



## 6<sup>TH</sup> FORM FOOD ALLERGEN LIST

Paninis – **WHEAT** flour (with calcium, iron, niacin and thiamine), Water, Yeast, Extra virgin olive oil, Salt, Flour treatment agent (E300). MAY ALSO CONTAIN SESAME SEEDS.

Bagels – **WHEAT** flour (with calcium carbonate E170, iron, nicotinamide, thiamine), Water, Sugar, Salt, Yeast, **BARLEY** malt flour.

Wraps – **WHEAT** flour (calcium, iron, niacin, thiamine) Water, Rapeseed oil, Raising agents (E450, E500, E341), Salt, Sugar, Acidity regulators (E296, E330), Yeast, Preservative (E282).

Bread Rolls – **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), Water, Vegetable oils (palm oil, palm stearin, rapeseed oil), Yeast, Salt, Emulsifiers (E481, E471, E472e), Dextrose, Flour treatment agent (E300).

Butter – Vegetable oils (rapeseed, palm, sunflower) in varying proportions (55%), Water, Salt (1.38%), **BUTTERMILK**, Preservative (potassium sorbate), Emulsifier (mono and diglycerides of fatty acids), Acid (citric), Flavourings, Vitamins (A & D). Colours (carotenes). Summer County is committed to sustainable palm oil.

Ham – Pork leg, Salt, Demerara sugar, Antioxidant (sodium ascorbate), Preservative (sodium nitrate, potassium nitrate).

Chicken Tikka – Chicken breast (86%), Water, Modified Tapioca starch, Dextrose, Salt, Potato starch, Sugar, Yeast extract, Raising agent (sodium carbonate), Acidity regulators (sodium citrate, sodium acetate), Spices (chilli, cumin, onion, garlic, fennel, pepper, coriander), Tomato powder, Lime juice powder, Paprika extract, Herb (parsley), Anticaking agent (silicon dioxide).

Chicken – Chicken breast (99%), Salt.

Back bacon – Pork loin, Salt, Glucose, Antioxidant (sodium ascorbate), preservative (sodium nitrite),

Streaky Bacon – Pork belly, Salt, Glucose, Antioxidant (sodium ascorbate), Preservative (sodium nitrite). Prepared with 220g of pork per 100g of finished product.

Tuna – Skipjack tuna (**FISH**), Water, Salt.



Cheese – Mozzarella cheese (**MILK**), Mild cheddar cheese (**MILK**), Anti- caking agent (Potato starch).

Cream cheese – Full fat soft cheese (**MILK**), Salt, Stabiliser (locust bean gum), Acid (citric acid).

Mayonnaise– This product has been produced on a site which also uses BARLEY, FISH, MILK & SULPHITES. Water, Rapeseed oil (stabiliser), Modified starch, Spirit vinegar, Sugar, Salt, **MUSTARD** flour, Stabiliser (xanthan gum), free range pasteurised **EGG**, Preservative (potassium sorbate), Acidity regulator (citric acid).

Teacakes - WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin & Thiamin), Water, Mixed soaked fruit (sultanas, raisins, currants 12%), Sugar, Yeast, Rapeseed oil, Salt, Emulsifiers (E471, E472e, Flour treatment agents (E300, E920).

Toast bread – **WHEAT** flour (calcium carbonate, niacin, iron, thaimin), Water, Palm oil, Salt, Yeast, Emulsifier (E472e), Spirit vinegar, **SOYA** flour, Preservative (E282), Flour treatment agent (E300).

Margherita Pizza Twist – **WHEAT** flour, Water, Tomato passata (18%), Mozzarella cheese (**COW'S MILK**) (14%), Extra virgin olive oil, Salt, Malted **WHEAT** flour, **SOYA** protein, Emulsifier (mono & diglycerides of fatty acids), Yeast, Sunflower oil, Oregano, Garlic.

Crumpets - Fortified WHEAT flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Spirit Vinegar, Sugar, Raising Agents (Diphosphates, Carbonates), Yeast, Preservative s (Potassium Sorbate, Calcium Propionate), Acidity Regulator (Citric Acid), Salt.

Sausage Rolls – have the ingredients on the packaging

Yogurts – have the ingredients on the pots

### MUFFINS

Raspberry & White chocolate muffins – **WHEAT** flour (with calcium carbonate, niacin, iron, thiamine), Sugar, Rapeseed oil, Water, Raspberry (8.6%), White chocolate chunks (4.4%), (Sugar, cocoa butter, **WHOLE MILK POWDER**, Emulsifier, **SOYA LECITHIN**, flavouring), **WHOLE EGG POWDER**, **SKIMMED MILK POWDER**, **WHEAT STARCH**, Raising agent (sodium carbonates, diphosphates, calcium phosphates), Palm fat, Modified corn starch, Emulsifier (sodium stearyl-2-lactylate, Mono and



diglycerides of fatty acids, Dextrose, Salt, Thickener, Xanthan gum. MAY CONTAIN TRACES OF NUTS.

Double Chocolate Muffins – Sugar, **WHEAT** flour (with calcium carbonate, iron niacin, thiamin), Vegetable oil (Rapeseed), Dark chocolate chunks (16%) (sugar, cocoa mass, cocoa butter, emulsifier (**SOYA LECITHIN** - E322), Natural vanilla flavouring), Water, Fat-reduced cocoa powder (3%), WHOLE EGG POWDER, SKIMMED MILK POWDER, WHEAT starch, Raising agent (calcium phosphate (E341), Sodium carbonates E500), Diphosphate's (E450), Vegetable fat (palm) Emulsifier (sodium stearyl-2- lactylate (E481), mono & diglycerides of fatty acids (E471), Modified maize starch, Thickener (Xanthan gum (E415), Flavourings.

Blueberry Muffins – **WHEAT** flour (with calcium carbonate, iron, niacin, thiamine), Sugar, Vegetable oil (rapeseed), Water, Blueberry (10%), **WHOLE EGG POWDER**, **SKIMMED MILK POWDER**, **WHEAT** starch, Raising agent (calcium phosphate, sodium carbonates, diphosphates), Vegetable fat (palm), Modified maize starch, Emulsifier (sodium stearyl-2- lactylate), Mono and diglycerides of fatty acids, Dextrose, Salt, Thickener (xanthan gum), Flavourings, Colour (annatto norbixin).

Banana & Toffee Muffins – **WHEAT** flour (with calcium carbonate, niacin, iron, thiamine), Sugar, Rapeseed oil, Water, Mini fudge pieces (12%) – sugar, sweetened condensed **MILK**, glucose syrup, vegetable oil (palm), **BUTTERMILK**, Emulsifier (glycerol monostearate), Humectant (glycerine, salt), Sugared **WHOLE EGG POWDER**, **SKIMMED MILK POWDER**, **WHEAT** starch, Raising agent (sodium carbonates, diphosphates, calcium phosphates, Palm fat, Modified corn-starch, Emulsifier (sodium stearyl-2-lactylate, mono and diglycerides of fatty acids, Flavouring (dextrose, salt), Thickener (xanthan gum), Colour (annatto norbixin).

### DOUGHNUTS

Donut White with speculoos cinnamon topping – **WHEAT** flour, Water, Palm oil, Sugar, Speculoos (8.4%) (**WHEAT** flour, sugar, palm oil, sugar syrup, rapeseed oil, raising agent (sodium carbonates), **SOYA** flour, salt, cinnamon), Palm fat, Rapeseed oil, Yeast, Emulsifiers (mono & diglycerides of fatty acids, mono & diacetyl tartaric acid esters of mono & diglycerides of fatty acids, Sodium stearyl-2-lecithins), Coconut fat, **SOYA** flour, **GLUTEN (WHEAT)**, Raising agents (diphosphates, sodium carbonates), Iodised salt (salt, potassium iodate), WHEAT starch, Colours (titanium dioxide, carotenes), Flavouring, Yeast posder, Antioxidant (ascorbic acid). MAY CONTAIN EGGS, SESAME SEEDS.