

BREAD MEATS BREAD®

ALLERGEN GUIDE

JULY 2025

BEEF BURGERS	GLUTEN	MILK & DAIRY	EGGS	NUTS	PEANUTS	SESAME	FISH	SOY BEANS	CELERY	MUSTARD	CRUSTACEANS	LUPIN	SULPHITES	MOLASES	VEGGIE	HALAL	VEGAN	
CLASSIC BURGER	Y*	Y	Y*			MC		MC	Y*	Y*					X	X	X	
CHEESE BURGER	Y*	Y	Y*			MC		MC	Y*	Y*			Y*		X	X	X	
BACON CHEESEBURGER	Y*	Y	Y*			MC		MC	Y*	Y*			Y*		X	X	X	
BLACK N BLUE BURGER	Y*	Y	Y*			MC		MC		Y*			Y*		X	X	X	
ROYALE WITH CHEESE	Y*	Y	Y*			Y*		MC	Y*	Y*			Y*		X	X	X	
SMASH GORDON	Y*	Y	Y*			MC		MC	Y*	Y*					X	X	X	
THE POSH BMB	Y*	Y	Y*	MC		Y*		MC					Y		X	X	X	
LUTHER BURGER	Y	Y	Y*	MC		MC		Y*		Y*					X	X	X	
WOLF BURGER	Y*	Y	Y*			MC		Y*	Y*	Y*				Y	X	X	X	
AYIA NAPA BURGER	Y*	Y	Y*			MC		Y*	Y*	Y*			Y*	Y	X	X	X	
SUNSHINE ON BEEF	Y*	Y	Y*			MC		Y*	Y*	Y				Y	X	X	X	
MARKY MARK	Y*	Y	Y*			MC		Y*	Y*	Y				Y	X	X	X	
PHILLY CHEESEBURGER	Y*	Y	Y*			MC		MC	Y*	Y*			Y*		X	X	X	
SMOKY BBQ PASTRAMI BURGER	Y*	Y	Y*			Y*		Y*		Y*				Y	X	X	X	
LIL KIM/WHAM BURGER	Y*	Y	Y*			Y*		Y*		Y*					X	X	X	
BRUNCH BURGER	Y*	Y	Y			Y*		Y*		Y*					X	X	X	
PASTRAMI BRUNCH BURGER	Y*	Y	Y			Y*		Y*		Y*					X	X	X	

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****WE CAN NEVER GUARANTEE DAIRY-FREE MEAT DISHES DUE TO POSSIBILITY OF CROSS CONTAMINATION****

Y - ALLERGEN PRESENT

Y* - ALLERGEN PRESENT BUT A SUITABLE REPLACEMENT IS AVAILABLE

BLANC SPACE OR N - ALLERGEN NOT PRESENT OR N/A

✓ - SUITABLE FOR HALAL, VEGAN OR VEGETARIAN

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CHICKEN DISHES	GLUTEN	MILK & DAIRY	EGGS	NUTS	PEANUTS	SESAME	FISH	SOY BEANS	CELERY	MUSTARD	CRUSTACEANS	LUPIN	SULPHITES	MOLASES	VEGGIE	HALAL	VEGAN	
CLASSIC FRIED CHICKEN CHEESE	Y*	Y	Y*			Y*		MC		Y*			Y*		X	√	X	
FRIED CHICKEN CHEESE	Y*	Y	Y*			Y*		MC		Y*			Y*		X	√	X	
FRIED CHICKEN CAESAR (WITH BACON)	Y*	Y	Y			Y*	Y	MC		Y*			Y*		X	X*	X	
ANGRY BIRD	Y*	Y	Y*			Y*		MC		Y*			Y*		X	√	X	
CHALLOUMI	Y*	Y	Y*			Y*		MC		Y*			Y*	Y	X	X*	X	
TRUFFLE SHUFFLE	Y*	Y	Y*			Y*				Y*			Y*		X	√	X	
CHICKEN LUTHER BURGER	Y	Y	Y*	MC		MC		Y*		Y*				Y	X	X*	X	
CHICKEN FAJITA SUB	Y*	Y	Y*			MC		MC							X	√	X	
CHICKEN CAESAR SUB	Y*	Y	Y			MC	Y	Y							X	√	X	
BBQ/BUFFALO SUB	Y*	Y	Y*			MC		MC		Y*			Y*	Y	X	√	X	
BLT SUB	Y*	Y	Y*			MC		MC		Y*			Y*	Y	X	X	X	

HOT DOGS

HOT DOG	Y*	Y	Y*			MC		MC		Y*			Y*		X	X	X	
NEW YORK DOG	Y*	Y	Y*			MC		MC	Y*	Y*					X	X	X	

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SANDWICHES & TOASTIES	GLUTEN	MILK & DAIRY	EGGS	NUTS	PEANUTS	SESAME	FISH	SOY BEANS	CELERY	MUSTARD	CRUSTACEANS	LUPIN	SULPHITES	MOLASES	VEGGIE	HALAL	VEGAN	
BBQ BRISKET TOASTIE	Y*	Y	Y*			MC		Y*	Y	Y				Y	X	X	X	
PULLED PORK MELT	Y*	Y	Y*			MC		Y*	Y					Y	X	X	X	
RBN PASTRAMI/PASTRAMI BUN	Y*	Y	Y*			MC		Y*	Y*	Y*				Y*	X	X	X	
CLASSIC GRILLED CHEESE	Y*	Y	Y*			MC		Y*		Y*				Y*	✓	✓	X	
PATTY MELT	Y*	Y	Y*			MC		Y*	Y*	Y*				Y*	X	X	X	
BUFFALO CHICKEN MELT	Y*	Y	Y*			MC		Y*		Y*					X	✓	X	
HAM TOASTIE	Y*	Y	Y*			Y*		Y*					Y*		X	X	X	

PLANT-BASED

PLANT BURGER	Y			MC		Y*		Y	Y*	Y*					✓	✓	✓	
CHEESY M&M	Y			MC		Y*		Y	Y*	Y*					✓	✓	✓	
BACON CHEESY M&M	Y			MC		Y*		Y	Y*	Y*					✓	✓	✓	
VEGAN PHILLY BURGER	Y			MC		Y*		Y	Y*	Y*					✓	✓	✓	
ANGRY VEGAN	Y			MC		Y*		Y	Y	Y*					✓	✓	✓	
ALBA TRUFFLE	Y			MC		Y*		Y	Y*	Y*					✓	✓	✓	

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GLUTEN FREE MENU (NGCI)

FULL GLUTEN-FREE MENU FEATURING NON GLUTEN-CONTAINING INGREDIENTS AVAILABLE SEPARATELY.

On the GF-NGCI menu we provide information to consumers on the absence or reduced presence of Gluten in food. The products featured are made without gluten, but there may be a risk of cross contamination.

POUTINE	GLUTEN	MILK & DAIRY	EGGS	NUTS	PEANUTS	SESAME	FISH	SOY BEANS	CELERY	MUSTARD	CRUSTACEANS	LUPIN	SULPHITES	MOLASES	VEGGIE	HALAL	VEGAN	
CLASSIC POUTINE/BIG or SMALL		Y*							Y	Y					X*	X*	X*	
RASPOUTINE		Y*							Y	Y					X	X*	X*	
BUFFALO CHICKEN POUTINE	Y*	Y	Y*					Y*	Y	Y					X	✓	X	
BIG DISCO FRIES								Y	Y						✓	✓	✓	
BACON DISCO FRIES	MC							Y	Y						✓	✓	✓	
PASTRAMI POUTINE		Y*	Y*						Y	Y					X	X	X	

SIDES

CHIPS															✓	✓	✓	
BACON CHIPS/BACON TOTS			Y*					Y*							X*	X*	X*	
GARLIC PARM FRIES		Y	Y												✓	✓	X	
CHEESY BACON FRIES/TOTS	Y*	Y						Y							X*	X*	X	
HALLOUMI FRIES	Y	Y	Y*			Y		MC							✓	✓	X	
SIDE SALAD/TOMATO SALAD										Y					✓	✓	✓	
TATER TOTS															✓	✓	✓	
BMB NACHOS	MC	Y						Y							✓	✓	X	
BBQ BITES	Y	Y	Y*					MC		Y				Y	X	✓	X	
BUFFALO BITES	Y	Y						MC		Y*					X	✓	X	
POTATO LOOPS	MC		MC												✓	✓	✓	
COLESLAW			Y					Y						Y	✓	✓	X	
CAESAR SALAD		Y	Y				Y								X	✓	X	

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DESSERTS	GLUTEN	MILK & DAIRY	EGGS	NUTS	PEANUTS	SESAME	FISH	SOY BEANS	CELERY	MUSTARD	CRUSTACEANS	LUPIN	SULPHITES	MOLASES	VEGGIE	HALAL	VEGAN
VANILLA ICE CREAM		Y													✓	✓	X*
RASPBERRY & WHITE CHOCOLATE CHEESECAKE	Y	Y	Y	MC				Y							✓	✓	X
STICKY TOFFEE PUDDING	Y	Y	Y	MC											✓	✓	X
CHOCOLATE TORTE	MC	Y	Y	MC	MC			Y							✓	✓	X
CARAMEL APPLE PIE	Y	Y	Y	MC	MC			Y							✓	✓	X

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SEVERE ALLERGIES

If you suffer from any severe form of the allergies mentioned on this guide please **inform a senior manager** on duty before placing your order, to ensure that the utmost care is taken in placing you order and following it through.

NOTES:

BUNS, ROLLS & BREADS

All of our featured breads, rolls and buns used for our burgers and sandwiches are made using flour that originates from factories that handles **SOYA**, therefore there may be a high risk of cross contamination.

SUBSTITUTE BUNS, ROLLS & BREADS

Our substitute buns, rolls and bread are **free of all 14 main allergens** as well as being made using fully non-Gluten-containing ingredients.

DAIRY ALLERGY

We can never guarantee that any of our grill dishes will be Dairy-free. This includes any meat dishes: burgers and sandwiches. The only menu section suitable for Dairy allergy is the **PLANT BASED** Section.

MULTIPLE ALLERGIES

We can never guarantee our menu offering suitability for multiple allergies. Even with the utmost care, there will be a high risk of cross contamination, and therefore we **are not able to cater for customers with most multiple allergies.**

PLANT BASED BURGERS

All of our featured plant based burgers and meat-substitute toppings are made in factories that handles **NUTS: tree-nuts and peanuts**, therefore there may be a risk of cross contamination.

HALAL ✓

All of our dishes above featured in the section as Suitable for a Halal diet always need an **advance notice during ordering time.** Please let your server know in advance, to ensure that there is no chance of cross contamination.