



	Gluten	Nuts	Alcohol	Dairy	Starch	Shell Fish	Corn	Eggs	Animal fat	Animal oil	Fish	Garlic	MSG	Soy	Sulfites	Peas	Paprika or Peppers	Honey	Sesame
Bread																			
Cheese bread				X	X			X	X	X				X	X				
Croutons	X			X	X			X		X		X							
Gluten-free croutons				X	X			X											
Garlic bread	X			X	X			X	X	X		X			X				
Salads																			
Beef penne	X			X	X			X	X		X	X		X	X		X		
Beets																			
Broccoli Salad				X				X				X			X			X	
Caesar				X	X			X		X	X	X		X	X		X		
Carrot sticks																			
Celery sticks																			
Ceviche	X						X				X						X		
Fusili	X			X	X			X				X			X	X	X		
Hummus					X							X			X		X		X
Watermelon Mint																	X		
Pickled cucumbers												X			X				
Kabocha Salad			X		X							X			X		X		
Potato					X			X				X			X	X	X		
Roasted Cauliflower															X				
Dressings/Sauces																			
Caesar								X		X	X	X		x	X		X		
Chimichurri												X			X		X		
Fresh mint				X				X		X		X			X		X	X	
Honey balsamic															X			X	
Garlic Mayo								X				X			X		X		
Horseradish															X				

Dessert																			
Roasted pineapple																		X	
Doce de leite cheesecake	X			X	X			X											
Pudim				X				X											
Manjar De Coco (Coconut milk)					X														
Pampa cake	X			X	X			X	X									X	

Allergy information is provided by our suppliers and is based on Pampa Brazilian Steakhouse's standardized recipes. Variations may occur depending on sources of supply, ingredient substitutions, regional/seasonal differences and on product assembly on a restaurant-by-restaurant basis. This list will be updated periodically to reflect changes that occur in our menu. Some Pampa restaurants may serve menu items which are not listed, and all items may not be available at all locations. Pampa Brazilian Steakhouse and its employees do not assume responsibility for a person's sensitivity or allergy to any food item provided in our restaurants. Please let our staff know of any allergy sensitivities when ordering over the phone, online or in-person.

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