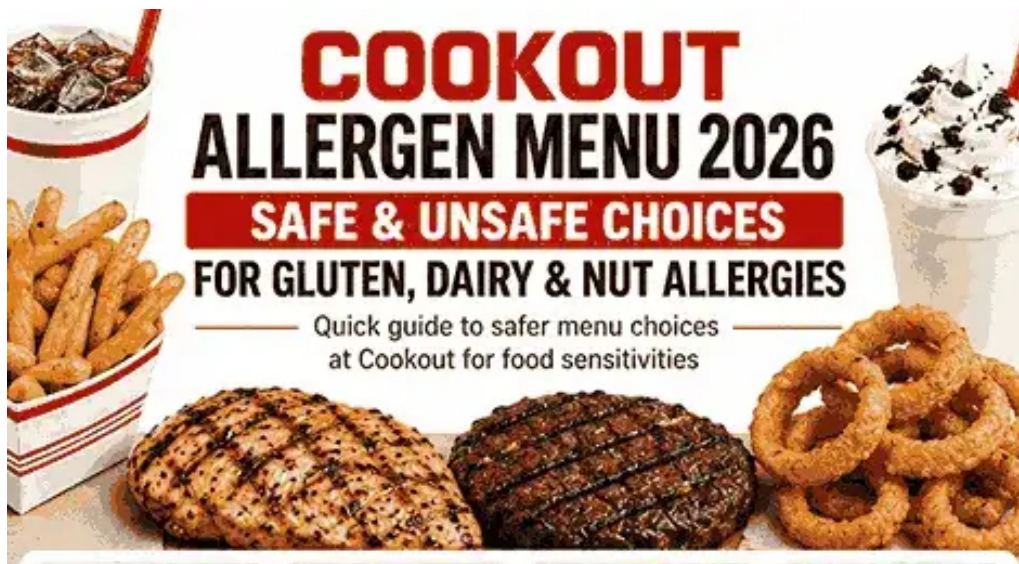




COOKOUT

ALLERGEN MENU 2026

SAFE & UNSAFE CHOICES

FOR GLUTEN, DAIRY & NUT ALLERGIES

Quick guide to safer menu choices
at Cookout for food sensitivities



GLUTEN-FREE

Foods without
wheat or buns



DAIRY-FREE

Foods without
milk or cheese



NUT WARNING

Avoid peanut/
tree nut items



VEGAN-FRIENDLY

Limited plant-
based choices

✓ SAFE CHOICES AT COOKOUT

PROTEINS



Hamburger Patty
(No Bun)



Grilled Chicken Breast



Hot Dog
(No Bun)

SIDES



Cajun Fries



French Fries
(Check shared fryer)



Coleslaw

SAUCES



Mustard



Ketchup



Mayonnaise

DRINKS



Fresh Brewed
Tea



Coca-Cola



Cheerwine



Dasani Water

✗ ITEMS TO AVOID IF YOU HAVE ALLERGIES

CONTAINS DAIRY



Cheese Fries



Quesadillas



Milkshakes



Chicken Strip Club

CONTAINS GLUTEN



Burgers
with Bun



Wraps



Corn Dogs



Hushpuppies

CONTAINS NUTS



Peanut Butter
Milkshake



Banana Nut
Milkshake



Walnut
Milkshake



Reese's Cup
Milkshake



**CROSS-CONTAMINATION MAY HAPPEN IN SHARED
FRYERS AND PREP AREAS. ALWAYS CONFIRM INGREDIENTS
WITH COOKOUT STAFF BEFORE ORDERING.**

For full menu details and updates, visit

COOKOUTMENUS.NET