

The following information was designed to assist our Guests who have food allergies. Because of our reliance on suppliers for accurate information, the shared cooking and preparation areas in our kitchens, and the fact that our food is prepared to order, we cannot fully eliminate the risk of cross-contamination or guarantee that any item is free of any allergen. The information details common allergens and in which menu items they may be present. Neither Twisted Mac, nor its affiliated entities, warrant or guarantee that the following guide will eliminate or prevent allergic reactions.

Product	Calories	Egg***	Fish	Milk	Peanut*	Shellfish	Soy**	Tree Nuts*	Wheat/Gluten	Fried****
<b>STARTERS</b>										
Toasted Ravioli	680	x		x			x		x	
Mac & Cheese Bites	920	x		x			x		x	
Crispy Lasagna Bites	720	x		x			x		x	
<b>ENTRÉES</b>										
Classic Mac & Cheese	1770			x			x		x	
Truffle Mac & Cheese	1790			x			x		x	
Smoky Mac & Cheese	1840			x			x		x	
Meatball Mac & Cheese	2340	x		x			x		x	
Nashville Hot Chicken Mac & Cheese	2490			x			x		x	
Buffalo Chicken Mac & Cheese	1990	x		x			x		x	
Spicy Calabrian Mac & Cheese	2060			x			x		x	
Pesto Mac & Cheese	2120			x			x	x	x	
Cheeseburger Mac & Cheese	2190	x		x			x		x	
BBQ Mac & Cheese	1900			x			x		x	
Creamy Vegan Mac & Cheese	1550						x	x	x	
Italian Meatball Bowl	1050	x		x			x		x	
<b>SIDES</b>										
Side Fresh Greens Salad	190			x			x		x	
Side Caesar Salad	240	x	x	x			x		x	
Parmesan Truffle Fries	610	x	x	x			x		x	
<b>DESSERT</b>										
Chocolate Cake	1090	x		x			x		x	
New York Cheesecake	690	x		x			x		x	
Chocolate Chip Cookie	300	x		x			x		x	

\*Peanuts and/or Tree nuts are not a direct ingredient this product however the product is manufactured in a facility that handles these allergens.

\*\*Many of our items include soybean oil, which the FDA recognizes as safe to eat for those with a soy allergy. For this reason, menu items containing soybean oil are listed as containing soy.

\*\*\*Some of our pastas contain egg and are cooked in the same water as pastas that do not contain eggs. For this reason, those with hypersensitive egg allergies should avoid all pastas.

\*\*\*\*Menu items presents a special risk of cross-contamination of all allergens due to the cooking method.