

Updated: 01.12.2023

Items Contents. Key: ✓(Product Contains) Y (Suitable For)	Veg	Vegan	Celery	Cereals containing gluten – including wheat, rye, barley and oats	Crustaceans – such as prawns, crabs and lobsters	Eggs	Fish	Lupin	Milk	Molluscs – such as mussels and oysters	Mustard	Tree nuts – including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia	Peanuts	Sesame seeds	Soybeans	Sulphur dioxide and sulphites (if they are at a concentration of more than ten parts per million)	
<b>Chopped Bowls (all NO dressing and mixed leaves, spinach, cos or kale base)</b>																	
Mango Chicken Bowl				✓							✓			✓			
Falafel Habibi Bowl	Y	Y		✓										✓			✓
Berry Well Bowl	Y								✓			✓					✓
Spring Chicken Bowl													✓	✓			
Protein Power Bowl						✓			✓		✓						✓
Omega Tuna Bowl						✓	✓										
Nacho Avocado Bowl	Y	Y															✓
<b>Chopped Bowls (all NO dressing and quinoa-spelt mix base)</b>																	
Mango Chicken Bowl				✓							✓			✓			
Falafel Habibi Bowl	Y	Y		✓										✓			✓
Berry Well Bowl	Y			✓					✓			✓					✓
Spring Chicken Bowl				✓									✓	✓			
Protein Power Bowl				✓		✓			✓		✓						✓
Omega Tuna Bowl				✓		✓	✓										
Nacho Avocado Bowl	Y	Y		✓													✓
<b>Big-Rolls (all NO dressing and mixed leaves, spinach, cos, kale or quiona-spelt mix base)</b>																	
Mango Chicken Roll				✓							✓			✓			✓
Falafel Habibi Roll	Y	Y		✓										✓			✓
Nacho Avocado Roll	Y	Y		✓													✓
Berry Well Roll	Y			✓					✓			✓					✓
Protein Power Roll				✓		✓			✓		✓						✓
Spring Chicken Roll				✓									✓	✓			
Omega Tuna Roll				✓		✓	✓										
<b>Luna Melts (inc dressing &amp; sides)</b>																	
Spicy Chicken Tikka				✓					✓		✓			✓	✓		✓
Feta & Spinach	Y			✓		✓			✓		✓			✓			✓

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Tuna & Sweetcorn				✓		✓	✓		✓		✓			✓		✓
Protein Chicken & Egg				✓		✓			✓		✓			✓		✓
Falafel & Sundried Tomato	Y	Y	✓	✓							✓			✓		✓
<b>Soups - Main</b>																
Tomato & Basil (8oz and 16oz)	Y								✓							
Butternut and Sweet Potato Soup (8oz and 16oz)	Y			✓					✓							
<b>Soups - MEAL DEAL</b>																
Tomato & Basil (8oz) - Meal Deal	Y								✓							
Butternut and Sweet Potato Soup (8oz) - Meal Deal	Y								✓							
<b>Smoothies</b>																
Mango Rose	Y								✓							✓
Meet Your Matcha	Y	Y													✓	✓
Peanut Power	Y			✓					✓				✓			
Purple Rain	Y	Y		✓											✓	
Blue Velvet	Y	Y		✓											✓	✓
<b>Dressings</b>																
Sweet Honey Mustard	Y			✓							✓					✓
Pomegranate Balsamic	Y	Y		✓												
Spicy Peanut Ginger	Y	Y		✓									✓		✓	✓
Chef's	Y					✓			✓		✓					✓
Lemon Tahini	Y	Y												✓		✓
Piri Piri	Y								✓							✓
Sweet Tomato Dressing	Y	Y	✓	✓							✓			✓		✓
<b>Pots</b>																
Choconut Chia	Y	Y										✓			✓	
Choconut Chia Big	Y	Y										✓			✓	
Honey Yogurt	Y								✓							
Super Seed & Banana	Y								✓			✓				
Protein Pot	Y			✓		✓										
Falafel Pot	Y	Y		✓										✓		✓



