

<b>FITCHEN MENU 2022 ALLERGENEN / ALLERGENS</b>	<b>Gluten</b>	<b>Vis (Fish)</b>	<b>Aardnoten (Peanuts)</b>	<b>Soja (Soy)</b>	<b>Melk (Milk)</b>	<b>Noten (Nuts)</b>	<b>Mosterd (Mustard)</b>	<b>Selderij (celery) Schaaldieren (crustaceans) Eieren (eggs) Sesamzaad (Sesame seeds) Zwavel dioxide (sulphur dioxide) Lupine (lupin) Weekdieren (molluscs)</b>
Avocado Chick					Parmesan		Dressing	
Hot Squat							Dressing	
Lean & Clean							Dressing	
Olive Life	Pasta				Parmesan	Dressing	Dressing	
Healthy Wave			Peanut	Tofu		Peanut	Dressing	
Spicy Protein					Parmesan		Dressing	
Protein Cake							Dressing	
Slim Fish		Salmon					Dressing	
Swimmer	Pasta	Salmon				Dressing	Dressing	
Venice Beach							Dressing	
Vegan Track (vegan)			Peanut	Tofu				
Marine		Salmon	Peanut	Tofu		Peanut	Dressing	
Fit Pack				Tofu		Cashew	Dressing	
Fitalian	Pasta				Parmesan	Dressing	Dressing	
Wrap	Wrap							
Fitchonaise (vegan)								
Spicy Fitchonaise (vegan)							Dressing	
Basil-Pesto Fitchonaise (vegan)						Dressing	Dressing	
Curry Fitchonaise (vegan)							Dressing	
Mustard Fitchonaise (vegan)							Dressing	
Spinazie / spinach								
Kropsla / lettuce								
Kip / chicken								
Plant-based meat								
Tofu				Tofu				
Zalm / Salmon		Salmon						
Quinoa								
Rice								
Pasta	Pasta							
Zoete aardappel / sweet potato								
Tomatensaus / tomato sauce								
Wortel / carrot								
Avocado								
Kerstomaat / cherry tomato								
Mango								
Paprika								
Olijven / olives								
Edamame								
Komkommer / cucumber								
Mais / sweetcorn								
Rode ui / red onion								
Rode kool / red cabbage								
Pompoen hummus								
Broccoli								
Pinda / peanut crunch			Peanut					
Cashew crunch						Cashew		
Parmezaan / parmesan					Parmesan			