



Anita's Kitchen tackles the BIG 8

Anita's Kitchen has always prided itself on offering a vast number of vegetarian and vegan options, as well as meeting the ever-evolving dietary needs of our guests. As Mediterranean cuisine continues to rank as the number one best overall diet by top nutritionists and specialists, we continue to challenge ourselves to be **the** best destination for these and other dietary concerns.

Recently, we made the decision to change to a soy-free oil for all of our house-made dressings, sauces, and marinades. While this was exciting news, the implications are actually far bigger. By almost completely eliminating soy from our menu (it is still currently in our fryer oil), we can now confidently say that our restaurants address **all** of the BIG 8 allergens without compromising taste or quality!

Please refer to our menu, which clearly denotes any and all foods that may be allergen, vegetarian, or vegan friendly. However, as a way of further assisting you, we have created the following document to expand on this topic.

The BIG 8 Allergens

Milk, Eggs, Peanuts, Tree Nuts,
Fish, Shellfish, Wheat, Soy

Milk: The following items contain milk or a food product made from milk

- American/ Cheddar/ Mozzarella/ Provolone/ Cottage/ Feta Cheese/Blue Cheese
- Yogurt
- Creamy Feta Dressing
- Ranch Dressing
- Gyro Sauce/Cucumber Sauce
- Spinach Pie
- Crispy Chicken Marinade
- Flatbread Dough
- Lemon Tart
- Tahini Brownie
- Carrot Cake
- Rice Pudding
- Baklava
- Banana Bread

Eggs: The following items contain eggs or a food product made with eggs

- Anita's Chopped Salad
- Spinach Pie
- Creamy Feta Dressing
- Ranch Dressing
- Gyro/Cucumber Sauce
- Sumac Sauce
- Brioche Roll
- Lemon Tart
- Tahini Brownie
- Carrot Cake
- Banana Bread

Peanuts: No peanuts or a food product made from peanuts is used in our recipes

Tree Nuts: The following items contain tree nuts or an ingredient that may cause a cross reactive response

- B Money Salad (pistachios)
- Michigan Salad (pistachios)
- Baked Kibbeh (pine nuts are a seed but several studies have demonstrated crossreactivity that provokes an allergic reaction, so it is advised to avoid for those with tree nut allergies)
- Shrimp & Sausage with Pesto Flatbread (pine nuts are a seed but several studies have demonstrated crossreactivity that provokes an allergic reaction, so it is advised to avoid for those with tree nut allergies)
- Carrot Cake (coconut is not a tree nut botanically, but the FDA recognizes it as such, therefore, advised to avoid for those with tree nut allergies)
- Bakalava (walnuts & pistachios)

Fish: The Omega Bowl features salmon, which is also available as an a la carte item.

Shellfish: Shrimp is the only example of shellfish on our menu. It is currently featured as an a la carte item

Wheat: The following items contain wheat or a food product made with wheat

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| ● Chicken Feta Fattoush | ● All Menu Wraps & Rolls |
| ● Fattoush | ● Pita Chips |
| ● Spinach Pie | ● Pita Bread |
| ● Lamb Gyro | ● Brioche Roll |
| ● Baked Kibbeh | ● Lemon Tart |
| ● Flatbread Dough | ● Baklava |
| ● Kids Chicken Strips | ● Banana Bread |
| ● Kids Pita Pizza | ● Ginger Molasses Cookie |
| ● Crispy Chicken Breeding Mix | |

Note: According to the American College of Allergy, Asthma and Immunology, there is no such thing as a gluten allergy, although individuals may be sensitive or intolerant to gluten. Celiac Disease is a separate and distinct condition from wheat allergy.

Soy: The following menu items are prepared using the fryers, prepared with a food product made with soy oil, therefore have come into contact with or contain soy oil.

- Fried Falafel
- Fried Cauliflower
- Joe's Wings
- House Fries
- Mujadra Onions
- Spinach Pie
- Crispy Chicken Sandwich
- Beef Burger
- Kids Chicken Strips
- Zip Sauce
- Sumac Sauce
- Gyro/Cucumber Sauce
- Creamy Feta Dressing
- Ranch Dressing

The following desserts are prepared using a non stick pan spray, soy milk, or contain chocolate therefore have come into contact with soy lecithin or contain soy:

- Lemon Tart
- Tahini Brownie
- Carrot Cake
- Baklava
- Chocolate Dream Cake
- Banana Bread
- Ginger Molasses Cookie

Note: Highly refined soy oil has been processed and filtered. The refining process removes the allergenic protein. The FDA does not require highly refined soy oil to be listed as an allergen.

Any Additional Dietary Restrictions?

Let us help you find something on our menu that best suits your needs. **Please inform your server of any allergies you may have** to ensure that your food is prepared safely and properly. **Some menu items may still need to be modified**, inquire with your server regarding any clarifications or questions.

Onions: The following menu items **contain onions** that **can not be omitted**

- Baked Kibbeh
- Mujadra
- Grilled Vegetables
- Kafta Kebob
- Falafel
- Lamb Burger
- Crispy Chicken Breeding
- Vegetarian Grape Leaves
- Tabbouleh
- Spinach Pie
- Creamy Feta Dressing
- Dill Tahini
- Beef & Lamb Kebob
- Lemon Lentil, Crushed Lentil, Black Bean Soup

Garlic: The following menu items **DO NOT** contain garlic.

- Baked Kibbeh
- Stuffed Grape Leaves
- Mujadra
- Tabbouleh
- Beef Kebob
- Gyro Sauce
- All salads excluding the dressing

Corn: The following menu items are prepared with a food product made from corn that can not be omitted.

- Black Bean Soup
- Ranch Dressing
- Creamy Feta Dressing
- Sumac Sauce
- Gyro Sauce/Cucumber Sauce

Halal: The following cuts of meat or menu item **are** Halal.

- Lamb Grape Leaves
- Lamb Burger
- Lamb Kebob
- Kafta Kebob
- Beef Kebob
- Chicken Kebob
- Chicken Breast
- Crispy Chicken Sandwich
- Chicken Shawarma
- Deboned Chicken
- Baked Kibbeh