

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 FEB 17th 2022

Hard Rock Cafe Menu Analysis Book															
Starters & Shareables	Celery	Egg	Fish	Cereal including Gluten	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame Seeds	Shellfish	Soy	Sulphur Dioxide	Tree Nuts	
Hard Rock Nachos	Y	N	N	Y	N	Y	N	N	N	N	N	Y	Y	N	
Nacho chips	Y	N	N	Y	N	N	N	N	N	N	N	N	N	N	
Ranch Beans	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	
Cheese Sauce	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Pico de gallo	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	
Jalapeños	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	
Green Onions	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Picked Red Onions	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	
Sour Cream	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Hard Rock Nachos with Grilled Chicken	Y	N	N	Y	N	Y	N	N	N	N	N	Y	Y	N	
Hard Rock Nachos with Beef	Y	N	N	Y	N	Y	N	N	N	N	N	Y	Y	N	
One Night in Bangkok Spicy Shrimp**	N	Y	N	Y	N	Y	N	Y	N	N	Y	Y	Y	Y	
Pre-Breaded Shrimp	N	N	N	Y	N	Y	N	N	N	N	Y	Y	N	N	
Tortilla Straws	N	N	N	Y	N	N	N	N	N	N	N	N	Y	N	
Coleslaw	N	Y	N	N	N	N	N	Y	N	N	N	N	Y	N	
Orange Chili Aioli	N	Y	N	Y	N	N	N	Y	N	N	N	Y	Y	N	
One Night in Bangkok Spicy Shrimp** (SCRATCH RECIPE)	Y	Y	N	Y	N	Y	N	Y	N	N	Y	Y	Y	Y	
Pre-Breaded Shrimp	Y	Y	N	Y	N	Y	N	N	N	N	Y	Y	Y	N	
Tortilla Straws	N	N	N	Y	N	N	N	N	N	N	N	N	Y	N	
Coleslaw	N	Y	N	N	N	N	N	Y	N	N	N	N	Y	N	
Orange Chili Aioli	N	Y	N	Y	N	N	N	Y	N	N	N	Y	Y	N	
Southwest Flatbread	Y	Y	N	Y	N	Y	N	Y	N	N	N	N	N	N	
Flatbread	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	
Pizza sauce	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	
Grilled Chicken	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	N	N	
Red peppers	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Green onions	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Avocado	N	N	N	N	N	N	N	N	N	N	N	N	N	N	
Guacamole Ranch	N	Y	N	N	N	Y	N	N	N	N	N	N	N	N	
Love All spice blend	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	
Smoked Chicken Wings - Classic buffalo	Y	Y	N	N	N	Y	N	Y	N	N	N	N	Y	N	
Wings	Y	N	N	N	N	N	N	Y	N	N	N	N	Y	N	
Celery	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	
Classic Sauce	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Blue Cheese Dressing	N	Y	N	N	N	Y	N	Y	N	N	N	N	N	N	
Smoked Chicken Wings - Hickory BBQ	Y	Y	N	N	N	Y	N	Y	N	N	N	N	Y	N	
Wings	Y	N	N	N	N	N	N	Y	N	N	N	N	Y	N	
Celery	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	
Hickory BBQ Sauce	Y	N	N	N	N	N	N	Y	N	N	N	N	Y	N	
Blue Cheese Dressing	N	Y	N	N	N	Y	N	Y	N	N	N	N	N	N	
Smoked Chicken Wings - Tangy Sauce	Y	Y	N	N	N	Y	N	Y	N	N	N	N	Y	N	
Wings	Y	N	N	N	N	N	N	Y	N	N	N	N	Y	N	
Celery	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	
Tangy Sauce	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	
Blue Cheese Dressing	N	Y	N	N	N	Y	N	Y	N	N	N	N	N	N	

Legendary Burger Subs & Upgrades	Celery	Egg	Fish	Cereal including Gluten	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame Seeds	Shellfish	Soy	Sulphur Dioxide	Tree Nuts
														

Onion Rings	N	N	N	Y	N	N	N	N	N	N	N	N	N	Y
Bacon	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cheese & Bacon Fries	N	Y	N	N	N	Y	N	Y	N	N	N	N	N	N
Fries	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Cheese Sauce	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Bacon pieces	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Spring Onion	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Ranch Dressing	N	Y	N	N	N	N	N	Y	N	N	N	N	N	N















Sandwiches	Celery	Egg	Fish	Cereal including Gluten	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame Seeds	Shellfish	Soy	Sulphur Dioxide	Tree Nuts
														

Honey Mustard Grilled Chicken Sandwich	Y	Y	N	Y	N	Y	N	Y	N	N	N	Y	Y	N
Seasoned Fries	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Bun	N	Y	N	Y	N	Y	N	N	N	N	N	Y	N	N
Chicken Breast	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
Honey Mustard	N	Y	N	N	N	N	N	Y	N	N	N	N	N	N
Cheese	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Coleslaw	N	Y	N	N	N	N	N	Y	N	N	N	N	Y	N
Bacon	N	N	N	N	N	N	N	N	N	N	N	N	N	N

BBQ Pulled Pork Sandwich	Y	Y	N	Y	N	Y	N	Y	N	N	N	Y	Y	N
Seasoned Fries	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Bun	N	Y	N	Y	N	Y	N	N	N	N	N	Y	N	N
Pulled Pork	Y	N	N	N	N	N	N	Y	N	N	N	N	Y	N
Signature BBQ Sauce	Y	N	N	N	N	N	N	Y	N	N	N	N	Y	N
Coleslaw	N	Y	N	N	N	N	N	Y	N	N	N	N	Y	N
Ranch Beans	Y	N	N	N	N	N	N	N	N	N	N	N	Y	N

Crispy Chicken Sandwich	Y	Y	N	Y	N	Y	N	Y	N	N	N	Y	N	N
Seasoned Fries	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Bun	N	Y	N	Y	N	Y	N	N	N	N	N	Y	N	N
Crispy Chicken	Y	Y	N	Y	N	Y	N	N	N	N	N	N	N	N
Ranch Dressing	N	Y	N	N	N	Y	N	Y	N	N	N	N	N	N

Buffalo Crispy Chicken Sandwich	Y	Y	N	Y	N	Y	N	Y	N	N	N	Y	N	N
Seasoned Fries	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Bun	N	Y	N	Y	N	Y	N	N	N	N	N	Y	N	N
Crispy Chicken	Y	Y	N	Y	N	Y	N	N	N	N	N	N	N	N
Ranch Dressing	N	N	N	N	N	Y	N	Y	N	N	N	N	N	N
Classic Sauce	N	N	N	N	N	Y	N	N	N	N	N	N	N	N

Salads	Celery	Egg	Fish	Cereal including Gluten	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame Seeds	Shellfish	Soy	Sulphur Dioxide	Tree Nuts
														

Chicken Caesar Salad	Y	Y	Y	Y	N	Y	N	Y	N	N	N	N	Y	N
Lettuce	N	N	N	N	N	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
Grilled Chicken	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
CROUTONS	N	N	N	Y	N	Y	N	N	N	N	N	N	N	N
Shaved Parmesan	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Parmesan Crisps	N	N	N	N	N	Y	N	N	N	N	N	N	N	N

Caesar Salad with Grilled Beef	N	Y	Y	Y	N	Y	N	Y	N	N	N	N	Y	N
Caesar Salad with Grilled Salmon	N	Y	Y	Y	N	Y	N	Y	N	N	N	N	Y	N















Steak Salad*	N	N	Y	Y	N	Y	N	Y	N	N	N	Y	Y	N
Lettuce Mix (iceberg, romaine, spinach, kale)	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Steak	N	N	N	N	N	N	N	N	N	N	N	Y	N	N
Cilantro Pesto	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
Shoestring Onions	N	N	N	Y	N	N	N	N	N	N	N	N	N	N
Blue Cheese Vinaigrette	N	N	N	N	N	Y	N	Y	N	N	N	N	Y	N

Asian Noodle Bowl	N	N	Y	Y	N	N	N	N	N	Y	N	Y	Y	N
Lettuce Mix (Iceberg, romaine, spinach, kale)	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Sesame Soy Dressing	N	N	N	Y	N	N	N	N	N	Y	N	Y	Y	N
Ramen Noodles	N	N	N	Y	N	N	N	N	N	N	N	N	N	N
Julienne Carrots	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Julienne Red Peppers 1/8"	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Edamame	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Red cabbage	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Green Onions	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Grilled Salmon	N	N	Y	Y	N	N	N	N	N	N	N	Y	Y	N

Southwest Chicken Bowl	Y	Y	N	N	N	Y	N	Y	N	N	N	N	Y	N
Chicken Breast	Y	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
Lettuce Mix (Iceberg, romaine, spinach, kale)	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Red Cabbage	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	N	N
Quinoa-Corn Salad	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
Seasoned Black Beans	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Guacamole Ranch Dressing	N	Y	N	N	N	Y	N	Y	N	N	N	N	Y	N

Side Caesar Salad	N	Y	Y	Y	N	Y	N	Y	N	N	N	N	Y	N
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Side House Salad (NO dressing)	N	N	N	Y	N	Y	N	N	N	N	N	N	N	N
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Salad Dressings														
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Blue Cheese Dressing	N	Y	N	N	N	Y	N	Y	N	N	N	N	N	N
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Caesar Dressing	N	Y	Y	N	N	Y	N	Y	N	N	N	N	Y	N
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Honey Mustard Dressing	N	Y	N	N	N	N	N	Y	N	N	N	N	N	N
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Oil and Vinegar	N	N	N	N	N	N	N	N	N	N	N	N	Y	N
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Blue Cheese Vinaigrette	N	N	N	N	N	Y	N	Y	N	N	N	N	Y	N
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Guacamole Ranch Dressing	N	Y	N	N	N	Y	N	Y	N	N	N	N	Y	N
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Sesame Soy Dressing	N	N	N	Y	N	N	N	N	N	Y	N	Y	Y	N
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Ranch Dressing	N	Y	N	N	N	Y	N	Y	N	N	N	Y	Y	N
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Smokehouse Trio Combo	Y	Y	N	Y	N	N	N	Y	N	N	N	N	Y	N
Ribs	Y	N	N	N	N	N	N	Y	N	N	N	N	Y	N
Love All Spice Blend (on ribs)	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N
Pulled Pork	Y	N	N	N	N	N	N	Y	N	N	N	N	Y	N
Crispy Shoestring Onions	N	N	N	Y	N	N	N	N	N	N	N	N	N	N
BBQ Chicken	Y	N	N	N	N	N	N	Y	N	N	N	N	Y	N
Seasoned Fries	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
Signature BBQ Sauce	Y	N	N	N	N	N	N	Y	N	N	N	N	Y	N
Coleslaw	N	Y	N	N	N	N	N	Y	N	N	N	N	Y	N
Ranch Beans	Y	Y	N	N	N	N	N	Y	N	N	N	N	Y	N

Cedar Plank Salmon	Y	N	Y	N	N	Y	N	Y	N	N	N	Y	Y	N
Salmon	N	N	Y	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
with Fresh Vegetable Choice Blanched Green Beans	Y	N	Y	N	N	Y	N	Y	N	N	N	Y	Y	N
with Fresh Vegetable Choice Broccoli Crowns	Y	N	Y	N	N	Y	N	Y	N	N	N	Y	Y	N
with Fresh Vegetable Choice Grilled Asparagus	Y	N	Y	N	N	Y	N	Y	N	N	N	Y	Y	N
Golden Mashed potatoes	N	N	N	N	N	Y	N	N	N	N	N	N	N	N

Tupelo Chicken Tenders	Y	Y	N	Y	N	Y	N	Y	N	N	N	N	Y	N
Tupelo Chicken Tenders (without sauce)	N	Y	N	Y	N	Y	N	N	N	N	N	N	Y	N
with Hickory BBQ Sauce	Y	N	N	N	N	N	N	Y	N	N	N	N	Y	N
with Honey Mustard Dressing	N	Y	N	Y	N	Y	N	Y	N	N	N	N	N	N
Seasoned Fries	N	N	N	N	N	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
with Dressing Choice Blue Cheese Dressing	Y	Y	N	N	N	Y	N	Y	N	N	N	N	Y	N
with Dressing Choice Caesar Dressing	Y	Y	Y	N	N	Y	N	Y	N	N	N	N	Y	N
with Dressing Choice Honey Mustard	Y	Y	N	N	N	Y	N	Y	N	N	N	N	N	N
with Dressing Choice Oil and Vinegar	Y	N	N	N	N	Y	N	Y	N	N	N	N	Y	N
with Dressing Choice Ranch Dressing	Y	Y	N	N	N	Y	N	Y	N	N	N	Y	Y	N

Sub Caesar Salad	N	Y	Y	Y	N	Y	N	Y	N	N	N	N	Y	N
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Side Items														
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Side Twisted Mac and Cheese	Y	N	N	Y	N	Y	N	N	N	N	N	N	N	N
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Breaded Onion Ring (side)	Y	Y	N	Y	N	Y	N	Y	N	N	N	N	Y	Y
Breaded Onion Ring (no sauce)	N	N	N	Y	N	N	N	N	N	N	N	N	N	Y
with Ranch Dressing On Side	N	Y	N	N	N	Y	N	Y	N	N	N	N	Y	N
With Signature BBQ Sauce On Side	Y	N	N	N	N	N	N	Y	N	N	N	N	Y	N

Seasoned French Fries	N	N	N	N	N	N	N	N	N	N	N	N	N	N
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Side Golden Mashed Potatoes	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
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Side Guacamole	N	N	N	N	N	N	N	N	N	N	N	N	N	N
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Side Cheese & Bacon Fries	N	Y	N	N	N	Y	N	Y	N	N	N	N	N	N
Fries	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cheese Sauce	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Bacon pieces	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Spring Onion	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Ranch Dressing	N	Y	N	N	N	N	N	Y	N	N	N	N	N	N

Fresh Seasonal Vegetables	Y	N	N	N	N	Y	N	N	N	N	N	N	Y	N
with Fresh Vegetable Choice Blanched Green Beans	Y	N	N	N	N	Y	N	N	N	N	N	N	Y	N
with Fresh Vegetable Choice Broccoli Crowns	Y	N	N	N	N	Y	N	N	N	N	N	N	Y	N
with Fresh Vegetable Choice Grilled Asparagus	Y	N	N	N	N	Y	N	N	N	N	N	N	Y	N

