

FOOD ALLERGY STATEMENT

Because we cook in a shared kitchen, we cannot ensure that our food is completely allergen free. If you do have a true food allergy which results in a life threatening reaction, Famfare Kitchen is not an appropriate choice for you.

We provide a comprehensive list of all of our dishes with their main ingredients, potential allergens and estimated nutrition facts. As stated above, we cannot guarantee a completely allergen free environment, however, we prepare some dishes with a significantly lower amount of said allergens, ie Gluten. We designate some of our meals as GSF (Gluten Sensitive Friendly.) This denotes meals which are considerably lower in gluten, but still contain it. We choose to prepare dishes that do not contain highly allergic ingredients. If the dish/sauce contains a significant amount of a highly allergic ingredient, it will be listed in the ingredient pdf.