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 January 2025

Hard Rock Cafe Menu Analysis Book

Valentines Allergen Sheet EU & UK 2025	Celery	Egg	Fish	Cereal including Gluten	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame Seeds	Shellfish	Soy	Sulphur Dioxide	Tree Nuts
Berry Salad	N	Y	N	N	N	Y	N	Y	N	N	N	N	M/C	Y
Spring Mix	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Balsamic Vinaigrette	N	N	N	N	N	N	N	Y	N	N	N	N	M/C	N
Fresh Strawberries	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Candid Almonds	N	Y	N	N	N	N	N	N	N	N	N	N	N	Y
Goats Cheese-Crumbled	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Toasted Coconut flakes	N	N	N	N	N	N	N	N	N	N	N	N	N	M/C
Tupelo Chicken Tenders	N	Y	N	Y - W	N	Y	N	Y	N	N	N	N	Y	N
Tupelo Chicken Tenders (without sauce)	N	Y	N	Y - W	N	Y	N	N	N	N	N	N	Y	N
with Hickory BBQ Sauce	N	N	N	N	N	N	N	Y	N	N	N	N	Y	N
with Honey Mustard Dressing	N	Y	N	N	N	N	N	Y	N	N	N	N	N	N
Bacon Onion Flatbread	N	N	N	Y - W	N	Y	N	N	N	N	N	N	M/C	N
Flatbread	N	N	N	Y - W	N	N	N	N	N	N	N	N	N	N
Roasted Garlic Ricotta Cheese	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Mozarella Shredded	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Bacon	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Red Wine Onions	N	N	N	N	N	N	N	N	N	N	N	N	M/C	N
Arugula	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Red Wine Vinaigrette	N	N	N	N	N	N	N	Y	N	N	N	N	M/C	N
Legendary Smashed Burger	Y	Y	N	Y - W	N	Y	N	Y	N	N	N	M/C	M/C	N
Bun Toasted w/Whirl	N	Y	N	Y - W	N	N	N	Y	N	N	N	M/C	N	N
Slider Patty	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Hard Rock Seasoning	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cheddar Cheese	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Queso Cheese Sauce	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Bacon Onion Jam	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Smoked Bacon	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Legendary Sauce	Y	Y	N	N	N	N	N	Y	N	N	N	N	N	N
Sliced Pickles	N	N	N	N	N	N	N	N	N	N	N	N	M/C	N
French Fries	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Chicken Milanese	N	Y	N	Y - W	N	Y	N	Y	N	N	N	N	M/C	N
Milanese Chicken	N	Y	N	Y - W	N	N	N	N	N	N	N	N	N	N
Cilantro	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Parsley	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Salt & Black Pepper Mix	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Romano Cheese	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Lemon Wedge	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Arugla	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Grape Tomato	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cucumber	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Apple Slices	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Pickled Red Onion Julienne	N	N	N	N	N	N	N	N	N	N	N	N	M/C	N
Basil	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
Red Wine Vinaigrette	N	N	N	N	N	N	N	Y	N	N	N	N	M/C	N
Shaved Parmesan	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Fried Chicken Cobb Salad	Y	Y	N	Y - W	N	Y	N	Y	N	N	N	N	Y	N
Tupelo Chicken Tenders (without sauce)	N	Y	N	Y - W	N	Y	N	N	N	N	N	N	Y	N
Lettuce Mix	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Ranch Dressing	N	Y	N	N	N	Y	N	Y	N	N	N	N	N	N
Tomato	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cucumber	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Hard Boiled Egg	N	Y	N	N	N	N	N	N	N	N	N	N	N	N
Grilled Onions	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Yellow Corn	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
Mixed Cheese	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Green Onions	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Love All Spice Blend	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
Steak Frites	M/C	Y	N	Y - W	N	Y	N	Y	N	N	N	N	N	N
12oz New York Strip	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Salt & Pepper Mixture	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Salad Oil	N	N	N	N	N	N	N	N	N	N	N	N	N	N
French Fries	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Garlic Aioli	N	Y	N	N	N	N	N	Y	N	N	N	N	N	N
Coffee Bourbon Sauce	M/C	N	N	Y - W	N	Y	N	N	N	N	N	N	N	N
Fresh Chives	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Lemon Wedge	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Big Surf Grilled Salmon & Spicy Shrimp	N	N	N	Y-W	N	Y	N	Y	N	N	Y	Y	Y	N
Salmon	N	N	Y	N	N	N	N	N	N	N	N	N	N	N
Bangkok Shrimp	N	N	N	Y - W	N	N	N	N	N	N	Y	Y	N	N
Salt & Pepper	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Golden mashed Potatoes	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Fresh Vegetables	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Spicy Mustard Glaze	N	N	N	N	N	N	N	Y	N	N	N	Y	Y	N
Lemon	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Mediterranean Chicken Sandwich	N	Y	N	Y - W	N	Y	N	Y	N	N	N	M/C	N	N
Bun Toasted w/Whirl	N	Y	N	Y - W	N	N	N	Y	N	N	N	M/C	N	N
Grilled Blackened Chicken Breast	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Olive Aioli	N	Y	N	N	N	Y	N	Y	N	N	N	N	N	N
Shaved Romaine	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cucumber	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
Avacado	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Red Wine Vinaigrette	N	N	N	N	N	N	N	Y	N	N	N	N	M/C	N
French Fries	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Moving Mountains Burger with Fries	N	Y	N	Y - B/W/O	N	Y	N	M/C	N	N	N	Y	N	N
Moving Mountains patty	N	N	N	Y - B/W/O	N	N	N	N	N	N	N	Y	N	N
Seasoned Fries	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cheddar Cheese	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Bun Toasted w/Whirl	N	Y	N	Y - W	N	N	N	N	N	N	N	Y	N	N
Onion Ring	N	N	N	Y - W	N	N	N	M/C	N	N	N	M/C	N	N
Hot Fudge Brownie	N	Y	N	Y - W	N	Y	N	N	N	N	N	Y	Y	M/C
Passion Fruit Martini	N	N	N	N	N	N	N	N	N	N	N	N	M/C	N
Vanilla Vodka	N	N	N	N	N	N	N	N	N	N	N	N	M/C	N
Real Passion Fruit Puree/Juice	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Mango Juice	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Orange Juice	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Fresh lime juice	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Grenadine	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Prosecco	N	N	N	N	N	N	N	N	N	N	N	N	N	N

Espresso Martini	N	N	N	N	N	N	N	N	N	N	N	N	M/C	N
Vodka	N	N	N	N	N	N	N	N	N	N	N	N	M/C	N
Kahlua Liquor	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Espresso	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Simple Syrup	N	N	N	N	N	N	N	N	N	N	N	N	N	N