



Allergens

We try our best to keep Allergens out of our freshly cooked dishes, but here is a list of the fourteen major Allergens which you may need to know:

- 1) **Celery:** celery stalks, leaves, seeds and the root called celeriac, celery salt, salads, some meat products, soups and stock cubes.
- 2) **Cereals containing Gluten:** rye, barley, oats, flour, baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups, fried foods which are dusted with flour.
- 3) **Crustaceans:** crabs, lobster, prawns, scampi, shrimp paste.
- 4) **Eggs:** cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces, pastries, foods brushed or glazed with egg.
- 5) **Fish:** fish sauces, pizza, relishes, salad dressings, stock cubes and Worcestershire sauce.
- 6) **Lupins:** is a flower, flour, seeds, bread, pastries and pasta.
- 7) **Milk:** butter, cheese, cream, milk powders, yoghurt, foods brushed or glazed with milk, powdered soups and sauces.
- 8) **Molluscs:** mussels, land snails, squid, whelks, oyster sauce and fish stews.
- 9) **Mustard:** liquid mustard, mustard powder, mustard seeds, breads, curries, marinades, meat products, salad dressings, sauces and soups.
- 10) **Nuts:** almonds, hazelnuts, walnuts, cashew, pecan, brazil, pistachio, macadamia, bread, crackers, desserts, nut powder, stir-fried dishes, ice cream, marzipan, almond paste, nut oils and sauces.).
- 11) **Peanuts:** biscuits, cakes, curries, desserts, sauces, satay sauce, groundnut oil and peanut flour.
- 12) **Sesame seeds:** bread, sprinkled on hamburger buns, breadsticks, houmous, sesame oil, tahini and salads.
- 13) **Soya:** bean curd, edamame beans, miso paste, textured soya protein, soya flour, tofu, oriental food, desserts, ice cream, meat products, sauces and vegetarian products.
- 14) **Sulphites dioxide (sometimes known as sulphites):** dried fruit – raisins, dried apricots, prunes, meat products, soft drinks, vegetables, wine, beer.

For any questions relating to the Allergen content of a specific dish, please contact us at: office@spicegyalz catering.co.uk.

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