



sodexo

2011 FOOD ALLERGY GUIDE



Dairy Ingredients

The different dairy allergen ingredients that are taken into account for this guide are:

Acidophilus Milk	Lactoglobulin
Casein	Lactose
Caseinate	Malted Milk
Curds	Nougat
Galactose	Potassium Caseinate
Ghee	Ready Sponge
Lactalbumin	Rennet
Lactate	Sodium Caseinate
Lactic Acid	Whey

Please take notice of the ingredients researched and be aware that only the ingredients listed above have been searched for, and there may be other ingredients that may still pose an allergic threat. Any product containing any of these listed ingredients has been flagged as potentially harmful to any guest with a dairy allergy.

Gluten Ingredients

The different gluten allergen ingredients that are taken into account for this guide are:

Alcohol
 Barley, Barley Flour
 Barley Malt Extract or Flavorings, Bran
 Bulgur, Chilton
 Cracked Wheat, Couscous
 Dextrins, Dextrimaltose
 Dinkie, Durum
 Einkorn, Emmer
 Farina, Faro, Filler, Flour, Fu
 Germ, Gluten, Vital Gluten
 Graham Flour, Groats
 Kamut
 Malt, Matzo, Matzo Meal, Mir
 Orzo, Panko, Pasta, Rye
 Seitan, Semolina, Spelt, Starch
 Triticale, Triticum
 Udon, Wheat

Please take notice of the ingredients researched and be aware that only the ingredients listed above have been searched for, and there may be other ingredients that may still pose an allergic threat. Any product containing any of these listed ingredients has been flagged as potentially harmful to any guest with a gluten allergy.

Nut Ingredients

The different Tree Nut and Peanut allergen ingredients that are taken into account for this guide are:

Arachis
 Emulsifier
 Food Additive 322
 Gianduja
 Goober Peas
 Hydrolyzed Vegetable Protein(HVP)
 Lecithins
 Mandalona
 Marzipan
 Nuts
 Nougat
 Peanut
 Peanut Butter
 Praline
 Walnut

Please take notice of the ingredients researched and be aware that only the ingredients listed above have been searched for, and there may be other ingredients that may still pose an allergic threat. Any product containing any of these listed ingredients has been flagged as potentially harmful to any guest with a Tree Nut or Peanut allergy.

Egg Ingredients

The different egg allergen ingredients that are taken into account for this guide are:

Albumen	Ovalbumin
Albumin	Ovamucin
Apovitellenin	Ovamucoid
Egg Lysozyme	Ovoglobulin
Egg Whites	Ovotransferrin
Egg Yolks	Ovovitellin
Eggs	Phosvitin
Globulin	Simplexse
Livetins	Vitellin
Lysozyme	

Please take notice of the ingredients researched and be aware that only the ingredients listed above have been searched for, and there may be other ingredients that may still pose an allergic threat. Any product containing any of these listed ingredients has been flagged as potentially harmful to any guest with an egg allergy.

canobie.com

Food Allergy Guide – 2011

Sodexo, the food service provider here at Canobie Lake Park, makes every effort to ensure our Guests' needs are met. We understand that some of our Guests may have food based allergies, and we strive to provide them with detailed information to make their meal choices as hassle-free as possible. The dietary and allergy information used to create these guides has been researched by Sodexo USA. The product ingredient information was derived directly from the product packaging that we receive from our suppliers.

While we attempt to keep this information as current and as accurate as possible, please understand that there are many factors that can affect the accuracy of these guides, including but not limited to temporary product substitutions or cross-contamination (our products are shipped, stored, and transferred alongside other items that may include allergens). As always with any serious food allergy, please use your best judgment when deciding what and what not to eat.

We are happy to provide these guides as a service to our Guests, in hopes that it makes your visit here at Canobie Lake Park as enjoyable as possible. If there is anything else we can do to assist, please do not hesitate to use the contact information below or visit Guest Services at the park entrance. For specific product ingredient lists please use the contact information below. Thanks for visiting and enjoy your day!

Adam Hayman
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The information in this guide has been researched and collected from Sodexo, USA, the food service provider inside Canobie Lake Park. There are multiple factors, beyond our control, including without limitation: misinformation, human error, and ingredient substitutions from food distributors that could prevent the accuracy of this guide. We recognize that eating at the park can be challenging with a food allergy and that is why we allow any person with a life-threatening allergy to bring his or her own food into the park.

~ SODEXO USA

KEY

Nut Allergies



Dairy Allergies



Gluten Allergies



Egg Allergies



1 – The Trellis

Item	Nut	Dairy	Gluten	Egg
Pizza (cheese or pepperoni)				
Hamburger				
Cheeseburger				
Chicken Sandwich				
Hot Dog				
French Fries				
Onion Rings				
Garden Salad				
Chicken Caesar Salad				
Milk / Chocolate Milk				
Apple Juice				
Coffee				
Tea				
Hot Chocolate				

2 – Lemonade Stand

Item	Nut	Dairy	Gluten	Egg
Lemonade				
Strawberry Lemonade				
Pretzel				
Nacho Cheese Sauce				

3 – International

Item	Nut	Dairy	Gluten	Egg
Soft Serve in Dish				
Regular Cake Cone				
Ice Cream Dips (Any Flavor)				
Sprinkles				
Cotton Candy				
Popcorn				
Candy Apple				
Hot Dog (Regular or Footlong)				
Italian Sausage				
Peppers and Onions				
Nacho Cheese Sauce				
Steak and Cheese Sub				
Personal Pizza (Cheese or Pepperoni)				
Natural Cut Fries				
Frippes				
Baked Potato				

4 – Cafe D'Or

Item	Nut	Dairy	Gluten	Egg
Starbucks Hot Coffee (Regular or Decaffeinated)				
Starbucks Iced Coffee (Regular or Decaffeinated) Espresso				
Latte (Hot or Iced)				
Cappuccino (Hot or Iced)				
Chai Tea Latte (Hot or Iced)				
Café Mocha (Hot or Iced)				
Caramel Macchiato (Hot or Iced)				
Café Americano (Hot or Iced)				
Hot Chocolate				
Hot Tea				
Iced Tea				
Frozen Explosion				
Flavored Syrup Shot				
San Pelligrino				
Apertif				
Muffins (Any Flavor)				

5 – Pizza Ria

Item	Nut	Dairy	Gluten	Egg
Pizza (cheese or pepperoni)				
Turkey Sub				
Italian Sub				
Tuna Sub				
Meatball Sub				
Ham Sub				
Roast Beef Sub				
Veggie Burger Sub				
BLT Sub				
Chicken Noodle Soup				
Garden Salad				
Caesar Salad				
Chicken (Salad Topping)				
Apple				
Chips				
Doritos				

Roast Beef Cart

Item	Nut	Dairy	Gluten	Egg
Roast Beef Sandwich				
Lay's Chips				
Doritos				

6 – Gables Grill

Item	Nut	Dairy	Gluten	Egg
Hamburger				
Cheeseburger				
Chicken Club				
Hot Dog				
Chicken Tenders				
French Fries				
Cheese Fries				
Uncrustables PB & Jelly				
Apple Juice				
Milk or Chocolate Milk				

7 – Portofino

Item	Nut	Dairy	Gluten	Egg
Pizza (cheese or pepperoni)				
Spaghetti				
Spaghetti with Meatballs				
Meat Lasagna				
Chicken Parmesan				
Chicken Tenders (Kids Meal)				
Garden Salad				
Chicken Caesar Salad				
Breadsticks				
Wine (Chardonnay, Pinot Grigio, Merlot)				
Beer (Bud Light)				
Beer (Heinekin)				
Apple Juice				
Milk or Chocolate Milk				

8 – Poncho Cantina

Item	Nut	Dairy	Gluten	Egg
Chicken Tacos				
Beef Tacos				
Chicken Quesadilla				
Nachos w/ Cheese				
Beefy Nachos				
Nachos Grande				
Spicy Fries				
Cheese Fries				
Salsa				
Guacamole				
Sour Cream				
Fried Dough				

Map for Year 1 CANOBIE LAKE PARK

Canobie Lake Park is a smoke-free facility.

MAP KEY	REST ROOMS	FOOD
THE EFFICIENT	FREE PARKING	STROLLER RENTAL
ELEPHANTS	STROLLER RENTAL	WHEELCHAIR RENTAL
STAND BY	WHEELCHAIR RENTAL	AMBI-CLIMATE
AMBI-CLIMATE	AMBI-CLIMATE	AMBI-CLIMATE
AMBI-CLIMATE	AMBI-CLIMATE	AMBI-CLIMATE
AMBI-CLIMATE	AMBI-CLIMATE	AMBI-CLIMATE
AMBI-CLIMATE	AMBI-CLIMATE	AMBI-CLIMATE



A variety of food choices throughout the Park!

- 1 THE TRELIS** – Cheeseburgers, Hot Dogs, Pizza, Grilled Chicken Sandwiches, Salads
- 2 LEMONADE STAND** – Lemonade, Strawberry Lemonade, Pretzels
- 3 INTERNATIONAL FOOD PLAZA** – Personal Pizza, Italian Sausage, Steak & Cheese, Hot Dogs, Baked Potatoes, Natural Cut Fries, Cotton Candy, Candy Apples, Soft Serve Ice Cream
- 4 CAFE D'OR** – Coffee, Iced Coffee, Lattes, Cappuccino, Espresso, Frozen Explosions
- 5 PIZZA NIA & SUBS** – Hand-Tossed Pizza, Submarine Sandwiches, Soups, Salads



- 6 CABLES GRILL** – Cheeseburger Baskets, Chicken Tender Baskets, Hot Dog Baskets, Cheese Fries
- 7 PORTOFINO RESTAURANT** – Spaghetti, Chicken Parmigiana, Lasagna, Hand-Tossed Pizza, Salads
- 8 PONCHO CANTINA / FRIED DOUGH** – Nachos, Tacos, Quesadillas, Cheese Fries, Fried Dough
- 9 BE-BOP DINER** – Burgers, Hot Dogs, Fries, Chicken Tenders
- 10 FUNNEL CAKES** – Funnel Cakes, Soft Serve, Monkey Bread Sundae, Popcorn, Cotton Candy
- 11 LUMBER JACK'S ICE CREAM** – Sundaes, Frappes, Hard Scoop Ice Cream, Soft Serve Ice Cream
- 12 CHICKEN COOP** – Chicken Tenders, Fries

- 13 CANDY SHOPPE** – Caramel & Candy Apples, Homemade Fudge, Candy
- 14 DANCING BEAR CANTEN** – BBQ Ribs, BBQ Chicken, Pulled Pork, 1/2 lb. Bacon Cheeseburgers, All-Beef Hot Dogs
- 15 SONS OF LIBERTY TAVERN** – Appetizers, Wraps, Chicken Tenders, Sweet Potato Fries, Mac & Cheese, Salads
- 16 YANKEE WHALER** – Hard Scoop Ice Cream, Soft Serve Ice Cream, Cotton Candy
- 17 MINUTEMAN CLAMS** – Clam Plates, Chicken Tenders, Lobster Rolls, Clam Rolls, Fish Tacos, Clam Chowder, Fish & Chips, Fries, Onion Rings



- 18 POPCORN BOX** – Popcorn, Cheddar Popcorn, Caramel Corn
- 19 HOT DOG DINER** – Grilled or Steamed Hot Dogs with a variety of toppings
- 20 FRIED DOUGH** – Fried Dough
- 21 ENTRANCE CART** – Caramel Apples, Candy Apples, Richie's Slush, Cotton Candy, Dippin' Dots
- 22 DIPPIN' DOTS** – Dippin' Dots Ice Cream by the Cup
- 23 SHARK'S HEAD** – Richie's Slush
- 24 CASTAWAY GRILL** – Burgers, Hot Dogs, Chips



Food prepared to order. Wait times may vary.

9 – Be-Bop Diner

Item	Nut	Dairy	Gluten	Egg
Hamburger				
Cheeseburger				
Fried Chicken Sandwich				
Hot Dog				
French Fries				
Chicken Tenders				

10 – Funnel Cakes

Item	Nut	Dairy	Gluten	Egg
Soft Serve In Dish				
Regular Cake Cone				
Ice Cream Dips				
Sprinkles				
Funnel Cake				
Monkey Bread Sundae				
Popcorn				
Cotton Candy				

11 – Lumber Jack's Ice Cream

Item	Nut	Dairy	Gluten	Egg
Soft Serve In Dish				
Regular Cake Cone				
Hard Scoop Ice Cream (Mint Chocolate Chip)				
Hard Scoop Ice Cream (Black Raspberry)				
Hard Scoop Ice Cream (Cookies & Cream)				
Hard Scoop Ice Cream (Cookie Dough)				
Frappes (Chocolate or Vanilla)				
Sundae (Davy Crocket Chocolate)				
Sundae (Daniel Boone with a Spoon)				
Sundae (Paul Bunyan Peanut Butter)				
Sundae (Pecos Bill's Wild Ride)				
Lumberjack Cookie Snack				
Sprinkles				
Fudge Topping				

12 – Chicken Coop

Item	Nut	Dairy	Gluten	Egg
Chicken Tenders (Plain)				
Miner's Delight Sauce (Honey Garlic)				
Rising Sun Sauce (Teriyaki)				
Rowdy Roosters Sauce (Sweet & Sour)				
Sweet & Sassy Sauce (Sweet Chili)				
Jeremiah's Wild Buffalo (Frank's Buffalo)				
French Fries				
Cheese Fries				
Ranch Dressing Dip				
Bleu Cheese Dip				

13 – Candy Shoppe

Item	Nut	Dairy	Gluten	Egg
All Items Should Be Considered As Containing EVERY Allergen, Including ALL Caramel Apples				

14 – Dancing Bear Canteen

Item	Nut	Dairy	Gluten	Egg
Barbequed Ribs				
Pulled Pork Sandwich				
Rotisserie Chicken				
Cheeseburger				
Hamburger				
Bacon Cheeseburger				
1/4 Lb Hot Dog				
Kids Hot Dog				
Kids Riblet Sandwich				
French Fries				
Corn Cobbett				
Cole Slaw				
Baked Beans				
Mac & Cheese				
Un crustables PB & Jelly				
Beer (Bud Light)				
Apple Juice				

15 – Sons of Liberty Tavern (Food Menu)

Item	Nut	Dairy	Gluten	Egg
Chicken Tenders				
Wraps (Buffalo Chicken, Chicken Caesar)				
Wraps (Turkey Club, Tuna)				
BLT Sandwich				
Grilled Reuben				
Pulled Pork Sliders				
Un crustables PB & Jelly				
Clam Chowder				
Garden Salad				
Chicken Caesar Salad				
Spinach Dip				
Kraft Mac & Cheese				
French Fries				
Cheddar Bacon Fries				
Sweet Potato Fries				
Nachos w/ Cheese				
Popcorn				

15 – Sons of Liberty Tavern (Beverage Menu)

Item	Nut	Dairy	Gluten	Egg
Wine (Chardonnay, Pinot Grigio, Merlot)				
Beer (Bud, Bud Light, Bud Light Lime)				
Beer (Heinekin)				
Frozen Alcoholic Drinks				
Apple Juice				
Hot Coffee				
Hot Tea				
Milk or Chocolate Milk				

16 – Yankee Whaler

Item	Nut	Dairy	Gluten	Egg
Soft Serve In Dish				
Regular Cake Cone				
Waffle Cone				
Hard Scoop Ice Cream (Mint Chocolate Chip)				
Hard Scoop Ice Cream (Black Raspberry)				
Hard Scoop Ice Cream (Cookies & Cream)				
Hard Scoop Ice Cream (Cookie Dough)				
Popcorn				
Cotton Candy				
Caramel Apples				

17 – Minuteman Fried Clams

Item	Nut	Dairy	Gluten	Egg
Clam Plate				
Pint of Clams				
Clam Roll				
Lobster Roll				
Chicken Tender Basket (with French Fries)				
Chicken Tenders				
Fish Tacos				
French Fries				
Onion Rings				
Clam Chowder				
Fish and Chips				
Cole Slaw				

18 – Popcorn Box

Item	Nut	Dairy	Gluten	Egg
Popcorn				
Caramel Corn				
Kettle Corn (Seasonal)				
Cheddar Corn				
Butter Topping				

19 – Kayem Hot Dog Diner

Item	Nut	Dairy	Gluten	Egg
Hot Dog				
Pickle				
Lays Potato Chips				
Doritos				

20 – Fried Dough

Item	Nut	Dairy	Gluten	Egg
Fried Dough				
Fried Dough Extreme				
Whipped Cream Topping				
Chocolate Sauce				
Caramel Sauce				
Strawberry Shortcake Dessert Shot (seasonal)				
Dirt Cup Pudding Cup Dessert Shot (seasonal)				

21 – Entrance Cart

Item	Nut	Dairy	Gluten	Egg
Cookies & Cream Dippin' Dots				
Birthday Cake Dippin' Dots				
Banana Split Dippin' Dots				
Blue Raspberry Dippin' Dots				
Richie's Slush				
Caramel Apples (Various Toppings or Plain)				
Candy Apples				
Pretzels				
Popcorn				
Cotton Candy				

24 – Castaway Grill

Item	Nut	Dairy	Gluten	Egg
Hot Dog				
Hamburger				
Cheeseburger				
Lay's Chips				
Doritos				

Other Cart Locations

Item	Nut	Dairy	Gluten	Egg
Cookies & Cream Dippin' Dots				
Birthday Cake Dippin' Dots				
Banana Split Dippin' Dots				
Blue Raspberry Dippin' Dots				
Richie's Slush				
Caramel Apples (Various Toppings or Plain)				
Candy Apples				
Pretzels				
Popcorn				
Cotton Candy				
Sno Kones				
Fresh Fruit Cups				
Hot Dog				

Pepsi Products

Item	Nut	Dairy	Gluten	Egg
Pepsi				
Diet Pepsi				
Sierra Mist				
Mountain Dew				
Fruit Punch				
Orange Soda				
Mug Root Beer				
Aquafina Bottled Water				

Sandwiches without Buns

Item	Nut	Dairy	Gluten	Egg
Hamburger (No Bun)				
Cheeseburger (No Bun)				
Hot Dog (No Bun)				
Fried Chicken Sandwich (No Bun)				
Grilled Chicken Sandwich (No Bun)				
Sausage with Peppers & Onions (No Bun)				
Steak & Cheese (No Bun)				
Roast Beef (No Bun)				
Italian Sub (No Bun)				
Turkey Sub (No Bun)				
Ham & Cheese Sub (No Bun)				
Tuna Salad Sub (No Bun)				
Veggie Burger Sub (No Bun)				

Condiments

Item	Nut	Dairy	Gluten	Egg
Ketchup				
Mustard Packets				
Mayo Packets				
Relish Packets				
BBQ Cups				
Honey Mustard Cups				
Sweet & Sour Cups				
Caesar Dressing				
Ranch Dressing				
Olive Oil Vinaigrette				
French Dressing				
Italian Dressing				

KEY

Nut Allergies



Dairy Allergies



Gluten Allergies



Egg Allergies



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