

# Urban Butterfly

Plant Rich Cafe

URBANBUTTERFLY.CO.UK

@urbanbutterflycafe

T: 01223 641 748



We cannot guarantee any of our products are suitable for those with allergies due to the risk of cross cross-contamination. The list below serves as a guide to the allergens that are specifically contained in our products, for additional enquiries please contact our staff.



MILK



EGG



GLUTEN



SOY



NUTS



PEANUTS



SESAME



MUSTARD



LUPINS



CELERY



FISH



SHELLFISH



CRUSTACEAN



SULFITES

Buddha Bowls	Note (1) wheat in burger relish (2) Wheat, barley in bun (3) House dressing. (4) wheat													
Moroccan								x						
Mexican														
Superfood									x(3)					

Burgers & Wraps	Note:													
Oriental Burger & Bun			x(1) (2)	x				x	x(1)					x
Wrap			x(4)											

Panini	Note (1) Wheat (2) cashews													
Caprese			x (1)										x(2)	
Mediterranean			x (1)										x(2)	
THe HFT			x (1)						x					



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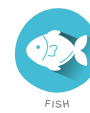
MUSTARD



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SULFITES

**Buddha Bites****Note  
(1) Wheat**

Samosa

x(1)

Falafel &amp; Hummus

x

Loaded Fries

**Soup****Note:  
(1) Wheat in onion garnishing. (2) wheat**

Roasted Pepper &amp; Tomato

x(1)

x

Sweetcorn &amp; Coconut Chowder

x(1)

Woodland Mushroom

x(1)

x

Bread Roll

x(2)

**Treats****Note  
(1) wheat. (2) oats. (3) walnut, hazelnut. (4) wheat, barley. (5) almonds. (6) Rye. (7) pistachios**

Flapjack - Coconut &amp; Chocolate

x(1)

Flapjack - Super Granola

x(2)

Cake - Carrot Cake

x(1)

x

x(3)

Cake - Winter Bakewell Tart

x(4)

x(5)

x

Cake - Cranberry, Orange &amp; Pistachio Bun

x(6)

x(7)



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**Shakes & Smoothies****Note****(1) Subject to choice of milk- oat, soya or dairy. (2) may contain hemp extract. (3) wheat**

Very Berry

Strawberry Split

Tropical Pop

Caribbean Crush

Purple Press

Kiwi Sweet

Green Power Smoothie

Vegan Vanilla Shake (2)

x(1)

x(1)

x(1)

Toppings - Oreo Crumb

x

x(3)

x

Toppings - Biscoff Sauce

x

x

**Vegan Ice Cream****Note****(1) may contain traces of milk, nuts, peanuts, soya. (2) wheat**

Peanut Chips (tub)

x

x

Salted Caramel (tub)

x(1)

x(1)

x(1)

x(1)

Whipped Vanilla Ice cream

Toppings - cone

x(2)

x

Toppings - 99 chocolate flake

x



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SULFITES

Coffee, Tea & Hot Chocolate	<b>Note</b> <b>(1) Subject to choice of milk- oat, soya or dairy</b> <b>(2) may contain hemp extract</b>													
Coffee - Espresso	x(1)		x(1)	x(1)										
Coffee - Macchiato	x(1)		x(1)	x(1)										
Coffee - Latte	x(1)		x(1)	x(1)										
Coffee - Cappuccino	x(1)		x(1)	x(1)										
Coffee - Flat White	x(1)		x(1)	x(1)										
Coffee - Mocha	x(1)		x(1)	x(1)										
Coffee - Americano														
Coffee - White American	x(1)		x(1)	x(1)										
Coffee - Iced Latte	x(1)		x(1)	x(1)										
Coffee - Affogato (2)														
Tea - English Breakfast	x(1)		x(1)	x(1)										
Tea - Egyptian Mint														
Tea - Green Tea														
Hot Chocolate	x(1)		x(1)	x(1)										