















# ALLERGENS GUIDE

We recommend that you always consult your doctor for questions regarding your diet as Archie's, and all its employees, do not assume responsibility for a person's sensitivity or allergy to food provided in our restaurants. The allergen information provided is based on our suppliers' ingredient lists and is correct as of December 2023.

Please note that normal kitchen operations may involve some shared cooking and preparation areas and utensils, and the possibility exists that your food items may come in contact with other food products, including other allergens. Product availability and nutritional information for some menu items may vary by location. This document serves as a guide only. We encourage anyone with food sensitivities, allergies, or special dietary needs to consult a member of staff before ordering to ensure the most up to date allergen information is provided.



MENU ITEM		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS SHELLFISH	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEANS	SULPHUR DIOXIDES & SULPHITES
<b>SMASHED BEEF BURGERS</b>															
LA burger	1114 KCAL	YES	YES		YES	MAY		YES		YES	MAY	MAY	YES	YES	YES
Lil Star burger	683 KCAL	YES	YES		YES	MAY		YES		YES	MAY	MAY	YES	YES	YES
Route 66 burger	824 KCAL	MAY	YES		YES	MAY		YES		MAY	MAY	MAY	YES	YES	YES
Superstar burger	833 KCAL	YES	YES		YES	MAY		YES		YES	MAY	MAY	YES	YES	YES
Sweet Alabama burger	992 KCAL	MAY	YES		YES	MAY		YES		MAY	MAY	MAY	YES	YES	YES
The Good burger	1044 KCAL	YES	YES		YES	MAY		YES		YES	MAY	MAY	YES	YES	YES
Royale with cheese burger	772 KCAL	YES	YES		YES	MAY		YES		YES	MAY	MAY	YES	YES	YES
<b>CHICKEN BURGERS</b>															
Chicken Cheetos burger	916 KCAL	MAY	YES		YES			YES		YES	MAY	MAY	MAY	YES	
Chicken Deluxe burger	898 KCAL	MAY	YES		YES			YES		YES	MAY	MAY	MAY	YES	MAY
Hot Chick burger	779 KCAL	MAY	YES		YES			YES		YES	MAY	MAY	MAY	YES	MAY
Peri Chicken burger	845 KCAL	MAY	YES		YES			YES		YES	MAY	MAY	MAY	YES	YES
The Nashville burger	989 KCAL	MAY	YES		YES			YES		YES	MAY	MAY	MAY	YES	YES
<b>VEGGIE BURGERS</b>															
The Falafel burger	635 KCAL	MAY	YES		YES			YES		YES	MAY	MAY	MAY	YES	MAY
The Falloumi burger	749 KCAL		YES		YES			YES		YES	MAY	MAY	MAY	YES	
<b>WRAPS</b>															
BBQ Jerk wrap	750 KCAL	MAY	YES					YES		MAY		MAY	MAY	YES	
Chicken Supreme wrap	790 KCAL	MAY	YES		YES			YES		YES		MAY	MAY	YES	
Falafel wrap	769 KCAL	MAY	YES		YES			MAY		YES	MAY	MAY	MAY	YES	MAY
Nashville wrap	911 KCAL	MAY	YES		YES			YES		YES	MAY	MAY	MAY	YES	YES

MENU ITEM															
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Spicy Peri wrap	829 KCAL	MAY	YES		YES			MAY		YES	MAY	MAY	MAY	YES	YES
<b>CHICKEN TENDERS</b>															
Tenders (BBQ Jerk)	504 KCAL	MAY	YES					YES		MAY		MAY	MAY	YES	
Tenders (Plain)	229 KCAL	MAY	YES					YES		MAY		MAY	MAY	YES	
Tenders (Lemon & Herb)	329 KCAL	MAY	YES					YES		MAY		MAY	MAY	YES	YES
Tenders (Nashville)	499 KCAL	MAY	YES		MAY			YES		MAY	MAY	MAY	MAY	YES	YES
Tenders (Peri-Peri)	384 KCAL	MAY	YES					YES		MAY		MAY	MAY	YES	YES
<b>CHICKEN WINGS</b>															
3 wings (BBQ Jerk)	305 KCAL	MAY	YES					YES		MAY		MAY	MAY	YES	
3 wings (Plain)	274 KCAL	MAY	YES					YES		MAY		MAY	MAY	YES	
3 wings (Lemon & Herb)	286 KCAL	MAY	YES					YES		MAY		MAY	MAY	YES	YES
3 wings (Nashville)	398 KCAL	MAY	YES		MAY			YES		MAY	MAY	MAY	MAY	YES	YES
3 wings (Peri-Peri)	285 KCAL	MAY	YES					YES		MAY		MAY	MAY	YES	YES
<b>BREAKFAST MENU</b>															
Bacon & Egg muffin	519 KCAL	MAY	YES		YES			YES		MAY		MAY	MAY	YES	
Breakfast Stack muffin	857 KCAL	MAY	YES		YES	MAY		YES		MAY	MAY	MAY	MAY	YES	YES
Egg & Hash muffin	594 KCAL		YES		YES			YES					MAY	YES	
Full Works muffin	599 KCAL	MAY	YES		YES			YES		MAY	MAY	MAY	MAY	YES	
Mini hash browns	232 KCAL		MAY		YES			MAY		YES		MAY	MAY	YES	
Pancakes	338 KCAL		YES		YES			YES			MAY	MAY	MAY	MAY	
Sausage, Bacon & Hash muffin	609 KCAL	MAY	YES		MAY			YES		MAY	MAY	MAY	MAY	YES	
Sausage & Egg muffin	542 KCAL		YES		YES			YES		MAY	MAY	MAY	MAY	YES	
Small Tots	266 KCAL		MAY										MAY	YES	
<b>CELEBRITY SHAKES</b>															
The Moonwalker	R 903 KCAL   L 1102 KCAL		YES					YES				MAY	MAY	MAY	YES
Million Dollar	R 880 KCAL   L 1078 KCAL		YES					YES				YES	MAY	MAY	YES
Princess Pia Mia	R 859 KCAL   L 1057 KCAL		YES					YES				YES	MAY	MAY	YES
Ora-Liscious	R 915 KCAL   L 1113 KCAL		YES					YES				YES	MAY	MAY	YES
Nerf AX shake	R 888 KCAL   L 1024 KCAL		YES					YES				MAY	MAY	MAY	YES
Billionaire	R 849 KCAL   L 1047 KCAL		YES					YES				YES	YES	MAY	YES
Dollies shake	R 680 KCAL   L 843 KCAL		YES		YES			YES				MAY	MAY	MAY	YES

MENU ITEM	KCAL	ALLERGENS														
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS SHELLFISH	EGG	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEANS	SULPHUR DIOXIDES & SULPHITES	
<b>CLASSIC SHAKES</b>																
Archie's shake	R 832 KCAL   L 1030 KCAL		YES						YES			MAY	MAY	MAY	YES	
Bollywood	R 796 KCAL   L 994 KCAL		YES						YES			MAY	MAY	MAY	MAY	
Cookies & Cream	R 1035 KCAL   L 1233 KCAL		YES						YES			YES	MAY	MAY	YES	
Go Bananas	R 821 KCAL   L 1020 KCAL		YES						YES			YES	MAY	MAY	YES	
Lotus Shake	R 816 KCAL   L 1014 KCAL		YES						YES			MAY	MAY	MAY	YES	
<b>SIDES &amp; FRIES</b>																
Archie's tots	453 KCAL	YES	MAY		YES								MAY	MAY	YES	
BBQ Cheesy Bacon fries	604 KCAL	YES	MAY		YES				YES		MAY		MAY	MAY	YES	
Cheesy tots	547 KCAL	YES	MAY		YES				YES				MAY	MAY	YES	
Crinkle Fries	465 KCAL	YES	MAY		YES								MAY	MAY	YES	
Curly fries	360 KCAL	YES	YES		YES				MAY				MAY	MAY	YES	MAY
Hot Cheesy Fries	549 KCAL	YES	MAY		YES				YES				MAY	MAY	YES	
Truffle Fries	600 KCAL		MAY		YES				YES		YES		MAY	MAY	YES	
Mac & Cheese bites	545 KCAL	YES	YES		YES				YES				MAY	MAY	YES	
<b>DIPS</b>																
BBQ	43 KCAL		MAY										MAY	MAY	YES	
Cajun mayo	300 KCAL	MAY	MAY		YES						YES	MAY	MAY	MAY	MAY	
Chilli sauce	52 KCAL	YES	MAY										MAY	MAY	YES	
Good sauce	53 KCAL	YES	MAY		YES						YES		MAY	MAY	YES	
Hot cheese	365 KCAL		MAY						YES				MAY	MAY	YES	
Ketchup satchet	13 KCAL	YES	MAY										MAY	MAY	YES	
Mayo satchet	28 KCAL		MAY		YES								MAY	MAY	YES	
Peri mayo	300 KCAL	YES	MAY		YES						YES		MAY	MAY	YES	
Ranch sauce	232 KCAL		MAY		YES				YES		YES		MAY	MAY	YES	
Sriracha mayo	300 KCAL		MAY		YES						YES		MAY	MAY	MAY	
Star sauce	274 KCAL	YES	YES		YES				MAY		YES	MAY	MAY	MAY	YES	
Truffle mayo	300 KCAL		MAY		YES						YES		MAY	MAY	MAY	
Pink Mayo (2oz)	273 KCAL		MAY		YES						YES		MAY	MAY	MAY	YES
Pink Mayo (9oz)	1229 KCAL		MAY		YES						YES		MAY	MAY	MAY	YES

