



Applebee's Allergen & Gluten Free Information

The health and safety of our guests are top priorities at Applebee's. Our menu and seasonal promotions contain a wide variety of foods which may contain allergens.

We recommend that our guests with food allergies or special dietary needs consult with a restaurant manager prior to placing an order to review allergen information for accuracy at that particular location. Due to the individualized nature of allergies and food sensitivities, Applebee's cannot make recommendations that are suitable for your dietary needs. Please consult your physician.

Gluten-Free items: The menu items bearing the gluten-free symbol are not prepared with gluten or made with ingredients that contain gluten when prepared according to the standard recipe. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with other food products. Due to these circumstances, we are unable to guarantee that any menu item can be completely free of allergens. Items designated as gluten-free have been tested to contain less than 20PPM of gluten protein.

For further inquiries, please Contact us at [Applebee's Guest Relations](#).