

# Hey Spud! Allergens

The below table should be used as a guide only. All our dishes are made in a kitchen that not only handles but tosses around various seasonings and ingredients that contain **celery and mustard**. Due to this preparation process, we do not recommend eating from our menu if you have an allergy or intolerance to these ingredients. We also handle cheese and other ingredients with the same gloves and therefore cannot guarantee that any of our dishes can be **dairy-free**.

Whilst none of our dishes contain nuts, we cannot guarantee that any ingredient is 100% nut-free.

We are proud to offer a menu that does not use any gluten-containing ingredients!

	MILK	GLUTEN	EGG	NUTS	SOYA	CELERY	MUSTARD	SULPHITES	SESAME	VEGGIE	VEGAN
Rapeseed Oil	None									☺	☺
Fries	None									☺	☺
<b>DISHES</b>											
The Hogfather	X		X			X	X	X			
The Gringo	X		X		X		X	X			
The American Dream	X					X	X				
The Jacksu					X	X		X	X	☺	☺
The Guru	X		X							☺	
Simple Spuds	See breakdown for individual toppings below									☺	
<b>SEASONINGS</b>											
Smoky BBQ						X	X			☺	☺
Fajita							X			☺	☺
Garlic	None									☺	☺
Salt & Pepper	None									☺	☺
Masala	None									☺	☺
<b>TOPPINGS</b>											
Pulled Pork						X	X				
Beef Chilli	X				X						
Cheese Sauce	X									☺	
Bacon											
Jackfruit Katsu					X	X				☺	☺
<b>SAUCES</b>											
BBQ Sauce						X	X			☺	☺
Sour Cream	X									☺	
Guacamole	X		X					X		☺	
Mango Chutney	None									☺	☺
Mint Yoghurt	X		X							☺	
Chipotle			X					X		☺	
Mayonnaise			X				X			☺	
Ketchup	None									☺	☺
<b>GARNISHES</b>											
Coleslaw			X				X			☺	
Chives	None									☺	☺
Pink Onions								X		☺	☺
Grated Cheese	X									☺	
Spring Onion	None									☺	☺
Chillies	None									☺	☺
Chives	None									☺	☺
Pickles							X			☺	☺
Sesame Seed									X	☺	☺
Red Onion	None									☺	☺
Crispy Onion	None									☺	☺
Coriander	None									☺	☺
Vegan Cheese	None									☺	☺
Vegan Chilli	None									☺	☺

☺ – suitable for  
X – contains