

Airline comparison for passengers with food allergy

As at 2 September 2023



"This information is current as of 2 September 2023. This information is provided for general information purposes only. We make no representation as to its accuracy and recommend you make your own enquiries with airlines before making any decisions about airline travel. Allergy & Anaphylaxis Australia is not liable for any loss that may result from your reliance on this information."

Reference for airline food allergy policies

Sourced from a document prepared by Allergy & Anaphylaxis Australia dated 2 September 2023

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
Aer Lingus (Ireland)	<ul style="list-style-type: none"> No peanuts as part of snacks or meals. However, there may be traces of peanuts in snacks or meals. Aer Lingus cannot offer a special meal that is peanut or tree nut free. 	<ul style="list-style-type: none"> If you suffer from a peanut allergy, please make the cabin crew aware of this while you're boarding. Passengers can ask for an announcement regarding their allergies when they are boarding. They cannot guarantee an allergen-free cabin or prevent other passengers from bringing their own food on board. 	<ul style="list-style-type: none"> Cabin crew is only first aid trained. They cannot administer any medication. It is the passenger's responsibility to bring necessary medication on board and if also needed a companion to assist them. There is no adrenaline injector on board. Passengers need to bring their own adrenaline injector and should bring it in their carry-on luggage, accompanied by a letter from their doctor or a copy of their prescription to present to airport security. 	<p>https://www.aerlingus.com/travel-information/special-assistance/dietary-needs/ https://www.aerlingus.com/media/pdfs/allergens-list.pdf</p>
Aeroflot (Russia)	<ul style="list-style-type: none"> Some meals contain tree nuts and shellfish. Special meals are available on request including gluten-free and non-lactose meals (Aeroflot claims that the non-lactose meal does not contain dairy). 	<ul style="list-style-type: none"> If you have health-related problems, please inform the flight attendant before take-off about required assistance, any medications that you normally take, and where they are. Be sure to call a flight attendant immediately if your health worsens during the flight. 	<ul style="list-style-type: none"> Flight attendants are trained in emergency first aid and there is a medical aid kit onboard every flight. 	<p>Note: Aeroflot recommends that you carry a document confirming the presence of allergies in case of an emergency. Passengers must carry a document from their doctor specifying the name of the drug and dosage and confirming the need for these medicines or other health care products to be shown to security personnel. http://www.aeroflot.ru/ru-en/information/preparation/health</p>
Air Asia (Malaysia)	<ul style="list-style-type: none"> Allergens, such as peanuts, tree nuts, dairy, seafood, wheat and eggs, are present in the meals offered. Nuts are offered as a snack option that can be purchased by passengers. 	<ul style="list-style-type: none"> Air Asia does not allow food and beverages from home to be brought on the aircraft. 		<p>Customer support: https://support.airasia.com/s/?language=en_GB Note: You do not need to show any medical certificate for allergies to certain foods.</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
	<ul style="list-style-type: none"> You can view the meal options, as well as the allergens present in the meals, online. You can pre-book your meals through their website at least 24 hours before the scheduled flight departure. However, the provision of meals is subject to availability. AirAsia reserves the right to substitute any part of a pre-booked meal or change the recipe of a pre-booked meal. 			
Air Canada (Canada)	<ul style="list-style-type: none"> Special meals, including gluten-free meals, are available on request, except on flights where Air Canada Bistro is offered. Air Canada have removed peanuts from all packaged bar snacks on board our aircraft in all classes of service. Air Canada have replaced their other packaged snack products with non-peanut alternatives wherever possible, all of which have a label listing their ingredients. However, they do not assume liability related to the information included on the ingredients label. 	<ul style="list-style-type: none"> We cannot be responsible for customers who may bring peanuts on board, have dog or cat dander on their clothing, or for any residue that may remain on or between seat cushions despite our aircraft grooming policies. Air Canada cannot guarantee an allergen-free environment in the aircraft cabin. However, a buffer zone can be set up as a form of accommodation to customers with severe allergies to help minimise the risk of exposure. Air Canada does not permit passengers to bring ready-to-eat meals or other self-heating meal and beverage kits. 	<ul style="list-style-type: none"> It is the responsibility of the passenger to carry their own adrenaline injector. 	https://www.aircanada.com/content/dam/aircanada/portal/documents/PDF/en/fft.pdf

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
Air China (China)	<ul style="list-style-type: none"> Special meals are available upon request. Except for Kosher meal, you can call Air China hotline (+8610) 95583 to reserve special meal at least 24 hours before flight departure. The special meals include a "gluten intolerant meal", which claims that it is prepared for passengers who are allergic or intolerant to gluten, and a low lactose meal, which claims that does not contain any lactose, dairy or related products like cheese, dairy, yoghurt or butter. If you request any special meal other than listed, you are expected to provide a detailed and clear description of the meal you request so that a service agent can enter the information correctly into the system and the catering service supplier can prepare a meal based on your needs. 		<ul style="list-style-type: none"> The emergency medical kit contains sphygmomanometer, stethoscope, disposable syringes, as well as glucose and adrenaline injections. 	<p>https://www.airchina.com.au/AU/GB/info/meals/special.html https://www.airchina.com.au/AU/GB/info/health-equipment/</p>
Air India (India)	<ul style="list-style-type: none"> Nuts are sometimes served as a snack or as a meal ingredient. All travellers with a peanut allergy are requested to bring their own food on board. Special meals including gluten-free are available and need to be requested a minimum of 48 hours prior to departure. 		<ul style="list-style-type: none"> The cabin crew is trained in advanced first aid and life support. Medical kits are recognised and approved as per international medical guidelines. First aid can be administered by Air India's cabin crew and also by a doctor or nurse, who may be on board, and willing to volunteer to assist if the situation demands. 	<p>Note: Air India accepts no responsibility for any allergic reaction you may suffer whilst onboard an Air India flight.</p> <p>Regarding your peanut and nut allergy – Air India suggests that you discuss your travel plans with your doctor to assess your fitness to fly. Air India requests that passengers with an existing medical condition fill out their Medical Information Form when booking their flight.</p> <p>https://www.airindia.in/inflight-experience.htm https://www.airindia.in/Images/pdf/Conditions_Carriage.pdf http://www.airindia.in/passengers-requiring-medical-attention.htm</p>
Air Mauritius (Mauritius)	<ul style="list-style-type: none"> Air Mauritius cannot guarantee an environment free from food allergens, including peanut, on board its aircraft. Gluten intolerant special meals can be ordered at booking time at least 24 hours before departure. 	<ul style="list-style-type: none"> Should your health condition require special attention at boarding, deplaning, or during flight, you must indicate this at the time you book your flight. 	<ul style="list-style-type: none"> The Air Mauritius cabin crew are not allowed to administer medication; however their international services carry a comprehensive physician's kit for use by any doctor onboard. Medication should be kept in your carry-on luggage and not checked in. You may be required to provide your doctor's letter at the 	<p>http://www.airmauritius.com/medicalmeal.htm</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
	<ul style="list-style-type: none"> There is no information available about other allergies. Regarding special meals, Air Mauritius cannot take any responsibility or accept any liability if meals ordered by passengers are not available. 		<p>airport outlining your condition and medication(s).</p>	
Air New Zealand (New Zealand)	<ul style="list-style-type: none"> Peanuts are not served onboard. However, they cannot restrict other passengers from bringing peanuts onboard. Tree nuts are served as a pre-dinner snack in Business class. Air New Zealand do not use peanuts or peanut products in meals. Air New Zealand do not offer allergen-free meals. 	<ul style="list-style-type: none"> Passengers are welcome to bring their own meal on board. However, because of limited aircraft facilities, airline staff are not able to heat meals that are brought onboard, nor refrigerate your meal in case the container should become contaminated with other food in the aircraft refrigerator. Air New Zealand are unable to guarantee an allergen-free environment on any services. 	<ul style="list-style-type: none"> Please travel with prescribed medication and, if necessary, someone to help you take it in an emergency. It is recommended to carry documentation from your doctor concerning your medication. The cabin crew are trained in First Aid; however, they are unable to administer medication. The international services carry a comprehensive kit for use by a medical doctor on board. This kit contains an EpiPen. 	<p>Note: Passengers with serious food allergies must complete a medical clearance form also known as a MEDA form. This requires clearance from a doctor. The MEDA form is linked here: https://p-airnz.com/cms/assets/PDFs/meda-form-part1-part2-jan2016.pdf. https://www.airnewzealand.com.au/special-assistance-flying-with-medical-conditions. https://www.airnewzealand.co.nz/special-assistance-medical-conditionhttps://www.airnewzealand.com.au/special-assistance-meals-diets-allergies</p>
Alaska Airlines (US)	<ul style="list-style-type: none"> Some First-Class meals and meals for purchase in the main cabin may contain nuts as an ingredient. Alaska Airlines cannot prevent passengers from bringing products containing nuts or other allergens (e.g., Service animals) onboard the flights. Alaska Airlines is unable to guarantee a nut- or allergen-free flight. Attempting to do this would create a false sense of security for passengers with severe allergies. 	<ul style="list-style-type: none"> Alaska Airlines encourages passengers who are allergic to nuts to bring their own food items for travel. You should advise the gate agent if you would like to pre-board to clean your immediate seating area. 	<ul style="list-style-type: none"> Air Alaska does not provide medical services or administration of medication. Medication should be kept in your carry-on luggage. 	<p>Note: Passengers with severe allergies are also encouraged by the airline to consult with their doctor regarding the safety of air travel. https://www.alaskaair.com/content/travel-info/accessible-services/specialservices-other</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
	<ul style="list-style-type: none"> • They encourage passengers who are allergic to nuts to bring their own food items for travel. 			
All Nippon Airways (Japan)	<ul style="list-style-type: none"> • Special meals are available on request, including a 7 allergen-free meal and a 28 allergen-free meal. • The 7 allergen-free meal does not contain wheat, buckwheat, dairy products, eggs, peanut, shrimp or crab. • The 28 allergen-free meal does not contain the 7 allergens above, as well as a further 21 allergens (abalone, squid, salmon roe, orange, kiwifruit, beef, walnut, salmon, mackerel, soybean, poultry, banana, pork, matsutake mushroom, peach, yam, apple, gelatine, sesame and cashew nuts, almonds). • All Nippon Airways is unable to process requests for meals free of other allergens. • Allergen-free meal requests must be made via phone up to 48 hours prior to departure for flights to Japan and up to 24 hours prior to departure for flights from Japan. 	<ul style="list-style-type: none"> • All Nippon Airways cannot completely prevent the possibility of airborne particles or other minute traces of the allergens entering the meals at some point. 	<ul style="list-style-type: none"> • Passengers with allergies or other intolerances are advised to carry any medicine (EpiPen, etc.) prescribed by their doctor on board, so as to be prepared to take care of themselves in case they experience an allergic reaction. 	<p>https://www.ana.co.jp/en/au/travel-information/customers-with-disabilities/medical-requirements/using-autoinjectors-and-portable-medical-devices/</p> <p>https://www.ana.co.jp/en/au/travel-information/customers-with-disabilities/food-allergies/</p> <p>https://www.ana.co.jp/en/au/siteinfo/international/conditions-of-carriage/index_230309.html</p> <p>7 Allergen-free menu: https://www.ana.co.jp/www2/pdf/travel-informtion/meals/afml_en_2306.pdf</p> <p>28 Allergen-free menu: https://www.ana.co.jp/www2/pdf/travel-informtion/meals/atml_en_2306.pdf</p> <p>Note: Passengers with serious medical conditions are asked to consult their doctor prior to the flight, and to also consider preparing their own meals to carry on to the flight.</p>
American Airlines (USA)	<ul style="list-style-type: none"> • Special meals are available upon request. • Special meal requests must be submitted at least 24 hours before flight departure, including a non-lactose meal option, which claims that it does not contain 	<ul style="list-style-type: none"> • American Airlines cannot accommodate requests to not serve certain foods or to provide nut "buffer zones". • Planes are cleaned regularly, but 		<p>https://www.aa.com/i18n/travel-info/experience/dining/special-meals-and-nut-allergies.jsp</p> <p>https://www.aa.com/i18n/customer-service/support/conditions-of-carriage.jsp</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
	<p>any dairy products or their derivatives.</p> <ul style="list-style-type: none"> Although American Airlines does not serve peanuts, they do serve other nut products (such as warmed nuts) and there may be trace elements of unspecified nut ingredient, including peanut oils, in meals and snacks. Additionally, other customers can bring peanuts or other tree nuts on board. 	<p>American Airlines cannot guarantee the removal of nut allergens on the surfaces or in the air filters. American Airlines therefore cannot guarantee that passengers will not be exposed to peanuts or tree nuts during their flight.</p>		
<p>Asiana Airlines (Korea)</p>	<ul style="list-style-type: none"> Nuts are present in meals. Asiana Airlines states that peanut allergy sufferers should take note, as there is a possibility that peanut oil or similar substances are used in cooking in-flight meals. It is also difficult to prevent other passengers' possession or intake of peanuts due to the special circumstances or the flight environment. Asiana Airlines asks that passengers please understand that there is also the possibility of peanut substance existing mid-air on in-flight passengers, on seats or other in-flight areas. Special meals are available upon request and should be requested at least 24 hours before departure. However, there is no nut-free meal available. 	<p>If you are allergic to animals, Asiana Airlines will try their best to find you a seat away from any pets. However, this may be difficult depending on seat availability.</p>	<ul style="list-style-type: none"> It is recommended that you carry necessary medicine with you at all times in case of emergency. 	<p>Passengers requiring medical assistance: http://au.flyasiana.com/C/en/homepage.do?menuId=003008007002000&menuType=CMS</p> <p>Note: Passengers with allergies to a certain substance or food must inform the airline with details through the paperwork for incapacitated passengers and doctor's note for air travel.</p>
<p>British Airways (United Kingdom)</p>	<ul style="list-style-type: none"> When booking travel, customers can order a special meal https://www.britishairways.com/content/en/au/information/food-and-drink/special-meals. However, note that staff (including call centre staff) are unable to share personal allergen information with cabin crew. 	<ul style="list-style-type: none"> Staff are unable to pass on dietary information to cabin crew. It is essential that information on your allergies is communicated to cabin crew upon boarding. Information 	<ul style="list-style-type: none"> Your adrenaline injector should be carried in your hand baggage. This should be accompanied by a letter from your doctor or a copy of your prescription to present to airport security personnel. Clearly label your medication to show who it should be administered to. 	<p>https://www.britishairways.com/en-au/information/food-and-drink/food-allergies</p> <p>https://www.britishairways.com/en-au/information/travel-assistance/medical-conditions-and-pregnancy</p> <p>https://www.britishairways.com/en-us/information/legal/british-airways/general-conditions-of-carriage</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
	<p>When travelling with us, you must therefore inform your cabin crew of your food allergy upon boarding your flight.</p> <ul style="list-style-type: none"> British Airways in-flight meals do not contain peanuts or peanut products. However, they may be produced at a facility that handles peanuts, hence, British Airways are unable to offer a peanut-free meal option. British Airways also currently do not offer special meals free from sesame, tree nuts, lupin, soy, sulphites, mustard or celery. 	<p>is available on our flights on the allergens contained within the meals served.</p> <ul style="list-style-type: none"> British Airways cannot guarantee an allergen-free cabin environment or prevent other passengers from bringing their own food on board. Meals containing tree nuts may continue to be served throughout the aircraft and tree nut-based snacks may also continue to be served in other cabins of travel depending on the aircraft type. Upon request, the cabin crew will make an announcement so that other passengers are aware of your allergy. The cabin crew will also suspend the serving of loose nut snacks in your cabin of travel. 	<ul style="list-style-type: none"> Cabin crew are trained to recognise symptoms of anaphylaxis and administer treatment but if you are travelling with family, friends or guardians, they would be expected to treat you first. 	<p>Note: When boarding the aircraft, you must inform cabin crew of your food allergy.</p>
<p>China Airlines (Taiwan)</p>	<ul style="list-style-type: none"> Travellers with food allergies are asked to prepare and bring their own food. 	<ul style="list-style-type: none"> China Airlines cannot guarantee an environment which is free of allergy causing elements, including peanut or nut products, peanut dust, and peanut residue. China Airlines also does not restrict other passengers from bringing peanut 	<ul style="list-style-type: none"> You must bring your necessary medication with you in your carry-on luggage and be able to administer this medication yourself. If you are unable to administer this medication yourself, you should travel with someone who can administer it for you. 	<p>Note: Passengers with allergies are strongly advised to consider the risk of exposure to allergens and check with their own physicians or allergy specialists to see whether they are fit to fly. Air China suggests that you contact our local service staff 72 hours before departure and provide a Medical Clearance Form signed by a physician or allergy specialist for our reference. Due to aviation safety regulations, you should also provide a letter from your physician during check-in to certify that you will carry necessary medicine or medical equipment in your carry-on baggage for this medical reason.</p> <p>https://www.china-airlines.com/au/en/fly/on-board/inflight-health-care https://www.china-airlines.com/au/en/terms-and-conditions/transportation-clauses</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
		<p>products into the aircraft cabin or the VIP lounge.</p> <ul style="list-style-type: none"> Passengers with severe allergies should file the application with the medical certificate at least 48 hours (2 business days) before departure. The priority boarding and buffer zone where the allergen is mitigated are offered, but allergy-free environment is not guaranteed. 		
easyJet (UK)	<ul style="list-style-type: none"> Peanuts are stored and sold onboard, so please notify any member of the cabin crew as soon as you get on board if you have a peanut allergy. The cabin crew can then suspend the sale of nut products during that flight. Please be aware that other products sold on-board may contain traces of nuts. 	<ul style="list-style-type: none"> easyJet cannot guarantee a nut or allergen-free environment on board the aircraft. On the day of travel, you must also tell the cabin manager when boarding the flight. The cabin crew will make an announcement to ask other customers not to eat any nut products for the duration of the flight. We will also stop the sale of any products containing nut traces on board. However, easyJet cannot guarantee a nut or allergen-free environment. 	<ul style="list-style-type: none"> Please ensure you carry your medication (adrenaline injector) with you and inform the cabin crew on boarding. Your medication should be clearly labelled and should be easily accessible throughout the flight (at your feet or in the pocket in front of you). Cabin crew are trained to recognise symptoms of anaphylaxis and administer treatment, but if you are travelling with family or friends, they will be expected to help you first. It is your responsibility to carry the appropriate medication to manage your condition. 	<p>https://www.easyjet.com/en/terms-and-conditions/medical-information</p> <p>Note: If you or somebody travelling with you suffers from a nut allergy, it is important that you let easyJet know before your flight. You can do this during the booking process online by requesting Special Assistance and then selecting the "I have a nut allergy" statement. This information will be added to your booking and Ground Crew and Cabin Crew will be aware of your nut allergy.</p> <p>easyJet recommends that you carry a prescription for the adrenaline injector and an emergency plan signed by your doctor to avoid problems when passing through airport security.</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
Emirates (UAE)	<ul style="list-style-type: none"> Nut-free special meals are not available. Nuts are served on all Emirates flights, either as a meal ingredient or as an accompaniment to drinks. Emirates recommends that you bring your own meal on board if you have nut allergies. Emirates offers special dietary meals, however, none of them are specific to food allergies. Dietary meals must be booked up to 24 hours before the flight. Emirates states that they cannot guarantee that their meals are nut free. 	<ul style="list-style-type: none"> Emirates states that other passengers may also bring food on board that contains nuts, and traces of nut residue could be passed on to other surfaces of the aircraft as well as through the air conditioning system. 	<ul style="list-style-type: none"> Ask your doctor for a letter describing any medical conditions you have and the usual treatments, including specific medications and dosages. Make sure you have enough medication for your journey and carry it in your cabin baggage. Emirates cabin crew are trained in first aid in case of onboard medical emergencies. Emirates aircrafts are equipped with comprehensive medical kits for use by the cabin crew. 	<p>Note: For your safety, if you have a nut allergy, Emirates recommends discussing your travel plans with your doctor before flying.</p> <p>Regarding the Medical Information Form (MEDIF): Passengers with food allergies do not need to complete this form to request a special meal for their flight. (Please note Emirates cannot guarantee peanut-free meals.) However, if the passenger has a life-threatening food allergy that may require treatment in-flight, particularly if they react to the presence of traces of food in the air, the Medical Information Form should be completed.</p> <p>https://www.emirates.com/au/english/before-you-fly/health/medical-information-form/.</p>
Etihad Airways (Abu Dhabi)	<ul style="list-style-type: none"> Nuts may be served in the cabin or used as an ingredient in a menu. 	<ul style="list-style-type: none"> It is recommended that if you have a severe allergy to peanuts, or any other meal ingredients, you bring your own food, keeping in mind liquid restrictions currently in force. The cabin crew are happy to warm your meal for you. Etihad does not guarantee a peanut-free environment or peanut-free meals on board. Etihad do not restrict other passengers from bringing items on board that may contain nuts. 	<p>If you are at risk of anaphylaxis due to allergens, you must:</p> <ul style="list-style-type: none"> Carry an adrenaline injector (for instance, an EpiPen) or syringe in your cabin baggage and ensure that you or an escort are willing and capable to administer it. Ensure that you have enough medication for the duration of your flight. Present a medical certificate or doctor's letter to the airline confirming your need for an adrenaline injector – the certificate or letter must not be older than three months from the date of travel. You may need to complete a fitness to travel MEDIF (the form is available here: https://www.etihad.com/content/dam/eag/etihadairways/etihadcom/Global/pdf/MEDIF-form.pdf) 	<p>http://www.etihad.com/en-au/experience-etihad/special-assistance/special-meals/</p> <p>https://www.etihad.com/en-au/manage/special-assistance/medical-assistance</p> <p>https://www.etihad.com/en-au/legal/conditions-of-carriage</p> <p>Note: Etihad does not accept responsibility for any allergic reaction on board our flights. If you have any allergy or have similar concerns, please discuss these with your doctor prior to travelling with them.</p> <p>It is possible that traces of peanuts or their derivatives could be in the cabin environment or the aircraft air conditioning. An allergic reaction to peanuts or any derivative can be serious.</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
Hawaiian Airlines (US)	<ul style="list-style-type: none"> Both peanut and tree nuts are offered as paid for snacks. Some meals contain tree nuts and shellfish. While we don't offer special meals, passengers with special dietary needs are free to bring their own meals onboard. 	<p>If you wish to pre-board in order to sanitise your seat area, please notify an agent at the boarding gate.</p> <p>Unfortunately, Hawaiian Airlines cannot guarantee that any food items will be allergen-free.</p>	<ul style="list-style-type: none"> Please place allergy medications in your carry-on bag. For guidelines on travelling with medication, please see TSA.gov. 	<p>http://hawaiianair.custhelp.com/app/answers/detail/a_id/2229/~/_/quests-with-disabilities</p> <p>Note: If you have a nut or other severe allergy, Hawaiian Airlines want you to understand the risks of air travel. They are never able to create an allergen-free environment. Any meals or snacks served onboard may contain nuts, and passengers seated near you may carry on nuts and consume them onboard. Hawaiian Airlines do not make announcements or alter in-flight food and beverage service to accommodate guests with allergies. Hawaiian Airlines encourage you to review any health concerns with your physician prior to travel.</p>
Iberia (Spain)	<ul style="list-style-type: none"> It is possible that some menus or products on board have been prepared in facilities with the presence of nuts. Iberia offer nuts on board as snacks on some flights. 	<p>If you suffer from an allergy, Iberia recommend that you bring your own food on board.</p>		<p>http://www.iberia.com/web/obsmenu.do?menuId=MENBOR</p>
Japan Airlines (Japan)	<ul style="list-style-type: none"> The JAL Group eliminated peanuts and products including peanuts from in-flight meals on all international and domestic flights, and the food and drink menu that is offered at JAL-operated domestic and overseas lounges. However, unfortunately they cannot promise that peanuts have been completely removed from the cabin since, in addition to the possibility of food cross contamination during the manufacturing process, they cannot place restrictions on peanuts that customers bring with them. JAL has teamed up with globally renowned minimal allergen food producer. Tsuji Anzen Shokuhin Co., Ltd. (Tsuji Foods Ltd.) to create a delicious and nutritious new in-flight menu. Except for salads and fruit, all the meals are prepared in a special kitchen for allergies. 	<ul style="list-style-type: none"> Taking the cabin environment into consideration, JAL take actions such as doing a special cleaning around the seat. If this is necessary, please make an application by two weeks before the departure of the flight. Please be aware that for nut allergies besides peanut allergies, JAL does not do such things as special cleaning. 	<ul style="list-style-type: none"> JAL recommend carrying a protective mask. So that customers themselves can deal with an allergic reaction, JAL recommend that they carry medicine or injections (EpiPen) that have been prescribed by a doctor. The cabin crew are trained in first aid. Adrenaline is included in the onboard medical supplies kit. However, it is still recommended that passengers bring their own adrenaline injector. 	<p>https://www.jal.co.jp/en/jalpri/support/allergy.html</p> <p>https://www.jal.co.jp/jp/en/inter/service/meal/special/menu/allergen/</p> <p>http://www.jal.co.jp/en/health/medicines/</p> <p>Note: While JAL and its caterers make every effort to prevent allergen penetration during food handling and preparation, tiny levels of such substances may sometimes unintentionally appear in meals.</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
	<ul style="list-style-type: none"> • There are three different options: the minimal 7 allergen meal, the minimal 28 allergen meal and the minimal 28 allergen meal for babies. • The minimal 7 allergen meal contains no buckwheat, crab, dairy products, eggs, peanuts, shrimp, or wheat. • The minimal 28 allergen meal contains no abalone, apples, bananas, beef, cashew nuts, chicken, gelatin, kiwifruits, mackerel, matsutake mushrooms, oranges, peaches, pork, salmon, salmon roe, sesame, soybeans, squid, walnuts, almond, or yamaimo yams. • Special meals for passengers with food allergies can be ordered by telephone. • If you would like to order a special meal, please place your order at least 72 hours prior to the scheduled departure time of your flight. 			
Jetstar (Australia)	<ul style="list-style-type: none"> • Snacks and meals may contain allergens such as nuts. • You are welcome to bring your own food onboard. 	<ul style="list-style-type: none"> • Jetstar cannot promise an allergy-free environment onboard. • Jetstar cannot prevent other passengers from bringing products containing allergens, such as peanuts, onto the aircraft. 	<ul style="list-style-type: none"> • The Jetstar cabin crew are not trained to administer adrenaline or any other medication. • Please pack any medical supplies you will need for your journey in your carry-on baggage. 	<p>http://www.jetstar.com/au/en/help/articles/in-flight-health</p> <p>Note: Unfortunately, Jetstar cannot promise an allergy-free environment on board our aircraft. In particular, they are unable to guarantee a peanut-free flight, as it is impossible for them to prevent other passengers from bringing peanuts or peanut snacks onto the aircraft.</p> <p>Note: Jetstar Asia may require a medical clearance form - https://www.jetstar.com/_/media/files/specific-assistance/3k-medical-clearance.pdf</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
Lufthansa (Germany)	<ul style="list-style-type: none"> Lufthansa does not serve peanuts on its flights. However, Lufthansa cannot guarantee that their aircraft and the food served on board are completely free of peanuts or peanut products or that passengers do not bring products containing peanuts on board with them. The same also applies to other foodstuffs that may cause an allergic reaction. While, Lufthansa offers special menu options, none are specific to food allergies. 	<ul style="list-style-type: none"> Lufthansa cannot prevent other passengers from bringing foodstuffs containing allergens onboard. 	<ul style="list-style-type: none"> Lufthansa recommends that passengers with food allergies should always carry their medications with them in their carry-on baggage. In the event of an emergency, the flight crew cannot apply medication by means of an EpiPen™ (epinephrine) auto-injector. Children and teenagers who carry an EpiPen™ (epinephrine) autoinjector with them can only fly on board Lufthansa aircraft if accompanied by someone who is familiar with the use of this device. 	<p>https://www.lufthansa.com/us/en/Travelling-healthy</p> <p>Note: If you have queries about your flight in relation to allergies, please contact the Lufthansa Medical Operation Centre before starting your journey:</p> <p>Tel.: +49 (0)69 – 696-55077 (daily, 06.00 – 22.30 hours) Email: medicaloperation@dlh.de</p>
Malaysia Airlines (Malaysia)	<ul style="list-style-type: none"> The airline does not guarantee that the meals served, including any special meals for peanut/nut allergic passengers are prepared in a peanut/nut-free kitchen or has had no cross-contamination with peanut/nut products within the various flight kitchens and catering services in our network. Passengers with peanut/nut allergies should request suitable alternative meals (SPML) or bring their own food items that do not require chilling or reheating on board if they need to be self-assured of allergen-free meals. Malaysia Airlines is unable to guarantee a peanut/nut-free environment in its aircraft or airport lounges. The airline does not prohibit passengers from bringing their own peanut/nut products on board. 	<ul style="list-style-type: none"> Malaysia Airlines is unable to guarantee a peanut/nut-free environment in its aircraft or airport lounges. The airline does not prohibit passengers from bringing their own peanut/nut products on board. Malaysia Airlines will not implement peanut-free or nut-free buffer zones and/or remove the service of peanut or nut snacks; nor make onboard announcements refraining passengers from consuming peanuts/nuts. You can board the aircraft early to wipe down armrest, meal trays and seat back areas. We encourage passengers with peanut/nut allergy 	<ul style="list-style-type: none"> Bring a doctor's Action Plan for allergic reaction/anaphylaxis. Carry your medication, such as EpiPens, in your carry-on baggage and keep them within reach during the flight. Ensure that you and/or travel companion/s are trained in using the EpiPen. Alert a Malaysia Airlines staff member (on the ground or on board) when you feel the symptoms of an allergic reaction. 	<p>Note: Malaysia Airlines strongly recommended to bring two completed copies of the peanut/nut allergy release form to the airport - https://www.malaysiaairlines.com/content/dam/mas/pdf/release-form-peanut-nut-allergy.pdf</p> <p>Malaysia Airlines encourages passengers with peanut/nut allergy concerns to discuss their travel plans and assess their fitness to travel with their doctors first.</p> <p>It is the responsibility of passengers with peanut allergies to identify themselves as having an allergy to peanut/nut at the time of booking.</p> <p>Peanut/nut allergic passengers do not require airline medical clearance.</p> <p>Since Malaysian Airlines cannot guarantee that any of our flights are allergen-free, they cannot take responsibility for any allergic reaction passengers may have.</p> <p>https://askmh.malaysiaairlines.com/faq/s/article/Does-Malaysia-Airlines-accept-passengers-with-severe-peanut-or-nut-allergy?language=en_US</p> <p>https://www.malaysiaairlines.com/my/en/plan-your-trip/health-medical.html</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
		<p>concerns to discuss their travel plans and assess their fitness to travel with their doctors first.</p>		
<p>Philippine Airlines (Philippines)</p>	<ul style="list-style-type: none"> • PAL requires passengers with peanut or tree nut allergy to notify PAL at least 48 hours before the intended departure date for requests for special nut-free meals. Otherwise, a nut-free meal cannot be guaranteed during the flight. The passenger may choose to bring their own meal/s for the duration of the flight. • Products served onboard, including meals, snack boxes and snack mixes may be processed or packaged in factories that produce peanut or other nut products. • Peanuts, products made from peanut oil and other nuts, may also be served on board. 	<ul style="list-style-type: none"> • PAL does not commit to or guarantee a total peanut/nut-free flight or an environment free of any allergen, including nuts, nut dust, nut oil or nut remnants. • PAL cannot give assurances that remnants of nuts or nut dust/oil will not remain on the aircraft floor, seats or tray tables from flights earlier in the aircraft's routing. • PAL cannot guarantee allergen-free buffer zones onboard. • If you have a nut allergy, you can request to board the plane ahead of the general public to sanitise your assigned seat area. 	<ul style="list-style-type: none"> • The passenger is advised to take all necessary precautions to avoid and/or control the onset of allergies by bringing medications, medical mask, or devices that may be necessary should a passenger incur an allergic reaction during the flight. 	<p>https://www.philippineairlines.com/en/before-you-fly/special-needs-and-request/passenger-with-nut-allergy</p> <p>https://www.philippineairlines.com/about-us/legal-notices/general-conditions-of-carriage/pal-passenger-and-gcoc</p> <p>Note: PAL has no control over other passengers who may bring peanuts and nuts, and other products containing peanuts and nuts on board our flights. PAL reserves the right to deny boarding for the safety of passengers.</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
Qantas (Australia)	<ul style="list-style-type: none"> Qantas does not offer special dietary meals that are specific to food allergies. Qantas does not offer peanuts as a bar snack on its flights or at Qantas owned and operated lounges. However, passengers may be served a range of other nuts, including almonds, cashews and macadamia nuts as bar snacks or after dinner snacks. Qantas minimises the use of peanuts or peanut based products in their inflight menus. <p>The provision of dietary required meals inflight are specifically designed to not include peanuts or other nuts, or products of peanuts or other nuts in the preparation of the meal (except VGML - where tree nuts may be available).</p>	<ul style="list-style-type: none"> Qantas cannot guarantee an allergy free environment onboard or in our lounges. It is always possible that other passengers may bring peanuts or other nuts on board or into the lounges with them. 	<ul style="list-style-type: none"> Qantas recommends that you carry any allergy medication you may need with you in your carry-on luggage, including your adrenaline injectors. Qantas flight attendants are trained in first aid; however, staff are generally unauthorised to administer medication. Passengers must ensure that they are willing and capable of administering their medication or they must travel with a carer/companion who can administer it for them. 	<p>http://www.qantas.com/travel/airlines/medical-assistance/global/en https://help.qantas.com/support/s/article/Peanuts-onboard-Qantas-flights https://www.qantas.com/content/dam/qantas/pdfs/fly/specific-needs/qantas-medical-clearance-guidelines.pdf</p>
Qatar Airways (Qatar)	<ul style="list-style-type: none"> Qatar Airways does not provide nut-free meals. Qatar Airways do not guarantee against cross-contamination of nuts within our in-flight network. Passengers are requested to bring their own meals, which do not require chilling or re-heating. Please inform the cabin crew of your sensitivity or any allergen information and they will assist with any available meal options on board. Requests for special allergen-free meals and other requirements are received by our reservations team and further assessed by the relevant departments including Qatar Airways Medical Centre and Catering and other 	<ul style="list-style-type: none"> Qatar Airways cannot guarantee an environment free from allergens (e.g., eliminating tree-nuts, peanuts, eggs, milk and other items that might cause an allergic reaction). 	<p>Passengers suffering from severe food allergies may consider a few precautions if they are concerned that they might be at risk of allergen exposure, such as:</p> <ul style="list-style-type: none"> Bringing their own meals. Informing the airline or onboard crew of specific allergies. Carrying prescribed anaphylaxis treatment and ensuring it is ready-for-administration by yourself or any of your travel companions (for example: EpiPens). 	<p>Note: Qatar Airways regrettably does not accept responsibility for allergic reactions of any extent to the passengers.</p> <p>Customers with a history of severe allergy must provide their details on Medical Information (MEDIF) form https://www.qatarairways.com/iw-cc/qatar/MEDIF.jsp to Qatar Airways at the time of reservation or at least 48 hours in advance of the scheduled departure time.</p> <p>MEDIF is not required for customers with mild allergies.</p> <p>Except for flights to and from U.S, customers will be required to sign a waiver of liability on an Indemnity and Waiver of Liability form in all types of allergies i.e., for both severe as well as mild allergies.</p> <p>Customers who do not disclose their severe allergy at the time of reservation and declare it either at check-in or on-board the flight may be denied boarding due to safety considerations. Such passengers travel at their own risk and Qatar Airways has 'No Obligation' towards</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
	<p>departments. It is to be determined whether it is:</p> <p>(a) Safe to accept the customer on the flight; and</p> <p>(b) Possible to arrange appropriate catering and maintain the cabin environment.</p> <ul style="list-style-type: none"> Once the specific dietary requirements are confirmed for food-related allergies, the required meal is served in accordance with the request. However, it cannot be guaranteed that the meal will be 100% allergen-free. 			<p>them. Indemnity form will be requested to be signed by such passengers.</p>
<p>Regional Express (Rex) (Australia)</p>	<ul style="list-style-type: none"> All allergens present. Only Business Class passengers are offered meals on Rex flights. Economy Class passengers are only offered snacks and drinks. 	<ul style="list-style-type: none"> Passengers must be aware that Rex is unable to change any of its flight procedures (including but not limited to safety procedures), conditions, service, food items or otherwise. Seat allocation is only available for passengers with special requirements or those who purchased extra legroom. Passengers are permitted to bring their own food. 	<ul style="list-style-type: none"> Rex does not have an adrenaline (epinephrine) injector (e.g., EpiPen®) or adrenaline onboard. Passengers must bring their own medication in their carry-on luggage and must be able to administer this medication themselves. 	<p>Note: The flight is at the sole risk and responsibility of the passenger and/or, in the case of the passenger being a minor, the parent, guardian/person who books the flight for the passenger. The passenger must undertake to indemnify Rex and hold the company harmless to the fullest extent permitted under the law against all claims, actions, suits, losses, damages, expenses and costs.</p> <p>Passengers with food allergies are required to complete the Rex Medical Certificate of Fitness to Fly prior to departure (https://www.rex.com.au/FlightInfo/pdf/MEDICAL_CERT_FITNESS_TO_FLY.pdf).</p> <p>https://www.rex.com.au/flightinfo/COC.aspx#medical.</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
Royal Brunei (Brunei)	<ul style="list-style-type: none"> The airline serves nuts as snacks onboard and meals may contain traces of nuts, wheat, dairy products, eggs, fish and other allergen substances that may not suit your diet. Royal Brunei cannot guarantee total allergen-free meals and/or an allergen-free environment and flight on any of our services. 	<ul style="list-style-type: none"> The airline is not able to guarantee allergen-free meals and an allergen-free environment for everyone. The airline cannot stop all passengers from bringing, opening or eating their own food or snacks, which may contain allergen particles into or in the aircraft cabin. If you need to be certain of an allergen-free meal, it is highly recommended that you bring your own food, that does not require to be refrigerated or heated. 	<ul style="list-style-type: none"> You are advised to carry your necessary medications, medical mask or devices in your hand luggage, in case you need it. Please also ensure that all your medications are professionally labelled with your name and the medication name clearly identified. You should also carry a copy of the prescription and/or a supporting written statement from your doctor to certify this. If you are not sure that you will be able to administer your own medication in an emergency, you are advised to travel with a person who is able to assist you. 	<p>Note: Passengers with severe food allergies must obtain a medical certificate of fitness from a certified medical practitioner prior to departure. The form is available here: https://www.flyroyalbrunei.com/wp-content/uploads/2018/09/medif_form.pdf.</p> <p>The airline shall not be responsible for any allergic reactions that may occur onboard. In cases of severe food allergy, Royal Brunei Airlines also reserves the right to deny boarding on the basis of safety.</p> <p>https://www.flyroyalbrunei.com/en/australia/experience/dining/precautions-for-allergies/ https://www.flyroyalbrunei.com/en/australia/experience/dining/precautions-for-allergies/ https://www.flyroyalbrunei.com/wp-content/uploads/2018/09/inflight_allergy_form_revised.pdf</p>
Singapore Airlines (Singapore)	<ul style="list-style-type: none"> Singapore Airlines does not serve peanuts as snacks, however, they serve other nuts, such as cashews and almonds across all cabin classes. Some meals served on Singapore Airlines' flights may contain peanuts, including the signature satay and nasi lemak. To help customers make appropriate choices based on their dietary requirements, the digital in-flight menu can be viewed up to eight days prior to the flight https://inflightmenu.singaporeair.com/home. Special meals are available and must be requested at least 24 hours prior to flight departure, or 48 hours prior for the non-strict nut-free meal. 	<ul style="list-style-type: none"> Singapore Airlines is unable to provide a nut-free cabin or guarantee an allergy-free environment on board. Passengers may consume their own snacks or meals on board, which may contain nuts or their derivatives. 	<ul style="list-style-type: none"> Singapore Airlines encourage you to bring sufficient medication for your trip, which you should keep in your hand luggage (not checked in). You should also have a letter from your physician outlining your condition and medication(s). 	<p>Note: Singapore Airlines requests that you take every necessary precaution, bearing in mind the risk of exposure. If you have any concerns about your fitness to travel, they encourage you to share this information and discuss your travel plans with your doctor.</p> <p>https://www.singaporeair.com/en_UK/au/travel-info/requests/passengers-with-nut-allergy/</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
	<ul style="list-style-type: none"> To place your request for the non-strict nut-free meal, please contact your travel agent or local Singapore Airlines office https://www.singaporeair.com/en_UK/contact-us/. The non-strict nut-free meal requires advance preparation time and does not contain peanuts and tree nuts (including almonds, Brazil nuts, cashew nuts, hazelnuts, pistachios, walnuts, pecans and macadamias), and their derivatives. Singapore Airlines also offer a minimal allergen meal that is designed to be free of the following allergens: gluten, egg, dairy, crustaceans, fish, soy, peanuts and tree nuts (including almonds, Brazil nuts, cashew nuts, hazelnuts, pistachios, walnuts, pecans and macadamias), and their derivatives. Singapore Airlines also offer a non-seafood meal that does not include any crustaceans, molluscs and fish, or parts thereof. 			
South African Airlines (South Africa)	<ul style="list-style-type: none"> If you have any food allergies or special dietary requirements, such as gluten-free, vegan or nut-free, SAA offers to serve a suitable meal on any of their flights. Please order and confirm your requirement no less than 48 hours before departure. 	<ul style="list-style-type: none"> If you have any allergies, please bring it to the attention of their reservations department. 	<ul style="list-style-type: none"> In the event that you suffer from a severe allergy, you are required to bring your own emergency medication, adrenaline injector (e.g. EpiPen®). 	<p>South African Airlines will not take any responsibility should a passenger have an allergic reaction on board.</p> <p>https://www.flysaa.com/manage-fly/before-flying/special-assistance</p> <p>https://www.flysaa.com/manage-fly/during-the-flight/menus</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
United Airlines (USA)	<ul style="list-style-type: none"> • United does not serve pre-packaged peanuts on our flights. However, they prepare and serve meals and snacks utilising a variety of other ingredients including major food allergens. • Due to the presence of food allergens in the processing environment and in meals and snacks served, United cannot guarantee an allergen-free meal or environment on its flights. • United does not currently have allergy-specific special meals available for request. 	<ul style="list-style-type: none"> • If you have a severe food allergy and are traveling on a flight, please notify a flight attendant on board the aircraft that you request an allergy buffer zone so United can attempt to notify customers seated nearby to refrain from eating any allergen-containing products they may have brought on board. • Please understand that United cannot prevent any customer from eating the products they have brought on board. 		<p>https://www.united.com/ual/en/us/fly/travel/special-needs/food-allergies.html</p> <p>https://www.united.com/en/us/fly/about-contract-of-carriage.html</p>
Vanuatu Airlines (Vanuatu)	<ul style="list-style-type: none"> • Air Vanuatu's catering service is temporarily paused. They are currently only able to offer snacks and drinks on flights. • Air Vanuatu do not currently cater for special needs on their short flights. They ask that you please bring your own snacks or meals if you have special requirements. 	<ul style="list-style-type: none"> • If you have a specific meal requirement for health or religious reasons, please ensure you mention this to the Air Vanuatu Sales Consultant or your Travel Agent at time of booking. • When booking online, state your meal request prior to confirming your booking. Air Vanuatu will endeavour to provide your requested meal. 	<ul style="list-style-type: none"> • Essential medicines must be kept in your carry-on luggage. 	<p>https://www.airvanuatu.com/home/in-flight-services/meals</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
Vietnam Airlines (Vietnam)	<ul style="list-style-type: none"> Special meals should be pre-ordered and confirmed 24 hours prior to departure. There are no allergy-specific special meals on offer. Meals may contain allergens, such as shellfish (e.g., shrimp). 			<p>Passengers with severe food allergies require medical clearance before departure. These passengers must have the following forms completed within 14 days before departure:</p> <ol style="list-style-type: none"> https://www.vietnamairlines.com/~-/media/FilesDownload/Travel-Information/1102-EN-MEDIF-I.pdf https://www.vietnamairlines.com/~-/media/FilesDownload/Travel-Information/MEDIF-II-EN.pdf (to be completed by a physician) <p>https://www.vietnamairlines.com/au/en/buy-tickets-other-products/special-services/passengers-with-medical-requirements</p> <p>https://www.vietnamairlines.com/au/en/buy-tickets-other-products/special-services/special-meals</p>
Virgin Atlantic (UK)	<ul style="list-style-type: none"> Virgin Atlantic cannot guarantee the absence of food allergen or peanut traces in their meals, both on board and at the airport. A list of food allergens contained in meals served on flights departing from the UK and USA is available on board from your Cabin Crew. Peanuts are never knowingly included in any of their meals on board. However, their meals are not produced in a nut-free environment so may contain traces. All other nuts may also be served on their flights to other passengers as part of the menu ingredients and/or the snack service, in any cabin. 	<ul style="list-style-type: none"> Virgin Atlantic cannot stop other passengers from bringing (or eating) their own food onboard, which may include nuts. For passengers with allergies, Virgin Atlantic recommends that you bring your own snacks onboard in case they cannot accommodate to your dietary requirements. 	<ul style="list-style-type: none"> If you have an allergy that could result in anaphylaxis you should carry your medication, such as antihistamines or an EpiPen, in your hand luggage. You should also carry a letter from your medical practitioner confirming the type of medication (including the generic drug name), with prescribed doses, and details of any other medical items required. The cabin crew are unable to administer medication, so ensure that you are capable of administering your own medication. If you are not able to do so, you should travel with someone who can administer your medication for you. 	<p>https://flywith.virginatlantic.com/gb/en/food-and-drink/dietary-requirements.html</p> <p>https://help.virginatlantic.com/gb/en/special-assistance/medical-conditions.html</p> <p>Note: To confirm your fitness to fly, our Special Assistance team may request a copy of our Medical Information Form (MEDIF) or a detailed fit to fly letter. The MEDIF is available here: https://www.virginatlantic.com/content/dam/vaa/documents/travelinformation/medif-form-editable.pdf</p> <p>If you have had an allergic reaction in the last 30 days, please contact the Special Assistance Team here: https://help.virginatlantic.com/gb/en/contact-forms.html</p>
Virgin Australia (Australia)	<ul style="list-style-type: none"> Requests for special meals are not available on Domestic and International Short Haul flights. Food sold or served on board the aircraft may contain traces of nut products and other allergens. 	<ul style="list-style-type: none"> Virgin Australia cannot guarantee an allergy-free environment on board our aircraft. You are welcome to bring your own food onboard. 	<ul style="list-style-type: none"> If you have a life-threatening allergy, you must carry appropriate medication with you, within easy reach, and be able to administer it if required. If you are unable to self-administer medication, you must travel with a carer. Your medication should be accompanied by a doctor's certificate to eliminate any difficulties in passing through security. 	<p>Note: A completed Medical Clearance Form, a letter from a medical practitioner, or a management plan signed by a medical practitioner is required if you suffer from an allergy and you do not have the appropriate medication.</p> <p>Failure to carry either appropriate medication, a management plan signed by a medical practitioner, a letter from a medical practitioner, or a Medical Clearance Form may result in being denied boarding.</p>

Airline (country of origin)	Snacks/meals	In-flight accommodation	Emergency protocol	Web links and notes
				https://www.virginaustralia.com/au/en/travel-info/specific-travel/specific-needs-assistance/medical-conditions/ . https://www.virginaustralia.com/au/en/travel-info/specific-travel/specific-needs-assistance/special-meals/