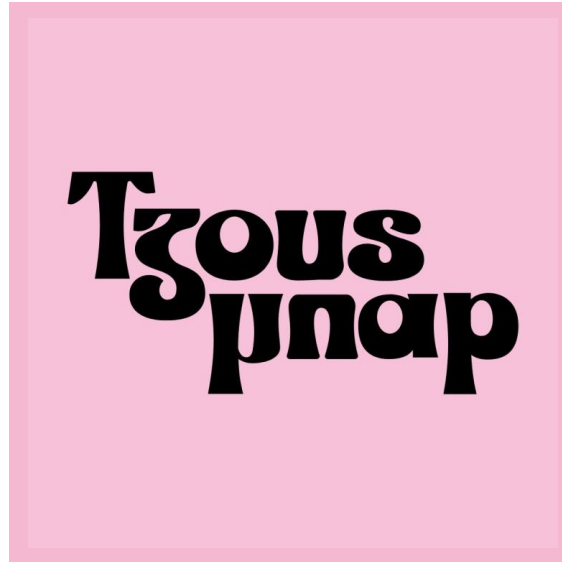


ALLERGEN TABLE



Tzous Bar O.E. — Kon. Karamanli 25, Ilioupoli
Edition 1 / August 2025 | File Code: SS-7254-21085

In accordance with EU Regulation 1169/2011, the substances that may cause allergies or intolerances are the following:

1. Cereals containing gluten (e.g. wheat, rye, barley, oats, spelt wheat, kamut grain, or their hybridised strains) and products thereof
2. Crustaceans and products thereof
3. Eggs and products thereof
4. Fish and products thereof
5. Peanuts and products thereof
6. Soybeans and products thereof
7. Milk and products thereof (including lactose)

8. Nuts (e.g. almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios, macadamia nuts, Queensland nuts) and products thereof
 9. Celery and products thereof
 10. Mustard and products thereof
 11. Sesame seeds and products thereof
 12. Sulphur dioxide and sulphites at concentrations of more than 10mg/kg or 10mg/l expressed as SO₂
 13. Lupin and products thereof
 14. Molluscs and products thereof
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WARNING: During the production of products (*even those whose recipe does not contain the above ingredients*), the **absence of traces** of the above ingredients **CANNOT be guaranteed**.

Category	Product	Cereals with Gluten	Crustaceans	Eggs	Fish	Pea-nuts	Soya	Milk	Tree Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Mol-luscs
Smoothies	Oreo	✓						✓	✓						
	Pink Punch							✓							
	Exotic	✓													
	White Protein	✓		✓	X	✓	✓	✓	X	X	X		X		X
	Choco Protein	✓		✓	X	✓	✓	✓	X	X	X		X		X
	Green Protein	✓		✓	X	✓	✓	✓	X	X	X		X		X
	Acai Lover	✓													
	Dragon														
	Nutty	X		X	X	X	X	X	✓	X	X		X		X
Smoothie Bowls	Acai Original	✓				✓	✓	X	✓			X			
	Pink Pitaya	✓				X	✓	X	✓			X			
	50/50	✓				✓	✓	X	✓			X			
	Matcha	✓				X	✓	X	✓			X			
	Acai Protein	✓		X		X	✓	✓	✓			X			
Breakfast Bowls	Energy Yogurt	✓				✓		✓	X						
	Red Yogurt	✓				X	X	✓	✓			X			
	Fruity Overnight	✓				X	✓	X	✓			X			
	Choco Overnight	✓				✓	✓	X	✓			X			
Bagels	Just Bagel (classic)	✓					✓		✓			✓	✓		
	Just Bagel (wholegrain)	✓					✓		✓			✓	✓		
	Bagel Cream Cheese	✓					✓	✓	✓			✓	✓		
	Bagel Jelly	✓					✓	✓	✓			✓	✓		
	Bagel Turkey	✓					✓	✓	✓		X	✓	✓		
	Bagel Smashed Egg	✓		✓			✓	✓	✓		✓	✓	✓		
	Bagel Chicken	✓		✓			✓	✓	✓		✓	✓	✓		
	Bagel Tuna	✓		✓	✓		✓	✓	✓		✓	✓	✓		
	Bagel Salmon	✓			✓		✓	✓	✓			✓	✓		
	Bagel Hummus	✓		X	X		✓		✓	X	X	✓	✓		

Category	Product	Cereals with Gluten	Crustaceans	Eggs	Fish	Pea-nuts	Soya	Milk	Tree Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide	Lupin	Mol-luscs
Wraps	Wrap Peanut Butter	✓				✓	X	X	X		X				
	Wrap Turkey	✓		✓			X	✓			X				
	Wrap Chicken	✓		✓				✓			✓				
	Wrap Egg	✓		✓				✓							
	Wrap Tuna	✓		✓	✓			✓			✓				
	Wrap Avocado	✓											✓		
	Wrap Hummus	✓		X	X		✓			X	X	✓			
Extras	Agave Syrup														
	Almond, Coconut or Oat Milk														
	Vegan Rice Protein Scoop	X		X	X	X	X	X	X	X	X		X		X
Energy Balls	Hazelnut Ferrero							✓							
	Matcha							✓							
	Hemp Protein							✓							
	Turmeric							✓							
	Raisin White Chocolate							✓							
	Peanut Butter						X		✓						
	Salt & Caramel							✓							
	Strawberry & Papaya							✓							
	Blueberry							✓							
Bars	Energy Bar	✓						✓							
	Hazelnut Bitter	✓					X		✓						
	Choco Strawberry	✓					X		✓						
	Cocoa Protein	✓					✓		✓						
	Granola	✓						✓	✓						
	Hazelnut Praline	✓						✓	✓						
	Tsoureki (Sweet Bread)	✓						X	✓						
	Pistachio Cocoa								✓						
	Strawberry Hazelnut	✓						✓	✓						

✓ = allergen present as ingredient X = may contain allergen

WARNING: All products are made from compound raw materials and prepared in shared spaces — additional allergens beyond those listed may be present.

This allergen table applies exclusively to the establishment TZOUS BAR O.E., Kon. Karamanli 25, Ilioupoli