

2026 MASTER EDITION

WHITECASTLEMENUS.COM

9 MAJOR ALLERGENS TRACKED

DIRECT HELP: 1-800-843-2728

WHITE CASTLE® ALLERGEN GUIDE

2026 Food Allergen, Ingredient & Kitchen Cross-Contact Safety Guide • whitecastlemenus.com

CRITICAL KITCHEN CROSS-CONTACT ADVISORY: White Castle operates high-speed commercial kitchens utilizing shared griddles, open steam lines, continuous circulating fryer oil, and common prep tools. **No menu item can be guaranteed 100% allergen-free or celiac-safe.** This guide identifies recipe ingredients and facility/fryer cross-contact risks.

1. The Onion Steam-Grill Factor

100% USDA beef patties are steam-grilled directly on a bed of onions with buns placed over top. Sliders cannot be guaranteed onion-free even if scraped.

2. Refined Soybean Oil Rule

Federal FALCPA law exempts highly refined soybean oil from allergen labeling. Frying oil & bun dough contain refined soy oil (exempt from "Contains" declarations).

3. 2026 Plant-Based Update

The Impossible Slider is discontinued chain-wide; replaced by the permanent **Southwest Veggie Slider** (Dr. Praeger's recipe).

1. The 9 Major Food Allergens Recognized in the U.S.

FALCPA (2004) & FASTER Act (2023 Sesame Mandate)

#	ALLERGEN	FEDERAL RECOGNITION	PRIMARY PREVALENCE ACROSS WHITE CASTLE MENU
1	Milk (Dairy)	FALCPA (2004)	American/Cheddar/Jalapeño cheeses, crispy breadings, sausage patties, milkshakes, ranch, toast margarine.
2	Eggs	FALCPA (2004)	Fresh-cracked breakfast eggs, mayonnaise, tartar sauce, Zesty Zing sauce, crispy chicken batter, onion chips.
3	Wheat (Gluten)	FALCPA (2004)	All slider buns, breakfast toast, Belgian waffles, breaded chicken, fish, onion rings, onion chips, mozzarella sticks, desserts.
4	Soybeans	FALCPA (2004)	Cheese slices (soy lecithin), breakfast toast margarine, Southwest Veggie patty, hot cocoa, bakery dough conditioners.
5	Peanuts	FALCPA (2004)	None in core recipes; Shared Facility Warning for all Desserts-on-a-Stick.
6	Tree Nuts	FALCPA (2004)	None in core recipes; Shared Facility Warning for all Desserts-on-a-Stick.
7	Fish	FALCPA (2004)	Panko Fish Slider, Fish Nibblers®; shared commercial fryer oil cross-contact across all fried sides.
8	Crustacean Shellfish	FALCPA (2004)	Shrimp Nibblers (seasonal/LTO), Crab Cake Nibblers; shared commercial fryer oil cross-contact.
9	Sesame	FASTER Act (2023)	Disclosed in master bakery statements; tracked across commercial bun baking facilities.

2. White Castle Sliders Allergen Guide

Standard bun contains Wheat. Beef patty alone is top-9 free.

SLIDER VARIETY	CONTAINS (RECIPE ALLERGENS)	MAY CONTAIN (CROSS-CONTACT)	FORMULATION & PREPARATION NOTES
The Original Slider®	Wheat	Milk, Soy	100% beef patty is allergen-free; bun contains wheat; bakery cross-contact adds milk/soy.
The Original Slider® (NY/NJ)	Wheat	Milk, Soy	Regional bun formulation with wheat; steam-grilled on onions.
Double Original Slider	Wheat	Milk, Soy	Two 100% beef patties; bun contains wheat.
Cheese Slider (American)	Milk Wheat Soy	—	American cheese contains dairy milk & soy lecithin; bun contains wheat.
Double Cheese Slider	Milk Wheat Soy	—	Double beef, double cheese slices; contains dairy, wheat, soy.
Smoked Cheddar Cheese Slider	Milk Wheat Soy	—	Smoked cheddar cheese slice adds dairy and soy emulsifiers.
Jalapeño Cheese Slider	Milk Wheat Soy	—	Spicy jalapeño cheese blend contains dairy and soy.
Bacon Cheese Slider	Milk Wheat Soy	—	Hickory-smoked bacon, American cheese, standard wheat bakery bun.
Bacon Cheddar / Jalapeño Slider	Milk Wheat Soy	—	Bacon with specialty cheese; contains dairy, wheat, soy.
The 1921 Slider®	Milk Wheat Soy	Egg (if Mayo added)	Thick-seared beef patty, cheddar, caramelized onions, lettuce, tomato, pickles.
Garlic Cheese Slider (LTO)	Milk Wheat Soy	—	Garlic herb cheese slice; contains dairy, wheat, soy.

SLIDER VARIETY	CONTAINS (RECIPE ALLERGENS)	MAY CONTAIN (CROSS-CONTACT)	FORMULATION & PREPARATION NOTES
Southwest Veggie Slider (2026)	MilkWheatSoy	Egg, Fish, Shellfish	Dr. Praeger's sweet potato, black bean & corn patty; jalapeño cheese adds dairy/soy.
Panko Fish Slider (Plain)	FishWheat	Egg, Milk, Soy, Shellfish	Breaded Alaska Pollock patty on bun. High cross-contact from fryer/bakery.
Panko Fish Slider w/ Cheese	FishMilkWheatSoy	Egg, Shellfish	Alaska Pollock fish patty, American cheese, and standard slider bun.
Chicken Ring Slider (Plain/Cheese)	MilkWheatSoy	Egg, Fish, Shellfish	Chicken ring patty coating contains milk & wheat; cheese slice adds soy.
Crispy Chicken Breast Slider	EggMilkWheat	Soy, Fish, Shellfish	Whole-muscle chicken breast patty breading contains egg, milk, and wheat.
Crispy Chicken Deluxe Slider	EggMilkWheatSoy	Fish, Shellfish	Chicken breast, American cheese, lettuce, tomato, and creamy mayonnaise (Egg).
Garlic Parm Crispy Chicken (LTO)	EggMilkWheat	Soy, Fish, Shellfish	Crispy chicken breast tossed in savory garlic parmesan sauce (Milk/Egg).

3. Chicken & Seafood Allergen Guide

Fried in common commercial fryer oil vats.

ITEM NAME	CONTAINS (RECIPE ALLERGENS)	MAY CONTAIN (CROSS-CONTACT)	ALLERGEN & RECIPE DETAILS
Chicken Rings (6, 9, 20 pc)	MilkWheat	Egg, Soy, Fish, Shellfish	Seasoned ring coating contains milk and wheat. Shared fryer oil.
Fish Nibblers® (Sm, Med, Sack)	FishEggMilkWheatSoyShellfish	—	Battered Alaska pollock bites; processing declares 6 major allergens.
Shrimp Nibblers (Sm, Med, Sack)	Crustacean ShellfishEggMilkWheat	Soy, Fish	Breaded butterfly shrimp. Crustacean shellfish legally declared.
Clam Strips (Select Castles)	EggMilkWheat	Soy, Fish, Shellfish	Mollusks (clams) are outside FALCPA crustacean category; breading contains wheat/milk/egg.
Crab Cake Nibblers w/ Remoulade (LTO)	FishCrustacean ShellfishEggMilkWheatSoy	—	Breaded seafood bites paired with creamy remoulade dipping sauce.
Jalapeño Cravioli (LTO)	EggMilkWheat	Soy, Fish, Shellfish	Crispy breaded pasta bites; green chili aioli contains egg; fried in shared oil.

4. Sides & Fried Items Allergen Guide (Shared Fryer Analysis)

French Fries are wheat-free by recipe, but share fryer oil with breaded items.

SIDE ITEM	CONTAINS (RECIPE ALLERGENS)	MAY CONTAIN (FRYER CROSS-CONTACT)	PREPARATION & FORMULATION NOTES
French Fries (Sm, Med, Sack)	None (Ingredient-Level)	Egg, Milk, Wheat, Soy, Fish, Shellfish	100% potato & vegetable oil recipe. High cross-contact via shared fryers.
Cheese Fries (All sizes)	MilkSoy	Egg, Wheat, Fish, Shellfish	Crinkle-cut fries topped with warm cheddar cheese sauce (Dairy/Soy).
Loaded Bacon Cheddar Fries	MilkSoyEgg	Wheat, Fish, Shellfish	Fries topped with cheese sauce, bacon crumbles, and ranch dressing (Egg/Milk).
Hash Round Nibblers®	None (Ingredient-Level)	Egg, Milk, Wheat, Soy, Fish, Shellfish	Crispy shredded potato rounds; fried in shared commercial fryer vats.
Onion Chips (Sm, Med, Sack)	EggMilkWheat	Soy, Fish, Shellfish	Battered thick-cut onion slices. Contains direct egg, milk, and wheat.
Onion Rings (Standard Markets)	WheatSoy	Egg, Milk, Fish, Shellfish	Breaded whole onion rings. Breading contains wheat and soy.
Onion Rings (NY / NJ Region)	MilkWheatSoy	Egg, Fish, Shellfish	Regional NY/NJ formulation includes milk powder in the ring batter.
Mozzarella Cheese Sticks	MilkWheat	Egg, Soy, Fish, Shellfish	Real mozzarella cheese in crispy wheat crumb breading. Marinara tub served Top-9 Free.
Triple Cheese Tots (LTO)	EggMilkWheatSoy	Fish, Shellfish	Potato tots infused with three-cheese blend in crispy breading.

5. Breakfast Allergen Guide (Served 24/7 All Day)

Sausage patties contain whey (dairy) in recipe.

BREAKFAST ITEM	CONTAINS (RECIPE ALLERGENS)	MAY CONTAIN (CROSS-CONTACT)	COMPONENT BREAKDOWN & NOTES
Fresh-Cracked Egg	Egg	—	Real USDA Grade A egg cooked fresh on breakfast griddle.
Sausage Patty	Milk	—	Pork breakfast sausage formulation contains whey/dairy milk derivatives.
Bacon Strip	None (Top 9 Free)	—	Naturally hardwood-smoked pork bacon; zero major food allergens.
Bologna (Midwest Castles)	None (Top 9 Free)	—	Regional grilled bologna slice; zero major food allergens.
Breakfast Slider w/ Sausage, Egg & Cheese	Egg Milk Wheat Soy	—	Sausage patty (Milk), egg (Egg), American cheese (Milk/Soy) on slider bun (Wheat).
Breakfast Slider w/ Bacon, Egg & Cheese	Egg Milk Wheat Soy	—	Bacon, fresh egg, and melted American cheese on standard slider bun.
Breakfast Slider w/ Bologna, Egg & Cheese	Egg Milk Wheat Soy	—	Midwest specialty bologna, egg, and cheese on slider bun.
Original Slider w/ Egg & Cheese	Egg Milk Wheat Soy	—	Steam-grilled beef slider topped with fresh-cracked egg and American cheese.
Breakfast Toast Sandwich (Sausage/Bacon)	Egg Milk Wheat Soy	—	Grilled sandwich toast contains wheat, milk, and soy margarine.
Belgian Waffle Slider (Chicken/Bacon)	Egg Milk Wheat Soy	—	Belgian waffles contain wheat, egg, milk; paired with country maple syrup.

6. Sauces & Condiments Allergen Guide

Sealed tubs and packets eliminate kitchen line cross-contact.

SAUCE / CONDIMENT	SERVING FORMAT	CONTAINS (RECIPE ALLERGENS)	KEY INGREDIENTS & DIETARY STATUS
BBQ Sauce	Tub (28g) / Pkt (9g)	None (Top 9 Free)	Tomato paste, molasses, vinegar, natural smoke flavor. Gluten-Free & Vegan.
Fat-Free Honey Mustard	Tub (28g) / Pkt (12g)	None (Top 9 Free)	Honey, distilled vinegar, mustard seed. Gluten-Free & Vegetarian (contains honey).
Hot Sauce Packets	Packet (7g)	None (Top 9 Free)	Aged cayenne peppers, distilled vinegar, salt, garlic. Gluten-Free & Vegan.
Marinara Sauce Tubs	Tub (28g)	None (Top 9 Free)	Crushed tomatoes, garlic, oregano, Italian herbs. Gluten-Free & Vegan.
Tomato Ketchup Packets	Packet (9g)	None (Top 9 Free)	Tomato concentrate, distilled vinegar, spices. Gluten-Free & Vegan.
Yellow Mustard Packets	Packet (9g)	None (Top 9 Free)	Distilled vinegar, #1 grade mustard seed, salt, turmeric. Gluten-Free & Vegan.
Düsseldorf Mustard Packets	Packet (9g)	None (Top 9 Free)	Spicy German-style brown mustard with sharp vinegar bite. Gluten-Free & Vegan.
Horseradish Mustard Packets	Packet (9g)	None (Top 9 Free)	Grated horseradish root, mustard seed, spices. Gluten-Free & Vegan.
Mayonnaise Packets	Packet (9g)	Egg	Soybean oil, whole eggs, egg yolks, distilled vinegar. Gluten-Free (Lowest Sodium: 45mg).
Ranch Dressing Tubs	Tub (28g)	Egg Milk	Cultured buttermilk, egg yolk, garlic, onion, spices. Gluten-Free.
Tartar Sauce	Tub (25g) / Pkt (9g)	Egg	Creamy relish base with whole egg. (Fish is not declared on sauce pack).
Zesty Zing Sauce Tubs	Tub (28g)	Egg	Creamy horseradish and spiced egg-emulsion dipping sauce.
Cheddar Cheese Sauce	Tub / Warm Pump	Milk	Melted cheddar blend; modified cornstarch thickener (St. Louis, Detroit, Indy).

7. Beverages & Shakes

DRINK ITEM	CONTAINS
Fountain Sodas & Iced Tea	Top 9 Free
100% Arabica Hot Coffee	Top 9 Free
Minute Maid® Juice & Water	Top 9 Free
ICEE® Crave Coolers	Top 9 Free
Hot Chocolate	Milk, Soy
Milkshakes (Chocolate/Vanilla/Berry)	Milk
Coca-Cola Freestyle® (1,400+)	100% Top-9 Free

8. Desserts-on-a-Stick

DESSERT ITEM	CONTAINS	MAY CONTAIN
Fudge Dipped Brownie	Egg, Milk, Wheat, Soy	Peanuts, Tree Nuts
Strawberry Swirl Cheesecake	Egg, Milk, Wheat, Soy	Peanuts, Tree Nuts
Goosey Butter Cake	Egg, Milk, Wheat, Soy	Peanuts, Tree Nuts
Shared Facility Advisory: Bakery facility processes peanuts and tree nuts for all stick desserts.		

9. Coca-Cola Freestyle® 1,400+ Zero-Allergen Beverage Highlights

100% Top-9 Allergen-Free Syrups & Clean Dispenser Lines

Coca-Cola® & Diet Coke® Cherry, Vanilla, Lime, Orange, Cherry Vanilla, Ginger Lemon, Raspberry.	Sprite® & Sprite Zero® Cherry, Peach, Strawberry, Grape, Vanilla, Orange, Raspberry.	Fanta® & Minute Maid® Orange, Grape, Fruit Punch, Lime, Lemonade, Strawberry Lemonade, Limeade.
AHA® Sparkling Water Blueberry Pomegranate, Lime Watermelon, Peach Honey, Orange Grapefruit.	Powerade® & Powerade Zero® Mountain Berry Blast, Fruit Punch, Orange, Grape, Lemon Lime, Strawberry.	Barq's® & Seagram's® Diet Barq's, Vanilla Cream Soda, Red Creme Soda, Ginger Ale (Cherry, Lime).

10. Safe Ordering Protocols for Food Allergy Guests

1. Order Bunless on a Clean Griddle Explicitly request: <i>"Please prepare my patties on a freshly scraped griddle area without steaming a bun over top due to a severe wheat allergy."</i>	2. Avoid Fryers for Fish/Shellfish Allergies All fried items (French Fries, Mozzarella Sticks, Onion Chips, Hash Browns) share oil with Alaska Pollock, Shrimp Nibblers, and Crab Cakes.
3. Choose Sealed Condiment Packets Order single-serve ketchup, mustard, BBQ, and hot sauce packets rather than bulk kitchen pumps to eliminate line contact.	4. Direct Inquiries to Guest Relations For regional supplier updates or specific ingredient formulations, call 1-800-THE-CRAVE (1-800-843-2728) before visiting.

11. Frequently Asked Questions (Allergen & Kitchen Policy)

Q: Does the White Castle mobile app show allergen alerts during checkout? A: No. The app does not display automatic allergen warnings. Review ingredients before submitting orders.
Q: Can I bring my own gluten-free bun for kitchen staff to toast or assemble? A: No. Health regulations prevent staff handling outside breads. Order bunless in a separate container and assemble at table/vehicle.
Q: Does White Castle test or certify any menu item as 100% allergen-free? A: No. The guide reflects declared recipe ingredients, not complete absence of microscopic cross-contact.
Q: Can a 30-slider Crave Case be customized for food allergies in a group order? A: Only with separate packaging. Standard Crave Cases steam together in one box. Order allergy sliders individually boxed.

DISCLAIMER & REGULATORY NOTICE: This guide is compiled from White Castle's published ingredient formulations and the USDA Nutrient Database. White Castle Management Co. frequently tests regional menu variations and changes suppliers without notice. Cross-contact can occur across all open kitchen preparation lines. This independent consumer reference guide is published for educational purposes by [whitecastlemenus.com](#). For online interactive menus and real-time updates, visit [whitecastlemenus.com/allergen/](#). For medical advice, consult your allergist.