


Allergen Information

Salad Dressings: Creamy



 Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Blue Cheese	Filtered water, Canola oil (23%) (Antioxidant: Vitamin E), Blue cheese (9%) (Cow's milk, Salt, Calcium chloride, Cheese cultures, Non-animal rennet), Sugar, Corn starch, Vinegar, Salt, Acidity regulators, Spices (Radurised), Stabiliser, Lemon concentrate, Preservative: Sorbic acid, Flavouring.	50ml 300ml			●										●		
Caesar	Filtered water, Canola oil (18%) (Antioxidant: Vitamin E), Extra virgin olive oil (6%), Lemon juice, Vinegar, Sugar, Corn starch, Salt, Italian hard cheese (Milk, Salt, Microbial enzymes), Garlic, Egg yolk powder, Fish stock (Water, White fish, Onion, Carrot, Leeks, Celery, Vinegar, Salt, Anchovy extract, Pectin, Fennel, Parsley, Black pepper), Mustard powder, Stabiliser, Flavouring, Spices (Radurised), Yeast extract, Acidity regulator, Colourant: Beta carotene.	50ml 300ml	●	●	●						●				●		
Herb	Filtered water, Canola oil (27%) (Antioxidant: Vitamin E), Sugar, Corn starch, Salt, Mustard powder (Radurised), Vinegar, Fresh garlic, Extra virgin olive oil (1%), Cider vinegar (Preservative: Sulphur dioxide), Dried garlic (Radurised), Dried herbs, Lactic acid, Stabiliser, Black pepper (Radurised), Yeast extract, Flavouring, Colourant: Chlorophyll.	50ml 300ml								●	●		●	●	●	●	
Honey Mustard	Filtered water, Canola oil (25%) (Antioxidant: Vitamin E), Honey (8%), Sugar, Cider vinegar (Preservative: Sulphur dioxide), Mustard (4%) (Powder and seeds), Apple concentrate, Corn starch, Salt, Vinegar, Demerara sugar, Lactic acid, Spices (Radurised), Dried garlic (Radurised), Stabiliser, Yeast extract, Colourant: Beta carotene, Flavouring.	50ml 300ml								●	●				●	●	
Greek	Filtered water, Extra virgin olive oil (15%), Lemon Juice (9%), Vinegar, Canola oil (4%) (Antioxidant: Vitamin E), Salt, Sugar, Corn starch, Dijon mustard (1%) (Water, Mustard powder, Vinegar, Sugar, Salt, Corn starch, Spices (Radurised), Stabiliser, Acidity regulator, Yeast extract, Flavouring), Garlic, Dried herbs, Fresh mint (1%), Black pepper (Radurised), Lemon zest, Stabiliser, Colourant: chlorophyll, Flavouring.	50ml 300ml									●		●	●	●		

Salad Dressings: Reduced Oil



Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Balsamic	Filtered water, Balsamic vinegar (13%) (Balsamic vinegar, Caramel colour, Sulphur dioxide), Red grape concentrate (Grapes, Colourant), Salt, Extra virgin olive oil (3%), Corn starch, Dried garlic (Radurised), Dried olives, Acidity regulators, Stabiliser, Caramel colour, Yeast extract, Flavouring.	300ml								●		●		●	●		
Honey Mustard	Filtered water, Honey (11%), Apple concentrate, Cider vinegar (Preservative: Sulphur dioxide), Mustard (3%) (Powder and seeds), Canola oil (3%) (Antioxidant: Vitamin E), Salt, Corn starch, Lactic acid, Stabiliser, Spices (Radurised), Sugar, Dried garlic (Radurised), Yeast extract, Colourant: Beta carotene, Flavouring.	300ml								●		●			●	●	
Lime & Coriander	Filtered water, Canola oil (9%) (Antioxidant: Vitamin E), Lime juice (5%), Palm sugar, Lemon juice, Salt, Corn starch, Fresh coriander (1%), Lemon zest, Citric acid, Flavouring, Stabiliser, Lime zest, Black pepper (Radurised), Chilli (Radurised), Yeast extract, Colourants: Beta carotene and Chlorophyll, Preservative: Sorbic acid.	300ml												●	●	●	


Salad Dressings: Classic

 Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Balsamic Vinaigrette	Filtered water, Extra virgin olive oil (16%), Balsamic vinegar (15%) (Balsamic vinegar, Caramel colour, Sulphur dioxide), Red grape concentrate (Grapes, Colourant), Canola oil (5%) (Antioxidant: Vitamin E), Salt, Corn starch, Dried garlic (Radurised), Lactic acid, Caramel colourant, Flavouring.	50ml 300ml								●	●		●	●			
Red Wine Vinaigrette	Filtered water, Extra virgin olive oil (16%), White balsamic vinegar (Wine vinegar, Grape must), Red grape concentrate (Grapes, Colourant), Vegetable oil (Canola seed) (Antioxidant: Vitamin E), Cabernet sauvignon vinegar (4%) (Wine vinegar, Grape must), Salt, Corn starch, Dried garlic, Mustard, Black pepper (Radurised), Colourant, Flavouring.	300ml									●		●				
Chutneys																	
 Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	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, Corn starch, Spices, Salt, Dried garlic, Colourant: Caramel.	320g								●	●		●	●	●	●	
Sweet Chilli	Tomatoes (36%), Sugar, Filtered water, Vinegar, Sweet chilli peppers (4%) (Sweet Piquanté peppers, Water, Sugar, Vinegar, Salt, Acidity regulators, Calcium chloride), Fish sauce (Anchovy extract, Salt, Sugar), Corn starch, Dried chilli (Radurised), Salt, Fresh garlic, Red jalapeno chilli (1%), Fresh ginger, Fibre, Stabilisers, Acidity regulator, Colourant, Yeast Extract, Flavouring.	320g	●							●	●				●		


Coat & Cook Sauces

 Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Butter Chicken	Filtered water, Tomato paste (10%), Tomatoes (8%) (Tomato juice, Citric acid), Salted butter (8%) (Butterfat, Moisture, Fat free milk solids, Salt, Colourant), Sugar, Vinegar, Canola oil (Antioxidant: Vitamin E), Corn starch, Salt, Fresh ginger, Spices (Radurised), Fresh coriander, Fresh onions, Egg yolk powder, Dried apricots and peaches (Preservative: Sulphur dioxide), Dextrose, Garlic, Citric acid, Lactic acid, Stabilisers, Flavourings, Colourant, Preservative: Sorbic acid, Colourant: Caramel.	200ml		●	●					●		●			●		
Honey & Mustard	Filtered water, Sugar, Honey (12%), Mustard (7%) (Seeds and powder), Salt, Glucose syrup, Vinegar, Canola oil (Antioxidant: Vitamin E), Malt syrup (Malted barley (Gluten)), Corn starch, Lactic acid, Citric acid, Spices (Radurised), Stabilisers, Flavourings, Colourant: Beta carotene.	200ml					●								●	●	
Honey & Soy	Filtered water, Demerara sugar, Honey (10%), Soy sauce (9%) (Water, Soybeans, Wheat, Salt, Sugar, Glucose), Plum concentrate, Corn starch, Vinegar, Salt, Fresh ginger, Toasted sesame oil, Colourant: Caramel, Tapioca starch, Spices (Radurised), Citric acid, Stabilisers, Flavourings.	200ml				●	●	●	●						●	●	
Lemon & Herb	Filtered water, Canola oil (Antioxidant: Vitamin E), Glucose syrup, Vinegar, Apple concentrate, Extra virgin olive oil, Sugar, Salt, Corn starch, Lemon concentrate (1%), Garlic, Citric acid, Lactic acid, Herbs (0.5%), Spices (Radurised), Stabilisers, Lime concentrate, Lemon zest, Flavourings, Colourant: Beta carotene.	200ml									●			●	●	●	
Olive Oil & Rosemary	Filtered water, Canola oil (Antioxidant: Vitamin E), Extra virgin olive oil (8%), Garlic, Salt, Corn starch, Vinegar, Rosemary (0.5%), Lactic acid, Stabilisers, Flavourings, Spices (Radurised), Citric acid, Sage.	200ml									●			●	●	●	
Peri-Peri	Filtered water, Canola oil (Antioxidant: Vitamin E), Extra virgin olive oil, Sugar, Tomato paste, Salt, Vinegar, Glucose syrup, Spices (Radurised), Toasted onion, Garlic, Corn starch, Chilli (Radurised) (1%), Citric acid, Lemon concentrate, Lactic acid, Stabilisers, Lime concentrate, Oreganum, Lemon zest, Flavourings.	200ml									●			●	●	●	

Coat & Cook Sauces (continued)

 Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Sun-dried Tomato	Filtered water, Glucose syrup, Sun-dried tomatoes (6%) (Preservative: Sulphur dioxide) (Radurised), Fresh onions, Canola oil (Antioxidant: Vitamin E), Extra virgin olive oil, Sugar, Vinegar, Tomato paste (2%), Salt, Corn starch, Garlic, Stabilisers, Citric acid, Lactic acid, Spices (Radurised), Fresh basil, Natural colourant: Aronia, Flavourings.	200ml								●	●			●	●	●	
Tikka Curry	Filtered water, Sugar, Canola oil (Antioxidant: Vitamin E), Vinegar, Glucose syrup, Fresh onions, Salt, Corn starch, Garlic, Ginger, Tomato paste, Spices (Radurised), Lactic acid, Stabilisers, Citric acid, Flavourings.	200ml									●			●	●	●	

Poultry Stuffing Mix

 Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Onion and Sage	Toasted breadcrumbs (73%) (Wheat flour (Gluten), Salt), Canola oil (Antioxidant: Vitamin E), Toasted onions (6%), Dextrose, Sage (2%), Salt, Herbs, Dried garlic, Flavouring, Dried lemon, Yeast extract, Acidity regulator (Citric acid), Spices (Radurised).	100g			● add	●	●			●	●			●	●	●	

Ready to Serve Sauces



Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Blue Cheese	Filtered water, Blue cheese (19%) (Cow's milk, Salt, Calcium chloride, Cheese cultures, Non-animal rennet), Fresh cream (10%), Corn starch, Skim milk powder, Butter (Cream, Colourant, Salt), Salt, Spices (Radurised), Acidity regulator, Flavouring, Yeast extract.	200ml			●										●		
Cheese	Filtered water, Fresh cream (14%), Mature cheddar (12%) (Cow's milk, Salt, Colourant (Annato), Calcium chloride, Non-animal rennet, Cheese cultures), Corn starch, Skim milk powder, Butter (3%) (Cream, Colourant, Salt), Salt, Spices (Radurised), Acidity regulator, Yeast extract, Flavouring, Colourant: Beta Carotene.	200ml 400ml			●										●		
Creamy Curry	Purified water, Canola oil (23%), Apricot chutney, Sugar, Spirit vinegar, Modified corn starch, Tomato, Spices, Salt, Cider vinegar, Mustard, Onion, Garlic, Pasteurised egg yolk powder, Stabiliser: Xanthan gum, Citric acid, Ginger, Lactic acid, Preservative: Sorbic acid, Yeast extract, Natural and nature identical flavours.	200ml		●											●	●	
Mushroom	Filtered water, Roasted mushrooms (19%), Fresh cream (16%), Mushroom stock (contains: Portobellini mushrooms, Balsamic vinegar (contains: Caramel colour, Sulphur dioxide), Stabilisers, Fresh thyme), Corn starch, Skim milk powder, Canola oil (Antioxidant: Vitamin E), Butter (Cream, Colourant, Salt), Beef Stock (2%) (contains: Beef, Fresh onion, Fresh carrots, Fresh celery, Sugar, Tomato paste), Salt, Spices (Radurised), Garlic, Acidity regulator, Yeast extract, Flavouring.	200ml			●					●	●				●		
Mushroom	Filtered water, Roasted mushrooms (19%), Fresh cream (16%), Mushroom stock (contains: Portobellini mushrooms, Balsamic vinegar (contains: Caramel colour, Preservative: Sulphur dioxide), Stabilisers, Fresh thyme), Corn starch, Skim milk powder, Vegetable Oil (Canola seed) (Antioxidant: Vitamin E), Butter (Cream, Salt), Beef Stock (2%) (contains: Beef, Fresh onion, Fresh carrots, Fresh celery, Sugar, Tomato paste), Salt, Acidity regulator, Spices (Radurised), Garlic, Yeast extract, Flavouring.	400ml			●					●	●				●		

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 Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Pepper	Filtered water, Fresh cream (17%), Corn starch, Skim milk powder, Beef stock (4%) (contains: Beef, Fresh onion, Fresh carrots, Fresh celery, Vinegar, Sugar, Spices (Radurised), Tomato paste, Garlic puree, Stabiliser, Colourant: caramel, Fresh thyme), Butter (Cream, Colourant, Salt), Canola oil (Antioxidant: Vitamin E), Green peppercorns (1%), Black pepper (Radurised), Salt, Acidity regulator, Yeast extract, Flavouring.	200ml			●							●			●		
Pepper	Filtered water, Fresh cream (17%), Corn starch, Skim milk powder, Beef stock (4%) (contains: Beef, Fresh onion, Fresh carrots, Fresh celery, Vinegar, Sugar, Spices (Radurised), Tomato paste, Garlic puree, Stabiliser, Colourant: caramel, Fresh thyme), Butter (Cream, Salt), Vegetable Oil (Canola seed) (Antioxidant: Vitamin E), Green peppercorns (1%), Black pepper (Radurised), Salt, Acidity regulator, Yeast extract, Flavouring.	400ml			●							●			●		
Reduced Fat Cheese	Filtered water, Fresh cream (11%), Mature cheddar (10%) (Cow's milk, Salt, Colourant (Annato), Calcium chloride, Non-animal rennet, Cheese cultures), Corn starch, Skim milk powder, Butter (3%) (Cream, Colourant, Salt), Salt, Spices (Radurised), Acidity regulator, Yeast extract, Flavouring, Colourant: Beta carotene.	200ml			●										●		
Roast Beef Gravy	Filtered water, Beef broth (14%) (contains: Beef, Onion, Carrot, Celery, Salt), Roasted onion (4%), Corn starch, Salt, Wheat flour, Brown balsamic vinegar (1%) (contains: Caramel colourant), Sugar, Fresh garlic, Yeast extract, Caramel colourant, Xanthan gum, Pepper, Fresh thyme.	200ml				●	●					●			●		
Roast Chicken Gravy	Filtered water, Chicken stock (10%) (Water, Chicken, Fresh onion, Fresh carrot, Fresh celery, Vinegar, Salt), Chicken fat (4%) (Chicken, Canola oil (Antioxidant: Vitamin E), Salt, Spices (Radursied)), Corn starch, Fresh onion, Salt, Fresh carrot, Wheat flour (Gluten), Sugar, Fresh garlic, Vinegar, Flavouring, Stabiliser, Fresh sage, Yeast extract, Spices (Radurised), Colourants: Caramel and beta carotene, Fresh thyme.	200ml				●	●					●			●		

Ready to Serve Sauces (continued)

<p>Roast Onion Gravy</p>	<p>Filtered water, Roast onions (9% (Onions, Canola oil (Antioxidant: Vitamin E)), Portobellini mushrooms, Modified corn starch, Wheat flour (Gluten), Sugar, Salt, Tomato paste, Vinegar, Garlic, Soy sauce (Water, Soybeans, Wheat, Salt, Sugar, Glucose), Yeast extract, Caramel colour, Stabilisers, Spices (Radurised), Flavouring, Fresh thyme.</p>	<p>200ml</p>				●	●		●			●		●	●	●	
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Pestos


 <p>Variant</p>	<p>Ingredients List</p>	<p>Unit Size</p>	<p>Contains Fish</p>	<p>Contains Egg</p>	<p>Contains Dairy</p>	<p>Contains Wheat</p>	<p>Contains Gluten</p>	<p>Contains Sesame</p>	<p>Contains Soya</p>	<p>Contains Sulphur Dioxide</p>	<p>Contains Nuts</p>	<p>Contains Garlic</p>	<p>Low Fat</p>	<p>Vegan</p>	<p>Halaal</p>	<p>Kosher Parev</p>	<p>Kosher Milchik</p>
<p>Basil</p>	<p>Filtered water, Fresh basil (28 %), Extra virgin olive oil (12 %), Parmesan cheese (7 %) (Cow's milk, Salt, Microbial rennet), Roasted macadamia nuts (5%), Canola oil (Antioxidant: Vitamin E), Fresh garlic (4%), Italian flat leaf parsley, Lemon juice, Salt, Corn starch, Black pepper (Radurised), Colourant: Chlorophyll, Stabiliser: Xanthan gum, Flavouring.</p>	<p>125g</p>			<p>●</p>						<p>●</p>	<p>●</p>			<p>●</p>		
<p>Coriander</p>	<p>Fresh coriander (41%), Coriander oil infusion (19%) (Canola oil (Antioxidant: Vitamin E), Fresh coriander), Filtered water, Roasted macadamia nuts (6%), Fresh garlic, Lemon juice, Salt, Spices, Flavouring, Colourants: Chlorophyll and beta carotene, Corn starch, Black pepper, Stabiliser: Xanthan gum, Yeast extract.</p>	<p>125g</p>									<p>●</p>	<p>●</p>		<p>●</p>	<p>●</p>		
<p>Roasted Red Pepper</p>	<p>Roasted red bell peppers (33%), Filtered water, Tomatoes, Vegetable oil (Extra virgin olive fruit) (8%) and Vegetable oil (Canola seed) (Antioxidant: Vitamin E), Roasted macadamia nuts (4%), Tomato paste, Parmesan cheese (4%) (Cow's milk, Salt, Cheese cultures, Vegetable rennet), Lemon juice, Sugar, Fresh garlic, Salt, Vinegar, Corn starch, Paprika, Stabiliser: Xanthan gum, Black pepper, Yeast extract, Colourant: Fruit extracts, Fresh origanum, Flavouring.</p>	<p>125g</p>			<p>●</p>						<p>●</p>	<p>●</p>			<p>●</p>		
<p>Sun-dried Tomato</p>	<p>Sun-dried tomatoes (28%), Filtered water, Extra virgin olive oil (14%), Tomatoes (13%), Vinegar, Fresh garlic, Canola oil (Antioxidant: Vitamin E), Tomato paste, Sugar, Salt, Corn starch, Fresh basil, Pepper, Stabiliser: Xanthan gum, Colourant: Fruits extracts, Yeast extract, Flavouring.</p>	<p>125g</p>									<p>●</p>		<p>●</p>	<p>●</p>			

Antipasti




Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Char-grilled Peppers	White wine vinaigrette (48%) (Filtered water, White balsamic vinegar [Wine vinegar, Grape must], Red grape concentrate, Cabernet sauvignon vinegar, Salt, Fresh garlic, Black peppercorns (Radurised), Acidity regulators, Mustard seeds (Radurised), Dried chilli, Vinegar, Flavouring), Char-grilled bell peppers (46%) (Bell peppers, Vegetable oil (Canola seed) (Antioxidant: Vitamin E), Salt, Spices, (Radurised)) Vegetable oil (Olive fruit) (6%).	250g										●		●			
Sun-dried Tomatoes	Garlic and herb vinaigrette (54%) (Filtered water, Sugar, Vinegar, Salt, Fresh garlic, Spices (Radurised), Herbs, Flavouring), Hydrated sun-dried tomatoes (36%) (Filtered water, Sun-dried tomato quarters (Radurised), Spirit vinegar, Acidity regulator), Vegetable oil (Olive fruit) (10%).	240g								●	●			●	●	●	

Spices

 Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Cajun	Sea salt, Spices, Garlic, Onion, Chilli, Herbs, Fibre, Citric Acid, Yeast Extract, Flavouring.	200ml										●		●	●	●	
Chicken	Sea salt, Spices, Dextrose, Fibre, Onion, Flavouring, Herbs, Sun-dried tomato, Garlic, Sugar, Colourant: Caramel.	200ml										●		●	●	●	
Fish	Sea salt, Breadcrumbs (Wheat flour (Gluten), Salt), Wheat flour, Spices, Herbs, Citric acid, Lemon, Sun-dried Tomato, Garlic, Flavouring.	200ml				●	●					●		●	●	●	
Masala	Sea salt, Spices, Maltodextrin, Garlic, Sugar, Fibre, Tamarind, Flavouring.	200ml										●		●	●	●	
Meat	Sea Salt, Spices, Dextrose, Garlic, Fibre, Herbs, Sugar, Flavouring, Colourant: Caramel.	200ml										●		●	●	●	
Pasta	Sea salt, Breadcrumbs (Wheat flour (Gluten), Salt), Parmesan cheese (9%) (Cow's milk, Salt, Microbial rennet), Maltodextrin, Sugar, Dextrose, Garlic, Herbs, Black Pepper, Extra virgin olive oil, Flavouring, Yeast extract.	200ml			●	●	●					●			●		
Potato	Sea salt, Potato starch, Sugar, Onion, Garlic, Dextrose, Spices, Fibre, Herbs, Flavouring, Chives.	200ml										●		●	●	●	
Vegetable	Sea salt, Dehydrated vegetables (23 %) (Onion, Leek, Garlic, Celery), Fibre, Herbs, Spices, Sugar, Flavouring, Extra virgin olive oil.	200ml										●		●	●	●	

Icing Kits and Baking Aids

 Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Chocolate Icing Kit	Icing sugar, Cocoa powder (14%), Castor sugar, Corn starch, Salt, Flavouring.	250g			● add										●		●
Vanilla Icing Kits	Icing sugar, Castor sugar, Corn starch, Salt, Flavouring.	250g			● add										●		●
Meringue Mix	Castor sugar, Raising agent, Salt, Stabiliser.	125g		● add											●	●	

Seasonings



Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Braai & Grill	Sea salt, Spices, Onion, Garlic, Sugar, Fibre, Sun-dried tomato, Canola oil (Antioxidant: Vitamin E), Yeast extract, Lemon, Celery, Flavouring.	200ml										●		●	●	●	
Chilli & Garlic	Sea salt, Garlic (18 %), Chilli (9 %), Onion, Spices, Lemon, Herbs, Fibre, Flavouring.	200ml										●		●	●	●	
Garlic & Herb	Sea salt, Garlic (16 %), Herbs (10 %), Spices, Dextrose, Maltodextrin, Extra virgin olive oil, Natural colourant, Flavouring.	200ml										●		●	●	●	
Garlic Pepper	Sea salt, Pepper (19 %), Garlic (16 %), Herbs, Chilli, Fibre, Flavouring.	200ml										●		●	●	●	
Green Onion	Sea salt, Onion (9 %), Black Pepper, Leeks, Garlic, Herbs, Lemon, Flavouring, Chives, Fibre.	200ml										●		●	●	●	
Italian Cheese Sprinkle	Breadcrumbs (contains: Wheat flour (Gluten), Salt), Pecorino cheese (25%) (contains: Cow's milk, Calcium chloride, Enzymes, Lysozyme (Egg), Microbial rennet, Starter cultures, Salt), Sea salt, Skim milk powder, Herbs, Dextrose, Flavouring, Dried garlic, Mustard powder, Spices, Fibre, Colourant, Yeast extract.	200ml		●	●	●	●					●			●		
Lemon & Black Pepper	Sea salt, Pepper (15 %), Garlic, Lemon (4 %), Citric acid, Spices, Fibre, Flavouring, Herbs.	200ml										●		●	●	●	
Lemon & Rosemary	Sea salt, Rosemary (15 %), Lemon (9 %), Dextrose, Fibre, Spinach, Black Pepper, Citric acid, Flavouring, Natural colourant.	200ml												●	●	●	
Reduced Salt Garlic & Herb	Sea salt, Garlic (26 %), Herbs (20 %), Maltodextrin, Spices, Extra virgin olive oil, Natural colourant, Flavouring.	200ml										●		●	●	●	
Rosemary & Olive	Sea salt, Rosemary (9%), Maltodextrin, Sugar, Garlic, Fibre, Flavouring, Olives (2 %), Spinach, Extra virgin olive oil, Herbs, Spices.	200ml										●		●	●	●	
Seasoned Sea Salt	Sea salt, Spices, Corn starch, Fibre.	200ml												●	●	●	

Pasta Sauces



Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Beef Bolognaise	Tomatoes (34 %) (Tomatoes, Tomato juice, Citric acid), Filtered water, Beef mince and fat (16 %), Fresh onions (7 %), Fresh carrots (5 %), Canola oil (Antioxidant: Vitamin E), Fresh garlic, Tomato paste, Salt, Fresh celery, Cornstarch, Spices (Radurised), Sugar, Vinegar, Extra virgin olive oil, Fresh thyme, Stabiliser, Yeast extract. Herbs, Chilli (Radurised), Flavouring.	400g 600g										●	●		●		
Creamy Cheese	Filtered water, Mature cheddar cheese (6%) (Milk, Salt, Preservatives (Sodium nitrate), Calcium chloride, Colourant (Annato), Non-animal rennet, Lactic cultures), Mascarpone cheese (5%) (Cream, Full cream milk, Stabiliser, Citric acid), Fresh cream, Corn starch, Blue cheese (2%) (Cow's milk, Salt, Cheese cultures, Non-animal rennet), Parmesan cheese (2%) (Cow's milk, Salt, Microbial rennet), Skimmed milk powder, Salt, Sugar, Preservative: Sorbic acid, Stabiliser: Xanthan gum, Cayenne pepper, Acidity regulator, Flavouring, Mace.	400g			●										●		
Mushroom & Parmesan	Filtered water, Roast mushrooms (18%) (Portobellini mushrooms, Button mushrooms, Vegetable oil (Canola seed, Antioxidant: Vitamin E)), Roast onions, Fresh cream, Beef broth (Water, Beef, Onions, Carrots, Celery, Salt), Mushroom stock (Mushrooms, Water, Salt, Vegetable oil (Canola seed, Antioxidant: Vitamin E), Brown balsamic vinegar (contains: Caramel colour, Sulphur dioxide), Corn starch, Fresh garlic, Stabiliser: Xanthan gum, Caramel colourant, Spices, Flavouring, Thyme), Corn starch, Parmesan cheese (3%) (Cow's milk, Salt, Microbial rennet), Salted butter (Cream, Salt), Fresh garlic, Salt, Sugar, Pepper, Fresh thyme, Preservative: Sorbic acid, Acidity regulator, Stabiliser: Xanthan gum, Flavouring, Mace.	400g			●					●		●			●		

Pasta Sauces (continued)




Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Roast Mushroom	Tomatoes (Tomatoes, Tomato juice, Citric acid), Filtered water, Roast mushrooms (15 %), Fresh onions, Canola oil (Antioxidant: Vitamin E), Tomato paste, Mushroom stock (2%) (Fresh mushrooms, Filtered water, Salt, Canola oil (Antioxidant: Vitamin E), Brown balsamic vinegar (contains: Caramel colour, Sulphur dioxide), Corn starch, Fresh garlic, Stabilisers, Caramel colourant, Spices, Flavouring, Fresh thyme), Corn starch, Fresh garlic, Salt, Sugar, Cabernet sauvignon vinegar, Fresh thyme, Spices, Stabiliser: Xanthan gum, Flavouring.	400g								●		●		●			
Roast Pepper	Tomatoes (39%) (Tomatoes, Tomato juice, Citric acid), Filtered water, Roast red pepper (10%), Sun-dried tomatoes (4%) (Water, Sun-dried tomato quarters (Preservative: Sulphur dioxide) (Radurised)), Fresh onions, Sugar, Tomato paste, Fresh garlic, Vinegar, Canola oil (Antioxidant: Vitamin E), Corn starch, Salt, Smoked paprika, Fresh oreganum, Stabiliser: Xanthan gum, Flavouring, Spices.	400g								●		●		●	●		
Roast Vegetable	Tomatoes (36%) (Tomatoes, Tomato juice, Citric acid), Filtered water, Roast vegetables (28%) (Butternut, Red pepper, Yellow pepper, Button mushrooms, Onions, Aubergine, Canola oil (Antioxidant: Vitamin E), Garlic), Roast Rosa tomatoes (Baby Rosa tomatoes, Extra virgin olive oil), Corn starch, Salt, Sugar, Black pepper, Fresh oreganum, Stabiliser: Xanthan gum, Flavouring.	400g										●	●	●	●	●	
Sun-dried Tomato & Parmesan	Filtered water, Sun-dried tomato pulp (18%) (Sun-dried tomatoes (Preservative: Sulphur dioxide) (Radurised), Water, Sugar, Extra virgin olive oil, Vinegar, Salt, Fresh garlic, Spices, Black pepper, Herbs, Flavouring), Fresh cream, Corn starch, Parmesan cheese (3%) (Cow's milk, Salt, Microbial rennet), Mascarpone cheese (Cream, Full cream milk, Stabiliser, Citric acid), Salt, Sugar, Stabiliser: Xanthan gum, Cayenne pepper, Flavouring, Colourant: Beta carotene and Fruit extracts.	400g			●					●		●			●		

Pasta Sauces (continued)



Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Tomato & Basil	Tomatoes (50 %) (Tomatoes, Tomato juice, Citric acid), Filtered water, Fresh onion, Tomato Paste, Sun-dried tomatoes (2 %) (Preservative: Sulphur dioxide), Canola oil (Antioxidant: Vitamin E), Cornstarch, Salt, Fresh basil (1 %), Sugar, Fresh garlic, Pepper (Radurised), Stabiliser, Yeast extract, Flavouring.	400g 600g								●		●	●	●	●	●	
Tomato, Olive & Chilli	Tomatoes (44 %) (Tomatoes, Tomato juice, Citric acid), Filtered water, Roast onions, Kalamata olives (5%), Extra virgin olive oil, Tomato paste (4%), Roast red pepper, Corn starch, Fresh garlic, Canola oil (Antioxidant: Vitamin E), Salt, Red jalapeno chilli (1%) (Fresh chilli, Salt), Vinegar, Capers, Smoked paprika, Chilli, Fresh oreganum, Flavouring, Stabiliser: Xanthan gum, Black pepper.	400g									●		●	●			

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 Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Beef Flavour Stock Powder	Salt, Starch, Maltodextrin, Dextrose, Flavouring, Dehydrated vegetables (Onion, Carrots, Sun-dried tomato (Radurised), Garlic), Sugar, Potassium chloride, Colourant: caramel, Yeast extract, Herbs, Vegetable Oil (Canola Seed) (Antioxidant: Vitamin E), Spices (Radurised), Flavour enhancers, Acidity regulator.	150g										●	●	●	●	●	
Brown Gravy Powder	Tapioca starch, Sugar, Corn starch, Onion, Flavouring, Caramel colour, Potato starch, Mushrooms, Dextrose, Salt, Yeast extract, Sun-dried tomatoes (Radurised), Garlic, Spices (Radurised), Potassium chloride, Citric acid, Herbs.	150g				●						●		●	●	●	
Chicken Flavour Stock Powder	Salt, Corn starch, Flavouring (contains: Maltodextrin, Yeast extract, Vegetables, Flavouring, Spices), Dehydrated vegetables (Onions, Carrots, Leeks, Celery, Garlic), Sugar, Dextrose, Potassium chloride, Yeast extract, Vegetable oil (Canola seed) (Antioxidant: Vitamin E), Herbs, Spices (Radurised), Citric acid.	150g										●	●	●	●	●	
Roast Onion Soup & Gravy Powder	Roast onions (30%), Wheat flour (Gluten), Tapioca starch, Potato starch, Salt, Sugar, Garlic, Yeast extract, Caramel colour, Maltodextrin, Flavouring, Herbs, Citric acid, Spices (Radurised).	150g			●	●						●		●	●	●	
Vegetable Stock Powder	Salt, Dehydrated vegetables (35%) (Onions, Carrots, Mushrooms, Sun-dried Tomatoes (Radurised), Garlic, Celery), Corn starch, Sugar, Maltodextrin, Herbs, Yeast extract, Vegetable oil (Canola seed) (Antioxidant: Vitamin E), Spices (Radurised), Flavouring, Colourant, Citric acid.	150g										●	●	●	●	●	
White Sauce Powder	Wheat flour (Gluten), Skim milk powder, Corn starch, Tapioca starch, Salt, Sugar, Onion, Spices (Radurised), Flavouring, Celery, Caramel colour.	150g		●	●	●									●		

Liquid Stocks




Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Beef	Filtered water, Beef broth (20%) (Water, Beef, Onion, Carrots, Celery, Salt), Salt, Fresh onion, Vinegar, Sugar, Beef fat (3%), Corn starch, Fresh carrots, Flavouring, Canola oil (Antioxidant: Vitamin E), Tomato paste, Fresh garlic, Pectin, Caramel colourant, Fresh thyme, Stabiliser: Xanthan gum, Black pepper.	8x25g										●			●		
Chicken	Filtered water, Chicken broth (19%) (Water, Chicken, Onion, Carrots, Celery), Salt, Fresh onion, Vinegar, Fresh carrots, Sugar, Corn starch, Flavouring, Fresh celery, Pectin, Fresh sage, Caramel colourant, Stabiliser: Xanthan gum, Spices.	8x25g													●		
Fish	Fish broth (36%) (Water, Fish (Kingklip, Hake, Norwegian salmon), Onion, Carrots, Celery, Vinegar, Salt, Parsley, Black pepper), Lemon juice, Salt, Fresh onion, Fresh leeks, Canola oil (Antioxidant: Vitamin E), Sugar, Corn starch, Fresh carrots, Fresh garlic, Flavouring, Pectin, Fresh fennel bulb, Stabiliser: Xanthan gum, Spices, Colourant: Beta carotene.	8x25g	●									●			●		
Vegetable	Filtered water, Vegetable broth (18%) (Water, Onion, Carrots, Celery, Garlic, Thyme), Fresh carrots, Salt, Fresh onion, Canola oil (Antioxidant: Vitamin E), Portobellini mushrooms, Fresh leeks, Cider vinegar, Sugar, Extra virgin olive oil, Fresh celery, Tomato paste, Fresh herbs, Fresh garlic, Corn starch, Pectin, Flavouring, Spices, Stabiliser: Xanthan gum, Colourant: Beta carotene.	8x25g										●		●	●	●	

Marinades




Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Barbeque	Filtered water, Sugar, Fresh onion, Cider vinegar, Vegetable oil (Canola seed) (Antioxidant: Vitamin E), Vinegar, Salt, Glucose, Corn starch, Soy sauce (contains: Water, Soya beans, Wheat, Salt), Tomato paste (2%), Dried peaches, Dried apricots, Spices, Garlic (Fresh and dried), Tamarind, Sun-dried tomatoes (1%), Dried onion, Brown balsamic vinegar (contains: Caramel colourant), Molasses, Flavouring, Acidity regulators (Lactic and citric acid), Pepper (Radurised), Caramel colourant, Stabiliser, Herbs, Yeast extract, Anchovy, Dried mushrooms, Preservative: Sorbic acid, Lemon concentrate.	500ml	●			●	●		●	●		●			●		
Lemon	Filtered water, Vegetable oil (Canola seed) (Antioxidant: Vitamin E), Salt, Honey, Corn starch, Fresh garlic, Sugar, Vinegar, Cider vinegar, Lemon concentrate (1%), Dried garlic, Fresh coriander (1%), Acidity regulators (Citric and lactic acid), Lime concentrate, Herbs, Stabiliser, Flavouring, Spices, Yeast extract, Black pepper (Radurised), Colourant.	500ml										●			●		
Peri-Peri	Filtered water, Vegetable oil (Canola seed) (Antioxidant: Vitamin E), Tomato paste, Sugar, Salt, Glucose, Vinegar, Spices, Dried onion, Corn starch, Dried garlic, Chilli (Radurised) (1%), Acidity regulators (Citric and lactic acid), Lemon concentrate, Lime concentrate, Stabilisers, Herbs, Flavouring, Yeast extract.	500ml										●		●	●	●	
Sticky	Filtered water, Sugar, Soy sauce (contains: Water, Soya beans, Wheat, Salt) (9%), Glucose syrup, Corn starch, Vegetable oil (Canola seed) (Antioxidant: Vitamin E), Vinegar, Malt syrup, Salt, Tamarind, Fresh garlic, Caramel colourant, Spices, Dried garlic, Black pepper (Radurised), Acidity regulators (Citric acid), Yeast extract, Flavouring.	500ml				●	●		●	●		●		●	●	●	


Bake Mixes

 Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Carrot Cake	<p>CARROT & PINEAPPLE PULP: Fresh carrot (20%), Filtered water, Sugar, Pineapple concentrate (5%), Corn starch, Acidity regulator.</p> <p>DRY MIX: Wheat flour (Gluten), Castor sugar, Macadamia nuts (8%), Corn starch, Baking powder, Dextrose, Spices, Salt, Raising agent, Fibre, Flavouring, Colourant: Beta carotene.</p>	595g		● add	● add	●	●				●				●	●	
Choc Chip Cookies	<p>Wheat flour (Gluten), Sugar, Chocolate chips (20 %) (Sugar, Cocoa mass, Cocoa butter, Soya lecithin, Flavouring), Corn starch, Raising agent, Flavouring.</p>	390g		● add	● add	●	●		●						●		●
Chocolate Brownies	<p>Sugar, Wheat flour (Gluten), Chocolate chips (9 %) (Sugar, Cocoa mass, Cocoa butter, Soya lecithin, Flavouring), Cocoa powder, Corn starch, Malt extract powder (Malted barley (Gluten), Water), Raising agent, Salt, Flavouring, Yeast extract.</p>	550g		● add	● add	●	●		●						●		●
Chocolate Cake	<p>Sugar, Wheat flour (Gluten), Corn starch, Cocoa powder, Raising agents, Salt, Flavourings, Yeast extract.</p>	650g		● add		●	●								●	●	
Chocolate Mousse	<p>Skim milk powder, Sugar, Cocoa powder, Dextrose, Starch, Gelatine, Canola Oil (Antioxidant: Vitamin E), Salt, Flavouring.</p>	310g			●												
Lemon Flavour Cheesecake	<p>Skim milk powder, Sugar, Dextrose, Buttermilk powder (Milk solids), Starch, Gelatine, Citric acid, Cheese powder (Whey powder, Cheese, Corn flour, Emulsifier, Flavouring), Salt, Flavouring.</p>	250g			●												
Raisin & Bran Muffins	<p>Wheat flour (Gluten), Sugar, Raisins (14 %), Wheat bran (11 %), Dextrose, Corn starch, Raising agent, Salt.</p>	700g		● add	● add	●	●								●	●	
Red Velvet Cake	<p>Sugar, Wheat flour (Gluten), Corn starch, Raising agent, Dextrose, Cocoa powder, Salt, Fibre, Beetroot powder (Red beet juice concentrate, Maltodextrin, Citric acid), Colourant, Flavourings.</p>	580g		● add	● add	●	●								●	●	
Vanilla Cake	<p>Wheat flour (Gluten), Sugar, Corn starch, Raising agent, Dextrose, Salt, Fibre, Flavourings.</p>	600g		● add	● add	●	●								●	●	

Bake Mixes

 Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Sticky Malva Pudding	<p>APRICOT BUTTER GLAZE: Demerara sugar, Filtered water, Butter (Cream, Salt), Apricot jam (Sugar, Filtered water, Apricots, Corn starch, Lemon concentrate, Citric acid, Salt), Salt, Flavouring, Stabiliser.</p> <p>DRY MIX: Demerara sugar, Wheat flour (Gluten), Corn starch, Baking powder, Raising agent, Salt, Citric acid, Colourant: Caramel, Flavouring.</p>	500g		● add	●	●	●								●	Kosher Parev	●

Marinade & Baste

 Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Smokey Chipotle BBQ	Filtered water, Fresh onion, Fresh red pepper, Tomato paste, Vinegar, Red grape concentrate, Vegetable oil (Canola seed) (Antioxidant: Vitamin E), Sugar, Fresh jalapeño chilli, Salt, Garlic, Corn starch, Spices (Radurised), Dried chipotle chilli (1 %), Molasses, Lactic acid, Colourant: Caramel, Flavouring, Citric acid, Yeast extract, Dried mushrooms, Stabiliser: Xanthan gum, Lemon concentrate.	320ml												●	●	Kosher Parev	Kosher Milchik
Sticky Plum & Soy	Plums (55 %), Filtered water, Molasses, Demerara sugar, Soy sauce (5 %) (Water, Soybeans, Wheat [Gluten], Salt), Salt, Spices (Radurised), Acidity regulator (Citric acid).	320ml				●	●		●					●	●	●	