**GLUTEN OPTIONS**

We are pleased to offer a selection of gluten-free menu items. The potato rolls we use have two of the top 10 food allergens (wheat and milk). We also manufacture all our products in the same kitchen, so you may have gluten in your food items as ingredients vary. Individual allergen information can be found on our website.

**ALLERGEN INFORMATION**

BURGERFI's new Allergen Information Guide is for individuals with food allergies. It is designed to provide menu items that are free of allergens, including gluten. Allergen information is based on food product ingredients and production processes. Allergen information is subject to change and may vary from store to store. The process of gluten-free production is considered non-allergenic, so it is safe to eat gluten items in a non-gluten-free production environment. Cross-contamination is not possible.

**FAQ**

*What is a food allergy?*

A food allergy is when your immune system reacts to a food protein because it has mistaken the food protein as a threatening substance. The food you are allergic to is called a "food allergen." The response your body has to the food is called an "allergic reaction." Immunoglobulin E (IgE) antibodies fight the "threatening" substance. The food you are allergic to is called a "food allergen." The response your body has to the food is called an "allergic reaction." Immunoglobulin E (IgE) antibodies fight the "threatening" substance.

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*How do allergic reactions differ from food intolerances?*

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*What is the treatment for anaphylaxis?*

In anaphylaxis, your body's immune system overreacts to a food allergen. The response your body has to the food is called an "allergic reaction." Immunoglobulin E (IgE) antibodies fight the "threatening" substance. The food you are allergic to is called a "food allergen." The response your body has to the food is called an "allergic reaction." Immunoglobulin E (IgE) antibodies fight the "threatening" substance.

*What are the top 8 allergens?*

The top 8 allergens are: milk, eggs, peanuts, tree nuts (such as walnuts or pecans), wheat, soy, fish, and shellfish (such as lobster, shrimp or crab).

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*What is the difference between cross-contamination and cross-contact?*

Cross-contamination usually refers to bacteria or viruses that may contaminate food. For example, if one food comes into contact with another food and their proteins mix, as a result each food then contains small amounts of the other food. Cross-contact is when one food comes into contact with another food, but their proteins do not mix. Cross-contact is not a term used by the scientific community. It is not possible to prevent cross-contamination. Cross-contact is not possible.

*Is food allergy limited to certain age groups?*

Yes. Allergic reactions can range from mild to very serious. The severity of reactions can vary from person to person and can depend on factors such as age, gender, and body weight.

*Is it possible to outgrow an allergy?*

No. Allergic reactions do not predict future reactions! If you outgrow one allergy, it is possible that you will outgrow others. However, there is no way to accurately predict which allergies you will outgrow. You can still have a life-threatening reaction to your problem food in the future. It is important to carefully avoid problem foods to prevent allergic reactions.