

Example café

Allergen matrix — the 14 allergens UK law requires us to declare

Last reviewed: 18 September 2026

Checked by: (your name)

● Contains ○ May contain (cross-contact)

	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree nuts
Dish	Ce	Gl	Cr	Eg	Fi	Lu	Mi	Mo	Mu	Pe	Se	So	Su	Tn
BREAKFAST														
Full English breakfast		●		●			●							
Porridge with honey		●					●							
LUNCH														
Welsh rarebit		●			●		●		●					
Tuna mayo jacket potato				●	●		●							
Soup of the day: tomato		●					●							
CAKES														
Carrot cake		●		●			●			○				●
Flapjack		●					●							○
DRINKS														
Flat white							●							
Oat flat white		●												

Contains: the allergen is an ingredient of the dish. May contain: a risk of cross-contact the kitchen has assessed and cannot rule out. If you have a food allergy or intolerance, please speak to a member of staff before you order. Recipes and suppliers can change.