

2020 Cafe Allergen Matrix

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. Contain Sesame Seeds.
Holy Granola	Yes	No	No	No	No	No	No	Yes	No	May Contain traces of Milk, Sesame, Soy & sulphites.
Chilli Eggs	Yes	No	No	Yes	Yes	No	Yes	Yes	No	Contain Sesame Seeds. May Contain traces of Milk, Soy & sulphites.
Wellbeing Bowl	No	No	No	Yes	Yes	No	No	No	No	Contain Sesame Seeds, pumpkin seeds
Omelette	Yes	No	No	Yes	No	No	No	No	No	May Contain traces of Milk, Soy & sulphites. Contain Sesame Seeds, Pumpkin seeds
Coconut Waffles	No	No	No	No	No	No	No	No	No	
Fritters	No	No	No	Yes	No	No	No	No	No	Contains Sesame Seeds.
Healthy Benny	Yes	No	No	Yes	No	No	No	Yes	No	Contain Sesame Seeds. May Contain traces of Milk, Soy & sulphites.
Big Breakfast	Yes	No	No	Yes	Yes	No	No	No	No	Contain Sesame Seeds. May Contain traces of Milk, Soy, Tree nuts & sulphites.
Breakfast Burger	Yes	No	No	Yes	Yes	No	No	No	No	May contain traces of Egg, Milk, Soybean and Tree Nuts. Contains Sesame Seeds.
Breakfast Wrap	Yes	No	No	Yes	Yes	No	No	No	No	May contain traces of sulphite, Soy

Acai Bowl	No	No	No	No	No	No	No	Yes	No	
Protein Pancakes	Yes	No	No	Yes	Yes	No	No	No	No	
Miche sourdough	Yes	No	No	No	No	No	No	No	No	May contain traces of sesame, Egg, Milk, Soybean and Tree Nuts.
Eggs	No	No	No	Yes	No	No	No	No	No	
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	
Avocado	No	No	No	No	No	No	No	No	No	Contain Sesame Seeds
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	
Tahini dressing	No	No	No	No	No	No	No	No	No	Contain Sesame Seeds
Beetroot Hommus	No	No	No	No	No	No	No	No	No	May contain traces of sulphite. Contains Sesame Seeds.

Chief Beef Burger	Yes	No	No	No	No	No	No	No	No	Some ingredients are made on equipment that also processes milk, tree nuts, soy & fish products. May contain traces of sulphite. Contains mustard seed, Sesame seeds
The Crispy Chook	Yes	No	No	No	Yes	No	Yes	No	No	Some ingredients are made on equipment that also processes milk, tree nuts, soy & fish products. May contain traces of sulphite. Contains mustard seed, Sesame Seeds
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 mustard seed, sesame seeds.
Simple chicken	Yes	No	No	No	Yes	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. Sesame Seeds
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. Contains mustard seed
Steak Wrap	Yes	No	No	No	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
falafel Wrap	Yes	No	No	No	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. Contains mustard seed
Chicken Avo Salad	No	No	No	No	Yes	No	No	Yes	No	May contain traces of sulphite. Contain Sesame Seeds

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.
Quinoa	No	No	No	No	No	No	No	No	No	
Miso eggplant	No	No	No	No	No	No	Yes	No	No	
Baked carrot medley	No	No	No	No	No	No	No	No	No	
Coconut Pumpkin	No	No	No	No	No	No	No	No	No	
Mushrooms	No	No	No	No	No	No	No	No	No	
Pan Fried Kale, Tomato & Onion	No	No	No	No	No	No	No	No	No	
Maple baked brussels sprouts	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	
Parmesan baked cauliflower	No	No	No	No	Yes	No	No	No	No	
Avocado	No	No	No	No	No	No	No	No	No	Contains sesame seeds
Garden Salad	No	No	No	No	No	No	No	No	No	May contain traces of sulphite.
Boiled Egg	No	No	No	Yes	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.
Win the Morning	Yes	No	No	No	Yes	No	No	No	No	
Shredder	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	