



# **ALLERGEN INFORMATION**

## **Market Bar Allergen Analysis**

New legislation on the provision of food information to consumers came into effect on 13<sup>th</sup> December 2014. This requires food businesses providing non-pre-packed food to indicate to consumers the use of any of the 14 allergenic ingredients listed below in the production or preparation of food.

The purpose of this analysis is to make all staff and costumers aware of the 14 allergenic ingredients and to identify all the allergenic ingredients being received and handled by The Market Bar to enable us to meet the food allergen declaration requirements.

Declaration of allergenic ingredients which may be present in a food at very low levels due to potential cross-contamination is not required.

As mentioned above there are 14 allergens that can cause allergic reaction and they are as follows:

### **Peanuts**

Peanuts, also called groundnuts and monkey nuts, are found in many foods, including sauces (eg satay), cakes and desserts. They are common in Thai and Indonesian dishes. Watch out for peanut flour and groundnut flour too.

### **Nuts**

People with nut allergy can react to many types of nuts, including walnuts, almonds, hazelnuts, brazil nuts, pistachios, cashews, pecans, macadamia nut and Queensland nut. Nuts are found in many foods, including sauces, desserts, crackers, bread and ice cream. Watch out for nut oils, praline (hazelnuts), marzipan (almonds) and ground almonds also.

### **Milk**

People with milk allergy need to avoid foods containing milk, yoghurt, cream, cheese, butter and other milk products from cows, sheep, goats and other related mammals. Watch out for dishes glazed with milk and ready-made

products containing milk powder, or other milk ingredients (casein, whey powder)

### **Eggs**

Eggs are used in many foods including cakes, mousses, sauces, pasta and quiche. Watch out for dressings containing mayonnaise and dishes brushed with egg (chicken)

### **Fish**

People who are allergic to fish need to avoid all species of fish. Some types of fish, especially anchovies, are used in salad dressings, sauces and relishes.

### **Crustaceans**

Crustaceans include crab, shrimp, lobster, prawns and langoustines (used to make scampi). People who are allergic to crustaceans (shell fish) need to avoid all types of crustaceans.

### **Molluscs**

Molluscs include mussels, scallops, oysters, squid, cockles and winkle as well as land molluscs like snails. People who are allergic to molluscs need to avoid all species of molluscs.

### **Soya**

Soya comes in different forms, for example, tofu (or beancurd), soya flour, lecithin E322 and textured soya protein. It is found in many foods including certain types of ice cream, sauces, desserts, meat products and vegetarian products.

### **Cereals containing Gluten**

People who have a gluten intolerance (also called Coeliac disease) need to avoid foods containing gluten, a type of protein found in cereals such as wheat, rye, barley, spelt and kamut (and possibly oats), and foods made from these. Wheat flour is used in many foods such as bread, pasta, cakes, pastry and gravies. Watch out for soups and sauces thickened with flour, foods that's are dusted with flour before cooking, batter and breadcrumbs. Flours made from other foods such as maize, rice, millet or buckwheat do not contain gluten.

### **Sesame Seeds**

Sesame seeds are often used on bread and breadsticks. Sesame paste (tahini) is used in some Greek and Turkish dishes, including hummus. Watch out for sesame oil used for cooking or in dressings.

### **Celery/Celeriac**

People who are allergic to celery can also react to celeriac (the root of the plant). Celeriac and celery are sometimes used as ingredient in salads and soups or served as a vegetable. Watch out for celery salt, which is used as seasoning in lots of foods, such as soups and meat products. Also look out for celery seeds, which are used as a spice.

### **Mustard**

People who are allergic to mustard will react to any food that comes under the mustard plant, including liquid mustard, mustard powder, the leaves, seeds and flowers, and sprouted mustard seeds. Mustard is sometimes used in salad dressings, marinades, soups, sauces, curries and meat products.

## **Lupin**

The major allergens in lupin (a genus of flowering plants in the legume family, Fabaceae) are also found in peanuts, so people allergic to peanuts could also react with lupin. Lupin is mainly used in flour-based products such as pastry, pasta and batter coatings. People with nut/peanut allergy should avoid foods containing lupin.

## **Sulphur Dioxide and Sulphites**

For some people with asthma, sulphur dioxide can trigger an asthmatic response. Sulphur dioxide and sulphites (E220 – E228) are used as preservatives in a wide range of foods, particularly meat products such as sausages, soft drinks, and dried fruit and vegetables. Sulphur dioxide is also found in wine and beer.

## **The Market Bar Allergen Analysis Table**

Following on from the analysis above you will find The Market Bars's allergen analysis table.

This table lists all the items on our menus and identifies the allergenic ingredients present.

If you would like to omit any of the ingredients from a dish due to inclusion of a particular allergenic ingredient please do not hesitate to contact us.