

x = Contains
o = May Contain

POPEYES®	Popeyes® Canada Allergen Guide										
Menu Item	Shared Fryer (F) / Toaster (T)	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Tree Nuts	Fish & Seafood	Sesame	Mustard	Sulphites
SIGNATURE CHICKEN											
Breast - Classic or Spicy	F	x	x	x	x					x	
Leg - Classic or Spicy	F	x	x	x	x					x	
Thigh - Classic or Spicy	F	x	x	x	x					x	
Wing - Classic or Spicy	F	x	x	x	x					x	
WINGS											
Ghost Pepper Wings	F	x	x	x	x					x	
Signature Hot Wings	F	x	x	x	x					x	
Honey BBQ Wings	F	x	x	x	x					x	
Roasted Garlic Parmesan Wings	F	x	x	x	x					x	
Honey Garlic Wings	F	x	x	x	x					x	
TENDERS & NUGGETS											
Tenders - Classic or Spicy	F	x	x	x	x					x	
Nuggets	F	x	x	x						x	
SEAFOOD											
Popcorn Shrimp	F	x	x	x				x			x
Butterfly Shrimp	F	x	x	x				x			x
Cajun Fish Fillet	F	x	x		x			x		x	
SANDWICHES											
Chicken Sandwich - Classic or Spicy	F / T	x	x	x	x				o	x	
Blackened Chicken Sandwich - Classic	F / T	x	o	x	x				o		
Blackened Chicken Sandwich - Spicy	F / T	x	o	x	x				o	x	
SIGNATURE SIDES											
Biscuit		x	x		x						
Cajun Fries	F	x									
Onion Rings	F	x	x	x	x						
Coleslaw				x						x	
Mac & Cheese		x	x	x	x						
Red Beans & Rice					x						
Mashed Potatoes with Cajun Gravy		x	x		x						
Cajun Gravy		x			x						
Cajun Poutine		x	x		x						

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SIGNATURE DIPPING SAUCES											
Buttermilk Ranch			x	x							
Blackened Ranch			x	x							
BoldBQ™		x			x						
Bayou Buffalo™			x								
Sweet Heat®											
Wild Honey Mustard				x						x	
Tartar				x						x	
Cajun Cocktail		x			x					x	
DESSERTS											
Strawberry Cream Cheese Pie	F	x	x	x							
Cinnamon Apple Pie	F	x	x								
FOUNTAIN DRINKS											
Coca-Cola											
Diet Coke											
Coke Zero											
Sprite											
Dr. Pepper											
Barq's Root Beer											
Canada Dry											
Orange Fanta											
Red Fanta											
Fruitopia											
Lemonade											
<p>▲ Please note: We recommend that you always consult your doctor for questions regarding your diet as Popeyes Louisiana Kitchen, Inc, its franchisees and employees, do not assume responsibility for a person's sensitivity or allergy to food provided in our restaurants. The allergen information provided is based on our suppliers' ingredient lists as of December 2023. Please note that normal kitchen operations may involve some shared cooking and preparation areas and utensils, and the possibility exists that your food items may come in contact with other food products, including other allergens. Products fried in a shared fryer include, but may not be limited to: Signature Bone-in Chicken, Tenders, Chicken Sandwich Filet, Nuggets, Seafood, Onion Rings, Cajun Fries and Fried Pies/Beignets. Products toasted in a shared toaster include, but may not be limited to Sandwich Buns.</p> <p>Test and Limited Time Only ("LTO") offerings may not be listed here. Product availability and allergen information for some menu items may vary by location. We encourage anyone with food sensitivities, allergies, or special dietary needs to check www.popeyeschicken.ca on a regular basis to obtain the most up-to-date ingredient information before ordering.</p>											