

The 14 Allergens

These must be declared whenever they're used as ingredients — know them, flag them, never guess

1 Celery

incl. stalks, leaves, celeriac & celery salt

2 Cereals with gluten

wheat, rye, barley, oats

3 Crustaceans

crabs, lobster, prawns, scampi

4 Eggs

incl. mayonnaise, glazes, pasta

5 Fish

incl. sauces, dressings, Worcestershire

6 Lupin

lupin seeds & flour in some breads

7 Milk

butter, cheese, cream, yoghurt

8 Molluscs

mussels, snails, squid, oyster sauce

9 Mustard

liquid, powder & seeds

10 Peanuts

incl. groundnut oil, satay

11 Sesame

seeds, oil, tahini, houmous

12 Soya

tofu, edamame, miso, soya flour

13 Sulphur dioxide / sulphites

dried fruit, wine, some drinks

14 Tree nuts

almonds, hazelnuts, walnuts, cashews...

If a customer asks about allergens: check, don't guess — and keep your allergen matrix up to date.