

Low FODMAP Fast Food and Restaurant Guide



EGG MCMUFFIN®, EGG WHITE DELIGHT MCMUFFIN® (NO BREAD)



INGREDIENTS:

Egg: USDA Grade A eggs or egg whites
Canadian Bacon: pork cured with water, sugar, salt, sodium lactate, sodium phosphate, natural flavor, sodium diacetate and sodium nitrite (preservatives)

Pasteurized Processed American Cheese: milk, cream, water, sodium citrate, cheese cultures, salt, color added, sorbic acid (preservative), citric acid, lactic acid, acetic acid, enzymes, soy lecithin



CAUTION:

Natural flavor in the pork may have onion/garlic. Test sensitivity to this. One slice of cheese should have safe amounts of lactose. Test sensitivity. Remove all bread. No sauces or condiments.

BIG BREAKFAST (ORDER CHOICES INDICATED BELOW)



INGREDIENTS:

Scrambled Eggs: eggs, citric acid
Hash Browns: potatoes, vegetable oil (canola oil, soybean oil, hydrogenated soybean oil, natural beef flavor [wheat and milk derivatives]*), salt, corn flour, dehydrated potato, dextrose, sodium acid pyrophosphate (to maintain color), extractives of black pepper. * Natural beef flavor contains hydrolyzed wheat and hydrolyzed milk as starting ingredients.

Thick Cut Applewood Smoked Bacon: pork bellies cured with water, salt, sugar, natural smoke flavor, sodium phosphate, sodium erythorbate, sodium nitrite

OATMEAL



INGREDIENTS:

Water, whole grain rolled oats, brown sugar, modified food starch, salt, natural flavor, barley malt extract, caramel color



CAUTION:

Unclear if the flavoring in the hash brown, and bacon contains onion/garlic; slight amount of wheat is not likely to cause problems. Test sensitivity to this. Remove all bread. No sauces or condiments



CAUTION:

Slight amount barley malt extract not likely to cause problems. If you add toppings, check ingredients.

HAMBURGER OR CHEESEBURGER (PLAIN, NO BUN)



INGREDIENTS:

100% Beef Patty: 100% pure USDA inspected beef; no fillers, no extenders. Prepared with grill seasoning (salt, black pepper). Pasteurized Processed American Cheese: milk, cream, water, sodium citrate, cheese cultures, salt, color added, sorbic acid (preservative), citric acid, lactic acid, acetic acid, enzymes, soy lecithin



CAUTION:

Remove all bread. Order plain. No Sauces or condiments. Test sensitivity to cheese.

FRENCH FRIES



INGREDIENTS:

French Fries: potatoes, vegetable oil (canola oil, corn oil, soybean oil, hydrogenated soybean oil, natural beef flavor [wheat and milk derivatives]*), dextrose, sodium acid pyrophosphate (Maintain Color), salt. * Natural beef flavor contains hydrolyzed wheat and hydrolyzed milk as starting ingredients.



CAUTION:

Beef flavor may contain onion/garlic. Test for sensitivity. No sauces or condiments.

SIDE SALAD (NO DRESSING OR BRING YOUR OWN)



INGREDIENTS:

Salad Blend: romaine lettuce, baby spinach, carrots, baby kale, lollo rossa lettuce, red leaf lettuce, red oak lettuce, red tango lettuce, red romaine lettuce, red butter lettuce. Ingredients may vary.

Grape Tomatoes: grape tomato

Shredded Cheddar/Jack Cheese (available for some salad versions): cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annatto [Color]), monterey jack cheese (pasteurized milk, cheese culture, salt, enzymes), potato starch, cornstarch, dextrose, powdered cellulose (prevents caking), calcium sulfate, natamycin (natural mold inhibitor), enzyme



CAUTION:

40 grams of cheese is safe; about 2 slice equivalent. No dressing or bring your own low-FODMAP dressing. Test sensitivity to cheese.



ARTISAN EGG SANDWICH (NO BUN, NO HOLLANDAISE SAUCE)



INGREDIENTS:

Applewood Smoked Bacon: pork cured with: water, salt, sugar, sodium phosphates, sodium erythorbate, sodium nitrite
Egg: grade A large eggs, soy lecithin

Asiago Cheese: pasteurized milk, cheese culture, salt, enzymes



CAUTION:

Asiago cheese; small amount not likely to cause problems. Remove all bread. No sauces or condiments. Test sensitivity to

STEEL CUT OATMEAL



INGREDIENTS:

Water, steel cut oats, cane juice, rolled oats, salt, cinnamon. May be processed on equipment that also processes wheat.



CAUTION:

If you add toppings, check ingredients.

HAMBURGER OR CHEESEBURGER (PLAIN, NO BUN)



INGREDIENTS:

Hamburger: Beef (hamburger patties are cooked on the same grill as and may come into contact with ingredients that contain milk and soy), salt (salt, calcium silicate, dextrose, potassium iodide)

American Cheese: milk, water, contains 2 percent or less of citric acid, apocarotenal and beta carotene (color), cream, cheese culture, enzymes, salt, sodium citrate, sodium phosphate, sorbic acid (preservative), soy lecithin



CAUTION:

Remove all bread. Order plain. No Sauces or condiments. Test sensitivity to cheese.

FRENCH FRIES



INGREDIENTS:

Potatoes, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), dextrose, sodium acid pyrophosphate (to maintain natural color). Cooked in vegetable oil (soybean oil, vegetable oil [may contain one or more of the following: canola, corn or cottonseed]), hydrogenated soybean oil, dimethylpolysiloxane [anti-foaming agent]. Seasoned with sea salt.

Wendy's

BROCCOLI CHEESE BAKED POTATO (CAN ALSO CHOOSE PLAIN OR CHEDDAR POTATO)



INGREDIENTS:

Potato: contains potato

Broccoli: contains broccoli

Cheddar Cheese Sauce: water, cheddar cheese (pasteurized milk, cheese culture, salt, enzymes), milk, cream cheese spread (pasteurized milk and cream, cheese culture, salt, carob bean gum), modified cornstarch, nonfat dry milk, soybean oil, palm oil, whey, sodium phosphate, cream, cheese culture, milk fat, sea salt, salt, Parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzyme), butter, sodium alginate, carob bean gum, mono and diglycerides, annatto and apocarotenal (for color), lactic acid, soy lecithin



CAUTION:

Test sensitivity to cheese sauce or get without.

SIDE SALAD (NO DRESSING OR BRING YOUR OWN)



INGREDIENTS:

Garden Side Salad Blend: iceberg lettuce, romaine lettuce, spring mix (baby Lettuces [red and green romaine, red and green oak, red and green leaf, lollo rossa, tango], spinach, mizuna arugula, tatsoi, red chard, green chard), grape tomatoes, cucumbers, red peppers



CAUTION:

No dressing or bring your own low-FODMAP dressing.



CROISSAN' WICH® (NO BUN)- CHOOSE BACON, EGG AND CHEESE OR HAM, EGG AND CHEESE.



INGREDIENTS:

Egg Patty, Fully Cooked: whole egg, whey, soybean oil, salt, natural and artificial butter flavor, xanthan gum, citric acid, annatto (color) Thick Sliced Bacon: cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite

Ham: ham cured with: water, dextrose, contains 2% or less of salt, sodium lactate, sodium phosphate, natural smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite, coated with caramel coloring

American cheese (pasteurized process): cultured milk, water, cream, sodium citrate, salt, sorbic acid (preservative), sodium phosphate, artificial color, enzymes, acetic acid, soy lecithin



CAUTION:

Smoke flavoring in ham may contain other additives. Test for sensitivity. Remove all bread. No sauces or condiments. Test sensitivity to cheese.

Burger King

HASH BROWNS



INGREDIENTS:

Potatoes, canola oil and palm oil, dehydrated potatoes (potatoes, mono and diglycerides, sodium acid pyrophosphate, citric acid), salt, corn flour, enriched wheat flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), natural flavoring, disodium dihydrogen pyrophosphate (to promote color retention), dextrose



CAUTION:

Contains wheat and some flavoring.
Test for sensitivity.

QUAKER® OATMEAL MAPLE AND BROWN SUGAR FLAVOR



INGREDIENTS:

Whole grain rolled oats, sugar, natural flavor, salt, calcium carbonate, guar gum, oat flour, caramel color, reduced iron, vitamin a palmitate.

WHOPPER® PATTY OR HAMBURGER PATTY WITH OR WITHOUT CHEESE (PLAIN, NO BUN)



INGREDIENTS:

Whopper Patties and Hamburger Patties:
100% USDA inspected ground beef
(firegrilled) American Cheese (pasteurized process): cultured milk, water, cream, sodium citrate, salt, sorbic acid (preservative), sodium phosphate, artificial color, enzymes, acetic acid, soy lecithin



CAUTION:

Remove all bread. Order plain. No Sauces or condiments. Can add tomato and lettuce. Test sensitivity to cheese.

FRENCH FRIES



INGREDIENTS:

Potatoes, soybean oil or canola and palm oil, modified potato starch, rice flour, potato dextrin, salt, leavening (disodium dihydrogen pyrophosphate, sodium bicarbonate), dextrose, xanthan gum, sodium acid pyrophosphate added to preserve natural color.



EGG & CHEESE FLATBREAD (NO FLATBREAD)



INGREDIENTS:

Egg Omelet Patty (regular): whole eggs, egg whites, nonfat dry milk, water. Contains 2% or less of the following: soybean oil, liquid butter alternative (liquid and hydrogenated soybean oil, salt, soy lecithin, natural flavor, tocopherols (vitamin E), corn starch, salt, xanthan gum, citric acid, white pepper, beta-carotene (color).
Egg White Omelet Patty: egg whites, cornstarch. Contains 2% or less of the following: butter-flavored soybean oil (soybean oil, natural flavor), salt, xanthan gum, white pepper



CAUTION:

Natural flavor in egg may contain onion/garlic. Remove bread. No sauces or condiments. Can add tomato or lettuce. Test sensitivity to cheese.

BUILD YOUR OWN SALAD AND AVOID THE BREAD, CHOOSE FROM THESE SELECTIONS (NO DRESSING OR BRING YOUR OWN).



INGREDIENTS:

Bacon Slices: pork, water, salt, sugar, natural smoke flavor, sodium phosphates, sodium erythorbate, sodium nitrite, smoke.
Carved Turkey: turkey breast, turkey broth, contains 2% or less dextrose, salt, sodium phosphate, browned in vegetable oil (soybean and peanut oil)

Turkey Breast (thin sliced): turkey breast, water, dextrose, salt, carrageenan, sodium phosphate, browned in soybean oil

Tuna: tuna (tuna, water, salt), mayonnaise (soybean oil, eggs, water, distilled vinegar, contains less than 2% of salt, sugar, spice, lemon juice concentrate, calcium disodium EDTA added to protect flavor)

American Cheese (processed): milk, water, cream, cheese culture, sodium citrate, salt, sorbic acid (preservative), citric acid, tetrasodium pyrophosphate, soy lecithin, enzymes

Cheddar Cheese: cultured pasteurized milk, salt, enzymes, annatto color

Monterey Cheese Blend (shredded): monterey jack cheese (cultured pasteurized milk, salt, enzymes), cheddar cheese (cultured pasteurized milk, salt, enzymes, annatto color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)

Pamesan Cheese: parmesan cheese (cultured pasteurized part-skim milk, salt,

Subway

**BUILD YOUR OWN SALAD AND AVOID THE BREAD,
CHOOSE FROM THESE SELECTIONS (NO DRESSING OR
BRING YOUR OWN). CONTINUED**



CAUTION:

Bacon or turkey may have some seasoning in the flavor. Test for sensitivity.

Mayonnaise in tuna contains spice, which may contain garlic or onion. Test for sensitivity.

No dressing or bring your own low-FODMAP dressing.

Test sensitivity to cheese.



PIZZA



INGREDIENTS:

Build your own pie using:
Gluten-free crust (Pizza Hut uses Udi's brand- this is safe)

No sauce or plain olive oil

Light cheese (a serving is about ½ cup,
may be one to two slices)

Top with sliced tomato, green pepper or
other vegetables you can tolerate.



CAUTION:

Gluten-free crusts at other pizza chains
contain some high-FODMAP ingredients;
check ingredients lists. Test sensitivity to
cheese.



HAMBURGER



INGREDIENTS:

100% Beef patty, lettuce, tomato, spread(?)
onions, bun.

MAKE IT LOW FODMAP FRIENDLY:

Order without onions, get a lettuce wrap instead of the bun, and ask for mustard instead of 'spread'

CHEESEBURGER



INGREDIENTS:

100% Beef patty, lettuce, tomato, spread, 1
slice American cheese, onions, bun

MAKE IT LOW FODMAP FRIENDLY:

Order without onions, get a lettuce wrap instead of the bun, and ask for mustard instead of 'spread'

In-N-Out Burger

DOUBLE DOUBLE BURGER



INGREDIENTS:

2 100% beef patties, lettuce, tomato, spread, 2 slices of American cheese, onions, bun.

MAKE IT LOW FODMAP FRIENDLY:

Make it low FODMAP friendly: Order without onions, get a lettuce wrap instead of the bun, and ask for mustard instead of 'spread'

FRENCH FIES



INGREDIENTS:

Potatoes and sunflower oil

MAKE IT LOW FODMAP FRIENDLY:

1 serving is already low FODMAP



in the box

DOUBLE JACK



INGREDIENTS:

2 100% beef patty, lettuce, tomato, onion, mustard, ketchup, pickles, 2 slices American cheese, bun.

MAKE IT LOW FODMAP FRIENDLY:

Order without onions, get a lettuce wrap instead of the bun, either mustard OR ketchup.

CHICKEN CLUB SALAD



INGREDIENTS:

grilled or crispy chicken, cheddar cheese, grape tomatoes, cucumbers, bacon pieces, croutons, lettuce, creamy ranch dressing.

MAKE IT LOW FODMAP FRIENDLY:

order chicken grilled, without the croutons or dressing. Ask for balsamic vinegar dressing.

Jack in the box

GRILLED CHICKEN SALAD



INGREDIENTS:

grilled or crispy chicken, cheddar cheese, grape tomatoes, cucumbers, bacon pieces, croutons, lettuce, creamy ranch dressing

MAKE IT LOW FODMAP FRIENDLY:

order chicken grilled, without the croutons or dressing. Ask for balsamic vinegar dressing.

FRENCH FRIES



INGREDIENTS:

Potatoes and sunflower oil

MAKE IT LOW FODMAP FRIENDLY:

1 serving is already low FODMAP



CERTIFIED GLUTEN-FREE BREAKFAST SANDWICH



INGREDIENTS:

gluten free ciabatta roll (water, tapioca starch, corn starch, canola oil, yeast, rice flour, seed mix [golden millet seed, flaxseed, poppy seed, sunflower seed, quinoa], psyllium husk powder, wholegrain corn flour, sugar cane fiber, egg white powder, potato starch, buckwheat flour, sugar, thickeners [xanthan & guar gums], dried plum puree, rice starch, concentrated grape juice, iodized salt [potassium iodate], cassava flour, preservative [sodium propionate], rice bran, baking soda), scrambled egg patty (whole eggs, water, soybean oil, modified food starch, whey solids, salt, nonfat dry milk and citric acid), uncured* canadian bacon (pork, water, sugar, vinegar and lemon juice concentrate, sea salt, cultured celery juice), reduced fat cheddar cheese (pasteurized part-skim milk, cheese culture salt, enzymes vitamin a palmitate).

MAKE IT LOW FODMAP FRIENDLY:

have only the bottom half of the bun in order to minimize the quantities of tapioca and corn starch.

CLASSIC OATMEAL



INGREDIENTS:

oatmeal (water, whole grain oatmeal [whole grain rolled oats, whole grain steel cut oats, whole grain oat flour, salt, calcium carbonate, guar gum]).

MAKE IT LOW FODMAP FRIENDLY:

1 serving is already low FODMAP

EGG & CHEESE PROTEIN BOX



INGREDIENTS:

hard-cooked eggs, apples (apples, calcium ascorbate), grapes, mini pita (enriched wheat flour [wheat flour, ascorbic acid, niacin, ferrous sulphate, thiamine mononitrate, riboflavin, folic acid], filtered water, raisins [raisins, vegetable oil], organic evaporated cane sugar, flax seeds, multigrain mix [cracked wheat, cracked rye, crushed flax seeds, millet meal, cracked triticale, barley grits, sunflower seeds, rolled oats, durum semolina], sunflower seeds, wheat bran, rolled oats, natural apples, yeast, sunflower oil, sea salt, cultured wheat starch, citric acid, enzymes), white cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), honey peanut-butter spread (dry-roasted peanuts, honey powder [sugar, honey], organic palm fruit oil, sea salt), sea salt (contains magnesium carbonate), black pepper.

MAKE IT LOW FODMAP FRIENDLY:

Do not eat the apple or the pita bread.

LOW FODMAP STARBUCKS & DUNKIN' DONUTS COFFEE GUIDE:



INGREDIENTS:

SHORT beverages only (or smaller, eg piccolo/macchiato). This size is 8 fl oz (236ml) including coffee shot.

MAKE IT LOW FODMAP FRIENDLY:

To have with ONLY lactose free, almond, OR soy milk. No flavoured syrups.



1/4 LB. CHEESE GRILLBURGER



INGREDIENTS:

bun, 100% beef patty, slice American cheese, tomato, lettuce, pickles, onion, ketchup and mayo

MAKE IT LOW FODMAP FRIENDLY:

order without onion, mayo only (the ketchup has onion powder in it!), and eat without the bun.

Dairy Queen

ORIGINAL DOUBLE CHEESEBURGER



INGREDIENTS:

bun, double 100% beef patty, ketchup, American cheese, pickles and mustard.

MAKE IT LOW FODMAP FRIENDLY:

order without the ketchup and eat without the bun

SIDE SALAD



INGREDIENTS:

Lettuce, Tomatoes, Carrot, Red Cabbage

MAKE IT LOW FODMAP FRIENDLY:

1 serving is already low FODMAP!

FRENCH FRIES



INGREDIENTS:

Potatoes and vegetable oils

MAKE IT LOW FODMAP FRIENDLY:

1 serving is already low FODMAP!



FAMOUS STAR WITH CHEESE



INGREDIENTS:

bun, 100% beef patty, mayonnaise, special sauce, lettuce, tomato, onion, pickles, American cheese

MAKE IT LOW FODMAP FRIENDLY:

order without onions or special sauce, eat without the bun

SUPER STAR WITH CHEESE



INGREDIENTS:

bun, double 100% beef patty, mayonnaise, special sauce, lettuce, tomato, onion, pickles, American cheese 2 slices

MAKE IT LOW FODMAP FRIENDLY:

order without onions or special sauce, eat without the bun

Carl's Jr.

GARDEN SIDE SALAD



INGREDIENTS:

Red onion, tomato, 4 cheese blend, croutons, lettuce.

MAKE IT LOW FODMAP FRIENDLY:

Order without onions or croutons. No dressing permitted (they all have garlic in them!)

FRENCH FRIES



INGREDIENTS:

Potatoes and vegetable oils

MAKE IT LOW FODMAP FRIENDLY:

1 serving is already low FODMAP!



GLUTEN FREE CHEESE PIZZA



INGREDIENTS:

GF Pizza Crust Water, Brown Rice Flour, Tapioca Starch, Modified Rice Starch, Egg White, Whey powder, Palm Oil, Yeast, Canola/Olive Oil Blend, Sugar, Salt, Xanthan Gum, Cultured Brown Rice, Mozzarella Cheese Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes, Pasta Sauce Tomato Puree, Unpeeled Ground Tomatoes, Salt, Grated Romano Cheese (pasteurized sheeps milk, cheese culture, salt, enzymes, anti-caking agent), Oregano.

MAKE IT LOW FODMAP FRIENDLY:

No changes needed as this is already low FODMAP!

FRENCH FRIES



INGREDIENTS:

French Fries (potatoes, vegetable oil [canola, soybean, and/or sunflower oils], wheat flour, food starch-modified, dextrin, salt, rice flour, cornstarch, leavening [sodium acid pyrophosphate, sodium bicarbonate], sugar, dextrose, xanthan gum, disodium dihydrogen pyrophosphate (to maintain natural color)), Soybean Oil, Contains less than 2% of Black Pepper, Salt.

MAKE IT LOW FODMAP FRIENDLY:

This is already low FODMAP, but be careful if you are very sensitive to fatty foods.

STEAMED BROCCOLI



INGREDIENTS:

Broccoli, Phase (liquid and hydrogenated soy oil, salt, soy lecithin, natural and artificial flavor, beta carotene, TBHQ and citric acid added to protect flavor, dimethylpolysiloxane, an anti-foaming agent added), Contains less than 2% of Black Pepper, Salt).

MAKE IT LOW FODMAP FRIENDLY:

No changes needed as this is already low FODMAP!

CHICKEN, STEAK & SEAFOOD



INGREDIENTS:

This is in regards to general chicken, steak & seafood dishes.

MAKE IT LOW FODMAP FRIENDLY:

Ask for it plain with no marinade or if able, a modified marinade of oil, salt, pepper, lemon and/or herbs (no onion and garlic).

Ruby Tuesday

GARDEN BAR



INGREDIENTS:

Chopped romaine lettuce, baby spinach, field greens, iceberg lettuce, grape tomatoes, shredded kale, diced cucumbers, broccoli florets, bell pepper strips, roasted corn, carrots, diced ham, grapes, mandarin oranges, beets, black olives, edamame, diced eggs, blue cheese crumbles, Italian cheese blend, shredded cheddar cheese, crumbled feta, dried cranberries, sunflower seeds, carrots, celery.

MAKE IT LOW FODMAP FRIENDLY:

Avoid pre-made dressings as they usually contain onion and/or garlic.

CHICKEN, STEAK & SEAFOOD



INGREDIENTS:

Chicken, Steak & Seafood

MAKE IT LOW FODMAP FRIENDLY:

Ask for it plain with no marinade or if able, a modified marinade of oil, salt, pepper, lemon and/or herbs (no onion and garlic).

The below chains do not list their ingredients online so we cannot make specific recommendations on suitable menu items.



We tried to look into the below chains for low FODMAP Friendly options, however their websites are not working and cannot be accessed. We have been unable to provide suitable options.



The below chains are a no-go as there is nothing low FODMAP on the menu. This is mainly because there is garlic and onion powder in most of these foods and/or all options are breaded:



WELCOME TO AMERICA'S DINER®

