















Basket:

Gluten Free 

Qty	Product Code	Product Name	Pack Size	Storage Information	Ingredients	Allergens	Nutrition
1	FLORICBRO5X1KG	Rice Flour  	5 x 1kg	Ambient	white rice, brown rice		Energy: 1504 KJ Energy: 354 KCals Carbohydrate: 75.200 g Carbohydrate Sugars: 0.300 g Fat: 2.000 g Saturated Fat: 0.500 g Protein: 7.800 g Fibre: 2.600 g Salt: 0.030 g
1	PASGFSPA500G	Pasta - Spaghetti  	500g	Ambient	maize flour, rice flour, millet flour 20%, emulsifier: mono and diglycerides of fatty acids	May Contain: Soybean	Energy: 1522 KJ Energy: 359 KCals Carbohydrate: 75.000 g Carbohydrate Sugars: 0.300 g Fat: 2.300 g Saturated Fat: 0.400 g Protein: 8.200 g Fibre: 2.000 g Salt: 0.000 g
2	PASGFLAS250G	Pasta - Lasagne Sheets 	250g	Ambient	maize starch, eggs 23%, rice flour, maize flour, emulsifier: mono- and diglycerides of fatty acids, thickener: guar gum.	Contains: Eggs, May Contain: Soybean	Energy: 1579 KJ Energy: 373 KCals Carbohydrate: 76.000 g Carbohydrate Sugars: 0.300 g Fat: 4.300 g Saturated Fat: 1.500 g Protein: 6.400 g Fibre: 2.400 g Salt: 0.180 g
1	SEECHI500G	Chia Seeds  	500g	Ambient	Chia Seeds (Salvia hispanica)	May Contain: Celery, SesameSeeds, Soybean, Nuts or Trace, peanuts	Energy: 2194 KJ Energy: 524 KCals Carbohydrate: 47.000 g Carbohydrate Sugars: 4.700 g Fat: 3.800 g Saturated Fat: 1.000 g Protein: 22.000 g Fibre: 33.000 g Salt: 1.000 g
1	TAM250ML	Kikkoman Tamari Soy Sauce  	250ml	Ambient	Water Soybeans Salt Spirit vinegar	Contains: Soybean	Energy: 240 KJ Energy: 57 KCals Carbohydrate: 2.000 g Carbohydrate Sugars: 0.000 g Fat: 0.000 g Saturated Fat: 0.000 g Protein: 10.000 g Fibre: g Salt: 16.400 g

1	POTFLO2K	Flour - Potato / Starch  	2kg	Ambient	100% Potato Starch	May Contain: SesameSeeds, Soybean, Nuts or Trace, peanuts, cereals containing gluten	Energy: 1364 KJ Energy: 320 KCals Carbohydrate: 80.000 g Carbohydrate Sugars: 0.000 g Fat: 0.100 g Saturated Fat: 0.000 g Protein: 0.100 g Fibre: 0.000 g Salt: 0.020 g
1	PASGFPEN1KG	Pasta, Penne  	1kg	Ambient	maize flour, rice flour, emulsifier: mono- and diglycerides of fatty acids.	May Contain: Soybean	Energy: 1513 KJ Energy: 357 KCals Carbohydrate: 77.000 g Carbohydrate Sugars: 0.500 g Fat: 1.900 g Saturated Fat: 0.400 g Protein: 7.300 g Fibre: 1.200 g Salt: 0.000 g
1	SAUWOR140ML	Worcestershire Sauce  	140ml	Ambient	Water, Vinegar*, Raw Cane Sugar*, Molasses*, Balsamic Vinegar*, Tamarinds*, Tamari*(Soya Beans*, Sea Salt), Onions*, Sea Salt, Blackcurrant Syrup*, Garlic*, Oranges*, Chilli*, Red Pepper*, Ginger*, Cardamon*, Coriander Leaves*, Cinnamon*, Basil*, Parsley*, Coriander*, Nutmeg*, Black Pepper*, Cayenne Pepper*, Pimento* *= Certified Organic Ingredients	Contains: Soybean	Energy: 379 KJ Energy: 89 KCals Carbohydrate: 18.400 g Carbohydrate Sugars: 13.700 g Fat: 0.850 g Saturated Fat: 0.090 g Protein: 1.400 g Fibre: 1.200 g Salt: 3.790 g
1	GNOSPIGF500G	Potato Gnocchi with Spinach  	500g	Ambient	Rehydrated potatoes 65% (water, potato flakes), rice flour 25%, potato starch, dehydrated spinach 3%, salt, acidity regulator: lactic acid, preservative: potassium sorbate.		Energy: 679 KJ Energy: 160 KCals Carbohydrate: 34.500 g Carbohydrate Sugars: 0.400 g Fat: 0.400 g Saturated Fat: 0.100 g Protein: 3.400 g Fibre: 2.500 g Salt: 0.630 g

1	GNOTOMGF500g	Potato Gnocchi with Tomato  	500g	Ambient	Rehydrated potatoes 65% (water, potato flakes), rice flour 25%, potato starch, dehydrated spinach 3%, salt, acidity regulator: lactic acid, preservative: potassium sorbate.		Energy: 678 KJ Energy: 160 KCals Carbohydrate: 35.600 g Carbohydrate Sugars: 0.400 g Fat: 0.300 g Saturated Fat: 0.100 g Protein: 3.000 g Fibre: 1.300 g Salt: 0.630 g
1	COCMILPOW1KG	Coconut Milk Powder 	1kg	Ambient	Coconut kernel extract Maltodextrin Milk protein (sodium caseinate) Acidity regulator (Tri Sodium Phosphate ) E 339	Contains: Milk	Energy: 2849 KJ Energy: 688 KCals Carbohydrate: 28.000 g Carbohydrate Sugars: 14.000 g Fat: 60.000 g Saturated Fat: 54.000 g Protein: 9.000 g Fibre: 0.400 g Salt: 0.200 g
2	OATGF450G	Gluten Free Oats  	450g	Ambient	100% Gluten Free Oats	May Contain: SO2, SesameSeeds, Soybean, Milk, Nuts or Trace, peanuts	Energy: 1545 KJ Energy: 366 KCals Carbohydrate: 60.500 g Carbohydrate Sugars: 1.200 g Fat: 6.200 g Saturated Fat: 1.000 g Protein: 12.300 g Fibre: 9.700 g Salt: 0.000 g

**Key**  
 Vegan  
 Does not contain gluten