

Menu Items Allergen Check List

Note – Please state the **name of the cereal(s) containing gluten*** and the **name of the nut(s)**** in the appropriate column

MENU ITEM Tick the <input checked="" type="checkbox"/> allergens that are in the dish	Cereals*	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts**	Celery	Mustard	Sesame seeds	Sulphur dioxide & sulphites***	Lupins	Molluscs
Burger Bone	X													
Panini	X													
Burrito	X													
Lasagne	X						X		X					
Malaysian Stew					X				X					
Bombay Aloo									X	X				
Japanese Stew	X					X			X					
Moroccan Stew								X	X					
SriLankan Stew					X				X					
Cottage Pie									X					
Vegan Carrot Cake								X						
Vegan Beetroot Tart								X						
Brownie			X				X							
Chia Power Balls					X			X						
Scones	X													

* Containing gluten (wheat, rye, barley & oats)

** Almonds, hazelnuts, walnuts, cashews, pecan, Brazil nuts, pistachio, macadamia

*** e.g. found in sausages, burgers, wine

Means the menu item contains this allergenic ingredient

For more information on how your food business can comply with these legal requirements, please visit www.fsai.ie/allergens or contact us at info@fsai.ie