Allergen matrix

Menu or site _____ Last checked on _____ by _____

Write a letter in every cell: **C** Contains (it is an ingredient) **M** May contain (shared equipment, fryer or a supplier warning) **N** Checked (not an ingredient)

⚠ A blank cell or ? means unknown. Treat unknown as contains. Recipes and suppliers change: re-check when either changes.

Gluten cereals: wheat, rye, barley, oats. US kitchens: all 9 major US allergens are here (wheat under Gluten cereals, shellfish under Crustaceans); pine nuts go under Tree nuts.

Dish or item	Celery	Gluten cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusks	Mustard	Tree nuts	Peanuts	Sesame	Soy	Sulfites	Notes

Checking a supplier's product? PlatePal scans the barcode and flags all 14 allergens in seconds. Allergen alerts are always free.

Scan the code with your phone camera, or visit tryplatepal.com

PlatePal printable. An information aid, not legal or medical advice. Check current guidance from your local food authority. Free to print and copy for your kitchen, school or business.