



*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 due to the amount of sesame seeds that exist in our business we can not safely serve anyone with a sesame allergy.

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.

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!**



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Menu Item	Milk	Eggs	Peanuts (groundnuts)	Nuts (treenuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame	Sulphites	Wheat	Notes
<b>Famous Wings - Served with side of celery &amp; blue cheese dip. Check sauces section.</b>																
Famous Wings - Naked	Yellow	Green	Green	Green	Yellow	Yellow	Green	Yellow	Red	Red	Yellow	Green	Red	Yellow	Red	Seasoning is packed where milk, mustard, sulphites, soya, celery, wheat, fish and shellfish are handled. Blue cheese dip contains milk & eggs.
Garlic Bread	Red	Yellow	Green	Green	Green	Green	Green	Red	Green	Green	Green	Red	Green	Red	Red	Eggs processed in the same factory
Garlic Bread with Grilled MJ Cheese	Red	Yellow	Green	Green	Green	Green	Green	Red	Green	Green	Green	Red	Green	Red	Red	Eggs processed in the same factory
Frickles	Yellow	Green	Green	Green	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Green	Green	Red	Green	Red	Milk, egg, peanuts, nuts, fish, crustaceans, molluscs, soya, gluten, wheat & celery present in vegetarian fryer
Cheesy Churros	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Green	Green	Red	Green	Red	Red	Milk, egg, peanuts, nuts, fish, crustaceans, molluscs, soya, gluten, wheat & celery present in vegetarian fryer
Homemade Creamy Coleslaw	Green	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	
Onion Rings	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Green	Green	Red	Yellow	Red	Red	Milk, egg, peanuts, nuts, fish, crustaceans, molluscs, soya, gluten, wheat & celery present in vegetarian fryer
Fries	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	
Curlies (Curly fries)	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Green	Green	Red	Green	Red	Red	Milk, egg, peanuts, nuts, fish, crustaceans, molluscs, soya, gluten, wheat & celery present in vegetarian fryer
Sweet Potato Fries	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	
Cluckit Bucket (for wings and sides see above) - Fried Chicken Only	Yellow	Green	Green	Green	Yellow	Yellow	Green	Yellow	Red	Red	Yellow	Green	Red	Yellow	Red	Seasoning is packed where milk, mustard, sulphites, soya, celery, wheat, fish and shellfish are handled.
<b>Dips &amp; Sauces</b>																
BBQ Dip	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Red	Green	Green	Green	
Salsa Dip	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	
Sour Cream Dip	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	
Tennessee Glaze Dip	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	
Jalapeno Cheese Sauce	Red	Green	Green	Green	Green	Green	Red	Green	Green	Green	Green	Red	Green	Green	Green	
Lime & Tequila Glaze	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	
Famous Hot Sauce	Red	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Red	Green	Green	Green	
Garlic Butter	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	
Blue Cheese Sauce	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	
Man Up Sauce	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Red	Green	Green	Green	
Maple & Red Pepper Sauce	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	
Spicy Dipping Sauce	Green	Red	Green	Green	Green	Green	Green	Green	Green	Red	Green	Red	Green	Green	Green	
Sweet Chilli	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	
Tomato Ketchup	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Red	Green	Green	Green	
Mayonnaise	Green	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	
Sweetcorn Relish	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Red	Green	Green	
Tomato + chilli relish	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Red	Red	Green	Green	



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<b>Chargrilled Burgers (Just the burger)</b>																
<b>Buns with Salad and Mayo</b>																
De-luxe Burger																
Cheese Burger De-luxe																
C&B																
C&B with an egg																
Rock House																
Chilli Burger																Pot of cheese served on the side which doesn't need to be included for lactose intolerance
The Godfather																Mushrooms cooked in GF fryer
Desperado																
Blue Vein																
Western																Onion rings in vegetarian fryer
The PB																Onions in vegetarian fryer
The JD Burger																Onions in vegetarian fryer
The Big Un Burger																
Philthy Delphia Burger																Onions in vegetarian fryer
The Hogfather Burger with Hot Sauce																Onions in vegetarian fryer
The Hogfather Burger with Tennessee Glaze																Onions in vegetarian fryer
The Hogfather Burger with BBQ																Onions in vegetarian fryer
<b>Vegetarian Burgers - Just the Burger</b>																
Tomato + Olive																
Nut Burger																<b>Suitable for Vegan</b>
Spicy Bean																Milk, egg, peanuts, nuts, fish, crustaceans, molluscs, soya, gluten, wheat & celery present in vegetarian fryer
Moving Mountain Burger																<b>Suitable for Vegan</b>



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<b>Vegan Burgers</b>																
De-luxe Burger	Green	Green	Yellow	Yellow	Green	Green	Green	Red	Red	Green	Green	Green	Red	Green	Red	
Cheese Burger De-luxe	Green	Green	Yellow	Yellow	Green	Green	Green	Red	Red	Green	Green	Green	Red	Green	Red	
C&B	Green	Green	Yellow	Yellow	Green	Green	Green	Red	Red	Green	Green	Green	Red	Green	Red	
Rock House	Green	Green	Yellow	Yellow	Green	Green	Green	Red	Red	Green	Red	Green	Green	Red	Red	
Chilli Burger	Green	Green	Yellow	Yellow	Green	Green	Green	Red	Red	Green	Green	Green	Red	Green	Red	
Desperado	Green	Green	Yellow	Yellow	Green	Green	Green	Red	Red	Green	Green	Green	Red	Green	Red	
Western	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Red	Yellow	Red	Green	Red	Red	Red	Milk, egg, peanuts, nuts, fish, crustaceans, molluscs, soya, gluten, wheat & celery present in vegetarian fryer
The PB	Yellow	Yellow	Red	Yellow	Yellow	Yellow	Yellow	Red	Red	Yellow	Green	Green	Red	Green	Red	Milk, egg, peanuts, nuts, fish, crustaceans, molluscs, soya, gluten, wheat & celery present in vegetarian fryer
The JD Burger	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Red	Yellow	Green	Green	Red	Green	Red	Milk, egg, peanuts, nuts, fish, crustaceans, molluscs, soya, gluten, wheat & celery present in vegetarian fryer
The Big Un Burger	Green	Green	Yellow	Yellow	Green	Green	Green	Red	Red	Green	Green	Green	Red	Green	Red	
The Vegfather Burger with BBQ	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Red	Yellow	Red	Green	Red	Green	Red	Milk, egg, peanuts, nuts, fish, crustaceans, molluscs, soya, gluten, wheat & celery present in vegetarian fryer
<b>Juniors</b>																
<i>Please see sides</i>																
Zaks Junior Burger (Just the burger - see sides)	Green	Red	Green	Green	Green	Green	Green	Red	Red	Green	Green	Green	Red	Green	Red	SEE SIDES
Zaks Junior Burger with Cheese (Just the burger - see sides)	Red	Red	Green	Green	Green	Green	Green	Red	Red	Green	Green	Green	Red	Green	Red	SEE SIDES
Hot Diggidy Dog (Just the dog - see sides)	Red	Red	Green	Green	Green	Green	Green	Red	Red	Green	Green	Green	Red	Green	Red	SEE SIDES
<b>Sweet</b>																
Brownie Bites	Red	Red	Green	Green	Green	Green	Green	Red	Red	Green	Green	Green	Red	Green	Red	
Milk Chocolate Cookies	Red	Yellow	Yellow	Yellow	Green	Green	Green	Red	Red	Green	Green	Green	Red	Green	Red	