Category	Product	Ingredients – Allergens in bold
Milk	Semi Skimmed	Pasteurised homogenised semi-skimmed milk
Bread	Village Bakery	Fortified **Wheat** Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Dried Fermented **Wheat** Flour, Rapeseed Oil, Yeast, Emulsifiers: E472e, E471, Flour Treatment Agent: Ascorbic Acid **Allergy Information** May contain **Milk**.
	Warburtons	Flour [with Calcium, Iron, Niacin (B3) and Thiamin (B1)], Water, Yeast, Salt, Vegetable Oil (Rapeseed, Sustainable Palm), **Soya** Flour, Preservative: Calcium Propionate, Emulsifiers: E481, E472e, Flour Treatment Agent: Ascorbic Acid (Vitamin C)
	Kingsmill	**Wheat** Flour (with Calcium, Iron, Niacin (B3) and Thiamin (B1)), Water, Yeast, Salt, Vegetable Oils (Rapeseed, Sustainable Palm), **Soya** Flour, Vinegar, Emulsifier: E472e, Preservative: Calcium Propionate, Flour Treatment Agent: Ascorbic Acid (Vitamin C)
	Tesco	Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Yeast, Salt, Preservative (Calcium Propionate), **Soya** Flour, Spirit Vinegar, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Rapeseed Oil, Flour Treatment Agent (Ascorbic Acid).
Cereals	Tesco – Rice Snaps	Rice, Sugar, **Barley** Malt Extract, Salt, Iron, Niacin, Pantothenic Acid, Riboflavin, Vitamin B6, Thiamin, Folic Acid, Vitamin D, Vitamin B12.
	Kelloggs Rice Krispies	Rice, Sugar, Salt, **Barley** Malt Flavouring, Vitamins & Minerals: Niacin, Iron, Vitamin B6, Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin), Folic Acid, Vitamin D, Vitamin B12
	Tesco – Wheat Biscuits	**Wheat** (95%), Malted **Barley** Extract, Sugar, Salt, Niacin, Iron, Riboflavin, Thiamin, Folic Acid
	Weetabix	Wholegrain **Wheat** (95%), Malted **Barley** Extract, Sugar, Salt, Niacin, Iron, Riboflavin (B2), Thiamin (B1), Folic Acid
	Tesco Multigrain Hoops	Wholemeal **Wheat** Flour (39%), **Oat** Flour (20%), Sugar, **Barley** Flour, **Wheat** Starch, Maize Semolina, Rice Flour, Caramelised Sugar Syrup, Iron, Salt, Flavouring, Colour (Paprika Extract), Carrot Extract, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin B12
	Tesco Malt Wheats	**Wholewheat** Flour, Sugar, Malted Barley Extract, Partially Inverted Sugar Syrup, Salt, Niacin, Iron, Pantothenic Acid, Thiamin, Riboflavin, Vitamin B6, Folic Acid, Vitamin B12
Marmite	Marmite	Yeast extract (contains BARLEY, WHEAT, OATS, RYE), salt, vegetable juice concentrate, vitamins (thiamin, riboflavin, niacin, vitamin B12 and folic acid), natural flavouring (contains CELERY)
Jam	Tesco – Strawberry Jam	Glucose-Fructose Syrup, Strawberry, Sugar, Strawberry Purée, Citric Acid, Gelling Agent (Pectin), Acidity Regulator (Sodium Citrate).
	Hartley's Strawberry Jam	Strawberries, Glucose-Fructose Syrup, Sugar, Gelling Agent: Pectins, Acid: Citric Acid, Acidity Regulator: Sodium Citrates, Prepared with 37g of Fruit per 100g, Total Sugar content 61g per 100g
	Stockwell & Co – Strawberry Jam	Sugar, Strawberry, Water, Acidity Regulators (Citric Acid, Trisodium Citrate), Gelling Agent (Pectin)
Spread	Tesco - Buttery	Water, Rapeseed Oil, Palm Oil, Reconstituted Buttermilk (**Milk**) (3.5%), Salt (1%), Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Sunflower Lecithins), Stabiliser (Sodium Alginate), Preservative (Potassium Sorbate), Acidity Regulator (Lactic Acid), Vitamin E, Colour (Beta Carotene), Flavouring. **Allergy Information -** Contains milk.
	I Can't Believe It's Not Butter	Water, Plant Oils (Sunflower, Palm*, Rapeseed in varying proportions), Salt 1.4%, Plant Based Emulsifiers (Lecithin, Mono- and Diglycerides of Fatty Acids), Acid (Citric Acid), Flavourings, Vitamin D, *I Can't Believe It's Not Butter is committed to sustainable Palm Oil

	Spar Buttery Spread	Water, Vegetable Oils (Rapeseed, Palm) Reconstituted Buttermilk (**Milk)**(3%), Salt, Emulsifiers (Mono-and Diglycerides), Satabliser (Sodium Agilnate) Preservative (Potassium Sorbate) Colours (Annatto Bixin, Curcumin), Acidity Regulator (Lactic Acid), Flavouring.
Juice	Orange	Orange Juice from Concentrate
	Apple	Apple Juice from Concentrate.
Fruit	Bananas	
	Pears	
	Apples	