Allergens in a Café

The 14 allergens, typical drinks and a labelling template

Before you start

This document is a template for cafés in Ireland, not legal advice or an official approval. It is based on EU law as of 24 October 2026 (Regulation (EC) No 852/2004, Regulation (EC) No 178/2002, Regulation (EU) No 1169/2011) and on the Irish allergen regulations for non-prepacked food (S.I. No. 489 of 2014). Other Irish rules are not covered. Every café is different: the operator adapts the template to the actual menu, equipment and layout, adds their own details and is responsible for following it. If in doubt, contact your competent food safety authority.

Template for cafés in Ireland, not legal advice. Status 24 October 2026. **The template covers the EU framework; Irish rules are included only where verified** (written allergen information under S.I. No. 489 of 2014). Registration with the food authority, temperature limits, food handler training rules, record retention, VAT, licensing of alcohol and smoking rules **are not covered** – check them with your competent food safety authority and other local authorities before you use the template.

A food business operator must not present, sell or supply food unless **written particulars** of any allergen in the food are indicated at the point of presentation, the point of sale or the point of supply (S.I. No. 489 of 2014, Regulation 4). The information must be freely and easily accessible **before the sale or supply**, **at least in English** (or in Irish and English), in a **conspicuous place** easily visible to the customer, in clear legible script, and presented so that there is no confusion about which food it relates to (Regulation 5(1)).

Oral information alone does not meet these requirements. Keep the written allergen list at the counter and, if you use numbers on the menu, put the key in the same place.

The 14 allergens (Annex II to Regulation (EU) No 1169/2011)

No.	Allergen	Where it appears in a café
1	Cereals containing gluten (wheat, rye, barley, oats, spelt)	bakery, biscuits, cakes; oat drink unless labelled gluten-free
2	Crustaceans	usually not
3	Eggs	desserts, croissants, creams
4	Fish	usually not (sandwiches)
5	Peanuts	biscuits, bars, some desserts
6	Soybeans	soya drink, lecithin in chocolate
7	Milk (including lactose)	milky drinks, whipped cream, hot chocolate, desserts; lactose-free milk is still allergen 7
8	Nuts (almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios, macadamia nuts)	almond drink, nut spreads, some syrups and desserts
9	Celery	sandwiches, soups
10	Mustard	sandwiches
11	Sesame seeds	sesame bakery
12	Sulphur dioxide and sulphites (above 10 mg/kg or 10 mg/l)	wine, dried fruit
13	Lupin	some gluten-free flours
14	Molluscs	usually not

Typical drinks – labelling example

Drink	Allergens	Note
Espresso, americano, filter coffee	–	just coffee and water
Cappuccino, latte, flat white	7	milk
… with oat drink	1	only if the oat drink is not expressly gluten-free
… with soya drink	6	
… with almond drink	8	
Hot chocolate	7 (6)	depending on the blend, often soya lecithin
Chai latte, matcha latte	7	depending on the blend
Drink with syrup	see label	flavoured syrups usually contain no nuts, but check the label
Viennese coffee (with whipped cream)	7	
Affogato	7 (3)	depending on the ice cream

> Always go by the ingredients on the label of the specific product. When you change supplier or recipe, update the menu and this list.

Cross-contamination

- Use a separate, colour-coded jug for plant-based drinks.
- Wipe and purge the steam wand after every drink.
- Keep desserts containing nuts separate in the display or on the bottom shelf.
- Equipment and containers used for food containing allergens are cleaned before use for food without them (Regulation (EC) No 852/2004, Annex II, Chapter IX, point 9).
- When a customer mentions an allergy, check the ingredients and make the drink with clean equipment.

Template: allergen list at the counter

Print, fill in your items and display it next to the till where customers can easily see it. Tick the allergens each item contains.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14

1 gluten · 2 crustaceans · 3 eggs · 4 fish · 5 peanuts · 6 soya · 7 milk · 8 nuts · 9 celery · 10 mustard · 11 sesame · 12 sulphites · 13 lupin · 14 molluscs

Text for the menu

“Numbers next to each item refer to allergens listed in Annex II to Regulation (EU) No 1169/2011. The full list is at the counter. If you have an allergy, please tell us when you order.”

Sources: S.I. No. 489/2014 Regulations 4 and 5 · S.I. No. 656/2024 · 1169/2011 Articles 9 and 44, Annex II · 852/2004 Annex II, Chapter IX. Status 24 Oct 2026.

Sources – full text of the legislation on Europaius

- 852/2004
- 1169/2011