

## TASTY AFRICAN FOOD ALLERGEN INFORMATION SUMMARY

FOOD PRODUCT	CEREAL CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	PEANUTS	SOYA BEANS	MILK	NUTS	CELERY	MUSTARD	SESAME	SULPHITES	LUPIN	MOLUSCS
Amala Goat Mt	✓		✓	✓		✓	✓		✓	✓		✓		
Assorted P Soup	✓		✓	✓		✓	✓		✓	✓		✓		
Beef	✓		✓	✓		✓	✓		✓	✓		✓		
Bitterleaf Soup (Assorted & Plain)	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Chin Chin	✓		✓			✓	✓		✓	✓		✓		
Chicken Stew	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Chicken Pie	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Dodo & Gizzard	✓	✓	✓	✓			✓		✓	✓		✓		
Drumstick	✓		✓			✓	✓		✓	✓		✓		
Edika Ikong (Assorted & Plain)	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Eforiro Soup (Assorted & Plain)	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Egusi Soup (Assorted & Plain)	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Egusi Igbo Soup (Assorted & Plain)	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Ewariro	✓		✓	✓		✓	✓		✓	✓		✓		
Fish Pie	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Fish Roll	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Fish Sauce	✓		✓	✓		✓	✓		✓	✓		✓		
Fresh Cat Fish	✓		✓	✓		✓	✓		✓	✓		✓		
Fried Fish	✓		✓	✓		✓	✓		✓	✓		✓		
Fried Mackerel	✓		✓	✓		✓	✓		✓	✓		✓		
Fried Rice	✓		✓	✓		✓	✓		✓	✓		✓		
Gbegiri	✓		✓				✓					✓		
Gizzard	✓		✓				✓					✓		
Goat Meat Stew	✓		✓	✓		✓	✓		✓	✓		✓		
Grilled Tilapia	✓		✓	✓		✓	✓		✓	✓		✓		
Grilled Whole Croaker	✓		✓	✓		✓	✓		✓	✓		✓		
Hot Stew / Ayamase (Assorted & Plain)	✓		✓	✓		✓	✓		✓	✓		✓		
Jollof Rice	✓		✓	✓		✓	✓		✓	✓		✓		
Meat Pie	✓	✓	✓			✓	✓		✓	✓		✓		
Mild Stew (Assorted & Plain)	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Mixed Okro Soup (Assorted & Plain)	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Moin Moin (Leaf & Plastic)	✓		✓	✓		✓	✓		✓	✓		✓		
N.Beans	✓	✓	✓	✓		✓	✓		✓			✓		
Ofada Stew	✓		✓	✓		✓	✓		✓	✓		✓		
Ogbono Soup (Assorted & Plain)	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Oha Soup (Assorted & Plain)	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Plain Ewedu			✓				✓							
Plain Okro			✓				✓							
Plantain						✓						✓		
Ponmo	✓		✓			✓	✓		✓	✓		✓		
Puff Puff	✓					✓								
Red Ofada	✓		✓	✓		✓	✓		✓	✓		✓		
Sausage roll	✓	✓	✓			✓	✓		✓	✓		✓		
Steamed Fish	✓		✓	✓		✓	✓		✓	✓		✓		
Stick Meat			✓			✓	✓			✓		✓		
Suya			✓		✓		✓			✓				
T.Beans	✓	✓	✓	✓		✓	✓		✓					
Tilapia Fish P.Soup	✓		✓	✓			✓		✓	✓		✓		
Yam Pottage			✓			✓	✓			✓		✓		