Daykitchen allergen list

Dressings:
Miso: see catering
Tahini: see Catering
Mustard: see catering
Rosmary: Cashew
Cheese: Cashew, soya
Ceasar: cashew, soya, mustard

Dips:
Pesto: see catering
Hummus: see catering
Paprika: see catering

Breakfast:
Yoghurt: Cashew
Overnight: Oats
Scrambled Egg: Soya
Notella: Hazelnut, (coconut)
Peanut butter: Peanut
Butter: Oat, (coconut)

Lunch:
Pasta Bolo: Gluten (pasta)
Italian Dream: See pesto, gluten (pasta)
Chicken: Pea
Red Cabbage Salad: Soya, sesame

Bread:
Bagel: Wheat, seeds depending on variety
Flatbread: Wheat
Sourdough: wheat, rye
Croissant: wheat or spelt
Rolls: Wheat

Sweets:
Waffle: gluten (spelt), oats
Whipped cream: lupin
Banana bread: see catering
Brownie: see catering
Rawcake: see Catering

Catering allergen list

Sweets:
Raw Cake Choc: almond, cashew, (coconut)
Raw Cake Berry: almond, cashew, (coconut)
Muesli bar: oat, (coconut)
Blizz-Ball: almond, (coconut)
Brownie: (coconut), soya, spelt flour
Banana bread: (coconut), oats, spelt
Mousse + cream: cashew, oats, (chickpea), lupin (cream)
Apple crumble: spelt, lupin (cream)

Fit and yummy:
Sweet potato and pumpkin soup: (coconut)
Classic potato soup: Lupin (cream)
Bread-> from Backhaus: Gluten (wheat and rye), oats

Healthy Lunch:
Bruscetta: wheat gluten, cashew (burrata, pesto), colouring (balsamic cream)
Lasagne: gluten (wheat/pasta), oats (béchamel), cashew (parmesan), colouring (balsamic cream)
Dessert (see above)

Sauces+dips:
Hummu