

List of 14 Allergens

	CELERY	Celery stalks, leaves and seeds, and celeriac in salads, soups & some meat products	1
	GLUTEN	Wheat, rye and barley and foods containing flour such as bread, pasta, cakes and pastries	2
	CRUSTACEA	Prawns, lobster, scampi, crab and shrimp paste	3
	EGGS	In cakes, mousses, sauces, pasta, quiche, mayonnaise and foods brushed with egg	4
	FISH	In some salad dressings, pizzas, fish sauce and some soy & Worcestershire sauces	5
	LUPIN	Lupin seeds and flour in some types of bread & pastries	6
	MILK	In yoghurt, cream, cheese, butter, milk powders and foods glazed with milk	7
	MOLLUSCS	Such as mussels, whelks, squid, land snails and oyster sauce	8
	MUSTARD	In liquid, powder and seed forms, also in salad dressings, marinades, soups, sauces, curries and meat products	9
	NUTS	In sauces, desserts, crackers, bread, ice cream, marzipan, ground almonds and nut oil	10
	PEANUTS	In sauces, cakes, desserts, groundnut oil and peanut flour	11
	SESAME SEEDS	In bread, breadsticks, tahini, houmous and sesame oil	12
	SOYA	As tofu, beancurd, soya flour and soya protein, in some desserts, sauces & vegetarian products	13
	SULPHUR DIOXIDE	In meat products, fruit juice drinks, dried fruit and vegetables, wine,	14