Hard Rock Cafe Menu Allergen Information

Allergy data detailed in the table has been derived from specifications obtained from the suppliers of the products.
Please ensure your server is informed of your allergy at time of order to ensure every precaution can be taken in our kitchen to prevent cross contamination.
Please note that due to the nature of cooking our deep fried products cannot be guaranteed to be free from cross contamination with other allergens.
If you are unsure which of our products go through the deep fryer please ask a member of our staff.

Updated March 2024

Hard Rock Cafe Menu Analysis Book

Breakfast Menu 2024	Celery	Egg	Fish	Cereal c/Gluten	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame Seeds	Shellfish	Soy	Sulphur Dioxide	Tree Nuts
Poached Egg, Avo & Toast	N	Y	N	Y - W	N	N	N	N	N	N	N	N	N	N
Thick Sliced Bread	N	N	N	Y - W	N	N	N	N	N	N	N	N	N	N
Olive Oil	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Guacamole	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Arugula	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Poached Egss	N	Y	N	N	N	N	N	N	N	N	N	N	N	N
Black Pepper	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Smoked Salmon Bagel	N	N	N	Y - W	N	N	N	N	N	N	N	N	M/C	N
Bagel	N	N	N	Y - W	N	N	N	N	N	N	N	N	N	N
Cream Cheese	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Arugula	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Olive Oil	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Salmon	N	N	Y	N	N	N	N	N	N	N	N	N	N	N
Lemon	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Tomato	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Red onion	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Capers	N	N	N	N	N	N	N	N	N	N	N	N	M/C	N
Black Pepper	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Tomato with Belly Pork	N	N	N	Y - W	N	N	N	N	N	N	N	N	N	N
Belly Pork	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Crushed Tomatoes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Thick Sliced Bread (w/Whirl)	N	N	N	Y - W	N	N	N	N	N	N	N	N	N	N
Bagel with Spinach and poached egg	N	N	N	Y - W	N	N	N	N	N	N	N	N	M/C	N
Bagel	N	N	N	Y - W	N	N	N	N	N	N	N	N	N	N
Spinach & Kale	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Whirl	N	N	N	N	N	N	N	N	N	N	N	N	N	N
S&P mix	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Pomodoro	N	N	N	N	N	N	N	N	N	N	N	N	M/C	N
Poached Egss	N	Y	N	N	N	N	N	N	N	N	N	N	N	N
Black Pepper	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Buttermilk Pancake	N	Y	N	Y - W	N	Y	N	N	N	N	N	N	N	N
Pancake Batter	N	Y	N	Y - W	N	Y	N	N	N	N	N	N	N	N
Maple Butter	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Powdered Sugar	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Pancake, Berries & Cream	N	Y	N	Y - W	N	Y	N	N	N	N	N	N	M/C	N
Buttermilk Pancake Batter	N	Y	N	Y - W	N	Y	N	N	N	N	N	N	N	N
Maple Butter	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Marinated Strawberries	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Chopped Berries	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Whipped Cream	N	N	N	N	N	Y	N	N	N	N	N	N	M/C	N
Powdered Sugar	N	N	N	N	N	N	N	N	N	N	N	N	N	N

Granola & Yoghurt Jar	N	N	N	Y - W	N	Y	N	N	N	N	N	N	N	N
Granola	N	N	N	Y - W	N	N	N	N	N	N	N	N	N	N
Plain Yoghurt	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Marinated Strawberries	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Mixed Berries	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Mint	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Powdered Sugar	N	N	N	N	N	N	N	N	N	N	N	N	N	N

Full Breakfast	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Sausages	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Beef Tomato	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Fried Egg	N	Y	N	N	N	N	N	N	N	N	N	N	N	N
Sauteed Mushrooms	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Bacon	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Breakfast Potatoes	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Hash Browns	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Baked Beans	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Toast	N	N	N	Y - W	N	N	N	N	N	N	N	N	N	N
Haggis	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Black Pudding	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Scrambled Egg	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N

Kids Pancake	N	Y	N	Y - W	N	Y	N	N	N	N	N	N	N	N
Buttermilk Pancake Batter	N	Y	N	Y - W	N	Y	N	N	N	N	N	N	N	N
Maple Butter	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Marinated Strawberries	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Chopped Berries	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Powdered Sugar	N	N	N	N	N	N	N	N	N	N	N	N	N	N