

ALLERGEN GUIDE

DECEMBER 2019

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 |
|----------------------|--|------------|-------|-----------------|----------------|--------------|-----------------|---------------|----------------|----------------------|---------------|---------------|------------------|-------------------|---------------|---------------|-----------------|------------------|-----------------|--------------------|----------------|-------------------|
| 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 |
| Fruit & Yoghurt Pots | OVERNIGHT OATS MANGO & CRANBERRY | ✓ | ✓ | YES | x | x | x | YES | x | x | x | x | x | YES | x | x | x | x | x | x | x | x |
| Fruit & Yoghurt Pots | OVERNIGHT OATS PEANUT BUTTER & BLUEBERRY | ✓ | ✓ | YES | x | x | x | YES | x | x | x | x | YES | YES | x | x | 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 | KOREAN BBQ BALANCE POT (No protein, no topping) | ✓ | x | 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 | KOREAN BBQ POWERBOWL (No protein) | ✓ | x | 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 | VEGGIE SUPREME POWERBOWL (No protein) | ✓ | x | x | x | x | x | x | x | x | x | x | x | x | YES | x | x | 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 | KOREAN BBQ SAUCE | ✓ | x | YES | YES | x | x | x | x | x | x | x | x | YES | x | x | x | x | YES | YES | 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 |
| Protein HIITs | CHICKEN & EGG WHITES | x | x | x | x | x | x | x | x | YES | x | x | x | x | x | x | x | x | x | x | x | x |
| 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 | YES | x | 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 | 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 |

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|----------------|---|------------|-------|-----------------|----------------|--------------|-----------------|---------------|----------------|----------------------|---------------|---------------|------------------|-------------------|---------------|---------------|-----------------|------------------|-----------------|--------------------|----------------|-------------------|
| Rainbow Wraps | SPICY MEXICAN (No Protein) | ✓ | ✗ | YES | YES | x | x | x | x | x | x | x | x | x | YES | 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) | ✓ | ✗ | 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 | 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) | ✓ | ✗ | 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 | YES | YES | x | YES | x | x | YES | x | x |
| Salad | CHICKEN, BACON AVOCADO (No base) | ✗ | ✗ | YES | YES | x | x | x | x | x | x | x | x | x | x | x | x | YES | x | x | x | x |
| Salad | CHIPOTLE (No protein, No base) | ✓ | ✗ | x | x | x | x | x | x | x | YES | x | x | x | YES | 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 | YES | x | YES | x | x |
| Salad | MUSCLE BUILDER (No base) | ✗ | ✗ | x | x | x | x | x | x | x | YES | x | x | x | YES | x | x | YES | x | YES | x | x |
| Salad | PARMESAN CHICKEN (No base) | ✗ | ✗ | x | x | x | x | x | x | x | YES | x | x | x | YES | x | x | x | x | YES | x | x |
| Salad | SALMON GREENS AND GRAINS (No base) | ✗ | ✗ | x | x | x | x | x | x | x | x | YES | x | YES | YES | x | YES | x | YES | YES | x | x |
| Salad | SUPER COBB (No base) | ✗ | ✗ | x | x | x | x | x | x | x | YES | x | x | x | YES | x | x | YES | x | x | x | x |
| Salad | THE ITALIAN (No Protein, no base) | ✓ | ✗ | YES | YES | x | x | x | x | x | x | x | x | x | YES | x | YES | YES | x | YES | x | x |
| Salad | TUNA NICOISE (No base) | ✗ | ✗ | x | x | x | x | x | x | x | YES | YES | x | x | YES | x | x | YES | x | YES | x | x |
| Salad Base | KALE & COS | ✓ | ✓ | x | x | x | x | x | x | x | x | x | x | x | x | x | x | x | x | x | x | 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 | CHIPOTLE MAYO DRESSING | ✓ | ✗ | x | x | x | x | x | x | x | x | x | x | x | YES | x | x | x | x | x | x | x |
| Salad Dressing | HONEY & LEMON DRESSING | ✓ | ✗ | 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 | YES | x | x |
| Salad Dressing | BLUE CHEESE DRESSING | ✓ | ✗ | x | x | x | x | x | x | x | YES | x | x | x | YES | x | x | YES | x | x | x | x |
| Salad Dressing | CAESAR DRESSING | ✓ | ✗ | 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 |
| 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 |
| Salad Premium | CYO EGG WHITE | ✓ | ✗ | x | x | x | x | x | x | x | YES | x | x | x | x | x | x | x | x | x | x | x |
| Salad Premium | CYO GRILLED CHICKEN | ✗ | ✗ | 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 |
| Salad Premium | CYO PARMASAN CRISPS | ✓ | ✗ | x | x | x | x | x | x | x | YES | x | x | x | YES | 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 |
| Salad Premium | CYO CHICKEN | ✗ | ✗ | 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 |
| 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 |

