

**La Patisserie FOOD ALLERGIES (November 2022)**

**PLEASE NOTE THAT OUR BAKERY AND KITCHENS HANDLE THE MAJORITY OF THE 14 COMMON ALLERGEN INGREDIENTS AND DESPITE ALL REASONABLE PRECAUTIONS BEING TAKEN TO PREVENT CROSS CONTAMINATION THERE MAY BE UNAVOIDABLE TRACES OF ALLERGEN INGREDIENTS IN ANY PRODUCT.**

	Cereals containing gluten	Eggs	Dairy/ milk	Nuts	Soya	Sesame seeds	Mustard	Fish	Shellfish	Celery	Lupin	Sulphur dioxide (e220)	Maize	Peanuts
<b>VIENNOISERIES/CAKES/PASTRIES</b>														
Almond bite	Wheat	Eggs	Dairy/ milk	Almond										
Almond cream	Wheat	Eggs	Dairy/ milk	Almond										
Almond croissant	Wheat	Eggs	Dairy/ milk	Almond										
Almond tuile		Eggs	Dairy/ milk	Almond										
Apple tart	Wheat	Eggs	Dairy/ milk	Almond										
Apple danish	Wheat	Eggs	Dairy/ milk											
Apricot tart	Wheat	Eggs	Dairy/ milk	Almond										
Apricot upside down	Wheat	Eggs	Dairy/ milk	Almond										
Berry or Rhubarb crumble	Wheat	Eggs	Dairy/ milk	Almond Hazelnut										
Bostock	Wheat	Eggs	Dairy/ milk	Almond	Soya									
Brioche	Wheat	Eggs	Dairy/ milk											
Brownie salted caramel from Real Patisserie		Eggs	Dairy/ milk		Soya									
Butter cream		Eggs	Dairy/ milk											
Canele	Wheat	Eggs	Dairy/ milk											
Carrot cake from BAKERY	Wheat	Eggs	Dairy/ milk	Almond Walnut Peanut										Peanut
Chocolate & almond cake		Eggs	Dairy/ milk	Almond	Soya									
Chocolate & pistachio delight		Eggs	Dairy/ milk	Almond Pistachio	Soya									
Chocolate almond croissant	Wheat	Eggs	Dairy/ milk	Almond	Soya									
Chocolate & pear from BAKERY	Wheat	Eggs	Dairy/ milk		Soya									
Chocolate & raspberry vegan mousse				Coconut	Soya									
Chocolate & raspberry cake from BAKERY	Wheat				Soya									
Chocolate croquant	Wheat, barley	Eggs	Dairy/ milk	Almond Hazelnut	Soya									
Chocolate caramel tart	Wheat	Eggs	Dairy/ milk		Soya									
Chocolate éclair	Wheat	Eggs	Dairy/ milk		Soya									
Chocolate moelleux	Wheat	Eggs	Dairy/ milk		Soya									
Chocolate puffed rice & almond tuile	Barley		Dairy/ milk	Almond	Soya									
Cinnamon swirl	Wheat	Eggs	Dairy/ milk											
Coffee & walnut cake from BAKERY	Wheat	Eggs	Dairy/ milk	Walnut										
Coffee & hazelnut chou	Wheat	Eggs	Dairy/ milk	Hazelnut										
Croissant	Wheat	Eggs	Dairy/ milk											
Dacquoise	Wheat	Eggs	Dairy/ milk	Hazelnut	Soya									
Flan vanilla	Wheat	Eggs	Dairy/ milk											
Flapjack date & orange from BAKERY	Cereals containing gluten			Coconut										
Florentin			Dairy/ milk	Almond	Soya									
Fraisier	Wheat	Eggs	Dairy/ milk											
Framboisier		Eggs	Dairy/ milk											
Fruit danish	Wheat	Eggs	Dairy/ milk											
Galette des rois (Kings cake)	Wheat	Eggs	Dairy/ milk	Almond										
Gingerbread man	Wheat	Eggs	Dairy/ milk											
Krumchky	Wheat	Eggs	Dairy	Hazelnut	Soya									
Lime & mango	Wheat	Eggs	Dairy/ milk	Almond										
Macaron		Eggs	Dairy/ milk	Almond	Soya in chocolate									
Mascarpone & apple surprise	Wheat	Eggs	Dairy/ milk		Soya									
Millefeuille	Wheat	Eggs	Dairy/ milk		Soya									
Opera	Wheat	Eggs	Dairy/ milk		Soya									
Pain chocolat	Wheat	Eggs	Dairy/ milk		Soya									
Pain raisins	Wheat	Eggs	Dairy/ milk											
Pastry cream		Eggs	Dairy/ milk		Soya in chocolate pastry cream									
Pear & chocolate tart	Wheat	Eggs	Dairy/ milk	Almond	Soya									
Pecan & mascarpone tart	Wheat	Eggs	Dairy/ milk	Pecan										
Pistachio & lavender cake		Eggs	Dairy/ milk	Almond/pistachio										
Plum cake	Wheat	Eggs	Dairy/ milk	Almond										
Plum tart	Wheat	Eggs	Dairy/ milk	Almond										
Raspberry tart	Wheat	Eggs	Dairy/ milk	Almond										
Raspberry & pistachio bite	Wheat	Eggs	Dairy/ milk	Almond Pistachio										
Raspberry lunette	Wheat	Eggs	Dairy/ milk											
Raspberry mousse		Eggs	Dairy/ milk	Almond in macaron & Pistachio										
Spelt digestive	Spelt		Dairy/ milk		Soya									
Strawberry tart	Wheat	Eggs	Dairy/ milk	Almond										
Sunny lemon tart	Wheat	Eggs	Dairy/ milk											
Sweet paste	Wheat	Eggs	Dairy/ milk											
Tiramisu	Wheat	Eggs	Dairy/ milk		Soya									
Tunisian orange cake from BAKERY	Wheat	Eggs		Almond										
Victoria sponge from BAKERY	Wheat	Eggs	Dairy/ milk											
Waffle	Wheat	Eggs	Dairy/ milk											
<b>BREAD</b>														
	Cereals containing gluten	Eggs	Dairy/ milk	Nuts	Soya	Sesame seeds	Mustard	Fish	Shellfish	Celery	Lupin	Sulphur dioxide (e220)	Maize	Peanuts
Brioche bap	Wheat	Eggs	Dairy/ milk		Soya									
Chewy white	Wheat													
French cob	Wheat, Rye													
Multicereal baguette	Wheat, Rye & Barley					Sesame seeds								
Multicereals	Wheat, Rye & Barley					Sesame seeds								
Rye sourdough	Rye													
Sliced lightgrain	Wheat													
Sliced white	Wheat													
Spelt & Honey	Spelt & Barley					Sesame seeds					Lupin			
Stoneground sourdough	Wheat & Rye													
Wheat sourdough	Wheat & Rye													
Wholemeal	Wheat													
<b>SAVORIES</b>														
	Cereals containing gluten	Eggs	Dairy/ milk	Nuts	Soya	Sesame seeds	Mustard	Fish	Shellfish	Celery	Lupin	Sulphur dioxide (e220)	Maize	Peanuts
Cheesestraw	Wheat	Eggs	Dairy/ milk											
Chicken & tarragon puff	Wheat	Eggs	Dairy/ milk											
Ham & cheese croque	Wheat & Rye		Dairy/ milk											
Onion or goats cheese & roasted pepper croque	Wheat & Rye		Dairy/ milk											
Pie chicken	Wheat	Eggs	Dairy/ milk											
Pie Ham & potato	Wheat	Eggs	Dairy/ milk											
Pork & apple sausage roll	Wheat	Eggs	Dairy/ milk											
Quiche goat's cheese, beetroot & butternut squash	Wheat	Eggs	Dairy/ milk											
Quiche leek, parmesan & ham	Wheat	Eggs	Dairy/ milk											
Quiche lorraine	Wheat	Eggs	Dairy/ milk											
Quiche mushroom & gruyere	Wheat	Eggs	Dairy/ milk											
Quiche salmon & broccoli	Wheat	Eggs	Dairy/ milk					Fish						
Quiche spinach, feta & pinenuts	Wheat	Eggs	Dairy/ milk	Pine nuts										
Quiche tomato, basil & mozzarella	Wheat	Eggs	Dairy/ milk	Pine nuts and cashew nuts										
Salmon croque	Wheat & Rye		Dairy/ milk					Fish						
Spinach & ricotta puff	Wheat	Eggs	Dairy/ milk											
Tartine Sausage and Bacon	Wheat & rye		Dairy/ milk											
Tartine Tomato, Mozzarella and Pesto	Wheat & rye		Dairy/ milk	Pine nuts and cashew nuts										
Toasted croissant	Wheat	Eggs	Dairy/ milk											
Vegan sausage roll	Wheat & Barley				Soya									
<b>SANDWICHES ON FRENCH STICK or SLICED LIGHTGRAIN or BRICCHE BUN</b>														
	Cereals containing gluten	Eggs	Dairy/ milk	Nuts	Soya	Sesame seeds	Mustard	Fish	Shellfish	Celery	Lupin	Sulphur dioxide (e220)	Maize	Peanuts
Brie & bacon	Wheat & Barley (+ Rye if brown baguette)	Eggs if bun	Dairy/ milk		Soya if bun	Sesame seeds if brown baguette	Mustard							
Brie & chutney	Wheat & Barley (+ Rye if brown baguette)	Eggs if bun	Dairy/ milk		Soya if bun	Sesame seeds if brown baguette	Mustard							
Brie & stuffing	Wheat & Barley (+ Rye if brown baguette)	Eggs if bun	Dairy/ milk		Soya if bun	Sesame seeds if brown baguette	Mustard							
Chicken & bacon	Wheat & Barley (+ Rye if brown baguette)	Eggs if bun	Dairy/ milk		Soya if bun	Sesame seeds if brown baguette	Mustard							
Chicken coronation	Wheat & Barley (+ Rye if brown baguette)	Eggs if bun	Dairy/ milk		Soya if bun	Sesame seeds	Mustard							
Chicken liver pate	Wheat & Barley (+ Rye if brown baguette)	Eggs if bun	Dairy/ milk		Soya if bun	Sesame seeds	Mustard							
Chicken Pesto	Wheat & Barley (+ Rye if brown baguette)	Eggs if bun	Dairy/ milk	Cashew in pesto	Soya if bun	Sesame seeds if brown baguette	Mustard							
Chicken stuffing & cranberry	Wheat & Barley (+ Rye if brown baguette)	Eggs if bun	Dairy/ milk		Soya if bun	Sesame seeds if brown baguette	Mustard							
Egg & bacon	Wheat & Barley (+ Rye if brown baguette)	Eggs if bun	Dairy/ milk		Soya if bun	Sesame seeds if brown baguette	Mustard							
Egg & cress	Wheat & Barley (+ Rye if brown baguette)	Eggs if bun	Dairy/ milk		Soya if bun	Sesame seeds if brown baguette	Mustard							
Falafel & hummus	Wheat & Barley (+ Rye if brown baguette)	Eggs if bun	Dairy/ milk		Soya if bun	Sesame seeds if brown baguette	Mustard							
Goat's cheese & roasted veg.	Wheat & Barley (+ Rye if brown baguette)	Eggs if bun	Dairy/ milk		Soya if bun	Sesame seeds if brown baguette	Mustard							
Gruyere & chutney	Wheat & Barley (+ Rye if brown baguette)	Eggs if bun	Dairy/ milk		Soya if bun	Sesame seeds if brown baguette	Mustard							
Ham & gruyere	Wheat & Barley (+ Rye if brown baguette)	Eggs if bun	Dairy/ milk		Soya if bun	Sesame seeds if brown baguette	Mustard							
Ham, cheese & coleslaw	Wheat & Barley (+ Rye if brown baguette)	Eggs if bun	Dairy/ milk		Soya if bun	Sesame seeds if brown baguette	Mustard							
Houmous & roasted veg.	Wheat & Barley (+ Rye if brown baguette)	Eggs if bun	Dairy/ milk		Soya if bun	Sesame seeds	Mustard							
Pastrami	Wheat & Barley (+ Rye if brown baguette)	Eggs if bun	Dairy/ milk		Soya if bun	Sesame seeds if brown baguette	Mustard							
Prawn cocktail	Wheat & Barley (+ Rye if brown baguette)	Eggs if bun	Dairy/ milk		Soya if bun	Sesame seeds if brown baguette	Mustard	Shellfish						
Roast beef & horseradish	Wheat & Barley (+ Rye if brown baguette)	Eggs if bun	Dairy/ milk		Soya if bun	Sesame seeds if brown baguette	Mustard					Sulphur dioxide		
Salami	Wheat & Barley (+ Rye if brown baguette)	Eggs if bun	Dairy/ milk		Soya if bun	Sesame seeds	Mustard							
Tuna sweetcorn	Wheat & Barley (+ Rye if brown baguette)	Eggs if bun	Dairy/ milk		Soya if bun	Sesame seeds if brown baguette	Mustard	Fish						