



Allergen Guidelines

At Fire Bowl Café we work to provide the most up-to-date ingredient information on our menu items to help people with food allergies or sensitivities to make wise food choices. We recommended that you contact your medical professional if you have any questions or concerns about your food allergy.

Fire Bowl Café restaurants are often busy and cross contamination may occur between ingredients, including allergens, thus it is important you are aware of ingredients listed in specific menu items. Always tell your local Fire Bowl Café manager about your food allergy so that they may assist you in make the correct menu choice.

Fire Bowl Café and its employees do not assume responsibility for a particular sensitivity or allergy to any food provide in our restaurant. We encourage anyone with food allergies or sensitivities to contact Fire Bowl Café @ info@firebowlcafe.com to receive the most up-to-date information regarding food allergens in products used in our restaurants.

	Coconut	MSG	Gluten/ wheat	Peanuts	Egg	Soy	Dairy	Corn	Fish	Shellfish	Sesame	Onion	Tree Nuts	Mushroom
X indicates allergen														
R Removal allergen														
Stir Fry Your Way (Proteins)														
Chicken								X						
Beef								X						
Soft Tofu						X								
Fried Tofu						X								
Shrimp										X				
Veggie Mixes														
Spring Veggie														
Thai Veggie						R		R						R
Sauces (for Stir Fry Your Way)														
Thai Pepper		X	X			X		X	X					X
Red Curry	X	X	X			X		X		X				
Fire Sauce			X			X		X						X
Kung Pao			X			X		X						
Szechuan Garlic		X	X			X		X	X	X				X
Hunan Black Bean		X	X			X		X	X	X				X
Spicy Peanut	X		X	X		X		X						X
Lemongrass Basil		X						X	X					
Coconut Curry	X							X						X
Classic Chinese		X	X			X		X		X				X
Teriyaki Sauce			X			X		X						X
Ginger White Wine								X			X			
Noodle and Rice Bowls (no proteins)														
Fire Noodle			X			X		X			X	R		R
Drunken Noodle		X	X		R	X		X		X				X
Vermicelli Singapore			X		R	X					X	R		X
Wok Toss Noodle			X			X					X	R		X
Pad Thai			X	R	R	X			X	X	X	R		X
Vietnamese Noodle			X	R		X			X	X		R		X
Thai Tom Kah Noodle Soup	X	X							X					R
Spicy Basil Fried Rice			X	R	R	X			X	X	R			X
Pineapple Fried Rice			X	R	R	X					R	R		X
Fire Bowl Fried Rice			X		R	X					R	R		X
Traditional Favorites														
General Tso's Chicken			X		X	X		X						X
Crispy Orange Chicken			X		X	X		X						X
Sweet & Sour Chicken			X		X	X		X						X
Sesame Chicken			X		X	X		X						X



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	Coconut	MSG	Gluten/ wheat	Peanuts	Egg	Soy	Dairy	Corn	Fish	Shellfish	Sesame	Onion	Tree Nuts	Mushroom
MIGHTY BITES (without sauces)														
Veggie Spring Rolls			X			X					X	X		X
Edamame						X								
Soft Thai Summer Rolls														
Pork Egg Rolls		X	X		X	X		X	X			X		X
Crab Rangoon			X		X		X	X		X	X	X		
Potstickers		No added	X			X						X		
Chicken Wings			X			X		X	X					
SOUPED UP														
Hot & Sour		X	X		X	X		X			X	R		
Spicy Coconut	X	X							X					
Miso Tofu						X						R		X
SALADS (without dressing)														
Salad (Fried Tofu)			R			X					X	R	R	
Salad (Chicken)			R								X	R	R	
Side Salad			R								X	R		
Asian Slaw											X	X		
SALAD DRESSING/ APPTIZER SAUCES														
Asian Citrus											X			
Ginger Soy			X			X					X			X
Sweet & Sour			X			X								
Spicy Peanut			X	X		X								
Vietnamese Noodle Dressing									X		X			
Potsticker Sauce			X			X								X
Hot Oil														
RICE & NOODLES														
White Rice														
Brown Rice														
Fried Rice			X		X	X						X		X
Lomein			X											
Thin Rice (Pad Thai)														
Flat Rice (Chow Fun)														
Vermicelli														
KID'S BOWLS (without rice or noodles)														
Teriyaki			X			X		X						X
Sweet & Sour Chicken			X		X	X		X						
Chicken Lomein			X			X								X
Macaroni & Cheese			X				X							

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R Removal allergen