munchies



Allergen Information Guide

We prepare our food in kitchens where allergens are present and shared equipment is used. Although we handle your meal with care, we cannot ensure it is allergen free, even if requested ingredients are removed.

PLEASE NOTE:

- Our buns and tortilla wraps are toasted in different toasters. However, the same bun toaster is used for toasting all categories of buns which includes the buns topped with sesame seeds.
- Due to the handling of cheese we cannot guarantee our products do not contain traces of milk, including where a request has been made to remove cheese from an order.
- Our Fries and Hash Browns are cooked in the same oil as Veggie patties.
- Delivery orders: We also cannot guarantee your meal will not come into contact with other allergens during delivery. Couriers may transport other Munchies orders or orders from other businesses at the same time as your Munchies order.
- Always check the packaging / product label for ingredients list and allergen information.
- For any further information please contact the Munchies specific store by visiting our website – www.lovemunchies.co.uk.

Information correct at time of print, July 2026.

Some menu items may not be available in all restaurants. This listing is updated regularly in an attempt to reflect the current status of our products and may vary from other printed materials in the restaurant. All information on this leaflet applies to UK only and is subject to change without notice.

Darnall Allergen Sheet

MC	May contain - due to allergen being present in assembling or manufacturing
√	Allergen contained in product
OC	Only cheese - Due to the preparation methods used not suitable for allergen sufferers

Burgers & Loaded Bowls

	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
CLASSIC BURGERS														
Cheeseburger		√		√			OC		√			√	√	√
Mighty Cheeseburger		√		√			OC		√			√	√	√
VEGGIE BURGERS														
Veggie Burger		√		√			√		√			√		
CHICKEN BURGERS														
Chicken Sando		√		√			√		√			√		
Chicken Stacker		√		√			√		√			√		
Angel Dust Burger		√		√			√		√	MC	MC	√		MC
Grilled Chick (Memphis BBQ)		√		√			√		√			√		
Grilled Chick (Munchies Peri)		√		√			√		√			√		
Grilled Chick (Naga Naga)		√		√			√		√	MC	MC	√		
Spicy Nashville		√		√			√		√	MC	MC			
Peri Chicken		√		√			√		MC	MC	MC			√
Buffalo Tower		√		√			√		√					
GOURMET BURGERS														
The Star		√		√			√		√			√		
The Star (Gluten Free Bun)				√			OC		√					
Caramelised Gourmet		√		√			√		√			√	MC	
Caramelised Gourmet (Gluten Free Bun)				√			OC		√				MC	
Boss Burger		√		√			√		√			√		
Naga Smashed		√		√			√		√	MC	MC	√	MC	
Phat Burger		√		√			√		√			√		
LOADED BURGERS														
Chicken Loaded Fries		√		√			√		√	MC	MC		√	
Donner Loaded Fries		√		√					√				√	
Naga Loaded Fries		√		√					√	MC	MC		√	

Wings, Tenders & Wraps

	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
WINGS														
Memphis BBQ	MC	√		MC	MC		MC		MC	MC	MC	√	√	MC
Munchies Peri	MC	√		MC	MC		MC		MC	MC	MC	√	√	MC
Naga Naga	MC	√		MC	MC		MC		MC	MC	MC	√	√	MC
TENDERS														
Original Crispy	MC	√		√			MC		MC	MC	MC	MC	√	
Memphis BBQ	MC	√		√			MC		MC	MC	MC	√	√	
All Star	MC	√		√			MC		MC	MC	MC	√	√	
Angel Dust Tender	MC	√		√			MC		MC	MC	MC	√	√	MC
Nashville Chilli	MC	√		√			MC		MC	MC	MC	√	√	
WRAPS														
Chicken Supreme	MC	√		√					√	MC	MC			
BBQ Jerk Wrap	MC	√		√			√		√	MC	MC			

Sides

	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
SIDES														
Donner Meat		√											√	
Naga Donner Stir Fry		√		MC	MC		MC		MC	MC	MC		√	MC
Mozzarella Dippers		√					√						√	
Chicken Popcorn		√					√						√	
Regular Fries		√											√	
Cheesy Regular Fries		√					√						√	
Peri Fries		√											√	
Cheesy Peri Fries		√					√						√	
Curly Fries		√											√	
Cheesy Curly Fries		√					√						√	
Chilli Cheese Nuggets							√						√	
Angel Dust Coleslaw (Only In Box)				√			MC		√	MC	MC			MC
Mac & Cheese				√			√		√	MC	MC			

Cookies, Ice Cream & Cookie Dough

	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
COOKIES & COOKIE DOUGH														
Milk Chocolate Chip Dough		√		√			√			MC	MC		√	
Biscoff Dough		√		√			√			MC	MC		√	
Bueno Dough		√		√			√			√	MC		√	
1 or 3 Cookies		√		√			√			MC	MC		√	
ICE CREAM														
Vanilla Dream							√							
Choco Lit							√						√	
Oreo		√					√			MC			√	
Biscoffey		√					√			MC			√	

Sauces

	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
SAUCE DIPS														
Ketchup	√								MC			MC		
Comeback				√					√					
Munchies Peri		√												
Naga Naga	√	√							√					
Memphis BBQ														
Peri Sauce														√
BBQ													MC	
Mayo				√			MC		√				MC	
Spicy Mayo				√			MC		√				MC	
Garlic Mayo				√			MC		√				MC	
Sweet Chilli														
All Star	√	√		√		MC	MC		MC			√	√	
Hot Chilli														
Cheese Sauce							√							

Shakes

SHAKES	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Legendary Ferrero		√					√			√	MC		√	
Mr Dave		√					√			√	√		√	
Bueno		√					√			√	MC		√	
Lotus Biscoff		√					√			MC			√	
Oreo		√					√			MC			√	
Strawberrylicious							√			MC	MC		MC	
Millionaire		√					√			√	MC		√	
Ten-Out-Of-Ten		√		√			√			√	√		√	
Bubblegum							√							
CREATE YOUR OWN SHAKE														
Ferrero		√					√			√	MC		√	
Lotus Biscoff		√					√			MC			√	
Nutella		√					√			√			√	
Kinder Bueno		√					√			√	MC		√	
Strawberry							√			MC	MC		MC	
Bubblegum							√			MC				
Oreo		√					√			MC			√	
Snickers		√		√			√			√	√		√	

Fizzy Drinks

DRINKS	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Coca Cola														
Diet Coke														
7 UP														
Tango Orange														
Rubicon Mango														
Water														
Rio														
Irn Bru														
Capri Sun														