



Company Allergen Policy

Nourish recognises the life-threatening reaction that allergens in food can cause.

To comply with the 'Food Labelling (Amendment) (No.2) Regulations 2004' and 'EC Directive 2003/89/EC' the following allergens have been identified:

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|---------------|-------------------|-------------------|
| • Peanuts | • Sesame Seeds | • Mustard |
| • Nuts | • Cereals | • Sulphur dioxide |
| • Eggs | containing gluten | and sulphites |
| • Milk | and wheat | • Molluscs |
| • Crustaceans | • Soybean | • Lupins |
| • Fish | • Celery | • Oats |

Nourish follows a nut free policy as dictated by the education authority and will display signage in accordance with this. Food must be purchased from nominated suppliers.

For all other allergens Nourish will take care but not ensure the segregation of all other allergic ingredients.

Nourish have highlight all the allergens that can be found in our menu next to each dish with the key code displayed at the bottom of the menu. This has been produced by our Nutritionist. Whilst every care is taken with our meal, we cannot guarantee complete absences of allergens in the ingredients due to the presences of allergens within our kitchens and the methods used by our suppliers.

Develop a rapport with customer so that staff are aware of any potential food allergies.

Teachers and parents will be consulted if any pupil has an identified allergy, and appropriate action will be taken, wherever possible to protect that pupil.

Mark Hammond
Managing Director



Allergy information can be obtained by talking to our staff.

Please ask for information and relay your dietary needs to the person serving you. There are 15 major allergens the following list explains what they are and some examples of foods where they may be found.

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| I | CEREALS INCLUDING GLUTEN & WHEAT | Wheat, such as spelt and khorasan wheat/kamut/ rye, barley and oats.
Found in foods containing flour some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soup and fried foods which are dusted with flour. |
| 2 | CRUSTACEANS | Crabs, lobster, prawns and scampi are crustaceans.
Found in shrimp paste, often used in Thai and south-east Asian curries or salads, as an ingredient. |
| 3 | SOYA | Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu.
Soya is a staple ingredient in oriental foods, can be found in desserts, ice cream, meat products, sauces and vegetarian products. |
| 4 | MUSTARD | Liquid mustard, mustard powder and mustard seeds.
Can be found in breads, curries, marinades, meat products, salad dressings, sauces and soups. |
| 5 | SESAME SEEDS | Often found in breads, breadsticks, houmous, sesame oil and tahini.
They are sometimes used toasted and used in salads and garnish. |
| 6 | SULPHITES/
SULPHUR DIOXIDE | This ingredient is often used in dried fruits such as raisins, dried apricots and prunes.
Can be found in meat products, soft drinks, vegetables, beer and wine. |
| 7 | MILK | Milk is used in butter, cheese, cream, milk powder and yoghurt.
Found in foods brushed or glazed with milk and in powdered soups and sauces. |
| 8 | FISH | Found in some fish sauces, pizza, relishes, salad dressings, stock cubes and Worcestershire sauce. |
| 9 | EGGS | Eggs are found in cakes, some meat products, mayonnaise, pasta, quiche, sauces and pastries foods brushed or glazed with egg. |
| 10 | PEANUTS | Peanuts are a legume grown underground, also called groundnut.
Often used in biscuits, cakes, curries, desserts, sauces, satay sauce, as well as in groundnut oil and peanut flour. |
| 11 | MOLLUSCS | Mussels, land snails, squid and whelks.
Can be found in oyster sauce or as an ingredient in fish stews. |
| 12 | CELERYAC/CELERY | This includes celery stalks, leaves, seeds and root called celeriac.
Found in celery salt, salads, some meat products, soup and stock cubes. |
| 13 | NUTS | Refers to nuts grown on trees, like cashews, almonds and hazelnuts.
Can be found in breads, biscuits, crackers, desserts, nut powder (used in curries) stir-fried dishes, ice cream, marzipan, nut oils and sauces. |
| 14 | LUPIN | A flower but also found in flour.
Found in flour lupin, seeds, some types of bread, pastries and pasta. |
| 15 | OATS | Oats have numerous uses in foods; most commonly, they are rolled or crushed into oatmeal, or ground into fine oat flour. Oatmeal is chiefly eaten as porridge, but may also be used in a variety of baked goods, such as oatcakes, oatmeal cookies and oat bread. |



FOOD OR DRINK ALLERGIES OR INTOLERANCES?

Speak to a team member before placing your order.

Allergen data is held on each of our dish ingredients, so please ask a team member should you require any more details.

Whilst every care is taken with your meal, we cannot guarantee complete absences of allergens in the ingredients due to the presence of allergens within our kitchens and the methods used by our suppliers.