

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:

 Grains containing gluten and products thereof: - wheat (A1) - rye (A2) - barley (A3) - oat (A4) - spelt (A5) - khorasan (A6) - hybridised strains	 Edible nuts and products thereof: - Almond (H1) - Hazelnut (H2) - Walnut (H3) - Cashew (H4) - Pecan nut (H5) - Brazil nut (H6) - Pistachio (H7) - Macadamia nut (H8)
 Crustaceans and products thereof	 Celery and products thereof
 Eggs and products thereof	 Mustard and products thereof
 Fish and products thereof	 Sesame and products thereof
 Peanuts and products thereof	 Lupines and products thereof
 Soy and products thereof	 Molluscs and products thereof
 Milk and products thereof (lactose included)	 Sulfur dioxide and sulphites > 10 mg/kg or 10 mg/l



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. Nor will we take into account any information regarding possible traces from our suppliers.

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

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valid until December 2026

**Suitable for**

							
Garlic	Onion	Alcohol	Beef	Spiciness	Vegetarian	Vegan	Pregnant women

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	✓					✓	✓	✓
✓			✓			✓	✓	✓
						✓	✓	✓
✓	✓					✓	✓	✓
						✓	✓	✓

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Suitable for

Indication	Code	Crusta- ceans	Egg	Fish	Peanut	Soy	Milk	Indication	Code	Celery	Mustard	Sesame	Lupines	Molluscs	Sulfites		Garlic	Onion	Alcohol	Beef	Spiciness	Vegetarian	Vegan	Pregnant women

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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					

Maybe undesirable

Garlic	Onion	Alcohol	Beef

Suitable for

Spiciness	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		✓		✓				✓						✓	✓			✓	
Crunchy planted.chicken Bowl with sauce	✓	A1		✓		✓			✓	✓						✓	✓			✓	
Chicken Teriyaki Bowl with sauce	✓	A1		✓		✓				✓	✓					✓	✓			✓	
Chicken Teriyaki Bowl without sauce	✓	A1		✓		✓				✓	✓					✓	✓			✓	
Planted.chicken Teriyaki Bowl with sauce	✓	A1		✓		✓				✓	✓					✓	✓			✓	
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		✓		✓	✓		✓	✓						✓	✓			✓	
Veggie Buddha Bowl without sauce				✓		✓				✓						✓	✓			✓	
Quinoa Rice Mix																✓	✓			✓	
Jasmin Rice																✓	✓			✓	

Applies only to test stores offering breakfast: On a trial basis, egg is also prepared on the grill. Traces in ingredients prepared on the grill therefore cannot be completely ruled out.

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				✓	✓	✓		✓						✓	✓			✓	

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					✓	✓			✓	✓						✓	✓			✓	

Sandwiches

Avocado Mozzarella	✓	A1, A2, A3				✓	✓			✓						✓	✓			✓	
Smashed Avocado Mozzarella	✓	A1, A2, A4				✓	✓			✓						✓	✓			✓	
Chicken Avocado	✓	A1, A2, A3				✓	✓			✓						✓	✓			✓	
Smashed Avocado Chicken	✓	A1, A2, A4				✓	✓			✓						✓	✓			✓	
Vegan Sweet Potato	✓	A1, A2, A3				✓			✓	✓						✓	✓			✓	

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Suitable for

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Hot Wraps

Grilled Flatbread																								
Pesto Chicken	✓	A1, A2					✓						✓	✓					✓	✓	✓			
Olive Sheep Cheese	✓	A1, A2					✓						✓	✓					✓	✓	✓			
Creamy Coriander Avocado	✓	A1, A2					✓						✓	✓					✓	✓	✓			

Curries

Information on our curries: Our curries are served with sesame. If preferred, they can be prepared without – please let us know when ordering.

Applies only to test stores offering breakfast:
On a trial basis, egg is also prepared on the grill. Traces in ingredients prepared on the grill therefore cannot be

Bircher Muesli	✓	A1, A4					✓	✓	H1, H2							✓		✓
Mango Coconutmilkrice							✓										✓	✓
Açaí Bowl	✓	A3, A4, A5						✓	H1, H4								✓	✓
Red Berry Granola Yoghurt	✓	A4, A5						✓	H1, H4								✓	✓
Mango Matcha Yoghurt	✓	A3, A5						✓	H1, H4								✓	✓

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Collagen	No allergens included																																																																																																																																							
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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.

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