

Silver Diner Allergen Index Summer 2020



**We use a common fryer for food products. We cannot guarantee that any item sold will be free from traces of allergens. Our kitchen is not a gluten-free environment.*

Classic Shakes	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Campfire Shake			✓				✓	✓		✓	✓
Black and White Malt			✓				✓			✓	✓
Black and White Milk Shake			✓								
Chocolate Malt			✓				✓			✓	✓
Chocolate Milk Shake			✓								
Chocolate Birthday Cake Shake	✓		✓				✓			✓	
Chocolate Birthday Cake Malt	✓		✓				✓			✓	
Chunky Monkey Banana Milk Shake			✓				✓			✓	
Chunky Monkey Malt			✓				✓			✓	✓
Nutella Banana Milk Shake			✓				✓		✓		
Oreo Shake			✓				✓			✓	
Peppermint Patty Malt			✓				✓			✓	✓
Peppermint Patty Shake			✓				✓			✓	
Strawberry Malt			✓				✓			✓	✓
Strawberry Shake			✓								
Vanilla Malt			✓				✓			✓	✓
Vanilla Shake			✓								

Healthier Shakes	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Hibiscus Soy Oatmilk Shake							✓				
Low Fat Guava Ginger Mint			✓								
Health Malt			✓				✓			✓	✓
Health Shake			✓							✓	
Low Fat Chocolate Malt			✓				✓			✓	✓
Low Fat Mocha Malt			✓				✓			✓	✓
Low Fat, Chocolate Milk Shake			✓								
Low Fat, Mocha Milk Shake			✓								
Very Berry Malt			✓				✓			✓	✓
Very Berry Milk Shake			✓							✓	

Beverages	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
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Watermelon Cucumber Lemonade											
Guava Mint Ginger Ale											
Hibiscus Lemonade											
Apple Juice											
Barqs Root Beer											
Brown Cow			✓								
Chai Latte											
Cherry Coke Float			✓								
Chocolate Egg Cream			✓								
Chocolate Milk			✓								
Coffee											
Coke											
Cranberry Juice											
Diet Coke											
Grape Juice											
Hi-C Fruit Punch											
Hot Chocolate			✓								
Hot Tea, all varieties											
Ice Cream Soda, Chocolate			✓								
Ice Cream Soda, Vanilla			✓								
Iced Tea											
Beverages (cont.)	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Minute Maid Light Lemonade											
Orange Juice											
Pibb Extra											
Root Beer Float			✓								
Skim Milk			✓								
Almond Milk									✓		
Sprite											
V-8 Juice											
Whole Milk			✓								

Alcoholic Beverages	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Bud Lite, 12 oz											✓
Cape Codder Mimosa								✓			

with Bacon	✓										
with Country Ham	✓										
with Home fries and Biscuit	✓		✓				✓			✓	
with Maple Chicken Sausage	✓		✓								
with Pork Sausage Links	✓										
with Turkey Bacon, Sliced	✓						✓				
with Vegetarian Breakfast Sausage	✓		✓				✓			✓	
Lumberjack Breakfast	✓		✓							✓	
with Bacon	✓		✓							✓	
with Country Ham	✓		✓							✓	
with Maple Chicken Sausage	✓		✓							✓	
with Pork Sausage Links	✓		✓							✓	
with Turkey Bacon, Sliced	✓		✓				✓			✓	
with Vegetarian Breakfast Sausage	✓		✓				✓			✓	
Corned Beef Hash and Eggs	✓										
with Home fries and Biscuit	✓		✓				✓			✓	
Country Fried Steak and Eggs	✓		✓	✓						✓	✓
with Home fries and Biscuit	✓		✓	✓			✓			✓	✓
Old Standby	✓										
with Biscuit with Butter Chip	✓		✓				✓			✓	
with Homefries	✓										
Senior One Egg	✓		✓				✓			✓	

Fresh from the Griddle	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Quinoa Coconut Pancakes	✓		✓					✓	✓		
with Agave Nectar	✓		✓					✓	✓		
with Strawberries w/Cinnamon Sour Cream	✓		✓					✓	✓		
Buttermilk Pancakes and Eggs	✓		✓							✓	
with Bacon	✓		✓							✓	
with Country Ham	✓		✓							✓	
with Maple Chicken Sausage	✓		✓							✓	
with Maple Syrup	✓		✓							✓	
with Pork Sausage Links	✓		✓							✓	
with Turkey Bacon, Sliced	✓		✓				✓			✓	
with Vegetarian Breakfast Sausage	✓		✓				✓			✓	

with Whipped Butter	✓		✓							✓	
Belgian Waffle and Eggs	✓		✓				✓			✓	✓
with Bacon	✓		✓				✓			✓	✓
with Country Ham	✓		✓				✓			✓	✓
with Maple Chicken Sausage	✓		✓				✓			✓	✓
with Maple Syrup	✓		✓				✓			✓	✓
with Pork Sausage Links	✓		✓				✓			✓	✓
with Turkey Bacon, Sliced	✓		✓				✓			✓	✓
with Vegetarian Breakfast Sausage	✓		✓				✓			✓	✓
Caramel French Toast	✓		✓							✓	✓
with Pancake and Waffle Syrup	✓		✓							✓	✓
Senior French Toast	✓		✓							✓	✓
Senior Pancakes & Eggs	✓		✓							✓	
Fresh from the Griddle (cont.)	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Caramel French Toast and Eggs	✓		✓							✓	✓
with Bacon	✓		✓							✓	✓
with Country Ham	✓		✓							✓	✓
with Maple Chicken Sausage	✓		✓							✓	✓
with Pancake and Waffle Syrup	✓		✓							✓	✓
with Pork Sausage Links	✓		✓							✓	✓
with Turkey Bacon, Sliced	✓		✓				✓			✓	✓
with Vegetarian Breakfast Sausage	✓		✓				✓			✓	✓
Banana Stuffed French Toast	✓		✓				✓			✓	✓
Biscuits and Gravy			✓	✓			✓			✓	
with Homefries			✓	✓			✓			✓	

Brunch Specialties	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Boneless Fried Chicken & Waffles	✓		✓				✓	✓	✓	✓	✓
with Country Gravy	✓		✓	✓			✓	✓	✓	✓	✓
with Cherry Pepper Honey	✓		✓				✓	✓	✓	✓	✓
with Pancake and Waffle Syrup	✓		✓				✓	✓	✓	✓	✓
with Country Gravy, Cherry Pepper Honey	✓		✓	✓			✓	✓	✓	✓	✓
with Country Gravy, Pancake and Waffle Syrup	✓		✓	✓			✓	✓	✓	✓	✓
with Cherry Pepper Honey, Pancake and Waffle Syrup	✓		✓				✓	✓	✓	✓	✓
with Country Gravy, Cherry Pepper Honey, Pancake and Waffle Syrup	✓		✓	✓			✓	✓	✓	✓	✓

Double Stacked Breakfast Burger	✓		✓							✓	✓
Bruschetta Toast & Eggs	✓		✓						✓	✓	✓
Burrata Avocado Toast & Eggs	✓		✓							✓	✓
Sweet Potato Pecan Pancakes	✓		✓				✓		✓	✓	
Shrimp and Grits			✓			✓	✓				✓
Just Eggs Benedict							✓	✓		✓	✓
with fruit cup							✓	✓		✓	✓
Oatmilk Blueberry Pancakes									✓	✓	
with Almond Coco non Dairy Whipped Cream, Reddi									✓	✓	
with Agave Nectar									✓	✓	
with Almond Coco non Dairy Whipped Cream, Reddi, Agave									✓	✓	
Classic Eggs Benedict	✓		✓				✓	✓		✓	✓
with Seasoned Home Fries	✓		✓				✓	✓		✓	✓
Country Scrambler	✓		✓	✓							
with Pancake Syrup	✓		✓	✓							
with Silver Dollar Pancakes	✓		✓	✓						✓	
with Strawberries w/Cinnamon Sour Cream	✓		✓	✓							
Mossy Creek Farms Flat Iron & Eggs	✓										
with Home fries and Biscuit	✓		✓				✓			✓	
Bison Huevos Rancheros	✓		✓					✓		✓	✓
Roasted Veggie Huevos Rancheros	✓		✓				✓	✓		✓	✓
Egg Sandwich	✓		✓				✓			✓	✓
with Bacon	✓		✓				✓			✓	✓
with Pork Sausage Links	✓		✓				✓			✓	✓
with Seasoned Home Fries	✓		✓				✓			✓	✓
with Turkey Bacon	✓		✓				✓			✓	✓
Short Rib Benedict	✓		✓				✓			✓	✓
with Seasoned Home Fries	✓		✓				✓			✓	✓

Breakfast Sides	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Bagel										✓	✓
with Butter Chips			✓							✓	✓
with Cream Cheese			✓							✓	✓
Biscuit			✓				✓			✓	
with Butter Chips			✓				✓			✓	

Grits, Cup											
with Brown Sugar											
with Butter Chips			✓								
with Cheddar Jack Cheese			✓								
with Raisins											
Oatmeal, Cup											✓
with Brown Sugar											✓
with Butter Chips			✓								✓
with Cheddar Jack Cheese			✓								✓
with Dried Cranberries											✓
with Raisins											✓
Ala Just Eggs							✓				
Local Honey Nut Granola Greek Yogurt Parfait			✓		✓			✓	✓		✓
Side of Tempeh Bacon							✓			✓	
Side of Bacon											
Side of Corned Beef Hash											
Side of Ham Shanks											
Side of Home Fries											
Side of Maple Chicken Sausage			✓								
Side of Pork Sausage											
Side of Veggie Sausage	✓		✓				✓			✓	
Side of Turkey Bacon							✓				
Strawberry Banana Bowl											
Strawberry Cup											
with Cinnamon Sour Cream			✓								
Toast, Marble Rye										✓	✓
with Butter Chips			✓							✓	✓
Toast, Multigrain										✓	✓
with Butter Chips			✓							✓	✓
Toast, Sourdough										✓	✓
with Butter Chips			✓							✓	✓
Toast, White										✓	✓
with Butter Chips			✓							✓	✓
Wolferman English Muffin										✓	✓
with Butter Chips			✓							✓	✓

with Caesar Dressing	✓	✓	✓							✓	✓
Watermelon Shrimp Salad			✓			✓					
with House Citrus Dressing			✓			✓		✓			
Hummus Greek Salad Bowl			✓					✓			
with Greek Vinaigrette Dressing			✓					✓			
with Grilled Chicken			✓					✓			
with Grilled Salmon		✓	✓					✓			
with Greek Vinaigrette Dressing, Grilled Chicken			✓					✓			
with Greek Vinaigrette Dressing, Grilled Salmon		✓	✓					✓			
Side Caesar Salad	✓	✓	✓							✓	✓
Side Citrus Salad								✓	✓		
Side Greek Salad			✓								
Side Mixed Greens Salad										✓	✓

Salad Dressings & Sauces	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
BBQ Sauce											
Blue Cheese Dressing	✓		✓	✓							
Buffalo Sauce											
Caesar Dressing	✓	✓	✓								
Tartar Sauce	✓										
Cilantro Sour Cream			✓								
Honey Mustard	✓							✓			
Honey Pepper Relish											
Marinara Sauce											
Southwest Ranch Dressing	✓		✓					✓			
Teriyaki Dressing		✓					✓	✓			
Balsamic Vinaigrette											
Citrus Vinaigrette											
Champagne Vinaigrette											
Feta Vinaigrette			✓								

Soups	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Chicken Noodle Soup	✓						✓			✓	
with Saltines	✓						✓			✓	

with Coleslaw	✓									✓	
with Honey Mustard	✓							✓		✓	
with Seasoned Fries	✓									✓	
Short Rib Entrée			✓				✓	✓			

Seafood and Steak	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Mossy Creek Farms Flat Iron Steak			✓				✓	✓		✓	
Bayou Surf n Turf			✓			✓	✓				
Fresh Jumbo Lump Crabcake Platter	✓					✓				✓	✓
with Tartar Sauce	✓					✓				✓	✓
with Cole Slaw	✓					✓				✓	✓
with Lemon Wedge	✓					✓				✓	✓
with Seasoned Fries	✓					✓				✓	✓
Bar Harbor Fish and Chips Platter	✓	✓	✓				✓			✓	✓
with Tartar Sauce	✓	✓	✓				✓			✓	✓
with Coleslaw	✓	✓	✓				✓			✓	✓
with Lemon Wedge	✓	✓	✓				✓			✓	✓
with Seasoned French Fries	✓	✓	✓				✓			✓	✓
Carolina Fried Shrimp Entrée						✓				✓	
with Coleslaw, Side of Seasoned Fries, Banana Pepper Relish, Tartar Sauce	✓					✓				✓	
Wild Caught Carolina Shrimp Scampi			✓			✓		✓		✓	

Vegan Plant Based Entrees	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Beyond Meatballs Mac N Cheese							✓			✓	
Tofu and Lentils							✓	✓	✓	✓	
Hen of Woods Picatta							✓	✓		✓	

Dinner Sides	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Side of Brown Rice											
Side of Buttered Corn			✓				✓				
Side of French Fries											
Side of Mashed Potatoes			✓				✓				
with Brown Gravy			✓				✓	✓			
Side of Brown Rice							✓				
Side of Corn			✓				✓				

Side of Edamame Beans							✓				
Side of French Fries											
Side of Fresh Veggies			✓								
Side of Garlic Spinach								✓			
Side of Sweet Potato Fries											
Side of Roasted Veggies											
Side of Southwest Quinoa								✓			
Side of Coleslaw											

Specialty Sandwiches	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Classic BLT Sandwich Platter	✓									✓	✓
with Cole Slaw	✓									✓	✓
with Seasoned Fries	✓									✓	✓
with Cole Slaw, Seasoned Fries	✓									✓	✓
Fiery Fried Chicken Sandwich	✓		✓							✓	✓
Cauliflower Sandwich			✓					✓	✓	✓	✓
with Coleslaw, Side of Sweet Potato Fries			✓					✓	✓	✓	✓
Tofu Banh Mi							✓	✓			✓
with Side of Seasoned Sweet Potato Fries							✓	✓			✓
Grilled Cheese Deluxe			✓				✓			✓	✓
with Cole Slaw			✓				✓			✓	✓
with Cranberry Orange Ginger Sauce			✓				✓			✓	✓
with Seasoned Fries			✓				✓			✓	✓
Junior Club Sandwich	✓		✓							✓	✓
Philly Steak Sandwich	✓		✓				✓			✓	✓
with Cole Slaw	✓		✓				✓			✓	✓
with Honey Pepper Relish	✓		✓				✓			✓	✓
with Seasoned Fries	✓		✓				✓			✓	✓
Pastrami Reuben			✓					✓		✓	✓
with Seasoned Fries			✓					✓		✓	✓
with Vegan Slaw			✓					✓		✓	✓
with Seasoned Fries, Vegan Slaw			✓					✓		✓	✓
Roasted Veggie Ciabatta								✓	✓	✓	✓
with Side Summer Citrus Salad								✓	✓	✓	✓
Tomato Mozzarella Sandwich			✓					✓	✓	✓	✓

with Seasoned French Fries	✓									✓	✓
BYOB Turkey	✓									✓	✓
with Seasoned French Fries	✓									✓	✓

Sliders	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Grilled Wasabi Salmon Sliders		✓	✓				✓	✓		✓	✓
with Small Citrus Salad		✓	✓				✓	✓	✓	✓	✓

Toppings for Burgers and Sandwiches	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Bacon											
Cheddar Cheese			✓								
Cremini Mushrooms											
Egg	✓										
Feta Cheese			✓								
Grilled Onions											
Mozzarella Cheese			✓								
Onion Straws										✓	
Pepper Jack Cheese			✓								
Swiss Cheese			✓								

House Made Desserts	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Smith Island Carrot Cake	✓		✓		✓		✓			✓	
Churro Doughnut for 1	✓		✓						✓	✓	✓
Apple Pie			✓				✓			✓	
with Vanilla Ice Cream			✓				✓			✓	
Bread Pudding	✓		✓						✓	✓	✓
Chocolate Cake	✓		✓				✓			✓	
with Vanilla Ice Cream	✓		✓				✓			✓	

Ice Cream Dreams	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Brownie Decadence (Gluten Free)	✓		✓				✓		✓		
Banana Split			✓				✓		✓		
Worlds Smallest Sundae (Any ice cream flavor)			✓						✓		
with Caramel Sauce			✓						✓		
with Hot Fudge Sauce			✓				✓		✓		

with Peach Sauce			✓						✓		
with Strawberry Topping			✓						✓		
Silver Diner Sundae with (Any ice cream flavor)			✓						✓		
with Caramel Sauce			✓						✓		
with Hot Fudge Sauce			✓				✓		✓		
with Peach Sauce			✓						✓		
with Strawberry Topping			✓						✓		

Kids Breakfast	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Kids Champion Breakfast	✓		✓							✓	✓
Kid GF Coconut French Toast	✓		✓					✓	✓		
Kid GF Quinoa Pancakes	✓		✓					✓	✓		
Kids Pancakes and Eggs	✓		✓							✓	
with Pancake and Waffle Syrup	✓		✓							✓	
with Whipped Butter	✓		✓							✓	
Kids Waffle and Eggs	✓		✓				✓			✓	✓
with Pancake and Waffle Syrup	✓		✓				✓			✓	✓
Kids French Toast and Eggs	✓		✓							✓	✓
with Pancake and Waffle Syrup	✓		✓							✓	✓

Kids Sides	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Kids Side of Applesauce											
Kids Side of Bacon											
Kids Side of Brown Rice											
Kids Side of Edamame							✓				
Kids Side of Fries											
Kids Side of Garden Salad										✓	✓
Kids Side of Homefries											
Kids Side of Maple Chicken Sausage			✓								
Kids Side of Mashed Potatoes			✓				✓				
with Brown Gravy			✓				✓	✓			
Kids Side of Mixed Veggies			✓								
Kids Side of Pork Sausage											
Kids Side of Strawberries											
Kids Side of Sweet Buttered Corn			✓				✓				

Kids Side of Turkey Bacon							✓				
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Kids Sliders and Sandwiches	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Kids Grilled Cheese			✓				✓			✓	✓
with Fresh Veggies w Lemon Pepper			✓				✓			✓	✓
with Sliced Strawberries			✓				✓			✓	✓
Kid GF Spaghetti			✓								
with Whipped Butter, Marinara Sauce			✓								
Kids Grilled Ham and Cheese			✓				✓			✓	✓
with Fresh Veggies w Lemon Pepper			✓				✓			✓	✓
with Sliced Strawberries			✓				✓			✓	✓
Kids Meatball Slider	✓		✓							✓	✓
with Side Fruit Cup	✓		✓							✓	✓
with Side Vegetable Blend	✓		✓							✓	✓
Kids Hot Dog	✓									✓	✓
with Fresh Veggies w Lemon Pepper	✓		✓							✓	✓
with Sliced Strawberries	✓									✓	✓
Kids Chicken Pizza Quesadilla			✓					✓		✓	✓
Kids Burger			✓							✓	✓
with American Cheese			✓				✓			✓	✓
with Seasoned Fries			✓							✓	✓
with Sliced Strawberries			✓							✓	✓
Kids Bison Burger										✓	✓
with American Cheese			✓				✓			✓	✓
with Seasoned Fries										✓	✓
with Sliced Strawberries										✓	✓
Kids Turkey Burger			✓				✓			✓	✓
with American Cheese			✓				✓			✓	✓
with Seasoned French Fries			✓				✓			✓	✓
with Sliced Strawberries			✓				✓			✓	✓
Kids Veggie Burger							✓			✓	✓
with American Cheese			✓				✓			✓	✓
with Seasoned Fries							✓			✓	✓
with Sliced Strawberries							✓			✓	✓
Kids Classic Entrees	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten

