

NUTRITIONAL MENU



ZED

16/18 STAINBECK LANE, CHAPEL ALLERTON, LEEDS, LS7 3QY
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We develop and source our menus taking peoples diets in the modern world very seriously, below is a list of the more common diets and allergies & dishes from our menus that are suitable

Let us know what your needs are and we can modify and design dishes to suit your individual health or dietary requirements.

COELIAC (GLUTEN, WHEAT, BARLEY, RYE)

ROASTED RED PEPPER SOUP (V) (N) £4.25
Freshly made on the premises and finished with sweet chilli sour cream, served with warmed coeliac friendly bread

'NAKED' BURGER £8.45
Freshly made on the premises and served 'naked' on a house salad & served with salsa & sautéed new potatoes

8OZ RUMP STEAK £11.50
Rump steak, cooked to your liking and served with sautéed new potatoes, house salad & wild mushroom cream sauce or garlic & herb butter

NUT (PEANUTS, SEEDS, NUT OILS)

WILD MUSHROOM LASAGNE £9.50
Mixed woodland mushrooms bound in a mascarpone parmesan cream sauce and layered with lasagna sheets, baby spinach and béchamel, served with roast tomato sauce and glazed with goat cheese, Monterey jack cheese and parmesan

LITTLE HEROES CHEESE BURGER £8.45
Freshly made on the premises and served with bacon, baby gem, tomato, red onion and Monterey jack cheese. Served with a chunky tomato relish and fries

ZINGY CHICKEN SALAD £8.75
Chicken fillets pan – fried in a soy, ginger, honey, chilli & lime dressing with mango and avocado chunks, slow roast tomatoes, roasted peppers and house leaves, served with warm pitta bread

LACTOSE INTOLERANCE (MILK, DAIRY PRODUCTS)

'NAKED' BURGER £8.45
Freshly made on the premises and served 'naked' on a house salad & served with salsa & sautéed new potatoes

SWEET CHILLI CHICKEN TOSTADA (N) £7.95
Flour tortilla topped with pomodoro sauce, chicken fillets, mixed peppers, spring onion, rocket & sweet chilli sauce, oven baked and served with house fries

PUTTANESCA LINGUINI (V) £8.50
Fresh chilli, pomodoro sauce, cherry tomatoes, olive oil, garlic, torn basil, flat parsley, capers tossed together with linguini pasta and drizzled with lemon oil

VEGAN (DAIRY, CHEESES, EGGS, MEAT, FISH)

WILD MUSHROOM & HERB CROSTINIS (V) £6.25
Pan – fried wild mushrooms, rocket, spinach and torn basil leaves served on garlic rubbed ciabbatta and garnished with slow roast tomatoes and balsamic syrup

ROASTED RED PEPPER SOUP (V) £4.25
Freshly made on the premises and finished with torn basil and lemon oil, served with warmed vegan friendly bread

PUTTANESCA LINGUINI (V) £8.50
Fresh chilli, pomodoro sauce, cherry tomatoes, olive oil, garlic, torn basil, flat parsley, capers tossed together with linguini pasta and drizzled with lemon oil