

# COMMON ALLERGENS AND VEGETARIAN STATUS

## FLAMES ON GRILL

✓  
Trace

= The food item does contain the allergen listed / is Vegetarian  
= Product is made in a plant or using equipment that also processes the 'trace' ingredient.

ALLERGEN	EGG	DAIRY/MILK	PEANUT	TREE NUTS*	SESAME	SOY	WHEAT & CEREAL	GLUTEN	FISH & SHELLFISH	VEGETARIAN	LUPINS	SULPHITES
<b>BUNS</b>												
Burger Bun		Trace			✓	✓	✓	✓		✓		
Gluten Free Buns										✓		
<b>PROTEINS</b>												
Angus Ground Beef												
Naked Chicken Tenderloins												
Crispy Chicken Tenders		✓				✓	✓	✓				
Chicken Nuggets					Trace	✓	✓	✓				
Halloumi		✓									✓	
Vegetable Patty							✓	✓			✓	
Plant Based Patty						✓					✓	
<b>EXTRAS</b>												
Avocado										✓		
Bacon												
Camembert		✓									✓	
Caramelized Onions											✓	✓
Cheddar Cheese		✓										
Dill Pickle											✓	
Free Farmed Egg	✓										✓	
Halloumi		✓									✓	
Jalapeno											✓	
Onion Rings		✓			✓		✓	✓			✓	
Pineapple											✓	
Parmesan Cheese		✓										

\*Tree Nuts include almond, cashew, pistachio, pine-nut, brazil nut, hazelnut, peanuts etc.

ALLERGEN	EGG	DAIRY/MILK	PEANUT	TREE NUTS*	SESAME	SOY	WHEAT & CEREAL	GLUTEN	FISH & SHELLFISH	VEGETARIAN	LUPIN	SULPHITES
<b>SAUCES</b>												
BBQ Sauce			Trace							✓		
Beetroot										✓		
Blue Cheese Mayo	✓	✓				✓				✓		
Coriander Lime Mayo	✓					✓				✓		
Cranberry Sauce										✓		
Garlic Mayo	✓					✓				✓		
Spicy Satay			✓							✓		
Mayo	✓					✓				✓		
Mustard			Trace							✓		
Tomato Relish										✓		✓
Tomato Ketchup										✓		
Sriracha Sauce										✓		✓
Vegan Mayo										✓		
<b>SALAD</b>												
Lettuce										✓		
Tomato										✓		
Onion										✓		
<b>SIDES</b>												
Potato Fries								Trace		✓		
Sweet Potato Wedges								Trace		✓		
Chicken Nuggets		May Contain										
Crispy Chicken Tenders		✓				✓	✓	✓		✓		
Curly Fries		Trace				✓	✓	Trace		✓		
Onion Rings		✓			✓	✓	✓	✓		✓		
Potato Roastie Patty							✓	✓		✓		
<b>DRINKS</b>												
Flavoured Shakes		✓								✓		
Smoothies		✓								✓		✓
Real Shakes (excl Chocolate)		✓								✓		
Chocolate Real Shake		✓								✓		✓
Bottled Drinks										✓		

Flames on Grill Allergy Statement

The nutritional table above is based on using the Authorised Suppliers, if you have any concerns please contact your local store.