

ALLERGENS MENU

CAPITAL = CONTAINS ITEM

* = trace item

NOODLES		MILK	SOYA	WHEAT	BARLEY	NUTS	SESAME	EGG	CELERY	MUSTARD	CRUSTACEA N	FISH	SULPHITES
BASE	EGG NOODLE			W				F					
	RICE NOODLE												
	CAULIFLOWER RICE												
PROTEIN	LIME CHICKEN	M	*	W	*		*	*	*	*			
	CHILLI CHICKEN	*	*	*	*		*	*	*	*			
	PRAWN										C		
	CASHEW					N							
	PORK												
SAUCE	SATAY	M	S	W		N	S						S
	BANG BANG	*	S	W		*	S	*	*		*	*	S
	TERIYAKI		S	W									
	SWEET CHILLI						S		CE				
	LAKSA	M	S					*	C				S
	PAD THAI		S	W								F	S

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ASIAN RICE		MILK	SOYA	WHEAT	BARLEY	NUTS	SESAME	EGG	CELERY	MUSTARD	CRUSTACEA N	FISH	SULPHITES
BASE	MIXED STEAMED RICE												
	CAULIFLOWER RICE												
PROTEIN	LIME CHICKEN	M	*	W	*		*	*	*	*			
	CHILLI CHICKEN	*	*	*	*		*	*	*	*			
	PRAWN										C		
	PORK												
SAUCE	SATAY	M	S	W		N	S						S
	THAI GREEN	M	S	W							C		S
	STICKY GINGER	*	S	W				*	*		*	*	
	SWEET CHILLI						S		C				

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MEXICAN RICE		MILK	SOYA	WHEAT	BARLEY	NUTS	SESAME	EGG	CELERY	MUSTARD	CRUSTACEAN	FISH	SULPHITES
BASE	MIXED STEAMED RICE												
PROTEIN	LIME CHICKEN	M	*	W	*		*	*	*	*			
	CHILLI CHICKEN	*	*	*	*		*	*	*	*			
	PORK												
	CHICKEN & CHORIZO	M	S	W	*		*	*	*	*			
	FALAFEL					*							
SAUCE	CHIPOTLE								C			F	S
	SALSA	*	*	*				*	*				

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PASTA		MILK	SOYA	WHEAT	BARLEY	NUTS	SESAME	EGG	CELERY	MUSTARD	CRUSTACEAN	FISH	SULPHITES
BASE	PENNE PASTA			W									
	GREEN BEAN & SPINACH												
PROTEIN	HERB CHICKEN	M	*	W	*		*	*	*	*			
	BACON												
	PORK												
SAUCE	CHEESY	M		W				E		M			
	PESTO	M		W				E		M			S
	BACON TOMATO	M	*	W				E	*	M			
	MAC	M		W									

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LEAF SALADS		MILK	SOYA	WHEAT	BARLEY	NUTS	SESAME	EGG	CELERY	MUSTARD	CRUSTACEAN	FISH	SULPHITES
PROTEIN	HERB CHICKEN	M	*	W	*		*	*	*	*			
	BACON												
	CHORIZO	M	S										
	FALAFEL & HUMMUS	*	*	*	*	*	S	*	*	*			
	FETA & WALNUT	M			B	N							
SAUCE	BALSAMIC				B								
	PEANUT CHILLI LIME		S	W		N	S						S
	MINT YOGURT	M						E					
	CAESER	M		W				E					

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TORTILLA WRAPS		MILK	SOYA	WHEAT	BARLEY	NUTS	SESAME	EGG	CELERY	MUSTARD	CRUSTACEA N	FISH	SULPHITES
	CHICKEN CHORIZO	M	S	W	*		*	*	*	*			
	CHICKEN CAESAR	M	*	W	*		*	F	*	*			
	CHICKEN AVOCADO	M	S	W	*		*	F	*	M			S
	FETA BEETROOT	M		W	B								S
	FALAFEL & HUMMUS	*	*	W		*	S	*	*	*			
	PRAWN AVOCADO			W				F		M	C		S
BAGELS		MILK	SOYA	WHEAT	BARLEY	NUTS	SESAME	EGG	CELERY	MUSTARD	CRUSTACEA N	FISH	SULPHITES
	PASTRAMI	M		W				F		M			S
	BACON & BRIE	M		W									
	SALMON	M		W								F	S
	BRIE & AVOCADO	M		W									S