



**SKYBIRD**

**ALLERGEN LIST**

LAST UPDATED:  
**JULY 14, 2025**



We take food allergies seriously. While many of our items are free from major allergens, please note that cross-contact is possible in our kitchen.

Our kitchen handles wheat, soy, sesame, and peanuts. While we take precautions to minimize cross-contact, we cannot guarantee a 100% allergen-free environment. Please inform our staff if you have a serious allergy.

BASE & GRAINS						
Item	Gluten	Dairy	Soy	Sesame	Peanuts	Tree Nuts
White Rice	No	No	No	No	No	No
Brown Rice	No	No	No	No	No	No
Spinach	No	No	No	No	No	No
Lentils	No	No	No	No	No	No

PROTEINS - All are gluten-free and dairy-free				
Item	Gluten	Dairy	Soy	Sesame
Beef	No	No	No	No
Chicken	No	No	No	No
Pork	No	No	No	No
Thai Vegan Chick'n	Yes	No	Yes	Yes

SAUCES - All are vegan and gluten-friendly, except Golden Mayo							
Sauce	Gluten	Dairy	Soy	Sesame	Peanuts	Egg	Tree Nuts
General Tao	No	No	Yes	Yes	No	No	No
Japanese Barbecue	No	No	Yes	Yes	No	No	No
Gochujang	No	No	Yes	No	No	No	No
Thai Basil	No	No	Yes	No	No	No	No
Lemongrass Satay	No	No	Yes	No	No	No	No
Sweet Chili	No	No	No	No	No	No	No
SKY Umami Sauce	No	No	Yes	No	No	Yes	No



## TOPPINGS

Item	Gluten	Dairy	Soy	Sesame	Peanuts	Tree Nuts	Egg
Edamame	No	No	Yes	No	No	No	No
Peanuts	No	No	No	No	Yes	No	No
Toasted Sesame Seeds	No	No	No	Yes	No	No	No
Pickled Carrot & Daikon	No	No	No	No	No	No	No
White Beans	No	No	No	No	No	No	No
Black Beans	No	No	No	No	No	No	No
Corn	No	No	No	No	No	No	No
Cucumber	No	No	No	No	No	No	No

## DESSERTS

Item	Gluten	Dairy	Egg	Soy	Peanuts	Tree Nuts
Ginger Cookie	Yes	No	No	No	No	Yes (coconut)
Matcha Oatmeal Cookie	Yes	No	No	No	No	Yes (coconut)

## BREAD

Item	Gluten	Dairy	Soy
Baguette Bread (for Banh Mi)	Yes	No	No

## DRINKS

Item	Gluten	Dairy	Soy
Vietnamese Coffee	No	Yes	No
Oolong Spiced Chai	No	No	No
Matcha Latte	No	No	No