SALT'S SMOKEHOUSE — ALLERGEN MATRIX

The 14 major allergens · Updated 4 November 2026

KEY — **X** Contains this allergen | **M/C** May contain (made where allergen is present) | Blank = not an ingredient

Dishes containing any of the 14 common allergens are noted in this guide. A dish marked as "M/C" means that, although these dishes do not contain the listed allergen as an ingredient, they are produced in an environment where the allergen is present. Please note that although we have stringent processes in place, we use many of these ingredients in our busy kitchen/cooking processes or some items may be cooked in multi-purpose friers so we cannot guarantee that our dishes are 100% free of traces of these allergens. Please let us know if you have any food allergies or intolerances so we can assist and talk through our cooking process of any dish.

Dish	Celery	Cereals (Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree Nuts	Peanuts	Sesame	Soya	Sulphites	Notes (cereal / nut type)
SMOKED MEATS															
Wagyu Beef Brisket	M/C	M/C					M/C		M/C	M/C	M/C	M/C	M/C	M/C	
Beef Short Rib on-the-bone	M/C	M/C					M/C		M/C	M/C	M/C	M/C	M/C	M/C	
Lamb Ribs on-the-bone														X	
Beef Links		X												X	*Wheat*
Chicken Wings (Plain)	M/C	M/C	M/C	M/C	M/C	M/C	M/C	M/C	M/C			X	X		
1/2 Chicken														X	
STEAKS															
Black Angus Sirloin	M/C	M/C					M/C		M/C	M/C	M/C	M/C	M/C	M/C	
Black Angus Ribeye	M/C	M/C					M/C		M/C	M/C	M/C	M/C	M/C	M/C	
Lamb Loin														X	
SALADS															
House Salad				X						X	X			X	*Cashew, May Contain Peanuts*
Wagyu Beef Brisket with House Salad	M/C	M/C		X			M/C		M/C	X	X	M/C	M/C	X	*Cashew, May Contain Peanuts*
Chicken with House Salad				X						X	X			X	*Cashew, May Contain Peanuts*
BURGERS															
Pulled Wagyu Brisket Burger	M/C	X		X			X		M/C	M/C	M/C	M/C	X	M/C	*Wheat*
BBQ Pulled Wagyu Brisket Burger	M/C	X		X			X		M/C	M/C	M/C	M/C	M/C	M/C	*Wheat*
Classic Wagyu Smash Burger		X		X			X		X			M/C	M/C		*Wheat*
Oklahoma Wagyu Smash Burger		X		X			X		X			M/C	M/C		*Wheat*
Chipotle Wagyu Smash Burger		X		X			X		X			M/C	X		*Wheat*
Chopped Chicken Sandwich		X		X			X		X			M/C	M/C	X	*Wheat*
Veggie Bean Burger	M/C	X		X			X		X	M/C	M/C	M/C	M/C	M/C	*Wheat*
Kids Smash Burger		X		X		X	X		X			M/C	M/C		*Wheat*
FRIES															
Tallow Fries															
Sweet Potato Fries															
Messy Fries	M/C	X					M/C		M/C	M/C	M/C	M/C	X	X	*Wheat*
Steak Fries															

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SIDES															
Mac & Cheese		X					X						X		*Wheat*
Mac & Cheese with Wagyu Beef Brisket	M/C	X					X		M/C	M/C	M/C	M/C	X	M/C	*Wheat*
Garlic Bread		X								M/C	M/C	M/C			*Wheat, Rye, Barley*
Cajun Corn Ribs														X	
Corn on Cob														X	
Vinegar Slaw		X							X					X	*Barley*
Coleslaw				X					X						
Gherkins															
Bone Marrow															
SAUCES															
Carolina Mustard				X					X						
Truffle Mayo				X					X						
Chipotle Mayo				X					X				X		
Chilli Jam															
Buffalo													X		
Honey Chipotle BBQ															
Peanut Butter & Jelly						X				M/C	X		X		*Peanuts*
Miso Butter		X					X						X	X	*Barley*
Compound Butter	M/C	M/C					X		X	M/C	M/C		M/C	X	
Mayonnaise				X					X						
Ketchup															
BBQ Sauce															
Honey Garlic Dip													X		
DESSERTS															
Tiramisu		X		X			X						X		*Wheat*
MILKSHAKES															
Pistachio Shake							X			X	M/C		X		*Pistachios*
Peanut Butter Shake							X			M/C	X				*Peanuts*
Oreo Shake		X					X						X		
Biscoff Shake		X					X						X		
Chocolate Shake							X								
Vanilla Shake							X								
MOCKTAILS															
Fiery Mango															
Pina Colada							X								
Strawberry Citrus Bliss														X	
House Lemonade														X	
DRINKS															
Coke															
Diet Coke															

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Coke Zero															
Fanta															
Sprite															
FeverTree Lemonade															
FeverTree Ginger Ale															
Sparkling Water Bottle															
Still Water Bottle															
Fruitshoot Apple & Blackcurrant															
Fruitshoot Orange															
LUNCH DEAL															
Smoked Ribeye Sub		X		X			X		X				X		*Wheat, Barley*
Chopped Chicken Sub		X		X			X		X				X	X	*Wheat, Barley*

Please speak to a member of staff about any allergy or intolerance before ordering.