

Introduction

Greggs have gluten free products which comply with legal limits for gluten content, by following stringent controls in our manufacturing and shop operations.

Due to the nature of our manufacturing and retail processes, we cannot guarantee that other products sold on these premises are free from the following ingredients and their derivatives: peanuts, nuts, fish, eggs, crustaceans, sesame seeds, milk, soybeans, celery, mustard, lupin, molluscs, cereals containing gluten and sulphites.

Specific allergen information by product recipe is available below:

	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
Breakfast																			
Breakfast Sandwiches																			
Bacon Breakfast Roll	✓		✓				✓				✓								
Bacon & Sausage Breakfast Roll	✓		✓				✓				✓					✓			
Sausage Breakfast Roll	✓		✓				✓				✓					✓			
Bacon & Omelette Breakfast Roll	✓		✓				✓				✓	✓							
Omelette Breakfast Roll	✓		✓				✓				✓	✓							
Sausage & Omelette Breakfast Roll	✓		✓				✓				✓	✓				✓			
Bacon Breakfast Baguette	✓										✓								
Bacon & Omelette Breakfast Baguette	✓										✓	✓							
Bacon & Sausage Breakfast Baguette	✓		✓								✓					✓			
Omelette Breakfast Baguette	✓										✓	✓							
Sausage Breakfast Baguette	✓		✓								✓					✓			
Sausage & Omelette Breakfast Baguette	✓		✓								✓	✓				✓			
Breakfast Sandwiches (Scotland only)																			
Bacon & Lorne Breakfast Roll	✓		✓				✓				✓					✓			
Lorne Breakfast Roll	✓		✓				✓				✓					✓			
Lorne & Omelette Breakfast Roll	✓		✓				✓				✓	✓				✓			
Bacon & Lorne Breakfast Baguette	✓										✓					✓			
Lorne Breakfast Baguette	✓										✓					✓			
Lorne & Omelette Breakfast Baguette	✓										✓	✓				✓			
Breakfast Wraps																			
Breakfast Wrap	✓		✓								✓	✓				✓	✓		
Free Range Egg & Cheese Wrap	✓										✓	✓					✓		
Individual Items																			
Breakfast Sausage	✓		✓													✓			
Bacon																			
Omelette											✓	✓							
Lorne Sausage	✓															✓			

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Specific allergen information by product recipe is available below:

Cold Drinks

Please see the ingredient declaration on the product packaging / label for specific allergen information for all other branded cold drinks.

	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin	
Greggs Own Label Cold Drinks																				
Apple & Blackcurrant Juice Drink																				
Fairtrade Apple Juice																				
Fairtrade Orange Juice																				
Natural Mineral Water																				
Orange Juice Drink																				
Sparkling Cloudy Lemonade																✓				
Sparkling Florida Orange																				
Sparkling Ginger Beer																				
Sparkling Raspberry Lemonade																				
Still Fruits of the Forest Juice Drink																				
Still Lemon & Lime Water																				
Still Strawberry Water																				
Still Summer Berry Juice Drink																				
Still Tropical Fruit Juice Drink																				
Juicy Beet Cold Pressed Juice																				
Fruity Roots Cold Pressed Juice																				
Zesty Greens Cold Pressed Juice															✓					

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Specific allergen information by product recipe is available below:

Confectionery	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
	Apple Danish	✓						✓				✓	✓				✓		
Banoffee Doughnut	✓						✓				✓	✓							
Bavarian Slice	✓						✓				✓	✓							
Belgian Bun	✓			✓			✓									✓			
Belgian Chocolate Caramel Shortbread/Offcuts	✓						✓				✓								
Belgian Chocolate Chunk Shortbreads	✓						✓				✓	✓							
Belgian White Chocolate & Lemon Shortbreads	✓						✓				✓								
Bran Scone	✓						✓				✓								
Bread Pudding	✓		✓	✓			✓				✓					✓			
Brownie Ball Doughnut	✓						✓				✓	✓							
Caramel (Curl) Finger Doughnut	✓						✓				✓	✓							
Caramel Custard Doughnut	✓						✓				✓	✓							
Caramel Latte Eclair	✓						✓				✓	✓							
Cheese Scone	✓										✓	✓					✓		
Chocolate Crispy Nests	✓		✓				✓				✓								
Cookies 'n' Crème Doughnut	✓						✓				✓	✓							
Cinnamon Bun	✓						✓				✓	✓							
Cream Apple Danish	✓						✓				✓	✓				✓			
Cream Apple Turnover	✓										✓					✓			
Cream Belgian Bun	✓			✓			✓				✓					✓			
Cream Coconut Finger	✓										✓								
Cream Coffee Choux Bun	✓										✓	✓							
Cream Éclair	✓						✓				✓	✓							
Cream Finger Doughnut	✓						✓				✓	✓							
Cream Fruit Scone	✓						✓				✓	✓							
Cream Iced Finger	✓						✓				✓								
Custard Slice	✓						✓				✓	✓							
Devon Doughnut	✓						✓				✓	✓							
Dripping Cake	✓						✓					✓							

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Confectionery																			
Eccles Cake	✓										✓	✓							
Egg Custard Tart	✓						✓				✓	✓							
Empire Biscuit	✓											✓				✓			
Flaked Fancy	✓			✓			✓				✓	✓							
French Fancy	✓										✓	✓							
Fruit Scone	✓						✓				✓	✓							
Gingerbread Man	✓						✓				✓	✓							
Glazed Ring Doughnut	✓						✓				✓	✓							
Iced Finger	✓						✓				✓								
Iced Ring Doughnut	✓						✓				✓	✓							
Iced Split (SC Pink Iced Finger)	✓						✓				✓								
Jam Doughnut	✓						✓				✓	✓				✓			
Jammy Heart Biscuit	✓										✓								
London Cheesecake	✓										✓	✓				✓			
Milk Chocolate Cookie	✓						✓				✓	✓							
Milk Chocolate Ring Doughnut	✓						✓				✓	✓							
Milk Chocolate Ring Doughnut (SC)	✓						✓				✓	✓							
Mini Doughnuts	✓										✓	✓							
Mini Raspberry & Almond Bakes	✓			✓				✓			✓	✓							
Mini Yum Yums	✓						✓					✓							
Novelty Biscuit (Spikey Mikey)	✓						✓				✓	✓							
Novelty Ring Bun	✓			✓							✓	✓							
Peach Melba	✓										✓								
Pineapple Cake	✓										✓								
Pink Jammie	✓						✓				✓	✓							
Raspberry Finger Doughnut (Pink Iced)	✓						✓				✓	✓							
Salted Caramel Ring Doughnut	✓						✓				✓	✓							
SC Vanilla Doughnut	✓						✓				✓	✓							
Sticky Toffee Muffin	✓										✓	✓							

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Specific allergen information by product recipe is available below:

Confectionery

	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
Sugar Strand Doughnut	✓						✓				✓	✓							
Sweet Mince Pies	✓																		
Tottenham Cake	✓											✓							
Triple Belgian Chocolate Brownies Gluten-Free							✓				✓	✓				✓			
Triple Chocolate Doughnut	✓						✓				✓	✓							
Triple Chocolate Cookie	✓						✓				✓	✓							
Triple Chocolate Muffin	✓						✓				✓	✓							
Vanilla Custard Slice	✓						✓				✓	✓							
Welsh Cake	✓										✓	✓				✓			
White Chocolate Cookie	✓						✓				✓	✓							
Yum Yum	✓						✓					✓							
Celebration Cakes selected stores only																			
Giant Cupcake (Raspberry)	✓			✓			✓				✓	✓							
Giant Cupcake (Chocolate)	✓			✓			✓				✓	✓							
Age Cake	✓										✓	✓							
Balloon Cake	✓										✓	✓							
Chocolate Cake	✓			✓			✓				✓	✓							
Christening Cake	✓										✓	✓							
Communion Cake	✓										✓	✓							
Flower Birthday Cake	✓										✓	✓							
Football Cake	✓						✓				✓	✓							
Ribbon Cake – “On your Special Day”	✓										✓	✓							
Ribbon Cake – “Happy Anniversary”	✓										✓	✓							
Star Birthday Cake	✓										✓	✓							

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Specific allergen information by product recipe is available below:

Sandwiches	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
Baguettes																			
Cheese Salad	✓										✓								
Chicken Club	✓											✓						✓	
Chicken Mayonnaise	✓											✓						✓	
Cheese & Ham	✓										✓								
Ham Salad	✓											✓						✓	
Mexican Chicken	✓										✓	✓						✓	
Southern Fried Chicken	✓										✓				✓			✓	
Steak & Cheese	✓		✓								✓	✓						✓	
Tandoori Chicken	✓											✓			✓			✓	
Tuna Crunch	✓											✓	✓					✓	
Tuna Melt	✓										✓	✓	✓					✓	
Tuna & Sweetcorn	✓											✓	✓					✓	
Bloomers																			
Red Thai Chicken Bloomer	✓		✓				✓				✓	✓						✓	
Tuna Crunch Bloomer	✓		✓				✓				✓	✓	✓					✓	
Bread Packs																			
Cheese & Onion BP	✓		✓				✓				✓	✓						✓	
Free Range Egg Mayonnaise BP	✓		✓				✓				✓	✓						✓	
Ham & Egg Salad BP	✓		✓				✓				✓	✓						✓	
Tuna Mayonnaise & Cucumber BP	✓		✓				✓				✓	✓	✓					✓	
Oval Bites																			
Chargrill Chicken Oval Bite	✓		✓				✓			✓	✓	✓						✓	
Cheese Ploughman's Oval Bite	✓		✓				✓			✓	✓								
Mexican Chicken Oval Bite	✓		✓				✓			✓	✓	✓						✓	
Stotties																			
Cheese Savoury Stottie	✓						✓				✓	✓						✓	
Tuna Mayonnaise & Cucumber Stottie	✓						✓				✓	✓	✓					✓	

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Sandwiches																			
Sub Rolls																			
Chicken Jalfrezi Sub Roll	✓		✓				✓				✓	✓					✓		
Chicken Mayonnaise Sub Roll	✓		✓				✓				✓	✓					✓		
Ham Salad Sub Roll	✓		✓				✓				✓	✓					✓		
Cheese Mini Sub Roll	✓		✓				✓				✓								
Egg Mayonnaise Mini Sub Roll	✓		✓				✓				✓	✓					✓		
Ham Mini Sub Roll	✓		✓				✓				✓								
Toasties																			
Cheese & Chutney Toastie	✓		✓				✓				✓								
Ham & Cheese Toastie	✓		✓				✓				✓								
Wraps																			
Chicken Tandoori Wrap	✓											✓			✓		✓		
Mexican Bean Wrap	✓																✓		
Mexican Chicken Wrap	✓											✓					✓		
Spicy BBQ Chicken Wrap	✓										✓				✓		✓		
Other Sandwiches included in Platters																			
BLT BP	✓		✓				✓				✓	✓					✓		
Chargrill Chicken Salad BP	✓		✓				✓				✓	✓					✓		
Cheese BP	✓		✓				✓				✓								
Cheese & Tomato BP	✓		✓				✓				✓								
Cheese & Mango Chutney BP	✓		✓				✓				✓								
Chicken Tandoori BP	✓		✓				✓				✓	✓			✓		✓		
Egg Mayonnaise & Tomato BP	✓		✓				✓				✓	✓					✓		
Ham BP	✓		✓				✓				✓								
Ham & Cheese BP	✓		✓				✓				✓								
Ham Salad BP	✓		✓				✓				✓	✓					✓		
Roast Chicken Salad BP	✓		✓				✓				✓	✓					✓		
Simply Egg Mayonnaise BP	✓		✓				✓				✓	✓					✓		
Tuna Crunch BP	✓		✓				✓				✓	✓	✓				✓		
Chargrill Chicken Wrap	✓		✓									✓					✓		

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Snacks/Other	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin	
Please see the ingredient declaration on the product packaging / label for specific allergen information for all other branded crisps / snacks / condiments.																				
Chilled Snacks																				
Belgian Chocolate Dessert							✓				✓									
Lemon Meringue Cheesecake Dessert Pot	✓										✓	✓								
Millionaire's Dessert Pot	✓						✓				✓									
Raspberry Cheesecake Dessert Pot	✓						✓				✓									
Carrot Sticks with Houmous Dip										✓										
Chicken Tikka Skewers with Yoghurt & Cucumber Dip											✓									
Fruit																				
Fruit Medley Pot																				
Mixed Grape Pot																				
Summer Berry Fruit Pot																				
Apples																				
Bananas																				
Yoghurt																				
Strawberry & Granola Yoghurt with almonds & seeds.				✓				✓			✓									
Mango & Granola Yoghurt with almonds and seeds				✓				✓			✓									
Pasta & Salads																				
Feta & Slow Roasted Tomato Pasta	✓										✓									
Oriental Chicken Sticky Rice Salad	✓						✓			✓										
Spicy Mexican Chicken Pasta	✓										✓							✓		
Soup																				
Cream of Tomato Soup											✓									
Chicken, Roast Butternut Squash & Greens Soup											✓				✓					
Lentil & Bacon Soup											✓				✓					

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Please see the ingredient declaration on the product packaging / label for specific allergen information for all other branded crisps / snacks/ condiments.																				
Other																				
Flora Portion											✓									
Lurpak Portion											✓									
Greggs Own Label Crisps & Snack Packs																				
Mature Cheddar & Onion Hand Cooked Crisps											✓									
Sea Salted Hand Cooked Crisps																				
Sea Salt & Cider Vinegar Hand Cooked Crisps	✓																			
Thai Sweet Chilli Hand Cooked Crisps			✓																	
Sweet & Salty Popcorn																				
Berries & Cherries																✓				
Naked Nuts								✓												
Super Seeds																				
Sweet Mango																✓				