the light

ALLERGEN GUIDE

FOOD

24/11/26

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
Small Bites																												
Add Cheese	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chicken and Waffles	yes	yes	may	may	may	may	may	-	-	-	yes	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chicken Tenders (4 piece)	yes	yes	may	may	may	may	may	-	-	-	-	may	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chicken Tenders (7 piece)	yes	yes	may	may	may	may	may	-	-	-	-	may	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chicken Wings (BBQ) 18 piece	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	yes	-
Chicken Wings (BBQ) 8 piece	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	yes	-
Chicken Wings (Hot Honey Buffalo) 18 piece	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chicken Wings (Hot Honey Buffalo) 8 piece	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Corn Ribs (Large)	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Corn Ribs (Small)	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Garlic Bread	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	may	-	-
Greek Salad	yes	yes	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-
Popcorn Squid	yes	yes	-	-	-	-	-	may	may	yes	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Vegan Greek Salad	yes	yes	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-
Big Plates (Fries listed separately - See Sides section for allergen info)																												
Add Bacon	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Add Chicken	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Add Vegan Cheese Slice	yes	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bacon Double Cheeseburger	yes	yes	may	may	may	may	may	-	-	-	may	yes	yes	may	-	-	may	-	-	-	-	-	-	yes	yes	may	yes	-
Beef & Chorizo Cheeseburger	yes	yes	may	may	may	may	may	-	-	-	may	yes	yes	may	-	-	may	-	-	-	-	-	-	yes	may	may	yes	-
Buttermilk Chicken Burger	yes	yes	may	may	may	may	may	-	-	-	may	yes	yes	may	-	-	may	-	-	-	-	-	-	-	-	may	-	-
Caesar Salad	yes	yes	-	-	may	may	may	-	-	-	yes	yes	yes	may	-	-	may	-	-	-	-	-	-	-	-	may	-	-
Cheeseburger	yes	yes	may	may	may	may	may	-	-	-	may	yes	yes	may	-	-	may	-	-	-	-	-	-	yes	yes	may	yes	-
Chilli Cheese Dog	yes	yes	may	may	may	may	may	-	-	-	may	yes	yes	may	-	-	may	-	-	-	-	-	-	may	may	may	yes	-
Hot Dog	yes	yes	-	-	-	-	-	-	-	-	may	yes	may	may	-	-	may	-	-	-	-	-	-	yes	yes	may	-	-
Vegan Burger	yes	yes	yes	yes	may	yes	yes	-	-	-	may	yes	may	may	-	-	may	-	-	-	-	-	-	-	-	may	-	-

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
Extras																												
Extras - Burger Cheese	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Extras - Caremalised Onions	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	yes	-
Extras - Coleslaw	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Extras - Jalapenos	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Extras - Pickles	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pizza																												
Classic Pepperoni	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	may	may	-	-
Farmhouse	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	may	-	-
Garden Party Pizza (V)	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	may	-	-
Garden Party Pizza (VEG)	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	may	-	-
Margherita Pizza	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	may	-	-
Meat Feast	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	yes	may	may	yes	-
Texas BBQ	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	yes	-	may	yes	-
The G.O.A.T	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	may	yes	-
The Sizzler	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	may	-	-
Extras																												
Extras - Nduja	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Extras - Pepperoni	-	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-
Extras - Prosciutto Add-On	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Extras - Pulled Chicken Add-On 60g	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	yes	-
Extras - Black Olives	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Extras - Jalapenos	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Extras - Mushroom	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Extras - Red Onion	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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
Platters																												
Big Feast	yes	yes	may	may	may	yes	may	-	-	-	may	yes	yes	may	-	-	may	-	-	-	-	-	-	yes	yes	may	-	-
Extras - Pulled Chicken Add-On 60g	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	yes	-
Extras - Tex-Mex Beef Add-On 120g	may	may	may	may	may	may	may	-	-	-	may	may	may	-	-	-	-	-	-	-	-	-	-	may	may	-	yes	-
Fully Loaded Nachos	-	-	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pizza Platter ENT	yes	yes	-	-	may	yes	may	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	may	may	-	-
Veggie Pizza Platter ENT	yes	yes	-	-	may	yes	may	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	may	-	-
Loaded Fries																												
Loaded Fries - Chicken & Bacon	yes	yes	may	may	may	may	may	-	-	-	-	may	yes	-	-	-	-	-	-	-	-	-	-	yes	yes	-	yes	-
Loaded Fries - Chilli Chorizo	-	-	-	-	-	-	-	-	-	-	yes	may	yes	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-
Loaded Fries - Three Cheese	-	-	-	-	-	-	-	-	-	-	-	may	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	yes	-
Tex Mex Fries	may	may	may	may	may	may	may	-	-	-	may	may	yes	-	-	-	-	-	-	-	-	-	-	may	may	-	yes	-
Sides																												
Add Cheese	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Dough Balls with Garlic Butter	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	may	-	-
Garlic Bread	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	may	-	-
Halloumi Fries	-	-	-	-	-	-	-	-	-	-	-	may	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
House Coleslaw	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Onion Rings	yes	yes	-	-	may	yes	may	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Skin-On Fries (Sides)	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Sweet Potato Fries (sides)	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Waffle Fries (side)	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Dips																												
Add Dip - Hot Honey Buffalo	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Add Dip - Ranch Mayo	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Add Dip - Sweet Smokey BBQ	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	yes	-

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
Kids (Waffle fries & cucumber batons allergens info included)																												
Cheesy Margherita	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	may	-	-
Cheesy Margherita (MOD)	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	may	-	-
Fried Chicken Strips	yes	yes	may	may	may	may	may	-	-	-	-	may	yes	-	-	-	-	-	-	-	-	-	-	yes	-	-	yes	-
Kids Fish Fingers Bun	yes	yes	-	-	may	may	may	yes	-	-	may	yes	may	may	-	-	may	-	-	-	-	-	-	yes	-	may	-	-
Loaded Pepperoni	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	may	may	-	-
Loaded Pepperoni (MOD)	yes	yes	-	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	may	may	-	-
Mini Beef Burger	yes	yes	-	-	may	may	may	-	-	-	may	yes	may	may	-	-	may	-	-	-	-	-	-	yes	may	may	yes	-
Waffle Fries (side)	-	-	-	-	-	-	-	-	-	-	-	may	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Apple Pip Organic Ice Lolly	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rainbow Fruity Pip Organic Ice Lolly	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chocolate Ice Cream	-	-	-	-	-	-	-	-	-	-	may	may	yes	-	-	-	-	-	-	-	-	-	-	may	-	-	may	-
Strawberry 'n' cream	-	-	-	-	-	-	-	-	-	-	may	may	yes	-	-	-	-	-	-	-	-	-	-	may	-	-	may	-
Vanilla ice cream	-	-	-	-	-	-	-	-	-	-	may	may	yes	-	-	-	-	-	-	-	-	-	-	may	-	-	may	-