

# Massage & Myotherapy Australia

## Dietary Requirements and Food Allergens Advisory Statement



### **DIETARY REQUIREMENTS**

**Dietary requirements *MUST BE ADVISED AT TIME OF BOOKING.***

*Please note that catering requirements are finalised minimum 14 days prior to event. Massage & Myotherapy Australia is unable to guarantee that dietary requirement requests made less than 14 days prior will be accommodated.*

### **FOOD ALLERGENS**

Please be aware that Massage & Myotherapy Australia venues and caterers prepare, cook and serve foods that may contain (without limitation), the following common allergens:

- **Cereals, gluten (e.g. wheat, oats, rye, barley)**  
Contained in products such as thickened soups and sauces, bakery items, crumbed food, chicken and beef burgers.
- **Peanuts**  
Contained in products such as bakery items, satay sauces, nut mixes, cereals and confectionary items.
- **Other nuts, soybeans and seeds**  
Contained in products such as breads, bakery items and confectionary items.
- **Milk and milk products**  
Contained in products such as bakery items, desserts, crumbed food, soups and sauces.
- **Eggs and eggs products, some of which may be unpasteurised**  
Contained in products such as egg sandwiches, mayonnaise, hollandaise sauce, desserts and bakery items, meatloaf, burgers and crumbed food items.
- **Fish and fish products**  
Contained in products such as sushi, seafood, soups and sauces, anchovies in salads, pasta sauces, pizza and Worcestershire sauce.
- **Crustaceans and their products**  
Contained in products such as oyster sauce, fish sauce, seafood soup and other sauces.

Massage & Myotherapy Australia are unable to guarantee that any food produced or served at Massage & Myotherapy Australia events is free of allergenic material.

If you have any questions regarding the ingredients of any food served please ask a venue/catering staff member or the Massage & Myotherapy Australia Facilitator to enquire.