

# ALLERGY AWARE

## KNOW YOUR MENU

### 8 ALLERGENS



MILK



EGGS



FISH  
*(e.g., bass, cod, flounder)*



CRUSTACEAN SHELLFISH  
*(e.g., crab, lobster, shrimp)*



TREE NUTS  
*(e.g., almonds, walnuts, pecans)*



PEANUTS



WHEAT



SOY

## WHEN A CUSTOMER INFORMS YOU OF A FOOD ALLERGY

- ✓ Refer food allergy concern to Person in Charge.
- ✓ Remember to check the food preparation procedures for ANY possible cross contact, which can include frying the item in question in the same oil as an item that contains an allergen.
- ✓ If a food item is returned to the kitchen due to an allergen, DO NOT attempt to remove the allergen and send the food back. Trace amounts of allergens can trigger an allergic reaction.

## SYMPTOMS

IF A GUEST HAS A REACTION,  
**CALL 911 IMMEDIATELY**



RASH, HIVES,  
ITCHING,  
TINGLING



SWELLING



WHEEZING,  
DIFFICULTY  
BREATHING



LOSS OF  
CONSCIOUSNESS,  
DIZZY, FAINT



ANAPHYLAXIS  
*Confusion, slurred speech,  
pale skin, low blood pressure,  
tightening of the throat,  
difficulty swallowing*