

ALLERGEN NOTICE

WE TAKE GREAT CARE IN PREPARING ITEMS TO MEET DIETARY REQUIREMENTS AND INTOLERANCES. HOWEVER, PLEASE BE AWARE OUR KITCHENS PREPARE OTHER FOODS IN THE SAME PLACE. OUR PRODUCTS MAY CONTAIN OR ARE PRODUCED IN KITCHENS WHICH CONTAIN OR USE PEANUTS, TREE NUTS, SEAFOOD, SOY, LUPIN, BARLEY, OATS, RYE, WHEAT, MILK, GLUTEN, EGG, SESAME, BUCKWHEAT AND SULPHITES. MANUFACTURERS CAN AND DO CHANGE INGREDIENTS FROM TIME TO TIME WITHOUT NOTICE. SO WE CANNOT GUARANTEE THE ABSENCE OF SPECIFIC INGREDIENTS.

CUSTOMERS CONCERNED WITH FOOD ALLERGIES NEED TO BE AWARE OF THESE RISKS.

G-MART DIETARIES 2026

SALAD DIETARIES 2026

Allergen Information							
Menu Item	Allergen Key: Y- Yes, N-No, M-May Contain, +- Cross Contamination Risks During Cooking						
	DAIRY FREE	GLUTEN FREE	HALAL	VEGAN	VEGETARIAN	CONTAINS S/FOOD	CONTAINS NUTS
Grilled Chicken & Mango Salad - Thyme To Mango	N	Y	Y	N	N	M	Y
Chicken Caesar Salad - Chicken See's A Salad	N	N	N	N	N	M	M
Chicken Caesar Salad- Halal	N	N	Y	N	N	M	M
Falafel Kebab Salad - The Lazy Legume	N	Y	Y	N	Y	M	M
Mexican Chicken Salad - Guac And Bowl	N	Y	Y	N	N	M	M
Mediterranean Quinoa and Hummus Salad - Meze On The Go	N	Y	Y	N	Y	M	M
Miso Tofu Noodle Salad - Miso Magic	Y	Y	N	N	Y	M	M
Jerk Chicken, Avocado & Mango - Spice of Jamaica	Y	Y	Y	N	N	M	M
Asian Chicken & Vermicelli Noodles - The Thrills, The Grills	Y	Y	Y	N	N	M	M
Zucchini Lentil Bite Salad - Love at First Bite	Y	Y	Y	Y	Y	M	M

SUSHI PACKS AND HANDROLLS DIETARIES 2026

Allergen Information							
Menu Item	Allergen Key: Y- Yes, N-No, M-May Contain, +- Cross Contamination Risks During Cooking						
	DAIRY FREE	GLUTEN FREE	HALAL	VEGAN	VEGETARIAN	CONTAINS S/FOOD	CONTAINS NUTS
Cooked Tuna - 4pc Sushi	Y	Y	Y	N	N	Y	M
Cooked Tuna - 6pc Sushi	Y	Y	Y	N	N	Y	M
Teriyaki Chicken - 4pc Sushi	Y	Y	Y	N	N	M	M
Teriyaki Chicken - 6pc Sushi	Y	Y	Y	N	N	M	M
Katsu Chicken - 4pc Sushi	Y+	N	Y	N	N	M	M
Katsu Chicken - 6pc Sushi	Y+	N	Y	N	N	M	M
GF Tempura Veg - 4pc Sushi	Y+	Y	Y	Y+	Y	M	M
GF Tempura Veg - 6pc Sushi	Y+	Y	Y	Y+	Y	M	M
Smoked Salmon - 4pc Sushi	Y	Y	Y	N	N	Y	M
Smoked Salmon - 6pc Sushi	Y	Y	Y	N	N	Y	M

Combination - 6pc Sushi	Y+	N	Y	N	N	Y	M
California Sushi - 4pc Sushi	Y	N	Y	N	N	Y	M
California Sushi - 6pc Sushi	Y	N	Y	N	N	Y	M

PACKAGED SANDWICHES DIETARIES & ALLERGENS 2026

Menu Item and Group	Allergen Information						
	Allergen Key: Y- Yes, N-No, M-May Contain, + - Cross Contamination Risks During Cooking						
	DAIRY FREE	GLUTEN FREE	HALAL	VEGAN	VEGETARIAN	CONTAINS S/FOOD	CONTAINS NUTS
Curried Egg Sandwich - White	N	N	Y	N	Y	M	M
Curried Egg Sandwich - Wholemeal	N	N	Y	N	Y	M	M
Ham + Cheese Sandwich - White	N	N	N	N	N	M	M
Ham + Cheese Sandwich - Wholemeal	N	N	N	N	N	M	M
Chicken + Mayo Sandwich - White	N	N	Y	N	N	M	M
Chicken + Mayo Sandwich - Wholemeal	N	N	Y	N	N	M	M
Gluten Free Buckwheat Chicken + Mayo Sandwich	N	Y	Y	N	N	M	M
Tuna + Mayo Sandwich - White	N	N	Y	N	N	Y	M
Tuna + Mayo Sandwich - Wholemeal	N	N	Y	N	N	Y	M
Roasted Zucchini, Pumpkin, Capsicum Premium Sandwich - White	N	N	Y	N	Y	M	M
Smokey Chipotle Chicken + Salad Premium Sandwich - White	N	N	Y	N	N	M	M
Smokey Chipotle Chicken + Salad Premium Sandwich - Wholemeal	N	N	Y	N	N	M	M
Tuna, Cos, Dill Pickle + Mayo Premium Sandwich - White	N	N	Y	N	N	Y	M
Tuna, Cos, Dill Pickle + Mayo Premium Sandwich - Wholemeal	N	N	Y	N	N	Y	M
Wholemeal Roasted Zucchini, Pumpkin, Capsicum Premium Sandwich	Y	N	Y	N	Y	M	M
GF Buckwheat Roasted Zucchini, Pumpkin, Capsicum Premium Sandwich	Y	Y	Y	N	Y	M	M