

The 14 Allergens

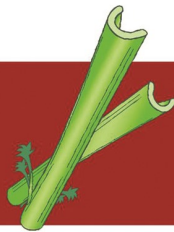
Here at Concord College, food safety is very important. Our menus include numbers next to the dish name, those numbers represent an allergen which is present in the dish.

For example, if you see the number 4 next to a dish name, it means it contains eggs.

If you have any allergies, please look at these 14 common allergens and their numbers, so you know what to look out for! If you're ever unsure, please ask a member of our catering team.

Celery stalks, seeds & celeriac.
Also found in stock cubes.

1 Celery



Wheat, rye, barley and oats. Found in bread cakes, couscous, pasta, pastry & soy sauce!

2 Gluten

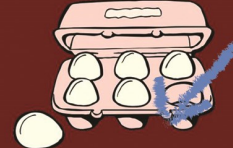


Prawns, lobster, crab & scampi

3 Crustaceans



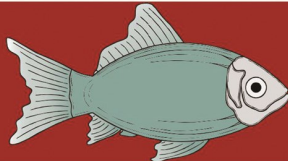
4 Eggs



Eggs are often found in cakes, mayonnaise, & sauces. Also foods brushed/glazed with egg.

Found in fish sauces, as well as Worcestershire Sauce.

5 Fish



6 Lupin



Lupin flour & seeds can be found in some types of bread.

Found in butter, cheese, cream, yoghurt & milk powders.

7 Milk



8 Molluscs



These include mussels, squid, whelks & also found in oyster sauce.

Liquid mustard, mustard powder, mustard seeds. Also found in sauces.

9 Mustard



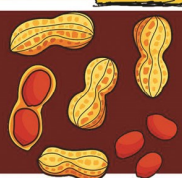
10 Nuts



Such as cashews, almonds, hazelnuts. Found in breads, desserts & sauces.

Found in biscuits, cakes, curries, desserts.

11 Peanuts



12 Sesame Seeds



These seeds can be found on bread, in houmous, sesame oil & tahini.

13 Soya



14 Sulphites



Often found in bean curd, edamame beans, & tofu. Also found in ice cream.

Found in dried fruits such as raisins, apricots & prunes. Also found in wine & beer.