



GLUTEN FREE (GF) & DIETARY INFORMATION SUPPLEMENT

This info sheet is designed to work in tandem with our main menus. Full allergens specification sheets for our menus are available in store or by request. If you have any questions, suggestions or comments, please contact Monterey Jack's customer services: customer.services@monterey-jacks.com, or ask to speak with a manager in store

BURGERS

All burgers are made in house and cooked fresh to order. Your bun may be substituted for a GF bun on request or you can substitute for side salad without charge

BEEF AND LAMB are made without filler/breadcrumbs and are 100% prime Scottish Steak mince. They are suitable for a GF diet.

- > All beef burgers contain: egg, mustard, garlic, chilli
- > All lamb burgers contain: egg, mustard, garlic, chilli

VEGGIE & CHICKEN burgers are NOT available as a GF.

- > All chicken burgers contain, wheat, garlic, egg, chilli.
- > All veggie burger contains: wheat. SUITABLE FOR VEGANS

ALL BURGER ARE SERVED WITH MJ BURGER SAUCE CONTAINING: EGG, MUSTARD

HALAL BURGER OPTIONS

Our Beef & Lamb is Halal. Our streaky bacon is NOT SUITABLE

SIDES

Most sides are suitable for a GF diet EXCLUDING hash browns, chicken strippers, onion rings and Tater-Tots. NB: Deep-fried products may have been fried in oil used to fry breaded products

SALADS

- > Goat's Cheese & Beetroot salads are suitable for a GF diet
- > Chicken Caesar salads are suitable for a GF diet
- > Spicy Chicken Salad is NOT suitable for GF diet but can be changed for a non-breaded chicken instead to become GF

GOURMET DAWGS

All dawgs are suitable for a GF diet EXCLUDING the bun. No GF bun is available for this product and so the bun may be substituted for tortilla chips & salad to become GF

NACHOS

All Nachos, despite being corn chips, may contain traces of gluten. Full list of ingredients: MAIZE, HIGH OLEIC SUNFLOWER OIL, SALT (may contain milk soya and cereals containing gluten)

SOUTHERN FRIED CHICKEN BUCKETS

Not suitable for GF diets. Contains: wheat, mustard, celery. (boneless)

PIZZAS

Our pizzas at this time are NOT suitable for a GF diet. No alternative pizza base is available

DELI SANDWICHES

All bun and bread styles within this sandwich section are NOT suitable for a GF diet. You may substitute for any style of GF bread for GF/DAIRY free bun only. Please be aware however that sandwiches suitable for a GF diet are smaller than non-GF version. Please check to ensure you are able to have all suitable sauces / fillings that come with your choice of sandwich

- > Garlic mayo contains egg, celery, milk, wheat, mustard
- > Mayo contains egg, mustard. This product is Gluten Free
- > hipotle sauce contains: Egg, chilli
- > Caesar dressing contains: egg, celery, fish, milk, wheat, mustard

CHILLI CON CARNE

Not suitable for GF diet. Contains: Wheat, barley celery, chilli, garlic

PULLED PORK

Gluten Free. Contains: barley

MAC & CHEESE (INC. CHEESE SAUCE)

Not suitable for GF diets. Contains: dairy, milk, mustard, flour, garlic.

DESSERTS

- > Brownies are Gluten Free: contains: egg & dairy
- > Cheesecake is Gluten Free. Contains: dairy, egg, traces of nuts.
- > Toffee apple pie is not suitable for GF diets. Contains: egg, dairy, traces of nuts, soya, sulphur.
- > Chocolate Orange Cake is not suitable for GF diet. Contains: egg, dairy, traces of soya.
- > Donuts are not suitable for GF diets. Contains: barley, egg dairy.
- > Sauces: Toffee, chocolate and custard are GF free but contain DAIRY.

ICE CREAM

Monterey Jack's soft-serve ice cream is GF free, contains Dairy.