



# Allergies, Intolerances & Lifestyle Information



Suitable to consume  
Unsuitable to consume  
May be suitable

○ ✕ ✓

	Gluten intolerance	Crustacean	Egg	Fish	Milk	Lactose intolerance	Sesame seeds	Tree nuts	Peanut	Celery	Mustard	Soy	Sulphites	Lupin	Molluscs	Yeast	Aspartame	Vegetarian	Halal certified
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## SHAKES

Chocolate Mint (54g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓
Strawberry (54g)	○	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓
Lactose free Chocolate (54g)	○	✓	✓	✓	✓	✓	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓
Lactose free Vanilla (54g)	○	✓	✓	✓	✓	✓	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓
Cappuccino (54g)	○	✓	✓	✓	✓	✓	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓

## SOUPS

Chicken & Mushroom (54g)	✗	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓
Oriental Chilli (54g)	○	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓
Leek & Potato (54g)	○	✓	✓	✓	✓	✓	✗	✗	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓
Vegetable with Croutons (54g)	✗	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓
Goulash (54g)	✗	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓



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### BITES

Choc Mint (55g)	✗	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓
Salted Caramel (57g)	✓	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✗

### SMOOTHIES

Apple & Blackcurrant (54g)	○	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓
Cherry & Strawberry (54g)	○	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓
Strawberry & Banana with Oats (54g)	✗	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓

### SAVOURY MEALS

Spaghetti Bolognese (58g)	✗	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓
Chicken Tikka Style Curry (54g)	✗	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓
Thai Green Style Curry with Rice (54g)	✗	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓
Thai Green Style Curry with Noodles (54g)	✗	✓	✓	○	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓
Cottage Pie (54g)	✗	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓
Green Pesto Pasta (54g)	✗	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓

### PORRIDGE

Original (54g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓
Apple & Cinnamon (54g)	✗	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓
Mixed Berry (54g)	✗	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓

### BARS

Cherry Bakewell (57g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓
Cranberry Crunch (55g)	✗	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓
Chocolate Chewy (57g)	✓	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓
Festive (57g)	✓	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✗
Mint Crunch (55g)	✗	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓
Peanut Crunch (55g)	✗	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓
Toffee Chewy (57g)	✓	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓
Lemon Yoghurt (55g)	✗	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓
Strawberry & Apple Yoghurt (55g)	✓	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓



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#### SHAKES TDR

Banana (40g)	○	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓
Chocolate (40g)	○	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓
Strawberry (40g)	○	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓
Vanilla (40g)	○	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓

#### SOUPS TDR

Chicken & Mushroom (40g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✗	✓	✓
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#### PORRIDGE TDR

Original (40g)	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓
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#### BARS TDR

Lemon Yoghurt (42g)	✓	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓
Peanut Crunch (42g)	✓	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	✓

#### WATER FLAVOURINGS

Golden Vegetable (125g)	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗	✗	✗	✓	✓	✓	✓	✓	✗
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## SNACKS

Chilli & Lime Fava Beans (25g)	○	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✗	○	✓	✓	✓	✓	✓	✗
Sour Cream & Chive Fava Beans (25g)	○	✓	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✗	○	✓	✓	✗	✓	✗