



CookOut Allergen Menu 2026



Cookout Allergen Menu

Menu Item	Allergens	Price (Approx.)	Calories	Sugar Content (g)
Grilled Chicken Sandwich (No Bun)	Gluten Free	4.99	320	1
Hamburger Patty (No Bun)	Gluten Free	3.49	250	0
French Fries	Possible cross-contamination (gluten)	2.19	300	0
Cheeseburger (No Bun)	Gluten Free, Dairy	3.99	350	2
Char-Grilled Hamburgers	Wheat, Soy	3.99	350	3
BBQ Sandwich	Wheat, Soy	4.99	400	10
BBQ Plate	Wheat, Soy, Milk, Eggs	5.99	500	12
Grilled Chicken Breast	Soy	4.85	280	1
BLT Sandwich	Wheat, Soy, Milk	1.99	450	3
Cheddar Style Quesadilla	Wheat, Soy, Milk	1.99	420	2
Cajun Fries	Soy	2.39	330	1
Cook Out Style Burger	Wheat, Soy	3.49	450	5
Out West Style Burger	Wheat, Soy	3.49	470	6
Steak Style Burger	Wheat, Soy	3.49	500	6
Banana Berry Milkshake	Milk, Tree Nuts	3.99	550	58
Chocolate Milkshake	Milk	3.99	600	62
Peach Cobbler Milkshake	Milk	3.99	580	60

Chocolate Cherry Milkshake	Milk	3.99	620	63
Peanut Butter Milkshake	Milk, Peanuts	3.99	650	67
Choc Chip Cherry Milkshake	Milk	3.99	630	65
Peanut Butter Cup Milkshake	Milk, Peanuts	3.99	660	70
Banana Split Milkshake	Milk, Tree Nuts	3.99	640	68
Pineapple Milkshake	Milk	3.99	600	60
Choc Chip Mint Milkshake	Milk	3.99	620	65
Peanut Butter Fudge Milkshake	Milk, Peanuts	3.99	670	72
Blueberry Milkshake	Milk	3.99	610	63
Heath Toffee Milkshake	Milk	3.99	620	65
Red Cherry Milkshake	Milk	3.99	590	60
Butterfinger Milkshake	Milk, Peanuts	3.99	640	68
M&M Milkshake	Milk, Soy	3.99	650	70
Reese's Cup Milkshake	Milk, Peanuts	3.99	660	72
Caramel Milkshake	Milk	3.99	610	65
Orange Push-Up Milkshake	Milk	3.99	600	62
Strawberry Milkshake	Milk	3.99	580	58
Caramel Fudge Milkshake	Milk	3.99	640	70
Oreo Mint Milkshake	Milk, Soy	3.99	650	72
Walnut Milkshake	Milk, Tree Nuts	3.99	630	68
Choc Chip Strawberry Milkshake	Milk	3.99	600	63

Chicken Nuggets	Wheat, Soy	3.99	350	1
Hot Dog	Wheat, Soy	3.99	320	2
Corn Dog	Wheat, Soy, Eggs	1.99	340	5
Hushpuppies	Wheat, Soy, Milk, Eggs	1.99	330	3
Quesadilla	Wheat, Soy, Milk	1.99	400	4
Chili Dog	Wheat, Soy	1.99	340	5
Cajun Fries	Soy	2.39	330	1
Bacon Ranch Wrap	Wheat, Soy, Milk	1.99	420	3
Crispy Spicy Chicken Breast	Wheat, Soy	4.85	390	2
Regular Spicy Style	Wheat, Soy	4.99	370	2
Bacon Cheddar Dog	Wheat, Soy, Milk	1.99	440	4
Homemade Style Chicken Strips	Wheat, Soy, Milk	4.99	370	3
Cook Out Style Hot Dog	Wheat, Soy	2.99	330	4
Cheesecake	Milk, Eggs	3.99	500	25

Chicken Strip Snack	Wheat, Soy	4.99	350	2
Chicken Strip Sandwich	Wheat, Soy	4.99	400	4
Chicken Strip Club	Wheat, Soy, Milk	5.99	450	5
Crispy Chicken Wrap	Wheat, Soy	1.99	370	3
Cajun Wrap	Wheat, Soy	1.99	400	4
Ranch Wrap	Wheat, Soy, Milk	1.99	420	4
Honey Mustard Wrap	Wheat, Soy, Milk	1.99	400	5
Cajun Ranch Wrap	Wheat, Soy, Milk	1.99	440	5
White Cheddar Cheese Bites	Wheat, Soy, Milk	3.39	390	1
Onion Rings	Wheat, Soy	2.69	350	2
Fresh Brewed Tea	No allergens	2.39	0	0
Cheerwine	No allergens	2.39	150	38
Dasani Bottled Water	No allergens	2.39	0	0

Table of Contents

What is the CookOut Allergen Menu?

The Cookout allergen menu is a reference guide that identifies which Cookout menu items contain, or may come into contact with, the most common food allergens. For diners managing food allergies, intolerances, or dietary restrictions, this kind of information is essential.

Cookout does not maintain a publicly available allergen PDF on its website. However, many locations keep in-store allergen binders or ingredient sheets. You can also call your local Cookout ahead of your visit to ask about specific ingredients and preparation methods.

Cookout Allergens Menu With Prices

Cookout is famous for its incredible value. The signature Cookout Tray, one entrée, two sides, and a large drink, starts at around \$6.29 to \$7.49, making it one of the most affordable full meals in American fast food. You can upgrade your drink to a milkshake for approximately \$1.60 extra.

Under the FDA's Food Allergy Safety, Treatment, Education, and Research (FASTER) Act, food businesses in the U.S. must disclose the presence of nine major allergens. At Cookout, all nine can appear across various menu items.

Burgers

Items	Allergen Information	Prices
Hamburger Patty (No Bun)	Gluten-free	\$1.99-\$3.99
Cookout Style Burger	Wheat, Soy	\$1.99-\$4.99
Steak Style Burger	Wheat, Soy	\$1.99-\$4.99
Out West Style Burger	Wheat, Soy	\$1.99-\$4.99
Char-Grilled Hamburgers	Wheat, Soy	\$1.99-\$3.99
Cheeseburger (No Bun)	Dairy, Gluten-free	\$1.99-\$4.99

Sides

Items	Allergen Information	Prices
French Fries	Gluten-free	\$1.50-\$2.39
Cajun Fries	Gluten-free	\$1.85-\$2.39
Cheese Fries	Dairy	\$2.00-\$2.89
Chicken Nuggets	Wheat, Soy	\$1.00-\$1.99
Corn Dog	Wheat, Eggs, Soy	\$1.00-\$1.99

Hushpuppies	Dairy, Wheat, Soy, Eggs	\$1.00-\$1.99
Quesadilla	Dairy, Wheat, Soy	\$1.00-\$1.99
Chili Dog	Wheat, Soy	\$1.50-\$2.39
Onion Rings	Wheat, Soy	\$1.99-\$2.69
White Cheddar Cheese Bites	Dairy, Wheat, Soy	\$2.00-\$3.39

Cook Out Allergen Menu PDF Printable

Cookout Gluten-Free Menu Choices

If you want to know about Gluten-free food at CookOut, remember two things: ingredient-free versus cross-contact-free. Many items at Cookout contain no gluten-based ingredients, but because the kitchen uses shared fryers, grills, and prep surfaces, cross-contact is always possible. For people with celiac disease, even traces of gluten can cause a serious reaction. For those with a gluten sensitivity, some of the items below may be tolerable, but always confirm with the staff before ordering.

Burgers

Cookout's burger patties contain no gluten in their base form. The bun is the problem. Standard burger buns at Cookout contain wheat. The solution: order any burger bunless. You can still enjoy toppings and condiments, just ask for it served on a tray.

Burger Item	Gluten-Free	Notes
Burger Patty (no bun)	Yes	Order without bun; verify toppings
Cheeseburger (no bun)	Yes	Cheese adds dairy; no gluten if bunless
Big Double (no bun)	Yes	Skip the bun
Burger with Bun	No	Bun contains wheat/gluten

Quesadilla	No	A flour tortilla contains gluten and dairy
------------	----	--

Sides

Side Item	Gluten-Free	Notes
French Fries	Possible	No gluten in ingredients; shared fryer risk
Cajun Fries	Possible	Shared fryer; seasoning appears GF, confirm locally
Coleslaw	Yes	Generally gluten-free; not fried
Onion Rings	No	Battered with wheat flour
Hush Puppies	No	Cornmeal batter contains wheat; it also has dairy and egg
Cheese Bites	No	Breaded, contains gluten and dairy

Chicken Items

Breaded or battered chicken is never gluten-free at Cookout. Your only safe path is the char-grilled chicken breast, ordered without a bun, with gluten-free condiments only.

- Grilled Chicken Breast (no bun): Gluten-Free
- Spicy Chicken Sandwich: Not Gluten-Free (breaded + bun)
- Chicken Strips / Nuggets: Not Gluten-Free (breaded)

Items	Allergen Information	Prices
Grilled Chicken Breast	Soy	\$3.69-\$4.99
Grilled Chicken Sandwich (No Bun)	Gluten-free	\$3.39

Crispy Spicy Chicken Breast	Soy	\$3.69-\$4.99
Chicken Strip Snack	Soy	\$2.00-\$4.99
Chicken Strip Sandwich	Wheat, Soy	\$3.39
Chicken Strip Club	Dairy, Wheat, Soy	\$3.99
Regular Spicy Style	Wheat, Soy	\$3.69-\$4.99
Chicken Tenders	Gluten-free	–
Homemade Style Chicken Strips	Dairy, Wheat, Soy	\$2.00-\$4.99

Hot Dogs & BBQs

Hot dogs and BBQ meats are naturally gluten-free in most preparations. The bun is always the problem. Order any hot dog or BBQ item without a bun. Always ask about BBQ sauce; some Cookout BBQ sauces may contain soy or gluten as a thickening agent.

- Hot Dog (no bun): Likely Gluten-Free
- BBQ Sandwich / Plate (no bun): Likely Gluten-Free
- Corn Dog: NOT Gluten-Free (cornmeal batter with wheat)

Items	Allergen Information	Prices
Hot Dog	Wheat, Soy	\$1.00-\$1.99
Bacon Cheddar Dog	Dairy, Wheat, Soy	\$2.00-\$2.99
Cook Out Style Hot Dog	Wheat, Soy	\$2.00-\$2.99
BBQ Sandwich	Wheat, Soy	\$3.19-\$4.99
BBQ Plate	Dairy, Eggs, Wheat, Soy	\$3.99-\$5.99
BLT Sandwich	Dairy, Wheat, Soy	\$1.50-\$1.99

Wraps

Avoid all wraps if you are gluten-free. Cookout's wraps use standard flour tortillas made with wheat. There is no gluten-free tortilla substitute available.

- All Cookout wraps contain wheat flour tortillas and are not suitable for gluten-free diners.

Items	Allergen Information	Prices
Bacon Ranch Wrap	Dairy, Wheat, Soy	\$1.50-\$1.99
Crispy Chicken Wrap	Wheat, Soy	\$1.50-\$1.99
Cajun Wrap	Wheat, Soy	\$1.50-\$1.99
Ranch Wrap	Dairy, Wheat, Soy	\$1.50-\$1.99
Cajun Ranch Wrap	Dairy, Wheat, Soy	\$1.50-\$1.99
Honey Mustard Wrap	Dairy, Wheat, Soy	\$1.50-\$1.99

Milkshakes

Cookout's milkshake menu is a high-risk zone for gluten. While some plain shake bases may not contain gluten ingredients, the vast majority of the 40+ flavors include mix-ins like cookies, brownies, candy pieces, and cake crumbles, all of which contain wheat. Shakes are also prepared on shared equipment that is not cleaned between every order.

- Cookout milkshakes are NOT reliably gluten-free due to mix-ins and shared blender cross-contact risk. Celiac diners should avoid milkshakes entirely.

Items	Allergen Information	Prices
Banana Berry Milkshake	Dairy	\$2.99-\$3.99
Chocolate Milkshake	Dairy	\$2.99-\$3.99
Pineapple Milkshake	Dairy	\$2.99-\$3.99
Blueberry Milkshake	Dairy	\$2.99-\$3.99
Red Cherry Milkshake	Dairy	\$2.99-\$3.99

Strawberry Milkshake	Dairy	\$2.99-\$3.99
Banana Nut Milkshake	Dairy, Nuts	\$2.99-\$3.99
Choc Chip Cherry Milkshake	Dairy	\$2.99-\$3.99
Chocolate Cherry Milkshake	Dairy	\$2.99-\$3.99
Peach Cobbler Milkshake	Dairy	\$2.99-\$3.99
Banana Split Milkshake	Dairy, Nuts	\$2.99-\$3.99
Peanut Butter Milkshake	Dairy, Nuts	\$2.99-\$3.99
Peanut Butter Cup Milkshake	Dairy, Nuts	\$2.99-\$3.99
Choc Chip Mint Milkshake	Dairy	\$2.99-\$3.99
Peanut Butter Fudge Milkshake	Dairy, Nuts	\$2.99-\$3.99
Walnut Milkshake	Dairy, Nuts	\$2.99-\$3.99
Heath Toffee Milkshake	Dairy	\$2.99-\$3.99
Butterfinger Milkshake	Dairy, Nuts	\$2.99-\$3.99
M&M Milkshake	Dairy, Soy	\$2.99-\$3.99
Reese's Cup Milkshake	Dairy, Nuts	\$2.99-\$3.99
Caramel Milkshake	Dairy	\$2.99-\$3.99
Orange Push-Up Milkshake	Dairy	\$2.99-\$3.99
Caramel Fudge Milkshake	Dairy	\$2.99-\$3.99
Oreo Mint Milkshake	Dairy, Soy	\$2.99-\$3.99
Choc Chip Strawberry Milkshake	Dairy	\$2.99-\$3.99

Eggnog Milkshake	Dairy, Egg	\$2.99-\$3.99
Watermelon Milkshake	Dairy	\$2.99-\$3.99

Drinks & Desserts

The safest gluten-free drink choices at Cookout are fountain drinks, bottled water, and brewed sweet tea.

- Fountain Drinks: Gluten-Free
- Brewed Sweet Tea / Unsweet Tea: Gluten-Free
- Bottled Water: Gluten-Free
- Cheesecake Bites: Not Gluten-Free

Items	Allergen Information	Prices
Cheerwine	No Allergens	\$1.39-\$2.39
Fresh Brewed Tea	No Allergens	\$1.00-\$2.39
Coca-Cola Beverages	No Allergens	\$1.39-\$2.39
Dasani Bottled Water	No Allergens	\$1.69-\$2.39
Cheesecake	Dairy, Eggs	\$1.99-\$2.39

Proteins-Gluten Free and Dairy Free Status

Protein	Gluten-Free	Dairy-Free	Notes
Beef Burger Patty	Yes	Yes	No bun; shared grill risk
Grilled Chicken	Yes	Yes	No bun; confirm marinade
Hot Dog	Yes	Yes	No bun; no cheese topping

BBQ Pork	Yes	Yes	Confirm the BBQ sauce gluten content
Breaded Chicken	No	Yes	Contains wheat breading
Corn Dog	No	Yes	Batter contains wheat

Dairy-Free Options At Cookout

Dairy is one of the common allergens at Cookout. Beyond the obvious allergens like cheese and milkshakes, dairy hides in sauces, dressings, and seasoning blends. The good news is that Cookout's core proteins, burger patties, grilled chicken, hot dogs, and BBQ meats, are dairy-free on their own.

Dairy-Free Status By Item

Item	Dairy-Free	Notes
Burger Patty (no cheese)	Yes	Skip cheese, mayo, creamy sauces
Grilled Chicken (no cheese)	Yes	Skip honey mustard if cream-based
Hot Dog (plain)	Yes	No cheese, no creamy toppings
BBQ Sandwich (no bun)	Yes	Confirm the BBQ sauce contains no butter
French Fries / Cajun Fries	Yes	No dairy in ingredients; soy oil used
Coleslaw	Maybe	Some versions use mayo; confirm locally
Onion Rings	Likely	Check the batter for milk powder, which varies by

		location
Milkshakes (all flavors)	No	All shakes are milk/cream-based
Cheese Fries	No	Contains processed cheese sauce
Hush Puppies	No	Batter contains dairy and egg
Ranch Dressing	No	Dairy-based dressing
Ketchup / Mustard	Yes	Standard condiments are dairy-free

Tip: Cookout does not offer dairy-free milkshake alternatives (no almond, oat, or soy milk shakes). If you are dairy-free, skip the milkshake and stick to fountain drinks or brewed tea.

Vegan Options At Cookout

Vegan diners will find Cookout to be an unsatisfying restaurant. The menu is heavily meat and dairy-focused, with no dedicated plant-based burger patties or vegan-certified items. The main vegan-friendly option is French fries or Cajun fries, but these are cooked in shared soybean oil alongside meat products, which is a cross-contamination concern for strict vegans.

Vegan & Gluten-Free Overlap

Item	Vegan	Gluten-Free	Notes
French Fries	Maybe	Maybe	Cooked in shared fryers with meat
Cajun Fries	Maybe	Maybe	Same fryer concern; seasoning appears vegan
Coleslaw	Maybe	Yes	Confirm Mayo is not used in the recipe

Fountain Drinks	Yes	Yes	All fountain drinks are vegan
Brewed Tea	Yes	Yes	No additives, fully vegan
Burger Patty	No	Yes	Beef, not vegan
Hush Puppies	No	No	Contains egg, dairy, and wheat
Milkshakes	No	Varies	All shakes contain dairy
Onion Rings	Maybe	No	Batter may have dairy; it contains gluten

Note: Cookout is not a vegan-friendly restaurant. Your best bet is fries and a fountain drink, with full awareness of the shared fryer concern. There are no plant-based burger substitutes on the menu.

Cookout Gluten-Free Vegan Overlap

Items that are both vegan and gluten-free at Cookout are very limited:

- Brewed Sweet or Unsweet Tea
- Fountain Drinks
- Bottled Water
- French Fries or Cajun Fries (with cross-contamination chances)
- Coleslaw, if a mayo-free version is available at your location

Cookout Milkshakes & Ingredients

[Cookout's milkshake menu](#) is versatile, offering over 40 flavors, making it one of the largest milkshake menus in the fast food industry. However, for allergy-conscious diners, the milkshake bar poses a high risk. Every CookOut milkshake contains milk and cream as its base, making it off-limits for those with dairy allergies or intolerances.

Numerous flavors in CookOut Milkshakes contain additional allergens through mix-ins, such as candy, cookies, nuts, and cake pieces. CookOut does not currently offer any dairy-free or plant-based milkshake alternatives. Because shakes are made in shared blenders, cross-contact between flavors is also possible.

Milkshake Allergen Guide

Milkshake Flavor	Contains Dairy	Contains Nuts	Contains Gluten	Contains Eggs
Plain Vanilla	Yes	No	No	No
Chocolate	Yes	No	Possible	No
Oreo	Yes	No	Yes	No
Reese's Cup	Yes	Yes (peanut)	Yes	No
Peanut Butter Fudge	Yes	Yes (peanut)	Possible	No
Banana Pudding	Yes	No	Yes (cookies)	No
Cheesecake	Yes	No	Yes (crust)	Possible
Butterfinger	Yes	Yes (peanut)	Yes	No
Strawberry	Yes	No	No	No
Eggnog (seasonal)	Yes	No	No	Yes
Mint Chocolate Chip	Yes	No	Possible	No

All milkshake flavors contain dairy. Due to shared blending equipment, even flavors without nuts or gluten ingredients carry cross-contact risk. Individuals with celiac disease, nut allergies, and dairy intolerances should avoid milkshakes completely.

Oils & Peanut Allergy Concerns

One of the most common questions from peanut-allergic Cookout customers is: **"Does Cookout use peanut oil?"** The answer is no, Cookout mainly uses soybean oil and canola oil for frying.

This is good news, since peanut oil is not involved in the cooking process, so users allergic to peanut oil can consume fried items at the restaurant. But here's a catch: this does not make **Cookout peanut-safe**. Peanut ingredients are present in several milkshake flavors, and because shakes are made on shared equipment, cross-contact is a significant risk. Oil types can also vary by location; always confirm with your specific restaurant.

Oil Types & Peanut Risk at Cookout

Oil Type	Used at Cookout	Peanut Risk
Soybean Oil	Primary frying oil	No peanut risk from oil; soy allergen present
Canola Oil	Some locations	No peanut risk
Peanut Oil	Not standard	Confirm with your local location to be sure
Butter-flavored Oil	Some items	No peanut risk; dairy concern for some
Peanut Mix-ins (shakes)	Yes, select flavors	High Risk, Reese's, Butterfinger, Peanut Butter

Peanut Allergy Summary: Cookout does not use peanut oil in fryers. However, peanut ingredients in milkshake mix-ins and shared blending equipment mean cross-contact is possible. If you have a severe peanut allergy, be extra careful with milkshakes and always inform staff before ordering.

Ingredients & Menu Additions

Cookout's customizable toppings and sauces are part of what makes it so popular. Standard free toppings on any Cookout burger include: mayonnaise, mustard, ketchup, pickles, onion, grilled onion, lettuce, tomato, and Cajun seasoning. But each sauce or condiment can introduce new allergens into your meal.

Sauces & Condiments-Allergen Breakdown

Sauce / Condiment	Contains Gluten	Contains Dairy	Contains Soy	Contains Eggs
Ketchup	No	No	No	No
Yellow Mustard	No	No	No	No
Mayonnaise	No	No	Possible	Yes
Cook Out BBQ Sauce	Possible	No	Possible	No
Honey Mustard	No	No	No	No
Ranch Dressing	No	Yes	Possible	Yes
Buffalo Sauce	No	Possible	No	No
Polynesian Sauce	Possible	No	Possible	No
A1 Steak Sauce	Possible	No	No	No
Texas Pete Hot Sauce	No	No	No	No

Cookout vs. In-N-Out Allergen Menu (Quick Comparison)

Cookout and In-N-Out are both beloved regional fast-food chains known for fresh, simple menus. But how do they compare on allergen transparency and allergy-safe eating, here are the details.

Cookout vs. In-N-Out-Full Allergen Comparison

Feature	Cookout	In-N-Out
Official Online Allergen PDF	Not available	Available online
Gluten-Free Bun Option	No, skip the bun	Protein-style (lettuce wrap)

Peanut Oil Used in Fryers	No (soybean/canola)	No (sunflower oil)
Dedicated Fryer for Fries Only	No, shared fryers	Yes, fries are the only fried item
Dairy-Free Burger Option	Yes (no cheese)	Yes (no cheese/spread)
Dairy-Free Milkshakes	No	No
Peanut / Nut-Free Kitchen	No (nut shake mix-ins)	Yes, no peanuts or tree nuts used
Vegan-Friendly Fries	Yes (shared fryer risk)	Yes (sunflower oil, dedicated fryer)
Cross-Contamination Risk	High, shared kitchen	Lower, simpler menu
Allergen Transparency	In-store binder only	Detailed online + in-store
Sesame / Fish / Shellfish Used	Sesame possible in buns	None used in the kitchen

Bottom Line: In-N-Out offers a clear advantage in allergen transparency, kitchen simplicity, and nut-free safety. Cookout operates a more complex kitchen with a higher cross-contact risk. Having said that, both chains can be visited safely with the right knowledge and clear communication with staff.

Top Picks From the Cookout Allergen Menu

Nut-Free Options

For nut-allergic diners, the biggest risk at Cookout is the milkshake station. Nuts are not a primary ingredient in Cookout's savory menu, making most food items nut-free by ingredient, if not entirely by kitchen environment.

Nut-Free Status for Key Items

Item	Nut-Free	Notes
Burger Patty (plain)	Yes	No nut ingredients; shared kitchen risk

Grilled Chicken	Yes	No nut ingredients; confirm marinade
French Fries	Yes	Soybean oil, no peanut oil
Strawberry Milkshake	Likely	Confirm no cross-contact at your location
Vanilla Milkshake	Likely	Plain flavors are lower risk; shared equipment is still
Reese's Milkshake	No	Contains peanut butter cups(high risk)
Butterfinger Milkshake	No	Contains peanut butter(high risk)
Peanut Butter Fudge Shake	No	Contains peanut butter(high risk)

Vegetarian Options & Vegan Status

Item	Vegetarian	Vegan	Notes
French Fries	Yes	Maybe	Shared fryer with meat
Coleslaw	Yes	Maybe	Confirm no mayo if vegan
Onion Rings	Likely	Maybe	Check for dairy in the batter
Hush Puppies	Yes	No	Contains dairy and egg
Cheese Fries	Yes	No	Vegetarian but contains dairy
Fountain Drinks / Tea	Yes	Yes	All beverages are vegetarian/vegan

Milkshakes	Yes	No	Dairy-based — not vegan
------------	-----	----	-------------------------

Items to Avoid (By Allergy Type)

Allergy	Items to Avoid at Cookout
Gluten	All buns, wraps, hush puppies, onion rings, corn dogs, breaded chicken, cookie/brownie milkshake mix-ins
Dairy	All milkshakes, cheese fries, cheesecake bites, ranch dressing, any cheese topping, and hush puppies
Peanuts	Reese's shake, Peanut Butter Fudge shake, Butterfinger shake, any peanut butter mix-in, and nearby shake flavors (cross-contact)
Tree Nuts	Select nut-containing milkshake flavors, and confirm with your location
Eggs	Mayonnaise, hush puppies, eggnog milkshake (seasonal), and some ranch dressings
Soy	All fried items (soybean oil), many sauces, burger patties (confirm), and some seasonings
Vegan	All burgers, hot dogs, chicken, BBQ items, milkshakes, hush puppies (dairy + egg), most sauces

Complete List of Allergens at Cookout

Below is the most comprehensive allergen matrix available for the Cookout menu. Use this as your master reference before visiting.

Categ ory	Glute n	Dairy	Eggs	Soy	Peanu ts	Tree Nuts	Sesa me	Fish	Shellfi sh
Burger s (with bun)	✓	⚠	⚠	✓	×	×	⚠	×	×
Burger s (no bun)	×	⚠	⚠	✓	×	×	×	×	×
Grilled Chick en	×	×	×	⚠	×	×	×	×	×
Bread ed Chick en	✓	⚠	⚠	✓	×	×	×	×	×
Hot Dogs / BBQ	✓(bun)	×	×	⚠	×	×	×	×	×
Fries / Cajun Fries	×	×	×	✓	×	×	×	×	×
Hush Puppi es	✓	✓	✓	✓	×	×	×	×	×
Onion Rings	✓	⚠	⚠	✓	×	×	×	×	×
Milksh akes	⚠	✓	⚠	⚠	⚠	⚠	×	×	×
Sauce s /	⚠	⚠	⚠	⚠	×	×	×	×	×

Condi ments									
----------------	--	--	--	--	--	--	--	--	--

✓ = Commonly Present | △ = Possible / Varies | ✕ = Generally Absent/Free | * = Cross-contact risk from shared equipment

Popular Safe Combos from the Cookout Allergen Menu

Allergy Type	Recommended Combo	What to Skip
Gluten-Free	Burger patty (no bun) + Cajun fries + sweet tea	Buns, wraps, onion rings, hush puppies, corn dogs, breaded chicken
Dairy-Free	Grilled chicken (no cheese) + fries + mustard + fountain drink	Milkshakes, cheese fries, cheesecake bites, ranch, any cheese topping
Peanut-Free	BBQ plate (no bun) + coleslaw + strawberry shake (confirm)	Reese's shake, Butterfinger shake, Peanut Butter Fudge shake
Egg-Free	Burger (no bun, no mayo) + fries + ketchup + fountain drink	Mayonnaise, hush puppies, eggnog shake, and some ranch dressings
Soy-Free	Grilled chicken (confirm marinade) + coleslaw + water	All fried items (soybean oil), many sauces
Vegetarian	Cheese fries + coleslaw + onion rings + vanilla milkshake	All meat items
Vegan	Fries + brewed tea	All meat, dairy items, hush puppies, most

Nutritional Information of Cookout Allergen Menu Items

Menu Item	Calories	Protein (g)	Fat (g)	Key Allergens
Big Double Burger (with bun)	~550	~30	~28	Gluten, Soy, Dairy (optional)
Grilled Chicken (no bun)	~200	~35	~4	Soy (oil)
BBQ Plate	~976	~45	~30	Gluten (bun), Soy, Possible Dairy
French Fries (regular)	~340	~4	~14	Soy (oil), no gluten in ingredients
Spicy Chicken Sandwich	~446	~28	~18	Gluten, Soy, Eggs
Hush Puppies	~250	~5	~10	Gluten, Dairy, Eggs, Soy
Vanilla Milkshake	~510	~9	~16	Dairy, possible Soy
Reese's Milkshake	~750	~14	~28	Dairy, Peanuts, Gluten, Soy
Cheesecake Bites	~380	~6	~20	Gluten, Dairy, Eggs
Coleslaw	~180	~1	~10	Eggs (mayo), possible Soy

- Calorie and nutritional values are estimates and may vary by location and preparation.

Tips for Eating Allergy-Safe at Cookout

Avoid Cross-Contamination

Cross-contamination is the single biggest allergen risk at Cookout. Unlike In-N-Out, which operates a very simple menu with dedicated fryers, Cookout runs a complex kitchen with shared fryers, grills, and prep surfaces. Even if an item's ingredients are safe for you, it may have come into contact with your allergen during preparation.

- Ask your server if your item will be prepared on a shared grill or in a shared fryer, and request a fresh, clean surface if possible.
- Request that your meal be placed on a clean tray with fresh foil or paper rather than recycled packaging.
- Avoid peak rush hours when the kitchen staff is too busy to take special care with allergy orders.
- If you have celiac disease or a severe anaphylactic allergy, be upfront. Tell the staff clearly: "I have a serious allergy to a specific ingredient(tell your allergen). Can you take precautions?"
- Always ask about the oil used in fryers specifically, as this can vary by location.

Customize Your Meal

Cookout's menu is more customizable than it appears. You can remove buns, skip cheese, substitute sauces, and build a tray that works for your dietary needs.

- Carry a food allergy card, a small printed or digital card listing your allergens, and show it to staff before ordering.
- Always choose grilled over fried. Char-grilled items have fewer allergen risks than battered or breaded alternatives.
- Keep your order simple. The more components in a dish, the more chances for allergen exposure
- Request sauces and toppings on the side so you can control exactly what goes on your food.
- Call ahead if you need to ask detailed ingredient questions; this gives you time to research before arriving.
- When in doubt, skip the milkshake. For allergy-conscious diners, the milkshake machine is the highest-risk item in the entire Cookout kitchen.

Final Words

Cookout is an affordable fast-food chain where allergy-conscious diners can eat safely with the right knowledge. Cookout does not use peanut oil in its fryers; however, peanut

ingredients are used in some of its milkshakes. Gluten is present in buns and breaded items, but not in plain proteins or fries. All milkshakes contain dairy with no plant-based alternatives, and cross-contamination is a risk throughout the kitchen due to shared equipment.

At CookOut, Gluten-free diners should order bunless with grilled proteins. Dairy-free diners should skip shakes and cheese. Vegan diners are limited to fries and drinks. Always verify ingredients with your local Cookout, as oil types and preparation methods vary by location. For severe allergies, speak directly with the manager before ordering.

Frequently Asked Questions

Does Cookout use peanut oil?

Are Cookout fries gluten-free?

Cookout's French fries and Cajun fries do not contain gluten in their ingredients. However, they are cooked in shared fryers alongside items that do contain gluten. For diners with gluten sensitivity, the fries may be tolerable. For those with celiac disease, the cross-contamination risk makes them potentially unsafe.

Are Cookout milkshakes dairy-free?

Are Cookout hush puppies vegan or gluten-free?

Can I get a Cookout burger without a bun?

Does Cookout have a published allergen menu?

What is the safest meal at Cookout for someone with multiple allergies?

Is Cookout safe for celiac disease?

What milkshake flavors are safe for peanut allergies?

Does Cookout have any vegan options?

[Contact Us](#) [About Us](#) [Privacy Policy](#) [Terms and Conditions](#)

© 2026 Cookout Menu