

Pure. Allergen Guide

Menu Section	Dish Name	Vegan	Vegetarian	Cereals containing Gluten	Milk	Nuts	Peanuts	Egg	Soya	Mustard	Sesame	Celery	Fish	Crustaceans	Molluscs	Lupin	Sulphites
Breakfast	Banana & Honey Yoghurt		✓	Wheat, Oats	✓	Almond, Pistachio, Walnut											
Breakfast	Blueberry Bircher		✓		✓												
Breakfast	Energy Crunch Bircher	✓	✓			Almond			✓								
Breakfast	Green Birchia	✓	✓						✓								
Breakfast	Morning Glory		✓	Wheat, Oats	✓	Almond, Pistachio, Walnut											
Breakfast	Bacon & Egg Toastie			Wheat			✓			✓							
Breakfast	Smoked Salmon Toastie			Wheat			✓			✓			✓				
Breakfast	Super Start Toastie		✓	Wheat	✓			✓		✓							✓
Breakfast	Almond Milk Porridge	✓	✓			Almond											
Breakfast	Organic Porridge		✓		✓												
Breakfast	Banana Topping	✓	✓														
Breakfast	Blueberries Topping	✓	✓														
Breakfast	Energy Crunch Topping	✓	✓			Almond											
Breakfast	Golden Syrup Topping	✓	✓														
Breakfast	Manuka Honey Blend Topping		✓														
Breakfast	Peanut Butter Topping	✓	✓				✓										
Breakfast	Super Eggs		✓		✓			✓									
Breakfast	Avocado Topping		✓														
Breakfast	Bacon Topping																
Breakfast	Goat's Cheese Topping		✓		✓												
Breakfast	Sautéed Mushrooms Topping	✓	✓							✓							✓
Breakfast	Smoked Salmon Topping												✓				
Breakfast	Vine Tomatoes Topping	✓	✓														
Breakfast	Bacon & Avocado Bagel			Wheat, Barley, Rye													
Breakfast	Mushroom & Avocado Bagel		✓	Wheat, Barley, Rye	✓					✓							✓
Breakfast	Toasted Bagel	✓	✓	Wheat, Barley, Rye													
Breakfast	Toasted Bagel With Butter		✓	Wheat, Barley, Rye	✓												
Breakfast	Toasted Bagel With Avocado Puree	✓	✓	Wheat, Barley, Rye													
Breakfast	Toasted Bagel With Cream Cheese		✓	Wheat, Barley, Rye	✓												
Breakfast	Toasted Bagel With Peanut Butter	✓	✓	Wheat, Barley, Rye			✓										
Breakfast	Croissant		✓	Wheat	✓			✓									
Breakfast	Almond Croissant		✓	Wheat	✓	Almond		✓									
Breakfast	Chocolate Croissant		✓	Wheat	✓			✓	✓								
Breakfast	Wholegrain Croissant		✓	Wheat, Oats, Barley	✓			✓									
Breads	Big Advogoat Bagel		✓	Wheat, Barley, Rye	✓												
Breads	Loch Stock & Hot Smoked Salmon Bagel			Wheat, Barley, Rye	✓								✓				
Breads	New Yorker Bagel			Wheat, Barley, Rye	✓					✓							
Breads	Breadstick	✓	✓	Wheat, Rye, Oats, Barley													
Breads	Italian Job Flatbread		✓	Wheat, Rye	✓						✓						✓
Breads	Salmon Fishing in the Lemon Flatbread			Wheat, Rye	✓						✓		✓				
Breads	Thai Chicken Satay Flatbread			Wheat, Rye			✓		✓	✓	✓						
Breads	Clean Greens Wrap	✓	✓	Wheat				✓	✓	✓							✓
Breads	Ariba Fajita Wrap			Wheat	✓						✓						
Breads	Falafalo Soldier Wrap	✓	✓	Wheat		Almond				✓	✓						✓
Breads	Hail Caesar Wrap			Wheat, Rye, Oats, Barley	✓			✓		✓							✓
Breads	Korean BBQ Wrap	✓	✓	Wheat			✓		✓	✓							
Breads	Smokin' Hot Chick Wrap			Wheat		Pistachio					✓						
Hot Food	Goan Chicken Curry									✓							
Hot Food	Coconut Raita & Almonds	✓	✓			Almond			✓								
Hot Food	High Protein Chilli								✓			✓					
Hot Food	Chip Off The Guac	✓	✓														

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Hot Food	Thai Red Chicken							✓					✓				
Hot Food	Edamame Chilli Berries & Coconut Chips	✓	✓						✓								
Hot Food	Vietnamese Vegetable Curry	✓	✓						✓			✓					
Hot Food	Tumeric Cauliflower and Pure Pickle	✓	✓														
Hot Food	Chicken & Mushroom Pasta			Wheat, Rye, Oats, Barley	✓			✓				✓					✓
Hot Food	Lentil Ragu Pasta		✓	Wheat, Rye, Oats, Barley	✓												
Hot Food	Pure Bolognese Pasta			Wheat	✓							✓					✓
Hot Food	Sweet Potato Risotto		✓		✓							✓					✓
Hot Food	Tuscan Chicken & Bean Soup											✓					
Hot Food	Parsnip & Kale Soup	✓	✓														
Hot Food	Thai Green Lentil Soup	✓	✓									✓					
Hot Food	Chicken Picante Toastie			Wheat	✓												
Hot Food	Falafel Toastie	✓	✓	Wheat													
Hot Food	Halloumi Toastie		✓	Wheat	✓					✓	✓						✓
Hot Food	Italian Chicken Toastie			Wheat	✓					✓							✓
Salads	Celebrity Skin					Cashew				✓			✓				✓
Salads	Chicken Caesar			Wheat, Rye, Oats, Barley	✓			✓		✓							✓
Salads	Go Thai			Wheat			✓	✓	✓								
Salads	Chilli Green	✓	✓														
Salads	Sorrento Chicken				✓				✓	✓							✓
Salads	The Jerk			Wheat													
Salads	The Mexican																
Deli Pots	A Bit Moorish Deli Pot	✓	✓						✓	✓	✓						✓
Deli Pots	Chilaca Chicken Deli Pot			Wheat	✓			✓									
Deli Pots	24 Carrot Little Pot	✓	✓								✓						
Deli Pots	Chip Off The Guac Little Pot	✓	✓														
Deli Pots	Simply Veg Little Pot	✓	✓						✓								
Deli Pots	Zorba The Beet Little Pot		✓		✓					✓							✓
Deli Pots	Spicy Chicken Protein Box			Wheat			✓		✓								
Deli Pots	Halloumi Protein Box		✓		✓				✓	✓							✓
Deli Pots	Salmon Protein Box			Wheat	✓	Almond							✓				
Snacks & Treats	Choc'Avocado Mousse		✓					✓	✓								
Snacks & Treats	Peanut Butter Coffee Cup		✓			Pistachio	✓	✓	✓								
Snacks & Treats	Pip & Pure	✓	✓				✓										
Snacks & Treats	Super Rice Pudding	✓	✓														
Snacks & Treats	Outer Mango-Lia	✓	✓														
Snacks & Treats	Pure Fruit Salad	✓	✓														
Snacks & Treats	Banana & Bran Muffin		✓	Wheat, Oats	✓			✓	✓								
Snacks & Treats	Blueberry Muffin		✓	Wheat	✓			✓									
Snacks & Treats	Brownie		✓	Wheat	✓			✓	✓								
Snacks & Treats	Cacao, Almond & Ginger Powerball		✓		✓	Almond											
Snacks & Treats	Mango & Macadamia Powerball	✓	✓			Almond, Macadamia											✓
Snacks & Treats	Double Chocolate Cookie		✓	Wheat	✓			✓	✓								
Snacks & Treats	Chia Granola Square		✓	Oats	✓	Pistachio, Walnut											
Snacks & Treats	White Chocolate & Raspberry Cookie		✓	Wheat	✓			✓	✓								
Cold Drinks	AGC	✓	✓														
Cold Drinks	Anti-Oxidiser	✓	✓														
Cold Drinks	Green Tonic	✓	✓									✓					
Cold Drinks	Orange Juice	✓	✓														
Cold Drinks	Brain Boost	✓	✓			Almond	✓										
Cold Drinks	Go Green	✓	✓														
Cold Drinks	Protein Power	✓	✓						✓								
Cold Drinks	Superberry	✓	✓						✓								
Cold Drinks	Vit-Hit	✓	✓						✓								
Catering	Breakfast Bagel Box			Wheat, Barley, Rye	✓					✓			✓				✓
Catering	Breakfast Bagel Box (Bacon and Avocado)			Wheat, Barley, Rye													
Catering	Breakfast Bagel Box (Veggie & Fish)			Wheat, Barley, Rye	✓					✓			✓				✓
Catering	Good Morning Box		✓	Wheat, Oats	✓			✓	✓								

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Catering	Muffin Box		✓	Wheat, Oats	✓			✓	✓								
Catering	Pastry Box		✓	Wheat, Oats	✓			✓	✓								
Catering	A Bit Moorish Box	✓	✓						✓	✓	✓						✓
Catering	Crisps Box - Large		✓		✓						✓						
Catering	Crisps Box - Regular		✓		✓												
Catering	Deli Box			Wheat, Rye, Oats, Barley	✓						✓						
Catering	Quinoa Chips	✓	✓								✓						
Catering	Vegetable Crudites	✓	✓						✓		✓	✓					
Catering	Zorba The Beet Box		✓		✓					✓							✓
Catering	Mixed Box - Meat & Fish			Wheat, Barley, Oat, Rye	✓	Pistachio	✓	✓	✓	✓	✓		✓				✓
Catering	Mixed Box - Seasonal			Wheat, Barley, Oat, Rye	✓	Almond, Pistachio		✓	✓	✓	✓		✓				✓
Catering	Mixed Box - Vegetarian		✓	Wheat, Rye	✓	Almond	✓		✓	✓	✓						✓
Catering	Salad Box - Garden Salad	✓	✓						✓								✓
Catering	Salad Box - Halloumi Super Bowl		✓		✓				✓	✓							
Catering	Wholegrain Bagel Box			Wheat, Barley, Rye	✓			✓		✓			✓				✓
Catering	Wrap Box			Wheat, Barley, Oat, Rye	✓	Almond, Pistachio		✓	✓	✓	✓						✓
Catering	Adam's Treat Box		✓	Wheat, Oats	✓	Pistachio, Walnut		✓	✓								
Catering	Chocolate Brownie Box		✓	Wheat	✓			✓	✓								
Catering	Coffee Break Box		✓	Wheat, Oats	✓	Pistachio, Walnut		✓	✓								
Catering	Cookie Box		✓	Wheat	✓			✓	✓								
Catering	Fruit Salad Box	✓	✓														

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