



INFORMATION REGARDING FOODS THAT MAY CAUSE ALLERGIES OR FOOD INTOLERANCES

O Melhor Croissant da Rua would like to draw your attention to this important matter. If you are allergic or intolerant to any of the substances listed here and are unsure whether they were used in the preparation of your order, please feel free to ask any of our staff members for this information.

Thank you for your attention and enjoy your meal.



Cereals containing gluten
(wheat, rye, barley, oats, spelt, kamut or their hybridized strains) and cereal-based products



Crustaceans
products based on crustaceans



Eggs
and egg-based products



Fish
and fish-based products



Peanuts
and peanut-based products



Soy
and soy-based products



Milk
and milk-based products (lactose)



Tree nuts
(almonds, hazelnuts, walnuts or pecans, cashews)



Celery
and celery-based products



Mustard
and mustard-based products



Sesame seeds
and sesame seed-based products



Sulphur dioxide and sulphites (at concentrations exceeding 10 mg/kg or 10 mg/L expressed as SO₂)



Lupin
and lupin-based products



Molluscs
and mollusc-based products

Average nutritional information per 100g

(Plain Croissant)



READY-TO-EAT PRODUCT*		
ENERGY VALUE	1540/368	kJ/kcal
Fats	20,9	g
Of which are saturated	9	g
Carbohydrates	38,3	g
Of which sugars	10,5	g
Proteins	6,6	g
Salt	0,4	g

Average nutritional values per 100g of ready-to-consume product, following preparation instructions