

Allergens in a Café

Overview of the 14 allergens, typical drinks and a labelling template

Before you start

This document is a template, not legal advice or an official approval. It is based on Czech and EU regulations in force as of October 2026 (Regulation (EC) No 852/2004, Act No. 258/2000 Coll., Act No. 110/1997 Coll., Decree No. 137/2004 Coll., Decree No. 121/2023 Coll.). Every business is different: the operator adapts the template to the actual range, equipment and layout, adds their own details and is responsible for compliance. If anything is unclear, we recommend consulting the competent Regional Public Health Authority (KHS). If you operate outside the Czech Republic, replace the national references with the regulations of your country.

Allergen information must be available to guests in writing before they order. Allergen numbers next to menu items with a key, or a separate list at the bar, are enough. A plain “ask our staff” without anything in writing will not pass an inspection.

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	desserts, croissants, whipped creams
4	Fish	usually not (sandwiches)
5	Peanuts	biscuits, bars, some desserts
6	Soybeans	soy drink, lecithin in chocolate
7	Milk (including lactose)	milk drinks, whipped cream, hot chocolate, desserts; 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 desserts
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
Viennese 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.

Cross-contamination

- Use a separate, colour-coded jug for plant-based drinks.
- Wipe and purge the steam wand after every drink.
- Keep desserts 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

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.”