

WHAT A CROCK ALLERGEN CHART

Please note: What a Crock Meals To Go LLC makes every attempt to identify ingredients that may cause allergic reactions for those with food allergies. However, there is always risk of contamination. In our kitchen we use products such as milk, eggs, gluten, seafood, sesame seeds, capsicum, and other potential allergens. Although we have strict cross contamination policies, we cannot guarantee a total absence of these substances in any of our products. Manufacturers of the ingredients can change their formulations at any time without notice -- causing the data in this chart to become out of date. Customers with food allergies must be aware of this risk. What a Crock will not assume any liability for adverse reactions from the food consumed, or items one may come into contact with while eating any of our products.

Menu Item Name		Gluten/Wheat	Dairy/Milk	Egg	Soy	Peanut	Treenut	Shellfish
Beef								
Au Jus Buttermilk Steak	Nutrition Facts		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			
Beef & Broccoli	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			
Beef Burgundy	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			
Beef Overstuffed Peppers	Nutrition Facts		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			
Beef Stroganoff	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Brisket Fajitas	Nutrition Facts		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			
Grandma's Homemade Meatballs	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Homemade Chili	Nutrition Facts				<input checked="" type="checkbox"/>			
New Orleans Braised Beef	Nutrition Facts	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>			
Old Fashioned Pot Roast	Nutrition Facts				<input checked="" type="checkbox"/>			
Sloppy Joe	Nutrition Facts				<input checked="" type="checkbox"/>			
Uptown Beef Stew	Nutrition Facts				<input checked="" type="checkbox"/>			
Poultry								
Apple Cider Chicken	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			
BBQ Grilled Chicken Thighs	Nutrition Facts				<input checked="" type="checkbox"/>			
Cheesy Chicken	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					
Chicken Alfredo	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			
Chicken Marsala	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
Chicken Parm Meatballs	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Chicken Pierogi Stew	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Chicken Pot Pie Stew	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					
Chicken Primavera	Contact us	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					
Creamy Pesto Chicken	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			
Firecracker Chicken	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			
Honey Garlic Chicken	Nutrition Facts		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			
Jerk Chicken	Nutrition Facts		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			
Lemon Garlic Chicken	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					
Oven Roasted Pulled Chicken	Nutrition Facts				<input checked="" type="checkbox"/>			
Parma Rosa Chicken	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			
Southwest Smoked Chicken Chili	Nutrition Facts				<input checked="" type="checkbox"/>			
Spanish Chicken & Rice	Nutrition Facts		<input checked="" type="checkbox"/>					
Turkey Chili	Nutrition Facts				<input checked="" type="checkbox"/>			

Menu Item Name		Gluten/Wheat	Dairy/Milk	Egg	Soy	Peanut	Treenut	Shellfish
Pork								
Carnitas	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			
Creamy Pesto Sausage	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			
Jambalaya	Nutrition Facts		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Roast Pork Ragu	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			
Sausage Scallopini	Nutrition Facts				<input checked="" type="checkbox"/>			
Smoked BBQ Pulled Pork	Nutrition Facts				<input checked="" type="checkbox"/>			
Sweet & Smokey Riblets	Nutrition Facts							
Seafood								
Crabby Mac & Cheese	Contact us	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					
Honey Garlic Shrimp	Nutrition Facts				<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Italian Shrimp Gumbo	Contact us		<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>
Jambalaya	Nutrition Facts		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Lobster Ravioli	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Shrimp Alfredo	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Shrimp Florentine	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>
Shrimp Fra Diavolo	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Shrimp Primavera	Contact us	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>
Shrimp & Scallop Fra Diavolo	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Shrimp & Scallop Scampi	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>
Shrimp Scampi	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>
Vegetarian & Vegan								
Broccoli Alfredo	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			
Broccoli Cheddar Ale Soup	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			
Cheese Ravioli	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			
Italian Veggie Gumbo	Contact us		<input checked="" type="checkbox"/>					
Veggie Florentine	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					
White Bean Chili (Vegan)	Nutrition Facts				<input checked="" type="checkbox"/>			
Dips								
Buffalo Chicken Dip	Nutrition Facts		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Cheesy Taco Dip	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			
Pepperoni Pizza Dip	Nutrition Facts		<input checked="" type="checkbox"/>					
Philly Cheesesteak Dip	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			
Spinach & Artichoke Dip	Nutrition Facts		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Soups								
Broccoli Cheddar Ale Soup	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			
Homemade Chicken Soup	Nutrition Facts with noodles	Nutrition Facts with rice	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Italian Wedding Soup	Nutrition Facts		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
Loaded Potato Soup	Nutrition Facts		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
Minestrone Soup	Nutrition Facts		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			
Pumpkin Apple Soup	Nutrition Facts			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Tomato Basil Bisque	Nutrition Facts			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			

Menu Item Name		Gluten/Wheat	Dairy/Milk	Egg	Soy	Peanut	Treenut	Shellfish
Sides & Sauces								
Brown Sugar Mashed Sweet Potatoes	Nutrition Facts			<input checked="" type="checkbox"/>				
Cheesy Garlic Bread	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					
Crabby Mac & Cheese	Contact us	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>
Creamy Garlic Mashed Potatoes	Nutrition Facts			<input checked="" type="checkbox"/>				
Creamy Pesto Sauce (24oz)	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			
Dirty Rice	Nutrition Facts			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Fra Diavolo Sauce	Nutrition Facts			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Grandma's Gravy Sauce (24oz)	Nutrition Facts				<input checked="" type="checkbox"/>			
Parma Rosa Sauce (24oz)	Nutrition Facts							
Rice and Beans	Contact us	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					
Savory Roasted Root Vegetable Mash	Contact us	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					
Scampi Sauce	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					
Three Cheese Mac & Cheese	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					
Desserts								
Chocolate Molten Cake	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
French Toast Bread Pudding	Nutrition Facts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				