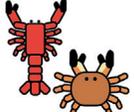# ALLERGENS: CHEF RECIPE CARDS
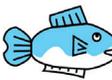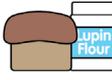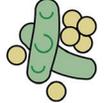
Dish/ingredient:

Date: Chef:

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

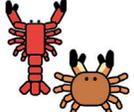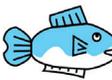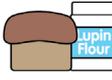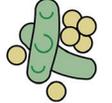| Celery ☐	Cereals containing gluten* _____ ☐	Crustaceans ☐	Eggs ☐	Fish ☐
Lupin ☐	Milk ☐	Molluscs ☐	Mustard ☐	Nuts† _____ ☐
Peanuts ☐	Sesame seeds ☐	Soya ☐	Sulphur dioxide ☐	**Tick the allergens which are in the dish** ✓

Notes:

Reviewed and checked by: