

the light

ALLERGEN GUIDE

FOOD

08/07/26

KITCHEN MENU

	Cereals containing Gluten :	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
Small Bites																												
Add Bacon	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Charred Corn Ribs (L)	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Charred Corn Ribs (S)	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chicken and Waffles	yes	yes	may	may	may	may	may	-	yes	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chicken Tenders (4 piece)	yes	yes	may	may	may	may	may	-	yes	-	-	may	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chicken Tenders (7 piece)	yes	yes	may	may	may	may	may	-	yes	-	-	may	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chicken Wings (BBQ)	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	yes	-	-	yes	-	-
Chicken Wings (Hot Honey Buffalo)	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Garlic Bread	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-
Garlic Bread Add Cheese	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Lemon Chicken Salad	yes	yes	-	-	-	-	-	-	yes	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-
Popcorn Squid	yes	yes	-	-	-	-	-	may	yes	may	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	yes
Big Plates (Fries listed separately - See Sides section for details)																												
Bacon Double Cheeseburger	yes	yes	may	may	yes	may	may	-	yes	-	-	may	yes	-	-	-	-	-	-	-	-	-	yes	yes	may	yes	-	-
Cheese Burger	yes	yes	may	may	yes	may	may	-	yes	-	-	may	yes	-	-	-	-	-	-	-	-	-	yes	yes	may	yes	-	-
Hot Dog	yes	yes	-	-	-	-	-	-	may	-	-	yes	may	may	-	-	may	-	-	-	-	-	yes	yes	may	-	-	-
Chilli Cheese Dog	yes	yes	may	may	may	may	may	-	may	-	-	yes	yes	may	-	-	may	-	-	-	-	-	may	may	may	yes	-	-
Chilli Chorizo Burger	yes	yes	may	may	yes	may	may	-	yes	-	-	may	yes	-	-	-	-	-	-	-	-	-	yes	yes	may	yes	-	-
Vegan Burger	yes	yes	yes	yes	-	yes	yes	-	-	-	-	yes	may	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Buttermilk Chicken Burger	yes	yes	may	may	yes	may	may	-	yes	-	-	may	yes	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-

KITCHEN MENU

	Cereals containing Gluten :	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
Pizza																												
Goat's Cheese Pizza	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	may	yes	-	-
BBQ Chicken Pizza	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	may	yes	-	-
Chicken, Chorizo & Pepperoni Pizza	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	yes	may	-	-	-
Prosciutto & Mushroom Pizza	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-
Margherita Pizza	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-
Pepperoni Pizza	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	may	may	-	-	-
Chilli Chorizo Pizza	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-
Platters																												
Big Feast Platter	yes	yes	may	may	may	yes	may	-	yes	-	-	yes	yes	may	-	-	may	-	-	-	-	-	yes	yes	may	-	-	-
FEAST Chicken Wings (BBQ)	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	yes	-	-	yes	-	-
FEAST Chicken Wings (Hot Honey Buffalo)	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Fully Loaded Nachos	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pizza Platter	yes	yes	-	-	may	yes	may	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	may	may	-	-	-
Veggie Pizza Platter	yes	yes	-	-	may	yes	may	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	may	yes	-	-
Sides																												
Dough Balls	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-
Halloumi Fries	-	-	-	-	-	-	-	-	-	-	-	may	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Loaded Skin on Fries	-	-	-	-	-	-	-	-	-	-	-	may	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Loaded Waffle Fries	-	-	-	-	-	-	-	-	-	-	-	may	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Onion Rings	yes	yes	-	-	may	yes	may	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Ranch Slaw	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Skin-On Fries	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Sweet Potato Fries	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Waffle Fries	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tex Mex Fries	may	may	may	may	may	may	may	-	may	-	-	may	yes	-	-	-	-	-	-	-	-	-	may	may	-	yes	-	-
Greek Salad	yes	yes	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-

KITCHEN MENU

	Cereals containing Gluten :	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
Desserts																												
Black Forest Brownie	-	-	-	-	-	-	-	-	yes	-	may	yes	yes	may	may	-	may	-	-	-	may	-	-	-	-	-	-	-
Lemon Meringue Sundae	-	-	-	-	-	-	-	-	yes	-	-	may	yes	-	-	-	-	-	-	-	-	-	may	-	-	may	-	-
Chocolate Brownie Sundae	-	-	-	-	-	-	-	-	yes	-	may	yes	yes	may	may	-	may	-	-	-	may	-	may	-	-	may	-	-
Extras																												
Vegan Cheese Slice	yes	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Black Olives	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheddar Topping	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chorizo	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Coleslaw	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Jalapenos	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mushroom	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Nduja	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pepperoni	-	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	may	-	-	-	-
Prosciutto	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pulled Chicken	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	yes	-	-
Red Onion	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tex-Mex Beef	may	may	may	may	may	may	may	-	may	-	-	may	may	-	-	-	-	-	-	-	-	-	may	may	-	yes	-	-
Dips																												
Add Dip - Hot Honey Buffalo	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Add Dip - Ranch Mayo	-	-	-	-	-	-	-	-	yes	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Add Dip - Sweet Smoky BBQ	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	yes	-	-
Kids (Waffle fries & peas allergens info included)																												
Cheesy Margherita	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-
Cod Fish Fingers	yes	yes	-	-	yes	-	-	-	yes	yes	-	may	yes	-	-	-	-	-	-	-	-	-	yes	-	may	-	-	-
Fried Chicken Strips	yes	yes	may	may	may	may	may	-	-	-	-	may	yes	-	-	-	-	-	-	-	-	-	yes	-	-	yes	-	-
Loaded Pepperoni	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	may	may	-	-	-
Mini Beef Burger	yes	yes	-	-	yes	-	-	-	yes	-	-	may	yes	-	-	-	-	-	-	-	-	-	yes	may	may	yes	-	-