

# ALLERGEN GUIDE

Our menu contains a list of all the products we sell, with the declarable allergens listed along the bottom of the page for your reference.








If a product contains an ingredient that is listed on the Food Standard Agency as allergens then you will find the appropriate icon next to each dish and food item shown on our menu. Please remember to always check for allergen information before you order as we may change our ingredients and recipes now and then.

We prepare our all our food, including our vegan food, in the same kitchen every day therefore cross contamination is managed but not to an allergen-free level. We cannot guarantee any of our food is suitable for those with allergies due to high risk of contamination.

If you have trouble finding what you are looking for or would like to ask further questions about an ingredient not listed, please contact our manager on **07778464924** or **weloviet@gmail.com**.

**Please always check for allergen information before ordering.**

The Food Standard Agency regards the following ingredients and their derivatives as allergens:

- S** Sesame seeds
-  Crustaceans
-  Eggs
- L** Lupin
- M** Mustard
-  Soya
- N** Tree Nuts
- P** Peanuts
-  Cereals containing gluten
- C** Celery & Celeriac
-  Fish
-  Milk
-  Molluscs
- Su** Sulphur Dioxide or Sulphites