

The 14 allergens — Annex II to Regulation (EU) No 1169/2011

For the pass. Check the labels, not your memory.

#	Allergen	Where it usually hides
1	Cereals containing gluten	breadding, roux, soy sauce, spice blends, beer
2	Crustaceans	stocks, Asian sauces, shrimp paste
3	Eggs	mayonnaise, pasta, breadding, cakes, emulsified sauces
4	Fish	Worcestershire sauce, anchovy paste, Caesar dressing
5	Peanuts	Asian sauces, peanut oil, desserts
6	Soybeans	soy sauce, marinades, soy lecithin in chocolate
7	Milk (including lactose)	clarified butter, bread, breadding, sauces
8	Nuts	pesto, desserts, salads, oils, bread
9	Celery	almost every stock and bouillon, spice mixes
10	Mustard	mustard, dressings, marinades, sausages
11	Sesame seeds	buns, hummus, tahini, Middle Eastern cooking
12	Sulphur dioxide and sulphites	wine, dried fruit, vinegar
13	Lupin	gluten-free flours, bread, vegan products
14	Molluscs	mussels, octopus, squid, fish sauces