

# LUCK LUST **LIQUOR & BURN**

## ALLERGEN MANUAL

**Please inform your server before ordering of any specific dietary requirements that you may have.**

If you require dishes with no gluten containing ingredients, please see our specific menu on the back page of this document. Our recipe information is frequently updated so please check each time you visit to ensure that you have the most up to date recipes.

Whilst every care is taken with your meal, we cannot guarantee a 100% allergen free environment, nor can we guarantee against the processes used by our suppliers or products which may be produced in an environment with other allergens.

## DIPS / STARTERS - DOES IT CONTAIN?

DISH	GLUTEN	CRUSTACEANS	EGGS	FISH	PEANUTS	SOYA	MILK	NUTS	CELERY	MUSTARD	SESAME	SULPHITES	LUPIN	MOLLUSCS
BLEU CHEESE & BACON	TRACES*	TRACES*	YES			YES	YES			YES		YES		TRACES*
HOUSE SALSA												YES		
SMASHED GUAC												YES		
BACON WRAPPED JALAPENOS							YES					YES		
BAGEL BITES	YES		YES			TRACES*	YES	TRACES*	YES		TRACES*	YES		
WONDER ROLLS	YES		YES			YES	YES	TRACES*	YES	YES	YES	YES		
CHICKEN BLASTS BBQ	YES	TRACES*	YES			YES	YES		YES	YES	YES	YES		TRACES*
CHICKEN BLASTS HOT	YES	TRACES*	YES			YES	YES		YES	YES		YES		TRACES*

DISHES WITH A \* INDICATE THAT WHILST THE INGREDIENT IS NOT INCLUDED IN THE RECIPE, DUE TO EQUIPMENT BEING USED FOR MORE THAN ONE PRODUCT THERE IS A SMALL POSSIBLE CONTAMINATION RISK. ALLERGEN INFORMATION WILL BE KEPT UP TO DATE AND SHOULD BE CHECKED EACH TIME YOU VISIT, AS WE MAY UPDATE RECIPES FROM TIME TO TIME.

## STARTERS - DOES IT CONTAIN?

DISH	GLUTEN	CRUSTACEANS	EGGS	FISH	PEANUTS	SOYA	MILK	NUTS	CELERY	MUSTARD	SESAME	SULPHITES	LUPIN	MOLLUSCS
EASY RIDER	YES	TRACES*	YES			YES	YES	TRACES*	YES		YES	YES		TRACES*
GRILLED HALLOUMI	TRACES*					TRACES*	YES	YES			TRACES*	YES		
LETTUCE CUPS	TRACES*				YES	YES	TRACES*		TRACES*	TRACES*	YES	YES		
MONSTER CLAWS											TRACES*	YES		
CHORIZO QUESADILLA	YES		YES			TRACES*	YES	TRACES*	YES		TRACES*	YES		
JALAPENO QUESADILLA	YES		YES			TRACES*	YES	TRACES*	YES		TRACES*	YES		
SHRIMP & SQUID	YES	YES	YES				YES		TRACES*		TRACES*	YES		YES

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## NACHOS/ TACOS - DOES IT CONTAIN?

DISH	GLUTEN	CRUSTACEANS	EGGS	FISH	PEANUTS	SOYA	MILK	NUTS	CELERY	MUSTARD	SESAME	SULPHITES	LUPIN	MOLLUSCS
BEAN NACHOS			YES				YES		YES			YES		
VOLCANO NACHOS	YES		YES			TRACES	YES		YES	YES		YES		
BACON DOUBLE CHEESEBURGER NACHOS	TRACES*	TRACES*	TRACES*			TRACES*	YES	TRACES*	TRACES*	YES	TRACES*	YES		TRACES*
DRIPPIN CHICKEN TACOS	YES		YES			TRACES	YES	TRACES*	YES	TRACES*	TRACES*	YES		
FAT TONY TACOS	YES	TRACES*	YES			YES	YES	TRACES*	TRACES*	YES	YES	YES		TRACES*
TACOS ROCKAFELLA	YES	TRACES*	YES			YES	YES	TRACES*	YES	YES	TRACES*	YES		

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## BURRITOS - DOES IT CONTAIN?

DISH	GLUTEN	CRUSTACEANS	EGGS	FISH	PEANUTS	SOYA	MILK	NUTS	CELERY	MUSTARD	SESAME	SULPHITES	LUPIN	MOLLUSCS
ALABAMA SLAMMER	YES	TRACES*	YES			TRACES*	YES	TRACES*	TRACES*	YES	TRACES*	YES		TRACES*
ALMOST FAMOUS BURRITO	YES		YES			TRACES	YES	TRACES*	YES	TRACES*	TRACES*	YES		
BADDABING	YES		YES			TRACES	YES	YES	TRACES*	YES	TRACES*	YES		
CHICKEN LICKIN	YES		YES			TRACES*	YES	YES	YES	TRACES*	TRACES*	YES		
F-BOMB	YES		YES			TRACES	YES	TRACES*	TRACES*	TRACES	TRACES*	YES		
MEN OF MAYHEM	YES		YES			YES	YES	TRACES*	TRACES*	YES	TRACES*	YES		
SUNNY SAN DIEGO	YES		YES			TRACES*	YES	YES			TRACES*	YES		
THE BIG EASY	YES		YES			TRACES*	YES	TRACES*	YES	TRACES*	TRACES*	YES		
LIVIN THE DREAM	YES	TRACES*	TRACES*			YES	YES	TRACES*	YES	YES	TRACES*	YES		TRACES*
EXTRA CHEEKY	YES		YES			YES	YES	TRACES*	YES	TRACES*	YES	YES		
RON JEREMY	YES		YES			YES	YES	TRACES*	YES	YES	YES	YES		

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## BURGERS/ SALADS - DOES IT CONTAIN?

DISH	GLUTEN	CRUSTACEANS	EGGS	FISH	PEANUTS	SOYA	MILK	NUTS	CELERY	MUSTARD	SESAME	SULPHITES	LUPIN	MOLLUSCS
AMERICAN DREAM	YES	TRACES*	YES			YES	YES	TRACES	YES	YES	TRACES	YES		TRACES*
SLOPPY JUAN	YES		YES			YES	YES	TRACES	YES	YES	TRACES	YES		
LIQUOR & BURN BURGER	YES		YES			YES	YES	TRACES	YES	TRACES*	TRACES	YES		
TRIPLE THREAT	YES		YES			YES	YES	TRACES	YES	YES	TRACES	YES		
LIFES A BEAN	YES		YES			YES	YES	TRACES			TRACES	YES		
CHICKEN TACO SALAD	YES	TRACES*	YES			TRACES*	YES		TRACES*	TRACES*		YES		TRACES*
PHO-KING AMAZING STEAK SALAD	YES	TRACES*	YES		YES	YES	YES		TRACES*	TRACES*	YES	YES		TRACES*
SQUAH SALAD	YES	TRACES*	YES		YES	TRACES*	YES		TRACES*	TRACES*		YES		TRACES*

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## MAINS / FRIES - DOES IT CONTAIN?

DISH	GLUTEN	CRUSTACEANS	EGGS	FISH	PEANUTS	SOYA	MILK	NUTS	CELERY	MUSTARD	SESAME	SULPHITES	LUPIN	MOLLUSCS
BARRIO FRIES	TRACES*		YES			TRACES*	YES	TRACES*	YES		TRACES*	YES		
CHILLI CHEESE FRIES	YES		YES			TRACES	YES		YES	YES		YES		
WINNING FRIES												YES		
WONDER FRIES							YES					YES		
BACON DOUBLE CHEESEBURGER FRIES	TRACES*	TRACES*	TRACES*			TRACES*	YES	TRACES*	TRACES*	YES	TRACES*	YES		TRACES*
FABULOUS STEAK DINNER	YES		TRACES			TRACES	YES	TRACES*	TRACES	TRACES	TRACES*	YES		
MIDNIGHT COWBOY	TRACES*		YES			TRACES*	YES	TRACES*	TRACES*	YES	TRACES*	YES		
SOUTH CENTRAL ENCHILADA	YES		YES			TRACES*	YES	TRACES*	YES	YES	TRACES*	YES		
TAPOUT BURRITO	YES		YES			TRACES*	YES	TRACES*	YES	YES	TRACES*	YES		
BIG JUAN	YES	TRACES*	YES			YES	YES	TRACES	YES	YES	TRACES	YES		TRACES*

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## SAUCES - DOES IT CONTAIN?

DISH	GLUTEN	CRUSTACEANS	EGGS	FISH	PEANUTS	SOYA	MILK	NUTS	CELERY	MUSTARD	SESAME	SULPHITES	LUPIN	MOLLUSCS
BLEU CHEESE			YES			YES	YES			YES		YES		
BOSS						TRACES						YES		
CHIPOTLE SOUR CREAM			YES				YES		YES			YES		
GUAC MAYO			YES									YES		
JALAPENO LIME MAYO			YES				YES					YES		
CHEEKY BBQ	YES					YES						YES		
TACO SAUCE												YES		
PEPPERCORN SAUCE	YES		TRACES			TRACES	YES		TRACES	TRACES		YES		
REDNECK SAUCE						TRACES				YES		YES		
SUNRIED AIOLI			YES									YES		
PHOKING	YES					YES					YES	YES		



## DESSERTS - DOES IT CONTAIN?

DISH	GLUTEN	CRUSTACEANS	EGGS	FISH	PEANUTS	SOYA	MILK	NUTS	CELERY	MUSTARD	SESAME	SULPHITES	LUPIN	MOLLUSCS
ICE CREAM SANDWICH	YES		YES			YES	YES					YES		
DREAM SEQUENCE	YES		YES		TRACES	YES	YES	TRACES				YES		
NUTELLA CHURROS	YES		TRACES		TRACES	YES	YES	YES				YES		

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## BRUNCH - DOES IT CONTAIN?

DISH	GLUTEN	CRUSTACEANS	EGGS	FISH	PEANUTS	SOYA	MILK	NUTS	CELERY	MUSTARD	SESAME	SULPHITES	LUPIN	MOLLUSCS
LUST BREAKFAST	YES		YES			TRACES	YES	TRACES	TRACES*	TRACES*	TRACES	YES		
LUCKY (VEGGIE) BREAKFAST	YES		YES			TRACES	YES	TRACES	YES	TRACES*	TRACES	YES		
BEST BURRITO EVER	YES		YES			TRACES*	YES	TRACES*	YES	TRACES*	TRACES*	YES		
WONDER SPUD BURRITO	YES		YES			TRACES*	YES	TRACES*	YES	TRACES*	TRACES*	YES		
STEAK & BRO JOB	YES		YES			TRACES	YES	TRACES*	TRACES*	TRACES*	TRACES*	YES		
STEAK & EGGS	TRACES*		YES			TRACES*	YES	TRACES*	YES	TRACES*	TRACES*	YES		
AVOCADO ON TOAST	YES		YES			TRACES	TRACES	TRACES			TRACES	YES		
AMERICAN DREAM WAFFLE	YES		YES			TRACES*	YES		TRACES*	TRACES*		YES		
CHURRO WAFFLE	YES		YES			YES	YES	YES				YES		

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# ARE YOU GLUTEN-FREE?

WHILST EVERY CARE IS TAKEN WITH YOUR MEAL, WE CANNOT GUARANTEE A 100% ALLERGEN FREE ENVIRONMENT, NOR CAN WE GUARANTEE AGAINST TRACES AS OUR KITCHEN FREQUENTLY USES PRODUCTS CONTAINING GLUTEN.

## MAINS

### #1 GF NACHOS £8.00

Salted tortilla chips, melted cheese, taco sauce, chipotle sour cream, guac mayo, pico de gallo, jalapenos, shredded iceberg lettuce.

### #2 GF BACON CHEESEBURGER £8.50

On a gluten free roll, double patty (without burger butter), melted cheese, salad stack, pickles, taco sauce, blue cheese sauce.

### #3 GF GRILLED CHICKEN BURGER £9.50

On a gluten free roll, grilled spiced chicken, salad stack, taco sauce, lime jalapeno mayo

### #4 GF GRILLED CHICKEN SALAD £9.00

Grilled spiced chicken, Mixed leaves, radish, fresh jalapenos, tomatoes, taco sauce, lime jalapeno mayo, pomegranate

### #5 GF HALLOUMI BURGER £8.00

On a gluten free roll, grilled halloumi, salad stack, taco sauce, lime jalapeno mayo

### #6 GF SUNNY SAN DIEGO SALAD £8.00

Grilled spiced halloumi, grilled peppers & onions, sundried tomatoes, avocado, coriander pesto, taco sauce, sundried aioli on a bed of mixed leaves

## SIDES

### #7 GF HOUSE SALSA DIP £3.00

With corn tortilla chips

### #8 GF MONSTER CLAWS £2.50

Grilled green beans, fresh jalapenos, Sriracha hot sauce

### #9 GF GRILLED HALLOUMI £4.00

With taco sauce and coriander pesto