

Pantry Inventory 2024

Category	Product name	Brand	Weight	Barcode	Ingredients
Baking	100's & 1000's	Black & Gold	250g	9310077305627	SUGAR, TAPIOCA STARCH, GLAZING AGENT (903), COLOURS (102, 133, 110, 122, 124, 123)
Baking	Baking cocoa	Cadbury	250g	9300617432739	COCOA POWDER
Baking	Baking PowderGluten free	McKenzie's	125g	9310061122865	RICE FLOUR, SODIUM ACID PYROPHOSPHATE (450), SODIUM BICARBONATE (500)
Baking	Caster sugar	CSR	1kg	9313010102543	CANE SUGAR
Baking	Classic carrot cake mix	Green's	470g	9310273723928	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	440g	9310273112418	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). CONTAINS WHEAT AND MILK. MAY BE PRESENT: EGG, SOY AND TREE NUTS.
Baking	Cream of tartar	McKenzie's	125g	9310061018328	

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Baking	Dark choc cooking block, compound choco	Woolworths	375g	9 300633 446284	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	Dark Chocolate Cooking Block	Woolworths	375g	9300633446284	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	250g	9310077214264	FINE DESICCATED COCONUT, PRESERVATIVE (220, 223) CONTAINS SULPHITES
Baking	Gelatine	Davis	50g	9410251000505	BOVINE HIDE GELATINE CONTAINS SULPHITES
Baking	Golden syrup	Brookdale	500g	4088700128183	CANE SUGAR, WATER
Baking	Milk Chocolate Melts	Nestle	290g	9300605107502	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	470g	9310273112449	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	Icing sugar mixture	CSR	500g	9 313010 000757	GLUTEN FREE
Baking	Vanilla flavouring (imitation)	Queen	100ml	93641272	WATER, IMITATION VANILLA FLAVOURS, COLOUR (150D), ACIDITY REGULATOR (330), PRESERVATIVE (202)

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					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	Vanilla moist cake mix	Green's	340g	9310273112449	
Baking	White sugar	Black & Gold	2kg	9310077204265	CANE SUGAR
Baking	Self raising flour - plain	Black & Gold	1kg	9 310077 200335	
Baking	Wholemeal flour - plain	Whitewings	1kg	9310047207197	WHOLEMEAL WHEAT FLOUR CONTAINS GLUTEN-CONTAINING CEREAL
Baking	Plain flour	Black & Gold	1kg	9 310077 200311	WHEAT FLOUR CONTAINS: WHEAT, GLUTEN
Baking	Bread Mix	Laucke Flour	10kg	9321885000017	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
Baking	Bread crumbs	Black & Gold	500g	9310077204951	FLOUR (WHEAT, WHOLEMEAL WHEAT FLOUR, RYE FLOUR, MALT BARLEY FLOUR), YEAST, WATER, IODISED SEA SALT, VINEGAR, CANOLA OIL, SUGAR, WHEAT FIBRE, CHIA SEEDS, VITAMINS (THIAMIN & FOLATE). CONTAINS CEREALS CONTAINING GLUTEN (WHEAT, RYE, BARLEY).
Baking	Cornflour	Whitewings	300g	9310047210258	MAIZE CORNFLOUR
Baking	Popping corn	Black & Gold	500g	9310077289064	AUSTRALIAN CORN (100%)
Baking	Brown sugar	CSR	1kg	9 313010 000801	BROWN SUGAR
Baking	Pastry mix	Lion	375g	9 300609 110607	WHEAT FLOUR, VEGETABLE SHORTENING [ANTIOXIDANT (3 19)], RAISING AGENTS (450, 500, 341, 339), WHEATEN CORNFLOUR (WHEAT), SALT. CONTAINS: WHEAT, GLUTEN MAY BE PRESENT: MILK
Baking	Stevia	Whole earth	350g	7 630486 400884	ERYTHRITOL, STEVIOL GLYCOSIDES

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					STARCH (MAIZE, TAPIOCA), RICE FLOUR, THICKENERS (464, 415), RAISING AGENTS (450, 500), SALT. GLUTEN FREE FREE FROM WHEAT, GLUTEN, DAIRY & YEAST
Baking	Gluten Free Self Raising Flour	Whitewings	500g	9 310047 220820	
Baking	Baking cocoa	Black & Gold	255g	9 310077 311833	COCOA POWDER
Beverages	Apple Mango Juice	Golden Circles	2L	9310179008594	RECONSTITUTED APPLE JUICE (91.3%), MANGO (8.5%) (PUREE OR RECONSTITUTED), VITAMIN C, FOOD ACID (MALIC ACID)
Beverages	Apricot Nectar (Fruit drink)	Ardmona	405ml	9310092000422	WATER, APRICOT PUREE (35%), SUGAR, FLAVOUR, NATURAL COLOUR (160B), FOOD ACID (CITRIC), ANTIOXIDANT (ASCORBIC ACID)
Beverages	Cordial - Diet - Apple Raspberry	Diet Rite	1L	9345905005523	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	1L	9345905005530	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	1L	9345905005752	WATER, RECONSTITUTED LEMON JUICE (50%), SWEETENERS (952, 950, 955), NATURAL FLAVOURS. PRESERVATIVES (202, 223), THICKENER (466), VITAMIN C, NATURAL COLOUR (LUTEIN), FOOD ACID (CITRIC).

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Beverages	Cordial - Fruit Cup	Golden Circles	2L	9310179005593	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	1L	9310246053380	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	2L	9310179188166	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	1L	9310246053397	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	1L	9310246053403	RECONSTITUTED ORANGE JUICE (50%), WATER, SUGAR, FOOD ACID (330), NATURAL FLAVOUR, PRESERVATIVES (202, 223), SWEETENER (905), NATURAL COLOURS (CARMINES, LUTEIN) CONTAINS SULPHITES
Beverages	Cordial - Raspberry	Golden Circles	2L	9310179005630	WATER, SUGAR, FOOD ACIDS (CITRIC ACID, ACETIC ACID), PRESERVATIVES (SODIUM METABISULPHITE (SULPHITES), SODIUM BENZOATE, FLAVOUR, STABILISER (466), COLOUR (122) CONTAINS: SULPHITES

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Beverages	Cordial - Raspberry	Community Co	1L	9310246053373	WATER, SUGAR, FOOD ACID (330), NATURAL FLAVOUR, NATURAL COLOUR (ANTHOCYANINS), PRESERVATIVES (211, 223), SWEETENER (955). CONTAINS SULPHITES.
Beverages	Orange juice	Black & Gold	2L	9310077217401	RECONSTITUTED ORANGE JUICE (99%), NATURAL FLAVOUR, VITAMIN C, FOOD ACID (330).
Beverages	Pine Orange Juice	Golden Circles	2L	9310179081252	RECONSTITUTED FRUIT JUICE [PINEAPPLE (79.8%), ORANGE (20%)], FOOD ACID (CITRIC ACID), VITAMIN C, STABILISER (PECTIN), NATURAL FLAVOURS
Beverages	Pineapple juice	Golden Circles	2L	9310179008617	RECONSTITUTED PINEAPPLE JUICE (99.7%), FOOD ACID (CITRIC ACID), VITAMIN C, STABILISER (PECTIN), NATURAL FLAVOUR
Beverages	Cordial - Orange	Golden Cirrcle	2L		
Beverages	Ribena	Ribena	1L		
Beverages	Pineapple juice	Golden Cirrcle	2L		
Beverages	Apple juice	Black & Gold	2L		
Beverages	Apple & blackcurrant juice	Black & Gold	2L		
Beverages	Multivitamin juice	Golden Cirrcle	2L		
Beverages	Pineapple pieces in natural juice	Autumn Fields	825g	9318835006830	PINEAPPLE (59%), PINEAPPLE JUICE (41%)
Beverages	Corned beef with juices	Palm	326g	940314501084	BEEF (98%), SALT, PRESERVATIVES (250)
Beverages	Lemon Juice	Black & Gold	250ml	9510077250989	PERONSTLUTED LEMON JUICE (99.9%), ANTIOXIDANT (300), LEMON FLAVOUR PRESERVATIVE (223) CONTAINS: SULPHITES
Beverages - Hot	Coffee mate	Nestle	400g	8850124025685	GLUCOSE SYRUP, VEGETABLE FAT, MINERAL SALTS (E340, E451), MILK PROTEIN, EMULSIFIERS (E471, E472E), ANTICAKING AGENT (E170), SALT, FLAVOURS. CONTAINS MILK PROTEIN
Beverages - Hot	Decaf coffee	Nautre's Cuppa	125g	9311367000284	BARLEY, RYE, CHICORY, MALTED BARLEY - ROASTED CONTAINS BARLEY AND RYE.

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Beverages - Hot	Decaf coffee	Nestle Caro	150g	4005500086062	CEREALS (BARLEY, MALTED BARLEY, RYE) (86%), CHICORY. CONTAINS BARLEY AND RYE.
Beverages - Hot	Hot Chocolate	Nestle	2kg	9300605049123	SUGAR, MILK SOLIDS, GLUCOSE SYRUP, COCOA (10%), COCONUT OIL, SALT, STABILISER (340), EMULSIFIER (471), FLAVOUR (VANILLIN CONTAINS MILK), SPICE (CINNAMON) CONTAINS MILK
Beverages - Hot	Hot Chocolate	Nestle Aspen Ble	1.4kg	9300605105188	SUGAR, COCOA (COCOA SOLIDS 30%), MALTODEXTRIN (CORN), MILK SOLIDS, EMULSIFIER (SOY LECITHIN), SALT, FLAVOUR (VANILLA CONTAINS MILK). CONTAINS MILK AND SOY.
Beverages - Hot	Milo	Nestle	1.1kg	9300605121010	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 - Hot	Nescafe Blend 43	Nescafe	100g		
Beverages - Hot	Nescafe Blend 43	Nescafe	650g		
Beverages - Hot	Nescafe Blend 43	Nescafe			
Beverages - Hot	Victoria coffee	Victoria	1kg		
Beverages - Hot	Creama Ground Coffee		1kg		
Beverages - Hot	Hot Chocolate - complete mix	Nestle	2kg	9 3100605 049123	SUGAR, MILK SOLIDS, GLUCOSE SYRUP, COCOA (10%), COCONUT OIL, SALT, STABILISER (340), EMULSIFIER (471), FLAVOUR (VANILLIN CONTAINS MILK), SPICE (CINNAMON). CONTAINS MILK.
Beverages - Hot	Hot chocolate - cafe blend	Cadbury	1.75kg	9 300617 366812	SUGAR, COCOA POWDER, MALTODEXTRIN, MILK SOLIDS, STARCH (MAIZE OR TAPIOCA), FLAVOUR, ANTICAKING AGENT (551, SALT. DRINKING CHOCOLATE CONTAINS COCOA SOLIDS 22%. CONTAINS MILK

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Biscuits	Family favourites biscuits	Arnott's	500g	9310072013817	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	Salada - original	Arnott's	250g	9310072001524	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	250g	9310072000480	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	225g	91310072026428	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	250g	9310072004051	WHOLEGRAIN (91%) [WHEAT], VEGETABLE OIL, SALT, SUGAR. CONTAINS GLUTEN CONTAINING CEREALS. MAY CONTAIN TRACES OF EGG, MILK, PEANUT, SESAME, SOY AND TREE NUT.

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Biscuits	Water Cracker	Arnott's	125g	9310072001920	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.
Cereal	Corn flakes (Gluten Free)	Kellogg's	270g	8801083672700	CORN (92%), SUGAR, SALT, VITAMINS (VITAMIN E, NIACIN, VITAMIN B6, THIAMIN, RIBOFLAVIN, FOLATE), MINERALS (IRON, ZINC OXIDE).
Cereal	Cornflakes	Kellogg's	725g	93100551559653	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.
Cereal	Natural Style - Swiss Blend Museli	Uncle Toby's	1kg	9310060050039	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
Cereal	Rice bubbles	Kellogg's	860g	9310055105867	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.

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Cereal	Rollod Oats	Black & Gold	750g	9310077200762	100% WHOLEGRAIN OATS CONTAINS GLUTEN
Cereal	Weet-Bix	Sanitarium	1.2kg	9300652804959	WHOLEGRAIN WHEAT (97%), RAW SUGAR, SALT, BARLEY MALT EXTRACT, VITAMINS (IACIN, THIAMIN, RIBOFLAVIN, FOLATE), MINERAL (IRON). CONTAINS: GLUTEN, WHEAT MAY CONTAIN: LUPIN
Cereal	Weet-Bix (Gluten Free)	Sanitarium	375g	9300652804874	WHOLEGRAIN SORGHUM (96%), GOLDEN SYRUP, SALT, VITAMINS (E. NIACIN. THIAMIN. RIBONAVIN FOLATE).
Cooking fats	Copha - vegetable shortening	Copha	250g	9310947004117	HYDROGENATED COCONUT OIL (99%), SOYBEAN LECITHIN.
Cooking fats	Canola Oil	Black & Gold	4L	9310077278389	CANOLA OIL
Cooking fats	Extra Virgin Coconut Oil	Absolute organic	1.5L	9316131604392	CERTIFIED ORGANIC UNREFINED EXTRA VIRGIN COCONUT OIL. ALLERGEN FREE.
Cooking fats	Extra Virgin Coconut Oil	Kirkland	3L	96619223077	EXTRA VIRGIN OLIVE OIL (100%)
Cooking fats	Sesame OilGluten Free	Chang's	150ml	93777070	SESAME OIL CONTAINS: SESAME SEEDS
Cooking fats	Sunflower oil spread	Nuttelex	1L	9310421000642	VEGETABLE OILS (CONTAINING SUNFLOWER OIL 10%), WATER, SALT, EMULSIFIERS (471, SUNFLOWER LECITHIN), NATURAL FLAVOUR, VITAMINS A, D, E, NATURAL COLOUR (BETA CAROTENE).
Cooking fats	Australian Extra Virgin Olive Oil, Light Flav	Cobram Estate	750ml	952696000242	100% AUSTRALIAN EXTRA VIRGIN OLIVE OIL
Cooking fats	Nutelex		1kg		
Cooking fats	Canola Oil	Auzure	4L		
Cooking fats	Cow's Ghee	Britannia	500ml	8901063405202	COW'S MILK FAT.
Cooking fats	Ghee	Puresoul	1L		CLARIFIED BUTTER
Cooking fats	Ghee	Sabrini	850ml	9325566031499	MILK FAT (100%). MAY CONTAIN: GLUTEN, PEANUTS, TREE NUTS, SESAME SEEDS, SOY AND MILK
Cooking fats	Sesame oil	Coles	370g	9310645290782	SESAME SEED OIL
Cooking fats	Table spread (margarine)	Black & Gold	1kg		SOY BASED - NO DAIRY
Dairy	Creamy evaporated milk	Nestle Carnation	340ml	7501058649942	MILK, MILK SOLIDS, VEGETABLE GUM (CARRAGEENAN) CONTAINS MILK

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Dairy	Sweetened condensed milk	Nestle	395g	9300605121621	MILK, SUGAR, MILK SOLIDS CONTAINS MILK
Dairy	No egg - egg replacer	Orgran	200g	720516025013	POTATO STARCH, TAPIOCA STARCH, RAISING AGENT (CALCIUM CARBONATE), ACIDITY REGULATOR (CITRIC ACID), STABILISER (METHYL CELLULOSE)
Dairy	Fresh yogurt - Greek style	Easiyo	170g	9416892252006	MILK SOLIDS (99%) (EMULSIFIER (SOY LECITHIN)), LIVE YOGURT CULTURES (L.BULGARICUS, S.THERMOPHILUS, LACIDOPHILUS,L.RHAMNOSUS). CONTAINS MILK AND SOY PRODUCTS.
Dairy	Fresh yogurt - Natural	Easiyo	140g	9416892200113	MILK SOLIDS (99%) (EMULSIFIER (SOY LECITHIN)), LIVE YOGURT CULTURES (L. BULGARICUS, S. THERMOPHILUS, L.ACIDOPHILUS, L.RHAMNOSUS). CONTAINS MILK, SOY.
Dairy	Fresh yogurt - Strawberry	Easiyo	230g	9416892502088	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.
Dairy	Fresh yogurt - Vanilla	Easiyo	230g	9416892508004	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.
Dairy	Easiyo Fresh Yogurt - Blueberry	Easiyo	230g	9 416892 525087	MILK SOLIDS (63%) (EMULSIFIER (SOY LECITHIN)), SUGAR, NATURAL COLOURS (BEETROOT RED, ANTHOCYANIN), NATURAL FLAVOUR, LIVE YOGURT CULTURES (L.BULGARICUS, S.THERMOPHILUS, L.ACIDOPHILUS, L.RHAMNOSUS, B.LACTIS). CONTAINS MILK AND SOY PRODUCTS.
Dairy	Coconut Cream	Royal Line	400ml	9310677001462	COCONUT (25%), WATER, GUAR GUM (412), EMULSIFIERS (435,466).
Dairy	Coconut Milk	TCC	400ml	913106771001455	COCONUT (25%), WATER, GUAR GUM (412), EMULSIFIERS (435,466).

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Dairy	Whole Egg Powder	Pure Product Aus	500g	9351937002737	WHOLE EGG POWDER (100%) CONTAINS EGG
Dairy	Coconut milk powder	Ayam	150ml	9556041609982	COCONUT MILK (94%), MALTODEXTRIN, MILK PROTEIN CONTAINS DAIRY GLUTEN FREE
Dairy	Full cream long life milk	Black & Gold	1L	9310077217807	FULL CREAM MILK. CONTAINS MILK.
Dairy	Full cream milk powder	Devondale	1kg	9300639602967	MILK, EMULSIFIER (322, FROM SOY)
Dairy	Oat milk	Vitasoy	1L	9341650001599	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	Parmesan	Kraft	250g	9300657660529	MILK, SALT, ANTICAKING AGENT (389), CULTURES, ENZYMES, CONTAINS MILK TRACES OF WHEAT, EGG & SOY.
Dairy	Rice milk	Vitasoy	1L	9310232100401	FILTERED WATER, WHOLE BROWN RICE (MIN. 13%), SUNFLOWER OIL, MINERAL (CALCIUM PHOSPHATE), SEA SALT.
Dairy	Skim Milk	Black & Gold	1L	9310077217814	SKIM MILK. CONTAINS MILK.
Dairy	Soy milk	Community Co	1L	9310246048539	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	Tasty cheese	Devondale	500g	9300639606071	CHEESE (PASTEURISED MILK, SALT, STARTER CULTURES, ENZYME (NON- ANIMAL RENNET)). CONTAINS MILK
Dairy	Thickened cream	Devondale	250ml	9300639609294	CREAM, MILK, MILK SOLIDS, EMULSIFIERS (SOY LECITHIN, 401, 40, 412, 415, 433, 471). CONTAINS MILK AND SOY
Dairy	Coconut Milk	Black & Gold	400ml	9310077281839	

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Dairy	Coconut whipping cream	Nature's charm	400ml	93856993404	COCOCONUT CREAM (COCONUT MILK, WATER) 90%, VIRGIN COCONUT OIL, COCONUT SUGAR, STABILIZER (GUAR GUM), VANILLA EXTRACT MAY CONTAIN TRACES OF SULPHITES
Dairy	No Egg (Egg replacer)	Orgran	200g	72051602501	POTATO STARCH, TAPIOCA STARCH, RAISING AGENT (CALCIUM CARBONATE), ACIDITY REGULATOR CITRIC ACID), STABILISER (METHYL CELLULOSE).
Dairy	Nutritional yeast flakes	Absolute Natural	150g	9316131605504	INACTIVE DRIED YEAST, B VITAMINS (THIAMIN, RIBOFLAVIN, NIACIN, VITAMIN B6, VITAMIN B12), FOLIC ACID, IRON. CONTAINS NATURALLY OCCURRING SULPHITES.
Dairy	Vegan Easy Egg	Orgran	250g	720516025020	CHICKPEA, CORN, STABILISER (METHYL CELLULOSE), VEGETABLE PROTEIN, DEXTROSE MONOHYDRATE, SALT, TURMERIC, RAISING AGENT (CALCIUM CARBONATE), GARLIC POWDER.
Dairy	Cream for whipping	Devondale	250ml	9300639609294	CREAM (MILK), MILK, MILK SOLIDS, EMULSIFIERS (SOY LECITHIN, 401, 410, 412, 415, 433, 471) CONTAINS: MILK, SOY
Dairy	Coconut Cream	TCC	400ml	8 850367 992102	COCONUT EXTRACT (65%), WATER, STABILISER (466), EMULSIFIER (435)
Dessert	Jelly - low sugar - lime flavour	Aeroplane	18g	9300619513023	GELATINE (BEEF ORIGIN), ACIDITY REGULATOR (297), SWEETENERS (952, 950, 955), FLAVOURS, COLOURS (102,133). CONTAINS SULPHITES.
Dessert	Jelly - low sugar - pineapple flavour	Aeroplane	18g	9300619513054	GELATINE (BEEF ORIGIN), ACIDITY REGULATOR (297, 330), SWEETENERS (952, 955, 950), FLAVOUR, COLOURS (102,129). CONTAINS SULPHITES.
Dessert	Jelly - low sugar - raspberry flavour	Aeroplane	18g	9300619513085	GELATINE (BEEF ORIGIN), FLAVOURS, SWEETENERS (952, 955, 950), ACIDITY REGULATOR (297), COLOURS (122, 133). CONTAINS SULPHITES.
Dessert	Jelly - low sugar - strawberry flavour	Aeroplane	18g	9300619513092	GELATINE (BEEF ORIGIN), SWEETENERS (952, 955, 950), ACIDITY REGULATOR (297), FLAVOUR, COLOUR (129). CONTAINS SULPHITES.

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Dessert	Jelly - Raspberry flavour	Aeroplane	85g		
					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	Mousse mix - low sugar (lite)	Aeroplane	53g	9300619572402	
Dessert	Orange Jelly Cyrstals	Aeroplane	85g		MAIZE STARCH, WHEAT STARCH, SUGAR, SALT, COLOURS (102, 110, 150D), FLAVOURS
Dessert	Custard powder	Foster Clarks	350g	9300681399754	CONTAINS: WHEAT, GLUTEN
Dessert	Custard powder	Black & Gold	350g	9 310077 280764	WHEATEN CORNFLOUR (GLUTEN), SUGAR, SALT, VANILLA FLAVOUR, COLOURS (102, 110), VEGETABLE OIL (CANOLA OIL, SUNFLOWER OIL). CONTAINS: WHEAT, GLUTEN MAY CONTAIN: MILK, EGG, SOY
Dessert	Custard powder (gluten free)	Woolworths	300g	9 339687 080441	MAIZE STARCH, NATURAL VANILLA FLAVOUR, SALT, NATURAL COLOUR (ANNATTO)
Dessert	Chocolate mousse mix pkt	Aeroplane	53g	9 300619 572402	SWEETNERS (ERYTHRITOL, SORBITOL, STEVIOL, GLYCOSIDES), POLYDEXTROSE, GELATINE (FROM BEEF), THICKENER (1442), COCOA POWDER (7%), FULLY HYDROGENATED VEGETABLE OIL, MILK (SOLIDS AND PROTEIN), GLUCOSE, STABILISER (472A), COLOUR (150C), HUMECTANT (1520), FLAVOURS CONTAINS: MILK
Dessert	Jelly - low sugar - blueberry flavour	Aeroplane	18g	9 300619 572464	GELATINE (BEEF ORIGIN) (SULPHITES), ACIDITY REGULATOR (297), SWEETENERS (952, 955, 950), FLAVOURS, PLANT EXTRACT (GARDENIA). CONTAINS: SULPHITES
Dessert	Jelly - Lime flavour	Aeroplane	85g	9 300619 501037	SUGAR, GELATINE (BEEF ORIGIN), ACIDITY REGULATORS (297, 331), FLAVOUR, COLOUR (133).

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Fodmap	Onion replacer - low fodmap	FreeFod	72g	9421905680011	MALTODEXTRIN, NATURAL FLAVOUR (ONION EXTRACT)
Fruit dried	Dried Apples	Angas Park	200g	9310121001635	DRIED APPLE, PRESERVATIVE (9220, 223)
Fruit dried	Dried Apricots	Angas Park	500g	9310121011276	DRIED APRICOTS, PRESERVATIVES (220, 224) CONTAINS SULPHITES
Fruit dried	Dried Currants	Community Co	300g	9310246053496	CURRANTS (99%), VEGETABLE OIL (SUNFLOWER OIL)
Fruit dried	Dried Pitted Dates	Angas Park	500g	9310121001604	DRIED DATES, VEGETABLE OIL.
Fruit dried	Dried raisins	Community Co	375g	9310246053489	RAISINS (99%), VEGETABLE OIL (COTTONSEED OIL)
Fruit dried	Whole Australian Prunes	Black & Gold	1kg	9300602362928	PRUNES, PRESERVATIVES (202)
Fruit dried	Dried Currants	Sunbeam	300g	9 310162 113007	AUSTRALIAN CURRANTS (99.5%), SUNFLOWER OIL
Fruit Tin	Apple Slices	Ardmona	800g	9310092208224	APPLE SLICES (100%)
Fruit Tin	Apricots canned	SPC	825g	93100062319734	APRICOT HALVES (53%), FRUIT JUICE (PEAR/APPLE/GRAPE/PEACH).
Fruit Tin	Fruit Salad in juice	SPC	825g	9310006244973	FRUIT SALAD (59%) (AUSTRALIAN GROWN DICED PEARS AND DICED PEACHES, IMPORTED PINEAPPLE PIECES), REFINED FRUIT JUICE
Fruit Tin	Peaches sliced	SPC	825g	9310006212972	PEACH SLICES (59%), FRUIT JUICE (PEAR/APPLE/GRAPE/PEACH)
Fruit Tin	Pears sliced in juice	SPC	825g	9310006222971	PEAR SLICES (59%), REFINED FRUIT JUICE.
Fruit Tin	Pineapple pieces	Golden Circles	450g	9310179004510	PINEAPPLE (69%), WATER, SUGAR
Fruit Tin	Two fruits diced in juice	SPC	825g	9310006264971	TWO FRUITS (59%) (DICED PEARS AND PEACHES), REFINED FRUIT JUICE. FRUIT RATIOS MAY VARY DUE TO SEASONAL AVAILABILITY
Fruit Tin	Pineapple rings				
Fruit Tin	Apricots canned	Woolworths			
Gluten Free	Plain rice crackers	Sakata	100g	9319636000140	RICE (97%), RICE BRAN OIL, SALT.
Gluten Free	Rice cakes	Sun Rice	150g	9310140282527	WHOLE GRAIN BROWN RICE PUFFED CEREAL GRAINS
Gluten Free	Gluten Free Penne Pasta	BuonTempo	600g	720516026072	RICE FLOUR (87%), CORN FLOUR (13%)

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Gluten Free	Gluten Free Spaghetti	San Remo	350g	9310155009553	MAIZE STARCH, SOY FLOUR, POTATO STARCH, RICE STARCH CONTAINS SOY
Gluten Free	Vermicelli Rice Noodles (Gluten Free)	Chang's	250g	9300777013090	RICE, CORN STARCH, WATER.
Gluten Free	Free from gluten, plain flour	Woolworths	750g	9300633453084	GLUTEN FREE STARCHES (MAIZE, TAPIOCA), GLUTEN FREE FLOURS (RICE, MAIZE), RICE BRAN, THICKENERS (415)
Gluten Free	Gluten free pasta	San Remo	350g	9310155009652	MAIZE STARCH, SOY FLOUR, POTATO STARCH, RICE STARCH CONTAINS SOY
Gluten Free	Gluten Free Self Raising Flour	Well & Good	1kg	9337096100286	RICE FLOUR, POTATO STARCH, TAPIOCA STARCH, SUGAR, NON ALUMINIUM RAISING AGENTS (SODIUM ACID PYROPHASPHATE, SODIUM BICARBONATE, GLUCONO DELTA-LACTONE), VEGETABLE EMULSIFIERS (MONO AND DIGLYCERIDES OF FATTY ACIDS, SODIUM STEAROYL LACTYLATE), DEXTROSE MONOHYDRATE, MODIFIED TAPIOCA STARCH, IODISED SALT, THICKENERS (SODIUM CARBOXYMEHYL CELLULOSE, XANTHAN GUM)
Gluten Free	Rice flour (gluten free)	McKenzies	375g	9 310061 142207	RICE FLOUR
Herbs & Spices	Cooking Salt	Black & Gold	1kg	9310077278723	SEA SALT, ANTI CAKING AGENT (535)
Herbs & Spices	Fine White Pepper	SAXA	50g		
Herbs & Spices	Ground Black Pepper	SAXA	50g		NA
Herbs & Spices	Stock powder - Beef style	Massel	168g	810206000632	SEA SAL 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
Herbs & Spices	Stock powder - Chicken style	Massel	168g	810206000649	SEA SALT FROM THE GREAT SOUTHERN OCEAN, LOW SUGAR MAIZE MALTODEXTRIN, YEAST EXTRACT, NATURAL VEGETABLE FLAVOURS, POTASSIUM CHLORIDE, CANOLA OIL, TURMERIC GROUND MADRAS.

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					SEA SALT FROM THE GREAT SOUTHERN OCEAN, LOW SUGAR MAIZE MALTODEXTRIN, YEAST EXTRACT, POTASSIUM CHLORIDE, DEHYDRATED VEGETABLES (SPINACH, CELERY), NATURAL VEGETABLE FLAVOURS, CANOLA OIL
Herbs & Spices	Stock powder - Vegetables	Massel	168g	810206000656	
Herbs & Spices	Cayenne Pepper (Hot)	Coles	30g	9300633927196	CAYENNE PEPPER (100%)
Herbs & Spices	Cayenne Pepper (Hot)	Masterfoods	30g	93716543	MAY CONTAIN SESAME SEEDS
Herbs & Spices	Chilli crushed	Centuries Ahead	100g	9337854005358	CHILLI
Herbs & Spices	Chilli flakes	Masterfoods	18g	93782623	MAY CONTAIN SESAME SEEDS
Herbs & Spices	Cinnamon Sugar	Coles	60g	9300633927363	SUGAR (88%), CINNAMON (12%)
Herbs & Spices	Coriander Leages	Masterfoods	5g	913106771001455	MAY CONTAIN SESAME SEEDS
Herbs & Spices	Coriander Seeds - Ground	Woolworths	20g	9300633927448	CORIANDER (100%)
Herbs & Spices	Crushed Ginger	Masterfoods	160g	9371 8950	GINGER PUREE (GINGER, ACIDITY REGULATOR (ACETIC ACID), THICKENER (XANTHAN GUM (CONTAINS SOY)), SUGAR, PRESERVATIVE (SODIUM METABISULPHITE (SULPHITES))) 64%, WATER, VEGETABLE OIL, SALT, ACIDITY REGULAROR (ACETIC ACID), THICKENER (XANTHAN GUM (CONTAINS SOY) CONTAINS: SOY, SULPHITES MAY CONTAIN: PEANUT
Herbs & Spices	Curry powder - mild	Centuries Ahead	150g	9337854005198	RICE FLOUR, TURMERIC, CORIANDER SEED, FENUGREEK, CUMIN, SALT, CINNAMON, CELERY SEED, GINGER, CLOVES, CASSIA, CHILLI, NUTMEG
Herbs & Spices	Ground Nutmeg	Woolworths	40g	9300633928407	NUTMEG (100%)
Herbs & Spices	Ground paprika	Masterfoods	35g	93716536	MAY CONTAIN SESAME SEEDS
Herbs & Spices	Italian Herb Blend	Masterfoods	10g	93716925	MARJORAM (31%), BASIL (28%), CAPSICUM (11%), ROSEMARY (9%), OREGANO (9%), PARSLEY, THYME MAY CONTAIN SESAME SEEDS AND WHEAT
Herbs & Spices	Mustard powder	Keen's	50g	9300683071276	MUSTARD POWDER
Herbs & Spices	Parsley flakes	Masterfoods	4g	93716222	MAY CONTAIN SESAME SEEDS
Herbs & Spices	Sage Leaves Ground	Masterfoods	20g	93716239	MAY CONTAIN SESAME SEEDS

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Herbs & Spices	Traditional curry powder	Keen's	50g	9300683071559	TUMERIC, CORIANDER, SALT, FENUGREEK, BLACK PEPPER, CHILLI, RICE FLOUR, ALLSPICE, CELERY
Herbs & Spices	Tumeric	Masterfoods	28g	93716611	MAY CONTAIN SESAME SEEDS
Herbs & Spices	Whole Cloves	Coles	24g	9300601569472	CLOVES
Herbs & Spices	Tumeric	Centuries Ahead	170g		
Herbs & Spices	Instant pudding - Vanilla	Collette's	100g	9300657174101	CASTER SUGAR, MAIZE THICKENERS, MINERAL SALTS (339, 430), VANILLA FLAVOUR, SALT, COLOURS (102, 110) TRACES OF WHEAT, EGG, MILK, TREE NUTS, SESAME & SOY.
Herbs & Spices	Mixed herbs	Centuries Ahead	40g	9337854004856	HERBS
Herbs & Spices	Rosemary	Centuries Ahead	90g		
Herbs & Spices	Thyme	Centuries Ahead	50g		
Herbs & Spices	Parsley	Centuries Ahead	70g		
Herbs & Spices	Sesame seeds	Centuries Ahead	180g		
Herbs & Spices	Thyme	Masterfoods	10g		
Herbs & Spices	Sesame seeds	Masterfoods			
Herbs & Spices	Sweet Paprika	Centuries Ahead	130g		
Herbs & Spices	Chinese Spice	Centuries Ahead	120g		
Meat tin	Baked beans in tomato sauce	SPC	425g	9310006004034	NAY BEANS (50%), RICH TOMATO SAUCE TOMATO PUREE (26%), WATER, SUGAR, MAIZE THICKENER (1422), SALT, SEASONING (CONTAINS NATURAL FLAVOURS) FOOD ACID (CITRIC), ANTIOXIDANT (ASCORBIC ACID) MAY CONTAIN SOYBEANS
Meat tin	Baked beans in tomato sauce	Black & Gold	420g	9310077312786	NAVY BEANS (49%), WATER, SUGAR, TOMATO PASTE (4%), MODIFIED MAIZE STARCH (1422), SALT, PAPRIKA, ONION POWDER, NATURAL FLAVOURS

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Meat tin	Braised Steak & Onion	Harvest	425g	9300645041941	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 (CARMEL I, CARMEL IV), BLACK PEPPER.
Meat tin	Chicken breast (Premium Chunk) - packed	Kirkland	354g	96619527014	CHICKEN BREAST MEAT (83%), WATER (14%), SALT, THICKENER (1442), EMULSIFIERS (339, 450, 451), CHICKEN BROTH, FLAVOURS
Meat tin	Chunk style Tuna (in springwater)	John West	425g	9300462349268	PURSE SEINE CAUGHT SKIPJACK TUNA (KATSUWONUS PELAMIS) (65%), SPRINGWATER, SALT
Meat tin	Chunk style Tuna (in brine)	John West	425g	9300462349268	PURSE SEINE CAUGHT SKIPJACK TUNA (KATSUWONUS PELAMIS) (65%), SPRINGWATER, SALT
Meat tin	Deli Style Leg Ham	Hydale	450g	22012272	PORK (85%), WATER, SALT. SUGAR, THICKENER (407), STABILISER (339), ANTIOXIDANT (316), SODIUM NITRITE (250). MAY ALSO CONTAIN TRACES OF GLUTEN CEREALS AND SOY.
Meat tin	Deli Tuna - Chilli Infused Oil & Lemon Zest	John West	180g	9300462121581	PURSE SEINE CAUGHT SKIPJACK TUNA (KATSUWONUS PELAMIS) (65%), SUNFLOUR OIL (26%), CHILLI (4%), ROASTED GARLIC, LEMON ZEST (0.7%), SALT, LEMON JUICE POWDER, FOOD ACID (CITRIC), PARSLEY, BLACK PEPPER CONTAINS FISH
Meat tin	Leg Ham	Plumrose	340g	9341370002050	PORK (84%), WATER, SALT, ACIDITY REGULATOR (451), THICKENER (407A), ANTIOXIDANT (316), ACIDITY REGULATOR (508), PRESERVATIVE (250).
Meat tin	Leg Ham (Deli Style)	Hydale	450g	22012272	PORK (85%), WATER, SALT. SUGAR, THICKENER (407), STABILISER (339), ANTIOXIDANT (316), SODIUM NITRITE (250).
Meat tin	Pink Salmon	Kirkland	170g	96619215478	PINK SALMON (ONCORHYNCHUS GORBUSCHA) (99%), SALT

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Meat tin	Premium chunk chicken breast (packed in	Kirkland	354g	96619527014	CHICKEN BREAST MEAT (83%), WATER (14%), SALT, THICKENER (1442), EMULSIFIERS (339, 450, 451), CHICKEN BROTH, FLAVOURS.
Meat tin	Premium Red Salmon (Wild Pacific)	Ocean Rise	210g	20002250	RED SALMON (99%) (ONCORHYNCHUS NERKA), SALT
Meat tin	Sardines in hot sauce (Portugese style)	Santamaria	120g	9310175217914	SARDINES (70%), HOT SAUCE (30%) (SUNFLOWER OIL, SALT, HOT CHILLI PEPPERS (0.92%), CHILLI POWDER).
Meat tin	Sardines in oil (Portugese style)	Santamaria	120g	9310175217891	SARDINES (70%), SUNFLOWER OIL (29%), SALT
Meat tin	Sardines in tomato sauce (Portugese style)	Santamaria	120g	91310175217907	SARDINES (6,%), TOMATO SAUCE (35%) WATER, TOMATOES (10.6%), SUNFLOWER OIL, SALT).
Meat tin	Spaghetti in tomato sauce	SPC	420g	9310006004102	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
Meat tin	Spaghetti sauce with Australian beef	Leggo's	580g	9300645015461	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
Meat tin	Spaghetti sauce with beef	Campbell's	410g	9300644093132	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

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Meat tin	Spam		340g	376003494536	PORK (92%), WATER, SALT, THICKENER (1442), SUGAR, PRESERVATIVE (250), COLOUR (160B), HUMECTANT (1520).
Meat tin	Tuna - Yellowfin - Italian Style in Oil with Chilli	Ocean Rise	185g	4088700053935	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.
Meat tin	Sardines - Oil	Black & Gold	125g	9 310077 203671	SARDINES (60%), SOYBEAN OIL (20%), WATER, SALT CONTAINS FISH AND SOY
Meat tin	Salmon (red)	John West	210g	9 300462 340074	RED SALMON CONTAINS FISH
Meat tin	Chilli con carne	Vegie Delights	415g	9349174000326	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
Meat tin	Nutmeat	Vegie Delights	415g	9349174000692	WATER, PEANUTS (20%), VEGETABLE PROTEIN (WHEAT), ONION, SALT, MINERALS (ZINC, IRON), VITAMIN B12 CONTAINS (ALLERGENS): PEANUTS AND CEREALS CONTAINING GLUTEN MAY CONTAIN TRACES: SOY
Meat tin	Nutolene - Gluten Free	Vegie Delights	415g	9349174000708	WATER, PEANUTS (47%), SALT, MINERALS (ZINC, IRON), VITAMIN B12. CONTAINS (ALLERGENS): PEANUTS MAY CONTAIN TRACES: SOY
Meat tin	Savoury Lentils - Gluten Free - VD	Vegie Delights	415g	9349174000715	WATER, LENTILS (17%), ONION, TOMATO PASTE, SALT, COLOUR (CARAMEL 150C), CURRY POWDER (GARLIC). CONTAINS (ALLERGENS): NIL MAY CONTAIN TRACES: PEANUTS AND SOY

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Meat tin	Vegetarian sausages - VD	Vegie Delights	425g	9349174000739	WATER, WHEAT GLUTEN, PEANUTS, SOY FLOUR DEBTED, 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
Meat tin	Ally Pink Salmon	Ally	210g		
Meat tin	Wild Alaskan Red Salmon	John West	270g	NA	SALMON (FISH), SALT CONTAINS FISH
Meat tin	Wild Alaskan Red Salmon	Kirkland	170g	9 300462 341026	SALMON (F74%), WATER, SALT CONTAINS FISH
Meat tin	Tuna with Mango Chilli	John West	95g	9300462348414	MSC CERTIFIED PURSE SEINE CAUGHT SHIPJACK TUNA (KATSUWONUS PELAMIS) (FIHS) (44%), WATER, REHYDRATED DICED MANGO (13%), VEGETABLE OIL, MANGO CHILLI SEASONING (CONTAINS WHEAT, SPICES), CHILLI (1.5%), SALT, DRIED CAPSICUM, SUGAR, GARLIC POWDER, FLAVOUR, COLOUR (PAPRIKA OLEORESINS)
Meat tin	Tuna with Zesty Vinaigrette	John West	95g	9300462348278	PURSE SEINE CAUGHT SHIPJACK TUNA (KATSUWONUS PELAMIS) (FISH) (56%), WATER, VEGETABLE OIL, VINEGAR, SALT, MUSTARD POWDER, SUGAR, SPICES (CONTAINS CHILLI, CELERY), PARSLEY, LEMON JUICE, FOOD ACID (CITRIC) CONTAINS FISH
Meat tin	Tuna with lemon & cracked pepper	John West	95g	9300462348247	MSC CERTIFIED PURSE SEINE CAUGHT SHIPJACK TUNA (KATSUWONUS PELAMIS) (FISH) (58%), WATER, VEGETABLE OIL, SPICES (CONTAINS CHILLI, CELERY), FOOD ACID (CITRIC), CRACKED PEPPER (0.3%), SALT, LEMON JUICE POWDER (0.1%) CONTAINS FISH
Pasta	Lasagna sheets	Community Co	250g	9 310246 047532	DURUM WHEAT SEMOLINA MAY CONTAIN TRACES OF EGG AND SOY PRODUCT DOES NOT CONTAIN EGG AS AN INGREDIENT.

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Pasta	Spaghetti	San Remo	500g	9310155100434	DURUM WHEAT SEMOLINA MAY CONTAIN TRACES OF EGG & SOY. PRODUCT DOES NOT CONTAIN EGG AS AN INGREDIENT
Pasta	Pasta Spirals	San Remo	500g	9310155202138	DURUM WHEAT SEMOLINA MAY CONTAIN TRACES OF EGG & SOY. PRODUCT DOES NOT CONTAIN EGG AS AN INGREDIENT
Pasta	Spaghetti cans	Black & Gold	410g	9 310077 312779	SPAGHETTI (50%) (DURUM WHEAT SEMOLINA, WATER), WATER, TOMATO PASTE (6.4%), SUGAR, MODIFIED MAIZE STARCH, GLUCOSE-FRUCTOSE SYRUP, SALT, CHEESE POWDER (MILK), WHEY POWDER, NATURAL FLAVOURINGS, PAPRIKA, YEAST EXTRACT. CONTAINS: GLUTEN (WHEAT), MILK
Pasta	Spirals	Black & Gold			
Pasta	Pasta Spirals	Black & Gold	500g	9 310077 289033	DURUM WHEAT SEMOLINA CONTAINS: WHEAT, GLUTEN MAY BE PRESENT: EGG, SOY
Pasta	Pasta Spaghetti	Coles	500g	9 310645 247274	DURUM WHEAT SEMOLINA CONTAINS: WHEAT, GLUTEN MAY BE PRESENT: EGG, SOY
Sauce	BBQ Sauce	Colway	500ml	4088700034415	RECONSTITUED TOMATO PUREE (46%), SUGAR, SALT, THICKENERS (1422, 415), ACIDITY REGULATOR (26), MOLASSES, MALTODEXTRIN, COLOUR (150D) (CONTAINS SULPHITES), ONION, GARLIC, SPICES, FLAVOUR CONTAINS SULPHITES
Sauce	Hot Chilli Sauce	Fountain	250ml	9300681002081	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
Sauce	Soy sauce	Kikkoman	600ml	4901515118586	WATER, SOYBEANS (18%), WHEAT, SALT. CONTAINS WHEAT, SOY, 3.2% ALCOHOL FROM THE NATURAL BREWING PROCESS.

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Sauce	Basil pesto	Barilla	190g	8076809513753	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
Sauce	Barbeque Sauce	Colway	500g	4088700034415	RECONSTITUTED TOMATO PUREE (46%), SUGAR, SALT, THICKENERS (1422, 415), ACIDITY REGULAROT (260< MOLASSES, MALTODEXTRIN, COLOUR (150D), ONION, GARLIC, SPICES, FLAVOUR. CONTAINS SULPHITES
Sauce	Black Bean Sauce	Ayam	210g	9311627610550	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
Sauce	Chinese Cooking Wine	Pandaroo	375ml	9319224800527	WATER, ALCOHOL (16%), WHEAT, GLUTINOUS RICE, SALT (1.6%), FOOD ADDITIVE CARAMEL
Sauce	Gherkin Relish	Masterfoods	260g	9310012034551	GHERKINS (GHERKINS (28%), WATER, SALT, FOOD ACID (ACETIC), FIRING AGENT (CALCIUM CHLORIDE), PRESERVATIVE (SODIUM METABISUKPHITE)), SUGAR, WATER, THICKENER (MODIFIED CORNSTARCH), SALT, MUSTARD SEED (0.5%), COLOUR (CHLOROPHYLL-COPPER COMPLEX & RIBOFLAVIN), SPICE EXTRACT CONTAINS: SUIPHITES MAY CONTAIN: PEANUTS & WHEAT

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Sauce	Basil pesto	Leggo's	190g	93352192	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
Sauce	Horseradish Cream Condiment	Masterfoods	175g	93718738	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
Sauce	Hot English Mustard	Colway	190g	4088700020333	WATER, MUSTARD (24%) (MUSTARD SEEDS, MUSTARD FLOUR, MUSTARD POWDER), SUGAR, SALT, SPICES, ACIDITY REGULATOR (330), MUSTARD OIL (0.2%)
Sauce	Mint Jelly	Masterfoods	290g	93718134	SUGAR, WATER, GLUCOSE SYRUP, FOOD ACIDS (ACETIC, CITRIC, SODIUM CITRATE), THICKENER (PECTIN), SALT, MINT 0.5%, VEGETABLE OIL, COLOUR (CHLOROPHYLL/COLOUR COMPLEX, RIBOFLOVIN), MINT EXTRACTS. MAY CONTAIN PEANUTS.
Sauce	Oyster Sauce	Panda Brand Oys	907g	0 78895 300031 1	WATER, SUGAR, OYSTER EXTRACT (11%) (OYSTERS, WATER, SALT), SALT, MODIFIED CORN STARCH (1442), FLAVOUR ENHANCER (621), WHEAT FLOUR, COLOUR (150A). CONTAINS OYSTERS, WHEAT.
Sauce	Soy Sauce	Kikkoman	500ml	4 901515 118580	WATER, SOYBEANS (18%), WHEAT, SALT. CONTAINS WHEAT, SOY, 3.2% ALCOHOL FROM THE NATURAL BREWING PROCESS.

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Sauce	Sweet Chilli Sauce	Trident	730ml		SUGAR, PICKLED RED CHILLI (21%), WATER, GARLIC, VINEGAR, SALT, STABILISER: (415).
Sauce	Sweet Chilli Sauce	Masterfoods	500ml	9 310012 024248	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
Sauce	Sweet Mustard Pickle	Fletchers	395g	9310181032136	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
Sauce	Sweet Mustard Pickle	Three Threes	250g	9310480333002	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.
Sauce	Thick Mint Sauce	Fountain	250ml	9 1300681 195738	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).
Sauce	Tomato Sauce	Fountain	500ml	9 300681 008649	TOMATO PUREE (78%), SUGAR, SALT, FOOD ACID (260), NATURAL FLAVOUR.
Sauce	Traditional Mayo	Praise	490g	9310047203489	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
Sauce	Chicken & Ham	Pecks	125g	93695152	GET ONLINE
Sauce	Devilled Ham	Pecks	125g		

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Sauce	Authentic Thai Massaman Curry Paste	Valcom	210g		
					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
Sauce	Green curry paste	Asia specialities	195g		
					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
Sauce	Massaman Curry Paste	Asia specialities	195g		
Sauce	Glaze with Balsamic Venifa of Modena	Community Co	250ml	9310246 047914	GRAPE MUST, BALSAMIC VINEGAR OF MODENA (35%), (COOKED GRAPE MUTT, WINE VINEGAR), MODIFIED STARCH (1422).
					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.
Sauce	Rich gravy mix	Maggi	2kg	9400556006838	
Sauce	Oyster sauce	ayam	420ml	9556041200202	WATER, SUGAR, SALT, OYSTER EXTRACT (6%), THICKENER (1422), RICE FLOUR, CARAMEL (150A), OYSTER FLAVOUR, FOOD ACID (270), YEAST EXTRACT, VEGETABLE GUM 416).

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Soup - canned	Cream of asparagus condensed soup	Campbell's	420g	9300644120210	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, CARAMEL IV) CONTAINS GLUTEN CONTAINING CEREALS, MILK AND SOY
Soup - canned	Cream of celery soup (condensed)	Campbell's	410g	9300644116213	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 - canned	Cream of chicken (condensed soup)	Heinz	420g	9300657005023	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 - canned	Cream of chicken (condensed soup)	Campbell's	410g		
Soup - canned	Cream of mushroom soup (condensed)	Campbell's	420g	9300644126212	WATER, MUSHROOMS (11%), WHEAT FOUR, COMFLOUR (MAIZE), VEGETABLE OIL, SALT, CREAM (FROM MILK), FLAVOURS, MILK SOLIDS, SOY PROTEIN, SUGAR, YEAST EXTRACT, FOOD COLOUR, CARAMEL III), MALTODEXTRIN (FROM WHEAT) CONTAINS GLUTEN CONTAINING CEREALS, MILK AND SOY
Soup - canned	Cream of pumpkin condensed soup	Heinz	420g	9300657005610	PUMPKIN (64%), WATER, TOMATOES, MAIZE THICKENER (1412), SUGAR, SALT, CREAM, WHEAT FLOUR, FLAVOURS (CONTAIN SOY & GARLIC)

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Soup - canned	Creamy chicken soup	Campbell's	405g	9300644705080	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 - canned	Hearty Beef & Vegetable Soup	Campbell's	405g	91300644704946	BEEF STOCK (WATER, BEEF, SALT), VEGETABLES (95%) (POTATOES, CARROTS, TOMATO PUREE, ONIONS, GREAT NORTHERN BEANS, GREEN BEANS, PEAS, SWEET CORN, 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 (CARMEL I), YEAST EXTRACT, SPICES, NATURAL FLAVOURS, HERBS. CONTAINS SOY AND GLUTEN CONTAINING CEREALS
Soup - canned	Rich & creamy pumpkin soup	Campbell's		9300644702409	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

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Soup - canned	Farmhouse vegetable soup	Campbell's	400g	9300644704953	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 - canned	Vegetable soup (Condensed)	Heinz	420g	9300657005108	VEGETABLES (58%) (TOMATOES, POTATOES, CARROTS, ONION, CELERY, LEEK). WATER, MAIZE THICKENER (1422), PEAR BARLEY (CONTAINS TRACES OF WHEAT), SUGAR, SALT, YEAST EXTRACT, ROAST GARLIC.
Soup - cup	2 minute noodles - Beef	Maggi	370g	9556001137791	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.

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Soup - cup	Chicken 2 minute noodles	Maggi		9556001138033	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, CARAMEL I), SOICES (CORIANDER, CUMIN, CARDAMOM, CHILLI POWDER, GINGER), CONTAINS WHEAT. SOY AND CELERY. MAY CONTAIN CRUSTACEAN, FISH, MILK AND MUSTARD
Soup - cup	Cream of chicken - soup in a cup	Continental	75g	9300667029392	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 - cup	Hearty beef - soup in a cup	Continental	55g	9300667004320	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.

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Soup - cup	Oriental 2 minute noodles	Maggi	370g	9556001137678	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 - cup	Tomato soup in a cup	Continental	80g	9300667029422	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.

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Soup - dried	Garden Pea & Ham soup mix	Continental	1.9kg	9300830044030	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 (POTASIUUM 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 - dried	Tomato soup (condensed)	Campbell's	420g	9300644234511	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 - dried	Chicken noodle soup mix	Continental	2.3kg		
Soup - dried	French Onion soup mix	Continental	2.2kg		
Soup - dried	French Onion soup mix	Maggi	2kg		
Soup - dried	Thick vegetable soup mix (gluten free)	Maggi	1.9kg	9400556012679	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.

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Soup - dried	Tomato soup mix	Continental	2.0kg	9300830044085	<p>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.</p> <p>CONTAINS MILK PRODUCTS</p> <p>MAY CONTAIN EGG, FISH, SOYBEAN.</p>
Soup - dried	Potato & Leek soup (Gluten Free)	Continental	1.7kg	9 3100830 002122	<p>STARCH, INULIN, POTATO (9.7%) (FLAKES, DICE), MILK SOLIDS, VEGETABLE OILS, MINERAL SALTS (POTASSIUM CHLORIDE, 452, 451, 340, 341, 450), CREAM POWDER (MILK), FLAVOURS (MILK), MALTODEXTRIN, LEEK PIECES 2.6%), GLUCOSE SYRUP, SOUR CREAM POWDER (MILK), SALT, ONION PIECES, SKIM MILK POWDER, SPINACH POWDER, SUGAR, FLAVOUR ENHANCER (635, 627), EMULSIFIER (471), PROCESSING AID (SULPHITES).</p> <p>CONTAINS: MILK, SULPHITES.</p> <p>MAY CONTAIN: EGG, PEANUT, SOY, TREE NUTS.</p>

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					VEGETABLES (30%) [TOMATO POWDER, POTATO, ONION (PIECES, POWDER), GREEN PEAS, CARROT, CAPSICUM, LEEK, GREEN BEANS, CELERY, STARCH, MALTODEXTRIN, SUGAR, THICKENER (1412), PASTA (RICE FLOUR, POTATO STARCH, COLOUR (160A)), SALT, MINERAL SALT (POTASSIUM CHLORIDE), VEGETABLE OIL, FLAVOURS, YEAST EXTRACT, PARSLEY, BLACK PEPPER, FLAVOUR ENHANCER 635), PROCESSING AID (SULPHITES) CONTAINS: SULPHITES MAY CONTAIN: EGG, MILK, PEANUT, SOY & TREE NUTS
Soup - dried	Minestrone soup mix (Gluten Free)	Continental	2.1kg	9 300830 044061	
Spread	Apricot Jam	Cottee's	500g	9300657801564	SUGAR, APRICOT (40%), FOOD ACID (CITRIC ACID), GELLING AGENT (PECTIN)
Spread	Apricot Jam	IXL	480g	9310013003280	SUGAR, APRICOT (40%), FOOD ACID (CITRIC, ASCORBIC), GELLING AGENT (FRUIT PECTIN)
Spread	Breakfast Marmalade	Cottee's	500g	9300657801519	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)
Spread	Forest Fruits Jam	IXL	480g	9310013003297	SUGAR, FRUIT (40%) [RASPBERRY, BLACKBERRY, STRAWBERRY, BOYSENBERRY, BLACKBURRANT], GELLING AGENT (FRUIT PECTIN), FOOD ACID (CITRIC), NATURAL COLOUR (GRAPE JUICE CONCENTRATE)
Spread	Marmalade (Breakfast)	IXL	480g	9310013003273	SUGAR, ORANGE (24%), WATER, GELLING AGENT (FRUIT PECTIN), FOOD ACID (CITRIC), NATURAL ORANGE OIL
Spread	Peanut Butter - Smooth	Bega	375g	9352042000120	ROASTED PEANUTS (86%), VEGETABLE OIL (CONTAINS ANTIOXIDANT (320)), SUGAR, SALT ALLERGENS: CONTAINS PEANUTS
Spread	Plum Jam	Cottee's	500g	9300657801571	SUGAR, PLUMS (40%), GELLING AGENT (PECTIN), NATURAL COLOUR (GRAPE SKIN EXTRACT, FOOD ACID (CITRIC ACID)

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Spread	Pure Honey	Community Co	500g	9310246052796	AUSTRIAN HONEY (100%) GELLING AGENT (FRUIT PECTIN), FOOD ACID (CITRIC)
Spread	Raspberry Jam	IXL	480g	9310013003266	SUGAR, RASPBERRY (40%), GELLING AGENT (PECTIN), FOOD ACID (CITRIC ACID)
Spread	Raspberry Jam	Cottee's	500g	9300657801540	SUGAR, STRAWBERRY (40%), GELLING AGENT (PECTIN), FOOD ACID (CITRIC ACID), SUGAR, STRAWBERRY (40%)
Spread	Strawberry Jam	Cottee's	500g	9300657801533	AGENT (FRUIT PECTIN), FOOD ACID (CITRIC)
Spread	Strawberry Jam	IXL	480g	9310013003259	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
Spread	Vegemite	Bega	455g	9352042000335	NATURAL UNHULLED SESAME SEEDS ALLERGEN ADVICE CONTAINS: SESAME MAY BE PRESENT: PEANUTS, TREE NUTS.
Spread	Tahini - unhulled	Mayver's	385g	9310885115142	SALMON (51%), WHITE FISH (COD, POILACK), WATER, SALT, FLAVOUR ENHANCER (MONOSODIUM GLUTAMATE), MODIFIED CORN STARCH (1422), POTATO FIBRE, FOOD ACID (CITRIC ACID), THICKENERS (LOCUST BEAN GUM, CARRAGEENAN), LOBSTER EXTRACT (0,07%), COLOUR (CAMEL V), ONION, GARLIC CONTAINS CRUSTACEA AND FISH INGREDIENTS
Spread	Salmon & Lobster	Pecks	125g	93695176	
Veg	Sundried Tomatoes Strips	Woolworths			
Veg	Instant Mashed Potato - Deb	Deb Continental		9300667750030	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

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Veg	Pesto sundried tomato	Leggo's	190g		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
Veg	Australian Pickled Onions	Three Threes	520g	9310480333514	AUSTRALIAN ONIONS (60%), WATER, SUGAR, FOOD ACIDS (260, 270), SALT, SPICE EXTRACT, MINERAL SALT (509), PRESERVATIVE (220) CONTAINS: SULPHITES
Veg	Kalamata Olives - Pitted	Always Fresh	670g	9300602370923	KALAMATA OLIVES (59%), WATER, SALT, OLIVE OIL, SUGAR, FOOD ACID (260), COLOUR (150C).
Veg	Giardiniera	Hoyt's	750g	9300725000028	MIXED VEGETABLES (65%): (100% AUSTRALIAN GROWN PRODUCE - CAULIFLOWER, CARROTS, PEPPERS), (IMPORTED PRODUCE - GHERKINS, ONIONS, OLIVES), WATER, VINEGAR, MINERAL SALTS (509), PRESERVATIVES (220)
Veg	Southern Style Pickled Onions	Hoyt's	510g	91500725011307	ONIONS (60%), WATER, SUGAR, SALT, FOOD ACID (260), SPICES, CARAMEL COLOUR (150C), PRESERVATIVE (223), SULPHITES.
Veg	Sundried Tomatoes Strips	Always Fresh	480g	9300602366285	REHYDRATED, SUNDRIED TOMATOES (54%), CANOLA OIL, SALT. HERBS, SUGAR, GARLIC, ANTIOXIDANT (300), ACIDITY REGULATOR (330)
Veg	Tomato Paste	Leggo's	280g	9 300645 020823	TOMATO PASTE (99%), SALT, FOOD ACID (CITRIC).
Veg	Basmati Rice	Riviana	1kg	9 300602 175344	NA
Veg	Medium grain rice	Sun Rice	1kg		
Veg	Medium grain rice	Sun Rice	1kg	9 310140 283746	NA
Veg - canned	Black Beans	Edgell	400g	9310082108657	BLACK BEANS (60%), WATER, SUGAR, SALT, FIRMING AGENT (509), FOOD ACID (ACETIC ACID).

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Veg - canned	Brown Lentils	Edgell	400g	9310082429981	LENTIS (60%), WATER, SALT, TOMATO PASTE, FIRMING AGENT (509), ANTIOXIDANT (ASCORBIC ACID).
Veg - canned	Chickpeas	Edgell	400g		
Veg - canned	Baby Corn In Brine	Pigeon Brand	425g	8850035103083	YOUNG CORN (54.1%), WATER, SALT, ACIDITY REGULATOR (330)
Veg - canned	Bamboo Shoot Slices	Valcom	225g	9310432180654	BAMBOO SHOOTS (62%), WATER, ACIDITY REGULATOR (330).
Veg - canned	Corn Kernals	Edgell	240g	9310082158089	SWEET CORN (58%), WATER, SALT
Veg - canned	Creamed Corn	Golden circle	410g	9300657126025	CORN (60%), WATER, SUGAR, MAIZE THICKENER (1412), SALT
Veg - canned	Italian Diced Tomatoes	Community Co	400g	9310246056862	TOMATOES (60%), TOMATO JUICE, ACIDITY, REGULATOR (CITRIC ACID)
Veg - canned	Sliced Green Beans	Edgell	410g	9310082152520	GREEN BEANS (51%), WATER, SALT, SUGAR
Veg - canned	Straw Mushrooms	Chef's World	425g	NA	STRAW MUSHROOMS (47%), WATER, SALT.
Veg - canned	Water Chestnut Slices	Valcom	227g	9310432180524	WATER CHESTNUT (60%), WATER, ACIDITY REGULATOR (330)
Veg - canned	Whole champignons	Riviana	285g	9300602362928	CHAMPIGIONS (55%). WATER, SALT FOOD ACID (330)
Veg - canned	Cannellini Beans	Edgell	400g	9310082429967	CANNELLINI BEANS (60%), WATER, SALT, ANTIOXIDANT (ASCORBIC ACID), FIRMING AGENT (509).
Veg - canned	Chickpeas	McKenzie's	375g	9131006122100	CHICKPEAS
Veg - canned	Creamed Corn	Golden circle	410g		MAY CONTAIN GLUTEN, SOY & LUPIN
Veg - canned	Creamed Corn	Black & Gold	400g		
Veg - canned	Creamed Corn	Coles	420g		
Veg - canned	Creamed Corn	Edgell	420g		
Veg - canned	Sliced beetroot	Edgell	225g	9 310082 154548	BEETROOT (61%), WATER, SUGAR, FOOD ACID (ACETIC), SALT.
Veg - canned	Sliced beetroot	Frisp	500g	9 349580 005656	BEETROOT (52%), WATER, SUGAR, BRANDY VINEGAR, CITRIC ACID
Veg - canned	Borlotti Beans	Annalisa	400g	9 317282 700094	NA
Veg - canned	Sliced beetroot	Countree	420g	6943750902610	BEETROOT (58%), WATER, SUGAR, ACIDITY REGULATOR (ACETIC ACID), SALT

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Veg - canned	Red Kidney Beans	Edgell	400g	9 310082 116539	RED KIDNEY BEANS (SMALL RED VARIETY) (60%), WATER, SUGAR, SALT FIRMING AGENT (509), FOOD ACID (ACETIC ACID).
Veg - canned	Italian Diced Tomatoes	Sole Natura	400g	9 310175 201166	DICED TOMATOES (65%), TOMATO JUICE, ACIDITY REGULATOR (330).
Veg - dried	Dehydrated peas	Continental	100g	9300667073524	PEAS (93%), SUGAR, ACIDITY REGULATOR (DOSIUM CITRATE, SODIUM CARBONATE)
Veg - dried	Five Bean Mix	McKenzie's	375g	9310061125316	MIXED BEANS (CHICK PEAS, RED KIDNEY BEANS, WHITE BEANS, CRANBERRY BEANS, BLACK EYE BEANS) (100%)
Veg - dried	Onion Flake (White)	Hindustan	1kg	9333616066674	MAY CONTAIN GLUTEN, TREE NUTS, SESAME SEEDS & DAIRY PRODUCTS
Veg - dried	Pearl Barkley	McKenzie's	500g	9310061120106	CONTAINS GLUTEN MAY CONTAIN SOY & LUPIN.
Veg - dried	Green split peas	McKenzie's	500g	9310061121301	GREEN SPLIT PEAS MAY CONTAIN: WHEAT, BARLEY, OAT, RYE, GLUTEN, SOY, LUPIN
Veg - dried	Soup Mix	McKenzie's	500g		
Veg - dried	Red Kidney Beans	McKenzie's	375g	9310061221506	MAY CONTAIN GLUTEN, SOY & LUPIN,
Veg - dried	Split peas	Food Factory	800g		
Veg - dried	Red Split Lentils	McKenzie's	375g	9310061121905	RED SPLIT LENTILS MAY CONTAIN GLUTEN, SOY & LUPIN
Veg - dried	Italian Style Soup Mix	McKenzie's	375g	9 310061 222008	PEAS (55%) (GREEN SPLIT PEAS, YELLOW SPLIT PEAS, CHICK PEAS), BEANS (30%) (WHITE BEANS, BLACK EYE BEANS, CRANBERRY BEANS, RED KIDNEY BEANS), LENTILS (15%) (RED LENTILS, WHOLE GREEN LENTILS) MAY CONTAIN: WHEAT, BARLEY, OATS, RYE, GLUTEN, SOY, LUPIN
Veg - dried	Green Lentils	McKenzie's	375g	9 310061 121806	AUSTRALIAN WHOLE GREEN LENTILS (100%) MAY CONTAIN: WHEAT, BARLEY, OATS, RYE, GLUTEN, SOY, LUPIN