



Allergies, & Lifestyle Information

Product	Allergen information summary	Suitable for Vegetarians	Halal Certified
Meal Replacements			
Bar Apple & Cinnamon Oat	Product contains: Milk, Soya and Barley, Oats (Gluten) . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Bar Chocolate Chewy	Product contains: Milk and Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Bar Chocolate & Orange Fusion	Product contains: Milk and Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Bar Cookies & Cream	Product contains: Milk, Soya and Wheat (Gluten) . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Bar Fruit & Nut	Product contains: Milk, Hazlenut and Soya . Not suitable for people with peanut, tree nut or sesame seed allergy.	✓	✓
Bar Lemon Yoghurt	Product contains: Milk, Soya and Gluten . Not suitable for people with nut or sesame seed allergy.	✓	✓
Bar Peanut Crispy	Product contains: Milk, Peanut and Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Bar Strawberry & Apple	Product contains: Milk, Soya and Sulphites . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Bites Blueberry	Product contains: Milk and Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Bites Salted Caramel	Product contains: Milk and Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Porridge Apple and Cinnamon	Product contains: Oats, Barley, Wheat, Spelt, Rye (Gluten), Milk, Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Porridge Mixed Berry	Product contains: Oats, Barley, Wheat, Spelt, Rye (Gluten), Milk, Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Porridge Golden Syrup	Product contains: Oats, Barley, Wheat, Spelt, Rye (Gluten), Milk, Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Porridge Original	Product contains: Oats, Barley, Wheat, Spelt, Rye (Gluten), Milk, Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓

We advise you should always read the product label and not rely solely on the information on the website.

Product	Allergen information summary	Suitable for Vegetarians	Halal Certified
Savoury Meal Chicken Tikka Curry	Product contains: Milk, Soya and Celery . May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Savoury Meal Green Pesto Pasta	Product contains: Wheat (Gluten), Milk and Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Savoury Meal Macaroni Cheese	Product contains: Wheat (Gluten), Milk and Soya . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Savoury Meal Spaghetti Bolognese	Product contains: Wheat (Gluten), Soya and Sulphites . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Savoury Meal Thai Green Curry with Noodles	Product contains: Wheat (Gluten), Milk and Soya . May also contain Egg and Mustard . Not suitable for people with nut or sesame seeds allergy.	✓	✓
Shake Banana	Product contains: Milk and Soya . May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Shake Chocolate	Product contains: Milk and Soya . May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Shake Chocolate Mint	Product contains: Milk and Soya . May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Shake LF Cappuccino	Product contains: Soya . May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Shake LF Chocolate	Product contains: Soya . May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Shake LF Vanilla	Product contains: Soya . May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Shake Strawberry	Product contains: Milk and Soya . May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Smoothie Blackcurrant & Apple	Product contains: Milk and Soya . May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Smoothie Cherry & Strawberry	Product contains: Milk and Soya . May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Smoothie Chocolate & Cherry	Product contains: Milk and Soya . May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Smoothie Strawberry & Banana with Oats	Product contains: Oats (Gluten), Milk and Soya . May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Soup Chicken Noodle	Product contains: Soya, Wheat (Gluten) and Celery . May also contain Milk, Egg, Mustard and gluten from other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Soup Oriental Chilli	Product contains: Milk and Soya . May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Soup LF Tomato	Product contains: Soya . May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Soup Vegetable with Croutons	Product contains: Wheat (Gluten), Milk and Soya . May also contain gluten from other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Shake'n'Go Apple & Kiwi Yoghurt	Product contains: Milk	✓	✗
Shake'n'Go Chocolate	Product contains: Milk	✓	✗
Shake'n'Go Latte	Product contains: Milk	✓	✗

We advise you should always read the product label and not rely solely on the information on the website.

Product	Allergen information summary	Suitable for Vegetarians	Halal Certified
Shake’n’Go Mixed Berry Yoghurt	Product contains:Milk	✓	✗
Total Diet Replacements			
TDR Porridge Original	Product contains:Oats, Barley, Wheat, Spelt, Rye (Gluten), Milk, Soya. Not suitable for people with nut or sesame seeds allergy.	✓	✓
TDR Shake Banana	Product contains:Milk and Soya. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Step Up Meals			
Step Up Veg Chilli with Potato Wedges	Product contains:Soya.	✓	✗
Snacks & Tubs			
Pop Squares BBQ	Product contains: May contain traces of milk, soya and mustard.	✓	✗
Pop Squares Cheese & Onion	Product contains: May contain traces of milk, soya and mustard.	✓	✗
Pop Squares Roast Chicken	Product contains: May contain traces of milk, soya and mustard.	✓	✗
Pop Squares Salt & Vinegar	Product contains: May contain traces of milk, soya and mustard.	✓	✗
Water Flavouring Golden Vegetable	Product contains:Celery. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Water Flavouring Orange	Product contains:Not suitable for people with nut or sesame seeds allergy.	✓	✓
Water Flavouring Pineapple	Product contains:Not suitable for people with nut or sesame seeds allergy.	✓	✓
Water Flavouring Pink Lemonade	Product contains:Not suitable for people with nut or sesame seeds allergy.	✓	✓
Water Flavouring Raspberry & Elderflower	Product contains:Sulphites. Not suitable for people with nut or sesame seeds allergy.	✓	✓
Tub Fibre	Product contains:Not suitable for people with nut or sesame seeds allergy.	✓	✓
Tub Mix-a-Mousse®	Product contains:Not suitable for people with nut or sesame seeds allergy.	✗	✗