



COMPTOIR  
*Gourmand*

INGREDIENTS & ALLERGENS

Updated September 2021

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Product	Ingredients
Almond Croissant	Wheat flour (GLUTEN), sugar, butter (MILK), EGGS, yeast, almond powder (NUTS), flaked almonds (NUTS)
Apricot Brioche	Wheat flour (GLUTEN), sugar, butter (MILK), EGGS, yeast, MILK powder, salt, apricot, apricot glaze, icing sugar, pastry cream (MILK, SULPHUR DIOXIDE, SOYA)
Apricot Danish	Wheat flour (GLUTEN), sugar, butter (MILK), EGGS, yeast, water, apricot, nappage (glucose-fructose syrup, sugar, water, apricot puree (10%), acidity regulator, citric acid, potassium citrate, calcium sorbate)
Aubergine Parmigiana	Aubergine, emmental cheese (MILK), hard Italian cheese (MILK (SUITABLE FOR VEGETARIANS), tomatoes, salt, black pepper, olive oil
Avocado & Egg Baguette	Multicereal baguette (GLUTEN SESAME), butter (MILK), mayonnaise (EGG), boiled egg (EGG), avocado, chilli flakes, mixed salad, tomato, salt, black pepper
Babka, Berries	Croissant dough (GLUTEN), pastry cream (MILK, SULPHUR DIOXIDE, SOYA), raspberry jam, raspberries, strawberries
Babka, Ham & Cheese	Croissant dough (GLUTEN), bechamel (MILK, MUSTARD, GLUTEN), ham, emmental cheese (MILK)
Babka, Hazelnut & Almond	Hazelnuts (NUTS), almonds (NUTS), praline paste (NUTS), Croissant dough (GLUTEN), pastry cream (MILK, SULPHUR DIOXIDE, SOYA)
Babka, Lemon, Hazelnut & Almond	Croissant dough (GLUTEN), pastry cream (MILK, SULPHUR DIOXIDE, SOYA), almond (NUT), hazelnut (NUT), lemon zest, candied lemon peel, praline paste (NUT)
Babka, Pistachio	Croissant dough (GLUTEN), pastry cream (MILK, SULPHUR DIOXIDE, SOYA), pistachio (NUTS), orange zest, orange blossom, EGG
Bakewell Tart	Wheat flour (GLUTEN), EGGS, caster sugar, icing sugar, raspberry jam, ground almonds (NUTS), flaked almonds (NUTS), butter (MILK)
Black Olive Round Loaf	Black kalamata olives, rice cone flour, salt, wheat flour (GLUTEN), wheat GLUTEN yeast
Brioche Loaf	Wheat flour (GLUTEN), sugar, butter (MILK), EGGS, yeast, MILK powder, salt, MILK chocolate
Brownie	Wheat flour (GLUTEN), butter (MILK), EGGS, sugar, dark chocolate, cacao powder
Butter Croissant	Wheat flour (GLUTEN), sugar, butter (MILK), EGGS, yeast
Buttermilk Rye Bread	Buttermilk (MILK), leaven (flour (GLUTEN), water), black treacle, dark rye flour (GLUTEN), pumpkin seeds, malted rye seeds, salt
Chocolate Eclair	Wheat flour (GLUTEN), butter (MILK), EGGS, MILK sugar, salt, cornflour (GLUTEN), milk chocolate (MILK), double cream (MILK), cacao powder
Chocolate Twist	Wheat flour (GLUTEN), sugar, butter (MILK), EGGS, dark chocolate, vanilla
Chouquettes	Wheat flour (GLUTEN), butter (MILK), EGGS, sugar, MILK salt
Cinnamon Roll	Wheat flour (GLUTEN), sugar, butter (MILK), EGGS, yeast, cinnamon
Cookie Croissant	Wheat flour (GLUTEN), butter (MILK), golden syrup, sugar, yeast, EGGS, milk chocolate (MILK), dark chocolate, brown sugar, baking powder, bicarbonate of soda
Courgette Parmegiana	Courgette, emmental cheese (MILK), hard Italian cheese (MILK (SUITABLE FOR VEGETARIANS), tomatoes, salt, black pepper, olive oil
Croque Monsieur	Wheat flour (GLUTEN), wholemeal rye flour (GLUTEN), salt, agent E300, bechamel sauce (Wheat flour (GLUTEN), butter (MILK), MILK salt, pepper, nutmeg), emmental cheese (MILK), ham
Crownie	Wheat flour (GLUTEN), butter (MILK), EGGS, yeast, caster sugar, dark chocolate, cacao powder, salt
Egg & Avocado Baguette	Multicereal baguette (GLUTEN SESAME), butter (MILK), mayonnaise (EGG), boiled egg (EGG), avocado, chilli flakes, mixed salad, tomato, salt, black pepper
Giant Chocolate Cookie	Wheat flour (GLUTEN), butter (MILK), EGGS, brown sugar, baking powder, bicarbonate of soda, dark chocolate, milk chocolate (MILK), golden syrup
Giant White Chocolate Cookie	Wheat flour (GLUTEN), butter (MILK), EGGS, white chocolate (MILK), baking powder (GLUTEN), bicarbonate of soda, golden syrup
Ham & Cheese Baguette	Wheat flour (GLUTEN), water, wheat sourdough starter (Wheat flour (GLUTEN), water), yeast, butter (MILK), ham, emmental cheese (MILK)
Ham & Cheese Croissant	Wheat flour (GLUTEN), sugar, butter (MILK), EGGS, yeast, bechamel sauce (MILK), butter (MILK), wheat flour (GLUTEN), garlic, salt, pepper, nutmeg), ham, emmental cheese (MILK)
Homous, Olive & Vegetable Baguette	Wheat flour (GLUTEN), water, wheat sourdough starter (Wheat flour (GLUTEN), water), yeast, houmous (SESAME, garlic, citric acid, chickpeas, potassium sorbate), black olives, roast red pepper, roast cherry tomato, garlic powder, mixed salad, olive oil, salt, pepper

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Product	Ingredients
LEMON MERINGUE TART	WHEAT FLOUR (GLUTEN), BUTTER (MILK), EGGS, SUGAR, BAKING POWDER, VANILLA ESSENCE, LEMON ZEST, LEMON JUICE, SALT, AGAR AGAR
MICHE DE CAMPAGNE CROSS SLASH LOAF	RICE CONE FLOUR, SALT, WATER, WHEAT FLOUR (GLUTEN), WHEAT GLUTEN YEAST
MILLE-FEUILLE	WHEAT FLOUR (GLUTEN), BUTTER (MILK), EGGS, SUGAR, MILK SALT, VANILLA, ICING SUGAR, MILK CHOCOLATE (MILK)
Mixed Berry Brioche	WHEAT FLOUR (GLUTEN), SUGAR, BUTTER (MILK), EGGS, YEAST, MILK POWDER, SALT, STRAWBERRIES, RASPBERRIES, BLUEBERRIES, PEACH, CRÈME PATISSIERE (délécé powder (SUGAR, MODIFIED STARCH, WHEY POWDER (MILK), SKIMMED MILK POWDER (MILK), DEXTROSE, VEGETABLE FAT, STABILISER (E339, E450, E516), THICKENER (401), STARCH, DRIED GLUCOSE SYRUP, EMULSIFIER (E472b), MILK PROTEIN (MILK), LACTOSE (MILK), COLOUR (E101, E160b), FLAVOUR, SALT), MACTOP CREAM (WATER, FULLY HYDROGENATED VEGETABLE FAT, DEXTROSE, SUGAR, MILK PROTEIN, EMULSIFIERS (POLYSORBATE 60, MONO AND DIGLYCERIDES OF FATTY ACIDS, SOYA LECITHIN), ACIDITY REGULATORS (TRISODIUM CITRATE, DISODIUM PHOSPHATE), STABILISERS (CALCIUM CHLORIDE, METHYL CELLULOSE, HYDROXYPROPYL METHYL CELLULOSE), GELLING AGENT (SODIUM ALGINATE), COLOURING (BETA-CAROTENE)), VANILLA
MOZZARELLA & PESTO BAQUETTE	WHEAT FLOUR (GLUTEN), WATER, WHEAT SOURDOUGH STARTER (WHEAT FLOUR (GLUTEN), WATER), YEAST, PESTO (CASHEW NUTS, PINE NUTS, BASIL, RAPESEED OIL, HARD CHEESE (MILK), SUGAR, GARLIC PUREE, LACTIC ACID, POTATO POWDER (SULPHUR DIOXIDE)), MOZZARELLA (MILK), TOMATO, MIXED SALAD, OLIVE OIL, SALT, PEPPER
PAIN AU CHOCOLAT	WHEAT FLOUR (GLUTEN), SUGAR, BUTTER (MILK), EGGS, YEAST, 70% DARK CHOCOLATE
PAIN AUX RAISINS	WHEAT FLOUR (GLUTEN), SUGAR, BUTTER (MILK), EGGS, YEAST, VANILLA, SULTANAS, RAISINS
PARISIAN FLAN	MILK VANILLA EXTRACT, CASTER SUGAR, BROWN SUGAR, EGG, CORNFLOUR (GLUTEN), CREAM (MILK), BUTTER (MILK)
PASTRAMI BAQUETTE	MULTICEREAL BAQUETTE (GLUTEN, SESAME), PASTRAMI, CHERRY TOMATO, HARD ITALIAN CHEESE (MILK), ROCKET, OLIVE OIL, SALT, BLACK PEPPER
PEAR DANISH	WHEAT FLOUR (GLUTEN), SUGAR, BUTTER (MILK), EGGS, YEAST, MILK SALT, PEARS, FLAKED ALMONDS (NUTS)
PISTACHIO BRIONUT	WHEAT FLOUR (GLUTEN), SUGAR, BUTTER (MILK), EGGS, YEAST, MILK POWDER, SALT, CORNFLOUR (GLUTEN), PISTACHIO (NUTS), PISTACHIO COMPOUND (NUTS)
PIZZA	WHEAT FLOUR (GLUTEN), OLIVE OIL, SALT, YEAST, MOZZARELLA (MILK), CHOPPED TOMATO, PEPPER, BROCCOLI, MUSHROOM, COURGETTE, BLACK OLIVE, BELL PEPPER, EGG WASH
POUND CAKE, LEMON	EGG YOLK (EGGS), CASTER SUGAR, DOUBLE CREAM (MILK), FLOUR (GLUTEN), BAKING POWDER, BUTTER (MILK), LEMON ZEST, LEMON JUICE
POUND CAKE, PISTACHIO	EGG YOLK (EGGS), DOUBLE CREAM (MILK), FLOUR (GLUTEN), BAKING POWDER (GLUTEN), BUTTER (MILK), PISTACHIO PASTE (NUTS), CASTER SUGAR, SALT, WHOLE PISTACHIOS (NUTS), VEGETABLE OIL
QUICHE LORRAINE	WHEAT FLOUR (GLUTEN), BUTTER (MILK), EGGS, SALT, CREAM (MILK), HAM, EMMENTAL CHEESE (MILK), DOUBLE CREAM (MILK), BUTTERMILK POWDER (MILK), THICKENERS (GUAR GUM, LOCUST BEAN GUM), PEPPER
RASPBERRY DANISH	WHEAT FLOUR (GLUTEN), EGGS, BUTTER (MILK), YEAST, CASTER SUGAR, ICING SUGAR, RASPBERRY JAM, APRICOT GLAZE (GLUCOSE-FRUCTOSE SYRUP, SUGAR, WATER, APRICOT PUREE (10%), ACIDITY REGULATOR: CITRIC ACID, POTASSIUM CITRATE, CALCIUM SORBATE, PECTIN), PASTRY CREAM (MILK)
SAUCISSON & CORNICION BAQUETTE	WHEAT FLOUR (GLUTEN), SUGAR, BUTTER (MILK), YEAST, MILK POWDER, SALT, GHERKINS, SAUCISSON, TOMATO, ROCKET
Seeded Sourdough Bread	LEAVEN (GLUTEN), WHOLEMEAL FLOUR (GLUTEN), WHITE FLOUR (GLUTEN), DARK RYE FLOUR (GLUTEN), MALT FLOUR (GLUTEN), SALT, POPPY SEEDS, MALTED WHEAT FLAKES (GLUTEN), BARLEY FLAKES (GLUTEN), SUNFLOWER SEED, MILLET, OATS
Seeded Wholemeal Loaf	POPPY SEEDS, RICE CONE FLOUR, SALT, SESAME SEEDS, SUNFLOWER SEEDS, WATER, WHEAT FLOUR (GLUTEN), WHEAT GLUTEN YEAST
SPINACH & CHEESE CROISSANT	WHEAT FLOUR (GLUTEN), SUGAR, BUTTER (MILK), EGGS, YEAST, BECHAMEL SAUCE (MILK), BUTTER (MILK), WHEAT FLOUR (GLUTEN), GARLIC, SALT, PEPPER, NUTMEG, SPINACH, EMMENTAL CHEESE (MILK)
VANILLA CHEESECAKE	WHEAT FLOUR (GLUTEN), BUTTER (MILK), EGGS, ICING SUGAR, SALT, BAKING POWDER (GLUTEN), VANILLA, DOUBLE CREAM (MILK), STRAWBERRIES, BLUEBERRIES, REDCURRANTS
VEGETARIAN CROQUE MONSIEUR	WHEAT FLOUR (GLUTEN), WHOLEMEAL RYE FLOUR (GLUTEN), SALT, AGENT E300, BECHAMEL SAUCE (WHEAT FLOUR (GLUTEN), BUTTER (MILK), MILK SALT, PEPPER, NUTMEG), MUSHROOMS, OIL, SALT, BLACK PEPPER, EMMENTAL CHEESE (MILK), DRIED THYME
VEGETARIAN QUICHE	WHEAT FLOUR (GLUTEN), BUTTER (MILK), EGGS, SALT, CREAM (MILK), BROCCOLI, PEPPERS, EMMENTAL CHEESE (MILK), DOUBLE CREAM (MILK), PEPPER
WALNUT & RAISIN LOAF	DRIED RAISINS AND SULTANAS (SULPHURDIOXIDE), RICE CONE FLOUR, SALT, WALNUT (NUT), WHEAT FLOUR (GLUTEN), WHEAT GLUTEN YEAST
Wholemeal Yorkshire Sourdough Loaf	YORKSHIRE ORGANIC FLOUR (GLUTEN), SALT, WATER

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Product	Suitable for		Allergens													
	VEGETARIAN	VEGAN	SESAME	Milk	Egg	Lupin	GLUTEN	Molluscs	Soya	CELERY & CELERIAC	MUSTARD	Sulphur Dioxide	CRUSTACEAN	Fish	PEANUTS	NUTS
Almond Croissant	✓			✓	✓		✓									ALMOND
Apricot Brioche	✓			✓	✓		✓					✓				
Apricot Danish	✓			✓	✓		✓									
Aubergine Parmigiana	✓			✓												
Avocado & Egg Baguette	✓		✓	✓			✓									
Babka, Berries	✓			✓	✓		✓		✓			✓				
Babka, Ham & Cheese	✓			✓	✓		✓				✓					
Babka, Hazelnut & Almond	✓			✓	✓		✓		✓			✓				HAZELNUT, ALMOND
Babka, Lemon, Hazelnut & Almond	✓			✓	✓		✓		✓			✓				HAZELNUT, ALMOND
Babka, Pistachio	✓			✓	✓		✓		✓			✓				PISTACHIO
Bakewell Tart	✓			✓	✓		✓									ALMOND
Black Olive Round Loaf	✓						✓									
Brioche Loaf	✓			✓	✓		✓									
Brownie	✓			✓	✓		✓									
Butter Croissant	✓			✓	✓		✓									
Buttermilk Rye Bread	✓			✓			✓									
Chocolate Eclair	✓			✓	✓		✓									
Chocolate Twist	✓			✓	✓		✓									
Chouquettes	✓			✓	✓		✓									
Cinnamon Roll	✓			✓	✓		✓									
Cookie Croissant	✓			✓	✓		✓									
Courgette Parmigiana	✓			✓												
Croque Monsieur	✓			✓			✓									
Crownie	✓			✓	✓		✓									
Egg & Avocado Baguette	✓		✓	✓			✓									
Giant Chocolate Cookie	✓			✓	✓		✓									
Giant White Chocolate Cookie	✓			✓	✓		✓									
Ham & Cheese Baguette	✓			✓			✓									
Ham & Cheese Croissant	✓			✓	✓		✓									

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Product	Suitable for		Allergens													
	Vegetarian	Vegan	Sesame	Milk	Egg	Lupin	Gluten	Molluscs	Soya	Celery & Celeriac	Mustard	Sulphur Dioxide	Crustacean	Fish	Peanuts	Nuts
Houmous, Olive & Vegetable Baguette	✓	✓	✓					✓								
Lemon Meringue Tart	✓			✓	✓			✓								
Miche De Campagne Cross Slash Loaf	✓							✓								
Mille-Feuille	✓			✓	✓			✓								
Mixed Berry Brioche	✓			✓	✓			✓								
Mozzarella & Pesto Baguette	✓			✓				✓				✓				CASHEW
Pain Au Chocolat	✓			✓	✓			✓								
Pain Aux Raisins	✓			✓	✓			✓								
Parisian Flan	✓			✓	✓			✓								
Pastrami Baguette			✓	✓				✓								
Pear Danish	✓			✓	✓			✓								ALMOND
Pistachio Brionut	✓			✓	✓			✓								PISTACHIO
Pizza	✓			✓	✓			✓								
Pound Cake, Lemon	✓			✓	✓			✓								
Pound Cake, Pistachio	✓			✓	✓			✓								PISTACHIO
Quiche Lorraine				✓	✓			✓								
Raspberry Danish	✓			✓	✓			✓								
Saucisson & Cornichon Baguette				✓				✓								
Seeded Sourdough Bread	✓			✓				✓								
Seeded Wholemeal Loaf	✓		✓					✓								
Spinach & Cheese Croissant	✓			✓	✓			✓								
Vanilla Cheesecake	✓			✓	✓			✓								
Vegetarian Croque Monsieur	✓			✓				✓								
Vegetarian Quiche	✓			✓	✓			✓								
Walnut & Raisin Loaf	✓							✓				✓				WALNUT
Wholemeal Yorkshire Sourdough Loaf	✓							✓								