

SPECIAL DIETARY MEALS SUMMARY

BiteLAB is committed to providing food that meets high safety and suitability standards and we understand the importance of allergen management and awareness.

It is important to note that our kitchen handles a diverse range of ingredients, including Gluten, Wheat, Milk/Dairy, Egg, Soy, Fish, Shellfish*, Tree Nuts*, Peanuts, Sesame, Sulphites, and Lupin. Products from our suppliers may also be manufactured in facilities where allergen-containing ingredients are present. We have a comprehensive allergen management plan in place and while we take every precaution to avoid cross-contamination, we cannot guarantee our dishes are 100% free from trace amounts of allergens.

*Shellfish includes all mollusc and crustacean. Tree Nuts include, but is not limited to, common Tree Nuts like almond, Brazil nut, cashew, hazelnut, macadamia, pecan, pistachio, walnut, and pine nut.

Should you have any questions or concerns about any of the above information please contact your Operations and Relationship Manager.

VEGETARIAN

- Excludes all animal meat and meat products: beef, pork, lamb, fish, chicken, seafood, animal rennet and gelatine.
- Includes: eggs, milk, butter, and other dairy products.
- May include plant-based meat alternatives.

VEGAN

- Excludes all animal meat: beef, pork, lamb, fish, chicken, seafood.
- Excludes all animal products, rennet, gelatine, honey, bee pollen, milk, eggs, butter, and other dairy products.
- May include plant-based meat alternatives.

MADE WITHOUT DAIRY

- Excludes all animal-based milk and dairy products such as casein, whey, butter, standard cheese, yogurt, milk powder and cream.
- May include dairy alternative products including dairy free cheese, alternative yoghurt.

MADE WITHOUT GLUTEN

- Excludes all foods containing ingredients made from wheat, barley, rye and oats, such as bread, pasta, cereal, crackers, baked goods and gluten-containing seasonings/sauces.

MADE WITH HALAL-SUITABLE INGREDIENTS

- Excludes pork, pork products and non-halal meat.
- Includes halal certified meat e.g., beef, chicken, lamb.
- All cheeses at BiteLAB are halal certified.

MADE WITHOUT NUTS

- All BiteLAB meals are made without nut-containing ingredients
- Excludes peanuts and all tree nuts such as cashews, almonds, walnuts pistachios, hazelnuts, macadamias, pecans, pine nuts and all products containing these items.
- Excludes products containing nuts such as nut butters, almond meal, peanut oil.
- Includes seeds such as sesame seed, pumpkin seed, sunflower seeds.

MADE WITHOUT EGG

- Excludes egg yolk, egg whites, all egg proteins and foods made from eggs.

MADE WITHOUT FISH & SHELLFISH

- Excludes fish, shellfish such as shrimp, lobster, prawn, crab, scallop and all products containing these items like fish sauce.

BITELAB AUCKLAND

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