

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

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
DESSERTS:														
ETON MESS			✓				✓							
BREAD AND BUTTER	✓		✓				✓							
COOKIE	✓		✓				✓					✓		
CHOCO DELICE	✓		✓		✓		✓							
STICKY TOFF PUDDING	✓		✓				✓	✓						
AFFOGATO	✓		✓				✓					✓		
CHEESE BOARD	✓						✓							
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WHICH CAN BE MADE GLUTEN FREE?														
- eton mess														
- affogato														

* 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