



ALLERGENS CHART

HERO'S	EGG	FISH	MILK	PEANUTS	SHELLFISH	SOY	TREENUTS	WHEAT	GLUTEN	SULPHITES	NITRATES
Manhattan	NO	NO	Gluten free only	NO	NO	YES	NO	YES	YES	NO	NO
Harlem Flank	Gluten free only	NO	Gluten free only	may contain	NO	YES	NO	YES	YES	NO	NO
NYD Cheesesteak	Gluten free only	NO	Gluten free only	NO	NO	YES	NO	YES	YES	NO	NO
Little Italy	Gluten free only	NO	Gluten free only	NO	NO	YES	NO	YES	YES	NO	NO
Obama BLT	NO	NO	Gluten free only	NO	NO	YES	NO	YES	YES	NO	NO
Chicken Soho	Gluten free only	NO	Gluten free only	NO	NO	YES	NO	YES	YES	NO	NO
Long Island Lamb	Gluten free only	NO	Gluten free only	NO	NO	YES	NO	YES	YES	NO	NO
Brooklyn Short Rib	Gluten free only	NO	Gluten free only	NO	NO	YES	NO	YES	YES	NO	NO
New York Pork	Gluten free only	NO	Gluten free only	NO	NO	YES	NO	YES	YES	NO	NO
Bronx Beef	Gluten free only	NO	Gluten free only	NO	NO	YES	NO	YES	YES	NO	NO
Salmon on Broadway	Gluten free only	YES	Gluten free only	NO	NO	YES	NO	YES	YES	NO	NO
SLIDERS	EGG	FISH	MILK	PEANUTS	SHELLFISH	SOY	TREENUTS	WHEAT	GLUTEN	SULPHITES	NITRATES
Manhattan	NO	NO	Gluten free only	NO	NO	YES	NO	YES	YES	NO	NO
Harlem Flank	Gluten free only	NO	Gluten free only	NO	NO	YES	NO	YES	YES	NO	NO
NYD Cheesesteak	Gluten free only	NO	Gluten free only	NO	NO	YES	NO	YES	YES	NO	NO
Little Italy	Gluten free only	NO	Gluten free only	NO	NO	YES	NO	YES	YES	NO	NO
Obama BLT	NO	NO	Gluten free only	NO	NO	YES	NO	YES	YES	NO	NO
Chicken Soho	Gluten free only	NO	Gluten free only	NO	NO	YES	NO	YES	YES	NO	NO
Long Island Lamb	Gluten free only	NO	Gluten free only	NO	NO	YES	NO	YES	YES	NO	NO
Brooklyn Short Rib	Gluten free only	NO	Gluten free only	NO	NO	YES	NO	YES	YES	NO	NO
New York Pork	Gluten free only	NO	Gluten free only	NO	NO	YES	NO	YES	YES	NO	NO
Bronx Beef	Gluten free only	NO	Gluten free only	NO	NO	YES	NO	YES	YES	NO	NO
Salmon on Broadway	Gluten free only	NO	Gluten free only	NO	NO	YES	NO	YES	YES	NO	NO
BAGELS	EGG	FISH	MILK	PEANUTS	SHELLFISH	SOY	TREENUTS	WHEAT	GLUTEN	SULPHITES	NITRATES
Downtown	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO
Wall St	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO
East Side	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO
5th Avenue	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO
Midtown BLAT	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO
Vege	YES	NO	YES	NO	NO	YES	YES	YES	YES	NO	NO
The CAB	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO
The Wilbur	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO
Brekkie	YES	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO
LITTLE HERO'S	EGG	FISH	MILK	PEANUTS	SHELLFISH	SOY	TREENUTS	WHEAT	GLUTEN	SULPHITES	NITRATES
Ham, Cheese & Tomato	Gluten free only	NO	Gluten free only	NO	NO	NO	NO	YES	YES	NO	NO
Chicken, Mayo & Lettuce		NO	Gluten free only	NO	NO	NO	NO	YES	YES	NO	NO
Bacon, Lettuce & Tomato	Gluten free only	NO	Gluten free only	NO	NO	NO	NO	YES	YES	NO	NO
NEW YORKERS	EGG	FISH	MILK	PEANUTS	SHELLFISH	SOY	TREENUTS	WHEAT	GLUTEN	SULPHITES	NITRATES
Steak house	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO
Spicy	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO
Salty	NO	NO	NO	NO	NO	YES	NO	YES	NO	YES	NO
Bacon BBQ	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	YES
Cubano	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	YES
DESSERTS	EGG	FISH	DAIRY	PEANUTS	SHELLFISH	SOY	TREENUTS	WHEAT	GLUTEN	SULPHITES	NITRATES
Chocolate Brownie	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO
Key Lime Pie	NO	NO	YES	NO	NO	NO	NO	YES	NO	NO	NO
Pecan Pie	YES	NO	YES	NO	NO	NO	YES	YES	NO	NO	NO
Chocolate chip cookie	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO
FRIES	EGG	FISH	DAIRY	PEANUTS	SHELLFISH	SOY	TREENUTS	WHEAT	GLUTEN	SULPHITES	NITRATES
Kids	NO	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO
Adults	NO	NO	YES	NO	NO	YES	NO	NO	NO	NO	NO
SMOOTHIES	EGG	FISH	DAIRY	PEANUTS	SHELLFISH	SOY	TREENUTS	WHEAT	GLUTEN	SULPHITES	NITRATES
Ripe Peach/Juicy Mango/Banana	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO
Tropical Fruit/Feijoa-apple	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO
Iced Chocolate	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO
OTHER	EGG	FISH	DAIRY	PEANUTS	SHELLFISH	SOY	TREENUTS	WHEAT	GLUTEN	SULPHITES	NITRATES
Pickles (Gherkins)	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO
Tomato Pesto	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO
Chipotle BBQ sauce	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO
Mayonnaiase	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO
Grated Cheddar Cheese	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO
BREADS	EGG	FISH	DAIRY	PEANUTS	SHELLFISH	SOY	TREENUTS	WHEAT	GLUTEN	SULPHITES	NITRATES
Gluten free	YES	NO	YES	NO	NO	NO	NO	YES	NO	NO	NO
Ciabatta	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO
Turkish	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO
Multigrain	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO
Wholegrain	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO

Nutrition Disclaimer

New York Deli makes every effort to provide up to date nutritional information and takes our customers dietary requirements and food allergies seriously. Although we provide nutritional information for our standard product formulations and recipes, the information on this site is for informational purposes only. Our web site uses the latest information available from our suppliers and manufacturers for standard product formulations and recipes. Nutritional information may change due to (amongst other things) use of alternative suppliers, methods of preparation, origin and freshness of ingredients and the season of the year.

Manufacturers may also change their formulation of ingredients without notice and product availability may fluctuate and New York Deli accepts no responsibility where a food manufacturer/supplier has changed the formulations/ingredients and/or made substitutions without notifying us. Any gluten free options are provided as a reference only. We can't guarantee that there hasn't been cross contamination with a gluten product as our kitchens also contain numerous non-gluten free products. New York Deli makes every effort to identify ingredients that may cause allergic reactions for those with food allergies.

Our staff are informed of the severity of food allergies, however due to the nature of the operation there is potential for cross-contamination. New York Deli does not assume any responsibility for reactions to food consumed, or items one may come into contact with on the premises or otherwise. It is ultimately the responsibility of the customer to judge whether or not to choose to eat selected foods. We are however happy to assist with any queries customers may have regarding nutritional and ingredient information so please do raise any queries you may have with our staff prior to purchase.