

Range	Product	Veggie	Vegan	Nuts	Peanuts	Sesame	Fish	Crustaceans	Molluscs	Milk	Egg	Mustard	Celery	Soya	Lupin	Cereals containing gluten	Sulphites
Hot food	Leek & potato soup	✓								✓							
Hot food	Red pepper & corn chowder	✓	✓														
Hot food	Chicken tikka hot pot with spinach, yoghurt & herbs topping									✓							
Hot food	Spinach, butternut & lentil hot pot with spinach, yoghurt & herbs topping	✓								✓		✓					
Hot food	Katsu curry hot pot with spinach, yoghurt & herbs topping									✓							
Hot food	Thai green curry hot pot with spinach, yogurt & herbs topping						✓	✓		✓							
Hot food	Spinach & paneer hot pot with spinach, yoghurt & herbs topping	✓								✓							
Hot food	Turkey meatballs hot pot with spinach, yoghurt & herbs topping									✓							
Hot food	Turkey chilli fit bowl with guacamole & slaw																
Hot food	Jackfruit tinga bowl with guacamole & slaw	✓	✓														
Hot food	Chicken shawarma hot super grain salad with sunflower seed dressing & zhoug																
Hot food	Beetroot falafel hot super grain salad with sunflower seed dressing & zhoug	✓	✓										✓				
Juices & shots	Energiser	✓	✓														
Juices & shots	Purifier	✓	✓										✓				
Juices & shots	Beautiful Beets	✓	✓														
Juices & shots	Love Juice	✓	✓														
Juices & shots	Green Goddess	✓	✓										✓				
Juices & shots	Lean Green	✓	✓														
Juices & shots	Veggie Greens	✓	✓										✓				
Juices & shots	Power Greens	✓	✓														
Juices & shots	Single orange	✓	✓														
Juices & shots	Single apple	✓	✓														
Juices & shots	Single carrot	✓	✓														
Juices & shots	Ginger shot	✓	✓														
Juices & shots	Wheatgrass shot	✓	✓														
Juices & shots	Oh my Greens cold press juice	✓	✓														
Juices & shots	Brilliant Beets cold press juice	✓	✓														
Juices & shots	Turmeric Zing cold press juice	✓	✓														
Juices & shots	Strawberry Glow cold press juice	✓	✓														
Juices & shots	Immunity+ Booster shot	✓	✓														
Juices & shots	Cherry Vit C Booster shot	✓	✓														
Juices & shots	Chilli Beets Booster shot	✓	✓														
Juices & shots	Spirulina booster	✓	✓														
Juices & shots	Echinacea booster	✓	✓														
Juices & shots	Plant protein booster	✓	✓														
Juices & shots	Bee pollen booster	✓															
Juices & shots	The burner booster	✓	✓														
Juices & shots	Aloe vera booster	✓	✓														
Juices & shots	Flax seeds	✓	✓														
Juices & shots	Vitamin C booster	✓	✓														
Juices & shots	Vitamin D booster	✓	✓														
Smoothies	Bananarama	✓								✓							
Smoothies	Mango Madness	✓								✓							
Smoothies	Pineapple Pleasure	✓								✓							
Smoothies	Peach Passion	✓								✓							
Smoothies	Strawberry Cool	✓								✓							
Smoothies	Crushberry Blast	✓								✓							
Smoothies	Breakfast Smoothie	✓		Hazelnut						✓						Oat, barley	
Smoothies	Avo Super Greens	✓								✓							
Smoothies	Almond Butter Protein	✓		Almond, hazelnut						✓						Oat, barley	
Smoothies	The Burner	✓								✓							
Smoothies	Protein Power	✓								✓				✓			
Smoothies	Energy Explosion	✓								✓							
Smoothies	Blueberry chia burst (Debenhams only)	✓								✓							
Snacks & desserts	Key lime pie	✓	✓	Walnut													
Snacks & desserts	Banoffee pot	✓	✓	Almond, pecan													
Snacks & desserts	Choc avo mousse	✓	✓														
Snacks & desserts	Lemon tart pot	✓	✓											✓			
Snacks & desserts	Carrot cake energy balls	✓	✓	Walnut, pecan													
Snacks & desserts	Cacao & hazelnut energy balls	✓	✓	Hazelnut, almond													
Snacks & desserts	Cherry bakewell balls	✓	✓	Almond													
Snacks & desserts	Almond butter & XCT oil power balls	✓	✓	Almond													
Snacks & desserts	Raw fruity flapjack	✓	✓	Almond													
Snacks & desserts	Raw nutty flapjack	✓	✓	Almond, walnut, hazelnut													
Snacks & desserts	Chocolate & vanilla marble loaf cake	✓		Almond						✓	✓			✓			
Snacks & desserts	Lemon polenta cake	✓		Almond						✓	✓						
Snacks & desserts	Gluten free brownie	✓								✓	✓			✓			
Snacks & desserts	Croissant	✓								✓						Wheat	
Snacks & desserts	Pain au chocolat	✓								✓				✓		Wheat	
Snacks & desserts	Pain au raisin	✓								✓	✓					Wheat	

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Snacks & desserts	Banana & pecan crumble muffin	✓		Almond, pecan						✓	✓						
Snacks & desserts	Chocolate & rice crispy muffin	✓								✓	✓						✓
Snacks & desserts	Blueberry muffin (Paddington only)	✓								✓	✓					Wheat	
Snacks & desserts	Banana & chia seed muffin (Paddington only)	✓								✓	✓					Wheat, oat	
Snacks & desserts	Freshly baked Pain au raisin (St. Albans & Debenhams only)	✓								✓	✓					Wheat	
Snacks & desserts	Chocolate & Beetroot cake (Debenhams only)	✓		Almond						✓	✓			✓			
Snacks & desserts	Spiced fruit cake (St Albans & Debenhams only)	✓		Almond, pistachio						✓	✓						✓
Snacks & desserts	Fruit scone (St Albans & Debenhams only)	✓								✓	✓					Wheat	
Snacks & desserts	Berry chia jam (St Albans & Debenhams only)	✓	✓														
Snacks & desserts	Clotted cream (St Albans & Debenhams only)	✓								✓							
Snacks & desserts	Freshly baked Pain au chocolat (St Albans, Debenhams & Paddington only)	✓								✓	✓			✓		Wheat	
Snacks & desserts	Freshly baked Croissant (St Albans, Debenhams & Paddington only)	✓								✓	✓					Wheat	
Baguettes	Mozzarella, tomato & pesto baguette (Paddington only)	✓								✓	✓	✓				Wheat, oat, rye, barley	
Baguettes	Ham & cheese baguette (Paddington only)					✓				✓	✓	✓				Wheat, oat, rye, barley	
Baguettes	Tuna & cucumber baguette (Paddington only)					✓	✓			✓	✓	✓				Wheat, oat, rye, barley	
Catering	Breakfast pots platter	✓								✓							
Catering	Fresh & fruity salad platter	✓	✓														
Catering	CrussH classics sandwich & wrap platter			Cashew			✓			✓	✓	✓		✓		Wheat, oat, rye	✓
Catering	Veggie-licious sandwich & wrap platter	✓		Cashew		✓					✓	✓		✓		Wheat, oat, rye	
Catering	Vegan-licious sandwich & wrap platter	✓	✓	Cashew		✓					✓	✓		✓		Wheat, oat, rye	
Catering	CrussH healthpots platter						✓			✓	✓						✓
Catering	Spicy chicken boost salad platter						✓	✓			✓			✓			
Catering	Vitality Mezze salad platter	✓	✓			✓										Wheat	
Catering	Pesto power pasta salad platter	✓								✓						Wheat	
Catering	Sweet treats salad platter	✓		Almond, pecan, walnut						✓	✓			✓			
Kids	Kids cheese sandwich	✓								✓				✓		Wheat, oat, rye	
Kids	Kids Ham sandwich									✓				✓		Wheat, oat, rye	
Brunch (St Albans & Debenhams)	Free range scrambled eggs on sourdough toast	✓								✓	✓					Wheat	
Brunch (St Albans & Debenhams)	Avocado, lime & chilli on sourdough toast	✓	✓													Wheat	
Brunch (St Albans & Debenhams)	Sweet potato & red pepper frittata	✓								✓	✓						
Brunch (St Albans)	Berry chia jam & almond butter on sourdough toast	✓	✓	Almond												Wheat	
Kids (St Albans only)	Scrambled eggs on granary toast	✓								✓	✓			✓		Wheat, oat, rye	
Kids (St Albans only)	Kids ham & cheese toastie with veggie sticks									✓						Wheat, spelt	
Kids (St Albans only)	Kids chicken goujon with sweet potato mash & beans or peas												✓			Wheat	
Kids (St Albans only)	Kids jumbo fish finger with sweet potato mash & beans or peas															Wheat	
Kids (St Albans only)	Veggie fritter with sweet potato mash & beans or peas	✓	✓													Wheat	
Kids (St Albans only)	Turkey meatball pasta															Wheat	
Kids (St Albans only)	Kids pesto pasta pot	✓								✓						Wheat	
Kids (St Albans only)	Chips portion	✓	✓														
Kids (St Albans only)	Kids veg sticks pot	✓	✓														
Kids (St Albans only)	Kids Grape pot	✓	✓														
Kids (St Albans only)	Kids Pineapple pot	✓	✓														
Kids (St Albans only)	Kids Brownie pot	✓								✓	✓			✓			