RESTAURANT NAME	RESTAURANT ADDRESS

Allergen register

Internal record for menu items. Check the allergens and consumer information rules applicable to your location.

Verify before recording

- Use current recipes, sub-recipes and supplier information, including ingredient lists for bought-in components.
- Record confirmed allergen ingredients separately from potential cross-contact. A blank or unknown entry does not confirm absence.
- Check which allergens must be declared locally. Use the blank column headings to name the relevant allergens before duplicating the sheet. Add another sheet when more columns are needed.

Use consistent marks

- X means confirmed present as an ingredient. A dash means verified absent from the ingredients.
- ? means check the recipe or supplier details before communicating the information. Record cross-contact separately in the final column.

Keep information current

- Update the record when a recipe, ingredient or supplier changes. Sign off the updated version and share it with the team.

FR | Vérifier les allergènes à déclarer selon le pays. En France, se référer à l’annexe II du règlement (UE) n° 1169/2011. Distinguer ingrédient, doute et contact croisé.

RESTAURANT NAME

RESTAURANT ADDRESS

Allergen matrix

Write the local allergen names in the top row. X = confirmed ingredient. Dash = verified absent. ? = to verify.

Menu / version

Review date

Approved by

Menu item	1	2	3	4	5	6	7	8	9	10	11	12	13	14	Cross-contact / controls
Allergen names															

Use one row per menu item. For long names, use short codes and attach the complete list. Duplicate the page for more items or categories.