LOCAL® | YOUR HEALTHY KITCHEN

Starters & Dips Allergens Table

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Bisque		*		*					*					
Prawn Soft Tacos	*	*	*			*				*				
House-Cured Salmon Carpaccio	*			*						*		*		
Burrata, Baby Carrots							*	*						
Guacamole	*													
Hummus									*		*			
Tuna 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	*	*				*					*			
Prawn, Avocado & Orange Salad		*						*		*		*		
Panko-crusted Salmon	*			*						*		*		

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

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												*		
Miso Chicken						*		*				*		
Chicken & Vegetable Red Thai Curry	*					*								

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

Plant Based / Vegetarian Allergens Table

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Greek Salad	*						*				*	*		
Hot Honey Halloumi Bowl							*			*		*		
Pad Thai					*	*								
Organic Tofu & Vegetab Red Thai Curry	*					*								
Butternut Squash Lasagna	*						*					*		
Soft-boiled Eggs & Wholewheat Spaghetti	*		*				*					*		
Tofu Paprika						*						*		
Lentils with Roasted Vegetables & Harissa											*			

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. Mollusks

LOCAL® | YOUR HEALTHY KITCHEN

Desserts Allergens Table

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Apple & Pecan Pie								*						
Chocolate Mousse			*			*		*						
Basque Cheesecake with Pumpkin Cream			*				*							
Hazelnut & Cocoa Cake			*			*		*						
Banoffee								*						
Brownie with Caramel			*			*		*			*			
Açai & Blueberry Chia Pudding														
Sweet Bite Pistachio & Almond									*					
Sweet Bite Hazelnut & Cocoa							*		*					
Sweet Bite Coconut & Cashew									*					
Pineapple & Pomegranate														

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

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			*			*				*				

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

LOCAL® | YOUR HEALTHY KITCHEN

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	*							*						
Açai Bowl	*							*						
Granola Bowl	*					*	*	*						
Chia Bowl														
Chai Mix Pancakes			*					*			*			
Wild Berries Pancakes			*					*						
Blueberry & Lemon Curd Pancakes			*					*						
Pumpkin Spice Pancakes			*					*						
Regular Pancakes			*					*						
Pineapple & Pomegranate														
Açai & Blueberry Chia Pudding														
Banana Bread								*				*		
Brownie with Caramel			*			*		*						

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