

Dairy

cheese
cow's milk
egg white
egg yolk
goat's milk

Meat

beef
chicken
duck
lamb
pork
turkey

Fish

cod
crab
haddock
halibut
herring
mackerel
monkfish
mussels
oyster
prawn
salmon
sardines
seabass
scallops
lemon sole
trout
tuna

Vegetables & Pulses

aubergine
beetroot
broccoli
Brussels sprout
butternut squash
cabbage
carrot
cauliflower
celery
chickpeas
chilli
courgette
cucumber
french bean (green
bean)
haricot bean

kidney bean
leek
lentils
lettuce
mushroom
olive
onion
parsnip
pea
potato
soya bean
spinach
spring onion
swede
sweet bell pepper
tomato

Grains

barley
buckwheat
corn
gluten
oats
rice
rye
wheat

Fruit

apple
avocado
banana
cherries
coconut
date
fig
grape
grapefruit
kiwi
lemon
mango
melon
orange
peach
plum
pear
pineapple
raspberry
strawberry

Herbs & Spices

black pepper
curry powder
garlic

herbes de provence
mustard seeds
peppermint
vanilla
white pepper

Nuts & Seeds

almond
brazil nut
hazelnut
peanut
pistachio
sesame seed
sunflower seed
walnut

Sweeteners

honey
sugar beet
sugar cane

Miscellaneous

baker's yeast
brewer's yeast
black tea
cocoa
coffee
green tea
malt
tannin