



How to Eat **BRISCO'S**



DAIRY FREE

Dairy free means there has been no milk added to the products. Dairy products include but not limited to cheese, cream, butter, and yogurt.



**READ ALL DESCRIPTIONS CAREFULLY
ALWAYS HAVE MEDICINE (ANTACID)**

DO



ADD DRESSINGS

DON'T

FOOD ITEMS TO CHOOSE FROM

BREAD

WHITE OR WHEAT HOAGIE
SLICED WHITE OR WHEAT
SLICED SOURDOUGH

SPREAD

MAYO
GARLIC MAYO
MUSTARD
HUMMUS
RANCH
VINEGAR
OIL

TOPPINGS

TOMATO
PICKLES
CUCUMBER
LETTUCE
SPINACH
ONION
BELL PEPPER
CILANTRO
OLIVES
JALAPENO
BANANA PEPPERS

MEATS

ROAST BEEF
HAM
TURKEY

CHEESE

NO CHEESE



How to Eat **BRISCO'S**

NGA

NO GLUTEN ADDED

No Gluten Added means the recipe itself does not include gluten, however, the facility it was produced in may contain gluten in it. If you have Celiac intolerance or gluten sensitivity, use your best judgment according to the severity.



**ASK EMPLOYEES TO CHANGE THEIR GLOVES
ASK QUESTIONS OR FOR
CLARIFICATIONS**

DO



FEEL LIMITED WITH YOUR OPTIONS

DON'T

FOOD ITEMS TO CHOOSE FROM

BREAD

GLUTEN FREE BREAD

SPREAD

MAYO
GARLIC MAYO
MUSTARD
HUMMUS
RANCH
VINEGAR
OIL

TOPPINGS

TOMATO
PICKLES
CUCUMBER
LETTUCE
SPINACH
ONION
BELL PEPPER
CILANTRO
OLIVES
JALAPENO
BANANA PEPPERS

MEATS

ROAST BEEF
HAM
TURKEY

CHEESE

PROVOLONE
SWISS
PEPPER JACK
CHEDDAR



How to Eat **BRISCO'S** NUT ALLERGIES



Nut allergies include any form of tree nut including walnut, almond, hazelnut, cashew, and pistachio.



READ MENU ITEMS CAREFULLY
ASK EMPLOYEES TO CHANGE GLOVES (IF SEVERE)

DO



CONSUME ANY BAKED GOODS

DON'T

FOOD ITEMS TO CHOOSE FROM

BREAD

WHITE OR WHEAT HOAGIE
SLICED WHITE OR WHEAT
SLICED SOURDOUGH

SPREAD

MAYO
GARLIC MAYO
MUSTARD
HUMMUS
RANCH
VINEGAR
OIL

TOPPINGS

TOMATO
PICKLES
CUCUMBER
LETTUCE
SPINACH
ONION
BELL PEPPER
CILANTRO
OLIVES
JALAPENO
BANANA PEPPERS

MEATS

ROAST BEEF
HAM
TURKEY

CHEESE

PROVOLONE
SWISS
PEPPER JACK
CHEDDAR



How to Eat **BRISCO'S** SHELLFISH ALLERGIES



Shellfish allergy is an abnormal response to the consumption of marine animals. This includes shrimp, crab, lobster, squid, oysters and scallops. Fish including salmon, tuna, and mahi-mahi are all acceptable to consume.



KNOW THE DIFFERENCE BETWEEN FISH AND SHELLFISH

DO



FORGET EPIPEN (IF APPLICABLE)

DON'T

FOOD ITEMS TO CHOOSE FROM

BREAD

WHITE OR WHEAT HOAGIE
SLICED WHITE OR WHEAT
SLICED SOURDOUGH

SPREAD

MAYO
GARLIC MAYO
MUSTARD
HUMMUS
RANCH
VINEGAR
OIL

TOPPINGS

TOMATO
PICKLES
CUCUMBER
LETTUCE
SPINACH
ONION
BELL PEPPER
CILANTRO
OLIVES
JALAPENO
BANANA PEPPERS

MEATS

ROAST BEEF
HAM
TURKEY

CHEESE

PROVOLONE
SWISS
PEPPER JACK
CHEDDAR



How to Eat **BRISCO'S** VEGETARIAN



Vegetarian means to abstain from meat products. One type of vegetarianism is *lacto-ovo vegetarian*. It includes eating plant foods, dairy products, and eggs which applies here.



**PAY ATTENTION TO FOOD LABELS
ASK QUESTIONS**

DO



SECOND GUESS YOUR OPTIONS

DON'T

FOOD ITEMS TO CHOOSE FROM

BREAD

WHITE OR WHEAT HOAGIE
SLICED WHITE OR WHEAT
SLICED SOURDOUGH

SPREAD

MAYO
GARLIC MAYO
MUSTARD
HUMMUS
RANCH
VINEGAR
OIL

TOPPINGS

TOMATO
PICKLES
CUCUMBER
LETTUCE
SPINACH
ONION
BELL PEPPER
CILANTRO
OLIVES
JALAPENO
BANANA PEPPERS

MEATS

NO MEAT

CHEESE

PROVOLONE
SWISS
PEPPER JACK
CHEDDAR