

Know what is in every dish

Provide accurate information when these are used as ingredients or processing aids. Check recipes, labels and changes every time.

Celery

Includes stalks, leaves, celeriac and celery salt.

Crustaceans

For example, crab, lobster, prawns and scampi.

Fish

For example, in fish sauce and some dressings.

Milk

For example, butter, cheese, cream and yoghurt.

Mustard

Includes mustard seeds, powder and prepared mustard.

Sesame

Includes sesame seeds, oil and tahini.

Sulphur dioxide / sulphites

Where total SO₂ exceeds 10 mg/kg or 10 mg/litre in the food as consumed.

Cereals containing gluten

Wheat (including spelt and Khorasan wheat), rye, barley and oats.

Eggs

For example, in mayonnaise, some pasta and glazes.

Lupin

Lupin seeds and flour, sometimes used in bread and pastries.

Molluscs

For example, mussels, oysters, squid and snails.

Peanuts

Includes peanut butter and groundnut oil.

Soya

For example, tofu, edamame, soya flour and some sauces.

Nuts

Almond, hazelnut, walnut, cashew, pecan, Brazil nut, pistachio and macadamia.

Never guess. Check the current allergen record and ingredient labels. People can also react to foods outside these 14. Tell the customer if you cannot confirm an ingredient.