



## Allergens by Product

Allergies and special dietary requirements are taken very seriously at Caffè Nero. Please ask the barista if you have any questions about our products, or refer to the following information.

Our allergen information may be subject to change, so please check each time you visit to ensure that you have the most up to date information. Unless otherwise stated, we cannot guarantee a 100% allergen free environment in our stores, and some equipment may be used for more than product.

## Caffè Nero Allergens by Product

Where 'Yes' is indicated, items contain the named allergen.

Product	Cereals containing Gluten	Crustaceans and products thereof	Eggs and products thereof	Fish and products thereof	Peanuts and products thereof	Soya beans and products thereof	Milk and products thereof	Nuts	Celery and products thereof	Mustard and products thereof	Sesame Seed and products thereof	Sulphur Dioxide and sulphites (>10mg/Kg)	Lupin and products thereof	Molluscs and products thereof	Additional Information
<b>Sliced Cakes</b>															
Cappuccino Cake	Yes - wheat		Yes				Yes	may contain traces							Vegetarian
Carrot Cake	Yes - wheat		Yes				Yes	Yes - walnuts & pistachios							Vegetarian
Chocolate Fudge Cake	Yes - wheat		Yes			Yes	Yes	may contain traces							Vegetarian
Sicilian Lemon Cheesecake	Yes - wheat		Yes				Yes	may contain traces							Vegetarian
White & Dark Chocolate Cheesecake	Yes - wheat		Yes			Yes	Yes	may contain traces							Vegetarian
<b>House of Fraser only</b>															
Blackcurrant & Earl Grey Cake	Yes - wheat		Yes				Yes	may contain traces							Vegetarian
<b>Traybakes and Individual Tartlets</b>															
Banana & Walnut Loaf Cake - wheat free recipe	Yes - rye		Yes				Yes	Yes - walnuts							Vegetarian Wheat Free Recipe
Belgian Chocolate Brownie	Yes - wheat		Yes			Yes	Yes	may contain traces							Vegetarian
Caramel Shortcake	Yes - wheat					Yes	Yes	may contain traces							Vegetarian
Lemon Tart	Yes - wheat		Yes				Yes	may contain traces							Vegetarian
Red Berry Crumble	Yes - wheat & oats		Yes				Yes	may contain traces							Vegetarian
<b>Pastries</b>															
Almond Croissant	Yes - wheat		Yes				Yes	Yes - almonds							Vegetarian
Apricot Croissant	Yes - wheat						Yes	may contain traces							Vegetarian
Butter Croissant	Yes - wheat		Yes				Yes	may contain traces							Vegetarian
Cheese Twist	Yes - wheat		Yes			Yes	Yes	may contain traces		Yes					Vegetarian
Chocolate Twist	Yes - wheat		Yes			Yes	Yes	may contain traces							Vegetarian
Maple Pecan Twist	Yes - wheat		Yes				Yes	Yes - pecans							Vegetarian
Pain au Chocolat	Yes - wheat		Yes			Yes	Yes	may contain traces							Vegetarian
Pain au Raisin	Yes - wheat		Yes				Yes	may contain traces							Vegetarian
<b>Muffins</b>															
Berry Burst Filled Muffin	Yes - wheat		Yes				Yes	may contain traces							Vegetarian
Blueberry Muffin	Yes - wheat		Yes				Yes	may contain traces							Vegetarian
Lemon & Poppyseed Muffin	Yes - wheat		Yes				Yes	may contain traces							Vegetarian
Raspberry & White Chocolate Muffin	Yes - wheat		Yes			Yes	Yes	may contain traces							Vegetarian
Triple Chocolate Muffin	Yes - wheat		Yes			Yes	Yes	may contain traces				Yes			Vegetarian
<b>Scones</b>															
All butter fruit scone - served with jam & clotted cream	Yes - wheat		Yes				Yes	may contain traces							Vegetarian

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Dome Cookies															
Chocolate Chunk	Yes - wheat		Yes			Yes	Yes	may contain traces							Vegetarian
Oat & Raisin	Yes - wheat & oats		Yes				Yes	may contain traces							Vegetarian
Triple Chocolate	Yes - wheat		Yes			Yes	Yes	may contain traces							Vegetarian
Grab & Go Cakes															
Coconut & Raspberry Slice			Yes					may contain traces				Yes			Vegetarian Gluten Free
Double Chocolate Brownie			Yes			Yes	Yes	may contain traces							Vegetarian Gluten Free
Oat Bar	Yes - oats							may contain traces				Yes			Vegetarian
Rocky Road Bar	Yes - wheat					Yes	Yes	may contain traces							-
Panettone & Teacakes															
Panettoncino Classico	Yes - wheat		Yes				Yes	may contain traces							Vegetarian
Rich Fruit Teacake	Yes - wheat		Yes				Yes	may contain traces				Yes			Vegetarian
Wrapped Cakes & Biscuits															
Almond Biscotti	Yes - wheat		Yes				Yes	Yes - almonds							Vegetarian
Bear Yo-Yo's															Vegetarian, Vegan, Gluten-Free and Dairy Free Recipe
Caramel Waffles	Yes - wheat		Yes			Yes	Yes								Vegetarian
Ginger Giovanni	Yes - wheat		Yes					may contain traces							Vegetarian, Dairy-Free Recipe
Gino Gingerbread Man	Yes - wheat		Yes					may contain traces							Vegetarian, Dairy-Free Recipe
Granola Bar	Yes - oats						Yes	may contain traces				Yes			Vegetarian
Shortbread Animal Bites	Yes - wheat						Yes	may contain traces							Vegetarian
Shortbread Bars	Yes - wheat						Yes	may contain traces							Vegetarian
Stem Ginger Biscuits	Yes - wheat						Yes	may contain traces							Vegetarian
Wafer Biscuits	Please refer to individual packs														Please refer to individual packs
Grab & Go Cakes - Express Only															
Caramel Shortcake	Yes - wheat					Yes	Yes	may contain traces							Vegetarian
Chocolate & Mints															
Chocolate Coated Coffee Beans	may contain traces					Yes	may contain traces	may contain traces							Vegetarian
Chocolate Coin						Yes	Yes								Vegetarian
Gianduja Chocolate						Yes	may contain traces	Yes - hazelnuts							Vegetarian
Mints															Vegetarian, Gluten-Free
Willie's Dark Chocolate Bar								may contain traces							Vegetarian
Willie's Milk Chocolate Bar							Yes	may contain traces							Vegetarian
Crisps, Nuts & Popcom															
Crisps & Popcom	Please refer to individual packs														Please refer to individual packs
Fruit & Nuts	All packs contain nuts - please refer to individual packs for full breakdown														Please refer to individual packs
Totally Nuts	All packs contain nuts - please refer to individual packs for full breakdown														Please refer to individual packs

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<b>Breakfast Pots &amp; Porridge</b>															
Berry & Granola	Yes - oats						Yes								Vegetarian. Made in a nut-free environment
Raspberry Yoghurt Pot							Yes								Vegetarian
Blueberry Bircher Muesli	Yes - oats						Yes								Vegetarian. Made in a nut-free environment
Fresh Fruit Salad															Vegetarian, Vegan, Gluten-Free
Honey Yoghurt Pot							Yes								Vegetarian
Porridge with semi-skimmed or skimmed milk	Yes - oats						Yes								Vegetarian
Porridge with Alpro Soya soy milk	Yes - oats					Yes									Vegetarian and Vegan
<b>Breakfast Sandwiches</b>															
Bacon Sandwich	Yes - wheat					Yes									Made in a nut-free environment
Egg, Bacon & Sausage Sandwich	Yes - wheat		Yes			Yes	Yes								Made in a nut-free environment
Heinz Ketchup Sachet									Yes						Available with the breakfast sandwiches
HP Sauce Sachet	Yes - barley & rye														Available with the breakfast sandwiches
<b>Breakfast Croissant</b>															
Cheddar & Tomato Croissant	Yes - wheat		Yes				Yes								Vegetarian. Made in a nut-free environment
Ham & Cheddar Croissant	Yes - wheat		Yes				Yes								Made in a nut-free environment
<b>Panini's</b>															
All Day Breakfast	Yes - wheat & barley		Yes							Yes					Made in a nut-free environment. Recipe without cheese
Brie & Bacon	Yes - wheat & barley						Yes								Made in a nut-free environment
Goats Cheese & Chutney	Yes - wheat, barley & oats						Yes								Vegetarian. Made in a nut-free environment
Ham & Mozzarella	Yes - wheat & barley						Yes								Made in a nut-free environment
Meatball & Mozzarella	Yes - wheat & barley						Yes								Made in a nut-free environment
Mozzarella & Tomato	Yes - wheat & barley						Yes								Vegetarian. Made in a nut-free environment
Spicy Chorizo & Mozzarella	Yes - wheat & barley						Yes			Yes					Made in a nut-free environment
Tuna & Mozzarella Melt	Yes - wheat & barley			Yes			Yes			Yes					Made in a nut-free environment
<b>Tostati</b>															
Ham, Mozzarella & Emmental Tostati	Yes - wheat & barley						Yes								Made in a nut-free environment
Mozzarella, Cheddar & Tomato Tostati	Yes - wheat & barley						Yes								Vegetarian. Made in a nut-free environment
<b>Sandwiches - wedges</b>															
Bacon, Lettuce & Tomato	Yes - wheat & barley		Yes							Yes					Made in a nut-free environment
Chicken Salad	Yes - wheat & barley		Yes							Yes					Made in a nut-free environment
Free-Range Egg Mayonnaise	Yes - wheat & oats		Yes			Yes				Yes					Vegetarian. Made in a nut-free environment
Mature Cheddar & Pickle	Yes - wheat & barley		Yes				Yes			Yes					Vegetarian. Made in a nut-free environment
Tuna Mayonnaise & Cucumber	Yes - wheat & oats		Yes	Yes		Yes	Yes			Yes					Made in a nut-free environment

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<b>Gluten Free</b>															
Sicilian Lemon Chicken Roll			Yes							Yes					Made in a nut-free environment
<b>Wraps</b>															
Chicken & Beetroot Houmous Wrap	Yes - wheat						Yes								Made in a nut-free environment
Chicken Fajita Wrap	Yes - wheat						Yes								Made in a nut-free environment
Houmous & Falafel Wrap	Yes - wheat									Yes					Vegetarian, Vegan, Made in a nut-free environment
<b>Airports Only - Kids</b>															
Cheese Sandwich	Yes - wheat					Yes	Yes								Vegetarian, Made in a nut-free environment
<b>Kosher Sandwiches - Heathrow &amp; Gatwick only</b>															
Egg Mayonnaise Bagel	Yes - wheat		Yes							Yes					Kosher, Halal
Salt Beef & Mustard Bagel	Yes - wheat									Yes					Kosher, Halal
Smoked Salmon & Cream Cheese Bagel	Yes - wheat			Yes			Yes								Kosher, Halal
<b>Rolls &amp; Bagels (Eurostar Only)</b>															
Chicken & Bacon Roll	Yes - wheat		Yes							Yes					Made in a nut-free environment
Egg, Tomato & Spinach Roll	Yes - wheat		Yes							Yes					Vegetarian, Made in a nut-free environment
Smoked Salmon & Cream Cheese Bagel	Yes - wheat, barley & rye			Yes			Yes								Made in a nut-free environment
Tuna, Egg & Cress Roll	Yes - wheat		Yes	Yes						Yes					Made in a nut-free environment
<b>Soups - served with Ciabatta Bread</b>															
Carrot & Coriander	Yes - wheat (if served with ciabatta)						Yes								Vegetarian, Gluten-Free without bread
Cream of Chicken	Yes - wheat (if served with ciabatta)						Yes								Gluten-Free without bread
Spanish Chorizo & Lentil	Yes - wheat (if served with ciabatta)					Yes	Yes								Gluten-Free without bread
Sundried Tomato & Basil	Yes - wheat (if served with ciabatta)						Yes		Yes						Vegetarian, Gluten-Free without bread
<b>Salads</b>															
Falafel & Tabbouleh Salad												Yes			Vegetarian, Vegan, Gluten-Free, Made in a nut-free environment
<b>Hot Drinks - Coffee Drinks</b>															
Espresso															-
Espresso Macchiato							Yes								-
Espresso Ristretto															-
Espresso con Panna							Yes								-
Cappuccino							Yes								-
Caffé Latte							Yes								-
Caffè Mocha (served with whipped cream)							Yes								-
Caffè Americano (if served with milk)							Yes								-

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Extras:															
Espresso shot															-
Decaffeinated															-
Alpro Soya						Yes									-
Whipped Cream							Yes								-
Marshmallows															-
Hot Drinks - Tea, Hot Chocolate & Specialty															
Tea (if served with milk)							Yes								-
Herbal Tea															-
Hot Chocolate (served with whipped cream)						Yes - in chocolate sprinkles	Yes - in chocolate sprinkles								-
Hot Chocolate Milano (served with whipped cream)						Yes - in Milano liquid & chocolate sprinkles	Yes - in Milano liquid & chocolate sprinkles								-
Chai Latte							Yes - in the chai powder								-
White Chocolate Mocha (served with whipped cream)							Yes - in the white chocolate sauce								-
Caramelatte (served with whipped cream)							Yes - in the caramel sauce								-
Iced Drinks															
Frappe Latte - Classic							Yes - in the frappe powder								-
Frappe Latte - Mocha							Yes - in the frappe powder								-
Iced Latte							Yes								-
Flavoured Iced Latte (see list of syrups)							Yes								-
Frappe Milkshake - Chocolate							Yes - in the frappe powder								-
Frappe Milkshake - Strawberry							Yes - in the frappe powder								-
Frappe Milkshake - Vanilla							Yes - in the frappe powder								-
Frappe Crème - Coconut & Chocolate						Yes - in chocolate sprinkles	Yes - in coconut puree, frappe powder & sprinkles								-
Frappe Crème - Strawberry & Vanilla							Yes - in the frappe powder								-
Frappe Crème - Banana & Caramel							Yes - in the frappe powder & caramel sauce								-
Frappe Crème - Coffee & Caramel							Yes - in the frappe powder & caramel sauce								-
Frappe Crème - Tiramisu							Yes - in the frappe powder								-
Fruit Booster - Iced Italian Lemonade															-
Fruit Booster - Mango & Passionfruit															-
Fruit Booster - Raspberry & Orange															-

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<b>Syrups:</b>															
Amaretto								Yes - Pistachio							Does not contain alcohol
Caramel															-
Caramel - Sugar Free															-
Cinnamon															-
Gingerbread															-
Green Mint															-
Hazelnut								Yes - Hazelnut							-
Hazelnut - Sugar Free								Yes - Hazelnut							-
Pure Cane Sugar															-
Salted Caramel															-
Strawberry															-
Tiramisu															-
Triple Sec															Used in Spiced Orange Latte. Does not contain alcohol
Vanilla															-
Vanilla - Sugar Free															-
<b>Bottled Drinks</b>															
B Fresh Cold Pressed Juice (various flavours)															-
Blackcurrant & Apple Juice Drink															-
Coca Cola / Diet Coke															-
Freshly Pressed Apple Juice															-
Freshly Squeezed Orange Juice 250ml & 500ml															-
Honest Tea (various flavours)															-
Im Bru / Sugar Free Im Bru															Scotland only
San Pellegrino (various flavours)															-
Sicilian Lemonade Juice Drink															-
Vita Coco Natural Coconut Water															-
Water - Still / Sparkling 500ml & Still 750ml															-