|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **This food is:** | | | | **Made by:** | | | |
| **This food contains:** | **Yes** | **No** | **Not sure** | **This food contains:** | **Yes** | **No** | **Not sure** |
| **gluten** (eg wheat, barley, oats) |  |  |  | **meat -** circleis it **halal/kosher/neither** |  |  |  |
| **peanuts** |  |  |  | **gelatin -** circleis it **vegetarian/non-veg** |  |  |  |
| **tree nuts** (eg almonds, pistachios) |  |  |  | **fish/fish sauce -** what fish:\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |
| **soybeans** |  |  |  | **crustaceans** (eg prawns, crabs) |  |  |  |
| **lupin** (eg lupini/termos/altramuces) |  |  |  | **molluscs** (eg mussels, oysters) |  |  |  |
| **sesame** |  |  |  | **eggs** |  |  |  |
| **celery** |  |  |  | **milk**/dairy (eg cheese, yoghurt, butter) |  |  |  |
| **mustard** |  |  |  | **alcohol** |  |  |  |
| **allium** (eg onion, garlic, shallots) |  |  |  | **sulphur dioxide/sulphites** (eg dried fruit) |  |  |  |
|  |  |  |  |  |  |  |  |
| **This food is:** | | | | **Made by:** | | | |
| **This food contains:** | **Yes** | **No** | **Not sure** | **This food contains:** | **Yes** | **No** | **Not sure** |
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