



## ALLERGEN INFORMATION

Le Pain Quotidien

# Le Pain Quotidien Allergen Information

April 2022 | Version 1

Le Pain Quotidien takes allergens very seriously and we make every effort to segregate and control the risk of allergen cross-contamination in our restaurants. However, because we operate in an open space, we cannot guarantee that our freshly prepared meals are completely allergen free. For this reason, please note that we use the following ingredients in our kitchens and that there is always a possibility of cross-contamination for each of them:



## CEREALS CONTAINING: GLUTEN

wheat (such as spelt and Khorasan wheat) rye, barley, oats or their hybrid strains.



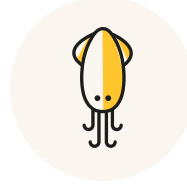
## MUSTARD.



## MILK



## FISH



## MOLLUSCS



## CRUSTACEANS



## SULPHITES

(at concentrations above 10 mg / kg or 10 mg / liter).



## NUTS



## SOYA



## SESAME.



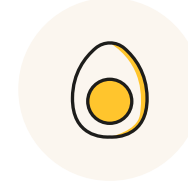
## LUPIN



## PEANUTS



## CELERY



## EGGS

The allergen information provided is to be used as an assessment tool to guide our guests, prior to consuming any of our dishes, so that they have the opportunity to select the items they consider most appropriate for their personal sensitivity level. Complete allergen information on all our dishes can be requested in the restaurant. Please contact our manager.

### Guide to symbols

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BREAKFAST & BRUNCH	This dish contains													
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Baked Ham & Cheese Croissant	✓ wheat							✓	✓		✓			
Le Pain Quotidien Breakfast Mini	✓ wheat							✓	✓		✓			
Le Pain Quotidien Breakfast	✓ wheat, barley, rye							✓	✓		✓			
Pain Perdu	✓ wheat							✓	✓		✓			

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BRUNCH	This dish contains														
	Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Farmer	✓ wheat, barley, oat, rye		✓ almond, cashew					✓	✓			✓		✓ (if ordered with peach bellini)	
Angler	✓ wheat, barley, oat, rye		✓ almond, cashew	✓				✓	✓			✓		✓ (if ordered with peach bellini)	
Vegetarian	✓ wheat, barley, oat, rye		✓ almond, cashew					✓	✓			✓		✓ (if ordered with peach bellini)	

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CEREALS, FRESH FRUITS & YOGHURTS	This dish contains													
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Granola Parfait	✓ oat		✓ almond, cashew					✓						
Dragon Fruit & Banana Chia Pudding			✓ almond								✓			
Porridge	✓ Oat wheat													

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ORGANIC EGGS	This dish contains														
	Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Soft Boiled Eggs (1 or 2)	✓ wheat, barley, rye								✓	✓					
Scrambled Eggs	✓ wheat, barley, rye								✓	✓					
Scrambled Eggs with Avocado Half	✓ wheat, barley, rye								✓	✓					
Scrambled Eggs with Hepburn's Free Range Ham	✓ wheat, barley, rye								✓	✓					
Scrambled Eggs with Severn & Wye Cold Smoked Salmon	✓ wheat, barley, rye				✓				✓	✓					
Scrambled Eggs with Hepburn's Bacon	✓ wheat, barley, rye								✓	✓					
Baked Eggs	✓ wheat, barley, rye								✓	✓					

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VIENNOISERIES	This dish contains													
	Cereals containin g Gluten	Peanuts	Nuts	Fish	Crustac eans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Croissant	✓ wheat							✓	✓		✓			
Vegan Croissant	✓ wheat, barley										✓			
Almond Croissant	✓ wheat		✓ almond					✓	✓		✓			
Pain Au Chocolat	✓ wheat							✓	✓		✓			
Pain Au Raisin	✓ wheat										✓			
Chocolate Torsadée	✓ wheat							✓	✓					
Cinnamon swirl	✓ wheat		✓ almond								✓			
Bakers Basket - Small	✓ wheat, barley, rye, spelt		✓ hazelnut					✓						

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Bakers Basket - Large	✓ wheat, barley, rye, spelt		✓ hazelnut					✓						
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TARTINES	This dish contains													
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Severn & Wye Smoked Salmon	✓ wheat, barley, rye			✓				✓			✓			
Parma Ham & Mozzarella	✓ wheat, barley, rye		✓ Cashews					✓						
Heirloom Tomatoes & Red Pepper Hummus	✓ wheat, barley, rye						✓							

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OUR FAVOURITES	This dish contains													
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
<b>Baker's Daily Lunch</b> (see below for soup and Tartine information)	✓ wheat, barley, rye							✓		✓		✓	✓	
<b>Roast Tomato &amp; Basil Soup</b>	✓ wheat, barley, rye												✓	
<b>Pea &amp; Mint Soup</b>	✓ wheat, barley, rye													
<b>Parma Ham &amp; Mozzarella</b>	✓ wheat, barley, rye		✓ Cashews					✓						
<b>Severn &amp; Wye Smoked Salmon</b>	✓ wheat, barley, rye			✓				✓			✓			
<b>Heirloom Tomatoes &amp; Red Pepper Hummus</b>	✓ wheat, barley, rye						✓							
<b>BLT Bun</b>	✓ wheat							✓	✓			✓		

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Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Baked Cannellini Beans	✓ wheat, barley, rye								✓		✓		✓	

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TOASTED TARTINES	This dish contains														
	Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Croque Monsieur	✓ wheat, barley, rye								✓		✓		✓	✓	
Chicken Mozzarella	✓ wheat, barley, rye								✓					✓	
Vegan Avocado Toast	✓ wheat, barley, rye														

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SIDE DISHES	This dish contains													
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Poached Egg									✓				✓	
Roast Mushrooms														
Roast Tomatoes														
Emmental								✓						
Half Avocado														
Mixed Green Herb Salad										✓			✓	
Hepburn's Free Range Ham														
Hepburn's Bacon														
Severn & Wye Cold Smoked Salmon				✓										
Smashed Avocado														

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	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
<b>Selection of Bread &amp; Spreads</b> (see below for information)														
<b>Classic Wheat – 500g &amp; 1.8kg</b>	✓ wheat, barley, rye													
<b>Seeded Sourdough – 500g</b>	✓ wheat, barley, rye, oat													
<b>Rye Sourdough Oval – 800g</b>	✓ wheat, barley, rye													
<b>White Sourdough Oval – 600g &amp; 800g</b>	✓ wheat													
<b>Walnut (weekend) – 800g</b>	✓ wheat, barley, rye		✓ Walnuts											

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Spelt Round – 800g	✓ wheat, barley, rye, spelt													
Fruit (weekend) – 800g	✓ wheat, barley, rye													
White Baguette	✓ wheat, barley													
Gluten Free Bread (Buckwheat)							✓							
Strawberry Jam														
Raspberry Jam														
Apricot Jam														

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Orange Jam														
Brunette Spread			✓ hazelnut					✓						
Speculoos Spread	✓ wheat										✓			
Noisella Spread			✓ hazelnut					✓						
Noir Spread														
Heinz Ketchup												✓		

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SALADS	This dish contains														
	Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Salmon Nicoise					✓					✓	✓			✓	
Veggie & Grain Bowl	✓ wheat						✓								
Chicken Caesar	✓ wheat, barley							✓	✓					✓	
Panzanella	✓ wheat, barley		✓ Cashews					✓							

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HOT DISHES	This dish contains													
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Quiche Lorraine	✓ wheat, barley							✓	✓	✓	✓	✓	✓	
Roast Tomato & Basil Soup	✓ wheat, barley, rye												✓	
Pea & Mint Soup	✓ wheat, barley, rye													
Spinach & Pea Tart	✓ wheat, barley							✓						

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DESSERTS / RETAIL	This dish contains													
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Chocolate Brownie								✓	✓		✓			
Strawberry Cream Tart	✓ wheat		✓ almond					✓	✓					
Peach, Pear & Lemon Tart	✓ wheat													
Orange & Chocolate Ganache Tart	✓ wheat													
Vegan Lemon Tart	✓ wheat													
Buttermilk Scone (Retail)	✓ wheat							✓	✓					
Buttermilk Scone with Cream & Strawberry Jam	✓ wheat							✓	✓					
Buttermilk Scone with Cream & Raspberry Jam	✓ wheat							✓	✓					
Buttermilk Scone with Cream & Apricot Jam	✓ wheat							✓	✓					
Buttermilk Scone with Cream & Orange Jam	✓ wheat							✓	✓					

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Belgium Waffle	✓ wheat							✓	✓		✓			
Carrot Cake	✓ Wheat, Spelt		✓ Almonds								✓			
Berry Cheesecake	✓ wheat							✓	✓					
Chocolate Oat Cookies											✓			
Cranberry Oat Cookies											✓			
Chocolate Muffin	✓ wheat													
Blueberry Muffin	✓ wheat													

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RETAIL BREADS	This dish contains														
	Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Classic Wheat – 500g & 1.8kg	✓ wheat, barley, rye														
Seeded Sourdough – 500g	✓ wheat, barley, rye, oat														
Rye Sourdough Oval – 800g	✓ wheat, barley, rye														
White Sourdough Oval – 600g & 800g	✓ wheat														
Walnut (weekend) – 800g	✓ wheat, barley, rye		✓ Walnuts												

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# Le Pain Quotidien Allergen Information

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Spelt Round – 800g	✓ wheat, barley, rye, spelt														
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Dish Name	This dish contains													
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Fruit (weekend) – 800g	✓ wheat, barley, rye													
Carrot Rye Unsliced – 700g	✓ wheat, barley, rye													
White Baguette	✓ wheat, barley													
Gluten Free Bread (Buckwheat)							✓							

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FOCACCIA TOASTIES (Retail)		This dish contains												
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustac eans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Ham, Cheese & Dijon Mayo	✓ wheat							✓		✓				
Truffle Mushroom	✓ wheat													
Mozzarella	✓ wheat							✓					✓	

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# Le Pain Quotidien Allergen Information

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RETAIL SANDWICHES	This dish contains													
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Veggie Torpedo Roll	✓ wheat						✓				✓	✓	✓	
Veggie Mini Brioche Roll	✓ wheat		✓ almond				✓				✓	✓	✓	
Mozzarella Torpedo Roll	✓ wheat							✓			✓		✓	
Salmon Baguette	✓ wheat, barley			✓							✓			
Ham & Cheese Baguette	✓ wheat, barley							✓		✓				
Chicken & Bacon Mini Brioche Poppy Seed	✓ wheat							✓	✓					

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# Le Pain Quotidien Allergen Information

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Cold Smoked Salmon & Egg Mini Charcoal Brioche Roll	✓ wheat			✓				✓	✓					
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ORGANIC HOT DRINK SYRUPS & HOT CHOCOLATE	This dish contains													
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Vanilla														
Caramel														
Hazelnut			✓ Hazelnut											
Cinnamon														
Hot Chocolate														

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ORGANIC COLD DRINKS	This dish contains													
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Orange Juice														
Apple Juice														
Green & Goji Juice														
Carrot & Ginger Juice														
Watermelon & Pineapple Juice														
Apple, Raspberry & Banana Smoothie														

## Guide to symbols

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# Le Pain Quotidien Allergen Information

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Homemade Lemonade														
Ginger Lemonade														
Still Water														
Sparkling Water														
Peached Ice Tea														

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# Le Pain Quotidien Allergen Information

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ORGANIC BEERS & CIDERS	This dish contains													
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Freedom Lager	✓ Barley													
Brunhaut Blonde Beer	✓ Barley													
Dolden Null IPA	✓ Barley													
Gaspig Goose Cider													✓	
Normandy Cider – Cinq Autels													✓	

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# Le Pain Quotidien Allergen Information

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ORGANIC WINES	This dish contains													
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Peach Bellini													✓	
Prosecco Spumante, Giol NV													✓	
Prosecco Spumante, Giol NV (half bottle)													✓	
Bohem Airen, Saugvignon Blanc													✓	
Picpoul de Pinet, Domaine Petit Roubie													✓	
Domaine Bousquet, Chardonnay													✓	
Domaine Bousquet, Chardonnay (half bottle)													✓	

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# Le Pain Quotidien Allergen Information

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Domaine Rousset Rose Fruite, Hautes Provence														✓	
Bohem Tempranillo, Garnacha														✓	
Cotes du Rhone, Maison Plantevin														✓	
Domaine Bousquet Malbec														✓	
Domaine Bousquet Malbec (half bottle)														✓	

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# Le Pain Quotidien Allergen Information

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KIDS MENU - ALL DAY	This dish contains													
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Croissant with Noisella	✓ wheat		✓ hazelnut					✓	✓		✓			
Croissant with Jam	✓ wheat							✓	✓		✓			
Croissant with Butter	✓ wheat							✓	✓		✓			
Porridge & Honey	✓ oat													
Organic Scrambled Egg on Toast	✓ wheat, barley, rye							✓	✓					
Organic Boiled Egg on Soldiers	✓ wheat, barley, rye							✓	✓					
Vegan Avocado on Toast	✓ wheat, barley, rye													

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Soup of the Day (Roast Tomato & Basil) & Bread	✓ wheat, barley, rye													✓	
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Dish Name	This dish contains													
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Soup of the Day (Pea & Mint Soup) & Bread	✓ wheat, barley, rye, spelt													
Croque Enfant	✓ wheat, barley, rye							✓		✓		✓	✓	
Ham & Cheese Croissant	✓ wheat							✓	✓		✓			

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# Le Pain Quotidien Allergen Information

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KIDS MENU - DESSERTS	This dish contains													
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustac eans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Granola Parfait	✓ oat		✓ almond, cashew					✓						
Fresh Fruit Salad														
Chocolate Brownie								✓	✓		✓			
Belgian Waffle	✓ wheat							✓	✓		✓			

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KIDS MENU - DRINKS	This dish contains													
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Organic Apple Juice														
Organic Orange Juice														
Apple, Raspberry & Banana Smoothie														
Babyccino								✓						

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EVENING SPECIALS	This dish contains													
	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Broad Bean & Pearl Barley Risotto	✓ Wheat, Barley							✓	✓					
Lamb Tagine	✓ Wheat, Barley							✓				✓		
Lemon & Garlic Chicken Leg	✓ Wheat, Barley							✓		✓				
Vegan Meatball in Tomato & Chilli Sauce	✓ Wheat, Barley										✓			

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OCCASIONS (EASTER)	This dish contains														
	Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustac eans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Hot Cross Bun	✓ wheat											✓			
Easter Brunch (see below for options)															
Angler	✓ wheat, barley, oat, rye		✓ almond, cashew					✓	✓			✓			
Farmer	✓ wheat, barley, oat, rye		✓ almond, cashew	✓				✓	✓			✓			
Vegetarian	✓ wheat, barley, oat, rye		✓ almond, cashew					✓	✓			✓			
Prosecco														✓	
Hot Cross Bun	✓ wheat											✓			
Chocolate Egg Box 6			✓ Hazlenut					✓							

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# Le Pain Quotidien Allergen Information

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Chocolate Egg Bag 12			✓ Hazlenut					✓						
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