



Marc-Pierre's Kitchen Free From Declaration and Allergen policy.

Free From Declaration

I Marc-Pierre Campos can declare as a Life Long Coeliac that My Kitchen and the Dishes that I produce to be FREE FROM GLUTEN.

Further as a LACTOSE intolerant person that the use of Dairy is kept to an absolute minimum and/or an alternative is offered as a substitute to one containing Lactose.

Furthermore I can Declare since that Fateful day that Natasha Lost her Life my Kitchen environment to be entirely FREE FROM ALL Types of NUT and PEANUT.

I can declare this as I personally receive all my Products Fresh on a Daily basis and not only prepare them all but also cook and plate every item in Person.

Every Dish is Homemade and freshly prepared in My Kitchen by Me everyday so control of all ingredients and recipes is not at all difficult.

We have segregated areas in the kitchen/ preparation environment where allergens can be controlled at all times.

Key equipment is segregated & Colour coded or made bespoke for making allergen-free recipes. Including separate equipment such as mixers and toasters. As is the storage environment of ingredients and finished dishes.

We have an effective cleaning regime in place that is validated and verified to consistently remove any possible traces of specific allergens.

All My Team Here at Marc-Pierre's Kitchen have had suitable allergen training and they understand the importance of cross contamination controls and their relevance.

We also Ensure that there is effective communication to the customer and between Front and Back of House.

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This will be reflected in our prices and your wait time.....

Glossary

Free-from

Foods made without certain common allergenic ingredients, such as milk, egg or cereals containing gluten in a controlled environment which have been scientifically demonstrated to be below the analytical limit of detection of a testing method.

Gluten

A protein fraction from wheat, rye, barley, oats or their crossbred varieties and derivatives thereof, to which some persons are intolerant and which is insoluble in water and 0,5 M sodium chloride solution. (Regulation (EU) No 828/2014)

Gluten-free

The statement "gluten-free" may only be made where the food as sold to the final consumer contains no more than 20 mg/kg of gluten. (Regulation (EU) No 828/2014)

Lactose

A disaccharide of glucose and galactose and the primary sugar of mammalian milk. Lactose intolerance is not to be confused with intolerance or allergy to (cow's) milk proteins.

Food allergy

An adverse reaction to a food that involves the immune system and can be a potentially life threatening condition. Symptoms can appear within minutes, or up to several hours after a person has eaten a food they are allergic to. There is no cure for food allergy. An allergic individual must avoid the food which makes them ill.

Food intolerance

Most food intolerances do not involve the immune system and are generally not life-threatening. However, they can make someone feel very ill or affect their long-term health. Examples of food intolerance include lactose and gluten intolerance.

Food allergen

This is the substance in a food that can cause an allergic reaction. Allergens are normally proteins and in some people, the immune system thinks allergens are foreign or dangerous. The immune response to these allergenic proteins is what leads to allergic reactions. The EU states 14 specific foods which are of public health importance (most potent and prevalent food allergens in Europe)

Cross-contamination

The unintentional presence of another substance in the final product. In the context of allergens, it usually refers to trace amounts of allergenic foods which, whilst not of themselves unwholesome, may be problematic for those suffering from particular allergies.

Anaphylaxis & Anaphylactic

Anyone can develop food hypersensitivity at any point in their life. Food hypersensitivities are life-changing, and often the only way to manage them is by careful control of what the person consumes. Allergic reactions can be life-threatening, known as anaphylaxis or anaphylactic shock, it occurs because the body's immune system has overreacted to an allergen. It can cause swelling of the airways, and the person will need immediate medical attention. Severe allergies can be triggered by even trace amounts of the allergen in the food consumed.

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Allergen policy



Marc-Pierre's Kitchen always take account of all ingredients used in a food item, including hidden allergens. For example:

Celery

refers to the stalks, leaves and seeds of both celery and celeriac, including celery salt.

Cereals containing gluten

include bread, pasta, pastry, cakes, royal icing, sauces, soups and batter.

Crustaceans

include lobster, prawns, crab, scampi and pastes made with these.

Eggs

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Eggs

can be found in pasta, quiche, sauces, cakes, mousses and mayonnaise, or items may be brushed with an egg glaze.

Fish

can be found in salad dressings, on pizza and in Worcestershire sauce.

Lupin flour and seeds

are used in some pastries and bread and often in products labelled as gluten free.

Molluscs

include squid, snails, mussels and oysters, including oyster sauce.

Milk

can be found in cheese, butter, cream and yoghurt. Items may also be brushed with a milk glaze or contain milk powder.

Mustard

refers to seeds, powder and liquid mustard and is often found in dressings and marinades, sauces, curries and soups. Cress also contains the substance which causes a reaction to mustard.

Nuts

such as almonds, Brazil nuts, hazelnuts, pecans, pistachios and cashews, macadamia and walnuts, are commonly used in desserts, bread, ice cream and sauces, whether whole, ground or as an oil.

Peanuts

including peanut flour (groundnuts) and groundnut oil, can be found in desserts, cakes and sauces.

Sesame seeds and sesame oil

are often found in bread, hummus, tahini and stir-fried dishes.

Soya

refers to soya protein, flour and beans and can be found in tofu, sauces, edamame beans, desserts and many vegetarian and vegan products.

Sulphur dioxide and sulphites

are preservatives commonly found in dried fruit, fruit juice, meat products, wine and beer. (Concentrations of more than 10mg/kg or 10mg/litre)

Any changes to suppliers or to the product or ingredient that is delivered to Marc-Pierre's Kitchen **MUST** be checked and updated with the latest information.

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Allergen policy Procedures

The following lists the procedures we have in place to minimise the risk of allergenic cross-contamination in the kitchen and how we reduce risk to staff, visitors and customers of Marc-Pierre's Kitchen.

All ingredients come Fresh from Local and reputable suppliers. Any changes in suppliers will be detailed, and full traceability records shall be kept.

When allergenic ingredients are kept in-house, they are stored separately and in sealed containers on lower shelves.

Thoroughly clean food preparation surfaces using the two-stage cleaning technique after using allergenic ingredients.

Carefully clean up any spillages of allergenic ingredients as soon as they occur. Use a single-use cloth, not a reusable one.

Ensure that food handling equipment, such as mixers, blenders, processors and weighing scales, is cleaned thoroughly before using it for an allergen-free product.

When cleaning food handling equipment, dismantle it carefully to ensure all parts are cleaned and no allergenic residue, such as powders and seeds, is left in hard-to-reach places.

Use designated, colour-coded cleaning equipment to clean areas where allergen-free foods are prepared.

Only use the same utensils for allergenic and allergen-free foods after thoroughly cleaning them in between uses.

Staff wash their hands properly using the correct technique before and after handling of allergenic ingredients and food products.

All the Team at Marc-Pierre's Kitchen have received training on what to do in an emergency. As part of their annual refresher training, all staff will complete this training annually.

Marc-Pierre himself is a qualified first aider and is always on site and will be able to assist in the event of an emergency situation.

Marc-Pierre knows how to administer an auto-injector if their assistance is required.

If a customer is having a severe allergic reaction:

Ensure the casualty is comfortable, ideally lying down or sitting in a chair. If breathing is difficult, assist them in lying down, and raise their legs.

If the person has an auto-injector, such as an EpiPen, Jext Pen or Emerade Pen, ask them to locate and use it. The casualty might be able to inject themselves, otherwise, you can assist them if you know how.

Marc-Pierre's Kitchen policy on administering auto-injectors is that a qualified first aider can administer it as they have received adequate training.

Call 999 for an ambulance as soon as possible and explain that the person is having a severe allergic reaction, mentioning anaphylaxis specifically. Reassure the person and do your best to keep them calm.

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