

URBAN GREENS - Allergen Guide 2023

SALADS	Beets by Urban	Gogosan	Sweet Beets	Urban Caesar	Cheeky Hummus	Seoul Chicken	Sweet Chick	Shrimp Habanero	Beef Saigon	Salmon Avocado	Jakarta	The Veggie Caesar
Suitable for	Vegans Gluten Free	Vegans Gluten Free	Vegans Gluten Free	Gluten Free	Gluten Free	Gluten Free	Gluten Free	Gluten Free	Gluten Free	Gluten Free	Vegetarians Gluten Free	Gluten Free
Sesame	✓	✓	✓		✓	✓	✓	✓	✓		✓	
Milk				✓								✓
Egg												
Lupin												
Cereals containing gluten												
Molluscs												
Soya							✓		✓		✓	✓
Peanut								✓	✓		✓	
Celery & Celeriac												
Mustard												
Sulphites												
Crustacean								✓				
Fish										✓		
Nuts		✓		✓	✓	✓		✓	✓		✓	

*This table does not include dressing allergens. Please refer to the allergen guide for dressings.

DRESSINGS	Mango Spring Onion	Habanero Lime	Caesar	Gochujang Miso
Suitable for	Vegans Gluten Free	Vegans Gluten Free	Gluten Free	Vegans Gluten Free
Sesame				
Milk			✓	
Egg			✓	
Lupin				
Cereals containing gluten				
Molluscs				
Soya		✓		✓
Peanut				
Celery & Celeriac				
Mustard			✓	
Sulphites	✓	✓	✓	✓
Crustacean				
Fish				
Nuts				

DESSERTS	Chocolate Mousse	Snickers Balls
Suitable for	Vegans Gluten Free	Vegans Gluten Free
Sesame	✓	✓
Milk		
Egg		
Lupin		
Cereals containing gluten		
Molluscs		
Soya	✓	
Peanut		✓
Celery & Celeriac		
Mustard		
Sulphites	✓	
Crustacean		
Fish		
Nuts		✓

DRINKS	Booster Shot
Suitable for	Vegans Gluten Free
Sesame	
Milk	
Egg	
Lupin	
Cereals containing gluten	
Molluscs	
Soya	
Peanut	
Celery & Celeriac	
Mustard	
Sulphites	
Crustacean	
Fish	
Nuts	