

# HOLY GREENS

## ALLERGEN GUIDE

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AT HOLY GREENS, WE ARE AWARE OF THE HEALTH RISKS ASSOCIATED WITH FOOD ALLERGIES. WE HAVE THEREFORE COMPILED THIS ALLERGEN GUIDE FOR GUESTS WITH DIAGNOSED ALLERGIES OR FOOD SENSITIVITIES.

AS WE HANDLE AND PREPARE THE MAJORITY OF OUR INGREDIENTS OURSELVES, WE KNOW EXACTLY WHAT OUR FOOD CONTAINS. HOWEVER, WE ALSO RECOGNISE THAT THIS MAY STILL POSE A RISK TO GUESTS WITH SEVERE ALLERGIES, AS SOME ALLERGENS, FOR EXAMPLE, MAY BECOME AIRBORNE DURING FOOD PREPARATION.

IT IS ULTIMATELY UP TO EACH GUEST TO ASSESS THE SEVERITY OF THEIR OWN ALLERGY OR SENSITIVITY. WE HOPE, HOWEVER, THAT THIS GUIDE WILL HELP YOU MAKE AN INFORMED CHOICE AND ENJOY A DELICIOUS AND HEALTHY MEAL.

PLEASE DO NOT HESITATE TO ASK A MEMBER OF OUR STAFF IF YOU HAVE ANY QUESTIONS OR CONCERNS.

WE ARE HERE TO HELP YOU!

ON THE FOLLOWING PAGES, WE HAVE LISTED THE FOOD GROUPS THAT ARE RESPONSIBLE FOR THE MOST SERIOUS ALLERGIC REACTIONS, TOGETHER WITH THE SALADS, INGREDIENTS, AND PRODUCTS THAT CONTAIN EACH OF THESE ALLERGENS.

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– Proteins, bases, dressings, marinades, hummus, pickles, bars and other items

# ALLERGEN GUIDE

## QUICK GUIDE

### SALADS

|                  | FISH | GLUTEN | CRUSTACEAN<br>S & MOLLUSCS | EGG | PEANUTS | LUPIN | MILK &<br>LACTOSE | TREE NUTS | CELERY | MUSTARD | SESAME | SOY | SULPHITES | SEEDS |
|------------------|------|--------|----------------------------|-----|---------|-------|-------------------|-----------|--------|---------|--------|-----|-----------|-------|
| HABANERO PRAWN   |      |        | ●                          |     | ●       |       |                   |           |        |         | ●      | ●   |           |       |
| GREEN GARDEN     |      |        |                            |     |         |       |                   |           |        | ●       | ●      |     |           | ●     |
| HOLY CAESAR      |      |        |                            | ●   |         |       | ●                 |           |        | ●       |        |     |           |       |
| HOLYLULU         | ●    |        |                            |     |         |       |                   |           |        | ●       | ●      | ●   | ●         |       |
| SALMONCADO       | ●    |        |                            |     |         |       |                   |           |        | ●       | ●      | ●   |           | ●     |
| MEXICALI (BEEF)  |      |        |                            |     |         |       |                   |           |        |         | ●      | ●   | ●         |       |
| MEXICALI (VEGAN) |      |        |                            |     |         |       |                   |           |        |         |        |     | ●         |       |

### HOT BOWLS

|                             | FISH | GLUTEN | CRUSTACEAN<br>S & MOLLUSCS | EGG | PEANUTS | LUPIN | MILK &<br>LACTOSE | TREE NUTS | CELERY | MUSTARD | SESAME | SOY | SULPHITES | SEEDS |
|-----------------------------|------|--------|----------------------------|-----|---------|-------|-------------------|-----------|--------|---------|--------|-----|-----------|-------|
| AVOGOODNESS                 |      |        |                            |     |         |       | ●                 |           |        | ●       |        |     | ●         |       |
| AVOGOODNESS<br>(VEGETARIAN) |      |        |                            |     |         |       | ●                 |           |        |         |        |     | ●         |       |
| VIET NOODLE                 |      |        |                            |     | ●       |       |                   |           |        |         | ●      | ●   |           |       |
| VIET NOODLE (VEGAN)         |      |        |                            |     | ●       |       |                   |           |        |         | ●      | ●   |           |       |
| HARVEST BOWL                |      |        |                            |     |         |       |                   | ●         |        | ●       |        |     | ●         |       |
| HARVEST BOWL<br>(VEGAN)     |      |        |                            |     |         |       |                   | ●         |        |         |        |     | ●         |       |
| SWEET SALMON                | ●    |        |                            |     |         |       |                   |           |        |         | ●      | ●   |           |       |
| SEOUL BOWL                  |      |        |                            |     |         |       |                   |           |        |         | ●      | ●   | ●         |       |
| SEOUL BOWL (VEGAN)          |      |        |                            |     |         |       |                   |           |        |         | ●      | ●   | ●         |       |
| THAI-ISH                    |      |        |                            |     |         |       |                   | ●         |        |         | ●      | ●   |           |       |
| THAI-ISH (VEGAN)            |      |        |                            |     |         |       |                   | ●         |        |         |        |     |           |       |

## DRESSING

|                 | FISH | GLUTEN | CRUSTACEAN<br>& MOLLUSCS | EGG | PEANUTS | LUPIN | MILK &<br>LACTOSE | TREE NUTS | CELERY | MUSTARD | SESAME | SOY | SULPHITES | SEEDS |
|-----------------|------|--------|--------------------------|-----|---------|-------|-------------------|-----------|--------|---------|--------|-----|-----------|-------|
| BASIL-LEMON     |      |        |                          |     |         |       |                   |           |        | ●       |        |     |           |       |
| CAESAR          |      |        |                          | ●   |         |       | ●                 |           |        | ●       |        |     |           |       |
| CASHEW-GINGER   |      |        |                          |     |         |       |                   | ●         |        |         |        |     | ●         |       |
| GREEN GODDESS   |      |        |                          |     |         |       |                   |           |        |         |        |     | ●         |       |
| HABANERO-LIME   |      |        |                          |     |         |       |                   |           |        |         |        | ●   |           |       |
| MANGO-LIME LEAF |      |        |                          |     |         |       |                   |           |        |         |        |     |           |       |
| CHILI-PEPPER    |      |        |                          |     |         |       |                   |           |        |         |        |     | ●         |       |
| KIMCHI-MAYO     |      |        |                          |     |         |       |                   |           |        |         | ●      | ●   | ●         |       |
| PEANUT-LIME     |      |        |                          |     | ●       |       |                   | ●         |        |         | ●      | ●   |           |       |
| SOY-SESAME      |      |        |                          |     |         |       |                   |           |        |         | ●      | ●   |           |       |

## SNACKS

|                   | FISH | GLUTEN | CRUSTACEANS<br>& MOLLUSCS | EGG | PEANUTS | LUPIN | MILK &<br>LACTOSE | TREE NUTS | CELERY | MUSTARD | SESAME | SOY | SULPHITES | SEEDS |
|-------------------|------|--------|---------------------------|-----|---------|-------|-------------------|-----------|--------|---------|--------|-----|-----------|-------|
| APPLE OAT CRUMBLE |      |        |                           |     |         |       |                   |           |        |         |        |     |           |       |
| MANGO CASHEW SKYR |      |        |                           |     |         |       | ●                 | ●         |        |         |        |     |           |       |
| BLUBERRY CHIA POT |      |        |                           |     |         |       |                   |           |        |         |        |     |           |       |

## RAW BITES

|                 | FISH | GLUTEN | CRUSTACEANS<br>& MOLLUSCS | EGG | PEANUTS | LUPIN | MILK &<br>LACTOSE | TREE NUTS | CELERY | MUSTARD | SESAME | SOY | SULPHITES | SEEDS |
|-----------------|------|--------|---------------------------|-----|---------|-------|-------------------|-----------|--------|---------|--------|-----|-----------|-------|
| PEANUT CRUNCH   |      |        |                           |     | ●       |       |                   | ●         |        |         |        |     |           |       |
| CASHEW-CARAMEL  |      |        |                           |     |         |       |                   | ●         |        |         |        |     |           |       |
| COFFEE -VANILLA |      |        |                           |     |         |       |                   | ●         |        |         |        |     |           |       |

# ALLERGEN GUIDE

## CELERY

### *SALADS & INGREDIENTS*

NO SALADS CONTAIN CELERY.

### *PRODUCTS CONTAINING CELERY*

NO PRODUCTS CONTAIN CELERY.

## CRUSTACEANS & MOLLUSCS

### *SALADS & INGREDIENTS*

HABANERO PRAWN (KING PRAWNS)

### *PRODUCTS CONTAINING CRUSTACEANS OR MOLLUSCS*

KING PRAWNS

## EGGS

### *SALADS & INGREDIENTS*

HOLY CAESAR (CAESAR DRESSING & GRANA PADANO)

### *PRODUCTS CONTAINING EGGS*

CAESAR DRESSING

GRANA PADANO

## FISH

### *SALADS & INGREDIENTS*

HOLYLULU (RAW MARINATED SALMON)

SALMONCADO (ROASTED SALMON)

SWEET SALMON (ROASTED SALMON)

### *PRODUCTS CONTAINING FISH*

RAW MARINATED SALMON

ROASTED SALMON

## GLUTEN

### *SALADS & INGREDIENTS*

NO SALADS CONTAIN GLUTEN.

### *PRODUCTS CONTAINING GLUTEN*

NO PRODUCTS CONTAIN GLUTEN.

## LUPIN

### *SALADS & INGREDIENTS*

NO SALADS CONTAIN LUPIN.

### *PRODUCTS CONTAINING LUPIN*

NO PRODUCTS CONTAIN LUPIN.

## MILK PROTEIN & LACTOSE

### *SALADS & INGREDIENTS*

AVOGOODNESS (LEMON YOGHURT)

HOLY CAESAR (GRANA PADANO & CAESAR DRESSING)

### *PRODUCTS CONTAINING MILK PROTEIN & LACTOSE*

CAESAR DRESSING

GRANA PADANO

LEMON YOGHURT

## MUSTARD

### *SALADS & INGREDIENTS*

AVOGOODNESS (HONEY-LEMON CHICKEN)

GREEN GARDEN (BASIL-LEMON DRESSING)

HARVEST BOWL (HONEY-LEMON CHICKEN)

HOLY CAESAR (HONEY-LEMON CHICKEN & CAESAR DRESSING)

SALMONOCADO (BASIL-LEMON DRESSING)

### *PRODUCTS CONTAINING MUSTARD*

BASIL-LEMON DRESSING

CAESAR DRESSING

HONEY-LEMON CHICKEN

## NUTS & SEEDS

*PLEASE NOTE THAT ALL SALADS MAY CONTAIN TRACES OF THE FOLLOWING NUTS AND SEEDS, AS THESE INGREDIENTS ARE HANDLED IN OUR KITCHENS.*

## CASHEW NUTS

### *SALADS & INGREDIENTS*

HARVEST BOWL (TOPPING)

THAI-ISH (TOPPING)

### *PRODUCTS CONTAINING CASHEW NUTS*

CASHEW CARAMEL (RAW BITE)

COFFEE VANILLA (RAW BITE)

ROASTED CASHEW NUTS

## PEANUTS

### *SALADS & INGREDIENTS*

HABANERO PRAWN (TOPPING)

VIET NOODLE (PEANUT-LIME DRESSING & TOPPING)

### *PRODUCTS CONTAINING PEANUTS*

PEANUT-LIME DRESSING

ROASTED PEANUTS

PEANUT BAR (RAW BITE)

## SUNFLOWER SEEDS

### *SALADS & INGREDIENTS*

GREEN GARDEN (TOPPING)

SALMONCADO (TOPPING)

### *PRODUCTS CONTAINING SUNFLOWER SEEDS*

SUNFLOWER SEEDS

## SESAME

### *SALADS & INGREDIENTS*

GREEN GARDEN (BEETROOT HUMMUS)

HABANERO PRAWN (NOODLES & KING PRAWNS)

HOLYLULU (RAW MARINATED SALMON & KIMCHI MAYO DRESSING)

MEXICALI (BEEF)

SALMONOCADO (ROASTED SALMON)

SEOUL BOWL (NOODLES, GOCHUJANG CHICKEN & KIMCHI MAYO DRESSING)

SWEET SLAMON (ROASTED SALMON)

THAI-ISH (GOCHUJANG CHICKEN)

VIET NOODLE (BEEF, NOODLES & PEANUT-LIME DRESSING)

### *PRODUCTS CONTAINING SESAME*

KIMCHI-MAYO DRESSING

NOODLES

KING PRAWNS

PEANUT LIME DRESSING

RAW MARINATED SALMON

## *PRODUCTS CONTAINING SESAME (CONTINUED)*

BEETROOT HUMMUS

GOCHUJANG CHICKEN

BEEF

## SOY (SOYBEANS / EDAMAME)

### *SALADS & INGREDIENTS*

HABANERO PRAWN (NOODLES, SOYBEANS/EDAMAME & HABANERO LIME DRESSING)

HOLYLULU (RAW MARINATED SALMON, SOYBEANS/EDAMAME & KIMCHI MAYO DRESSING)

MEXICALI (BEEF)

SEOUL BOWL (GOCHUJANG CHICKEN, NOODLES, SOYBEANS/EDAMAME & KIMCHI MAYO DRESSING)

SWEET SALMON (ROASTED SALMON)

THAI-ISH (GOCHUJANG CHICKEN)

VIET NOODLE (BEEF & PEANUT LIME DRESSING)

### *PRODUCTS CONTAINING SOY / SOYBEANS*

HABANERO LIME DRESSING

PEANUT LIME DRESSING

KIMCHI MAYO DRESSING

NOODLES

RAW MARINATED SALMON

ROASTED SALMON

SOYBEANS / EDAMAME

GOCHUJANG CHICKEN

BEEF

## SULPHITES

*SULPHITES OCCUR NATURALLY DURING THE FERMENTATION OF WINE. WE USE APPLE CIDER VINEGAR IN OUR DRESSINGS, WHICH IS WHY THEY CONTAIN SULPHITES.*

### *SALADS & INGREDIENTS*

AVOGOODNESS (GREEN GODDESS DRESSING)

HARVEST BOWL (CASHEW-GINGER DRESSING)

HOLYLULU (KIMCHI MAYO DRESSING)

MEXICALI (CHILI PEPPER DRESSING)

SEOUL BOWL (KIMCHI MAYO DRESSING)

### *PRODUCTS CONTAINING SULPHITES*

GREEN GODDESS DRESSING

KIMCHI MAYO DRESSING

CHILI-PEPPER DRESSING

# HOLY GREENS

## INGREDIENT LIST

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### PROTEINS

#### KING PRAWNS

Prawns (*penaeus vannamei*), kimchi mayo, lime, umami seasoning

#### CHICKEN THIGH HONEY LEMON

Chicken thigh, rapeseed oil, lemon, Dijon mustard, honey, umami seasoning

#### CHICKEN THIGH GOCHUJANG

Chicken thigh, rapeseed oil, gochujang paste, soy, ginger, lime, umami seasoning

#### RAW MARINATED SALMON

Salmon (*Salmo salar*), tamari soy sauce, lime, ginger, garlic, sesame oil

#### SLOW COOKED BEEF

Beef brisket, garlic, onion, black pepper, salt, tomato paste, sage, soy, sesame, lime, chili

#### SALMON

Salmon (*Salmo salar*), tamari soy sauce, lime, ginger, garlic, sesame oil

#### PLANT BITES (Organic)

Mung beans (68%), short-grain brown rice, onion, beetroot, salt, garlic, coriander, fenugreek, cumin, cayenne pepper, bay leaf

## BASES

### QUINOA

Quinoa, rapeseed oil, parsley, umami seasoning

### NOODLES

Mung beans, water, sesame oil (soybean), salt

### RICE

Black wholegrain rice, salt

## DRESSINGS

### BASIL-LEMON

Basil, lemon juice, mustard, rapeseed oil, salt, pepper

### HABANERO-LIME

Coriander, habanero, ginger, lime juice, tamari soy sauce, rapeseed oil

### CAESAR

Egg yolk, garlic, mustard, lemon juice, Grana Padano, rapeseed oil, salt, pepper

### CASHEW-GINGER

Cashew nuts, ginger, lemon juice, apple cider vinegar, umami seasoning, rapeseed oil

### GREEN GODDESS

Basil, spinach, shallot, garlic, lemon juice, apple cider vinegar, nutritional yeast, vegan mayonnaise, salt, rapeseed oil

### PEANUT-LIME

Peanut butter, lime juice, tamari soy sauce, sesame oil, garlic, ginger

### KIMCHI MAYO

Vegan mayonnaise, gochujang paste, tamari soy sauce, chili, rice vinegar, lime juice, ginger, sesame, garlic

### MANGO-LIME LEAF

Lime leaves, coriander, jalapeño, mango, umami seasoning, lime, lemon juice, rapeseed oil

### CHILLI-PEPPER

Roasted red pepper, chili, garlic, shallot, apple cider vinegar, rapeseed oil, salt, pepper

## HUMMUS & PICKLES

### PICKLING BRINE

Water, spirit vinegar, sugar, salt

### CHIPOTLE HUMMUS

Chickpeas, roasted pepper, chipotle, rapeseed oil, lime, garlic, salt, coriander

### LEMON YOGURT

Salad cheese, natural yogurt, lemon

### BEETROOT HUMMUS

Chickpeas, beetroot, tahini, rapeseed oil, lemon, garlic, salt

## SEASONINGS & MARINADES

### SOY MARINADE

Soy sauce, ginger, garlic, sesame oil, lime juice

### UMAMI SEASONING

Salt, onion, garlic, tomato, nutritional yeast

### CURRY SEASONING

Yellow curry, turmeric, bay leaves, black pepper, paprika powder, cayenne pepper, salt, onion, nutritional yeast, cumin, coriander

### APPLE SPICE

Cinnamon, cardamom, ginger

## OTHER

### GRANA PADANO

Cow's milk, salt, rennet, preservative (lysozyme, egg protein)

### CRISPY ONIONS

Onions, sunflower oil

### SALAD CHEESE

Pasteurized cow's milk, salt, cheese-making enzyme, microbial rennet

### SESAME OIL

Sesame oil, soybean oil

## RAW CAKES

### CASHEW CARAMEL

Cashew nuts, coconut, dates, vanilla, agave syrup, salt

### PEANUT CRUNCH

Peanuts, dates, cornflakes, coconut, cocoa, agave syrup, salt

### VANILLA COFFEE

Cashew nuts, dates, coconut, espresso, vanilla, salt