

Scilly Food Boxes
Allergen Information (Updated 23rd July 2020)

Scones

Ingredients: Wheat Flour, Sugar, Raising Agent, Vegetable Fat, Vegetable Oil, Buttermilk Powder, Maize Starch, Full Fat soy flour, Emulsifier, Salt

Becky's Scilly Cakes Triple Chocolate Brownie

Ingredients: Butter, Dark chocolate (soya lecithin) Caster Sugar, eggs, wheat flour, Cadbury Dairy Milk, White chocolate.

Cherry and Almond Slice (Gluten Free, Dairy Free, Wheat Free)

Caster Sugar, almonds, dairy free spread, eggs, gluten free baking powder, glace cherries (sulphur dioxide)

Trewithen Butter

Cornish Butter (98.2%) (Cows **Milk**), Salt (1.8%), Minimum Fat content 80%
Packed in a factory that handles products containing Gluten, Eggs and Soya

Muller Salted Butter

Butter (Milk), Salt, Minimum 80% Milk Fat

Stilton

Contains **Milk**

Mature Cheddar

Contains **Milk**

Camembert

From pasteurised cow's **milk**

Roddas Clotted Cream

Contains **Milk**

Furniss Ginger Biscuits

Wheat Flour, Golden Syrup, Sugar, Vegetable Margarine (Vegetable Oil, Water, Salt, Emulsifier E475, Flavourings, Colours: Annatto, Curcumin), Raising Agents: Sodium Bicarbonate, Ammonium Carbonate, Citrus Peel 1.3% (Orange Peel, Lemon Peel, Glucose Syrup, Sucrose Syrup, Citric Acid, Sulphur Anhydride E220, Sorbic Acid E200), Butter, Dried Ginger 0.7%, Spices, Salt, Flavouring

Furniss Original Cornish Fairings Spiced Crunchy Biscuits

Wheat Flour, Granulated Sugar, Golden Syrup, Butter, Vegetable Oil, Demerara Sugar, Rice Flour, Rusk (Wheat Flour, Salt, Raising Agent: E503, Spice Extracts), Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Salt, Natural Lemon Flavouring

Furniss Cornish Clotted Cream Shortbread

Wheat Flour, Butter (28%) , Sugar, Clotted Cream (8%),Salt

Furniss Cornish Clotted Cream Shortbread with Chocolate Pieces

Wheat Flour, Cornish Butter (26%), Sugar, Plain Chocolate Chips (10%), (Cocoa Mass, Sugar, Cocoa Butter, Fat-Reduced Cocoa Powder, Emulsifier: Soya Lecithin), Cornish Clotted Cream (7%), Salt

Nairns Oat Cakes

Wholegrain oats (88%), sustainable palm fruit oil sea salt, raising agent: sodium bicarbonate.
Suitable for vegans.

Cawston Press Apple and Elderflower Juice

99% Pressed Apple Juice with 1% Elderflower Infusion, Vitamin C

Delphi Black and Green Olives

Black and Green Pitted Olives (85%) Rapeseed Oil, Olive Oil, Sundried Tomatoes, Red Peppers, Garlic, Oregano, Chilli Sauce, Chilli Flakes, Pesto, Parsley, Vinegar, Preservative E202

Delphi Classic Houmous

Cooked Chickpeas (56.6%) (Chickpeas, Water), Rapeseed Oil, Tahini (**Sesame**) (7.8%), Lemon Juice (6.9%), Water, Salt, Garlic Purée (0.7%), Lactic Acid, Preservative: Potassium Sorbate

Veronica Farm BBQ Rub

Smoked Paprika, Thyme, Rosemary, Parsley, Garlic, Brown Sugar, Sea Salt, Chilli, Pepper, Cumin

Veronica Farm Vanilla Fudge

Sugar, **Condensed Milk**, **Butter**, **Milk**, Syrup, **Clotted Cream**, Vanilla Extract

Burts Handcooked Crisps (Sea Salt)

Potatoes, Sunflower Oil, Sea Salt

Benney's Butchers Granary Bread:

Wheat Flour (with added calcium, iron, niacin, thiamine) Malted Wheat flakes, malted barley flour, Yeast, Improver *, Phase** Water, Salt

Benney's Butchers White Bread:

Wheat Flour, (with added calcium, iron, niacin, thiamine) Yeast, Improver *, Phase** Water, Salt

*Improver: Calcium Sulphate, **Soya** Flour, **Wheat** Flour (with added calcium, iron, niacin, thiamine)
Emulsifiers sodium stearoyl 2, lactylate mono & Di acetyltartaric, Ofdic esters of mono & Di-glycerides of fatty acid, dextrose monohydrate, flour treatment agent, ascorbic acid, enzymes

****Phase (Vegetable Fat)** Vegetable oils (Rapeseed, Palm, Sunflower) , water, salt, emulsifier (mono & Di-glycerides of fatty acids) acid (citric acid) vitamin A & B, Colour (carotenes), flavourings

Alpro Soya Milk

Soya Base (Water, Hulled Soya Beans (8.7%)), Apple Extract, Acidity Regulators (Potassium Phosphates), Calcium (Calcium Carbonate), Sea Salt, Stabiliser (Gellan Gum), Potassium Iodide, Vitamins (B2, B12, D2)

Flora Dairy Free Spread

Plant Oils (Sunflower, Rapeseed, Palm*), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavouring, Vitamin A, *Flora contributes to the production of sustainable palm oil

Linda McCartney Vegetarian Sausages

Rehydrated Textured **Soya** Protein (70%), Water, Rapeseed Oil, **Soya** Protein Concentrate, Seasoning (Sulphites) (Dextrose, Salt, Flavouring, Onion Powder, Yeast Extract, Colour: Red Iron Oxide), Fortified **Wheat** Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Stabiliser: Methyl Cellulose, Tomato Purée, Salt, Raising Agent: Ammonium Carbonates

Linda McCartney Vegetarian Mozzarella Burgers

Rehydrated Textured **Soya** Protein (64%), Rapeseed Oil, Onion (8%), Mozzarella Cheese (**Milk**) (8%), Seasoning (Yeast Extract, Malted **Barley** Extract, Onion Powder, Flavouring, Salt, Garlic Powder), Stabiliser: Methyl Cellulose, Chickpea Flour, Flavouring (Yeast Extract, Salt, Sunflower Oil, Acid: Citric Acid), Garlic Puree, Malted **Barley** Extract, Onion Powder

Quorn Mince

Mycoprotein™ (92%), Rehydrated Free Range **Egg** White, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate, Gluten Free **Barley** Malt Extract

Quorn Pieces

Mycoprotein™ (95%), Rehydrated Free Range **Egg** White, Natural Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate

Quorn Fillets

Mycoprotein™ (85%), Rehydrated Free Range Egg White, Natural Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate, Gelling Agent: Pectin

Princes 100% Pure Smooth Orange Juice from Concentrate 1 Litre

Orange Juice from Concentrate (100%)

New York Bagels

WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin) Water Sugar Yeast Maize Salt Rapeseed Oil Spirit Vinegar Preservative (Calcium Propionate) Malted **BARLEY** Flour Flour Treatment Agent (Ascorbic Acid)

Soft White Rolls

Wheat Flour (with Calcium, Iron, Niacin (B3) and Thiamin (B1)), Water, Vegetable Oils (Rapeseed, Sustainable Palm), Yeast, Sugar, Salt, Soya Flour, Emulsifier: E471, E472e, Vinegar, Preservative: Calcium Propionate, Flour Treatment Agent: Ascorbic Acid (Vitamin C)

Mornflake Classic Muesli Fruit and Nut

Mixed Dried Fruits, Nuts & Seeds (38%) (Dried Dates (10%), Raisins (8%), Sultanas, Coconut (4%), Sunflower Seeds, Dried Apricot (2%) (contains Preservative SULPHUR DIOXIDE), ALMONDS (1%), HAZELNUTS), OATFLAKES, Toasted WHEATFLAKES, BARLEY Flakes.

Jordans Natural Muesli

Wholegrain Cereals (67%) (**WHEAT** Flakes, OAT Flakes), **BARLEY** Flakes, Dried Fruit & **Nuts** (16%) (Sultanas, Raisins, Chopped Dates, Sliced & Whole & sliced **ALMONDS**, Chopped Roasted **HAZELNUTS**).

Westaways Honey Roast Pork Sausages

British Pork (76%), Water, Rusk (**Wheat** Flour, Salt), Seasoning [Salt, **Wheat** Flour, Stabilisers (Diphosphates), Dextrose, Preservative (Sodium **Sulphite**), Yeast Extract, Citric Acid, Antioxidant (Sodium Ascorbate), Spice Extracts, Herb Extracts], Natural Casings

Finnebrogue Pork Sausages

British Outdoor Bred Pork (87%), Water, Gluten Free Crumb (Rice Flour, Chickpea Flour, Cornflour, Salt, Dextrose), Salt, Natural Flavouring, Dextrose, Ginger, Black Pepper, Nutmeg, Mace, Pimento, Sausages filled into Vegetable Based Casings

Something Scilly Strawberry Jam

Strawberries, Sugar, Citric Acid, Pectin

Something Scilly Old Town Apple Chutney

Apples, Sugar, Citric Acid, Pectin