

# ALLERGENS

CLASSES

	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Whole Fish & Seafood		WHEAT	✓		✓	✓	✓	✓						
Steak Knowledge		WHEAT					✓		✓					✓
Mastering Filled Pasta		WHEAT		✓	✓	✓	✓							✓
Applied Knife Skills & Techniques	✓						✓		✓					
Chinese Dumplings & Bao		WHEAT	✓			✓	✓					✓	✓	✓
Fresh Pasta from Scratch		WHEAT		✓		✓	✓							✓
Feast From the Middle East		WHEAT		✓								✓		✓
Foundations of Thai		WHEAT	✓		✓	✓		✓		PEANUTS	✓		✓	
Korean Cuisine		WHEAT	✓	✓	✓	✓						✓	✓	✓
Intro to Spices & Indian Curry							✓		✓	CASHEWS				
Principles of Bread		WHEAT			✓	✓	✓							✓
Pastry Essentials		WHEAT		✓		✓	✓			HAZELNUTS				
Mastering Mother Sauces of Classic Cuisine	✓	WHEAT		✓	✓		✓		✓					✓
Jams & Chutneys		WHEAT					✓					✓	✓	
Gluten Free Baking				✓		✓	✓							
Italian Classics	✓	WHEAT		✓			✓							✓
Fermentation & Pickling			✓		✓			✓					✓	✓
Macarons		WHEAT		✓		✓				ALMONDS				
Vegetarian Knife Skills		WHEAT				✓	✓					✓		
Mindful Eating		WHEAT			✓				✓	CASHEWS & PEANUTS	✓		✓	✓
Advanced Pasta		WHEAT		✓			✓			ALMONDS				✓
Gluten Free Pasta				✓		✓	✓			WALNUTS				✓
Authentic Mexican							✓							
Pre-Class Snacks		WHEAT					✓					✓	✓	✓
Edible Xmas Treats		WHEAT		✓			✓			HAZLENUTS & ALMONDS				
Xmas Pudding		WHEAT		✓						PECANS				
Xmas Knife Skills	✓	WHEAT & BARLEY		✓			✓					✓	✓	

1. As allergens are present in our kitchen and some of our ingredients have 'may contain' warnings, we cannot guarantee menu items will be completely free from a specific allergen.  
 2. We use compound ingredients within our kitchens so please check the label for allergens before use