

Allergens (contents) advice:**Updated 23.08.21**

Grains and Seeds Granola: Oat and spelt flakes with puffed quinoa sweetened with honey, pumpkin seeds, sunflower seeds and linseed. Oat & spelt clusters with quinoa, linseeds, pumpkin seeds & sunflower seeds.

Fruit & Fibre: Toasted Wheat Flakes (73%) [**Wheat**, Sugar, **Barley** Malt Extract, Salt, Iron, Vitamin E, Niacin, Pantothenic Acid, Vitamin B12, Vitamin D, Thiamin, Folic Acid, Riboflavin, Vitamin B6], Mixed Fruits (26%) [Raisins, Sweetened Dried Banana (Banana, Coconut Oil, Sugar, Flavouring), Toasted Coconut, Dried Apple], **Hazelnut** (1%).

Cornflakes: Maize, Sugar, Salt, **Barley** Malt Extract, Iron, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin B12.

Bread including Soughdough: Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], yeast, olive oil, skimmed milk powder, salt, sugar

Granary Bread: Yeast, olive oil, skimmed milk powder, salt, sugar Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Sunflower Seeds (35%), Pumpkin Seeds (35%), **Sesame Seeds**, Golden Flax seeds.

Sodabread: Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin],, olive oil, buttermilk salt, bicarbonate of soda

Cornish Fairings: Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin],, butter, golden syrup brown sugar, baking powder bicarbonate of soda, ground ginger, mixed spice

Scones: Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin],, butter, milk, baking powder clotted cream, jam

Sausages: wheat, sulphite

Quorn Sausages: Mycoprotein (41%), Rehydrated Free Range **Egg**, Vegetable Oils (Rapeseed, Palm), Onion, Rusk [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Yeast, Salt], Natural Flavouring, Casing (Stabiliser: Sodium Alginate; Cellulose, Modified Starch), Textured **Wheat** Protein (**Wheat** Flour, Stabiliser: Sodium Alginate), Firming Agents: Calcium Chloride, Calcium Acetate, Seasoning [Herbs (Sage, Parsley), Rapeseed Oil], Pea Fibre, Roasted **Barley** Malt Extract, Natural Caramelised Sugar

Baked beans: Beans (51%), Tomatoes (34%), Water, Sugar, Spirit Vinegar, Modified Corn Flour, Salt, Spice Extracts, Herb Extract

Croissants: **Wheat Flour** [Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin],, Water, Butter (Milk) (18%), Yeast, Sugar, Pasteurised Whole Egg, Wheat Gluten, Salt, Flour Treatment Agent (Ascorbic Acid).

Smoked Salmon: Salmon (**Fish**) (97%), Salt, Sugar.

Crumpet: Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Spirit Vinegar, Sugar, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Yeast, Salt, Preservative (Potassium Sorbate).