Café Ubé

ALLERGEN MENU

	1. CELERY	2. CEREALS CONTAINING GLUTEN (WHEAT)	2. CEREALS CONTAINING GLUTEN (RYE)	2. CEREALS CONTAINING GLUTEN (BARLEY)	2. CEREALS CONTAINING GLUTEN (OATS)	2. CEREALS CONTAINING GLUTEN (SPELT)	2. CEREALS CONTAINING GLUTEN (KHORASAN WHEAT)	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
BREAKFAST & POTS																			
PASTRIES																			
CROISSANT	-	✓	-	-	-	-	-	-	✓	-	-	✓	-	-	□	-	□	□	-
PAIN AU CHOCOLAT	-	✓	-	-	-	-	-	-	✓	-	-	✓	-	-	□	-	□	✓	-
CINNAMON SWIRL	-	✓	-	-	-	-	-	-	✓	-	-	✓	-	-	□	-	□	□	-
PASTEL DE NATA	-	✓	-	-	-	-	-	-	✓	-	-	✓	-	□	□	-	□	□	-
GRAB & GO POTS																			
RED BERRY & CHIA PARFAIT	-	-	-	-	-	-	-	-	-	-	-	✓	-	-	□	□	□	□	✓
COCONUT , RASPBERRY & MANGO YOGHURT	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
HUMMUS & CRUDITÉS	✓	□	□	□	□	□	□	-	-	□	-	-	-	□	-	-	✓	-	□
BLUEBERRY BIRCHER MUESLI	-	✓	-	✓	✓	-	-	-	-	-	-	✓	-	-	□	□	□	✓	✓
STRAWBERRY CHEESECAKE	-	✓	✓	✓	✓	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
SAUSAGE & BAKED BEAN POT	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	✓
BLUEBERRY & MELON POT	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
PORRIDGE																			
JERSEY MILK PORRIDGE	-	✓	-	✓	✓	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
BANANA PORRIDGE	-	✓	-	✓	✓	-	-	-	-	-	-	-	-	-	-	-	-	-	-
HONEY	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CAKES																			
BLUEBERRY MUFFIN	-	✓	-	-	-	-	-	-	✓	-	-	✓	-	-	□	-	□	□	-
CHOCOLATE CHIP MUFFIN	-	✓	-	-	-	-	-	-	✓	-	-	✓	-	-	□	-	□	✓	-
HOT BREAKFAST ROLLS, WRAPS & TOASTIES																			
SAUSAGE CIABATTA	-	✓	✓	✓	✓	-	-	-	-	-	-	✓	-	-	□	-	□	□	✓
BACON CIABATTA	-	✓	✓	✓	✓	-	-	-	-	-	-	✓	-	-	□	-	□	□	-
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	-	✓	-	✓	-	-	-	-	✓	-	-	✓	-	✓	□	□	□	✓	-
SIMPLE HAM SANDWICH	-	✓	-	✓	-	-	-	-	-	-	-	✓	-	-	-	-	-	✓	-
SIMPLE CHEESE SANDWICH	-	✓	-	✓	-	-	-	-	-	-	-	✓	-	-	-	-	-	✓	-
BLT SANDWICH	-	✓	-	✓	-	-	-	-	✓	-	-	✓	-	-	-	-	-	✓	-
HUMMUS, GUACAMOLE & CARROT SANDWICH	□	✓	-	✓	-	-	-	-	□	□	-	□	-	□	-	-	✓	✓	-
RAINBOW VEGGIE WRAP	✓	✓	-	-	-	-	-	-	□	□	-	□	-	-	-	-	✓	✓	✓
ROLLS & BAGUETTES																			
HAM & CHEESE CROISSANT	-	✓	-	-	-	✓	-	-	✓	-	-	✓	-	-	□	-	□	✓	-
HAM & BUTTER RUSTIC ROLL	-	✓	✓	-	-	-	-	-	□	-	□	✓	-	□	□	-	□	□	-
CHEESE & PICKLE RUSTIC ROLL	-	✓	✓	✓	-	-	-	-	□	-	-	✓	-	□	□	□	□	□	✓
HOT WRAPS																			
CHIPOTLE CHICKEN BURRITO	✓	✓	-	-	-	-	-	-	-	-	-	✓	-	□	-	-	-	✓	-
VEGAN CHIPOTLE CHILLI BURRITO	✓	✓	-	-	-	-	-	-	-	-	-	-	-	□	-	-	-	✓	✓
BBQ PULLED PORK BURRITO	□	✓	-	-	-	-	-	-	-	□	-	✓	-	✓	-	-	-	✓	-
HOT FOOD																			
JERSEY BEEF & FUSILLI PASTA BAKE	✓	✓	-	✓	-	✓	-	-	□	✓	-	✓	-	✓	-	-	-	✓	✓
BUTTERNUT SQUASH, PUMPKIN SEED & CHICK PEA	□	✓	-	-	-	-	-	-	□	-	-	✓	-	✓	-	-	-	□	✓
COTTAGE PIE	✓	✓	-	✓	-	-	-	-	-	✓	-	✓	-	-	-	-	-	✓	✓
BACON CAULIFLOWER MAC & CHEESE	□	✓	-	-	-	-	-	-	□	-	-	✓	-	✓	-	-	-	□	✓
CAULIFLOWER AND SPINACH MAC & CHEESE	□	✓	-	-	-	-	-	-	□	-	-	✓	-	✓	-	-	-	□	✓
PULLED PORK ENCHILADA	□	✓	-	-	-	-	-	-	-	□	-	✓	-	✓	-	-	-	□	✓
MINI MAC & CHEESE	□	✓	-	-	-	-	-	-	□	-	-	✓	-	✓	-	-	-	□	✓
VEGGIE FRIED RICE	-	□	□	□	□	□	□	-	✓	-	-	-	-	□	-	-	-	✓	-
PANINIS																			
HAM & CHEESE PANINI	-	✓	✓	✓	✓	-	-	-	-	-	-	✓	-	-	□	-	□	□	✓
HALLOUMI & HARISSA PANINI	□	✓	✓	✓	✓	-	-	-	□	□	-	✓	-	□	□	□	□	□	✓
ITALIAN BREAKFAST PANINI	-	✓	-	-	-	-	-	-	-	-	-	✓	-	-	□	-	□	□	✓
SOUPS & CASSEROLES																			
CHICKEN CHANA DAL	-	□	□	□	□	□	□	-	-	-	-	□	-	✓	□	-	-	-	-
LEEK & POTATO	✓	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	✓	-

Café Ubé

ALLERGEN MENU

	1. CELERY	2. CEREALS CONTAINING GLUTEN (WHEAT)	2. CEREALS CONTAINING GLUTEN (RYE)	2. CEREALS CONTAINING GLUTEN (BARLEY)	2. CEREALS CONTAINING GLUTEN (OATS)	2. CEREALS CONTAINING GLUTEN (SPELT)	2. CEREALS CONTAINING GLUTEN (KHORASAN WHEAT)	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
THAI SPICED SWEETCORN & RED PEPPER	✓	□	□	□	□	□	□	-	-	-	-	-	-	□	-	-	-	-	✓
THAI CHICKEN CURRY	-	□	□	□	□	□	□	-	-	✓	-	-	✓	□	-	-	-	-	✓
CHICKEN & COCONUT CURRY CASSEROLE	-	□	□	□	□	□	□	-	-	✓	-	-	-	□	-	-	-	✓	✓
TOMATO & BASIL	✓	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	✓	-
CHICKEN LAKSA	✓	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	✓
SQUASH SOUP	✓	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	✓	-
SALADS																			
TUNA MAYONNAISE & VEGETABLE SALAD	-	-	-	-	-	-	-	-	✓	✓	-	-	-	✓	-	-	-	✓	✓
SESAME CHICKEN NOODLE SALAD	-	✓	-	-	-	-	-	-	✓	-	-	-	✓	-	□	□	✓	✓	-
KOREAN RICE BOWL	□	□	□	□	□	□	□	-	-	-	-	-	-	□	□	□	✓	✓	✓
KOREAN STICKY CHICKEN RICE BOWL	□	□	□	□	□	□	□	-	-	-	-	-	✓	□	□	□	✓	✓	✓
TUNA PASTA POT	-	✓	-	-	-	✓	-	-	✓	✓	-	-	-	✓	-	-	-	-	✓
RAINBOW BEAN POT	✓	□	□	□	□	□	□	-	-	-	-	-	-	-	-	-	-	✓	✓
SNACKS																			
PRE-PACKAGED PRODUCTS																			
For packaged products, such as crisps and chocolate bars, please see details of allergens on packaging label																			
FRESH FRUIT																			
APPLE	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
BANANA	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FRESHLY MADE DRINKS																			
HOT OR ICED COFFEES & CHOCOLATE																			
AMERICANO (NO MILK)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
AMERICANO (JERSEY MILK)	-	-	-	-	-	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
AMERICANO (OAT MILK)	-	-	-	-	✓	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CAFFE MOCHA (NO MILK)	-	-	-	-	-	-	-	-	-	-	-	✓	-	-	-	-	-	✓	-
CAFFE MOCHA (JERSEY MILK)	-	-	-	-	-	-	-	-	-	-	-	✓	-	-	-	-	-	✓	-
CAFFE MOCHA (OAT MILK)	-	-	-	-	✓	-	-	-	-	-	-	✓	-	-	-	-	-	✓	-
CAPPUCCINO (JERSEY MILK)	-	-	-	-	-	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
CAPPUCCINO (OAT MILK)	-	-	-	-	✓	-	-	-	-	-	-	-	-	-	-	-	-	-	-
ESPRESSO (NO MILK)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FILTER COFFEE (NO MILK)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FILTER COFFEE (JERSEY MILK)	-	-	-	-	-	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
FILTER COFFEE (OAT MILK)	-	-	-	-	✓	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FLAT WHITE (JERSEY MILK)	-	-	-	-	-	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
FLAT WHITE (OAT MILK)	-	-	-	-	✓	-	-	-	-	-	-	-	-	-	-	-	-	-	-
LATTE (JERSEY MILK)	-	-	-	-	-	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
LATTE (OAT MILK)	-	-	-	-	✓	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CHAI LATTE (JERSEY MILK)	-	-	-	-	-	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
CHAI LATTE (OAT MILK)	-	-	-	-	✓	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
HOT OR ICED CHOCOLATE (JERSEY MILK)	-	-	-	-	-	-	-	-	-	-	-	✓	-	-	-	-	-	✓	-
HOT OR ICED CHOCOLATE (OAT MILK)	-	-	-	-	✓	-	-	-	-	-	-	✓	-	-	-	-	-	✓	-
PEACH ICED TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
EXTRAS																			
EXTRA SHOT	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
VANILLA SYRUP	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CARAMEL SYRUP	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CINNAMON SYRUP	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
TEAS																			
ENGLISH BREAKFAST TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
EARL GREY TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
DECAF TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CHAMOMILE TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
REDBUSH TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GREE TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
RED BERRY TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
PEPPERMINT TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FRESHLY SQUEEZED JUICES & COOLERS																			
BEETROOT, ORANGE & CARROT JUICE	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GINGER ZINGER JUICE	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FRESHLY SQUEEZED ORANGE JUICE	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FESTIVE RANGE																			
CHRISTMAS DINNER SANDWICH	-	✓	-	-	-	-	-	-	✓	-	-	✓	-	-	-	-	-	-	✓
BRIE & CRANBERRY BAGUETTE	-	✓	-	✓	✓	✓	-	-	-	-	-	✓	-	-	□	-	✓	□	-
CHRISTMAS DINNER BURRITO	-	✓	-	-	-	-	-	-	✓	-	-	✓	-	-	-	-	-	✓	✓

Café Ubé

ALLERGEN MENU

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✓ = 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