

Hero Certified Burgers Allergen Guide

August 2025

Hero Certified Burgers takes all necessary precautions to reduce any potential contact or cross-contact with certain allergens. However, Hero Certified Burgers advises its customers to please take caution and to inform themselves of the contents of any prepared foods served and that Hero Certified Burgers cannot guarantee against any form of cross contamination of allergens within our kitchen space.

The Hero Certified Plant-Based Burgers are made with 100% Plant-Based patties. However, the ingredients of Hero Certified Plant-Based Burgers, buns and/or condiments therein may not adhere to vegetarian or vegan diets and may contain the following ingredients: milk and egg. Hero Certified Burgers makes no representation that any Plant-Based Burgers conform to any specific and/or specialty diet and specifically advises against same. All Hero Certified Plant-Based Burgers are cooked on the same griddle as animal-based burgers.

Our fryer oil contains: 100% canola oil, NO ADDITIVES.

Featured Favourites

Menu Item	Tree Nuts	Peanuts	Sesame Seeds	Eggs	Fish/Shellfish	Soy	Sulphites	Wheat/Gluten	Milk	Mustard	
Signature	May contain.	None.	✓	✓				✓	✓	✓	
Heavy Hitter			✓	✓			✓	✓	✓	✓	
Egg Burger			✓	✓					✓	✓	
Blue Moon			✓	May contain.					✓	✓	
Action Hero			✓	✓			✓		✓	✓	✓
Smashed Burger			✓	✓				✓	✓	✓	✓
Real Dogz (hotdog)			✓					✓	✓	✓	✓

Chicken										
Menu Item	Tree Nuts	Peanuts	Sesame Seeds	Eggs	Fish/Shellfish	Soy	Sulphites	Wheat/Gluten	Milk	Mustard
Spicy Jalapeno Crispy Chicken	May contain.	None.	☑	☑				☑	☑	☑
Regular & Spicy Chicken Wings	None.	None.								

Seafood										
Menu Item	Tree Nuts	Peanuts	Sesame Seeds	Eggs	Fish/Shellfish	Soy	Sulphites	Wheat/Gluten	Milk	Mustard
2-piece haddock with fries	May contain.	None.		☑	☑	☑	☑	☑	☑	
Battered Atlantic Haddock			☑	☑	☑	☑	☑	☑	☑	☑

Plant-Based										
Menu Item	Tree Nuts	Peanuts	Sesame Seeds	Eggs	Fish/Shellfish	Soy	Sulphites	Wheat/Gluten	Milk	Mustard
Spicy Plant-Based Soul Burger	May contain.	None.	☑			☑		☑	May contain.	
Meatless Crispy Chicken Sandwich			☑	May contain.		☑		☑	☑	☑

Breakfast

Menu Item	Tree Nuts	Peanuts	Sesame Seeds	Eggs	Fish/Shellfish	Soy	Sulphites	Wheat/Gluten	Milk	Mustard	
Frank's Siracha Fried Egg Sandwich	None.										
Ultimate Brunch Sandwich			✓	✓		✓		✓	✓		
Chipotle Fried Chicken Sandwich											
Fiery Chicken Brunch Wrap			✓				✓	✓	✓		
Smoothie: Strawberry Blueberry Banana Mixed Berry										✓	
Iced Hero										✓	

Sensational Sides										
Menu Item	Tree Nuts	Peanuts	Sesame Seeds	Eggs	Fish/ Shellfish	Soy	Sulphites	Wheat/Gluten	Milk	Mustard
Ultimate Fries	May contain.	None.				May contain.	☑	☑		
Sweet Potato Fries						☑		☑		
Onion Rings						☑		☑		
Chicken Fingers			May contain.			☑		☑	May contain.	
Poutine						☑	May contain.	☑	☑	
Mushroom Poutine						☑	May contain.	☑	☑	

Milkshakes & Desserts											
Menu Item	Tree Nuts	Peanuts	Sesame Seeds	Eggs	Fish/Shellfish	Soy	Sulphites	Wheat/Gluten	Milk	Mustard	
Vanilla Shake	May contain.	None.					☑		☑		
Hero Zipp Smarties						☑		☑	☑		
Hero Zipp Oreo						☑		☑	☑		
Strawberry Shake										☑	
Chocolate Shake										☑	
Vanilla Cone							☑		☑	☑	
Vanilla Sundae										☑	
Strawberry Sundae									☑		
Chocolate Sundae										☑	
Caramel Sundae								☑		☑	
Heritage Maple Butter Tarts						☑		☑		☑	☑

Sauces											
Menu Item	Tree Nuts	Peanuts	Sesame Seeds	Eggs	Fish/Shellfish	Soy	Sulphites	Wheat/Gluten	Milk	Mustard	
Hero Certified Sauce	May contain.	None.		☑					☑		
Ancho Chipotle									☑		
Maple Chipotle BBQ										☑	
Mango Sauce							☑				
Hero Hot Sauce			☑							☑	☑
Honey Mustard				☑			☑			☑	☑
Tartar Sauce							☑			☑	☑
Gravy											
Low Fat Mayonnaise				☑			☑			☑	☑