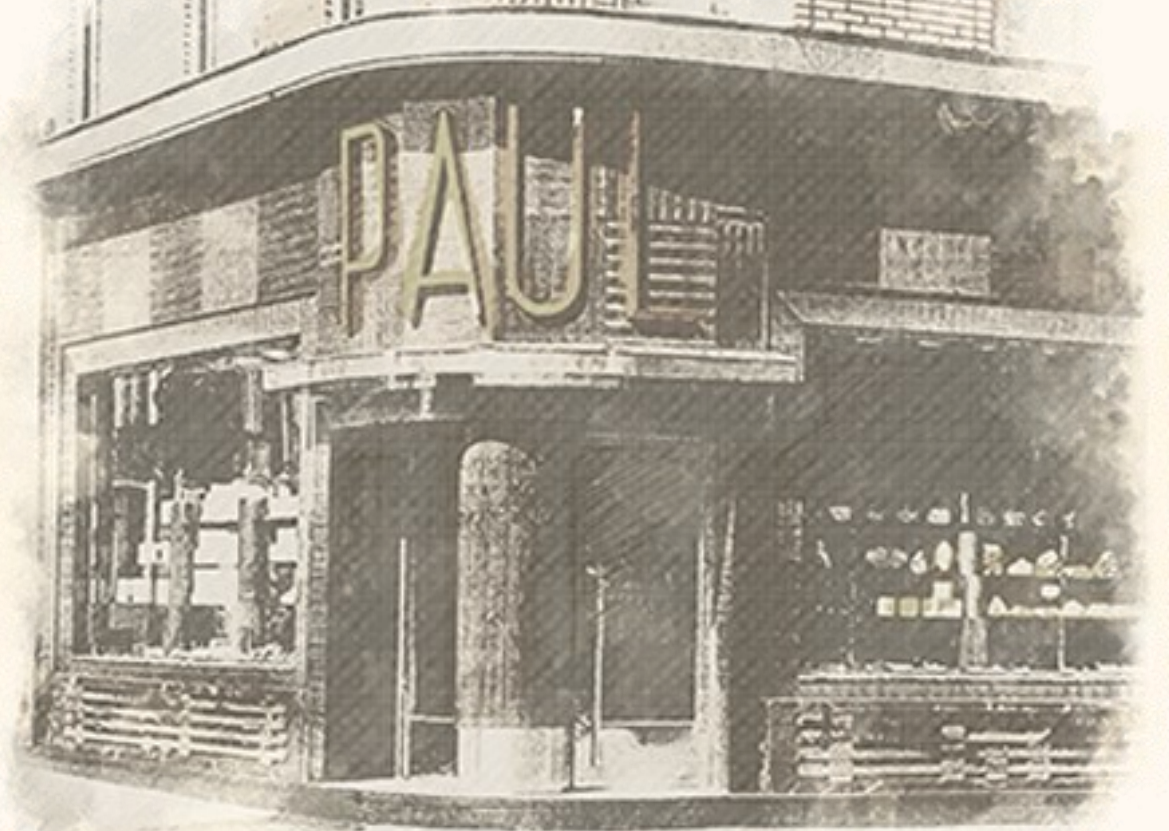


NUTRITION & ALLERGEN GUIDE

MARCH 2022



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

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CATEGORY	ITEM NAME	ALLERGENS
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 PAVOT 250G	Gluten (Wheat)
BAKE - LONG 200G 300G	BAGUETTE PAUL 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	PAULETTE TURMERIC 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 - HOT	AMERICANO 12OZ	
BEVE - HOT	CAPPUCCINO 12OZ	Milk
BEVE - HOT	CHAI TEA LATTE 12OZ	Milk
BEVE - HOT	DOUBLE ESPRESSO	

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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
CATE - HOT DISHES	BRIOCHE TOMATO & CHEESE	Gluten (Wheat), Milk, Egg, Mustard
CATE - HOT DISHES	BUTTERNUT SQUASH SOUP	
CATE - HOT DISHES	CREAMY CHICKEN & MUSHROOM SOUP	Milk, Egg, Celery
CATE - HOT DISHES	CROISSANT FROMAGE	Gluten (Wheat), Milk, Egg
CATE - HOT DISHES	CROISSANT JAMBON FROMAGE	Gluten (Wheat), Milk, Egg
CATE - HOT DISHES	CROQUE FORESTIER (V)	Gluten (Wheat), Milk
CATE - HOT DISHES	CROQUE MONSIEUR	Gluten (Wheat), Milk
CATE - HOT DISHES	IND QUICHE FLAMICHE POIREAUX	Gluten (Wheat), Milk, Egg
CATE - HOT DISHES	IND QUICHE LORRAINE	Gluten (Wheat), Milk, Egg
CATE - HOT DISHES	PORRIDGE	Gluten (Oat), Milk
CATE - HOT DISHES	STILTON & CARAMELISED ONION SAUSAGE ROLL	Gluten (Wheat), Milk, Egg, Mustard, Sulphites
CATE - OTHER	FRUIT - APPLE	
CATE - OTHER	FRUIT - BANANA	
CATE - PLATTER	2 X CHOCOLATE TARTELETTE	Gluten (Wheat), Milk, Egg, Soya
CATE - PLATTER	2 X CITRON TARTELETTE	Gluten (Wheat), Milk, Egg, Fish
CATE - PLATTER	2 X CROISSANT, 2 X PAIN CHOC	Gluten (Wheat), Milk, Egg, Soya
CATE - PLATTER	2 X FRAISE TARTELETTE	Gluten (Wheat), Milk, Egg
CATE - PLATTER	2 X GOURMANDISE	Gluten (Wheat), Milk, Egg, Soya
CATE - PLATTER	2 X PAUL BAGUETTES 250G	Gluten (Wheat)
CATE - PLATTER	4 X ESCARGOT	Gluten (Wheat), Milk, Egg
CATE - PLATTER	4 X MIXED TARTELETTE	Gluten (Wheat), Milk, Egg, Soya, Fish

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CATEGORY	ITEM NAME	ALLERGENS
CATE - PLATTER	4 X PAIN CHOCOLATE	Gluten (Wheat), Milk, Egg, Soya
CATE - PLATTER	ALL BUTTER CROISSANTS X 4	Gluten (Wheat), Milk, Egg
CATE - PLATTER	DS MINI SW MEATY PLATTER X24	Gluten (Wheat), Milk, Egg, Soya, Mustard, Sulphites
CATE - PLATTER	DS MINI SW VEG PLATTER X24	Gluten (Wheat), Milk, Soya, Mustard, Sulphites
CATE - PLATTER	FRAMBOISE MAC & FRAISE TARTELETTE	Gluten (Wheat), Milk, Egg, Nuts (Almond)
CATE - PLATTER	HAM & CHEESE LUNCH BOX FOR 1	Gluten (Wheat), Milk, Egg, Nuts (Hazelnut)
CATE - PLATTER	MINI BEIGNET PLATTER X100	Gluten (Wheat), Milk, Egg, Nuts (Hazelnut)
CATE - PLATTER	MINI BEIGNET PLATTER X25	Gluten (Wheat), Milk, Egg, Nuts (Hazelnut)
CATE - PLATTER	MINI BEIGNET PLATTER X50	Gluten (Wheat), Milk, Egg, Nuts (Hazelnut)
CATE - PLATTER	MONTAGNARD LUNCH BOX FOR 1	Gluten (Wheat), Milk, Egg, Nuts (Almond), Soya, Mustard
CATE - PLATTER	PAVOT POULET LUNCH BOX FOR 1	Gluten (Wheat), Milk, Egg, Nuts (Hazelnut), Mustard
CATE - PLATTER	PLATEAU CLASSIQUE X12	Gluten (Wheat), Milk, Egg, Soya
CATE - PLATTER	PLATEAU DE CROISSANT X8	Gluten (Wheat), Milk, Egg
CATE - PLATTER	PLATEAU DE MINI CLASSIC VIENNOISE X26	Gluten (Wheat), Milk, Egg, Soya
CATE - PLATTER	PLATEAU DE MINI CROISSANT	Gluten (Wheat), Milk, Egg
CATE - PLATTER	PLATEAU DE MINI PAIN AU CHOCOLAT X25	Gluten (Wheat), Milk, Egg, Soya
CATE - PLATTER	PLATEAU DE PAIN AU CHOCOLAT X12	Gluten (Wheat), Milk, Egg, Soya
CATE - PLATTER	PLATEAU GOURMET X12	Gluten (Wheat), Milk, Egg, Nuts (Almond), Soya
CATE - PLATTER	SPICED CHICKEN SALAD LUNCH BOX FOR 1	Egg, Nuts (Almond), Soya, Mustard, Sulphites, Sesame
CATE - PLATTER	TARTELETTE CARAMEL X6	Gluten (Wheat), Milk, Egg, Soya
CATE - PLATTER	TARTELETTE CHOCOLATE X4	Gluten (Wheat), Milk, Egg, Soya
CATE - PLATTER	TARTELETTE CHOCOLATE X6	Gluten (Wheat), Milk, Egg, Soya
CATE - PLATTER	TARTELETTE CITRON X 4	Gluten (Wheat), Milk, Egg, Fish
CATE - PLATTER	TARTELETTE FRAISE X 4	Gluten (Wheat), Milk, Egg
CATE - PLATTER	TOMATO MOZZARELLA LUNCH BOX FOR 1	Gluten (Wheat), Milk, Egg, Nuts (Hazelnut)
CATE - PLATTER	VANILLA MAC & CITRON TARTELETTE	Gluten (Wheat), Milk, Egg, Nuts (Almond), Fish
CATE - PLATTER	VEGAN SANDWICH LUNCH BOX FOR 1	Gluten (Wheat, Oat), Soya, Mustard, Sulphites
CATE - SALAD	SALADE CHEVRE PROVENCALE	Milk
CATE - SALAD	SALADE FERMIERE	Milk, Nuts (Walnut)
CATE - SANDWICH	SANDWICH SPICED FALAFEL	Gluten (Wheat), Soya, Mustard, Sulphites

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CATEGORY	ITEM NAME	ALLERGENS
CATE - SANDWICH	SW DIEPPOIS	Gluten (Wheat), Egg, Fish
CATE - SANDWICH	SW FROMAGE ROSETTE	Gluten (Wheat), Milk, Sulphites
CATE - SANDWICH	SW MIXTE	Gluten (Wheat), Milk
CATE - SANDWICH	SW MONTAGNARD	Gluten (Wheat), Milk, Soya, Mustard
CATE - SANDWICH	SW PAVOT POULET	Gluten (Wheat), Egg, Mustard
CATE - SANDWICH	SW SESAME CAMEMBERT (V)	Gluten (Wheat), Milk, 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 PARIS BREST	Gluten (Wheat), Milk, Egg, Nuts (Almond, Hazelnut), Soya, Sulphites
PAST - INDIVIDUAL	FLAN NORMAND SLICE	Gluten (Wheat), Milk, Egg, Nuts (Almond)
PAST - INDIVIDUAL	FORET NOIRE (IND)	Gluten (Wheat), Milk, Egg, Soya, Fish
PAST - INDIVIDUAL	FRAISIER IND.	Gluten (Wheat), Milk, Egg, Nuts (Almond)
PAST - INDIVIDUAL	GÂTEAU AUX CAROTTES SLICE	Gluten (Wheat), Milk, Egg, Nuts (Pecan), Soya
PAST - INDIVIDUAL	MILLEFEUILLE IND.	Gluten (Wheat), Milk, Egg, Sulphites
PAST - INDIVIDUAL	MOELLEUX CHOCOLAT SLICE	Gluten (Wheat), Milk, Egg, Soya
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
PAST - INDIVIDUAL	YOGHURT GRANOLA STRAWBERRY JAM	Gluten (Oat), Milk, Nuts (Almond)
PAST - LARGE	APRICOT CHEESECAKE	Gluten (Wheat), Milk, Egg, Soya, 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

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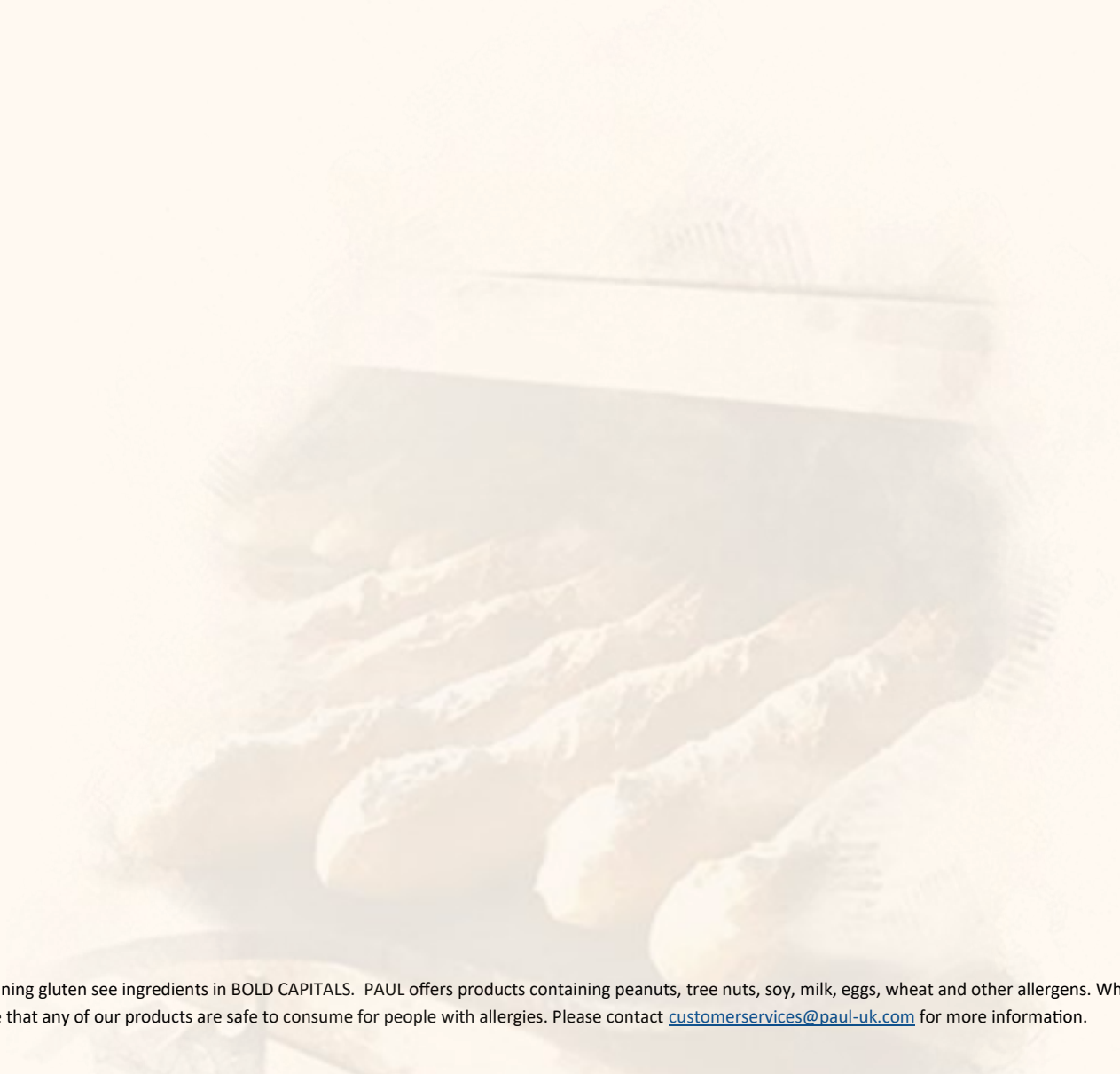
CATEGORY	ITEM NAME	ALLERGENS
PAST - LARGE	CHARLOTTE STRAWBERRY 18CM/6P	Gluten (Wheat), Milk, Egg, Fish
PAST - LARGE	CHERRY LAYER CAKE	Gluten (Wheat, Barley), Milk, Egg
PAST - LARGE	CHOCOLATE AND CARAMEL CAKE	Gluten (Wheat), Milk, Egg, Soya, Fish
PAST - LARGE	CHOCOLATE LAYER CAKE	Gluten (Wheat, Barley), Milk, Egg, Soya
PAST - LARGE	CHOCOLATE MACARON CAKE	Gluten (Wheat, Barley), 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
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
PAST - LARGE	FRAISIER 6-8P	Gluten (Wheat), Milk, Egg, Nuts (Almond), Soya
PAST - LARGE	FRAISIER 8-10P	Gluten (Wheat), Milk, Egg, Nuts (Almond)
PAST - LARGE	GALETTE DES ROIS	Gluten (Wheat), Milk, Egg, Nuts (Almond)
PAST - LARGE	MILLEFEUILLE 6P	Gluten (Wheat), Milk, Egg, Sulphites
PAST - LARGE	MOELLEUX CHOCOLAT 26CM	Gluten (Wheat), Milk, Egg, Soya
PAST - LARGE	SMALL CHOCOLATE MACARON CAKE	Gluten (Wheat, Barley), Milk, Egg, Nuts (Almond), Soya, Sulphites
PAST - LARGE	STRAWBERRY CHEESECAKE	Gluten (Wheat), Milk, Egg, Soya, 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
PAST - MACARON	MINI MACARON X12	Milk, Egg, Nuts (Almond, Pistachio), Soya
VIEN - INDIVIDUAL	BRIOCHETTE SUGAR	Gluten (Wheat), Milk, Egg
VIEN - INDIVIDUAL	CHAUSSON POMME	Gluten (Wheat), Milk

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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)
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
VIEN - INDIVIDUAL	PALMIER 120G	Gluten (Wheat), Milk
VIEN - INDIVIDUAL	TARTE AU SUCRE IND	Gluten (Wheat), Milk, Egg
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
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 BEIGNET CHOCOLAT X10	Gluten (Wheat), Milk, Egg, Nuts (Hazelnut)
VIEN - MINI	MINI BEIGNET CHOCOLAT X5	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
‡ SEASONAL EASTER	CHOCOLATE PRALINE EGGS	Milk, Nuts (Hazelnut), Soya
‡ SEASONAL EASTER	RASPBERRY BUNNY	Gluten (Wheat), Milk, Egg, Fish
‡ SEASONAL EASTER	THE CRACKING CRAQUANT	Gluten (Wheat, Barley), Milk, Egg, Nuts (Almond, Hazelnut), Soya
‡ SEASONAL EASTER	THE EGGCEPTIONAL CARROT CAKE	Gluten (Wheat), Milk, Egg, Nuts (Pecan), Soya
‡ SEASONAL EASTER	THE HOPPY EASTER BUNDLE	Gluten (Wheat), Milk, Egg, Nuts (Almond, Pistachio), Soya, Fish
‡ SEASONAL EASTER	TRIPLE CHOCOLATE EGG	Gluten (Wheat), Milk, Egg, Soya, Fish
‡ SEASONAL EASTER	ULTIMATE EASTER CHOC9THE ULTIMATE	Gluten (Wheat, Barley), Milk, Egg, Nuts (Almond, Hazelnut, Pistachio), Soya
‡ SEASONAL MOTHERS DAY	CHERRY FLOWER	Gluten (Wheat, Barley), Milk, Egg

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SEASONAL MOTHERS DAY	CRAQUANT FLOWER IND	Gluten (Wheat, Barley), Milk, Egg, Nuts (Almond, Hazelnut), Soya
SEASONAL MOTHERS DAY	FRAISIER FLOWER	Gluten (Wheat), Milk, Egg, Nuts (Almond), Soya
SEASONAL MOTHERS DAY	THE LOVELY TREAT BUNDLE	Gluten (Wheat, Barley), Milk, Egg, Nuts (Almond, Hazelnut, Pistachio), Soya
SEASONAL MOTHERS DAY	THE SPECIAL MOMENTS BUNDLE	Gluten (Wheat, Barley), Milk, Egg, Nuts (Almond, Hazelnut, Pistachio), Soya



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16/03/22