

HUMPIT ALLERGEN INFORMATION DECEMBER 2023

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, white Onion, Coriander, parsley, Herbs & Spices, gram flour, baking powder, salt. Fried in Vegetable oil (SOYA BEAN OIL)
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 DECEMBER 2023

Hummus	Cooked Chickpeas, Water, Tahini (SESAME SEEDS), Garlic Powder, Lemon Juice, Salt.
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
Spicy Salsa	Tomatoes, Red Onion, Red Pepper, Tomato Puree, Lemon Juice, Chilli Flakes, Salt, Black Pepper
Chickpea Topping	Cooked Chickpeas, Salt, Black Pepper
Mixed Pickles	Water, cabbage, cucumber, tomato, carrot, pepper, red pepper, salt, acidity regulator (E330, E260), stabilizer (E509), preservative (E202)
Kebab	SOY concentrate textured (39%), WHEAT protein (18%), water, onion, rapeseed oil, garlic, thickener (E461), table salt iodized, paprika flakes, flavourings, spices, maltodextrin, pea fibre, sprinkle seasoning, MALT BARLEY, rice starch, glucose syrup, seasoning, sugar, spice extract.
Chilli & Lemon Chips	Lentil flour, potato starch, vegetable oil (rapeseed), salt, chilli & lemon flavouring (salt, rice flour, spices (including chilli), yeast extract powder, garlic powder, onion powder, citric acid, natural flavourings, lemon juice powder (maltodextrin from ip maize, lemon juice), natural colour: paprika)
Sea Salt Chips	Lentil flour, potato starch, vegetable oil (rapeseed), sea salt
Sour Cream Chives Chips	Chickpea flour (45%), rice, potato starch, vegetable oil (rapeseed), corn flour, sea salt, sour cream & chive seasoning (3%) (rice flour, onion powder, salt, sugar, yeast extract powder, natural flavouring, garlic powder, herb (chive), citric acid)