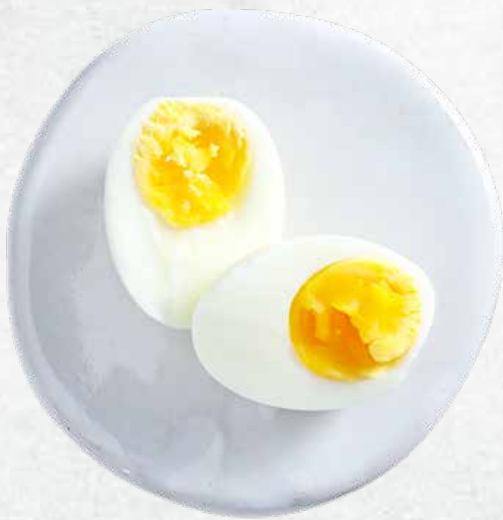


ALLERGENS



Our kitchens use ingredients containing gluten, milk, celery, fish, soya, nuts, and eggs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with these allergens. Please read through this guide to help you select suitable menu items.



MILK

IF YOU HAVE A MILK ALLERGY:

✓ CHOOSE

BREAKFAST

Smashed Avo & Toast

WRAPS

Tropical Chicken
Thai Crunch
Plant Power

SALADS & BOWLS

Thai Crunch Salad
Asian Rainbow Bowl
Mexi Bowl
Plant Power Salad

SMOOTHIES

Mango Berry
Vitamin See
Tropical Greens
Natures Protein
The Anti-oxidant
Nut Milk
Peanut Butter Berry

RAW JUICES

Floo Juice
Heart Beet
Your Daily Greens
Dragon Fire
Ginger Shot
Floo Shot
Lemon Cucumber Cooler

✗ AVOID

BREAKFAST

Scrambled Eggs & Toast
Pesto Mushroom Toast
Breakfast Bowl
Chocolate Protein Smoothie Bowl
Berry Dairy Smoothie Bowl
Tropical Yoghurt Crunch
Power Oats
Egg Hot Pot
Sunrise Unwrapped
Sunrise Wrap
Protein Breakfast Wrap
Smoked Trout Scrambled Eggs
Balanced Breakfast
Poached Eggs & Toast
Protein Egg Hot Pot

WRAPS

Salsa Quesadilla
Harvest
Old Style Caesar
Princess
Prince
Moroccan
Tuna Protein
Spicy Burrito
Chipotle Steak
Cape Malay

SALAD & BOWLS

Chipotle Steak Salad
Tuna Protein Salad
Cobb Salad
Avo Kale Caesar Salad
Butta Chicken Bowl
Eastern Spice Bowl
Carb Conscious Plate

SMOOTHIES

Strawberry Stinger
Peanut Butter Bliss
Berry Dairy
Gem
Chocolate Bliss
Cinnabomb
Peanut Butter Bomb
Salted Caramel
Citrus Glo
Milk Tart
Cappuccino Freeze

HOT DRINKS

Cappuccino*
Caffe Latte*
Flat White*
Red Cappuccino*



MAKE IT MILK FREE

Replace milk in hot drinks with almond milk to make dairy free.



EGGS

IF YOU HAVE A EGG ALLERGY:

✓ CHOOSE

BREAKFAST

Tropical Yoghurt Crunch
Smashed Avo & Toast
Pesto Mushroom Toast
Breakfast Bowl
Chocolate Protein Smoothie Bowl
Power Oats
Berry Dairy Smoothie Bowl

WRAPS

Salsa Quesadilla
Tropical Chicken
Moroccan
Thai Crunch
Plant Power
Spicy Burrito
Cape Malay

SALADS & BOWLS

Thai Crunch Salad
Mexi Bowl
Asian Rainbow Bowl
Plant Power Salad
Butta Chicken Bowl

SMOOTHIES

All smoothies are egg free.

RAW JUICE

All raw juices are egg free.

HOT DRINKS

All hot drinks are egg free.

✗ AVOID

BREAKFAST

Smashed Avo, Poached Eggs & Toast
Scrambled Eggs
Poached Eggs
Sunrise Wrap
Protein Breakfast Wrap
Egg Hot Pot
Sunrise Unwrapped
Balanced Breakfast
Smoked Trout Scrambled Eggs
Protein Egg Hot Pot

WRAPS

Tuna Protein

Harvest*
Old Style Caesar*
Princess*
Prince*
Chipotle Steak*

SALAD & BOWLS

Cobb Salad
Tuna Protein Salad

Avo Kale Caesar Salad*
Chipotle Steak Salad*
Eastern Spice Bowl*
Carb Conscious Plate*



MAKE IT EGG FREE

Replace dressing
with olive oil or
Lemon Olive Oil
dressing.



TREE NUTS

IF YOU HAVE A TREE NUT ALLERGY:

✓ CHOOSE

BREAKFAST

Smashed Avo & Toast
Scrambled / Poached Eggs & Toast
Sunrise Unwrapped
Protein Breakfast Wrap
Smoked Trout Scrambled Eggs
Protein Egg Hot Pot

WRAPS

Salsa Quesadilla
Harvest
Tropical Chicken
Old Style Caesar
Princess
Prince
Moroccan
Thai Crunch
Tuna Protein
Chipotle Steak
Spicy Burrito
Cape Malay

SALADS & BOWLS

Cobb Salad
Avo Kale Caesar Salad
Thai Crunch Salad
Tuna Protein Salad
Chipotle Steak Salad
Mexi Bowl
Butta Chicken Bowl
Eastern Spice Bowl

SMOOTHIES

Strawberry Stinger
Peanut Butter Bliss
Berry Dairy
Mango Berry
Natures Protein
Chocolate Bliss
Peanut Butter Bomb
Vitamin See
Tropical Greens
Citrus Glo
Cappuccino Freeze

✓ CHOOSE

RAW JUICES

All raw juices are tree nut free.

HOT DRINKS

All hot drinks are tree nut free.

✗ AVOID

BREAKFAST

Tropical Yoghurt Crunch
Pesto Mushroom Toast
Breakfast Bowl
Chocolate Protein Smoothie Bowl
Power Oats
Egg Hot Pot
Balanced Breakfast
Berry Dairy Smoothie Bowl

WRAPS

Plant Power

SALADS & BOWLS

Asian Rainbow Bowl
Plant Power Salad
Protein Plate

SMOOTHIES

Gem
Cinnabomb
Salted Caramel
Peanut Butter Berry
The Anti-Oxidant
Nut Milk
Milk Tart



WHEAT (GLUTEN)

IF YOU HAVE A WHEAT ALLERGY:

✓ CHOOSE

BREAKFAST

Breakfast Bowl
Berry Dairy Smoothie Bowl
Chocolate Protein Smoothie Bowl
Tropical Yoghurt Crunch
Sunrise Unwrapped
Egg Hot Pot
Protein Egg Hot Pot

SALADS & BOWLS

Chipotle Steak Salad
Plant Power Salad
Avo Kale Caesar Salad
Butta Chicken Bowl
Eastern Spice Bowl
Carb Conscious Plate
Protein Plate

SMOOTHIES

All smoothies are wheat free.

RAW JUICES

All raw juices are wheat free.

HOT DRINKS

All hot drinks are wheat free.

✗ AVOID

BREAKFAST

Power Oats

Balanced Breakfast*
Scrambled / Poached Eggs*
Sunrise Wrap*
Protein Breakfast Wrap*
Smoked Trout Scrambled Eggs*

WRAPS

Harvest*
Tropical Chicken*
Princess*
Prince*
Moroccan*
Tuna Protein*
Chipotle Steak*
Spicy Burrito*
Plant Power*
Cape Malay*
Salsa Quesadilla*

Thai Crunch
Old Style Caesar

SALAD & BOWLS

Mexi Bowl*
Tuna Protein Salad
Cobb Salad
Thai Crunch Salad
Asian Rainbow Bowl



MAKE IT WHEAT FREE

Have without toast or replace with gluten free wrap.



MAKE IT WHEAT FREE

Replace wrap with a gluten free wrap to make wheat free.



MAKE IT WHEAT FREE

Remove tortilla chips to make wheat free.



PEANUTS

IF YOU HAVE A PEANUT ALLERGY:

✓ CHOOSE

BREAKFAST

Smashed Avo & Toast
Scrambled / Poached Eggs & Toast
Berry Dairy Smoothie Bowl
Tropical Yoghurt Crunch
Sunrise Unwrapped
Protein Breakfast Wrap
Smoked Trout Scrambled Eggs
Protein Egg Hot Pot

WRAPS

Salsa Quesadilla
Harvest
Old Style Caesar
Princess
Prince
Moroccan
Tuna Protein
Chipotle Steak
Cape Malay

SALADS & BOWLS

Cobb Salad
Avo Kale Caesar Salad
Tuna Protein Salad
Chipotle Steak Salad
Mexi Bowl
Butta Chicken Bowl
Eastern Spice Bowl
Carb Conscious Plate

SMOOTHIES

Strawberry Stinger
Berry Dairy
Mango Berry
Chocolate Bliss
Vitamin See
Tropical Greens
Natures Protein
Citrus Glo
Milk Tart
Cappuccino Freeze

✓ CHOOSE

RAW JUICES

All raw juices are peanut free.

HOT DRINKS

All hot drinks are peanut free.

✗ AVOID

BREAKFAST

Chocolate Protein Smoothie Bowl

WRAPS

Thai Crunch
Tropical Chicken

SALADS & BOWLS

Thai Crunch Salad

SMOOTHIES

Peanut Butter Bomb
Peanut Butter Bliss
Salted Caramel
Cinnabomb
The Anti-Oxidant
Nut Milk
Peanut Butter Berry



SOY

IF YOU HAVE A SOY ALLERGY:

✓ CHOOSE

Choose any item on the menu except those listed under avoid.

✗ AVOID

BREAKFASTS

Low GI Bread*

Low Carb Wrap
(our regular and gluten-free wraps do not contain soy)

WRAPS

Moroccan
Thai Crunch
Tropical Chicken
Tuna Protein
Cape Malay

Low Carb Wrap
(our regular and gluten-free wraps do not contain soy)

SALADS & BOWLS

Tuna Protein Salad
Cobb Salad
Avo Kale Caesar Salad
Thai Crunch Salad
Asian Rainbow Bowl
Carb Conscious Plate



MAKE IT SOY FREE

Replace the low GI bread with rye bread.



FISH

IF YOU HAVE A FISH ALLERGY:

✓ CHOOSE

Choose any item on the menu except those listed under avoid.

Please note we do not have any shellfish on the menu.

✗ AVOID

BREAKFAST

Smoked Trout Scrambled Eggs

WRAPS

Tuna Protein

SALAD & BOWLS

Tuna Protein Salad