

Le Pain Quotidien Allergen Statement



Here at Le Pain Quotidien, we take allergens extremely seriously and do everything we can to accommodate guests who have any allergies or intolerances to foodstuffs. Our guests should always advise their server of any special dietary requirements and where possible our staff will advise guests on alternative dishes or ingredients.

The allergen information provided should not be considered as any form of guarantee but as a best effort to provide the guest with known allergens contained within our dishes.

While we do our best to control & reduce the risk of allergen cross-contamination in our restaurants, we cannot guarantee that any of our freshly prepared dishes are completely free from allergens due to the restaurants' open environment and processes. Therefore we cannot accept any liability in this respect.

Guests should use information provided to help assess their own level of risk, based on their personal circumstances, before eating any of our dishes. Guests with severe allergies are advised to assess their own level of risk and consume dishes at their own risk.

Full allergen and dietary information for all our dishes can be requested in store or found on our website: www.lepainquotidien.co.uk

LE PAIN QUOTIDIEN ALLERGEN & DIETARY INFORMATION

CONTAINS - Allergen												
MENU ITEM	Cereals containing <u>Gluten</u> (wheat, barely, rye & derivatives of)	Milk	Shellfish & Molluscs	Fish	Eggs	Peanuts	Sesame & Nuts	Soya beans (or derivatives of)	Celery (& Celeriac)	Mustard	Sulphur Dioxide	Lupin

Organic Breads & Pastries

organic baker's basket	Yes – in bread	When served with butter					Yes - from sesame/walnuts /hazelnuts					
organic 5 grain bread	Yes – in bread						Yes - from sesame in bread					
organic spelt	Yes – in bread											
organic walnut	Yes – in bread						Yes - from walnuts in bread					
organic rye	Yes – in bread											
organic swedish rye	Yes – in bread						Yes - from sesame in bread					
organic wholewheat sourdough	Yes – in bread											
organic sourdough baguette	Yes – in bread											
organic five grain baguette	Yes – in bread							Yes - from sesame				
organic raisin bread	Yes – in bread							Yes - from sesame				
organic brioche loaf	Yes – in bread	Yes – in brioche			Yes – in brioche							

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Organic Breads & Pastries

gluten free bread		When served with butter					Yes - from sesame					
organic apple cinnamon muffin	Yes				Yes			Yes – in recipe				
organic blueberry muffin	Yes							Yes				
organic banana & chocolate muffin	Yes	Yes			Yes			Yes				
organic hazelnut flute	Yes						Yes - from hazelnuts					
belgian waffle	Yes	Yes			Yes			Yes – in recipe				
organic spelt & quinoa scone	Yes	Yes - cream, & butter in recipe served with ricotta			Yes		Yes - from Almonds					
scone	Yes	Yes – milk, butter & whipped cream										
west country cheddar & mustard scone	Yes	Yes – butter, milk & cheese			Yes					Yes – baked in item		

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Organic Breads & Pastries

organic croissant	Yes	Yes			Yes							
organic pain au chocolate	Yes	Yes			Yes							
organic almond croissant	Yes	Yes			Yes		Yes - from Almonds					
organic brioche bun	Yes	Yes			Yes							
organic raisin danish	Yes	Yes			Yes							
manhattan chocolate chip cookie	Yes	Yes			Yes			Yes				
organic chocolate & almond Swirl	Yes	Yes			Yes		Yes - from almonds					

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Breakfast and Brunch

Bakers breakfast	See separate items											
hot organic croissant with aged gruyere	Yes – from croissant	Yes – from cheese & croissant			Yes – from croissant							
hot organic croissant with wiltshire ham	Yes - from croissant	Yes – from cheese & croissant			Yes – from croissant					Yes – served on side		
hot organic croissant with aged gruyere & wiltshire ham	Yes – from croissant	Yes- from cheese & croissant			Yes – from croissant					Yes – served on side		
organic porridge with honey												
organic porridge with honey & banana		Yes – if made with cows milk					Yes – if made with almond milk	Yes – if made with soya milk				
organic porridge with omega boost												
fresh fruit salad												
organic yoghurt, almonds & fruit compote		Yes - from yoghurt					Yes - from almonds					
vegan detox bowl							Yes - Almonds					

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Breakfast and Brunch

Organic gluten free granola parfait		Yes – from yoghurt					Yes - cashew nuts & almonds	Yes – if served with soya yoghurt				
organic raspberry crunola parfait							Yes - cashew nuts & almonds					
organic soft boiled egg with bread		Yes – from butter					Yes - from sesame in raisin bread					
organic scrambled eggs with bread												
organic scrambled eggs with bread & mushrooms	Yes – from bread	Yes – from butter & milk used in cooking			Yes							
organic scrambled eggs with bread & crispy prosciutto												
organic scrambled eggs with bread & smoked atlantic salmon				Yes						Yes		

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Breakfast and Brunch

1/2 avocado toast & scrambled eggs	Yes – from toast	Yes – butter			Yes					Yes – mustard dressing		
1/2 avocado toast & scrambled eggs with smoked salmon	Yes – from toast	and milk used for scrambled eggs		Yes	Yes					Yes – mustard dressing		
mushroom toast	Yes - from brioche	Yes - from brioche and crème fraiche			Yes - from brioche					Yes - from sauce		
mushroom toast - vegan	Yes - from toast							Yes – from sauce		Yes – added to sauce		
baked eggs - with chorizo	Yes - from toast				Yes							
baked eggs - salmon	Yes - from toast	Yes – from butter		Yes	Yes							
oven baked omelette - super greens & ricotta	yes-from bread	yes- from milk, ricotta, butter.			yes					yes- from dressing		
oven baked omelette - ham & cheese	yes-from bread	yes- from milk, cheese & butter.			yes- from recipe & parmesan					yes- from dressing		
baked omelettes – chorizo & roasted potato	Yes - from bread	Yes – from butter & cheese			Yes					yes- from dressing		
Full Belgian	Yes – from bread	Yes – served with butter & scone			Yes					Yes – from scone		

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Breakfast and Brunch												
Big Hot Breakfast LEEDS	Yes	Yes			Yes							
STP English Breakfast	Yes				Yes							
The Farmer	Yes – from bread and pastry	Yes – from yoghurt and served with butter			Yes – from boiled eggs and pastry					Yes – served with butter portion		
The Angler	Yes – yes from bread and pastry	Yes – from yoghurt and served with butter		Yes – from salmon	Yes – from boiled eggs and pastry		Yes - sesame seeds, cashew nuts & almonds					
The Butcher	Yes – from bread and pastry	Yes from yoghurt and served with butter			Yes – from boiled eggs and pastry					Yes – served with butter portion		
The Botanist	Yes – from bread and pastry						Yes - sesame seeds, cashew nuts, almonds & walnuts					

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Hot Beverages

organic espresso												
organic macchiato												
organic americano												
organic cappuccino												
organic flat white												
organic latte		Yes - if add milk										
organic mocha												
matcha latte												
Turmeric chai latte												
organic belgian style hot chocolate												
organic earl grey tea												

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Hot Beverages

organic english breakfast tea												
organic jasmine tea												
organic chunmee green tea												
organic masala chai		Yes - if add milk										
organic chamomile tea												
organic rooibos tea												
organic fresh mint tea												
add almond milk							Yes - Almonds					
add soya milk								Yes - soya				
add milk		Yes										

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Cold beverages

pineapple, melon, & apple												
1 a day green juice									Yes			
immune boost (carrot, apple, honey & ginger)												
fresh orange juice												
organic apple juice												
homemade lemonade												
homemade raspberry lemonade												
mineral water - sparkling												
mineral water - still Blenheim Palace natural mineral water – still or sparkling (Bicester only)												

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Cold beverages & seasonal iced teas

organic iced latte		Yes - if prepared with dairy milk										
organic iced mocha												
organic iced matcha latte							Yes - if almond milk	yes - if soya milk				
organic iced english breakfast tea												
organic iced rooibos & peach												
organic iced earl grey & orange												
Organic Pressé Elderflower												
Organic Pressé Ginger												

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Soups

cream of tomato		Yes - milk & cream							Yes			
vegan farmhouse								yes - in recipe	Yes - celery in recipe			
lentil spinach dhal												
minestrone with gluten free pasta								yes - in recipe				
sweet potato & spiced quinoa												
sweetcorn chowder									Yes - celery in recipe			
with bread & butter	Yes – from bread	Yes - from butter										
with gluten free bread & butter		Yes – from butter					Yes – from bread					
with 1/2 tartine	SEE TARTINE FOR ALLERGEN INFORMATION											

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Tartines & Salads

avocado toast	Yes - From toast											
smoked chicken club tartine	Yes – from bread	Yes from butter on tartine			Yes - whole & aioli dressing					Yes – aioli dressing		
chicken, feta & avocado tartine	Yes – from bread	Yes - from feta										
smoked salmon, ricotta & avocado tartine	Yes - from bread	Yes - from ricotta		Yes	Yes							
smoked chicken, mozzarella di bufala tartine & harissa aioli toasted tartine	Yes – from toast	Yes - mozzarella			Yes – in aioli					Yes – aioli and mustard dressing		
roasted vegetable, goats cheese, beetroot hummus toasted tartine	Yes – from toast	Yes – goats cheese					Yes – from sesame			Yes – aioli and mustard dressing		
with gluten free bread							Yes – from sesame					
Prawn & Avocado Tartine	Yes - from Bread		Yes - prawns		Yes - aioli dressing		Yes - from hummus					
Add Smoked Chicken												
Add smoked salmon				Yes								
Add Feta		Yes – from feta										

Tartines & Salads

smoked chicken cobb	Yes – from bread served with salad GF – No bread	Yes – from stilton and butter on side			Yes - whole				Yes – mustard dressing		
organic lentil & avocado		Yes – from butter on side							Yes – mustard dressing		
tuna nicoise		Yes – from butter on side		Yes - tuna	Yes - whole			Yes – in tuna mix	Yes – mustard dressing		
roasted vegetables		Yes - from goats cheese and butter on side							Yes – mustard dressing		
detox salad								Yes - celeriac			
Lebanese platter	Yes- from bread					yes- from sesame in hummus & falafel					
Smoked Salmon, Prawn & Beetroot Hummus Salad			Yes - smoked salmon & prawns		Yes - aioli dressing	Yes - from hummus					
Add Smoked Chicken											
Add smoked salmon				Yes							
Add omega boosting seeds											
with gluten free bread						Yes - from sesame					

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Hot dishes												
home baked devon ham & cheddar tart	Yes	Yes			Yes					Yes - mustard dressing		
chorizo & potato oven baked omelette	Yes - from bread	Yes – from milk & Cheese in recipe			Yes					Yes – mustard dressing		
britsh steak & west country ale stew	Yes – from ale	Yes - milk and butter in mash							Yes			
chicken & leek pie	Yes	Yes			Yes				Yes	Yes		
chilli sin carne	Yes							Yes – tofu & yoghurt	Yes			
smoked chicken caesar brioche bun	Yes – from brioche	Yes - from parmesan and butter			Yes – from aioli dressing and brioche & parmesan					Yes – from aioli dressing and mustard dressing		
Farmers vegetable broth	Yes - from bread	Yes - if served with butter					Yes - almond if served with fig & almond bread					
Farmers vegetable broth with curried chicken	Yes - from bread	Yes - cream					Yes - almond if served with fig & almond bread					

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Hot dishes												
Chicken & Veal Meatballs	Yes – in recipe	Yes – milk, cream, butter								Yes - in recipe	Yes – carry over in recipe from mustard & seasoning	
Vegan Ragu	Yes - spelt pasta, bread & in recipe				Traces of egg in spaghetti			Yes - in recipe				
Spelt Risotto	Yes – from spelt & barley	Yes – from cream in recipe	Yes – if served with prawns	Yes – if served with smoked salmon	Yes – from parmesan		Yes – from almonds					
Tomato & Mozzarella di Bufala Pizzette	Yes- from focaccia base	Yes- from mozzarella								Yes- from dressing		
Pan Fried Cod & Crevettes			Yes- from crevettes	Yes – from cod								
Grilled Sea Bass	Yes -from baguette	Yes – in recipe		Yes – from sea bass								
Spicy prawn pasta	Yes – from spaghetti		Yes- from prawns		Traces of egg in spaghetti							

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Kids Menu (Bicester Village Only)

Kids Organic Beans on Toast	Yes - from bread	Yes - butter										
Kids Pasta with Tomato Sauce	Yes - from pasta											
Kids toasted ham & cheese croissant	Yes – from croissant	Yes- from cheese & croissant			Yes – from croissant							
Kids Mini Organic Brownie		Yes - in recipe			Yes- in recipe							
Kids Fruit salad												
Kids Orange Juice												
Kids Apple Juice)												

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Sharing Plates and sides

Hummus	Yes – from bread						Yes - sesame in hummus					
Charcuterie	Yes – from bread	Yes – from butter							Yes- from recipe			
Cheese	Yes – from bread	Yes – from cheese and butter			Yes – from parmesan		Yes - walnuts & sesame from breads					
Mixed	Yes – from bread	Yes – from cheese and butter							Yes – from recipe	Yes – from mustard		
seasonal salad										Yes – from mustard dressing		
mixed olives												
beetroot hummus	Yes – from bread						Yes - sesame seeds					

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Platters and small plates

organic hummus	Yes - from bread						Yes - sesame seeds					
guacamole	Yes - from bread											
aged gruyere		Yes										
roasted vegetables	Yes - from bread											
roasted baby potatoes												
atlantic salmon				Yes								
prosciutto												
wiltshire ham												
avocado												
mashed potato		Yes – in recipe										

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Organic wines, beers and ciders

Organic Prosecco Cantine Giol, Italy											Yes	
Bucks Fizz											Yes	
Chardonnay/Sauvignon Blanc Bioghetto, RN13, France											Yes	
Sauvignon Blanc Touchstone, Chile											Yes	
Pinot Grigio Cantine Giol, Italy											Yes	

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Organic wines, beers and ciders

Cinsault/Syrah/ Grenache Bioghetto, RN13, France											Yes	
Côtes de Provence Rosé, Domaine Jas d'Esclans, France											Yes	
Merlot/Cabernet Sauvignon Bioghetto, RN13, France											Yes	
Monte Albano, Merlot , Italy											Yes	
Pinot Noir, Domaine de Brau, France											Yes	

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Organic wines, beers and ciders

Freedom Organic Lager, UK	Yes											
Freedom, Indian Pale Ale, UK												
Fullers Honey Dew Beer Golden Lager, UK	Yes											
Primeur Organic Beer, Belgium	Yes											
Dunkertons Premium Apple Cider UK											Yes	
Sam Smith Organic Pale Ale, UK	Yes											
Ridgeway Brewery Oxford Blue (Bicester only)	Yes											

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TAKE AWAY / GRAB & GO

G&G egg & salmon croissant	Yes – from croissant	Yes – in croissant		Yes	Yes – in croissant							
G&G ham, cheese & tomato croissant	Yes – from croissant	Yes – in croissant			Yes – in croissant					Yes		
G&G chicken cobb salad	Yes – from bread side	Yes – butter on side & stilton			Yes - whole					Yes		
G&G detox salad with chicken	Yes – from bread side	Yes – butter on side							Yes			
G&G detox with salmon	Yes – from bread side	Yes - butter on side		Yes					Yes			
G&G detox salad	Yes – from bread side	Yes – butter on side							Yes			
G&G lentil & avocado salad	Yes - from bread side									Yes		
G&G mixed leaf salad										Yes		
G&G mozzarella salad	Yes – from bread side	Yes - mozzarella and butter on side			Yes – in parmesan							

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TAKE AWAY / GRAB & GO

G&G roasted vegetables & goats cheese salad	Yes – bread side	Yes – butter on side and goats cheese								Yes		
G&G rocket & parmesan salad		Yes – butter on side & parmesan			Yes - parmesan					Yes		
G&G salmon, beetroot & rocket salad	Yes – bread side	Yes – butter on side		Yes	Yes - whole					Yes		
G&G tuna nicoise salad	Yes – bread side	Yes – butter on side		Yes	Yes - whole					Yes		
G&G tuscan salad (white bean, parmesan & prosciutto)	Yes – bread side	Yes - parmesan			Yes - parmesan					Yes		
G&G quinoa side salad												
G&G avocado omega 3 sandwich	Yes – from bread						Yes - sesame seeds (tahini paste)					
G&G salmon ricotta 5 grain baguette	Yes – from bread	Yes - ricotta		Yes			Yes - sesame in bread					

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TAKE AWAY / GRAB & GO

G&G smoked chicken baguette	Yes – from baguette	yes – from butter			Yes - in mayo					Yes		
G&G ham & gruyere baguette	Yes – from baguette	Yes – butter and gruyere								Yes		
G&G mozzarella, avocado & tomato baguette	Yes – from baguette	Yes - mozzarella										
G&G serrano & parmesan baguette	Yes – from baguette	Yes – butter and parmesan			Yes – in parmesan							
G&G tuna & roasted red pepper	Yes – from baguette	Yes –from butter		Yes - tuna	Yes				Yes – in tuna mix	Yes		
G&G vegan baguette (hummus & roasted vegetables)	Yes - from baguette						Yes - sesame seeds (tahini paste)					
G&G smoked chicken club sandwich	Yes - from baguette	Yes – from butter			Yes - whole and in aioli					Yes		

LE PAIN QUOTIDIEN ALLERGEN & DIETARY INFORMATION

CONTAINS - Allergen												
MENU ITEM	Cereals containing <u>Gluten</u> (wheat, barely, rye & derivatives of)	Milk	Shellfish & Molluscs	Fish	Eggs	Peanuts	Sesame & Nuts	Soya beans (or derivatives of)	Celery (& Celeriac)	Mustard	Sulphur Dioxide	Lupin

TAKE AWAY / GRAB & GO

G&G chicken avocado & sandwich	Yes – from bread	Yes - butter										
G&G wiltshire ham & egg sandwich	Yes – from bread	Yes - butter			Yes – whole & mayo					Yes		
G&G rustic tuna with rocket, tomato & avocado sandwich	Yes – from bread			Yes					Yes	Yes		
G&G salmon & ricotta sandwich	Yes – from bread	Yes - butter		Yes	Yes- mayo					Yes - mayo		
G&G ricotta & serrano ham sandwich	Yes – from bread	Yes - ricotta										
G&G smoked chicken, tomato and egg	Yes – from bread	Yes - butter			Yes- mayo					Yes - mayo		
G&G sandwich hummus & roasted vegetables	Yes - from bread						Yes - sesame seeds					
G&G hummus tomato avocado & rocket sandwich	Yes - from bread						Yes - sesame seeds					

LE PAIN QUOTIDIEN ALLERGEN & DIETARY INFORMATION

CONTAINS - Allergen												
MENU ITEM	Cereals containing <u>Gluten</u> (wheat, barely, rye & derivatives of)	Milk	Shellfish & Molluscs	Fish	Eggs	Peanuts	Sesame & Nuts	Soya beans (or derivatives of)	Celery (& Celeriac)	Mustard	Sulphur Dioxide	Lupin

TAKE AWAY / GRAB & GO

G&G yoghurt & granola pot		Yes					Yes - cashew nuts & almonds					
G&G yoghurt & compote pot		Yes										

LE PAIN QUOTIDIEN ALLERGEN & DIETARY INFORMATION

CONTAINS - Allergen												
<u>MENU ITEM</u>	<u>Cereals containing Gluten (wheat, barely, rye & derivatives of)</u>	<u>Milk</u>	<u>Shellfish & Molluscs</u>	<u>Fish</u>	<u>Eggs</u>	<u>Peanuts</u>	<u>Sesame & Nuts</u>	<u>Soya beans (or derivatives of)</u>	<u>Celery (& Celeriac)</u>	<u>Mustard</u>	<u>Sulphur Dioxide</u>	<u>Lupin</u>

GRAB & GO – BICESTER ONLY

Chicken Cobb Salad		Yes			Yes					Yes		
Tuna Salad				Yes	Yes				Yes – in recipe	Yes		
Avocado Lentil Salad										Yes		
Granola Parfait Pot		Yes					Yes - sesame seeds, cashew nuts & almonds					
Granola Yoghurt Pot		Yes					Yes - sesame seeds, cashew nuts & almonds					
Yoghurt, nuts, seeds & honey		Yes					Yes - almonds					
Chicken Club Baguette	Yes - from bread	Yes - butter			Yes – whole and in mayonnaise					Yes		
Avocado Mozzarella Baguette	Yes – from bread	Yes - mozzarella										
Tuna Parisienne Baguette	Yes	Yes		Yes - tuna	Yes - mayonnaise				Yes	Yes – in mayo		

LE PAIN QUOTIDIEN ALLERGEN & DIETARY INFORMATION

CONTAINS - Allergen												
MENU ITEM	Cereals containing <u>Gluten</u> (wheat, barely, rye & derivatives of)	Milk	Shellfish & Molluscs	Fish	Eggs	Peanuts	Sesame & Nuts	Soya beans (or derivatives of)	Celery (& Celeriac)	Mustard	Sulphur Dioxide	Lupin

GRAB & GO – BICESTER ONLY

Chicken & Herb Dressing Baguette	Yes - from bread	yes - butter			Yes – mayonnaise					Yes		
Ham & Gruyere Baguette	Yes -	Yes – butter and gruyere								Yes		
Petite Ham & Gruyere Baguette	Yes	Yes – from butter & gruyere								Yes		
Petite Avocado Mozzarella Baguette	Yes - from bread	Yes - mozzarella										
Petite Chicken Club Baguette	Yes - from bread	Yes - butter			Yes – whole and in mayo					Yes		
Ham & Gruyere Croissant	Yes	Yes - gruyere and butter			Yes – from croissant			Yes				
Gruyere & Tomato Croissant	Yes	Yes			Yes – from croissant			Yes		Yes		
Avocado Croissant	Yes	Yes			Yes – from croissant							
Smoked Salmon & Ricotta Croissant	Yes	Yes		Yes	Yes							

LE PAIN QUOTIDIEN ALLERGEN & DIETARY INFORMATION

CONTAINS - Allergen

MENU ITEM	Cereals containing <u>Gluten</u> (wheat, barely, rye & derivatives of)	Milk	Shellfish & Molluscs	Fish	Eggs	Peanuts	Sesame & Nuts	Soya beans (or derivatives of)	Celery (& Celeriac)	Mustard	Sulphur Dioxide	Lupin
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GRAB & GO – BICESTER ONLY

Egg & Prosciutto Brioche	Yes	Yes			Yes					Yes - mayonnaise		
Protein Pot					Yes							
Organic porridge		Yes										
Organic dairy free porridge							Yes					
Jam pot												
Honey pot												
Agave pot												
Seed pot												
Seeds & Berries Blend		Yes - yoghurt										
Super Green Blend									Yes			

LE PAIN QUOTIDIEN ALLERGEN & DIETARY INFORMATION

CONTAINS - Allergen

<u>MENU ITEM</u>	<u>Cereals containing Gluten (wheat, barely, rye & derivatives of)</u>	<u>Milk</u>	<u>Shellfish & Molluscs</u>	<u>Fish</u>	<u>Eggs</u>	<u>Peanuts</u>	<u>Sesame & Nuts</u>	<u>Soya beans (or derivatives of)</u>	<u>Celery (& Celeriac)</u>	<u>Mustard</u>	<u>Sulphur Dioxide</u>	<u>Lupin</u>
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LARGE CAKES & TARTS

tarte tartin	Yes	Yes										
mixed berry tart	Yes	Yes			Yes							
lemon tart	Yes	Yes			Yes							
pear tart	Yes	Yes			Yes		Yes -almonds					
plum tart	Yes	Yes			Yes		Yes -almonds					
chocolate tart	Yes	Yes			Yes			Yes				
cocoa & pear cake	Yes											
strawberry sponge	Yes	Yes			Yes							
rich chocolate cake		Yes			Yes			Yes				
pavlova		Yes			Yes							
chocolate sponge	Yes	Yes			Yes			Yes				
strawberry cheesecake	Yes	Yes			Yes							



SEASONAL SPECIALS

LE PAIN QUOTIDIEN ALLERGEN & DIETARY INFORMATION

CONTAINS - Allergen

<u>MENU ITEM</u>	<u>Cereals containing Gluten (wheat, barely, rye & derivatives of)</u>	<u>Milk</u>	<u>Shellfish & Molluscs</u>	<u>Fish</u>	<u>Eggs</u>	<u>Peanuts</u>	<u>Sesame & Nuts</u>	<u>Soya beans (or derivatives of)</u>	<u>Celery (& Celeriac)</u>	<u>Mustard</u>	<u>Sulphur Dioxide</u>	<u>Lupin</u>
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Seasonal Specials

Breakfast Bowl		yes - from milk & butter			yes		yes - sesame in seaweed	yes - soy sauce in seaweed			yes - in seaweed	
Dragon Fruit Coconut Bowl							Yes - Almonds & Cashews					
Spring Tartine	Yes - from wheat bread						yes - sesame from pea hummus					
California Tartine	Yes - from wheat bread			yes - from smoked salmon			yes - sesame in seaweed & pea hummus - cashew is spicy cashew spread	yes - soy sauce in seaweed			yes - in seaweed	
Spring Panazella	Yes - from wheat bread	Yes - from feta		yes - from Tuna						Yes -from dressing		
Supergrains Bowl							yes - sesame from pea hummus & cashew nuts & almonds from cranola					

LE PAIN QUOTIDIEN ALLERGEN & DIETARY INFORMATION

CONTAINS - Allergen

<u>MENU ITEM</u>	<u>Cereals containing Gluten (wheat, barely, rye & derivatives of)</u>	<u>Milk</u>	<u>Shellfish & Molluscs</u>	<u>Fish</u>	<u>Eggs</u>	<u>Peanuts</u>	<u>Sesame & Nuts</u>	<u>Soya beans (or derivatives of)</u>	<u>Celery (& Celeriac)</u>	<u>Mustard</u>	<u>Sulphur Dioxide</u>	<u>Lupin</u>
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Seasonal Specials

Vegan cauliflower & butternut coconut curry	yes-from bread									Yes- mustard seeds in curry		
Vegan Chocolate Cake	Yes - from wheat						Yes - from almonds	Yes - from soya in recipe				
Vegan Apple Cake	Yes - from wheat											
Redcurrant Tart	Yes - from wheat	Yes - from cream in tart			Yes - from eggs in tart		Yes - from almonds in tart					
Detox Lemonade												
Dragon Fruit Lemonade												
Kombucha (see bottle for each flavour)												
maple & pecan porridge							yes - from pecans					

LE PAIN QUOTIDIEN ALLERGEN & DIETARY INFORMATION

CONTAINS - Allergen

<u>MENU ITEM</u>	<u>Cereals containing Gluten (wheat, barely, rye & derivatives of)</u>	<u>Milk</u>	<u>Shellfish & Molluscs</u>	<u>Fish</u>	<u>Eggs</u>	<u>Peanuts</u>	<u>Sesame & Nuts</u>	<u>Soya beans (or derivatives of)</u>	<u>Celery (& Celeriac)</u>	<u>Mustard</u>	<u>Sulphur Dioxide</u>	<u>Lupin</u>
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Seasonal Specials

Blueberry Swirl	Yes - from wheat	Yes - from butter			Yes -from glaze							
Vegan Muffin	Yes -from wheat											
Ricotta & Spinach Puff	Yes - from wheat	Yes- from ricotta			Yes - from glaze							
maple pecan	yes - from wheat	yes -from butter / cream			yes - from pastry glaze		yes - from pecans					
organic rosemary baguette	Yes -from wheat											
passion fruit & beetroot raw cake							yes - cashew					
lime & ginger raw cake							yes - cashew					
salted caramel & chocolate raw cake							yes - cashew					
afternoon tea	see separate recipe dish components											

LE PAIN QUOTIDIEN ALLERGEN & DIETARY INFORMATION

CONTAINS - Allergen

MENU ITEM	Cereals containing <u>Gluten</u> (wheat, barely, rye & derivatives of)	Milk	Shellfish & Molluscs	Fish	Eggs	Peanuts	Sesame & Nuts	Soya beans (or derivatives of)	Celery (& Celeriac)	Mustard	Sulphur Dioxide	Lupin
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Seasonal Specials

cream of tomato		Yes - milk & cream							Yes			
vegan farmhouse								yes - in recipe	Yes - celery in recipe			
lentil spinach dhal												
minestrone with gluten free pasta								yes - in recipe				
sweet potato & spiced quinoa												
sweetcorn chowder									Yes - celery in recipe			

LE PAIN QUOTIDIEN ALLERGEN & DIETARY INFORMATION

CONTAINS - Allergen

<u>MENU ITEM</u>	<u>Cereals containing Gluten (wheat, barely, rye & derivatives of)</u>	<u>Milk</u>	<u>Shellfish & Molluscs</u>	<u>Fish</u>	<u>Eggs</u>	<u>Peanuts</u>	<u>Sesame & Nuts</u>	<u>Soya beans (or derivatives of)</u>	<u>Celery (& Celeriac)</u>	<u>Mustard</u>	<u>Sulphur Dioxide</u>	<u>Lupin</u>
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Deliveroo Specials

Bean tagine with lentils	Yes – wheat and rye from bread	Yes – from butter on side							Yes - celery in recipe	Yes – mustard seed in recipe		
Vegan cauliflower & butternut coconut curry	Yes – wheat and rye from bread	Yes – from butter on side								Yes- mustard seeds in curry		
Ratatouille	Yes – wheat and rye from bread	Yes – from butter on side										
Spinach and mushroom Gnocchi	Yes – in recipe Yes – wheat and rye from bread	Yes – milk in recipe and from butter, and cream in recipe										

LE PAIN QUOTIDIEN ALLERGEN & DIETARY INFORMATION

CONTAINS - Allergen

<u>MENU ITEM</u>	<u>Cereals containing Gluten (wheat, barely, rye & derivatives of)</u>	<u>Milk</u>	<u>Shellfish & Molluscs</u>	<u>Fish</u>	<u>Eggs</u>	<u>Peanuts</u>	<u>Sesame & Nuts</u>	<u>Soya beans (or derivatives of)</u>	<u>Celery (& Celeriac)</u>	<u>Mustard</u>	<u>Sulphur Dioxide</u>	<u>Lupin</u>
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Desserts

Merveilleux		Yes – from cream			Yes – in recipe			Yes – from dark chocolate				
Apple & cinnamon tart	Yes – from wheat flour	Yes – from cream, butter and milk			Yes – from almond paste		Yes - almonds					
Strawberry & Rhubarb crumble	Yes – from wheat flour	Yes – from butter and cream										
Chocolate crosti tart	Yes – from wheat flour and rye malt	Yes – from cream and milk			Yes – in recipe		Yes – almond and hazelnut	Yes – in chocolate				
Strawberry tart	Yes – from wheat flour in tart shell	Yes – from cream and butter			Yes – in tart shell		Yes – almond in tart shell					
Mixed berries tart	Yes – from wheat flour in tart shell	Yes – from cream and butter			Yes – in tart shell		Yes – almond in tart shell					
Lemon tart	Yes – from wheat flour in tart shell	Yes – from butter in tart shell and lemon cream			Yes – in tart shell and lemon cream							
Caramel tart	Yes – from wheat flour in tart shell	Yes – from milk and butter			Yes – in tart shell and cream		Yes - hazelnut					

LE PAIN QUOTIDIEN ALLERGEN & DIETARY INFORMATION

CONTAINS - Allergen

<u>MENU ITEM</u>	<u>Cereals containing Gluten</u> (wheat, barely, rye & derivatives of)	<u>Milk</u>	<u>Shellfish & Molluscs</u>	<u>Fish</u>	<u>Eggs</u>	<u>Peanuts</u>	<u>Sesame & Nuts</u>	<u>Soya beans (or derivatives of)</u>	<u>Celery (& Celeriac)</u>	<u>Mustard</u>	<u>Sulphur Dioxide</u>	<u>Lupin</u>
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Desserts

Scone	Yes – from wheat flour	Yes – from milk, butter and whipped cream										
Cheese & mustard savoury scone	Yes – from wheat flour	Yes – from cheese, cream, milk and butter			Yes – in recipe					Yes – in recipe		
chocolate bombe	Yes	Yes			Yes – in recipe		Yes - almonds	Yes				
warm belgian waffle	Yes – from waffle	Yes – from waffle			Yes – in recipe			Yes – in recipe				
flourless brownie		Yes – from butter			Yes- in recipe							