

**Atlanta Bread Company Allergens**



<b>Salads</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>MSG</b>	<b>Other Gluten</b>	<b>Peanuts</b>	<b>Shellfish</b>	<b>Soy</b>	<b>Sulfites</b>	<b>Tree Nuts</b>	<b>Wheat</b>
Balsamic Blue Salad	N	N	Y	Y	N	N	N	N	Y	Y	N
Caesar Salad	Y	N	Y	N	Y	N	N	N	N	N	Y
Chopstix Chicken Salad	N	N	N	N	Y	N	N	Y	N	Y	Y
Cobb Salad	Y	N	Y	N	Y	N	N	Y	N	N	Y
Fruit Salad	N	N	N	N	N	N	N	N	N	N	N
Greek Salad	N	N	Y	N	Y	N	N	N	Y	N	Y
House Salad	N	N	Y	Y	Y	N	N	N	Y	N	Y
Cafe Trio	Y	Y	N	N	Y	N	N	Y	N	Y	Y
<b>Sandwiches</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>MSG</b>	<b>Other Gluten</b>	<b>Peanuts</b>	<b>Shellfish</b>	<b>Soy</b>	<b>Sulfites</b>	<b>Tree Nuts</b>	<b>Wheat</b>
ABC Signature Sandwich	Y	N	Y	N	Y	N	N	N	Y	N	Y
with Kettle Chips	Y	N	Y	N	Y	N	N	N	Y	N	Y





Waldorf Chicken Salad Signature Sandwich	Y	N	N	N	Y	N	N	N	N	Y	Y
with Kettle Chips	Y	N	N	N	Y	N	N	N	N	Y	Y
<b>Soup</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>MSG</b>	<b>Other Gluten</b>	<b>Peanuts</b>	<b>Shellfish</b>	<b>Soy</b>	<b>Sulfites</b>	<b>Tree Nuts</b>	<b>Wheat</b>
Chicken Noodle	Y	N	Y	N	Y	N	N	Y	N	N	Y
Beef Chili	N	N	N	N	N	N	N	Y	N	N	Y
Chicken Chili	N	N	N	N	N	N	N	Y	N	N	Y
Chicken Dumpling	Y	N	Y	N	N	N	N	Y	N	N	Y
Baja Chicken	N	N	Y	N	N	N	N	Y	N	N	N
Broccoli & Cheese	N	N	Y	N	N	N	N	N	N	N	N
Clam Chowder	N	Y	Y	N	N	N	N	Y	N	N	Y
French Onion	N	N	Y	N	N	N	N	Y	N	N	N
Baked Potato	N	N	Y	N	N	N	N	Y	N	N	Y
Tomato Basil	N	N	Y	N	N	N	N	N	N	N	Y
Butternut Squash	N	N	Y	N	N	N	N	Y	N	N	N
Corn Chowder	N	N	Y	N	N	N	N	Y	N	N	Y





<b>Breakfast Sandwiches</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>MSG</b>	<b>Other Gluten</b>	<b>Peanuts</b>	<b>Shellfish</b>	<b>Soy</b>	<b>Sulfites</b>	<b>Tree Nuts</b>	<b>Wheat</b>
Bacon, Egg and Cheese Breakfast Sandwich	Y	N	Y	N	N	N	N	N	N	N	N
with Bagel	Y	N	Y	N	Y	N	N	N	N	N	Y
with Croissant	Y	N	Y	N	N	N	N	Y	N	N	Y
Egg and Cheese Breakfast Sandwich	Y	N	Y	N	N	N	N	N	N	N	N
with Bagel	Y	N	Y	N	Y	N	N	N	N	N	Y
with Croissant	Y	N	Y	N	N	N	N	Y	N	N	Y
Ham, Egg and Cheese Breakfast Sandwich	Y	N	Y	N	N	N	N	N	N	N	N
with Bagel	Y	N	Y	N	Y	N	N	N	N	N	Y
with Croissant	Y	N	Y	N	N	N	N	Y	N	N	Y
Sausage, Egg and Cheese Breakfast Sandwich	Y	N	Y	N	N	N	N	N	N	N	N
with Bagel	Y	N	Y	N	Y	N	N	N	N	N	Y
with Croissant	Y	N	Y	N	N	N	N	Y	N	N	Y
Turkey Sausage with Egg Whites Breakfast Sandwich	Y	N	Y	N	N	N	N	N	N	N	N
with Bagel	Y	N	Y	N	Y	N	N	N	N	N	Y
with Croissant	Y	N	Y	N	N	N	N	Y	N	N	Y







Strawberry Smoothie	N	N	N	N	N	N	N	N	N	N	N

<b>Breads</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>MSG</b>	<b>Other Gluten</b>	<b>Peanuts</b>	<b>Shellfish</b>	<b>Soy</b>	<b>Sulfites</b>	<b>Tree Nuts</b>	<b>Wheat</b>
French Bread	N	N	N	N	Y	N	N	Y	N	N	Y
Rye Bread	N	N	N	N	Y	N	N	Y	N	N	Y
Ciabatta	N	N	N	N	Y	N	N	Y	N	N	Y
Cinnamon Raisin	Y	N	N	N	Y	N	N	Y	N	N	Y
Ancient Grain Cranberry	N	N	N	N	Y	N	N	Y	N	N	Y
French Baguette	N	N	N	N	Y	N	N	Y	N	N	Y
Honey Wheat	N	N	N	N	Y	N	N	Y	N	N	Y
Nine Grain	N	N	N	N	Y	N	N	Y	N	N	Y
Panini	N	N	N	N	Y	N	N	Y	N	N	Y
Pizza Dough	N	N	N	N	Y	N	N	Y	N	N	Y

Pumpernickel	N	N	N	N	Y	N	N	Y	N	N	Y
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Sourdough	N	N	N	N	Y	N	N	Y	N	N	Y
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Atlanta Bread has utilized an accredited third party company to compile our nutritional information. USDA research has found that nutritional values of foods can vary between individual samples of a particular food by as much as 20%, due to such factors as season, soil conditions, region of the country, product suppliers and other factors. Therefore, data listed on the nutrition reports represent approximations only and fall within the Food and Drug Administrations' allowable variance. The values listed in the Nutrition Facts label on the reports are rounded according to FDA's guidelines. Due to this Atlanta Bread cannot guarantee the complete accuracy of the nutritional data provided on this site or at our cafes. Many of our products contain or may come into contact with common allergens, including wheat, peanuts, soy, tree nuts, milk, eggs, fish and shellfish.

GF – Gluten Free Items – While some items that are listed as Gluten Free or Gluten Friendly may appear on our menu, we are a bakery café that bakes breads and pastries fresh every day. As a result, cannot guarantee that items that were made without gluten will be 100% gluten free.