



VILLA CARONA

HOTEL & SPA

## LIST OF 14 FOOD ALLERGENS



### 1. GLUTEN

(cereals, wheat, rye, barley, oats, spelt, kamut, including hybrid derivatives)



### 2. CRUSTACEANS AND DERIVATES

(marine and freshwater: shrimps, prawns, crabs and the like)



### 3. EGGS

(eggs and products containing them: mayonnaise, emulsifiers, egg pasta)



### 4. FISH AND DERIVATIVES

(food products in which fish is present, even in small percentages)



### 5. ARACHIDS AND DERIVATES

(creams and condiments in which there is even in small doses)



### 6. SOYA AND DERIVATIVES

(derivative products such as soy milk, tofu, soy noodles and the like)



### 7. MILK AND DERIVATIVES

(any product in which milk is used: yogurt, cookies, cakes, ice cream and various creams)



### 8. NUTS AND NUT PRODUCTS

(almonds, hazelnuts, walnuts, cashews, pecans, cashews, pistachios)



### 9. CELERY AND DERIVATIVES

(both in chunks and within preparations for soups, sauces and vegetable concentrates)



### 10. MUSTARD AND DERIVATIVES

(can be found in sauces and condiments, especially in mustard)



### 11. SESAME SEEDS AND DERIVATIVES

(whole seeds used for bread, flours that contain it in minimal percentage)



### 12. SULFUR DIOXIDE AND SULFITES

(sulfur dioxide and sulfites in concentrations above 10mg/kg or 10 mg/l expressed as SO<sub>2</sub> - used as preservatives, we can find them in: canned seafood, pickled foods, oil and and pickled foods, jams, vinegar, dried mushrooms and soft drinks and fruit juices)



### 13. LUPINE AND ITS DERIVATIVES

(found in vegan foods in the form of: roasts, sausages, flours, and the like)



### 14. SHELLFISH AND SHELLFISH PRODUCTS

(scallop, mussel, oyster, limpet, clam, tellina, etc.)