



**BLAZE KITCHEN**  
WHERE HEAT MEETS THE FLAVOURS

## Blaze Kitchen Allergen Information

At Blaze Kitchen, the safety and satisfaction of our customers are our top priorities. We prepare all our food with care; however, our kitchen handles allergens including gluten, dairy, nuts, soy, eggs, fish, and shellfish. While we take every precaution to prevent cross-contamination, we cannot guarantee that any product is completely free from allergens.

If you have any allergies, intolerances, or specific dietary requirements, please speak to a member of our team before placing your order.

We are happy to assist you in selecting the most suitable options from our menu.

Your well-being matters to us, Please read the Allergen listed carefully.

Thank you for dining with Blaze Kitchen!

### 🌟 Common Allergen Key

Allergen	Symbol
Gluten (Wheat, Barley, Rye)	G
Dairy (Milk, Cheese, Butter)	D
Eggs	E
Nuts (Almonds, Cashews, etc.)	N
Soy	S
Fish	F
Shellfish	SH
Mustard	M
Sesame Seeds	SE
Sulphites	SU

### 🔍 Breakfast Items

Dish	Allergens
English Breakfast	G, D, E
Blaze Start	G, E
Added Fuel	G, E
Cheesy Start	G, D, E
Blaze Big Breakfast	G, E
Full Blaze Breakfast	G, D, E
Scramble Delight	G, E
Veggie Glow (V)	G, D, E
Garden Morning (V)	G, E
Veggie Feast (V)	G, E



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Dish	Allergens
Plant Power Breakfast (V)	G
Slim Boost Toast (V)	G, SE
Mediterranean Feast	G, D, E, M
Blaze Special Breakfast	G, D, E
Country Breakfast	G, E
Burger Brunch	G, E
Power Brunch Box	G, E
Bender Breakfast	G, E
Grill Up Brunch	G, E
Blaze Mighty Grill	G, E
Avo Cramble (New)	G, E
Samo Cramble (New)	G, F, G, E
Ocean Brunch	G, F, E

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## Rolls, Sandwiches, Paninis

Dish	Allergens
Morning Classic	G, E
Morning Boost	G, E
Morning Pro	G, E
Breakfast Melt	G, D
Protein Seeker	G, F
All Paninis	G, D

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## Fresh Light Options / Salads

Dish	Allergens
First Fresh & Cheesy	D
Power Packed Salads	G, F
Greek Salad (V)	D
Sea & Green Salad	F, D

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## Burgers

Dish	Allergens
Cheeseburger	G, D
Veggie Burger (V)	G, D
1/4 Pounder with Cheese	G, D
Chicken Fillet Burger	G, D
Blaze Signature Burger	G, D, E

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## Mains & Roasts

Dish	Allergens
Chicken Steak	No Major Allergens
Bangers & Mash	G, D
Chicken Curry & Rice	No Major Allergens
Chilli Con Carne & Rice	No Major Allergens
Chicken Shish Rice	No Major Allergens
Peri Peri Chicken Chips	No Major Allergens
Nuggets & Chips	G, D
Roast Dinners (Chicken/Lamb/Beef)	G, D, SU

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## Pasta

Dish	Allergens
Lasagne Chips & Salad	G, D
Spaghetti Bolognese	G

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## Pies

Dish	Allergens
Single Pie, Mash & Liquor	G, D
Double Pie, Mash & Liquor	G, D
Vegan Pie, Mash & Liquor (V)	G

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## Jacket Potatoes

Dish	Allergens
Simple Jacket (Butter)	D
Classic Favourites (Cheese/Beans)	D
Perfect Combos (Cheesy Beans)	D
Hearty Toppers (Tuna, Chilli, Prawns)	F, SH
Chicken Curry Potato	No Major Allergens

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## Ocean Catch

Dish	Allergens
Cod Meal	F, G
Prawn Cocktail	SH
Golden Scampi	SH, G

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## Soups

Dish	Allergens
Tomato Comfort (V)	No Major Allergens
Creamy Mushroom (V)	D



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Dish	Allergens
Garden Spring (V)	No Major Allergens
Chicken Warmth	No Major Allergens

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## Desserts

Dish	Allergens
Pancakes / Waffles (Nutella)	G, D, N
Cakes (Carrot/Red Velvet/Chocolate)	G, D, E
Fruit Cocktail	No Major Allergens
Vanilla Ice Cream	D

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## Drinks

Dish	Allergens
Milkshakes	D, G, N, S
Smoothies	No Major Allergens
Hot Chocolate / Mochas	D
Karak Chai	D
Coffees (Latte, Cappuccino, Flat White)	D

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## Disclaimer

While we take all reasonable precautions to minimize the risk of cross-contamination, all food at Blaze Kitchen is prepared in an environment where allergens are present. As a result, we cannot guarantee that any item on our menu is completely free from traces of allergens such as gluten, dairy, nuts, soy, eggs, fish, shellfish, sesame, mustard, or sulphites.

We strongly advise customers with severe allergies to inform a member of our team before ordering and to exercise their own judgment when dining with us.

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At Blaze Kitchen, your safety and dining experience are very important to us. We are committed to providing clear allergen information to help you make informed choices.

If you have any concerns or questions about ingredients, preparation methods, or dietary requirements, please do not hesitate to speak to one of our team members — we are always here to help.

Thank you for choosing Blaze Kitchen. We look forward to serving you with care!