



## GLOSSARY OF FOOD ALLERGENS

**C** – Celery and Celeriac: includes celeriac, celery leaves, seeds and powder.

**D** – Dairy: includes butter, cream, yoghurt and cheese; also found in bread, pastry, ice cream, butter and chocolate products.

**E** – Eggs: found in cakes, biscuits, pastries, butter, ice cream, meringue.

**F** – Fish: includes all species of fish, can also be found in fish sauce, fish oil, omega-3 rich oils.

**G** – Gluten: found in wheat, cereals, barley, rye, bread, pastry, pasta, noodles, fruit drinks, beer, soya sauce, spelt and kamut.

**L** – Lupin: includes lupin seeds, beans and flour; found in pastry, pies, pancakes and products containing rusk, such as pizza.

**M** – Mustard: includes mustard paste, mustard powder, mustard seeds, mustard leaves, sprouted mustard and mustard oil.

**Mo** – Molluscs: includes scallops, mussels, octopus, oysters, squid.

**N** – Nuts: includes tree nuts almond, cashew, pecan, pistachio, walnut\*

**P** – Peanuts: includes groundnuts, monkey nuts, beer nuts

**Sh** – Shellfish: includes prawns, lobster, crab, crayfish.

**So** – Soya: found in miso, soya sauce, tofu, edamame beans, and also in bread, biscuits, cakes, ice cream, chocolate products.

**Se** – Sesame Seeds: found in sesame oil.

**Su** – Sulphur Dioxide (Sulphites): often used as a preservative

\* Notes - these are NOT nuts: pine nuts, nutmeg, coconut, chufa nut.  
- Underlined allergens can be removed from dishes upon request.