Le Pain Quotidien 14th of October 2026

ALLERGEN STATEMENT – ENG

Le Pain Quotidien

Read & approved 08/10/2026, Navez Charles

14/10/2026

Le Pain Quotidien Allergen Statement

Le Pain Quotidien Belgium

Le Pain Quotidien takes allergens very seriously and we do everything we can to limit and control the risk of cross-contamination of allergens in our restaurants. Nevertheless, we cannot guarantee that our freshly prepared dishes are completely free of allergens, as we work in an open space. Therefore, we would like to ask you to bear in mind 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 or Khorasan wheat), rye, barley, oats or their hybrid varieties.



MUSTERD



SESAME



MILK



CELERY



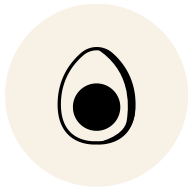
FISH



SULFITE
(in concentrations higher than 10 mg/kg or 10 mg/litre).



NUTS

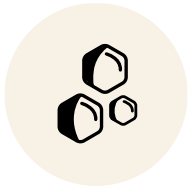


EGGS



SOY

Not present in our kitchen:



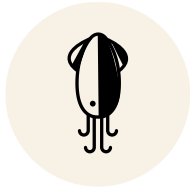
LUPINE



PINDA



CRUSTACEANS



MOLLUSKS

The available information regarding allergens should be used as an evaluation tool to inform our customers before they consume any of our dishes, so that they have the opportunity to choose the items they consider most suitable for their personal sensitivity level. Complete and detailed information about allergens in all our dishes can be requested in our store. Please address the manager.

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Le Pain Quotidien food safety – pregnant woman

Le Pain Quotidien Belgium

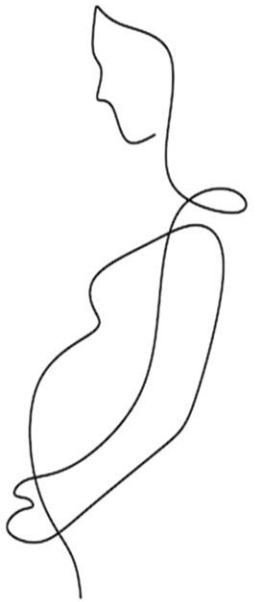
Food safety is a top priority at Le Pain Quotidien. During pregnancy, extra vigilance is required with regard to the presence of certain ingredients in our dishes. Our team can provide you with information and help you make your choice with peace of mind.

Our vegetables, fruit and salads are carefully washed. Our cheeses (with the exception of Parmesan and Comté) and dairy products are pasteurised to ensure safe consumption. Our soft-boiled eggs are also pasteurised due to their preparation in the Pollux.

However, some dishes contain raw fish (such as smoked salmon), raw meat (such as filet americain) or soft-boiled eggs (such as fried eggs). These dishes are marked with the following icon: 🔴

If you have any questions, our team can provide the same recommendations.

The final choice is always up to the customer. If in doubt, we recommend seeking the advice of a doctor or midwife.



(*) Possibly present or traces present.

PRODUCT	GLUTEN	MILK	MOLLUSCS	FISH	EGGS	PINDA	SESAME	NUTS	SOY	CELERY	MUSTERD	SULPHITE	LUPINE	CRUSTACEANS	PREGNANT
BREAD (1/2)															
Baguette	Yes (wheat, rye)	*		*	*		*	*	*	*	*	*			
Wheat bread 600gr / 2kg	Yes (wheat, rye)	*		*	*		*	*	*	*	*	*			
Sourdough bread	Yes (wheat, rye)	*		*	*		*	*	*	*	*	*			
Cannabis-hemp bread	Yes (wheat, rye)	*		*	*		*	*	*	*	*	*			
Nordic bread	Yes (wheat, barley, rye, oats, malt, spelt)	*		*	*		Yes	*	*	*	*	*			
Spelt bread	Yes (wheat, rye, spelt)	*		*	*		*	*	*	*	*	*			
Rye bread	Yes (wheat, malt, rye)	*		*	*		*	*	*	*	*	*			
Glutenfree bread (not cutted)	*	*		*	*		Yes	*	Yes	*	*	*			
Superseeds bread	Yes (oats)	*		*	*		Yes	*	*	*	*	*			
Sandwich	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*			
Ciabatta	Yes (wheat)	*		*	*		*	*	*	*	*	*			
Flatbread nature	Yes (wheat, rye)	*		*	*		*	*	Yes	*	*	*			
Multicereal baguette	Yes (wheat, rye, oats, barley)	*		*	*		Yes	*	*	*	*	*			

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BREAD (2/2)															
Multicereal bread	Yes (wheat, barley, oats, spelt, rye)	*		*	*		Yes	*	*	*	*	*			
Mini protein bread	Yes (wheat, spelt, rye)	*		*	*		*	*	*	*	*	*			
Sourdough bread 50gr	Yes (wheat, rye)	*		*	*		*	*	*	*	*	*			
Multicereal sourdough bread 50gr	Yes (wheat, rye, oats, barley)	*		*	*		Yes	*	*	*	*	*			
Fougasse	Yes (wheat)	*		*	*		*	*	*	*	*	*			
Pumpkin bread	Yes (wheat, rye)	*		*	*		*	*	*	*	*	*			

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VIENNOISERIES															
Croissant	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*			
Pain au chocolate	Yes (wheat)	Yes		*	Yes		*	*	**Yes**	*	*	*			
Almond croissant	Yes (wheat)	Yes		*	Yes		*	Yes (almond)	*	*	*	*			
Nuts-raisin flute	Yes (wheat, rye)	*		*	*		*	Yes (hazelnut)	*	*	*	*			
Mini Brioche	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*			
Brioche	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*			
Cookie honey, raisins & nuts	Yes (wheat, oats)	Yes		*	Yes		*	Yes (walnut)	*	*	*	*			
Cookie Triple Chocolate	Yes (wheat)	Yes		*	Yes		*	*	Yes	*	*	*			
Tortillon	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*			
Vegan hibiscus croissant	Yes (wheat)	*		*	*		*	*	*	*	*	*			
Chocolate torsade	Yes (wheat)	Yes		*	Yes		*	*	Yes	*	*	*			
Round raisin couque	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*			
Cinnamon roll	Yes (wheat)	*		*	*		*	*	Yes	*	*	*			
Pistachio swirl	Yes (wheat)	Yes		*	Yes		*	Yes (pistachio)	*	*	*	*			
Cream pastry	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*			
Apple puff pastry	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*			
Nougatine praliné	Yes (wheat)	Yes		*	Yes		*	Yes (hazelnuts)	*	*	*	*			

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BREAKFAST & BRUNCH															
Mini pancakes	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*			
Granola Parfait (plain yoghurt)	Yes (oats)	Yes		*	*	*	*	Yes (cashew, almond)	*	*	*	*			
Granola Parfait (soy yoghurt)	Yes (oats)	*		*	*	*	*	Yes (cashew, almond)	Yes	*	*	*			
Fruit salad	*	*		*	*		*	*	*	*	*	*			
Yoghurt with fruit (plain yoghurt)	*	Yes		*	*		*	*	*	*	*	*			
Yoghurt with fruit (soy)	*	*		*	*		*	*	Yes	*	*	*			
Fried egg	Yes (wheat, rye)	Yes (if butter)		*	Yes		*	*	*	*	*	*			
Soft-boiled eggs	Yes (wheat, rye)	Yes (if butter)		*	Yes		*	*	*	*	*	*			
Scrambled eggs nature	Yes (wheat, rye)	Yes (if butter)		*	Yes		*	*	*	*	*	*			
Scrambled eggs salmon	Yes (wheat, rye)	Yes (if butter)		Yes	Yes		*	*	*	*	*	*			
Scrambled eggs bacon	Yes (wheat, rye)	Yes (if butter)		*	Yes		*	*	*	*	*	*			
Scrambled eggs avocado	Yes (wheat, rye)	Yes (if butter)		*	Yes		*	*	*	*	*	*			
Scrambled eggs toast	Yes (wheat, rye)	Yes		*	Yes		*	Yes (cashew)	*	*	*	*			
Breakfast bowl	Yes (wheat, spelt, rye)	Yes		*	Yes		*	*	*	*	Yes	Yes			
Pain perdu	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*			
Chia delice	*	Yes (if Skyr or yoghurt)		*	*		*	Yes (almond)	Yes (if soy)	*	*	*			
Protein pancakes	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*			

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BREAKFAST & BRUNCH															
Plate ham & cheese	*	Yes		*	*		*	*	*	*	Yes	*			
Plate smoked salmon	*	*		Yes	*		*	*	*	*	*	*			●
Manhattan Breakfast	Yes (wheat, barley, rye, oats, malt, spelt)	Yes		Yes	Yes		Yes	*	*	*	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)	*	*	*			
Breakfast Le Pain Quotidien GOURMAND	Yes (wheat, rye)	Yes		*	Yes		*	(Yes if almond milk	Yes (if pain au chocolate)	*	*	*			
Croissant ham & cheese	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*			
Kids breakfast	Yes (wheat, rye)	Yes		*	Yes		*	(Yes if almond milk)	Yes (if pain au chocolate)	*	*	*			
Kids mini pancakes	Yes (wheat)	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		*	*	*	*	*	*			
Baked eggs benedict	Yes (wheat)	Yes		*	Yes		*	*	*	Yes	Yes	Yes			●
Baked eggs benedict – avocado or bacon	Yes (wheat)	Yes		*	Yes		*	*	*	Yes	Yes	Yes			●
Baked eggs benedict - salmon	Yes (wheat)	Yes		Yes	Yes		*	*	*	Yes	Yes	Yes			●
PLEASE NOTE!!! BE AWARE OF THE CHOICES IN THE BRUNCH (VIENNOISSERIE, PROTEIN, DESSERT) FOR ALLERGENS.															

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TARTINES & TOASTS															
Avocado toast nature	Yes (wheat, rye)	*		*	*		*	*	*	*	*	*			
Avocado toast with scrambled eggs	Yes (wheat, rye)	Yes		*	Yes		*	*	*	*	*	*			
Avocado toast with smoked salmon	Yes (wheat, rye)	*		Yes	*		*	*	*	*	*	*			🟠
Avocado toast – scrambled eggs & smoked salmon	Yes (wheat, rye)	Yes		Yes	Yes		*	*	*	*	*	*			🟠
Tartine smoked salmon	Yes (wheat, rye)	Yes		Yes	Yes		*	*	*	*	Yes	*			🟠
Toast chicken & smoked mozzarella	Yes (wheat, rye)	Yes		*	*		*	*	*	*	Yes	Yes			
Croque Monsieur	Yes (wheat, rye)	Yes		*	*		*	*	*	*	Yes	Yes			
Chicken & courgette tartine	Yes (wheat, rye)	Yes		*	*		*	*	*	*	Yes	Yes			
Tuna tartine	Yes (wheat, rye)	*		Yes	Yes		Yes	*	*	Yes	Yes	*			🟠
Ham & cheese tartine	Yes (wheat, rye)	Yes		Yes	Yes		*	*	*	*	Yes	*			
Belgian beef tartine	Yes (wheat, rye)	Yes		*	*		*	*	*	*	*	*			🟠
Gardener's Croque vegan	Yes (wheat, rye)	*		*	*		Yes	Yes (cashew)	*	*	Yes	Yes			
Italian tartine	Yes (wheat, rye)	Yes		*	*		*	Yes (cashew)	*	*	*	*			🟠
Salmon & avocado tartine	Yes (wheat, rye)	Yes		Yes	*		*	*	*	*	*	*			🟠
Croque club chicken	Yes (wheat, rye)	*		*	Yes		*	*	*	*	Yes	*			
Avocado & goat cheese	Yes (wheat, rye)	Yes		*	*		*	*	*	*	*	Yes			

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FLATBREAD															
Italian flatbread	Yes (wheat, rye)	Yes		*	*		*	Yes (cashew)	Yes	*	*	*			●
Roasted vegetables with portobello mushrooms	Yes (wheat, rye)	Yes		*	*		*	*	Yes	*	*	*			
Roasted vegetables with portobello mushrooms & mozzarella	Yes (wheat, rye)	Yes		*	*		*		Yes	*	*	*			
Roasted vegetables with portobello mushrooms & Serrano	Yes (wheat, rye)	Yes		*	*		*		Yes	*	*	*			●
Roasted vegetables with portobello mushrooms - mozzarella & Serrano	Yes (wheat, rye)	Yes		*	*		*		Yes	*	*	*			●
SIDES															
Mixed salad	*	*		*	*		*	*	*	*	Yes	Yes			
Side guacamole	Yes (wheat, rye)	*		*	*		*	*	*	*	*	*			
Side avocado	Yes (wheat, rye)	*		*	*		*	*	*	*	*	*			
Side hummus	Yes (wheat, rye)	*		*	*		Yes	*	*	*	*	*			
Side bacon	*	*		*	*		*	*	*	*	*	*			
Side quinoa tabouleh	Yes (wheat, rye)	*		*	*		*	*	*	*	*	*			

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SALADS & BOWLS															
Warm goat cheese	Yes (wheat, oats, rye)	Yes		*	*	*	*	Yes (cashew, almond, hazelnut)	*	*	Yes	Yes			
Crispy chicken bowl	Yes (wheat, rye)	*		*	*		*	*	*	*	Yes	*			
Caesar	Yes (wheat, rye) -> croûtons	Yes		Yes	Yes		*	*	*	*	Yes	*			●
Harvest bowl	Yes (wheat, rye)	*		*	*		*	Yes (cashew)	*	*	Yes	*			
Harvest bowl + Feta	Yes (wheat, rye)	Yes		*	*		*	Yes (cashew)	*	*	Yes	*			
Harvest bowl + smoked salmon	Yes (wheat, rye)	Yes		Yes	*		*	Yes (cashew)	*	*	Yes	*			●
QUICHES & HOT DISHES															
Quiche Lorraine	Yes (wheat, rye)	Yes		*	Yes		*	*	*	*	Yes	Yes			
Quiche feta spinach	Yes (wheat, rye)	Yes		*	Yes		*	*	*	*	Yes	Yes			
Quiche pumpkin & goat cheese	Yes (wheat)	Yes		*	Yes		*	Yes (walnuts)	*	*	*	*			
Quiche caramelised onions	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*			
Vegan Dressing	*	*		*	*		*	*	*	*	Yes	Yes			
Kids lunch	Yes (wheat, rye)	Yes		*	Yes (brownie)		*	*	Yes (brownie)	*	*	*			
Kids Lunch croque vegan + fruit	Yes (wheat, rye)	*		*	*		Yes	Yes (cashew)	*	*	*	Yes			

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SOUPS *															
Pumpkin spice soup	Yes (wheat, rye)	*		*	*		*	*	*	Yes	*	*			
Butternut curry cocos milk	Yes (wheat, rye)	*		*	*		*	*	*	Yes	*	*			
Tomato roasted cauliflower	Yes (wheat, rye)	*		*	*		*	*	*	Yes	*	*			
Celeriac mascarpone	Yes (wheat, rye)	Yes		*	*		*	*	*	Yes	*	*			
Chervil soup	Yes (wheat, rye)	*		*	*		*	*	*	Yes	*	*			

SOUPS*

- Wheat and rye are allergens found in the baguettes and bread served with the soups.
- If your soup of the day is not on this list, you can always ask the host for information. They always have all the necessary information at their disposal.

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DESSERTS 1/2															
Lemon tartlet	Yes (wheat)	Yes		*	Yes		*	Yes (almond)	*	*	*	*			
Oval tartlet with pastry cream	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*			
Apple-cinnamon tartlet	Yes (wheat)	Yes		*	Yes		*	Yes (almond)	*	*	*	*			
Caramel tartlet	Yes (wheat)	Yes		*	Yes		*	Yes (hazelnut)	*	*	*	*			
Brownie	*	Yes		*	Yes		*	*	Yes	*	*	*			
Merveilleux	*	Yes		*	Yes		*	*	Yes	*	*	*			
Pastel de Nata	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*			
Liège waffle	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*			
Éclair	Yes (wheat)	Yes		*	Yes		*	*	Yes	*	*	*			
Cheesecake	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*			
Chocolate tarte	*	Yes		*	Yes		*	*	Yes	*	*	*			
Chocolate bombe	Yes (wheat)	Yes		*	Yes		*	Yes (almond)	Yes	*	*	*			
Vegan chia-choco muffin	Yes (wheat)	*		*	*		*	*	*	*	*	*			
Chocolate mousse	*	Yes		*	Yes		*	*	Yes	*	*	*			
Tiramisu	Yes (wheat)	Yes		*	Yes		*	Yes (hazelnut, almond)	*	*	*	*			
Crumble red fruit	Yes (wheat)	Yes		*	Yes		*	Yes (almond)	*	*	*	*			

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DESSERTS 2/2															
Moelleux chocolate delice –V	Yes (wheat, oats)	*		*	*		*	Yes (almond)	Yes	*	*	*			
Rice tart	Yes (wheat)	Yes		*	Yes		*	Yes (almond)	*	*	*	*			
Chocolate cake	Yes (wheat)	Yes		*	Yes		*	*	Yes	*	*	*			
Natural cake	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*			
Lemon cake	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*			
Cherry crumble tart	Yes (wheat)	Yes		*	Yes		*	Yes (almond)	*	*	*	*			
Meringue tart with raspberries	Yes (wheat)	Yes		*	Yes		*	Yes (almond)	Yes	*	*	*			
Madeleine	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*			
Vegan crumble apple- red fruits	Yes (wheat)	*		*	*		*	Yes (almond)	*	*	*	*			
Millefeuille apple	Yes (wheat)	Yes		*	*		*	*	*	*	*	*			
Cherry crumble tartlet	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*			
Frangipane	Yes (wheat)	Yes		*	Yes		*	Yes (almond)	*	*	*	*			
NY cheesecake	Yes (wheat)	Yes		*	Yes		*	*	Yes	*	*	*			
Carrot cake muffin	Yes (wheat)	*		*	Yes		*	Yes (walnut)	*	*	*	*			
Profiterole	Yes (wheat)	Yes		*	Yes		*	*	Yes	*	*	*			
Maple pecan pie	Yes (wheat)	Yes		*	Yes		*	Yes (almond, pecan)	*	*	*	*			

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HOT DRINKS															
Espresso		*		*	*		*	*	*	*	*	*			
Espresso Macchiato	Yes (if oats milk)	Yes (if milk)		*	*		*	Yes (if almond milk)	*	*	*	*			
Coffee	Yes (if oats milk)	Yes (if milk)		*	*		*	Yes (if almond milk)	*	*	*	*			
Cappuccino	Yes (if oats milk)	Yes (if milk)		*	*		*	Yes (if almond milk)	*	*	*	*			
Latte Macchiato	Yes (if oats milk)	Yes (if milk)		*	*		*	Yes (if almond milk)	*	*	*	*			
Matcha Latte	Yes (if oats milk)	Yes (if milk)		*	*		*	Yes (if almond milk)	*	*	*	*			
Chai Latte	Yes (if oats milk)	Yes (if milk)		*	*		*	Yes (if almond milk)	*	*	*	*			
Hot chocolate milk	Yes (if oats milk)	Yes (if milk)		*	*		*	Yes (if almond milk)	*	*	*	*			
Tea with fresh mint	*	*		*	*		*	*	*	*	*	*			
Tea (all variants)	*	*		*	*		*	*	*	*	*	*			
Ginger elixir	*	*		*	*		*	*	*	*	*	*			
Napolitain pure	*	*		*	*		*	*	*	*	*	*			
Napolitain milk	*	Yes		*	*		*	*	*	*	*	*			
Caramel latte macchiato	Yes (if oats milk)	Yes (if milk)		*	*		*	Yes (if almond milk)	*	*	*	*			
Pumpkin spiced latte	Yes (if oats milk)	Yes (if milk)		*	*		*	Yes (if almond milk)	*	*	*	*			

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COLD DRINKS ½															
Orange juice	*	*		*	*		*	*	*	*	*	*			
Apple juice	*	*		*	*		*	*	*	*	*	*			
Lemonade	*	*		*	*		*	*	*	*	*	*			
Raspberry lemonade	*	*		*	*		*	*	*	*	*	*			
Ice coffee	Yes (if oats milk)	Yes (if milk)		*	*		*	Yes (if almond milk)	*	*	*	*			
Iced Matcha Latte	Yes (if oats milk)	Yes (if milk)		*	*		*	Yes (if almond milk)	*	*	*	*			
Iced Chai Latte	Yes (if oats milk)	Yes (if milk)		*	*		*	Yes (if almond milk)	*	*	*	*			
Pear, spinach & mint juice	*	*		*	*		*	*	*	*	*	*			
Carrot, ginger & turmeric juice	*	*		*	*		*	*	*	*	*	*			
Apple, active charcoal & lime juice	*	*		*	*		*	*	*	*	*	*			
Chia juice	*	*		*	*		*	*	*	*	*	*			
Botanical lemonade	*	*		*	*		*	*	*	*	*	*			
Yerba maté	*	*		*	*		*	*	*	*	*	*			
Collagen shot	*	*		Yes	*		*	*	*	*	*	*			

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COLD DRINKS 2/2															
Still water		*		*			*	*	*	*	*	*			
Sparkling water		*		*			*	*	*	*	*	*			
Iced tea		*		*			*	*	*	*	*	*			
Iced Latte	Yes (if oats milk)	Yes, (if milk)		*			*	Yes (if almond milk)	*	*	*	*			
Iced Flat White	Yes (if oats milk)	Yes, (if milk)		*			*	Yes (if almond milk)	*	*	*	*			
Passion fruit iced tea		*		*			*	*	*	*	*	*			
Peach iced tea		*		*			*	*	*	*	*	*			
Caramel frappe	Yes (if oats milk)	Yes, (if milk)		*			*	Yes (if almond milk)	*	*	*	*			
Chocolate cookie frappe	Yes (wheat / if oats milk)	Yes		*	Yes (cookie)		*	Yes (if almond milk)	*	*	*	*			
ALCOHOL															
Oé Rosé		*		*			*	*	*	*	*	Yes			🔴
Oé White		*		*			*	*	*	*	*	Yes			🔴
Oé Red		*		*			*	*	*	*	*	Yes			🔴
Crémant		*		*			*	*	*	*	*	Yes			🔴
Cider		*		*			*	*	*	*	*	Yes			🔴
Bellini		*		*			*	*	*	*	*	Yes			🔴
Champagne		*		*			*	*	*	*	*	Yes			🔴
Vedett Extra White	Yes (wheat, barley)	*		*			*	*	*	*	*	*			🔴
Vedett Pilsner	Yes (wheat, barley)	*		*			*	*	*	*	*	*			🔴
Cristal 0%	Yes (wheat, barley)	*		*			*	*	*	*	*	*			

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CATERING PLATTERS															
Mini viennoiseries	Yes (wheat)	Yes		*	Yes		*	*	Yes	*	*	*			
Viennoiseries	Yes (wheat)	Yes		*	Yes		*	*	Yes	*	*	*			
Vegan viennoiseries	Yes (wheat)	*		*	*		*	*	Yes	*	*	*			
Viennoiseries mixed assortment	Yes (wheat, rye)	Yes		*	Yes		*	Yes	Yes	*	*	*			
Mini savoury croissants	Yes (wheat, barley)	Yes		Yes	Yes		*	*	*	*	Yes	*			
Granola parfait, yogurt, chia delice & fruit salad	Yes (oats)	Yes	*	*	*		*	Yes (almond, cashew)	Yes, if soy yoghurt	*	*	*			
Platter chia delice	*	Yes (if Skyr of yoghurt)		*	*		*	Yes (almond)	*	*	*	*			
Platter fruit salad	*	*		*	*		*	*	*	*	*	*			
Platter granola parfait	Yes (oats)	Yes		*	*		*	Yes (almond, cashew)	Yes, if soy yoghurt	*	*	*			
Platter yogurt	*	Yes		*	*		*	*	Yes, if soy yoghurt	*	*	*			

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CATERING PLATEAUS															
Plateau verrines	Yes (wheat)	Yes		*	Yes		*	Yes (hazelnut, almond)	*	*	*	*			
Plateau New York cheesecakes	Yes (wheat)	Yes		*	Yes		*	*	Yes	*	*	*			
Healthy breakfast	Yes (wheat, rye)	Yes (if skyr/yoghurt)		Yes	*		*	Yes (almond)	*	*	*	*			
Mini focaccia	Yes (wheat, rye)	Yes		*	*		*	Yes (cashew)	*	*	*	*			
Caesar salad	Yes (wheat, rye)	Yes		Yes	Yes		*	*	*	*	Yes	*			●
Norwegian salad	*	Yes		Yes	Yes		*	*	*	*	Yes	Yes			
Goddess green salad	Yes (rye)	*		Yes	Yes		*	*	*	*	Yes	Yes			
Veggie salad	*	Yes		*	*		*	*	*	*	Yes	Yes			
Libanon salad	*	*		*	*		Yes	*	*	*	Yes	Yes			
Panzanella	Yes (wheat, rye)	*		*	*		*	*	*	*	Yes	Yes			
Hawai	*	*		*	*		*	*	*	*	Yes	Yes			
Omega 3	*	*		Yes	Yes		*	*	*	Yes	Yes	Yes			●

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CATERING PLATTERS															
Vegetables & dips	*	Yes		*	*		Yes	*	*	*	*	*			
Platter apero (crostini)	Yes (rye, wheat)	Yes		*	*		Yes	Yes (cashew, walnut)	*	*	*	*			
Surprise bread	Yes (wheat, barley, rye)	Yes		Yes	Yes		Yes	*	*	Yes	Yes	Yes			
Surprise bread veggie	Yes (wheat, barley, rye)	Yes		*	*		Yes	Yes (cashew, walnut)	*	*	Yes	Yes			
Surprise bread vegan	Yes (wheat, barley, rye)	*		*	*		Yes	Yes (cashew, walnut)	*	*	Yes	Yes			
Platter mini tartelettes	Yes (wheat)	Yes		*	Yes		*	Yes (hazelnut)	Yes	*	*	*			
Platter brownies	*	Yes		*	Yes		*	*	Yes	*	*	*			
Platter tartelettes	Yes (wheat)	Yes		*	Yes		*	Yes (almond, hazelnut)	Yes	*	*	*			
Platter cookies & muffins	Yes (wheat, oats)	Yes		*	Yes		*	Yes (walnut)	Yes	*	*	*			
LPQ breakfast	Yes (wheat, rye)	Yes		*	Yes		*	Yes (if Noisella)	Yes (if pain au chocolate)	*	*	*			
Gourmandises	Yes (wheat)	Yes		*	Yes		*	Yes (almond, pecan)	Yes	*	*	*			
Platter pastel de nata	Yes (wheat)	Yes		*	Yes		*	*	*	*	*	*			
Lunch for 10	Yes (wheat, barley, rye)	Yes		Yes	Yes		Yes	Yes	Yes	Yes	Yes	Yes			
Platter madeleine	Yes (wheat)	Yes		*	Yes		*	Yes	Yes	*	*	*			
Platter focaccia	Yes (wheat, rye)	*		*	*		Yes	Yes (cashew)	*	*	*	Yes			
Platter snacking	Yes (wheat, rye)	Yes		Yes	Yes		Yes	*	*	Yes	Yes	*			

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CATERING PLATTERS															
Platter tartines	Yes (wheat, barley, rye)	Yes		Yes	Yes		Yes	Yes	*	Yes	Yes	Yes			
Platter baguettes	Yes (wheat, barley, rye)	Yes		Yes	Yes		Yes	Yes	*	Yes	Yes	Yes			
Platter mini breads	Yes (wheat, barley, rye)	Yes		Yes	Yes		Yes	Yes	*	Yes	Yes	Yes			
Platter low in gluten tartines	*	Yes		Yes	Yes		Yes	Yes (cashew)	Yes	Yes	Yes	Yes			
CATERING PLATTERS VEGAN / VEGGIE															
Platter veggie tartines	Yes (rye, wheat, malt, oats)	Yes		*	*		Yes	*	*	Yes	Yes	Yes			
Platter veggie baguettes	Yes (wheat, malt, rye, oats)	Yes		*	*		Yes	*	*	Yes	Yes	Yes			
Platter vegan tartines	Yes (rye, wheat, oats)	*		*	*		Yes	*	*	Yes	Yes	Yes			
Platter vegan baguettes	Yes (wheat, malt, rye, oats)	*		*	*		Yes	*	*	Yes	Yes	Yes			
Platter mini breads	Yes (wheat, malt, rye, oats)	*		*	*		Yes	*	*	Yes	Yes	Yes			
Platter low in gluten tartines	*	Yes		*	*		Yes	*	Yes	Yes	Yes	Yes			

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STUDENT OFFER

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BAGUETTES STUDENT OFFER															
BAGUETTE HAM & CHEESE	Yes (wheat, rye)	Yes		Yes	Yes		*	*	*	*	Yes	Yes			
ITALIAN BAGUETTE	Yes (wheat, rye)	Yes		*	*		*	Yes	*	*	*	*			
TUNA BAGUETTE	Yes (wheat, rye)	*		Yes	Yes		Yes	*	*	Yes	Yes	*			

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