

Allergen Information - Autumn 2023 | Version 1.2

## Le Pain Quotidien Allergen Information

Autumn 2023 ｜Version 1.2

| BREAKFAST \＆BRUNCH | This dish contains |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Dish Name |  | ¢ | $\underset{\substack{\pi}}{\substack{\pi}}$ | $\stackrel{7}{\square}$ |  | 근 | W <br> W <br> $\stackrel{3}{3}$ <br> 0 | 录 | 器 |  | $\stackrel{\text { ๙ }}{\substack{0}}$ | $\stackrel{\text { ¢ }}{\stackrel{\text { ¢ }}{0}}$ | 告 | $\frac{5}{0}$ |
| Baked Ham \＆Cheese Croissant | V wheat |  |  |  |  |  |  | V | V |  | V |  |  |  |
| Le Pain Quotidien Breakfast | V wheat， barley， rye |  |  |  |  |  |  | V | V |  | V |  |  |  |
| Pain Perdu | $\checkmark$ wheat |  |  |  |  |  |  | V | $\checkmark$ |  |  |  |  |  |
| Butternut Squash，Caramelised Onion and Goats Cheese Frittata | V <br> wheat， barley， rye |  |  |  |  |  |  | V | V | V |  |  | V |  |
| Mini Pancakes | V wheat |  |  |  |  |  |  | V | V |  |  |  |  |  |

## Guide to symbols

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| BRUNCH | This dish contains |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Dish Name |  |  | $\underset{\underset{\sim}{\pi}}{2}$ | $\stackrel{?}{\square}$ |  |  |  | 衾 | 器 |  |  | $\frac{\stackrel{\text { ¢ }}{\text { ¢ }}}{\substack{1}}$ |  | $\frac{5}{0}$ |
| Farmer | V <br> wheat, barley, oat, rye |  | $\mathbf{V}$ almond, cashew |  |  |  |  | , | V |  | V |  | V <br> (if ordered with peach bellini) |  |
| Angler | V <br> wheat, barley, oat, rye |  | V almond, cashew | V |  |  |  | , | V |  | V |  | V <br> (if ordered with peach bellini) |  |
| Vegetarian | V <br> wheat, barley, oat, rye |  | V almond, cashew |  |  |  |  | V | V |  | V |  |  |  |

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| CEREALS, FRESH FRUITS \& YOGHURTS | This dish contains |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Dish Name |  | ® $\stackrel{8}{3}$ ¢ | $\underset{\substack{\mathrm{j}}}{\text { z }}$ | $\stackrel{7}{\square}$ | $\begin{aligned} & \hat{0} \\ & \underline{4} \\ & \stackrel{\rightharpoonup}{0} \\ & \stackrel{0}{0} \\ & \stackrel{\rightharpoonup}{u} \end{aligned}$ |  | § $\stackrel{0}{3}$ $\stackrel{\sim}{3}$ | 录 | $\begin{aligned} & \text { 恕 } \\ & \hline \end{aligned}$ |  | $\frac{\stackrel{\sim}{5}}{5}$ | $\frac{\stackrel{\text { ¢ }}{0}}{\stackrel{1}{1}}$ |  | E |
| Granola Parfait (Soy) | V <br> oat |  | $\bar{v}$ <br> almond, cashew |  |  |  |  |  |  |  | V |  |  |  |
| Granola Parfait (Milk) | $\begin{gathered} \mathbf{V} \\ \text { oat } \end{gathered}$ |  | $\bar{v}$ <br> almond, cashew |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |
| Cinnamon Chia Pudding | $\begin{gathered} \mathbf{V} \\ \text { oat } \end{gathered}$ |  |  |  |  |  |  |  |  |  | V |  |  |  |
| Steel Cut Oat Porridge | $\begin{gathered} \mathbf{V} \\ \text { oat } \end{gathered}$ |  | V all tree nuts |  |  |  |  |  |  |  |  |  |  |  |
| Bircher Muesli | $\mathbf{V}$ oat |  |  |  |  |  |  |  |  |  | V |  |  |  |
| Fresh Fruit Salad-V |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| ORGANIC EGGS | This dish contains |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Dish Name |  |  | $\underset{\substack{\mathrm{j}}}{\substack{\text { n }}}$ | $\stackrel{7}{\square}$ |  |  |  | $\frac{3}{\underline{2}}$ | $\begin{aligned} & \text { 恕 } \\ & \hline \end{aligned}$ |  | $\underset{\substack{\text { ® } \\ \hline}}{ }$ | $\frac{\frac{\mathrm{C}}{\mathrm{D}}}{\frac{\mathrm{D}}{2}}$ |  | E |
| Soft Boiled Eggs (1 or 2) | V <br> wheat, barley, rye |  |  |  |  |  |  | V | V |  |  |  |  |  |
| Scrambled Eggs | $\checkmark$ <br> wheat, barley, rye |  |  |  |  |  |  | V | V |  |  |  |  |  |
| Scrambled Eggs with Avocado Half | $\checkmark$ <br> wheat, barley, rye |  |  |  |  |  |  | V | V |  |  |  |  |  |
| Scrambled Eggs with Hepburn's Bacon | V wheat, barley, rye |  |  |  |  |  |  | V | V |  |  |  |  |  |
| Scrambled Eggs with Hepburn's Free Range Ham | V <br> wheat, barley, rye |  |  |  |  |  |  | V | V |  |  |  |  |  |
| Scrambled Eggs with Severn \& Wye Cold Smoked Salmon | $\checkmark$ <br> wheat, barley, rye |  |  | V |  |  |  | V | V |  |  |  |  |  |

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| VIENNOISERIES | This dish contains |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Dish Name |  | ® $\stackrel{\sim}{\sim}$ $\stackrel{\rightharpoonup}{\sim}$ | $\underset{\substack{i}}{\underset{\sim}{2}}$ | $\stackrel{7}{\square}$ |  |  | ¢ $\stackrel{\sim}{0}$ $\stackrel{\sim}{\square}$ | 衾 | 镸 |  | 发 | $\frac{\stackrel{\text { ¢ }}{0}}{\stackrel{1}{2}}$ | 告 | $\frac{5}{\text { E }}$ |
| Croissant | V wheat |  |  |  |  |  |  | V | V |  | V |  |  |  |
| Vegan Croissant | V wheat， barley |  |  |  |  |  |  |  |  |  | V |  |  |  |
| Almond Croissant | V wheat |  | V almond |  |  |  |  | V | V |  | V |  |  |  |
| Pain Au Chocolat | V wheat |  |  |  |  |  |  | V | V |  | V |  |  |  |
| Pain Aux Raisin | V wheat |  |  |  |  |  |  |  |  |  | V |  |  |  |
| Cinnamon Swirl | V wheat |  | V almond |  |  |  |  |  |  |  | V |  |  |  |
| Pistachio Swirl | V wheat |  | $\mathbf{V}$ |  |  |  |  | V | V |  |  |  |  |  |

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| BAKERS BASKET | This dish contains |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Dish Name |  |  | $\underset{\underset{j}{i}}{\substack{z}}$ | $\stackrel{7}{\square}$ | 气 气 $\stackrel{0}{0}$ $\stackrel{0}{0}$ un | 즈 읓 岛 | ¢ $\stackrel{\sim}{0}$ $\stackrel{\sim}{3}$ | 衾 | 髻 |  | $\underset{\text { § }}{\substack{n}}$ | $\frac{\stackrel{\varrho}{0}}{\stackrel{\rightharpoonup}{2}}$ | $\begin{aligned} & \frac{\text { n }}{0} \\ & \stackrel{\rightharpoonup}{\vec{\nabla}} \end{aligned}$ | 득 |
| Bakers Basket－Small | V wheat， barley， rye， spelt |  |  |  |  |  |  | V |  |  |  |  |  |  |
| Bakers Basket－Large | V <br> wheat， barley， rye， spelt |  | $\underset{\text { hazelnut }}{\boldsymbol{V}}$ |  |  |  |  | V |  |  |  |  |  |  |

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| TARTINES | This dish contains |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Dish Name |  |  |  | $\stackrel{?}{\square}$ |  |  |  | 录 | 厛 |  | $\stackrel{\text { ® }}{\infty}$ | $\frac{\stackrel{\text { ¢ }}{\text { ¢ }}}{\substack{1}}$ |  | 들 |
| Severn \& Wye Smoked Salmon | V <br> wheat, barley, rye |  |  | V |  |  |  | V |  |  |  |  |  |  |
| Parma Ham \& Mozzarella | $\checkmark$ wheat, barley, rye |  | V <br> Cashews |  |  |  |  | V |  |  |  |  | V |  |
| Hummus \& Pomegranate | $\checkmark$ <br> wheat, barley, rye |  |  |  |  |  | V |  |  |  |  |  | V |  |
| Egg Mimosa | $\checkmark$ wheat, rye |  |  |  |  |  |  |  | V | V |  |  | V |  |

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| TOASTED TARTINES | This dish contains |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Dish Name |  | $\begin{aligned} & \stackrel{\rightharpoonup}{\otimes} \\ & \stackrel{\rightharpoonup}{\vec{~}} \\ & \end{aligned}$ | 宕 | $\stackrel{7}{5}$ |  | 宕 |  | 录 | 器 |  | ¢ | $\frac{\stackrel{\bigcirc}{0}}{\frac{1}{1}}$ |  | $\frac{5}{5}$ |
| Avocado Toast | V <br> wheat， barley， rye |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Croque Monsieur | $\checkmark$ <br> wheat， barley， rye |  |  |  |  |  |  | V |  | ， |  |  | V |  |
| Smoked Chicken \＆Mozzarella | $\checkmark$ <br> wheat， barley， rye |  |  |  |  |  |  | V |  |  |  |  | V |  |

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| OUR FAVOURITES | This dish contains |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Dish Name |  | $\begin{aligned} & \stackrel{\rightharpoonup}{\mathbb{}} \\ & \stackrel{\rightharpoonup}{\vec{~}} \\ & \end{aligned}$ | 䂞 | $\stackrel{7}{\square}$ |  | 근 | W O $\stackrel{3}{3}$ $\sim$ | 录 | 器 | z 気 蓉 | ¢ | $\frac{\stackrel{\text { ¢ }}{0}}{\stackrel{1}{2}}$ |  | $\frac{5}{5}$ |
| Baker＇s Daily Lunch | See soup \＆tartine selections for allergen infomation |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Braised Chicken with White Bean \＆ Smoked Ham Hock Cassoulet |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ | V | V |  |

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| SALADS | This dish contains |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Dish Name |  | $\begin{aligned} & \stackrel{\rightharpoonup}{\infty} \\ & \stackrel{\rightharpoonup}{\stackrel{\rightharpoonup}{\omega}} \end{aligned}$ | $\underset{\substack{\pi}}{\substack{7}}$ | $\stackrel{7}{\square}$ |  | 즌 |  | 予 | 器 | 3 $\substack{4 \\ \stackrel{1}{2} \\ \text { in }}$ | $\stackrel{\sim}{\alpha}$ | $\frac{\stackrel{\text { ¢ }}{0}}{\frac{1}{2}}$ |  | $\frac{5}{0}$ |
| Chicken Caesar | , wheat, rye |  |  |  |  |  |  | V | V |  |  |  |  |  |
| Panzanella | $\checkmark$ wheat, rye |  |  |  |  |  |  |  |  | V |  |  | V |  |
| Warm Goat Cheese | V wheat, rye, oat |  | V almond, cashew |  |  |  |  | V |  | V |  |  | V |  |
| Salmon Nicoise |  |  |  | V |  |  |  |  | V | V |  |  | V |  |

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| HOT DISHES | This dish contains |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Dish Name |  |  | $\underset{\vec{j}}{2}$ | $\stackrel{7}{\square}$ |  |  |  | 忐 | 器 |  | 发 | $\stackrel{\text { ¢ }}{\substack{\text { ¢ }}}$ | 告 | $\frac{5}{\text { ¢ }}$ |
| Quiche Lorraine | V wheat |  |  |  |  |  |  | V | V | V | V | V | V |  |
| Quiche Fourme D＇ambert，Butternut and Walnuts | V <br> wheat |  | V walnuts |  |  |  |  | V | V | V |  |  | V |  |
| Wild Mushroom and Confit Onion Tart | V wheat， rye |  |  |  |  |  |  | V | V | V |  |  | V |  |
| Lamb Tagine | $\checkmark$ <br> wheat， barley， rye |  |  |  |  |  |  | V |  |  |  | V |  |  |

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| SIDE DISHES | This dish contains |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Dish Name |  |  | 䂞 | $\stackrel{7}{\square}$ | 二 | z 릋 崿 | W 0 0 0 0 | 予 | 器 |  | 发 | $\frac{\stackrel{\text { ® }}{1}}{\frac{1}{2}}$ | 緟 | $\frac{5}{\square}$ |
| Poached Egg |  |  |  |  |  |  |  |  | V |  |  |  | $\checkmark$ |  |
| Portobello Mushroom |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Roast Tomatoes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Emmental |  |  |  |  |  |  |  | V |  |  |  |  |  |  |
| Half Avocado |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Smashed Avocado |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mixed Green Herb Salad |  |  |  |  |  |  |  |  |  | V |  |  | V |  |
| Hepburn＇s Free Range Ham |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hepburn＇s Bacon |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Severn \＆Wye Cold Smoked Salmon |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |

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| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Dish Name |  | ® $\stackrel{\sim}{\sim}$ $\stackrel{\sim}{c}$ $\stackrel{\sim}{\sim}$ | $\underset{\substack{2 \\ i}}{\text { c }}$ | $\frac{7}{\square}$ |  |  | ¢ 0 0 ¢ | § | 哭 | 3 $\frac{3}{4}$ $\frac{1}{2}$ 0 | ¢ | $\frac{\text { ¢ }}{\frac{\text { ¢ }}{\text { ¢ }}}$ |  | $\frac{5}{\text { ¢ }}$ |
| Lemon Tart | $\boldsymbol{V}$ <br> wheat |  |  |  |  |  |  | V | V |  |  |  | V |  |
| Chocolate Ganache Tart | $\begin{gathered} \boldsymbol{V} \\ \text { wheat } \end{gathered}$ |  |  |  |  |  |  | V | V |  |  |  |  |  |
| Bakewell Tart | V <br> wheat |  | V <br> almond |  |  |  |  | V | V |  |  |  |  |  |
| Pecan Pie | V <br> wheat |  | $\underset{\text { pecan }}{\boldsymbol{V}}$ |  |  |  |  | V | V |  |  |  |  |  |
| Chocolate Brownie |  |  |  |  |  |  |  | V | V |  | V |  |  |  |
| Liege Waffle | V wheat |  |  |  |  |  |  | V | V |  | V |  |  |  |
| Carrot Cake | $\checkmark$ wheat, spelt |  |  |  |  |  |  |  |  |  | V |  |  |  |
| Red Fruit Cheesecake | $\sqrt{ }$ <br> wheat |  |  |  |  |  |  | V | V |  |  |  |  |  |
| Banana Bread | $\boldsymbol{V}$ <br> wheat |  | $\sqrt{ }$ <br> walnut |  |  |  |  |  | V |  |  |  |  |  |
| Vegan Pavlova with Grapes and Pomegranate |  |  |  |  |  |  |  |  |  |  | V |  |  |  |
| Vegan Pavlova with Pineapple and Pomegranate |  |  |  |  |  |  |  |  |  |  | V |  |  |  |

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## Le Pain Quotidien Allergen Information

## Autumn 2023 | Version 1.2

| SPECIALS | This dish contains |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Dish Name |  |  | $\underset{\substack{\mathrm{j}}}{\text { z }}$ | $\stackrel{7}{\square}$ |  |  |  | 录 | 器 |  | N | $\frac{\stackrel{\curvearrowright}{0}}{\stackrel{\text { ¢ }}{\sim}}$ |  | $\frac{5}{7}$ |
| Sourdough Flatbread with Baked Eggs |  |  |  |  |  |  |  | V | V |  | V |  |  |  |
| Sourdough Flatbread with Mozzarella \& Grilled Vegetables |  |  |  |  |  |  |  | V |  |  | V |  | , |  |

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Le Pain Quotidien Allergen Information
Autumn 2023 ｜Version 1.2

| ORGANIC HOT DRINK SYRUPS \＆ HOT CHOCLATE | This dish contains |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Dish Name |  | \％ $\sim$ $\sim$ $\sim$ $\sim$ | $\underset{\underset{\sim}{c}}{\underset{\sim}{c}}$ | $\frac{\square}{\square}$ | 0 <br>  <br> 0 <br> 0 <br> 0 <br> 0 <br> 0 <br> $\sim$ |  | 0 0 0 $\stackrel{\sim}{0}$ 0 | 3 | 器恕 | 3 <br> $\substack{4 \\ 0 \\ 0 \\ 0 \\ \hline 1}$ | ¢ | $\frac{\stackrel{\text { D }}{ }}{\frac{\text { D }}{}}$ | 告 | $\frac{\text { cor }}{\frac{5}{7}}$ |
| Vanilla |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Caramel |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hazelnut |  |  | $\sqrt{ }$ <br> hazelnut |  |  |  |  |  |  |  |  |  |  |  |
| Cinnamon |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hot Chocolate |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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## Autumn 2023 | Version 1.2

| ORGANIC COLD DRINKS | This dish contains |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Dish Name |  |  | z | $\frac{7}{\square}$ | $\begin{aligned} & \stackrel{0}{2} \\ & \stackrel{u}{4} \\ & \stackrel{0}{0} \\ & 0 \\ & \stackrel{\sim}{u} \end{aligned}$ | 3 $\frac{\bar{O}}{\bar{W}}$ Wh | $\widetilde{\sim}$ 0 0 $\stackrel{\sim}{0}$ | 交 | ¢ |  | ¢ | $\frac{\stackrel{\text { d }}{ }}{\frac{\text { d }}{1}}$ | 先 | $\frac{\text { c }}{\text { coin }}$ |
| Orange Juice |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Apple Juice |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carrot \& Ginger Juice |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Apple Raspberry \& Elderflower Juice |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Apple, Raspberry \& Banana Smoothie |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Peach Iced Tea |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Homemade Lemonade |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ginger Lemonade |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Still Water |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sparkling Water |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| Dish Name |  | $\begin{aligned} & \stackrel{\rightharpoonup}{\circ} \\ & \stackrel{\rightharpoonup}{\tilde{W}} \end{aligned}$ |  | $\stackrel{7}{\square}$ |  |  |  | 㔻 | 僉 | 3 岛 莒 | $\stackrel{\substack{0}}{\substack{2}}$ | $\stackrel{\text { ¢ }}{\stackrel{\text { ¢ }}{\text { ¢ }}}$ | 告 | $\frac{5}{0}$ |
| Karma Cola |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gingerella |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lemony Lemonade |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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## Autumn 2023 ｜Version 1.2

| ORGANIC WINES | This dish contains |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Dish Name |  |  | 宕 | $\stackrel{7}{5}$ |  | 근 | W W $\stackrel{\sim}{3}$ $\stackrel{\sim}{1}$ | ？ | 器 | 3 馬 莒 | ¢ | $\frac{\stackrel{\text { ¢ }}{1}}{\frac{1}{2}}$ |  | $\frac{5}{0}$ |
| Peach Bellini |  |  |  |  |  |  |  |  |  |  |  |  | V |  |
| Prosecco Spumante，Giol NV |  |  |  |  |  |  |  |  |  |  |  |  | V |  |
| Bohem Airen，Saugvignon Blanc |  |  |  |  |  |  |  |  |  |  |  |  | V |  |
| Picpoul de Pinet，Domaine Petit Roubie |  |  |  |  |  |  |  |  |  |  |  |  | V |  |
| Domaine Rousset Rose Fruite，Hautes Provence |  |  |  |  |  |  |  |  |  |  |  |  | ， |  |
| Bohem Tempranillo，Garnacha |  |  |  |  |  |  |  |  |  |  |  |  | V |  |
| Cotes du Rhone，Maison Plantevin |  |  |  |  |  |  |  |  |  |  |  |  | V |  |

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Autumn 2023 | Version 1.2

| ORGANIC BEERS \& CIDERS | This dish contains |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Dish Name |  |  | z | $\frac{7}{\square}$ | $\begin{aligned} & \stackrel{0}{c} \\ & \stackrel{\rightharpoonup}{4} \\ & \stackrel{\rightharpoonup}{0} \\ & \stackrel{\sim}{\sim} \\ & \stackrel{\rightharpoonup}{n} \end{aligned}$ | 3 $\frac{\overline{1}}{\bar{U}}$ Un | $\widetilde{0}$ ¢ $\stackrel{3}{3}$ $\stackrel{\sim}{0}$ | 3 | ¢ | 3 <br> $\substack{4 \\ 0 \\ 0 \\ 0 \\ \hline \\ \\ \hline}$ | ¢ | $\frac{\bigcirc}{\frac{\text { D }}{}}$ |  | $\frac{5}{\frac{5}{0}}$ |
| Freedom Lager | $\sqrt{ }$ barley |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Brunhaut Blonde Beer |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dolden Null IPA | V barley |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gasping Goose Cider |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Normandy Cider - Cinq Autels |  |  |  |  |  |  |  |  |  |  |  |  | V |  |
| Freedom Four |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Freedom Organic Helles | V barley |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Freedom Pils | $\sqrt{ }$ <br> barley |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Freedom Pale Ale | V barley, rye |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Freedom Amber | V barley, rye |  |  |  |  |  |  |  |  |  |  |  |  |  |

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## Autumn 2023 | Version 1.2

| DESSERTS / RETAIL | This dish contains |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Dish Name |  |  | z | $\frac{7}{\square}$ | $\begin{aligned} & \stackrel{0}{2} \\ & \stackrel{u}{4} \\ & \stackrel{0}{0} \\ & 0 \\ & \stackrel{\sim}{u} \end{aligned}$ | 3 $\frac{\overline{1}}{\bar{U}}$ Un |  | 主 | ¢ |  | $\xrightarrow{\sim}$ | $\frac{\stackrel{\text { D }}{ }}{\frac{\text { N }}{\gtrless}}$ |  | $\frac{\text { C }}{\text { Col }}$ |
| Buttermilk Scone (Retail) | $\mathbf{v}$ <br> wheat |  |  |  |  |  |  | V | V |  |  |  |  |  |
| Buttermilk Scone with Cream \& Strawberry Jam | $\checkmark$ wheat |  |  |  |  |  |  | V | V |  |  |  |  |  |
| Buttermilk Scone with Cream \& Raspberry Jam | V <br> wheat |  |  |  |  |  |  | V | V |  |  |  |  |  |
| Buttermilk Scone with Cream \& Apricot Jam | $\mathbf{V}$ <br> wheat |  |  |  |  |  |  | V | V |  |  |  |  |  |
| Buttermilk Scone with Cream \& Orange Jam | $\sqrt{ }$ <br> wheat |  |  |  |  |  |  | V | $\checkmark$ |  |  |  |  |  |
| Chocolate Oat Cookies |  |  |  |  |  |  |  |  |  |  | V |  |  |  |
| Cranberry Oat Cookies |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |
| Chocolate Muffin | $\checkmark$ <br> Wheat |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Blueberry Muffin | $\sqrt{ }$ <br> wheat |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hot Cross Bun | V <br> wheat |  |  |  |  |  |  |  |  |  | V |  |  |  |

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Autumn 2023 ｜Version 1.2

| RETAIL BREADS | This dish contains |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Dish Name |  | $\xrightarrow{\circ}$ | $\underset{\substack{\pi}}{2}$ | $\frac{\bar{n}}{\square}$ |  |  |  | $\frac{3}{\underline{\lambda}}$ | $\begin{gathered} \text { ⿷匚⿳口口口心口内 } \\ \hline \end{gathered}$ | $\begin{aligned} & \text { z } \\ & \stackrel{\rightharpoonup}{4} \\ & \stackrel{y}{2} \end{aligned}$ | $\underset{\substack{\text { © } \\ \hline}}{ }$ | $\stackrel{\text { ® }}{\stackrel{\text { ® }}{0}}$ |  | $\frac{5}{0}$ |
| Classic Wheat－500g \＆1．8kg | V <br> wheat， barley， rye |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Seeded Sourdough－500g | V <br> wheat， barley， rye，oat |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Rye Sourdough Oval－800g | V <br> wheat， barley， rye |  |  |  |  |  |  |  |  |  |  |  |  |  |
| White Sourdough Oval－600g \＆800g | V wheat |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Walnut（weekend）－800g | V <br> wheat， barley， rye |  | V Walnuts |  |  |  |  |  |  |  |  |  |  |  |
| Spelt Round－800g | V <br> wheat， barley， rye， spelt |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| Dish Name |  | $\begin{aligned} & \stackrel{\rightharpoonup}{\infty} \\ & \stackrel{\rightharpoonup}{\tilde{\sigma}} \end{aligned}$ | $\underset{\vec{j}}{2}$ | $\stackrel{7}{\square}$ |  | 즌 | $\widetilde{\sim}$ W $\stackrel{3}{3}$ $\sim$ | 衾 | 器 |  | $\underset{\substack{\text { No }}}{ }$ | $\frac{\stackrel{\text { ¢ }}{0}}{\frac{1}{2}}$ | 告 | $\frac{5}{0}$ |
| Fruit（weekend）－800g | V <br> wheat， barley， rye |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hemp Seed Bread |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| White Baguette |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gluten Free Bread（Buckwheat） |  |  |  |  |  |  | V |  |  |  |  |  |  |  |

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Autumn 2023 ｜Version 1.2

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| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Dish Name |  | $\begin{aligned} & \stackrel{\rightharpoonup}{\circ} \\ & \stackrel{\rightharpoonup}{\tilde{\omega}} \end{aligned}$ | $\underset{\substack{\mathrm{j}}}{\text { z }}$ | $\stackrel{7}{\square}$ | $\begin{aligned} & \hat{0} \\ & \underline{4} \\ & \stackrel{\rightharpoonup}{0} \\ & \stackrel{0}{0} \\ & \stackrel{\rightharpoonup}{u} \end{aligned}$ |  | W W $\stackrel{3}{3}$ $\sim$ | 衾 | 器品品 |  | ¢ | $\stackrel{\text { ¢ }}{\stackrel{\text { ¢ }}{\text { ¢ }}}$ |  | $\frac{5}{0}$ |
| Strawberry Jam |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Raspberry Jam |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Apricot Jam |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Orange Jam |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Brunette Spread |  |  | V hazelnut |  |  |  |  | ， |  |  |  |  |  |  |
| Speculoos Spread | V wheat |  |  |  |  |  |  |  |  |  | V |  |  |  |
| Noisella Spread |  |  | V hazelnut |  |  |  |  | V |  |  |  |  |  |  |
| Noir Spread |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Heinz Ketchup |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |

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In accordance with the law，Gluten is not declarable when less than 20ppm and Sulphites when less than 10ppm．

## Le Pain Quotidien Allergen Information

Autumn 2023 ｜Version 1.2

| RETAIL FOCACCIA TOASTIES | This dish contains |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Dish Name |  | $\stackrel{\stackrel{0}{8}}{\stackrel{1}{*}}$ | 岩 | $\stackrel{7}{\square}$ |  | 宕 | $\widetilde{0}$ $\widetilde{\$}$ $\stackrel{\text { ® }}{3}$ | ミ | 器 |  | $\stackrel{\text { ๙ }}{\text { § }}$ | $\frac{\stackrel{\varrho}{0}}{\substack{1}}$ |  | $\frac{5}{5}$ |
| Ham，Cheese \＆Dijon Mayo | V wheat |  |  |  |  |  |  | V |  | ， |  |  |  |  |
| Truffle Mushroom | V wheat |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mozzarella | V wheat |  |  |  |  |  |  | V |  |  |  |  | V |  |
| Tuna Melt | V wheat |  |  | V |  |  |  | ， |  |  |  |  |  |  |

## Guide to symbols

$\mathbf{V}$ a black tick indicates that the allergen is present in the dish．The allergen may appear in more than one ingredient and it may not be immediately obvious，for example；the allergen could be hidden in a auce
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## Le Pain Quotidien Allergen Information

Autumn 2023 ｜Version 1.2

| RETAIL SANDWICHES／ RETAIL SAVOURY | This dish contains |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Dish Name |  | 䔍 | $\underset{\substack{\pi}}{\substack{7}}$ | $\stackrel{7}{\square}$ | ？ $\frac{y}{4}$ $\stackrel{0}{0}$ $\stackrel{0}{0}$ $\stackrel{\sim}{n}$ | 근 | § $\stackrel{1}{3}$ $\stackrel{\sim}{0}$ | 景 | 器 |  | $\stackrel{\text { c }}{\substack{5}}$ | $\stackrel{\bigcirc}{\stackrel{\varrho}{0}}$ |  | $\frac{5}{0}$ |
| Plum Tomato，Hummus \＆Vegan Parmesan Baguette | V wheat， rye |  |  |  |  |  | V |  |  |  |  |  |  |  |
| Plum Tomato，Hummus \＆Vegan Parmesan Mini Brioche Roll | $\checkmark$ wheat |  | $\underset{\text { almond }}{\boldsymbol{V}}$ |  |  |  | V |  |  |  | V |  |  |  |
| Salmon Baguette |  |  |  | V |  |  |  |  |  |  | $\checkmark$ |  |  |  |
| Ham \＆Cheese Baguette | V wheat， rye |  |  |  |  |  |  | V |  | V |  |  |  |  |
| Smoked Chicken \＆Bacon Mini Brioche Roll | V wheat |  |  |  |  |  |  | V | V | V |  |  |  |  |
| Chicken Caesar Baguette |  |  |  |  |  |  |  | V | V | V |  |  | V |  |
| Cold Smoked Salmon \＆Egg Mini Charcoal Brioche Roll | $\checkmark$ wheat |  |  | V |  |  |  | V | V |  |  |  |  |  |
| Sausage Roll | V wheat |  |  |  |  |  |  |  | V |  |  |  | V |  |

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