

Menu Allergen Chart

Restaurant	Menu version or date	Checked by
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TAKING AN ALLERGY ORDER

- ☐ The server writes the allergy on the ticket and tells the person in charge.
- ☐ Check the chart and the ingredient labels, including sauces, garnishes, and fryer oil. If you aren't sure, say so. Never guess.
- ☐ The cook washes hands, puts on fresh gloves, and uses a clean, sanitized purple board, utensils, and pan.
- ☐ Don't fry in shared oil, or use a dedicated fryer.
- ☐ Plate it apart from other food, and have the cook or the manager carry it straight to the guest and confirm the allergy.

PREVENTING CROSS-CONTACT

- ☐ Wash, rinse, and sanitize boards, knives, and surfaces after they touch an allergen; a wipe isn't enough.
- ☐ Clean and sanitize equipment used for raw fish or shellfish before it touches any other raw meat or poultry (§4-602.11).
- ☐ Store allergen ingredients covered, labeled, and below or apart from other food.
- ☐ Keep the original labels of bulk ingredients, or copy the allergen information onto the new container.

CHART CHANGES

DATE	MENU ITEM	WHAT CHANGED	INITIALS

The Food Code is a model, not federal law: it applies once your state or local health department adopts it, often with changes, and local rules can be stricter. Confirm with your health department. Section numbers are from the FDA Food Code 2026. Explained in plain English at www.foodhandlergear.com/restaurant-food-allergen-policy.html. © 2026 FoodHandlerGear. Free to print and share. **Editable written procedures and illness policy: Food Safety Plan Kit, \$29, www.foodhandlergear.com/kit.**

TELLING CUSTOMERS

- ☐ Tell customers in writing which major food allergens are in unpackaged food, such as with menu symbols, a table tent, or a brochure (§3-602.12).
- ☐ Food you package yourself names the source of each major food allergen on the label (§3-602.11).
- ☐ Check your state's own rules: some require a menu notice or an allergen poster.

IF A GUEST HAS A REACTION

- ☐ Call 911 for trouble breathing, wheezing, or swelling of the lips, tongue, or throat. Reactions can turn severe fast.
- ☐ Tell the person in charge, and keep the food and its packaging.
- ☐ Write down what was served, what happened, and who made it.

TRAINING

- ☐ The person in charge can name the major food allergens and the symptoms they cause (§2-102.11).
- ☐ Every employee is trained in food allergy awareness for their job (§2-103.11(O)).