

Avlon House B&B

FOOD ALLERGEN



INFORMATION FOLDER

CATAGORIES OF ALLERGENS

Cereals	containing gluten
Crustaceans	and products thereof
Eggs	and products thereof
Fish	and products thereof, except fish gelatine used as a carrier for vitamin or carotenoid preparations fish gelatine or Isinglass used as fining agent in beer
Peanuts	and products thereof
Soybeans	and products thereof, except fully refined soybean oil or fat Vegetable oils derived phytosterols and phytosterol esters from soybean sources Plant sterol ester produced from vegetable oil sterols from soybean sources
Milk	and products thereof, (including lactose), except When used for making alcoholic distillates including ethyl alcohol of agricultural origin Lactitol
Nuts	namely almonds, hazelnuts, walnuts, cashews, pecan nuts, brazil nuts, pistachio nuts, macadamia nuts, and products thereof, except for nuts used for making alcohol distillates including ethyl alcohol of agricultural origin
Celery	and products thereof
Mustard	and products thereof
Sesame seeds	and products thereof
Lupin	and products thereof
Molluscs	and products thereof
Sulphur dioxide and sulphites	

The table below lists the most common allergens and provides examples of foods which typically contain them:

Allergen	Examples of typical foods which contain this allergen (Please note, this list is not exhaustive).
Cereals containing Gluten e.g. wheat, rye, barley, oats	Bread, pasta, cakes, pastry, sauces, soups, batter, stock cubes, breadcrumbs, semolina, couscous, some meat products.
Celery and Celeriac e.g. stalks, seeds and leaves	Salads, soups, celery salt, some meat products
Eggs	Cakes, sauces, pasta, mayonnaise, some meat products, glazed products.
Fish, Crustaceans and Molluscs e.g. all fish, prawns, lobster, crab, clams, langoustines, mussels, oysters	Some salad dressings, fish extracts, oils and paste, Soy and Worcestershire sauces, relishes.
Milk	Milk powder, yoghurt, butter, cheese, cream, ghee, foods glazed with milk, ice cream
Mustard	Mustard paste, seeds, leaves, flour, powder and liquid mustard, salad dressings, marinades, soups, sauces, curries, some meat products.
Peanuts	Arachis oil, peanut butter, flour, satay sauce, refined peanut oil.
Other Nuts e.g. walnuts, cashews, pecan, Brazil, pistachio, macadamia, Queensland nuts	In sauces, desserts, bread, crackers, ice cream, praline (hazelnut), nut butters, essences and oils, marzipan and frangipane (almond), pesto, nut salad dressings.
Sesame Seeds	Oil or paste, tahina, humus, halva, furikake, Gomashio, bread.
Soya e.g. flour, tofu or beancurd, textured soya protein, soy sauce, edamame beans.	Some ice cream, sauces, desserts, meat products, vegetarian products.
Sulphur Dioxide and Sulphites	Some meat products, stock cubes, bouillon mix, fruit juice drinks, dried fruit/vegetables, wine, beer, cider.
Lupin Seeds and Flour	Some types of bread and pastries.

Breakfast Items

Fresh Fruits	- contains no known allergens
Dried Fruits	- contains sulphur dioxide, sulphites
Weetabix	- contains wheat
Bran Flakes	- contains wheat & barley
Rice Krispies	- contains barley
Cornflakes	- contains wheat & barley
Muesli	- contains wheat, barley, oats, nuts
Porridge	- contains milk, wheat, oats
Yogurt	- contains milk
Cereal Bar	- contains Wheat, Oats, Soy, nuts,
Pastries	- contains wheat, milk, eggs, lupin seeds
White Sliced Bread	- contains wheat & soya
Homemade brown bread	- contains buttermilk, wheat, eggs
Toast	- contains wheat, soya
Butter	- contains buttermilk
Marmalade & Jams	- Contains Sulphates
Brown Sauce	- contains wheat, soya
Tomato Sauce	- contains celery
Sausage	- contains wheat, barley, sulphites,
White Pudding	- contains barley, wheat, mustard, oatmeal

Black Pudding – contains barley, wheat, oatmeal

Hash Browns - Wheat

Hollandaise Sauce - Contains Milk, Sodium Acetates Calcium lactate, turmeric, parsley roots, gluten, celery, mustard, & Soy

Eggs - contains eggs

Scrambled Eggs - Contains Eggs, milk, buttermilk

Smoked Salmon - contains fish

Bagels - contains gluten, nuts, soya, milk, eggs

Breakfast Muffins - Contains Wheat, milk (Eggs Benedict base)

Creamed Cheese - contains milk

Cod - Contains Fish

Quiche - contains wheat, milk, eggs, Mustard

Ham - may contains Wheat,

Chocolate Sauce - contains milk,

Tea/Coffee Tray In Room

Biscuits - contains wheat, milk, soya

Please Note:

If an item does not currently appear on this menu, please ask a member of the staff for advice. For further information on the new Allergen Legislation, please refer to the Food Safety of Ireland website www.fsai.ie

Important Advice

All precautions are in place to ensure that the meals don't contain any of the allergens not specified above, but we are obliged to state that we're unable to guarantee meals are 100% 'free from' for any particular allergen as they may be present in main production kitchen, the factory, suppliers or growers environment.