

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											
Bacon, Applewood Steak Cut	2487 2509										
Bacon, Thick Sliced Fully Cooked	2279										
Bacon, Precooked	2407										
Beef Franks	2317										
Beef Jerky, Hot & Spicy	2781										
Beef Jerky, Original	2779										
Beef Jerky, Teriyaki	2780					✓			✓		
Beef Meatballs	2593	✓							✓		
Beef Meatloaves, Home Style	2402	✓	✓	✓					✓		
Beef Pot Roast, Cooked	1163										
Beef Snack Stick	2276										
Beef Sticks, Jalapeno	2784										
Beef Sticks, Original	2782										
Beef Sticks, Teriyaki	2783					✓			✓		
Bratwurst	1427										
Franks, Jumbo Gourmet	883 1331	✓								✓	
Ham, Spiral Sliced	2578 2580										
Ham, Pit 2.5#	3021										
Ham, Pit 5#	3028										
Ham, Pecanwood Smoked	3024										
Pork Chop, Polynesian	2208					✓			✓		✓
Pork Ribs, Original	2647										
Pork Ribs, Smoked Loin	909										
Pork Ribs, Teriyaki	2623					✓			✓		✓
Pork, BBQ Pulled	1625					✓			✓		
Prime Rib Slices, Individually Wrapped	1167 2859										
Rustic Corned Beef	2894										

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	ITEM #	MILK	EGG	FISH	SHELLFISH	SOY	PEANUT	TREE NUTS	WHEAT/ GLUTEN	ADDED MSG	SULFITES
MEAT											
Salame, Peppered	2544										
Sausage, Italian	2190										
Sausage, Kielbasa	2534 2633	✓								✓	
Sausage, Polish	2169										
Sausage, Pork Breakfast	1654										
Steak, Chicken Fried	2366					✓			✓		
Steak Bites, Original	2794										
Steak Bites, Peppercorn	2792										
Steak Bites, Teriyaki	2789					✓			✓		
Veal Patty, Italian Breaded	660	✓				✓			✓		
Vegetarian											
Burger, Vegetarian	2196 2442										
Frankfurter, Vegetarian	2450								✓		
Italian Sausage, Vegetarian	2451								✓		


	ITEM #	MILK	EGG	FISH	SHELLFISH	SOY	PEANUT	TREE NUTS	WHEAT/ GLUTEN	ADDED MSG	SULFITES
Poultry											
Chicken Breast, Barbeque	2289					✓			✓		
Chicken Breast, Boneless, Skinless	942 1327 756										
Chicken Breast, Italian Style	1183	✓									✓
Chicken Breast, Roasted	2166										
Chicken Breast, Stuffed, Broccoli & Chs	1480	✓							✓		
Chicken Cordon Bleu	1424 1435	✓							✓		
Chicken Fingers, Italian	382	✓							✓		
Chicken Fried Chicken	2404					✓			✓		
Chicken in Pastry	2758	✓				✓			✓		
Chicken Skewers with Vegetables	1694										✓
Chicken Tenders	2206	✓							✓		
Turkey Breast, Cooked	2418										
Turkey Burger	3618										
Turkey Roulade, Prosciutto Wrapped	2716					✓		✓	✓		
Turkey, Oven Ready	1244										

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SEAFOOD											
Burger, Alaskan Pollock	2938			✓							
Cobia Fillets	3002			✓							
Cod, Icelandic (Atlantic) Loins	2421			✓							
Cod, Pub-Style Battered	1544	✓	✓	✓		✓			✓		
Crab Cakes, Mini	2879		✓		✓				✓		
Crab Legs, King	842				✓						
Crab, Snow Cocktail Claws	1364				✓						
Grouper Fillets	3006			✓							
Halibut Steaks	2501 2872			✓							
Lobster Tails	2394 2576				✓						
Mahi Mahi Steaks	2840 2852			✓							
Scallops, Colossal	2961										
Salmon Burger	2454	✓		✓							
Salmon Fillets, Faroe Island	2838			✓							
Salmon Fillets, Wild	2026 2837			✓							
Salmon Fillets, Lemon Dill	2303			✓							
Salmon Fillets, Marinated	1417 2379			✓							
Salmon, Smoked	2661			✓							
Sea Bass, Chilean	2326 2867			✓							
Shrimp, Argentine Red	2914				✓						✓
Shrimp, Blackened	2893				✓						

Omaha Steaks Product Allergen and Food Sensitivity Listings

Shrimp, Coconut	1653	✓	✓		✓			✓	✓		✓
Shrimp, Jumbo Cooked	1722				✓						✓
Shrimp, Redhook Beer Battered	2761	✓	✓		✓	✓			✓		
Soft Shell Crab	2896				✓				✓		
Snapper, Scarlet	2888 2891			✓							
Sole Almondine	843	✓		✓				✓	✓		
Sole, Stuffed with Scallops & Crab	191 847 850	✓		✓	✓	✓			✓		
Sole, Stuffed with Asian Veg	2825	✓		✓	✓	✓			✓		
Sole, Stuffed with Mushroom & Crab	2826	✓		✓	✓	✓		✓			
Swordfish Steaks	771			✓							
Tilapia, Fire Roasted Lemon Garlic	2406	✓		✓		✓					
Tilapia, Tortilla Encrusted	1699	✓		✓		✓			✓		
Tuna, Yellowfin	2865 2842			✓							


	ITEM #	MILK	EGG	FISH	SHELLFISH	SOY	PEANUT	TREE NUTS	WHEAT/ GLUTEN	ADDED MSG	SULFITES
MEALS & ENTREES											
Slow Cooker Beef Bourguignon	2753								✓		
Slow Cooker Chicken & Dumplings	2750	✓	✓						✓		✓
Slow Cooker Cuban Mojo Pork	2754										
Slow Cooker Jambalaya	2759	✓		✓	✓	✓					✓
Slow Cooker Rustic French Stew	2760					✓					
Slow Cooker Rustic Italian Beef Stew	2752										
Slow Cooker White Chicken Chili	2751	✓				✓					
Slow Cooker Chicken Cacciatore	2814								✓		
Slow Cooker Tex Mex	2819	✓									
Slow Cooker Beef Stroganoff	2876	✓	✓	✓					✓		
Slow Cooker Mac & Cheese w/ Brisket	2877	✓							✓		
Slow Cooker Mississippi Pot Roast	2820	✓									
Slow Cooker Beef Irish Stew	2889	✓							✓		
Slow Cooker Corned Beef & Cabbage	2917										
Skillet, Chicken Piccata	2807	✓	✓						✓		
Skillet, Orange Chicken	2808		✓			✓			✓		
Skillet, Asian Pepper Steak	2810					✓			✓		
Skillet, Steak Au Poivre	2811	✓									
Breakfast Skillet, Meat Lover's	2962	✓									

Omaha Steaks Product Allergen and Food Sensitivity Listings


Breakfast Skillet, Ranchero Steak	2965										
Skillet, Creamy Garlic Chicken	2832	✓	✓						✓		
Skillet, Carnitas	2994								✓		
Skillet, Steak Confit	2833	✓									
Skillet, Steak Diane	2834	✓		✓							✓
Breakfast Skillet, Chorizo Hash	2957										
Breakfast Skillet, Corned Beef Hash	3023	✓									
Skillet, Sesame Chicken	2885	✓	✓			✓			✓		
Skillet, Shrimp Scampi	2887	✓	✓		✓	✓			✓		✓
Skillet, Sweet Honey Shrimp	2932				✓	✓	✓		✓		
Skillet, Pork Chili Verde	2903										

	ITEM #	MILK	EGG	FISH	SHELLFISH	SOY	PEANUT	TREE NUTS	WHEAT/ GLUTEN	ADDED MSG	SULFITES
Beef Shepherd's Pie	2740	✓		✓							
Beef Stroganoff w/ Noodles	2915	✓							✓		
Beef Wellington	2448		✓			✓		*	✓		✓
Chicken in Pastry	2758 2880	✓				✓			✓		
Fettucine Alfredo, Chicken	2367	✓	✓			✓			✓		
Fettucine Alfredo, Shrimp	2673	✓			✓				✓		
Italian Style Seafood Stew	3010			✓	✓						
Italian Style Braised Veal Shank	3011										
Lasagna, Beef	2785	✓	✓						✓		
Lasagna, Meat Lovers	2790	✓	✓						✓		
Lobster Mac & Cheese	3019	✓			✓				✓		
Ravioli, Lobster	1572	✓	✓		✓	✓			✓		✓
Red Wine Braised Beef Short Ribs	3012										
Spanish Rice with Seafood & Sausage	3013				✓				✓		
Soup, Lobster Bisque	1454	✓		✓	✓				✓		✓
Soup, New England Clam Chowder	2397	✓				✓			✓		
Soup, Steakhouse Chili	2363										
Steak Burgundy in Pastry	2757 2874	✓		✓		✓			✓		
Sweet & Spicy Shrimp	2956		✓		✓	✓			✓		
Stew, Heartland Beef	2844	✓							✓		


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	ITEM #	MILK	EGG	FISH	SHELLFISH	SOY	PEANUT	TREE NUTS	WHEAT/ GLUTEN	ADDED MSG	SULFITES
STARTERS											
Arancini w/ Ham, Chicken & Swiss	2567	✓	✓			✓			✓		
Crab Cakes, Gourmet	2882		✓		✓				✓		
Crab Cakes, Mini	2879		✓		✓				✓		
Everything Dog in a Blanket	2741	✓	✓						✓		
Filet Mignon Pastry Pockets	3014	✓				✓			✓		
Filet Mignon Dumplings	3016		✓			✓			✓		
Filet Mignon Empanadas	3015	✓							✓		
Filet Mignon Bites	2692	✓				✓			✓		
Filet Mignon Spring Rolls	2694	✓	✓			✓			✓		
Flatbread, Proscuitto & Provolone	2995	✓				✓			✓		
Flatbread, Philly Cheese Steak	2999	✓				✓			✓		
Gourmet Franks in a Blanket	2307	✓	✓						✓		
Mini Garlic Baguettes	3004	✓				*			✓		
Oysters Rockefeller	3008	✓							✓		
Scallops, Bacon Wrapped	2765										
Shrimp, Bacon & Pepperjack Wrapped	2764	✓			✓						

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	ITEM #	MILK	EGG	FISH	SHELLFISH	SOY	PEANUT	TREE NUTS	WHEAT/ GLUTEN	ADDED MSG	SULFITES
SIDE DISHES											
Asparagus Spears with Hollandaise	1556	✓	✓								
Brown Butter Sage Potatoes	3025	✓									
Brussels Sprouts with Shallots & Bacon	2565	✓									
Caprese Risotto	3017	✓									
Creamed Spinach	2690	✓									
Green Bean Casserole	1552	✓							✓		
Irish Soda Bread	2436	✓	✓				*	*	✓		
Mexican Street Corn Casserole	2803	✓	✓								
Pepperjack Risotto Cakes	1765	✓							✓		
Potatoes Au Gratin	2236 2588	✓				✓			✓		
Roasted Garlic Mashed Potatoes	1478	✓	*			✓			*		
Roasted Root Vegetables	2720										
Roasted Vegetable Medley	1518	✓									
Roasting Vegetables	2435										
Sage Dressing	2264	✓							✓		
Scalloped Potatoes	2672	✓				✓					
Smashed Red Potatoes	3018	✓									
Steakhouse Fries	2329										
Stuffed Baked Potatoes	1381 1472	✓				✓					
Tri Color Glazed Carrots	3022	✓									
Whipped Sweet Potatoes	3020	✓									
Whole Green Beans	1519	✓									

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	ITEM #	MILK	EGG	FISH	SHELLFISH	SOY	PEANUT	TREE NUTS	WHEAT/ GLUTEN	ADDED MSG	SULFITES
DESSERTS											
Brownie Experience	2573	✓	✓			✓			✓		
Caramel Apple Tartlets	1709 2243	✓	✓			✓			✓		
Carrot Cake	3009	✓	✓			✓	*	✓	✓		
Cheesecake Sampler - Individuals	2830	✓	✓			✓	*	✓	✓		
Chocolate Chunk Cookie Dough	2943	✓	✓			✓			✓		
Chocolate Lover's Cake	2890	✓	✓			✓	*	*	✓		
Chocolate Molten Lava Cake	2748	✓	✓			✓		*	✓		
Crème Brulee	2288	✓	✓				*	*			
Gourmet Cheesecake Sampler	2696	✓	✓			✓	*	✓	✓		
Mini Chocolate Mousse Cups	3007		✓				✓	✓	✓		
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	✓	✓			✓		*	✓		
Sticky Toffee Pudding Cakes	2805	✓	✓			*		*	✓		
Sweet Treat Collection	2574	✓	✓			✓			✓		
Triple Berry Tartlets	2401	✓	✓					*	✓		

	ITEM #	MILK	EGG	FISH	SHELLFISH	SOY	PEANUT	TREE NUTS	WHEAT/ GLUTEN	ADDED MSG	SULFITES
SAUCES & SEASONINGS											
Butter, Seasoned	795	✓		✓		✓					

Omaha Steaks Product Allergen and Food Sensitivity Listings

Gravy, Country Style White	2361								✓		
Rub, Ancho Chile	2653										
Rub, Garlic & Herb	2654										
Rub, Private Reserve	2650 3026										
Rub, Signature Seafood	2939										
Rub, Signature Steak	2651										
Rub, Sweet, Smoky Applewood	2652										
Sauce, Apricot Mango Wasabi	5411										
Sauce, Barbeque	2269										
Sauce, Cocktail	1740										
Sauce, Horseradish	1755		✓			✓					
Sauce, Steak	2270					✓		✓			
Sauce, Tartar	2011	✓	✓			✓					
Seaside Blend	2936										
Seasoning, Signature Steak	1141 1497										
Seasoned Seafood Salt	2942										
Topper, Honey Bourbon Onions	2929										
Topper, Smoky Bacon Jam	2930	✓									
Topper, Tomato Jam	2926										✓
Topper, Mushrooms & Bleu Cheese	2927	✓						✓			

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.