DISHES AND THEIR ALLERGEN CONTENT – The Humble Burger Ltd – April 2025

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Brioche Bun		✓		✓			✓					✓		
Smash burger														
Burger seasoning	✓												✓	
Plain Jane Burger	✓	✓		✓			✓		✓			✓	✓	
Ballpark	✓	✓		✓			✓		✓			✓	✓	
Oklahoma	✓	✓		✓			✓		✓			✓	✓	
Humble Classic	✓	✓		✓			✓		✓			✓	✓	
New Yorker	✓	✓		✓			✓		✓			✓	✓	
Cowboy	✓	✓		✓	✓		✓		✓			✓	✓	
Big Yin	✓	✓		✓			✓		✓			✓	✓	
Pizza burger	✓	✓		✓			✓		✓	✓		✓	✓	
PIG	✓	✓		✓			✓		✓			✓	✓	✓
FRIED CHICKEN	**Celery**	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Buttermilk chicken thigh (dredge)	✓	✓		✓			✓							
Korean chick	✓	✓		✓			✓	✓	✓			✓	✓	✓
Nashville	✓	✓		✓			✓		✓			✓		
BBQ	✓	✓		✓			✓					✓	✓	
Chargrilled		✓		✓			✓		✓			✓		
VEGGIE	**Celery**	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Piri		✓		✓			✓		✓			✓		
Badboy		✓		✓			✓		✓			✓	✓	✓
LOADED	**Celery**	**Cereals**	**Crustacean**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame**	**Soya**	**Sulphur**

FRIES		containing gluten	s									seeds		Dioxide
Nacho	✓	✓					✓							
Salt n chilli				✓					✓					✓
Pork fries	✓	✓		✓					✓					
Korean	✓	✓		✓			✓	✓				✓	✓	✓
Plain fries														
TENDER BOWLS	**Celery**	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Honey chilli		✓		✓			✓		✓			✓		✓
BBQ	✓	✓		✓			✓		✓			✓		✓
Nashville	✓	✓		✓			✓		✓					
Salt n chilli		✓		✓			✓		✓					✓
KIDS	**Celery**	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Smash burger	✓	✓		✓			✓		✓			✓	✓	
Chicken burger		✓		✓			✓		✓			✓		
Chicken tenders		✓		✓			✓							
EXTRAS	**Celery**	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Smash	✓												✓	
Buttermilk	✓	✓		✓			✓							
Bacon														
Halloumi							✓							
Pulled pork	✓								✓					
Chicken tender	✓	✓		✓			✓							
Haggis		✓												
Pastrami														

Cheese							✓							
Caramelised onions														✓

Review date: 01.04.2025
Reviewed by:
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GF options:
GF & DF Bun with chargrilled chicken burger

GF & DF Bun with PJ, Humble Classic, NY, Pizza, PIG (no crispy onions)

DF options
GF & DF Bun with PJ (no cheese), Ballpark (no cheese), Oklahoma (no cheese), HC (no cheese)

Mayo has egg and mustard only

GF fries – nacho (no crispy onions), Pork (no crispy onions)
Korean or any tender bowls can't be GF.
Plain fries are DF and GF