

Allergy Aware: What's Hiding in Your Menu?

Allergen Guide

There are over 160 known food allergens. This guide addresses the EIGHT Major Food Allergens that cause over 90 percent of all allergic reactions in food. These include: milk, egg, wheat, soy, peanuts, fish (such as bass, flounder, or cod), crustacean shellfish (such as crab, lobster, or shrimp), and tree nuts (such as almonds, pecans, or walnuts).

This guide is designed to provide restaurant guests with food allergies, intolerances, or sensitivities with accurate information about food ingredients, so they can make informed decisions when ordering. **Contact Manager for any additional ingredient information.**

Creating and Using the Guide:

1. Review your menu and source ingredients.
2. Fill in the chart by writing in the menu item, then using a check or other mark to show which allergens are in each dish. **A FOOD CAN CONTAIN MULTIPLE ALLERGENS!**
3. This guide can be used internally by staff, as well as given to customers, so that everyone knows the allergens that are present in each dish.
 - a. Some packages list voluntary “made in a facility that also processes” statements. You may use a different mark to indicate these allergens if you wish to, but remember it is voluntary and that information is not always on the package. THE EXAMPLE SHOWS VOLUNTARY STATEMENTS WITH STARS.

EXAMPLE CHART:

Menu items		Allergens							
		Egg	Fish	Crustacean Shellfish	Milk	Soy	Peanuts	Tree Nuts	Wheat
Almond Cookies		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		★	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Bacon Strips						<input checked="" type="checkbox"/>			
Bread	<i>Bagels</i>								<input checked="" type="checkbox"/>
	<i>Corn Tortilla Chips</i>					<input checked="" type="checkbox"/>		★	
	<i>Gluten Free Biscuit</i>	★			<input checked="" type="checkbox"/>	★			
	<i>Sourdough</i>				<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>
Butter					<input checked="" type="checkbox"/>				
Cheese	<i>American</i>				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
	<i>Provolone</i>				<input checked="" type="checkbox"/>				
	<i>Cheddar</i>				<input checked="" type="checkbox"/>				
Christine's Chicken Nuggets					<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Croutons					<input checked="" type="checkbox"/>		★	★	<input checked="" type="checkbox"/>
Fryer oil							<input checked="" type="checkbox"/>		
Jodi's Jerk Chicken		★				<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Meredith's Mac and Cheese		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Mikki's Mahi Mahi Tacos		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	★	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Nancy's Napa Salad	<i>Salad (No Dressing)</i>				<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	<i>Salad (with Dressing)</i>				<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Onion Rings		★	★		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Pot Roast					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Rachel's Ravioli with Pesto Sauce		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Vegetable Medley					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

= Contains this Allergen ★ = May contain this allergen or is processed in a facility with this allergen.

