



Allergen Information

We have improved the allergen information for all food available on site. Food allergens can be life threatening. If you have a food allergy, the only way you can manage it is to avoid the foods that make you ill.

There are 14 major allergens which will be highlighted when they are used as ingredients in food.



Celery



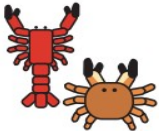
Molluscs



Cereals containing gluten



Mustard



Crustaceans



Nuts



Eggs



Peanuts



Fish



Sesame seeds



Lupin



Soya



Milk



Sulphur dioxide

Want to know what's in it?

You can find allergen information from a number of different sources.

- Ask a member of the catering team. Our staff have access to the full recipe for everything we sell.
- Visit the Allergen Information page on the Catering Services website www.reading.ac.uk/catering
- All packaged products will detail the allergen information on the product label.