



Allergens and additives info

In the following, we have compiled information about the products that you can currently find in our houses (as of 26.03.2026).

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

Abbreviations: **C** = **contains** (allergen present) | **T** = **may contain traces** (possible cross-contamination)

PLEASE NOTE:

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.

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a&o							Allergens																																						
	Breakfast	Lunch Bag	Lunch / Dinner	Gluten-free	Lactose-free	Vegetarian	Almonds	Brazil Nuts	Cashew Nuts	Hazelnuts	Macadamia Nuts	Peanuts	Pecan Nuts	Pistachios	Walnuts	Nuts	Barley	Celery	Crustaceans	Eggs	Fish	Gluten	Legumes	Milk	Molluscs	Mustard	Oats	Roe	Rye	Sesame Seeds	Soy	Spelt	Sulfur Dioxide	Sulphites	Wheat	Antioxidants	Colorants								
Product EN																																													
Balsamic Vinegar	x		x	x	x	x																												C	C										
Honey	x		x	x	x	x																																							
Butter	x		x	x	x																		C	C																					
Dressing	x		x	x	x														C					C						T			C												
Lettuce	x	x	x	x	x	x																		C																					
Emmental Cheese Slices	x		x	x	x																			C																					
Strawberry Yoghurt	x		x	x	x																			C																					
Peanut Butter	x		x	x	x	x	T	T	T	T	T	C	T	T	T	C								C																					
Cream Cheese	x		x	x	x																			C																					
Poultry Ham	x		x	x	x												T	T						T																					
Smoked Turkey Breast	x		x	x	x												T	T						T																					
Gluten-free Bread	x			x	x	x																		T																					
Gouda Cheese Slices	x		x	x	x																			C																					
Cucumber	x	x	x	x	x	x																																							
Oat Milk	x			x	x	x																						C																	
Hard Boiled Eggs	x		x	x	x		T	T	T	T	T	T	T	T	T	T	T	T	T	C	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T										
Hummus	x		x	x	x	x	T	T	T	T	T	T	T	T	T	T																													
Ketchup	x		x	x	x	x												C																											
Cherry Yoghurt	x		x	x	x																			C																					
Lactose-free Milk	x		x	x	x																			C																					
Margarine	x		x	x	x	x																																							
Marmelade	x		x	x	x	x																																							
Mayonnaise	x		x	x	x														C						C																				
Milk	x		x	x	x																			C																					
Virgin Olive Oil	x		x	x	x	x																																							
Natural Yoghurt	x		x	x	x																			C																					
Nut Spread	x		x	x	x		C	T	T	C	T	T	T	T	T	C								C																					
Pancakes	x			x																C		C			C																				
Pepper	x		x	x	x	x																																							
Remoulade Sauce	x		x	x	x																			C			C																		
Rye Bread Roll	x			x	x	x															C											C													
Salt	x		x	x	x	x																																							
Mustard	x		x	x	x	x																					C																		
Sweetener	x		x	x	x	x																		C																					
Toast	x			x																																									
Turkey Salami	x		x	x														T				C		C																					
Whole Wheat Bread	x			x	x	x																		C					C																
Waffle Cup	x			x																				C		C																			
Wild Honey	x		x	x	x																																								
Bread Roll	x	x		x	x	x																		C																					
Wheat Roll	x	x		x	x	x																		C																					
Sugar	x		x	x	x	x																																							
Applesauce		x	x	x	x	x																																							
Asian Fried Noodles			x	x	x	x																																							
Roast Chicken		x		x																																									
Baklava		x		x			T	T	T	T	T	T	T	T	C	C								C																					
Balkan Vegetable Mix		x	x	x	x	x																																							
Bami Goreng (vegan)		x		x	x	x																		C																					
Bolognese Sauce		x	x	x																																									
Bulgur Dish		x		x																					C																				
Bulgur Salad		x		x	x	x																		C		C																			
Burger Buns		x		x	x	x																																							
Burger Buns (GF)		x	x	x		x												C																											
Burger Sauce		x	x	x	x	x																																							
Cannelloni Bolognese (vegan)		x		x	x	x												C																											
Cheeddar Cheese		x	x	x		x																																							
Churros		x		x	x	x																																							
Coleslaw		x	x	x		x																																							
Country Wedges		x	x	x	x	x																																							
Couscous with vegetables		x		x		x																																							
Croutons		x		x	x	x																																							
Demi-Glace																																													

25.03.2026

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