

**CEREALS
(WITH GLUTEN)**

- Barley
- Gluten
- Kamut
- Oats
- Rye
- Spelt
- Wheat

**CEREALS
ALTERNATIVES**

- Amaranth
- Arrowroot
- Buckwheat
- Carob
- Cassava
- Fonio
- Jerusalem artichoke
- Lupine
- Maize, sweet corn
- Millet
- Quinoa
- Rice
- Sweet chestnut
- Sweet potato
- Tapioca, cassava
- Teff

MEAT

- Beef
- Chicken
- Deer
- Duck
- Goat meat
- Goose
- Hare
- Lamb
- Ostrich meat
- Pork
- Quail
- Rabbit
- Roe deer
- Turkey hen
- Veal
- Wild boar

FISH & SEAFOOD

- Anchovy
- Carp
- Cod, codling
- Crayfish
- Gilthead bream
- Haddock
- Hake
- Halibut
- Herring
- Mackerel

**FISH & SEAFOOD
(CONT.)**

- Ocean perch
- Plaice
- Pollock
- Sardine
- Salmon
- Shark
- Sole
- Squid, cuttlefish
- Swordfish
- Trout
- Tunafish
- Zander

EGG

- Chicken egg
- Goose egg
- Quail eggs

MILK PRODUCTS

- Camel's Milk
- Goat milk & cheese
- Halloumi
- Kefir
- Mare's milk
- Milk cooked
- Milk (cow)
- Ricotta
- Rennet cheese (cow)
- Sheep milk & cheese
- Sour milk products (cow)

VEGETABLES

- Artichoke
- Asparagus
- Beetroot
- Broccoli
- Brussels sprouts
- Carrots
- Cauliflower
- Celeriac, knob celery
- Chard, beet greens

VEGETABLES (CONT.)

- Chili Cayenne
- Chinese cabbage
- Courgette
- Cucumber
- Kale, curled kale
- Kohlrabi (turnip cabbage)
- Leek
- Olive
- Onion
- Parsnip
- Potato
- Pumpkin
- Radish red and white
- Red cabbage
- Rutabaga
- Savoy cabbage
- Spinach
- Stalk celery
- Sweet pepper
- Tomato
- White cabbage

MUSHROOMS

- Meadow mushrooms

SALADS

- Butterhead lettuce
- Chicory
- Endive
- Iceberg lettuce
- Lamb's lettuce
- Lollo rosso
- Radicchio
- Rocket
- Romain / cos lettuce

LEGUMES

- Broad bean
- Chickpeas
- Green bean
- Green pea
- Lentil
- Mung bean, green gram
- Soya bean

FRUITS

- Apple
- Apricot
- Avocado
- Banana
- Cherry
- Date
- Fig
- Grape
- Kiwi
- Lemon
- Lychee
- Mango
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Plum
- Pineapple
- Strawberry
- Yellow plum
- Watermelon

SEEDS & NUTS

- Almond
- Brazil nut
- Cashew kernels
- Cocoa bean

SEEDS & NUTS (CONT.)

- Coconut
- Flax, linseed
- Hazelnut
- Macadamia nut
- Pine nut
- Peanut
- Pistachio
- Poppy seeds
- Pumpkin seeds
- Sesame
- Sunflower seed
- Walnut

SPICES & HERBS

- Basil
- Chive
- Cinnamon
- Garlic
- Horseradish
- Mustard seed
- Nutmeg
- Oregano
- Paprika, spice
- Parsley
- Pepper, black
- Rosemary

SPICES & HERBS**(CONT.)**

- Thyme
- Vanilla

YEAST

- Yeast (beer, bread)

TEA

- Peppermint

SWEETENERS

- Cane sugar
- Honey (mixture)

THICKENING AGENTS

- Guar flour (E412)

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