

Sweetcorn	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Streaky bacon	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Sunflower Seeds	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Toasted Coconut	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Truffle oil	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Please note- we use all above allergens in our kitchens, therefore cannot guarantee our food is completely free of any allergens

Breakfast Products	Vegetarian (V) or Vegan (VG)	Wheat Gluten (WG), Barley Gluten (BG), Rye Gluten (RG), Oat Gluten (OG)	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Acai bowl	V	✓ OG	-	-	-	-	✓	-	✓ almonds	-	-	-	-	-	-
Bowl /Smoothie - Purify - without milk or yoghurt topping	V	-	-	-	-	-	-	-	✓ pecans, almonds	-	-	-	-	-	-
Bowl /Smoothie - Tropical crunch - without milk or yoghurt topping	V	✓ OG	-	-	-	-	-	-	✓ almonds, walnuts	-	-	-	-	-	-
Bowl / Smoothie - High protein- without milk or yoghurt topping	V	✓ OG	-	-	-	-	-	-	✓ almonds	-	-	-	-	-	-
Pancake - Sweet berry	V	-	-	✓	-	-	-	✓	✓ almonds	-	-	-	-	-	-
Pancake - Big Apple	V	-	-	✓	-	-	-	✓	✓ almonds	-	-	-	-	-	-
Pancake - Nutty Banana	V	-	-	✓	-	-	✓	✓	✓ hazelnuts, almonds, pecans	-	-	-	-	-	-
Avocado toast (with GF bread)- Classic	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Avocado toast (with GF bread) - Californian	V	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
Avocado toast (with GF bread)- ABT	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Avocado toast (with GF bread- Norwegian	-	-	-	✓	-	-	-	-	-	-	-	-	-	-	-
Avocado toast (with multi grain bloomer bread)- Classic	VG	✓ WG, BG, RG, OG	-	-	-	-	-	-	-	-	-	-	-	-	-
Avocado toast (with multi grain bloomer bread)- Californian	V	✓ WG, BG, RG, OG	-	-	-	-	-	✓	-	-	-	-	-	-	-
Avocado toast (with multi grain bloomer bread)- ABT	-	✓ WG, BG, RG, OG	-	-	-	-	-	-	-	-	-	-	-	-	-
Avocado toast (with multi grain bloomer bread) - Norwegian	-	✓ WG, BG, RG, OG	-	-	✓	-	-	-	-	-	-	-	-	-	-
Porridge (with DF porridge) Straight Up	VG	-	-	-	-	-	-	-	✓ almonds	-	-	-	-	-	-
Porridge (with DF porridge) Warmer	VG	-	-	-	-	-	-	-	✓ almonds	-	-	-	-	-	-
Porridge (with DF porridge) Magic porridge	VG	-	-	-	-	-	-	-	✓ almonds	-	-	-	-	-	-
Porridge (with DF porridge) Booster porridge	VG	-	-	-	-	✓	-	-	✓ almonds, pecans	-	-	✓	-	-	-
Porridge (with dairy milk porridge) Straight Up	V	✓ OG	-	-	-	-	-	✓	-	-	-	-	-	-	-
Porridge (with dairy milk porridge) Warmer	V	✓ OG	-	-	-	-	-	✓	-	-	-	-	-	-	-
Porridge (with dairy milk porridge) Magic porridge	V	✓ OG	-	-	-	-	-	✓	-	-	-	-	-	-	-
Porridge (with dairy milk porridge) Booster porridge	V	✓ OG	-	-	-	✓	-	✓	✓ almonds, pecans	-	-	✓	-	-	-
Poached egg - High Protein	V	-	-	✓	-	-	-	✓	-	-	-	-	-	-	-
Poached egg - Fire up	-	-	-	✓	-	-	-	✓	-	✓	-	-	-	✓	-
Poached egg - Ham & cheese	-	-	-	✓	-	-	-	✓	-	-	-	-	-	-	-
Poached egg - Smoked salmon & avocado	-	-	-	✓	✓	-	-	-	-	-	-	-	-	-	-
Scrambled eggs - Old Fashioned	V	-	-	✓	-	-	-	✓	-	-	-	-	-	-	-
Scrambled eggs - Green eggs	V	-	-	✓	-	-	-	✓	-	-	-	-	-	-	-
Scrambled eggs - Supreme	-	-	-	✓	✓	-	-	✓	-	-	-	-	-	-	-
Scrambled eggs - Kick starter	-	-	-	✓	-	-	-	✓	-	-	-	-	-	-	-
Sandwich (with GF bread) - Lincolshire sausage	-	✓ WG, OG	-	-	-	-	-	-	-	-	-	-	-	✓	-
Sandwich (with GF bread) - Streaky bacon	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Sandwich (with GF bread) - Lincolshire sausage + Streaky bacon	-	✓ WG, OG	-	-	-	-	-	-	-	-	-	-	-	✓	-
Sandwich (with GF bread) - Smoked salmon	-	-	-	-	✓	-	-	-	-	-	-	-	-	-	-
Sandwich (with multi grain bloomer bread) - Lincolshire sausage	-	✓ WG, BG, RG, OG	-	-	-	-	-	-	-	-	-	-	-	✓	-
Sandwich (with multi grain bloomer bread) - Streaky bacon	-	✓ WG, BG, RG, OG	-	-	-	-	-	-	-	-	-	-	-	-	-
Sandwich (with multi grain bloomer bread) - Lincolshire sausage + Streaky bacon	-	✓ WG, BG, RG, OG	-	-	-	-	-	-	-	-	-	-	-	✓	-
Sandwich (with multi grain bloomer bread) - Salmon	-	✓ WG, BG, RG, OG	-	-	✓	-	-	-	-	-	-	-	-	-	-
Toast (with GF bread) Perfectly buttered	V	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
Toast (with GF bread) Nutella	V	-	-	-	-	-	✓	✓	✓ hazelnuts	-	-	-	-	-	-
Toast (with GF bread) Marmalade	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Toast (with GF bread) Strawberry jam	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Toast (with GF bread) Peanut butter	VG	-	-	-	-	✓	-	-	-	-	-	-	-	-	-
Toast (with GF bread) Almond butter	VG	-	-	-	-	✓	-	✓	✓ almonds	-	-	✓	-	-	-
Toast (with GF bread) Spicy houmous	VG	-	-	-	-	-	-	-	-	-	-	✓	-	-	-
Toast (with multigrain bloomer bread) Perfectly buttered	V	✓ WG, BG, RG, OG	-	-	-	-	-	✓	-	-	-	-	-	-	-
Toast (with multigrain bloomer bread) Nutella	V	✓ WG, BG, RG, OG	-	-	-	-	✓	✓	✓ hazelnuts	-	-	-	-	-	-
Toast (with multigrain bloomer bread) Marmalade	VG	✓ WG, BG, RG, OG	-	-	-	-	-	-	-	-	-	-	-	-	-
Toast (with multigrain bloomer bread) Strawberry jam	VG	✓ WG, BG, RG, OG	-	-	-	-	-	-	-	-	-	-	-	-	-
Toast (with multigrain bloomer bread) Peanut butter	VG	✓ WG, BG, RG, OG	-	-	-	✓	-	-	-	-	-	-	-	-	-
Toast (with multigrain bloomer bread) Almond butter	VG	✓ WG, BG, RG, OG	-	-	-	✓	-	✓	✓ almonds	-	-	✓	-	-	-
Toast (with multigrain bloomer bread) Spicy houmous	VG	✓ WG, BG, RG, OG	-	-	-	-	-	-	-	-	-	✓	-	-	-

Please note- we use all above allergens in our kitchens, therefore cannot guarantee our food is completely free of any allergens

Salad Bar Ingredients

	Vegetarian (V) or Vegan (VG)	Wheat Gluten (WG), Barley Gluten (BG), Rye Gluten (RG), Oat Gluten (OG)	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Asparagus	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bacon	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Baby Spinach	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Beetroot	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chargrilled tenderstem broccoli	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cheddar	V	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
Chicken Breast	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chilli flakes	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chorizo	-	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
Cos Lettuce	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Courgette & mooli noodles	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cous Cous	VG	✓ WG	-	-	-	-	-	-	-	-	-	-	-	-	-
Croutons	VG	✓ WG	-	-	-	-	-	-	-	-	-	-	-	-	-
Cucumber	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Edamame	VG	-	-	-	-	-	✓	-	-	-	-	-	-	-	-
Egg Pasta	V	✓ WG	-	✓	-	-	-	-	-	-	-	-	-	-	-
Falafel	VG	✓ WG	-	-	-	-	-	-	-	-	-	-	-	-	-
Flaked Almonds	VG	-	-	-	-	-	-	-	✓ almonds	-	-	-	-	-	-
Free Range Egg	V	-	-	✓	-	-	-	-	-	-	-	-	-	-	-
Grana Padano	V	-	-	✓	-	-	-	✓	-	-	-	-	-	-	-
Grated Carrot	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Greek Feta	V	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
Green Beans	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Ham Hock	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Houmous	VG	-	-	-	-	-	-	-	-	-	-	✓	-	-	-
Jalapenos	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mango	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mixed Beans (cannellini, red kidney, borlotti)	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mixed Herbs (mint, chives, coriander)	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mixed Leaf	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mixed Olives	VG	-	-	-	-	-	-	-	-	-	-	-	✓	-	-
Mixed Seeds (pumpkin & sunflower)	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mozzarella	V	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
New Potatoes	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Onion Bhaji	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Peanuts	VG	-	-	-	-	✓	-	-	-	-	-	-	-	-	-
Peppers	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Petit Pois	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Prawns	-	-	✓	-	-	-	-	-	-	-	-	-	-	-	-
Red Onion	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Roasted sweet potato	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rocket	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Roquito Peppers	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Smoked Salmon	-	-	-	✓	-	-	-	-	-	-	-	-	-	-	-
Slaw	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Smoked Tofu	VG	✓ WG	-	-	-	-	✓	-	-	-	-	-	-	-	-
Soured Cream	V	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
Spicy Avocado	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
SunBlush Tomatoes	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Sweetcorn	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tomatoes	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tortilla Chips	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tuna	-	-	-	✓	-	-	-	-	-	-	-	-	-	-	-
White, Red & Black Quinoa	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Please note- we use all above allergens in our kitchens, therefore cannot guarantee our food is completely free of any allergens

House Dressings

	Vegetarian (V) or Vegan (VG)	Wheat Gluten (WG), Barley Gluten (BG), Rye Gluten (RG), Oat Gluten (OG)	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Balsamic Vinegar	VG	-	-	-	-	-	-	-	-	-	-	-	✓	-	-
Blue Cheese	V	-	-	✓	-	-	-	✓	-	-	✓	-	-	-	-
Caesar	-	-	-	✓	✓	-	-	✓	-	-	✓	-	-	-	-
Caesar Lite	-	-	-	✓	✓	-	-	✓	-	-	✓	-	-	-	-
Extra Virgin Olive Oil	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
French Dressing	VG	-	-	-	-	-	-	-	-	-	✓	-	✓	-	-
Honey Balsamic	V	-	-	-	-	-	-	-	-	-	✓	-	✓	-	-
Lemon Juice	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mango	VG	-	-	-	-	-	-	-	-	-	-	-	✓	-	-
Mexican	V	-	-	✓	-	-	-	✓	-	-	✓	-	-	-	-
Ranch	V	-	-	✓	-	-	-	✓	-	-	-	-	✓	-	-
Soy, Sesame & Ginger	VG	✓ WG	-	-	-	-	✓	-	-	-	-	✓	✓	-	-
Spicy peanut, sesame oil and lime dressing	VG	✓ WG	-	-	-	✓	✓	-	-	-	-	✓	-	-	-
Sweet Chilli & Lime	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Please note- we use all above allergens in our kitchens, therefore cannot guarantee our food is completely free of any allergens

Raw & Naked Smoothies

	Vegetarian (V) or Vegan (VG)	Wheat Gluten (WG), Barley Gluten (BG), Rye Gluten (RG), Oat Gluten (OG)	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Brain Fixer	VG	-	-	-	-	-	-	-	-	✓	-	-	-	-	-
Cacao, Seed & Nut Booster	V	-	-	-	-	✓	✓	-	✓	-	-	-	-	-	-
Matcha Pure	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mean & Green Smoothie	VG	-	-	-	-	-	-	-	-	✓	-	-	-	-	-
Protein Powerhouse	V	-	-	-	-	-	✓	-	-	-	-	-	-	-	-
Supercharger	VG	-	-	-	-	-	-	-	-	✓	-	-	-	-	-
Turmeric & Ginger	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Vit C Hit	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Vital Immune Boost	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Virgin Mojito	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Please note- we use all above allergens in our kitchens, therefore cannot guarantee our food is completely free of any allergens

House Salads

	Vegetarian (V) or Vegan (VG)	Wheat Gluten (WG), Barley Gluten (BG), Rye Gluten (RG), Oat Gluten (OG)	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Bang Bang Chicken	-	-	-	-	-	✓	-	-	-	-	-	-	-	-	-
Chef Salad	-	✓ WG	-	✓	-	-	-	✓	-	-	-	-	✓	-	-
Chicken Caesar	-	✓ WG	-	✓	✓	-	-	✓	-	-	✓	-	-	-	-
Protein Power	-	-	-	✓	✓	-	-	-	-	-	✓	-	✓	-	-
Nachos Grande	-	-	-	✓	-	-	-	✓	-	-	-	-	✓	-	-
Omega bomb	-	✓ WG	-	-	✓	-	✓	-	-	-	-	✓	✓	-	-
Oriental Prawn	-	✓ WG	✓ (prawns)	-	✓	✓	✓	-	-	-	-	✓	✓	-	-
Mango Chicken Burrito	-	-	-	✓	-	-	-	✓	-	-	✓	-	-	-	-
Houmous & Falafel	VG	✓ WG	-	-	-	-	-	-	-	-	-	✓	-	-	-
Rainbow Veg Noodle	VG	✓ WG	-	-	-	-	✓	-	-	-	-	✓	✓	-	-
Indian Dream	VG	-	-	-	-	-	-	-	-	-	-	-	✓	-	-
Viva Espana	-	✓ WG	-	-	-	-	-	✓	-	-	-	-	-	-	-
Super Cob	-	-	-	✓	-	-	-	✓	-	-	✓	-	-	-	-
Tuna Nicoise	-	-	-	✓	✓	-	-	-	-	-	✓	-	✓	-	-

Please note- we use all above allergens in our kitchens, therefore cannot guarantee our food is completely free of any allergens

Puds & Fruit

	Vegetarian (V) or Vegan (VG)	Wheat Gluten (WG), Barley Gluten (BG), Rye Gluten (RG), Oat Gluten (OG)	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Banana & Custard	V	-	-	-	-	-	✓	✓	-	-	-	-	-	-	-
Choconut	V	-	-	-	-	-	✓	✓	✓ hazelnuts	-	-	-	-	-	-
Coconut, Mango & Chia Pot	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Fruit Salad	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Honey & Granola Pot	V	✓ OG	-	-	-	-	-	✓	✓ almonds	-	-	-	-	-	-
Jelly Pot	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Large Fruit Salad	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tropical Fruit Salad	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Seasonal Fruit, Yoghurt & Quinoa	V	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
Seasonal Granola	V	✓ OG	-	-	-	-	-	✓	-	-	-	-	-	-	-
Superberry Pot	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Please note- we use all above allergens in our kitchens, therefore cannot guarantee our food is completely free of any allergens

Street Food

	Vegetarian (V) or Vegan (VG)	Wheat Gluten (WG), Barley Gluten (BG), Rye Gluten (RG), Oat Gluten (OG)	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Jacket Potato Base	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
BBQ Chilli Beans & Chicken	-	-	-	-	-	-	-	-	-	✓	✓	-	-	-	-
Brown Rice Base	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Quinoa & Buckwheat Mix Base	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Super Slaw Base	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Brazilian Pork Feijoada	-	-	-	-	-	-	-	-	-	✓	-	-	-	-	-
Cauliflower Curry	VG	-	-	-	-	-	-	-	-	✓	✓	-	-	-	-
Chicken & Black Bean	-	-	-	-	-	-	-	-	-	✓	-	-	-	-	-
Chilli Con Carne	-	-	-	-	-	-	✓	-	-	✓	-	-	-	-	-
Hawaiian Vegetable Curry	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Hotch Potch	VG	-	-	-	-	-	-	-	-	✓	-	-	-	-	-
Kuala Chicken Curry	-	-	-	-	✓	-	-	-	-	-	-	-	-	-	-
Moroccan Chicken Harira	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mushroom & cheddar Vichyssoise	V	-	-	-	-	-	-	✓	-	✓	-	-	-	-	-
Provençal Chicken	-	-	-	-	-	-	-	-	-	✓	-	-	-	-	-
Saag Paneer	V	-	-	-	-	-	-	✓	-	✓	✓	-	-	-	-
Sri Lankan Chicken	-	-	-	-	-	-	-	-	-	-	-	✓	-	-	-
Thai Green Chicken Curry	-	-	-	-	✓	-	-	-	-	✓	-	-	-	-	-
Thai Vegetable Satay curry	-	-	-	-	-	✓	-	-	-	-	-	-	-	-	-
Three Bean & Sweetcorn Chilli	VG	-	-	-	-	-	✓	-	-	-	-	-	-	-	-
Tostilocos	-	-	-	-	-	-	✓	✓	-	✓	-	-	-	-	-
Vegetarian Paella	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Please note- we use all above allergens in our kitchens, therefore cannot guarantee our food is completely free of any allergens

Soups

	Vegetarian (V) or Vegan (VG)	Wheat Gluten (WG), Barley Gluten (BG), Rye Gluten (RG), Oat Gluten (OG)	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Brazilian Chicken	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Butternut, Lentil & Spinach	VG	-	-	-	-	-	-	-	-	✓	✓	-	-	-	-
Chicken Pesto Noodles	-	-	-	-	-	-	✓	-	-	-	-	-	-	-	-
Leek & Potato	V	-	-	-	-	-	-	✓	-	✓	-	-	-	-	-
Malaysian Chicken	-	-	-	-	✓	-	✓	-	-	✓	-	-	✓	-	-
Malaysian Kelp Noodle	VG	-	-	-	-	-	✓	-	-	✓	-	-	-	-	-
Minestrone	VG	-	-	-	-	-	-	-	-	✓	-	-	-	-	-
Mushroom	V	-	-	-	-	-	-	✓	-	✓	-	-	-	-	-
Ramen Noodle Soup	-	-	✓	-	-	-	✓	-	-	✓	-	-	✓	-	-
Red Thai Chicken & Coconut	-	-	✓	-	✓	-	-	-	-	✓	-	-	-	-	-
Smoked Bacon & Lentil	-	-	-	-	-	-	-	-	-	✓	-	-	-	-	-
Thai Chilli Kale	VG	-	-	-	-	-	✓	-	-	✓	-	-	-	-	-
Thai Spiced Chicken	-	-	-	-	✓	-	-	-	-	✓	-	-	-	-	-
Tomato & Basil	VG	-	-	-	-	-	-	-	-	✓	-	-	-	-	-

Please note- we use all above allergens in our kitchens, therefore cannot guarantee our food is completely free of any allergens

Sandwiches, Wraps & Bakery

	Vegetarian (V) or Vegan (VG)	Wheat Gluten (WG), Barley Gluten (BG), Rye Gluten (RG), Oat Gluten (OG)	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Chicken Caesar Flatbread	-	✓ WG	-	✓	-	-	-	✓	-	-	✓	-	-	-	-
Chicken, Mozzarella & Pesto Flatbread	-	✓ WG	-	-	-	-	-	✓	✓ cashew	-	-	-	-	-	-
Goats Cheese & Vegetable Flatbread	V	✓ WG	-	-	-	-	-	✓	-	-	-	-	-	-	-
Mexican Chicken Flatbread	-	✓ WG	-	-	-	-	-	✓	-	-	-	-	-	-	-
Sweet Chilli Salmon Flatbread	-	✓ WG	-	-	✓	-	-	-	-	-	-	-	-	-	-
Wholemeal Flatbread	VG	✓ WG	-	-	-	-	-	-	-	-	-	-	-	-	-
Multigrain Artisan Roll	VG	✓ WG, BG, RG	-	-	-	-	-	-	-	-	-	✓	-	-	-
White Artisan Roll	VG	✓ WG	-	-	-	-	-	-	-	-	-	-	-	-	-

Please note- we use all above allergens in our kitchens, therefore cannot guarantee our food is completely free of any allergens

Platters (find individual products above)

	Vegetarian (V) or Vegan (VG)	Wheat Gluten (WG), Barley Gluten (BG), Rye Gluten (RG), Oat Gluten (OG)	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Fabulous Flatbread Wraps	-	✓ WG	-	✓	✓	-	-	✓	✓ cashew	-	✓	-	-	-	-
Fruit Platter	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Fruit Salad Selection	VG	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Perfect Pastries	V	✓ WG	-	✓	-	-	✓	✓	-	-	-	-	-	-	-
Super Sandwich Platter	-	✓ WG, BG	-	✓	-	-	-	✓	-	-	✓	✓	-	-	-
Yummy Yoghurt & Fruit	V	✓ OG	-	-	-	-	-	✓	✓ almonds	-	-	-	-	-	-

Please note- we use all above allergens in our kitchens, therefore cannot guarantee our food is completely free of any allergens