














Allergen	Typical foods	
A1 Cereals containing Gluten, namely: Wheat, rye, barley, Oats, Spelt, Kamut or products there of	Bread, flour products, cakes and pastries, pasta	 <p>Wheat - Barley - Oats - Rye</p>
A2 Crustaceans and products thereof: crab, prawn, lobster etc	crab paste, fish sauce used in Chinese dishes,	
A3 Eggs and products there of: liquid egg, albumin etc	Cakes, mayonnaise, soufflés, meringue, pasta	
A4 Fish and products there of: fish gelatine, fish finings etc	some wines and ales used as finings, soups and sauces	
A5 Peanuts and products there of: Peanut butter etc	Some cereal bars, some muesli, confectionary	
A6 Soy Beans and products there of: Soya sauce, soya oil, Tofu	Vegetarian foods can contain soya, soya milk, soya yoghurt, soya oil	
A7 Milk and products there of: cheese, cream, yoghurt	Milk, cream, cheese, some cakes, composite salads such as coleslaw, potato salad.	

<p>A8 Nuts namely: almonds, Hazelnuts, walnuts, cashews, pecan nuts, brazil, pistachio, macadamia or products thereof.</p>	<p>Marzipan, cereal bars, some breakfast cereals, some whole grain breads and cakes. Nut oils used in shallow or stir fry dishes.</p>	
<p>A9 Celery and products thereof, celeriac</p>	<p>Soups, sauces and composite salads.</p>	
<p>A10 Mustard and products thereof</p>	<p>Mayonnaise, vinaigrette, other salad dressings, prepared sauces.</p>	
<p>A11 Sesame seeds and products thereof, sesame seed oil etc.</p>	<p>Bread and cakes with multi seed ingredients. Some biscuits and snacks. Seed oil can be used in stir fry or shallow fried dishes.</p>	
<p>A12 Sulphur dioxide and products thereof: sulphur dried fruit such as raisins, apricots etc.</p>	<p>Pre packed dried fruits, cooked meats such as ham, cooked sliced chicken.</p>	
<p>A13 Lupin and products thereof such as lupin flour used in pizza bases.</p>	<p>Pizza bases some bread products</p>	
<p>A14 Molluscs and products thereof : mussels, whelks, cockles, scallops etc</p>	<p>Oyster sauce, cooking sauces.</p>	