# Allergen Matrix: 14 Major Allergens

One row per dish. Mark ✓ if it contains the allergen. Check every row again when a recipe, ingredient or supplier changes.

Downloaded from:
LogYou
www.logyou.app

Business name: _____ Menu / date: _____ Reviewed by: _____

**Key:** ✓ = contains · M = may contain (supplier precautionary label) · leave blank if not present. Check ingredient labels, sauces, oils and garnishes. Cereals containing gluten include wheat, rye, barley and oats. Tree nuts include almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios and macadamias. Sulphites only count above 10mg per kg or litre.

| Dish / product | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Tree nuts | Peanuts | Sesame | Soya | Sulphur dioxide / sulphites | Date checked | Initials |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |