

Category	Product name	Brand	Ingredients
Baking	100's & 1000's	Black & Gold	SUGAR, TAPIOCA STARCH, GLAZING AGENT (903), COLOURS (102, 133, 110, 122, 124, 123)
Baking	Baking cocoa	Cadbury	COCOA POWDER
Baking	Baking Powder Gluten free	McKenzie's	RICE FLOUR, SODIUM ACID PYROPHOSPHATE (450), SODIUM BICARBONATE (500)
Baking	Brown Sugar	CSR	CANE SUGAR
Baking	Brown sugar	Bundaberg sugar	CANE SUGAR
Baking	Brown sugar	CSR	CANE SUGAR
Baking	Caster sugar	CSR	CANE SUGAR
Baking	Classic Carrot Cake	Green's	SUGAR, WHEAT FLOUR, WHOLEMEAL WHEAT FLOUR [VITAMINS (THIAMIN, FOLATE)], NON-FAT MILK SOLIDS, DRIED CARROT (2%), WALNUT PIECES (2%), RAISING AGENTS (450, SODIUM BICARBONATE), TAPIOCA STARCH, VEGETABLE OIL, BURNT SUGAR, VEGETABLE GUM (XANTHAN), SPICES, NATURAL FLAVOUR CONTAINS WHEAT, MILK AND WALNUTS MAY BE PRESENT: EGG, SOY AND OTHER TREE NUTS
Baking	Classic carrot cake mix	Green's	SUGAR, WHEAT FLOUR, WHOLEMEAL WHEAT FLOUR [VITAMINS (THIAMIN, FOLATE)] ¹ , NON-FAT MILK SOLIDS, DRIED CARROT (2%), WALNUT PIECES (2%), RAISING AGENTS (450, SODIUM BICARBONATE), TAPIOCA STARCH, VEGETABLE OIL, BURNT SUGAR, VEGETABLE GUM (XANTHAN), SPICES, NATURAL FLAVOUR. CONTAINS WHEAT, MILK AND WALNUTS. MAY BE PRESENT: EGG, SOY AND OTHER TREE NUTS.
Baking	Classic Chocolate Cake mix	Green's	SUGAR, WHEAT FLOUR, COCOA POWDER (5%), VEGETABLE FAT [EMULSIFIERS (471, 477), ANTIOXIDANT (307)] ¹ , MALTODEXTRIN, RAISING AGENTS (450, SODIUM BICARBONATE), TAPIOCA STARCH, NON FAT MILK SOLIDS, SALT, NATURAL FLAVOUR, MINERAL SALT (501), VEGETABLE GUM (XANTHAN). RAINFOREST ALLIANCE CERTIFIED. FIND OUT MORE AT RA.ORG. CONTAINS WHEAT AND MILK. MAY BE PRESENT: EGG, SOY AND TREE NUTS.
Baking	Copha - vegetable shortening	Copha	HYDROGENATED COCONUT OIL (99%), SOYBEAN LECITHIN.
Baking	Cream of tartar	McKenzie's	
Baking	Creamy evaporated milk	Farmdale	MILK, STABILISERS (339, 407). CONTAINS MILK.
Baking	Creamy evaporated milk	Nestle Carnation	MILK, MILK SOLIDS, VEGETABLE GUM (CARRAGEENAN) CONTAINS MILK
Baking	Dark choc cooking block, compound chocolate	Woolworths	SUGAR, VEGETABLE FAT (PALM, SHEA), FAT REDUCED COCOA POWDER (15%), MILK FAT, EMULSIFIER (SOY LECITHINS), NATURAL FLAVOUR (VANILLA). CONTAINS: MILK, SOYBEANS AND TREE NUTS (SHEA NUT). MAY BE PRESENT: PEANUTS AND OTHER TREE NUTS.

Category	Product name	Brand	Ingredients
Baking	Dark Chocolate Cooking Block	Woolworths	SUGAR, VEGETABLE FAT (PALM, SHEA), FAT REDUCED COCOA POWDER (15%), MILK FAT, EMULSIFIER (SOY LECITHINS), NATURAL FLAVOUR (VANILLA). CONTAINS: MILK, SOYBEANS AND TREE NUTS (SHEA NUT). MAY BE PRESENT: PEANUTS AND OTHER TREE NUTS.
Baking	Desiccated Coconut	Black & Gold	FINE DESICCATED COCONUT, PRESERVATIVE (220, 223) CONTAINS SULPHITES
Baking	Gelatine	Davis	BOVINE HIDE GELATINE CONTAINS SULPHITES
Baking	Golden Butter Cake Mix	Green's	SUGAR, WHEAT FLOUR, VEGETABLE FAT [EMULSIFIERS (471, 477), ANTIOXIDANT (307)], RAISING AGENTS (450, SODIUM BICARBONATE), TAPIOCA STARCH, SALT, NATURAL FLAVOURS (CONTAIN MILK), COLOUR (ANNATTO). CONTAINS WHEAT AND MILK. MAY BE PRESENT: EGG, SOY AND TREE NUTS.
Baking	Golden syrup	Brookdale	CANE SUGAR, WATER
Baking	Milk choc melts	Woolworths	SUGAR, VEGETABLE OIL (FULLY HYDROGENATED PALM OIL, EMULSIFIER (SOY LECITHIN)), MILK SOLIDS (20%), COCOA POWDER (6%), EMULSIFIER (SOY LECITHIN), NATURAL FLAVOUR CONTAINS: MILK AND SOYBEANS. MAY BE PRESENT: PEANUTS, TREE NUTS
Baking	Milk choc melts	Woolworths	SUGAR, VEGETABLE OIL (FULLY HYDROGENATED PALM OIL, EMULSIFIER (SOY LECITHIN)), MILK SOLIDS (20%), COCOA POWDER (6%), EMULSIFIER (SOY LECITHIN), NATURAL FLAVOUR CONTAINS: MILK AND SOYBEANS. MAY BE PRESENT: PEANUTS, TREE NUTS
Baking	Milk Chocolate Melts	Nestle	SUGAR, MILK SOLIDS, VEGETABLE FAT [EMULSIFIERS (492, SOY LECITHIN)], SALT, FLAVOURS CONTAINS MILK, SOY MAY CONTAIN TREE NUTS
Baking	Moist Vanilla Cake mix	Green's	WHEAT FLOUR, SUGAR, VEGETABLE FAT [EMULSIFIERS (471, 477), ANTIOXIDANT (307)], RAISING AGENTS (450, SODIUM BICARBONATE), SALT, NATURAL FLAVOUR, COLOUR (ANNATTO). CONTAINS WHEAT. MAY BE PRESENT: MILK, EGG, SOY AND TREE NUTS.
Baking	Pure icing sugar	CSR	GLUTEN FREE
Baking	Sweetened condensed milk	Nestle	MILK, SUGAR, MILK SOLIDS CONTAINS MILK
Baking	Vanilla flavouring (imitation)	Queen	WATER, IMITATION VANILLA FLAVOURS, COLOUR (150D), ACIDITY REGULATOR (330), PRESERVATIVE (202)
Baking	Vanilla moist cake mix	Green's	WHEAT FLOUR, SUGAR, VEGETABLE FAT [EMULSIFIERS (471, 477), ANTIOXIDANT (307)]. RAISING AGENTS (450, SODIUM BICARBONATE), SALT, NATURAL FLAVOUR, COLOUR (ANNATTO). CONTAINS WHEAT. MAY BE PRESENT: MILK, EGG. SOY AND TREE NUTS.
Baking	White sugar	Black & Gold	CANE SUGAR

Category	Product name	Brand	Ingredients
Baking	Wholemeal flour - plain	Whitewings	WHOLEMEAL WHEAT FLOUR CONTAINS GLUTEN-CONTAINING CEREAL
Basics	Canola Oil	Black & Gold	CANOLA OIL
Basics	Cooking Salt	Black & Gold	SEA SALT, ANTI CAKING AGENT (535)
Basics	Extra Virgin Coconut Oil	Absolute organic	CERTIFIED ORGANIC UNREFINED EXTRA VIRGIN COCONUT OIL. ALLERGEN FREE.
Basics	Extra Virgin Coconut Oil	Kirkland	EXTRA VIRGIN OLIVE OIL (100%)
Basics	Fine White Pepper	SAXA	
Basics	Ground Black Pepper	SAXA	NA
Basics	Margarine	Coles	VEGETABLE OILS [CANOLA OIL, HYDROGENATED PALM KERNEL OIL, HYDROGENATED PALM OIL], WATER, SALT, EMULSIFIERS [471 - FROM SOY], PRESERVATIVE (POTASSIUM SORBATE), ACIDITY REGULATOR (33), VITAMINS [VITAMIN A, VITAMIN D], NATURAL COLOUR (CAROTENE), NATURAL BUTTER FLAVOUR CONTAINS SOY
Basics	Margarine	Woolworths	VEGETABLE OILS (CANOLA OIL, FULLY HYDROGENATED PALM OIL), WATER, SALT, EMULSIFIERS (471, SOYBEAN LECITHIN, PRESERVATIVE (POTASSIUM SORBATE), ACIDITY REGULATOR (CITRIC ACID), VITAMINS A AND D, NATURAL COLOUR (CAROTENE), NATURAL FLAVOUR CONTAINS: SOYBEAN
Basics	Margarine	Meadowlea	VEGETABLE OILS 60% (CONTAINING 47% CANOLA OIL), WATER, SALT, EMULSIFIERS [471, 322 (FROM SOY)], MILK SOLIDS, PRESERVATIVE (202), FOOD ACID (270), NATURAL COLOUR (160A), VITAMINS A & D, NATURAL FLAVOUR. CONTAINS SOY AND MILK
Basics	No egg - egg replacer	Orgran	POTATO STARCH, TAPIOCA STARCH, RAISING AGENT (CALCIUM CARBONATE), ACIDITY REGULATOR (CITRIC ACID), STABILISER (METHYL CELLULOSE)
Basics	Sesame Oil Gluten Free	Chang's	SESAME OIL CONTAINS: SESAME SEEDS
Basics	Stock powder - Beef style	Massel	SEA SALT FROM THE SOUTHERN OCEAN, LOW SUGAR MAIZE MALTODEXTRIN, NATURAL VEGETABLE FLAVOUR, YEAST EXTRACT, CARAMELISED SUGAR SYRUP, CANE SUGAR, CANOLA OIL, EXTRA VIRGIN OLIVE OIL, POTASSIUM CHLORIDE, PARSLEY
Basics	Stock powder - Chicken style	Massel	SEA SALT FROM THE GREAT SOUTHERN OCEAN, LOW SUGAR MAIZE MALTODEXTRIN, YEAST EXTRACT, NATURAL VEGETABLE FLAVOURS, POTASSIUM CHLORIDE, CANOLA OIL, TURMERIC GROUND MADRAS.
Basics	Stock powder - Vegetables	Massel	SEA SALT FROM THE GREAT SOUTHERN OCEAN, LOW SUGAR MAIZE MALTODEXTRIN, YEAST EXTRACT, POTASSIUM CHLORIDE, DEHYDRATED VEGETABLES (SPINACH, CELERY), NATURAL VEGETABLE FLAVOURS, CANOLA OIL
Basics	Sunflower oil spread	Nuttelex	VEGETABLE OILS (CONTAINING SUNFLOWER OIL 10%), WATER, SALT, EMULSIFIERS (471, SUNFLOWER LECITHIN), NATURAL FLAVOUR, VITAMINS A, D, E, NATURAL COLOUR (BETA CAROTENE).

Category	Product name	Brand	Ingredients
Beverages	Apple Mango Juice	Golden Circles	RECONSTITUTED APPLE JUICE (91.3%), MANGO (8.5%) (PUREE OR RECONSTITUTED), VITAMIN C, FOOD ACID (MALIC ACID)
Beverages	Apricot Nectar (Fruit drink)	Ardmona	WATER, APRICOT PUREE (35%), SUGAR, FLAVOUR, NATURAL COLOUR (160B), FOOD ACID (CITRIC), ANTIOXIDANT (ASCORBIC ACID)
Beverages	Coffee mate	Nestle	GLUCOSE SYRUP, VEGETABLE FAT, MINERAL SALTS (E340, E451), MILK PROTEIN, EMULSIFIERS (E471, E472E), ANTICAKING AGENT (E170), SALT, FLAVOURS. CONTAINS MILK PROTEIN
Beverages	Cordial - Diet - Apple Raspberry	Diet Rite	WATER, RECONSTITUTED JUICES [APPLE (48%), RASPBERRY (2%)], FOOD ACID (CITRIC), SWEETENERS (952, 950, 955), PRESERVATIVES (202, 223, [SULPHITES], NATURAL FLAVOURS, NATURAL COLOUR (163), VITAMIN C CONTAINS SULPHITES
Beverages	Cordial - Diet - Fruit Cocktail	Diet Rite	WATER, RECONSTITUTED JUICES [APPLE (30%), ORANGE (15%), PINEAPPLE (4%), PASSIONFRUIT (1%), FOOD ACID (CITRIC), NATURAL FLAVOURS, SWEETENERS (952, 950, 955), PRESERVATIVES (202, 223 [SULPHITES]), THICKENER (466), VITAMIN C, NATURAL COLOURS (150A, 100, 160A). CONTAINS SULPHITES
Beverages	Cordial - Diet - Lemon	Diet Rite	WATER, RECONSTITUTED LEMON JUICE (50%), SWEETENERS (952, 950, 955), NATURAL FLAVOURS. PRESERVATIVES (202, 223), THICKENER (466), VITAMIN C, NATURAL COLOUR (LUTEIN), FOOD ACID (CITRIC).
Beverages	Cordial - Fruit Cup	Golden Circles	WATER, SUGAR, RECONSTITUTED FRUIT JUICE (23%) (PINEAPPLE, LEMON, ORANGE, PASSIONFRUIT), FOOD ACID (CITRIC ACID), NATURAL FLAVOUR, PRESERVATIVES (SODIUM METABISULPHITE (SULPHITES), SODIUM BENZOATE, NATURAL COLOURS (CAROTENE, CARMINE), STABILISER (466) CONTAINS: SULPHITES
Beverages	Cordial - Fruit Cup	Community Co	RECONSTITUTED FRUIT JUICES (APPLE (34%), PINEAPPLE (10%), ORANGE (5%), PASSIONFRUIT (1%). WATER, SUGAR, FOOD ACID (330), NATURAL FLAVOURS, PRESERVATIVES (202, 223, NATURAL COLOURS (CARMINES, LUTEIN), SWEETENER (955). CONTAINS SULPHITES.
Beverages	Cordial - Lemon	Golden Circles	WATER, SUGAR, RECONSTITUTED LEMON JUICE (22%), FOOD ACID (SODIUM CITRATE), LEMON FLAVOUR, PRESERVATIVES (SODIUM METABISULPHITE (SULPHITES), SODIUM BENZOATE). CONTAINS: SULPHITES
Beverages	Cordial - Lemon	Community Co	RECONSTITUTED LEMON JUICE (50%), WATER, SUGAR, NATURAL FLAVOUR, PRESERVATIVES (202, 223), FOOD ACID (330), SWEETENER (955), NATURAL COLOUR (LUTEIN) CONTAINS SULPHITES
Beverages	Cordial - Orange	Community Co	RECONSTITUTED ORANGE JUICE (50%), WATER, SUGAR, FOOD ACID (330), NATURAL FLAVOUR, PRESERVATIVES (202, 223), SWEETENER (905), NATURAL COLOURS (CARMINES, LUTEIN) CONTAINS SULPHITES

Category	Product name	Brand	Ingredients
Beverages	Cordial - Raspberry	Golden Circles	WATER, SUGAR, FOOD ACIDS (CITRIC ACID, ACETIC ACID), PRESERVATIVES (SODIUM METABISULPHITE (SULPHITES), SODIUM BENZOATE, FLAVOUR, STABILISER (466), COLOUR (122) CONTAINS: SULPHITES
Beverages	Cordial - Raspberry	Community Co	WATER, SUGAR, FOOD ACID (330), NATURAL FLAVOUR, NATURAL COLOUR (ANTHOCYANINS), PRESERVATIVES (211, 223), SWEETENER (955). CONTAINS SULPHITES.
Beverages	Decaf coffee	Nautre's Cuppa	BARLEY, RYE, CHICORY, MALTED BARLEY - ROASTED CONTAINS BARLEY AND RYE.
Beverages	Decaf coffee	Nestle Caro	CEREALS (BARLEY, MALTED BARLEY, RYE) (86%), CHICORY. CONTAINS BARLEY AND RYE.
Beverages	Hot Chocolate	Nestle	SUGAR, MILK SOLIDS, GLUCOSE SYRUP, COCOA (10%), COCONUT OIL, SALT, STABILISER (340), EMULSIFIER (471), FLAVOUR (VANILLIN CONTAINS MILK), SPICE (CINNAMON) CONTAINS MILK
Beverages	Hot Chocolate	Nestle Aspen Blend	SUGAR, COCOA (COCOA SOLIDS 30%), MALTODEXTRIN (CORN), MILK SOLIDS, EMULSIFIER (SOY LECITHIN), SALT, FLAVOUR (VANILLA CONTAINS MILK). CONTAINS MILK AND SOY.
Beverages	Milo	Nestle	EXTRACT OF MALT BARLEY OR MALT BARLEY AND RICE (TOTAL EXTRACT 38%), MILK SOLIDS, SUGAR, COCOA, MINERALS (CALCIUM, IRON), MALTODEXTRIN (CORN), VITAMINS (C, B3, B6, B2, D, B12), EMULSIFIER (SOY LECITHIN). CONTAINS GLUTEN, MILK AND SOY.
Beverages	Orange juice	Black & Gold	RECONSTITUTED ORANGE JUICE (99%), NATURAL FLAVOUR, VITAMIN C, FOOD ACID (330).
Beverages	Pine Orange Juice	Golden Circles	RECONSTITUTED FRUIT JUICE [PINEAPPLE (79.8%), ORANGE (20%)], FOOD ACID (CITRIC ACID), VITAMIN C, STABILISER (PECTIN), NATURAL FLAVOURS
Beverages	Pineapple juice	Golden Circles	RECONSTITUTED PINEAPPLE JUICE (99.7%), FOOD ACID (CITRIC ACID), VITAMIN C, STABILISER (PECTIN), NATURAL FLAVOUR
Biscuits	Family favourites biscuits	Arnott's	WHEAT FLOUR, SUGAR, VEGETABLE OIL (ANTIOXIDANT [E307B FROM SOY]), BUTTER (FROM MILK), GOLDEN SYRUP, OATS, DESICCATED COCONUT, SALT, CONDENSED MILK, COCOA POWDER, BAKING POWDER, WHEAT STARCH, EGGS, MILK POWDER, FOOD COLOUR (CARAMEL III), ARROWROOT FLOUR, NATURAL FLAVOUR CONTAINS THE FOLLOWING BISCUITS: MILK COFFEE, TEDDY BEAR, CHOC RIPPLE, SCOTCH FINGER, BUTTERNUT SNAP, MILK ARROWROOT & NICE
Biscuits	Plain rice crackers	Sakata	RICE (97%), RICE BRAN OIL, SALT.
Biscuits	Rice cakes	Sun Rice	WHOLE GRAIN BROWN RICE PUFFED CEREAL GRAINS

Category	Product name	Brand	Ingredients
Biscuits	Salada - original	Arnott's	WHEAT FLOUR, VEGETABLE OIL, SALT, YEAST, BAKING POWDER, SUGAR, MALT EXTRACT (FROM BARLEY). CONTAINS WHEAT, GLUTEN. MAY CONTAIN EGG, MILK, TREE NUTS, PEANUT, SESAME, SOY.
Biscuits	Sao	Arnott's	WHEAT FOUR, VEGETABLE OIL, SALT, YEAST, MALT EXTRACT, (FROM BARLEY), SUGAR, BAKING POWDER, EMULSIFIER (SOY LECITHIN), ANTIOXIDANT (E307B FROM SOY) , MILK SOLIDS CONTAINS GLUTEN CONTAINING CEREALS, MILK AND SOY MAY CONTAIN TRACES OF EGG, PEANUT, SESAME AND TREE NUT.
Biscuits	Savoy	Arnott's	WHEAT FLOUR, VEGETABLE OIL (ANTIOXIDANT (E307B FROM SOY), SALT, SUGAR, YEAST, GOLDEN SYRUP, BAKING POWDER, HERB EXTRACT, MALT EXTRACT (FROM BARLEY), EMULSIFIER (SOY LECITHIN). CONTAINS WHEAT, GLUTEN, SOY. MAY CONTAIN EGG, MILK, TREE NUTS, PEANUT, SESAME.
Biscuits	Vita-weat original	Arnott's	WHOLEGRAIN (91%) [WHEAT], VEGETABLE OIL, SALT, SUGAR. CONTAINS GLUTEN CONTAINING CEREALS. MAY CONTAIN TRACES OF EGG, MILK, PEANUT, SESAME, SOY AND TREE NUT.
Biscuits	Water Cracker	Arnott's	WHEAT FLOUR, VEGETABLE OIL (CONTAINS SOY), SALT, BAKING POWDER. CONTAINS SOY AND GLUTEN CONTAINING CEREALS. MAY CONTAIN TRACES OF EGG, MILK, PEANUT, SESAME AND TREE NUT.
Breakfast ingredients	Apricot Jam	Cottee's	SUGAR, APRICOT (40%), FOOD ACID (CITRIC ACID), GELLING AGENT (PECTIN)
Breakfast ingredients	Apricot Jam	IXL	SUGAR, APRICOT (40%), FOOD ACID (CITRIC, ASCORBIC), GELLING AGENT (FRUIT PECTIN)
Breakfast ingredients	Breakfast Marmalade	Cottee's	SUGAR, ORANGE (27%) [JUICE & PEEL (CONTAINS PRESERVATIVE 223)], WATER, GELLING AGENT (PECTIN), FOOD ACID (CITRIC ACID), GRAPEFRUIT EXTRACT, MINERAL SALT (CALCIUM CHLORIDE), NATURAL ORANGE OIL (CONTAINS SOY)
Breakfast ingredients	Corn flakes (Gluten Free)	Kellogg's	CORN (92%), SUGAR, SALT, VITAMINS (VITAMIN E, NIACIN, VITAMIN B6, THIAMIN, RIBOFLAVIN, FOLATE), MINERALS (IRON, ZINC OXIDE).
Breakfast ingredients	Cornflakes	Kellogg's	CORN (90%), SUGAR, SALT, BARLEY MALT EXTRACT, VITAMINS (VITAMIN E, NIACIN, VITAMIN B6, RIBOFLAVIN, FOLATE), MINERALS (IRON, ZINC OXIDE). CONTAINS GLUTEN. MAY CONTAIN WHEAT, PEANUT, TREE NUTS.
Breakfast ingredients	Forest Fruits Jam	IXL	SUGAR, FRUIT (40%) [RASPBERRY, BLACKBERRY, STRAWBERRY, BOYSENBERRY, BLACKBURRANT], GELLING AGENT (FRUIT PECTIN), FOOD ACID (CITRIC), NATURAL COLOUR (GRAPE JUICE CONCENTRATE)
Breakfast ingredients	Fresh yogurt - Greek style	Easiyo	MILK SOLIDS (99%) (EMULSIFIER (SOY LECITHIN)), LIVE YOGURT CULTURES (L. BULGARICUS, S.THERMOPHILUS, LACIDOPHILUS,L.RHAMNOSUS). CONTAINS MILK AND SOY PRODUCTS.

Category	Product name	Brand	Ingredients
Breakfast ingredients	Fresh yogurt - Natural	Easiyo	MILK SOLIDS (99%) (EMULSIFIER (SOY LECITHIN)), LIVE YOGURT CULTURES (L. BULGARICUS, S. THERMOPHILUS, L.ACIDOPHILUS, L.RHAMNOSUS). CONTAINS MILK, SOY.
Breakfast ingredients	Fresh yogurt - Strawberry	Easiyo	MILK SOLIDS (61%) (EMULSIFIER (SOY LECITHIN)), SUGAR, LIVE YOGURT CULTURES (L. BULGARICUS, S. THERMOPHILUS, L. ACIDOPHILUS, L.RHAMNOSUS), NATURAL FLAVOUR, NATURAL COLOUR (BEETROOT RED). CONTAINS MILK, SOY.
Breakfast ingredients	Fresh yogurt - Vanilla	Easiyo	MILK SOLIDS (64%) (EMULSIFIER (SOY LECITHIN)), SUGAR, NATURAL FLAVOUR, NATURAL COLOUR (BETA-CAROTENE), LIVE YOGURT CULTURES (S. THERMOPHILUS, L BULGARICUS, LRHAMNOSUS, LACIDOPHILUS). CONTAINS MILK, SOY.
Breakfast ingredients	Marmalade (Breakfast)	IXL	SUGAR, ORANGE (24%), WATER, GELLING AGENT (FRUIT PECTIN), FOOD ACID (CITRIC), NATURAL ORANGE OIL
Breakfast ingredients	Natural Style - Swiss Blend Museli	Uncle Toby's	CONTAINS GLUTEN CONTAINING INGREDIENTS, TREE NUTS, SOY AND SULPHITES WHOLE GRAIN ROLLED OUTS (72%), DRIED FRUITS [SULTANAS (8%), APRICOT (3%), CURRANTS (2%), APPLE (2%), (PRESERVATIVES (220, 223)* ¹ , WHEAT BRAN, RAW SUGAR, ALMONDS (0.5%), BARLEY MALT EXTRACT, VITAMIN E (SOY), EMULSIFIER (471). *SOME DRIED FRUIT CONTAIN SULPHITES TO MAINTAIN NATURAL COLOUR & SHELF LIFE MAY CONTAIN OTHER GLUTEN CONTAINING INGREDIENTS, MILK, OTHER TREE NUTS AND LIPIN
Breakfast ingredients	Natural style Swiss Blend Museli, Premium Whole Grain Oats, Sweet Sultanas, Apricots & Almonds	Uncle Tobys	WHOLE GRAIN ROLLED OATS (72%), DRIED FRUITS [SULTANAS (8%), APRICOT (3%), CURRANTS (2%), APPLE (2%), (PRESERVATIVES (220, 223)* ¹ , WHEAT BRAN, RAW SUGAR, ALMONDS (0.5%), BARLEY MALT EXTRACT, VITAMIN E (SOY), EMULSIFIER (471).
Breakfast ingredients	Peanut Butter - Smooth	Bega	ROASTED PEANUTS (86%), VEGETABLE OIL (CONTAINS ANTIOXIDANT (320)), SUGAR, SALT ALLERGENS: CONTAINS PEANUTS
Breakfast ingredients	Plum Jam	Cottee's	SUGAR, PLUMS (40%), GELLING AGENT (PECTIN), NATURAL COLOUR (GRAPE SKIN EXTRACT, FOOD ACID (CITRIC ACID)
Breakfast ingredients	Pure Honey	Community Co	AUSTRALIAN HONEY (100%)
Breakfast ingredients	Raspberry Jam	IXL	SUGAR, RASPBERRY (40%), GELLING AGENT (FRUIT PECTIN), FOOD ACID (CITRIC)
Breakfast ingredients	Raspberry Jam	Cottee's	SUGAR, RASPBERRY (40%), GELLING AGENT (PECTIN), FOOD ACID (CITRIC ACID)
Breakfast ingredients	Rice bubbles	Kellogg's	WHOLE WHITE RICE (91%), SUGAR, SALT, BARLEY MALT EXTRACT, MINERALS (IRON, ZINC OXIDE), VITAMINS (NIACIN, RIBOFLAVIN, VITAMIN B6, FOLATE). CONTAINS GLUTEN. MAY CONTAIN WHEAT, PEANUT, TREE NUTS.
Breakfast ingredients	Rolled Oats	Black & Gold	100% WHOLEGRAIN OATS CONTAINS GLUTEN
Breakfast ingredients	Strawberry Jam	Cottee's	SUGAR, STRAWBERRY (40%), GELLING AGENT (PECTIN), FOOD ACID (CITRIC ACID), MINERAL SALT (CALCIUM CHLORIDE)

Category	Product name	Brand	Ingredients
Breakfast ingredients	Strawberry Jam	IXL	SUGAR, STRAWBERRY (40%), GELLING AGENT (FRUIT PECTIN), FOOD ACID (CITRIC)
Breakfast ingredients	Vegemite	Bega	YEAST EXTRACT (FROM YEAST GROWN ON BARLEY AND WHEAT), SALT, MINERAL, SALT (508), MALT EXTRACT (FROM BARLEY), COLOUR (150C), FLAVOURS, NIACIN, THIAMINE, RIBOFLAVIN, FOLATE ALLERGENS: CONTAINS BARLEY AND WHEAT
Breakfast ingredients	Weet-Bix	Sanitarium	WHOLEGRAIN WHEAT (97%), RAW SUGAR, SALT, BARLEY MALT EXTRACT, VITAMINS (IACIN, THIAMIN, RIBOFLAVIN, FOLATE), MINERAL (IRON). CONTAINS: GLUTEN, WHEAT MAY CONTAIN: LUPIN
Breakfast ingredients	Weet-Bix (Gluten Free)	Sanitarium	WHOLEGRAIN SORGHUM (96%), GOLDEN SYRUP, SALT, VITAMINS (E. NIACIN. THIAMIN. RIBONAVIN FOLATE).
Canned fruit	Apple Slices	Ardmona	APPLE SLICES (100%)
Canned fruit	Apricots canned	SPC	APRICOT HALVES (53%), FRUIT JUICE (PEAR/APPLE/GRAPE/PEACH).
Canned fruit	Fruit Salad in juice	SPC	FRUIT SALAD (59%) (AUSTRALIAN GROWN DICED PEARS AND DICED PEACHES, IMPORTED PINEAPPLE PIECES), REFINED FRUIT JUICE
Canned fruit	Peaches sliced	SPC	PEACH SLICES (59%), FRUIT JUICE (PEAR/APPLE/GRAPE/PEACH
Canned fruit	Pears sliced in juice	SPC	PEAR SLICES (59%), REFINED FRUIT JUICE.
Canned fruit	Pineapple pieces	Golden Circles	PINEAPPLE (69%), WATER, SUGAR
Canned fruit	Pineapple pieces in natural juice	Autumn Fields	PINEAPPLE (59%), PINEAPPLE JUICE (41%)
Canned fruit	Two fruits diced in juice	SPC	TWO FRUITS (59%) (DICED PEARS AND PEACHES), REFINED FRUIT JUICE. FRUIT RATIOS MAY VARY DUE TO SEASONAL AVAILABILITY
Canned protein	Baked beans in tomato sauce	SPC	NAY BEANS (50%), RICH TOMATO SAUCE TOMATO PUREE (26%), WATER, SUGAR, MAIZE THICKENER (1422), SALT, SEASONING (CONTAINS NALTURAL FLAVOURS) FOOD ACID (CITRIC), ANTIOXIDANT (ASCORBIC ACID) MAY CONTAIN SOYBEANS
Canned protein	Baked beans in tomato sauce	Black & Gold	NAVY BEANS (49%), WATER, SUGAR, TOMATO PASTE (4%), MODIFIED MAIZE STARCH (1422), SALT, PAPRIKA, ONION POWDER, NATURAL FLAVOURS
Canned protein	Black Beans	Edgell	BLACK BEANS (60%), WATER, SUGAR, SALT, FIRMING AGENT (509), FOOD ACID (ACETIC ACID).
Canned protein	Braised Steak & Onion	Harvest	WATER, BEEF (16%), ONION (14%), TOMATO PASTE (3.54, WHEAT FLOUR, THICKENER (1422), TEXTURED SOY PROTEIN, HYDROLYSED VEGETABLE PROTEIN, SALT, FLAVOUR (CONTAINS FLAVOUR ENHANCER (MSG, 627, 631]), ACIDITY REGULATOR (450), COLOURS (CAMEL I, CAMEL IV), BLACK PEPPER.
Canned protein	Brown Lentils	Edgell	LENTIS (60%), WATER, SALT, TOMATO PASTE, FIRMING AGENT (509), ANTIOXIDANT (ASCORBIC ACID).
Canned protein	Cannellini Beans	Edgell	CANNELLINI BEANS (60%), WATER, SALT, ANTIODITANT (ASCORBIC ACID), FIRMING AGENT (509).

Category	Product name	Brand	Ingredients
Canned protein	Chicken breast (Premium Chunk) - packed in water	Kirkland	CHICKEN BREAST MEAT (83%), WATER (14%), SALT, THICKENER (1442), EMULSIFIERS (339, 450, 451), CHICKEN BROTH, FLAVOURS
Canned protein	Chunk style Tuna (in springwater)	John West	PURSE SEINE CAUGHT SKIPJACK TUNA (KATSUWONUS PELAMIS) (65%), SPRINGWATER, SALT
Canned protein	Corned beef with juices	Palm	BEEF (98%), SALT, PRESERVATIVES (250)
Canned protein	Deli Style Leg Ham	Hydale	PORK (85%), WATER, SALT. SUGAR, THICKENER (407), STABILISER (339), ANTIOXIDANT (316), SODIUM NITRITE (250). MAY ALSO CONTAIN TRACES OF GLUTEN CEREALS AND SOY.
Canned protein	Deli Tuna - Chilli Infused Oil & Lemon Zest	John West	PURSE SEINE CAUGHT SKIPJACK TUNA (KATSUWONUS PELAMIS) (65%), SUNFLOWER OIL (26%), CHILLI (4%), ROASTED GARLIC, LEMON ZEST (0.7%), SALT, LEMON JUICE POWDER, FOOD ACID (CITRIC), PARSLEY, BLACK PEPPER CONTAINS FISH
Canned protein	Leg Ham	Plumrose premium	PORK (84%6), WATER, SALT, ACIDITY REGULATOR (451), THICKENER (CARRAGEENAN), ANTIOXIDANT (316), COLOUR FIXATIVE (SODIUM NITRITE).
Canned protein	Leg Ham (Deli Style)	Hydale	PORK (85%), WATER, SALT. SUGAR, THICKENER (407), STABILISER (339), ANTIOXIDANT (316), SODIUM NITRITE (250).
Canned protein	Pink Salmon	Kirkland	PINK SALMON (ONCORHYNCHUS GORBUSCHA) (99%), SALT
Canned protein	Premium chunk chicken breast (packed in water)	Kirkland	CHICKEN BREAST MEAT (83%), WATER (14%), SALT, THICKENER (1442), EMULSIFIERS (339, 450, 451), CHICKEN BROTH, FLAVOURS.
Canned protein	Premium Red Salmon (Wild Pacific)	Ocean Rise	RED SALMON (99%) (ONCORHYNCHUS NERKA), SALT
Canned protein	Sardines in hot sauce (Portugese style)	Santamaria	SARDINES (70%), HOT SAUCE (30%) (SUNFLOWER OIL, SALT, HOT CHILLI PEPPERS (0.92%), CHILLI POWDER).
Canned protein	Sardines in oil (Portugese style)	Santamaria	SARDINES (70%), SUNFLOWER OIL (29%), SALT
Canned protein	Sardines in tomato sauce (Portugese style)	Santamaria	SARDINES (6,%), TOMATO SAUCE (35%) WATER, TOMATOES (10.6%), SUNFLOWER OIL, SALT).
Canned protein	Spaghetti in tomato sauce	SPC	PASTA (WHEAT FLOUR) (50%), RICH TOMATO SAUCE (TOMATO PUREE (34%), WATER, SUGAR, THICKENERS (1412, MAIZE STARCH), SALT, NATURAL FLAVOURS, COLOUR (160C), VEGETABLE POWDER, FOOD ACID (CITRIC)) CONTAINS: WHEAT, GLUTEN MAY CONTAIN: EGG
Canned protein	Spaghetti sauce with Australian beef	Leggo's	TOMATO PUREE (58%) (FROM PASTE), ONION (12%), BEEF (12%), WATER (9%), TEXTURED SOY PRETEIN [CONTAINS COLOUR (CCARAMEL IV)], THICKENER (1142), HYDROLYSED VEGETABLE PROTEIN, FLAVOUR (CONTAINS FLAVOUR ENHANCERS (627, 631), CELERY, ONION), SUGAR, SALT, PEPPER CONTAINS SOY

Category	Product name	Brand	Ingredients
Canned protein	Spaghetti sauce with beef	Campbell's	TOMATO PUREE (50%), BEEF (23%), CARROTS, ONIONS, SOY PROTEIN, MODIFIED STARCH (E1412 (FROM MAIZE)), SUGAR, GARLIC, SALT, VEGETABLE PROTEIN EXTRACT (FROM SOY), SPICE, FOOD COLOUR (CARAMEL IV), FLAVOUR ENHANCER (E635), YEAST EXTRACT CONTAINS SOY
Canned protein	Spam		PORK (92%), WATER, SALT, THICKENER (1442), SUGAR, PRESERVATIVE (250), COLOUR (160B), HUMECTANT (1520).
Canned protein	Spiced Ham	Hydale	PORK (91%), WATER, SALT, THICKENER (1442), SUGAR, EMULSIFIER (339), ANTIOXIDANT (316), POTASSIUM CHLORIDE, SODIUM NITRITE (250).
Canned protein	Tuna - Yellowfin - Italian Style in Oil with Chilli	Ocean Rise	YELLOWFIN TUNA (THUNNUS ALBACARES) (FISH) (81%), SUNFLOWER OIL (11%), WATER, EXTRA VIRGIN OLIVE OIL (2.7%), SALT, WHOLE CHILLI (0.5%), NATURAL COLOUR (160C). CONTAINS FISH.
Canned protein	Tuna (Flame Grilled Capsicum in oil)	John West	PURSE SEINE CAUGHT SKIPJACK TUNA (KATSUWONUS PELAMIS) (65%), SUNFLOWER OIL (19%), FLAME-GRILLED CAPSICUM (10%), GARLIC, DRIED CAPSICUM, SALT
Canned vegetables	Baby Corn In Brine	Pigeon Brand	YOUNG CORN (54.1%), WATER, SALT, ACIDITY REGULATOR (330)
Canned vegetables	Bamboo Shoot Slices	Valcom	BAMBOO SHOOTS (62%), WATER, ACIDITY REGULATOR (330).
Canned vegetables	Champignons Whole	Riviana	CHAMPIGIONS (55%), WATER, SALT, FOOD ACID (330)
Canned vegetables	Corn Kernals	Edgell	SWEET CORN (58%), WATER, SALT
Canned vegetables	Creamed Corn	Golden circle	CORN (60%), WATER, SUGAR, MAIZE THICKENER (1412), SALT
Canned vegetables	Italian Diced Tomatoes	Community Co	TOMATOES (60%), TOMATO JUICE, ACIDITY, REGULATOR (CITRIC ACID)
Canned vegetables	Sliced beetroot	Golden circle	BEETROOT (62%), WATER, SUGAR, FOOD ACID (ACETIC ACID), SALT, HERB & SPICE FLAVOURS
Canned vegetables	Sliced Green Beans	Edgell	GREEN BEANS (51%), WATER, SALT, SUGAR
Canned vegetables	Straw Mushrooms	Chef's World	STRAW MUSHROOMS (47%), WATER, SALT.
Canned vegetables	Water Chestnut Slices	Valcom	WATER CHESTNUT (60%), WATER, ACIDITY REGULATOR (330)
Canned vegetables	Whole champignons	Riviana	CHAMPIGIONS (55%). WATER, SALT FOOD ACID (330)
Carbs	Bread Mix	Laucke Flour	UNBLEACHED WHEATEN FLOUR, NON IODISED SALT, MALT FLOUR, INACTIVE DRY YEAST, ASCORBIC ACID (VITAMIN C), ENZYMES, VITAMIN (THIAMINE, FOLIC ACID). YEAST SACHET: DRY YEAST, EMULSIFIER (E491) CONTAINS: GLUTEN
Carbs	Gluten Free Penne Pasta	BuonTempo	RICE FLOUR (87%), CORN FLOUR (13%)
Carbs	Gluten Free Spaghetti	San Remo	MAIZE STARCH, SOY FLOUR, POTATO STARCH, RICE STARCH CONTAINS SOY
Carbs	Instant Mashed Potato	Deb Continental	POTATO FLAKE (84%) [CONTAINS EMULSIFIER (471), PRESERVATIVE (SODIUM BISULPHITE)], SUNFLOWER OIL, SALT, WHEY POWDER, SKIM MILK POWDER, FLAVOURS (CONTAIN MILK), CREAM POWDER, SPICE EXTRACT. CONTAINS MILK

Category	Product name	Brand	Ingredients
Carbs	Lasagna sheets	San Remo	DURUM WHEAT SEMOLINA MAY CONTAIN TRACES OF EGG AND SOY PRODUCT DOES NOT CONTAIN EGG AS AN INGREDIENT.
Carbs	Spaghetti	San Remo	DURUM WHEAT SEMOLINA MAY CONTAIN TRACES OF EGG & SOY. PRODUCT DOES NOT CONTAIN EGG AS AN INGREDIENT
Carbs	Spirals	San Remo	DURUM WHEAT SEMOLINA MAY CONTAIN TRACES OF EGG & SOY. PRODUCT DOES NOT CONTAIN EGG AS AN INGREDIENT
Carbs	Vermicelli Rice Noodles (Gluten Free)	Chang's	RICE, CORN STARCH, WATER.
Condiment	BBQ Sauce	Colway	RECONSTITUED TOMATO PUREE (46%), SUGAR, SALT, THICKENERS (1422, 415), ACIDITY REGULATOR (26), MOLASSES, MALTODEXTRIN, COLOUR (150D) (CONTAINS SULPHITES), ONION, GARLIC, SPICES, FLAVOUR CONTAINS SULPHITES
Condiment	Hot Chilli Sauce	Fountain	SUGAR, TOMATO PUREE, CHILLI (14%), WHITE VINEGAR, MALT VINEGAR (FROM WHEAT & BARLEY), SALT, CAPSICUM, MAIZE THICKENER (1442), SPICES, ONION POWDER, GARLIC POWDER, STABILISER (415), NATURAL FLAVOUR CONTAINS: WHEAT, GLUTEN MAY CONTAIN: SOY, PEANUT
Condiment	Soy sauce	Kikkoman	WATER, SOYBEANS (18%), WHEAT, SALT. CONTAINS WHEAT, SOY, 3.2% ALCOHOL FROM THE NATURAL BREWING PROCESS.
Condiment	Pesto sundried tomato	Leggo's	TOMATO PUREE (54%) (FROM PASTE), CANOLA OIL, SUNDRIED TOMATOES (10%), CAPSICUM (9%), NUTS (6%) (CASHEWS, ALMONDS), SALT, GARLIC, HERBS, LEMON JUICE CONCENTRATE, THICKENERS (1442, XANTHAN GUM), NATURAL CHEESE FLAVOUR (CONTAINS MILK), PEPPER. CONTAINS TREE NUTS AND MILK MAY CONTAIN PEANUTS
Condiment	Basil pesto	Barilla	SUNFLOUR OIL, BASIL 30%, CASHEWS, PARMIGIANO REGGIANO CHEESE 5% (MILK), MAIZE SOLUBLE FIBRE, WHEY POWDER (MILK), SALT, MILK PROTEIN, EXTRA VIRGIN OILVE OIL, SUGAR, BASIL EXTRACT, NATURAL FLAVOURINGS (MILK), ACIDITY REGULATOR: LACTIC ACID, GARLIC. CONTAINS CASHEWS AND MILK MAY CONTAIN OTHER TREE NUTS
Condiment	Basil pesto	Leggo's	BASIL (34%), WATER, CANOLA OIL, PECORINO CHEESE (9%) (MILK, SALT, CULTURES, ENZYMES, TAPIOCA STARCH, WHEY POWDER), NUTS (6%) (ALMONDS, CASHEWS), SUNFLOWER OIL, GARLIC (2%), SALT, NATURAL FLAVOUR (CONTAINS MILK), SUGAR, FOOD ACID (LACTIC), FIBRES (FRUIT, VEGETABLE). CONTAINS TREE NUTS AND MILK MAY CONTAIN PEANUTS
Condiments	Australian Extra Virgin Olive Oil, Light Flavour	Cobram Estate	100% AUSTRALIAN EXTRA VIRGIN OLIVE OIL

Category	Product name	Brand	Ingredients
Condiments	Australian Pickled Onions	Three Threes	AUSTRALIAN ONIONS (60%), WATER, SUGAR, FOOD ACIDS (260, 270), SALT, SPICE EXTRACT, MINERAL SALT (509), PRESERVATIVE (220) CONTAINS: SULPHITES
Condiments	Barbeque Sauce	Colway	RECONSTITUTED TOMATO PUREE (46%), SUGAR, SALT, THICKENERS (1422, 415), ACIDITY REGULATOR (260) < MOLASSES, MALTODEXTRIN, COLOUR (150D), ONION, GARLIC, SPICES, FLAVOUR. CONTAINS SULPHITES
Condiments	Black Bean Sauce	Ayam	SOY SAUCE (WATER, SOYBEANS, SALT, RICE) (50%), SUGAR, WATER, SALTED BLACK BEANS (SOYBEANS, SALT), THICKENER (1422), CARAMEL (150A), GINGER, TANGERINE PEEL, FOOD ACIDS (260, 270), SALT. CONTAINS SOY
Condiments	Chinese Cooking Wine	Pandaroo	WATER, ALCOHOL (16%), WHEAT, GLUTINOUS RICE, SALT (1.6%), FOOD ADDITIVE CARAMEL
Condiments	Gherkin Relish	Masterfoods	GHERKINS (GHERKINS (28%), WATER, SALT, FOOD ACID (ACETIC), FIRMING AGENT (CALCIUM CHLORIDE), PRESERVATIVE (SODIUM METABISULPHITE)), SUGAR, WATER, THICKENER (MODIFIED CORNSTARCH), SALT, MUSTARD SEED (0.5%), COLOUR (CHLOROPHYLL-COPPER COMPLEX & RIBOFLAVIN), SPICE EXTRACT CONTAINS: SULPHITES MAY CONTAIN: PEANUTS & WHEAT
Condiments	Giardiniera	Hoyt's	MIXED VEGETABLES (65%): (100% AUSTRALIAN GROWN PRODUCE - CAULIFLOWER, CARROTS, PEPPERS), (IMPORTED PRODUCE - GHERKINS, ONIONS, OLIVES), WATER, VINEGAR, MINERAL SALTS (509), PRESERVATIVES (223)
Condiments	Glaze with Balsamic Venifa of Modena	Community Co	GRAPE MUST, BALSAMIC VINEGAR OF MODENA (35%), (COOKED GRAPE MUTT, WINE VINEGAR), MODIFIED STARCH (1422).
Condiments	Horseradish Cream Condiment	Masterfoods	WATER, HORSERADISH (17%) (CONTAINS SULPHITES), MUSTARD SEED, SUGAR, VEGETABLE OIL, SALT, FOOD ACID (ACETIC), WHEY PROTEIN (CONTAINS MILK), CLARIFIED BUTTER (CONTAINS MILK), THICKENERS (MODIFIED CORNSTARCH, XANTHAN GUM (CONTAINS SOY)), FLAVOURS, PRESERVATIVE (SODIUM METABISULPHITE), COLOUR (PAPRIKA OLEORESIN) CONTAINS: SULPHITES, MILK AND SOY
Condiments	Hot English Mustard	Colway	WATER, MUSTARD (24%) (MUSTARD SEEDS, MUSTARD FLOUR, MUSTARD POWDER), SUGAR, SALT, SPICES, ACIDITY REGULATOR (330), MUSTARD OIL (0.2%)
Condiments	Kalamata Olives - Pitted	Always Fresh	KALAMATA OLIVES (59%), WATER, SALT, OLIVE OIL, SUGAR, FOOD ACID (260), COLOUR (150C).
Condiments	Lemon Juice	Black & Gold	PERONSTLUTED LEMON JUICE (99.9%), ANTIOXIDANT (300), LEMON FLAVOUR PRESERVATIVE (223) CONTAINS: SULPHITES
Condiments	Mint Jelly	Masterfoods	SUGAR, WATER, GLUCOSE SPRUP, FOOD ACIDS (ACETIC, CITRIC, SODIUM CITRATE), THICKENER (PECTIN), SALT, MINT 0.5%, VEGETABLE OIL, COLOUR (CHLOROPHYLL-&COGGER COMPLEX, RIBOFLAVIN), MINT EXTRACTS. MAY CONTAIN PEANUTS.

Category	Product name	Brand	Ingredients
Condiments	Oyser Sauce	Panda Brand Oyster Sauce	WATER, SUGAR, OYSER EXTRACT (11%) (OYSTERS, WATER, SALT), SALT, MODIFIED CORN STARCH (1442), FLAVOUR ENHANCER (621), WHEAT FLOUR, COLOUR (150A). CONTAINS OYSTERS, WHEAT.
Condiments	Rich gravy mix	Maggi	WHEAT FLOUR, MALTODEXTRIN (FROM CORN), MODIFIED STARCH (1422), LODISED SALT, SUGAR, YEAST EXTRACT, VEGETABLE FAT, FLAVOUR ENHANCERS (621, 635), COLOUR (150C), ONION POWDER, FLAVOURS, FOOD ACID (330), SPICE. CONTAINS WHEAT AND GLUTEN. MAY CONTAIN FISH, MILK, SOY, CELERY, MUSTARD, CRUSTACEA AND SULPHITES.
Condiments	Southern Style Pickled Onions	Hoyt's	ONIONS (60%), WATER, SUGAR, SALT, FOOD ACID (260), SPICES, CARAMEL COLOUR (150C), PRESERVATIVE (223), SULPHITES.
Condiments	Soy Sauce	Kikkoman	WATER, SOYBEANS (18%), WHEAT, SALT. CONTAINS WHEAT, SOY, 3.2% ALCOHOL FROM THE NATURAL BREWING PROCESS.
Condiments	Sundried Tomatoes Strips	Always Fresh	REHYDRATED, SUNDRIED TOMATOES (54%), CANOLA OIL, SALT. HERBS, SUGAR, GARLIC, ANTIOXIDANT (300), ACIDITY REGULATOR (330)
Condiments	Sweet Chilli Sauce	Trident	SUGAR, PICKLED RED CHILLI (21%), WATER, GARLIC, VINEGAR, SALT, STABILISER: (415).
Condiments	Sweet Chilli Sauce	Masterfoods	WATER, SUGAR, GOLDEN SYRUP, SALT, THICKENERS (MODIFIED CORNSTARCH, XANTHAN GUM (CONTAINS SOY)), FOOD ACID (ACETIC), GARLIC 1%, PAPRIKA, HONEY 0.5%, GINGER, CHILLI 0.5% CONTAINS: SOY MAY CONTAIN PEANUTS
Condiments	Sweet Mustard Pickle	Fletchers	CAULIFLOWER, WATER, ONION, SUGAR, GHERKINS, ACIDITY REGULATOR (E260), MODIFIED STARCH (E1412), UNMODIFIED STARCH, MUSTARD FLOUR, CURRY, TURMERIC, FLAVOUR, GINGER (SPICE), BLACK PEPPER, NATURAL FLAVOUR, TARTRAZINE (E102) CI19140
Condiments	Sweet Mustard Pickle	Three Threes	VEGETABLES 38% (ONION, CAULIFLOWER, CUCUMBER), WATER, MALT VINEGUR (BARLEY, WHEAT), (COLOUR 150) SUGAR, WHEAL FLOUR, SAL, MODLIED MAIZE STARCH (1422), TURMERIC, MUSTARD, COLOUR (102). CONTAINS SULPHITES AND GLUTEN.
Condiments	Thick Mint Sauce	Fountain	WATER, SUGAR SYRUP, DEXTROSE, FOOD - ACIDS (260,330, 331, 332), REHYDRATED MINT, VEGETABLE GUMS (440, 415, 407, 410), MINERAL SALTS (41, 508), NATURAL FLAVOUR, SALT, COLOURS (14,10).
Condiments	Tomato Sauce	Fountain	TOMATO PUREE (78%), SUGAR, SALT, FOOD ACID (260), NATURAL FLAVOUR.
Condiments	Traditional Mayo	Praise	SUNFLOWER OIL (ANTIORIDANT (320), WATER, SUGAR, FREE RANGE WHOLE EGG (4%), WHITE VINEGAR, MALT VINEGAR (BARLEY & WHEAT), SALT, VEGETABLE GUMS (415 FROM SOY, 405), FOOD ACID (330), NATURAL COLOUR (CARROT EXTRACT), FLAVOURS. CONTAINS EGG

Category	Product name	Brand	Ingredients
Cooking regulars	Bread crumbs	Black & Gold	FLOUR (WHEAT, WHOLEMEAL WHEAT FLOUR, RYE FLOUR, MALT BARLEY FLOUR), YEAST, WATER, LODISED SEA SALT, VINEGAR, CANOLA OIL, SUGAR, WHEAT FIBRE, CHIA SEEDS, VITAMINS (THIAMIN & FOLATE). CONTAINS CEREALS CONTAINING GLUTEN (WHEAT, RYE, BARLEY).
Cooking regulars	Coconut Cream	Royal Line	COCONUT (25%), WATER, GUAR GUM (412), EMULSIFIERS (435,466).
Cooking regulars	Coconut Milk	Royal Line	COCONUT (25%), WATER, GUAR GUM (412), EMULSIFIERS (435,466).
Cooking regulars	Cornflour	Whitewings	MAIZE CORNFLOUR
Cooking regulars	Green curry paste	Asia specialities	SHALLOT, LEMONGRASS (15%), GARLIC, GALANGALL (13%), GREEN CHILLI (12%), WATER, SALT, SUGAR, COMANDER SEEDL, KAFFIR LIME PEEL, GINGER, TURMERIC, PEPPER (0,6%), DRIED CUMIN, ACIDITY REGULATOR (330) MAY CONTAIN: GLUTEN, CEREALS, CRUSTACEA, PEANUTS, SOY, FISH AND SESAME
Cooking regulars	Massaman Curry Paste	Asia specialities	WATER, GARLIC, GALANGAL (12%), LEMONGRASS (12%), SHALLOT, CORIANDER SEEDS, SALT, DRIED RED CHILLI (4.5%), SUGAR, MACE, CINNAMON, NUTMEG, KAFFIR LIME PEEL, CLOVE, CARDAMON, DRIED CUMIN, PEPPER (0.3%), ACIDITY REGULATOR (330). MAY CONTAIN: GLUTEN CEREALS, CRUSTACEA, PEANUTS, SOY, FISH AND SESAME
Cooking regulars	Tomato Paste	Fountain	TOMATO PASTE (98%), SALT, FOOD ACID (CITRIC).
Cooking regulars	Whole Egg Powder	Pure Product Austr	WHOLE EGG POWDER (100%) CONTAINS EGG
Dairy (& similar)	Coconut milk powder	Ayam	COCONUT MILK (94%), MALTODEXTRIN, MILK PROTEIN CONTAINS DAIRY GLUTEN FREE
Dairy (& similar)	Cow's Ghee	Britannia	COW'S MILK FAT.
Dairy (& similar)	Full cream long life milk	Black & Gold	FULL CREAM MILK. CONTAINS MILK.
Dairy (& similar)	Full cream milk powder	Devondale	MILK, EMULSIFIER (322, FROM SOY)
Dairy (& similar)	Ghee	Puresoul	CLARIFIED BUTTER
Dairy (& similar)	Ghee	Sabrini	MILK FAT (100%). MAY CONTAIN: GLUTEN, PEANUTS, TREE NUTS, SESAME SEEDS, SOY AND MILK
Dairy (& similar)	Oat milk	Vitasoy	FILTERED WATER, WHOLE OATS (MIN.8%), SUNFLOWER OIL, OAT FLOUR, GUM ARABIC, MINERALS (CALCIUM PHOSPHATE, CALCIUM CARBONATE), ACIDITY REGULATOR (POTASSIUM PHOSPHATE), NATURAL FLAVOUR, SEA SALT, VITAMIN D. CONTAINS GLUTEN.
Dairy (& similar)	Parmesan	Kraft	MILK, SALT, ANTICAKING AGENT (389), CULTURES, ENZYMES, CONTAINS MILK TRACES OF WHEAT, EGG & SOY.
Dairy (& similar)	Rice milk	Vitasoy	FILTERED WATER, WHOLE BROWN RICE (MIN. 13%), SUNFLOWER OIL, MINERAL (CALCIUM PHOSPHATE), SEA SALT.

Category	Product name	Brand	Ingredients
Dairy (& similar)	Skim Milk	Black & Gold	SKIM MILK. CONTAINS MILK.
Dairy (& similar)	Soy milk	Community Co	WATER, SOY PROTEIN ISOLATE (4%), MALTODEXTRIN, VEGETABLE OIL (CANOLA OIL), SUGAR, MINERAL SALTS (450, 509, 526, 504), ACIDITY REGULATORS (338, 332), VITAMINS (RIBOFLAVIN, VITAMIN A, VITAMIN B12) CONTAINS SOY
Dairy (& similar)	Tasty cheese	Devondale	CHEESE (PASTEURISED MILK, SALT, STARTER CULTURES, ENZYME (NON-ANIMAL RENNET)). CONTAINS MILK
Dairy (& similar)	Thickened cream	Devondale	CREAM, MILK, MILK SOLIDS, EMULSIFIERS (SOY LECITHIN, 401, 40, 412, 415, 433, 471). CONTAINS MILK AND SOY
Dehydrated vegetables & legumes	Borlotti Beans	McKenzie's	MAY CONTAIN GLUTEN, SOY & LUPIN,
Dehydrated vegetables & legumes	Chickpeas	McKenzie's	CHICKPEAS MAY CONTAIN GLUTEN, SOY & LUPIN
Dehydrated vegetables & legumes	Dehydrated peas	Continental	PEAS (93%), SUGAR, ACIDITY REGULATOR (DOSIUM CITRATE, SODIUM CARBONATE)
Dehydrated vegetables & legumes	Five Bean Mix	McKenzie's	MIXED BEANS (CHICK PEAS, RED KIDNEY BEANS, WHITE BEANS, CRANBERRY BEANS, BLACK EYE BEANS) (100%)
Dehydrated vegetables & legumes	Green split peas	McKenzie's	GREEN SPLIT PEAS MAY CONTAIN: WHEAT, BARLEY, OAT, RYE, GLUTEN, SOY, LUPIN
Dehydrated vegetables & legumes	Onion Flake (White)	Hindustan	MAY CONTAIN GLUTEN, TREE NUTS, SESAME SEEDS & DAIRY PRODUCTS
Dehydrated vegetables & legumes	Pearl Barkley	McKenzie's	CONTAINS GLUTEN MAY CONTAIN SOY & LUPIN.
Dehydrated vegetables & legumes	Red Kidney Beans	McKenzie's	MAY CONTAIN GLUTEN, SOY & LUPIN,
Dehydrated vegetables & legumes	Red Split Lentils	McKenzie's	RED SPLIT LENTILS MAY CONTAIN GLUTEN, SOY & LUPIN
Dehydrated vegetables & legumes	Soup Mix	McKenzie's	PEAS, BARLEY, LENTILS CONTAINS: GLUTEN MAY CONTAIN GLUTEN, SOY & LUPIN
Dessert	Chocolate mousse mix (gluten free)	Edlyn	INGREDIENTS WHEN RECONSTITUTED WITH SKIM MILK: SKIM MILK, SUGAR, MILK SOLIDS, COCOA HYDROGENATED VEGETABLE OIL, GLUCOSE SYRUP, EMULSIFIER (472A), GELATINE, FLAVOURS, STABILISERS (407, 450), COLOUR (155). CONTAINS MILK
Dessert	Coconut whipping cream	Nature's charm	COCCONUT CREAM (COCONUT MILK, WATER) 90%, VIRGIN COCONUT OIL, COCONUT SUGAR, STABILIZER (GUAR GUM), VANILLA EXTRACT MAY CONTAIN TRACES OF SULPHITES
Dessert	Custard powder	Foster Clarks	MAIZE STARCH, WHEAT STARCH, SUGAR, SALT, COLOURS (102, 110, 150D), FLAVOURS.

Category	Product name	Brand	Ingredients
Dessert	Instant pudding - Vanilla	Collette's	CASTER SUGUR, MAIZE THICKENERS, MINERAL SALTS (339, 430), VANILLA FLAVOUR, SALT, COLOURS (102, 170) TRACES OF WHEAT, EGG, MILK, TREE NUTS, SESAME & SOY.
Dessert	Jelly - low sugar - lime flavour	Aeroplane	GELATINE (BEEF ORIGIN), ACIDITY REGULATOR (297), SWEETENERS (952, 950, 955), FLAVOURS, COLOURS (102, 133). CONTAINS SULPHITES.
Dessert	Jelly - low sugar - pineapple flavour	Aeroplane	GELATINE (BEEF ORIGIN), ACIDITY REGULATOR (297, 330), SWEETENERS (952, 955, 950), FLAVOUR, COLOURS (102, 129). CONTAINS SULPHITES.
Dessert	Jelly - low sugar - raspberry flavour	Aeroplane	GELATINE (BEEF ORIGIN), FLAVOURS, SWEETENERS (952, 955, 950), ACIDITY REGULATOR (297), COLOURS (122, 133). CONTAINS SULPHITES.
Dessert	Jelly - low sugar - strawberry flavour	Aeroplane	GELATINE (BEEF ORIGIN), SWEETENERS (952, 955, 950), ACIDITY REGULATOR (297), FLAVOUR, COLOUR (129). CONTAINS SULPHITES.
Dessert	Jelly - Port Wine flavour	Community Co	SUGAR, BEEF GELATINE (SULPHITES), ACIDRY REGULATORS (297, 331), NATURAL COLOUR (ANTHOCYANIN), NATURAL PORT WINE FLAVOUR. CONTAINS SULPHITES
Dessert	Jelly - Raspberry flavour	Community Co	SUGAR, BEEF GELATINE (SULPHITES), ACIDTY REGULATORS (297, 331), NATURAL RASPBERRY FLAVOUR, NATURAL COLOUR (ANTHOCYANIN). CONTAINS: SULPHITES.
Dessert	Jelly - Strawberry flavour	Community Co	SUGAR, BEEF GELATINE (SULPHITES), ACIDTY REGULATORS (297, 331), NATURAL STRAWBERRY FLAVOUR, NATURAL COLOUR (ANTHOCYANIN). CONTAINS: SULPHITES.
Dessert	Mousse mix - low sugar (lite)	Aeroplane	SWEETENERS (ERYTHRITOL, SORBITOL, SIEVIOL GLYCOSIDES), POLYDEXTROSE, GELATINE (FROM BEEF), THICKENER (1442), COCOA POWDER (7%), FULLY HYDROGENATED VEGETABLE OIL, MILK (SOLIDS AND PROTEN), GLUCOSE, STABILISER (472A), COLOUR (150€), HUMECTANT (1520), FLAVOURS. CONTAINS MILK
Dessert	Orange Jelly Cyrstals	Aeroplane	SUGAR, GELATINE (BEEF ORIGIN), ACIDITY REGULATORS (297, 331), FLAVOUR, COLOUR (110)
Dessert	Orange Lemon Crystals	Aeroplane	SUGAR, GELATINE (BEEF ORIGIN), ACIDITY REGULATORS (297, 331), FLAVOUR, COLOUR (102).
Dried fruit	Dried Apples	Angas Park	DRIED APPLE, PRESERVATIVE (9220, 223)
Dried fruit	Dried Apricots	Angas Park	DRIED APRICOTS, PRESERVATIVES (220, 224) CONTAINS SULPHITES
Dried fruit	Dried Currants	Community Co	CURRANTS (99%), VEGETABLE OIL (SUNFLOWER OIL)
Dried fruit	Dried Pitted Dates	Angas Park	DRIED DATES, VEGETABLE OIL.
Dried fruit	Dried raisins	Community Co	RAISINS (99%), VEGETABLE OIL (COTTONSEED OIL)
Dried fruit	Whole Australian Prunes	Black & Gold	PRUNES, PRESERVATUVES (202)
Herbs & Spices	Cayenne Pepper (Hot)	Coles	CAYENNE PEPPER (100%)

Category	Product name	Brand	Ingredients
Herbs & Spices	Cayenne Pepper (Hot)	Masterfoods	MAY CONTAIN SESAME SEEDS
Herbs & Spices	Chilli crushed	Centuries Ahead	CHILLI
Herbs & Spices	Chilli flakes	Masterfoods	MAY CONTAIN SESAME SEEDS
Herbs & Spices	Cinnamon Sugar	Coles	SUGAR (88%), CINNAMON (12%)
Herbs & Spices	Coriander Leages	Masterfoods	MAY CONTAIN SESAME SEEDS
Herbs & Spices	Coriander Seeds - Ground	Coles	CORIANDER (100%)
Herbs & Spices	Crushed Ginger	Stonemill	CRUSHED GINGER (95%), VEGETABLE OIL, SUGAR, ACIDITY REGULATOR (330), IODISED SALT
Herbs & Spices	Curry powder - mild	Centuries Ahead	RICE FLOUR, TURMERIC, CORIANDER SEED, FENUGREEK, CUMIN, SALT, CINNAMON, CELERY SEED, GINGER, CLOVES, CASSIA, CHILLI, NUTMEG
Herbs & Spices	Ground Ginger	Masterfoods	
Herbs & Spices	Ground Nutmeg	Woolworths	NUTMEG (100%)
Herbs & Spices	Ground paprika	Masterfoods	MAY CONTAIN SESAME SEEDS
Herbs & Spices	Italian Herb Blend	Masterfoods	MARJORAM (31%), BASIL (28%), CAPSICUM (11%), ROSEMARY (9%), OREGANO (9%), PARSLEY, THYME MAY CONTAIN SESAME SEEDS AND WHEAT
Herbs & Spices	Mixed herbs	Centuries Ahead	HERBS
Herbs & Spices	Mustard powder	Keen's	MUSTARD POWDER
Herbs & Spices	Parsley flakes	Masterfoods	MAY CONTAIN SESAME SEEDS
Herbs & Spices	Sage Leaves Ground	Masterfoods	MAY CONTAIN SESAME SEEDS
Herbs & Spices	Tahini - unhulled	Mayver's	NATURAL UNHULLED SESAME SEEDS ALLERGEN ADVICE CONTAINS: SESAME MAY BE PRESENT: PEANUTS, TREE NUTS.
Herbs & Spices	Traditional curry powder	Keen's	TUMERIC, CORIANDER, SALT, FENUGREEK, BLACK PEPPER, CHILLI, RICE FLOUR, ALLSPICE, CELERY
Herbs & Spices	Tumeric	Masterfoods	MAY CONTAIN SESAME SEEDS
Herbs & Spices	Whole Cloves	Coles	CLOVES
Legumes	Borlotti Beans	Fiamma Vesuviana	
Snacks	Popping corn	Black & Gold	AUSTRALIAN CORN (100%)
Soup	2 minute noodles - Beef	Maggi	NOODLE CAKE: WHEAT FLOUR, VEGETABLE OIL [ANTIOXIDANT (319)], SALT, MINERAL SALTS (508, 451, 501, 500, VEGETABLE GUM (412). FLAVOUR SACHET: MINERAL SALT (508), LODISED SALT, FLAVOUR ENHANCERS (621, 635), SUGAR, YEAST EXTRACT, FLAVOUR, COLOUR (CARAMEL ILL, VEGETABLE) FAT (ANTIOXIDANT (320), ONION, SOY SAUCE POWDER (SOY, WHEAT), FOOD ACID (CITRIC), WHITE PEPPER, ROSEMARY CONTAINS WHEAT AND SOY MAY CONTAIN CELERY, CRUSTACEAN, FIST, MILK AND MUSTARD.

Category	Product name	Brand	Ingredients
Soup	Chicken 2 minute noodles	Maggi	NOODLE CAKE: WHEAT FLOUR, VEGETABLE OIL (ANTIOXIDANT (319), SALT, MINERAL SALTS (508,451, 501,500), VEGETABLE GUM (412). FLAVOUR SACHET: SALT, FLAVOUR ENHANCERS (621, 635), MINERAL SALT (508), MALTODEXTRIN, FLAVOURS (621) (WHEAT, SOY AND CELERY), SUGAR, ONION POWDER, VEGETABLE FAT [ANTIOXIDANT(320), PARSLEY FLAKES, COLOURS (TURMERIC, CARMEL I), SOICES (CORIANDER, CUMIN, CARDAMOM, CHILLI POWDER, GINGER), CONTAINS WHEAT. SOY AND CELERY. MAY CONTAIN CRUSTACEAN, FISH, MILK AND MUSTARD
Soup	Cream of asparagus condensed soup	Campbell's	WATER, ASPARAGUS (16%), WHEAT FLOUR, VEGETABLE OIL, SUGAR, SALT, CREAM (FROM MILK), MILK SOLIDS, BUTTER (FROM MILK), CORNFLOUR (MAIZE), VEGETABLE PROTEIN EXTRACT (FROM MAIZE, SOYBEAN), YEAST EXTRACT, NATURAL FLAVOURS, FOOD COLOURS (BETA CAROTENE, CARMEL IV) CONTAINS GLUTEN CONTAINING CEREALS, MILK AND SOY
Soup	Cream of celery soup (condensed)	Campbell's	WATER, CELERY (20%), WHEAT FLOUR, VEGETABLE OIL, COMFOUR (MAINE), CREAM (FROM MILK), SALT, SUGAR, SOY PROTEIN, MILK SOLIDS, EMULSIFIER (SAY LECITHIN), NATURAL FLAVOURS, FOOD COLOUR (BETA CAROTENE) CONTAINS GLUTEN CONTAINING CEREALS, MILK AND SOY.
Soup	Cream of chicken - soup in a cup	Continental	STARCH (POTATO, CORN), MALTODEXTRIN, CREAMER [VEGETABLE OIL, GLUCOSE SYRUP, LACTOSE, MILK PROTEIN, MINERAL SALTS (340, 452)], NATURAL FLAVOURS, SALT, SUGAR, FLAVOUR ENHANCERS (621, 635), VEGETABLE OIL, YEAST EXTRACT, PARSLEY (0.1%), NATURAL COLOUR (TURMERIC) CONTAINS: MILK. MAY CONTAIN: WHEAT, GLUTEN, SOY, PEANUT, EGG, SESAME, TREE NUTS, FISH, CRUSTACEAN, LUPIN.
Soup	Cream of chicken (condensed soup)	Heinz	WATER, CHICKEN (8%), VEGETABLES (8%) (CORN, CARROTS, CELERY, ONION), THICKENERS (1422, 1414). CREAM (2.7%) (CONTAINS MILK), FLAVOURS (CONTAIN WHEAT, BARLEY), SALT, SOY SAUCE EXTRACT, SUGAR, ROAST GARLIC, STABILISER (415). MINERAL SALTS (450, 451), WHITE PEPPER.
Soup	Cream of mushroom soup (condensed)	Campbell's	WATER, MUSHROOMS (11%), WHEAT FOUR, COMFLOUR (MAIZE), VEGETABLE OIL, SALT, CREAM (FROM MILK), FLAVOURS, MILK SOLIDS, SOY PROTEIN, SUGAR, YEAST EXTRACT, FOOD COLOUR, CARMEL III), MALTODEXTRIN (FROM WHEAT) CONTAINS GLUTEN CONTAINING CEREALS, MILK AND SOY
Soup	Cream of pumpkin condensed soup	Heinz	PUMPKIN (64%), WATER, TOMATOES, MAIZE THICKENER (1412), SUGAR, SALT, CREAM, WHEAT FLOUR, FLAVOURS (CONTAIN SOY & GARLIC)

Category	Product name	Brand	Ingredients
Soup	Creamy chicken soup	Campbell's	CHICKEN STOCK (WATER, CHICKEN, HERB EXTRACT, MARINATED CHICKEN (8%) (CHICKEN, WATER, SALT, MINERAL SALT (451)), CORNFLOUR, WHEAT FLOUR, VEGETABLE OIL, ONIONS, CREAM (0.7%) (FROM MILK), VEGETABLE FIBRE, POTATO STARCH, SALT, SUGAR, MILK SOLIDS, SOY PROTEIN, MINERAL SALT (508), NATURAL FLAVOURS (CONTAINS WHEAT), VEGETABLE PROTEIN EXTRACT, YEAST EXTRACT, HERBS, PEPPER, FLAVOUR ENHANCERS (635), NATURAL FOOD COLOUR (BETA CAROTENE) CONTAINS GLUTEN CONTAINING CEREALS, MILK AND SOY
Soup	Farmhouse vegetable soup	Campbell's	VEGETABLES (55%) (POTATOES, PUMPKINS, CARROTS, CELERY, TOMATO PUREE, TOMATOES, SWEET CORN, PINTO BEANS, GREEN BEANS, PEAS, SPINACH), WATER, PEARLED BARLEY, SALT, SUGAR, YEAST EXTRACTS (CONTAIN BARLEY), THICKENER (GUAR GUM), PARSLEY, GARLIC, PEPPER, MINERAL SALT (509) CONTAINS GLUTEN CONTAINING CEREALS
Soup	Garden Pea & Ham soup mix	Continental	GREEN PEAS (22.9%) (FLAKES AND PIECES), POTATO FLAKES, EMULSIFIER (471), PRESERVATIVE (SODIUM BISULPHITE)), MAIZE STARCH, CREAMER [VEGETABLE OIL, GLUCOSE SYRUP, MILK PROTEIN, MINERAL SALTS (339 OR 340, 450 OR 451), COLOUR (RIBOFLAVIN), THICKENER (1412), SUGAR, FLAVOURS (CONTAIN MILK), SUNFLOWER OIL, MINERAL SALT (POTASSIUM CHLORIDE), SALT, SPINACH POWDER, ONION POWDER, YEAST EXTRACT, FLAVOUR ENHANCER (635), BLACK PEPPER, SPICE EXTRACT CONTAINS SULPHITES AND MILK PRODUCTS. MAY CONTAIN EGG, FISH, SOYBEAN.
Soup	Hearty beef - soup in a cup	Continental	CORN STARCH, MALTODEXTRIN, SALT, NATURAL BEEF FLAVOURS, FLAVOUR ENHANCERS (621, 635), ONION POWDER, CREAMER [CONTAINS MILK, MINERAL SALTS (339 OR 340, 450 OR 451)], MINERAL SALT (POTASSIUM CHLORIDE), HYDROLYSED CORN PROTEIN, COLOUR (CARAMEL), SUNFLOWER OIL, SUGAR, PARSLEY, PEPPER EXTRACT. CONTAINS MILK. MAY CONTAIN WHEAT, SOYBEANS, PEANUTS, TREE NUTS, EGG, SESAME, FISH, CRUSTACEA AND LUPIN.
Soup	Hearty Beef & Vegetable Soup	Campbell's	BEEF STOCK (WATER, BEEF, SALT), VEGETABLES (95%) (POTATOES, CARROTS, TOMATO PUREE, ONIONS, GREAT NORTHERN BEANS, GREEN BEANS, PEAS, SWEET COM, SPINACH), MARINATED BEEF (9%) (BEEF, WATER, MINERAL SALT (451)), PEARLED BARLEY, POTATO STARCH, CORNFLOUR, SOY SAUCE (FROM SOYBEANS, WHEAT), SALT, VEGETABLE PROTEIN EXTRACT (FROM SOYBEAN), SUGAR, FOOD COLOUR (CARAMEL I), YEAST EXTRACT, SPICES, NATURAL FLAVOURS, HERBS. CONTAINS SOY AND GLUTEN CONTAINING CEREALS

Category	Product name	Brand	Ingredients
Soup	Leek	Continental	MAIZE STARCH, INULIN, CREAMER [VEGETABLE OIL, GLUCOSE SYRUP, MILK PROTEIN, MINERAL SALTS (339 OR 340, 450 OR 451)] WHEY POWDER, MALTODEXTRIN (FROM MAIZE), POTATO FLOUR [POTATO 5.7%), EMULSIFIERS (471)], CREAM POWDER, POTATO (4.0%) (CONTAIN SULPHITES), MINERAL SALTS (POTASSIUM CHLORIDE, 451, 452), FLAVOURS (CONTAIN MILK), LEEKS (2.6%), SALT, SOUR CREAM POWDER, ONION, SKIM MILK POWDER, SPINACH POWDER, SUGAR, SUNFLOWER OIL, FLAVOUR ENHANCERS (635, 627), SPICE EXTRACT, HERB EXTRACT CONTAINS MILK PRODUCTS AND SULPHITES MAY CONTAIN SOYBEAN, EGG, FISH
Soup	Minestrone soup mix	Continental	MAIZE STARCH, VEGETABLES (28%) (TOMATO POWDER, POTATO, ONION, GREEN PEAS, CARROT, CAPSICUM, LEEK, GREEN BEANS, CELERY, PARSLEY (CONTAIN SULPHITES)), MALTODEXTRIN (FROM MAIZE), SUGAR, THICKENER (1412), SALT, GLUTEN FREE PASTA RICE FLOUR, POTATO STARCH, COLOUR (BETA CAROTENE)), MINERAL SALT (POTASSIUM CHLORIDE, SUNFLOWER OIL, FLAVOUR, GARLIC FLAVOUR, YEAST EXTRACT, BLACK PEPPER, FLAVOUR ENHANCER (635), SPICE EXTRACTS. CONTAINS SULPHITES MAY CONTAIN EGG, FISH, MILK AND SOYBEAN
Soup	Oriental 2 minute noodles	Maggi	NOODLE CAKE: WHEAT FLOUR, VEGETABLE OIL [ANTIOXIDANT (319)], SALT, MINERAL SALTS (508,451, 501,500), VEGETABLE GUM (412). FLAVOUR SACHET: FLAVOUR ENHANCERS (621,635,631), SOY SAUCE POWDER (WHEAT, SOY), MINERAL SALT (POTASSIUM CHLORIDE), FLAVOURS [FLAVOUR ENHANCERS (621, 627, 631), WHEAT, SOY), ONION, SUGAR, GINGER, SALT, GARLIC, COLOUR (CARAMEL 1), VEGETABLE FAT [ANTIOXIDANT (320)1, FOOD ACID (CITRIC). CONTAINS GLUTEN, WHEAT, SOY, MAY CONTAIN CELERY, CRUSTACEAN, FISH, MILK, MUSTARD
Soup	Rich & creamy pumpkin soup	Campbell's	PUMPKINS (60%), CHICKEN STOCK (WATER, CHICKEN, SAGE EXTRACT, NATURAL ANTIOXIDANT (ROSEMARY EXTRACT)), CREAM (FROM MILK) (1.9%), ONIONS, CARROT, CORNFLOUR, VEGETABLE OIL, SALT, GARLIC, MILK SOLIDS, YEAST EXTRACT, PEPPER, NATURAL FLAVOURS CONTAINS MILK
Soup	Thick vegetable soup mix (fluten free)	Maggi	VEGETABLES (40%) [CARROT, ONION, GREEN PEAS, CORN KERNELS, TOMATO], POTATO STARCH, MALTODEXTRIN (FROM CORN), MAIZE STARCH, YEAST EXTRACTS, VEGETABLE FAT, FLAVOURS, MINERAL SALT (508), LODISED SALT, FLAVOUR ENHANCER (635), HERB, VEGETABLE GUM (410), COLOUR (150C), TURMERIC. MAY CONTAIN FISH, MILK, SOY, MUSTARD, CELERY AND SULPHITES.

Category	Product name	Brand	Ingredients
Soup	Tomato soup (condensed)	Campbell's	TOMATO PURE (85%), SUGAR, ONIONS, MODIFIED TAPIOCA STARCH (E1442), SALT, GARLIC, ACIDITY REGULATOR (SODIUM BICARBONATE), THICKENER KANTHAN GUM), FOOD COLOUR (PAPRIKA EXTRACT, HERBS, NATURAL FLAVOUR, SPICES
Soup	Tomato soup in a cup	Continental	SUGAR, STARCH (CORN, POTATO), VEGETABLES (TOMATO^ POWDER (16%), ONION POWDER), MALTODEXTRIN, SALT, CREAMER [VEGETABLE OIL, GLUCOSE SYRUP, LACTOSE, MILK PROTEIN, MINERAL SALTS (340, 452)], VEGETABLE OIL, FOOD ACID (CITRIC), FLAVOUR ENHANCER (635, 621), VEGETABLE GUM (XANTHAN), YEAST EXTRACT, NATURAL FLAVOUR, NATURAL COLOUR (CARMINE). CONTAINS: MILK. MAY CONTAIN: WHEAT, GLUTEN, SOY, PEANUT, TREE NUTS, EGG, SESAME, FISH, CRUSTACEAN, LUPIN.
Soup	Tomato soup mix	Continental	TOMATO^ POWDER (31%), MAIZE STARCH, SUGAR, SALT, MALTODEXTRINS (FROM MAIZE AND POTATO), CREAMER [VEGETABLE OIL, GLUCOSE SYRUP, MILK PROTEIN, MINERAL SALTS (339 OR 340, 450 OR 451), COLOUR (RIBOFLAVIN)], MINERAL SALT (POTASSIUM CHLORIDE), SUNFLOWER OIL, FLAVOUR ENHANCERS (635), THICKENER (XANTHAN), ONION POWDER, FOOD ACID (MALIC), YEAST EXTRACT, BLACK PEPPER, COLOUR (CARMINES), SPICE EXTRACT, GARLIC FLAVOUR. CONTAINS MILK PRODUCTS MAY CONTAIN EGG, FISH, SOYBEAN.
Soup	Vegetable soup (Condensed)	Heinz	VEGETABLES (58%) (TOMATOES, POTATOES, CARROTS, ONION, CELERY, LEEK). WATER, MAIZE THICKENER (1422), PEAR BARLEY (CONTAINS TRACES OF WHEAT), SUGAR, SALT, YEAST EXTRACT, ROAST GARLIC.
Special diet	Artificial sweetner	Nativa	NATVIARO! SWEETENER (ERYTHRITOL, ORGANIC STEVIOL GLYCOSIDES [0.56%]).
Special diet	Chilli non carne	Vegie Delights	WATER, BEANS (15%), VEGETABLES (CAPSICUM, COM, ONION, CARROT), TOMATO PASTE, TOMATO, VEGETABLE PROTEIN (SOY), VEGETABLE OIL, SUGAR, GARLIC, SALT, YEAST EXTRACT, CHILLI (0.2%), VEGETABLE GUM (GUAR), GROUND CORIANDER, VEGETABLE PROTEIN EXTRACT (SOY), PEPPER. CONTAINS (ALLERGENS): SOY MAY CONTAIN TRACES: PEANUTS
Special diet	Free from gluten, plain flour	Woolworths	GLUTEN FREE STARCHES (MAIZE, TAPIOCA), GLUTEN FREE FLOURS (RICE, MAIZE), RICE BRAN, THICKENERS (415)
Special diet	Gluten free pasta	San Remo	MAIZE STARCH, SOY FLOUR, POTATO STARCH, RICE STARCH CONTAINS SOY

Category	Product name	Brand	Ingredients
Special diet	Gluten Free Self Raising Flour	Well & Good	RICE FLOUR, POTATO STARCH, TAPIOCA STARCH, SUGAR, NON ALUMINIUM RAISING AGENTS (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, GLUCONO DELTALACTONE), VEGETABLE EMULSIFIERS (MONO AND DIGLYCERIDES OF FATTY ACIDS, SODIUM STEAROYL LACTYLATE), DEXTROSE MONOHYDRATE, MODIFIED TAPIOCA STARCH, IODISED SALT, THICKENERS (SODIUM CARBOXYMETHYL CELLULOSE, XANTHAN GUM)
Special diet	No Egg (Egg replacer)	Orgran	POTATO STARCH, TAPIOCA STARCH, RAISING AGENT (CALCIUM CARBONATE), ACIDITY REGULATOR CITRIC ACID), STABILISER (METHYL CELLULOSE).
Special diet	Nutmeat	Vegie Delights	WATER, PEANUTS (20%), VEGETABLE PROTEIN (WHEAT), ONION, SALT, MINERALS (ZINC, IRON), VITAMIN B12 CONTAINS (ALLERGENS): PEANUTS AND CEREALS CONTAINING GLUTEN MAY CONTAIN TRACES: SOY
Special diet	Nutolene Gluten Free	Vegie Delights	WATER, PEANUTS (47%), SALT, MINERALS (ZINC, IRON), VITAMIN B12. CONTAINS (ALLERGENS): PEANUTS MAY CONTAIN TRACES: SOY
Special diet	Nutritional yeast flakes	Absolute Natural	INACTIVE DRIED YEAST, B VITAMINS (THIAMIN, RIBOFLAVIN, NIACIN, VITAMIN B6, VITAMIN B12), FOLIC ACID, IRON. CONTAINS NATURALLY OCCURRING SULPHITES.
Special diet	Onion replacer - low fodmap	FreeFod	MALTODEXTRIN, NATURAL FLAVOUR (ONION EXTRACT)
Special diet	Savoury Lentils Gluten Free	Vegie Delights	WATER, LENTILS (17%), ONION, TOMATO PASTE, SALT, COLOUR (CARMEL 150C), CURRY POWDER (GARLIC). CONTAINS (ALLERGENS): NIL MAY CONTAIN TRACES: PEANUTS AND SOY
Special diet	Vegan Easy Egg	Orgran	CHICKPEA, CORN, STABILISER (METHYL CELLULOSE), VEGETABLE PROTEIN, DEXTROSE MONOHYDRATE, SALT, TURMERIC, RAISING AGENT (CALCIUM CARBONATE), GARLIC POWDER.
Special diet	Vegetarian sausages	Vegie Delights	WATER, WHEAT GLUTEN, PEANUTS, SOY FLOUR DEBATED, SOY PROTEIN (LECITHIN), TOMATO, FLAVOUR (WHEAT GLUTEN, SAT, CANOLA OIL, HERBS, MINERALS (ZINC, IRON), VITAMIN (B12), FLAVOUR (SOY, BARLEY, PAPRIKA OLEORESIN) CONTAINS (ALLERGENS): SOY, PEANUTS AND CEREALS CONTAINING GLUTEN
Special diet	Whipping cream powder - plant based	Well & Good	ICING MIX (SUGAR, CORN, TAPIOCA STARCH), NON-GMO VEGETABLE EMULSIFIERS (MONO AND DIGLYCERIDES, PROPYLENE GLYCOL ESTERS), THICKENER (CARRAGEENAN), VEGETABLE OIL, LODISED SALT, NATURAL FLAVOUR, COLOUR (TURMERIC).