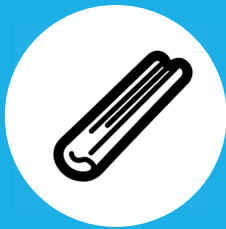


# 14 MAIN FOOD ALLERGENS

48% of allergy sufferers live in daily fear of an allergic reaction. Make sure you are aware of this when you use these ingredients.



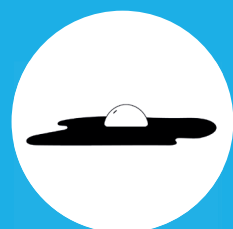
**CELERY**



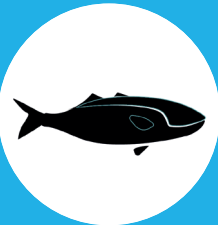
**SOYA**



**CRUSTACEANS**



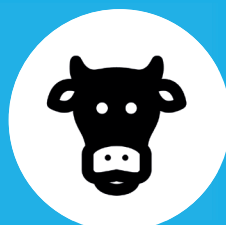
**EGGS**



**FISH**



**LUPIN**



**MILK**



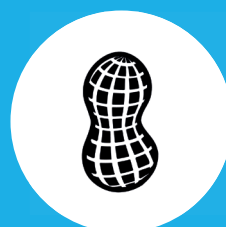
**MOLLUSCS**



**MUSTARD**



**NUTS**



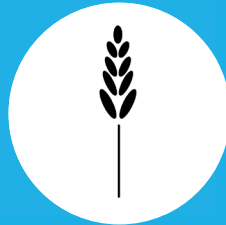
**PEANUTS**



**SESAME SEEDS**



**SULPHUR  
DIOXIDE  
(SULPHITES)**



**CEREALS  
CONTAINING  
GLUTEN**

