

the light

— **STOCKPORT** —

ALLERGEN GUIDE

— **FOOD** —

01/09/25

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
Brunch																												
Bacon and Sausage Sandwich	yes	yes	no	no	no	no	no	no	no	no	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	may	yes	no	yes	no
Bacon Sandwich	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	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	yes	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	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	may	yes	no	yes	no
Sandwich Sauce Option																												
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
Platters																												
Big Feast	yes	yes	may	may	may	may	may	no	no	no	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	yes	yes	may	yes	no
Bucket Of Wings (BBQ)	no	no	no	no	no	no	no	no	no	no	yes	no	yes	no	no	no	no	no	no	no	no	no	no	yes	yes	no	yes	no
Bucket Of Wings (Hot Honey Buffalo)	no	no	no	no	no	no	no	no	no	no	yes	no	yes	no	no	no	no	no	no	no	no	no	no	no	yes	no	no	no
Nacho Party	yes	yes	no	no	no	no	no	may	may	yes	may	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	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
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
Snacks																												
Charred Corn Ribs (L)	no	no	no	no	no	no	no	no	no	no	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	yes	no	no	no
Charred Corn Ribs (S)	no	no	no	no	no	no	no	no	no	no	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	yes	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	may	may	no	no
Chicken Tenders (L)	yes	yes	may	may	may	may	may	no	no	no	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	no	yes	no	no	no
Chicken Tenders (S)	yes	yes	may	may	may	may	may	no	no	no	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	no	yes	no	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
Snacks																												
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
Glazed Up Chicken Wings (BBQ)	no	no	no	no	no	no	no	no	no	no	yes	no	yes	no	no	no	no	no	no	no	no	no	no	yes	yes	no	yes	no
Glazed Up Chicken Wings (Hot Honey Buffalo)	no	no	no	no	no	no	no	no	no	no	yes	no	yes	no	no	no	no	no	no	no	no	no	no	no	yes	no	no	no
Padron Peppers	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
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	yes	no	no	no
Burgers (Fries listed separately - See Sides section for allergen inf																												
Bacon Double Cheeseburger	yes	yes	may	may	yes	may	may	no	no	no	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	yes	yes	may	no	no
Buffalo Bird	yes	yes	may	may	yes	may	may	no	no	no	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	no	yes	may	no	no
Halloumi	yes	yes	no	no	yes	no	no	no	no	no	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	no	yes	may	no	no
Mounty	yes	yes	no	no	no	yes	yes	no	no	no	no	yes	no	no	no	no	no	no	no	no	no	no	may	no	no	no	no	no
O.G. Chicken	yes	yes	may	may	yes	may	may	no	no	no	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	no	yes	may	no	no
Smokin’ Stack	yes	yes	may	may	yes	may	may	no	no	no	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	yes	yes	may	no	no
The Big Cheese	yes	yes	may	may	yes	may	may	no	no	no	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	yes	yes	may	no	no
Add an Extra Patty																												
Add Beef Patty	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 Chicken Burger	yes	yes	may	may	may	may	may	no	no	no	no	yes	yes	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
Add Moving Mountains	yes	yes	no	no	no	yes	yes	no	no	no	no	yes	no	no	no	no	no	no	no	no	no	no	may	no	no	no	no	no
Hot Dogs (Fries listed separately - See Sides section for allergen info)																												
Big Dog	yes	yes	may	may	may	may	may	no	no	no	yes	yes	may	may	no	no	may	no	no	no	no	no	no	yes	yes	may	no	no
Bull Dog	yes	yes	may	may	may	may	may	no	no	no	yes	yes	may	may	no	no	may	no	no	no	no	no	no	yes	yes	may	no	no
The Hogstar	yes	yes	may	may	may	may	may	no	no	no	yes	yes	may	may	no	no	may	no	no	no	no	no	no	yes	no	may	yes	no
Sides																												
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	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	may	no	no

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	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
Sides																												
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	yes	no
Halloumi Fries	no	no	no	no	no	no	no	no	no	no	no	yes	yes	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	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Loaded Waffle Fries	no	no	no	no	no	no	no	no	no	no	no	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Onion Rings	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	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	yes	no	no	no
Skin-On Fries	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
Sweet Potato Fries	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
Waffle Fries	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
Pizza																												
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
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
Queenie	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
Extras + Add Meat																												
Extras - Nduja	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
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 - 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
Extras + Add Veggies																												
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

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
Sweet Things																												
Chocolate Brownie Sundae	yes	yes	no	no	no	no	no	no	no	no	yes	yes	yes	no	no	no	no	no	no	no	no	no	may	may	no	no	may	no
Honeycomb Choc Ice	yes	yes	yes	no	no	no	no	no	no	no	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	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
Ice Cream Sandwich	yes	yes	yes	no	no	no	no	no	no	no	yes	may	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Passionfruit Cheesecake	yes	yes	no	no	no	no	may	no	no	no	may	no	may	may	may	may	may	no	may	no	may	no	may	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
Dips																												
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	yes	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	yes	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
Kids (Waffle fries & peas allergens info included)																												
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	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	may	no	no
Fried Chicken Strips	yes	yes	may	may	may	may	may	no	no	no	no	yes	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	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	may	no	no
Prime Hotdog	yes	yes	no	no	no	no	no	no	no	no	may	yes	no	no	no	no	no	no	no	no	no	no	no	yes	no	may	no	no