

FOOD AND THEIR ALLERGEN CONTENT

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

																	
TYPE	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Vegan	Vegetarian	
NAKED CHICKEN		Y															
NAKED CAULIFLOWER		Y													Y	Y	
SAUCES	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Vegan	Vegetarian	
GARLIC PRMESAN							Y									Y	
BOURBON BBQ		Y													Y	Y	
LEMON PEPPER															Y	Y	
MUMBO							Y									Y	
SPICY TERIYAKI		Y							Y	Y	Y		Y			Y	
RASPBERRY SCOTCH BONNET																	Y
ATOMIC															Y		Y
BLUE CHEESE DIP				Y			Y		Y								Y
BUFFALO DIP															Y		Y
GARLIC AIOLI DIP				Y			Y										Y
BOURBON BBQ DIP		Y													Y		Y
BUTTERMILK RANCH DIP				Y			Y										Y

14 Allergens

Coming to a food label near you

The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulations, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned further or a label through product information such as menu when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

- 1 Celery**
This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in soups, salads, cream soups, soups and stock cubes.
- 2 Cereals containing gluten**
Wheat, barley, rye and other grains contain gluten. You can find it in bread, pasta, cereals, biscuits, cakes, pastries, crisps, croutons, bread crumbs, soups, soups, soups and soups.
- 3 Crustaceans**
Crabs, lobsters, prawns and crayfish are crustaceans. Shrimp prawns often used in fish and seafood soups, cakes or salads, or as ingredients in fish balls.
- 4 Eggs**
Eggs are often found in cakes, some meat products, mayonnaise, mousses, puddings, soups and soups or food additives or used in soups.
- 5 Fish**
You will find fish names like salmon, trout, cod, haddock, sole, plaice, etc. in soups, soups, soups and soups.
- 6 Lupin**
Lupin is a bean, but it's also found in flour (lupin flour) and soups.
- 7 Milk**
Milk is a common ingredient in butter, cream, cheese, milk powder and yogurt. It can also be found in soups, soups, soups and soups.
- 8 Molluscs**
These include mussels, limpets, snails, scallops and oysters. They can be found in soups, soups, soups and soups.
- 9 Mustard**
Liquid mustard, mustard powder and mustard seeds fall into this category. The mustard can also be found in soups, soups, soups, soups, soups, soups and soups.
- 10 Nuts**
Nuts include almonds, hazelnuts, walnuts, pecans, pineapples, etc. You can find them in soups, soups, soups, soups, soups, soups and soups.
- 11 Peanuts**
Peanuts are a type of legume and are often used in soups, soups, soups, soups, soups, soups and soups.
- 12 Sesame seeds**
Sesame seeds can be found in soups, soups, soups, soups, soups, soups and soups.
- 13 Soya**
Soya is found in many soups, soups, soups, soups, soups, soups and soups.
- 14 Sulphur dioxide (sometimes known as sulphites)**
This is an ingredient often used in soups, soups, soups, soups, soups, soups and soups.

For more information, visit food.gov.uk/allergies or food.gov.uk/allergies or food.gov.uk/allergies

Sign up to our allergy alerts on food.gov.uk/allergies or food.gov.uk/allergies

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Note: We work to ensure that the ingredient information in this table is accurate. Allergy data detailed in the table has been derived from specifications obtained from the supplier's pf the products. Drinks which have a "YES" include ingredients with the allergen intentionally present. Drinks which have an "M" include ingredient(s) which are produced in a factory with this allergen present and our suppliers believe there is a significant risk of cross contamination (May Contain) Whilst we have taken all reasonable steps to ensure that this table is accurate, we cannot guarantee that the product is 100% free from the unintentional presence of allergens arising because of Cross-contamination as we handle MILK, PEANUTS, EGG, TREE NUTS and GLUTEN-CONTAINING products behind the bar.

