# Dear Jack Coffee – Menu Allergen Guide

IMPORTANT: Never promise that an item is allergen-free. If a guest reports a food allergy, use this guide, check the current product label, avoid cross-contact as trained, and ask the Person in Charge if anything is uncertain.
Legend: C = contains / present in product per label or manufacturer chart | M = may contain per manufacturer | F = present elsewhere in manufacturing facility (not reported in product or on same line) | — = not declared in reviewed source (NOT an allergen-free guarantee)

| MENU ITEM / COMPONENT | MILK | EGG | WHEAT | SOY | TREE NUT | PEANUT | SESAME | NOTES |
|---|---|---|---|---|---|---|---|---|
| Espresso / Americano / Cold Brew | — | — | — | — | — | — | — | Coffee + water only; flavored/milk additions change profile. |
| Latte / Cappuccino / Iced Latte | C | — | — | — | — | — | — | Default recipe uses whole milk. Flavor or alternative milk additions change profile. |
| Mochaccino | C | — | — | C | — | — | — | Whole milk + Ghirardelli Black Label Chocolate Sauce; sauce contains soy and may contain milk. |
| Hot Chocolate | C | — | — | C | — | — | — | Whole milk + Ghirardelli Black Label Chocolate Sauce; sauce contains soy and may contain milk. |
| Organic Matcha Latte | C | — | — | — | — | — | — | Default recipe uses whole milk. Rishi matcha itself has no major allergen identified in current ingredient info. |
| Organic Chai Latte | C | — | — | — | — | — | — | Default recipe uses whole milk. Rishi Masala Chai concentrate ingredients do not identify a major allergen. |
| Organic Hot Tea — Jasmine / Chamomile / Peppermint | — | — | — | — | — | — | — | Serve without milk unless requested. Recheck each delivered sachet carton label. |
| Mono's Energy Refreshers | —* | —* | —* | —* | —* | —* | —* | Regular / Zero Sugar / Synergy Blue Spirulina bases + Holy Kakow Strawberry / Syruvia regular Blue Raspberry / regular Pineapple. Synergy contains spirulina. All contain caffeine; confirm dose. Regular flavor syrups contain sugar. *NOT an allergen-free claim. |
| Jack's Bread — Plain | C | C | — | C | — | — | — | CONTAINS MILK, EGG AND SOY. Ingredients list tapioca starch, soybean oil, cheese, egg and milk. Wheat not declared; no gluten-free claim verified on this bag. |
| Jack's Bread — Cheese-Filled | C | C | — | M | — | — | — | CONTAINS MILK AND EGG; MAY CONTAIN SOY. Labeled gluten-free. Shared-kitchen cross-contact remains possible. |
| Jack's Bread — Guava + Catupiry | C | C | — | M | — | — | — | CONTAINS MILK AND EGG; MAY CONTAIN SOY. Package labeled gluten-free. |
| Mini Bagels — plain bagel only | — | — | C | — | — | — | C | CONTAINS WHEAT AND SESAME. Malted barley flour also listed (gluten). Other allergens not declared; manufacturing cross-contact not established. |
| Bagel Spread — Philadelphia Cream Cheese | C | — | — | — | — | — | — | Philadelphia Original Cream Cheese: contains milk. |
| Bagel Spread — Bonne Maman Strawberry Preserves | — | — | — | — | — | — | — | Supplier spec lists no major allergens. |
| Bagel Spread — Nutella portion | C | — | — | C | C (Hazelnut) | — | — | Ferrero: contains hazelnuts, milk and soy; no peanuts. |
| Mini Croissants | C | C | C | C | — | — | F | Milk, egg, wheat/gluten, soy present in product (Column I). Sesame NO in product or shared line, YES elsewhere in plant.. Peanuts/tree nuts not reported in product, line or plant. |
| Lulu's Mini Cinnamon Rolls | C | C | C | C | — | — | F | Bridor 52436 manufacturer chart: milk, egg, wheat/gluten, soy present in product (Column I). Sesame NO in product or shared line, YES elsewhere in plant. Peanuts/tree nuts not reported in product, line or plant. |
| Organic Almond Milk — Califia | — | — | — | — | C (Almond) | — | — | CONTAINS ALMONDS (tree nuts); brand not visible in supplied screenshot. Confirm delivered carton matches. |
| Oat Milk — Mooala Barista | — | — | — | — | — | — | — | no FDA major allergens identified; dairy-free/soy-free stated. Gluten-free NOT established; confirm delivered carton matches. |
| Ghirardelli Black Label Chocolate Sauce | M | — | — | C | — | — | — | Contains soy; may contain milk / manufactured on equipment that processes milk. |

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| MENU ITEM / COMPONENT | MILK | EGG | WHEAT | SOY | TREE NUT | PEANUT | SESAME | NOTES |
|---|---|---|---|---|---|---|---|---|
| Holy Kakow Flavor Syrups (see detailed appendix) | SEE NOTES | SEE NOTES | SEE NOTES | SEE NOTES | C (Hazelnut / Pistachio syrups ONLY) | SEE NOTES | SEE NOTES | Vanilla, Caramel, Strawberry, Pumpkin Spice: no major allergens identified in supplied product summaries. HAZELNUT SYRUP CONTAINS HAZELNUTS; PISTACHIO SYRUP CONTAINS PISTACHIOS (TREE NUTS). From real organic tree-nut ingredients. Disclose tree nuts whenever either syrup is used. |
| Jack's Frappé — 16 oz | C | — | — | — | — | — | — | Espresso, sugar, ice, whole milk and Instant Nonfat Dry Milk. Actual powder label: CONTAINS MILK; no other major allergens declared. MILK confirmed. |
| Café Limón — 16 oz | — | — | — | — | — | — | — | Coffee, lime concentrate, sugar and ice. Ingredient screenshot lists sodium bisulfite (SULFITE preservative). No FDA major allergens identified in supplied ingredients; disclose sulfite sensitivity; no allergen-free guarantee. |
| | | | | | | | | |
| Shaken Espresso — 12 oz glass | — | — | — | — | — | — | — | Double espresso shaken with ice. Optional milk adds MILK; alternative milks have their own allergen profile. |
| Prat's 100% Orange Juice — 300 mL | — | — | — | — | — | — | — | ingredient is pasteurized orange juice. No FDA major allergens identified in declared ingredients |
| OQ 100% Red Grape Juice — 300 mL | — | — | — | — | — | — | — | ingredient is pasteurized red grape juice. No FDA major allergens identified in declared ingredients |
| OQ Açaí Blend Juice — 300 mL | — | — | — | — | — | — | — | Grape juice, filtered water, açaí pulp, apple juice concentrate, natural flavor, gellan gum, xanthan gum; pasteurized. No FDA major allergens identified in declared ingredients. |
| Other bottled sodas / water | — | — | — | — | — | — | — | Check the current sealed package for each brand and flavor. No blanket allergen statement is made for products not individually reviewed. |

FDA MAJOR ALLERGENS: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans and Sesame. Fish and crustacean shellfish are not currently intentional ingredients in the Dear Jack Coffee menu.

CROSS-CONTACT: Dear Jack Coffee uses a shared preparation environment. A product with no listed allergen can still be exposed through shared surfaces, utensils, equipment or handling. Manufacturer 'may contain' statements are different from 'contains' statements and should be communicated accurately.

STAFF RESPONSE TO AN ALLERGY REQUEST: 1) Take the request seriously. 2) Never guess. 3) Check this guide and the current package label. 4) Tell the Person in Charge if uncertain. 5) Follow trained cleaning/handling steps to reduce cross-contact. 6) Never guarantee an item is allergen-free.

PRODUCT LABEL REVIEW: The actual labels of Prat's Orange Juice, OQ Red Grape Juice, and OQ Açaí Blend Juice were reviewed October 24, 2026. Their ingredient statements do not identify any of the nine FDA major allergens. This does not establish an allergen-free manufacturing environment. For syrups and energy bases reviewed from product descriptions rather than physical packaging, verify current manufacturer declarations when a guest reports an allergy. For bottled sodas or substituted brands, check the specific bottle.

## FLAVOR SYRUPS — STAFF REFERENCE

| Holy Kakow syrup | Review finding | Staff instruction |
|---|---|---|
| Vanilla | No major allergens identified in supplied ingredient summary; dairy/soy/gluten-free reported. | Check current bottle before answering allergy requests. |
| Caramel SYRUP (not sauce) | Dairy/soy/gluten-free reported; complete syrup ingredient/allergen declaration not verified. | Do not confuse with caramel sauce. |
| Hazelnut | CONTAINS TREE NUTS (HAZELNUTS). | ALWAYS disclose TREE NUTS (HAZELNUTS). Do not serve to guests with relevant tree-nut allergies; follow cross-contact procedures. |
| Pistachio | CONTAINS TREE NUTS (PISTACHIOS). | ALWAYS disclose TREE NUTS (PISTACHIOS). Do not serve to guests with relevant tree-nut allergies; follow cross-contact procedures. |
| Strawberry | No major allergens identified in supplied ingredient summary; dairy/soy/gluten-free reported. | Check current bottle before answering allergy requests. |
| Pumpkin Spice | No major allergens identified in supplied ingredient summary; dairy/soy/gluten-free reported. | Check current bottle before answering allergy requests. |

TREE-NUT CONFIRMATION (October 24, 2026): Holy Kakow Hazelnut Syrup contains real organic hazelnuts; Holy Kakow Pistachio Syrup contains real organic pistachios. Both CONTAIN TREE NUTS. Always disclose these allergens. All other flavor and energy-base statements reflect the evidence level identified in the tables.

## MONO'S ENERGY REFRESHERS — COMPONENTS

| Component | NOTES |
|---|---|
| Next Level Regular | No major allergens identified in supplied formula summary; cane sugar; caffeine. |
| Next Level Zero Sugar | No major allergens identified in supplied formula summary; caffeine. |
| Next Level Synergy Blue Spirulina | No major allergens identified in supplied formula summary; blue spirulina (algae) and caffeine. |
| Syruvia Blue Raspberry — REGULAR | Cane sugar; no major allergens identified in supplied product summary; gluten-free reported. |
| Syruvia Pineapple — REGULAR | Cane sugar; no major allergens identified in supplied product summary; gluten-free reported. |
| Holy Kakow Strawberry | See syrup table above. |

ALLERGY RESPONSE: Never promise allergen-free. Verify every component of the complete order, including toppings, milk substitutions, spreads and syrups. Use trained cross-contact controls; escalate uncertainties to the Person in Charge.