



Customer Allergen Information Guide

Version 12

19.11.20

This guide contains information on the 14 allergens, as recognised by the Food Standards Agency, for our products, to help you choose the right product for you.

Gluten													
Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanut	Sesame	Milk			
✓	•	✓	•			✓	•		•				
•	✓	•	•			✓	•		•				
•	✓	•	•			✓	•		•				
•	✓	•	•			✓	•		•				

We take food allergies seriously and want to make sure that you feel safe when enjoying our products. This allergen guide has been handed over so that you can make an informed choice. Please find the product name in the guide which will show allergen details. If the ingredient you are looking for is not one of the 14 allergens included in this guide, then please contact our Customer Care Team on 0808 147 3447.

Introduction

We're proud to freshly prepare lots of food, including our Vegan Friendly range, in our shop kitchens every day. However, as we use many ingredients and shared equipment, cross contamination is managed but not to an allergen-free level.

The Food Standards Agency regards the following ingredients and their derivatives as allergens:

Peanuts	Nuts
Fish	Eggs
Crustaceans	Sesame Seeds
Milk	Soybeans
Celery	Mustard
Lupin	Molluscs
Cereals containing Gluten	
Sulphites	

We provide information on these 14 allergens in this guide.

If you have a query about any other ingredient please contact our Customer Care Team on:

0808 147 3447

'Suitable For'

What is Vegan Friendly?

In line with the Vegan Society recommendations we at Greggs are using the term 'vegan-friendly' to label products that may not be made in dedicated vegan sites, but in sites where as many steps as possible have been taken to minimise the risk of cross contamination.

What is Gluten Free?

Gluten free labelling legislation explains that "the statement 'gluten free' may only be made where the food as sold to the final consumer contains no more than 20mg/kg of gluten". The claim can be used on products where gluten has been specifically removed and/or substituted with a non-gluten containing ingredient.

Greggs gluten free products are manufactured using recipes which are free from gluten and the manufacturing sites have strict gluten controls and testing regimes in place. Our shop teams have undergone gluten training, and there are gluten controls and a testing regime in place to manage cross contamination with gluten within our shops.

Contents Key: ✓ (Product contains) • (May Contain) Y (Suitable for)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Suitable For		
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														Gluten Free	Vegan Friendly	
Confectionery																						
Apple Danish	✓		•	•			✓	•			✓	✓			•	✓	•					
Bat Biscuit	✓	•	•	•	•	•	✓	•			✓	✓				•	•			•		
Bavarian Slice	✓		•	•			✓	•		•	✓	✓				•						
Belgian Bun	✓	•	•	✓	•	•	✓	•			•	•			•	✓	•					
Belgian Chocolate Caramel Shortbreads/Offcuts	✓		•	•			✓	•			✓	•				•						
Belgian Chocolate Chunk Shortbreads	✓		•	•			✓	•			✓	✓				•						
Blush Biscuit	✓	•	•	•	•	•	•	•			•	✓				•	•			•		
Caramel Custard Doughnut	✓	•	•	•	•	•	✓	•			✓	✓				•	•					
Cheese Scone	✓	•	•	•	•	•	•	•			✓	✓			•	•	✓					
Children in Need Bun	✓			✓			•	•			✓	✓				•						
Chocolate Cake Bar	✓		•	✓			✓	•			✓	✓				•						
Cream Apple Danish	✓		•	•			✓	•			✓	✓			•	✓	•					
Cream Coconut Finger	✓	•	•	•	•	•	✓	•		•	✓	•			•	•	•					
Cream Doughnut	✓	•	•	•	•	•	✓	•			✓	✓				•	•					
Cream Éclair	✓			•			✓	•			✓	✓				•						
Cream Iced Finger	✓	•	•	•	•	•	✓	•		•	✓	•			•	•	•					
Cream Peach Melba	✓		•	•			•	•			✓	•				•						
Christmas Bun	✓			✓			•	•			✓	✓				•						
Christmas Cake Slice	✓		•	•			•	✓			✓	✓				✓						
Christmas Novelty Biscuit	✓	•	•	•	•	•	✓	•			✓	✓				•	•			•		
Christmas Tree Biscuit	✓	•	•	•	•	•	✓	•			✓	✓				•	•			•		
Devon Doughnut	✓	•	•	•	•	•	✓	•			✓	✓			•	•	•					
Empire Biscuit	✓	•	•	•	•	•	•	•			•	✓			•	✓	•			•		

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	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														Gluten Free	Vegan Friendly	
Confectionery																						
Filled Milk Chocolate Doughnut	✓	•	•	•	•	•	✓	•			✓	✓				•						
Fondant Fancy	✓	•	•	•			•	•			✓	✓			•	•	•					
Fruit Scone	✓	•	•	•	•	•	✓	•			✓	✓			•	•	•					
Gingerbread Man	✓	•	•	•	•	•	•	•			✓	✓				•	•			•		
Glazed Ring Doughnut	✓	•	•	•	•	•	✓	•			•	•				•	•					Y
Iced Finger	✓	•	•	•	•	•	✓	•		•	✓	•			•	•	•					
Iced Ring Doughnut	✓	•	•	•	•	•	✓	•		•	✓	✓			•	•	•					
Iced Split	✓	•	•	•	•	•	✓	•		•	✓	•			•	•	•					
Jam Doughnut	✓	•	•	•	•	•	✓	•			✓	✓				•						
Jammy Heart Biscuit	✓		•	•			•	•			✓	•				•						
London Cheesecake	✓	•	•	•	•	•	•	•			✓	✓			•	•	•					
Milk Chocolate Cookie	✓	•	•	•	•	•	✓	•			✓	✓				•	•		•			
Milk Chocolate Ring Doughnut	✓	•	•	•	•	•	✓	•		•	✓	✓			•	•	•					
Mini Christmas Shortbreads	✓		•	•			✓	•			✓	•				•						
Mini Yum Yums	✓	•	•	•	•	•	✓				•	✓			•	•	•					
Novelty Biscuit	✓	•	•	•	•	•	✓	•			✓	✓				•	•			•		
Novelty Bun	✓			✓			•	•			✓	✓				•						
Pineapple Cake	✓		•	•			•	•			✓	•			•	•	•					
Pink Jammie	✓	•	•	•	•	•	✓	•			✓	✓				•						
Pudsey Biscuit	✓	•	•	•	•	•	•	•			•	✓				•	•			•		
Spooky Bun	✓			✓			•	•			✓	✓				•						
Sugar Strand Doughnut	✓	•	•	•	•	•	✓	•			✓	✓				•						
Sweet Mince Pies	✓		•	•			•	•			•	•				•						Y
Tottenham Cake	✓		•	•			•	•			•	✓				•						

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	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														Gluten Free	Vegan Friendly
Hot To Go / Soup / Snack Packs Please see the ingredient declaration on the product packaging / label for specific allergen information for all other branded crisps/snacks/condiments.																					
Hot To Go																					
Spicy BBQ Chicken Bites	✓																				
Southern Fried Chicken Goujons	✓		•	•			•	•		•	•	•	•		✓	•	✓				
Southern Fried Potato Wedges	✓																				Y
Soup																					
Spicy Chicken & Red Pepper Soup															✓	•				Y	
Tomato Soup											✓					•				Y	
Greggs Own Label Crisps																					
Cheese Puffs											✓										
Chilli Tortilla Chips	✓		✓																		
Mature Cheddar & Onion											✓										
Salt & Vinegar Crunchy Sticks			✓				✓									✓					
Sea Salt & Cider Vinegar Hand Cooked Crisps	✓																				
Thai Sweet Chili Hand Cooked Crisps			✓																		
Greggs Own Label Snack Packs																					
Chocolate & Yoghurt Coated Raisin Mix	•		•	•			•	•	•		✓					•					
Naked Nuts	•		•	•			•	✓	•		•					•					
Smoky BBQ Crunch	✓		✓	•			•	•	•	•	•					•					
Tropical Fruits	•		•	•			•	•	•		•					✓					

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	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														Gluten Free	Vegan Friendly	
<p>Sandwiches (HS) = Hospital Shop</p>																						
Baguettes																						
Ham & Cheese Baguette	✓	•	•	•			•	•		•	✓	•	•		•	•	•					
Honey Roast Ham & Chargrill Chicken Melt Baguette	✓	•	✓	•			•	•		•	✓	✓	•		•	•	✓					
Honey Roast Ham Salad Baguette	✓	•	•	•			•	•		•	•	✓	•		•	•	✓					
Mature Cheddar Cheese Salad Baguette	✓	•	•	•			•	•		•	✓	•	•		•	•	•					
Mexican Chicken Baguette	✓	•	•	•			•	•		•	✓	✓	•		•	•	✓					
Pigs under Blankets Baguette	✓	•	✓	•			•	•		•	•	•	•		•	✓	•					
Roast Chicken & Bacon Club Baguette	✓	•	•	•			•	•		•	•	✓	•		•	•	✓					
Roast Chicken Mayonnaise Baguette	✓	•	•	•			•	•		•	•	✓	•		•	•	✓					
Southern Fried Chicken Baguette	✓	•	•	•			•	•		•	✓	•	•		✓	•	✓					
Tandoori Chicken Baguette	✓	•	•	•			•	•		•	•	✓	•		✓	•	✓					
Tuna Crunch Baguette	✓	•	•	•			•	•		•	•	✓	✓		•	•	✓					
Bread Packs																						
BLT	✓	•	✓	•	•	•	✓	•		•	•	✓	•		•	•	✓					
Cheese & Onion	✓	•	✓	•	•	•	✓	•		•	✓	✓	•		•	•	✓					
Cheese & Pickle	✓	•	✓	•	•	•	✓	•		•	✓	•	•		•	•	•					
Cheese & Tomato	✓	•	✓	•	•	•	✓	•		•	✓	•	•		•	•	•					
Egg Mayonnaise & Tomato	✓	•	✓	•	•	•	✓	•		•	•	✓	•		•	•	✓					
Free Range Egg Mayonnaise	✓	•	✓	•	•	•	✓	•		•	•	✓	•		•	•	✓					
Free Range Egg Salad (HS)	✓	•	✓	•	•	•	✓	•		•	•	✓	•		•	•	✓					
Honey Roast Ham (HS)	✓	•	✓	•	•	•	✓	•		•	•	•	•		•	•	•					
Honey Roast Ham & Egg (HS)	✓	•	✓	•	•	•	✓	•		•	•	✓	•		•	•	✓					
Honey Roast Ham & Egg Salad	✓	•	✓	•	•	•	✓	•		•	•	✓	•		•	•	✓					

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	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														Gluten Free	Vegan Friendly
Sandwiches (HS) = Hospital Shop																					
Bread Packs continued																					
Mexican Chicken (HS)	✓	•	✓	•	•	•	✓	•		•	•	✓	•		•	•	✓				
Roast Chicken & Bacon	✓	•	✓	•	•	•	✓	•		•	•	✓	•		•	•	✓				
Roast Chicken Salad	✓	•	✓	•	•	•	✓	•		•	•	✓	•		•	•	✓				
Tandoori Chicken	✓	•	✓	•	•	•	✓	•		•	•	✓	•		✓	•	✓				
Tuna Crunch (HS)	✓	•	✓	•	•	•	✓	•		•	•	✓	✓		•	•	✓				
Tuna Mayonnaise & Cucumber	✓	•	✓	•	•	•	✓	•		•	•	✓	✓		•	•	✓				
Oval Bites																					
Chargrill Chicken Oval Bite	✓	•	✓	•	•	•	✓	•		✓	•	✓	•		•	•	✓				
Mature Cheddar Cheese Ploughman's Oval Bite	✓	•	✓	•	•	•	✓	•		✓	✓	•	•		•	•	•				
Mexican Chicken Oval Bite	✓	•	✓	•	•	•	✓	•		✓	•	✓	•		•	•	✓				
Stotties																					
Cheese & Onion Stottie	✓	•	•	•	•	•	✓	•		•	✓	✓	•		•	•	✓				
Tuna Mayonnaise Stottie	✓	•	•	•	•	•	✓	•		•	•	✓	✓		•	•	✓				
Rolls																					
Chargrill Chicken Roll (HS)	✓	•	✓	•	•	•	✓	•		•	•	✓	•		•	•	✓				
Honey Roast Ham & Egg Salad Roll	✓	•	✓	•	•	•	✓	•		•	•	✓	•		•	•	✓				
Roast Chicken Salad Roll	✓	•	✓	•	•	•	✓	•		•	•	✓	•		•	•	✓				
Tuna Mayonnaise Roll	✓	•	✓	•	•	•	✓	•		•	•	✓	✓		•	•	✓				
Toasties																					
BBQ Chicken & Bacon Toastie	✓	•	✓	•	•	•	✓	•		•	✓	•	•		•	•	✓				
Ham & Mature Cheddar Cheese Toastie	✓	•	✓	•	•	•	✓	•		•	✓	•	•		•	•	•				
Mature Cheddar Cheese & Chutney Toastie	✓	•	✓	•	•	•	✓	•		•	✓	•	•		•	•	•				

