



Range	Product	Veggie	Vegan	Nuts	Peanuts	Sesame	Fish	Crustaceans	Molluscs	Milk	Egg	Mustard	Celery	Soya	Lupin	Cereals containing gluten	Sulphites
Breakfast	Breakfast berry muesli pot	✓		Almond						✓						Oat	
Breakfast	Summer porridge	✓								✓							
Breakfast	Coconut & chia overnight oats	✓	✓														
Breakfast	Protein overnight oats with cacao & banana	✓								✓							
Breakfast	Seasonal fruit salad	✓	✓														
Breakfast	Banana & coconut cacao spread bagel	✓	✓													Wheat, barley	
Breakfast	Avocado & goji berry chutney bagel	✓	✓													Wheat, barley, rye	✓
Breakfast	Bacon bagel															Wheat, barley, rye	
Breakfast	Greek-style yoghurt with organic honey	✓								✓							
Breakfast	Sweet potato & egg protein pot	✓									✓						
Breakfast	Scrambled egg protein pot (plain)	✓								✓	✓						
Breakfast	Breakfast Protein Power Pot (plain)	✓								✓	✓		✓				
Breakfast	Egg topping: Greek-style cheese & chilli	✓								✓							
Breakfast	Egg topping: Salmon, seeds & herbs						✓			✓							
Breakfast	Egg topping: Chorizo & avocado									✓				✓			
Breakfast	Oat milk porridge (plain)	✓	✓													Oat	
Breakfast	Coconut milk porridge (plain)	✓	✓														
Breakfast	Porridge topping: Banana	✓	✓														
Breakfast	Porridge topping: Goji seed mix	✓	✓														
Breakfast	Porridge topping: Berry compote	✓	✓														
Breakfast	Porridge topping: Almond butter	✓	✓	Almond													
Breakfast	Porridge topping: Honey	✓															
Breakfast	Porridge topping: Agave syrup	✓	✓														
Breakfast	Porridge topping: Toasted coconut & cacao	✓	✓														
Breakfast	Acai bowl with granola, blueberries & banana	✓	✓													Oat, barley	
Breakfast	Almond milk & chia seed pudding	✓	✓	Almond													
Healthpots	Butterbean, cherry tomato & parsley	✓	✓														✓
Healthpots	Avocado, yuzu & edamame beans	✓	✓											✓			
Healthpots	Tuna lean bean						✓										✓
Healthpots	Chipotle corn & avocado	✓									✓						
Healthpots	Beets & Greens	✓								✓							✓
Healthpots	Lentil & herb	✓								✓							
Healthpots	Chicken protein			Cashew													
Healthpots	Smokey black quinoa & sweet potato	✓								✓							
Salads	Protein boost box						✓				✓						
Salads	Vitality Mezze box	✓	✓			✓										Wheat	
Salads	Spicy chicken boost box					✓	✓			✓				✓			
Salads	Mediterranean chicken box									✓							
Salads	Protein tuna Nicoise box						✓			✓							✓
Salads	Pesto power pasta box	✓								✓						Wheat	
Salads	Chicken tikka fit bowl									✓		✓					✓
Salads	Spiced chickpea fit bowl	✓	✓									✓					✓
Wraps	Chipotle chicken										✓					Wheat	
Wraps	Chicken Caesar									✓	✓					Wheat, oat, rye	
Wraps	Avocado, red pepper & cashew nut tapenade	✓	✓	Cashew												Wheat	
Wraps	Hot smoked salmon, pea & beetroot						✓			✓	✓					Wheat	
Wraps	Falafel & houmous	✓	✓			✓										Wheat, oat, rye	
Wraps	Chicken fajita hot wrap									✓	✓					Wheat, oat, rye	
Wraps	Falafel, cheese & red pepper hot wrap	✓								✓						Wheat, oat, rye	
Sourdough toasties	Mozzarella, basil & sun-dried tomato	✓								✓						Wheat, spelt	
Sourdough toasties	Ham & cheddar cheese									✓						Wheat, spelt	
Sourdough toasties	Jalapeno & spinach melt	✓								✓						Wheat, spelt	
Sourdough toasties	Pesto chicken & cheddar									✓						Wheat, spelt	
Sourdough toasties	Vegan 'cheese' & red pepper	✓	✓													Wheat, spelt	
Sourdough toasties	Tuna Melt									✓						Wheat, spelt	
Sandwiches	The 5 veggie wheat free	✓	✓				✓									Barley, rye	
Sandwiches	The 5 veggie sandwich	✓	✓			✓										Wheat, oat, rye	
Sandwiches	Free range egg mayo & mustard	✓									✓	✓				Wheat, oat, rye	
Sandwiches	Classic chicken club										✓	✓				Wheat, oat, rye	✓
Sushi	Super Salmon sushi					✓	✓									Wheat	
Sushi	Black rice & avocado vegan sushi	✓	✓			✓										Wheat	
Zero Noodles	Chicken laksa zero noodles broth pot																
Zero Noodles	Tofu, miso & greens zero noodles broth pot	✓	✓														
Hot food	Bone broth																
Hot food	Chicken chilli soup												✓				
Hot food	Sun-dried tomato & basil soup	✓	✓														
Hot food	Carrot & butternut soup	✓								✓							
Hot food	Super greens soup	✓	✓														
Hot food	Vegetable minestrone soup	✓								✓			✓				
Hot food	Thai red veg & lentil	✓	✓														
Hot food	Lentil & herb soup	✓	✓										✓				

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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	
Snacks & desserts	Blueberry muffin (Paddington only)	✓								✓	✓					Wheat	
Snacks & desserts	Banana & chia seed muffin (Paddington only)	✓								✓	✓					Wheat, oat	
Snacks & desserts	Blueberry & seed muffin (St Albans only)	✓								✓	✓					Wheat, barley	
Snacks & desserts	Triple chocolate muffin (St Albans only)	✓								✓	✓				✓	Wheat	
Snacks & desserts	Freshly baked Pain au raisin (St. Albans only)	✓								✓	✓					Wheat	
Snacks & desserts	Fruit scone (St Albans only)	✓								✓	✓					Wheat	
Snacks & desserts	Clotted cream (St Albans only)	✓								✓							
Snacks & desserts	Freshly baked Pain au chocolat (St Albans & Paddington only)	✓								✓	✓				✓	Wheat	
Snacks & desserts	Freshly baked Croissant (St Albans & 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	Breakfast bagel platter										✓	✓				Wheat, rye, barley	✓
Catering	Fresh & fruity salad platter	✓	✓														
Catering	Crush classics sandwich & wrap platter			Cashew		✓				✓	✓	✓				Wheat, oat, rye	✓
Catering	Veggie-licious sandwich & wrap platter	✓		Cashew		✓					✓	✓				Wheat, oat, rye	
Catering	Crush 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						✓	✓				✓		
Brunch (St Albans)	Free range scrambled eggs on sourdough toast	✓								✓	✓					Wheat	
Brunch (St Albans)	Avocado, lime & chilli on sourdough toast	✓	✓													Wheat	
Brunch (St Albans)	Blackcurrant compote & 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 nuggets with chips & beans or peas															Wheat	
Kids (St Albans only)	Kids fish fingers with chips & beans or peas															Wheat	
Kids (St Albans only)	Vegetable nuggets with chips & beans or peas	✓	✓													Wheat	
Kids (St Albans only)	Kids pesto pasta pot	✓								✓						Wheat	
Kids (St Albans only)	Chips portion	✓	✓														
Kids	Kids cheese sandwich	✓								✓					✓	Wheat, oat, rye	
Kids	Kids Ham sandwich									✓					✓	Wheat, oat, rye	
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	✓								✓	✓				✓		