

Vegan Delivered allergen matrix (v5)		24/10/19
HEALTHY BOXES		
	QUICK LOOK	Allergy advice: for allergens including cereals containing gluten please see ingredients in bold
Vegan Ruby Murray	SOYBEANS, WHEAT	brown rice, mixed leaf (cos, iceberg, rocket, chard, spinach, carrot, beetroot) broccoli slaw (tenderstem broccoli, carrot, lemon juice, radish, red cabbage, red chilli, soy sauce (water, soybeans , wheat , salt) onion bhaji (Onions (81%), Rapeseed Oil, Gram Flour Potato Starch, Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Thiamine, Nicotinamide], Sugar, Lemon Juice, Green Coriander, Salt, Cumin Powder, Coriander Powder, Cumin Seeds, Chilli Powder, Raising Agent (Soda Bicarbonate), Turmeric Powder, Black pepper) tomato, pickled beets kraut (White Cabbage (64%), Whole Beets (32%), Sea salt, Ginger, Turmeric, coriander seed), mango chutney (Sugar, Mango 46%, Acidity Regulator: [E260], Spices (Chilli, Ginger , Garlic , Paprika), coriander, pomegranate
Vegan Super Healthy	WHEAT, TREE NUTS	avocado (salt, Ascorbic acid, citric acid), Sweet potato, rape seed oil, sunblushed tomatoes (semi-dried tomatoes (80%)), sunflower oil, salt, sugar, aromatic plants, acidity regulator: citric acid, antioxidant: ascorbic acid, freekeh salad (freekeh, water, wheat , cauliflower, harrisa sauce) (sugar, red pepper, rapeseed oil, acidity regulator (acetic acid) spices (allspice, cardamom, red chilli, tumeric, ginger, cumin, modified maize starch, salt, herbs (coriander, parsley, lemon juice, coriander extract, lemon oil), salt, sunflower oil, spring onions, mint, salt, black pepper, preservatives (potassium sorbate)) spiced cauliflower (cauliflower, Rapeseed Oil, Chopped Ginger, Garlic puree, Lemon Juice Concentrated, Dried Red Chilli, Ground Black Pepper, Salt, Cinnamon, Bay Leaf (cos, iceberg, spinach, rocket, chard, carrot, beetroot), chives, pine nuts (tree nuts)
Brick Lane Tofu	SULPHITES, SOYBEANS, PEANUT, SESAME, TREE NUTS	rice noodles, carrot, pak choy, mango, papaya, mint, basil, coriander, red chilli, lemon juice, sriracha chilli sauce (Chilli (61%), Sugar, Water, Salt, Garlic , Flavour Enhancer (E621), Stabilizer (E415), Acidity Regulators (E260, E330), Preservative (E202)) tofu (soybeans , magnesium chloride) mushrooms, white wine vinegar (sulphites) sesame seeds , tofu (soybeans , magnesium chloride) peanut dressing (Peanut Butter (35%) (Peanut , Brown Cane Sugar, Palm Oil, Sea Salt), Maple Syrup (21%), Lime Juice (14%) (sulphites), Tamar (9%) (Water, Soybeans , Salt, Spirit Vinegar), Coconut Milk (8%) (Coconut Extract, Water, Antioxidant: Citric Acid), Sriracha (7%) (Chilli, Sugar, Garlic , Salt, Distilled Vinegar, Xanthan Gum, Potassium Sorbate, Sodium Bisulfite), Ginger (2%), Water (2%), Garlic (2%), Red chilli, mint, spring onion, sunflower seeds
Moroccan Sunset		super grain (quinoa, red rice, lentil) Sweet potato, rape seed oil, mixed leaf (cos, iceberg, rocket, chard, spinach, carrot, beetroot) pomegranate, Sunblushed tomatoes (semi dried tomatoes (80%)), sunflower oil, salt, sugar, aromatic plants, acidity regulator: citric acid, antioxidant: ascorbic acid tomato olive oil lemon juice basil, Vegan koftas (Chickpeas (49%), Red Pepper (15%), Rapeseed Oil, Onion, Potato Flake, Apricots (4%) (Dried Apricots, Rice Flour), Dates (3%) (Dried Dates, Rice Flour), Water, Garlic Puree (Water, Garlic Granules), Salt, Raising Agent (Bicarbonate of Soda), Ground Coriander, Ground Cumin, Parsley, Ground Cinnamon, White Pepper, Chilli Flakes, mint, Red and Yellow Peppers (48%), Courgette (23%), Aubergine (23%), Spicy Charnill Sauce (Water, Sugar, Spirit Vinegar, Modified Maize Starch, Tomato Paste, Salt, Rapeseed Oil, Ground Black Pepper, Hickory Smoke Flavouring, Colour (Ammonia Caramel), Cracked Black Pepper, Paprika), parsley, Semi dried tomatoes (80%), sunflower oil, salt, sugar, aromatic plants, acidity regulator: citric acid, antioxidant: ascorbic acid
Jerk Jackfruit		Jerk Jack fruit (Jack fruit, Rapeseed Oil, Chopped Ginger, Garlic puree, Lemon Juice Concentrated, Dried Red Chilli, Ground Black Pepper, Salt, Cinnamon, Bay Leaf) sweetcorn, tomato, red onion, coriander, red chilli, roast sweet potato (sweet potato, rapeseed oil), brown rice, kidney beans cos, iceberg, spinach, rocket, chard, carrot, beetroot, pineapple, red onion, red chilli, coriander
Lebanese Mezze	SESAME, MUSTARD, WHEAT	Lebanese couscous (wheat) (couscous , lemon juice, olive oil, parsley, pomegranate) falafel (Chickpeas (45%), Red Peppers (15%), Apricots (10%) (Dried Apricots, Water, Rice Flour), Dates (7%) (Dried Dates, Rice Flour), Water, Rice Flour), Onion, Rapeseed Oil, Potato Flakes, Reconstituted Garlic (Water, Garlic Powder), Salt, Raising Agent (Bicarbonate of Soda), Ground Coriander, Ground Cumin, Dried Parsely, Ground Cinnamon, White Pepper, Chilli Flakes, mint) Hummus (chickpeas 50%, Rapeseed Oil, Water, Tahini Paste 11% (Hulled Sesame Seeds), Salt, Garlic Puree, Acidity Regulator: [E330], Preservative: [E202], Lemon Juice Concentrate), tomato, olive oil, lemon juice basil, spiced cauliflower (cauliflower, Rapeseed Oil, Chopped Ginger, Garlic puree, Lemon Juice Concentrated, Dried Red Chilli, Ground Black Pepper, Salt, Cinnamon, Bay Leaf), pickled fennel (Fennel (42.4%), spirit vinegar (35.3%), Sugar (10.6%), water (7.06%) salt (3.53%), coriander seed, pepper corns, mustard seeds , lemon juice.) pomegranate, mint.
Beet Burger		beetroot burger, Chickpeas (26%), Beetroot (22%), Courgette (7%), Carrot (7%), Potato Flake, Kale (6%), Red Onion, Quinoa (5%), Rapeseed Oil, Mint, Coriander, Garlic Puree (Water, Garlic Granules), Salt, tomato, olive oil, lemon juice, basil, roast sweet potato (sweet potato, rapeseed oil), red onion confit (red onion, brown sugar) cos, iceberg, spinach, rocket, chard, carrot, beetroot, Sunblushed tomatoes (Semi-dried tomatoes (80%)), sunflower oil, salt, sugar, aromatic plants, acidity regulator: citric acid, antioxidant: ascorbic acid gherkins, water, spirit vinegar, sugar salt flavouring, sweetener, saccharin, riboflavin, cos
All Your Greens		Avocado (salt, Ascorbic acid, citric acid), broccoli, edamame, green beans, kale, cucumber, asparagus, parsley, mint, baby leaf mix, carrot, beetroot, baby spinach, rocket, chard.

Our food is freshly prepared in an open kitchen and we really can't guarantee any of our food or drink is allergen-free or that cross-contamination won't occur.

WRAPS	QUICK LOOK	ALLERGY ADVICE: for allergens including cereals containing gluten please see ingredients in bold
Vegan Ruby Murray Wrap with peanut dressing	SOYBEANS, WHEAT, PEANUT, SULPHITES	broccoli, carrot, tomato, cucumber, carrot, lemon juice, raisin, red cabbage, red chilli, soy sauce (water, soybeans , wheat, salt) onion bhaji (Onions (81%), Rapeseed Oil, Gram Flour Potato Starch, Fortified Wheat Flour [Wheat Flour , Calcium Carbonate, Iron, Thiamine, Nicotinamide], Sugar, Lemon Juice, Green Coriander, Salt, Cumin Powder, Coriander Powder, Cumin Seeds, Chilli Powder, Raising Agent (Soda Bicarbonate), Turmeric Powder, Black pepper/ Tomato, pickled beets kraut (White Cabbage (64%), Whole Beets (32%), Sea salt, Ginger, Turmeric, coriander seed), mango chutney (Sugar, Mango 46%, Acidity Regulator: [E260], Spices (Chilli, Ginger, Garlic, Paprika), coriander, pomegranate), Wheat Flour (Calcium Carbonate, Iron, Niacin Thiamin), Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising agents (Disodium Diphosphate, Sodium Carbonate), Acidity Regulator (Malic Acid), Stabilisers (Carboxymethylcellulose, Guar Gum), Emulsifier (Mono and Diglycerides of Fatty acids), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L-Cysteine), Peanut Butter (35%) (Peanut , Brown Cane Sugar, Palm Oil, Sea Salt), Maple Syrup (21%), Lime Juice (14%) (Sulphites), Tamari (9%) (Water, Soybeans , Salt, Spirit Vinegar), Coconut Milk (8%) (Coconut Extract, Water, Antioxidant: Citric Acid), Sriracha (7%) (Chilli, Sugar, Garlic, Salt, Distilled Vinegar, Xanthan Gum, Potassium Sorbate, Sodium Bisulfite), Ginger (2%), Water (2%), Garlic (2%).
Vegan Super Healthy Wrap with lemon & olive oil dressing	WHEAT, TREE NUTS	avocado (salt, Ascorbic acid, citric acid), Sweet potato, rape seed oil, sunblushed tomatoes (semi-dried tomatoes (80%)), sunflower oil, salt, sugar, aromatic plants, acidity regulator: citric acid, antioxidant: ascorbic acid, freekeh salad (freekeh, water, wheat, cauliflower, harrisa sauce), sugar, red pepper, rapeseed oil, acidity regulator (acetic acid), spices (allspice, cardamom, red chilli, turmeric, ginger, cumin, modified maize starch, salt, herbs (coriander, parsley, lemon juice, coriander extract, lemon oil), salt, onion, sunflower oil, spring onions, mint salt, black pepper, preservatives (potassium sorbate)) spiced cauliflower (cauliflower, Rapeseed Oil, Chopped Ginger, Garlic puree, Lemon Juice Concentrated, Dried Red Chilli, Ground Black Pepper, Salt, Cinnamon, Bay) (Leaf, cos, iceberg , spinach, rocket, chard, carrot, beetroot) chives, pine nuts (tree nuts) , Wheat flour (Calcium Carbonate, Iron, Niacin Thiamin), Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising agents (Disodium Diphosphate, Sodium Carbonate), Acidity Regulator (Malic Acid), Stabilisers (Carboxymethylcellulose, Guar Gum), Emulsifier (Mono and Diglycerides of Fatty acids), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L-Cysteine). Lemon juice. Olive oil
Brick Lane Tofu Wrap with sesame soy dressing	SULPHITES, SOYBEANS, PEANUT, SESAME, WHEAT	rice noodles , carrot, pak choy, mango, papaya, mint, basil, coriander, red chilli, lemon juice, sriracha, chili sauce, Chilli (61%), Sugar , Water , Salt , Garlic , Flavour Enhancer (E621), Stabilizer (E415) , Acidity Regulators (E260, E330) , Preservative (E202) tofu (soybeans) magnesium chloride mushrooms, white wine vinegar (sulphites), sesame seeds , tofu (soybeans) magnesium chloride peanut dressing (Peanut Butter (35%) (Peanut , Brown Cane Sugar, Palm Oil, Sea Salt), Maple Syrup (21%), Lime Juice (14%) (Sulphites), Tamari (9%) (Water, Soybeans , Salt, Spirit Vinegar), Coconut Milk (8%) (Coconut Extract, Water, Antioxidant: Citric Acid), Sriracha (7%) (Chilli, Sugar, Garlic, Salt, Distilled Vinegar, Xanthan Gum, Potassium Sorbate, Sodium Bisulfite), Ginger (2%), Water (2%), Garlic (2%) Red chilli, mint, spring onion, sunflower seeds , Wheat flour (Calcium Carbonate, Iron, Niacin Thiamin), Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising agents (Disodium Diphosphate, Sodium Carbonate), Acidity Regulator (Malic Acid), Stabilisers (Carboxymethylcellulose, Guar Gum), Emulsifier (Mono and Diglycerides of Fatty acids), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L-Cysteine), "Rapeseed Oil (40%), Ginger Puree (15%), Tamari (12%) (Water, Soybeans , Salt, Spirit Vinegar), Agave (9%), Rice Vinegar (9%), Balsamic Vinegar (4%) [Wine Vinegar, Grape Must], Sesame Oil (4%), [Sesame Oil , Soy Bean Oil], Chilli (3%), Garlic Puree, Water, Coriander, Xanthan Gum.
Moroccan Sunset Wrap with olive oil dressing	WHEAT	super grain (quinoa, red rice, lentil) Sweet potato, rape seed oil mixed leaf (cos, iceberg, rocket, chard, spinach, carrot, beetroot) pomegranate, Sunblushed Tomatoes (Semi dried tomatoes (80%)), sunflower oil, salt, sugar, aromatic plants, acidity regulator: citric acid, antioxidant: ascorbic acid, tomato, olive oil, lemon juice, basil, vegan kofus, Chickpeas (49%), Red Pepper (15%), Rapeseed Oil, Onion, Potato Flake, Apricots (4%) (Dried Apricots, Rice Flour), Dates (3%) (Dried Dates, Rice Flour), Water, Garlic Puree (Water, Garlic Granules), Salt, Raising Agent (Bicarbonate of Soda), Ground Coriander, Ground Cumin, Parsley, Ground Cinnamon, White Pepper, Chilli Flakes, mint Red and Yellow Peppers (48%), Courgette (23%), Aubergine (23%), Spicy Charrilll Sauce (Water, Sugar, Spirit Vinegar, Modified Maize Starch, Tomato Paste, Salt, Rapeseed Oil, Ground Black Pepper, Hickory Smoke Flavouring, Colour (Ammonia Caramel), Cracked Black Pepper, Paprika) parsley, Semi dried tomatoes (80%), sunflower oil, salt, sugar, aromatic plants, acidity regulator: citric acid, antioxidant: ascorbic acid, Wheat flour (Calcium Carbonate, Iron, Niacin Thiamin), Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising agents (Disodium Diphosphate, Sodium Carbonate), Acidity Regulator (Malic Acid), Stabilisers (Carboxymethylcellulose, Guar Gum), Emulsifier (Mono and Diglycerides of Fatty acids), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L-Cysteine). Olive oil
Jerk Jackfruit Wrap with mango dressing	WHEAT, SULPHITES	Jerk jack fruit (jack fruit, Rapeseed Oil, Chopped Ginger, Garlic puree, Lemon Juice Concentrated, Dried Red Chilli, Ground Black Pepper, Salt, Cinnamon, Bay Leaf) sweetcorn, tomato, red onion, coriander, red chilli, roast sweet potato (sweet potato, rapeseed oil), brown rice, kidney beans cos, iceberg , spinach, rocket, chard, carrot, beetroot, pineapple, red onion, red chili, coriander, Wheat flour (Calcium Carbonate, Iron, Niacin Thiamin), Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising agents (Disodium Diphosphate, Sodium Carbonate), Acidity Regulator (Malic Acid), Stabilisers (Carboxymethylcellulose, Guar Gum), Emulsifier (Mono and Diglycerides of Fatty acids), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L-Cysteine). Mango puree, vegetable oil, white wine vinegar (sulphites)
Lebanese Mezze Wrap with lemon & olive oil dressing	SESAME, MUSTARD, WHEAT	Lebanese couscous (wheat) (couscous , lemon juice, olive oil, parsley, pomegranate) falafel (Chickpeas (45%), Red Peppers (15%), Apricots (10%) (Dried Apricots, Water, Rice Flour), Dates (7%) (Dried Dates, Water, Rice Flour), Onion, Rapeseed Oil, Potato Flakes, Reconstituted Garlic (Water, Garlic Powder), Salt, Raising Agent (Bicarbonate of Soda), Ground Coriander, Ground Cumin, Dried Parsely, Ground Cinnamon, White Pepper, Chilli Flakes, mint) Hummus (chickpeas 50%, Rapeseed Oil, Water, Tahini Paste 11% (Hulled Sesame Seeds), Salt, Garlic Puree, Acidity Regulator: [E330], Preservative: [E202], Lemon Juice Concentrate), tomato, olive oil, lemon juice basil, spiced cauliflower (cauliflower, Rapeseed Oil, Chopped Ginger, Garlic puree, Lemon Juice Concentrated, Dried Red Chilli, Ground Black Pepper, Salt, Cinnamon, Bay Leaf), pickled fennel (Fennel (42.4%), spirit vinegar (35.3%), Sugar (10.6%), water (7.06%) salt (3.53%), coriander seed, pepper corns, mustard seeds, lemon juice, pomegranate, mint, Wheat flour (Calcium Carbonate, Iron, Niacin Thiamin), Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising agents (Disodium Diphosphate, Sodium Carbonate), Acidity Regulator (Malic Acid), Stabilisers (Carboxymethylcellulose, Guar Gum), Emulsifier (Mono and Diglycerides of Fatty acids), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L-Cysteine). Lemon juice , Olive oil
Beet Burger Wrap with vegan caesar dressing	WHEAT, SOY, SOYBEANS, SULPHITES, MUSTARD	beetroot burger, Chickpeas (26%), Beetroot (22%), Courgette (7%), Carrot (7%), Potato Flake, Kale (6%), Red Onion, Quinoa (5%), Rapeseed Oil, Mint, Coriander, Garlic Puree (Water, Garlic Granules), Salt, tomato, olive oil, lemon juice, basil, roast sweet potato (sweet potato, rapeseed oil), red onion confit (red onion, brown sugar), cos, iceberg, spinach, rocket, chard, carrot, beetroot, Sunblushed tomatoes (Semi-dried tomatoes (80%)), sunflower oil, salt, sugar, aromatic plants, acidity regulator: citric acid, antioxidant: ascorbic acid gherkins, water, spirit vinegar, sugar salt flavouring, sweetener, saccharin, riboflavin, cos, Wheat flour (Calcium Carbonate, Iron, Niacin Thiamin), Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising agents (Disodium Diphosphate, Sodium Carbonate), Acidity Regulator (Malic Acid), Stabilisers (Carboxymethylcellulose, Guar Gum), Emulsifier (Mono and Diglycerides of Fatty acids), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L-Cysteine). Vegan Caesar Dressing (Silken Tofu (44%) (Water, Soya Beans , Isolated Soya Protein, Glucono-Delta-Lactone, Calcium Chloride), Rapeseed Oil (27%), Miso Paste (8%), Lemon Juice (6%) (Sulphites), Tamari (4%) (Water, Soybeans , Salt, Spirit Vinegar), Agave (3%), Dijon Mustard (3%) (Water, Mustard Seeds , Spirit Vinegar, Salt, Citric Acid, Potassium Metabisulphite), Capers (2%), Garlic, Salt, Black Pepper).
All Your Greens Wrap with classic french dressing	WHEAT, MUSTARD, SULPHITES	Avocado (salt, Ascorbic acid, citric acid), broccoli, edamame, green beans, kale, cucumber, asparagus, parsley, mint, baby leaf mix, carrot, beetroot, baby spinach, rocket, chard, Wheat flour (Calcium Carbonate, Iron, Niacin Thiamin), Water, Vegetable Oil (Palm, Rapeseed), Humectant (Glycerine), Raising agents (Disodium Diphosphate, Sodium Carbonate), Acidity Regulator (Malic Acid), Stabilisers (Carboxymethylcellulose, Guar Gum), Emulsifier (Mono and Diglycerides of Fatty acids), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L-Cysteine), French Dressing (Rapeseed Oil 50%, White Wine Vinegar 24% (White wine vinegar, antioxidant: Sulphur Dioxide 6% (Sulphite)), Water, Dijon Mustard 5.7% (Water, mustard seed , vinegar, salt, acidity regulator: citric acid), Garlic Puree, Salt, Provencale Herbs, Black Pepper, Xanthan gum).

Our food is freshly prepared in an open kitchen and we really can't guarantee any of our food or drink is allergen-free or that cross-contamination won't occur.

DRESSINGS	QUICK LOOK	Allergy advice: for allergens including cereals containing gluten please see ingredients in bold
Classic French	MUSTARD, SULPHITES	Rapeseed Oil 50%, White Wine Vinegar 24% (White wine vinegar, antioxidant: Sulphur Dioxide 6% (Sulphite)), Water, Dijon Mustard 5.7% (Water, mustard seed, vinegar, salt, acidity regulator: citric acid), Garlic Puree, Salt, Provençale Herbs, Black Pepper, Xanthan gum
Mango	SULPHITES	Mango puree, vegetable oil, white wine vinegar (sulphites)
Balsamic		Balsamic vinegar, vegetable oil
Balsamic vinegar		Balsamic vinegar
Olive oil		Olive oil
Lemon juice		Lemon juice
Lemon and olive oil		Lemon juice, Olive oil
Sriracha chilli sauce		Chilli (61%), Sugar, Water, Salt, Garlic, Flavour Enhancer (E621), Stabilizer (E415), Acidity Regulators (E260, E330), Preservative (E202)
Sweet Chilli Sauce		Sweet chilli sauce (Sugar, water, pickled red chilli, distilled vinegar, garlic, salt, stabiliser (xanthan gum))
Sesame soy	SOYBEANS, SESAME	Rapeseed Oil (40%), Ginger Puree (15%), Tamari (12%) [Water, Soybeans, Salt, Spirit Vinegar], Agave (9%), Rice Vinegar (9%), Balsamic Vinegar (4%) [Wine Vinegar, Grape Must], Sesame Oil (4%), [Sesame Oil, Soy Bean Oil.], Chilli (3%), Garlic Puree, Water, Coriander, Xanthan Gum.
Vegan Caesar	SOY, SOYBEANS, SULPHITES, MUSTARD	Ingredients: Silken Tofu (44%) (Water, Soya Beans , Isolated Soya Protein, Glucono-Delta-Lactone, Calcium Chloride), Rapeseed Oil (27%), Miso Paste (8%), Lemon Juice (6%) (Sulphites), Tamari (4%) (Water, Soybeans , Salt, Spirit Vinegar), Agave (3%), Dijon Mustard (3%) (Water, Mustard Seeds , Spirit Vinegar, Salt, Citric Acid, Potassium Metabisulphite), Capers (2%), Garlic, Salt, Black Pepper.
Peanut	PEANUT, SULPHITES, SOYBEANS	Ingredients: Peanut Butter (35%) (Peanut , Brown Cane Sugar, Palm Oil, Sea Salt), Maple Syrup (21%), Lime Juice (14%) (Sulphites), Tamari (9%) (Water, Soybeans , Salt, Spirit Vinegar), Coconut Milk (8%) (Coconut Extract, Water, Antioxidant: Citric Acid), Sriracha (7%) (Chilli, Sugar, Garlic, Salt, Distilled Vinegar, Xanthan Gum, Potassium Sorbate, Sodium Bisulfite), Ginger (2%), Water (2%), Garlic (2%).

Our food is freshly prepared in an open kitchen and we really can't guarantee any of our food or drink is allergen-free or that cross-contamination won't occur.

Create Your Own Healthy Vegan Box

We cannot guarantee that salads made on our build-your-own counter will be free of allergens. Due to the open nature of the salad counter, it is possible for cross contamination to occur, if you have any special dietary requirements, please ask a member of staff for guidance.

	Celery	Crustacean	Egg	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites
Bases														
House leaf mix (cos & iceberg lettuce)														
Deli leaf mix (spinach, rocket, bulls blood, red chard)														
Brown rice														
White pasta				yes										
Cous cous				yes										
Wholemeal pasta				yes										
Kale														
3 bean mix (Borlotti beans, red kidney beans, butter beans)														
lentils														
Rice noodles														
Veg items														
Carrot														
Beetroot														
Broccoli														
Roast red pepper														
Green beans														
Raw red onion														
Sun dried tomato														
Cucumber														
Edamame beans												yes		
Japanese														
Red cabbage													yes	
Gherkin														
Radish														
Billy chard														
Pomegranate														
Sweet potato														
Treekah salad				yes										
Sun Blushed tomato														
Kimchi														
Chickpea														
Cherry tomatoes														
Cauliflower														

Our food is freshly prepared in an open kitchen and we really can't guarantee any of our food or drink is allergen-free or that cross-contamination won't occur.

	Celery	Crustacean	Egg	Fish	Gluten	Lupin	Milk	Mollusca	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites
Deli items														
Falafel (Chickpeas, red peppers, dried apricots, dried dates, onion, rapeseed oil, potato flakes, garlic, salt, raising agent, round coriander, ground cumin, dried parsley, ground cinnamon, white pepper, chilli flakes)														
Hummus (Chickpeas 50%, Rapeseed Oil, Water, Tahini Paste 11% (Hulled Sesame Seeds), Salt, Garlic Puree, Acidity Regulator: [E330], Preservative: [E202], Lemon Juice Concentrate)											Yes			
Avocado (salt, Ascorbic acid, citric acid)														
Black Jane Tofu (soybeans, magnesium chloride)														
Avocado (salt, Ascorbic acid, citric acid)														
Onion bhaji (Onions (81%), Rapeseed Oil, Gram Flour, Potato Starch, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Thiamine, Nicotinamide), Sugar, Lemon Juice, Green Coriander, Salt, Cumin Powder, Coriander Powder, Cumin Seeds, Chilli Powder, Raising Agent (Soda Bicarbonate), Turmeric Powder, Black pepper)				yes										
Jerk Jackfruit (jack fruit, Rapeseed Oil, Chopped Ginger, Garlic puree, Lemon Juice Concentrated, Dried Red Chilli, Ground Black Pepper, Salt, Cinnamon, Bay Leaf)														
Beetroot Burger (Chickpeas (26%), Beetroot (22%), Courgette (7%), Carrot (7%), Potato Flake, Kale (6%), Red Onion, Quinoa (5%), Rapeseed Oil, Mint, Coriander, Garlic Puree (Water, Garlic Granules))														
Chick pea koftas (Chickpeas (49%), Red Pepper (15%), Rapeseed Oil, Onion, Potato Flake, Apricots (4%) (Dried Apricots, Rice Flour), Dates (3%) (Dried Dates, Rice Flour), Water, Garlic Puree (Water, Garlic Granules), Salt, Raising Agent (Bicarbonate of Soda), Ground Coriander, Ground Cumin, Parsley, Ground Cinnamon, White Pepper, Chilli Flakes)														
Marinated mixed med veg (Red and Yellow Peppers (48%), Courgette (23%), Aubergine (23%), Spicy Chargrill Sauce (Water, Sugar, Spirit Vinegar, Modified Maize Starch, Tomato Paste, Salt, Rapeseed Oil, Ground Black Pepper, Hickory Smoke Flavouring, Colour (Ammonia Caramel), Cracked Black Pepper, Paprika,)														

Our food is freshly prepared in an open kitchen and we really can't guarantee any of our food or drink is allergen-free or that cross-contamination won't occur.

	Celery	Crustacean	Egg	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites
Garnish														
Sesame seeds											yes			
Sunflower seeds									yes					
Walnuts									yes					
Crotons					yes									
Tortilla chips														
Red chilli														
Basil														
Chives														
Coriander														
Flatleaf parsley														
Mint														

Our food is freshly prepared in an open kitchen and we really can't guarantee any of our food or drink is allergen-free or that cross-contamination won't occur.