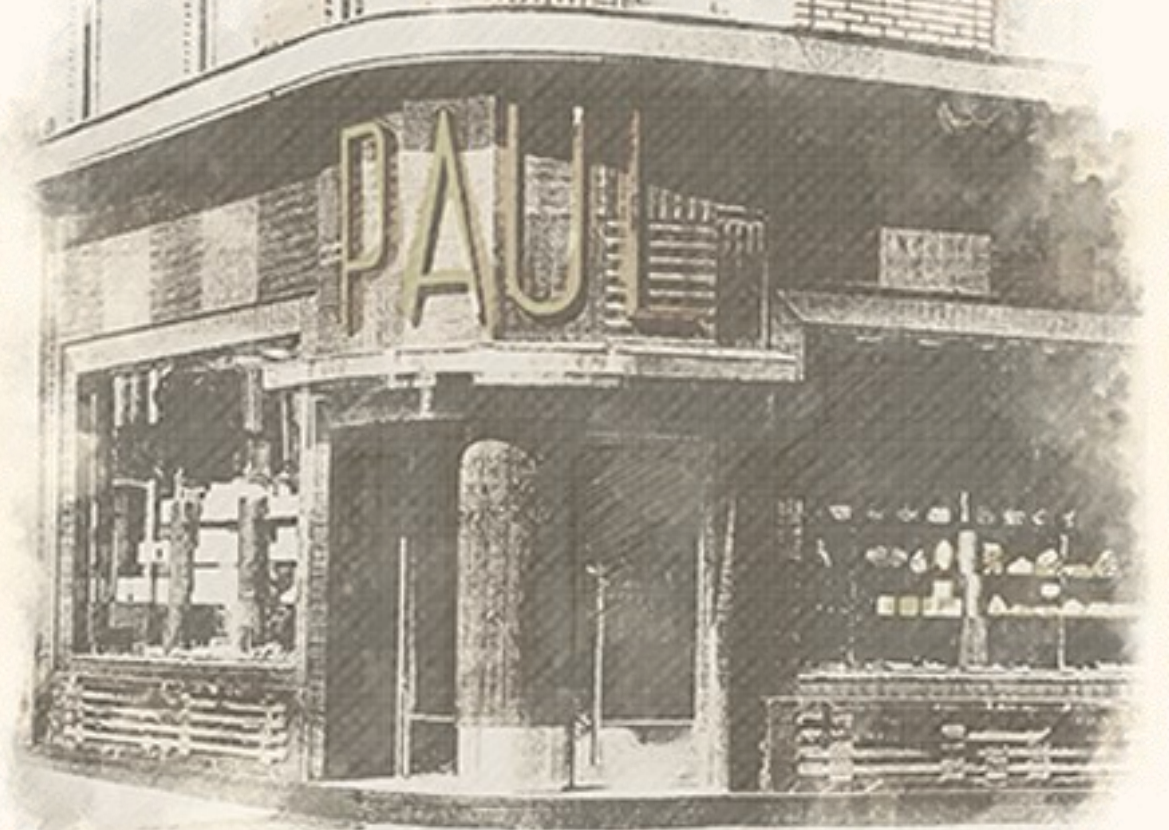


# NUTRITION & ALLERGEN GUIDE

Feb 23



This guide will provide allergen information for our core food range. Allergens are listed by product.

Please ensure you take extra care to identify all the possible allergens present in our food, if you require support please ask one of our member of staff.

Within this booklet it will provide information on the following 14 allergens:

- **Cereals Containing Gluten**

(Wheat, Rye, Barley, Oats, Spelt, Kamut)

- **Nuts**

(Almond, Hazelnut, Walnut, Cashew, Pecan Nut, Brazil Nut, Pistachio Nut, Macadamia Nut)

- **Egg**

- **Milk**

- **Soya**

- **Fish**

- **Crustaceans**

- **Sesame**

- **Celery**

- **Mustard**

- **Peanuts**

- **Sulphur Dioxide and Sulphites**

- **Lupin**

- **Mollusc**

### **Cross Contamination**

PAUL offers products containing peanuts, tree nuts, soy, milk, eggs, wheat and other allergens. While we take steps to minimise the risk of cross contamination, we cannot guarantee that any of our products are safe to consume for people with allergies. Please contact [customerservices@paul-uk.com](mailto:customerservices@paul-uk.com) for more information.

CATEGORY	ITEM NAME	ALLERGENS	Contains
BAKE - BREAD >600G	PAIN 2 OLIVES ROUND 800G	Gluten (Wheat)	
BAKE - BREAD >600G	PAIN CAMPAGNE ROUND 800G	Gluten (Wheat, Rye)	
BAKE - BREAD >600G	PAIN MULTIGRAINES RD 800G	Gluten (Wheat, Barley, Rye), Soya, Sesame	
BAKE - BREAD >600G	PAIN PAUL ROUND 800G	Gluten (Wheat)	
BAKE - BREAD 200G 600G	BAGUETTE MULTIGRAINES 250G	Gluten (Wheat, Barley, Rye), Soya, Sesame	
BAKE - BREAD 200G 600G	PAIN 2 OLIVES LONG 400G	Gluten (Wheat)	
BAKE - BREAD 200G 600G	PAIN AU NOIX 400G	Gluten (Wheat, Rye), Nuts (Walnut)	
BAKE - BREAD 200G 600G	PAIN CAMPAGNE LONG 400G	Gluten (Wheat, Rye)	
BAKE - BREAD 200G 600G	PAIN COMPLET LONG 400G	Gluten (Wheat)	
BAKE - BREAD 200G 600G	PAIN DE SEIGLE 400G	Gluten (Wheat, Rye)	
BAKE - BREAD 200G 600G	PAIN MULTIGRAINES 400G	Gluten (Wheat, Barley, Rye), Soya, Sesame	
BAKE - LONG 200G 300G	BAGUETTE PAUL 250G	Gluten (Wheat)	
BAKE - LONG 200G 300G	BAGUETTE PAVOT 250G	Gluten (Wheat)	
BAKE - LONG 200G 300G	BAGUETTE SESAME 250G	Gluten (Wheat), Sesame	
BAKE - LONG 200G 300G	PAIN PAUL LONG 400G	Gluten (Wheat)	
BAKE -BREAD MINI	BENOITON 2 OLIVES 50G	Gluten (Wheat, Rye)	
BAKE -BREAD MINI	BENOITON CHOCOLAT 50G	Gluten (Wheat, Barley), Soya	
BAKE -BREAD MINI	BRETZEL	Gluten (Wheat, Barley), Milk	
BAKE -BREAD MINI	BRETZEL SALE	Gluten (Wheat, Barley), Milk	
BAKE -BREAD MINI	FOUGASSE OLIVE 100G	Gluten (Wheat)	
BAKE -BREAD MINI	PLAIN SCONE 90G X 4	Gluten (Wheat), Milk	
BAKE -BREAD MINI	PLAIN SCONE 90G, JAM, CREAM	Gluten (Wheat), Milk	
BAKE -BREAD MINI	SANDWICH BREAD PAUL 150G	Gluten (Wheat)	
BAKE -BREAD MINI	SANDWICH BREAD PAVOT 100G	Gluten (Wheat)	
BAKE -BREAD MINI	SANDWICH BREAD SESAME 100G	Gluten (Wheat), Sesame	
BEVE - COLD	COLD BREW		
BEVE - COLD	COLD BREW		
BEVE - COLD	FRAPPE LATTE	Milk	
BEVE - COLD	FRAPPE LATTE	Milk	
BEVE - COLD	FRAPPE MACARON CHOCOLAT	Gluten (Barley), Milk, Egg, Nuts (Almond), Soya	
BEVE - COLD	FRAPPE MACARON FRAMBOISE	Milk, Egg, Nuts (Almond)	
BEVE - COLD	FRAPPE MACARON PISTACHE	Gluten (Wheat), Milk, Egg, Nuts (Almond, Walnut, Pistachio)	

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CATEGORY	ITEM NAME	ALLERGENS	Contains
BEVE - COLD	FRAPPE MACARON VANILLE	Milk, Egg, Nuts (Almond)	
BEVE - COLD	ICED AMERICANO		
BEVE - COLD	ICED AMERICANO		
BEVE - COLD	ICED CHOCOLATE	Milk, Soya	
BEVE - COLD	ICED CHOCOLATE	Milk, Soya	
BEVE - COLD	ICED LATTE	Milk	
BEVE - COLD	ICED LATTE	Milk	
BEVE - COLD	ICED PEACH TEA 12OZ		
BEVE - COLD	ICED PEACH TEA 12OZ		
BEVE - COLD	LEMONADE 12OZ		
BEVE - HOT	AMERICANO 12OZ		
BEVE - HOT	CAPPUCCINO 12OZ	Milk	
BEVE - HOT	CHAI TEA LATTE 12OZ	Milk	
BEVE - HOT	DOUBLE ESPRESSO		
BEVE - HOT	HOT CHOCOLATE 12OZ	Milk, Soya	
BEVE - HOT	LATTE 12OZ	Milk	
BEVE - HOT	MOCHA 12OZ	Milk, Soya	
BEVE - HOT	PEPPERMINT TEA		
BEVE - HOT	SINGLE ESPRESSO		
BEVE - HOT	TEA BREAKFAST		
BEVE - HOT	TEA EARL GREY		
BEVE - HOT	TEA GREEN 1P		
CATE - HOT DISHES	BRIOCHE HAM AND CHEESE	Gluten (Wheat), Milk, Egg, Mustard	Pork
CATE - HOT DISHES	BRIOCHE TOMATO & CHEESE	Gluten (Wheat), Milk, Egg, Mustard	
CATE - HOT DISHES	BUTTERNUT SQUASH SOUP		
CATE - HOT DISHES	CHEESE & LEEK PASTY	Gluten (), Milk, Egg, Sulphites	
CATE - HOT DISHES	CHICKEN & MUSHROOM SOUP	Milk, Celery	
CATE - HOT DISHES	CHICKEN TIKKA PASTY	Gluten (Wheat), Milk, Egg, Celery, Sulphites	Alcohol
CATE - HOT DISHES	CHOCOLATE MOUSSE	Soya	
CATE - HOT DISHES	CLASSIC PORK PIE	Gluten (Wheat), Milk, Egg, Mustard, Sulphites	Pork
CATE - HOT DISHES	CREAMY CHICKEN & MUSHROOM SOUP	Milk, Egg, Celery	
CATE - HOT DISHES	CROISSANT FROMAGE	Gluten (Wheat), Milk, Egg	

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CATEGORY	ITEM NAME	ALLERGENS	Contains
CATE - SANDWICH	SW CHICKEN & ROASTED RED PEPPER	Gluten (Wheat), Milk, Egg, Mustard, Sulphites	
CATE - SANDWICH	SW DIEPPOIS	Gluten (Wheat), Egg, Fish, Mustard, Sulphites	
CATE - SANDWICH	SW GRILLED AUBERGINE & MOZZARELLA BUN	Gluten (Wheat), Milk, Egg, Sesame	
CATE - SANDWICH	SW MIXTE	Gluten (Wheat), Milk	Pork
CATE - SANDWICH	SW MONTAGNARD	Gluten (Wheat), Milk, Soya, Mustard	Pork
CATE - SANDWICH	SW PAVOT POULET	Gluten (Wheat), Egg, Mustard	
CATE - SANDWICH	SW SESAME CAMEMBERT (V)	Gluten (Wheat), Milk, Sesame	
CATE - SANDWICH	SW SPICED FALAFEL	Gluten (Wheat), Soya, Mustard, Sesame	
CATE - SANDWICH	SW TOMATE MOZZA PESTO (V)	Gluten (Wheat), Milk	
PAST - INDIVIDUAL	ANGLAISE ABRICOT	Gluten (Wheat), Milk, Egg	
PAST - INDIVIDUAL	CRAQUANT IND.	Gluten (Wheat, Barley), Milk, Egg, Nuts (Almond, Hazelnut), Soya	
PAST - INDIVIDUAL	ECLAIR CHOCOLAT	Gluten (Wheat), Milk, Egg, Soya, Sulphites	
PAST - INDIVIDUAL	ECLAIR COFFEE	Gluten (Wheat), Milk, Egg, Sulphites	
PAST - INDIVIDUAL	ECLAIR PARIS BREST	Gluten (Wheat), Milk, Egg, Nuts (Almond, Hazelnut), Soya, Sulphites	Alcohol
PAST - INDIVIDUAL	FLAN NORMAND SLICE	Gluten (Wheat), Milk, Egg, Nuts (Almond)	
PAST - INDIVIDUAL	FORET NOIRE (IND)	Gluten (Wheat), Milk, Egg, Soya, Fish	Alcohol
PAST - INDIVIDUAL	FRAISIER IND.	Gluten (Wheat), Milk, Egg, Nuts (Almond), Sulphites	
PAST - INDIVIDUAL	MILLEFEUILLE IND.	Gluten (Wheat), Milk, Egg, Sulphites	Alcohol
PAST - INDIVIDUAL	MOELLEUX CHOCOLAT SLICE	Gluten (Wheat), Milk, Egg, Soya	
PAST - INDIVIDUAL	PASTEL DE NATA	Gluten (Wheat), Milk, Egg	
PAST - INDIVIDUAL	STRAWBERRY CHOUX BUN	Gluten (Wheat), Milk, Egg, Sulphites	
PAST - INDIVIDUAL	TARTE ABRICOT SLICE	Gluten (Wheat), Milk, Egg, Nuts (Almond)	
PAST - INDIVIDUAL	TARTE FRUITS ROUGES SLICE	Gluten (Wheat), Milk, Egg	
PAST - INDIVIDUAL	TARTE MYRTILLES SLICE	Gluten (Wheat), Milk, Egg	
PAST - INDIVIDUAL	TARTE RHUBARBE SLICE	Gluten (Wheat), Milk, Egg	
PAST - INDIVIDUAL	TARTELETTE CARAMEL	Gluten (Wheat), Milk, Egg, Soya	
PAST - INDIVIDUAL	TARTELETTE CHOCOLAT	Gluten (Wheat), Milk, Egg, Soya	
PAST - INDIVIDUAL	TARTELETTE CITRON	Gluten (Wheat), Milk, Egg, Fish	
PAST - INDIVIDUAL	TARTELETTE FINE POMMES	Gluten (Wheat), Milk	
PAST - INDIVIDUAL	TARTELETTE FRAISE	Gluten (Wheat), Milk, Egg, Sulphites	

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CATEGORY	ITEM NAME	ALLERGENS	Contains
PAST - INDIVIDUAL	VEGAN CHOCOLATE MOUSSE	Nuts (Almond), Soya	
PAST - INDIVIDUAL	YOGHURT GRANOLA STRAWBERRY JAM	Gluten (Oat), Milk, Nuts (Almond)	
PAST - INDIVIDUAL	YOGHURT GRANOLA STRAWBERRY JAM		
PAST - LARGE	APRICOT CHEESECAKE	Gluten (Wheat), Milk, Egg, Fish	
PAST - LARGE	CELEBRATION CARROT CAKE	Gluten (Wheat), Milk, Egg, Nuts (Pecan), Soya, Fish	
PAST - LARGE	CHARLOTTE RASPBERRY 18CM/6P	Gluten (Wheat), Milk, Egg, Fish	
PAST - LARGE	CHARLOTTE STRAWBERRY 18CM/6P	Gluten (Wheat), Milk, Egg, Fish	
PAST - LARGE	CHERRY LAYER CAKE	Gluten (Wheat), Milk, Egg	
PAST - LARGE	CHOCOLATE AND CARAMEL CAKE	Gluten (Wheat), Milk, Egg, Soya, Fish	
PAST - LARGE	CHOCOLATE LAYER CAKE	Gluten (Wheat, Barley), Milk, Egg, Soya	
PAST - LARGE	CHOCOLATE MACARON CAKE	Gluten (Wheat), Milk, Egg, Nuts (Almond), Soya, Sulphites	
PAST - LARGE	CRAQUANT 6P	Gluten (Wheat, Barley), Milk, Egg, Nuts (Almond, Hazelnut), Soya	
PAST - LARGE	DUO CHOCOLAT 6P	Gluten (Wheat, Barley), Milk, Egg, Nuts (Almond, Hazelnut), Soya, Fish	
PAST - LARGE	FESTIVE FRAMBOISIER 18CM/6-8P	Gluten (Wheat), Milk, Egg, Nuts (Almond), Soya, Sulphites	
PAST - LARGE	FLAN NORMAND 28CM	Gluten (Wheat), Milk, Egg, Nuts (Almond)	
PAST - LARGE	FLEUR DE LYS 6P	Gluten (Wheat, Barley), Milk, Egg, Nuts (Almond, Hazelnut), Soya	
PAST - LARGE	FORET NOIRE 6P	Gluten (Wheat), Milk, Egg, Soya, Fish	Alcohol
PAST - LARGE	FRAISIER 6-8P	Gluten (Wheat), Milk, Egg, Nuts (Almond), Sulphites	
PAST - LARGE	FRAISIER 8-10P	Gluten (Wheat), Milk, Egg, Nuts (Almond), Sulphites	
PAST - LARGE	MILLEFEUILLE 6P	Gluten (Wheat), Milk, Egg, Sulphites	Alcohol
PAST - LARGE	MOELLEUX CHOCOLAT 26CM	Gluten (Wheat), Milk, Egg, Soya	
PAST - LARGE	SMALL CHOCOLATE MACARON CAKE	Gluten (Wheat), Milk, Egg, Nuts (Almond), Soya, Sulphites	
PAST - LARGE	STRAWBERRY CHEESECAKE	Gluten (Wheat), Milk, Egg, Fish	
PAST - LARGE	TARTE ABRICOT 28CM	Gluten (Wheat), Milk, Egg, Nuts (Almond)	
PAST - LARGE	TARTE FRUITS ROUGES 28CM	Gluten (Wheat), Milk, Egg	
PAST - LARGE	TARTE MYRTILLE 28CM	Gluten (Wheat), Milk, Egg	
PAST - LARGE	TARTE RHUBARBE 28CM	Gluten (Wheat), Milk, Egg	
PAST - MACARON	MACARON CHOCOLATE	Gluten (Barley), Milk, Egg, Nuts (Almond), Soya	
PAST - MACARON	MACARON FRAMBOISE	Egg, Nuts (Almond)	
PAST - MACARON	MACARON PISTACHE	Gluten (Wheat), Milk, Egg, Nuts (Almond, Walnut, Pistachio)	
PAST - MACARON	MACARON VANILLE MADAGASCAR	Milk, Egg, Nuts (Almond)	
PAST - MACARON	MINI MACARON ASSORTED X36	Milk, Egg, Nuts (Almond, Pistachio), Soya	

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CATEGORY	ITEM NAME	ALLERGENS	Contains
PAST - MACARON	MINI MACARON X12	Milk, Egg, Nuts (Almond, Pistachio), Soya	
VIEN - INDIVIDUAL	BRIOCLETTE SUGAR	Gluten (Wheat), Milk, Egg	
VIEN - INDIVIDUAL	CHAUSSON POMME	Gluten (Wheat), Milk	
VIEN - INDIVIDUAL	CHOUQUETTES X 1	Gluten (Wheat), Milk, Egg	
VIEN - INDIVIDUAL	CROISSANT	Gluten (Wheat), Milk, Egg	
VIEN - INDIVIDUAL	CROISSANT AMANDES	Gluten (Wheat), Milk, Egg, Nuts (Almond)	Alcohol
VIEN - INDIVIDUAL	ESCARGOT RAISIN	Gluten (Wheat), Milk, Egg	
VIEN - INDIVIDUAL	GOURMANDISE	Gluten (Wheat), Milk, Egg, Soya	
VIEN - INDIVIDUAL	PAIN CHOCOLAT	Gluten (Wheat), Milk, Egg, Soya	
VIEN - INDIVIDUAL	PAIN CHOCOLAT AMANDES	Gluten (Wheat), Milk, Egg, Nuts (Almond), Soya	Alcohol
VIEN - INDIVIDUAL	PALMIER 120G	Gluten (Wheat), Milk	
VIEN - INDIVIDUAL	TARTE AU SUCRE IND	Gluten (Wheat), Milk, Egg	
VIEN - INDIVIDUAL	VEGAN CROISSANT	Gluten (Wheat)	
VIEN - LARGE	BRIOCHE BOULANGERE 400G	Gluten (Wheat), Milk, Egg	
VIEN - LARGE	CRAMIQUE SUGAR RAISIN 400G	Gluten (Wheat), Milk, Egg	
VIEN - MINI	CANELE	Gluten (Wheat), Milk, Egg	Alcohol
VIEN - MINI	CHOUQUETTES X 10	Gluten (Wheat), Milk, Egg	
VIEN - MINI	CHOUQUETTES X 3	Gluten (Wheat), Milk, Egg	
VIEN - MINI	DARK CHOCOLATE HAZELNUT MUFFIN	Gluten (Wheat, Barley), Milk, Egg, Nuts (Almond, Hazelnut), Soya	
VIEN - MINI	MINI BEIGNET CHOCOLAT	Gluten (Wheat), Milk, Egg, Nuts (Hazelnut)	
VIEN - MINI	MINI CROISSANT	Gluten (Wheat), Milk, Egg	
VIEN - MINI	MINI ESCARGOT	Gluten (Wheat), Milk, Egg	
VIEN - MINI	MINI PAIN CHOCOLAT	Gluten (Wheat), Milk, Egg, Soya	
VIEN - MINI	WHITE CHOCOLATE CRANBERRY MUFFIN	Gluten (Wheat), Milk, Egg, Nuts (Almond), Soya	

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# SEASONAL ITEMS - XMAS / VALENTINES

CATEGORY	ITEM NAME	ALLERGENS	Contains
└ SEASONAL - BAKERY 400G	NORDIC BREAD 400G	Gluten (Wheat, Barley, Rye), Soya, Sesame	
└ SEASONAL - BAKERY 400G	SAGE, ONION & CRANBERRY LOAF 500G	Gluten (Wheat)	
└ SEASONAL - BEV	COLD BREW & PINEAPPLE SLUSHY	Soya	
└ SEASONAL - BEV	PINA COLADA SLUSHY	Soya	
└ SEASONAL - BEV	SALTED CARAMEL CHOCOLATE	Milk, Soya	
└ SEASONAL - BEV	SALTED CARAMEL LATTE	Milk	
└ SEASONAL - BEV	ZESTY ORANGE HOT CHOCOLATE	Milk, Soya	
└ SEASONAL - BEV	ZESTY ORANGE LATTE	Milk, Soya	
└ SEASONAL - HOT DISHES	CROQUE CHRISTMAS	Gluten (Wheat), Milk	Pork
└ SEASONAL - HOT DISHES	FESTIVE SAUSAGE ROLL	Gluten (Wheat), Milk, Egg	Pork Alcohol
└ SEASONAL - HOT DISHES	SPICED PARSNIP & TRUFFLE SOUP (V)	Milk	
└ SEASONAL - INDIVIDUAL	APPLE CRUMBLE FINE POMME	Gluten (Wheat), Milk	
└ SEASONAL - INDIVIDUAL	CRAQUANT BELL	Gluten (Wheat, Barley), Milk, Egg, Nuts (Almond, Hazelnut), Soya	
└ SEASONAL - INDIVIDUAL	FORÊT NOIRE CHRISTMAS TREE	Gluten (Wheat), Milk, Egg, Soya, Fish	Alcohol
└ SEASONAL - INDIVIDUAL	MINCE PIE PASTEL DE NATA	Gluten (Wheat), Milk, Egg, Sulphites	
└ SEASONAL - INDIVIDUAL	RASPBERRY DELICE STAR	Gluten (Wheat), Milk, Egg, Fish	
└ SEASONAL - INDIVIDUAL	REDCURRANT PASTEL DE NATA	Gluten (Wheat), Milk, Egg	
└ SEASONAL - INDIVIDUAL	THE PAUL SNOWMAN	Gluten (Wheat), Milk, Egg, Soya, Fish	
└ SEASONAL - LARGE	BLACKCURRANT & RASPBERRY BUCHE 4P	Gluten (Wheat), Milk, Egg, Nuts (Almond), Fish, Sulphites	
└ SEASONAL - LARGE	BLACKCURRANT & RASPBERRY BUCHE 8P	Gluten (Wheat), Milk, Egg, Nuts (Almond), Fish, Sulphites	
└ SEASONAL - LARGE	CHOCOLATE BUCHE 4P	Gluten (Wheat, Barley), Milk, Egg, Nuts (Almond, Hazelnut), Soya	
└ SEASONAL - LARGE	CHOCOLATE BUCHE 8P	Gluten (Wheat, Barley), Milk, Egg, Nuts (Almond, Hazelnut), Soya	
└ SEASONAL - LARGE	CHOCOLATE ORANGE CHEESECAKE	Gluten (Wheat), Milk, Egg, Soya, Fish, Sulphites	
└ SEASONAL - LARGE	GALETTE DES ROIS	Gluten (Wheat), Milk, Egg, Nuts (Almond)	Alcohol
└ SEASONAL - LARGE	TROPICAL CHRISTMAS CAKE	Gluten (Wheat), Milk, Egg, Soya, Sulphites	
└ SEASONAL - LARGE	VANILLA & PECAN BUCHE 4P	Gluten (Wheat, Barley), Milk, Egg, Nuts (Almond, Pecan), Soya, Fish, Sulphites	
└ SEASONAL - LARGE	VANILLA & PECAN BUCHE 8P	Gluten (Wheat, Barley), Milk, Egg, Nuts (Almond, Pecan), Soya, Fish, Sulphites	
└ SEASONAL - LARGE	WINTER BERRY CHARLOTTE	Gluten (Wheat), Milk, Egg, Fish	
└ SEASONAL - LARGE	WINTER WOODLAND CHOCOLATE CAKE	Gluten (Wheat, Barley), Milk, Egg, Soya	
└ SEASONAL - PAST	BASTILLE CHARLOTTE 6P	Gluten (Wheat), Milk, Egg, Fish	
└ SEASONAL - PAST	FLAN NATURE 28CM	Gluten (Wheat), Milk, Egg	
└ SEASONAL - PAST	FLAN NATURE SLICE	Gluten (Wheat), Milk, Egg	

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CATEGORY	ITEM NAME	ALLERGENS	Contains
SEASONAL - PAST	TARTELETTE BASTILLE	Gluten (Wheat), Milk, Egg, Sulphites	
SEASONAL - PAST	TARTELETTE MURE		
SEASONAL - PAST	TARTELETTE MYTILLE		
SEASONAL - PAST	TARTLETTE FRAMBOISE	Gluten (Wheat), Milk, Egg, Sulphites	
SEASONAL - PLATTER	DS MINI SW (PAULETTE) CAMEMBERT, GRAPES	Gluten (Wheat), Milk, Egg, Sesame	
SEASONAL - PLATTER	DS MINI SW (PAULETTE) VEGAN XMAS22	Gluten (Wheat), Nuts (Walnut), Soya, Mustard	
SEASONAL - PLATTER	MINCE PIE PASTEL DE NATA PLATTER	Gluten (Wheat), Milk, Egg, Sulphites	
SEASONAL - PLATTER	PASTEL DE NATA CHRISTMAS X3	Gluten (Wheat), Milk, Egg, Sulphites	
SEASONAL - PLATTER	PASTEL DE NATA CHRISTMAS X6	Gluten (Wheat), Milk, Egg, Sulphites	
SEASONAL - SANDWICH	CAMEMBERT & RED GRAPE SANDWICH (V)	Gluten (Wheat), Milk, Egg, Sesame	
SEASONAL - SANDWICH	PAUL CHRISTMAS TURKEY SANDWICH	Gluten (Wheat), Egg, Soya, Mustard, Sulphites	Pork
SEASONAL - SANDWICH	VEGAN TRIMMINGS SANDWICH (VE)	Gluten (Wheat), Nuts (Walnut), Soya, Mustard	
SEASONAL - VAL	CHOCOLATE & PRALINE SHARING MILLEFEUILLE	Gluten (Wheat, Barley), Milk, Egg, Nuts (Almond, Hazelnut), Soya, Sulphites	Alcohol - Caramelized Hazelnut
SEASONAL - VAL	CHOCOLATE RASPBERRY PALMIER	Gluten (Wheat), Milk	
SEASONAL - VAL	CRAQUANT HEART IND	Gluten (Wheat, Barley), Milk, Egg, Nuts (Almond, Hazelnut), Soya	
SEASONAL - VAL	CRAQUANT HEART 2-4P	Gluten (Wheat, Barley), Milk, Egg, Nuts (Almond, Hazelnut), Soya	
SEASONAL - VAL	JE T'AIME VAL GIFT	Gluten (Wheat, Barley), Milk, Egg, Nuts (Almond, Hazelnut, Pistachio), Soya, Sulphites	Alcohol - Caramelized Hazelnut
SEASONAL - VAL	MACARON HEART RASPBERRY	Egg, Nuts (Almond)	
SEASONAL - VAL	RASPBERRY HEART IND	Gluten (Wheat), Milk, Egg, Fish	
SEASONAL - VAL	RASPBERRY HEART 2-4P	Gluten (Wheat), Milk, Egg, Fish	
SEASONAL - VAL	RASPBERRY SHARING MILLEFEUILLE	Gluten (Wheat), Milk, Sulphites	
SEASONAL - VAL	CHOCOLATE HEART BRIOCHE	Gluten (Wheat), Milk, Egg	
SEASONAL - VIEN	BRIOCHE PAPA	Gluten (Wheat), Milk, Egg	
SEASONAL - VIEN	BRIOCHE REINDEER	Gluten (Wheat), Milk, Egg	
SEASONAL - VIEN	PAIN AU CHOCOLAT ORANGE	Gluten (Wheat), Milk, Egg, Soya, Sulphites	
SEASONAL - VIEN	RASPBERRY PAIN AU CHOCOLAT	Gluten (Wheat), Milk, Egg, Nuts (Almond), Soya	Alcohol

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