

Love Red's but have a specific food allergy? Worry not. We've taken the time to thoroughly work through all our ingredients and suppliers to help guide you to BBQ nirvana.

We only list dishes which include one or more of the below allergens. If your dish or sauce is not here, you're good to go.

If you're in any doubt, please ask for our allergies document at the restaurant, we'll be happy to help. Rejoice, you can feast at Red's!

Barley	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs
B	Ce	Gl	Cr	E	F	L	Mi	Mo
Mustard	Nuts	Oats	Peanuts	Sesame Seeds	Soya	Sulphates	Wheat	
Mu	N	Oa	P	Se	So	Su	Wh	

MENU ITEM

ALLERGEN

STARTERS

XXXXL Smoked Wings	Ce E Mi Mu From fryer: E F Mi Mo So Wh
Honey Bourbon Pork Belly	Mu Su Wh From fryer: E F Mi Mo So Wh
Hot Baby Back Stack	From fryer: E F Mi Mo So Wh
Cajun Fried Squid	Ce Mo Wh From fryer: E F Mi Mo So Wh
Jackfruit Popcorn	Ce Su Wh
Charred Baby Gem Hearts	Su
Smacked Buffalo Cucumber	E Mi
Alabama Fish Bites	E F Mi Mu Wh From fryer: E F Mi Mo So Wh
Smoked Mushrooms	E Mi Wh
Mac n Cheese Balls	Ce E Mi Mu Su Wh From fryer: E F Mi Mo So Wh

NEW DISCOVERIES

Superbowl Salad on it's own	Mu N Su Wh
Superbowl Salad with Fire Roasted Cheese and peppers	Mi Su Wh
Superbowl Salad with Chicken Breast	Su
Superbowl Salad with Lamb Rump	N
Blue Corn Tacos on their own	Mi Su
Blue Corn Tacos with Fire Roasted Cheese and peppers	Mi Su Wh
Blue Corn Tacos with Chicken Breast	Su
Memphis Pork Belly	Su Wh From fryer: E F Mi Mo So Wh
Jumbo Prawn & Corn	Cr Su
28 Day Aged Sirloin Steak	E Mi So Su Wh From fryer: E F Mi Mo So Wh
Grilled Salmon Steak	F Mu Su

BURGERS & SANDWICHES

Classic Bacon Cheeseburger	B E Mi Mu So Wh
Donut Burger™	E Mi Mu So Wh
Stacked Alabama Fish Sandwich	E F Mi Mo Mu So Wh
Dirty Chicken Burger	B E Mi Mu So Wh (without sauce - ask your server for more information about sauces) From fryer: E F Mi Mo So Wh
Pit Burger™	B E Mi Mu So Wh From fryer: E F Mi Mo So Wh
Moving Mountains Burger™	Mu Oa So Wh

REDS CLASSICS

Pork n Slaw	Mu Su From fryer: E F Mi Mo So Wh
Ribs and Wings	F Mi Mo So Wh From fryer: E F Mi Mo So Wh
Brisket Tray	B Ce E F Mi Mu Su Wh
Pitmaster Tray	Ba F Mi Mu Su From fryer: E F Mi Mo So Wh
Meat Free Tray	Mu So Su
Sticky BBQ Chicken	Mu Su
The Feast for 2+	B E F Mi Mo Mu So Su Wh From fryer: E F Mi Mo So Wh

MENU ITEM

ALLERGEN

SIDES

Fired-up Fries	From fryer: E F Mi Mo So Wh
Hog Fries	Su Mi From fryer: E F Mi Mo So Wh
Tangy Slaw	Mu Su
Giant Onion Rings	E Mi So Wh From fryer: E F Mi Mo So Wh
House Salad	Su
Alabama Corn	E Mi Mu
Broccoli Carolina	Mu
Meaty Pit Beans	Ba F Mi Mu Su
Mac n Cheese	Ce E Mi Mu Su Wh
Fried Cheese	Mi Su Wh From fryer: E F Mi Mo So Wh

LUNCH

Superlunch Salad on it's own	Mi Mu N Su Wh
Superlunch Salad with Grilled chicken	N Su
Superlunch Salad with Fire Roasted Cheese and peppers	Mi N Su Wh
Pulled Pork & Chicken Sandwich	Mu Su Wh From fryer: E F Mi Mo So Wh
Classic Bacon Cheeseburger	B E Mi Mu So Wh From fryer: E F Mi Mo So Wh
Alabama Fish n Fries	E F Mi Mu Wh From fryer: E F Mi Mo So Wh
BBQ Basket	Mu Su From fryer: E F Mi Mo So Wh
Jackfruit n Slaw	Mu So Su Wh From fryer: E F Mi Mo So Wh
Pit Dawg	E Mo Mu N So Su Wh

XXXXL Wing	From fryer: E F Mi Mo So Wh
Fire Roasted Cheese	Mi Su Wh
Giant Onion Ring	E Mi So Wh From fryer: E F Mi Mo So Wh
Mac n Cheese Ball	Ce E Mi Mu Su Wh From fryer: E F Mi Mo So Wh
Meaty Pit Beans	Ba F Mu Su

SNACKS

Beef Jerky	Gl Su Wh
Cracklings	Gl E Mi Wh

SAUCES (BY TYPE)

South Carolina BBQ Sauce	Mu
Mayo	E
Lemon Pepper	Su
Pickleback	Mu
Blue Cheese	E Mi Ce
Dirty	E Mu Sul
Louisiana	Ce
Alabama	Mi Mu E
Red's Buffalo	Ce Mi Mu