# Allergens in a Café

The 14 allergens, typical drinks and a labelling template

**Before you start**

This document is a template for cafés in Malta, not legal advice or an official approval. It is based on EU law and on the Maltese provisions verified for this template as of 24 October 2026: Regulation (EC) No 852/2004, Regulation (EC) No 178/2002, Regulation (EU) No 1169/2011, the Food Safety Act (Chapter 449) and the Catering Establishments Regulations (S.L. 409.15). Other national rules (temperature limits, the form of allergen information, medical or training certificates, VAT, fiscal receipts, alcohol, smoking) are not covered. Every business is different: adapt the template to your range, equipment and premises, add your details and check open points with the Food Safety and Security Authority.

Template for cafés in Malta, not legal advice. Law as of 24 October 2026. **Most of this template covers only the EU framework.** Maltese rules are included only where verified (registration under Chapter 449, catering licence under S.L. 409.15). National rules on temperatures, the form of allergen information, medical or training certificates, record retention, VAT, fiscal receipts, alcohol and smoking are not covered: check them with the Food Safety and Security Authority and the other competent authorities.

Allergen information is mandatory also for food that is not prepacked, including drinks and cakes served in a café (Article 9(1)(c) and Article 44(1)(a) of Regulation (EU) No 1169/2011). Each Member State may set the form of this information (Article 44(2)). **Maltese rules on the form are not covered in this template**: until you have checked them with the Food Safety and Security Authority, give the information in writing before the order (numbers on the menu with a key, or a list at the bar).

## Allergens under Annex II of Regulation (EU) No 1169/2011

| No. | Allergen | Where it appears in a café |
|---|---|---|
| 1 | Cereals containing gluten (wheat, rye, barley, oats, spelt) | pastries, biscuits, cakes; oat drink unless labelled “gluten-free” |
| 2 | Crustaceans | usually not |
| 3 | Eggs | cakes, croissants, cream fillings |
| 4 | Fish | usually not (sandwiches) |
| 5 | Peanuts | biscuits, bars, some cakes |
| 6 | Soybeans | soy drink, lecithin in chocolate |
| 7 | Milk (including lactose) | milk drinks, cream, hot chocolate, cakes; lactose-free milk is still allergen 7 |
| 8 | Nuts (almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios, macadamias) | almond drink, nut spreads, some syrups and cakes |
| 9 | Celery | sandwiches, soups |
| 10 | Mustard | sandwiches |
| 11 | Sesame | pastries with sesame |
| 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 explicitly gluten-free |
| … with soy drink | 6 | |
| … with almond drink | 8 | |
| Hot chocolate | 7 (6) | depends on the blend, often soy lecithin |
| Chai latte, matcha latte | 7 | depends on the blend |
| Drink with syrup | per label | flavoured syrups usually contain no nuts, but check the label |
| Coffee with whipped cream | 7 | |
| Affogato | 7 (3) | depends on the ice cream |

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

## Avoiding cross-contact

- Use a separate, colour-coded jug for plant-based drinks.
- Wipe and purge the steam wand after every drink.
- Clean equipment and containers that have been in contact with allergens before using them for food that does not contain those allergens (Regulation (EC) No 852/2004, Annex II, Chapter IX point 9).
- Keep cakes with nuts separate in the display or on the bottom shelf.
- When a guest reports an allergy, check the ingredients and prepare the drink with clean utensils.

## Template: allergen list at the bar

Print, fill in your items and display it by the till. Tick the allergens each item contains.

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

### Text for the menu

“The numbers next to items indicate allergens under Annex II of Regulation (EU) No 1169/2011. The full list is available at the bar. If you have an allergy, please tell us when you order.”

Sources: Regulation (EU) No 1169/2011, Articles 9, 44, Annex II (europaius.com/eu-akt/32011r1169); Regulation (EC) No 852/2004, Annex II, Chapter IX (europaius.com/eu-akt/32004r0852). Status 24 October 2026.

## Sources – full text of the legislation on Europaius

- 852/2004
- 1169/2011