





Allergen Information

Salad Dressings: Creamy

 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
Blue Cheese	Filtered water, Canola oil (23%) (Antioxidant: Vitamin E), Blue cheese (9%) (Cow's milk, Salt, Calcium chloride, Cheese cultures, Non-animal rennet), Sugar, Corn starch, Vinegar, Salt, Acidity regulators, Spices (Radurised), Stabiliser, Lemon concentrate, Preservative: Sorbic acid, Flavouring.	50ml 300ml			●										●		
Caesar	Filtered Water, Canola Oil (17%) (Antioxidant : Vitamin E), Corn Starch, Vinegar, Parmesan-Style Cheese (3%) (Milk, Salt, Non-animal Rennet, Preservative: Lysozyme [Egg]), Salt, Sugar, Fresh Garlic, Anchovy Extract (1%) (Anchovies, Sea Salt), Mustard Powder (Radurised), Egg Yolk Powder, Stabiliser, Spices (Radurised), Preservative: Sorbic Acid, Yeast Extract, Flavourings.	50ml 300ml	●	●	●						●				●		
Feta & Garlic	Filtered water, Canola oil (16%) (Antioxidant: Vitamin E), Feta cheese (11%) (Cow's milk, Calcium chloride, Selected cheese cultures, Non-animal rennet), Corn starch, Lemon juice, Sugar, Fresh mint, Salt, Egg yolk powder, Fresh garlic (1%), Lemon zest, Spices (Radurised), Stabiliser, Preservative: Sorbic acid, Flavourings, Yeast extract.	300ml		●	●						●				●		
Herb	Filtered water, Canola oil (27%) (Antioxidant: Vitamin E), Sugar, Corn starch, Salt, Mustard powder (Radurised), Vinegar, Fresh garlic, Extra virgin olive oil (1%), Cider vinegar (Preservative: Sulphur dioxide), Dried garlic (Radurised), Dried herbs, Lactic acid, Stabiliser, Black pepper (Radurised), Yeast extract, Flavouring, Colourant: Chlorophyll.	50ml 300ml								●	●		●		●	●	●
Honey Mustard	Filtered water, Canola oil (25%) (Antioxidant: Vitamin E), Blue gum honey (8%), Sugar, Cider vinegar (Preservative: Sulphur dioxide), Mustard (4%) (Powder and seeds), Apple concentrate, Corn starch, Salt, Vinegar, Demerara sugar, Lactic acid, Spices (Radurised), Dried garlic (Radurised), Stabiliser, Yeast extract, Colourant: Beta carotene, Flavouring.	50ml 300ml								●	●				●	●	


Salad Dressings: Creamy (continued)

 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
Thousand Island	Filtered water, Canola oil (27%) (Antioxidant: Vitamin E), Tomato paste, Sugar, Lemon juice, Corn starch, Sriracha hot chilli sauce (Chilli, Sugar, Garlic, Salt, Water, Acidity regulators, Stabiliser, Preservative: Potassium sorbate), Cider vinegar (Preservative: Sulphur dioxide), Salt, Egg yolk powder, Stabiliser, Spices (Radurised), Preservative: Sorbic acid, Yeast extract, Flavourings.	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
Balsamic	Filtered water, Balsamic vinegar (13%) (Balsamic vinegar, Caramel colour, Sulphur dioxide), Grape concentrate, Salt, Extra virgin olive oil (3%), Corn starch, Dried garlic (Radurised), Dried olives, Acidity regulators, Stabiliser, Caramel colour, Yeast extract, Flavouring.	300ml								●	●		●	●	●		
Greek	Filtered water, Extra virgin olive oil (11%), Lemon juice, Sugar, Cider vinegar (Preservative: Sulphur dioxide), Salt, Corn starch, Fresh garlic, Lemon zest, Citric acid, Fresh basil, Stabiliser, Spices (Radurised), Dried oreganum, Fresh mint, Yeast extract, Colourants: Beta carotene and chlorophyll.	50ml 300ml								●	●		●	●	●		
Honey Mustard	Filtered water, Blue gum honey (11%), Apple concentrate, Cider vinegar (Preservative: Sulphur dioxide), Mustard (3%) (Powder and seeds), Canola oil (3%) (Antioxidant: Vitamin E), Salt, Corn starch, Lactic acid, Stabiliser, Spices (Radurised), Sugar, Dried garlic (Radurised), Yeast extract, Colourant: Beta carotene, Flavouring.	300ml								●	●				●	●	
Lime & Coriander	Filtered water, Canola oil (9%) (Antioxidant: Vitamin E), Lime juice (5%), Palm sugar, Lemon juice, Salt, Corn starch, Fresh coriander (1%), Lemon zest, Citric acid, Flavouring, Stabiliser, Lime zest, Black pepper (Radurised), Chilli (Radurised), Yeast extract, Colourants: Beta carotene and Chlorophyll, Preservative: Sorbic acid.	300ml											●	●	●		

Salad Dressings: 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
Balsamic Vinaigrette	Filtered water, Extra virgin olive oil (16%), Balsamic vinegar (15%) (Balsamic vinegar, Caramel colour, Sulphur dioxide), Grape concentrate, Canola oil (5%) (Antioxidant: Vitamin E), Salt, Corn starch, Dried garlic (Radurised), Lactic acid, Caramel colourant, Flavouring.	50ml 300ml								●	●			●	●		
Red Wine Vinaigrette	Filtered Water, Extra Virgin Olive Oil (16%), White Balsamic Vinegar (Wine Vinegar, Grape Must), Red Grape Concentrate (Grapes, Colourant), Vegetable Oil (Canola Seed) (Antioxidant: Vitamin E), Cabernet Sauvignon Vinegar (4%) (Wine Vinegar, Grape Must), Salt, Corn Starch, Dried Garlic, Mustard, Black Pepper (Radurised), Colourant, Flavouring.	300ml									●		●				


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, Corn starch, Spices, Salt, Dried garlic, Colourant: Caramel.	320g								●	●			●	●	●	
Sweet Chilli	Sugar, Tomatoes (36%) (including Roasted Rosa tomatoes), Filtered water, Vinegar, Sweet chilli peppers (4%), Fish sauce (Anchovy extract, Salt, Sugar), Corn starch, Dried chilli, Red jalapeno chilli (1%), Salt, Garlic, Ginger, Fibre, Stabilisers, Acidity regulator, Natural colourant, Flavouring.	320g	●							●	●				●		


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
Butter Chicken	Filtered water, Tomato paste (10%), Tomatoes (8%) (Tomato juice, Citric acid), Salted butter (8%) (Butterfat, Moisture, Fat free milk solids, Salt, Colourant), Sugar, Vinegar, Canola oil (Antioxidant: Vitamin E), Corn starch, Salt, Fresh ginger, Spices (Radurised), Fresh coriander, Fresh onions, Egg yolk powder, Dried apricots and peaches (Preservative: Sulphur dioxide), Dextrose, Garlic, Citric acid, Lactic acid, Stabilisers, Flavourings, Colourant, Preservative: Sorbic acid, Colourant: Caramel.	200ml		●	●					●		●			●		
Honey & Mustard	Filtered water, Sugar, Blue gum honey (12%), Mustard (7%) (Seeds and powder), Salt, Glucose syrup, Vinegar, Canola oil (Antioxidant: Vitamin E), Malt syrup (Malted barley (Gluten)), Corn starch, Lactic acid, Citric acid, Spices (Radurised), Stabilisers, Flavourings, Colourant: Beta carotene.	200ml					●								●	●	
Honey & Soy	Filtered water, Demerara sugar, Blue gum honey (10%), Soy sauce (9%) (Water, Soybeans, Wheat, Salt, Sugar, Glucose), Plum concentrate, Corn starch, Vinegar, Salt, Fresh ginger, Toasted sesame oil, Colourant: Caramel, Tapioca starch, Spices (Radurised), Citric acid, Stabilisers, Flavourings.	200ml			●	●	●	●							●	●	
Lemon & Herb	Filtered water, Canola oil (Antioxidant: Vitamin E), Glucose syrup, Vinegar, Apple concentrate, Extra virgin olive oil, Sugar, Salt, Corn starch, Lemon concentrate (1%), Garlic, Citric acid, Lactic acid, Herbs (0.5%), Spices (Radurised), Stabilisers, Lime concentrate, Lemon zest, Flavourings, Colourant: Beta carotene.	200ml									●		●	●	●	●	
Olive Oil & Rosemary	Filtered water, Canola oil (Antioxidant: Vitamin E), Extra virgin olive oil (8%), Garlic, Salt, Corn starch, Vinegar, Rosemary (0.5%), Lactic acid, Stabilisers, Flavourings, Spices (Radurised), Citric acid, Sage.	200ml									●		●	●	●	●	
Peri-Peri	Filtered water, Canola oil (Antioxidant: Vitamin E), Extra virgin olive oil, Sugar, Tomato paste, Salt, Vinegar, Glucose syrup, Spices (Radurised), Toasted onion, Garlic, Corn starch, Chilli (Radurised) (1%), Citric acid, Lemon concentrate, Lactic acid, Stabilisers, Lime concentrate, Oreganum, Lemon zest, Flavourings.	200ml									●		●	●	●	●	

Coat & Cook Sauces (continued)

 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
Sun-dried Tomato	Filtered water, Glucose syrup, Sun-dried tomatoes (6%) (Preservative: Sulphur dioxide) (Radurised), Fresh onions, Canola oil (Antioxidant: Vitamin E), Extra virgin olive oil, Sugar, Vinegar, Tomato paste (2%), Salt, Corn starch, Garlic, Stabilisers, Citric acid, Lactic acid, Spices (Radurised), Fresh basil, Natural colourant: Aronia, Flavourings.	200ml								●	●			●	●	●	
Tikka Curry	Filtered water, Sugar, Canola oil (Antioxidant: Vitamin E), Vinegar, Glucose syrup, Fresh onions, Salt, Corn starch, Garlic, Ginger, Tomato paste, Spices (Radurised), Lactic acid, Stabilisers, Citric acid, Flavourings.	200ml									●		●	●	●	●	

Poultry Stuffing Mix


 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
Onion, Sage and Lemon	Breadcrumbs (Wheat flour, Salt), Corn starch, Dried onions (6%), Salt, Sage (3%), Dried garlic, Herbs, Flavouring, Dried lemon (1%), Acidity regulator (Citric acid), Spices, Flavour enhancer.	100g			● add	●	●			●	●			●	●	●	

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
Blue Cheese	Filtered water, Blue cheese (19%) (Cow's milk, Salt, Calcium chloride, Cheese cultures, Non-animal rennet), Fresh cream (10%), Corn starch, Skim milk powder, Butter (Cream, Colourant, Salt), Salt, Spices (Radurised), Acidity regulator, Flavouring, Yeast extract.	200ml			●										●		
Cheese	Filtered water, Fresh cream (14%), Mature cheddar (12%) (Cow's milk, Salt, Colourant (Annato), Calcium chloride, Non-animal rennet, Cheese cultures), Corn starch, Skim milk powder, Butter (3%) (Cream, Colourant, Salt), Salt, Spices (Radurised), Acidity regulator, Yeast extract, Flavouring, Colourant: Beta Carotene.	200ml 400ml			●										●		
Creamy Curry	Purified water, Canola oil (23%), Apricot chutney, Sugar, Spirit vinegar, Modified cornstarch, Tomato, Spices, Salt, Cider vinegar, Mustard, Onion, Garlic, Pasteurised egg yolk powder, Stabiliser: Xanthan gum, Citric acid, Ginger, Lactic acid, Preservative: Sorbic acid, Yeast extract, Natural and nature identical flavours.	200ml		●											●	●	
Mushroom	Filtered water, Roasted mushrooms (19%), Fresh cream (16%), Mushroom stock (contains: Portobellini mushrooms, Balsamic vinegar (contains: Caramel colour, Sulphur dioxide), Stabilisers, Fresh thyme), Corn starch, Skim milk powder, Canola oil (Antioxidant: Vitamin E), Butter (Cream, Colourant, Salt), Beef Stock (2%) (contains: Beef, Fresh onion, Fresh carrots, Fresh celery, Sugar, Tomato paste), Salt, Spices (Radurised), Garlic, Acidity regulator, Yeast extract, Flavouring.	200ml			●					●	●				●		
Pepper	Filtered water, Fresh cream (17%), Corn starch, Skim milk powder, Beef stock (4%) (contains: Beef, Fresh onion, Fresh carrots, Fresh celery, Vinegar, Sugar, Spices (Radurised), Tomato paste, Garlic puree, Stabiliser, Colourant: caramel, Fresh thyme), Butter (Cream, Colourant, Salt), Canola oil (Antioxidant: Vitamin E), Green peppercorns (1%), Black pepper (Radurised), Salt, Acidity regulator, Yeast extract, Flavouring.	200ml			●						●				●		


Ready to Serve Sauces (continued)

 <p>Variant</p>	<p>Ingredients List</p>	<p>Unit Size</p>	<p>Contains Fish</p>	<p>Contains Egg</p>	<p>Contains Dairy</p>	<p>Contains Wheat</p>	<p>Contains Gluten</p>	<p>Contains Sesame</p>	<p>Contains Soya</p>	<p>Contains Sulphur Dioxide</p>	<p>Contains Nuts</p>	<p>Contains Garlic</p>	<p>Low Fat</p>	<p>Vegan</p>	<p>Halaal</p>	<p>Kosher Parev</p>	<p>Kosher Milchik</p>
<p>Reduced Fat Cheese</p>	<p>Filtered water, Fresh cream (11%), Mature cheddar (10%) (Cow's milk, Salt, Colourant (Annato), Calcium chloride, Non-animal rennet, Cheese cultures), Corn starch, Skim milk powder, Butter (3%) (Cream, Colourant, Salt), Salt, Spices (Radurised), Acidity regulator, Yeast extract, Flavouring, Colourant: Beta carotene.</p>	<p>200ml</p>			<p>●</p>										<p>●</p>		
<p>Roast Beef Gravy</p>	<p>Filtered water, Beef broth (14%) (contains: Beef, Onion, Carrot, Celery, Salt), Roasted onion (4%), Corn starch, Salt, Wheat flour, Brown balsamic vinegar (1%) (contains: Caramel colourant), Sugar, Fresh garlic, Yeast extract, Caramel colourant, Xanthan gum, Pepper, Fresh thyme.</p>	<p>200ml</p>				<p>●</p>	<p>●</p>					<p>●</p>			<p>●</p>		
<p>Roast Chicken Gravy</p>	<p>Filtered water, Chicken stock (13%) (contains: Chicken, Fresh onion, Fresh carrot, Fresh celery, Salt, Sugar, Spirit vinegar, Corn starch, Flavouring, Spices), Corn starch, Fresh onion, Butter (Cream, Salt), Fresh carrots, Wheat flour, Sugar, Fresh garlic, Yeast extract, Vinegar, Fresh sage, Xanthan gum, Spices, Colourants: Caramel and beta carotene, Flavouring.</p>	<p>200ml</p>			<p>●</p>	<p>●</p>	<p>●</p>					<p>●</p>			<p>●</p>		
<p>Roast Onion Gravy</p>	<p>Filtered water, Roast onions (9%) (Onions, Canola oil (Antioxidant: Vitamin E)), Portobellini mushrooms, Modified corn starch, Wheat flour (Gluten), Sugar, Salt, Tomato paste, Vinegar, Garlic, Soy sauce (Water, Soybeans, Wheat, Salt, Sugar, Glucose), Yeast extract, Caramel colour, Stabilisers, Spices (Radurised), Flavouring, Fresh thyme.</p>	<p>200ml</p>				<p>●</p>	<p>●</p>					<p>●</p>		<p>●</p>	<p>●</p>	<p>●</p>	


Pestos

 <p>Variant</p>	<p>Ingredients List</p>	<p>Unit Size</p>	<p>Contains Fish</p>	<p>Contains Egg</p>	<p>Contains Dairy</p>	<p>Contains Wheat</p>	<p>Contains Gluten</p>	<p>Contains Sesame</p>	<p>Contains Soya</p>	<p>Contains Sulphur Dioxide</p>	<p>Contains Nuts</p>	<p>Contains Garlic</p>	<p>Low Fat</p>	<p>Vegan</p>	<p>Halaal</p>	<p>Kosher Parev</p>	<p>Kosher Milchik</p>
<p>Basil</p>	<p>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, Corn starch, Colourant: Chlorophyll, Black pepper, Stabiliser: Xanthan gum, Flavouring.</p>	<p>125g</p>			<p>●</p>					<p>Contains Sulphur Dioxide</p>	<p>●</p>	<p>●</p>			<p>●</p>		
<p>Coriander</p>	<p>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, Corn starch, Black pepper, Stabiliser: Xanthan gum, Yeast extract.</p>	<p>125g</p>									<p>●</p>	<p>●</p>		<p>●</p>	<p>●</p>		
<p>Olive</p>	<p>Kalamata olives (43%), Brine (Water, Vinegar), Extra virgin olive oil (12%), Lemon juice, Fresh garlic, Dried kalamata olives (1%), Corn starch, Canola oil (Antioxidant: Vitamin E), Capers, Salt, Anchovy extract (Anchovies, Salt), Pepper, Fresh thyme, Stabiliser: Xanthan gum, Yeast extract, Flavouring.</p>	<p>125g</p>	<p>●</p>									<p>●</p>			<p>●</p>		
<p>Roasted Red Pepper</p>	<p>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, Corn starch, Paprika, Stabiliser: Xanthan gum, Black pepper, Yeast extract, Colourant: Fruit extracts, Fresh origanum, Flavouring.</p>	<p>125g</p>			<p>●</p>						<p>●</p>	<p>●</p>			<p>●</p>		
<p>Sun-dried Tomato</p>	<p>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, Corn starch, Fresh basil, Pepper, Stabiliser: Xanthan gum, Colourant: Fruits extracts, Yeast extract, Flavouring.</p>	<p>125g</p>										<p>●</p>		<p>●</p>	<p>●</p>		


Antipasti

 <p>Variant</p>	<p>Ingredients List</p>	<p>Unit Size</p>	<p>Contains Fish</p>	<p>Contains Egg</p>	<p>Contains Dairy</p>	<p>Contains Wheat</p>	<p>Contains Gluten</p>	<p>Contains Sesame</p>	<p>Contains Soya</p>	<p>Contains Sulphur Dioxide</p>	<p>Contains Nuts</p>	<p>Contains Garlic</p>	<p>Low Fat</p>	<p>Vegan</p>	<p>Halaal</p>	<p>Kosher Parev</p>	<p>Kosher Milchik</p>
<p>Char-grilled Mushrooms</p>	<p>Balsamic vinaigrette (52%) (Filtered water, Brown balsamic vinegar [Balsamic vinegar, Caramel colour, Sulphur dioxide], Red grape concentrate, Salt, Corn starch, Garlic, Acidity regulator, Caramel colour, Flavouring), Char-grilled Portobellini mushrooms (42%) (Portobellini mushrooms, Vegetable oil (Canola seed) (Antioxidant: Vitamin E), Salt, Spices (Radurised), Vegetable oil (Olive fruit) (6%).</p>	<p>250g</p>									●			●	●		
<p>Char-grilled Peppers</p>	<p>White wine vinaigrette (48%) (Filtered water, White balsamic vinegar [Wine vinegar, Grape must], Red grape concentrate, Cabernet sauvignon vinegar, Salt, Fresh garlic, Black peppercorns (Radurised), Acidity regulators, Mustard seeds (Radurised), Dried chilli, Vinegar, Flavouring), Char-grilled bell peppers (46%) (Bell peppers, Vegetable oil (Canola seed) (Antioxidant: Vitamin E), Salt, Spices, (Radurised)) Vegetable oil (Olive fruit) (6%)</p>	<p>250g</p>									●			●	●	●	
<p>Char-grilled Shallots</p>	<p>Char-grilled shallots (50%) (Shallots, Vegetable oil (Canola seed) (Antioxidant: Vitamin E), Salt, Spices (Radurised)), Balsamic vinaigrette (45 %) (Filtered water, Brown balsamic vinegar [Balsamic vinegar, Caramel colour, Sulphur dioxide], Red grape concentrate, Salt, Corn starch, Garlic, Acidity regulator, Caramel Colour, Flavouring), Vegetable oil (Olive fruit) (5%).</p>	<p>300g</p>									●			●	●		
<p>Roasted Beetroot</p>	<p>Roasted baby beetroot (50%) (Baby beetroot, Vegetable oil (Canola seed), (Antioxidant: Vitamin E), Salt, Spices (Radurised)), Red wine vinaigrette (45%) (Filtered water, White balsamic vinegar [Wine vinegar, Grape must], Red grape concentrate, Cabernet sauvignon vinegar, Salt, Acidity regulator, Garlic, Mustard, Black pepper (Radurised), Flavouring), Vegetable oil (Olive fruit) (5%).</p>	<p>300g</p>									●			●	●		
<p>Sun-dried Tomatoes</p>	<p>Sun-dried tomato quarters (30%), Water, Sugar, Vegetable oil (Olive fruit) (9%), Vinegar, Cider vinegar, Salt, Fresh garlic, Spices, Black pepper (radurised), Herbs, Yeast extract.</p>	<p>240g</p>									●			●	●	●	

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
Cajun	Sea salt, Spices, Herbs, Onion, Garlic, Citric acid, Flavouring.	200ml										●		●	●	●	
Chicken	Sea salt, Maize crumbs, Spices, Dextrose, Fibre, Onion, Herbs, Tomato powder, Flavouring, Garlic, Sugar, Colourant: Caramel.	200ml										●		●	●	●	
Fish	Sea salt, Breadcrumbs (Wheat flour (Gluten), Salt), Wheat flour, Corn starch, Herbs, Fibre, Citric acid, Lemon, Flavouring, Spices.	200ml				●	●							●	●	●	
Masala	Sea salt, Spices, Maltodextrin, Garlic, Sugar, Fibre, Tamarind, Flavouring.	200ml										●		●	●	●	
Meat	Sea salt, Maize crumbs, Spices, Garlic, Dextrose, Flavouring, Fibre, Herbs, Sugar, Colourant: Caramel.	200ml										●		●	●	●	
Pasta	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, Flavouring.	200ml			●	●	●					●			●		
Potato	Sea salt, Maize crumbs, Potato starch, Sugar, Onion, Garlic, Spices, Dextrose, Herbs, Flavouring, Fibre.	200ml										●		●	●	●	
Vegetable	Sea salt, Maize crumbs, Dehydrated vegetables (Onion, Leek, Garlic, Celery) (13%), Herbs, Spices, Sugar, Flavouring, Fibre, Extra virgin olive oil.	200ml										●		●	●	●	

Icing Kits and Baking Aids

 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 Icing Kit	Icing sugar, Cocoa powder (14%), Castor sugar, Corn starch, Salt, Flavouring.	250g			● add										●		●
Strawberry Icing Kit	Icing sugar, Castor sugar, Corn starch, Salt, Flavouring, Acidity regulator (Citric acid), Colourant.	250g			● add										●	●	
Vanilla Icing Kits	Icing sugar, Castor sugar, Corn starch, Salt, Flavouring.	250g			● add										●		●
Meringue Mix	Castor sugar, Raising agent, Salt, Stabiliser.	125g		● add											●	●	

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
Braai & Grill	Sea salt, Spices, Onion, Garlic, Sugar, Yeast extract, Fibre, Sun-dried tomato, Lemon, Flavouring.	200ml										●		●	●	●	
Chilli & Garlic	Sea salt, Garlic (14%), Jalapeno chilli (9%), Maize crumbs, Onion, Spices, Lemon, Herbs, Fibre, Flavouring.	200ml										●		●	●	●	
Garlic & Herb	Sea salt, Garlic (14%), Herbs (9%), Spices, Maize crumbs, Dextrose, Maltodextrin, Extra virgin olive oil, Natural colourant, Flavouring.	200ml										●		●	●	●	
Garlic Pepper	Sea salt, Black pepper (15%), Garlic (13%), Maize crumbs, Chilli, Herbs, Fibre, Flavouring.	200ml										●		●	●	●	
Green Onion	Sea salt, Maize crumbs, Onion (5%), Black pepper, Leeks, Garlic, Herbs, Flavouring, Lemon, Chives, Fibre.	200ml										●		●	●	●	
Italian Cheese Sprinkle	Breadcrumbs (contains: Wheat flour (Gluten), Salt), Pecorino cheese (25%) (contains: Cow's milk, Salt, Non-animal rennet), Sea salt, Skim milk powder, Herbs, Dextrose, Flavouring, Dried garlic, Mustard, Spices, Fibre, Natural colourant.	200ml			●	●	●					●			●		
Lemon & Black Pepper	Sea salt, Pepper (9%), Maize crumbs, Garlic, Lemon (4%), Spices, Citric acid, Fibre, Flavourings, Sugar, Herbs.	200ml										●		●	●	●	
Lemon & Rosemary	Sea salt, Maize crumbs, Rosemary (10%), Lemon (6%), Dextrose, Black pepper, Spinach, Citric acid, Fibre, Flavouring, Sugar, Natural colourant.	200ml												●	●	●	
Reduced Salt Garlic & Herb	Sea salt, Garlic (24%), Herbs (19%), Maltodextrin, Maize crumbs, Spices, Extra virgin olive oil, Natural colourant, Flavouring.	200ml										●		●	●	●	
Rosemary & Olive	Sea salt, Rosemary (8%), Maize crumbs, Garlic, Sugar, Maltodextrin, Flavouring, Kalamata olives (2%), Spinach, Fibre, Extra virgin olive oil, Spices, Herbs.	200ml										●		●	●	●	
Seasoned Sea Salt	Sea salt, Spices, Corn starch, Fibre.	200ml												●	●	●	

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
Beef Bolognaise	Tomatoes (28%) (Tomatoes, Tomato juice, Citric acid), Filtered water, Beef mince and fat (15%), Roast onions, Roast Rosa tomatoes (Baby Rosa tomatoes, Extra virgin olive oil), Tomato paste, Beef broth (Water, Beef, Onions, Carrots, Celery, Salt), Canola oil (Antioxidant: Vitamin E), Fresh carrots, Fresh celery, Corn starch, Fresh garlic, Salt, Sugar, Vinegar, Fresh thyme, Black pepper, Stabiliser: Xanthan gum, Chilli, Flavouring.	400ml 600g									●	●			●		
Creamy Cheese	Filtered water, Mature cheddar cheese (6%) (Milk, Salt, Preservatives (Sodium nitrate), Calcium chloride, Colourant (Annato), Non-animal rennet, Lactic cultures), Mascarpone cheese (5%) (Cream, Full cream milk, Stabiliser, Citric acid), Fresh cream, Corn starch, Blue cheese (2%) (Cow's milk, Salt, Cheese cultures, Non-animal rennet), Parmesan cheese (2%) (Cow's milk, Salt, Non-animal rennet, Preservative (Lysozyme (Egg)), Skimmed milk powder (Cow's milk, Vitamin A, Vitamin D), Salt, Sugar, Preservative: Sorbic acid, Stabiliser: Xanthan gum, Cayenne pepper, Acidity regulator, Flavouring, Mace.	400ml		●	●										●		
Mushroom & Parmesan	Filtered water, Roast mushrooms (18%) (Portobellini mushrooms, Button mushrooms, Vegetable oil (Canola seed, Antioxidant: Vitamin E)), Roast onions, Fresh cream, Beef broth (Water, Beef, Onions, Carrots, Celery, Salt), Mushroom stock (Mushrooms, Water, Salt, Vegetable oil (Canola seed, Antioxidant: Vitamin E), Brown balsamic vinegar, Corn starch, Fresh garlic, Stabiliser: Xanthan gum, Caramel colourant, Spices, Flavouring, Thyme), Corn starch, Parmesan cheese (3%) (Cow's milk, Salt, Non-animal rennet, Preservative (Lysozyme (Egg)), Salted butter (Cream, Salt), Fresh garlic, Salt, Sugar, Pepper, Fresh thyme, Preservative: Sorbic acid, Acidity regulator, Stabiliser: Xanthan gum, Flavouring, Mace.	400ml		●	●							●			●		

Pasta Sauces (continued)




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
Roast Mushroom	Tomatoes (Tomatoes, Tomato juice, Citric acid), Filtered water, Roast portobellini mushrooms (15%), Fresh onions, Roast Rosa tomatoes, Canola oil (Antioxidant: Vitamin E), Tomato paste, Vegetable stock concentrate (Filtered water, Vegetable broth (Water, Onion, Carrots, Celery, Garlic, Thyme), Fresh carrots, Salt, Fresh onion, Canola oil (Antioxidant: Vitamin E), Portobellini mushrooms, Fresh leeks, Cider vinegar, Sugar, Extra virgin olive oil, Fresh celery, Tomato paste, Fresh herbs, Fresh garlic, Corn starch, Pectin, Flavouring, Spices, Stabiliser: Xanthan gum, Colourant: Beta carotene), Corn starch, Fresh garlic, Salt, Sugar, Mushroom stock concentrate (1%) (Fresh mushrooms, Filtered water, Salt, Canola oil (Antioxidant: Tocopherol), Brown balsamic vinegar, Corn starch, Fresh garlic, Stabilisers, Caramel colourant, Spices, Flavouring, Fresh thyme), Cabernet sauvignon vinegar, Fresh thyme, Spices, Stabiliser: Xanthan gum, Flavouring.	400ml										●		●			
Roast Pepper	Tomatoes (39%) (Tomatoes, Tomato juice, Citric acid), Filtered water, Roast red pepper (10%), Sun-dried tomato pulp (4%) (Water, Sun-dried tomato quarters), Fresh onions, Sugar, Tomato paste, Fresh garlic, Vinegar, Canola oil (Antioxidant: Vitamin E), Corn starch, Salt, Smoked paprika, Fresh oreganum, Stabiliser: Xanthan gum, Flavouring, Spices.	400ml										●		●	●		
Roast Vegetable	Tomatoes (36%) (Tomatoes, Tomato juice, Citric acid), Filtered water, Roast vegetables (28%) (Butternut, Red pepper, Yellow pepper, Button mushrooms, Onions, Aubergine, Canola oil (Antioxidant: Vitamin E), Garlic), Roast Rosa tomatoes (Baby Rosa tomatoes, Extra virgin olive oil), Corn starch, Salt, Sugar, Black pepper, Fresh oreganum, Stabiliser: Xanthan gum, Flavouring.											●	●	●	●	●	

Pasta Sauces (continued)



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
Sun-dried Tomato & Parmesan	Filtered water, Sun-dried tomato pulp (18%) (Sun-dried tomato quarters, Water, Sugar, Extra virgin olive oil, Vinegar, Salt, Fresh garlic, Spices, Black pepper, Herbs, Flavouring), Fresh cream, Corn starch, Parmesan cheese (3%) (Cow's milk, Salt, Non-animal rennet, Preservative (Lysozyme (Egg)), Mascarpone cheese (Cream, Full cream milk, Stabiliser, Citric acid), Salt, Sugar, Stabiliser: Xanthan gum, Cayenne pepper, Flavouring, Colourant: Beta carotene and Fruit extracts.	400ml		●	●							●			●		
Tomato & Basil	Tomatoes (40%) (Tomatoes, Tomato juice, Citric acid), Filtered water, Roast Rosa tomatoes (11%) (Baby Rosa tomatoes, Extra virgin olive oil), Roast onions, Sun-dried tomato pulp (4%) (Water, Sun-dried tomato quarters), Tomato paste (3%), Canola oil (Antioxidant: Vitamin E), Corn starch, Salt, Sugar, Fresh basil (1%), Fresh garlic, Black pepper, Stabiliser: Xanthan gum, Flavouring.	400ml 600g										●	●	●	●	●	
Tomato, Olive & Chilli	Tomatoes (35%) (Tomatoes, Tomato juice, Citric acid), Filtered water, Roast Rosa tomatoes (9%) (Baby Rosa tomatoes, Extra virgin olive oil), Kalamata olives (8%), Roast onions, Extra virgin olive oil, Tomato paste (4%), Roast red pepper, Corn starch, Fresh garlic, Canola oil (Antioxidant: Vitamin E), Salt, Red jalapeno chilli (1%) (Fresh chilli, Salt), Vinegar, Capers, Smoked paprika, Chilli, Fresh oreganum, Flavouring, Stabiliser: Xanthan gum, Black pepper.	400ml										●		●	●		

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
Beef Flavour Stock Powder	Salt, Flavouring (Contains: Corn starch, 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 (Radurised), Spices, Acidity regulator (Citric acid).	150g									●	●	●	●	●		
Brown Gravy Powder	Potato starch, Corn starch, Salt, Wheat flour, Sugar, Onions, Tapioca starch, Flavouring, Caramel colourant, Mushrooms, Yeast extract, Garlic, Black pepper (Radurised), Sun-dried tomatoes, Acidity regulator (Citric acid), Herbs, Spices.	150g				●	●					●		●	●		
Chicken Flavour Stock Powder	Salt, Maltodextrin, Flavouring (Contains: Corn starch, Yeast extract, Sugar, Vegetables, Spices), Corn starch, Dehydrated vegetables (Onions, Carrots, Leeks, Celery, Garlic), Potassium chloride, Vegetable oil (Canola seed) (Antioxidant: Vitamin E), Herbs, White pepper, Spices, Acidity regulator (Citric acid).	150g									●	●	●	●	●		
Roast Onion Soup & Gravy Powder	Onions (26 %), Tapioca starch, Salt, Wheat flour, Potato starch, Garlic, Yeast extract, Caramel colourant, Fructose, Maltodextrin, Herbs, Flavouring, White pepper (Radurised), Acidity regulator (Citric acid), Spices.	150g				●	●					●		●	●	●	
Vegetable Stock Powder	Salt, Dehydrated vegetables (33 %) (Onions, Carrots, Mushrooms, Garlic, Tomato, Celery), Corn starch, Sugar, Maltodextrin, Herbs, Yeast extract, Vegetable oil (Canola seed) (Antioxidant: Vitamin E), Black pepper, Flavouring, Colourant, Spices, Acidity regulator (Citric acid).	150g										●	●	●	●	●	
White Sauce Powder	Wheat flour, Cheese powder (Milk solids, Cheese (Milk, Salt, Culture, Enzymes), Salt), Tapioca starch, Salt, Corn starch, Sugar, Onions, White pepper (Radurised), Spices, Caramel colourant.	150g			●	●	●								●		

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
Beef	Filtered water, Beef broth (20%) (Water, Beef, Onion, Carrots, Celery, Salt), Salt, Fresh onion, Vinegar, Sugar, Beef fat (3%), Corn starch, Fresh carrots, Flavouring, Canola oil (Antioxidant: Vitamin E), Tomato paste, Fresh garlic, Pectin, Caramel colourant, Fresh thyme, Stabiliser: Xanthan gum, Black pepper.	8x25g									●				●		
Chicken	Filtered water, Chicken broth (19%) (Water, Chicken, Onion, Carrots, Celery), Salt, Fresh onion, Vinegar, Fresh carrots, Sugar, Corn starch, Flavouring, Fresh celery, Pectin, Fresh sage, Caramel colourant, Stabiliser: Xanthan gum, Spices.	8x25g													●		
Fish	Fish broth (36%) (Water, Fish (Kingklip, Hake, Norwegian salmon), Onion, Carrots, Celery, Vinegar, Salt, Parsley, Black pepper), Lemon juice, Salt, Fresh onion, Fresh leeks, Canola oil (Antioxidant: Vitamin E), Sugar, Corn starch, Fresh carrots, Fresh garlic, Flavouring, Pectin, Fresh fennel bulb, Stabiliser: Xanthan gum, Spices, Colourant: Beta carotene.	8x25g	●								●				●		
Vegetable	Filtered water, Vegetable broth (18%) (Water, Onion, Carrots, Celery, Garlic, Thyme), Fresh carrots, Salt, Fresh onion, Canola oil (Antioxidant: Vitamin E), Portobellini mushrooms, Fresh leeks, Cider vinegar, Sugar, Extra virgin olive oil, Fresh celery, Tomato paste, Fresh herbs, Fresh garlic, Corn starch, Pectin, Flavouring, Spices, Stabiliser: Xanthan gum, Colourant: Beta carotene.	8x25g									●		●	●	●	●	

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), Vinegar, Salt, Glucose, Corn starch, 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.	500ml	●			●	●		●	●		●			●		
Lemon	Filtered water, Vegetable oil (Canola seed) (Antioxidant: Vitamin E), Salt, Blue gum honey, Corn starch, Fresh garlic, Sugar, 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.	500ml										●			●		
Peri-Peri	Filtered water, Vegetable oil (Canola seed) (Antioxidant: Vitamin E), Tomato paste, Sugar, Salt, Glucose, Vinegar, Spices, Dried onion, Corn starch, Dried garlic, Chilli (radurised) (1%), Acidity regulators (Citric and Lactic acid), Lemon concentrate, Lime concentrate, Stabilisers, Herbs, Flavouring, Yeast extract.	500ml										●		●	●	●	
Sticky	Filtered water, Sugar, Soy sauce (contains: Water, Soya beans, Wheat, Salt) (9%), Glucose syrup, Corn starch, Vegetable oil (Canola seed) (Antioxidant: Vitamin E), Vinegar, Malt syrup, Salt, Tamarind, Fresh garlic, Caramel colourant, Spices, Dried garlic, Black pepper (radurised), Acidity regulators (Citric acid), Yeast extract, Flavouring.	500ml				●	●		●	●		●		●	●	●	

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
Carrot Cake	<p>CARROT & PINEAPPLE PULP: Fresh carrot (20%), Filtered water, Sugar, Pineapple concentrate (5%), Corn starch, Acidity regulator.</p> <p>DRY MIX: Wheat flour (Gluten), Castor sugar, Macadamia nuts (8%), Corn starch, Baking powder, Dextrose, Spices, Salt, Raising agent, Fibre, Flavouring, Colourant: Beta carotene.</p>	595g		● add	● add	●	●				●				●	●	
Choc Chip Cookies	<p>Wheat flour (Gluten), Sugar, Chocolate chips (20 %) (Sugar, Cocoa mass, Cocoa butter, Soya lecithin, Flavouring), Corn starch, Raising agent, Flavouring.</p>	390g		● add	● add	●	●		●						●		●
Chocolate Brownies	<p>Sugar, Wheat flour (Gluten), Chocolate chips (9 %) (Sugar, Cocoa mass, Cocoa butter, Soya lecithin, Flavouring), Cocoa powder, Corn starch, Malt extract powder (Malted barley (Gluten), Water), Raising agent, Salt, Flavouring, Yeast extract.</p>	550g		● add	● add	●	●		●						●		●
Chocolate Cake	<p>Sugar, Wheat flour (Gluten), Corn starch, Cocoa powder, Raising agents, Salt, Flavourings, Yeast extract.</p>	650g		● add		●	●								●	●	
Chocolate Mousse	<p>Skim milk powder, Sugar, Cocoa powder, Dextrose, Starch, Gelatin, Canola Oil (Antioxidant: Vitamin E), Salt, Flavouring.</p>	310g			●										●		
Lemon Flavour Cheesecake	<p>Skim milk powder, Sugar, Dextrose, Buttermilk powder (Milk solids), Starch, Gelatine, Citric acid, Cheese powder (Whey powder, Cheese, Corn flour, Emulsifier, Flavouring), Salt, Flavouring.</p>	250g			●										●		
Lemon Meringue Pie	<p>Lemon Curd: Filtered water, Sugar, Salted butter (Cream, Colourant: Annato, Salt), Lemon juice, Corn starch, Stabiliser, Salt, Citric acid, Flavouring.</p> <p>Castor Sugar Mix: Castor sugar, Raising agent, Salt, Stabiliser.</p>	525g		● add	●										●		●
Raisin & Bran Muffins	<p>Wheat flour (Gluten), Sugar, Raisins (14 %), Wheat bran (11 %), Dextrose, Corn starch, Raising agent, Salt.</p>	700g		● add	● add	●	●								●	●	
Red Velvet Cake	<p>Sugar, Wheat flour (Gluten), Corn starch, Raising agent, Dextrose, Cocoa powder, Salt, Fibre, Beetroot powder (Red beet juice concentrate, Maltodextrin, Citric acid), Colourant, Flavourings.</p>	580g		● add	● add	●	●								●	●	
Vanilla Cake	<p>Wheat flour (Gluten), Sugar, Corn starch, Raising agent, Dextrose, Salt, Fibre, Flavourings.</p>	600g		● add	● add	●	●								●	●	