

# dean&david Allergen-OVERVIEW

valid for Germany - Luxembourg - Austria- Switzerland

















dean & david

The dean&david allergen guide provides information on which allergens are contained in our range. In addition, any undesirable ingredients such as garlic and onions are also labelled and it is clear whether the products are vegetarian or vegan and whether they are suitable for pregnant women.

Not all products are available in all stores.

The nutritional values, allergens and product information in the respective store apply.





## The following allergenes are marked:

 <p><b>Grains containing gluten and products thereof:</b></p> <ul style="list-style-type: none"> <li>- wheat (A1)</li> <li>- rye (A2)</li> <li>- barley (A3)</li> <li>- oat (A4)</li> <li>- spelt (A5)</li> <li>- khorasan (A6)</li> <li>- hybridised strains</li> </ul>	 <p><b>Edible nuts and products thereof:</b></p> <ul style="list-style-type: none"> <li>- Almond (H1)</li> <li>- Hazelnut (H2)</li> <li>- Walnut (H3)</li> <li>- Cashew (H4)</li> <li>- Pecan nut (H5)</li> <li>- Brazil nut (H6)</li> <li>- Pistachio (H7)</li> <li>- Macadamia nut (H8)</li> </ul>
 <p><b>Crustaceans and products thereof</b></p>	 <p><b>Celery and products thereof</b></p>
 <p><b>Eggs and products thereof</b></p>	 <p><b>Mustard and products thereof</b></p>
 <p><b>Fish and products thereof</b></p>	 <p><b>Sesame and products thereof</b></p>
 <p><b>Peanuts and products thereof</b></p>	 <p><b>Lupines and products thereof</b></p>
 <p><b>Soy and products thereof</b></p>	 <p><b>Molluscs and products thereof</b></p>
 <p><b>Milk and products thereof (lactose included)</b></p>	 <p><b>Sulfur dioxide and sulphites &gt; 10 mg/kg or 10 mg/l</b></p>



### Note to possibel cross-contamination:

The allergen information refers exclusively to the 14 major allergens known to cause allergic reactions. An allergen is listed only if it is explicitly used as an ingredient in the recipe. However, please note that cross-contamination with other major allergens mentioned cannot be ruled out during the production of ingredients and the preparation of our dishes. These potential cross-contaminations **are not** separately indicated.

 <p><b>vegetarian:</b></p> <p>no meat, no fish, but eggs and dairy goods</p>	 <p><b>vegan:</b></p> <p>no animal products, no animal fat or honey</p>
 <p>We divide our degree of <b>spiciness</b> into:</p> <ul style="list-style-type: none"> <li>✓ : mild</li> <li>✓✓ : medium</li> <li>✓✓✓ : hot</li> </ul>	 <p><b>Suitable:</b></p> <p>- for pregnant women</p>

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## Allergens

Gluten		Crustaceans		Egg	Fish	Peanut	Soy	Milk	Edible Nuts		Celery	Mustard	Sesame	Lupines	Molluscs	SO <sub>2</sub>
Indication	Code	Indication	Code						Indication	Code						Sulfites

## Maybe undesirable

Garlic	Onion	Alcohol	Beef
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## Suitable for

Spiciness	Vegetarian	Vegan	Pregnant women
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### Salads \*without dressing + without bread

	No allergens included																						
Side Salad without dressing																							
Side Salad with dressing																							
Salmon Spring without dressing																							
Salmon Spring with dressing																							
Big Easy Beef without dressing																							
Big Easy Beef with Dressing																							
Caesar Chicken without dressing																							
Caesar Chicken with dressing																							
Chicken Vitality without dressing																							
Chicken Vitality with dressing																							
Avocado Halloumi without dressing																							
Avocado Halloumi with dressing																							
Falafel Tahini without dressing																							
Falafel Tahini with dressing																							
Good Greens without dressing																							
Good Greens with dressing																							
Paris without dressing																							
Paris with dressing																							

### Salads Prepacked (EXPRESS)

Caesar Classic - prepacked																							
Vitality mit Dressing																							

### Dressings

Honey Mustard																							
Caesar vegan																							
Rocket																							
Balsamico Maple																							
Tahini Lemon																							

### Bread

Freshly Baked Bread																							
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### Mix Your Own

Basis - Salad Mix																							
Bowl Basis - Quinoa Rice Mix																							
Bowl Basis - Jasmine rice																							
Basic - Pear																							
Basic - Crunchy Onions																							
Basic - Croûtons																							
Basic - Edamame																							
Basic - Peanuts																							
Basic - Egg (free range)																							
Basic - Spring Onions																							

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## Maybe undesirable

**Suitable for**

							
Garlic	Onion	Alcohol	Beef	Spiciness	Vegetarian	Vegan	Pregnant women

Basic - Pomegranate Seeds	No allergens included													
Basic - Cucumber	No allergens included													
Basic - Carrots	No allergens included													
Basic - Cherry Tomatoes	No allergens included													
Basic - Pumpkin	No allergens included													
Basic - Pumpkin and Sunflower Seed Mix	No allergens included													
Basic - Mango	No allergens included													
Basic - Miso Mayo	✓ A1					✓					✓			
Basic - Olive Tapenade	No allergens included													
Basic - Bell Pepper	No allergens included													
Basic - Lingonberries	No allergens included													
Basic - Red Cabbage marinated	No allergens included													
Basic - Beetroot	No allergens included													
Basic - Walnuts								✓ H3						
Basic - Grapes	No allergens included													
Extra - Avocado	No allergens included													
Extra - Green Falafel	No allergens included													
Extra - Gran Soresina (Ital. hard cheese)						✓								
Extra - Grilled Vegetables	No allergens included													
Extra - Hummus											✓			
Extra - Halloumi							✓							
Extra - Grilled Chicken Breast Stripes	No allergens included													
Extra - Salmon (Norwegian)				✓										
Extra - planted.chicken (from July 24)	No allergens included													
Extra - Roast Potatoes	No allergens included													
Extra - Beef Stripes	No allergens included													
Extra - Sheep's Cheese						✓								
Extra - Sweet Potato Slices	No allergens included													
Extra - Goat's Cheese						✓								

[illegible]



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## Sandwiches

Avocado Mozzarella	✓	A1, A2, A3					✓	✓					✓			
Chicken Avocado	✓	A1, A2, A3					✓	✓					✓			
Vegan Sweet Potato	✓	A1, A2, A3					✓				✓		✓			
Grilled Veggie	✓	A1, A2, A3					✓	✓					✓			

## Wraps

Caesar	✓	A1, A2		✓			✓	✓				✓				
Paris	✓	A1, A2					✓	✓	✓	H3		✓				
Vegan Falafel	✓	A1, A2					✓						✓			
Teriyaki Salmon	✓	A1, A2			✓		✓	✓					✓			

## Hot Wraps

Hot grilled Beef	✓	A1, A2		✓			✓	✓				✓				
Hot Chicken Teriyaki	✓	A1, A2					✓	✓					✓			
Hot Veggie Honey Mustard	✓	A1, A2					✓	✓				✓				

## Grilled Flatbread

Pesto Chicken	✓	A1, A2					✓	✓					✓			
Grilled vegetables Mozzarella	✓	A1, A2					✓	✓					✓			
Olive Sheep Cheese	✓	A1, A2						✓								
Creamy Coriander Avocado	✓	A1, A2						✓								

## Curries

Mango Chicken Curry						✓	✓						✓			
Mango planted.chicken Curry						✓	✓						✓			
Yellow Avocado Curry	✓	A1					✓						✓			
Red Thai Chicken Curry							✓						✓			
Red Thai planted.chicken Curry							✓						✓			
Asian Beef Curry						✓	✓						✓			

**Information on our curries:**  
our curries are served with sesame seeds. The exclusion of sesame is offered upon request, however please make sure to inform us beforehand.

✓	✓		
✓	✓		
✓	✓		
✓	✓		
✓	✓		
✓	✓		✓

✓	✓	✓	✓
✓	✓	✓	✓
✓	✓	✓	✓
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✓	✓	✓	✓
✓	✓	✓	✓

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## Seasonals

2: with colourants  
6: with nitrite curing salt  
7: with antioxidant  
11: with phosphate  
17: contains quinine