

Allergens in Mongo's Products.

Peanuts/Tree Nuts, Dairy, Eggs, Wheat, Soy, Fish/Shellfish

This list is intended to help guide and inform. It is not guaranteed to be exact and could change at any time. Please exercise caution and use personal judgment in regards to dining with food allergies.

Sauces:

Thai Peanut: Soy, nuts, wheat

Szechuan: Soy, wheat

BBQ Sauce: Soy, may contain fish (Worcestershire sauce)

Khan's Favorite: Wheat, soy

Black Bean: Soy

Honey Mustard: Egg, dairy, soy

Teriyaki: Wheat, soy

Mongolian: Soy, fish

Classic: Soy, wheat

Kung Pao: Soy, wheat

Tomato Basil: Soy

Hot Honey Garlic: Soy, wheat

Soy: Soy

Finishing Items:

Teriyaki Glaze: Soy, wheat

Mango Habanero: Soy, wheat

Chow Mein Noodles: Wheat, eggs

Dragon Ranch: Milk, soy, egg

Wasabi: Soy, egg

Yellow Pepper: Soy, egg

Chipotle: Soy

Dressings:

1000 Island: Egg

Red Ranch: Soy

Toasted Sesame: Wheat

Raspberry Vinaigrette: Soy

Caesar: Soy, egg, fish

Misc Items:

Wraps, All Flavors: Soy, wheat

Imitation Crab: Egg, soy, wheat, fish/shellfish

Lemon Pepper: Soy