



	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
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# ALLERGEN INFORMATION

Please refer to this guide for Zests allergen information.

 <b>CONTAINS</b>	 <b>MAY CONTAIN</b>
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All statutory allergen ingredients contained in the dishes are marked in our allergens guide.















Please be aware that all dishes are prepared in an open kitchen with the utmost care and attention.

However, due to the nature of open kitchen preparation, our dishes may contain other allergens. We are unable to guarantee the suitability for people with allergens.

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### Zest Main Menu Allergen Information

Dishes														
	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Olives		✓										✓		✓
Mushrooms on toast	✓	✓					✓		✓			✓		✓
Onion Bombs									✓					✓
Bread bowl		✓					✓					✓	✓	✓
King prawn and chorizo		✓	✓				✓		✓				✓	✓
Squid		✓		✓				✓					✓	✓
Mango chicken							✓		✓	✓				✓
Garlic bread		✓					✓					✓		✓
Cheese garlic bread		✓					✓					✓		✓
Mozzarella garlic bread		✓					✓					✓		✓
Hot and Kicken Chicken		✓					✓		✓			✓		✓
Funky Chicken		✓		✓					✓			✓		✓
Mozzarella chicken Buttie		✓					✓		✓			✓		✓
The Very Veggie Burger		✓		✓			✓		✓	✓		✓	✓	✓

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Classic Cheese burger		✓		✓			✓		✓			✓	✓	✓
Big boy burger		✓		✓			✓		✓			✓	✓	✓
Steak one	✓	✓		✓					✓			✓		✓
Sausage and mash	✓	✓					✓							✓
Seabass	✓				✓		✓							✓
ZFC	✓	✓		✓					✓					✓
Risotto	✓													✓
Flying Scotsman	✓	✓					✓							✓
Fish And Chips with tartare sauce		✓		✓	✓				✓					✓
Bread and butter		✓					✓					✓	✓	
mozzarella chicken melt	✓	✓					✓		✓	✓				✓
Creamy chicken Pasta	✓	✓					✓		✓					✓
Meatball Pasta	✓	✓												✓
Tomato Pasta	✓	✓		✓			✓							✓
King Prawn Pasta with Chorizo	✓	✓	✓				✓							✓
Creamy Pulled Ham carbonara	✓	✓		✓			✓		✓					✓
OMG Chicken Curry	✓	✓					✓		✓	✓				✓
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Wok Chicken							✓							✓
Pulled Beef with Yorkshires	✓	✓		✓			✓							✓
Mini sausages in mustard glaze		✓							✓					
Smoky Joe Meatballs	✓													✓
Pan Fried Steak	✓													✓
Chunky Chips														
Skinny Chips														
Sweet potato Fries														
Loaded chips	✓			✓			✓		✓					✓
Creamy Garlic Mushrooms	✓	✓					✓		✓					✓
Cabbage And bacon							✓							
Cheesy Mash							✓							
Creamy Mash							✓							
Italian Side Salad				✓			✓		✓					✓
Yorkshire puddings in Gravy	✓	✓		✓			✓							✓
Coleslaw				✓					✓					
Kids Plain pasta With Butter		✓					✓							
Saucy pasta	✓	✓					✓		✓					
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Mini Tomato Pasta	✓	✓					✓							✓
Little Zest Burger		✓		✓			✓					✓	✓	
Little ZFC	✓	✓		✓					✓					
Mini Sausages and mash	✓	✓					✓							✓
Little Zestie Pizza	✓	✓					✓					✓		✓
Sticky Toffee		✓		✓			✓			✓	✓			
Brownie		✓		✓			✓			✓	✓		✓	
Eton Mess				✓			✓							
Key Lime Pie		✓		✓			✓			✓	✓		✓	
All ice Creams Containing Wafer		✓		✓			✓			✓	✓		✓	
Little Zesties Brownie Sundea		✓		✓			✓			✓	✓		✓	
Blueberry Waffle		✓											✓	

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