LISTE ALLERGENES ET ORIGINE PROTEINES 2026-2027

Sides:

Salade d'algues:

- Sesame

Riz Vinaigré:
- Sesame

Riz coco:
- Soja (Dans le jerk Spice)

Légumes rôties:
- None

Kale:
- Fruits à coque

Frites de patate douces:
- Soja (Huile de friture = Soja)
- Lactose

Broccolini:
- Fruits à coque

Pita bread:
- Gluten

Rolls:

Tacos Cauliflower:
- Gluten
- Lactose

Roll Island
- Gluten
- Poisson
- Crustacés (si crevettes)
- Soja (Huile de friture = Soja)

Roll Cesar
- Gluten
- Lactose
- oeuf (Si poulet)

- Soja (Dans l’huile de soja friteuse)

Raw & Fresh:

Tomates Burrata
- Fruits à coque
- Lactose
- Gluten

Tartare de thon
- Lactose
- Poisson
- Soja (Dans tobbiko & Friteuse pour chips)

Hummus Carribéen
- Sesame
- Soja (Dans jerk spice)
- Gluten

Ceviche de Mahi
- Poisson
- Celeri

Fire & Flavor

Volaille & Broccolini
- Sesame
- Fruits à coque

Steak de patates douces
- Celeri
- Fruits à coque

Poisson, Salade & Carottes
- Poisson
- Soja (Huile de friture = Soja)

Burger Falafel:
- Lactose
- Gluten
- Sesame
- Oeuf
- Soja (Huile de friture = Soja)

Desserts

Mousse au chocolat & avocat:

- Fruits à coques
- Gluten

Mango Sticky Rice
- none

Energy ball coco
- None

Cookies Matcha
- Oeuf
- Gluten
- Lactose

Cookies chocolat
- Oeuf
- Fruits à coque
- lactose
- gluten

Cheesecake Myrtilles
- Gluten
- Fruits à coque

Brownie Vegan
- Fruit à coque

Glace Vanille
- Lactose
- Oeuf

Glace cookies:
- Gluten
- Lactose
- Oeuf

Glace Banane & chocolat
- Lactose

Sorbets:
- None

Bright Bowls

Spicy Bowl
- Soja
- Gluten
- Sesame

- Poisson

Kale Cesar Bowl
- Lactose
- Oeuf
- Gluten

Island Bowl
- Soja (Dans jerk spice)
- Fruits à coque
- Poisson

PDJ

Viennoiseries
- Lactose
- Gluten

Pancakes
- Oeufs
- Lactose
- Gluten
- Fruits à coque

Pain Beurre:
- Lactose
- Gluten

Oeuf:
- Gluten
- Oeuf
- Lactose

Muesli:
- Sesame
- Lactose

Grilled cheese
- Gluten
- Lactose

Chia pudding
- none

Brioche:
- Gluten
- Lactose
- Oeuf

Avocado toast:
- Gluten
- Oeufs

Acai

Origines:
- Poulet: USA
- Thon : Local / Vietnam
- Mahi: local / Vietnam

VG / VEGAN / GF

PDJ

- Pancakes: Vegetarien
- Brioche perdu: Vegetarien
- Muesli : Végétarien / Gluten free
- Fruits Frais : Vegan & Gluten free
- Chia pudding: Vegan & Gluten free
- Viennoiseries: Végétarien
- Pain beurre: Végétarien peut être Gluten free
- Avocado Toast: Végétarien, peut être Végan & Gluten Free
- Grilled cheese: Végétarien, Peut être Gluten free
- Oeufs: Végétarien peut être Gluten free et peut être DF
- Oeuf Bénédicte: Végétarien, peut être Gluten Free

Lunch :

Raw & Fresh:

- Caribbean Hummus: Végan - Peut être Gluten free
- Tomates Burrata : Végétarien - Peut être Gluten free
- Tartare de Thon : Gluten Free
- Mahi Mahi Ceviche :Dairy Free - Gluten free

Bright Bowls

- Kale Cesar Bowl : Végétarien
- Island Bowl: Gluten Free - Dairy Free
- TK’s Bowl : Dairy free

Rolls

- Cali cauli tacos: Végétarien
- Kale Caesar roll:
- Tuna roll: Dairy Free
- Coco prawn roll: Dairy Free
- Falafel crunch roll: Végétarien

Mains

- Chicken Grilled lemon: DF - GF
- Citrus Mahi-Mahi : DF - GF
- Tropical falafel burger: Végétarien
- Sweet potato Steak: Végan - DF

Sides:

- Frites de patates douces et origan: Végé
- Kale salade: Vegan - DF - Gf
- Broccolini grillées: Vegan - DF -GF
- Légumes sautées : Vegan - DF - GF
- Riz Furikake - Vegan - DF - GF
- Salade d'algues: Vegan - DF - Gf
- Coco rice: Vegan - DF - GF
- Pita bread - Vegan - DF

Desserts:

- Cheesecake Myrtilles: Vegan - DF
- Mousse choco avocado Crush: VEGETARIEN (Miel) - DF
- Mango sticky rice: Vegan - DF - GF
- Ice cream:
    - Vanille: GF
    - Cookies: rien
    - Banane et choco: GF
- Sorbets: Vegan - DF
- Cookies matcha: rien
- Cookies Americain: Rien
- Brownies: GF - Vegan - DF
- Energy ball : GF - Vegan - DF

ALLERGEN LIST AND PROTEIN SOURCES 2026–2027

Sides:

Seaweed salad:

- Sesame

Seasoned sushi rice:

- Sesame

Coconut rice:
- Soy (in jerk seasoning)

Roasted vegetables:
- None

Kale:
- Tree nuts

Sweet potato fries:
- Soy (Huile de friture = Soy)
- Milk

Broccolini:
- Tree nuts

Pita bread:
- Gluten

Rolls:

Cauliflower tacos:
- Gluten
- Milk

Island roll
- Gluten
- Fish
- Crustaceans (if shrimp)
- Soy (Huile de friture = Soy)

Caesar roll
- Gluten
- Milk
- Egg (if chicken)
- Soy (in the fryer's soybean oil)

Raw & Fresh:

Tomatoes & burrata
- Tree nuts
- Milk
- Gluten

Tuna tartare
- Milk
- Fish
- Soy (in tobiko and frying oil for chips)

Caribbean hummus
- Sesame
- Soy (in jerk seasoning)
- Gluten

Mahi-mahi ceviche
- Fish
- Celery

Fire & Flavor

Chicken & broccolini
- Sesame
- Tree nuts

Sweet potato steak
- Celery
- Tree nuts

Fish, salad & carrots
- Fish
- Soy (Huile de friture = Soy)

Falafel burger:
- Milk
- Gluten
- Sesame
- Egg
- Soy (Huile de friture = Soy)

Desserts

Chocolate & avocado mousse:
- Tree nuts
- Gluten

Mango Sticky Rice
- none

Coconut energy ball
- None

Matcha cookies

- Egg
- Gluten
- Milk

Chocolate cookies
- Egg
- Tree nuts
- Milk
- Gluten

Blueberry cheesecake
- Gluten
- Tree nuts

Brownie Vegan
- Tree nuts

Vanilla ice cream
- Milk
- Egg

Cookie ice cream:
- Gluten
- Milk
- Egg

Banana & chocolate ice cream
- Milk

Sorbets:
- None

Bright Bowls

Spicy Bowl
- Soy
- Gluten
- Sesame
- Fish

Kale Caesar bowl
- Milk
- Egg
- Gluten

Island Bowl
- Soy (in jerk seasoning)
- Tree nuts

- Fish

Breakfast

Pastries
- Milk
- Gluten

Pancakes
- Eggs
- Milk
- Gluten
- Tree nuts

Butter bread:
- Milk
- Gluten

Egg:
- Gluten
- Egg
- Milk

Muesli:
- Sesame
- Milk

Grilled cheese
- Gluten
- Milk

Chia pudding
- none

Brioche:
- Gluten
- Milk
- Egg

Avocado toast:
- Gluten
- Eggs

Açaí

Origins:
- Chicken: USA
- Tuna : Local / Vietnam
- Mahi-mahi: local / Vietnam

VG / VEGAN / gluten-free

Breakfast

- Pancakes: Vegetarian
- French toast brioche: Vegetarian
- Muesli : Vegetarian / gluten-free
- Fresh fruit : Vegan & gluten-free
- Chia pudding: Vegan & gluten-free
- Pastries: Vegetarian
- Pain beurre: Vegetarian can be gluten-free
- Avocado Toast: Vegetarian, can be Vegan & gluten-free
- Grilled cheese: Vegetarian, Can be gluten-free
- Eggs: Vegetarian can be gluten-free et can be dairy-free
- Eggs Benedict: Vegetarian, can be gluten-free

Lunch :

Raw & Fresh:

- Caribbean Hummus: Vegan - Can be gluten-free
- Tomatoes & burrata : Vegetarian - Can be gluten-free
- Tuna tartare : gluten-free
- Mahi Mahi Ceviche :dairy-free - gluten-free

Bright Bowls

- Kale Caesar bowl : Vegetarian
- Island Bowl: gluten-free - dairy-free
- TK's Bowl : dairy-free

Rolls

- Cali cauliflower tacos: Vegetarian
- Kale Caesar roll:
- Tuna roll: dairy-free
- Coco prawn roll: dairy-free
- Falafel crunch roll: Vegetarian

Mains

- Lemon grilled chicken: dairy-free - gluten-free
- Citrus Mahi-Mahi : dairy-free - gluten-free

- Tropical falafel burger: Vegetarian
- Sweet potato Steak: Vegan - dairy-free

Sides:

- Sweet potato and oregano fries: Vegetarian
- Kale salad: Vegan - dairy-free - gluten-free
- Grilled broccolini: Vegan - dairy-free -gluten-free
- Sautéed vegetables : Vegan - dairy-free - gluten-free
- Furikake rice - Vegan - dairy-free - gluten-free
- Seaweed salad: Vegan - dairy-free - gluten-free
- Coco rice: Vegan - dairy-free - gluten-free
- Pita bread - Vegan - dairy-free

Desserts:

- Blueberry cheesecake: Vegan - dairy-free
- Chocolate avocado crush mousse: VEGETARIAN (honey) - dairy-free
- Mango sticky rice: Vegan - dairy-free - gluten-free
- Ice cream:
    - Vanilla: gluten-free
    - Cookies: none
    - Banana & chocolate: gluten-free
- Sorbets: Vegan - dairy-free
- Cookies matcha: none
- American cookies: None
- Brownies: gluten-free - Vegan - dairy-free
- Energy ball : gluten-free - Vegan - dairy-free