

Omaha Steaks Product Allergen and Food Sensitivity Listings

For our valued customers who need to avoid certain food ingredients, Omaha Steaks provides information regarding the top eight food allergens (Milk, Egg, Fish, Shellfish, Soy, Peanuts, Tree Nuts and Wheat) and the other ingredients (Gluten, MSG and Sulfites) we are asked about most often. Wheat & Gluten have been combined into one column as the vast majority of products that contain either, contain both.


The listings below do not include single ingredient meat products such as steaks, burgers and roasts from beef, pork, lamb, bison or veal as these DO NOT contain the above mentioned ingredients. Also omitted are any bacon products and meat wrapped in bacon as these DO NOT contain any of the ingredients on the chart, either.

Allergens that are part of the ingredients are marked with a ✓.
 Allergens that may have come into contact with the product are marked with an *.
 Please consult individual product listings on omahasteaks.com for detailed information.


CATEGORY	PAGE #
Meat	2-3
Center of the plate Beef, Pork & Veal Items	
Jerky & Meat Snacks	
Vegetarian 'Meat'.....	3
Poultry	4
Chicken & Turkey Items	
Seafood	5
Fish & Shellfish Items	
Meals & Entrees	6-7
Slow Cooker / Crock Pot	
Skillet Meals	
Pasta	
Soups	
Starters	8
Appetizers	
Flatbreads	
Side Dishes.....	9
Vegetables / Potatoes	
Stuffings	
Desserts	10
Candies	
Cakes & Pies	
Cookies & Brownies	
Sauces & Seasonings	11

For nutrition information and complete product ingredient statements, please visit our website at www.omahasteaks.com or call 1-800-228-9872.


Omaha Steaks Product Allergen and Food Sensitivity Listings

	ITEM #	MILK	EGG	FISH	SHELLFISH	SOY	PEANUT	TREE NUTS	WHEAT/ GLUTEN	ADDED MSG	SULFITES
MEAT											
Beef Brisket, Sliced	2766										
Beef Brisket, Corned	2433										
Beef Flank Steak, Marinated	2350					✓			✓		
Beef Franks	2317	✓								✓	
Beef Jerky, Mild Pepper	2637										
Beef Jerky, Original	2638 2691										
Beef Jerky, Peppercorn & Herb	2656					✓					
Beef Jerky, Smoky Barbeque	2635										
Beef Jerky, Teriyaki	2636					✓			✓		
Beef Meatballs	2593	✓				✓			✓		
Beef Meatloaves, Home Style	2402	✓		✓		✓			✓		
Beef Pot Roast, Cooked	1163										
Beef Sausage, Original Hunter's	2640										
Beef Sausage, Red Pepper Hunter's	2641					✓			✓		
Beef Snack Stick	2276										
Beef Short Ribs, Braised	2399					✓			✓		
Beef Sirloin Tips in Sauce	1568			✓		✓			✓		✓
Beef Sirloin Tips in Sauce	2795	✓		✓							
Beef Tenderloin Kabobs	440										
Bratwurst	1427										
Franks, Jumbo Gourmet	883 1331	✓								✓	
Ham Spiral Sliced	2578 2579 2580										
Ham, Boneless 2#	1372 1482										
Pork Chop, Polynesian	2208					✓			✓		✓
Pork Loin, Smoked	2649										
Pork Ribs, Original	2647										
Pork Ribs, Smoked Loin	909										
Pork Ribs, Teriyaki	2623					✓			✓		✓
Pork Roast, Carnitas	2297					✓			✓		
Pork, BBQ Pulled	1625					✓			✓		

Omaha Steaks Product Allergen and Food Sensitivity Listings

	ITEM #	MILK	EGG	FISH	SHELLFISH	SOY	PEANUT	TREE NUTS	WHEAT/ GLUTEN	ADDED MSG	SULFITES
MEAT											
Pork Sausage, Barbeque Hunter's	2629					✓			✓		
Pork Sausage, Hot & Spicy Hunter's	2639										
Pork Sausage, Original Hunter's	2632										
Pork Sausage, Red Pepper Hunter's	2628					✓			✓		
Pork Sausage, Roasted Garlic Hunter's	2631										
Pork Sausage, Teriyaki Hunter's	2630					✓			✓	✓	
Pork Tenderloin, Teriyaki	2398					✓			✓		✓
Salame, Calabrese	2731										
Salame, Italian Dry	2532										
Salame, Peppered	2544										
Salame, Smoky Dry	2730										
Sausage, Italian	2190										
Sausage, Kielbasa	2534 2633	✓								✓	
Sausage, Polish	2169										
Sausage, Pork Breakfast	1654										
Steak, Chicken Fried	2366					✓			✓		
Veal Patty, Italian Breaded	660	✓				✓			✓		
Vegetarian											
Burger, Vegetarian	2196 2442										
Frankfurter, Vegetarian	2450								✓		
Sausage, Vegetarian	2451								✓		

Omaha Steaks Product Allergen and Food Sensitivity Listings

	ITEM #	MILK	EGG	FISH	SHELLFISH	SOY	PEANUT	TREE NUTS	WHEAT/ GLUTEN	ADDED MSG	SULFITES
Poultry											
Chicken Breast, Barbeque	2289					✓			✓		
Chicken Breast, Boneless, Skinless	759 942 1327										
Chicken Breast, Italian Style	1183	✓									✓
Chicken Breast, Mediterranean	2167	✓									✓
Chicken Breast, Roasted	2166										
Chicken Breast, Sesame	2165					✓			✓		✓
Chicken Breast, Stuffed, Broccoli & Chse	1480	✓							✓		
Chicken Breast, Stuffed, Wild Rice	1439	✓				✓					
Chicken Cordon Bleu	1424 1435	✓							✓		
Chicken Cordon Bleu, Prosciutto Wrapd	2492	✓									
Chicken Fingers, Italian	382	✓							✓		
Chicken Fried Chicken	2404					✓			✓		
Chicken in Pastry	476 2758	✓				✓			✓		
Chicken Kiev	1434	✓							✓		
Chicken Skewers with Vegetables	1694										✓
Chicken Tenders	2206	✓							✓		
Turkey Breast, Cooked	2418										
Turkey Burger	3618										
Turkey Roulade, Prosciutto Wrapped	2716					✓		✓	✓		
Turkey, Oven Ready	1244										

Omaha Steaks Product Allergen and Food Sensitivity Listings

	ITEM #	MILK	EGG	FISH	SHELLFISH	SOY	PEANUT	TREE NUTS	WHEAT/ GLUTEN	ADDED MSG	SULFITES
SEAFOOD											
Cod, Fire Roasted Citrus Peppercorn	2364			✓							
Cod, Icelandic (Atlantic) Loins	2421			✓							
Cod, Pub-Style Battered	1544	✓	✓	✓		✓			✓		
Crab Cakes, Mini	2879		✓		✓				✓		
Crab Legs, King	842				✓						
Crab, Snow Cocktail Claws	1364				✓						
Halibut Steaks	2501			✓							
Lobster	2394 2576 2595				✓						
Mahi Mahi Fillets, Ancient Grain	2613			✓					✓		
Mahi Mahi Steaks	680			✓							
Salmon Burger	2441 2454	✓		✓							
Salmon Fillets	2025 2026			✓							
Salmon Fillets, Lemon Dill	2303			✓							
Salmon Fillets, Marinated	1417			✓							
Salmon, Smoked	2661			✓							
Sea Bass, Chilean	2326			✓							
Shrimp, Blackened	2333				✓						
Shrimp, Coconut	1653	✓	✓		✓			✓	✓		✓
Shrimp, Jumbo Cooked	1722				✓						✓
Shrimp, Redhook Beer Battered	2761	✓	✓		✓	✓			✓		
Shrimp, Wild White	2426				✓						
Sole Almondine	843	✓		✓				✓	✓		
Sole, Stuffed with Scallops & Crab	191 847 850	✓		✓	✓	✓			✓		
Sole, Stuffed with Shrimp & Garlic	379	✓		✓	✓	✓			✓		
Swordfish Steaks	771			✓							
Tilapia, Fire Roasted Lemon Garlic	2406	✓		✓		✓					
Tilapia, Tortilla Encrusted	1699	✓		✓		✓			✓		
Trout Fillets	975			✓							
Trout Fillets, Ancient Grain	2615			✓					✓		
Trout Fillets, Harissa - Encrusted	2743			✓					✓		
Tuna, Yellowfin	2027			✓							


Omaha Steaks Product Allergen and Food Sensitivity Listings

	ITEM #	MILK	EGG	FISH	SHELLFISH	SOY	PEANUT	TREE NUTS	WHEAT/ GLUTEN	ADDED MSG	SULFITES
MEALS & ENTREES											
Crock Pot Asian BBQ Short Ribs	2755					✓			✓		
Crock Pot Beef Bourguignon	2753					✓			✓		
Crock Pot Chicken & Dumplings	2750	✓	✓						✓		✓
Crock Pot Cuban Mojo Pork	2754										
Crock Pot Jambalaya	2759	✓		✓	✓						
Crock Pot Rustic French Stew	2760										
Crock Pot Rustic Italian Beef Stew	2752										
Crock Pot White Chicken Chili	2751	✓									
Crock Pot Chicken Cacciatore	2814								✓		
Crock Pot Tex Mex	2819	✓									
Crock Pot Indian Style Chicken	2822	✓									
Crock Pot Beef Stroganoff	2876	✓	✓	✓					✓		
Crock Pot Mac & Cheese w/ Brisket	2877	✓							✓		
Crock Pot Mississippi Pot Roast	2820	✓									
Crock Pot Southern Style Pork	2821	✓							✓		
Crock Pot Ropa Vieja	2828										
Crock Pot Chicken Paprikash	2835	✓	✓						✓		
Skillet, Chicken Piccata	2807	✓	✓						✓		
Skillet, Orange Chicken	2808		✓			✓			✓		
Skillet, Indian Curry Chicken	2809							✓			
Skillet, Asian Pepper Steak	2810					✓			✓		
Skillet, Steak Au Poivre	2811	✓									
Skillet, Moroccan Beef w/ Harissa	2812								✓		
Skillet, Roasted Chicken w/ Ancho	2831										
Skillet, Creamy Garlic Chicken	2832	✓	✓						✓		
Skillet, Steak Confit	2833	✓									
Skillet, Steak Diane	2834	✓		✓							


Omaha Steaks Product Allergen and Food Sensitivity Listings

	ITEM #	MILK	EGG	FISH	SHELLFISH	SOY	PEANUT	TREE NUTS	WHEAT/ GLUTEN	ADDED MSG	SULFITES
MEALS & ENTREES											
Beef Shepherd's Pie	2740	✓		✓							
Beef Stroganoff w/ Noodles	1567	✓				✓			✓		✓
Beef Wellington	2448		✓			✓		*	✓		✓
Chicken in Pastry	476 2758	✓				✓			✓		
Fettucine Alfredo, Chicken	2367	✓	✓			✓			✓		
Fettucine Alfredo, Shrimp	2673	✓			✓				✓		
Lasagna, Beef	893	✓	✓						✓		
	893C	✓	✓			✓			✓		
	2785	✓	✓						✓		
Lasagna, Meat Lovers	2232	✓	✓						✓		
	2232C	✓	✓			✓			✓		
	2790	✓	✓						✓		
Lasagna, Roasted Vegetable	2186	✓	✓						✓		
Ravioli, Lobster	1572	✓	✓		✓	✓			✓		✓
Ravioli, Steak & Portabello	2403	✓	✓			✓			✓		
Soup, Chili Con Carne	2614								✓		
Soup, Lobster Bisque	1454	✓		✓	✓				✓		✓
Soup, New England Clam Chowder	2397	✓			✓	✓			✓		
Soup, Steakhouse Chili	2363										
Steak Burgundy in Pastry	2757	✓		✓		✓			✓		
Stew, Beef Sirloin	1637	✓				✓			✓		✓

Omaha Steaks Product Allergen and Food Sensitivity Listings

	ITEM #	MILK	EGG	FISH	SHELLFISH	SOY	PEANUT	TREE NUTS	WHEAT/ GLUTEN	ADDED MSG	SULFITES
STARTERS											
Antipasto Bread	2670	✓	✓			✓			✓	✓	
Arancini w/ Ham, Chicken & Swiss	2567	✓	✓			✓			✓		
Arancini, Black Truffle & Mushroom	2725	✓	✓			✓			✓		✓
Brie Bites, Caramelized Onion	2727	✓				✓			✓		
Brie Bites, Fig & Apple	2728	✓				✓			✓		
Brie Bites, Raspberry Chipotle	2726	✓	*			✓		*	✓		
Buffalo Chicken Wings	2499	✓									
Buffalo Chicken Dip	2678	✓									
Cheddar and Bacon Tater Tots	2679	✓	✓			✓			✓		
Crab Cakes, Gourmet	423		✓	✓	✓				✓		
	2882		✓		✓				✓		
Crab Cakes, Mini	2496		✓		✓	✓			✓		✓
	2879		✓		✓				✓		
Creamy Artichoke Parmesan Dip	2677	✓	✓						✓		
Everything Dog in a Blanket	2741	✓	✓						✓		
Filet Mignon Bites	2692	✓				✓			✓		
Filet Mignon Spring Rolls	2694	✓	✓			✓			✓		
Flatbread, Buffalo Chicken	2736	✓							✓		
Flatbread, Pulled Pork	2625	✓		✓		*			✓		
Flatbread, Steak Lover's	2626	✓		✓		✓			✓		✓
Gourmet Franks in a Blanket	2307	✓	✓						✓		
Quiche Lorraine	2438	✓	✓						✓		
Risotto Bites	2395	✓				✓			✓		
Scallops, Bacon Wrapped	2765				✓						
Shrimp, Bacon & Pepperjack Wrapped	2764	✓			✓						


Omaha Steaks Product Allergen and Food Sensitivity Listings

		ITEM #	MILK	EGG	FISH	SHELLFISH	SOY	PEANUT	TREE NUTS	WHEAT/ GLUTEN	ADDED MSG	SULFITES
SIDE DISHES												
Asparagus Spears with Hollandaise	1556	✓	✓									
Brussels Sprouts with Shallots & Bacon	2565	✓										
Cheddar Cheese Hash Browns	2278	✓	✓			✓			✓			
Creamed Spinach	2690	✓										
Five Grain Rice Pilaf	2747	✓							✓			
Green Bean Casserole	1552	✓							✓			
Irish Soda Bread	2436	✓	✓				*	*	✓			
Mexican Street Corn Casserole	2803	✓	✓									
Mixed Vegetables	309											
Pepperjack Risotto Cakes	1765	✓				✓			✓			
Potatoes Au Gratin	2236 2588	✓				✓			✓			
Quinoa & Kale Cakes	2617	✓	✓			✓			✓			✓
Roasted Garlic Mashed Potatoes	1478	✓	*			✓			*			
Roasted Root Vegetables	2720											
Roasted Potato Salad	2802	✓	✓									
Roasted Vegetable Medley	1518	✓										
Roasting Vegetables	2435											
Sage Dressing	2264	✓				✓			✓			
Scalloped Potatoes	2672	✓				✓						
Smashed Red Potatoes	2708	✓	*						*			
Steakhouse Fries	2329											
Stuffed Baked Potatoes	1381 1472	✓				✓						
Whipped Sweet Potatoes	1485	✓										
Whole Green Beans	1519	✓										

Omaha Steaks Product Allergen and Food Sensitivity Listings

	ITEM #	MILK	EGG	FISH	SHELLFISH	SOY	PEANUT	TREE NUTS	WHEAT/ GLUTEN	ADDED MSG	SULFITES
DESSERTS											
Apple Crumble Pie	2526	✓	✓					*	✓		
Apricot & Cream Layered Pastry	2360	✓	✓			✓			✓		
Bite-Sized Layered Mousse Cakes	2721	✓	✓			✓		✓	✓		
Brownie Experience	2573	✓	✓			✓		✓	✓		
Buche de Noel	2724	✓	✓			✓			✓		
Caramel Apple Tartlets	1709 2243	✓	✓			✓		*	✓		
Caramel Pecan Brownie	2749	✓	✓			✓		✓	✓		
Cheesecake Sampler - Individuals	2342	✓	✓			✓		✓	✓		
Cheesecake Sampler - Individuals	2830	✓	✓			✓	*	✓	✓		
Cherry Pie	2528	✓	✓						✓		
Chocolate Chunk Cookie Dough	2666	✓	✓			✓			✓		
Chocolate Lover's Cake	900	✓	✓			✓	*	*	✓		
Chocolate Molten Lava Cake	2748	✓	✓			✓		*	✓		
Chocolate Pecan Cookie Dough	2665	✓	✓			✓		✓	✓		
Coconut Cream Layer Cake	2620	✓	✓			✓		✓	✓		
Crème Brulee	2288	✓	✓				*	*			
Gourmet Cheesecake Sampler	2696	✓	✓			✓	*	✓	✓		
Macarons	2703	✓	✓			✓		✓			
New York Cheesecake - 32 oz.	2689	✓	✓			✓	*	*	✓		
New York Cheesecake - Individuals	2313	✓	✓			✓	*	*	✓		
Pecan Pie	2549	✓	✓			✓		✓	✓		
Pineapple Upside Down Cake	2621	✓	✓			*		*	✓		
Pumpkin Cheesecake	2383	✓	✓			✓		*	✓		
Pumpkin Pie	2548	✓	✓			✓		*	✓		
Strawberry Rhubarb Pie	2674		✓					*	✓		
Sticky Toffee Pudding Cakes	2805	✓	✓			*		*	✓		
Sweet Treat Collection	2574	✓	✓			✓		✓	✓		
Triple Berry Tartlets	2401	✓	✓					*	✓		

Omaha Steaks Product Allergen and Food Sensitivity Listings

	ITEM #	MILK	EGG	FISH	SHELLFISH	SOY	PEANUT	TREE NUTS	WHEAT/ GLUTEN	ADDED MSG	SULFITES
SAUCES & SEASONINGS											
Butter, Lemon Parsely	703	✓									
Butter, Napa Cabernet	2263	✓									✓
Butter, Seasoned	795	✓		✓		✓					
Chipotle Chile Meal Starter	5672								✓		
Gravy, Country Style White	2361								✓		
Gravy, Turkey	2266					✓			✓		
Rub, Ancho Chile	2653										
Rub, Asian BBQ	2655					✓			✓		✓
Rub, Garlic & Herb	2654										
Rub, Lemon Pepper	2680										
Rub, Mediterranean	2681										
Rub, Private Reserve	2650										
Rub, Signature Steak	2651										
Rub, Sweet, Smoky Applewood	2652										
Rub, Tangy Buffalo	2683	✓									
Rub, Tex Mex	2682										
Sauce, Apricot Mango Wasabi	5411										
Sauce, Cocktail	1740										
Sauce, Horseradish	1755		✓			✓					
Sauce, Steak	2270					✓			✓		
Sauce, Tartar	2011	✓	✓			✓					
Seasoning, Barbeque	2675										
Seasoning, Blackened	1741										
Seasoning, Signature Steak	1141 1497										
Seasoning, Southwest Chipotle	1670										
Simmer Sauce, Korean	5667					✓			✓		
Simmer Sauce, Mexican	5668										
Simmer Sauce, Piccata	5670	✓									
Simmer Sauce, Sloppy Joe	5669										
Simmer Sauce, Stroganoff	5671	✓				✓					

If you are unable to locate a product for which you are searching, please see individual product listings at www.omahasteaks.com or call 1-800-228-9872.