

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 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>vegetarian: no meat, no fish, but eggs and dairy goods</p>	 <p>vegan: no animal products, no animal fat or honey</p>
 <p>We divide our degree of spiciness into: ✓ : mild ✓✓ : medium ✓✓✓ : hot</p>	 <p>Suitable: - for pregnant women</p>

dean&david Allergen-OVERVIEW

valid for Germany - Luxembourg - Austria- Switzerland
valid until September 2026



dean & david

Allergens

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

Maybe undesirable

Garlic	Onion	Alcohol	Beef
--------	-------	---------	------

Suitable for

Spiciness	Vegetarian	Vegan	Pregnant women
-----------	------------	-------	----------------

Salads *without dressing + without bread

Salad	Gluten	Crustaceans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts	Celery	Mustard	Sesame	Lupines	Molluscs	SO ₂	Garlic	Onion	Alcohol	Beef	Spiciness	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		✓																			✓
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									✓													✓
Good Greens with dressing									✓													✓
Paris without dressing									✓													✓
Paris with dressing									✓													✓

Dressings

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

Bread

Freshly Baked Bread	✓	A1, A2, A3																				✓
---------------------	---	------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	---

Mix Your Own

Mix	Gluten	Crustaceans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts	Celery	Mustard	Sesame	Lupines	Molluscs	SO ₂	Garlic	Onion	Alcohol	Beef	Spiciness	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																					✓
Basis - Pear	No allergens included																					✓
Basis - Crunchy Onions	✓ A1																					✓
Basis - Croûtons	✓ A1																					✓
Basis - Edamame																						✓
Basis - Peanuts																						✓
Basis - Ei			✓																			✓
Basis - Spring Onions	No allergens included																					✓

dean&david Allergen-OVERVIEW

valid for Germany - Luxembourg - Austria- Switzerland
valid until September 2026



dean & david

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
--------	-------	---------	------

Suitable for

Spiciness	Vegetarian	Vegan	Pregnant women
-----------	------------	-------	----------------

Mix Your Own

	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								✓ H3												✓	✓	✓
Basic - Grapes	No allergens included																			✓	✓	✓
Extra - Avocado	No allergens included																			✓	✓	✓
Extra - Green Falafel	No allergens included														✓	✓				✓	✓	✓
Extra - Gran Moravia (ital. hard cheese)							✓													✓	✓	✓
Extra - Grilled Vegetables	No allergens included																			✓	✓	✓
Extra - Hummus											✓				✓	✓				✓	✓	✓
Extra - Halloumi							✓													✓	✓	✓
Extra - Grilled Chicken Breast Stripes	No allergens included																			✓	✓	✓
Extra - Premium Räucherlachs				✓																✓	✓	✓
Extra - planted.chicken classic	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							✓													✓	✓	✓

dean&david Allergen-OVERVIEW

valid for Germany - Luxembourg - Austria - Switzerland
valid until September 2026



dean & david

Allergens

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

Maybe undesirable

Garlic	Onion	Alcohol	Beef

Suitable for

Spiciness	Vegetarian	Vegan	Pregnant women

Kaffee

Product	Allergens	Maybe undesirable	Suitable for
Espresso / Doppio / Coffee	No allergens included		✓
Espresso Macchiato			✓
Espresso Macchiato with oatdrink	✓ A4		✓
Cappuccino			✓
Cappuccino with oatdrink	✓ A4		✓
Flat White			✓
Flat White with oatdrink	✓ A4		✓
Latte Macchiato			✓
Latte Macchiato with oatdrink	✓ A4		✓
Caffè Latte			✓
Caffè Latte with oat drink	✓ A4		✓
Chai Latte			✓
Chai Latte with oatdrink	✓ A4		✓
Mint tea	No allergens included		✓

Matcha (Iced and Hot)

Iced Strawberry Matcha Latte milk			✓
Iced Strawberry Matcha Latte oatmilk	✓ A4		✓
Iced Mango Cocos Matcha Latte milk			✓
Iced Mango Cocos Matcha Latte oatmilk	✓ A4		✓
Iced Matcha Latte milk			✓
Iced Matcha Latte oatmilk	✓ A4		✓
Hot Matcha Latte, milk			✓
Hot Matcha Latte, oatmilk	✓ A4		✓

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		✓
Cinnamon Swirl	✓ A1, A4		✓
Cranberry Porridge Bread	✓ A1, A4		✓

Lemonade

Ginger Lemongras	No allergens included		✓
------------------	-----------------------	--	---

Smoothies

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

Info about our Smoothies:
We also use collagen and whey protein in our smoothies; cross-contamination with animal products cannot therefore be completely ruled out.

dean&david Allergen-OVERVIEW

valid for Germany - Luxembourg - Austria- Switzerland
valid until September 2026



dean & david

Allergens

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

Maybe undesirable

Garlic	Onion	Alcohol	Beef	Spiciness

Suitable for

Vegetarian	Vegan	Pregnant women

Wine and Secco

Product	Gluten	Crustaceans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts	Celery	Mustard	Sesame	Lupines	Molluscs	Sulfites	Garlic	Onion	Alcohol	Beef	Spiciness	Vegetarian	Vegan	Pregnant women	
Soave DOC Classico																							
Farnese Primitivo																							
Silver Veneto Frizzante																							
Hugo																							
Aperol Spritz (2,17)																							
Aperol Tonic (2,17)																							
Lillet Wild Berry																							
Lillet Vive (17)																							
Gin Tonic (17)																							
Crodino Spritz (2,17)																							

Seasonals

Seasonal

Product	Gluten	Crustaceans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts	Celery	Mustard	Sesame	Lupines	Molluscs	Sulfites	Garlic	Onion	Alcohol	Beef	Spiciness	Vegetarian	Vegan	Pregnant women	
Protein Chicken Bowl without Sauce																							
Protein planted.chicken Bowl with Sauce	✓	A1																					
Protein planted.chicken Bowl without Sauce																							
Korean BBQ Bowl Basis with Sauce	✓	A1																					
Korean BBQ Bowl Basis without Sauce																							
Korean BBQ Beef Bowl with Sauce	✓	A1																					
Korean BBQ Beef Bowl without Sauce																							
Korean BBQ Chicken Bowl with Sauce	✓	A1																					
Korean BBQ Chicken Bowl without Sauce																							
Korean BBQ planted.Chicken Bowl with Sauce	✓	A1																					
Korean BBQ planted.Chicken Bowl without Sauce																							
Prepacked planted.Kebab Bowl with Sauce	✓	A4							✓	H1		✓											✓
Kebab Bowl planted.kebab (incl. Sauce)	✓	A4							✓	H1		✓											✓
Kebab Beef Bowl (incl. Sauce)	✓	A4							✓	H1		✓											✓
Kebab Chicken Bowl (incl. Sauce)	✓	A4							✓	H1		✓											✓
Kebab planted.chicken Bowl (incl. Sauce)	✓	A4							✓	H1		✓											✓
Prepacked planted.Kebab Bowl with Sauce	✓	A4							✓	H1		✓											✓
Chicken Oriental Salad with Dressing									✓	H1		✓											✓
Chicken Oriental Salad without Dressing									✓	H1		✓											✓
planted.chicken Oriental Salad with Dressing									✓	H1		✓											✓
planted.chicken Oriental without Dressing									✓	H1		✓											✓
Apple-Elderflower Dressing									✓	H1		✓											✓

Additional Specials

Specials

Product	Gluten	Crustaceans	Egg	Fish	Peanut	Soy	Milk	Edible Nuts	Celery	Mustard	Sesame	Lupines	Molluscs	Sulfites	Garlic	Onion	Alcohol	Beef	Spiciness	Vegetarian	Vegan	Pregnant women	
Ocean Smoothie Bowl	✓																						✓
Acai Smoothie Bowl	✓																						✓
Peanut Chocolate Banana Overnight Oats	✓				✓							✓											✓
Golden Milk Overnight Oats	✓						✓																✓
XL Chicken 'n Egg Bowl	✓		✓																				✓
XL planted.chicken ' Egg Bowl	✓		✓																				✓
XL Protein Power Bowl																							✓
XL Chicken Protein Power Bowl																							✓
San Sebastian Cheesecake	✓		✓				✓																✓
Apple Tarte (7)	✓		✓				✓	✓															✓
Banana Walnut Bread	✓		✓				✓	✓															✓

2: with colourants
7: with antioxidant
17: contains quinine