

Preps Allergen list Summer 2025

Symbol meanings:

X' means that we can't make the dish without said allergen, there is no alternative available

V' means that we can make the dish without said allergen, ask our friendly staff about the options

If there is a **blanc** , it means the dish doesn't contain the ingrediënt

	Allergens:	Gluten	Shellfish	Egg	Fish	Peanut	Soy	Lactose	Nuts	Selery	Mustard	Sesam	Sulfiets	Lupine	Mollusks
Sweet Dishes															
Greek yoghurt		V				V		V	V						
Chia pudding							X		V						
Banana bread dish		V					X		V				V		
Caramel pancakes		V				V	X		V						
Power pancakes		V					X		V						
French toast		X					X					X			
Smoothie bowls															
Acai guarana		V				V			V						
Pink dragon		V				V			V						
Blue sea		V				V			V						
Salty dishes															
Smashed avocado & egg		V							V			V			
Eggs your way		V										V			
Scrambled tofu		V					X					V	X		
Spicy tempeh		V					X					X			
Oatbangers		V					X			X		V	X		
Vegan halloumi		V					X					V	V		
Savory pancakes		V					X		V	V	V	V	V		
Tuna Salad		V			X			X		V	X	V			
Vegan salmon of carrot		V					X			X		X	X		
Smoked salmon		V			X		V	V				V	X		
Pulled butter chicken		V					X	V		X	X	V	X		
Vegan butter no chicken		V					X	V		X	X	V	X		
Healthy kids choice		V					V	V	V			V			
I want it all															
Hangover brekkie mix		V		V			X	V	V			V			
Hangover brekkie sweet		V					X	V	V			V			
Hangover brekkie salty		V		V			X	V	V	X		V	V		
Soups															
Tomato soup		V					V								
Soup of the week		V					V			X		V	X		
Comfy preps bowls															
Salty brunch bowls		V					X		V	X	V	V	V		
Smoked salmon bowl		V		V	V		V	V	V		V	V	V		
Vegan halloumi bowl		V					X		V		V	V	V		
Seasonal specials															
Sex on the beach pancakes		V					X								
Sun of a dragon bowl		V				V			V						
Shiitake souvlakie		V					X	V	V	X		V	X		
So be it! eggs, summer style		V		X			V	X	V		V		V		
Thai sunrise taco's		V				V	V		V				V		
Pastry															
Cinnamon rolls		X					X								
Bananabread		V					X								
Basque cheesecake vanilla				X				X							

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