



Menu items may vary by location, check our website for details

Potbelly's Allergen Statement: Please read, this is VERY Important!

Potbelly Sandwich Shops does serve food that may cause allergic reactions (including eggs, milk, peanuts, seafood, shellfish, soy, tree nuts, and wheat). Great care is taken to keep allergy-causing food separate from food that does not or rarely causes allergies; however, Potbelly does not guarantee any food to be "allergen-free." Also, Potbelly's food suppliers may change ingredients that may change the information provided here. So please check back from time to time for updates. If you have a food allergy, notify the Potbelly Shop Manager **BEFORE ORDERING!** To learn more about food allergies, The Food Allergy and Anaphylaxis Network website at www.foodallergy.org is an excellent reference. Consulting your physician **BEFORE** dining at Potbelly is advised, if you are concerned that any of Potbelly's food may cause you adverse health effects. If you need ingredient lists for specific food items because you have a food allergy not addressed in this list, please e-mail your request through the "Talk To Us" link on Potbelly's website.

Present

This means our suppliers have told us this allergen is either **PRESENT** as a primary ingredient or may somehow be introduced into the product when it is being made, even though it is not a primary ingredient.

none declared

This means our suppliers have not listed this as a primary ingredient in their list of ingredients.

The "BIG 8" Allergen List



Salad Dressings & Croutons

Buttermilk Ranch	Present	Present	none declared	none declared	none declared	none declared	none declared	none declared
Creamy Vinaigrette	none declared	none declared	none declared	none declared	none declared	none declared	none declared	Present
Potbelly Vinaigrette	none declared	none declared	none declared	none declared	none declared	none declared	none declared	Present
Roasted Garlic Vinaigrette	none declared	none declared	none declared	none declared	none declared	none declared	none declared	Present
Potbelly Vinaigrette	none declared	none declared	none declared	none declared	none declared	none declared	none declared	Present
Non-Fat Vinaigrette	none declared	none declared	none declared	none declared	none declared	none declared	none declared	none declared
Balsamic Vinaigrette	none declared	none declared	none declared	none declared	none declared	none declared	none declared	none declared
Creamy Caesar	Present	Present	none declared	none declared	none declared	none declared	none declared	Present
Croutons (made from a mix of regular and multigrain bread)	Present	Present	Present	none declared	none declared	Present	none declared	Present

Soups

Garden Vegetable	none declared	none declared	none declared	none declared	none declared	none declared	none declared	Present
Chili	none declared	none declared	Present	none declared	none declared	none declared	none declared	none declared
Broccoli Cheddar	none declared	Present	Present	none declared	none declared	none declared	none declared	Present
Chicken Noodle	Present	Present	Present	none declared	none declared	none declared	none declared	Present
Loaded Baked Potato	none declared	Present	Present	none declared	none declared	none declared	none declared	Present
Southwestern Chicken Soup	none declared	Present	Present	none declared	none declared	none declared	none declared	Present
Spicy Southwest Veggie Soup	none declared	Present	Present	none declared	none declared	none declared	none declared	Present
Spicy Black Bean and Roasted Tomato	none declared	none declared	none declared	none declared	none declared	none declared	none declared	none declared
Oyster Crackers	none declared	none declared	Present	none declared	none declared	none declared	none declared	none declared

Fresh To Goide Salads (available at select shops)

Salad Dressing ser Salad Dressing served on the Side

Hard-boiled Egg 2 pack	Present	none declared	none declared	none declared	none declared	none declared	none declared	none declared
Yogurt Parfait	none declared	Present	none declared	none declared	none declared	none declared	none declared	none declared
Seasonal Fruit	none declared	none declared	none declared	none declared	none declared	none declared	none declared	none declared
Chicken Salad Square Meal	Present	Present	Present	none declared	none declared	none declared	none declared	Present
Tuna Salad Square Meal	Present	Present	Present	none declared	none declared	Present	none declared	Present
Tomato Cucumber Salad	none declared	Present	none declared	none declared	none declared	none declared	none declared	none declared
Chicken Salad Salad	Present	Present	Present	none declared	none declared	none declared	none declared	Present
Wreck Salad	Present	Present	none declared	none declared	none declared	none declared	none declared	none declared

Side Salads

Coleslaw	Present	none declared	none declared	none declared	none declared	none declared	none declared	Present
Macaroni Salad	Present	Present	Present	none declared	none declared	none declared	none declared	Present
Potato Salad	Present	none declared	none declared	none declared	none declared	none declared	none declared	Present

Shakes, Malts, & Smoothies

*Butter Cookies decorating the straws of the Shakes & Smoothies may have **Gluten** and **Peanut** "Present."

If you have **Gluten** or **Peanuts** allergies, ask for "NO cookies" on your straw.

Malts contain **Gluten** with or without the butter cookies.

Vanilla	none declared	Present	none declared*	none declared*	none declared	none declared	none declared	none declared
Chocolate	none declared	Present	none declared*	none declared*	none declared	none declared	none declared	none declared
Coffee	none declared	Present	none declared*	none declared*	none declared	none declared	none declared	none declared
Oreo	none declared	Present	none declared*	none declared*	none declared	none declared	none declared	Present
Mixed Berry	none declared	Present	none declared*	none declared*	none declared	none declared	none declared	none declared
Banana	none declared	Present	none declared*	none declared*	none declared	none declared	none declared	none declared
Strawberry	none declared	Present	none declared*	none declared*	none declared	none declared	none declared	none declared

Desserts

Our desserts are made in facilities that use and store **Peanuts** or **Tree Nuts**.

Oatmeal Chocolate Chip Cookie	Present	Present	Present	Present	Present	none declared	none declared	Present
Sugar Cookie	Present	Present	Present	Present	Present	none declared	none declared	none declared
Chocolate Brownie Cookie	Present	Present	Present	Present	Present	none declared	none declared	Present
Cherry Chocolate Granola Cookie	Present	Present	Present	Present	Present	none declared	none declared	Present
Dream Bar	none declared	Present	Present	Present	Present	none declared	none declared	Present