



ALLERGEN LIST.

Chocolate cake. Contains nuts.

Cheesecake. Contains egg, milk.

Orange pound cake. Contains egg, milk, nuts.

Carrot cake. Contains egg, nuts.

Brownie. Contains egg, nuts.

Banana muffin. Contains nuts.

Almond butter banana muffin. Contains nuts.

Coconut muffin. Contains egg, milk.

Chocolate thin cookie. Contains nuts.

Almond thin cookie. Contains nuts.

Chocolate donut. Contains egg, nuts.

Matcha donut. Contains egg.

Cinnamon roll. Contains gluten, egg, nuts.

Croissant. Contains gluten.

Almond croissant. Contains gluten.

Pistachio croissant. Contains gluten.

Pain au chocolat. Contains gluten, egg, milk.

Chocolate palmier. Contains gluten, egg.

Palmier. Contains gluten, egg.

House granola. Contains nuts.

Peanut butter cookie. Contains peanuts, nuts.

Chocolate peanut butter cookie. Contains peanuts, nuts.

Sugar-free chocolate dates (peanut/pistachio cream). Contains peanuts.

Detox Juice. Contains celery.

Post-workout smoothie. Contains nuts.

ALL OUR PRODUCTS MAY CONTAIN TRACES OF NUTS AND PEANUTS.



ALLERGEN LIST.

Spanish pincho. Contains egg.

Broccoli & cheese omelette. Contains egg, milk.

Eggs D'Light. Contains egg, milk.

Salmon benedict croissant. Contains gluten, egg, fish, milk.

“Chilaquiles divorciados” with chicken. Contains milk.

Chicken Zucchini “cannelloni”. Contains milk.

Chicken “tostadas”. Contains milk.

Gluten-free pesto pasta. Contains milk, nuts.

Avocado & egg toast. Contains gluten, egg, milk, nuts, sesame.

Caprese toast. Contains gluten, milk, nuts.

Salmon toast. Contains gluten, fish, milk, sesame.

Peanut butter & jelly toast. Contains gluten, peanuts, nuts.

Chia pudding. Contains nuts.

Overnight oats. Contains milk, nuts.

Açaí bowl. Contains nuts.

Gluten-free berry waffle. Contains egg, milk, nuts.

Gluten-free choco-banana waffle. Contains egg, milk, nuts.

Summer salad. Contains milk, nuts, mustard.

Chicken Caesar salad. Contains eggs, fish, milk, mustard.

Salmon & feta salad. Contains fish, milk.

Teriyaki salmon bowl. Contains fish, soy, sesame, sulfites.

Tomato baguette. Contains gluten.

Ham & cheese croissant. Contains gluten, egg, milk.

“Spanish bocadillo”. Contains gluten.

Hummus-Chicken wrap. Contains gluten, soy, sesame.

Salmon wrap. Contains gluten, fish, milk.

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