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ALLERGENS

LEGAL REQUIREMENT

The way that allergens are labelled on pre-packed and prepared foods has changed. This is due to new legislation. The Food Information Regulations [2014] require that any business which caters for individuals must provide information about the allergenic ingredients used in any food that they provide or sell.

There are 14 major allergens which need to be identified – either by a label or via a menu – when they are used as ingredients in a food. For the most part, if you are allergic to one of these groups, you will already know what you can and cannot eat. However, we've listed them below with some examples of where they can be found.

OUR APPROACH

We take the issue of allergies and intolerances extremely seriously. We ask that all customers, upon arrival, advise their waiter or waitress of any special dietary requirements that they may have, including allergies and intolerances.

We understand and appreciate also that some individuals make a conscious decision to remove certain foods from their diet as part of a lifestyle choice. We will always accommodate such a decision. However, we ask that those individuals also inform us upon arrival and do not misrepresent their decision as a medical necessity.

Where possible, our trained staff will advise you on an alternative. However, whilst we do our best to reduce the risk of cross-contamination in our restaurant, we cannot guarantee that any or all of our dishes are free from allergens and therefore cannot accept any liability in this respect. Guests with severe allergies are advised to assess their own level of risk and consume dishes at their own risk.

DISCLAIMER

The information provided herein and in our restaurant should not be considered as any form of guarantee but as a best faith effort to provide you with information on our dishes. You should use this information to help you assess your own level of risk, based on your personal circumstances, before eating any of our dishes.

Any further clarification or queries can be directed to info@theashmaan.co.uk

WHAT TO LOOK FOR

ALLERGEN	DEFINITION
CELERY	This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.
CRUSTACEANS	Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai cuisine and in south-east Asian curries or salads, is an ingredient to look out for.
EGGS	Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed with an egg glaze.
FISH	You will find this some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
GLUTEN (& CEREALS)	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.
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.
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.
MOLLUSCS	These include mussels, land snails, squid and whelks but can also be commonly found in oyster sauce or as an ingredient in fish stews.
MUSTARD	Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.
NUTS	Not to be mistaken with peanuts – which are actually a legume and grow underground – this ingredient refers to nuts which grow on trees, such as 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.
SESAME SEEDS	These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, hummus, sesame oil and tahini. They are sometimes toasted and used in salads.
SOYA	Often found in bean cured, edamame beans, miso pasta, 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.
SULPHUR DIOXIDE	Sometimes known as sulphites, 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.

