

Food Allergens

All of the 14 allergens (below) are used in our kitchen.

We are able to make foods without these allergens but if your allergy is severe we cannot guarantee cross contamination.

14 Allergens Food Standard agency

Cereals containing gluten:

- wheat (such as spelt and Khorasan wheat)
- rye
- Barley
- oats

Crustaceans for example:

- prawns
- Crabs
- lobster
- crayfish

Eggs

Fish

Peanuts

Soybeans

Milk

Celery (including celeriac)

Mustard

Sesame

Nuts;

- Almonds
- Hazelnuts
- Walnuts
- Cashews
- pecan nuts
- Brazil nuts
- pistachio nuts
- macadamia (or Queensland) nuts

Sulphur dioxide/sulphites, where added and at a level above 10mg/kg in the finished product. This can be used as a preservative in dried fruit

Lupin which includes lupin seeds and flour and can be found in types of bread, pastries and pasta

Molluscs

- Clams
- mussels
- whelks
- oysters
- snails
- squid

Paul our chef is happy to discuss menu options with you.