




# Allergen Advice

Please be aware, all our products are handled with the utmost care to avoid risk of cross contamination. Any products marked with the  icon means the food product does not contain any of the 14 allergens listed below, and has also not been at risk of cross contamination during manufacture or packing.

Please contact us if you need more specific allergen information on the foods you require.

**Allergens may include:**

**Milk**

**Egg**

**Crustaceans**

**Lupin**

**Sulphites**

**Nuts**

**Peanuts**

**Fish**

**Celery**

**Gluten/Wheat**

**Sesame**

**Soya**

**Molluscs**

**Mustard**

# Food Icon Key Definitions

**GF : 100% Gluten Free** - This product does not contain gluten in the ingredients list and has not come into contact with gluten or wheat products at any point during manufacture or packing.

**nG : Naturally Gluten Free** - This product does not contain gluten in the ingredients list, but it may have come into contact with gluten or wheat at some point during manufacture or packing.

**O : Organic** - This product has been made with only organic ingredients.

**V : Vegetarian** - This product does not contain any meat based ingredients.

**Ve : Vegan** - This product does not contain any meat, dairy or animal derivative based ingredients.

**A : Allergen Free** - This product does not contain any of the 14 allergens listed in our allergen advice. This product has also not come into contact with any allergens during manufacture or packing.

**CF : Cruelty Free** – This product is manufactured or developed by methods which do not involve cruelty to animals.