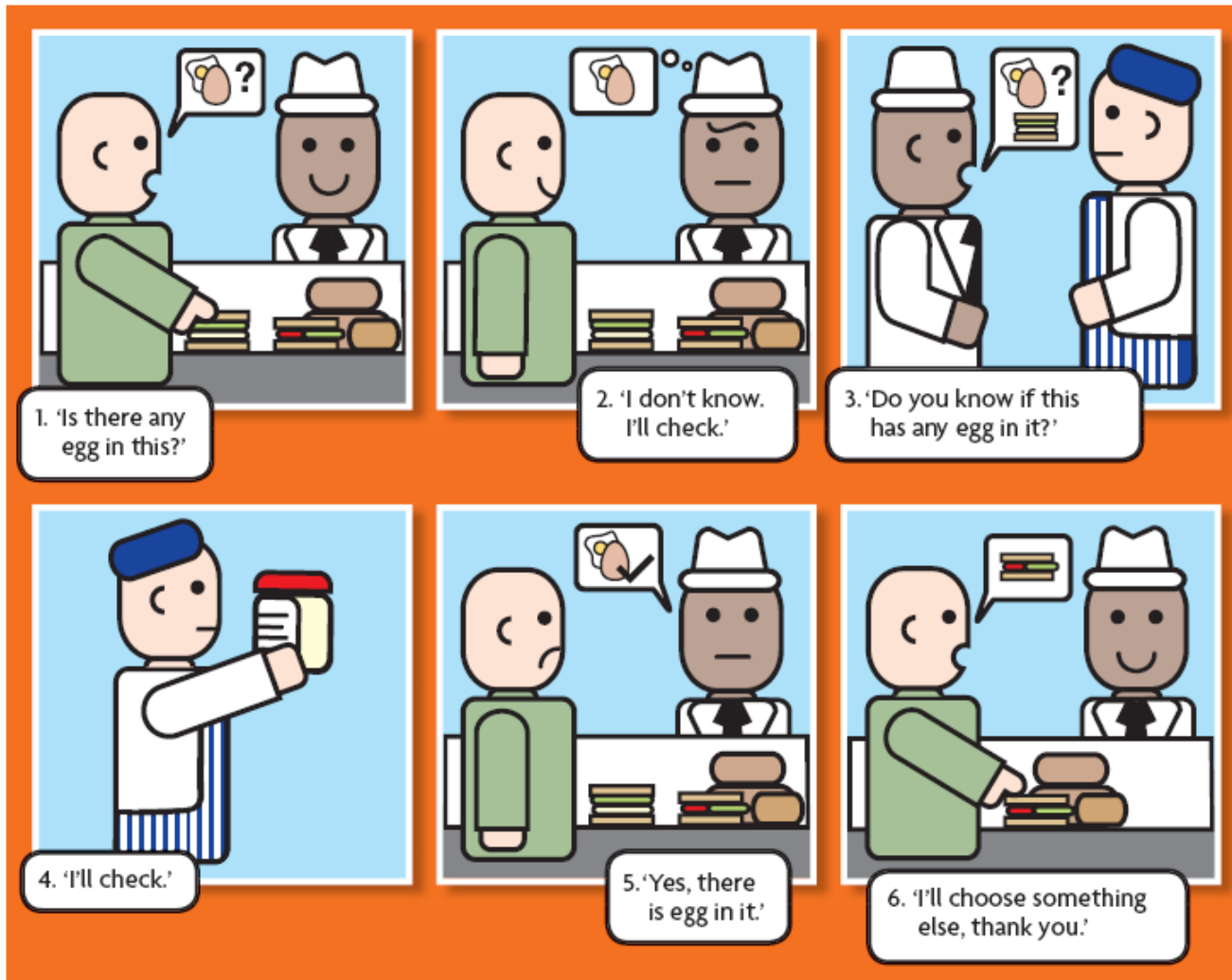


# Think Allergy

When someone asks you if a food contains a particular ingredient – always check.  
If you check but you're still not sure, tell the customer so they can decide for themselves.



## Which ingredients can cause a problem?



Nuts



Milk



Peanuts



Soya



Mustard



Lupin



Eggs



Fish



Shellfish



Gluten



Sesame seeds



Celery



Sulphur dioxide