

Buffalo Wild Wings Allergen Menu Guide (2025) – What You Need to Know Before You Order

If you have food allergies or dietary restrictions, eating out can feel risky. That's where the **Buffalo Wild Wings Allergen Menu** becomes essential. Whether you're **gluten-intolerant**, **dairy-sensitive**, or follow a **vegan or vegetarian diet**, understanding which menu items fit your needs is crucial.

While we won't list the full allergen table here (available on the official Buffalo Wild Wings website), this guide breaks down what to watch out for, what to order, and how to stay safe and satisfied.

[Buffalo Wild Wings Menu : https://buffalowings-menu-prices.com/](https://buffalowings-menu-prices.com/)

✓ Buffalo Wild Wings Allergen Menu Chart

Menu Item	Gluten	Dairy	Soy	Tree Nuts / Peanuts	Shellfish	Eggs
Traditional Wings	No	Yes	Yes	No	No	No
Boneless Wings	Yes	Yes	Yes	No	No	Yes
Chicken Tenders	Yes	Yes	Yes	No	No	Yes
Cauliflower Wings	Yes	Yes	Yes	No	No	Yes

☐ Burgers & Sandwiches

Menu Item	Gluten	Dairy	Soy	Tree Nuts / Peanuts	Shellfish	Eggs
Cheeseburger	Yes	Yes	Yes	No	No	Yes
Avocado Bacon Burger	Yes	Yes	Yes	No	No	Yes
Smoked Brisket Sandwich	Yes	Yes	Yes	No	No	Yes

Menu Item	Gluten	Dairy	Soy	Tree Nuts / Peanuts	Shellfish	Eggs
BBQ Pulled Pork Sandwich	Yes	Yes	Yes	No	No	Yes

Salads

Menu Item	Gluten	Dairy	Soy	Tree Nuts / Peanuts	Shellfish	Eggs
Garden Salad	No	No	No	No	No	No
Caesar Salad	Yes	Yes	Yes	No	No	Yes
Buffalo Chicken Salad	Yes	Yes	Yes	No	No	Yes
Honey BBQ Chicken Salad	Yes	Yes	Yes	Yes	No	Yes

Desserts

Menu Item	Gluten	Dairy	Soy	Tree Nuts / Peanuts	Shellfish	Eggs
Chocolate Fudge Cake	Yes	Yes	Yes	Yes	No	Yes
Cheesecake Bites	Yes	Yes	Yes	Yes	No	Yes
Loaded Ice Cream	Yes	Yes	Yes	Yes	No	Yes

Sides & Appetizers

Menu Item	Gluten	Dairy	Soy	Tree Nuts / Peanuts	Shellfish	Eggs
French Fries	No	No	No	No	No	No
Mozzarella Sticks	Yes	Yes	Yes	No	No	Yes
Onion Rings	Yes	Yes	Yes	No	No	Yes
Fried Pickles	Yes	Yes	No	No	No	No

Wraps & Tacos

Menu Item	Gluten	Dairy	Soy	Tree Nuts / Peanuts	Shellfish	Eggs
Buffalo Ranch Chicken Wrap	Yes	Yes	Yes	No	No	Yes
Chicken Caesar Wrap	Yes	Yes	Yes	No	No	Yes
Street Tacos	Yes	Yes	Yes	No	No	Yes
Southwest Street Tacos	Yes	Yes	Yes	No	No	Yes

Sauces & Seasonings

Sauce Name	Gluten	Dairy	Soy	Tree Nuts / Peanuts	Shellfish	Eggs
Mild	No	Yes	Yes	No	No	No
Medium	No	Yes	Yes	No	No	No
Hot	No	Yes	Yes	No	No	No
Blazin'	Yes	Yes	Yes	No	No	No
Honey BBQ	Yes	Yes	Yes	No	No	No
Asian Zing	Yes	No	Yes	No	No	No
Teriyaki	Yes	No	Yes	No	No	No
Garlic Parmesan	No	Yes	Yes	No	No	No
Buffalo Ranch	No	Yes	Yes	No	No	No
Ranch	No	Yes	Yes	No	No	No
Blue Cheese	No	Yes	Yes	No	No	No

Important Notes:

- All items may be exposed to cross-contact in shared fryers or prep stations.
- **Always inform your server of any allergies before ordering.**

- For the most accurate and updated data, consult [Buffalo Wild Wings' official allergen guide](#).