



PERKINS® MENU GUIDE FOR GLUTEN SENSITIVITY / WHEAT ALLERGY

Please read this Information:

At Perkins® Restaurants we believe in putting it all on the table. This list of menu items was put together with information from our food suppliers. These menu items as noted are not prepared with ingredients that contain gluten or wheat when prepared by our standard recipes. However, all of our menu items are prepared in a common kitchen with gluten exposure. Therefore, these menu items may come in contact with ingredients that contain gluten through shared cooking and preparation areas. Due to these circumstances, we cannot guarantee that any menu item can be completely free of gluten. Perkins & Marie Callender's, LLC, its franchisees and employees do not assume responsibility and do not make any warranty, either express or implied, regarding the completeness or currency of this information. We do not recommend these items for guests with celiac disease. Guests with gluten sensitivities or wheat allergies should exercise caution when ordering and consuming these items. The material below is provided for informational purposes only and is not meant to substitute for the advice provided by your own physician or other healthcare professional.

Awesome Omelettes

(Must be ordered without Pancakes, Mammoth Muffin®, Toast, English Muffin or Breakfast Potatoes)

- Everything Omelette with fresh fruit and hash browns
- Farmer's Omelette with fresh fruit and hash browns
- Ham & Cheese Omelette with fresh fruit and hash browns
- Smoked Bacon & Ham Omelette with fresh fruit and hash browns

Fresh-Cracked Classics

(Must be ordered without Pancakes, Mammoth Muffin®, Toast, English Muffin or Breakfast Potatoes)

- Classic Egg Favorites with fresh fruit, hash browns and choice of bacon, Canadian bacon, pork sausage (links or patties), chicken apple sausage or smoked sausage
- Grilled Ham & Eggs with fresh fruit and hash browns
- Steak Medallions & Eggs with fresh fruit and hash browns

Hearty Extras

- Hash Browns
- Bacon
- Chicken Apple Sausage Links
- Pork Sausage (Links & Patties)
- Smoked Sausage
- All Fresh Fruit



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Soups

(Must be ordered without Croutons and Crackers)

- Tomato Basil

Salads

(Must be ordered without Croutons and Dinner rolls)

- Chicken & Spinach
- Chef Deluxe Salad
- Italian Grilled Chicken Salad
- Greek Salad
- Side Salad

Salad dressings that are gluten-free include:

Blue Cheese, French, Honey Mustard, Balsamic Vinaigrette, Fat Free Italian, Ranch and Thousand Island.

Fork-Worthy Entrees

(Must be ordered without dinner rolls and side choices of Herb rice or French Fries)

- Grilled Pork Chops with a choice of two of the following sides: fresh vegetable medley, fresh broccoli, buttered corn, fresh spinach, baked potato or mashed potato
- Steak Medallions Dinner with a choice of two of the following sides: fresh vegetable medley, fresh broccoli, buttered corn, fresh spinach, baked potato or mashed potato

Sides

- Side Salad (without croutons)
- Fresh Vegetable Medley
- Fresh Broccoli
- Buttered Corn
- Fresh Spinach
- Baked Potato
- Mashed Potato (no gravy)

Please note: regional items, limited time offers and test products are not included in this information. While we make every effort to keep this information up to date, it is possible that ingredient changes and substitutions can occur due to regional suppliers of ingredients or seasonal changes; therefore, we recommend that you visit our website for the latest nutritional information.