

Hidden Allergens in Foods

The table below is an indication of which allergens could be contained in some foods. Always check the label, never assume you know what allergens might be in a product.

Always ensure you give accurate information to the consumer

Product	Potential Allergens in the ingredients
Alpen	Milk, Oats (Gluten), Nuts (Hazelnuts, Almonds)
Apple Sauce	Sulphites
Bacon	Sulphites
Bagel	Wheat (Gluten)
Balsamic Vinegar	Sulphites
Branston Pickle	Barley (Gluten) , Sulphites
Bread (White sliced)	Wheat (Gluten) , Soya
Brioche Buns	Egg, Milk, Wheat (Gluten)
Burger (Chicken)	Wheat(Gluten) , Soya
Burger Sauce	Mustard, Egg
Cake decoration Pens	May Contain: Soya
Chicken (cooked/Frozen)	Milk, Soya
Chicken (Southern fried)	Milk, Wheat (Gluten)
Chicken Nugget (Breaded)	Soya, Barley, Wheat (Gluten)
Chicken Wings (Coated)	Wheat, Gluten. May contain: Milk, Egg, Celery, Soya, Mustard
Chips (pre bought)	Wheat (Gluten)
Coconut Milk	Sulphites
Corn Flakes	Barley (Gluten)
Crab Sticks	Fish, Wheat (Gluten) , Crustacean, Soya, Egg
Curly Fries	Wheat (Gluten)
Custard	Milk, Egg
Desiccated Coconut	Sulphites
Doner Kebab Meat	Wheat (Gluten) , Soya
Dumpling Sauce (Chinese)	Soya, Wheat (Gluten), Sesame
Fish Sauce	Fish May Contain: Nuts, Peanuts
Fondant icing (Ready roll)	May contain: Nuts
Food Colouring	May Contain: Milk, Soya, Nuts, Sulphites
Gherkins (Pickled)	Mustard, Celery
Halloumi	Milk
Hoisin Sauce	Soya, Wheat (Gluten) , Sesame
Hot Pepper Sauce	Mustard
Houmous	Sesame
HP Sauce	Barley, Rye (Gluten)
Jerk Seasoning Paste	Soya, Cereals containing wheat (Gluten)
Lager/Beer	Wheat, Malt, Barley (Gluten)
Lemon Juice	Sulphites
Lime Pickle	Mustard
Maggi Seasoning	Wheat (Gluten), Celery
Mango Chutney	Wheat (Gluten), Mustard
Marzipan	Almonds (Nuts)
Mayonnaise	Egg, Mustard
Meat Free Sausages	Soya, Wheat (Gluten), Sulphites
Meat Sausages	Wheat (Gluten), Sulphites

Mustard	Mustard, Wheat (Gluten)
Naan Bread	Wheat (Gluten), Milk
Nutella spread	Nuts, Milk, Soya
Pesto (Jar)	Milk, Egg, Nuts
Pitta bread	Wheat (Gluten)
Pitted Olives	May Contain: Mustard, Sulphites
Pizza Flour	Milk
Pork Pie	Wheat (Gluten) , Egg
Prawn Crackers	Due to production methods: Gluten, Nut and Lactose
Quorn	Wheat (Gluten) , Milk, Egg
Rendang Paste	Soya
Rice wine vinegar	Sulphites
Salad Cream	Mustard, Egg
Salad Dressing	Mustard, Wheat (Gluten)
Sausages	Wheat (Gluten), Sulphites
Scones	Wheat (Gluten), Milk, Egg
Seafood Sauce	Mustard, Egg
Smarties	Milk, Wheat (Gluten)
Soya Sauce	Wheat (Gluten) , Soya
Spices (Various)	Made in a Factory that also handles/ Packed in an Environment that handles -Wheat & Barley (Gluten), Soya, Peanuts, Nuts, Celery, Mustard, Celery, Sesame, Milk, Dairy Products, Sulphites
Stock Bases	Celery
Sweet Chilli Sauce	May contain: Crustaceans, cereals containing Gluten, Fish, Mollusc, Mustard, Nuts, Peanuts, Sesame and Soya
Sweetener (Canderel)	Lactose (Milk)
Tahini	Sesame
Tartare Sauce	Egg, Mustard
Teriyaki Marinade	Soya, Wheat (Gluten) , Sulphites
Thai Curry Paste	Crustacean, Fish
Tofu	Soya
Tomato Ketchup	Celery
Turkey Stamps (Halal)	Milk
Turkish Kebab	Milk
V8 Vegetable Juice	Celery
Vegetable Oil	Soya
Vegetable Spread	Milk
Wine	Sulphites
Worcestershire Sauce	Wheat (Gluten), Fish
XO Sauce	Soya, Mollusc, Crustacean