

**ZUPPA**  
**Food Menu**  
**Allergen Summary**

To help you make the best choices for you we've put together some nutrition information about our standard menu items.

The nutrition and ingredient information is based on standard product formulations, standard product assembly and standard serving sizes. Actual sizes and assembly may vary. Due to the individual preparation of each of our menu items, actual values may vary from those listed. Variations may also occur depending on the supplier, store location and the season of the year. Furthermore, product formulations may change periodically.

**Food Sensitivities and Preferences**

As we operate working kitchens please be aware that there is always a risk that traces of allergens may be transferred to ingredients during storage or preparation of food in our kitchens. ZUPPA's stores are therefore unable to guarantee that any food item sold is free from cross contact of allergens. No food items are certified as vegetarian/vegan. Whilst some ingredients may not contain animal ingredients, we cannot guarantee that there will be no cross contact with ingredients that do contain animal ingredients in our kitchens.

If you would like further information or have food sensitivities or dietary concerns regarding specific ingredients in specific menu items, please contact us at [zuppa.com.au](http://zuppa.com.au) or call us on (03) 96144732.

Our allergen labelling complies with Australia New Zealand Food Standards Code – Standard 1.2.3 (*Registered 09 March 2021*).

**Chart key:**

**P:** Ingredient is **PRESENT** in the product as an ingredient, food additive or processing aid.

**M:** Ingredients **may be present**.

## ALLERGEN SUMMARY

*As we operate working kitchens please be aware that there is always a risk that allergen containing ingredients may be transferred during storage or preparation of food in our kitchens. Zuppa's stores are therefore unable to guarantee that any food item sold is free from cross contact of allergens.*

*Last updated: 17 March 2025*

BREAKFAST								
	Gluten	Wheat	Egg	Milk	Soy	Sesame	Nuts	Fish
Big Breakfast Brioche Bun	P	P	P	P	M	M	M	
Egg & Double Bacon Brioche Bun	P	P	P	P	M	M	M	
Florentine Muffin (Vegetarian)	P	P	P	P	M	M	M	
Egg & Sausage Muffin	P	P	P	P	M	M	M	
Egg & Bacon Muffin	P	P	P	P	M	M	M	
Gourmet Breakfast Bun	P	P	P	P	P	M	M	
PUDDINGS & YOGHURTS								
	Gluten	Wheat	Egg	Milk	Soy	Sesame	Nuts	Fish
Chia Pudding	M	M	M	P	M	M	P	
Rice Pudding	M	P	M	P	M	M	M	
Mango & Passionfruit Yoghurt	M	P	M	P	M	M	P	
Mixed Berry & Granola Yoghurt	M	P	M	P	M	M	P	
Bircher Muesli and Yoghurt	M	P	M	P	M	M	P	
Mango & Blueberry Float	M	P	M	P	M	M	P	
Mango Protein Yoghurt	M	M	M	P				
WRAPS								
	Gluten	Wheat	Egg	Milk	Soy	Sesame	Nuts	Fish
Buffalo Chicken Wrap	P	P	P	P	P	M	M	

Club Wrap	P	P	P	P	P	M	M	
Falafel Wrap (Vegan)	P	P	M	M	P	P	M	
Caesar Wrap	P	P	P	P	P	P	M	
Schnitzel Wrap	P	P	P	M	P	P	M	
Egg & Bacon Roti Wrap	P	P	P	P	M	M	M	
<b>BAGELS</b>								
	Gluten	Wheat	Egg	Milk	Soy	Sesame	Nuts	Fish
American Chicken Bagel	P	P	P	P	M	P	M	M
Salmon & Cream Cheese Bagel	P	P	M	P	P	M	M	P
Chicken Schnitzel Bagel	P	P	P	P	P	P	M	M
Chicken & Avocado Bagel	P	P	P	P	P	P	M	M
Goats Cheese Bagel (Vegetarian)	P	P	P	P	P	P	M	M
<b>FRESH SANDWICHES</b>								
	Gluten	Wheat	Egg	Milk	Soy	Sesame	Nuts	Fish
Fresh Tuna Sandwich	P	P	P	M	P	M	M	P
Fresh Ham Sandwich	P	P	P	P	M	M	M	M
Fresh Chicken Sandwich	P	P	P	M	M	M	M	M
Fresh Egg Sandwich (Vegetarian)	P	P	P	M	P	M	M	M
Fresh Turkey Sandwich	P	P	P	M	P	M	M	M
<b>SOURDOUGH SANDWICHES</b>								
	Gluten	Wheat	Egg	Milk	Soy	Sesame	Nuts	Fish
The Reuben Sandwich	P	P	P	P	P	M	M	
Tokyo Chicken Sandwich	P	P	P	P	P	M	M	
Triple Cheese Sandwich (Vegetarian)	P	P	P	P	P	M	M	
Club Zuppa Sandwich	P	P	P	P	P	M	M	

CIABATTAS								
	Gluten	Wheat	Egg	Milk	Soy	Sesame	Nuts	Fish
Grilled Chicken Ciabatta	P	P	P	P	P	M	M	
Chicken Schnitzel Ciabatta	P	P	P	P	P	M	M	
Tomato & Mozzarella Ciabatta (Vegetarian)	P	P	M	P	P	M	P	
American Chick	P	P	P	P	P	M	M	
Chicken Baguette	P	P	P	M	P	M	M	
SOUPS								
	Gluten	Wheat	Egg	Milk	Soy	Sesame	Nuts	Fish
Broccoli and Feta Soup (Gluten Free)	M	M	M	P	M	M	M	
Chicken and Kale Soup (Gluten Free)	M	M	M	M	M	M	M	
Chicken and Shrimp Wontons in Broth (Lactose Free)	P	P	M	M	P	P	M	
Lentil & Zucchini Soup (Vegan)	M	M	M	M	M	M	M	
WARM BOWLS								
	Gluten	Wheat	Egg	Milk	Soy	Sesame	Nuts	Fish
Thai Green Tofu Curry	P	P	M	M	P	P	M	P
Creamy Pesto Gnocchi (Gluten Free)	M	M	M	P	M	M	P	
Chicken Karaage Bowl	P	P	P	P	P	P	M	
Stir-fry Pork Belly	P	P	M	M	P	P	M	
Creamy Chicken & Mushroom with Mash (Gluten Free)	M	M	P	P	P	M	M	
Creamy Chicken & Mushroom Pasta	P	P	P	P	P	M	M	
Beef Brisket & Mash	M	M	P	M	P	P	M	
Spicy Chicken Noodles	P	P	P	M	P	P	M	
Napoli Meatballs and Mash	P	P	P	P	P	M	M	

Japanese Curry	<b>P</b>	<b>P</b>	<b>P</b>	<b>P</b>	<b>P</b>	<b>M</b>	<b>M</b>	
<b>SALADS</b>								
	Gluten	Wheat	Egg	Milk	Soy	Sesame	Nuts	Fish
Fresh Duo	<b>P</b>	<b>P</b>	<b>M</b>	<b>P</b>	<b>P</b>	<b>M</b>	<b>M</b>	<b>M</b>
Beetroot Salad	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>P</b>	
Chicken Soba Noodle Salad	<b>P</b>	<b>P</b>	<b>M</b>	<b>M</b>	<b>P</b>	<b>P</b>	<b>P</b>	
Lamb Salad	<b>P</b>	<b>P</b>	<b>M</b>	<b>P</b>	<b>M</b>	<b>M</b>	<b>M</b>	
Turmeric Cous Cous and Pumpkin Salad (Vegan)	<b>P</b>	<b>P</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>P</b>	
Grilled Chicken Salad (Gluten Free)	<b>M</b>	<b>M</b>	<b>M</b>	<b>P</b>	<b>M</b>	<b>M</b>	<b>M</b>	
Chicken, Avocado and Corn Salad (Gluten Free)	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>P</b>	
Chicken Schnitzel Salad	<b>P</b>	<b>P</b>	<b>P</b>	<b>M</b>	<b>P</b>	<b>M</b>	<b>M</b>	
Salmon and Egg Salad (Gluten Free)	<b>M</b>	<b>M</b>	<b>P</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>P</b>
Chicken Pesto Pasta Salad	<b>P</b>	<b>P</b>	<b>M</b>	<b>P</b>	<b>P</b>	<b>M</b>	<b>P</b>	
Vegetarian Salad (Gluten Free)	<b>M</b>	<b>M</b>	<b>M</b>	<b>P</b>	<b>M</b>	<b>M</b>	<b>P</b>	
Middle Eastern Salad (Vegan)	<b>P</b>	<b>P</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	
Chicken Verde Salad (Gluten Free, Lactose Free)	<b>M</b>							
Chicken Caesar Salad (Gluten Free)	<b>M</b>	<b>M</b>	<b>P</b>	<b>P</b>	<b>M</b>	<b>M</b>	<b>M</b>	
Nacho Salad (Gluten Free)	<b>M</b>	<b>M</b>	<b>M</b>	<b>P</b>	<b>M</b>	<b>M</b>	<b>M</b>	
Chicken and Quinoa Salad (Gluten Free, Lactose Free)	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>P</b>	
<b>FINGER FOODS</b>								
	Gluten	Wheat	Egg	Milk	Soy	Sesame	Nuts	Fish
Smoked Salmon Protein Pot (Gluten Free)	<b>M</b>	<b>M</b>	<b>P</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>M</b>	<b>P</b>
Pork Spring Rolls	<b>P</b>	<b>P</b>	<b>P</b>	<b>M</b>	<b>P</b>	<b>M</b>	<b>P</b>	<b>M</b>

Steamed Pork Dumplings	P	P	M	M	P	P	P	P
Steamed Pork and Prawn Siu Mai	P	P	P	M	P	M	P	P
Falafel (Vegan)	M	M	M	M	M	M	M	
Chocolate Mousse (Gluten Free)	M	M	M	P	P	M	M	
Carrots with Hommus (Vegan & GF)	M	M	M	M	M	M	M	
Fruit Salad (Vegetarian)	M	M	M	M	M	M	M	
Three Boiled Eggs (Vegetarian)	M	M	P	M	M	M	M	
Chicken Breast Fillet (Gluten Free, Lactose Free)	M	M	M	M	M	M	M	M
Potato Gems (Gluten Free, Lactose Free)	M	M	M	M	M	M	M	