

Allergens

Celery: Includes celery stalk, leaves, seeds, and celeriac
Cereals: Wheat, rye, barley, and oats
Crustaceans: Hard shells, prawns, crabs, and lobsters
Eggs: A common trigger for allergic reactions in babies and young children
Fish: Such as bass, flounder, and cod
Lupin: Yellow legume seeds, same plant family as peanuts & soybeans
Milk:
Molluscs: Such as mussels, oysters, squid, cockles, whelks, and snails
Mustard: A food allergen
Peanuts: A major food allergen
Sesame: Includes sesame seeds, ground sesame powder, and sesame oil
Soybeans: A major food allergen
Sulphur dioxide and sulphites: Found in preservatives, dried fruits, processed juice.
Treenuts - Including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts