

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)
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
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SALAD BOWLS (all NO dressing, NO base)	Caesar Bowl							✓		✓			✓								
	Chicken & Roasted Veggies Bowl				NG	ND									✓						
	Mango Chicken Bowl				NG	ND									✓			✓			
	Nacho Avocado Bowl	VG	V	P	NG	ND															✓
	Protein Power Bowl				NG					✓			✓		✓						
	Spring Chicken Bowl				NG	ND											✓	✓			
	Hearty Falafel & Quinoa Bowl (with TOFU)	VG	V	P		ND		✓										✓	✓	✓	✓
	Hearty Falafel & Quinoa Bowl (with FALAFEL)	VG	V	P		ND												✓			
Tuna & Sweet Potato Bowl			P	NG	ND				✓	✓											
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							✓		✓			✓		✓				*	✓	
	Chicken & Mushrooms Melt							✓					✓								
SIDES for Cheese Melts	Tortilla Chips	VG	V	P	NG	ND															
	Coleslaw		V	P	NG	ND			✓						✓						
	Mashed Potato		V	P	NG	ND						✓									
	Guacamole	VG	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: Sweet Chili							✓												✓	✓
HEARTY SIGNATURE BOWLS	Chilli con Carne Bowl				NG							✓							*		
	Harissa Chicken Bowl				NG	ND													✓	✓	
	Korean Beef Bowl					ND		✓										✓	✓		
	Mexican Bowl				NG			*				✓		*					*	✓	
	Sweet Chilli Salmon			P		ND		✓			✓							✓	✓	✓	
	Teriyaki Bowl					ND		✓										✓	✓		
Thai Coconut Curry Bowl	VG	Y	P	NG	ND										✓			*			
DRESSINGS	Balsamic Vinegar	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		✓													
	Sriracha Mayo		V	P	NG	ND				✓											
	Sweet Chilli Sauce	VG	V	P		ND		✓											✓	✓	
	Teriyaki Sauce	VG	V	P		ND		✓											✓		
Turmeric Honey Mustard		V	P		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														
Radishes	VG	V	P	NG	ND														
Red Cabbage	VG	V	P	NG	ND														
Red Kidney Beans	VG	V	P	NG	ND														
Red Onion	VG	V	P	NG	ND														
Roasted Mushrooms	VG	V	P	NG	ND														
Roasted Sweetcorn	VG	V	P	NG	ND														
Roasted Sweet Potato	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													✓	
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														
Teriyaki Chicken					ND				✓										✓
Tikka Chicken				NG	ND										✓				
Tofu	VG	V	P		ND				✓									✓	✓
Togarashi	VG	V	P	NG	ND													✓	
Tortilla chips	VG	V	P	NG	ND														
Tuna			P	NG	ND				✓										
Vegan Cheese	VG	V	P	NG	ND														
Yoghurt		V	P	NG									✓						
Za'tar	VG	V	P	NG	ND													✓	
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														
English Breakfast Tea	VG	V	P	NG	ND														
Earl Grey Tea	VG	V	P	NG	ND														
Green Tea	VG	V	P	NG	ND														
Caramel	VG	V	P	NG	ND														
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									✓						✓
Fusion Croissant Platter (Individual Portions)									✓	✓			✓						✓
Avocado, Cheese and Tomatoes Croissant		V	P						✓				✓						✓
Scrambled Eggs, Smoked Turkey				ND					✓	✓									

HOT DRINKS

PLATTERS (all NO dressing)	Mozzarella Cheese, Tomatoes, Rocket Leaves		V	P					✓					✓							
	Egg-cellent Platter (Individual portions)								✓					✓		✓			✓	✓	
	Halal Turkey Box					NG	ND														
	White Cheese Box		V	P	NG									✓							
	Falafel & Hummus Bow		V	P		ND			✓						✓				✓		
	Avocado & Corn Salsa Box		V	P	NG	ND															✓
	Seasonal Wraps Platter - Vegetarian		V	P					✓						✓				✓	✓	
	Falafel Habibi Wrap	VG	V	P		ND			✓										✓	✓	
	Nacho Avocado Wrap		V	P					✓						✓						✓
	Greek Wrap		V	P					✓						✓						✓
	Seasonal Wraps Platter - Mix																				
	Nacho Avocado Wrap		V	P					✓						✓						✓
	Greek Wrap		V	P					✓						✓						✓
	Spicy Tikka Wrap								✓	✓				✓	✓					*	✓
	Caesar Wrap								✓	✓				✓					*	✓	✓
	Coconut Chia Morning Box	VG	V	P		ND			✓										✓		
	Mango Almond Sunrise	VG	V	P		ND			✓										✓		
	Granola Crunch	VG	V	P		ND			✓												
	Strawberry Almond Delight	VG	V	P		ND			✓										✓		
	Chocolate Banana Dream	VG	V	P		ND			✓												
	Berry Fusion	VG	V	P		ND			✓												
	Delux Croissant Platter		V	P					✓						✓						✓
	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															
SPECIALS	Chocoluna Brownie	VG	V	P	NG	ND												✓		✓	