Allergens Information

The following allergens may be present in our menu items:

Gluten
Found in: Whole wheat bread, sandwich buns, toasted bread, bruschettas, croutons, granola, oats, Oreo cookies, Plasma biscuits, flour-based desserts

Eggs
Found in: Omelettes, breakfast dishes, egg-based bruschettas, sandwiches containing egg, Eggcellent Club Sandwich, Parfait, Profiteroles

Milk & Dairy
Found in: Milk, cheese, feta, mozzarella, Edam, Greek yogurt, sour cream, ice cream, coffee drinks with milk, desserts containing dairy

Peanuts
Found in: Protein Smoothie, Chia Protein, Blueberry Chia, Oreo Chia, Crunchy Oatmeal

Tree Nuts
Found in: Almonds, cashews, hazelnuts, pistachios, coconut

Fish
Found in: Tuna Mayo Sandwich, Avo Tuna Bruschetta, Tuna Salad

Soy
May be present in: Vegan mayonnaise, vegan protein, some chocolate products, Oreo-based products

Sesame
Found in: Avocado Bruschetta, Tofu Salad, Falafel Salad

Mustard
May be present in: Caesar dressing, vegan mayonnaise, certain sauces and dressings

Sulphites
May be present in: Balsamic glaze, prosciutto, certain processed ingredients and dressings

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Important Notice

While we take great care in preparing our food, all items are prepared in a kitchen that handles allergens including gluten, dairy, eggs, nuts, sesame, soy, and fish. Cross-contamination may occur. If you have any food allergies or dietary restrictions, please inform our staff before ordering. We will do our best to accommodate your needs.