

WHATABURGER MENU SUGGESTIONS FOR ALLERGIES

Eggs

*NOTE: Texas toast, wheat buns, white 4" & 5" buns are made in a facility where eggs are packaged or processed, and therefore may contain traces of this substance.

BREAKFAST OPTIONS:

1. A la carte options: Side orders of hashbrown sticks, sausage or bacon
2. Sausage biscuit
3. Sausage on Texas toast with a side of hashbrown sticks & picante sauce

LUNCH/DINNER OPTIONS:

1. All Whatameals; except #4
2. Side salad OR regular dinner salad with grilled chicken OR chicken strips with Low Fat Vinaigrette

DESSERT OPTIONS:

1. Apple Pie
2. Chocolate, Vanilla or Strawberry Shakes
3. Fruit Chew

Fish

*NOTE: Whataburger menu items that are deep-fried may come in contact with other products that contain gluten, wheat, dairy, egg, soybean, fish, or animal products.

ALL ITEMS WITH THE EXCEPTION OF THE FOLLOWING ARE POSSIBLE OPTIONS:

1. Whatacatch Sandwich
2. Whatacatch Dinner

Milk

BREAKFAST OPTIONS:

1. Fresh-cracked round egg with choice of bacon or sausage and picante sauce.

LUNCH/DINNER OPTIONS:

1. Whatameals #1, 2, 3 or 7 - all with no bun
2. Side salad OR regular dinner salad with grilled chicken with choice of these dressing options: Thousand Island, Low Fat Vinaigrette, or Honey Mustard
3. Side salad OR regular dinner salad with chicken strips with choice of these dressing options: Thousand Island, Low Fat Vinaigrette, or Honey Mustard
4. Whatameal #6 or #8 with either BBQ or Honey Mustard dipping sauce, no Texas toast

DESSERT OPTIONS:

1. Fruit Chew

Peanuts (No ingredients or menu items contain peanuts.)

*NOTE: Buttermilk biscuits, cinnamon rolls, chocolate chunk cookies, sugar cookies, Texas toast, wheat buns, and white 4" & 5" buns are all made in a facility where peanuts are packaged or processed, and therefore may contain traces of this substance.

Soybean

BREAKFAST OPTIONS:

1. A la carte options: Side orders of sausage or bacon

LUNCH/DINNER OPTIONS:

1. Whatameals #1, 2 & 7- all with no bun; substitute side salad for fries
2. Side salad OR regular dinner salad with a beef patty added, with picante sauce instead of dressing

DESSERT OPTIONS:

1. Chocolate, Vanilla or Strawberry Shakes
2. Fruit Chew

Tree Nuts

*NOTE: Buttermilk biscuits, cinnamon rolls, chocolate chunk cookies, sugar cookies, Texas toast, wheat buns, and white 4" & 5" buns are all made in a facility where tree nuts are packaged or processed, and therefore may contain traces of this substance.

ALL ITEMS WITH THE EXCEPTION OF THE FOLLOWING ARE POSSIBLE OPTIONS:

1. Seasoned croutons

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Wheat

BREAKFAST OPTIONS:

1. Side order of scrambled eggs with choice of bacon or sausage and picante sauce
2. Fresh-cracked round egg with choice of bacon or sausage and picante sauce

LUNCH/DINNER OPTIONS:

1. Whatameals #1, 2, 3 & 7 - all with no bun; substitute side salad for fries
2. Side salad OR regular dinner salad with grilled chicken with choice of these dressing options: Thousand Island, Buttermilk Ranch, Low Fat Vinaigrette, Fat Free Ranch or Honey Mustard

DESSERT OPTIONS:

1. Chocolate, Vanilla or Strawberry Shakes
2. Fruit Chew

Gluten

BREAKFAST OPTIONS:

1. Side order of scrambled eggs with choice of bacon or sausage and picante sauce
2. Fresh-cracked round egg with choice of bacon or sausage and picante sauce

LUNCH/DINNER OPTIONS:

1. Whatameals #1, 2, 3 & 7 - all with no bun; substitute side salad for fries
2. Side salad OR regular dinner salad with grilled chicken with choice of these dressing options: Thousand Island, Buttermilk Ranch, Low Fat Vinaigrette, Fat Free Ranch or Honey Mustard

DESSERT OPTIONS:

1. Chocolate, Vanilla or Strawberry Shakes
2. Fruit Chew

MSG

ALL ITEMS WITH THE EXCEPTION OF THE FOLLOWING ARE POSSIBLE OPTIONS:

1. Buttermilk Ranch Dressing
2. Sausage Crumbles (in sausage taquito and sausage gravy)
3. Side Sausage Patty

Whataburger has designated fryers for certain fried items however, they are not always fried in those designated stations. Fryer oil may come in contact with items containing, milk, egg, fish, soy and wheat.