CHC	Items Contents. Key: V(Product Contains) * (May Contains) VG (Suitable For Vegans) VG (Suitable For Vegans) V (Suitable For Vegatarians) P (Suitable For Pecatarians) 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
	Caesar Bowl							√		 ✓ 			\checkmark							
-	Chicken & Roasted Veggies Bowl				NG	ND									~					
ase)	Mango Chicken Bowl			1	NG	ND									~			~		
NO b	Nacho Avocado Bowl	VG	v	Р	NG	ND														\checkmark
D BO ssing,	Protein Power Bowl				NG					~			✓		~					
SALA O dre	Spring Chicken Bowl				NG	ND											✓	√		
SALAD BOWLS (all NO dressing, NO base)	Hearty Falafel & Quinoa Bowl (with TOFU)	VG	v	Р		ND		✓										✓	✓	✓
-	Hearty Falafel & Quinoa Bowl (with FALAFEL)	VG	v	Р		ND												✓		
-	Tuna & Sweet Potato Bowl			Р	NG	ND				✓	✓									
	Cos Lettuce	VG	v	Р	NG	ND														
s	Spinach Leaves	VG	v	Р	NG	ND														
BASE	Spring Leaves	VG	v	Р	NG	ND														
BOWLS BASES	Steamed White Rice	VG	v	Р	NG	ND														
× ×	Fusilli Pasta	VG	v	Р		ND		✓							*				*	
-	Quinoa	VG	v	Р	NG	ND														
	Spicy Chicken Tikka							✓					✓		~			✓	~	✓
elts	Feta & Spinach		v	Р				~		~			~		~			~	*	~
Cheese Melts	Protein Chicken & Egg							~		~			~		~			~	*	1
Chee	Piri Piri Melt							~		~			\checkmark		~				*	~
	Chicken & Mushrooms Melt							~					✓							
	Tortilla Chips	VG	v	Р	NG	ND														
	Coleslaw		v	P	NG	ND				✓					✓					
1elts	Mashed Potato		v	Р	NG	ND							~							
or Cheese Melts	Guacamole	VG	V	P	NG	ND							•							
r Che	Corn Salsa	VG	v	P	NG	ND														~
SIDES fo	Dip: Lemon Tahini dressing	VG	v	P	NG	ND												~		·
SIC	Dip: Piri Piri dressing		v	P	NG								~							· •
	Dip: Sweet Chili							√					•						~	▼ ✓
	Chilli con Carne Bowl				NG			•					~						*	·
VIS	Harissa Chicken Bowl				NG	ND							•						✓	~
E BO/	Korean Beef Bowl				NO	ND		~										~	• •	L.
ATUR .	Mexican Bowl				NG			*					~		*			•	*	~
HEARTY SIGNATURE BOWLS	Sweet Chilli Salmon			Р	NO	ND		~			~		•					~	~	▼ ✓
ARTY	Teriyaki Bowl					ND		▼ ✓			•							▼ ✓	▼ √	•
뽀	Thai Coconut Curry Bowl	VG	Y	Р	NG	ND		•									~	-	*	
		_															•			
	Balsamic Vinegar	VG	V	Р	NG	ND							,					*	,	√ √
	Caesar		V	P	NG					✓ ✓			√ /		✓				~	✓ ✓
ŀ	Chef		V	P	NG	ND				✓			~		V				~	✓
	Honey Harissa Dressing	10	V	Р Р	NG	ND		.1										1		
ŀ	Korean BBQ Dressing	VG	v v	P	NC	ND		~										~	✓	
ទ	Lemon Juice	VG			NG	ND												1		√ √
DRESSIN GS	Lemon Tahini	VG	V	P	NG	ND												~		✓
Ы	Olive Oil (EVOO)	VG	V	P	NG	ND							1							1
ŀ	Piri Piri		V	P	NG			,					~							✓
	Pomegranate Balsamic	VG	V	P		ND		~												
ŀ	Sriracha Mayo		V	Р	NG	ND				✓										
	Sweet Chilli Sauce	VG	V	Р		ND		✓ ✓											✓ ✓	~
ŀ	Teriyaki Sauce	VG	V	Р		ND		~											✓	
	Turmeric Honey Mustard		v	Р		ND		\checkmark							\checkmark					\checkmark

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							1		1			1		1	1		1		*	
	Choconut Chia	VG	V	Р	NG	ND										✓				
	Choconut Chia Big	VG	V	Р	NG	ND							-			\checkmark			✓	
SNACK POTS	Honey Yogurt		V	Р	NG								✓							
IACK	Super Seed & Banana		V	P	NG								~			\checkmark				
S	Protein Pot	_	V	Р	NG					~										
	Summer Berry Chia	VG	V	Р	NG	ND													*	
	Mango Chia Pot	VG	V	Р	NG	ND													*	
	Bahn Mi Wrap							~					~					~	 Image: A second s	 Image: A second s
	Caesar Wrap							~		✓			✓					*	 Image: A second s	 Image: A second s
APS	Greek Wrap		v	Р				~					 Image: A second s							 Image: A second s
WRAPS	Spicy Chicken Tikka Wrap							✓		✓			✓		✓				*	✓
	Falafel Wrap	VG	v	Р		ND		\checkmark										~	*	~
	Tuna & Cucumber Wrap			Р				✓	-	✓	~		✓	-	√				1	~
	Chilli Heatwave Chicken			Р		ND		~		~									✓	
IDES	Guacamole & Tortilla Chips	VG	V	Р	NG	ND														
DELI SIDES	Falafel Hummus	VG	v	Р		ND		~										✓		
-	Teriyaki Sesame Tofu	VG	v	Р		ND		 Image: A second s										 Image: A second s	✓	 Image: A second s
	Tortilla Bread	VG	v	Р		ND		~												
	Apple	VG	V	Р	NG	ND														 Image: A second s
	Avocado	VG	v	Р	NG	ND														✓
	Basil	VG	V	Р	NG	ND														
	Beetroot	VG	v	Р	NG	ND														
	Bellpepper - yellow and red	VG	v	Р	NG	ND														
	Blueberries	VG	v	Р	NG	ND														
	Broccoli	VG	v	Р	NG	ND														
	Carrot	VG	v	Р	NG	ND														
	Celery Bunch	VG	v	Р	NG	ND	 ✓ 													
	Chana Chickpeas	VG	v	Р	NG	ND									✓					
	Cheddar Cheese		v	Р	NG								✓							
	Cherry Tomatoes	VG	v	Р	NG	ND														
	Chicken				NG	ND														
	Chuka Wakame Seaweed	VG	v	Р		ND		 Image: A set of the set of the										√	✓	
	Coriander	VG	v	Р	NG	ND														
	Corn Salsa	VG	v	Р	NG	ND														 Image: A set of the set of the
	Crispy Opinions	VG	v	Р	NG	ND		 Image: A second s												
	Crush Walnuts	VG	v	Р	NG	ND										✓				
	Cucumber	VG	v	Р	NG	ND														
	Dried Cranberries	VG	v	Р	NG	ND														
	Edamame Beans	VG	v	Р	NG	ND													1	
	Egg		v	Р	NG	ND				√										
	Falafel	VG	v	Р	NG	ND												✓		
	White Cheese		v	Р	NG								✓							
	Gherkins	VG	V	Р	NG	ND									✓					
	Grana Padano		v	Р	NG					✓			✓							
	Grapes	VG	V	Р	NG	ND														
	Grilled Peppers	VG	v	Р	NG	ND														
	Guacamole																			
	Harissa Chicken				NG	ND										✓	✓	✓	*	
	Hummus	VG	V	Р	NG	ND												✓		
	Jalapenos	VG	v	Р	NG	ND										1		1		
	Korean Beef					ND		✓										✓	✓	
TOPPINGS	Mango	VG	v	Р	NG	ND														
	Melon	VG	v	Р	NG	ND														
	Mint	VG	v	Р	NG	ND														
	Mozzarela Cheese		v	Р	NG								~							
	Mung Beansprouts	VG	v	Р	NG	ND														
	Olives (black and green)	VG	v	Р	NG	ND														✓
	on control forder and Breen)																			

							1	1									
Parsley	VG	V	Р	NG	ND												
Pickled Red Onions	VG	V	Р	NG	ND												
Pineapple	VG	V	Р	NG	ND												
Plum Tomatoes	VG	V	Р	NG	ND												
Pomegranate Seeds	VG	V	Р	NG	ND												
Poppadom	VG	V	Р	NG	ND										~		
Quinoa	VG	V	P	NG	ND												
Radishes	VG	V	Р	NG	ND												
Red Cabbage	VG	V	Р	NG	ND												
Red Kidney Beans	VG	V	Р	NG	ND						-						
Red Onion	VG	V	Р	NG	ND												
Roasted Mushrooms	VG	V	Р	NG	ND												
Roasted Sweetcorn	VG	V	P	NG	ND												
Roasted Sweet Potato	VG	V	Р	NG	ND												
Salmon Fillet			Р	NG	ND					~							
Salted Peanuts	VG	V	Р	NG	ND									~			
Seasonal Thyme Roasted Vegetables	VG	V	Р	NG	ND											*	~
Sesame seeds	VG	V	Р	NG	ND										~		
Spring Onions	VG	V	Р	NG	ND												
Strawberries	VG	V	Р	NG	ND												
Sundried Tomatoes	VG	V	Р	NG	ND												
Sunflower Seeds	VG	V	Р	NG	ND												
Sweetcorn	VG	V	Р	NG	ND												
Teriyaki Chicken					ND		~									\checkmark	
Tikka Chicken				NG	ND							~					
Tofu	VG	V	Р		ND		~								 Image: A start of the start of	~	\checkmark
Togarashi	VG	v	Р	NG	ND										~		
Tortilla chips	VG	V	Р	NG	ND	_											
Tuna			Р	NG	ND					~							
Vegan Cheese	VG	V	Р	NG	ND												
Yoghurt		V	Р	NG							 ~						
Za'tar	VG	V	Р	NG	ND										 ✓ 		
Oat Milk	VG	V	Р		ND		~										ļ
Coconut Milk	VG	V	Р	NG	ND								*			~	-
Semi skinny milk		V	Р	NG							~						
Coffee beans	VG	V	Р	NG	ND												
Chocolate		v	Р	NG							\checkmark					 Image: A second s	
Chai Syrup	VG	v	Р	NG	ND												
English Breakfast Tea	VG	v	Ρ	NG	ND												
Earl Grey Tea	VG	v	Р	NG	ND												
Green Tea	VG	v	Р	NG	ND												
Caramel	VG	v	Р	NG	ND												
Mango Chicken Platter				NG	ND							~			√		
Spring Chicken Platter				NG	ND							 		\checkmark	✓		
Protein Power Platter				NG					✓		✓	~					
Nacho Avocado Platter	VG	v	Р	NG	ND												~
O-mega Tuna Platter			Р	NG	ND				✓	✓							
Falafel Habibi Platter	VG	v	Р	NG	ND		~					~			~		
Berry Well Platter		v	P	NG							~		~				~
Crispy Crunch Platter		v	Р				~				~				~		~
Crudite Platter	VG	v	P	NG	ND	~									• •		
Fruit Salad Platter	VG	v	P	NG	ND	•											
	VG	v	P	140			~				✓	~			✓		
Mediterranean Platter		v	٣				~								×	1	
Protein Platter			_	NG					~		~	~				✓	
Tomato Mozzarella Platter		V	Р	NG							~						~
Fusion Croissant Platter (Individual Portions)							✓ ✓		\checkmark		✓ ✓						✓ ✓
Avocado, Cheese and Tomatoes Croissant		V	Ρ				✓ ✓		~		~	 					~
Scrambled Eggs, Smoked Turkey				ND													

HOT DRINKS

(Bi	Mozzarella Cheese, Tomatoes, Rocket Leaves		v	Ρ			>				>							
PLATTERS (all NO dressing)	Egg-cellent Platter (Individual portions)						<				✓		✓			✓		√
	Halal Turkey Box				NG	ND												
	White Cheese Box		v	Р	NG						✓							
ATTER	Falafel & Hummus Bow		v	Ρ		ND	 Image: A second s						✓			✓		
Ы	Avocado & Corn Salsa Box		v	Р	NG	ND												\checkmark
	Seasonal Wraps Platter - Vegetarian		v	Р			 Image: A second s				✓					✓		 Image: A second s
	Falafel Habibi Wrap	VG	v	Р		ND	✓									✓		✓
	Nacho Avocado Wrap		v	Р			✓				✓							✓
	Greek Wrap		v	Р			✓				✓							✓
	Seasonal Wraps Platter - Mix																	
	Nacho Avocado Wrap		v	Р			 Image: A second s				✓							~
	Greek Wrap		v	Р			 Image: A second s				✓							✓
	Spicy Tikka Wrap						 Image: A second s		✓		✓		✓				*	\checkmark
	Caesar Wrap						<		<		✓					*	 Image: A second s	~
	Coconut Chia Morning Box	VG	v	Ρ		ND	<							~				
	Mango Almond Sunrise	VG	v	Ρ		ND	<							~				
	Granola Crunch	VG	v	Р		ND	 Image: A second s											
	Strawberry Almond Delight	VG	v	Р		ND	 Image: A second s							~				
	Chocolate Banana Dream	VG	v	Р		ND	 Image: A second s											
	Berry Fusion	VG	v	Ρ		ND	<											
	Delux Croissant Platter		V	Ρ			>				>							 Image: A second s
	Cheese Melt		V	Р			 Image: A start of the start of				~							
AL	Chicken & Cheese Melt						 Image: A second s				√							
KIDS MEAL	Cucumber & Hummus Pot	VG	V	Ρ	NG	ND										>		
KID	Apple Mango Smoothie	VG	v	Р	NG	ND												
	Organic Smooth Orange Juice	VG	v	Ρ	NG	ND												
SPECIALS	Chocoluna Brownie	VG	v	Р	NG	ND					 			~			<	
s		1		1	1	1		1	1	1	1	1	1		1	1	4	