

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



Note to possible traces:

The information on allergens and suitability for pregnant women listed here refers to the ingredients used according to the recipe. However, as meat, fish and all allergens are also processed in our stores, we unfortunately cannot guarantee that, despite thorough cleaning, unavoidable cross-contamination takes place between all work steps and traces of allergens, possibly also fish, are contained. We also do not take into account any information about possible traces contained on the part of our suppliers.

 <p>vegetarian: no meat, no fish, but eggs and dairy goods</p>	 <p>vegan: no animal products, no animal fat or honey</p>
 <p>All dean&david products are FREE from: - Preservatives - artificial Colourants</p>	 <p>Suitable: - for pregnant women</p>

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Allergens

Gluten		Crustaceans		Egg	Fish	Peanut	Soy	Milk	Edible Nuts		Celery	Mustard	Sesame	Lupines	Molluscs	Sulfites
Indication	Code	Indication	Code						Indication	Code						

Maybe undesirable

Garlic	Onion	Alcohol	Beef	Pig
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Suitable for

Vegetarian	Vegan	Pregnant women
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Mix Your Own

	Gluten	Crustaceans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts	Celery	Mustard	Sesame	Lupines	Molluscs	Sulfites	Garlic	Onion	Alcohol	Beef	Pig	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	No allergens included							✓ H3												✓	✓	✓
Basic - Grapes	No allergens included																			✓	✓	✓
Extra - Avocado	No allergens included																			✓	✓	✓
Extra - Green Falafel	No allergens included														✓					✓	✓	✓
Extra - Gran Soresina (Ital. hard cheese)	No allergens included						✓									✓				✓	✓	✓
Extra - Grilled Vegetables	No allergens included															✓				✓	✓	✓
Extra - Hummus	No allergens included											✓								✓	✓	✓
Extra - Halloumi	No allergens included						✓					✓								✓	✓	✓
Extra - Grilled Chicken Breast Stripes	No allergens included																			✓	✓	✓
Extra - Salmon (Norwegian)	No allergens included			✓																✓	✓	✓
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	No allergens included						✓													✓	✓	✓
Extra - Sweet Potato Chunks	No allergens included																			✓	✓	✓
Extra - Goat's Cheese	No allergens included						✓													✓	✓	✓

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Gluten		Crusta- reans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts		Celery	Mustard	Sesame	Lupines	Molluscs	Sulfites
Indication	Code							Indication	Code						

Maybe undesirable

Garlic	Onion	Alcohol	Beef	Pig
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Suitable for

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Bowls

California Poke Bowl with sauce	✓	A1		✓		✓				✓	✓						✓			
California Poke Bowl without sauce	✓	A1		✓		✓				✓	✓							✓		
Salmon Avocado with sauce	✓	A1		✓		✓	✓			✓	✓							✓		
Salmon Avocado without sauce	✓	A1		✓		✓	✓			✓	✓							✓		
Japanese Beef Bowl with sauce	✓	A1		✓	✓	✓				✓	✓							✓		✓
Japanese Beef Bowl without sauce	✓	A1		✓	✓	✓				✓	✓							✓		✓
Crunchy Chicken with sauce	✓	A1		✓		✓	✓			✓	✓							✓		✓
Crunchy Chicken without sauce	✓	A1		✓		✓	✓			✓	✓							✓		✓
Chicken Teriyaki Bowl with sauce	✓	A1		✓		✓					✓	✓						✓		✓
Chicken Teriyaki Bowl without sauce				✓		✓					✓	✓						✓		✓
Avocado Chicken Bowl with sauce				✓		✓					✓	✓						✓		✓
Avocado Chicken Bowl without sauce	No allergens included			✓		✓					✓	✓						✓		✓
Vegan Falafel Bowl with sauce				✓		✓					✓	✓						✓		✓
Vegan Falafel Bowl without sauce				✓		✓					✓	✓						✓		✓
Veggie Buddha Bowl with sauce	✓	A1		✓		✓	✓	✓	H3		✓	✓						✓		✓
Veggie Buddha Bowl without sauce				✓		✓	✓	✓	H3		✓	✓						✓		✓
Crunchy Beef with sauce (until Oct)	✓	A1		✓		✓	✓				✓	✓						✓		✓
Crunchy Beef without sauce (until Oct)	✓	A1		✓		✓	✓				✓	✓						✓		✓
Quinoa Rice Mix	No allergens included			✓		✓					✓	✓						✓		✓
Jasmin Rice	No allergens included			✓		✓					✓	✓						✓		✓

Cold Bowls

Black Rice Crunchy Chicken Bowl	✓	A1		✓		✓	✓			✓	✓							✓		✓
Black Rice Salmon Avocado Bowl	✓	A1		✓		✓	✓			✓	✓							✓		✓
Black Rice Avocado Chicken Bowl				✓		✓	✓				✓	✓						✓		✓
Vegan Falafel Bulgur Bowl	✓	A1		✓		✓	✓				✓	✓						✓		✓
Veggie Buddha Bulgur Bowl	✓	A1		✓		✓	✓	✓	H3		✓	✓						✓		✓

Bowl Sauces

Spicy Ginger Sauce	✓	A1		✓		✓					✓	✓						✓		✓
Soy Sesame Sauce	✓	A1		✓		✓	✓				✓	✓						✓		✓
Teriyaki Sauce	✓	A1		✓		✓					✓	✓						✓		✓
Lemon Herbs Sauce				✓		✓						✓						✓		✓
Mexican Salsa	No allergens included			✓		✓					✓	✓						✓		✓

Kids Menü

Mini Falafel Plate	✓	A1, A2, A3		✓		✓					✓	✓						✓		✓
Mini Chicken Bowl				✓		✓					✓	✓						✓		✓

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Indication	Code							Indication	Code							

Maybe undesirable

Garlic	Onion	Alcohol	Beef	Pig
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Suitable for

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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					✓	✓					✓						✓	✓	✓
Yellow Mango Curry (until Oct)	✓	A1				✓											✓	✓	✓
Thai Peanut Beef Curry (until Oct)					✓	✓					✓						✓	✓	✓

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.

