PEACH & EMBER SOUTHERN KITCHEN & BAR

Dietary & Allergen Guide

Knowledge Base Document 03 of 8 | www.peachandember.example | November 10, 2026

Dietary & Allergen Guide

IMPORTANT: Peach & Ember is not an allergen-free kitchen. Shared prep areas, grills, smokers, and fryers mean cross-contact is possible. This guide lists allergens in ingredients as of the date printed. For severe allergies, speak with a manager before ordering. Never tell a caller that an item is completely safe or allergen-free.

Allergy policy

- Peach & Ember is not an allergen-free kitchen. We handle wheat, milk, eggs, tree nuts (pecans), peanuts, soy, fish, shellfish, and sesame daily, and our kitchens use shared prep areas, shared grills and smokers, and shared fryers, so cross-contact is possible.
- We do not cook with peanut oil. Our fryer oil is canola. Boiled peanuts and peanut products are on site (Boiled Peanut Hummus).
- We do not have a dedicated gluten-free kitchen or fryer. We offer a gluten-free bun for $2 and many menu items are prepared without gluten ingredients (marked GF).
- Please tell your server about any allergy before ordering. A manager or chef will review your order and can often modify dishes.
- For severe allergies, we recommend calling the restaurant before your visit and speaking directly with a manager. We cannot guarantee that any item is completely free of an allergen.
- Our printed Allergen Guide lists the allergens in every menu item and is available on the website and on request at any location.
- Halal and kosher: we are not a halal or kosher certified restaurant and our menu is pork-forward. Seafood and vegetable dishes are available.

Allergen codes

Code	Allergen
G	Gluten (wheat)
D	Dairy (milk)
E	Egg
N	Tree nuts (pecans)
P	Peanuts

Code	Allergen
S	Shellfish
F	Fish
SY	Soy
SE	Sesame

Allergens by menu item

Starters & Shareables

Item	Dietary	Contains allergens
Smoked Pimento Cheese	Vegetarian	Dairy (milk), Gluten (wheat), Egg
Fried Green Tomatoes	Vegetarian	Gluten (wheat), Dairy (milk), Egg
Ember Wings (6 / 12)	Gluten-free as prepared	Dairy (milk), Egg
Crispy Pork Belly Bites	Gluten-free as prepared, Dairy-free	None listed
Shrimp & Grits Fritters	-	Shellfish, Dairy (milk), Gluten (wheat), Egg
Deviled Egg Trio	Gluten-free as prepared	Egg, Fish
Boiled Peanut Hummus	Vegan	Peanuts, Gluten (wheat), Sesame
Hushpuppy Basket	Vegetarian	Gluten (wheat), Dairy (milk), Egg

Soups & Salads

Item	Dietary	Contains allergens
Peach & Burrata Salad	Vegetarian, Gluten-free as prepared	Dairy (milk), Tree nuts (pecans)
Southern Wedge	Gluten-free as prepared	Dairy (milk), Egg
Smoked Chicken Cobb	Gluten-free as prepared	Egg, Dairy (milk)
Collard & Kale Caesar	-	Dairy (milk), Egg, Fish, Gluten (wheat)
Brunswick Stew (cup / bowl)	Gluten-free as prepared, Dairy-free	None listed

Wood-Fired & Smoked Entrees

Item	Dietary	Contains allergens
Hickory-Smoked Brisket Plate	-	Gluten (wheat), Dairy (milk), Egg
Pecan-Smoked Baby Back Ribs (half rack / full rack)	-	Soy
Cast-Iron Fried Chicken (half bird)	-	Gluten (wheat), Dairy (milk), Egg
Georgia Shrimp & Grits	Gluten-free as prepared	Shellfish, Dairy (milk)

Item	Dietary	Contains allergens
Cedar-Plank Salmon	Gluten-free as prepared, Dairy-free	Fish
Blackened Catfish	Gluten-free as prepared	Fish, Egg
Wood-Fired 12 oz Ribeye	Gluten-free as prepared	Dairy (milk)
Smoked Double-Cut Pork Chop	Gluten-free as prepared, Dairy-free	None listed
Southern Veggie Plate	Vegetarian	None listed
Mushroom & Collard Pot Pie	Vegetarian	Gluten (wheat), Dairy (milk), Egg

Sandwiches & Burgers

Item	Dietary	Contains allergens
The Ember Burger	-	Gluten (wheat), Dairy (milk), Egg, Soy, Sesame
Peach Hot Chicken Sandwich	-	Gluten (wheat), Dairy (milk), Egg, Soy, Sesame
Pulled Pork Sandwich	-	Gluten (wheat), Dairy (milk), Egg, Soy, Sesame
Brisket Melt	-	Gluten (wheat), Dairy (milk)
Smoked Jackfruit Sandwich	Vegan	Gluten (wheat), Soy

Sides

Item	Dietary	Contains allergens
Smoked Mac & Cheese	Vegetarian	Gluten (wheat), Dairy (milk), Egg
Collard Greens (smoked turkey)	Gluten-free as prepared, Dairy-free	None listed
Vegan Collards (smoked mushroom)	Vegan, Gluten-free as prepared	None listed
Stone-Ground Grits	Vegetarian, Gluten-free as prepared	Dairy (milk)
Candied Yams	Vegetarian	Dairy (milk), Tree nuts (pecans), Gluten (wheat)
Black-Eyed Pea Salad	Vegan, Gluten-free as prepared	None listed
Skillet Cornbread	Vegetarian	Gluten (wheat), Dairy (milk), Egg
Hand-Cut Fries	Vegan, Gluten-free as prepared	None listed
Charred Okra	Vegan, Gluten-free as prepared	None listed
Whipped Potatoes	Vegetarian, Gluten-free as prepared	Dairy (milk)
Creamy Slaw	Vegetarian, Gluten-free as prepared	Egg

Desserts

Item	Dietary	Contains allergens
Georgia Peach Cobbler	Vegetarian	Gluten (wheat), Dairy (milk), Egg
Banana Pudding	Vegetarian	Gluten (wheat), Dairy (milk), Egg
Bourbon Pecan Pie	Vegetarian	Gluten (wheat), Dairy (milk), Egg, Tree nuts (pecans)
Sweet Potato Cheesecake	Vegetarian	Gluten (wheat), Dairy (milk), Egg
Flourless Chocolate Torte	Vegetarian, Gluten-free as prepared	Dairy (milk), Egg
Seasonal Sorbet	Vegan, Gluten-free as prepared	None listed

Brunch (Saturday & Sunday, 10 AM-3 PM)

Item	Dietary	Contains allergens
Chicken & Waffles	-	Gluten (wheat), Dairy (milk), Egg
Southern Benedict	-	Gluten (wheat), Dairy (milk), Egg
Peach Pancake Stack	Vegetarian	Gluten (wheat), Dairy (milk), Egg
Biscuits & Sausage Gravy	-	Gluten (wheat), Dairy (milk)
Brisket Hash	Gluten-free as prepared	Egg
Shrimp & Grits (brunch size)	Gluten-free as prepared	Shellfish, Dairy (milk)
Garden Veggie Scramble	Vegetarian, Gluten-free as prepared	Egg, Dairy (milk)

Kids Menu (12 and under)

Item	Dietary	Contains allergens
Chicken Tenders & Fries	-	Gluten (wheat), Egg
Mini Mac & Cheese	Vegetarian	Gluten (wheat), Dairy (milk), Egg
Grilled Cheese & Fries	Vegetarian	Gluten (wheat), Dairy (milk)
Kids Burger	-	Gluten (wheat), Dairy (milk), Egg, Soy, Sesame
Kids Pancake (brunch)	-	Gluten (wheat), Dairy (milk), Egg

Reverse index: which items contain each allergen

Items that contain gluten (wheat): Smoked Pimento Cheese; Fried Green Tomatoes; Shrimp & Grits Fritters; Boiled Peanut Hummus; Hushpuppy Basket; Collard & Kale Caesar; Hickory-Smoked Brisket Plate; Cast-Iron Fried Chicken (half bird); Mushroom & Collard Pot Pie; The Ember Burger; Peach Hot Chicken Sandwich; Pulled Pork Sandwich; Brisket Melt; Smoked Jackfruit Sandwich; Smoked Mac & Cheese; Candied Yams; Skillet Cornbread; Georgia Peach Cobbler; Banana Pudding; Bourbon Pecan Pie; Sweet Potato Cheesecake; Chicken & Waffles; Southern Benedict; Peach

Pancake Stack; Biscuits & Sausage Gravy; Chicken Tenders & Fries; Mini Mac & Cheese; Grilled Cheese & Fries; Kids Burger; Kids Pancake (brunch).

Items that contain dairy (milk): Smoked Pimento Cheese; Fried Green Tomatoes; Ember Wings (6 / 12); Shrimp & Grits Fritters; Hushpuppy Basket; Peach & Burrata Salad; Southern Wedge; Smoked Chicken Cobb; Collard & Kale Caesar; Hickory-Smoked Brisket Plate; Cast-Iron Fried Chicken (half bird); Georgia Shrimp & Grits; Wood-Fired 12 oz Ribeye; Mushroom & Collard Pot Pie; The Ember Burger; Peach Hot Chicken Sandwich; Pulled Pork Sandwich; Brisket Melt; Smoked Mac & Cheese; Stone-Ground Grits; Candied Yams; Skillet Cornbread; Whipped Potatoes; Georgia Peach Cobbler; Banana Pudding; Bourbon Pecan Pie; Sweet Potato Cheesecake; Flourless Chocolate Torte; Chicken & Waffles; Southern Benedict; Peach Pancake Stack; Biscuits & Sausage Gravy; Shrimp & Grits (brunch size); Garden Veggie Scramble; Mini Mac & Cheese; Grilled Cheese & Fries; Kids Burger; Kids Pancake (brunch).

Items that contain egg: Smoked Pimento Cheese; Fried Green Tomatoes; Ember Wings (6 / 12); Shrimp & Grits Fritters; Deviled Egg Trio; Hushpuppy Basket; Southern Wedge; Smoked Chicken Cobb; Collard & Kale Caesar; Hickory-Smoked Brisket Plate; Cast-Iron Fried Chicken (half bird); Blackened Catfish; Mushroom & Collard Pot Pie; The Ember Burger; Peach Hot Chicken Sandwich; Pulled Pork Sandwich; Smoked Mac & Cheese; Skillet Cornbread; Creamy Slaw; Georgia Peach Cobbler; Banana Pudding; Bourbon Pecan Pie; Sweet Potato Cheesecake; Flourless Chocolate Torte; Chicken & Waffles; Southern Benedict; Peach Pancake Stack; Brisket Hash; Garden Veggie Scramble; Chicken Tenders & Fries; Mini Mac & Cheese; Kids Burger; Kids Pancake (brunch).

Items that contain tree nuts (pecans): Peach & Burrata Salad; Candied Yams; Bourbon Pecan Pie.

Items that contain peanuts: Boiled Peanut Hummus.

Items that contain shellfish: Shrimp & Grits Fritters; Georgia Shrimp & Grits; Shrimp & Grits (brunch size).

Items that contain fish: Deviled Egg Trio; Collard & Kale Caesar; Cedar-Plank Salmon; Blackened Catfish.

Items that contain soy: Pecan-Smoked Baby Back Ribs (half rack / full rack); The Ember Burger; Peach Hot Chicken Sandwich; Pulled Pork Sandwich; Smoked Jackfruit Sandwich; Kids Burger.

Items that contain sesame: Boiled Peanut Hummus; The Ember Burger; Peach Hot Chicken Sandwich; Pulled Pork Sandwich; Kids Burger.

Dietary lists

Vegetarian (includes vegan) menu items: Smoked Pimento Cheese; Fried Green Tomatoes; Boiled Peanut Hummus; Hushpuppy Basket; Peach & Burrata Salad; Southern Veggie Plate; Mushroom & Collard Pot Pie; Smoked Jackfruit Sandwich; Smoked Mac & Cheese; Vegan Collards (smoked mushroom); Stone-Ground Grits; Candied Yams; Black-Eyed Pea Salad; Skillet Cornbread; Hand-Cut Fries; Charred Okra; Whipped Potatoes; Creamy Slaw; Georgia Peach Cobbler; Banana Pudding; Bourbon Pecan Pie; Sweet Potato Cheesecake; Flourless Chocolate Torte; Seasonal Sorbet; Peach Pancake Stack; Garden Veggie Scramble; Mini Mac & Cheese; Grilled Cheese & Fries.

Vegan menu items: Boiled Peanut Hummus; Smoked Jackfruit Sandwich; Vegan Collards (smoked mushroom); Black-Eyed Pea Salad; Hand-Cut Fries; Charred Okra; Seasonal Sorbet.

Prepared without gluten ingredients (GF) menu items: Ember Wings (6 / 12); Crispy Pork Belly Bites; Deviled Egg Trio; Peach & Burrata Salad; Southern Wedge; Smoked Chicken Cobb; Brunswick Stew (cup / bowl); Georgia Shrimp & Grits; Cedar-Plank Salmon; Blackened Catfish; Wood-Fired 12 oz Ribeye; Smoked Double-Cut Pork Chop; Collard Greens (smoked turkey); Vegan Collards (smoked mushroom); Stone-Ground Grits; Black-Eyed Pea Salad; Hand-Cut Fries; Charred Okra; Whipped Potatoes; Creamy Slaw; Flourless Chocolate Torte; Seasonal Sorbet; Brisket Hash; Shrimp & Grits (brunch size); Garden Veggie Scramble.

Dairy-free menu items: Crispy Pork Belly Bites; Brunswick Stew (cup / bowl); Cedar-Plank Salmon; Smoked Double-Cut Pork Chop; Collard Greens (smoked turkey).

Other dietary notes

- Gluten-free bun: $2. No dedicated gluten-free kitchen or fryer.
- Fryer oil is canola. No peanut oil is used. Peanuts are present in the kitchen (Boiled Peanut Hummus).
- Tree nuts (pecans) appear in Peach & Burrata Salad, Candied Yams, and Bourbon Pecan Pie.
- Collard Greens are made with smoked turkey; ask for Vegan Collards instead.
- Caesar dressing contains anchovy (fish).
- Not halal or kosher certified. Menu is pork-forward; seafood and vegetarian dishes are available.
- Nutrition facts (calories etc.) are not published.
- Catering is prepared in shared kitchens; note allergies on the order.

Peach & Ember Southern Kitchen & Bar is a fictional business created to demonstrate an AI receptionist. Addresses are illustrative; phone numbers (555-01XX) and email addresses (.example) are not real. Information current as of November 10, 2026. Prices, hours, and policies are subject to change.