

COMMON ALLERGENS

| CATEGORY | ALLERGENS |
|------------------------|---|
| CELERY | Celery Root, Celery Stalk, Celery Seeds |
| CORN | Corn, Corn Syrup, Cornstarch, Cornmeal, Corn Flour, High-Fructose Corn Syrup, Corn Oil, Popcorn |
| DAIRY | Milk, Cheese, Butter, Cream, Yogurt, Casein, Whey, Lactose, Chee, Buttermilk |
| EGGS | Egg Whites, Egg Yolks, Whole Eggs, Albumin |
| FISH | Salmon, Tuna, Cod, Haddock, Halibut, Trout, Sardines, Anchovies, Bass, Grouper, Flounder |
| GLUTEN/WHEAT | Wheat, Barley, Rye, Spelt, Farro, Kamut, Malt, Semolina, Triticale, Bulgur, Couscous, Durum, Einkorn |
| LEGUMES | Chickpeas, Lentils, Green Beans, Lupin, Peas, Peanuts, Soybeans, Mung Beans, Kidney Beans, Black Beans |
| MOLLUSKS | Abalone, Octopus, Squid, Snails |
| MUSTARD | Mustard Seeds, Mustard Flour, Mustard Oil |
| PEANUTS | Peanuts, Peanut Butter, Peanut Oil, Peanut Flour |
| POPPY SEEDS | Poppy Seeds, Poppy Seed Oil |
| RED MEAT | Beef, Pork, Lamb, Veal, Goat |
| SESAME | Sesame Seeds, Sesame Oil, Tahini |
| SHELLFISH | Crab, Lobster, Shrimp, Prawns, Crayfish, Scallops, Oysters, Mussels, Clams |
| SOY | Soybeans, Soy Sauce, Tofu, Tempeh, Miso, Edamame, Soy Milk, Natto, Soy Lecithin, Soy Flour |
| SULFITES | Sulfites in Dried Fruit, Wine, Vinegar, Pickled Foods, Frozen Potatoes, Cider, Beer, Processed Meats |
| TREE NUTS | Almonds, Cashews, Walnuts, Pecans, Pistachios, Brazil Nuts, Macadamia Nuts, Hazelnuts, Chestnuts, Pine Nuts |
| TROPICAL FRUITS | Banana, Avocado, Kiwi, Mango, Passion Fruit, Papaya |