

	GLU	CRU	EGG	FISH	PNUT	SOY	MILK	NUT	CEL	MUS	SES	SUL	LUP	MOL
Chicken, Bacon, Cheese & Country Relish	Yes	-	-	-	-	Yes	Yes	-	-	Yes	-	-	-	-
Chicken, Pesto, Sundried Tomato & Mozzarella	Yes	-	-	-	-	Yes	Yes	Yes	-	-	-	-	-	-
Bacon, Brie, Cranberry & Red Onion	Yes	-	-	-	-	Yes	Yes	-	-	-	-	-	-	-
Chicken & Bacon Caesar Wrap	Yes	-	Yes	Yes	-	Yes	Yes	-	-	-	-	-	-	-
Cajun Chicken, Peppers, Mozzarella & Cajun Mayo	Yes	-	Yes	-	-	Yes	Yes	-	-	Yes	-	-	-	-
Chicken, Peppers, Mozzarella & Garlic Mayo / Sweet Dill / Mayo / BBQ	Yes	-	Yes	-	-	Yes	Yes	-	-	Yes	-	-	-	-
Chicken, Peppers, Mozzarella & Korean BBQ	Yes	-	-	-	-	Yes	Yes	-	-	-	Yes	-	-	-
Chicken, Garlic Mayo, Stuffing, Red Onion & Cheese	Yes	-	Yes	-	-	Yes	Yes	-	-	Yes	-	-	-	-
Ham, Dijon Mustard, Pineapple, Red Onion & Cheese	Yes	-	-	-	-	Yes	Yes	-	-	Yes	-	Yes	-	-
Pesto, Sundried Tomato, Leaves & Mozzarella	Yes	-	-	-	-	Yes	Yes	Yes	-	-	-	-	-	-
Tuna Melt	Yes	-	Yes	Yes	-	Yes	Yes	-	-	Yes	-	-	-	-
Brie, Roast Peppers, Leaves & Cranberry	Yes	-	-	-	-	Yes	Yes	-	-	-	-	-	-	-
Falafel, Mixed Leaves, Roast Peppers, Red Onion & Coleslaw	Yes	-	Yes	-	-	Yes	-	-	-	Yes	-	-	-	-
Festive Turkey Panini / Wrap / Bagel	Yes	-	-	-	-	Yes	Yes	-	-	Yes	-	-	-	-

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	GLU	CRU	EGG	FISH	PNUT	SOY	MILK	NUT	CEL	MUS	SES	SUL	LUP	MOL
Toasted Special	Yes	-	-	-	-	Yes	Yes	-	-	-	-	Yes	-	-
BLT	Yes	-	Yes	-	-	Yes	-	-	-	Yes	-	-	-	-
Tuna Melt	Yes	-	Yes	Yes	-	Yes	Yes	-	-	Yes	-	-	-	-
Triple Decker Club	Yes	-	Yes	-	-	Yes	Yes	-	-	Yes	-	-	-	-
Egg Salad	Yes	-	Yes	-	-	Yes	-	-	-	Yes	-	-	-	-
Ham Salad	Yes	-	Yes	-	-	Yes	-	-	-	Yes	-	Yes	-	-
Chicken Stuffing, Onion, Sweetcorn & Mayo	Yes	-	Yes	-	-	Yes	-	-	-	Yes	-	-	-	-

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Breakfast

	GLU	CRU	EGG	FISH	PNUT	SOY	MILK	NUT	CEL	MUS	SES	SUL	LUP	MOL
Breakfast Blaa	Yes	-	Yes	-	-	Yes	-	-	-	-	-	Yes	-	-
Brekafast Wrap / Panini (No Sauce)	Yes	-	Yes	-	-	Yes	-	-	-	-	-	-	-	-
Lg & Sml Breakfast	Yes	-	Yes	-	-	-	-	-	-	-	-	-	-	-
Cream Cheese Bagel w/ or w/out Bacon	Yes	-	-	-	-	-	Yes	-	-	-	-	-	-	-
Ham & Cheese Croissant	Yes	-	Yes	-	-	-	Yes	Yes	-	-	Yes	-	-	-
Acai Bowl	Yes	-	-	-	Yes	-	-	Yes	-	-	-	-	-	-

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	GLU	CRU	EGG	FISH	PNUT	SOY	MILK	NUT	CEL	MUS	SES	SUL	LUP	MOL
Vegetable Soup	-	-	-	-	-	-	-	-	Yes	-	-	-	-	-
Speciality Soup	-	-	-	-	-	-	-	-	Yes	-	-	-	-	-

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	GLU	CRU	EGG	FISH	PNUT	SOY	MILK	NUT	CEL	MUS	SES	SUL	LUP	MOL
Caramel Shortbread	Yes	-	-	-	-	Yes	Yes	-	-	-	-	-	-	-
Rocky Road	Yes	-	Yes	-	-	Yes	Yes	-	-	-	-	-	-	-
Jam & Cream Doughnut	Yes	-	Yes	-	Yes	Yes	Yes	Yes	-	Yes	Yes	-	Yes	-
Eclair	Yes	-	Yes	-	Yes	Yes	Yes	Yes	-	-	Yes	-	-	-
Protein Balls	-	-	-	-	Yes	Yes	-	Yes	-	-	Yes	-	-	-
Croissant (Plain)	Yes	-	Yes	-	Yes	Yes	Yes	Yes	-	-	Yes	-	-	-
Croissant (Almond)	Yes	-	Yes	-	Yes	-	Yes	Yes	-	-	Yes	-	-	-
Croissant (Chocolate)	Yes	-	Yes	-	Yes	-	Yes	Yes	-	-	Yes	-	-	-
Flapjacks (All)	Yes	-	-	-	Yes	Yes	Yes	Yes	-	-	-	-	-	-
Scones (All)	Yes	-	Yes	-	Yes	-	Yes	Yes	-	-	Yes	-	-	-
Ring Doughnuts (All)	Yes	-	Yes	-	-	Yes	Yes	-	-	-	-	-	-	-
Peanut & Caramel Cake (Snickers Cake)	-	-	Yes	-	Yes	Yes	Yes	Yes	-	-	-	-	-	-
Cinnamon Bun	Yes	-	Yes	-	-	-	Yes	-	-	-	-	-	-	-
Muffins (All)	Yes	-	Yes	-	-	-	Yes	Yes	-	-	-	-	-	-
Danish (All)	Yes	-	Yes	-	-	-	Yes	Yes	-	-	Yes	-	-	-
Granola	Yes	-	Yes	-	Yes	Yes	Yes	Yes	-	-	-	-	-	-
Cookies (All)	Yes	-	Yes	-	Yes	Yes	-	Yes	-	-	-	-	-	-
Carrot Cake	-	-	Yes	-	Yes	-	Yes	Yes	-	-	-	-	-	-
Kinder Tiffin	Yes	-	Yes	-	Yes	Yes	-	Yes	-	-	-	-	-	-
Pastel De Nata	Yes	-	Yes	-	Yes	-	Yes	Yes	-	-	Yes	-	-	-

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Classic Caesar Salad	Yes	-	Yes	Yes	-	Yes	Yes	-	-	-	-	-	-	-
Cajun Caesar Salad	Yes	-	Yes	Yes	-	Yes	Yes	-	-	Yes	-	-	-	-
Lemon Pepper Chicken & Bacon Salad (No Dressing)	-	-	-	-	-	Yes	Yes	-	-	-	-	-	-	-
Cajun Chicken & Chorizo Salad (No Dessing)	-	-	-	-	-	Yes	Yes	-	-	Yes	-	-	-	-

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