

Be Quick. Be Smart.

Be a Food-Safe Ninja!



Ninja Rule 1

KNOW YOUR FOOD!

Got a food allergen, intolerance, or special dietary need? Tell our kitchen ninjas before you choose your meal.

Ninja Rule 2

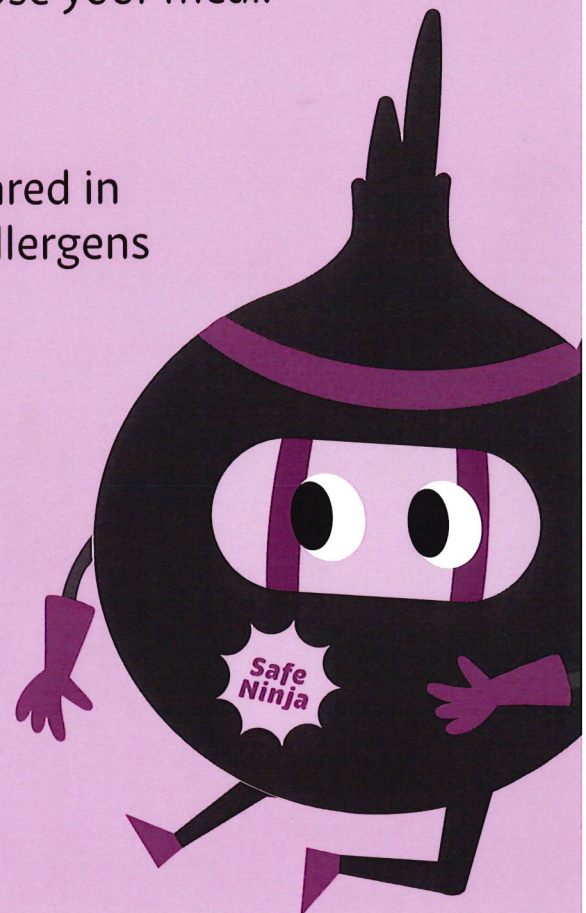
STAY ALERT!

Our food is prepared in kitchens where allergens are present.

Ninja Rule 3

ASK, DON'T GUESS!

Not sure? Ask the kitchen ninjas - we're always ready to help keep your meal safe!



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What Are Allergens? An allergen is an ingredient in food that can cause an allergic reaction. This happens when a person's body reacts strongly to certain foods because their body sees them as harmful. Even a tiny amount can cause a big reaction! That's why it's important to learn and understand about the 14 key allergens



Celery



Gluten



Crustaceans



Eggs



Fish



Lupin Beans



Milk



Molluscs



Sesame



Mustard



Peanuts



Tree Nuts



Soybeans



**Sulphur Dioxide
& Sulphites**

**Can you spot
them all and be a
Food-Safe Ninja?**

