

THINK FOOD ALLERGY



Everyone. Every Order.

Food allergen menu matrix

C indicates menu item
CONTAINS the allergen

M indicates menu item
MAY CONTAIN the allergen



Tree nuts

Menu item	Crustaceans and molluscs	Egg	Fish	Milk	Mustard	Peanut	Sesame	Soy	Wheat and triticale	Almonds	Brazil nuts	Cashews	Hazelnuts (filberts)	Macadamia nuts	Pecans	Pine nuts	Pistachios	Walnuts	

Completed by: _____ Date: _____

For more tools and resources, visit ThinkFoodAllergy.ca

*The food allergen menu matrix must be reviewed and updated regularly, including for any recipe changes, ingredient substitutions, or any other time there are changes to the recipe or supplier statements.