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Christmas Foods

THAT CONTAIN HIDDEN ALLERGENS !

ROAST POTATOES

Some are roasted in butter which contains **milk**, or in vegetable oil made from **soya**. Seasoning mixes can also introduce a range of allergens.

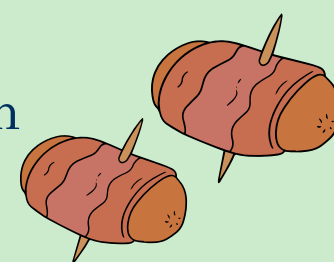
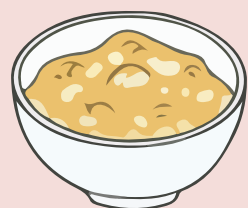


GRAVY

Commonly contains **gluten**, **milk**, **celery**, and **soya**. If you're using a base mix, recheck the label as recipes can change from one batch to the next.

PIGS IN BLANKETS

Sausages may contain **sulphites**, **wheat**, or **milk**, and bacon wrapping can contain **sulphites**. If cocktail sausages or streaky bacon are from different suppliers remember to check allergen info for both.

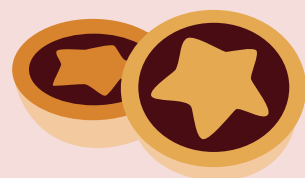


STUFFING MIXES

Often contain **gluten** from breadcrumbs or **wheat** flour. You may also find **milk**, **celery**, or **sulphites** from dried fruit and herbs. Always check premix ingredients.

CRANBERRY SAUCE

Shop-bought or catering tubs can contain **sulphites** or **soya**. Transfer allergen info if you are decanting. Adding port can also introduce **sulphites**.



MINCE PIES

Pastry contains **gluten** and **milk**; fillings often introduce **sulphites** and **nuts**, and sometimes **soya** or **egg**.

CHRISTMAS PUDDING

Gluten, **milk**, **egg**, **nuts**, and **sulphites** are all common. Spirits for flaming may contain **sulphites**.



BRANDY BUTTER

Made with butter, so it contains **milk**.

FESTIVE DRINKS

Mulled wine contains **sulphites** and eggnog has **egg** and **milk**. Seasonal hot drinks may contain **nuts** or **soya** through syrups or toppings.



CHOCOLATE TREATS

Frequently contain **milk**, **soya** lecithin, and **nuts**.

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