



# Customer Allergen Information Guide

Version 04  
20.04.21

*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	
<b>Confectionery</b>																						
Apple Danish	✓	•	•	•	•	•	✓				✓	✓				✓	•					
Bavarian Slice	✓		•				✓	•		•	✓	✓				•						
Belgian Bun	✓	•	•	✓	•	•	✓				•	•				✓	•					
Bunny Biscuit	✓	•	•	•	•	•	✓	•			✓	✓				•	•		•			
Caramel Custard Doughnut (UPDATE)	✓	•	•	•	•	•	✓	•			✓	•				•	•					
Cheese Scones	✓	•	•	•	•	•	•				✓	✓				•	✓					
Cream Doughnut (UPDATE)	✓	•	•	•	•	•	✓	•			✓	•				•	•					
Cream Éclair	✓			•			✓				✓	✓										
Cream Iced Finger (UPDATE)	✓	•	•	•	•		✓	•			✓	•				•	•					
Devon Doughnut (UPDATE)	✓	•	•	•	•	•	✓				✓	•				•						
Easter Bun	✓			✓			•				✓	✓				•						
Empire Biscuit	✓	•	•	•	•	•	•	•			•	✓				✓	•		•			
Filled Milk Chocolate Doughnut (UPDATE)	✓	•	•	•	•	•	✓				✓	•				•						
Fruit Scones	✓	•	•	•	•	•	✓				✓	✓				•	•					
Gingerbread Man	✓	•	•	•	•	•	•	•			✓	✓				•	•		•			
Glazed Ring Doughnut	✓	•	•	•	•	•	✓									•						Y
Iced Split	✓	•	•	•	•		✓				✓	•				•						
Jam Doughnut (UPDATE)	✓	•	•	•	•	•	✓				•	•				•						
Jammy Heart Biscuit	✓						•	•			✓	•				•						
Lemon Muffin	✓		•	•			•				✓	✓				•						
London Cheesecake	✓	•	•	•	•	•	•				✓	✓				•						
Milk Chocolate Caramel Shortbreads/Offcuts	✓		•	•			✓	•			✓	•				•						
Milk Chocolate Chunk Shortbreads	✓		•	•			✓	•			✓	✓				•						









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	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														Gluten Free	Vegan Friendly	
<b>Savouries / Pizzas</b> **There have been rare cases of allergic reactions to Quorn™ products, which contain mycoprotein. Mycoprotein is made with a member of the fungi/mould family. Mycoprotein is high in protein and fibre which may cause intolerance in some people.																						
Bacon & Cheese Wrap	✓										✓	•					•					
Beef & Vegetable Pasty	✓		✓								✓	•					•					
Cheese & Onion Bake	✓	•	•	•	•	•	•				✓	•				•	✓					
Chicken Bake	✓	•	•	•	•	•	•				✓	✓				•	•					
Corned Beef Bake	✓	•	•	•	•	•	•				✓	✓				•	•					
Festive Bake (UPDATE)	✓	•	✓	•	•	•	•				✓	•				•	✓					
Sausage, Bean & Cheese Melt	✓	•	•	•	•	•	•				✓	•				✓	•					
Sausage Roll	✓	•	✓	•	•	•	✓				✓	•				✓	•					
Savoury Mince Pie	✓		✓				✓				✓											
Scotch Pie	✓	•	✓	•	•	•	✓				✓											
Steak Bake	✓	•	✓	•	•	•	•				✓	•				•	•					
**Vegan Sausage Roll with Quorn™	✓		✓	•			•									•						Y
**Vegan Steak Bake with Quorn™	✓		✓	•			•									•						Y
Vegetable Bake	✓	•	•	•	•	•	•				✓	•				•	✓					
<b>Pizzas</b>																						
Margherita Pizza	✓		✓				✓			•	✓				•	•	•					
Pepperoni Pizza	✓		✓				✓			•	✓				•	•	•					
Pepperoni Hot Shot Pizza	✓		✓				✓			•	✓				•	•	•					
Spicy Mexican Chicken Pizza	✓		✓				✓			•	✓				•	•	✓					



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	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														Gluten Free	Vegan Friendly
<p><b>Sandwiches</b>  <b>(HS) = Hospital Shop</b>                      **There have been rare cases of allergic reactions to Quorn™ products, which contain mycoprotein. Mycoprotein is made with a member of the fungi/mould family. Mycoprotein is high in protein and fibre which may cause intolerance in some people.</p>																					
<b>Baguettes</b>																					
Ham & Cheese Baguette	✓	•	•	•			•			•	✓	•	•		•	•	•				
Honey Roast Ham Salad Baguette	✓	•	•	•			•			•	•	✓	•		•	•	✓				
Mature Cheddar Cheese Salad Baguette	✓	•	•	•			•			•	✓	•	•		•	•	•				
Mexican Chicken Baguette	✓	•	•	•			•			•	✓	✓	•		•	•	✓				
Roast Chicken & Bacon Club Baguette	✓	•	•	•			•			•	•	✓	•		•	•	✓				
Roast Chicken Mayonnaise Baguette	✓	•	•	•			•			•	•	✓	•		•	•	✓				
Southern Fried Chicken Baguette	✓	•	•	•			•			•	✓	•	•		✓	•	✓				
Tandoori Chicken Baguette	✓	•	•	•			•			•	•	✓	•		✓	•	✓				
Tuna Crunch Baguette	✓	•	•	•			•			•	•	✓	✓		•	•	✓				
*Vegan Ham & CheeZe Baguette (UPDATE)	✓	•	•	•			•			•											Y
<b>Bread Packs</b>																					
BLT	✓	•	✓	•	•	•	✓			•	•	✓	•		•	•	✓				
Cheese (UPDATE)	✓	•	✓	•	•	•	✓			•	✓	•	•		•	•	•				
Cheese & Pickle	✓	•	✓	•	•	•	✓			•	✓	•	•		•	•	•				
Cheese & Tomato	✓	•	✓	•	•	•	✓			•	✓	•	•		•	•	•				
Egg Mayonnaise (UPDATE)	✓	•	✓	•	•	•	✓			•	•	✓	•		•	•	✓				
Egg Mayonnaise & Tomato	✓	•	✓	•	•	•	✓			•	•	✓	•		•	•	✓				
Free Range Egg Mayonnaise	✓	•	✓	•	•	•	✓			•	•	✓	•		•	•	✓				
Free Range Egg Salad (HS)	✓	•	✓	•	•	•	✓			•	•	✓	•		•	•	✓				
Ham (UPDATE)	✓	•	✓	•	•	•	✓			•	•	•	•		•	•	•				
Honey Roast Ham (HS)	✓	•	✓	•	•	•	✓			•	•	•	•		•	•	•				

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

