

**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
<b>Sweet Dishes</b>														
Greek yoghurt	V				V		V	V						
Chia pudding						X		V						
Banana bread dish	V				X	X		V				V		
Caramel pancakes	V				V	X		V						
Power pancakes	V					X		V						
Hot crumble	V					X		V						
<b>Smoothie bowls</b>														
Acai guarana	V				V			V						
Pink dragon	V				V			V						
Sweet Sunshine	V				V			V						
<b>Salty dishes</b>														
Smashed avocado & egg	V		V			V	V	V			X			
Savory pancakes	V					X	V	V						
Tuna Salad	V			X		X	X	V	X		X	X		
Smoked Salmon	V			X		V	V	V		V	X			
Spicy tempeh	V					X	V	V			V	X		
Oatbangers	V					X	V	V	X	X	X	X		
Harissa chicken	V					V	V	V	V	V	V	V		
Pulled oyster mushrooms	V					X	V	V	X	X	V	X		
So be it Springy	V					V	V	V	V	V	V	X		
A spicy morning	V			V		V	V	V			V	V		
<b>I want it all</b>														
Hangover brekkie mix	V		V			X	V	V			X			
Hangover brekkie sweet	V					X	V	V			X			
Hangover brekkie salty	V		V			X	V	V	X		X	V		
<b>Soups</b>														
Tomato soup	V					V	V		X				X	
Soup of the week	V					V	V		X				X	
<b>Comfy preps bowls</b>														
Salty Brunch bowl	V					X	V	V	X	V	V	X		
Smoked salmon bowl	V		V	V		V	V	V		V	V	V		
Dip & Schwip bowl	X					V	V	V	V	V	V	V		
<b>Pastry</b>														
Cinnamon rolls	X					X								
Bananabread	V					X								
Basque cheesecake vanilla			X				X							
Basque cheesecake pumpkin			X				X	X						
Fruit cheesecakes	X					X								
Carrot cake	X		X				X	X						
Red velvet cake	X		X				X							