



BOULET GOURMET
Allergy Assessment Form
 (504) 231-6072
www.bouletgourmet.com

Please circle or check any items which you believe you have an allergy to, are sensitive to, or which those tastes and textures you do not care for. Please use the back of page for additional comments.

Vegetables	Vegetables (Con't)	Herbs (Con't)	Nuts (Con't)
Amaranth	Jicama	Anise	Pistachios
Chinese	Kale	Basil	Walnuts
Anise	Kohlrabi	Borage	
Artichoke	Leek	Caraway	Seeds
Asparagus	Lettuce	Chervil	Pumpkin
Adzuka	Mushroom	Cilantro	Sesame
Beans, Green	Okra	Cinnamon	Sunflower
Beans, Chinese (Yard-long)	Okra, Chinese (Dishcloth gourd Luffa)	Cloves	
Fava beans	Olives	Coriander	Fruits
Beet	Onion	Cumin	Apple
Black-eyed Pea	Parsnip	Curry	Apricot
Bok Choy	Pea	Fennel	Banana
Borage	Pepper (Red/Green)	Ginger	Berries
Broccoli	Potato	Marjoram	Bilberry
Brussels Sprouts	Pumpkin	Mint	Blackberry
Cabbage	Radish	Mustard	Blueberry
Cabbage, Chinese	Radish, Chinese	Oregano	Boysenberry
Carrot	(Daikon)	Paprika	Cantaloupe
Cauliflower	Rhubarb	Parsley	Cherry
Celeriac	Rutabaga	Pepper, Red	Currants
Celery	Sesame	Pepper, Black	Fig
Chayote	Shallots	Pepper, White	Grapes
Chicory	Snow Peas	Rosemary	Melon
Chinese Mustard (Bok Choy)	(Edible-Pod Sugar Snap) Soybean, Edible	Sage	Nectarines
Collard	Spinach	Savory	Gooseberry
Corn	Squash	Sesame	Kiwi Fruit
Cucumber	Squash, Spaghetti	Tarragon	Peaches
Dandelion	Squash, Summer	Thyme	Pear
Eggplant	Sweet Potato	Vanilla	Pineapple
Endive	Swiss Chard		Plum
English Pea	Taro	Nuts	Pluot
Fennel	Tomatillo	Almonds	Plumquot
Garlic	Tomato	Brazils	Quince
Ginger	Turnip	Cashews	Raspberry
Globe Artichoke	Watercress	Chestnuts	Strawberry
Gourds	Zucchini	Coconuts	Watermelon
Horseradish		Hazels	Other
Japanese Eggplant	Herb & Seasoning	Macadamia Nuts	Chocolate
Jerusalem Artichoke	Allspice	Peanuts	Food Coloring
		Pecans	Iodine
		Pine Nuts	Shellfish