



National Allergy Council – Food allergen menu matrix (template)

C indicates menu item **CONTAINS** the allergen as an ingredient

PAL stands for Precautionary Allergen Labelling statement

Menu item	Milk (dairy)	Egg	Fish	Crustacean	Mollusc	Sesame	Lupin	Peanut	Soy	Tree nuts								Gluten containing cereals					Sulphites	
										Almond	Brazil nut	Cashew	Hazelnut	Macadamia	Pecan	Pine nut	Pistachio	Walnut	Wheat	Gluten	Barley	Oats		Rye
Caesar salad	C	C	C				C		PAL									C	C	C				
Pasta salad with tuna	C	C	C				PAL		C							C			C	C				
Pumpkin risotto	C															C								
Beef stir fry					C			C	C			C												
Steak sandwich	C	C					PAL												C	C			C	
Chicken burger	C	C				C													C	C				
Garden salad																								
Vegetable coconut curry	C																							
Frittata	C	C																						
Pad Thai		C	C					C	C											C				C
Apple crumble	C																	C	C	C		C		
Spaghetti bolognese	C	PAL				PAL			C	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	PAL	C	C				