

Café Ubé

ALLERGEN MENU

1. CELERY	2. CEREALS CONTAINING GLUTEN	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
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BREAKFAST & POTS

PASTRIES													
CROISSANT	-	✓	-	✓	-	-	✓	-	-	□	□	□	-
PAIN AU CHOCOLAT	-	✓	-	✓	-	-	✓	-	-	□	□	□	✓
RASPBERRY CROISSANT	-	✓	-	□	-	-	□	-	-	□	□	□	-
CINNAMON SWIRL	-	✓	-	✓	-	-	□	-	-	□	□	□	-
PASTEL DE NATA	-	✓	-	✓	-	-	✓	-	□	□	□	□	-

GRAB & GO POTS													
GRANOLA POT	-	-	-	-	-	✓	-	-	□	□	-	-	✓
COCONUT , RASPBERRY & MANGO YOGHURT	-	-	-	-	-	-	-	-	-	-	-	-	-
MANGO YOGHURT	-	-	-	-	-	✓	-	-	-	-	-	-	-
TROPICAL FRUIT SALAD	-	-	-	-	-	-	-	-	-	-	-	-	-
HUMMUS & CRUDITÉS	-	□	-	-	-	-	-	□	-	-	✓	-	-
HUMMUS & TORTILLAS	-	□	-	-	-	-	-	-	-	-	✓	-	-
BLUEBERRY BIRCHER MUESLI	-	✓	-	-	-	✓	-	-	□	□	□	-	✓
STRAWBERRY CHEESECAKE	-	✓	-	-	-	✓	-	-	-	-	-	-	-
SAUSAGE & BAKED BEAN POT	-	-	-	-	-	-	-	-	-	-	-	-	✓
BLUEBERRY & MELON POT	-	-	-	-	-	-	-	-	-	-	-	-	-

PORRIDGE													
JERSEY MILK PORRIDGE	-	✓	-	-	-	✓	-	-	-	-	-	-	-
COCONUT PORRIDGE	-	✓	-	-	-	-	-	-	-	-	-	-	-
RASPBERRY COMPOTE	-	-	-	-	-	-	-	-	-	-	-	-	-
GRANOLA TOPPING	-	-	-	-	-	-	-	-	□	□	□	-	✓
HONEY	-	-	-	-	-	-	-	-	-	-	-	-	-

MUFFINS & COOKIES													
BLUEBERRY MUFFIN	-	✓	-	✓	-	✓	-	-	□	□	□	-	-
CHOCOLATE CHIP MUFFIN	-	✓	-	✓	-	✓	-	-	□	□	□	✓	-
RAINBOW COOKIE	-	✓	-	✓	-	✓	-	-	□	□	□	✓	-
GLUTEN FREE CHOCOLATE BROWNIE	-	-	-	✓	-	-	-	-	□	□	-	✓	-
GRANOLA SLICE	-	✓	-	□	-	-	✓	-	-	□	□	-	✓

HOT BREAKFAST ROLLS & TOASTIES													
SAUSAGE CIABATTA	-	✓	-	-	-	✓	-	-	□	□	□	□	✓
BACON CIABATTA	-	✓	-	-	-	✓	-	-	□	□	□	□	-
ITALIAN BREAKFAST PANINI	-	✓	-	-	-	✓	-	-	□	□	□	□	✓
SAUSAGE ROLL	-	✓	-	-	-	✓	-	-	-	-	-	-	✓
HAM & CHEESE TOASTIE	-	✓	-	✓	-	✓	-	✓	-	-	-	-	-

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	□	✓	-	-	-	-	-	□	-	-	✓	-	-
SPINACH, FETA & BUTTERNUT WRAP	-	✓	-	-	-	✓	-	-	-	-	✓	-	-

ROLLS & BAGUETTES													
HAM & CHEESE CROISSANT	-	✓	-	✓	-	✓	-	-	□	□	□	□	-
HAM & BUTTER RUSTIC ROLL	-	✓	-	□	-	✓	-	□	□	□	□	□	-
EGG, WATERCRESS & RADISH RUSTIC ROLL	□	✓	-	✓	-	✓	-	✓	□	□	□	□	-
EGG MAYONNAISE BAGUETTE	-	✓	-	✓	-	✓	-	✓	□	□	□	□	-
HAM & JARLSBERG 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	□	✓	-	□	-	✓	-	✓	-	-	-	□	✓

PANINIS													
HAM & CHEESE PANINI	-	✓	-	-	-	✓	-	-	□	□	□	□	✓
HALLOUMI & HARISSA PANINI	-	✓	-	-	-	✓	-	-	□	□	□	□	-
ITALIAN BREAKFAST PANINI	-	✓	-	-	-	✓	-	-	□	□	□	□	✓

Café Ubé

ALLERGEN MENU

	1. CELERY	2. CEREALS CONTAINING GLUTEN	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
DECAF TEA														
CHAMOMILE TEA														
REDBUSH TEA														
GREE TEA														
RED BERRY TEA														
PEPPERMINT TEA														
FRESHLY SQUEEZED JUICES & COOLERS														
BETROOT, ORANGE & CARROT JUICE														
GINGER ZINGER JUICE														
FRESHLY SQUEEZED ORANGE JUICE														

✓ = 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