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
Vital Ingredient																						
Breakfast Bread	AVOCADO BAGEL	✓	✓	YES	YES	x	YES	x	x	x	x	x	x	x	x	x	x	x	YES	x	x	x
Breakfast Bread	BACON & AVOCADO BAGEL	x	x	YES	YES	x	YES	x	x	x	x	x	x	x	x	x	x	x	YES	x	x	x
Breakfast Bread	BAGEL	✓	✓	YES	YES	x	YES	x	x	x	x	x	x	x	x	x	x	x	YES	x	x	x
Breakfast Bread	SALMON & AVOCADO BAGEL	x	x	YES	YES	x	YES	x	x	x	x	YES	x	x	x	x	x	x	YES	x	x	x
Breakfast Bread	TOPPING FLORA	✓	x	x	x	x	x	x	x	x	x	x	x	x	YES	x	x	x	x	x	x	x
Breakfast Bread	TOPPING MARMITE	✓	✓	YES	YES	YES	YES	YES	x	x	x	x	x	x	x	x	YES	x	x	x	x	x
Breakfast Bread	TOPPING PEANUT BUTTER	✓	✓	x	x	x	x	x	x	x	x	x	YES	x	x	YES	x	x	x	x	x	x
Breakfast Good Eggs	BETTER BREAKFAST (with scrambled eggs)	x	x	x	x	x	x	x	x	x	YES	x	x	x	YES	x	x	x	x	x	x	x
Breakfast Good Eggs	FIERY EGGS (with scrambled eggs)	✓	x	x	x	x	x	x	x	x	YES	x	x	x	YES	x	x	x	x	x	x	x
Breakfast Good Eggs	JUST POACHED EGGS	✓	x	x	x	x	x	x	x	x	YES	x	x	x	x	x	x	x	x	x	x	x
Breakfast Good Eggs	JUST SCRAMBLED EGGS	✓	x	x	x	x	x	x	x	x	YES	x	x	x	YES	x	x	x	x	x	x	x
Breakfast Good Eggs	OMEGA SALMON (with scrambled eggs)	x	x	x	x	x	x	x	x	x	YES	YES	x	YES	YES	x	x	x	YES	x	x	x
Breakfast Porridge	PORRIDGE PLAIN (GF)	✓	x	x	x	x	x	YES	x	x	x	x	x	x	YES	x	x	x	x	x	x	x
Breakfast Porridge	PORRIDGE TOPPING AGAVE	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Breakfast Porridge	PORRIDGE TOPPING BANANA & SULTANA	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Breakfast Porridge	PORRIDGE TOPPING GRANOLA & CRANBERRY	✓	x	YES	x	x	x	YES	x	x	x	x	x	x	x	YES	x	x	x	x	x	x
Breakfast Porridge	PORRIDGE TOPPING PEANUT BUTTER & BLUEBERRY	✓	✓	x	x	x	x	x	x	x	x	x	YES	x	x	x	x	x	x	x	x	x
Drinks Hot	ALMOND MILK	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	YES	x	x	x	x	x	x
Drinks Hot	AMERICANO	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Drinks Hot	CAPPUCCINO	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Drinks Hot	COCONUT MILK	✓	✓	x	x	x	x	x	x	x	x	x	x	YES	x	x	x	x	x	x	x	x
Drinks Hot	ESPRESSO	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Drinks Hot	FLAT LIGHT	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Drinks Hot	HOT CHOC	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Drinks Hot	LATTE	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Drinks Hot	MILK	✓	x	x	x	x	x	x	x	x	x	x	x	x	YES	x	x	x	x	x	x	x
Drinks Juices	APPLE & BLACKCURRENT	✓	✓	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 Smoothies	MANGO & PASSIONFRUIT	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Flatbread	CHICKEN, MOZZARELLA & PESTO	x	x	YES	YES	x	x	x	x	x	x	x	x	x	YES	x	x	x	x	x	x	x
Flatbread	JUST A FLATBREAD	✓	✓	YES	YES	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Flatbread	MEXICAN CHICKEN	x	x	YES	YES	x	x	x	x	x	x	x	x	x	YES	x	x	x	x	x	x	x
Fruit & Yoghurt Pots	BANANA & CUSTARD	✓	x	x	x	x	x	x	x	x	x	x	x	YES	YES	x	x	x	x	x	x	x
Fruit & Yoghurt Pots	BLUEBERRY YOGHURT GRANOLA	✓	x	YES	x	x	x	YES	x	x	x	x	x	x	YES	YES	x	x	x	x	x	x
Fruit & Yoghurt Pots	FRUIT SALAD	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	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
Fruit & Yoghurt Pots	JELLY POTS	x	x	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	BROWN RICE	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Hot Base	JACKET POTATO	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Hot Protein	CYO BUTTERNUT SQUASH	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x

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
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 Protein	CYO ROAST CHICKEN	x	x	x	x	x	x	x	x	x	x	x	x	x	YES	x	x	x	x	x	x	x
Hot Sauce	THAI RED VEG STEW	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Hot Sauce	KATSU SAUCE	✓	x	YES	YES	x	x	x	x	x	x	x	x	YES	YES	x	YES	x	x	x	x	x
Hot Sauce	SRI LANKAN CURRY SAUCE	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	YES	x	x	x	x	x
Hot Soups	BUTTERNUT & LENTIL	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	YES	YES	x	x	x	x
Hot Soups	THAI SPICED CHICKEN	x	x	x	x	x	x	x	x	x	X	YES	x	x	x	x	YES	x	x	x	x	x
Hot Soups	TOMATO & BASIL	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	YES	x	x	x	x	x
Hot Soups	CLASSIC CHICKEN SOUP	x	x	x	x	x	x	x	x	x	x	x	x	x	YES	x	YES	x	x	x	x	x
Hot Street food	CHILLI CON CARNE	x	x	x	x	x	x	x	x	x	x	x	x	YES	x	x	YES	x	x	x	x	x
Hot Street food	TOSTILOCOS	x	x	x	x	x	x	x	x	x	x	x	x	YES	YES	x	YES	x	x	x	x	x
Hot Street food	SOUR CREAM TOPPING	✓	x	x	x	x	x	x	x	x	x	x	x	x	YES	x	x	x	x	x	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	BANG BANG CHICKEN (with dressing)	x	x	x	x	x	x	x	x	x	x	x	YES	x	x	x	x	x	x	x	x	x
Salad	CHICKEN CAESAR (with dressing)	x	x	YES	YES	x	x	x	x	x	YES	x	x	x	YES	YES	x	x	x	x	x	x
Salad	GREEK (No protein, with dressing)	✓	x	x	x	x	x	x	x	x	x	x	x	x	YES	x	x	x	x	x	x	x
Salad	HALLOUMI & ROASTED VEG (with dressing)	✓	x	x	x	x	x	x	x	x	x	x	x	x	YES	x	x	x	x	x	x	x
Salad	MUSCLE BUILDER (with dressing)	x	x	x	x	x	x	x	x	x	YES	x	x	x	YES	x	x	x	x	YES	x	x
Salad	NACHOS GRANDE (with dressing)	x	x	x	x	x	x	x	x	x	YES	x	x	x	YES	x	x	x	x	YES	x	x
Salad	PARMASAN CHICKEN (with dressing)	x	x	x	x	x	x	x	x	x	YES	x	x	x	YES	x	x	x	x	YES	x	x
Salad	SALMON GREENS AND GRAINS (with dressing)	x	x	x	x	x	x	x	x	YES	x	x	x	x	x	x	x	x	x	x	x	x
Salad	SUPER COBB (with dressing)	x	x	x	x	x	x	x	YES	x	x	x	x	x	YES	x	x	YES	x	x	x	x
Salad	THE ITALIAN (No Protein, with dressing)	✓	x	YES	YES	x	x	x	x	x	x	x	x	x	YES	x	x	x	x	x	x	x
Salad	TUNA NISCIOSE (with dressing)	x	x	x	x	x	x	x	YES	YES	x	x	x	x	YES	x	x	YES	x	YES	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 Base	MIXED QUINOA	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Salad Base	COS	✓	✓	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	x	YES	x	x	x	YES	x	x	YES	x	x	x	x
Salad Dressing	CAESAR DRESSING	✓	x	YES	YES	x	x	x	x	x	YES	x	x	x	YES	x	x	yes	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	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 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 CHEDDAR	✓	x	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	x	x

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
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
Salad Premium	CYO GRILLED HALLOUMI	✓	✗	x	x	x	x	x	x	x	x	x	x	x	YES	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
Salad Premium	CYO ITALIAN CHEESE	✓	✗	x	x	x	x	x	x	x	YES	x	x	x	YES	x	x	x	x	x	x	x
Salad Premium	CYO SALMON	✗	✗	x	x	x	x	x	x	x	x	YES	x	x	x	x	x	x	x	x	x	x
Salad Premium	CYO TUNA	✗	✗	x	x	x	x	x	x	x	x	YES	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	x	x	YES	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 EDAMAME	✓	✓	x	x	x	x	x	x	x	x	x	x	YES	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 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	x	YES	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
Salad Veggie	CYO PICKLED RED ONION	✓	✓	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	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	x	YES	x	x	x	x	YES	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