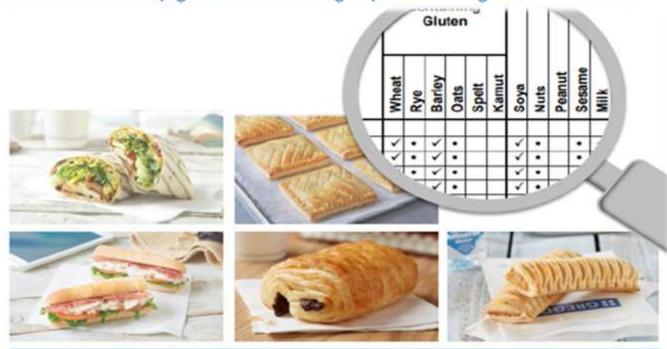


# Customer Allergen Information Guide

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.

Version 04 20.04.21



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.

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#### 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.

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Y (Suitable for)					at)	neat)								ns						е	ndly
Bread & Rolls	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free	Vegan Friendly
Baguette	✓	•	•	•			•														
Corn Topped Rolls	✓	•	✓	•	•	•	✓			•	•	•			•	•	•				
Floured White Rolls	✓	•	✓	•	•	•	✓			•	•	•			•	•	•				
Hot Cross Buns	✓	•	•	•	•	•	✓			•						•					Υ
Large White Bloomer	✓	•	✓	•	•	•	✓				•	•				•					
Malted Brown Sandwich Loaf	✓	•	✓	•	•	•	✓				•	•				•					
Oval Bites (UPDATE)	✓	•	✓	•	•	•	✓			•						•					Υ
Stotties	✓	•	•	•	•	•	✓				•	•				•					
White & Wholemeal Loaf	✓	•	✓	•	•	•	✓				•	•				•					
White & Wholemeal Rolls	✓	•	✓	•	•	•	✓			•	•	•			•	•	•				

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Y (Suitable for)					eat)	/heat)								ans						ee	endly
Breakfast	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free	Vegan Friendly
Breakfast Sandwiches with spread																					
Bacon Breakfast Roll	✓	•	✓	•	•	•	✓			•						•					
Bacon & Omelette Breakfast Roll	✓	•	✓	•	•	•	✓			•	✓	✓				•					
Bacon & Sausage Breakfast Roll	✓	•	✓	•	•	•	✓			•						✓					
Omelette Breakfast Roll	✓	•	✓	•	•	•	✓			•	<b>✓</b>	<b>✓</b>				•					
Sausage Breakfast Roll	✓	•	✓	•	•	•	✓			•						✓					
Sausage & Omelette Breakfast Roll	✓	•	✓	•	•	•	✓			•	<b>✓</b>	<b>✓</b>				✓					
Bacon Breakfast Baguette	✓	•	•	•			•			•											
Bacon & Omelette Breakfast Baguette	✓	•	•	•			•			•	<b>✓</b>	<b>✓</b>									
Bacon & Sausage Breakfast Baguette	✓	•	✓	•			•			•						✓					
Omelette Breakfast Baguette	✓	•	•	•			•			•	✓	✓									
Sausage Breakfast Baguette	✓	•	✓	•			•			•						<b>✓</b>					
Sausage & Omelette Breakfast Baguette	✓	•	✓	•			•			•	✓	✓				✓					
Bacon & Lorne Breakfast Roll	✓	•	✓	•	•	•	✓			•						✓					
Lorne & Omelette Breakfast Roll	✓	•	✓	•	•	•	✓			•	✓	✓				✓					
Lorne Breakfast Roll	✓	•	✓	•	•	•	✓			•						✓					
Bacon & Lorne Breakfast Baguette	✓	•	•	•			•			•						✓					
Lorne Breakfast Baguette	✓	•	•	•			•			•						✓					
Lorne & Omelette Breakfast Baguette	✓	•	•	•			•			•	✓	✓				✓					

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Y (Suitable for)					(1	at)															
Breakfast & Fruit	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free	Vegan Friendly
Individual Breakfast Items																					
Bacon																					
Breakfast Sausage	✓		✓													✓					
Omelette											✓	✓									
Lorne Sausage	✓															✓					
Pastries																					
All Butter Croissant	<b>√</b>						•				<b>√</b>	<b>√</b>									
Pain au Chocolat	✓						✓				✓	✓									
Condiments																					
Heinz Tomato Ketchup															✓						
HP Brown Sauce		<b>✓</b>	✓																		
Spread																					
Porridge																					
*Apple & Cinnamon Flavour Porridge				✓							✓									Υ	
*Golden Syrup Flavour Porridge				✓							✓									Υ	
*Simply Creamy Porridge				✓							✓									Υ	
*Gluten Free Porridge is made with Gluten Free Oats																					
Fruit & Chilled Snacks																					
Braeburn Apple																					
Banana																					
Fruit Medley Pot																					
Mixed Seedless Grapes Pot		_										_									

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Y (Suitable for)					/heat)	Wheat)								eans		S		s		-ree	riendly
Confectionery	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustacean	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free	Vegan Friendly
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	✓	•	•	•	•	•	✓									•					Υ
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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Y (Suitable for)					at)	eat)								SI						ø	ndly
Confectionery	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free	Vegan Friendly
Milk Chocolate Cookie	✓	•	•	•	•	•	✓	•			✓	✓				•	•		•		
Mini Yum Yums	✓	•	•	•	•	•	✓				•	✓				•					
Novelty Bun	✓			✓			•				✓	✓				•					
Pineapple Cake	✓		•	•			•				✓	•				•					
Peach Melba	✓						•				✓	•				•					
Pink Jammie (UPDATE)	✓	•	•	•	•	•	✓				✓	•				•					
Star Biscuit	✓	•	•	•	•	•	✓	•			✓	✓				•	•		•		
Sugar Strand Doughnut (UPDATE)	✓	•	•	•	•	•	✓				•	•				•					
Sweet Mince Pies	✓		•					•			•	•				•					Y
Tottenham Cake	✓			•			•	•			•	✓				•					
Triple Chocolate Brownies							✓	•			✓	✓				•				Υ	
Triple Chocolate Cookie	✓	•	•	•	•	•	✓	•			✓	✓				•	•		•		
Triple Chocolate Doughnut (UPDATE)	✓	•	•	•	•	•	✓				✓	•				•					
Triple Chocolate Muffin	✓	•	•	•			<b>✓</b>				✓	✓									
Vanilla Custard Slice	✓						•	•		•	✓	✓									
White Chocolate Cookie	✓	•	•	•	•	•	✓	•			✓	✓				•	•		•		
Yum Yum	✓	•	•	•	•	•	✓				•	✓				•					

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Y (Suitable for)					at)	eat)								s							dly
Hot & Cold Drinks	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free	Vegan Friendly
Hot Drinks – Includes Decaf version where available																					
Americano											•										
Americano with soya, alternative to milk							✓				•										
Black Tea											•										
Cappuccino											✓										
Cappuccino made with soya, alternative to milk							✓				•										
Caramel Latte											✓										
Decaf Black Coffee											•										
Decaf Coffee with soya, alternative to milk							✓				•										
Espresso Shot											•										
Extra Espresso Shot											•										
Flat White											✓										
Flat White made with soya, alternative to milk							<b>✓</b>				•										
Green Tea											•										
Hot Chocolate											✓										
Latte											✓										
Latte made with soya, alternative to milk							<b>✓</b>				•										
Milk											✓										
Mocha											✓										
Peppermint Tea											•										

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Y (Suitable for)					at)	eat)								S						4)	ndly
Hot & Cold Drinks  Please see the ingredient declaration on the product packaging / label for specific allergen information for all other branded cold drinks.	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free	Vegan Friendly
Hot Drinks - Includes Decaf version where available																					
Tea with soya, alternative to milk							<b>√</b>				•										
Vanilla Latte											✓										
White Tea											✓										
White Coffee											✓										
Soya, Alternative to Milk							✓														
Greggs Own Label Cold Drinks																					
Apple Juice																					
Natural Mineral Water																					
Orange Juice																					
Sparkling Cherryade																					
Sparkling Cloudy Lemonade																✓					
Sparkling Mango & Pineapple																					
Sparkling Raspberry Lemonade																					

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Y (Suitable for)					ıt)	eat)								S							dly
Savouries / Pizzas  **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.	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free	Vegan Friendly
Bacon & Cheese Wrap	✓										✓	•					•				
Beef & Vegetable Pasty	✓		✓								✓										
Cheese & Onion Bake	✓	•	•	•	•	•	•				✓	•				•	<b>✓</b>				
Chicken Bake	✓	•	•	•	•	•	•				✓	✓				•	•				
Corned Beef Bake	✓	•	•	•	•	•	•				✓	✓				•	•				
Festive Bake (UPDATE)	✓	•	✓	•	•	•	•				✓	•				•	<b>✓</b>				
Sausage, Bean & Cheese Melt	✓	•	•	•	•	•	•				<b>✓</b>	•				<b>✓</b>	•				
Sausage Roll	✓	•	✓	•	•	•	✓				<b>✓</b>	•				<b>✓</b>	•				
Savoury Mince Pie	✓		✓				✓				<b>✓</b>										
Scotch Pie	✓	•	✓	•	•	•	✓				<b>✓</b>										
Steak Bake	✓	•	✓	•	•	•	•				✓	•				•	•				
**Vegan Sausage Roll with Quorn™	✓		✓	•			•									•					Υ
**Vegan Steak Bake with Quorn™	✓		✓	•												•					Υ
Vegetable Bake	✓	•	•	•	•	•	•				✓	•				•	✓				
Pizzas																					
Margherita Pizza	✓		✓				✓			•	✓				•	•	•				
Pepperoni Pizza	✓		✓				✓			•	✓				•	•	•				
Pepperoni Hot Shot Pizza	✓		<b>✓</b>				<b>✓</b>			•	✓				•	•	•				
Spicy Mexican Chicken Pizza	✓		✓				✓			•	✓				•	•	✓				

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Y (Suitable for)						ıt)															<u>&gt;</u>
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.	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	E99	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free	Vegan Friendly
Hot To Go																					
BBQ Bites Meal Box	✓																				
Beans Sharing Pot																					
Hash Browns (UPDATE)																					Υ
Spicy BBQ Chicken Bites & sharing box	✓																				
Southern Fried Chicken Goujons & sharing box	✓														<b>✓</b>		<b>✓</b>				
Southern Fried Potato Wedges & sharing box	✓																				Υ
Soup																					
Tomato Soup											<b>✓</b>					•				Υ	
Greggs Own Label Crisps																					
Mature Cheddar & Onion Hand Cooked Crisps											<b>✓</b>										
Salt & Vinegar Crunchy Sticks			✓				✓									<b>✓</b>					
Sea Salt & Cider Vinegar Hand Cooked Crisps	✓																				
Thai Sweet Chili Hand Cooked Crisps			✓																		
Greggs Own Label Snack Packs																					
Chocolate & Yoghurt Coated Raisin Mix	•		•	•			•	•	•		<b>✓</b>					•					
Naked Nuts	•		•	•			•	✓	•		•					•					
Smoky BBQ Crunch	✓		✓	•			•	•	•	•	•					•					
	_																				

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Y (Suitable for)																					
Sandwiches	1				at)	eat)								S							) Jaly
(HS) = Hospital Shop					he	Wh								ean		S		m		Free	rier
**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.	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten F	Vegan Friendly
Baguettes																					
Ham & Cheese Baguette	✓	•	•	•			•			•	✓	•	•		•	•	•				
Honey Roast Ham Salad Baguette	✓	•	•	•			•			•	•	<b>✓</b>	•		•	٠	<b>✓</b>				
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	✓	•	•	•			•			•	•	✓	<b>✓</b>		•	•	✓				
*Vegan Ham & CheeZe Baguette (UPDATE)	✓	•	•	•			•			•											Υ
Bread Packs																					
BLT	✓	•	✓	•	•	•	✓			•	•	✓	•		•	•	✓				
Cheese (UPDATE)	✓	•	✓	•	•	•	✓			•	<b>✓</b>	•	•		•	•	•				
Cheese & Pickle	✓	•	✓	•	•	•	✓			•	✓	•	•		•	•	•				
Cheese & Tomato	✓	•	✓	•	•	•	✓			•	✓	•	•		•	•	•				
Egg Mayonnaise (UPDATE)	✓	•	✓	•	•	•	✓			•	•	✓	•		•	•	✓				
Egg Mayonnaise & Tomato	✓	•	✓	•	•	•	✓			•	•	✓	•		•	•	✓				
Free Range Egg Mayonnaise	✓	•	✓	•	•	•	✓			•	•	<b>✓</b>	•		•	•	✓				
Free Range Egg Salad (HS)	✓	•	✓	•	•	•	✓			•	•	<b>✓</b>	•		•	•	✓				
Ham (UPDATE)	✓	•	✓	•	•	•	✓			•	•	•	•		•	•	•				
Honey Roast Ham (HS)	✓	•	✓	•	•	•	✓			•	•	•	•		•	•	•				

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Contents Key: ✓ (Product contains) • (May Contain) Y (Suitable for)	Cer	eals	Cont	ainin	g Glu	ıten															able or
Y (Suitable for)					at)	eat)								S						•	ylly
Sandwiches					Whe	(W				συ.				cean		es	ъ	SS		Free	Frie
(HS) = Hospital Shop	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free	Vegan Friendly
Honey Roast Ham & Egg (HS)	✓	•	✓	•	•	•	✓			•	•	✓	•		•	•	✓				
Mexican Chicken (HS)	✓	•	<b>✓</b>	•	•	•	✓			•	•	✓	•		•	•	✓				
Roast Chicken Salad	✓	•	✓	•	•	•	✓			•	•	✓	•		•	•	✓				
Bread Packs continued																					J
Tandoori Chicken	✓	•	✓	•	•	•	✓			•	•	✓	•		✓	•	✓				
Tuna Crunch (HS)	✓	•	✓	•	•	•	✓			•	•	✓	✓		•	•	✓				J
Tuna Mayonnaise & Cucumber	✓	•	✓	٠	•	•	✓			•	•	<b>✓</b>	<b>✓</b>		•	•	<b>✓</b>				
Oval Bites																					
Chargrill Chicken Oval Bite (UPDATE)	✓	•	✓	•	•	•	✓			•	•	✓	•		•	•	✓				
Mature Cheddar Cheese Ploughman's Oval Bite (UPDATE)	✓	•	✓	•	•	•	✓			•	✓	•	•		•	•	•				
Mexican Chicken Oval Bite (UPDATE)	✓	•	✓	•	•	•	✓			•	•	✓	•		•	•	✓				
Stotties																					
Cheese & Onion Stottie	✓	•	•	•	•	•	✓			•	✓	✓	•		•	•	✓				
Tuna Mayonnaise Stottie	✓	•	•	•	•	•	✓			•	•	✓	✓		•	•	✓				
Rolls																					
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	✓	•	✓	•	•	•	✓			•	•	✓	✓		•	•	✓				L

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(HS) = Hospital Shop	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free	Vegan Friendly
Toasties																					
BBQ Chicken & Bacon Toastie	✓	•	✓	•	•	•	✓			•	✓	•	•		•	•	<b>✓</b>				
Ham & Mature Cheddar Cheese Toastie	✓	•	✓	•	•	•	✓			•	✓	•	•		•	•	•				
Wraps																					
Chargrill Chicken Wrap	✓		✓				•			•	•	✓	•		•	•	<b>✓</b>				
Mexican Chicken Wrap	✓		•				•			•	•	✓	•		•	•	<b>✓</b>				