

Zucchini's Restaurant

Allergen Book



Menu Items listed with ingredients and allergens

Last updated March 2018

PLEASE NOTE THAT ALL 14 ALLERGENS MAY BE OPENLY USED IN OUR KITCHENS AND BAR. TRACE AMOUNTS MAY BE PRESENT AT ALL STAGES OF STORAGE, PREPARATION AND SERVICE.

- **3% of adults in Ireland have food allergies and/or intolerances, 5% of children.**
- **The most commonly known allergies and intolerances are gluten (a mixture of two proteins present in cereal grains, especially wheat, which is responsible for the elastic texture of dough.), nuts (tee hee, nuts) and soya.**
- **While people can react to different foods in different ways, EU legislation has classified 14 major food allergens, all of which, under food safety legislation, are required to be clearly labelled. These are:**

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

- **We have tried our best to label our menu accordingly without having it look like a target at a paint ball course.**
- **If you see something on the menu that might have an ingredient that would disagree with you, but you really want that dish – just ask us.**
- **If your server isn't 100% sure, they'll just ask the chef and it's as simple as that.**
- **If a dish can be modified to suit an allergy, it is something we will always do.**
- **We're fortunate enough to always be busy, but that doesn't mean we're busy enough to stop you enjoying the dishes you want from our menu.**
- **If you have a food allergy or intolerance, please don't hesitate to let us know. It helps us make your experience as best as we can, and it stops us hearing about it later through feedback or review.**

Please remember that a preference for not wanting a certain ingredient in a dish is not the same as an allergy.

We take food intolerances and allergies very seriously, as it's a matter of real life and death.

We endeavour to make the experience we offer the best for all of our customers, and that includes a safe environment with peace of mind.

STARTERS

TEMPURA PRAWNS

Prawns, Batter (Cornflour), Bread, Tomatoes, Lemon, Pesto (Nuts, Cheese, Olive Oil, Seasoning, Basil)

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

GOLDEN FRIED BRIE (Pasteurised)

Brie, Breadcrumbs, Flour, Eggs, Milk, Walnuts, Sugar, Mango, Mixed Leaves, Lemon and Lime, Balsamic Vinegar, Red Onions

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

SHREDDED DUCK

Duck Leg Meat (Herbs, Orange, Seasoning), Spring Onions, Cucumber, Hoi Sin Sauce , Pancakes (Wheat and Soya)

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

BLACK PUDDING

Clonakilty Black Pudding (Beef, Oatmeal, Spices, Seasoning), Bread, Blue Cheese, Red Onions, Mayonnaise, Mixed Leaves, Tomatoes

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

FISH CAKES

Salmon, Cod, Prawns, Breadcrumbs, Flour, Egg, Milk, Mayonnaise, Balsamic dressing, mixed leaves, Tomatoes, Red Onions

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

GOAT'S CHEESE (Pasteurised)

Goat's Cheese (unpasteurised) pistachio nuts, tomatoes, sour dough bread, red onions, spring roll sheets (gluten), Pine nuts, Chives, Honey, Truffle Oil

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

CAESAR SALAD

Caesar Dressing (Mayonnaise, anchovies, sugar, salt, pepper, lemon juice) Garlic Croutons, Crispy Bacon, Parmesan (pasteurised?) Baby gem lettuce, Red onions, Tomatoes

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

CHICKEN WINGS

Free range chicken wings, Sweet Chilli Sauce, Louisiana sauce, Blue Cheese, Mayonnaise, Mixed Leaves

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

POTATO SKINS

Potatoes, Knockanore smoked cheese (pasteurised), Bacon, Sour Cream, Chives, Mixed Leaves, Tomatoes, Onions

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

GARLIC MUSHROOMS

Button Mushrooms, Breadcrumbs, Flour, Eggs, Milk, Garlic Mayonnaise, Mixed Leaves

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

SOUP OF THE DAY (Served with bread, gluten free option available)

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

FOR INFORMATION ON OUR SPECIALS TONIGHT, ASK YOUR SERVER.

MAIN COURSES

THAI CHICKEN

Chicken breast, Garlic, Chilli, Soy, Peppers (mixed), Onions, Spring Onions, Pak Choi, Parsley, Seasoning, . Chips (Gluten present), Basmati Rice

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

CAJUN BEEF STRIPS

Fillet Beef, Chilli, Garlic, Spring Onions, Cajun Spices, Mixed Peppers, Onions, Spring Onions, Flour Tortillas, Dips (Sour Cream, Guacamole, Cheddar Cheese, Salsa), Mixed Leaves, Tomatoes, Mayonnaise

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

MEXICAN CHICKEN FAJITAS

Chicken Breast, Tomato Sauce, Chillies, Garlic, Onions, Peppers, Flour Tortillas, Dips (Sour Cream, Guacamole, Cheddar Cheese, Salsa), Mixed Leaves, Tomatoes, Mayonnaise

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

VEGETARIAN FAJITAS

Mixed Peppers, Red Onions, Spring Onions, Pak Choi, Courgettes, Baby Corn, Button Mushrooms, Tomatoes, Tomato sauce, Chillies, Asparagus, Green Beans, Garlic, Seasoning, Flour Tortillas, Dips (Sour Cream, Guacamole, Cheddar Cheese, Salsa), Mixed Leaves, Tomatoes, Mayonnaise

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

WOK FRIED VEGGIES

Mixed Peppers, Red Onions, Spring Onions, Pak Choi, Courgettes, Baby Corn, Button Mushrooms, Tomatoes, Tomato sauce, Chillies, Asparagus, Green Beans, Garlic, Seasoning, Sweet Chilli sauce, Oyster Sauce

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

OVEN BAKED SALMON

Salmon Fillet, Cream, White Wine, Garlic, Carrots, Potatoes, Courgettes, Prawns, Spring Onions, Seasoning

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

COD N CHIPS

Cod fillet, Beer Batter, Tartare sauce (mayonnaise, gerkins, capers, sugar, seasoning), Pea Puree, Small side salad, Mayonnaise, Chips

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

SEAFOOD BAKE

Smoked Haddock, Prawns, Salmon, White Wine, Cream, Seasoning, Mash Potato (cream, butter, seasoning)

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

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CRISPY BEEF SALAD

Fillet Beef, Spring Onions, Soy, Chillies, Garlic, Seasoning, Mixed Leaves, Red Onions, Tomatoes, Sun Dried Tomatoes, Pine Nuts, Balsamic Dressing, Radish

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

CAJUN CHICKEN SALAD

Chicken Breast, Cajun Spices, (Mixed Leaves – Tomatoes, Red Onions, Sun Dried Tomatoes, Radish, Balsamic Dressing) (Caesar – Baby Gem leaves, Caesar dressing (Mayonnaise, Anchovies, Garlic, Lemon, Seasoning, Sugar) Parmesan Cheese, Crispy Bacon, Tomatoes, Red Onion, Croutons

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

TIGER PRAWN CAESAR

Prawns, Seasoning, Garlic, Butter, (Caesar – Baby Gem leaves, Caesar dressing (Mayonnaise, Anchovies, Garlic, Lemon, Seasoning, Sugar) Parmesan Cheese, Crispy Bacon, Tomatoes, Red Onion, Croutons

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

LARGE CAESAR

(Caesar – Baby Gem leaves, Caesar dressing (Mayonnaise, Anchovies, Garlic, Lemon,, Seasoning, Sugar) Parmesan Cheese, Crispy Bacon, Tomatoes, Red Onion, Croutons

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

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SEAFOOD PASTA

Fresh Egg Pasta, Seabass, Salmon, King Prawns, Crab Claws, Buttered Asparagus, White Wine Cream, Garlic, Seasoning

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

PASTA CARBONARA

Fresh Egg Pasta, Smoked Pancetta, Button Mushrooms, Onions, Parmesan Cheese, White Wine Cream

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

VEGETARIAN TAGLIATELLE

Fresh Egg Pasta, Tomato sauce (Tomatoes, Garlic, Seasoning, Sugar, Herbs), Black Olives, Basil, Parmesan, Garlic Bread

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

TAGLIATELLE WITH WILTED SPINACH

Fresh Egg Pasta, White Wine, Cream, Spinach, Garlic, Pine Nuts, Parmesan, Ricotta Cheese, Seasoning

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

HONEY GLAZED PORK BELLY

Pork Belly, Honey, Herbs, Garlic, Seasoning, Bacon, Cabbage, Butter, Sweet Potato, Apple Sauce, Clonakilty Black Pudding

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

Lamb (Depending on dish - ask server for details)

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

CHARGRILLED SUPREME

Chicken Breast, Smoked Pancetta, Button Mushrooms, Onions, Red Wine Jus, Tarragon, Garlic, Green Beans, Celeriac

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

ZUCCHINI'S BURGER

Minced Beef, Spring Onions, Garlic, Seasoning, Burger Bun, Baby Gem, Mayonnaise, Tomato Relish, Tomatoes, Onions, Cheese, (Bacon Optional)

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

All Steaks

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

Garlic Butter

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

Pepper Sauce / Mushroom Sauce

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

SIDE ORDERS

Side Orders -

Handcut Chips / French Fried Onion Rings / Wilted Spinach and Crispy Shallots / Crispy Garlic Potatoes

(As fried in same oil as other items containing these allergens)

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

Green Beans - Whipped Champ - Mashed Potato - Baby Boiled Potatoes - Sautéed Mushrooms - Sautéed Onions - Steamed Vegetables - Cabbage and Bacon Stir Fry

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

Mixed Leaf Salad

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

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DESSERTS

Snickers Parfait

Eggs, Cream, Sugar, Peanuts, Peanut butter, Chocolate, Caramel, Sugar, Hazelnuts, Biscuit crumb

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

Apple Crumble

Flour, Sugar, Butter, Apples (Varying varieties), Eggs, Milk, Cinnamon

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

Pavlova

Egg Whites, Sugar, Cream, Fresh Fruits

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

Fruit Salad

Fresh Fruits (Mix - ask server) (Served with Fresh Cream or Ice Cream as a optional extra)

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

Sticky Toffee Pudding

Flour, Eggs, Butter, Dates, Sugar, Cream

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

Chocolate Brownie

Flour, Eggs, Butter, Cocoa, Hazelnuts, Sugar, Milk

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

Baked Alaska

Flour, Eggs, Butter, Sugar, ice Cream, mixed fruits

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

Lemon Tarte

Flour, Eggs, Butter, Sugar, Ice Cream, Lemon

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

Homemade Ice creams

Recipe may vary depending on Flavour - Please ask your server

Gluten	Peanuts	Lactose	Eggs	Tree Nuts	Sesame	Crustaceans
Molluscs	Sulphites	Celery	Lupin	Fish	Soya	Mustard

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