

OVEN *OR* NOTHIN[®]

ALLERGEN BOOK

Due to the layout and operation of our kitchens we do not have specific allergen free zones, and it is therefore not possible to fully guarantee separation of allergens.
We cannot guarantee your order is 100% free from any allergenic ingredient.

Oven or Nothin takes all care in creation of the dishes and drinks that offers, however, since the preparations come from the kitchen and they are manipulated by the operators themselves, for your protection we inform you that all dishes may contain traces of: cereals containing gluten (wheat, rye, barley, oats, spelt, Khorasan wheat), milk, eggs, nuts (almonds, hazelnuts, walnuts, cashew nuts, pecans nut, Brazil nuts, pistachios, macadamia nuts or Queensland nuts), crustaceans, molluscs, fish, peanuts, sulphites, soya, lupin, celery, mustard, sesame seeds and their derivate.

BREAKFAST PORRIDGE																					
	Cereals Containing Gluten. (Wheat, Rye, Barley, Oats, Spelt, Khorasan Wheat)	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Celery	Mustard	Sesame Seeds	Sulphites	Lupin	Molluscs	Tree Nuts							
														Almonds	Hazelnuts	Walnuts	Pistachios	Cashews	Pecan Nuts	Brazil Nuts	Macadamia
East Porridge	X						X			X					X						
South Porridge	X						X				X										
North Porridge	X																				
West Porridge	X					X									X						

BREAKFAST POTS																					
	Cereals Containing Gluten. (Wheat, Rye, Barley, Oats, Spelt, Khorasan Wheat)	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Celery	Mustard	Sesame Seeds	Sulphites	Lupin	Molluscs	Tree Nuts							
														Almonds	Hazelnuts	Walnuts	Pistachios	Cashews	Pecan Nuts	Brazil Nuts	Macadamia
Chai Bircher	X						X				X										
Strawberry Matcha Chia											X										
Cappuccino Yoghurt	X					X	X									X					
Chocolate Tofu Pudding						X				X											

BREAKFAST ROLLS																					
	Cereals Containing Gluten. (Wheat, Rye, Barley, Oats, Spelt, Khorasan Wheat)	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Celery	Mustard	Sesame Seeds	Sulphites	Lupin	Molluscs	Tree Nuts							
														Almonds	Hazelnuts	Walnuts	Pistachios	Cashews	Pecan Nuts	Brazil Nuts	Macadamia
Avocado-Egg Roll	X		X				X				MC										
Bacon-Egg Roll	X		X				X		X		X										

BREAKFAST FOCACCIA																					
	<u>Cereals Containing Gluten.</u> (Wheat, Rye, Barley, Oats, Spelt, Khorasan Wheat)	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Celery	Mustard	Sesame Seeds	Sulphites	Lupin	Molluscs	Tree Nuts							
														Almonds	Hazelnuts	Walnuts	Pistachios	Cashews	Pecan nuts	Brazil Nuts	Macadamia
Protein Mushroom	X					X			X		X										
Hot Halloumi	X						X		X		X										
Chicken Caesar	X		X			X	X		X		X										
Sweet Peach	X						X				X										

BREAKFAST HOT PLATES																					
	<u>Cereals Containing Gluten.</u> (Wheat, Rye, Barley, Oats, Spelt, Khorasan Wheat)	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Celery	Mustard	Sesame Seeds	Sulphites	Lupin	Molluscs	Tree Nuts							
														Almonds	Hazelnuts	Walnuts	Pistachios	Cashews	Pecan nuts	Brazil Nuts	Macadamia
OoN House Shakshuka	X		X								MC										
The A.S.E	X		X	X																	
Farinata			X						X		X										

LUNCH PROTEINS																					
	Cereals Containing Gluten. (Wheat, Rye, Barley, Oats, Spelt, Khorasan Wheat)	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Celery	Mustard	Sesame Seeds	Sulphites	Lupin	Molluscs	Tree Nuts							
														Almonds	Hazelnuts	Walnuts	Pistachios	Cashews	Pecan Nuts	Brazil Nuts	Macadamia
Chicken Kofte	X										X										
Piri Piri Chicken									X		X										
Marinated Prawns		X					X				X										
Steak						X			X		X										
Crispy Tofu	X					X					X										
Basa	X			X			X				X										

LUNCH BASES																				
	<u>Cereals Containing Gluten.</u> (Wheat, Rye, Barley, Oats, Spelt, Khorasan Wheat)	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Celery	Mustard	Sesame Seeds	Sulphites	Lupin	Molluscs	Tree Nuts						
														Almonds	Hazelnuts	Walnuts	Pistachios	Cashews	Pecans Nuts	Brazil Nuts
House Green Salad									X		X									
Mixed Grains	X							X		X										
Patates Lemonates								X			X									
Zero Waste Greens						X			X	X	X									

LUNCH SIDES																					
	Cereals Containing Gluten. (Wheat, Rye, Barley, Oats, Spelt, Khorasan Wheat)	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Celery	Mustard	Sesame Seeds	Sulphites	Lupin	Molluscs	Tree Nuts							
														Almonds	Hazelnuts	Walnuts	Pistachios	Cashews	Pecans Nuts	Brazil Nuts	Macadamia
Miso, Parmesan Courgettes						X	X				X										
Burnt Leeks and Creamy Beans	X								X		X										
Goats Cheese and Figs							X		X		X					X					
Beetroot, Rocket, Feta, Walnuts							X				X					X					
Simple Greek Salad									X		X										
Roasted Fennel																					
Aubergine Caponata											X										
Chickpeas, Dates, Feta and Mint							X			X	X										
Lemon and Tahini Broccoli										X	X										

LUNCH SHARING PLATES																					
	Cereals Containing Gluten (Wheat, Rye, Barley, Oats, Spelt, Khorasan Wheat)	Crustacea ns	Eggs	Fish	Pean uts	Soya	Milk	Celer y	Must ard	Sesa me Seed s	Sulp hites	Lupi n	Mollu scs	Tree Nuts							
														A l m o n d s	H a z e l n u t s	W a l n u t s	P i s t a c h i o s	C a s h e w s	P e c a n s N u t s	B r a z i l N u t s	M a c a d a m i a
Gordal Olives				MC							X			MC							
Bruschetta	X						X		X		X										
Anchovies in Olive Oil	X			X																	
Marcona Almonds					MC									X	MC	MC	MC	MC	MC	MC	MC
Crisps																					

COFFEE, HOT DRINKS & ICED DRINKS																					
	<u>Cereals Containing Gluten.</u> (Wheat, Rye, Barley, Oats, Spelt, Khorasan Wheat)	Crust acea ns	Eggs	Fish	Pean uts	Soya	Milk	Celer y	Must ard	Sesa me Seed s	Sulp hites	Lupi n	Mollu scs	Tree Nuts							
														A l m o n d s	H a z e l n u t s	W a l n u t s	P i s t a c h i o s	C a s h e w s	P e c a n s N u t s	B r a z i l N u t s	M a c a d a m i a
Espresso																					
Macchiato							X														
Cappuccino							X														
Flat White							X														
Cortado							X														
Latte / Iced							X														
Americano / Iced																					
Chai Latte							X														
Hot Chocolate /Iced							X														
Mocha / Iced							X														
Matcha / Iced							X														
Tea Matcha / Iced																					
Strawberry Matcha / Iced							X														
Lemon & Strawberry							X														
Mango Iced Black Tea																					
Yuzu & White Peach																					
Strawberry Matcha Shake																					
Choco Banana Shake																					
Coconut Carmel Shake						X															

MILKS																					
	<u>Cereals Containin g Gluten.</u> (Wheat, Rye, Barley, Oats, Spelt, Khorasan Wheat)	Crust acea ns	Eggs	Fish	Pean uts	Soya	Milk	Celer y	Must ard	Sesa me Seed s	Sulp hites	Lupi n	Mollu scs	Tree Nuts							
														A l m o n d s	H a z e l n u t s	W a l n u t s	P i s t a c h i o s	C a s h e w s	P e c a n s N u t s	B r a z i l N u t s	M a c a d a m i a
Whole							X														
Skimmed							X														
Almond														X							
Soya						X															
Oat MOMA	Gluten free oat																				
Coconut						X															

PASTRIES & CAKES																					
	Cereals Containing Gluten. (Wheat, Rye, Barley, Oats, Spelt, Khorasan Wheat)	Crustac eans	Eggs	Fish	Pean uts	Soya	Milk	Celer y	Must ard	Sesa me Seed s	Sulp hites	Lupi n	Mollu scs	Tree Nuts							
														A l m o n d s	H a z e l n u t s	W a l n u t s	P i s t a c h i o	C a s h e w s	P e c a n s N u t s	B r a z i l N u t s	M a c a d a m i a
Chocolate Cookie	X		X			X	X														
Triple Chocolate Cookie	X		X			X	X														
Oat Cookie	X		X				X														
Vegan Chocolate Cookie			X				X														
Banana Loaf										X											
Blueberry Muffin	X		X				X														
Chocolate Muffin	X		X				X														
Brownies			X			X	X														
Barebells bar marshmallow	MC		MC		X	X	X			MC											
Barebells bar peanutcaramel	MC		MC		X	X	X			MC											

SAUCES																					
	<u>Cereals Containing Gluten.</u> (Wheat, Rye, Barley, Oats, Spelt, Khorasan Wheat)	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Celery	Mustard	Sesame Seeds	Sulphites	Lupine	Molluscs	Tree Nuts							
														Almonds	Hazelnuts	Walnuts	Pistachios	Cashews	Pecan Nuts	Brazil Nuts	Macadamia
Harissa																					
Tahini										X											
Feta Cheese							X														

TOPPING & SYRUPS																					
	<u>Cereals Containing Gluten.</u> (Wheat, Rye, Barley, Oats, Spelt, Khorasan Wheat)	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Celery	Mustard	Sesame Seeds	Sulphites	Lupine	Molluscs	Tree Nuts							
														Almonds	Hazelnuts	Walnuts	Pistachios	Cashews	Pecans Nuts	Brazil Nuts	Macadamia
Honey																					
Caramel Syrup																					
Vanilla Syrup																					
Strawberry Syrup																					
Pumpkin Syrup																					
Biscoff Syrup																					
Chai																					

SEASONAL																					
	<u>Cereals Containing Gluten.</u> (Wheat, Rye, Barley, Oats, Spelt, Khorasan Wheat)	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Celery	Mustard	Sesame Seeds	Sulphites	Lupin	Molluscs	Tree Nuts							
														Almonds	Hazelnuts	Walnuts	Pistachios	Cashews	Pecan nuts	Brazil Nuts	Macadamia
Gingerbread Drinks	X					X	X														
Pumpkin Drinks	X					X	X														
Biscoff Drinks	X					X	X														
Black Sesame OoN Latte	MC							MC	MC	X											