

Cheesecake Factory Allergen Menu: Complete Guide (July 2026)

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This page covers everything you need to check allergens at The Cheesecake Factory: how the official Online Allergen Guide works, which eight allergens are tracked, how cross-contact from shared fryers and the cheesecake bakery affects your order, and what to say to staff before you eat. It reflects the restaurant's official allergen policy as published in July 2026.

Menu items and recipes can change by location and season, so treat any list here as a starting point, not a final answer. Always confirm with a manager before ordering if you have a serious food allergy.

Quick Answer

The Cheesecake Factory tracks eight major allergens on its official Online Allergen Guide: eggs, gluten, milk, peanuts, sesame, shellfish, soy, and tree nuts. You can filter the guide by allergen at thecheesecakefactory.com/allergy to see which current menu items contain or may contain each one, but the restaurant does not call itself allergen-free, and it warns that fried items share fryer oil and that cheesecakes are baked in a facility that also processes peanuts, tree nuts, and coconut, so if your allergy is severe, the fastest path to a safe meal is asking for a manager as soon as you're seated, not relying on the online guide alone.

What you need	Where to find it
Live allergen filter by dish or allergen	Online Allergen Guide at thecheesecakefactory.com/allergy
Full ingredient list for a specific item	Same guide, searched by item name
Gluten-free filtering	Gluten filter inside the same guide
Severe allergy accommodation	Ask for a manager in person

How The Cheesecake Factory Allergen Guide Works

The Online Allergen Guide is a searchable tool hosted through Nutritionix and linked directly from the restaurant's website. Instead of a static PDF, it lets you pick a dish or filter by allergen and see a live result for what's currently in it.

By default, the tool shows only items that do not contain your selected allergen. There's an option to flip that and show everything, including items that do contain it, if you want to compare. This filter-first design is genuinely useful, because it means you're not scanning a giant chart looking for blank boxes.

The 8 Allergens on the Cheesecake Factory Allergen Menu

Allergen	Common menu sources
Eggs	Mayonnaise, batter, pasta sauces, brunch mains
Gluten (wheat)	Buns, croutons, pasta, cheesecake crust
Milk	Cheese, butter, cream sauces, cheesecake batter
Peanuts	Thai and Asian-style sauces, some desserts

Allergen	Common menu sources
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

This list matters because it goes beyond the nine major allergens named under the FASTER Act (which added sesame in 2023). The Cheesecake Factory's tracked list mirrors that federal list minus fish as a standalone category in some tool views, so if you have a fish allergy specifically, it's worth double-checking with staff directly rather than assuming the online filter covers it the same way it covers the other eight.

What the Official Cheesecake Factory Allergen Disclaimer Actually Says

- The guide is meant to help identify ingredients that commonly cause reactions, not to certify any dish as allergen-free.
- The kitchens are not allergen-free environments, and shared equipment means cross-contact can happen even when an allergen is removed from a recipe.
- Supplier ingredient labels are relied on for the data, and those labels can carry vague “may contain” wording that isn't always consistent from batch to batch.

None of this means the guide is useless. It means the guide answers “is this ingredient normally in this dish,” not “will this exact plate be free of this allergen tonight.”

Fried Foods and Cross-Contact Risk on the Cheesecake Factory Menu

If there's one pattern that shows up again and again in Cheesecake Factory's own allergen guidance, it's the fryer warning. A huge share of the menu touches a shared fryer at some point, either as the main item or as a side. Foods most affected by shared-fryer cross-contact:

- French fries and sweet potato fries
- Onion rings and crispy onion strings
- Tortilla chips and tortilla strips
- Breaded appetizers (mozzarella, calamari, chicken tenders)
- Popcorn shrimp and other fried seafood

Ordering a fried item “without” a specific allergen ingredient does not remove the fryer risk. If a dish is fried and you have a severe allergy, ask what else goes through that same fryer before you order it, or choose a grilled, roasted, or sauteed alternative instead.

Cheesecake Factory Allergen Menu by Category: What to Expect

Rather than guessing at exact recipes, the table below shows how allergen risk tends to break down across the menu's major categories, based on how the restaurant structures its own guide.

Menu category	Allergens to watch	Easiest fix
Small plates & appetizers	Gluten, soy, shared-fryer cross-contact	Skip the fried option, ask about the dip separately

Menu category	Allergens to watch	Easiest fix
Salads	Tree nuts, sesame, gluten (croutons)	Hold nuts, croutons, and swap the dressing
Burgers, sandwiches & flatbread	Gluten (bun), milk, egg	Order without the bun or swap the sauce
Pasta & specialties	Milk, egg, gluten, peanut/sesame in Asian dishes	Ask for a plain sauce or check the guide by dish
Steaks, chops & fish/seafood	Milk (butter sauces), shared-fryer sides	Order the protein “dry” with a plain side
Breakfast, omelettes & brunch	Egg, milk, gluten	Ask for egg whites and dairy-free swaps
Cheesecakes & desserts	Milk, egg, gluten, plus a facility-wide nut advisory	Confirm the flavor and ask about the bakery advisory
Kids' menu	Gluten, milk, shared-fryer fries	Same swaps as the adult menu, scaled down

Category Notes

Small Plates, Appetizers, and Snacks. This section leans heavily on shared-fryer items: crispy appetizers, egg rolls, wontons, and dips served with fried chips. Gluten and soy show up often through breading, soy sauce bases, and thickened dips. Several items can be ordered without a specific dipping sauce to drop one allergen, even though the base dish still carries others.

Salads. Salads are one of the more flexible categories for allergy modification, since dressings, cheese, nuts, and crispy toppings can usually be left off or swapped. Tree nuts and sesame show up in several signature salads through candied pecans, almonds, or Asian-style toppings, and croutons carry the gluten in most house salads. Ask for a plain protein and a simple vinaigrette if you're managing multiple allergens at once.

Burger, Sandwich, and Flatbread. Buns are the main gluten source here, and most burgers can be ordered without one or swapped for a lettuce wrap in many locations. Milk and egg typically come from cheese, mayonnaise, or specialty sauces rather than the patty itself, which makes those two allergens the easiest to strip out with a straightforward substitution request.

Pasta and Specialties. Cream sauces built on Parmesan and butter mean milk and egg are common across the pasta list, and gluten is a given unless you ask about a gluten-conscious noodle swap where available. Several Asian-influenced specialties carry peanut or sesame components through the sauce, so these are worth a direct allergen-guide check rather than an assumption based on the dish name alone.

Steaks, Chops, and Fish & Seafood. Proteins themselves are usually the safest part of the plate; the risk concentrates in the sides. French fries and onion rings again bring fryer cross-contact, and butter-based sauces bring milk. If you order a steak or fish entree “dry” with a plain steamed side, you cut out most of the common allergens in one move.

Breakfast, Omelette, and Brunch. Eggs are the obvious constant here, but milk and gluten follow closely behind through cheese, batter, and bread. If eggs are the allergen in question, brunch is genuinely one of the hardest parts of the menu to navigate, since almost every signature dish is built around them.

Cheesecake and Dessert. This is the category that needs the most attention if you're avoiding tree nuts, peanuts, milk, egg, or gluten, since nearly every cheesecake contains milk, egg, and gluten from the crust and batter. Beyond individual recipes, the company states that its cheesecakes are processed in a facility that also manufactures products containing peanuts, tree nuts, and coconut. That means even a cheesecake flavor with no nuts listed in its own recipe carries a manufacturing-level advisory for those three allergens.

Kids' Menu. The kids' menu mirrors the adult menu's core allergens at a smaller scale: gluten in pasta and buns, milk in cheese and sauces, and the same fryer cross-contact on anything fried, including fries served alongside almost every kids'

entree.

Gluten-Free Menu Considerations

The Cheesecake Factory does not publish a formal gluten-free certification or claim any kitchen area is gluten-free. What it does offer is a gluten filter inside the Online Allergen Guide, which will show you which current dishes are prepared without wheat-based ingredients as listed. Several proteins, salads without croutons, and rice- or potato-based sides are commonly filtered as gluten-free this way.

The catch is cross-contact. Shared fryers, shared prep surfaces, and shared serving lines mean a dish that reads as gluten-free on the filter can still pick up trace gluten in the kitchen. If you have celiac disease rather than a mild sensitivity, treat the filter as a starting point for your order, then talk to a manager about how that specific dish will be prepared that day.

Dairy-Free and Milk Allergy Considerations

Dairy is one of the most widespread allergens across this menu, showing up in cheese, butter, cream sauces, and baked goods throughout nearly every section. Breakfast and brunch mains in particular are almost universally built around dairy, even in dishes where it isn't obvious from the name, since eggs are frequently prepared with milk or butter unless you request otherwise.

Vegetable sides are one of the more reliable dairy-free options once you confirm they're ordered without added butter, since butter is added by default in the kitchen on items like green beans, broccoli, and rice.

Peanut and Tree Nut Allergy Considerations

Peanuts and tree nuts appear in specific, identifiable places rather than being spread evenly across the whole menu:

- Candied nuts on salads (pecans, almonds, cashews)
- Peanut-based sauces in Thai and Asian-inspired dishes
- Nut garnishes on select desserts and sundaes

Many of these can be removed as a topping. The harder issue is the cheesecake bakery advisory mentioned above. Because cheesecakes are made in a facility that also processes peanuts, tree nuts, and coconut, guests with severe nut allergies often choose to skip the cheesecake case entirely rather than rely on a single flavor's recipe list, even when that flavor doesn't list nuts as an ingredient.

Vegetarian, Vegan, and Plant-Based Allergen Notes

Vegetarian diners have wide flexibility across salads, pasta, flatbreads, and side-dish combinations, since cheese-based versions of most dishes are simple to build. Vegan ordering takes more legwork, since several "vegetable" dishes still carry dairy in the sauce.

Quick vegan modification checklist:

- Ask for vegetable sides without added butter
- Swap cream-based dressings for a vinaigrette
- Confirm bread and buns don't contain milk or egg wash
- Check whether a plant-based protein is currently offered at your location

Plant-based protein options have appeared and been adjusted on this menu over time, so location-to-location and month-to-month availability can differ. If a specific plant-based item matters to your order, confirm with your server or the location directly rather than assuming it's on every menu right now.

Sesame Allergy Considerations

Sesame was added to the federal list of major allergens in 2023, and The Cheesecake Factory's guide tracks it as one of its eight core categories. Common sesame sources on the menu include:

- Sesame oil used as a background cooking ingredient
- Sesame seeds as a garnish on Asian-influenced dishes
- Sesame-based dressings and dipping sauces

If sesame is your allergen, filtering specifically for it is worth doing even on dishes that don't look Asian-inspired, since sesame oil doesn't always show up in the dish name or description.

Shellfish and Fish Allergy Considerations

Shellfish and fish are concentrated in the Fish & Seafood section and in specific appetizers, but cross-contact is the wider concern:

- Direct sources: shrimp, crab, and fish-based dishes in the Fish & Seafood section
- Cross-contact sources: fried non-seafood items cooked in the same shared fryer oil
- Sauce-based sources: fish sauce or shellfish stock hidden in Asian-influenced dressings

If you're avoiding shellfish specifically, a plain grilled protein cooked away from the fryer line is generally the safer choice over a breaded or fried option from a different category.

How to Order Safely at The Cheesecake Factory With Food Allergies

- **Check the Online Allergen Guide before you go.** Filter by your specific allergen and note two or three dishes that come up clean, plus their common modifications.
- **Tell your server about the allergy the moment you're seated.** Don't wait until you're ordering dessert to mention a nut allergy.
- **Ask for a manager if the allergy is severe.** Cheesecake Factory's own guidance points serious cases toward manager-level attention rather than a server's best guess.
- **Ask about the specific dish's prep, not just its ingredient list.** "Is this fried in a shared fryer" and "does this sauce contain butter" catch things a printed list won't.
- **Recheck at the table if anything looks off.** A garnish or sauce that doesn't match what you discussed is worth sending back before you eat it.

Frequently Asked Questions

Does The Cheesecake Factory have a printed allergen menu I can request in the restaurant?

The primary official resource is the Online Allergen Guide, accessible on the website and through in-store devices at many locations. Ask your server if a printed version is available at your specific restaurant, since this can vary by location.

How many allergens does The Cheesecake Factory track?

Eight: eggs, gluten, milk, peanuts, sesame, shellfish, soy, and tree nuts.

Is The Cheesecake Factory safe for a severe peanut allergy?

Many dishes can be ordered without peanut ingredients, but the restaurant does not describe any area of its kitchen as peanut-free, and shared fryers plus the cheesecake bakery's peanut-processing facility add extra risk. Speak with a manager directly if the allergy is severe.

Are Cheesecake Factory cheesecakes safe for a tree nut allergy?

Even flavors without nuts listed as ingredients carry a facility-level advisory, because the cheesecakes are made in a plant that also processes peanuts, tree nuts, and coconut. Guests with severe tree nut allergies often choose a non-cheesecake dessert for that reason.

Does The Cheesecake Factory have gluten-free options?

There's no formal gluten-free certification, but the Online Allergen Guide includes a gluten filter that surfaces current menu items prepared without wheat-based ingredients. Cross-contact from shared prep areas and fryers is still possible.

Can I get a dairy-free meal here?

Yes, with some planning. Vegetable sides ordered without added butter, and proteins ordered without cheese or cream sauce, are the most reliable dairy-free routes. Most breakfast and brunch mains contain dairy by default.

Does the allergen guide account for cross-contamination, or just ingredients?

It primarily reflects standard ingredients in each recipe. Cross-contact from shared fryers and prep surfaces is called out separately in the restaurant's disclaimer language rather than built into every single item's allergen flags, so both pieces of information matter together.

What should I do if I have multiple food allergies?

Filter the Online Allergen Guide for each allergen separately, compare the results, and bring your shortlist to your server. For three or more allergies, asking to speak with a manager before ordering is the more reliable approach than trying to cross-reference the guide alone.

Is the Impossible Burger or another plant-based burger currently on the menu?

Plant-based burger availability has changed at points during 2025 and 2026 and can differ by location. Confirm current availability with your server or the restaurant's current online menu before planning a meal around it.

Does ordering a dish “without” an allergen ingredient make it allergen-free?

Not necessarily. Removing an ingredient from a recipe addresses that ingredient, but it doesn't address cross-contact from shared fryers, grills, or prep surfaces. The restaurant is explicit that a special order still carries residual risk for guests with severe allergies.

Who should I talk to in the restaurant about a food allergy?

Tell your server first, and ask for a manager if your allergy is severe or if you have more than one. Managers are the point of contact the restaurant designates for allergy-related questions that go beyond a standard order.

Final Thoughts

The Cheesecake Factory gives allergy-conscious guests a real tool to work with: an eight-allergen filter that's kept current online, plus a clear, honest disclaimer about what that tool can't guarantee. The recipe-level filtering is genuinely useful for planning a meal in advance. The gap is cross-contact, especially from shared fryers and the cheesecake bakery's nut-processing facility, which no online filter can fully capture.

The most reliable approach combines both: check the guide before you go, then confirm the specific dish and its prep with your server or a manager once you're at the table. That combination, not the guide alone, is what actually keeps a meal safe.

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