

Starters & Dips Allergens Table

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

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

Fish Allergens Table

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

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Free Range Poultry Allergens

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Asian Duck						*								*
Cajun Chicken														
Mediterranean Chicken							*	*				*		
Teriyaki Chicken	*					*					*	*		
Paprika Chicken												*		
Chicken & Vegetable 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	*						*				*	*		
Mushroom Speltotto	*						*					*		
Pad Thai					*	*								
Quinoa with Humms								*				*		
Quinoa with Feta							*	*				*		
Organic Tofu & Vegetab Red Thai Curry	*					*								
Butternut Squash Lasagna	*						*					*		
Soft-boiled Eggs & Wholewheat Spaghetti	*		*				*					*		
Tofu Paprika						*						*		
Lentils with Roasted Vegetables & Harissa											*			

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Desserts Allergens Table

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Apple & Pecan Pie								*						
Chocolate Mousse			*			*		*						
Sweet Potato Creme Brulée														
Infused Pear								*						
Blackberry Cheesecake						*		*						
Banoffee								*						
Brownie with Caramel			*			*		*			*			
Blue Coconut Detox Chia														
Fudgy Cookie with Java Ice Cream			*					*						
Vanilla Ice Cream IGR							*							
Chocolate Ice Cream IGR							*							
Strawberry Sorbet IGR														
Mango Sorbet IGR														
Pineapple & Pomegranate														

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Poke Allergen Tables

	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	*					*					*			
DRESSINGS														
Classic	*			*		*					*			*
Ponzu	*					*								
Spicy	*					*					*			
Citrus Basil														
Miso & Sesame						*					*	*		
BASES														
Sushi Rice														
Black Rice														
Quinoa														
Mix Green Leaves														
PROTEÍNA														
Tuna				*										
Salmon				*										
Shrimp		*												
Organic Tofu						*								
Organic Soft-boiled Egg			*											
MIX-INS														
Roasted Sweet Potato														
Goma Wakame											*			
Shiitake Mushrooms						*								
TOPPINGS														
Crispy Onion	*													
Macadamia Nuts								*						
Wasabi Cashews								*		*				
Nori Strips														
Tobiko Eggs	*			*		*								
Avocado "Mayo"										*		*		
Togarashi Mayo	*		*			*								
Mayo Wasabi			*			*				*				

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Brunch & Breakfast Allergens Table

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Avocado Toast	*											*		
Butter Toast	*						*					*		
Hot Honey Toast	*						*					*		
Tomato & Burrata Toast	*						*					*		
Hummus, Mushroom Toast	*										*	*		
Avocado, Tomato & Fried Egg	*		*								*			
Avocado, House Cured Salmon Toast	*		*	*			*				*	*		
Scrambled Eggs	*		*				*					*		
Veggie Bowl	*										*	*		
Mediterranean Bowl	*		*				*					*		
Mexican Breakfast	*		*				*					*		
Breakfast Bowl	*		*	*								*		
Oatmeal	*							*						
Açaí Bowl	*							*						
Granola Bowl	*					*	*	*						
Fruit Bowl	*							*						
Matcha Pancakes			*				*	*						
Wild Berries Pancakes			*					*						
Blueberry & Lemon Curd Pancakes			*					*						
Pumpkin Pie Pancakes			*					*						
Regular Pancakes			*					*						
Pineapple & Pomegranate														
Blue Coconut Detox Chia														
Banana Bread								*				*		
Brownie with Caramel			*			*		*						

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