

T: Contains or may contain traces of allergens
A: Contains allergen in ingredient

| | | | | | | | | | | | | | |
|--|---|--|--|--|--|--|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gluten | Crustaceans (shellfish) | Eggs | Fish | Peanuts | Soy | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupins | Mollusks (shellfish) |

ENGLISH

BREAKFAST

| | | | | | | | | | | | | | | |
|--------------------------------------|---|--|---|---|---|---|---|---|--|--|---|--|--|--|
| French croissant | A | | A | | | T | A | T | | | T | | | |
| Donut | A | | T | | T | A | A | T | | | | | | |
| Whole vegetable sandwich with turkey | A | | A | | | T | T | T | | | A | | | |
| Serrano ham flute | A | | | | | | | | | | T | | | |
| Tuna vegetable flute | A | | A | A | | | | | | | T | | | |

BRUNCH

| | | | | | | | | | | | | | | |
|------------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|--|---|
| Burger veggie iogurt | A | T | T | T | T | A | A | T | T | T | A | A | | T |
| Avocado toast & hummus | A | T | A | T | T | T | A | A | T | A | A | A | | T |
| Oassis Club Sandwich | A | T | A | A | A | A | T | A | T | T | A | A | | T |
| Burger cheeseburger | A | T | A | T | T | T | A | T | A | | T | A | | T |
| Benedict eggs | A | T | A | A | T | A | A | T | T | T | T | A | | T |
| Eggs with bacon, avocado and toast | A | | A | | T | A | | A | | | T | T | | |

SNACK

| | | | | | | | | | | | | | | |
|---------------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|--|---|
| Bravas | T | T | A | T | T | T | T | T | | A | A | | | T |
| Hummus with sumac and crunchy papadum | T | T | T | T | A | T | T | T | T | T | A | A | | T |
| Ignacios: Nachos with everything | A | T | T | A | T | A | A | A | A | A | A | A | | T |
| Guacamole & co | A | T | T | T | T | T | T | T | T | T | T | | | T |

WOW SALADS

| | | | | | | | | | | | | | | |
|---------------------|---|---|---|---|---|---|---|---|---|---|---|---|--|---|
| OASSIS Loves quinoa | A | T | A | T | A | A | T | A | T | A | A | A | | T |
| Thai black rice | A | T | A | T | A | A | T | A | T | T | A | A | | T |
| Poke style | A | T | T | A | T | A | T | A | T | A | A | A | | A |
| Caesar Salad | A | T | A | A | T | T | A | A | T | T | T | A | | T |

TASTY BURGERS

| | | | | | | | | | | | | | | |
|----------------|---|---|---|---|---|---|---|---|---|---|---|---|--|---|
| Mediaterranean | A | T | A | T | T | T | A | T | A | T | A | A | | T |
| Veggie iogurt | A | T | T | T | T | A | A | T | T | T | A | A | | T |
| Cheeseburger | A | T | A | T | T | A | A | T | A | | T | A | | T |
| Oassis | A | T | A | A | A | A | A | A | T | T | A | A | | T |
| 2 eggs | A | T | A | T | T | A | A | T | | T | T | A | | T |

LOVELY PIZZAS

| | | | | | | | | | | | | | | |
|---------------|---|---|---|---|---|---|---|---|---|---|---|---|--|---|
| Brutal | A | T | T | T | T | T | A | A | T | | | T | | T |
| Veggie | A | T | T | T | T | T | A | A | T | A | A | A | | T |
| Iberian | A | T | | | T | T | A | | T | | | | | |
| 6 cheeses | A | T | A | | T | T | A | A | T | | | T | | |
| Bufala & york | A | T | T | T | T | T | A | T | T | | | T | | T |
| Margarita | A | T | | | T | T | A | | T | | | | | |

FINAL SWEET

| | | | | | | | | | | | | | | |
|---------------------------------|---|---|---|---|---|---|---|---|---|--|---|---|---|---|
| Fruits | T | | | | | T | | T | | | | T | | |
| Belga chocolate cake | A | T | A | T | T | A | A | T | T | | | T | T | T |
| NY Cheesecake | A | T | A | | T | A | A | T | T | | T | A | | |
| Carrot cake | A | T | A | | T | A | A | A | T | | | | T | |
| Belgian xocolata/Chocolate cake | A | T | A | T | T | A | A | T | T | | | T | T | T |
| Xocolat ice cream | A | | | | T | T | A | A | | | T | | | |
| Nutella pizza | A | | T | | T | A | A | A | | | | | | |

This statement is for ingredients. Despite applying good hygiene practices in our kitchen, due to possible cross contamination we cannot guarantee the absence of traces of allergens.

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ALLERGENS



BASES

| | | | | | | | | | | | | | | | | | | | | |
|---------------------------|---|--|--|--|--|--|---|---|--|--|--|--|--|--|--|--|--|--|---|--|
| INTEGRAL RICE | | | | | | | | | | | | | | | | | | | | |
| BLACK RICE VENERE | | | | | | | | | | | | | | | | | | | | |
| QUINOA | T | | | | | | T | T | | | | | | | | | | | T | |
| WHOLE RICE AND QUINOA MIX | T | | | | | | T | T | | | | | | | | | | | T | |
| MIX OF VARIED SALADS | | | | | | | | | | | | | | | | | | | | |

PROTEINS

| | | | | | | | | | | | | | | | | | | | | |
|------------------------|---|---|---|---|---|--|--|---|---|---|--|--|--|--|--|--|--|--|---|---|
| CHICKEN BREAST DICE | T | T | T | T | T | | | T | T | T | | | | | | | | | T | T |
| FRESH MARINATED SALMON | T | T | T | | T | | | | T | | | | | | | | | | | |
| FRESH MARINATED TUNA | T | T | T | | T | | | | T | | | | | | | | | | | |
| TURKEY | | | | | | | | | | | | | | | | | | | | |
| ITALIAN SWEET HAM | | | | | | | | | | | | | | | | | | | | |
| BOILED EGG | | | | | | | | | | | | | | | | | | | | |
| MOZZARELLA | | | | | | | | | | | | | | | | | | | T | |

COMPLEMENTS

| | | | | | | | | | | | | | | | | | | | | |
|------------------|---|---|---|---|---|---|---|---|---|--|--|--|--|--|--|--|--|--|--|---|
| GUACAMOLE | T | T | T | T | T | T | T | T | T | | | | | | | | | | | T |
| AVOCADO DICE | | | | | | | | | | | | | | | | | | | | |
| CARROT | | | | | | | | | | | | | | | | | | | | |
| EDAMAME | | | | | | | | | | | | | | | | | | | | |
| CHERRY TOMATOES | | | | | | | | | | | | | | | | | | | | |
| HUMMUS CHICKPEA | | | T | T | T | T | T | T | T | | | | | | | | | | | T |
| BEETROOT HUMMUS | T | T | T | T | T | T | T | T | T | | | | | | | | | | | T |
| BEET DICE | | | | | | | | | | | | | | | | | | | | |
| GRILLED EGGPLANT | | | | | | | | | | | | | | | | | | | | T |
| MUSHROOMS | | | | | | | | | | | | | | | | | | | | T |
| CORN | | | | | | | | | | | | | | | | | | | | |
| OLIVES | | | | | | | | | | | | | | | | | | | | T |

TOPPINGS

| | | | | | | | | | | | | | | | | | | | | |
|-----------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| SESAME | | | | | | | | | | | | | | | | | | | | |
| SESAME WASABI | | | | | | | | | | | | | | | | | | | | |
| DRIED FRUIT MIX | | | | | | | | | | | | | | | | | | | | |
| PANSES | | | | | | | | | | | | | | | | | | | | |
| CILANTRO | | | | | | | | | | | | | | | | | | | | |
| FURIKAKE | | | | | | | | | | | | | | | | | | | | |
| COCONUT | | | | | | | | | | | | | | | | | | | | |
| XIA | | | | | | | | | | | | | | | | | | | | |

DRESSINGS

| | | | | | | | | | | | | | | | | | | | | |
|--------------------------------|---|---|---|---|---|---|---|---|---|---|--|--|--|--|--|--|--|--|--|---|
| SOY VINAGRET | | T | T | T | T | | T | T | T | T | | | | | | | | | | T |
| CESAR DRESS | T | T | T | T | T | T | T | T | | | | | | | | | | | | T |
| CITRUS VINEGRET | T | T | T | T | T | T | T | T | | | | | | | | | | | | T |
| YOGURT SAUCE | | | | | | | | | | | | | | | | | | | | |
| HONEY AND MUSTARD VINAGRET | T | | | | | | | | | | | | | | | | | | | |
| OIL AND VINEGAR | | | | | | | | | | | | | | | | | | | | |
| SWEET "CHILI", SOY AND PEANUTS | T | T | T | T | T | T | T | T | T | T | | | | | | | | | | T |
| VINAGRET OF MODENA | | | | | | | | | | | | | | | | | | | | |

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