





# 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
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 Dumplings (served cold)	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Vegan, Clean & Green Sushi	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	yes	yes	-	-	-
Vitality Bowl - Red Thai Chicken	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	yes	-	-
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	-	-	-