

### Starters and Dips Allergens Table

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

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		*						*						
Octopus with Avocado "Mavo"										*		*		*
Prawn Red Thai Curry	*	*				*								
Braised Tuna				*								*		
Tuna Steak Niçoise			*	*						*		*		
Stir-fry Prawn	*	*				*					*			
Cod & Chickpeas			*	*						*		*		
Prawn. Avocado Salad		*						*		*		*		
Panko-crusted Salmon	*			*						*		*		
Turmeric & Lemon Salmon				*							*			

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### Free Range Poultry Allergens Table

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Duck Magret										*				
Chicken Cajun														
Mediterranean Chicken							*	*				*		
Caesar Chicken							*	*		*				
Teriaky 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	*						*				*	*		
Pad Thai					*	*								
Hot Honey Halloumi Salad							*					*		
Bio Tofu Red Thai Curry	*					*								
Butternut Squash Lasagna	*						*					*		
Soft Boiled Eggs Spaghetti	*		*				*					*		
Tofu Paprika						*				*		*		
Quinoa Feta							*	*		*		*		
Quinoa Hummus								*		*	*	*		
Black Bean Hamburguers	*									*		*		

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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"					*	*								
Basque Cheesecake							*							
Passionfruit Cheesecake								*						
Brownie & Tahini Caramel			*			*		*			*			
Wild Berries with Cashew Cream								*						
Strawberry Tart & Yuzu Ice Cream								*						
Mango & Turmeric Chia Pudding														
Sweet Bites: All								*						
Vanilla Ice Cream IGR							*							
Chocolate Ice Cream IGR							*							
Strawberry Sorbet IGR														
Mango Sorbet IGR														

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### Poke Allergens Table

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

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### 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	*		*								*			
Scrambled Eggs	*		*					*				*		
Veggie Bowl	*											*		
Mediterranean Bowl	*		*				*					*		
Mexican Breakfast	*		*				*					*		
Breakfast Bowl	*		*	*								*		
Açai Bowl	*							*						
Granola Fruit Bowl	*					*	*	*						
Banana, Peanut Cream Pancakes			*					*						
Wild Berries Pancakes			*					*						
Strawberry, Yoghurt & Pistachio Pancakes			*				*	*						
Blueberry & Lemon Curd Pancakes			*					*						
Regular Pancakes			*					*						
Wild Berries with Cashew Cream								*						
Mango & Turmeric Chia Pudding														
Sweet Bites: All								*						
Banana Bread								*				*		

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