

Bought-in food – watch out for:

- Nuts or peanuts in **pesto**
- Unrefined nut oils in **salad dressings**
- Marzipan/frangipane (made from almonds) or praline (made from hazelnuts) in **cakes**
- Peanuts or almonds in **coronation chicken**
- Nuts in **cheesecake** bases
- Tahini (made from sesame seeds) in **Hummus**
- Milk, peanut or almond flour in **sauces**
- Soya flour in **burgers, sausages, cakes, pastries and biscuits**
- Fish in **Worcestershire sauce**