

# ZAM'S ALLERGEN INFORMATION

|                                    | WHEAT | SOYBEAN & THEIR PRODUCTS | EGG | MILK | TREE NUTS | PEANUTS | SESAME | FISH | CRUSTACEAN | SULPHITES | VEGETARIAN | VEGAN FRIENDLY |
|------------------------------------|-------|--------------------------|-----|------|-----------|---------|--------|------|------------|-----------|------------|----------------|
| BARBACOA BEEF                      |       | ●                        |     |      |           |         |        |      |            |           |            |                |
| SMOKEY CHICKEN                     |       | ●                        |     |      |           |         |        |      |            |           |            |                |
| PORK CARNITAS                      |       | ●                        |     |      |           |         |        |      |            |           |            |                |
| FIRE ROASTED PEPPERS & ONIONS      |       | ●                        |     |      |           |         |        |      |            |           | ●          | ●              |
| CHORIZO                            |       |                          |     |      |           |         |        |      |            |           |            |                |
| EGG                                |       |                          | ●   |      |           |         |        |      |            |           | ●          |                |
| BACON                              |       |                          |     |      |           |         |        |      |            |           |            |                |
| BLACK BEANS                        |       |                          |     |      |           |         |        |      |            |           | ●          | ●              |
| PINTO BEANS                        |       |                          |     |      |           |         |        |      |            |           | ●          | ●              |
| WHITE RICE                         |       | ●                        |     |      |           |         |        |      |            |           | ●          | ●              |
| ANCIENT GRAIN RICE                 |       | ●                        |     |      |           |         |        |      |            |           | ●          | ●              |
| CRISPY CHILLI RICE                 |       | ●                        |     |      |           |         | ●      |      |            |           | ●          | ●              |
| COCONUT RICE                       |       | ●                        |     |      |           |         |        |      |            |           | ●          | ●              |
| TORTILLA                           | ●     |                          |     |      |           |         |        |      |            |           | ●          | ●              |
| FLUFFY TACO                        | ●     | ●                        | ●   | ●    |           |         | ●      |      |            |           | ●          | ●              |
| CORN CHIPS                         | ●     | ●                        |     |      |           |         |        |      |            |           | ●          | ●              |
| TACO SHELLS                        |       |                          |     |      |           |         |        |      |            |           | ●          | ●              |
| ZAMS FRIES                         |       |                          |     |      |           |         |        |      |            |           | ●          | ●              |
| HASH BROWN                         |       |                          |     |      |           |         |        |      |            |           | ●          |                |
| QUESO                              | ●     |                          |     | ●    |           |         |        |      |            |           | ●          |                |
| SOUR CREAM                         |       |                          |     | ●    |           |         |        |      |            |           | ●          |                |
| GUACAMOLE                          |       |                          |     |      |           |         |        |      |            |           | ●          | ●              |
| MONTEREY JACK CHEESE               |       |                          |     | ●    |           |         |        |      |            |           | ●          |                |
| LETTUCE                            |       |                          |     |      |           |         |        |      |            |           | ●          | ●              |
| KALESLAW MIX                       |       |                          |     |      |           |         |        |      |            |           | ●          | ●              |
| CILANTRO LIME DRESSED KALESLAW MIX |       | ●                        |     |      |           |         |        |      |            |           | ●          | ●              |
| LIME WEDGES                        |       |                          |     |      |           |         |        |      |            |           | ●          | ●              |
| TOMATILLO SALSA                    |       |                          |     |      |           |         |        |      |            |           | ●          | ●              |
| CORN SALSA                         |       |                          |     |      |           |         |        |      |            |           | ●          | ●              |
| CILANTRO & ONION SALSA             |       |                          |     |      |           |         |        |      |            |           | ●          | ●              |
| CHIPOTLE SALSA                     |       |                          |     |      |           |         |        |      |            |           | ●          | ●              |
| PINK PICKLED ONIONS                |       |                          |     |      |           |         |        |      |            |           | ●          | ●              |
| PICKLED RED CABBAGE                |       |                          |     |      |           |         |        |      |            |           | ●          | ●              |
| PICKLED JALAPENOS                  |       |                          |     |      |           |         |        |      |            |           | ●          | ●              |
| PICO DE GALLO                      |       |                          |     |      |           |         |        |      |            |           | ●          | ●              |
| EVERYTHING CRUNCH                  |       |                          |     |      |           |         | ●      |      |            |           | ●          | ●              |
| HEMP SEED CRUNCH                   |       |                          |     |      |           |         |        |      |            |           | ●          | ●              |
| SMOKY PEANUT CRUNCH                | ●     | ●                        | ●   | ●    | ●         | ●       | ●      |      |            |           | ●          | ●              |
| CRISPY CHILLI                      |       |                          |     |      |           |         | ●      |      |            |           | ●          | ●              |
| CRUSHED TORTILLA CHIPS             | ●     | ●                        |     |      |           |         |        |      |            |           | ●          | ●              |
| RED CHILLI SAUCE                   |       |                          |     |      |           |         |        |      |            |           | ●          | ●              |
| VERDE SAUCE                        |       | ●                        |     |      |           |         |        |      |            |           | ●          | ●              |
| CREAMY CHIPOTLE SAUCE              |       |                          | ●   |      |           |         |        |      |            |           | ●          |                |
| GARLIC AIOLI SAUCE                 |       |                          | ●   |      |           |         |        |      |            |           | ●          |                |
| CILANTRO LIME SAUCE                |       | ●                        |     |      |           |         |        |      |            |           | ●          | ●              |

● YES ● MAY CONTAIN ● YES (NATURALLY OCCURRING)

INFORMATION CORRECT AS AT 23 JUN 2026  
 Individual ingredients used in our menu may be allergen free, however, we operate a working production line and there is always a risk that traces of allergens may be transferred to ingredients during storage or preparation of food in our restaurants. For further information, including nutritional information or to contact us, please visit our website: [zamsusa.com](http://zamsusa.com). If this document is printed, it is not controlled and may not be the most up-to-date information.

