|-----------|--------|
|                                       | SOY       | EGG | MILK | PEANUT | TREE NUTS | WHEAT | FISH | SHELLFISH | SESAME |
| <b>Desserts</b>                       |           |     |      |        |           |       |      |           |        |
| Brownie                               | X         | X   | X    |        |           | X     |      |           |        |
| Cookie, Chocolate Chunk               | X         | X   | X    |        |           | X     |      |           |        |
| Cookie, Oatmeal Raisin                |           | X   | X    |        |           | X     |      |           |        |
| Cookie, Peanut Butter                 | X         | X   | X    | X      |           | X     |      |           |        |
| Cookie, Snickerdoodle                 |           | X   | X    |        |           | X     |      |           |        |
| Cookie, Sugar                         |           | X   | X    |        |           | X     |      |           |        |
| Cookie, Sugar - Frosted               | X         | X   | X    |        |           | X     |      |           |        |
| Cookie, Sugar - Frosted & Sprinkled   | X         | X   | X    |        |           | X     |      |           |        |
| Cookie, Sugar w/ M&M'S®               |           | X   | X    |        |           | X     |      |           |        |
| Cookie, White Chocolate Macadamia Nut | X         | X   | X    |        | X         | X     |      |           |        |
| <b>Sub Components</b>                 |           |     |      |        |           |       |      |           |        |
| <b>Proteins</b>                       |           |     |      |        |           |       |      |           |        |
| Bacon                                 |           |     |      |        |           |       |      |           |        |
| Buffalo Chicken                       | X         |     |      |        |           |       |      |           |        |
| Capicola                              |           |     |      |        |           |       |      |           |        |
| Chicken Strips                        | X         |     |      |        |           |       |      |           |        |
| Corned Beef                           |           |     |      |        |           |       |      |           |        |
| Ham                                   |           |     |      |        |           |       |      |           |        |
| Meatballs with Sauce                  | X         | X   | X    |        |           | X     |      |           |        |
| Pastrami                              |           |     |      |        |           |       |      |           |        |
| Pepperoni                             |           |     |      |        |           |       |      |           |        |
| Philly Steak & Caramelized Onions     | X         |     |      |        |           |       |      |           |        |
| Prosciuttini                          |           |     |      |        |           |       |      |           |        |
| Roast Beef                            |           |     |      |        |           |       |      |           |        |
| Salami                                |           |     |      |        |           |       |      |           |        |
| Tuna                                  | X         | X   |      |        |           |       | X    |           |        |
| Turkey                                |           |     |      |        |           |       |      |           |        |
| Veggie Patty                          | X         |     |      |        |           | X     |      |           |        |
| <b>Cheeses</b>                        |           |     |      |        |           |       |      |           |        |
| American                              |           |     | X    |        |           |       |      |           |        |
| Cheddar                               |           |     | X    |        |           |       |      |           |        |
| Parmesan (shredded)                   |           |     | X    |        |           |       |      |           |        |
| Pepper Jack                           |           |     | X    |        |           |       |      |           |        |
| Provolone                             |           |     | X    |        |           |       |      |           |        |
| Swiss                                 |           |     | X    |        |           |       |      |           |        |
| <b>Toppings</b>                       |           |     |      |        |           |       |      |           |        |
| Avocado                               |           |     |      |        |           |       |      |           |        |
| Cucumbers                             |           |     |      |        |           |       |      |           |        |
| Lettuce (shredded)                    |           |     |      |        |           |       |      |           |        |
| Olives                                |           |     |      |        |           |       |      |           |        |
| Onions (sliced)                       |           |     |      |        |           |       |      |           |        |
| Oregano                               |           |     |      |        |           |       |      |           |        |
| Peppers, Green Bell                   |           |     |      |        |           |       |      |           |        |
| Peppers, Hot/Mild Banana Ring         |           |     |      |        |           |       |      |           |        |
| Peppers, Jalapeno                     |           |     |      |        |           |       |      |           |        |
| Peppers, Red Roasted                  |           |     |      |        |           |       |      |           |        |
| Peppers, Sweet Strips                 |           |     |      |        |           |       |      |           |        |
| Pickle (sliced)                       |           |     |      |        |           |       |      |           |        |
| Sauerkraut                            |           |     |      |        |           |       |      |           |        |

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|----------------------------|-----------|-----|------|--------|-----------|-------|------|-----------|--------|
|                            | SOY       | EGG | MILK | PEANUT | TREE NUTS | WHEAT | FISH | SHELLFISH | SESAME |
| <b>Toppings</b>            |           |     |      |        |           |       |      |           |        |
| Spicy Giardiniera          | X         |     |      |        |           |       |      |           |        |
| Spinach                    |           |     |      |        |           |       |      |           |        |
| Tomato (sliced)            |           |     |      |        |           |       |      |           |        |
| <b>Bread/Wraps</b>         |           |     |      |        |           |       |      |           |        |
| Cheddar Jalapeno           | X         |     | X    |        |           | X     |      |           |        |
| Ciabatta                   | X         |     |      |        |           | X     |      |           |        |
| Everything                 | X         |     |      |        |           | X     |      |           | X      |
| Honey Oat                  | X         |     |      |        |           | X     |      |           |        |
| Poppy Seed                 | X         |     |      |        |           | X     |      |           |        |
| Pretzel Roll               | X         |     |      |        |           | X     |      |           |        |
| Sesame Seed                | X         |     |      |        |           | X     |      |           | X      |
| Wheat                      | X         |     |      |        |           | X     |      |           |        |
| White                      | X         |     |      |        |           | X     |      |           |        |
| Wrap, Flour                | X         |     |      |        |           | X     |      |           |        |
| Wrap, Salsa                | X         |     |      |        |           | X     |      |           |        |
| Wrap, Spinach              | X         |     |      |        |           | X     |      |           |        |
| Wrap, Wheat                | X         |     |      |        |           | X     |      |           |        |
| Zesty Parmesan             | X         |     | X    |        |           | X     |      |           |        |
| <b>Dressings/Sauces</b>    |           |     |      |        |           |       |      |           |        |
| Au Jus                     | X         |     | X    |        |           | X     |      |           |        |
| Avocado Spread             |           |     |      |        |           |       |      |           |        |
| Blue Cheese                | X         | X   | X    |        |           |       |      |           |        |
| Buttermilk Ranch           | X         | X   | X    |        |           |       |      |           |        |
| Caesar                     | X         | X   | X    |        |           |       | X    |           |        |
| Chipotle Mayo              | X         | X   |      |        |           |       |      |           |        |
| Frank's® RedHot® Hot Sauce |           |     |      |        |           |       |      |           |        |
| Italian, Creamy            | X         | X   |      |        |           |       |      |           |        |
| Italian, Fat-Free          | X         |     |      |        |           |       |      |           |        |
| Italian, Light             | X         |     |      |        |           |       |      |           |        |
| Mayo                       | X         | X   |      |        |           |       |      |           |        |
| Mayo, Reduced Calorie      | X         | X   |      |        |           |       |      |           |        |
| Mustard, Dijon Honey       |           | X   |      |        |           |       |      |           |        |
| Mustard, Honey             |           |     |      |        |           |       |      |           |        |
| Mustard, Yellow Deli Style |           |     |      |        |           |       |      |           |        |
| Mustard, Zesty Brown       |           |     |      |        |           |       |      |           |        |
| Oil                        | X         |     |      |        |           |       |      |           |        |
| Peppercorn Ranch           | X         | X   | X    |        |           |       |      |           |        |
| Red Wine Vinegar           |           |     |      |        |           |       |      |           |        |
| Spicy Giardiniera          | X         |     |      |        |           |       |      |           |        |
| Sriracha                   |           |     |      |        |           |       |      |           |        |
| Sweet Baby Rays® BBQ       |           |     |      |        |           |       |      |           |        |
| Teriyaki Sauce             | X         |     |      |        |           | X     |      |           |        |
| Thousand Island            | X         | X   |      |        |           |       |      |           |        |

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|--------------------------------------|-----------|-----|------|--------|-----------|-------|------|-----------|--------|
|                                      | SOY       | EGG | MILK | PEANUT | TREE NUTS | WHEAT | FISH | SHELLFISH | SESAME |
| Optional Items                       |           |     |      |        |           |       |      |           |        |
| <b>Breakfast</b>                     |           |     |      |        |           |       |      |           |        |
| Bagel                                | X         |     |      |        |           | X     |      |           |        |
| Bagel with Cream Cheese              | X         |     | X    |        |           | X     |      |           |        |
| Biscuit, Bacon Egg & Cheese          | X         | X   | X    |        |           | X     |      |           |        |
| Biscuit, Egg & Cheese                | X         | X   | X    |        |           | X     |      |           |        |
| Biscuit, Ham, Egg & Cheese           | X         | X   | X    |        |           | X     |      |           |        |
| Biscuit, Plain                       | X         |     | X    |        |           | X     |      |           |        |
| Biscuit, Sausage, Egg & Cheese       | X         | X   | X    |        |           | X     |      |           |        |
| Biscuit with Sausage Gravy           | 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     |      |           |        |
| Cinnamon Roll                        | 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     |      |           |        |
| <b>Soups</b> <i>vary by location</i> |           |     |      |        |           |       |      |           |        |
| Chicken Noodle                       | X         | X   |      |        |           | X     |      |           |        |
| Chicken with Wild Rice               | X         | X   | X    |        |           |       |      |           |        |
| Chili with Beans                     | X         |     |      |        |           | X     |      |           |        |
| Clam Chowder                         | X         |     | X    |        |           | X     | X    | X         |        |
| Cream of Broccoli with Cheese        | X         |     | X    |        |           |       |      |           |        |
| Cream of Potato with Bacon           | X         |     | X    |        |           | X     |      |           |        |
| Tomato Basil                         |           |     | X    |        |           | X     |      |           |        |
| Vegetable Beef with Barley           | X         |     |      |        |           | X     |      |           |        |
| Wisconsin Cheese                     | X         |     | X    |        |           | X     |      |           |        |
| <b>Pizza</b>                         |           |     |      |        |           |       |      |           |        |
| BBQ Chicken                          | X         |     | X    |        |           | X     |      |           |        |
| Cheese                               | X         |     | X    |        |           | X     |      |           |        |
| Classic Combo                        | X         |     | X    |        |           | X     |      |           |        |
| Meatball & Onion                     | X         |     | X    |        |           | X     |      |           |        |
| Pepperoni                            | X         |     | X    |        |           | X     |      |           |        |
| Sausage & Mushroom                   | X         |     | X    |        |           | X     |      |           |        |
| Veggie                               | X         |     | X    |        |           | X     |      |           |        |

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| <b>Snacks/Sides</b>            |           |     |      |        |           |       |      |           |        |
| Blimpie Burger                 | X         |     |      |        |           | X     |      |           |        |
| Blimpie Dog                    | X         | X   | X    |        |           | X     |      |           |        |
| Cheese Sauce                   |           |     | X    |        |           |       |      |           |        |
| Chili                          | X         |     |      |        |           | X     |      |           |        |
| French Fries                   | X         |     |      |        |           | X     |      |           |        |
| Nachos                         |           |     | X    |        |           |       |      |           |        |
| Peppers, Jalapeno              |           |     |      |        |           |       |      |           |        |
| Popcorn                        | X         |     |      |        |           |       |      |           |        |
| Soft Pretzel, Cinnamon & Sugar |           |     | X    |        |           | X     |      |           |        |
| Soft Pretzel, Plain            |           |     |      |        |           | X     |      |           |        |
| Soft Pretzel, Salted           |           |     | X    |        |           | X     |      |           |        |

Your health is of utmost concern to us. Please be aware that Blimpie® products may contain traces of allergens (soy, egg, milk, wheat, peanuts, tree nuts, fish, shellfish, sesame) 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 Blimpie® 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, custom orders, self-service orders and regional menu variations.