

Key	
Suitable to consume	✓
Unsuitable to consume	✘
May be suitable	○

ALLERGIES/INTOLERANCES/CHOICES INFORMATION:

Shakes, Lactose Free, Ready-made, Porridge, Soups, Bars, Water flavourings, Eat Easy and other products

	Lactose intolerance	Gluten intolerance	Peanut allergy	Soy allergy	Milk allergy	Celery allergy	Sulphite allergy	Egg allergy	Crustacean allergy	Mustard allergy	Molluscs allergy	Lupin allergy	Fish allergy	Sesame/Tree nuts allergy	Yeast allergy	Aspartame allergy	Vegetarians	Halal consumption
Shakes																		
Chocolate	✘	○	○	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘	✓	✓
Mango	✘	○	○	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘	✓	✓
Vanilla	✘	○	○	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘	✓	✓
Strawberry	✘	○	○	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘	✓	✓
Banana	✘	○	○	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘	✓	✓
Chocolate Mint	✘	○	○	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘	✓	✓
Butterscotch	✘	✘	○	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘	✓	✓
Fruits of the Forest	✘	○	○	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘	✓	✓
Toffee & Walnut	✘	○	○	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘	✓	✓
Lactose free sachets																		
Cappuccino	✓	○	○	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘	✓	✓
Chocolate	✓	○	○	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘	✓	✓
Chocolate Orange	✓	○	○	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘	✓	✓
Vanilla	✓	○	○	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘	✓	✓
Mushroom	✓	✘	○	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	○	✓	✓	✓
Leek & Potato	✓	○	○	✘	✓	✘	✓	✓	✓	✓	✓	✓	✓	✓	✘	✓	✓	✓
Ready-made shakes																		
Chocolate Velvet	✘	✓	✓	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘
Banana Bliss	✘	✓	✓	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘
Strawberry Silk	✘	✓	✓	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘	✘
Porridge																		
Original	✘	✘	○	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘	✓	✓
Apple & Cinnamon	✘	✘	○	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘	✓	✓
Maple & Pecan	✘	✘	○	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘	✓	✓

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Rice Pudding																		
Vanilla	✗	✓	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Soups																		
Chicken & Mushroom	✗	✗	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓
Oriental Chilli	✗	○	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	○	✓	✓	✓
Spicy Tomato	✗	✓	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	○	✗	✓	✓
Vegetable	✗	✗	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓
Bars																		
Chocolate Mint crunch	✗	✓	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Toffee	✗	✓	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orange	✗	✓	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chocolate	✗	✓	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cranberry Crunch	✗	✓	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lemon Yoghurt	✗	✓	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Peanut Crunch	✗	✓	✗	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Water Flavourings																		
Sunshine Orange	✓	✓	○	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✗
Summer Berry	✓	✓	○	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✗
Savoury Vegetable	✓	✓	○	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✗
Eat Easy																		
Chicken Curry	✗	✓	○	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗
Mediterranean Chicken	✓	✗	○	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗
Vegetable Chilli	✓	✓	○	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗
Bonus Bar																		
Tropical	✗	✓	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Other																		
Mix-a-mousse	✓	✓	○	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗
Cambridge Fibre	✓	✓	○	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗

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Suitable to consume	✓
Unsuitable to consume	✗
May be suitable	○