Allergens matrix: **Yolk HQ (Peter)** **Updated** **21.04.2026.**

DISCLAIMER

The safety of our customers is our highest priority. Please be aware that our kitchens are open and busy, and we use the same equipment for products that may contain different allergens. We take great care to ensure all equipment is thoroughly cleaned and sanitised on completion of every job, but there is still a possibility of trace contamination. We therefore cannot guarantee any of our food to be allergen free. If you have any questions or concerns about allergens or intolerances, please speak to the Manager on duty before ordering.

Category	Menu item	Celery	**Cereals containing gluten**	*Barley*	*Kamut*	*Oats*	*Rye*	*Spelt*	*Wheat*	Crustacean shellfish	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	**Nuts**	*Almond*	*Brazil nut*	*Cashew nut*	*Hazelnut*	*Macadamia nut*	*Pecan nut*	*Pistachio nut*	*Queensland nut*	*Walnut*	Peanuts	Sesame seeds	Soybeans	Sulphur dioxide and sulphites
Oats & Bakes	Oat & Cranberry cookie		✓						✓																				✓	
	Choc Chip & Sea Salt cookie		✓						✓		✓			✓																
	Banana Bread		✓						✓		✓																			
	Brownie		✓						✓		✓			✓																
	Croissant		✓						✓		✓			✓																
	Pain au Chocolat		✓						✓		✓			✓															✓	
	Overnight Oats (ve)																✓	✓												
Brekkie Baps	Avo-Mushroom Bap		✓						✓																				✓	✓
	Classic Bacon		✓						✓					✓																
	Egg & Cheese		✓						✓		✓			✓															✓	✓
	Fancy Bacon		✓						✓																					
	Halloumi-Avo bap		✓						✓					✓			✓	✓												✓
	Salmon & Cream Cheese bap		✓						✓			✓		✓																✓
Poached Egg Pots	Florentine		✓				✓		✓		✓			✓																✓
	Plain Poached Eggs		✓				✓		✓		✓																			
	Romesco Roast Mushroom		✓				✓		✓		✓						✓	✓												✓
	Royale		✓				✓		✓		✓	✓		✓																✓
	Smashed Avo		✓				✓		✓		✓																			
	Smoky Benedict		✓				✓		✓		✓			✓																✓

Category	Menu item	Celery	**Cereals containing gluten**	*Barley*	*Kamut*	*Oats*	*Rye*	*Spelt*	*Wheat*	Crustacean shellfish	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	**Nuts**	*Almond*	*Brazil nut*	*Cashew nut*	*Hazelnut*	*Macadamia nut*	*Pecan nut*	*Pistachio nut*	*Queensland nut*	*Walnut*	Peanuts	Sesame seeds	Soybeans	Sulphur dioxide and sulphites
Next Level Sandwiches	Bang-Bang Shroom		✓				✓		✓								✓	✓										✓	✓	✓
	Buffal'avo Chicken		✓				✓		✓																				✓	✓
	Hot Honey Halloumi		✓				✓		✓					✓																✓
	Korean Kimchi Beef		✓				✓		✓																			✓	✓	✓
	Nduja Club Sandwich		✓				✓		✓																					✓
	Romesco Roast Chicken ("Chicken'esco")		✓				✓		✓								✓	✓												✓
	Steak Bearnaise Sandwich		✓				✓		✓		✓			✓		✓														✓
	Steak Chimi 2.0		✓				✓		✓		✓			✓																✓
	Steak Frites		✓				✓		✓							✓													✓	✓
Smaller Sandwiches	BLT		✓						✓																					
	Halloumi-Avo		✓						✓					✓			✓	✓												✓
	Beef Horseradish		✓						✓			✓				✓														✓
Hot Pots	Buffalo Chicken																												✓	✓
	Kimchi Chicken																											✓	✓	✓
	Kimchi Shroom																											✓	✓	✓
	Smoky Red Pepper Chicken																✓	✓											✓	✓
	Steak Benedict Pot										✓			✓															✓	✓
Salad Bowls	Bang-Bang Chicken																✓	✓										✓	✓	✓
	Bang-Bang Mushroom																✓	✓										✓	✓	✓
	Steak Frites Salad															✓													✓	✓
Sides	Roasted chicken																											✓		✓
	Roasted new potatoes																													
	Side Greens																												✓	
Coffees	Almond milk																✓	✓												
	Oat Milk		✓			✓																								
	Regular milk													✓																

Category	Menu item	Celery	**Cereals containing gluten**	*Barley*	*Kamut*	*Oats*	*Rye*	*Spelt*	*Wheat*	Crustacean shellfish	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	**Nuts**	*Almond*	*Brazil nut*	*Cashew nut*	*Hazelnut*	*Macadamia nut*	*Pecan nut*	*Pistachio nut*	*Queensland nut*	*Walnut*	Peanuts	Sesame seeds	Soybeans	Sulphur dioxide and sulphites
Extras	Almond butter																✓	✓												
	Chicken																													
	Smashed avocado																													
	Bacon																													
	Baked Halloumi													✓																
	Béarnaise Pot										✓			✓																✓
	Berry compote																													
	Golden syrup																													
	Ham Hock Breakfast Extra																													
	Hollandaise										✓			✓																✓
	Nduja																													
	Pot of Bang-Bang Sauce																✓	✓										✓	✓	
	Pot Of Bearnaise Sauce										✓			✓																✓
	Pot of Chimi Mayo																													✓
	Pot of Herb Aioli																												✓	
	Pot of Hot Honey																													
	Pot Of Nduja Mayo																													
	Pot of Romesco																✓	✓												✓
	Pot of Secret Sauce																												✓	✓
	Pot of Soy-Tahini Sauce																											✓	✓	✓
	Roasted Portobello mushroom																													
	Slightly-runny egg										✓																			
	Smoked salmon											✓																		
	Soy-Tahini Sauce																											✓	✓	✓
	Steak																													
	Ciabatta Toasted Soldiers		✓				✓		✓					✓																