















BREAKFAST PRODUCTS & THEIR ALLERGEN CONTENT

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⊕ Does not contain dairy | Ⓞ Does not contain gluten | V Vegetarian | Ve Vegan

													
CELERY	CEREALS CONTAINING GLUTEN Freekeh, Wheat, Rye, Barley, Oats, Spelt or Korasan	CRUSTACEANS Prawns, Crabs, Lobster, Crayfish	EGGS	FISH	LUPIN	MILK	MOLLUSC Clams, Mussels, Whelks, Oysters, Snails and Squid	MUSTARD	NUTS Almonds, hazelnuts, walnuts, pecan, Brazil, pistachio, cashew and Macadamia	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE Sulphur Dioxide, (>10mg/kg or 10mg/L

ON TOASTS	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Smashed Avocado on London Field Seeded Toast	Avocado, Red Onion, Lime, Garlic, Coriander, Chili, Olive Oil, Salt, Pepper, Toast, Feta, London Field Seeded (Italian Flour, Wholemeal, Salt, Water, Cracked Rye Grains, Pumpkin Seeds, Sunflower Seeds, Biga (Rye & Flour))	V	Cereals containing gluten - Wheat, Milk, Sulphites		✓					✓							✓
Salmon, Egg, Avocado on London Field Seeded Toast	Avocado, Egg, Mayo (Soybean Oil, Water, Whole Eggs, Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice Concentrate, Calcium Disodium), Mustard, Salmon, Parsley, Lime Juice, London Field Seeded (Italian Flour, Wholemeal, Salt, Water, Cracked Rye Grains, Pumpkin Seeds, Sunflower Seeds, Biga (Rye & Flour))	/	Cereals containing gluten - Wheat, Fish, Egg, Mustard, Soy, Sulphites		✓		✓	✓				✓				✓	✓
Salmon on Danish Rye	Crème Fraiche, Smoked Salmon, Lemon Juice, Dill, Black Pepper, Danish Rye (Cracked Rye, Rye Flour, Water, Biga, Sourdough, Sea salt)	/	Cereals containing gluten - Rye & Wheat, Fish, Milk, Sulphites		✓			✓		✓							✓
Egg on Danish Rye	Egg, Parsley, Mayo (Soybean Oil, Water, Whole Eggs, Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice Concentrate, Calcium Disodium), Dijon Mustard, Cucumber, Cress, Black Pepper, Danish Rye (Cracked Rye, Rye Flour, Water, Biga, Sourdough, Sea salt)	⊕ / V	Cereals containing gluten - Rye & Wheat, Egg, Mustard, Soy, Sulphites		✓		✓					✓				✓	✓















WRAPS & ROLLS	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Avocado, Spinach & Egg Wrap	Spinach Wrap, Avocado, Spinach, Egg, Tahini, Za'atar, Chili	⊕ / V	Cereals containing gluten - Wheat, Egg, Sesame		✓		✓								✓		
Egg & Pancetta Wrap	Spinach Wrap, Frittata (Eggs, Spinach, Tomato, Onion, Parsley, Salt, Pepper), Red Pepper Sauce (Red Peppers, Garlic, Oregano, Thyme, Bay Leaf, Serrano Chili, Red Wine Vinegar (Sulphur Dioxide), Olive Oil, Dijon Mustard, Salt, Black Pepper), Tahini, Lemon, Olive Oil, Pancetta	⊕	Cereals containing gluten - Wheat, Egg, Sesame, Sulphites		✓		✓					✓			✓		✓
Rainbow Wrap	Spinach Wrap, Miso, Tahini, Avocado, Cucumber, Red Pepper	⊕ / V / Ve	Cereals containing gluten - Wheat, Sesame Seeds, Soy		✓										✓	✓	
Buffalo Mozzarella, Avo' & Basil Famiglia Roll	Famiglia Roll (White Italian Flour, Water, Salt, & Biga, Biga, Rye Flour, Water) Buffalo Mozzarella, Avocado, Tomato, Basil, Salt & Pepper, Chimichurri (Parsley, Bay Leaf, Garlic, Salt, Pepper, Red Wine Vinegar (Sulphur Dioxide), Sunflower Oil, Olive Oil, Oregano, Coriander, Chili Flakes), Famiglia Roll (Gluten, Sulphites)	V	Cereals containing gluten - Rye & Wheat, Milk, Sulphites		✓										✓		✓
Prosciutto & Edam Famiglia Roll	Famiglia Roll (White Italian Flour, Water, Salt, & Biga, Biga, Rye Flour, Water) Edam Cheese (Cows Milk, Salt, Vegetarian Rennet), Butter (Milk, Rapseed Oil), Prosciutto (Pork Leg & Salt)	/	Cereals containing gluten - Rye & Wheat, Milk, Sulphites		✓					✓							✓

BREAKFAST BOWLS	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Steak & Eggs Bowl	Flank Steak, Egg, Spinach, Za'atar, Pickled Cucumber, Olive Oil, Salt & Pepper	⊕ / Ⓞ	Egg, Sesame, Sulphites				✓								✓		✓
Shakshuka Bowl & Za'atar Toast	Red Pepper Base (Tomato, Red Pepper, Onion, Rapseed Oil, Tomato Puree, Garlic, Salt, Cumin, Paprika, Thyme, Pepper, Chili, Bay Leaf), Eggs, Feta, Parsley, Salt & Pepper, Za'atar, London Field Seeded (Italian Flour, Wholemeal, Salt, Water, Cracked Rye Grains, Pumpkin Seeds, Sunflower Seeds, Biga (Rye & Flour))	V	Egg, Cereals containing gluten - Wheat, Sesame, Milk, Sulphites		✓		✓			✓					✓		✓
Frittata & Buffalo Mozzarella Bowl	Rocket, Cherry Tomatoes, Buffalo Mozzarella, Basil, Avocado, Lemon, Olive Oil, Frittata (Eggs, Spinach, Tomato, Onion, Parsley), Salt & Pepper	Ⓞ / V	Egg, Milk				✓			✓							
Smoked Salmon & Avo' Bowl	Egg, Spinach, Smoked Salmon, Avocado, Red Onion, Lime, Garlic, Coriander, Red Chili, Lemon, Za'atar	⊕ / Ⓞ	Egg, Fish, Sesame				✓	✓							✓		
Barry's Brunch Bowl	Brown Rice, Pickled Red Cabbage, Radish, Egg, Red Chili, Edamame, Avocado, Sesame Seeds, Spinach, Miso, Tahini, Rice Vinegar	⊕ / Ⓞ / V	Egg, Sesame, Soy, Sulphites				✓										
Berry Protein Smoothie Bowl	Gluten-Free Oats, Protein Powder, Almond Milk, Mixed Forest Fruits (Blackberries, Raspberries, Blackcurrants, Red Currants) Vegan Protein Powder	⊕ / Ⓞ / V / Ve	Nuts - Almond, Soya										✓			✓	
Greek Yoghurt & Seasonal Fruit Bowl	Greek Yoghurt, Strawberry, Mango, Pomegranate	⊕ / Ⓞ / V	Milk							✓							
Nutter Protein Bowl	Natural Skyr Yoghurt, Date Mollases, Honey, Tahini, Almond Butter, Hazelnuts, Cacao Nibs	Ⓞ / V	Milk, Nuts - Almonds, Hazelnuts, Sesame							✓			✓		✓		

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Seasonal Fruit Bowl	Please Ask in-store	D / G / V / Ve	/									✓		✓		
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	Freekeh, Wheat, Rye, Barley, Oats, Spelt or Korasan	Prawns, Crabs, Lobster, Crayfish					Clams, Mussels, Whelks, Oysters, Snails and Squid		Almonds, hazelnuts, walnuts, pecan, Brazil, pistachio, cashew and Macadamia				Sulphur Dioxide, (>10mg/kg or 10mg/L

PASTRIES	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Croissant	Flour (Wheat) Butter, Sugar, Egg	V	Cereals containing gluten - Wheat, Milk, Egg		✓		✓			✓							
Pain Au Chocolate	Flour (Wheat) Butter, Sugar, Plain Chocolate, Egg	V	Cereals containing gluten - Wheat, Milk, Egg		✓		✓			✓							
Pain Au Raisin	Flour (Wheat) Butter, Sugar, Almonds, Egg Wash, Raisins	V	Cereals containing gluten - Wheat, Milk, Nuts - Almond, Egg		✓		✓			✓			✓				
Banana Bread	Butter, Sugar, Eggs, Vanilla Extract, Flour, Cinnamon, Bicarbonate Soda, Banana & Yoghurt	V	Cereals containing gluten - Wheat, Milk, Egg		✓		✓			✓							
Dirty Dane	Flour, Butter, Eggs, Chocolate, Almond Paste, Sugar, Salt	V	Cereals containing gluten - Wheat, Milk, Nuts - Almond, Egg		✓		✓			✓			✓				
Blueberry Muffins	Sugar, Eggs, Salt, Buttermilk, Baking Powder, Blueberries, Rapeseed Oil	V	Cereals containing gluten, Milk, Egg		✓		✓			✓							
Almond Croissant	Almonds, Butter, Flour, Sugar, Salt, Yeast, Water, Remonce (Marzipan Butter & Sugar)	V	Cereals containing gluten - Wheat, Milk, Nuts - Almond, Egg		✓		✓			✓			✓				
New Chocolate Brownie	Flour, Butter, Eggs, Sugar, Chocolate, Baking Powder	V	Cereals containing gluten - Wheat, Milk, Egg		✓		✓			✓							

GRAINS	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Plain J	Water, Coconut Milk (Coconut Extract (60%), Water) (22%), Gluten Free Porridge Oats (13%), Red Quinoa, Brown Linseed (0.8%), Golden Linseed (0.8%) (Optional Honey / Maple - With Honey Not VE), Coconut Milk	D / G / V / Ve	/														
Granola Grits	Water, Coconut Milk, (Coconut Extract (60%), Water) (22%), Gluten Free Porridge Oats (13%), Red Quinoa, Brown Linseed (0.8%), Golden Linseed (0.8%) Granola (Oat Flakes, Wheat, Coconut Flakes, Sugar, Pecan, Almonds, Cranberries, Hazelnuts, Sunflower Kernels, Cashews, Raisins, Honey, Cinnamon, Salt)	⊘ / V	Cereals containing gluten - Oats, Nuts - Almonds, Pecan, Hazelnuts, Cashews		✓								✓		✓		
The Nutter	Water, Coconut Milk (Coconut Extract (60%), Water) (22%), Gluten Free Porridge Oats (13%), Red Quinoa, Brown Linseed (0.8%), Golden Linseed (0.8%), Coconut Milk, Peanut Butter, Maple, Almond Milk, Tahini	D / G / V / Ve	Nuts - Almond, Peanuts & Sesame										✓	✓	✓		
Jerusalem	Water, Coconut Milk (Coconut Extract (60%), Water) (22%), Gluten Free Porridge Oats (13%), Red Quinoa, Brown Linseed (0.8%), Golden Linseed (0.8%) Coconut Milk, Date Syrup, Maple, Cacao Nibs, Banana, Tahini	D / G / V / Ve	Sesame												✓		

SMALL POTS	INGREDIENTS	TAGS	ALLERGENS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Tahini	Sesame	D / G / V / Ve	Sesame												✓		
Honey	Honey	⊘ / G / V	/														
Date Tahini	Date Syrup, Tahini - Sesame, Water	⊘ / G / V / Ve	Sesame												✓		
Granola	Oat Flakes, Wheat, Coconut Flakes, Sugar, Pecan, Almonds, Cranberries, Hazelnuts, Sunflower Kernels, Cashews, Raisins, Honey, Cinnamon, Salt	⊘ / V	Cereals containing gluten - Oats, Nuts - Almonds, Pecan, Hazelnuts, Cashews		✓								✓				