

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
PASTRIES														
Croissant		✓					✓							
Pain au Chocolat		✓					✓						✓	
Danish		✓					✓							
Croissant Jambon Fromage		✓					✓							
YOGHURTS & DESSERT POTS														
Strawberry							✓							
Mango							✓							
Cheese cake pots		✓					✓							
Granola pot		✓					✓			✓		✓		✓
Bircher muesli		✓					✓			✓				✓
PORRIDGE														
Porridge with skimmed milk		✓					✓							
Porridge with almond milk		✓								✓				
SANDWICHES ON FAMRHOUSE SEEDED BREAD														
Chicken, bacon and avocado		✓		✓			✓		✓	✓			✓	
Smoked salmon with rocket & black pepper		✓			✓		✓			✓			✓	
Wiltshire ham salad with English mustard mayo		✓		✓			✓		✓	✓			✓	✓
Tuna Mayo & cucumber		✓		✓	✓		✓		✓	✓			✓	
Ham, Jarlsberg and green kraut relish	✓	✓		✓			✓		✓	✓			✓	

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VEGETARIAN SANDWICHES														
Avocado, falafel and betroot hummus		✓								✓			✓	✓
Egg mayo and cress		✓		✓			✓		✓	✓			✓	✓
WHOLEMEAL ROLLS														
Tuna mayo & cucumber		✓		✓	✓		✓		✓				✓	
Chicken, bacon and avocado		✓		✓			✓		✓					
Wiltshire ham salad with English mustard mayo		✓		✓			✓		✓					✓
SOFT ROLLS														
Ham and cheese		✓					✓							
Double ham		✓					✓							
Egg mayo and cress		✓		✓			✓		✓					✓
WRAPS														
Thai tuna mayo		✓		✓	✓				✓			✓	✓	
Chilli chicken		✓		✓					✓			✓	✓	
SMALL SALADS														
Tuna pasta		✓		✓	✓		✓		✓				✓	✓
Hummus & crudites	✓											✓		
Salmon & egg protein pot				✓	✓									
SALADS														
Sticky sesame chicken noodle		✓		✓						✓		✓	✓	
Tuna Niçoise				✓	✓				✓					✓
Vietnamese Chicken noodle salad					✓							✓	✓	
House salad with superfood quinoa and citrus									✓					✓
Hummus & falafel Buddha Bowl									✓	✓		✓		✓
Thai Tuna salad					✓				✓	✓		✓		✓
Mediterranean feta & couscous salad		✓							✓	✓		✓	✓	✓

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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			✓	✓	✓				✓			✓	✓	✓

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HOT WRAPS & PANINIS														
Chicken burrito		✓					✓							✓
Indian meatball wrap		✓							✓					
Thai tofu		✓										✓	✓	✓
Cheese and ham panini		✓					✓							
Halloumi and harissa		✓					✓							
Thai stir fied chicken		✓										✓	✓	✓
Pork Burrito		✓					✓		✓					✓
Chicken Burrito		✓					✓		✓					✓
Vegetable korma		✓							✓					
Italian chicken wrap		✓					✓							
Jersey meatball wrap		✓					✓							
Hoisin chicken wrap		✓			✓							✓	✓	✓
Italian meatball wrap		✓					✓							
Roast cauliflower and lentil wrap		✓					✓		✓					
Provencale vegetable wrap		✓					✓							
Chicken Korma wrap		✓							✓					
Hoisin pork wrap		✓			✓							✓	✓	✓
Falafel & halloumi wrap		✓					✓			✓				
Vegan Chipotle Chilli Non Carne wrap	✓					✓							✓	✓

No information here should be used as a guarantee, but simply as a best faith effort to serve our customers. Certain fresh unpackaged items may not be labelled so please ask for full allergen list.