

Customer Allergen Information Guide

Version 5
19.02.2024

This Guide contains information on the 14 allergens, as recognised by the Food Standards Agency, for our products, to help you choose the right product for you.

The Food Standards Agency regards the following ingredients and their derivatives as allergens:

Peanuts Fish Crustaceans Milk	Celery Lupin Sulphites Nuts	Eggs Sesame Seeds Soybeans Mustard	Molluscs Cereals containing Gluten
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If you have a query about any other ingredient, please contact our customer care team on:

0808 147 3447

 **GREGGS**

Introduction

We're proud to freshly prepare lots of food, including our Vegan Friendly Range, in our shop kitchens every day. However, as we use many ingredients and shared equipment, cross-contamination is managed but not to an allergen-free level.

Gluten Free & Vegan Friendly:



What is Vegan Friendly?


In line with the Vegan Society recommendations, we at Greggs are using the term 'Vegan Friendly' to label products that may not be made in dedicated vegan sites, but in sites where many steps as possible have been taken to minimise the risk of cross-contamination. See our dedicated pages for our Vegan Friendly Products.




What is Gluten Free?

Gluten Free labelling legislation explains that "the statement 'gluten free' may only be made where the food as sold to the final consumer contains no more than 20mg/kg of gluten". The claim can be used on products where gluten has been specifically removed and/or substituted with a non-gluten-containing ingredient.

Greggs gluten free products are manufactured using recipes which are free from gluten and the manufacturing sites have strict gluten controls and testing regimes in place. Our shop teams have undergone gluten training, and there are gluten controls and testing regimes in place to manage cross-contamination with gluten within our shops. Gluten Free Products are indicated with (GF) after the product name, and also highlighted in the end column of each page with (Y).

 <div>Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)</div>	Cereals Containing Gluten																					
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)																
Vegan Friendly Products	<p>**There have been rare cases of allergic reactions to Quorn™ products, which contain mycoprotein. Mycoprotein is made with a member of the fungi/mould family. Mycoprotein is high in protein and fibre which may cause intolerance in some people.</p>																					
Bread & Rolls																						
Baguettes	✓	•		•			•															
Corn Topped Rolls	✓	•	•	•	•	•	✓										•					
Large White Bloomer	✓	•	•	•	•	•	✓										•					
Malted Brown Loaf	✓	•	✓	•	•	•	✓										•					
Oval Bites	✓	•	•	•	•	•	✓										•					
Stotties	✓	•	•	•	•		✓															
White & Wholemeal Loaf	✓	•	•	•	•	•	✓															
White & Wholemeal Rolls	✓	•	•	•	•	•	✓										•					
Breakfast Sandwiches and condiments																						
**Vegan Sausage Breakfast Roll with Quorn™	✓	•	✓	•	•	•	✓										•					
Extra **Vegan Breakfast Sausage with Quorn™	✓		✓																			
Heinz Tomato Ketchup																✓						
HP Brown Sauce		✓	✓																			
Spread																						
Confectionery																						
Glazed Ring Doughnut	✓	•	•	•	•	•	✓										•					
Sweet Mince Pies	✓		•					•									•					
Savouries																						
**Vegan Sausage Roll with Quorn™	✓		✓	•			•										•					
Vegan Mexican Chicken-Free Bake (Outlets only)	✓	•	•	•			✓										•	•				
Vegan Steak Bake with Quorn™	✓		✓	•			•										•					

 <div> Contents Key: ✓ (Product contains) • (May Contain) <i>GF</i> (Gluten Free) </div>	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														
Vegan Friendly Products **There have been rare cases of allergic reactions to Quorn™ products, which contain mycoprotein. Mycoprotein is made with a member of the fungi/mould family. Mycoprotein is high in protein and fibre which may cause intolerance in some people.																				
Pizza Dips																				
Garlic & Herb Dip																	✓			
Hot Sauce																				
Smoky BBQ Dip																	✓			
Hot to Go																				
Hash Browns	•																			
Southern Fried Potato Wedges	✓																			
Salads																				
Sweet Potato Bhaji & Rice																	✓			
Sandwiches																				
Vegan Southern Fried Chicken-Free Baguette	✓	•	•	•			✓									•	•			

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten																					
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)																
Breakfast Sandwiches																						
Breakfast Baguettes with Spread																						
Bacon & Lorne Breakfast Baguette	✓	•	•	•			•										✓					
Bacon & Omelette with cheese Breakfast Baguette	✓	•	•	•			•				✓	✓										
Bacon & Sausage Breakfast Baguette	✓	•	•	•			•										✓					
Bacon Breakfast Baguette	✓	•	•	•			•															
Lorne & Omelette with cheese Breakfast Baguette	✓	•	•	•			•				✓	✓					✓					
Lorne Breakfast Baguette	✓	•	•	•			•										✓					
Omelette with cheese Breakfast Baguette	✓	•	•	•			•				✓	✓										
Sausage & Omelette with cheese Breakfast Baguette	✓	•	•	•			•				✓	✓					✓					
Sausage Breakfast Baguette	✓	•	•	•			•										✓					
Breakfast Rolls with Spread																						
Bacon & Lorne Breakfast Roll	✓	•	•	•	•	•	✓										✓					
Bacon & Omelette with cheese Breakfast Roll	✓	•	•	•	•	•	✓				✓	✓					•					
Bacon & Sausage Breakfast Roll	✓	•	•	•	•	•	✓										✓					
Bacon Breakfast Roll	✓	•	•	•	•	•	✓										•					
Lorne & Omelette with cheese Breakfast Roll	✓	•	•	•	•	•	✓				✓	✓					✓					
Lorne Breakfast Roll	✓	•	•	•	•	•	✓										✓					
Omelette with cheese Breakfast Roll	✓	•	•	•	•	•	✓				✓	✓					•					
Sausage & Omelette with cheese Breakfast Roll	✓	•	•	•	•	•	✓				✓	✓					✓					
Sausage Breakfast Roll	✓	•	•	•	•	•	✓										✓					
Extra																						
Extra Bacon																						
Extra Breakfast Sausage	✓		•														✓					
Extra Lorne Sausage	✓																✓					
Extra Omelette with cheese											✓	✓										

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten																			
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
Breakfast & Fruit																				
Pastries																				
All Butter Croissant	✓						•	•			✓	✓								
Pain au Chocolat	✓						•	•			✓	✓								
*Porridge - made with <i>Gluten Free</i> oats																				
*Apple & Cinnamon Flavour Porridge (<i>GF</i>)				✓			•				✓	•								Y
*Golden Syrup Flavour Porridge (<i>GF</i>)				✓			•				✓	•								Y
*Simply Creamy Porridge (<i>GF</i>)				✓			•				✓	•								Y
Fruit & Chilled Snacks																				
Melon & Grape, Fruit Pot																				

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten																				
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
Sweet Treats																					
Apple Danish	✓	•	•	•	•	•	✓				✓	✓				✓	•				
Bavarian Slice	✓		•	•			✓	•		•	✓	✓				•					
Belgian Bun	✓	•	•	•	•	•	✓				•	•				✓	•				
Caramel Custard Doughnut	✓	•	•	•	•	•	✓				✓	•				•					
Cinnamon Muffin	✓	•	•	•	•		•				✓	✓				•					
Cheese Scones	✓	•	•	•	•	•	•				✓	✓				•	✓				
Chocolate Brownie Offcuts (Outlets only)	•						✓	•			✓	✓				•					
Chocolate Cake Bar	✓	•	•	✓	•		✓	•			✓	✓				•					
Chocolate Orange Muffin	✓	•	•	•			✓				✓	✓				•					
Christmas Buns	✓			✓			•				✓	✓				•					
Christmas Cake Slice	✓			•			•	✓			✓	✓				✓					
Christmas Mini Caramel Shortbread/Offcuts	✓						✓	•			✓	•				•					
Christmas Star Biscuit	✓	•	•	•	•	•	✓	•			✓	✓				•	•			•	
Christmas Tree Biscuit	✓	•	•	•	•	•	✓	•			✓	✓				•	•			•	
Cream Éclair	✓			•			✓				✓	✓									
Cream Iced Finger	✓	•	•	•	•	•	✓	•			✓	•				•	•				
Empire Biscuit	✓	•	•	•	•	•	•	•			•	✓				✓	•			•	
Filled Milk Chocolate Doughnut	✓	•	•	•	•	•	✓				✓	•				•					
Fruit Scones	✓	•	•	•	•	•	✓				✓	✓				•	•				
Gingerbread Man	✓	•	•	•	•	•	•	•			✓	✓				•	•			•	
Jam Doughnut	✓	•	•	•	•	•	✓				•	•				•					
Jammy Heart Biscuit	✓			•			•	•			✓	•				•					
Milk Chocolate Caramel Shortbreads/Offcuts	✓						✓	•			✓	•				•					
Milk Chocolate Cookie	✓	•	•	•	•	•	✓	•			✓	✓				•	•			•	
Novelty Buns	✓	•	•	✓							✓	✓				•					
Peach Melba	✓						•				✓	•				•					
Pink Jammie	✓	•	•	•	•	•	✓				✓	•				•					

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	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
Hot Drinks Includes Decaf versions where available																				
Hot Drinks																				
Americano											•									
Black Tea											•									
Cappuccino	•										✓					•				
Oat Cappuccino				✓			•				•									
Soya Cappuccino				•			✓				•									
Flat White											✓									
Cinnamon Flat White											✓									
Oat Flat White				✓			•				•									
Soya Flat White				•			✓				•									
Cinnamon Latte											✓									
Decaf Black Coffee											•									
Espresso Shot											•									
Extra Espresso Shot											•									
Green Tea											•									
Hot Chocolate	•										✓					•				
Latte											✓									
Oat Latte				✓			•				•									
Soya Latte				•			✓				•									
Milk											✓									
Mocha	•										✓					•				
Peppermint Tea											•									
White Tea											✓									
Oat Tea				✓			•				•									
Soya Tea				•			✓				•									

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten																				
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
Hot Drinks / Speciality / Iced Drinks Includes Decaf versions where available																					
Hot Drinks continued																					
White Coffee												✓									
Oat White Coffee				✓			•					•									
Soya White Coffee				•			✓					•									
Oat, Alternative to Milk				✓																	
Soya, Alternative to Milk							✓														
Speciality Drinks																					
Caramel Latte	•											✓					•				
Cinnamon Swirl Latte												✓									
Vanilla Latte	•											✓					•				
Iced Drinks – Selected shops only																					
Cloudy Lemonade																					
Strawberry Lemonade																					
Iced Latte												✓									
Iced Speciality Drinks																					
Iced Caramel Latte												✓									
Iced Cinnamon Latte												✓									
Iced Vanilla Latte												✓									

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														
Extras / Cold Drinks																				
Extras (syrops may contain sugar & sweetener)																				
Cream											✓									
Caramel Syrup																				
Cinnamon Syrup																				
Hazelnut Syrup – selected shops only																				
Mint Syrup – selected shops only																				
Orange Syrup – selected shops only																				
Pumpkin Spice Syrup – selected shops only																				
Salted Caramel Syrup – selected shops only																				
Vanilla Syrup																				
Greggs Own Label Cold Drinks																				
Apple Juice																				
Natural Mineral Water																				
Orange Juice																				
Sparkling Mango & Pineapple																				
Sparkling Raspberry Lemonade																				

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten																				
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
Savouries & Pizzas																					
Savouries																					
Bacon & Cheese Wrap	✓		•				•					✓	•				•	•			
Beef & Vegetable Pasty	✓		✓				•					✓					•	•			
Cheese & Onion Bake	✓	•	•	•	•	•	•					✓	•				•	✓			
Chicken Bake	✓	•	•	•	•	•	•					✓	•				•	•			
Corned Beef Bake	✓	•	•	•	•	•	•					✓	✓				•	•			
Festive Bake	✓	•	✓	•	•	•	•					✓	•				•	•			
Haggis Pie	✓	•	•	✓	•		•					✓					•	•			
Sausage, Bean & Cheese Melt	✓	•	•	•	•	•	•					✓	•				✓	•			
Sausage Roll	✓	•	✓	•	•	•	✓					✓	•				✓	•			
Savoury Mince Pie	✓		✓				✓					✓					•	•			
Scotch Pie	✓	•	✓	•	•	•	✓					✓					•	•			
Steak Bake	✓	•	✓	•	•	•	•					✓	•				•	•			
Vegetable Bake	✓	•	•	•	•	•	•					✓	•				•	✓			
Pizzas Additional toppings on last page for customisable pizza																					
Margherita Pizza	✓	•	✓	•	•	•	✓					✓	•				•	•			
Pepperoni Pizza	✓	•	✓	•	•	•	✓					✓	•				•	•			
Pepperoni Hot Shot Pizza	✓	•	✓	•	•	•	✓					✓	•				•	•			
Spicy Mexican Chicken Pizza	✓	•	✓	•	•	•	✓					✓	•				•	✓			
Spicy Veg Pizza (UPDATE)	✓	•	✓	•	•	•	✓					✓	•				•	•			

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	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														
Hot to Go, Made to Order, Pasta & Salads																				
Hot to Go																				
BBQ Bites Meal Box	✓						•				•	•			•		•			
Spicy BBQ Chicken Bites	✓						•				•	•			•		•			
Southern Fried Chicken Goujons	✓																			
Mozzarella & Cheddar Bites	•		•								✓						•			
Crispy Chicken Burgers – selected shops																				
Mayo Crispy Chicken Burger	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Spicy Crispy Chicken Burger	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Wraps – selected shops																				
BBQ Chicken & Bacon Wrap	✓		•				•				•	✓	•		•	•	✓			
Classic Mayo Chicken Wrap	✓		•				•				•	✓	•		•		✓			
Hot & Spicy Chicken Wrap	✓		•				•				•	✓	•		•	•	✓			
Sweet Chilli Chicken Wrap	✓	•	•				•				•	✓	•		•	•	✓			
Pasta																				
Chicken & Bacon Pasta	✓		✓								✓	✓					✓			
Feta & Tomato Pasta	✓										✓						✓			
Tuna Crunch Pasta	✓										✓	✓	✓				✓			
Salads																				
Side Salad	•		•				•				•	•	•		•	•	•			

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten																			
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
Sandwiches (HS = Hospital Shop)																				
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	✓	•	•	•			•				•	✓	•		•	•	✓			
Southern Fried Chicken Baguette	✓	•	•	•			•				✓	•	•		•	•	•			
Tandoori Chicken Baguette	✓	•	•	•			•				•	✓	•		✓	•	✓			
Tuna Crunch Baguette	✓	•	•	•			•				•	✓	✓		•	•	✓			
Bread Packs																				
BLT	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Cheese	✓	•	•	•	•	•	✓				✓	•	•		•		•			
Cheese & Pickle	✓	•	✓	•	•	•	✓				✓	•	•		•	•	•			
Cheese & Tomato	✓	•	✓	•	•	•	✓				✓	•	•		•	•	•			
Egg Mayonnaise (HS)	✓	•	•	•	•	•	✓				•	✓	•		•		✓			
Egg Mayonnaise & Tomato (HS)	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Free Range Egg Mayonnaise	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Free Range Egg Salad (HS)	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Ham	✓	•	•	•	•	•	✓				•	•	•		•		•			
Honey Roast Ham (HS)	✓	•	✓	•	•	•	✓				•	•	•		•	•	•			
Honey Roast Ham & Egg (HS)	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Honey Roast Ham & Egg Salad	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Mexican Chicken (HS)	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Roast Chicken & Bacon	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Roast Chicken Salad (HS)	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Tandoori Chicken	✓	•	✓	•	•	•	✓				•	✓	•		✓	•	✓			

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	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)																
Sandwiches (HS = Hospital Shop)																						
Bread Packs (continued)																						
Tuna Crunch (HS)	✓	•	✓	•	•	•	✓					•	✓	✓		•	•	✓				
Tuna Mayonnaise & Cucumber	✓	•	✓	•	•	•	✓					•	✓	✓		•	•	✓				
Flatbreads																						
Chicken Shawarma Flatbread	✓		•				•					•	✓	•		•	•	✓				
Mexican Chicken Flatbread	✓		•				•					•	✓	•		•	•	✓				
Oval Bites																						
Chargrill Chicken Oval Bite	✓	•	✓	•	•	•	✓					•	✓	•		•	•	✓				
Mature Cheddar Cheese Ploughman’s Oval Bite	✓	•	✓	•	•	•	✓					✓	•	•		•	•	•				
Mexican Chicken Oval Bite	✓	•	•	•	•	•	✓					•	✓	•		•	•	✓				
Stotties																						
Cheese & Onion Stottie	✓	•	•	•	•	•	✓					✓	✓	•		•	•	✓				
Tuna Mayonnaise Stottie	✓	•	•	•	•	•	✓					•	✓	✓		•	•	✓				
Rolls																						
Chargrill Chicken Roll (HS)	✓	•	✓	•	•	•	✓					•	✓	•		•	•	✓				
Egg & Tomato Roll (HS)	✓	•	•	•	•	•	✓					•	✓	•		•	•	✓				
Honey Roast Ham and Egg Salad Roll	✓	•	•	•	•	•	✓					•	✓	•		•	•	✓				
Roast Chicken Salad Roll	✓	•	•	•	•	•	✓					•	✓	•		•	•	✓				
Tandoori Chicken Roll	✓	•	•	•	•	•	✓					•	✓	•		✓	•	✓				
Tuna Crunch Roll (HS)	✓	•	•	•	•	•	✓					•	✓	✓		•	•	✓				
Tuna Mayonnaise Roll	✓	•	•	•	•	•	✓					•	✓	✓		•	•	✓				
Toasties																						
Cheese & Honey Mustard Toastie	✓	•	•	•	•	•	✓					✓	✓	•		•	•	✓				
Ham & Mature Cheddar Cheese Toastie	✓	•	•	•	•	•	✓					✓	•	•		•	•	•				

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten																			
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
Extra Ingredients selected shops only																				
Chargrill Chicken	•		✓				•				•	•	•		•		✓			
Cheddar Cheese	•		•				•				✓	•	•		•		•			
Jalapeños	•		•				•				•	•	•		•		•			
Mexican Chicken	•		•				•				•	•	•		•		✓			
Mixed Peppers	•		•				•				•	•	•		•		•			
Pepperoni	•		•				•				•	•	•		•		•			
Red Onion	•		•				•				•	•	•		•		•			
Sweetcure Bacon	•		•				•				•	•	•		•		•			