"CEC Community Food Hub Allergen information"

	Celery	"Cereals containing gluten including wheat, rye, barley and oats"	"Crustaceans eg prawns, crabs, lobsters"	Eggs	Fish	Lupin	Milk	"Molluscs eg mussels and oysters"	Mustard	Tree nuts - including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts	Peanuts	Sesame seeds	Soybeans	Sulphur dioxide & sulphites
Breakfast														
Kelloggs Cornflakes 450G		Barley												
Kelloggs Branflakes 500G		Wheat, Wholemeal Flour, Barley												
Kelloggs Crunchy Nut Cornflakes 500G		Barley									✓			
Tinned Savoury														
Tinned tomatoes														
Heinz Baked Beans In Tomato Sauce 415G														
Heinz Ravioli In Tomato Sauce 400G		Wheat		✓										
Co-op Spaghetti Hoops 385G		Wheat												
Heinz Spaghetti in tomato sauce 205g		Wheat												
Heinz Chicken Soup 400G		Wheat					✓							
Heinz Vegetable Soup 400G		Wheat												
Dry Savoury														
Amoy Straight To Wok Med Egg Noodles 2X150G		Wheat, Wheat Gluten		✓										
Co-op Spirali Pasta Spirals 500G		✓												
Co-op Microwave Basmati Rice 250G														
Co-op Microwave Long Grain Rice 250G														
Jacobs Cream Cracker 300G		Wheat												
Desserts														
Ambrosia Creamed Rice Pudding 400G							✓							
Balconi Trancetto Strawberry Cakes 10pack		Wheat		✓			✓			Traces of Nuts			✓	
Balconi Trancetto Chocolate Cakes 10pack		Wheat		✓			✓			Traces of Nuts			✓	
Co-op Peach Slices Juice 411G														
Co-op Pineapple Slices In Juice 227G														
Tea, coffee, biscuits														
Co-op Milk Chocolate Digestive Biscuits 300G		Wheat					✓						Soya Flour	
Nescafe Original Coffee 200G														
Pg Tips 160 Pyramid Tea Bags 464G														
Tate & Lyle Pure Cane Sugar 1Kg														
Carton Juice														
Co-op Pure Apple Juice 1Ltr														
Co-op Pure Pineapple 1Ltr														
Bread														
White Loaf		Wheat											Soya Flour	
Brown Loaf		Wheat											Soya Flour	
Wholemeal Loaf		Wheat												
Cheese														
Mature Cheddar (Various sizes / brands)							✓							
Co-op Red Leicester 250g							✓							
Co-op British Mild White Cheddar 240g							✓							
Eggs														
6 Eggs (max 2 per customer)				✓										
Fresh Milk and Juice														
Co-op Orange Juice Smooth 1ltr														
Co-op Pressed Apple Juice 1ltr														
Co-op Semi Skimmed Milk 1.36ltr							✓							
Co-op Full Cream Milk 1.136ltr							✓							
Co-op Fresh Skimmed Milk 1.136ltr							✓							
Protein														
Co-op Flamegrilled Chicken Slices 130G														
Co-op British Breaded Ham 120g		Wheat												
Co-op Unsmoked Rindless Back Bacon 300g														
Co-op Smoked Rindless Back Bacon 300g														
Beef Mince 450g / 500g														
Sausages 400g / 454g		Wheat											✓	✓
Co-op Pork Loin Steaks 305g														
Chicken Fillets 300 / 385g														
Butter & Spread														
Spreadable Butter 500g							✓							
Spreadable butter substitute 500g														
Pizza & Ready Meals														
Co-op Thin & Crispy Pepperoni Pizza 339g	✓	Wheat					✓							
Co-op Thin & Crispy Margherita Pizza 325g		Wheat					✓							
Co-op Chicken Tikka & Rice 425g							✓			Cashew Nut				
Co-op Traditional Cottage Pie 400g		Wheat					✓							
Co-op Macaroni Cheese 400g		Wheat					✓		✓					
Co-op Beef Lasagne 400g		Wheat		✓			✓							
Co-op Chinese Sweet And Sour Chicken 425g				✓			✓					✓		✓
Co-op Sausage & Mash 400g		Wheat					✓							
Co-op Spaghetti Bolognese 400g		Wheat												
Co-op Mashed Potato 400g							✓							
Fresh Fruit & Veg														
Co-op Sweet Crunchy Salad Bowl 160g														
Co-op Green Veg Medley 260g							✓							
Co-op Carrot/cauliflower/broccoli 250g														
Co-op Strawberries Punnet														
Co-op Red Seedless Grapes 500g														
Co-op Small Bananas Pack														
Co-op Easy Peeler Pack														
Co-op Royal Gala Apples Pack														
Co-op Washed White Potatoes 1.5kg														
Co-op Maris Piper Potatoes 1.5kg														
Co-op Tray Baking Potatoes 4s														
Co-op Cucumbers Whole Each														
Co-op Tomatoes 6s														
Co-op Baby Plum Tomatoes 250g														
Co-op Peppers Twin Pack														
Co-op Iceberg Lettuce Each														
Co-op Cherry Tomatoes 330g														
Co-op Closed Cup Mushrooms 300g														
Co-op Broccoli 335g														
Co-op Cauliflower Each														
Onions In Line 3 Pack														