



## 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 March 25th 2026) - 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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cadence Citrus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cadence Cola	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cadence Cream Soda	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cadence Melonberry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Collagen Pro+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Eggs	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Soy	<input checked="" type="checkbox"/>	<b>!</b> Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>


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Product	1.Gluten				2.Crustaceans  Includes crabs, prawns, lobsters, and other shellfish.	3.Eggs  Found in all forms, including as an ingredient in baked goods and other foods.	4.Fish  All types of fish and products containing fish protein.	5.Peanuts  Groundnuts and products containing peanut protein.	6.Soybeans  Includes soy protein, soy flour, and all soy-derived products.	7.Milk  Includes all dairy products from mammals, such as cows, goats, and sheep.	8.Tree Nuts		9.Celery  Includes celery stalks, leaves, seeds, and root (celeriac).	10.Mustard  Mustard seeds, mustard flour, and prepared mustard.	11.Sesame Seeds  Includes whole sesame seeds and sesame seed products.	12.Sulphites  Preservatives used in dried fruits, wines, and some processed foods, at concentrations above 10 mg/kg or 10 mg/L.	13.Lupin  Seeds and flour derived from lupin plants.	14.Molluscs  Includes mussels, clams, oysters, squid, and other shellfish.
	Wheat	Rye	Barley	Oats							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.						
 Granola (Premium 275g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Granola (Keto 275g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Peanuts	May Contain Soy	May Contain Dairy Products & Lactose	<input checked="" type="checkbox"/>	A,W. Traces of All Other Tree Nuts Also	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	May Contain Sulphites	<input type="checkbox"/>	<input type="checkbox"/>	
Living Things Lemon & Ginger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Living Things Peach & Blood Orange	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Living Things Raspberry & Pomegranate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Living Things Rhubarb & Apple	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Living Things Watermelon & Lime	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
OAKBAR Chocolate Praline	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<b>!</b> Warning	Manufactured on equipment that processes nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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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.
 OAKBAR Crispy Vanilla	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<b>!</b> Warning	Manufactured on equipment that processes nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OAKBAR Crunchy Strawberry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<b>!</b> Warning	Manufactured on equipment that processes nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OAK Matcha Cans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PAÇ.OAK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	May Contain Traces of Milk	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Paçoca Zero 1KG	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	May Contain Traces of Milk	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peanut Butter 500gm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>!</b> Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Sesame Seeds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sparkling Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Still Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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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(Pl), 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.
 Whey Protein 1KG	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Eggs	<input type="checkbox"/>	May Contain Peanuts	May Contain Soy	<input checked="" type="checkbox"/>	! Warning May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

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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.

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**Toppings**

Almonds (Supplier: Henderson)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Peanuts	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	A	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Almonds (Supplier: Sysco)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	A	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Sesame Seeds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Banana	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blueberries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cacao (Choko) Granola Supplier: Zaira	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cacao Nibs	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Peanuts	May Contain Soy	<input checked="" type="checkbox"/>	<b>!</b> Warning	May Contain A,C,H,Pi,W	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Sesame Seeds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>


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	Wheat	Rye	Barley	Oats							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 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.
Cashews	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Peanuts	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	c	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chia Pudding (with Chia Seeds from Henderson-Supplier)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>!</b> Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chia Pudding (with Chia Seeds from Sysco-Supplier)	Produced in a Factory that Handles Cereals that Contain Gluten				<input type="checkbox"/>	Produced in a Factory that Handles Eggs	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Produced in a Factory that Handles Milk	<b>!</b> Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chia Seeds (Supplier: Henderson)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>!</b> Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chia Seeds (Supplier: Sysco)	Produced in a Factory that Handles Cereals that Contain Gluten				<input type="checkbox"/>	Produced in a Factory that Handles Eggs	<input type="checkbox"/>	<input type="checkbox"/>	Produced in a Factory that Handles Soya	Produced in a Factory that Handles Milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coconut Chips Supplier: Dr Goerg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>!</b> Warning	Almonds - Product Processed in the Same Location	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coconut Flakes (Dessicated)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>!</b> Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Sesame Seeds	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coconut Granola (KETO)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Peanuts	May Contain Soy	May Contain Milk/Dairy	<input checked="" type="checkbox"/>	A,W. May Contain Traces of Other Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	May Contain Sulphites	<input type="checkbox"/>	<input type="checkbox"/>


**OAKBERRY Ireland - Allergens Information (Last Updated March 25th 2026) - A ticked box indicates an allergen contained in that item line.**

Product	1. Gluten				2. Crustaceans  Includes crabs, prawns, lobsters, and other shellfish.	3. Eggs  Found in all forms, including as an ingredient in baked goods and other foods.	4. Fish  All types of fish and products containing fish protein.	5. Peanuts  Groundnuts and products containing peanut protein.	6. Soybeans  Includes soy protein, soy flour, and all soy-derived products.	7. Milk  Includes all dairy products from mammals, such as cows, goats, and sheep.	8. Tree Nuts		9. Celery  Includes celery stalks, leaves, seeds, and root (celeriac).	10. Mustard  Mustard seeds, mustard flour, and prepared mustard.	11. Sesame Seeds  Includes whole sesame seeds and sesame seed products.	12. Sulphites  Preservatives used in dried fruits, wines, and some processed foods, at concentrations above 10 mg/kg or 10 mg/L.	13. Lupin  Seeds and flour derived from lupin plants.	14. Molluscs  Includes mussels, clams, oysters, squid, and other shellfish.
	Wheat	Rye	Barley	Oats							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.						
 Condensed Milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Goji Berries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Granola (Simple/Plain) Supplier: Zaira	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Granola (Simple) Supplier: Henderson	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Peanuts	May Contain Soybeans	May Contain Milk/Dairy	<input checked="" type="checkbox"/>	A, C, H, W. May Contain Traces of Other Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Sesame Seeds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Granola (Irish Oat Honey Baked) Supplier: Sysco	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	May Contain Eggs	May Contain Peanuts	May Contain Soybeans	May Contain Milk	<input checked="" type="checkbox"/>	ALL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Sulphites	<input type="checkbox"/>	<input type="checkbox"/>	
Granola (Plain) Supplier: Flahavan's	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	A	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Harry's Coco Buzz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	H	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Hazelnut Choco Cream Supplier: Rito	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May contain traces of Peanuts	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Contains Hazelnuts. May contain traces of Almonds, Pistachios	<input type="checkbox"/>	<input type="checkbox"/>	May contain traces of Sesame Seeds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	


**OAKBERRY Ireland - Allergens Information (Last Updated March 25th 2026) - 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.
 <b>Signature Hazelnut</b> Supplier: Pedro Davi	May contain traces of Wheat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May contain traces of Peanuts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Hazelnuts. May contain traces of Pistachio	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hemp	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Honey	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kiwi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mango Puree	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Milk Powder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Nutty Crunch (Keto Granola)</b> Supplier: Zaira	May contain Wheat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Almonds, Cashews, and Nut Derivatives	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Paçoca	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	May Contain Milk/Dairy	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>


**OAKBERRY Ireland - Allergens Information (Last Updated March 25th 2026) - 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							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 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.
Peanut Butter Brand: BredaBest (OAKBERRY)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peanut Butter Brand: Duerr's	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>!</b> Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peanut Butter Brand: Meridian	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>!</b> Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Sesame Seeds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peanuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>!</b> Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pistachio Cream	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Traces of Peanuts	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Contains Pistachios. May contain traces of Almonds, Hazelnuts	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Traces of Sesame Seeds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pistachio Cream Brand: Pedro Davi	May contain traces of Wheat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Traces of Peanuts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Contains Pistachios. May contain traces of Hazelnuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pumpkin Seeds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Raspberries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**OAKBERRY Ireland - Allergens Information (Last Updated March 25th 2026) - A ticked box indicates an allergen contained in that item line.**

Product	1. Gluten				2. Crustaceans  Includes crabs, prawns, lobsters, and other shellfish.	3. Eggs  Found in all forms, including as an ingredient in baked goods and other foods.	4. Fish  All types of fish and products containing fish protein.	5. Peanuts  Groundnuts and products containing peanut protein.	6. Soybeans  Includes soy protein, soy flour, and all soy-derived products.	7. Milk  Includes all dairy products from mammals, such as cows, goats, and sheep.	8. Tree Nuts		9. Celery  Includes celery stalks, leaves, seeds, and root (celeriac).	10. Mustard  Mustard seeds, mustard flour, and prepared mustard.	11. Sesame Seeds  Includes whole sesame seeds and sesame seed products.	12. Sulphites  Preservatives used in dried fruits, wines, and some processed foods, at concentrations above 10 mg/kg or 10 mg/L.	13. Lupin  Seeds and flour derived from lupin plants.	14. Molluscs  Includes mussels, clams, oysters, squid, and other shellfish.
	Wheat	Rye	Barley	Oats							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.						
 Strawberries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunflower Seeds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Whey Protein Supplier: So Nutrition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Made in a facility that uses Eggs	<input type="checkbox"/>	<input type="checkbox"/>	Made in a facility that uses Soy	<input checked="" type="checkbox"/>	! Warning	Made in a facility that uses Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Whey Protein Supplier: So Optimum Nutrition 100% Gold Standard	May Contain Gluten				<input type="checkbox"/>	May Contain Eggs	<input type="checkbox"/>	May Contain Peanuts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	! Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Whey Protein Supplier: Nutriversonum Mix Pro Vanilla Flavour	Made in a facility that uses Gluten				<input type="checkbox"/>	Made in a facility that uses Eggs	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	! Warning	Made in a facility that uses Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Whey Protein Supplier: Holland & Barrett (H&B)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Eggs	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Soy	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Whey Protein Supplier: Essential	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Whey Protein Supplier: OAKBERRY (Merchant)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Eggs	<input type="checkbox"/>	May Contain Peanuts	May Contain Soy	<input checked="" type="checkbox"/>	! Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**OAKBERRY Ireland - Allergens Information (Last Updated March 25th 2026) - 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							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 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.
Yoghurt (Natural)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoghurt (Strawberry)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<b>!</b> Warning	Prepared in an area which uses nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

**OAKBERRY Ireland - Allergens Information (Last Updated March 25th 2026) - 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.**

**Signature Smoothies**


Blue Spirulina	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Matcha (with Coconut Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>!</b> Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Power Punch (with So Nutrition Whey Protein. Ask staff what type is being served)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Made in a facility that uses Eggs	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Made in a facility that uses Soy	<input checked="" type="checkbox"/>	<b>!</b> Warning	Made in a facility that uses Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Power Punch (with So Optimum Nutrition 100% Gold Standard Whey Protein. Ask staff what type is being served)	May Contain Gluten				<input type="checkbox"/>	May Contain Eggs	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<b>!</b> Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Power Punch (with Nutriverson Mix Pro Vanilla Flavour Whey Protein. Ask staff what type is being served)	Made in a facility that uses Gluten				<input type="checkbox"/>	Made in a facility that uses Eggs	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<b>!</b> Warning	Made in a facility that uses Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Power Punch (with Holland & Barrett (H&B) Whey Protein. Ask staff what type is being served)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Eggs	<input type="checkbox"/>	<input checked="" type="checkbox"/>	May Contain Soy	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**OAKBERRY Ireland - Allergens Information (Last Updated March 25th 2026) - 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.
 <b>Power Punch</b> (with <b>Essential Whey Protein</b> . Ask staff what type is being served)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Power Punch</b> (with <b>OAKBERRY Merchant Whey Protein</b> . Ask staff what type is being served)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Eggs	<input type="checkbox"/>	<input checked="" type="checkbox"/>	May Contain Soy	<input checked="" type="checkbox"/>	! Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Super Glow</b> (Contains bovine collagen. Not suitable for vegetarians or vegans)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Eggs	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	! Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Tropical Beats</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Very Berry</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	! Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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**OAKBERRY Ireland - Allergens Information (Last Updated March 25th 2026) - 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							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 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**

<b>Crunchy Bowl</b> (with Zaira Simple Granola. Check toppings page if substituting to other types of granola or items)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Peanuts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	ALL	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Fruity Bowl</b> (with Zaira Simple Granola. Check toppings page if substituting to other types of granola or items)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Hazelnut Choco Cream Bowl</b> (with Zaira Simple Granola & Rito's Hazelnut Choco Cream. Check toppings page if substituting to other types of granola or items)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May contain traces of Peanuts	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Contains Hazelnuts. May contain traces of Almonds, Pistachios	<input type="checkbox"/>	<input type="checkbox"/>	May contain traces of Sesame Seeds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Hazelnut Choco Cream Bowl</b> (with Zaira Simple Granola & Pedro Davi Signature Hazelnut. Check toppings page if substituting to other types of granola or items)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May contain traces of Peanuts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Hazelnuts. May contain traces of Pistachio	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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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.
 <b>Nutty Bowl</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	ALL	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Sesame Seeds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Original Bowl</b> (with Zaira Simple Granola. Check toppings page if substituting to other types of granola or items)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	!	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Sesame Seeds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Pistachio Cream Bowl</b> (with Zaira Simple Granola. Check toppings page if substituting to other types of granola, chia pudding, or other items)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	May Contain Peanuts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	ALL	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Tiger Bowl</b> (with Zaira Simple Granola and So Nutrition Whey Protein. Check toppings page if substituting to other types of granola, whey protein, or items)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Made in a facility that uses Eggs	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Made in a facility that uses Soy	<input checked="" type="checkbox"/>	!	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Sesame Seeds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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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.
<b>Tiger Bowl</b> (with Zaira Simple Granola and So Optimum Nutrition 100% Gold Standard Whey Protein. Check toppings page if substituting to other types of granola, whey protein, or items)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	May Contain Eggs	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	! Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Sesame Seeds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Tiger Bowl</b> (with Zaira Simple Granola and Nutriverson Mix Pro Vanilla Flavour Whey Protein. Check toppings page if substituting to other types of granola, whey protein, or items)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Made in a facility that uses Eggs	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	! Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Tiger Bowl</b> (with Zaira Simple Granola and Holland & Barrett (H&B) Whey Protein. Check toppings page if substituting to other types of granola, whey protein, or items)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	May Contain Eggs	<input type="checkbox"/>	<input checked="" type="checkbox"/>	May Contain Soy	<input checked="" type="checkbox"/>	! Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Sesame Seeds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Tiger Bowl</b> (with Zaira Simple Granola and Essential Whey Protein. Check toppings page if substituting to other types of granola, whey protein, or items)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	! Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Sesame Seeds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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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.
<b>Tiger Bowl</b> (with Zaira Simple Granola and OAKBERRY Merchant Whey Protein. Check toppings page if substituting to other types of granola, whey protein, or items)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	May Contain Eggs	<input type="checkbox"/>	<input checked="" type="checkbox"/>	May Contain Soy	<input checked="" type="checkbox"/>	! Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Sesame Seeds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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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 Almond Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	A. May Contain Other Tree Nuts Also	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OG Matcha Latte (with Coconut Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	! Warning May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OG Matcha Latte (with Low Fat Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OG Matcha Latte (with Oat Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OG Matcha Latte (with Regular Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blackberry Matcha Latte (with Almond Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	A. May Contain Other Tree Nuts Also	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>


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Product	1. Gluten				2. Crustaceans  Includes crabs, prawns, lobsters, and other shellfish.	3. Eggs  Found in all forms, including as an ingredient in baked goods and other foods.	4. Fish  All types of fish and products containing fish protein.	5. Peanuts  Groundnuts and products containing peanut protein.	6. Soybeans  Includes soy protein, soy flour, and all soy-derived products.	7. Milk  Includes all dairy products from mammals, such as cows, goats, and sheep.	8. Tree Nuts		9. Celery  Includes celery stalks, leaves, seeds, and root (celeriac).	10. Mustard  Mustard seeds, mustard flour, and prepared mustard.	11. Sesame Seeds  Includes whole sesame seeds and sesame seed products.	12. Sulphites  Preservatives used in dried fruits, wines, and some processed foods, at concentrations above 10 mg/kg or 10 mg/L.	13. Lupin  Seeds and flour derived from lupin plants.	14. Molluscs  Includes mussels, clams, oysters, squid, and other shellfish.
	Wheat	Rye	Barley	Oats							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.						
 Blackberry Matcha Latte (with Coconut Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>!</b> Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blackberry Matcha Latte (with Low Fat Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blackberry Matcha Latte (with Oat Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blackberry Matcha Latte (with Regular Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rhubarb & Custard Matcha Latte (with Almond Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	A. May Contain Other Tree Nuts Also	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rhubarb & Custard Matcha Latte (with Coconut Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<b>!</b> Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rhubarb & Custard Matcha Latte (with Low Fat Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rhubarb & Custard Matcha Latte (with Oat Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**OAKBERRY Ireland - Allergens Information (Last Updated March 25th 2026) - 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.
 Rhubarb & Custard Matcha Latte (with Regular Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strawberry Matcha Latte (with Almond Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	A. May Contain Other Tree Nuts Also	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strawberry Matcha Latte (with Coconut Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	! Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strawberry Matcha Latte (with Low Fat Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strawberry Matcha Latte (with Oat Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strawberry Matcha Latte (with Regular Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vanilla Matcha Latte (with Almond Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	A. May Contain Other Tree Nuts Also	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vanilla Matcha Latte (with Coconut Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	! Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**OAKBERRY Ireland - Allergens Information (Last Updated March 25th 2026) - 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.
 Vanilla Matcha Latte (with Low Fat Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vanilla Matcha Latte (with Oat Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vanilla Matcha Latte (with Regular Milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

**OAKBERRY Ireland - Allergens Information (Last Updated March 25th 2026) - 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.**

**Overnight Oats**

<b>Coconut</b> Base ingredients only. Check toppings page when making additions	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	ALL	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Crunchy Pistachio Choc</b> Base Ingredients only. Check toppings page when making additions	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	ALL	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Peanut Butter</b> Base Ingredients only. Check toppings page when making additions	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	ALL	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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**OAKBERRY Ireland - Allergens Information (Last Updated March 25th 2026) - 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							Almonds(A), Hazelnuts(H), Walnuts(W), Pecans(Pe), Brazil Nuts(B), Pistachios(Pl), 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 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.			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.

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

Americano	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cappuccino	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Espresso	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flat White	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hot Chocolate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Iced Coffee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**OAKBERRY Ireland - Allergens Information (Last Updated March 25th 2026) - 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.
Latte	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mocha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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


**OAKBERRY Ireland - Allergens Information (Last Updated March 25th 2026) - 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 (celeriact).	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.

Other Items																		
Alpro Almond Milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	A. May Contain Other Tree Nuts Also	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alpro Coconut Milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	! Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alpro Plain Yoghurt with Coconut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	! Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alpro Soya (Barista)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bewley's Fairtrade Academy Blend No. 99 Beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cadbury Hot Chocolate Cocoa Powder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Milk	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>


**OAKBERRY Ireland - Allergens Information (Last Updated March 25th 2026) - A ticked box indicates an allergen contained in that item line.**

Product	1. Gluten				2. Crustaceans  Includes crabs, prawns, lobsters, and other shellfish.	3. Eggs  Found in all forms, including as an ingredient in baked goods and other foods.	4. Fish  All types of fish and products containing fish protein.	5. Peanuts  Groundnuts and products containing peanut protein.	6. Soybeans  Includes soy protein, soy flour, and all soy-derived products.	7. Milk  Includes all dairy products from mammals, such as cows, goats, and sheep.	8. Tree Nuts		9. Celery  Includes celery stalks, leaves, seeds, and root (celeriac).	10. Mustard  Mustard seeds, mustard flour, and prepared mustard.	11. Sesame Seeds  Includes whole sesame seeds and sesame seed products.	12. Sulphites  Preservatives used in dried fruits, wines, and some processed foods, at concentrations above 10 mg/kg or 10 mg/L.	13. Lupin  Seeds and flour derived from lupin plants.	14. Molluscs  Includes mussels, clams, oysters, squid, and other shellfish.
	Wheat	Rye	Barley	Oats							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.						
 Califa Farms Oat Barista	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	May Contain Soy	<input type="checkbox"/>	<b>!</b> Warning	May Contain Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Caramel Syrup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Champion Fresh 1% Fat Milk Supplier: Doyle's Veg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Champion Full Fat Milk Supplier: Doyle's Veg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coconut Water (Vita Coco 100% Pure)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>!</b> Warning	May Contain Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Creamy Oat Organic (Oatly)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dark Chocolate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	May Contain Milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ground Turmeric (Country Range)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**OAKBERRY Ireland - Allergens Information (Last Updated March 25th 2026) - 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(Pl), 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.
 Oats (Flahavan's Porridge)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oatly Oat Drink	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maple Syrup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Matcha Ninja: Blue Ninja Butterfly Pea Flower Powder (Spirulina Substitute)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Monin Coconut Syrup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Monin Vanilla Syrup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Monin Rhubarb Puree	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Monin Blackberry Syrup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>


**OAKBERRY Ireland - Allergens Information (Last Updated March 25th 2026) - 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(Pl), 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.
 Monin Pumpkin Spice Syrup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Monin Rhubarb Puree	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Monin Roasted Hazelnut Syrup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Hazelnuts. May Contain Traces of Other Tree Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Monin Strawberry Syrup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Monin Vanilla Syrup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oat Drink Barista Edition (Oatly)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PerfectTed Matcha Powder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PerfectTed Ube Powder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**OAKBERRY Ireland - Allergens Information (Last Updated March 25th 2026) - 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(Pl), 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.
PerfectTed Pitaya Powder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Raspberry Jam (Folláin)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vanilla Extract (Dr. Oetker)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
White Sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brown Sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sea Salt Flakes (Maldon)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strathroy Whole Milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strathroy Low Fat Milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**OAKBERRY Ireland - Allergens Information (Last Updated March 25th 2026) - 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.

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