

Ina Paarman's Product Range: 2011



Salad Dressings: Creamy

Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Blue Cheese	Purified water, Canola oil (22.8 %), Blue cheese (8.0 %), Sugar, Spirit vinegar, Modified cornstarch, Salt, Mustard, Lactic acid, Citric acid, Stabilizer: Xanthan gum, Preservative: Sorbic acid, Black pepper, Flavours (nature identical).	50ml 300ml			X									X		
Caesar	Purified water, Canola oil (23.5 %), Fresh cheese (Pecorino and Cheddar), Sugar, Modified cornstarch, Vinegar, Salt, Garlic puree, Anchovy, Spirit vinegar, Lemon concentrate, Spices, Stabilizer : Xanthan gum, Lactic acid, Citric acid, Preservative : Sorbic acid.	50ml 300ml	X		X						X			X		
Feta & Garlic	Purified water, Canola oil (23.0 %), Feta cheese (6.5 %), Modified cornstarch, Spirit vinegar, Salt, Sugar, Garlic, Cheese powder, Fructose, Black pepper, Mustard, Stabiliser : Xanthan gum, Lactic acid, Preservative : Sorbic acid, Citric acid.	300ml			X						X			X		
Herb	Purified water, Canola oil (30.6 %), Sugar, Modified cornstarch, Salt, Spirit vinegar, Mustard, Garlic puree, Extra Virgin Olive Oil (0.6 %), Cider vinegar, Herbs, Lactic acid, Black pepper, Stabiliser: Xanthan gum, Flavours (natural and nature identical), Natural colour: Chlorophyll.	50ml 300ml									X		X	X	X	
Honey Mustard	Purified water, Canola oil (28.3 %). Blue gum honey (8.5 %), Cider vinegar, Sugar, Wholegrain mustard (2.8 %), Spirit vinegar, Apple concentrate, Mustard (including seeds), Salt, Modified cornstarch, Lactic acid, Black pepper, Stabilizer: Xanthan gum, Natural colour: Beta carotene, Flavour (natural).	50ml 300ml									X			X	X	

Adding the gourmet touch...



Ina Paarman's Product Range: 2011



Salad Dressings: Mayo-Style

Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Thousand Island	Filtered water, Vegetable Oil (Canola Seed) (Contains: TBHQ), Tomato Sauce (Filtered Water, Tomato Paste, Sugar, Spirit Vinegar, Cornstarch, Salt, Dried Garlic, Spices, Preservative: Sorbic Acid, Stabiliser), Sugar, Spirit Vinegar, Cornstarch, Salt, Garlic, Tomato Paste, Pastuerised Egg Yolk Powder, Spices, Maltodextrin, Acidity Regulators, Lemon Concentrate, Stabiliser, Preservative: Sorbic Acid, Flavour Enhancer.	300ml		X							X			X		

Adding the gourmet touch...

Ina Paarman's Product Range: 2011



Salad Dressings: Low/Reduced Fat

Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Balsamic	Filtered Water, Brown Balsamic Vinegar (13.0%), Grape Concentrate, Vegetable Oil (Olive Fruit) (2.5%), Salt, Modified cornstarch, Dried Olives (0.5%), Garlic, Acidity Regulators, Stabiliser: Xanthan Gum, Flavouring.										X	X	X	X		
Greek	Purified water, Cider vinegar, Extra virgin olive oil (3.0 %), Fructose, Spirit vinegar, Garlic puree, Salt, Potassium chloride, Modified cornstarch, Stabiliser: Xanthan gum, Lactic acid, Lemon (concentrate and rind), Origanum, Spices, Natural colour: Beta carotene and Chlorophyll, Flavour (natural).	50ml 300ml									X	X	X	X	X	
Honey Mustard	Purified water, Blue gum honey (10.6 %), Apple concentrate, Cider vinegar, Mustard (including seeds), Canola oil (2.9 %), Salt, Modified cornstarch, Fructose, Lactic acid, Black pepper, Stabilizer: Xanthan gum, Natural colour: Beta carotene, Flavour (natural).	300ml									X	X		X	X	
Lime & Coriander	Purified water, Cider vinegar, Rice bran oil (3.0 %), Spirit vinegar, Salt, Modified cornstarch, Lemon, Fructose, Lime, Coriander, Citric acid, Stabiliser: Xanthan gum, Lactic acid, Chilli, Black pepper, Nature identical flavour, Natural colours: Beta Carotene and Chlorophyll.	300ml										X	X	X		

Adding the gourmet touch...

Ina Paarman's Product Range: 2011



Vinaigrettes

Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Balsamic	Purified water, Extra virgin olive oil (19.6 %), Brown Balsamic vinegar, Canola oil (6.5 %), Grape concentrate, Salt, Modified cornstarch, Garlic, Lactic acid, Flavours (natural and nature identical).	50 ml 300 ml									X		X	X		
French	Purified water, Extra Virgin Olive oil (12.4%), Canola oil (12.1%), Wholegrain mustard, White wine vinegar, Grape concentrate, Salt, Modified cornstarch, Pumpkinseed oil (1.0%), Fructose, Spirit vinegar, Garlic, Sugar, Black pepper, Lactic acid, Citric acid, Natural colour: Beta carotene, Caramel, Tarragon.	300 ml									X		X			
Greek	Purified water, Extra virgin olive oil (14.2 %), Canola oil (10.9 %), White balsamic vinegar, Grape concentrate, Fructose, Salt, Modified cornstarch, Garlic Puree, Lemon, Fresh origanum Mustard powder, Lactic acid, Citric acid, Natural flavours, Natural colour : Beta carotene.	300 ml									X		X	X		

Adding the gourmet touch...

Ina Paarman's Product Range: 2011



Coat & Cook Sauces

Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Butter Chicken	Filtered Water, Tomato, Butter (8.1%), Chutney (Apricots, Peaches, Caramel), Sugar, Modified Cornstarch, Vegetable Oil (Canola Seed), Salt, Ginger, Spices, Coriander, Pasteurised Egg Yolk Powder, Onion, Spirit Vinegar, Dextrose, Garlic, Acidifiers, Stabiliser: Xanthan Gum, Flavouring, Natural Colour, Yeast Extract, Preservative: Sorbic acid.			X	X						X			X		
Honey & Mustard	Purified water, Sugar, Honey (11.8 %), Mustard (powder and seeds) (7.3 %), Spirit vinegar, Salt, Glucose, Canola oil (2.8 %), Malt syrup, Modified cornstarch, Lactic acid, Citric acid, Chilli, Stabiliser: Xanthan gum, Yeast extract, Natural colour: Beta Carotene, Flavours (natural and nature identical).	200ml					X							X	X	
Honey & Soy	Purified water, Honey (9.5 %), Sugar, Soy sauce (water, soya, wheat, salt) (8.9 %), Plum concentrate, Modified cornstarch, Salt, Rice vinegar, Spirit vinegar, Toasted sesame oil (0.8 %), Ginger, Caramel, Spices, Citric acid, Flavour (nature identical), Stabiliser: Xanthan gum.	200ml				X	X	X	X		X			X		
Lemon & Herb	Purified water, Canola oil (6.3 %), Apple concentrate, Cider vinegar, Glucose, Olive oil (4.2 %), Salt, Sugar, Spirit vinegar, Modified cornstarch, Garlic puree, Lemon concentrate (0.8 %), Herbs (0.5 %), Spices, Citric acid, Lactic acid, Stabiliser: Xanthan gum, Lime concentrate, Flavours (natural and nature identical), Yeast extract, Natural colour: Beta Carotene.	200ml									X		X	X	X	
Olive Oil & Rosemary	Purified water, Canola oil (10.1 %), Olive oil (8.1 %), Garlic puree, Spirit vinegar, Salt, Modified cornstarch, Rosemary (0.5 %), Stabiliser: Xanthan gum, Lactic acid, Yeast extract, Spices, Citric acid, Flavours (natural and nature identical).	200ml									X		X	X	X	
Peri-Peri	Purified water, Canola oil (11.8 %), Olive oil (6.2 %), Sugar, Tomato, Salt, Spirit vinegar, Glucose, Cider vinegar, Spices, Onion, Garlic puree, Modified cornstarch, Chilli, Lemon concentrate, Citric, Stabiliser: Xanthan gum, Lime concentrate, Origanum, Lactic acid, Yeast extract.	200ml					X				X		X	X	X	

Adding the gourmet touch...



Ina Paarman's Product Range: 2011



Coat & Cook Sauces (continued)

Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Sun-Dried Tomato	Purified water, Sundried Tomato (11.7 %), Glucose, Spirit vinegar, Onion, Canola oil (3.7 %), Olive oil (3.4 %), Sugar, Salt, Modified cornstarch, Garlic puree, Lactic acid, Spices, Citric acid, Stabiliser: Xanthan gum, Basil, Chilli, Yeast extract, Flavour (nature identical).	200ml									X		X	X	X	
Tikka Curry	Purified water, Spirit vinegar, Sugar, Canola oil (7.8 %), Glucose, Onion, Spices, Salt, Modified cornstarch, Garlic puree, Ginger, Tomato, Chilli, Lactic acid, Yeast extract, Stabiliser: Xanthan gum, Citric acid, Flavours (natural and nature identical).	200ml									X		X	X	X	

Adding the gourmet touch...

Ina Paarman's Product Range: 2011



Ready to Serve Sauces

Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Cheese	Purified water, Fresh cream, Fresh cheese (Cheddar and Gouda) (4.9 %), Full cream milk powder, Modified cornstarch, Cheddar cheese powder, Butter, Salt, Flavours, Spices, Fructose, Preservative: Sorbic acid, Natural colourant.	200ml			X									X		
Creamy Curry	Purified water, Canola oil (23 %), Apricot chutney, Sugar, Spirit vinegar, Modified cornstarch, Tomato, Spices, Salt, Cider vinegar, Mustard, Onion, Garlic, Pasteurised egg yolk powder, Satbiliser : Xanthan gum, Citric acid, Ginger, Lactic acid, Preservative : Sorbic acid, Yeast extract, Natural and Nature identical flavours.	200ml		X							X			X	X	
Fat Reduced Cheese	Purified water, Skim milk, Fresh cream, Reduced fat cheddar cheese (4.8 %), Modified cornstarch, Cheddar cheese powder, Butter, Salt, Spices, Natural flavours, Preservative: Sorbic acid, Natural colourant: Beta carotene.	200ml			X									X		
Gravy	Purified water, Canola oil (2.9 %), Roast vegetables (Onions, Mushrooms, Garlic, Carrots), Modified cornstarch, Wheat flour, Salt, Sugar, Tomato, Yeast extract, Tamarind, Caramel powder, Spices, Preservative: Sorbic acid, Thyme.	200ml				X	X				X	X	X	X	X	
Mushroom	Purified water, Mushrooms (15.0 %), Fresh cream, Modified cornstarch, Full cream milk powder, Butter, Salt, Flavours, Spices, Preservative: Sorbic acid, Stabiliser: Xanthan gum, Caramel.	200ml			X						X			X		
Mustard	Purified water, Canola Oil (12.9 %), Mustard (5.0 %), Grape Concentrate, Modified cornstarch, Salt, Spirit Vinegar, Sugar, Pasteurised Egg Yolk Powder, Natural Colour: Annato, Stabiliser: Xanthan gum, Spices, Lemon, Citric Acid, Lactic Acid, Preservative: Sorbic Acid.	200ml		X							X			X		
Pepper	Purified water, Fresh cream, Full cream milk powder, Modified cornstarch, Butter, Vinegar, Green peppercorns (1.9 %), Black pepper, Salt, Flavours, Fructose, Preservative: Sorbic acid, Stabiliser: Xanthan gum, Caramel, Herbs.	200ml			X									X		

Adding the gourmet touch...



Ina Paarman's Product Range: 2011



Ready to Serve Sauces (continued)

Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Steak & Burger	Caramelised onions (Onion, Brown sugar, Brown Balsamic vinegar, Spirit vinegar) (33.4 %), Purified water, Sugar, Spirit vinegar, Worcester sauce, Tomato, Modified cornstarch, Salt, Spices, Garlic, Citric acid, Caramel.	200ml				X	X		X		X	X		X		
Tomato & Chilli	Tomatoes (including sun-dried tomato) (52.3 %), Water, Glucose syrup, Chilli (Green and Red chilli) (2.1%), Sugar, Garlic, Salt, Canola oil (0.7 %), Onion, Modified cornstarch, Spices, Origanum, Citric acid, Yeast extract, Natural colour: Aronia Red, Natural and Nature identical flavours.	200ml									X	X	X	X	X	

Adding the gourmet touch...

Ina Paarman's Product Range: 2011



Specialities

Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Basil Pesto	Fresh Basil (23.2 %), Purified water, Canola Oil (14.7 %), Pecorino cheese, Olive oil (7.9 %), Glucose, Macadamia nuts, Garlic, Salt, Herbs, Modified cornstarch, Spices, Acidifiers, Stabiliser: Xanthan gum, Preservative: Sorbic acid, Nature Identical flavour, Natural colour, Yeast extract.	125g			X					X	X			X		
Coriander Pesto	Purified water, Canola Oil (25.7 %), Fresh Coriander (22.5 %), Glucose, Macadamia Nuts, Garlic, Salt, Herbs, Lemon, Nature Identical Flavours, Natural colour, Modified cornstarch, Acidifiers, Spices, Preservative: Sorbic acid, Stabiliser: Xanthan gum, Yeast extract.	125g								X	X		X	X		
Olive Pesto	Olives (Green and Calamata) (42.7 %), Purified water, Olive oil (11.9 %), Canola oil (4.8 %), Garlic, Sugar, Modified cornstarch, Salt, Lemon, Stabiliser: Xanthan gum, Spices, Nature Identical flavour, Citric acid, Preservative: Sorbic acid, Yeast extract.	125g									X		X	X	X	
Sun-Dried Tomato Quarters	Sun-dried Tomatoes, Vinegar (Cider and Spirit), Olive oil, Sugar, Salt, Garlic, Herbs, Spices.	240g									X	X	X	X	X	
Tomato Pesto	Spirit vinegar, Purified water, Sun-dried Tomatoes (11.3 %), Olive oil (9.8 %), Sugar, Canola oil (8.0 %), Cider vinegar, Glucose, Salt, Tomato paste, Garlic, Modified cornstarch, Stabiliser: Xanthan gum, Herbs, Spices, Citric acid, Preservative: Sorbic acid, Natural colour, Yeast extract, Nature Identical flavour.	125g									X		X	X	X	

Adding the gourmet touch...

Ina Paarman's Product Range: 2011



Spices

Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Cajun	Salt, Spices, Onion, Garlic, Herbs, Citric acid.	220ml									X	X	X	X	X	
Chicken	Salt, Maize, Spices, Dextrose, Dried Onion, Flavouring [Maltodextrin, Yeast Extract, Vegetable Powders (Onion, Garlic), Vegetable Oils (Sunflower, Onion), Sugar, Flavour Enhancer, Celery, Caramel, Acidity Regulator], Herbs, Fibre, Tomato Powder, Sugar, Vegetable Oil (Canola Seed).	200ml									X	X	X	X	X	
Fish	Salt, Wheat flour, Breadcrumbs, Lemon, Herbs, Dextrose, Spices, Natural flavour, Fibre, Citric acid.	200ml				X	X					X		X	X	
Masala	Salt, Spices, Maltodextrin, Garlic, Sugar, Fibre, Tamarind, Flavouring.	200ml									X	X	X	X	X	
Meat	Salt, Maize, Spices (Including Chilli), Dried Garlic, Dextrose, Flavouring [Yeast Extract, Acidity Regulators, Caramel, Vegetable Oil (Sunflower), Flavour Enhancer, Celery], Herbs, Sugar, Fibre, Vegetable Oil (Canola Seed).	200ml									X	X	X	X	X	
Pasta	Salt, Pecorino Cheese (Cow's milk, selected cheese cultures, non-animal rennet, salt, calcium chloride, anticaking agent), Breadcrumbs (wheat, salt), Maltodextrin, Sugar, Garlic, Basil, Spinach, Black Pepper, Vegetable Oil (Olive Fruit), Flavouring.	200ml			X	X	X				X	X		X		
Potato	Salt, Potato starch, Sugar, Onions, Garlic granules, Cereal (maize), Spices, Hydrolysed vegetable protein, Yeast extract, Origanum.	200ml							X		X	X	X	X	X	
Vegetable	Salt, Maize, Dehydrated Vegetables (Onion, Leek, Celery) (10%), Dried Garlic, Parsley, Black Pepper, Sugar, Flavouring, Vegetable Oil (Olive Fruit), Fibre, Flavour Enhancer, Yeast Extract.	200ml									X	X	X	X	X	

Adding the gourmet touch...

Ina Paarman's Product Range: 2011



Seasonings

Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Braai & Grill	Salt, Paprika, Onion, Garlic, Sugar, Yeast extract, Roast coriander, Black pepper, Sun-dried tomato, Fibre, Lemon, Chilli.	200 ml									X	X	X	X	X	
Chilli & Garlic	Salt, Garlic, Jalapeno chillies (red, green and smoked), Breadcrumbs, Onions, Cumin, Lemon, Bird's eye chilli, Natural flavours, Origanum, Parsley, Fibre.	200 ml				X	X				X	X	X	X	X	
Garlic & Herb	Salt, Garlic, Herbs, Spices, Maltodextrin, Maize, Natural flavour, Natural colour.	220 ml									X	X	X	X	X	
Garlic & Herb Reduced Sodium	Salt, Garlic, Herbs, Maltodextrin, Maize, Spices, Natural colour, Natural flavour.	200 ml									X	X	X	X	X	
Garlic Pepper	Salt, Black pepper, Garlic, Breadcrumbs, Chilli, Herbs, Spices, Fibre, Natural flavours.	200 ml				X	X				X	X	X	X	X	
Green Onion	Salt, Breadcrumbs, Black pepper, Leeks, Garlic, Onions, Parsley, Lemon, Chives, Fibre, Natural Flavour.	200 ml				X	X				X	X	X	X	X	
Italian Cheese	Breadcrumbs, Pecorino cheese (25.1%), Salt, Cheese powder, Herbs, Spices, Dextrose, Natural and Nature Identical Flavours, Garlic, Fibre, Natural colour: Annato	200 ml			X	X	X				X			X		
Lemon & Black Pepper	Salt, Breadcrumbs, Black pepper, Garlic, Lemon, Fructose, Spices, Fibre, Herbs, Citric acid, Natural flavours.	200 ml				X	X				X	X	X	X	X	
Lemon & Rosemary	Salt, Breadcrumbs, Lemon, Rosemary, Spices, Maltodextrin, Citric acid, Fibre, Fructose, Natural colour.	200 ml				X	X					X	X	X	X	
Rosemary & Olive	Salt, Rosemary, Maize, Garlic, Sugar, Olives, Maltodextrin, Parsley, Hydrolysed vegetable protein, Spices, Lemon.	200 ml							X		X	X	X	X	X	
Seasoned Sea Salt	Sea salt, Black pepper, Cayenne and Spices.	200 ml										X	X	X	X	

Adding the gourmet touch...



Ina Paarman's Product Range: 2011



Pasta Sauces

Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Beef Bolognaise	Purified water, Tomato, Beef (11.1%), Onion, Carrots, Sugar, Balsamic Vinegar, Modified Cornstarch, Vegetable Oil (Canola Seed), Yeast Extract, Herbs, Black Pepper, Stabiliser: Xanthan Gum, Citric Acid, Caramel, Flavouring, Preservative: Sorbic Acid.	400 g									X	X		X		
Creamy Cheese	Purified water, Fresh Cream, Cheese (Pecorino and Cheddar) (5.2%), Modified Cornstarch, Skim Milk Powder, Butter, Cheese Powder, Salt, Sugar, Spices, Lactic Acid, Yeast Extract, Preservative: Sorbic Acid, Flavouring.	400 g			X									X		
Roasted Mushroom	Purified water, Tomato (Including Sun-Dried Tomato), Roasted Mushrooms (17.7%), Glucose, Vegetable Oil (Canola Seed), Onion, Modified Cornstarch, Sugar, Salt, Garlic, Spices, Yeast Extract, Herbs, Acidifiers, Lemon, Stabiliser: Xanthan Gum, Flavouring.	400 g									X		X	X		
Roasted Pepper	Tomato (Including Sun-Dried Tomato), Purified water, Roasted Bell Peppers (14.6%), Onion, Sugar, Garlic, Vegetable Oil (Canola Seed), Vinegar, Salt, Modified Cornstarch, Mustard, Spices, Leeks, Stabiliser: Xanthan Gum, Origanum, Yeast Extract, Citric Acid, Flavouring, Natural Colour.	400 g									X	X	X	X		
Roasted Vegetables	Purified Water, Tomato (Including Sun-Dried Tomato), Roasted Vegetables (Red and Yellow Bell Peppers, Butternut, Carrots, Onions, Aubergine, Garlic) (20.5%), Glucose, Vegetable Oil (Canola Seed), Modified Cornstarch, Sugar, Cider Vinegar, Salt, Origanum, Spices, Stabiliser: Xanthan Gum, Citric Acid, Flavouring, Yeast Extract, Natural Colour.	400 g									X	X	X	X	X	
Sun-Dried Tomato & Pecorino	Purified water, Tomato (Including Sun-Dried Tomato) (7.9%), Fresh Cream, Pecorino Cheese (4.5%), Butter, Skim Milk powder, Modified Cornstarch, Salt, Sugar, Spices, Stabiliser: Xanthan Gum, Lactic Acid, Flavouring, Preservative: Sorbic Acid, Yeast Extract, Natural Colour.	400 g			X									X		

Adding the gourmet touch...

Ina Paarman's Product Range: 2011



Pasta Sauces (continued)

Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Tomato & Basil	Tomato (Including Sun-Dried Tomato) (45%), Purified water, Onion, Sugar, Vegetable Oil (Canola Seed), Modified Cornstarch, Spices, Basil (0.2%), Acidifiers, Stabiliser: Xanthan Gum, Flavouring, Natural Colour.	400 g									X	X	X	X	X	
Tomato, Olive & Chilli	Tomato (46%), Purified water, Olives (Green & Calamata) (6.9%), Glucose, Vegetable Oil (Olive fruit), Sugar, Red Pepper, Modified Cornstarch, Garlic, Salt, Vegetable Oil (Canola Seed), Cider Vinegar, Capers, Spices, Chilli (0.2%), Citric Acid, Yeast Extract, Stabiliser: Xanthan Gum, Flavouring, Natural Colour.	400 g									X		X	X	X	

Adding the gourmet touch...

Ina Paarman's Product Range: 2011



Stock, Sauce and Soup Powders

Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Beef Flavour Stock Powder	Salt, Beef Flavouring (Yeast Inactive, Dextrose, Acidity Regulators, Vegetable Oil (Sunflower), Celery, Flavour Enhancer) (17.4%), Modified Cornstarch, Tapioca, Dehydrated Vegetables (Onions, Carrots, Sun-Dried Tomatoes, Garlic, Mushrooms, Spinach), Sugar, Potassium Chloride, Caramel, Herbs, Spices.	150 g									X	X	X	X	X	
Brown Gravy Powder	Potato starch, Modified cornstarch, Salt, Wheat flour, Sugar, Dehydrated vegetables (Onion, Mushroom, Sun-dried tomato, Garlic), Tapioca, Caramel, Beef Flavour (Hydrolysed vegetable protein, Herbs), Yeast Extract, Flavour: Process and Natural flavour, Spices, Citric acid.	200 g				X	X		X		X	X		X		
Chicken Flavour Stock Powder	Cornstarch, Salt, Chicken flavour (Yeast Extract, Vegetable Oils (Sunflower, Onion), Sugar, Amino Acids, Dextrose, Caramel) (16%), Dehydrated Vegetables (Carrots, Onions, Celery, Leeks, Garlic, Spinach), Potassium Chloride, Fructose, Spices, Herbs, Flavouring, Citric Acid.	150 g									X	X	X	X	X	
Roast Onion Soup & Gravy Powder	Onion (37.8%), Tapioca, Salt, Wheat flour, Potato starch, Garlic, Yeast Extract, Caramel, Fructose, Cornstarch, Parsley, Flavours: Natural and Nature Identical, Spices, Citric acid.	150 g				X	X				X	X	X	X	X	
Vegetable Stock Powder	Dehydrated vegetables (Carrots, Onions, Leeks, Garlic, Celery, Mushrooms, Spinach) (39%), Salt, Cornstarch, Potassium chloride, Herbs, Fructose, Yeast extract, Black pepper, Flavours: Natural and Nature Identical.	150 g									X	X	X	X	X	



Stuffing Mix

Poultry	Breadcrumbs (wheat flour, salt), Onions (6.6%), Salt, Leeks, Parsley, Garlic, Sage (1.9%), Sugar, Citric Acid, Lemon (0.1%), Flavouring, Yeast Extract, Spices.	100 g				X	X				X		X	X		
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Adding the gourmet touch...



Ina Paarman's Product Range: 2011



Stock Concentrates

Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Real Beef	Purified Water, Onion, Salt, Beef (5.5%), Sugar, Vegetable Oil (Canola Seed), Vinegar, Garlic, Carrots, Modified Cornstarch, Yeast Extract, Tomato, Gelatin, Flavouring, Caramel, Black Pepper, Stabiliser: Xanthan Gum, Preservative: Sorbic Acid, Citric Acid.	8 x 25 g									X	X		X		
Real Chicken	Purified Water, Onion, Salt, Chicken (5.8%), Sugar, Cider Vinegar, Carrots, Yeast Extract, Garlic, Modified Cornstarch, Gelatin, Spices, Caramel, Stabiliser: Xanthan Gum, Flavouring, Preservative: Sorbic Acid.	8 x 25 g									X	X				
Real Fish	Purified Water, Onion, Salt, Fish (4.5%), Vegetable Oil (Olive Fruit), Vinegar, Sugar, Carrots, Modified Cornstarch, Garlic, Pectin, Yeast Extract, Lemon, Spices, Leeks, Stabiliser: Xanthan Gum, Preservative: Sorbic Acid, Flavouring, Citric Acid, Natural Colour.	8 x 25 g	X								X	X		X		
Real Vegetable	Filtered water, Fresh vegetables (Carrots, Onion (fresh and dried), Mushrooms, Celery (fresh and dried), Garlic (28 %), Salt, Cider vinegar, Sugar, Vegetable oil (Olive fruit), Tomato paste, Cornstarch, Pectin, Parsley, Yeast extract, Spices, Stabiliser, Flavouring, Thyme, Flavour enhancer.	8 x 25 g									X	X	X	X	X	

Adding the gourmet touch...

Ina Paarman's Product Range: 2011



Marinades

Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Barbeque	Filtered water, Chutney (15%), Tomato (Including Sun-Dried Tomato (9.7%), Cider Vinegar, Sugar, Vegetable Oil (Canola Seed), Worcester Sauce, Caramelised Onion, Glucose Syrup, Salt, Soy Sauce (soya bean, wheat, koji culture), Cornstarch, Spices, Spirit Vinegar, Tamarind, Dried Garlic, Dried Onion, Flavouring, Acidity Regulators, Oreganum, Stabiliser, Anchovy, Yeast Extract, Colourant.	500 ml	X			X	X		X		X		X	X		
Fruity	Filtered Water, Apricot Jam (24%), Sugar, Pineapple Concentrate (6.0%), Salt, Cider Vinegar, Onion, Vegetable Oil (Canola Seed), Modified Cornstarch, Tomato, Spirit Vinegar, Garlic, Spices, Tamarind, Acidifiers, Lemon Concentrate, Stabiliser: Xanthan Gum, Flavouring.	500 ml									X	X	X	X		
Lemon with Coriander	Filtered Water, Vegetable Oil (Canola Seed), Salt, Honey, Modified Cornstarch, Garlic, Vinegar, Sugar, Lemon Concentrate, (0.7%), Coriander (0.6%), Acidifiers, Lime Concentrate, Spices, Basil, Stabiliser: Xanthan Gum, Flavouring, Yeast Extract, Natural Colour.	500 ml									X			X		
Peri-Peri	Filtered Water, Vegetable Oil (Canola Seed), Tomato Paste, Sugar, Salt, Glucose Syrup, Spirit Vinegar, Spices, Dried Onion, Cornstarch, Dried Garlic (1%), Chilli (0.5%), Acidity Regulators, Lemon Concentrate (0.4%), Lime Concentrate, Stabiliser, Oreganum, Flavouring, Yeast Extract.	500 ml									X		X	X	X	
Sticky	Filtered water, Sugar, Soy Sauce (soya bean, wheat, koji culture) (8.6%), Glucose Syrup, Cornstarch, Vegetable Oil (Canola Seed), Spirit Vinegar, Malt Syrup, Salt, Tamarind, Garlic, Caramel Powder, Spices, Acidity Regulator, Yeast Extract.	500 ml				X	X		X		X		X	X	X	

Adding the gourmet touch...



Ina Paarman's Product Range: 2011



Chutneys

Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Peach Apricot	Unrefined Sugar, Filtered Water, Apricots (12 %), Peaches (12 %), Cider Vinegar, Fresh Onion, Cornstarch, Spices, Salt, Dried Garlic, Caramel.	320 g											X		X	X
Sweet Chilli	Tomatoes (35 %), Unrefined Sugar, Filtered Water, Vinegar, Fish Sauce, Cornstarch, Fresh Onion, Salt, Fresh Garlic, Chilli, Fresh Ginger, Acidity Regulator, Stabiliser, Flavour, Colourant.	320 g	X													

Adding the gourmet touch...

Ina Paarman's Product Range: 2011



Bake Mixes

Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Biscotti with Almonds	Wheat flour, Sugar, Almonds, Raising agent, Salt, Natural flavours.	530 g		X	X	X	X			X				X		X
Chocolate Brownies	Sugar, Wheat flour, Cocoa powder, Modified cornstarch, Chocolate chips (Sucrose, Cocoa butter, Cocoa mass, Whey powder, Full cream milk powder, Vegetable fat and Lecithin), Malt, Raising agent, Salt, Flavouring.	550 g		X	X	X	X							X		X
Chocolate Cake	Sugar, Wheat flour, Modified cornstarch, Cocoa, Raising agent, Salt, Flavouring.	650 g		X		X	X							X	X	
Chocolate Mousse	Sugar, Full cream milk powder, Cheese powder, Cocoa powder, Modified cornstarch, Gelatin, Salt, Natural flavours.	310 g			X									X		
Honey Crunchies with Cinnamon	Sugar, Oats, Wheat flour, Coconut, Honey, Cinnamon, Malt, Bicarbonate of soda, Salt.	530 g			X	X	X							X		X
Lemon Cheese-cake	Sugar, Full cream milk powder, Cheese powder, Modified cornstarch, Gelatin, Salt, Citric acid, Flavours, Lemon.	250 g			X									X		
Raisin & Bran Muffins	Wheat flour, Cane sugar, Raisins, Bran, Modified cornstarch, Raising agents, Salt.	700 g		X	X	X	X							X	X	
Vanilla Cake	Cane sugar, Wheat flour, Cornstarch, Raising agent, Salt, Flavouring.	600 g		X	X	X	X							X	X	
Choc Chip Cookies	Wheat flour, Castor sugar, Chocolate Chips (Sucrose, Cocoa Butter, Milk Solids, Cocoa Mass, Soya Lecithin, Natural Vanilla), Cornstarch, Baking powder, Salt, Natural flavour.	390 g		X	X	X	X		X					X		X



Icing Kits

Vanilla	Icing sugar, Castor sugar, Cornstarch, Salt, Natural flavour.	250 g			X									X		
Chocolate	Icing sugar, Cocoa powder, Castor sugar, Cornstarch, Salt, Natural flavours.	250 g			X									X		
Strawberry	Icing Sugar, Castor sugar, Cornstarch, Salt, Natural and Nature Identical flavours, Citric acid, Natural colour.	250 g			X									X		

Adding the gourmet touch...