

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

ALLERGEN INFORMATION

Please refer to this guide for Zests allergen information.

 CONTAINS	 MAY CONTAIN
--	---

All statutory allergen ingredients contained in the dishes are marked in our allergens guide.

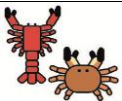
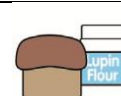
Please be aware that all dishes are prepared in an open kitchen with the utmost care and attention.

However, due to the nature of open kitchen preparation, our dishes may contain other allergens.

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

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

Zest Main Menu Allergen Information

Dishes														
	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Ham And Cheese Gratin	✓	✓					✓		✓			✓		✓
Anti Pasti		✓					✓					✓		✓
Mushrooms on toast	✓	✓					✓		✓			✓		✓
Onion Bhaji Curry Mayo									✓	✓	✓			
Bread bowl		✓					✓					✓	✓	✓
Halloumi Chorizo Skewers							✓		✓	✓				✓
Prawn Cocktail		✓	✓	✓					✓					✓
Mango chicken							✓		✓	✓				✓
Garlic bread		✓					✓					✓		✓
Cheese garlic bread		✓					✓					✓		✓
Mozzerella Cheese Garlic Bread		✓					✓					✓		✓
Hot and Kicken Chicken		✓		✓			✓		✓			✓		✓
The Stack		✓		✓			✓		✓			✓	✓	✓

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

	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Mozzarella chicken Buttie		✓		✓			✓		✓			✓		✓
The Very Veggie Burger		✓		✓			✓		✓ Cashew	✓		✓	✓	✓
Classic Cheese burger		✓		✓			✓		✓			✓	✓	✓
Big boy burger		✓		✓			✓		✓			✓	✓	✓
Steak one	✓	✓		✓			✓		✓			✓		✓
Sausage and mash	✓	✓					✓							✓
Salmon and prawn Risotto			✓	✓	✓		✓							✓
ZFC	✓	✓		✓			✓		✓					✓
Vegan Risotto	✓													✓
Flying Scotsman	✓	✓					✓							✓
Fish And Chips with tartare sauce		✓		✓	✓				✓					✓
Bread and butter		✓					✓					✓	✓	
mozzarella chicken melt	✓	✓					✓		✓	✓ Cashew				✓
Creamy chicken Pasta	✓	✓					✓		✓					✓
Sausage Pasta	✓	✓		✓			✓							✓
Tomato Pasta	✓	✓		✓			✓							✓

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

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

Chilli Prawn Pasta	✓	✓	✓				✓		✓					✓
Creamy Pulled Ham carbonara	✓	✓		✓			✓		✓					✓
OMG Chicken Curry	✓						✓		✓	✓	✓	✓		✓
Wok Chicken							✓							✓
Yorkshire Cow Pie	✓	✓		✓			✓							✓
Whole Hog Yorkshire	✓	✓		✓			✓							✓
Mini sausages		✓					✓		✓					✓
Pan Fried Steak	✓													✓
Chunky Chips														✓
Skinny Chips														✓
Sweet potato Fries														✓
Creamy Garlic Mushrooms	✓	✓					✓		✓					✓
Cabbage And Chorizo							✓							
Cheesy Mash							✓							✓
Creamy Mash							✓							✓
Caesar Side Salad		✓		✓			✓							
Yorkshire puddings in Gravy	✓	✓		✓			✓							✓

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

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

Coleslaw				✓					✓					
Kids Plain pasta With Butter		✓					✓							
Saucy pasta	✓	✓					✓		✓					
Mini Tomato Pasta	✓	✓					✓							✓
Little Zest Burger		✓		✓			✓					✓	✓	✓
Little ZFC	✓	✓		✓					✓					
Mini Sausages and mash	✓	✓					✓							✓
Little Zestie Pizza	✓	✓					✓					✓		✓
Sticky Toffee		✓		✓			✓			✓	✓			
Brownie				✓			✓			✓	✓		✓	
Eton Mess				✓			✓							
All ice Creams Containing Wafer		✓		✓			✓			✓	✓		✓	
Little Zesties Brownie Sundeas		✓		✓			✓			✓	✓		✓	
Biscoff Waffle		✓											✓	

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