



Allergies, & Lifestyle Information

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

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

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

Step Up Meals

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

Snacks & Tubs

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

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