

PLANTIFULL refill store & cafe		Allergen Guidance August 2025		Understanding our guidance:		Yes	The Menu Item contains ingredients with this allergen		No	The Menu Item does not contain ingredients with this allergen		May	While the allergen is not present in the ingredients, one or more ingredients were produced in an environment where this allergen is handled		
NOTE:				ALL OUR PRODUCTS ARE MADE IN AN OPEN KITCHEN WHICH HANDLES ALL ALLERGENS. THERE IS A RISK OF CROSS CONTAMINATION. IF YOU HAVE ANY DOUBTS OR CONCERNS PLEASE SPEAK TO US & WE WILL TRY OUR BEST TO MAKE IT WORK FOR YOU											
Category	Item	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	P nuts	Sesame	Soya	Sulphur dioxide
Drinks	Latte (excludes milk choice)	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Drinks	Chai Latte (excludes milk choice)	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Drinks	Matcha Latte (excludes milk choice)	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Drinks	Turmeric and Cinnamon Latte (excludes milk choice)	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Drinks	Lions Mane Latte (excludes milk choice)	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Drinks	Beetroot & Lions Mane Latte (excludes milk choice)	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Drinks	Superfood Hot Chocolate (excludes milk choice)	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Drinks	Macca Hot Chocolate (excludes milk choice)	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Drinks	Organic Cacao Mocha (excludes milk choice)	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Milk Choices	Whole milk	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Milk Choices	Almond milk	No	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No
Milk Choices	Soya milk	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Milk Choices	Oat milk	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No
Milk Choices	Coconut milk	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No
Smoothies	Chocolate Goddess smoothie	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Smoothies	Gym Class smoothie	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Smoothies	Beach Bum smoothie	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Smoothies	Beauty Queen smoothie	No	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No
Smoothies	Health Plan smoothie	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Breakfasts	Acai Bowl	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No
Breakfasts	Regular vegan pancakes	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No
Breakfasts	Chocolate agave sauce	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Breakfasts	Sourdough bread	May	Yes	No	May	No	No	May	No	No	May	May	May	May	No
Breakfasts	Schar Vitality loaf	No	No	No	No	No	May	May	No	May	May	May	May	May	No
Breakfasts	P nut butter on toast on sourdough	May	Yes	No	May	No	No	May	No	No	May	Yes	May	May	No
Breakfasts	P nut butter on toast on Schar Vitality loaf	No	No	No	No	No	May	May	No	May	Yes	Yes	May	May	No
Lunches	Mozzarella, tomato, pesto on sourdough	May	Yes	No	May	No	No	Yes	No	No	Yes	May	May	May	No
Lunches	Mozzarella, tomato, pesto on Schar Vitality loaf	No	No	No	No	No	May	May	No	May	Yes	May	May	May	No
Lunches	Vegan grilled cheese, tomato on sourdough	May	Yes	No	May	No	No	May	No	May	May	May	May	May	No
Lunches	Vegan grilled cheese, kimchi on sourdough	No	Yes	No	May	No	No	May	No	May	May	May	May	May	No
Lunches	Vegan grilled cheese, kimchi on Schar Vitality loaf	No	No	No	No	No	May	May	No	No	May	May	May	May	No
Lunches	Vegan grilled cheese, tomato on Schar Vitality loaf	No	No	No	No	No	May	May	No	No	May	May	May	May	No
Lunches	Cheddar cheese, tomato on sour dough	No	Yes	No	May	No	No	Yes	No	May	May	May	May	May	No
Lunches	Cheddar cheese, kimchi on sour dough	No	Yes	No	May	No	No	Yes	No	May	May	May	May	May	No
Lunches	Cheddar cheese, tomato on Schar Vitality loaf	No	No	No	No	No	May	Yes	No	No	May	May	May	May	No
Lunches	Cheddar cheese, kimchi on Schar Vitality loaf	No	No	No	No	No	May	Yes	No	No	May	May	May	May	No
Lunches	Cheddar cheese, chilli jam on sour dough	No	Yes	No	May	No	No	Yes	No	May	May	May	May	May	No
Lunches	Cheddar cheese, chilli jam on Schar Vitality loaf	No	No	No	No	No	May	May	No	No	May	May	May	May	No
Lunches	Vegan cheese, chilli jam on sour dough	No	Yes	No	May	No	No	May	No	May	May	May	May	May	No
Lunches	Vegan cheese, chilli jam on Schar Vitality loaf	No	No	No	No	No	May	May	No	No	May	May	May	May	No
Lunches	Buddah bowl	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No
Snacks	Raspberry bakewell tart	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Snacks	Chocolate brownie	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Snacks	Raspberry and white chocolate blondeie	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No