



# MILK

IF YOU HAVE A MILK ALLERGY:

## ✓ CHOOSE

### BREAKFAST

Fruit Cups  
Avo Toast

### WRAPS

Honey Mustard Chicken Wrap

### SALADS

Thai Chicken Salad

### HOT MEALS

Beef Burger (no cheese)

### SMOOTHIES

Dragon Punch  
Peanut Butter Berry

### SANDWICHES

BBQ Chicken Sandwich

## ✗ AVOID

### BREAKFAST

Peanut Butter & Almond Pot

Little Scrambled Eggs & Toast

Cheesy Egg Wrap

### WRAPS

Harvest Wrap  
Chicken, Cheddar & Corn Wrap  
Pulled Chicken Wrap  
Princess Wrap  
Chicken & Cheese Flat Wrap  
BBQ Chicken Flat Wrap

Moroccan Wrap\*  
Magmatic Wrap\*  
Beef Burrito\*

### SANDWICHES

Toasted Cheese & Tomato  
Chicken Salad 1/2  
Toasted Chicken Mayo  
Chicken Mayo & Avo

Pulled Chicken and Cheddar Pita\*  
Toasted Bolognaise Pita\*

### SALADS

Harvest Salad  
Princess Salad

Chicken & Corn Salad\*

### HOT MEALS

Pizza Slice  
Mac & Cheese  
Beef Lasagne  
Chicken Pesto Pasta  
Butter Chicken & Rice  
Pasta Bolognaise

### SMOOTHIES

Strawberry Stinger  
Peanut Butter Bliss  
Berry Dairy  
Green Lemonade

### HOT DRINKS

Hot Chocolate

\*  
**MAKE IT MILK FREE**  
order without  
butter

\*  
**MAKE IT MILK FREE**  
order without feta,  
white cheddar or  
pecorino

\*  
**MAKE IT MILK FREE**  
order without yoghurt,  
mayo dressing or  
pecorino



# EGGS

IF YOU HAVE A EGG ALLERGY:

## ✓ CHOOSE

### BREAKFAST

Fruit Cups  
Peanut Butter & Almond Pot  
Avo Toast

### WRAPS

Beef Burrito  
Moroccan Wrap  
Magmatic Wrap  
BBQ Chicken Flat Wrap

### SANDWICHES

Toasted Cheese & Tomato  
Toasted Bolgnaise Pita  
Pulled Chicken & Cheddar

### SALADS

Thai Chicken Salad

### HOT MEALS

Pizza Slice  
Beef Burger  
Butter Chicken & Rice

### HOT DRINKS

Tea  
Hot Chocolate

### SMOOTHIES

All smoothies are egg free

## ✗ AVOID

### BREAKFAST

Scrambled Eggs & Toast  
Cheesy Egg Wrap

### WRAPS

Honey Mustard Chicken Wrap\*  
Harvest Wrap\*  
Chicken, Cheddar & Corn Wrap\*  
Princess Wrap\*  
Chicken & Cheese Flat Wrap\*

### SANDWICHES

Chicken Salad\*  
Toasted Chicken Mayo\*  
Chicken Mayo & Avo\*  
BBQ Chicken

### SALADS

Harvest Salad\*  
Princess Salad\*  
Chicken & Corn Salad\*

### HOT MEALS

Mac & Cheese  
Pasta Bolognaise  
Beef Lasagne  
Chicken Pesto Pasta





# TREE NUTS

IF YOU HAVE A TREE NUTS ALLERGY:

## ✓ CHOOSE

### **BREAKFAST**

Fruit Cups  
Avo Toast  
Scrambled Eggs & Toast

### **WRAPS**

Harvest Wrap  
Chicken, Cheddar & Corn Wrap  
Pulled Chicken Wrap  
Moroccan Wrap  
Magmatic Wrap  
Princess Wrap  
Chicken & Cheese Flat Wrap  
BBQ Chicken Flat Wrap  
Beef Burrito  
Honey Mustard Chicken Wrap

### **SANDWICHES**

Toasted Cheese & Tomato  
Chicken Salad  
Toasted Chicken Mayo  
Toasted Bolgnaise Pita  
Pulled Chicken & Cheddar  
Chicken Mayo & Avo  
BBQ Chicken

### **SALADS**

Harvest Salad  
Princess Salad  
Chicken & Corn Salad

### **HOT MEALS**

Pizza Slice  
Mac & Cheese  
BBQ Pulled Chicken Pizza Slice  
Pasta Bolognaise  
Beef Lasagne  
Butter Chicken & Rice  
Beef Burger

### **HOT DRINKS**

Tea  
Hot Chocolate

### **SMOOTHIES**

Strawberry Stinger  
Berry Dairy  
Dragon Punch  
Green Lemonade

## ✗ AVOID

### **BREAKFAST**

Peanut Butter & Almond Pot

### **HOT MEALS**

Chicken Pesto Pasta

### **SMOOTHIES**

Peanut Butter Bliss  
Peanut Butter Berry

### **SALADS**

Thai Chicken Salad



# PEANUTS

IF YOU HAVE A PEANUTS ALLERGY:

## ✓ CHOOSE

### **BREAKFAST**

Fruit Cups  
Avo Toast  
Scrambled Eggs & Toast  
Cheesy Egg Wrap

### **WRAPS**

Harvest Wrap  
Chicken, Cheddar & Corn Wrap  
Moroccan Wrap  
Magmatic Wrap  
Princess Wrap  
Chicken & Cheese Flat Wrap  
Beef Burrito  
BBQ Chicken Wrap  
Honey Mustard Chicken Wrap

### **SANDWICHES**

Toasted Cheese & Tomato  
Chicken Salad  
Toasted Chicken Mayo  
Toasted Bolognaise Pita  
Pulled Chicken & Cheddar  
Chicken Mayo & Avo  
BBQ Chicken Sandwich

### **SALADS**

Harvest Salad  
Thai Chicken Salad  
Princess Salad  
Chicken & Corn Salad

### **HOT MEALS**

Pizza Slice  
Mac & Cheese  
Pasta Bolognaise  
Beef Lasagne  
Butter Chicken & Rice  
Beef Burger

## ✓ CHOOSE

### **HOT DRINKS**

Tea  
Hot Chocolate

### **SMOOTHIES**

Strawberry Stinger  
Berry Dairy  
Dragon Punch  
Green Lemonade

## ✗ AVOID

### **BREAKFAST**

Peanut Butter & Almond Pot

### **SALADS**

Thai Chicken Salad

### **SMOOTHIES**

Peanut Butter Bliss  
Peanut Butter Berry

### **HOT MEALS**

Chicken Pesto Pasta



# WHEAT/GLUTEN

IF YOU HAVE A WHEAT/GLUTEN ALLERGY:

## ✓ CHOOSE

### **BREAKFAST**

Fruit Cups  
Peanut Butter & Almond Pot

### **SALADS**

Harvest Salad  
Princess Salad  
Chicken & Corn Salad

### **HOT MEALS**

Butter Chicken & Rice

### **SMOOTHIES**

All smoothies are gluten free

## ✗ AVOID

### **BREAKFAST**

Avo Toast  
Scrambled Eggs & Toast  
Cheesy Egg Wrap

### **WRAPS**

Harvest Wrap  
Chicken, Cheddar & Corn Wrap  
Tropical Chicken Wrap  
Moroccan Wrap  
Magmatic Wrap  
Princess Wrap  
Chicken & Cheese Flat Wrap  
BBQ Chicken Flat Wrap  
Honey Mustard Chicken Wrap  
Beef Burrito

### **SANDWICHES**

Toasted Cheese & Tomato  
Chicken Salad  
Toasted Chicken Mayo  
Toasted Bolognaise Pita  
Pulled Chicken & Cheddar  
Chicken Mayo & Avo  
BBQ Chicken Sandwich

### **HOT MEALS**

Pizza Slice  
Mac & Cheese  
Pasta Bolognaise  
Beef Lasagne  
Chicken Pesto Pasta  
Beef Burger

### **HOT DRINKS**

Hot Chocolate



# SOY

IF YOU HAVE A SOY ALLERGY:

✓ **CHOOSE**

**BREAKFAST**

Fruit Cups  
Peanut Butter & Almond Pot  
Cheesy Egg Wrap

**WRAPS**

Harvest Wrap  
Chicken, Cheddar & Corn Wrap  
Magmatic Wrap  
Princess Wrap  
Beef Burrito  
Honey Mustard Chicken Wrap

**SANDWICHES**

Toasted Bolognaise Pita  
Pulled Chicken & Cheddar

**SALADS**

Harvest Salad  
Chicken & Corn Salad  
Princess Salad

**HOT MEALS**

Pizza Slice  
Mac & Cheese  
Beef Burger  
Butter Chicken & Rice

**HOT DRINKS**

Tea  
Hot Chocolate

**SMOOTHIES**

Strawberry Stinger  
Peanut Butter Bliss  
Berry Dairy  
Peanut Butter Berry  
Green Lemonade  
Dragon Punch

✗ **AVOID**

**BREAKFAST**

Avo Toast  
Scrambled Eggs & Toast

**WRAPS**

BBQ Chicken Flat Wrap  
Moroccan Wrap  
Chicken & Cheese Flat Wrap

**SANDWICHES**

Toasted Cheese & Tomato  
Chicken Salad  
Toasted Chicken Mayo  
Toasted Bolognaise Pita  
Pulled Chicken & Cheddar  
Chicken Mayo & Avo  
BBQ Chicken Sandwich

**SALADS**

Thai Chicken Salad

**HOT MEALS**

Pasta Bolognaise  
Beef Lasagne  
Chicken Pesto Pasta