

2025-26 - Secondary Additional Allergen & Ingredient Information Report

Date: 18/04/2025

Midlothian

Title	Ingredients	Allergens (Single Column)
All Day Breakfast Tub	Sysco Classic Haricot Beans (53%), Tomatoes (33%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Flavouring, Paprika Powder. Tomatoes, cherry, raw Sysco Classic Free Range Folded Plain Omelettes Free Rang Egg (62%), Milk , Rapeseed Oil, Salt, Stabiliser(Xanthan Gum), White Pepper. Red Tractor Chicken Sausage, 56g (Crown Foods) Chicken 65%, Chicken Skin, Water, Pea Flour, Potato Starch, Salt, Rice Flour, Yeast Extract, Stabiliser E451, Sugar, Spices, Onion Powder, Antioxidant E301, Spice Extract, Herb Extract, Filled into a Beef Collagen Casing	Allergens: Eggs, Milk.
BBQ Chicken in a Bun	Green Gourmet Red Tractor Raw BBQ Chicken Breast Fillet Portions 57g Chicken (88%), [Chicken Breast (90%), Water, Salt, Potato Starch, Stabilisers (Triphosphates)], BBQ Glaze (Water, Sugar, Maize Starch, Salt, Tomato Powder, Yeast Extract, Onion Powder, Garlic Powder, Paprika, Smoke Flavouring, Caramelised Sugar, Thickener (Carrageenan), Parsley, Rapeseed Oil). La Boulangerie Sliced Oval Buns Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Maize (4%), Palm Oil, Salt, Soya Flour, Yeast, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agents (Ascorbic Acid, L-Cysteine Hydrochloride).	Allergens: Gluten, Soya, Wheat. May Contain: Barley, Eggs, Milk, Oats, Rye, Sesame Seeds.
Brakes Cooked Sliced British Chicken (filling only)	Sliced British Chicken Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).	
Brakes Mild Coloured Cheddar Cheese Slices (filling only)	Brakes Mild Coloured Cheddar Cheese Slices Cheddar Cheese(Milk), ;Colour(Beta-carotene).	Allergens: Milk.
Brakes Reduced Sugar Belgian Sweet Waffles	Brakes Individually Wrapped Reduced Sugar Belgian Sweet Waffles Wheat Flour, Margarine(Palm Oil, Rapeseed Oil, Water, Emulsifiers(Soya Lecithin, Mono- and Di-Glycerides of Fatty Acids), Salt, Acidity Regulator(Citric Acid), Flavouring, Colour(Plant Beta-Carotene)), Water, Egg , Yeast, Sugar, Invert Sugar Syrup, Whole Milk Powder, Salt, Emulsifier(Soya Lecithin), Flavouring.	Allergens: Eggs, Gluten, Milk, Soya, Wheat.
Cheese & Crackers	Brakes Savoury Crackers Minipack Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Palm Oil, Salt, Raising Agent (Sodium Hydrogen Carbonate), Yeast. Laughing Cow Fortified Square Portions rehydrated skimmed MILK , CHEESES , BUTTER , emulsifying salts: E341, E452, E451, E330, MILK proteins, vitamin D.	Allergens: Gluten, Milk, Wheat.
Cheese & Egg Muffin	Brakes Mild Coloured Cheddar Cheese Slices Cheddar Cheese(Milk), ;Colour(Beta-carotene). Sysco Classic Free Range Mini Round Omelettes Free Range ; Egg (62%), Milk ,Rapeseed Oil,Salt,Stabiliser(Xanthan Gum),White Pepper. La Boulangerie English Muffins Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Semolina (Wheat), Salt, Soya Flour, Yeast, Sugar, ;Palm Oil, Spirit Vinegar, Emulsifier (Mono-	Allergens: Eggs, Gluten, Milk, Soya, Wheat. May Contain: Sesame Seeds.

Title	Ingredients	Allergens (Single Column)
	and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).	
Cheese & Turkey Bacon Muffin	Brakes Mild Coloured Cheddar Cheese Slices Cheddar Cheese(Milk), ;Colour(Beta-carotene). La Boulangerie English Muffins Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Semolina (Wheat), Salt, Soya Flour, Yeast, Sugar, ;Palm Oil, Spirit Vinegar, Emulsifier (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Halal Cooked Turkey Bacon Rashers Turkey meat 95%, salt, starch (potato), stabiliser E451, dextrose, preservative E250, antioxidants (E301, rosemary extract), spices (pepper, garlic), smoke.	Allergens: Gluten, Milk, Soya, Wheat. May Contain: Barley, Celery, Eggs, Mustard, Sesame Seeds.
Cheese Muffin	Brakes Mild Coloured Cheddar Cheese Slices Cheddar Cheese(Milk), ;Colour(Beta-carotene). La Boulangerie English Muffins Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Semolina (Wheat), Salt, Soya Flour, Yeast, Sugar, ;Palm Oil, Spirit Vinegar, Emulsifier (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).	Allergens: Gluten, Milk, Soya, Wheat. May Contain: Sesame Seeds.
Cheese Savoury (filling only)	Sysco Classic Grated Mature Coloured Cheddar Cheese Coloured Cheddar(Milk) Contains ;Colour(Annatto Norbixin)), Anti-caking Agent(Potato Starch). Hellmann's Light Mayonnaise 5L Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK, MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract. Tomatoes, cherry, raw Chives, fresh Onions, raw	Allergens: Eggs, Milk, Mustard.
Chicken Eights in a Morning Roll	Sysco Essentials British Chicken Sausage Eights Water, Chicken (30%), ; Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Chicken Fat, Chicken Skin, Salt, Wheat Protein, Onion Powder, Stabiliser (Tetrasodium Diphosphate, Disodium Diphosphate), Preservative (Sodium Sulphite), Yeast Extract, Raising Agent (Ammonium Carbonate), Spice Extracts (Coriander, Nutmeg, Black Pepper), Antioxidant (Ascorbic Acid). Filled into beef collagen casings (Beef Collagen, Water, Cellulose). McGhee's Morning Roll WHEAT Flour (with added calcium carbonate, iron, niacin (B3) and thiamine (B1)), Water, Yeast, Rice Flour, Salt, Emulsifiers (E472e, E471), SOYA Flour, Vegetable Oil (Rapeseed), Flour Treatment Agents (E300, E920)	Allergens: Gluten, Soya, Sulphites, Wheat. May Contain: Barley, Eggs, Macadamia or Queensland Nuts, Milk, Oats, Rye.
Chicken Mayonnaise (filling only)	Brakes 12mm Cooked Chicken Breast Strips Chicken Breast, Modified Tapioca Starch, Salt, Stabiliser (Pentasodium Triphosphate). Hellmann's Light Mayonnaise 5L Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK, MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.	Allergens: Eggs, Milk, Mustard.
Chicken Sausage & Egg Roll	Red Tractor Chicken Sausage, 56g (Crown Foods) Chicken 65%, Chicken Skin, Water, Pea Flour, Potato Starch, Salt, Rice Flour, Yeast Extract, Stabiliser E451, Sugar, Spices, Onion Powder, Antioxidant E301, Spice Extract, Herb Extract, Filled into a Beef Collagen Casing La Boulangerie Sliced Oval Buns Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Maize (4%), Palm Oil, Salt, Soya Flour, Yeast, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agents (Ascorbic Acid, L-Cysteine Hydrochloride). Sysco Classic Free Range Mini Round Omelettes Free Range ; Egg (62%), Milk ,Rapeseed Oil,Salt,Stabiliser(Xanthan Gum),White Pepper.	Allergens: Eggs, Gluten, Milk, Soya, Wheat. May Contain: Barley, Oats, Rye, Sesame Seeds.
Chicken Sausage &	Red Tractor Chicken Sausage, 56g (Crown Foods) Chicken 65%, Chicken Skin, Water, Pea Flour, Potato Starch, Salt, Rice Flour, Yeast Extract, Stabiliser E451, Sugar, Spices, Onion Powder, Antioxidant E301, Spice Extract, Herb Extract, Filled into a Beef	Allergens: Gluten, Soya, Wheat. May Contain: Barley,

Title	Ingredients	Allergens (Single Column)
Turkey Bacon Roll	Collagen Casing La Boulangerie Sliced Oval Buns Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Maize (4%), Palm Oil, Salt, Soya Flour, Yeast, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agents (Ascorbic Acid, L-Cysteine Hydrochloride). Halal Cooked Turkey Bacon Rashers Turkey meat 95%, salt, starch (potato), stabiliser E451, dextrose, preservative E250, antioxidants (E301, rosemary extract), spices (pepper, garlic), smoke.	Celery, Eggs, Milk, Mustard, Oats, Rye, Sesame Seeds.
Chicken Tikka Mayonnaise (filling only)	Brakes Cooked Chicken Tikka Breast Strips Chicken Breast (96%), Whey Powder (Milk), Tomato Paste, Salt, Potato Starch, Sugar, Ginger, Garlic, Rice Bran Oil, Cornflour, Yogurt Powder (Milk), Coriander Powder, Colours(Paprika Extract, Carotenes), Coriander Leaf, Cumin Powder, Lime Juice Powder(Lime Juice, Maltodextrin, Antioxidants(Ascorbic Acid)), Ginger Powder, Cinnamon Powder, Black Pepper, Mace, Chilli Powder, Star Anise, Turmeric Powder, Basil Leaf. Hellmann's Light Mayonnaise 5L Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK, MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.	Allergens: Eggs, Milk, Mustard.
Chicken Tikka Strips (filling only)	Brakes Cooked Chicken Tikka Breast Strips Chicken Breast (96%), Whey Powder (Milk), Tomato Paste, Salt, Potato Starch, Sugar, Ginger, Garlic, Rice Bran Oil, Cornflour, Yogurt Powder (Milk), Coriander Powder, Colours(Paprika Extract, Carotenes), Coriander Leaf, Cumin Powder, Lime Juice Powder(Lime Juice, Maltodextrin, Antioxidants(Ascorbic Acid)), Ginger Powder, Cinnamon Powder, Black Pepper, Mace, Chilli Powder, Star Anise, Turmeric Powder, Basil Leaf.	Allergens: Milk.
Chocolate Cookie	Middleton Chocolate Cookie Mix (Scotland Only) WHEAT Flour (WHEAT , Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Reduced Fat Cocoa Powder (3.5%), Raising Agents (E500(ii), E450(i)), Dextrose, Maltodextrin, Colour (Caramel Powder), Dried Whole EGG Powder, Dried EGG White Powder, Chocolate Flavouring (0.35%), Flavouring.	Allergens: Eggs, Gluten, Wheat. May Contain: Milk, Soya.
Chocolate Muffin	Macphie Reduced Sugar Mississippi Chocolate Muffin Cake Mix 6Kg WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Sugar, Oligofructose, Dried Whole EGG , Vegetable Oil (Rapeseed), Cocoa Powder (4%), Modified Starch, Fat Reduced Cocoa Powder (2%), Chocolate (2%) [Sugar, Cocoa Mass, Fat Reduced Cocoa Powder], Raising Agents (Sodium bicarbonate, Disodium diphosphate, Dicalcium phosphate), Emulsifiers (Mono- and diglycerides of fatty acids, Propane-1,2-diol esters of fatty acids, Sodium stearoyl-2-lactylate), WHEAT Starch, Dried EGG White, WHEAT Gluten, Flavouring, Stabiliser (Xanthan gum). Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).	Allergens: Eggs, Gluten, Wheat. May Contain: Barley, Milk, Rye, Soya.
Cinnamon Swirl	Craigmillar Pizza & Bread Mix with Added Fibre 3.5kg WHEAT FLOUR (WHEAT FLOUR , Calcium carbonate, Iron, Niacin, Thiamine), WHEAT FIBRE , Yeast, Salt, Palm fat, Rapeseed oil, WHEAT GLUTEN, SOY FLOUR , Dextrose, Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, Mono- and diglycerides of fatty acids), Flour treatment agent (Ascorbic acid). Sysco Classic Ground Cinnamon Ground Cinnamon (Cassia) Tate & Lyle Light Soft Brown Sugar 3kg Cane Sugar Margarine Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.	Allergens: Gluten, Soya, Wheat. May Contain: Eggs, Milk.
Cooked Sliced Turkey Breast (filling only)	Sysco Essentials Cooked Sliced Turkey Breast Turkey Breast (80%), Water, Salt, Dextrose, Potato Starch, Stabilisers (Diphosphates, Triphosphates), Acidity Regulators (Sodium Acetate, Sodium Citrate), Pepper.	

Title	Ingredients	Allergens (Single Column)
Coronation Chicken (filling only)	Brakes 12mm Cooked Chicken Breast Strips Chicken Breast, Modified Tapioca Starch, Salt, Stabiliser (Pentasodium Triphosphate). Curry Powder Coriander, Turmeric (26%), Cumin Powder (8%), Salt (Salt, Anticaking agent (Sodium Ferrocyanide)), Rice Flour, Fenugreek (8%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace. Hellmann's Light Mayonnaise 5L Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK, MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.	Allergens: Eggs, Milk, Mustard.
Cosmo Cheese & Tomato Pizzini	Cosmo Brown Cheese & Tomato Pizzini 135g WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal WHEAT Flour, Yeast, Salt, Rapeseed Oil, MAIZE Flour, Tomato Sauce (25%) (Concentrated Crushed Tomatoes, Acidity Regulator (Citric Acid), Water, Rapeseed Oil, Salt, Oregano, Garlic Granules, Mozzarella Cheese (MILK) (18%) SOURCE OF FIBRE .	Allergens: Gluten, Milk, Wheat.
Cosmo Spicy Chicken Pizzini	Cosmo Brown Spicy Chicken Pizzini 155g WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal WHEAT Flour, Yeast, Salt, Rapeseed Oil, MAIZE Flour, Spicy Tomato Sauce (30%) (Concentrated Crushed Tomatoes, Acidity Regulator (Citric Acid), Water, Rapeseed Oil, Salt, Onion Powder, Coriander Powder, Chilli Powder, Oregano, Garlic Granules, Cumin Powder), Diced Chicken Breast (11%) (Chicken (98%), Salt), Mozzarella Cheese (MILK) (9%)	Allergens: Gluten, Milk, Wheat.
Custard Cream	Margarine Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1.4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D. Caster Sugar Cane Sugar Custard Powder Maize Starch, Colour (Annatto Norbixin), Flavouring. Icing Sugar Sugar (97%), Maize Starch Vanilla Essence Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings. Sysco Classic Plain Flour ; Wheat Flour (with Calcium, Iron, Niacin, Thiamin).	Allergens: Gluten, Wheat.
Egg Mayonnaise (filling only)	Egg - George Andersons Egg Hellmann's Light Mayonnaise 5L Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK, MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.	Allergens: Eggs, Milk, Mustard.
Egg Muffin	Sysco Classic Free Range Mini Round Omelettes Free Range ; Egg (62%), Milk , Rapeseed Oil, Salt, Stabiliser (Xanthan Gum), White Pepper. La Boulangerie English Muffins Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Semolina (Wheat), Salt, Soya Flour, Yeast, Sugar, ; Palm Oil, Spirit Vinegar, Emulsifier (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).	Allergens: Eggs, Gluten, Milk, Soya, Wheat. May Contain: Sesame Seeds.
Green Gourmet Southern Fried Popcorn Chicken	Green Gourmet Southern Fried Chicken Popcorn Chicken Breast (59%), WHEAT Flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, WHEAT Starch, WHEAT Gluten, Salt, Fennel, Black Pepper, Dextrose, Yeast Extract, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate) Onion Powder, Garlic Powder, White Pepper, Yeast, Citric Acid, Chilli Powder, Black Pepper Extract, Colour (Paprika Extract) Thyme Extract, Garlic Extract, Fennel Extract, Onion Oil.	Allergens: Gluten, Wheat.
Hash Browns	Sysco Classic Hash Browns Potato, Sunflower Oil, Dried Potato, Salt, White Pepper, Onion Powder.	May Contain: Gluten, Milk, Wheat.

Title	Ingredients	Allergens (Single Column)
Hovis Best of Both Medium Sliced Bread	Hovis Best of Both Medium Sliced Water, Wheat Flour (with added Calcium, Iron, Niacin, Thiamin) (32%), Wholemeal (Wheat) Flour (Wheat) (32%), Yeast, Calcium Sulphate, Salt, Wheat Protein, Soya Flour, Preservative: E282, Emulsifiers: E472e, E471, E322 (Rapeseed); Flour Treatment Agent: Ascorbic Acid.	Allergens: Gluten, Soya, Wheat.
Jacket Potato	Potato	
La Boulangerie Fully Baked Multiseed Bagels	La Boulangerie Fully Baked Multiseed Bagels Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Linseed (4.5%), Poppy Seed (3%), Sunflower Seeds (3%), Rye Flour, Sugar, Malted Barley Flour, Barley Flakes, Yeast, Wheat Gluten , Rapeseed Oil, Salt, ;Emulsifier (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), Maize.	Allergens: Barley, Gluten, Rye, Wheat. May Contain: Sesame Seeds.
La Boulangerie Sliced Oval Bun	La Boulangerie Sliced Oval Buns Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Maize (4%), Palm Oil, Salt, Soya Flour, Yeast, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agents (Ascorbic Acid, L-Cysteine Hydrochloride).	Allergens: Gluten, Soya, Wheat. May Contain: Barley, Eggs, Milk, Oats, Rye, Sesame Seeds.
McCain Simply Skin on Wedges	McCain Simply Skin on Wedges Potatoes.	
Mission 12" Wheatbran Tortilla Wrap	Mission 30cm Bran Tortilla Wrap Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin) (59%), Water, Vegetable Oils (Rapeseed Oil, Palm Oil), WHEAT Bran (2.4%), Raising Agents (E500, E450), Sugar, Acidity Regulator (E296), Stabiliser (E466), Salt.	Allergens: Gluten, Wheat.
Muller Healthy Balance Yoghurt	Müller Healthy Balance mixed Strawberry & Peach Yogurt Smooth Strawberry Yogurt (MILK), Water, Strawberry Puree (5%) , Sugar, Corn Flour, Natural Flavourings, Colouring Food: Beetroot Juice Concentrate;. Culture : Bifidobacterium, BB-12©. Smooth Peach Yogurt (MILK), Water, Peach Puree (5%) , Sugar, Corn Flour, Natural Flavourings, Culture : Bifidobacterium, BB-12©.	Allergens: Milk.
Panini Baguette (Pre Sliced)	La Boulangerie 10" Part Baked Bar Marked Panini Baguettes ; Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Extra Virgin Olive Oil, Salt, Flour Treatment Agent(Ascorbic Acid).	Allergens: Gluten, Wheat. May Contain: Sesame Seeds.
Plain Cookie	Middleton Plain Cookie Mix (Scotland Only) WHEAT Flour (WHEAT , Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Whey Powder (MILK), Raising Agents (E500(ii), E450(i)), Dextrose, Maltodextrin, Dried Whole EGG Powder, Dried EGG White Powder, Flavouring, Natural Colour (Annatto Norbixin).	Allergens: Eggs, Gluten, Milk, Wheat. May Contain: Soya.
Plain Muffin	Macphie Reduced Sugar Mississippi Muffin Cake Mix 6kg WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Sugar, Oligofructose, Vegetable Oil (Rapeseed), Dried Whole EGG , Modified Starch, WHEAT Starch, Raising Agents (Disodium diphosphate, Sodium bicarbonate, Potassium bicarbonate), Emulsifiers (Mono- and diglycerides of fatty acids, Propane-1,2-diol esters of fatty acids, Sodium stearyl-2-lactylate), Stabilisers (Hydroxypropyl methyl cellulose, Xanthan gum), WHEAT Gluten. Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).	Allergens: Eggs, Gluten, Wheat. May Contain: Milk, Soya.
Poppy Seed Bagel	La Boulangerie Fully Baked Poppy Seed Bagels Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rye Flour, Sugar, Yeast, Poppy Seed (1%), Rapeseed Oil, Salt, Malted Barley Flour, Emulsifier (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), Maize.	Allergens: Barley, Gluten, Rye, Wheat. May Contain: Sesame Seeds.

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Potato Scones	Ford's 6 Potato Scones Re Hydrated Potato Flakes (78%), WHEAT Flour (with added calcium carbonate, iron, niacin (B3) and thiamine (B1)), Vegetable Oil (Rapeseed), Salt, Raising Agent (E450i and E500ii) Preservative (E202)	Allergens: Gluten, Wheat. May Contain: Almonds, Brazil Nuts, Cashew Nuts, Eggs, Hazelnuts, Macadamia or Queensland Nuts, Milk, Pecan Nuts, Pistachios, Soya, Walnuts.
Quorn Burger in a Bun	Quorn Burgers Mycoprotein (44%), Rehydrated Free Range EGG White, Textured WHEAT Protein, [WHEAT Flour (contains added Calcium, Iron, Niacin & Thiamine), Colour: Plain Caramel. Stabiliser: Sodium Alginate.], Onion, MILK Proteins, Flavouring (contains Potassium Chloride), Rapeseed Oil, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate. Roasted BARLEY Malt Extract La Boulangerie Sliced Oval Buns Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Maize (4%), Palm Oil, Salt, Soya Flour, Yeast, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agents (Ascorbic Acid, L-Cysteine Hydrochloride).	Allergens: Barley, Eggs, Gluten, Milk, Soya, Wheat. May Contain: Oats, Rye, Sesame Seeds.
Quorn Patty Roll	Quorn Sausage Patties Mycoprotein (45%), Rehydrated Free Range Egg White, Textured Wheat Protein (Wheat Flour, Stabiliser: Sodium Alginate), Onions, Rapeseed Oil, Milk Proteins, Seasoning [Yeast Extract, Salt, Herbs (Sage, Marjoram), Potassium Chloride, Spices (White & Black Pepper, Nutmeg), Sugar, Onion], Natural Flavourings, Pea Fibre, Tapioca Starch, Roasted Barley Malt Extract. For allergens, including cereals containing gluten, see ingredients in bold . La Boulangerie Sliced Oval Buns Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Maize (4%), Palm Oil, Salt, Soya Flour, Yeast, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agents (Ascorbic Acid, L-Cysteine Hydrochloride). Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).	Allergens: Barley, Eggs, Gluten, Milk, Soya, Wheat. May Contain: Oats, Rye, Sesame Seeds.
Quorn Sausage, Bean & Cheese Bake	Quorn Vegan Sausages Water, Mycoprotein (17%), Textured Pea Protein (Pea Protein, Pea Extract), Rusk [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Salt], Seasoning [Natural Flavourings, Yeast Extracts, Maltodextrin, Spices (Pepper, Allspice, Mace, Ginger), Potassium Chloride, Onion Powder, Herb (Oregano), Nutmeg Extract, Mace Extract], WHEAT Gluten, Vegetable Oil (Palm, Rapeseed), Casing (Calcium Alginate), Thickener: Methylcellulose. Stabiliser: Sodium Alginate. Brakes Essentials Puff Pastry Sheets ; Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate). Sysco Classic Haricot Beans (53%), Tomatoes (33%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Flavouring, Paprika Powder. Sysco Classic Grated Mozzarella & Cheddar Cheese Mix Mozzarella Cheese (69%)(Milk),Cheddar Cheese (29%)(Milk),Anti-caking Agent(Potato Starch). Milk, semi-skimmed, pasteurised, average Milk	Allergens: Gluten, Milk, Wheat.
Quorn Sausages on a Roll	Quorn Sausages Mycoprotein (51%), Rehydrated Free Range EGG White, Textured WHEAT Protein (WHEAT Flour, Stabiliser: Sodium Alginate.), Rusk (WHEAT Flour, Salt, Yeast), Onion, Casing (Stabiliser: Sodium Alginate, Cellulose, Modified Starch.), Rapeseed Oil, Flavouring (contains Colours: Iron & Brown Iron Oxide.), MILK Proteins, Tapioca Starch, Firming Agents: Calcium Choride, Calcium Acetate. Pea Fibre, Roast BARLEY Malt Extract La Boulangerie Sliced Oval Buns Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Maize (4%), Palm Oil, Salt, Soya Flour, Yeast, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyl Tartaric Acid	Allergens: Barley, Eggs, Gluten, Milk, Soya, Wheat. May Contain: Oats, Rye, Sesame Seeds.

Title	Ingredients	Allergens (Single Column)
	Esters of Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agents (Ascorbic Acid, L-Cysteine Hydrochloride). Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).	
Quorn Vegan Dippers	Quorn Vegan Dippers Mycoprotein (55%), Water, Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Oils (Sunflower, Rapeseed), Pea Fibre, Natural Flavouring, Salt, Potato Protein, Pea Protein, Wheat Gluten, Maize Flour, Stabiliser: Carrageenan; Wheat Starch, Raising Agents: Ammonium Carbonate, Diphosphates, Sodium Bicarbonate; Dextrose, Durum Wheat Semolina, Turmeric Extract. Allergy Advice: For allergens, including cereals containing gluten, see ingredients in bold .	Allergens: Gluten, Wheat.
Sandwich Baguette	La Boulangerie 10" Part Baked White Sandwich Baguettes ; Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid).	Allergens: Gluten, Wheat. May Contain: Barley, Sesame Seeds.
Shortbread	Icing Sugar Sugar (97%), Maize Starch Margarine Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D. Sysco Classic Cornflour Maize Starch. Sysco Classic Plain Flour ; Wheat Flour (with Calcium, Iron, Niacin, Thiamin).	Allergens: Gluten, Wheat.
Sliced Chicken & Turkey Bacon Roll	Sliced British Chicken Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates). Halal Cooked Turkey Bacon Rashers Turkey meat 95%, salt, starch (potato), stabiliser E451, dextrose, preservative E250, antioxidants (E301, rosemary extract), spices (pepper, garlic), smoke. McGhee's Morning Roll WHEAT Flour (with added calcium carbonate, iron, niacin (B3) and thiamine (B1)), Water, Yeast, Rice Flour, Salt, Emulsifiers (E472e, E471), SOYA Flour, Vegetable Oil (Rapeseed), Flour Treatment Agents (E300, E920)	Allergens: Gluten, Soya, Wheat. May Contain: Barley, Celery, Eggs, Macadamia or Queensland Nuts, Milk, Mustard, Oats, Rye.
Southern Fried Chicken Goujons in a Bun	Green Gourmet British Red Tractor Breaded Southern Style Chicken Goujons Chicken Breast (58%), Water, WHEAT Flour , (with Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Salt, Potato Starch, Dehydrated Onion, Spices (Black Pepper, Fennel, Nutmeg), Garlic, Stabiliser: Triphosphates; WHEAT Gluten , Caramelised Sugar Syrup, Dextrose, Yeast & Yeast Extract, Acidity Regulator: Citric Acid; Glucose Syrup, Fructose, Colour: Paprika, Curcumin; Spice Extracts, Thickener: Xanthan Gum. La Boulangerie Sliced Oval Buns Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Maize (4%), Palm Oil, Salt, Soya Flour, Yeast, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agents (Ascorbic Acid, L-Cysteine Hydrochloride).	Allergens: Gluten, Soya, Wheat. May Contain: Barley, Eggs, Milk, Oats, Rye, Sesame Seeds.
Stone-baked Cheese & Tomato Pizza	Brakes Stonebaked Thin & Crispy Pizza Bases 9" Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Extra Virgin Olive Oil, Salt, Sugar, Deactivated Yeast. Sysco Classic Tomato Paste Tomatoes. Greens Chopped Garlic 250g Garlic (100%) Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory. Sysco Classic Grated Mozzarella & Cheddar Cheese Mix Mozzarella Cheese (69%) (Milk),Cheddar Cheese (29%)(Milk),Anti-caking Agent(Potato Starch).	Allergens: Gluten, Milk, Wheat. May Contain: Eggs.
Stone-baked Cheesy Garlic Pizza	Brakes Stonebaked Thin & Crispy Pizza Bases 9" Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Extra Virgin Olive Oil, Salt, Sugar, Deactivated Yeast. Greens Chopped Garlic 250g Garlic (100%) Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory. Sysco Classic Grated Mozzarella & Cheddar Cheese Mix Mozzarella Cheese (69%)(Milk),Cheddar Cheese (29%)(Milk),Anti-caking Agent(Potato Starch). Margarine Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid	Allergens: Gluten, Milk, Wheat. May Contain: Eggs.

Title	Ingredients	Allergens (Single Column)
	(citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.	
Stone-baked Garlic Pizza	Brakes Stonebaked Thin & Crispy Pizza Bases 9" Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Extra Virgin Olive Oil, Salt, Sugar, Deactivated Yeast. Greens Chopped Garlic 250g Garlic (100%) Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory. Margarine Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.	Allergens: Gluten, Wheat. May Contain: Eggs, Milk.
Stork (Vegetable Fat Spread)	Margarine Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.	
Sweet Chilli Chicken (filling only)	Pan Asia Sweet Chilli Dipping Sauce 1L Water, Sugar, Pickled Red Chilli(14%), Garlic(4%), Salt, Modified Starch, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate). Green Gourmet British Red Tractor Breaded Southern Style Chicken Goujons Chicken Breast (58%), Water, WHEAT Flour , (with Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Salt, Potato Starch, Dehydrated Onion, Spices (Black Pepper, Fennel, Nutmeg), Garlic, Stabiliser: Triphosphates; WHEAT Gluten , Caramelised Sugar Syrup, Dextrose, Yeast & Yeast Extract, Acidity Regulator: Citric Acid; Glucose Syrup, Fructose, Colour: Paprika, Curcumin; Spice Extracts, Thickener: Xanthan Gum.	Allergens: Gluten, Wheat.
Sweet Chilli Chicken Meatball Wrap	Green Gourmet British Red Tractor Raw Chicken Meatballs Chicken (70%); Water; Gluten Free Crumb (rice flour, gram flour, water, maize starch, salt, dextrose monohydrate); Seasoning (potato starch, salt, spices, onion powder, sugar, yeast extract, spice extracts) Pan Asia Sweet Chilli Dipping Sauce 1L Water, Sugar, Pickled Red Chilli(14%), Garlic(4%), Salt, Modified Starch, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate). Mission 30cm Bran Tortilla Wrap Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin) (59%), Water, Vegetable Oils (Rapeseed Oil, Palm Oil), WHEAT Bran (2.4%), Raising Agents (E500, E450), Sugar, Acidity Regulator (E296), Stabiliser (E466), Salt.	Allergens: Gluten, Wheat.
Tomato Ketchup	House Recipe Tomato Ketchup Sachets Water, Tomatoes (30%), Thickener (Modified Maize Starch), Sugar, Acidity Regulator (Acetic Acid), Salt, Paprika Extract, Colour (Plain Caramel), Preservative (Potassium Sorbate), Sweetener (Sucralose), Flavouring, Spice(Mace).	
Tomato Wrap	La Boulangerie 10" Fully Baked Tomato Flour Tortillas Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Tomato Seasoning(Tomato Powder (3%), Bell Pepper, Paprika, Basil), Palm Oil, Rapeseed Oil, Sugar, Raising Agents(Sodium Bicarbonate, Disodium Diphosphate, Malic Acid), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Salt, ;Flour Treatment Agent(L-Cysteine Hydrochloride).	Allergens: Gluten, Wheat.
Tuna & Red Onion (filling only)	Brakes Tuna Chunks In Brine Tuna (Fish), Water, Salt. Onions, raw	Allergens: Fish.
Tuna in Brine (filling only)	Brakes Tuna Chunks In Brine Tuna (Fish), Water, Salt.	Allergens: Fish.
Tuna Mayonnaise (filling only)	Brakes Tuna Chunks In Brine Tuna (Fish), Water, Salt. Hellmann's Light Mayonnaise 5L Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK, MUSTARD), thickeners (guar gum, xanthan gum), lemon	Allergens: Eggs, Fish, Milk, Mustard.

Title	Ingredients	Allergens (Single Column)
	juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.	
Turkey Bacon & Egg Muffin	Halal Cooked Turkey Bacon Rashers Turkey meat 95%, salt, starch (potato), stabiliser E451, dextrose, preservative E250, antioxidants (E301, rosemary extract), spices (pepper, garlic), smoke. Sysco Classic Free Range Mini Round Omelettes Free Range ; Egg (62%), Milk ,Rapeseed Oil,Salt,Stabiliser(Xanthan Gum),White Pepper. La Boulangerie English Muffins Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Semolina (Wheat), Salt, Soya Flour, Yeast, Sugar, ;Palm Oil, Spirit Vinegar, Emulsifier (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).	Allergens: Eggs, Gluten, Milk, Soya, Wheat. May Contain: Barley, Celery, Mustard, Sesame Seeds.
Turkey Bacon & Egg Roll	Halal Cooked Turkey Bacon Rashers Turkey meat 95%, salt, starch (potato), stabiliser E451, dextrose, preservative E250, antioxidants (E301, rosemary extract), spices (pepper, garlic), smoke. Sysco Classic Free Range Mini Round Omelettes Free Range ; Egg (62%), Milk ,Rapeseed Oil,Salt,Stabiliser(Xanthan Gum),White Pepper. La Boulangerie Sliced Oval Buns Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Maize (4%), Palm Oil, Salt, Soya Flour, Yeast, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agents (Ascorbic Acid, L-Cysteine Hydrochloride).	Allergens: Eggs, Gluten, Milk, Soya, Wheat. May Contain: Barley, Celery, Mustard, Oats, Rye, Sesame Seeds.
Turkey Bacon & Sliced Cheese Muffin	Halal Cooked Turkey Bacon Rashers Turkey meat 95%, salt, starch (potato), stabiliser E451, dextrose, preservative E250, antioxidants (E301, rosemary extract), spices (pepper, garlic), smoke. Brakes Mild Coloured Cheddar Cheese Slices Cheddar Cheese(Milk), ;Colour(Beta-carotene). La Boulangerie English Muffins Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Semolina (Wheat), Salt, Soya Flour, Yeast, Sugar, ;Palm Oil, Spirit Vinegar, Emulsifier (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).	Allergens: Gluten, Milk, Soya, Wheat. May Contain: Barley, Celery, Eggs, Mustard, Sesame Seeds.
Turkey Bacon on a Poppyseed Bagel	Halal Cooked Turkey Bacon Rashers Turkey meat 95%, salt, starch (potato), stabiliser E451, dextrose, preservative E250, antioxidants (E301, rosemary extract), spices (pepper, garlic), smoke. La Boulangerie Fully Baked Poppy Seed Bagels Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rye Flour, Sugar, Yeast, Poppy Seed (1%), Rapeseed Oil, Salt, Malted Barley Flour, Emulsifier (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), Maize.	Allergens: Barley, Gluten, Rye, Wheat. May Contain: Celery, Eggs, Milk, Mustard, Sesame Seeds, Soya.
Turkey Bacon Rashers	Halal Cooked Turkey Bacon Rashers Turkey meat 95%, salt, starch (potato), stabiliser E451, dextrose, preservative E250, antioxidants (E301, rosemary extract), spices (pepper, garlic), smoke.	May Contain: Barley, Celery, Eggs, Gluten, Milk, Mustard, Soya, Wheat.
Turkey Bacon Roll	Halal Cooked Turkey Bacon Rashers Turkey meat 95%, salt, starch (potato), stabiliser E451, dextrose, preservative E250, antioxidants (E301, rosemary extract), spices (pepper, garlic), smoke. La Boulangerie Sliced Oval Buns Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Maize (4%), Palm Oil, Salt, Soya Flour, Yeast, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agents (Ascorbic Acid, L-Cysteine Hydrochloride).	Allergens: Gluten, Soya, Wheat. May Contain: Barley, Celery, Eggs, Milk, Mustard, Oats, Rye, Sesame Seeds.
Turkey Bacon, Cheese & Egg Muffin	Sysco Classic Free Range Mini Round Omelettes Free Range ; Egg (62%), Milk ,Rapeseed Oil,Salt,Stabiliser(Xanthan Gum),White Pepper. Halal Cooked Turkey Bacon Rashers Turkey meat 95%, salt, starch (potato), stabiliser E451, dextrose, preservative E250, antioxidants (E301, rosemary extract), spices (pepper,	Allergens: Eggs, Gluten, Milk, Soya, Wheat. May Contain: Barley,

Title	Ingredients	Allergens (Single Column)
	garlic), smoke. La Boulangerie English Muffins Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Semolina (Wheat), Salt, Soya Flour, Yeast, Sugar, ;Palm Oil, Spirit Vinegar, Emulsifier (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). Brakes Mild Coloured Cheddar Cheese Slices Cheddar Cheese(Milk), ;Colour(Beta-carotene).	Celery, Mustard, Sesame Seeds.
Vegetable Burger	Sysco Essentials Crispy Crumbed Vegetable Burger Wheat Flour(Wheat Flour,Calcium Carbonate,Iron,Niacin,Thiamin),Water,Carrot (11%),Peas (10%),Sweetcorn (9%),Onion (8%),Red Pepper (6%),Dried Potato,Green Beans (4.5%),Rapeseed Oil,Leek (3%),Cauliflower Florets (2.5%),Potato,Salt,Yeast,Sugar,Yeast Extract,Garlic Powder,Onion Powder,Tomato Powder,Red Pepper Powder,Parsley,Sage,Flavouring,White Pepper,Black Pepper Extract,Sage Extract.	Allergens: Gluten, Wheat.
Wholemeal Hoagies 7"	Kara 7" Wholemeal Hoagies Wholemeal WHEAT Flour, Water, Kibbled Malted WHEAT (4%), Salt, WHEAT Flour, Fermented WHEAT Flour, Palm Oil, Yeast, Emulsifier (E472e), Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Flour Treatment Agent (E300), Rapeseed Oil.	Allergens: Gluten, Wheat. May Contain: Barley, Eggs, Milk, Oats, Rye, Sesame Seeds, Soya.