

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
Plant Power Salad

SMOOTHIES

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

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
Almond Porridge Pot
Power Oats
Pesto Egg Pot
Sunrise Unwrapped
Sunrise Wrap
Protein Breakfast Wrap
Balanced Breakfast
Poached Eggs & Toast
Protein Egg Pot
Mexi Egg Pot

WRAPS

Salsa Quesadilla
Harvest
Princess
Prince
Moroccan
Tuna Protein
Spicy Burrito
Chipotle Steak
Cape Malay
Mexi Fresh

SALAD & BOWLS

Chipotle Steak Salad
Tuna Protein Salad
Cobb Salad
Avo Kale Caesar Salad
Butta Chicken Bowl
Eastern Spice Bowl
Mexi Fresh
Winter Nourish

SMOOTHIES

Strawberry Stinger
Peanut Butter Bliss
Berry Dairy
Gem
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

Smashed Avo & Toast
Pesto Mushroom Toast
Breakfast Bowl
Chocolate Protein Smoothie Bowl
Power Oats
Almond Porridge Pot

WRAPS

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

SALADS & BOWLS

Thai Crunch Salad
Plant Power Salad
Butta Chicken Bowl
Mexi Fresh
Winter Nourish

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
Pesto Egg Pot
Sunrise Unwrapped
Balanced Breakfast
Protein Egg Pot
Mexi Egg Pot

WRAPS

Tuna Protein

Harvest*
Princess*
Prince*
Chipotle Steak*

SALAD & BOWLS

Cobb Salad
Tuna Protein Salad

Avo Kale Caesar Salad*
Chipotle Steak Salad*
Asian Rainbow Bowl*
Protein 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
Protein Egg Pot
Mexi Egg Pot

WRAPS

Salsa Quesadilla
Harvest
Tropical Chicken
Princess
Prince
Moroccan
Thai Crunch
Tuna Protein
Chipotle Steak
Spicy Burrito
Cape Malay
Mexi Fresh

SALADS & BOWLS

Cobb Salad
Avo Kale Caesar Salad
Thai Crunch Salad
Tuna Protein Salad
Chipotle Steak Salad
Butta Chicken Bowl
Mexi Fresh
Protein Plate

SMOOTHIES

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

✓ CHOOSE

RAW JUICES

All raw juices are tree nut free.

HOT DRINKS

All hot drinks are tree nut free.

✗ AVOID

BREAKFAST

Almond Porridge Pot
Pesto Mushroom Toast
Breakfast Bowl
Chocolate Protein Smoothie Bowl
Power Oats
Pesto Egg Pot
Balanced Breakfast

WRAPS

Plant Power

SALADS & BOWLS

Asian Rainbow Bowl
Plant Power Salad
Winter Nourish

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
Chocolate Protein Smoothie Bowl
Sunrise Unwrapped
Egg Pesto Pot
Protein Egg Pot
Mexi Egg Pot

SALADS & BOWLS

Chipotle Steak Salad
Plant Power Salad
Avo Kale Caesar Salad
Butta Chicken Bowl
Mexi Fresh
Protein Plate
Cobb Salad
Tuna Protein Salad

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
Almond Porridge Pot

Balanced Breakfast*
Scrambled / Poached Eggs*

Sunrise Wrap
Protein Breakfast Wrap

WRAPS

Harvest
Tropical Chicken
Princess
Prince
Moroccan
Tuna Protein
Chipotle Steak
Spicy Burrito
Plant Power
Cape Malay
Salsa Quesadilla
Mexi Fresh
Thai Crunch

SALAD & BOWLS

Thai Crunch Salad
Asian Rainbow Bowl



MAKE IT WHEAT FREE

Have without
toast



PEANUTS

IF YOU HAVE A PEANUT ALLERGY:

✓ CHOOSE

BREAKFAST

Smashed Avo & Toast
Scrambled / Poached Eggs & Toast
Sunrise Unwrapped
Protein Breakfast Wrap
Protein Egg Pot
Mexi Egg Pot

WRAPS

Salsa Quesadilla
Harvest
Princess
Prince
Moroccan
Tuna Protein
Chipotle Steak
Cape Malay
Mexi Fresh

SALADS & BOWLS

Cobb Salad
Avo Kale Caesar Salad
Tuna Protein Salad
Chipotle Steak Salad
Butta Chicken Bowl
Mexi Fresh

SMOOTHIES

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

✓ 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 wraps do not contain soy)

WRAPS

Moroccan
Thai Crunch
Tropical Chicken
Tuna Protein
Cape Malay

Low Carb Wrap
(our regular wraps do not contain soy)

SALADS & BOWLS

Thai Crunch Salad
Asian Rainbow Bowl



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**

WRAPS
Tuna Protein

SALAD & BOWLS
Tuna Protein Salad