Allergen chart

The 14 allergens in each dish and drink we serve

Business name _____

Last updated / checked by _____

Dish or drink	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree nuts	Peanuts	Sesame	Soya	Sulphur dioxide and sulphites

Key: Mark Y where the dish contains the allergen. Review whenever a recipe or supplier changes.

Check every ingredient label, including sauces, dressings, garnishes and milk alternatives. Prepacked for direct sale food also needs a full ingredients label.

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The 14 allergens and where they hide

A quick prompt for staff. It is not a full list: always check the product label and supplier specification.

Allergen	What it covers	Where it often hides
Celery	Stalks, leaves, seeds and celeriac.	Stock cubes and stock, soups, salads, spice mixes, celery salt.
Cereals containing gluten	Wheat (including spelt and Khorasan), rye, barley and oats.	Bread, wraps, pastries, cakes, batter, breadcrumbs, pasta, soy sauce, malt drinks, oat milk not labelled gluten free.
Crustaceans	Prawns, crab, lobster, crayfish.	Shrimp paste, some curry pastes, seafood sauces and fish cakes.
Eggs	Eggs and anything made with them.	Cakes, mayonnaise, mousse, pasta, quiche, egg-glazed pastries, some batters and sauces.
Fish	All fish.	Fish sauce, Worcestershire sauce, Caesar dressing, some pizzas and relishes.
Lupin	Lupin seeds and lupin flour.	Some flours, breads, pastries and pasta, especially continental products.
Milk	Cow's milk and products made from it, including lactose-free milk.	Butter, cheese, cream, yoghurt, milk powder, hot chocolate mixes, glazes, sauces.
Molluscs	Mussels, oysters, squid, octopus, snails.	Oyster sauce, some fish stews and seafood mixes.
Mustard	Liquid mustard, mustard powder and seeds.	Dressings, mayonnaise-based sauces, marinades, curries, soups, sandwich fillings.
Tree nuts	Almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios, macadamias.	Pesto, praline, marzipan, nut milks, nut oils, granola, cakes. Check flavoured syrups.
Peanuts	Peanuts (groundnuts).	Peanut butter, groundnut oil, satay sauce, biscuits, cakes, cereal bars.
Sesame	Sesame seeds, paste and oil.	Seeded bread and buns, tahini, hummus, sesame oil, some dressings.
Soya	Soya beans and products made from them.	Soya milk, tofu, soy sauce, edamame, soya flour in bread, lecithin in chocolate.
Sulphur dioxide and sulphites	When above 10 mg per kg or 10 mg per litre.	Dried fruit such as apricots and raisins, wine, beer, cider, some soft drinks and sausages.

Cut along the dashed line

Allergy?

Please ask a member of staff before you order.

We can tell you which of the 14 allergens are in our food and drink.

Using this sheet

- Keep the chart where every member of staff can find it.
- Put the notice where customers see it before they order.
- If you cannot rule out cross-contamination, say so honestly.
- Food prepacked for direct sale needs a full ingredients label.

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