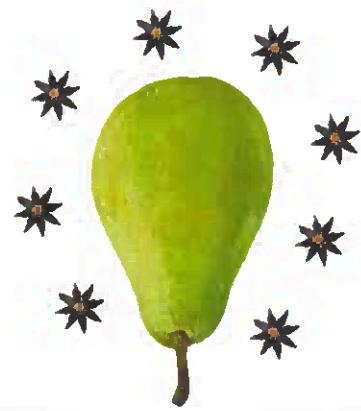


# Think before you order



## FOOD ALLERGIES & INTOLERANCES

Before Ordering Please Ask a Member of Staff About Your Requirements



### **Celery**

Including celery stalks, leaves and seeds and celeriac, in salads, soups, celery salt, some meat products

### **Cereals containing gluten**

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

### **Crustacea**

Such as prawns, lobster, scampi, crab, shrimp paste

### **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

### **Molluscs**

Such as mussels, whelks, squid, land snails, oyster sauce

### **Mustard**

Including liquid mustard, mustard powder and mustard seeds in salad dressings, marinades, soups, sauces, curries, meat products

### **Nuts**

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

### **Peanuts**

In sauces, cakes, desserts, groundnut oil, peanut flour

### **Sesame seeds**

In bread, breadsticks, tahini, houmous, sesame oil

### **Soya**

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

### **Sulphur dioxide**

In meat products, fruit juice drinks, dried fruit and vegetables, wine, beer