

Customer Allergen Information Guide

Your guide to safe and informed choices for allergen-sensitive customers.

Version 1
31.01.25

This Guide provides detailed information on the 14 allergens recognised by the Food Standards Agency. It is designed to help you make safe, informed choices when selecting products.

The Food Standards Agency regards the following ingredients and their derivatives as allergens:			
Peanuts	Celery	Eggs	Molluscs
Fish	Lupin	Sesame Seeds	Cereals
Crustaceans	Sulphites	Soybeans	Containing
Milk	Nuts	Mustard	Gluten

If you have a query about any other ingredient, please contact your local branch or email our customer care team on:

Info@myranches.co.uk



Introduction

At Ranches, we are committed to providing clear and accurate allergen information to help our customers make safe and informed choices. This guide is designed to assist individuals with allergies or dietary restrictions in selecting products that meet their specific needs.

Product Updates:

Our products may change from time to time, but when this happens we will keep you informed via our **Product Updates section (Page 3)**.

Products will remain in this section for a minimum of 28 days, so please check your favourites often.

Updates will be listed under the following categories:

- *New product*
- *Allergen Update*
- *New Recipe*

Hot / Iced Drinks

Due to our equipment, we can not guarantee our drinks to be allergen-free.

Disclaimer:

While we take every precaution to minimise cross-contamination and manage allergens during preparation, our facilities are not entirely allergen-free. Therefore, we cannot guarantee that products are completely free from traces of allergens. Customers with severe allergies should exercise caution.

Product Updates:

[illegible]

Nachos																			
Contents Key: ✓ (Product Contains) • (May Contain) GF (Gluten Free) * (Further Information)	Cereals Containing Gluten																		
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin
Plain Nachos							✓				✓								
Chicken Nachos							✓				✓								
Beef Chilli Nachos	•	•	•	•	•	•	✓				✓	•	•	•	•				
Bacon (Turkey)	•		•				✓				✓	•			•		•		
Toppings											✓								
Guacamole											✓	✓				✓			
Sour Cream											✓								
Jalapeno																			
Salsa*	•	•	•	•	•	•	•	•											
																			Gluten Free (GF)

*Salsa: The spices used in making our house salsa may contain traces of gluten, nuts, soy, or other allergens as many ground spices are processed in shared facilities.

Funky Fries																				
Contents Key: ✓ (Product Contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten																			
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
Pulled Chicken											✓									
Pepperoni							✓				✓						✓			
Beef Chilli	•	•	•	•	•	•					✓	✓	✓	✓	✓					
Bacon (Turkey)	•		•				✓				✓	•			•		•			
Toppings											✓									
Cheese Sauce											✓									
Grated Cheese											✓									

Hot Dogs																				
Contents Key: ✓ (Product Contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten																			Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	
The Classic Dog	✓						✓													
Pulled Chicken Dog	✓						✓													
Messy Mexi Dog	✓	•	•	•	•	•	✓				✓	✓	✓	✓	✓					
Bacon (Turkey) Dog	✓		•				✓				•	•			•		•			

Burgers																					
Contents Key: ✓ (Product Contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)	
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
The Classic Burger	✓	✓	✓	✓	•	•	•	•			✓	✓	✓					✓			
Mad Mac	✓	✓	✓	✓	•	•	•	•			✓	✓	✓								
50 States	✓	✓	✓	✓	•	•	•	•			✓	✓	✓			•		✓			
Hot in Houston	✓	✓	✓	✓	•	•	•	•	•		✓	✓	✓	✓	✓	✓		✓			
The Highway	✓	✓	✓	✓	•	•	•	•			✓	✓	✓								
Sloppy Joes	✓	✓	✓	✓	•	•	•	•			✓	✓	✓								
The Grand Canyon	✓	✓	✓	✓	•	•	•	•			✓	✓	✓			✓		•			
Chick-a-Philly	✓	✓	✓	✓	•	•	•	•			✓	✓	✓			✓		✓			
Kentucky's King	✓	✓	✓	✓	•	•	•	•			✓	✓	✓			✓		✓			
The Grill	✓	✓	✓	✓	•	•	•	•	•		✓	✓	✓					✓			
Miami Heatwave	✓	✓	✓	✓	✓	✓	✓	•	•		✓	✓	✓					✓			
Sweet Alabama	✓	✓	✓	✓	•	•	•	•			✓	✓	✓								
Gus Fring	✓	✓	✓	✓	•	•	•	•			✓	✓	✓			✓		✓			
All Stars	✓	✓	✓	✓	•	•	•	•			✓	✓	✓					✓			
Ranchos	✓	✓	✓	✓	•	•	•	•	•		✓	✓	✓	✓	✓	✓		✓			
Slaw House	✓	✓	✓	✓	•	•	•	•			✓	✓	✓					✓			

Wings and Chicken																			
Contents Key: ✓ (Product Contains) • (May Contain) GF (Gluten Free) * (Further Information)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)													
Grilled Wings																			✓
Fried Wings	✓	✓	✓	✓	✓	✓		•	•	✓	✓	✓			✓		✓		
Whole Chicken																			✓
½ Chicken																			✓
¼ Chicken																			✓
Wings Roulette*																			
Buffalo Wings	✓	•	•	•	•	•		•	•		✓	✓			✓		✓		
Chicken Schnitzel	✓	✓	✓	✓	✓	✓	✓			✓	✓								

***Wings Roulette:** This Item is served with a selection of our house sauces, which may contain allergens like nuts, peanuts, mustard, and others. As a result, we cannot provide a specific allergen update for this item. Please refer to page 5 of this booklet for allergen details regarding our house sauces.

Parmesans																			
Contents Key: ✓ (Product Contains) • (May Contain) GF (Gluten Free) * (Further Information)	Cereals Containing Gluten																		
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin
Original Parmesan	✓	✓	✓	✓	✓	✓	✓			✓	✓								
Flaming Hot	✓	✓	✓	✓	✓	✓	✓			✓	✓								
Pepperoni	✓	✓	✓	✓	✓	✓	✓			✓	✓						✓		
Beef Chilli	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓				
Bacon (Turkey)	✓	✓	✓	✓	✓	✓	✓			✓	✓	•			•		•		
Pulled Chicken	✓	✓	✓	✓	✓	✓	✓			✓	✓								
Sweet Chilli	✓	✓	✓	✓	✓	✓	✓	•	•	✓	✓				✓		✓		
																			Gluten Free (GF)

Loaded Garlic Bread																
Contents Key: ✓ (Product Contains) • (May Contain) GF (Gluten Free) * (Further Information)	Cereals Containing Gluten															
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites
Pulled Chicken	✓	✓	✓	✓	✓	✓	✓				✓					
Beef Chilli	✓	✓	✓	✓	✓	✓	✓				✓	•	•	•	•	
Bacon (Turkey)	✓	✓	✓	✓	✓	✓	✓				✓	•			•	
Pepperoni	✓	✓	✓	✓	✓	✓	✓				✓					
																Gluten Free (GF)

Loaded Mac and Cheese																
Contents Key: ✓ (Product Contains) • (May Contain) GF (Gluten Free) * (Further Information)	Cereals Containing Gluten															
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites
Pulled Chicken	✓	✓	✓	✓	✓	✓	✓				✓					
Beef Chilli	✓	✓	✓	✓	✓	✓	✓				✓	•	•	•	•	
Bacon (Turkey)	✓	✓	✓	✓	✓	✓	✓				✓	•			•	
Pepperoni	✓	✓	✓	✓	✓	✓	✓				✓					
																Gluten Free (GF)

Kids Meals																				
Contents Key: ✓ (Product Contains) • (May Contain) GF (Gluten Free) * (Further Information)	Cereals Containing Gluten																			Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	
Chicken Nuggets & Chips	✓														✓					
Fish Fingers & Chips	✓	✓	✓	✓	✓	✓							✓							
Sausage & Chips	✓															✓				
Maccaroni & Chips	✓	✓	✓	✓	✓	✓					✓									

Salads																				
Contents Key: ✓ (Product Contains) • (May Contain) GF (Gluten Free) * (Further Information)	Cereals Containing Gluten																			Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	
Grilled Chicken Salad	✓							•	•			✓					✓			
Fried Chicken Salad	✓	•	•	•	•	•		•	•			✓					✓			

Sides																				
Contents Key: ✓ (Product Contains) • (May Contain) GF (Gluten Free) * (Further Information)	Cereals Containing Gluten																			Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	
Onion Rings	✓	✓	✓	✓	✓	✓														
Creamy Mash											✓									
Garlic Bread	✓	✓	✓	✓	✓	✓	✓				✓									
Corn Cob																				
Skinny Fries																				
Seasoned Skinny Fries	•	•	•	•	•	•	•	•	•											
Mac & Cheese	✓	✓	✓	✓	✓	✓					✓									
Coleslaw												✓					✓			
Spicy Wedges																				
Seasoned Wedges	•	•	•	•	•	•	•	•	•											
Sweet Potato Fries																				
Jalapeno Poppers																				
Mozzarella Dippers	✓	✓	✓	✓	✓	✓	✓				✓	✓					✓			

Seasoning: The spices used in making our house sauces may contain traces of gluten, nuts, soy, or other allergens as many ground spices are processed in shared facilities.

[illegible]

Dips / Sauces: The spices used in making our house sauces may contain traces of gluten, nuts, soy, or other allergens as many ground spices are processed in shared facilities.