

# Sir henrys allergen

## Risk, Steps , Precautions

### FOOD INFORMATION FOR ALLERGIES, INTOLERANCES AND DIETARY REQUIREMENTS

We are happy to provide you with the information you need to make your own menu choice. We cannot recommend or tell you what is suitable for you to eat or drink. Please note that our menu descriptions do not include all ingredients or allergens. This information is subject to change and updated by our suppliers, in real time. Therefore, even if you have chosen the item previously, please make sure that you check it each time you visit and always inform your server / ordering point of your allergy, intolerance or dietary requirements. If you have any questions, allergies or intolerances, please let us know before ordering



Allergy Tick Tables are available, please speak to Management

Our allergen information covers the following major allergens: Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts) and products thereof.

Garnishes and accompaniments are included in the allergen information. Items that are added as a self-selection, choice, upgrade or swap (e.g. side salad instead of chips) must be checked and the allergen information considered.

Our kitchen is not 'ALLERGY FREE'

Although the best steps are taken to reduce risks, we do use all 14 allergens on our premises. We do not guarantee an allergy free environment. Customer with air born allergies must take into consideration that Sir Henry's is not guaranteed a 100% safe environment.

Our food and drinks are prepared in food areas where cross contamination may occur. We declare allergens if they are intentionally added to a product. Where our suppliers have indicated possible cross contamination risks, we also declare their allergen 'may contain' risks. Our food and drink preparation and serving areas, storage areas and cooking equipment (e.g. fryers, grills etc) may be shared and fried items containing different allergens may be cooked in the same oil. If you are concerned about possible allergen cross contamination of the food or drink you wish to consume, please ask us for further information on our cooking methods and policies.