

DAIRY & EGGS

 Egg White
Egg Yolk

Milk (Cow's)

Milk (Goat's)

GRAINS

 Barley
Corn (Maize)
Durum Wheat

 Gluten
Oat
Rice

 Rye
Wheat

FISH & SEAFOOD

 Cod
Crab
Haddock

 Lobster
Oyster
Plaice

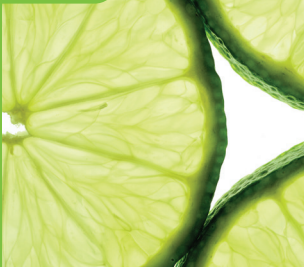
 Salmon
Shrimp/Prawn
Trout
Tuna

MEAT

 Beef
Chicken

 Lamb
Pork

Turkey

FRUIT

 Apple
Avocado
Blackberry
Cherry
Grape

 Grapefruit
Lemon
Lime
Orange
Pear

 Pineapple
Raspberry
Strawberry

VEGETABLES

 Bean (Red Kidney)
Bean (White Haricot)
Broccoli
Brussel Sprout

 Cabbage (Savoy/White)
Carrot
Cauliflower
Pea

 Potato
Soya Bean

NUTS & SEEDS

 Almond
Brazil Nut

 Cashew Nut
Hazelnut

 Peanut
Pistachio

HERBS & SPICES

 Chilli (Red)
Garlic

 Ginger
Mustard Seed

Peppercorn

MISCELLANEOUS


Mushroom

Yeast (Baker's)

Yeast (Brewer's)