

<i>House Salads</i>	Mexican Mambo	Green Supreme	The Grand Caesar
Peanuts			
Fish			
Milk			
Celery			
Mustard			
Molluscs			
Cereals with Oats			
Cereals with Rye			
Cereals with Wheat			
Cereals with Barley			
Almonds			
Cashews			
Walnuts			
Crustaceans			
Eggs			
Soya			
Lupin			
Sesame			
Sulphur Dioxide & Sulphites			

Sweet Potato Plates	Beef Inferno	Savoury Cluck	Satay-sfied Chickpeas
Peanuts			
Fish			
Milk			
Celery			
Mustard			
Molluscs			
Cereals with Oats			
Cereals with Rye			
Cereals with Wheat			
Cereals with Barley			
Almonds			
Cashews			
Walnuts			
Crustaceans			
Eggs			
Soya			
Lupin			
Sesame			
Sulphur Dioxide & Sulphites			

<i>Rice Bowls</i>	El Fuego Bowl	Mediterranean Chick Bowl	Smokin' Salmon Poke
Peanuts			
Fish			
Milk			
Celery			
Mustard			
Molluscs			
Cereals with Oats			
Cereals with Rye			
Cereals with Wheat			
Cereals with Barley			
Almonds			
Cashews			
Walnuts			
Crustaceans			
Eggs			
Soya			
Lupin			
Sesame			
Sulphur Dioxide & Sulphites			

<i>Rice Bowls</i>	Satay-sfied Chickpeas	Soy Marinated Tofu Bowl
Peanuts		
Fish		
Milk		
Celery		
Mustard		
Molluscs		
Cereals with Oats		
Cereals with Rye		
Cereals with Wheat		
Cereals with Barley		
Almonds		
Cashews		
Walnuts		
Crustaceans		
Eggs		
Soya		
Lupin		
Sesame		
Sulphur Dioxide & Sulphites		

Açaí	Sweet Escape	Tropic Madness	Go MAD	MAD Gains
Peanuts				
Fish				
Milk				
Celery				
Mustard				
Molluscs				
Cereals with Oats				
Cereals with Rye				
Cereals with Wheat				
Cereals with Barley				
Almonds				
Cashews				
Walnuts				
Crustaceans				
Eggs				
Soya				
Lupin				
Sesame				
Hazelnut				
Sulphur Dioxide & Sulphites			 : Contained  : Trace	

<i>Smoothies</i>	Green Machine	Monkey Nutter	Strawberry Cooler
Peanuts			
Fish			
Milk			
Celery			
Mustard			
Molluscs			
Cereals with Oats			
Cereals with Rye			
Cereals with Wheat			
Cereals with Barley			
Almonds			
Cashews			
Walnuts			
Crustaceans			
Eggs			
Soya			
Lupin			
Sesame			
Sulphur Dioxide & Sulphites			

<i>Dressing</i>	House Vinaig- erette	Creamy Red Pesto	Caesar	Maxican	Korean BBQ	Jalapeno Lime	Maple Miso
Peanuts							
Fish							
Milk							
Celery							
Mustard							
Molluscs							
Cereals with Oats							
Cereals with Rye							
Cereals with Wheat							
Cereals with Barley							
Almonds							
Cashews							
Walnuts							
Crustaceans							
Eggs							
Soya							
Lupin							
Sesame							
Sulphur Dioxide & Sulphites							

<i>Dressing</i>	Light Mayo	Mango Chilli	Satay Sauce	Olive Oil	Lemon Juice	Balsamic	Chinichurri
Peanuts							
Fish							
Milk							
Celery							
Mustard							
Molluscs							
Cereals with Oats							
Cereals with Rye							
Cereals with Wheat							
Cereals with Barley							
Almonds							
Cashews							
Walnuts							
Crustaceans							
Eggs							
Soya							
Lupin							
Sesame							
Sulphur Dioxide & Sulphites							

<i>Tortilla Wraps</i>	Whole Meal Tortilla	Spinach Tortilla	Tomato Tortilla
Peanuts			
Fish			
Milk			
Celery			
Mustard			
Molluscs			
Cereals with Oats			
Cereals with Rye			
Cereals with Wheat			
Cereals with Barley			
Almonds			
Cashews			
Walnuts			
Crustaceans			
Eggs			
Soya			
Lupin			
Sesame			
Sulphur Dioxide & Sulphites			

Create Your Own	Cos	Iceberg	House Mix	Spinach	Plain Chicken	Barbecue Beef
Peanuts						
Fish						
Milk						
Celery						
Mustard						
Molluscs						
Cereals with Oats						
Cereals with Rye						
Cereals with Wheat						
Cereals with Barley						
Almonds						
Cashews						
Walnuts						
Crustaceans						
Eggs						
Soya						
Lupin						
Sesame						
Sulphur Dioxide & Sulphites						

Create Your Own	Pulled Pork	Hot & Spicy Chicken	Garlic & Herb Chicken	Spicy Chicken	Tuna	Smoked Salmon
Peanuts						
Fish						
Milk						
Celery						
Mustard						
Molluscs						
Cereals with Oats						
Cereals with Rye						
Cereals with Wheat						
Cereals with Barley						
Almonds						
Cashews						
Walnuts						
Crustaceans						
Eggs						
Soya						
Lupin						
Sesame						
Sulphur Dioxide & Sulphites						

Create Your Own	Black Olives	Cherry Plum Tomato	Boiled Egg	Avocado	Lime
Peanuts					
Fish					
Milk					
Celery					
Mustard					
Molluscs					
Cereals with Oats					
Cereals with Rye					
Cereals with Wheat					
Cereals with Barley					
Almonds					
Cashews					
Walnuts					
Crustaceans					
Eggs					
Soya					
Lupin					
Sesame					
Sulphur Dioxide & Sulphites					

Create Your Own	Edamame	Pineapple	Apple	Shredded Carrot	Roast Sweet Potato
Peanuts					
Fish					
Milk					
Celery					
Mustard					
Molluscs					
Cereals with Oats					
Cereals with Rye					
Cereals with Wheat					
Cereals with Barley					
Almonds					
Cashews					
Walnuts					
Crustaceans					
Eggs					
Soya					
Lupin					
Sesame					
Sulphur Dioxide & Sulphites					

Create Your Own	Cucumber	Pickled Cucumber	Banana	Jalapenos	Mixed Peppers
Peanuts					
Fish					
Milk					
Celery					
Mustard					
Molluscs					
Cereals with Oats					
Cereals with Rye					
Cereals with Wheat					
Cereals with Barley					
Almonds					
Cashews					
Walnuts					
Crustaceans					
Eggs					
Soya					
Lupin					
Sesame					
Sulphur Dioxide & Sulphites					

Create Your Own	Straw-berries	Mint	Sun Dried Tomatoes	Pickled Red Onion	Croutons	Crispy Onions
Peanuts						
Fish						
Milk						
Celery						
Mustard						
Molluscs						
Cereals with Oats						
Cereals with Rye						
Cereals with Wheat						
Cereals with Barley						
Almonds						
Cashews						
Walnuts						
Crustaceans						
Eggs						
Soya						
Lupin						
Sesame						
Sulphur Dioxide & Sulphites						

Create Your Own	Chopped Cheese	Feta Cheese	Vegan Cheese	Sweet Mature Cheese	Bacon	Hummus
Peanuts						
Fish						
Milk						
Celery						
Mustard						
Molluscs						
Cereals with Oats						
Cereals with Rye						
Cereals with Wheat						
Cereals with Barley						
Almonds						
Cashews						
Walnuts						
Crustaceans						
Eggs						
Soya						
Lupin						
Sesame						
Sulphur Dioxide & Sulphites						

<i>House Wraps</i>	Mexican Mambo	Green Supreme	The Grand Caesar
Peanuts			
Fish			
Milk			
Celery			
Mustard			
Molluscs			
Cereals with Oats			
Cereals with Rye			
Cereals with Wheat			
Cereals with Barley			
Almonds			
Cashews			
Walnuts			
Crustaceans			
Eggs			
Soya			
Lupin			
Sesame			
Sulphur Dioxide & Sulphites			

Side Salads	Sesame Garlic Broccoli	Signature Tangy Lime Slaw	Mexican Roasted Corn Salad	Spicy Cucumber Salad
Peanuts				
Fish				
Milk				
Celery				
Mustard				
Molluscs				
Cereals with Oats				
Cereals with Rye				
Cereals with Wheat				
Cereals with Barley				
Almonds				
Cashews				
Walnuts				
Crustaceans				
Eggs				
Soya				
Lupin				
Sesame				
Sulphur Dioxide & Sulphites				

Create Your Own	Satay Chickpeas	Soy Marinated Tofu	Parmesan	Pickled Chili	Mixed Rice
Peanuts					
Fish					
Milk					
Celery					
Mustard					
Molluscs					
Cereals with Oats					
Cereals with Rye					
Cereals with Wheat					
Cereals with Barley					
Almonds					
Cashews					
Walnuts					
Crustaceans					
Eggs					
Soya					
Lupin					
Sesame					
Sulphur Dioxide & Sulphites					

Create Your Own

Parmesan
Crunch

Sweet
Salty
Cashew

Peanuts					
Fish					
Milk					
Celery					
Mustard					
Molluscs					
Cereals with Oats					
Cereals with Rye					
Cereals with Wheat					
Cereals with Barley					
Almonds					
Cashews					
Walnuts					
Crustaceans					
Eggs					
Soya					
Lupin					
Sesame					
Seeds					