

Category	Component	Gluten	Egg	Fish	Soy	Milk	Nuts	Celery	Sesame	Sulphites	Peanut	Mustard	Lupin	Crustaceans	Molluscs
----------	-----------	--------	-----	------	-----	------	------	--------	--------	-----------	--------	---------	-------	-------------	----------

NOLI ALLERGEN MATRIX



Category	Component	Gluten	Egg	Fish	Soy	Milk	Nuts	Celery	Sesame	Sulphites	Peanut	Mustard	Lupin	Crustaceans	Molluscs
Salads Plates and protein swaps	Noli Caesar with Chicken Romaine, kale + cabbage, cherry tomatoes, shaved parmesan , lemon black pepper chicken, paprika crispy onions , chipotle caesar dressing .	✓ Crispy onions.	✓ (mayonnaise in dressing)			✓ (parmesan)									
	Noli Caesar with Tofu	✓ (Tofu, soy sauce, crispy onions.	✓ (mayonnaise in dressing)		✓ (tofu, soy sauce tofu seasoning)	✓ (parmesan)									
	Baja Market with Chicken Spinach + romaine, black beans + grilled corn salsa, pickled red onion, avocado, lemon black pepper chicken, chipotle lime tortilla crunch , coriander lime vinaigrette.														
	Baja Market with Tofu	✓ (Tofu, soy sauce in tofu seasoning.			✓ (tofu, soy sauce in tofu seasoning)										
	Baja Market with Salmon	✓ (soy sauce, Shaoxing wine.		✓ (salmon)	✓ (miso, soy sauce in salmon glaze)										
	The Green Standard with Tofu Spinach, shredded kale + cabbage, tajín broccoli, pickled cucumber, feta crumble, fresh mint + parsley, House Spiced Crispy Tofu , smoked paprika almonds, green goddess dressing .	✓ (Tofu, soy sauce in tofu seasoning)			✓ (tofu, soy sauce in tofu seasoning)	✓ (feta)	✓ (cashews in dressing, almonds in crunch)								
	The Green Standard with Chicken					✓ (feta)	✓ (cashews in dressing, almonds in crunch)								
	The Green Standard with Salmon	✓ (soy sauce, Shaoxing wine in salmon glaze)		✓ (salmon)	✓ (soy sauce, miso in salmon glaze)	✓ (feta)	✓ (cashews in dressing, almonds in crunch)								

Category	Component	Gluten	Egg	Fish	Soy	Milk	Nuts	Celery	Sesame	Sulphites	Peanut	Mustard	Lupin	Crustaceans	Molluscs
Salad Bowls and protein swaps	Muhammara Bowl Shredded cabbage + kale, roasted carrot, spiced chickpeas, pomegranate salsa, red pepper chicken, crispy lentils , lemon tahini dressing.							✓ (crispy lentils, stock cube)	✓ (tahini)						
	Muharamma Bowl with Tofu	✓ (Tofu, soy sauce in tofu seasoning)			✓ (tofu, soy sauce in tofu seasoning)			✓ (crispy lentils, stock cube)	✓ (tahini)						
	Maple Miso Salmon Bowl Shredded kale, brown rice, pickled cucumber + chilli, miso + maple glazed salmon , furikake seed mix, carrot ginger vinaigrette.	✓ (soy sauce, Shaoxing wine)		✓ (salmon)	✓ (soy sauce, miso in salmon glaze)				✓ (furikake)						
	Satay Tofu Bowl Shredded kale + red cabbage, red pepper + tamarind toasted quinoa, miso glazed mushrooms, edamame , House Spiced Crispy Tofu , sweet chilli cashew crunch, cashew satay dressing.	✓ (Tofu, soy sauce in tofu + satay dressing)			✓ (tofu, soy sauce in tofu seasoning)		✓ (cashews in crunch + dressing)	✓ (quinoa cooked with stock cube)							
	<i>Satay Bowl with Chicken</i>	✓ (Soy sauce in satay dressing)			✓ (Soy sauce in satay dressing)		✓ (cashews in crunch + dressing)	✓ (quinoa cooked with stock cube)							

