

EU REGULATION 1169/2011 · IN 2 MINUTES

The 14 allergens that get restaurants *fin*ed.

A one-page reference for kitchens that don't have time for compliance theatre. Stick it on the wall. Train your staff. Don't get fined.

§ 01

The 14, and where they hide.

01	Gluten cereals	↳ soy sauce, stock cubes, dusted fries
02	Crustaceans	↳ surimi, Asian sauces, seafood stock
03	Eggs	↳ fresh pasta, glazes, meringue cocktails
04	Fish	↳ Worcestershire, Caesar dressing, kimchi
05	Peanuts	↳ curries, chocolate cross-contact
06	Soybeans	↳ soy sauce, lecithin, veggie "meats"
07	Milk	↳ mashed potatoes, dark chocolate, glazes
08	Tree nuts	↳ pesto (pine nuts), marzipan, liqueurs
09	Celery	↳ stocks, bouillon, mirepoix sauces
10	Mustard	↳ dressings, mayo, marinades, sausages
11	Sesame	↳ bread crusts, dukkah, stir-fry oils
12	Sulphites	↳ wine, dried fruit, vinegars, pickles
13	Lupin	↳ gluten-free baked goods, some pasta
14	Molluscs	↳ paella base, oyster sauce, stocks

§ 02

5 mistakes that cost money.

- 01 The recipe-change gap**
Kitchen swaps mayo brand. New one contains mustard. Floor never told.
- 02 Verbal-only disclosure**
"Just ask the server" isn't compliant in any EU member state.
- 03 Stock-based blind spots**
Celery is in everything. Audit prep recipes, not just menu items.
- 04 Inconsistent translations**
English menu flags gluten. German menu forgot. One source of truth.
- 05 The chalkboard special**
Daily specials bypass your documentation. The #1 incident trigger.

§ 03

The 60-second self-audit.

- Allergen info is visible **before** the guest orders — not on request.
- All staff trained on the 14 allergens in the **last 12 months**.
- One **named person** owns keeping allergen info current.
- Your last recipe change was reflected in your menu the **same day**.
- Daily specials carry the **same allergen detail** as the main menu.
- You could produce documentation of a dish's contents **within 30 minutes**.