Zest Main Menu Allergen Information

Dishes						Lupin Flour			MUSTARD				S S S S S S S S S S S S S S S S S S S	BeerWine
	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Olives		\checkmark										\checkmark		\checkmark
Mushrooms on toast	\checkmark	\checkmark					\checkmark		\checkmark			\checkmark		\checkmark
Onion Bombs									\checkmark					\checkmark
Bread bowl with flavoured butters		√					~					\checkmark	\checkmark	\checkmark
King prawn and chorizo			\checkmark				\checkmark		\checkmark				\checkmark	\checkmark
Squid		\checkmark		\checkmark				\checkmark					\checkmark	\checkmark
Mango chicken							\checkmark		\checkmark	\checkmark				\checkmark
Garlic bread: Starter And Side		\checkmark					\checkmark					\checkmark		\checkmark
Cheese garlic bread starter and main		\checkmark					\checkmark					√		\checkmark
Mozzarella garlic bread		\checkmark					\checkmark					\checkmark		\checkmark
Hot and Kicken Chicken		\checkmark					\checkmark		\checkmark			√		\checkmark
Funky Chicken		\checkmark		\checkmark					\checkmark			\checkmark		\checkmark

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Mozzarella chicken Buttie		\checkmark					\checkmark		\checkmark			\checkmark		\checkmark
The Very Veggie Burger		\checkmark		\checkmark			\checkmark		\checkmark	\checkmark		\checkmark	\checkmark	\checkmark
Classic Cheese burger		\checkmark		\checkmark			\checkmark		\checkmark			\checkmark	\checkmark	\checkmark
Big boy burger		\checkmark		\checkmark			\checkmark		\checkmark			\checkmark	\checkmark	\checkmark
Steak one	\checkmark	\checkmark		\checkmark					\checkmark			\checkmark		\checkmark
Sausage and mash	\checkmark	\checkmark					\checkmark							\checkmark
Seabass	\checkmark				\checkmark		\checkmark							\checkmark
ZFC	\checkmark	\checkmark		\checkmark					\checkmark					\checkmark
Puff pastry Lattice	\checkmark	\checkmark							\checkmark	\checkmark				\checkmark
Flying Scotsman	\checkmark	\checkmark					\checkmark							\checkmark
Fish And Chips with tartare sauce		\checkmark		\checkmark	\checkmark				\checkmark					\checkmark
Bread and butter		\checkmark					\checkmark					\checkmark	\checkmark	
mozzerella chicken melt	\checkmark	\checkmark					\checkmark		\checkmark	\checkmark				\checkmark
Creamy chicken Pasta	\checkmark	\checkmark					\checkmark		\checkmark					\checkmark
Meatball Pasta	\checkmark	\checkmark												\checkmark
Tomato Pasta	\checkmark	\checkmark		\checkmark			\checkmark							\checkmark

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King Prawn Pasta with Chorizo	~	~	✓				~							~
OMG Chicken Curry	\checkmark	√					√		√	\checkmark				 ✓
Wok Chicken							\checkmark							\checkmark
Pulled Beef with Yorkshires	√	√		\checkmark			~							\checkmark
Mini sausages in mustard glaze		√							~					
Smoky Joe Meatballs	✓													\checkmark
Pan Fried Steak	√													~
Chunky Chips														
Skinny Chips														
Sweet potato Fries														
Loaded chips	\checkmark			\checkmark			\checkmark		\checkmark					\checkmark
Creamy Garlic Mushrooms	√	√					~		~					~
Cabbage And Chorizo							\checkmark						\checkmark	
Cheesy Mash							\checkmark							
Creamy Mash							\checkmark							
Italian Side Salad				✓			√		√					✓
Cauliflower Cheese	√	~					~		√					

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Yorkshire puddings in Gravy	√	~		~			√							√
Coleslaw				\checkmark					\checkmark					
Kids Plain pasta With Butter		√					✓							
Saucy pasta	√	√					√		~					
Mini Tomato Pasta	√	√					\checkmark							\checkmark
Little Zest Burger		✓		\checkmark			\checkmark					\checkmark	\checkmark	
Little ZFC	\checkmark	\checkmark		\checkmark					\checkmark					
Mini Sausages and mash	√	√					✓							√
Sticky Toffee		\checkmark		\checkmark			\checkmark			\checkmark				
Brownie		\checkmark		\checkmark			\checkmark			\checkmark			\checkmark	
Eton Mess				\checkmark			\checkmark							
Key Lime Pie		\checkmark		\checkmark			\checkmark			\checkmark			\checkmark	
All ice Creams Containing Wafer		√		~			√			~			~	
Blueberry Waffle		\checkmark											\checkmark	