

## **Food Allergies and Intolerances**

**Before ordering please speak to our staff about your requirements**

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Always carry your prescribed allergy rescue medication with you and ensure family and friends know how to use it on you, if necessary.

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Always check what allergens are in the dish even if you have eaten it before, as recipes and ingredients can change.

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When eating out, let the person serving you know your dietary requirements, including how severe your food allergy or intolerance is.