Fazoli's Allergen Menu — Full Chart

● Unsafe as served ◐ Friendly with modifications ○ Friendly as served. Data: Fazoli's official allergen tool (fazolis.com), checked November 1, 2026. Independent guide by Fazolis Menu (fazolis-menu.us) — not affiliated with Fazoli's. Always tell the staff about your allergy; cross-contact is possible in a shared kitchen.

Item	Milk	Wheat	Egg	Soy	Peanut	Tree Nuts	Fish	Shellfish	Sesame	Gluten
Small Spaghetti with Marinara	◐	●	◐	◐	○	○	○	○	○	●
Small Spaghetti with Meat Sauce	◐	●	◐	◐	○	○	○	○	○	●
Small Fettuccine with Alfredo	●	●	●	●	○	○	○	○	○	●
Lasagna Roll & Fettuccine Pasta Duo	◐	●	◐	◐	○	○	○	○	○	●
Classic Lasagna Rolls	◐	◐	◐	◐	○	○	○	○	○	●
Chicken Alfredo Lasagna Rolls	◐	◐	◐	◐	○	○	○	○	○	●
Cheesy Bread	◐	◐	○	◐	○	○	○	○	○	●
Whole Cheesy Bread	◐	◐	○	◐	○	○	○	○	○	●
Catering Classic Lasagna Rolls (Serves 8)	◐	◐	◐	◐	○	○	○	○	○	●
Catering Chicken Alfredo Lasagna Rolls (Serves 8)	◐	◐	◐	◐	○	○	○	○	○	●
The Cheesecake Factory Bakery Caramel Apple Crunch Cheesecake	●	●	●	●	○	○	○	○	○	●
The Cheesecake Factory Bakery Whole Caramel Apple Crunch Cheesecake (14 Slices)	●	●	●	●	○	○	○	○	○	●
Toasted Beef Ravioli with Alfredo	●	●	●	●	○	○	○	○	○	●
Toasted Beef Ravioli with Marinara	◐	◐	◐	◐	○	○	○	○	○	●
Mozzarella Bites w/ Marinara Sauce	●	●	○	●	○	○	○	○	○	●

Mozzarella Bites w/ Alfredo Sauce	●	◐	○	●	○	○	○	○	○	●
Baked Spaghetti	◐	●	◐	◐	○	○	○	○	○	●
Baked Spaghetti with Meatballs	◐	●	◐	◐	○	○	○	○	○	●
Baked Lasagna	◐	◐	◐	◐	○	○	○	○	○	●
Baked Ziti	◐	●	◐	◐	○	○	○	○	○	●
Spaghetti with Meat Sauce	◐	●	◐	◐	○	○	○	○	○	●
Spaghetti with Marinara	◐	●	◐	◐	○	○	○	○	○	●
Fettuccine Alfredo	◐	●	◐	◐	○	○	○	○	○	●
Spaghetti with Meatballs	◐	●	◐	◐	○	○	○	○	○	●
Chicken Fettuccine Alfredo	◐	●	◐	◐	○	○	○	○	○	●
Baked Italian Meatballs	◐	◐	◐	◐	○	○	○	○	○	●
Spicy Baked Ziti with Chicken	●	●	●	●	○	○	○	○	○	●
Spicy Baked Ziti with Sausage	◐	●	◐	◐	○	○	○	○	○	●
Loaded Baked Spaghetti	◐	●	◐	◐	○	○	○	○	○	●
Chicken Broccoli Penne	◐	●	◐	◐	○	○	○	○	○	●
Baked Chicken Parmigiano	◐	●	◐	◐	○	○	○	○	○	●
Family Fettuccine Alfredo (Serves 2)	◐	●	◐	◐	○	○	○	○	○	●
Family Spaghetti w/ Marinara (Serves 2)	●	●	◐	◐	○	○	○	○	○	●

Family Spaghetti w/ Meat Sauce (Serves 2)	●	●	◐	◐	○	○	○	○	○	●
Family Gluten-Friendly Rotini Alfredo (Serves 2)	●	○	◐	◐	○	○	○	○	○	○
Family Gluten-Friendly Rotini w/ Marinara (Serves 2)	●	○	◐	○	○	○	○	○	○	○
Family Gluten-Friendly Rotini w/ Meat Sauce (Serves 2)	●	○	●	●	○	○	○	○	○	●
Family Side of Italian-Style Diced Chicken (Serves 2)	●	○	○	●	○	○	○	○	○	●
Family Side of Meatballs (Serves 2)	●	●	●	●	○	○	○	○	○	●
Family Side of Parmesan Roasted Broccoli (Serves 2)	●	○	○	●	○	○	○	○	○	○
Six Signature Garlic Breadsticks	○	●	○	●	○	○	○	○	○	●
Dozen Signature Garlic Breadsticks	○	●	○	●	○	○	○	○	○	●
Large Dipping Sauce - Alfredo	●	○	○	●	○	○	○	○	○	○
Large Dipping Sauce - Marinara	○	○	○	○	○	○	○	○	○	○
Large Dipping Sauce - Meat Sauce	○	○	○	●	○	○	○	○	○	○
Whole Cheese Pizza	◐	◐	○	◐	○	○	○	○	○	●
Whole Pepperoni Pizza	●	●	○	●	○	○	○	○	○	●
Family House Side Salad	◐	○	○	○	○	○	○	○	○	○
Family Side of Alfredo Sauce	●	○	○	●	○	○	○	○	○	○
Family Side of Meat Sauce	○	○	○	●	○	○	○	○	○	○
Family Side of Marinara Sauce	○	○	○	○	○	○	○	○	○	○

Family Side of Spicy Tomato Pepper Sauce	●	○	○	●	○	○	○	○	○	○
Gallon of Sweet Tea	○	○	○	○	○	○	○	○	○	○
Gallon of Unsweetened Tea	○	○	○	○	○	○	○	○	○	○
Gallon of Lemonade	○	○	○	○	○	○	○	○	○	●
4 Chocolate Chip Cookies	●	●	●	●	○	○	○	○	○	●
Ultimate Sampler	◐	●	◐	◐	○	○	○	○	○	●
Oven-Baked Classic Sampler	◐	●	◐	◐	○	○	○	○	○	●
Classic Sampler	◐	●	◐	◐	○	○	○	○	○	●
Baked Gluten-Friendly Chicken Pesto	◐	○	◐	◐	○	○	○	○	○	●
Loaded Chicken Fettuccine Alfredo	◐	●	◐	◐	○	○	○	○	○	●
Chicken Carbonara	◐	●	◐	◐	○	○	○	○	○	●
Cheese Pizza	○	○	○	○	○	○	○	○	○	●
Cheese Pizza Double Slice	◐	◐	○	●	○	○	○	○	○	●
Pepperoni Pizza	○	○	○	○	○	○	○	○	○	●
Pepperoni Pizza Double Slice	●	●	○	●	○	○	○	○	○	●
Crispy Chicken Bacon Ranch Salad	◐	◐	◐	◐	○	○	○	○	○	●
House Side Salad	◐	○	○	○	○	○	○	○	○	○
Blue Cheese Packet	●	○	●	●	○	○	○	○	○	○

Ranch Dressing Packet	●	○	●	●	○	○	○	○	○	○
Honey French Dressing Packet	○	○	○	●	○	○	○	○	○	○
Red Wine Balsamic Dressing Packet	○	○	○	●	○	○	○	○	○	○
House Italian Dressing Packet	○	○	○	●	○	○	○	○	○	○
Fat Free Italian Dressing Packet	○	○	○	○	○	○	○	○	○	○
Meatball Sub	◐	◐	◐	◐	○	○	○	○	○	●
Original Italian Sub	◐	◐	◐	◐	○	○	○	○	○	●
Club Sub	◐	◐	◐	◐	○	○	○	○	○	●
Kids Spaghetti Plain	●	●	●	●	○	○	○	○	○	●
Kids Spaghetti w/ Marinara	◐	●	◐	◐	○	○	○	○	○	●
Kids Spaghetti w/ Meatballs	●	●	●	●	○	○	○	○	○	●
Kids Spaghetti w/ Meat Sauce	◐	●	◐	◐	○	○	○	○	○	●
Kids Spaghetti w/ Alfredo	◐	●	◐	◐	○	○	○	○	○	●
Kids Fettuccine Plain	●	●	●	●	○	○	○	○	○	●
Kids Fettuccine w/ Alfredo	●	●	●	●	○	○	○	○	○	●
Kids Fettuccine w/ Chicken	●	●	●	●	○	○	○	○	○	●
Kids Fettuccine w/ Marinara	●	●	●	●	○	○	○	○	○	●
Kids Fettuccine w/ Meat Sauce	●	●	●	●	○	○	○	○	○	●

Kids Penne Plain	●	●	●	●	○	○	○	○	○	●
Kids Penne w/ Marinara	●	●	●	●	○	○	○	○	○	●
Kids Penne w/ Meat Sauce	●	●	●	●	○	○	○	○	○	●
Kids Penne w/ Alfredo	●	●	●	●	○	○	○	○	○	●
Kids Ravioli Plain	●	●	●	●	○	○	○	○	○	●
Kids Ravioli w/ Marinara	●	●	●	●	○	○	○	○	○	●
Kids Ravioli w/ Meat Sauce	●	●	●	●	○	○	○	○	○	●
Kids Cheese Pizza Slice	◐	◐	○	●	○	○	○	○	○	●
Kids Pepperoni Pizza Slice	●	●	○	●	○	○	○	○	○	●
Bottled Water	○	○	○	○	○	○	○	○	○	○
Apple Juice	○	○	○	○	○	○	○	○	○	○
Chocolate Milk	●	○	○	○	○	○	○	○	○	○
Fresh-Brewed Iced Tea	○	○	○	○	○	○	○	○	○	○
Jolly Rancher Watermelon Italian Ice	○	○	○	○	○	○	○	○	○	○
Jolly Rancher Lemon Italian Ice	○	○	○	○	○	○	○	○	○	○
Jolly Rancher Blue Raspberry Italian Ice	○	○	○	○	○	○	○	○	○	○
The Cheesecake Factory Bakery Triple Chocolate Cheesecake	●	●	●	●	●	●	○	○	○	●
The Cheesecake Factory Bakery New York Style Cheesecake	●	●	●	●	○	●	○	○	○	●

Fudge Brownie	●	●	●	●	○	○	○	○	○	●
Chocolate Chip Cookie	●	●	●	●	○	○	○	○	○	●
Dozen Signature Garlic Breadsticks w/ Large Marinara Dipping Sauce	○	●	○	●	○	○	○	○	○	●
Dozen Signature Garlic Breadsticks w/ Large Alfredo Dipping Sauce	◐	●	○	●	○	○	○	○	○	●
Two Signature Garlic Breadsticks	○	●	○	●	○	○	○	○	○	●
Two Dry Breadsticks	○	●	○	●	○	○	○	○	○	●
Side of Parmesan Roasted Broccoli	●	○	○	●	○	○	○	○	○	●
Side of Sauteed Mushrooms	○	○	○	○	○	○	○	○	○	●
Side of Parmesan Roasted Broccoli (Small)	●	○	○	●	○	○	○	○	○	●
Side of Sauteed Mushrooms (Small)	○	○	○	○	○	○	○	○	○	●
Top-It: Meatballs (Small)	●	●	●	●	○	○	○	○	○	●
Side of Bacon (Small)	○	○	○	○	○	○	○	○	○	○
Side of Chicken (Small)	●	○	○	●	○	○	○	○	○	●
Side of Chicken	●	○	○	●	○	○	○	○	○	●
Side of Bacon	○	○	○	○	○	○	○	○	○	○
Top-It: Meatballs	●	●	●	●	○	○	○	○	○	●
Top-It: Italian Sausage	○	○	○	○	○	○	○	○	○	○
Side of Alfredo	●	○	○	●	○	○	○	○	○	○

Side of Marinara	○	○	○	○	○	○	○	○	○	○
Side of Meat Sauce	○	○	○	●	○	○	○	○	○	○
Side of Garlic Butter	○	○	○	●	○	○	○	○	○	○
Side of Spicy Tomato Pepper Sauce	●	○	○	●	○	○	○	○	○	○
Lunch Special - Fettuccine Alfredo	●	●	●	●	○	○	○	○	○	●
Lunch Special - Meat Lasagna	●	●	●	●	○	○	○	○	○	●
Lunch Special - Ravioli with Marinara	◐	◐	◐	○	○	○	○	○	○	●
Lunch Special - Ravioli with Meat Sauce	●	●	●	●	○	○	○	○	○	●
Lunch Special - Spaghetti w/ Marinara	●	●	●	●	○	○	○	○	○	●
Lunch Special - Spaghetti w/ Meat Sauce	●	●	●	●	○	○	○	○	○	●
Lunch Special - Cheese Pizza	◐	◐	○	●	○	○	○	○	○	●
Lunch Special - Pepperoni Pizza	●	●	○	●	○	○	○	○	○	●
Lunch Special - Penne w/ Marinara	◐	●	◐	◐	○	○	○	○	○	●
Lunch Special - House Side Salad	◐	○	○	○	○	○	○	○	○	●
Lunch Special - Penne w/ Meat Sauce	●	●	●	●	○	○	○	○	○	●
Lunch Special - Chicken Fettuccine Alfredo	●	●	●	●	○	○	○	○	○	●
Lunch Special - Spaghetti and Meatballs	◐	●	◐	◐	○	○	○	○	○	●
Lunch Special - Penne w/ Spicy Tomato Pepper Sauce	●	●	●	●	○	○	○	○	○	●

Spaghetti with Marinara Sauce (Serves 8)	◐	●	◐	◐	○	○	○	○	○	●
Spaghetti with Meat Sauce (Serves 8)	◐	●	◐	◐	○	○	○	○	○	●
Fettuccine Alfredo (Serves 8)	●	●	●	●	○	○	○	○	○	●
Penne with Spicy Tomato Pepper Sauce (Serves 8)	◐	●	◐	◐	○	○	○	○	○	●
Ravioli with Marinara Sauce (Serves 8)	◐	●	◐	◐	○	○	○	○	○	●
Ravioli with Meat Sauce (Serves 8)	●	●	●	●	○	○	○	○	○	●
Ravioli with Spicy Tomato Pepper Sauce (Serves 8)	●	●	●	●	○	○	○	○	○	●
Gluten Friendly Rotini with Marinara Sauce (Serves 8)	◐	○	●	○	○	○	○	○	○	○
Gluten Friendly Rotini with Alfredo Sauce (Serves 8)	●	○	●	●	○	○	○	○	○	○
Gluten Friendly Rotini with Meat Sauce (Serves 8)	◐	○	●	●	○	○	○	○	○	○
Spaghetti with Marinara Sauce (Serves 20)	◐	●	◐	◐	○	○	○	○	○	●
Spaghetti with Meat Sauce (Serves 20)	◐	●	◐	◐	○	○	○	○	○	●
Fettuccine Alfredo (Serves 20)	◐	●	◐	◐	○	○	○	○	○	●
Penne with Spicy Tomato Pepper Sauce (Serves 20)	◐	●	◐	◐	○	○	○	○	○	●
Ravioli with Marinara Sauce (Serves 20)	◐	●	◐	◐	○	○	○	○	○	●
Ravioli with Meat Sauce (Serves 20)	●	●	●	●	○	○	○	○	○	●
Ravioli with Spicy Tomato Pepper Sauce (Serves 20)	●	●	●	●	○	○	○	○	○	●
Gluten Friendly Rotini with Marinara Sauce (Serves 20)	◐	○	◐	○	○	○	○	○	○	○

Gluten Friendly Rotini with Alfredo Sauce (Serves 20)	○	○	○	○	○	○	○	○	○	●
Gluten Friendly Rotini with Meat Sauce (Serves 20)	○	○	○	○	○	○	○	○	○	●
Baked Fettuccine Alfredo (Serves 8)	◐	●	◐	◐	○	○	○	○	○	●
Baked Fettuccine Alfredo with Chicken (Serves 8)	◐	●	◐	◐	○	○	○	○	○	●
Baked Spaghetti (Serves 8)	◐	●	◐	◐	○	○	○	○	○	●
Baked Spaghetti with Meatballs (Serves 8)	◐	●	◐	◐	○	○	○	○	○	●
Baked Lasagna (Serves 8)	◐	◐	◐	◐	○	○	○	○	○	●
Chicken Broccoli Penne (Serves 8)	◐	●	◐	◐	○	○	○	○	○	●
Chicken Carbonara (Serves 8)	◐	●	◐	◐	○	○	○	○	○	●
Chicken Parmigiano (Serves 8)	◐	●	◐	◐	○	○	○	○	○	●
Baked Ziti (Serves 8)	◐	●	◐	◐	○	○	○	○	○	●
Crispy Chicken Bacon Ranch Salad (Serves 10)	◐	◐	◐	◐	○	○	○	○	○	●
House Side Salad (Serves 10)	◐	○	○	○	○	○	○	○	○	○
Chocolate Chip Cookies (Serves 12)	●	●	●	●	○	○	○	○	○	●
Brownies (Serves 12)	●	●	●	●	○	○	○	○	○	●
Chocolate Chip Cookies / Brownies (Serves 12)	●	●	●	●	○	○	○	○	○	●
The Cheesecake Factory Bakery New York Style Cheesecake (Serves 14)	●	●	●	●	○	●	○	○	○	●
The Cheesecake Factory Bakery Triple Chocolate Cheesecake (Serves 14)	●	●	●	●	●	●	○	○	○	●

Baked Spaghetti - Box Lunch	●	●	●	●	○	○	○	○	○	●
Baked Fettuccine Alfredo - Box Lunch	●	●	●	●	○	○	○	○	○	●
Baked Ziti - Box Lunch	●	●	●	●	○	○	○	○	○	●
Baked Lasagna - Box Lunch	●	●	●	●	○	○	○	○	○	●
Chicken Parmigano - Box Lunch	●	●	●	●	○	○	○	○	○	●
House Salad - Box Lunch	●	●	●	●	○	○	○	○	○	●
Topping: Parmesan-Breaded Chicken (Small)	●	●	○	●	○	○	○	○	○	●
Topping: Parmesan-Breaded Chicken (Large)	●	●	○	●	○	○	○	○	○	●
Topping: Meatballs (Serves 8)	●	●	●	●	○	○	○	○	○	●
Topping: Meatballs (Serves 20)	●	●	●	●	○	○	○	○	○	●
Topping: Italian-Style Diced Chicken (Serves 8)	●	○	○	●	○	○	○	○	○	●
Topping: Italian-Style Diced Chicken (Serves 20)	●	○	○	●	○	○	○	○	○	●
Topping: Italian Sausage (Serves 8)	○	○	○	○	○	○	○	○	○	○
Topping: Italian Sausage (Serves 20)	○	○	○	○	○	○	○	○	○	○
Topping: Parmesan Roasted Broccoli (Serves 8)	●	○	○	●	○	○	○	○	○	●
Topping: Parmesan Roasted Broccoli (Serves 20)	●	○	○	●	○	○	○	○	○	●
Cinnamon Swirl Breadstick Bites	●	●	○	●	○	○	○	○	○	●