

Food Allergies and Intolerances

Please speak to one of the Catering Assistants or our chef Mr. Smith about the ingredients in your food if you are not sure what is in it.

Food allergies and Intolerances
Before ordering please speak to our staff about your requirements

1. 'Is there any egg in this?'

2. 'I don't know. I'll check.'

3. 'Do you know if this has any egg in it?'

4. 'I'll check.'

5. 'Yes, there is egg in it.'

6. 'Let me help you choose something else.'

Which ingredients can cause a problem?

- Cereals containing gluten
- Peanuts
- Nuts
- Milk
- Soya
- Mustard
- Lupin
- Eggs
- Fish
- Crustaceans
- Molluscs
- Sesame seeds
- Celery
- Sulphur dioxide