

ALLERGEN GUIDE

YES = contains an allergen
X = no allergen

		Vegetarian	Vegan	contains gluten	contains wheat	contains rye	contains barley	contains oats	contains spelt	contains crustaceans	contains eggs	contains fish	contains peanuts	contains soybeans	contains milk	contains nuts	contains celery	contains mustard	contains sesame	contains sulphites	contains lupin	contains molluscs
Tossed																						
Drinks Juices	ACG	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Drinks Juices	IMMUNE BOOST	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Drinks Juices	ORANGE	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Drinks Juices	SUPER KALE	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Drinks Shakes	BOUNTY BEAST	✓	✓	x	x	x	x	x	x	x	x	x	x	YES	x	x	x	x	x	x	x	x
Drinks Shakes	MUSCLE MARATHON	✓	✓	x	x	x	x	x	x	x	x	x	YES	YES	x	YES	x	x	x	x	x	x
Drinks Shakes	VEGAN PEANUT BUTTER PROTEIN	✓	✓	x	x	x	x	x	x	x	x	x	YES	YES	x	YES	x	x	x	x	x	x
Drinks Smoothies	BERRY PUNCH	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Drinks Smoothies	GREEN DREAM	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Drinks Smoothies	MANGO & PASSIONFRUIT	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Drinks Smoothies	MINT & MANGO	✓	✓	x	x	x	x	x	x	x	x	x	x	YES	x	x	x	x	x	x	x	x
Drinks Smoothies	PASSIONISTA	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Drinks Smoothies	STRAWBERRY SUPREME	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Fruit & Yoghurt Pots	BANANA & CUSTARD VEGAN	✓	✓	x	x	x	x	x	x	x	x	x	x	YES	x	x	x	x	x	x	x	x
Fruit & Yoghurt Pots	BIG FAT GREEK	✓	x	YES	x	x	x	YES	x	x	x	x	x	x	YES	YES	x	x	x	x	x	x
Fruit & Yoghurt Pots	MANGO PASSION	✓	x	x	x	x	x	x	x	x	x	x	x	x	YES	x	x	x	x	x	x	x
Fruit & Yoghurt Pots	HONEY & YOGHURT	✓	x	YES	x	x	x	YES	x	x	x	x	x	x	YES	YES	x	x	x	x	x	x
Hot Balance pot	MALAYSIAN YELLOW CURRY (No protein, no topping)	✓	✓	YES	YES	x	x	x	x	x	x	x	x	YES	x	x	YES	x	YES	YES	x	x
Hot Balance pot	KATSU CURRY BALANCE POT (No protein, no topping)	✓	✓	YES	YES	x	x	x	x	x	x	x	x	YES	x	x	YES	x	YES	YES	x	x
Hot Balance pot	PESTO POWERGRAINS BALANCE POT (No protein, no topping)	✓	x	YES	YES	x	x	x	x	x	x	x	x	YES	YES	x	YES	x	YES	YES	x	x
Hot Balance pot	THAI RED BALANCE POT (No protein, no topping)	✓	✓	YES	YES	x	x	x	x	x	x	x	x	YES	x	x	YES	x	YES	YES	x	x
Hot Base	RAINBOW SLAW	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Hot Base	SUPERGRAINS	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	YES	x	x	YES	x	x
Hot Base	SWEET POTATO MASH	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Hot Power Bowls	MALAYSIAN YELLOW CURRY (No protein)	✓	✓	YES	YES	x	x	x	x	x	x	x	x	YES	x	YES	YES	x	YES	YES	x	x
Hot Power Bowls	THAI RED CURRY (No protein)	✓	✓	YES	YES	x	x	x	x	x	x	x	x	YES	x	x	YES	x	YES	YES	x	x
Hot Power Bowls	KATSU POWERBOWL (No protein)	✓	✓	YES	YES	x	YES	x	x	x	x	x	x	YES	x	x	YES	x	YES	YES	x	x
Hot Power Bowls	MIGHTY MEXICAN POWERBOWL (No protein)	✓	x	x	x	x	x	x	x	x	x	x	x	YES	YES	x	YES	x	x	YES	x	x
Hot Power Bowls	SPICY SUPERVEG POWERBOWL (No protein)	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	YES	x	x	x	x	x
Hot Protein	CYO GRILLED CHICKEN	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Hot Protein	CYO PULLED PORK	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Hot Protein	CYO TURKEY MEATBALLS	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	YES	x	x
Hot Protein	CYO FALAFEL	✓	✓	YES	YES	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Hot Protein	CYO HALLOUMI	✓	x	x	x	x	x	x	x	x	x	x	x	x	YES	x	x	x	x	x	x	x
Hot Sauce	MALAYSIAN YELLOW CURRY SAUCE	✓	✓	x	x	x	x	x	x	x	x	x	x	YES	x	x	YES	x	x	x	x	x
Hot Sauce	THAI RED SAUCE	✓	✓	x	x	x	x	x	x	x	x	x	x	YES	x	x	x	x	x	x	x	x
Hot Sauce	VEGAN KATSU CURRY SAUCE	✓	✓	YES	YES	x	x	x	x	x	x	x	x	YES	x	x	x	x	x	x	x	x
Hot Veg	GRILLED CAULIFLOWER	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Hot Veg	MUSHROOMS	✓	✓	YES	YES	x	x	x	x	x	x	x	x	YES	x	x	x	x	YES	YES	x	x
Hot Veg	SPICY BEANS	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Hot Veg	ROASTED VEG	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	YES	x	x
Hot Veg	SWEET POTATO MASH	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Houmous bows	CHICKEN HOUMOUS BOWL	x	x	YES	YES	x	x	x	x	x	x	x	x	x	x	x	x	x	YES	YES	x	x
Houmous bows	HALLOUMI HOUMOUS BOWL	✓	x	YES	YES	x	x	x	x	x	x	x	x	YES	x	x	x	x	YES	YES	x	x
Houmous bows	FALAFEL HOUMOUS BOWL	✓	✓	YES	YES	x	x	x	x	x	x	x	x	x	x	x	x	x	YES	YES	x	x

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Tossed																						
Protein HIITs	CHICKEN & PIRI PIRI	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Protein HIITs	HALLOUMI & AVOCADO	✓	X	X	X	X	X	X	X	X	X	X	X	X	YES	X	X	X	X	X	X	X
Protein HIITs	SALMON & AVOCADO	X	X	X	X	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X	X
Protein HIITs	TURKEY & BROCCOLI	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	YES	X
Protein Hut	CHICKEN & BROCCOLI BOX	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Protein Hut	CAESAR PROTEIN BOX	X	X	YES	YES	X	X	X	X	X	YES	X	X	YES	YES	X	X	X	X	X	X	X
Protein Hut	CHICKEN CARB LOADER BOX	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	YES	X	X	X	X	X
Protein Hut	CHICKEN, EGG AND SWEET POTATATO BOX	X	X	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X	X	X	X
Protein Hut	CHICKEN, SWEET POTATO & GREENS	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Protein Hut	OMEGA CHICKEN & VEGGIES	X	X	X	X	X	X	X	X	X	X	X	X	YES	X	X	X	X	YES	X	X	X
Protein Hut	TUNA & VEGGIES BOX	X	X	X	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X	X	X
Protein Hut	VEGAN PLANT POWER PROTEIN	✓	✓	YES	YES	X	X	X	X	X	X	X	X	YES	X	YES	X	YES	X	YES	X	X
Rainbow Wraps	MUSCLE MEZZE (No Protein)	✓	✓	YES	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	YES	YES	X	X
Rainbow Wraps	PIRI PROTEIN (No Protein)	✓	✓	YES	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	YES	X	X
Rainbow Wraps	SOY & SESAME (No Protein)	✓	✓	YES	YES	X	X	X	X	X	X	X	X	YES	X	X	X	X	YES	YES	X	X
Rainbow Wraps	SUPER AVOCADO CAESAR (No Protein)	✓	X	YES	YES	X	YES	X	X	X	YES	X	X	YES	YES	X	X	X	X	YES	X	X
Salad	CHICKEN & HERB (No base)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	YES	YES	X	X
Salad	ASIAN SUPER SALAD (No protein, no base)	✓	✓	X	X	X	X	X	X	X	X	X	X	YES	X	X	X	X	X	YES	X	X
Salad	AVOCADO KALE CAESAR (No protein, no base)	✓	X	YES	YES	X	YES	X	X	X	YES	X	X	YES	YES	X	X	X	X	X	X	X
Salad	BANGING PIRI (No base)	X	X	X	X	X	X	X	X	X	X	X	X	YES	YES	X	YES	X	X	YES	X	X
Salad	CHICKEN, BACON AVOCADO (No base)	X	X	YES	YES	X	X	X	X	X	X	X	X	X	X	X	X	YES	X	YES	X	X
Salad	CHIPOTLE (No protein, No base)	✓	X	X	X	X	X	X	X	YES	X	X	X	YES	X	X	X	YES	X	YES	X	X
Salad	HALLOUMI & ROASTED VEG (No base)	✓	X	X	X	X	X	X	X	X	X	X	X	YES	X	X	X	YES	X	YES	X	X
Salad	MUSCLE BUILDER (No base)	X	X	X	X	X	X	X	X	YES	X	X	X	YES	X	X	X	YES	X	YES	X	X
Salad	PARMESAN CHICKEN (No base)	X	X	X	X	X	X	X	X	YES	X	X	X	YES	X	X	X	X	X	YES	X	X
Salad	SALMON GREENS AND GRAINS (No base)	X	X	X	X	X	X	X	X	X	YES	X	YES	YES	X	YES	X	YES	X	YES	X	X
Salad	THE ITALIAN (No Protein, no base)	✓	X	YES	YES	X	X	X	X	X	X	X	X	YES	X	YES	YES	X	YES	X	YES	X
Salad	TUNA NICOISE (No base)	X	X	X	X	X	X	X	X	YES	YES	X	X	YES	X	X	YES	X	YES	X	YES	X
Salad Base	SPINACH	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Base	SUPERGRAINS	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	YES	X	X	YES	X	X
Salad Base	LEAF	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Dressing	PIRI PIRI DRESSING	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Dressing	BALSAMIC DRESSING	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	YES	X	YES	X	X
Salad Dressing	BALSAMIC VINEGAR	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	YES	X
Salad Dressing	CAESAR DRESSING	✓	X	YES	YES	X	YES	X	X	X	YES	X	X	YES	YES	X	X	X	X	X	X	X
Salad Dressing	FRENCH DRESSING	✓	✓	YES	YES	X	X	X	X	X	X	X	X	X	X	X	X	YES	X	X	X	X
Salad Dressing	LEMON JUICE	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Dressing	OLIVE OIL	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Dressing	RANCH DRESSING	✓	X	X	X	X	X	X	X	YES	X	X	X	YES	X	X	X	X	X	X	X	X
Salad Dressing	SOY & SESAME	✓	✓	YES	YES	X	X	X	X	X	X	X	X	YES	X	X	X	X	YES	YES	X	X
Salad Dressing	SWEET CHILLI & LIME	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

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Salad Premium	CYO GRILLED CHICKEN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Premium	CYO AVOCADO	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Premium	CYO BACON	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Premium	CYO PARMASAN CRISPS	✓	X	X	X	X	X	X	X	YES	X	X	X	YES	X	X	X	X	X	X	X	X
Salad Premium	CYO CHEDDAR	✓	X	X	X	X	X	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X
Salad Premium	CYO CHICKEN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Premium	CYO EGG	✓	X	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X	X	X	X
Salad Premium	CYO FALAFEL	✓	✓	YES	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Premium	CYO FETA	✓	X	X	X	X	X	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X
Salad Premium	CYO GRILLED HALLOUMI	✓	X	X	X	X	X	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X
Salad Premium	CYO MOZZARELLA	✓	X	X	X	X	X	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X
Salad Premium	CYO SALMON	X	X	X	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X	X	X
Salad Premium	CYO TUNA	X	X	X	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X	X	X
Salad Veggie	CYO BEETROOT	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Veggie	CYO BROCCOLI	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Veggie	CYO CARROT	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Veggie	CYO CASHEWS	✓	✓	X	X	X	X	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X
Salad Veggie	CYO CROUTONS	✓	✓	YES	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Veggie	CYO CUCUMBER	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Veggie	CYO CRISPY ONIONS	✓	✓	YES	YES	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Veggie	CYO EDAMAME	✓	✓	X	X	X	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X
Salad Veggie	CYO HERB MIX	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Veggie	CYO PICKLED VEG	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	YES	X	X
Salad Veggie	CYO PINE NUTS	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Veggie	CYO POMMEGRANATE	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Veggie	CYO HOUMOUS	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	YES	X	X	X
Salad Veggie	CYO JALEPENOS	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Veggie	CYO MIXED BEANS	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Veggie	CYO OLIVES	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Veggie	CYO PEANUTS	✓	✓	X	X	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X	X	X
Salad Veggie	CYO PEPPERS	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Veggie	CYO PESTO	✓	X	X	X	X	X	X	X	X	X	X	X	YES	X	X	X	X	X	X	X	X
Salad Veggie	CYO TOMATO SALSA	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	YES	X	X	X	X	X
Salad Veggie	CYO PICKLED RED ONION	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	YES	X	X
Salad Veggie	CYO RAINBOW SLAW	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Veggie	CYO ROAST TOMATOES	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Veggie	CYO ROASTED PEPPERS	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Veggie	CYO SEEDS	✓	✓	X	X	X	X	X	X	X	X	X	YES	X	X	X	X	YES	X	X	X	X
Salad Veggie	CYO SWEET POTATO	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Veggie	CYO SWEETCORN	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Veggie	CYO TOMATO	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Salad Veggie	CYO TORTILLA CHIPS	✓	✓	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X