

**ROCKET'S**

## **Allergen Analysis**

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**2020**

# ROCKETS ALLERGEN ANALYSIS 2020

(Version Feb 2020)

All staff should know how to deal with enquiries about ingredients and possible allergen contamination and tell the truth when asked. If someone asks if a dish contains a certain food, check all the ingredients of the dish on the Allergen Analysis Grid and inform the customer. This book may be given to the customer on request. We will try our best to avoid any accidental cross-contact between allergens, but again we can offer no guarantees. The more information relating to your specific needs and requirements you can provide, the better we can attempt to protect you. The range of tolerance or reaction to the presence of food allergens varies greatly from person to person. Decisions on the amount of precautions you should take or risks you may expose yourself to, are always best made by you in consultation with your physician

Here is a brief overview of the 14 allergens that can cause allergic reactions in susceptible persons:

(Information extracted from the FSAI Safe Catering pack)

## **Peanuts**

Peanuts, also called groundnuts and monkey nuts, are found in many foods, including sauces (e.g. satay sauce) cakes and desserts. They are common in Thai and Indonesian dishes. Watch out for peanut flour and groundnut oil too.

## **Nuts**

People with nut allergy can react to many types of nuts, including walnuts, almonds, hazelnuts, brazil nuts, pistachios, cashews, pecans, macadamia nut and Queensland nut. Nuts are found in many foods, including sauces, desserts, crackers, bread and ice cream. Watch out for nut oils, praline (which includes hazelnut) marzipan (which includes almonds) and ground almonds also.

## **Soya**

Soya comes in different forms, for example, tofu (or bean curd), soya flour, lecithin E322 (if made from soya) and textured soya protein. It is found in many foods including certain types of ice cream, sauces, desserts, meat products and vegetarian products.

## **Eggs**

Eggs are used in many foods including cakes, mousses, sauces, pasta and quiche. Watch out for dressings containing mayonnaise {which may contain egg} and dishes brushed with egg.

## **Fish**

People who are allergic to fish need to avoid all species of fish. Some types of fish, especially anchovies, are used in salad dressings, sauces and relishes.

## **Crustaceans**

Crustaceans include crab, shrimp, lobster, prawns and langoustines (which are used to make scampi). People who are allergic to crustaceans (Shell fish) need to avoid all types of crustaceans.

## **Molluscs**

Molluscs include mussels, scallops, oysters, squid, cockles and winkle as well as land molluscs like snails. People who are allergic to molluscs need to avoid all types of molluscs.

## **Milk**

People with milk allergy need to avoid foods containing milk, yoghurt, cream, cheese, butter and other milk products from cows, sheep, goats and other related mammals. Watch out for dishes glazed with milk and ready-made products containing milk powder, or other milk ingredients (casein, whey powder). People with lactose intolerance need to avoid lactose, the sugar found in milk. They need to avoid food containing milk and milk products from cows and other related mammals.

## **Sesame seeds**

Sesame seeds are often used on bread and breadsticks. Sesame paste (tahini) is used in some Greek and Turkish dishes, including humus. Watch out for sesame oil used for cooking or in dressings.

## **Celery/Celeriac**

People who are allergic to celery can also react to celeriac (the root of the plant). Celeriac and celery are sometimes used as an ingredient in salads and soups or served as a vegetable. Watch out for celery salt, which is used as a seasoning in lots of foods, such as soups and meat products. Also look out for celery seeds, which are used as a spice.

## **Mustard**

People who are allergic to mustard will react to any food that comes from the mustard plant, including liquid mustard, mustard powder, the leaves, seeds and flowers, and sprouted mustard seeds. Mustard is sometimes used in salad dressings, marinades, soups, sauces, curries and meat products.

## **Cereals containing gluten**

People who have gluten intolerance (also called Coeliac disease) need to avoid foods containing gluten, a type of protein found in cereals such as wheat, rye, barley, spelt and kamut, oats and foods made from these. Wheat flour is used in many foods such as bread, pasta, cakes, pastry and gravies. Watch out for soups and sauces thickened with flour, foods that are dusted with flour before cooking, batter and breadcrumbs. Flours made from other foods such as maize, rice, millet or buckwheat do not contain gluten.

Even though there are many products on the Rockets Menu, that do not directly contain gluten, Rockets is not a gluten free restaurant and cannot guarantee no cross contamination of the food will occur on the grill or in surrounding areas.

## **Lupine**

The major allergens in lupine are also found in peanuts, so people allergic to peanuts could also react with lupine. Lupine is mainly used in flour-based products such as pastry, pasta and batter coatings. People with nut/peanut allergy should avoid foods containing lupine.

## **Sulphur dioxide and sulphites**

For some people with asthma, sulphur dioxide can trigger an asthmatic response. Sulphur dioxide and sulphites (E220-E228) are used as preservatives in a wide range of foods

Rockets takes food allergies very seriously. Every effort has been made to identify ingredients in our menu items that may cause allergic reactions. Occasionally, a food manufacturer may change their formulas without notice and thereby making it nearly impossible to identify and label every allergen at all times. Additionally, our busy kitchens contain most allergens listed below, which means that cross contamination may occur during preparation and cooking. Therefore, customers concerned with food allergies should be aware of these risks.

**Customers should also note that all fried items share oil that may have come in contact with products containing Fish, Milk, Gluten, Eggs, Sulphur Dioxide and Sulphites.**

***Precautionary Food Allergen Declaration customer should note that:***

***✓ = Indicates allergen is present in food***

***\* = Indicates traces of allergen may be present***

***☛ = Indicates fried items that may have come into contact with products containing Peanut, Fish, Milk, Celery, Mustard, Molluscs, Cereals, Eggs, Soya, Lupin, Sesame, Sulphur Dioxide and Sulphites.***

| <b>Hamburger</b>             | <b>Peanut</b> | <b>Fish</b> | <b>Milk</b> | <b>Celery</b> | <b>Mustard</b> | <b>Molluscs</b> | <b>Cereals</b> | <b>Tree Nuts</b> | <b>Crustaceans</b> | <b>Eggs</b> | <b>Soya</b> | <b>Lupin</b> | <b>Sesame</b> | <b>Sulphur &amp; Sulphites</b> | <b>Further Information</b>    |
|------------------------------|---------------|-------------|-------------|---------------|----------------|-----------------|----------------|------------------|--------------------|-------------|-------------|--------------|---------------|--------------------------------|-------------------------------|
| Hamburger                    |               | *           | ✓           |               | ✓              |                 | ✓              | *                | *                  | ✓           | *           |              | *             | *                              | Wheat<br>Gluten               |
| Cheeseburger                 |               | *           | ✓           |               | ✓              |                 | ✓              | *                | *                  | ✓           | *           |              | *             | *                              | Wheat<br>Gluten               |
| Bacon<br>Cheeseburger        |               | *           | ✓           |               | ✓              |                 | ✓              | *                | *                  | ✓           | *           |              | *             | ✓                              | Wheat<br>Gluten               |
| Chilli Burger                |               |             | ✓           |               | ✓              |                 | ✓              |                  |                    | ✓           |             |              |               |                                | Wheat<br>Gluten               |
| Sweet Potato<br>Falafel<br>☼ |               | *           | ✓           |               | ✓              |                 | ✓              | *                | *                  | ✓           | ✓           |              | *             | *                              | Wheat<br>Gluten<br>Oat Flakes |

| <b>Chicken Products</b>            | <b>Peanut</b> | <b>Fish</b> | <b>Milk</b> | <b>Celery</b> | <b>Mustard</b> | <b>Molluscs</b> | <b>Cereals</b> | <b>Tree Nuts</b> | <b>Crustaceans</b> | <b>Eggs</b> | <b>Soya</b> | <b>Lupin</b> | <b>Sesame</b> | <b>Sulphur &amp; Sulphites</b> | <b>Further Information</b> |
|------------------------------------|---------------|-------------|-------------|---------------|----------------|-----------------|----------------|------------------|--------------------|-------------|-------------|--------------|---------------|--------------------------------|----------------------------|
| Chicken Fillet                     |               | *           | ✓           | *             | ✓              | ✓               |                |                  | *                  |             | *           | ✓            | *             | *                              | Wheat<br>Gluten            |
| Buttermilk Fried<br>Fillet<br>☼    |               | *           | ✓           | *             | ✓              |                 | ✓              |                  | *                  |             | ✓           |              | *             | *                              | Gluten<br>Wheat            |
| Buttermilk<br>Chicken Tenders<br>☼ |               | *           | ✓           | *             | *              |                 | ✓              |                  |                    |             |             |              |               | *                              | Gluten<br>Wheat            |
| Chicken Wings<br>Cajun<br>☼        |               | *           | *           | *             |                |                 | ✓              | *                | *                  | *           | ✓           |              | *             | *                              | Wheat<br>Gluten            |
| Chicken Wings<br>Red Hot<br>☼      |               | *           | ✓           | *             |                |                 |                |                  |                    |             |             |              |               |                                |                            |

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| Salads                      | Peanut | Fish | Milk | Celery | Mustard | Molluscs | Cereals | Tree Nuts | Crustacea | Eggs | Soya | Lupin | Sesame | Sulphur & Sulphites | Further Information |
|-----------------------------|--------|------|------|--------|---------|----------|---------|-----------|-----------|------|------|-------|--------|---------------------|---------------------|
| House Salad                 |        |      |      |        |         |          |         |           |           |      |      |       |        |                     |                     |
| + Beef                      |        |      |      |        |         |          |         |           |           |      |      |       |        |                     |                     |
| + Marinated Fillet          |        |      |      |        |         |          |         |           |           |      |      |       |        |                     |                     |
| + Buttermilk Fried Fillet   |        | *    | ✓    | *      | *       |          | ✓       |           |           |      |      |       |        | *                   | Gluten<br>Wheat     |
| + Sweet Potato Falafel<br>♠ |        |      |      |        |         |          | ✓       |           |           |      | ✓    |       |        | *                   | Wheat<br>Oat Flakes |

| Sliders & Kids Menu            | Peanut | Fish | Milk | Celery | Mustard | Molluscs | Cereals | Tree Nuts | Crustaceans | Eggs | Soya | Lupin | Sesame | Sulphur & Sulphites | Further Information |
|--------------------------------|--------|------|------|--------|---------|----------|---------|-----------|-------------|------|------|-------|--------|---------------------|---------------------|
| Beef Sliders                   |        | *    | ✓    | *      | ✓       |          | ✓       |           | *           | ✓    |      |       | ✓      | *                   | Gluten<br>Wheat     |
| Kids Beef Sliders              |        |      | ✓    |        | ✓       |          | ✓       |           |             | ✓    |      |       | ✓      | ✓                   | Gluten<br>Wheat     |
| Kids Chicken Sliders           |        |      | ✓    |        |         |          | ✓       |           |             | ✓    |      |       | ✓      | ✓                   | Gluten<br>Wheat     |
| Kids Chicken Bites<br>♠        |        |      | ✓    |        |         |          | ✓       |           |             | ✓    |      |       |        | ✓                   | Gluten<br>Wheat     |
| Regular Fries<br>♠             |        |      |      |        |         |          |         |           |             |      |      |       |        | ✓                   |                     |
| Garlic Parmesan Fries<br>♠     |        | *    | *    | *      | ✓       |          | *       |           | *           | ✓    | *    |       | *      | ✓                   | *Gluten             |
| Crispy Bacon Cheese Fries<br>♠ |        |      | ✓    |        |         |          |         |           |             |      | ✓    |       |        | ✓                   |                     |
| Beef Chilli Fries<br>♠         |        |      |      |        |         |          | ✓       |           |             |      |      |       |        | ✓                   | Wheat               |
| Sweet Potato Fries<br>♠        |        | *    | ✓    | *      | ✓       |          | ✓       |           | *           | ✓    | *    |       |        | ✓                   | *Gluten             |
| Fried Pickle<br>♠              |        |      | ✓    |        |         |          | ✓       |           |             | ✓    |      |       |        | ✓                   | Gluten<br>Wheat     |
| Onion Strings<br>♠             |        |      | ✓    |        |         |          | ✓       |           |             |      |      |       |        | ✓                   | Gluten<br>Wheat     |

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| Dips           | Peanut | Fish | Milk | Celery | Mustard | Molluscs | Cereals | Tree Nuts | Crustacea | Eggs | Soya | Lupin | Sesame | Sulphur & Sulphites | Further Information |
|----------------|--------|------|------|--------|---------|----------|---------|-----------|-----------|------|------|-------|--------|---------------------|---------------------|
| Burger Sauce   |        | *    | *    |        | ✓       |          | *       | *         | *         | ✓    | *    |       | *      | *                   | * Gluten            |
| Garlic Mayo    |        | *    | *    | *      | ✓       |          | *       |           | *         | ✓    | *    |       | *      |                     | * Gluten            |
| Cajun Sauce    |        | *    | *    | *      | *       |          | ✓       | *         | *         | *    | ✓    |       |        | *                   | Wheat<br>Gluten     |
| Cheese Sauce   |        |      | ✓    |        |         |          |         |           |           |      | ✓    |       |        |                     |                     |
| Ranch Sauce    |        | *    | *    | *      | ✓       |          | *       |           | *         | ✓    | *    |       | *      | *                   | * Gluten            |
| Sriracha Mayo  |        | *    | *    | *      | ✓       |          | *       |           | *         | ✓    | *    |       | *      | ✓                   | * Gluten            |
| Chipotle Sauce |        | *    | *    | *      | ✓       |          | *       |           | *         | ✓    | *    |       | *      | *                   | * Gluten            |
| Slider Sauce   |        | *    | *    | *      | ✓       |          | *       |           | *         | ✓    |      |       |        | *                   | * Gluten            |
| Red Hot Sauce  |        | *    | ✓    | *      |         |          |         |           | *         | ✓    | *    |       | *      | ✓                   |                     |
| Beef Chilli    |        |      |      |        |         |          | ✓       |           |           |      |      |       |        |                     | Wheat               |
| Grilled Egg    |        |      |      |        |         |          |         |           |           | ✓    |      |       |        | ✓                   |                     |

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| Shakes   | Peanut | Fish | Milk | Celery | Mustard | Molluscs | Cereals | Tree Nuts | Crustacea | Eggs | Soya | Lupin | Sesame | Sulphur & Sulphites | Further Information       |
|--|--------|------|------|--------|---------|----------|---------|-----------|-----------|------|------|-------|--------|---------------------|---------------------------|
| <b>Great care will be applied to ensure cross contamination doesn't occur, however please be aware all our Milkshakes, Malts and Desserts are made to order in an area that handles Peanuts, Gluten (Wheat), Tree nuts (Hazelnuts), Soya, Eggs and Sulphur Dioxide</b> |        |      |      |        |         |          |         |           |           |      |      |       |        |                     |                           |
| Vanilla  | *      |      | ✓    |        |         |          |         | *         |           | ✓    |      |       |        |                     |                           |
| Chocolate  | *      |      | ✓    |        |         |          | *       | *         |           |      |      |       |        |                     | * Gluten                  |
| Strawberry   | *      |      | ✓    |        |         |          | *       | *         |           |      |      |       |        |                     | * Gluten                  |
| + Malt   |        |      | ✓    |        |         |          | ✓       |           |           |      |      |       |        |                     | Wheat<br>Gluten<br>Barley |
| + Oreo   | *      |      | ✓    |        |         |          | ✓       | *         |           |      | ✓    |       |        |                     | Wheat                     |
| + Kinder Bueno   | *      |      | ✓    |        |         |          | ✓       | ✓         |           |      | ✓    |       |        |                     | Wheat<br>Hazelnut         |
| + Reese's Peanut Butter  | *      |      | ✓    |        |         |          |         | *         |           |      | ✓    |       |        |                     |                           |
| + Nutella  | *      |      | ✓    |        |         |          |         | ✓         |           |      | ✓    |       |        |                     | Hazelnut                  |
| + Brownie  |        |      | ✓    |        |         |          | ✓       |           |           | ✓    | ✓    |       |        |                     | Wheat<br>Hazelnut         |

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| <b>Cold &amp; Hot Drinks</b> | <b>Peanut</b> | <b>Fish</b> | <b>Milk</b> | <b>Celery</b> | <b>Mustard</b> | <b>Molluscs</b> | <b>Cereals</b> | <b>Tree Nuts</b> | <b>Crustacea</b> | <b>Eggs</b> | <b>Soya</b> | <b>Lupin</b> | <b>Sesame</b> | <b>Sulphur &amp; Sulphites</b> | <b>Further Information</b>         |
|------------------------------|---------------|-------------|-------------|---------------|----------------|-----------------|----------------|------------------|------------------|-------------|-------------|--------------|---------------|--------------------------------|------------------------------------|
| Coca Cola                    |               |             |             |               |                |                 |                |                  |                  |             |             |              |               | *                              |                                    |
| Diet Coca Cola               |               |             |             |               |                |                 |                |                  |                  |             |             |              |               | *                              |                                    |
| Coca Cola Zero               |               |             |             |               |                |                 |                |                  |                  |             |             |              |               | *                              |                                    |
| Fanta                        |               |             |             |               |                |                 |                |                  |                  |             |             |              |               | *                              |                                    |
| Sprite                       |               |             |             |               |                |                 |                |                  |                  |             |             |              |               | *                              |                                    |
| Orange Juice                 |               |             |             |               |                |                 |                |                  |                  |             |             |              |               | ✓                              |                                    |
| Still & Sparkling Water      |               |             |             |               |                |                 |                |                  |                  |             |             |              |               |                                |                                    |
| Five Lamps                   |               |             |             |               |                |                 | ✓              |                  |                  |             |             |              |               |                                | <b>Wheat<br/>Gluten<br/>Barley</b> |
| Big Vat Cider                |               |             |             |               |                |                 |                |                  |                  |             |             |              |               | ✓                              |                                    |
| Tea                          |               |             | ✓           |               |                |                 |                |                  |                  |             |             |              |               |                                |                                    |
| Espresso                     |               |             |             |               |                |                 |                |                  |                  |             |             |              |               |                                |                                    |
| Americano                    |               |             |             |               |                |                 |                |                  |                  |             |             |              |               |                                |                                    |
| Flat White                   |               |             | ✓           |               |                |                 |                |                  |                  |             |             |              |               |                                |                                    |
| Cappuccino                   |               |             | ✓           |               |                |                 |                |                  |                  |             |             |              |               |                                |                                    |
| Café Latte                   |               |             | ✓           |               |                |                 |                |                  |                  |             |             |              |               |                                |                                    |

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