

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. Tree Nuts	11. Peanuts	12. Sesame	13. Soya	14. Sulphur dioxide
PASTRIES														
Croissant		✓					✓							
Pain au Chocolat		✓					✓						✓	
Danish		✓					✓			✓				
Croissant Mozzarella		✓					✓							☐
YOGHURTS & DESSERT POTS														
Strawberry							✓							
Mango							✓							
Cheese cake pots		✓					✓							
Granola pot		✓					✓			✓		✓		✓
Bircher muesli		✓					✓			✓				✓
PORRIDGE														
Porridge with skimmed milk		✓					✓							
Porridge with almond milk		✓								✓				
SANDWICHES ON FARMHOUSE SEEDED BREAD														
Chicken, bacon and avocado		✓		✓			✓		✓				✓	
Smoked salmon with rocket & black pepper		✓			✓		✓						✓	
Wiltshire ham salad with English mustard mayo		✓		✓			✓		✓				✓	✓
Tuna Mayo & cucumber		✓		✓	✓		✓		✓				✓	
Chicken Caesar		✓		✓	✓		✓				✓		✓	
Ham, Jarlsberg and green kraut relish	✓	✓		✓			✓		✓				✓	
VEGETARIAN SANDWICHES														
Avocado, falafel and betroot hummus		✓											✓	✓
Egg mayo and cress		✓		✓			✓		✓				✓	✓
SOFT ROLLS														
Ham and cheese		✓					✓							
Double ham		✓					✓							
Egg mayo and cress		✓		✓			✓		✓					
WRAPS														
Thai tuna mayo		✓		✓	✓				✓			✓	✓	✓
Chilli chicken		✓		✓					✓			✓	✓	✓
SMALL SALADS														
Tuna pasta		✓		✓	✓		✓		✓				✓	✓
Hummus & crudites	✓											✓		
Smashed beets hummus & Feta pot							✓					✓		
Salmon & egg protein pot				✓	✓									✓
SALADS														
Sticky sesame chicken noodle		✓		✓						✓		✓	✓	✓
Tuna Niçoise		☐		✓	✓				✓					✓
Chefs Italian chicken salad		✓		✓			✓		✓			☐	✓	✓
House salad with superfood quinoa and citrus dressing		☐							✓					✓
Hummus & falafel Buddha Bowl		☐							✓	✓		✓	✓	✓
Smoked salmon protein box		☐		✓	✓				✓					✓
BAGELS														
Ham & Jarlsberg multigrain bagel		✓		✓			✓		✓	✓		☐		✓
Smoked salmon & cream cheese bagel		✓			✓		✓		✓	✓		☐		✓
Avocado & tomato multigrain bagel		✓					✓		✓	✓		☐		
Bacon & Jarlsberg Bagel		✓					✓		✓	✓		☐		✓
BAGUETTES														
Chicken, bacon & avocado		✓		✓			✓			✓		✓		✓
Ham and Jarlsberg salad with mustard mayo		✓		✓			✓		✓	✓		✓		✓
Chicken Caesar		✓		✓	✓		✓					✓		✓
Wiltshire ham		✓					✓					✓		✓
Egg mayo and cress		✓		✓			✓		✓	✓		✓		✓
TORTILLAS														

Toasted chipotle chicken tortilla		✓					✓					✓	✓	✓	
Toasted chipotle veggie tortilla		✓										✓		✓	
SUSHI															
Vegan California roll													✓	✓	✓
Veggie California Roll & Prawn Nigiri			✓										✓	✓	✓
Prawn sushiritto			✓	✓					✓				✓	✓	✓
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 vegtable wrap		✓					✓								
Chicken Korma wrap		✓							✓	□		□		✓	✓
Hoisin pork wrap		✓			✓								✓	✓	✓
Falafel & halloumi wrap		✓					✓			✓				✓	✓
Vegan Chipotle Chilli Non Carne wrap	✓	✓				✓								✓	✓
Soups															
Skinny Souper Spring Vegetables	✓													✓	✓
Skinny Souper Leek & Potato	✓													✓	✓
Skinny Souper Tomato & Basil	✓													✓	✓
Skinny Souper Carrot & Coriander	✓													✓	✓
Skinny Souper Jersey Watercress	✓													✓	✓
Creamy Tomato & Mascarpone	✓						✓							✓	✓
Aromatic Thai Sweetcorn & Red Pepper	✓													✓	✓
Mighty Mushroom	✓													✓	✓
Pea, Spinach & Mint	✓													✓	✓
Thai Spiced butternut Squash	✓				✓									✓	✓
Chicken Chana Dal	✓						✓							✓	✓
Tuscan Minestrone with Ham	✓													✓	✓
Chicken Laksa	✓				✓									✓	✓
Thai Green Chicken Curry & Vegetables	✓				✓									✓	✓
Chicken Garden Soup	✓													✓	✓
Moroccan Lamb Harira	✓													✓	✓
Chipotle Chicken & Black Bean	✓													✓	✓
Chicken Noodle Sweetcorn Korma	✓										□		□	✓	✓
Keema Beef & Spinach Curry	✓													✓	✓
Coconut Chicken Curry with Brown Rice					✓									✓	✓
Chicken Noodle Broth														✓	✓
Tofu Noodle Broth														✓	✓

We have an allergy policy and do our best to reduce the risk of cross-contamination but we cannot

✓ = contains allergen

□ = contains ingredient with label that indicates may contain