

ALLERGENS

May Contain: Facilities that produce some of our ingredients may use equipment that has come into contact with an allergen. The allergen is not an ingredient in the dish.

Onion and garlic: Refer to the menu boards and ingredient lists to identify whole pieces of onion in dishes. Many spice mixes and dressings contain imperceptible amounts of ground onion and garlic.

| HEARTY BOWLS & SALADS | Coriander/ Cilantro | Egg | Fish | Garlic | Legumes | Milk | Mustard | Nuts | Onion | Peanuts | Sesame | Shellfish | Soy | Sulphites | Wheat/ Gluten |
|----------------------------------|------------------------|-----|------|--------|---------|-------------|---------|-------------|-------|-------------|-------------|-----------|-------------|-----------|------------------|
| PIRI-PIRI BOWL | X | | | X | X | | X | | X | | | | | X | |
| THE SANTA FE | X | | | X | X | X | | May contain | X | | | | | | |
| MAD CAESAR | | | | X | X | May contain | X | May contain | X | May contain | May contain | | X | X | May contain |
| CRISPY TACO SALAD | X | | | | X | X | X | May contain | X | | | | | X | |
| BIBIMBOWL | | | | X | | | X | | X | | X | | X | | X |
| THAI CURRY SALAD | X | | X | X | | | | May contain | X | X | X | | X | X | |
| MAPLE FARM BOWL | | | | X | | X | X | May contain | X | May contain | May contain | | May contain | X | May contain |

| PROTEINS | Coriander/ Cilantro | Egg | Fish | Garlic | Legumes | Milk | Mustard | Nuts | Onion | Peanuts | Sesame | Shellfish | Soy | Sulphites | Wheat/ Gluten |
|---------------------------|------------------------|-----|-------------|--------|---------|------|---------|------|-------|---------|--------|-----------|-----|-----------|------------------|
| LUISA'S CHICKEN | | | | X | | | | | X | | | | | | |
| PIRI-PIRI CHICKEN | | | | X | | | | | X | | | | | X | |
| LEMON-HERB CHICKEN | | | | X | | | | | X | | | | | | |
| RED CURRY CHICKEN | | | May contain | X | | | | | X | | | X | X | | |
| CILANTRO-LIME TOFU | X | | | | X | | | | X | | | | X | X | |
| PIRI-PIRI TOFU | | | | X | X | | | | X | | | | X | X | |

| PROTEINS | Coriander/ Cilantro | Egg | Fish | Garlic | Legumes | Milk | Mustard | Nuts | Onion | Peanuts | Sesame | Shellfish | Soy | Sulphites | Wheat/ Gluten |
|------------------|------------------------|-----|------|--------|---------|------|---------|------|-------|---------|--------|-----------|-----|-----------|------------------|
| BEEF BARBACOA | | | | X | | | | | X | | | | X | | |
| BATTERED HADDOCK | | X | X | | | | | | | | | | X | | X |

| BURRITO BOWLS | Coriander/ Cilantro | Egg | Fish | Garlic | Legumes | Milk | Mustard | Nuts | Onion | Peanuts | Sesame | Shellfish | Soy | Sulphites | Wheat/ Gluten |
|-----------------------|------------------------|-----|------|--------|---------|------|---------|-------------|-------|---------|--------|-----------|-----|-----------|------------------|
| SMOKING GUN - CHIX | X | | | X | X | X | | | X | | | | | X | |
| SMOKING GUN - TOFU | X | | | X | X | X | | | X | | | | X | X | |
| THE BARRANQUILLA | X | | | X | X | X | | | X | | | | | | |
| THE EL DORADO | X | | | X | X | X | | | X | | | | X | X | |
| THE FLAMING BATATA | X | | | X | X | X | | May contain | X | | | | | X | |
| THE VIDA VERDE | X | | | X | X | | X | May contain | X | | X | | X | X | May contain |
| DAIKON DYNASTY - CHIX | | | | X | X | | | | X | X | X | | X | X | May contain |
| DAIKON DYNASTY - TOFU | X | | | X | X | | | | X | X | X | | X | X | May contain |
| THE FISH 'N' CHIPS | | X | X | X | | X | X | May contain | X | | | | X | X | X |
| BURRITOS | | | | | | | | | | | | | | | |
| SMOKING GUN - CHIX | X | | | X | X | X | | | X | | | | | X | X |
| SMOKING GUN - TOFU | X | | | X | X | X | | | X | | | | X | X | X |
| THE BARRANQUILLA | X | | | X | X | X | | | X | | | | | | X |
| THE EL DORADO | X | | | X | X | X | | | X | | | | X | X | X |
| THE FLAMING BATATA | X | | | X | X | X | | May contain | X | | | | | X | X |
| THE VIDA VERDE | X | | | X | X | | X | May contain | X | | X | | X | X | X |
| DAIKON DYNASTY - CHIX | | | | X | X | | | | X | X | X | | X | X | X |

| | | | | | | | | | | | | | | | |
|------------------------------|---|---|---|---|---|---|---|-------------|---|---|---|--|---|---|---|
| DAIKON DYNASTY - TOFU | X | | | X | X | | | | X | X | X | | X | X | X |
| THE FISH 'N' CHIPS | | X | X | X | | X | X | May contain | X | | | | X | X | X |

| SOUPS & SANDWICHES | Coriander/ Cilantro | Egg | Fish | Garlic | Legumes | Milk | Mustard | Nuts | Onion | Peanuts | Sesame | Shellfish | Soy | Sulphites | Wheat/ Gluten |
|-------------------------------|------------------------|-----|------|--------|---------|------|---------|-------------|-------|---------|-------------|-----------|-------------|-----------|------------------|
| COCONUT CURRY CHOWDER | X | | | X | | | | | X | | | | X | | |
| MOROCCAN CHICKEN SOUP | X | | | X | X | | X | | x | | | | | X | |
| PIRI-PIRI CHICKEN | X | | | X | X | | X | May contain | X | | May contain | | May contain | X | X |
| TOFU BANH MI | X | | | X | X | | | May contain | X | X | X | | X | X | X |
| FAJITA BARBACOA | | | | X | | X | | May contain | X | | May contain | | X | X | X |
| SMASHED CHICKPEA | | | | | X | | X | May contain | X | | X | | May contain | X | X |

| LIL' BOWL | Coriander/ Cilantro | Egg | Fish | Garlic | Legumes | Milk | Mustard | Nuts | Onion | Peanuts | Sesame | Shellfish | Soy | Sulphites | Wheat/ Gluten |
|----------------------------|------------------------|-----|------|--------|---------|------|---------|------|-------|---------|--------|-----------|-----|-----------|------------------|
| LIL' PIRI-PIRI BOWL | | | | X | | | | | X | | | | | X | |
| LIL' BUDDHA BOWL | | | | X | | | X | | X | | X | | X | X | |
| LIL' TACO BOWL | X | | | X | X | X | | | X | | | | | X | |

| DESSERTS & BREAD | Coriander/ Cilantro | Egg | Fish | Garlic | Legumes | Milk | Mustard | Nuts | Onion | Peanuts | Sesame | Shellfish | Soy | Sulphites | Wheat/ Gluten |
|--|------------------------|-----|------|--------|---------|------|---------|-------------|-------|-------------|-------------|-----------|-------------|-------------|------------------|
| DARK CHOCOLATE BROWNIE | | | | | X | | | | | | | | | | |
| PORTUGUESE CUSTARD TART | | X | | | | X | | May contain | | May contain | | | X | May contain | X |
| APPLE BLOSSOM PASTRY | | X | | | | X | | | | | | | May contain | | X |
| CINNAMON TOAST CHURRO | | | | | | X | | | | | | | X | | X |
| COOKIES & CREAM | | | | | | X | | | | | | | X | | X |
| TRIPLE CHOCOLATE SALTED CARAMEL | | | | | | X | | | | | | | X | | X |
| OATMEAL CHOCOLATE CHIP | | | | | | | | | | | | | | | |
| ROSEMARY FOCACCIA | | | | | | | | May contain | | | May contain | | May contain | | X |