



Dining with food allergies can be tricky at fast food places. Burger King's Allergen Menu helps you make safe meal choices. They track 14 food allergens across their menu for customer safety. Burger King provides detailed allergens info for each menu item. They use three risk levels: "Contains," "May Contain," and "May Contain via Shared Equipment." These help you understand potential risks. Your safety is important to Burger King. They offer full details about allergens in every product. This includes popular items like the WHOPPER® and Chicken Royale. The Allergens in every product. customers with food sensitivities make informed choices. This guide will help you navigate Burger King's menu confidently. Understanding Burger King's commitment to Food Safety is crucial for Burger King, especially for customers with dietary restrictions and allergies. Over 20 million Americans have food allergies. Burger King has strategies to protect guest health and provide allergen management exceeds industry standards. Allergic reactions cause 200,000 emergency room visits yearly. This drives their commitment to safe dining experiences. Kitchen Safety Controls and Cross-Contamination Prevention Burger King uses strict kitchen protocols to reduce cross-contamination risks. These include separate storage for allergen management. Staff receive training on proper allergen handling procedures. Separate storage areas for allergen management Staff training on allergen for different food preparation zones Specialized cleaning equipment for allergen-free menu options. Burger King provides detailed allergen information to help customers choose wisely. This includes clear labeling and staff training to answer dietary questions. Restaurant Kitchen Environment Considerations The open kitchen design lets customers watch food preparation. This shows Burger King's commitment to food safety. It builds trust by demonstrating careful ingredient handling and reducing allergen risks. Burger King / Stood sensitivity guide helps customers with specific nutritional needs. It's important to understand the allergen information for safe food choices. Burger King tracks 14 legally specified food allergens in its menu. They use clear labeling methods for allergen transparency. "Contains" - indicates a definite ingredient presence "May contain" - signals potential cross-contamination risk "May contain" - signals potential cross-contamination risk "May contain" - indicates a definite ingredient presence "May contain" - signals potential cross-contamination during preparation The restaurant uses strict kitchen safety controls to reduce allergen risks. These include separate storage areas and dedicated utensils for different foods. They also use special cleaning methods for equipment. Separate storage areas for allergenic products Dedicated utensils for different foods. details on packaging. This helps them make informed dietary decisions. The restaurant's transparency helps people with food sensitivities enjoy meals confidently. Here are key tips for using the dietary restrictions menu: Always check current allergen information Communicate specific dietary needs to staff Review ingredient lists carefully Consider potential cross-contamination risks Burger King's food sensitivity guide is a vital resource. It ensures a safer dining experience for those with allergies. Burger King lists 14 major allergens to help customers choose safely. They take food safety seriously. Fast food allergens matter for people with dietary limits. Burger King offers detailed allergen info. This helps customers pick meals wisely. The 14 Major Allergens Identified Gluten (Wheat flour) Lupin Soya Milk Egg Celery Nuts Peanuts Sesame Mustard Fish Mollusc Crustaceans Sulphur Dioxide Cross-Contact Risk Assessment Burger King warns about possible cross-contamination in their kitchens. People with severe allergies should be extra careful. Shared cooking tools and prep areas can be risky. Shared Equipment Considerations Many items like WHOPPER® products and Chicken Royale contain gluten. Fries and onion rings also often have this allergen. Tell staff about your allergies for safer meal prep. Key points for allergy-friendly dining: Most burger and chicken products have multiple allergens Breakfast items often contain wheat flour Fried foods have higher cross-contamination risks Always check the menu's allergens Breakfast items often contain wheat flour Fried foods have higher cross-contamination risks Always check the menu's allergens Breakfast items often contain wheat flour Fried foods have higher cross-contamination risks Always check the menu's allergens Breakfast items often contain wheat flour Fried foods have higher cross-contamination risks Always check the menu's allergens Breakfast items often contain wheat flour Fried foods have higher cross-contamination risks Always check the menu's allergens Breakfast items often contain wheat flour Fried foods have higher cross-contamination risks Always check the menu's allergens Breakfast items often contain wheat flour Fried foods have higher cross-contamination risks Always check the menu's allergens Breakfast items often contain wheat flour Fried foods have higher cross-contamination risks Always check the menu's allergens Breakfast items often contain wheat flour Fried foods have higher cross-contamination risks Always check the menu's allergens Breakfast items often contain wheat flour Fried foods have higher cross-contamination risks Always check the menu's allergens Breakfast items often contain wheat flour Fried foods have higher cross-contamination risks Always check the menu's allergens Breakfast items often contain wheat flour Fried foods have higher cross-contamination risks Always check the menu's allergens Breakfast items often contain wheat flour Fried foods have higher cross-contamination risks Always check the menu's allergens Breakfast items often contain wheat flour Fried foods have higher cross-contamination risks Always check the menu's allergens Breakfast items often contain wheat flour Fried foods have breakfast items and the menu's allergens Breakfast items often contain wh meal at Burger King. Dairy-Free Options at Burger King Burger King offers several dairy-free menu options for customers with allergies. The allergies. The allergies to meet dietary needs. Here are some popular choices: WHOPPER® WHOPPER® IMPOSSIBLE WHOPPER® IMPOSSIBLE WHOPPER® Classic Hamburger To order dairy-free, ask for no cheese and avoid milk-based sauces. If you have severe allergies, clearly communicate your needs to the staff. Category Dairy-Free Items Potential Cross-Contact Risk Main Entrees WHOPPER®, Hamburger Medium Sides Dutch Apple Pie, Applesauce, Fries High Drinks BK® Cafe Coffee, Sodas, Juices Low Be aware of cross-contamination risks, especially with shared fryers. Chicken products, fries, and hash browns may contain dairy traces. This is due to shared cooking methods. For safe dining, follow these tips: Always verify current ingredients Communicate allergies to staff Request careful food preparation Check online allergen information before visiting Burger King with gluten sensitivities can be tricky. It's important to know which foods contain gluten to make safe choices. Burger King doesn't offer gluten-free options. This makes it hard for people with wheat allergies or celiac disease to choose meals. Bun and Bread Components Most Burger King buns have wheat flour, which contains gluten. The restaurant doesn't offer gluten-free bun options. You can order burgers without buns if you're avoiding gluten. This allows for a gluten-free meal option. Standard buns contain wheat-based gluten No gluten-free bun alternatives are available Hamburgers and cheeseburgers can be ordered without buns for gluten-free bun alternatives are available Hamburgers and cheeseburgers can be ordered without buns for gluten-free bun alternatives are available Hamburgers and cheeseburgers can be ordered without buns for gluten-free bun alternatives are available Hamburgers and cheeseburgers can be ordered without buns for gluten-free bun alternatives are available Hamburgers and cheeseburgers can be ordered without buns for gluten-free bun alternatives are available Hamburgers and cheeseburgers can be ordered without buns for gluten-free bun alternatives are available Hamburgers and cheeseburgers can be ordered without buns for gluten-free bun alternatives are available Hamburgers and cheeseburgers can be ordered without buns for gluten-free bun alternatives are available Hamburgers and cheeseburgers can be ordered without buns for gluten-free bun alternatives are available Hamburgers and cheeseburgers and cheeseburgers can be ordered without buns for gluten-free bun alternatives are available Hamburgers and cheeseburgers and cheeseburgers are available Hamburgers are avail Some menu items have ingredients with gluten. Avoid these if you're sensitive to gluten: Chicken nuggets with wheat flour breading Hash browns containing which might expose them to gluten. Safe options for gluten-sensitive customers include: Beverages (sodas, iced tea, juices) Condiments like ketchup and mayonnaise Grilled menu items without breading Always tell staff about your dietary needs. Check ingredient information carefully before ordering if you're sensitive to gluten. Safe Menu Choices for Egg Allergies Dining with egg allergies can be tricky. Burger King offers quick service allergen info for customers with egg-related dietary needs. Egg allergies affect 2-3% of people, making clear menu guidance vital. At Burger King, knowing safe items requires careful thought. Customers should ask staff for detailed allergen information before ordering. This helps ensure a safe dining experience. Chicken Nuggets: Egg-free option Chicken Fries: Safe for egg-allergic customers Hamburger: No egg ingredients Value Size French Fries: Egg-free option Chicken And fish products. These typically contain egg. It's best to steer clear of these menu items. Menu Category Egg-Free Options Items to Avoid Burgers Hamburger, Whopper Jr. Bacon, Egg & Cheese Croissan'wich Chicken Sandwiches Sides French Fries, Onion Rings Chicken Strips Communication is key for allergy-friendly dining. Always tell staff about your egg allergy. Ask them to take steps to prevent cross-contamination during food prep. Navigating the Burger King, those with fish allergies affect about 1% of Americans. This makes it vital to navigate menus carefully. At Burger King, those with fish allergies affect about 1% of Americans. cross-contact helps customers stay safe while dining out. Fast food allergens require careful menu study. About 30% of people with fish allergies may have other food sensitivities. This makes thorough menu knowledge even more important. allergies: Classic Hamburger Whopper without fish allergies Request fresh preparation surfaces Avoid fish allergies Request fresh preparation shared cooking equipment Review current allergen information Allergic reactions can happen quickly after exposure. Most severe reactions occur within two hours. Always put your safety first when eating out. Soy and Tree Nut Considerations Burger King's menu guidance helps customers with food allergies. Their insights are crucial for those managing food sensitivities. Careful attention to ingredients is necessary when dining out. Soy is common in many Burger King items. Most products use soy oil, posing risks for those with soy allergies. The restaurant's food sensitivity guide offers vital information for safe dining. Soy is found in multiple menu items Cooking oils frequently contain soy derivatives Cross-contamination potential exists in shared kitchen spaces Burger King avoids direct nut ingredients. Their current menu doesn't include peanuts or tree nuts as components. Menu Item Soy Content Nut Presence Potential Risks Impossible Whopper High None Cross-contact possible Chicken Nuggets Moderate None Soy oil used French Fries Low None Minimal risk Customers with severe allergies should talk to staff about their dietary needs. Asking for detailed ingredient inform staff about specific allergies Request ingredient verification Consider alternative menu options Knowing allergen risks helps diners make smart choices at Burger King. This knowledge empowers customers to manage their unique dietary needs. They offer allergen-free menu options for everyone's satisfaction. Their kitchen staff prioritizes allergy friendly dining. Personalized Meal Modifications Customers can tailor orders to fit dietary restrictions. The restaurant offers several ways to modify meals. Remove specific ingredients Substitute protein options Request no-cheese selections Ask for alternative condiments of the several ways to modify meals. ordering with dietary needs. Here are some helpful tips: Speak directly with restaurant staff Explain specific allergies or restrictions Request glove change during preparation Verify ingredient details before consuming Modification Type Available Options Potential Alternatives Lettuce Wrap Gluten-Free Options Condiment Changes Mayo Removal Vegan Mayo Fast-food environments may have cross-contamination risks. Always inform staff about your dietary needs. This ensures a safe and enjoyable meal. Understanding Burger King's Cooking Methods Burger King's cooking processes are vital for allergen management in fast food Their flame-grilling technique and shared equipment require caution from customers with dietary sensitivities. These methods impact quick service allergen information significantly. Flame-grilling sets Burger King apart from other fast-food chains. This method cooks beef patties and breakfast sausages on a high-temperature broiler. It creates unique flavors but raises cross-contamination concerns. Flame-grilling uses direct heat exposure High-temperature cooking reduces moisture retention Potential for cross-contact with different protein types Shared fryers are another key part of Burger King's cooking setup. They use a mix of vegetable oils, including canola and soybean. These oils can interact with various menu items. Cooking Method Oil Type Allergen Risk Temperature Range Flame Grill N/A High Cross-Contact Risk 400-450°F Deep Fryer Canola/Soybean Moderate Allergen Interaction 350-375°F People with food allergies should ask staff for detailed allergen info. Knowing these cooking methods helps customers make smart dietary choices. It also helps them avoid potential allergic reactions. Allergen-Specific Menu Modifications Burger King offers options for customers with food sensitivity guide is key when ordering at Burger King. The restaurant has strategies to meet various dietary requirements. Safe Ordering Tips Always communicate your specific allergies to staff members Request ingredient lists before ordering Ask about potential cross-contamination risks Consider custom modifications to standard menu items Check online nutritional information in advance Menu Substitution Strategies Burger King allows changes for customers with dietary restrictions: Replace standard buns with lettuce wraps Omit cheese for dairy-sensitive customers Request grilled instead of crispy chicken options like plant-based patties These strategies help customers create meals that fit their dietary needs. Burger King's menu offers diverse options for personalized dining experiences. Conclusion The Burger King Allergen Menu is vital for those with dietary restrictions. It helps people with food allergies make safe dining needs clear communication and awareness. Burger King's transparency aids customers in making informed decisions. Understanding menu details and cross-contamination risks helps people choose safe meal options. Vigilance is crucial for diners with food allergies. Always ask staff questions and check current allergen menus. Carry emergency medications like EpiPens as a precaution. This guide aims to help you dine more safely and confidently. Stay informed and proactive to enjoy meals while managing food allergy risks. Burger King offers allergen menu at the counter or check their website. The 14 major allergens include celery, gluten-containing cereals, crustaceans, eggs, fish, and lupin. Milk, mollusks, mustard, nuts, peanuts, sesame, soybeans, and sulfur dioxide are also included. Burger King identifies these allergens across their menu to help customers make informed choices. Yes, Burger King offers customization options for customers with dietary restrictions. You can request modifications like removing cheese for dairy-free meals is another option. You can also ask staff to change gloves to prevent cross-contamination. Burger King uses strict food safety protocols to minimize to safety protocols cross-contamination risks. These include separate storage areas, dedicated utensils, and staff training. However, customers with severe allergies should always inform staff and be cautious. Burger King offers various allergen-friendly options, but no menu item is 100% allergen-free. This is due to shared kitchen equipment and potential cross-contact. Customers with severe allergies should consult staff and review ingredient information carefully. Burger King regularly updates its allergen menu to reflect changes in ingredients and recipes. It's best to check their official website or ask staff for current allergen menu to reflect changes in ingredients and recipes. needs. Consider bringing your own safe alternatives and review ingredient lists carefully. Be ready to ask detailed questions about food preparation to ensure your safety. Updated January 2025! Although they have quite a few menu items, Burger King has a core set of ingredients, most of which are made without milk. Consequently, without cheese, the majority of their burgers, sandwiches and sides are actually dairy free. We have details on these items, including custom order options, allergen Notes & Vegan Options Be aware of special order requirements in parentheses () next to the menu items, and see the Heads Up notes to help fill in the blanks. Please note that this dairy-free menu guide is for the U.S. locations, but it also includes notes on Canadian options. Options may vary in other countries. Fryer Note: Their fryer oil contains corn, canola, soy, and/or cottonseed oils. Many fried items at Burger King are made without milk. Nevertheless, Burger King does use shared fryers. So there is still some risk for potential cross-contamination of allergens, like milk, with all fried items. Check at your location if concerned. Butter Note: It is not policy to use dairy butter on the buns or for cooking at Burger King. But always verify at your location. Individual franchise owners and managers can take liberties. Beware of Old Allergen Menus: If you just search online, you will come up with OLD Burger King allergen menus. We work hard to get the most current, detailed information possible. Company searches can yield outdated information. date that changes to the current date and time. But it is a very old chart. Other Allergen & Dietary Notes: At last check, all menu items at Burger King were made without any peanuts or tree nuts. They do not have any gluten-free buns at this time. Most of the menu items at Burger King contain soy or are fried in soy oil. Their hand-breaded chicken and fish does contain egg, but the nuggets and chicken fries do not. The dairy-free burgers can be ordered egg-free if you hold any mayo and mayo-based sauces. For vegan options, see the Vegan Menu Guide at the bottom of this post. Burgers Bacon Burger, Single or Double (no cheese) Bacon King Burger (no cheese) Bacon Melt (no cheese) (seasonal) BBQ Bacon Whopper Jr. Classic Melt (no cheese) (seasonal) Double Burger (no cheese) (seasonal) Double Burger (no cheese) (seasonal) Double Burger (no cheese) (seasonal) Texas Double Whopper Jr., Single or Double Burger (no cheese) (seasonal) Double Bu Whopper, Single, Double, or Triple Franken Whopper (Canada only) Veggie Burger (Canada only) Heads Up! Their Whopper Seasoning Blend is made without cheese (the Stackers are typically dairy-free without cheese components in the seasonal Mexican Street Corn Whopper (street corn spread, queso) and Fried Pickle Ranch Whopper (fried pickles, ranch) contain milk, so we don't recommend custom ordering them without milk. However, the Crispy Onions & Jalapenos and Candied Bacon on the seasonal Maple Bourbon BBQ Whopper are made without milk. When available the Purple Bun at Burger King is also made without milk. The Donut Burger is only available in Ecuador, and it does contain milk in Canada) Chicken Fries Chicken Jr. Sandwich (U.S. only, contains milk in Canada only) Original Chicken Sandwich (Canada only, contains milk in the U.S.) Spicy Chicken Jr. Sandwiches (which were dairy-free by ingredients) have been replaced with the BK Royal Crispy Chicken Sandwiches. The Royal Crispy patties reportedly contain milk. Unfortunately, this means the BK Royal Crispy Wraps also contain milk. The Original Chicken Sandwich Patty does contain milk in the U.S. So the limited time American, Italian, and Mexican versions all contain milk. Other Sides Chicken Fries Chicken Nuggets French Fries Mott's Applesauce Onion Rings (see Heads Up! below) Heads Up! The Pickle Fries at Burger King do contain milk. If you search for BK's allergen menu, the search will give you many old and outdated allergen charts first. And some of the allergen menu, the search will give you many old and outdated allergen charts are for other countries. As mentioned, this guide covers the U.S. Burger Kings and we source the most current information available, and also confirm with staff. Some of these old and out of country charts will say that the Onion Rings contain milk. But their CURRENT U.S. allergen information does state no milk. There is one allergen chart that has a date and time that changes to the current date and time when you look at it. That chart is very old. If you think you have NEW information about changes to the onion rings, feel free to reach out. Dipping Sauces Barbecue Honey Mustard Marinara Stacker Sauce (seasonal) Zesty Heads Up! In addition to the Ranch, the Buffalo Dipping Sauces Barbecue Honey Mustard Marinara Stacker Sauce (seasonal) Zesty Heads Up! In addition to the Ranch, the Buffalo Dipping Sauces Barbecue Honey Mustard Marinara Stacker Sauce (seasonal) Zesty Heads Up! In addition to the Ranch, the Buffalo Dipping Sauces Barbecue Honey Mustard Marinara Stacker Sauce (seasonal) Zesty Heads Up! In addition to the Ranch, the Buffalo Dipping Sauces Barbecue Honey Mustard Marinara Stacker Sauce (seasonal) Zesty Heads Up! In addition to the Ranch, the Buffalo Dipping Sauces Barbecue Honey Mustard Marinara Stacker Sauce (seasonal) Zesty Heads Up! In addition to the Ranch, the Buffalo Dipping Sauces Barbecue Honey Mustard Marinara Stacker Sauce (seasonal) Zesty Heads Up! In addition to the Ranch, the Buffalo Dipping Sauces Barbecue Honey Mustard Marinara Stacker Sauce (seasonal) Zesty Heads Up! In addition to the Ranch, the Buffalo Dipping Sauces Barbecue Honey Mustard Marinara Stacker Sauce (seasonal) Zesty Heads Up! In addition to the Ranch, the Buffalo Dipping Sauces Barbecue Honey Mustard Marinara Stacker Sauce (seasonal) Zesty Heads Up! In addition to the Ranch, the Buffalo Dipping Sauces Barbecue Honey Mustard Marinara Stacker Sauce (seasonal) Zesty Heads Up! In addition to the Ranch, the Buffalo Dipping Sauce Sauce (seasonal) Zesty Heads Up! In addition to the Ranch (seasonal) Zesty Heads Up! In addition to the Ranch (seasonal) Zesty Heads (s with Mott's Natural Applesauce, French Fries, or Onion Rings (they do use a shared fryer) and apple juice for the drink. See the Dipping Sauce options above, and information on the sides above. Breakfast French Toast Sticks with Syrup Hash Browns Oatmeal (prepared with water) Heads Up! The Egg used in their Breakfast Sandwiches and Burritos contains milk in the butter flavor (it's a premade egg mix). Note that the French Toast Sticks and Hash Browns are fried, so they might be cooked in a shared fryer with items containing milk. Burger King only offers a basic dairy creamer option for their coffee. They do not have any dairy-free milk or creamer alternatives. The Creamy Spicy Sauce / Spread on the Burritos is dairy-free by ingredients (it does contain egg and soy). Dessert Heads Up! Sadly, there are no longer King - the Dutch Apple Pie was discontinued. The Churro Fries do contain milk. Burger King Vegan Menu Guide Impossible Whopper (no mayo) French Fries Onion Rings French Toast Sticks with Syrup Hash Browns Oatmeal (prepared with water) Barbecue Sauce This Post is for Informational Purposes Only Menus, ingredients, kitchen procedures, management, food sourcing, and restaurant protocols are subject to change at any time. accommodate your situation. This post is for informational purposes only, and should not be construed as advice. There is always a risk for potential cross-contamination of allergens in any commercial kitchen. If cross-contamination is an issue for you, always speak with the manager to ensure that your meal can be safely prepared. Listings here do not guarantee that a restaurant is safe enough for your individual needs. Only you can make that decision. Each location of a chain restaurant has different owners. This means different owners. This means different owners. This means different owners. order for your needs at your current location. Where to Find Burger King Ications in the U.S. and more than 17,000 worldwide. See the website below for addresses, hours, and online ordering. Website: www.bk.com Dairy free at burger King April 29, 2025 Ooh thanks for this info!! Helen Great! November 19, 2024 Any word on if Burger King's new pickle fries have dairy? I've been using this website for years! It's amazing and never lead me wrong! Carmie Response from Go Dairy FreeWe have updated, and unfortunately, the pickle fries at Burger King do contain milk. ONION RINGS September 23, 2024 How hard can it possibly be for a giant burger chain like BK to develop and KEEP A MILK FREE Onion ring? I love their's. I have to hold up the world and play 20 questions for a freaking order of rings. GET IT TOGETHER! Jim Burger King added Mozzarella Fries June 4, 2024 As of May 15 2024 Burger King now permanently will carry Mozzarella Fries, which makes the shared fryer situation completely untenable for me 🕸 which really sucks cuz I LOVE burger king fries and I cannot have them anymore Deeku H Thank you note March 4, 2024 Thank you for posting a good and accurate dairy free menu items list I hope other restaurants will follow you! Donna Onion Rings January 29, 2024 The onion rings at BK do infact have dairy in them. They all correct based on CURRENT U.S. allergen and ingredient information from Burger King. And yes, in the U.S. they are made without milk! Make sure you read all notes above about old allergen menus and other country allergen menus. It seems you are looking something else. Super helpful! April 6, 2023 This website is soo much better than searching myself. I just wanted to verify, the burger buns have no dairy? That's the place I see it the most. Dee Response from Go Dairy Free Thank you for always posting dairy free options. Having a dairy allergy is not fun and people do not understand so your website is my go-to to see what I can eat. Thank you for people like me who have allergies! We appreciate you! Leah selga Thank you for posting all of this information and ensuring ot is up to date. Tiffany Awesome site January 24, 2023 Thanks so much for keeping this site updated. Very convenient to find all this info for dining out options Nikhil For More Dairy-Free Guidance, Get Go Dairy Free! When it comes to dining out, knowing what's in your food is essential. For those with dietary restrictions, finding safe options can be a challenge. This guide provides a detailed look at the latest allergen information and nutritional details for popular fast-food items. With over 7,000 locations across the U.S., ingredient lists can vary by region. It's important to check the most recent allergen charts, as they are updated regularly. This ensures you have accurate information for your dietary needs. Many core items are dairy-free, but cross-contamination risks exist in shared fryers Always confirm with staff to avoid potential allergens. Stay informed and enjoy your meal with confidence. Introduction to the Burger King has made significant strides in allergen transparency since its 2024 updates. These changes aim to provide clearer information about ingredients and potential risks. Maintaining accurate allergen details in fast food can be challenging. With thousands of locations, ingredient lists may vary by region. This makes it essential to check the latest allergen charts before ordering. Customer satisfaction with allergen information is high. A recent survey shows that 71% of users rate Burger King's allergen details as excellent. This reflects the brand's commitment to helping customers make informed choices. However, digital ordering systems have limitations. Special dietary requests, such as avoiding cheese or other allergens, may not always be accommodated through mobile apps. For better communication, consider using "chef cards" when ordering in person. These cards clearly outline your dietary needs for staff to follow. Understanding the Burger King Allergen Menu Navigating food choices with dietary restrictions can be challenging. For those with food allergies, having clear ingredient details is essential. This section explains what an allergen menu is and why it matters. What is an Allergen Menu? An allergen menu lists ingredients and highlights potential risks. It's a critical tool for managing food sensitivities. These menus help customers avoid items that could trigger allergic reactions. Burger King provides updated allergen charts in PDF format. This ensures accessibility for customers who need detailed information. Regular updates reflect changes in ingredients or preparation methods. Why is the Burger King Allergen Menu Important? Shared fryers pose cross-contamination risks. For example, the 2024 introduction of Mozzarella Fries impacted fryers afety. vary by location, creating inconsistencies. Legal requirements and corporate responsibility drive food labeling. Burger King's commitment to transparency helps customers make informed choices. Item Name Allergens Cross-Contamination Risk French Fries Milk High (shared fryers) Whopper Cheese, Wheat Low Onion Rings Milk, Wheat High (shared fryers) Key Allergens at Burger King Understanding the key allergens in fast food is crucial for safe dining. Many items contain common allergens are found can help you make informed choices. Common Allergens in Menu Items Milk is a primary allergen found in cheese, mayo and some sauces. Soy is often present in fryer oil, while wheat is a key ingredient in buns and breaded items. Eggs are used in certain sauces and dressings. Preparation methods also play a role. Hand-breaded items may have different allergen risks compared to pre-made nuggets. Always check the latest ingredient lists for accurate information. Cross-Contamination Risks Shared fryers and cooking surfaces can lead to cross-contamination. For example, fries and onion rings are often cooked in the same oil. This increases the risk for those with severe allergies. Cleaning protocols are in place to minimize risks. Staff are trained to handle allergen requests carefully. However, it's always best to communicate your needs clearly when ordering. Menu Category Common Allergens Cross-Contamination Risk Burgers Milk, Wheat Low Chicken Items Soy, Egg Medium Sides Milk, Soy High Dairy-Free Options at fast-food chains can be easier than you think. Many locations offer a variety of choices for those avoiding milk or cheese. With a little planning, you can enjoy your meal without cheese or mayo. In the U.S., these options are widely available. However, Canadian locations may have slight variations. Always confirm with staff to ensure your meal meets your dietary needs. Vegan and Dairy-Free Sides For sides, fries and applesauce are safe choices. Onion rings, however, have sparked controversy due to potential milk in their ingredients. It's best to check the latest ingredient lists for accuracy. While some dairy-free desserts have been discontinued, breakfast alternatives like hash browns remain a great option. Always verify ingredients to avoid cross-contamination risks. Egg-Free and Soy-Free Choices For those avoiding eggs or soy, dining out can feel overwhelming. offer options to accommodate these dietary needs. With a little planning, you can enjoy your meal without Egg Egg-free proteins are widely available. Popular choices include chicken nuggets and chicken fries. Always confirm with staff to ensure no cross-contamination occurs during preparation. This extra step helps you enjoy your meal with confidence. Soy-Free Options and Considerations Soy is present in 89% of fried items due to the use of soy oil. However, select markets offer alternatives like canola or sunflower oil. Regional variations in oil blends mean it's solution occurs during preparation. essential to check local ingredient lists. Soy content in sauces varies. For example, the Stacker Sauce contains soy, while the Zesty Sauce does not. Breakfast options like oatmeal are also soy-free, providing a safe choice for those with soy sensitivities. options can be tricky. Many fast-food chains are improving their offerings, but choices remain limited. This section explores what's available and how to navigate these dietary needs. Gluten-Free Buns and Options Currently, gluten-free buns are not available at most locations. This limits options for those with celiac disease or gluten sensitivities. However, some naturally gluten-free items can still be enjoyed. Fries without seasoning and hash browns are safe choices. These items are prepared without gluten-containing ingredients. Always confirm with staff to ensure no cross-contact occurs during preparation. Wheat-Free Menu Items Wheat-free options are mostly limited to sides. Fries and hash browns are popular choices. Lettuce wraps can also be a great alternative for sandwiches or burgers. Cross-contact risks are high in shared preparation areas. Staff are trained to handle requests, but it's best to communicate your needs clearly. This helps minimize the risk of exposure to wheat or other allergens. International locations may offer more gluten-free options. For example, Canadian locations sometimes have different ingredients compared to the U.S. Always check local allergen charts for the most accurate information. Special Dietary Needs and Custom Orders Managing dietary restrictions while dining out doesn't have to be stressful. With clear communication and a few simple steps, you can enjoy a safe and satisfying meal. This guide will help you navigate custom orders and special requests with ease. How to Customize Your Order Customizing your order requires clear communication. Start by noting your dietary needs in the app, if available. Then, confirm your request at the counter. Finally, ask for manager verification to ensure accuracy. Here's a simple 3-step protocol: App Note: Add a note about your allergy or dietary restriction. Counter Request: Verbally confirm your needs with the staff. Manager to double-check your order. Some ingredient substitutions may come with an upcharge. before finalizing your order. Special Requests and Allergen Notes For complex orders, a 24-hour notice is recommended. This gives the kitchen time to prepare your meal safely. Many locations now use "allergy kits" with dedicated prep tools to minimize cross-contamination risks. User reviews show a high success rate for special requests. However, peak hours may limit the kitchen's ability to accommodate custom orders. Plan your visit during quieter times for the best experience. Clear communication is key. Always double-check your order to ensure it meets your dietary needs. This simple step can make your dining experience safer and more enjoyable. Seasonal and Limited-Time Offerings Seasonal and limited-time offerings bring excitement but require careful allergen checks. These specials often introduce unique flavors and ingredients, making it essential to review allergen content. For example, 67% of these offerings contain dairy, so checking ingredient lists is crucial. Safe picks include Crispy Onions and Jalapenos, which are dairy-free and low-risk for cross-contamination. However, some items like the Mexican Street Corn Whopper contain milk. Always verify with staff to ensure your meal meets your dietary needs. Limited-Time Offers and Their Allergen Content Limited-time offers (LTOs) often feature bold flavors but may include unexpected allergens. The Maple Bourbon BBQ Whopper is a dairy-free option, while the Franken Whopper, available in Canada, has unique ingredient variations. Here's a quick checklist for verifying LTO allergen details: Check the latest allergen charts online. Confirm with staff about preparation methods. Ask for manager verification if needed. By staying informed, you can enjoy seasonal and limited-time offerings safely. Practical Tips for Dining at Burger King Ensuring a safe dining experience starts with accurate allergen information. With staff turnover and varying preparation methods, it's essential to verify details before ordering. This section provides practical tips to help you navigate your meal with confidence. How to Verify Allergen Information Always use official channels to confirm ingredient details. The website PDF, in-store allergen chart, and corporate hotline are reliable sources. These resources are updated regularly to reflect the latest information Follow this 5-point verification system: Check date stamps on allergen charts for accuracy. Verify country codes to ensure regional consistency. Cross-reference multiple sources for confirmation. Ask staff about Allergies Clear communication is crucial when managing dietary needs. Staff turnover can impact their knowledge, so it's important to ask specific questions. Here's a sample script to guide your conversation: "Can you confirm if this item contains [allergen]?" "Is there a risk of cross-contamination during preparation?" "Can I speak with a manager to verify my order?" If you encounter challenges, escalate your request to a shift manager. They can provide additional assurance and address any concerns. For complex orders, consider visiting "allergy ambassador" stores, which are better equipped to handle special dietary needs. While mobile apps offer convenience, they may not always accommodate detailed allergy notes. For the best experience, communicate your visit. Conclusion Staying informed about food ingredients is key to a safe dining experience. With a 92% success rate, proper verification tools like allergen charts and staff communication methods. to avoid cross-contamination risks. Monitor critical allergens such as milk, soy, and wheat, especially with ongoing menu changes. Community reporting helps keep allergen information up-to-date and reliable. Corporate initiatives are also underway to improve transparency and safety. Remember, commercial kitchens pose inherent risks. Clear communication and vigilance are essential. By following these steps, you can enjoy your meal with confidence and peace of mind. Yes, Burger King provides several dairy-free options, including burgers without cheese and vegan-friendly sides like fries and apple slices. While Burger King does not have a dedicated gluten-free menu, some items, like salads and certain sides, may be gluten-free. Always check with staff for cross-contamination risks. Allergen details for seasonal or limited-time items are typically available on the official website or by asking staff directly for updated information. Yes, Burger King allows customization of orders. You can request modifications to avoid allergens like cheese, egg, or soy. Always inform staff about your diletary needs. Burger King follows standard food safety practices, but cross-contamination is possible. It's recommended to communicate your allergy severity with staff for safer handling. This guide provides lists of allergens in foods and drinks offered at Burger King restaurants. For ease of reference, we break out the menu in the same categories as the fast food giant, including flame-grilled burgers, chicken and fish items, Breakfast, and Desserts. Review this report for a listing of food items offered at Burger King that are made with one or more of the major food allergens. Tables indicate which allergen(s) (e.g., eggs, wheat, soy peanuts, etc.) the fast food restaurant has declared are included in the recipes for the food. Allergen information is based on menu items available at locations in the United States. Here is the declared list of allergens in Burgers and cheeseburgers. We source this information from Burger King. If you prefer dairy-free burgers, consider the hamburger, double hamburger, or Whopper. BK Double Cheeseburger The common allergens listed for chicken nuggets and chicken fries apply to all available order sizes. Many fast food restaurants have limited food preparation areas and do not have the space for separate fryers. Certain menu items that are not made with a declared allergen may still come into contact with another food item made with egg, milk, wheat, or another allergen. For example, chicken nuggets, which are made with wheat may be cooked alongside mozzarella sticks made with soy and milk. Burger King Chicken Fries The following allergen chart includes food items on the kids' menu. Contact customer support at the fast food chain with any questions related to your individual needs or dietary concerns. Burger King offers a long list of breakfast options, including egg sandwiches served on a croissant or biscuit. Choose additional toppings such as bacon, sausage, or ham. One of the newer menu items, the Egg-Normous Burrito is made with bacon, eggs, shredded cheddar cheese, hash browns, and a creamy spicy sauce served on a soft flour tortilla. Here are the declared allergens listed for Burger King's breakfast menu, including the popular Croissan'wich and Biscuit sandwiches. As with many of the other food products at Burger King, breakfast items may be cooked in the same fryer oil as other foods, which can lead to risk of cross contamination. New menu items offered for a limited time may not be included above. Absence from this report is not an indication that a food item is made without allergens. person with a food allergy should discuss their concerns with a representative at their local fast food restaurant or call customer service. There are a few side dishes and dipping sauces. When you're craving a sweet taste of ice cream after lunch, Burger King offers many treats. However, note that all of the following dessert menu items contain milk. To avoid wheat, check out the soft serve cup (not the cone), a chocolate sundae, or the milkshake. Burger King's menu includes a small selection of hot drinks, including brewed coffee and decaf. The standard drinks menu also offers various sodas, iced tea, frozen drinks, and soft drink options. For guests who prefer an iced coffee beverage in the morning, Burger King offers flavored iced coffees, including the Iced Mocha and Iced Vanilla. Both of those specialty drinks contain a dairy ingredient. Check our free guide to the full Burger King menu for additional nutritional information. BK Onion Rings Federal regulations have identified nine major food allergens: eggs, fish, milk, peanuts, sesame, shellfish, soybeans) is exempted from federal regulations. As a result, highly refined soy oil is not considered a common allergen and thus typically not declared on menu items. It's important to note that certain foods may be prepared or cooked using shared equipment. Fried foods, for example, are cooked in common oil. As such, foods made without a declared food allergen may come into contact with allergens through cross-contamination. Ingredients, allergens, and nutrition facts are based on available information as of the date this article was published and/or updated. Restaurants and food manufacturers may change their recipes without notice. Check directly with the food provider for the most accurate and up-to-date information. NutritionandIngredients.com does not provide for the most accurate and up-to-date information. health or wellness advice or dietary recommendations. Our aim is to research commercially processed food and publish articles for informational purposes only. Unless otherwise stated, % Daily Value is based on 2,000 calories per day, but calorie needs vary by individual. Always consult your physician for any healthcare or dietary advice. Allergen and ingredients source: Burger King Share — copy and redistribute the material in any medium or format for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit, provide a link to the license, and indicate if changes were made. You may do so in any reasonable manner, but not in any way that suggests the licenser, and indicate if changes were made as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation. No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. How can financial brands set themselves apart through visual storytelling? Our experts explain how.Learn MoreThe Motorsport Images Collections captures events from 1895 to today's most recent coverage.Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of Editors' Picks.Browse Editors' Picks.Br 1895 to today's most recent coverage. Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of Editors' Favorites How can financial brands set themselves apart through visual storytelling? Our experts explain how. Learn MoreThe Motorsport Images Collections captures events from 1895 to today's most recent coverage.Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of Editors' Favorites The year is 1954. Dave and Jim*, two budding entrepreneurs, are on a mission to re-design the perfect broiler, one that will infuse flame-grilled goodness into every burger. And that's how our brand was born. Today the Burger King Corporation, its affiliates and its franchisees collectively operate more than 17,000 restaurants in more than 17,000 restaurants in more than 100 countries and U.S. territories, serving over 11 million quests per day and they're still coming back for that flame-grilled flavor. The Burger King @ brand is owned by Restaurant Brands International Inc. ("RBI"), which owns three of the world's iconic guick service restaurant brands - Burger King®, Tim Hortons®, and Popeyes Louisiana Kitchen®. But we still have room to grow - and that's where you come in. We need strong operations, bold marketing, and the best people around to make these brands great. And if we like what we see, there's no limit to how far you could go here. For more information and exciting career opportunities, please RBI's website at www.bk.com or follow us on Facebook and Twitter. Burger King is a registered trademark of Burger King Corporation. All rights reserved. Please visit www.bk.com for more information on Burger King Corporation trademarks. * Dave Egerton and Jim McLamore, original founders of the Burger King brand. 651,285 followers 6d Edited Now more than ever, flames are heating up at Burger King! Our exciting new partnership with the upcoming How to Train Your Dragon film is bringing four bold, dragon-themed menu items to Burger King restaurants across the U.S, including a Dragon Flame-Grilled Whopper, Fiery Mozzarella Fries, a Soaring Strawberry Lemonade and Viking's Chocolate Sundae. This menu collaboration is part of a larger strategy to make Burger King a go-to destination for families to come together and share memorable moments. In a recent interview with CNBC, Tom Curtis, President of Burger King U.S. & Canada, shared: "Where we're really starting to lean in now that we've made some progress in both operations and in our restaurants is on a family-first marketing strategy." We're counting down the days unti this exciting new menu launches in restaurants on May 27! To learn more about the partnership, click here: 651,285 followers 2w The Burger King Foundation is dedicated to empowering communities through education and providing support when it's needed most. One of its flagship initiatives, the BK Scholars program, provides scholarships to deserving high school students, Burger King Team Members, and their families. Recently, Ryan Merkatz, a standout student and BK Team Member since 2023, was awarded a \$10,000 Hometown Scholarship during a surprise ceremony. Tom Curtis, President of Burger King US&C, and Katie M. Lewis, Executive Director of the Burger King Foundation, visited the Burger King location where Ryan works to personally present him with the check. We're continually inspired by the meaningful work of the BK Foundation and the impact it has on the Burger King family and the communities it serves. Read more about Ryan and his earned scholarship here: 651,285 followers 3w In January of 1987, Burger King Franchisee Tom McDonald opened his first Burger King restaurant in Las Vegas. Now, 38 years later and with a portfolio of 44 BK restaurants with the brand's new image, Sizzle, to Guests in the Vegas community. They have remodeled four restaurants with the Sizzle image, built one restaurant from the ground up, and plan on remodeling several more throughout 2025 and beyond. Being in the Burger King Image Committee and has seen the brand's image evolve as consumer trends and taste in design changes. During his tenure at Burger King, he's experienced at least five restaurant images, but when it comes to Sizzle, Tom says, "Sizzle is the best image that Burger King has had in my 38 years as a Franchisee. I say that because it's not only contemporary, but it will also have a long life and continue to look modern and up to date 10 years from now." Tom and Steve are paving the way for modern image at Burger King, and we are excited to see them continue to introduce Sizzle restaurants across the Vegas Valley. Interested in becoming a Burger King Franchising opportunities near you here: 651,285 followers 1mo At the heart of our brand lies innovation - whether it's through cutting edge technology, testing how we can improve menu items, or refining operational efficiencies. So, we're excited to announce the opening of a brand-new addition to our Miami-based restaurant complete with a drive-thru, meeting rooms and more, our corporate teams now have the resources they need to brainstorm and experiment to shape the future of our brand! Marc Aust, Vice President of Operations recently sat down with QSR Magazine to shape the future of the guest experience may look like". Read more here: 651,285 followers 1mo Edited We're excited to announce that Joel Yashinsky is joining the Burger King US&C! Joel brings extensive QSR marketing experience that will build on the brand's existing Reclaim the Flame plan, which was created with the advice and support of Burger King Franchisees. He was most recently Chief Marketing Officer at Applebee's, following nearly two decades at McDonald's in senior marketing Science for Burger King US & Canada, has significantly enhanced the brand's internal operations by streamlining multiple analytics-based processes and systems with his team. Over the course of his career at Burger King, Henry has built expertise across multiple areas including national performance analytics, pricing, Guest intelligence, category management, and his current focus in marketing science. Curiosity is a driving factor of Henry's success, and when asked what advice he'd give to someone starting out in his field he said, "curiosity is so important - the thing I've noticed is that early on, you can do exactly what's asked of you or what you're told, but those who grow tend to go a bit deeper than the initial ask, problem solve and learn to figure out what you want to do with your career." Henry's leadership and dedication have already made a lasting impact on the Burger King brand, and his continued commitment to empowering his team and BK moving forward. Learn more about Henry's Burger King journey here: 651,285 followers 2mo This month, Burger King introduced the Steakhouse Bacon Whopper - the latest innovation inspired by Guests featuring A.1. sauce, crispy onions, bacon, Swiss cheese, creamy peppercorn aioli, lettuce and tomato. It all started last year with the Million Dollar Whopper creation, leading to millions of submissions and the launch of three delicious Guest-created Whopper-lovers and their ideas. "In general, we are really excited about the idea of bringing new news to our flagship, the Whopper," said Alexandra Blasch, Director of Brand Marketing at Burger King. "We tested the Steakhouse Bacon Whopper a couple months ago and saw that there was a lot of excitement for the flavor, and so it seemed like a natural next choice to bring nationally." To learn more about how the Steakhouse Bacon Whopper came to life, click here: 651,285 followers 2mo Edited Burger King Franchisee Stan Paulauskas has been a force in the guick service restaurant (OSR) industry since 1963. He began his career in OSR at 16, starting as a crew member and steadily rising through the ranks to become Vice President of Restaurant Operations for a 25-store Franchise, before becoming a BK Franchisee in 1981. Now, nearly 45 years later, Stan says one of the most important aspects to running a successful business throughout his career has been his team, and he sets a strong example for Franchisees when it comes to building culture. He has implemented multiple systems to ensure his team, and he sets a strong example for Franchisees when it comes to building culture. recognition programs, anniversary bonuses, an "Employee of the Month" program, and holiday cards each year. For Stan, the most rewarding aspect of being a Franchisee is when everything clicks - when the team culture, operations, and customer satisfaction all fall into place. Read more about Stan's story here: 651,285 followers 2mo For the third vear in a row, we hosted the "Roval Roundtables", inviting nearly 7.000 Burger King Restaurant General Managers (RGMs) to join us in 40 cities across the country. The goal of our time together is to inspire some of the most important people behind the brand and give RGMs the unique opportunity to connect, collaborate and recharge for the year ahead. As we wrap this year's Roundtables, we can't wait to see RGMs apply these learnings to give Guests an exceptional experience at their local BK restaurant. 651,285 followers 3mo For BK Team Members, the relationships they build with Guests often feel like family. That's why when the Burger King team in North Branch, Minnesota learned of the passing of their beloved regular customer, Jerry Parkin, they knew they had to recognize his legacy. Jerry visited the restaurant every morning for breakfast and coffee, always sitting in the same chair where he would chat with friends and staff alike. To pay tribute, the North Branch team showed up to his funeral with that very chair, now engraved with Jerry's name. Today, Jerry's chair sits in his favorite Burger King restaurant, serving as a heartfelt memorial to his daily visits and overall love for the brand. Learn more about Jerry's lasting impact here: