# dean&david Allergen-OVERVIEW

valid for Germany - Luxembourg - Austria- Switzerland

The dean&david Allergen-Overview informs about what allergens are contained in our assortment. Furthermore ingredients, which could be undesirable for someone, like garlic and onions are marked additionally and it's obvious if the product is vegetarian or vegan. Not all products are available in every store.



## The following allergenes are marked:

Product information's, nutritional values and allergens from each store apply.

<b>کیلیلار</b>	Grains containing gluten and products thereof: - wheat (A1) - rye (A2) - barley (A3) - oat (A4) - spelt (A5) - khorasan (A6) - hybridised strains		Edible nuts and products thereof: - Almond (H1) - Hazelnut (H2) - Walnut (H3) - Cashew (H4) - Pecan nut (H5) - Brazil nut (H6) - Pistachio (H7) - Macadamia nut (H8)
	Crustaceans and products thereof	Ś	Celery and products thereof
	Eggs and products thereof	S	Mustard and products thereof
	Fish and products thereof	~~~	Sesame and products thereof
H. H.	Peanuts and products thereof	#	Lupines and products thereof
A CONTRACTOR	Soy and products thereof	R	Molluscs and products thereof
	Milk and products thereof (lactose included)	<b>SO</b> <sub>2</sub>	Sulfur dioxide and sulphites > 10 mg/kg or 10 mg/l



## Note to possible traces:

The preceding information about allergenes refer to the used ingredients in the recipes. But because of handling with every allergene in our stores, we can not guarantee, that cross-contaminations and traces of allergens may be found in any menu item, despite of thorough cleaning between every working step.

As well we do not consider any notes from our presuppliers regarding possible traces.



### vegetarian:

no meat, no fish, but eggs and dairy goods



#### vegan:

no animal products, no animal fat or honey

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	Aller	gens															Mayb	oe uno	desira	ble		Veg	gie
	Gi	luten Code	Crustacean S	Egg	Fish	Peanut	Soy	Milk	Edib	le Nuts Code	Cerlery	Mustard	Sesame	Lupines	Molluscs	SO <sub>2</sub>	Garlic	Onion	Alcohol	Beef	Pig	Vegetarian	Vegan
Salads *without dressing + wi Side Salad Grilled Beef Caesar Chicken Chicken Vitality Tuscany Chicken	thout bread	AI AI AI	√ √	✓ ✓			No ✓	o allerge ✓ ✓ ✓	ns incluc	led	✓ 	1					<b>√</b>	✓ 	✓ 	<b>√</b>		✓ 	<b>√</b>
Good Greens Falafel Tahini Vitality Avocado Halloumi Paris	✓	AI		✓ 				✓ ✓ ✓	✓ 	H3 H3			~				✓ 	· ·				✓ ✓ ✓ ✓ ✓	✓ ✓
Salmon Spring Social Pumpkin Goat Cheese Social Avodaco Prawn Special Indian Summer Dressings			✓		•		N	✓ ✓	✓ ns includ	H3								√				✓ ✓	✓
Pink Balsamico Caesar Roket Honey Mustard Tahini Lemon Special Honey Walnut Special Hummus Maple Syrup	✓	AI		<b>√</b>		√  √	Ne ✓	o allerge ✓	ns incluc	H3		✓ ✓ ✓ ✓	✓ ✓				✓ 	<b>√</b>	✓ ✓			<ul> <li>✓</li> </ul>	* * *
Bread Freshly Baked Bread	<ul> <li>✓</li> </ul>	A1, A2, A	3										1									✓	<ul> <li>✓</li> </ul>
Mix Your Own Basis - Salad Mix Bowl Basis - Quinoa Rice Mix Bowl Basis - Jasmine rice Basic - Pear							No	allerge allerge allerge allerge	ns incluc ns incluc	led led												<ul> <li>✓</li> <li>✓</li> <li>✓</li> <li>✓</li> <li>✓</li> </ul>	× × ×
Basic - Crunchy Onions Basic - Croûtons Basic - Edamame Basic - Peanuts	✓ ✓	AI AI				✓												<b>√</b>				<ul> <li>✓</li> <li>✓</li> <li>✓</li> <li>✓</li> <li>✓</li> </ul>	* * *
Basic - Egg (free range) Basic - Spring Onions				1			N	o allerge	ns includ	led								✓				✓ ✓	√ √

•				dea		German	y - Luxem	abourg - Austria - Su of September 2023											C	<b>نې</b> tean & c	) david
	Allergen	s													Mayb	e und	lesiral	ole		Veg	jgie
	Gluten	Crustacean	Eoo	Fish	Peanut	Sov	Milk	Edible Nuts	Cerlery	S	Sesame	Lupines	Molluscs	SO <sub>2</sub>	Garlic	Onion	Alcohol	Beef	Piq	Vegetarian	Vegan
Mix Your Own	Indication Coo	s s						Indication Code													
Basic - Pomegranate Seeds							-	ens included												✓	✓
Basic - Cucumber							-	ens included												<b>√</b>	<b>1</b>
Basic - Carrots							-	ens included												✓	<ul> <li>✓</li> </ul>
Basic - Cherry Tomatoes								ens included												✓	<ul> <li>✓</li> </ul>
Basic - Pumpkin							_	e <mark>ns includ</mark> ed												✓	✓
Basic - Pumpkin and Sunflower Seed Mix	<u>د</u>							ens included												✓	✓
Basic - Mango						ľ	lo allerge	ens included												✓	✓
Basic - Miso Mayo	AI 🖌					<ul> <li>✓</li> </ul>											✓			✓	<ul> <li>✓</li> </ul>
Basic - Olive Tapenade						ľ	lo allerge	e <mark>ns includ</mark> ed												✓	<ul> <li>✓</li> </ul>
Basic - Bell Pepper						ľ	lo allerge	ens included												✓	<ul> <li>✓</li> </ul>
Basic - Lingonberries						P	lo allerge	e <mark>ns includ</mark> ed												✓	<ul> <li>✓</li> </ul>
Basic - Red Cabbage marinated						ľ	lo allerge	e <mark>ns includ</mark> ed												✓	<ul> <li>✓</li> </ul>
Basic - Beetroot						ľ	lo allerge	ens included												✓	<ul> <li>✓</li> </ul>
Basic - Walnuts								🖌 нз												✓	<ul> <li>✓</li> </ul>
Basic - Grapes						N	lo allerge	en <mark>s includ</mark> ed												✓	<ul> <li>✓</li> </ul>
Extra - Avocado						ľ	lo allerge	e <mark>ns includ</mark> ed												✓	<ul> <li>✓</li> </ul>
Extra - Green Falafel						ľ	lo allerge	e <mark>ns includ</mark> ed								<ul> <li>✓</li> </ul>				✓	<ul> <li>✓</li> </ul>
Extra - Gran Soresina (ital. hard cheese)							✓													✓	
Extra - Grilled Vegetables						ľ	lo allerge	ens included								✓				<ul> <li>✓</li> </ul>	<ul> <li>✓</li> </ul>
Extra - Hummus											1				<ul> <li>✓</li> </ul>					✓	✓
Extra - Halloumi							✓													✓	
Extra - Grilled Chicken Breast Stripes						N	lo allerge	ens included													
Extra - Salmon (Norwegian)				<ul><li>✓</li></ul>																	
Extra - planted.chicken											✓									✓	<ul> <li>✓</li> </ul>
Extra - Roast Potatoes						N	lo allerge	ns included												✓	1
Extra - Beef Stripes						P	lo allerge	ens included							✓	✓		✓			
Extra - Sheep's Cheese							<ul> <li>✓</li> </ul>													✓	
Extra - Sweet Potato Chunks						ľ	lo allerge	ens included												✓	-
Extra - Goat's Cheese							✓													1	



		luten		1									, <b>**</b> .	90	002						L
	Indication		Crustacean					Indication		Cerlery		Sesame	Lupines		Sulfites	Garlic	Onion	Alcohol	Beef	Pig	Vegeta
owls												•	•	•							
Veggie Buddha with sauce	<ul> <li>✓</li> </ul>	A1				<ul> <li>✓</li> </ul>	√	<ul> <li>✓</li> </ul>	H3		✓	<ul> <li>✓</li> </ul>					✓				<b>v</b>
Veggie Buddha without sauce						<ul> <li>✓</li> </ul>		✓	H3								✓				<ul> <li>✓</li> </ul>
Crunchy Beef with sauce	<ul> <li>✓</li> </ul>	A1				√	√				✓	√				-	- ✓		- ✓		
Crunchy Beef without sauce	<ul> <li>✓</li> </ul>	AI				<ul> <li>✓</li> </ul>										-	✓		- ✓		
Crunchy Chicken with sauce	<ul> <li>✓</li> </ul>	A1				√	√				- ✓	1					- ✓				
Crunchy Chicken without sauce	-	A1				<ul> <li>✓</li> </ul>											✓				
Avocado Chicken with sauce						N	o allerge	ns include	ed							✓	✓				
Avocado Chicken without sauce						N	o allerge	ns include	ed												
Salmon Avocado with aauce	<ul> <li>✓</li> </ul>	A1		<ul> <li>✓</li> </ul>		- √	√				- ✓	1					- ✓				
Salmon Avocado without sauce	<ul> <li>✓</li> </ul>	A1		✓		<ul> <li>✓</li> </ul>						1					✓				
Vegan Falafel Bowl with sauce						√						1				-	- ✓				1
Vegan Falafel Bowl without sauce						<ul> <li>✓</li> </ul>						<ul> <li>✓</li> </ul>				-	✓				
Chicken Teriyaki Bowl with sauce	<ul> <li>✓</li> </ul>	A1				√						1					- ✓				
hicken Teriyaki Bowl without sauce												<ul> <li>✓</li> </ul>					✓				
California Poke Bowl with sauce	<ul> <li>✓</li> </ul>	A1		<ul> <li>✓</li> </ul>		<ul> <li>✓</li> </ul>					✓	1					✓	1			
California Poke Bowl without sauce	<ul> <li>✓</li> </ul>	A1		<ul> <li>✓</li> </ul>		<ul> <li>✓</li> </ul>					✓	<ul> <li>✓</li> </ul>					✓	- √			
Japanese Beef Bowl with sauce	<ul> <li>✓</li> </ul>	A1			✓	<ul> <li>✓</li> </ul>					-					-	✓	1	<ul><li>✓</li></ul>		
Japanese Beef Bowl without sauce	<ul> <li>✓</li> </ul>	A1			✓	1					✓					-	✓	1	✓		
sis Quinoa Rice Mix						N	o allerge	ns include	ed												Y
sis Jasmin Rice						N	o allerge	ns include	ed												V

Black Rice Crunchy Chicken Bowl	1	A1			<ul> <li>✓</li> </ul>	✓			✓	<ul> <li>✓</li> </ul>			✓				
Black Rice Salmon Avocado Bowl	1	A1			<ul> <li>✓</li> </ul>	✓			✓	<ul> <li>✓</li> </ul>			✓				
Black Rice Avocdao Chicken Bowl					N	o allerge	ens inclue	led				<ul> <li>✓</li> </ul>	√				
Vegan Falafel Bulgur Bowl	1	A1			1					<ul><li>✓</li></ul>		<ul> <li>✓</li> </ul>	✓			✓	<ul> <li>✓</li> </ul>
Veggie Buddha Bulgur Bowl	1	A1			1	✓	<ul> <li>✓</li> </ul>	НЗ	✓	<ul> <li>✓</li> </ul>			1			✓	
Bowl Saucen																	
Soy Sesame Sauce	- ✓	A1			<ul> <li>✓</li> </ul>	<ul> <li>✓</li> </ul>			✓	<ul> <li>✓</li> </ul>						<ul> <li>✓</li> </ul>	
Mexican Salsa					N	o allerge	ns inclu	led				- ✓	✓			✓	<ul> <li>✓</li> </ul>
Lemon Herbs Sauce				√	<ul> <li>✓</li> </ul>					<ul> <li>✓</li> </ul>		<ul> <li>✓</li> </ul>	✓			<ul> <li>✓</li> </ul>	<ul> <li>✓</li> </ul>
Teriyaki Sauce	1	A1			<ul> <li>✓</li> </ul>											✓	-
Spicy Ginger Sauce	<ul> <li>✓</li> </ul>	A1			<ul><li>✓</li></ul>									$\checkmark$		<ul> <li>✓</li> </ul>	<ul> <li>✓</li> </ul>

Kids Menü															
Mini Falafel Plate	<ul><li>✓</li></ul>	A1, A2, A3							- ✓		<ul> <li>✓</li> </ul>	✓		<ul> <li>✓</li> </ul>	<ul> <li>✓</li> </ul>
Mini Chicken Bowl				<ul> <li>✓</li> </ul>	<ul> <li>✓</li> </ul>			✓				- ✓			

Allergens

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dean&david Allergen-OVERVIEW valid for Germany - Luxembourg - Austria - Switzerland valid until 30th of September 2023

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	Aller	gens															Mayb	e und	lesira	ble		Veg	ggie
Sandwiches	Gi Indication	luten Code	Crustacean S	Egg	Fish	Peanut	Soy	Milk		ole Nuts	Cerlery	S	Sesame	Lupines	Molluscs	Sulfites	Garlic	Onion	Alcohol	Beef	Pig	Vegetarian	Vegan
Avocado Mozzarella	1	A1, A2, A3					1	✓					1					1				-	
Chicken Avocado	· ·	A1, A2, A3					· ·	· •					· ·									-	
Vegan Sweet Potato	, V	A1, A2, A3					· ·	· ·				✓	· ·					, ,	-			-	1
Grilled Veggie	· ·	A1, A2, A3						1				•	· ·					· •				· ·	
Wraps		12/12/10						•														•	
Caesar	1	A1, A2						1															
Paris	- <b>*</b>	A1, A2		•			- <b>·</b>		~	НЗ								1	•			-	-
Vegan Falafel	<b>v</b>	A1, A2 A1, A2						-		нз		•	1				-	<b>↓</b>					1
Teriyaki Salmon	-	A1, A2			1		1	-										•					
Grilled Flatbread		M1, M2						•															
																		,					
Pesto Chicken	1	A1, A2					,	<ul> <li>✓</li> </ul>									<b>√</b>	<b>√</b>					-
Grilled vegetables Mozzarella	1	A1, A2					✓	$\checkmark$										*				<ul> <li>✓</li> </ul>	
Olive Sheep Cheese	1	A1, A2 A1, A2						✓ ✓									-	1				<ul> <li>✓</li> </ul>	-
Creamy Coriander Avocado	<b>•</b>							v									•	v				•	
Vegetarian and vegan	Curri	es																-					
Vegan Red Thai Curry							1				<b>v</b>		<b>V</b>				✓	1				<ul> <li>✓</li> </ul>	✓
Vegan Red Thai Curry planted.chicken	_						1				1		1				<b>1</b>	1				<ul> <li>✓</li> </ul>	1
Vegan Green Thai Curry							1				1		<b>V</b>				-	<ul> <li>✓</li> </ul>				<ul> <li>✓</li> </ul>	
Vegan Green Thai Curry planted.chicken	_						1				✓		1				-	1				<b>√</b>	*
Veggie Korma Curry with Chick peas	_						1	<b>√</b>			_	$\checkmark$						√ √				$\checkmark$	4
Veggie Korma Curry planted.chicken							✓	✓				 ✓					-	* 				✓ ✓	•
Vegan Sweet potato spinach Curry Vegan Red Lentil Dal	-						1					v		Info	rmation on curries:	our		<b>↓</b>				▼ ✓	-
Vegan Red Lentil Dai Vegan Mango Coconut Curry (Express)	-											-			ries are serve		<b>→</b>	• •					-
Chicken and Meat Cur												•			ame seeds. T sion of sesan			•				•	
Chicken Korma Curry	1105						1	1				-	1	offere	ed upon requ	Jest,		1				1	
Red Thai Chicken Curry							- <b>·</b>	•			1	•			r please mak rm us before		-	-					
Green Thai Chicken Curry							· ·				<b>→</b>						<b>→</b>	· ·					
Red Thai Beef Curry	-						· •				· ·						· ·			✓			
Green Thai Beef Curry							· ·				· ·						· ·	· •		· •			
Chicken Tikka Curry								✓			✓	✓											
Curry Bowls																							
Mango Chicken Curry-Bowl						1											1	1					
Tikka Beef Curry-Bowl						· ·	1						1				· ·	•		1			
Happy Halloumi Curry-Bowl							· ·	✓	1	H3			· ·				· ·	· •				1	
						1											-	1				· ·	

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	Aller	gens															May	oe uno	lesiral	ble		Veggie	
	G	iluten Code	Crustacean	Egg	Fish	Peanut	Soy	Milk	Edib	ole Nuts	Cerlery	S Mustard	Sesame	Lupines	Molluscs	SO <sub>2</sub>	Garlic	Onion	Alcohol	Beef	Pig	Vegetarian Vega	2
Soups *without bread																							_
Carrot Coconut Ginger	<ul> <li>✓</li> </ul>	A1					<ul> <li>✓</li> </ul>				<ul> <li>✓</li> </ul>											<ul> <li>✓</li> </ul>	
Carrot Mango	<ul> <li>✓</li> </ul>	A1															<b>1</b>					<ul> <li>✓</li> </ul>	
Tomato Basil							N	o allerge	ns inclue	ded												<ul> <li>✓</li> </ul>	
Breakfast Toast & Egg	S																						
Vegan Avocado Toast	<ul> <li>✓</li> </ul>	A1, A2, A3											-									<ul> <li>✓</li> </ul>	
Avocado Toast with Sunny side up	<ul> <li>✓</li> </ul>	A1, A2, A3		✓									<ul> <li>✓</li> </ul>									<b>√</b>	
Hummus Toast with sheep cheese	<ul> <li>✓</li> </ul>	A1, A2, A3						✓					<ul> <li>✓</li> </ul>				<ul> <li>✓</li> </ul>					✓	
Hummus Toast mit Sheep cheese and egg	9 🗸	A1, A2, A3		✓				✓					<ul> <li>✓</li> </ul>				<ul> <li>✓</li> </ul>					✓	
Salmon Avocado Toast	<b>1</b>	A1, A2, A3			<b>1</b>								<b>1</b>										
Salmon Avodaco Toast with Sunny side u		A1, A2, A3		- ✓	<ul> <li>✓</li> </ul>								✓										
Quinoa Breakfast Bow	*witho	ut bread																					
Salsa & Egg Bowl				✓													1	✓				✓	
Sweets									-														_
Bircher Muesli	<ul> <li>✓</li> </ul>	A4						✓	<ul> <li>✓</li> </ul>	H1, H2												✓	
Mango Coconutmilkrice								✓														1	
Homemade Smoothie	Bowl	5					-		-														_
Açaí Bowl	<ul> <li>✓</li> </ul>	A3, A4, A5				√			<ul> <li>✓</li> </ul>	H1, H4												<ul> <li>✓</li> <li>✓</li> </ul>	
Tropical Mango Bowl	<ul> <li>✓</li> </ul>	A3, A5				1			-	H1, H4												<b>√ √</b>	
Chocolat Banana Bowl	<ul> <li>✓</li> </ul>	A4				√																<b>√</b> √	
Warm Porridge																							
Mango Grape	<ul> <li>✓</li> </ul>	A4																				<b>√ √</b>	
Granola Apple	✓	A3, A4, A5							✓	H1, H4												✓	
Apple Cinnamon	1	A4							-	НЗ												1 1	

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	Allerge	ens														Mayb	oe und	lesiral	ble		Veg	ggie
	Gluten	Code Crustacea	n Egg	Fish	Peanut	Soy	Milk	Edible I Indication	Nuts Code	Cerlery	S Mustard	Sesame	Lupines	Molluscs	Sulfites	Garlic	Onion	Alcohol	Beef	Pig	Vegetarian	Vegan
Coffee																						
Espresso / Doppio / Coffee						N	o allerge	ns include	d												✓	<ul><li>✓</li></ul>
Espresso Macchiato							√														✓	
Espresso Macchiato with oatdrink						N	o allerge	ns include	d												1	1
Cappuccino							1														✓	
Cappuccino with oatdrink						N	o allerge	ns include	d												√	1
Flat White							√														✓	
Flat White with oatdrink						N	o allerge	ns include	d												✓	1
Latte Macchiato							√														✓	
Latte Macchiato with oatdrink						N	o allerge	ns include	d												√	1
Caffè Latte							√														✓	
Caffè Latte with oat drink						N	o allerge	ns include	d												√	1
Chai Latte							√														✓	
Chai Latte with oatdrink						N	o allerge	ns include	d												√	1
Mint tea						N	o allerge	ns include	d												✓	✓
Cumin tea						N	o allerge	ns include	d												✓	1
Ginger-Mint-Tea						N	o allerge	ns include	d												✓	<ul> <li>✓</li> </ul>
Cake, Muffins, Croiss	ants																					
Blueberry Crumble Muffin	🖌 A1		<ul><li>✓</li></ul>				✓														✓	
Double Chocolate Muffin	✓ A1					1			_												· ·	1
Carrot Cake	✓ A1		-				1	✓ F	H3, H7												· ·	
Bananabread	✓ A1	, A4							H1, H2, H3												✓	1
Raspberry Almond Brownie			<ul> <li>Image: A second s</li></ul>			1	1		H1, H2												· ·	
Croissant	✓ A1																				 ✓	<b>√</b>
Pain au chocolat	✓ A1					1															· ·	1

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	Allerg	jens															May	oe unc	lesira	ble		Veg	gie
	Glut	ten Code	Crustacean S	Egg	Fish	Peanut	Soy	Milk		e Nuts Code	Cerlery	S Mustard	Sesame	Lupines	Molluscs	SO <sub>2</sub>	Garlic	Onion	Alcohol	Beef	Pig	Vegetarian	Vegan
Juices																							
ACE							No	allerge	ns includ	ed												✓	<ul> <li>✓</li> </ul>
Botox								-	ns includ													✓	<ul> <li>Image: A second s</li></ul>
Green Glow									ns includ													✓	<ul> <li>✓</li> </ul>
Rehab							No	allerge	ns includ	ed												✓	<b>1</b>
Lemonade																							
Ginger Lemongras							No	allerger	ns includ	ed												✓	<ul> <li>✓</li> </ul>
Smoothies																							
Açaí Sunrise						√																✓	1
Green Machine						√														ies: We p		✓	<ul> <li>✓</li> </ul>
Mango Passion						1														nfortunatel mpletely r		<ul> <li>✓</li> </ul>	<ul> <li>✓</li> </ul>
Peanut Protein						✓														· · ·		✓	<ul> <li>✓</li> </ul>
Wine and Secco																							
Soave DOC Classico																✓			-			✓	
Farnese Primitivo																✓			<ul> <li>✓</li> </ul>			✓	
Silver Veneto Frizzante																1			<ul> <li>✓</li> </ul>			✓	
Hugo																√			✓			✓	
Aperol Spritz																1			- ✓			✓	
Aperol Tonic																			<ul> <li>✓</li> </ul>			✓	
Lillet Wild Berry																✓			<ul> <li>✓</li> </ul>			<ul> <li>✓</li> </ul>	
Lillet Vive																√			<ul> <li>✓</li> </ul>			✓	
Gin Tonic																			-			<ul> <li>✓</li> </ul>	
Crodino Spritz																✓						✓	
Additional Specials																							
Hot Chicken Wrap	<ul><li>✓</li></ul>	A1, A2						1									1	1					
Hot Sweet Potato Wrap		A1, A2					1	✓				✓							1			1	
Cesar Chicken Wrap, ganz (Smartfood)		A1, A2		1			· •	· ✓		-		· ·		-			1	-				•	
Falafel Mezze Wrap, ganz (Smartfood)		A1, A2		•				•				•	1				- <b>*</b>	1				-	1
							1	- ✓	1			✓		_			•	▼ ✓				<ul> <li>▼</li> <li>✓</li> </ul>	•
Veggie Goat Wrap, ganz (Smartfood)		A1, A2					1		v	H3		v						v				•	
Japanese Salmon Wrap, ganz (Smartfood		A1, A2			1		1	√															
Grilled Chicken Wrap, ganz (Smartfood)	<ul> <li>✓</li> </ul>	AI, A2					✓	√					<ul> <li>✓</li> </ul>										