

Allergen Information

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

Breakfast Menu

PRODUCT	CLASSIFICATION	ALLERGEN INFORMATION
Acai bowl	V, DF	Contains oat gluten, soya, nuts
Purify - without milk or yoghurt topping	V, DF, GF	Contains nuts
Tropical crunch - without milk or yoghurt topping	V, DF	Contains oat gluten, nuts
High protein- without milk or yoghurt topping	V, DF	Contains oat gluten, nuts
Pancake - Sweet berry	V, GF	Contains egg, milk, nuts
Pancake - Big Apple	V, GF	Contains egg, milk, nuts
Pancake - Nutty Banana	V, GF	Contains egg, milk, nuts, soya
Avocado toast (with GF bread)- Classic	VG, DF, GF	
Avocado toast (with GF bread) - Californian	V, GF	Contains milk
Avocado toast (with GF bread)- ABT	DF, GF	
Avocado toast (with GF bread- Norwegian	DF, GF	Contains fish
Avocado toast (with multi grain bread)- Classic	VG, DF	Contains gluten
Avocado toast (with multi grain bread)- Californian	V	Contains milk, gluten
Avocado toast (with multi grain bread)- ABT	DF	Contains gluten
Avocado toast (with multi grain bread) - Norwegian	DF	Contains fish, gluten
Porridge (with DF porridge) Straight Up	VG, DF, GF	Contains nuts
Porridge (with DF porridge) Warmer	VG, DF, GF	Contains nuts
Porridge (with DF porridge) Magic porridge	VG, DF, GF	Contains nuts
Porridge (with DF porridge) Booster porridge	VG, DF, GF	Contains nuts, sesame
Porridge (with milk porridge) Straight Up	V, DF	Contains nuts, oat gluten
Porridge (with milk porridge) Warmer	V, DF	Contains nuts, oat gluten
Porridge (with milk porridge) Magic porridge	V, DF	Contains nuts, oat gluten
Porridge (with milk porridge) Booster porridge	V, DF	Contains nuts, sesame, oat gluten
Poached egg - High Protein	V, GF	Contains egg, milk
Poached egg - Fire up	GF	Contains egg, milk, celery, sulphites
Poached egg - Ham & cheese	GF	Contains egg, milk

Breakfast Menu

PRODUCT	CLASSIFICATION	ALLERGEN INFORMATION
Scrambled eggs - Old Fashioned	V, GF	Contains egg, milk
Scrambled eggs - Green eggs	V, GF	Contains egg, milk
Scrambled eggs - Supreme	GF	Contains egg, milk, fish
Scrambled eggs - Kick starter	GF	Contains egg, milk
Sandwich (with GF bread) - Lincolnshire sausage	DF	Contains gluten, sulphites
Sandwich (with GF bread) - Streaky bacon	DF, GF	
Sandwich (with GF bread) - Lincolnshire sausage + Streaky bacon	DF	Contains gluten, sulphites
Sandwich (with GF bread) - Smoked salmon	DF, GF	Contains fish
Sandwich (with multi grain bread) - Lincolnshire sausage	DF	Contains gluten, sulphites
Sandwich (with multi grain bread) - Streaky bacon	DF	Contains gluten
Sandwich (with multi grain bread) - Lincolnshire sausage + Streaky bacon	DF	Contains gluten, sulphites
Sandwich (with multi grain bread) - Salmon	DF	Contains fish, gluten
Toast (with GF bread) Perfectly buttered	V, GF	Contains milk
Toast (with GF bread) Nutella	V, GF	Contains soya, milk, nuts
Toast (with GF bread) Marmalade	VG, DF, GF	
Toast (with GF bread) Strawberry jam	VG, DF, GF	
Toast (with GF bread) Peanut butter	VG, DF, GF	Contains nuts
Toast (with GF bread) Almond butter	VG, DF, GF	Contains nuts, sesame
Toast (with GF bread) Spicy houmous	VG, DF, GF	Contains sesame
Toast (with multigrain bread) Perfectly buttered	V	Contains milk, gluten
Toast (with multigrain bread) Nutella	V	Contains soya, milk, nuts, gluten
Toast (with multigrain bread) Marmalade	VG, DF	Contains gluten
Toast (with multigrain bread) Strawberry jam	VG, DF	Contains gluten
Toast (with multigrain bread) Peanut butter	VG, DF	Contains nuts, gluten
Toast (with multigrain bread) Almond butter	VG, DF	Contains nuts, sesame, gluten
Toast (with multigrain bread) Spicy houmous	VG, DF	Contains sesame, gluten

Breakfast Ingredients

PRODUCT	CLASSIFICATION	ALLERGEN INFORMATION
Acai	VG, DF, GF	Contains soya
Almond butter	VG, DF, GF	Contains nuts, sesame
Almond Milk	VG, DF, GF	Contains nuts
Apple	VG, DF, GF	
Bacon	DF, GF	
Banana	VG, DF, GF	
Blueberries	VG, DF, GF	
Blueberry compote	VG, DF, GF	
Brown sugar	VG, DF, GF	
Butter unsalted	V, GF	Contains milk
Caramelised Pecans	VG, DF, GF	Contains nuts
Cherry tomatoes	VG, DF, GF	
Chia Seeds	VG, DF, GF	
Chilli flakes	VG, DF, GF	
Chives	VG, DF, GF	
Chopped dates	VG, DF, GF	
Chorizo	GF	Contains milk
Chunky Avocado	VG, DF, GF	
Cinnamon	VG, DF, GF	
Coconut Yoghurt	VG, DF, GF	
Dried Cranberries	VG, DF, GF	
Dried Goji Berries	VG, DF, GF	
English Mustard	VG, GF	Contains gluten, mustard
Feta	V, GF	Contains milk
Flaked Almonds	VG, DF, GF	Contains nuts
Flax Seeds	VG, DF, GF	

Breakfast Ingredients

PRODUCT	CLASSIFICATION	ALLERGEN INFORMATION
Gluten free bread (Brown tin loaf)	VG, DF, GF	
Goji Berries	VG, DF, GF	
Grana padano	V, GF	Contains egg and milk
Granola	V, DF	Contains gluten, nuts
Grapes	VG, DF, GF	
Greek Style Yoghurt	V, GF	Contains milk
Ham hock	DF, GF	
Honey	V, DF, GF	
Houmous	VG, DF, GF	Contains sesame
Kiwi	VG, DF, GF	
Lemon	VG, DF, GF	
Lincolnshire Sausages (Sliced and cooked)	DF	Contains gluten, sulphites
Low fat yoghurt	V, GF	Contains milk
Mango	VG, DF, GF	
Mango Puree	VG, DF, GF	
Maple Syrup	VG, DF, GF	
Marmalade	VG, DF, GF	
Milk Chocolate buttons	V, GF	Contains milk, soya
Mixed Nuts	VG, DF, GF	Contains nuts
Mixed herbs (Mint, coriander, chives)	VG, DF, GF	
Muesli	V	Contains gluten, milk, nuts
Multi grain bloomer	VG, DF	Contains gluten
Nutella	V, GF	Contains soya, milk, nuts
Organic vegan crunch	VG, DF, GF	
Pancake	V, DF, GF	Contains egg, nuts
Passion fruit puree	VG, DF, GF	

Breakfast Ingredients

PRODUCT	CLASSIFICATION	ALLERGEN INFORMATION
Peanut Butter	VG, DF, GF	Contains nuts
Pineapple	VG, DF, GF	
Poached egg	V, DF, GF	Contains egg
Pomegranate	VG, DF, GF	
Porridge Almond	VG, DF, GF	Contains nuts
Porridge Traditional	V	Contains milk, gluten
Pumpkin Seeds	VG, DF, GF	
Raisins	VG, DF, GF	
Red onion	VG, DF, GF	
Red quinoa	VG, DF, GF	
Rolled Oats	VG, DF	Contains gluten
Rye Flakes	VG, DF	Contains gluten
Salmon (Smoked & sliced)	-	Contains fish
Scrambled eggs (Free range)	V, GF	Contains egg, milk
Semi Skimmed Milk	V, GF	Contains milk
Skimmed Milk	V, GF	Contains milk
Soya Milk	VG, DF, GF	Contains soya
Spinach	VG, DF, GF	
Spicy beans	VG, DF, GF	Contains celery, sulphites
Strawberries	VG, DF, GF	
Strawberry jam	VG, DF, GF	
Sweetcorn	VG, DF, GF	
Streaky bacon	-	
Sunflower Seeds	VG, DF, GF	
Toasted Coconut	VG, DF, GF	
Truffle oil	VG, DF, GF	

Salad Menu

PRODUCT	CLASSIFICATION	ALLERGEN INFORMATION
Bang Bang Chicken	DF, GF	Contains nuts
Chef Salad	GF	Contains sulphite, milk, egg, gluten
Chicken Caesar	DF, GF	Contains nuts
Mango Chicken Burrito	DF	Contains egg, milk, mustard
Nachos Grande	DF	Contains sulphite, milk, egg
Omega bomb	DF	Contains sulphite, sesame, soya, fish
Oriental Prawn	GF	Contains gluten, crustaceans, nuts, soya, sesame, sulphites
Houmous & Falafel	VG, DF	Contains gluten, sesame
Rainbow Veg Noodle	VG, DF	Contains gluten, sesame, soya, sulphites
Protein Power	DF, GF	Contains sulphites, soya, fish, egg
Tuna Nicoise	DF, GF	Contains sulphites, mustard, fish, egg
Viva Espana	-	Contains gluten, milk
Super Cob	GF	Contains mustard, milk, egg

Salad Ingredients

PRODUCT	CLASSIFICATION	ALLERGEN INFORMATION
Bacon	VG, DF, GF	
Baby Spinach	VG, DF, GF	
Beetroot	VG, DF, GF	
Cashew nuts	VG, DF, GF	Contains nuts
Chargrilled cauliflower	VG, DF, GF	
Chargrilled tenderstem broccoli	VG, DF, GF	
Chargrilled peppers	VG, DF, GF	
Cheddar	V, GF	Contains milk
Chicken Breast	DF, GF	
Chilli flakes	VG, DF, GF	
Chorizo	DF, GF	Contains milk
Cos Lettuce	VG, DF, GF	
Courgette & mooli noodles	VG, DF, GF	
Cous Cous	VG, DF	Contains gluten
Croutons	VG, DF	Contains gluten
Cucumber	VG, DF, GF	
Edamame	VG, DF, GF	Contains soya
Egg Pasta	V, DF	Contains gluten, egg
Falafel	VG, DF	Contains gluten
Flaked Almonds	VG, DF, GF	Contains nuts
Free Range Egg	V, DF, GF	Contains egg
Grana Padano	V, GF	Contains egg, milk
Grated Carrot	VG, DF, GF	
Greek Feta	V, GF	Contains milk
Green Beans	VG, DF, GF	
Ham Hock	DF, GF	

Salad Ingredients

PRODUCT	CLASSIFICATION	ALLERGEN INFORMATION
Houmous	VG, DF, GF	
Jalapenos	VG, DF, GF	
Mixed Beans (cannellini, red kidney, borlotti)	VG, DF, GF	
Mixed Herbs (mint, chives, coriander)	VG, DF, GF	
Mixed Leaf	VG, DF, GF	
Mixed Olives	VG, DF, GF	
Mixed Seeds (pumpkin & sunflower)	VG, DF, GF	
Mozzarella	V, GF	Contains milk
New Potatoes	VG, DF, GF	
Peanuts	VG, DF, GF	Contains nuts
Peppers	VG, DF, GF	
Petit Pois	VG, DF, GF	
Prawns	DF, GF	Contains rustaceans
Radish	VG, DF, GF	
Red Onion	VG, DF, GF	
Roasted sweet potato	VG, DF, GF	
Rocket	VG, DF, GF	
Roquito Peppers	VG, DF, GF	
Smoked Salmon	DF, GF	Contains fish
Slaw	VG, DF, GF	
Smoked Tofu	VG, DF	Contains gluten, soya
Soured cream	V, GF	Contains milk
Spicy Avocado	VG, DF, GF	
SunBlush Tomatoes	VG, DF, GF	
Sweetcorn	VG, DF, GF	
Tomatoes	VG, DF, GF	

Salad Ingredients

PRODUCT	CLASSIFICATION	ALLERGEN INFORMATION
Tortilla Chips	VG, DF, GF	
Tuna	DF, GF	Contains fish
White, Red & Black Quinoa	VG, DF, GF	
Apple cider & vinegar	VG, DF, GF	
Balsamic Vinegar	VG, DF, GF	Contains sulphites
Blue Cheese	V, GF	Contains egg, milk, mustard
Caesar	GF	Contains egg, milk, mustard, fish
Caesar Lite	GF	Contains egg, milk, mustard, fish
Extra Virgin Olive Oil	VG, DF, GF	
French Dressing	VG, DF, GF	Contains Mustard, sulphites
Honey Balsamic	V, DF, GF	Contains Mustard, sulphites
Lemon Juice	VG, DF, GF	
Pumpkin oil	VG, DF, GF	
Ranch	V, GF	Contains egg, milk, sulphites
Soy, Sesame & Ginger	VG, DF	Contains gluten, soya, sesame, sulphites
Spicy peanut, sesame oil and lime dressing	VG, DF	Contains gluten, soya, sesame, nuts
Sweet Chilli & Lime	VG, DF, GF	

Corporate Platter Menu

PLATTER	CAL/SERVING	CLASSIFICATION	ALLERGEN INFORMATION
Breakfast Platter - Avocado Sandwiches	343 (serves 8)		Contains fish, milk, wheat and barley gluten
Breakfast Platter - Avocado + Bacon Sandwiches	325 (serves 8)	DF	Contains fish, wheat and barley gluten
Breakfast Yoghurt Style Pots	291 (serves 8)	V, GF	Contains almonds, nuts, soya, milk and rye gluten
Power Pots Platter	146 (serves 8)	GF	Contains egg, fish, nuts and milk
Vegetarian Sandwich Platter	435 (serves 6)	V	Contains milk, wheat & barley gluten, soya, sulphites, egg, sesame and nuts
Meat Sandwich Platter	392 (serves 6)		Contains wheat & barley gluten, soya, sulphites, egg, sesame, milk, fish and mustard
Wrap And Crudite Platter - Veggie	360 (serves 6)	V	Contains nuts, celery, milk, sesame, wheat gluten and sulphites
Wrap And Crudite Platter - Meat	365 (serves 6)		Contains nuts, celery, milk, sesame, wheat gluten, soya, fish and sulphites
Wrap And Sandwich Platter - Meat And Veg	327 (serves 10)		Contains nuts, milk, sesame, wheat & barley gluten, soya, fish, egg and sulphites
Wrap And Sandwich Platter - Veggie	325 (serves 10)		Contains nuts, milk, sesame, wheat & barley gluten, soya, egg and sulphites
Indian Deli Platter	214 (serves 8)		Contains milk, nuts and wheat gluten
Classic Deli Platter	168 (serves 8)		Contains wheat & rye gluten, milk, soya, celery, sulphites and egg.
Asian Deli Platter	414 (serves 8)		Contains wheat gluten, soya, peanut, nuts, egg, crustaceans and sesame
A Vital Taster	447 (serves 8)		Contains wheat & barley gluten, soya, sulphites, milk, egg, nuts, fish and sesame
Satay Box	359 (serves 6)	DF	Contains soya and wheat gluten
Chicken Tikka Box	107 (serves 6)	GF	Contains milk
Fruit Salad Selection	51 (serves 8)	VG	
Perfect Pastries	368 (serves 6)	V	Contains wheat gluten, egg, milk and soya
Onion Bhaji Box	83 (serves 6)	V, GF	Contains milk
Crudite Box	69 (serves 6)	VG, DF, GF	Contains celery and sesame
Macaroons Box	149 (serves 12)	V	Contains nuts, egg, soya, barley gluten and milk
Classic Brownie Box	190 (serves 8)	V, GF	Contains milk, egg, soya and nuts.
Oaty Apricot Bar Box	177 (serves 8)	V	

Wraps, bakery

PRODUCT	CLASSIFICATION	ALLERGEN INFORMATION
Chicken Caesar Flatbread	Contains gluten	Contains egg, milk, mustard, gluten
Chicken, Mozzarella & Pesto Flatbread	-	Contains milk, nuts, gluten
Goats Cheese & Vegetable Flatbread	V	Contains milk, gluten
Mexican Chicken Flatbread	-	Contains milk, gluten
Sweet Chilli Salmon Flatbread	DF	Contains fish, gluten
Wholemeal Flatbread	VG, DF	Contains gluten
Multigrain Artisan Roll	VG, DF	Contains sesame, gluten
White Artisan Roll	VG, DF	Contains gluten

Soups

PRODUCT	CLASSIFICATION	ALLERGEN INFORMATION
Brazilian Chicken	DF, GF	
Butternut, Lentil & Spinach	VG, DF, GF	Contains celery, mustard
Chicken Pesto Noodles	DF, GF	Contains soya
Leek & Potato	V, GF	Contains milk, celery
Malaysian Chicken	DF, GF	Contains fish, soya, celery, sulphites
Malaysian Kelp Noodle	VG, DF, GF	Contains soya, celery
Minestrone	VG, DF, GF	Contains celery
Mushroom	V, GF	Contains milk, celery
Ramen Noodle Soup	DF, GF	Contains crustaceans, soya, celery, sulphites
Red Thai Chicken & Coconut	DF, GF	Contains crustaceans, fish, celery
Smoked Bacon & Lentil	DF, GF	Contains celery
Thai Chilli Kale	VG, GF	Contains milk, celery
Thai Spiced Chicken	DF, GF	Contains fish, celery
Tomato & Basil	VG, DF, GF	Contains celery

Stews

PRODUCT	CLASSIFICATION	ALLERGEN INFORMATION
Jacket Potato Base	VG, DF, GF	
BBQ Chilli Beans & Chicken	DF, GF	Contains celery, mustard
Brown Rice Base	VG, DF, GF	
Quinoa & Buckwheat Mix Base	VG, DF, GF	
Super Slaw Base	VG, DF, GF	
Brazilian Pork Feijoada	DF, GF	Contains celery
Cauliflower Curry	VG, DF, GF	Contains celery, mustard
Chicken & Black Bean	DF, GF	Contains celery
Chilli Con Carne	DF, GF	Contains celery, soya
Hawaiian Vegetable Curry	VG, DF, GF	
Hotch Potch	VG, DF, GF	Contains celery
Kuala Chicken Curry	DF, GF	Contains fish
Moroccan Chicken Harira	DF, GF	
Mushroom & cheddar Vichyssoise	V, GF	Contains celery, milk
Provençal Chicken	DF, GF	Contains celery
Saag Paneer	V, GF	Contains milk, celery, mustard
Sri Lankan Chicken	DF, GF	Contains mustard
Thai Green Chicken Curry	DF, GF	Contains fish, celery
Thai Vegetable Satay curry	DF, GF	Contains nuts
Three Bean & Sweetcorn Chilli	VG, DF, GF	Contains soya
Tostilocos	DF, GF	Contains soya, milk, celery
Vegetarian Paella	VG, DF, GF	

Sweet Pots

PRODUCT	CLASSIFICATION	ALLERGEN INFORMATION
Banana & Custard	V, GF	Contains milk, soya
Coconut, Mango & Chia Pot	VG, DF, GF	
Fruit Salad	VG, DF, GF	
Honey & Granola Pot	V	Contains gluten, milk, nuts
Jelly Pot	DF, GF	
Large Fruit Salad	VG, DF, GF	
Tropical Fruit Salad	VG, DF, GF	
Seasonal Fruit, Yoghurt & Quinoa	V, GF	Contains milk
Seasonal Granola	V	Contains gluten, milk
Superberry Pot	VG, DF, GF	
Choconut Pot	V, GF	Contains soya, milk, nuts

Raw & Naked Smoothies

PRODUCT	CLASSIFICATION	ALLERGEN INFORMATION
Brain Fixer	VG, DF, GF	Contains celery
Cacao, Seed & Nut Booster	V, DF, GF	Contains nuts, soya
Matcha Pure	VG, DF, GF	
Mean & Green Smoothie	VG, DF, GF	Contains celery
Protein Powerhouse	V, DF, GF	Contains soya
Supercharger	VG, DF, GF	Contains celery
Turmeric & Ginger	VG, DF, GF	
Vit C Hit	VG, DF, GF	
Vital Immune Boost	V, DF, GF	
Virgin Mojito	VG, DF, GF	