

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 Yogurt		✓	Wheat, Oats	✓	Almond Pistachio Walnut											
Breakfast	Morning Glory		✓	Wheat, Oats	✓	Almond Pistachio Walnut											
Breakfast	Catch Fraise		✓		✓												
Breakfast	Blueberry Bircher		✓		✓												
Breakfast	Energy Crunch Bircher	✓				Almond											
Breakfast	Green Birchia	✓															
Breakfast	Organic Porridge		✓		✓												
Breakfast	Almond Milk Porridge	✓				Almond											
Breakfast	Golden Syrup	✓															
Breakfast	Banana	✓															
Breakfast	Blueberries	✓															
Breakfast	Peanut Butter	✓					✓										
Breakfast	Energy Crunch	✓				Almond											
Breakfast	Manuka Honey Blend		✓														
Breakfast	Super Eggs		✓		✓			✓									
Breakfast	Sautéed Mushrooms		✓						✓								✓
Breakfast	Avocado	✓															
Breakfast	Goat's Cheese		✓		✓												
Breakfast	Smoked Salmon												✓				
Breakfast	Bacon																
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 Cream Cheese		✓	Wheat, Barley, Rye	✓												
Breakfast	Toasted Bagel With Peanut Butter	✓		Wheat, Barley, Rye			✓										
Breakfast	Toasted Bagel With Avocado Puree	✓		Wheat, Barley, Rye													
Breakfast	Bacon & Egg Toastie			Wheat				✓		✓							
Breakfast	Super Start Toastie	✓		Wheat	✓			✓		✓							✓
Breakfast	Smoked Salmon Toastie			Wheat				✓		✓			✓				
Breakfast	Almond Croissant		✓	Wheat	✓	Almond		✓									
Breakfast	Wholegrain Croissant		✓	Wheat, Oats, Barley	✓			✓									
Breakfast	Chocolate Croissant		✓	Wheat	✓			✓	✓								
Breakfast	Croissant		✓	Wheat	✓			✓									
Breads	New Yorker			Wheat, Barley, Rye	✓					✓							
Breads	Loch Stock & Hot Smoked Salmon			Wheat, Barley, Rye	✓								✓				
Breads	Big Advogoat		✓	Wheat, Barley, Rye	✓												
Breads	Italian Job		✓	Wheat, Rye	✓						✓						✓
Breads	Salmon Fishing in the Lemon			Wheat, Rye	✓						✓		✓				
Breads	Thai Chicken Satay			Wheat, Rye			✓		✓		✓						
Breads	Say Cheese		✓	Wheat, Rye	✓						✓	✓					✓
Breads	Smokin' Hot Chick			Wheat		Pistachio					✓						
Breads	Ariba Fajita			Wheat	✓						✓						
Breads	Falafalo Soldier	✓		Wheat		Almond				✓	✓						✓
Breads	Korean BBQ	✓		Wheat			✓		✓		✓						
Breads	Olé Chipotle!	✓		Wheat		Almond			✓	✓	✓						✓
Breads	Hail Caesar			Wheat, Rye	✓			✓		✓	✓						✓
Breads	Breadstick	✓		Wheat, Rye, Oats, Barley													
Deli Pots	Miso Salmon								✓		✓		✓				
Deli Pots	A Bit Moorish	✓							✓	✓	✓						✓
Deli Pots	Chilaca Chicken			Wheat	✓			✓									
Deli Pots	Chip Off The Guac	✓															
Deli Pots	24 Carrot	✓									✓						
Deli Pots	Simply Veg	✓							✓								

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Deli Pots	Zorba The Beet		✓		✓					✓							✓
Hot Food	Thai Red Chicken				✓			✓					✓				
Hot Food	Edamame Chilli Berries & Coconut Chips	✓							✓								
Hot Food	High Protein Chilli								✓			✓					
Hot Food	Corn Chips & Guacamole	✓															
Hot Food	Moroccan Chicken																
Hot Food	Pure Slaw & Crème Fraiche		✓		✓												
Hot Food	Yellow Vegetable Curry	✓							✓			✓					
Hot Food	Turmeric Cauliflower & Pure Pickle	✓															
Hot Food	Lentil Bolognese		✓	Wheat	✓			✓				✓					
Hot Food	Chicken & Mushroom			Wheat	✓			✓				✓					
Hot Food	Thai Green Lentil	✓										✓					
Hot Food	Tuscan Chicken & Bean											✓					
Hot Food	Halloumi		✓	Wheat	✓					✓	✓						✓
Hot Food	Italian Chicken			Wheat	✓					✓							✓
Hot Food	Chicken Picante			Wheat	✓							✓					
Salads	The Jerk			Wheat													
Salads	Chicken Caesar			Wheat, Rye	✓			✓		✓	✓						✓
Salads	Sorrento Chicken				✓				✓	✓							✓
Salads	The Mexican																
Salads	Celebrity Skin					Cashew				✓			✓				✓
Salads	Super Salmon			Wheat	✓	Almond							✓				
Salads	Halloumi Super Bowl		✓		✓				✓	✓							✓
Salads	Plant Life	✓							✓	✓							✓
Salads	Go Thai			Wheat			✓	✓	✓								
Salads	Seoul Food	✓		Wheat				✓	✓		✓						
Snacks & Treats	Choc'Avo Mousse		✓					✓	✓								
Snacks & Treats	Super Rice Pudding	✓															
Snacks & Treats	Pure Fruit Salad	✓															
Snacks & Treats	Outer Mango-Lia	✓															
Snacks & Treats	Raw Almonds	✓				Almond											
Snacks & Treats	Raw Cashew Nuts	✓				Cashew											
Snacks & Treats	Semi-Dried Mango	✓															✓
Snacks & Treats	Smoked Corn & Smoked Almonds	✓		Wheat, Barley		Almond											
Snacks & Treats	Quinoa Chips - Tomato & Garlic	✓															
Snacks & Treats	Quinoa Chips - Sour Cream & Chive	✓															
Snacks & Treats	Brown Bag Crisps- Lightly Salted	✓															
Snacks & Treats	Brown Bag Crisps- Oak Smoked Chilli	✓															
Snacks & Treats	Brown Bag Crisps- Sea Salt & Vinegar		✓		✓												
Snacks & Treats	Brown Bag Crisps- Cheddar & Onion		✓		✓												
Snacks & Treats	Propercorn Sweet & Salty	✓															
Snacks & Treats	Propercorn Lightly Sea Salted	✓															
Snacks & Treats	Brown Bag Veggie Crisps	✓															
Snacks & Treats	Chia Granola Square		✓	Oats	✓	Pistachio Walnut											
Snacks & Treats	Brownie		✓	Wheat	✓			✓	✓								
Snacks & Treats	White Chocolate & Raspberry Cookie		✓	Wheat	✓			✓	✓								
Snacks & Treats	Double Chocolate Cookie		✓	Wheat	✓			✓	✓								
Snacks & Treats	Banana & Bran Muffin		✓	Wheat, Oats	✓			✓	✓								
Snacks & Treats	Blueberry Muffin		✓	Wheat	✓			✓									
Snacks & Treats	Rhubarb & Apricot Powerball		✓		✓	Almond											✓
Snacks & Treats	Cacao, Almond & Ginger Powerball		✓		✓	Almond											
Snacks & Treats	Mango & Macadamia Powerball	✓				Almond Macadamia											
Cold Drinks	AGC	✓															
Cold Drinks	Anti-Oxidiser	✓															
Cold Drinks	Green Tonic	✓										✓					
Cold Drinks	Lemon & Mint Tea Fizz	✓															
Cold Drinks	Orange Juice	✓															
Cold Drinks	Go Green	✓															
Cold Drinks	Superberry	✓							✓								
Cold Drinks	Vit-Hit	✓															
Cold Drinks	Brain Boost	✓				Almond	✓										
Cold Drinks	Protein Power	✓															
Cold Drinks	Diet Coke	✓															
Cold Drinks	Belu Water - Still	✓															
Cold Drinks	Belu Water - Sparkling	✓															
Catering	Vegetable Crudites	✓							✓		✓	✓					
Catering	Zorba The Beet Box		✓		✓					✓							✓
Catering	A Bit Moorish Box	✓							✓	✓	✓						✓

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Catering	Deli Box			Wheat, Rye, Oats, Barley	✓	Almond			✓		✓						
Catering	Crisps Box - Regular		✓		✓												
Catering	Crisps Box - Large		✓		✓						✓						
Catering	Quinoa Chips	✓									✓						
Catering	Pastry Box		✓	Wheat, Oats	✓			✓	✓								
Catering	Muffin Box		✓	Wheat, Oats	✓			✓	✓								
Catering	Breakfast Bagel Box - Mixed			Wheat, Barley, Rye	✓					✓			✓				✓
Catering	Breakfast Bagel Box - Veg & Fish			Wheat, Barley, Rye	✓					✓			✓				✓
Catering	Breakfast Bagel Box - Bacon & Avo			Wheat, Barley, Rye													
Catering	Orange Juice Bottle	✓															
Catering	Anti-Oxidiser Bottle	✓															
Catering	Go Green Bottle	✓															
Catering	Good Morning Box		✓	Wheat, Oats	✓			✓	✓								
Catering	Salad Box - Chicken Caesar			Wheat, Rye	✓			✓		✓	✓						✓
Catering	Salad Box - The Mexican																
Catering	Salad Box - Celebrity Skin					Cashew				✓			✓				✓
Catering	Salad Box - The Jerk			Wheat													
Catering	Salad Box - Super Salmon			Wheat	✓	Almond							✓				
Catering	Salad Box - Halloumi Super Bowl		✓		✓				✓	✓							✓
Catering	Salad Box - Sorrento Chicken				✓				✓	✓							✓
Catering	Salad Box - Plant Life	✓							✓	✓							✓
Catering	Salad Box - Go Thai			Wheat			✓	✓	✓								
Catering	Salad Box - Seoul Food	✓		Wheat					✓		✓						
Catering	Wholegrain Bagel Box			Wheat, Barley, Rye	✓			✓		✓							
Catering	Mixed Box - Seasonal			Wheat, Rye	✓	Almond Pistachio	✓	✓	✓	✓	✓		✓				✓
Catering	Mixed Box - Meat & Fish			Wheat, Rye	✓	Pistachio	✓	✓	✓	✓	✓		✓				✓
Catering	Mixed Box - Vegetarian	✓		Wheat, Rye	✓	Almond	✓		✓	✓	✓						✓
Catering	Wrap Box			Wheat, Rye	✓	Almond Pistachio		✓	✓	✓	✓						✓
Catering	Cookie Box		✓	Wheat	✓			✓	✓								
Catering	Chocolate Brownie Box		✓	Wheat	✓			✓	✓								
Catering	Adam's Treat Box		✓	Wheat, Oats	✓	Pistachio Walnut		✓	✓								
Catering	Coffee Break Box		✓	Wheat, Oats	✓	Pistachio Walnut		✓	✓								
Catering	Fruit Salad Box	✓															

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