

HUMPIT ALLERGEN INFORMATION JUNE 2019

Item	Ingredients
White Pitta	WHEAT FLOUR , Water, Yeast, Sugar, Salt.
Brown Pitta	WHOLEMEAL WHEAT FLOUR , Water, Yeast, Sugar, Salt.
Gluten Free Flatbreads	Water, Rice Flour, Tapioca Starch, Maize Starch, Thickener: Psyllium Husk, Thickener: Hydroxypropyl Methylcellulose (E464), Salt, Golden Syrup, Rapeseed Oil, Yeast, Preservative: Sodium Propionate.
Falafel	Chickpeas, Onion, Rapeseed Oil, Potato Flakes, Coriander, Garlic Puree, Herbs & Spices, Salt. Fried in Vegetable oil (SOYA BEAN OIL , anti-foaming agent: E900)
Cabbage	Sliced Red Cabbage, Sliced White Cabbage
Carrot	Grated Carrot
Tomato & Cucumber Salad	Diced Cucumber, Diced Tomato
Tabuleh Salad	Diced tomato, chopped parsley, bulgar (WHEAT)
Sauerkraut	Cabbage, Carrot, Salt, Water
Pickled Gherkins	Water, cucumber, salt, acidity regulator (E330, E260), stabilizer (E509), preservative (E202)
Pickled Chillies	Peppers 48.5%, water, white wine vinegar 5%, table salt, acid: E330; antioxidant: E300; preservative: E211, E223 (CONTAINS SULPHITE); colour: E101.
Amba Sauce	Mango Chutney (Sugar, Peeled Mango Slice, Sugarcane Vinegar, Salt, Chilli Powder, Ginger Powder and Garlic Powder.) Lime Pickle (Lime (72%), Sunflower Oil, Salt, Vinegar, Sugar, MUSTARD , Chilli Powder, Acid (Acetic Acid), Ground Fenugreek, Onion Powder, Ground Turmeric, Ground Coriander Seed, Ground Cumin, Asafoetida) Balti Paste (Vegetable Oil, Tomato Paste, Water, Ground Coriander, Garlic, Ground Ginger, Ground Cumin, Chili powder, Paprika, Salt, Acidity Regulator [Lactic Acid, Acetic Acid], Maize Starch, Sugar, Coconut, Garlic Powder, Ginger, Salt.)
Tahini Sauce	Water, Tahini (SESAME SEEDS), Salt, Citric Acid, Garlic, Herbs, Preservative (potassium Sorbate)
Salad Dressing	Rice Vinegar, Olive Oil, Lemon Juice

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Hummus	Cooked Chickpeas, Water, Tahini (SESAME SEEDS), garlic powder, Citric Acid, Preservative (Potassium Sorbate), Salt, Preservative (E234)
Iced Tea	Glucose-fructose syrup, Sugar, Water, Peach juice from concentrate (10%), Colour: plain caramel, Acidifier: citric acid, Tea infusion, Flavourings.
Lemonade	Water, Sugar, Lemon Juice, Fresh Mint
Jalapeno Hummus	Cooked Chickpeas, Water, Tahini (SESAME SEEDS), garlic powder, Citric Acid, Preservative (Potassium Sorbate), Salt, Preservative (E234) Jalepenos (Peppers 48.5%, water, white wine vinegar 5%, table salt, acid: E330; antioxidant: E300; preservative: E211, E223 [CONTAINS SULPHITE]; colour: E101.)
Spicy Salsa	Tomatoes, Red Onion, Red Pepper, Tomato Puree, Lemon Juice, Chilli Flakes, Salt, Black Pepper
Chickpea Topping	Cooked Chickpeas, Salt, Black Pepper
Mushrooms & Onions	Sliced Mushrooms, Sliced Onions, Herbs & Spices, GROUND SESAME SEEDS
Mixed Pickles	Water, cabbage, cucumber, tomato, carrot, pepper, red pepper, salt, acidity regulator (E330, E260), stabilizer (E509), preservative (E202)
Biscoff Lotus Chocolate Brownies	Dark sugar, Vegetable oil, Dark chocolate 55% (SOYA) water, Ground almonds (NUTS), Cocoa powder. Lotus biscoff spread (original caramelised biscuits 65%(WHEAT) sugar, vegetable oil, candy sugar syrup, raising agent (Sodium hydrogen carbonate), SOYA flour, salt ,cinnamon, rapeseed oil, sugar, SOYA lecithin, Citric acid). Lotus biscuits (WHEAT flour, Sugar, vegetable oil, sugar syrup, raising agent (sodium hydrogen carbonate, SOYA flour, salt, cinnamon.
Plain, Gluten Free Chocolate Brownie	Dark sugar, Vegetable oil, Dark chocolate 55% (SOYA) water, Ground almonds (NUTS), Cocoa powder