

# 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:

 <p><b>Grains containing gluten and products thereof:</b></p> <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>	 <p><b>Edible nuts and products thereof:</b></p> <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>
 <p><b>Crustaceans and products thereof</b></p>	 <p><b>Celery and products thereof</b></p>
 <p><b>Eggs and products thereof</b></p>	 <p><b>Mustard and products thereof</b></p>
 <p><b>Fish and products thereof</b></p>	 <p><b>Sesame and products thereof</b></p>
 <p><b>Peanuts and products thereof</b></p>	 <p><b>Lupines and products thereof</b></p>
 <p><b>Soy and products thereof</b></p>	 <p><b>Molluscs and products thereof</b></p>
 <p><b>Milk and products thereof (lactose included)</b></p>	 <p><b>Sulfur dioxide and sulphites &gt; 10 mg/kg or 10 mg/l</b></p>



### Note to possible cross-contamination:

The allergen information refers exclusively to the 14 major allergens known to cause allergic reactions. An allergen is listed only if it is explicitly used as an ingredient in the recipe. However, please note that cross-contamination with other major allergens mentioned cannot be ruled out during the production of ingredients and the preparation of our dishes. These potential cross-contaminations are **not** separately indicated.

 <p><b>vegetarian:</b></p> <p>no meat, no fish, but eggs and dairy goods</p>	 <p><b>vegan:</b></p> <p>no animal products, no animal fat or honey</p>
 <p>We divide our degree of <b>spiciness</b> into:</p> <ul style="list-style-type: none"> <li>✓ : mild</li> <li>✓✓ : medium</li> <li>✓✓✓ : hot</li> </ul>	 <p><b>Suitable:</b></p> <p>- for pregnant women</p>

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valid until End of May 2026



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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
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## Suitable for

Spiciness	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		✓				✓				✓							✓				
Planted.chicken Caesar with Dressing	✓	A1		✓				✓				✓							✓				
Chicken Vitality without dressing				✓				✓				✓							✓				
Chicken Vitality with dressing				✓				✓				✓							✓				
Planted.chicken Vitality with Dressing				✓				✓				✓							✓				
Avocado Halloumi without dressing	✓	A1		✓				✓				✓							✓				
Avocado Halloumi with dressing	✓	A1		✓				✓				✓							✓				
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			✓							✓				

**Info about planted.chicken:** Due to an additional ingredient on the grill, planted.chicken may currently contain traces of soy.

### Salads Prepacked (EXPRESS)

Caesar Classic - prepacked				✓				✓									✓		✓
Vitality with Dressing				✓				✓				✓							✓

### Dressings

Honey Mustard												✓							✓
Caesar							✓					✓							✓
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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Spiciness	Vegetarian	Vegan	Pregnant women

## Mix Your Own

	Allergens	Gluten	Crustaceans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts	Celery	Mustard	Sesame	Lupines	Molluscs	Sulfites	Garlic	Onion	Alcohol	Beef	Spiciness	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 Moravia (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 - Premium Lachs	No allergens included				✓																✓	✓	✓
Extra - planted.chicken classic	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 Slices	No allergens included																				✓	✓	✓
Extra - Goat's Cheese	No allergens included							✓													✓	✓	✓





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## Maybe undesirable

Garlic	Onion	Alcohol	Beef

## Suitable for

Spiciness	Vegetarian	Vegan	Pregnant women

### Coffee

Product	Allergens	Maybe undesirable	Spiciness	Vegetarian	Vegan	Pregnant women
Espresso / Doppio / Coffee	No allergens included			✓	✓	✓
Espresso Macchiato				✓	✓	✓
Espresso Macchiato with oatdrink	No allergens included			✓	✓	✓
Cappuccino				✓	✓	✓
Cappuccino with oatdrink	No allergens included			✓	✓	✓
Flat White				✓	✓	✓
Flat 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			✓	✓	✓
Iced Strawberry Matcha Latte milk				✓	✓	✓
Iced Strawberry Matcha Latte oatmilk	No allergens included			✓	✓	✓
Iced Matcha Latte milk				✓	✓	✓
Iced Matcha Latte oatmilk	No allergens included			✓	✓	✓
Hot Matcha Latte, milk				✓	✓	✓
Hot Matcha Latte, oatmilk	No allergens included			✓	✓	✓

### Cake, Muffins, Croissants

Product	Allergens	Maybe undesirable	Spiciness	Vegetarian	Vegan	Pregnant women
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			✓	✓	✓



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Indication	Code	Indication	Code						Indication	Code						

## Maybe undesirable

Garlic	Onion	Alcohol	Beef

## Suitable for

Spiciness	Vegetarian	Vegan	Pregnant women

7: with antioxidant  
17: contains quinine