

We cannot guarantee that our food is entirely free of nuts, peanuts or derivatives, or any of the major allergens.

*: See Shared Fryer Allergens. Gluten Free fryer available on request

Shared	Menu Item	Celery	Cereals (containing gluten)*	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seed	Soya	Sulphur Dioxide	Shared Fryer*
	Shared Fryer Allergens	Includes	Includes		Includes			Includes		Includes	Includes	Includes			Includes	-
Breakfast Buns	Bacon Bun		Brioche Bun		Brioche Bun			Brioche Bun & Butter			May not be entirely free	May not be entirely free				
	Sausage Bun	Chipolata	Brioche Bun		Brioche Bun			Brioche Bun & Butter			May not be entirely free	May not be entirely free			Chipolata	Chipolata
	Breakfast Blue Bun	Tennessee	Brioche Bun		Brioche Bun			Brioche Bun & Butter, Blue Cheese		Tennessee	May not be entirely free	May not be entirely free				
	Pulled Pork & Bacon Bun		Brioche Bun		Brioche Bun			Brioche Bun & Butter			May not be entirely free	May not be entirely free				
	Ultimate Breakfast Bun	Chipolata	Brioche, Hash Brown		Brioche Bun			Brioche Bun & Butter			May not be entirely free	May not be entirely free			Chipolata	Chipolata, Hash Brown
	Breakfast Wrap	Tennessee, Steak Sauce	Baked Eggs, Tortilla Wrap, Steak Sauce		Baked Eggs			Baked Eggs, Mature Cheddar		Tennessee, Steak Sauce	May not be entirely free	May not be entirely free				
Cereal & Sides	Lucky Charms		Cereal					Milk			May not be entirely free	May not be entirely free				
	Froot Loops		Cereal					Milk			May not be entirely free	May not be entirely free		Cereal		
	Peanut Crunch		Cereal					Milk			Peanut	Peanut		Cereal		
	Reese's Puffs		Cereal					Milk			Peanut	Peanut				
	Jammy Fried Croissant		Croissant		Criossant			Croissant			May contain	May contain	May contain	May contain		Croissant
	Maple Granola Bowl		Granola					Yogurt			Contains	May also contain				
	Chocolate Brownie		Brownie		Brownie			Brownie			May Contain	May Contain				
	Peanut Butter Brownie		Brownie		Brownie			Brownie			Peanuts	Peanuts				
	White Chocolate & Raspberry Blondie		Blondie		Blondie			Blondie			May Contain	May Contain				
	Fresh Watermelon										May not be entirely free	May not be entirely free				

Bluegrass BBQ Breakfast Allergen Advice Table

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Pancakes	Simple Stack		Pancake Mix		Pancake Mix			Pancake Mix			May not be entirely free	May not be entirely free				
	Blueberry Stack		Pancake Mix		Pancake Mix			Pancake Mix			May not be entirely free	May not be entirely free				
	Apple & Cinnamon Stack		Pancake Mix		Pancake Mix			Pancake Mix			Pecan	May not be entirely free			Apple Sauce	
	Maple Peanut Stack		Pancake Mix, Ice Cream		Pancake Mix, Ice Cream			Pancakes, Choc Chip & Ice Cream			Maple Peanut Sauce	Maple Peanut Sauce		Chocolate Chips, Ice Cream		
	PB & J Stack		Pancake Mix		Pancake Mix			Pancake Mix			Peanut	Peanut				
	Chocolate Chip Stack		Pancake Mix, Ice Cream		Pancake Mix, Ice Cream			Pancakes, Choc Chip & Ice Cream			May Contain	May Contain		Chocolate Chips, Ice Cream		
	S'Mores Stack		Pancake Mix, Ice Cream		Pancake Mix, Ice Cream			Pancakes, Choc Chip & Ice Cream			May Contain	May Contain		Chocolate Chips, Ice Cream		
	Baconana Stack		Pancake Mix		Pancake Mix			Pancake Mix			Pecan	May not be entirely free				
	Low + Joe Stack		Pancake Mix, Ice Cream		Pancake Mix, Ice Cream			Pancakes, Ice Cream			May Contain	May Contain		Ice Cream		
	Start Me Up Stack		Pancake Mix		Pancake Mix			Pancake Mix, Yogurt			Pecan	May not be entirely free				
	Pork, Bacon & Apple Stack		Pancake Mix		Pancake Mix			Pancake Mix			May not be entirely free	May not be entirely free			Apple Sauce	
	Bacon, Sausage & Cheese Stack	Chipolata	Pancake Mix		Pancake Mix			Pancake Mix & Cheese			May not be entirely free	May not be entirely free			Chipolata	Chipolata
	Pork Pancake Stack	Chipolata	Pancake Mix		Pancake Mix			Pancake Mix			May not be entirely free	May not be entirely free			Chipolata	Chipolata
Breakfast Plates	Baked Eggs & Soldiers		Bread, Baked Eggs		Baked Eggs			Cream, Butter & Baked Eggs			May not be entirely free	May not be entirely free				
	BBQ Beans on Texas Toast	BBQ Beans	Bread					Butter		BBQ Beans	May not be entirely free	May not be entirely free				
	Smokehouse Plate	BBQ Beans, Chipolata	Bread, Hash Brown, Baked Eggs		Baked Eggs			Butter & Baked Eggs		BBQ Beans	May not be entirely free	May not be entirely free			Chipolata	Chipolata, Hash Brown
	Veggie Plate	BBQ Beans (v)	Bread, Hash Browns, Baked Eggs		Baked Eggs			Butter & Baked Eggs		BBQ Beans (v)	May not be entirely free	May not be entirely free				Hash Brown
	Gluten Free Plate	BBQ Beans (v), Chipolata			Baked Eggs			Baked Eggs		BBQ Beans (v)	May not be entirely free	May not be entirely free			Chipolata	Chipolata, Fries
	Ultimate Plate	BBQ Beans, Chipolata	Bread, Hash Browns, Pancakes, Baked Eggs		Baked Eggs & Pancake Mix			Butter, Baked Eggs & Pancake Mix		BBQ Beans	May not be entirely free	May not be entirely free			Chipolata	Chipolata, Hash Brown
	Steak & Eggs		Hash Brown, Baked Eggs		Baked Eggs			Baked Eggs, Mature Cheddar			May not be entirely free	May not be entirely free				Hash Brown
	Filter Coffee										May Contain	May Contain				
	Espresso Coffee										May Contain	May Contain				

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	Decaf Coffee										May Contain	May Contain				
	Vanilla Ice Cream		May contain		May contain			Milk			May Contain	May Contain		May contain		

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Sauces	Kansas	Celery seeds	Contains			Worchestershir e sauce				American mustard	May not be entirely free	May not be entirely free			Vinegar	
	Carolina		Soy Sauce							American mustard	May not be entirely free	May not be entirely free		Soy Sauce	Vinegar	
	Tennessee	Celery								Mustard	May not be entirely free	May not be entirely free				
	Louisiana									Mustard	May not be entirely free	May not be entirely free			Vinegar	
	Buffalo		Malt Vinegar			Worchestershir e sauce		Butter		Mustard	May not be entirely free	May not be entirely free			Vinegar	
	Bourbon BBQ		Contains								May not be entirely free	May not be entirely free		Contains	Contains	
	Steak Sauce	Contains	Contains							Contains	May not be entirely free	May not be entirely free				
	Tomato Ketchup										May not be entirely free	May not be entirely free				
	Mayonnaise				Eggs					Mustard	May not be entirely free	May not be entirely free				
	Blue Cheese Dip				Mayonnaise			Soured Cream, Blue Cheese		Mayonnaise	May not be entirely free	May not be entirely free				
	Chipotle Mayo				Mayonnaise					Mayonnaise	May not be entirely free	May not be entirely free		Chipotles in Abodo		
	Horseradish Mayp				Mayonnaise, Horseradish			Horseradish		Mayonnaise	May not be entirely free	May not be entirely free				
	Dirty Mayo				Mayonnaise					Mayonnaise, Mustard	May not be entirely free	May not be entirely free				
	Maple Mayo				Mayonnaise					Mayonnaise	May not be entirely free	May not be entirely free				
	Alabama Mayo				Eggs					Mustard	May not be entirely free	May not be entirely free			Vinegar	

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Children's Breakfast	Texas Toast & Topping		Texas Toast					Butter			Peanut Butter & may contain	Peanut Butter & may contain				
	Kids BBQ Beans N Sausages	BBQ Beans, Chipolata	Texas Toast, BBQ Beans			BBQ Beans (Worcestershire)		Butter		BBQ Beans	May not be entirely free	May not be entirely free		BBQ Beans	Chipolata	Chipolata
	Kids Banana Stack		Pancake, Ice Cream		Pancake, Ice Cream			Pancake, Ice Cream			May Contain	May Contain		Ice Cream		
	Kids Short Stack (Breakfast)	Chipolata	Pancake		Pancake			Pancake			May not be entirely free	May not be entirely free			Chipolata	Chipolata