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

Iced Drinks

	Vegetarian	Vegan	Halal	Cereals containing gluten: Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
ICED DRINKS ALLERGEN INFORMATION VARIES BY MILK TYPE, PLEASE CHECK BOTH SECTIONS																						
Iced Black	✓	✓	s																			
Iced White/Flat White/Latte Dairy	✓		s									✓										
Iced White/Flat White/Latte Oat *Minor Figures GF*	✓	✓	s				✓															
Iced White/Flat White/Latte Almond	✓	✓	s				✓						✓									
Iced White/Flat White/Latte Soya	✓	✓	s							✓												
Iced White/Flat White/Latte Coconut	✓	✓	s																			
Iced White/Flat White/Latte Sproud	✓	✓	s																			
Iced Mocha Dairy	✓											✓										
Iced Mocha Oat *Minor Figures GF*	✓						✓					✓										
Iced Mocha Almond	✓						✓					✓	✓									
Iced Mocha Soya	✓									✓		✓										
Iced Mocha Coconut	✓											✓										
Iced Mocha Sproud	✓											✓										
Iced Chai Dairy	✓		s									✓										
Iced Chai Oat *Minor Figures GF*	✓	✓	s				✓															
Iced Chai Almond	✓	✓	s				✓						✓									
Iced Chai Soya	✓	✓	s							✓												
Iced Chai Coconut	✓	✓	s																			
Iced Chai Sproud	✓	✓	s																			
Iced Matcha Dairy	✓		s									✓										
Iced Matcha Oat *Minor Figures GF*	✓	✓	s				✓															
Iced Matcha Almond	✓	✓	s				✓						✓									
Iced Matcha Soya	✓	✓	s							✓												
Iced Matcha Coconut	✓	✓	s																			
Iced Matcha Sproud	✓	✓	s																			
Iced Chocolate Dairy	✓											✓										
Iced Chocolate Oat *Minor Figures GF*	✓						✓					✓										
Iced Chocolate Almond	✓						✓					✓	✓									
Iced Chocolate Soya	✓									✓		✓										
Iced Chocolate Coconut	✓											✓										
Iced Chocolate Sproud	✓											✓										
Iced Blueberry/Pistachio Matcha Latte Dairy	✓		s									✓										
Iced Blueberry/Pistachio Matcha Latte Oat *Minor Figures GF*	✓	✓	s				✓															
Iced Blueberry/Pistachio Matcha Latte Almond	✓	✓	s				✓						✓									
Iced Blueberry/Pistachio Matcha Latte Soya	✓	✓	s							✓												
Iced Blueberry/Pistachio Matcha Latte Coconut	✓	✓	s																			
Iced Blueberry/Pistachio Matcha Latte Sproud	✓	✓	s																			

Syrups & Drink Extras

	Vegetarian	Vegan	Halal	Cereals containing gluten: Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
SEASONAL LATTES (PUMPKIN SPICED, ENGLISH TOFFEE) ARE A LATTE PLUS SYRUP: CHECK BOTH ROWS																						
Vanilla (Sugar and sugar free)	✓	✓	s																			
Caramel (Sugar-Free)	✓	✓	s																			
Hazelnut	✓	✓	s																			
Cinnamon Bun	✓	✓	s																			
Agave	✓	✓	s																			
Blueberry	✓	✓	s																			
Pistachio	✓	✓	s																			
English Toffee	✓	✓	s																			
Pumpkin Spice	✓	✓	s																			
Cream	✓		s									✓										
Chocolate Sprinkles (Cocoa)	✓	✓	s																			
Marshmallows										•		•										

Soup

	Vegetarian	Vegan	Halal	Cereals containing gluten: Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
Tuscan Tomato & Basil Soup (on its own)	✓															✓						
Tuscan Tomato & Basil Soup with sourdough & butter	✓		✓	✓						•	•	✓				✓	•					

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Açaí, Greek Yoghurt & Oats

	Vegetarian	Vegan	Halal	Cereals containing gluten: Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
AÇAÍ BOWL ALLERGEN INFORMATION VARIES BY TOPPINGS, PLEASE CHECK BOTH SECTIONS																						
Açaí Base (Organic Açaí), no toppings	✓	✓	s																			
Pistachio Royal Açaí bowl	✓						✓						✓									
Pecan Pie Açaí bowl	✓	✓	s				✓						✓							•		
Salted Peanut Açaí bowl	✓						✓						*							✓		
Biscoff Açaí bowl	✓	✓	s	✓			✓				✓											
The Nutty Professor Açaí bowl	✓	✓					✓						*							✓		
OAT BOWL ALLERGEN INFORMATION VARIES BY MILK AND TOPPINGS, PLEASE CHECK BOTH SECTIONS																						
Oat Bowl (ALLERGENS EXCLUDE MILK CHOICE)	✓	✓	s				✓															
GREEK YOGHURT ALLERGEN INFORMATION VARIES BY TOPPINGS, PLEASE CHECK BOTH SECTIONS																						
Greek Yoghurt	✓		s									✓										

Pancakes & Sourdough

	Vegetarian	Vegan	Halal	Cereals containing gluten: Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
PANCAKE ALLERGEN INFORMATION VARIES BY TOPPINGS, PLEASE CHECK BOTH SECTIONS																						
Pancakes	✓			✓							✓	✓										
Avocado Sourdough, Everything Bagel topping	✓	✓		✓	✓	*	*	*	*	*	*	*	*		*	*	✓			*		
Avocado Sourdough, Dukkah topping	✓	✓		✓	✓	*	*	*	*	*	*	*	*		*	*	✓			*		
Sourdough bread	✓		s	✓	✓					*	*	*					*					

Toppings

	Vegetarian	Vegan	Halal	Cereals containing gluten: Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
Agave	✓	✓	s																			
Almond Butter (Pip & Nut Smooth)	✓	✓	s										✓									
Almond Flakes	✓	✓	s										✓									
Bananas	✓	✓	s																			
Biscoff Crumbs	✓	✓	s	✓						*												
Biscoff Spread	✓	✓	s	✓						✓												
Blueberries	✓	✓	s																			
Cacao Nibs	✓	✓	s																			
Chia seeds	✓	✓	s																			
Coconut Flakes	✓	✓	s											✓								
Dark Chocolate Drizzle	✓																					
Dates	✓	✓	s																			
Granola (Glebe Farm Gluten-Free)	✓	✓	s				✓															
Greek Yogurt	✓		s									✓										
Honey	✓																					
Maple Syrup	✓	✓	s																			
Peanut butter	✓	✓											*							✓		
Pecans	✓	✓	s										✓							•		
Pistachio butter	✓	✓	s										✓									
Plant Protein (Vanil'/Choc'/Unflavoured)	✓	✓										*										
Whey Protein (Impact Whey Isolate)	✓									✓		✓										
Pumpkin Seeds	✓	✓	s																			
Strawberries	✓	✓	s																			
Toasted Seeds	✓	✓	s										*									

Protein Balls

	Vegetarian	Vegan	Halal	Cereals containing gluten: Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
Salted Caramel Protein Ball	✓	✓		*Gluten, source not specified*						✓		*	✓				*			*		
Raspberry Coconut Protein Ball	✓	✓		*Gluten, source not specified*						*		*	✓				*			*		
Peanut Butter & Chia Protein Ball	✓	✓		*Gluten, source not specified*						*		*	*				*			✓		

Visit our website for the latest allergens information: themixingjug.co.uk

THE MIXING JUG

ALLERGENS

Information guide

Autumn / Winter 2026

Version: 251026

Allergen Information: The Mixing Jug

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

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

✓	Contains the indicated allergen
•	May contain traces of indicated allergen
✓	Vegetarian / Vegan column: suitable
H	Certified Halal
s	Suitable for Halal

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

Oats are listed as an allergen regardless of gluten-free status.

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

Juice

	Vegetarian	Vegan	Halal	Cereals containing gluten: Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
Daily Detox	✓	✓	s													•						
Sweet Greens	✓	✓	s													✓						
Only Greens	✓	✓	s													✓						
Warrior juice	✓	✓	s													•						
Winter Warrior juice	✓	✓	s													•						

Smoothies

	Vegetarian	Vegan	Halal	Cereals containing gluten: Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
Big Brekkie	✓						✓			•		•	•							•		
Oh My Açaí	✓	✓	s				✓			•		•	•							•		
Black Forest	✓	✓	s				✓			•		•	•							•		
Blue Lagoon	✓	✓					•			•		•	•							•		
Golden Hour	✓	✓	s				•			•		•	•							•		
Green Glow	✓	✓	s				•			•		•	•							•		
Wild Berry	✓	✓	s				•			•		•	•							•		
The Classic	✓	✓	s				•			•		•	•							•		

Functional Shakes

	Vegetarian	Vegan	Halal	Cereals containing gluten: Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
Brain Boost	✓	✓					•			•		•	✓							•		
Protein Nut	✓	✓					•			•		•	•							✓		
Energizer	✓	✓					✓			•		•	•							•		

Bakery

	Vegetarian	Vegan	Halal	Cereals containing gluten: Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
Croissant	✓		s	✓	Gluten, source not specified					•	✓	✓	•				•					
Almond Croissant	✓		s	✓						•	✓	✓	✓				•					
Pain au Raisin	✓		s	✓	Gluten, source not specified					•	✓	✓	•				•					
Cinnamon swirl	✓		s	✓	Gluten, source not specified					•	✓	✓	•				•					
Butter Portions	✓		s									✓										
Ham & Cheese Croissant				✓	Gluten, source not specified					•	✓	✓	•				•					

Cakes

	Vegetarian	Vegan	Halal	Cereals containing gluten: Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
Raspberry Bakewell (Very Low Gluten)	✓			•	•	•	•			•	✓	✓	✓	✓			•			•		
Banana & Chocolate Loaf (Vegan)	✓	✓		✓	•	•	•			✓	•	•	•	•			•			•		
Chocolate Fudge Brownie (Very Low Gluten)	✓	✓		•	•	•	✓			✓	•	•	•	•								
Ultimate Carrot Traycake (Vegan)	✓	✓		✓	•	•	•			✓	•	•	✓	•								
Double Chocolate Cookie				✓	•	•	•			✓	•	✓	•	•								

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Milk Option

	Vegetarian	Vegan	Halal	Cereals containing gluten: Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
Dairy Whole Milk	✓		s									✓										
Dairy Semi-skimmed Milk 'Skinny'	✓		s									✓										
Oat Milk (Minor Figures Barista)	✓	✓	s				✓															
Coconut Milk (Rude Health Gluten-Free)	✓	✓	s																			
Almond Milk (Rude Health Gluten-Free)	✓	✓	s				✓						✓									
Soya Milk (Rude Health Gluten-Free, Organic)	✓	✓	s							✓												
Sproud Milk (Barista)	✓	✓	s																			

Hot Drinks

HOT DRINKS ALLERGEN INFORMATION VARIES BY MILK TYPE, PLEASE CHECK BOTH SECTIONS	Vegetarian	Vegan	Halal	Cereals containing gluten: Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
Espresso (Including Decaf)	✓	✓	s																			
Black Americano/Long Black	✓	✓	s																			
Cappuccino (With & without sprinkles) Dairy	✓		s									✓										
Cappuccino (With & without sprinkles) Oat *Minor Figures GF*	✓	✓	s				✓															
Cappuccino (With & without sprinkles) Almond	✓	✓	s				✓						✓									
Cappuccino (With & without sprinkles) Soya	✓	✓	s							✓												
Cappuccino (With & without sprinkles) Coconut	✓	✓	s																			
Cappuccino (With & without sprinkles) Sproud	✓	✓	s																			
Americano/Long Black/Flat White/Latte Dairy	✓		s									✓										
Americano/Long Black/Flat White/Latte Oat *Minor Figures GF*	✓	✓	s				✓															
Americano/Long Black/Flat White/Latte Almond	✓	✓	s				✓						✓									
Americano/Long Black/Flat White/Latte Soya	✓	✓	s							✓												
Americano/Long Black/Flat White/Latte Coconut	✓	✓	s																			
Americano/Long Black/Flat White/Latte Sproud	✓	✓	s																			
Macchiato/Cortado Dairy	✓		s									✓										
Macchiato/Cortado Oat *Minor Figures GF*	✓	✓	s				✓															
Macchiato/Cortado Almond	✓	✓	s				✓						✓									
Macchiato/Cortado Soya	✓	✓	s							✓												
Macchiato/Cortado Coconut	✓	✓	s																			
Macchiato/Cortado Sproud	✓	✓	s																			
Mocha Dairy	✓											✓										
Mocha Oat *Minor Figures GF*	✓						✓					✓										
Mocha Almond	✓						✓					✓	✓									
Mocha Soya	✓									✓		✓										
Mocha Coconut	✓											✓										
Mocha Sproud	✓											✓										
Chai Dairy	✓		s									✓										
Chai Oat *Minor Figures GF*	✓	✓	s				✓															
Chai Almond	✓	✓	s				✓						✓									
Chai Soya	✓	✓	s							✓												
Chai Coconut	✓	✓	s																			
Chai Sproud	✓	✓	s																			
Matcha Dairy	✓		s									✓										
Matcha Oat *Minor Figures GF*	✓	✓	s				✓															
Matcha Almond	✓	✓	s				✓						✓									
Matcha Soya	✓	✓	s							✓												
Matcha Coconut	✓	✓	s																			
Matcha Sproud	✓	✓	s																			
Hojicha Latte Dairy	✓		s									✓										
Hojicha Latte Oat *Minor Figures GF*	✓	✓	s				✓															
Hojicha Latte Almond	✓	✓	s				✓						✓									
Hojicha Latte Soya	✓	✓	s							✓												
Hojicha Latte Coconut	✓	✓	s																			
Hojicha Latte Sproud	✓	✓	s																			
Hot Chocolate Dairy	✓											✓										
Hot Chocolate Oat *Minor Figures GF*	✓						✓					✓										
Hot Chocolate Almond	✓						✓					✓	✓									
Hot Chocolate Soya	✓									✓		✓										
Hot Chocolate Coconut	✓											✓										
Hot Chocolate Sproud	✓											✓										
All Teas no milk	✓	✓	s																			