

# Casey's Allergen Information



All Menu Items · 98 items · FDA Big-9 Allergens  
Updated October 2026

Important — please read first. Casey's kitchens are not allergen free. In Casey's own words: "Many of our products come in contact with common allergens including wheat, soy, milk, egg, sesame, nuts, and tree nuts during production and preparation." Casey's gluten-free crust pizzas are also prepared in a shared kitchen with gluten-containing products. If you have a food allergy, always confirm the current allergen information for your item on caseys.com or with the store team before ordering.

## How to read this guide

● Contains — the allergen is an ingredient in the standard recipe. △ May contain / varies — the allergen depends on the sauce, topping, dressing or recipe used at your store, or it can be present through shared preparation. — Not in the standard recipe — but cross-contact is still possible (see the warning above). † Verified against Casey's official product page or the packaged ingredient label (October 2026).

## The FDA Big-9 allergens covered

Milk · Egg · Wheat · Soy · Peanut · Tree Nut · Fish · Shellfish · Sesame. No Casey's menu item in this guide uses fish or shellfish as a standard ingredient, so those two columns are blank throughout — they are included so the chart matches the full FDA Big-9 list. Wheat is the allergen behind gluten in these items; a wheat marker means the item is not gluten-free.

## Sauces & dips

Buffalo Dipping Sauce — Milk † (officially listed on caseys.com). Other dipping sauces and wing sauces vary: ranch-style and cheese-based sauces typically contain milk and egg; BBQ and sweet sauces may contain soy. Ask the store for the sauce's current allergen list before dipping.

## Ordering with an allergy — quick tips

- Tell the store team about your allergy before you order, every time — recipes and suppliers change.
- Check the item's own page on caseys.com on the day you order; it carries Casey's current allergen list for that product.
- Treat every fried and bakery item as cross-contact risk: fryers, ovens and prep counters are shared.
- For packaged snacks and bottled drinks, the label on the pack in front of you is the final word.

Sources & basis: Casey's official product pages on caseys.com (allergen listings and cross-contact statement), Casey's Bakery pizza ingredient lists, and packaged product labels, checked October 2026. All other rows reflect each item's standard recipe ingredients. This guide is maintained by Caseys-Menus.com, an unofficial fan-made resource, and is not medical advice.

## Pizza — Original Crust †

Crust: wheat flour, soybean oil & non-fat dry milk. Cheese & sauce add milk and soy.

| Menu Item               | Milk | Egg | Wheat | Soy | Peanut | Tree Nut | Fish | Shellfish | Sesame | Notes |
|-------------------------|------|-----|-------|-----|--------|----------|------|-----------|--------|-------|
| Cheese Pizza            | ●    | —   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Pepperoni Pizza         | ●    | —   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Sausage Pizza           | ●    | —   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Spicy Sausage Pizza     | ●    | —   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Beef Pizza              | ●    | —   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Supreme Pizza           | ●    | —   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Veggie Pizza            | ●    | —   | ●     | ●   | —      | —        | —    | —         | —      |       |
| BBQ Chicken Pizza       | ●    | —   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Ultimate Hawaiian Pizza | ●    | —   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Taco Pizza              | ●    | —   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Jalapeño Popper Pizza   | ●    | —   | ●     | ●   | —      | —        | —    | —         | —      |       |

## Breakfast Pizza

Pizza crust & cheese base, plus scrambled egg.

| Menu Item                       | Milk | Egg | Wheat | Soy | Peanut | Tree Nut | Fish | Shellfish | Sesame | Notes             |
|---------------------------------|------|-----|-------|-----|--------|----------|------|-----------|--------|-------------------|
| Bacon Breakfast Pizza           | ●    | ●   | ●     | ●   | —      | —        | —    | —         | —      |                   |
| Sausage Breakfast Pizza         | ●    | ●   | ●     | ●   | —      | —        | —    | —         | —      |                   |
| Veggie Breakfast Pizza          | ●    | ●   | ●     | ●   | —      | —        | —    | —         | —      |                   |
| Create-Your-Own Breakfast Pizza | ●    | ●   | ●     | ●   | —      | —        | —    | —         | —      | Varies by topping |

## Breakfast Sandwiches, Burritos & Bowls

| Menu Item                       | Milk | Egg | Wheat | Soy | Peanut | Tree Nut | Fish | Shellfish | Sesame | Notes |
|---------------------------------|------|-----|-------|-----|--------|----------|------|-----------|--------|-------|
| Bacon, Egg & Cheese Biscuit     | ●    | ●   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Sausage, Egg & Cheese Biscuit   | ●    | ●   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Bacon, Egg & Cheese Croissant   | ●    | ●   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Sausage, Egg & Cheese Croissant | ●    | ●   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Sausage Buttermilk Biscuit      | ●    | —   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Buttermilk Biscuit              | ●    | —   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Loaded Breakfast Burrito        | ●    | ●   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Loaded Burrito without Bacon    | ●    | ●   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Loaded Burrito without Sausage  | ●    | ●   | ●     | ●   | —      | —        | —    | —         | —      |       |

| Menu Item                   | Milk | Egg | Wheat | Soy | Peanut | Tree Nut | Fish | Shellfish | Sesame | Notes |
|-----------------------------|------|-----|-------|-----|--------|----------|------|-----------|--------|-------|
| Loaded Burrito without Meat | ●    | ●   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Loaded Breakfast Bowl       | ●    | ●   | —     | ●   | —      | —        | —    | —         | —      |       |

## Wings & Chicken

Boneless wings, tenders & popcorn chicken are breaded (wheat). Sauced items vary by sauce — see Sauces note.

| Menu Item                        | Milk | Egg | Wheat | Soy | Peanut | Tree Nut | Fish | Shellfish | Sesame | Notes               |
|----------------------------------|------|-----|-------|-----|--------|----------|------|-----------|--------|---------------------|
| Traditional Bone-In Wings (8 pc) | △    | △   | —     | △   | —      | —        | —    | —         | —      | Sauce-depe<br>ndent |
| Sauced Bone-In Wings (10 pc)     | △    | △   | —     | △   | —      | —        | —    | —         | —      | Sauce-depe<br>ndent |
| Sauced Bone-In Wings (15 pc)     | △    | △   | —     | △   | —      | —        | —    | —         | —      | Sauce-depe<br>ndent |
| Sauced Bone-In Wings (20 pc)     | △    | △   | —     | △   | —      | —        | —    | —         | —      | Sauce-depe<br>ndent |
| Boneless Chicken Wings (8 pc)    | △    | △   | ●     | △   | —      | —        | —    | —         | —      |                     |
| Sauced Boneless Wings (10 pc)    | △    | △   | ●     | △   | —      | —        | —    | —         | —      | Sauce-depe<br>ndent |
| Sauced Boneless Wings (15 pc)    | △    | △   | ●     | △   | —      | —        | —    | —         | —      | Sauce-depe<br>ndent |
| Sauced Boneless Wings (20 pc)    | △    | △   | ●     | △   | —      | —        | —    | —         | —      | Sauce-depe<br>ndent |
| Chicken Tenders                  | △    | △   | ●     | △   | —      | —        | —    | —         | —      |                     |
| Popcorn Chicken                  | △    | △   | ●     | △   | —      | —        | —    | —         | —      |                     |
| Potato Cheese Bites              | ●    | △   | ●     | △   | —      | —        | —    | —         | —      |                     |

## Sides & Breadsticks

| Menu Item                          | Milk | Egg | Wheat | Soy | Peanut | Tree Nut | Fish | Shellfish | Sesame | Notes                |
|------------------------------------|------|-----|-------|-----|--------|----------|------|-----------|--------|----------------------|
| Original Cheesy Breadsticks        | ●    | —   | ●     | ●   | —      | —        | —    | —         | —      |                      |
| 4-Cheese Loaded Breadsticks        | ●    | —   | ●     | ●   | —      | —        | —    | —         | —      |                      |
| Bacon Loaded Breadsticks †         | ●    | —   | ●     | ●   | —      | —        | —    | —         | —      | Officially<br>listed |
| Pepperoni Loaded Breadsticks       | ●    | —   | ●     | ●   | —      | —        | —    | —         | —      |                      |
| Spicy Pepperoni Loaded Breadsticks | ●    | —   | ●     | ●   | —      | —        | —    | —         | —      |                      |
| Original Mac & Cheese              | ●    | △   | ●     | △   | —      | —        | —    | —         | —      |                      |
| Bacon Mac & Cheese                 | ●    | △   | ●     | △   | —      | —        | —    | —         | —      |                      |
| Brisket Mac & Cheese               | ●    | △   | ●     | △   | —      | —        | —    | —         | —      |                      |

## Sandwiches, Wraps & Salads

Buns, wraps & dressings vary by store — sesame and egg markers reflect that.

| Menu Item                                | Milk | Egg | Wheat | Soy | Peanut | Tree Nut | Fish | Shellfish | Sesame | Notes              |
|------------------------------------------|------|-----|-------|-----|--------|----------|------|-----------|--------|--------------------|
| Hot Sandwiches                           | ●    | △   | ●     | ●   | —      | —        | —    | —         | △      |                    |
| Cold Sandwiches                          | △    | △   | ●     | ●   | —      | —        | —    | —         | △      |                    |
| Spicy Chicken Sandwich                   | △    | △   | ●     | ●   | —      | —        | —    | —         | △      |                    |
| King's Hawaiian® Hot Ham & Swiss Sliders | ●    | ●   | ●     | △   | —      | —        | —    | —         | —      |                    |
| Wraps                                    | △    | △   | ●     | ●   | —      | —        | —    | —         | —      |                    |
| Sandwich Combos                          | ●    | △   | ●     | ●   | —      | —        | —    | —         | △      |                    |
| Salads                                   | △    | △   | △     | △   | —      | —        | —    | —         | —      | Varies by dressing |

## Bakery — Donuts & Pastries

| Menu Item                    | Milk | Egg | Wheat | Soy | Peanut | Tree Nut | Fish | Shellfish | Sesame | Notes |
|------------------------------|------|-----|-------|-----|--------|----------|------|-----------|--------|-------|
| Glazed Donut                 | △    | △   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Chocolate Cake Donut         | △    | △   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Plain Deluxe Cake Donut      | △    | △   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Jelly Donut                  | △    | △   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Raspberry Jelly-Filled Donut | △    | △   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Apple Fritter                | △    | △   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Apple Fritter with Glaze     | △    | △   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Cinnamon Roll                | △    | △   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Cinnamon Bun                 | △    | △   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Bavarian Long John           | ●    | △   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Fudge Brownie                | △    | △   | ●     | △   | —      | △        | —    | —         | —      |       |
| Brownie with Icing           | △    | △   | ●     | △   | —      | △        | —    | —         | —      |       |

## Bakery — Muffins & Cookies

| Menu Item                      | Milk | Egg | Wheat | Soy | Peanut | Tree Nut | Fish | Shellfish | Sesame | Notes |
|--------------------------------|------|-----|-------|-----|--------|----------|------|-----------|--------|-------|
| Blueberry Muffin               | ●    | ●   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Double Chocolate Chip Muffin   | ●    | ●   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Chocolate Chunk Cookie         | ●    | ●   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Sugar Cookie                   | ●    | ●   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Mini Chocolate Chip Cookies    | ●    | ●   | ●     | ●   | —      | —        | —    | —         | —      |       |
| Monster Cookie                 | ●    | ●   | ●     | ●   | △      | △        | —    | —         | —      |       |
| Caramel Chocolate Pecan Cookie | ●    | ●   | ●     | ●   | —      | ●        | —    | —         | —      | Pecan |

| Menu Item                  | Milk | Egg | Wheat | Soy | Peanut | Tree Nut | Fish | Shellfish | Sesame | Notes         |
|----------------------------|------|-----|-------|-----|--------|----------|------|-----------|--------|---------------|
| Macadamia Nut Cookie       | ●    | ●   | ●     | ●   | —      | ●        | —    | —         | —      | Macadamia     |
| Peanut Butter Crispy Bites | △    | —   | △     | △   | ●      | —        | —    | —         | —      | Peanut butter |
| Casey's Chow               | ●    | —   | △     | ●   | ●      | —        | —    | —         | —      | Peanut butter |

## Snacks & Chips

Packaged snacks — always check the label on the pack; recipes differ by brand.

| Menu Item                   | Milk | Egg | Wheat | Soy | Peanut | Tree Nut | Fish | Shellfish | Sesame | Notes          |
|-----------------------------|------|-----|-------|-----|--------|----------|------|-----------|--------|----------------|
| Original Chips              | —    | —   | —     | △   | —      | —        | —    | —         | —      | See label      |
| BBQ Chips                   | △    | —   | —     | △   | —      | —        | —    | —         | —      | See label      |
| Jalapeño Kettle Chips       | △    | —   | —     | △   | —      | —        | —    | —         | —      | See label      |
| Ranch Tortilla Chips        | ●    | —   | —     | △   | —      | —        | —    | —         | —      | See label      |
| Doritos® Nacho Cheese Chips | ●    | —   | —     | △   | —      | —        | —    | —         | —      | See label      |
| Nacho Tortilla Chips        | △    | —   | —     | △   | —      | —        | —    | —         | —      | See label      |
| Taco Pizza Kettle Chips †   | ●    | —   | ●     | —   | —      | —        | —    | —         | —      | Per pack label |
| SkinnyPop® Original Popcorn | —    | —   | —     | —   | —      | —        | —    | —         | —      | See label      |
| Mountain Trail Mix          | △    | —   | —     | △   | ●      | ●        | —    | —         | —      |                |
| Cajun Trail Mix             | △    | —   | △     | △   | ●      | ●        | —    | —         | —      |                |

## Drinks

Plain coffee, soda & water contain no Big-9 allergens as served. Bottled drinks — see label.

| Menu Item                 | Milk | Egg | Wheat | Soy | Peanut | Tree Nut | Fish | Shellfish | Sesame | Notes     |
|---------------------------|------|-----|-------|-----|--------|----------|------|-----------|--------|-----------|
| Hot Black Coffee          | —    | —   | —     | —   | —      | —        | —    | —         | —      |           |
| Sweetened Coffee Drinks   | ●    | —   | —     | △   | —      | —        | —    | —         | —      |           |
| Cold Coffee Beverage      | ●    | —   | —     | △   | —      | —        | —    | —         | —      |           |
| Regular Fountain Soda     | —    | —   | —     | —   | —      | —        | —    | —         | —      |           |
| Zero-Sugar Fountain Soda  | —    | —   | —     | —   | —      | —        | —    | —         | —      |           |
| Bottled Soft Drinks       | —    | —   | —     | —   | —      | —        | —    | —         | —      | See label |
| Sports Drinks             | —    | —   | —     | —   | —      | —        | —    | —         | —      | See label |
| Energy Drinks             | —    | —   | —     | —   | —      | —        | —    | —         | —      | See label |
| Bottled Water             | —    | —   | —     | —   | —      | —        | —    | —         | —      |           |
| Bottled Water (24-Pack)   | —    | —   | —     | —   | —      | —        | —    | —         | —      |           |
| Milk                      | ●    | —   | —     | —   | —      | —        | —    | —         | —      |           |
| Bottled Milk (Whole Milk) | ●    | —   | —     | —   | —      | —        | —    | —         | —      |           |
| Juice                     | —    | —   | —     | —   | —      | —        | —    | —         | —      | See label |
| Bottled Juice (Orange)    | —    | —   | —     | —   | —      | —        | —    | —         | —      | See label |

## One last word

Allergen recipes change — a supplier swap can add or remove an allergen without the menu board changing. This PDF is a starting point for a conversation with your store, not a guarantee that any item is safe for you. When in doubt, check [caseys.com](https://caseys.com) for the item's current official allergen information or ask the store team, and follow your doctor's advice.

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