



CROSS-CONTAMINATION DISCLAIMER



At OAKBERRY, we take the safety and dietary needs of our customers very seriously. While we strive to ensure that our products are free from allergens not listed in the ingredients, please be aware that cross-contamination may occur, as our facilities handle a variety of allergens, including but not limited to peanuts, tree nuts, dairy, gluten, and seeds.

Important Notice:

- **Peanuts:** Many of our products contain peanuts, and although we implement stringent cleaning protocols, there is a risk of cross-contamination with other products.
- **Tree Nuts:** Products containing almonds, cashews, and other tree nuts are processed in the same facilities, increasing the risk of cross-contamination.
- **Dairy and Gluten:** Dairy and gluten-containing products are also handled in our facilities.

If you have a severe allergy, we recommend that you exercise caution and consult with our staff before consuming our products.

We appreciate your understanding and are committed to providing a safe and enjoyable experience for all our customers.

OAKBERRY Ireland - Allergens Information (Last Updated 19.11.2025) - A ticked box indicates an allergen contained in that item line.

Product	1.Gluten				2.Crustaceans	3.Eggs	4.Fish	5.Peanuts	6.Soybeans	7.Milk	8.Tree Nuts	9.Celery	10.Mustard	11.Sesame Seeds	12.Sulphites	13.Lupin	14.Molluscs
	Wheat	Rye	Barley	Oats	Includes crabs, prawns, lobsters, and other shellfish.	Found in all forms, including as an ingredient in baked goods and other foods.	All types of fish and products containing fish protein.	Groundnuts and products containing peanut protein.	Includes soy protein, soy flour, and all soy-derived products.	Includes all dairy products from mammals, such as cows, goats, and sheep.	Almonds(A), Hazelnuts(H), Walnuts(W), Pecans(Pe), Brazil Nuts(B), Pistachios(Pi), Cashews(C), and Macadamia Nuts (M). Tree Nut Source. ALL may refer to traces and/or potential for contamination / exposure to nuts in production factories.	Includes celery stalks, leaves, seeds, and root (celeriac).	Mustard seeds, mustard flour, and prepared mustard.	Includes whole sesame seeds and sesame seed products.	Preservatives used in dried fruits, wines, and some processed foods, at concentrations above 10 mg/kg or 10 mg/L.	Seeds and flour derived from lupin plants.	Includes mussels, clams, oysters, squid, and other shellfish.

Please note: Due to supply changes, some ingredients may come from different approved suppliers with varying allergen information. If you have a specific allergy, please ask a member of staff to confirm the current product in use.

Menu Items

Açaí	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Cadence Citrus	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Cadence Cola	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Cadence Cream Soda	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Cadence Melonberry	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Collagen Pro+	☐	☐	☐	☐	☐	May Contain Eggs	☐	☐	May Contain Soy	☒	! Warning	May Contain Tree Nuts	☐	☐	☐	☐	☐
Granola (Premium 275g)	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐

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Granola (Keto 275g)	☐	☐	☐	☐	☐	☐	☐	May Contain Peanuts	May Contain Soy	May Contain Dairy Products & Lactose	☒	A,W. Traces of All Other Tree Nuts Also	☐	☐	☒	May Contain Sulphites	☐	☐
Living Things Lemon & Ginger	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐			☐	☐	☐	☐	☐	☐
Living Things Peach & Blood Orange	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐			☐	☐	☐	☐	☐	☐
Living Things Raspberry & Pomegranate	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐			☐	☐	☐	☐	☐	☐
Living Things Rhubarb & Apple	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐			☐	☐	☐	☐	☐	☐
Living Things Watermelon & Lime	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐			☐	☐	☐	☐	☐	☐
OAKBAR Chocolate Praline	☐	☐	☐	☐	☐	☒	☐	☐	☒	☒	 Warning	Manufactured on equipment that processes nuts	☐	☐	☐	☐	☐	☐
OAKBAR Crispy Vanilla	☐	☐	☐	☐	☐	☒	☐	☐	☒	☒	 Warning	Manufactured on equipment that processes nuts	☐	☐	☐	☐	☐	☐

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OAKBAR Crunchy Strawberry	☐	☐	☐	☐	☐	☐	☐	☐	☒	☒	! Warning	Manufactured on equipment that processes nuts	☐	☐	☐	☐	☐	☐
OAK Matcha Cans	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐
Paç Oak	☐	☐	☐	☐	☐	☐	☐	☒	☐	May Contain Milk	☐		☐	☐	☐	☐	☐	☐
Pacoca Zero 1KG	☐	☐	☐	☐	☐	☐	☐	☒	☐	May Contain Milk	☐		☐	☐	☐	☐	☐	☐
Peanut Butter 500gm	☐	☐	☐	☐	☐	☐	☐	☒	☐	☐	! Warning	May Contain Tree Nuts	☐	☐	May Contain Sesame Seeds	☐	☐	☐
Sparkling Water	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐
Still Water	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐
VIT-HIT Mango	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐

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VIT-HIT Pink	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
VIT-HIT Raspberry	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Whey Protein 1KG	☐	☐	☐	☐	☐	May Contain Eggs	☐	May Contain Peanuts	May Contain Soy	☒	! Warning May Contain Tree Nuts	☐	☐	☐	☐	☐	☐

For additional ingredient notes and information, please scan the QR code on page 1 of this guide

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Toppings																	
Almonds (Supplier: Henderson)	☐	☐	☐	☐	☐	☐	☐	May Contain Peanuts	☐	☐	☒	A	☐	☐	☐	☐	☐
Almonds (Supplier: Sysco)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	A	☐	☐	May Contain Sesame Seeds	☐	☐
Banana	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐
Blueberries	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐
Cacao Nibs	☒	☒	☒	☒	☐	☐	☐	May Contain Peanuts	May Contain Soy	☒	!	May Contain A,C,H,PI,W	☐	☐	May Contain Sesame Seeds	☐	☐
Cashews	☐	☐	☐	☐	☐	☐	☐	May Contain Peanuts	☐	☐	☒	c	☐	☐	☐	☐	☐
Chia Pudding (with Chia Seeds from Henderson-Supplier)	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	!	May Contain Tree Nuts	☐	☐	☐	☐	☐

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	Wheat	Rye	Barley	Oats	Includes crabs, prawns, lobsters, and other shellfish.	Found in all forms, including as an ingredient in baked goods and other foods.	All types of fish and products containing fish protein.	Groundnuts and products containing peanut protein.	Includes soy protein, soy flour, and all soy-derived products.	Includes all dairy products from mammals, such as cows, goats, and sheep.	Almonds(A), Hazelnuts(H), Walnuts(W), Pecans(Pe), Brazil Nuts(B), Pistachios(Pi), Cashews(C), and Macadamia Nuts (M).	Tree Nut Source. ALL may refer to traces and/or potential for contamination / exposure to nuts in production factories.	Includes celery stalks, leaves, seeds, and root (celeriac).	Mustard seeds, mustard flour, and prepared mustard.	Includes whole sesame seeds and sesame seed products.	Preservatives used in dried fruits, wines, and some processed foods, at concentrations above 10 mg/kg or 10 mg/L.	Seeds and flour derived from lupin plants.	Includes mussels, clams, oysters, squid, and other shellfish.
Chia Pudding (with Chia Seeds from Sysco-Supplier)	Produced in a Factory that Handles Cereals that Contain Gluten				☐	Produced in a Factory that Handles Eggs	☐	☐	☒	Produced in a Factory that Handles Milk	! Warning	May Contain Tree Nuts	☐	☐	☐	☐	☐	☐
Chia Seeds (Supplier: Henderson)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	! Warning	May Contain Tree Nuts	☐	☐	☐	☐	☐	☐
Chia Seeds (Supplier: Sysco)	Produced in a Factory that Handles Cereals that Contain Gluten				☐	Produced in a Factory that Handles Eggs	☐	☐	Produced in a Factory that Handles Soya	Produced in a Factory that Handles Milk	☐		☐	☐	☐	☐	☐	☐
Coconut Flakes (Dessicated)	☒	☒	☒	☒	☐	☐	☐	☐	☐	☐	! Warning	May Contain Tree Nuts	☐	☐	May Contain Sesame Seeds	☒	☐	☐
Coconut Granola (KETO)	☐	☐	☐	☐	☐	☐	☐	May Contain Peanuts	May Contain Soy	May Contain Milk/Dairy	☒	A,W. May Contain Traces of Other Tree Nuts	☐	☐	☒	May Contain Sulphites	☐	☐
Condensed Milk	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐		☐	☐	☐	☐	☐	☐
Goji Berries	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐
Granola (Simple) Supplier: Zaira	☒	☒	☒	☒	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐

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Granola (Simple) Supplier: Henderson	☐	☐	☐	☒	☐	☐	☐	May Contain Peanuts	May Contain Soybeans	May Contain Milk/Dairy	☒	A,C,H,W. May Contain Traces of Other Tree Nuts	☐	☐	May Contain Sesame Seeds	☐	☐	☐
Granola (Irish Oat Honey Baked) Supplier: Sysco	☒	☒	☒	☒	☐	May Contain Eggs	☐	May Contain Peanuts	May Contain Soybeans	May Contain Milk	☒	ALL	☐	☐	☐	May Contain Sulphites	☐	☐
Harrys Coco Buzz	☐	☐	☐	☐	☐	☐	☐	☒	☐	☐	☒	H	☐	☐	☐	☐	☐	☐
Hemp	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐
Honey	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐
Kiwi	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐
Mango Puree	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐
Milk Powder	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐		☐	☐	☐	☐	☐	☐

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Pacoca	☐	☐	☐	☐	☐	☐	☐	☒	☐	May Contain Milk/Dairy	☐		☐	☐	☐	☐	☐	☐
Peanut Butter	☐	☐	☐	☐	☐	☐	☐	☒	☐	☐	! Warning	May Contain Tree Nuts	☐	☐	☐	☐	☐	☐
Peanuts	☐	☐	☐	☐	☐	☐	☐	☒	☐	☐	! Warning	May Contain Tree Nuts	☐	☐	☐	☐	☐	☐
Pistachio Cream	☐	☐	☐	☐	☐	☐	☐	May Contain Peanuts	☐	☒	☒	Contains Almonds. May contain Hazelnuts	☐	☐	May Contain Sesame Seeds	☐	☐	☐
Premium Granola	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐		☐	☐	☒	☐	☐	☐
Pumpkin Seeds	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐
Raspberries	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐
Strawberries	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐

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Sunflower Seeds	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Whey Protein Essential	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Whey Protein OAKBERRY (Merchant)	☐	☐	☐	☐	☐	May Contain Eggs	☐	May Contain Peanuts	May Contain Soy	☒	! Warning	May Contain Tree Nuts	☐	☐	☐	☐	☐
Yoghurt (Natural)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Yoghurt (Strawberry)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	! Warning	Prepared in an area which uses nuts	☐	☐	☐	☐	☐
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Product	1.Gluten				2.Crustaceans	3.Eggs	4.Fish	5.Peanuts	6.Soybeans	7.Milk	8.Tree Nuts	9.Celery	10.Mustard	11.Sesame Seeds	12.Sulphites	13.Lupin	14.Molluscs
	Wheat	Rye	Barley	Oats	Includes crabs, prawns, lobsters, and other shellfish.	Found in all forms, including as an ingredient in baked goods and other foods.	All types of fish and products containing fish protein.	Groundnuts and products containing peanut protein.	Includes soy protein, soy flour, and all soy-derived products.	Includes all dairy products from mammals, such as cows, goats, and sheep.	Almonds(A), Hazelnuts(H), Walnuts(W), Pecans(Pe), Brazil Nuts(B), Pistachios(Pi), Cashews(C), and Macadamia Nuts (M). Tree Nut Source. ALL may refer to traces and/or potential for contamination / exposure to nuts in production factories.	Includes celery stalks, leaves, seeds, and root (celeriac).	Mustard seeds, mustard flour, and prepared mustard.	Includes whole sesame seeds and sesame seed products.	Preservatives used in dried fruits, wines, and some processed foods, at concentrations above 10 mg/kg or 10 mg/L.	Seeds and flour derived from lupin plants.	Includes mussels, clams, oysters, squid, and other shellfish.

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Signature Smoothies

Blue Spirulina	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Matcha (with Coconut Milk)	☐	☐	☐	☐	☐	☐	☐	☒	☐	! Warning	May Contain Tree Nuts	☐	☐	☐	☐	☐	☐
Power Punch (with Essential Whey Protein . Ask staff what type is being served)	☐	☐	☐	☐	☐	☐	☒	☐	☒	☐		☐	☐	☐	☐	☐	☐
Power Punch (with OAKBERRY Merchant Whey Protein . Ask staff what type is being served)	☐	☐	☐	☐	☐	May Contain Eggs	☒	May Contain Soy	☒	! Warning	May Contain Tree Nuts	☐	☐	☐	☐	☐	☐
Super Glow (Contains bovine collagen. Not suitable for vegetarians or vegans)	☐	☐	☐	☐	☐	May Contain Eggs	☐	☒	☒	! Warning	May Contain Tree Nuts	☐	☐	☐	☐	☐	☐
Tropical Beats	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐
Very Berry	☐	☐	☐	☐	☐	☐	☐	☐	☐	! Warning	May Contain Tree Nuts	☐	☐	☐	☐	☐	☐

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Product	1.Gluten				2.Crustaceans	3.Eggs	4.Fish	5.Peanuts	6.Soybeans	7.Milk	8.Tree Nuts	9.Celery	10.Mustard	11.Sesame Seeds	12.Sulphites	13.Lupin	14.Molluscs
	Wheat	Rye	Barley	Oats	Includes crabs, prawns, lobsters, and other shellfish.	Found in all forms, including as an ingredient in baked goods and other foods.	All types of fish and products containing fish protein.	Groundnuts and products containing peanut protein.	Includes soy protein, soy flour, and all soy-derived products.	Includes all dairy products from mammals, such as cows, goats, and sheep.	Almonds(A), Hazelnuts(H), Walnuts(W), Pecans(Pe), Brazil Nuts(B), Pistachios(Pi), Cashews(C), and Macadamia Nuts (M). Tree Nut Source. ALL may refer to traces and/or potential for contamination / exposure to nuts in production factories.	Includes celery stalks, leaves, seeds, and root (celeriac).	Mustard seeds, mustard flour, and prepared mustard.	Includes whole sesame seeds and sesame seed products.	Preservatives used in dried fruits, wines, and some processed foods, at concentrations above 10 mg/kg or 10 mg/L.	Seeds and flour derived from lupin plants.	Includes mussels, clams, oysters, squid, and other shellfish.

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OAKBERRY Ireland - Allergens Information (Last Updated 19.11.2025) - A ticked box indicates an allergen contained in that item line.

Product	1.Gluten				2.Crustaceans	3.Eggs	4.Fish	5.Peanuts	6.Soybeans	7.Milk	8.Tree Nuts	9.Celery	10.Mustard	11.Sesame Seeds	12.Sulphites	13.Lupin	14.Molluscs
	Wheat	Rye	Barley	Oats	Includes crabs, prawns, lobsters, and other shellfish.	Found in all forms, including as an ingredient in baked goods and other foods.	All types of fish and products containing fish protein.	Groundnuts and products containing peanut protein.	Includes soy protein, soy flour, and all soy-derived products.	Includes all dairy products from mammals, such as cows, goats, and sheep.	Almonds(A), Hazelnuts(H), Walnuts(W), Pecans(Pe), Brazil Nuts(B), Pistachios(Pi), Cashews(C), and Macadamia Nuts (M). Tree Nut Source. ALL may refer to traces and/or potential for contamination / exposure to nuts in production factories.	Includes celery stalks, leaves, seeds, and root (celeriac).	Mustard seeds, mustard flour, and prepared mustard.	Includes whole sesame seeds and sesame seed products.	Preservatives used in dried fruits, wines, and some processed foods, at concentrations above 10 mg/kg or 10 mg/L.	Seeds and flour derived from lupin plants.	Includes mussels, clams, oysters, squid, and other shellfish.

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Signature Bowls

Crunchy (with Zaira Simple Granola. Check toppings page if substituting to other types of granola or items)	☒	☒	☒	☒	☐	☐	☐	May Contain Peanuts	May Contain Soybeans	☒	☒	ALL	☐	☐	☒	☒	☐	☐
Fruity (with Zaira Simple Granola. Check toppings page if substituting to other types of granola or items)	☒	☒	☒	☒	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐
Nutty	☐	☐	☐	☐	☐	☐	☐	☒	☐	☐	☒	A. May contain traces of other Tree Nuts Also	☐	☐	☐	☐	☐	☐
Original (with Zaira Simple Granola. Check toppings page if substituting to other types of granola or items)	☒	☒	☒	☒	☐	☐	☐	☒	☐	☐	! Warning	May Contain Tree Nuts	☐	☐	☐	☐	☐	☐
Pistachio Cream Bowl (with Zaira Simple Granola. Check toppings page if substituting to other types of granola or items)	☒	☒	☒	☒	☐	☐	☐	May Contain Peanuts	☐	☒	☒	ALL	☐	☐	☒	☒	☐	☐

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Product	1. Gluten				2. Crustaceans	3. Eggs	4. Fish	5. Peanuts	6. Soybeans	7. Milk	8. Tree Nuts	9. Celery	10. Mustard	11. Sesame Seeds	12. Sulphites	13. Lupin	14. Molluscs
	Wheat	Rye	Barley	Oats	Includes crabs, prawns, lobsters, and other shellfish.	Found in all forms, including as an ingredient in baked goods and other foods.	All types of fish and products containing fish protein.	Groundnuts and products containing peanut protein.	Includes soy protein, soy flour, and all soy-derived products.	Includes all dairy products from mammals, such as cows, goats, and sheep.	Almonds(A), Hazelnuts(H), Walnuts(W), Pecans(Pe), Brazil Nuts(B), Pistachios(Pi), Cashews(C), and Macadamia Nuts (M). Tree Nut Source. ALL may refer to traces and/or potential for contamination / exposure to nuts in production factories.	Includes celery stalks, leaves, seeds, and root (celeriac).	Mustard seeds, mustard flour, and prepared mustard.	Includes whole sesame seeds and sesame seed products.	Preservatives used in dried fruits, wines, and some processed foods, at concentrations above 10 mg/kg or 10 mg/L.	Seeds and flour derived from lupin plants.	Includes mussels, clams, oysters, squid, and other shellfish.
Tiger (with Zaira Simple Granola and Essential Whey Protein. Check toppings page if substituting to other types of granola or items)	☒	☒	☒	☒	☐	☐	☐	☒	☐	☒	! Warning May Contain Tree Nuts	☐	☐	☐	☐	☐	☐
Tiger (with Zaira Simple Granola and OAKBERRY Merchant Whey Protein. Check toppings page if substituting to other types of granola or items)	☒	☒	☒	☒	☐	May Contain Eggs	☐	☒	May Contain Soy	☒	! Warning May Contain Tree Nuts	☐	☐	☐	☐	☐	☐
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Product	1.Gluten				2.Crustaceans	3.Eggs	4.Fish	5.Peanuts	6.Soybeans	7.Milk	8.Tree Nuts	9.Celery	10.Mustard	11.Sesame Seeds	12.Sulphites	13.Lupin	14.Molluscs
	Wheat	Rye	Barley	Oats	Includes crabs, prawns, lobsters, and other shellfish.	Found in all forms, including as an ingredient in baked goods and other foods.	All types of fish and products containing fish protein.	Groundnuts and products containing peanut protein.	Includes soy protein, soy flour, and all soy-derived products.	Includes all dairy products from mammals, such as cows, goats, and sheep.	Almonds(A), Hazelnuts(H), Walnuts(W), Pecans(Pe), Brazil Nuts(B), Pistachios(Pi), Cashews(C), and Macadamia Nuts (M). Tree Nut Source. ALL may refer to traces and/or potential for contamination / exposure to nuts in production factories.	Includes celery stalks, leaves, seeds, and root (celeriac).	Mustard seeds, mustard flour, and prepared mustard.	Includes whole sesame seeds and sesame seed products.	Preservatives used in dried fruits, wines, and some processed foods, at concentrations above 10 mg/kg or 10 mg/L.	Seeds and flour derived from lupin plants.	Includes mussels, clams, oysters, squid, and other shellfish.

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Matcha Drinks																		
OG Matcha Latte (with Oat Milk)	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐
OG Matcha Latte (with Coconut Milk)	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	! Warning	May Contain Tree Nuts	☐	☐	☐	☐	☐	☐
OG Matcha Latte (with Low Fat Milk)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐		☐	☐	☐	☐	☐	☐
Blackberry Matcha Latte (with Oat Milk)	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐
Blackberry Matcha Latte (with Coconut Milk)	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	! Warning	May Contain Tree Nuts	☐	☐	☐	☐	☐	☐
Blackberry Matcha Latte (with Low Fat Milk)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐		☐	☐	☐	☐	☐	☐
Rhubarb & Custard Matcha Latte (with Oat Milk)	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐

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Product	1.Gluten				2.Crustaceans	3.Eggs	4.Fish	5.Peanuts	6.Soybeans	7.Milk	8.Tree Nuts		9.Celery	10.Mustard	11.Sesame Seeds	12.Sulphites	13.Lupin	14.Molluscs
	Wheat	Rye	Barley	Oats	Includes crabs, prawns, lobsters, and other shellfish.	Found in all forms, including as an ingredient in baked goods and other foods.	All types of fish and products containing fish protein.	Groundnuts and products containing peanut protein.	Includes soy protein, soy flour, and all soy-derived products.	Includes all dairy products from mammals, such as cows, goats, and sheep.	Almonds(A), Hazelnuts(H), Walnuts(W), Pecans(Pe), Brazil Nuts(B), Pistachios(Pi), Cashews(C), and Macadamia Nuts (M).	Tree Nut Source. ALL may refer to traces and/or potential for contamination / exposure to nuts in production factories.	Includes celery stalks, leaves, seeds, and root (celeriac).	Mustard seeds, mustard flour, and prepared mustard.	Includes whole sesame seeds and sesame seed products.	Preservatives used in dried fruits, wines, and some processed foods, at concentrations above 10 mg/kg or 10 mg/L.	Seeds and flour derived from lupin plants.	Includes mussels, clams, oysters, squid, and other shellfish.
Rhubarb & Custard Matcha Latte (with Coconut Milk)	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	! Warning	May Contain Tree Nuts	☐	☐	☐	☐	☐	☐
Rhubarb & Custard Matcha Latte (with Low Fat Milk)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐		☐	☐	☐	☐	☐	☐
Strawberry Matcha Latte (with Oat Milk)	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐
Strawberry Matcha Latte (with Coconut Milk)	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	! Warning	May Contain Tree Nuts	☐	☐	☐	☐	☐	☐
Strawberry Matcha Latte (with Low Fat Milk)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐		☐	☐	☐	☐	☐	☐
Vanilla Matcha Latte (with Oat Milk)	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐
Vanilla Matcha Latte (with Coconut Milk)	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	! Warning	May Contain Tree Nuts	☐	☐	☐	☐	☐	☐
Vanilla Matcha Latte (with Low Fat Milk)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐		☐	☐	☐	☐	☐	☐

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Product	1.Gluten				2.Crustaceans	3.Eggs	4.Fish	5.Peanuts	6.Soybeans	7.Milk	8.Tree Nuts	9.Celery	10.Mustard	11.Sesame Seeds	12.Sulphites	13.Lupin	14.Molluscs
	Wheat	Rye	Barley	Oats	Includes crabs, prawns, lobsters, and other shellfish.	Found in all forms, including as an ingredient in baked goods and other foods.	All types of fish and products containing fish protein.	Groundnuts and products containing peanut protein.	Includes soy protein, soy flour, and all soy-derived products.	Includes all dairy products from mammals, such as cows, goats, and sheep.	Almonds(A), Hazelnuts(H), Walnuts(W), Pecans(Pe), Brazil Nuts(B), Pistachios(Pi), Cashews(C), and Macadamia Nuts (M). Tree Nut Source. ALL may refer to traces and/or potential for contamination / exposure to nuts in production factories.	Includes celery stalks, leaves, seeds, and root (celeriac).	Mustard seeds, mustard flour, and prepared mustard.	Includes whole sesame seeds and sesame seed products.	Preservatives used in dried fruits, wines, and some processed foods, at concentrations above 10 mg/kg or 10 mg/L.	Seeds and flour derived from lupin plants.	Includes mussels, clams, oysters, squid, and other shellfish.

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Overnight Oats																	
Coconut Base ingredients only. Check toppings page when making additions	☒	☒	☒	☒	☐	☐	☐	☒	☒	☐	☒	ALL	☐	☐	☒	☒	☐
Crunchy Pistachio Choc Base Ingredients only. Check toppings page when making additions	☒	☒	☒	☒	☐	☐	☐	☒	☒	☒	☒	ALL	☐	☐	☒	☒	☐
Peanut Butter Base Ingredients only. Check toppings page when making additions	☒	☒	☒	☒	☐	☐	☐	☒	☒	☒	☒	ALL	☐	☐	☒	☒	☐

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Product	1.Gluten				2.Crustaceans	3.Eggs	4.Fish	5.Peanuts	6.Soybeans	7.Milk	8.Tree Nuts	9.Celery	10.Mustard	11.Sesame Seeds	12.Sulphites	13.Lupin	14.Molluscs
	Wheat	Rye	Barley	Oats	Includes crabs, prawns, lobsters, and other shellfish.	Found in all forms, including as an ingredient in baked goods and other foods.	All types of fish and products containing fish protein.	Groundnuts and products containing peanut protein.	Includes soy protein, soy flour, and all soy-derived products.	Includes all dairy products from mammals, such as cows, goats, and sheep.	Almonds(A), Hazelnuts(H), Walnuts(W), Pecans(Pe), Brazil Nuts(B), Pistachios(Pi), Cashews(C), and Macadamia Nuts (M). Tree Nut Source. ALL may refer to traces and/or potential for contamination / exposure to nuts in production factories.	Includes celery stalks, leaves, seeds, and root (celeriac).	Mustard seeds, mustard flour, and prepared mustard.	Includes whole sesame seeds and sesame seed products.	Preservatives used in dried fruits, wines, and some processed foods, at concentrations above 10 mg/kg or 10 mg/L.	Seeds and flour derived from lupin plants.	Includes mussels, clams, oysters, squid, and other shellfish.

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Coffee (If adding milk/syrup/choc powder, please check other items page for allergen info on those products)

Americano	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐
Cappuccino	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐
Espresso	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐
Flat White	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐
Hot Chocolate	☐	☐	☐	☐	☐	☐	☐	☐	☐	May Contain Milk	☐		☐	☐	☐	☐	☐
Iced Coffee	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐
Latte	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐

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Product	1.Gluten				2.Crustaceans	3.Eggs	4.Fish	5.Peanuts	6.Soybeans	7.Milk	8.Tree Nuts	9.Celery	10.Mustard	11.Sesame Seeds	12.Sulphites	13.Lupin	14.Molluscs
	Wheat	Rye	Barley	Oats	Includes crabs, prawns, lobsters, and other shellfish.	Found in all forms, including as an ingredient in baked goods and other foods.	All types of fish and products containing fish protein.	Groundnuts and products containing peanut protein.	Includes soy protein, soy flour, and all soy-derived products.	Includes all dairy products from mammals, such as cows, goats, and sheep.	Almonds(A), Hazelnuts(H), Walnuts(W), Pecans(Pe), Brazil Nuts(B), Pistachios(Pi), Cashews(C), and Macadamia Nuts (M). Tree Nut Source. ALL may refer to traces and/or potential for contamination / exposure to nuts in production factories.	Includes celery stalks, leaves, seeds, and root (celeriac).	Mustard seeds, mustard flour, and prepared mustard.	Includes whole sesame seeds and sesame seed products.	Preservatives used in dried fruits, wines, and some processed foods, at concentrations above 10 mg/kg or 10 mg/L.	Seeds and flour derived from lupin plants.	Includes mussels, clams, oysters, squid, and other shellfish.
Mocha	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
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Product	1.Gluten				2.Crustaceans	3.Eggs	4.Fish	5.Peanuts	6.Soybeans	7.Milk	8.Tree Nuts		9.Celery	10.Mustard	11.Sesame Seeds	12.Sulphites	13.Lupin	14.Molluscs
	Wheat	Rye	Barley	Oats	Includes crabs, prawns, lobsters, and other shellfish.	Found in all forms, including as an ingredient in baked goods and other foods.	All types of fish and products containing fish protein.	Groundnuts and products containing peanut protein.	Includes soy protein, soy flour, and all soy-derived products.	Includes all dairy products from mammals, such as cows, goats, and sheep.	Almonds(A), Hazelnuts(H), Walnuts(W), Pecans(Pe), Brazil Nuts(B), Pistachios(Pi), Cashews(C), and Macadamia Nuts (M).	Tree Nut Source. ALL may refer to traces and/or potential for contamination / exposure to nuts in production factories.	Includes celery stalks, leaves, seeds, and root (celeriac).	Mustard seeds, mustard flour, and prepared mustard.	Includes whole sesame seeds and sesame seed products.	Preservatives used in dried fruits, wines, and some processed foods, at concentrations above 10 mg/kg or 10 mg/L.	Seeds and flour derived from lupin plants.	Includes mussels, clams, oysters, squid, and other shellfish.

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Other Items																		
Alpro Almond Milk	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	A. May Contain Other Tree Nuts Also	☐	☐	☐	☐	☐	☐
Alpro Coconut Milk	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	! Warning	May Contain Tree Nuts	☐	☐	☐	☐	☐	☐
Alpro Plain Yoghurt with Coconut	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	! Warning	May Contain Tree Nuts	☐	☐	☐	☐	☐	☐
Alpro Soya (Barista)	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	☐		☐	☐	☐	☐	☐	☐
Bewley's Fairtrade Academy Blend No. 99 Beans	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐	☐	☐
Cadbury Hot Chocolate Cocoa Powder	☐	☐	☐	☐	☐	☐	☐	☐	☐	May Contain Milk	☐		☐	☐	☐	☐	☐	☐
Califa Farms Oat Barista	☐	☐	☐	☒	☐	☐	☐	☐	May Contain Soy	☐	! Warning	May Contain Nuts	☐	☐	☐	☐	☐	☐

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Product	1.Gluten				2.Crustaceans	3.Eggs	4.Fish	5.Peanuts	6.Soybeans	7.Milk	8.Tree Nuts	9.Celery	10.Mustard	11.Sesame Seeds	12.Sulphites	13.Lupin	14.Molluscs
	Wheat	Rye	Barley	Oats	includes crabs, prawns, lobsters, and other shellfish.	Found in all forms, including as an ingredient in baked goods and other foods.	All types of fish and products containing fish protein.	Groundnuts and products containing peanut protein.	Includes soy protein, soy flour, and all soy-derived products.	Includes all dairy products from mammals, such as cows, goats, and sheep.	Almonds(A), Hazelnuts(H), Walnuts(W), Pecans(Pe), Brazil Nuts(B), Pistachios(Pi), Cashews(C), and Macadamia Nuts (M). Tree Nut Source. ALL may refer to traces and/or potential for contamination / exposure to nuts in production factories.	Includes celery stalks, leaves, seeds, and root (celeriac).	Mustard seeds, mustard flour, and prepared mustard.	Includes whole sesame seeds and sesame seed products.	Preservatives used in dried fruits, wines, and some processed foods, at concentrations above 10 mg/kg or 10 mg/L.	Seeds and flour derived from lupin plants.	Includes mussels, clams, oysters, squid, and other shellfish.
Caramel Syrup	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Champion Fresh 1% Fat Milk Supplier: Doyle's Veg	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Champion Full Fat Milk Supplier: Doyle's Veg	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Coconut Water (Vita Coco 100% Pure)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	! Warning May Contain Tree Nuts	☐	☐	☐	☐	☐	☐
Creamy Oat Organic (Oatly)	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Dark Chocolate	☐	☐	☐	☐	☐	☐	☐	☐	☒	May Contain Milk	☐	☐	☐	☐	☐	☐	☐
Ground Turmeric (Country Range)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Oats (Flahavan's Porridge)	☒	☒	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

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Oatly Oat Drink	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Maple Syrup	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	☐
Matcha Ninja: Blue Ninja Butterfly Pea Flower Powder (Spirulina Substitute)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Monin Cloudy Lemonade	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Monin Coconut Syrup	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Monin Vanilla Syrup	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Monin Rhubarb Puree	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Monin Blackberry Syrup	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

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Monin Jabuticaba Puree	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Monin Pumpkin Spice Syrup	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Monin Rhubarb Puree	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Monin Roasted Hazelnut Syrup	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	Hazelnuts. May Contain Traces of Other Tree Nuts	☐	☐	☐	☐	☐
Monin Strawberry Syrup	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Monin Vanilla Syrup	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Oat Drink Barista Edition (Oatly)	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
PerfectTed Matcha Powder	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

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PerfectTed Ube Powder	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
PerfectTed Pitaya Powder	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Raspberry Jam (Folláin)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sesame Seeds	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	! May Contain Tree Nuts Warning	☐	☐	☒	☐	☐	☐
Vanilla Extract (Dr. Oetker)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
White Sugar	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Brown Sugar	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sea Salt Flakes (Maldon)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

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Strathroy Whole Milk	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐		☐	☐	☐	☐	☐	☐
Strathroy Low Fat Milk	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐		☐	☐	☐	☐	☐	☐
For additional ingredient notes and information, please scan the QR code on page 1 of this guide																		