

## The Friendly Oven Food Allergy Guide - Updated August 19, 2025

### Food Allergy Disclaimer:

This guide and the menus contained herein are known to be accurate as of the date of publishing, but ingredients and preparation methods are subject to change. Please inform us of any allergies before ordering and always be sure to check product labels for the most current ingredient list and allergen warnings. While we make every effort to source allergen-free ingredients and minimize risks of cross-contact during preparation, we cannot guarantee that cross-contact with allergens will not occur during preparation or serving. By ordering, you acknowledge that you understand the potential risks involved.

Legend:



Friendly to the listed allergy, sensitivity or dietary restriction

May or may not be friendly to the listed allergy, sensitivity or dietary restriction. See message

Not friendly to the listed allergy, sensitivity or dietary restriction

R Contains a refined sugar or flour product which may not meet some vegan dietary standards.

<u>Allergen/Restriction</u>	Wheat/Gluten	Milk/Dairy	Eggs	Soy	Peanuts	Tree Nuts	Vegan	Other
Bread, Pan Sobao (Puerto Rican sweet)	Not friendly	Friendly	Not friendly	Not friendly	Friendly	Friendly	Not friendly	Friendly
Bread, Artisan(Tomato & Herb or Onion)	Not friendly	Friendly	Not friendly	Not friendly	Friendly	Friendly	Friendly	Friendly
Brookie, Regular	Not friendly	Friendly	Not friendly	Not friendly	Friendly	Friendly	Not friendly	Friendly
Brookie, Allergy-Friendly	Friendly	Friendly	Friendly	Friendly	Friendly	Friendly	Friendly	Friendly
Brownie, Regular	Not friendly	Friendly	Not friendly	Not friendly	Friendly	Friendly	Not friendly	Friendly
Brownie, Dubai-Style Chocolate	Not friendly	Friendly	Not friendly	Not friendly	Friendly	Not friendly	Not friendly	Contains Coconut
Brownie, "Funny Bone"	Not friendly	Friendly	Not friendly	Not friendly	Friendly	Friendly	Not friendly	Contains Coconut
Brownie, Allergy-Friendly	Friendly	Friendly	Friendly	Friendly	Friendly	Friendly	Friendly	Friendly
Cookie, Chocolate Chip, Regular	Not friendly	Friendly	Not friendly	Not friendly	Friendly	Friendly	Not friendly	Friendly
Cookie, Chocolate Chip w/Peanut Butter Frosting	Not friendly	Friendly	Not friendly	Not friendly	Friendly	Friendly	Not friendly	Contains Coconut
Cookie, Chocolate Chip, Allergy-Friendly	Friendly	Friendly	Friendly	Friendly	Friendly	Friendly	Friendly	Friendly
Cupcake, Three-Chocolate	Not friendly	Friendly	Not friendly	Not friendly	Friendly	Not friendly	Not friendly	Contains Coconut
Cupcake, Dubai-style Chocolate	Not friendly	Friendly	Not friendly	Not friendly	Friendly	Not friendly	Not friendly	Contains Coconut
Dubai-style Chocolate Bar	Not friendly	Friendly	Not friendly	Not friendly	Friendly	Not friendly	Not friendly	Contains Coconut
Frosting, Regular	Friendly	Friendly	Not friendly	Not friendly	Friendly	Friendly	R	Friendly
Frosting, Allergy-Friendly	Friendly	Friendly	Friendly	Friendly	Friendly	Friendly	Friendly	Contains Coconut
Soft Pretzel	Not friendly	Friendly	Not friendly	Not friendly	Friendly	Friendly	R	Friendly
Chocolate chip muffin	Not friendly	Friendly	Not friendly	Not friendly	Friendly	Friendly	R	Friendly
Yeast Doughnut	Not friendly	Friendly	Not friendly	Not friendly	Friendly	Not friendly	R	Friendly
Cake Pop	Not friendly	Friendly	Not friendly	Not friendly	Friendly	Not friendly	R	Contains Coconut

The Friendly Oven - Gluten Allergy-friendly Menu - Updated August 19, 2025

Brookie, Allergy-Friendly

Brownie, Allergy-Friendly

Cookie, Chocolate Chip, Allergy-Friendly

Frosting, Allergy-Friendly

The Friendly Oven - Milk Allergy-friendly Menu - Updated August 19, 2025

Bread, Sourdough

Bread, Sweet (Pan Sobao)

Bread, Country (Tomato & Herb or Onion)

Brookie, Allergy-Friendly

Brownie, Allergy-Friendly

Cookie, Chocolate Chip, Allergy-Friendly

Frosting, Regular

Frosting, Allergy-Friendly

Soft Pretzel

The Friendly Oven - Egg Allergy-friendly Menu - Updated August 19, 2025

Bread, Country (Tomato & Herb or Onion)

Brookie, Allergy-Friendly

Brownie, Regular

Brownie, Dubai Chocolate

Brownie, Funny Bone

Brownie, Allergy-Friendly

Cookie, Chocolate Chip

Cookie, Chocolate Chip, Allergy-Friendly

Cupcake, Three-Chocolate

Cupcake, Dubai Chocolate

Dubai-style Chocolate Bar

Frosting

Frosting, Allergy-Friendly

Soft Pretzel

The Friendly Oven - Soy Allergy-friendly Menu - Updated August 19, 2025

Brookie, Allergy-Friendly

Brownie, Allergy-Friendly

Cookie, Chocolate Chip, Allergy-Friendly

Frosting, Allergy-Friendly

The Friendly Oven - Peanut Allergy-friendly Menu - Updated August 19, 2025

Bread, Sourdough

Bread, Sweet (Pan Sobao)

Bread, Country (Tomato & Herb or Onion)

Brookie, Regular

Brookie, Allergy-Friendly

Brownie, Funny Bone

Brownie, Dubai Chocolate

Brownie, Regular

Brownie, Allergy-Friendly

Cookie, Chocolate Chip

Cookie, Chocolate Chip, Allergy-Friendly

Cupcake, Three-Chocolate

Cupcake, Dubai Chocolate

Dubai-style Chocolate Bar

Frosting, Regular

Frosting, Allergy-Friendly

Soft Pretzel

The Friendly Oven - Tree Nut Allergy-friendly Menu - Updated August 19, 2025

Bread, Sweet (Pan Sobao)

Bread, Country (Tomato & Herb or Onion)

Brookie, Regular

Brookie, Allergy-Friendly

Brownie, Regular

Brownie, Funny Bone

Brownie, Allergy-Friendly

Cookie, Chocolate Chip

Cookie, Chocolate Chip, Allergy-Friendly

Cupcake, Cookie-Lover's

Frosting, Regular

Frosting, Allergy-Friendly

Muffin, Chocoolate Chip

Soft Pretzel



## The Friendly Oven - Vegan-friendly Menu - Updated August 19, 2025

Bread, Country (Tomato & Herb or Onion)

Brookie, Allergy-Friendly

Brownie, Regular

Brownie, Allergy-Friendly

Cookie, Chocolate Chip, Allergy-Friendly

Frosting, Regular

Frosting, Allergy-Friendly

Soft Pretzel

Products highlighted in yellow contain no animal products such as milk, eggs or honey, but are made with flours or sugars that may use animal products in their refinement processes, making them unsuitable by some vegan dietary standards.