

Preps Allergen list Summer 2026

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				V	X		V				V		
Caramel pancakes	V					X		V						
Power pancakes	V				V	X		V						
Hot crumble	V					X		V						
Pina Colada pancakes	V					X		V						
Smoothie bowls														
Acai guarana	V				V			V						
Pink dragon	V				V			V						
Sweet Sunshine	V				V			V						
Salty dishes														
Smashed avocado & egg	V		V			V	V	V			V	V		
Savory pancakes	V					X	V	V			V	V		
Tuna Salad	V			X		X	X	V			X	V		
Smoked Salmon	V			X		V	V	V			V	V		
Bella Balla sandwich	V					X	V	V	X		V	X		
Oatbangers	V					X	V	V	X		X	X		
Harissa chicken	V					V	V	V			V	X		
Lemongrass Lover	V		V			X	V	V	X		X	X		
Bombay brunch	V		V			V	V	V		X	X	X		
A hot mess	V		V	V		V	V	V			V	X		
Ricotta be kidding me	V					V	X	V			V	V		
I want it all														
Hangover brekkie mix	V		V		V	X	V	V			V			
Hangover brekkie sweet	V				V	X	V	V			V			
Hangover brekkie salty	V		V			X	V	V	X		V	X		
Soups														
Tomato soup	V					V	V	V	X		V	X		
Soup of the week	V					V	V	V	X		V	X		
Comfy preps bowls														
Neon noodle bowl	V					X	V	V	X	V	X	X		
Smoked salmon bowl	V		V	X		V	V	V		V	V	V		
Dip & Schwip bowl	V					V	V	V	V	V	V	V		
Pastry														
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							

