

ALLERGENS:

At Mrs Portly's Kitchen we try to cater for all dietary requirements. However, due to the nature of our kitchen and the different courses we offer, we are unable to cater for all specific dietary needs.

Please note that our kitchen is not an allergy* free environment. This document outlines how we cater for dietary requirements:

1. Please notify us at the point of booking if you have a dietary requirement. We must know in advance if you have a severe allergy, mild allergy, severe dietary intolerance or are unable to eat meat or specific animal products. We will let you know immediately if we are not able to accommodate you
2. Our kitchen is a domestic kitchen with all areas used for all types of food preparation. Because of this we are unable to accept people who have a severe allergy to commonly used ingredients as we cannot guarantee our kitchen to be free from these
3. With enough notice, certain ingredients on some courses can be substituted; however, please note that this option is not viable on all courses
4. Where classes require guests to weigh and handle their own ingredients we cannot guarantee that fellow guests will not cause cross-contamination, even though every effort is made to supervise and avoid this
5. When you are served any food on the day (eg lunch and welcome cookies), please ask us for allergen information about the dishes
6. Please note that we have two very friendly cats. If you have a severe cat allergy, this may not be the course for you.

ELECTRICAL IMPLANTS:

We use induction hobs. If you have a pacemaker or an electrical implant such as an insulin pump, please check with the manufacturer of your device before booking on a course and inform us accordingly.

MOBILITY ISSUES:

While we try to be as inclusive as possible, the courses are held in a 16th century Listed Building with numerous levels and steps and sometimes uneven floors. Regrettably it is therefore unsuitable for people with wheelchairs or with other severe mobility issues.

STATINS: Please inform us if you take statins or other drugs which preclude the use of certain ingredients such as grapefruit.

**The 14 allergens listed by the UK Food Standards Agency are as follows:*

- *celery*
- *cereals containing gluten – including wheat (such as spelt and Khorasan), rye, barley and oats*
- *crustaceans – such as prawns, crabs and lobsters*
- *eggs*
- *fish*
- *Lupin*
- *milk*

- *molluscs – such as mussels and oysters*
- *Mustard*
- *tree nuts – including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts*
- *peanuts*
- *sesame seeds*
- *soybeans*
- *sulphur dioxide and sulphites (if they are at a concentration of more than ten parts per million)*