

1. Organic Cereals

Apple and Cinnamon Cereal

Toasted **Wheat** Flakes*, Porridge Oats*, Crunchy* (**Wheat** Flakes*, Oat Flakes*, Rice Syrup*, Sunflower Oil*, Almonds*, Desiccated Coconut*, Sunflower Seeds*, Sea Salt, Bourbon Vanilla*) Dried Apple Pieces*, Raisins* (Raisins & Sunflower Oil), Sultanas (Sultanas & Sunflower Oil)*, Chopped Dried Dates* (Dates & Brown Rice Flour), Chopped Toasted Almonds*, Sunflower Seeds*, Ground Cinnamon*. * Organically produced ingredients Organic Sunflower Oil is used sparingly as a free flowing agent

Allergen Advice: Contains gluten & nuts. May contain traces of Milk, Lactose, Egg, Soya & Sesame.

Berry Crunch

Toasted **Wheat** Flakes* Sultanas* (sultanas & sunflower oil), Jumbo Oats*, Crunchy* (**Wheat** Flakes*, Oat Flakes*, Rice Syrup*, Sunflower Oil*, Almonds*, Desiccated Coconut*, Sunflower Seeds*, Sea Salt, Bourbon Vanilla*) Toasted Sliced Coconut*, Sweetened Diced Dried Cranberries* (6%) (Sugar, Cranberries & Sunflower Oil), Sweetened Dried Diced Blueberries* (6%) (Blueberries, Sugar & Sunflower Oil), **Cashew Nuts***, **Almonds***, Pumpkin Seeds*, Freeze Dried Strawberries* * Organically produced ingredients Organic Sunflower Oil is used sparingly as a free flowing agent

Allergen Advice: Contains gluten & nuts. May contain traces of milk, lactose, egg, soya & sesame.

Bran Flakes

Wholewheat flour (90%), **Wheat** bran (5%),Maize Glucose, Barley Malt, Sea salt** Permitted non-organic ingredient

Classic Muesli

Porridge Oats*, Jumbo Oats*, **Wheat** Flakes*, Barley Flakes*, **Almonds***, Sunflower Seeds*, Sultanas* (Sultanas & Sunflower Oil), **Hazelnuts***. * Organically produced ingredients

Allergen Advice: Contains gluten & nuts

Coconut Crunch – Super High Fibre Cereal

Toasted **Wheat** Flakes* Crunchy* (**Wheat** Flakes*, Oat Flakes*, Rice Syrup*, Sunflower Oil*, **Almonds***, Desiccated Coconut*, Sunflower Seeds*, Sea Salt, Bourbon Vanilla*) Chopped Dates, Toasted Coconut Chips*, Sunflower Seeds* & **Hazelnuts***
* Organically produced ingredients

Allergen Advice: Contains gluten & nuts. May contain traces of milk, lactose, egg, soya & sesame.

Gluten Free Jumbo Oats

100% Organic Oats

Granola

Wheat Flakes*, Oat Flakes*, Oatmeal, Beet Sugar Syrup*, Sunflower Oil*, Sunflower Seeds*, Desiccated Coconut*, **Almond** Flour*, Corn Glucose Powder*, Sea Salt *Organically Produced

Allergen Advice: May contain traces of Rye, Peanuts and Sesame.

Muesli base

Oats Regular, **Wheat** Flakes, Oats Jumbo, Barley Flakes, ALL ingredients 100% organically grown

Allergen Advice: Contains gluten

Orange & Cashew Granola

Sunflower seeds*, oranges*, raisins*, **cashew nuts***, coconut pieces*, cinnamon*, nutmeg*, Himalayan salt *organically produced ingredients.

Allergen Advice: Contains nuts

Pear & Apricot Bircher

Gluten free oats*, air dried pear*, apricot* *organically produced ingredients.

2. Organic Chocolate

Mint Dark Buttons

Cacao mass*, coconut blossom sugar*, virgin cold pressed cacao butter*, mint oil * *organic ingredients

Pitch Dark Buttons

Cacao mass*, coconut blossom sugar*, virgin cold pressed cacao butter* * organic ingredients

Allergen advice: **May also contain nuts**. Vegan and Gluten Free.

Raw Chocolate Covered Fava beans

Fava Beans* (fava beans, vegetable oil: 33%), Cacao Butter*, Coconut Blossom Sugar*, Cacao Mass*, Lucuma Powder*, Cacao Powder*, Salt, Vanilla*. *organic ingredients

Allergen advice: **May also contain nuts**. Vegan and Gluten Free.

Raw Chocolate Covered Raisins

Raw raisins (44%, includes sunflower oil), raw cocoa mass, coconut blossom sugar, virgin cocoa butter, cocoa powder. Cocoa solids: 72% minimum. Organic.

Allergen advice: **May also contain nuts**. Vegan and Gluten Free.

Raw Salted Chocolate Dates

Cacao butter*, coconut blossom sugar*, raw cacao*, carob*, coconut oil*, salt, orange oil*, tangerine oil*, cinnamon*, cacao*. *
Organic ingredients

Allergen advice: **May also contain nuts.** Vegan and Gluten Free.

Salted Chocolate Hazelnuts

Organic hazelnuts roasted (33%), organic cacao butter, organic coconut blossom sugar, organic raw cacao mass, organic raw lucuma, organic hazelnut paste roasted, organic cacao powder, salt (>1%), organic vanilla.

Allergen advice: **May also contain other nuts or sesame.** Vegan and Gluten Free.

Salted Vanoffee Cashews

Cacao Butter*, Coconut Blossom Sugar*, **Cashew nuts* (33%)**, Lucuma*, Cacao Powder*, Salt (0.33%), Vanilla*. *Organic ingredients

Allergen advice: **Contain nuts.** Vegan and Gluten Free.

Milk Chocolate Buttons

Sugar*(1) - Cocoa butter*(1) - Whole milk powder* - Cocoa mass*(1) - Vanilla powder*(1)

*organic ingredients (1) Fair Trade

Allergen advice: **Contains milk**

Plain Chocolate Drops

Cocoa mass*, sugar*, cocoa butter*, vanilla powder* *ingredient from organic farming

Vanoffee Buttons

Virgin Cacao Butter*, Raw Lucuma*, Coconut Sugar*, Vanilla* *Organic ingredients

Allergen advice: **May also contain nuts.** Vegan and Gluten Free.

White Chocolate Buttons

Cane sugar* (1), cocoa butter*(1), whole **MILK** powder*, natural vanilla powder*(1) *organic ingredients (1) Fair Trade

Allergen advice: **Contains milk**

3. Organic Baking

Baking Powder – Non organic

Mono calcium phosphate, corn starch, sodium bicarbonate.

Bicarbonate of Soda – Non organic

Sodium bicarbonate.

Bread Flour – White

Wheat. Allergen information: **Gluten**, may contain traces of **sesame** * Organic ingredients

Bread Flour – Wholemeal

Wheat. Allergen information: **Gluten**, may contain traces of **sesame** * Organic ingredients

Self Raising White Flour

Wheat flour*, raising agents (mono-calcium phosphate, sodium bicarbonate) **Allergens: GLUTEN** * Organic ingredients

Plain White Flour

Wheat flour* **Allergens: GLUTEN** * Organic ingredients

Malted Bread Flour

wheat*, malted wheat flakes*15%, rye*3%, barley malt flour*3%, antioxidant (ascorbic acid). * Organic ingredients

4. Organic Pastas

Fusilli – white

Durum **wheat** semolina*, water * Organic ingredients

Allergen advice: Gluten.

Fusilli – wholewheat

Whole durum **wheat** semolina*, water. * Organic ingredients

Allergen advice: Gluten.

Gluten Free Corn Fusilli

Corn flour*, water * Organic ingredients

Farfalle – white

Durum **wheat** semolina*, water * Organic ingredients

Allergen advice: Gluten.

Spaghetti – white

Durum **wheat**, water. **Allergen advice: Gluten.**

Spaghetti – wholewheat

Durum **wheat**, water. **Allergen advice: Gluten.**

Spelt Fusilli

Spelt flour*, water *Organic ingredients **Allergen advice: Gluten.**

Spelt Rigatoni

Spelt flour*, water *Organic ingredients **Allergen advice: Gluten.**

Einkorn gigli

Einkorn flour*, water *Organic ingredients **Allergen advice: Gluten.**

5. Organic Dried Fruit – if it's not listed, there's nothing added!

Banana Chips

Org Bananas (68%), Org Coconut oil (25%), Org Sugar (7%) or Org Honey. Please check dispenser label.

Cranberries infused with apple juice

Organic Cranberries 60%, Organic Apple Juice Concentrate, 39% Organic Sunflower Oil <1%

Raisins

Organic Raisins 99.7% Organic Sunflower Oil 0.3% Added as a processing agent and to prevent agglomeration.

Sultanas

Organic Sultanas 99.7% Organic Sunflower Oil 0.3% Added as a processing agent and to prevent agglomeration.

6. Other Scoops

Falafel Mix

Kibbled chickpeas*, brown rice flour*, onion*, spices (ground cumin*, ground coriander*, ground black pepper*), parsley*, sea salt, garlic powder*. *certified organic ingredient

Trail Mix

Raisins*, Banana Chips* (Banana, Coconut Oil, Cane Sugar Syrup, Honey), Raw Coconut Chip*, Cashew **Nuts***, **Almonds*** *Organic ingredients **Allergens: NUTS**

Organic Vegetable Bouillon (stock) - Marigold

Sea salt (FR), Maltodextrin (from maize)*(CZ), Rice flour*(EUROPE), Vegetables 7.2% (onion, carrot, parsnip)*(EUROPE, CN, EG), Yeast extract (NL), Sunflower oil*(EUROPE), Parsley*(DE), Turmeric*(IN, LK). *organically grown

Organic Engevita Yeast Flakes – Marigold

Dried Inactive Yeast.

Sun Dried Tomato Halves

Organic Tomatoes (88-94%), Salt (Organically approved for use (6-12%).

7. Nuts

Nut Mix

Whole **Brazil Nuts***, Whole **Hazelnuts***, Whole **Cashew Nuts***, Whole **Almonds*** & **Walnut Pieces***. * Organically produced ingredients.

8. Food liquids

Balsamic vinegar

Wine Vinegar*, Concentrated Grape Must* *Organic ingredients

Extra Virgin Olive Oil infused with Rosemary

Greek extra virgin olive oil, rosemary (very trace amount)

Tamari Soy Sauce

Whole Soya Beans* (45%), Water, Sea Salt, Shochu* (Water, Cultured Rice*, Sea Salt) *Organically certified ingredient

Tahini

Stoneground **sesame** seeds* *Organically certified ingredient