Allergen matrix: the 14 allergens, dish by dish

Business _____ Updated on _____

Put a cross where a dish contains the allergen, including in sauces, dressings, oils and garnishes. Update the sheet whenever a recipe or a supplier changes.

Dish	1 Cereals containing gluten	2 Crustaceans	3 Eggs	4 Fish	5 Peanuts	6 Soybeans	7 Milk	8 Nuts	9 Celery	10 Mustard	11 Sesame seeds	12 Sulphur dioxide and sulphites	13 Lupin	14 Molluscs	Checked on and by

Free template from everlongapps.com/cheflog. Limits are a starting point: check them against your own food safety plan.
Cheflog keeps these records on a tablet, with reminders, signed entries and a PDF for the inspector.