

Braum's Allergen Menu 2025

At Braum's, customers' safety and dining experience matter the most. Many of our guests have food allergies or sensitivities, so knowing what's inside each item is essential.

This allergen guide has been carefully prepared to give you clear details about major allergens — including **Dairy, Eggs, Wheat, Soy, Peanuts, Tree Nuts, Fish, and Shellfish** — across our entire menu.

Our goal is to help you make confident choices, whether you're enjoying **breakfast, burgers, chicken strips, salads, ice cream treats, or beverages** at Braum's.

Allergen Key

-  = Contains
-  = Does Not Contain
-  = May Contain/Shared Equipment

Allergens Covered: **Dairy, Eggs, Wheat, Soy, Peanuts, Tree Nuts, Fish, Shellfish**

1. Breakfast Items

Item	Dairy	Eggs	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish
Biscuits & Gravy								
Breakfast Burrito (Sausage)								
Breakfast Burrito (Bacon)								
Bagel with Cream Cheese								
Pancakes								

Cinnamon Roll	✓	✓	✓	✓	✗	✗	✗	✗
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2. Burgers & Sandwiches

Item	Dairy	Eggs	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish
Cheeseburger	✓	✗	✓	✓	✗	✗	✗	✗
Bacon Cheeseburger	✓	✗	✓	✓	✗	✗	✗	✗
Grilled Chicken Sandwich	✓	✗	✓	✓	✗	✗	✗	✗
Crispy Chicken Sandwich	✓	✗	✓	✓	✗	✗	✗	✗
Club Sandwich	✓	✗	✓	✓	✗	✗	✗	✗

3. Chicken & Combos

Item	Dairy	Eggs	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish
Chicken Strips	✓	✗	✓	✓	✗	✗	✗	✗
Chicken Strip Dinner	✓	✗	✓	✓	✗	✗	✗	✗
Chicken Nuggets	✓	✗	✓	✓	✗	✗	✗	✗
Crispy Chicken Salad	✓	✗	✓	✓	✗	✗	✗	✗

4. Salads & Dressings

Item	Dairy	Eggs	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish
Garden Salad	✓	✗	✗	✗	✗	✗	✗	✗

Grilled Chicken Salad	✓	×	×	×	×	×	×	×
Strawberry Poppyseed Salad	✓	×	×	×	×	✓	×	×
Ranch Dressing	✓	✓	×	✓	×	×	×	×
Italian Dressing	×	×	×	✓	×	×	×	×
Honey Mustard Dressing	✓	×	×	✓	×	×	×	×

5. Ice Cream & Sundaes

Item	Dairy	Egg s	Wheat	So y	Peanut s	Tree Nuts	Fis h	Shellfis h
Vanilla Ice Cream	✓	×	×	×	×	×	×	×
Chocolate Ice Cream	✓	×	×	×	×	×	×	×
Cookies & Cream	✓	×	✓	✓	×	×	×	×
Hot Fudge Sundae	✓	×	×	✓	×	×	×	×
Banana Split	✓	×	×	✓	×	✓	×	×
Peanut Butter Sundae	✓	×	×	✓	✓	×	×	×

6. Drinks & Beverages

Item	Dairy	Egg s	Wheat	So y	Peanut s	Tree Nuts	Fis h	Shellfis h
Limeade	×	×	×	×	×	×	×	×
Cherry Limeade	×	×	×	×	×	×	×	×
Soft Drinks	×	×	×	×	×	×	×	×
Iced Tea	×	×	×	×	×	×	×	×

Coffee	✗	✗	✗	✗	✗	✗	✗	✗
Hot Chocolate	✓	✗	✗	✓	✗	✗	✗	✗
Milk (By the Glass)	✓	✗	✗	✗	✗	✗	✗	✗

7. Bakery & Sides

Item	Dairy	Eggs	Wheat	Soy	Peanuts	Tree Nuts	Fish	Shellfish
Brownie	✓	✓	✓	✓	✗	✓	✗	✗
Chocolate Chip Cookie	✓	✓	✓	✓	✗	✗	✗	✗
Croutons		✗	✓	✓	✗	✗	✗	✗
French Fries	✗	✗	✗	✓	✗	✗	✗	✗
Onion Rings	✓	✗	✓	✓	✗	✗	✗	✗

⚠ Important Note: While we strive to keep this information accurate, please be aware that **cross-contact may occur** since Braum's kitchens use shared cooking and preparation areas. Always confirm with the store staff if you have severe allergies.

This allergen information has been compiled and organized by [Braum's Menus](#) to make dining easier and safer for everyone.

👉 For the latest menu updates, pricing, and nutrition details, visit braumsmenus.com — your trusted source for everything about Braum's.