

CAFÉ UBÉ ALLERGEN MENU

[illegible]

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CAFÉ UBÉ ALLERGEN MENU	1. Celery	2. Cereals Containing Gluten	3. Crustaceans	4. Egg	5. Fish	6. Lupin	7. Milk	8. Molluscs	9. Mustard	10. Nuts & Seeds	11. Peanuts	12. Sesame	13. Soya	14. Sulphur dioxide
SALADS														
Sticky sesame chicken noodle		✓		✓						✓		✓	✓	
Tuna Niçoise				✓	✓				✓					✓
Vietnamese Chicken noodle salad					✓							✓	✓	
House salad with superfood quinoa and citrus dressing									✓					✓
Hummus & falafel Buddha Bowl									✓	✓		✓		✓
Thai Tuna salad					✓				✓	✓		✓		✓
Mediterranean feta & couscous salad		✓							✓	✓		✓	✓	✓
BAGELS														
Ham & Jarlsberg multigrain bagel		✓		✓			✓		✓	✓				✓
Smoked salmon & cream cheese bagel		✓			✓		✓			✓				
Avocado & tomato multigrain bagel		✓					✓			✓				
Bacon & Jarlsberg Bagel		✓					✓			✓		✓		
BAGUETTES														
Cajun chicken & avocado		✓		✓			✓		✓	✓		✓		✓
Ham and Jarlsberg salad with mustard mayo		✓		✓			✓		✓	✓				✓
Egg mayo and cress		✓		✓			✓		✓	✓				
TORTILLAS														
Toasted chipotle chicken tortilla		✓					✓					✓		✓
Toasted chipotle veggie tortilla		✓										✓		✓
BAGUETTES														
Egg mayonaise, mustard & cress		✓		✓			✓		✓					✓
Ham & Jarlsberg with English mustard mayo		✓					✓		✓					✓
Ham & cheese		✓		✓			✓							
SUSHIRITTO														
Prawn sushiritto			✓	✓	✓				✓			✓	✓	✓
HOT WRAPS & PANINIS														
Chicken burritto		✓					✓							✓
Indian meatball wrap		✓							✓					
Thai tofu		✓										✓	✓	✓
Cheese and ham panini		✓					✓							
Halloumi and harissa		✓					✓							
Thai stir fied chicken		✓										✓	✓	✓

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Pork Burrito		✓					✓		✓					✓
Chicken Burrito		✓					✓		✓					✓
Vegetable korma		✓							✓					
Italian chicken wrap		✓					✓							
Jersey meatball wrap		✓					✓							
Hoisin chicken wrap		✓			✓							✓	✓	✓
Italian meatball wrap		✓					✓							
Roast cauliflower and lentil wrap		✓					✓		✓					
Provencale vegtable wrap		✓					✓							
Chicken Korma wrap		✓							✓					
Hoisin pork wrap		✓			✓							✓	✓	✓
Falafel & halloumi wrap		✓					✓			✓				
Vegan Chipotle Chilli Non Carne wrap	✓					✓							✓	✓