

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