



Café Ubé

ALLERGEN MENU

1. CELERY

2. CEREALS CONTAINING GLUTEN
(WHEAT)

2. CEREALS CONTAINING GLUTEN (RYE)

2. CEREALS CONTAINING GLUTEN
(BARLEY)

2. CEREALS CONTAINING GLUTEN
(OATS)

2. CEREALS CONTAINING GLUTEN
(SPELT)

2. CEREALS CONTAINING GLUTEN
(KHORASAN WHEAT)

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

BREAKFAST & POTS

PASTRIES

CROISSANT

PAIN AU CHOCOLAT

RASPBERRY CROISSANT

CINNAMON SWIRL

PASTEL DE NATA

SCONE WITH JAM & BUTTER

SMOKED TROUT & CREAM CHEESE CROISSANT

EGG MAYO & WATERCRESS CROISSANT

GRAB & GO POTS

RED BERRY & CHIA PARFAIT

COCONUT , RASPBERRY & MANGO YOGHURT

MANGO YOGHURT

TROPICAL FRUIT SALAD

HUMMUS & CRUDITÉS

BLUEBERRY BIRCHER MUESLI

STRAWBERRY CHEESECAKE

SAUSAGE & BAKED BEAN POT

BLUEBERRY & MELON POT

PORRIDGE

JERSEY MILK PORRIDGE

BANANA PORRIDGE

RASPBERRY COMPOTE

GRANOLA TOPPING

HONEY

MUFFINS & COOKIES

BLUEBERRY MUFFIN

CHOCOLATE CHIP MUFFIN

RAINBOW COOKIE

GLUTEN FREE CHOCOLATE BROWNIE

GRANOLA SLICE

HOT BREAKFAST ROLLS, WRAPS & TOASTIES

SAUSAGE CIABATTA

BACON CIABATTA

ITALIAN BREAKFAST PANINI

SAUSAGE ROLL

HAM & CHEESE TOASTIE

EGGS & BACON BREAKKIE WRAP

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

HUMMUS, GUACAMOLE & CARROT SANDWICH

RAINBOW VEGGIE WRAP

ROLLS & BAGUETTES

HAM & CHEESE CROISSANT

HAM & BUTTER RUSTIC ROLL

EGG, WATERCRESS & RADISH RUSTIC ROLL

CHEESE & PICKLE RUSTIC ROLL

EGG MAYONNAISE BAGUETTE

HAM & JARLSBERG BAGUETTE

HAM & JARLSBERG HALF BAGUETTE

TUNA MAYONNAISE BAGUETTE

HOT WRAPS

CHIPOTLE CHICKEN BURRITO

SPICED BEEF BURRITO

CHICKEN CHANA DAL BURRITO

VEGAN CHIPOTLE CHILLI BURRITO

BBQ PULLED PORK BURRITO

THAI GREEN CHICKEN CURRY BURRITO

VEGAN MEXICAN BURRITO

HOT FOOD

JERSEY BEEF & FUSILLI PASTA BAKE

BUTTERNUT SQUASH, PUMPKIN SEED & CHICK PEA PASTA BAKE

COTTAGE PIE

BACON CAULIFLOWER MAC & CHEESE

CAULIFLOWER AND SPINACH MAC & CHEESE

PULLED PORK ENCHILADA

MINI MAC & CHEESE

VEGGIE FRIED RICE

PANINIS

HAM & CHEESE PANINI

BRIE & CRANBERRY PANINI

ITALIAN BREAKFAST PANINI

SOUPS & CASSEROLES

SWEET POTATO & ROSEMARY

CHICKEN CHANA DAL

CHICKEN NOODLE KORMA CASSEROLE

CHICKEN COCONUT BROTH

LEEK & POTATO

THAI SPICED SWEETCORN & RED PEPPER

THAI CHICKEN CURRY

CHICKEN & COCONUT CURRY CASSEROLE

TOMATO & BASIL

ROAST PUMPKIN CHILLI & GINGER

CHICKEN LAKSA

MOROCCAN LAMB HARIRA

Café Ubé

ALLERGEN MENU

	1. CELERY	2. CEREALS CONTAINING GLUTEN (WHEAT)	2. CEREALS CONTAINING GLUTEN (RYE)	2. CEREALS CONTAINING GLUTEN (BARLEY)	2. CEREALS CONTAINING GLUTEN (OATS)	2. CEREALS CONTAINING GLUTEN (SPELT)	2. CEREALS CONTAINING GLUTEN (KHORASAN WHEAT)	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
CARROT & CORIANDER	✓	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	✓	-
THAI SPICED BUTTERNUT SQUASH	✓	☐	☐	☐	☐	☐	☐	-	-	-	-	-	-	☐	-	-	-	-	✓
SQUASH SOUP	✓	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	✓	-
JERSEY BEAN CROCK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CHILLI CON CARNE	-	☐	☐	☐	☐	☐	☐	-	-	-	-	-	-	☐	-	-	-	-	-
TOFU COCONUT BROTH	-	☐	☐	☐	☐	☐	☐	-	-	-	-	-	-	☐	-	-	-	✓	✓
SALADS																			
TUNA MAYONNAISE & VEGETABLE SALAD	-	-	-	-	-	-	-	-	✓	✓	-	-	-	✓	-	-	-	✓	✓
SESAME CHICKEN NOODLE SALAD	-	✓	-	-	-	-	-	-	-	-	-	-	✓	-	☐	☐	✓	✓	-
KOREAN RICE BOWL	☐	☐	☐	☐	☐	☐	☐	-	-	-	-	-	-	☐	☐	☐	✓	✓	✓
KOREAN STICKY CHICKEN RICE BOWL	☐	☐	☐	☐	☐	☐	☐	-	-	-	-	-	✓	☐	☐	☐	✓	✓	✓
TUNA PASTA POT	-	✓	-	-	-	-	-	-	✓	✓	-	-	-	✓	-	-	-	-	✓
RAINBOW BEAN POT	-	☐	☐	☐	☐	☐	☐	-	-	-	-	-	-	-	-	-	-	✓	✓
RAINBOW CHICKEN & MIXED BEAN SALAD	-	☐	☐	☐	☐	☐	☐	-	-	-	-	-	-	✓	-	-	-	✓	✓
RAINBOW FALAFEL & MIXED BEAN SALAD	-	☐	☐	☐	☐	☐	☐	-	-	-	-	-	-	✓	-	-	-	✓	✓
SNACKS																			
PRE-PACKAGED PRODUCTS																			
For packaged products, 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)	-	-	-	-	✓	-	-	-	-	-	-	✓	-	-	-	-	-	✓	-
PEACH ICED TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
BEETROOT /BUTTERSCOTCH / LAVENDER LATTE (JERSEY MILK)	-	☐	☐	☐	☐	☐	☐	-	-	-	-	✓	-	-	-	-	-	-	-
BEETROOT /BUTTERSCOTCH / LAVENDER LATTE (OAT MILK)	-	☐	☐	☐	✓	☐	☐	-	-	-	-	-	-	-	-	-	-	-	-
EXTRAS																			
EXTRA SHOT	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
VANILLA SYRUP	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CARAMEL SYRUP	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FESTIVE RANGE																			
CHRISTMAS DINNER SANDWICH	-	✓	-	-	-	-	-	-	✓	-	-	✓	-	-	-	-	-	-	✓
BRIE & CRANBERRY BAGUETTE	-	✓	-	✓	✓	✓	-	-	-	-	-	✓	-	-	☐	-	✓	☐	-
CHRISTMAS DINNER BURRITO	-	✓	-	-	-	-	-	-	✓	-	-	✓	-	-	-	-	-	✓	✓
BRIE & CRANBERRY PANINI	-	✓	-	-	-	-	-	-	-	-	-	✓	-	-	☐	-	☐	☐	-

✓ = 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