



HIDDEN ALLERGENS

Some unexpected places that you may find one or more of the 14 allergens



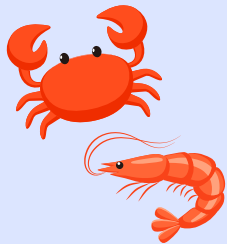
CELERY

Some meat products, soups, powdered soups, and stock cubes



CEREALS (CONTAINING GLUTEN)

Bread, pasta, cakes, pastries, batter, and soups or sauces thickened with flour



CRUSTACEANS

Pastes made from these (i.e. shrimp paste), fish stews, paella, pizza toppings, stocks and sauces



MOLLUSCS

Oyster sauce, fish stews, paella, pizza toppings, stocks and sauces



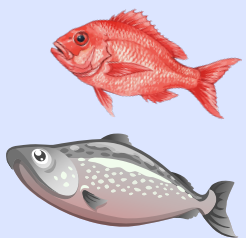
EGGS

Glazes on pastries, pies and pasties, in sauces such as Hollandaise, or to bind items like burgers



MILK

Brushed onto pies, pasties, and pastries before baking, powdered milk, powdered soups and sauces, ghee, whey powder/whey protein



FISH

Fish sauce, some salad dressings, Worcestershire sauce and sometimes soy sauce



LUPIN

Bread, pastries, battered foods and pasta and some gluten-free, high-protein, or low-carb products



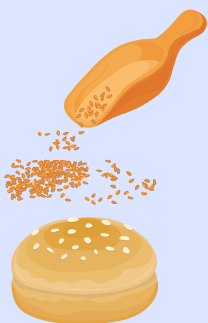
MUSTARD

Pickled foods such as gherkins, sauces such as mayonnaise and ketchup, marinades, salad dressings, curries, soups, and stock cubes



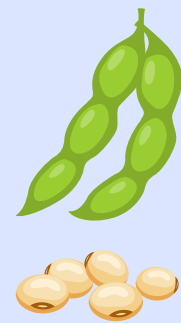
PEANUTS

Many cakes, desserts, sauces (i.e. satay sauce) and curries. Watch out for peanut flour and peanut (groundnut) oil. Peanuts have other many names including groundnuts and monkey nuts!



SESAME

Breads, breadsticks, hummus, tahini, and sprinkled over dishes or used in stir fries



SOYBEANS

Used to make soya protein, soya flour, soya sauce, miso paste, tofu, and tempeh. Also found in some desserts, ice creams, meat products, sauces and vegetarian products



SULPHUR DIOXIDE & SULPHITES

Used in wine, beer, and fruit juice, to preserve dried fruits/vegetables, and meat products such as sausages and frozen prawns



NUTS

Used in a range of products, including bread, crackers, baked goods, desserts, ice cream, sweets, marzipan and many vegetarian foods. Watch out for nut oils too