

Alamo Steakhouse

Frequently Asked Questions Regarding Food Allergies/Sensitivities

Here are answers to some commonly asked food allergen questions about the most common food allergens.

1. **Steaks** - All of our steaks are seasoned and marinated before being grilled. This seasoning contains soybean oil, hydrogenated soybean oil, soy lecithin, natural and artificial flavors and colors, tbhq and citric acid (preservatives), salt, garlic, pepper and dimethylpolysiloxane (we don't even know what this is, it's an ingredient of an ingredient and something to do with being an anti-foaming agent). We can, however, cook a totally unseasoned steak for you, please let your server know that you have a food allergy and need an unseasoned steak. Keep in mind this will be grilled on the same grill as seasoned steaks, fish, shellfish, chicken, pork and other menu items UNLESS YOU SPECIFY OTHERWISE. If you request it, your steak can be cooked on foil.
2. **Grilled Chicken** - Though we do not have this on our menu, you could order the Teriyaki Chicken without any marinade. It would have only salt and sodium phosphate on it then.
3. **French Fries** – Our French fries are a beer battered fry. They contain – potatoes, vegetable oil (possibly soybean based), enriched wheat flour, baking soda, beer, corn starch, dextrose, guar gum, rice flour, salt, sodium acid pyrophosphate, tapioca dextrum, xanthan gum.
4. **Sides** – Our baked potato can be ordered dry, or with butter, sour cream, bacon, chives and cheese on the side, allowing you to control what is added. Please tell your server if you would like your potato “uncut” as otherwise it will be sliced open with a common knife. Our sweet potatoes are sprayed with a vegetable-based spray to prevent the skin from burning. It contains soybean oil, soy lecithin, and propellant. Our mixed green salad can be made with any topping left aside, and dressing on the side. Plain oil and vinegar are available if this is helpful. We also have a Ranch Dressing and Balsamic Vinegar, which state they are Gluten Free.
5. **Oil** – All of our fried items are fried in common baskets, in soybean oil. (This means fish, shellfish and other potentially problematic items are in there sometimes)
6. **Shellfish and Fish** – We do have crab and shrimp on the menu. We also have calamari. We also serve salmon, and we use a Worcestershire sauce that contains anchovies. (WS is in French onion soup, horseradish sauce, hot crab dip, cocktail sauce, ground beef, beer cheese, oyster butter and the prime rib) These shellfish and fish items are cooked in the fryer, on the flat top and on the grill, as well as in the APP and Salad areas.
6. **Nuts** – We do not use nuts in any items on our menu. That being said, we cannot guarantee that certain ingredients were not manufactured in the same plant or on the same line as nuts.
7. **Kids Desserts** – Every kid who orders a kids meal gets a free dessert. It is a brownie with whip cream and sprinkles. The brownie contains egg, milk, soy and wheat. The whip cream contains milk. The rainbow sprinkles contain soy.

ALLERGEN WARNINGS DISCLAIMER

The information provided regarding our food is as complete as possible at the time of this publication: August 2019. Certain special items or dishes have not been included. The information on this list is reported to us by our suppliers and is based on our standard product formulations. Variations may occur depending on the supplier. Ingredients may change periodically, so while we will attempt to update this list to reflect changes that occur in our meals, changes may occur in ingredients from our suppliers without our knowledge. In addition, even if no allergen is listed in a particular menu item, we are UNABLE to guarantee that there will be no trace elements of a particular allergen as cross-contamination may occur as a result of our foods being prepared on the same grill. Please take this into consideration when ordering.

This restaurant, its owners, management, and employees, do not assume responsibility for a person's sensitivity or allergy to any food item provided in our restaurant. Please always consult your healthcare practitioner for questions regarding your diet. We encourage anyone with food sensitivities, allergies, or special dietary needs to speak with the restaurant manager to obtain the most up-to-date information about our food before you order.

*****GLUTEN INFORMATION ON REVERSE*****

Below are items which do not have gluten as an ingredient. As a reminder, we can NEVER guarantee no cross-contamination as all items are prepped in one kitchen and cooked on the same surfaces and thus trace amounts of gluten could be found. Even when ordering from below, please let your server know you are GF when ordering so that they can mark the order as ALLERGY.

Lunch and Dinner Apps:

Flame Grilled Oysters
Horseradish Parmesan Prime Rib Strips – MUST REQUEST WITH NO BREAD
Shrimp Cocktail

Lunch and Dinner Soups and Salads:

Salads ordered with no croutons
Chili
Dressings – Ranch, Blue Cheese, Catalina, Poppy Seed, Honey Mustard, Balsamic Vinaigrette, Caesar, Italian, Apple Cider vinaigrette and Olive Oil and Vinegar

Lunch ONLY Entrees:

Horseradish-Parmesan Sirloin
Pork Chops
Grilled Salmon
Santa Fe Chicken
Fort Worth Chopped Steak – MUST REQUEST WITH NO GRAVY
Sirloin Steak

Lunch and Dinner Steaks:

Ribeye
NY Strip
Filet Mignon
T Bone
El Presidente Porterhouse
Steak and Shrimp
The Steak

Dinner Entrees:

Horseradish-Parmesan Filet
Peppercorn NY Strip
Blue Cheesey Filet Tips
Oak Fired Pork Chops
Santa Fe Chicken
Oak Grilled Salmon

Sides:

Grilled Asparagus – MUST REQUEST NO HOLLANDAISE
Button Mushroom
Mashed Potatoes
Baked Potato
Baked Sweet Potato
Steamed Broccoli
Rice Pilaf
Veggie Medley
Sautéed Mush and Onions
Loaded Baked Potato