|  |  |
| --- | --- |
| **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) |   |   |   |
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