

## LIST OF COMMON FOOD PLACES

Nutritional guides are generally available on restaurants websites or at their locations. It's always good to do your own research on places, because after all your health is in your own hands. Here are some of the places I've been to or have contacted for allergy free food information. Some restaurants are better at this than others. Just be patient :D

Quiznos To see list, click Allergy Information Table on their website

Yogen Fruz Yogen Fruz Has Dairy and Non Dairy Fruit Smoothies

Swiss Chalet [www.swisschalet.com](http://www.swisschalet.com) Great allergy guide available on line or at any restaurant guide has many items without milk, soy, yeast, egg or wheat gluten.

Dairy Queen DQ Dairy Free List  
High Cross Contamination with peanut and peanut butter products

Keg [www.kegsteakhouse.com](http://www.kegsteakhouse.com) Excellent Allergy Guide in restaurant only.

Milestones [www.milestonesrestaurants.com](http://www.milestonesrestaurants.com). Excellent, just make sure to call in advance, they don't have an allergy guide, but the chefs are very open to customizing meals to your specification.

Outback Steak House allergy statement and guide reasonable guide  
Excellent gluten free menu!, dairy free options

Red Lobster <http://www.redlobster.com/company/faq.asp#q45>, Spoke with someone who had cross contamination reaction at Red Lobster.

Burger King [www.burgerking.ca](http://www.burgerking.ca) The guide was readily available as soon as I asked for it.

Harveys [www.harveys.ca](http://www.harveys.ca)

Tim Hortons [www.timhortons.com](http://www.timhortons.com) High cross contamination with allergens from other products; especially peanuts and peanut butter.

Denny's <http://www.dennys.com>. Go to Nutrition section.

Subway <http://subway.com/subwayroot/MenuNutrition/Nutrition/>

McDonalds [www.mcdonalds.ca](http://www.mcdonalds.ca) go to nutrition calculator  
(very poor allergy guide) Hard to navigate and they have a history of misinforming the allergic customers. I had to wait 30 minutes to get a guide, they finally an oily dirty copy, the only one they could get a hold of which was on their wall.

Wendy's [www.wendys.com](http://www.wendys.com)

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