Allergen matrix

One row per dish, including sides, sauces and bread. Put an X where the allergen is and a C where there's a risk of cross-contact. For gluten and tree nuts, write which one in the notes. Date and sign it every time something changes.

SITE _____ MENU OR PERIOD _____ CHECKED BY _____ DATE _____

[X] in the dish [C] risk of cross-contact

DISH	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree nuts	Peanuts	Sesame	Soya	Sulphites	NOTES

Allergens and routine

The 14 allergens

1. **Celery.** Celeriac, celery stalks, leaves, seeds and celery salt. Found in stock, soups, sauces and spice mixes.
2. **Cereals containing gluten.** Wheat (including spelt and khorasan wheat), rye, barley and oats. Found in bread, pasta, batter, breadcrumbs, beer and most soy sauces.
3. **Crustaceans.** Prawns, crab, lobster and crayfish. Found in shrimp paste, seafood stock and prawn cocktail.
4. **Eggs.** Found in mayonnaise, aioli, hollandaise, pancakes, fresh pasta and egg wash on pastry.
5. **Fish.** Found in fish sauce, anchovies in Caesar dressing and Worcestershire sauce.
6. **Lupin.** Lupin flour and seeds. Found in some bread, gluten free bakes and plant based products.
7. **Milk.** Including lactose. Butter, cream, cheese, whey and milk powder. Found in sauces, bakes and ready made spice mixes.
8. **Molluscs.** Mussels, oysters, squid and snails. Found in oyster sauce and some Asian sauces.
9. **Mustard.** Found in dressings, marinades, mayonnaise and sausages.
10. **Tree nuts.** Almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios and macadamia nuts. Found in marzipan, praline, granola, dukkah and some pestos.
11. **Peanuts.** Found in peanut butter, groundnut oil, satay and massaman curry.
12. **Sesame.** Found in tahini, hummus, sesame oil, burger buns and dukkah.
13. **Soya.** Found in soy sauce, tofu, edamame, miso and soya lecithin in chocolate and bread.
14. **Sulphites.** Sulphur dioxide and sulphites above 10 mg/kg or 10 mg/litre. Found in wine, dried fruit and some pickles.

When a customer asks

1. **Ask what they can't eat.** Write it on the order, so the kitchen sees it.
2. **Check the matrix, not your memory.** The dish may have changed since you learned it.
3. **If you're not sure, ask the kitchen.** Never guess, and it's better to say you don't know than that it'll be fine.
4. **The kitchen confirms and cooks it separately.** Clean utensils, a clean surface and nothing from the fryer unless you know what's been in it.
5. **Name the dish when you serve it.** Then the customer knows it's the right plate.

NOTICE WHERE CUSTOMERS ORDER

Ask us about allergens

Change log

DATE	DISH	WHAT CHANGED	WHO	MATRIX UPDATED

The full guide: todolo.io/en/blog/allergen-matrix-template · Want this in the app? Book a demo