

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	SO ₂
Indication	Code						Indication	Code					Sulfites

Maybe undesirable

Garlic	Onion	Alcohol	Beef	Pig

Suitable for

Vegetarian	Vegan	Pregnant women

Salads *without dressing + without bread

Item	Gluten	Crustaceans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts	Celery	Mustard	Sesame	Lupines	Molluscs	SO ₂	Garlic	Onion	Alcohol	Beef	Pig	Vegetarian	Vegan	Pregnant women				
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								✓												✓	✓	✓				
Good Greens with dressing								✓		✓										✓	✓	✓				
Paris without dressing							✓	✓												✓	✓	✓				
Paris with dressing							✓	✓		✓										✓	✓	✓				

Salads Prepacked (EXPRESS)

Item	Gluten	Crustaceans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts	Celery	Mustard	Sesame	Lupines	Molluscs	SO ₂	Garlic	Onion	Alcohol	Beef	Pig	Vegetarian	Vegan	Pregnant women
Caesar Classic - prepacked			✓				✓								✓		✓			✓	✓	✓
Vitality mit Dressing			✓				✓			✓										✓	✓	✓

Dressings

Item	Gluten	Crustaceans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts	Celery	Mustard	Sesame	Lupines	Molluscs	SO ₂	Garlic	Onion	Alcohol	Beef	Pig	Vegetarian	Vegan	Pregnant women
Honey Mustard										✓										✓	✓	✓
Caesar			✓			✓	✓			✓					✓	✓				✓	✓	✓
Caesar vegan						✓				✓					✓	✓				✓	✓	✓
Rocket										✓										✓	✓	✓
Balsamico Maple										✓										✓	✓	✓
Tahini Lemon	✓	A1				✓									✓	✓				✓	✓	✓

Bread

Item	Gluten	Crustaceans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts	Celery	Mustard	Sesame	Lupines	Molluscs	SO ₂	Garlic	Onion	Alcohol	Beef	Pig	Vegetarian	Vegan	Pregnant women
Freshly Baked Bread	✓	A1, A2, A3																		✓	✓	✓

Mix Your Own

Item	Gluten	Crustaceans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts	Celery	Mustard	Sesame	Lupines	Molluscs	SO ₂	Garlic	Onion	Alcohol	Beef	Pig	Vegetarian	Vegan	Pregnant women				
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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Gluten	Crustaceans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts	Celery	Mustard	Sesame	Lupines	Molluscs	Sulfites
Indication	Code												

Maybe undesirable

Garlic	Onion	Alcohol	Beef	Pig

Suitable for

Vegetarian	Vegan	Pregnant women

Mix Your Own

	Allergens													Maybe undesirable					Suitable for							
	Indication	Code	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									✓	H3										✓	✓	✓				
Basic - Grapes	No allergens included																		✓	✓	✓					
Extra - Avocado	No allergens included																		✓	✓	✓					
Extra - Green Falafel	No allergens included																		✓	✓	✓					
Extra - Gran Soresina (ital. hard cheese)								✓								✓				✓	✓	✓				
Extra - Grilled Vegetables	No allergens included																		✓	✓	✓					
Extra - Hummus								✓				✓			✓					✓	✓	✓				
Extra - Halloumi								✓							✓					✓	✓	✓				
Extra - Grilled Chicken Breast Stripes	No allergens included																									✓
Extra - Salmon (Norwegian)					✓															✓	✓	✓				
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								✓							✓					✓	✓	✓				
Extra - Sweet Potato Slices	No allergens included																		✓	✓	✓					
Extra - Goat's Cheese								✓							✓					✓	✓	✓				

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Gluten	Crustaceans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts	Celery	Mustard	Sesame	Lupines	Molluscs	SO ₂
Indication	Code						Indication	Code					

Maybe undesirable

Garlic	Onion	Alcohol	Beef	Pig

Suitable for

Vegetarian	Vegan	Pregnant women

Bowls

Item	Gluten	Crustaceans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts	Celery	Mustard	Sesame	Lupines	Molluscs	SO ₂	Garlic	Onion	Alcohol	Beef	Pig	Vegetarian	Vegan	Pregnant women			
California Poke Bowl with sauce	✓			✓		✓				✓	✓					✓	✓								
California Poke Bowl without sauce	✓			✓		✓				✓	✓					✓	✓								
Salmon Avocado with sauce	✓			✓		✓	✓			✓	✓					✓	✓								
Salmon Avocado without sauce	✓			✓		✓				✓	✓					✓	✓								
Japanese Beef Bowl with sauce	✓				✓	✓				✓	✓				✓	✓	✓	✓							
Japanese Beef Bowl without sauce	✓				✓	✓				✓	✓				✓	✓	✓	✓							
Crunchy Chicken with sauce	✓					✓	✓			✓	✓					✓	✓					✓			
Crunchy Chicken without sauce	✓					✓				✓	✓					✓	✓					✓			
Chicken Teriyaki Bowl with sauce	✓					✓				✓	✓					✓	✓					✓			
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	✓					✓	✓	✓		✓	✓				✓	✓				✓	✓	✓			
Veggie Buddha Bowl without sauce						✓		✓		✓	✓				✓	✓				✓	✓	✓			
Quinoa Rice Mix <small>Base</small>	No allergens included																								
Jasmin Rice <small>Base</small>	No allergens included																								

Cold Bowls

Item	Gluten	Crustaceans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts	Celery	Mustard	Sesame	Lupines	Molluscs	SO ₂	Garlic	Onion	Alcohol	Beef	Pig	Vegetarian	Vegan	Pregnant women
Black Rice Crunchy Chicken Bowl	✓					✓	✓			✓	✓					✓	✓					✓
Black Rice Salmon Avocado Bowl	✓			✓		✓	✓			✓	✓					✓	✓					✓
Black Rice Avocado Chicken Bowl						✓				✓	✓					✓	✓					✓
Vegan Falafel Bulgur Bowl	✓					✓				✓	✓				✓	✓				✓	✓	✓
Veggie Buddha Bulgur Bowl	✓					✓	✓	✓		✓	✓				✓	✓				✓	✓	✓

Bowl Sauces

Item	Gluten	Crustaceans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts	Celery	Mustard	Sesame	Lupines	Molluscs	SO ₂	Garlic	Onion	Alcohol	Beef	Pig	Vegetarian	Vegan	Pregnant women
Spicy Ginger Sauce	✓					✓					✓						✓			✓	✓	
Soy Sesame Sauce	✓					✓	✓			✓	✓									✓	✓	✓
Teriyaki Sauce	✓					✓					✓									✓	✓	✓
Lemon Herbs Sauce											✓									✓	✓	✓

Kids Menü

Item	Gluten	Crustaceans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts	Celery	Mustard	Sesame	Lupines	Molluscs	SO ₂	Garlic	Onion	Alcohol	Beef	Pig	Vegetarian	Vegan	Pregnant women
Mini Falafel Plate	✓					✓				✓	✓				✓	✓				✓	✓	✓
Mini Chicken Bowl					✓	✓				✓	✓				✓	✓				✓	✓	✓

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Allergens

Gluten		Crusta-reans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts		Cerlery	Mustard	Sesame	Lupines	Molluscs	SO ₂
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

	Gluten	Crusta-reans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts	Cerlery	Mustard	Sesame	Lupines	Molluscs	SO ₂	Garlic	Onion	Alcohol	Beef	Pig	Vegetarian	Vegan	Pregnant women
Avocado Mozzarella	✓					✓	✓				✓					✓				✓		✓
Chicken Avocado	✓					✓	✓				✓				✓	✓				✓		✓
Vegan Sweet Potato	✓					✓				✓					✓	✓	✓			✓	✓	
Grilled Veggie	✓					✓	✓				✓				✓	✓				✓	✓	✓

Wraps

	Gluten	Crusta-reans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts	Cerlery	Mustard	Sesame	Lupines	Molluscs	SO ₂	Garlic	Onion	Alcohol	Beef	Pig	Vegetarian	Vegan	Pregnant women
Caesar	✓		✓			✓	✓			✓					✓		✓			✓		✓
Paris	✓					✓	✓	✓	H3	✓					✓	✓				✓		✓
Vegan Falafel	✓					✓					✓				✓	✓				✓	✓	✓
Teriyaki Salmon	✓			✓		✓	✓				✓				✓	✓				✓	✓	✓

Hot Wraps

	Gluten	Crusta-reans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts	Cerlery	Mustard	Sesame	Lupines	Molluscs	SO ₂	Garlic	Onion	Alcohol	Beef	Pig	Vegetarian	Vegan	Pregnant women
Hot grilled Beef	✓		✓			✓	✓			✓					✓	✓	✓			✓		✓
Hot Chicken Teriyaki	✓					✓	✓			✓					✓	✓				✓		✓
Hot Veggie Honey Mustard	✓					✓	✓			✓					✓	✓				✓	✓	✓

Grilled Flatbread

	Gluten	Crusta-reans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts	Cerlery	Mustard	Sesame	Lupines	Molluscs	SO ₂	Garlic	Onion	Alcohol	Beef	Pig	Vegetarian	Vegan	Pregnant women
Pesto Chicken	✓					✓	✓								✓	✓				✓		✓
Grilled vegetables Mozzarella	✓					✓	✓								✓	✓				✓		✓
Olive Sheep Cheese	✓					✓	✓								✓	✓				✓		✓
Creamy Coriander Avocado	✓					✓	✓								✓	✓				✓		✓

Curries

	Gluten	Crusta-reans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts	Cerlery	Mustard	Sesame	Lupines	Molluscs	SO ₂	Garlic	Onion	Alcohol	Beef	Pig	Vegetarian	Vegan	Pregnant women
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.

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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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Breakfast Toast & Eggs

Vegan Avocado Toast	✓	A1, A2, A3																						✓	✓	✓		
Avocado Toast with Sunny side up	✓	A1, A2, A3		✓																						✓	✓	✓
Hummus Toast with sheep cheese	✓	A1, A2, A3						✓																		✓	✓	✓
Hummus Toast mit Sheep cheese and egg	✓	A1, A2, A3		✓				✓																		✓	✓	✓
Salmon Avocado Toast	✓	A1, A2, A3			✓																							
Salmon Avodaco Toast with Sunny side up	✓	A1, A2, A3		✓	✓																							

Quinoa Breakfast Bowl *without bread

Salsa & Egg Bowl				✓																						✓	✓	✓
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Sweets

Bircher Muesli	✓	A4						✓	✓	H1, H2																✓	✓	✓
Mango Coconutmilkrice								✓																		✓	✓	✓

Homemade Smoothie Bowls

Açai Bowl	✓	A3, A4, A5							✓	H1, H4																✓	✓	✓
Tropical Mango Bowl	✓	A3, A5							✓	H1, H4																✓	✓	✓
Chocolat Banana Bowl	✓	A4																								✓	✓	✓

Warm Porridge

Mango Grape	✓	A4																								✓	✓	✓
Granola Apple	✓	A3, A4, A5							✓	H1, H4																✓	✓	✓
Apple Cinnamon	✓	A4							✓	H3																✓	✓	✓

Coffee

Espresso / Doppio / Coffee	No allergens included																									✓	✓	✓
Espresso Macchiato								✓																		✓	✓	✓
Espresso Macchiato with oatdrink	No allergens included																									✓	✓	✓
Cappuccino								✓																		✓	✓	✓
Cappuccino with oatdrink	No allergens included																									✓	✓	✓
Fiat White								✓																		✓	✓	✓
Fiat White with oatdrink	No allergens included																									✓	✓	✓
Latte Macchiato								✓																		✓	✓	✓
Latte Macchiato with oatdrink	No allergens included																									✓	✓	✓
Caffè Latte								✓																		✓	✓	✓
Caffè Latte with oat drink	No allergens included																									✓	✓	✓
Chai Latte								✓																		✓	✓	✓
Chai Latte with oatdrink	No allergens included																									✓	✓	✓
Mint tea	No allergens included																									✓	✓	✓

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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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Cake, Muffins, Croissants

Blueberry Muffin	✓	A1		✓			✓												✓	✓	✓
Double Chocolate Muffin	✓	A1				✓													✓	✓	✓
Carrot Cake	✓	A1		✓			✓												✓	✓	✓
Bananabread	✓	A1, A4						✓											✓	✓	✓
Raspberry Almond Brownie				✓			✓		✓										✓	✓	✓
Croissant	✓	A1																	✓	✓	✓
Pain au chocolat	✓	A1					✓												✓	✓	✓

Lemonade

Ginger Lemongras	No allergens included																				✓	✓	✓
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Smoothies

Açaí Sunrise	No allergens included																				✓	✓	✓
Green Machine	No allergens included																				✓	✓	✓
Mango Passion	No allergens included																				✓	✓	✓

Wine and Secco

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

Additional Specials

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

Seasonals

	Seasonals																				
Chicken Tikka Curry							✓	✓				✓							✓	✓	✓
Green Caesar Salad with Dressing	✓	A1					✓				✓								✓	✓	✓
Green Caesar Salad without Dressing	✓	A1					✓												✓	✓	✓
Korean BBQ Chicken Bowl	✓	A1					✓												✓	✓	✓
Korean BBQ planted.chicken Bowl	✓	A1					✓												✓	✓	✓
Korean BBQ Beef Bowl	✓	A1					✓												✓	✓	✓
Bulgogi Sauce	✓	A1					✓												✓	✓	✓

2: With Colourants

dean&david Allergen-OVERVIEW

valid for Germany - Luxembourg - Austria - Switzerland
valid until February 28th, 2025



dean & david

Allergens

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

Maybe undesirable

				
Garlic	Onion	Alcohol	Beef	Pig

Suitable for

		
Vegetarian	Vegan	Pregnant women

17: Contains Quinine