



# Allergens



**WARNING: Our suppliers and kitchens handle numerous ingredients and allergens. Whilst we have strict controls in place to reduce the risk of contamination, it's impossible for us to guarantee that our dishes will be 100% allergen free.**

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 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	-	-	-	-
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 - Plant Based	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Popchips - BBQ	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Popchips - Salt & Vinegar	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Porridge - Plain	yes	-	-	-	-	-	yes	-	-	-	-	-	yes	-	-	-	-	-	-	-
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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	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	-	-	-
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 - Teriyaki Salmon	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	-	-	-
Yakisoba Noodle Bowl - Vegan Gyoza	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Yakisoba Noodle Bowl - Teriyaki Chicken	yes	yes	-	-	-	yes	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-