



Allergen Matrix

We are committed to ensuring that all customers have access to allergen and dietary information when dining with us. A copy of our Allergen Information is available upon request. Alternatively, this information may be accessed online by visiting www.bar8.co.uk/allergens

Allergen Declaration

At BAR 8, all dishes are freshly prepared in our kitchens, which handle all 14 regulated allergens. Whilst precautions are taken, we cannot guarantee that any item is completely free from cross-contamination. Please refer to our Allergen Matrix below for detailed allergen information.

**Our products may contain the following allergens: Gluten, Wheat, Crustaceans, Egg, Fish, Peanuts, Soya, Milk, Tree Nuts / Nuts, Celery, Mustard, Sesame, Sulphites / Sulphur Dioxide
Lupin, Molluscs**

If you have a food allergy or intolerance, please review our allergen information carefully before placing your order.

How to use this guide

At BAR 8 your lifestyle choices and dietary requirements are just as important to us as they are to you or someone you care about. Our dishes, ingredients and drinks are listed in rows on the left-hand side. If a dish contains an allergen in its ingredients, a '✓' is displayed on the row in the corresponding allergen column, this indicates that the allergen is contained in the dish. If a 'X' is displayed on the menu item row, it refers to ingredients which are produced in a factory with this allergen present and we have deemed that there is a significant risk of cross-contamination. Please note that our menu descriptors do not include all ingredients or allergens. Even if you have chosen the item previously, please make sure that you check the Allergen Information each time you visit and always inform your waiter of your allergy, intolerance or dietary requirements when ordering. Our teams cannot recommend or tell you what is suitable for you to eat or drink.

Delivery via third-party platforms

We regret to inform you that when ordering through our delivery platforms, we cannot accommodate specific allergies or dietary requirements. This is because the orders are handled and transported by a third party, making it impossible for us to guarantee adequate controls are in place to prevent cross-contamination. However, we would be delighted to meet your dietary needs onsite. We invite you to dine with us. Your satisfaction and well-being are important to us, and we look forward to serving you.

Allergens

To our guests with food sensitivities, allergies, or specific dietary requirements, we want to assure you that while we take every precaution to minimise the risk of cross-contamination, our ingredients are processed, and our dishes are prepared in environments where allergens are present. Our team works diligently to prevent issues, but due to the constant handling of various allergens, we cannot guarantee that our dishes are entirely allergen-free or suitable for those with specific allergies.

Gluten Free

Our kitchen prepares products containing gluten, there is a risk of cross-contamination. For this reason, our dishes may not be suitable for people with coeliac disease or severe gluten intolerance. For prepacked items, allergen information is available on the product packaging. Precautionary Allergen Labelling (PAL): Some products may carry a risk of trace allergens due to supplier manufacturing processes or handling within our kitchens.

Vegan & Vegetarian

Items marked **VE** on our main menu are made with vegan ingredients. Items marked **V** are made with vegetarian ingredients. This means there's a chance of cross-contamination. While we take great care to reduce this risk both with our suppliers and in our kitchen, we cannot guarantee that our dishes are completely free from allergens.

Halal (حلال)

All meat and poultry products served in our stores that are Halal-certified will be listed in this allergen matrix. Non-meat ingredients used within certain products (such as sauces, dressings) may contain ingredients such as vinegar derivatives (wine vinegar or spirit vinegar) that may be interpreted differently according to individual dietary, religious, or scholarly preferences.

Natural Ingredients

While we take every care in preparing our food to the highest standard, some ingredients we use are natural products and may occasionally contain fragments such as stones, pits, or bones (for example, olives). We work closely with our suppliers to minimise this risk; however, we cannot guarantee their complete absence.

Nuts & Peanuts

Some of our products may contain nuts or peanuts. While we take every precaution to prevent cross-contamination, our kitchens handle nuts, peanuts, and other allergens in shared preparation and cooking areas. As a result, we cannot guarantee that any item is completely free from traces of nuts or peanuts. Customers with nut or peanut allergies are advised to exercise caution when ordering. For prepacked items, allergen information is available on the product packaging. Precautionary Allergen Labelling (PAL): Some products may carry a risk of trace allergens due to supplier manufacturing processes or handling within our kitchens.

Small Plates & Sides

Contains	May Contain
✓	X

Product	ARE THESE SUITABLE FOR?				Cereals containing Gluten	Crustaceans	Egg	Fish	Peanuts	Soya	Milk	Tree Nuts / Nuts	Celery	Mustard	Sesame	Sulphites / Sulphur Dioxide	Lupin	Molluscs
	Vegetarian	Vegan	Coeliacs	Halal حلال														
Edamame (salty)	✓	✓	✓	✓														
Edamame (spicy)	✓	✓	✓	✓														
Chilli Cheese Bites	✓			✓	✓ wheat						✓							
Mac & Cheese Bites	✓			✓	✓ wheat					X	✓			X				
Jalepeno Poppers	✓			✓	✓ wheat					X	✓			X				
Halloumi Fries	✓			✓	X wheat						✓							
Banging Prawns				contains spirit & white wine vinegar	✓ wheat	✓	✓	X		X	X			X	✓	X >10ppm		X
Sweetcorn Ribs	✓		✓	✓							✓							
Skin on Fries	✓	✓	✓	✓														
Truffle & Parmesan Fries	✓			✓	✓ wheat		X	X		X	✓		X					

Wings, Strips & Burgers

Contains	May Contain
✓	X

Product	ARE THESE SUITABLE FOR?				Cereals containing Gluten	Crustaceans	Egg	Fish	Peanuts	Soya	Milk	Tree Nuts / Nuts	Celery	Mustard	Sesame	Sulphites / Sulphur Dioxide	Lupin	Molluscs
	Vegetarian	Vegan	Coeliacs	Halal حلال														
Buffalo Wings				✓ Chicken is halal sauce contains white wine vinegar	✓ wheat										✓			
Bang Bang Wings				✓ Chicken is halal sauce contains white wine vinegar	✓ wheat		✓			X			✓	✓	✓			
BBQ Wings				✓	✓ wheat										✓			
Buffalo Strips					✓ wheat										✓			
Bang Bang Strips					✓ wheat		✓			X			✓	✓	✓			
BBQ Strips					✓ wheat										✓			
Classic Beef Burger				✓ beef patty is halal sauce contains spirit vinegar & white wine vinegar	✓ wheat		✓			X	✓		✓	✓				
Chicken Burger				✓ chicken patty is halal sauce contains spirit vinegar & white wine vinegar	✓ wheat		✓			✓	✓		✓	✓				
Vegetarian Burger	✓			✓ sauce contains spirit vinegar & white wine vinegar	✓ wheat		✓			X	✓		✓	✓				
Vegan Burger	✓	✓		✓	✓ wheat		X			X	X		✓	✓				

Sauces & Drizzles

Contains	May Contain
✓	X

Product	ARE THESE SUITABLE FOR?				Cereals containing	Crustaceans	Egg	Fish	Peanuts	Soya	Milk	Tree Nuts /	Celery	Mustard	Sesame	Sulphites / Sulphur	Lupin	Molluscs
	Vegetarian	Vegan	Coeliacs	Halal حلال														
Bang Bang Sauce	✓			contains spirit & white wine vinegar			✓			X				X				
BBQ Sauce	✓	✓	✓	contains spirit vinegar														
Buffalo Sauce	✓	✓	✓	contains spirit vinegar														
Burger Sauce	✓		✓	contains spirit & white wine vinegar			✓						✓	✓				
Buttermilk Ranch	✓		✓	contains spirit vinegar						✓	✓							
Chipolte Mayo	✓		✓	contains spirit vinegar														
Hot Honey	✓		✓	✓														
Ketchup	✓	✓	✓	contains spirit vinegar									✓					
Mayonnaise	✓		✓	contains spirit vinegar			✓											
Mustard	✓	✓			✓ wheat									✓				
Sweet Chilli Sauce	✓	✓	✓	contains spirit vinegar														
Sriracha	✓	✓	✓	✓						X				X				
Biscoff Drizzle	✓	✓		✓	✓ wheat					✓								
Chocolate Drizzle	✓	✓	✓	✓						✓								
Nutella	✓		✓	✓						✓	✓	✓ hazelnuts						

Desserts & Snacks

Contains	May Contain
✓	X

Product	ARE THESE SUITABLE FOR?				Cereals containing Gluten	Crustaceans	Egg	Fish	Peanuts	Soya	Milk	Tree Nuts / Nuts	Celery	Mustard	Sesame	Sulphites / Sulphur Dioxide	Lupin	Molluscs
	Vegetarian	Vegan	Coeliacs	Halal حلال														
Belgian Waffle (Plain)	✓			✓	✓ wheat		✓			✓	✓							
Belgian Waffle Nutella, sprinkles & vanilla ice cream	✓			✓	✓ wheat		✓			✓	✓	✓ hazelnuts						
Apple Crumble (Plain)	✓	✓		✓	✓ wheat oats					✓								
Apple Crumble, vegan custard	✓	✓		✓	✓ wheat oats					✓								
Apple Crumble vegan ice cream	✓	✓		✓	✓ wheat oats					✓								
Chocolate Doughnut (Plain)	✓			✓	✓ wheat	X	X	X		✓	✓	✓ hazelnuts	X	X		✓		
Chocolate Doughnut, chocolate sauce & sprinkles	✓			✓	✓ wheat	X	X	X		✓	✓	✓ hazelnuts	X	X		✓		
Biscoff Doughnut (Plain)	✓	✓		✓	✓ wheat	X	X	X		✓	X	X	X	X		✓		
Biscoff Doughnut. biscoff drizzle, crushed biscoff	✓	✓		✓	✓ wheat	X	X	X		✓	X	X	X	X		✓		
Ice Cream (Vanilla)	✓	✓	✓	✓						✓								
Custard	✓	✓	✓	✓						✓								

Snacks

Contains	May Contain
✓	X

Product	ARE THESE SUITABLE FOR?				Cereals containing Gluten	Crustaceans	Egg	Fish	Peanuts	Soya	Milk	Tree Nuts / Nuts	Celery	Mustard	Sesame	Sulphites / Sulphur Dioxide	Lupin	Molluscs
	Vegetarian	Vegan	Coeliacs	Halal حلال														
Mixed nuts	✓			✓	X	X	X	X	✓	X	X	✓	X	X	X	X	X	X
Kettle Crisps Lightly Salted	✓	✓	✓	✓														
Kettle Crisps Seasalt & Balsamic Vinegar	✓	✓	✓	✓														
Kettle Crisps Sweet Chilli & Sour Cream	✓		✓	✓							✓							