

Montana Mikes Menu Analysis Book Allergens

Appetizers	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Boneless Chicken Wings	Y	N	Y	Y	N	N	Y	N	N	Y	N
Cheese Fries	N	N	Y	N	N	N	N	N	N	N	N
Chili Nachos	N	N	Y	N	N	N	Y	N	N	Y	N
Fried Mushroom and Zucchini Combo	N	N	N	N	N	N	N	N	N	Y	N
Fried Mushrooms	N	N	N	N	N	N	N	N	N	Y	N
Fried Zucchini	N	N	N	N	N	N	N	N	N	Y	N
Mikes Marvelous Onion Rings	N	N	N	N	N	N	N	N	N	Y	N
Potato Boats	N	N	Y	N	N	N	N	N	N	N	N
Spinach and Artichoke Dip	N	N	Y	N	N	N	Y	N	N	Y	N
with Tortilla Chips	N	N	Y	N	N	N	Y	N	N	Y	N
Stuffed Mushrooms	N	N	Y	Y	N	N	N	Y	N	Y	N
Beverages	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Cherry Pepsi	N	N	N	N	N	N	N	N	N	N	N
Diet Dr Pepper	N	N	N	N	N	N	N	N	N	N	N
Diet Pepsi	N	N	N	N	N	N	N	N	N	N	N
Dr Pepper	N	N	N	N	N	N	N	N	N	N	N
Mt Dew	N	N	N	N	N	N	N	N	N	N	N
Pepsi	N	N	N	N	N	N	N	N	N	N	N
Sierra Mist	N	N	N	N	N	N	N	N	N	N	N
Tropicana Fruit Punch	N	N	N	N	N	N	N	N	N	N	N
Breads	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Dinner Rolls	N	N	Y	N	N	N	Y	N	N	Y	N
Garlic Bread	Y	N	Y	N	N	N	Y	N	N	Y	N

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Roll with Butter	N	N	Y	N	N	N	Y	N	N	Y	N
Condiments	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
A-1 Steak Sauce	N	N	N	N	N	N	N	N	N	N	N
Cream Gravy	N	N	Y	N	N	N	N	N	N	Y	N
Glacier Glaze	N	N	N	N	N	N	Y	Y	N	Y	N
Hickory Sauce	N	Y	Y	N	N	N	Y	N	N	N	N
Honey Mustard	Y	N	N	N	N	N	N	Y	N	N	N
Horseradish Sauce	Y	N	Y	N	N	N	N	N	N	N	N
Ketchup	N	N	N	N	N	N	N	N	N	N	N
Mayonnaise	Y	N	N	N	N	N	N	N	N	N	N
Montana Mikes Steak Sauce	N	Y	N	N	N	N	N	N	N	N	N
Mustard	N	N	N	N	N	N	N	N	N	N	N
Peppercorn Sauce	N	N	Y	N	N	N	Y	Y	N	N	N
Ranch Dressing, for Dipping	Y	N	Y	Y	N	N	N	Y	N	N	N
Tartar Sauce	Y	N	N	N	N	N	N	Y	N	N	N
Desserts	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
5 Berry Cobbler	N	N	N	N	N	N	Y	N	Y	Y	N
with Vanilla Ice Cream	N	N	Y	N	N	N	Y	N	Y	Y	N
Apple Cobbler	N	N	N	N	N	N	Y	N	Y	Y	N
with Vanilla Ice Cream	N	N	Y	N	N	N	Y	N	Y	Y	N
Bread Pudding	Y	N	Y	N	N	N	Y	N	N	Y	N
Carrot Cake	Y	N	Y	N	N	N	Y	N	Y	Y	N
Chocolate Cake	Y	N	Y	N	N	N	Y	N	Y	Y	N
Cinnamon Apple Cobbler	N	N	Y	N	N	N	Y	N	Y	Y	N
with Vanilla Ice Cream	N	N	Y	N	N	N	Y	N	Y	Y	N
Granny Caramel Apple Dessert	Y	N	Y	N	N	N	N	N	N	Y	N

Lumberjack Snack	Y	N	Y	N	N	N	Y	N	Y	Y	N
Rocky Mountain Mudslide	Y	N	Y	N	N	N	Y	N	Y	Y	N
White Chocolate Cheesecake	Y	N	Y	N	N	N	Y	N	N	Y	N
Entrees	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Baby Back Ribs, Dinner	N	Y	Y	N	N	N	Y	N	N	N	N
Baby Back Ribs, Lunch	N	Y	Y	N	N	N	Y	N	N	N	N
Beef Tips with White Rice	N N	N N	Y Y	N N	N N	N N	Y Y	Y Y	N N	N N	N N
Breaded Pork Tenderloin Dinner, 12 oz	Y	Y	Y	N	N	N	Y	N	N	Y	N
Breaded Pork Tenderloin Dinner, 8 oz	Y	Y	Y	N	N	N	Y	N	N	Y	N
Buffalo Sirloin	N	N	N	N	N	N	Y	N	N	N	N
Center Cut Sirloin Steak, 12 oz	N	N	N	N	N	N	Y	N	N	N	N
Center Cut Sirloin Steak, 9 oz	N	N	N	N	N	N	Y	N	N	N	N
Chicken Fried Chicken	Y	N	Y	Y	N	N	N	N	N	Y	N
Chicken Fried Sirloin Steak, Dinner	N	N	Y	N	N	N	N	N	N	Y	N
Chicken Fried Sirloin Steak, Lunch	N	N	Y	N	N	N	N	N	N	Y	N
Chicken Pasta Alfredo	N	N	Y	Y	N	N	Y	N	N	Y	N
Chicken Tender Strips, Dinner	Y	N	Y	Y	N	N	N	N	N	Y	N
Chicken Tender Strips, Lunch	Y	N	Y	Y	N	N	N	N	N	Y	N
Chicken and Ribs	N	Y	Y	Y	N	N	Y	N	N	N	N
Chopped Sirloin Steak	N	N	Y	N	N	N	Y	Y	N	N	N
Cracked Peppercorn Sirloin, 12 oz	N	N	N	N	N	N	N	N	N	N	N
Cracked Peppercorn Sirloin, 9 oz	N	N	N	N	N	N	N	N	N	N	N
Diablo Chicken Pasta	N	N	Y	Y	N	N	Y	N	N	Y	N

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Filet Mignon, 12 oz	N	N	N	N	N	N	Y	N	N	N	N
Filet Mignon, 8 oz	N	N	N	N	N	N	Y	N	N	N	N
Fire Grilled Chicken Breast	N	N	N	Y	N	N	Y	N	N	N	N
Fried Catfish Strips	N	Y	N	N	N	N	N	N	N	N	N
Fried Catfish Strips, Lunch	N	Y	N	N	N	N	N	N	N	N	N
Fried Shrimp Dinner	N	N	Y	N	N	Y	N	N	N	Y	N
Fried Shrimp Lunch	N	N	Y	N	N	Y	N	N	N	Y	N
Glacier Glazed Salmon	N	Y	N	N	N	N	Y	Y	N	Y	N
Grilled Shrimp	N	N	N	N	N	Y	Y	N	N	N	N
Italiano Chicken Pasta	N	N	Y	Y	N	N	Y	N	N	Y	N
K-Bobs	N	N	N	N	N	N	N	N	N	N	N
KC or NY Strip, 14 oz	N	N	N	N	N	N	Y	N	N	N	N
Lotsa Pasta	N	N	Y	N	N	N	Y	N	N	Y	N
Mikes Big Montana Steak, 22 oz	N	N	N	N	N	N	Y	N	N	N	N
Mile High Ribeye, 16 oz	N	N	N	N	N	N	Y	N	N	N	N
Mountain Momma Ribeye, 12 oz	N	N	N	N	N	N	Y	N	N	N	N
Mountain Topped Chicken	Y	N	Y	Y	N	N	Y	Y	N	N	N
Mountain Topped Chopped Sirloin	Y	N	Y	N	N	N	N	Y	N	N	N
Pasta Alfredo with Grilled Shrimp	N	N	Y	N	N	Y	Y	N	N	Y	N
Pork Chops, Bone In, Dinner	N	N	N	N	N	N	N	N	N	N	N
Pork Chops, Bone In, Lunch	N	N	N	N	N	N	N	N	N	N	N
Pork Chops, Dinner	N	N	N	N	N	N	N	N	N	N	N
Pork Chops, Lunch	N	N	N	N	N	N	N	N	N	N	N
Porterhouse Pork Chop	N	N	N	N	N	N	N	N	N	N	N

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Porterhouse, 20 oz	N	N	N	N	N	N	Y	N	N	N	N
Porterhouse, 24 oz	N	N	N	N	N	N	Y	N	N	N	N
Ranchers T-Bone, 16 oz	N	N	N	N	N	N	Y	N	N	N	N
Shrimp Tejas	N	N	Y	N	N	Y	Y	N	N	N	N
with Garlic Butter	N	N	Y	N	N	Y	Y	N	N	N	N
with Roll with Butter	N	N	Y	N	N	Y	Y	N	N	Y	N
with Garlic Butter, Roll with Butter	N	N	Y	N	N	Y	Y	N	N	Y	N
St Louis Ribs, Dinner	N	Y	Y	N	N	N	Y	N	N	N	N
St Louis Ribs, Lunch	N	Y	Y	N	N	N	Y	N	N	N	N
Steak and Catfish	N	Y	N	N	N	N	Y	N	N	N	N
Steak and Chicken	N	N	N	Y	N	N	Y	N	N	N	N
Steak and Fried Shrimp	N	N	Y	N	N	Y	Y	N	N	Y	N
Steak and Grilled Shrimp	N	N	N	N	N	Y	Y	N	N	N	N
Steak and Ribs	N	Y	Y	N	N	N	Y	N	N	N	N
Teriyaki Glazed Chicken	N	N	N	Y	N	N	Y	Y	N	Y	N
with White Rice	N	N	Y	Y	N	N	Y	Y	N	Y	N
The 44 Sirloin	N	N	N	N	N	N	Y	N	N	N	N
Trout	N	Y	N	N	N	N	Y	N	N	N	N

Kid's Menu Items	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Kids Chicken Strips	Y	N	Y	Y	N	N	N	N	N	Y	N
Kids Grilled Cheese	N	N	Y	N	N	N	Y	N	N	Y	N
Kids Hamburger	Y	N	N	N	N	N	Y	N	N	Y	N
with Cheese	Y	N	Y	N	N	N	Y	N	N	Y	N
Kids Mini Corn Dogs	Y	N	Y	N	N	N	Y	N	N	Y	N
with French Fries	Y	N	Y	N	N	N	Y	N	N	Y	N
Salads	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Buffalo Chicken Salad	N	N	Y	N	N	N	N	N	Y	N	N
with Buffalo Chicken Tenders	Y	N	Y	Y	N	N	Y	N	Y	Y	N

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with Chicken Tenders Strips	Y	N	Y	Y	N	N	N	N	Y	Y	N
with Grilled Chicken Breast	N	N	Y	Y	N	N	N	N	Y	N	N
Caesar Salad	Y	Y	Y	N	N	N	N	N	N	N	N
Chicken Caesar Salad	Y	Y	Y	Y	N	N	N	N	N	N	N
Chicken Tostada Salad	N	N	Y	Y	N	N	N	N	N	N	N
Dinner Salad	N	N	Y	N	N	N	N	N	N	N	N
Garden Salad	N	N	N	N	N	N	N	N	N	N	N
with Cheese and Bacon	N	N	Y	N	N	N	N	N	N	N	N
Grilled Chicken Breast Salad	N	N	Y	Y	N	N	N	N	N	N	N
Grilled Shrimp Salad	N	N	Y	N	N	Y	N	N	N	N	N
Grilled Steak Salad	N	N	Y	N	N	N	N	N	N	N	N
Half Buffalo Chicken Salad	N	N	Y	N	N	N	N	N	Y	N	N
with Buffalo Chicken Tenders	Y	N	Y	Y	N	N	Y	N	Y	Y	N
with Chicken Tenders Strips	Y	N	Y	Y	N	N	N	N	Y	Y	N
with Grilled Chicken Breast	N	N	Y	Y	N	N	N	N	Y	N	N
Half Chicken Tenders Salad	Y	N	Y	Y	N	N	N	N	N	Y	N
Half Chicken Tostada Salad	N	N	Y	Y	N	N	N	N	N	N	N
Half Dinner Salad	N	N	Y	N	N	N	N	N	N	N	N
Half Grilled Chicken Breast Salad	N	N	Y	Y	N	N	N	N	N	N	N
Half Grilled Steak Salad	N	N	Y	N	N	N	N	N	N	N	N
Spinach and Shrimp Salad	Y	N	N	N	N	Y	N	N	Y	N	N
with Garlic Toast	Y	N	Y	N	N	Y	Y	N	Y	Y	N
with Hot Bacon Dressing	Y	N	N	N	N	Y	N	N	Y	N	N
with Garlic Toast, Hot Bacon Dressing	Y	N	Y	N	N	Y	Y	N	Y	Y	N
Salad Dressings	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Blue Cheese Dressing	Y	N	Y	N	N	N	N	Y	N	N	N
Caesar Dressing	Y	Y	Y	N	N	N	N	N	N	N	N
Chipotle Ranch Dressing	Y	N	Y	Y	N	N	N	Y	N	N	N

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Golden Italian Dressing	N	N	N	N	N	N	N	N	N	N	N
Honey Mustard Dressing	Y	N	N	N	N	N	N	Y	N	N	N
House Dressing	N	N	N	N	N	N	N	N	N	Y	N
Ranch Dressing	Y	N	Y	Y	N	N	N	Y	N	N	N
Ranch Dressing, Fat Free	N	N	N	N	N	N	N	N	N	N	N
Thousand Island Dressing	Y	Y	N	N	N	N	Y	Y	N	N	N

Sandwiches	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
BBQ Chicken Sandwich	Y	Y	Y	Y	N	N	Y	N	N	Y	N
Bacon and Swiss Mushroom Burger	Y	N	Y	N	N	N	Y	N	N	Y	N
Baja Chicken Chipotle Sandwich	Y	N	Y	Y	N	N	Y	N	N	Y	N
Buffalo Burger	Y	Y	Y	N	N	N	Y	N	N	Y	N
Catfish Sandwich	Y	Y	N	N	N	N	Y	Y	N	Y	N
Chicken Fried Chicken Sandwich	Y	N	Y	Y	N	N	Y	N	N	Y	N
Chicken Fried Sirloin Sandwich	Y	Y	Y	N	N	N	Y	Y	N	Y	N
Grilled Chicken Sandwich	Y	N	N	Y	N	N	Y	N	N	Y	N
Hamburger with Cheese	Y	N	N	N	N	N	Y	N	N	Y	N
	Y	N	Y	N	N	N	Y	N	N	Y	N
Hickory Burger	Y	Y	Y	N	N	N	Y	N	N	Y	N
Pork Tenderloin Sandwich	Y	Y	Y	N	N	N	Y	N	N	Y	N
Ribeye Steak Sandwich	Y	N	N	N	N	N	Y	N	N	Y	N
Roadhouse Chicken Sandwich	Y	N	Y	Y	N	N	Y	Y	N	Y	N
Summit Burger	Y	N	Y	N	N	N	Y	N	N	Y	N
The Mountain Burger with Cheese	Y	N	N	N	N	N	Y	N	N	Y	N
	Y	N	Y	N	N	N	Y	N	N	Y	N

Side Items	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
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Authentic Mashed Potatoes with Cream Gravy	N	N	Y	N	N	N	Y	N	N	N	N
	N	N	Y	N	N	N	Y	N	N	Y	N
Baked Potato with Butter	N	N	N	N	N	N	N	N	N	N	N
	N	N	N	N	N	N	Y	N	N	N	N
with Sour Cream	N	N	Y	N	N	N	N	N	N	N	N
with Butter, Sour Cream	N	N	Y	N	N	N	Y	N	N	N	N
Baked Sweet Potato	N	N	N	N	N	N	N	N	N	N	N
Breaded Okra	N	N	N	N	N	N	N	N	N	Y	N
Cottage Cheese Salad	N	N	Y	N	N	N	N	N	N	N	N
French Fries	N	N	N	N	N	N	N	N	N	N	N
Green Beans	N	N	N	N	N	N	N	N	N	N	N
Mikes Marvelous Onion Rings, Sub	N	N	N	N	N	N	N	N	N	Y	N
Saucy Cinnamon Apples	N	N	Y	N	N	N	Y	N	N	N	N
Sauteed Button Mushrooms	N	N	Y	N	N	N	Y	N	N	Y	N
Sauteed Sliced Mushrooms	N	N	N	N	N	N	N	N	N	N	N
Steamed Veggies	N	N	N	N	N	N	Y	N	N	N	N
Veggie K-Bobs	N	N	N	N	N	N	Y	Y	N	N	N

Soups	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Broccoli and Cheese Soup, Bowl	N	N	Y	N	N	N	Y	N	N	N	N
Broccoli and Cheese Soup, Cup	N	N	Y	N	N	N	Y	N	N	N	N
Chicken Tortilla Soup, Bowl	N	N	Y	Y	N	N	N	N	N	N	N
Chicken Tortilla Soup, Cup	N	N	Y	Y	N	N	N	N	N	N	N
Steak Soup, Bowl	N	N	N	N	N	N	Y	Y	N	Y	N
Steak Soup, Cup	N	N	N	N	N	N	Y	Y	N	Y	N

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