



RECORD SHEET

# Allergen matrix

Business: \_\_\_\_\_ Menu / version: \_\_\_\_\_ Last updated: \_\_\_\_\_ Updated by: \_\_\_\_\_

## What's in every dish

Tick each allergen a dish contains, including its sauces, dressings, garnishes and cooking oil. Check every ingredient label. Update this sheet whenever a recipe, ingredient or supplier changes.

✓ = tick if it contains · leave blank if not

| Dish, side, sauce or special | Celery | Cereals with gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Tree nuts | Peanuts | Sesame | Soya | Sulphites |
|------------------------------|--------|---------------------|-------------|------|------|-------|------|----------|---------|-----------|---------|--------|------|-----------|
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|                              |        |                     |             |      |      |       |      |          |         |           |         |        |      |           |

**Shared equipment?** If allergens can pass between dishes, tell customers. For example: "We use \_\_\_\_\_ in our kitchen. Please speak to us."

**Never guess.** If you cannot confirm what is in a dish, tell the customer. Keep the ingredient labels you checked with this sheet.