

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 October 24th 2019

| Hard Rock Cafe Menu Analysis Book | | | | | | | | | | | | | | | | |
|--|---|---|---|---|--|---|---|---|---|---|---|---|---|---|---|--|
| | Celery | Egg | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Peanuts | Sesame Seeds | Shellfish | Soy | Sulphur Dioxide | Tree Nuts | Cereal | |
| Starters |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
| Hickory Smoked Chicken Wings, with Classic Rock Sauce | Y | Y | N | N | N | Y | N | N | N | N | N | N | N | N | N | |
| with Blue Cheese Dressing | N | Y | N | N | N | Y | N | N | N | N | N | N | N | N | N | |
| Hickory Smoked Chicken Wings, with Heavy Metal Sauce (NOT ON MENU) | Y | Y | N | N | N | Y | N | N | N | N | N | N | N | N | N | |
| with Blue Cheese Dressing | N | Y | N | N | N | Y | N | N | N | N | N | N | N | N | N | |
| Smoked Grilled Chicken Wings, with Classic Rock Sauce | Y | Y | N | N | N | Y | N | N | N | N | N | N | N | N | N | |
| with Blue Cheese Dressing | N | Y | N | N | N | Y | N | N | N | N | N | N | N | N | N | |
| Smoked Grilled Chicken Wings, with Heavy Metal Sauce (NOT ON MENU) | Y | Y | N | N | N | Y | N | N | N | N | N | N | N | N | N | |
| with Blue Cheese Dressing | N | Y | N | N | N | Y | N | N | N | N | N | N | N | N | N | |
| Tupelo Chicken Tenders | Y | Y | Y | Y | N | Y | N | Y | N | N | N | N | Y | N | Y | |
| with Hickory BBQ Sauce | Y | N | Y | N | N | Y | N | Y | N | N | N | N | Y | N | Y | |
| with Honey Mustard Dressing | N | Y | N | N | N | N | N | Y | N | N | N | N | N | N | N | |
| Hard Rock Nachos | Y | N | N | N | N | Y | N | N | N | N | N | N | Y | N | N | |
| Hard Rock Nachos with Fajita Beef | Y | N | Y | Y | N | Y | N | N | N | N | N | Y | Y | N | N | |
| Hard Rock Nachos with Grilled Chicken | Y | N | N | N | N | Y | N | N | N | N | N | N | Y | N | N | |
| Jumbo Combo with Bruschetta | Y | Y | Y | Y | N | Y | N | Y | N | N | N | Y | Y | N | Y | |
| with Buffalo Wing Sauce | Y | Y | N | N | N | Y | N | Y | N | N | N | N | N | N | N | |
| with Heavy Metal Wing Sauce | Y | Y | N | N | N | Y | N | Y | N | N | N | N | N | N | N | |
| with Tangy BBQ Sauce | Y | N | Y | N | N | Y | N | Y | N | N | N | N | Y | N | Y | |
| Southwest Spring Rolls | N | Y | N | Y | N | Y | N | N | N | N | N | Y | Y | N | Y | |
| Spring Roll | N | N | N | N | N | Y | N | N | N | N | N | N | Y | N | Y | |
| Guacamole, Chipotle Ranch | N | Y | N | N | N | N | N | N | N | N | N | Y | Y | N | N | |
| Spinach Artichoke Dip | Y | N | N | Y | N | Y | N | N | N | N | N | N | Y | N | Y | |
| Tortilla Chips | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | |
| Pico de Gallo | N | N | N | N | N | N | N | N | N | N | N | N | Y | N | N | |
| All-American Sliders* | N | Y | N | Y | N | Y | N | N | N | Y | N | Y | Y | Y | Y | |
| Slider Bun | N | Y | N | Y | N | Y | N | N | N | N | N | Y | N | N | Y | |
| American Cheese | N | Y | N | N | N | Y | N | N | N | N | N | Y | N | N | N | |
| Coleslaw | N | Y | N | N | N | N | N | N | N | N | N | N | Y | N | N | |
| Onion Ring | N | N | N | Y | N | N | N | N | N | N | N | N | N | Y | Y | |
| Whiskey Bacon Jam Sliders* | N | Y | N | Y | N | Y | N | N | N | N | N | Y | Y | Y | Y | |
| Bun | N | Y | N | Y | N | Y | N | N | N | N | N | Y | N | N | Y | |
| Caramelized Whiskey Bacon Jam | N | N | N | N | N | N | N | N | N | N | N | N | Y | N | N | |
| American Cheese | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | |
| Onion Ring | N | N | N | Y | N | N | N | N | N | N | N | N | N | Y | Y | |
| Buffalo Sliders* | N | Y | N | Y | N | Y | N | N | N | N | N | Y | Y | Y | Y | |
| Bun | N | Y | N | Y | N | Y | N | N | N | N | N | Y | N | N | Y | |
| Blue Cheese Dressing | N | Y | N | N | N | Y | N | N | N | N | N | N | N | N | N | |
| Classic Rock Wing Sauce | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | |
| Onion Ring | N | N | N | Y | N | N | N | N | N | N | N | N | N | Y | Y | |
| Hickory Smoked Ribs - Smoked Appetizer (Piccadilly) | Y | N | Y | N | N | N | N | Y | N | N | N | N | Y | N | Y | |
| One Night in Bangkok Spicy Shrimp** | N | Y | N | Y | N | Y | N | N | N | N | Y | Y | Y | Y | Y | |
| Pre-Breaded Shrimp | N | N | N | Y | N | N | N | N | N | N | Y | Y | N | N | Y | |
| Tortilla Straws | N | N | N | Y | N | N | N | N | N | N | N | N | Y | N | N | |
| Coleslaw | N | Y | N | N | N | N | N | N | N | N | N | N | Y | N | N | |
| Orange Chili Aioli | N | Y | N | Y | N | N | N | N | N | N | N | Y | Y | N | N | |

| Flatbreads | Celery | Egg | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Peanuts | Sesame Seeds | Shellfish | Soy | Sulphur Dioxide | Tree Nuts | Cereal |
|--|--------|-----|------|--------|-------|------|----------|---------|---------|--------------|-----------|-----|-----------------|-----------|-----------|
| Southwest Flatbread | Y | Y | N | Y | N | Y | N | N | N | N | N | Y | Y | N | Y |
| Three Cheese Flatbread | N | Y | N | Y | N | Y | N | N | N | N | N | N | N | N | Y |
| Salads | Celery | Egg | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Peanuts | Sesame Seeds | Shellfish | Soy | Sulphur Dioxide | Tree Nuts | Cereal |
| Caesar Salad | N | Y | Y | Y | N | Y | N | Y | N | N | N | N | Y | N | not known |
| Caesar Salad with Grilled Chicken | Y | Y | Y | Y | N | Y | N | Y | N | N | N | N | Y | N | not known |
| Caesar Salad with Grilled Shrimp | Y | Y | Y | Y | N | Y | N | Y | N | N | N | Y | N | N | not known |
| Caesar Salad with Grilled Salmon | Y | Y | Y | Y | N | Y | N | Y | N | N | N | N | Y | N | not known |
| Call Cobb Salad | Y | Y | N | N | N | Y | N | Y | N | N | N | Y | N | N | not known |
| Protein Add Ons | | | | | | | | | | | | | | | |
| with Protein Choice Grilled Chicken | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | not known |
| with Protein Choice Grilled Salmon | N | N | Y | N | N | N | N | N | N | N | N | N | N | N | not known |
| with Protein Choice Grilled Shrimp | N | N | N | N | N | N | N | N | N | N | Y | N | N | N | not known |
| with Protein Choice Grilled Steak | N | Y | Y | Y | N | N | N | N | N | N | N | Y | N | N | not known |
| Steak Salad* | N | Y | Y | Y | N | Y | N | Y | N | N | N | Y | Y | N | Y |
| Cilantro Pesto | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Blue Cheese Crumbles | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N |
| Shoestring Onions | N | N | N | Y | N | N | N | N | N | N | N | N | N | N | Y |
| Blue Cheese Vinaigrette | N | N | N | N | N | Y | N | Y | N | N | N | N | N | N | N |
| Beet Salad Side & Entree | Y | N | N | N | N | Y | N | Y | N | N | N | N | Y | N | N |
| Goat Cheese | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N |
| Lemon Thyme Vinaigrette | N | N | N | N | N | N | N | Y | N | N | N | N | Y | N | N |
| Toasted Pepita Seeds | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N |
| Salad Dressings | Celery | Egg | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Peanuts | Sesame Seeds | Shellfish | Soy | Sulphur Dioxide | Tree Nuts | Cereal |
| Balsamic Vinaigrette | N | N | N | N | N | N | N | Y | N | N | N | N | Y | N | N |
| Blue Cheese Dressing | N | Y | N | N | N | Y | N | N | N | N | N | N | N | N | N |
| Caesar Dressing | N | Y | Y | N | N | Y | N | Y | N | N | N | N | Y | N | N |
| Honey Mustard Dressing | N | Y | N | N | N | N | N | Y | N | N | N | N | N | N | N |
| Oil and Vinegar | N | N | N | N | N | N | N | N | N | N | N | N | Y | N | N |
| Ranch Dressing | N | Y | N | N | N | Y | N | Y | N | N | N | Y | N | N | N |
| Entrees | Celery | Egg | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Peanuts | Sesame Seeds | Shellfish | Soy | Sulphur Dioxide | Tree Nuts | Cereal |
| Cowboy Rib Eye | Y | N | N | N | N | Y | N | N | N | N | N | N | N | N | N |
| with Fresh Vegetable Choice Blanched Green Beans | Y | N | N | N | N | Y | N | N | N | N | N | N | N | N | N |
| with Fresh Vegetable Choice Broccoli Crowns | Y | N | N | N | N | Y | N | N | N | N | N | N | N | N | N |
| with Fresh Vegetable Choice Grilled Asparagus | Y | N | N | N | N | Y | N | N | N | N | N | N | N | N | N |
| Famous Fajitas (set) | N | N | N | Y | N | Y | N | N | N | N | N | N | Y | N | N |
| with Duo Combo with Grilled Chicken and Shrimp | Y | N | N | Y | N | Y | N | N | N | N | N | Y | Y | N | N |
| with Duo Combo with Grilled Steak and Chicken | Y | N | Y | Y | N | Y | N | N | N | N | N | Y | Y | N | N |
| with Duo Combo with Grilled Steak and Shrimp | N | N | Y | Y | N | Y | N | N | N | N | Y | Y | Y | N | N |
| with Grilled Chicken | Y | N | N | Y | N | Y | N | N | N | N | N | Y | Y | N | N |
| with Grilled Shrimp - garlic butter has celery | Y | N | N | Y | N | Y | N | N | N | N | Y | Y | Y | N | N |
| with Grilled Steak | N | N | Y | Y | N | Y | N | N | N | N | N | Y | Y | N | N |
| Famous Fajitas with Grilled Vegetables | Y | N | N | Y | N | Y | N | N | N | N | N | Y | Y | N | N |
| Pico de Gallo | N | N | N | N | N | N | N | N | N | N | N | N | Y | N | N |
| Guacamole | N | N | N | N | N | N | N | N | N | N | N | N | Y | N | N |
| Sour Cream | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | N |
| Flour Tortilla | N | N | N | Y | N | Y | N | N | N | N | N | N | N | N | Y |
| Grilled Norwegian Salmon | Y | N | Y | N | N | Y | N | Y | N | N | N | Y | Y | N | N |
| with Fresh Vegetable Choice Blanched Green Beans | Y | N | Y | N | N | Y | N | Y | N | N | N | Y | N | N | N |
| with Fresh Vegetable Choice Broccoli Crowns | Y | N | Y | N | N | Y | N | Y | N | N | N | Y | N | N | N |
| with Fresh Vegetable Choice Grilled Asparagus | Y | N | Y | N | N | Y | N | Y | N | N | N | Y | N | N | N |
| New York Strip Steak | Y | N | N | N | N | Y | N | N | N | N | N | N | N | N | N |
| with Fresh Vegetable Choice Blanched Green Beans | Y | N | N | N | N | Y | N | N | N | N | N | N | N | N | N |
| with Fresh Vegetable Choice Broccoli Crowns | Y | N | N | N | N | Y | N | N | N | N | N | N | N | N | N |
| with Fresh Vegetable Choice Grilled Asparagus | Y | N | N | N | N | Y | N | N | N | N | N | N | N | N | N |
| Shrimp Skampy Skewer Add On | Y | N | N | N | N | Y | N | N | N | N | Y | N | Y | N | N |
| Twisted Mac, Chicken and Cheese | Y | N | N | Y | N | Y | N | N | N | N | N | N | N | N | N |
| Sub House Salad (no dressing) | Y | N | N | N | N | Y | N | N | N | N | N | N | N | N | N |
| with Dressing Choice Balsamic Vinaigrette | N | N | N | N | N | Y | N | Y | N | N | N | N | Y | N | N |
| with Dressing Choice Blue Cheese Dressing | N | Y | N | N | N | Y | N | N | N | N | N | N | N | N | N |
| with Dressing Choice Caesar Dressing | N | Y | Y | N | N | Y | N | Y | N | N | N | N | Y | N | N |
| with Dressing Choice Honey Mustard | N | Y | N | N | N | Y | N | Y | N | N | N | N | N | N | N |
| with Dressing Choice Oil and Vinegar | N | N | N | N | N | Y | N | N | N | N | N | N | Y | N | N |
| with Dressing Choice Ranch Dressing | N | Y | N | N | N | Y | N | Y | N | N | N | Y | N | N | N |
| Sub Caesar Salad | N | Y | Y | Y | N | Y | N | Y | N | N | N | N | Y | N | N |

