

# ALLERGEN INFORMATION

THE 14 MAJOR FOOD ALLERGENS THAT HAVE BEEN IDENTIFIED AS ISSUES FOR PEOPLE LIVING IN EUROPE ARE:



Gluten



Eggs



Peanuts



Sesame



Celery



Lupin



Crustaceans



Milk



Fish



Tree nuts



Soya



Mustard



Sulphites



Molluscs

If you would like further information about the allergen content of our menus, please contact a member of the catering staff.

**Remember that there is no cure for food allergy; the only way to prevent an allergic reaction is by avoiding foods containing the allergen.**

**For further information about the new allergen legislation, or about food allergies, visit the following websites:**

[www.food.gov.uk/business-industry/allergy-guide](http://www.food.gov.uk/business-industry/allergy-guide)

[www.allergyuk.org](http://www.allergyuk.org)

[www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

[www.allergynorthwest.nhs.uk](http://www.allergynorthwest.nhs.uk)