

ALLERGEN KEY

The Food Information Regulation came into force in December 2014. Since then, food businesses have been required to provide information about the allergenic ingredients used in any food they sell.

At St. Joseph's there is an allergen key on our menus, which refer to the following allergens:

1 = Celery

2 = Cereals Containing Gluten

3 = Crustaceans

4 = Eggs

5 = Fish

6 = Lupin

7 = Milk

8 = Molluscs

9 = Mustard

10 = Nuts

11 = Peanuts

12 = Sesame Seeds

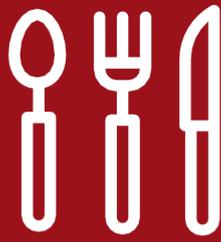
13 = Soya

14 = Sulphur Dioxide

Please ask a member of staff if you're unsure, or have any further questions about allergens.

Further information can be found overleaf.





ALLERGEN KEY

1. Celery:

This includes celery stalks, leaves, seeds, and the root called celeriac. You can find celery in celery salt, salads, some meat products, soup and stock cubes.

2. Cereals Containing Gluten:

Wheat, rye, barley and oats are often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces and soups.

3. Crustaceans:

Crabs, lobsters, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and Southeast Asian curries or salads is an ingredient to look out for.

4. Eggs:

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries. Foods can also be brushed or glazed with egg.

5. Fish:

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire Sauce.

6. Lupin:

Lupin is a flower, but can also be found in flour. Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.

7. Milk:

A common ingredient in butter, cheese, cream, milk powders and yoghurt.

8. Molluscs:

Can commonly be found in oyster sauce or as an ingredient in fish stews.

9. Mustard:

This ingredient can be found in some bread, curries, marinades, meat products, salad dressings, sauces and soups.

10. Nuts (not to be mistaken with peanuts):

Includes cashew nuts, almonds and hazelnuts. Nuts can be found in breads, biscuits, crackers, desserts and more.

11. Peanuts:

A legume that grows underground. Often used in biscuits, cakes, curries, desserts and more.

12. Sesame Seeds:

Can often be found in bread, houmous, sesame oil and tahini.

13. Soya:

Often found in bean curd, edamame beans, miso paste, soya flour and tofu. Soya is a staple ingredient in oriental food.

14. Sulphur Dioxide/Sulphites:

Often used in dried fruits such as raisins, dried apricots and prunes, amongst other foods.

