

Allergen Menu Guide

Dear Participants,

Welcome to our cooking classes! We are excited to share our culinary skills with you. Please find below our allergen menu guide to ensure a safe and enjoyable experience for everyone.

Allergen Information

- **Gluten:** Present in some of our baking classes.
- **Dairy:** Used in various recipes; alternatives available upon request.
- **Nuts:** Included in certain classes; please inform us of any allergies.
- **Shellfish:** Featured in select seafood classes.
- **Eggs:** Commonly used; substitutes can be accommodated.

Special Requests

If you have any allergies or dietary restrictions, please notify us at least 48 hours in advance. We strive to provide safe and inclusive cooking experiences.

Thank you for your understanding and cooperation. We look forward to cooking with you!

Best Regards,
The Culinary Team