



*Everyone's favourite*

## **Introduction to Zaks Allergen Guide**

This guide has been put together by Zaks (UK) Ltd to list the 14 monitored allergens and their presence in food dishes prepared and served in Zaks Diners.

The Allergens monitored in this guide are:

- Milk
- Eggs
- Peanuts (Groundnuts)
- Nuts (Tree nuts)
- Fish
- Crustaceans
- Molluscs
- Soya
- Cereals containing Gluten (non-wheat sources)
- Celery
- Mustard
- Lupin
- Sesame
- Sulphites
- Wheat Gluten (the eager eyed will notice this is number 15, an extra item to help you)

If you have an allergy your server will assist you in using this guide to help you make an informed decision on a dish that is safe for you. If your allergy is not listed above, our team will be able to cater for this as well by speaking to our chefs whom have full recipe guides. Our team have received (or will shortly if they are new to the team) allergy awareness training.

Please also let us know the severity of your allergy.

The allergen guide should be used as a guide only and recipes are subject to change, we therefore recommend checking for any updates each time you visit us.

Please note that although we have indicated which dishes directly contain sesame seeds, due to the nature of sesame seeds and the volume we use in our restaurants we can not 100% guarantee that your food will be free from these. If you have a sesame seed allergy please raise this with your server.

Also, if you have a fish, crustacean, milk, soya, mustard, sulphites, celery, wheat, gluten or peanut allergy please note that we cook chicken, steak, burgers, dogs, salmon, prawns, brisket and ribs on the griddle so please let us know so we can cook your food on a separate griddle plate. The guide is in the form of a matrix and covers all food served at Zaks.

For vegetarians & vegans; please specify so that we can cook your meal separately.

Our allergen information is intended to be as accurate as possible, however due to the handmade nature of many of our dishes, exact results may vary slightly. Please note that our fryers are not gluten free due to the potential of cross contamination with other gluten containing products.

For drinks please see the drinks allergen guide. We change our drinks range on a regular basis but these are all pre-packaged so all the information is to hand and printed on the labels of the products.

The matrix is a simple colour system with the listed allergens matched against the food and given a colour.

The key is as follows:



= This dish contains the listed allergen and should be avoided.



= This dish contains the allergen but can be either changed by simply removing an item i.e. celery sticks or does not directly contain the allergen but has come into contact with the allergen for e.g. in the fryers/char-grill or may contain traces of an allergen. There are notes explaining this for the dish in the far right column.



= This dish is free from the specified allergen.

**Any questions just ask and most importantly enjoy your food!**



# Zaks Allergen Guide

Menu Item		Milk	Eggs	Peanuts (groundnuts)	Nuts (tree nuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame	Sulphites	Wheat	Notes	
DRINKS	<b>Bottled Beer</b>																	
	Goose Island Honkers																	
	Estrella Galicia 0%																	
	Corona																	
	Miller Genuine Draught																	
	Crabbie's Alcoholic Ginger Beer																	
	Skal Strawb & Lime																	
	Guinness																	
	Redwell Steam Lager																	
		Contains barley malt																
		<b>Draught Products</b>																
		Yardbird 4.0																
		East Coast IPA																
		Budweiser																
		Stowford Press Cider																
		<b>Spirits &amp; Liqueurs</b>																
		Olmecca Altos Reposado Tequila																
		Olmecca Silver Tequila																
		Johnnie Walker Red Label																
		Jameson																
		Talisker																
		Martell																
		Jack Daniel's Tennessee																
		Maker's Mark																
		Gordon's Prem Pink Gin																
	Gordon's Special Dry																	
	Tanqueray Gin																	
	Captain Morgan Dark Rum																	
	Captain Morgan Spiced																	
	Bacardi																	



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		Milk	Eggs	Peanuts (groundnuts)	Nuts (tree nuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin		Sesame	Sulphites	Wheat
<b>DRINKS</b>	Smirnoff Red Label																
	Ketel One Vodka																
	Tia Maria																
	Baileys Irish Cream																
	Kaluha																
	Cointreau																
	Amaretto Disaronno																
	Curacao																
	Grenadine																
	Jägermeister																
	Pimm's No.1																
	Archers Peach																
	Malibu																
	Southern Comfort																
	Martini Dry																
	Harveys Sherry																
Antica Classic Sambuca																	



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<b>Cocktails</b>																	
Woo Woo																	Sulphites present in cherry garnish
Spiced Apple																	Check label on packaging of cinnamon
Southern Orange																	
All American																	Sulphites present in cherry garnish
Purple Rain																	Sulphites present in cherry garnish
Gin Fizz																	
<b>Mocktails</b>																	
Prohibition Punch																	Sulphites present in cherry garnish
Zaks Cooler																	
Sweet Sunrise																	Sulphites present in cherry garnish
Bug Juice																	
Acapulco Gold																	
Shirley Temple																	
<b>Sparkling</b>																	
G&G Prosecco E/Dry 10.5%																	
Amodo Prosecco 10.5%																	
<b>Wine</b>																	
Punto De Vista Sauv Blanc																	
Cuvee Amelie Chardonnay																	
Giotto Pinot Grigio																	
Three Pebbles Bay Zinf Rose																	
Punto de Vista Merlot																	
El Pico Cabernet Sauvignon																	
Rockhopper Shiraz																	

DRINKS



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<b>Soft Drinks</b>																
Pepsi Max																
Diet Pepsi																
R Whites																
Pineapple Juice																
Orange Juice																
Apple Juice																
Cranberry Juice																
Orange Squash																
Lime Cordial																
Blackcurrant Squash																
Fruit Shoot Hydro Orange & Pineapple																
Fruit Shoot Hydro Blackcurrant																
Bottled Water - Still																
Bottled Water - Sparkling																
Dr Pepper																
Root Beer																Contains barley malt extract
Cream Soda																Contains barley malt extract
J2o Apple & Raspberry																
J2o Orange & Passionfruit																
Coke																
Diet Coke																
R White Cloudy Lemonade																
R White Pear & Eld Lemonade																
R White Rasp Lemonade																
Fever Tree Tonic Water																
Fever Tree Light Tonic																
Schweppes Ginger Beer																
Schweppes Canada Dry Ginger Ale																
Fanta Orange																
Red Bull Can																

DRINKS



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<b>Starters</b>																
Deep Fried Pickles with ranch sauce																Milk, egg & mustard in ranch sauce only. Soya, nuts & peanuts cross contamination in fryer.
Prawn Skewers with mayo																Mayo dip contains egg. Milk, soya, gluten, celery, mustard, fish, sulphites & wheat cross contamination on grill
Hot Wings with blue cheese dip																Seasoning is packed where milk, mustard, sulphites, soya, fish, shellfish wheat & celery are handled. Blue cheese dip contains milk and egg.
BBQ Wings with blue cheese dip																Seasoning is packed where milk, mustard, sulphites, soya, fish, shellfish wheat & celery are handled. Blue cheese dip contains milk and egg.
Garlic Wings with blue cheese dip																Seasoning is packed where milk, mustard, sulphites, soya, fish, shellfish wheat & celery are handled. Blue cheese dip contains milk and egg.
Tennessee Wings with blue cheese dip																Seasoning is packed where milk, mustard, sulphites, soya, fish, shellfish wheat & celery are handled. Blue cheese dip contains milk and egg.
Sticky BBQ Ribs																Milk, soya, fish, gluten, celery, mustard, crustaceans, sulphites & wheat cross contamination on grill
Stacked Nachos																
Stacked Nachos - With Beef Chilli																
Stacked Nachos - With Veggie Chilli																
Stacked Nachos - With BBQ Pulled Pork																



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	Milk	Eggs	Peanuts (groundnuts)	Nuts (tree nuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame	Sulphites		Wheat
<b>Two's Company</b>																
Kilo Challenge - Wings	See above for choice of wings															
Kilo Challenge - Ribs																Served with coleslaw which contains egg. Milk, soya, gluten, fish, crustacean, celery, mustard, sulphites & wheat cross contamination on grill.
Zaks Stack	See other sections															
Fajitas - Vegetable																
Fajitas - Chicken																Sulphite, peanut & crustacean cross contamination on grill
Fajitas - Steak																Sulphite, peanut & crustacean cross contamination on grill
Fajitas - Prawn																Peanut cross contamination on grill
Texas Combo																Seasoning is packed where milk, mustard, sulphites, soya, fish, shellfish wheat & celery are handled. Coleslaw contains egg. Peanut cross contamination on grill.
Fried Chicken ( <i>please see sides for choice of taters and starters for choice of wings</i> )																Seasoning is packed where milk, mustard, sulphites, soya, fish, shellfish wheat & celery are handled. Coleslaw contains egg





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<b>Loaded Taters</b>																
Fiery Ones - Fries	Red	Green	Yellow	Yellow	Yellow	Green	Yellow	Red	Yellow	Green	Yellow	Yellow	Yellow	Yellow		
Fiery Ones - Wedges	Red	Green	Yellow	Yellow	Yellow	Green	Yellow	Red	Green	Yellow	Yellow	Yellow	Yellow	Yellow		
Fiery Ones - Curlies	Red	Green	Yellow	Yellow	Yellow	Green	Yellow	Red	Red	Green	Yellow	Yellow	Yellow	Yellow	Red	
Fiery Ones - Potato Totts	Red	Green	Yellow	Yellow	Yellow	Green	Yellow	Red	Green	Yellow	Yellow	Yellow	Yellow	Yellow		
Pig Out Ones - Fries	Yellow	Green	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Yellow		Milk, celery, mustard & soya cross contamination on grill
Pig Out Ones - Wedges	Yellow	Green	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Yellow		Milk, celery, mustard & soya cross contamination on grill
Pig Out Ones - Curlies	Yellow	Green	Yellow	Yellow	Yellow	Green	Yellow	Red	Yellow	Green	Yellow	Yellow	Yellow	Yellow	Red	Milk, celery, mustard & soya cross contamination on grill
Pig Out Ones - Potato Totts	Yellow	Green	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Yellow		Milk, celery, mustard & soya cross contamination on grill
Cheesy Ones - Fries	Red	Green	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Yellow		
Cheesy Ones - Wedges	Red	Green	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Green	Green	Yellow	Yellow	Yellow	Yellow		
Cheesy Ones - Curlies	Red	Green	Yellow	Yellow	Yellow	Green	Yellow	Red	Green	Green	Yellow	Yellow	Yellow	Yellow	Red	
Cheesy Ones - Potato Totts	Red	Green	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Green	Green	Yellow	Yellow	Yellow	Yellow		
French Ones - Fries	Yellow	Red	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Yellow		
French Ones - Wedges	Green	Red	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Green	Green	Yellow	Yellow	Yellow	Yellow		
French Ones - Curlies	Green	Red	Yellow	Yellow	Yellow	Green	Yellow	Red	Green	Green	Yellow	Yellow	Yellow	Yellow	Red	
French Ones - Potato Totts	Green	Red	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Green	Green	Yellow	Yellow	Yellow	Yellow		



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<b>The 76'ers</b>																
<i>Please see sides for choice of fries and drink section</i>																
Classic																Burger sauce contains milk, mustard, celery, egg. Peanut, soya, sulphites, crustaceans & fish cross contamination on grill
BBQ																Burger sauce contains milk, mustard, celery, egg. Peanut, soya, sulphites, crustaceans & fish cross contamination on grill
Greek																Burger sauce contains milk, mustard, celery, egg. Fish, soya, celery, mustard, sulphites, crustaceans & peanut cross contamination on grill
Mighty Mouse																Burger sauce contains milk, mustard, celery, egg. Peanut, sulphites, crustaceans & fish cross contamination on grill
Chilli Dog - Beef Chilli																Fish, mustard & sulphites cross contamination on grill
Chilli Dog - Vege Chilli																Fish, crustaceans, mustard & sulphites cross contamination on grill
<b>Burgers</b>																
<i>Please see sides for choice of fries</i>																
Chargrilled Burger (Just the burger)																Ask to be cooked separately
Nut Burger (Just the vegetarian nut burger)																Suitable for Vegan
Spicy Bean (Just the vegetarian burger)																Milk, eggs, peanuts, nuts, fish, shellfish, celery, mustard and sulphites present in fryers
Classic																Burger sauce contains milk, mustard, celery, egg. Peanuts, soya, sulphites, crustaceans & fish cross contamination on grill
C&B																Burger sauce contains milk, mustard, celery, egg. Peanuts, soya, sulphites, crustaceans & fish cross contamination on grill
Hot One																Fish, crustaceans & peanut cross contamination on grill
Sloppy Joe																Burger sauce contains milk, mustard, celery, egg. Peanuts, soya, sulphites, crustaceans & fish cross contamination on grill
BBQ																Burger sauce contains milk, mustard, celery, egg. Peanuts, soya, sulphites, crustaceans & fish cross contamination on grill
Mighty Mouse																Burger sauce contains milk, mustard, celery, egg. Peanut, sulphites, crustaceans & fish cross contamination on grill
Meat Feast																Burger sauce contains milk, mustard, celery, egg. Peanuts, soya, sulphites, crustaceans & fish cross contamination on grill
Meltdown																Burger sauce contains milk, mustard, celery, egg. Fish, soya, celery, mustard, sulphites, crustaceans & peanut cross contamination on grill
Greek																Burger sauce contains milk, mustard, celery, egg. Fish, soya, celery, mustard, sulphites, crustaceans & peanut cross contamination on grill
Surf N Turf																Burger sauce contains milk, mustard, celery, egg. Peanuts, soya, sulphites & fish cross contamination on grill
Western																Burger sauce contains milk, mustard, celery, egg. Peanut, soya, crustaceans & fish cross contamination on grill. Nut cross contamination in fryer.
Big Un																Burger sauce contains milk, mustard, celery, egg. Peanuts, soya, sulphites, crustaceans & fish cross contamination on grill



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Dogs	<b>Dogs</b>																
	<i>Please see sides for choice of fries</i>																
	Classic	Red	Red	Yellow	Yellow	Yellow	Green	Red	Red	Red	Red	Green	Yellow	Yellow	Yellow	Red	Fish, crustaceans, sulphites & peanut cross contamination on grill
	New York Deli	Red	Red	Yellow	Yellow	Yellow	Green	Red	Red	Yellow	Red	Green	Yellow	Yellow	Yellow	Red	Fish, crustaceans, celery, sulphites & peanut cross contamination on grill
	Chilli Dog	Red	Red	Yellow	Yellow	Yellow	Green	Red	Red	Yellow	Red	Green	Yellow	Yellow	Yellow	Red	Fish, crustaceans, mustard, sulphites & peanut cross contamination on grill
Pig Out	Red	Red	Yellow	Yellow	Yellow	Green	Red	Red	Yellow	Red	Green	Yellow	Yellow	Yellow	Red	Fish, crustaceans, celery, sulphites & peanut cross contamination on grill	
Grill	<b>Grill</b>																
	<i>Please see sides</i>																
	New York Strip Loin - (Just the steak, tomato & mushroom - please see sides)	Yellow	Green	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Yellow	Fish, milk, soya, gluten, celery, mustard, sulphites, crustaceans, wheat & peanut cross contamination on grill. Nut cross contamination in fryer.
	Ribeye - (Just the steak, tomato & mushroom- please see sides)	Yellow	Green	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Yellow	Fish, milk, soya, gluten, celery, mustard, sulphites, crustaceans, wheat & peanut cross contamination on grill. Nut cross contamination in fryer.
	Slow Roast Brisket - see sides	Yellow	Yellow	Yellow	Green	Yellow	Green	Yellow	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Yellow	Egg in coleslaw. Peanuts & crustaceans cross contamination on grill
	Chicken & Cheese Melt - see sides	Red	Yellow	Yellow	Green	Yellow	Green	Yellow	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Yellow	Egg in coleslaw. Fish, soya, gluten, celery, mustard, sulphites, crustaceans, wheat & peanut cross contamination on grill. Egg & soya cross contamination in fryer.
	Salmon Steak - see sides	Yellow	Yellow	Yellow	Green	Red	Yellow	Green	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Yellow	Egg in coleslaw. Milk, crustaceans, peanuts, celery, gluten, soya, mustard, wheat & sulphites cross contamination on grill
Rack of Ribs - see sides	Yellow	Yellow	Yellow	Green	Yellow	Green	Yellow	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Yellow	Egg in coleslaw. Fish, milk, soya, gluten, celery, mustard, sulphites, crustaceans, wheat & peanut cross contamination on grill	
Deli	<b>Deli</b>																
	<i>Served with a choice of "taters"</i>																
	Reuben	Red	Red	Green	Yellow	Green	Green	Yellow	Red	Green	Green	Yellow	Yellow	Yellow	Yellow	Red	
	Philly	Red	Red	Yellow	Green	Yellow	Green	Yellow	Red	Yellow	Green	Yellow	Yellow	Yellow	Yellow	Red	Celery, mustard & soya, fish, crustaceans & peanut cross contamination on grill
	Shrimp Roll	Red	Red	Yellow	Green	Yellow	Red	Green	Red	Red	Green	Yellow	Yellow	Yellow	Yellow	Red	
	Zaks Club	Red	Red	Yellow	Green	Yellow	Green	Yellow	Red	Yellow	Green	Yellow	Yellow	Yellow	Yellow	Red	Celery, mustard & soya, fish, crustaceans & peanut cross contamination on grill
	Halloumi	Red	Red	Yellow	Green	Yellow	Green	Yellow	Red	Yellow	Green	Yellow	Yellow	Yellow	Yellow	Red	Celery, mustard & soya, fish, crustaceans & peanut cross contamination on grill
Mushroom Stack	Red	Red	Yellow	Green	Yellow	Green	Yellow	Red	Green	Green	Yellow	Yellow	Yellow	Yellow	Red		



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<b>Sides</b>																
Boston Beans																
Corn																Served with butter
Mushrooms																Soya present in fryer. Can be egg, nut contamination free is cooked in vegetarian fryer
Onion Rings																Fryer cross contamination. Ask to be cooked in vegetarian fryer. Vegetarian fryer will have cross contamination of gluten, wheat & sulphites.
Garlic Bread																
Garlic Bread & Cheese																
Zaks Salad (No sauce, see below in sauce section)																
Zaks Salad - Chicken (No sauce, see below in sauce section)																Milk, soya, gluten, wheat, mustard, sulphites, fish, crustaceans & peanut cross contamination on grill
Zaks Salad - Halloumi (No sauce, see below in sauce section)																
Zaks Salad - Steak (No sauce, see below in sauce section)																Milk, soya, gluten, wheat, mustard, sulphites, fish, crustaceans & peanut cross contamination on grill
Homemade slaw																
Zaks Mac 'N' Cheese																
Jacket Potato																Check site specific cooking procedure with server
Fries																Fryer cross contamination. Ask to be cooked in vegetarian fryer. Vegetarian fryer will have cross contamination of gluten, wheat, soya & sulphites.
Curly Fries																Fryer cross contamination. Ask to be cooked in vegetarian fryer. Vegetarian fryer will have cross contamination of gluten, wheat, soya & sulphites.
Sweet Potato Fries																Fryer cross contamination. Ask to be cooked in vegetarian fryer. Vegetarian fryer will have cross contamination of gluten, wheat, soya & sulphites.
Wedges																Fryer cross contamination. Ask to be cooked in vegetarian fryer. Vegetarian fryer will have cross contamination of gluten, soya, wheat & sulphites.
Potato Totts																Fryer cross contamination. Ask to be cooked in vegetarian fryer. Vegetarian fryer will have cross contamination of gluten, wheat, soya & sulphites.
Prawn Skewer																Milk, peanut, fish, soya, gluten, celery, mustard, sulphites & wheat cross contamination on grill



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<b>Sauces</b>	<b>Sauces</b>																	
	Ranch	Red	Red															
	Caesar	Red	Red							Yellow	Yellow							
	BBQ																	
	Tennessee	Yellow																
	Sweet Chilli										Yellow						Yellow	
	Garlic Mayo																	
	Blue Cheese	Red	Red															
	Peppercorn	Red	Yellow								Yellow	Red					Yellow	
	Garlic Butter	Red	Red															
	Burger Sauce	Red	Red									Red	Red					
	Hot Sauce	Red	Red									Red						
	Sweetcorn Relish																	
	Tomato & Chilli Relish											Red				Red		
	Salsa																	
	Sour Cream	Red																
	Guacamole										Yellow							
	Ketchup											Red						
	HP Brown Sauce											Red					Red	
	Malt Vinegar											Red					Red	
Mayonnaise		Red																
Vegan Mayonnaise		Yellow															Produced in a factory that handles egg	
Cheddar Cheese Sauce	Red																	
Jalapeno Cheese Sauce	Red																	
<b>Juniors</b>	<b>Juniors</b>																	
	<i>Please see sides</i>																	
	Zaks Junior Burger	*SEE BURGER SECTION ABOVE																
	Junior Mac 'N' Cheese	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	
	Hot Diggidy Dog	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Celery, mustard, crustaceans & sulphites cross contamination on grill
	Chicken Crispies																	
	Junior Ribs	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Milk, soya, gluten, wheat, sulphites, crustaceans, celery & mustard cross contamination on grill
	Junior Steak	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Milk, soya, gluten, wheat, sulphites, crustaceans, celery & mustard cross contamination on grill
	<b>Junior Dessert</b>																	
	Junior Brownies	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Ice cream made in a factory which handles nuts
Junior Pancakes	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Ice cream made in a factory which handles nuts	
Junior Banana Split	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Wafer = gluten. Ice cream made in a factory which handles nuts	



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<b>Breakfast</b>																
The Big English	Red	Red	Yellow	Green	Yellow	Green	Red	Red	Yellow	Green	Yellow	Yellow	Yellow	Red		Celery, fish, crustaceans, peanuts, mustard & sulphites cross contamination on grill
The Mini English	Red	Red	Yellow	Green	Yellow	Green	Red	Red	Yellow	Green	Yellow	Yellow	Yellow	Red		Celery, fish, crustaceans, peanuts, mustard & sulphites cross contamination on grill
The Big American	Red	Red	Yellow	Green	Yellow	Green	Red	Red	Yellow	Green	Yellow	Yellow	Yellow	Red		Celery, fish, crustaceans, peanuts, mustard & sulphites cross contamination on grill
The Mini American	Red	Red	Yellow	Green	Yellow	Green	Red	Red	Yellow	Green	Yellow	Yellow	Yellow	Red		Celery, fish, crustaceans, peanuts, mustard & sulphites cross contamination on grill
Zaks Stack	Red	Red	Yellow	Green	Yellow	Green	Red	Red	Yellow	Green	Yellow	Yellow	Yellow	Red		Celery, fish, crustaceans, peanuts, mustard & sulphites cross contamination on grill
Breakfast Sundae	Red	Green	Yellow	Green	Yellow	Green	Red	Green	Yellow	Green	Yellow	Yellow	Yellow	Red		May contain nuts
Pancakes, pancakes, pancakes!	Red	Red	Yellow	Green	Yellow	Green	Red	Green	Yellow	Green	Yellow	Yellow	Yellow	Red		If black cherries, manufactured where nuts, soya and sulphites are present
Hash Brown	Yellow	Yellow	Green	Green	Yellow	Green	Yellow	Green	Yellow	Green	Yellow	Yellow	Yellow	Red		Amber - allergen present in fryer
Fried Egg	Green	Red	Green	Green	Yellow	Green	Green	Green	Yellow	Green	Yellow	Yellow	Yellow	Red		
Sausage Patty	Yellow	Green	Yellow	Green	Yellow	Green	Red	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Red		Peanut, fish, crustaceans, milk, soya, celery, mustard & sulphites cross contamination on grill - ask to be cooked separately
Vegetarian/Vegan Sausage	Yellow	Green	Yellow	Green	Yellow	Green	Red	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Red		
Scrambled Eggs	Yellow	Yellow	Green	Green	Yellow	Green	Red	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Red		
Bacon	Yellow	Green	Yellow	Green	Yellow	Green	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Red		Peanut, fish, crustaceans, milk, soya, gluten, wheat, celery, sulphites & mustard cross contamination on grill
Baked beans	Green	Green	Green	Green	Yellow	Green	Green	Green	Yellow	Green	Yellow	Yellow	Yellow	Red		
Mushrooms	Green	Yellow	Green	Green	Yellow	Green	Yellow	Green	Yellow	Green	Yellow	Yellow	Yellow	Red		Soya present in fryer. Can be egg contamination free if cooked in vegetarian fryer
Toast	Green	Green	Green	Green	Yellow	Green	Red	Red	Yellow	Green	Yellow	Yellow	Yellow	Red		
Butter Portion	Red	Green	Green	Green	Yellow	Green	Green	Green	Yellow	Green	Yellow	Yellow	Yellow	Red		
Bagel	Green	Green	Green	Green	Yellow	Green	Red	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Red		Manufactured in a factory that uses sesame seed ingredients
Yoghurt	Red	Green	Green	Green	Yellow	Green	Green	Green	Yellow	Green	Yellow	Yellow	Yellow	Red		
Fresh Fruit	Green	Green	Green	Green	Yellow	Green	Green	Green	Yellow	Green	Yellow	Yellow	Yellow	Red		
Maple Syrup	Green	Green	Green	Green	Yellow	Green	Green	Green	Yellow	Green	Yellow	Yellow	Yellow	Red		



## Zaks Allergen Guide

Menu Item	Allergens													Notes		
	Milk	Eggs	Peanuts (groundnuts)	Nuts (tree nuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame		Sulphites	Wheat
<b>Desserts</b>																
Homemade Chocolate Fudge Brownies	Red	Red	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Ice cream made in a factory which handles nuts
Sticky Waffle Pudding	Red	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Ice cream made in a factory which handles nuts, milk present in whipped cream & custard
American Buttermilk Pancakes	Red	Red	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Ice cream made in a factory which handles nuts
Waffle Heaven	Red	Red	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Ice cream made in a factory which handles nuts
Choc Mallow Mountain	Red	Red	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Ice cream made in a factory which handles nuts
Treasure Island	Red	Red	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Wafer = soya and gluten
Mint Mountain	Red	Red	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Wafer = gluten. Ice cream made in a factory which handles nuts
Berried' Treasure	Red	Red	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Wafer = gluten. Black cherries manufactured in factory that handles gluten, eggs, soya, milk, sulphites & nuts
Cookies 'n' Cream	Red	Red	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Ice cream made in a factory which handles nuts
Banana Split	Red	Red	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Wafer = gluten. Ice cream made in a factory which handles nuts
Chocolate Beehive	Red	Red	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Wafer = gluten. Ice cream made in a factory which handles nuts
Pecan Pie (just the pie)	Red	Red	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Ice cream made in a factory which handles nuts
Cookie Dough Cheesecake (just the cheesecake)	Red	Red	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	
New York Cheesecake (just the cheesecake)	Red	Red	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Ice cream made in a factory which handles nuts
Vanilla Ice Cream	Red	Red	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Wafer = gluten. Ice cream made in a factory which handles nuts. Wafer contains egg
Chocolate Ice Cream	Red	Red	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Ice cream made in a factory which handles nuts. Wafer contains egg & soya
Strawberry Ice Cream	Red	Red	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Ice cream made in a factory which handles nuts. Wafer contains egg & soya
All Ice Cream Sauces	Check individual packaging															
Custard	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	
Whipped Cream	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	
Black Cherries in Sauce	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Made in a factory that handles these allergens
Strawberries	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	
All milkshakes contain these allergens with the exception of the below:	Red	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Ice cream made in a factory which handles nuts
Cookies 'n' Cream Milkshake	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	
Cherry Milkshake	Red	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Ice cream may contain nuts. Black cherries may contain gluten, eggs, soya, milk, sulphites & nuts