

TEXAS ROADHOUSE ALLERGEN REFERENCE MENU

Last Updated: August 2024 (Source Data) · Compiled June 2026

KEY	Eggs	Fish	Milk	Peanuts	Shellfish	Soy*	Tree Nuts	Wheat
✓ Item does NOT contain allergen								
! Item DOES CONTAIN allergen								

* Texas Roadhouse cooks with 100% refined soybean oil. Per FDA, highly refined oils are not classified as a major food allergen and are not listed. All food is prepared in shared kitchens — cross-contact is possible. Always inform your server of allergies.

1. JUST FOR STARTERS

Item	Eggs	Fish	Milk	Peanuts	Shellfish	Soy*	Tree Nuts	Wheat
Baked Potato Soup – Bowl*	✓	✓	!	✓	✓	!	✓	!
Baked Potato Soup – Cup*	✓	✓	!	✓	✓	!	✓	!
Boneless Buffalo Wings – Hot	!	!	!	✓	✓	!	✓	!
Boneless Buffalo Wings – Mild	!	!	!	✓	✓	!	✓	!
Cactus Blossom	!	!	!	✓	✓	!	✓	!
Cheese Fries – Regular	✓	!	!	✓	✓	!	✓	!
Cheese Fries – Small	✓	!	!	✓	✓	!	✓	!
Firecracker Shrimp*	!	!	!	✓	!	!	✓	!
Fried Pickles	!	!	!	✓	✓	!	✓	!
Grilled Shrimp	✓	✓	!	✓	!	!	✓	!
Killer Ribs	✓	!	✓	✓	✓	!	✓	!
Rattlesnake Bites	!	!	!	✓	✓	!	✓	!
Tater Skins	✓	!	!	✓	✓	✓	✓	!
Texas Red Chili (no beans) – Bowl	✓	✓	!	✓	✓	!	✓	!
Texas Red Chili (no beans) – Cup	✓	✓	!	✓	✓	!	✓	!
Texas Red Chili (with beans) – Bowl	✓	✓	!	✓	✓	!	✓	!
Texas Red Chili (with beans) – Cup	✓	✓	!	✓	✓	!	✓	!
Twisted Mozzarella*	!	!	!	✓	✓	!	✓	!

* In selected stores only

Dipping Sauces & Starters Sauces

Item	Eggs	Fish	Milk	Peanuts	Shellfish	Soy*	Tree Nuts	Wheat
Bleu Cheese Dressing	!	✓	!	✓	✓	!	✓	✓
Ranch Dressing	!	✓	!	✓	✓	!	✓	✓
Cajun Horseradish Sauce	!	✓	!	✓	✓	!	✓	✓
Texas Red Chili (sauce)	✓	✓	!	✓	✓	!	✓	!
Texas Roadhouse BBQ Sauce	✓	✓	✓	✓	✓	✓	✓	✓

2. SALADS

Item	Eggs	Fish	Milk	Peanuts	Shellfish	Soy*	Tree Nuts	Wheat
Caesar Salad	!	!	!	✓	✓	!	✓	!
California Chicken Salad*	✓	✓	!	✓	✓	!	✓	✓
Chicken Caesar Salad	!	!	!	✓	✓	!	✓	!
Chicken Critter Salad	!	!	!	✓	✓	!	✓	!
Grilled Chicken Salad	✓	✓	!	✓	✓	!	✓	!
Grilled Salmon Salad	!	!	!	✓	✓	!	✓	!
Grilled Shrimp Salad*	!	✓	!	✓	!	!	✓	!
House Salad	!	✓	!	✓	✓	!	✓	!
Salmon Caesar Salad	!	!	!	✓	✓	!	✓	!
Shrimp Caesar Salad*	!	!	!	✓	!	!	✓	!
Steakhouse Filet Salad	!	!	!	✓	✓	!	✓	!

Salad Dressings (3 oz)

Dressing	Eggs	Fish	Milk	Peanuts	Shellfish	Soy*	Tree Nuts	Wheat
Bleu Cheese	!	✓	!	✓	✓	!	✓	✓
Caesar Dressing	!	!	!	✓	✓	!	✓	✓
Honey French*	✓	✓	✓	✓	✓	✓	✓	✓
Honey Lime*	✓	✓	✓	✓	✓	✓	✓	✓
Honey Mustard	!	✓	✓	✓	✓	!	✓	✓
Italian	✓	!	✓	✓	✓	!	✓	✓
Low Fat Ranch*	!	✓	!	✓	✓	!	✓	✓
Oil & Vinegar	✓	✓	✓	✓	✓	✓	✓	✓
Parmesan Peppercorn*	!	✓	!	✓	✓	!	✓	✓
Ranch Dressing	!	✓	!	✓	✓	!	✓	✓
Thousand Island	!	✓	✓	✓	✓	!	✓	✓

* In selected stores only

3. HAND-CUT STEAKS

Shown without sides. Steaks are cooked with butter unless requested otherwise.

Item	Eggs	Fish	Milk	Peanuts	Shellfish	Soy*	Tree Nuts	Wheat
Bone-In Ribeye	✓	✓	!	✓	✓	!	✓	✓
Dallas Filet – 6 oz.	✓	✓	!	✓	✓	!	✓	✓
Dallas Filet – 8 oz.	✓	✓	!	✓	✓	!	✓	✓
Filet Medallions	✓	✓	!	✓	✓	!	✓	!
Flat Iron Churrasco*	✓	✓	!	✓	✓	!	✓	!
Ft. Worth Ribeye – 12 oz.	✓	✓	!	✓	✓	!	✓	✓
Ft. Worth Ribeye – 14 oz.	✓	✓	!	✓	✓	!	✓	✓
Ft. Worth Ribeye – 16 oz.	✓	✓	!	✓	✓	!	✓	✓
New York Strip – 8 oz.	✓	✓	!	✓	✓	!	✓	✓

Item	Eggs	Fish	Milk	Peanuts	Shellfish	Soy*	Tree Nuts	Wheat
New York Strip – 12 oz.	✓	✓	!	✓	✓	!	✓	✓
New York Strip – 16 oz.	✓	✓	!	✓	✓	!	✓	✓
Porterhouse T-Bone	✓	✓	!	✓	✓	!	✓	✓
Prime Rib – 12 oz.	✓	✓	✓	✓	✓	!	✓	!
Prime Rib – 14 oz.	✓	✓	✓	✓	✓	!	✓	!
Prime Rib – 16 oz.	✓	✓	✓	✓	✓	!	✓	!
Road Kill	✓	✓	!	✓	✓	!	✓	!
Steak Kabob	✓	✓	!	✓	✓	!	✓	!
USDA Choice Sirloin – 6 oz.	✓	✓	!	✓	✓	!	✓	✓
USDA Choice Sirloin – 8 oz.	✓	✓	!	✓	✓	!	✓	✓
USDA Choice Sirloin – 11 oz.	✓	✓	!	✓	✓	!	✓	✓
USDA Choice Sirloin – 16 oz.	✓	✓	!	✓	✓	!	✓	✓

Steak Sauces & Smother Options

Item	Eggs	Fish	Milk	Peanuts	Shellfish	Soy*	Tree Nuts	Wheat
Au Jus	✓	✓	✓	✓	✓	!	✓	!
Creamy Horseradish	!	✓	!	✓	✓	!	✓	✓
Horseradish	✓	✓	✓	✓	✓	!	✓	✓
Peppercorn Sauce	✓	✓	!	✓	✓	!	✓	!
Portobello Mushroom Sauce	✓	✓	!	✓	✓	!	✓	!
Bleu Cheese Crumbles	✓	✓	!	✓	✓	✓	✓	✓
Brown Smother Gravy	✓	✓	✓	✓	✓	!	✓	!
Cream Smother Gravy	✓	✓	!	✓	✓	!	✓	!
Fire Roasted Green Chile*	✓	✓	!	✓	✓	!	✓	✓
Green Chile Sauce*	✓	✓	!	✓	✓	!	✓	!
Monterey Jack Cheese	✓	✓	!	✓	✓	✓	✓	✓
Mushrooms	✓	✓	!	✓	✓	!	✓	✓
Onions	✓	✓	!	✓	✓	!	✓	!
Shrimp (smother)	✓	✓	!	✓	!	!	✓	✓

* In selected stores only

4. FALL-OFF-THE-BONE RIBS

Item	Eggs	Fish	Milk	Peanuts	Shellfish	Soy*	Tree Nuts	Wheat
Full Slab	✓	✓	✓	✓	✓	!	✓	✓
Half Slab	✓	✓	✓	✓	✓	!	✓	✓
Ribs – Sidekick	✓	✓	✓	✓	✓	!	✓	✓
Killer Ribs (Starter)	✓	!	✓	✓	✓	!	✓	!

5. TEXAS SIZE COMBOS

Item	Eggs	Fish	Milk	Peanuts	Shellfish	Soy*	Tree Nuts	Wheat
6 oz. Sirloin & Grilled Shrimp	✓	✓	!	✓	!	!	✓	!
6 oz. Sirloin & Ribs	✓	✓	!	✓	✓	!	✓	✓
8 oz. Sirloin & Grilled Shrimp	✓	✓	!	✓	!	!	✓	!
8 oz. Sirloin & Ribs	✓	✓	!	✓	✓	!	✓	✓
8 oz. Strip & Grilled Shrimp*	✓	✓	!	✓	!	!	✓	!
8 oz. Strip & Ribs*	✓	✓	!	✓	✓	!	✓	✓
12 oz. Ribeye & Grilled Shrimp	✓	✓	!	✓	!	!	✓	!
12 oz. Ribeye & Ribs	✓	✓	!	✓	✓	!	✓	✓
Chicken Critters & Ribs	!	!	!	✓	✓	!	✓	!
Chicken Critters & Sirloin	!	!	!	✓	✓	!	✓	!
Dallas Filet & Grilled Shrimp	✓	✓	!	✓	!	!	✓	!
Dallas Filet & Ribs	✓	✓	!	✓	✓	!	✓	✓
Grilled BBQ Chicken & Ribs	✓	✓	!	✓	✓	!	✓	✓
Grilled BBQ Chicken & Sirloin	✓	✓	!	✓	✓	!	✓	✓

* In selected stores only

6. CHICKEN SPECIALTIES

Item	Eggs	Fish	Milk	Peanuts	Shellfish	Soy*	Tree Nuts	Wheat
California Chicken Dinner*	✓	✓	!	✓	✓	!	✓	✓
Chicken Critters	!	!	!	✓	✓	!	✓	!
Country Fried Chicken	!	!	!	✓	✓	!	✓	!
Green Chile Chicken*	✓	✓	!	✓	✓	!	✓	!
Grilled BBQ Chicken	✓	✓	!	✓	✓	!	✓	✓
Herb Crusted Chicken	✓	✓	!	✓	✓	!	✓	✓
Portobello Mushroom Chicken*	✓	✓	!	✓	✓	!	✓	!
Sierra Chicken Pasta*	✓	✓	!	✓	✓	!	✓	!
Smothered Chicken – Cream Gravy	✓	✓	!	✓	✓	!	✓	!
Smothered Chicken – Jack Cheese	✓	✓	!	✓	✓	!	✓	!

Chicken Dipping Sauces: Honey Mustard (egg, milk, wheat), Hot Sauce (no allergens), Mild Sauce (no allergens), Ranch (egg, milk, wheat), BBQ Sauce (allergen-free).

* In selected stores only

7. COUNTRY DINNERS

Item	Eggs	Fish	Milk	Peanuts	Shellfish	Soy*	Tree Nuts	Wheat
Beef Tips with Mashed Potatoes	✓	✓	!	✓	✓	!	✓	!
Beef Tips with Seasoned Rice	✓	✓	!	✓	✓	!	✓	!
Bone-In Pork Chop	✓	✓	!	✓	✓	!	✓	✓
Country Fried Sirloin	!	!	!	✓	✓	!	✓	!
Grilled Pork Chops – Single	✓	✓	!	✓	✓	!	✓	!

Item	Eggs	Fish	Milk	Peanuts	Shellfish	Soy*	Tree Nuts	Wheat
Grilled Pork Chops – Double	✓	✓	!	✓	✓	!	✓	!
Pulled Pork Dinner	✓	✓	!	✓	✓	!	✓	!

Gravies: Brown Gravy (no allergens except soy), Cream Gravy (milk, soy, wheat).

8. DOCKSIDE FAVORITES

Item	Eggs	Fish	Milk	Peanuts	Shellfish	Soy*	Tree Nuts	Wheat
Fish & Chips*	!	!	!	✓	✓	!	✓	!
Fried Catfish – 3 Piece*	!	!	✓	✓	✓	!	✓	!
Fried Catfish – 4 Piece*	!	!	✓	✓	✓	!	✓	!
Grilled Salmon – 5 oz.	✓	!	!	✓	✓	!	✓	✓
Grilled Salmon – 8 oz.	✓	!	!	✓	✓	!	✓	✓
Grilled Shrimp Dinner (10 pc)	✓	✓	!	✓	!	!	✓	!

Sauces: Creole Mustard (egg, milk, wheat), Tartar Sauce (egg, milk, wheat). * In selected stores only.

9. BURGERS & SANDWICHES

All buns contain dairy and wheat. Request bunless to reduce allergens.

Item	Eggs	Fish	Milk	Peanuts	Shellfish	Soy*	Tree Nuts	Wheat
All-American Cheeseburger	✓	✓	!	✓	✓	!	✓	!
Bacon Cheeseburger	✓	✓	!	✓	✓	!	✓	!
BBQ Chicken Sandwich	✓	✓	!	✓	✓	!	✓	!
Country Fried Pork Sandwich*	!	!	!	✓	✓	!	✓	!
Fried Chicken Sandwich*	!	!	!	✓	✓	!	✓	!
Grilled Chicken Sandwich*	✓	✓	!	✓	✓	!	✓	!
Mushroom Jack Chicken Sandwich	✓	✓	!	✓	✓	!	✓	!
Pulled Pork Sandwich	✓	✓	!	✓	✓	!	✓	!
Smokehouse Burger	✓	✓	!	✓	✓	!	✓	!

* In selected stores only

10. LEGENDARY SIDES & EXTRAS

Item	Eggs	Fish	Milk	Peanuts	Shellfish	Soy*	Tree Nuts	Wheat
Applesauce	✓	✓	✓	✓	✓	✓	✓	✓
Baked Potato (plain)	✓	✓	✓	✓	✓	✓	✓	✓
Baked Potato Soup Cup*	✓	✓	!	✓	✓	!	✓	!
Buttered Corn	✓	✓	!	✓	✓	!	✓	✓
Caesar Side Salad	!	!	!	✓	✓	!	✓	!
Fresh-Baked Bread	✓	✓	!	✓	✓	!	✓	!
Fresh Vegetables	✓	✓	!	✓	✓	!	✓	✓
Green Beans	✓	✓	✓	✓	✓	!	✓	✓
House Side Salad	!	✓	!	✓	✓	!	✓	!
Mac and Cheese	✓	✓	!	✓	✓	✓	✓	!

Item	Eggs	Fish	Milk	Peanuts	Shellfish	Soy*	Tree Nuts	Wheat
Mashed Potatoes	✓	✓	!	✓	✓	!	✓	✓
Sauteed Mushrooms	✓	✓	!	✓	✓	!	✓	✓
Sauteed Onions	✓	✓	!	✓	✓	!	✓	!
Seasoned Rice	✓	✓	!	✓	✓	!	✓	!
Steak Fries	✓	!	✓	✓	✓	!	✓	!
Steamed Broccoli	✓	✓	!	✓	✓	!	✓	✓
Sweet Potato	✓	✓	✓	✓	✓	✓	✓	✓
Texas Red Chili Cup	✓	✓	!	✓	✓	!	✓	!

Baked Potato Toppings: Bacon (allergen-free), Cheddar Cheese (milk, soy), Sour Cream (milk, soy), Texas Red Chili (milk, soy, wheat), Whipped Butter (milk). * In selected stores only.

11. KIDS & RANGER MEALS

Item	Eggs	Fish	Milk	Peanuts	Shellfish	Soy*	Tree Nuts	Wheat
All-Beef Hot Dog	✓	✓	✓	✓	✓	!	✓	!
Jr. Chicken Tenders	!	!	!	✓	✓	!	✓	!
Kid's Grilled Chicken	✓	✓	!	✓	✓	!	✓	✓
Lil' Dillo Steak Bites	✓	✓	!	✓	✓	!	✓	✓
Mac and Cheese	✓	✓	!	✓	✓	✓	✓	!
Mini-Cheeseburgers	✓	✓	!	✓	✓	!	✓	!
Ranger Meal – Andy's Steak	✓	✓	!	✓	✓	!	✓	✓
Ranger Meal – Chicken Critters Basket	!	!	!	✓	✓	!	✓	!
Ranger Meal – Ranger Rib Basket	✓	✓	✓	✓	✓	!	✓	✓

Kids Legendary Sides

Item	Eggs	Fish	Milk	Peanuts	Shellfish	Soy*	Tree Nuts	Wheat
Applesauce	✓	✓	✓	✓	✓	✓	✓	✓
Buttered Corn	✓	✓	!	✓	✓	!	✓	✓
Fresh Vegetables	✓	✓	!	✓	✓	!	✓	✓
Green Beans	✓	✓	✓	✓	✓	!	✓	✓
Mashed Potatoes	✓	✓	!	✓	✓	!	✓	✓
Steak Fries	✓	!	✓	✓	✓	!	✓	!

12. DESSERTS

Item	Eggs	Fish	Milk	Peanuts	Shellfish	Soy*	Tree Nuts	Wheat
Big Ol' Brownie	!	✓	!	✓	✓	!	✓	!
Bread Pudding*	!	✓	!	✓	✓	!	✓	!
Granny's Apple Classic	!	✓	!	✓	✓	!	✓	!
Strawberry Cheesecake	!	✓	!	!	✓	!	!	!

* In selected stores only

13. FRESH-BAKED ROLLS & BREAD

Item	Allergens Present
Fresh-Baked Rolls (dinner)	Wheat (flour), Milk (butter), Eggs, Soy
Fresh-Baked Bread (side)	Wheat, Milk, Soy
Saltine Crackers (soup)	Wheat, Soy

Note: Rolls contain sesame seeds and may present a sesame allergen risk. Always inform your server.

14. BEVERAGES

All beverages below contain NO major allergens (Eggs ✓, Fish ✓, Milk ✓, Peanuts ✓, Shellfish ✓, Soy ✓, Tree Nuts ✓, Wheat ✓).

Category	Items
Soft Drinks	Coca-Cola, Diet Coke, Dr Pepper, Hi-C Fruit Punch, Hi-C Orange, Minute Maid Lemonade, Sprite
Flavored Lemonades	Blue Crush, Red Raspberry, Wild Strawberry
Iced Tea	Original Sweet/Unsweet, Peach Sweet/Unsweet, Raspberry Sweet/Unsweet
Other Beverages	Coffee (Regular & Decaf), Dasani Water, Apple Juice, Orange Juice
Milk	Regular (milk allergen), Chocolate (milk allergen)
Margaritas	Hurricane, Jamaican Cowboy, Mango, Original, Raspberry, Sangria, Strawberry, The Legend (all allergen-free)
Signature Cocktails	Armadillo Punch, Kenny's Cooler, Long Island Iced Tea, Sangria Red, Texas Peach Fuzz (all allergen-free)
Wine	Blush, Red, White – all varieties (allergen-free)

15. DAIRY-FREE QUICK REFERENCE

Category	Dairy-Free Options
Starters	Texas Red Chili (no beans), Grilled Shrimp (no butter)
Salads	Grilled Chicken Salad (no cheese/dressing), House Salad (no cheese) + Oil & Vinegar or Honey French dressing
Steaks	Request steak without butter topping. Most steaks are dairy-free before butter application.
Ribs	Fall-Off-The-Bone Ribs (Full & Half Slab) – no dairy
Sides	Applesauce, Baked Potato (plain), Green Beans, Steak Fries (no dairy), Sweet Potato (plain)
Chicken	Grilled BBQ Chicken, Herb Crusted Chicken (check sauce)
Dressings	Oil & Vinegar, Honey French*, Honey Lime*, Italian
Beverages	All soft drinks, teas, lemonades, juices, water, margaritas, cocktails, wine

* In selected stores only. Always confirm with server — shared kitchens mean cross-contact is always possible.

16. GLUTEN-SENSITIVE QUICK REFERENCE

Texas Roadhouse does NOT have a dedicated gluten-free kitchen. All items are prepared in shared areas. Items below do not contain wheat as an ingredient but cross-contact is possible.

Category	Wheat-Free Options (ingredient-based; cross-contact possible)
Steaks	Most hand-cut steaks (no breading). Avoid Road Kill, Steak Kabob, Filet Medallions (contain wheat).
Ribs	Fall-Off-The-Bone Ribs (Full & Half Slab)
Sides	Applesauce, Baked Potato (plain), Buttered Corn, Fresh Vegetables, Green Beans, Mashed Potatoes, Steamed Broccoli, S
Salads	Grilled Chicken Salad (no croutons). Most salads contain wheat croutons.
Dressings	Oil & Vinegar, Honey French*, Honey Lime*, Honey Mustard, Italian, Thousand Island
Beverages	All soft drinks, teas, lemonades, juices, water, margaritas, cocktails, wine

Avoid	All breaded items (Cactus Blossom, Chicken Critters, Fried Pickles, Country Fried items), all bread/rolls, pasta
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* In selected stores only.

DISCLAIMER

This document is compiled from Texas Roadhouse's official Special Diets Menu (last updated 08/16/2024) and publicly available 2025-2026 allergen data. Recipes and suppliers change — always verify with your server at time of ordering. Texas Roadhouse cannot guarantee any item is completely allergen-free due to shared cooking surfaces. * Soy notation: Texas Roadhouse uses 100% refined soybean oil; per FDA, highly refined oils are not classified as a major food allergen. Sesame may be present in rolls and certain items. Inform your server of ALL allergies before ordering. For medical dietary needs, consult a healthcare provider.