



ALLERGEN GUIDE

2026

Version 10: 14th September 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.

Our recipes may change from time to time. If you have any dietary requirements or allergies, please check every time you order to ensure you have the most up-to-date information on the ingredients and allergens in 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
Cloud Coolers *allergen info is with Whole Milk. Milk Substitutions are not available.																
Iced Chocolate Praline Cloud Cooler	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
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														
House Mocha	Y				✓				✓							
Macchiato	Y				✓											
Matcha *allergen info is with Oat Milk as standard.																
Oat Matcha	Y	Y	✓													
Vanilla Oat Matcha	Y	Y	✓													
White Chocolate Oat Matcha	Y	Y	✓													
Blueberry Muffin Oat Matcha	Y	Y	✓													
Banana Bread Muffin Oat Matcha	Y	Y	✓													

HOT 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
Hot Chocolate *allergen info is with Whole Milk. For alternative milks allergy info please see the specific section.																
Babyccino	Y				✓											
House 32% Hot Chocolate	Y				✓				✓							
Cornish Sea Salt Caramel Hot Chocolate	Y				✓				✓							
Ube White Hot Chocolate	Y				✓				✓							
Chai Latte *allergen info is with Whole Milk. For alternative milks allergy info please see the specific section.																
Masala Chai Latte	Y				✓											
Pink Chai Latte	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 Berry	Y	Y														
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														
Sugar Free Vanilla	Y	Y														
Vanilla	Y	Y														
White Chocolate	Y	Y														
Brown Sugar	Y	Y														

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	Y	Y	✓													
Iced Vanilla Oat Matcha	Y	Y	✓													
Iced Blueberry Muffin Oat Matcha	Y	Y	✓													
Iced White Chocolate Oat Matcha	Y	Y	✓													
Iced Banana Bread Muffin Oat Matcha	Y	Y	✓													

ALTERNATIVE MILKS

Key: ✓ = Contains this allergen Y = Suitable for

SOHO COFFEE
SINCE 1999

There may be occasions when we temporarily change the brand of milk alternatives available in our stores. If you have any dietary requirements, please speak to a member of our team, who will be happy to show you the milk alternative currently in use so that you can check the product label for relevant ingredients and information.

Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Alternative Milks																
Rude Health Soya Milk	Y	Y							✓							
Rude Health Coconut Milk	Y	Y														
Rude Health Oat Milk	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 Rustic Roll			✓	✓							✓					
Triple Bacon Rustic Rol			✓													
Triple Sausage Rustic Roll			✓								✓					
Smashed Avo & Cheesy Omelette Rustic Roll	Y		✓	✓	✓											
Breakfast																
Avocado on Toast New Ingredient	Y	Y	✓													
Avocado & Egg on Toast New Ingredient	Y		✓	✓												
The Full SOHO			✓	✓							✓					
French Toast																
Banoffee French Toast New	Y		✓	✓	✓											
Chocolate & Hazelnut French Toast New	Y		✓	✓	✓	✓										
Toast																
White Bloomer Bread with Butter	Y		✓		✓				✓							
Multigrain Bloomer Bread with Butter	Y		✓		✓											
Sourdough Toast with Butter New Ingredient	Y		✓		✓											

BREAKFAST

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
Hot Food Add Ons & Condiments																
Tomato Sauce	Y	Y														
Brown Sauce	Y	Y	✓													
Breakfast Bacon																
Egg	Y			✓												
Mushroom	Y	Y														
Sausage			✓								✓					
Hash Browns	Y	Y														
Baked Beans	Y	Y														
Grated Cheddar Cheese	Y				✓											
Omelette	Y			✓	✓											
Tuna Mayo				✓				✓								
Jam	Y	Y														

Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Loaded Spuds																
Tuna Mayo Loaded Spud New				✓	✓			✓				✓				
Cheese & Beans Loaded Spud New	Y			✓	✓							✓				
Cheddar & Spring Onion Loaded Spud New	Y			✓	✓							✓				
BBQ Chicken & Cheddar Loaded Spud New			✓	✓	✓							✓				
Pulled Beef Chilli & Avo Loaded Spud New				✓	✓							✓				
Rosti Bites																
Cheddar & Beans Topped Rosti Bites New	Y			✓	✓							✓				
BBQ Chicken & Cheddar Topped Rosti Bites New			✓	✓	✓							✓				
Pulled Beef Chilli & Avo Topped Rosti Bites New				✓								✓				
Bakes																
'Nduja & Mozzarella Gnocchi Bake			✓		✓											
Miso Mushroom Butter Bean Bake	Y		✓		✓				✓							

Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Cold Wraps																
Chicken & Bacon Caesar Wrap			✓	✓	✓											
Middle Eastern Aubergine and Red Pepper Wrap	Y	Y	✓													✓
Sandwiches																
Chicken Club Sandwich			✓	✓												
Egg Mayo and Cress Sandwich	Y		✓	✓												
Tuna Mayo & Cucumber Sandwich			✓	✓				✓								
Cheese Sandwich	Y		✓		✓											
Ham & Cheese Sandwich			✓		✓											
Salads																
The Big Chicken SOHO Shaker Salad				✓					✓			✓				
The Big Olive SOHO Shaker Salad	Y	Y														✓
Little Tuna & Egg SOHO Shaker Salad				✓				✓	✓			✓				
Little Chicken & Feta SOHO Shaker Salad					✓											✓

Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Sourdough Melts																
'Nduja & Hot Honey Sourdough Melt New			✓		✓				✓							
Pesto & Mozzarella Sourdough Melt New	Y		✓		✓				✓							
BBQ Chicken Sourdough Melt New			✓		✓				✓							
Ham & Cheddar Sourdough Melt New			✓		✓				✓							
Hot Wraps																
Falafel & Halloumi	Y		✓		✓											
Chicken Parmesan			✓	✓	✓											
Flatbreads																
Spicy Tuna Flatbread			✓	✓				✓			✓	✓				
Chicken Shawarma Flatbread			✓									✓				✓
Avocado & Feta Flatbread	Y		✓		✓											
Pots																
SOHO Berry Granola	Y		✓		✓	✓										
Zest Lemon Granola	Y		✓	✓	✓	✓										
Very Berry Bircher	Y	Y	✓								✓					
Fresh Fruit Pot	Y	Y														
Chocolate Hazelnut Blended Oats	Y	Y	✓			✓										
Raspberry & Coconut Chia Pot	Y	Y	✓													

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		✓	✓	✓				✓							
Cheese & Chive Bubble Bread	Y		✓	✓	✓											
Sticky Cinnamon Bubble Bread	Y		✓	✓	✓											
Cakes																
SOHO Handmade Brownie	Y		✓	✓					✓							
Chocolate Caramel Shortcake	Y		✓		✓				✓							
Toasted Tea Cake with Butter	Y		✓	✓	✓											
Muffins																
Blueberry Muffin	Y		✓	✓												
Chocolate Chip Muffin	Y		✓	✓					✓							
Banana Bread Muffin	Y		✓	✓												

Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Cookies & Biscuits																
Double Chocolate Chunk Cookie	Y		✓		✓				✓							
Carrot Cake Stuffed Cookie	Y		✓		✓				✓							
Almond Croissant Stuffed Cookie	Y	Y	✓			✓			✓							

Product	Vegetarian?	Vegan?	Cereals Containing Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Molluscs	Sesame
Breakfast																
The Full Veggie SOHO Kitchen	Y		✓	✓	✓											
Freshly Pressed Juices																
The Green One	Y	Y														
The Red One	Y	Y														
The Orange One	Y	Y														

AIRPORT & NORTHAMPTON SPECIFIC

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
Baguettes																
Ham & Cheddar Baguette			✓	✓	✓											
Tuna Mayo & Cucumber Baguette			✓	✓				✓								
Chicken & Bacon Mayo Baguette			✓	✓												
Cheese & Chutney Baguette NEW			✓		✓											
Hot Breakfast																
All Day Breakfast Rustic Roll			✓	✓	✓						✓					
Cheesy Omelette & Chilli Jam Rustic Roll	Y		✓	✓	✓											
Whole Milk Porridge	Y		✓		✓											
Coconut & Chia Porridge	Y	Y	✓													
Hot Lunch																
Cheddar & Ham Croissant			✓	✓	✓				✓							
Ham & Cheese Crown			✓	✓	✓											
Sausage Roll			✓	✓	✓						✓					
Red Lentil & Chickpea Dahl Pot NEW	Y	Y										✓				
Pulled Beef Chilli Pot NEW																
Pots																
Smoked Houmous, Edamame & Egg Pot	Y			✓					✓							✓

AIRPORT 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 Food Add Ons																
Heinz Ketchup Sachet	Y	Y								✓						
HP Sauce Sachet	Y	Y	✓													
Cheese Slice	Y				✓											
Slid Tomato	Y	Y														
Strawberry Jam	Y	Y														
Honey	Y															
Banana ½	Y	Y														
Seasonal Drinks																
Iced Praline Chocolate	Y				✓											