

MONTEREY



Allergen Information

Allergy, Food Intolerance & Coeliac Disease Disclaimer

You must notify a member of staff before ordering if you have an allergy, food intolerance, or coeliac disease. Ask to speak to a manger if you have questions. Our gluten-free menu items are prepared, made and cooked in the same kitchen as all our other menu items. We cannot guarantee that our gluten-free menu items are completely free of gluten as there is always a possibility of trace amounts crossing over from other kitchen areas.We are unable to offer any assurances to those with Coeliac disease that any of our products are suitable due to inability to provide separation of prep spaces and the use of flours during hand made preparation of chicken and pizza products.Thank you for understanding our kitchen limitations. By ordering, you are accepting the risks involved.

Monterey Jack's accepts no liability for any illness as a result of consumption.

DISCLAIMER:This is a guide only. Products/Ingredients may vary from time to time due to substitutions from supply chain and non availability of regular products and ingredients. Please discuss with your server for most accurate and up to date information.

Symbol Meaning	Y	Menu item suitable for vegetarian/plant based diet "Y" in YELLOW denotes where a substitution can be made to the item to change its suitability status	X	Allergen contained in the menu item "X" in YELLOW denotes where a substitution can be made to the item to change its suitability status	MC	May Contain - the allergen is present in the ingredient's manufacturing site and our suppliers believe there is a significant risk this allergen could cross-contaminate the food item
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				Gluten			Dairy							Nuts				
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	
All food is freshly prepared in our kitchens and whilst we have controls in place to minimise cross-contamination, Monterey Jack's handle many allergens and cannot guarantee that our food will be allergen free and therefore suitable for those with allergies. Our vegan items are made to vegan recipes however are not suitable for those with dairy and egg allergies.	Ingredients suitable for vegetarians	Ingredients suitable for a plant-based diet	Calories															
				Celery	Cereals (gluten)	Crustaceans	Egg	Milk (lactose)	Fish	Lupin	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	
STARTERS & SIDES																		
Fries (Our standard fries are skin on)	Y	Y	198															
Sweet Potato Fries	Y	Y	242															
Atomic Fries	Y	Y	208															
Loaded Chilli 'N' Cheese Fries			510	X				X								X	X	
Loaded Pizza Fries			574					X										
Loaded Smoky BBQ Pork 'N' Cheese Fries			776					X				X				X		
Loaded Bacon & Mac Fries			838		X			X				X						
Sticky Fingers - Korean BBQ			422	X	X					X						X		
Sticky Fingers - Cajun			424		X							X				X		
Sticky Fingers - Fiery Chilli & Honey			420	X	X											X		
Halloumi Bites	Y		672		MC			X										
Onion Rings	Y	Y	375		X													
Grilled Mac & Cheese	Y		517		X			X				X						
Classic Slaw	Y		300				X	X				X						
Side Salad (with dressing)	Y	Y	449									X						
Hash Browns (each)	Y		90															
Foot Long Mozza Stick	Y		472		X		X	X				X						
The MJs Chicken Sharer			1841	X	X			X				X				X		
SALADS																		

				Gluten			Dairy						Nuts				
				1	2	3	4	5	6	7	8	9	10	11	12	13	14
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Chicken Breast Caesar			548				X	X				X - remove dressing					
Fried Paprika Halloumi	Y		785									X - remove dressing					
Crispy Sweet Chilli Chicken			821	X	X							X - remove dressing				X	
Meat-free Salad (uses vegan chicken)	Y	Y - remove dressing	440		X							X - remove dressing				X	
BURGERS - Combine protein, topping, and bun choice																	
1. Burger Protein Choice																	
Beef (inc Guten Free / Haal)			579														
Chicken (inc. Gluten Free / Halal)			587														
Skinny Chicken			393														
Vegan Beef	Y	Y	487		X							X					
Vegan Chicken	Y	Y	458		X							X					
Vegetarian (and vegan) Burger	Y	Y	549		X								MC	MC	X	X	
2. Bun / Breads																	
Sesame Seed Brioche (St. Pierre)	Y		199		X		X	X							X		
Gluten Free / Vegan Bun / Dairy Free	Y		165														
Tortilla Wrap	Y						X										
3. Filling (for calories, add your chosen protein and bun to the topping calorie amount shown)																	
Classic Burger	Y - protein choice		as per protein choice														
Classic Burger with Cheese	Y - protein choice	Y - remove burger sauce request vegan cheese	43	X - remove burger sauce			X - remove burger sauce	X				X - remove burger sauce + pickle					
Bacon & Cheese Deluxe			103	X - remove burger sauce			X - remove burger sauce	X				X - remove burger sauce + pickle					
The Mounty	Y - protein choice remove bacon	Y - remove burger sauce + bacon request vegan cheese	186	X - remove burger sauce	X		X - remove burger sauce	X				X - remove burger sauce + pickle					
Texas Cheese Sauce Massacre	Y - protein choice remove bacon		286	X - remove burger sauce	X		X - remove burger sauce	X				X					
The Big Chilli	Y - protein choice remove chilli	Y - remove burger sauce request vegan cheese + vegan chilli	321	X - remove burger sauce			X - remove burger sauce	X				X - remove burger sauce + pickle					
Bacon Blue	Y - protein choice remove bacon		124	X - remove burger sauce			X - remove burger sauce	X				X - remove burger sauce + pickle					
Return of the Mac	Y - protein choice remove bacon		306	X - remove burger sauce	X		X - remove burger sauce	X				X					
Desperado Burger	Y - protein choice	Y - remove burger sauce request vegan cheese	99	X - remove burger sauce			X - remove burger sauce	X				X - remove burger sauce + pickle					
BBQ Rodeo	Y - remove bacon	Y - remove burger sauce + bacon request vegan cheese	318	X - remove burger sauce	X		X - remove burger sauce	X				X					
Filthy McNasty			442	X - remove burger sauce			X	X				X					
Roadhouse			548	X - remove burger sauce	X		X - remove burger sauce					X					
Uptown Funk	Y - protein choice	Y - remove burger sauce request vegan cheese	149	X			X - remove burger sauce	X				X - remove burger sauce + pickle					X
Notorious P.I.G			306	X - remove burger sauce			X - remove burger sauce					X					
Korean BBQ	Y - protein choice		240	X - remove burger sauce			X	X		X		X - remove burger sauce + pickle				X	
Firestarter	Y - protein choice	Y - remove burger sauce + chipotle + sour cream	219	X - remove burger sauce			X - remove burger sauce	X				X - remove burger sauce + pickle					
Red Neck	Y - protein choice	Y - remove burger sauce + slaw	90	X - remove burger sauce	X		X	X				X				X	
Vegan Deluxe	Y	Y	61									X - remove pickle					
Big Jack - Big Jack	Y - protein choice remove bacon		1036	X - remove burger sauce			X - remove burger sauce	X - remove cheese				X - remove burger sauce + pickle					

				Gluten			Dairy					Nuts					
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Garlic Mayo	Y		63				X					X					
Barn Burner	Y		43					X									
Chipotle	Y		74				X										
Sour Cream	Y		60					X									
Blue Cheese	Y		63				X	X									
Curry Mayo	Y		112		X							X				X	
Sriracha	Y	Y	60									X					
Vegan Mayo	Y	Y	78														
MJ's Burger Sauce	Y		58	MC			X					X					
DESSERTS & SUNDAES																	
Doh-My-God! - Oreo	Y	Y - with vegan ice cream	589		X			X								X	
Doh-My-God! - Jammy Dodger	Y	Y - with vegan ice cream	577		X			X									X
Toffee Apple Crumble Pie	Y		390		X		X	X									
Triple Chocolate Fudge Cake	Y		417		X		X	X					X			X	
Sundae - Cookie Jar (280ml)	Y		489		X			X								X	
Sundae - Toasted Mallow & Banana (280ml)	Y		422					X									
Norther Bloc ice cream range, please ask server	Y		317					X									