



ALLERGEN GUIDE

2025

Version 10: 24th September 2025



Our food & drinks are handmade by real people every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens, we cannot guarantee that any of our food or drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.

Cross Contamination

Due to the nature of how our teams handle our food and shared equipment / utensils, there is a risk of allergen cross contamination. We cannot guarantee any item is allergen free. Please remember to check this information regularly as we're always working on our recipes.

This information is updated regularly to reflect our procedures instore. Please check our website for the most up to date information.

The Food Standards Agency regards the following ingredients and their derivatives as allergens:

- Peanuts
- Sesame
- Crustaceans
- Egg
- Lupin
- Mustard
- Soya
- Tree Nuts
- Celery & Celeriac
- Fish
- Milk
- Mollusc
- Sulphites
- Cereals containing gluten

This guide will provide allergen information for UK based SOHO Coffee branded stores.

Please ensure you take extra care to identify all the possible allergens present in our food.

SEASONAL DRINKS

Key: ✓ = Contains this allergen Y = Suitable for

SOHO COFFEE
SINCE 1999

Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Coffee *allergen info is with Whole Milk. For alternative milks allergy info please see the specific section.																
Pumpkin Spice Latte	Y				✓											
Iced Coffee *allergen info is with Whole Milk. For alternative milks allergy info please see the specific section.																
Iced Pumpkin Spice Cold Foam Latte	Y				✓											
Matcha *allergen info is with Rude Health Oat Milk as standard.																
Blueberry Muffin Oat Matcha Latte	Y	Y														
Iced Matcha *allergen info is with Rude Health Oat Milk as standard.																
Iced Blueberry Muffin Oat Matcha Latte	Y	Y														

HOT DRINKS

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SOHO COFFEE
SINCE 1999

Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Coffee *allergen info is with Whole Milk. For alternative milks allergy info please see the specific section.																
Latte	Y				✓											
Americano	Y	Y														
Flat White	Y				✓											
Cappuccino	Y				✓											
Cortado	Y				✓											
Espresso	Y	Y														
Mocha	Y				✓											
Macchiato	Y				✓											
Hot Chocolate *allergen info is with Whole Milk. For alternative milks allergy info please see the specific section.																
Hot Chocolate	Y				✓											
Babyccino	Y				✓											
Chai Latte *allergen info is with Whole Milk. For alternative milks allergy info please see the specific section.																
Mumbai Railway Chai Latte	Y				✓											
Matcha *allergen info is with Rude Health Oat Milk as standard.																
Oat Matcha Latte	Y	Y														
Vanilla Oat Matcha Latte	Y	Y														
Strawberries & Cream Oat Matcha Latte	Y	Y														
White Chocolate Oat Matcha Latte	Y	Y														

HOT DRINKS

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SINCE 1999

Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Tea																
Clipper Chamomile	Y	Y														
Clipper Lemon Ginger & Manuka Honey	Y	Y														
Clipper Green Tea	Y	Y														
Clipper Peppermint	Y	Y														
Clipper Earl Grey	Y	Y														
Yorkshire Tea	Y	Y														
Yorkshire Decaf Tea	Y	Y														
Hot Drink Add Ons																
Marshmallows																
Whipped Cream	Y				✓											
Vegan Whipped Cream	Y	Y														
Vanilla Cold Foam	Y				✓											
Syrups																
Caramel	Y	Y														
Hazelnut	Y	Y														
Salted Caramel	Y	Y														
Vanilla	Y	Y														
White Chocolate	Y	Y														
Brown Sugar	Y	Y														

COLD DRINKS

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SOHO COFFEE
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Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Smoothies																
Strawberry & Blueberry Smoothie	Y	Y														
Banana & Spinach Smoothie	Y	Y														
Mango & Passion Fruit Smoothie	Y	Y														
Iced Coffee *allergen info is with Whole Milk. For alternative milks allergy info please see the specific section																
Iced Latte	Y				✓											
Iced Mocha	Y				✓											
Iced Long Black	Y	Y														
Iced Brown Sugar Latte	Y				✓											
Iced Matcha *allergen info is with Rude Health Oat Milk.																
Iced Oat Matcha Latte	Y	Y														
Iced Vanilla Oat Matcha Latte	Y	Y														
Iced Strawberries & Cream Oat Matcha Latte	Y	Y														
Iced Blueberry Muffin Oat Matcha Latte	Y	Y														
Iced White Chocolate Oat Matcha Latte	Y	Y														

ALTERNATIVE MILKS

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SINCE 1999

Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Alternative Milks																
Rude Health Soya	Y	Y							✓							
Rude Health Almond	Y	Y				✓										
Rude Health Coconut	Y	Y														
Rude Health Oat	Y	Y														
Alpro Almond Milk	Y	Y				✓										
Alpro Coconut Milk	Y	Y														
Alpro Barista Oat Milk	Y	Y	✓													
Alpro Soya Milk	Y	Y							✓							

BREAKFAST

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Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Breakfast Rolls																
The Big Breakfast			✓	✓							✓					
Triple Bacon & Egg			✓	✓												
Triple Bacon			✓													
Triple Sausage			✓								✓					
Halloumi, Tomatade & Spinach	Y		✓		✓											
Breakfast																
Avocado on Toast	Y	Y	✓								✓					
Avocado & Egg on Toast	Y		✓	✓							✓					
The Full SOHO			✓	✓							✓					
Porridge																
Whole Milk	Y		✓		✓											
Coconut & Chia	Y	Y	✓													

BREAKFAST

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Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Toast																
White Bloomer Bread with Butter	Y		✓		✓				✓							
Multigrain Bloomer Bread with Butter	Y		✓		✓											
Sourdough Toast with Butter	Y		✓		✓											

BREAKFAST

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Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Hot Food Add Ons & Condiments																
Tomato Sauce	Y	Y														
Brown Sauce	Y	Y	✓													
Salsa	Y	Y									✓					
Honey	Y															
Banana	Y	Y														
Breakfast Bacon																
Egg	Y			✓												
Honey	Y															
Jam	Y	Y														
Mushroom	Y	Y														
Sausage			✓								✓					
Hash Browns	Y	Y														
Baked Beans	Y	Y														
Cheese	Y				✓											
Jacket Potato Bacon																
Tuna Mayo				✓				✓								
SOHO 'Slaw	Y			✓	✓							✓				
Guacamole	Y	Y														
Halloumi	Y				✓											

Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Jacket Potatoes																
Tuna Mayo					✓			✓								
Cheese & Beans	Y				✓											
Bacon & Cheese					✓											
Cheese & 'Slaw	Y				✓							✓				
Hot Pastries																
Vegan Pasty	Y	Y	✓						✓		✓					
Sausage Roll			✓	✓	✓											
Chicken Tikka Pasty			✓	✓	✓					✓	✓					
Cheese & Onion Roll	Y		✓	✓	✓											
BBQ Pulled Pork Pasty			✓	✓	✓			✓	✓		✓					

Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Cold Wraps																
Chicken & Bacon Caesar			✓	✓	✓											
Korean Style BBQ Chicken			✓	✓					✓		✓					
Mexican Sweet Potato Falafel	Y	Y	✓								✓	✓				
Sandwiches & Rolls																
Chicken Club			✓	✓												
Simply Egg Mayo	Y		✓	✓	✓											
Tuna Mayo & Rocket			✓	✓	✓			✓								
Smoked Salmon & Cream Cheese			✓		✓			✓			✓					

Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Sourdough Toasties																
Ultimate Ham & Cheese			✓		✓				✓							
Simply Cheese	Y		✓		✓				✓							
Tuna Melt			✓	✓	✓			✓				✓				
Ciabattas																
Mozzarella, Tomato & Basil	Y		✓		✓	✓										
Pesto Chicken			✓	✓	✓	✓										
Bacon, Brie & Caramelised Onion			✓		✓											
Hot Wraps																
Falafel & Halloumi	Y		✓		✓											
Chicken Parmesan			✓	✓	✓											
Flatbreads																
Spicy Tuna			✓	✓				✓			✓	✓				
Korean Hot Honey Chicken			✓		✓				✓							
Avocado & Feta	Y		✓		✓											

Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Salads																
Italian Chicken Salad				✓	✓						✓	✓				
Beetroot Falafel Buddha Bowl	Y	Y	✓								✓					✓
Pots																
SOHO Berry Granola	Y		✓		✓	✓										
Tropical Overnight Oats	Y	Y	✓													
Very Berry Bircher	Y	Y	✓								✓					
Fresh Fruit Pot	Y	Y														
Kids																
Simply Cheese Sandwich	Y		✓		✓											
Simply Ham Sandwich			✓		✓											
Jelly Baby Jelly Pot																

Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Pastries																
Croissant	Y		✓	✓	✓											
Pain Aux Raisins	Y		✓	✓	✓											
Almond Croissant	Y		✓	✓	✓	✓										
Biscoff Crunch Croissant	Y		✓	✓	✓				✓							
Raspberry Croissant	Y	Y	✓													
Pistachio Croissant	Y		✓	✓	✓	✓										
Chocolate Twist	Y		✓	✓	✓				✓							
Cinnamon Knot	✓		✓	✓	✓											
Cakes																
Salted Caramel Pecan Brownie	Y		✓	✓	✓	✓			✓		✓					
Chocolate Caramel Shortcake	Y		✓		✓				✓							
Victoria Sponge	Y	Y	✓													
Toasted Tea Cake with Butter	Y		✓	✓	✓											
Muffins																
Blueberry Muffin	Y		✓	✓												
Chocolate Chip Muffin	Y		✓	✓					✓							

Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Wrapped Cake Bars																
GF Brownie	Y			✓	✓											
GF Flapjack	Y				✓											
Caramel Krispie	Y		✓		✓				✓							
All Butter Shortbread	Y		✓		✓											
Biscuits																
Lennie the Llama	Y		✓	✓												

Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Breakfast																
The Full SOHO Kitchen			✓	✓	✓						✓					
The Full Veggie SOHO Kitchen	Y		✓	✓	✓											
Lunch																
Chunky Fish Finger Bap			✓	✓				✓			✓	✓				
Croque Madame			✓	✓	✓				✓		✓	✓				
Chicken & Bacon Stack			✓	✓	✓				✓			✓				
Freshly Pressed Juices																
The Green One	Y	Y														
The Red One	Y	Y														
The Orange One	Y	Y														

AIRPORT SPECIFIC

Key: ✓ = Contains this allergen Y = Suitable for

SOHO COFFEE
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Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Baguettes																
Gammon Ham & Cheddar			✓	✓	✓											
Tuna Mayo & Cucumber			✓	✓				✓								
Chicken & Bacon Caesar			✓	✓	✓											
Lunch																
Smoky Bean Chilli Jacket Potato	Y	Y							✓							
Steak & Ale Pie			✓		✓							✓				
Chicken & Ham Pie			✓		✓							✓				
Goats Cheese & Sweet Potato Pie	Y		✓		✓											✓
Steak & Ale Pie, Mash & Gravy			✓		✓							✓				
Chicken & Ham Pie, Mash & Gravy			✓		✓							✓				
Goats Cheese & Sweet Potato Pie, Mash & Gravy	Y		✓		✓											✓
Swiss Cheese & Ham Croissant			✓		✓				✓							
Swiss Cheese & Tomato Croissant	Y		✓		✓				✓							
Condiments																
Heinz Ketchup Sachet	Y	Y								✓						
HP Sauce Sachet	Y	Y	✓													

Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Matcha *allergen info is with Alpro Oat Milk as standard																
Oat Matcha Latte	Y	Y	✓													
Vanilla Oat Matcha Latte	Y	Y	✓													
Strawberries & Cream Oat Matcha Latte	Y	Y	✓													
Iced Oat Matcha Latte	Y	Y	✓													
Iced Vanilla Oat Matcha Latte	Y	Y	✓													
Iced Strawberries & Cream Oat Matcha Latte	Y	Y	✓													
Pastries																
All Butter Croissant	Y		✓		✓											
Almond Croissant	Y		✓		✓	✓										
Pain Aux Raisins	Y		✓		✓											

CO-OP SPECIFIC SEASONAL DRINKS

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Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Coffee *allergen info is with Whole Milk. For alternative milks allergy info please see the specific section.																
Pumpkin Spice Latte	Y				✓											
Iced Coffee *allergen info is with Whole Milk. For alternative milks allergy info please see the specific section.																
Iced Pumpkin Spice Cold Foam Latte	Y				✓											
Matcha *allergen info is with Alpro Oat Milk as standard																
Blueberry Muffin Oat Matcha Latte	Y	Y	✓													
Iced Matcha *allergen info is with Alpro Oat Milk as standard																
Iced Blueberry Muffin Oat Matcha Latte	Y	Y	✓													