

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.

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 Crustaceans Eggs Fish Lupin Milk Molluscs Mustard Nuts Oats Peanuts Sesame Seeds Soya Sulphates Wheat

B Ce Cr E F L Mi Mo Mu N Oa P Se So Su Wh

(Ve) Vegan (V) Vegetarian (N) Contains nuts (ND) Recipe without dairy (NG) Recipe without gluten

MENU ITEM ALLERGEN

STARTERS

XXXL Smoked Wings (NG)	Ce E Mi Mu From fryer: E F Mi Mo So Wh
Honey Bourbon Pork Belly (ND)	Mu Su Wh From fryer: E F Mi Mo So Wh
Hot-or-Not Baby Back Stack (ND NG)	Su From fryer: E F Mi Mo So Wh
Cajun Fried Squid (ND)	Ce Mo Wh From fryer: E F Mi Mo So Wh
Alabama Fish Fry	E F Mi Mu Wh From fryer: E F Mi Mo So Wh
Popcorn Jackfruit (Ve ND NG)	Ce Su Wh From fryer: So
Smoked Mushrooms (V)	E Mi Wh
Mac-n-Cheese Balls (V)	Ce E Mi Mu Su Wh From fryer: E F Mi Mo So Wh

NEW DISCOVERIES

Memphis Pork Belly (ND)	Su Wh From fryer: E F Mi Mo So Wh
Stacked Alabama Fish Sandwich	E F Mi Mo Mu So Wh
Meat Free Tray (Ve ND NG)	Mu So Su From fryer: E F Mi Mo So Wh (ask your server for vegan fries)
Grilled Salmon (ND NG)	F Mu Su
Loaded Superfood Plate - on its own (Ve N ND)	Mu N Su Wh
South Carolina Pulled Chicken (N ND)	Mu Su
Pulled Pork (N ND)	Su
Fire Roasted Halloumi (V N)	Mi Su Wh
Chopped Brisket (N ND)	B F Mu

BURGERS

Classic Bacon Cheeseburger	B E Mi Mu So Wh From fryer: E F Mi Mo So Wh
Donut Burger™	E Mi Mu So Wh From fryer: E F Mi Mo So Wh
Moving Mountains Burger™ (Ve ND)	Mu Oa So Wh From fryer: E F Mi Mo So Wh (ask your server for vegan fries)
Dirty Chicken Burger	B Ce E Mi Mu So Su Wh (without sauce - ask your server for more information about sauces) From fryer: E F Mi Mo So Wh
Pit Burger™	B E Mi F Mu So Su Wh From fryer: E F Mi Mo So Wh
Extra Pulled Jackfruit	Su

REDS CLASSICS

Pork & Slaw (ND NG)	E Mi Mu Su Wh From fryer: E F Mi Mo So Wh
Ribs & Wings (NG)	Ce E F Mi Mo Mu So Su Wh From fryer: E F Mi Mo So Wh
Sticky BBQ Chicken (ND NG)	Mu Su
28 Day Aged Sirloin Steak	E Mi So Su Wh From fryer: E F Mi Mo So Wh
Brisket & Burnt Ends (ND)	B F Mu Wh
Pitmaster Tray (NG)	E B F Mi Mu Su Wh From fryer: E F Mi Mo So Wh
The Feast for 2+	B E F Mi Mo Mu So Su Wh From fryer: E F Mi Mo So Wh

OUR MEATS

Smoked Cheese & Jalapeño Sausage (NG)	Mi Mu
Brisket (ND)	B F Mu
Baby Back Ribs (ND NG)	Su
Pulled Pork (ND NG)	Su
Burnt Ends (ND NG)	B F Mu
Beef Long (when available, Special only)	B F Mu
Sticky Chicken (ND NG)	No allergens

MENU ITEM ALLERGEN

SIDES

Skin-on-Fries (V ND NG)	From fryer: E F Mi Mo So Wh (ask your server for vegan fries)
Grilled Baby Gem Hearts (Ve ND NG)	Su
Tangy Slaw (Ve ND NG)	Mu Su
Giant Onion Rings (V)	E Mi So Wh From fryer: E F Mi Mo So Wh
House Salad (Ve ND NG)	Su
Alabama Corn (V)	E Mi Mu
Charred Broccoli Carolina (Ve ND NG)	Mu
Meaty Pit Beans (NG)	B F Mi Mu Su
Dusted Fired-up Fries (V ND NG)	From fryer: E F Mi Mo So Wh (ask your server for vegan fries)
Mac-n-Cheese (V)	Ce E Mi Mu Su Wh
Hog Fries (NG)	Su Mi From fryer: E F Mi Mo So Wh
Sweet Potato Fries (V ND NG)	From fryer: E F Mi Mo So Wh (ask your server for vegan fries)
Bacon Greens (ND NG)	No allergens

SNACKS

Beef Jerky (ND)	Su Wh
Cracklings (ND)	E Mi Wh From fryer: E F Mi Mo So Wh

LUNCH

(Excluding fries and salad)

Loaded Superfood Salad - on it's own (Ve N ND)	Mi Mu N Su Wh
South Carolina Pulled Chicken (N ND)	Mu
Pulled Pork (N ND)	Su
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 (ND NG)	Mu Su From fryer: E F Mi Mo So Wh
Jackfruit n Slaw (Ve ND NG)	Mu So Su From fryer: E F Mi Mo So Wh
Pit Dog	E Mi Mu Wh From fryer: E F Mi Mo So Wh

LUNCH EXTRAS

XXXL Wing (ND NG)	From fryer: E F Mi Mo So Wh
Giant Onion Ring (V)	E Mi So Wh From fryer: E F Mi Mo So Wh
Mac-n-Cheese Ball (V)	Ce E Mi Mu Su Wh From fryer: E F Mi Mo So Wh
Meaty Pit Beans (NG)	B F Mu Su
BBQ Corn (Ve ND NG)	No allergens
Extra burger patty (ND NG)	No allergens

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
Devil Wing / Kansas City / Unholy	No allergens

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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	

(Ve) Vegan (V) Vegetarian (N) Contains nuts (ND) Recipe without dairy (NG) Recipe without gluten

MENU ITEM

ALLERGEN

STARTERS

Cracklings (ND)	Gl E Mi Wh
Beef Jerky (ND)	Gl Su Wh
Mac-n-Cheese Balls (V)	Ce E Mi Mu Su Wh From fryer: E Mi So Wh
Popcorn Jackfruit (Ve ND NG)	Ce Su
XXXL Smoked Wings (NG)	Ce E Mi Mu From fryer: E Mi So Wh

BURGERS

Classic Bacon Cheeseburger	B E Mi Mu So Wh From fryer: E Mi So Wh
Chargrilled Chicken Burger	E Mu Su Wh From fryer: E Mi So Wh
Pit Burger™	B E Mi Mu So Wh F Su From fryer: E Mi So Wh
Moving Mountains Burger™ (Ve ND)	Mu Oa So Wh From fryer: E Mi So Wh (Ask server for vegan fries)

RED'S CLASSICS

Pork & Slaw (ND NG)	Mu Su From fryer: E Mi So Wh
Ribs & Wings (NG)	Ce E F Mi Mo Mu So Su Wh From fryer: E Mi So Wh
Brisket Tray	B F Mu Wh From fryer: E Mi So Wh
The Pit Tray (NG)	B F Mi Mu Su From fryer: E Mi So Wh

MENU ITEM

ALLERGEN

LUNCH

Pulled Pork Sandwich (ND)	Wh Su Mu From fryer: E Mi So Wh
Classic Bacon Cheeseburger	B E Mi Mu So Wh From fryer: E Mi So Wh
BBQ Basket (ND NG)	Mu Su From fryer: E Mi So Wh
Jackfruit & Slaw (Ve ND NG)	Mu So Su From fryer: So (Ask server for vegan fries)

SIDES

Skin-on Fries (Ve ND NG)	From fryer: E Mi So Wh (Ask server for vegan fries)
Hog Fries (NG)	Su Mi From fryer: E Mi So Wh
Tangy Slaw (Ve ND NG)	Mu Su
Giant Onion Rings (V)	E Mi So Wh From fryer: E Mi So Wh
Meaty Pit Beans (NG)	B F Mi Mu Su
Mac-n-Cheese (V)	Ce E Mi Mu Su Wh
Mac-n-Cheese Ball (V)	Ce E Mi Mu Su Wh From fryer: E Mi So Wh

DESSERT

Chocolate Brownie & Ice Cream (V)	E Mi N P So Wh
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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
Devil Wing Kansas City Unholy	No allergens