

# THE 14 FOOD ALLERGENS



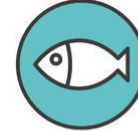
## MOLUSCS

Including land snails, whelks and squid.



## EGGS

Can be found in cakes, sauces and pastries.



## FISH

Found in pizza, dressings and Worcestershire sauce.



## LUPIN

Lupin can be found in bread, pastries and pasta.



## SOYA

Various beans including edamame and tofu.



## MILK

Butter, cheese, cream and milk powders contain milk.



## PEANUTS

Can be found in cakes, biscuits and sauces.



## GLUTEN

In food made with flour such as pasta and bread.



## CRUSTACEANS

Such as crab, lobster, prawns, shrimp and scampi.



## MUSTARD

Can be in liquid or powder form as well as seeds.



## NUTS

Including cashews, almonds and hazelnuts.



## SESAME

Found on burgers, bread sticks and salads.



## CELERY

Including stalks, leaves, seeds and celeriac.



## SULPHITES

Found in dried fruit like raisins and some drinks.