

14 Allergens



The way allergens are labelled on prepacked foods has changed. The Food Information Regulation, which came into force in December 2014, introduced a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

1 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.

2 Cereals containing gluten
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.

3 Crustaceans
Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.

4 Eggs
Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.

5 Fish
You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

6 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.

7 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.

8 Molluscs
These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish steaks.

9 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.

10 Nuts
Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like 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.

11 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.

12 Sesame seeds
These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, hummous, sesame oil and tahini. They are sometimes toasted and used in salads.

13 Soya
Often found in bean curd, edamame beans, miso paste, 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.

14 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.

For more information, visit: food.gov.uk/allergy or nhs.uk/conditions/allergies
 Sign up to our allergy alerts on food.gov.uk/allergy-alerts or follow [#AllergyAlert](https://twitter.com/AllergyAlert) on Twitter and
 Facebook Let's keep connected at food.gov.uk/facebook
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WHITE WINE

All White Wines contain Sulphites

RED WINE

All Red Wines contain Sulphites

ROSE WINE

All Rose Wines contain Sulphites

SHERRY

All Sherries contain Sulphites

PORTS

All Ports contain Sulphites

BEERS

All Beers contain Sulphites

CIDER

All Ciders contain Sulphites

VERMOUTHS

Martini	14.7%	Sulphites
Cinzano	14.7%	Sulphites

SPANISH BRANDIES

Veterano	36%	Nuts
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SPIRITS

Absolut Vodka	40%	Wheat
Grey Goose Vodka	40%	Wheat

SANGRIAS

All Sangrias contain Sulphites

LIQUEURS

Baileys	17%	Milk
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SOFT DRINKS

Mixers - Lime Cordial		Sulphites
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Allergens Menu



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SNACKS

- Bread with Alioli, Butter or Olive Oil & Balsamic
Wheat, Sulphites
- Marinated Olives
- Garlic Bread
Barley, Fish, Milk, Soya, Sesame Seeds, Wheat
- Garlic Bread with Cheese
Barley, Fish, Milk, Soya, Sesame Seeds, Wheat
- Bruschetta
Soya, Sesame Seeds, Wheat
- Anchovies in Olive Oil & Garlic
Fish, Sulphites
- Spanish Cured Ham
- Selection of Spanish Cured Meat
Eggs, Milk, Soya

VEGETARIAN TAPAS

- Deep fried Potatoes with Tomato & Chilli
Celery
- Deep fried Potatoes with Garlic Mayonnaise
Eggs, Mustard
- Baked Aubergines with Tomato & Cheese
Celery, Milk, Wheat
- Spinach with Garlic, Chilli & Cream
Celery, Milk
- Spanish Omelette with Potatoes & Onions
Eggs
- Mushrooms in Chilli & Garlic
Celery, Milk, Sulphites
- Pancakes filled with Spinach & Ricotta
Celery, Milk
- The famous Galician Green Peppers
- French Fries
- Grilled Vegetables with Garlic & Parsley
Celery, Milk

TAPAS (FISH & MEAT)

- Oysters
Molluscs
- Smoked Salmon
Fish
- Prawns in Garlic, Chilli & White Wine
Crustaceans, Celery, Sesame Seeds, Sulphites
- Prawns in Filo Pastry
Crustaceans, Celery, Eggs, Fish, Milk, Molluscs, Mustard, Sesame Seeds, Soya, Sulphites, Wheat
- Whitebait
Fish, Wheat, (Tartare Sauce contains Eggs, Mustard)
- Octopus Galician Style
Molluscs
- Portuguese Style Octopus
Molluscs
- Crab Claws in Bread Crumbs
Crustaceans, Eggs, Fish, Soya, Wheat, (Tartare Sauce contains Eggs, Mustard)
- Mussels in Onions & White Wine Sauce
Celery, Milk, Molluscs, Sulphites, Wheat
- Lemon Sole Goujons
Fish, Milk, Wheat, (Tartare Sauce contains Eggs, Mustard)
- Mediterranean Prawns
Crustaceans, Celery, Sulphites, Sesame Seeds
- Grilled Sardines
Fish
- Fresh Cod in Olive Oil & Chilli
Fish
- Cod Croquettes
Fish, Eggs, Sulphites, (Tartare Sauce contains Eggs, Mustard)
- Deep Fried Battered Squid
Eggs, Molluscs, Wheat, (Tartare Sauce contains Eggs, Mustard)
- Andalusian style Eggs & Chorizo
Celery, Eggs, Soya
- Rice with Chicken, Prawns & Peas
Celery, Crustaceans, Sulphites
- Spanish Sausage cooked in Red Wine
Celery, Milk, Soya, Sulphites, Wheat

- Pork Fillet marinated in Red Wine & Paprika, served with Fries
Celery, Milk, Soya, Sulphites, Wheat
- Chicken Fillets in Breadcrumbs served with Fries
Eggs, Milk, Soya, Sesame Seeds, Wheat
- Kidneys in Mushrooms & Sherry, served with Rice
Celery, Milk, Sulphites, Wheat
- Chicken Kebab served with Rice
Celery, Milk, Sulphites, Mustard, Wheat
- Lamb Kebab served with Rice
Celery, Milk, Sulphites, Mustard, Wheat
- Grilled Pork Fillets, Potatoes & Onions
Celery, Milk, Sulphites, Mustard, Wheat
- Lamb Liver in Red Wine & Onions, served with Fries
Celery, Milk, Sulphites, Mustard, Wheat
- Meat Balls in Tomato & Pepper Sauce
Barley, Celery, Eggs, Fish, Sesame Seeds, Soya, Sulphites, Wheat
- Chicken Croquettes
Eggs, Milk, Soya, Sesame Seeds, Wheat
- Chicken in Garlic, served with Fries
Milk, Sulphites, Wheat
- Lamb Cutlets
Barley, Fish, Milk
- Wild Boar Tenderloin, served with Salad & Fries
Barley, Fish, Celery

SALADS

- Mixed or Green Salad
Celery, Sulphites (with Dressing)
- Mixed Vegetables with Tuna, Egg & Mayo
Celery, Fish, Eggs, Sulphites (with Dressing)
- Mozzarella, Avocado & Tomato Salad
Milk
- Tuna Salad
Celery, Fish, Sulphites (with Dressing)
- Prawn Cocktail
Barley, Celery, Crustaceans, Eggs, Fish, Mustard, Sulphites
- Avocado & Prawns
Barley, Celery, Crustaceans, Eggs, Fish, Mustard, Sulphites

SKEWERS

- Chicken
Barley, Fish, Milk
- Chicken & Chorizo
Barley, Fish, Milk
- Fish
Barley, Crustaceans, Fish, Milk, Sulphites,
- Lamb
Barley, Fish, Milk
- Beef
Barley, Fish, Milk
- Vegetarian
Barley, Milk

PAELLAS

Please allow 20 minutes cooking time.

- Vegetables & Rice
Celery,
- Classic Valencian, Rice with Chicken & Shellfish
Celery, Crustaceans, Fish, Molluscs, Sulphites,

MAIN COURSES

- Sea Bass with Prawns & White Wine
Celery, Crustaceans, Fish, Milk, Sulphites, Wheat
- Tiger Prawns Thermidor
Celery, Crustaceans, Milk, Sulphites, Wheat
- Dover Sole
Fish, Wheat
- Skate Wing with Butter & Capers
Fish, Milk, Sulphites, Wheat
- Mix grilled Fish Platter
Fish
- Fresh Salmon grilled or poached
Fish
- 4 Lamb cutlets
Barley, Fish, Milk
- Calf Liver & Bacon
- Sirloin Steak in Peppercorn Sauce
Barley, Celery, Fish, Milk, Sulphites, Wheat
- Fillet Steak
Barley, Fish, Milk
- T-bone Steak served with Fries & Side Salad
Barley, Celery, Fish, Milk, Sulphites (with Dressing)

PLEASE SEE BLACKBOARD FOR SPECIALS.

* * * Most dishes can be made without the allergens.
Please ask a member of staff.