



ALLERGENS PACK

This pack was created using resources from the Food Standards Agency website: www.food.gov.uk, by conducting internal research and by liaising with our core suppliers.

All information stated in the pack is correct at time of printing and is subject to change.

All suppliers have been notified in writing that, as a company, we will not accept substitute ingredients on any item ordered.

We're passionate about our food. Our meals are made with high-quality ingredients and we do our best to cater for people with food allergies. However, we cannot guarantee an environment completely free from allergens so traces of some ingredients may still be present in our meals.

Please be vigilant when dealing with allergens.

This pack was last reviewed March 2018 by Gary McIlDowney, company founder.

THE IMPACT OF FOOD ALLERGY

The symptoms can include:

- rashes (usually very itchy)
- tingling sensation in the mouth
- swelling of the lips, tongue, face and throat
- difficulty breathing
- diarrhoea
- vomiting
- abdominal cramps, and on rare occasions, anaphylaxis, a severe reaction that may result in death.



KEY FACTS

1.92 million people have a food allergy in the UK
(based on a population of 63.1 million).

This figure excludes food intolerance.

In 2011-2012, there were an estimated 4,500 hospitalisations and 10 deaths due to food allergies and eating out.



THERE IS NO CURE FOR AN ALLERGY!

A person must avoid what makes them ill.

To do this they must trust the restaurant
and the information provided by them.



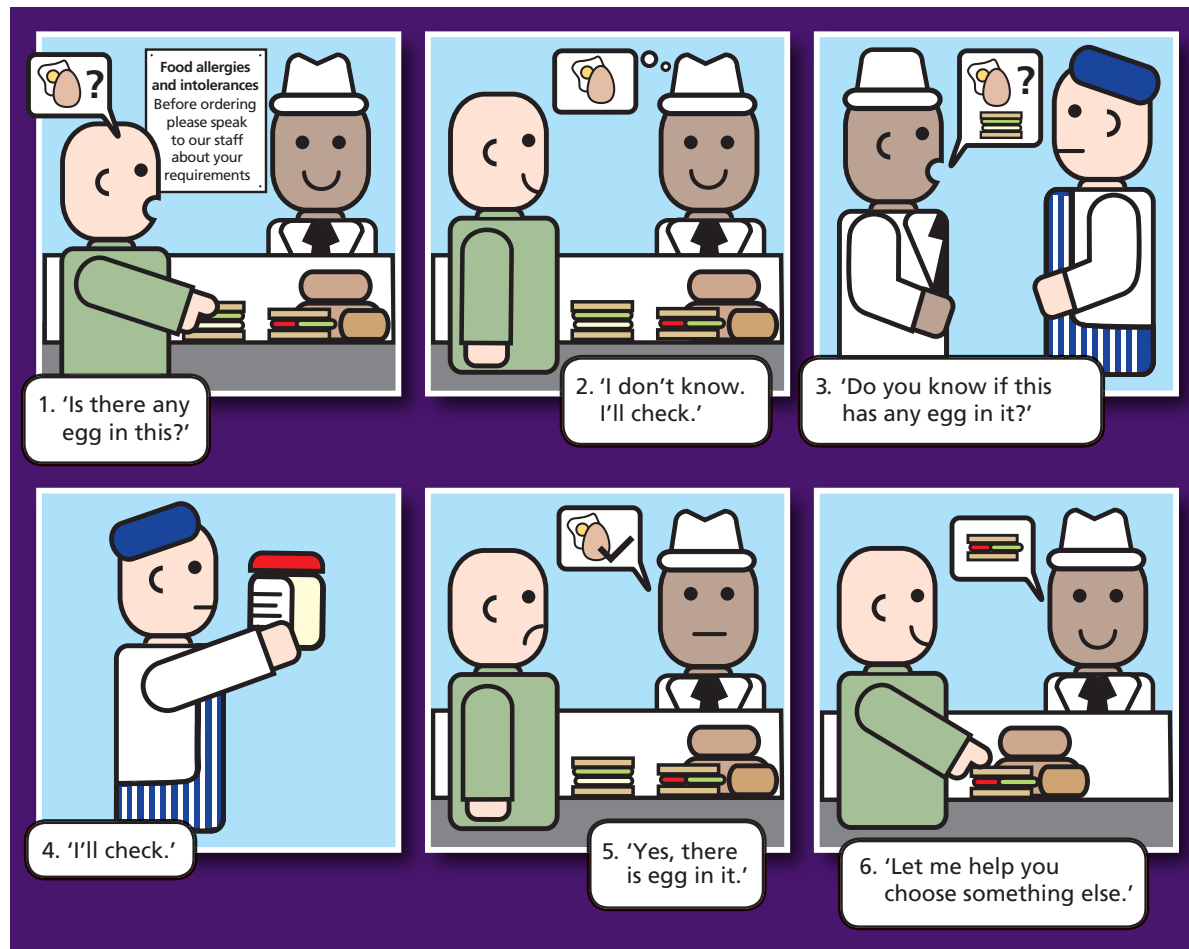
THE LAW AROUND FOOD LABELLING & ALLERGENS HAS CHANGED, IT IS EVERYBODY'S RESPONSIBILITY

The government can now issue criminal sanctions for breaches in food allergen provisions under the Food Safety Act.



Think Allergy

When someone asks you if a food contains a particular ingredient – always check. From 13 December 2014, food businesses will need to provide information about allergenic ingredients in the food they serve.



Which ingredients can cause a problem?



For more information and advice about allergy, visit: food.gov.uk/allergy

A booklet **Allergen information for loose foods** is also available to download.

COMMUNICATION IS KEY

As a company, we are permitted to orally inform our customers of any allergens, provided we indicate clearly that such information is available on request.

It is vital that any oral information given is **accurate, consistent** and **verifiable** upon challenge.

We can keep everyone safe with accurate information and clear communication.

Accuracy is dependent on correct labelling, regularly updated allergen information, and having a process in place to ensure consistent information is readily available, in the form of charts, recipe books, and ingredient information sheets.

There should be clear communication between everyone involved in the food service process, which includes:

- The person buying the food
 - The person handling the food
 - The person taking the order, and
 - The person ordering the food
-



Diners with allergies are **more likely to return or** recommend you if their 'eating out' experience is **successful.**

FSA research 2017

www.food.gov.uk/allergen-resources





Diners with allergies **value staff**
that are **knowledgeable**
about the menu and talk
confidently about allergens.

FSA research 2017

www.food.gov.uk/allergen-resources



Diners with allergies feel food businesses lack credibility when staff cannot provide good allergen information.




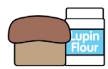

FSA research 2017

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DISHES AND THEIR ALLERGEN CONTENT








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	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
The healthy breakfast (Dependant on customer's choice)		✓		✓			✓						✓	✓
Vegan healthy breakfast	✓	✓							✓			✓	✓	✓
Loaded turkey bacon wrap		✓		✓										
Spicy breakfast burrito		✓		✓			✓							
Avocado toast		✓		✓										
Brisket benni	✓	✓		✓			✓		✓			✓		
Breakfast hash (beef)	✓			✓					✓					
Breakfast hash (chorizo)				✓			✓							
Salted caramel popcorn pancakes		✓		✓			✓			✓			✓	✓
Peanut butter bananza pancakes		✓		✓			✓				✓		✓	

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Sausage, turkey bacon & egg pancakes		✓		✓			✓						✓	✓
Peanut butter cup porridge		✓					✓			✓	✓		✓	
Coconut jam porridge		✓								✓				
Honey nut porridge		✓								✓		✓		
The chicken one (omelette)				✓									✓	
The tomato one (omelette)				✓										✓
The turkey one (omelette)				✓			✓							
Kids healthy breakfast		✓		✓			✓						✓	✓
Kids porridge		✓								✓				
Beans on toast		✓					✓						✓	




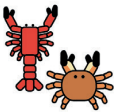

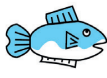









	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Soup (Please check daily)														
Edamame beans													✓	
Hummus		✓										✓		
Grilled halloumi							✓							
Hot wings														
Prawn tacos		✓	✓				✓							
Piri piri prawns			✓											✓
Turkey meatballs							✓							
Carbonara				✓			✓		✓	✓				
Piri piri chicken pizza		✓					✓							✓

18 Slim's Allergens Pack - Dishes and their allergen content

														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Veggie pizza		✓					✓			✓				
Turkey bacon & mushroom pizza		✓					✓							
Prawn quinoa bowl			✓				✓							
Spicy tofu quinoa bowl	✓								✓			✓	✓	✓
Sesame & ginger salmon bowl		✓			✓							✓	✓	✓
Chicken noodles bowl		✓										✓	✓	
Chicken satay sizzler		✓									✓		✓	
Thai red curry bowl (veg)														
Thai red curry bowl (chicken)														
Chicken burger		✓		✓			✓					✓		

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Beef burger		✓					✓					✓		✓
Turkey burger		✓		✓			✓					✓		
Steak wrap		✓		✓			✓							
Halloumi & mushroom wrap		✓					✓							
Jerk chicken pitta		✓		✓									✓	
Falafel pitta		✓					✓							
Sample plate														✓
Chicken and corn platter (Dependant on customer's choice)														
Chicken & turkey bacon caesar		✓		✓	✓				✓					✓
Turkey bacon & avocado							✓			✓				

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	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Strawberry sunset														
Super hero														
Purple mint														
Berry nice														
Vitamin twist														
Joker							✓							
Honeysuckle							✓							
Blueberry burst							✓							
The reefer														
Blue steel							✓							

**THANK YOU
FOR READING**
