

New Dawn Conference 2017  
Menu

by

Food on the Move catering

# 14 Allergens

Coming to a food label near you



The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

<b>1</b>	 <b>Celery</b> <p>This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.</p>	
	<b>Cereals containing gluten</b> <p>Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.</p>	<b>2</b> 
<b>3</b>	 <b>Crustaceans</b> <p>Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.</p>	
	<b>Eggs</b> <p>Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.</p>	<b>4</b> 
<b>5</b>	 <b>Fish</b> <p>You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.</p>	
	<b>Lupin</b> <p>Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.</p>	<b>6</b> 
<b>7</b>	 <b>Milk</b> <p>Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.</p>	
	<b>Molluscs</b> <p>These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews</p>	<b>8</b> 
<b>9</b>	 <b>Mustard</b> <p>Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.</p>	
	<b>Nuts</b> <p>Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.</p>	<b>10</b> 
<b>11</b>	 <b>Peanuts</b> <p>Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.</p>	
	<b>Sesame seeds</b> <p>These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.</p>	<b>12</b> 
<b>13</b>	 <b>Soya</b> <p>Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.</p>	
	<b>Sulphur dioxide (sometimes known as sulphites)</b> <p>This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.</p>	<b>14</b> 

For more information, visit: [food.gov.uk/allergy](http://food.gov.uk/allergy) or [nhs.uk/conditions/allergies](http://nhs.uk/conditions/allergies)

Sign up to our allergy alerts on [food.gov.uk/email](http://food.gov.uk/email), or follow #AllergyAlert on Twitter and Facebook

Let's keep connected at [food.gov.uk/facebook](http://food.gov.uk/facebook)

Join our conversation @[food.gov.uk/twitter](https://twitter.com/food.gov.uk)

Watch us on [food.gov.uk/youtube](http://food.gov.uk/youtube)

Please inform us if you have any of the aboth

**Breakfast Served Daily**

From 8.30am

£2.50

Mix Fruit bowl Selection.  
Porridge, with or without syrup.  
Fried egg sandwich  
Bacon sandwich  
Sausage sandwich

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£3.00

Bacon & egg sandwich .  
Sausage & egg sandwich  
Bacon & sausage sandwich

(Condiments available for free )

{ Gluten free bread available, please note minimum 2 hours notice needed }

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Available All Day

Tea and Coffee

£1.00

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## **Lunch and Evening Meals**

Freshly prepared sandwiches and wraps

From £2.50

Chicken

Ham

Beef

Tuna

Egg

Cheese

Salad

served with a choice of available Condiments

Mayonnaise, Mustard, Salad Cream, Pickle,

{ Gluten free bread available, please note minimum 2 hours notice needed }

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### **Salad bowl**

Just salad £3.50

With meat or cheese £4.50

Mix Lettuce, Tomato, Cucumber, Celery, Onion, Beetroot, Jalapenos, Rice

served with a choice of available Condiments

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### **Jacket Potato**

With butter £3.00

With 1 filling £4.00

With 2 fillings £4.50

Cheese, Beans, Sweet corn, Tuna mayo, Chilli, Chicken curry,

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### **Burgers**

Beef Quarter pounder £2.50

Beef Quarter pounder with Cheese £3.00

Beef Quarter pounder with Cheese & Bacon £3.50

Chicken burger £3.00

Chicken burger with cheese £3.50

Veggie burger £3.00

{ served with Fried Onion and a choice of Condiments}

**Hot dog**

**£2.50**

**With cheese**

**£3.00**

**Served with fried onions**

and a choice of available Condiments

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Chips £2.00

Chips & Gravy £2.50

Chips & Curry £2.50

Buttered bread roll 50p

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**Daily Specials**

£3.50

Chicken curry served with rice or chips

Sweet & sour pork served with rice or chips

Chilli served with rice or chips

Hot Roast Pork sandwich  
served with stuffing and apple sauce

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**Desserts stand**

Freshly prepared crepes

served with

lemon and sugar £2.50

Nutella £3.00

Chocolate sauce £3.00

Maple syrup £3.00

With any of the aboth strawberries or banana £3.50

ice cream or creme £1 Extra

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