



ANDERSON CATERING

CREATIVE DINING FROM AROUND THE WORLD

Catering Allergen & Dietary Guide

This guide is designed to help you order food appropriately for guests with specific dietary requirements. Please feel free to ask us about individual dish ingredients.

Vegetarian Food

Definition: Does not contain meat, poultry, fish, or seafood.

- ✓ Includes: dairy (milk, cheese), eggs, vegetables, grains, legumes
 - ✗ Excludes: beef, chicken, pork, lamb, fish, shellfish, gelatine (animal-based)
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Pescetarian Food

Definition: A vegetarian-style diet that includes fish and seafood but excludes meat and poultry.

- ✓ Includes: fish, shellfish, dairy, eggs, vegetables
 - ✗ Excludes: red meat, poultry (chicken, turkey), animal-derived gelatine
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Vegan Food

Definition: Contains no animal products at all.

- ✓ Includes: vegetables, grains, fruits, legumes, nuts, plant oils
 - ✗ Excludes: meat, fish, dairy, eggs, honey, animal-derived ingredients (e.g., gelatine)
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Gluten-Free Food

Definition: Free from gluten, a protein found in wheat, barley, rye, and their derivatives.

- ✓ Includes: rice, corn, potatoes, legumes, certified gluten-free grains
- ✗ Excludes: wheat flour, pasta, breads, soy sauce (unless certified gluten-free)

① Note: All gluten-free items must be prepared in a gluten-free environment to avoid cross-contamination for those with coeliac disease.



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Halal Food

Definition: Permissible under Islamic law; applies mainly to meat and how it is prepared.

✓ Includes: halal-certified meat (slaughtered according to Islamic rites), fish, vegetables, dairy

✗ Excludes: pork, pork products, alcohol (including in sauces), non-halal meat

① Note: All meats must be certified halal by a recognised authority.

Dairy-Free

Definition: Contains no milk or milk-based ingredients, including cream, butter, yoghurt, and cheese.

✓ Includes: plant-based milks (soy, almond, oat), vegetables, fruits, grains, eggs

✗ Excludes: all forms of cow's milk, goat's milk, whey, casein, lactose-containing products

① Note: Suitable for those with dairy allergies or lactose intolerance.

Lactose-Free

Definition: Contains no lactose, the natural sugar found in milk.

✓ Includes: lactose-free dairy products (e.g. lactose-free milk), plant-based foods

✗ Excludes: standard dairy products (unless lactose-free)

① Note: Different from dairy-free, lactose-free may still contain milk proteins.

Kosher Food – please note, Anderson Catering is currently unable to provide Kosher Food as we are unable to meet the requirements below.

Definition: Prepared according to Jewish dietary laws (kashrut).

✓ Includes: foods with kosher certification, separate meat and dairy, approved meat slaughter

✗ Excludes: pork, shellfish, mixing of meat and dairy, non-certified foods