

# Allergens Notice

At Caffè Concerto, we understand the importance of catering to all dietary needs and restrictions.

Our products are made in a busy environment where GLUTEN, EGG, SOYA, MILK, NUTS and other ALLERGENIC ingredients are used. Due to the nature of our food operation, we cannot fully guarantee that any food will be 100% completely free from any allergens.

**Please note that we can't guarantee our dishes or any product we serve are allergen-free.**

## Gluten



Wheat (such as spelt and Khorasan wheat/ Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.

## Milk



Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

## Egg



Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.

## Soya



Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

## Lupin



Yes, lupin is a flower, but it's also found in flour!  
Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.

## Nuts



Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.

## Peanuts



Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

## Sulphurite



This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

For more allergen information, please speak to one of our cake specialists.