

GLUTEN FREE ADAPTED DISHES

These dishes are amendments of our main menu items made with non gluten containing ingredients. They have been adapted/amended from the regular menu items.

Below are full descriptions of each dish with separate allergy ingredients information chart.

Starter

Zest's Classic prawn cocktail

Bound in homemade Marie Rose sauce with gluten free bread, gem lettuce, smoked paprika and lemon

Butties and Burgers

Hot and Kicking chicken

Sweet chilli chicken breast fillets, fresh bunch coriander, spring onion and crème fraiche served in a gluten free bun with Zest's dressed salad

Mozzarella Chicken Buttie

Tasty chicken breast topped with chorizo and melting mozzarella cheese served in a gluten free bun with Zest's dressed salad

The Steak one

Zest's All time classic steak buttie. Flash fried strips of steak with mushrooms and onions in gravy served in a gluten free bun with Zest's dressed salad

The Very Veggie Burger

Roasted halloumi style cheese with caramelised onion, roasted red pepper and pesto served in a gluten free bun with Zest's dressed salad

Zests Classic cheeseburger

Zest's 6oz beef burger topped with melting cheese served in a gluten free bun with garlic mayo and dressed salad on the side

Why not add crispy bacon? (additional price incurred)

Big Boy Burger

Two of Zest's juicy 6oz burgers in a gluten free bun with lashings of cheese and crispy bacon, served with dressed salad on the side

Main Course

Zest's Ceaser Salad

Little gem lettuce with Caesar dressing and crispy bacon (with the addition of any topping – Roasted salmon, pan fried chicken or grilled halloumi)

- served without croutons

Zest Bowl

Zest's All Time Favourite Pulled Beef

Our slow cooked shredded beef in Zest's delicious rich gravy topped with herby dumplings— served without Yorkshire pudding

Little Zestie

Little Zestie Burger

Zest's beef burger served in a gluten free bun with skinny chips on the side

Why not add cheese? (additional price incurred)

Side Order

Ceaser Salad

Little gem lettuce with Caesar dressing and crispy bacon – served without croutons

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.

DISHES														
GLUTEN FREE ADAPTED DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Zest's Classic prawn cocktail			✓	✓			✓		✓					✓
Hot And Kicking Chicken				✓			✓							✓
Mozzarella Chicken Buttie				✓			✓							
The Steak One	✓			✓			✓		✓					✓
Very Veggie Burger				✓			✓			✓ CASHEW				
Zests Classic cheese burger				✓			✓		✓				✓	✓
Big Boy Burger		✓		✓			✓						✓	✓
Caeser Salad Main Course				✓	✓ Salmon		✓							
Pulled Beef With herb dumpling (served without Yorkshire)	✓													✓
Little Zestie Burger				✓			✓ If adding cheese						✓	✓

DISHES														
Caeser Salad (Side Salad)				✓			✓							