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|  Celery | Soups, stock cubes, salads, prepared sandwiches, crisps, spice mixes, marmite, batter for frozen foods |
|  Cereals that contain gluten (including wheat, rye, barley and oats) | Bread, breakfast cereals, pasta, cereal bars, flour, crackers |
|  Crustaceans (including prawns, crabs and lobsters) | Prawns, lobster, fish sauce |
|  Eggs | Cakes, quiche, mayonnaise, fresh pasta |
|  Fish | Fish sauce |
|  Lupin (lupins are common garden plants, and the seeds from some varieties are sometimes used to make flour.) | Some bakery products – more common in other EU countries |
|  Milk | Yoghurt, dip, salad dressings, butter, chewing gum |
|  Molluscs (including mussels and oysters) | Mussels, oysters, scallops, octopus, squid |
|  Mustard | Salad dressing, spices, sauces, curries, chutneys, pickled products |
|  Peanuts | Curries, biscuits, satay sauce, sauces and gravies |
|  Tree nuts – such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts | Anything containing nuts Cereal, chocolate, cookies, pesto |
|  Sesame seeds | Falafels, hummus, sesame seed oil, bread rolls with sesame seed |
|  Soybeans | Bean sprouts, bread crumbs, cereals and crackers, breaded foods, tofu |
|  Sulphur dioxide and sulphites (preservatives that are used in some foods and drinks) | Wine, dried fruits |