

dietary  
&  
allergen  
policy

**PURE**  
CATERING

# dietary & allergens

Pure Catering loves providing our guests with safe and enjoyable meals that are tailored to their individual needs whilst ensuring best practices are followed to mitigate adverse reactions amongst those with dietary requirements. To ensure our guests safety, we are one of the few catering companies that employ a full-time dietitian who can assist with selecting a great menu that suits the majority of your guests.

## Standard dietary inclusions in menus

Our current menus offer our guests a variety of options which are suitable for those with certain dietary needs, including those with gluten intolerance (not suitable for coeliac disease), dairy intolerance, vegetarians, vegans and nut sensitivities. Whilst all precautions are taken by the Pure Catering team to ensure products listed conform to these standards, it is the clients responsibility to identify themselves to the service team. Should dietary requirements exceed more than 30% of the total number of guests, a custom menu may need to be constructed in conjunction with the Event and Catering Managers, for which a surcharge may apply. Please refer to our Terms and Conditions for further details

## Medically diagnosed ALLERGIES (including coeliac disease)

Food allergies occur when the body reacts to a protein in specific foods, triggering an immune response. Even a small trace may have a life-threatening (anaphylactic) response.

Whilst all care will be taken to ensure individual, specialised meals are prepared for our guests with these requirements, we are unable to guarantee our kitchen will be free of trace amounts of products such as gluten, dairy, eggs, seafood, nuts, soy or sesame that may produce an allergic reaction in certain people. If you are concerned or have extensive or extreme allergies, please speak to your Event Manager prior to the event to discuss alternative options

## Dietary Preference

Dietary or lifestyle preferences are those which do not have a medically diagnosed immune response and whilst might cause discomfort, are not immediately life threatening. These may include, amongst others, Paleo, Keto, FODMAP, Type 2 Diabetes or naturopathic recommended restrictions. Should menu selections not be appropriate for these guests, an additional cost will may be incurred to allow Chef to provide an alternative offering that meets the Pure Catering standards.



# dietary sheet

To ensure Pure Catering can provide your guests with the same high-quality product regardless of their dietary restrictions, please use our template for dietary information to reduce the risk of contamination and ensure adequate detail is available to the chefs.

## *example page*

Guest Name	Dietary Requirement	Specific details	Is this an allergy?
Lactose Free	Lactose Free	can tolerate dairy in baked goods, butter ok	NO
FODMAP	FODMAP	trigger foods are Oligosaccharides	NO
Shellfish	Shellfish	includes prawns, crayfish, crab, and lobster	YES anaphylactic







