

# Hey Spud Allergens – Summer 25

REVIEWED 06/03/25

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**.

**We are proud to offer a menu that is 100% gluten free and coeliac safe! We do not handle any gluten in our kitchen.**

	MILK	GLUTEN	EGG	NUTS	SOYA	CELERY	MUSTARD	SULPHITES	SESAME	VEGETAIRAN	VEGAN
Rapeseed Oil	None									☺	☺
Fries	None									☺	☺
<b>THE HOGFATHER</b>	X		X			X	X				
Smoky Seasoning						X	X			☺	☺
Pulled Pork						X	X				
BBQ Sauce						X	X			☺	☺
Coleslaw			X				X			☺	
Chives	None									☺	☺
<b>THE GRINGO</b>	X						X				
Fajita Seasoning							X			☺	☺
Chilli con Carne	None										
Cheese	X									☺	
Sour Cream	X									☺	
Chives	None									☺	☺
<b>THE AMERICAN DREAM</b>	X					X	X				
Garlic Seasoning	None									☺	☺
Nacho Cheese Sauce	X									☺	
Crispy Bacon	None										
BBQ Sauce						X	X			☺	☺
Chives	None									☺	☺
<b>THE TAJ MAHAL (V)</b>	X		X		MC		X				
Masala Seasoning	None									☺	☺
Jackfruit Balti					MC		X			☺	☺
Mint Yoghurt	X		X				X			☺	
Crispy Onion	None									☺	☺
Chives	None									☺	☺
<b>SIMPLE SPUDS (V)</b>											
Cheese	X									☺	
Vegan Cheese	None									☺	☺
BBQ Sauce						X	X			☺	☺
Ketchup	None									☺	☺
Mayonnaise			X				X			☺	
Garlic Mayo			X				X			☺	
Chilli Mayo			X							☺	
Vegan Mayo	None									☺	☺

☺ – suitable for  
 X – contains  
 MC – may contain