

Applebee's USA Allergen Guide

Declared allergens for 20 menu items, 9 sauces and sides, and 9 wing flavors and dips. Standard (default) builds only.

Market: United States

Read this first

Applebee's says it cannot guarantee that any menu item is completely free of allergens, because cooking and prep areas and fryer oil are shared. **None declared does not mean allergen-free.** If you have a food allergy, tell your server before you order and confirm the dish with the restaurant.

How to read the tables

- 1. Find the dish in the first column. The small line under the name lists what is in the standard build.
- 2. A red **YES** means Applebee's declares that allergen for that dish. An empty cell means it was not declared.
- 3. If you change a sauce, side, bun, dressing or protein, the result changes. Look up each part you choose.

Menu items

Declared allergens for the standard build of each dish.

#	Item and default build	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree nuts	Wheat	Gluten
1	Spinach & Artichoke Dip Spinach Artichoke Dip, White Corn Tortilla Chips, Chipotle Lime Salsa, Parmesan Cheese Blend			YES						YES	YES
2	Brew Pub Pretzels & Beer Cheese Dip Pretzel Sticks, Beer Cheese Sauce, Honey Dijon Mustard, Pretzel Salt	YES		YES						YES	YES
3	Mozzarella Sticks Mozzarella Sticks, Marinara Sauce	YES		YES						YES	YES
4	Boneless Wings (no flavor or dipping sauce) Boneless Chicken Wings, Celery Sticks. Add the flavor and dip from the sauce table.							YES		YES	YES
5	Chicken Tenders Plate Chicken Tenders, Fries, Honey Dijon Mustard Sauce	YES		YES						YES	YES
6	Bourbon Street Chicken & Shrimp Garlic Mashed Potatoes, Grilled Chicken Breast, Grilled Onions, Sauteed Shrimp, Bourbon Street Seasoned Mushrooms, Garlic Butter Sauce, Blackened Seasoning, Cajun Seasoning			YES			YES	YES			
7	Fiesta Lime Chicken Spanish Rice, Grilled Chicken Breast, Mexi-Ranch Sauce, Pico de Gallo, Cilantro Glaze, Shredded Cheese, Tortilla Strips, Lime Wedge, Seasoning	YES		YES				YES			
8	Shrimp 'N Parmesan Sirloin Garlic Mashed Potatoes, 8 oz. Top Sirloin, Steamed Broccoli, Lemon Butter Parmesan Sauce, Sauteed Shrimp, Parmesan Cheese Blend, Blackened Seasoning, Parsley, Seasoning			YES			YES	YES		YES	YES
9	Hand-Battered Fish & Chips Battered Fish, Fries, Signature Cole Slaw, Tartar Sauce, Lemon Wedge	YES	YES	YES				YES		YES	YES
10	Applebee's Riblets Platter (no sauce) Riblets, Fries, Signature Cole Slaw. Riblet sauces are listed separately on the official menu.	YES		YES				YES			
11	Classic Burger Fries, 100% Beef Patty, Toasted Brioche Bun, Pickle Chips, Tomato Slices, Lettuce, Sliced Red Onion							YES		YES	YES

#	Item and default build	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree nuts	Wheat	Gluten
12	Quesadilla Burger Fries, Beef Patty, Grilled Tortilla, Shredded Cheese, Pico de Gallo, Pepper Jack Cheese, Iceberg Lettuce, Mexi-Ranch Sauce, Sliced Bacon	YES		YES				YES		YES	YES
13	Clubhouse Grille Fries, Toasted Potato Bread, Sliced Ham, Sliced Turkey Breast, Tomato Slices, Honey BBQ, Iceberg Lettuce, Mayo, Applewood-smoked Bacon, Cheddar Cheese, Swiss Cheese	YES		YES				YES		YES	YES
14	Chicken Wonton Tacos Spicy Asian Grilled Chicken, Cole Slaw, Wonton Shell, Dumpling Sauce, Lime Wedge, Cilantro	YES	YES	YES		YES		YES		YES	YES
15	Chicken Quesadilla Grilled Tortilla, Shredded Cheese, Pico de Gallo, Sour Cream, Chipotle Chicken, Chipotle Lime Salsa			YES				YES		YES	YES
16	Bourbon Street Chicken & Sausage Penne Penne Pasta, Cajun Cream Sauce, Grilled Chicken Breast, Andouille Sausage, Grilled Onions, Bell Pepper Mix, Cajun Seasoning, Parsley. Also known as Cajun Chicken & Sausage Pasta.			YES				YES		YES	YES
17a	Oriental Chicken Salad (with Crispy Chicken) Asian Greens, Chicken Tenders, Oriental Dressing, Golden Brown Signature Breadstick, Almonds, Crunchy Noodles	YES		YES		YES		YES	YES	YES	YES
17b	Oriental Chicken Salad (with Grilled Chicken) Asian Greens, Grilled Chicken Breast, Oriental Dressing, Golden Brown Signature Breadstick, Almonds, Crunchy Noodles, Seasoning			YES		YES		YES	YES	YES	YES
18	Strawberry Balsamic Chicken Salad Salad Mix, Strawberries, Grilled Chicken Breast, Lite Italian Dressing, Diced Tomatoes, Sliced Red Onion, Balsamic Glaze, Almonds, Seasoning							YES	YES		
19	Triple Chocolate Meltdown Triple Chocolate Meltdown Cake, Vanilla Ice Cream, Fudge	YES		YES				YES		YES	YES
20	Sizzlin' Butter Pecan Blondie Walnut Blondie, Vanilla Ice Cream, Maple Icing, Candied Pecans	YES		YES				YES	YES	YES	YES

Sauces, dressings and sides

Check these separately. Their allergens can differ from the main dish.

#	Component	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree nuts	Wheat	Gluten
S1	Beer Cheese Sauce			YES						YES	YES
S2	Honey Dijon Mustard	YES									
S3	Thousand Island Dressing	YES									
S4	Oriental Dressing			YES		YES		YES			
S5	Ranch Dressing	YES		YES							
S6	Fries None declared (this is not the same as allergen-free)										
S7	Signature Cole Slaw	YES		YES							
S8	Onion Rings			YES				YES		YES	YES
S9	Tartar Sauce	YES									

Boneless wing flavors and dipping sauces

Order result = base wings (item 4) plus the flavor plus the dip. The allergens of all three apply.

#	Flavor or dipping sauce	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree nuts	Wheat	Gluten
W1	Flavor: Honey Pepper							YES		YES	YES
W2	Flavor: Classic Hot Buffalo							YES			
W3	Flavor: Honey BBQ None declared (this is not the same as allergen-free)										
W4	Flavor: Sweet Asian Chile					YES		YES		YES	YES
W5	Flavor: Garlic Parmesan			YES				YES			
W6	Flavor: Extra Hot Buffalo							YES			
W7	Flavor: Hot Honey Glaze							YES		YES	YES
W8	Dipping sauce: Blue Cheese	YES		YES							
W9	Dipping sauce: Ranch	YES		YES							

Important notes

Standard builds only. Each result is for the dish as listed. Swapping a side, sauce, bun or protein changes it. Applebee's says an entree's information includes the sides listed on the menu.

None declared is not allergen-free. Fries and Honey BBQ have no declared allergens, yet Applebee's shares fryer oil and prep areas. Other allergenic foods may be present but not declared.

Soy and soybean oil. Applebee's uses highly refined soybean oil, which the FDA exempts from allergen labeling. The ingredient lists of the Spinach & Artichoke Dip, Mozzarella Sticks and Fries name soybean oil, yet Soy is not declared for them. If you must avoid soy, ask the restaurant.

Sulfites. Sulfites are not marked for these items in the data (the field is not set). That is not a clearance. Confirm with the restaurant.

Peanut. Peanut was not declared for any listed item.

Gluten. Applebee's calls some items gluten sensitive, not gluten free, and cannot confirm they meet the FDA limit of under 20 parts per million.

Name difference. Item 16 is listed as Bourbon Street Chicken & Sausage Penne on the official menu.

Cross-check against ingredient lists

These rows were compared with ingredient lists from Applebee's nutrition calculator and no conflicts were found: Spinach & Artichoke Dip, Mozzarella Sticks, Boneless Wings (base), Classic Burger, and Chicken Wonton Tacos (part of the list). The other rows were not cross-checked.

Before you order

- Tell your server the exact allergy, not just a preference.
- Ask whether the recipe or supplier has changed at that restaurant.
- Ask about shared fryers, grills, utensils and prep surfaces.
- Check sauces, dressings, sides and add-ons as separate items.
- If the risk cannot be confirmed, do not order the item.

Sources

Applebee's Interactive Nutrition Menu and Nutrition and Allergen Information pages (applebees.com/en/nutrition). Applebee's Nutrition FAQ. Allergen values: Applebee's menu data hosted by Nutritionix. Applebee's Guest Relations for allergens not declared online: 888-592-7753 (US number). Menu items, recipes and availability can change and vary by location. This guide is not medical advice.

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