

Allergen guide

Cross-contamination of allergens can never be completely eliminated in our kitchen, but Leo handles your food allergy carefully. For more information, you can always reach out to one of Leo's team members; Leo is happy to assist you!



Gluten

Gluten-containing cereals, namely wheat, rye, barley, oats, spelt, and kamut, or products made from gluten-containing cereals. Common terms include flour, malt, meal, bran, and starch.



Soy

Soy and products based on soy, such as ketjap shoyu, tamari, soy sauce, lecithin (=E322), and okara.



Milk

Milk and milk-based products (including lactose) from animals. Products like casein, (whipped) cream, sour cream, whey (powder), and ghee (=clarified butter).



Celery

Celery and celery products such as the leaf, root, and stalk. Other names for celery include celeriac and sellerie.



Sulfur Dioxide

Sulfite, sulfur dioxide, and sulfites in concentrations exceeding 10 mg/kg. Sulfur dioxide, preservatives (= E220 through E228).



Sesame

Sesame and products made from sesame seeds, including tahini.



Peanuts

Peanuts. Peanuts and products made from peanuts. A peanut is not a nut but a legume that grows underground.



Mollusks

Mollusks and products made from mollusks. Other names include mussels, oysters, squid, snails (whelks, periwinkles), calamari, seafood, paella, escargots, octopus, and abalone.



Shellfish

Shellfish and products made from shellfish, including prawns, scampi, langoustines, seafood, shrimp paste (trassi), samual, surimi, sushi, and prawn crackers..



Nuts

Almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios, macadamia nuts, or products thereof.



Fish

Fish and products made from fish, such as gelatin, aspic, roe, omega-3. Common products include anchovy paste, sardine paste, Asian spices, bouillabaisse, Worcestershire sauce, soy sauce, sushi, and vitello tonnato.



Mustard

Mustard and products made from mustard, including mustard seeds and mustard paste/sauce.



Lupin

Lupin and products made from lupin, including beans and vegetarian meat substitutes.



Egg

Egg and products made from egg, including albumen and lysozyme (= E1105).