



Shree Swaminarayan Temple Willesden  
**Vegetarian Factsheet**  
Update

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### Aim & Purpose of the Vegetarian Fact Sheet

The Vegetarian Fact Sheet contains products from popular food brands, which are free from meat, eggs and its derivatives. Although we have tried to ensure that all the products are free from onion, garlic and its derivatives, we advise you to double check the products as the ingredients are constantly changing and we cannot be certain that all products are free from onion and garlic.

The reason behind the production of The Vegetarian Fact Sheet is for us all to make that One Step Closer to Lord Swaminarayan, starting by avoiding products that are not suitable for us.

Shikshapatri Shlok 15 states *“One shall never eat meat even in a moment of extreme necessity, be it the remains of a sacrifice. Nor should they drink liquor, wine or intoxicating beverages even though it may be an offering to a deity.”*

Bhagwan has asked us not to touch meat or alcohol, let alone eat or drink it. As it is difficult in this time and place, (for example, when we go shopping, we may unknowingly come in contact with non-vegetarian foods) but one can at least avoid consuming such foods & drinks. Our scriptures say those who lead sinful lives by eating meat or touching alcohol end up in hell even if they perform countless Yagna's.

Eating meat and drinking alcohol also causes one to be sick. When an animal is being killed it secretes certain kinds of hormones from various glands, which are responsible for many psychological disorders in the person who eats the meat. When we drink alcohol and get intoxicated, your mind is being taken over by the alcohol. In that period of time, so many sins big and small can be committed, which cannot be rectified later on.

**We advise that you double check the ingredients yourself just to be sure and look out for the 'V' sign and look out for the 'contains egg' and 'handled on the same line as egg' warnings.**

Please accept our apologies for any errors that may have been made in any of the information. Comments and queries are welcome to be emailed to [info@shreeswaminarayan.org.uk](mailto:info@shreeswaminarayan.org.uk)

**An electronic version of the Vegetarian Factsheet can also be found on [www.shreeswaminarayan.org.uk](http://www.shreeswaminarayan.org.uk)**





## BRITVIC SOFT DRINKS

Britvic products include the following brands:

- Robinsons Fruit Squash
- Fruit Shoot
- J2O
- Pepsi
- Tango
- 7Up
- Drench Juicy Spring Water
- Drench Mineral Water
- Mountain Dew
- Gatorade
- Lipton Ice Tea
- So-Be Vitamin Water
- So Be Pure Rush
- Purdey's
- Britvic Tonic Water
- 55 Sparkling
- R Whites
- Amé
- Red Devil
- Penine Spring

Britvic has advised all their products are free from animal products and alcohol, **except** for the following:

- ✘ J2O Glitterberry (Seasonal)
- ✘ Gatorade 01 Prime
- ✘ Gatorade 03 Recovery

Please check each product for the 'V' sign on the packaging before consuming it.

## BURTON'S BISCUITS

We are unable to state which products are suitable for vegetarians as Burton's change their recipes regularly, but this will be reflected in the ingredients listing on the pack which will be correct. We advise to always check the packaging on any product bought as this may be subject to change at any time.

## CRAWFORD'S

### SUITABLE:

- ✓ Bourbon Creams
- ✓ Coconut Rings
- ✓ Custard Creams
- ✓ Digestives
- ✓ Fruit Shortcake
- ✓ Garibaldi
- ✓ Ginger Nuts
- ✓ Malted Milk
- ✓ Milk Chocolate Digestives
- ✓ Morning Coffee
- ✓ Nice
- ✓ Shortcake
- ✓ Shorties
- ✓ Teatime Assortment 275g

### NON SUITABLE:

- ✘ Fig Roll
- ✘ Fruit Shortcake NEW 144g Pack Only
- ✘ Jam Rings
- ✘ Crawford's Cheese Savouries
- ✘ Pink Wafer

Please Note the information provided above only refers to products sold in the UK.



## CADBURY'S

### **SUITABLE:**

#### CHRISTMAS TREATS 2016:

- ✓ 5 Pack Santas
- ✓ Milk Buttons
- ✓ Milk Chocolate Santa
- ✓ Snowbites
- ✓ Heroes Tub
- ✓ Freddo Faces Tube
- ✓ Snowman Vanilla Mousse

#### BARs:

- ✓ Big Taste Oreo Crunch
- ✓ Big Taste Triple Choc Sensation
- ✓ Big Taste Toffee Wholenut
- ✓ Dairy Milk Medley - All
- ✓ Dairy Milk Fruit & Nut Chopped
- ✓ Dairy Milk Puddles Mint
- ✓ Dairy Milk Puddles Smooth Hazelnut
- ✓ Dairy Milk
- ✓ Dairy Milk Oreo
- ✓ Dairy Milk Bubbly Milk Chocolate
- ✓ Dairy Milk Whole Nut
- ✓ Dairy Milk Fruit & Nut
- ✓ Dairy Milk Caramel
- ✓ Dairy Milk Freddo
- ✓ Dairy Milk Freddo Caramel
- ✓ Twirl
- ✓ Crunchie
- ✓ Wispa
- ✓ Wispa Gold
- ✓ Flake
- ✓ Boost
- ✓ Starbar
- ✓ Fudge
- ✓ Curly Wurly
- ✓ Chomp
- ✓ Timeout Wafer
- ✓ Bournville
- ✓ Snack Shortcake
- ✓ Snack Sandwich
- ✓ Fry's Chocolate Cream
- ✓ Fry's Peppermint Cream

#### BAGS, BOXES & TINS:

- ✓ Marvellous Mix Up with Oreo
- ✓ Marvellous Mix Up with Maynards
- ✓ Dairy Milk Giant Buttons
- ✓ Caramel Nibbles
- ✓ Bitsa Wispa
- ✓ Twirl Bites
- ✓ Crunchie Rocks
- ✓ Eclairs Classics
- ✓ Eclairs Orange Twist
- ✓ Eclairs Velvets
- ✓ Freddo Faces
- ✓ Pebbles
- ✓ Dairy Milk Buttons
- ✓ Dairy Milk White Chocolate Buttons
- ✓ Boost Bites
- ✓ Heroes - All
- ✓ Milk Tray - All
- ✓ Roses - All

#### DRINKS:

- ✓ Freddo
- ✓ Wispa
- ✓ Wispa Gold
- ✓ Bournville Cocoa
- ✓ Drinking Chocolate
- ✓ Hot Chocolate Instant
- ✓ Highlights Milk Chocolate
- ✓ Highlights Bournville
- ✓ Highlights Fudge



## CADBURY'S (continued)

### NOT SUITABLE:

- ✘ Advent Calendar
- ✘ Marvellous S mashables Jelly Popping Candy
- ✘ Marvellous S mashables Rocky Mallow Road
- ✘ Dairy Milk Oat Crunch
- ✘ Dairy Milk LU
- ✘ Dairy Milk Ritz
- ✘ Dairy Milk Daim
- ✘ Double Decker
- ✘ Picnic
- ✘ Brunch Bar Peanut
- ✘ Brunch Bar Choc Chip
- ✘ Brunch Bar Raisin

## COCA-COLA

### BRANDS MANUFACTURED BY COCA-COLA INCLUDE:

- Coca-Cola Classic
- Coca-Cola Zero Sugar
- Coca-Cola Life
- Diet Coke
- G laceau S martwater
- G laceau Vitaminwater
- G laceau Vitaminwater Zero
- Fanta
- Fanta Zero
- Dr Pepper
- Dr Pepper Zero
- S prite
- S prite Zero
- Lilt
- Lilt Zero
- Oasis
- Oasis Light
- Minute Maid
- Rose's
- Powerade
- Powerade Zero
- S chweppes Water
- S chweppes Mixers
- S chweppes Lemonade
- S chweppes Cordials
- S chweppes S limline
- S chweppes S parkling Juice Drinks
- 5 Alive
- Kia Ora No Added Sugar
- Appletiser
- Honest

Coca-Cola has stated that all their drinks are non-alcoholic and a vast majority of their drinks are free from eggs or any products derived from animals. They do still advise to check the ingredients on all their products before consuming them.

However, the following drinks do contain traces of fish gelatine, hence making them **unsuitable** for us:

- ✘ Lilt
- ✘ Lilt Zero
- ✘ Kia-Ora Orange Squash
- ✘ Kia-Ora Orange Squash No Added Sugar
- ✘ S chweppes Orange Squash



## FERRERO UK

### SUITABLE:

- ✓ Nutella (15g – 1kg)
- ✓ Nutella & GO – Single 48g
- ✓ Ferrero Rocher Original (various sizes)
- ✓ Ferrero Golden Gallery (22 & 42) Gift Pack
- ✓ Ferrero Grand Rocher (125g & 240g)
- ✓ Raffaello (3 & 4 Pieces Little Treat)
- ✓ Raffaello (15 & 24) Pieces Gifting Pack
- ✓ Ferrero Collection Original - All Gifting Packs
- ✓ Ferrero Collection Rondoir - All Gifting Packs
- ✓ Ferrero Collection Raffaello - All Packs
- ✓ Kinder Choco Bons Bags (T12, T18 & T34)
- ✓ Kinder Bueno Original – All Varieties
- ✓ Kinder Bueno White – All Varieties
- ✓ Kinder Bueno Dark – All Varieties
- ✓ Kinder Bueno Mini – All Varieties
- ✓ Kinder Kids Surprise (Single, 3 Pack)
- ✓ Kinder Kids Chocolate - All Varieties
- ✓ Kinder Kids Chocolate with Cereal – All Varieties
- ✓ Kinder Happy Hippos (Hazelnut, Cocoa)
- ✓ Kinder Seasonal Treats Christmas & Easter (All Varieties)
- ✓ Tic Tac - Fresh Mint
- ✓ Tic Tac - Mint Rush
- ✓ Tic Tac - Spearmint Twist
- ✓ Tic Tac - Strawberry Fields
- ✓ Tic Tac - Apple Burst
- ✓ Tic Tac - Banana
- ✓ Tic Tac - Popcorn
- ✓ Tic Tac Mixers - Peach & Lemonade

### NOT SUITABLE:

- ✗ Tic Tac - Lime & Orange
- ✗ Tic Tac - Cherry Passion
- ✗ Tic Tac – Fruit Adventure
- ✗ Tic Tac Mixers – Cherry & Cola

## FOX'S BISCUITS

### SUITABLE:

- ✓ Golden Crunch Creams
- ✓ Ginger Crunch Creams
- ✓ Double Chocolate Crunch Creams
- ✓ Mint Choc Crunch Creams
- ✓ Butter Crinkle Crunch
- ✓ Coconut Crinkle Crunch
- ✓ Ginger Crinkle Crunch
- ✓ Raspberry Jam & Cream
- ✓ Extremely Chocolatey Chunkie
- ✓ Dark Chocolate Chunkie
- ✓ White Chocolate Chunkie
- ✓ Milk Chocolate Chunkie
- ✓ Fruit and Nut Chunkie
- ✓ Milk Chocolate Viennese
- ✓ Strawberry & Cream Viennese Whirls
- ✓ All Butter Viennese Rounds
- ✓ Milk Chocolate Shortcake Round
- ✓ Dark Chocolate and Ginger Shortcake Round
- ✓ Rugged Chocolate Rocky
- ✓ Molton Caramel Rocky
- ✓ Cool Mint Choc Rocky
- ✓ Zingy Orange Choc Rocky
- ✓ Rocky Big Eat Chocolate
- ✓ Rocky Big Eat Caramel
- ✓ Party Rings
- ✓ Party Rings Footballs
- ✓ Party Mini Rings
- ✓ Party Rings Fairytales
- ✓ Party Rings Limited Edition - Raspberry Ripple
- ✓ Hovis Fruity Nibbles Apple
- ✓ Hovis Fruity Nibbles Berries
- ✓ Hovis Fruity Nibbles Raisin

### NOT SUITABLE:

- ✗ Raspberry & Cream Viennese



## HEINZ & BRANSTON

Heinz Tomato Ketchup and Heinz Beans are **NOT** suitable for us as they both contain onion powder. A majority of Heinz products if not all contain onion and/or garlic within their spices/flavourings with the exception of the following:

- ✓ Daddies Tomato Ketchup
- ✓ Heinz Cup Soup Cream of Tomato with Kick of Chilli

All other Heinz sauces and soups are **NOT** suitable for us as they contain onion and/or garlic within their spices/flavourings.

Heinz Beans with Cheese although do not contain onion or garlic, are still **NOT** suitable for us as the cheese used in this product is not vegetarian.

Branston Beans and Branston Tomato Ketchup contain onion powder and are **NOT** suitable for us

## JACOB'S

### SUITABLE:

- ✓ Butter Puffs
- ✓ Cornish Wafers
- ✓ Cream Cracker (200g, 300g, 2 x 200g)
- ✓ Cream Cracker – Cracked Black Pepper
- ✓ High Bake Water Biscuits
- ✓ Savours Salt & Cracked Black Pepper Bakes
- ✓ Cheeselets
- ✓ Fortt's Bath Oliver
- ✓ Krackawheat
- ✓ Baker's Choice Cream Crackers
- ✓ Baker's Choice High Bake Water Biscuits
- ✓ Baker's Choice Poppy and Sesame Thins
- ✓ Carr's Table Water Black Pepper
- ✓ Carr's Table Water Large
- ✓ Carr's Table Water Small
- ✓ Carr's Table Water Sesame Seeds

### NOT SUITABLE:

- ✗ Jacob's Choice Grain
- ✗ Crispbreads – Chive
- ✗ Crispbreads – Mixed Seed
- ✗ Crispbreads – Mixed Grain
- ✗ Flatbreads – Mixed Seed
- ✗ Flatbreads – Salt & Cracked Black Pepper
- ✗ Flatbreads – Mixed Grain
- ✗ High Fibre Cream Crackers
- ✗ Tuc Cheese Sandwich
- ✗ Tuc Original
- ✗ Cheddars (Roll & Carton)
- ✗ Savours Cheese Thins
- ✗ Savours Sour Cream & Chive Thins
- ✗ Savours Sweet Chilli Thins
- ✗ Original Twiglets
- ✗ Cheese Flavour Oddities
- ✗ Salt & Vinegar Flavour Oddities
- ✗ Bran Table Cracker Snack Pack (2 Pack)
- ✗ Choice Grain Snack Pack (3 Pack)
- ✗ Cornish Wafer Snack Pack (3 Pack)
- ✗ Cream Crackers Snack Pack (2 Pack, 3 Pack)
- ✗ Digestives For Cheese Snack Pack (2 Pack)
- ✗ High Bake Water Biscuits Snack Pack (2 Pack)
- ✗ Savours Salt & Black Pepper Bakes Snack Pack (2 Pack)
- ✗ Table Cracker Snack Pack (2 Pack)
- ✗ Tuc Cheese Sandwich Snack Pack (2 Pack)
- ✗ Hovis Crackers
- ✗ Hovis Digestives For Cheese
- ✗ Salt & Vinegar Flavour Crinklys
- ✗ Cracker Crisps Sea Salt & Balsamic Vinegar
- ✗ Cracker Crisps Sour Cream And Chive
- ✗ Cracker Crisps Thai Sweet Chilli





## JACOB'S (continued)

- ✘ Baker's Choice Snack Cracker
- ✘ Baker's Choice Multigrain Crackers
- ✘ Biscuits For Cheese
- ✘ Biscuits For Cheese Barrel 800g
- ✘ Savoury Favourites 200g Carton
- ✘ Savours Assortment 250g Carton
- ✘ Carr's Melts Original

## KELLOGG'S

The vegetarian symbol will always be present on the box if the product is indeed suitable. Further to this you can always refer to the ingredient list on the pack which will contain the latest information, where egg, fish and gelatine would always be listed if present in the product.

## KP FOOD UK

### SUITABLE:

- ✓ McCoys Ridge Cut Salted
- ✓ McCoys Ridge Cut Salt & Malt Vinegar
- ✓ McCoys Thick Cut Salted
- ✓ McCoys Thick Cut Salt & Cider Vinegar
- ✓ Hula Hoops Ready Salted
- ✓ Hula Hoops Salt & Vinegar (Check Packaging for Egg)
- ✓ Hula Hoops Big Hoops Salted
- ✓ Hula Hoops Puft Salted
- ✓ Hula Hoops Puft Salt & Vinegar
- ✓ Hula Hoops Golden Hoops Salt & Vinegar
- ✓ KP Regular Peanuts Original Salted
- ✓ KP Regular Peanuts Honey Roast
- ✓ KP Regular Peanuts Salt & Vinegar
- ✓ KP Jumbo Ready Salted Peanuts
- ✓ KP Jumbo Salt & Vinegar Peanuts
- ✓ KP Jumbo Honey Roast Cashews
- ✓ KP Oven Baked Sea Salt
- ✓ KP Oven Baked Sea Salt & Peppercorn
- ✓ KP Jumbo Honey Roast Nut Mix
- ✓ Pom Bears Original
- ✓ Pom Bears Salt & Vinegar
- ✓ Velvet Crunch Salt & Vinegar
- ✓ Skips Salt & Vinegar
- ✓ Discos Salt & Vinegar
- ✓ Penn State Pretzels Sea Salted
- ✓ Frisps Ready Salted

### NOT SUITABLE:

- ✘ McCoys Ridge Cut Mexican Chilli
- ✘ McCoys Ridge Cut Paprika
- ✘ Hula Hoops Big Hoops Chilli
- ✘ Hula Hoops Golden Hoops Cheese
- ✘ Hula Hoops Golden Hoops Sour Cream & Chive
- ✘ KP Regular Peanuts Dry Roasted
- ✘ KP Regular Peanuts Spicy Chilli
- ✘ KP XL Jalapeno Salsa Crunchy Coated Peanuts
- ✘ KP XL Chilli Lemon Twist Crunchy Coated Peanuts
- ✘ KP Jumbo Spicy Chilli Peanuts
- ✘ KP Oven Baked Italian Herb
- ✘ Nik Naks Nice 'n' Spicy
- ✘ Wheat Crunchies Spicy Tomato
- ✘ Penn State Pretzels Sour Cream & Chive
- ✘ Phileas Fogg Aromatic Spices and Sweet Chilli Indonesian Crackers
- ✘ Phileas Fogg Cheese and New York Deli Relish Bubble Chips
- ✘ Phileas Fogg Mexican Nacho Cheese and Jalapeno Taco Rolls
- ✘ Velvet Crunch Thai Sweet Chilli
- ✘ Frisps Salt & Vinegar
- ✘ KP Choc Dips White Chocolate
- ✘ KP Choc Dips Milk Chocolate



## MARS CONFECTIONERY

Mars have advised consumers to look for the 'Suitable for Vegetarians' sign or the letter 'V' on their packaging of **ALL** their products. If you do not see this sign, the product is **NOT** suitable and contains animal ingredients.

Along with the 'V' sign, we also need to look out for the 'May Contains' sign, which tells us if the product contains egg, traces of egg, or is made/handled on the same line as egg.

### **Double check all ingredients before consuming the product.**

#### **SUITABLE:**

##### **CHOCOLATES:**

- ✓ Bounty Milk Chocolate
- ✓ Bounty Dark Chocolate
- ✓ Galaxy Counters
- ✓ Galaxy Bubbles Chocolate Bar
- ✓ Galaxy Cookie Crumble Chocolate
- ✓ Galaxy Crispy
- ✓ Galaxy Duet Caramel & Shortcake
- ✓ Galaxy Duet Cookies & Cream
- ✓ Galaxy Duet Toffee & Popcorn
- ✓ Galaxy Honeycomb
- ✓ Galaxy Smooth Milk Chocolate
- ✓ Galaxy Minstrels
- ✓ Galaxy Ripple
- ✓ Galaxy Caramel Chocolate
- ✓ Galaxy Salted Caramel Bar
- ✓ Maltesers Original
- ✓ Maltesers Teasers
- ✓ Milkyway Crispy Rolls
- ✓ Milkyway Magic Stars Bags
- ✓ Milkyway Magic Star Tube
- ✓ Revels
- ✓ Tracker Chocolate Chip Bars
- ✓ Tracker Crunchy Peanut Bars
- ✓ Tracker White Chocolate Chip Bars
- ✓ Twix Original
- ✓ Twix Xtra
- ✓ Twix Snack Size
- ✓ Twix Miniatures
- ✓ Twix Fun Size

##### **ICE CREAMS:**

- ✓ Bounty Ice Cream
- ✓ Galaxy Almond Ice Cream
- ✓ Galaxy Caramel Swirls Ice Cream
- ✓ Galaxy Vanilla Ice Cream Bar
- ✓ Galaxy Triple Chocolate Ice Cream
- ✓ Maltesers Teasers Ice Stick
- ✓ Maltesers Ice Cream Stick
- ✓ Mars Double Chocolate Ice Cream
- ✓ Mars Ice Cream
- ✓ Snickers Ice Cream
- ✓ Twix Ice Cream



## MARS CONFECTIONERY (continued)

### SWEETS & GUMS:

- ✓ Airwaves Black Mint
- ✓ Airwaves Blackcurrant Mint
- ✓ Airwaves Cherry Menthol
- ✓ Airwaves Menthol & Eucalyptus
- ✓ Extra Cool Breeze
- ✓ Extra Peppermint
- ✓ Extra White
- ✓ Extra Spearmint
- ✓ Extra Strawberry
- ✓ Extra White Bubblemint
- ✓ Extra Ice Peppermint
- ✓ Extra Ice Spearmint
- ✓ Extra Soft Chew Bubblegum
- ✓ Extra Soft Chew Peppermint
- ✓ Extra Soft Chew Spearmint
- ✓ Extra Soft Chew Strawberry
- ✓ Hubba Bubba Atomic Apple
- ✓ Hubba Bubba Original
- ✓ Hubba Bubba Seriously Strawberry
- ✓ Hubba Bubba Snappy Strawberry
- ✓ Juicy Fruit Chewing Gum
- ✓ Locketts Cranberry & Blueberry
- ✓ Locketts Extra Strong
- ✓ Locketts Honey & Lemon
- ✓ Skittles Crazy Sours
- ✓ Skittles Original
- ✓ Skittles Tropical
- ✓ Skittles Wild Berry
- ✓ Starburst Red Faves
- ✓ Starburst Originals
- ✓ Starburst Sours
- ✓ Tunes Cherry Flavour
- ✓ Wrigley's Doublemint – All
- ✓ Wrigley's Spearmint

### **NOT SUITABLE:**

#### CHOCOLATES

- ✗ Celebrations - All Sizes
- ✗ Galaxy Bites - All Sizes
- ✗ M&Ms Original
- ✗ M&Ms Crispy
- ✗ M&Ms Peanut
- ✗ Mars Mix Bag
- ✗ Mars Bar Original
- ✗ Milkyway Original
- ✗ Milkyway Twin Bar
- ✗ Milkyway Fun Size
- ✗ Snickers Original
- ✗ Snickers & Hazelnut
- ✗ Topic
- ✗ Twix Mix – All Sizes

#### ICE CREAMS:

- ✗ M&Ms Vanilla Ice Cream Cone

### SWEETS & GUMS:

- ✗ Altoids Peppermint



## MCVITIE'S

### SUITABLE:

- ✓ BN Mini Chocolate
- ✓ BN Mini Strawberry
- ✓ All Butter Shortbread
- ✓ Arrowroot
- ✓ Fruit Shortcake
- ✓ Club Fruit
- ✓ Club Honeycomb
- ✓ Club Mint
- ✓ Club Orange Choc Gems
- ✓ Dark Chocolate Digestives
- ✓ Dark Chocolate Hobnobs
- ✓ Choc Gems
- ✓ Dark Chocolate Digestives
- ✓ Dark Chocolate Hobnobs
- ✓ Digestive Cheesecake Creams – Lemon
- ✓ Digestive Cheesecake Creams – Strawberry
- ✓ Digestive Cheesecake Creams – Vanilla
- ✓ Digestives
- ✓ Digestives Double Chocolate
- ✓ Digestives Lights
- ✓ Fruit Shortcake
- ✓ Ginger Nuts
- ✓ Gold
- ✓ Hobnobs
- ✓ Hobnobs Chocolate Chip
- ✓ Hobnobs Creams – Chocolate
- ✓ Hobnobs Creams – Vanilla
- ✓ Iced Gems
- ✓ Marie
- ✓ Milk Chocolate & Orange Digestives
- ✓ Milk Chocolate Digestive Lights
- ✓ Milk Chocolate Digestives
- ✓ Milk Chocolate Digestives Caramels
- ✓ Milk Chocolate Hobnobs
- ✓ Mini Cookies
- ✓ Mini Gingerbread Men
- ✓ Mini Milk Chocolate Digestives – Shapes
- ✓ Penguin – Milk
- ✓ Penguin – Mint
- ✓ Penguin – Orange
- ✓ Penguin – Toffee
- ✓ Rich Tea
- ✓ Rich Tea Lights
- ✓ Snack Bars – Digestive & Caramel
- ✓ Snack Bars – Digestives, Hazelnut & Milk Chocolate
- ✓ Snack Bars – Hobnobs Double Chocolate
- ✓ Snack Bars – Hobnobs, Raisins & Milk Chocolate (40g only)
- ✓ Trio
- ✓ Tasties All Butter Shortbread
- ✓ Tasties Arrowroot
- ✓ Tasties Bourbon Creams
- ✓ Tasties Coconut Rings
- ✓ Tasties Custard Creams
- ✓ Tasties Digestives
- ✓ Tasties Fruit Shortcake
- ✓ Tasties Ginger Nuts
- ✓ Tasties Milk Chocolate Digestives
- ✓ Tasties Morning Coffee
- ✓ Tasties Nice
- ✓ Tasties Plain Chocolate Digestives
- ✓ Tasties Rich Tea Fingers
- ✓ Tasties Rich Tea
- ✓ Tasties Shorties
- ✓ Flapjacks – Oat Syrup (Single)
- ✓ Flapjacks – Oat Syrup (5 Pack)
- ✓ Flapjacks – Hobnobs (5 Pack)
- ✓ Victoria Sapphire 385g Assortment



## MCVITIE'S (continued)

### NOT SUITABLE:

- \* Blueberry Muffin
- \* BN Sandwich – Chocolate
- \* BN Sandwich – Raspberry
- \* BN Sandwich – Vanilla
- \* Boosters – Chocolate Chunk
- \* Boosters – Hazelnut & Choc Chunk
- \* Breakfast – Apple, Sultana & Cinnamon
- \* Breakfast – Fruit & Oat Bakes Apple
- \* Breakfast – Fruit & Oat Bakes Blueberry
- \* Breakfast – Oat & Honey
- \* Breakfast – Oaty Breaks Golden Syrup
- \* Breakfast – Oaty Breaks Raisin and Cinnamon
- \* Breakfast – Red Berries
- \* Café Noir
- \* Caramel Digestive Chocolate Slices (all)
- \* Carrot Bar Cake
- \* Cherry Genoa Slice
- \* Choc Chip Cookies (150g)
- \* Choc Chip Muffin
- \* Chocolate Bar Cake
- \* Delichoc Milk
- \* Delichoc White
- \* Digestive Slice – Milk Chocolate (all sizes)
- \* Digestive Slice – Orange
- \* Digestive Slice – Strawberry
- \* Double Chocolate Muffin
- \* Exclusive Assortment 500g
- \* Family Circle Assortment (all sizes)
- \* Fig Rolls
- \* Flapjack – Hobnobs Raspberry
- \* Flapjacks – Fruit
- \* Flapjacks Hobnobs Milk Choc
- \* Fruit Bar Cake
- \* Ginger Nuts Slices
- \* Gluten Free Hobnobs
- \* Gluten Free Milk Chocolate Hobnobs
- \* Go Ahead! Crispy Slices Apple
- \* Go Ahead! Crispy Slices Blueberry
- \* White Chocolate & Raspberry Cookies
- \* Go Ahead! Crispy Slices Forest Fruit
- \* Go Ahead! Crispy Slices Orange
- \* Go Ahead! Crispy Slices Raspberry
- \* Go Ahead! Crispy Slices Red Cherry
- \* Go Ahead! Crispy Slices Strawberry
- \* Go Ahead! Fruit Bakes Apple
- \* Go Ahead! Fruit Bakes Strawberry
- \* Go Ahead! Yogurt Breaks Forest Fruit
- \* Go Ahead! Yogurt Breaks Raspberry
- \* Go Ahead! Yogurt Breaks Red Cherry
- \* Go Ahead! Yogurt Breaks Strawberry
- \* Go Ahead! Yogurt Breaks Tropical Fruit
- \* Golden Syrup Bar Cake
- \* Hobnobs Flapjacks
- \* Hobnobs Slices – Milk Chocolate
- \* Jaffa Cake Bars
- \* Jaffa Cakes
- \* Jaffa Cakes – Mini Muffins
- \* Jaffa Cakes – Mini Rolls
- \* Jamaica Ginger Bar Cake
- \* Lemon Bar Cake
- \* Lemon Puff
- \* Madeira Bar Cake
- \* Mini Jaffa Cakes
- \* Moments 400g
- \* Nibbles Caramel
- \* Nibbles Dark Chocolate
- \* Nibbles Double Chocolate
- \* Nibbles Milk Chocolate
- \* Penguin – Mini Rolls
- \* Penguin Cake Bars
- \* Sticky Lemon Bar Cake
- \* Sticky Marmalade Bar Cake
- \* Tasties Assortment 350g
- \* Tasties Jam Sandwich Creams
- \* Toasting Waffles
- \* Victoria Assortment (all sizes)
- \* White Choc Chip Cookie (150g)
- \* White Chocolate & Raspberry Bar Cake



## NESTLÉ

### SUITABLE:

- ✓ Nesquik Powders – All Flavours
- ✓ Aero Hot Chocolate
- ✓ Aero Milk Chocolate Bars & Sharing Blocks
- ✓ Aero Peppermint Bars & Sharing Blocks
- ✓ Aero White Chocolate Bars & Sharing Blocks
- ✓ Aero Peppermint Bubbles
- ✓ Aero White Chocolate Bubbles
- ✓ Aero Mousse Bar & Sharing Blocks
- ✓ After Eight Bitesize Dark Chocolate Mints
- ✓ Blue Riband Milk Chocolate Biscuit Bar
- ✓ Blue Riband Dark Orange
- ✓ Blue Riband Coffee Cream
- ✓ Blue Riband Caramel Cream
- ✓ Breakaway Milk Chocolate Biscuit
- ✓ Breakaway Chocolate Shortcake
- ✓ Breakaway Caramac
- ✓ Caramac Bar
- ✓ Caramac Buttons
- ✓ Drifter Chocolate Biscuit Bar
- ✓ KitKat 2 Finger Milk Chocolate Biscuit
- ✓ KitKat 2 Finger Dark Mint Chocolate Biscuit
- ✓ KitKat 2 Finger Orange Chocolate Biscuit
- ✓ KitKat 2 Finger Toffee Treat Chocolate Biscuit
- ✓ KitKat 2 Finger Dark Chocolate Biscuit
- ✓ KitKat 2 Finger Cookies & Cream Chocolate Biscuit
- ✓ KitKat 4 Finger Milk Chocolate Bar
- ✓ KitKat 4 Finger Dark Chocolate Bar
- ✓ KitKat Chunky Milk Chocolate Bar
- ✓ KitKat Chunky Peanut Butter Chocolate Bar
- ✓ Milkybar White Chocolate Bar & Sharing Block
- ✓ Milkybar White Chocolate Buttons
- ✓ Milkybar Giant White Chocolate Buttons
- ✓ Milkybar Milk & Cookies Sharing Block
- ✓ Milkybar Giant Milkshake buttons
- ✓ Munchies Chocolate Pouch
- ✓ Munchies Tube
- ✓ Nestle Pick & Mix
- ✓ Nestle Caramel Pick & Mix
- ✓ Polo Mints Original
- ✓ Polo Spearmint
- ✓ Polo Sugar Free Mints
- ✓ Quality Street - All Sweets
- ✓ Quality Street Orange Matchmakers Box
- ✓ Quality Street Mint Matchmakers Box
- ✓ Quality Street Honeycomb Matchmakers Box
- ✓ Quality Street Mini Matchmakers Mint Chocolate Pouch
- ✓ Rolo Chocolate Tube & Sharing Bag
- ✓ Rolo Dark Chocolate Sharing Bag
- ✓ Rowntrees Jelly Tots
- ✓ Toffee Crisp Chocolate Single Bar
- ✓ Toffee Crisp Biscuit Bar
- ✓ Toffee Crisp Bitesize Chocolate
- ✓ Yorkie Milk Chocolate Bar
- ✓ Yorkie Raisin & Biscuit Chocolate Bar
- ✓ Yorkie Milk Duo Chocolate Bar
- ✓ Yorkie Raisin & Biscuit Duo Chocolate Bar
- ✓ Yorkie Man Sized Chocolate Buttons
- ✓ Yorkie Biscuit Bar



## NESTLÉ (continued)

### NOT SUITABLE:

- ✘ Nesquik Ready to Drink – All Varieties
- ✘ Animal Bar
- ✘ After Eight Dark Chocolate Mints
- ✘ Black Magic
- ✘ KitKat Chunky Duo Bar
- ✘ KitKat Chunky Double Caramel Bar
- ✘ Lion Bar
- ✘ Lion Bar Duo
- ✘ Lion Peanut Chocolate Bar
- ✘ Milkybar Milk & Crunchy
- ✘ Polo Fruits & Sharing Bag
- ✘ Rolo Chocolate Sharing Block
- ✘ Rowntrees Fruit Gums
- ✘ Rowntrees Fruit Pastilles
- ✘ Rowntrees Pick & Mix
- ✘ Rowntrees Tooty Frooties
- ✘ Rowntrees Randoms Tandems
- ✘ Rowntrees Fruit Pastilles Froosions
- ✘ Rowntrees Fruit Pastilles Berries & Cream
- ✘ Rowntrees Randoms
- ✘ Rowntrees Fruit Pastilles Strawberry & Blackcurrant
- ✘ Smarties Tube
- ✘ Mini Smarties
- ✘ Smarties Milk Chocolate Bar & Sharing Block
- ✘ Smarties Little Bar
- ✘ Toffee Crisp Bitesize Chocolate
- ✘ Toffee Crisp Sharing Block
- ✘ Yorkie Peanut Chocolate Bar



## NESTLÉ CEREAL

### SUITABLE:

- ✓ Cheerios Original
- ✓ Cheerios Honey
- ✓ Cheerios Chocolatey
- ✓ Cheerios Oat Crisp
- ✓ Cheerios Oat Crisp Less Sugar
- ✓ Cheerios Oat Crisp Cinnamon
- ✓ Shreddies
- ✓ Honey Shreddies
- ✓ Frosted Shreddies
- ✓ Coco Shreddies
- ✓ Shreddies Max Cranberry & Oat Granola
- ✓ Shreddies Max Oat Granola
- ✓ Shredded Wheat Original
- ✓ Shredded Wheat Multigrain Rye & Quinoa Pack
- ✓ Shredded Wheat Multigrain Rye & Quinoa
- ✓ Shredded Wheat Multigrain Barley & Spelt Pack
- ✓ Shredded Wheat Multigrain Barley & Spelt
- ✓ Nesquik
- ✓ Shredded Wheat Honey Nut Pack
- ✓ Shredded Wheat Honey & Nut
- ✓ Shredded Wheat Cherry Bakewell Pack
- ✓ Shredded Wheat Cherry Bakewell
- ✓ Shredded Wheat Bite Size Pack
- ✓ Shredded Wheat Bitesize
- ✓ Shredded Wheat Apple Crumble Pack
- ✓ Shredded Wheat Apple Crumble
- ✓ Nestlé GoFree Rice Pops
- ✓ Nestlé GoFree Honey Flakes
- ✓ Nestlé GoFree Corn Flakes
- ✓ Nestlé GoFree Coco Rice
- ✓ Raisin Oats & More
- ✓ Almond Oats & More
- ✓ Cookie Crisp
- ✓ Clusters
- ✓ Pic A Pac Variety Pack
- ✓ Curiously Cinnamon
- ✓ Golden Nuggets
- ✓ Golden Grahams
- ✓ Toffee Crisp
- ✓ Lion

## OREO

### SUITABLE:

- ✓ Oreo Doublestuff
- ✓ Oreo Mini Tub
- ✓ Oreo Golden
- ✓ Oreo Original
- ✓ Oreo Chocolate Crème
- ✓ Oreo Peanut Butter
- ✓ Oreo Single Pack Original
- ✓ Oreo Double Pack Original
- ✓ Oreo Snack Packs x 4
- ✓ Oreo Snack Packs x 10
- ✓ Oreo Mini x 6
- ✓ Oreo Chocolate Crème Snack Pack x10
- ✓ Oreo Ice Cream Tub
- ✓ Oreo Ice Cream Cones

### NOT SUITABLE:

- ✗ Oreo Ice Cream Sandwich
- ✗ Oreo Mondelez Stick
- ✗ Oreo Cheesecake

To confirm that you are purchasing a 'Suitable for Vegetarians' product, please always refer to on-pack information.





## RUBICON AND SUN EXOTIC JUICE DRINKS

Rubicon is pleased to confirm that **ALL** their products are suitable for a vegetarian diet. All their ingredients, inclusive of beta-carotene, come from **NON-ANIMAL** sources. They also confirm that all their products have been deemed **NON-ALCOHOLIC** and no alcohol is added to their drinks or ice creams.

## SNACK A JACKS

### SUITABLE:

- ✓ Salt & Vinegar - All
- ✓ Cheese Jumbo Pack
- ✓ Caramel - All
- ✓ Choc Chip Jumbo Pack

### NOT SUITABLE:

- ✗ Sour Cream & Chive - All
- ✗ Sweet Chilli - All



## UNILEVER

### SUITABLE:

- ✓ Bertolli Light 500g
- ✓ Bertolli Olive Spread (1Kg, 250g)
- ✓ Bertolli with Salted Butter (400g, 225g)
- ✓ Flora Block 250g
- ✓ Flora Buttery (1Kg, 500g, 250g)
- ✓ Flora Buttery Light 500g
- ✓ Flora Gold (400g, 225g)
- ✓ Flora Light (1Kg, 500g, 250g)
- ✓ Flora Original (1kg, 500g, 250g)
- ✓ Loop the Loop Lolly
- ✓ Choc Ice
- ✓ Calippo Orange
- ✓ Calippo Bubblegum
- ✓ Calippo Shots Cola & Lemon
- ✓ Calippo Shots Strawberry & Lemon
- ✓ Calippo Mini Lemon/Lime/Orange
- ✓ Mini Milk Strawberry
- ✓ Magnum Double Chocolate Single
- ✓ Magnum Double Chocolate 3 Multipack
- ✓ Swedish Glace Vanilla
- ✓ Swedish Glace Chocolate
- ✓ Swedish Glace Raspberry
- ✓ Swedish Glace Pearl Strawberry

The following products are **NOT** suitable for us as they are made with Whey which is used from animal sources. Some products also contain egg also making them unsuitable for us.

### NOT SUITABLE:

- ✗ Ben & Jerry's - ALL
- ✗ Carte D'Or Ice Cream - ALL
- ✗ Magnum Minis - ALL
- ✗ Cornetto – ALL
- ✗ Magnum Double Peanut Butter
- ✗ Magnum Double Caramel
- ✗ Magnum Honeycomb
- ✗ Magnum Pink
- ✗ Magnum White
- ✗ Magnum Classic
- ✗ Magnum Almond
- ✗ Magnum Mint
- ✗ Magnum Pistachio
- ✗ Solero Exotic
- ✗ Solero Red Berries
- ✗ Twister Original
- ✗ Twister Blackcurrant
- ✗ Funny Feet
- ✗ Mini Milk Vanilla
- ✗ Mini Milk Chocolate
- ✗ Haribo Push Ups
- ✗ Max X-Pop
- ✗ Wall's Vanilla Soft Scoop
- ✗ Wall's Vanilla Light Soft Scoop
- ✗ Wall's Mint Choc Chip Soft Scoop
- ✗ Wall's Neopolitan Soft Scoop
- ✗ Wall's Raspberry Ripple Soft Scoop
- ✗ Viennetta Vanilla
- ✗ Viennetta Strawberry
- ✗ Viennetta Mint
- ✗ Feast Original
- ✗ Feast Mint
- ✗ Feast Bar



## WALKERS PRODUCTS

### SUITABLE:

- ✓ Crisps Ready Salted
- ✓ Crisps Salt & Vinegar
- ✓ Crisps Tomato Ketchup
- ✓ Salt 'N' Shake Original
- ✓ MixUps Popcorn Sweet & Salty
- ✓ Baked Stars Salt & Vinegar
- ✓ Tear 'n' Share Lightly Salted
- ✓ Tear 'n' Share Salt & Malt Vinegar
- ✓ Baked Ready Salted
- ✓ Baked Salt & Vinegar
- ✓ Crinkles Simply Sea Salted
- ✓ Crinkles Salt & Malt Vinegar
- ✓ Market Deli Balsamic Vinegar of Modena
- ✓ Market Deli Anglesey Sea Salt
- ✓ MAX Salt & Vinegar
- ✓ Sunbites Popcorn Lightly Sea Salted
- ✓ Sunbites Popcorn Sweet & Salty
- ✓ Sunbites Popcorn Sweet Caramel
- ✓ Doritos Lightly Salted
- ✓ Doritos Hint of Lime
- ✓ Crisps Lights Simply Salted
- ✓ Nobby's Nuts Salty Peanuts
- ✓ Ruffles Crisps Original
- ✓ Smith's Chipsticks Salt 'N' Vinegar
- ✓ Smith's Cheese Balls
- ✓ French Fries Ready Salted
- ✓ Sensations Popcorn Sweet Cinammon & Salt
- ✓ Squares Ready Salted
- ✓ Squares Salt & Vinegar
- ✓ Wotsits Really Cheesy Flavour
- ✓ Wotsits Cheesy Balls

### NOT SUITABLE:

- ✗ Crisps Marmite
- ✗ Crisps Worcester Sauce
- ✗ Crisps Sour Cream & Chive
- ✗ MixUp Cheese
- ✗ MixUp Spicy
- ✗ MixUp Cheese & Worcester
- ✗ MixUps Popcorn Sweet & Spicy
- ✗ Bugles Cheese
- ✗ Bugles Southern Style BBQ
- ✗ Bugles Sour Cream & Black Pepper
- ✗ MAX Paprika
- ✗ MAX Flamin' Hot
- ✗ Crispy Crackers Cheddar Cheese
- ✗ Crispy Crackers Salt & Vinegar
- ✗ Melty Crackers Sweet Chilli
- ✗ Baked Stars Original
- ✗ Tear 'n' Share Sweet Chilli
- ✗ Baked Sour Cream & Chive
- ✗ Pops Original
- ✗ Market Deli Cornish Mature Cheddar
- ✗ Market Deli Sweet Roasted Pepper & English Tomato
- ✗ Market Deli Sweet Chilli with Dorset Sour Cream
- ✗ Sunbites Crackers Cream Cheese & Chive
- ✗ Sunbites Crackers Sun Ripened Sweet Chilli
- ✗ Sunbites Crackers Lightly Salted
- ✗ Sunbites Pittas Roasted Red Pepper & Chilli
- ✗ Sunbites Crisps Sun Ripened Sweet Chilli
- ✗ Sunbites Crisps Sour Cream & Cracked Black Pepper
- ✗ Sunbites Crisps Lightly Sea Salted
- ✗ Doritos Sizzling Salsa
- ✗ Doritos Tangy Cheese
- ✗ Doritos Ultimate Cheeseburger
- ✗ Doritos Cool Original
- ✗ Doritos Roulette
- ✗ Doritos Chilli Heatwave
- ✗ Doritos Nacho Cheese Dip
- ✗ Doritos Sour Cream & Chives Dip
- ✗ Doritos Mild Salsa Dip
- ✗ Doritos Hot Salsa Dip
- ✗ Tiger Nuts Sweet Chilli
- ✗ Tiger Nuts Salt & Vinegar
- ✗ Wotsits Flamin' Hot
- ✗ Monster Munch Flamin' Hot Flavour
- ✗ Nobby's Nuts Dry Roasted Peanuts
- ✗ Nobby's Nuts Smokin BBQ



## WALKERS PRODUCTS (continued)

### NOT SUITABLE:

- ✘ Ruffles Crisps Paprika
- ✘ Sensations Lime & Thai
- ✘ Sensations Thai Sweet Chilli
- ✘ Sensations Smoked Chilli
- ✘ Sensations Monterey Chilli & Goats Cheese
- ✘ Sensations Cheese & Sweet Cranberry
- ✘ Sensations Mexican Fiery Sweet Chipotle
- ✘ Sensations Moroccan Spice & Sweet Tomato
- ✘ Sensations Popcorn Sweet Indian Spices
- ✘ Sensations Popcorn Thai Sweet Chilli
- ✘ Smiths Twisted Flaming Hot
- ✘ French Fries Salt & Vinegar
- ✘ French Fries Worcester Sauce
- ✘ Quavers Cheese Flavour
- ✘ Snaps Spicy Tomato



## E-NUMBERS

E-numbers are additives. The 'E' stands for European and means that these additives have been tested for safety and been assessed for use in the European Union (EU). Each E-number is assigned its own unique number making it easier for manufacturers to list which are included in foods. The numbering system also helps keep track as they are grouped into various categories.

### VEGETARIAN E-NUMBERS:

<b>E 901</b>	Bees wax made by bees but does not contain insects
<b>E 966</b>	Lactitol - Made from milk sugar

The following E-Numbers can be from both animal and plant sources. It is advised to look for the 'V' sign on the packaging before consuming the product and also to look out for 'may contains' area for eggs etc.

E 101	E 431	E 472	E 492
E 161	E 432	E 473	E 493
E 270	E 433	E 474	E 494
E 304	E 434	E 475	E 495
E 322	E 435	E 479	E 570
E 325	E 436	E 481	E 631
E 326	E 442	E 482	E 635
E 327	E 470	E 483	E 640
E 422	E 471	E 491	E 920

### NON VEGETARIAN E-NUMBERS:

There are several E-Numbers which are **NEVER** suitable for vegetarians, these include:

<b>E 120</b>	Cochineal/Carmines, this red colouring is isolated from crushed insects; Coccus cacti
<b>E 542</b>	Edible Bone Phosphate, from animal bones
<b>E 904</b>	Shellac, natural polymer derived from lac beetles
<b>E 913</b>	Lanolin, a wax from sheep excreted by the skin of sheep and extracted from the wool
<b>E 1105</b>	Lysozyme, from chicken eggs
<b>E 104*</b>	Quinoline Yellow, synthetic non azo dye
<b>E 160a(i)*</b>	Carotenes (mixture), these are colours isolated from plants but can be a carrier from gelatine
<b>E 160a(ii)*</b>	Beta Carotene

\*Not derived from animal sources themselves but may involve the use of gelatine as a carrier.

Source: The Vegetarian Society Webpages at:

- <http://www.vegsoc.org/page.aspx?pid=727>
- <http://www.vegsoc.org/page.aspx?pid=728>



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