

















# 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 manager 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.

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
----------------	---	---	---	--	----	--

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	Gluten			Dairy			Nuts				12	13	14	
				1	2	3	4	5	6	7	8	9	10				11
<b>STARTERS &amp; SIDES</b>																	
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 Hullabaloo Fries	Y		633		X		X	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						
Corn ribs per portion	Y	Y - remove butter	278					X - remove butter									
Classic Slaw			300				X	X			X						
Side Salad (with dressing)	Y	Y	449								X						
Hash Browns (each)	Y		90														
The MJs Chicken Sharer			1841	X	X			X			X				X		
<b>SALADS</b>																	
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			
<b>BURGERS - Combine protein, topping, and bun choice</b>																	
<b>1. Burger Protein Choice</b>																	
Beef			579		X		X				X						

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	Gluten			Dairy					Nuts					
				1	2	3	4	5	6	7	8	9	10	11	12	13	14
																	
Celery	Cereals (gluten)	Crustaceans	Egg	Milk (lactose)	Fish	Lupin	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide				
Chicken			587		X		X										
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		
<b>2. Bun</b>																	
Sesame Seed Brioche (St. Pierre)	Y		199		X		X	X							X		
Gluten Free Bun	Y		165				X										
Vegan Bun	Y	Y	159		X										MC		
<b>3. Filling (for calories, add your chosen protein and bun to the topping calorie amount shown)</b>																	
Classic Burger	Y - protein choice		as per protein choice	X - remove burger sauce			X - remove burger sauce							X - remove burger sauce + pickle			
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			
Kahuna	Y - protein choice remove pork	Y - remove burger sauce + pork request vegan cheese	336	X - remove burger sauce			X - remove burger sauce							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	
All Day Breakfast Burger	Y - protein choice remove bacon		230	X - remove burger sauce			X - remove burger sauce	X						X - remove burger sauce + pickle			
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			
Big Jack - Hot Jack	Y - protein choice		1058	X - remove burger sauce			X - remove burger sauce	X - remove cheese						X - remove burger sauce + pickle			
Big Jack - Chicken Jack	Y - protein choice remove bacon		1148	X - remove burger sauce			X - remove burger sauce	X - remove cheese						X - remove burger sauce + pickle			
Big Jack - Combo Jack			1309	X - remove burger sauce			X - remove burger sauce	X - remove cheese						X - remove burger sauce + pickle			
<b>NACHOS</b>																	
Cheese Nachos	Y	Y - request vegan cheese	1502		X - remove regular cheese			X									

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	Gluten			Dairy					Nuts				12	13	14
				1	2	3	4	5	6	7	8	9	10	11				
																		
Celery	Cereals (gluten)	Crustaceans	Egg	Milk (lactose)	Fish	Lupin	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide					
Chilli Con Carne Nachos			1285	X				X								X	X	
Vegan Chilli Con Carne Nachos	Y	Y	1264		X													
Pulled Pork Nachos			1555					X				X				X		
Spicy Chicken Nachos			1398				X	X										
Mac & Cheese Nachos	Y		1596		X			X				X						
<b>DAWGS</b>																		
Naked Dawg			669		X		X	X								MC		
Deputy Dawg			1109	X	X		X	X				X				MC	X	
Prairie Dawg			1058		X		X	X				X				MC	X	
Swiss Mountain Dawg			804		X		X	X				X				MC		
Doggy Style			837	X	X		X	X				X				MC	X X	
Coyote Ugly			1278		X		X	X				X				MC		
Indiana Jones, Raiders of the Lost Pork			1082		X		X	X				X				MC	X	
Son of a Bitch			1177		X		X	X				X				MC		
Junkyard Dawg			1017		X		X	X				X				MC		
<b>SOUTHERN FRIED CHICKEN</b>																		
Honey Butter Chicken Fingers			1812		X		X - remove slaw											
It's a Sin-Amon - Chicken & Cinnamon bun			1612															
Chicken & Mac			1327		X		X - remove slaw	X				X						
Chicken & Waffles			1588		X		X	X										
Southern Fried Chicken Meal			1041		X		X - remove slaw											
Big Chicken Meal Platter			1841		X		X	X				X						
<b>PIZZAS</b>																		
As It Comes	Y	Y - request vegan cheese	580		X			X										
Sweet, Sticky 'N' Spicy			767		X			X										
Slappy Joe			816	X	X			X				X				X	X	
Texas Tandoori			758		X			X										
Cajun Style			1026		X			X				X				X		
Gimme All the Meat			1101		X			X				X						
<b>DIPPING SAUCES</b>																		
Hickory Smoked BBQ	Y	Y	60									X						
Thai Sweet Chili	Y	Y	96															
Southern Cajun	Y	Y	173		X							X				X		
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										

	Ingredients suitable for vegetarians	Ingredients suitable for a plant-based diet	Calories	Gluten			Dairy				Nuts				12	13	14
				1	2	3	4	5	6	7	8	9	10	11			
																	
				Celery	Cereals (gluten)	Crustaceans	Egg	Milk (lactose)	Fish	Lupin	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
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					
<b>DESSERTS &amp; SUNDAES</b>																	
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									
<b>KIDS MENU</b>																	
Little Rancher Beef Burger (with fries)			489		X			X - only if cheese added									
Mad Jack's Mac (with fries)	Y		325		X			X				MC					
Foghorn Leghorn (with fries)			354		X												
Sundancer Salad - with Cheese & Pineapple	Y	Y - remove cheese	135					X									
Sundancer Salad - with Chicken Breast			188														
Ankle Biter Nachos	Y		411		X			X									
Deputy Dawg (with fries)			347		X			X				MC					
Asta La Pasta Baby! (with fries)	Y	Y	215		X												