

Preps Allergen list Winter 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	X		V			V			
Caramel pancakes		V					X		V			V			
French toast		X		X			X	V				V			
Bananabread		V					X		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								V	X		
Tofu scramble		V					X					V	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	V	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		V			
												V			
Hangover brekkie mix		V		V		V			V			V			
Hangover brekkie zoet		V				V	X		V			V			
Hangover brekkie salty		V		V			X		V		V	V			
Afternoon plate for 2		V				V	X		V	V	V	V	X		
Winter orzo salad		X					X		V		V	V			
Smoked salmon bowl		V		V	V		V				V	V			
Oatbangers salad		V					X		V	X	V	V	V		
Savory pancakes		V			V		X	V	V				V		
Broodje ball		V				X	V		V	X	V	X	X		
Toasty winter		V				X	V		V	X	V	X	X		
Espresso Martini pancakes		V					X								
Wintery stew curry		V							V	X					