



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 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 Chocolate Chewy	Product contains: Milk and Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Bar Chocolate & Orange Fusion	Product contains: Milk and Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Bar Cookies & Cream	Product contains: Milk, Soya and Wheat (Gluten) . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Bar Fruit & Nut	Product contains: Milk, Hazlenut and Soya . Not suitable for people with peanut, tree nut or sesame seed allergy.	✓	✓
Bar Lemon Yoghurt	Product contains: Milk, Soya and Gluten Not suitable for people with nut or sesame seed allergy.	✓	✓
Bar Peanut Crispy	Product contains: Milk, Peanut and Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Bar Strawberry & Apple	Product contains: Milk, Soya and Sulphites . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Bites Orange & Ginger	Product contains: Milk and Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Bites Salted Caramel	Product contains: Milk and Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Porridge Apple and Cinnamon	Product contains: Oats, Barley, Wheat, Spelt, Rye (Gluten), Milk, Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Porridge Mixed Berry	Product contains: Oats, Barley, Wheat, Spelt, Rye (Gluten), Milk, Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Porridge Golden Syrup	Product contains: Oats, Barley, Wheat, Spelt, Rye (Gluten), Milk, Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓

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Porridge Original	Product contains: Oats, Barley, Wheat, Spelt, Rye (Gluten), Milk, Soya. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Savoury Meal Carbonara	Product contains: Wheat, Soya, Milk, Sulphites. Not suitable for people with peanut, tree nut or sesame seed 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 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 see allergy.	✓	✓
Savoury Meal Green Pesto Pasta	Product contains: Wheat (Gluten), Milk and Soya. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Savoury Meal Macaroni Cheese	Product contains: Wheat (Gluten), Milk and Soya. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Savoury Meal Spaghetti Bolognese	Product contains: Wheat (Gluten), Soya and Sulphites. Not suitable for people with 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 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 nut or sesame seeds allergy.	✓	✓
Shake Chocolate	Product contains: Milk and Soya. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Shake Chocolate Mint	Product contains: Milk and Soya. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Shake LF Cappuccino	Product contains: Soya. May also contain gluten from wheat and other cereals. Not suitable for people with 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 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 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 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 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 nut or sesame seeds allergy.	✓	✓
Smoothie Chocolate & Cherry	Product contains: Milk and Soya. May also contain gluten from wheat and other cereals. Not suitable for people with 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 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 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 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 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 nut or sesame seeds allergy.	✓	✓
Shake'n'Go Apple & Kiwi Yoghurt	Product contains: Milk	✓	✗

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