

•FOOD ALLERGY ALERT•

**I HAVE A
SEVERE FOOD
ALLERGY**



**Contact with any egg
product can be
life-threatening to me.**



In preparing my food, I ask you to please:

- Consider where egg might be “hidden”
- Avoid cross contamination by preparing my dishes separately and using separate or thoroughly cleaned utensils and prep surfaces
- Do not fry ingredients in cooking oil used to fry other foods containing egg

Keep in mind!

Examples that may contain egg:

Albumin (also spelled albumen); alcoholic/specialty coffee drinks; baked goods; beer; breaded meats; cereal; candy; cappuccino; egg (dried, powdered, solids, white, yolk); icing; lecithin; lysozyme; marshmallows; marzipan; mayonnaise; meatballs; meatloaf; meringues; nougat; ovalbumin; pancakes; pasta; pies; pudding; salad dressings; sauces; sausage; soups; surimi; waffles; wine.

The list does not stop here, so if something is questionable, please let me know.