

Customer Allergen Information Guide

Version 4
19.03.2026

This Guide contains information on the 14 allergens, as recognised by the Food Standards Agency, for our products, to help you choose the right product for you.

The Food Standards Agency regards the following ingredients and their derivatives as allergens:

Peanuts	Celery	Eggs	Molluscs
Fish	Lupin	Sesame Seeds	Cereals
Crustaceans	Sulphites	Soybeans	containing
Milk	Nuts	Mustard	Gluten

If you have a query about any other ingredient, please contact our customer care team on:

0808 147 3447

 **GREGGS**



Introduction

We freshly prepare a lot of our food and drinks including our Vegan Friendly Range, in our shop kitchens every day. We use different ingredients in our kitchens and have shared equipment. Whilst we do our best to manage our food and ingredients, **we cannot guarantee our food or hot drinks are allergen-free.**

Vegan Friendly and Gluten Free:



What is Vegan Friendly?

In line with the Vegan Society recommendations, we at Greggs are using the term 'Vegan Friendly' to label products that may not be made in dedicated vegan sites, but in sites where many steps as possible have been taken to minimise the risk of cross-contamination. See our dedicated pages for our Vegan Friendly Products.



What is Gluten Free?

Gluten Free labelling legislation explains that "the statement 'gluten free' may only be made where the food as sold to the final consumer contains no more than 20mg/kg of gluten". The claim can be used on products where gluten has been specifically removed and/or substituted with a non-gluten-containing ingredient.

Greggs gluten free products are manufactured using recipes which are free from gluten and the manufacturing sites have strict gluten controls and testing regimes in place. Our shop teams have undergone gluten training, and there are gluten controls and testing regimes in place to manage cross-contamination with gluten within our shops. Gluten Free Products are indicated with (GF) after the product name, and also highlighted in the end column of each page with (Y).



Product Updates:

Our products may change from time to time, but when this happens we will keep you informed via our **Product Updates section (page 4)**.

Products will remain in this section for a minimum of 28 days, so please check your favourites often.

Updates will be listed under the following categories:

- *New Product (NEW)*
- *Allergen Update*
- *New Recipe*

Hot / Iced Drinks

Due to our equipment, we cannot guarantee our drinks to be allergen-free.

Packaged Products

The allergen information for our packaged products that are not handled by our team members are detailed within the allergen guide or alternatively detailed on the label.

Allergen details for branded items can be found on the product packaging or on the supplier's official website.

However, our products are constantly being improved and ingredients are liable to change – so please always read the actual product label carefully before consuming any product.

Please do not rely solely on the information provided on our website / digital channels for our packaged products, despite allergen information being regularly updated.

If you have any further queries about any of our products, or the changes, please contact our Customer Care team on

0808 147 3447.

Product Updates:

NEW PRODUCT (NEW) <i>Product launch dates may vary</i>	ALLERGEN UPDATE	NEW RECIPE
Breakfast (Page 7)		
Big Breakfast Wrap		
Sweet Treats (Page 13)		
Easter Buns		
Easter Jammy Biscuit		
Hot Sweet (Page 14)		
Hot Cinnamon Yum Yums		
Hot Drinks (Page 17)		
Caramelised Biscuit Latte		
Iced Drinks (Page 18)		
Cherry & Mango Cooler		
Cherry Lemonade		
Iced Speciality Drinks (Page 18)		
Iced Caramelised Biscuit Latte		



Vegan Friendly Products

**There have been rare cases of allergic reactions to Quorn™ products, which contain mycoprotein. Mycoprotein is made with a member of the fungi/mould family. Mycoprotein is high in protein and fibre which may cause intolerance in some people.

	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)	
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
Contents Key:																					
✓ (Product contains)																					
• (May Contain)																					
GF (Gluten Free)																					
Bread & Rolls																					
Baguettes	✓	•	•	•	•																
Corn Topped Rolls	✓	•	•	•	•	•	✓									•					
Malted Brown Loaf	✓	•	✓	•	•	•	✓									•					
Oval Bites	✓	•	•	•	•	•	✓									•					
Stotties	✓	•	•	•	•		✓														
White Bread made with Sourdough	✓	•	•	•	•	•	✓														
White & Wholemeal Loaf	✓	•	•	•	•	•	✓														
White & Wholemeal Rolls	✓	•	•	•	•	•	✓									•					
Breakfast																					
Heinz Tomato Ketchup															✓						
HP Brown Sauce		✓	✓																		
Spread																					
Hot Food																					
Hash Browns																					
Southern Fried Potato Wedges	✓																				
Sharing Box																					
Wedges Sharing Box	✓																				



Vegan Friendly Products

**There have been rare cases of allergic reactions to Quorn™ products, which contain mycoprotein. Mycoprotein is made with a member of the fungi/mould family. Mycoprotein is high in protein and fibre which may cause intolerance in some people.
 Vegan Lattice Steak-Free – contains Rapeseed protein – Rapeseed protein may cause allergic reactions to consumers who are allergic to mustard and products thereof.

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)	
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
Savouries & Bakes																					
**Vegan Lattice Steak-Free with Quorn™	✓		✓				•									•					
**Vegan Roll Pork-Free with Quorn™	✓		✓				•														
Sweet Treats																					
Glazed Ring Doughnut	✓	•	•	•	•	•	✓									•					
Sweet Mince Pies	✓		•					•								•					
Pizza Dips																					
Garlic & Herb Dip																				✓	
Hot Sauce																					
Smoky BBQ Dip																				✓	

Breakfast & Fruit

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)	
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
Extras																					
Extra Bacon																					
Extra Breakfast Sausage	✓															✓					
Extra Lorne Sausage	✓															✓					
Extra Omelette with cheese											✓	✓									
Pastries																					
All Butter Croissant	✓						•	•			✓	✓									
Pain au Chocolat	✓						•	•			✓	✓									
*Porridge - made with <i>Gluten Free</i> oats																					
*Apple & Cinnamon Flavour Porridge (<i>GF</i>)				✓			•				✓	•									Y
*Golden Syrup Flavour Porridge (<i>GF</i>)				✓			•				✓	•									Y
*Simply Creamy Porridge (<i>GF</i>)				✓			•				✓	•									Y
Yoghurt																					
Fat Free Greek Style Yoghurt with Strawberry Compote											✓										
Overnight Oats																					
Overnight Oats with Seeds & Dried Fruit	•		•	✓							✓										
Greggs Fruit Pots																					
Apple and Strawberry																					
Melon and Grape																					

Sandwiches

<p style="text-align: center;">Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free) HS (Hospital Shop)</p>	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)	
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
Baguettes																					
All Day Breakfast Baguette	✓	•	•	•	•		•				✓	✓	•		✓	✓	•				
Chicken & Cheese Baguette	✓	•	✓	•	•		•				✓	✓	•		•	•	✓				
Ham & Cheese Baguette	✓	•	•	•	•		•				✓	•	•		•	•	•				
Ham & Cheese Half Baguette	✓	•	•	•	•		•				✓	•	•		•	•	•				
Mature Cheddar Cheese Salad Baguette	✓	•	•	•	•		•				✓	•	•		•	•	•				
Mexican Chicken Baguette	✓	•	•	•	•		•				✓	✓	•		•	•	•				
Roast Chicken & Bacon Club Baguette	✓	•	•	•	•		•				•	✓	•		•	•	✓				
Roast Chicken & Bacon Club Half Baguette	✓	•	•	•	•		•				•	✓	•		•	•	✓				
Roast Chicken Mayonnaise Baguette	✓	•	•	•	•		•				•	✓	•		•	•	✓				
Southern Fried Chicken Baguette	✓	•	•	•	•		•				✓	•	•		•	•	•				
Tandoori Chicken Baguette	✓	•	•	•	•		•				•	✓	•		•	•	✓				
Tandoori Chicken Half Baguette	✓	•	•	•	•		•				•	✓	•		•	•	✓				
Tuna Crunch Baguette	✓	•	•	•	•		•				•	✓	✓		•	•	✓				
Bread Packs																					
BLT	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				
Cheese	✓	•	•	•	•	•	✓				✓	•	•		•	•	•				
Cheese & Pickle	✓	•	✓	•	•	•	✓				✓	•	•		•	•	•				
Cheese & Tomato	✓	•	✓	•	•	•	✓				✓	•	•		•	•	•				
Egg Mayonnaise (HS)	✓	•	•	•	•	•	✓				•	✓	•		•	•	✓				
Egg Mayonnaise & Tomato (HS)	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				
Free Range Egg Mayonnaise	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				
Free Range Egg Salad (HS)	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				
Ham	✓	•	•	•	•	•	✓				•	•	•		•	•	•				
Honey Roast Ham (HS)	✓	•	✓	•	•	•	✓				•	•	•		•	•	•				
Honey Roast Ham & Egg (HS)	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				

Sandwiches

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free) HS (Hospital Shop)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)	
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
Bread Packs continued																					
Honey Roast Ham & Egg Salad	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				
Mexican Chicken Sandwich	✓	•	✓	•	•	•	✓				•	✓	•		•	•	•				
Roast Chicken Salad	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				
Tandoori Chicken	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				
Tuna Crunch (HS)	✓	•	✓	•	•	•	✓				•	✓	✓		•	•	✓				
Tuna Mayonnaise & Cucumber	✓	•	✓	•	•	•	✓				•	✓	✓		•	•	✓				
Flatbreads																					
Mexican Chicken Flatbread	✓	•	•	•	•		•				•	✓	•		•	•	•				
Oval Bites																					
Mature Cheddar Cheese Ploughman's Oval Bite	✓	•	✓	•	•	•	✓				✓	•	•		•	•	•				
Mexican Chicken Oval Bite	✓	•	•	•	•	•	✓				•	✓	•		•	•	•				
Roast Chicken with Honey Mustard Mayonnaise Oval Bite	✓	•	•	•	•	•	✓				•	✓	•		•	•	✓				
Stotties																					
Cheese & Onion Stottie	✓	•	•	•	•		✓				✓	✓	•		•	•	✓				
Tuna Mayonnaise Stottie	✓	•	•	•	•		✓				•	✓	✓		•	•	✓				
Rolls																					
Cheese & Onion Roll	✓	•	•	•	•	•	✓				✓	✓	•		•	•	✓				
Egg & Tomato Roll (HS)	✓	•	•	•	•	•	✓				•	✓	•		•	•	✓				
Honey Roast Ham and Egg Salad Roll	✓	•	•	•	•	•	✓				•	✓	•		•	•	✓				
Roast Chicken Salad Roll	✓	•	•	•	•	•	✓				•	✓	•		•	•	✓				
Tandoori Chicken Roll	✓	•	•	•	•	•	✓				•	✓	•		•	•	✓				
Tuna Crunch Roll	✓	•	•	•	•	•	✓				•	✓	✓		•	•	✓				

Savouries, Bakes & Pizza

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)	
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
Savouries & Bakes																					
Bacon & Cheese Wrap	✓		•				•				✓	•				•	•				
Cheese & Onion Bake	✓		•				•				✓	•				•	✓				
Chicken Bake	✓		•				•				✓	•				•	•				
Corned Beef Bake	✓		•				•				✓	✓				•	•				
Sausage, Bean & Cheese Melt	✓		•				•				✓	•				✓	•				
Sausage Roll	✓	•	✓	•			•				✓	•				✓	•				
Savoury Mince Pie	✓		✓				•				✓	•				•	•				
Scotch Pie	✓	•	✓	•	•		✓				✓	•				•	•				
Steak Bake	✓		✓				•				✓	•				•	•				
Vegetable Bake	✓		•				•				✓	•				•	✓				
Pizzas																					
BBQ Chicken & Bacon Pizza	✓	•	✓	•	•	•	✓				✓	•	•		•	•	•				
Chicken, Sweetcorn & Red Onion Pizza	✓	•	✓	•	•	•	✓				✓	•	•		•	•	•				
Firecracker Chicken Pizza	✓	•	✓	•	•	•	✓				✓	•	•		•	•	•				
Margherita Pizza	✓	•	✓	•	•	•	✓				✓	•	•		•	•	•				
Pepperoni Hot Shot Pizza	✓	•	✓	•	•	•	✓				✓	•	•		•	•	•				
Pepperoni Pizza	✓	•	✓	•	•	•	✓				✓	•	•		•	•	•				
Spicy Chicken Pizza	✓	•	✓	•	•	•	✓				✓	•	•		•	•	•				
Tandoori Chicken Pizza	✓	•	✓	•	•	•	✓				✓	✓	•		•	•	✓				
Veggie Feast Pizza	✓	•	✓	•	•	•	✓				✓	•	•		•	•	•				

Sweet Treats

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														
Apple Danish	✓	•	•	•	•		✓				✓	✓				✓	•			
Bavarian Slice	✓		•				•	•		•	✓	✓				•				
Belgian Bun	✓	•	•	•	•		✓				•	•				✓	•			
Caramel Crispy (GF)							✓	•			✓	•								Y
Caramel Custard Doughnut	✓	•	•	•	•		✓				✓	•				•				
Cheese Scones	✓	•	•	•	•	•	•				✓	✓				•	✓			
Chocolate Brownie Bar	✓		•	•			✓	•			✓	✓								
Chocolate Cake Bar	✓	•	•	✓			✓	•			✓	✓				•				
Cream Éclair	✓			•			✓				✓	✓								
Cream Iced Finger	✓	•	•	•	•		✓				✓	•				•				
Easter Buns (NEW)	✓	•	•	✓							✓	✓				•				
Easter Jammy Biscuit (NEW)	✓	•	•	•	•	•	•	•			•	✓				•	•		•	
Empire Biscuit	✓	•	•	•	•	•	•	•			•	✓				✓	•		•	
Filled Milk Chocolate Doughnut	✓	•	•	•	•		✓				✓	•				•				
Fruit Scones	✓	•	•	•	•	•	✓				✓	✓				•	•			
Fruity Flapjack	•		•	✓				•			✓									
Gingerbread Man	✓	•	•	•	•	•	•	•			✓	✓				•	•		•	
Jam Doughnut	✓	•	•	•	•		✓				•	•				•				
Jammy Heart Biscuit	✓			•			•	•			✓	•				•				
Lemon Meringue Muffin	✓	•	•	•			•				✓	✓				•				
Milk Chocolate Caramel Shortbreads/Offcuts	✓						✓	•			✓	•				•				
Milk Chocolate Cookie	✓	•	•	•	•	•	✓	•			✓	✓				•	•		•	
Novelty Buns	✓	•	•	✓							✓	✓				•				
Peach Melba	✓						•				✓	•				•				
Pineapple Cake	✓						•				✓	•				•				
Pink Jammie	✓	•	•	•	•		✓				✓	•				•				

Sweet Treats

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten																							
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)	Soya	Nuts	Peanut	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin					
Star Biscuit	✓	•	•	•	•	•	✓	•		✓	✓				•	•			•					
Sugar Strand Doughnut	✓	•	•	•	•		✓			•	•				•									
Tottenham Cake	✓		•	•			•	•		•	✓				•									
Triple Chocolate Cookie	✓	•	•	•	•	•	✓	•		✓	✓				•	•			•					
Triple Chocolate Doughnut	✓	•	•	•	•		✓			✓	•				•									
Triple Chocolate Muffin	✓	•	•	•			✓			✓	✓													
Vanilla Custard Slice	✓						•	•	•	✓	✓													
White Chocolate Cookie	✓	•	•	•	•	•	✓	•		✓	✓				•	•			•					
Yum Yum	✓	•	•	•	•		✓			•	✓													
Hot Sweet																								
Hot Chocolate Brownies	✓		•	•			✓	•		✓	✓													
Hot Cinnamon Yum Yums (NEW)	✓	•	•	•	•		✓			•	✓				•									
Hot Milk Chocolate Cookies	✓	•	•	•	•	•	✓	•		✓	✓				•	•			•					
Hot Yum Yums	✓	•	•	•	•		✓			•	✓													
Dipping Sauces – selected shops only																								
Milk Chocolate Dipping Sauce							✓			✓														
Salted Caramel Dipping Sauce							✓			✓														

Drinks - Includes Decaf versions where available

Due to our equipment, we cannot guarantee our hot / iced drinks to be allergen-free.

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)	
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
Hot Drinks																					
Americano											•										
Black Tea											•										
Cappuccino	•										✓										
Flat White											✓										
Decaf Black Coffee											•										
Espresso Shot											•										
Extra Espresso Shot											•										
Green Tea											•										
Hot Chocolate	•										✓										
Latte											✓										
Milk											✓										
Mocha	•										✓										
Peppermint Tea											•										
White Tea											✓										
White Coffee											✓										
Speciality Drinks																					
Caramel Latte	•										✓										
Caramelised Biscuit Latte (NEW)											✓										
Vanilla Latte	•										✓										

Drinks - Includes Decaf versions where available

Due to our equipment, we cannot guarantee our hot / iced drinks to be allergen-free.

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														
Iced Drinks																				
Iced Americano											•									
Iced Latte										✓										
Iced Matcha Latte										✓										
Cherry & Mango Cooler (NEW)																				
Cherry Lemonade (NEW)																				
Cloudy Lemonade																				
Mango and Strawberry Cooler																				
Strawberry Lemonade																				
Iced Speciality Drinks																				
Iced Caramel Latte											✓									
Iced Caramelised Biscuit Latte (NEW)											✓									
Strawberry Iced Matcha Latte											✓									
Vanilla Iced Matcha Latte											✓									
Iced Vanilla Latte											✓									
Extras																				
Cream											✓									
Hot Chocolate Powder	•										✓									

Drinks - Includes Decaf versions where available

Due to our equipment, we cannot guarantee our hot / iced drinks to be allergen-free.

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)	
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
Syrups – (syrups may contain sugar & sweeteners)																					
Caramel Syrup																					
Carmelised Biscuit Syrup																					
Cinnamon Syrup																					
Gingerbread Syrup																					
Mint Syrup																					
Pumpkin Spice Syrup																					
Salted Caramel Syrup																					
Vanilla Syrup																					
Greggs Own Label Cold Drinks																					
Apple Juice																					
Natural Mineral Water																					
Orange Juice																					
Ready to Drink Caramel Latte											✓										
Ready to Drink Latte											✓										
Sparkling Mango & Pineapple																					
Sparkling Raspberry Lemonade																					

Snacks

<p>Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)</p>	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)	
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
Greggs Own Label Crisps																					
Mature Cheddar & Onion Hand Cooked Crisps											✓										
Sea Salt & Cider Vinegar Hand Cooked Crisps																					
Thai Sweet Chilli Hand Cooked Crisps																					