

Steak n Shake Gluten-Free Foods :

The following menu items and ingredients do not contain wheat, rye, barley or oats.

Steakburgers & Sandwiches *

Bacon
Grilled Chicken Breast Fillet and Strips
Hickory Smoked Thick Cut Bacon
Sliced Turkey
Steakburger Patties
Taco Beef
*Without bun, bread or tortilla shell, which contain gluten.

Genuine Chili

Chili, bowl or cup
Chili Beans
Chili Beef
Chili Deluxe
Chili Mac Sauce
Chopped Onions

All Cheeses

American
Cheddar
Cheddar Cheese Sauce
Cheddar and Monterey Jack Shredded Cheese
Cream Cheese
Pepperjack
Romano
Swiss

Sides & Fries

Baked Beans
Chili
Coleslaw & Coleslaw Dressing
Cottage Cheese & Pineapple
Deluxe Garden Salad
French Fries
French Fries with Cheddar Cheese Sauce
Small Garden Salad
Vegetables – all cucumbers, green peppers, lettuce salad mix, tomatoes

Salad Dressings & Sauces

Blue Cheese Dressing
Cheddar Cheese Sauce Dressing
Fat Free Italian Dressing
Honey French Dressing

Frisco Sauce
Honey Mustard Dressing
Buttermilk Ranch Reduced Calorie Dressing
Thousand Island Dressing

Fountain & Desserts

Milk Shakes – all are gluten free except Peanut Butter (1) and S'mores (1).
Sippable Sundaes – all are gluten free except Double Chocolate Peanut Butter Sippable Sundae and Strawberry Fudge Cheesecake Sippable Sundae (1)
Shakes Alive (1)
Very Very Strawberry – without the chocolate wafer cookie
Double Chocolate Chip – without the chocolate wafer cookie (chocolate wafer cookie has gluten)
Frozen Yogurt Milk Shakes and Frozen Yogurt with Real Fruit Milk Shakes – all are gluten free except the peanut butter frozen yogurt milk shake (1)
Bits n Pieces Milk Shakes – The Peanut Butter Cup and M&M varieties are gluten free; however, they may contain very small traces of wheat. Individual discretion is advised.
Orange Freeze
Premium Vanilla Ice Cream
Lowfat Frozen Yogurt
Hot Fudge Sundae (1)
Strawberry Sundae
Outrageous Parfait (1)
Root Beer Float
Whipped Cream
Maraschino Cherry
Chopped Almonds

Beverages

All Carbonated Soft Drinks
Coffee – regular and decaffeinated
Hot Chocolate
Milk
Orange Juice
Tea

Topping & Condiments

Barbecue Sauce
Cheddar Cheese Sauce
Corn Chips
Cream Cheese
Grilled Onions/Caramelized Onions (2)
Grilled Onions and Green Peppers
Green Tabasco Peppers
Jalapeno Peppers
Ketchup
Liquid Margarine
Margarine Packets

Mayonnaise
Mayonnaise Reduced Fat
Mustard
Mustard Relish
Pickles
Sautéed Mushrooms
Tabasco Sauce
Taco Sauce
Tartar Sauce

Breakfast

Bacon
Cheddar Cheese Sauce
Cholesterol-free Egg Product
Eggs, farm-fresh
Honey
Jellies & Jams
Pancake Syrup
Sausage Patties
Scrambled Eggs

Cooking Ingredients

Frying Oil
Grilling Oil
Liquid Margarine

(1) Milk Shakes, Sippable Sundaes, Frozen Yogurt Shakes and Freezes are gluten free with the exception of the Peanut Butter Milk Shake, Peanut Butter Frozen Yogurt Shake, S'mores Milk Shake, Double Chocolate Peanut Butter Sippable Sundae and Strawberry Fudge Cheesecake Sippable Sundae. (The peanut butter syrup, graham cracker crumbs, and s'mores pieces all contain gluten.)

Special note: Malts are **not** gluten free as the malt contains gluten from barley.

In addition, although no gluten-containing ingredient is present in these desserts, the syrups and sauces used may contain trace amounts of other allergens due to being present in products using shared equipment according to our manufacturer. These other allergens may include wheat, milk, egg, soy and/or peanut traces.

(2) Grilled **Roasted** Onions served on New Premium Topping Steakburgers contain wheat gluten.