



**Allergen Information – Autumn 2023 | Version 1.2**

# Le Pain Quotidien Allergen Information

Autumn 2023 | Version 1.2

BREAKFAST & BRUNCH		This dish contains												
Dish Name	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	✓ wheat, barley, rye							✓	✓		✓			
Pain Perdu	✓ wheat							✓	✓					
Butternut Squash, Caramelised Onion and Goats Cheese Frittata	✓ wheat, barley, rye							✓	✓	✓			✓	
Mini Pancakes	✓ wheat							✓	✓					

## Guide to symbols

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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													
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Granola Parfait (Soy)	✓ oat		✓ almond, cashew								✓			
Granola Parfait (Milk)	✓ oat		✓ almond, cashew					✓						
Cinnamon Chia Pudding	✓ oat		✓ almond, cashew								✓			
Steel Cut Oat Porridge	✓ oat		✓ all tree nuts											
Bircher Muesli	✓ oat										✓			
Fresh Fruit Salad-V														

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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 Bacon	✓ 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			✓				✓	✓					

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VIENNOISERIES		This dish contains												
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Croissant	✓ wheat							✓	✓		✓			
Vegan Croissant	✓ wheat, barley										✓			
Almond Croissant	✓ wheat		✓ almond					✓	✓		✓			
Pain Au Chocolat	✓ wheat							✓	✓		✓			
Pain Aux Raisin	✓ wheat							✓	✓				✓	
Cinnamon Swirl	✓ wheat		✓ almond								✓			
Pistachio Swirl	✓ wheat		✓ pistachio					✓	✓					

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BAKERS BASKET		This dish contains												
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Bakers Basket - Small	✓ wheat, barley, rye, spelt		✓ hazelnut					✓						
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					✓					✓	
Hummus & Pomegranate	✓ wheat, barley, rye						✓						✓	
Egg Mimosa	✓ wheat, 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
Avocado Toast	✓ wheat, barley, rye													
Croque Monsieur	✓ wheat, barley, rye							✓		✓			✓	
Smoked Chicken & Mozzarella	✓ wheat, barley, rye							✓					✓	

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OUR FAVOURITES		This dish contains												
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Baker's Daily Lunch	See soup & tartine selections for allergen information													
Braised Chicken with White Bean & Smoked Ham Hock Cassoulet	✓ wheat, rye							✓			✓	✓	✓	

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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
Chicken Caesar	✓ wheat, rye							✓	✓					
Panzanella	✓ wheat, rye									✓			✓	
Warm Goat Cheese	✓ wheat, rye, oat		✓ almond, cashew					✓		✓			✓	
Salmon Nicoise	✓ wheat, rye			✓					✓	✓			✓	

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HOT DISHES	This dish contains													
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Quiche Lorraine	✓ wheat							✓	✓	✓	✓	✓	✓	
Quiche Fourme D'ambert, Butternut and Walnuts	✓ wheat		✓ walnuts					✓	✓	✓			✓	
Wild Mushroom and Confit Onion Tart	✓ wheat, rye							✓	✓	✓			✓	
Lamb Tagine	✓ wheat, barley, rye							✓				✓		

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

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DESSERTS		This dish contains												
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Lemon Tart	✓ wheat							✓	✓				✓	
Chocolate Ganache Tart	✓ wheat							✓	✓					
Bakewell Tart	✓ wheat		✓ almond					✓	✓					
Pecan Pie	✓ wheat		✓ pecan					✓	✓					
Chocolate Brownie								✓	✓		✓			
Liege Waffle	✓ wheat							✓	✓		✓			
Carrot Cake	✓ wheat, spelt		✓ almonds								✓			
Red Fruit Cheesecake	✓ wheat							✓	✓					
Banana Bread	✓ wheat		✓ walnut						✓					
Vegan Pavlova with Grapes and Pomegranate											✓			
Vegan Pavlova with Pineapple and Pomegranate											✓			

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Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Cherry Crumble	✓ wheat		✓ almonds					✓	✓					
Nuts Seed Bar	✓ wheat		✓ Almonds, Pistachio					✓						

SPECIALS		This dish contains												
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Sourdough Flatbread with Baked Eggs	✓ wheat, rye							✓	✓		✓			
Sourdough Flatbread with Mozzarella & Grilled Vegetables	✓ wheat, rye							✓			✓		✓	

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ORGANIC HOT DRINK SYRUPS & HOT CHOCOLATE		This dish contains												
Dish Name	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												
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
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	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Karma Cola														
Gingerella														
Lemony Lemonade														

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ORGANIC WINES	This dish contains													
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Peach Bellini													✓	
Prosecco Spumante, Giol NV													✓	
Bohem Airen, Saugvignon Blanc													✓	
Picpoul de Pinet, Domaine Petit Roubie													✓	
Domaine Rousset Rose Fruite, Hautes Provence													✓	
Bohem Tempranillo, Garnacha													✓	
Cotes du Rhone, Maison Plantevin													✓	

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ORGANIC BEERS & CIDERS		This dish contains												
Dish Name	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													
Gasping Goose Cider													✓	
Normandy Cider – Cinq Autels													✓	
Freedom Four	✓ barley													
Freedom Organic Helles	✓ barley													
Freedom Pils	✓ barley													
Freedom Pale Ale	✓ barley, rye													
Freedom Amber	✓ barley, rye													

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DESSERTS / RETAIL	This dish contains													
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Buttermilk Scone (Retail)	✓ wheat							✓	✓					
Spelt Scone	✓ wheat		✓ almonds					✓	✓					
Buttermilk Scone with Cream & Raspberry Jam	✓ wheat							✓	✓					
Buttermilk Scone with Cream & Apricot Jam	✓ wheat							✓	✓					
Buttermilk Scone with Cream & Orange Jam	✓ wheat							✓	✓					
Chocolate Oat Cookies											✓			
Cranberry Oat Cookies											✓			
Chocolate Muffin	✓ Wheat													
Blueberry Muffin	✓ wheat													
Hot Cross Bun	✓ wheat										✓			

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Autumn 2023 | Version 1.2

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											
Spelt Round – 800g	✓ wheat, barley, rye, spelt													

## Guide to symbols

✓ 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 sauce.

\* pine nuts are actually a kernel and not a recognised allergen.

**IMPORTANT NOTE:** Please be aware that although some allergens may not be contained in the ingredients of your dish, they may still be present and cannot be removed entirely. This is due to the nature of our preparation and storage processes in our sites and at our suppliers where we are unable to completely exclude allergens from the environment. Please ensure your server is aware of your allergy or intolerance.

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 BREADS		This dish contains												
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Fruit (weekend) – 800g	✓ wheat, barley, rye													
Hemp Seed Bread	✓ wheat, rye													
White Baguette	✓ wheat, rye													
Gluten Free Bread (Buckwheat)							✓							

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# Le Pain Quotidien Allergen Information

Autumn 2023 | Version 1.2

RETAIL	This dish contains													
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Strawberry Jam														
Raspberry Jam														
Apricot Jam														
Orange Jam														
Brunette Spread			✓ hazelnut					✓						
Speculoos Spread	✓ wheat										✓			
Noisella Spread			✓ hazelnut					✓						
Noir Spread														
Heinz Ketchup												✓		

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# Le Pain Quotidien Allergen Information

Autumn 2023 | Version 1.2

RETAIL FOCACCIA TOASTIES		This dish contains												
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Ham, Cheese & Dijon Mayo	✓ wheat							✓		✓				
Truffle Mushroom	✓ wheat													
Mozzarella	✓ wheat							✓					✓	
Tuna Melt	✓ wheat			✓				✓						

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# Le Pain Quotidien Allergen Information

Autumn 2023 | Version 1.2

RETAIL SANDWICHES / RETAIL SAVOURY	This dish contains													
Dish Name	Cereals containing Gluten	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Sesame	Milk	Eggs	Mustard	Soya	Celery	Sulphites	Lupin
Plum Tomato, Hummus & Vegan Parmesan Baguette	✓ wheat, rye						✓							
Plum Tomato, Hummus & Vegan Parmesan Mini Brioche Roll	✓ wheat		✓ almond				✓				✓			
Salmon Baguette	✓ wheat, rye			✓							✓			
Ham & Cheese Baguette	✓ wheat, rye							✓		✓				
Smoked Chicken & Bacon Mini Brioche Roll	✓ wheat							✓	✓	✓				
Chicken Caesar Baguette	✓ wheat, rye							✓	✓	✓			✓	
Cold Smoked Salmon & Egg Mini Charcoal Brioche Roll	✓ wheat			✓				✓	✓					
Sausage Roll	✓ wheat								✓				✓	

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