



ALLERGEN MENU

1. CELERY	2. CEREALS CONTAINING GLUTEN	3. CRUSTACEANS	4. EGG	5. FISH	6. LUPIN	7. MILK	8. MOLLUSC	9. MUSTARD	10. TREE NUTS	11. PEANUTS	12. SESAME	13. SOYA	14. SULPHUR DIOXIDE / SULPHITES
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BREAKFAST & POTS

PASTRIES													
CROISSANT	-	✓	-	✓	-	-	✓	-	-	□	□	□	-
PAIN AU CHOCOLAT	-	✓	-	✓	-	-	-	-	-	-	□	✓	-
RASPBERRY CROISSANT	-	✓	-	□	-	-	□	-	□	-	□	□	-
CINNAMON SWIRL	-	✓	-	✓	-	-	✓	-	□	-	-	□	-
PASTEL DE NATA	-	✓	-	✓	-	-	✓	□	-	-	□	□	-
HAM & CHEESE PUFF	-	✓	-	□	-	-	✓	□	□	□	□	✓	-
GRAB & GO POTS													
GRANOLA POT	-	-	-	-	-	-	✓	-	-	-	-	-	✓
MANGO YOGHURT	-	-	-	-	-	-	✓	-	-	-	-	-	-
PINEAPPLE POT	-	-	-	-	-	-	-	-	-	-	-	-	-
TROPICAL FRUIT SALAD	-	-	-	-	-	-	-	-	-	-	-	-	-
HUMMUS & CRUDITÉS	-	□	-	-	-	-	-	-	□	□	✓	-	-
HUMMUS & TORTILLAS	-	-	-	-	-	-	-	-	-	□	✓	-	-
BLUEBERRY BIRCHER MUESLI	-	✓	-	-	-	-	✓	-	-	□	-	-	✓
COFFEE BIRCHER MUESLI	-	✓	-	-	-	-	✓	-	-	-	-	-	✓
STRAWBERRY CHEESECAKE	-	✓	-	-	-	-	✓	-	-	-	-	-	-
SMOKED SALMON POT	-	-	-	✓	✓	-	-	-	-	-	-	-	-
PORRRIDGE													
PORRIDGE	-	✓	-	-	-	-	✓	-	-	-	-	-	-
OAT MILK PORRIDGE	-	✓	-	-	-	-	-	-	-	-	-	-	-
SYRUP	-	-	-	-	-	-	-	-	-	-	-	-	-
HONEY	-	-	-	-	-	-	-	-	-	-	-	-	-
MUFFINS & COOKIES													
BLUEBERRY MUFFIN	-	✓	-	✓	-	-	✓	-	-	□	□	-	-
CHOCOLATE CHIP MUFFIN	-	✓	-	✓	-	-	✓	-	-	□	□	✓	-
CHOCOLATE BROWNIE COOKIE	-	-	-	✓	-	-	✓	-	-	□	□	✓	-
RAINBOW BROWNIE COOKIE	-	✓	-	✓	-	-	✓	-	-	□	□	✓	-
GLUTEN FREE CHOCOLATE BROWNIE	-	-	-	✓	-	-	✓	-	-	□	□	✓	-
GRANOLA SLICE	-	✓	-	-	-	-	✓	-	-	□	□	-	✓
HOT BREAKFAST ROLLS													
SAUSAGE CIABATTA	-	✓	-	-	-	-	✓	-	-	□	-	□	-
BACON CIABATTA	-	✓	-	-	-	-	✓	-	-	□	-	□	-
ITALIAN BREAKFAST PANINI	-	✓	-	-	-	-	✓	-	-	□	□	□	✓

SANDWICHES & WRAPS

SANDWICHES & COLD WRAPS													
CHICKEN, BACON & AVO SANDWICH	-	✓	-	✓	-	-	✓	-	-	-	-	-	✓
EGG MAYONNAISE SANDWICH	-	✓	-	✓	-	-	✓	-	✓	-	-	-	-
HAM & JARLSBERG SANDWICH	-	✓	-	✓	-	-	✓	-	✓	-	-	-	-
TUNA MAYONNAISE SANDWICH	-	✓	-	✓	✓	-	✓	-	✓	-	-	-	✓
CORONATION CHICKEN SANDWICH	-	✓	-	✓	-	-	✓	-	✓	□	□	-	✓
HAM FINGER SANDWICH	-	✓	-	-	-	-	✓	-	-	-	-	-	-
CHEESE FINGER SANDWICH	-	✓	-	-	-	-	✓	-	-	-	-	-	-
BLT SANDWICH	-	✓	-	✓	-	-	✓	-	-	-	-	-	-
SPINACH, CARROT & BUTTERNUT WRAP	-	✓	-	-	-	-	-	-	-	-	✓	-	-
SPINACH, FETA & BUTTERNUT WRAP	-	✓	-	-	-	-	✓	-	-	-	✓	-	-
ROLLS & BAGUETTES													
HAM & CHEESE CROISSANT	-	✓	-	✓	-	-	✓	-	-	□	□	□	-
EGG MAYONNAISE BAGUETTE	-	✓	-	✓	-	-	✓	-	✓	□	□	✓	-
HAM & JARLSBERG BAGUETTE	-	✓	-	✓	-	-	✓	-	✓	□	□	✓	-
TUNA MAYONNAISE BAGUETTE	-	✓	-	✓	✓	-	✓	-	✓	□	□	✓	✓
CORONATION CHICKEN BAGUETTE	-	✓	-	✓	-	-	✓	-	✓	□	□	✓	✓
HOT WRAPS													
CHIPOTLE CHICKEN BURRITO	-	✓	-	-	-	-	✓	-	✓	-	-	-	✓
INDIAN BEEF WRAP	-	✓	-	-	-	-	-	-	✓	-	-	-	-
FALAFEL & HALLOUMI WRAP	□	✓	-	-	-	-	✓	-	□	□	□	□	✓
CHANA DAL & VEGETABLE WRAP	-	✓	-	-	-	-	-	-	✓	-	-	✓	-
CHICKEN CHANA DAL WRAP	-	✓	-	-	-	-	-	-	✓	-	-	✓	-
BEEF & CHEDDAR WRAP	-	✓	-	-	-	-	✓	-	-	-	-	✓	✓
ROAST CAULIFLOWER WRAP	-	✓	-	-	-	-	✓	-	✓	-	-	✓	-
VEGAN CHILLI WRAP	✓	✓	-	-	-	-	-	-	-	-	□	✓	✓
COTTAGE PIE WRAP	✓	✓	-	-	-	-	-	-	-	-	□	✓	✓
BBQ PULLED PORK BURRITO	-	✓	-	-	-	-	✓	-	✓	-	-	-	✓
THAI GREEN CHICKEN CURRY WRAP	-	✓	-	-	-	-	✓	-	-	□	□	-	✓
VEGAN MEXICAN BURRITO	-	✓	-	-	-	-	-	-	-	-	-	✓	✓
HOT FOOD													
JERSEY BEEF & FUSILLI PASTA BAKE	✓	✓	-	□	✓	-	✓	-	✓	-	-	✓	✓
BUTTERNUT SQUASH, PUMPKIN SEED & CHICK PEA PASTA BAKE	□	✓	-	□	-	-	✓	-	✓	-	-	□	✓
CHEESE & TOMATO CIABATTA PIZZA	-	✓	-	-	-	-	✓	-	-	-	□	□	✓
TUNA SWEETCORN CIABATTA MELT	□	✓	-	✓	✓	-	✓	-	✓	-	□	□	✓
COTTAGE PIE	-	✓	-	-	✓	-	✓	-	-	-	-	✓	✓
BACON CAULIFLOWER MAC & CHEESE	-	✓	-	□	-	-	✓	-	✓	-	-	□	✓
CAULIFLOWER MAC & CHEESE	-	✓	-	□	-	-	✓	-	✓	-	-	□	✓
PULLED PORK ENCHILADA	-	✓	-	-	-	-	✓	-	✓	-	-	-	✓
KIDS' MAC & CHEESE	-	✓	-	□	-	-	✓	-	✓	-	-	□	✓
PANINIS													
HAM & CHEESE PANINI	-	✓	-	-	-	-	✓	-	-	□	□	□	✓
HALLOUMI & HARISSA PANINI	-	✓	-	-	-	-	✓	-	-	□	□	□	-



Café Ubé

ALLERGEN MENU

1. CELERY

2. CEREALS CONTAINING GLUTEN

3. CRUSTACEANS

4. EGG

5. FISH

6. LUPIN

7. MILK

8. MOLLUSC

9. MUSTARD

10. TREE NUTS

11. PEANUTS

12. SESAME

13. SOYA

14. SULPHUR DIOXIDE / SULPHITES

ITALIAN BREAKFAST PANINI

SOUPS & CASSEROLES

SKINNY SWEET POTATO & ROSEMARY

CREAMY TOMATO & MASCARPONE

CHICKEN CHANA DAL

CHICKEN NOODLE KORMA

CHICKEN, VEGETABLES, RICE NOODLES & COCONUT BROTH

SKINNY LEEK & POTATO

THAI SWEETCORN & RED PEPPER

THAI CHICKEN CURRY

COCONUT CHICKEN CURRY

TOMATO & BASIL

ROAST PUMPKIN

CHICKEN LAKSA

MOROCCAN LAMB HARIRA

SKINNY CARROT & CORIANDER

SPICED BUTTERNUT SQUASH

SQUASH SOUP

CHICKEN, SWEETCORN & MUSHROOM

JERSEY BEAN CROCK

CHILLI CON CARNE

CHICKEN COCONUT BROTH

TOFU COCONUT BROTH

SALADS

CHICKEN BURRITO BOWL

TUNA MAYONNAISE & VEGETABLE SALAD

CHICKEN POKE BOWL

TUNA MAYONNAISE & VEGETABLE SALAD

SESAME CHICKEN NOODLE SALAD

VEGAN BUDDHA BOWL

TUNA PASTA POT

SPINACH & EGG POT

RAINBOW SALAD POT

FALAFEL NOODLE SALAD

STICKY CHICKEN SALAD

SNACKS

PRE-PACKAGED PRODUCTS

For products packaged and labelled, such as crisps and chocolate bars, please see details of allergens on packaging label

FRESH FRUIT

APPLE

BANANA

FRESHLY MADE DRINKS

HOT OR ICED COFFEES & CHOCOLATE

AMERICANO (NO MILK)

AMERICANO (JERSEY MILK)

AMERICANO (OAT MILK)

CAFFE MOCHA (NO MILK)

CAFFE MOCHA (JERSEY MILK)

CAFFE MOCHA (OAT MILK)

CAPPUCCINO (JERSEY MILK)

CAPPUCCINO (OAT MILK)

ESPRESSO (NO MILK)

FILTER COFFEE (NO MILK)

FILTER COFFEE (JERSEY MILK)

FILTER COFFEE (OAT MILK)

FLAT WHITE (JERSEY MILK)

FLAT WHITE (OAT MILK)

LATTE (JERSEY MILK)

LATTE (OAT MILK)

CHAI LATTE (JERSEY MILK)

CHAI LATTE (OAT MILK)

HOT OR ICED CHOCOLATE (JERSEY MILK)

HOT OR ICED CHOCOLATE (OAT MILK)

VANILLA ICED TEA

BEETROOT ORANGE LATTE (JERSEY MILK)

BEETROOT ORANGE LATTE (OAT MILK)

BUTTERSCOTCH TURMERIC LATTE (JERSEY MILK)

BUTTERSCOTCH TURMERIC LATTE (OAT MILK)

SALTED CARAMEL LATTE (JERSEY MILK)

SALTED CARAMEL LATTE (OAT MILK)

LAVENDER & APPLE LATTE (JERSEY MILK)

LAVENDER & APPLE LATTE (OAT MILK)

EXTRAS

EXTRA SHOT

VANILLA SYRUP

CARAMEL SYRUP

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ALLERGEN MENU

	1. CELERY	2. CEREALS CONTAINING GLUTEN	3. CRUSTACEANS	4. EGG	5. FISH	6. LUPIN	7. MILK	8. MOLLUSC	9. MUSTARD	10. TREE NUTS	11. PEANUTS	12. SESAME	13. SOYA	14. SULPHUR DIOXIDE / SULPHITES
CINNAMON SYRUP	-	-	-	-	-	-	-	-	-	-	-	-	-	-
TEAS	-	-	-	-	-	-	-	-	-	-	-	-	-	-
ENGLISH BREAKFAST TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-
EARL GREY TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-
DECAF TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CHAMOMILE TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-
REDBUSH TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GREE TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-
RED BERRY TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-
PEPPERMINT TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FRESHLY SQUEEZED JUICES & COOLERS	-	-	-	-	-	-	-	-	-	-	-	-	-	-
BEETROOT, ORANGE & CARROT JUICE	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GINGER ZINGER JUICE	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FRESHLY SQUEEZED ORANGE JUICE	-	-	-	-	-	-	-	-	-	-	-	-	-	-

✓ = CONTAINS ALLERGEN

☐ = CONTAINS INGREDIENT WITH A LABEL THAT INDICATES IT MAY CONTAIN ALLERGEN

ALL PRODUCTS ARE MADE IN A KITCHEN THAT HANDLES ALLERGENS.

WE DO OUR BEST TO REDUCE THE RISK OF CROSS-CONTAMINATION, AND PROVIDE AN ALLERGEN MENU SO THAT CUSTOMERS CAN MAKE THEIR OWN CHOICE ABOUT WHAT TO EAT.
OUR ALLERGEN MENU IS INTENDED AS A GUIDE, AND WE CANNOT GUARANTEE THAT ANY PRODUCTS ARE FREE FROM ALLERGENS.
PLEASE ALSO REFER TO THE LABELS ON PRE-PACKAGED PRODUCTS FOR MORE DETAILED INGREDIENT AND ALLERGEN INFORMATION