

Allergens



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Recipe Name (alphabetical order)	Cereals containing:											Sulphur dioxides/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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Gyoza - Spicy	yes	yes	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-
Gyoza - Sweet Chilli	yes	yes	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-
Gyoza - Teriyaki	yes	yes	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-
Gyoza - Tonkatsu BBQ	yes	yes	-	-	-	yes	-	-	-	-	yes	-	-	-	yes	-	-	-	-	-
Honey & Chilli Duck Noodle Salad	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-
Katsu Nigiri Sushi	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	yes	yes	-	-	-
Latte - Large	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Latte - Reg	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Mango & Lime Pot	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Milk - Oat	yes	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-
Milk - Skinny	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Milk - Soy	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-
Miso Soup	yes	yes	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-
Onishi 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	-	-	-	-
Poke - Plant Based	yes	yes	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	yes	-	-	-
Poke - Spicy Citrus Salmon	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	-	yes	-	-	-
Poke - Teriyaki Salmon	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	-	yes	-	-	-
Poke - Teriyaki Chicken	yes	yes	-	-	-	yes	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Poke - Tonkatsu BBQ Chicken	yes	yes	-	-	-	yes	-	-	-	-	-	yes	-	-	-	yes	-	-	-	-
Porridge - Plain	yes	yes	-	-	-	yes	yes	-	-	-	-	yes	-	-	-	-	-	-	-	-
Pot - Crispy Onions	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pot - Hot Sauce	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rice Bowl - Tonkatsu BBQ Chicken	yes	yes	-	-	-	yes	-	-	-	-	-	yes	-	-	-	yes	-	-	-	-
Rice Bowl - Chicken Katsu Curry	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	yes	-	-	-	-	-
Rice Bowl - Sweet Chilli Chicken	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Rice Bowl - Vegan Chicken Katsu Curry	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	yes	-	-	-	-	-
River Run Sushi	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	yes	-	-	-	-
Scrambled Eggs	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-
Spicy Chicken Katsu Sushi	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Spicy Dumpling Noodle Salad	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Spicy Dumpling Noodle Soup	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Spicy Salmon Sushi	yes	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Thai Chicken Noodle Soup	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	yes	-	-
Vegan, Clean & Green Sushi	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	yes	yes	-	-	-
Vitality Bowl - Honey & Chilli Duck	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Vitality Bowl - Red Thai Chicken	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	yes	-	-

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Vitality Bowl - Teriyaki Chicken	yes	yes	-	-	-	yes	-	-	-	-	-	yes	-	-	-	-	yes	yes	-	-
Vitality Bowl - Teriyaki Salmon	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	-	yes	-	-	-
Vitality Bowl - Sweet Chilli Dumplings	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Wasabi	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	yes	-	-	-	-
White Americano - Large	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
White Americano - Reg	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-
Yakisoba Noodle Bowl - Chicken Katsu Curry	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	yes	-	yes	-	-	-
Yakisoba Noodle Bowl - Sweet & Sour Gyoza	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Yakisoba Noodle Bowl - Teriyaki Chicken	yes	yes	-	-	-	yes	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-