Mama's Farmhouse - FAQ – Food Allergies

Here are answers to some commonly asked food allergen related questions about the most common food allergens. **BECAUSE we have such a limited menu here at Mama's Farmhouse, you are welcome to bring outside food in for someone who has a food allergy that you are not comfortable with us accommodating.**

1. **Shellfish and Fish** – We cook catfish in the kitchen in a common fryer.

2. **Peanuts/TreeNuts** - We do not cook with peanuts or tree nuts EXCEPT ON THANKSGIVING. (Pecan Pie)

3. **Dairy** – As you probably can imagine, in a Southern Restaurant there is dairy in almost everything we make. **The following items CONTAIN dairy as an ingredient:**
   BREAKFAST: Biscuits, waffles, grits, chocolate gravy, sausage gravy, sausage, hashbrown casserole, pinwheels, & scrambled eggs.
   LUNCH AND DINNER: Biscuits, turkey and turkey gravy, broccoli casserole, sweet potato casserole, mashed potatoes, macaroni and cheese, chicken and dumplings, creamed corn, cornbread stuffing, country gravy, chocolate chip cookies, banana pudding, ice cream and peach cobbler.

4. **Wheat** – Again, Southern Restaurant, flour everywhere. And for this particular ingredient you need to be extra wary. Because not only is it in MOST of our items, we make everything homemade in the kitchen, and flour is particularly airborne when breading chicken, pork etc. If you have a high sensitivity to flour, we would recommend NOT eating any at Mama's, even those items that we don't specifically add flour to. **The following items CONTAIN wheat as an ingredient:**
   BREAKFAST: Biscuits, waffles, sausage gravy, chocolate gravy, pinwheels & chicken tenders.
   LUNCH/DINNER: Biscuits, country fried steak, fried pork, fried okra, broccoli casserole, sweet potato casserole, macaroni and cheese, chicken and dumplings, cornbread stuffing, turkey gravy, meatloaf, fried chicken, chocolate chip cookies, banana pudding and peach cobbler. Everything probably has flour as a cross contaminant.

5. **Eggs** – We use eggs in our waffles, pinwheels & scrambled eggs at breakfast. For lunch and dinner we use them in our sweet potato casserole**,** cornbread stuffing, meatloaf, chocolate chip cookies, & peach cobbler.

6. **Soy –** Soy is in almost everything these days. In addition, we use a pan spray to make the pans non-stick for many of our items, so there could be trace on everything. It is an actual ingredient in:
   BREAKFAST: Chicken tenders, Biscuits, Waffles, Sausage Gravy, Grits, Pinwheels, Hashbrown Casserole, and our butter blend.
   LUNCH AND DINNER: Fried Chicken, Fried Okra, Fried Pork, Country Fried Steak, Biscuits, Chicken and Dumplings, Meatloaf, Broccoli Casserole, Sweet Potato Casserole, Mashed Potatoes, Macaroni and Cheese, Creamed Corn, Cornbread Stuffing, Country Gravy, Turkey Gravy, Banana Pudding, Peach Cobbler, Chocolate Chip Cookies, all salad dressings and our butter blend.

7. **Oil** – All of our fried items are fried in common baskets, in a canola blend.

ALLERGEN WARNINGS DISCLAIMER

The information provided regarding our food is as complete as possible at the time of this publication: Oct 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 surfaces. **FINALLY, THE ABOVE ARE THE ACTUAL INGREDIENTS WE USE. IT DOES NOT TAKE INTO CONSIDERATION "PRODUCED IN A FACILITY WITH…". IF YOU HAVE QUESTIONS REGARDING THIS, PLEASE ASK FOR A MANAGER**. Please take this into consideration when ordering.

This restaurant, it 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.