

THINK ALLERGY



CELERY

Celery stalks, leaves and seeds, and celeriac in salads, soups & some meat products

1



GLUTEN

Wheat, rye and barley and foods containing flour such as bread, pasta, cakes and pastries

2



CRUSTACEA

Prawns, lobster, scampi, crab and shrimp paste

3



EGGS

In cakes, mousses, sauces, pasta, quiche, mayonnaise and foods brushed with egg

4



FISH

In some salad dressings, pizzas, fish sauce and some soy & Worcestershire sauces

5



LUPIN

Lupin seeds and flour in some types of bread & pastries

6



MILK

In yoghurt, cream, cheese, butter, milk powders and foods glazed with milk

7



MOLLUSCS

Such as mussels, whelks, squid, land snails and oyster sauce

8



MUSTARD

In liquid, powder and seed forms, also in salad dressings, marinades, soups, sauces, curries and meat products

9



NUTS

In sauces, desserts, crackers, bread, ice cream, marzipan, ground almonds and nut oil

10



PEANUTS

In sauces, cakes, desserts, groundnut oil and peanut flour

11



SESAME SEEDS

In bread, breadsticks, tahini, houmous and sesame oil

12



SOYA

As tofu, beancurd, soya flour and soya protein, in some desserts, sauces & vegetarian products

13



SULPHUR DIOXIDE

In meat products, fruit juice drinks, dried fruit and vegetables, wine,

14



Think Allergy

ALLERGIES

* Please ask a member of the Catering Team if you have any concerns about Allergens *

We are here to help!

Did you know?

→ 14 Types of Allergens

WHY?

The new regulation states that there is a requirement for allergen information to be provided for foods sold non-packed or pre-packed for direct sale. Therefore, in order to meet the provisions laid out in the legislation, we have provided this information for you.

People with food allergies have to be extremely careful about what they eat. Food labelling is therefore very important to those with food allergies as there can be potentially serious consequences from eating food that they are allergic to.

For more information on the food allergens in your food please ask a member of the team.

Think Allergy!

cmc



the team behind you