

DAIRY & EGGS 	Egg White Egg Yolk	Milk (Cow) Milk (Goat)	Milk (Sheep)	
GRAINS 	Barley Buckwheat Corn (Maize)	Durum Wheat Gluten Millet	Oat Rice Rye	Spelt Wheat
FISH & SEAFOOD 	Cod Crab Haddock	Herring Lobster Mackerel	Mussel Plaice Salmon	Shrimp/Prawn Sole Tuna
MEAT 	Beef Chicken	Lamb Pork	Turkey Venison	
FRUIT 	Apple Avocado Banana Blackberry Blackcurrant	Grape Grapefruit Kiwi Lemon Melon	Olive Orange Peach Pear Pineapple	Raspberry Strawberry
VEGETABLES 	Aubergine Bean (Green) Bean (White Haricot) Beetroot Broccoli	Cabbage (Savoy/White) Carrot Cauliflower Celery Cucumber	Leek Lentil Lettuce Onion Pea	Peppers Potato Soya Bean Tomato
NUTS & SEEDS 	Almond Brazil Nut Cashew Nut	Coconut Hazelnut Peanut	Rapeseed Sesame Seed Sunflower Seed	Walnut
HERBS & SPICES 	Chilli (Red) Garlic	Ginger Nutmeg	Peppercorn Vanilla	
MISCELLANEOUS 	Carob Cocoa Bean	Coffee Mushroom	Tea (Black) Yeast (Baker's)	Yeast (Brewer's)