Cheesecake Factory Allergen Guide

All 10 allergen filters on the official Online Allergen Guide — October 2026

The Cheesecake Factory's official Online Allergen Guide (at thecheesecakefactory.com/allergy, hosted by Nutritionix) tracks **ten filters**: the FDA's nine major food allergens, with gluten tracked as its own filter, separate from wheat. Official allergen menu data on this page was last updated **July 28, 2026**.

The 10 allergen filters

Filter	Common menu sources
Eggs	Mayonnaise, batter, pasta sauces, brunch mains
Fish	Caesar dressing, salmon and seafood entrees, some sauces and marinades
Gluten	Barley and malt in sauces and drinks, rye, wheat-based breading and crusts
Milk	Cheese, butter, cream sauces, cheesecake batter
Peanuts	Thai and Asian-style sauces, some desserts
Sesame	Sesame oil, sesame seeds, Asian-style dressings
Shellfish	Shrimp and crab dishes, shared fryer cross-contact
Soy	Soy sauce, edamame, dressings, marinades
Tree nuts	Candied nuts on salads, dessert garnishes
Wheat	Buns, croutons, pasta, cheesecake crust

Gluten without wheat: the trap most guests miss

A dish can contain gluten from barley or malt without containing any wheat. These items are flagged for gluten, but not wheat, in the official allergen menu. If gluten is your issue, always run **both** the wheat and the gluten filters:

- Crispy Brussels Sprouts
- Street Corn
- Buffalo Wings (Serves 2-4)
- Lunch Miso Salmon
- Caramel Royale Macchiato
- Factory Hot Chocolate

How to use the official filter, step by step

Step 1: Open the official guide at thecheesecakefactory.com/allergy.

Step 2: Select every allergen filter that applies to you; combine filters for multiple allergies.

Step 3: Read results correctly: by default the guide shows only items that do NOT contain your selected allergens.

Step 4: Use the show-everything option to see items that do contain them, so you know what to avoid or modify.

Step 5: If gluten is your concern, select both the wheat and the gluten filters.

Step 6: Still tell your server, and ask for a manager if the allergy is severe. The filter covers ingredients; cross-contact (for example shared fryers) is a kitchen conversation.

Cross-contact and disclaimer

The restaurant states that its kitchens are not allergen-free environments, fried items share fryer oil, and cheesecakes are baked in a facility that also processes peanuts, tree nuts, and coconut. The guide identifies ingredients; it does not certify any dish as allergen-free. If your allergy is severe, ask for a manager as soon as you are seated.

Unofficial guide prepared by Cheesecake Factory Menus (cheesecakefactorymenus.us). Not affiliated with The Cheesecake Factory Inc. Data: official Online Allergen Guide and official allergen menu, updated July 28, 2026. Always confirm with the restaurant before ordering.