



LIST OF ALLERGENS

Product	Gluten & Wheat Free	Dairy Free	Corn Less (Note 1)	Egg Free	Soy Free (Note 2)	Yeast Free	Peanut & Tree Nut Free
Bread:							
Classic White loaf	✓	✓	✓	✓	✓	X	✓
Crusty Italian loaf	✓	✓	✓	✓	✓	X	✓
Wholemeal loaf	✓	✓	✓	✓	✓	X	✓
High Top	✓	✓	X	✓	✓	X	✓
Chocolate Loaf	✓	✓	✓	✓	X	X	✓
Rice Loaf	✓	✓	✓	✓	✓	X	✓
Fruit loaf	✓	✓	✓	✓	✓	X	✓
Three Seeded loaf	✓	✓	✓	✓	✓	X	✓
Sundried Tomato and Basil loaf	✓	✓	✓	✓	✓	X	✓
Pumpkin and Herb loaf	✓	✓	✓	✓	✓	X	✓
Olive & Rosemary Focaccia bread	✓	✓	✓	✓	✓	X	✓
Baguette	✓	✓	X	✓	✓	X	✓
Garlic bread	✓	✓	X	✓	✓	X	✓
Bagels	✓	✓	X	✓	✓	X	✓
Panini	✓	✓	✓	✓	✓	X	✓
Pita Pocket	✓	✓	X	✓	✓	X	✓
Hamburger Buns	✓	✓	✓	✓	✓	X	✓
Par Baked Buns	✓	✓	X	✓	✓	X	✓
Pies, Quiche & Sausage Rolls:							
Pies	✓	✓	✓	✓	Contains Soy Lecithin	✓	✓
Sausage Rolls	✓	✓	✓	✓	Contains Soy Lecithin	X	✓
Quiche	✓	X	✓	X	✓	✓	✓
Croissants & Danish Pastries:							
Croissants	✓	✓	X	X	Contains Soy Lecithin	X	✓
Apple Danish	✓	✓	X	X	Contains Soy Lecithin	X	✓
Berry Jam Danish	✓	✓	X	X	Contains Soy Lecithin	X	✓
Chocolate Danish	✓	✓	X	X	X	X	✓
Pizza range:							
Pizza base	✓	✓	✓	✓	✓	X	✓
Mini / Margarita Pizza	✓	X	✓	✓	✓	X	✓
Ready-to-eat Meals:							
Butter Chicken & Rice / Meal	✓	✓	✓	✓	✓	✓	✓
Italian Meatballs & Rice / Meatloaf	✓	✓	✓	✓	✓	✓	✓
Lasagne - Dairy Free option	✓	✓	Contains corn	✓	X	X	✓
Lasagne	✓	X	Contains corn	✓	✓	✓	✓
Vegetarian Lasagne	✓	✓	Contains corn	✓	✓	✓	✓
Specialty Products:							
Crostini	✓	✓	X	✓	✓	X	✓

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Pantry Items:							
Breadcrumbs	✓	✓	✓	✓	✓	X	✓
Pikelet pre mix	✓	✓	X	✓	✓	✓	✓
Banana Loaf pre mix	✓	✓	✓	✓	✓	✓	✓
Muffin pre mix	✓	✓	✓	✓	✓	✓	✓
Self Raising baking flour	✓	✓	✓	✓	✓	✓	✓
Standard baking flour	✓	✓	✓	✓	✓	✓	✓
Rice flour	✓	✓	✓	✓	✓	✓	✓
Potato Starch	✓	✓	✓	✓	✓	✓	✓
Tapioca Starch	✓	✓	✓	✓	✓	✓	✓
Maize Starch	✓	✓	Contains corn	✓	✓	✓	✓
Besan Four	✓	✓	✓	✓	✓	✓	✓
Rice Bran	✓	✓	✓	✓	✓	✓	✓
Psyllium	✓	✓	✓	✓	✓	✓	✓
Guar Gum	✓	✓	✓	✓	✓	✓	✓
Cakes:							
Muffins	✓	✓	✓	X	✓	✓	✓
Neenish Tart	✓	X	X	✓	X	✓	✓
Caramel Slice	✓	X	✓	✓	X	✓	✓
Fruit Slice	✓	✓	✓	X	X	✓	✓
Finger Bun	✓	✓	✓	✓	✓	X	✓
Chocolate Brownie/Lamingtons	✓	✓	X	X	✓	✓	✓
Banana / Date Loaf	✓	✓	✓	X	✓	✓	✓
Carrot Loaf with cream cheese icing	✓	X	✓	X	✓	✓	✓
Desserts:							
Lemon Meringue Pie	✓	✓	X	X	✓	✓	✓
Tiramisu	✓	X	X	✓	X	✓	✓
Apple & Peach Strudel	✓	✓	✓	✓	Contains Soy Lecithin	X	✓
Apple & Blueberry Crumble	✓	✓	✓	✓	✓	✓	✓
Cookies:							
Gingerbread & Gingerbread Man	✓	✓	✓	✓	✓	✓	✓
Shortbread	✓	✓	✓	✓	✓	✓	✓
Chocolate Chip	✓	✓	✓	✓	X	✓	✓
Easter:							
Hot Cross Buns	✓	✓	✓	✓	✓	X	✓
Chocolate Cross Buns	✓	✓	✓	✓	X	X	✓
Christmas Fare:							
Christmas Mince Tarts	✓	✓	✓	✓	✓	✓	✓
Christmas Pudding	✓	✓	✓	X	✓	✓	✓
Christmas Cake	✓	✓	✓	X	✓	✓	✓

Note 1: The products marked corn less do not have corn as an ingredient. However, maize starch is used on the premises and as a consequence, may be present in all products.

Note 2: Soy flour is not used on the premises. However, some products contain soy or soy lecithin as indicated.

No peanuts, tree nuts or sesame seeds are used in any of the products we make.

We use dairy free table spread & rice milk where required.