Long Man Brewery		ALLERGENS											CEREAL CONTAINING **GLUTEN** SUB-ALLERGENS							NUT SUB-ALLERGENS														DIETARY	
Brand Name	Product Type	Contains Sulphur Dioxide or Sulphites (if greater than 10mg/kg)	Contains Fish/Fish Products	Contains Crustaceans or Shellfish	Contains Molluscs	Contains Milk/Milk Products	Contains Sesame Seed/Sesame Seed Products	Contains Celery/Celeriac Products	Contains Mustard/Mustard Products	Contains Eggs/Egg Derivatives	Contains Lupin Flour/Lupin Products	Contains Soya	Contains **Gluten/Gluten** Products	**Wheat**	Rye	**Barley**	Oats	Spelt	Khorasan	Contains Nuts	Almonds	Brazil Nuts	Cashew Nuts	Chestnuts	Hazelnuts	Macadamias	Queensland Nuts	Pecan Nuts	Pine Nuts	Pistachios	Walnuts	Peanuts	Other	Suitable for Vegetarians	Suitable for Vegans
Rising Giant	Bottle	No	No	No	No	No	No	No	No	No	No	No	**Yes**	**Yes**	No	**Yes**	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Best Bitter	Bottle	No	No	No	No	No	No	No	No	No	No	No	**Yes**	**Yes**	No	**Yes**	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Long Blonde	Bottle	No	No	No	No	No	No	No	No	No	No	No	**Yes**	**Yes**	No	**Yes**	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Old Man	Bottle	No	No	No	No	No	No	No	No	No	No	No	**Yes**	**Yes**	No	**Yes**	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Rising Giant	Cask	No	Yes	No	No	No	No	No	No	No	No	No	**Yes**	**Yes**	No	**Yes**	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Best Bitter	Cask	No	Yes	No	No	No	No	No	No	No	No	No	**Yes**	**Yes**	No	**Yes**	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Long Blonde	Cask	No	Yes	No	No	No	No	No	No	No	No	No	**Yes**	**Yes**	No	**Yes**	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Old Man	Cask	No	Yes	No	No	No	No	No	No	No	No	No	**Yes**	**Yes**	No	**Yes**	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Crafty Blonde	Keg	No	No	No	No	No	No	No	No	No	No	No	**Yes**	**Yes**	No	**Yes**	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Long Man Pale Ale	Keg	No	No	No	No	No	No	No	No	No	No	No	**Yes**	**Yes**	No	**Yes**	**Yes**	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Helles	Keg	No	No	No	No	No	No	No	No	No	No	No	**Yes**	**Yes**	No	**Yes**	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Pilsner	Keg	No	No	No	No	No	No	No	No	No	No	No		No	No	**Yes**	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes