### ALLERGENS: CHEF RECIPE CARDS

Dish/ingredient:

Date:  
Chef:

Please state the name of the cereal(s) containing gluten* AND/OR the name of the nut(s)†

<table>
<thead>
<tr>
<th>Cereal/Ingredient</th>
<th>Cereals containing gluten*</th>
<th>Crustaceans</th>
<th>Eggs</th>
<th>Fish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Celery</td>
<td><img src="http://example.com/celery.png" alt="Celery Icon" /></td>
<td><img src="http://example.com/crustaceans.png" alt="Crustaceans Icon" /></td>
<td><img src="http://example.com/eggs.png" alt="Eggs Icon" /></td>
<td><img src="http://example.com/fish.png" alt="Fish Icon" /></td>
</tr>
<tr>
<td>Lupin</td>
<td><img src="http://example.com/lupin.png" alt="Lupin Icon" /></td>
<td><img src="http://example.com/milk.png" alt="Milk Icon" /></td>
<td><img src="http://example.com/molluscs.png" alt="Molluscs Icon" /></td>
<td><img src="http://example.com/mustard.png" alt="Mustard Icon" /></td>
</tr>
<tr>
<td>Milk</td>
<td><img src="http://example.com/peanuts.png" alt="Peanuts Icon" /></td>
<td><img src="http://example.com/sesame-seeds.png" alt="Sesame seeds Icon" /></td>
<td><img src="http://example.com/soya.png" alt="Soya Icon" /></td>
<td><img src="http://example.com/sulphur-dioxide.png" alt="Sulphur dioxide Icon" /></td>
</tr>
<tr>
<td>Peanuts</td>
<td><img src="http://example.com/peanuts.png" alt="Peanuts Icon" /></td>
<td><img src="http://example.com/sesame-seeds.png" alt="Sesame seeds Icon" /></td>
<td><img src="http://example.com/soya.png" alt="Soya Icon" /></td>
<td><img src="http://example.com/sulphur-dioxide.png" alt="Sulphur dioxide Icon" /></td>
</tr>
</tbody>
</table>

Tick the allergens which are in the dish:

- Celery
- Cereals containing gluten*
- Crustaceans
- Eggs
- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Nuts†
- Peanuts
- Sesame seeds
- Soya
- Sulphur dioxide

Notes:

Reviewed and checked by:

You can find this template and others, including more information at [www.food.gov.uk/allergy-guidance](http://www.food.gov.uk/allergy-guidance)