

Terranova Italian

Allergens Information

March 2024

www.terranoarestaurants.com

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The way allergens are labelled on foods has changed because of new regulations. The Food Information Regulation, which came into force in December 2014, introduces a requirement that all food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food.

Terranova Italian has produced this Allergen Information booklet based on the allergens in dishes on our menu.

If you have a known allergy or intolerance to nuts or any ingredients please tell our staff before ordering from our menu.

This information is provided to enable our customers to make their own decisions on menu choice. The information is based on the standard garnishes and accompaniments included on the menu.

The allergen data is based on recipe information and supplier specifications. However, within our kitchens we do use nuts, eggs, shellfish, milk and gluten containing products and it is impossible to fully guarantee the separation of these items in storage, preparation or cooking.

Any bread or breaded product may contain nuts, sesame seeds or poppy seeds as a result of cross contamination during the baking process.

Nut allergies - we cannot safely make any promise 'regarding guaranteed' nut free meals due to the nature of our business and supply chain cross contamination risks. Wheat and gluten ingredients which are deep fried will use the same fryers in our kitchens as dishes not containing these ingredients and whilst there may be minimal risk of cross contamination we cannot totally guarantee the absence of wheat or gluten, which may therefore affect extremely sensitive sufferers.

Please ask our team to confirm any items you are concerned about.

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GDA_368_Terranovaitalian_AllergenInformation-A4-March2024