



ALLERGENS

This list is compiled based on product information provided by Wingstop Restaurants Inc® approved food manufacturers. Every effort is made to keep this information current however it is possible that ingredient changes and substitutions may occur before this list is updated. This chart does not include regional or special promotional items as ingredients vary. Individual food items may come in contact with one another during food preparation and is not reflected on this chart. Please notify the Navigator if you have a food allergy.

Menu Item	Wheat	Milk	Egg	Soy**	Treenut	Peanut	Fish	Shellfish	Gluten Free*
Regular Wings, meat only									
Atomic				✓					✓
Cajun				✓					✓
Garlic Parmesan		✓		✓					✓
Hawaiian, Ken's	✓			✓					
Hawaiian, Renfro				✓					✓
Hickory Smoked BBQ, Ken's				✓					✓
Hickory Smoked BBQ, Renfro				✓					✓
Lemon Pepper				✓					✓
Louisiana Rub				✓					✓
Mango Habanero				✓					
Mild				✓					✓
Original Hot				✓					✓
Plain				✓					✓
Teriyaki, Ken's	✓			✓					
Teriyaki, Renfro				✓					✓

*While we do use separate fryers for our bone-in and boneless wings we would like to inform you that due to the way we filtrate our oil in the cleaning process, there may be trace amounts of gluten in our bone-in wings. We are unable to safely say they are completely gluten-free.

**Wingstop uses Vegetable Oil that contains Soy to cook all products. Although sauces as shown above may not independently contain soy, it will contain soy if added to any classic or boneless wing, tender or fries.



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Menu Item	Wheat	Milk	Egg	Soy**	Treenut	Peanut	Fish	Shellfish	Gluten Free*
Boneless Wings									
Atomic	✓			✓					
Cajun	✓			✓					
Garlic Parmesan	✓	✓		✓					
Hawaiian, Ken's	✓			✓					
Hawaiian, Renfro	✓			✓					
Hickory Smoked BBQ, Ken's	✓			✓					
Hickory Smoked BBQ, Renfro	✓			✓					
Lemon Pepper	✓			✓					
Louisiana Rub	✓			✓					
Mango Habanero	✓			✓					
Mild	✓			✓					
Original Hot	✓			✓					
Plain	✓			✓					
Teriyaki, Ken's	✓			✓					
Teriyaki, Renfro	✓			✓					

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Menu Item	Wheat	Milk	Egg	Soy**	Treenut	Peanut	Fish	Shellfish	Gluten Free*
Crispy Tenders									
Atomic	✓			✓					
Cajun	✓			✓					
Garlic Parmesan	✓	✓		✓					
Hawaiian, Ken's	✓			✓					
Hawaiian, Renfro	✓			✓					
Hickory Smoked BBQ, Ken's	✓			✓					
Hickory Smoked BBQ, Renfro	✓			✓					
Lemon Pepper	✓			✓					
Louisiana Rub	✓			✓					
Mango Habanero	✓			✓					
Mild	✓			✓					
Original Hot	✓			✓					
Plain	✓			✓					
Teriyaki, Ken's	✓			✓					
Teriyaki, Renfro	✓			✓					

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Menu Item	Wheat	Milk	Egg	Soy	Treenut	Peanut	Fish	Shellfish	Gluten Free*
Sides									
Blue Cheese	✓	✓	✓	✓			Anchovy		
Bourbon Baked Beans				✓					✓
Coleslaw			✓						✓
Honey Mustard		✓	✓						✓
Hot Cheddar Cheese Sauce		✓							✓
Potato Salad		✓	✓						✓
Ranch		✓	✓	✓					✓
Seasoned Fries									✓
Veggie Sticks (carrot)									✓
Veggie Sticks (celery)									✓
	✓	✓							
Baked Rolls								*Declaration by ingredient review (rather than analysis)	