



THE Farmer's PANTRY

FARMER'S PANTRY PRODUCTS & THEIR ALLERGEN CONTENT

	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHITES
		Wheat, Rye, Barley, Oats, Spelt or Kamut	Peanut, Crab, Lobster, Crustacean					Clams, Mussels, Whelks, Oysters, Shell and Squid		Almonds, Hazelnuts, Walnuts, Pecans, Brazil, Pistachios, Cashew and Macadamia				Sulphur Dioxide (>10mg/kg or 10mg/L)

ITEMS	INGREDIENTS	ALLERGENS	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHITES
Za'atar Spice Jar	Herbs (Hyssop, Oregano, Thyme), SESAME , Sumac, Vegetable Oil, Salt, Citric Acid.	Sesame												✓		
Baharat Spice Jar	Allspice, Sweet Paprika, Black Pepper, Dehydrated Garlic, Coriander, Cumin, Cinnamon, Ginger, Nutmeg, Cardamom, Cloves, Salt.															
Harissa Spice Jar	Sweet Paprika, Dehydrated Garlic, Caraway, Cumin, Hot Chili Pepper, Vegetable Oil, Salt.															
Sumac Spice Jar	Whole Sumac (100%)															
Shawarma Spice Jar	Tumeric, Allspice, Cumin, Coriander, Black Pepper, Fenugreek, Dehydrated Garlic, Sweet Paprika, Cardamom, Salt.															
Sha'ata Spice Jar	Red Jericho Pepper (97%), Vegetable Oil.															
Freekeh	100% Roasted Green WHEAT . May Contain: Barley, Rye, Spelt, Oat, Soy, Sesame, Peanuts, Celery, Mustard, Sulphite, Lupine, Coconut, Nuts (Hazelnut, Walnut, Almond, Pine Cone).	Gluten		✓												
Brown Rice	Short Grain Brown Rice (100%).															
Dukkah	PEANUTS , SESAME Seeds, Coriander, Cumin, Black Pepper, Salt.	Peanuts, Sesame											✓	✓		
Harissa Paste	Canola Oil, Water, Dried Red Peppers (18%), Dried Garlic, Salt, Cumin, Hot Pepper (1.5%), Lemon Juice, Sweet Paprika, Sugar, Preservative (E202).															
Green Schug	Water, Coriander (20%), Canola Oil, Parsley (8%), Dried Garlic, Red Hot Chili Pepper (4%), Salt, Spices (Cumin, Black Pepper, Cardamom, Cloves), Citric Acid, Preservative (E202).															
Medjool Date Spread	100% Medjool dates															
Organic Tahini	100% Roasted & Ground Organic Humera SESAME Seeds.	Sesame												✓		
Chocolate Tahini	Ground Toasted SESAME Seeds (61%), Oat Flakes (Gluten Free), Demerara Sugar, Dark Chocolate, Cocoa Powder, SOY Lecithin, Salt, Vanilla.	Sesame, Soya												✓	✓	
Medjool Syrup	Steamed & Pressed Medjool Dates (100%).															
White Miso Sauce	White Miso (Water, SOYBEANS , Rice, Salt, Alcohol (Ethanol)) (46%), Rice Vinegar, Water, Toasted SESAME Oil, Ginger, SULPHITES .	Sesame, Soya, Sulphites												✓	✓	✓
Gochujang Bibimbap Sauce	Hot Pepper Paste (Rice, Water, Corn Syrup, Red Pepper Powder, Salt, SOYBEAN , Alcohol, WHEAT Extract, SOY Seasoning (SOYBEAN , Water, Salt, WHEAT GLUTEN , Alcohol, Yeast Extract, Maltodextrin), Concentrated Garlic Juice, Koji), Plum Syrup (Sugar, Water, Plum Juice Concentrate), Rice Syrup, Brown Sugar, Water, Dark SOY Sauce (Water, SOYBEAN , Salt, Sugar, WHEAT Flour), Garlic, Ginger.	Gluten, Soya		✓											✓	
Fatso Morning Glory	Macondo Columbian Dark Chocolate (90%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Flavouring: Natural Vanilla), Mixed Peel (4%) (Orange Peel, Lemon Peel, Glucose Fructose Syrup, Sugar, Acidity Regulator: Citric Acid), Crouton (3%) (WHEAT Flour, Sunflower Oil, WHEAT GLUTEN , Salt, Sugar, Yeast), Corn Flakes (3%) (Maize, Sugar, Salt, BARLEY Malt Extract, Iron, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Thiamine, Folic Acid, Vitamin D, Vitamin B12).	Gluten, Soya		✓											✓	
Fatso Nan's Stash	Palenque Colombian Dark Chocolate (82%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: SOYA Lecithin; Flavouring: Natural Vanilla), Digestive Biscuit (6%) (WHEAT Flour, Sugar, Wholemeal WHEAT Flour, Margarine, Cane Syrup, Salt, OATMEAL [OATS]), Caramel Flakes (6%) (Sugar, Glucose Syrup, Sweetened Condensed MILK , Salted Butter, Water), Roasted Salted PEANUTS (6%), (PEANUTS , Salt).	Gluten, Milk, Peanuts, Soya		✓				✓					✓		✓	
Harry's Nut Butter 'Original'	PEANUTS (80.3%), Sunflower Oil, Olive Oil, Agave Syrup, Olive Pol, Smoked Paprika (3.5%), SESAME Oil, Garlic, Salt, Chili.	Peanuts, Sesame											✓	✓		
Harry's Nut Butter 'Extra Hot'	PEANUTS (79.4%) Sunflower Oil, Olive Oil, Agave Syrup, Paprika, SESAME Oil, Garlic, Salt, Chili.	Peanuts, Sesame											✓	✓		
White Mambu 'Extra Hot Peanut Ray'	Sunflower Oil, PEANUTS (23%), SESAME Seeds, Chili (Red Chili Flakes, Gochujang, Chili Powder, Chile de Arbol), Garlic, Agave, Fermented Black Beans (SOYA), Tamar Powder (SOYA), Sea Salt, SESAME Oil.	Peanuts, Sesame, Soya											✓	✓	✓	
Blendsmiths House Hot Chocolate	Cocoa (35%), Coconut Sugar, Himalayan Salt.															
Organic Garlic Tahini	Roasted & Ground Organic Humera SESAME SEEDS , Garlic.	Sesame												✓		
Hu Almond Butter	Organic Cocoa Mass, Organic Unrefined Coconut Sugar, Organic ALMOND (17%), Organic Cocoa Butter, Organic Quinoa (1.3%), May Contain: Cashew, Hazelnut, Pistachio & Dairy.	Nuts										✓				
Hu Cashew Butter	Organic Cocoa Mass, Organic Unrefined Coconut Sugar, Organic CASHEW (16%), Organic Cocoa Butter, Organic Vanilla Bean (0.3%), Sea Salt.	Nuts										✓				
Reduced Salt Soy Sauce	Water, SOYBEANS (28%), Salt, Rice, Alcohol (3%)	Soya													✓	