



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, we cannot guarantee that dishes will be allergen free.

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 (Mousehold, Waterside + Poringland)

Menu Item	Milk	Eggs	Peanuts (groundnuts)	Nuts (treenuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame	Sulphites	Wheat	Notes
	STARTERS															
Famous Wings - Served with side of celery & blue cheese dip. Check sauces section.																
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	Yellow	Red	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	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 & 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	Yellow	Red	Green	Red	Yellow	Yellow	Yellow	Soya, egg, sulphites, celery, mustard, wheat, gluten, fish, shellfish, molluscs, nuts and peanuts present in fryers
Prawn Cocktail	Red	Red	Yellow	Yellow	Red	Red	Green	Green	Red	Red	Green	Green	Red	Red	Red	Bread made in a factory that handles nuts & peanuts
Corn Dogs - served with smoked chilli jam	Yellow	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Yellow	Green	Red	Yellow	Red	Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers. Corn Dogs made in a factory that handles celery, dairy, mustard and soya. Smoked Chilli Jam served on the side, made in a factory that handles celery, dairy, fish, mustard, soya, sulphites, gluten & wheat
Garlic Sour Dough	Red	Yellow	Green	Green	Green	Green	Green	Red	Green	Green	Green	Red	Green	Red	Red	Eggs processed in the same factory
Garlic Sour Dough 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



Zaks Allergen Guide (Mousehold, Waterside + Poringland)

Menu Item		Allergens														Notes		
		Milk	Eggs	Peanuts (groundnuts)	Nuts (tree nuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame	Sulphites		Wheat	
STARTERS	Cheesy Nachos	Red	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Green	Red	Green	Green	
	Awesome Nachos - Beef Chilli	Red	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Green	Red	Green	Green	
	Awesome Nachos - Vegetarian Chilli	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	
	Porky's Revenge Nachos	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	
	Frickles - served with spicy dipping sauce	Yellow	Red	Yellow	Yellow	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 - served with tomato & chilli relish	Red	Red	Yellow	Yellow	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	Yellow	Green	Red	Yellow	Yellow	Yellow	Milk, egg, peanuts, nuts, fish, crustaceans, molluscs, mustard, soya, gluten, wheat & celery present in vegetarian fryer. Served with celery sticks on the side but can be asked for without



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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
SIDE ORDERS																
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																
Pulled Pork with Screamin' Monkey 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																Can be cooked separately to remove cross contamination

SIDE ORDERS



Zaks Allergen Guide (Mousehold, Waterside + Poringland)

Menu Item	Allergens														Notes	
	Milk	Eggs	Peanuts (groundnuts)	Nuts (tree nuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame	Sulphites		Wheat
DOGS ONLY - SEE SIDES FOR 'TATER CHOICE																
Plain Beef Dog - Just the dog, no bun	Yellow	Yellow	Green	Green	Yellow	Yellow	Green	Green	Yellow	Yellow	Yellow	Green	Red	Green	Yellow	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill
Plain Pork Dog - Just the dog, no bun	Yellow	Yellow	Green	Green	Yellow	Yellow	Green	Green	Yellow	Yellow	Yellow	Green	Red	Green	Yellow	Milk, egg, fish, crustaceans, gluten, wheat & mustard present on grill. May contain mustard & celery
Chicago	Yellow	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Red	Yellow	Green	Red	Yellow	Red	Yellow	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	Yellow	Red	Green	Green	Yellow	Yellow	Green	Green	Red	Yellow	Yellow	Green	Red	Green	Yellow	Milk, egg, fish, crustaceans, gluten, wheat & mustard present on grill
Dirty Dawg	Red	Red	Green	Green	Yellow	Yellow	Green	Green	Red	Yellow	Red	Green	Red	Green	Yellow	Milk, egg, fish, crustaceans, gluten, wheat & mustard present on grill
Chilli Dog	Red	Red	Green	Green	Yellow	Yellow	Green	Green	Red	Yellow	Red	Green	Red	Green	Yellow	Milk, egg, fish, crustaceans, gluten, wheat & mustard present on grill
The Cheese Un	Red	Yellow	Green	Green	Yellow	Yellow	Green	Green	Red	Yellow	Yellow	Green	Red	Green	Yellow	Milk, egg, fish, crustaceans, gluten, wheat & mustard present on grill
Moving Mountain Dog	Green	Green	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Yellow	Made in a factory where peanuts & nuts are handled
Facon	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Red	Yellow	Yellow	Green	Red	Yellow	Red	Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.

FRANKS DOGS



Zaks Allergen Guide (Mousehold, Waterside + Poringland)

Menu Item	Milk	Eggs	Peanuts (groundnuts)	Nuts (tree nuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame	Sulphites	Wheat	Notes
	FROM THE CHARGRILL - SEE SIDES FOR 'TATER CHOICE															
Ribs - BBQ	Red	Red	Green	Green	Yellow	Yellow	Green	Green	Yellow	Yellow	Red	Green	Red	Green		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		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		Eggs in coleslaw. Milk, eggs, fish, crustaceans, celery, mustard, gluten & wheat present on chargrill. Corn on cob served with butter
Chicken Fillet	Red	Red	Green	Green	Yellow	Yellow	Green	Green	Yellow	Yellow	Red	Green	Red	Green		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		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	Red	Yellow	Yellow	Green	Red	Yellow	Red		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	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.
18 oz Mega Rump Steak	Yellow	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.
Rub N Roast Seasoning	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green		



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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	
CHARGRILLED BURGERS (JUST THE BURGER - SEE SIDES FOR CHOICE OF 'TATERS)	Yellow	Yellow	Green	Green	Yellow	Yellow	Green	Green	Yellow	Yellow	Yellow	Green	Red	Green	Yellow		Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.
Buns with Salad and Mayo	Green	Red	Green	Green	Green	Green	Green	Red	Yellow	Green	Green	Red	Green	Red	Red		
De-luxe Burger	Yellow	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.
Cheese Burger De-luxe	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.
C&B	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.
C&B with an egg	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.
Rock House	Red	Red	Green	Green	Yellow	Yellow	Green	Green	Red	Yellow	Red	Green	Red	Green	Red		Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.
Meltdown	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Red	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.
Surf 'N' Turf	Yellow	Red	Green	Green	Red	Red	Green	Green	Red	Red	Yellow	Green	Red	Red	Red		Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.
Chilli 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. Pot of cheese served on the side.
Swiss Maid	Red	Red	Green	Green	Yellow	Yellow	Green	Green	Red	Yellow	Yellow	Green	Red	Red	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.
Holy Moly	Yellow	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. Smoked Chilli Jam made in a factory that handles celery, dairy, fish, mustard, soya, sulphites, gluten & wheat
Blue Vein	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.
Western	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Red	Green	Red	Red	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 PB	Yellow	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.
Bacon 'N' BBQ Bean Melt Burger	Red	Red	Green	Green	Yellow	Yellow	Green	Green	Red	Yellow	Red	Green	Red	Green	Red		Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.

BURGERS



Zaks Allergen Guide (Mousehold, Waterside + Poringland)

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	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 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.
The Frenchy	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Yellow	Green	Red	Red	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. Gravy made in a factory that handles celery, crustaceans, fish, mustard, soya & sesame.
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	Red	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 Screamin' Monkey	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.
The Maverick	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.
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	Yellow	Red	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.

BURGERS



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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	
Vegetarian Burgers	VEGETARIAN BURGERS - JUST THE BURGER																	
	Kale & Hemp																	Suitable for Vegan
	Spicy Bean																	Milk, egg, peanuts, nuts, fish, crustaceans, molluscs, soya, gluten, wheat, sulphites, mustard & celery present in vegetarian fryer
	VFC Spicy Chick*n Fillet																	Milk, egg, peanuts, nuts, fish, crustaceans, molluscs, soya, gluten, wheat, sulphites, mustard & celery present in vegetarian fryer. May contain celery, dairy, egg, mustard & soya
	Moving Mountain Burger																	Milk, egg, peanuts, nuts, fish, crustaceans, molluscs, soya, gluten, wheat, sulphites, mustard & celery present in vegetarian fryer
	Facon																Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.	
ZAKS HOUSE SPECIALS	HOUSE SPECIALS - SEE SIDES FOR CHOICE OF 'TATERS																	
	Chicken 'N' Cheese Melt																	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																	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																	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.



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Menu Item															Notes	
	Milk	Eggs	Peanuts (groundnuts)	Nuts (treenuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame	Sulphites		Wheat
Sizzling Chicken Skillet - SKILLET ONLY SEE SIDES	Yellow	Yellow	Green	Green	Yellow	Yellow	Green	Green	Yellow	Yellow	Red	Green	Red	Green	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	Red	Green	Red	Green	Yellow	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.
Sizzling Shrimp Skillet - SKILLET ONLY SEE SIDES	Yellow	Yellow	Green	Green	Yellow	Red	Green	Green	Yellow	Yellow	Red	Green	Red	Green	Yellow	Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.
House Caesar Salad - Chicken & Bacon	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. Bread made in a factory that handles nuts & peanuts. Dressing contains gluten sources from barley
House Caesar Salad - VFC Chick*n Fillet	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. Bread made in a factory that handles nuts & peanuts. Dressing contains gluten sources from barley
House Caesar Salad - Grilled Halloumi	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. Bread made in a factory that handles nuts & peanuts. Dressing contains gluten sources from barley
Pulled Pork Sandwich with Hot Sauce - SEE SIDES FOR 'TATERS	Red	Red	Green	Green	Green	Green	Green	Green	Red	Red	Green	Green	Red	Green	Red	
Pulled Pork Sandwich with Screamin' Monkey Sauce - SEE SIDES FOR 'TATERS	Red	Red	Red	Green	Green	Green	Green	Green	Red	Red	Green	Green	Red	Green	Red	
Pulled Pork Sandwich with Tennessee Glaze - SEE SIDES FOR 'TATERS	Green	Red	Green	Green	Green	Green	Green	Red	Green	Green	Green	Green	Red	Green	Red	
Pulled Pork Sandwich with BBQ - SEE SIDES FOR 'TATERS	Green	Red	Green	Green	Green	Green	Green	Red	Green	Red	Green	Green	Red	Green	Red	

ZAKS HOUSE SPECIALS



Zaks Allergen Guide (Mousehold, Waterside + Poringland)

Menu Item	Allergens														Notes	
	Milk	Eggs	Peanuts (groundnuts)	Nuts (tree nuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame	Sulphites		Wheat
JUNIORS																
PLEASE SEE SIDES FOR CHOICE OF 'TATERS																
Zaks Junior Burger	See Burgers Above															
Junior Mac 'N' Cheese	Red	Yellow	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Red	Green	Red	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	Green	Green	Yellow	Yellow	Green	Green	Yellow	Yellow	Green	Red	Yellow	Red	Red	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	Green	Yellow	Yellow	Red	Green	Red	Green	Yellow	Milk, eggs, fish, crustaceans, celery, gluten & wheat present on chargrill. Can be cooked separately
Meatballs & Pasta	Red	Yellow	Green	Green	Green	Green	Green	Red	Red	Yellow	Green	Green	Red	Yellow	Red	Sourdough garlic bread - egg processed in same factory. Meatballs made in factory that handles milk, celery, egg and sulphites.
Corn Dogs	Yellow	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Green	Red	Yellow	Red	Red	Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers
Tomato Pasta	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Red	Green	Green	Red	
BBQ Beans	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Red	Green	Green	Green	
Nacho Bites	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	
Mini Salad	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	
Jacket Potato with Cheese	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	
JUNIOR DESSERTS																
Junior Brownies	Red	Red	Yellow	Yellow	Green	Green	Green	Red	Red	Green	Green	Green	Red	Yellow	Red	Ice cream made in a factory which handles soya, sulphites, nuts, gluten & wheat
Junior Pancakes	Red	Red	Yellow	Yellow	Green	Green	Green	Yellow	Red	Green	Green	Green	Red	Yellow	Red	Ice cream made in a factory which handles soya, sulphites, nuts, gluten & wheat
Baby Beehive	Red	Red	Yellow	Yellow	Green	Green	Green	Red	Red	Green	Green	Green	Red	Red	Red	Ice cream made in a factory which handles soya, sulphites, nuts, gluten & wheat. Honeycomb may contain traces of nuts
Mint Hill	Red	Red	Yellow	Yellow	Green	Green	Green	Red	Red	Green	Green	Green	Red	Yellow	Red	Ice cream made in a factory which handles soya, sulphites, nuts, gluten & wheat
Mini Mallow Mountain	Red	Red	Yellow	Yellow	Green	Green	Green	Red	Red	Green	Green	Green	Red	Red	Red	Ice cream made in a factory which handles sulphites, nuts, gluten & wheat
Cookies 'n' Cream	Red	Red	Yellow	Yellow	Green	Green	Green	Red	Red	Green	Green	Green	Red	Yellow	Red	Ice cream made in a factory which handles soya, sulphites, nuts, gluten & wheat. Cookies may contain egg and traces of nuts
Bananas & Custard	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	

JUNIOR MENU



Zaks Allergen Guide (Mousehold, Waterside + Poringland)

Menu Item	Allergens														Notes	
	Milk	Eggs	Peanuts (groundnuts)	Nuts (tree nuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame	Sulphites		Wheat
OTHER DIPS																
BBQ Dip																
Salsa Dip																
Sour Cream Dip																
Guacamole																
Tennessee Glaze Dip																
Jalapeno Cheese Sauce																
Lime & Tequila Glaze																
Screamin' Monkey Sauce																
Famous Hot Sauce																
Garlic Butter																
Blue Cheese Sauce																
Marie Rose Sauce																
Maple & Red Pepper Sauce																
Smoked Chilli Jam																Made in a factory that handles celery, dairy, fish, mustard, soya, sulphites, gluten & wheat
Beef Dripping Gravy																Made in a factory that handles, celery, crustaceans, egg, fish, mustard, sesame, soya
Chi Chi																
Sweet Chilli																
French Dressing																
Caesar Dressing																Gluten from barely sources
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 (Mousehold, Waterside + Poringland)

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



Zaks Allergen Guide (Mousehold, Waterside + Poringland)

Menu Item		Allergens														Notes			
		Milk	Eggs	Peanuts (groundnuts)	Nuts (tree nuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame	Sulphites		Wheat		
DESSERTS	Whipped Cream	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	
	Vegan Whipped Cream	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	May contain milk
	Vegan Ice Cream	Please ask your server to check individual packaging																	
	Sorbet	Please ask your server to check individual packaging																	
	Black Cherries in Sauce	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Please ask your server to check packaging for allergens
	Toffee	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	
	Custard	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	
SHAKES																			
SHAKES	All milkshakes contain these allergens with the exception of the below:	Red	Red	Yellow	Yellow	Green	Green	Green	Yellow	Yellow	Green	Green	Green	Red	Yellow	Yellow	Yellow	Ice cream made in a factory which handles soya, sulphites, nuts, gluten & wheat	
	Malted milkshakes	Red	Red	Yellow	Yellow	Green	Green	Green	Yellow	Red	Green	Green	Green	Red	Yellow	Yellow	Red	Ice cream made in a factory which handles soya, sulphites, nuts, gluten & wheat	
	Peanut shakes	Red	Red	Red	Red	Green	Green	Green	Yellow	Yellow	Green	Green	Green	Red	Yellow	Yellow	Yellow	Ice cream made in a factory which handles soya, sulphites, nuts, gluten & wheat	
	Any milkshakes containing Black Cherry	Red	Red	Yellow	Yellow	Green	Green	Green	Yellow	Red	Green	Green	Green	Red	Yellow	Yellow	Red	Ice cream made in a factory which handles soya, sulphites, nuts, gluten & wheat. Please ask your server to check packaging for allergens	
	Any milkshakes containing Lime	Red	Red	Yellow	Yellow	Green	Green	Green	Yellow	Yellow	Green	Green	Green	Red	Yellow	Yellow	Red	Ice cream made in a factory which handles soya, sulphites, nuts, gluten & wheat	
	Any milkshakes containing White Chocolate	Red	Red	Yellow	Yellow	Green	Green	Green	Yellow	Yellow	Green	Green	Green	Red	Yellow	Yellow	Yellow	Ice cream made in a factory which handles soya, sulphites, nuts, gluten & wheat	
	Cookies 'n' Cream Shakes	Red	Red	Yellow	Yellow	Green	Green	Green	Red	Red	Green	Green	Green	Red	Yellow	Yellow	Red	Ice cream made in a factory which handles soya, sulphites, nuts, gluten & wheat Cookie may contain egg & traces of nuts	
	Pistachio Shakes	Red	Red	Red	Red	Green	Green	Green	Red	Yellow	Green	Green	Green	Red	Yellow	Yellow	Yellow	Ice cream made in a factory which handles sulphites, nuts, gluten & wheat	
	Any milkshakes containing Meringue	Red	Red	Yellow	Yellow	Green	Green	Green	Yellow	Yellow	Green	Green	Green	Red	Yellow	Yellow	Yellow	Ice cream made in a factory which handles soya, sulphites, nuts, gluten & wheat	
	Adult shakes as per milkshake but please ask your server to check alcohol	Red	Red	Yellow	Yellow	Green	Green	Green	Yellow	Yellow	Green	Green	Green	Red	Yellow	Yellow	Yellow	Ice cream made in a factory which handles soya, sulphites, nuts, gluten & wheat	
Plant Based Milk	If substituting for Plant Based Milk please ask your server to check individual packaging																		



Zaks Allergen Guide (Mousehold, Waterside + Poringland)

Menu Item	Allergens														Notes	
	Milk	Eggs	Peanuts (groundnuts)	Nuts (tree nuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame	Sulphites		Wheat
BREAKFAST																
The Big English	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 Mini English	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 American	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 Mini American	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.
Zaks Stack	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.
Breakfast Sundae	Red	Green	Yellow	Yellow	Green	Green	Green	Green	Red	Green	Green	Green	Red	Green	Red	May contain nuts
Pancakes, pancakes, pancakes!	Red	Red	Yellow	Yellow	Green	Green	Green	Yellow	Red	Green	Green	Green	Red	Yellow	Red	If black cherries, Please ask your server to check packaging for allergens
Hash Brown	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Yellow	Green	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	Red	Green	Green	
Sausage Patty	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.
Quron Sausage	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Yellow	Green	Red	Green	Red	Milk, egg, peanuts, nuts, fish, crustaceans, molluscs, soya, gluten, wheat & celery present in vegetarian fryer
Scrambled Eggs	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	
Toasted Sour Dough Bun	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Red	Green	Red	May not be suitable for milk & egg allergy sufferers due to manufacturing methods used



Zaks Allergen Guide (Mousehold, Waterside + Poringland)

	Menu Item	Allergens														Notes	
		Milk	Eggs	Peanuts (groundnuts)	Nuts (tree nuts)	Fish	Crustaceans	Molluscs	Soya	Gluten	Celery	Mustard	Lupin	Sesame	Sulphites		Wheat
BREAKFAST	Bacon	Yellow	Yellow	Green	Green	Yellow	Yellow	Green	Green	Yellow	Yellow	Yellow	Green	Red	Green		Milk, egg, fish, crustaceans, celery, gluten, wheat & mustard present on grill.
	Facon	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Red	Yellow	Yellow	Green	Yellow	Red		Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
	Baked beans	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green		
	Mushrooms	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Green	Yellow	Yellow		Soya, milk, egg, wheat, gluten, mustard, celery, sulphites, fish, shellfish, molluscs, nuts & peanuts present in fryers.
	Toast	Green	Green	Yellow	Yellow	Green	Green	Green	Red	Red	Green	Green	Green	Green	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		
	Bagel	Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Green	Red		
	Yoghurt	Red	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		
	Maple Syrup	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green		