


















Allergens													
Panini													
The BBQ 3	✓					✓	✓			✓			
The Cheesy Date	✓						✓					✓	
The Smoked Special	✓					✓	✓			✓			
The Turkey Pesto	✓						✓	✓					
The Spicy Chic	✓						✓		✓	✓			
The Pork Twist	✓						✓						
The Pizza	✓					✓	✓						
The Vaganini	✓						✓	✓				✓	
The Sweet Tuna	✓			✓			✓			✓			
Wraps													
Chilli Beef Wrap	✓						✓						
PLT Wrap	✓						✓						
Bacon Cheese Burger	✓		✓				✓			✓			
Chicken & Avocado Wrap	✓		✓				✓						
Turkey Ranch Wrap	✓						✓						
Spinach & Feta Wrap	✓						✓	✓					
Salmon Wrap	✓			✓						✓			✓
Baked Potatoes													
Fully Loaded							✓						
Shredded Pork												✓	
Chilli Beef							✓						
Bacon & Mushroom							✓	✓		✓			
Cheese, Beans & Chorizo							✓	✓					
JB's Special Spud			✓				✓						
Nachos													
Chilli Beef Nachos							✓						
Pork Nachos							✓						
Veggie Nachos							✓						
Soups													
Creamy Veg							✓		✓				
Soup Zero									✓				
Green Zero									✓				
Protein									✓				
Tomato & Basil									✓				
Creamy Tomato							✓		✓				
Curried Chicken							✓		✓	✓	✓		
Mushroom S							✓		✓				
Butternut Squash									✓				
Cream of Asparagus							✓		✓				
Carrot & Orange									✓				
French Onion									✓				
Broccoli & Brie							✓		✓				
Cheese & Crispy Bacon							✓		✓			✓	
Leek & Potato							✓		✓				
Tomato & Pepper									✓				
JB Specials													
Hot Chicken Baguette	✓		✓				✓			✓			
Hot Pork Baguette	✓					✓	✓		✓				
Soft Sub Special	✓		✓				✓						
Beef & Cheese Sub	✓						✓						
Pasta Sauces													
Carbonara Sauce						✓	✓		✓				
Chilli Beef Sauce													
Beef Bolognese Sauce									✓				
Pesto Chicken Sauce						✓	✓	✓	✓				
Chicken & Broccoli Sauce						✓	✓		✓				

-  GLUTEN
-  EGGS
-  PEANUTS
-  MILK
-  CELERY
-  SESAME SEEDS
-  LUPIN
-  CRUSTACEANS
-  FISH
-  SOYA BEANS
-  NUTS
-  MUSTARD
-  SULPHUR DIOXIDE
-  MOLLUSCS

Allergens													
Dressings & Dips													
Honey & Mustard										✓			
Balsamic												✓	
Olive Oil													
Pesto Basil & Lemon Oil							✓	✓					
Garlic & Chilli Oil													
Ginger & Soy	✓					✓							
Balsamic & Olive Oil												✓	
Caesar Dressing										✓			
French Dressing										✓			
Italian Dressing										✓			
Light Mayo			✓				✓			✓			
Lemon Mayo			✓				✓			✓			
Honey Mayo			✓				✓			✓			
Garlic Mayo			✓							✓			
Chipotle Mayo			✓							✓			
Sweet Chilli Sauce	✓												
Sriracha													
Ranch	✓						✓						
Cajun	✓					✓				✓			
Bourbon BBQ										✓			
Tomato Ketchup	✓												
Cranberry													
Sweet Tomato Relish	✓									✓			
Salsa													
Pesto							✓	✓					
Guacamole							✓						

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Allergens													
Salads & Proteins													
Sesame Broccoli											✓		
Green Beans & Sugar Snapsin Black Pepper													
Sweet Chilli Noodles	✓		✓										
Roasted Mediterranean Vegetables													
Tomato, Cucumber & Pepper Salsa												✓	
Asian Coleslaw						✓							
Pesto Pasta	✓						✓	✓					
Mediterranean Cous Cous	✓											✓	
Chilli Chickpeas & Kidney Beans													
Beetroot Coleslaw													
Mexican Coleslaw													
Curried Chickpeas & Kidney Beans							✓		✓	✓			
Sweet Potto & Kale													
Chilli Ginger Chicken													
Turmeric & Lemon Chicken													
Salt & Pepper Chicken													
Hot Cajun Chicken	✓					✓					✓		
Cajun Chicken Pieces	✓					✓	✓				✓		
Pesto Chicken Pieces						✓	✓	✓					
Sesame Salmon				✓								✓	
Teriyaki Salmon				✓		✓							
Tuna				✓									
Plain Goujons	✓												
Spicy Goujons	✓										✓		

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Lainie's Daily Hot Pots														
Chicken Satay						✓		✓						
Crispy Chicken Fillet Burger	✓		✓				✓	✓					✓	
Quiche Lorraine			✓										✓	
Chicken Enchilada Bake	✓			✓			✓		✓					
Salt & Chilli Chicken			✓			✓								
Chicken Kiev			✓				✓	✓				✓		
Burrito Bowl				✓			✓							
Meat Sung	✓					✓							✓	
Spice Bowl			✓			✓	✓	✓						
Bakers Corner														
Belgian Chocolate Chip Cookie	✓		✓			✓	✓							
Chocolate Chip Muffins	✓		✓			✓								
Strawberry & Cream Muffins	✓		✓			✓	✓							
Lemon Drizzle Loaf	✓		✓			✓	✓						✓	
Cinnamon Swirl Danish	✓		✓			✓	✓							
Custard & Raisin Danish	✓		✓		✓	✓	✓							
Maple Pecan Danish	✓		✓				✓	✓						
Croissants	✓		✓			✓	✓	✓						
Gill's Brownies	✓		✓				✓							
Granola	✓							✓						
Homemade Flapjacks	✓						✓							
Homemade Scones	✓		✓				✓							
Nutella Krispie	✓					✓	✓	✓						
Malteaser Slice	✓					✓	✓	✓						
Caramel Slice	✓						✓							
Peppermint Slice	✓					✓	✓	✓						
Coconut Macaroon			✓			✓	✓							
Carrot Cake			✓			✓	✓							
Superfood Flapjack						✓		✓					✓	