

Allergens



WARNING: Our suppliers and kitchens handle numerous ingredients and allergens. Whilst we have strict controls in place to reduce the risk of contamination, it's impossible for us to guarantee that our dishes will be 100% allergen free.

Recipe Name (alphabetical order)	<u>Cereals containing Gluten :</u>	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustacean s	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin	Molluscs
"On Rice" Salad - Miso Salmon	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	-	yes	-	-	-
"On Rice" Salad - Teriyaki Chicken	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
"On Rice" Salad - Gyoza	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Bagel - Avo & Bacon	yes	yes	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	yes	-	-	-
Bagel - Avo & Cream Cheese	yes	yes	-	-	-	yes	-	-	-	-	-	-	yes	-	-	-	yes	-	-	-
Bagel - Avo & Vegan Bacon	yes	yes	-	-	-	yes	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Bagel - Avocado & Shichimi	yes	yes	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	yes	-	-	-
Bagel - Bacon & Egg	yes	yes	-	-	-	yes	-	-	yes	-	-	-	-	-	-	-	-	-	-	-
Bagel - Bacon Butty	yes	yes	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bagel - Buttered	yes	yes	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bagel - Cream Cheese	yes	yes	-	-	-	yes	-	-	-	-	-	-	yes	-	-	-	-	-	-	-
Bagel - Egg	yes	yes	-	-	-	yes	-	-	yes	-	-	-	-	-	-	-	-	-	-	-
Bagel - Marmite	yes	yes	-	-	yes	yes	yes	-	-	-	-	-	yes	-	yes	-	-	-	-	-
Bagel - Peanut Butter	yes	yes	-	-	-	yes	-	-	-	-	yes	-	-	-	-	-	-	-	-	-
Bagel - Smoked Salmon & Cream Cheese	yes	yes	-	-	-	yes	-	-	-	yes	-	-	yes	-	-	-	-	-	-	-
Banh Mi - Crispy Chicken	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Banh Mi - Sweet & Sour Chicken	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Banh Mi - Tonkatsu BBQ "Chicken"	yes	yes	-	-	-	yes	-	-	-	-	-	yes	-	-	-	yes	-	-	-	-
Black Americano - Large	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Black Americano- - Reg	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Brown Rice Bowl - Teriyaki Chicken	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	yes	-	-
Brown Rice Bowl - Teriyaki Salmon	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	-	yes	-	-	-
Brown Rice Bowl - Thai Green Curry	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	yes	-	-
Brown Rice Bowl - Thai Red Curry	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	yes	-	-
Brown Rice Bowl - Sweet Chilli Dumplings	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
California Nigiri Sushi	yes	yes	-	-	-	-	-	yes	yes	yes	-	yes	-	-	-	yes	yes	-	-	-
Cappuccino - Large	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-
Cappuccino - Reg	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-
Coca Cola	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Coke Zero	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Deep Blue Sushi	yes	yes	-	-	-	-	-	yes	yes	yes	-	yes	-	-	-	yes	yes	-	-	-
Diet Coke	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Double Espresso	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Dragon - California Crab	yes	yes	-	-	-	-	-	yes	yes	yes	-	yes	-	-	-	-	yes	-	-	-
Dragon - Chicken Katsu	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Dragon - Salmon & Avo	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	-	yes	-	-	-
Dressing Pot - Asian (Soy & Ginger)	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Dressing Pot - Sesame	yes	yes	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	yes	-	-	-
Dressing Pot - Sweet Chilli	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Dressing Pot - Teriyaki	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Dressing Pot - Tonkatsu BBQ	yes	yes	-	-	-	yes	-	-	-	-	-	yes	-	-	-	yes	-	-	-	-
Edamame Beans	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Exotic Fruit Salad Pot	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Extra - Avocado	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-
Extra - Bacon	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Extra - Cream Cheese	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-
Extra - Espresso Shot	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Extra - Smoked Salmon	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-
Extra - Vegan Bacon	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-

abokado
FEEL GREAT FOOD

WARNING: Our suppliers and kitchens handle numerous ingredients and allergens. Whilst we have strict controls in place to reduce the risk of contamination, it's impossible for us to guarantee that our dishes will be 100% allergen free.

Recipe Name (alphabetical order)	Cereals containing Gluten :	Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Crustacean s	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulp hites		
																				Lupin
Fiat White	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-
Ginger	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Gyoza - Spicy	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Gyoza - Sweet Chilli	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Gyoza - Teriyaki	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Gyoza - Tonkatsu BBQ	yes	yes	-	-	-	yes	-	-	-	-	-	yes	-	-	-	yes	-	-	-	-
Katsu Nigiri Sushi	yes	yes	-	-	-	-	-	yes	-	yes	-	yes	-	-	-	yes	yes	-	-	-
Latte - Large	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-
Latte - Reg	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-
Mango & Lime Pot	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mean, Clean & Green Sushi	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	yes	yes	-	-	-
Milk - Oat	yes	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-	-	-
Milk - Skinny	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-
Milk - Soy	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Miso Soup	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Nourish Bowl - Miso Salmon	yes	yes	-	-	-	-	-	-	-	yes	yes	yes	-	-	-	-	yes	-	-	-
Nourish Bowl - Plant-Based	yes	yes	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	yes	-	-	-
Nourish Bowl - Teriyaki Chicken	yes	yes	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	yes	-	-	-
Oishi Sushi	yes	yes	-	-	-	-	-	yes	yes	yes	-	yes	-	-	-	yes	yes	-	-	-
Omega 3 Sushi	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	yes	yes	-	-	-
Omega Lite Sushi	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	yes	-	-	-	-
Overnight Oats - Berry & Almond	yes	yes	-	-	-	yes	yes	-	-	-	-	-	-	yes	-	-	-	-	-	-
Overnight Oats - Golden Mango	yes	yes	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	-
Overnight Oats - PB & Banana	yes	yes	-	-	-	yes	yes	-	-	-	yes	-	-	yes	-	-	-	-	-	-
Poke - Plant Based	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Poke - Spicy Citrus Salmon	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	-	yes	-	-	-
Poke - Teriyaki Salmon	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	-	yes	-	-	-
Poke - Teriyaki Chicken	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Poke - Tonkatsu BBQ Chicken	yes	yes	-	-	-	yes	-	-	-	-	-	yes	-	-	-	yes	-	-	-	-
Pot - Crispy Onions	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pot - Sriracha Hot Sauce	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rice Bowl - Chicken Katsu Curry	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	yes	-	-	-	-	-
Rice Bowl - Sweet Chilli Chicken	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Rice Bowl - Thai Green Chicken Curry	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	yes	-	-
Rice Bowl - Thai Red Chicken Curry	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	yes	-	-
Rice Bowl - Tonkatsu BBQ Chicken	yes	yes	-	-	-	yes	-	-	-	-	-	yes	-	-	-	yes	-	-	-	-
Rice Bowl - Plant-Based Katsu Curry	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	yes	-	-	-	-	-
River Run Sushi	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	yes	-	-	-	-
Sashimi Salmon Sushi	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	yes	yes	-	-	-
Scrambled Eggs - Plain	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-
Scrambled Eggs - Smashed Avo	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	yes	-	-	-
Scrambled Eggs - Crispy Smoked Bacon	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-	-	-	-
Scrambled Eggs - Vegan "Bacon"	-	-	-	-	-	-	-	-	yes	-	-	yes	-	-	-	-	-	-	-	-
Scrambled Eggs - Smoked Salmon	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	-	-	-	-	-	-
Spicy Chicken Katsu Sushi	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Spicy Salmon Sushi	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	-	yes	-	-	-
Sushi Roll - Salmon Avo	-	-	-	-	-	-	-	-	-	yes	-	yes	-	-	-	-	-	-	-	-
Sushi Roll - Sesame Seaweed	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Sushi Roll - Spicy California	-	-	-	-	-	-	-	yes	yes	yes	-	yes	-	-	-	-	-	-	-	-
Sushi Roll - Teriyaki Chicken	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-	-
Sushi Roll - Teriyaki Salmon	yes	yes	-	-	-	-	-	-	-	yes	-	yes	-	-	-	-	-	-	-	-
Sushi Roll - Tonkatsu BBQ Chicken	yes	yes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tea - Earl Grey - Large	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tea - Earl Grey - Reg	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tea - English Breakfast - Large	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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Tea - English Breakfast - Reg	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tea - Green - Large	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tea - Green - Reg	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tea - Mint - Large	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tea - Mint - Reg	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Topping - Pumpkin Seeds	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Topping - Sun-Dried Tomatoes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wasabi	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	yes	-	-	-	-
White Americano - Large	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
White Americano - Reg	-	-	-	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	-	-	-
Wild Rice Salad - Chicken	yes	yes	-	-	-	-	-	-	-	-	yes	yes	-	-	-	-	yes	-	-	-
Wild Rice Salad - Salmon Tartare	yes	yes	-	-	-	-	-	-	-	yes	yes	yes	-	-	-	-	yes	-	-	-
Yaki Udon Noodles - Katsu Curry	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	yes	-	yes	-	-	-
Yaki Udon Noodles - Sweet Chillli	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Yaki Udon Noodles - Teriyaki	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-
Yaki Udon Noodles - Thai Green Curry	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	yes	-	-
Yaki Udon Noodles - Thai Red Curry	yes	yes	-	-	-	-	-	-	-	-	-	yes	-	-	-	-	yes	yes	-	-
Yaki Udon Noodles - Tonkatsu BBQ	yes	yes	-	-	-	yes	-	-	-	-	-	yes	-	-	-	-	yes	-	-	-