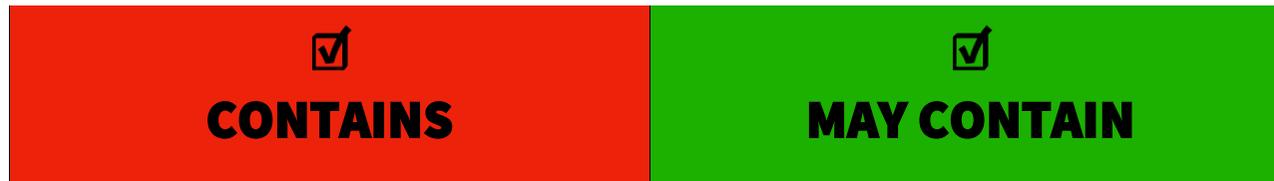


ALLERGEN INFORMATION

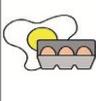
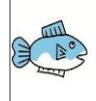
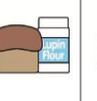
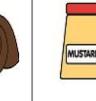
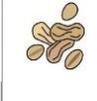
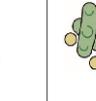
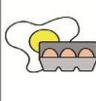
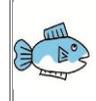
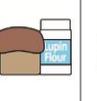
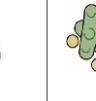
Please refer to this guide for Zests allergen information.



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.

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Frickles														
Black pudding, goats cheese stack		✓					✓					✓		✓
Hoisin duck salad		✓							✓			✓	✓	✓
Zests Classic pulled beef	✓	✓		✓			✓							✓
Chicken and smoked bacon risotto	✓			✓			✓							✓
Tomato, olive, courgette and Aubergine spaghetti	✓	✓												✓
Prawn marie rose sandwich		✓	✓	✓			✓					✓		✓
Sticky pork with rice	✓	✓					✓					✓	✓	✓
Pesto Roasted med Veg							✓			✓ Cashew Nuts				
DISHES														

Crispy new potatoes with black pudding		✓				✓							✓
Chocolate bread and butter pudding		✓		✓		✓						✓	
Twix cheesecake		✓				✓						✓	✓