

Pure. Allergen Guide

Menu Category	Dish Name	Vegan	Vegetarian	Cereals containing Gluten	Milk	Nuts	Peanuts	Egg	Soya	Mustard	Sesame	Celery	Fish	Crustaceans	Molluscs	Lupin	Sulphites
Birchers & Yoghurts	Banana & Honey Yoghurt		✓	Wheat, Oats	✓	Almond, Pistachio, Walnut											
Birchers & Yoghurts	Blueberry Bircher		✓		✓												
Birchers & Yoghurts	Energy Crunch Bircher	✓	✓			Almond			✓								
Birchers & Yoghurts	Sunshine Bircher	✓	✓						✓								
Birchers & Yoghurts	Morning Glory		✓	Wheat, Oats	✓	Almond, Pistachio, Walnut											
Birchers & Yoghurts	Catch Fraise		✓		✓												
Breakfast Toasties	Bacon & Egg			Wheat				✓		✓							
Breakfast Toasties	Smoked Salmon			Wheat				✓		✓			✓				
Breakfast Toasties	Super Start		✓	Wheat	✓			✓		✓							✓
Rolled Omelettes	Bacon & Vine Tomato							✓		✓							✓
Rolled Omelettes	The Vegetarian		✓					✓	✓	✓							
Porridge	Almond Milk	✓	✓			Almond											
Porridge	Organic Milk		✓		✓												
Porridge Topping	Banana	✓	✓														
Porridge Topping	Blueberries	✓	✓														
Porridge Topping	Energy Crunch	✓	✓			Almond											
Porridge Topping	Golden Syrup	✓	✓														
Porridge Topping	Manuka Honey Blend		✓														
Porridge Topping	Peanut Butter	✓	✓														
Super Eggs	Super Eggs		✓		✓			✓									
Super Eggs Topping	Avocado	✓	✓														
Super Eggs Topping	Bacon																
Super Eggs Topping	Goat's Cheese		✓		✓												
Super Eggs Topping	Sautéed Mushrooms	✓	✓							✓							✓
Super Eggs Topping	Smoked Salmon												✓				
Super Eggs Topping	Vine Tomatoes	✓	✓														
Toasted Bagel	Bacon & Avocado			Wheat, Barley, Rye													
Toasted Bagel	Mushroom & Avocado		✓	Wheat, Barley, Rye	✓					✓							✓
Toasted Bagel	Toasted Bagel	✓	✓	Wheat, Barley, Rye													
Toasted Bagel	Toasted Bagel With Butter		✓	Wheat, Barley, Rye	✓												
Toasted Bagel	Toasted Bagel With Avocado Puree	✓	✓	Wheat, Barley, Rye													
Toasted Bagel	Toasted Bagel With Cream Cheese		✓	Wheat, Barley, Rye	✓												
Breakfast	Toasted Bagel With Peanut Butter	✓	✓	Wheat, Barley, Rye			✓										
Viennoiserie	Croissant		✓	Wheat	✓			✓									
Viennoiserie	Almond Croissant		✓	Wheat	✓	Almond		✓									
Viennoiserie	Chocolate Croissant		✓	Wheat	✓			✓	✓								
Viennoiserie	Wholegrain Croissant		✓	Wheat, Oats, Barley	✓			✓									
Bagels	Big Advogoat		✓	Wheat, Barley, Rye	✓												
Bagels	Loch Stock & Hot Smoked Salmon			Wheat, Barley, Rye	✓								✓				
Bagels	New Yorker			Wheat, Barley, Rye	✓					✓							
Breads	Breadstick	✓	✓	Wheat, Rye, Oats, Barley													
Flatbread	Italian Job		✓	Wheat, Rye	✓						✓						✓
Flatbread	Salmon Fishing in the Lemon			Wheat, Rye	✓						✓		✓				
Flatbread	Thai Chicken Satay			Wheat, Rye			✓		✓	✓	✓						
Wrap	Clean Greens	✓	✓	Wheat					✓	✓	✓						✓
Wrap	Ariba Fajita			Wheat	✓						✓						
Wrap	Falafalo Soldier	✓	✓	Wheat		Almond				✓	✓						✓
Wrap	Hail Caesar			Wheat, Rye, Oats, Barley	✓			✓		✓							✓
Wrap	Korean BBQ	✓	✓	Wheat			✓		✓	✓							
Wrap	Smokin' Hot Chick			Wheat		Pistachio				✓							
Hot Box	Butternut Rendang	✓	✓														
Hot Box Side	Pickled Seasonal Slaw & Coconut Yoghurt	✓	✓						✓								

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Hot Box	High Protein Chilli								✓								
Hot Box Side	Chip Off The Guac	✓	✓														
Hot Box	Thai Red Chicken							✓					✓				
Hot Box Side	Edamame Chilli Berries & Coconut Chips	✓	✓					✓									
Hot Box	Malay Chicken Curry							✓				✓					
Hot Box Side	Sweet Potato & Cashews	✓	✓			Cashew											
Pasta	Chicken & Mushroom			Wheat, Rye, Oats, Barley	✓			✓									✓
Pasta	Lentil Ragù		✓	Wheat, Rye, Oats, Barley	✓												
Pasta	Pure Bolognese			Wheat	✓							✓					✓
Soup	Tuscan Chicken & Bean											✓					
Soup	Thai Green Lentil	✓	✓									✓					
Toastie	Chicken Picante			Wheat	✓												
Toastie	Halloumi		✓	Wheat	✓					✓	✓						✓
Toastie	Italian Chicken			Wheat	✓					✓							✓
Salads	Celebrity Skin					Cashew				✓			✓				✓
Salads	Chicken Caesar			Wheat, Rye, Oats, Barley	✓			✓		✓							✓
Salads	Spring Chicken								✓								✓
Salads	Chilli Green	✓	✓														
Salads	Sorrento Chicken				✓				✓	✓							✓
Salads	The Jerk			Wheat													
Salads	The Mexican																
Salads	Planted	✓	✓			Almond			✓								
Extra Protein	Fired Chicken																
Extra Protein	Hot Smoked Salmon												✓				
Extra Protein	Lemon Chicken																
Extra Protein	Super Beans	✓	✓						✓	✓							✓
Deli Pots	A Bit Moorish	✓	✓						✓	✓	✓						✓
Deli Pots	Chilaca Chicken			Wheat	✓			✓									
Little Pot	24 Carrot	✓	✓									✓					
Little Pot	Chip Off The Guac	✓	✓														
Little Pot	Simply Veg	✓	✓						✓								
Little Pot	Zorba The Beet		✓		✓					✓							✓
Protein Box	Spicy Chicken Protein Box			Wheat			✓		✓	✓							
Protein Box	Halloumi Protein Box		✓		✓				✓	✓							✓
Protein Box	Salmon Protein Box			Wheat	✓	Almond							✓				
Dessert	Choc'Avo Mousse		✓					✓	✓								
Dessert	Pip & Pure	✓	✓				✓										
Dessert	Super Rice Pudding	✓	✓														
Snacks & Treats	Move Açaí'd	✓	✓			Almond											
Snacks & Treats	Outer Mango-Lia	✓	✓														
Snacks & Treats	Pure Fruit Salad	✓	✓														
Snacks & Treats	Three's a Charm	✓	✓														
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	✓			✓	✓								
Juices	AGC	✓	✓														
Juices	Anti-Oxidiser	✓	✓														
Juices	Orange Juice	✓	✓														
Smoothies	Brain Boost	✓	✓			Almond	✓										
Smoothies	Go Green	✓	✓														
Smoothies	Mango Power	✓	✓						✓								
Smoothies	Superberry	✓	✓						✓								
Smoothies	Get Vit	✓	✓						✓								
Cold Drinks	Lemon & Mint Tea Fizz	✓	✓														
Cold Drinks	Apple of My Eye	✓	✓														
Catering	Breakfast Bagel Box			Wheat, Barley, Rye	✓					✓			✓				✓

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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	✓			✓	✓								
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	Vegan Wrap Box	✓	✓	Wheat		Almond	✓		✓	✓	✓						✓
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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