



Range	Product	Veggie	Vegan	Nuts	Peanuts	Sesame	Fish	Crustaceans	Molluscs	Milk	Egg	Mustard	Celery	Soya	Lupin	Cereals containing gluten	Sulphites
Hot food	Lentil & herb soup	✓	✓										✓				
Hot food	Spicy sweet potato, coconut & chilli soup	✓	✓														
Hot food	Leek & potato soup	✓								✓							
Hot food	Chicken & chorizo hot pot with spinach, yoghurt & herbs topping									✓				✓			✓
Hot food	Spinach, butternut & lentil hot pot with spinach, yoghurt & herbs topping	✓								✓		✓	✓				
Hot food	Chicken Rendang 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	Butternut & Greek style cheese hot super grain salad with sunflower seed dressing & zhoug	✓								✓							
Hot food (St Albans only)	Jacket potato with butter and side salad	✓								✓							
Hot food (St Albans only)	Jacket potato with beans, cheese & side salad	✓								✓							
Hot food (St Albans only)	Jacket potato with tuna mayo & side salad						✓				✓	✓					
Juices & shots	Energiser	✓	✓														
Juices & shots	Purifier	✓	✓										✓				
Juices & shots	Beautiful Beets	✓	✓														
Juices & shots	Love Juice	✓	✓														
Juices & shots	Triple Turbo	✓	✓														
Juices & shots	Turmeric Tonic	✓	✓														
Juices & shots	Green Goddess	✓	✓										✓				
Juices & shots	Lean Green	✓	✓														
Juices & shots	Veggie Greens	✓	✓										✓				
Juices & shots	Green Virgin Mary	✓	✓										✓				
Juices & shots	Celery Juice	✓	✓										✓				
Juices & shots	Single orange	✓	✓														
Juices & shots	Single apple	✓	✓														
Juices & shots	Single carrot	✓	✓														
Juices & shots	Ginger shot	✓	✓														
Juices & shots	Wheatgrass shot	✓	✓														
Juices & shots	Turmeric 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	Black Lemonade cold press juice	✓	✓														
Juices & shots	Immunity+ Booster shot	✓	✓														
Juices & shots	ACV Booster shot	✓	✓														
Boosters	Spirulina booster	✓	✓														
Boosters	Echinacea booster	✓	✓														
Boosters	Plant protein booster	✓	✓														
Boosters	Bee pollen booster	✓	✓														
Boosters	The burner booster	✓	✓														
Boosters	Aloe vera booster	✓	✓														
Boosters	Flax seeds	✓	✓														
Boosters	Vitamin C booster	✓	✓														
Boosters	Vitamin D booster	✓	✓														
Boosters	Probiotic booster	✓	✓														
Boosters	CBD Oil	✓	✓														
Boosters	Chocolate plant protein	✓	✓														
Boosters	Vanilla plant protein	✓	✓														
Smoothies	Bananarama	✓								✓							
Smoothies	Mango Madness	✓								✓							
Smoothies	Pineapple Pleasure	✓								✓							
Smoothies	Peach Passion	✓								✓							
Smoothies	Strawberry Cool	✓								✓							
Smoothies	Crusshberry Blast	✓								✓							
Smoothies	Breakfast Smoothie	✓								✓						Oat, barley	
Smoothies	Avo Super Greens	✓								✓							
Smoothies	Almond Butter Protein	✓		Almond						✓						Oat, barley	
Smoothies	The Burner	✓								✓							
Smoothies	Protein Power	✓								✓				✓			
Smoothies	Energy Explosion	✓								✓							

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Smoothies	Acai protein powerhouse	✓								✓							
Protein Shakes	Chocco Nutter	✓	✓	Almond													
Protein Shakes	Berry Super Warrior	✓	✓	Almond													
Protein Shakes	The Incredible Bulk	✓	✓											✓			
Protein Shakes	Pure Protein	✓	✓	Almond													
Snacks & desserts	Key lime pie	✓	✓	Walnut													
Snacks & desserts	Banoffee pot	✓	✓	Almond, pecan													
Snacks & desserts	Choc avo mousse	✓	✓														
Snacks & desserts	Carrot cake energy balls	✓	✓	Walnut, pecan													
Snacks & desserts	Cacao & hazelnut energy balls	✓	✓	Hazelnut, almond													
Snacks & desserts	Mocha protein power 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	Veganaires Shortbread Bites	✓	✓	Almond, Cashew										✓			
Snacks & desserts	Croissant	✓								✓						Wheat	
Snacks & desserts	Pain au chocolat	✓								✓				✓		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	Lemon & Poppy Seed Muffin (St Albans only)	✓								✓	✓					Wheat	
Snacks & desserts	Salted Caramel Muffin (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	
Snacks & desserts	Freshly baked Pain au raisin (St Albans 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	✓		Almond, Cashew						✓						Oat	
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	Kids veg sticks pot	✓	✓														
Kids (St Albans only)	Kids Grape pot	✓	✓														
Kids	Kids Pineapple pot	✓	✓														
Kids (St Albans only)	Kids Brownie pot	✓								✓	✓			✓			