



ALLERGEN INFORMATION

UPDATED SEPTEMBER 2026

CATEGORY

RECIPE NAME	ALLERGENS PRESENT IN RECIPE
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The allergen information provided is to be used as an assessment tool to guide our guests, prior to consuming any of our dishes, so that they have the opportunity to select the items they consider most appropriate for their personal sensitivity level. Complete allergen information on all our dishes can be requested in the restaurant.

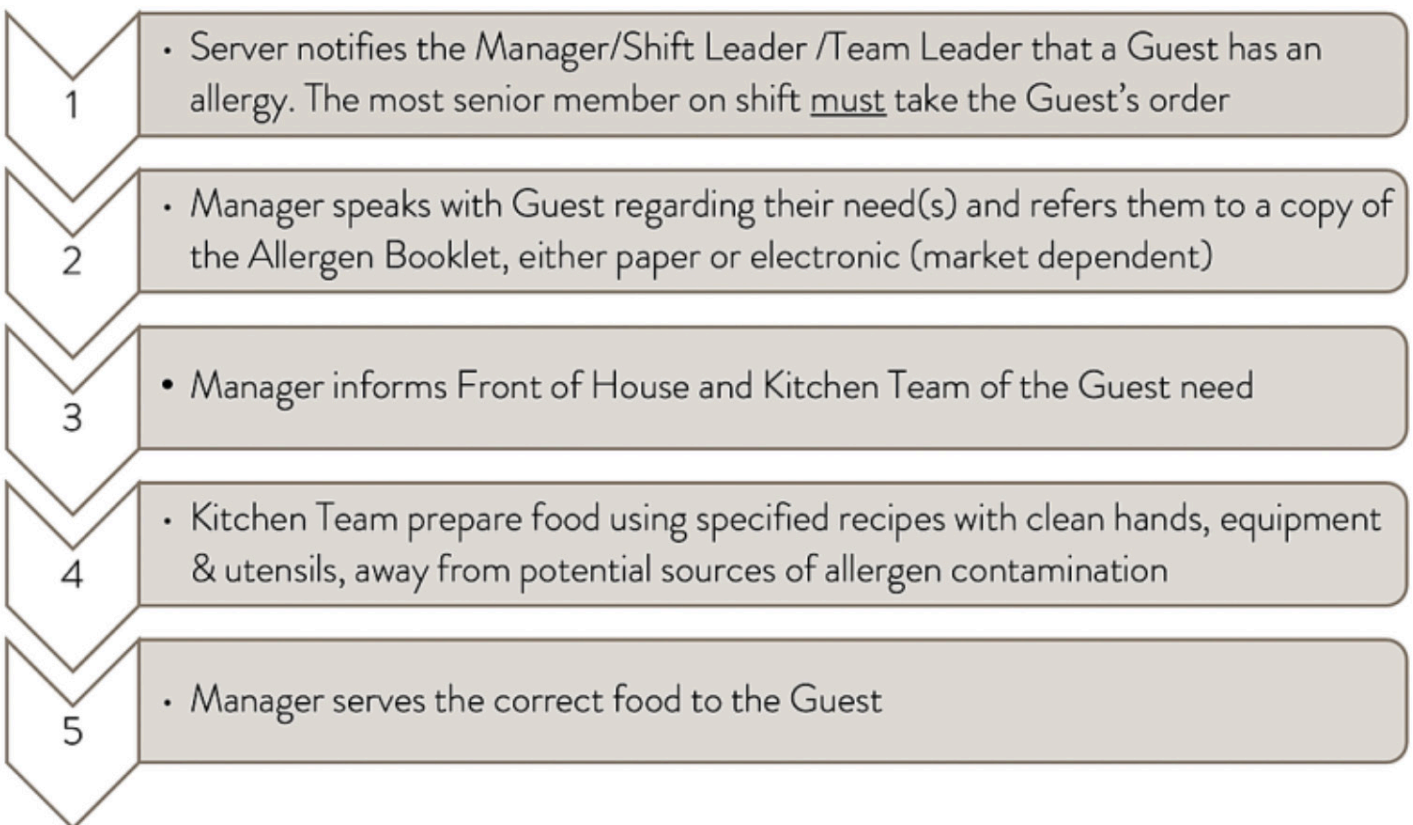
Categories are listed in alphabetical order.

Allergens reflected in guide:

EGG | FISH | MILK | PEANUT | SESAME | SOYBEAN | TREE NUT | WHEAT

PROCESS

Follow the below process:



BAKERY	
ALMOND CROISSANT	EGG MILK TREE NUT WHEAT
ALMOND PEAR TART	EGG MILK TREE NUT WHEAT
APPLE TURNOVER	EGG MILK WHEAT
APRICOT PISTACHIO TART	EGG MILK TREE NUT WHEAT
BAGUETTE	WHEAT
BLUEBERRY MUFFIN	SOYBEAN WHEAT
BRIOCHE	EGG MILK SOYBEAN WHEAT
BRIOCHE BUN	EGG MILK SOYBEAN WHEAT
BROWNIE / MINI BROWNIE	EGG MILK SOYBEAN WHEAT
CANELE	EGG MILK WHEAT
CHALLAH	EGG SOYBEAN WHEAT
CHEESE DANISH	EGG MILK WHEAT
CHIA MUFFIN	EGG MILK SOYBEAN WHEAT
CHOC CHIP COOKIE	EGG MILK SOYBEAN WHEAT
CHOCOLATE ALMOND CROISSANT	EGG MILK TREE NUT WHEAT
COCONUT MACAROON	EGG
CROISSANT	EGG MILK WHEAT
DARK & WHITE CHOCOLATE MOUSSE CAKE LARGE & SMALL	EGG MILK SOYBEAN TREE NUT WHEAT
DOUBLE CHOCOLATE COOKIE	EGG MILK SOYBEAN
FIVE GRAIN BREAD	SESAME WHEAT
FRENCH CREAM DOUGHNUT	EGG MILK SOYBEAN WHEAT
HAZELNUT FLUTE	TREE NUT WHEAT
LEMON TART LARGE & SMALL	EGG MILK SOYBEAN WHEAT
MADELEINE	EGG MILK WHEAT
MINI APRICOT TART	EGG MILK TREE NUT WHEAT
MINI BANANA CHOCOLATE CAKE	EGG MILK SOYBEAN TREE NUT WHEAT
MINI BLUEBERRY TART	EGG MILK SOYBEAN WHEAT
MINI CARROT CAKE	SOYBEAN WHEAT
MINI CHOCOLATE COOKIE	EGG MILK SOYBEAN WHEAT
MINI CHOCOLATE SALTED CARAMEL	EGG MILK SOYBEAN WHEAT
MINI ESPRESSO TART	EGG MILK SOYBEAN WHEAT
MINI LEMON TART	EGG MILK SOYBEAN WHEAT
MINI OATMEAL COOKIE	EGG MILK WHEAT
MINI OLIVE CIABATTA	WHEAT
MIXED BERRY TART LARGE & SMALL	EGG MILK SOYBEAN TREE NUT WHEAT
OLIVE CIABATTA	WHEAT
PAIN AU CHOCOLAT	EGG MILK WHEAT
PAIN AUX RAISINS	EGG MILK WHEAT
PASSIONFRUIT TART	EGG MILK SOYBEAN WHEAT
QUINOA SPELT SCONE	EGG MILK TREE NUT WHEAT
RYE BREAD	WHEAT
SEEDED BAGUETTE	SESAME WHEAT

BAKERY CONTINUED

SOURDOUGH WHEAT BREAD	WHEAT
SUPERSEED BREAD	SESAME SOYBEAN
VEGAN CARROT CAKE	SOYBEAN WHEAT

BEVERAGES

AMERICANO	MILK OR TREE NUT BY CHOICE OF MILK
APPLE JUICE	
CAFE AU LAIT	MILK OR TREE NUT BY CHOICE OF MILK
CAPPUCCINO LARGE	MILK OR TREE NUT BY CHOICE OF MILK
CHAI LATTE LG	MILK OR TREE NUT BY CHOICE OF MILK
COFFEE	MILK OR TREE NUT BY CHOICE OF MILK
COFFEE, COLD BREW DECAF	MILK OR TREE NUT BY CHOICE OF MILK
COFFEE, COLD BREW REGULAR	MILK OR TREE NUT BY CHOICE OF MILK
ESPRESSO	
EXTRA SHOT	
HOT CHOCOLATE ORGANIC	MILK OR TREE NUT BY CHOICE OF MILK
HOT HONEY LEMON & GINGER	
HOT MILK	MILK OR TREE NUT BY CHOICE OF MILK
ICED AMERICANO	MILK OR TREE NUT BY CHOICE OF MILK
ICED CAPPUCCINO	MILK OR TREE NUT BY CHOICE OF MILK
ICED CHAI LATTE	MILK OR TREE NUT BY CHOICE OF MILK
ICED GREEN TEA	
ICED LATTE	MILK OR TREE NUT BY CHOICE OF MILK
ICED MATCHA LATTE	MILK OR TREE NUT BY CHOICE OF MILK
ICED MOCHA	MILK OR TREE NUT BY CHOICE OF MILK
ICED PISTACHIO MATCHA LATTE	MILK TREE NUT
ICED TEA	
LATTE	MILK OR TREE NUT BY CHOICE OF MILK
LEMONADE	
LEMONADE ICED TEA	
LIMEADE	
MACCHIATO	MILK OR TREE NUT BY CHOICE OF MILK
MATCHA LATTE HOT	MILK OR TREE NUT BY CHOICE OF MILK
MINT LEMONADE ORGANIC	
MOCHA	MILK OR TREE NUT BY CHOICE OF MILK
ORANGE JUICE	
SYRUP, HAZELNUT SHOT	TREE NUT
SYRUP, PISTACHIO SHOT	TREE NUT
SYRUP, VANILLA SHOT	
TEA HOT	
TEA HOT FRESH MINT	

BREAKFAST	
ADD BANANA	
ADD BERRIES	
ADD ON CHOCOLATE SYRUP	
BAKED EGGS AVOCADO TOMATO FETA	EGG MILK WHEAT
BAKED EGGS W/ BACON & SCALLION	EGG WHEAT
BAKED EGGS BENEDICT	EGG MILK SOYBEAN WHEAT
BAKED EGGS BENEDICT WITH AVOCADO	EGG MILK SOYBEAN WHEAT
BAKED EGGS BENEDICT WITH BACON	EGG MILK SOYBEAN WHEAT
BAKED EGGS BENEDICT WITH SMOKED SALMON	EGG FISH MILK SOYBEAN WHEAT
BREAKFAST SANDWICH	EGG MILK SOYBEAN WHEAT
EGGS SOFT BOILED 2 ORG	EGG MILK SESAME WHEAT
FRUIT SALAD SMALL	
GREEK YOGURT PARFAIT	MILK SESAME TREE NUT
OATMEAL BANANA & MAPLE	MILK OR TREE NUT BY CHOICE OF MILK
OATMEAL W/ BERRIES	MILK OR TREE NUT BY CHOICE OF MILK
OMELETTE AVOCADO	EGG SOYBEAN WHEAT
OMELETTE CREMINI MUSHROOM/GOAT CHEESE	EGG MILK SOYBEAN WHEAT
OMELETTE PARIS HAM & GRUYERE NY/MA	EGG MILK SOYBEAN WHEAT
OMELETTE PLAIN	EGG SOYBEAN WHEAT
OMELETTE SALMON	EGG FISH MILK SOYBEAN WHEAT
ORGANIC MINI DUTCH PANCAKES	EGG MILK WHEAT
PLAIN OATMEAL	MILK OR TREE NUT BY CHOICE OF MILK
SCRAMBLED EGG CROISSANT	EGG MILK SESAME SOYBEAN WHEAT
SMOKED SALMON & HERBED GOAT CHEESE CROISSANT	EGG FISH MILK SESAME SOYBEAN WHEAT
SUNNY-SIDE BREAKFAST BOWL	EGG SESAME SOYBEAN TREE NUT WHEAT
THREE EGG SCRAMBLE	EGG MILK SOYBEAN WHEAT
TOASTED HAM & GRUYERE CROISSANT	EGG MILK SOYBEAN WHEAT
WAFFLE PLAIN	EGG MILK WHEAT
WAFFLE W/ BERRIES	EGG MILK WHEAT

DRESSINGS	
DRESSING - BASIL	
DRESSING - CAESAR CHIVE	EGG FISH MILK SOYBEAN
DRESSING - CHIPOTLE MAYO	EGG SOYBEAN
DRESSING - CRANBERRY SAUCE	
DRESSING - HERB MAYO	EGG FISH SOYBEAN
DRESSING - LAPSANG VINAIGRETTE	SOYBEAN
DRESSING - SWEET & SPICY OIL	
DRESSING - TRUFFLE MAYO	EGG SOYBEAN
DRESSING - VINAIGRETTE	SOYBEAN
DRESSING - ZHUG	

GRAB & GO

G&G CHIA SEED PUDDING BERRY BOWL	SESAME TREE NUT
G&G CHICKEN CURRY ON FIVE GRAIN SANDWICH	EGG MILK SESAME SOYBEAN WHEAT
G&G CHICKEN & MOZZARELLA BAGUETTE	MILK WHEAT
G&G EGG SALAD CROISSANT	EGG MILK SESAME SOYBEAN WHEAT
G&G SMOKED SALMON & HERBED GOAT CHEESE CROISSANT	EGG FISH MILK SESAME SOYBEAN WHEAT
G&G FRUIT SALAD	
G&G GREEK YOGURT PARFAIT	MILK SESAME TREE NUT
G&G GRILLED CHICKEN COBB SALAD WITH BACON	EGG MILK SOYBEAN WHEAT
G&G HAM & GRUYÈRE BAGUETTE ROLL	MILK WHEAT
G&G HAM & GRUYÈRE BAGUETTE	MILK WHEAT
G&G HAM & GRUYÈRE CROISSANT	EGG MILK WHEAT
G&G HARDBOILED EGG	EGG
G&G HUMMUS BAGUETTE	SESAME WHEAT
G&G MEDITERRANEAN CAESAR SALAD	EGG FISH MILK SOYBEAN WHEAT
G&G TOMATO MOZZARELLA SANDWICH	EGG WHEAT MILK SOYBEAN
G&G TURKEY CLUB SANDWICH	EGG FISH SESAME SOYBEAN WHEAT

QUICHES, SALADS & COMBOS

BAKER'S LUNCH COMBO	SOYBEAN WHEAT
GRILLED CHICKEN COBB SALAD	EGG MILK SOYBEAN WHEAT
GRILLED THREE CHEESE TOASTIE & TOMATO SOUP COMBO	EGG MILK SOYBEAN WHEAT
MUSHROOM & GRUYERE QUICHE	EGG MILK SOYBEAN WHEAT
QUICHE LORRAINE	EGG MILK SOYBEAN WHEAT
QUINOA & AVOCADO SALAD	SOYBEAN
WARM GRAIN BOWL	MILK SOYBEAN TREE NUT WHEAT

SIDES

EXTRA AVOCADO	
EXTRA BACON	
EXTRA BANANA	
EXTRA BLUE CHEESE	MILK
EXTRA CHEDDAR	MILK
EXTRA GOAT CHEESE	MILK
EXTRA GRILLED CHICKEN	
EXTRA HAM	
EXTRA PROSCIUTTO	
EXTRA SALMON	FISH
EXTRA TURKEY	
EXTRA YOGURT	MILK
SIDE AVOCADO	

SIDES CONTINUED	
SIDE AVOCADO MASH	WHEAT (SIDE OF BREAD)
SIDE BACON	
SIDE BERRIES	
SIDE BLUE CHEESE	MILK
SIDE CHEDDAR	MILK
SIDE FETA	MILK
SIDE GOAT CHEESE	MILK
SIDE GRILLED CHICKEN	
SIDE GRUYERE	MILK
SIDE HAM	
SIDE MAPLE SYRUP	
SIDE MOZZARELLA	MILK
SIDE OF BAGUETTE	MILK (SIDE OF BUTTER) WHEAT
SIDE OF FIVE GRAIN	MILK (SIDE OF BUTTER) WHEAT SESAME
SIDE OF HAM & GRUYERE	MILK
SIDE OF HAZELNUT FLUTE	MILK TREE NUT WHEAT
SIDE OF RYE BREAD	MILK (SIDE OF BUTTER) WHEAT
SIDE OF SUPERSEED BREAD	MILK (SIDE OF BUTTER) SESAME SOYBEAN
SIDE OF WHEAT BREAD	MILK (SIDE OF BUTTER) WHEAT
SIDE PROSCIUTTO	
SIDE SALMON	FISH
SIDE TURKEY	

SOUPS	
BUTTERNUT SQUASH & APPLE SOUP	MILK WHEAT (SIDE OF BREAD)
CHICKEN SOUP	WHEAT (SIDE OF BREAD)
GAZPACHO	WHEAT
LENTIL	WHEAT (SIDE OF BREAD)
TOMATO & BASIL SOUP	WHEAT (SIDE OF BREAD)

TARTINES, SANDWICHES & TOASTIES	
AVOCADO TOAST TARTINE	SOYBEAN WHEAT
CHICKEN & MOZZARELLA MELT	MILK WHEAT
CHICKEN & MUSHROOM TOASTIE	EGG MILK SOYBEAN WHEAT
CHIPOTLE CHICKEN CLUB	EGG MILK SOYBEAN WHEAT
KIOSK HOT DOG	EGG MILK SOYBEAN WHEAT
SMOKED SALMON TARTINE	EGG FISH MILK SOYBEAN WHEAT
TURKEY, BACON, AVOCADO TARTINE	EGG FISH SOYBEAN WHEAT

SEASONAL BEVERAGES

RECIPE NAME	ALLERGENS PRESENT IN RECIPE	CALORIES	SODIUM
FRENCH CREAM COLD FOAM	MILK	120 CAL	13 mg s
ICED PUMPKIN SPICE LATTE	MILK OR TREE NUT BY CHOICE OF MILK		51-184 mg s
ICED STICKY TOFFEE CHAI	MILK OR TREE NUT BY CHOICE OF MILK	110-160 CAL	18-26 mg s
PUMPKIN COLD FOAM	MILK	120 CAL	97mg s
PUMPKIN CREAM COLD BREW	MILK	170-340 CAL	56-140 mg s
PUMPKIN SPICE LATTE	MILK	130-290 CAL	85-110 mg s
SPICED APPLE CIDER		140-200 CAL	9-13 mg s
STICKY TOFFEE CHAI	MILK OR TREE NUT BY CHOICE OF MILK	100-160 CAL	18-26 mg s

SEASONAL BAKERY ITEMS

RECIPE NAME	ALLERGENS PRESENT IN RECIPE	CALORIES	SODIUM
APPLE ALMOND DANISH	EGG MILK WHEAT TREE NUTS	410 CAL	419 mg s
APPLE COBBLER CROOKIE	EGG MILK SOYBEAN WHEAT	550 CAL	474 mg s
CHEDDAR SCALLION SCONE	EGG MILK WHEAT	500 CAL	490 mg s
CHOCOLATE CHIP CROOKIE	EGG MILK SOYBEAN WHEAT	490 CAL	280 mg s
CHOCOLATE SCONE	EGG MILK SOYBEAN WHEAT	280 CAL	114 mg s
PUMPKIN MUFFIN	EGG MILK SOYBEAN WHEAT	420 CAL	206 mg s
PUMPKIN WHITE CHOCOLATE PECAN CROOKIE	EGG MILK SOYBEAN WHEAT TREE NUTS	550 CAL	510 mg s
SPECULOOS COOKIE TIRAMISU	EGG MILK SOYBEAN WHEAT TREE NUTS	280 CAL	92 mg s

SEASONAL DISHES

RECIPE NAME	ALLERGENS PRESENT IN RECIPE	CALORIES	SODIUM
CAPRESE BAGUETTE	EGG MILK SOYBEAN WHEAT	880 CAL	1329 mg s
CHIA SEED PUDDING BERRY BOWL	TREE NUTS SESAME	530 CAL	43 mg s
HAM & GRUYERE PRESSED BAGUETTE	MILK SOYBEAN WHEAT	890 CAL	2068 mg s
ROASTED BUTTERNUT SQUASH & GOAT CHEESE FRITTATA	EGG MILK SOYBEAN	430 CAL	1407 mg s
ROASTED CAULIFLOWER CHICKEN CAESAR	EGG FISH MILK SOYBEAN WHEAT	610 CAL	1077 mg s
ROASTED GRAPE & GOAT CHEESE TOAST	EGG MILK SOYBEAN TREE NUTS WHEAT	830 CAL	1211 mg s
SMOKED SALMON CROISSANT ROLL BREAKFAST SANDWICH	EGG FISH MILK SOYBEAN WHEAT	730 CAL	1138 mg s
THREE BEAN CHILI	WHEAT (ON THE SIDE OF BREAD)	260 CAL	441 mg s