

Customer Allergen Information Guide

Version 8
23.05.24

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
--	--	---	---

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.

Vegan Friendly and Gluten Free:



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).



Product Updates:

Our products may change from time to time, but when this happens we will keep you informed via our **Products Updates section (page 4)**.

Products will remain in this section for a minimum of 28 days, so please check your favourites often.

Updates will be listed under the following categories:

- *New Product*
- *Allergen Update*
- *New Recipe*

Packaged Products

The allergen information for our packaged products that are not handled by our team members are detailed within the allergen guide or alternatively detailed on the label.

However, our products are constantly being improved and ingredients are liable to change – so please always read the actual product label carefully before consuming any product.

Please do not rely solely on the information provided on our website / digital channels for our packaged products, despite allergen information being regularly updated.

If you have any further queries about any of our products, or the changes, please contact our Customer Care team on

0808 147 3447.

Product Updates:

NEW PRODUCT	ALLERGEN UPDATE	NEW RECIPE
Hot Food (Page 15) - selected shops only		Savouries & Bakes (Page 6)
Classic Mayo Fish Finger Sandwich		Vegan Mexican Chicken-Free Bake
Tomato Sauce Fish Finger Sandwich		
Classic Mayo Fish Finger Wrap		
Breakfast & Fruit (Page 8)		
Apple and Strawberry Fruit Pot		
Flatbreads (Page 10)		
Pesto Chicken Flatbread		
Spicy Mexican Bean Flatbread		
Sweet (Page 13)		
Cherry Bakewell Muffin		
Iced Drinks (Page 17)		
Mango & Strawberry Cooler		
Strawberries & Cream Refresher		
Greggs Own Label Cold Drinks (Page 18)		
Ready to Drink Caramel Latte		
Ready to Drink Latte		



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.

	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)															
Contents Key:																					
✓ (Product contains)																					
• (May Contain)																					
GF (Gluten Free)																					
Bread & Rolls																					
Baguettes	✓	•		•																	
Corn Topped Rolls	✓	•	•	•	•	•	✓									•					
Large White Bloomer	✓	•	•	•	•		✓														
Malted Brown Loaf	✓	•	✓	•	•	•	✓									•					
Oval Bites	✓	•	•	•	•	•	✓									•					
Stotties	✓	•	•	•	•		✓														
White & Wholemeal Loaf	✓	•	•	•	•	•	✓														
White & Wholemeal Rolls	✓	•	•	•	•	•	✓									•					
Breakfast																					
**Vegan Sausage Breakfast Roll with Quorn™	✓	•	✓	•	•	•	✓									•					
Extra **Vegan Breakfast Sausage with Quorn™	✓		✓																		
Heinz Tomato Ketchup															✓						
HP Brown Sauce		✓	✓																		
Spread																					
Hot Food																					
Hash Browns	•																				
Southern Fried Potato Wedges	✓																				



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.

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)														
Savouries & Bakes																				
**Vegan Sausage Roll with Quorn™	✓		✓	•			•									•				
Vegan Mexican Chicken-Free Bake <i>(New Recipe)</i>	✓	•	•	•			✓									•	•			
Vegan Steak Bake with Quorn™	✓		✓	•			•									•				
Sandwiches																				
Vegan Southern Fried Chicken-Free Baguette	✓	•	•	•			✓									•	•			
Salads																				
Sweet Potato Bhaji & Rice																	✓			
Sweet Treats																				
Glazed Ring Doughnut	✓	•	•	•	•	•	✓									•				
Sweet Mince Pies	✓		•					•								•				
Pizza Dips																				
Garlic & Herb Dip																	✓			
Hot Sauce																				
Smoky BBQ Dip																	✓			

Breakfast

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)														
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	✓	•	•	•	•	•	✓									✓				
Extras																				
Extra Bacon																				
Extra Breakfast Sausage	✓		•													✓				
Extra Lorne Sausage	✓															✓				
Extra Omelette with cheese											✓	✓								

Sandwiches

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free) HS (Hospital Shop)	Cereals Containing Gluten																					Gluten Free (GF)	
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)																	
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)	✓	•	✓	•	•	•	✓					•	✓	•		•	•	✓					

Sandwiches

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free) HS (Hospital Shop)	Cereals Containing Gluten																					Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)																
Bread Packs																						
Tandoori Chicken	✓	•	✓	•	•	•	✓				•	✓	•		✓	•	✓					
Tuna Crunch (HS)	✓	•	✓	•	•	•	✓				•	✓	✓		•	•	✓					
Tuna Mayonnaise & Cucumber	✓	•	✓	•	•	•	✓				•	✓	✓		•	•	✓					
Flatbreads																						
Mexican Chicken Flatbread	✓		•				•				•	✓	•		•	•	✓					
Pesto Chicken Flatbread (New Product)	✓		•				•				✓	✓	•		•	•	✓					
Spicy Mexican Bean Flatbread (New Product)	✓		•				•				•	✓	•		•	•	✓					
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																						
Ham & Mature Cheddar Cheese Toastie	✓	•	•	•	•		✓				✓	•	•		•	•	•					

Savouries, Bakes & Pizza

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)															
Savouries & Bakes																					
Bacon & Cheese Wrap	✓		•				•				✓	•				•	•				
Beef & Vegetable Pasty	✓		✓				•				✓					•	•				
Cheese & Onion Bake	✓	•	•	•	•	•	•				✓	•				•	✓				
Chicken Bake	✓	•	•	•	•	•	•				✓	•				•	•				
Corned Beef Bake	✓	•	•	•	•	•	•				✓	✓				•	•				
Festive Bake	✓	•	✓	•	•	•	•				✓	•				•	•				
Sausage, Bean & Cheese Melt	✓	•	•	•	•	•	•				✓	•				✓	•				
Sausage Roll	✓	•	✓	•	•	•	✓				✓	•				✓	•				
Savoury Mince Pie	✓		✓				✓				✓					•	•				
Scotch Pie	✓	•	✓	•	•	•	✓				✓					•	•				
Steak Bake	✓	•	✓	•	•	•	•				✓	•				•	•				
Vegetable Bake	✓	•	•	•	•	•	•				✓	•				•	✓				
Pizzas																					
Margherita Pizza	✓	•	✓	•	•	•	✓				✓	•				•	•				
Pepperoni Pizza	✓	•	✓	•	•	•	✓				✓	•				•	•				
Pepperoni Hot Shot Pizza	✓	•	✓	•	•	•	✓				✓	•				•	•				
Spicy Mexican Chicken Pizza	✓	•	✓	•	•	•	✓				✓	•				•	✓				
Spicy Veg Pizza	✓	•	✓	•	•	•	✓				✓	•				•	•				

Sweet Treats

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)															
Apple Danish	✓	•	•	•	•	•	✓				✓	✓				✓	•				
Bavarian Slice	✓						✓	•		•	✓	✓				•					
Belgian Bun	✓	•	•	•	•	•	✓				•	•				✓	•				
Caramel Custard Doughnut	✓	•	•	•	•	•	✓				✓	•				•					
Cheese Scones	✓	•	•	•	•	•	•				✓	✓				•	✓				
Cherry Bakewell Muffin <i>(New Product)</i>	✓	•	•	•			•				✓	✓				✓					
Chocolate Brownie Offcuts (Outlets only)	•						✓	•			✓	✓				•					
Chocolate Cake Bar	✓	•	•	✓	•		✓	•			✓	✓				•					
Cinnamon Muffin	✓	•	•	•	•		•				✓	✓				•					
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	✓	•	•	•	•	•	✓				✓	•				•					
Star Biscuit	✓	•	•	•	•	•	✓	•			✓	✓				•	•			•	
Sugar Strand Doughnut	✓	•	•	•	•	•	✓				•	•				•					
Tottenham Cake	✓		•	•			•	•			•	✓				•					

Hot Food

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)														
Hot																				
BBQ Bites Meal Box	✓						•				•	•			•		•			
Spicy BBQ Chicken Bites	✓						•				•	•			•		•			
Southern Fried Chicken Goujons	✓																			
Mozzarella & Cheddar Bites	•		•							✓							•			
Soup																				
Chicken & Vegetable Soup (GF)										✓				✓						Y
Tomato Soup (GF)										✓				•	•					Y
Crispy Chicken Burgers – selected shops only																				
Mayo Crispy Chicken Burger	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Spicy Crispy Chicken Burger	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Fish Finger Sandwiches – selected shops only																				
Classic Mayo Fish Finger Sandwich (New Product)	✓	•	•	•	•	•	✓				•	✓	✓		•	•	✓			
Tomato Sauce Fish Finger Sandwich (New Product)	✓	•	•	•	•	•	✓				•	•	✓		✓	•	✓			
Wraps - selected shops only																				
Chicken																				
Classic Mayo Chicken Wrap	✓		•				•				•	✓	•		•		✓			
Hot & Spicy Chicken Wrap	✓		•				•				•	✓	•		•	•	✓			
Sweet Chilli Chicken Wrap	✓	•	•				•				•	✓	•		•	•	✓			
Fish																				
Classic Mayo Fish Finger Wrap (New Product)	✓		•				•				•	✓	✓		•		✓			

Drinks & Snacks

Includes Decaf versions where available

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)															
Hot Drinks																					
Americano											•										
Black Tea											•										
Cappuccino	•										✓					•					
Oat Cappuccino				✓			•				•										
Soya Cappuccino				•			✓				•										
Flat White											✓										
Oat Flat White				✓			•				•										
Soya Flat White				•			✓				•										
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				•			✓				•										
White Coffee											✓										
Oat White Coffee				✓			•				•										

Drinks & Snacks

Includes Decaf versions where available

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)														
Hot Drinks continued																				
Soya White Coffee				•			✓				•									
Oat, Alternative to Milk				✓																
Soya, Alternative to Milk							✓													
Speciality Drinks																				
Caramel Latte	•										✓					•				
Vanilla Latte	•										✓					•				
Iced Drinks																				
Cloudy Lemonade																				
Mango and Strawberry Cooler (<i>New Product</i>)																				
Strawberries and Cream Refresher (<i>New Product</i>)											✓									
Strawberry Lemonade																				
Iced Americano											•									
Iced Latte											✓									
Iced Speciality Drinks																				
Iced Caramel Latte											✓									
Iced Vanilla Latte											✓									

Drinks & Snacks

Includes Decaf versions where available

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 (syrops may contain sugar & sweeteners)																					
Cream											✓										
Caramel Syrup																					
Cinnamon Syrup – selected shops only																					
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																					
Ready to Drink Caramel Latte (New Product)											✓										
Ready to Drink Latte (New Product)											✓										
Sparkling Mango & Pineapple																					
Sparkling Raspberry Lemonade																					
Greggs Own Label Crisps																					
Mature Cheddar & Onion Hand Cooked Crisps											✓										
Sea Salt & Cider Vinegar Hand Cooked Crisps																					
Thai Sweet Chilli Hand Cooked Crisps																					

