Unit 304: Contribute to the guest experience

# Handout 8: Allergens

When planning menus, a key consideration are the food allergens found in ingredients being used. In theory, any food can cause a food allergy. The list below causes 90% of allergic reactions to food:

* nuts (including Brazil nuts, hazelnuts, almonds and walnuts)
* peanuts (groundnuts or monkey nuts)
* eggs
* fish
* lupin (legume)
* milk
* molluscs (such as mussels and oysters)
* mustard
* sesame seeds
* soya
* sulphur dioxide or sulphites (wines)
* celery
* cereals containing gluten (including wheat, rye, barley and oats)
* crustaceans (including crabs and prawns).

Intolerances are different to allergies but should also be considered when planning menus to ensure alternatives can be offered.