

KNOW YOUR ALLERGENS



THE 14 ALLERGENS and some examples of foods that may contain them as hidden ingredients



Celery – stalks, leaves, seeds and celeriac root (flavoured salt, stock, soup, condiments)



Cereals containing gluten – wheat, rye, barley and oats (soups, sauces, fried foods that have been dusted in flour)



Crustaceans – e.g. lobster, prawns, scampi and crabs (shrimp-paste used in south-east Asian cooking)



Eggs (pastry glaze, binder in burgers, breaded or battered foods)



Fish (stock cubes, Worcestershire sauce, Caesar salad dressing)



Lupin (baked goods, pasta or noodles, sauces)



Milk - including cow's, goat's and sheep's milk (glazed pastries and pies, powdered soups and sauces)



Molluscs – e.g. mussels, snails, squid, scallops, oysters (oyster sauce used in south-east Asian foods)



Mustard – paste, powder and seeds (condiments, seeds often used in curries)



Nuts – cashews, almonds, hazelnuts, macadamias, pistachios, pecans, Brazil nuts and walnuts (curries, deserts, stir-fries)



Peanuts – including groundnut oil (curries, deserts, stir-fries, sauces, meat substitutes)



Sesame seeds – including sesame oil (Middle Eastern and Asian foods, on or in bread products)



Soybean – tofu, edamame beans, miso paste (desserts, ice cream, vegetarian and vegan meat substitutes)



Sulphur dioxide or sulphites (preservative in dried fruit, prepared vegetables, wine)

BACK OF HOUSE PROCEDURE



Allergen logs, produced from the Source or using the Manual Allergen Builder, must be available in the kitchen.



Always follow the recipe provided and never substitute or add an ingredient as this may alter the allergens of a dish.

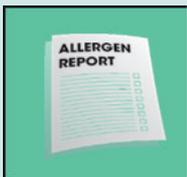


Periodically check the allergen logs against ingredient packaging and notify your lead chef if you notice a mistake.



Brief the FOH team on the menu and allergens, cross-check FOH and BOH allergen information and discuss the days service.

FRONT OF HOUSE PROCEDURE



Allergen information must be available, either paper, on a tablet, on the menu or as a QR code*. Check all menu items are listed.



If a customer advises you that they have an allergy, refer them to the allergen information.



The customer must review the information to make their own decision - NEVER advise a customer what they can eat.



Allergen logs must be retained for 4 weeks after use and can then be discarded.

* In Ireland allergen information must be displayed so that it is easily located and accessible

IN AN EMERGENCY

If a customer with an allergy becomes unwell or if you suspect a customer may be suffering from an allergic reaction:

- Follow your unit emergency procedures in the first instance.
- Call emergency services (999 in the UK and 999 or 112 in Ireland) for assistance and say it is a case of anaphylaxis or severe allergic reaction.
- Request assistance from your local first aider.
- Do not move the customer, but try to help them into a comfortable position.
- You can help the customer administer medication, but should not administer an epipen for them.
- Make sure a member of the catering team stays with them until help arrives.
- If possible obtain the customers name and contact details.