



ALLERGEN STATEMENT - EN

Le Pain Quotidien

Read & approved
Date 10/05/2024, Navez Charles

A handwritten signature in black ink, appearing to be 'CN', located below the text 'Date 10/05/2024, Navez Charles'.

Le Pain Quotidien Allergen Statement

Le Pain Quotidien - Menu 2024



Le Pain Quotidien takes allergens very seriously and we make every effort to segregate and control the risk of allergen cross-contamination in our restaurants. However, because we operate in an open space, we cannot guarantee that our freshly prepared meals are completely allergen free. For this reason, please note that we use the following ingredients in our kitchens and that there is always a possibility of cross-contamination for each of them:



GLUTEN

wheat (such as spelt and Khorasan wheat) rye, barley, oats or their hybrid strains.



MUSTARD.



SESAME.



MILK



CELERY



FISH

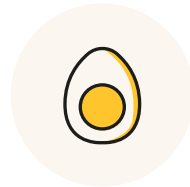


SULPHITES

(at concentrations above 10 mg / kg or 10 mg / liter).



NUTS



EGGS



SOYA



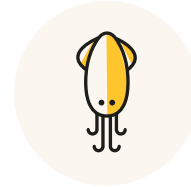
LUPIN



ARACHIDE



CRUSTACEANS



MOLLUSCS

The allergen information provided is to be used as an assessment tool to guide our guests, prior to consuming any of our dishes, so that they have the opportunity to select the items they consider most appropriate for their personal sensitivity level. Complete allergen information on all our dishes can be requested in the restaurant. Please contact our manager.

(*) Possible present or traces present



PRODUCT	GLUTEN	MILK	MOLLUSCS	FISH	EGGS	ARACHIDE	SESAME	NUTS	SOYA	CELERY	MUSTARD	SULPHITES	LUPIN	CRUSTACEANS
BREADS & VIENNOISERIES														
Baguette	Yes (wheat, rye)	*		*	*		*	*	*	*	*	*		
Classic wheat – 500g & 1,8kg	Yes (wheat, barley, rye)	*		*	*		*	*	*	*	*	*		
Sprouted rye bread	Yes (wheat, rye, barley)	*		*	*		*	*	*	*	*	*		
Hemp seed bread	Yes (wheat, rye)	*		*	*		*	*	*	*	*	*		
Seeded sourdough - 500g	Yes (wheat, barley, rye, oat)	*		*	*		*	*	*	*	*	*		
Rye sourdough oval - 800g	Yes (wheat)	*		*	*		*	*	*	*	*	*		
White sourdough oval – 600g & 800g	Yes (wheat)	*		*	*		*	*	*	*	*	*		
Walnut loaf– 800g	Yes (wheat, barley, rye)	*		*	*		*	Yes (walnut)	*	*	*	*		
Spelt round – 800g	Yes (wheat, barley, rye, spelt)	*		*	*		*	*	*	*	*	*		
Buckwheat Glutenfree bread	*	*		*	*		Yes	*	*	*	*	*		
Fruit bread – 800g	Yes (wheat, barley, rye)	*		*	*		*	*	*	*	*	*		
Flatbread	Yes (wheat, rye)	*		*	*		*	*	Yes	*	*	*		
Small organic sourdough bread	Yes (wheat, rye)	*		*	*		*	*	*	*	*	*		

Le Pain Quotidien has identified the allergens present in the raw materials used to make these preparations and has listed them in this table. We work in an open kitchen where gluten, milk, fish, eggs, sesame, nuts, soy, celery, mustard and sulphites are present. Traces of these allergens can potentially be found in our preparations and products and are indicated with an asterisk.

Please note that the allergen (milk) in individual butter is not included in the table. The same applies to spreads (milk and nuts) found on tables.

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SANDWICHES														
Plum tomato, hummus & vegan parmesan baguette	Yes (wheat, rye)	*		*	*		Yes	*	*	*	*	*		
Smoked salmon baguette	Yes (wheat, rye)	*		Yes	*		*	*	Yes	*	*	*		
Ham & cheese baguette	Yes (wheat, rye)	Yes		*	*		*	*	*	*	Yes	*		
Chicken Caesar baguette	Yes (wheat, rye)	Yes		*	Yes		*	*	*	*	Yes	*		
Sausage roll	Yes (wheat)	*		*	Yes		*	*	*	*	*	Yes		

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FOCACCIA TOASTIES															
Ham, Cheese & Dijon Mayo	Yes (wheat)	Yes		*			*	*	*	*	Yes				
Truffle Mushroom	Yes (wheat)	*		*			*	*	*	*	*				
Mozzarella	Yes (wheat)	Yes		*			*	*	*	*	*	Yes			
Tuna Melt	Yes (wheat)	Yes		Yes			*	*	*	*	*	Yes			

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JAMS & SPREADS														
Strawberry Jam		*		*			*	*	*	*	*			
Raspberry Jam		*		*			*	*	*	*	*			
Apricot Jam		*		*			*	*	*	*	*			
Orange Jam		*		*			*	*	*	*	*			
Brunette Spread		Yes		*			*	Yes (hazelnut)	*	*	*			
Speculoos Spread	Yes (wheat)	*		*			*	*	Yes	*	*			
Noisella Spread		Yes		*			*	Yes (hazelnut)	*	*	*			
Noir Spread		*		*			*	*	*	*	*			
LPQ Ketchup Bio	*	*		*			*	*	*	*	*			

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ORGANIC EGGS														
Soft Boiled Eggs (1 or 2)	Yes (wheat, barley, rye)	Yes		*	Yes		*	*	*	*	*			
Scrambled Eggs	Yes (wheat, barley, rye)	Yes		*	Yes		*	*	*	*	*			
Scrambled Eggs with Avocado Half	Yes (wheat, barley, rye)	Yes		*	Yes		*	*	*	*	*			
Scrambled Eggs with Hepburn's Bacon	Yes (wheat, barley, rye)	Yes		*	Yes		*	*	*	*	*			
Scrambled Eggs with Hepburn's Free Range ham	Yes (wheat, barley, rye)	Yes		*	Yes		*	*	*	*	*			
Scrambled Eggs with Severn & Wye Cold Smoked Salmon	Yes (wheat, barley, rye)	Yes		Yes	Yes		*	*	*	*	*			
Scrambled Egg Toast	Yes (wheat, rye)	*		*	Yes		Yes	*	*	Yes	yes			
Breakfast Bowl	Yes (wheat)	Yes		*	Yes		*	*	*	*	*			

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BREAKFAST & BRUNCH														
Baked Ham & Cheese Croissant	Yes (wheat)	Yes		*	Yes		*	*	Yes	*	*			
Le Pain Quotidien Breakfast	Yes (wheat, barley, rye)	Yes		*	Yes		*	*	Yes	*	*			
Pain Perdu	Yes (wheat)	Yes		*	Yes		*	*	*	*	*			
Butternut Squash, Caramelised Onion and Goats Cheese Frittata	Yes (wheat, barley, rye)	Yes		*	Yes		*	*	*	*	Yes	Yes		
Mini Pancakes	Yes (wheat)	Yes		*	Yes		*	*	*	*	*			

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BRUNCH														
Farmer	Yes (wheat, barley, oat, rye)	Yes		*	Yes		*	Yes (almond, cashew)	Yes	*	*	Yes (if ordered with peach bellini)		
Angler	Yes (wheat, barley, oat, rye)	Yes		Yes	Yes		*	Yes (almond, cashew)	Yes	*	*	Yes (if ordered with peach bellini)		
Vegetarian	Yes (wheat, barley, oat, rye)	Yes		*	Yes		*	Yes (almond, cashew)	Yes	*	*	Yes (if ordered with peach bellini)		

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CEREALS, FRESH FRUIT & YOGHURTS														
Granola Parfait (Soy)	Yes (oat)	*		*			*	Yes (almond, cashew)	Yes	*	*			
Granola Parfait (Milk)	Yes (oat)	Yes		*			*	Yes (almond, cashew)	*	*	*			
Steel Cut Oat Porridge	Yes (oat)	*		*			*	Yes (all tree nuts)	*	*	*			
Fresh Fruit Salad-V		*		*			*	*	*	*	*			
Chia Red Fruits delice	*	Yes (if Yaourt or skyr)		*			*	*	*	*	*			
Bircher Muesli	Yes (oat)	*		*			*	*	Yes	*	*			

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BAKERS BASKET														
Bakers Basket - Small	Yes (wheat, barley, rye, spelt)	Yes		*			*	Yes (hazelnut)	*	*	*			
Bakers Basket - Large	Yes (wheat, barley, rye, spelt)	Yes		*			*	Yes (hazelnut)	*	*	*			

OUR FAVORITES	
Baker's Daily Lunch	See soup & tartine selections for allergen information

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VIENNOISERIES														
Croissant	Yes (wheat)	Yes		*	Yes		*	*	Yes	*	*	*		
Vegan croissant	Yes (wheat, barley)	Yes		*	*		*	*	Yes	*	*	*		
Almond croissant	Yes (wheat)	Yes		*	Yes		*	*	Yes	*	*	*		
Pain au chocolat	Yes (wheat)	Yes		*	Yes		*	*	Yes	*	*	*		
Pain au raisin	Yes (wheat)	Yes		*	*		*	Yes (almond)	Yes	*	*	*		
Cinnamon swirl	Yes (wheat)	Yes		*	*		*	*	Yes	*	*	*		
Suisse muesli	Yes (wheat, oat)	Yes		*	Yes		*	Yes (almond)	*	*	*	*		
Pistache swirl	Yes (wheat)	Yes		*	Yes		*	Yes (pistachio)	*	*	*	*		

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TARTINES & TOASTS														
Severn & Wye smoked salmon	Yes (wheat, barley, rye)	Yes		Yes	*		*	*	*	*	*	*		
Parma ham & mozzarella	Yes (wheat, barley, rye)	Yes		*	*		*	Yes (cashews)	*	*	*	Yes		
Egg mimosa	Yes (wheat, rye)	*		*	Yes		*	*	*	*	Yes	Yes		
Hummus broccolini tartine	Yes (wheat, rye)	*		*	*		Yes	*	*	*	*	Yes		
Eggs mimosa tartine with salmon	Yes (wheat, rye)	*		Yes	Yes		Yes	*	*	*	Yes	Yes		
Avocado toast	Yes (wheat, barley, rye)			*	*		*	*	*	*	*	*		
Croque monsieur	Yes (wheat, barley, rye)	Yes		*	*		*	*	*	*	Yes	Yes		
Smoked chicken & mozzarella	Yes (wheat, barley, rye)	Yes		*	*		*	*	*	*	*	Yes		

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OTHER														
Sourdough flatbread with baked eggs	Yes (wheat, rye)	Yes		*	Yes		*	*	Yes	*	*	*		
Sourdough flatbread muhammara & mozzarella	Yes (wheat, rye)	Yes		*	*		*	Yes (cashew, walnut)	Yes	*	*	Yes		
Sourdough flatbread muhammara & Serrano	Yes (wheat, rye)	Yes		*	*		*	Yes (cashew, walnut)	Yes	*	*	Yes		
Sourdough flatbread muhammara, mozzarella & Serrano	Yes (wheat, rye)	Yes		*	*		*	Yes (cashew, walnut)	Yes	*	*	Yes		
Fisherman lunch - sardines	Yes (wheat, rye)	*		Yes	*		*	*	*	*	*	*		
Better choice salad	Yes (wheat, rye)	*		Yes	*		*	*	*	*	*	*		

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SIDES														
Poached Egg	*	*		*	Yes		*	*	*	*	*	Yes		
Portobello Mushroom	*	*		*	*		*	*	*	*	*	*		
Roast Tomatoes	*	*		*	*		*	*	*	*	*	*		
Emmental	*	Yes		*	*		*	*	*	*	*	*		
Mixed Green Herb Salad	*	*		*	*		*	*	*	*	Yes	Yes		
Smashed Avocado	*	*		*	*		*	*	*	*	*	*		
Half Avocado	*	*		*	*		*	*	*	*	*	*		
Hepburn's Free Range Ham	*	*		*	*		*	*	*	*	*	*		
Hepburn's bacon	*	*		*	*		*	*	*	*	*	*		
Severn & Wye Cold Smoked Salmon	*	*		Yes	*		*	*	*	*	*	*		

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SALADS															
Chicken Caesar	Yes (wheat, rye)	Yes			Yes		*	*	*	*		*			
Panzanella	Yes (wheat, rye)	*		*	*		*	*	*	*	Yes	Yes			
Warm goat cheese	Yes (wheat, rye oat)	Yes		*	*	*	*	Yes (almond, cashew)	*	*	Yes	Yes			
Salmon Nicoise	Yes (wheat, rye)			Yes	Yes			*	*	*	Yes	Yes			
HOT DISHES															
Quiche Lorraine	Yes (wheat)	Yes		*	Yes		*	*	Yes	Yes	Yes	Yes			
Quiche asparagus & brie	Yes (wheat)	Yes		*	Yes		*	*	*	*	Yes	Yes			

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PRODUCT	GLUTEN	MELK	WEEKDIEREN	VIS	EIEREN	PINDA	SESAM	NOTEN	SOJA	SELDERIJ	MOSTERD	SULFIET	LUPINE	SCHAALDIEREN
SOUPS														
Soup of the day SEE IF WE KEEP THIS	Yes (wheat, rye)	*		*	*		*	*	*	Yes	*	*		
POT-AU FEU														
Pot-au-feu	Yes (wheat, barley, rye, oats, malt, spelt)	Yes		*	*		Yes	Yes	*	Yes	*	*		
Pot-au-feu quinoa	Yes (wheat, barley, rye, oats, malt, spelt)	Yes		*	*		Yes	Yes	*	Yes	*	*		
Pot-au-feu chicken	Yes (wheat, barley, rye, oats, malt, spelt)	Yes		*	*		Yes	Yes	*	Yes	*	*		

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DESSERTS 1/2														
Lemon tart	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	Yes		
Chocolate Ganache Tart	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*		
Bakewell tart	Yes (wheat)	Yes		*	Yes		*	Yes (almond)	*	*	*	*		
Pecan pie	Yes (wheat)	Yes		*	Yes		*	Yes (pecan)	*	*	*	*		
Chocolate brownie		Yes		*	Yes		*	*	Yes	*	*	*		
Liege waffle	Yes (wheat)	Yes		*	Yes		*	*	Yes	*	*	*		
Carrot cake	Yes (wheat, spelt)	*		*	*		*	Yes (almond)	Yes	*	*	*		
Red fruit cheesecake	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*		
Banana bread	Yes (wheat)			*	Yes		*	Yes (walnut)	*	*	*	*		
Vegan pavlova with strawberries	*	*		*	*		*	*	Yes	*	*	*		
Mini Pancakes	Yes (wheat)	Yes		*	Yes		*	*	*	*	*			

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DESSERTS 2/2														
Buttermilk Scone (Retail)	Yes (wheat)	Yes		*	Yes		*	*		*	*	*		
Buttermilk scone with cream & strawberry jam	Yes (wheat)	Yes		*	Yes		*	*		*	*	*		
Buttermilk scone with cream & raspberry jam	Yes (wheat)	Yes		*	Yes		*	*		*	*	*		
Buttermilk scone with cream & apricot jam	Yes (wheat)	Yes		*	Yes		*	*		*	*	*		
Buttermilk scone with cream & orange jam	Yes (wheat)	Yes		*	Yes		*	*		*	*	*		
Chocolate oat cookies		*		*	*		*	*	Yes	*	*	*		
Cranberry oat cookies		*		*	*		*	*	Yes	*	*	*		
Hot cross bun	Yes (wheat)	*		*	*		*	*	Yes	*	*	*		
Chocolate Muffin	Yes (wheat)	*		*	*		*	*		*	*	*		
Blueberry Muffin	Yes (wheat)	*		*	*		*	*		*	*	*		
Breakfast muffin Bruno	Yes (wheat)	*		*	*		*	*		*	*	*		

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PRODUCT	GLUTEN	MILK	MOLLUSCS	FISH	EGGS	ARACHIDE	SESAME	NUTS	SOYA	CELERY	MUSTARD	SULPHITES	LUPIN	CRUSTACEAN S
HOT DRINKS														
Espresso		*		*	*		*	*	*	*	*	*		
Espresso Macchiato	Yes (if oat milk)	Yes (if milk)		*	*		*	Yes (if almond milk)	Yes (if soy milk)	*	*	*		
Long Black	Yes (if oat milk)	Yes (if milk)		*	*		*	Yes (if almond milk)	Yes (if soy milk)	*	*	*		
Flat White	Yes (if oat milk)	Yes (if milk)		*	*		*	Yes (if almond milk)	Yes (if soy milk)	*	*	*		
Cappuccino	Yes (if oat milk)	Yes (if milk)		*	*		*	Yes (if almond milk)	Yes (if soy milk)	*	*	*		
Latte Macchiato	Yes (if oat milk)	Yes (if milk)		*	*		*	Yes (if almond milk)	Yes (if soy milk)	*	*	*		
Mocha	Yes (if oat milk)	Yes (if milk)		*	*		*	Yes (if almond milk)	Yes (if soy milk)	*	*	*		
Matcha Latte	Yes (if oat milk)	Yes (if milk)		*	*		*	Yes (if almond milk)	Yes (if soy milk)	*	*	*		
Chai Latte	Yes (if oat milk)	Yes (if milk)		*	*		*	Yes (if almond milk)	Yes (if soy milk)	*	*	*		
Belgian Hot Chocolate	Yes (if oat milk)	Yes (if milk)		*	*		*	Yes (if almond milk)	Yes (if soy milk)	*	*	*		
Pot Of Tea	*	*		*	*		*	*	*	*	*	*		
SYRUPS														
Vanilla	*	*		*	*		*	*	*	*	*	*		
Caramel	*	*		*	*		*	*	*	*	*	*		
Hazelnut	*	*		*	*		*	Yes (hazelnut)	*	*	*	*		
Cinnamon	*	*		*	*		*	*	*	*	*	*		

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COLD DRINKS 1/2														
Orange juice	*	*		*	*		*	*	*	*	*	*		
Apple juice	*	*		*	*		*	*	*	*	*	*		
Carrot & Ginger juice	*	*		*	*		*	*	*	*	*	*		
Apple, raspberry & Elderflower juice	*	*		*	*		*	*	*	*	*	*		
Apple, Raspberry & Banana Smoothie	*	*		*	*		*	*	*	*	*	*		
Peach Iced Tea	*	*		*	*		*	*	*	*	*	*		
Homemade Lemonade	*	*		*	*		*	*	*	*	*	*		
Ginger Lemonade	*	*		*	*		*	*	*	*	*	*		
Still Water	*	*		*	*		*	*	*	*	*	*		
Sparkling Water	*	*		*	*		*	*	*	*	*	*		
Green Iced Tea	*	*		*	*		*	*	*	*	*	*		
Raspberry Smoothie	*	*		*	*		*	*	*	*	*	*		

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COLD DRINKS 2/2														
Karma Cola		*		*			*	*	*	*	*	*		
Gingerella		*		*			*	*	*	*	*	*		
Lemony Lemonade		*		*			*	*	*	*	*	*		
ALCOHOL (WINES)														
Peach Bellini		*		*			*	*	*	*	*	Yes		
Prosecco Spumante, Gio NV		*		*			*	*	*	*	*	Yes		
Bohem Airen , Sauvignon Blanc		*		*			*	*	*	*	*	Yes		
Picpoul de Pinet, Domaine Petit Roubie		*		*			*	*	*	*	*	Yes		
Domaine Rousset Rose Fruite, Hautes Provence		*		*			*	*	*	*	*	Yes		
Bohem Tempranillo, Garnacha		*		*			*	*	*	*	*	Yes		
Cotes du Rhone, Maison Plantevin		*		*			*	*	*	*	*	Yes		
Vedett Extra White	Yes (wheat, barley)	*		*			*	*	*	*	*	*		
Vedett Pilsner	Yes (wheat, barley)	*		*			*	*	*	*	*	*		
Cristal 0%	Yes (wheat, barley)	*		*			*	*	*	*	*	*		

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ALCOHOL (BEERS & CIDERS)														
Freedom Lager	Yes (barley)	*		*			*	*	*	*	*			
Brunhaut Blonde Beer	Yes (barley)	*		*			*	*	*	*	*			
Dolden Null IPA	Yes (barley)	*		*			*	*	*	*	*			
Gaspig Goose Cider		*		*			*	*	*	*	*	Yes		
Normandy Cider – Cinq Autels		*		*			*	*	*	*	*	Yes		
Freedom Four	Yes (barley)	*		*			*	*	*	*	*			
Freedom Organic Helles	Yes (barley)	*		*			*	*	*	*	*			
Freedom Pils	Yes (barley)	*		*			*	*	*	*	*			
Freedom Pale Ale	Yes (barley, rye)	*		*			*	*	*	*	*			
Freedom Amber	Yes (barley, rye)	*		*			*	*	*	*	*			

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