

Rib City uses a pre-manufactured sauce base from Ken's Foods. I have listed a quote below from Ken's Foods outlining their response to my gluten question about the modified food starch listed on their label.

*"As a food manufacturer, Ken's Foods, Inc. uses gluten in numerous products, but we do follow all FDA guidelines for food manufacturers.*

*Due to the configuring of our process, we cannot guarantee that our products are gluten free. Our product lines are cleaned between allergenic and non-allergenic ingredients to prevent any type of cross-contamination.*

*Per your request, I have reviewed the product KE850 Ken's Western Barbecue Sauce and determined it does not contain gluten. The modified food starch is derived from Tapioca." - Denise Rivera, Ken's Foods, Inc.*

All but the Carolina Mustard sauce are derived from this base sauce. The Carolina Mustard Sauce does not list modified food starch under the ingredients list. Ken's Foods makes this sauce for use from one of their proprietary recipes.

The Sweet, Tangy and Hot sauces have the following ingredients added at the restaurant level - brown sugar, Tabasco hot sauce, Louisiana hot sauce, Cayenne Pepper, prepared Yellow Mustard and Apple Cider Vinegar.

The Sweet BBQ Sauce is used to baste the following meats - Baby Back Ribs, St. Louis Ribs, Smoked Chicken and Riblets. We do not baste our Smoked Pork, Beef or Turkey. Rib City also carries a Black Angus Steak Burger and a boneless Grilled Chicken Breast (which you can ask to NOT be basted with sauce as it is grilled if you prefer).

Rib City makes all of our dressings from scratch within each restaurant (except the Fat Free Italian) with ingredients such as Mayonnaise, Mustard, Buttermilk, Honey, Catsup, Bleu Cheese, etc. Our side dishes include Baked Potatoes, French Fries, Baked Beans (which include our sweet bbq sauce), Cole Slaw, Applesauce, Sliced Tomatoes and Corn on the Cob (which we dip in melted butter prior to serving). As our distributors vary from state to state Rib City cannot tell you what the specific ingredients are in some of the ready made items that we use in our recipes, but the individual restaurant General Manager should be able to obtain an ingredients list from the products' label if some of these items are high risk.

Rib City does not use MSG in any of our food products.