



# 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	-	-	-	-	-	-
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	-	-	-	-
Katsu Nigiri Sushi	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	yes	yes	-	-	-
Latte - Large	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-
Latte - Reg	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-
Mango & Lime Pot	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mean, Clean & Green Sushi	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	yes	yes	-	-	-
Milk - Oat	yes	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-
Milk - Skinny	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-
Milk - Soy	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Miso Soup	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Nourish Bowl - Miso Salmon	yes	yes	-	-	-	-	-	-	-	yes	yes	yes	-	-	-	-	yes	-	-	-
Nourish Bowl - Plant-Based	yes	yes	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	yes	-	-	-
Nourish Bowl - Teriyaki Chicken	yes	yes	-	-	-	yes	-	-	-	-	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 - 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	-	-	-	-	-	-	-
Porridge - Honey & Banana	yes	yes	-	-	-	yes	yes	-	-	-	-	-	yes	-	-	-	-	-	-	-
Porridge - Peanut Butter & Banana	yes	yes	-	-	-	yes	yes	-	-	-	yes	-	yes	-	-	-	-	-	-	-
Pot - Coriander & Lime	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pot - Crispy Onions	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pot - Sriracha Hot Sauce	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rice Bowl - Chicken Katsu Curry	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	yes	-	-	-	-	-
Rice Bowl - Sweet Chilli Chicken	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Rice Bowl - Thai Green Chicken Curry	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	yes	-	-
Rice Bowl - Thai Red Chicken Curry	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	yes	-	-
Rice Bowl - Tonkatsu BBQ Chicken	yes	yes	-	-	-	yes	-	-	-	-	-	yes	-	-	-	yes	-	-	-	-
Rice Bowl - Plant-Based Katsu Curry	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	yes	-	-	-	-	-
River Run Sushi	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	yes	-	-	-	-
Sashimi Salmon Sushi	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	yes	yes	-	-	-
Scrambled Eggs - Plain	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-
Scrambled Eggs - Smashed Avo	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	yes	-	-	-
Scrambled Eggs - Crispy Smoked Bacon	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-
Scrambled Eggs - Vegan "Bacon"	-	-	-	-	-	-	-	-	yes	-	-	yes	-	-	-	-	-	-	-	-
Scrambled Eggs - Smoked Salmon	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-
Spicy Chicken Katsu Sushi	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Spicy Salmon Sushi	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	-	yes	-	-	-
Sushi Roll - Salmon Avo	-	-	-	-	-	-	-	-	-	yes	-	yes	-	-	-	-	-	-	-	-
Sushi Roll - Sesame Seaweed	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-

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Sushi Roll - Spicy California	-	-	-	-	-	-	-	yes	yes	yes	-	yes	-	-	-	-	-	-	-	-
Sushi Roll - Teriyaki Chicken	yes	yes	-	-	-	yes	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Sushi Roll - Teriyaki Salmon	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	-	-	-	-	-
Sushi Roll - Tonkatsu BBQ Chicken	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Topping - Pumpkin Seeds	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Topping - Sun-Dried Tomatoes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wasabi	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	yes	-	-	-	-
White Americano - Large	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
White Americano - Reg	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-
Wild Rice Salad - Chicken	yes	yes	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	yes	-	-	-
Wild Rice Salad - Salmon Tartare	yes	yes	-	-	-	-	-	-	-	yes	yes	yes	-	-	-	-	yes	-	-	-
Yaki Udon Noodles - Katsu Curry	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	yes	-	yes	-	-	-
Yaki Udon Noodles - Sweet Chilli	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Yaki Udon Noodles - Teriyaki	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Yaki Udon Noodles - Thai Green Curry	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	yes	-	-
Yaki Udon Noodles - Thai Red Curry	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	yes	-	-
Yaki Udon Noodles - Tonkatsu BBQ	yes	yes	-	-	-	yes	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-