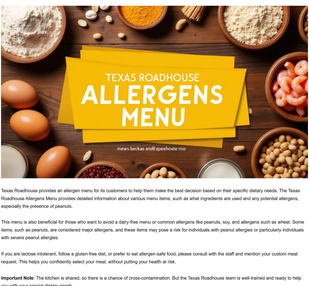
TEXAS ROADHOUSE ALLERGENS MENU & DAIRY-FREE GUIDE (2025)

By roadhouse menu • May 31, 2025



Texas Roadhouse provides an allergen menu for its customers to help them make the best decision based on their specific dietary needs. The Texas Roadhouse Allergens Menu provides detailed information about various menu items, such as what ingredients are used and any potential allergens, especially the presence of peanuts.

This menu is also beneficial for those who want to avoid a dairy-free menu or common allergens like peanuts, soy, and allergens such as wheat. Some items, such as peanuts, are considered major allergens, and these items may pose a risk for individuals with peanut allergies or particularly individuals with severe peanut allergies.

If you are lactose intolerant, follow a gluten-free diet, or prefer to eat allergen-safe food, please consult with the staff and mention your custom meal request. This helps you confidently select your meal, without putting your health at risk.

Important Note: The kitchen is shared, so there is a chance of cross-contamination. But the Texas Roadhouse team is well-trained and ready to help you with your special dietary needs.

TEXAS ROADHOUSE ALLERGENS MENU PDF

ALLERGENS AT TEXAS ROADHOUSE

Dining at Texas Roadhouse can be fun for those who enjoy flavor and atmosphere. But if you are concerned about food allergies, caution is important. The restaurant provides an allergen menu to help guests, which provides detailed allergen information, such as which dishes and which items may cause allergies.

Here is a breakdown of some of the major allergens:

- **Eggs**: Found in baked goods, dressings, and breaded items.
- **Fish & Shellfish**: Found in seafood dishes such as grilled salmon.
- **Milk/Dairy**: Found in cheese, butter, and creamy sauces.
- **Peanuts & Tree Nuts**: Can be used in desserts and dressings; peanuts are on every table!
- **Wheat**: A must in rolls, fried items, and baked goods.
- **Soy & Soybean Oil**: Commonly used in frying and marinades.
- **Sesame**: A must in some breads and sauces.

Texas Roadhouse Allergens menu

TEXAS ROADHOUSE COMPLETE ALLERGENS MENU OPTIONS

Allergens may get mixed into every dish prepared in a restaurant at some stage, so it's important to avoid items where there is a chance of cross-contact. You will find a complete list in the Allergen menu to help you make safe dining choices.

↳ FALL-OFF-THE-BONE RIBS

- **Contains**: Soybean oil
- ***Dairy-Free Option Available***

↳ JUST FOR STARTERS

Item	Allergens
Bone-In Ribeye	Milk, Soy
Rattlesnake Bites	Egg, Milk, Soy, Wheat
Tater Skins	Milk, Soy
Boneless Buffalo Wings	Egg, Milk, Soy
Fried Pickles	Egg, Milk, Soy, Wheat
Cactus Blossom	Egg, Milk, Soy, Wheat
Cheese Fries	Milk, Soy
Killer Ribs (Full & Half)	Milk, Soy
Grilled Shrimp	Milk, Soy, Wheat
Chicken Critter® Basket	Egg, Fish, Milk, Soy, Wheat

↳ SALADS

Item	Allergens
Grilled Chicken Salad	Milk
Chicken Caesar Salad	Milk, Egg, Wheat
Chicken Critter Salad	Milk, Egg, Wheat
Steakhouse Filet Salad	Milk, Egg, Wheat
House Salad	Egg, Milk (if cheese is added)
Caesar Salad	Milk, Egg, Wheat
Cheese Fries	Milk, Soy
Killer Ribs (Full & Half)	Milk, Soy
Grilled Shrimp	Milk, Soy, Wheat
Chicken Critter® Basket	Egg, Fish, Milk, Soy, Wheat

Dairy-Free Dressings: Honey French, Honey Lime, Italian, Oil & Vinegar, Thousand Island (contains egg)

↳ HAND-CUT STEAKS:

Stock	Allergens
USDA Choice Sirloin (6oz–16oz)	Milk, Soy
Ft. Worth Ribeye (10oz–16oz)	Milk, Soy
Kansas City Strip	Milk, Soy
Dallas Filet (6oz–8oz)	Milk, Soy
Filet Medallions	Milk, Soy, Wheat
Bone-In Ribeye	Milk, Soy
Porterhouse T-Bone	Milk, Soy
Prime Rib (10oz–16oz)	Soy, Wheat

Note: Steaks are cooked in butter unless requested otherwise.

↳ DOCKSIDE FAVORITES:

Item	Allergens
Grilled Salmon	Fish
Fried Catfish	Fish
Grilled Shrimp	Shellfish

↳ CHICKEN SPECIALTIES:

Item	Allergens
Country Fried Chicken	Gluten, Milk, Eggs
Grilled BBQ Chicken	None specified
Chicken Critters	Gluten, Eggs
Oven Roasted Half Chicken	None specified
Smothered Chicken	Milk, Gluten
Portobello Mushroom Chicken	Milk, Mushrooms
BBQ Roasted Half Chicken	None specified

↳ COUNTRY DINNERS:

Item	Allergens
Grilled Pork Chops	Milk, Soy, Wheat
Pulled Pork Dinner	Milk, Soy, Wheat
Country Fried Sirloin	Egg, Fish, Milk, Soy, Wheat
Beef Tips (Mashed or Rice)	Milk, Soy, Wheat
Country Veg Plate	Varies by selected sides

↳ BURGERS & SANDWICHES:

Item	Allergens
All-American Cheeseburger	Milk, Soy, Wheat
Bacon Cheeseburger	Milk, Soy, Wheat
Smokehouse Burger	Milk, Soy, Wheat
Pulled Pork Sandwich	Milk, Soy, Wheat
BBQ Chicken Sandwich	Milk, Soy, Wheat
Mushroom Jack Chicken Sandwich	Milk, Soy, Wheat

Note: All buns contain dairy and wheat. Ask for a burless version if needed.

↳ RESTAURANT SIDES & EXTRAS ALLERGENS MENU:

Side	Allergens
Buttered Corn	Milk, Soy
Seasoned Rice	Milk, Soy, Wheat
Green Beans	Soy
Apple Sauce	None
Fresh Vegetables	Milk, Soy
Cup of Chili	Milk, Soy, Wheat
Sautéed Onions	Milk, Soy, Wheat
Sautéed Mushrooms	Milk, Soy
Steak Fries	Fish, Soy, Wheat
Mashed Potatoes	Milk, Soy
Baked Potato (Plain)	May contain milk/soy with toppings
Sweet Potato (Plain)	Same note as baked potato

↳ BEVERAGES ROADHOUSE ALLERGY MENU

Type	Common Allergens
Sodas, Lemonades, Iced Teas	None
Flavored Lemonades / Iced Teas	None
Bottled Water	None
Beer	Gluten
Wine	May contain sulfites, egg/milk traces
Cocktails	Some may contain milk or egg

↳ OTHER ENTREES (WITHOUT SIDES)

Entrée	Allergens Present
Bone-In Ribeye	Milk, Soy
Rattlesnake Bites	Egg, Milk, Soy, Wheat
Chicken Critter® Basket	Egg, Fish, Milk, Soy, Wheat
Grilled Salmon	Fish
Fried Catfish	Fish
Grilled Shrimp	Shellfish
Country Fried Chicken	Gluten, Milk, Eggs
Grilled BBQ Chicken	None Specified
Smothered Chicken	Milk, Gluten (with cheese or gravy)
Portobello Mushroom Chicken	Milk, Mushrooms
Country Fried Sirloin	Egg, Fish, Milk, Soy, Wheat
Beef Tips (Mashed Potatoes/Rice)	Milk, Soy, Wheat
Pulled Pork Dinner	Milk, Soy, Wheat
Grilled Pork Chops	Milk, Soy, Wheat
USDA Choice Sirloin (all sizes)	Milk, Soy
Ft. Worth Ribeye (all sizes)	Milk, Soy
Dallas Filet	Milk, Soy
Filet Medallions	Milk, Soy, Wheat
Prime Rib	Soy, Wheat
Porterhouse T-Bone	Milk, Soy

↳ DESSERTS (BASED ON COMMON AVAILABILITY)

Dessert Item	Allergens Present
Granny's Apple Classic	Milk, Wheat, Egg
Strawberry Cheesecake	Milk, Wheat, Egg, Soy
Big Ol' Brownie	Milk, Wheat, Egg, Soy, Nuts

↳ SAUCES & DRESSINGS ALLERGEN TABLE

Sauce / Dressing	Allergens Present
Ranch Dressing	Milk, Egg
Honey Mustard Dipping Sauce	Egg
Caesar Dressing	Milk, Egg, Fish
Italian Dressing	None listed
Oil & Vinegar	None
Honey Lime Sauce	None listed
Brown Gravy	Gluten, Soy
Cream Gravy	Milk, Wheat
BBQ Sauce	None listed (may contain soy)
Creole Mustard Sauce	None listed
Tartar Sauce	Egg
Horseradish Sauce	None listed
Pico de Gallo	None
Ketchup	None
Au Jus	None listed

↳ KIDS & RANGER MEALS ALLERGENS:

Type	Common Allergens
Sodas, Lemonades, Iced Teas	None
Flavored Lemonades / Iced Teas	None
Bottled Water	None
Beer	Gluten
Wine	May contain sulfites, egg/milk traces

Cocktails	Some may contain milk or egg

↳ ROLLS INGREDIENTS ALLERGENS

Allergens: Wheat, Milk, Eggs

Note: Served with cinnamon butter (contains dairy)

Ingredient	Common Allergens Present
Flour	Wheat (Gluten)
Yeast	None (typically safe)
Sugar	None
Butter	Dairy
Milk	Dairy
Possible Additions	Soy (in some variations)

↳ POPULAR ITEM ALERT: TEXAS ROADHOUSE ROLLS:

Their famous soft & sweet rolls contain wheat, milk, and eggs, so if you have a gluten, dairy, or egg allergy, be sure to inform the staff. There is a high chance of cross-contamination; however, the restaurant team is trained and ready to assist you.

↳ TEXAS ROADHOUSE PEANUT ALLERGY EXPOSURE RISKS

Concern	Risk Detail
Peanuts on Tables	There are open peanut buckets on every table risk of direct contact.
Shells on the Floor	Scattering of shells on the floor is a common cause of cross-contamination.
Airborne Peanut Dust	The powder of shells can fly into the air and trigger an allergic reaction.
Cross-Contact in the Kitchen	There is a high chance of peanut residue transfer to the kitchen and utensils.

TEXAS ROADHOUSE DAIRY-FREE MENU GUIDE 2025

Restaurant staff encourage you to verify the ingredients based on your allergy and make informed choices. Texas Roadhouse prioritizes safety and offers some alternative dining options or a dairy-free allergen menu, but it's still important for everyone to be mindful of their health.

Category	Dairy-Free Item	Special Instructions
Starters	Killer Ribs	Contains soy, wheat – dairy-free ✓
	House Salad	No cheese, no croutons – choose oil-based dressing
	Boneless Wings (dry rub)	Confirm the sauce is dairy-free
Steaks & Meats	Sirloin Steak	Request without butter
	Ribeye / NY Strip	Request without butter
	Grilled Chicken	No butter, no cheese
	Prime Rib	Confirm preparation without butter
Salads	House Salad	No cheese, no croutons
	Grilled Chicken Salad	No cheese, no croutons, use dairy-free dressing
Dressings	Italian, Oil & Vinegar, Honey Lime Sauce	Dairy-free ✓
	Honey French, Thousand Island	Dairy-free ✓ (contains egg)
Kids' Menu	All-Beef Hot Dog	Dairy-free ✓
	Ranger Rib Basket	Dairy-free ✓
	Applesauce	Naturally dairy-free
	Green Beans, Steak Fries	Confirm no butter added
Sides	Applesauce	Dairy-free ✓
	Baked Potato	No butter, cheese, or sour cream
	Sweet Potato	No butter, caramel, or marshmallows
	Steamed Vegetables / Broccoli	Ask for no butter
	Green Beans. Charred Jalapeños. House Salad	Confirm dairy-free prep
	Steak Fries	Dairy-free ✓
Soups	Texas Red Chili	No cheese or sour cream toppings
Dessert (if available)	Coconut-based Vanilla Frozen Dessert	Check availability – dairy-free ✓
Sauces	Au Jus, Brown Gravy, Creole Mustard, Horseradish	Most are dairy-free – always confirm
	Honey Lime, Pico de Gallo, Tartar, BBQ Sauce	Dairy-free ✓

↳ VEGAN MENU

Such as Applesauce, Baked Potato (plain), Charred Jalapenos, Plain Sweet Potato, House Salad (no cheese/croutons), Oil & Vinegar dressing.

CROSS-CONTAMINATION & COOKING NOTES

There is a risk of exposure to cross-contact with dairy or nuts when Dining at Texas Roadhouse due to shared kitchen facilities. Peanuts or other allergens can be found scattered on the floor, which poses a risk to peanut-allergic guests. This is why many people avoid dining at Texas Roadhouse.

- Peanut Oil: Used for frying, high cross-contamination risk for peanut allergies.
- Butter: Used widely in cooking, especially for proteins and vegetables.
- Bread/Buns: Contain dairy, egg, and wheat.
- Dairy-Free & Vegan items must be specially requested (e.g., no butter, separate pan).

FREQUENTLY ASKED QUESTIONS

Q: WHAT ARE THE COMMON ALLERGENS ON THE TEXAS ROADHOUSE MENU? −

A: Most items contain milk, soy, egg, wheat, fish, or shellfish—these are common allergens.

Q: CAN I CUSTOMIZE MY ORDER AT TEXAS ROADHOUSE TO SUIT MY ALLERGIES? +

Q: HOW DO I FIND OUT IF A DISH CONTAINS AN ALLERGEN? +

Q: IS TEXAS ROADHOUSE SAFE FOR PEOPLE WITH PEANUT ALLERGIES? +

Q: WHICH STARTERS CONTAIN COMMON ALLERGENS? +

Q: WHICH SALADS MAY CONTAIN ALLERGENS? +

Q: WHICH ENTREES DO NOT CONTAIN ALLERGENS? +

Q: WHICH TEXAS ROADHOUSE ENTREES CONTAIN MORE ALLERGENS? +

Q: WHICH SIDE DISHES ARE ALLERGEN-FREE? +

Q: WHICH SIDES CONTAIN COMMON ALLERGENS? +

Q: DOES TEXAS ROADHOUSE HAVE DAIRY-FREE OPTIONS? +

CONCLUSION

Texas Roadhouse provides a Texas Roadhouse Allergens Menu for its guests with food allergies, which includes the latest allergen information. However, Texas Roadhouse is not considered safe for every allergy patient because their main menu has some specific ingredients present in their menu items that may pose a risk. For example, their rolls, many dafa rolls typically contain dairy, which makes it important to avoid these rolls for people with a dairy allergy.

These policies may vary at each Texas Roadhouse location, so it's best to always keep an eye on updated information and a listing of common allergens.

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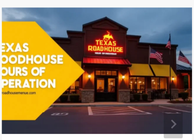

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