

	Items Contents. Key: ✓(Product Contains) * (May Contains) VG (Suitable For Vegans) V (Suitable For Vegetarians) P (Suitable For Pescatarians) NG (Non Contains Gluten) ND (Non Contains Dairy)	Vegan	Vegetarian	Pescatarian	Non Gluten	Non Dairy	Celery	Gluten/ Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide and sulphites	
	Pomegranate Seeds	VG	V	P	NG	ND															
	Poppadom	VG	V	P	NG	ND												✓			
	Quinoa	VG	V	P	NG	ND															
	Radishes	VG	V	P	NG	ND															
	Red Cabbage	VG	V	P	NG	ND															
	Red Onion	VG	V	P	NG	ND															
	Salmon Fillet			P	NG	ND				✓											
	Salted Peanuts	VG	V	P	NG	ND											✓				
	Seasonal Thyme Roasted Vegetables	VG	V	P	NG	ND													*	✓	
	Sesame seeds	VG	V	P	NG	ND												✓			
	Smoked Salmon			P	NG	ND				✓											
	Spring Onions	VG	V	P	NG	ND															
	Strawberries	VG	V	P	NG	ND															
	Sundried Tomatoes	VG	V	P	NG	ND															
	Sunflower Seeds	VG	V	P	NG	ND															
	Sweetcorn	VG	V	P	NG	ND															
	Tikka Chicken				NG	ND	✓								✓						
	Tofu	VG	V	P	NG	ND												✓	✓	✓	
	Togarashi	VG	V	P	NG	ND												✓			
	Tortilla chips	VG	V	P	NG	ND															
	Tuna			P	NG	ND				✓											
	Tuna Dill Mayo Salad			P	NG	ND			✓	✓					✓						
	Vegan Cheese	VG	V	P	NG	ND															
	Yoghurt		V	P	NG								✓								
	Za'tar	VG	V	P	NG	ND												✓			
HOT DRINKS	Oat Milk	VG	V	P		ND		✓													
	Coconut Milk	VG	V	P	NG	ND										*			✓		
	Semi skinny milk		V	P	NG								✓								
	Coffee beans	VG	V	P	NG	ND								✓							
	Chocolate		V	P	NG									✓						✓	
	Chai Syrup	VG	V	P	NG	ND															
	Caramel	VG	V	P	NG	ND															
PLATTERS (all NO dressing)	Mango Chicken Platter				NG	ND	✓								✓			✓			
	Spring Chicken Platter				NG	ND											✓	✓			
	Protein Power Platter				NG				✓				✓		✓						
	Nacho Avocado Platter	VG	V	P	NG	ND														✓	
	O-mega Tuna Platter			P	NG	ND			✓	✓											
	Falafel Habibi Platter	VG	V	P	NG	ND									✓			✓			
	Berry Well Platter		V	P	NG								✓			✓				✓	
	Crispy Crunch Platter		V	P										✓				✓	*	✓	
	Crudite Platter	VG	V	P	NG	ND	✓												✓		
	Fruit Salad Platter	VG	V	P	NG	ND															
	Mediterranean Platter		V	P				✓						✓		✓			✓		
	Protein Platter				NG					✓				✓		✓				✓	
	Tomato Mozzarella Platter		V	P	NG									✓							✓