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

Iced Drinks

	Vegeterian	Vegan	Halal	Cerals 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**	✓	✓	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	✓	✓					✓					✓										
Iced Mocha **Almond**	✓	✓										✓	✓									
Iced Mocha **Soya**	✓	✓								✓		✓										
Iced Mocha **Coconut**	✓	✓										✓										
Iced Mocha **Sproud**	✓	✓										✓										
Iced Chai **Dairy**	✓		s																			
Iced Chai **Oat**	✓	✓	s				✓															
Iced Chai **Almond**	✓	✓	s										✓									
Iced Chai **Soya**	✓	✓	s							✓												
Iced Chai **Coconut**	✓	✓	s																			
Iced Chai **Sproud**	✓	✓	s																			
Iced Matcha **Dairy**	✓		s									✓										
Iced Matcha Oat	✓	✓	s				✓															
Iced Matcha **Almond**	✓	✓	s										✓									
Iced Matcha **Soya**	✓	✓	s							✓												
Iced Matcha **Coconut**	✓	✓	s																			
Iced Matcha **Sproud**	✓	✓	s																			
Iced Chocolate **Dairy**	✓		s									✓										
Iced Chocolate Oat	✓						✓					✓										
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**	✓	✓	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

	Vegeterian	Vegan	Halal	Cerals containing gluten: Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
Vanilla (Sugar and sugar free)	✓	✓	s																			
Caramel (Sugar-Free)	✓	✓	s																			
Hazelnut	✓	✓	s																			
Cinnamon Bun	✓	✓	s																			
Agave	✓	✓	s																			
Blueberry	✓	✓	s																			
Pistachio	✓	✓	s																			
Cream	✓		s									✓										
Chocoalte Sprinkles (Cocoa)	✓	✓	s																			
Marshmallows										*		*										

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Açaí, Greek Yoghurt & Oats

	Vegeterian	Vegan	Halal	Cerals 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	✓	✓					✓						✓									
Salted Peanut Açaí bowl	✓	✓					✓						*							✓		
Biscoff Açaí bowl	✓	✓	s	✓			✓			✓												
Pom Pom 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

	Vegeterian	Vegan	Halal	Cerals 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	✓	✓		✓	✓	*	*	*	*	*	*	*	*			*	*	✓		*		
Sourdough bread	✓		s	✓	✓					*	*	*					*					

Toppings

	Vegeterian	Vegan	Halal	Cerals 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)	✓	✓										*										
Pomegranate Seeds	✓	✓	s																			
Pumpkin Seeds	✓	✓	s																			
Strawberries	✓	✓	s																			
Toasted Seeds	✓	✓	s										*									

Protein Balls

	Vegeterian	Vegan	Halal	Cerals containing gluten: Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
Cookie Dough Protein Ball	✓	✓		*Gluten - source not specified						*		*	✓				*			✓		
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						*		*	*				*			✓		
Lemon & Coconut Protein Ball	✓	✓		*Gluten - source not specified						*		*	✓				*			*		

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THE MIXING JUG®

ALLERGENS

Information guide

Summer2026

Updated: 15.04.26

Allergen Information – The Mixing Jug

We take great care when preparing all of our food and drinks. 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 cannot guarantee that drinks made with alternative milks (Oat, Soy, Almond, Coconut, Sproud) are completely free from traces of milk or other milk alternatives.
- **Chocolate-Based Drinks:** Drinks containing chocolate, such as hot chocolate and mocha, always contain dairy regardless of which milk or milk alternative you choose.
- **Smoothies:** Our blender jugs are used for a variety of milk and alternatives, including products containing soy, milk, nut butters and cereals that include gluten. While we aim to separate jugs based on allergens and clean equipment between uses, we cannot guarantee that any smoothie will be entirely free from traces of soy, milk nuts or gluten.
- **Juices:** We use celery in our juicing process, and all juices are prepared using shared equipment. This means that our fresh juices may contain traces of celery.
- **Açaí Bowls:** Our açaí bowls are prepared 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.
- **Gluten:** Products labelled "low or no gluten" are made without gluten-containing ingredients but are prepared in a kitchen where gluten is handled, so are not guaranteed gluten-free.
- **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 accommodate your needs and help you make an informed choice.

✓ Contains the indicated allergen
* May contain traces of indicated allergen
S Suitable for a Halal diet (not certified)

Some items may not be available at all times. Limited-time products, trials, or variations may not be included in this guide. We regularly review and update this information to reflect our current menu, so details may differ from other materials in-store. All information is subject to change without notice.

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Juice

	Vegeterian	Vegan	Halal	Cerals containing gluten: Wheat	Rye	Barley	Oats	Speilt	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													*						

Smoothies

	Vegeterian	Vegan	Halal	Cerals containing gluten: Wheat	Rye	Barley	Oats	Speilt	Kamut	Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
Big Brekkie	✓	✓	s				✓			*		*	*							*		
Dragonfly	✓	✓	s				*			*		*	*							*		
Blue Lagoon	✓	✓					*			*		*	*							*		
Golden Hour	✓	✓	s				*			*		*	*							*		
Green Glow	✓	✓	s				*			*		*	*							*		
Wild Berry	✓	✓	s				*			*		*	*							*		
The Classic	✓	✓	s				*			*		*	*							*		

Functional Shakes

	Vegeterian	Vegan	Halal	Cerals containing gluten: Wheat	Rye	Barley	Oats	Speilt	Kamut	Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
Brain Boost	✓	✓					*			*		*	✓							*		
Protein Nut	✓	✓					*			*		*	*							✓		
Energizer	✓	✓					✓			*		*	*							*		

Bakery

	Vegeterian	Vegan	Halal	Cerals containing gluten: Wheat	Rye	Barley	Oats	Speilt	Kamut	Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
Croissant	✓		s	✓	Gluten - source not specified					*	✓	✓	*				*					
Almond Croissant	✓		s	✓	Gluten - source not specified					*	*	*	✓				*					
Pain aux Raisin	✓		s	✓	Gluten - source not specified					*	✓	✓	*				*					
Cinnamon swirl	✓		s	✓	Gluten - source not specified					*	✓	✓	*				*					
Butter Portions	✓		s									✓										
Mozzarella, Tomato & Pesto Panini	✓		s	✓								✓										
Tuna Melt Panini			s	✓							✓	✓			✓				✓			
Brie, Bacon & Cranberry Panini				✓								✓										
Ham & Cheese Croissant				✓	Gluten - source not specified					*	✓	✓	*				*					

Cakes

	Vegeterian	Vegan	Halal	Cerals containing gluten: Wheat	Rye	Barley	Oats	Speilt	Kamut	Soya	Egg	Milk	Nuts	Sulphites	Mustard	Celery	Sesame	Crustaceans	Fish	Peanuts	Lupin	Molluscs
Ultimate Brownie	✓			✓	*	*	*			✓	✓	✓	*	*			*			*		
Raspberry Bakewell (Very Low Gluten)	✓	✓		*	*	*	*			*	✓	✓	✓	✓			*			*		
Banana & Chocolate Loaf (Cakesmiths Vegan)	✓	✓		✓	*	*	*			✓	*	*	*	*			*			*		
Pistachio Crème Cookie	✓			✓	*	*	*			✓	*	✓	✓	*			*			*		
Lemon Drizzle Loaf Cake	✓			✓	*	*	*				✓	✓		✓			*			*		
Morello Cherry Blondie	✓			✓	*	*	*			✓	✓	✓		*			*			*		

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Milk Option

	Vegeterian	Vegan	Halal	Cerals containing gluten: Wheat	Rye	Barley	Oats	Speilt	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 Alt' (Rude Health Gluten-Free, Barista)	✓	✓	s	*	*	*	✓															
Coconut milk Alt' (Rude Health Gluten-Free)	✓	✓	s																			
Almond Milk Alt' (Rude Health Gluten-Free)	✓	✓	s				✓						✓									
Soya milk Alt' (Rude Health Gluten-Free, Organi	✓	✓	s							✓												
Sproud Milk Alt' (Barista)	✓	✓	s																			

Hot Drinks

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