

2026-27 - Secondary Additional Allergen & Ingredient Information Report

Date: 12/03/2026

Midlothian

Title	Ingredients	Allergens (Single Column)	Brakes Codes
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), Sysco Classic Sliced Oval Buns Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Maize (4%), Palm Oil, Salt, Soya Flour, Yeast, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides 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.	149936, 4626
Boka Apple Cinnamon Cereal Bar	Boka Apple Cinnamon Cereal Bar 30g Rolled Oats (25%), Glucose Syrup, Soluble Fibre (Oligofructose), Buckwheat Flakes, Crisp Rice (Rice Flour, Wheat Flour, Barley flour, Sugar, Salt), Bulking Agent; Erythritol. Humectant: Glycerol, Water, Dried Apple (1.0%), Ground Cinnamon (0.3%), Burnt Sugar, Food Acid: Malic Acid, Salt, Natural Flavouring.	Allergens: Barley, Gluten, Oats, Wheat.	120171
Boka Caramel Cereal Bar	Boka Caramel Cereal Bar 30g Rolled Oats (25%), Glucose Syrup, Soluble Fibre (Oligofructose), Buckwheat Flakes, Crisp Rice (Rice Flour, Wheat Flour, Barley Flour, Sugar, Salt), Bulking Agent; Erythritol. Humectant: Glycerol, Water, Burnt Sugar, Natural Flavouring, Salt.	Allergens: Barley, Gluten, Oats, Wheat.	120172
Boka Strawberry Cereal Bar	Boka Strawberry Cereal Bar 30g Rolled Oats (25%), Glucose Syrup, Chicory Root Fibre, Buckwheat Flakes, Crisp Rice (Rice Flour, Wheat Flour, Barley Flour Sugar, Salt), Bulking Agent; Erythritol. Humectant: Glycerol, Water, Freeze Dried Strawberries (1.0%), Burnt Sugar, Food Acids: Malic Acid, Citric Acid, Salt, Natural Flavouring.	Allergens: Barley, Gluten, Oats, Wheat.	120170
Brakes Cooked Sliced British Chicken (filling only)	Sliced British Chicken Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).		130401
Brakes Mild Coloured Cheddar Cheese Slices (filling only)	Brakes Mild Coloured Cheddar Cheese Slices Cheddar Cheese(Milk) Contains Colour(Beta-carotene)).	Allergens: Milk.	74453
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.	135222

Title	Ingredients	Allergens (Single Column)	Brakes Codes
Cheese & Crackers	Brakes Savoury Crackers Minipack 16g 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.	1474, 71773
Cheese & Egg Muffin	Brakes Mild Coloured Cheddar Cheese Slices Cheddar Cheese(Milk) Contains Colour(Beta-carotene)), Sysco Classic Free Range Mini Round Omelettes Free Range ; Egg (62%), Milk ,Rapeseed Oil,Salt,Stabiliser(Xanthan Gum),White Pepper., Sysco Classic English Muffins Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Semolina (Wheat), Salt, Yeast, Soya Flour, Sugar, Palm Oil, Spirit Vinegar, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).	Allergens: Eggs, Gluten, Milk, Soya, Wheat. May Contain: Sesame Seeds.	74453, 32302, 2815
Cheese & Turkey Bacon Muffin	Brakes Mild Coloured Cheddar Cheese Slices Cheddar Cheese(Milk) Contains Colour(Beta-carotene)), Sysco Classic English Muffins Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Semolina (Wheat), Salt, Yeast, Soya Flour, Sugar, Palm Oil, Spirit Vinegar, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides 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.	74453, 121143, 2815
Cheese Muffin	Brakes Mild Coloured Cheddar Cheese Slices Cheddar Cheese(Milk) Contains Colour(Beta-carotene)), Sysco Classic English Muffins Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Semolina (Wheat), Salt, Yeast, Soya Flour, Sugar, Palm Oil, Spirit Vinegar, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).	Allergens: Gluten, Milk, Soya, Wheat. May Contain: Sesame Seeds.	74453, 2815
Cheese Pizza Baguette	Four Cheese Baguette Pizzas Wheat Flour, Water, Edam (Milk) Cheese (Milk) (7,2 %) (Milk), Tomato Concentrate (6 %), Emmental (Milk) Cheese (Milk) (4,8 %) (Milk), Mozzarella (Milk) Cheese (Milk) (4,8 %) (Milk), Cheddar (Milk) Cheese (Milk) (3,2 %) (Milk), Sugar, Olive Oil, Salt, Yeast, Corn Starch, Rapeseed Oil, Natural Oregano Flavouring, Black Pepper.	Allergens: Gluten, Milk. May Contain: Celery, Eggs, Mustard, Soya.	188416
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.	71950, 4046, tomatoes, chives, red onion
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	Allergens: Gluten, Soya, Sulphites, Wheat. May Contain: Barley, Eggs, Macadamia or	4108, 54429

Title	Ingredients	Allergens (Single Column)	Brakes Codes
	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)	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.	30137, 4046
Chicken Rollover Hotdog	Chicken Rollover Sausage Chicken (87%), water, salt, dextrose, thickener: E407, stabiliser: E450, spices, spice extracts, antioxidant: E300, E301, spice, yeast extract, glucose syrup, preservative: E250, beechwood smoke, Rollover Pre Sliced Baguette WHEAT Flour (with Calcium, Folic Acid, Iron, Niacin, Thiamin), Water, Yeast, Salt, Dextrose, Flour Treatment Agent (E300).	Allergens: Gluten. May Contain: Milk, Sesame Seeds.	184194, 5024512
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, Sysco Classic Sliced Oval Buns Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Maize (4%), Palm Oil, Salt, Soya Flour, Yeast, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides 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.	4626, 32302, Red Tractor Chicken Sausage, 56g (Crown Foods)
Chicken Sausage & Turkey Bacon 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, Sysco Classic Sliced Oval Buns Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Maize (4%), Palm Oil, Salt, Soya Flour, Yeast, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides 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.	Allergens: Gluten, Soya, Wheat. May Contain: Barley, Celery, Eggs, Milk, Mustard, Oats, Rye, Sesame Seeds.	4626, 121143, Red Tractor Chicken Sausage, 56g (Crown Foods)
Chicken Tikka Mayonnaise (filling only)	Sysco Premium 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	Allergens: Eggs, Milk, Mustard.	2021, 4046

Title	Ingredients	Allergens (Single Column)	Brakes Codes
	gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.		
Chicken Tikka Strips (filling only)	Sysco Premium 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.	2021
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.	132843
Chocolate Muffin	Macphie Reduced Sugar Mississippi Chocolate Muffin & Cake Mix 6Kg Wheat Flour (Wheat Flour, Calcium, Niacin, Iron, Folic Acid, 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: Milk, Soya.	128497, 33568
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.	10659, 33581, 23178, 350102
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.		29175
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.	30137, 33599, 4046

Title	Ingredients	Allergens (Single Column)	Brakes Codes
Cosmo Cheese & Tomato Pizzini	Cosmo Brown Cheese & Tomato Pizzini 135g WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Wholemeal WHEAT Flour, Yeast, Salt, Rapeseed Oil, 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.	103435
Cosmo Spicy Chicken Pizzini	Cosmo Brown Spicy Chicken Pizzini 155g WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Wholemeal WHEAT Flour, Yeast, Salt, Rapeseed Oil, 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%). Source of Fibre.	Allergens: Gluten, Milk, Wheat.	126882
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, Propylene Glycol (E1520), Flavouring Substances and Sugar, Colour; E150a Plain Caramel, Sysco Classic Plain Flour ; Wheat Flour (with Calcium, Iron, Niacin, Thiamin).	Allergens: Gluten, Wheat.	23178, 350098, 85842, 114951, 350101, 86874
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.	4046, Egg (George Anderson)
Egg Muffin	Sysco Classic Free Range Mini Round Omelettes Free Range ; Egg (62%), Milk ,Rapeseed Oil,Salt,Stabiliser(Xanthan Gum),White Pepper., Sysco Classic English Muffins Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Semolina (Wheat), Salt, Yeast, Soya Flour, Sugar, Palm Oil, Spirit Vinegar, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).	Allergens: Eggs, Gluten, Milk, Soya, Wheat. May Contain: Sesame Seeds.	32302, 2815
Green Gourmet Breaded Chicken Goujons	Green Gourmet British Red Tractor Breaded Chicken Goujons Chicken (58%), WHEAT Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, WHEAT Starch, Salt, Potato Starch, Stabiliser: Triphosphate; Glucose Syrup, Colour: Paprika; Spice Extract, Caramelised Sugar, Yeast, Fructose, Thickener: Xanthan Gum; Sugar.	Allergens: Gluten, Wheat.	58870
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.	149937
Green Gourmet Southern	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,	Allergens: Gluten, Wheat.	101359

Title	Ingredients	Allergens (Single Column)	Brakes Codes
Style Chicken Goujons	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.		
Hash Browns	Sysco Classic Hash Browns Potato, Sunflower Oil, Dried Potato, Salt, Dextrose, White Pepper, Onion Powder.	May Contain: Gluten, Milk, Wheat.	149258
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.	Hovis Best of Both Medium Sliced Bread
Jacket Potato	Potato		Jacket 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.	55690
La Boulangerie Sliced Oval Bun	Sysco Classic Sliced Oval Buns Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Maize (4%), Palm Oil, Salt, Soya Flour, Yeast, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides 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.	4626
McCain Simply Skin on Wedges	McCain Simply Skin on Wedges Potatoes.		149585
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.	101767
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.	15626
Panini Baguette (Pre Sliced)	Sysco Classic 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.	32378
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)),	Allergens: Eggs, Gluten, Milk, Wheat. May Contain: Soya.	132848

Title	Ingredients	Allergens (Single Column)	Brakes Codes
	Dextrose, Maltodextrin, Dried Whole EGG Powder, Dried EGG White Powder, Flavouring, Natural Colour (Annatto Norbixin).		
Plain Muffin	Macphie Reduced Sugar Mississippi Muffin Cake Mix 6Kg Wheat Flour (Wheat Flour, Calcium, Niacin, Iron, Folic Acid, 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 stearoyl-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.	128498, 33568
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.	55691
Potato Scones	Ford's 6 Potato Scones 78% Re-Hydrated Potato Flakes, WHEAT Flour (with added Calcium Carbonate, Niacin (B3), Iron, Folic Acid and Thiamine (B1)), Salt, Preservative (E202).	Allergens: Gluten, Wheat. May Contain: Eggs, Milk, Soya.	460806
Quorn Vegan Dippers	QuornPro Vegan Dippers Mycoprotein (61%), Water, Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Pea Fibre, Natural Flavouring, Durum Wheat Semolina, Potato Protein, Pea Protein, Wheat Gluten, Maize Flour, Wheat Starch, Dextrose, Raising Agents: Disodium Bicarbonate, Sodium Bicarbonate; Salt, Turmeric Extract. For allergens, including cereals containing gluten, see ingredients in bold .	Allergens: Gluten, Wheat.	135198
Sandwich Baguette	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.	3490
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.	350101, 23178, 114951, 5946
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.	130401, 121143, 54429
Southern Fried Chicken	Green Gourmet British Red Tractor Breaded Southern Style Chicken Goujons Chicken Breast (58%), Water, WHEAT Flour , (with Calcium	Allergens: Gluten, Soya,	101359, 4626

Title	Ingredients	Allergens (Single Column)	Brakes Codes
Goujons in a Bun	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., Sysco Classic Sliced Oval Buns Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Maize (4%), Palm Oil, Salt, Soya Flour, Yeast, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agents (Ascorbic Acid, L-Cysteine Hydrochloride).	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., Darta 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.	33828, 28326, 110718, 33590, 10163
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., Darta 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 (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.	Allergens: Gluten, Milk, Wheat. May Contain: Eggs.	33828, 23178, 110718, 33590, 10163
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., Darta 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.	33828, 23178, 110718, 33590
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.		23178
Sweet Chilli Chicken (filling only)	House Recipe Classic Sweet Chilli Dipping Sauce Water, Sugar, Red Chilli (14%) (Red Chilli, Salt, Water, Acetic Acid), Garlic (4.0%) (Water, Garlic), Modified Corn Starch, Salt, 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.	86972, 101359

Title	Ingredients	Allergens (Single Column)	Brakes Codes
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).		3853
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.	4719
Tuna & Red Onion (filling only)	Portico Tuna Chunks In Brine Tuna (Fish), Water, Salt., Onions, raw	Allergens: Fish.	6359, red onion
Tuna in Brine (filling only)	Portico Tuna Chunks In Brine Tuna (Fish), Water, Salt.	Allergens: Fish.	6359
Tuna Mayonnaise (filling only)	Portico 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 juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.	Allergens: Eggs, Fish, Milk, Mustard.	6359, 4046
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., Sysco Classic English Muffins Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Semolina (Wheat), Salt, Yeast, Soya Flour, Sugar, Palm Oil, Spirit Vinegar, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).	Allergens: Eggs, Gluten, Milk, Soya, Wheat. May Contain: Barley, Celery, Mustard, Sesame Seeds.	121143, 32302, 2815
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., Sysco Classic Sliced Oval Buns Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Maize (4%), Palm Oil, Salt, Soya Flour, Yeast, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides 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.	121143, 32302, 4626
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) Contains Colour(Beta-carotene)), Sysco Classic English Muffins Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Semolina (Wheat), Salt, Yeast, Soya Flour, Sugar, Palm Oil, Spirit Vinegar, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty	Allergens: Gluten, Milk, Soya, Wheat. May Contain: Barley, Celery, Eggs, Mustard, Sesame Seeds.	121143, 74453, 2815

Title	Ingredients	Allergens (Single Column)	Brakes Codes
	Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).		
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.	121143, 55691
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.	121143
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., Sysco Classic Sliced Oval Buns Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Maize (4%), Palm Oil, Salt, Soya Flour, Yeast, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides 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.	121143, 4626
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, garlic), smoke., Sysco Classic English Muffins Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Semolina (Wheat), Salt, Yeast, Soya Flour, Sugar, Palm Oil, Spirit Vinegar, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid), Brakes Mild Coloured Cheddar Cheese Slices Cheddar Cheese(Milk) Contains Colour(Beta-carotene)).	Allergens: Eggs, Gluten, Milk, Soya, Wheat. May Contain: Barley, Celery, Mustard, Sesame Seeds.	32302, 121143, 2815, 74453
Turkey Burger in a Bun	Sysco Classic Sliced Oval Buns Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Maize (4%), Palm Oil, Salt, Soya Flour, Yeast, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agents (Ascorbic Acid, L-Cysteine Hydrochloride), Carisma Buttermilk Turkey Burger Turkey Breast (60%), WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Rice Flour, Modified Potato Starch, Potato, Maltodextrin, Potato Starch, Buttermilk Powder (3%) (MILK), Salt, Sugar, Yeast Extract, Yeast, Garlic Powder, Onion Powder, Rapeseed oil, White Pepper, Raising Agents (E450, E451), Citric Acid (E330)	Allergens: Gluten, Milk, Soya, Wheat. May Contain: Barley, Eggs, Oats, Rye, Sesame Seeds.	150201, 4626
Vegan Sausage Roll	Simply Plant Based 6" Unbaked Vegan Sausage Roll Puff Pastry(Wheat Flour[Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin], Pastry Margarine[Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier(Mono- and Diglycerides of Fatty Acids)], Water), Filling(Water, ; Soya Protein Concentrate (13%), Sage and Onion Stuffing[Wheat Flour(Wheat Flour,	Allergens: Barley, Gluten, Soya, Wheat. May Contain: Milk.	129445

Title	Ingredients	Allergens (Single Column)	Brakes Codes
	Calcium Carbonate, Niacin, Iron, Thiamin}, Onion, Salt, Sage, Water, Raising Agent(Ammonium Carbonate, Sodium Hydrogen Carbonate), Yeast, Parsley, Barley Malt], Rapeseed Oil, Modified Maize Starch, Stabiliser(Methyl Cellulose), Salt, Mushroom Stock[Mushroom Concentrate, Salt, Rapeseed Oil, Water, Porcini Mushroom Powder, Onion Concentrate, Sugar, Cornflour], Onion Powder, White Pepper, Sage, Nutmeg, Cayenne Pepper[Chilli, Paprika]), Glaze(Water, Wheat Protein, Natural Colour[Carotenes])		
Vegetable Burger in a Bun	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., Sysco Classic Sliced Oval Buns Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Maize (4%), Palm Oil, Salt, Soya Flour, Yeast, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides 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.	146279, 4626
Vinegar Infused Tempura Pollock Fillet	Vinegar Infused Tempura Battered MSC Pollack Fillets MSC certified Alaska Pollock 50%, (FISH) Coating (WHEAT flour, rice flour, WHEAT starch, maize flour, yeast extract, vinegar powder, citric acid, vegetable oil, salt, raising agent [E500ii, E450i], flavouring [sodium diacetate], spice extract, dextrose, thickener; guar gum, sugar, sucrose esters of fatty acid) rapeseed or SOYBEAN oil.	Allergens: Fish, Gluten, Soya, Wheat.	591050
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.	31297