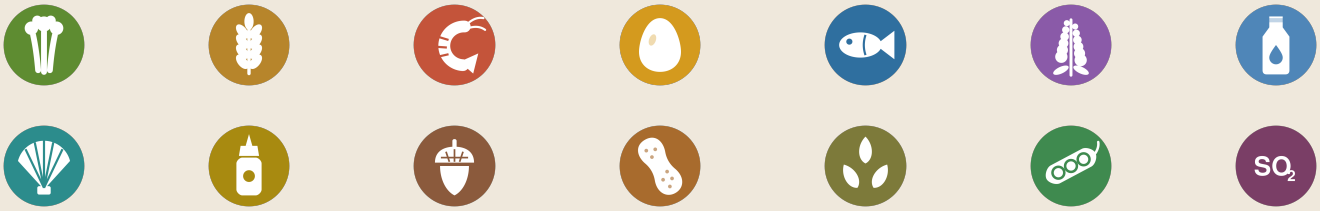
FREE SAMPLE · CONTOH GRATIS

Bali Kitchen Labels & Allergen Kit

Free sample: the allergen matrix example and one kitchen sign

The full kit has a 40-dish matrix, an allergy order poster, day-colour storage labels, eleven signs, three monthly logs and an owner guide.



Prepared for / Disiapkan untuk

FREE SAMPLE · CONTOH GRATIS

Edition 1, 2026

Allergen matrix / Matriks alergen

Menu / Menu: **Example cafe menu** | Version / Versi: **v1** | Checked by / Dicek oleh: **Head chef** | Date / Tanggal: **Jan 2026**

EXAMPLE ONLY. Generic dishes to show how to fill the matrix. Your recipes and suppliers will differ: check every ingredient label yourself. HANYA CONTOH. Hidangan umum untuk menunjukkan cara mengisi matriks. Resep dan pemasok Anda berbeda: cek sendiri label setiap bahan.

No.	Dish Hidangan	Celery Seledri	Gluten Gluten	Crustaceans Krustasea	Eggs Telur	Fish Ikan	Lupin Lupin	Milk Susu	Molluscs Moluska	Mustard Mustard	Tree nuts Kacang pohon	Peanuts Kacang tanah	Sesame Wijen	Soya Kedelai	Sulphites Sulfit	Notes, source Catatan, sumber
1	**Chicken satay, peanut sauce** Sate ayam, saus kacang		C									C		C		Peanut sauce; kecap manis with soya and wheat
2	**Fried rice with egg** Nasi goreng telur		C	C	C									C		Terasi in the paste; kecap manis
3	**Gado-gado** Gado-gado			C	C							C		C		Tofu, tempeh, egg; prawn crackers
4	**Grilled fish, sambal matah** Ikan bakar, sambal matah			C		C										Terasi in the sambal
5	**Prawn spring rolls** Lumpia udang		C	C									M	C		Wheat wrapper; soy dip; shared fryer
6	**Fried calamari, aioli** Cumi goreng tepung, aioli		C		C				C	C						Flour batter; aioli with egg and mustard
7	**Avocado toast** Roti panggang alpukat		C										M			Sourdough; bakery also uses sesame
8	**Smoothie bowl, granola** Smoothie bowl, granola		C					C			C	M				Oats and almonds; yogurt
9	**Banana pancake** Pancake pisang		C		C			C								Batter
10	**Tempeh burger** Burger tempe		C		C					C			C	C		Seeded bun; mayo and mustard sauce
11	**Caesar salad** Salad Caesar		C		C	C		C		C						Anchovy dressing; parmesan; croutons
12	**Fried noodles, chicken** Mi goreng ayam	C	C		C									C		Egg noodles; celery leaf garnish
13	**Chicken soto** Soto ayam	C			C											Celery garnish; boiled egg
14	**Fish tacos** Taco ikan		C		C	C		C								Wheat tortilla; sour cream; mayo slaw
15	**Vegetable curry, tofu** Kari sayur, tahu													C		Paste made in house, no terasi
16	**Gluten-free brownie** Brownies bebas gluten				C		C	C			M			C		Flour blend with lupin; chocolate with soy lecithin
17	**Coconut panna cotta** Panna cotta kelapa							C								Cream; coconut is not one of the 14
18	**Iced latte** Es latte							C								Soy, almond or oat milk change the allergens
19	**Glass of house wine** Segelas wine														C	Sulphites in wine
20	**Young coconut** Kelapa muda															None of the 14

C **Contains** Mengandung M **May contain (cross-contact)** Mungkin mengandung (kontaminasi silang) Blank = not in the dish, checked / Kosong = tidak ada di hidangan, sudah dicek

Not on the matrix or not sure? Ask the chef. Never guess. / Tidak ada di matriks atau tidak yakin? Tanyakan ke chef. Jangan pernah menebak.

KITCHEN SIGN · TANDA DAPUR

The danger zone: 5°C to 60°C

Zona bahaya: 5°C sampai 60°C

Bacteria grow fastest here. In Bali heat, food warms up quickly.
Bakteri tumbuh paling cepat di sini. Di cuaca panas Bali, makanan cepat menjadi hangat.

75°C	Cook and reheat to 75°C or hotter in the thickest part Masak dan panaskan ulang sampai 75°C atau lebih di bagian paling tebal
60°C	Hot holding: keep hot food at 60°C or hotter Penyajian panas: jaga makanan panas di 60°C atau lebih
DANGER	5°C to 60°C: danger zone, keep food out of it 5°C sampai 60°C: zona bahaya, jauhkan makanan dari zona ini
5°C	Fridge: 0 to 5°C Kulkas: 0 sampai 5°C
-18°C	Freezer: -18°C or colder Freezer: -18°C atau lebih dingin

Total time in the danger zone / Total waktu di zona bahaya

Under 2 hours
Kurang dari 2 jam

Use it or put it in the fridge
Pakai atau masukkan ke kulkas

2 to 4 hours
2 sampai 4 jam

Use it now. Do not chill it again.
Pakai sekarang. Jangan didinginkan lagi.

Over 4 hours
Lebih dari 4 jam

Throw it away
Buang