

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
<b>Shakes</b>																		
Chocolate	✗	○	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Mango	✗	○	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Vanilla	✗	○	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Strawberry	✗	○	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Banana	✗	○	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Chocolate Mint	✗	○	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Butterscotch	✗	✗	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Fruits of the Forest	✗	○	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Toffee & Walnut	✗	○	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
<b>Lactose free sachets</b>																		
Cappuccino	✓	○	○	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Chocolate	✓	○	○	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Chocolate Orange	✓	○	○	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Vanilla	✓	○	○	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Mushroom	✓	✗	○	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	○	✓	✓	✓
Leek & Potato	✓	○	○	✗	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓
<b>Ready-made shakes</b>																		
Chocolate Velvet	✗	✓	✓	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗
Banana Bliss	✗	✓	✓	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗
Strawberry Silk	✗	✓	✓	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗
<b>Porridge</b>																		
Original	✗	✗	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Apple & Cinnamon	✗	✗	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Maple & Pecan	✗	✗	○	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓

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<b>Soups</b>																		
Chicken & Mushroom	✘	✘	○	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘	✓	✓	✓
Oriental Chilli	✘	○	○	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	○	✓	✓	✓
Spicy Tomato	✘	✓	○	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	○	✘	✓	✓
Vegetable	✘	✘	○	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘	✓	✓	✓
<b>Bars</b>																		
Chocolate Mint crunch	✘	✓	○	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Toffee	✘	✓	○	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orange	✘	✓	○	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chocolate	✘	✓	○	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cranberry Crunch	✘	✓	○	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lemon Yoghurt	✘	✓	○	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Peanut Crunch	✘	✓	✘	✘	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Water Flavourings</b>																		
Sunshine Orange	✓	✓	○	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘	✓	✘
Summer Berry	✓	✓	○	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘	✓	✘
Savoury Vegetable	✓	✓	○	✓	✓	✘	✓	✓	✓	✓	✓	✓	✓	✓	✘	✓	✓	✘
<b>Eat Easy</b>																		
Chicken Curry	✘	✓	○	✓	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘	✘
Mediterranean Chicken	✓	✘	○	✓	✓	✓	✓	✘	✓	✓	✓	✓	✓	✓	✓	✓	✘	✘
Vegetable Chilli	✓	✓	○	✓	✓	✓	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘
<b>Other</b>																		
Mix-a-mousse	✓	✓	○	✓	✓	✓	✘	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘	✘
Cambridge Fibre	✓	✓	○	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✘

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