

# ALLERGEN INDEX

Spring 2018



SILVER DINER®



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			✓								
Soy 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								✓			
Corona, 12 oz											✓
Mighty Mango Mimosa								✓			
Redbridge GF Beer											
Sam Adams, Bottled										✓	
Silver Diner Mimosa								✓			
Yuengling											✓

3-Egg Omelettes	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
<b>Oaxaca Omelette</b>	✓		✓					✓			
with Avocado, Pureed or Whole, Raw	✓		✓					✓			
with Strawberries and Toast	✓		✓					✓		✓	✓
<b>Cremini Mushroom Omelette</b>	✓		✓								
with Strawberries and Toast	✓		✓							✓	✓
<b>Ham and Cheese Omelette</b>	✓		✓								
with Biscuit	✓		✓				✓			✓	
with Butter Chip	✓		✓								
with Homefries	✓		✓								
<b>Low Fat Vegetarian Omelette</b>	✓		✓				✓				
with Strawberries w/Cinnamon Sour Cream	✓		✓				✓				
<b>Cheese Omelette</b>	✓		✓								
with Home fries and Biscuit	✓		✓				✓			✓	
<b>California Omelette</b>	✓		✓				✓	✓		✓	
with Strawberries w/Cinnamon Sour Cream	✓		✓				✓	✓		✓	
<b>Baby Spinach Feta Mushroom Omelette</b>	✓		✓								
with Bagel with Cream Cheese	✓		✓							✓	✓
with Seasoned Home Fries	✓		✓								
<b>Western Omelette</b>	✓										
with Home fries and Biscuit	✓		✓				✓			✓	
<b>Philly Steak Omelette</b>	✓		✓				✓				
with Home fries and Biscuit	✓		✓				✓			✓	
with Honey Pepper Relish	✓		✓				✓				



<b>Fresh from the Griddle (cont.)</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>MSG</b>	<b>Peanuts</b>	<b>Shellfish</b>	<b>Soy</b>	<b>Sulfites</b>	<b>Tree Nuts</b>	<b>Wheat</b>	<b>Other Gluten</b>
<b>Caramel French Toast and Eggs</b>	✓		✓							✓	✓
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	✓		✓				✓			✓	✓
<b>Banana Stuffed French Toast</b>	✓		✓				✓			✓	✓
<b>Paradise French Toast GF</b>	✓		✓					✓	✓		
with Agave Nectar	✓		✓					✓	✓		
<b>Biscuits and Gravy</b>			✓	✓			✓			✓	
with Homefries			✓	✓			✓			✓	

<b>Brunch Specialties</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>MSG</b>	<b>Peanuts</b>	<b>Shellfish</b>	<b>Soy</b>	<b>Sulfites</b>	<b>Tree Nuts</b>	<b>Wheat</b>	<b>Other Gluten</b>
<b>Boneless Fried Chicken &amp; Waffles</b>	✓		✓				✓	✓	✓	✓	✓
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	✓		✓	✓			✓	✓	✓	✓	✓
<b>Breakfast Club Burger</b>	✓		✓							✓	✓
<b>Shrimp and Grits</b>			✓			✓	✓				✓
<b>Merguez Benedict</b>	✓		✓				✓			✓	✓
<b>Classic Eggs Benedict</b>	✓		✓				✓	✓		✓	✓
with Seasoned Home Fries	✓		✓				✓	✓		✓	✓
<b>Country Scrambler</b>	✓		✓	✓							
with Pancake Syrup	✓		✓	✓							
with Silver Dollar Pancakes	✓		✓	✓						✓	
with Strawberries w/Cinnamon Sour Cream	✓		✓	✓							
<b>Mossy Creek Farms Flat Iron &amp; Eggs</b>	✓										
with Home fries and Biscuit	✓		✓				✓			✓	
<b>Bison Huevos Rancheros</b>	✓		✓					✓		✓	✓
<b>Roasted Veggie Huevos Rancheros</b>	✓		✓				✓	✓		✓	✓
<b>Egg Sandwich</b>	✓		✓				✓			✓	✓
with Bacon	✓		✓				✓			✓	✓
with Pork Sausage Links	✓		✓				✓			✓	✓
with Seasoned Home Fries	✓		✓				✓			✓	✓
with Turkey Bacon	✓		✓				✓			✓	✓







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	✓	✓	✓								
Cajun Tartar Sauce	✓										
Cilantro Sour Cream			✓								
Cinnamon Sour Cream			✓								
Cocktail Sauce		✓									
Honey Mustard	✓							✓			
Honey Pepper Relish											
Marinara Sauce											
Southwest Ranch Dressing	✓		✓					✓			
Texas Petal Sauce	✓		✓								
Teriyaki Dressing		✓					✓	✓			

Soups	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Chicken Noodle Soup	✓						✓			✓	
with Saltines	✓						✓			✓	
Kickin Crab and Sweet Corn Chowder			✓			✓		✓		✓	
with Saltines			✓			✓		✓		✓	
Turkey Chili											
with Saltines										✓	
Vegetarian Chili											
with Cheddar Jack Cheese			✓								
with Chopped Onions											
with Cilantro Sour Cream			✓								
with Low Fat Cheddar Cheese			✓								
with Saltines										✓	

Bowls	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Ancient Grain Shrimp Bowl			✓			✓				✓	✓
Mediterranean Fattoush Bowl with Lamb	✓		✓							✓	✓
Mediterranean Fattoush Bowl with Salmon	✓	✓	✓							✓	✓
Asian Brown Rice Bowl with Chicken			✓				✓			✓	✓
Asian Brown Rice Bowl with Flounder		✓	✓				✓				
Asian Brown Rice Bowl with Meatball							✓				
Asian Brown Rice Bowl with Asparagus							✓				
Under 600 Calorie Entrees	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Summertime Cod		✓									
Lemon Chicken Picatta							✓	✓		✓	
600 Baja Fried Fish Tacos	✓	✓	✓				✓	✓		✓	✓
with Side Summer Citrus Salad	✓	✓	✓				✓	✓	✓	✓	✓
600 Baja Grilled Fish Tacos	✓	✓	✓					✓		✓	
with Side Summer Citrus Salad	✓	✓	✓					✓	✓	✓	
600 Grilled Flounder		✓	✓				✓			✓	
with Brown Rice with Edamame		✓	✓				✓			✓	
with Fresh Veggies		✓	✓				✓			✓	
with Peach Salsa		✓	✓				✓			✓	
600 Pineapple Basil Vegetarian Stir Fry							✓	✓			
600 Grilled Fresh Atlantic Salmon		✓					✓	✓			
with Mixed Green w Balsamic		✓					✓	✓		✓	✓





Specialty Sandwiches	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
<b>Classic BLT Sandwich Platter</b>	✓									✓	✓
with Cole Slaw	✓									✓	✓
with Seasoned Fries	✓									✓	✓
with Cole Slaw, Seasoned Fries	✓									✓	✓
<b>Fiery Fried Chicken Sandwich</b>	✓		a							✓	✓
<b>Grilled Cheese Deluxe</b>			✓				✓			✓	✓
with Cole Slaw			✓				✓			✓	✓
with Cranberry Orange Ginger Sauce			✓				✓			✓	✓
with Seasoned Fries			✓				✓			✓	✓
<b>Junior Club Sandwich</b>	✓		✓							✓	✓
<b>Philly Steak Sandwich</b>	✓		✓				✓			✓	✓
with Cole Slaw	✓		✓				✓			✓	✓
with Honey Pepper Relish	✓		✓				✓			✓	✓
with Seasoned Fries	✓		✓				✓			✓	✓
<b>Pastrami Reuben</b>			✓					✓		✓	✓
with Seasoned Fries			✓					✓		✓	✓
with Vegan Slaw			✓					✓		✓	✓
with Seasoned Fries, Vegan Slaw			✓					✓		✓	✓
<b>Roasted Veggie Ciabatta</b>								✓	✓	✓	✓
with Side Summer Citrus Salad								✓	✓	✓	✓
<b>Chicken Philly Sandwich</b>	✓		✓				✓			✓	✓
with Cole Slaw	✓		✓				✓			✓	✓
with Honey Pepper Relish	✓		✓				✓			✓	✓
with Seasoned Fries	✓		✓				✓			✓	✓
<b>Tomato Mozzarella Sandwich</b>			✓					✓	✓	✓	✓
with Cole Slaw			✓					✓	✓	✓	✓
with Seasoned Fries			✓					✓	✓	✓	✓
<b>Triple Decker Club</b>	✓		✓							✓	✓
with Cole Slaw	✓		✓							✓	✓
with Seasoned Fries	✓		✓							✓	✓
with Cole Slaw, Seasoned Fries	✓		✓							✓	✓
<b>Tuna Avocado Sandwich</b>	✓	✓	✓				✓	✓		✓	✓
with Seasoned French Fries	✓	✓	✓				✓	✓		✓	✓
with Vegan Slaw	✓	✓	✓				✓	✓		✓	✓
<b>Southwest Turkey Sandwich</b>	✓		✓					✓		✓	✓
with Cole Slaw	✓		✓					✓		✓	✓
with Seasoned Fries	✓		✓					✓		✓	✓



House Made Desserts	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Smith Island Carrot Cake	✓		✓		✓		✓			✓	
Churro Waffle	✓		✓						✓	✓	✓
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							✓				

<b>Kids Sliders and Sandwiches</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>MSG</b>	<b>Peanuts</b>	<b>Shellfish</b>	<b>Soy</b>	<b>Sulfites</b>	<b>Tree Nuts</b>	<b>Wheat</b>	<b>Other Gluten</b>
<b>Kids Grilled Cheese</b>			✓				✓			✓	✓
with Fresh Veggies w Lemon Pepper			✓				✓			✓	✓
with Sliced Strawberries			✓				✓			✓	✓
<b>Kid GF Spaghetti</b>			✓								
with Whipped Butter, Marinara Sauce			✓								
<b>Kids Grilled Ham and Cheese</b>			✓				✓			✓	✓
with Fresh Veggies w Lemon Pepper			✓				✓			✓	✓
with Sliced Strawberries			✓				✓			✓	✓
<b>Kids Meatball Slider</b>	✓		✓							✓	✓
with Side Fruit Cup	✓		✓							✓	✓
with Side Vegetable Blend	✓		✓							✓	✓
<b>Kids Hot Dog</b>	✓									✓	✓
with Fresh Veggies w Lemon Pepper	✓		✓							✓	✓
with Sliced Strawberries	✓									✓	✓
<b>Kids Chicken Pizza Quesadilla</b>			✓					✓		✓	✓
<b>Kids Burger</b>			✓							✓	✓
with American Cheese			✓				✓			✓	✓
with Seasoned Fries			✓							✓	✓
with Sliced Strawberries			✓							✓	✓
<b>Kids Bison Burger</b>										✓	✓
with American Cheese			✓				✓			✓	✓
with Seasoned Fries										✓	✓
with Sliced Strawberries										✓	✓
<b>Kids Turkey Burger</b>			✓				✓			✓	✓
with American Cheese			✓				✓			✓	✓
with Seasoned French Fries			✓				✓			✓	✓
with Sliced Strawberries			✓				✓			✓	✓
<b>Kids Veggie Burger</b>							✓			✓	✓
with American Cheese			✓				✓			✓	✓
with Seasoned Fries							✓			✓	✓
with Sliced Strawberries							✓			✓	✓
<b>Kids Classic Entrees</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>MSG</b>	<b>Peanuts</b>	<b>Shellfish</b>	<b>Soy</b>	<b>Sulfites</b>	<b>Tree Nuts</b>	<b>Wheat</b>	<b>Other Gluten</b>
<b>Kids Mac N Cheese</b>			✓				✓			✓	
with Side Mixed Green Salad			✓				✓			✓	✓
<b>Kids Mac N Cheese N Dog</b>			✓				✓			✓	
with Side Mixed Green Salad			✓				✓			✓	✓
<b>Kids GF Spaghetti and Meatballs</b>	✓		✓								
with Seasoned Vegetable Blend, Shredded Romano Cheese	✓		✓								
<b>Kids Chicken Tenders</b>	✓		✓							✓	
<b>Kids Pot Pie</b>	✓		✓				✓			✓	✓
<b>Kids Salmon Quinoa Bowl</b>		✓	✓				✓	✓			
<b>Kids Turkey</b>			✓				✓				
with Turkey Gravy, Cranberry Orange Ginger Sauce			✓				✓				
with Fresh Veggies w Lemon Pepper			✓							✓	
with Honey Mustard	✓							✓		✓	
with Sliced Strawberries	✓									✓	
<b>Kids Teriyaki Chicken</b>		✓	✓				✓	✓		✓	
with Brown Rice		✓	✓				✓	✓		✓	
with Fresh Veggies		✓	✓				✓	✓		✓	
<b>Kids Teriyaki Salmon</b>		✓	✓				✓			✓	
with Brown Rice		✓	✓				✓			✓	
with Fresh Veggies		✓	✓				✓			✓	

