

Allergens within alcohol

The science bit...

Allergens can be easily hidden and overlooked when it comes to the drink's & cocktail menus and their serving equipment. The main allergens are Milk, Egg (shells finings, white & yolk), Gluten containing cereals, sulphites, celery (salt) fish (isinglass filtering) and Crustaceans (Straws) The allergens could be used as an ingredient initially, added after distilling or when filtering the product.

When taking orders for drinks, it is just as important to ask about allergies, and if cocktails are being ordered share information that there are allergens in the cocktails in case they are sharing with friends – *A Recent death was reported of a University student, 18, who was allergic to dairy products, he died on a Spanish holiday after going into anaphylactic shock from drinking milk-containing Pina Colada cocktail – The bar man had substituted coconut milk for milk.* – [Link for full story](#)

Awareness of Cross-Contamination is particularly important when it comes to serving alcohol, be sure to thoroughly clean any equipment such as blenders, shakers and glasses. Be careful not to dip soft drink dispensers into beer. Clean spillages of beer on worktops and hands and avoid wiping down with dirty cloths

Wine and ciders tend to contain sulphites, which acts as a preservative. Wine with more colour (red) tends to contain less sulphites than clear wines as more naturally occurring. Sulphites were added as one of the #14 allergens as it can cause an asthma attack leading to an allergic reaction.

Symptoms of an allergic reaction

Individuals can vary in the way their body responds, from mild to a severe reaction. Common symptoms include skin rashes, skin flushing, trouble breathing (asthmatic reaction), stomach cramps, collapse, and anaphylaxis.

Some serving eco straws on the market are made of wheat and crustaceans – and have been known to cause a reaction – ensure if using you have strict processes in places when handling and making the customer aware – signs are recommended.

Beer and lagers can cause reactions as both can be made from hops, barley, and wheat; yeast can also be an issue for some.

Spirits which are made using allergens can be deemed as safe for the FHS customer, the spirit should be prepared in a properly controlled distillation process, and not present in amounts above 1mg/L. However, some may react to smaller quantities, and it is still best to heed warnings on labels and place information on drinks menu's as appropriate. – **COMMUNICATION IS KEY!**

Note: If using aquafaba (Chickpea juice) in place of egg white, clearly label as there is a growing number of people with a legume allergy

Allergens can be found in:

Tree Nuts – Contains or May contains

Seasonal brews of beer (Dirty Squirrel), Cherry Heering liqueur. Almond syrups, Gins (Almond & Hazelnut) Crème liquors where nuts syrups are added after distillation, Vegan Baileys (Almond milk)

Peanuts: Some beers are flavoured, mainly in the US

Eggs: Advocaat,

Milk – Casein (fining) Noilly Prat, Baileys, Stout beer and cream ales – ready mix cocktails, Limoncello Crème, Amarula Cream

Cocktails:

Eggs:

Decorating the rim of glasses with egg white
White Lady: Whiskey sour, Eggnog, gin fizz, prairie oyster (yolk)

Milk: White Russian, Brown cow, some pina colada's,

Celery: Bloody Mary's (Worcester Sc – Fish) sticks as garnish, celery salt can be added to many cocktails as garnish

Soya: Soy sauce used flavouring and soya milk can be substituted in cocktails for a vegan option

Note: Gluten free beer can be made from codex wheat, where gluten is removed from the product, the beer would not be suitable for those with a wheat allergy. Other gluten free grains can be used for beer e.g.: corn, rice, sorghum, buckwheat, millet and quinoa

[Click here](#) to check The Ultimate list of alcohol containing nuts: **NOTE:** Some may have nuts prior and some after distillation

<https://foodallergyaware.co.uk/resources/factsheets/>

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