

Sonic Allergen & MSG Menu Guide

Selected Items, Cheese, Other Ingredients, and Sandwich Toppings

Quick note: This clean PDF is based on the allergen chart you provided and is designed as a user-friendly quick reference. Ingredients, suppliers, preparation methods, and cross-contact risks may vary by Sonic location. Always verify with the official Sonic app, local restaurant, or official allergen guide before ordering, especially if you have a food allergy.

Product	Allergens	MSG
Selected Items		
Bulk Salt (Fries)	None	None
Onion Rings	S, W, G	None
Ched R Bites	M, E, S, W, G	None
Mozzarella Cheese Sticks	M, S, W, G	None
Pickle-O's	M, S, W, G	None
Fried Onion Tangles	M, W, G, S	None
French Toast Sticks	M, S, W, G	None
Cinnasnacks	M, E, S, W, G	None
Fish	F, S, M, W, G	None
Crab	F, M, E, SH, S, W, G	None
Country Fried Steak	M, S, W, G	None
Cheese		
Sliced American Cheese	M, S	None
Sliced Asiago Cheese	M	None
Shredded Cheddar Cheese	M	None
Shredded White American Cheese	M	None
Sliced Cheddar Cheese	M, S	None
Sliced Swiss Cheese	M, S	None
Sliced Pepperjack Cheese	M, S	None
Sliced Monterey Jack Cheese	M, S	None
Sliced Medium Cheddar	M	None
Cheddar Cheese Sauce	M, S	None
Other		
Chili	S, W, G	None
Fritos Corn Chips	None	None
Pepper Gravy	M, W, G, (E, S)	None

Product	Allergens	MSG
Apple Slices	None	None
Sonic Mint	None	None
Sandwich Toppings		
Lettuce	None	None
Tomato	None	None

Allergen Legend

M = Milk	E = Egg	S = Soy	W = Wheat	G = Gluten	F = Fish	SH = Shellfish
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