

Effective: Feb. 2022

	Serving Size (g) or (fl oz)	Calories	Fat Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)*	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	Peanuts	Tree nuts	Egg	Dairy	Wheat	Soybean	Fish	Shellfish	
SIDES (Fried items are cooked in common oil)																									
French Fries																									
Small	148	330	190	21	4	0	0	50	32	3	2	3	0	10	0	3			#	#	#	#	#	#	#
Medium	266	600	350	39	7	0	0	85	57	6	3	6	0	17	0	6			#	#	#	#	#	#	#
Sack (serves 3)	353	770	440	49	9	0	0	115	76	8	4	8	0	23	0	8			#	#	#	#	#	#	#
French Fries (New York / New Jersey only)																									
Small	148	350	190	21	4.5	0	0	40	34	3	1	5	0	16	0	6			#	#	#	#	#	#	#
Medium	266	630	350	39	9	0	0	70	60	6	3	9	0	29	0	12			#	#	#	#	#	#	#
Sack (serves 3)	353	810	440	49	11	0	0	95	81	8	4	12	0	38	0	15			#	#	#	#	#	#	#
French Fries (New York / New Jersey only)	199	400	240	27	5	0	0	350	35	3	2	4	0	10	1	5			#	X	#	#	#	#	#
Sloppy Fries (limited time offering)	202	390	230	26	6	0	20	680	30	3	5	10	4	8	2	9			#	X	#	X	#	#	#
Cheese Fries (New York / New Jersey only)	201	410	250	28	5	0	0	350	35	3	2	4	0	10	1	5			#	X	#	#	#	#	#
Sloppy Fries (limited time offering) - New York / New Jersey only	202	400	230	26	6	0	20	670	32	3	5	11	4	12	2	11			#	X	#	X	#	#	#
Loaded Fries	163	460	340	38	8	0	20	900	20	2	3	4	0	5	2	4			X	X	#	#	#	#	#
Loaded Fries (New York / New Jersey only)	163	460	340	38	8	0	20	900	20	2	3	4	0	5	2	4			X	X	#	#	#	#	#
French Fries (Scottsdale / Orlando only)																									
Small	195	430	260	29	4	0	0	810	42	3	2	3	0	13	2	3			#	#	#	#	#	#	#
Medium	268	540	300	33	5	0	0	1140	59	5	2	4	0	18	2	4			#	#	#	#	#	#	#
Sack (serves 3)	348	770	460	51	8	0	0	1450	74	6	3	5	0	23	3	5			#	#	#	#	#	#	#
Cheese Fries (Scottsdale / Orlando only)	237	470	290	32	5	0	0	1110	43	3	2	4	0	13	3	4			#	X	#	#	#	#	#
Loaded Fries (Scottsdale / Orlando only)	223	570	400	44	8	0	20	1460	33	3	4	4	0	9	2	5			X	X	#	#	#	#	#
Sloppy Fries (limited time offering) - Scottsdale / Orlando only	202	380	230	25	5	0	20	1110	30	3	5	9	4	11	3	8			#	X	#	X	#	#	#
Onion Chips																									
Small	124	480	320	36	6	0	0	690	33	6	4	4	0	2	2	4			X	X	X	#	#	#	#
Medium	262	930	590	65	11	0	0	1550	73	13	8	8	0	4	4	8			X	X	X	#	#	#	#
Sack (serves 3)	349	1350	910	101	17	0	0	1950	92	16	11	11	0	5	5	11			X	X	X	#	#	#	#
Onion Rings																									
Small	141	480	290	33	5	0	0	580	40	2	7	6	0	6	6	6			#	#	X	X	#	#	#
Sack (serves 3)	262	890	550	61	10	0	0	1070	74	3	14	11	0	11	11	11			#	#	X	X	#	#	#
Onion Rings (New York / New Jersey only)																									
Small	112	340	190	22	4	0	0	310	33	3	5	2	0	0	5	2			#	X	X	X	#	#	#
Sack (serves 3)	210	640	360	41	7	0	0	580	62	6	9	4	0	0	9	4			#	X	X	X	#	#	#
Mozzarella Cheese Sticks																									
3 Sticks	138	460	300	33	9	0	30	990	26	1	3	12	7	6	25	4			#	X	X	#	#	#	#
5 Sticks	211	760	500	55	15	0.5	50	1560	40	2	4	21	11	7	41	6			#	X	X	#	#	#	#
10 Sticks (serves 3)	394	1490	1000	111	31	1	100	3110	77	4	6	41	20	7	83	12			#	X	X	#	#	#	#
Shrimp Nibblers - Limited Time Offering																									
Small	139	430	260	29	4.5	0	80	910	31	2	2	12	0	0	6	9			X	X	X	#	#	X	X
Medium	270	790	460	51	8	0	165	1810	62	3	3	24	0	0	12	18			X	X	X	#	#	X	X
Sack (serves 3)	416	1280	780	87	14	0	245	2720	94	5	5	36	0	0	18	27			X	X	X	#	#	X	X
Fish Nibblers®																									
Small	141	320	140	16	3	0	10	700	28	1	1	16	1	0	1	5			X	X	X	X	X	X	X
Medium	262	590	260	29	5	0	20	1300	51	2	2	30	3	1	3	9			X	X	X	X	X	X	X
Sack (serves 3)	483	1100	480	53	10	0	35	2390	95	3	3	55	5	2	5	17			X	X	X	X	X	X	X
Chicken Rings																									
6 pc.	114	320	180	20	4.5	0	105	610	12	0	0	18	2	0	2	9			X	X	X	#	#	#	#
9 pc.	171	470	280	31	7	0	160	910	18	1	0	26	3	0	2	13			X	X	X	#	#	#	#
12 pc. (serves 2) - select locations	228	630	370	41	9	0	215	1210	25	1	0	35	4	0	2	17			X	X	X	#	#	#	#
20 pc. (serves 3)	380	1050	610	68	15	0	360	2020	41	2	1	58	7	0	5	29			X	X	X	#	#	#	#
Mott's® Snack and Go Natural Applesauce Pouch																									
90	40	0	0	0	0	0	0	5	10	1	8	0	0	20	0	0									
BREAKFAST																									
Breakfast Slider w/Egg & Cheese	81	200	110	12	4	0	170	370	15	1	2	9	3	0	7	8			X	X	X	X			
Breakfast Slider w/Egg & Jalapeño Cheese	82	210	110	13	4	0	170	400	15	1	2	9	3	1	7	8			X	X	X	#			
Breakfast Slider w/Egg & Cheddar Cheese	82	210	110	13	4.5	0	175	400	15	1	2	10	1	0	7	8			X	X	X	#			
Breakfast Slider w/Sausage, Egg & Cheese	118	350	240	26	9	0	195	680	15	1	2	14	4	0	8	10			X	X	X	X			
Breakfast Slider w/Sausage, Egg & Jalapeño Cheese	119	360	240	27	10	0	200	710	16	1	2	15	2	0	8	10			X	X	X	#			
Breakfast Slider w/Sausage, Egg & Cheddar Cheese	119	360	240	27	10	0	200	710	16	1	2	15	2	0	8	10			X	X	X	#			
Breakfast Slider w/Bacon, Egg & Cheese	88	260	150	17	6	0	180	560	15	1	2	12	3	0	7	8			X	X	X	X			
Breakfast Slider w/Bacon, Egg & Jalapeño Cheese	88	260	160	18	6	0	185	590	15	1	2	12	3	1	7	8			X	X	X	#			
Breakfast Slider w/Bacon, Egg & Cheddar Cheese	89	260	160	18	6	0	185	590	15	1	2	13	1	0	7	8			X	X	X	#			
Breakfast Slider w/Bologna, Egg & Cheese	95	350	220	24	8	0	200	870	17	1	3	15	3	0	8	10			X	X	X	X			
Breakfast Slider w/Bologna, Egg & Jalapeño Cheese	110	360	220	25	8	0	200	900	17	1	3	15	3	1	8	10			X	X	X	#			
Breakfast Slider w/Bologna, Egg & Cheddar Cheese	110	360	220	25	8	0	205	900	17	1	3	16	1	0	8	10			X	X	X	#			
Original Slider w/Egg & Cheese	108	270	160	18	6	0.5	180	560	16	1	2	13	3	0	8	11			X	X	X	X			
Original Slider w/Egg & Jalapeño Cheese	109	280	160	18	7	0	185	600	17	1	2	14	1	0	7	11			X	X	X	#			
Original Slider w/Egg & Cheddar Cheese	109	280	160	18	7	0	185	600	17	1	2	14	1	0	7	11			X	X	X	#			

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	Serving Size (g) or (fl oz)	Calories	Fat Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)*	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	Peanuts	Tree nuts	Egg	Dairy	Wheat	Soybean	Fish	Shellfish
Breakfast Toast Sandwich w/Egg, Cheese	112	270	120	13	4	0	170	540	29	2	4	11	3	0	11	12			X	X	X	X		
Breakfast Toast Sandwich w/Egg, Jalapeño Cheese	112	280	120	14	4	0	170	560	29	2	4	11	3	1	12	12			X	X	X	X		
Breakfast Toast Sandwich w/Egg, Cheddar Cheese	112	280	120	14	4.5	0	175	570	29	2	4	12	1	0	11	12			X	X	X	X		
Breakfast Toast Sandwich w/Sausage, Egg, Cheese	149	420	250	27	9	0	200	850	29	2	4	16	4	0	12	14			X	X	X	X		
Breakfast Toast Sandwich w/Sausage, Egg, Jalapeño Cheese	150	430	250	28	10	0	200	880	30	2	4	17	2	0	12	14			X	X	X	X		
Breakfast Toast Sandwich w/Sausage, Egg, Cheddar Cheese	150	430	250	28	10	0	200	880	30	2	4	17	2	0	12	14			X	X	X	X		
Breakfast Toast Sandwich w/Bacon, Egg, Cheese	126	380	210	23	8	0	195	910	29	2	4	17	3	0	11	12			X	X	X	X		
Breakfast Toast Sandwich w/Bacon, Egg, Jalapeño Cheese	127	390	210	24	8	0	195	940	29	2	4	18	1	0	11	12			X	X	X	X		
Breakfast Toast Sandwich w/Bacon, Egg, Cheddar Cheese	127	390	210	24	8	0	195	940	29	2	4	18	1	0	11	12			X	X	X	X		
Breakfast Toast Sandwich w/Bologna, Egg, Cheese	136	420	220	24	8	0	200	1020	31	0	5	17	3	0	10	18			X	X	X	X		
Breakfast Toast Sandwich w/Bologna, Egg, Jalapeño Cheese	137	430	220	25	8	0	200	1040	31	0	5	17	3	1	10	18			X	X	X	X		
Breakfast Toast Sandwich w/Bologna, Egg, Cheddar Cheese	137	430	220	25	8	0	205	1050	31	0	5	18	1	0	10	18			X	X	X	X		
Waffle Breakfast Slider w/Egg, Cheese	106	330	190	21	9	0	210	390	27	0	14	9	3	0	5	8	#		X	X	X	X		
Waffle Breakfast Slider w/Egg, Jalapeño Cheese	107	340	190	22	9	0	210	410	27	0	14	9	3	1	5	8	#		X	X	X	#		
Waffle Breakfast Slider w/Egg, Cheddar Cheese	107	340	200	22	9	0	215	420	27	0	14	10	1	0	5	8	#		X	X	X	#		
Waffle Breakfast Slider w/Sausage, Egg, Cheese	144	490	320	36	15	0	240	730	28	0	14	15	2	0	6	10	#		X	X	X	X		
Waffle Breakfast Slider w/Sausage, Egg, Jalapeño Cheese	144	490	320	36	15	0	240	730	28	0	14	15	2	0	6	10	#		X	X	X	#		
Waffle Breakfast Slider w/Sausage, Egg, Cheddar Cheese	144	490	320	36	15	0	240	730	28	0	14	15	2	0	6	10	#		X	X	X	#		
Waffle Breakfast Slider w/Bacon, Egg, Cheese	113	390	230	26	11	0	220	570	27	0	14	12	3	0	5	8	#		X	X	X	X		
Waffle Breakfast Slider w/Bacon, Egg, Jalapeño Cheese	114	390	240	27	11	0	225	610	27	0	14	13	1	0	5	8	#		X	X	X	#		
Waffle Breakfast Slider w/Bacon, Egg, Cheddar Cheese	114	390	240	27	11	0	225	610	27	0	14	13	1	0	5	8	#		X	X	X	#		
Waffle Breakfast Slider w/Bologna, Egg, Cheese	134	480	300	33	13	0	240	890	29	0	15	15	3	0	7	10	#		X	X	X	X		
Waffle Breakfast Slider w/Bologna, Egg, Jalapeño Cheese	135	490	300	34	13	0	240	910	29	0	15	15	3	1	7	10	#		X	X	X	#		
Waffle Breakfast Slider w/Bologna, Egg, Cheddar Cheese	135	490	300	34	13	0	245	920	29	0	15	16	1	0	7	10	#		X	X	X	#		
SIDES																								
Cinnamon Donuts	35	150	70	8	4	0	0	160	22	1	10	2	0	0	0	4			X	X	X	X		
Chocolate Covered Donuts	35	160	80	9	6	0	0	150	21	1	12	2	0	0	0	4			X	X	X	X		
Glazed Donuts	35	160	80	9	6	0	0	150	21	1	12	2	0	0	0	4			X	X	X	X		
Powdered Sugar Donuts	35	150	70	8	4	0	0	160	22	1	10	2	0	0	0	4			X	X	X	X		
Plain Donuts	35	150	70	8	4	0	0	160	22	1	10	2	0	0	0	4			X	X	X	X		
Hash Round Nibblers®																								
Small	119	360	250	28	4	0	0	460	25	2	0	2	0	7	0	2			#	#	X	#	#	#
Medium	198	720	500	55	8	0	0	920	51	5	0	5	0	10	0	5			#	#	X	#	#	#
Sack	476	1440	990	110	17	0	0	1830	101	10	0	10	0	29	0	10			#	#	X	#	#	#
Hash Round Nibblers® (New York / New Jersey only)																								
Small	113	340	230	25	6	0	0	380	23	2	0	2	0	7	0	5			#	#	X	#	#	#
Medium	186	560	380	42	9	0	0	640	39	4	0	4	0	11	0	8			#	#	X	#	#	#
Sack	447	1330	910	101	22	0	0	1520	92	9	0	9	0	27	0	18			#	#	X	#	#	#
Two Waffles w/Syrup	78	280	90	10	5	0	40	200	46	0	23	2	0	0	0	4	#		X	X	X			
CONDIMENTS																								
BBQ Sauce Tubs	28	40	0	0	0	0	0	380	10	0	8	0	0	0	1	0								
BBQ Sauce Packets	9	15	0	0	0	0	0	125	3	0	3	0	0	0	0	0								
Fat-Free Honey Mustard Tubs	28	50	0	0	0	0	0	115	11	0	10	0	0	0	0	0								
Fat-Free Honey Mustard Packets	12	20	0	0	0	0	0	50	5	0	4	0	0	0	0	0								
Hot Sauce Packets	7	0	0	0	0	0	0	210	0	0	0	0	0	0	0	0								
Marinara Tubs	28	0	0	0	0	0	0	105	5	0	3	0	2	4	1	2								
Mayonnaise Packets	9	70	60	7	1	0	5	45	0	0	0	0	0	0	0	0			X					
Ranch Tubs	28	120	120	13	2	0	10	340	1	0	1	0	1	0	1	1			X	X				
Tartar Sauce Tubs	25	120	100	11	2	0	5	210	4	0	3	0	2	4	0	0			X					
Tartar Sauce Packets	9	45	35	4	0.5	0	<5	80	2	0	1	0	1	1	0	0			X					
Zesty Zing Sauce Tubs	28	110	90	10	1.5	0	10	170	4	0	3	0	2	4	0	0			X					
Yellow Mustard Packets	6	<5	<5	0	0	0	0	25	0	0	0	0	0	0	0	0								
Dusseldorf Mustard Packets	6	5	<5	0	0	0	0	65	0	0	0	0	0	0	0	0								
Horseradish Mustard Packets	6	5	<5	0	0	0	0	65	0	0	0	0	0	0	0	0								
DESSERT ON-A-STICK																								
Fudge Dipped Brownie	57	240	110	12	7	0	30	90	34	1	26	2	2	0	2	8	#	#	X	X	X	X		
Fudge Dipped Cheesecake	51	190	100	11	7	0	40	105	21	1	10	3	2	0	2	4	#	#	X	X	X	X		
Strawberry Swirl Cheesecake	48	150	70	8	4	0	35	105	20	0	9	2	n/a	n/a	2	4	#	#	X	X	X	X		
Goey Butter Cake	57	220	90	9	4.5	0	45	140	31	1	22	3	6	0	2	2	#	#	X	X	X	X		

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Birthday Cake (limited time offering)	51	250	140	15	4.5	0	35	135	25	0	15	3	n/a	n/a	2	2	#	#	X	X	X	X			
BEVERAGES																									
Coffee																									
small	12	5	0	0	0	0	0	5	0	0	0	0	0	0	1	0									
medium	16	5	0	0	0	0	0	10	0	0	0	1	0	0	1	0									
large	20	5	0	0	0	0	0	10	0	0	0	1	0	0	1	0									
Decaf Coffee																									
small	12	0	0	0	0	0	0	5	0	0	0	0	0	0	1	1									
Hot Tea																									
medium	16	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0									
Hot Chocolate																									
medium	16	240	50	6	1.5	1.5	0	300	41	2	34	2	0	0	6	3				X		X			
Hot Chocolate - Columbus only																									
medium	16	300	90	10	3.5	1.5	15	280	46	2	35	1	0	0	5	4				X		X			
Iced Tea - Southern Sweet																									
small	21	180	0	0	0	0	0	20	47	0	45	0	0	0	0	1									
medium	30	260	0	0	0	0	0	25	67	0	65	0	0	0	0	1									
large	40	340	0	0	0	0	0	35	89	0	86	0	0	0	0	2									
gallon	128	1100	0	0	0	0	0	115	286	0	274	0	0	0	0	5									
Iced Tea - Southern Sweet (Columbus, New York, New Jersey only)																									
small	21	240	0	0	0	0	0	20	62	0	60	0	0	0	0	1									
medium	30	340	0	0	0	0	0	30	88	0	85	0	0	0	0	1									
large	40	450	0	0	0	0	0	35	118	0	114	0	0	0	0	2									
gallon	128	1450	0	0	0	0	0	115	376	0	364	0	0	0	0	5									
Iced Tea - Unsweetened																									
small	21	5	0	0	0	0	0	10	1	0	0	0	0	0	0	0									
medium	30	5	0	0	0	0	0	15	1	0	0	0	0	0	0	0									
large	40	5	0	0	0	0	0	20	2	0	0	0	0	0	0	1									
gallon	128	40	0	0	0	0	0	115	11	0	0	0	0	0	0	4									
CRAVE COOLERS																									
Crave Cooler Coke®																									
small	21	110	0	0	0	0	0	10	29	0	29	0	0	0	0	0									
medium	30	140	0	0	0	0	0	15	39	0	39	0	0	0	0	0									
large	40	190	0	0	0	0	0	15	51	0	51	0	0	0	0	0									
Crave Cooler Fanta Wild Cherry®																									
small	21	110	0	0	0	0	0	10	29	0	29	0	0	0	0	0									
medium	30	140	0	0	0	0	0	10	39	0	39	0	0	0	0	0									
large	40	190	0	0	0	0	0	15	51	0	51	0	0	0	0	0									
SHAKES																									
Chocolate Shake - Chicago only																									
small	21	550	90	9	5	0	35	330	106	2	91	12	7	4	34	7				X					
medium	30	780	120	14	7	0	45	470	152	3	131	16	9	6	49	9				X					
large	40	1040	160	18	10	0.5	60	630	202	4	174	22	13	8	65	13				X					
Vanilla Shake - Chicago only																									
small	21	460	70	8	5	0	35	350	85	1	49	12	7	0	38	2				X					
medium	30	660	100	11	7	0	45	510	122	1	70	17	9	0	54	2				X					
large	40	890	140	15	10	0.5	65	680	163	1	94	23	13	0	72	3				X					
Strawberry Shake - Chicago only																									
small	21	540	70	8	5	0	35	350	103	1	67	12	7	0	38	2				X					
medium	30	770	100	11	7	0	45	510	148	1	97	17	9	0	54	2				X					
large	40	1020	140	15	10	0.5	65	680	197	1	128	23	13	0	72	3				X					
Chocolate Shake - Cincinnati only																									
small	21	640	150	17	10	0	60	400	112	0	94	16	32	8	60	24				X					
medium	30	920	220	24	14	0	85	570	160	0	134	23	45	11	85	34				X					
large	40	1220	290	32	19	0	115	760	213	0	179	30	61	15	114	45				X					
Vanilla Shake - Cincinnati only																									
small	21	630	140	16	10	0	60	400	109	0	94	16	32	8	60	24				X					
medium	30	900	200	23	14	0	85	570	157	0	134	23	45	11	85	34				X					
large	40	1200	270	30	19	0	115	760	209	0	178	30	61	15	114	45				X					
Strawberry Shake - Cincinnati only																									
small	21	630	140	16	10	0	60	400	109	0	94	16	32	8	60	24				X					
medium	30	900	200	23	14	0	85	570	157	0	134	23	45	11	85	34				X					
large	40	1200	270	30	19	0	115	760	209	0	178	30	61	15	114	45				X					
Chocolate Shake - Columbus only																									
small	21	500	110	12	8	0	45	470	88	0	82	13	0	4	37	0				X					
medium	30	710	160	18	11	0	65	670	126	0	117	19	0	5	53	0				X					
large	40	950	210	23	14	0	90	890	167	0	156	25	0	7	71	0				X					

Effective: Feb. 2022

	Serving Size (g) or (fl oz)	Calories	Fat Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)*	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	Peanuts	Tree nuts	Egg	Dairy	Wheat	Soybean	Fish	Shellfish
100% APPLE JUICE BOX	6.75	100	0	0	0	0	0	10	24	0	23	0	0	30	2	4								
MONSTER ENERGY®	16	210	0	0	0	0	0	370	54	0	54	0	0	0	0	0								
BARQ'S® RED CREAM SODA (select locations)	20	280	0	0	0	0	0	105	75	0	75	0	0	0	0	0								

NOTES

AVAILABLE UPON REQUEST

*Sliders weight based on the weight before cooking.

** Sodium values may vary depending on the local water supply used for beverages.

Nutrition Information on all Coca-Cola products provided by the Coca-Cola Company. FDA Rounding Rules used.

Nutritional Disclaimer

The nutrition information on this website is derived from the following: testing conducted in accredited laboratories, USDA Nutrient Database and information provided by White Castle's suppliers.

Nutrition information is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant level, and/or season of the year. Some limited time offers, test and regional items may not be included. Some menu items may not be available at all restaurants. Nutrition calculations follow federal regulations regarding the rounding of nutritional data.

White Castle System, Inc., its subsidiaries and employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Federal regulations have identified 8 major food allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, and crustacean shellfish. For your convenience, menu items and ingredients that contain these major allergens have been indicated. All food is prepared in common kitchens that may involve some shared cooking and preparation areas, equipment and utensils, and the possibility exists for your food items to come in contact with other food products, including allergens.

Federal regulation has exempted from allergen declaration any highly refined oil derived from the major food allergens; therefore, soy oil as an ingredient is not indicated as an allergen. Please consult your Doctor to know if you should avoid products that contain highly refined soy oil. If you have specific questions regarding White Castle and nutrition or are particularly sensitive to specific ingredients or foods, please contact us at 1-800-THE-CRAVE (1-800-843-2728).

Customers with allergy-related questions can contact the Food Allergy and Anaphylaxis Network (FAAN) on the web at foodallergy.org or by telephone at (800) 929-4040.