

THE REALLY DELICIOUS FOOD COMPANY

Allergens Awareness

European law requires catering companies to be able to provide allergen information on unpackaged foods. As a company we take food allergy very seriously and we will always do our best to accommodate all dietary requirements.

The EU Food Information for Consumers Regulation (EU FIC) which came into effect in December 2014 has listed 14 allergens which must be identified. These are:

- Celery
- Cereals Containing Gluten
- Crustaceans
- Eggs
- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Nuts
- Peanuts
- Sesame Seeds
- Soya
- Sulphur Dioxide

We as a company are able to provide allergen information orally and/or in writing should you require this. Please either call 0141 418 0202 or email us at orders@really-delicious.com and we will be more than happy to assist you.

