



# Allergens



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Recipe Name (alphabetical order)	Cereals containing:														Sulphur dioxide/sulph					
	Gluten:	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	ites	Lupin	Molluscs
	Flat White	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-
Froyo (naked)	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-
Ginger	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Innocent - Coconut Water	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Innocent - Energise Super Smoothie	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Innocent - Invigorate Super Smoothie	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Innocent - OJ	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Innocent Bubbles - Apple & Berry	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Innocent Bubbles - Lemon & Limes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Innocent Juicy Water - Lemon & Limes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Innocent Juicy Water - Raspberries & Blackcurra	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Katsu Nigiri Sushi	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	yes	yes	-	-	-
Kickin' Chicken Sushi	yes	yes	-	-	-	yes	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
KIND - Caramel Almond & Sea Salt	-	-	-	-	-	-	-	-	-	-	-	yes	yes	yes	-	-	-	-	-	-
KIND - Dark Chocolate, Nuts & Sea Salt	-	-	-	-	-	-	-	-	-	-	yes	yes	yes	yes	-	-	-	-	-	-
Latte - Large	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-
Latte - Reg	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-
Love Corn - BBQ	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Love Corn - Sea Salt	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Milk - Oat	yes	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-
Milk - Skinny	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-
Milk - Soy	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Miso Soup	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Oishi Sushi	yes	yes	-	-	-	-	-	yes	yes	yes	-	yes	-	-	-	yes	yes	-	-	-
Omega 3 Sushi	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	yes	yes	-	-	-
Omega Lite Sushi	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	yes	-	-	-	-
Popchips - BBQ	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Popchips - Salt & Vinegar	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Posh Your Pot	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pot - Crispy Onions	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pot - Hot Sauce	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pot - Omega 3 Seeds	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Propercorn - Salty	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Propercorn - Sweet & Salty	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rice Bowl - Chicken Katsu Curry	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	yes	-	-	-	-	-
Rice Bowl - Vegan Chicken Katsu Curry	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	yes	-	-	-	-	-
River Run Sushi	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	yes	-	-	-	-
Scrambled Eggs	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-
Scrambled Eggs & Avo	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-
Side - Chicken Katsu	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Side - Curry Sauce	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	yes	-	-	-	-	-	-

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Recipe Name (alphabetical order)	Cereals containing-																Sulphur dioxide/sulph			
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	Side - Hot Edamame Beans	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-
Side - Vegan Gyoza	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Side - Vegan Katsu	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Soup - Carrot & Coriander	-	-	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	yes	-	-
Soup - Javanese Chicken	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-
Soup - Red Thai Chicken	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-
Soup - Vegan Chowder	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-
Sparkling Water	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Still Water	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Sweet Chilli Roasted Dumplings	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Tea - Earl Grey - Large	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tea - Earl Grey - Reg	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tea - English Breakfast - Large	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tea - English Breakfast - Reg	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tea - Green - Large	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tea - Green - Reg	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tea - Mint - Large	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tea - Mint - Reg	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Teriyaki Roasted Dumplings	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Vegan Eden Sushi	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	yes	yes	-	-	-
Vegan Eden Deluxe Sushi	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	yes	yes	-	-	-
Vegan, Clean & Green Sushi	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	yes	yes	-	-	-
Vitality Salad - Chicken Katsu	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Vitality Salad - Cali Crab	yes	yes	-	-	-	-	-	yes	yes	yes	-	yes	-	-	-	-	-	-	-	-
Vitality Salad - Gyoza & Avo	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Vitality Salad - Teriyaki Salmon	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	-	yes	-	-	-
Wasabi	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	yes	-	-	-	-
White Americano - Large	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
White Americano - Reg	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-
Wild & Brown Rice Bowl - Red Thai Chicken	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	yes	-	-
Wild & Brown Rice Bowl - Teriyaki Chicken	yes	yes	-	-	-	yes	-	-	-	-	-	yes	-	-	-	-	yes	yes	-	-
Wild & Brown Rice Bowl - Vegan Gyoza	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Yakisoba Noodle Bowl - Chicken Katsu Curry	yes	yes	-	-	-	-	-	-	yes	-	-	yes	-	-	yes	-	yes	-	-	-
Yakisoba Noodle Bowl - Vegetable Gyoza	yes	yes	-	-	-	-	-	-	yes	-	-	yes	-	-	-	-	yes	-	-	-
Yakisoba Noodle Bowl - Teriyaki Chicken	yes	yes	-	-	-	yes	-	-	yes	-	-	yes	-	-	-	-	yes	-	-	-