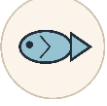


The 14 mandatory declarable allergens

In accordance with Regulation (EU) No 1169/2011 (Annex II) and Royal Decree 126/2015, every establishment must provide written information regarding the presence of these substances in its dishes and menus prior to purchase.

Icon	Allergen	Description
	1. Gluten	Cereals containing gluten: wheat, rye, barley, oats, spelt, Kamut, or their hybrid varieties, and derived products (bread, pasta, battered foods, flour-thickened sauces, etc.).
	2. Crustaceans	Shrimp, prawns, Norway lobsters, lobster, spider crab, crab, and other crustaceans, as well as any product made from them.
	3. Eggs	Eggs and egg products, also found in mayonnaise, batters, fresh pasta, pastries, and many sauces.
	4. Fish	Fish and fish-based products, including stocks, sauces, and pâtés (excluding fish gelatin used as a carrier for vitamins).
	5. Peanuts	Peanuts and products thereof: oil, paste, flour, or traces present in sauces, snacks, and baked goods.
	6. Soy	Soy and soy-based products: soy sauce, tofu, soy lecithin, oils, and textured vegetable proteins.
	7. Milk	Milk and products thereof, including lactose: cream, butter, cheese, yogurt, and products containing them.
	8. Nuts	Almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios, macadamia nuts, and their derivatives.
	9. Celery	Celery and products thereof, present in broths, soups, seasonings, and spice blends.
	10. Mustard	Mustard and products thereof: sauces, dressings, marinades, and vinaigrettes.
	11. Sesame seeds	Sesame and sesame-based products: seeds, oil, tahini, and seeded breads.

Icon	Allergens	Description
	12. Sulphur dioxide and sulphites	At concentrations exceeding 10 mg/kg or 10 mg/L (expressed as SO ₂). Common in wine, dried fruits, and some vinegars.
	13. Molluscs	Mussels, clams, squid, octopus, cuttlefish, scallops, and other molluscs, and products made from them.
	14. Lupin beans	Lupin and products thereof, present in some flours, breads, and legume substitutes..

In addition to these 14 groups, there are people allergic to other foods not included in the list (for example, fruits or legumes). If you have any questions regarding the ingredients of a dish, always consult the establishment's staff before placing your order.