

FOOD PRODUCTS, INGREDIENTS & ALLERGEN INFORMATION

Allergens are shown in bold.
● = Allergen present | □ = No allergen identified from the ingredients provided

Food Product	Ingredients	14 Allergens Present
Crumpets	Wheat Flour [Wheat Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin], Water, Spirit Vinegar, Wheat Fibre, Sugar, Yeast, Fermented Wheat Flour, Raising Agent (Sodium Bicarbonate), Salt.	● Wheat / Gluten
Corn Flakes	Maize, Sugar, Salt, Barley Malt Extract, Niacin, Iron, Pantothenic Acid, Vitamin B6, Thiamin, Riboflavin, Folic Acid, Vitamin D, Vitamin B12.	● Barley / Gluten
Rice Snaps	Rice, Sugar, Barley Malt Extract, Salt, Iron, Niacin, Pantothenic Acid, Riboflavin, Vitamin B6, Thiamin, Folic Acid, Vitamin D, Vitamin B12.	● Barley / Gluten
Weetabix	Wheat (95%), Malted Barley Extract, Sugar, Salt, Niacin, Iron, Riboflavin, Thiamin, Folic Acid.	● Wheat / Gluten; ● Barley / Gluten
Malt Wheats Cereal	Wholewheat , Sugar, Barley Malt Extract, Invert Sugar Syrup, Salt, Iron, Niacin, Vitamin B12, Pantothenic Acid, Vitamin D, Thiamin, Folic Acid, Vitamin B6, Riboflavin.	● Wheat / Gluten; ● Barley / Gluten
Greek Yogurt	Contains Milk .	● Milk
Mango Yogurt	Live Yoghurt (Milk) (83%), Alphonso Mango Puree (6%), Sugar, Honey, Cornflour, Gelling Agent (Fruit Pectin), Natural Flavouring, Acidity Regulator (Citric Acid). Contains cultures: Bifidobacterium, L. Acidophilus, S. Thermophilus.	● Milk
Choobs Yogurts	Yogurt (Milk), Sugar 6.1%, Modified Manioc and Maize Starch, Calcium Citrate, Natural Flavourings (Milk), Stabiliser: Guar Gum, Acidity Regulator: Citric Acid, Vitamin.	● Milk
Peach & Passionfruit Yoghurt	Water, Hulled Soya Beans (10.1%), Sugar, Peach (6%), Coconut Cream, Sunflower Oil, Passion Fruit Juice from Concentrate (2%), Modified Starch, Stabiliser (Pectins), Acidity Regulators (Lactic Acid, Sodium Citrates, Citric Acid), Calcium (Tri-calcium Phosphate), Emulsifier (Lecithins), Natural Flavourings, Sea Salt, Antioxidants (Tocopherol-rich Extract, Fatty Acid Esters of Ascorbic Acid), Carrot Concentrate, Iodine (Potassium Iodide), Vitamins B2, B12, D2, Live Cultures (S. Thermophilus, L. Bulgaricus).	● Soya
Raspberries	Raspberries.	□ None identified
Wholemeal Bread	Wholemeal Wheat Flour, Water, Yeast, Wheat Flour [Wheat Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin], Salt, Wheat Gluten, Fermented Wheat Flour, Barley Malt Flour, Spirit Vinegar, Flour Treatment Agent (Ascorbic Acid).	● Wheat / Gluten; ● Barley / Gluten
Baked Beans	Beans (50%), Tomatoes (37%), Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener – Steviol Glycosides, Herb Extract.	□ None identified
Blueberries	Blueberries.	□ None identified
Scotch Pancakes	Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Sugar, Partially Inverted Sugar Syrup (7%), Whey Powder (Milk), Rapeseed Oil, Pasteurised Egg , Wheat Fibre, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Preservatives (Potassium Sorbate, Calcium Propionate), Salt, Acidity Regulator (Citric Acid).	● Wheat / Gluten; ● Milk; ● Egg
Lurpak Butter	Butter (64%) (Milk), Rapeseed Oil, Water, Lactic Culture (Milk), Salt.	● Milk
Peaches	Peaches.	□ None identified
Bagels	Wholemeal Wheat Flour, Water, Yeast, Sugar, Rapeseed Oil, Salt, Spirit Vinegar, Wheat Flour (Wheat Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin), Preservative (Calcium Propionate), Maize, Malted Barley Flour, Flour Treatment Agent (Ascorbic Acid).	● Wheat / Gluten; ● Barley / Gluten
Satsumas	Satsumas.	□ None identified
All Butter Croissants	Wheat Flour [Wheat Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin], Butter (Milk) (18%), Water, Sugar, Yeast, Salt, Pasteurised Egg , Flour Treatment Agent (Ascorbic Acid).	● Wheat / Gluten; ● Milk; ● Egg
Apples	Apples.	□ None identified

THE 14 REGULATED ALLERGENS

1.

Cereals containing gluten – including wheat, barley, rye, oats, etc.
2.

Crustaceans
3.

Eggs
4.

Fish
5.

Peanuts
6.

Soya
7.

Milk
8.

Nuts
9.

Celery
10.

Mustard
11.

Sesame
12.

Sulphur dioxide / sulphites
13.

Lupin
14.

Molluscs

IMPORTANT ALLERGEN NOTICE

This allergen information has been prepared **from the ingredient information supplied**. It does not include possible cross-contamination or “may contain” information that may appear on the manufacturer's packaging.