



















































# Premade Product Allergen Matrix

15.05.24

Product																												
<b>Breakfast</b>																												
Egg & Bacon Wrap	Contains		Contains															Contains	Contains						Contains			
Egg Benedict Pide	Contains		Contains															Contains	Contains					Contains	Contains			
Mushroom Wrap	Contains		Contains															Contains	Contains						Contains			
Brekky Burrito	Contains		Contains															Contains	Contains						Contains	Contains		
Plain Croissant	Contains		Contains																Contains						Contains			
Nutella Croissant	Contains		Contains			Contains	Contains												Contains						Contains			
Ham, Cheese & Tomato Croissant	Contains		Contains															Contains	Contains						Contains			
Ham & Cheese Croissant	Contains		Contains															Contains	Contains						Contains			
Brekky Burger	Contains		Contains															Contains	Contains						Contains			
<b>Toasted</b>																												
Chicken & Cheese Toastie	Contains		Contains		Contains													Contains	Contains						May Contain	Contains		
Ham & Cheese Toastie	Contains		Contains		Contains													Contains	Contains						May Contain	Contains		
Grilled Chicken BLT - Panini	Contains		Contains															Contains	May Contain						May Contain	Contains		
BBQ Chicken - Panini	Contains		Contains																Contains						May Contain	Contains		
Pumpkin & Fetta Panini	Contains		Contains															Contains	Contains						May Contain	Contains	Contains	
Tandoori Chicken Panini	Contains		Contains			May Contain											May Contain	Contains	Contains						May Contain	Contains		
Chicken & Avocado Pide	Contains		Contains															Contains	Contains						Contains	Contains	Contains	
Roast Pumpkin Roll	Contains		Contains																May Contain						Contains	Contains	Contains	
Chicken Pesto Pide	Contains		Contains			Contains				Contains								Contains	Contains						Contains	Contains	Contains	

# Snacks & Sweets Allergen Matrix

15.05.24

Product																									
Caramel Slice						Contains			Contains								Contains	Contains					Contains	Contains	
Lemon & Poppyseed Muffin	Contains		Contains			May Contain											Contains						May Contain	Contains	
Apple & Cinnamon Muffin	Contains	Contains	Contains			May Contain									May Contain	Contains	Contains					May Contain	Contains		
Double Chocolate Muffin	Contains		Contains			May Contain											Contains	Contains					Contains		
Banana Bread - 'Liv Eat'	Contains		Contains														Contains								
Fruit & Grain Slice	Contains	Contains	Contains	May Contain	May Contain	Contains			Contains														May Contain		May Contain





# Grill Product Allergen Matrix

15.05.24

Product	GLUTEN	Oats	Wheat	Barley	Rye	Tree Nuts	Hazelnut	Pecan	Almond	Cashew	Walnut	Brazil Nut	Pistachio	Macadamia	Pine Nut	Peanut	Egg	Milk	Fish	Crustacean	Mollusc	Sesame	Soy	Sulphites	Lupin
Baja Bowl																	Contains	May Contain						Contains	Contains
Burrito Bowl (Chicken)																	Contains	May Contain						Contains	Contains
Taco Beef Bowl																		Contains						Contains	Contains
Japanese Schnitzel Bowl	Contains		Contains														Contains	May Contain						Contains	
Nachos																		Contains						Contains	Contains
Spicy BBQ Chicken Bowl	Contains			Contains	Contains	Contains			Contains															Contains	Contains
Satay Chicken Bowl						Contains			Contains							Contains									Contains
Tandoori Chicken Bowl	May Contain					May Contain										May Contain	Contains								Contains
Chicken Caesar Bowl	Contains		Contains														Contains	Contains					Contains	Contains	Contains
Mex Burrito with grilled chicken	Contains		Contains														Contains							Contains	Contains
Falafel Burrito Wrap	Contains		Contains															May Contain						Contains	Contains
Grill Extras	GLUTEN	Oats	Wheat	Barley	Rye	Tree Nuts	Hazelnut	Pecan	Almond	Cashew	Walnut	Brazil Nut	Pistachio	Macadamia	Pine Nut	Peanut	Egg	Milk	Fish	Crustacean	Mollusc	Sesame	Soy	Sulphites	Lupin
Chicken Schnitzel	Contains		Contains														May Contain	May Contain						Contains	
Chilli Con Carne Beef Mince																								Contains	Contains
Pulled Pork																								Contains	
Grilled Chicken																								Contains	
Falafel	Contains		Contains															May Contain						Contains	
Brown rice & Quinoa mix																									Contains
White Rice																								Contains	
Shredded Lettuce Mix																									
Coleslaw fine cut																									
Black Beans																								Contains	Contains
Jalapeno																									
Pico de Galo																									
Cheese - shredded																		Contains							
Corn kernels																									
Cucumber																									
Guacamole																									Contains
Roast Bacon																								Contains	
Chicken sliced																									
Mild Salsa																									
Parmesan Cheese																		Contains							
Sour Cream																		Contains							
Corn chips																		May Contain							

# Grab n Go Product Allergen Matrix

15.05.24

Product	 GLUTEN	 Oats	 Wheat	 Barley	 Rye	 Tree Nuts	 Hazelnut	 Pecan	 Almond	 Cashew	 Walnut	 Brazil Nut	 Pistachio	 Macadamia	 Pine Nut	 Peanut	 Egg	 Milk	 Fish	 Crustacean	 Mollusc	 Sesame	 Soy	 SO <sub>2</sub>	 Lupin	
Cacao Choc Mousse																		Contains					May Contain	Contains	May Contain	
Cinnamon Granola & Yoghurt	Contains	Contains	May Contain			Contains	May Contain	May Contain	Contains	May Contain	May Contain	May Contain	May Contain	May Contain		May Contain		Contains					May Contain	May Contain	May Contain	
Fruit Salad																										
Almond Chia Pudding	May Contain		May Contain			Contains			Contains														May Contain		May Contain	
Protein Egg Tub																	Contains									
Edamame, Salmon and Egg Tub																	Contains		Contains					Contains		
Herb Chicken Sandwich	Contains	Contains	Contains		Contains													Contains					May Contain	Contains		
Chicken Caesar Sandwich	Contains		Contains		Contains													Contains	Contains				Contains	Contains	Contains	
Curried Egg Sandwich	Contains		Contains		Contains													Contains					Contains	Contains		
Ham & Cheese Sandwich	Contains		Contains		Contains													Contains	Contains				Contains	Contains		
Chicken & Avocado Pide	Contains		Contains															Contains	Contains				Contains	Contains	Contains	
Ham & Salad Roll	Contains		Contains															Contains	May Contain				Contains	Contains		
Roast Pumpkin Roll	Contains		Contains																May Contain				Contains	Contains	Contains	
Chicken Salad Wrap	Contains		Contains															Contains						Contains		
Power Bowl	Contains		Contains			Contains			Contains										May Contain				Contains	Contains	Contains	
Ham Salad Wrap	Contains		Contains															Contains						Contains		
Classic Ham Sandwich	Contains		Contains		Contains													Contains	Contains				Contains	Contains		
Chicken Caesar Salad	Contains		Contains															Contains	Contains				Contains	Contains	Contains	
Chicken Pesto Pasta GnG	Contains		Contains			Contains			Contains	Contains								Contains	Contains					May Contain	Contains	
Japanese Salmon Salad																		Contains		Contains			Contains	Contains	Contains	
Chilli Lime Quinoa																		Contains						Contains	Contains	
Carbonara Pasta	Contains		Contains															May Contain	Contains					Contains		
Pumpkin, Kale & Cous Cous GnG Reg	Contains																	Contains						Contains	Contains	

