

# 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

<b>MENU ITEM</b>   Tick the allergens that are in the dish	 Cereals*	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soybeans	 Milk	 Nuts**	 Celery	 Mustard	 Sesame seeds	 Sulphur dioxide & sulphites***	 Lupins	 Molluscs

\* 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](http://www.fsai.ie/allergens) or contact us at [info@fsai.ie](mailto:info@fsai.ie)