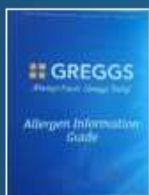




Allergen Information Guide – All National Products

What to do if a Customer asks about an allergen?



- Bring the **Allergen Information Guide** to the Customer.
- **Tip** - keep it in the same location so everyone can find it **quickly**.



- Find the **product name** in the guide and **point it out** to the Customer.
- As we use many ingredients and shared equipment we **can't guarantee** food we prepare in our kitchens to be **allergen free**.



- **Hand over the Allergen Guide to the Customer so they can read the information themselves.**



- Remember, please **don't try to guess** what is in our products, always **hand the Customer the allergen information guide** and point out the product name to the Customer.

What if the allergen is not in the book?



- If the Customer has a query about any other ingredient **not listed** in the guide, please ask them to contact **Customer Care** on **0808 147 3447**.

Introduction

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The Food Standards Agency regards the following ingredients and their derivatives as allergens: peanuts, nuts, fish, eggs, crustaceans, sesame seeds, milk, soybeans, celery, mustard, lupin, molluscs, cereals containing gluten and sulphites. We provide information on these 14 allergens in this guide. If you have a query about any other ingredient please ask a member of our shop team who will contact our Customer Care team on:

0808 147 3447

Bread & Rolls

Cereals containing Gluten

Wheat

Rye

Barley

Oats

Spelt

Kamut

Soya

Nuts

Peanut

Sesame

Milk

Egg

Fish

Crustaceans

Celery

Sulphites

Mustard

Molluscs

Lupin

Baguette

Bran & Rye Roll

Corn Topped Roll

Crusty Bloomer (Small & Large)

Crusty Rolls

Floured White Rolls

Half Malted Brown Bloomer

Half White Bloomer

Malted Brown Bloomer (Large)

Malted Brown Loaf

Mini White Sub Roll

Morning Roll (Scotland)

Seeded Oval Bite

Stottie

Tiger Loaf (Large)

White Bloomer (Large)

White Sandwich Bread

White Sub Roll

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Breakfast

Cereals containing Gluten

Wheat

Rye

Barley

Oats

Spelt

Kamut

Soya

Nuts

Peanut

Sesame

Milk

Egg

Fish

Crustaceans

Celery

Sulphites

Mustard

Molluscs

Lupin

Breakfast Sandwiches

Bacon Breakfast Roll

Bacon & Omelette Breakfast Roll

Bacon & Sausage Breakfast Roll

Omelette Breakfast Roll

Sausage Breakfast Roll

Sausage & Omelette Breakfast Roll

Bacon Breakfast Baguette

Bacon & Omelette Breakfast Baguette

Bacon & Sausage Breakfast Baguette

Omelette Breakfast Baguette

Sausage Breakfast Baguette

Sausage & Omelette Breakfast Baguette

Breakfast Sandwiches (Scotland only)

Bacon & Lorne Breakfast Roll

Lorne & Omelette Breakfast Roll

Lorne Breakfast Roll

Bacon & Lorne Breakfast Baguette

Lorne Breakfast Baguette

Lorne & Omelette Breakfast Baguette

Breakfast Wraps

All Day Breakfast Wrap

Egg & Cheese Wrap

Individual Items

Bacon

Breakfast Sausage

Omelette

Lorne Sausage

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Breakfast**Cereals
containing
Gluten****Wheat****Rye****Barley****Oats****Spelt****Kamut****Soya****Nuts****Peanut****Sesame****Milk****Egg****Fish****Crustaceans****Celery****Sulphites****Mustard****Molluscs****Lupin****Breakfast Pots/Box - Selected shops only**

Breakfast Pot / Box

Veggie Breakfast Pot / Box

Pastries/Confectionery

Almond Croissant

Croissant

Pain au Chocolat

Breakfast Sauces/additions

Heinz Tomato Ketchup

HP Brown Sauce

Spread

Porridge

Shop Prepared Creamy Oats Porridge

*Golden Syrup Gluten-Free Porridge

*Red Berry Gluten-Free Porridge

*Simply Creamy Gluten-Free Porridge

*Gluten-Free Porridge is made with Gluten-Free oats

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Cold Drinks

Please see the ingredient declaration on the product packaging / label for specific allergen information for all other branded cold drinks.

Cereals containing Gluten

Wheat

Rye

Barley

Oats

Spelt

Kamut

Soya

Nuts

Peanut

Sesame

Milk

Egg

Fish

Crustaceans

Celery

Sulphites

Mustard

Molluscs

Lupin

Greggs Own Label Cold Drinks

Apple & Blackcurrant Juice Drink

Fairtrade Apple Juice

Fairtrade Orange Juice

Natural Mineral Water

Orange Juice Drink

Sparkling Cloudy Lemonade

Sparkling Florida Orange

Sparkling Ginger Beer

Sparkling Raspberry Lemonade

Still Lemon & Lime Water

Still Strawberry Water

Still Summer Berry Juice Drink

Still Tropical Fruit Juice Drink

✓

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Confectionery**Cereals
containing
Gluten**

	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin
Apple Danish	✓						✓				✓	✓				✓			
Bavarian Slice	✓						✓				✓	✓							
Belgian Bun	✓			✓			✓									✓			
Belgian Chocolate Caramel Shortbread/Offcuts	✓						✓				✓								
Belgian Chocolate Chunk Shortbreads	✓						✓				✓	✓							
Belgian White Chocolate & Lemon Shortbreads	✓						✓				✓								
Blush Biscuit	✓											✓							
Bran Scone	✓						✓				✓								
Bread Pudding	✓		✓				✓				✓								
Caramel (Curl) Finger Doughnut	✓						✓				✓	✓							
Caramel Custard Doughnut	✓						✓				✓	✓							
Caramel Latte Eclair	✓						✓				✓	✓							
Cheese Scone	✓										✓	✓					✓		
Children in Need Ring Bun	✓			✓							✓	✓							
Choc Cherry Muffin	✓						✓				✓	✓							
Christmas Cake Slab / Christmas Cake Slice	✓							✓			✓	✓				✓			
Christmas Pudding Biscuit	✓						✓				✓	✓							
Christmas Ring Bun	✓			✓							✓	✓							
Christmas Tree Biscuit	✓						✓				✓	✓							
Cinnamon Bun	✓						✓				✓	✓							
Cream Apple Danish	✓						✓				✓	✓				✓			
Cream Apple Turnover	✓										✓					✓			
Cream Belgian Bun	✓			✓			✓				✓					✓			
Cream Coconut Finger	✓										✓								
Cream Coffee Choux Bun	✓										✓	✓							
Cream Éclair	✓						✓				✓	✓							
Cream Finger Doughnut	✓						✓				✓	✓							
Cream Fruit Scone	✓						✓				✓	✓							
Cream Iced Finger	✓						✓				✓								
Custard Slice	✓						✓				✓	✓							
Devon Doughnut	✓						✓				✓	✓							

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Confectionery

Cereals containing Gluten

	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin
Eccles Cake	✓										✓	✓							
Egg Custard Tart	✓										✓	✓							
Empire Biscuit	✓											✓				✓			
Flaked Fancy	✓			✓			✓				✓	✓							
French Fancy	✓										✓	✓							
Fruit Scone	✓						✓				✓	✓							
Gingerbread Man	✓						✓				✓	✓							
Glazed Ring Doughnut	✓						✓				✓	✓							
Iced Finger	✓						✓				✓								
Iced Ring Doughnut	✓						✓				✓	✓							
Iced Split	✓						✓				✓								
Jam Doughnut	✓						✓				✓	✓							
Jammy Heart Biscuit	✓										✓								
London Cheesecake	✓										✓	✓				✓			
Milk Chocolate Cookie	✓						✓				✓	✓							
Milk Chocolate Ring Doughnut	✓						✓				✓	✓							
Milk Chocolate Ring Doughnut (SC)	✓						✓				✓	✓							
Mini Christmas Shortbreads	✓						✓				✓								
Mini Doughnuts	✓										✓	✓							
Mini Raspberry & Almond Bakes	✓			✓				✓			✓	✓							
Mini Yum Yums	✓						✓					✓							
Novelty Biscuit (Spikey Mikey)	✓						✓				✓	✓							
Novelty Ring Bun	✓			✓							✓	✓							
Peach Melba	✓										✓								
Pineapple Cake	✓										✓								
Pink Jammie	✓						✓				✓	✓							
Pudsey Biscuit	✓											✓							
Raspberry Finger Doughnut (Pink Iced)	✓						✓				✓	✓							
Salted Caramel Ring Doughnut	✓						✓				✓	✓							
Snowy Road Gluten-Free							✓												
Sugar Strand Doughnut	✓						✓				✓	✓							

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[illegible]

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Hot Drinks**Cereals
containing
Gluten****Wheat****Rye****Barley****Oats****Spelt****Kamut****Soya****Nuts****Peanut****Sesame****Milk****Egg****Fish****Crustaceans****Celery****Sulphites****Mustard****Molluscs****Lupin**

Americano (Black Coffee)

Americano with soya, milk alternative

Cappuccino

Caramel Latte

Decaf Black Coffee

Decaf Coffee with soya, milk alternative

Decaf White Coffee

Espresso Shot

Extra Espresso Shot

Flat White

Green Tea

Hot Chocolate

Latte

Milk

Mint Hot Chocolate

Mint Mocha

Mocha

Peppermint Tea

Salted Caramel Latte

Tea with soya, milk alternative

Vanilla Latte

White Tea

White Coffee

Soya, Alternative to Milk

UHT Semi Skimmed Milk (Dairystix)

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All Sandwiches including Platters	Cereals containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin
	Wheat	Rye	Barley	Oats	Spelt	Kamut													
Baguettes																			
Ham & Cheese Baguette	✓										✓								
Honey Roast Ham Salad Baguette	✓											✓					✓		
Mature Cheddar Cheese Salad Baguette	✓										✓								
Mexican Chicken Baguette	✓										✓	✓					✓		
Roast Chicken & Bacon Club Baguette	✓											✓					✓		
Roast Chicken Mayonnaise Baguette	✓											✓					✓		
Pigs Under Blankets Baguette	✓		✓													✓			
Southern Fried Chicken Baguette	✓										✓				✓		✓		
Steak & Cheese Baguette	✓		✓								✓	✓					✓		
Tandoori Chicken Baguette	✓											✓			✓		✓		
Tuna Crunch Baguette	✓											✓	✓				✓		
Tuna & Sweetcorn Baguette	✓											✓	✓				✓		
Bloomers																			
Red Thai Chicken Bloomer	✓		✓				✓				✓	✓					✓		
Tuna Crunch Bloomer	✓		✓				✓				✓	✓	✓				✓		
Bread Packs																			
BLT BP	✓		✓				✓				✓	✓					✓		
Chargrill Chicken Salad BP	✓		✓				✓				✓	✓					✓		
Cheese & Onion BP	✓		✓				✓				✓	✓					✓		
Cheese & Tomato BP	✓		✓				✓				✓								
Christmas Lunch BP	✓		✓				✓				✓	✓					✓		
Egg Mayonnaise & Tomato BP	✓		✓				✓				✓	✓					✓		
Free Range Egg Mayonnaise BP	✓		✓				✓				✓	✓					✓		
Ham & Cheese BP	✓		✓				✓				✓								
Ham Salad BP	✓		✓				✓				✓	✓					✓		
Honey Roast Ham & Egg Salad BP	✓		✓				✓				✓	✓					✓		

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All Sandwiches including Platters	Cereals containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin
	Wheat	Rye	Barley	Oats	Spelt	Kamut													
Mango Chutney & Cheese BP	✓		✓				✓				✓								
Roast Chicken Salad BP	✓		✓				✓				✓	✓					✓		
Tandoori Chicken BP	✓		✓				✓				✓	✓			✓		✓		
Tuna Crunch BP	✓		✓				✓				✓	✓	✓				✓		
Tuna Mayonnaise & Cucumber BP	✓		✓				✓				✓	✓	✓				✓		
Oval Bites																			
Chargrill Chicken Oval Bite	✓		✓				✓			✓	✓	✓					✓		
Mature Cheddar Cheese Ploughman's Oval Bite	✓		✓				✓			✓	✓								
Mexican Chicken Oval Bite	✓		✓				✓			✓	✓	✓					✓		
Stotties																			
Cheese & Onion Stottie	✓						✓				✓	✓					✓		
Tuna Mayonnaise Stottie	✓						✓				✓	✓	✓				✓		
Sub Rolls																			
Cheese Roll	✓		✓				✓				✓								
Egg Mayonnaise Roll	✓		✓				✓				✓	✓						✓	
Ham Roll	✓		✓				✓				✓								
Honey Roast Ham & Egg Salad Sub Roll	✓		✓				✓				✓	✓					✓		
Roast Chicken Salad Sub Roll	✓		✓				✓				✓	✓					✓		
Tuna Mayonnaise Sub Roll	✓		✓				✓				✓	✓	✓				✓		
Toasties																			
Mature Cheddar Cheese & Chutney Toastie	✓		✓				✓				✓								
Ham & Mature Cheddar Cheese Toastie	✓		✓				✓				✓								
Wraps																			
Chargrill Chicken Wrap	✓		✓									✓						✓	
Mexican Bean Wrap	✓																	✓	
Mexican Chicken Wrap	✓											✓						✓	
Spicy BBQ Chicken Wrap	✓										✓				✓			✓	
Tandoori Chicken Wrap	✓											✓			✓			✓	

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Snacks/Other

Please see the ingredient declaration on the product packaging / label for specific allergen information for all other branded crisps / snacks / condiments.

Cereals containing Gluten

Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin
-------	-----	--------	------	-------	-------	------	------	--------	--------	------	-----	------	-------------	--------	-----------	---------	----------	-------

Chilled Snacks

Belgian Chocolate Dessert

Carrot Sticks & Houmous

Fruit

Apples

Bananas

Fruit Medley Pot

Mixed Grape Pot

Yoghurt

Mango & Granola Yoghurt with almonds and seeds

Strawberry & Granola Yoghurt with almonds & seeds.

Pasta & Salads

Feta & Slow-Roasted Tomato Pasta

Oriental Chicken & Sticky Rice Salad

Spicy Mexican Chicken Pasta

Soup

Chicken, Roast Butternut Squash & Greens Soup

Christmas Lunch Soup

Cream of Tomato Soup

Lentil & Bacon Soup

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Snacks/Other

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Cereals containing Gluten**Wheat****Rye****Barley****Oats****Spelt****Kamut****Soya****Nuts****Peanut****Sesame****Milk****Egg****Fish****Crustaceans****Celery****Sulphites****Mustard****Molluscs****Lupin****Greggs Own Label Crisps & Popcorn**

Mature Cheddar & Onion Hand Cooked Crisps

Sea Salted Hand Cooked Crisps

Sea Salt & Cider Vinegar Hand Cooked Crisps

Thai Sweet Chilli Hand Cooked Crisps

Sweet & Salty Popcorn

Snack Packs

Berries & Cherries

Naked Nuts

Super Seeds

Sweet Mango

Other

Flora Portion

Lurpak Portion