

Starters and Dips Allergens Table

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gazpacho												*		
Salmon & Turbot Ceviche				*				*						
Prawn Soft Tacos	*	*	*			*				*				
Jackfruit Soft Tacos	*											*		
Tomato, Nectarine & Burrata							*	*						
Guacamole	*													
Hummus									*		*			
Tuna Tartar	*			*		*				*	*	*		*
Salmon Tartar	*			*		*				*	*			
Feta Roasted Pepper Dip							*					*		
Beetroot Hummus								*			*			
Baba Ganoush								*			*			
Tzatziki							*							
Sourdough Bread	*													
Pita Bread	*													
Veggie Sticks									*					

Fish Allergens Table

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

Free Range Poultry Allergens Table

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



YOUR HEALTHY KITCHEN

Plant Based / Vegetarian Allergens Table

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Greek Salad & Hummus	*						*				*	*		
Pad Thai					*	*								
Hot Honey Halloumi Salad							*					*		
Bio Tofu Red Thai Curry	*					*								
Butternut Squash Lasagna	*						*					*		
Soft Boiled Eggs Spaghetti	*		*				*					*		
Tofu Paprika						*				*		*		
Quinoa Feta							*	*		*		*		
Quinoa Hummus	*							*		*	*	*		

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

Desserts Allergens Table

[illegible]

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



LOCAL[®]

**YOUR
HEALTHY
KITCHEN**

Poke Allergens Table

[illegible]

Coffee Shop Allergens Table

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Salmon Toast	*		*	*							*	*		
Avocado Toast	*											*		
Butter Toast	*						*					*		
Hot Honey Toast	*						*							
Burrata Toast	*						*					*		
Hummus Toast	*										*			
Avocado, Tomato & Fried Egg Toast	*		*								*			
Ricotta, House Cured Salmon Toast	*			*			*				*	*		
Scrambled Eggs	*		*					*				*		
Veggie Bowl	*											*		
Mediterranean Bowl	*		*				*					*		
Mexican Breakfast	*		*				*					*		
Breakfast Bowl	*		*	*								*		
Açai Bowl	*							*						
Granola Fruit Bowl	*					*	*	*						
Banana, Coconut Dulce de Leche Pancake			*					*						
Pink Pancake			*					*						
Strawberry, Yoghurt & Pistachio Pancake			*				*	*						
Regular Pancake			*											
Wild Berries with Cashew Cream							*							
Açai & Blueberry Chia Pudding														
Medjool Stuffed Dates								*			*			
Banana 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														