



What are the 14 Allergens?

1. **Cereals containing gluten**, namely: wheat (such as spelt and khorasan wheat), rye, barley, oats or their hybridised strains, and products thereof, **except:**
 - a) wheat based glucose syrups including dextrose
 - b) wheat based maltodextrins
 - c) glucose syrups based on barley
 - d) cereals used for making alcoholic distillates including ethyl alcohol of agricultural origin
2. **Crustaceans** and products thereof
3. **Eggs** and products thereof
4. **Fish** and products thereof, **except:**
 - a) fish gelatine used as carrier for vitamin or carotenoid preparations
 - b) fish gelatine or Isinglass used as fining agent in beer and wine
5. **Peanuts** and products thereof
6. **Soybeans** and products thereof, **except:**
 - a) fully refined soybean oil and fat
7. **Milk** and products thereof (including lactose), **except:**
 - a) whey used for making alcoholic distillates including ethyl alcohol of agricultural origin
 - b) lactitol
8. **Nuts**, namely: almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts, and products thereof, except for nuts used for making alcoholic distillates including ethyl alcohol of agricultural origin
9. **Celery** and products thereof
10. **Mustard** and products thereof
11. **Sesame seeds** and products thereof
12. **Sulphur dioxide and sulphites** all wine contains Sulphites, we do not add Sulphites to our food only wine
13. **Lupin** and products thereof
14. **Molluscs** and products thereof

Proud to be members of:



[The Burren & Cliffs of Moher](#) region has achieved UNESCO-supported Global Geopark Status in recognition of the region's significant geological, ecological and cultural value, as well as its sustainable tourism practices.



The members of the Burren Food Trail are committed to building a sustainable future for the region. Each of the featured restaurants offers a Burren Food Trail Signature Dish to savour. Each member has achieved recognised quality awards and standards, and has also signed up to the Burren Food Trail Customer Promise: you will find staff who are knowledgeable about the regional food story, menus which state the source of local produce, information on local food events and markets as well as a commitment to maximise the use of local ingredients in all prepared food.



B.E.N. is a network of tourism enterprises with the objective of establishing the Burren as a premier internationally-recognised sustainable tourism region ensuring the future economic and social growth and sustainable development of its communities, environment and heritage. It seeks to support continued training, mentoring and accreditation in sustainable tourism for its members and for businesses interested in joining the Network.