

## 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of the ingredients can change their formulations at any time without notice -- causing the data in this chart to become out of date.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 |
|--------------------------------|---------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|--------|---------|-----------|
| <b>Beef</b>                    |                                 |                                     |                                     |                                     |                                     |        |         |           |
| Au Jus Buttermilk Steak        | <a href="#">Nutrition Facts</a> |                                     | <input checked="" type="checkbox"/> |                                     | <input checked="" type="checkbox"/> |        |         |           |
| Beef & Broccoli                | <a href="#">Nutrition Facts</a> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |                                     | <input checked="" type="checkbox"/> |        |         |           |
| Beef Burgundy                  | <a href="#">Nutrition Facts</a> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |                                     | <input checked="" type="checkbox"/> |        |         |           |
| Beef Overstuffed Peppers       | <a href="#">Nutrition Facts</a> |                                     | <input checked="" type="checkbox"/> |                                     | <input checked="" type="checkbox"/> |        |         |           |
| Beef Stroganoff                | <a href="#">Nutrition Facts</a> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |        |         |           |
| Brisket Fajitas                | <a href="#">Nutrition Facts</a> |                                     | <input checked="" type="checkbox"/> |                                     | <input checked="" type="checkbox"/> |        |         |           |
| Grandma's Homemade Meatballs   | <a href="#">Nutrition Facts</a> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |        |         |           |
| Homemade Chili                 | <a href="#">Nutrition Facts</a> |                                     |                                     |                                     | <input checked="" type="checkbox"/> |        |         |           |
| New Orleans Braised Beef       | <a href="#">Nutrition Facts</a> | <input checked="" type="checkbox"/> |                                     |                                     | <input checked="" type="checkbox"/> |        |         |           |
| Old Fashioned Pot Roast        | <a href="#">Nutrition Facts</a> |                                     |                                     |                                     | <input checked="" type="checkbox"/> |        |         |           |
| Sloppy Joe                     | <a href="#">Nutrition Facts</a> |                                     |                                     |                                     | <input checked="" type="checkbox"/> |        |         |           |
| Uptown Beef Stew               | <a href="#">Nutrition Facts</a> |                                     |                                     |                                     | <input checked="" type="checkbox"/> |        |         |           |
| <b>Poultry</b>                 |                                 |                                     |                                     |                                     |                                     |        |         |           |
| Apple Cider Chicken            | <a href="#">Nutrition Facts</a> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |                                     | <input checked="" type="checkbox"/> |        |         |           |
| BBQ Grilled Chicken Thighs     | <a href="#">Nutrition Facts</a> |                                     |                                     |                                     | <input checked="" type="checkbox"/> |        |         |           |
| Cheesy Chicken                 | <a href="#">Nutrition Facts</a> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |                                     |                                     |        |         |           |
| Chicken Alfredo                | <a href="#">Nutrition Facts</a> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |                                     | <input checked="" type="checkbox"/> |        |         |           |
| Chicken Marsala                | <a href="#">Nutrition Facts</a> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |                                     |        |         |           |
| Chicken Parm Meatballs         | <a href="#">Nutrition Facts</a> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |        |         |           |
| Chicken Pierogi Stew           | <a href="#">Nutrition Facts</a> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |        |         |           |
| Chicken Pot Pie Stew           | <a href="#">Nutrition Facts</a> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |                                     |                                     |        |         |           |
| Chicken Primavera              | <a href="#">Contact us</a>      | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |                                     |                                     |        |         |           |
| Firecracker Chicken            | <a href="#">Nutrition Facts</a> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |                                     | <input checked="" type="checkbox"/> |        |         |           |
| Honey Garlic Chicken           | <a href="#">Nutrition Facts</a> |                                     | <input checked="" type="checkbox"/> |                                     | <input checked="" type="checkbox"/> |        |         |           |
| Jerk Chicken                   | <a href="#">Nutrition Facts</a> |                                     | <input checked="" type="checkbox"/> |                                     | <input checked="" type="checkbox"/> |        |         |           |
| Lemon Garlic Chicken           | <a href="#">Nutrition Facts</a> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |                                     |                                     |        |         |           |
| Oven Roasted Pulled Chicken    | <a href="#">Nutrition Facts</a> |                                     |                                     |                                     | <input checked="" type="checkbox"/> |        |         |           |
| Sesame Orange Chicken          | <a href="#">Contact us</a>      | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |                                     | <input checked="" type="checkbox"/> |        |         |           |
| Southwest Smoked Chicken Chili | <a href="#">Contact us</a>      |                                     |                                     |                                     | <input checked="" type="checkbox"/> |        |         |           |
| Spanish Chicken & Rice         | <a href="#">Nutrition Facts</a> |                                     | <input checked="" type="checkbox"/> |                                     |                                     |        |         |           |
| Turkey Chili                   | <a href="#">Nutrition Facts</a> |                                     |                                     |                                     | <input checked="" type="checkbox"/> |        |         |           |

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

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