



OAKBERRY

Complete Allergen Guide

Ireland, Ireland, Ireland

Menu Items

Create Your Own Bowl

Item	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Acaí														
Create Your Own Bowl Toppings - Almonds Contains: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts) May contain: Peanuts, Sesame					✓			✓			✓			
Create Your Own Bowl Toppings - Banana														
Create Your Own Bowl Toppings - Blueberries														
Create Your Own Bowl Toppings - Cacao Granola Contains: Gluten (Oats, Wheat), Soybeans, Milk	✓					✓	✓							
Create Your Own Bowl Toppings - Cacao Nibs May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)								✓						

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Item	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Create Your Own Bowl Toppings - Cashews Contains: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts) May contain: Peanuts					✓			✓						
Create Your Own Bowl Toppings - Chia Pudding Contains: Soybeans May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)						✓		✓						
Create Your Own Bowl Toppings - Chia Seeds														
Create Your Own Bowl Toppings - Coconut Chips May contain: Tree Nuts (Almonds)								✓						
Create Your Own Bowl Toppings - Coconut Flakes Contains: Sulphites May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts), Sesame								✓			✓	✓		
Create Your Own Bowl Toppings - Condensed Milk Contains: Milk							✓							
Create Your Own Bowl Toppings - Goji Berries														

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Item	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Create Your Own Bowl Toppings - Harry's Coco Buzz - Hazelnut & Cacao Peanut Butter Contains: Peanuts, Tree Nuts (Hazelnuts)					✓			✓						
Create Your Own Bowl Toppings - Hazelnut Choco Cream Contains: Soybeans, Milk, Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts) May contain: Peanuts, Sesame					✓	✓	✓	✓			✓			
Create Your Own Bowl Toppings - Honey														
Create Your Own Bowl Toppings - Kiwi														
Create Your Own Bowl Toppings - Mango Puree														
Create Your Own Bowl Toppings - Milk Powder Contains: Milk							✓							
Create Your Own Bowl Toppings - Natural Yoghurt Contains: Milk							✓							
Create Your Own Bowl Toppings - Nutty Crunch Contains: Soybeans, Milk, Tree Nuts (Almonds, Cashews), Sesame May contain: Gluten (Wheat)	✓					✓	✓	✓			✓			

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Item	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Create Your Own Bowl Toppings - Pacoca Contains: Peanuts May contain: Milk					✓		✓							
Create Your Own Bowl Toppings - Peanut Butter Contains: Peanuts May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts), Sesame					✓			✓			✓			
Create Your Own Bowl Toppings - Peanuts Contains: Peanuts May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)					✓			✓						
Create Your Own Bowl Toppings - Pistachio Cream Contains: Soybeans, Milk, Tree Nuts (Almonds, Hazelnuts, Pistachios) May contain: Gluten (Wheat), Peanuts, Sesame	✓				✓	✓	✓	✓			✓			
Create Your Own Bowl Toppings - Pumpkin Seeds														
Create Your Own Bowl Toppings - Raspberries														
Create Your Own Bowl Toppings - Simple Granola Contains: Gluten (Oats, Wheat)	✓													

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Item	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Create Your Own Bowl Toppings - Strawberries														
Create Your Own Bowl Toppings - Sunflower Seeds														
Create Your Own Bowl Toppings - Vanilla Whey Protein Contains: Soybeans, Milk May contain: Gluten (Rye, Oats, Wheat, Barley), Eggs, Peanuts, Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)	✓		✓		✓	✓	✓	✓						

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Drinks

Item	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Americano														
Cappuccino														
Espresso														
Flat White														
Hot Chocolate May contain: Milk							✓							
Iced Coffee														
Latte														
Mocha														

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Matcha Latte

Item	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Blackberry Matcha Latte (with Almond Milk) Contains: Tree Nuts								✓						
Blackberry Matcha Latte (with Coconut Milk) Contains: Soybeans May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)						✓		✓						
Blackberry Matcha Latte (with Low Fat Semi Skimmed Milk) Contains: Milk							✓							
Blackberry Matcha Latte (with Oat Milk) Contains: Gluten	✓													
Blackberry Matcha Latte (with Regular Whole Milk) Contains: Milk							✓							
OG Matcha Latte (with Almond Milk) Contains: Tree Nuts								✓						
OG Matcha Latte (with Coconut Milk) Contains: Soybeans May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)						✓		✓						

Allergen information declared in accordance with EU Regulation No. 1169/2011 (FIC Regulation). Where multiple suppliers exist, the most conservative (worst-case) declaration is shown.

✓

Contains (high severity)

✓

May contain / Traces / Cross-contamination

Not present

Item	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
OG Matcha Latte (with Low Fat Semi Skimmed Milk) Contains: Milk							✓							
OG Matcha Latte (with Oat Milk) Contains: Gluten	✓													
OG Matcha Latte (with Regular Whole Milk) Contains: Milk							✓							
Rhubarb & Custard Matcha Latte (with Almond Milk) Contains: Tree Nuts								✓						
Rhubarb & Custard Matcha Latte (with Coconut Milk) Contains: Soybeans May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)						✓		✓						
Rhubarb & Custard Matcha Latte (with Low Fat Semi Skimmed Milk) Contains: Milk							✓							
Rhubarb & Custard Matcha Latte (with Oat Milk) Contains: Gluten	✓													
Rhubarb & Custard Matcha Latte (with Regular Whole Milk) Contains: Milk							✓							

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Item	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Strawberry Matcha Latte (with Almond Milk) Contains: Tree Nuts								✓						
Strawberry Matcha Latte (with Coconut Milk) Contains: Soybeans May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)						✓		✓						
Strawberry Matcha Latte (with Low Fat Semi Skimmed Milk) Contains: Milk							✓							
Strawberry Matcha Latte (with Oat Milk) Contains: Gluten	✓													
Strawberry Matcha Latte (with Regular Whole Milk) Contains: Milk							✓							
Vanilla Matcha Latte (with Almond Milk) Contains: Tree Nuts								✓						
Vanilla Matcha Latte (with Coconut Milk) Contains: Soybeans May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)						✓		✓						

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Item	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Vanilla Matcha Latte (with Low Fat Semi Skimmed Milk) Contains: Milk							✓							
Vanilla Matcha Latte (with Oat Milk) Contains: Gluten	✓													
Vanilla Matcha Latte (with Regular Whole Milk) Contains: Milk							✓							
Vita Coco Matcha Cloud Contains: Milk							✓							

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Overnight Oats

Item	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Overnight Oats: Coconut Contains: Gluten, Soybeans, Sulphites May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts), Sesame	✓					✓		✓			✓	✓		
Overnight Oats: Crunchy Pistachio Contains: Gluten (Wheat), Soybeans, Milk, Tree Nuts (Almonds, Hazelnuts, Pistachios) May contain: Peanuts, Sesame	✓				✓	✓	✓	✓			✓			
Overnight Oats: Peanut Butter Contains: Gluten, Peanuts, Milk May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts), Sesame	✓				✓		✓	✓			✓			

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Signature Bowl

Item	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Crunchy Bowl Contains: Gluten (Oats, Wheat), Soybeans May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)	✓					✓		✓						
Fruity Bowl Contains: Gluten (Oats, Wheat)	✓													
Hazelnut Choco Cream Bowl Contains: Gluten (Oats, Wheat), Soybeans, Milk, Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts) May contain: Peanuts, Sesame	✓				✓	✓	✓	✓			✓			
Nutty Bowl Contains: Peanuts, Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts) May contain: Sesame					✓			✓			✓			
OAKBERRY x TruFru Bowl Contains: Gluten (Oats, Wheat), Soybeans, Milk, Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts) May contain: Peanuts, Sesame	✓				✓	✓	✓	✓			✓			

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Item	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Original Bowl Contains: Gluten (Oats, Wheat), Peanuts May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts), Sesame	✓				✓			✓			✓			
Pistachio Cream Bowl Contains: Gluten (Oats, Wheat), Soybeans, Milk, Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts) May contain: Peanuts, Sesame	✓				✓	✓	✓	✓			✓			
Tiger Bowl Contains: Gluten (Rye, Oats, Wheat, Barley), Peanuts, Soybeans, Milk May contain: Eggs, Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts), Sesame	✓		✓		✓	✓	✓	✓			✓			

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 Contains (high severity)
  May contain / Traces / Cross-contamination
  Not present

Signature Smoothie

Item	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Blue Spirulina														
Matcha Contains: Soybeans May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)						✓		✓						
Power Punch Contains: Peanuts, Soybeans, Milk May contain: Gluten (Rye, Oats, Wheat, Barley), Eggs, Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)	✓		✓		✓	✓	✓	✓						
Super Glow Contains: Soybeans May contain: Gluten (Oats), Eggs, Milk, Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)	✓		✓			✓	✓	✓						
Tropical Beats														
Very Berry														

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Snacks

Item	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Collagen Pro+ May contain: Gluten (Oats), Eggs, Soybeans, Milk	✓		✓			✓	✓							
Granola (275g) Contains: Gluten (Oats) May contain: Peanuts, Soybeans, Milk, Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts), Sesame	✓				✓	✓	✓	✓			✓			
KETO Granola Contains: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts), Sesame May contain: Peanuts, Soybeans, Milk, Sulphites					✓	✓	✓	✓			✓	✓		
OAKBAR - Chocolate Praline Contains: Eggs, Soybeans, Milk May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)			✓			✓	✓	✓						
OAKBAR - Crispy Vanilla Contains: Eggs, Soybeans, Milk May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)			✓			✓	✓	✓						

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✓

Contains (high severity)

✓

May contain / Traces / Cross-contamination

Not present

Item	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
OAKBAR - Crunchy Strawberry Contains: Soybeans, Milk May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)						✓	✓	✓						
PAÇ.OAK Contains: Peanuts May contain: Milk					✓		✓							
Paçoca Zero 1KG Contains: Peanuts May contain: Milk					✓		✓							
Peanut Butter (500g) Contains: Peanuts May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts), Sesame					✓			✓			✓			
Whey Protein (1KG) Contains: Milk May contain: Eggs, Peanuts, Soybeans, Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)			✓		✓	✓	✓	✓						

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Soft Drinks

Item	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Cadence (Citrus)														
Cadence (Cola)														
Cadence (Cream Soda)														
Cadence (Melonberry)														
Living Things (Lemon & Ginger)														
Living Things (Peach & Blood Orange)														
Living Things (Raspberry & Pomegranate)														
Living Things (Rhubarb & Apple)														
Living Things (Watermelon & Lime)														
OAKMATCHA														

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Water

Item	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Sparkling Water														
Still Water														

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Contains (high severity)

May contain / Traces / Cross-contamination

Not present

Ingredients

Açaí

Ingredient	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Açaí Supplier: SupraGrupo														

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Fruit

Ingredient	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Banana Supplier: Henderson														
Banana Supplier: Sysco														
Blueberries Supplier: Henderson														
Blueberries Supplier: Sysco														
Kiwi Supplier: Henderson														
Kiwi Supplier: Sysco														
Raspberries Supplier: Henderson														
Raspberries Supplier: Sysco														
Strawberries Supplier: Henderson														

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Ingredient	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Strawberries Supplier: Sysco														

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Matcha

Ingredient	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Matcha Ninja: Blue Ninja Butterfly Pea Flower Powder Supplier: Matcha Ninja														
PerfectTed Matcha Powder Supplier: PerfectTed														
PerfectTed Pitaya Powder Supplier: PerfectTed														
PerfectTED Purple Sweet Potato Supplier: PerfectTed														

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Milk

Ingredient	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Almond Milk Supplier: Henderson Contains: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)								✓						
Coconut Milk Supplier: Henderson Contains: Soybeans May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)						✓		✓						
Milk (Whole) Supplier: Henderson Contains: Milk							✓							
Milk (Whole) Supplier: Sysco Contains: Milk							✓							
Oat Milk Supplier: Henderson Contains: Gluten (Rye, Oats, Wheat, Barley)	✓													

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Other

Ingredient	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Cadbury's Drinking Chocolate Supplier: Henderson May contain: Milk							⚠							
Coffee Beans Supplier: Sysco														

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Sugar

Ingredient	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Brown Sugar Sticks Supplier: Henderson														
White Sugar Sticks Supplier: Henderson														

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Sweetener

Ingredient	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Vanilla Essence (Newforge) Supplier: Henderson														

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 Contains (high severity)

 May contain / Traces / Cross-contamination

 Not present

Syrups

Ingredient	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Blackberry Syrup Supplier: Unify														
Monin Caramel Syrup Supplier: Henderson														
Monin Hazelnut Syrup Supplier: Henderson Contains: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)								✓						
Monin Rhubarb Puree														
Monin Strawberry Syrup Supplier: Henderson														
Monin Sugar Free Vanilla Syrup Supplier: Henderson														
Monin Vanilla Syrup Supplier: Henderson														
Strawberry Syrup Supplier: Unify														

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Toppings

Ingredient	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Almonds Supplier: Henderson Contains: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts) May contain: Peanuts					✓			✓						
Almonds Supplier: Sysco Contains: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts) May contain: Sesame								✓			✓			
Cacao (Choko) Granola Supplier: Zaira Contains: Gluten (Oats, Wheat), Soybeans, Milk	✓					✓	✓							
Cacao Nibs Supplier: Nuts in Bulk May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)								✓						

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Ingredient	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Cashews Supplier: Henderson Contains: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts) May contain: Peanuts					✓			✓						
Cashews Supplier: Sysco Contains: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)								✓						
Chia Pudding Supplier: Henderson Contains: Soybeans May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)						✓		✓						
Chia Pudding Supplier: Sysco Contains: Soybeans May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)						✓		✓						
Chia Seeds Supplier: Henderson														

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Ingredient	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Chia Seeds Supplier: Sysco														
Coconut Chips Supplier: Dr Goerg May contain: Tree Nuts (Almonds)								✓						
Coconut Water Supplier: Sysco														
Collagen Supplier: SupraGrupo May contain: Gluten (Oats), Eggs, Soybeans, Milk	✓		✓			✓	✓							
Condensed Milk Supplier: Henderson Contains: Milk							✓							
Condensed Milk Supplier: Sysco Contains: Milk							✓							
Desiccated Coconut (Coconut Flakes) Supplier: Henderson Contains: Sulphites												✓		

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Ingredient	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Desiccated Coconut (Coconut Flakes) Supplier: Sysco Contains: Sulphites May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts), Sesame								✓			✓	✓		
Double Cream Supplier: Dunnes Stores Contains: Milk							✓							
Double Cream Supplier: Henderson Contains: Milk							✓							
Flahavan's Porridge Oats Supplier: Henderson Contains: Gluten	✓													
Goji Berries Supplier: Caterway														
Goji Berries Supplier: Keelings														
Ground Turmeric Supplier: Henderson														

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Ingredient	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Harry's Nut Butter - Coco Buzz Supplier: Harry's Nut Butter Contains: Peanuts, Tree Nuts (Hazelnuts)					✓			✓						
Harry's Nut Butter - Coco Buzz Supplier: Unify Contains: Peanuts, Tree Nuts (Hazelnuts)					✓			✓						
Hazelnut Choco Cream Supplier: Rito Contains: Milk, Tree Nuts (Almonds, Hazelnuts, Pistachios) May contain: Peanuts, Sesame					✓		✓	✓			✓			
Hazelnut Flavour Spread Supplier: Henderson Contains: Milk, Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)							✓	✓						
Honey Supplier: Henderson														
Honey Supplier: Sysco														
Mango Puree Supplier: Henderson														

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Ingredient	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Maple Syrup Supplier: Sysco														
Milk (Semi Skimmed) Supplier: Henderson Contains: Milk							✓							
Milk Powder Supplier: Henderson Contains: Milk							✓							
Milk Powder Supplier: Sysco Contains: Milk							✓							
Natural Yoghurt Supplier: Henderson Contains: Milk							✓							
Nutella Hazelnut and Chocolate Spread Supplier: Henderson Contains: Soybeans, Milk, Tree Nuts (Hazelnuts)						✓	✓	✓						
Nutty Crunch Supplier: Zaira Contains: Soybeans, Milk, Tree Nuts (Almonds, Cashews), Sesame May contain: Gluten (Wheat)	✓					✓	✓	✓			✓			

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Ingredient	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Paçoca Supplier: OAKBERRY Contains: Peanuts May contain: Milk					✓		✓							
Peanut Butter Supplier: Henderson Contains: Peanuts May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)					✓			✓						
Peanut Butter Supplier: SupraGrupo Contains: Peanuts					✓									
Peanut Butter Supplier: Sysco Contains: Peanuts May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts), Sesame					✓			✓			✓			
Peanuts Supplier: Henderson Contains: Peanuts May contain: Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)					✓			✓						

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Ingredient	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Pistachio Cream Supplier: Pedro Davi Contains: Soybeans, Milk, Tree Nuts (Hazelnuts, Pistachios) May contain: Gluten (Wheat), Peanuts	✓				✓	✓	✓	✓						
Pistachio Cream Supplier: Rito Contains: Tree Nuts (Almonds, Hazelnuts, Pistachios) May contain: Peanuts, Sesame					✓			✓			✓			
Pumpkin Seeds Supplier: Henderson														
Raspberry Jam Supplier: Follain														
Raspberry Jam Supplier: Sysco														
Signature Hazelnut Supplier: Pedro Davi Contains: Soybeans, Milk, Tree Nuts (Hazelnuts, Pistachios) May contain: Gluten (Wheat), Peanuts	✓				✓	✓	✓	✓						

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Ingredient	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Simple Granola Supplier: Zaira Contains: Gluten (Oats, Wheat)	✓													
Sunflower Seeds Supplier: Henderson														
trüfrü Raspberry White & Dark Chocolate (TruFru) Supplier: trüfrü Contains: Soybeans, Milk May contain: Peanuts, Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)					✓	✓	✓	✓						
Vanilla Extract Supplier: Henderson														
Whey Protein Supplier: Essential Contains: Milk							✓							
Whey Protein Supplier: Holland & Barrett (H&B) Contains: Milk May contain: Eggs, Soybeans			✓			✓	✓							

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Contains (high severity)



May contain / Traces / Cross-contamination



Not present

Ingredient	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soy	Dairy	Tree Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Whey Protein Supplier: Nutriversonum Mix Pro Contains: Soybeans, Milk May contain: Gluten (Rye, Oats, Wheat, Barley), Eggs, Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)	✓		✓			✓	✓	✓						
Whey Protein Supplier: OAKBERRY Contains: Milk May contain: Eggs, Peanuts, Soybeans, Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)			✓		✓	✓	✓	✓						
Whey Protein Supplier: So Nutrition Contains: Milk May contain: Eggs, Soybeans, Tree Nuts (Pecans, Almonds, Cashews, Walnuts, Hazelnuts, Macadamia nuts, Pistachios, Brazil nuts)			✓			✓	✓	✓						

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Not present