

# 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

 Type menu items below and indicate allergens using a tick	 Cereals*	 Crustaceans	 Eggs	 Fish	 Peanuts	 Soybeans	 Milk	 Nuts**	 Celery	 Mustard	 Sesame seeds	 Sulphur dioxide & sulphites***	 Lupins	 Molluscs	
<b>LUNCH:</b>															
xx SOUP OF THE DAY	✓						✓		✓	✓					
SEAFOOD CHOWDER	✓	✓		✓			✓		✓			✓		✓	
CHICKEN WRAP	✓		✓				✓								
BEEF SANDWICH	✓						✓		✓	✓		✓			
SEAFOOD LINGUINE	✓	✓	✓	✓			✓					✓		✓	
FALAFEL WRAP	✓		✓				✓					✓			
SCAMPI TACO	✓	✓	✓			✓	✓				✓				
CAESAR SALAD	✓		✓	✓			✓			✓					
BEEF GUINNESS PIE	✓						✓		✓			✓			
CHICKEN BURGER	✓		✓		✓		✓				✓				
SEAFOOD PIE	✓	✓		✓			✓		✓						
<b>SIDES:</b>															
CHIPS															
SALAD										✓					
xx SOUP															

\* 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)