



## Allergies, & Lifestyle Information

Product	Allergen information summary	Suitable for Vegetarians	Halal Certified
<b>Meal Replacements</b>			
<b>Bar</b> Apple & Cinnamon Oat	<b>Product contains:</b> Milk, Soya and Barley, Oats (Gluten). Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Bar</b> Apricot & Almond Oat	<b>Product contains:</b> Milk, Soya and Barley, Oats (Gluten). Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Bar</b> Apple & Strawberry Oat	<b>Product contains:</b> Milk, Soya and Barley, Oats (Gluten). Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Bar</b> Birthday Cake	<b>Product contains:</b> Milk and Soya. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Bar</b> Chocolate Chewy	<b>Product contains:</b> Milk and Soya. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Bar</b> Chocolate & Orange Fusion	<b>Product contains:</b> Milk and Soya. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Bar</b> Cookies & Cream	<b>Product contains:</b> Milk, Soya and Wheat (Gluten). Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Bar</b> Fruit & Nut	<b>Product contains:</b> Milk, Hazelnut and Soya. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Bar</b> Lemon Yoghurt	<b>Product contains:</b> Milk, Soya and Barley (Gluten). Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Bar</b> Peanut Crispy	<b>Product contains:</b> Milk, Peanut and Soya. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Bites</b> Orange & Ginger	<b>Product contains:</b> Milk and Soya. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Bites</b> Salted Caramel	<b>Product contains:</b> Milk and Soya. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Porridge</b> Apple and Cinnamon	<b>Product contains:</b> Oats, Barley, Wheat, Spelt, Rye (Gluten), Milk, Soya. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Porridge</b> Mixed Berry	<b>Product contains:</b> Oats, Barley, Wheat, Spelt, Rye (Gluten), Milk, Soya. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓

<b>Porridge</b> Golden Syrup	<b>Product contains:</b>	<b>Oats, Barley, Wheat, Spelt, Rye (Gluten), Milk, Soya.</b> Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Porridge</b> Original	<b>Product contains:</b>	<b>Oats, Barley, Wheat, Spelt, Rye (Gluten), Milk, Soya.</b> Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Cereal</b> Honey Nut Flavour Cornflakes	<b>Product contains:</b>	<b>Barley (Gluten), Milk, Soya.</b> Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Cereal</b> Chocolate Flavour Crispy Rice	<b>Product contains:</b>	<b>Milk, Soya.</b> May also contain gluten from wheat and other cereals. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Pancake</b> Lemon	<b>Product contains:</b>	<b>Wheat (Gluten), Milk and Soya.</b> Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Pancake</b> Maple	<b>Product contains:</b>	<b>Wheat (Gluten), Milk and Soya.</b> Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Mug Cake</b> Toffee	<b>Product contains:</b>	<b>Wheat (Gluten), Milk and Soya.</b> Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Mug Cake</b> Chocolate	<b>Product contains:</b>	<b>Wheat (Gluten), Milk and Soya.</b> Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Savoury Meal</b> Carbonara	<b>Product contains:</b>	<b>Wheat (Gluten), Soya, Milk and Sulphites.</b> Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✗
<b>Savoury Meal</b> Chicken Tikka Curry	<b>Product contains:</b>	<b>Milk, Soya and Celery.</b> May also contain gluten from wheat and other cereals. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Savoury Meal</b> Chilli Con Carne	<b>Product contains:</b>	<b>Soya and Sulphites.</b> May also contain gluten from wheat and other cereals. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Savoury Meal</b> Macaroni Cheese	<b>Product contains:</b>	<b>Wheat (Gluten), Milk and Soya.</b> Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Savoury Meal</b> Spaghetti Bolognese	<b>Product contains:</b>	<b>Wheat (Gluten), Soya and Sulphites.</b> Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Savoury Meal</b> Thai Green Curry with Noodles	<b>Product contains:</b>	<b>Wheat (Gluten), Milk and Soya.</b> May also contain Egg and Mustard. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Shake</b> Banana	<b>Product contains:</b>	<b>Milk and Soya.</b> May also contain gluten from wheat and other cereals. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Shake</b> Caramelised Biscuit Shake	<b>Product contains:</b>	<b>Milk and Soya.</b> May also contain gluten from wheat and other cereals. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Shake</b> Chocolate	<b>Product contains:</b>	<b>Milk Soya, and Wheat (gluten).</b> May also contain gluten from other cereals. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Shake</b> Chocolate Mint	<b>Product contains:</b>	<b>Milk Soya, and Wheat (gluten).</b> May also contain gluten from other cereals. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Shake</b> LF Cappuccino	<b>Product contains:</b>	<b>Soya &amp; Wheat (Gluten).</b> May also contain gluten from other cereals. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Shake</b> LF Chocolate	<b>Product contains:</b>	<b>Soya.</b> May also contain gluten from wheat and other cereals. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Shake</b> LF Vanilla	<b>Product contains:</b>	<b>Soya.</b> May also contain gluten from wheat and other cereals. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Shake</b> Strawberry	<b>Product contains:</b>	<b>Milk and Soya.</b> May also contain gluten from wheat and other cereals. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Smoothie</b> Blackcurrant & Apple	<b>Product contains:</b>	<b>Milk and Soya.</b> May also contain gluten from wheat and other cereals. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Smoothie</b> Cherry & Strawberry	<b>Product contains:</b>	<b>Milk and Soya.</b> May also contain gluten from wheat and other cereals. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓

<b>Smoothie</b> Strawberry & Banana with Oats	<b>Product contains:</b>	<b>Oats (Gluten), Milk and Soya.</b> May also contain gluten from wheat and other cereals. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Soup</b> Chicken Noodle	<b>Product contains:</b>	<b>Soya, Wheat (Gluten) and Celery.</b> May also contain <b>Milk, Egg, Mustard</b> and gluten from other cereals. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Soup</b> Oriental Chilli	<b>Product contains:</b>	<b>Milk and Soya.</b> May also contain gluten from wheat and other cereals. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Soup</b> Leek & Potato	<b>Product contains:</b>	<b>Soya and Celery.</b> May also contain gluten from wheat and other cereals. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Soup</b> Vegetable with Croutons	<b>Product contains:</b>	<b>Wheat (Gluten), Milk and Soya.</b> May also contain gluten from other cereals. Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Shake'n'Go</b> Apple & Kiwi Yoghurt	<b>Product contains:</b>	<b>Milk</b>	✓	✗
<b>Shake'n'Go</b> Chocolate	<b>Product contains:</b>	<b>Milk</b>	✓	✗
<b>Shake'n'Go</b> Latte	<b>Product contains:</b>	<b>Milk</b>	✓	✗
<b>Shake'n'Go</b> Mixed Berry Yoghurt	<b>Product contains:</b>	<b>Milk</b>	✓	✗
<b>Shake'n'Go</b> Peach & Passionfruit	<b>Product contains:</b>	<b>Milk</b>	✓	✗

## Step Up Meals

<b>Step Up</b> Veg Chilli with Potato Wedges	<b>Product contains:</b>	<b>Sulphites and Soya.</b>	✓	✗
<b>Step Up</b> Chicken Curry	<b>Product contains:</b>	<b>Sulphites</b>	✗	✗
<b>Step Up</b> Beef Casserole	<b>Product contains:</b>	<b>Sulphites</b>	✗	✗
<b>Step Up</b> Mediterranean Style Tomato Pasta	<b>Product contains:</b>	<b>Wheat (Gluten)</b>	✓	✗

## Snacks & Tubs

<b>Pop Squares</b> BBQ	<b>Product contains:</b>	May contain traces of milk, soya and mustard.	✓	✗
<b>Pop Squares</b> Cheese & Onion	<b>Product contains:</b>	May contain traces of milk, soya and mustard.	✓	✗
<b>Pop Squares</b> Salt & Vinegar	<b>Product contains:</b>	May contain traces of milk, soya and mustard.	✓	✗
<b>Pop Squares</b> Sweet Chilli	<b>Product contains:</b>	May contain traces of milk and gluten from wheat and other cereals.	✓	✗
<b>Water Flavouring</b> Golden Vegetable	<b>Product contains:</b>	<b>Celery.</b> Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Water Flavouring</b> Chicken Flavour Broth	<b>Product contains:</b>	<b>Celery, Barley and Wheat (Gluten).</b> Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓

<b>Water Flavouring</b> Orange	<b>Product contains:</b> Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Water Flavouring</b> Pineapple	<b>Product contains:</b> Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Water Flavouring</b> Pink Lemonade	<b>Product contains:</b> Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Water Flavouring</b> Raspberry & Elderflower	<b>Product contains:</b> <b>Sulphites.</b> Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Water Flavouring</b> Cola	<b>Product contains:</b> Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Tub</b> Fibre	<b>Product contains:</b> Not suitable for people with peanut, tree nut or sesame seeds allergy.	✓	✓
<b>Tub</b> Mix-a-Mousse®	<b>Product contains:</b> Not suitable for people with peanut, tree nut or sesame seeds allergy.	✗	✗