

KNOW YOUR ALLERGENS!

Sheldon Spa treats food and food hygiene with the utmost of respect.

Therefore, in order to assist us in protecting all those who possess a food intolerance and/or a food allergy, please take a few moments to identify with each of the 14 major allergens outlined below, (along with some examples of where they can be found):-

1. Celery

This includes celery stalks, leaves, seeds and the root called celeriac. Celery can be found in celery salt, some salads, some meat products, soups and in 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 food having been 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 fish sauces, some pizzas, relishes, salad dressings, stock cubes and in Worcestershire sauce.

6. Lupin

Although lupin is a flower it is also found in flour. Lupin flour and seeds can be used in some types of bread, pastries and even in pizzas.

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 soups and stews.

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) instead this ingredient refers to nuts which grow on trees, like cashews nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders, often used in Asian curries, stir-fry dishes, ice cream, marzipan (almond paste), nut oils and sauces.

11. Peanuts

Peanuts are actually a legume and grow underground, which is why they are sometimes referred to as 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 oil.

12. Sesame Seeds

These seeds can often be found in bread, sprinkled on bread rolls, burger/hamburger buns, humous, sesame oil and tahini. They can also be found 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

Also 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.

Please note, when pre-ordering/booking any of our supplements, it is **EXTREMELY IMPORTANT** that you notify us if you have any of the above known allergens.

SHELDON SPA

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Please Let Us Know...

...If You Have Any Food
Allergies Or Intolerances?
Our Helpful Team Will Offer You
A Suitable Alternative.

KNOW YOUR ALLERGENS!



GLUTEN



PEANUTS



TREE NUTS



CELERY



MUSTARD



EGGS



MILK



SESAME



FISH



CRUSTACEANS



MOLLUSCS



SOYA



SULPHITES



LUPIN

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