



	Gluten	Nuts	Alcohol	Dairy	Starch	Shell Fish	Corn	Eggs	Animal fat	Animal oil	Fish	Garlic	MSG	Soy	Sulfites	Peas	Paprika or Peppers	Honey	Sesame	Yeast
<b>Bread</b>																				
Cheese bread				X	X			X	X	X				X	X					
Croutons	X			X	X			X		X		X								X
Gluten-free croutons				X	X			X												
Garlic bread	X		X	X	X			X		X	X	X								X
<b>Salads</b>																				
Beef penne	X		X	X	X			X	X		X	X		X	X		X			
Beets																				
Caesar			X	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	X			
Hummus					X							X			X		X		X	
Pampa olives																				X
Pickled cucumbers			X									X			X					
Pineapple BBQ with ham									X											
Potato					X			X				X			X	X	X			
Roasted Cauliflower			X																	
<b>Dressings/Sauces</b>																				
Caesar			X					X		X	X	X		x	X		X			
Chimichurri			X									X			X		X			
Fresh mint				X				X		X		X			X		X	X		
Honey balsamic															X			X		
Horseradish			X												X					
Mayonnaise			X					X				X			X		X			
Pampa BBQ			X																	
Pampa gravy	X			X					X	X		X		X				X		
Pampa ketchup			X		X							X		X				X		
Hot papaya			X												X		X	X		
Passion fruit												X			X			X		
Vinaigrette			X												X		X			

<b>Hot Dishes</b>																				
Beef stroganoff	X		X	X	X				X	X		X			X		X			
Broccoli soup				X	X							X								
Feijoada			X	X					X			X			X		X			
Mashed potato				X	X			X	X	X		X								
Creamy cheese sauce	X			X	X			X	X	X		X							X	
Sautéed broccoli and carrots				X						X		X								
Garlic rice					X										x					
<b>Meat Protein</b>																				
Bacon-wrapped beef filet mignon									X						X		X			
Bacon-wrapped chicken thighs									X						X					
Chicken drumsticks			X						X			X			X		X			X
Garlic sausage	X				X				X	X		X			X		X			X
Beef garlic steak									X			X							X	
Leg of lamb			X						X			X			X		X			
Maple ham																			X	
Pampa sausage									X	x		X			x		X			
Parmesan pork				X					X			X			X		X			
Pork belly			X						X			X							X	
Pork shoulder			X						X	X									X	
Beef ribeye									X	X										
Beef rumpsteak									X											
Beef top sirloin									X											
<b>Dessert</b>																				
Doce de leite cheesecake	X			X	X			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.