


# Allergen Information

## Salad Dressings: Creamy

 <b>Variant</b>	<b>Ingredients List</b>	<b>Unit Size</b>	<b>Contains Fish</b>	<b>Contains Egg</b>	<b>Contains Dairy</b>	<b>Contains Wheat</b>	<b>Contains Gluten</b>	<b>Contains Sesame</b>	<b>Contains Soya</b>	<b>Contains Sulphur Dioxide</b>	<b>Contains Nuts</b>	<b>Contains Garlic</b>	<b>Low Fat</b>	<b>Vegan</b>	<b>Halaal</b>	<b>Kosher Parev</b>	<b>Kosher Milchik</b>
<b>Blue Cheese</b>	Filtered Water, Canola Oil (23%) (Antioxidant : Vitamin E), Blue Cheese (9%) (Cow's Milk, Salt, Cheese Cultures, Microbial Rennet, Blue Mould), Sugar, Cornstarch, Spirit Vinegar, Salt, Acidity Regulators, Spices, Stabilisers, Flavouring, Lemon Concentrate, Black Pepper (Radurised), Preservative : Sorbic Acid.	50ml 300ml			●					●					●		
<b>Caesar</b>	Filtered Water, Canola Oil (13%) (Antioxidant : Vitamin E), Extra Virgin Olive Oil (3%), Parmesan Cheese (3%) (contains : Cow's Milk, Salt, Cheese Cultures, Vegetable Rennet), Cornstarch, Lemon Juice, Dijon Mustard (contains : Mustard Powder, Vinegar, Colourants : Caramel and Riboflavin, Stabiliser, Flavouring), Vinegar, Salt, Sugar, Fresh Garlic, Anchovies (1%) (contains : Fish, Sunflower Oil), Stabiliser, Pepper (Radurised), Preservative : Sorbic Acid, Yeast Extract, Flavouring.	50ml 300ml	●		●							●			●		
<b>Feta &amp; Garlic</b>	Filtered Water, Canola Oil (23%) (Antioxidant : Vitamin E), Feta Cheese (6%) (Milk Solids, Salt), Sugar, Cornstarch, Salt, Spirit Vinegar, Garlic (1%), Cheese Powder (Skim Milk Powder (Cow's Milk, Vitamin A, Vitamin D), Salt, Yeast Extract, Flavouring), Pepper (Radurised), Mustard Powder, Acidity Regulators, Stabiliser, Preservative : Sorbic Acid, Yeast Extract.	300ml			●							●			●		
<b>Herb</b>	Filtered Water, Canola Oil (18%) (Antioxidant : Vitamin E), Sugar, Cornstarch, Salt, Spices, Spirit Vinegar, Garlic (1%), Extra Virgin Olive Oil (1%), Cider Vinegar, Dried Garlic, Herbs (0.2%), Acidity Regulator, Stabiliser, Black Pepper (Radurised), Flavouring, Yeast Extract, Colourant: Chlorophyll	50ml 300ml								●	●		●		●	●	
<b>Honey Mustard</b>	Filtered Water, Canola Oil (23%) (Antioxidant : Vitamin E), Blue Gum Honey (8%), Sugar, Cider Vinegar, Mustard (4%) (Seeds and Powder), Apple Concentrate, Cornstarch, Salt, Spirit Vinegar, Acidity Regulator, Spices, Dried Garlic, Black Pepper (Radurised), Stabiliser, Yeast Extract, Colourant : Beta Carotene, Flavouring.	50ml 300ml								●	●				●	●	
<b>Thousand Island</b>	Filtered Water, Canola Oil (22%) (Antioxidant : Vitamin E), Lemon Juice (16%), Shallots (8%), Sweet Chilli Peppers, Sugar, Fresh Garlic, Cornstarch, Tomato Paste (2%), Salt, Pasteurised Egg Yolk Powder, Red Jalapeno Chilli (1%), Mustard, Pepper (Radurised), Stabiliser, Preservative : Sorbic Acid, Yeast Extract, Flavouring.	300ml		●								●			●		

## Salad Dressings: Reduced Oil



**Variant**

### Ingredients List

**Unit Size**

**Contains Fish**

**Contains Egg**

**Contains Dairy**

**Contains Wheat**

**Contains Gluten**

**Contains Sesame**

**Contains Soya**

**Contains Sulphur Dioxide**

**Contains Nuts**

**Contains Garlic**

**Low Fat**

**Vegan**

**Halaal**

**Kosher Parev**

**Kosher Milchik**

<b>Balsamic</b>	Filtered Water, Balsamic Vinegar (13%) (contains : Caramel Colourant, Preservative : Sulphur Dioxide), Grape Concentrate (12%), Extra Virgin Olive Oil (3%), Salt, Cornstarch, Dried Garlic, Dried Olives Acidity Regulators, Stabiliser, Yeast Extract, Caramel Colourant, Flavouring	50ml 300ml									●		●	●	●	●		
<b>Honey Mustard</b>	Filtered Water, Blue Gum Honey (11%), Apple Concentrate, Cider Vinegar, Canola Oil (3%) (Antioxidant : Vitamin E), Mustard (3%) (Seeds and Powder), Salt, Cornstarch, Acidity Regulator, Stabiliser, Pepper (Radurised), Sugar, Dried Garlic, Yeast Extract, Colourant : Beta Carotene, Flavouring.	300ml									●		●	●		●	●	
<b>Lime &amp; Coriander</b>	Filtered Water, Coriander Oil Infusion (9%) (contains : Canola Oil (Antioxidant : Vitamin E), Fresh Coriander), Lemon Juice, Lime Juice (4%), Sugar, Salt, Fresh Coriander (2%), Cornstarch, Lime Zest, Lemon Zest, Citric Acid, Flavouring, Stabiliser, Black Pepper (Radurised), Chilli, Yeast Extract, Colourants : Beta Carotene and Chlorophyll.	300ml									●			●	●	●		

## Classic



**Variant**

### Ingredients List

**Unit Size**

**Contains Fish**

**Contains Egg**

**Contains Dairy**

**Contains Wheat**

**Contains Gluten**

**Contains Sesame**

**Contains Soya**

**Contains Sulphur Dioxide**

**Contains Nuts**

**Contains Garlic**

**Low Fat**

**Vegan**

**Halaal**

**Kosher Parev**

**Kosher Milchik**

<b>Balsamic Vinaigrette</b>	Filtered Water, Extra Virgin Olive Oil (16%), Balsamic Vinegar (15%) (contains : Caramel Colourant, Preservative : Sulphur Dioxide), Grape Concentrate, Canola Oil (3%) (Antioxidant : Vitamin E), Salt, Cornstarch, Dried Garlic, Acidity Regulator, Caramel Colourant, Flavouring.	300 ml									●		●	●	●	●		
<b>French</b>	Filtered Water, Extra Virgin Olive Oil (12%), Cabernet Sauvignon Vinegar (5%), Mustard (5%) (including Dijon Mustard, Mustard Seeds and Powder), Fresh Lemon Juice, Shallots, Sugar, Cornstarch, Salt, Fresh Garlic, Spices (Radurised), Stabiliser, Yeast Extract, Acidity Regulator, Flavouring, Colourant : Beta Carotene.	300 ml									●		●	●				
<b>Greek</b>	Filtered Water, Extra Virgin Olive Oil (7%), Fresh Lemon Juice (7%), Herb Oil Infusion (6%) (contains : Canola Oil (Antioxidant : Vitamin E), Fresh Herbs (Oreganum, Rosemary and Mint)), Sugar, Salt, Cornstarch, Fresh Garlic, Lemon Zest, Acidity Regulator, Stabiliser, Fresh Herbs (Oreganum and Rosemary) (1%), Spices (Radurised), Yeast Extract, Flavouring, Colourants : Beta Carotene and Chlorophyll.	50 ml 300 ml									●		●	●	●	●		

## Coat & Cook Sauces



Variant

Ingredients List

Unit Size

Contains Fish

Contains Egg

Contains Dairy

Contains Wheat

Contains Gluten

Contains Sesame

Contains Soya

Contains Sulphur Dioxide

Contains Nuts

Contains Garlic

Low Fat

Vegan

Halaal

Kosher Parev

Kosher Milchik

<b>Butter Chicken</b>	Filtered Water, Tomato, Butter (8.1%), Chutney (Apricots, Peaches, Caramel), Sugar, Modified Cornstarch, Vegetable Oil (Canola Seed), Salt, Ginger, Spices, Coriander, Pasteurised Egg Yolk Powder, Onion, Spirit Vinegar, Dextrose, Garlic, Acidifiers, Stabiliser: Xanthan Gum, Flavouring, Natural Colour, Yeast Extract, Preservative: Sorbic acid.			●	●							●							
<b>Honey &amp; Mustard</b>	Purified water, Sugar, Honey (11.8 %), Mustard (powder and seeds) (7.3 %), Spirit vinegar, Salt, Glucose, Canola oil (2.8 %), Malt syrup, Modified cornstarch, Lactic acid, Citric acid, Chilli, Stabiliser: Xanthan gum, Yeast extract, Natural colour: Beta Carotene, Flavours (natural and nature identical).	200ml					●										●	●	
<b>Honey &amp; Soy</b>	Purified water, Honey (9.5 %), Sugar, Soy sauce (water, soya, wheat, salt) (8.9 %), Plum concentrate, Modified cornstarch, Salt, Cider vinegar, Spirit vinegar, Toasted sesame oil (0.8 %), Ginger, Caramel, Spices, Citric acid, Flavour (nature identical), Stabiliser: Xanthan gum.	200ml				●	●	●	●			●					●	●	
<b>Lemon &amp; Herb</b>	Purified water, Canola oil (6.3 %), Apple concentrate, Cider vinegar, Glucose, Olive oil (4.2 %), Salt, Sugar, Spirit vinegar, Modified cornstarch, Garlic puree, Lemon concentrate (0.8 %), Herbs (0.5 %), Spices, Citric acid, Lactic acid, Stabiliser: Xanthan gum, Lime concentrate, Flavours (natural and nature identical), Yeast extract, Natural colour: Beta Carotene.	200ml										●		●		●	●	●	
<b>Olive Oil &amp; Rosemary</b>	Purified water, Canola oil (10.1 %), Olive oil (8.1 %), Garlic puree, Spirit vinegar, Salt, Modified cornstarch, Rosemary (0.5 %), Stabiliser: Xanthan gum, Lactic acid, Yeast extract, Spices, Citric acid, Flavours (natural and nature identical).	200ml										●		●		●	●	●	
<b>Peri-Peri</b>	Purified water, Canola oil (11.8 %), Olive oil (6.2 %), Sugar, Tomato, Salt, Spirit vinegar, Glucose, Cider vinegar, Spices, Onion, Garlic puree, Modified cornstarch, Chilli, Lemon concentrate, Citric, Stabiliser: Xanthan gum, Lime concentrate, Origanum, Lactic acid, Yeast extract.	200ml					●					●		●		●	●	●	
<b>Sun-dried Tomato</b>	Purified water, Sundried Tomato (11.7 %), Glucose, Spirit vinegar, Onion, Canola oil (3.7 %), Olive oil (3.4 %), Sugar, Salt, Modified cornstarch, Garlic puree, Lactic acid, Spices, Citric acid, Stabiliser: Xanthan gum, Basil, Chilli, Yeast extract, Flavour (nature identical)	200ml										●		●		●	●	●	
<b>Tikka Curry</b>	Purified water, Spirit vinegar, Sugar, Canola oil (7.8 %), Glucose, Onion, Spices, Salt, Modified cornstarch, Garlic puree, Ginger, Tomato, Chilli, Lactic acid, Yeast extract, Stabiliser: Xanthan gum, Citric acid, Flavours (natural and nature identical).	200m										●		●		●	●	●	

## Ready to Serve Sauces



### Variant

### Ingredients List

### Unit Size

Contains Fish

Contains Egg

Contains Dairy

Contains Wheat

Contains Gluten

Contains Sesame

Contains Soya

Contains Sulphur Dioxide

Contains Nuts

Contains Garlic

Low Fat

Vegan

Halaal

Kosher Parev

Kosher Milchik

### Cheese

Filtered Water, Fresh Cream (14 %), Skim Milk Powder (contains: Cow's Milk, Vitamins A and D), Gouda and Cheddar Cheese (5 %) (contains: Cow's Milk, Salt, Calcium Chloride, Annato, Cheese Cultures, Non-Animal Rennet), Cornstarch, Salted Butter (3 %) (contains: Cream, Salt, Annato), Salt, Fructose, Acidity Regulators, Spices, Flavourings, Yeast Extract, Preservative: Sorbic Acid, Beta Carotene.

200ml

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### Roast Garlic

Filtered Water, Fresh Cream (15 %), Salted Butter (3 %) (Contains: Cream, Salt, Annato), Cornstarch, Roast Garlic (3 %) (contains: Fresh Garlic, Vegetable Oil (Canola Seed) (Antioxidant: Vitamin E)), Fresh Onion, Skim Milk Powder (contains: Cow's Milk, Vitamins A and D), Salt, Sugar, Fresh Parsley, Lemon Concentrate, Yeast Extract, Preservative: Sorbic Acid, Acidity Regulators, Stabiliser, White Pepper.

200ml

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### Cheesy Jalapeno

Filtered Water, Fresh Cream (13 %), Skim Milk Powder (contains: Cow's Milk, Vitamins A and D), Cheddar Cheese (6 %) (contains: Cow's Milk, Salt, Calcium Chloride, Annato, Cheese Cultures, Non-Animal Rennet), Cornstarch, Salted Butter (3 %) (Contains: Cream, Salt, Annato), Sugar, Pickled Jalapenos (1 %) (contains: Fresh Jalapeno Chillies, Water, Spirit Vinegar, Sugar, Salt), Salt, Spices, Acidity Regulators, Sundried Tomatoes, Beta-Carotene, Preservative: Sorbic Acid, Yeast Extract, Flavouring.

200ml

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### Reduced Fat Cheese

Filtered Water, Fresh Cream (10 %), Skim Milk Powder (contains: Cow's Milk, Vitamins A and D), Cornstarch, Cheddar Cheese (4 %) (contains: Cow's Milk, Salt, Calcium Chloride, Annato, Cheese Cultures, Non-Animal Rennet), Salted Butter (2 %) (contains: Cream, Salt, Annato), Salt, Acidity Regulators, Flavourings, Spices, Fructose, Yeast Extract, Preservative: Sorbic Acid, Beta Carotene.

200ml

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### Gravy

Filtered Water, Roast Vegetables (12 %) (contains: Fresh Onions, Mushrooms (White and Portobellini), Fresh Garlic, Vegetable Oil (Canola Seed) (Antioxidant: Vitamin E)), Cornstarch, Wheat Flour (Gluten), Salt, Sugar, Cider Vinegar, Yeast Extract, Colourant: Caramel, Stabiliser, Spices, Preservative: Sorbic Acid, Flavouring.

200ml

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### Mushroom


Filtered Water, Fresh Cream (18 %), Roast Mushrooms (20 %) (contains: Fresh Mushrooms (White and Portobellini), Vegetable Oil (Canola Seed) (Antioxidant: Vitamin E)), Cornstarch, Salted Butter (2 %) (contains: Cream, Salt, Annato), Skim Milk Powder (contains: Cow's Milk, Vitamins A and D), Salt, Sugar, Yeast Extract, Acidity Regulator, Spices, Flavouring, Preservative: Sorbic Acid, Stabiliser.

200ml


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## Ready to Serve Sauces (continued)

 <b>Variant</b>	<b>Ingredients List</b>	<b>Unit Size</b>	<b>Contains Fish</b>	<b>Contains Egg</b>	<b>Contains Dairy</b>	<b>Contains Wheat</b>	<b>Contains Gluten</b>	<b>Contains Sesame</b>	<b>Contains Soya</b>	<b>Contains Sulphur Dioxide</b>	<b>Contains Nuts</b>	<b>Contains Garlic</b>	<b>Low Fat</b>	<b>Vegan</b>	<b>Halaal</b>	<b>Kosher Parev</b>	<b>Kosher Milchik</b>
<b>Roast Chicken Gravy</b>	Filtered Water, Chicken Extract (5 %) (contains: Water, Fresh Chicken, Onions, Carrots, Celery), Roast Vegetables (4 %) (contains: Fresh Onions, Fresh Carrots, Fresh Garlic, Chicken Fat, Salted Butter (contains: Cream, Salt, Annato), Fresh Cream, Cornstarch, Salt, Wheat Flour (Gluten), Sugar, Brown Balsamic Vinegar (contains: Caramel Colourant), Beta Carotene, Yeast Extract, Lemon Concentrate, Stabiliser, Spices, Preservative: Sorbic Acid, Dried Sage, Flavouring.	200ml			●	●	●					●			●		
<b>Pepper</b>	Filtered Water, Fresh Cream (16 %), Cornstarch, Skim Milk Powder (contains: Cow's Milk, Vitamins A and D), Salted Butter (3 %) (contains: Cream, Salt, Annato), Vegetable Oil (Canola Seed) (Antioxidant: Vitamin E), Hydrated Green Peppercorns (1 %), Salt, Spirit Vinegar, Sugar, Acidity Regulators, Black Pepper (0.2 %), Spices, Yeast Extract, Preservative: Sorbic Acid, Flavouring.	200ml			●										●		

# Specialities

  <b>Variant</b>	<b>Ingredients List</b>	<b>Unit Size</b>	<b>Contains Fish</b>	<b>Contains Egg</b>	<b>Contains Dairy</b>	<b>Contains Wheat</b>	<b>Contains Gluten</b>	<b>Contains Sesame</b>	<b>Contains Soya</b>	<b>Contains Sulphur Dioxide</b>	<b>Contains Nuts</b>	<b>Contains Garlic</b>	<b>Low Fat</b>	<b>Vegan</b>	<b>Halaal</b>	<b>Kosher Parev</b>	<b>Kosher Milchik</b>
<b>Basil Pesto</b>	Fresh Basil (42%), Filtered Water, Extra Virgin Olive Oil (12%), Parmesan Cheese (7%) (Cow's Milk, Salt, Cheese Cultures, Vegetable Rennet), Roasted Macadamia Nuts (5%), Canola Oil (Antioxidant: Vitamin E), Fresh Garlic (4%), Lemon Juice, Salt, Cornstarch, Colourant: Chlorophyll, Black Pepper, Stabiliser: Xanthan Gum, Flavouring	125g			●						●	●			●		
<b>Coriander Pesto</b>	Fresh Coriander (41%), Coriander Oil Infusion (19%) (Canola Oil (Antioxidant: Vitamin E), Fresh Coriander), Filtered Water, Roasted Macadamia Nuts (6%), Fresh Garlic, Lemon Juice, Salt, Spices, Flavouring, Colourants: Chlorophyll and Beta Carotene, Cornstarch, Black Pepper, Stabiliser: Xanthan Gum, Yeast Extract.	125g									●	●		●	●		
<b>Olive Pesto</b>	Kalamata Olives (43%), Brine (Water, Vinegar), Extra Virgin Olive Oil (12%), Lemon Juice, Canola Oil (Antioxidant: Vitamin E), Fresh Garlic, Dried Kalamata Olives (1%), Cornstarch, Capers, Salt, Anchovy Paste (1%) (Salted Anchovies, Sunflower Oil), Pepper, Fresh Thyme, Stabiliser: Xanthan Gum, Yeast Extract, Flavouring.	125g	●									●			●		
<b>Sun-dried Tomato Quarters</b>	Sun-dried Tomato Quarters (30 %), Water, Sugar, Vegetable Oil (Olive Fruit) (9%), Spirit Vinegar, Cider Vinegar, Salt, Fresh Garlic, Spices, Black Pepper (Radurised), Herbs, Yeast Extract.	240g								●		●	●	●	●	●	
<b>Sun-dried Tomato Pesto</b>	Sun-Dried Tomatoes (28%), Filtered Water, Extra Virgin Olive Oil (14%), Rosa Tomatoes (13%), Vinegar, Fresh Garlic, Canola Oil (Antioxidant: Vitamin E), Tomato Paste, Sugar, Salt, Cornstarch, Fresh Basil, Pepper, Stabiliser: Xanthan Gum, Colourant: Fruits Extracts, Yeast Extract, Flavouring.	125g										●		●	●		
<b>Roasted Red Pepper Pesto</b>	Roasted Red Bell Peppers (33%), Filtered Water, Rosa Tomatoes, Vegetable Oil (Extra Virgin Olive Fruit) (8%) and Vegetable Oil (Canola Seed) (Antioxidant: Vitamin E), Roasted Macadamia Nuts (4%), Tomato Paste, Parmesan Cheese (4%) (Cow's Milk, Salt, Cheese Cultures, Vegetable Rennet), Lemon Juice, Sugar, Fresh Garlic, Salt, Vinegar, Cornstarch, Paprika, Stabiliser: Xanthan Gum, Black Pepper, Yeast Extract, Colourant: Fruit Extracts, Fresh Origanum, Flavouring.	125g			●						●	●			●		

# Spices



## Variant

## Ingredients List

## Unit Size

Contains Fish

Contains Egg

Contains Dairy

Contains Wheat

Contains Gluten

Contains Sesame

Contains Soya

Contains Sulphur Dioxide

Contains Nuts

Contains Garlic

Low Fat

Vegan

Halaal

Kosher Parev

Kosher Milchik

<b>Cajun</b>	Sea Salt, Spices, Herbs, Onion, Garlic, Yeast Extract, Citric Acid, Flavouring.	200ml											●		●	●	●	
<b>Chicken</b>	Sea Salt, Maize Crumbs, Spices, Dextrose, Fibre, Onion, Herbs, Tomato Powder, Yeast Extract, Flavouring (contains: Cornstarch, Vegetables, Spices), Garlic, Sugar, Colourant: Caramel, Vegetable Oil: (Canola Seed) (Contains: Antioxidant: Vitamin E).	200ml											●		●	●	●	
<b>Fish</b>	Sea Salt, Breadcrumbs (contains: Wheat Flour (Gluten), Salt), Wheat Flour (Gluten), Cornstarch, Herbs, Fibre, Citric Acid, Dried Lemon, Flavouring, Spices, Yeast Extract.	200ml				●	●								●	●	●	
<b>Masala</b>	Sea Salt, Spices, Maltodextrin, Garlic, Sugar, Fibre, Tamarind, Flavouring, Yeast Extract	200ml											●		●	●	●	
<b>Meat</b>	Sea Salt, Maize Crumbs, Spices, Garlic, Dextrose, Flavouring (contains: Cornstarch, Yeast Extract, Acidity Regulators, Vegetable Oil (Sunflower Seed), Spices), Fibre, Herbs, Sugar, Colourant: Caramel, Vegetable Oil (Canola Seed) (Antioxidant: Vitamin E).	200ml											●		●	●	●	
<b>Pasta</b>	Sea Salt, Breadcrumbs (contains: Wheat Flour (Gluten), Salt), Pecorino Cheese (contains: Cow's Milk, Salt, Non-Animal Rennet), Maltodextrin, Sugar, Dextrose, Garlic, Herbs, Spinach, Spices, Vegetable Oil (Olive Fruit), Flavouring, Yeast Extract.	200ml			●	●	●						●			●		
<b>Potato</b>	Sea Salt, Maize Crumbs, Potato Starch, Sugar, Onion, Garlic, Spices, Dextrose, Herbs, Flavouring (contains: Cornstarch, Vegetables, Spices), Fibre, Yeast Extract	200ml											●		●	●	●	
<b>Vegetable</b>	Sea Salt, Maize Crumbs, Dehydrated Vegetables (Onion, Leek, Garlic, Celery) (13 %), Herbs, Spices, Sugar, Flavouring, Fibre, Vegetable Oil (Olive Fruit), Yeast Extract.	200ml											●		●	●	●	


# Seasonings




Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
<b>Braai &amp; Grill</b>	Sea Salt, Spices, Onion, Garlic, Sugar, Yeast Extract, Fibre, Sun-Dried Tomato, Vegetable Oil (Canola Seed: Antioxidant: Vitamin E), Lemon, Flavouring.	200 ml										●		●	●	●	
<b>Chilli &amp; Garlic</b>	Sea Salt, Garlic (14 %), Jalapeno Chilli (9 %), Maize Crumbs, Onion, Spices, Lemon, Herbs, Fibre, Flavouring.	200 ml										●		●	●	●	
<b>Garlic &amp; Herb</b>	Sea Salt, Garlic (14 %), Herbs (9 %), Spices, Maize Crumbs, Dextrose, Maltodextrin, Vegetable Oil (Olive Fruit), Natural Colourant, Flavouring.	200 ml										●		●	●	●	
<b>Garlic &amp; Herb Reduced Sodium</b>	Sea Salt, Garlic (24 %), Herbs (19 %), Maltodextrin, Maize Crumbs, Spices, Vegetable Oil (Olive Fruit), Natural Colourant, Flavouring.	200 ml										●		●	●	●	
<b>Garlic Pepper</b>	Sea Salt, Black Pepper (15 %), Garlic (13 %), Maize Crumbs, Chilli, Herbs, Vegetable Oil (Canola Seed) (Antioxidant: Vitamin E), Fibre, Flavouring.	200 ml										●		●	●	●	
<b>Green Onion</b>	Sea Salt, Maize Crumbs, Onion (5 %), Black Pepper, Leeks, Garlic, Herbs, Flavouring, Lemon, Chives, Vegetable Oil (Canola Seed) (Antioxidant: Vitamin E), Fibre.	200 ml										●		●	●	●	
<b>Italian Cheese Sprinkle</b>	Breadcrumbs (Contains: Wheat Flour (Gluten), Salt), Pecorino Cheese (25 % (contains: Cow's Milk, Salt, Cheese cultures, Non-Animal Rennet, Calcium Chloride), Sea Salt, Cheese Powder (contains: Whey Powder, Cheese solids, Salt, Corn Syrup Solids, Citric Acid), Herbs, Dextrose, Spices, Flavouring, Garlic, Fibre, Natural Colourant, Fibre.	200 ml			●	●	●					●			●		
<b>Lemon &amp; Black Pepper</b>	Sea Salt, Pepper (9 %), Maize Crumbs, Garlic, Lemon (4 %), Spices, Citric Acid, Fibre, Flavourings, Fructose, Herbs.	200 ml										●		●	●	●	
<b>Lemon &amp; Rosemary</b>	Sea Salt, Maize Crumbs, Rosemary (10 %), Lemon (6 %), Dextrose, Black Pepper, Spinach, Citric Acid, Fibre, Flavouring, Fructose, Natural Colourant.	200 ml												●	●	●	
<b>Rosemary &amp; Olive</b>	Sea Salt, Rosemary (8 %), Maize Crumbs, Garlic, Sugar, Maltodextrin, Flavouring (contains: Cornstarch, Yeast Extract, Vegetables, Sugar, Spices), Olives (2 %), Spinach, Fibre, Vegetable Oil (Olive Fruit), Spices, Herbs.	200 ml										●		●	●	●	
<b>Seasoned Sea Salt</b>	Sea Salt, Spices, Cornstarch, Fibre.	200 ml												●	●	●	



## Pasta Sauces

 Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
<b>Beef Bolognaise</b>	Purified water, Tomato, Beef (11.1%), Onion, Carrots, Sugar, Balsamic Vinegar, Modified Cornstarch, Vegetable Oil (Canola Seed), Yeast Extract, Herbs, Black Pepper, Stabiliser: Xanthan Gum, Citric Acid, Caramel, Flavouring, Preservative: Sorbic Acid.	400 g										●	●		●		
<b>Creamy Cheese</b>	Filtered water, Fresh Cream, Skim Milk Powder (Milk Solids), Cornstarch, Cheese (4%) (Italian Cheese (Cow's Milk, Salt, Vegetable Rennet), Cheddar Cheese (Milk Solids, Salt, Calcium Chloride, Colourant, Starter Culture, Microbial Rennet)), Butter (Butterfat, Salt, Milk Solids, Colourant), Salt, Sugar, Spices, Acidity Regulator, Yeast Extract, Preservative : Sorbic Acid, Flavouring, Flavour Enhancer.	400 g			●										●		
<b>Roasted Mushroom</b>	Purified water, Tomato (Including Sun-Dried Tomato), Roasted Mushrooms (17.7%), Glucose, Vegetable Oil (Canola Seed), Onion, Modified Cornstarch, Sugar, Salt, Garlic, Spices, Yeast Extract, Herbs, Acidifiers, Lemon, Stabiliser: Xanthan Gum, Flavouring.	400 g										●		●	●		
<b>Roasted Pepper</b>	Tomato (Including Sun-Dried Tomato), Purified water, Roasted Bell Peppers (14.6%), Onion, Sugar, Garlic, Vegetable Oil (Canola Seed), Vinegar, Salt, Modified Cornstarch, Mustard, Spices, Leeks, Stabiliser: Xanthan Gum, Origanum, Yeast Extract, Citric Acid, Flavouring, Natural Colour.	400 g										●	●	●	●		
<b>Roasted Vegetable</b>	Purified Water, Tomato (Including Sun-Dried Tomato), Roasted Vegetables (Red and Yellow Bell Peppers, Butternut, Carrots, Onions, Aubergine, Garlic) (20.5%), Glucose, Vegetable Oil (Canola Seed), Modified Cornstarch, Sugar, Cider Vinegar, Salt, Origanum, Spices, Stabiliser: Xanthan Gum, Citric Acid, Flavouring, Yeast Extract, Natural Colour.	400 g										●	●	●	●	●	
<b>Sun-dried Tomato &amp; Pecorino</b>	Filtered Water, Fresh Cream, Tomato Paste, Sun-Dried Tomato Pulp (6%), Butter (Butterfat, Salt, Milk Solids, Colourant), Pecorino and Parmesan Cheeses (3%), (Cow's Milk, Sheep's Milk, Salt, Microbial and Animal Rennet, Lysozyme), Cornstarch, Salt, Sugar, Spices, Acidity Regulator (Lactic Acid), Stabiliser, Yeast Extract, Preservative : Sorbic Acid, Flavouring, Natural Colourants : Beta Carotene and Annato.	400 g		●	●					●							
<b>Tomato &amp; Basil</b>	Tomato (Including Sun-Dried Tomato) (45%), Purified water, Onion, Sugar, Vegetable Oil (Canola Seed), Modified Cornstarch, Spices, Basil (0.2%), Acidifiers, Stabiliser: Xanthan Gum, Flavouring, Natural Colour.	400 g										●	●	●	●	●	
<b>Tomato, Olive &amp; Chilli</b>	Tomato (46%), Purified water, Olives (Green & Calamata) (6.9%), Glucose, Vegetable Oil (Olive fruit) (2.5%), Sugar, Red Pepper, Modified Cornstarch, Garlic, Salt, Vegetable Oil (Canola Seed), Cider Vinegar, Capers, Spices, Chilli (0.2%), Citric Acid, Yeast Extract, Stabiliser: Xanthan Gum, Flavouring, Natural Colour.	400 g										●		●	●	●	

## Stock, Sauce and Soup Powders


	Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
	<b>Beef Flavour Stock Powder</b>	Salt, Flavouring (Contains: Cornstarch, Yeast Extract, Acidity Regulators, Vegetable Oil (Sunflower Seed), Flavour Enhancers, Spices), Maltodextrin, Tapioca Starch, Dehydrated Vegetables (Onions, Carrots, Tomato, Garlic), Sugar, Potassium Chloride, Caramel Colourant, Herbs, Vegetable Oil (Canola Seed) (Antioxidant: Vitamin E), Black Pepper, Spices, Acidity Regulator (Citric Acid).	150 g										●	●	●	●	●	
	<b>Brown Gravy Powder</b>	Potato Starch, Cornstarch, Salt, Wheat Flour, Sugar, Onions, Tapioca Starch, Flavouring, Caramel Colourant, Mushrooms, Yeast Extract, Garlic, Black Pepper, Sun-Dried Tomatoes, Acidity Regulator (Citric Acid), Herbs, Spices.	150 g				●	●					●		●	●		
	<b>Chicken Flavour Stock Powder</b>	Salt, Maltodextrin, Flavouring (Contains: Cornstarch, Yeast Extract, Sugar, Vegetables, Spices), Cornstarch, Dehydrated Vegetables (Onions, Carrots, Leeks, Celery, Garlic), Potassium Chloride, Vegetable Oil (Canola Seed) (Antioxidant: Vitamin E), Herbs, White Pepper, Spices, Acidity Regulator (Citric Acid).	150 g										●	●	●	●	●	
	<b>Roast Onion Soup &amp; Gravy Powder</b>	Onion (26 %), Tapioca Starch, Salt, Wheat Flour, Potato Starch, Garlic, Yeast Extract, Caramel Colourant, Fructose, Maltodextrin, Herbs, Flavouring, White Pepper, Acidity Regulator (Citric Acid), Spices.	150 g				●	●					●		●	●	●	
	<b>Vegetable Stock Powder</b>	Salt, Dehydrated Vegetables (33 %) (Onions, Carrots, Mushrooms, Garlic, Tomato, Celery), Cornstarch, Sugar, Maltodextrin, Herbs, Yeast Extract, Vegetable Oil (Canola Seed) (Antioxidant: Vitamin E), Black Pepper, Flavouring, Colourant, Spices, Acidity Regulator (Citric Acid).	150 g										●	●	●	●	●	
	<b>White Sauce Powder</b>	Wheat Flour, Cheese Powder (Milk Solids, Cheese (Milk, Salt, Culture, Enzymes), Salt), Tapioca Starch, Salt, Cornstarch, Sugar, Onions, White Pepper, Spices, Caramel Colourant.	150 g			●	●	●								●		



## Stuffing Mix

<b>Poultry</b>	Breadcrumbs (Wheat Flour, Salt), Cornstarch, Dried Onions (6%), Salt, Sage (3%), Dried Garlic, Herbs, Flavouring, Dried Lemon (1%), Acidity Regulator (Citric Acid), Spices, Flavouring.	100 g					●	●			●		●		●	●	●	
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# Liquid Stocks

 Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
<b>Beef</b>	Filtered Water, Salt, Fresh Onion, Dried Onion, Canola Oil (Antioxidant: Vitamin E), Vinegar, Beef Stock Reduction (3%) (Water, Beef, Onion, Carrot, Celery, Salt), Sugar, Fresh Carrot, Yeast Extract, Cornstarch, Fresh Garlic, Tomato Paste, Stabilisers, Flavouring, Spices (Radurised), Citric Acid.	8 x 25 g										●			●		
<b>Chicken</b>	Filtered Water, Chicken Stock Reduction (13 %) (Water, Chicken, Onion, Carrot, Celery), Salt, Fresh Onion, Fresh Carrot, Sugar, Spirit Vinegar, Cornstarch, Yeast Extract, Stabilisers, Fresh Celery, Flavouring, Spices (Radurised).	8 x 25 g											●		●		
<b>Fish</b>	Filtered Water, Fish Stock Reduction (38%) (Water, Fish (Kingklip, Hake, Norwegian Salmon), Onion, Carrots, Celery, Spirit Vinegar, Salt, Parsley, Black Pepper), Salt, Fresh Onion, Fresh Leeks, Canola Oil (Antioxidant: Vitamin E), Sugar, Cornstarch, Lemon Juice, Fresh Carrot, Fresh Garlic, Stabilisers, Yeast Extract, Fresh Fennel Bulb, Spices (Radurised), Citric Acid, Natural Colourant.	8 x 25 g	●									●			●		
<b>Vegetable</b>	Filtered Water, Fresh Vegetables (25%) (Carrot, Mushrooms (Portobellini and White Gable), Onion, Celery), Salt, Cider Vinegar (preservative : Sulphur Dioxide), Dried Onion, Sugar, Extra Virgin Olive Oil, Tomato Paste, Fresh Garlic, Cornstarch, Stabilisers, Fresh Parsley, Yeast Extract, Spices (Radurised), Stabilisers, Herbs, Flavouring, Natural Colourant, Canola Oil (Antioxidant: Vitamin E).	8 x 25 g							●		●	●	●	●	●	●	

# Marinades



Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
Barbeque	Filtered Water, Sugar, Fresh Onion, Cider Vinegar, Vegetable Oil (Canola Seed) (Antioxidant: Vitamin E), Spirit Vinegar, Salt, Glucose, Cornstarch, Soy Sauce (contains: Water, Soya beans, Wheat, Salt), Tomato Paste (2 %), Dried Peaches, Dried Apricots, Spices, Garlic (Fresh and Dried), Tamarind, Sun-Dried Tomatoes (1 %), Dried Onion, Brown Balsamic Vinegar (contains: Caramel Colourant), Molasses, Flavouring, Acidity Regulators (Lactic and Citric Acid), Pepper (radurised), Caramel Colourant, Stabiliser, Herbs, Yeast Extract, Anchovy, Dried Mushrooms, Preservative: Sorbic Acid, Lemon Concentrate.	500 ml	●			●	●		●	●		●			●		
Fruity	Filtered Water, Apricot Jam (contains: Sugar, Filtered Water, Dried Apricots, Cornstarch, Lemon Concentrate, Acidity Regulator, Preservative: Sorbic Acid, Salt) (26 %), Pineapple Concentrate (6 %), Cider Vinegar, Sugar, Salt, Vegetable Oil (Canola Seed) (Antioxidant: Vitamin E), Fresh Onion, Cornstarch, Tomato Paste, Spirit Vinegar, Fresh Garlic, Spices, Tamarind Concentrate, Acidity Regulators (Citric and Lactic Acid), Lemon Concentrate, Stabilisers, Yeast Extract, Flavouring.	500 ml								●		●		●	●	●	
Lemon	Filtered Water, Vegetable Oil (Canola Seed) (Antioxidant: Vitamin E), Salt, Blue Gum Honey, Cornstarch, Fresh Garlic, Sugar, Sprit Vinegar, Cider Vinegar, Lemon Concentrate (1%), Dried Garlic, Fresh Coriander (1%), Acidity Regulators (Citric and Lactic Acid), Lime Concentrate, Herbs, Stabiliser, Flavouring, Spices, Yeast Extract, Black Pepper (Radurised), Colourant.	500 ml										●			●		
Peri-Peri	Filtered Water, Vegetable Oil (Canola Seed) (Antioxidant: Vitamin E), Tomato Paste, Sugar, Salt, Glucose, Spirit Vinegar, Spices, Dried Onion, Cornstarch, Dried Garlic, Chilli (radurised) (1 %), Acidity Regulators (Citric and Lactic Acid), Lemon Concentrate, Lime Concentrate, Stabilisers, Herbs, Flavouring, Yeast Extract.	500 ml										●		●	●	●	
Sticky	Filtered Water, Sugar, Soy Sauce (contains: Water, Soya beans, Wheat, Salt) (9 %), Glucose Syrup, Cornstarch, Vegetable Oil (Canola Seed) (Antioxidant: Vitamin E), Spirit Vinegar, Malt Syrup, Salt, Tamarind, Fresh Garlic, Caramel Colourant, Spices, Dried Garlic, Black Pepper (radurised), Acidity Regulators (Citric Acid), Yeast Extract, Flavouring.	500 ml				●	●		●	●		●		●	●	●	

## Chutneys



**Variant**

**Ingredients List**

**Unit Size**

**Contains Fish**

**Contains Egg**

**Contains Dairy**

**Contains Wheat**

**Contains Gluten**

**Contains Sesame**

**Contains Soya**

**Contains Sulphur Dioxide**

**Contains Nuts**

**Contains Garlic**

**Low Fat**

**Vegan**

**Halaal**

**Kosher Parev**

**Kosher Milchik**

**Peach Apricot**

Unrefined Sugar, Filtered Water, Apricots (12%), Peaches (12%), Cider Vinegar, Fresh Onion, Cornstarch, Spices, Salt, Dried Garlic, Colourant : Caramel.

320 g

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**Sweet Chilli**

Sugar, Tomatoes (36%) (including Roasted Rosa Tomatoes), Filtered Water, Spirit Vinegar, Sweet Chilli Peppers (4%), Fish Sauce (Anchovy extract, Salt, Sugar), Cornstarch, Dried Chilli, Red Jalapeno Chilli (1%), Salt, Garlic, Ginger, Fibre, Stabilisers, Acidity Regulator, Natural Colourant, Yeast Extract, Flavouring.

320 g

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## Bake Mixes



**Variant**

**Ingredients List**

**Unit Size**

**Contains Fish**

**Contains Egg**

**Contains Dairy**

**Contains Wheat**

**Contains Gluten**

**Contains Sesame**

**Contains Soya**

**Contains Sulphur Dioxide**

**Contains Nuts**

**Contains Garlic**

**Low Fat**

**Vegan**

**Halaal**

**Kosher Parev**

**Kosher Milchik**

**Chocolate Brownies**

Sugar, Wheat Flour, Chocolate Chips (9%) (Contains: Sugar, Cocoa Mass, Cocoa Butter, Soya Lecithin, Flavouring), Cocoa Powder, Cornstarch, Malt Powder, Raising Agents, Salt, Flavouring, Yeast Extract.

550 g

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**Chocolate Cake**

Sugar, Wheat Flour, Cornstarch, Cocoa Powder (5%), Raising Agents, Salt, Flavouring, Yeast Extract.

650 g

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**Choc Chip Cookies**

Wheat Flour, Sugar, Chocolate Chips (21%) (Contains: Sugar, Cocoa Mass, Cocoa Butter, Soya Lecithin, Flavouring), Cornstarch, Raising Agent, Salt, Flavouring.

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**Chocolate Mocha Muffins**

Sugar, Wheat Flour (Gluten), Chocolate Sauce (11%) (contains: Water, Demerara Sugar, Glucose Syrup, Cocoa Powder, Invert Sugar, Cornstarch, Cocoa Butter, Vegetable Oil (Canola Seed) (Antioxidant: Tocopherol), Coffee Granules, Salt, Acidity Regulator, Stabiliser, Flavouring), Chocolate Chips (9%) (contains: Sugar, Cocoa Mass, Cocoa Butter, Soya Lecithin, Flavouring), Cocoa Powder, Raising Agent, Cornstarch, Salt, Flavouring, Yeast Extract.

520 g

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**Chocolate Mousse**

Skim Milk Powder (Milk Solids), Sugar, Cocoa Powder (11%), Dextrose, Cornstarch, Gelatin, Vegetable Oil (Canola Seed) (Antioxidant: Vitamin E), Salt, Flavouring.

310 g


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## Bake Mixes

 Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
<b>Lemon Flavour Cheese-cake</b>	Skim Milk Powder (Cow's Milk), Sugar, Buttermilk Powder (contains: Buttermilk Solids, Natural Colourant, Salt), Cheese Powder (4 %) (contains: Cheese Solids, Salt), Dextrose, Cornstarch, Gelatin, Acidity Regulator (Citric Acid), Salt, Flavouring.	250 g			●										●		
<b>Raisin &amp; Bran Muffins</b>	Wheat Flour, Sugar, Raisins (14 %), Wholewheat Flour, Wheat Bran (11 %), Dextrose, Cornstarch, Raising Agents, Salt.	700 g		●	●	●	●								●	●	
<b>Red Velvet Cake</b>	Sugar, Wheat Flour (Gluten), Cornstarch, Raising Agent, Dextrose, Cocoa Powder, Salt, Fibre, Beetroot Powder (contains: Beetroot Juice Concentrate, Maltodextrin, Citric Acid), Flavouring, Colourant.	580 g		●	●	●	●								●	●	
<b>Vanilla Cake</b>	Wheat Flour, Sugar, Cornstarch, Raising Agent, Dextrose, Salt, Fibre, Flavouring.	600 g		●	●	●	●								●	●	

## Icing Kits

 Variant	Ingredients List	Unit Size	Contains Fish	Contains Egg	Contains Dairy	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soya	Contains Sulphur Dioxide	Contains Nuts	Contains Garlic	Low Fat	Vegan	Halaal	Kosher Parev	Kosher Milchik
<b>Vanilla</b>	Icing Sugar, Castor sugar, Cornstarch, Salt, Flavouring	250 g			●										●		●
<b>Chocolate</b>	Icing Sugar, Cocoa Powder (14 %), Castor Sugar, Cornstarch, Salt, Flavouring	250 g			●										●		●
<b>Strawberry</b>	Icing Sugar, Castor sugar, Cornstarch, Salt, Flavouring, Acidity Regulator (Citric Acid), Colourant.	250 g			●										●		