

HUMPIT ALLERGEN INFORMATION SEPTEMBER 2020

Item	Ingredients
White Pita	WHEAT FLOUR , Water, Yeast, Sugar, Salt.
Brown Pita	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

HUMPIT ALLERGEN INFORMATION JANUARY 2020

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
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 Brownies	Dark sugar, Vegetable oil, Dark chocolate 55% (SOYA) water, Ground almonds (NUTS), Gluten free flour, Cocoa powder. * Vegan Friendly allergens: Nuts, Soya May contain traces of; Milk, Egg, Wheat, Barley, Peanuts, sulphur dioxide

HUMPIT ALLERGEN INFORMATION JANUARY 2020

Country Vegetable Soup	Water, Onion, Swede (10%), Carrot (10%), Potatoes, Red Lentils (3.5%), Leeks (3%), Tomato Puree, Rapeseed Oil, Cornflour, Vegetable Stock (Vegetable Stock (Water, Onion, Carrot Extract, Tomato, Herbs, Garlic, Spice), Salt, Glucose Syrup, Maltodextrin, Yeast Extract, Sugar, Flavourings, Rapeseed Oil), Garlic Puree, Sugar, Onion Powder, Parsley, Yeast Extract, Thyme, Black Pepper
Leek and Potato Soup	Water, Leeks (18%), Potato (18%), Onion, Cornflour, Rapeseed Oil, Vegetable Stock (Vegetable Stock (Water, Onion, Carrot Extract, Tomato, Herbs, Garlic, Spice), Salt, Glucose Syrup, Maltodextrin, Yeast Extracts, Sugar, Flavourings, Rapeseed Oil), Yeast Extract, Chives, Black Pepper
Dark Chocolate Covered Chickpeas In Sugar Shell With Cappuccino Flavour	Chickpeas (60%), onion, falafel mix (9.5%) [fortified wheat flour (calcium carbonate, iron, niacin, thiamin wheat flour), salt, sugar, cumin, coriander, parsley, black pepper, raising agent sodium bicarbonate] water, rusk (wheat flour, salt), parsley, kibbled onion, rapeseed oil coriander, garlic puree, red chillies, paprika extract (0.1%), chilli Powder (0.1%)
Dark Chocolate Covered Chickpeas	Sugar, Cocoa Mass, Cocoa Butter, Emulsifiers (Sunflower Lecithin, Polyglycerol Polyricinoleate), Roasted Chickpeas (22.2%), Glazing Agents (Gum Arabic, Carnuba Wax), Colours (Caramel, Titanium Dioxide), Flavouring.
Mini Chill Falafel Bites	Chickpeas (60%), onion, falafel mix (9.5%) [fortified wheat flour (calcium carbonate, iron, niacin, thiamin wheat flour), salt, sugar, cumin, coriander, parsley, black pepper, raising agent sodium bicarbonate] water, rusk (wheat flour, salt), parsley, kibbled onion, rapeseed oil coriander, garlic puree, red chillies, paprika extract (0.1%), chilli Powder (0.1%)
Spiced Kebab	Water, SOY protein concentrate (20%), sunflower oil, grape sugar, pepper, salt, coriander, ginger, garlic, oregano, cumin, caraway, black pepper, cardamom, parsley, fenugreek