

# FOOD ALLERGENS

PRODUCT	INGREDIENTS
<b>CEREALS</b>	
<b>Kellogg's Corn Flakes</b>	Maize, Sugar, <b>Barley Malt Flavouring</b> , Salt, Niacin, Iron, Vitamin B6, Riboflavin (B2), Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12.
<b>Kellogg's Fruit N Fibre</b>	<b>Wholewheat (68%)</b> , Dried Fruit (28%) {Raisins, Coconut, Banana (Banana, Vegetable Oil, Sugar, Flavouring), Apple, <b>Hazelnuts</b> , Sugar, Salt, <b>Barley Malt Flavouring</b> , Niacin, Iron, Vitamin B6, Riboflavin (B2), Thiamin (B1), Folic Acid, Vitamin B12.
<b>Muesli</b>	<b>Oats</b> , Sultanas, <b>Wheatflakes, Malted Wheatflakes</b> , Demerara Sugar, <b>Whey Powder (from milk), Flaked Almonds, Sliced Hazelnuts</b> .
<b>Weetabix Malt Crunchies</b>	<b>Wholegrain Wheat (95%), Malted Barley Extract</b> , Sugar, Salt, Niacin, Iron, Riboflavin (B2), Thiamin (B1), Folic Acid, Vitamin B12, Pantothenic acid.
<b>Quaker Oat So Simple Original</b>	<b>Oats</b> , Sugar, Natural Flavouring
<b>CANNED FRUIT</b>	
<b>Unpitted Prunes In Natural Juice</b>	Prunes, Grape juice (from concentrate), Acidity regulator: Citric acid.
<b>Grapefruit Segments In Syrup</b>	Grapefruit (55%), Water, Sugar, Firming agent (calcium chloride).
<b>Peaches Halves In Syrup</b>	Peaches, Grape juice(from concentrate), Water, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid.
<b>Apricot Halves In Juice</b>	Apricot, Pear juice (from concentrate)
<b>COOKED ITEMS</b>	
<b>Free range Bacon</b>	Pork meat, cane sugar, sodium nitrite / Fried (2 ml sunflower oil)
<b>Free range Sausages</b>	Pork meat, <b>wheat flour</b> , preservative sulphur dioxide and sulphites
<b>Free range Black pudding</b>	Water, <b>Pearl barley pork fat</b> , pork rind, dried blood, <b>Oakmeal, wheat flour</b> , (Calcium, carbonate, iron, niacin, thiamine) rusk, salt, onions, wheat starch herbs, spices, stabilizer (E451) Fried (1 ml sunflower oil)
<b>Free range eggs</b>	Fried (2ml sunflower oil)
	Boiled or poached (Water & 15 ml of white wine vinegar)
	Scrambled (2.5 g salted butter & 10 ml milk)
<b>Grilled Smokehouse Scottish Boned Kipper</b>	<b>Smoked Herring</b> (97%), Water, Salt, Colour: Annatto

<b>Heinz Baked Beans</b>	Beans (46%), Tomatoes (35%), Water, Sugar, Salt, Modified Cornflour, Spirit Vinegar, Spice Extracts, Herb Extract.
<b>Grilled Hash Browns</b>	Potatoes (91%), Sunflower Oil, Salt, Onion Powder, Stabilisers; Hydroxypropylmethylcellulose, Diphosphates, Spices
<b>BAKERY</b>	
<b>Kingsmill Wholemeal, Medium Sliced bread</b>	<b>Wholemeal Wheat Flour</b> , Water, <b>Kibbled Malted Wheat, Wheat Protein</b> , Yeast, Sugar, Salt, Vegetable Oils (Rapeseed, Palm), <b>Malted Barley Flour</b> , Vinegar, Emulsifiers: E471, E472e, <b>Soya Flour</b> , Preservative: Calcium Propionate (added to inhibit mould growth), Flour Treatment Agent: Ascorbic Acid (Vitamin C), <b>With 61% Wholegrain (Wholemeal Wheat Flour, Kibbled Malted Wheat, Malted Barley Flour)</b>
<b>Kingsmill Soft White, Medium Sliced bread</b>	<b>Wheat Flour</b> , Water, Yeast, Salt, Vinegar, Vegetable Oil, <b>Soya Flour</b> , Emulsifier: E472e, Preservative: Calcium Propionate (Added to inhibit mould growth), Flour Treatment Agent: Ascorbic Acid (Vitamin C)
<b>Delifrance Croissant Beurre 55g</b>	<b>Wheat Flour</b> , Vegetable Margarine (Non Hydrogenated Vegetable Fats and Oils, Water, Salt, Emulsifier: E471, Colour: Mixed Carotenes From Natural Origin, Natural Flavourings), Water, Yeast, Sugar, <b>Wheat Gluten</b> , Salt, Emulsifiers: E472e – E471, Flour Treatment Agent: E300, Enzyme.
<b>Kallo no added salt organic rice cakes</b>	Organic Wholegrain Rice
<b>SPREADS</b>	
<b>Like Butter FOR COOKING</b>	Rapeseed oil, Water, Palm oil, <b>Reconstituted buttermilk</b> (5%), Salt (1.5%), Emulsifier (Mono and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Lactic Acid, Flavouring, Colour (Carotenes), Vitamins A and D.
<b>Flora Original Sunflower Spread 10g</b>	Vegetable oils [including sunflower oil (36%)], water, salt (1.4%), <b>buttermilk</b> , emulsifier (mono and di-glycerides of fatty acids), preservative (potassium sorbate), citric acid, vitamin E, vitamin B6, flavouring, colour (beta carotene), folic acid, vitamins A , D & B12
<b>Salted Butter Portions 6.2g</b>	<b>Butter</b> min. 80% Fat, Salt (1.7%).
<b>Fairtrade Organic Orange Marmalade</b>	Organic sugar (62.5%), organic Seville oranges, gelling agent: pectin, citric acid

<b>Fairtrade Organic Strawberry Jam</b>	Organic sugar (59.5%), organic strawberries, gelling agent: pectin, citic acid
<b>Rowse Clear Honey</b>	Natural honey
<b>Marmite Portions</b>	Yeast Extract, Salt, Vegetable Extract, Niacin, Thiamin, Spice Extracts ( <b>contain celery</b> ), Riboflavin, Folic acid, Vitamin B12.
<b>Nutella Portions</b>	Sugar, palm oil, <b>hazelnuts (13%)</b> , fat reduced cocoa (7.4%), skimmed milk powder (6.6%), <b>whey powder</b> , emulsifier: lecithins (soya), vanillin.
<b>DAIRY PRODUCTS</b>	
<b>Milk</b>	1.7 % fat. Fresh pasteurised semi-skimmed British milk
<b>APRO Organic Soya Milk</b>	Water, Hulled organic <b>soya</b> beans* (5.9%), Organic apple juice concentrate*, Sea salt * organically grown/produced
<b>Natural very low fat yoghurt</b>	<b>Milk</b> , gluten free
<b>Millac Maid Tasted like milk 12ml</b>	Skimmed <b>milk</b> , Water, Vegetable oil (coconut, palm) Dried glucose Syrup, <b>Milk</b> protein, sugar, emulsifiers, stabiliser
<b>Half fat Millac Maid Tasted like milk 12ml</b>	Skimmed <b>milk</b> , Water, Vegetable oil (coconut, palm) Dried glucose Syrup, <b>Milk</b> protein, sugar, emulsifiers, stabiliser
<b>BEVERAGES</b>	
<b>Traidcraft Everyday one cup TEA</b>	Fairtrade tea from East Africa.Strength No. 2 Medium
<b>Kenco Westminster Medium Roast Coffee</b>  <b>Breakfast menu</b>	Ground Coffee.
<b>Organic Decaff Ground Coffee</b>  <b>Breakfast menu</b>	A single-sourced coffee from Peru, made using organic Arabica beans and decaffeinated using natural methods.
<b>Cadbury Hot Choc Single Sachet</b>  <b>Prepared with boiled water &amp; 15 ml of milk</b>	Sugar, Cocoa Powder 13%, <b>Whey Powder (from Milk)</b> , Glucose Syrup, <b>Skimmed Milk Powder</b> , Coconut Fat, Milk Chocolate 4% [ <b>Whole Milk</b> , Sugar, Cocoa Mass, Cocoa Butter, Vegetable Fats (Palm and Shea in various proportions), Emulsifiers (E442, Sunflower Lecithin), Flavours], Palm Fat, Salt.

PRODUCT	INGREDIENTS
Twinings Pure Peppermint	Peppermint.
Twinings Pure Camomile	Pure camomile flowers.
Twinings Pure Green Tea String & Tag 2.3g	Green Tea.
Twinings Earl Grey	Black Tea, Bergamot and Lemon flavouring.
Twinings English Breakfast Decaffeinated	Black Tea.
Fairtrade Instant Coffee	Instant coffee
Fairtrade Decaff instant Coffee	Instant decaff coffee
Mr Juicy Orange	100% pure juice from orange concentrate
Mr Juicy Grapefruit	100% pure juice from grapefruit concentrate
CONDIMENTS & SAUCES	
Colman's English Mustard	Water, <b>Mustard Flour (21%)</b> , Sugar, Salt, <b>Wheat Flour</b> , Turmeric, Acid (Citric Acid), Spice, Stabiliser (Xanthou Gum).
Heinz Tomato Ketchup	Tomatoes (132g per 100g Ketchup), Spirit Vinegar, Sugar, Salt, <b>Spice &amp; Herb Extracts (contain Celery)</b> , Spice.
HP Top Down Brown Sauce	Tomatoes, <b>Malt Vinegar (from Barley)</b> , Molasses, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, <b>Rye Flour</b> , Salt, Spices, Flavourings, Tamarind
Ground Black Pepper	Ground Black Pepper (100%)
Table Salt	Salt Anti Caking Agents: Sodium Hexacyanoferrate I
Dufrais White Wine Vinegar <b>FOR COOKING</b>	White Wine Vinegar, Preservative: Sodium Metabisulphite.
Sunflower Oil 1L <b>FOR COOKING</b>	Sunflower Oil
SUGAR & SWEETENERS	
Traidcraft White Granulated Sugar	Cane Sugar
Traidcraft Demerara Sugar	Cane Sugar
Sweet N Low Sweetener Granules Sachet	Bulking Agent (Comprising Of Unidex & Dextrose), Acesulfame K, Aspartame, Silicon Dioxide, Flavour (Derived From Fruit & Honey)