



Waffle House Allergen Menu | Low Carb Options

Provided by MenuWaffleHouse.com

Allergen Information Overview

Waffle House takes food allergies seriously and strives to provide accurate information to help guests make informed decisions. The following allergens are commonly present in Waffle House menu items:

- Milk
- Eggs
- Fish
- Shellfish
- Tree Nuts
- Peanuts
- Wheat
- Soy

Cross-contact may occur in kitchen areas as items are often prepared using shared equipment. Please notify the staff of any allergies so they can take extra precautions.

Low Carb Options at Waffle House

For those following a low-carb or keto diet, Waffle House offers several customizable options:

1. Breakfast:

- Scrambled eggs or omelets (no toast or hashbrowns)
- Bacon, sausage, or ham sides
- Cheese add-ons for extra fat and flavor

2. Lunch/Dinner:

- Grilled chicken breast (without bun)
- Hamburger patty (without bun)
- Side salad (no croutons, use oil & vinegar)



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Tips:

- Ask for steamed or sautéed veggies instead of fries or hashbrowns
- Avoid bread, pancakes, waffles, and sweetened beverages

Quick Tips for Allergen & Low Carb Dining at Waffle House

- Always inform your server about food allergies
- Ask for nutritional and allergen information if unsure
- Stick to grilled meats and eggs for low-carb choices
- Customize your meal by removing bread or high-carb sides
- Opt for water, black coffee, or unsweetened tea to stay low-carb