















# ALLERGY AWARENESS

IN ACCORDANCE WITH THE FOOD INFORMATION REGULATION 2014 **CUSTOMERS ARE ADVISED THAT PREPARED FOOD SOLD IN THIS ESTABLISHMENT MAY CONTAINS SOME OF THE 14 MAJOR ALLERGENS.**

THE 14 MAJOR ALLERGENS ARE:

	<b>CELERY</b> – including celery stalks, leaves, seeds and the celeriac root. Celery can be found in celery salt, salads, some meat products, soups and stock cubes.
	<b>CEREALS</b> containing GLUTEN – Wheat (Such as spelt and Khorasan Wheat/Kamut), rye bakery and oats found in food containing flour, some baking powders, batters, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods dusted with flour.
	<b>CRUSTACEANS</b> – Crabs, lobster, prawns and scampi are crustaceans. Also shrimp where shrimp paste is a common ingredient in Thai and south-east Asian curries or salads.
	<b>EGGS</b> – Eggs are found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.
	<b>FISH</b> – Found in some fish sauces, pizzas, relishes, salad dressing, stock cubes and Worcester sauces.
 LUPIN	<b>LUPIN</b> – Lupin flour and seeds can be found in some types of bread pastries and pasta.
 MILK	<b>MILK</b> – A common ingredient in butter, cheese, cream, milk powders and yoghurt. Also found in foods brushed or glazed with milk, and in powdered soups and sauces.
	<b>MOLLUSCS</b> – Including mussels, land snails, squid and whelks. Also found as an ingredient in oyster sauce or fish stews.
 MUSTARD	<b>MUSTARD</b> – Includes liquid mustard, mustard powder and mustard seed. Also found in breads, curries, marinades, meat products, salad dressings, sauces and soups.
	<b>NUTS</b> - Nuts that grow on trees (NOT peanuts), like cashew nuts, almonds, pistachio, pecan, brazil and hazel nuts. Also found in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.
 Peanuts	<b>PEANUTS</b> – Sometimes called groundnuts they are used in groundnut oil and peanut flour. Also used in biscuits, cakes, curries, desserts and sauces (such as Satay sauce).
	<b>SESAME SEEDS</b> – Used in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. Sometimes toasted and used in salads
	<b>SOYA</b> – Found in Bean Curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, and is a staple ingredient in oriental food. Also founds in desserts, ice cream, meat products, sauces and vegetables products.
 WINE Beer	<b>SULPHUR DIOXIDE</b> – Sometimes known as sulphites it is used in dried fruit such as raisins, apricots and prunes. Also found in meat products, soft drinks, vegetables, wine and beer. Asthmatics have the highest risk of developing a reaction.

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
BANANA BAO-NUT		✓ Wheat flour		✓			✓							
SALTER PENAUT BAO-NUT		✓ Wheat flour		✓			✓				✓			
STRAWBERRY BAO-NUT		✓ Wheat flour		✓			✓							

Review date:



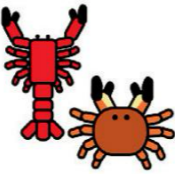
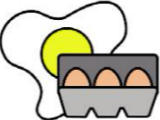
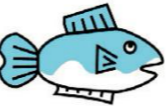
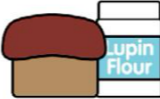








Reviewed by:





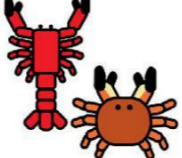

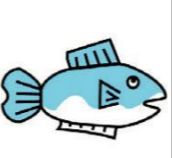







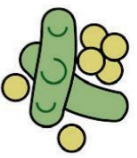

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
CALAMARI & PRAWNS		✓			✓							May contain traces	✓	
BATTERED CALAMARI		✓			✓							May contain traces	✓	
BATTERED PRAWNS		✓			✓							May contain traces	✓	

## DISHES AND THEIR ALLERGEN CONTENT – WING WING RESTAURANT

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DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
SKINNY FRIES SALTED					May contain traces							May contain traces	May contain traces	
SKINNY FRIED SEAWEED					May contain traces							May contain traces	May contain traces	
KIMCHI COLESLAW				✓	✓			✓				May contain traces	✓	✓
BATTERED GREEN BEANS		✓ Wheat flour										✓	✓	

DISHES AND THEIR ALLERGEN CONTENT – WING WING RESTAURANT



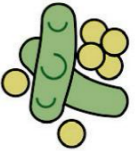
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	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
BATTER		✓										May contains traces	May contains traces	
CRISPY CHICKEN WINGLET (with any of the 3house sauce)		✓										May contains traces	✓	
CRISPY CHICKEN DRUMETTE (with any of the 3house sauce)		✓										May contains traces	✓	
CRISPY CHICKEN THIGH (with any of the 3house sauce)		✓										May contains traces	✓	
CRISPY CHICKEN DRUM (with any of the 3house sauce)		✓										May contains traces	✓	
LIQUORICE SOY SAUCE		✓										May contain traces	✓	
SOY GARLIC SAUCE		✓										May contain traces	✓	
HOT SPICY SOY SAUCE		✓										May contain traces	✓	

Review date:

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You can find this template, including more information at [www.food.gov.uk/allergy](http://www.food.gov.uk/allergy)

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	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
CRISPY CHICKEN SALAD	✓	✓		✓					✓			May contain traces	✓	✓
YUZU DRESSED TOFU SALAD	✓	✓										May contain traces	✓	✓