



# ALLERGEN GUIDE

**2026**

Version 1:7<sup>th</sup> January 2026



**Our food is handmade in our own busy kitchen, where they handle many ingredients. Our drinks are made using shared equipment.**

**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-contamination.**

**Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies. Please check this information regularly as we're always working on our products.**

**Adults need around 2000kcal a day.**

**This information is updated regularly to reflect our procedures instore.**

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

Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Coffee *allergen info is with Oat Milk.																
Berry Bakewell Latte	Y	Y	✓													
Iced Coffee *allergen info is with Oat Milk.																
Iced Berry Bakewell Latte	Y	Y	✓													
Tea*allergen info is with Whole Milk. For alternative milks allergy info please see the specific section.																
Carrot Cake Chai Latte	Y				✓											
Iced Tea*allergen info is with Whole Milk. For alternative milks allergy info please see the specific section.																
Iced Carrot Cake Chai Latte	Y				✓											

Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Muffins																
Berry & Chia Muffin	Y		✓	✓							✓					

# HOT 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
<b>Coffee</b> *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				✓											
<b>Hot Chocolate</b> *allergen info is with Whole Milk. For alternative milks allergy info please see the specific section.																
Hot Chocolate	Y				✓											
Babyccino	Y				✓											
<b>Chai Latte</b> *allergen info is with Whole Milk. For alternative milks allergy info please see the specific section.																
Mumbai Railway Chai Latte	Y				✓											
<b>Matcha</b> *allergen info is with Oat Milk as standard.																
Oat Matcha Latte	Y	Y	✓													
Vanilla Oat Matcha Latte	Y	Y	✓													
White Chocolate Oat Matcha Latte	Y	Y	✓													
Blueberry Muffin Oat Matcha Latte	Y	Y	✓													

# HOT 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
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														
Syrups																
Caramel	Y	Y														
Hazelnut	Y	Y														
Salted Caramel	Y	Y														
Vanilla	Y	Y														
White Chocolate	Y	Y														
Brown Sugar	Y	Y														

# COLD 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
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 Oat Milk.																
Iced Oat Matcha Latte	Y	Y	✓													
Iced Vanilla Oat Matcha Latte	Y	Y	✓													
Iced Blueberry Muffin Oat Matcha Latte	Y	Y	✓													
Iced White Chocolate Oat Matcha Latte	Y	Y	✓													

# ALTERNATIVE MILKS

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
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 Oat Milk	Y	Y	✓													
Alpro Soya Milk	Y	Y							✓							



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

Key: ✓ = Contains this allergen    Y = Suitable for

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		✓		✓											

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	✓													
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																
Ham & Cheese Crown			✓	✓	✓											
Sausage Roll			✓		✓											

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			✓		✓			✓			✓					
Cheese Sandwich	Y		✓		✓											
Ham & Cheese Sandwich			✓		✓											

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			✓	✓	✓			✓				✓				
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 (New Recipe)	Y		✓		✓	✓										
Zest Lemon Granola	Y			✓	✓	✓										
Very Berry Bircher (New Recipe)	Y	Y									✓					
Fresh Fruit Pot	Y	Y														
Berry Bakewell Overnight Oats	Y				✓	✓										
Carrot Cake Overnight Oats	Y				✓											
Kids																
Simply Cheese Sandwich	Y		✓		✓											
Simply Ham Sandwich			✓		✓											

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		✓	✓	✓	✓										
Raspberry Croissant	Y	Y	✓													
Pistachio Croissant	Y		✓	✓	✓	✓										
Chocolate Twist	Y		✓	✓	✓				✓							
Cinnamon Knot	Y		✓	✓	✓											
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
Breakfast																
The Full SOHO Kitchen			✓	✓	✓						✓					
The Full Veggie SOHO Kitchen	Y		✓	✓	✓											
Freshly Pressed Juices																
The Green One	Y	Y														
The Red One	Y	Y														
The Orange One	Y	Y														

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			✓	✓	✓											
Hot Breakfast																
All Day Breakfast Ciabatta			✓	✓	✓						✓					
Veggie Brunch Ciabatta	Y		✓	✓	✓											
Hot Lunch																
Steak & Ale Pie			✓		✓							✓				
Goats Cheese & Sweet Potato Pie	Y		✓		✓											✓
Steak & Ale Pie, Mash & Gravy			✓		✓							✓				
Goats Cheese & Sweet Potato Pie, Mash & Gravy	Y		✓		✓											✓
Swiss Cheese & Ham Croissant			✓		✓				✓							
Swiss Cheese & Tomato Croissant	Y		✓		✓				✓							
Cinnamon Sugar Pretzel Bites with Caramel Dip	Y		✓		✓				✓							
Salted Pretzel Bites with Chipotle Cheese Dip	Y		✓		✓				✓							
Chipotle Chicken Ciabatta			✓		✓											
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	✓													
Blueberry Muffin 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	✓													
Iced Blueberry Muffin Oat Matcha Latte	Y	Y	✓													
Coffee *allergen info is with Whole Milk as standard																
Pumpkin Spice Latte	Y				✓											
Iced Pumpkin Spice Cold Foam Latte	Y				✓											
Drink Add-Ons																
Vanilla Cold Foam	Y				✓											
Bakery																
Biscoff Crunch Croissant	Y		✓	✓	✓				✓							

# WIGMORE STREET SPECIFIC

Key: ✓ = Contains this allergen    Y = Suitable for



Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Hot Lunch																
Egg & Chive Toasted Rye Ciabatta	Y		✓	✓	✓				✓							
Sriracha Chicken Toasted Rye Ciabatta			✓	✓	✓				✓							
Spicy Tuna Toasted Rye Ciabatta			✓	✓				✓	✓		✓	✓				