

Allergen Declarations & Charts

Given the open nature of Utopia Dessert kitchens there is a significant risk of cross contamination. For this reason, we cannot provide 100% assurance that any of our products are suitable for those with allergies.

Please make sure to inform the Utopia team of any allergies, dietary requirements and intolerances before placing your order at Utopia stores or via our online delivery and click and collect platforms. While we have systems in place to minimise cross contamination, we cannot guarantee that any of our products are completely free from any allergens. Our kitchen contains but is not limited to allergens such as gluten, eggs, milk, nuts, peanuts, sesame, soya and sulphur oxides.

Information on the fourteen legal allergens is provided below, based on information provided by our suppliers. We are unable to provide information on other allergens. Even if you checked with our staff on your last visit, we occasionally change our recipes and this is the only way to make sure you are receiving the most up-to-date guidance.

PRODUCTS AND THEIR ALLERGEN CONTENT – WAFFLES

Product Name					D°	Lupin Flour	Milk		MUSTARD			IISAM OS		Beer WINE
Waffles	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Banana-berry	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
Banana-tella	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
Banoffee Pie	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
Brookie	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
Bueno Brownie	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
Chocolate Covered Strawberries	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
Cookies & Cream	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
Double Belgian	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
Eton Mess	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
Ferrero-tastic	MAY	YES		YES			YES		MAY	YES	YES		YES	MAY
Millionaire Shortbread	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
Muy Bueno	MAY	YES		YES			YES		MAY	YES	YES		YES	MAY
Peanut Butter Stack	MAY	YES		YES			YES		MAY	YES	YES		YES	MAY
Plain Waffle	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
Strawberry Shortcake	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
White Lotus	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY

PRODUCTS AND THEIR ALLERGEN CONTENT – CREPES

Product Name					D°	Lupin	Milk		MUSTARD			SEAM		Beer
Crepes	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Banana-berry	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
Banana-tella	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
Banoffee Pie	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
Brookie	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
Bueno Brownie	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
Chocolate Covered Strawberries	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
Cookies & Cream	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
Double Belgian	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
Eton Mess	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
Ferrero-tastic	MAY	YES		YES			YES		MAY	YES	YES		YES	MAY
Lemon & Sugar	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
Millionaire Shortbread	MAY	YES		YES			YES		MAY	YES	YES		YES	MAY
Muy Bueno	MAY	YES		YES			YES		MAY	YES	YES		YES	MAY
Peanut Butter Stack	MAY	YES		YES			YES		MAY	YES	YES		YES	MAY
Plain Waffle	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
Strawberry Shortcake	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY
White Lotus	MAY	YES		YES			YES		MAY	MAY	MAY		YES	MAY

PRODUCTS AND THEIR ALLERGEN CONTENT - COOKIE DOUGH

Product Name						upin Flour	Milk		MUSTARD			SESAM.	18	WNE
Cookie Dough	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Belgian Milk Chocolate		YES		YES			YES			MAY			YES	
Belgian White Chocolate		YES		YES			YES			MAY			YES	
Brookie		YES		YES			YES			MAY			YES	
Bueno Brownie		YES		YES			YES			MAY			YES	
Cookies & Cream		YES		YES			YES			MAY			YES	
Ferrero-tastic		YES		YES			YES			YES	YES		YES	
Chocolate Covered Strawberries		YES		YES			YES			MAY			YES	
Marshmallow Cloud (Milk & White)		YES		YES			YES			MAY			YES	
Muy Bueno (Milk & White)		YES		YES			YES			YES			YES	
Peanut Butter Stack		YES		YES			YES			YES	YES		YES	
White Lotus		YES		YES			YES			MAY			YES	

PRODUCTS AND THEIR ALLERGEN CONTENT - SUNDAES



Product Name						Lupin Flour	Milk		MUSTARD			Hami		WAS Goor
Sundaes	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Banoffee Pie		YES		YES			YES			MAY	MAY		YES	
Brookie		YES		YES			YES			MAY	MAY		YES	
Candy- Bubblecious		YES		YES			YES			MAY	MAY		YES	
Eton Mess		YES		YES			YES			MAY	MAY		YES	YES
Ferrero Bueno		YES		YES			YES			YES	YES		YES	
Honeycomb Heaven		YES		YES			YES			MAY	MAY		YES	
Knickerbocker Glory		YES		YES			YES			MAY	MAY		YES	
Millionaire Shortbread		YES		YES			YES			MAY	MAY		YES	
Minted		YES		YES			YES			MAY	MAY		YES	
Peanut Butter Stack		YES		YES			YES			YES	YES		YES	
Pistachio Choco Nut		YES		YES			YES			YES	YES		YES	
White Lotus		YES		YES			YES			MAY	MAY		YES	

PRODUCTS AND THEIR ALLERGEN CONTENT - CAKES



Product Name						upin Flour	Milk		MUSTARD			ISSAM O.		WNE
Cakes	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Biscoff Cheesecake		YES		YES			YES			MAY	MAY		YES	
Cheesecake		YES		YES			YES			MAY	MAY		YES	
Chocolate Fudge		YES		YES			YES			MAY	MAY		YES	
Red Velvet		YES		YES			YES			MAY	MAY	MAY	YES	
Strawberry Cheesecake		YES		YES			YES			MAY	MAY		YES	
Victoria Sponge		YES		YES			YES			MAY	MAY	MAY	YES	YES

PRODUCTS AND THEIR ALLERGEN CONTENT - SHAKES



Product Name						Lupin Flour	Milk		MUSTARD			istan, in the control of the control		Beer
Shakes	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Banana				MAY			YES			MAY	MAY			
Belgian Chocolate				YES			YES			MAY	MAY		YES	
Birthday Cake		YES		YES			YES			MAY	MAY		YES	YES
Biscoff Cookie Butter		YES		MAY			YES			MAY	MAY		YES	
Bubblegum				MAY			YES			MAY	MAY			
Bueno & Biscoff		YES		MAY			YES			YES	MAY		YES	
Bueno & Oreo		YES		MAY			YES			YES	MAY		YES	
Bueno Brownie		YES		YES			YES			YES	YES		YES	
Caramel Coffee				MAY			YES			MAY	MAY		YES	
Carmel				MAY			YES			MAY	MAY			
Coffee Shake				MAY			YES			MAY	MAY		YES	
Brookie		YES		YES			YES			MAY	MAY		YES	
Crunchie Honeycomb				MAY			YES			MAY	MAY		YES	
Ferrero Bueno		YES		MAY			YES			YES	MAY		YES	
Ferrero Rocher & Nutella		YES		MAY			YES			YES	MAY		YES	
Fudge Brownie		YES		YES			YES			YES	MAY		YES	
Kinder Bueno		YES		MAY			YES			YES	MAY		YES	
Mango				MAY			YES			MAY	MAY		YES	
Maryland Cookie		YES		YES			YES			MAY	MAY		YES	
Milky Bar				MAY			YES			MAY	MAY		YES	
Milky Bar & Biscoff		YES		MAY			YES			MAY	MAY		YES	

Mint Chocolate Chip		YES	YES	MAY	MAY	YES	
Nutella & Banana		MAY	YES	YES	MAY	YES	
Nutella & Oreo	YES	MAY	YES	YES	MAY	YES	
Oreo	YES	MAY	YES	MAY	MAY	YES	
Red Velvet	YES	YES	YES	MAY	MAY	YES	YES
Reese's Peanut Butter		MAY	YES	MAY	YES	YES	
Salted Caramel		YES	YES	MAY	MAY	YES	
Strawberries & Cream		MAY	YES	MAY	MAY		
Vanilla Bean		YES	YES	MAY	MAY	YES	

PRODUCTS AND THEIR ALLERGEN CONTENT - COOLERS/SMOOTHIES



Product Name					A Pos	Lupin Flour	Milk		MUSTARD			ISSAM.		Boot
Smoothies	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Dragon Fruit & Mango														
Iced Cloudy Lemonade														
Mango & Passion Fruit Smoothie														
Peach Iced Tea														
Strawberry & Banana Smoothie														

PRODUCTS AND THEIR ALLERGEN CONTENT - ICED COFFEE



Product Name						Lupin Flour	Milk		MUSTARD			STEAMS O.S.		Beer
Iced Coffee	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Iced Coffee							YES							
Caramel Iced Coffee							YES							
Vanilla Iced Coffee							YES							
Iced Mocha							YES							

PRODUCTS AND THEIR ALLERGEN CONTENT - HOT DRINKS



Product Name						Lupin Flour	Milk		MUSTARD			Stam		Beer WNE
Hot Drinks	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Americano														
Café Latte							YES							
Cafe Mocha							YES							
Cappuccino							YES							
Caramel Latte							YES							
Earl Grey														
Espresso														
English Breakfast Tea														
Flat White							YES							
Green Tea														
Hot Biscoff		YES					YES						YES	
Hot Bueno							YES			YES			YES	
Hot Chocolate							YES							
Vanilla latte							YES							
White Hot Chocolate							YES						YES	

PRODUCTS AND THEIR ALLERGEN CONTENT - TOPPINGS



Product Name					No.	lupin Flour	Milk		MUSTARD			TIESAM TIESAM		Beer
Toppings	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Bananas														
Blue Crystal Sherbet														
Brownies		YES		YES			YES			YES	YES		YES	
Confetti Sprinkles														
Crunchie Bits							YES							
Ferrero Rocher		YES					YES			YES	YES		YES	
Flake							YES							
Hazelnuts							YES			YES	YES	YES	YES	
Kinder Bueno		YES					YES			YES			YES	
Lotus Biscoff Biscuits		YES											YES	
Marshmallows				YES										
Meringue				YES										
Oreos		YES					YES						YES	
Shortbread		YES					YES							
Strawberries														

PRODUCTS AND THEIR ALLERGEN CONTENT - SAUCES



Product Name						upin Flour	Milk		MUSTARD			ISSAM OR		Boor
Sauces	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Belgian Milk Chocolate							YES						YES	
Belgian White Chocolate							YES			YES			YES	
Bubblegum														
Caramel							YES						YES	
Cherry														
Lemon														
Lemon Juice														
Liquid Milk Chocolate							YES			YES			YES	
Lotus Biscoff		YES											YES	
Mango														
Mint														
Nutella (Liquid Milk Hazelnut)							YES			YES			YES	
Raspberry														
Skippy Peanut Butter											YES			
Strawberry														
Toffee							YES							
White Chocolate Hazelnut							YES			YES			YES	

PRODUCTS AND THEIR ALLERGEN CONTENT - GELATO & SORBET



Product Name						upin Flour	Milk		MUSTARD			HIAM.		Goer WINE
Gelato & Sorbet	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Banana Gelato				YES			YES			MAY	MAY		YES	
Belgian Chocolate Gelato				YES			YES			MAY	MAY		YES	
Birthday Cake Gelato		YES		YES			YES			MAY	MAY		YES	
Biscoff Gelato		YES		YES			YES			MAY	MAY		YES	
Black Forest Gelato				YES			YES			MAY	MAY		YES	
Bubblegum Gelato				YES			YES			MAY	MAY		YES	
Candy Floss Gelato				YES			YES			MAY	MAY		YES	
Cheesecake Gelato		YES		YES			YES			MAY	MAY		YES	
Cherry Gelato				YES			YES			MAY	MAY		YES	
Chocolate Orange		YES		YES			YES			MAY	MAY		YES	
Coconut Gelato				YES			YES			YES	MAY	MAY	YES	
Coffee Gelato		YES		YES			YES			MAY	MAY		YES	MAY
Crunchie Gelato				YES			YES			MAY	MAY		YES	
Ferrero Rocher Gelato		YES		YES			YES			YES	MAY	MAY	YES	
Kinder Bueno Gelato		YES		YES			YES			YES	MAY		YES	
Lemon Sorbet				MAY			MAY			MAY	MAY		YES	
Mango Sorbet				MAY			MAY			MAY	MAY		YES	
Melon Sorbet				MAY			MAY			MAY	MAY		YES	

Mint Chocolate Chip Gelato		YES	YES	MAY	MAY		YES	
Oreo Gelato	YES	YES	YES	MAY	MAY		YES	
Pistachio Gelato		YES	YES	YES	MAY		YES	
Rafaello Gelato	YES	YES	YES	MAY	MAY	MAY	YES	YES
Raspberry Sorbet		MAY	MAY	MAY	MAY		YES	
Red Velvet Gelato	YES	YES	YES	MAY	MAY		YES	MAY
Salted Caramel Gelato		YES	YES	MAY	MAY		YES	
Sticky Toffee Pudding	YES	YES	YES	MAY	MAY		YES	
Strawberry Gelato		YES	YES	MAY	MAY		YES	YES
Tiramisu Gelato	YES	YES	YES	MAY	MAY		YES	
Vanilla Gelato		YES	YES	MAY	MAY		YES	
White Chocolate & Raspberry Gelato		YES	YES	MAY	MAY		YES	

PRODUCTS AND THEIR ALLERGEN CONTENT - OTHER



Product Name						Lupin Flour	Milk		MUSTARD			SSAMI OL		Beer
Other	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Malt (Horlicks)		YES					YES							
Soft Serve Ice Cream				MAY			YES						MAY	
Utopia Wafer		YES					YES			MAY			YES	
Wafer Cone		YES		MAY			MAY			MAY			YES	
Whipped Cream							YES						YES	

Notes

- All soft drinks do not contain any allergens.
- All products are suitable for vegetarians other than anything containing marshmallows such as the 'Marshmallow Cloud' cookie dough and Hot chocolates.
- Sorbet's, smoothies, coolers and cones are suitable for vegans.

Review date: 18/11/2024

Reviewed by: Manpreet Taak



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