



## ALLERGEN STATEMENT - EN

Le Pain Quotidien

Read & approved 17/03/2026,  
Navez Charles

A handwritten signature in black ink, appearing to be 'Navez Charles', located below the printed name.

# Le Pain Quotidien Allergen Statement

Le Pain Quotidien - Menu 2025



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



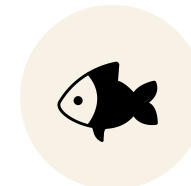
## SESAME



## MILK



## CELERY



## FISH

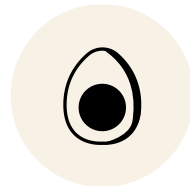


## SULPHITES

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



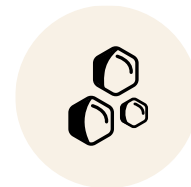
## NUTS



## EGGS



## SOYA



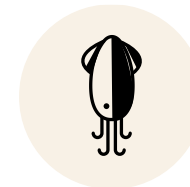
## LUPIN



## 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
<b>BREADS &amp; VIENNOISERIES</b>														
Baguette	Yes (wheat, rye)	*		*	*		*	*	*	*	*	*		
Classic wheat – 500g & 1,8kg	Yes (wheat, barley, rye)	*		*	*		*	*	*	*	*	*		
Hemp seed bread	Yes (wheat, rye)	*		*	*		*	*	*	*	*	*		
Seeded sourdough - 500g	Yes (wheat, barley, rye, oat)	*		*	*		*	*	*	*	*	*		
White sourdough oval – 600g & 800g	Yes (wheat)	*		*	*		*	*	*	*	*	*		
Buckwheat Glutenfree bread	*	*		*	*		Yes	*	*	*	*	*		
Flatbread	Yes (wheat, rye)	*		*	*		*	*	Yes	*	*	*		
Hazelnut & raisin flute	Yes (wheat, rye)	*		*	*		*	Yes (hazelnut)	*	*	*	*		
Multigrain baguette	Yes (wheat, rye, oats, barley)	*		*	*		Yes	*	*	*	*	*		
Olive bread	Yes (wheat, rye)	*		*	*		*	*	*	*	*	*		
Spelt bread 800g	Yes (wheat, rye)	*		*	*		*	*	*	*	*	*		
White sourdough 800g	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.

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<b>SANDWICHES</b>														
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	*		
Italian baguette	Yes (wheat, rye, oats, barley)	Yes		*	*		Yes	*	*	*	*	*		

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<b>FOCACCIA TOASTIES</b>														
Ham, Cheese & Dijon Mayo	Yes (wheat)	Yes		*			*	*	*	*	Yes	*		
Mozzarella	Yes (wheat)	Yes		*			*	*	*	*	*	Yes		
Tuna Melt	Yes (wheat)	Yes		Yes			*	*	*	*	*	Yes		

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<b>JAMS &amp; SPREADS</b>														
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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<b>ORGANIC EGGS</b>														
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	*	*	*	*			
Scrambled Eggs with Feta	Yes (wheat, barley, rye)	Yes		*	Yes		*	*	*	*	*			
Breakfast Bowl	Yes (wheat, rye)	Yes		*	Yes		*	*	*	*	*			

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<b>BREAKFAST &amp; BRUNCH</b>														
Baked Ham & Cheese Croissant	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*		
Breakfast Le Pain Quotidien EXPRESS	Yes (wheat)	Yes		*	Yes		*	(Yes if almond milk)	Yes (if pain au chocolate)	*	*	*		
Breakfast Le Pain Quotidien CLASSIC	Yes (wheat, rye)	Yes		*	Yes		*	(Yes if almond milk)	Yes (if pain au chocolate)	*	*	*		
Pain Perdu	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*		
Mini Pancakes	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*		
English Breakfast	Yes (wheat, barley, oat, rye)	Yes		*	Yes		*	*	*	*	*	Yes		
Mini pancakes – smoked salmon, skyr & dill	Yes (wheat)	Yes		Yes	Yes		*	*	*	*	*	*		
Mini pancakes – grilled bacon & agave syrup	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*		
Mini pancakes – nature	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*		
Protein pancakes	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*		

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<b>CEREALS, FRESH FRUIT &amp; YOGHURTS</b>														
Granola Parfait (Soy)	Yes (oat)	*		*	*		*	Yes (almond, cashew)	Yes	*	*	*		
Granola Parfait (Milk)	Yes (oat)	Yes		*	*		*	Yes (almond, cashew)	*	*	*	*		
Porridge	Yes (oat)	*		*	*		*	Yes (all tree nuts)	*	*	*	*		
Fresh Fruit Salad-V	*	*		*	*		*	*	*	*	*	*		
Chia red fruits delice	*	Yes (if skyr)		*	*		*	Yes (almond)	Yes (if soya)	*	*	*		
Bircher muesli	Yes (oat)	*		*	*		*	*	Yes	*	*	*		

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

<b>OUR FAVORITES</b>														
Baker's Daily Lunch	See soup & tartine selections for allergen information													

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<b>VIENNOISERIES</b>														
Butter croissant	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*		
Hibiscus vegan croissant	Yes (wheat)	*		*	*		*	*	*	*	*	*		
Almond croissant	Yes (wheat)	Yes		*	Yes		*	Yes	*	*	*	*		
Pain au chocolat	Yes (wheat)	Yes		*	Yes		*	Yes	Yes	*	*	*		
Pain au raisin	Yes (wheat)	Yes		*	*		*	Yes (almond)	Yes	*	*	*		
Vegan cinnamon swirl	Yes (wheat)	Yes		*	*		*	Yes (almond)	Yes	*	*	*		
Pistache swirl	Yes (wheat)	Yes		*	Yes		*	Yes (pistachio)	*	*	*	*		
Brioche	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*		
<b>WRAPS</b>														
Wrap smoked salmon	Yes (wheat)	Yes		Yes	*		*	*	*	*	*	*		
Wrap Dagobert	Yes (wheat)	Yes		*	Yes		Yes	*	*	*	Yes	*		
Wrap avocado	Yes (wheat)	*		*	*		*	*	*	*	*	*		
Wrap chicken	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*		

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<b>TARTINES &amp; TOASTS</b>														
Parma ham & mozzarella	Yes (wheat, barley, rye)	Yes		*	*		*	Yes (cashews)	*	*	*	Yes		
Chicken, feta & avocado	Yes (wheat, barley, rye)	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		
Gardener's croque vegan	Yes (wheat, rye)	*		*	*		Yes	Yes (cashew)	*	*	Yes	Yes		
Italian baguette	Yes (wheat, rye, oat, barley)	Yes		*	*		Yes	*	*	*	*	*		
Salmon & avocado tartine	Yes (wheat, rye)	Yes		Yes	*		*	*	*	*	*	*		
Croque club chicken	Yes (wheat, rye)	*		*	Yes		*	*	*	*	Yes	*		
Chicken bun	Yes (wheat)	Yes		*	Yes		*	*	*	*	Yes	Yes		

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<b>FLATBREAD</b>														
Sourdough flatbread with baked eggs	Yes (wheat, rye)	Yes		*	Yes		*	*	Yes	*	*	*		
Parma ham & mozzarella flatbread	Yes (wheat, rye)	Yes		*	*		*	Yes (cashews)	*	*	*	Yes		
Grilled vegetables flatbread - With parma ham	Yes (wheat, rye)	*		*	*		Yes	*	*	*	*	Yes		
Grilled vegetables flatbread - mozzarella di bufala	Yes (wheat, rye)	Yes		*	*		Yes	*	*	*	*	Yes		

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<b>SIDES</b>														
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	*		*	*	*	*	*	*		
Sausages	Yes (wheat)	*		*	*		*	*	*	*	*	Yes		
Feta	*	Yes		*	*		*	*	*	*	*	*		

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<b>SALADS &amp; BOWLS</b>														
Chicken Caesar	Yes (wheat, rye)	Yes			Yes		*	*	*	*		*		
Warm goat cheese	Yes (wheat, rye oat)	Yes		*	*	*	*	Yes (almond, cashew)	*	*	Yes	Yes		
Mediterranean salad (with parma ham)	Yes (wheat, rye)	Yes		*	*		*	*	Yes	*	Yes	Yes		
Salmon & bulgur bowl	*	*		Yes	Yes		*	*	*	Yes	Yes	Yes		
Bowl with seasonal vegetables	Yes (wheat, rye) > croutons	*		*	*		Yes	*	*	*	Yes	Yes		
Grain bowl	Yes (wheat)	*		*	*		Yes	*	*	*	*	*		
Salmon Nicoise	Yes (wheat, rye)			Yes	Yes		*	*	*	*	Yes	Yes		
<b>HOT DISHES</b>														
Quiche Lorraine	Yes (wheat)	Yes		*	Yes		*	*	Yes	Yes	Yes	Yes		
Quiche aubergine	Yes (wheat)	Yes		*	Yes		*	*	*	*	Yes	Yes		

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<b>SOUPS</b>														
Soup of the day SEE IF WE KEEP THIS	Yes (wheat, rye)	*		*	*		*	*	*	Yes	*	*		

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<b>DESSERTS 1/2</b>														
Lemon tart	Yes (wheat)	*			*		*	*		*	*	*		
Chocolate brownie	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*		
Belgian 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)	*	*	*	*		
Mini Pancakes	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*		
Spelt quinoa scone	Yes (wheat)	Yes		*	Yes		Yes	Yes (almond)	*	*	*	*		
Lemon Drizzle Cake	Yes (wheat)	Yes			Yes			*	*			Yes		
Eclair	Yes (wheat)	Yes		*	Yes		*	*	Yes	*	*	*		
Portuguese custard tart	Yes (wheat)	Yes		*	Yes		*	Yes	*	*	*	*		
Coffee & Walnut Cake	Yes (wheat/barley)	*			*		*	Yes (Walnut)		*	*	*		
Peach & cobbler tart	Yes (wheat, oats)	Yes		*	Yes		*	*	*	*	*	*		
Lemon & raspberry tart	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*		
Chocolate chip & sea salt cookie	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*		
White chocolate & almond cookie	Yes (wheat)	Yes		*	Yes		*	Yes (almonds)	Yes	*	*	*		

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<b>DESSERTS 2/2</b>														
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		*	*		*	*	*		
Cookie Oat & Blueberry	*	*		*	*		*	*	*	*	*	*		
Hot cross bun	Yes (wheat)	*		*	*		*	*	Yes	*	*	*		
Double Chocolate Muffin	Yes(wheat/oat/barley)	*		*	*		*	*		*	*	*		
Blueberry Muffin	Yes (wheat)	*		*	*		*	*		*	*	*		
Madeleine	Yes (wheat)	Yes		*	Yes		*	Yes	Yes	*	*	*		
Mini brownies	*	Yes			Yes		*	*	Yes	*	*	*		
Financiers nuts	Yes (wheat, malt)	*			Yes		*	Yes (almonds, hazelnuts, pecan)	*	*	*	*		
Berry cheesecake	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*		

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<b>HOT DRINKS</b>														
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	*	*		*	*		*	*	*	*	*	*		
<b>SYRUPS</b>														
Vanilla	*	*		*	*		*	*	*	*	*	*		
Caramel	*	*		*	*		*	*	*	*	*	*		
Hazelnut	*	*		*	*		*	Yes (hazelnut)	*	*	*	*		

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<b>COLD DRINKS 1/2</b>														
Orange juice	*	*		*	*		*	*	*	*	*	*		
Apple juice	*	*		*	*		*	*	*	*	*	*		
Go glow	*	*		*	*		*	*	*	*	*	*	*	
Sun kick	*	*		*	*		*	*	*	*	*	*	*	
Coconut water	*	*		*	*		*	*	*	*	*	*	*	
Ginger shot	*	*		*	*		*	*	*	*	*	*		
Passion fruit iced tea	*	*		*	*		*	*	*	*	*	*		
Peach Iced Tea	*	*		*	*		*	*	*	*	*	*		
Homemade Lemonade	*	*		*	*		*	*	*	*	*	*		
Homemade raspberry lemonade	*	*		*	*		*	*	*	*	*	*		
Still Water	*	*		*	*		*	*	*	*	*	*		
Sparkling Water	*	*		*	*		*	*	*	*	*	*		
Green Iced Tea	*	*		*	*		*	*	*	*	*	*		
Berry blush	*	*		*	*		*	*	*	*	*	*		
Camu shot	*	*		*	*		*	*	*	*	*	*		

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<b>COLD DRINKS 2/2</b>														
Karma Cola	Yes (barley)	*		*			*	*	*	*	*	*		
Gingerella		*		*			*	*	*	*	*	*		
Lemony Lemonade		*		*			*	*	*	*	*	*		
<b>ALCOHOL (WINES)</b>														
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		
Helles lager	Yes (barley)	*		*			*	*	*	*	*	*		
Riedenburger	Yes (barley)	*		*			*	*	*	*	*	*		

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<b>ALCOHOL (BEERS &amp; CIDERS)</b>														
Freedom Lager	Yes (barley)	*		*			*	*	*	*	*			
Brunhaut Blonde Beer	Yes (barley)	*		*			*	*	*	*	*			
Dolden Null IPA	Yes (barley)	*		*			*	*	*	*	*			
Gaspig Goose Cider		*		*			*	*	*	*	*	Yes		
Normandy Cider – Cinq Autels		*		*			*	*	*	*	*	Yes		
Freedom Organic Helles	Yes (barley)	*		*			*	*	*	*	*			
Freedom Pale Ale	Yes (barley, rye)	*		*			*	*	*	*	*			

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