

# Whataburger Allergen Menu

Whataburger Allergen Menu is a helpful tool for individuals who need to avoid certain foods due to allergies or other dietary concerns. It lists all major food allergens, such as wheat, soy, milk, eggs, peanuts, and tree nuts, as well as gluten-free and vegetarian options.

Whataburger is a popular fast-food chain that serves burgers, fries, and other classic American fare. For those with allergies or dietary restrictions, Whataburger offers an allergen menu that lists the ingredients and nutritional information for each menu item.

Using the [Whataburger Allergy Menu](#), customers can check for the presence of specific allergens in a particular menu item and make informed decisions about what to order. Whataburger Allergen Menu Soy is updated regularly to reflect changes in ingredients and preparation methods, so customers are advised to check the menu each time they visit Whataburger.

It is important to note that while the [Whataburger Allergen Menu Pdf](#) can help customers make informed choices, cross-contamination may still occur in the kitchen or during food preparation. Customers with severe food allergies are advised to take precautions and speak with the staff about their dietary needs.

# Whataburger Allergen Milk



*#Whataburger Allergen Milk*

Whataburger offers a variety of menu items that contain milk, including shakes, cheese, and some dressings and sauces. Milk is also an ingredient in Whataburger's buns, which are used in many of their burgers and sandwiches.

For customers who are lactose intolerant or have a milk allergy, Whataburger offers a few options. The company's allergen menu indicates which menu items contain milk and customers can ask for modifications or substitutions to avoid milk products. For example, customers can request burgers or sandwiches without cheese or sauces that contain milk.

Whataburger also offers a dairy-free milk alternative, such as almond milk or soy milk, for its shakes. Customers can ask for the dairy-free option when ordering a shake. However, it is important to note that Whataburger uses shared equipment to prepare food, and cross-contamination may occur.

Customers with severe milk allergies should take appropriate precautions and speak with the staff about their dietary needs.

## Whataburger Allergen Soy



*#Whataburger Allergen Soy*

If you have a soy allergy or sensitivity, it's important to know that several items on Whataburger's menu contain soy or soy-based ingredients. According to their website, the following menu items may contain soy:

- Whatachick'n Sandwich
- Grilled Chicken Sandwich
- Garden Salad with Grilled Chicken
- Fried Chicken Sandwich
- Chicken Fajita Taco
- Grilled Chicken Melt
- Monterey Melt with Grilled Chicken
- Monterey Melt with Beef Patty
- Honey Mustard Sauce
- Creamy Pepper Sauce

It's important to note that Whataburger's menu items may come into contact with soy and other allergens during preparation, so cross-contact is possible

## Whataburger Allergen Menu Egg Allergy



*#Whataburger Allergen Menu Egg Allergen*

Ingredient in many of Whataburger's menu items. Whataburger Egg Allergen

Menu Contains the following:

- Breakfast on a Bun with Egg
- Breakfast Platter with Egg
- Biscuit Sandwich with Egg
- Taquito with Egg
- Breakfast Taquito with Egg
- Pancake Platter with Egg

It's important to note that Whataburger's menu items may come into contact with other allergens during preparation, so cross-contact is possible.

Whataburger restaurant to discuss your options and ensure that your food is prepared safely. They may be able to offer substitutions or modifications to accommodate your needs. Whataburger also provides an allergen guide on its

website that lists all of its menu items and the major allergens they contain, including eggs.

## Whataburger Peanuts and Tree Nuts



*#Whataburger Peanuts and Tree Nuts*

If you have a peanut or tree nut allergy or sensitivity, it's important to know that some of Whataburger's menu items may contain peanuts or tree nuts or may have come into contact with them during preparation. While Whataburger does not use peanuts or tree nuts in its cooking, some of its menu items may be produced in facilities that handle these allergens. Additionally, some of their toppings and sauces may contain peanut or tree nut ingredients.

According to Whataburger's website, the following menu items may contain peanuts or tree nuts:

- Grilled Chicken Melt (contains pecans)
- Pecan Pie
- Honey Butter Sauce (contains pecans)
- Creamy Pepper Sauce (contains cashews)

It's important to note that cross-contact can occur during preparation, so if you have a peanut or tree nut allergy or sensitivity. Whataburger also provides an allergen guide on its website that lists all of its menu items and the major allergens they contain, including peanuts and tree nuts.

## Whataburger Gluten



*#Whataburger Gluten:*

If you have a gluten allergy or sensitivity, it's important to know that some of Whataburger's menu items contain gluten or may come into contact with gluten during preparation. According to Whataburger's website, the following menu items contain gluten:

- Buns (on burgers and sandwiches)
- Texas Toast
- Biscuits
- Pancakes
- Hash Browns

- Onion Rings
- French Fries
- Jalapeño Ranch Sauce
- Creamy Pepper Sauce
- Gravy

It's important to note that cross-contact can occur during preparation.

Whataburger also provides an allergen guide on its website that lists all of its menu items and the major allergens they contain, including gluten. They may be able to offer substitutions or modifications to accommodate your needs, such as using a lettuce wrap instead of a bun for your burger or sandwich.

## Whataburger Vegetarian



*#Whataburger Vegetarian*

If you have a food allergy or sensitivity as a vegetarian, it's important to note that some of Whataburger's vegetarian menu items may still contain allergens. For example, the Garden Salad may come with croutons that contain wheat, and the grilled cheese sandwich contains cheese, which is a dairy product.

It's recommended that you speak with a manager or employee at your local Whataburger restaurant to discuss your specific allergen needs and ensure that your food is prepared safely. They may be able to offer substitutions or modifications to accommodate your needs.

Whataburger provides an allergen guide on its website that lists all of its menu items and the major allergens they contain. This can be a helpful resource for anyone with dietary restrictions, including vegetarians with food allergies or sensitivities.

## **Whataburger History**

Whataburger is a fast-food chain that was founded in Corpus Christi, Texas, in 1950. The first Whataburger restaurant was opened by Harmon Dobson and Paul Burton, who had the idea of creating a hamburger so big that it would take two hands to hold. They also wanted to offer customers fresh, made-to-order burgers that were cooked on a grill instead of a flat-top.

The original Whataburger menu consisted of the Whataburger and the Whataburger Jr., as well as french fries and a soft drink. The company's signature orange and white stripes were also introduced from the beginning.

Over the years, Whataburger has expanded its menu to include a variety of burgers, sandwiches, and breakfast items, as well as sides like onion rings,



chicken strips, and salads. They have also grown to become one of the largest privately held restaurant chains in the United States, with over 800 locations in 10 states.

In 2019, Whataburger announced that it had sold a majority stake in the company to a Chicago-based investment firm, but they emphasized that the company would remain headquartered in San Antonio, Texas, and that the founding Dobson family would retain a minority stake in the business.

## **FAQs for Whataburger Allergen Menu:**

### **Is Whataburger safe for nut allergies?**

Whataburger does not use peanuts in its food preparation. However, some of their menu items may contain tree nuts or may come into contact with tree nuts during preparation. According to Whataburger's allergen guide, the following menu items contain tree nuts:

- Apple & Cranberry Salad (contains pecans)
- Garden Salad (contains almonds)
- Grilled Chicken Sandwich (contains almonds)
- Grilled Chicken Melt (contains almonds)

### **What are the ingredients in a Whataburger?**

The Whataburger sandwich typically consists of a beef patty made from 100% beef that is seasoned with salt and pepper. It is served on a toasted bun that

is made from enriched flour, water, high fructose corn syrup, yeast, vegetable oil (soybean and/or cottonseed), and contains salt, wheat gluten, calcium sulfate, and other ingredients like dough conditioners.

The bun may contain calcium peroxide and preservatives like calcium propionate to improve its shelf life. The sandwich is completed with mustard, lettuce, tomatoes, pickles, diced onions, and mayonnaise. Note that the specific ingredients and nutritional information may vary depending on location and any modifications made to the sandwich.

### **Are Whataburger fries cooked in peanut oil?**

Whataburger fries are not cooked in peanut oil. According to their website, Whataburger uses a blend of high-quality, liquid vegetable oil for their French fries. This oil blend is made from soybeans and may contain small amounts of canola, corn, or cottonseed oil, depending on the supplier.

It's important to note that while Whataburger does not use peanut oil for their fries, they do use soybean oil, which is a common allergen. If you have a soy allergy, you should speak with a manager or employee at your local Whataburger restaurant to discuss your options and ensure that your food is prepared safely.

### **Does Whataburger cook in peanut oil?**

No, Whataburger does not use peanut oil for cooking. According to their website, Whataburger uses a blend of high-quality, liquid vegetable oil for cooking their food items. This oil blend is made from soybeans and may contain small amounts of canola, corn, or cottonseed oil, depending on the supplier.

However, it's always a good idea to check with your local Whataburger restaurant if you have any concerns about allergens or specific dietary requirements, as some locations may use different ingredients or cooking methods.

## **Are Whataburger fries vegan?**

Whataburger's French fries are vegan-friendly. According to their allergen guide, Whataburger fries do not contain any animal products or byproducts. The ingredients listed for their fries include potatoes, vegetable oil, dextrose, sodium acid pyrophosphate, and salt.

However, it's important to note that some Whataburger locations may use shared equipment or fryers to prepare both vegan and non-vegan items, which could result in cross-contamination. If you have any concerns or dietary restrictions, it's always best to speak with a manager or employee at your local Whataburger to discuss your options and ensure that your food is prepared safely.

## **Does Whataburger use real ingredients?**

Whataburger's website states that they use high-quality, fresh ingredients in their food. According to their website, they use 100% pure beef, which is never frozen and is seasoned and cooked to order. Their chicken is also described as being made with 100% chicken breast meat, and their bacon is made with 100% pork.

Additionally, they claim to use fresh produce, such as lettuce, tomatoes, and onions, which are hand-sliced daily. Their buns are toasted and made from enriched flour, and they use a blend of vegetable oil for cooking their food.

## **What are the ingredients in Whataburger eggs?**

Whataburger eggs are made with whole eggs and egg whites, which are cooked on a grill using liquid margarine. The liquid margarine contains water, soybean oil, partially hydrogenated soybean oil, salt, vegetable mono and diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, calcium disodium EDTA, beta-carotene (for color).

## **What are the most common allergens found in Whataburger's food?**

Whataburger's food may contain allergens such as wheat, soy, eggs, milk, peanuts, tree nuts, fish, and shellfish. Customers with food allergies should

review the allergen information provided on Whataburger's website or consult with an employee or manager at their local restaurant.

## **Does Whataburger have any allergen-free options on its menu?**

Whataburger offers some menu items that are free from certain allergens, such as their French fries which are vegan-friendly and do not contain any animal products. However, due to the risk of cross-contamination, customers with food allergies should always consult with an employee or manager to ensure their food is prepared safely.

## **Are there any cross-contamination risks for customers with food allergies at Whataburger?**

Yes, there is a risk of cross-contamination at Whataburger due to the shared equipment and preparation areas used for various food items. Whataburger provides allergen information on its website, and customers should always consult with an employee or manager to ensure their food is prepared safely.

## **How can I ensure that my food at Whataburger is prepared safely if I have food allergies?**

Customers with food allergies should inform an employee or manager at their local Whataburger about their allergy and ask for assistance in selecting menu items that are safe for them to eat. Additionally, customers can review the

allergen information provided on Whataburger's website and ask any questions they may have about the preparation process to ensure that their food is prepared safely.