



*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)

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

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.

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

For gluten free & all other allergies; please specify to the team as some dishes can be cooked separately or can be made suitable by removing or swapping aspects of the dish. Please note that our fryers are not gluten free due to the potential of cross contamination with other gluten containing products.

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.

We change our drinks range on a regular basis but these are all pre-packaged so all the allergen information is to hand and printed on the labels of the products. Our team will be able to inform you of any allergens in these.

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 may contain the allergens due to cross contamination or from ingredients that may contain the allergen. Always speaks to a member of the team and please see the notes 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
	<b>Starters</b>															
<b>Famous Wings - Served with side of celery &amp; blue cheese dip. Check sauces section.</b>																
Famous Wings - Naked (See Dips Section)	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	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. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers. Blue cheese dip contains milk and eggs.
Loaded Skins with MJ Cheese & Onion	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Red	Yellow	Yellow	Yellow	Yellow	Soya, egg, sulphites, celery, mustard, wheat, gluten, fish, shellfish, molluscs, nuts and peanuts present in fryers
Loaded Skins with Zaks Beef Chilli & MJ Cheese	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Green	Red	Yellow	Yellow	Yellow	Yellow	Soya, egg, sulphites, celery, mustard, wheat, gluten, fish, shellfish, molluscs, nuts and peanuts present in fryers
Loaded Skins with Zaks Veg Chilli & MJ Cheese	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Green	Red	Yellow	Yellow	Yellow	Yellow	Soya, egg, sulphites, celery, mustard, wheat, gluten, fish, shellfish, molluscs, nuts and peanuts present in fryers
Loaded Skins with MJ Cheese & Bacon	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Red	Yellow	Yellow	Yellow	Yellow	Soya, egg, sulphites, celery, mustard, wheat, gluten, fish, shellfish, molluscs, nuts and peanuts present in fryers
Loaded Skins with Blue Cheese & Mushroom	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Red	Yellow	Yellow	Yellow	Yellow	Soya, egg, sulphites, celery, mustard, wheat, gluten, fish, shellfish, molluscs, nuts and peanuts present in fryers
Loaded Skins with MJ Cheese & BBQ Pulled Pork	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Green	Red	Yellow	Yellow	Yellow	Yellow	Soya, egg, sulphites, celery, mustard, wheat, gluten, fish, shellfish, molluscs, nuts and peanuts present in fryers
Prawn Cocktail	Red	Red	Yellow	Red	Red	Green	Green	Red	Red	Green	Red	Red	Red	Red	Red	Bread made in a factory that handles nuts & peanuts
Half Rack of BBQ Ribs	Yellow	Red	Green	Green	Yellow	Yellow	Green	Yellow	Yellow	Red	Green	Red	Green	Yellow	Yellow	Eggs in coleslaw. Milk, eggs, fish, crustaceans, celery, gluten & wheat present on chargrill. Can be cooked separately
Half Rack of Maple & Red Pepper Ribs	Yellow	Red	Green	Green	Yellow	Yellow	Green	Yellow	Yellow	Red	Green	Red	Green	Yellow	Yellow	Eggs in coleslaw. Milk, eggs, fish, crustaceans, celery, gluten & wheat present on chargrill. Can be cooked separately
Garlic Bread	Red	Yellow	Green	Green	Green	Green	Green	Red	Green	Green	Red	Green	Red	Red	Red	Eggs processed in the same factory
Garlic Bread with Grilled MJ Cheese	Red	Yellow	Green	Green	Green	Green	Green	Red	Green	Green	Red	Green	Red	Red	Red	Eggs processed in the same factory

STARTERS



# Zaks Allergen Guide

		Milk	Eggs	Peanuts (groundnuts)	Nuts (tree nuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame	Sulphites	Wheat	Notes
<b>STARTERS</b>	Cheesy Nachos	Red	Green	Green	Green	Green	Green	Red	Green	Green	Green	Red	Green	Green			
	Awesome Nachos - Beef Chilli	Red	Green	Green	Green	Green	Green	Red	Green	Red	Green	Red	Green	Green			
	Awesome Nachos - Vegetarian Chilli	Red	Green	Green	Green	Green	Green	Red	Green	Red	Green	Red	Green	Green			
	Porky's Revenge Nachos	Red	Green	Green	Green	Green	Green	Red	Green	Red	Green	Red	Green	Green			
	Frickles	Yellow	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Red	Green	Red	Yellow	Red		Milk, egg, peanuts, nuts, fish, crustaceans, molluscs, mustard, soya, gluten, wheat, sulphites & celery present in vegetarian fryer. Egg & mustard in spicy dipping sauce served on the side. Vegan spicy dipping sauce also available
	Cheesy Churros	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Red	Green	Red	Red	Red		Milk, egg, peanuts, nuts, fish, crustaceans, molluscs, mustard, soya, gluten, wheat, sulphites & celery present in vegetarian fryer. Mustard & sulphites in relish served on the side
	Caulifornian Rocks - Plain, Just the Rocks (See Dips Section)	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Red	Red	Yellow		Milk, egg, peanuts, nuts, fish, crustaceans, molluscs, mustard, soya, gluten, wheat & celery present in vegetarian fryer



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Menu Item	Allergens													Notes			
	Milk	Eggs	Peanuts (groundnuts)	Nuts (tree nuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame		Sulphites	Wheat	
<b>Side Orders</b>																	
Vegan Chilli Bowl																	
Zaks Beef Chilli Bowl																	
BBQ Beans																	
Homemade Creamy Coleslaw																	
Mushrooms																	Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers
Corn on the Cob																	Served with butter. Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill
Pulled Pork with Hot Sauce																	
Pulled Pork with BBQ Sauce																	
Pulled Pork with Tennessee Sauce																	
Cobb Salad																	French dressing contains mustard, wheat and gluten. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers
Onion Rings																	Milk, egg, peanuts, nuts, fish, crustaceans, mustard, molluscs, soya, gluten, wheat, sulphites & celery present in fryers
Zaka's Wedges																	Milk, eggs, soya, fish, shellfish, celery, mustard, sulphites, gluten, wheat, nuts & peanuts present in fryers
Fries																	Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers
Curlies (Curly fries)																	Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers
Sweet Potato Fries																	Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers
Tater Tots																	Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers
Zaks Mac 'N' Cheese																	
BBQ Pulled Jack Fruit																	
Halloumi Fries																	Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers. Served with sweet chilli dipping sauce.
Grilled Halloumi																	

SIDE ORDERS



# 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	
FRANKS DOGS	<b>Dogs ONLY - See sides for 'tater choice</b>																	
	Plain Beef Dog - Just the dog																	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill
	Plain Pork Dog - Just the dog																	Milk, egg, fish, crustaceans, gluten, wheat & mustard present on grill. May contain mustard & celery
	Chicago																	Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers. Milk, egg, fish, crustaceans, gluten, wheat & mustard present on grill
	New Yorker																	Milk, egg, fish, crustaceans, gluten, wheat & mustard present on grill
	Dirty Dawg																	Milk, egg, fish, crustaceans, gluten, wheat & mustard present on grill
	Chilli Dog																	Milk, egg, fish, crustaceans, gluten, wheat & mustard present on grill
	The Cheese Un																	Milk, egg, fish, crustaceans, gluten, wheat & mustard present on grill
	Moving Mountain Dog																	Made in a factory where peanuts & nuts are handled
Facon																		



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	Menu Item														Notes			
		Milk	Eggs	Peanuts (groundnuts)	Nuts (tree nuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame		Sulphites	Wheat	
CHARGRILL	<b>From The Chargrill - see sides for 'tater choice</b>																	
	Ribs - BBQ	Red	Red	Green	Green	Yellow	Yellow	Green	Green	Yellow	Yellow	Red	Green	Red	Green	Yellow	Yellow	Eggs in coleslaw. Milk, eggs, fish, crustaceans, celery, gluten & wheat present on chargrill. Corn on cob served with butter
	Baby Back Ribs - Maple & Red Pepper	Red	Red	Green	Green	Yellow	Yellow	Green	Green	Yellow	Yellow	Red	Green	Red	Green	Yellow	Yellow	Eggs in coleslaw. Milk, eggs, fish, crustaceans, celery, gluten & wheat present on chargrill. Corn on cob served with butter
	Fat Boy Ribs - Maple & Red Pepper	Red	Red	Green	Green	Yellow	Yellow	Green	Green	Yellow	Yellow	Red	Green	Red	Green	Yellow	Yellow	Eggs in coleslaw. Milk, eggs, fish, crustaceans, celery, mustard, gluten & wheat present on chargrill. Corn on cob served with butter
	Chicken Fillet - Naked	Red	Red	Green	Green	Yellow	Yellow	Green	Green	Yellow	Yellow	Red	Green	Red	Green	Yellow	Yellow	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Egg in coleslaw. Corn on cob served with butter
	Chicken Fillet - Lime and Tequila Glaze	Red	Red	Green	Green	Yellow	Yellow	Green	Green	Yellow	Yellow	Red	Green	Red	Green	Yellow	Yellow	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Egg in coleslaw. Corn on cob served with butter
	Chicken Fillet - Cajun Blackened	Red	Red	Green	Green	Yellow	Yellow	Green	Green	Yellow	Yellow	Red	Green	Red	Green	Yellow	Yellow	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Egg in coleslaw. Corn on cob served with butter
	Chicken Fillet - Tennessee Glaze	Red	Red	Green	Green	Yellow	Yellow	Green	Green	Yellow	Yellow	Red	Green	Red	Green	Yellow	Yellow	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Egg in coleslaw. Corn on cob served with butter
	Tuna Steak	Red	Red	Green	Green	Red	Yellow	Green	Green	Yellow	Yellow	Red	Green	Red	Green	Yellow	Yellow	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Egg in coleslaw. Corn on cob served with butter
	Hamburger Steak	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Yellow	Green	Red	Yellow	Red	Yellow	Milk, egg, fish, crustaceans, gluten, wheat & mustard present on grill. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
	10 oz Rump Steak	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Yellow	Green	Red	Yellow	Red	Yellow	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
	18 oz Mega Rump Steak	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Yellow	Green	Red	Yellow	Red	Yellow	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
	Rub N Roast Seasoning	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	



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		Milk	Eggs	Peanuts (groundnuts)	Nuts (tree nuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame		Sulphites	Wheat	
BURGERS	<b>Chargrilled Burgers (Just the burger - see sides for choice of 'taters)</b>																	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.
	<b>Buns with Salad and Mayo</b>																	
	De-luxe Burger																	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.
	Cheese Burger De-luxe																	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.
	C&B																	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.
	C&B with an egg																	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.
	Rock House																	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.
	Meltdown																	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
	Surf 'N' Turf																	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.
	Chilli Burger																	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Pot of cheese served on the side.
	The Godfather																	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
	Desperado																	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.
	Blue Vein																	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.
	Western																	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
	The PB																	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
Bacon 'N' BBQ Bean Melt Burger																	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.	





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Menu Item															Notes	
	Milk	Eggs	Peanuts (groundnuts)	Nuts (tree nuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame	Sulphites		Wheat
The JD Burger	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Yellow	Green	Red	Yellow	Red	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
The Big Un Burger	Red	Red	Green	Green	Yellow	Yellow	Green	Green	Red	Yellow	Yellow	Green	Red	Green	Red	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.
Philthy Delphia Burger	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Yellow	Green	Red	Yellow	Red	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
The Hogfather Burger with Hot Sauce	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Red	Yellow	Green	Red	Yellow	Red	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
The Hogfather Burger with Tennessee Glaze	Yellow	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Red	Yellow	Green	Red	Yellow	Red	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
The Hogfather Burger with BBQ	Yellow	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Red	Yellow	Green	Red	Yellow	Red	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
Brooklyn Burger	Red	Red	Green	Green	Yellow	Yellow	Green	Green	Red	Yellow	Yellow	Green	Red	Yellow	Red	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.
Zak 'N' Cheese Burger	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Yellow	Green	Red	Yellow	Red	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
Freakin' Frickle	Yellow	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Red	Yellow	Green	Red	Yellow	Red	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Milk, egg, peanuts, nuts, fish, crustaceans, molluscs, mustard, soya, gluten, wheat, sulphites & celery present in vegetarian fryer.
Screamin' Hog	Red	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Red	Yellow	Green	Red	Yellow	Red	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
<b>Vegetarian Burgers - Just the Burger</b>																
Tomato + Olive	Red	Red	Yellow	Yellow	Green	Green	Green	Green	Red	Green	Red	Green	Red	Red	Red	
Kale & Hemp	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	<b>Suitable for Vegan</b>
Spicy Bean	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Red	Yellow	Green	Red	Green	Red	Milk, egg, peanuts, nuts, fish, crustaceans, molluscs, soya, gluten, wheat & celery present in vegetarian fryer
Moving Mountain Burger	Green	Green	Yellow	Yellow	Green	Green	Green	Green	Red	Red	Green	Green	Red	Green	Red	<b>Suitable for Vegan</b>
Facon	Green	Green	Green	Green	Green	Green	Green	Green	Red	Red	Green	Green	Red	Green	Red	



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		Milk	Eggs	Peanuts (groundnuts)	Nuts (tree nuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame		Sulphites	Wheat	
ZAKS HOUSE SPECIALS	<b>House Specials - See Sides for choice of 'taters</b>																	
	Chicken 'N' Cheese Melt	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
	Texas Combo	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Seasoning is packed where milk, mustard, sulphites, soya, celery, wheat, fish and shellfish are handled. Blue cheese dip contains milk & eggs. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers. Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.
	Southern Fried Legs & Thighs	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Seasoning is packed where milk, mustard, sulphites, soya, celery, wheat, fish and shellfish are handled. Blue cheese dip contains milk & eggs. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers. Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.
	Sizzling Chicken Skillet (Skillet only see sides)	Yellow	Yellow	Green	Green	Yellow	Yellow	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.
	Sizzling Halloumi Skillet (Skillet only see sides)	Red	Yellow	Green	Green	Yellow	Yellow	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.
	Sizzling Shrimp Skillet (Skillet only see sides)	Yellow	Yellow	Green	Green	Yellow	Yellow	Red	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.



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	Menu Item	Allergens													Notes			
		Milk	Eggs	Peanuts (groundnuts)	Nuts (tree nuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame		Sulphites	Wheat	
THE REST	<b>The Rest</b>																	
	House Caesar Salad - Chicken & Bacon	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Red	Yellow	Green	Red	Yellow	Red	Yellow	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers. Bread made in a factory that handles nuts & peanuts
	House Caesar Salad - Steak	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Red	Yellow	Green	Red	Yellow	Red	Yellow	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers. Bread made in a factory that handles nuts & peanuts
	House Caesar Salad - Grilled Halloumi	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Red	Yellow	Green	Red	Yellow	Red	Yellow	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers. Bread made in a factory that handles nuts & peanuts
	Zaks Mac 'N' Cheese	Red	Yellow	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Red	Green	Green	Green	Sourdough garlic bread - egg processed in same factory
	Zaks Club Sandwich (See sides for 'taters)	Yellow	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Green	Yellow	Green	Red	Green	Green	Green	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Bread made in a factory that handles nuts & peanuts
	Pulled Pork Sandwich with Hot Sauce (See sides for 'taters)	Red	Red	Green	Green	Green	Green	Green	Green	Red	Red	Green	Green	Red	Green	Green	Green	
	Pulled Pork Sandwich with Tennessee Glaze (See sides for 'taters)	Green	Red	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Red	Green	Green	Green	
Pulled Pork Sandwich with BBQ (See sides for 'taters)	Green	Red	Green	Green	Green	Green	Green	Green	Red	Green	Red	Green	Red	Green	Green	Green		



# Zaks Allergen Guide

Menu Item	Milk	Eggs	Peanuts (groundnuts)	Nuts (tree nuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame	Sulphites	Wheat	Notes
	<b>Juniors</b>															
<i>Please see sides for choice of 'taters</i>																
Zaks Junior Burger	<b>See Burgers Above</b>															
Junior Mac 'N' Cheese	Red	Yellow	Green	Green	Green	Green	Green	Red	Green	Green	Green	Red	Green	Red	Yellow	Sourdough garlic bread - egg processed in same factory
Hot Diggidy Dog	Yellow	Yellow	Green	Green	Yellow	Yellow	Green	Green	Red	Yellow	Yellow	Green	Red	Green	Red	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Dog may contain mustard
Chicken Crispies	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Red	Yellow	Yellow	Green	Red	Yellow	Red	Yellow	May contain celery, milk, mustard & nuts. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers
Junior Ribs	Yellow	Yellow	Green	Green	Yellow	Yellow	Green	Yellow	Yellow	Red	Green	Red	Green	Yellow	Yellow	Milk, eggs, fish, crustaceans, celery, gluten & wheat present on chargrill. Can be cooked separately
Meatballs & Pasta	Red	Yellow	Green	Green	Green	Green	Red	Red	Yellow	Yellow	Green	Red	Green	Red	Yellow	Sourdough garlic bread - egg processed in same factory. Meatballs made in factory that handles milk, celery, egg and mustard.
Tomato Pasta	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Green	Red	Green	Red	Yellow	
BBQ Beans	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Red	Green	Green	Yellow	
Nacho Bites	Red	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Yellow	
Corn on the Cob	Red	Yellow	Green	Green	Yellow	Yellow	Green	Yellow	Yellow	Green	Green	Red	Green	Green	Yellow	Milk, eggs, fish, crustaceans, celery, gluten & wheat present on chargrill. Served with butter
Mini Salad	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Yellow	
Jacket Potato with Cheese	Red	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Yellow	
<b>Junior Desserts</b>																
Junior Brownies	Red	Red	Yellow	Yellow	Green	Green	Green	Red	Red	Green	Green	Red	Green	Red	Yellow	Ice cream made in a factory which handles nuts
Junior Pancakes	Red	Red	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Red	Green	Red	Yellow	Ice cream made in a factory which handles nuts
Baby Beehive	Red	Red	Yellow	Yellow	Green	Green	Green	Red	Red	Green	Green	Red	Green	Red	Yellow	Ice cream made in a factory which handles nuts. Honeycomb may contain traces of nuts
Mint Hill	Red	Red	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Red	Green	Red	Yellow	Ice cream made in a factory which handles nuts
Mini Mallow Mountain	Red	Red	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Red	Green	Red	Yellow	Ice cream made in a factory which handles nuts
Cookies 'n' Cream	Red	Red	Yellow	Yellow	Green	Green	Green	Red	Red	Green	Green	Red	Green	Red	Yellow	Ice cream made in a factory which handles nuts. Cookies may contain egg and traces of nuts
Bananas & Custard	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Yellow	

JUNIOR MENU



# Zaks Allergen Guide

Menu Item	Milk	Eggs	Peanuts (groundnuts)	Nuts (tree nuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame	Sulphites	Wheat	Notes
	<b>Other Dips</b>															
BBQ Dip																
Salsa Dip																
Sour Cream Dip																
Tennessee Glaze Dip																
Jalapeno Cheese Sauce																
Lime & Tequila Glaze																
Screamin' Monkey Sauce																
Famous Hot Sauce																
Garlic Butter																
Blue Cheese Sauce																
Marie Rose Sauce																
Fired Up Sauce																
Maple & Red Pepper Sauce																
Chi Chi																
Sweet Chilli																
French Dressing																
Caesar Dressing																
Spicy Dipping Sauce																
Vegan Spicy Dipping Sauce																Made in a factory that handles egg
Malt Vinegar																
Tomato Ketchup																
Vegan Mayo																Made in a factory that handles egg
Mayonnaise																
Sweetcorn Relish																
Tomato + chilli relish																



# Zaks Allergen Guide

Menu Item	Milk	Eggs	Peanuts (groundnuts)	Nuts (tree nuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame	Sulphites	Wheat	Notes
	<b>Desserts</b>															
Homemade Chocolate Fudge Brownies	Red	Red	Yellow	Yellow	Green	Green	Green	Red	Red	Green	Green	Red	Green	Red	Green	Ice cream made in a factory which handles nuts
Spiced Apple Cake (just the cake)	Red	Red	Yellow	Yellow	Green	Green	Green	Red	Green	Green	Green	Red	Green	Red	Green	Made in a factory which handles nuts
Cheesecake Flavour of the Day	<b>Check individual packaging</b>															
Mexican Lime Cheesecake (just the cheesecake)	Red	Green	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Green	Made in a factory that handles nuts
Chocolate Obsession (just the slab)	Green	Green	Yellow	Yellow	Green	Green	Green	Red	Green	Green	Green	Red	Green	Green	Green	Made in a factory that handles nuts
American Buttermilk Pancakes (Check individual sauces & black cherries)	Red	Red	Yellow	Yellow	Green	Green	Red	Red	Green	Green	Red	Green	Green	Red	Green	Ice cream made in a factory which handles nuts
Waffle "Schmores" Heaven	Red	Red	Yellow	Yellow	Green	Green	Red	Red	Green	Green	Red	Green	Green	Red	Green	Ice cream made in a factory which handles nuts
Choc Mallow Mountain	Red	Red	Yellow	Yellow	Green	Green	Red	Red	Green	Green	Red	Green	Green	Red	Green	Ice cream made in a factory which handles nuts
Treasure Island	Red	Red	Yellow	Yellow	Green	Green	Red	Red	Green	Green	Red	Green	Green	Red	Green	Ice cream made in a factory which handles nuts. Check black cherries allergens
Berried' Treasure	Red	Red	Yellow	Yellow	Green	Green	Red	Red	Green	Green	Red	Green	Green	Red	Green	Ice cream made in a factory which handles nuts. Check black cherries allergens
Cookies 'n' Cream	Red	Red	Yellow	Yellow	Green	Green	Red	Red	Green	Green	Red	Green	Green	Red	Green	Ice cream made in a factory which handles nuts. Cookies may contain egg and traces of nuts
Zaks Screwball	Red	Red	Yellow	Yellow	Green	Green	Red	Red	Green	Green	Red	Green	Green	Red	Green	Ice cream made in a factory which handles nuts - check for gluten in 100's & 1000's
Mint Mountain	Red	Red	Yellow	Yellow	Green	Green	Red	Red	Green	Green	Red	Green	Green	Red	Green	Ice cream made in a factory which handles nuts
Banana Split	Red	Red	Yellow	Yellow	Green	Green	Red	Red	Green	Green	Red	Green	Green	Red	Green	Ice cream made in a factory which handles nuts
Chocolate Beehive	Red	Red	Yellow	Yellow	Green	Green	Red	Red	Green	Green	Red	Green	Green	Red	Green	Ice cream made in a factory which handles nuts. Honeycomb may contain traces of nuts
Movie Night (check the popcorn packaging for allergens)	Red	Red	Yellow	Yellow	Green	Green	Red	Red	Green	Green	Red	Green	Green	Red	Green	Ice cream made in a factory which handles nuts
Vanilla Ice Cream	Red	Green	Yellow	Yellow	Green	Green	Red	Red	Green	Green	Red	Green	Green	Red	Green	Ice cream made in a factory which handles nuts
Chocolate Ice Cream	Red	Green	Yellow	Yellow	Green	Green	Red	Red	Green	Green	Red	Green	Green	Red	Green	Ice cream made in a factory which handles nuts
Strawberry Ice Cream	Red	Green	Yellow	Yellow	Green	Green	Red	Red	Green	Green	Red	Green	Green	Red	Green	Ice cream made in a factory which handles nuts
Wafer	Red	Red	Green	Green	Green	Green	Red	Red	Green	Green	Red	Green	Green	Red	Green	
All Ice Cream Sauces	<b>Check individual packaging</b>															
Whipped Cream	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Green	
Vegan Whipped Cream	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Green	
Vegan Ice Cream	<b>Check individual packaging</b>															
Sorbet	<b>Check individual packaging</b>															
Black Cherries in Sauce	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Green	Check packaging for allergens
Custard	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Green	

DESSERTS



# 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>SHAKES</b>	<b>Shakes</b>																
	All milkshakes contain these allergens with the exception of the below:	Red	Green	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green
	Malted milkshakes	Red	Green	Yellow	Yellow	Green	Green	Green	Red	Green	Green	Green	Green	Green	Red	Green	Red
	Peanut shakes	Red	Green	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green
	Any milkshakes containing Black Cherry	Red	Red	Red	Red	Green	Green	Green	Red	Green	Green	Green	Green	Green	Red	Green	Red
	Any milkshakes containing Lime	Red	Green	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green
	Any milkshakes containing White Chocolate	Red	Green	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green
	Cookies 'n' Cream Shakes	Red	Yellow	Yellow	Yellow	Green	Green	Red	Red	Green	Green	Green	Green	Green	Red	Green	Red
	Any milkshakes containing Meringue	Red	Red	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green
Adult shakes as per milkshake but please check alcohol	Red	Green	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	



# 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>Breakfast</b>																
The Big English	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Red	Yellow	Red	Yellow	Red	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
The Mini English	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Red	Yellow	Red	Yellow	Red	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
The Big American	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Red	Yellow	Red	Yellow	Red	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
The Mini American	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Red	Yellow	Red	Yellow	Red	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
Zaks Stack	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Red	Yellow	Red	Yellow	Red	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill. Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
Breakfast Sundae	Red	Green	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	May contain nuts
Pancakes, pancakes, pancakes!	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Red	Yellow	Red	Yellow	Red	If black cherries check allergens
Hash Brown	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Red	Yellow	Red	Yellow	Red	Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
Fried Egg	Green	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	
Sausage Patty	Yellow	Yellow	Green	Yellow	Yellow	Green	Green	Red	Yellow	Green	Red	Yellow	Red	Yellow	Red	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.
Scrambled Eggs	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	
Toasted Sour Dough Bun	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Red	Yellow	Red	Yellow	Red	May not be suitable for milk & egg allergy sufferers due to manufacturing methods used
Bacon	Yellow	Yellow	Green	Yellow	Yellow	Green	Green	Yellow	Yellow	Green	Red	Yellow	Red	Yellow	Red	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.
Baked beans	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	
Mushrooms	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Red	Yellow	Red	Yellow	Red	Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
Toast	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Red	Yellow	Red	Yellow	Red	Bread made in a factory that handles nuts & peanuts
Butter Portion	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	
Bagel	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green	
Yoghurt	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	
Fresh Fruit	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	
Maple Syrup	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	