THINK FOOD ALLERGY

Everyone. Every Order.

Food Allergy Canada

Food allergen menu matrix

C indicates menu item
***CONTAINS** the allergen*
M indicates menu item
***MAY CONTAIN** the allergen*

Menu Item	Crustaceans and molluscs	Egg	Fish	Milk	Mustard	Peanut	Sesame	Soy	Wheat and Triticale	Tree Nuts: Almonds	Tree Nuts: Brazil nuts	Tree Nuts: Cashews	Tree Nuts: Hazelnuts (filberts)	Tree Nuts: Macadamia Nuts	Tree Nuts: Pecans	Tree Nuts: Pine Nuts	Tree Nuts: Pistachios	Tree Nuts: Walnuts
Example: Meatloaf		C		M		M		M	C									

Completed by: _____ **Date:** _____

For more tools and resources, visit **foodallergycanada.ca/thinkfoodallergy**

*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.