



Using SAGE's Online Allergen Filter

SAGE's online allergen/restriction filter is your **FIRST STEP** in determining safe dining choices. Our registered dietitians maintain this allergen information for all SAGE venues in the U.S. and Canada.

How to access and use the menu:

1. Visit your school's online menu. Click on the "Allergies/Restrictions" drop-down menu found just above the main menu. Read the notice and accept the terms. Click on the drop-down menu again. You will see the top twelve allergens in the U.S. and Canada displayed.

Allergens/Restrictions

Allergens

W	G	E	F	Mi	So	Se	Sh	Mu	P	T	Su
WHEAT	GLUTEN	EGG	FISH	MILK	SOY	SESAME	SHELLFISH	MUSTARD	PEANUT	TREE NUT	SULFITES

SAGE's registered dietitians maintain the online allergen filter with information for all venues in the United States and Canada.

To use the allergen filter, just click on the allergens you want to avoid. Menu items that contain those allergens will lighten in color.

Sometimes you may need more information about a specific ingredient or preparation method at your facility. A light bulb is a signal to "learn more" about one or more of the ingredients listed. For example, any recipe containing bread or pasta will have a "learn more" light bulb for egg since some breads and pastas may contain egg. Any food prepared in a fryer will have a light bulb for all allergens due to possible allergen cross-contact in the frying oil. If you see a light bulb next to a menu item, ask your Food Service Director for more information about that item's ingredients and preparation methods.

This filter is the **FIRST STEP** in determining safe choices. Make sure you discuss your food allergies with your Food Service Director, who can be reached at _____@sagedining.com.

2. To filter for allergens/restrictions, click on the foods you want to avoid. Menu items that contain those foods will fade; **menu items that do not contain the foods will remain bold.**

3. For some bold menu items, a **light bulb** will appear. This is a signal to **learn more** about one or more of the ingredients listed. (For example, bread or pasta items will have a "learn more" for egg because some breads and pastas contain egg as an ingredient.)

4. Foods prepared in a fryer will have a for **all allergens** next to a drop of oil icon signaling you to learn more about possible allergen cross-contact in shared frying oil.

5. When you see a  , ask our SAGE Food Service Director for more information about ingredients and preparation methods to determine if these items are safe choices for you.

**Note – a custom allergen filter can also be set up using SAGE’s mobile app, Touch of SAGE.*

Nutritional Information

SAGE works to bring well-balanced meals and food to students. As part of that promise we make nutrition information available to parents and adults within the school community. You will be asked to enter a code to access this information. You can request the code from our SAGE Food Service Director.