

DISH	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Tree Nuts	Celery	Mustard	Sesame	Sulphur Dioxide / Sulphites	Lupin	Molluscs
TAGINE (all served with couscous – contains gluten)														
Lamb Tagine – Prune, Apricots, Roasted Sesame	●										●			
Slow Cooked Beef Tagine (roasted onion, green peas, potatoes)	●								M					
Chicken Tagine – Potatoes, Olives & Pickled Lemon	●													
Chicken Tagine – Prunes, Dried Apricots & Sesame	●										M			
Vegetable Tagine – Prunes, Apricot, Raisin, Honey, Saffron (VG)	●													
FISH (all served with saffron rice or fries)														
Grilled Seabass Fillet with Moroccan Spices				●										
Grilled Marinated King Prawns (garlic, tomato)		●												
Mix Fish Platter (seabass, king prawns & calamari)		●		●										●
Fish Tagine (cod, king prawns, tomato, garlic, spice)		●		●										
Grilled Octopus, Olive Oil, Herbs														●
FROM THE GRILL (all served with saffron rice or fries)														
Lamb Cutlet (4, medium cooked)														
Marinated Butterfly Chicken Breast														
Mix Grill (chicken, lamb cutlet & merguez)	●													
Grilled Merguez (lamb sausage with spices)	●													
VEGAN DISHES & SALAD MAINS														
Couscous with Root Vegetables & Chickpea Sauce (VG)	●													
Marrakech Salad (grilled chicken, tomato, olive, pickled red onion)														
Casablanca Salad (falafel, chickpeas, olives, pickled red onion, tahini) (V)	●										M			
Moroccan Wrap with Chips	●		M				M							
DESSERTS														
Baklava (pastry, honey, mixed nuts, sesame)	●		M					●			●			
Turkish Delight								M						
Kanafeh Cheese	●						●	M						
Chocolate Cake & Rose Water Cream	●		●				●	M			M			
Fresh Fruit Salad and Orange Flower														
Selection of Baklava & Turkish Delight	●		M					●			●			

SOUK RESTAURANT — ALLERGEN MANAGEMENT: COMPLIANCE RECORD

LEGAL OBLIGATIONS

Food Information Regulations 2014 (UK FIR 2014)

Requires food businesses to provide allergen information for all 14 major allergens when present as ingredients in any food sold or provided. Information must be accurate, legible and available to customers before they order.

Natasha's Law (Oct 2021)

Requires full ingredient labelling and allergen emphasis (bold) on all pre-packed for direct sale (PPDS) food. Applies to any food prepared and packed on the same premises for sale to the customer (e.g. packaged sandwiches, wraps).

Food Safety Act 1990 & General Food Law

Requires food to be safe, of the nature and quality expected, and not misleadingly presented. Allergen misrepresentation may constitute a criminal offence.

FSA Allergen Guidance (2023)

Businesses must have a documented allergen management system, train staff, keep records, and clearly communicate allergen information to consumers.

The 14 Major Allergens (as listed in UK FIR 2014 Annex II)

1. Cereals containing gluten (wheat, rye, barley, oats, spelt, kamut)
2. Crustaceans
3. Eggs
4. Fish
5. Peanuts
6. Soybeans
7. Milk
8. Tree nuts (almond, hazelnut, walnut, cashew, pecan, brazil, pistachio, macadamia)
9. Celery
10. Mustard
11. Sesame seeds
12. Sulphur dioxide & sulphites (>10mg/kg)
13. Lupin
14. Molluscs

OPERATIONAL PROCEDURES

Staff Training

All food handlers and front-of-house staff must receive allergen awareness training before handling food. Training records must be kept and available for inspection. Annual refresher training is required.

Menu Accuracy

This allergen matrix must be reviewed every time a recipe, supplier or ingredient changes. The Head Chef or Manager must sign and date after each review.

Cross-Contamination Controls

Separate utensils, chopping boards and preparation areas must be used for allergen-free dishes where possible. Staff must wash hands between handling different allergen-containing foods.

Customer Communication

This allergen menu must be available to all customers. Staff must proactively direct customers with allergies to speak with the manager before ordering.

Supplier Verification

Ingredient specifications and allergen declarations from all suppliers must be kept on file and reviewed when suppliers or product formulations change.

ALLERGEN INFORMATION SIGN-OFF

Review Date	Changes Made	Reviewed By (Print Name)	Signature	Position / Role

MANAGER'S DECLARATION

I confirm that the allergen information contained in this document is accurate to the best of my knowledge at the time of review, that all staff handling food have received allergen awareness training, and that this document is kept up to date in accordance with the UK Food Information Regulations 2014 and FSA guidance.

Manager Name: _____ Signature: _____ Date: _____ FHR Rating: _____