Items Contents.
Key:
✓(Product Contains)
* (May Contains)
VG (Suitable For Vegans)
V (Suitable For Vegetarians)
P (Suitable For Pescatarians)
NG (Non Contains Gluten)
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
SALAD BOWLS (all NO dressing, NO base)	Caesar Bowl							✓		✓			✓							
	Italian Bowl				NG					✓			✓							
	Mango Chicken Bowl				NG	ND									✓			✓		
	Nacho Avocado Bowl	VG	V	P	NG	ND														✓
	Protein Power Bowl				NG					✓			✓		✓					
	Spring Chicken Bowl				NG	ND											✓	✓		
	Sunny Salmon Bowl			P	NG	ND					✓							✓	✓	
	Tuna Tzatziki Bowl			P	NG					✓	✓		✓		✓					✓
BOWLS BASES	Cos Lettuce	VG	V	P	NG	ND														
	Spinach Leaves	VG	V	P	NG	ND														
	Spring Leaves	VG	V	P	NG	ND														
	Steamed White Rice	VG	V	P	NG	ND														
	Fusilli Pasta	VG	V	P		ND		✓							*				*	
	Quinoa	VG	V	P	NG	ND														
Cheese Melts	Spicy Chicken Tikka							✓					✓		✓			✓	✓	✓
	Feta & Spinach		V	P				✓		✓			✓		✓			✓	*	✓
	Protein Chicken & Egg							✓		✓			✓		✓			✓	*	✓
	Piri Piri Melt							✓		✓			✓		✓				*	✓
SIDES for Cheese Melts	Tortilla Chips	VG	V	P	NG	ND														
	Coleslaw		V	P	NG	ND				✓					✓					
	Corn Salsa	VG	V	P	NG	ND														✓
	Dip: Lemon Tahini dressing	VG	V	P	NG	ND												✓		✓
	Dip: Piri Piri dressing		V	P	NG								✓							✓
	Dip: Chef dressing		V	P	NG					✓			✓		✓				*	✓
HEARTY SIGNATURE BOWLS	Chilli con Carne Bowl				NG								✓						*	
	Harissa Chicken Bowl				NG	ND										✓	✓	✓	*	✓
	Korean Beef Bowl					ND		✓										✓	✓	
	Sweet Chilli Salmon			P	NG	ND					✓							✓	*	✓
	Thai Peanut Curry Bowl	VG	Y	P	NG	ND											✓		*	
DRESSINGS	Avocado Cream		V	P	NG					✓			✓							✓
	Balsamic Vinegar	VG	V	P	NG	ND														✓
	Basil Pesto	VG	V	P	NG	ND														
	Caesar		V	P	NG					✓			✓					*	✓	✓
	Chef		V	P	NG					✓			✓		✓					✓
	Honey Harissa Dressing		V	P	NG	ND										✓	✓	✓	*	✓
	Korean BBQ Dressing	VG	V	P		ND		✓										✓	✓	
	Lemon Juice	VG	V	P	NG	ND														✓
	Lemon Tahini	VG	V	P	NG	ND												✓		✓
	Olive Oil (EVOO)	VG	V	P	NG	ND														
	Piri Piri		V	P	NG								✓							✓
	Pomegranate Balsamic	VG	V	P		ND		✓												
	Sweet Chilli Sauce	VG	V	P	NG	ND													✓	✓
	Turmeric Honey Mustard		V	P		ND		✓							✓					✓
SNACK POTS	Choconut Chia	VG	V	P	NG	ND										✓			*	
	Choconut Chia Big	VG	V	P	NG	ND										✓			✓	
	Honey Yogurt		V	P	NG								✓							
	Super Seed & Banana		V	P	NG								✓			✓				
	Protein Pot		V	P	NG					✓										
	Summer Berry Chia	VG	V	P	NG	ND													*	
	Mango Chia Pot	VG	V	P	NG	ND													*	
	Bahn Mi Wrap							✓					✓					✓	✓	✓

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WRAPS	Caesar Wrap							✓		✓			✓					*	✓	✓
	Greek Wrap		V	P				✓					✓							✓
	Spicy Chicken Tikka Wrap							✓		✓			✓		✓				*	✓
	Falafel Wrap	VG	V	P		ND		✓										✓	*	✓
	Tuna & Cucumber Wrap			P		ND		✓		✓	✓				✓					
DELI SIDES	Avocado & Tortilla Chips	VG	V	P	NG	ND														✓
	Avocado Tuna			P	NG	ND				✓	✓				✓					
	Falafel Hummus	VG	V	P		ND		✓										✓		
	Tortilla Bread	VG	V	P		ND		✓												
TOPPINGS	Apple	VG	V	P	NG	ND														✓
	Avocado	VG	V	P	NG	ND														✓
	Basil	VG	V	P	NG	ND														
	Beetroot	VG	V	P	NG	ND														
	Bellpepper - yellow and red	VG	V	P	NG	ND														
	Blueberries	VG	V	P	NG	ND														
	Broccoli	VG	V	P	NG	ND														
	Carrot	VG	V	P	NG	ND														
	Celery Bunch	VG	V	P	NG	ND	✓													
	Chana Chickpeas	VG	V	P	NG	ND									✓					
	Cheddar Cheese		V	P	NG								✓							
	Cherry Tomatoes	VG	V	P	NG	ND														
	Chicken				NG	ND														
	Coriander	VG	V	P	NG	ND														
	Corn Salsa	VG	V	P	NG	ND														✓
	Crispy Opinions	VG	V	P	NG	ND		✓												
	Crush Walnuts	VG	V	P	NG	ND										✓				
	Cucumber	VG	V	P	NG	ND														
	Cucumber Tzatziki	VG	V	P	NG								✓							✓
	Dried Cranberries	VG	V	P	NG	ND														
	Edamame Beans	VG	V	P	NG	ND													✓	
	Egg		V	P	NG	ND				✓										
	Falafel	VG	V	P	NG	ND		✓												
	Feta Cheese		V	P	NG								✓							
	Gherkins	VG	V	P	NG	ND									✓					
	Grana Padano		V	P	NG					✓			✓							
	Grapes	VG	V	P	NG	ND														
	Harissa Chicken				NG	ND										✓	✓	✓	*	
	Hummus	VG	V	P	NG	ND												✓		
	Jalapenos	VG	V	P	NG	ND														
	Korean Beef					ND		✓										✓	✓	
	Mango	VG	V	P	NG	ND														
	Melon	VG	V	P	NG	ND														
	Mint	VG	V	P	NG	ND														
	Mozzarela Cheese		V	P	NG								✓							
	Mung Beansprouts	VG	V	P	NG	ND														
	Olives (green and black)	VG	V	P	NG	ND														✓
	Parsley	VG	V	P	NG	ND														
	Pickled Red Onions	VG	V	P	NG	ND														
	Pineapple	VG	V	P	NG	ND														
	Plum Tomatoes	VG	V	P	NG	ND														
	Pomegranate Seeds	VG	V	P	NG	ND														
	Poppadom	VG	V	P	NG	ND												✓		
	Quinoa	VG	V	P	NG	ND														

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	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								✓							✓