



Sticky Sisters Allergen Information

Allergens:

Sticky Sisters' priority is to ensure our customers with food allergies and intolerances have accurate information to make safe choices from our menu. Where any of the 14 specified allergies are present, we will tell you. When one of our suppliers reports they have identified a risk of cross contamination in their production line, we will tell you the product may contain an allergen. Sticky Sisters restaurants have controls in place to reduce the risk of cross contamination in our own kitchens and storage areas.

In common with other catering operations, our kitchens are open environments and there is always a risk of cross contamination. Hence, we cannot guarantee any product is entirely free from any allergen and customers with severe food allergies should take this information into account that the processes with which our food is prepared on workstations and equipment will be a risk of contamination and we cannot guarantee that a product or ingredient may be allergen free.


Our Team will not advise you on any products to purchase due to potential risk to consumer. However, you will be guided to the allergen list of information present in the restaurant or to the relevant website. As a guest, if you or any member of the group suffer from any severe allergy, you the consumer must make your own choice of food products knowing that all our kitchen is in an open environment.


Gluten Free:


Some of our products may state that they are Gluten Free from suppliers. However, with the open environment and use of same equipment to cook and prepare products, there is no way we can guarantee 100% Gluten Free of any product as the products are at risk of contamination through cooking and preparation procedures being an open environment and we do not have separate kitchens or equipment.







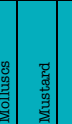
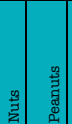









Vegetarian:

Please be aware that our vegetarian products are cooked within the same areas and equipment as meat products. Separate utensils and chopping boards for vegetarian products are in place, but during the cooking process may be contaminated (tainted) by other food products, so we cannot guarantee 100% Vegetarian products.

	INFORMATION														
	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	
Starters															
Garlic Bread (v)		Yes - Wheat					Yes					MC	MC		
Garlic Bread with Cheese (v)		Yes - Wheat					Yes					MC	MC		
Halloumi Sticks (v)		Yes - Wheat					Yes								
Mozzarella Sticks (v)		Yes - Wheat					Yes						Yes		
Hot Corn (v)	Can be made vegan (remove butter)						Yes								
Nacho Slam (v)	Can be made vegan (remove sour cream and change cheese)						Yes								
Nacho Slam with Chicken		Yes - when fried					Yes, when fried								
Wings															
Boneless Wings		Yes - when fried					Yes, when fried								
Tenders		Yes - when fried					Yes, when fried								
Vegan Tenders (v) (ve)		Yes - Wheat													
Burgers															
Sticky's Original		Yes - Wheat		Yes			Yes						Yes		
Sriracha-cha		Yes - Wheat		Yes			Yes						Yes		
Mango Unchained		Yes - Wheat		Yes			Yes						Yes		
The Buffalo OG		Yes - Wheat		Yes			Yes		Yes				Yes		
Sticky's Smokin' BBQ		Yes - Wheat		Yes			Yes						Yes		
Mexican Crunch		Yes - Wheat		Yes			Yes						Yes		
Too Hot To Handle		Yes - Wheat		Yes			Yes						Yes		
The Halloumi One (v)		Yes - Wheat		Yes			Yes						Yes		
The Sisters' Veggie (v) (ve)		Yes - Wheat										MC			
Wraps															
Sticky's Original		Yes - Wheat		Yes			Yes, when fried								
Sriracha-cha		Yes - Wheat					Yes, when fried								
Mango Unchained		Yes - Wheat					Yes								
The Buffalo OG		Yes - Wheat		Yes			Yes		Yes						
Sticky's Smokin' BBQ		Yes - Wheat					Yes, when fried								
Mexican Crunch		Yes - Wheat					Yes								
Too Hot To Handle		Yes - Wheat					Yes, when fried								
The Halloumi One (v)		Yes - Wheat													
The Sisters' Veggie (v) (ve)		Yes - Wheat													
Salads & Rice Boxes															
Garden Salad (v)	Can be made vegan - take out croutons and aioli sauce	Yes - Wheat		Yes			MC		Yes						
Chicken Salad	Can be made vegan - take out croutons and aioli sauce	Yes - Wheat		Yes			MC		Yes						
Chicken Rice Box		Yes - when fried													
Little Chicks															
Mini Chicken Fillet Bites		Yes													
Chicken Tenders		Yes													
Chicken Burger		Yes - Wheat													
Halloumi Burger (v)		Yes - Wheat					Yes								
		<div style="display: flex; align-items: center; gap: 5px;"> <div style="width: 15px; height: 15px; background-color: #90EE90; border: 1px solid black;"></div> Does not Contain <div style="width: 15px; height: 15px; background-color: #FF0000; border: 1px solid black; margin-left: 10px;"></div> Contains the Allergen </div>													
		<div style="display: flex; align-items: center; gap: 5px;"> <div style="width: 15px; height: 15px; background-color: #FFA500; border: 1px solid black;"></div> Does not contain the allergen, however this allergen is present in the manufacturing environment. </div>													
<p>NB: We have taken all reasonable steps to ensure that this table is accurate. However, we cannot guarantee that the product is '100% free from' that component because of the risk of unexpected cross-contamination.</p>															
<p>Allergy data detailed in the table has been derived from specifications obtained from the suppliers of the products.</p>															
<p>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 staff.</p>															
<p>Updated 15th July 2021</p>															

	INFORMATION													
	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Fries														
Fries (v) (ve)														
Spicy Fries (v) (ve)														
Sweet Potato Fries (v) (ve)														
Tiger Fries (v) (ve)														
Cheesy Fries (v)							Yes					Yes, if it is cheese sauce		
Sticky's Loaded Fries		Yes - Wheat					Yes							
Sticky's Dirty Fries		Yes - Wheat					Yes							
On the Otherside														
Beer Battered Onion Rings (v) (ve)		Yes - Wheat and Barley												
House Slaw (v)			Yes											
House Rice (v) (ve)														
Mac & Cheese (v)		Yes - Wheat					Yes							
Sauces														
1 Dreamy Garlic (v)			Yes					Yes						
2 Show me the Aioli (v)			Yes					Yes						
3 Cool Ranch			Yes			Yes		Yes						
4 Smokin' BBQ														
5 Cheesy Blue (v)			Yes			Yes		Yes						
6 Piri Piri Perfection														
7 Honey, I Must (v)			Yes					Yes						
8 Sweet Thai Chillin'(v) (ve)														
9 Pepper Jam Slam (v)	Yes													
10 Jigglin' Jalapeño (v)	MC	MC	MC			MC	MC			MC	MC		MC	
11 Sticky Sisters														
12 Buffalo Kicker (v) (ve)														
13 Sriracha Sunrise (v) (ve)														
14 Mango Madness														
15 Blazin' BBQ														
16 Habanero Heat														
17 Tearjerker														
		Does not Contain	Yes	Contains the Allergen										
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Updated 15th July 2021														

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	Gluten	Eggs	Peanuts	Soy	Wheat	Mustard	Milk	Lupin	Fish	Crustaceans	Other	Alcohol	Sulphur Dioxide	Sesame Seeds								
Desserts																						
Churros - Caramel (v)	MC	Yes - Wheat	MC	MC	MC	MC	Yes	MC	MC	MC	MC	MC	MC	MC								
Churros - Chocolate	MC	Yes - Wheat	MC	MC	MC	MC	MC	MC	MC	Yes - Hazelnuts	MC	MC	MC	MC								
Mini Doughnuts (v)		Yes - Wheat and Oat		Yes			Yes							Yes								
Chocolate Fudge Cake (v)		Yes - Wheat		Yes			Yes			MC	MC			Yes								
Chocolate Ice Cream (v)				Yes										Yes								
Vanilla Ice Cream (v)				Yes			Yes															
Strawberry Ice Cream (v)				Yes			Yes															
Chocolate Sauce (v) (ve)																						
Strawberry Sauce (v) (ve)																						
Salted Caramel Sauce (v)							Yes															
Floats and Shakes																						
Chocolate (v)				Yes			Yes															
Vanilla (v)				Yes			Yes															
Strawberry (v)				Yes			Yes															
Salted Caramel (v)				Yes			Yes															
Oreo (v)		Yes - Wheat		Yes			Yes							Yes								
Maltesers (v)		Yes - Wheat and Barley		Yes			Yes							Yes								
Kit Kat (v)		Yes - Wheat		Yes			Yes							Yes								
Biscoff (v)		Yes - Wheat		Yes			Yes							Yes								
Kahlua																						
Jack Daniels																						
Coke Float				Yes			Yes															
Soft Drinks																						
Coca-Cola																						
Diet Coke																						
Coke Zero																						
Fanta																						
Sprite																						
Fruit Shoot Apple & Blackcurrant																						
Fruit Shoot Orange																						
Alcoholic Beverages																						
Btl Budweiser 330ml (v) (ve)		Yes - Barley																				
Btl Bud Light 300ml		MC																				
Btl Corona 330ml (v) (ve)		Yes - Barley																				
Btl Stella Artois 330ml		Yes - Barley																				
Btl Brew Dog Punk IPA 330ml		Yes - Barley and Yeast																				
Btl Magners Original Cider 330ml														Yes								
Btl Koppaberg Mixed Fruit Cider 500ml														Yes								
Hot Drinks																						
Americano (v)																						
Latte (v)							Yes															
Cappuccino (v)							Yes															
Espresso (v)																						
Tea (v)							Yes															
Hot Chocolate (v)							Yes															
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20px; text-align: center;">Green</td> <td>Does not Contain</td> <td style="width: 20px; text-align: center;">Red</td> <td>Contains the Allergen</td> </tr> <tr> <td style="width: 20px; text-align: center;">MC</td> <td colspan="3">Does not contain the allergen, however this allergen is present in the manufacturing environment.</td> </tr> </table>															Green	Does not Contain	Red	Contains the Allergen	MC	Does not contain the allergen, however this allergen is present in the manufacturing environment.		
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	 Celery													
Individual Items/Toppings/Condiments														
Ketchup (v) (ve)	Yes													
Mayo (v)			Yes											
Salsa (v) (ve)														
Guacamole (v) (ve)														
Jalapenos (v) (ve)														
Sour Cream (v)							Yes							
Bacon														
Cheese Slices (v)							Yes							
Vegan Cheese Slices (v) (ve)							MC							
Grated Cheese (v)							Yes							
Chicken		Yes - if fried												
Sweetcorn (v) (ve)														
Pickles (v) (ve)														
Soft Wrap (v) (ve)		Yes - Wheat												
Brioche Bun (v)		Yes - Wheat	Yes				Yes						Yes	
Regular Bun (ve)		Yes - Wheat										MC		
Marshmallows														
		 Does not Contain	 Yes	Contains the Allergen										
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