

## Abbey Guest House - Allergen Advisory

Please advise us of any food allergies or intolerances before you order food.

Do not rely on this list which is intended as a guide only.

For sauces and preserves please refer to the bottle or jar.

The table below indicates the presence of common allergens in our typical preparations.

Allergen	Meat Sausages	Vege. Sausages	Bacon	Black Pudding	Grilled Tomatoes	Baked Beans	Mushrooms	Scrambled Egg	Poached Egg	Fried Egg	Hash Browns	Smoked Salmon	Hollandaise	Porridge	Pancakes	Home-made cakes	Seeded bread	White bread & muffins	Gluten-free bread	Granola or Muesli	Compote	Yogurt (plain)
<i>Celery</i>																						
<i>Cereals containing Gluten*</i>	Y	Y		Y					Y		Y			Y	Y	Y	Y	Y		Y		
<i>Crustaceans</i>																						
<i>Eggs</i>		Y						Y	Y	Y	Y		Y		Y	Y						
<i>Fish</i>												Y										
<i>Lupin</i>																			Y			
<i>Milk</i>		Y			Y		Y	Y			Y		Y	Y	Y	Y						Y
<i>Molluscs</i>																						
<i>Mustard</i>																						
<i>Nuts</i>																				Y		
<i>Peanuts</i>																						
<i>Sesame seeds</i>																				Y		
<i>Soya</i>																	Y					
<i>Sulphur dioxide</i>	Y																			Y	Y	

Revision: March 2015

\* Gluten allergy or intolerance: whilst we are able to provide gluten-free bread etc. with prior notice, we are unable to guarantee preparation on gluten-free surfaces, toasters etc.