

# Allergy Aware: What's Hiding in Your Menu?

## Allergen Guide

**There are over 160 known food allergens.** This guide addresses the NINE Major Food Allergens that cause over 90 percent of all allergic reactions in food. These include: milk, egg, wheat, soy, peanuts, fish (such as bass, flounder, or cod), crustacean shellfish (such as crab, lobster, or shrimp), tree nuts (such as almonds, pecans, or walnuts), and sesame.

This guide is designed to provide restaurant guests with food allergies, intolerances, or sensitivities with accurate information about food ingredients, so they can make informed decisions when ordering. Contact Manager for any additional ingredient information.

### Creating and Using the Guide:

1. Review your menu and source ingredients.
2. Fill in the chart by writing in the menu item, then using a check or other mark to show which allergens are in each dish. **A FOOD CAN CONTAIN MULTIPLE ALLERGENS!**
3. This guide can be used internally by staff, as well as given to customers, so that everyone knows the allergens that are present in each dish.
  - a. Some packages list voluntary “made in a facility that also processes” statements. You may use a different mark to indicate these allergens if you wish to, but remember it is voluntary and that information is not always on the package. THE EXAMPLE SHOWS VOLUNTARY STATEMENTS WITH STARS.

### EXAMPLE CHART:

Menu items		Allergens								
		Egg	Fish	Crustacean Shellfish	Milk	Soy	Peanuts	Tree Nuts	Wheat	Sesame
Almond Cookies		☑			☑			☑	☑	
Bacon Strips						☑				
Bread	Bagels							☑		☑
	Corn Tortilla Chips					☑		★		
	Gluten Free Biscuit	★			☑	★				
	Sourdough				☑			☑		
Butter					☑					
Cheese	American				☑	☑				
	Provolone				☑					
Christine's Chicken Nuggets					☑		☑		☑	
Croutons					☑		★	★	☑	
Fryer oil							☑			☑
Jodi's Jerk Chicken		★				☑		☑		
Michelle's Mac and Cheese		☑			☑	☑			☑	
Mikki's Mahi Mahi Tacos		☑	☑	★	☑	☑			☑	
Nancy's Napa Salad	Salad (No dressing)				☑			☑	☑	
	Salad ( <b>with</b> dressing)				☑		☑	☑	☑	☑
Onion Rings		★	★		☑	☑		☑		
Pot Roast					☑	☑			☑	
Rachel's Ravioli with Pesto Sauce		☑			☑	☑		☑	☑	
Vegetable Medley										
☑ = Contains this allergen   ★ = May contain this allergen or is processed in a facility with this allergen.										

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## FOOD ALLERGENS PRESENT IN MENU ITEMS

Allergens	
Sesame	
Wheat	
Tree Nuts	
Peanuts	
Soy	
Milk	
Crustacean Shellfish	
Fish	
Egg	
Menu items	