

HOUSE BOWLS ALLERGEN MATRIX



Due to the open nature of our kitchen, we cannot guarantee that any item on our menu is entirely free from allergens.

ALL BASES come with **HOUSE SHOYU (SOY)** and **SESAME SEEDS** unless stated otherwise.

We also cannot guarantee that ingredients used are not prepared in premises that also process allergens.

✓ = contains, not removable ● = contains as standard, can be omitted

MENU ITEM	ALLERGENS	SOY All bases come with House Shoyu	SESAME All bowls come with Sesame Seeds	CEREALS CONTAINING GLUTEN	FISH	EGG	PEANUTS	TREE NUTS	CELERY	CRUSTACEA	MOLLUSCS	MUSTARD	MILK	LUPIN	SULPHITES	SULPHUR DIOXIDE & SULPHITES Bases come with House Shoyu
The Legend (Miso-Glazed Salmon)	SOY, SESAME, FISH, EGG, MUSTARD	<ul style="list-style-type: none"> • Miso Glaze • Sesame dressing • Seaweed salad 	<ul style="list-style-type: none"> • Sesame dressing • Seaweed salad 		<ul style="list-style-type: none"> • Salmon 	<ul style="list-style-type: none"> • Sesame dressing 						<ul style="list-style-type: none"> • Sesame dressing 				
Komorebi (Yuzu Chicken)	SOY, SESAME, EGG, CASHEW, MUSTARD	<ul style="list-style-type: none"> • Sesame dressing • Umani Crunch 	<ul style="list-style-type: none"> • Sesame dressing 			<ul style="list-style-type: none"> • Sesame dressing 		<ul style="list-style-type: none"> • Umani Crunch (cashew) 				<ul style="list-style-type: none"> • Sesame dressing 				
Old Mate (Spicy Beef)	SOY, SESAME, EGG, CASHEW, MUSTARD	<ul style="list-style-type: none"> • Spicy Beef • Spicy broccoli • House shoyu • Umani crunch • Hot Honey 	<ul style="list-style-type: none"> • Spicy broccoli 			<ul style="list-style-type: none"> • Kewpie mayo 		<ul style="list-style-type: none"> • Umani Crunch (cashew) 				<ul style="list-style-type: none"> • Kewpie mayo 				
Old Mate (Spicy Mushroom)	SOY, SESAME, CASHEW	<ul style="list-style-type: none"> • Spicy Mushroom • Spicy broccoli • House shoyu • Umani crunch • Hot Maple 	<ul style="list-style-type: none"> • Spicy broccoli 					<ul style="list-style-type: none"> • Umani Crunch (cashew) 								<ul style="list-style-type: none"> • Mushroom
The Flow (Yuzu Chicken)	SOY, SESAME, CASHEW	<ul style="list-style-type: none"> • Green Goddess Thai dressing • Edamame 						<ul style="list-style-type: none"> • Green Goddess Thai dressing (cashew) 								
The Flow (Yuzu Tofu)	SOY, CASHEW	<ul style="list-style-type: none"> • Tofu • Green Goddess Thai dressing • Edamame 						<ul style="list-style-type: none"> • Green Goddess Thai dressing (cashew) 								

HOUSE BOWLS INGREDIENTS ALLERGEN MATRIX



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Sushi Rice	● Shoyu	● Sesame													
Rice Noodles	● Shoyu	● Sesame													
Mixed Cabbage	● Shoyu	● Sesame													
Leafy Greens	● Shoyu	● Sesame													
Miso-glazed Salmon	● Miso Glaze	● Miso Glaze													
Spicy Beef	✓														
Spicy Mushroom	✓														✓
Yuzu Tofu	✓														
House Shoyu	✓														
Roasted Sesame	✓	✓			✓						✓				
Green Goddess Thai															
Hot Honey															
Hot Maple															
Kewpie Mayo					✓						✓				
Wasabi Mayo					✓						✓				
Tobiko	✓		✓	✓											
Wasabi Peas															
Umami Crunch	✓						✓Cashew								
Spicy Broccoli	✓	✓													
Seaweed Salad	✓	✓													
Chilli Jam	✓														✓
Edamame	✓														
Roasted Sesame		✓													

SMOOTHIE BOWLS & DRINKS ALLERGEN MATRIX



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ALL BASES come with **HOUSE CINNAMON MAPLE GRANOLA (ALMONDS & GLUTEN FREE OATS)** unless stated otherwise.

We also cannot guarantee that ingredients used are not prepared in premises that also process gluten or other allergens.

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MENU ITEM	ALLERGENS	SOY	SESAME	CEREALS CONTAINING GLUTEN <small>All bowls come with Oats, Almonds</small>	FISH	EGG	PEANUTS	TREE NUTS	CELERY	CRUSTACEA	MOLLUSCS	MUSTARD	MILK	LUPIN	SULPHITES	SULPHUR DIOXIDE & SULPHITES <small>Bases come with House Shoyu</small>
The Queenslander Smoothie Bowl	OATS, ALMOND, MACADAMIA			● Granola				● Granola (Almonds) ● Macadamia butter								
Acai Dream Smoothie Bowl	OATS, ALMOND, PEANUT			● Granola			● Peanut butter	● Granola (Almonds)								
Pink Pitaya Smoothie Bowl	OATS, ALMOND, PISTACHIO			● Granola				● Granola (Almonds) ● Pistachio butter								
Berry Bliss Smoothie Bowl	OATS, ALMOND, MACADAMIA			● Granola				● Granola (Almonds) ● Macadamia butter								
Cacao Coast Smoothie Bowl	OATS, ALMOND, HAZELNUT			● Granola ● Oat milk				● Granola (Almonds) ● Hazelnut butter								
Cacao Coast Smoothie	OATS, HAZELNUT			● Oat milk				● Hazelnut butter								

SMOOTHIE BOWLS & DRINKS INGREDIENTS ALLERGEN MATRIX



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MENU ITEM	SOY	SESAME	CEREALS CONTAINING GLUTEN	FISH	EGG	PEANUTS	TREE NUTS	CELERY	CRUSTACEA	MOLLUSCS	MUSTARD	MILK	LUPIN	SULPHITES	SULPHUR DIOXIDE & SULPHITES
Granola			✓				✓Almonds								
Macadamia Butter						✓Peanuts									
Peanut Butter							✓Macadamia								
Pistachio Butter							✓Pistachio								
Cacao-Hazelnut Butter							✓Hazelnut								
Oat Milk			✓												
Salted Sticky Date Drizzle						✓Peanuts									
Greek Yoghurt												✓			
Organic Whey Protein												✓			
Cream Top												✓			
Cold Foam												✓			
Whole Milk												✓			
Oat Milk			✓												