



Allergies, & Lifestyle Information

Product	Allergen information summary	Suitable for Vegetarians	Halal Certified	Kosher
Meal Replacements				
Bar Cherry Bakewell	Product contains: Milk and Soya. 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 Mint Crunch	Product contains: Gluten, 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 Cranberry Crunch	Product contains: Gluten, Milk and Soya. Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Bar Lemon Yoghurt	Product contains: Gluten, Milk and Soya. Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Bar Orange Chewy	Product contains: Milk and Soya. Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Bar Peanut Crunch	Product contains: Gluten, Milk, Peanut and Soya. Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Bar Peanut Crispy	Product contains: Milk, Peanut and Soya. Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Bar Strawberry & Apple Yoghurt	Product contains: Milk, Soya and Sulphites. Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Bar Toffee Chewy	Product contains: Milk and Soya. Not suitable for people with nut or sesame seeds allergy.	✓	✓	✓*
Bites Chocolate Mint	Product contains: Gluten, 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 & Cinnamon	Product contains: Oats, Barley, Wheat, Spelt, Rye (Gluten), Milk, Soya. Not suitable for people with nut or sesame seeds allergy.	✓	✓	✓*
Porridge Maple & Pecan Porridge	Product contains: Oats, Barley, Wheat, Spelt, Rye (Gluten), Milk, Soya. Not suitable for people with nut or sesame seeds allergy.	✓	✓	✓*

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Porridge Mixed Berry	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.	✓	✓	✓*
Savoury Meal Chicken Tikka Curry	Product contains: Wheat (Gluten), Milk, Soya and Celery. Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Savoury Meal Cottage Pie	Product contains: Barley, Wheat (Gluten), Milk, Soya and Sulphites. 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 Spicy Couscous	Product contains: Wheat (Gluten), Milk, Soya and Celery. 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 Caramel	Product contains: Milk and Soya. 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 Fruits of the Forest	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 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 & Mushroom	Product contains: Wheat (Gluten), Milk and Soya. May also contain gluten from other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Soup Goulash	Product contains: Wheat (Gluten), Milk and Soya. May also contain gluten from other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✗	
Soup LF Leek & Potato	Product contains: Soya and Celery. May also contain gluten from wheat and other cereals. Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Soup LF Mushroom	Product contains: Wheat (Gluten) and Soya. May also contain gluten from wheat and 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 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.	✓	✓	
RTD Chocolate	Product contains: Milk and traces of Soy. May contain Egg, Treenuts & Sesame Seeds	✗	✗	✗

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Step Up Meals				
Step Up Pearl Barley Risotto	Product contains: Barley (Gluten) and Soya.	✓	✗	
Step Up Veg Chilli with Potato Wedges	Product contains: Gluten, Sulphites and Soya.	✓	✗	
Snacks and Tubs				
Fava Beans Chilli & Lime	May contain sulphites and gluten. Not suitable for people with peanut, tree nut, soya or sesame seeds allergy.	✓	✗	
Fava Beans Sour Cream & Chive	May contain sulphites and gluten. Not suitable for people with peanut, tree nut, soya or sesame seeds allergy.	✓	✗	
Water Flavouring Golden Vegetable	Product contains: Celery. Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Water Flavouring Lemon & Lime	Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Water Flavouring Orange	Not suitable for people with nut or sesame seeds allergy.	✓	✓	✓
Water Flavouring Pineapple	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.	✓	✓	
Water Flavouring Watermelon	Not suitable for people with nut or sesame seeds allergy.	✓	✓	
Tub Cambridge Fibre	Not suitable for people with nut or sesame seeds allergy.	✓	✓	✓
Tub Mix-a-Mousse®	Not suitable for people with nut or sesame seeds allergy.	✗	✗	

*All Dairy products are Chalav Akum
Please refer to issuing authority for any queries and current product listing.
KLBD email: info@kosher.org.uk
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