

EDDIE ROCKETS ALLERGEN ANALYSIS 2014

Here is a brief overview of the 14 allergens that can cause allergic reactions in susceptible persons:

(Information extracted from the FSAI Safe Catering pack)

Peanuts

Peanuts, also called groundnuts and monkey nuts, are found in many foods, including sauces (e.g. satay sauce), cakes and desserts. They are common in Thai and Indonesian dishes. Watch out for peanut flour and groundnut oil too.

Nuts

People with nut allergy can react to many types of nuts, including walnuts, almonds, hazelnuts, brazil nuts, pistachios, cashews, pecans, macadamia nut and Queensland nut. Nuts are found in many foods, including sauces, desserts, crackers, bread and ice cream. Watch out for nut oils, praline (which includes hazelnut), marzipan (which includes almonds) and ground almonds also.

Milk

People with milk allergy need to avoid foods containing milk, yoghurt, cream, cheese, butter and other milk products from cows, sheep, goats and other related mammals. Watch out for dishes glazed with milk and ready-made products containing milk powder, or other milk ingredients (casein, whey powder).

People with lactose intolerance need to avoid lactose, the sugar found in milk. They need to avoid food containing milk and milk products from cows and other related mammals.

Eggs

Eggs are used in many foods including cakes, mousses, sauces, pasta and quiche. Watch out for dressings containing mayonnaise (which may contain egg) and dishes brushed with egg.

Fish

People who are allergic to fish need to avoid all species of fish. Some types of fish, especially anchovies, are used in salad dressings, sauces and relishes.

Crustaceans

Crustaceans include crab, shrimp, lobster, prawns and langoustines (which are used to make scampi). People who are allergic to crustaceans (Shell fish) need to avoid all types of crustaceans.

Molluscs

Molluscs include mussels, scallops, oysters, squid, cockles and winkle as well as land molluscs like snails. People who are allergic to molluscs need to avoid all types of molluscs.

Soya

Soya comes in different forms, for example, tofu (or beancurd), soya flour, lecithin E322 (if made from soya) and textured soya protein. It is found in many foods including certain types of ice cream, sauces, desserts, meat products and vegetarian products.

Cereals containing gluten

People who have gluten intolerance (also called Coeliac disease) need to avoid foods containing gluten, a type of protein found in cereals such as wheat, rye, barley, spelt and kamut (and possibly oats), and foods made from these. Wheat flour is used in many foods such as bread, pasta, cakes, pastry and gravies. Watch out for soups and sauces thickened with flour, foods that are dusted with flour before cooking, batter and breadcrumbs. Flours made from other foods such as maize, rice, millet or buckwheat do not contain gluten.

Even though there are many products on the Eddie Rockets menu, that do not directly contain gluten, Eddie Rockets is not a gluten free restaurant and cannot guarantee no cross contamination of the food will occur on the grill or in surrounding areas.

Sesame seeds

Sesame seeds are often used on bread and breadsticks. Sesame paste (tahini) is used in some Greek and Turkish dishes, including houmous. Watch out for sesame oil used for cooking or in dressings.

Celery/Celeriac

People who are allergic to celery can also react to celeriac (the root of the plant). Celeriac and celery are sometimes used as an ingredient in salads and soups or served as a vegetable. Watch out for celery salt, which is used as a seasoning in lots of foods, such as soups and meat products. Also look out for celery seeds, which are used as a spice.

Mustard

People who are allergic to mustard will react to any food that comes from the mustard plant, including liquid mustard, mustard powder, the leaves, seeds and flowers, and sprouted mustard seeds. Mustard is sometimes used in salad dressings, marinades, soups, sauces, curries and meat products.

Lupin

The major allergens in lupin are also found in peanuts, so people allergic to peanuts could also react with lupin. Lupin is mainly used in flour-based products such as pastry, pasta and batter coatings. People with nut/peanut allergy should avoid foods containing lupin.

Sulphur dioxide and sulphites

For some people with asthma, sulphur dioxide can trigger an asthmatic response. Sulphur dioxide and sulphites (E220-E228) are used as preservatives in a wide range of foods, particularly meat products such as sausages, soft drinks, and dried fruit and vegetables. Sulphur dioxide is also found in wine and beer.

Eddie Rockets takes food allergies very seriously. Every effort has been made to identify ingredients in our menu items that may cause allergic reactions. Occasionally, a food manufacturer may change their formulas without notice and thereby making it nearly impossible to identify and label every allergen at all times. Therefore, customers concerned with food allergies should be aware of this risk.

X = Indicates allergen is present in food

T = Indicates traces of allergen may be present

NIBBLES	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	GLUTEN	TREE NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Texas Toast															
Slice garlic bread			X				X						T		Wheat
Breaded Onion rings							X								Wheat
Cheese Sauce			X								X				
Itzy Nachos:															
Tortilla Chips															
Salsa															
Cheese Sauce			X								X				
Jalapenos															
Sour Cream			X												
Guacamole					X					X					
Garlic Mushrooms:															
Breaded mushrooms							X								Wheat
Garlic Sauce					X					X					

Butter			X													
HAMBURGERS CONTINUED	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	GLUTEN	TREE NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information	
The Ultimate Veggie																
Veggie patty				X	X		X									Wheat
Lettuce																
Onion																
Tomato																
Pickle					X											
ER secret sauce					X					X						
The Shroom																
Mushroom			X				X									Wheat
Pepper																
Onion																
Applewood Cheese			X													
Tomato																
Lettuce																
Slider Sauce					X					X						
Fishy Fish!																
Cod Fish Fingers		X					X									Wheat
Cheddar cheese			X													
Lettuce																
Onion																
Tartare sauce					X					X						
Chicken Fillet																
Chicken fillet																
Lettuce																
Onion																
Tomato																
ER secret sauce					X					X						
Southern Fried Chicken Fillet																
Seasoned chicken fillet		X	X	X	X		X				X			X		Wheat
Cheddar cheese			X													
Coleslaw					X					X						
Tomato																
Lettuce																
Mayo					X					X						

ROCKET SLIDERS	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	GLUTEN	TREE NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Fries															
The Classic															
Slider Pattie														X	
American cheese			X												
Slider sauce					X					X					
NYC onions				X											
Slider buns			T				X	T		T	X		T		Wheat Traces: Rye, Barley,Oats, Walnuts
Pickle					X										
Chicken Sliders															
Chicken Fillet															
American cheese			X												
Slider sauce					X					X					
NYC onions				X											
Slider buns			T				X	T		T	X		T		Wheat. Traces: Rye, Barley,Oats, Walnuts

SKINNIES	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	GLUTEN	TREE NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
The Iceburger															
Beef patty														X	
Tomato															
Onion															
Dill Pickle					X										
ER secret sauce					X					X					
Lettuce leaves															
Skinny Beach															
4oz beef patty														X	
Low fat cheddar			X												
Onion															
Tomato															
Dill Pickle					X										
Lettuce															
Low fat ER secret sauce					X					X					
Whole Wheat bun							X	T		T			X		Wheat,rye,barley,oats. Traces: walnuts.
SuperBowl With Beef															
Beef patty														X	
Mixed Leaves															
Cherry tomatoes															
Red onion															
Dill Pickle					X										
Cheddar cheese			X												
ER secret sauce					X					X					
Honey mustard					X						X				
Super Bowl With Chicken															
Chicken fillet															
Mixed Leaves															
Cherry tomatoes															
Red onion															
Cheddar cheese			X												
ER secret sauce					X					X					
Honey mustard					X						X				
Veggie Super Bowl															
Veggie Patty				X	X		X								Wheat
Mixed Leaves															
Cherry tomatoes															
Red onion															
Dill Pickle					X										
Cheddar cheese			X												
ER secret sauce					X					X					
Honey mustard					X						X				

SANDWICHES	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	GLUTEN	TREE NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
BLT															
Grilled bacon															
Lettuce															
Tomato															
Red onion															
Mayo					X					X					
Coleslaw					X					X					
Brown bread							X				X				Wheat
White bread							X				X				Wheat
Club Sandwich															
Chicken fillet															
Grilled bacon															
Cheddar cheese			X												
Lettuce															
Tomato															
Mayo					X					X					
Coleslaw					X					X					
Brown bread							X				X				Wheat
White bread							X				X				Wheat

CHICKEN	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	GLUTEN	TREE NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
S. Fried Chicken Tenders B & C															
Chicken tenders		X	X	X	X		X				X			X	Wheat
BaconBits															
Cheese Sauce			X								X				
Garlic Sauce					X					X					
Cajun Sauce					X		X				X				Wheat, Barley
Buffalo Wings															
Chicken wings (NUDE)															
Celery sticks				X											
Blue cheese sauce			X		X					X					
Red hot sauce			X												
Cajun sauce					X		X				X				Wheat, Barley
Southern Fried Chicken Tenders															
Chicken tenders		X	X	X	X		X				X			X	Wheat
Garlic sauce					X					X					
Cajun sauce					X		X				X				Wheat, Barley
Mayo					X					X					

FRIES ETC.	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	GLUTEN	TREE NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Regular Fries															
Sweet Potato fries															
Sweet chilli sauce															
Garlic & Cheese															
Fries															
Garlic sauce					X					X					
Cheddar cheese			X												
Bacon & Cheese															
Fries															
Bacon bits															
Cheese sauce			X								X				
Chilli fries															
Fries															
Beef chilli							X								Wheat
Cheddar cheese			X												
Garlic Fries															
Fries															
Garlic sauce					X					X					
Cheese Fries															
Fries															
Cheese sauce			X								X				
Rocket Rings															
onion rings			X				X								Wheat
Garlic sauce					X					X					
½ & ½															
Breaded onion rings			X				X								Wheat
Fries															
Garlic					X					X					
Onion Strings															
Onion Strings			X	X	X		X							X	Wheat
Butter			X												
Seasoning															
Garlic Sauce					X					X					

FRIES ETC. CONTINUED	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	GLUTEN	TREE NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Frings															
Onion Strings			X	X	X		X							X	Wheat
Garlic Mayo					X					X					
Butter			X												
Garlic sauce					X					X					
Nachos:															
Tortilla Chips															
Salsa															
Cheese Sauce			X								X				
Jalapenos															
Sour Cream			X												
Guacamole					X					X					
Beef Chilli							X								Wheat
Chicken Fillet															
Garlic Mushrooms:															
Breaded mushrooms							X								Wheat
Garlic Sauce					X					X					
Triple Crown Fries															
Fries															
Cheese			X								X				
Cajun					X		X				X				Wheat and Barley
Garlic Dips					X					X					

	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	GLUTEN	TREE NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Little Rockets															
Slider Meal															
Mini hamburger														X	
Slider buns			T				X	T		X	X		T		Wheat. Traces: Rye, Barley,Oats, Walnuts
Fries															
Chicken Slider															
Chicken Breast															
Slider buns			T				X	T		X	X		T		Wheat. Traces: Rye, Barley,Oats, Walnuts
Fries															
Hot Dog Meal															
Beef sausage			X	X											
Hot dog roll			X				X	T			T		T		Wheat. Traces: Rye, Barley,Oats, Walnuts
Fries															
Chicken Nuggets															
Chicken nuggets							X			X					Wheat
Fries															
Golden Coddies Meal															
Fish Coddies		X					X								Wheat
Fries															
Chicken Fillet Salad															
Chicken Fillet															
Lettuce															
Tomato															
Carrots															
Cucumber															
Cheddar			X												
Mustard					X										
Fries															
Grilled cheese fingers meal															
Cheese fingers			X				X								Wheat
Fries															
Bowl of Mash															
Mashed potato			X				X								Wheat
Cookie Sandwich															
Cookie	T		X				X	T		X	X			X	Wheat

Ice cream	T		X					T	T								Traces of wheat, Hazelnuts
-----------	---	--	---	--	--	--	--	---	---	--	--	--	--	--	--	--	----------------------------

DESSERTS	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	GLUTEN	TREE NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Cookie Sandwich															
Cookie	T		X				X	T		X	X			X	Wheat. Traces of nuts.
Ice cream	T		X				T	T							Traces of wheat, Hazelnuts
The Perfect Brownie															
Brownie	T		X				X	T		X					Traces nuts
Ice Cream	T		X				T	T							Traces of wheat, Hazelnuts
Brownie Sundae															
Ice Cream	T		X				T	T							Traces of wheat, Hazelnuts
Chocolate Sauce															
Cream			X												
Brownie	T		X				X	T		X	X				Wheat. Traces of nuts.
Momma's Apple Pie															
Apple Pie	T		X				X	T		X	X			X	Wheat. Traces of nuts.
Ice Cream	T		X					T							
Cream			X												
Knickerbocker Glory															
Fruit Cocktail															
Vanilla Ice Cream	T		X				T	T							Traces of wheat, Hazelnuts
Chocolate Ice Cream	T		X				T	T							Traces of wheat, Hazelnuts
Strawberry Ice cream	T		X				T	T							Traces of wheat, Hazelnuts
Cream			X												
Cherry															
Sirup															
Strawberry Cheese Cake															
Strawberry Cheese Cake	T		X				X	T		X	X			X	Wheat. Traces of nuts.
Smarties Sundae															
Strawberry Ice Cream	T		X				T	T							Traces of wheat, Hazelnuts
Vanilla Ice Cream	T		X				T	T							Traces of wheat, Hazelnuts
Cream															
Smarties			X					X							
Strawberry Sauce															
Single Scoop															
Vanilla Ice Cream	T		X				T	T							Traces of wheat, Hazelnuts
Chocolate Ice Cream	T		X				T	T							Traces of wheat, Hazelnuts

