



ALLERGEN INFORMATION

The following is an itemized menu containing all the ingredients we use in each of our menu items. An "X" in the box of each allergen means that said ingredient contains that particular allergen.

DISCLAIMER: As much as we strive to provide different food options for our customers, we cannot guarantee there is not any cross-contamination between our different products. Please exercise caution when ordering food that may contain or may have been exposed to your allergen. Also, be mindful not all substitutions are possible.

Menu Item	Gluten	Soy	Egg	Milk	Peanut	Tree Nut	Shell Fish	Fin Fish	Sesame	Produced in a factory or on equipment that processes nuts
BELGIAN WAFFLES										
Waffle Mix	X			X						
Egg			X							
Butter				X						
CAMP SIDES & FRESH ADD-ONS										
Hashbrowns				X						
Loaded Hashbrowns (ham, cheese, onion)				X						
Choice-English Muffin	X	X		X						X
Choice-White Toast	X			X					May Contain	
Choice-Wheat Toast	X			X					May Contain	
Pancake	X		X	X						
Mixed Fruit (Pineapple, Grapes, Honeydew, Canteloupe)										
CAMPER'S CLASSIC										
Eggs			X							
Choice-Bacon										
Choice-Sausage										
Choice-White Toast	X								May Contain	
Choice-Wheat Toast	X								May Contain	
EAGLE SCOUT BREAKFAST SANDWICH										
Scrambled Egg			X	X						
Choice Cheese-American		X		X						
Choice Cheese-Cheddar				X						
Choice-Bacon										
Choice-Sausage										
Choice-English Muffin (buttered)	X	X		X						X
Choice-White Toast (buttered)	X			X					May Contain	
Choice-Wheat Toast (buttered)	X			X					May Contain	
Choice-Plain Bagel (buttered)	X			X					May Contain	
Mixed Fruit Side										



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FRENCH TOAST										
White Bread	X								May Contain	
Egg Custard (with Cinnamon & Nutmeg)			X	X						
Butter				X						
GRIDDLE CAKES										
Pancake Mix	X		X	X						
Egg			X							
Butter				X						
JUNIOR CAMPERS MEALS										
Eggs			X							
Hashbrowns				X						
Choice-WhiteToast	X			X					May Contain	
Choice-Wheat Toast	X			X					May Contain	
Pancakes	X		X	X						
French Toast	X		X	X						
Choice-Bacon										
Choice-Sausage										
OMELET-DENVER										
Eggs			X							
Cubed Ham										
Bell Pepper										
Yellow Onion										
Cheddar Cheese				X						
OMELET-HAM & CHEESE										
Eggs			X							
Cubed Ham										
Cheddar Cheese				X						



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OMELET-INTO THE WOODS										
Eggs			X							
Spinach										
Mushrooms										
Feta Cheese				X						
THE HEARTY HIKER										
Eggs			X							
Pancakes	X		X	X						
Choice-Bacon										
Choice-Sausage										



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Buffet Item	Gluten	Soy	Egg	Milk	Peanut	Tree Nut	Shell Fish	Fin Fish	Sesame
BELGIAN WAFFLES									
Waffle Mix	X			X					
Egg			X						
Butter				X					
BREAKFAST POTATOES									
Diced Red Potatoes									
Red & Green Bell Peppers									
White Onion									
Butter Alternative		X							
BUTTERMILK PANCAKES									
Pancake Mix	X		X	X					
Egg			X						
Butter				X					
CEREALS									
Frosted Flakes									
Fruit Whirls	X								
Oat Happy Shapes	X								
Raisin Bran	X								
CINNAMON ROLLS WITH CREAM CHEESE ICING									
Cinnamon Roll	X	May Contain	X	May Contain					
Cream Cheese Icing				X					
CINNAMON SUGAR DONUTS									
Cake Donut	X	X	X	X					
Cinnamon									
Sugar									
FRENCH TOAST									
White Bread	X								May Contain
Egg Custard (with Cinnamon & Nutmeg)			X	X					
Butter				X					



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Buffet Item	Gluten	Soy	Egg	Milk	Peanut	Tree Nut	Shell Fish	Fin Fish	Sesame
HASHBROWN CASSEROLE									
Shredded Potatoes									
Butter				X					
Cream of Chicken Soup	X	X		X					
Sour Cream				X					
Cheddar Cheese				X					
MEATS									
Bacon									
Sausage									
MIXED FRUITS									
Honeydew, Canteloupe, Grapes, Pineapple									
MUFFINS									
Blueberry	X	X		X					
Lemon Poppyseed	X		X						
Chocolate Chocolate Chip	X	X	X	X					
OATMEAL									
Whole Rolled Oats									
SCRAMBLED EGGS									
Eggs			X						
Butter				X					
Mascarpone Cheese				X					
YOGURT									
Vanilla				X					
Strawberry				X					
Blueberry				X					
Peach				X					