

**Preps Allergen list Spring 2024**

Symbol meanings:

**X'** means that we can't make the dish without said allergen, there is no alternative available

**V'** means that we can make the dish without said allergen, ask our friendly staff about the options

Dishes	Allergens:	Gluten	Shellfish	Egg	Fish	Peanut	Soy	Lactose	Nuts	Selery	Mustard	Sesam	Sulfiets	Lupine	Mollusks
Greek yoghurt		V				X		V	X						
Chia pudding							X		V						
Salty Pancakes		V				V	X		V			V	V		
Power pancakes		V				V	V		V			V			
Caramel pancakes		V					X		V			V			
French toast		X		X			X	V							
Bananabread		V							X						
Power proteine		V				X	X		X						
Acai guarana		V				V			V						
Pink dragon		V				V			V						
Blue sea		V				V			V						
Scrambled eggs		V		X										X	
Tofu scramble		V					X							X	
Avocado and egg		V		V								V			
Flatbread tempeh		V				V	X		V			X	X		
Flatbread oatbangers		V					X				V	X	X		
Tuna Salad		V			X			X		X	X	X	X		
Smoked salmon		V			X		V			X	V	V	X		
Vegan salmon		V					X				V	X	X		
Vegan burger		V					X			X	X	X	X		
Pulled chicken		V					X			X		X	X		
Halloumi sandwich		V					X		V				X		
Tomato soup		V								X					
Soup of the week		V								X					
Hangover brekkie mix		V		V		V	V		V			V			
Hangover brekkie zoet		V				V	V		V			V			
Hangover brekkie salty		V		V			V		V		V	V			
Afternoon plate for 2		V				V	V		V	V	V	V	X		
Fresh Herbal garden		V					X		V		V	X			
Smoked salmon bowl		V		V	V		V				V	V			
Not a ceasar salad		X		V			X			X	X	X			
Mushroom mingle		V					X		V		V		X		
Toasty Spring		V		V			V					X	V		
Miss Waffle		X		X											
Sweet potato Sunrise		V		V			X			X	X		X		