

Menu Item	Cereals containing Gluten	Crustacea & Products	Fish & Fish Products	Eggs & Egg Products	Milk & Milk Products	Peanut & Peanut Products	Soybean & Soy Products	Treenut & Nut Products	Lupin & Lupin Products	Other
Smashed Avo	Yes	No	No	Yes	Yes	No	Yes	Yes	No	May contain traces of sulphite. May contain traces of sesame.
Morning Boost Oats	Yes	No	No	No	Yes	No	Yes	Yes	No	May contain traces of egg.
Chilli Eggs	Yes	No	No	Yes	Yes	No	Yes	Yes	No	May contain traces of sulphite. May contain traces of sesame.
Ricotta Toast	Yes	No	No	No	Yes	No	Yes	Yes	No	May contain traces of sesame.
Omelette	No	No	No	Yes	Yes	No	No	No	No	
Green Breaky Poke Bowl	No	No	Yes	Yes	No	No	Yes	No	No	May contain traces of sulphite.
Fritters	No	No	No	Yes	No	No	No	No	No	May contain traces of sulphite. Contains Sesame Seeds.
Healthy Benny	Yes	No	No	Yes	No	No	Yes	Yes	No	May contain traces of sesame.
Big Breakfast	Yes	No	No	Yes	Yes	No	Yes	Yes	No	May contain traces of sulphite. Contains mustard seed. Some ingredients are made on equipment that also processes sesame & fish products.
Breakfast Wrap	Yes	No	No	Yes	Yes	No	Yes	No	No	May contain traces of sulphite.
Acai Bowl	No	No	No	No	No	No	No	Yes	No	
Protein Pancakes	Yes	No	No	Yes	Yes	No	No	No	No	

Quinoa Sourdough	Yes	No	No	No	No	No	Yes	Yes	No	May contain traces of sesame.
Eggs	No	No	No	Yes	No	No	No	No	No	
Turkey Bacon	No	No	No	No	No	No	No	No	No	
Smoked Salmon	No	No	Yes	No	No	No	No	No	No	
Mushrooms	No	No	No	No	No	No	No	No	No	
Baby Spinach	No	No	No	No	No	No	No	No	No	
Fritters	No	No	No	Yes	No	No	No	No	No	
Smashed Avocado	No	No	No	No	No	No	No	No	No	May contain traces of sulphite.
Pan Fried Kale, Tomato & Onion	No	No	No	No	No	No	No	No	No	
Grilled Haloumi	No	No	No	No	Yes	No	No	No	No	
Feta	No	No	No	No	Yes	No	No	No	No	
Beetroot Hommus	No	No	No	No	No	No	No	No	No	May contain traces of sulphite. Contains Sesame Seeds.
Classic Beef Burger	Yes	No	No	Yes	No	No	No	No	No	Some ingredients are made on equipment that also processes milk, tree nuts, sesame, soy & fish products. May contain traces of sulphite. Contains mustard seed.
Mighty Burger	Yes	No	No	Yes	No	No	No	No	No	Some ingredients are made on equipment that also processes milk, tree nuts, sesame, soy & fish products. May contain traces of sulphite.

Veggie Burger	Yes	No	No	Yes	No	No	No	No	No	Some ingredients are made on equipment that also processes milk, tree nuts, sesame, soy & fish products. May contain traces of sulphite. Contains sesame seeds.
Crispy Chicken Burger	Yes	No	No	Yes	No	No	No	No	No	Some ingredients are made on equipment that also processes gluten, milk, tree nuts, sesame, soy & fish products. May contain traces of sulphite. Contains mustard seed.
Chipotle Chicken Wrap	Yes	No	No	Yes	No	No	No	No	No	May contain traces of sulphite. Some ingredients are made on equipment that also processes milk, tree nuts, sesame, soy & fish products.
Steak Wrap	Yes	No	No	Yes	No	No	Yes	No	No	Some ingredients are made on equipment that also processes milk, tree nuts, sesame, soy & fish products. May contain traces of sulphite.
Lamb Wrap	Yes	No	No	Yes	No	No	No	No	No	Some ingredients are made on equipment that also processes milk, tree nuts, sesame, soy & fish products. May contain traces of sulphite.
Chicken Avo Salad	No	No	No	No	No	No	No	No	No	May contain traces of sulphite.
Healthy Caesar	Yes	No	No	Yes	No	No	Yes	Yes	No	Some ingredients are made on equipment that also processes milk & fish products. May contain traces of sulphite.
Lamb Salad	No	No	No	No	No	No	No	No	No	May contain traces of sulphite. Contains sesame seeds.
Vegan Rainbow Salad	No	No	No	No	No	No	No	No	No	May contain traces of sulphite.
Garlic Herb Chicken Breast	No	No	No	No	No	No	No	No	No	

Chipotle Chicken Thigh	No	No	No	No	No	No	No	No	No	
Quinoa Crusted Chicken	Yes	No	No	Yes	Yes	No	Yes	No	No	May contain traces of tree nuts and seeds.
Baked Falafels	No	No	No	No	No	No	No	No	No	
Salmon Fillet	No	No	Yes	No	No	No	No	No	No	
Smokey BBQ Steak	Yes	No	No	No	No	No	Yes	No	No	
Mediterranean Lamb	No	No	No	No	No	No	No	No	No	
Brown Rice	No	No	No	No	No	No	No	No	No	
Basmati Rice	No	No	No	No	No	No	No	No	No	
Rosemary Baked Sweet Potato	No	No	No	No	No	No	No	No	No	
Sweet Potato Wedges	No	No	No	No	No	No	No	No	No	Some ingredients are made on equipment that also processes gluten. Contains sunflower oil.
Char Veg	No	No	No	No	No	No	No	No	No	
Honey Baked Carrots	No	No	No	No	No	No	No	No	No	
Smokey BBQ Pumpkin	No	No	No	No	No	No	No	No	No	Some ingredients are made on equipment that also processes gluten, nuts and seeds.
Mushrooms	No	No	No	No	No	No	No	No	No	
Pan Fried Kale, Tomato & Onion	No	No	No	No	No	No	No	No	No	
Charred Corn	No	No	No	No	No	No	No	No	No	

Green Beans	No	No	No	No	No	No	No	No	No	
Broccoli	No	No	No	No	No	No	No	No	No	
Garden Salad	No	No	No	No	No	No	No	No	No	May contain traces of sulphite. Contains Mustard Seed.
Boiled Egg	No	No	No	Yes	No	No	No	No	No	
Aioli	No	No	No	Yes	No	No	No	No	No	May contain traces of sulphite. Contains mustard seed. Some ingredients are made on equipment that also processes gluten, milk & fish products.
Chilli Aioli	No	No	No	Yes	No	No	No	No	No	May contain traces of sulphite. Contains mustard seed. Some ingredients are made on equipment that also processes gluten, milk & fish products.
Harissa	No	No	No	No	No	No	No	No	No	
Chicken Stir Fry	No	No	No	No	No	No	Yes	No	No	
Beef Stir Fry	Yes	No	No	No	No	No	Yes	No	No	
Lamb Stir Fry	No	No	No	No	No	No	Yes	No	No	Some ingredients are made on equipment that also processes gluten, nuts and seeds.
Plate 1 (Steak)	Yes	No	No	No	No	No	Yes	No	No	
Pate 2 (Lamb)	No	No	No	No	No	No	No	No	No	
Plate 3 (Salmon)	No	No	Yes	No	No	No	No	No	No	

Plate 4 (Chicken)	No	No	No	No	No	No	No	No	No	
Vegetarian Pasta	No	No	No	No	Yes	No	No	No	No	
Creamy Chicken Pasta	No	No	No	No	No	No	No	No	No	
Kids Stir Fry	No	No	No	No	No	No	No	No	No	
Kids Pancakes	Yes	No	No	Yes	Yes	No	No	No	No	
Cheese Toastie	Yes	No	No	No	Yes	No	Yes	Yes	No	May contain traces of sesame.
Chicken Tenders & Chips	Yes	No	No	Yes	Yes	No	Yes	No	No	Some ingredients are made on equipment that also processes gluten. Contains sunflower oil.
Eggs, Bacon & Toast	Yes	No	No	Yes	No	No	Yes	Yes	No	May contain traces of sesame.
Sweet Potato Wedges & Aioli	No	No	No	Yes	No	No	No	No	No	Some ingredients are made on equipment that also processes gluten, milk & fish products. Contains sunflower oil
Base Shake	No	No	No	No	Yes	No	Yes	No	No	May contain traces of egg.
Banana Bliss	No	No	No	No	Yes	No	Yes	No	No	May contain traces of egg.
Honey Nutter	No	No	No	No	Yes	Yes	Yes	No	No	May contain traces of egg.
Nutty Banana	No	No	No	No	Yes	Yes	Yes	No	No	May contain traces of egg.
Forever Energy	No	No	No	No	Yes	No	Yes	No	No	May contain traces of egg.
Green Machine	No	No	No	No	No	No	No	No	No	

Keto Shake	No	No	No	No	Yes	No	Yes	No	No	May contain traces of egg.
Berry Sweet	No	No	No	No	Yes	No	Yes	No	No	May contain traces of egg.
Mango Madness	No	No	No	No	Yes	No	Yes	No	No	May contain traces of egg.
Acai Shake	No	No	No	No	No	No	No	No	No	
Kids Choc Smoothie	No	No	No	No	Yes	No	No	No	No	
Kids Banana Smoothie	No	No	No	No	Yes	No	No	No	No	
Kids Berry Smoothie	No	No	No	No	Yes	No	No	No	No	