

the light

— SITTINGBOURNE & BANBURY —

# ALLERGEN GUIDE

— FOOD —

29/04/26

# KITCHEN MENU

	Cereals containing Gluten:	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts:	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	
<b>Sandwiches</b>																													
Bacon and Sausage Sandwich	yes	yes	no	no	no	no	no	no	no	no	may	yes	yes	no	no	no	no	no	no	no	no	no	no	may	yes	no	yes	no	
Bacon Sandwich	yes	yes	no	no	yes	yes	no	no	no	no	no	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Cheese And Ham Melt	yes	yes	no	no	no	no	no	no	no	no	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	no	yes	no	no	no	
Cheese Toastie	yes	yes	no	no	no	no	no	no	no	no	no	yes	yes	no	no	no	no	no	no	no	no	no	no	no	yes	no	yes	no	
Chicken and Waffles	yes	yes	may	may	may	may	may	no	no	no	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	
Fish Finger Sandwich	yes	yes	no	no	no	no	no	yes	no	no	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	no	yes	no	no	no	
Sausage Sandwich	yes	yes	no	no	no	no	no	no	no	no	may	yes	yes	no	no	no	no	no	no	no	no	no	no	may	yes	no	yes	no	
<b>Sandwich Sauce Option</b>																													
Add BBQ Sauce	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	yes	no	no	yes	no	
Add Brown Sauce	yes	no	no	no	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	
Add Ketchup	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	yes	no	no	no	no	
<b>Platters</b>																													
Big Feast	yes	yes	may	may	may	yes	may	no	no	no	may	yes	yes	may	no	no	may	no	no	no	no	no	no	yes	yes	may	no	no	
Bucket Of Wings (BBQ)	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	yes	no	no	yes	no	
Bucket Of Wings (Hot Honey Buffalo)	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	
Nacho Party	yes	yes	no	no	no	no	no	may	may	yes	no	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	
Pizza Platter	yes	yes	no	no	no	no	no	no	no	no	no	yes	yes	no	no	no	no	no	no	no	no	no	no	no	may	may	no	no	
Smoky Sliders	yes	yes	yes	yes	may	yes	may	no	no	no	yes	yes	yes	may	no	no	may	no	no	no	no	no	no	yes	no	may	yes	no	
Veggie Pizza Platter	yes	yes	no	no	no	no	no	no	no	no	no	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	may	yes	no	

# KITCHEN MENU

	Cereals containing Gluten:	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts:	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	
<b>Snacks</b>																													
Charred Corn Ribs (L)	no	no	no	no	no	no	no	no	no	no	yes	may	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Charred Corn Ribs (S)	no	no	no	no	no	no	no	no	no	no	yes	may	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Chicken Caesar Salad	yes	yes	no	no	no	no	no	yes	no	no	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	may	may	no	no
Chicken Tenders (L)	yes	yes	may	may	may	may	may	no	no	no	no	may	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Chicken Tenders (S)	yes	yes	may	may	may	may	may	no	no	no	no	may	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Fully Loaded Nachos	no	no	no	no	no	no	no	no	no	no	no	no	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Glazed Up Chicken Wings (BBQ)	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	yes	no	no	yes	no
Glazed Up Chicken Wings (Hot Honey Buffalo)	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Padron Peppers	no	no	no	no	no	no	no	no	no	no	no	may	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Popcorn Squid	yes	yes	no	no	no	no	no	may	may	yes	yes	yes	may	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
<b>Burgers</b> (Fries listed separately - See Sides section for allergen)																													
Bacon Double Cheeseburger	yes	yes	may	may	yes	may	may	no	no	no	yes	may	yes	no	no	no	no	no	no	no	no	no	no	no	yes	yes	may	yes	no
Buffalo Bird	yes	yes	may	may	yes	may	may	no	no	no	yes	may	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	may	no	no
Halloumi Burger	yes	yes	no	no	yes	no	no	no	no	no	yes	may	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	may	no	no
Mounty Burger	yes	yes	yes	yes	no	yes	yes	no	no	no	no	yes	may	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
O.G. Chicken	yes	yes	may	may	yes	may	may	no	no	no	yes	may	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	may	no	no
Smokin' Stack	yes	yes	may	may	yes	may	may	no	no	no	yes	may	yes	no	no	no	no	no	no	no	no	no	no	yes	yes	may	yes	no	
The Big Cheese	yes	yes	may	may	yes	may	may	no	no	no	yes	may	yes	no	no	no	no	no	no	no	no	no	no	yes	yes	may	yes	no	
<b>Add Burger Extras</b>																													
Add Bacon	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Add Beef Patty	may	may	no	no	no	no	no	no	no	no	may	may	may	no	no	no	no	no	no	no	no	no	no	no	may	may	no	yes	no
Add Burger Cheese	no	no	no	no	no	no	no	no	no	no	no	no	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Add Chicken Burger	yes	yes	may	may	may	may	may	no	no	no	no	may	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Add Halloumi	no	no	no	no	no	no	no	no	no	no	no	no	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Add Moving Mountains	yes	yes	yes	yes	no	yes	yes	no	no	no	no	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Add Onion Ring	yes	yes	may	may	may	may	may	no	no	no	no	may	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Add Slaw	no	no	no	no	no	no	no	no	no	no	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Add Vegan Cheese Slice	yes	no	no	no	no	no	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Extras - Pulled Pork Add-On	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	yes	no	no	yes	no	

# KITCHEN MENU

	Cereals containing Gluten:	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts:	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	
<b>Hot Dogs</b> (Fries listed separately - See Sides section for allergen info)																													
Big Dog	yes	yes	no	no	no	no	no	no	no	no	may	yes	may	may	no	no	may	no	no	no	no	no	no	yes	yes	may	no	no	
Plant Dog	yes	yes	no	no	no	no	no	no	no	no	may	yes	may	may	no	no	may	no	no	no	no	no	no	yes	yes	may	no	no	
The Hogstar	yes	yes	no	no	no	no	no	no	no	no	yes	yes	yes	may	no	no	may	no	no	no	no	no	no	yes	yes	may	yes	no	
<b>Sides</b>																													
Dough Balls	yes	yes	no	no	no	no	no	no	no	no	no	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	may	no	no
Garlic Bread	yes	yes	no	no	no	no	no	no	no	no	no	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	may	no	no
Garlic Bread Add Cheese & Caramelised Onion	no	no	no	no	no	no	no	no	no	no	no	no	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	yes	no
Halloumi Fries	no	no	no	no	no	no	no	no	no	no	no	may	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Loaded Skin on Fries	no	no	no	no	no	no	no	no	no	no	no	may	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Loaded Waffle Fries	yes	yes	no	no	no	no	no	no	no	no	no	may	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Onion Rings	yes	yes	no	no	may	yes	may	no	no	no	no	may	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Ranch Slaw	no	no	no	no	no	no	no	no	no	no	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Skin-On Fries	no	no	no	no	no	no	no	no	no	no	no	may	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Sweet Potato Fries	no	no	no	no	no	no	no	no	no	no	no	may	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Waffle Fries	yes	yes	no	no	no	no	no	no	no	no	no	may	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
<b>Pizza</b>																													
BBQ Melt	yes	yes	no	no	no	no	no	no	no	no	no	yes	yes	no	no	no	no	no	no	no	no	no	no	yes	no	may	yes	no	
Capri	yes	yes	no	no	no	no	no	no	no	no	no	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	may	yes	no	
Crudo Classico Pizza	yes	yes	no	no	no	no	no	no	no	no	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	may	no	no	
Margherita	yes	yes	no	no	no	no	no	no	no	no	no	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	may	no	no	
Pepperoni	yes	yes	no	no	no	no	no	no	no	no	no	yes	yes	no	no	no	no	no	no	no	no	no	no	no	may	may	no	no	
Sunset Slice Pizza (VG)	yes	yes	no	no	no	no	no	no	no	no	no	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	may	no	no	
Sweet Carolina	yes	yes	no	no	no	no	no	no	no	no	no	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	may	no	no	
The Plant Pizza	yes	yes	no	no	no	yes	yes	no	no	no	no	yes	no	yes	may	may	yes	may	may	may	may	may	may	no	no	may	no	no	
Toscana	yes	yes	no	no	no	no	no	no	no	no	no	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	may	no	no	
Vesuvius	yes	yes	no	no	no	no	no	no	no	no	no	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	may	no	no	

# KITCHEN MENU

	Cereals containing Gluten:	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Tree Nuts:	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin
<b>Extras + Add Meat</b>																												
Extras - Nduja	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Extras - Pepperoni Add-On	no	no	no	no	no	no	no	no	no	no	no	no	may	no	no	no	no	no	no	no	no	no	no	no	may	no	no	no
Extras - Prosciutto Add-On	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Extras - Pulled Chicken Add-On 60g	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	yes	no	no	yes	no
Extras - Pulled Pork Add-On 60g	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	yes	no	no	yes	no
<b>Extras + Add Veggies</b>																												
Extras - Black Olives	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Extras - Jalapenos	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Extras - Mushroom	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Extras - Red Onion	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
<b>Sweet Things</b>																												
Chocolate Brownie Sundae	no	no	no	no	no	no	no	no	no	no	yes	yes	yes	may	may	no	may	no	no	no	may	no	may	may	no	no	may	no
Hot Fudge Waffle	yes	yes	no	no	no	no	no	no	no	no	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	may	no	no	may	no
Passionfruit Cheesecake	yes	yes	yes	yes	no	no	may	no	no	no	may	no	may	may	may	may	may	no	may	no	may	no	no	no	no	no	no	no
Sticky Toffee Pudding	yes	yes	yes	no	no	may	may	no	no	no	may	may	may	may	may	may	may	no	may	no	may	no	no	no	no	no	no	no
<b>Dips</b>																												
Add Dip - Hot Honey Buffalo	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Add Dip - Lemon Mayo	no	no	no	no	no	no	no	no	no	no	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Add Dip - Ranch Mayo	no	no	no	no	no	no	no	no	no	no	yes	no	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Add Dip - Sweet Smokey BBQ	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	yes	no	no	yes	no
<b>Kids</b> <small>(Waffle fries &amp; peas allergens info included)</small>																												
Cheesy Margherita	yes	yes	no	no	no	no	no	no	no	no	no	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	may	no	no
Cod Fish Fingers	yes	yes	no	no	yes	no	no	yes	no	no	yes	may	yes	no	no	no	no	no	no	no	no	no	no	yes	no	may	no	no
Fried Chicken Strips	yes	yes	may	may	may	may	may	no	no	no	no	may	yes	no	no	no	no	no	no	no	no	no	no	yes	no	no	yes	no
Loaded Pepperoni	yes	yes	no	no	no	no	no	no	no	no	no	yes	yes	no	no	no	no	no	no	no	no	no	no	no	may	may	no	no
Mini Beef Burger	yes	yes	no	no	yes	no	no	no	no	no	yes	may	yes	no	no	no	no	no	no	no	no	no	no	yes	may	may	yes	no
Prime Hotdog	yes	yes	no	no	no	no	no	no	no	no	may	yes	may	may	no	no	may	no	no	no	no	no	no	yes	no	may	no	no