

PLATTER ALLERGENS

PLATTER	INGREDIENTS	ALLERGENS
FRUITY YOGHURT POTS	Turmeric yoghurt, Acai Berry yoghurt and Mango quinoa yoghurt.	Mango quinoa (milk, nuts); Turmeric Yoghurt (milk, nuts) Acai Berry Yoghurt (milk, nuts)
FRESH FRENCH PASTRIES	Almond Croissant, Apricot Danish, Pain au choc and strawberries	Almond Croissant (eggs, wheat, milk, nuts), Apricot Danish (eggs, wheat, milk), Pain au choc (eggs, wheat, milk, soybeans) and strawberries
RISE AND SHINE CROISSANTS	Croissant; wheat flour, butter, water, yeast, eggs, salt, wheat gluten, flour treatment agent and strawberries	Croissant (gluten: wheat, milk)
CITY BREAKFAST	Egg, mayo and bacon wrap: Multigrain tortilla, Wheat, Egg Mayo, Back Bacon, Rye flour, Oat flour, Pearl barley, Wheat flour	Egg mayo bacon wrap (wheat, oats, barley, rye, eggs, milk, mustard)
	Ham and cheese croissant: Croissant Mini, Ham, Monterey jack Cheese	Monterary jack cheese (milk), croissant (eggs, wheat, milk)
	Smoked salmon and cream cheese bagel	Bagel (wheat), Smoked Salmon (fish), Soft cheese (milk)
BEST VEGGIE BREAKFAST	Avocado, cheese and chilli on rye: Avocado, cream cheese, rye bread	Cream cheese (milk), rye bread (rye, wheat)
	Cheese and tomato mini croissants: Cheese and tomato croissants	Cheese (milk), tomato croissant (eggs, wheat)
	Egg and tomato bagels: Egg and tomato chutney bagels	Egg Mayonnaise (egg, milk, mustard), bagel (wheat)
ENERGISER BAGELS	Smoked salmon and cream cheese bagels and bacon & egg bagels with mayonnaise	Smoked salmon (fish), cream cheese (milk), egg (egg), mayonnaise (egg, mustard), bagel (gluten:wheat)
VITALISER VEGGIE BAGELS	Egg & Tomato Chutney bagels and Chilli, cucumber & cream cheese bagels	Egg Mayonnaise (egg, milk, mustard), bagel (wheat), cream cheese (milk),
BRILLIANTLY BRITISH	Coronation chicken: Coronation Chicken and mixed leaf wrap	Coronation chicken (wheat, celery, eggs, milk, mustard), wrap (wheat, sesame seed)
	Monterey Jack cheese and tomato chutney bagels with rocket	Multiseed bagel (gluten, sesame seeds), Monterey Jack cheese (milk), tomato chutney, reduced fat mayo (Eggs, mustard), rocket leaves
	Ham & boiled egg sandwiches	Egg (egg), Mayo (eggs, mustard), rye (wheat, rye)
	Lemon mayo prawn & cucumber rolls	Bread roll (wheat), cooked prawns (crustaceans), reduced fat mayo (Eggs, mustard), lemon juice (sulphur dioxide)
SUNSHINE SALMON SALAD	Smoked salmon, prawns, mixed leaves, runner beans, peas, cucumber, parsley, lemon, ketchup, mayonnaise, vegetable oil.	Salmon (fish), Prawns (crustaceans), Mayonnaise (eggs, mustard)
MARVELLOUS MIXED SANDWICHES	Mozzarella, sunblush tomato & avocado: mozzarella, sunblush tomatoes, avocado, basil, nut free pesto, bread	Bread (gluten), chicken (milk), mayonnaise (egg, mustard), salmon (fish), cream cheese (milk), egg (mustard, egg), nut free pesto (sulphites)
	Cheese & Chutney	Wheat barley bread (gluten), Monterey Jack cheese (milk), tomato chutney, reduced fat mayo (Eggs, mustard)
	Sweet chilli chicken & avo sandwich	Malted wheat barley bread (gluten), chicken breast (milk), reduced fat mayo (Eggs, mustard), sweet chilli & sesame sauce (sesame seeds, sulphur dioxide)
	Tuna Nicoise sandwich	Malted wheat barley bread (gluten), eggs(egg), tuna mayo (eggs, fish, mustard)
SLOW BURNER SALAD	Greek style cheese, cucumber, peas, pearl barley, lentils, shredded red and green cabbage, carrot, spring onion, dal muth, peanuts, mixed leaves, pistachio, mint & red chilli with a sweet chilli & sesame dressing	Greek style cheese (milk), pearl barley (gluten), lentils (wheat), pistachio (nuts), sweet chilli dressing (sulphites, sesame)

PLATTER ALLERGENS

CHICKEN SLOW BURNER SALAD	Chickem, Greek style cheese, cucumber, peas, pearl barley, lentils, shredded red and green cabbage, carrot, spring onion, dal muth, peanuts, mixed leaves, pistachio, mint & red chilli with a sweet chilli and sesame dressing	Chicken (milk), Greek style cheese (milk), pearl barley (gluten), lentils (wheat), pistachio (nuts), sweet chilli dressing (sulphites, sesame)
MIDTOWN DELI	BLT: Complet roll, bacon, mayonnaise, tomatoes, lettuce, raddicchio, endive, swiss cahrd, spinach	Complet roll (wheat), mayo (egg, mustard)
	Pastrami, cheese, gherkin and rye: Bread, pastrami	Bread (wheat, rye, gluten), pastrami (mustard)
	Smoked salmon and cream cheese bagel: Bread, smoked salmon, cream cheese	Bread (wheat, gluten), smoked salmon (fish), cream cheese (milk)
	Cheese, tomato and mayo: Malted bread, tomatoes, monteray jack cheese, mayonnaise, lettuce, radicchio, endive, swiss chard, spinach	Malted bread (wheat, barley), cheese (milk), mayo (egg, mustard)
CHICKEN CAESAR SALAD	Chicory leaves, chicken breast, avocado, boiled egg, rocket leaves, croutons, Gran Moravia cheese, autumn seeds, French mustard, mayonnaise, yoghurt, croutons.	Chicken breast (milk), boiled egg (egg), Gran Moravia cheese (milk), French mustard (mustard, eggs), autumn seeds (sesame seeds), Yoghurt (milk), Mayonnaise (eggs, mustard), croutons (wheat)
SOHO BAGUETTES	Chicken mayo: Baguette, pulled chicken, mayonnaise, lettuce, endive, raddicchio, spinach, swiss chard, sesame seeds, chia seeds, flaxseed	Baguette (wheat, sesame seeds), chicken (milk), mayo (eggs, mustard).
	Ham and egg: Baguette, ham, egg, mayonnaise, lettuce, endive, raddicchio, spinach, swiss chard, sesame seeds, chia seeds, flaxseed	Baguette (wheat, sesame seeds), mayo (eggs, mustard), egg (egg)
	Mozzerella, tomatoes and avocado: Baguette, cheese, avocado, sunblushed toamtoes, pesto, basil	Baguette (wheat, sesame seeds), pesto (sulphur dioxide)
	Sweet chilli, pulled pork and pod slaw: Baguette, pulled pork, thai sweet chilli sauce, carrots, peas, beetroot, curly kale, cabbage red, leeks	Baguette (wheat, sesame seeds)
LEMON TUNA NICOISE	Eggs, tuna, green beans, sunblushed toamtoes, mixed olives, classic mix salad and green beans. Served with a lemon & shallot dressing	Eggs (Egg), tuna(fish), mixed olives (sulphur dioxide)
ORIENTAL DUCK SALAD	Noodles, roast duck, carrots, cabbage, broccoli, spring onions, duck sauce, sesame seeds. Served with spicy asain dressing.	Duck sauce (fish, gluten, sesame seeds, soybeans, sulphur dioxide), sesame seeds (sesame seeds), spicy asain dressing (soybeans)
ROSEMARY FOCACCIA	Rosemary Focaccia, prosciutto crudo, mozzarella cheese, rocket leaves, sunblushed tomatoes, basil, pesto. Chicken breast, nut free pesto, Gran Morvaria cheese, rocket & low fat mayo	Focaccia (wheat), mozzarella (milk), pesto (sulphur dioxide), chicken breast (milk), reduced fat mayo (egg, mustard), Gran movaria cheese (milk)
MEDITERRANEAN MEZZE	Eggs, multigrain tortilla, houmous, quinoa, falafel, tomatoes, carrots, mixed olives, peas, sunblushed toamtoes, beetroot, cabbage, muhamara, cucumber, kale, red cabbage, leeks, parsley, mint, sultanas, sesame seeds, chia seeds, flaxseed	Eggs (egg), multigrain tortilla (wheat), houmous, quinoa, falafel (wheat), mixed olives (sulphur dioxide), muhamara (nuts, sulphur dioxide), sesame seeds (seeds), chia seeds, flaxseed
TABBOULEH SALAD	Cucumber, tomatoes, avocado, leek & kale mix, quinoa, pomegranate seeds, pistachio, mint, parsley, lemon juice and lemon dressing	Pistachio (nuts), lemon dressing (sulphites, soya)
CHICKEN TABBOULEH SALAD	Chicken, Cucumber, tomatoes, avocado, leek & kale mix, quinoa, pomegranate seeds, pistachio, mint, parsley, lemon juice and lemon dressing	Pistachio (nuts), lemon dressing (sulphites, soya), chicken (milk)
MIXED ARTISAN WRAPS	Lebanese Red Pepper Chicken: chicken in spiced red pepper paste, mixed leaves, cucumber & multigrain wrap.	Tortilla wrap (gluten), lebanese red pepper dip (nuts)
	Hummus, falafel & pod slaw: falafel, hummus, peas, beetroot, carrot, leeks, cabbage in multigrain wrap.	Tortilla wrap (gluten), hummus (sesame), falafel (wheat)
	Hoisin Duck wrap: Hoisin duck filling with cucumber and chilli	Tortilla wrap (gluten), Hoisin duck (sesame seeds, soybeans, eggs, mustard)
	Tuna & roasted vegetable: tuna mayo, roast pepper, sweet potato, spinach, nut free pesto, sunblush tomatoes, wrap	Tortilla wrap (gluten), mayo (egg, mustard), pesto (sulphites), tuna (fish)

PLATTER ALLERGENS

PLANT POWER SANDWICHES	Egg, mayo and avocado: Rye bread, egg mayo, avocado	Rye bread (rye, wheat), egg mayo (egg, milk, mustard)
	Mozzarella, sunblush tomato and avocado: Malted bread, mozzarella, tomatoes and basil	Malted bread (wheat barley), mozzarella (milk)
	Smashed pea, mint, and Greek style cheese: Multigrain tortilla, salad cheese, peas, lettuce, mint, endive, radicchio, spinach, chard	Multigrain tortilla (wheat, rye, oats), cheese (milk)
	Roasted veg, chilli, and coriander: Complet roll, soft cheese, red pepper, sweet potato, coriander, chilli	Complet roll (wheat), cheese (milk), sweet potato (celery, soybeans, sulphur dioxide)
PROTEIN POWER POTS	Hoisin Duck Pot: shredded red and green cabbage, carrot, mixed leaves, wasabi seeds, hoisin duck	Wasabi seeds (seeds), hoisin duck sauce (fish, wheat, soybeans, sulphur dioxide)
	Pesto Chicken pot: cabbage, carrot, leek, mixed leaves, nut free pesto, chicken breast, gran Moravia cheese	Gran Moravia cheese (milk, eggs), chicken (dairy), nut free pesto (sulphur dioxide, soybeans)
	Boiled egg pots: Boiled egg, sunblush tomatoes, munchy seeds	Boiled egg (egg), seeds (seeds)
LIGHTER LUXURIES	Asian noodles in chicory leaves: Chicken breast, asian dressing, rocket leaves, chicory, wasabi seeds, rice vermicelli, chilli red	Chicken (milk), asian dressing (soybeans)
	Avocado cups: Salad cheese, avocado, roasted tomatoes, coriander, lime juice, basil	Cheese (milk), lime juice (sulphur dioxide)
	Salmon nori wraps: Smoked salmon, red cabbage, cucumber, spinach, pickled ginger, seaweed nori	Smoked salmon (fish)
FABULOUS FRESH FRUIT	Bananas, Apples, Oranges, Grapes	none
FRUITY FLAPJACKS	Chia seed and Fruit flapjacks with strawberries	Flapjacks (milk)
NAUGHTY LITTLE BROWNIES	Pod brownies and strawberries	Brownie (eggs, milk, soybeans)
MINI MIGHTY MUFFINS	Blueberry, Carrot, Chocolate, Raspberry muffins and strawberries	Mini muffins (eggs, wheat milk, soybeans)
CHUNKY COOKIES	Chocolate chip and oatmeal cookies	Chocolate chip (wheat, eggs, milk, soybeans), oatmeal cookies (oat, wheat, eggs, milk, nuts)
ROASTED VEGETABLE CRISPS	Pan fried Vegetable crisps	none
JO & SEPH'S SALTED CARAMEL POPCORN	Salted Caramel popcorn	Popcorn caramel seasalt (milk)
MACAROONS	Gluten Free macaroons	Eggs, soybeans (Soya)
MILLIONAIRE'S SHORTBREAD	Crumbly base, caramel and milk chocolate millionaire shortbread	Wheat, soybeans, (milk)