



## Allergens and additives info

In the following, we have compiled information about the products that you can currently find in our houses (as of 21.08.2025).

These tables list all products and the allergens and additives they contain.

### Please note the following:

The list of ingredients in our products has been compiled to the best of our knowledge on the basis of information provided by our suppliers. No guarantee can be given that this list is complete and correct at all times. Product and recipe changes are possible and are updated at regular intervals. Cross-contamination of individual ingredients cannot be ruled out.

**a&o**

Additives & Allergens

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	Breakfast	Lunch Bag	Lunch / Diner	Gluten-free	Lactose-free	Vegetarian	Vegan	Almonds	Brazil Nuts	Cashew Nuts	Hazelnuts	Macadamia Nuts	Peanuts	Pecan Nuts	Pistachios	Walnuts	Nuts	Barley	Celery	Crustaceans	Eggs	Fish	Gluten	Lupins	Milk	Molluscs	Mustard	Oats	Roe	Rye	Sesame Seeds	Soy	Spelt	Sulfur Dioxide	Sulphites	Wheat	
Product																																					
Apple	x	x		x	x	x	x																					T									
Apple Juice	x		x	x	x	x	x																														
Apricot Marmelade	x			x	x	x	x																														
Balsamic Vinegar	x		x	x	x	x	x																											C	C		
Beans	x			x	x	x	x																														
Black Coffee	x			x	x	x	x																														
Boiled Eggs	x			x	x	x	x														C																
Bread Rolls	x					x	x																C													C	
Butter	x			x																					C												
Cappuccino	x			x																					C												
Chicken Slices	x			x	x	x																			C												
Chocolate Muesli	x					x					C							C							C			C					C			C	
Chocolate Spread	x			x		x											T								C												
Corn Flakes	x				x	x	x										T		C						C												
Cucumber	x		x	x	x	x	x																														
Darjeeling Highlands	x			x	x	x	x																														
Delicate Herbs Tea	x			x	x	x	x																														
Drink Chocolate	x			x																																	
Earl Grey Tea	x			x	x	x	x																														
Emmentaler	x			x		x																															
Essential Fruits Tea	x			x	x	x	x																														
Filter Coffee	x			x	x	x	x																														
Fruit Muesli	x					x	x										T		C																	C	
Gluten Free Bread	x			x		x	x																														
Golden Syrup	x			x	x	x	x																														
Hashbrowns	x				x	x	x																														
Honey	x			x	x	x	x																														
Houmus	x			x	x	x	x																														
Iceberg Lettuce	x		x	x	x	x	x																														
Jam Selection	x			x	x	x	x																														
Lactose Free Milk	x			x	x	x	x																														
Lettuce	x			x	x	x	x																														
Maple Syrup	x			x	x	x	x																														
Margarine	x			x	x	x	x																														
Mayonnaise	x		x	x		x																															
Milk	x			x																																	
Milk Coffee	x			x																																	
Monterey Jack Cheese	x			x		x																															
Mustard	x		x	x	x	x	x																														
Natural Yoghurt	x			x		x																															
Oat Milk	x					x	x																														
Pancakes	x					x																															
Peanut Butter	x			x	x	x	x	T	T	T	T	T	C	T	T	T	C																			C	
Pepper	x			x	x	x	x																														
Peppermint Tea	x			x	x	x	x																														
Petit Pain	x					x													T																		C
Quorn Vegan Sausages	x					x	x																														C
Raisin and Almond Granola	x					x	x	C	T	T	T	T	T	T	T	T	C																			C	
Raspberry Marmelade	x			x	x	x	x																														
Rice Crispies	x					x	x																														C
Rooibos Vanilla	x			x	x	x	x																														

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Product																																					
Salt	x			x	x	x	x																C									C			C	C	
Sausages	x																																				
Sencha Select Tea	x			x	x	x	x																														
Sliced Chicken	x			x	x	x																															
Sliced Turkey	x			x	x	x													T						T		T										
Strawberry Yogurt	x			x		x																			C												
Sugar	x			x	x	x	x																														
Sweetener	x			x		x	x																		C												
Toast Bread	x					x																			C							T				C	
Tomato Ketchup	x		x	x	x	x	x												C						C												
Tomatoes	x			x	x	x	x																														
Virgin Olive Oil	x		x	x	x	x	x																														
Water	x	x	x	x	x	x	x																														
White Bread	x					x												T						C									C			C	
Wholemeal Bread	x					x	x											C						C				T		T			T			C	