

Starters and Dips Allergens Table

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Bisque		*		*					*			*		
Prawn Soft Tacos	*	*	*			*				*				
Jackfruit Soft Tacos	*											*		
Butternut Squash & Burrata							*	*						
Guacamole	*													
Hummus									*		*			
Tuna Tartar	*			*		*					*			*
Salmon Tartar	*			*		*					*			
Feta Roasted Pepper Dip							*							
Beetroot Hummus								*			*			
Baba Ganoush								*			*			
Tzatziki							*							
Sourdough Bread	*													
Pita Bread	*													

1. Gluten, 2. Crustaceans, 3. Eggs, 4. Fish, 5. Peanut, 6. Soy, 7. Milk, 8. Nuts Fruits, 9. Celery, 10. Mustard, 11. Sesame Seeds, 12. Sulfites, 13. Lupine, 14. Mollusk

Fish Allergens Table

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Black Rice & Prawns		*						*						
Prawn Red Thai Curry	*	*				*								
Braised Tuna				*								*		
Tuna Steak Niçoise			*	*						*				
Stir-fry Prawn	*	*				*					*			
Cod & Chickpeas			*	*								*		
Prawn, Avocado Salad		*						*		*		*		
Panko-crusted Salmon	*			*						*		*		
Salmon With Hazelnut				*				*		*		*		

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Free Range Poultry Allergens Table

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Asian Duck						*								*
Duck Roasted Veggies														
Mediterranean Chicken							*	*				*		
Caesar Chicken							*	*		*				
Teriyaki Chicken	*					*					*	*		
Chicken Paprika												*		
Chicken Red Thai Curry	*					*								

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Plant Based / Vegetarian Allergens Table

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Greek Salad & Hummus	*						*				*	*		
Mushroom Pearl Barley "Risotto"	*						*					*		
Tagine								*						
Bio Tofu Red Thai Curry	*					*								
Black Bean Burguers	*											*		
Butternut Squash Lasagna	*						*					*		
Soft Boiled Eggs Spaghetti	*		*				*					*		
Tofu Paprika						*						*		
Lentils with Roasted Vegetables											*			
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Desserts Allergens Table

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Apple & Pecan Pie								*						
Dark Chocolate Mousse			*			*		*						
Local "Snickers"					*	*								
Almond Tart														
Blackberry Cheesecake						*		*						
Hazelnut & Cocoa Cake			*					*						
Brownie & Tahini Caramel			*			*		*			*			
Lemon Tart			*					*						
Blueberry & Açai Chia Pudding								*						
SB Hazelnut & Cocoa	*							*						
SB Coconut								*						
SB Pink								*						
Medjool Date Stuffed								*			*			
Vanilla Ice Cream IGR							*							
Chocolate Ice Cream IGR							*							
Strawberry Sorbet IGR														
Mango Sorbet IGR														
Pineapple & Pomegranate														
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Poke Allergens Table

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
POKE														
Luau	*		*	*		*				*	*			
Maui	*			*		*				*	*	*		*
Umami	*		*			*					*	*		
Protein	*		*	*		*				*	*			
Spicy	*			*		*					*			
Salmão	*			*		*		*			*			
Surf	*			*		*					*			*
Hawaiian Heat	*		*	*		*		*			*			
Fresh	*			*		*					*			
Miso Salmon	*			*		*					*	*		
Reef	*			*		*					*			*
Tofu	*					*					*			
DRESSING														
Classic	*			*		*					*			*
Ponzu	*					*								
Spicy	*					*					*			
Citrus Basil														
Miso & Sesame						*					*	*		
BASE														
Sushi Rice														
Black Rice														
Quinoa														
Mixed Salad Leaves														
PROTEIN														
Tuna				*										
Salmon				*										
Shrimp		*												
Org Tofu						*								
Org Egg			*											
MIX-INS														
Roasted Sweet Potato														
Wakame											*			
Shiitake Mushrooms						*								
TOPPINGS														
Crispy Onion	*													
Macadamia Nuts								*						
Wasabi Cashews								*		*				
Nori Strip														
Tobiko Eggs	*			*		*								
“ Mayo” Abacate										*		*		
Mayo Togarashi	*		*			*								
“ Mayo” Wasabi			*			*				*				

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Tabela Alergénios Cafetaria

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Torrada ou Bagel Salmão	*		*	*							*	*		
Torrada ou Bagel Abacate	*											*		
Torrada ou Bagel Manteiga	*						*					*		
Torrada ou Bagel Hot Honey	*						*					*		
Torrada Ou Bagel Burrata	*						*					*		
Torrada ou Bagel Hummus Cog	*										*	*		
Torrada ou Bagel Abacate, Tomate e Ovo Estrelado	*		*								*			
Torrada ou Bagel, Ricotta e Salmão Cura	*			*			*				*	*		
Ovos Mexidos	*		*				*					*		
Veggie Bowl	*										*	*		
Mediterranean Bowl	*		*				*					*		
Mexican Breakfast	*		*				*					*		
Breakfast Bowl	*		*	*								*		
Açaí Bowl	*							*						
Granola Fruit Bowl	*					*	*	*						
Panqueca Banana e Doce de Leite de Coco			*					*						
Panqueca Frutos Silv			*					*						
Panquecas Morango, Iogurte e Pistachio			*				*	*						
Panquecas Simples			*											
Abacaxi & Romã														
Pudim Chia Mirtilos e Açaí								*						
Banana Bread								*				*		

1. Glúten, 2. Crustáceos, 3. Ovos, 4. Peixe, 5. Amendoim, 6. Soja, 7. Leite, 8. Frutos Casca Rija, 9. Aipo, 10. Mostarda, 11. Sementes Sésamo, 12. Sulfitos, 13. Tremoço, 14. Moluscos