

Sunday Social At Home

Allergen & Dietary Guide

For our UK-wide grazing, brunch, sweet and gifting boxes.

Important

This guide is intended to help customers discuss allergies and dietary requirements with us before ordering. Exact ingredients can vary by product, supplier and seasonal substitution. We cannot confirm a box as suitable for a specific allergy until the order and requirement have been reviewed.

The 14 allergens we ask customers to tell us about

Allergen	Examples / notes
Celery	including celeriac
Cereals containing gluten	wheat, rye, barley and oats
Crustaceans	such as prawns, crab and lobster
Eggs	including foods made with egg
Fish	including fish-based ingredients
Lupin	including lupin flour
Milk	including cheese, butter and cream
Molluscs	such as mussels and squid
Mustard	including mustard-based sauces
Nuts	including almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios and macadamias
Peanuts	including peanut ingredients
Sesame	including seeds and sesame-based ingredients
Soya	including soy-derived ingredients
Sulphur dioxide / sulphites	often found in some dried fruit, chutneys and preserved foods

Dietary requests

We can review requests such as vegetarian, vegan, gluten-free or dairy-free preferences, but availability and suitability depend on the specific product and ingredients being used. A dietary preference is not the same as an allergy-safe preparation.

Cross-contact

Our boxes can contain a number of different foods in close proximity. If you have a severe allergy, please contact us before ordering. We will tell you whether we are able to accommodate the requirement safely; we will not make an allergy-safe promise unless we can support it operationally.

How to order with a requirement

1. Choose your box. 2. Select the dietary requirement on the product page. 3. Give us full details of what must be avoided. 4. For severe allergies, contact us before placing the order. 5. We may contact you if we need more information or if we cannot safely fulfil the request.

This guide should be reviewed and updated whenever recipes, suppliers or ingredients change.