

FOXES DEN

# DIETARY GUIDE

## CHICKEN

	Vegan	Vegetarian	Gluten Free	Dairy Free	Fructose Free	Refined Sugar Free	Preservative Free	Contains Nuts	Contains Onion	Contains Sesame	Contains Garlic	Contains Coriander Leaf	SpiceLevel
House			•	•	•	•	•						
Moroccan			•	•	•	•	•	Sesame		•			Mild

## SALADS

Brown Rice & Sweet Potato	•	•	•	•				Hazelnuts	•			•	Mild
Cleansing (Miso Dressing)	•	•	•	•		•	•			•	•		
Soba Noodle	•	•		•		•	•	Cashews	•	•		•	
Grilled Greens & Peanut	•	•	•	•		•	•	Peanuts		•			
Carrot and Harissa		•				•	•	Almonds					Med
Roast Vegetable and Chicken			•	•		•	•		•	•	•		
Coconut Chicken			•	•		•	•	Almonds				•	Mild
Roast Cauliflower with Turmeric	•	•	•	•		•	•	Almonds	•				Mild
Rice Salad with Peas, Pecorino & Mint		•	•			•	•		•				Mild

## CURRIES, SOUPS & MEATBALLS

Vietnamese Chicken Curry			•	•		•	•		•		•	•	Mild
North African Chicken			•	•		•	•		•	•	•	•	Med
Massaman Vegetable Curry	•	•	•	•		•	•	Peanuts	•		•	•	Mild
Meatballs				•		•	•		•		•		
Chicken Noodle Soup			•	•		•	•		•		•		Mild
Moroccan Pumpkin Soup	•	•	•	•		•	•	Almonds	•	•	•		Mild
Lemongrass, Ginger & Miso Soup			•	•		•	•		•				Mild

## SIDES

	Vegan	Vegetarian	Gluten Free	Dairy Free	Fructose Free	Refined Sugar Free	Preservative Free	Contains Nuts	Contains Onion	Contains Sesame	Contains Garlic	Contains Coriander Leaf	SpiceLevel
Chips with Salt	•	•	•	•	• (NS)	•	•		• (NS)				
Roast Vegetables	•	•	•	•		•	•		•		•		
Chicken Gravy			•	•		•	•	Sesame (T)	•		•		
Tomato Relish	•	•	•	•			•		•				
Aioli		•	•	•			•				•		
Chipotle Aioli		•	•	•			•				•		Med
Steamed Greens	•	•	•	•	•	•	•						
Sweet Potato Chips	•	•	•	•		•	•						
Brown Rice	•	•	•	•	•	•							
Herb Mayo		•	•	•			•						
Roast Potatoes	•	•	•	•		•	•						
Kids Brainfood Salad		•	•			•	•						
Fruit Salad	•	•	•	•		•	•						

## ROAST CHICKEN ROLLS & SANDWICHES

Unbleached White Roll	•	•		•	•	•	•						
Gluten Free Roll	•	•	•	•	•	•	•						
The Classic Fox			• (GFA)	•		•	•	Sesame (T)	•		•		
The Fancy Fox		• (VA)	• (GFA)			•	•	Sesame (T)					
Fantastic Mr Fox		• (VA)	• (GFA)			•	•	Sesame (T)					Mild
Sly Fox		• (VA)	• (GFA)			•	•	Sesame (T)	•		•		
The Vixen		• (VA)	• (GFA)	•		•	•	Sesame (T)					
Raceday (unbleached white)				•			•						

## HOMEMADE SWEET TREATS

Ginger And Polenta Biscuits		•	•	•		•	•	A & H					
Seed Bar	•	•	•	•		•	•						
White Chocolate & Macadamia Bliss Ball		•	•	•		•	•	A, C & M					
Cacao Bliss Ball		•	•	•		•	•	C & W					
Date And Lime Slice		•	•	•		•	•	Almonds					
Raw Peanut Butter Cup		•	•	•		•	•	Peanuts					
Fruit And Nuts	•	•	•	•		•	•	Various					

**A** – Almonds, **C** – Cashews, **H** – Hazelnut, **M** – Macadamia, **P** – Peanuts, **GFA** – Gluten Free Available, **ND** – No Dressing, **NS** – No Salt, **VA** – Vegetarian Available, **W** – Walnuts, **(T)** – Trace Amounts

Foxes Den makes every attempt to identify ingredients that may cause allergic reactions for those with food allergies. In addition, we label items with possible allergen-containing ingredients; however, there is always a risk of contamination. Our facility prepares a range of types of foods and does use ingredients in some products that contain nuts, nut oils, wheat and dairy. As a result, trace elements may be present. There is also a possibility that manufacturers of the commercial foods we use could change the formulation at any time, without notice. Customers concerned with food allergies need to be aware of this risk.