

SUPERIOR SANDWICHES ALLERGEN CONTENT

		*				*** •**	Ō			8		••	00	
	Celery	Cereals containing gluten	Crusta- ceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
	бт													
Ultimate Breakfast		Gluten /Wheat in Bread		•			In Cheddar Cheese		V In Relish				✔ In Bread	✔ In Relish
Sausage & Egg		Gluten / Wheat in Bread		~			V In Cheddar Cheese						V In Bread	
Bacon & Egg		Gluten / Wheat in Bread		~			In Cheddar Cheese						V In Bread	
California Breakfast		Gluten / Wheat		~			In Feta Cheese						✔ In Bread	
Eggs Royale		Gluten / Wheat		4	✔ Salmon								V In Bread	
Eggs Benedict		Gluten / Wheat		~									✔ In Bread	
Sausage Muffin		Gluten /Wheat in Bread					✔ In Cheddar Cheese						V In Bread	
Bacon Muffin		Gluten / Wheat in Bread					V In Cheddar Cheese						✔ In Bread	
Ultimate Breakfast Pot				~			✔ In Cheddar Cheese		V In Relish					V In Relish
Cheesy Beans Pot				~			✔ In Cheddar Cheese							
California Breakfast Pot				~			✔ In Feta Cheese		✔ In Fajita Seasoning					
Porridge with Honey & Banana		Gluten / Wheat in Bread					~							
Porridge with Apple, Honey & Cinnamon		Gluten /Wheat in Bread					~							

		*				;;;	Ō					•	60	
	Celery	Cereals containing gluten	Crusta- ceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
F FAVOURITES (Br	ead Include	ed)												
Wicked™		Gluten / Wheat		In Mayo			In Provolone, Cheddar & Chilli Cheddar Cheese							
Cali Chicken club		Gluten / Wheat		V In Mayo			In Swiss Cheese							
Shrimp Po'boy	In Shrimp	Gluten / Wheat in Bread	V In Shrimp	In Shrimp & Cajun Tartar	In Shrimp		In Shrimp	In Shrimp	In Shrimp, Cajun Tartar & Pickles					In Shrimp
Big Italian Meatball		Gluten / Wheat in Meatballs & Bread					In mozzarella							
Beef Mushroom Melt		Gluten / Wheat in SoySauce & Bread		V In Mayo			In Provolone Cheese & Whirl Butter							in lemon juice
Ultimate BLT		Gluten / Wheat		In Spicy Mayo										
Garlic Chicken		Gluten / Wheat in Bread		In Garlic Alioli			In Cheddar Cheese							In Garlic Alioli
Loaded BBQ Pork	In BBQ Sauce	Gluten / Wheat		In Coleslaw			In Cheddar Cheese							✔ In Coleslaw
Mushroom Avocado Melt		Gluten / Wheat in SoySauce & Bread		V In Mayo			In Provolone Cheese						✔ In Soy Sauce	✔ in lemon juice
Salt Beef		Gluten / Wheat					In Cheddar Cheese		✔ In American Mustard					
Ham & Cheese Please		Gluten / Wheat in Bread		V In Mayo			In Swiss Cheese		✔ In Dijon Mustard					
Vegan SuperWich		Gluten / Wheat										V In Hummus		
Super Vegan Wrap	~	V Gluten /Wheat in Wrap							✔ In Tomato Relish					In Tomato Relish
Philly Cheesesteak		Gluten /Wheat in Bread					In Cheese							

		*				*	Ō						8	
	Celery	Cereals containing gluten	Crusta- ceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
BUILD YOUR OW	N	gracen					-							
WICKED™ (Bread all bread & spinach	Not Includ	led)	haat allarg		low are for all	othor ingradia								
Wicked™(without			ileal – allerge				<u> (1115)</u>							
Cheese)														
CHICKEN (Bread (all bread & spinach	Not Include tortilla conta	ed) ains aluten & wl	heat – allerge	ens shown be	low are for all	other ingredie	ents)							
Chicken			<u> </u>			<u>_</u>								
BEEF (Bread Not (all bread & spinach	Included)	ains duten 8 w	heat - allera	ens shown bo	low are for all	other ingredi	ante)							
Roast Beef			near – anerg	CHS SHOWH DE										
TURKEY WICHES	(Bread No	t Included)						1						
(all bread & spinach) Turkey	tortilla conta	ains gluten & w	heat – allerg	ens shown be	low are for all	other ingredie	ents)							
TALIAN (Bread N	lot Included	 										1		
(all bread & spinac		tains gluten & v	vheat – allerg	<mark>jens shown b</mark> e	elow are for al	l other ingred	ients)	1						1
Cappicolla / Pepperoni		ad Not Include	ed)											
(all bread & spinac	h tortilla cont	tains gluten & v	vheat – allerg	<mark>jens shown b</mark> e	elow are for al	l other ingred	ients)							
Ham														
(all bread & spinac	h tortilla cont	tains gluten & v	vheat – allerg	ens shown be	elow are for al	other ingred	ients)							
Tuna Melt				In Mayo	🖌 In Tuna									
VEGETARIAN (Br	ead Not Inc	luded)						.1				1		
(all bread & spinac	h tortilla cont	tains gluten & v	vheat – allerg	jens shown be	elow are for al	other ingred	ients)							
BYOV														
LTOS WICHES (all bread & spinach tor	tilla contains	gluten & whea	t – allergens	shown below	are for all oth	er ingredients	.)							
Thank you Turkey™		~		v									In Bread	
(on white baguette)		Gluten / Wheat in Bread		In Mayo			In Cheddar Cheese							

		\$			\rightarrow	*	Ō			S		••	60	
	Celery	Cereals containing gluten	Crusta- ceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
PB&J		Gluten /Wheat								May Contain in Peanut Butter	In Peanut Butter			In Fruit Jam
Super Awesome Grilled Cheese		Gluten /Wheat					In Mozzarella & Cheddar Cheese							
Cheesy PizzaWich		Gluten /Wheat in Bread					V In Cheddar Cheese							
Ham KidsWich		Gluten /Wheat in Bread					In American Cheese							
Chicken KidsWich		Gluten / Wheat in Bread					In American Cheese							
FRIES & SIDES														
McCain Sure Crisp Fries														
EvFav Sweet Potato Fries														
Coleslaw Side				In Mayo										in Cider Vinegar
Sautéed Mushrooms													In Soy Sauce	in lemon juice
Cruditee Egg & Spinach				In Eggs										
Cruditee Hummus & Veggies												V In Hummus		-
Garlic Aioli Dip				🖌 In Mayo										in lemon juice
Blue Cheese Dip				V In Mayo			In Sour Cream & Blue Cheese							in lemon juice
House Harissa Dip				🖌 In Mayo										✓ in lemon juice
Special Ranch Dip				In Mayo			V In Full Fat Milk							

	N	*				***	Ō						80	
	Celery	Cereals containing gluten	Crusta- ceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
SHAKES & SWE (all shakes contain	E TS n dairy – aller		low are for al	l other ingred	ients									
Oreo Shake		In Oreo					In Full Fat Milk						In Oreo	
Vanilla Shake							In Full Fat Milk							
Peanut Butter Shake							In Full Fat Milk			V In Peanut Butter	✔ In Peanut Butter			
Banana Shake							In Full Fat Milk							
Chocolate Shake							In Full Fat Milk							
Strawberry Shake							✔ In Full Fat Milk							
Banana Cake		~					~						✓	
Toffee Cake		~					v						v	
Coconut Cake		~					~						~	
Double Chocolate Cookie		4		v			~						v	
Oatmeal and Raisin Cookie		~		~			~						v	
Lemon Poppy-seed Muffin		~		~			~						v	
Double Chocolate Muffin		•		~			~						v	
Blueberry Muffin		~		~			~						~	
	OTS													
Mango Pot														
Mango, Kiwi & Pomegranate														
Melon & Blueberries														
Mango & Pineapple														
Mango, Melon & Pineapple														

		*			\blacktriangleright		Ō					•	00	
	Celery	Cereals containing gluten	Crusta- ceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
	(S				-		1	-	i I					
Pipers Salted Crisps														
Pipers Salt & Vinegar Crisp							~							
Pipers Cheddar & Onion Crisps							~							
Pipers Chorizo Crisps							~							
Real Sea Salt Crisps														
Proper Corn Sweet & Salty Popcorn														
Yogurt & Cranberries							V							
Milk Chocolate Honeycomb		~					v							
Honey Chilli Peanuts											~			
Perkier Bar										V			~	
Eat Natural Bar											~		~	
Brooklyn Beer		v												
Coke / Diet Coke														
Coke Zero														
Fanta Orange														

		\$			\rightarrow		Ō					••	8	\square
	Celery	Cereals containing gluten	Crusta- ceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Fanta Lemon														
Sprite														
Dr. Pepper														
San Pellegrino Limonata														
San Pellegrino Aranciata														
San Pellegrino Melograno														
San Pellegrino Pompelmo														
San Pellegrino Blood Orange														
Lemons & Limes - Innocent Juicy Water														
Oranges & Lemons - Innocent Juicy Water														
Raspberries & Apples Innocent Juicy Water														
Coconut Water														
Harrogate Still Water														
Harrogate Sparkling Water														
Coldpress Orange														
Coldpress Apple														
Coldpress Banana & Pineapple														
Coldpress Mango & Passion Fruit														
Coldpress Mend & Defend														
Coldpress Survive & Thrive														

		*					Ī			8		•	80	
	Celery	Cereals containing gluten	Crusta- ceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
CATERING WICHES														
Turkey Club (on white baguette)		Gluten / Wheat in Bread		V In Mayo			In Swiss Cheese							
Chicken (on white baguette)		Gluten / Wheat in Bread		✔ In Mayo			In Cheddar Cheese							
Buffalo Chicken (on white baguette)		Gluten / Wheat in Bread		V In Ranch			In Blue Cheese							
Ham (on white baguette)		Gluten / Wheat in Bread		✔ In Mayo			In Cheddar Cheese							
Italian (on white baguette)		Gluten / Wheat in Bread		In Ranch			In Blue Cheese							
Tuna (on white baguette)		Gluten / Wheat in Bread		✔ In Mayo	🖌 In Tuna		In Cheddar Cheese						✔ In Bread	
Caprese (on white baguette)		Gluten / Wheat in Bread					In Mozzarella Cheese & Pesto			In Pesto				
Salt Beef (on white baguette)		Gluten / Wheat in Bread & Thousand Island		In Thousand Island			In Swiss Cheese							
CATERING SALADS		- Iolana												
House Salad		Gluten / Wheat		V In Ranch			V In Ranch							✔ in Balsamic Vinegar
Cobb Salad		Gluten / Wheat in Bread		✔ In Ranch			In Blue Cheese & Ranch							in Balsamic Vinegar
Chef Salad		Gluten / Wheat in Bread		✔ In Ranch			In Cheddar & Provolone Cheese							in Balsamic Vinegar
CATERING SIDES														
Veggie Assortment Tray				✔ In Ranch			✔ In Ranch					✔ In Hummus		
Cheese and Fruit Tray							~							
CATERING SWEETS														
Dozen Cookies		v		~			~						~	
Dozen Sweet Muffins		~		~			~						~	

		*		٥			Ō					••	80	\square
	Celery	Cereals containing gluten	Crusta- ceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Dozen Mini Cakes		~					~						~	
Decadent Dessert Tray		~					~						~	
BREADS														
White Bread		Gluten / Wheat												
Wheat Bread		Gluten / Wheat												
Spinach Tortilla Wrap		Gluten / Wheat												
Barrel Sourdough		Gluten / Wheat												
English Muffin		Gluten / Wheat					~							
White Bread (Sandwich)		Gluten / Wheat												
MEATS & FISH														
Chicken														
Turkey														
Roast Beef														
Ham														
Italian														
Pulled Pork														
Salt Beef														
Cumberland Sausage														
Meatballs	Gluten / Wheat													
Salami														
Capicola														
Pepperoni														
Tuna					~									

		*			\blacktriangleright	;;	Ō			8		•	80	\square
	Celery	Cereals containing gluten	Crusta- ceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Smoked Salmon					~									
Breaded Shrimp		~	v	V Mari Canatala	✔ May Contain		/	V Mari Gantain						✔ May Contain
CHEESES				May Contain	May Contain		May Contain	May Contain						way contain
							 ✓ 							
Cheddar							V							
Mexicana Chilli Cheddar														
Mozzarella							~							
Provolone							~							
Swiss							~							
American							~							
Blue Cheese							~							
DRESSING, SAUCES	& MAYOS													
Ranch				~			~							
Spicy Ranch				~			~		~					
Balsamic Vinaigrette														~
1000 Island		In Wheat		~										
Extra Virgin Oil														
Red Wine Vinegar														~
Honey Mustard				~					~					
Tartar Sauce				~					~					
Cajun Tartar				v					~					
Mayonnaise				v										
Light Mayonnaise				/										
Spicy Mayonnaise				~										
BBQ SAUCE (Everyday Favourite)	~	~											~	
Franks Buffalo Sauce														

		*					Ī					••	8	
	Celery	Cereals containing gluten	Crusta- ceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Pesto							~			~				
Marinara														
Hollandaise Sauce				~			~							
Sriracha														
Dark Soy Sauce		In Wheat											~	
MUSTARDS														
Yellow Mustard (American)									~					
Dijon Mustard									~					
Honey Mustard				~					~					
PEPPERS, PICKLES	& ONIONS													
Bell Peppers														
Jalapenos														
Roasted Red Peppers														
Sauerkraut														
Caramelised Onions														
Crispy Onion Strings		~												
Red Onions														
Pickles (Gherkins)														
VEGGIES														
Avocado														
Hummus												~		
Black Olives														
Cucumber														
Coleslaw				🖌 In Mayo										in Cider Vinegar

		\$;;	Ō					••	80	\square
	Celery	Cereals containing gluten	Crusta- ceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Mushrooms														
Sweet Corn														
Tomato														
Lettuce														
Spinach														
SPICES														
Salt														
Pepper														
Garlic														
Chilli Flakes														