

# dean&david Allergen-OVERVIEW

valid for Germany - Luxembourg - Austria- Switzerland

















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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:

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



### 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.

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

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valid until February 28th, 2025



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## Allergens

Gluten		Crustaceans		Egg	Fish	Peanut	Soy	Milk	Edible Nuts		Celery	Mustard	Sesame	Lupines	Molluscs	SO <sub>2</sub>
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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## Salads \*without dressing + without bread

Side Salad without dressing	No allergens included																✓	✓	✓
Side Salad with dressing					✓			✓				✓					✓	✓	✓
Salmon Spring without dressing					✓			✓				✓							
Salmon Spring with dressing					✓			✓				✓							
Big Easy Beef without dressing						✓	✓					✓							✓
Big Easy Beef with Dressing						✓	✓					✓					✓		✓
Caesar Chicken without dressing	✓	A1		✓			✓	✓				✓							✓
Caesar Chicken with dressing	✓	A1		✓			✓	✓				✓							✓
Chicken Vitality without dressing				✓				✓				✓							✓
Chicken Vitality with dressing				✓				✓				✓							✓
Avocado Halloumi without dressing								✓										✓	✓
Avocado Halloumi with dressing								✓				✓						✓	✓
Falafel Tahini without dressing							✓						✓					✓	✓
Falafel Tahini with dressing	✓	A1					✓						✓	✓			✓	✓	✓
Good Greens without dressing									✓	H3							✓	✓	✓
Good Greens with dressing									✓	H3		✓					✓	✓	✓
Paris without dressing								✓		H3							✓	✓	✓
Paris with dressing								✓		H3		✓					✓	✓	✓

## Salads Prepacked (EXPRESS)

Caesar Classic - prepacked				✓			✓					✓					✓	✓	✓
Vitality mit Dressing				✓			✓					✓					✓	✓	✓

## Dressings

Honey Mustard												✓					✓	✓	✓
Caesar				✓			✓	✓				✓					✓	✓	✓
Caesar vegan							✓					✓					✓	✓	✓
Rocket												✓					✓	✓	✓
Balsamico Maple												✓					✓	✓	✓
Tahini Lemon	✓	A1					✓						✓				✓	✓	✓

## Bread

Freshly Baked Bread	✓	A1, A2, A3															✓	✓	✓
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## Mix Your Own

Basis - Salad Mix	No allergens included																✓	✓	✓
Bowl Basis - Quinoa Rice Mix	No allergens included																✓	✓	✓
Bowl Basis - Jasmine rice	No allergens included																✓	✓	✓
Basic - Pear	No allergens included																✓	✓	✓
Basic - Crunchy Onions	✓	A1															✓	✓	✓
Basic - Croûtons	✓	A1															✓	✓	✓
Basic - Edamame							✓										✓	✓	✓
Basic - Peanuts						✓											✓	✓	✓
Basic - Egg (free range)				✓													✓	✓	✓
Basic - Spring Onions	No allergens included																✓	✓	✓

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Indication	Code								Indication	Code						

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## Suitable for

Vegetarian	Vegan	Pregnant women

### 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			✓				
Quinoa Rice Mix	Base	No allergens included															
Jasmin Rice	Base	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																	

### Kids Menü

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

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## Allergens

Gluten		Crustaceans		Egg	Fish	Peanut	Soy	Milk	Edible Nuts		Celery	Mustard	Sesame	Lupines	Molluscs	SO <sub>2</sub>
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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### 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					✓						✓		✓				

**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.




## Allergens

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

**Maybe undesirable**

				
Garlic	Onion	Alcohol	Beef	Pig

**Suitable for**

Vegetarian    Vegan    Pregnant women

## Cake, Muffins, Croissants

[illegible]

## Lemonade

[illegible]

## Smoothies

[illegible]

## Wine and Secco

	Soave DOC Classico														✓			✓					✓			
	Farnese Primitivo														✓			✓					✓			
	Silver Veneto Frizzante														✓			✓					✓			
	Hugo														✓			✓					✓			
	Aperol Spritz <sup>(2,17)</sup>														✓			✓					✓			
	Aperol Tonic <sup>(2,17)</sup>	No allergens included																✓					✓			
	Lillet Wild Berry														✓			✓					✓			
	Lillet Vive <sup>(17)</sup>														✓			✓					✓			
	Gin Tonic <sup>(17)</sup>	No allergens included																✓					✓			
	Crodino Spritz <sup>(2,17)</sup>														✓			✓					✓			✓

## Additional Specials

Additional Specials																								
	Special																							
Cesar Chicken Wrap, whole	✓	A1, A2		✓			✓	✓			✓					✓			✓					
Falafel Mezze Wrap, whole	✓	A1, A2																	✓					
Veggie Goat Wrap, whole	✓	A1, A2					✓	✓	✓		✓		✓						✓					
Japanese Salmon Wrap, whole	✓	A1, A2			✓		✓	✓		H3									✓					
Italian Pasta Bowl	✓	A1						✓											✓					
Burrata Pasta Bowl	✓	A1						✓		H3									✓					
Kebab Bowl	✓	A4						✓		H1			✓						✓					

## Seasonals

[illegible]

## 2: With Colourants

17: Contains Quinine