Menu Items Allergen Check List

Food Safety
AUTHORITY OF IRELAND

Note – Please state the **name of the cereal(s) containing gluten*** and the **name of the nut(s)**** in the appropriate column

MENU ITEM 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
STARTERS:														
CAPRESE FLATBREAD	✓						✓	✓				✓		
SEAFOOD CHOWDER	✓	✓		✓			✓		✓			✓		✓
CALAMARI STARTER	✓		✓	✓			✓			✓				
SP/SW CHICK WINGS	✓			✓		✓	✓		✓					
SP/SW CAULIFLOWER	✓			✓		✓	✓		✓					
CRAB CRUMPET	✓	✓	✓				✓							
FISH TACO	✓	✓	✓	✓			✓				✓			
SUMMER SALAD							✓			✓				
ADD PRAWNS		✓												
ADD CHICKEN														
ADD FALAFEL	✓													
SUMMER SALAD MAIN							✓			✓				
MUSSELS STARTER	✓	✓					✓		✓			✓		✓
MUSSELS MAIN		✓					✓		✓			✓		✓
LAMB FLATBREAD	✓		✓			✓	✓			✓				
xx SOUP OF THE DAY	✓						✓		✓	✓				

* 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** or contact us at **info@fsai.ie**