	NO TRACES / AUCUNE TRACE	GLUTEN / GLUTEN	TREE NUTS / FRUITS Á COQUE	PEANUTS / CACAHUÈTES	SOYBEANS / SOJA	LUPIN / LUPIN	MUSTARD / MOUTARDE	SESAME / SÉSAME	SULPHUR DIOXIDE / LE DIOXYDE DE SOUFRE	SULPHITES / SULFITES	CILANTRO / CORIANDRE	SEEDS / GRAINE	CELERI / CÉLERI
breakfast & Snack													
Banana chocolate nut overnight oats			X	X	X				X	X			
Mushroom "Bacon" savory warm oats			X		X		X	X		X			X
Breakfast burrito bowl											X		X
lunch bowl & plate													
Kale salad lemon tahini dressing								X	X	X		X	
Raw carrot pasta, ginger lime peanut sauce			X	X	X						X		
Raw Carrot Cake Cream cheese frosting			X						X	X			
small side													
Soft cheese (snack)			X										
English Cheddar cheese (snack)			X		X		X	X					
GF Crackers (snack)												X	
Kale chips (snack)													
Cauliflower popcorn (snack)													
Cereal breakfast / Protien bar (snack)			X							X		X	
Gingerbread granola (snack)			X						X	X			
Dirty Chai Protein energy bars			X	X					X	X		X	
Chocolate chip cookies					X								
cold-pressed juices													
deep green	X												x
cool green	X												
red roots	X												
vitamin sea	X												
sweet potato spice	X												
rose fusion	X												
agua fresca	X												
lemonade													
charcoal	X												
cucumber mint	X												
shot													
juma shot	X												
ginger shot	X												
kid smoothie													
cheeky smoothie			X										
superhero smoothie			X										
choconuts smoothie			X										
smoothie													
Orange & Mango			X									X	
Pineapple & Coconut			X									X	
Hemp & Kale			X									X	
Almond & Acai			X									X	
Peanut & Protein			X	X								X	
Coco & Banana			X	X								X	
smoothie bowl													
Acai Bowl			X										
Matcha Bowl			X										
Mango Bowl			X										
Peanut Bowl			X										
mylk													
Almond Mylk			X										
Golden Mylk			X										
Maca Mylk			X										