



WILMA  
WUNDER

ESSEN  
TRINKEN

# Additives & Allergens

Allergens based on EU-regulation

Winter menu

# ADDITIVES & ALLERGENS

## TO DECLARE ALLERGENS BASED ON EU-REGULATION

(attachment III a guideline 2000/13/EG and guideline 2006/142/EG determined 22. December 2006)

A = Cereals containing gluten as well as products derived therefrom  
A-W = Cereals containing gluten (wheat) as well as products derived therefrom  
A-R = Cereals containing gluten (rye) as well as products derived therefrom  
A-B = Cereals containing gluten (barley) as well as products derived therefrom  
A-O = Cereals containing gluten (oats) as well as products derived therefrom  
A-S = Cereals containing gluten (spelt) as well as products derived therefrom  
A-K = Cereals containing gluten (kamut) as well as products derived therefrom

B = crab as well as products derived therefrom

C = eggs as well as products derived therefrom

D = fish as well as products derived therefrom

E = peanuts as well as products derived therefrom

F = soya as well as products derived therefrom

G = milk as well as products derived therefrom (including lactose)

H = Nuts

H-A = almond as well as products derived therefrom

H-H = hazelnut as well as products derived therefrom

H-W = walnut as well as products derived therefrom

H-C = cashew as well as products derived therefrom

H-P = pecan as well as products derived therefrom

H-B = brazil nut as well as products derived therefrom

H-PI = pistachio as well as products derived therefrom

H-Q = Queensland nut as well as products derived therefrom

H-M = macadamia as well as products derived therefrom

L = celery as well as products derived therefrom

M = mustard as well as products derived therefrom

N = sesame as well as products derived therefrom

O = sulphur dioxide and sulphite in a concentration of more than 10mg/kg (or 10mg/l), indicated as SO<sub>2</sub>

P = lupin as well as products derived therefrom (belonging to pulses)

R = molluscs as well as products derived therefrom (snails, shells, squids)

Please be advised that all our processed food may contain traces of allergens.

## ADDITIVES

- 1a) with colouring E 100 - E 180
- 1b) azo dye (can affect activity and attention levels in children)  
E 102, E 104, E 110, E 122, E 124, E 129
- 2a) with preservative or preserved  
E 200 - E 219, E 230 - E 235, E 239, E 249 - E 252, E 280 - E 285, E 1105
- 2b) with nitrite curing salt E 249 - E 250
- 2c) with nitrate E 251 - E 252
- 2d) with nitrite curing salt and nitrate
- 3) with antioxidant E 300 - E 321
- 4) with flavour enhancer E 620 - E 635
- 6) blackened E 579, E 585
- 7) waxed E 901 - E904, E 912, E 914
- 8) with phosphate E 338 - E 341, E 450 - E 452
- 9a) with sweetener E 240, E 421, E 950 - E 952, E 953 - E 954, E 959, E 960, E 965 - E 968
- 9b) with sweetener saccharin E 954
- 9c) with sweetener cyclamat E 952
- 9d) with sweetener aspartame E 951, E 962 (Contains a source of phenylalanine)
- 10) sulfurized (sulfur dioxide / sulfites)
- 11) with more than 10% added polyhydric alcohols E 420, E 421, E 953, E 965 - E 968  
(May have a laxative effect if consumed in excess)
- 12) with genetically modified components
- 13a) with caffeine
- 13 b) with quinine

Please be advised that all our processed food may contain traces of allergens.

Cereals containing gluten

Nuts

WILMAS BREAK-FAST MIRACLE	A						H														Additives									
	s	b	o	k	r	w	C	D	B	G	P	R	E	F	M	N	L	O	a	h		w	c	p	b	pi	q	m		
<b>KICKSTARTER</b>	x	x	x		x	x	x			x				x	x	x	x	x		x									3	
Butter croissant						x	x			x																			3	
Bircher muesli			x			x				x											x									
Butter										x																				
Poached egg							x											x											3	
Avocado-cream cheese										x																			3	
Balsamic vinaigrette															x		x													
Sassa bread	x	x	x		x									x		x														
Sweet potato spelt bread	x				x																									
<b>...optionally with bacon</b>																													2b, 3	
<b>BIG &amp; HEARTY</b>	x	x	x		x		x		x					x	x	x	x												2b, 2c, 3, 8	
Fried egg							x																							
Butter										x																				
Honey ham																													2b, 3, 8	
Leerdammer cheese										x																				
Sassa bread	x	x	x		x									x		x														
Sweet potato spelt bread	x				x																									
Balsamic vinaigrette															x		x													
Bacon																													2b, 3	
Salami																													2b, 2c, 3	
<b>...optionally with fried egg</b>							x																							
<b>"BERRY DREAM" PANCAKES</b>			x		x				x																				8	
Pancakes			x		x																									8
Whipped cream										x																				
<b>SALMON &amp; YUMMY</b>	x	x	x		x		x		x					x	x	x	x	x											3	
Smoked salmon							x																							
Avocado-cream cheese										x																				3
Horseradish																			x											3
Butter										x																				
Sassa bread	x	x	x		x									x		x														
Sweet potato spelt bread	x				x																									
Balsamic vinaigrette															x		x													
<b>PLANT LOVE</b>	x	x	x		x									x		x		x	x		x								2a, 3	
Oat yoghurt			x																		x									
Sassa bread	x	x	x		x									x		x														
Sweet potato spelt bread	x				x																									
Walnuts																						x								
Beetroot hummus																x		x												3
Carrot ginger spread																														2a, 3
<b>CANADA MORNING</b>			x		x	x																							2b, 3, 8	
Pancakes			x		x																									8
Fried egg							x																							
Bacon																														2b, 3

\* as well as products derived therefrom





STARTERS	Cereals containing gluten																				Nuts											Additives
	Spelt*	Barley*	Oats*	Kamut*	Rye*	Wheat*	Eggs*	Fish*	Crab*	Milk*	Lupin*	Molluscs*	Peanuts*	Soya*	Mustard*	Sesame*	Celery*	Sulphur dioxide & sulphite	Almond*	Hazelnut*	Walnut*	Cashew*	Pecan*	Brazil nut*	Pistachio*	Queensland nut*	Macadamia*					
	A							C	D	B	G	P	R	E	F	M	N	L	O	H												
	s	b	o	k	r	w													a	h	w	c	p	b	pi	q	m					
<b>PUMPKIN CREAM SOUP</b>	x					x																										
Pumpkin cream soup													x																			
Mini stone oven baguette	x					x																										
<b>TRUFFLED SPINACH SYMPHONY</b>	x	x	x		x		x							x															3			
Truffled cream of spinach soup													x																			
Poached egg								x																					3			
Sassa bread	x	x	x		x									x																		
Sweet potato spelt bread	x				x																											
<b>TRUFFLED FRIES</b>							x									x													1a			
Ital. hard cheese flakes													x																			
Truffle mayonnaise								x									x												1a			
<b>THREE WITH BREAD</b>	x	x	x		x									x															2a, 3			
Avocado-cream cheese													x																3			
Beetroot hummus																													3			
Sassa bread	x	x	x		x									x																		
Sweet potato spelt bread	x				x																											
Carrot ginger spread																													2a, 3			
<b>BEETROOT AND AVOCADO TARTARE</b>	x					x																							3, 9b			
Beetroot cubes																													9b			
Goat's cheese													x																			
Balsamic vinaigrette																																
Walnut																																
Fig chutney																													3			
Mini stone oven baguette	x					x																										
<b>SMALL, YET SATISFYING</b>																																
Balsamic vinaigrette																																

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SALAD & CO.	Cereals containing gluten						Eggs* Fish* Crab* Milk* Lupin* Molluscs* Peanuts* Soya* Mustard* Sesame* Celery* Sulphur dioxide & sulphite										Nuts											Additives	
	Spelt*	Barley*	Oats*	Kamut*	Rye*	Wheat*	C	D	B	G	P	R	E	F	M	N	L	O	Almond*	Hazelnut*	Walnut*	Cashew*	Pecan*	Brazil nut*	Pistachio*	Queensland nut*	Macadamia*		
	s	b	o	k	r	w													a	h	w	c	p	b	pi	q	m		
<b>PUMPKIN WITH A KICK</b>	x	x	x		x							x	x	x	x						x								
Mustard dressing														x															
Sassa bread	x	x	x		x								x		x														
Sweet potato spelt bread	x				x																								
Walnuts																					x								
Peanuts												x																	
<b>CAESAR SALAD</b>	x	x	x		x	x	x	x		x			x	x	x														
Caesar dressing							x	x		x				x															
Ital. hard cheese flakes									x																				
Bread croûtons	x	x	x		x								x		x														
Mini stone oven baguette	x					x									x														
<b>GOAT'S CHEESE AND AVOCADO SALATISSIMO</b>	x					x				x				x	x	x					x								9b
Goat's cheese										x																			
Walnuts																					x								
Beetroot cubes														x		x													9b
Balsamic vinaigrette														x		x													
Mini stone oven baguette	x					x									x														
...OPTIONALLY WITH VEGAN CHICKEN						x																							
...OPTIONALLY WITH VEGAN MEAT PIECES		x				x																							
...OPTIONALLY WITH MARINATED SESAME													x		x														1a, 4

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COFFEE & HOT DRINKS	Cereals containing gluten																				Additives						
	s	b	o	k	r	w	C	D	B	G	P	R	E	F	M	N	L	O	a	h		w	c	p	b	pi	q
CAPPUCCINO										x																	
Milk										x																	
COFFEE WITH MILK										x																	
Milk										x																	
LATE MACCIATO										x																	
Milk										x																	
HOT CHOCOLATE										x				x													
Dark chocolate couverture										x				x													
Milk										x																	
...optionally with whipped cream										x																	
BABYCCINO										x																	
Milk										x																	
...OPTIONALLY WITH OAT DRINK			x																								
...OPTIONALLY WITH ALMOND DRINK																											

WILMA'S MAGIC DRINKS	Cereals containing gluten																				Additives						
	s	b	o	k	r	w	C	D	B	G	P	R	E	F	M	N	L	O	a	h		w	c	p	b	pi	q
CHAI & SUGAR-FREE										x																	
Milk										x																	
UBE LATTE																					x						
Almond drink																					x						
MATCHA MAGIC																					x						
Almond drink																					x						
...OPTIONALLY WITH COW'S MILK										x																	
...OPTIONALLY WITH OAT DRINK			x																								
...OPTIONALLY WITH ALMOND DRINK																											

HOMEMADE!	Cereals containing gluten																				Additives							
	s	b	o	k	r	w	C	D	B	G	P	R	E	F	M	N	L	O	a	h		w	c	p	b	pi	q	m
LAVENDER-LEMON LEMONADE																												1a
Giffard sirup lavender																												1a
PEAR-MINT LEMONADE																												2a
Monin fruit puree pear																												2a
YUZU LIMO																												2a
Monin fruit puree yuzu																												2a
ICED TEA PEACH																												3
Peach nectar																												5
GINLESS TONIC																												13b
Schwepes Dry Tonic																												13b

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COCKTAILS	Cereals containing gluten																	Nuts											Additives
	s	b	o	k	r	w	C	D	B	G	P	R	E	F	M	N	L	O	a	h	w	c	p	b	pi	q	m		
CUBA LIBRE																												1a, 8, 9a, 13a	
Pepsi Cola																												1a, 8, 9a, 13a	
PINA COLADA										x																		1a, 3	
Captain Morgan Dark																												1a	
Whipped cream										x																			
Pineapple Juice																												5	
WILMA'S UNICORN																												1a	
Mandarine Napoleone																												1a	
Giffard grenadine syrup																												1a	
Sugar sprinkles																												1a	
WILMA'S MULE																												1a	
Monin Rose																												1a	
GINLESS TONIC																												13b	
Schwepes Dry Tonic																												13b	

WILMA'S SHORTIES	A																	H											Additives
	s	b	o	k	r	w	C	D	B	G	P	R	E	F	M	N	L	O	a	h	w	c	p	b	pi	q	m		
LÜTTJE LAGE METERBRETT	x																												
Lüttje Lage beer	x																												
VODKA AHOIBRAUSE																												1a, 9a, 9b, 9c	
Ahoibrause																												1a, 9a, 9b, 9c	
CHOCOLATE PRALINE LIQUEUR																			x										

WINE & SPARKLING WINE	A																	H											Additives
	s	b	o	k	r	w	C	D	B	G	P	R	E	F	M	N	L	O	a	h	w	c	p	b	pi	q	m		
ALL WINES AND SPARKLING WINES																												x	

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