

Kosher Guide to Major Fast Food Chains

Applicable across the Americas and most global locations

This unified guide covers the world's most popular fast food chains, providing halachic guidance on what can be safely ordered, what to ask about, and what to avoid. Chains are grouped by similarity, with unique notes per category. General halachic principles follow at the end.



Burger Chains: McDonald's, Burger King, KFC, etc...

These chains focus on burgers, fried chicken, and breakfast items.

What You Can Eat:

- Ice cream, sundaes, shakes, and desserts
- Cookies, cakes, pastries (e.g., apple pie)
- Bread items (ask if vegetarian if unfamiliar)
- French fries (ask if cooked in separate oil from meat)
- Vegetarian or egg-based breakfast sandwiches (ask about separate prep)

Unique Notes:

- KFC may have fewer vegetarian options than McDonald's/Burger King
- Be cautious of "seasoned fries" or "chicken-flavored" side items



Coffee & Donut Chains: Starbucks, Tim Hortons, Dunkin' Donuts (and similar)


These chains serve coffee, tea, bakery goods, and sandwiches.

What You Can Eat:

- All coffee and espresso-based drinks and any other drinks
- Plain pastries, cookies, and baked goods
- Bagels, croissants, muffins (ask if vegetarian when unfamiliar)
- Vegetarian breakfast sandwiches (ask if prepped separately)

Unique Notes:

- Dunkin' and Tim Hortons often offer egg/cheese bagels or veggie sandwiches

 Pizza Chains: Domino's, Pizza Hut (and similar)

These focus on pizza, breadsticks, wings, and desserts.

What You Can Eat:

- Plain cheese pizza
- Veggie pizza with mushrooms, onions, peppers, olives, etc.
- Garlic bread, cheesy bread, breadsticks (ask if vegetarian)
- Chocolate lava cakes, cinnamon sticks, cookies, brownies

Unique Notes:

- Pizza is baked in shared ovens, but that does not render it non-kosher
- Most dessert items are dairy and fine

Sandwich Chains: Subway (and similar shops like Jersey Mike's)

These chains allow for highly customized orders.

What You Can Eat:

- Usually the breads are kosher; ask if vegetarian if unsure
- Veggie sandwich with lettuce, tomato, avocado, cucumbers, etc.
- Veggie patties or egg-based options (ask if fried separately)
- Salads with custom toppings

Unique Notes:

- Some locations offer vegetable cutlets or hash browns that can be added
- Most locations are familiar with vegetarian requests

General Halachic Guidelines

For all chains follow these same halachic principles:

- **Bishul Akum:** Not a concern in commercial restaurants. Most items are exempt (e.g., can be eaten raw or are not royal-table food). Even where applicable, the combination of leniencies (restaurant setting, batel, etc.) and/or Safek make the food permitted.
- **Pas Akum / Pas Palter:** Not a concern in these settings. Covered in the laws of Pas Palter. Commercial breads are permitted.
- **Noten Taam Lifgam:** If a non-kosher ingredient ruins the taste, it is halachically nullified. Applies to things like meat flavor in sweets or desserts.
- **Bitul B'shishim / 1-in-60:** Many potential concerns (treif residue) are batel if diluted, which they normally are in fast food. FYI Wine is batel in 1/6, not 60.

- **Toleh b'Nemanim:** You may ask the staff whether something is vegetarian. In global franchises, they are usually reliable and trained to answer accurately.
- **Mar'it Ayin:** Not a concern. Everyone understands you are likely eating vegetarian food. You are not assumed to be violating kashrut.

Drinks and Beverages

- All coffee and soft drinks are fine
- Tea and iced beverages are fine
- Juices are fine
- Wine may not be kosher

Enjoy!