



Allergies, Intolerances & Lifestyle Information



Suitable to consume ✓
 Unsuitable to consume ✗
 May be suitable ○

	Gluten intolerance	Crustacean	Egg	Fish	Milk	Lactose intolerance	Sesame seeds	Tree nuts	Peanut	Celery	Mustard	Soy	Sulphites	Lupin	Molluscs	Yeast	Aspartame	Vegetarian	Halal certified
SHAKES																			
Banana (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Chocolate (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Chocolate Mint (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Strawberry (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Vanilla (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Lactose free Chocolate (54g)	○	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Lactose free Vanilla (54g)	○	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Fruits of the Forest (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Key Lime Pie (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Toffee & Walnut (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Chocolate Orange (54g)	○	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Mince Pie (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
SOUPS																			
Chicken & Mushroom (54g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✗	✓	✓	✓
Oriental Chilli (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✗	✓	✓	✓
Tomato & Basil (54g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✗	✓	✓	✓
Vegetable (54g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✗	✓	✓	✓
Leek & Potato (54g)	○	✓	✓	✓	✓	✓	✗	✗	✗	✗	✓	✗	✓	✓	✓	✗	✓	✓	✓
Mushroom (54g)	✗	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✗	✓	✓	✓	✗	✓	✓	✓
Vegetable with Croutons (54g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✗	✓	✓	✓



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	Gluten intolerance	Crustacean	Egg	Fish	Milk	Lactose intolerance	Sesame seeds	Tree nuts	Peanut	Celery	Mustard	Soy	Sulphites	Lupin	Molluscs	Yeast	Aspartame	Vegetarian	Halal certified
BITES																			
Choc Mint (55g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Salted Caramel (57g)	✓	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✗
SMOOTHIES																			
Apple & Blackcurrant (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Cherry & Strawberry (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Strawberry & Banana with Oats (54g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
SAVOURY MEALS																			
Macaroni Cheese (58g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✗	✓	✓	✓
Spaghetti Bolognese (58g)	✗	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✗	✗	✓	✓	✗	✓	✓	✓
Chicken Tikka Style Curry (54g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✗	✓	✗	✓	✓	✓	✗	✓	✓	✓
Thai Green Style Curry with Rice (54g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✗	✓	✓	✓
Thai Green Style Curry with Noodles (54g)	✗	✓	○	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✗	✓	✓	✓
Spicy Couscous (54g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✗	✓	✗	✓	✓	✓	✗	✓	✓	✓
PORRIDGE																			
Original (54g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Apple & Cinnamon (54g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Maple & Pecan (54g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
BARS																			
Cranberry Crunch (55g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Chocolate Chewy (57g)	✓	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Mint Crunch (55g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Orange Chewy (57g)	✓	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Peanut Crunch (55g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Toffee Chewy (57g)	✓	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Lemon Yoghurt (55g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Strawberry & Apple Yoghurt (55g)	✓	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✗	✓	✓	✓	✓	✓	✓
READY TO DRINK																			
Chocolate Velvet (250ml)	✓	✓	✓	✓	✗	✗	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✗
Banana Bliss (250ml)	✓	✓	✓	✓	✗	✗	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✗
Strawberry Silk (250ml)	✓	✓	✓	✓	✗	✗	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✗	✗
Tropical Smoothie (250ml)	✓	✓	✓	✓	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗



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RICE PUDDING																			
Vanilla (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
DESSERT																			
Chocolate & Hazelnut (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
WATER FLAVOURINGS																			
Orange (150g)	✓	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Raspberry & Elderflower (150g)	✓	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓
Lemon & Lime (150g)	✓	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Watermelon (150g)	✓	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cucumber & Mint (150g)	✓	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Golden Vegetable (125g)	✓	✓	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✓	✓	✗	✓	✓	✓
SHAKES TDR																			
Banana (40g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Chocolate (40g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Strawberry (40g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Vanilla (40g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
SOUPS TDR																			
Chicken & Mushroom (40g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✗	✓	✓	✓
PORRIDGE TDR																			
Original (40g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
BARS TDR																			
Lemon Yoghurt (42g)	✓	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
Peanut Crunch (42g)	✓	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓
STEP UP MEALS																			
Smoky Chicken, Chorizo & Cannellini Beans (300g)	✓	✓	✓	✓	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗
Chicken Tagine with Chickpeas (300g)	○	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✗	✗
Smoky 3 Bean & Lentil Casserole (300g)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✗	✗
Chicken in a Spicy Tomato Sauce with Rice (300g)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗
EAT EASY																			
Chicken Curry (300g)	✓	✓	✓	✓	✗	✗	✓	○	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗
Mediterranean Chicken (300g)	✗	✓	✗	✓	✓	✓	✓	○	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗
Vegetable Chilli (300g)	✓	✓	✓	✓	✓	✓	✓	○	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✗



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OTHER																			
Mix-a-Mousse® (75g)	✓	✓	✓	✓	✓	✓	x	x	x	✓	✓	✓	✓	✓	✓	✓	✓	x	x
Cambridge Fibre® (120g)	✓	✓	✓	✓	✓	✓	x	x	x	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓