

We handle multiple allergens and cannot guraantee any item is allergen free.

Bakery	Veg ^a	Vegan	Halal	Cerals containing gluten						Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
				Wheat	Rye	Barley	Oats	Spelt	Kamut													
Croissant	✓		s	✓	✓	✓	✓	✓	✓	*	✓	✓	✓				*					
Butter Croissant	✓		s	✓	✓	✓	✓	✓	✓	*	✓	✓	✓				*					
Almond Croissant	✓		s	✓	✓	✓	✓	✓	✓	*	✓	✓	✓				*					
Pan aux Raisin	✓		s	✓	✓	✓	✓	✓	✓	*	✓	✓	✓				*					
Cinnamon swirl	✓		s	✓	✓	✓	✓	✓	✓	*	✓	✓	✓				*					
Cinnamon classic	✓		s	✓	✓	✓	✓	✓	✓	*	✓	✓	✓				*					
Butter Portions	✓		s	✓	✓	✓	✓	✓	✓	*	✓	✓	✓				*					
Ham & Cheese Croissant				✓	✓	✓	✓	✓	✓	*	✓	✓	✓				*					

Cakes	Veg*	Vegan	Halal	Cerals containing gluten						Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
				Wheat	Rye	Barley	Oats	Spelt	Kamut													
Blueberry filled muffin	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	*			*			*		
Billionaire's shortbread	✓		s	✓	*	*	*	*	*	✓	✓	✓	✓	*			*			*		
Ultimate Brownie	✓		s	✓	*	*	*	*	*	✓	✓	✓	✓	*			*			*		
Ultimate Carrot Traycake	✓	✓		✓	*	*	*	*	*	✓	✓	✓	✓	*			*			*		
Sticky Toffee with Biscoff Spread	✓	✓	s	✓	*	*	*	*	*	✓	✓	✓	✓	*			*			*		
Raspberry & matcha cheesecake blonde	✓			✓	*	*	*	*	*	✓	✓	✓	✓	*			*			*		
Banana & Chocolate Loaf	✓	✓	s	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	*			*			*		

Pancakes & Toppings	Veg*	Vegan	Halal	Cerals containing gluten							Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
				Wheat	Rye	Barley	Oats	Spelt	Kamut														
Pancakes	✓			✓	✓						✓	✓											
Banana	✓	✓		✓	✓						✓	✓											
Maple Syrup	✓	✓	s																				
Honey	✓																						
Blueberry	✓	✓		✓	✓																		
Icing sugar	✓	✓	s																				

Oat Bowls	Veg*	Vegan	Halal	Cerals containing gluten						Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
				Wheat	Rye	Barley	Oats	Spelt	Kamut													
Overnight Oats (Made with Almond Milk)	✓	✓	s	✓	✓	✓	✓	✓	✓													
Berry delight	✓	✓		✓	✓	✓	✓	✓	✓			*	✓							*	✓	
Raspberry Almond	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓							*	✓	
Maple pecan	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓							*	✓	

Acai Bowls	Veg*	Vegan	Halal	Cerals containing gluten							Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
				Wheat	Rye	Barley	Oats	Spelt	Kamut														
Acai Base	✓	✓	s	✓	✓	✓	✓	✓	✓					✓							✓		
The classic	✓	✓		✓	✓	✓	✓	✓	✓					✓							*	✓	
Tropical twist	✓	✓		✓	✓	✓	✓	✓	✓					✓							*	✓	
Autumn Glow	✓	✓		✓	✓	✓	✓	✓	✓					✓							✓	✓	

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Oat / Acai toppings	Veg*	Vegan	Halal	Cerals containing gluten						Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs	
				Wheat	Rye	Barley	Oats	Spelt	Kamut														
Overnight Oats (Made with Almond Milk)	✓	✓	s	✓	✓	✓	✓	✓	✓			✓											
Acai base	✓	✓	s	✓	✓	✓	✓	✓	✓														
Almond butter	✓	✓	s	✓	✓	✓	✓	✓	✓				✓										
Almond flakes	✓	✓	s	✓	✓	✓	✓	✓	✓				✓										
Chopped dates	✓	✓	s	✓	✓	✓	✓	✓	✓														
Pecans	✓	✓	s	✓	✓	✓	✓	✓	✓				✓										
Banana	✓	✓	s	✓	✓	✓	✓	✓	✓	*		*									*		
Biscoff crumbs	✓	✓	s	✓	✓	✓	✓	✓	✓	*		*											
Biscoff sauce	✓	✓	s	✓	✓	✓	✓	✓	✓	✓		*											
Blueberries	✓	✓	s	✓	✓	✓	✓	✓	✓	*		*	*								*		
Chia seeds	✓	✓	s	✓	✓	✓	✓	✓	✓														
Raisin & Almond Granola	✓	✓	s	✓	✓	✓	✓	✓	✓					✓									
Honey	✓	✓	s	✓	✓	✓	✓	✓	✓														
Kiwi	✓	✓	s	✓	✓	✓	✓	✓	✓	*		*	*	*							*		
Maple syrup	✓	✓	s	✓	✓	✓	✓	✓	✓			✓		✓									
Nutella	✓	✓	s	✓	✓	✓	✓	✓	✓			✓		✓	✓								
Oreo crumbs	✓	✓	s	✓	✓	✓	✓	✓	✓			✓		*									
Peanut butter	✓	✓	s	✓	✓	✓	✓	✓	✓				*										
Pumpkin seeds	✓	✓	s	✓	✓	✓	✓	✓	✓														
Raspberries	✓	✓	s	✓	✓	✓	✓	✓	✓	*		*	*	*							*		
Strawberries	✓	✓	s	✓	✓	✓	✓	✓	✓	*		*	*	*							*		
Smarties	✓	✓	s	✓	✓	✓	✓	✓	✓			✓		✓									
Chocolate chips	✓	✓	s	✓	✓	✓	✓	✓	✓			✓		✓									
Pistachio topping sauce	✓	✓	s	✓	✓	✓	✓	✓	✓			✓		✓	✓								
Pineapple	✓	✓	s	✓	✓	✓	✓	✓	✓			✓		✓									

THE MIXING JUG®

ALLERGENS
Information guide

Autumn/Winter2025
Version: 011025

Allergen Information – The Mixing Jug

We take great care when preparing all of our food and drinks, but please note that everything is made in a busy kitchen where a wide range of allergens are handled. While we do our best to minimise cross-contamination, we cannot guarantee that any product is completely free from allergens.

- **Alternative Milks:** Our hot drinks are prepared on shared equipment used for steaming dairy milk. Because of this, we can't guarantee that drinks made with alternative milks (Soya, Almond, Coconut) are completely free from traces of dairy or other milk alternatives.
- **Chocolate-Based Drinks:** Any drinks containing chocolate, such as hot chocolates, mochas, or those topped with chocolate sprinkles, will contain dairy regardless of which milk you choose.
- **Smoothies:** Our blenders are used for products containing nut butters and cereals that include gluten. While we clean equipment between uses, we cannot guarantee that any smoothie will be entirely free from nuts or gluten.
- **Juices:** We use celery in our juicing process, and all juices are prepared on shared equipment. This means that all juices may contain traces of celery, and we label them accordingly.
- **Açaí Bowls:** Our açaí bowls are made in an area that also handles nuts and cereals containing gluten. Unfortunately, we're unable to guarantee that any açaí bowl is completely nut-free or gluten-free, even if requested.
- **Final Note:** If you have any allergies or intolerances, please speak to a member of our team before ordering and we'll do our best to help you make an informed choice.

✓

Contains the indicated allergen

*

May contain traces of indicated allergen

V

V Suitable for Vegetarians

VE

VE Suitable for Vegans

H

Certified Halal

S

Suitable for Halal

Some menu items may be seasonal and not available in-store, test products are not included. Information is subject to change without notice.

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	Vegetarian	Vegan	Halal	Cerals containing gluten							Soya	Egg	Milk	Nuts	Suplites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
Reboot	✓	✓	s																				
Sweet Greens	✓	✓	s														✓						
Only Greens	✓	✓	s														✓						
Warrior juice	✓	✓	s														✓						

	Vege*	Vegan	Halal	Cerals containing gluten							Soya	Egg	Milk	Nuts	Suplites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
I'm A Banana	✓	✓	s								*	*		*			*	*			*		
Berry Calm	✓	✓	s								*	*		*			*	*			*		
Chasing the Sun	✓	✓	s								*	*		*			*	*			*		
Blues Away	✓	✓	s								*	*		*			*	*			*		
Winter Warmer	✓	✓	s								*	*		*			*	*			*		
Lean Green 2.0	✓	✓	s								*	*		*			*	*			*		
Summer Berry	✓	✓	s								*	*		*			*	*			*		
Anytime Brekkie	✓	✓	s								*	*		*			*	*			*		
Rise 'N' Shine	✓	✓	s								*	*		*			*	*			*		
Blackberry and Apple Crumble	✓	✓	s								*	*		✓			*	*			*		

	Vege*	Vegan	Halal	Cerals containing gluten							Soya	Egg	Milk	Nuts	Suplites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
Shake to Awake	✓	✓									*	*		*			*	*			*	✓	
Chocolate Thunder	✓	✓									*	*		*			*	*			*	✓	
Matcha Boost	✓	✓									*	*		*			*	*			*	✓	
Power berry	✓	✓									*	*		*			*	*			*	✓	

	Vege*	Vegan	Halal	Cerals containing gluten							Soya	Egg	Milk	Nuts	Suplites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
My protein Impact Unflavoured Ve Protein	✓	✓												*									
My protein Impact Vanilla Ve Protein	✓	✓												*									
My protein Impact Chocolate Ve Protein	✓	✓												*									
Oats	✓	✓	s											✓									
Honey	✓	✓	s																				
Lions Mane	✓	✓	s	*	*	*	*	*	*	*	*		*	*		*	*	*		*	*		
Chia Seeds	✓	✓	s																				
Ted Ceramonial Grade Matcha powder	✓	✓	s																				
My Protein Green Superfoods (Unflavoured)	✓	✓	s																				
Espresso	✓	✓	s																				
Coconut Flakes (Sprinkles)	✓	✓	s												✓								

	Vege*	Vegan	Halal	Cerals containing gluten							Soya	Egg	Milk	Nuts	Suplites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
CHECK YOUR MILK OPTION ALONGSIDE YOUR DRINK CHOICE																							
Espresso (Including Decaf)	✓	✓	✓																				
Black Americano	✓	✓	✓																				
Cappuccino (WITH chocolate sprinkles) Dairy	✓	✓												✓									
Cappuccino (WITH chocolate sprinkles) Oat	✓	✓												✓									
Cappuccino (WITH chocolate sprinkles) Almond	✓	✓												✓									
Cappuccino (WITH chocolate sprinkles) Soya	✓	✓												✓									
Cappuccino (WITH chocolate sprinkles) Coconut	✓	✓												✓									
Cappuccino (NO chocolate sprinkles) Dairy	✓	✓												✓									
Cappuccino (NO chocolate sprinkles) Oat	✓	✓												✓									
Cappuccino (NO chocolate sprinkles) Almond	✓	✓												✓									
Cappuccino (NO chocolate sprinkles) Soya	✓	✓												✓									
Cappuccino (NO chocolate sprinkles) Coconut	✓	✓												✓									
White Americano/Flat White/Latte Dairy	✓	✓												✓									
White Americano/Flat White/Latte Oat	✓	✓												✓									
White Americano/Flat White/Latte Almond	✓	✓												✓									
White Americano/Flat White/Latte Soya	✓	✓												✓									
White Americano/Flat White/Latte Coconut	✓	✓												✓									
Macchiato/Cortado Dairy	✓	✓												✓									
Macchiato/Cortado Oat	✓	✓												✓									
Macchiato/Cortado Almond	✓	✓												✓									
Macchiato/Cortado Soya	✓	✓												✓									
Macchiato/Cortado Coconut	✓	✓												✓									
Mocha Dairy	✓	✓												✓									
Mocha Oat	✓	✓												✓									
Mocha Almond	✓	✓												✓									
Mocha Soya	✓	✓												✓									
Mocha Coconut	✓	✓												✓									
Chai Dairy	✓		s											✓									
Chai Oat	✓		s											✓									
Chai Almond	✓		s											✓									
Chai Soya	✓		s											✓									
Chai Coconut	✓		s											✓									
Matcha Dairy	✓	✓	s											✓									
Matcha Oat	✓	✓	s											✓									
Matcha Almond	✓	✓	s											✓									
Matcha Soya	✓	✓	s											✓									
Matcha Coconut	✓	✓	s											✓									
Hot Chocolate Dairy	✓													✓									
Hot Chocolate Oat	✓													✓									
Hot Chocolate Almond	✓													✓									
Hot Chocolate Soya	✓													✓									
Hot Chocolate Coconut	✓													✓									

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Iced Drinks	Vege*	Vegan	Halal	Cerals containing gluten							Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
				Wheat	Rye	Barley	Oats	Spelt	Kamut														
CHECK YOUR MILK OPTION ALONGSIDE YOUR DRINK CHOICE																							
Iced Black	✓	✓	s																				
Iced White Americ/Flat White/Latte Dairy	✓		s									✓											
Iced White Americ/Flat White/Latte Oat	✓	✓	s																				
Iced White Americ/Flat White/Latte Almond	✓	✓	s										✓										
Iced White Americ/Flat White/Latte Soya	✓	✓	s							✓					✓								
Iced White Americ/Flat White/Latte Coconut	✓	✓	s							✓													
Iced Mocha Dairy	✓	✓										✓											
Iced Mocha Oat	✓	✓										✓											
Iced Mocha Almond	✓	✓										✓											
Iced Mocha Soya	✓	✓								✓		✓		✓									
Iced Mocha Coconut	✓	✓								✓		✓		✓									
Iced Chai Dairy	✓		s									✓											
Iced Chai Oat	✓	✓	s									✓											
Iced Chai Almond	✓	✓	s									✓											
Iced Chai Soya	✓	✓	s							✓		✓		✓									
Iced Chai Coconut	✓	✓	s							✓		✓		✓									
Iced Matcha Dairy	✓	✓	s									✓											
Iced Matcha Oat	✓	✓	s									✓											
Iced Matcha Almond	✓	✓	s									✓			✓								
Iced Matcha Soya	✓	✓	s							✓					✓								
Iced Matcha Coconut	✓	✓	s							✓													
Iced Chocolate Dairy	✓	✓	s									✓											
Iced Chocolate Oat																							
Iced Chocolate Almond	✓											✓		✓									
Iced Chocolate Soya	✓									✓		✓		✓									
Iced Chocolate Coconut	✓									✓		✓		✓									
Iced Blueberry/Pistachio Matcha Latte Dairy	✓		s									✓											
Iced Blueberry/Pistachio Matcha Latte Oat	✓	✓	s									✓											
Iced Blueberry/Pistachio Matcha Latte Almond	✓	✓	s									✓											
Iced Blueberry/Pistachio Matcha Latte Soya	✓	✓	s							✓				✓									
Iced Blueberry/Pistachio Matcha Latte Coconut	✓	✓	s							✓		✓											

Teas	Vege*	Vegan	Halal	Cerals containing gluten							Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
				Wheat	Rye	Barley	Oats	Spelt	Kamut														
CHECK YOUR MILK OPTION ALONGSIDE YOUR DRINK CHOICE																							
English Breakfast <i>no milk</i>	✓	✓	s																				
Earl Grey Tea <i>no milk</i>	✓	✓	s																				
Chai Tea <i>no milk</i>	✓	✓	s																				
Decaf Tea <i>no milk</i>	✓	✓	s																				
Green Tea <i>no milk</i>	✓	✓	s																				
Lemon & Ginger Tea <i>no milk</i>	✓	✓	s																				
Mint Tea <i>no milk</i>	✓	✓	s																				

Milk Option	Vege*	Vegan	Halal	Cerals containing gluten							Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
				Wheat	Rye	Barley	Oats	Spelt	Kamut														
Dairy Whole Milk	✓		s								*		✓										
Dairy Semi-skimmed milk 'Skinny'	✓	*									*		✓										
Oat Milk (Minor Figures)	✓	✓	s								*												
Coconut milk	✓		s							✓		*	*										
Almond milk (plinish)	✓	✓	s							✓		*	*										
Soya milk (alpro)	✓	✓	s							✓			*										

Syrups & Drink Extras	Vege*	Vegan	Halal	Cerals containing gluten							Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
				Wheat	Rye	Barley	Oats	Spelt	Kamut														
Vanilla (normal and sugar free)	✓	✓	s																				
Caramel	✓	✓	s																				
Hazelnut	✓	✓	s																				
Pean	✓	✓	s																				
Cinnamon Bun	✓	✓	s																				
Toffee Apple	✓	✓	s																				
Pumpkin spiced syrup	✓	✓	s																				
Blueberry	✓	✓	s																				
Pistachio	✓	✓	s																				
Cream	✓		s										✓										
Chocolate Sprinkles	✓												✓										
Marshmallows										*		*											

Protein Balls	Vege*	Vegan	Halal	Cerals containing gluten							Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs	
				Wheat	Rye	Barley	Oats	Spelt	Kamut															
Cookie Dough Protein Ball	✓	✓		*	*	*	*	*	*	*			*					*				✓		
Salted Caramel Protein Ball	✓	✓		*	*	*	*	*	*	*		✓		*				*				*		
Raspberry Coconut Protein Ball	✓	✓		*	*	*	*	*	*	*			*		✓			*				*		
Peanut Butter & Chia Protein Ball	✓	✓		*	*	*	*	*	*	*		*		*				*				*		
Almond Butter & Choc Chip Protein Ball	✓	✓		*	*	*	*	*	*	*		*		*				*				*		
Crunchy Brownie Protein Ball	✓	✓		*	*	*	*	*	*	*		✓		*				*				✓		
Lemon & Coconut Protein Ball	✓	✓		*	*	*	*	*	*	*		✓		✓				*				*		