

Updated: October 9th, 2025

Hard Rock Cafe Menu Allergen Analysis															
Starters & Shareables	Celery	Egg	Fish	Cereal including Gluten	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame Seeds	Shellfish	Soy	Sulphur Dioxide	Tree Nuts	
															
Hard Rock Nachos Allergens: Milk, Mustard, Sulphurs	N	N	N	N	N	Y	N	Y	N	N	N	N	Y	N	
Hard Rock Nachos with Grilled Chicken Allergens: Milk, Mustard, Sulphurs	N	N	N	N	N	Y	N	Y	N	N	N	N	Y	N	
Hard Rock Nachos with Beef Allergens: Wheat, Milk, Mustard, Soy, Sulphur	N	N	N	Y - W	N	Y	N	Y	N	N	N	Y	Y	N	
One Night in Bangkok Spicy Shrimp** Allergens: Egg, Barley, Wheat, Milk, Mustard, Shellfish, Soy, Sulphur	N	Y	N	Y - B/W	N	Y	N	Y	N	N	Y	Y	Y	N	
Margherita Flatbread Allergens: Wheat, Milk	N	N	N	Y - W	N	Y	N	N	N	N	N	N	N	N	
Pepperoni Flatbread Allergens: Wheat, Milk	N	N	N	Y - W	N	Y	N	N	N	N	N	N	N	N	
Smoked Chicken Wings - Classic Buffalo Sauce Allergens: Celery, Egg, Milk, Mustard, Sulphur	Y	Y	N	N	N	Y	N	Y	N	N	N	N	Y	N	
Smoked Chicken Wings - Signature BBQ Sauce Allergens: Celery, Egg, Milk, Mustard, Sulphur	Y	Y	N	N	N	Y	N	Y	N	N	N	N	Y	N	
Smoked Chicken Wings - Tangy Sauce Allergens: Celery, Egg, Milk, Mustard, Sulphur	Y	Y	N	N	N	Y	N	Y	N	N	N	N	Y	N	
Smoked Chicken Wings - Gochujang Sauce Allergens: Celery, Egg, Milk, Mustard, Sesame, Soy, Sulphur, M/C Wheat	Y	Y	N	M/C - W	N	Y	N	Y	N	Y	N	Y	Y	N	
Smoked Chicken Wings - Stardust Allergens: Celery, Egg, Milk, Mustard, Sulphur	Y	Y	N	N	N	Y	N	Y	N	N	N	N	Y	N	
Breaded Tupelo Dippers (sauces NOT included) Allergens: Celery, Egg, Wheat, Milk, Sulphur	Y	Y	N	Y - W	N	Y	N	N	N	N	N	N	Y	N	

Legendary Burgers														
Original Legendary Burger with Fries Allergens: Celery, Egg, Wheat, Milk, Soy, Sulphur, M/C Mustard	Y	Y	N	Y - W	N	Y	N	M/C	N	N	N	Y	N	N
BBQ Bacon Cheeseburger with Fries Allergens: Celery, Egg, Wheat, Milk, Mustard, Soy, Sulphur	Y	Y	N	Y - W	N	Y	N	Y	N	N	N	Y	Y	N
Moving Mountains Burger with Fries Allergens: Celery, Egg, Wheat, Barley, Oats, Milk, Soy, M/C Mustard	Y	Y	N	Y - B/W/O	N	Y	N	M/C	N	N	N	Y	N	N
Classic Smash Burger with Fries Allergens: Celery, Egg, Wheat, Milk, Mustard, Soy, M/C Sulphur	Y	Y	N	Y - W	N	Y	N	Y	N	N	N	Y	M/C	N
Legendary Smash Burger with Fries Allergens: Celery, Egg, Wheat, Milk, Mustard, Soy	Y	Y	N	Y - W	N	Y	N	Y	N	N	N	Y	N	N
BBQ Bacon & Cheese Smashburger with Fries Allergens: Celery, Egg, Wheat, Milk, Mustard, Soy, Sulphur	Y	Y	N	Y - W	N	Y	N	Y	N	N	N	Y	Y	N
Spicy Diablo Burger with Fries Allergens: Celery, Egg, Wheat, Milk, Mustard, Soy, Sulphur	Y	Y	N	Y - W	N	Y	N	Y	N	N	N	Y	Y	N
Legendary Burger Subs & Upgrades														
Moving Mountains Patty Allergens: Wheat, Barley, Oats, Soy	N	N	N	Y - B/W/O	N	N	N	N	N	N	N	Y	N	N
Onion Rings Allergens: Wheat, Tree Nuts, M/C Mustard & Soy	N	N	N	Y - W	N	N	N	M/C	N	N	N	M/C	N	Y
Bacon Allergens: NONE	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cheese & Bacon Fries Allergens: Egg, Milk, Mustard	N	Y	N	N	N	Y	N	Y	N	N	N	N	N	N

Sandwiches														
Messi Chicken Sandwich & Fries Allergens: Egg, Wheat, Milk, Mustard, Soy	N	Y	N	Y-W	N	Y	N	Y	N	N	N	Y	N	N
Grilled Chicken Sandwich & Fries Allergens: Celery, Egg, Wheat, Milk, Mustard, Sesame, Soy, M/C Sulphur, M/C Barley, M/C Malt	Y	Y	N	Y-W	N	Y	N	Y	N	N	N	Y	M/C	N
BBQ Pulled Pork Sandwich Allergens: Celery, Egg, Wheat, Milk, Mustard, Soy, Sulphur	Y	Y	N	Y-W	N	Y	N	Y	N	N	N	Y	Y	N
Salads														
Caesar Salad Allergens: Egg, Fish, Barley, Wheat, Milk, Mustard, Sulphur, Soy, M/C Peanuts, M/C Tree Nuts	N	Y	Y	Y-BW	N	Y	N	Y	M/C	N	N	Y	Y	M/C
Caesar Salad with Chicken Allergens: Egg, Fish, Barley, Wheat, Milk, Mustard, Sulphur, Soy, M/C Peanuts, M/C Tree Nuts	N	Y	Y	Y-BW	N	Y	N	Y	M/C	N	N	Y	Y	M/C
Caesar Salad with Grilled Beef Allergens: Egg, Fish, Barley, Wheat, Milk, Mustard, Sulphur, Soy, M/C Peanuts, M/C Tree Nuts	N	Y	Y	Y-BW	N	Y	N	Y	M/C	N	N	Y	Y	M/C
Caesar Salad with Grilled Salmon Allergens: Egg, Fish, Barley, Wheat, Milk, Mustard, Sulphur, Soy, M/C Peanuts, M/C Tree Nuts	N	Y	Y	Y-BW	N	Y	N	Y	M/C	N	N	Y	Y	M/C
Cobb Salad Allergens: Egg, Wheat, Milk, Mustard	N	Y	N	Y-W	N	Y	N	Y	N	N	N	N	N	N
Cobb Salad with Chicken Allergens: Egg, Wheat, Milk, Mustard	N	Y	N	Y-W	N	Y	N	Y	N	N	N	N	N	N
Cobb Salad with Grilled Beef Allergens: Egg, Wheat, Milk, Mustard, Soy	N	Y	N	Y-W	N	Y	N	Y	N	N	N	Y	N	N
Cobb Salad with Grilled Salmon Allergens: Egg, Fish, Wheat, Milk, Mustard	N	Y	Y	Y-W	N	Y	N	Y	N	N	N	N	N	N
Asian Noodle Bowl Allergens: Wheat, Sesame, Soy, Sulphur	N	N	N	Y-W	N	N	N	N	N	Y	N	Y	Y	N
Asian Noodle Bowl with Chicken Allergens: Wheat, Sesame, Soy, Sulphur	N	N	N	Y-W	N	N	N	N	N	Y	N	Y	Y	N
Asian Noodle Bowl with Grilled Beef Allergens: Wheat, Sesame, Soy, Sulphur	N	N	N	Y-W	N	N	N	N	N	Y	N	Y	Y	N
Asian Noodle Bowl with Grilled Salmon Allergens: Fish, Wheat, Sesame, Soy, Sulphur	N	N	Y	Y-W	N	N	N	N	N	Y	N	Y	Y	N
Southwestern Bowl Allergens: Egg, Milk, Mustard, M/C Sulphur	N	Y	N	N	N	Y	N	Y	N	N	N	N	M/C	N
Southwest Bowl with Chicken Allergens: Egg, Milk, Mustard, M/C Sulphur	N	Y	N	N	N	Y	N	Y	N	N	N	N	M/C	N
Southwest Bowl with Grilled Beef Allergens: Egg, Wheat, Milk, Mustard, Soy, M/C Sulphur	N	Y	N	Y-W	N	Y	N	Y	N	N	N	Y	M/C	N
Southwest Bowl with Grilled Salmon Allergens: Egg, Fish, Milk, Mustard, M/C Sulphur	N	Y	Y	N	N	Y	N	Y	N	N	N	N	M/C	N
Side Caesar Salad Allergens: Egg, Fish, Barley, Wheat, Milk, Mustard, Soy, Sulphur, M/C Peanuts, M/C Tree nuts	N	Y	Y	Y-BW	N	Y	N	Y	M/C	N	N	Y	Y	M/C
Side House Salad (NO dressing) Allergens: Wheat, Milk	N	N	N	Y-W	N	Y	N	N	N	N	N	N	N	N

Salad Dressings & Fry Dips														
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Gochujang Sauce Allergens: Celery, Sesame, Soy, M/C Wheat	Y	N	N	M/C - W	N	N	N	N	N	Y	N	Y	N	N
Blue Cheese Dressing Allergens: Egg, Milk, Mustard	N	Y	N	N	N	Y	N	Y	N	N	N	N	N	N
Caesar Dressing Allergens: Egg, Fish, Barley, Milk, Mustard, Soy, Sulphur, M/C Peanuts, M/C Tree nuts	N	Y	Y	Y - B	N	Y	N	Y	M/C	N	N	Y	Y	M/C
Honey Mustard Dressing Allergens: Egg, Mustard	N	Y	N	N	N	N	N	Y	N	N	N	N	N	N
Oil and Vinegar Allergens: Sulphites	N	N	N	N	N	N	N	N	N	N	N	N	Y	N
Sesame Soy Dressing Allergens: Wheat, Sesame, Sov, Sulphur	N	N	N	Y - W	N	N	N	N	N	Y	N	Y	Y	N
Legendary Sauce Allergens: Celery, Egg, Mustard	Y	Y	N	N	N	N	N	Y	N	N	N	N	N	N
Spicy Mayonnaise Allergens: Egg, Mustard, Soy, Sulphur	N	Y	N	N	N	N	N	Y	N	N	N	Y	Y	N
Herb Aioli Allergens: Egg, Mustard	N	Y	N	N	N	N	N	Y	N	N	N	N	N	N
Buffalo Sauce Allergens:	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Signature BBQ Sauce Allergens: Celery, Mustard, Sulphur	Y	N	N	N	N	N	N	Y	N	N	N	N	Y	N
Garlic Aioli Allergens: Egg, Mustard	N	Y	N	N	N	N	N	Y	N	N	N	N	N	N
Ranch Dressing Allergens: Egg, Milk, Mustard	N	Y	N	N	N	Y	N	Y	N	N	N	N	N	N

[illegible]

Side Cheese & Bacon Fries
Allergens: Egg, Milk, Mustard

N	Y	N	N	N	Y	N	Y	N	N	N	N	N	N
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Fresh Seasonal Vegetables
Allergens: Milk

N	N	N	N	N	Y	N	N	N	N	N	N	N	N
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Kids Menu														
Kids Messi Chicken Sandwich Allergens: Celery, Egg, Wheat, Milk, Mustard, Soy	Y	Y	N	Y-W	N	Y	N	Y	N	N	N	Y	N	N
Kids Messi Cheeseburger Allergens: Celery, Wheat, Milk, Mustard, Soy	Y	N	N	Y-W	N	Y	N	Y	N	N	N	Y	N	N
Kids Cavatappi Pasta w/ Fruit Allergens: Wheat, Milk	N	N	N	Y - W	N	Y	N	N	N	N	N	N	N	N
Kids Cavatappi Pasta w/ Daily Veg Allergens: Wheat, Milk	N	N	N	Y - W	N	Y	N	N	N	N	N	N	N	N
Kids Cavatappi Pasta w/ French Fries Allergens: Celery, Wheat, Milk	Y	N	N	Y - W	N	Y	N	N	N	N	N	N	N	N
Kids Mac and Cheese w/ Fruit Allergens: Wheat, Milk, Mustard	N	N	N	Y - W	N	Y	N	Y	N	N	N	N	N	N
Kids Mac and Cheese w/ Daily Veg Allergens: Wheat, Milk, Mustard	N	N	N	Y - W	N	Y	N	Y	N	N	N	N	N	N
Kids Mac and Cheese w/ French Fries Allergens: Celery, Wheat, Milk, Mustard	Y	N	N	Y - W	N	Y	N	Y	N	N	N	N	N	N
Kids Chicken Breast w/ Fries & Daily Vegetables Allergens: Milk	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Kids Chicken Salad (NO DRESSING) Allergens: Milk	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Kids Chicken Tenders Allergens: Celery, Egg, Wheat, Milk, Mustard, Sulphur	Y	Y	N	Y - W	N	Y	N	Y	N	N	N	N	Y	N
Kids Bacon Cheeseburger w/ Fries Allergens: Celery, Egg, Milk, Soy	Y	N	N	Y - W	N	Y	N	N	N	N	N	Y	N	N
Kids Hot Dog w/ Fries Allergens: Celery, Egg, Milk, Soy	Y	N	N	Y - W	N	Y	N	N	N	N	N	Y	N	N
Kids Pizza Allergens: Wheat, Milk	N	N	N	Y - W	N	Y	N	N	N	N	N	N	N	N
Kids Pepperoni Pizza Allergens: Wheat, Milk	N	N	N	Y - W	N	Y	N	N	N	N	N	N	N	N
Kids Vegetarian Cheeseburger Allergens: Celery, Wheat, Milk, Mustard, Soy	Y	N	N	Y - W	N	Y	N	Y	N	N	N	Y	N	N
Kids Vegetarian Grilled Chicken Breast Allergens: Celery, Wheat, Milk	Y	N	N	Y - W	N	Y	N	N	N	N	N	N	N	N
Kids Vegetarian Chicken Salad Allergens: Celery, Wheat, Milk	Y	N	N	Y - W	N	Y	N	N	N	N	N	N	N	N
Kids Vegetarian Chicken Tenders Allergens: Celery, Wheat, Milk, Mustard, Sulphur	Y	Y	N	Y - W	N	Y	N	Y	N	N	N	N	Y	N
Seasonal Vegetables Allergens: Milk	N	N	N	N	N	Y	N	N	N	N	N	N	Y	N
Fresh Fruit Allergens:	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Golden Mashed Potatoes Allergens: Milk	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Fries Allergens:	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Hot Fudge Sundae Allergens: Egg, Milk, Sulphur, M/C Tree Nuts	N	Y	N	N	N	Y	N	N	N	N	N	N	Y	M/C
Kids thick Shake Allergens: Egg, Milk, M/C Tree Nuts	N	Y	N	N	N	Y	N	N	N	N	N	N	N	M/C
Cola Float Allergens: Egg, Milk, M/C Tree Nuts	N	Y	N	N	N	Y	N	N	N	N	N	N	N	M/C

Desserts & Hot Beverages	Celery	Egg	Fish	Cereal including Gluten	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame Seeds	Shellfish	Soy	Sulphur Dioxide	Tree Nuts
Hot Fudge Brownie Allergens: Egg, Wheat, Milk, Soy, M/C Tree Nuts	N	Y	N	Y - W	N	Y	N	N	N	N	N	Y	N	M/C
Saesonal Cobbler Allergens: Egg, Wheat, Milk, M/C Tree Nuts	N	Y	N	Y - W	N	Y	N	N	N	N	N	N	N	M/C
Classic Cheesecake (Strawberry) Allergens: Egg, Oat, Wheat, Milk, Soy, M/C Peauts, M/C Tree Nuts	N	Y	N	Y - W/O	N	Y	N	N	M/C	N	N	Y	N	M/C
Hot Fudge Sundae Allergens: Egg, Milk, Soy, M/C Tree Nuts	N	Y	N	N	N	Y	N	N	N	N	N	Y	N	M/C
Ice Cream, Chocolate Allergens: Egg, Milk, M/C Tree Nuts	N	Y	N	N	N	Y	N	N	N	N	N	N	N	M/C
Ice Cream, Vanilla Allergens: Egg, Milk, M/C Tree Nuts	N	Y	N	N	N	Y	N	N	N	N	N	N	N	M/C
Chocolate Shake Allergens: Egg, Milk, M/C Tree Nuts	N	Y	N	N	N	Y	N	N	N	N	N	N	N	M/C
Vanilla Shake Allergens: Egg, Milk, M/C Tree Nuts	N	Y	N	N	N	Y	N	N	N	N	N	N	N	M/C
Cappuccino Allergens: Milk	N	N	N	N	N	Y	N	N	N	N	N	N	N	N
Espresso Allergens: NONE	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Latte Allergens: Milk	N	N	N	N	N	Y	N	N	N	N	N	N	N	N