The 14 allergens

Every dish, every drink, every time: check before you answer.

1 Celery

Stalks, leaves, seeds and celeriac

Look for it in: Stock, gravy, soups, stock cubes, celery salt, Bloody Mary mix, some spice blends and salads

2 Cereals containing gluten

Wheat (including spelt and Khorasan), rye, barley and oats

Look for it in: Bread, batter, breadcrumbs, pastry, pasta, flour-thickened sauces and gravy, beer, malt vinegar, couscous, many soy sauces

3 Crustaceans

Prawns, crabs, lobster, langoustines, crayfish

Look for it in: Shellfish stock and bisque, prawn crackers, shrimp paste in some curry pastes

4 Eggs

Eggs and products made from them

Look for it in: Mayonnaise, aioli, hollandaise, egg wash on pastry and buns, fresh pasta, batter, meringue, mousse

5 Fish

Fish and products made from it

Look for it in: Worcestershire sauce (anchovies), Caesar dressing, fish sauce, some relishes and pizza toppings

6 Lupin

Lupin seeds and flour

Look for it in: Some breads, pastries and pasta, and some gluten-free products

7 Milk

Milk and products made from it, including lactose

Look for it in: Butter, cream, cheese, yoghurt, ghee, mash, glazes, sauces, batter, chocolate, some breads

8 Molluscs

Mussels, oysters, scallops, clams, squid, octopus, snails

Look for it in: Oyster sauce, seafood mixes, paella, some stir-fry sauces

9 Mustard

Seeds, powder, leaves and liquid mustard

Look for it in: Dressings, mayonnaise, marinades, sauces, curries, piccalilli, some sausages and glazes

10 Peanuts

Peanuts (groundnuts)

Look for it in: Satay, some curries and stir-fries, peanut oil, desserts, sweets and some vegan dishes

11 Sesame

Seeds, tahini and sesame oil

Look for it in: Hummus, burger buns, breadsticks, stir-fries, dressings, some dips

12 Soya

Soya beans and products made from them

Look for it in: Soy sauce, tofu, edamame, miso, soya flour, some breads and vegan products

13 Sulphur dioxide and sulphites

At more than 10 parts per million

Look for it in: Wine, beer, cider, dried fruit, some sausages and burgers, pickles, vinegar, some soft drinks

14 Tree nuts

Almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios, macadamias

Look for it in: Marzipan, frangipane, praline, nut oils, granola, nut crusts, some curries, salads and desserts

Not sure? Never guess. Say "Let me check with the kitchen" and check the recipe and labels.

The 14 allergens food businesses must declare under UK law (England, Wales, Scotland and Northern Ireland). "Look for it in" lists common examples, not every food: check recipes and ingredient labels every time a supplier or recipe changes. Sources: Food Standards Agency and Food Standards Scotland allergen guidance, checked 3 November 2026.

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