

Food Allergies and Sensitivities



Blimpie® has listed the top nine food allergens recommended by the FDA.
The X indicates the item contains the specified allergen.

	Allergens								
	SOY	EGG	MILK	PEANUT	TREE NUTS	WHEAT	FISH	SHELLFISH	SESAME
Main Menu									
Blimpie Best®	X		X			X			
BLTA	X	X				X			
Buffalo Chicken (with Ciabatta)	X	X	X			X			
Chicken Cheddar Bacon Ranch	X	X	X			X			
Club	X		X			X			
Ham & Swiss	X		X			X			
Hoboken Hero™	X		X			X			
Italian Beef	X		X			X			
Meatball Parmigiana	X	X	X			X			
Philly Cheesesteak	X	X	X			X			
Roast Beef & Provolone	X		X			X			
Salad Lettuce									
Sicilian (with Ciabatta)	X	X	X			X			
Spicy Italian	X		X			X			
The Blimp®	X	X	X			X			
Trio Supreme	X	X	X			X			
Tuna	X	X				X	X		
Turkey Bacon & Cheddar (with Ciabatta)	X		X			X			
Turkey & Provolone	X		X			X			
Turkey Reuben (with Ciabatta)	X	X	X			X			
Ultimate Club (with Ciabatta)	X	X	X			X			
Kid's Subs									
3" Ham and Cheese	X		X			X			
3" Turkey and Cheese	X		X			X			
Premium Sides									
Buffalo Chicken Macaroni and Cheese		X	X			X			
Chicken Macaroni and Cheese		X	X			X			
Macaroni and Cheese		X	X			X			
Local Favorites									
Chicken Caesar Salad	X	X	X				X		
Chicken Salad	X	X	X			X			
Chicken Teriyaki	X		X			X			
French Dip	X		X			X			
Ham, Salami & Cheese	X		X			X			
Mediterranean (with Ciabatta)	X	X	X			X			
Pastrami (with Pretzel Bread)	X		X			X			
Reuben (with Ciabatta)	X	X	X			X			
Turkey & Avocado	X					X			
Turkey & Cranberry	X		X			X			
Ultimate Club Salad	X		X						
Veggie & Cheese	X		X			X			
VegiMax®	X	X	X			X			
Wrap, Buffalo Chicken	X	X	X			X			
Wrap, Chicken Caesar	X	X	X			X	X		
Wrap, Southwestern	X	X	X			X			

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Desserts									
Brownie	X	X	X			X			
Cookie, Chocolate Chunk	X	X	X			X			
Cookie, Oatmeal Raisin		X	X			X			
Cookie, Peanut Butter	X	X	X	X		X			
Cookie, Snickerdoodle		X	X			X			
Cookie, Sugar		X	X			X			
Cookie, Sugar - Frosted	X	X	X			X			
Cookie, Sugar - Frosted & Sprinkled	X	X	X			X			
Cookie, Sugar w/ M&M'S®		X	X			X			
Cookie, White Chocolate Macadamia Nut	X	X	X		X	X			
Sub Components									
Proteins									
Bacon									
Buffalo Chicken	X								
Capicola									
Chicken Strips	X								
Corned Beef									
Ham									
Meatballs with Sauce	X	X	X			X			
Pastrami									
Pepperoni									
Philly Steak & Caramelized Onions	X								
Prosciuttini									
Roast Beef									
Salami									
Tuna	X	X					X		
Turkey									
VegiMax®	X	X	X			X			
Cheeses									
American			X						
Cheddar			X						
Parmesan (shredded)			X						
Pepper Jack			X						
Provolone			X						
Swiss			X						
Toppings									
Avocado									
Cucumbers									
Lettuce (shredded)									
Olives									
Onions (sliced)									
Oregano									
Peppers, Green Bell									
Peppers, Hot/Mild Banana Ring									
Peppers, Jalapeno									
Peppers, Red Roasted									
Peppers, Sweet Strips									
Pickle (sliced)									
Sauerkraut									

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Toppings									
Spicy Giardiniera	X								
Spinach									
Tomato (sliced)									
Bread/Wraps									
Cheddar Jalapeno	X		X			X			
Ciabatta	X					X			
Everything	X					X			X
Honey Oat	X					X			
Poppy Seed	X					X			
Pretzel Roll	X					X			
Sesame Seed	X					X			X
Wheat	X					X			
White	X					X			
Wrap, Flour	X					X			
Wrap, Salsa	X					X			
Wrap, Spinach	X					X			
Wrap, Wheat	X					X			
Zesty Parmesan	X		X			X			
Dressings/Sauces									
Au Jus	X		X			X			
Avocado Spread									
Blue Cheese	X	X	X						
Buttermilk Ranch	X	X	X						
Caesar	X	X	X				X		
Chipotle Mayo	X	X							
Frank's® RedHot® Hot Sauce									
Italian, Creamy	X	X							
Italian, Fat-Free	X								
Italian, Light	X								
Mayo	X	X							
Mayo, Reduced Calorie	X	X							
Mustard, Dijon Honey		X							
Mustard, Honey									
Mustard, Yellow Deli Style									
Mustard, Zesty Brown									
Oil	X								
Peppercorn Ranch	X	X	X						
Red Wine Vinegar									
Spicy Giardiniera	X								
Sriracha									
Sweet Baby Rays® BBQ									
Teriyaki Sauce	X					X			
Thousand Island	X	X							

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Optional Items								
Breakfast								
Bagel	X				X			
Bagel with Cream Cheese	X		X		X			
Biscuit, Bacon Egg & Cheese	X	X	X		X			
Biscuit, Egg & Cheese	X	X	X		X			
Biscuit, Ham, Egg & Cheese	X	X	X		X			
Biscuit, Plain	X		X		X			
Biscuit, Sausage, Egg & Cheese	X	X	X		X			
Biscuit with Sausage Gravy	X		X		X			
Bluffin®, Bacon, Egg & Cheese	X	X	X		X			
Bluffin®, Egg & Cheese	X	X	X		X			
Bluffin®, Ham, Egg & Cheese	X	X	X		X			
Bluffin®, Plain	X				X			
Bluffin®, Sausage, Egg & Cheese	X	X	X		X			
Burrito, Bacon, Egg & Cheese	X	X	X		X			
Burrito, Egg & Cheese	X	X	X		X			
Burrito, Ham, Egg & Cheese	X	X	X		X			
Burrito, Sausage, Egg & Cheese	X	X	X		X			
Cinnamon Roll	X	X	X		X			
Croissant, Bacon, Egg & Cheese	X	X	X		X			
Croissant, Egg & Cheese	X	X	X		X			
Croissant, Ham, Egg & Cheese	X	X	X		X			
Croissant, Plain	X	X	X		X			
Croissant, Sausage, Egg & Cheese	X	X	X		X			
Soups vary by location								
Chicken Noodle	X	X			X			
Chicken with Wild Rice	X	X	X					
Chili with Beans	X				X			
Clam Chowder	X		X		X	X	X	
Cream of Broccoli with Cheese	X		X					
Cream of Potato with Bacon	X		X		X			
Tomato Basil			X		X			
Vegetable Beef with Barley	X				X			
Wisconsin Cheese	X		X		X			
Pizza								
BBQ Chicken	X		X		X			
Cheese	X		X		X			
Classic Combo	X		X		X			
Meatball & Onion	X		X		X			
Pepperoni	X		X		X			
Sausage & Mushroom	X		X		X			
Veggie	X		X		X			

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Snacks/Sides									
Blimpie Burger	X					X			
Blimpie Dog	X	X	X			X			
Cheese Sauce			X						
Chili	X					X			
French Fries	X					X			
Nachos			X						
Peppers, Jalapeno									
Popcorn	X								
Soft Pretzel, Cinnamon & Sugar			X			X			
Soft Pretzel, Plain						X			
Soft Pretzel, Salted			X			X			

Your health is of utmost concern to us. Please be aware that Blimpie® products may contain traces of allergens (soy, egg, milk, wheat, peanuts, tree nuts, fish, shellfish, sesame) or food sensitivities from a manufacturing facility and preparation on site.

Common Tree Nuts that may be found in our stores include almonds, cashews, coconut, macadamia nuts, pecans, pistachios and walnuts.

The Allergen information Blimpie® has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store and suppliers. Some items listed may not be available in all stores.

This list may not include test products, limited time offers, custom orders, self-service orders and regional menu variations.