

14 ALLERGENS

Cereals containing gluten

such as wheat, rye and barley and foods containing flour, such as bread, pasta, cakes, pastry, meat products, sauces, soups, batter, stock cubes, breadcrumbs, foods dusted with flour



Crustacean

such as prawns, lobster, scampi, crab, shrimp paste - Chitosan



Celery

including celery stalks, leaves and seeds and celeriac, in salads, soups, celery salt, some meat products - common Switzerland, Germany & France



Eggs

In cakes, mousses, sauces, pasta, quiche, some meat products, mayonnaise, foods brushed with egg



Fish

in some salad dressings, pizzas, relishes, fish sauce and some soy and Worcestershire sauces



Lupin

lupin seeds and flour in some types of bread and pastries



Milk

in yoghurt, cream, cheese, butter, milk powders, foods glazed with milk, puddings including rice



Molluscs

(Bivalves, Gastropods & Cephalopods) such as mussels, whelks, squid, land snails, oyster sauce includes Octopus, & Cuttle fish



Mustard

including liquid mustard, mustard powder and mustard seeds, in salad dressings, marinades, soups, sauces, curries, meat products (common in France)



Nuts (Tree)

in sauces, desserts, crackers, bread, ice cream, marzipan, ground almonds, nut oils



Peanuts

in sauces, pesto, satay, cakes, desserts, groundnut oil, peanut flour



Sesame seeds

in bread, breadsticks, tahini, hummus, sesame oil



Soya

tofu or beancurd, soya flour and textured soya protein, in some ice cream, sauces, desserts, meat products, vegetarian products, edamame beans



Sulphur dioxide

in meat products, fruit juice drinks, dried fruit and vegetables, wine, beer.

