			Vegetarians	Vegan s	Gluten-Free	Dairy-Free	Nut-Free	Pescatarian			Set cross country	ing gives	ser we		h	Par Mi	IN M	Muse	son contraction	/	Same	2253112	orthearts	Met
Menu Section	Product	Allergens	-	1				Pe	_/	/0	Ce (11. 40		<u>` / 4</u>	~~/~	/>	<u>\</u> {	<u>\</u>	<u>_</u>	<u></u>	<u> </u>	19	<u>~~</u>		/
Ricebowls	Northern Bowl		√	\checkmark	√	\checkmark	√	_																
Ricebowls	Southern Bowl	Mustard, Sulphites	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	_										\checkmark					\checkmark	
Ricebowls	No-Butter Chicken Rice Bowl	Milk			\checkmark		\checkmark	_								\checkmark								
Ricebowls	Paneer Butter Masala	Milk	\checkmark		\checkmark		\checkmark									\checkmark								
Ricebowls	Grilled Chicken & Lentils Bowl	Milk			\checkmark		\checkmark									\checkmark								
Salads	Chickpea Frittata		\checkmark	\checkmark	\checkmark	\checkmark	\checkmark																	
Salads	Paneer Box	Milk	\checkmark		\checkmark		\checkmark									\checkmark								
Salads	Grilled Chicken Box	Milk			\checkmark		\checkmark									\checkmark								
Salads	Salmon Box	Salmon, Sulphites, Mustard			\checkmark	\checkmark	\checkmark	\checkmark	Ĺ					\checkmark				\checkmark					\checkmark	
Salads	Atcha Greens	Soya	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark															\checkmark		
Dressings	Spiced Gajar [Carrot] Chutney		\checkmark	\checkmark	\checkmark	\checkmark	\checkmark																	
D ressings	Imli [Tamarind] Chutney		\checkmark	\checkmark	\checkmark	\checkmark	\checkmark																	
Sandwiches	Egg Chilli-Mayo	Gluten, Egg, Mustard, Sulphites	\checkmark			\checkmark	\checkmark				Wheat		\checkmark					\checkmark					\checkmark	
Sandwiches	The Paneer Sarnie	Gluten, Milk	\checkmark				\checkmark				Wheat					\checkmark								
Sandwiches	The Cauli Sarnie	Gluten, Cashew Nuts, Mustard, Sulphites	\checkmark	\checkmark		\checkmark					Wheat							\checkmark	Cashew Nuts				\checkmark	
Sandwiches	Atcha Club	Gluten, Milk, Egg					\checkmark				Wheat		\checkmark			\checkmark								
Sandwiches	The Goan	Gluten, Egg, Sulphites				\checkmark	\checkmark				Wheat		\checkmark										\checkmark	
Sandwiches	Vegan Keema Pau	Gluten, Soya	\checkmark	\checkmark		\checkmark					Wheat											\checkmark		
Soups	Tomato & Tamarind	Mustard	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark											\checkmark						
Soups	Squash & Green Chilli		\checkmark	\checkmark	\checkmark	\checkmark	\checkmark																	
Soups	Beetroot & Coconut Cream	Mustard, Sulphites	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark											\checkmark					\checkmark	
Specials	Pau Bhaji	Gluten, Milk, Eggs	\checkmark	1	1	1	\checkmark				Wheat		\checkmark			\checkmark								
Sides	Coconut Chickpeas Pot	Sulphites, Mustard	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\top										\checkmark					\checkmark	
Sides	Masala Peas Pot		\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	1																
Sides	N.B.C. Pot	Milk			\checkmark	Ī	\checkmark	\uparrow								\checkmark								
Sides	Butter Paneer Pot	Milk	\checkmark		\checkmark	1	\checkmark	1								\checkmark								
Sides	Cauli Pot		\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	+																

Menu Section	Product	Allergens	Vegetarians	Vegan s	Gluten-Free	Dairy-Free	Nut-Free	Pescatarian		0	and create contains	ing of	uten e		ish	upin	MIN E	oluse	son contraction	/	earne	esam	Solution and Solution	
Sides	Smoky Aubergine Pot	And gais	~	∕	√	√	∠	<u> </u>	Ť				Ĺ	Ĺ	Í	Ĺ				Ĺ	<u> </u>	Ĺ		
Sides	Daily Daal		\checkmark	\checkmark	\checkmark	\checkmark	\checkmark																	
Sides	Beets Pot	Sulphites, Mustard	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark											\checkmark					\checkmark	
Sides	Avial Pot	Sulphites, Mustard	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark											\checkmark					\checkmark	
Sides	Grilled Chicken Pot	Milk			\checkmark		\checkmark									\checkmark								
Sides	Fenugreek Flatbreads	Gluten	\checkmark	\checkmark	1		\checkmark				Wheat													
Bits & Bobs	Alphonso Mango Gelato	Milk	\checkmark		\checkmark		\checkmark									\checkmark								
Bits & Bobs	Tony's Choc: Milk Chocolate	Milk, Soya	\checkmark		\checkmark		\checkmark									\checkmark						\checkmark		
Bits & Bobs	Tony's: D. Choc, Almond, Salt	Nuts, Soya	\checkmark	\checkmark	\checkmark	\checkmark													Almonds			\checkmark		
Bits & Bobs	Eat Real: Chilli & Lemon		\checkmark	\checkmark	\checkmark	\checkmark	\checkmark																	
Bits & Bobs	Metcalfe's Rice Cakes: Yoghurt	Milk, Soya	\checkmark		\checkmark		\checkmark									\checkmark						\checkmark		
Bits & Bobs	Metcalfe's Rice Cakes: Milk Choc	Milk, Soya	\checkmark		\checkmark		\checkmark									\checkmark						\checkmark		
Bits & Bobs	Deliciously Ella: Peanut Butter	Oats (May Contain Gluten), Peanuts	\checkmark	\checkmark		\checkmark					Oats									\checkmark				
Bits & Bobs	Pipers Crisps Sea Salt		\checkmark	\checkmark	\checkmark	\checkmark	\checkmark																	
Bits & Bobs	Pipers Crisps Karnataka		\checkmark	\checkmark	\checkmark	\checkmark	\checkmark																	
Drinks	Coke 330ml		\checkmark	\checkmark	\checkmark	\checkmark	\checkmark																	
Drinks	Diet Coke 330ml		\checkmark	\checkmark	\checkmark	\checkmark	\checkmark																	
Drinks	S. Pellegrino (Lemon) 330ml		\checkmark	\checkmark	\checkmark	\checkmark	\checkmark																	
Drinks	DASH Water (Blackcurrant)		\checkmark	\checkmark	\checkmark	\checkmark	\checkmark																	
Drinks	Volvic Still Water 500ml		\checkmark	\checkmark	\checkmark	\checkmark	\checkmark																	
Drinks	S. Pellegrino Sparkling 500ml		\checkmark	\checkmark	\checkmark	\checkmark	\checkmark																	
Drinks	Oat Milk Classic Tea Latte	Oats (May Contain Gluten)	\checkmark	\checkmark		\checkmark	\checkmark				Oats													
Drinks	Nunc Kombucha		\checkmark		\checkmark	\checkmark	\checkmark																	
Drinks	Masala Chai		\checkmark		\checkmark	\checkmark	\checkmark									\checkmark								

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