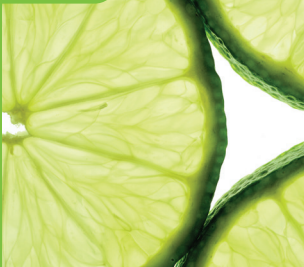


**DAIRY & EGGS**Alpha-Lactalbumin
Beta-LactoglobulinCasein
Egg WhiteEgg Yolk
Milk (Buffalo)Milk (Cow's)
Milk (Goat's)
Milk (Sheep's)**GRAINS**Amaranth
Barley
Buckwheat
Corn (Maize)Couscous
Durum Wheat
Gliadin
MaltMillet
Oat
Rice
RyeSpelt
Tapioca
Wheat
Wheat Bran**FISH & SEAFOOD**Anchovy
Bass
Carp
Caviar
Clam
Cockle
Cod
Crab
CuttlefishEel
Haddock
Hake
Herring
Lobster
Mackerel
Monkfish
Mussel
OctopusOyster
Perch
Pike
Plaice
Salmon
Sardine
Scallop
Sea Bream
Shrimp/PrawnSole
Squid
Swordfish
Trout
Tuna
Turbot**MEAT**Beef
Chicken
Duck
HorseLamb
Ostrich
Ox
PartridgePork
Quail
Rabbit
TurkeyVeal
Venison
Wild Boar**FRUIT**Apple
Apricot
Avocado
Banana
Blackberry
Blackcurrant
Blueberry
Cherry
Cranberry
DateFig
Grape
Grapefruit
Guava
Kiwi
Lemon
Lime
Lychee
Mango
MelonMulberry
Nectarine
Olive
Orange
Papaya
Peach
Pear
Pineapple
Plum
PomegranateRaisin
Raspberry
Redcurrant
Rhubarb
Strawberry
Tangerine
Watermelon**VEGETABLES**Artichoke
Asparagus
Aubergine
Bean (Broad)
Bean (Green)
Bean (Red Kidney)
Bean (Haricot)
Beetroot
Broccoli
Brussel Sprout
Cabbage (Red)Cabbage (Savoy/White)
Caper
Carrot
Cauliflower
Celery
Chard
Chickpea
Chicory
Cucumber
Fennel
LeekLentil
Lettuce
Marrow
Onion
Pea
Peppers
Potato
Quinoa
Radish
Rocket
ShallotSoya Bean
Spinach
Squash
Sweet Potato
Tomato
Turnip
Watercress
Yuca**NUTS & SEEDS**Almond
Brazil Nut
Cashew Nut
CoconutFlax Seed
Hazelnut
Macadamia Nut
PeanutPine Nut
Pistachio
Rapeseed
Sesame SeedSunflower Seed
Walnut**HERBS & SPICES**Aniseed
Basil
Bayleaf
Camomile
Cayenne
Chilli (Red)
Cinnamon
CloveCoriander
Cumin
Curry (Mixed Spices)
Dill
Garlic
Ginger
Ginkgo
GinsengHops
Liquorice
Marjoram
Mint
Mustard Seed
Nettle
Nutmeg
ParsleyPeppercorn
Peppermint
Rosemary
Saffron
Sage
Tarragon
Thyme
Vanilla**MISCELLANEOUS**Cane Sugar
Carob
ChestnutCocoa Bean
Coffee
HoneyMushroom
Tea (Black)
Tea (Green)Transglutaminase
Yeast (Baker's)
Yeast (Brewer's)