



Allergies, & Lifestyle Information

Product	Allergen information summary	Suitable for Vegetarians	Halal Certified
Meal Replacements			
Bar Cherry Bakewell	Product contains: Milk and Soya. Not suitable for people with 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 Yoghurt	Product contains: Milk, Soya and Sulphites. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Bites Blueberry	Product contains: Milk and Soya. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Bites Chocolate Mint	Product contains: Gluten, 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 & Cinnamon	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.	✓	✓

Product	Allergen information summary	Suitable for Vegetarians	Halal Certified
Porridge Mixed Berry	Product contains: Oats, Barley, Wheat, Spelt, Rye (Gluten), Milk, Soya. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Porridge Original	Product contains: Oats, Barley, Wheat, Spelt, Rye (Gluten), Milk, Soya. Not suitable for people with 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 nut or sesame seeds 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 Sweet & Sour Noodles	Product contains: Soya and Wheat (Gluten). May also contain Milk, Egg, Mustard and gluten from other cereals. Not suitable for people with nut and 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 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 & Mushroom	Product contains: Wheat (Gluten), Milk and Soya. May also contain gluten from 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 LF 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 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 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.	✓	✓

Product	Allergen information summary	Suitable for Vegetarians	Halal Certified
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	✓	✗

Total Diet Replacements

TDR Porridge Original	Product contains: Oats, Barley, Wheat, Spelt, Rye (Gluten), Milk, Soya. Not suitable for people with nut or sesame seeds allergy.	✓	✓
TDR Soup Chicken & Mushroom	Product contains: Wheat (Gluten), Milk and Soya. May also contain gluten from other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓
TDR Bar Lemon Yoghurt	Product contains: Milk and Soya. Not suitable for people with nut or sesame seeds allergy.	✓	✓
TDR Bar Peanut Crunch	Product contains: Milk, Peanut and Soya. Not suitable for people with nut or sesame seeds allergy.	✓	✓
TDR 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.	✓	✓
TDR 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.	✓	✓
TDR 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.	✓	✓
TDR Shake Vanilla	Product contains: Milk and Soya. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓

Step Up Meals

Step Up Beef Casserole	Product contains: Sulphites. May also contain gluten.	✗	✗
Step Up Chicken Casserole	Product contains: No Allergens. Please read the product label for full ingredients.	✗	✗
Step Up Chicken Curry	Product contains: Sulphites.	✗	✗
Step Up Veggie & Chickpea Ragu	Product contains: Soya.	✓	✗
Step Up Veg Chilli with Potato Wedges	Product contains: Gluten, Sulphites and Soya.	✓	✗

We advise you should always read the product label and not rely solely on the information on the website.

Product	Allergen information summary	Suitable for Vegetarians	Halal Certified
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 Roast Chicken	Product contains: May contain traces of milk, soya and mustard.	✓	✗
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.	✓	✓
Water Flavouring Winter Spice	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.	✗	✗

Product	Allergen information summary	Suitable for Vegetarians	Halal Certified
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.	✓	✓
Water Flavouring Winter Spice	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.	✗	✗