19.05.2024

Our food is prepared in an environment where allergenic ingredients are used. Due to the nature of our kitchens we therefore cannot guarantee that products prepared in our premises will not contain traces of any of the 14 allergens.

	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	VG	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					✓										

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	Summer Berry Chia	VG	V	P	NG	ND													*	
	Mango Chia Pot	VG	V	P	NG	ND													*	
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														

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	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								✓							✓
KIDS MEAL	Cheese Melt		V	P				✓					✓							
	Chicken & Cheese Melt							✓					✓							
	Cucumber & Hummus Pot	VG	V	P	NG	ND												✓		
	Apple Mango Smoothie	VG	V	P	NG	ND														
	Organic Smooth Orange Juice	VG	V	P	NG	ND														