



Allergy Declaration



I take food allergies and intolerances very seriously. However, due to the nature of my baking environment, I cannot guarantee that my cakes are completely free from allergens.

My cakes are made in a kitchen that handles a variety of ingredients, including the 14 allergens listed in UK food law:

- Celery
- Cereals containing gluten (such as wheat, rye, barley, and oats)
- Crustaceans (such as prawns, crabs and lobsters)
- Eggs
- Fish
- Lupin
- Milk
- Molluscs (such as mussels and oysters)
- Mustard
- Nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)
- Peanuts
- Sesame seeds
- Soya
- Sulphur dioxide and sulphites (if the sulphur dioxide and sulphites are at a concentration of more than 10 parts per million)

I recommend that you do not consume my cakes if you have a severe allergy or intolerance to any of these ingredients.

If you have any questions or concerns about my products, please contact me.

