

	1.GLU	2.CRU	3.EGG	4.FISH	5.PNUT	6.SOY	7.MILK	8.NUT	9.GEL	10.MUS	11.SES	12.SUL	13.LUP	14.MOL
Chicken, Bacon, Cheese & Country Relish	Yes	-	-	-	-	Yes	Yes	-	-	Yes	-	-	-	-
Chicken, Pesto, Sundried Tomato & Mozzarella	Yes	-	-	-	-	Yes	Yes	Yes	-	-	-	-	-	-
Bacon, Brie, Cranberry & Red Onion	Yes	-	-	-	-	Yes	Yes	-	-	-	-	-	-	-
Chicken & Bacon Caesar Wrap	Yes	-	Yes	Yes	-	Yes	Yes	-	-	-	-	-	-	-
Cajun Chicken, Peppers, Mozzarella & Cajun Mayo	Yes	-	Yes	-	Yes	Yes	Yes	Yes	-	Yes	-	-	-	-
Chicken, Peppers, Mozzarella & Garlic Mayo / Sweet Dill / Mayo / BBQ	Yes	-	Yes	-	-	Yes	Yes	-	-	Yes	-	-	-	-
Chicken, Peppers, Mozzarella & Korean BBQ	Yes	-	-	-	-	Yes	Yes	-	-	-	Yes	-	-	-
Chicken, Garlic Mayo, Stuffing, Red Onion & Cheese	Yes	-	Yes	-	-	Yes	Yes	-	-	Yes	-	-	-	-
Ham, Dijon Mustard, Pineapple, Red Onion & Cheese	Yes	-	-	-	-	Yes	Yes	-	-	Yes	-	Yes	-	-
Pesto, Sundried Tomato, Leaves & Mozzarella	Yes	-	-	-	-	Yes	Yes	Yes	-	-	-	-	-	-
Tuna Melt	Yes	-	Yes	Yes	-	Yes	Yes	-	-	Yes	-	-	-	-
Brie, Roast Peppers, Leaves & Cranberry	Yes	-	-	-	-	Yes	Yes	-	-	-	-	-	-	-
Falafel, Mixed Leaves, Roast Peppers, Red Onion & Coleslaw	Yes	-	Yes	-	-	Yes	-	-	-	Yes	-	-	-	-
Festive Turkey Panini / Wrap / Bagel	Yes	-	-	-	-	Yes	Yes	-	-	Yes	-	-	-	-

Cajun Chicken, Bacon, Red Onion, Cheddar & Cajun Mayo	Yes	-	Yes	-	Yes	Yes	Yes	Yes	-	Yes	-	-	-	-
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Allergens

1.Gluten 2.Crustaceans 3.Eggs 4.Fish 5.Peanuts 6.Soybeans 7.Milk 8.Nuts 9.Celery 10.Mustard 11.Sesame Seeds 12.Sulphites 13.Lupin 14.Molluscs

	1.GLU	2.CRU	3.EGG	4.FISH	5.PNUT	6.SOY	7.MILK	8.NUT	9.GEL	10.MUS	11.SES	12.SUL	13.LUP	14.MOL
Toasted Special	Yes	-	-	-	-	Yes	Yes	-	-	-	-	Yes	-	-
BLT	Yes	-	Yes	-	-	Yes	-	-	-	Yes	-	-	-	-
Tuna Melt	Yes	-	Yes	Yes	-	Yes	Yes	-	-	Yes	-	-	-	-
Triple Decker Club	Yes	-	Yes	-	-	Yes	Yes	-	-	Yes	-	-	-	-
Egg Salad	Yes	-	Yes	-	-	Yes	-	-	-	Yes	-	-	-	-
Ham Salad	Yes	-	Yes	-	-	Yes	-	-	-	Yes	-	Yes	-	-
Chicken Stuffing, Onion, Sweetcorn & Mayo	Yes	-	Yes	-	-	Yes	-	-	-	Yes	-	-	-	-

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Breakfast

	1.GLU	2.CRU	3.EGG	4.FISH	5.PNUT	6.SOY	7.MILK	8.NUT	9.GEL	10.MUS	11.SES	12.SUL	13.LUP	14.MOL
Breakfast Blaa	Yes	-	Yes	-	-	Yes	-	-	-	-	-	Yes	-	-
Brekafast Wrap / Panini (No Sauce)	Yes	-	Yes	-	-	Yes	-	-	-	-	-	-	-	-
Lg & Sml Breakfast	Yes	-	Yes	-	-	-	-	-	-	-	-	-	-	-
Cream Cheese Bagel w/ or w/out Bacon	Yes	-	-	-	-	-	Yes	-	-	-	-	-	-	-
Ham & Cheese Croissant	Yes	-	Yes	-	-	-	Yes	Yes	-	-	Yes	-	-	-
Acai Bowl	Yes	-	-	-	Yes	-	-	Yes	-	-	-	-	-	-
Granola Pot	Yes	-	-	-	Yes	-	Yes	Yes	-	-	-	-	-	-

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Vegetable Soup	-	-	-	-	-	-	-	-	Yes	-	-	-	-	-
Speciality Soup	-	-	-	-	-	-	-	-	Yes	-	-	-	-	-

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Caramel Shortbread	Yes	-	-	-	-	Yes	Yes	-	-	-	-	-	-	-
Rocky Road	Yes	-	Yes	-	-	Yes	Yes	-	-	-	-	-	-	-
Jam & Cream Doughnut	Yes	-	Yes	-	Yes	Yes	Yes	Yes	-	Yes	Yes	-	Yes	-
Eclair	Yes	-	Yes	-	Yes	Yes	Yes	Yes	-	-	Yes	-	-	-
Protein Balls	-	-	-	-	Yes	Yes	-	Yes	-	-	Yes	-	-	-
Croissant (Plain)	Yes	-	Yes	-	Yes	Yes	Yes	Yes	-	-	Yes	-	-	-
Croissant (Almond)	Yes	-	Yes	-	Yes	-	Yes	Yes	-	-	Yes	-	-	-
Croissant (Chocolate)	Yes	-	Yes	-	Yes	-	Yes	Yes	-	-	Yes	-	-	-
Flapjacks (All)	Yes	-	-	-	Yes	Yes	Yes	Yes	-	-	-	-	-	-
Scones (All)	Yes	-	Yes	-	Yes	-	Yes	Yes	-	-	Yes	-	-	-
Ring Doughnuts (All)	Yes	-	Yes	-	-	Yes	Yes	-	-	-	-	-	-	-
Peanut & Caramel Cake (Snickers Cake)	-	-	Yes	-	Yes	Yes	Yes	Yes	-	-	-	-	-	-
Cinnamon Bun	Yes	-	Yes	-	-	-	Yes	-	-	-	-	-	-	-
Muffins (All)	Yes	-	Yes	-	-	-	Yes	Yes	-	-	-	-	-	-
Danish (All)	Yes	-	Yes	-	-	-	Yes	Yes	-	-	Yes	-	-	-
Granola	Yes	-	Yes	-	Yes	Yes	Yes	Yes	-	-	-	-	-	-
Cookies (All)	Yes	-	Yes	-	Yes	Yes	Yes	Yes	-	-	-	-	-	-
Carrot Cake	-	-	Yes	-	Yes	-	Yes	Yes	-	-	-	-	-	-
Kinder Tiffin	Yes	-	Yes	-	Yes	Yes	-	Yes	-	-	-	-	-	-
Pastel De Nata	Yes	-	Yes	-	Yes	-	Yes	Yes	-	-	Yes	-	-	-

Brookie	-	-	Yes	-	Yes	Yes	Yes	Yes	-	-	-	-	-	-
Lemon Drizzle	Yes	-	Yes	-	Yes	-	Yes	Yes	-	-	-	-	-	-

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Salads

	1.GLU	2.CRU	3.EGG	4.FISH	5.PNUT	6.SOY	7.MILK	8.NUT	9.GEL	10.MUS	11.SES	12.SUL	13.LUP	14.MOL
Classic Caesar Salad	Yes	-	Yes	Yes	-	Yes	Yes	-	-	-	-	-	-	-
Cajun Caesar Salad	Yes	-	Yes	Yes	Yes	Yes	Yes	Yes	-	Yes	-	-	-	-
Lemon Pepper Chicken & Bacon Salad (No Dressing)	-	-	-	-	-	Yes	Yes	-	-	-	-	-	-	-
Cajun Chicken & Chorizo Salad (No Dressing)	-	-	-	-	Yes	Yes	Yes	Yes	-	Yes	-	-	-	-
Chicken Satay & Sesame Seed Salad	Yes	-	-	-	Yes	-	-	Yes	-	Yes	Yes	-	-	-
Falafel Salad	Yes	-	Yes	-	-	Yes	-	-	-	Yes	-	-	-	-

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