

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.