

# ALLERGENS: RECIPE CARDS















**Disclaimer:** While every effort has been made to comply with food safety guidelines, we cannot guarantee that our baked goods are free from allergens. If you have any food allergies, please exercise caution when selecting items.

Dish/ingredient:

Date:

Chef:

Please state the name of the cereal(s) containing gluten\*\* AND/OR the name of the nut(s)\*

|  |  |  |  |  |
|--|--|--|--|--|
| <br>Celery<br><input type="checkbox"/>    | <br>Cereals containing gluten**<br><input type="checkbox"/> | <br>Crustaceans<br><input type="checkbox"/> | <br>Eggs<br><input type="checkbox"/>              | <br>Fish<br><input type="checkbox"/>  |
| <br>Lupin<br><input type="checkbox"/>     | <br>Milk<br><input type="checkbox"/>                        | <br>Molluscs<br><input type="checkbox"/>    | <br>Mustard<br><input type="checkbox"/>           | <br>Nuts*<br><input type="checkbox"/> |
| <br>Peanuts<br><input type="checkbox"/> | <br>Sesame seeds<br><input type="checkbox"/>              | <br>Soya<br><input type="checkbox"/>      | <br>Sulphur dioxide<br><input type="checkbox"/> | <b>TICK THE ALLERGENS WHICH ARE IN THE DISH</b><br><input checked="" type="checkbox"/>                                 |

Notes:

Reviewed and checked by:



You can find this template and others, including more information at [www.food.gov.uk/allergen-resources](http://www.food.gov.uk/allergen-resources)

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