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Aims & 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





MCVITIE'S

SUITABLE:

- ✓ All Butter Shortbread
- ✓ Arrowroot
- ✓ BN Mini Chocolate
- ✓ BN Mini Strawberry
- ✓ Bourbon Creams
- ✓ Choc Gems
- ✓ Club Choc Gems
- ✓ Club Fruit
- ✓ Club Honeycomb
- ✓ Club Mint
- ✓ Club Orange
- ✓ Coconut Rings
- ✓ Custard Creams
- ✓ Dark Chocolate Digestives
- ✓ Dark Chocolate Hobnobs
- ✓ Digestives
- ✓ Digestive Cheesecake Creams – Lemon
- ✓ Digestive Cheesecake Creams – Strawberry
- ✓ Digestive Cheesecake Creams – Vanilla
- ✓ Digestives Double Chocolate
- ✓ Digestives Lights
- ✓ Flapjacks Hobnobs Toffee & Apple
- ✓ Flapjacks - Apple & Cinnamon
- ✓ Flapjacks - Hobnobs (Multipack)
- ✓ Flapjacks - Syrup (Single)
- ✓ Flapjacks - Syrup (Multipack)
- ✓ Fruit Shortcake
- ✓ Ginger Nuts
- ✓ Gold
- ✓ Hobnobs
- ✓ Hobnobs Chocolate Chip
- ✓ Hobnobs Creams – Chocolate
- ✓ Hobnobs Creams – Vanilla
- ✓ Iced Gems
- ✓ Marie
- ✓ Milk Chocolate Digestives
- ✓ Milk Chocolate Digestive Lights
- ✓ Milk Chocolate Digestives Caramels
- ✓ Milk Chocolate Digestives Caramels – Banoffee
- ✓ Milk Chocolate Digestives Caramels – Coffee
- ✓ Milk Chocolate Hobnobs
- ✓ Milk Chocolate & Orange Digestives
- ✓ Mini Cookies
- ✓ Mini Gingerbread Men
- ✓ Mini Milk Chocolate Digestives – Shapes
- ✓ Mini Penguin Biscuits
- ✓ Nice Biscuits
- ✓ Penguin – Milk
- ✓ Penguin - Mint
- ✓ Penguin – Orange
- ✓ Penguin – Toffee
- ✓ Rich Tea
- ✓ Rich Tea Lights
- ✓ Shorties
- ✓ Snack Bars – Hobnobs Milk Choc & Coconut
- ✓ Snack Bars – Hobnobs Milk Choc & Ginger
- ✓ Snack Bars – Hobnobs Milk Choc & Golden Syrup
- ✓ Snack Bars – Hobnobs Milk Choc & Salted Caramel
- ✓ Trio
- ✓ Tasties All Butter Shortbread
- ✓ Tasties Arrowroot
- ✓ Tasties Coconut Rings
- ✓ Tasties Custard Creams
- ✓ Tasties Digestives
- ✓ Tasties Fruit Shortcake
- ✓ Tasties Milk Chocolate Digestives
- ✓ Tasties Ginger Nuts
- ✓ Tasties Morning Coffee
- ✓ Tasties Nice
- ✓ Tasties Plain Chocolate Digestives
- ✓ Tasties Rich Tea Fingers
- ✓ Tasties Rich Tea
- ✓ Tasties Shorties
- ✓ Victoria Assortment 100g
- ✓ Victoria Assortment 825g
- ✓ Victoria Sapphire Assortment 200g
- ✓ Victoria Sapphire Assortment 385g



MCVITIE'S continued...

NOT SUITABLE:

- ✗ Blueberry Muffin
- ✗ BN Sandwich – Chocolate
- ✗ BN Sandwich – Raspberry
- ✗ BN Sandwich – Vanilla
- ✗ Boasters – Chocolate Chunk
- ✗ Boasters – Hazelnut & Choc Chunk
- ✗ Bonfire Toffee Cake
- ✗ Bonfire Toffee & Apple Cake
- ✗ Café Noir
- ✗ Caramel Digestive Chocolate Slices - All
- ✗ Carrot Bar Cake
- ✗ Cherry Genoa Slice
- ✗ Choc Chip Cookies
- ✗ Choc Chip Muffin
- ✗ Chocolate Bar Cake
- ✗ Delichoc Milk
- ✗ Delichoc White
- ✗ Digestives Nibbles Caramel
- ✗ Digestives Nibbles Dark Chocolate
- ✗ Digestives Nibbles Double Chocolate
- ✗ Digestives Nibbles Milk Chocolate
- ✗ Digestives Nibbles White Chocolate
- ✗ Digestive Slice - Banoffee
- ✗ Digestives Slices – Milk Chocolate (Multipack)
- ✗ Digestive Slice – Milk Chocolate (Single)
- ✗ Digestive Slice - Mint
- ✗ Digestive Slice – Orange
- ✗ Digestive Slice – Strawberry
- ✗ Double Chocolate Muffin
- ✗ Fig Rolls Go Ahead! Fruit & Oat Bakes – Apple
- ✗ Flapjacks – Fruit
- ✗ Flapjacks Hobnobs Milk Choc (Single)
- ✗ Flapjacks Hobnobs Milk Choc (5 Pack)
- ✗ Flapjack – Hobnobs Raspberry
- ✗ Fruit Bar Cake
- ✗ Ginger Nuts Slices
- ✗ Gluten Free Hobnobs
- ✗ Gluten Free Milk Chocolate Hobnobs
- ✗ Go Ahead! Crispy Slices Apple
- ✗ Go Ahead! Crispy Slices Blueberry
- ✗ Go Ahead! Crispy Slices Forest Fruit
- ✗ Go Ahead! Crispy Slices Orange
- ✗ Go Ahead! Crispy Slices Pear
- ✗ Go Ahead! Crispy Slices Raspberry
- ✗ Go Ahead! Crispy Slices Red Cherry
- ✗ Go Ahead! Crispy Slices Strawberry
- ✗ Go Ahead! Crunchy Dippers Salted Caramel
- ✗ Go Ahead! Crunchy Dippers Cocoa & Almond
- ✗ Go Ahead! Crunchy Dippers Coconut
- ✗ Go Ahead! Crunchy Slices Cinnamon
- ✗ Go Ahead! Crunchy Slices Coconut
- ✗ Go Ahead! Fruit & Oat Bakes - Banana
- ✗ Go Ahead! Fruit & Oat Bakes – Strawberry
- ✗ Go Ahead! Goodness Bars Cocoa & Orange
- ✗ Go Ahead! Goodness Bars Cocoa & Hazelnut
- ✗ Go Ahead! Pretzels Dark Chocolate Coated
- ✗ Go Ahead! Pretzels Milk Chocolate Coated
- ✗ Go Ahead! Yogurt Breaks Blueberry
- ✗ 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
- ✗ Hobnob Nibbles Milk Chocolate
- ✗ Hobnob Nibbles Milk Chocolate & Hazelnut
- ✗ Hobnob Slices – Milk Chocolate
- ✗ Jaffa Cakes
- ✗ Jaffa Cake Bars
- ✗ Jaffa Cake Bars – Batty Blackcurrant
- ✗ Jaffa Cake Bars – Lemon & Slime
- ✗ Jaffa Cake Bars - Freaky
- ✗ Jaffa Cake Bars – Spooky Orange
- ✗ Jaffa Cakes – Mini Rolls
- ✗ Jaffa Cakes – Mini Muffins Jaffa Chocolate & Orange Blondies
- ✗ Jamaica Ginger Bar Cake
- ✗ Lemon Puff
- ✗ Lemon Bar Cake
- ✗ Madeira Bar Cake
- ✗ Mini Jaffa Cakes
- ✗ Penguin Cake Bars
- ✗ Penguin Crunchy Cake Bars
- ✗ Penguin Mini Rolls
- ✗ Penguin Mini Rolls Yule Logs
- ✗ Sticky Lemon Bar Cake
- ✗ Sticky Marmalade Bar Cake



MCVITIE'S continued...

- ✗ Tasties Biscuit Bar – Choc
- ✗ Tasties Biscuit Bar – Choc & Hazelnut
- ✗ Tasties Choc Caramel Squares
- ✗ Tasties Fruity Tarts – Apricot
- ✗ Tasties Fruity Tarts - Strawberry
- ✗ Tasties Jam Sandwich Creams
- ✗ Toffee Flavour Bar Cake
- ✗ Toffee & Apple Bar Cake
- ✗ Toasting Waffles
- ✗ Trio Crunchie Cake Bars
- ✗ White Choc Chip Cookie
- ✗ White Chocolate & Raspberry Cookies
- ✗ White Chocolate & Raspberry Bar Cake
- ✗ Exclusive Assortment 500g
- ✗ Family Circle Assortment 360g
- ✗ Family Circle Assortment 670g
- ✗ Family Circle Assortment 900g
- ✗ Moments 400g
- ✗ Tasties Assortment 350g
- ✗ Tasties Assortment 800g
- ✗ Victoria Assortment 100g
- ✗ Victoria Assortment 300g
- ✗ Victoria Assortment 600g

BURTON'S BISCUITS

We are unable to state which products are suitable for vegetarian as we do change our recipes from time to time, but this will be reflected in the ingredients listing on the pack which will be correct. We advise our consumers to always check the packaging on any produce bought as this may be subject to change at any time. Please check for the 'V' sign or 'Suitable for Vegetarians' labelling. Allergens such as egg, dairy etc. will be highlighted in Bold.

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:

- ✗ Cheese Savouries
- ✗ Fig Roll
- ✗ Fruit Shortcake
- ✗ Jam Rings
- ✗ Pink Wafer
- ✗ Rover Assortment

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



JACOB'S

SUITABLE:

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

NOT SUITABLE:

- ✗ Baker's Choice Multigrain Crackers
- ✗ Baker's Choice Snack Cracker
- ✗ Biscuits For Cheese 170g Carton
- ✗ Biscuits For Cheese 250g Carton
- ✗ Biscuits For Cheese 300g Carton
- ✗ Biscuits For Cheese 450g Carton
- ✗ Biscuits For Cheese 900g
- ✗ Biscuits For Cheese Barrel 800g
- ✗ Bran Table Cracker Snack Pack (2 Pack)
- ✗ Carr's Batons Rosemary & Sea Salt
- ✗ Carr's Ciabatta Crackers
- ✗ Carr's Ciabatta Crackers – Sundried Tomato
- ✗ Carr's Cracker Crisps – Sea Salt & Balsamic Vinegar
- ✗ Carr's Cracker Crisps – Sour Cream & Chive
- ✗ Carr's Cracker Crisps – Thai Sweet Chilli
- ✗ Carr's Crinklys Salt & Vinegar
- ✗ Carr's Melt Original Cheddars
- ✗ Cheddars Pickle
- ✗ Choice Grain
- ✗ Choice Grain Snack Pack (3 Pack)
- ✗ Ciabatta Crackers
- ✗ Ciabatta Crackers Sundried Tomato
- ✗ Cornish Wafer Snack Pack (3 Pack)
- ✗ Cracker Crisps – All
- ✗ Cream Crackers Snack Pack (2 Pack, 3 Pack)
- ✗ Crinklys – All
- ✗ Crispbreads – All
- ✗ Digestives For Cheese Snack Pack (2 Pack)
- ✗ High Fibre Cream Crackers
- ✗ High Bake Water Biscuits Snack Pack (2 Pack)
- ✗ Oddities Cheese Flavour
- ✗ Oddities Salt & Vinegar
- ✗ Savours Cheese Thins
- ✗ Savours Sour Cream & Chive
- ✗ Savours Sweet Chilli Thins
- ✗ Savours Salt & Black Pepper Bakes Snack Pack (2 Pack)
- ✗ Savoury Favourites 200g Carton
- ✗ Savours Assortment 250g Carton
- ✗ Table Cracker Snack Pack (2 Pack)
- ✗ TUC Cheese Sandwich
- ✗ TUC Original
- ✗ TUC Cheese Sandwich Snack Pack (2 Pack)
- ✗ Twiglets Original



WALKERS PRODUCTS

SUITABLE:

- ✓ Crisps Ready Salted
- ✓ Crisps Salt & Vinegar
- ✓ Crisps Tomato Ketchup
- ✓ Crinkles Simply Salted
- ✓ Doritos Hint of Lime
- ✓ Doritos Lightly Salted
- ✓ French Fries Ready Salted
- ✓ Light Simply Salted
- ✓ Market Deli Mediterranean Balsamic Vinegar
- ✓ Market Deli Anglesey Sea Salt
- ✓ MAX Salt & Vinegar
- ✓ Oven Baked Ready Salted
- ✓ Salt 'N' Shake Original
- ✓ Sensations Peanuts Californian Honey & Salt
- ✓ Smiths Chipsticks Salt 'N' Vinegar
- ✓ Smiths Crisps Salt & Vinegar
- ✓ Smiths Crisps Simply Salted
- ✓ Squares Ready Salted
- ✓ Squares Salt & Vinegar
- ✓ Sunbites Popcorn Sea Salted
- ✓ Sunbites Popcorn Sweet Caramel
- ✓ Sunbites Popcorn Sweet & Salty
- ✓ Tear 'n' Share Lightly Salted
- ✓ Tear 'n' Share Salt & Malt Vinegar
- ✓ Wotsits Really Cheesy Flavour

NOT SUITABLE:

- ✗ Baked Fusions Cheddar & Red Pepper
- ✗ Baked Fusions Spicy Tomato & Herbs
- ✗ Baked Fusions Thai Chilli & Lime
- ✗ Baked Crispy Crackers Italian Herbs
- ✗ Baked Crispy Crackers Mature Cheese
- ✗ Baked Crispy Cracker Salt & Vinegar
- ✗ Baked Melty Crackers Sweet Chilli
- ✗ Bugles Cheese Flavour
- ✗ Bugles Sour Cream & Black Pepper
- ✗ Crisps Marmite
- ✗ Crisps Worcester Sauce
- ✗ Crisps Sour Cream & Chive
- ✗ Doritos Collisions Honey Glazed Ribs & Lemon Blast
- ✗ Doritos Collisions Habanero Chilli & Guacamole
- ✗ Doritos Cool Original
- ✗ Doritos Chilli Heatwave
- ✗ Doritos Hot Salsa Dip
- ✗ Doritos Heatburst BBQ & Chilli
- ✗ Doritos Heatburst Chipotle Curry
- ✗ Doritos Mild Salsa Dip
- ✗ Doritos Nacho Cheese Dip
- ✗ Doritos Roulette
- ✗ Doritos Sizzling Salsa
- ✗ Doritos Sour Cream & Chives Dip
- ✗ Doritos Tangy Cheese
- ✗ Market Deli Cornish Mature Cheddar
- ✗ Market Deli Pitta Chips Sweet Chilli with Dorset Sour Cream
- ✗ MAX Flamin' Hot
- ✗ MAX Paprika
- ✗ MAX Strong Chilli & Lime
- ✗ MAX Strong Jalapeno & Cheese
- ✗ Mixups Cheese Flavour
- ✗ Mixups Spicy Flavour
- ✗ Monster Munch Flamin' Hot Flavour
- ✗ Nobby's Nuts Dry Roasted Peanuts
- ✗ Nobby's Nuts Smokin BBQ
- ✗ Oven Baked Sour Cream & Chive
- ✗ Poppables Cheddar Cheese
- ✗ Poppables Sweet Chilli
- ✗ Quavers Cheese Flavour
- ✗ Ruffles Crisps Paprika
- ✗ Sensations Mexican Sweet Chipotle
- ✗ Sensations Peanuts Thai Sweet Chilli
- ✗ Sensations Peanuts Mexican Smoked Chilli
- ✗ Sensations Peanuts Szechuan Pepper
- ✗ Sensations Poppadums Lime & Coriander
- ✗ Sensations Poppadums Mango Red Chilli
- ✗ Sensations Spiced Keralan Curry
- ✗ Sensations Street Mixes Mexico City
- ✗ Sensations Street Mixes Mumbai
- ✗ Sensations Street Mixes Bangkok
- ✗ Sensations Thai Sweet Chilli



WALKERS continued...

- ✘ Sensations Vintage Cheddar & Chutney
- ✘ Sensations Wasabi & Ginger
- ✘ Snaps Spicy Tomato
- ✘ Sunbites Crackers Cream Cheese & Chive
- ✘ Sunbites Crackers Sun Ripened Sweet Chilli
- ✘ Sunbites Grain Waves Lightly Sea Salted
- ✘ Sunbites Grain Waves Sour Cream & Black Pepper
- ✘ Sunbites Grain Waves Sundried Tomatoes & Mozzarella
- ✘ Sunbites Grain Waves Sun Ripened Sweet Chilli
- ✘ Sunbites Veggie Harvest Roasted Red Pepper & Chilli
- ✘ Wotsits Flamin' Hot

SNACK A JACKS

SUITABLE:

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

NOT SUITABLE:

- ✘ Sour Cream & Chive - All
- ✘ Sweet Chilli – All

KELLOGG'S

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



CADBURY'S

SUITABLE:

SINGLE BARS:

- ✓ Big Taste Peanut Caramel Crisp
- ✓ Big Taste Toffee Wholenut
- ✓ Boost
- ✓ Bourneville
- ✓ Chomp
- ✓ Crunchie
- ✓ Curly Wurly
- ✓ Dairy Milk
- ✓ Dairy Milk Caramel
- ✓ Dairy Milk Freddo
- ✓ Dairy Milk Freddo Caramel
- ✓ Dairy Milk Fruit & Nut
- ✓ Dairy Milk Oreo
- ✓ Dairy Milk Oreo Mint
- ✓ Dairy Milk Whole Nut
- ✓ Fry's Chocolate Cream
- ✓ Fry's Peppermint Cream
- ✓ Flake
- ✓ Fudge
- ✓ Snack Sandwich
- ✓ Snack Shortcake
- ✓ Starbar
- ✓ Timeout Wafer
- ✓ Twirl
- ✓ Wispa
- ✓ Wispa Gold

BLOCKS:

- ✓ Big Taste Caramel Peanut Crisp
- ✓ Big Taste Oreo Crunch
- ✓ Big Taste Toffee Wholenut
- ✓ Big Taste Triple Choc Sensation
- ✓ Bourneville
- ✓ Dairy Milk
- ✓ Dairy Milk Crunchy Bits
- ✓ Dairy Milk Fruit & Nut
- ✓ Dairy Milk Medley Biscuit & Fudge
- ✓ Dairy Milk Medley Hazelnut & Raspberry
- ✓ Dairy Milk Oreo
- ✓ Dairy Milk Oreo Mint
- ✓ Dairy Milk Oreo Peanut Butter

BAGS, BOXES & TINS:

- ✓ Bitsa Wispa
- ✓ Boost Bites
- ✓ Crunchie Rocks
- ✓ Curly Wurly Squirlyies
- ✓ Dairy Milk Buttons
- ✓ Dairy Milk Caramel Nibbles
- ✓ Dairy Milk Freddo Faces
- ✓ Dairy Milk Giant Buttons
- ✓ Dairy Milk Mixed Buttons
- ✓ Dairy Milk White Buttons
- ✓ Eclairs Classics
- ✓ Eclairs Velvets
- ✓ Fudge Minis
- ✓ Heroes - All
- ✓ Milk Tray - All
- ✓ Roses - All
- ✓ Twirl Bites

DRINKS:

- ✓ Bournville Cocoa
- ✓ Cadburys Drinking Chocolate
- ✓ Freddo Drinking Chocolate
- ✓ Highlights – Milk, Dark & Fudge
- ✓ Instant Hot Chocolate
- ✓ Wispa Drinking Chocolate

NOT SUITABLE:

- ✗ Double Decker - All
- ✗ Picnic - All
- ✗ Marvellous Smashables Jelly Popping Candy - All
- ✗ Dairy Milk Daim



FOX'S BISCUITS

SUITABLE:

- ✓ Butter Crinkle Crunch
- ✓ Caramel Rocky
- ✓ Chocolate Rocky
- ✓ Chocolatey Minis
- ✓ Chocolatey Selection
- ✓ Chunkie Cookies Extremely Chocolatey
- ✓ Chunkie Cookies Milk Chocolate
- ✓ Chunkie Cookies Triple Chocolate
- ✓ Chunkie Cookies White Chocolate
- ✓ Classic Original Biscuit Bars
- ✓ Cookies Mini
- ✓ Dark Chocolate Viennese
- ✓ Double Chocolate Crunch Creams
- ✓ Fabulously Assortment
- ✓ Fabulously Seasonal Assortments
- ✓ Favourites Assortments
- ✓ Family Time Selection Golden Crunch Creams
- ✓ Ginger Crinkle Crunch
- ✓ Ginger Crunch Creams
- ✓ Kids Funimals
- ✓ Milk Chocolate Rounds
- ✓ Milk Chocolate Viennese
- ✓ Party Rings
- ✓ Party Rings Mini Bags
- ✓ Party Rings Minis
- ✓ Raspberry Jam & Vanilla Creams
- ✓ Rocky Funsized
- ✓ Triple Biscuit Bars
- ✓ Viennese Chocolate Dipped Fingers
- ✓ White Chocolate Rounds

NESTLÉ CEREAL

SUITABLE:

- ✓ Cheerios Chocolate
- ✓ Cheerios Honey
- ✓ Cheerios Honey Cereal Bar
- ✓ Cheerios Oat
- ✓ Cheerios Original
- ✓ Clusters Original
- ✓ Cookie Crisp Original
- ✓ Curiously Cinnamon
- ✓ Curiously Cinnamon Cereal Bar
- ✓ Fitness Original
- ✓ Go Free Coco Rice Pops
- ✓ Go Free Honey Cornflakes
- ✓ Go Free Original Cornflakes
- ✓ Go Free Rice Pops
- ✓ Golden Grahams
- ✓ Golden Nuggets
- ✓ Harvest Home Bran Flakes
- ✓ Harvest Home Cornflakes
- ✓ Harvest Home Crisp Rice and Choco Rice
- ✓ Lion
- ✓ Lion Granola
- ✓ Lion Cereal Bar
- ✓ Nesquik
- ✓ Nesquik Cereal Bar
- ✓ Shredded Wheat Apple Crumble
- ✓ Shredded Wheat Bitesize
- ✓ Shredded Wheat Cherry Bakewell
- ✓ Shredded Wheat Honey Nut
- ✓ Shredded Wheat Orchard Fruits
- ✓ Shredded Wheat Original
- ✓ Shredded Wheat Summer Fruits
- ✓ Shreddies Cocoa
- ✓ Shreddies Cocoa Caramel
- ✓ Shreddies Honey
- ✓ Shreddies Frosted
- ✓ Shreddies Original
- ✓ Toffee Crisp



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:

SUITABLE:

- ✓ Daddies Tomato Ketchup
- ✓ Heinz Organic Beans (Heinz have recently changed their recipe and removed onion. Some old tins are still in circulation. Please check individual packaging)
- ✗ All 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 & Branston Tomato Ketchup** contain onion powder and are **NOT** suitable for us

COCA-COLA

BRANDS MANUFACTURED BY COCA-COLA INCLUDE:

- Abbey Well Waters
- Appletiser
- Coca-Cola Classic
- Coca-Cola Zero Sugar
- Diet Coke
- Dr Pepper
- Dr Pepper Zero
- Fanta
- Fanta Zero
- Fuze Teas
- Glaceau Smartwater
- Honest Kids
- Honest Organic Coffee
- Kia Ora No Added Sugar
- Lilt
- Lilt Zero
- Minute Maid
- Oasis
- Oasis Light
- Oasis Aquashock
- Sprite
- Sprite Zero
- Rose's Cordial
- Powerade
- Powerade Zero
- Schweppes Water
- Schweppes Mixers
- Schweppes Lemonade
- Schweppes Cordials
- Schweppes Slimline
- Schweppes Sparkling Juice Drinks
- 5 Alive

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:

- ✗ Glaceau Vitamin Water Range
- ✗ Lilt
- ✗ Lilt Zero
- ✗ Kia-Ora Orange Squash No Added Sugar
- ✗ Schweppes Orange Squash



BRITVIC SOFT DRINKS

Britvic products include the following brands:

- Aqua Libra
- Ballygowan
- Britvic
- Drench
- Fruit Shoot
- Gatorade
- J2O
- Lipton
- Mountain Dew
- Pepsi
- Pepsi Max
- Purdey's Thrive On
- R Whites Lemonade
- Robinsons
- So-Be
- Tango
- Teisseire
- 7Up

Britvic has advised all their products made in the UK are suitable for vegetarians and contains no alcohol.

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

OREO

SUITABLE:

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

NOT SUITABLE:

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



KP FOOD UK

SUITABLE:

- ✓ Butterkist Butter Microwave Popcorn
- ✓ Butterkist Cinema Sweet Popcorn
- ✓ Butterkist Cinema Sweet Multipack Popcorn
- ✓ Butterkist Choc Mallow Popcorn
- ✓ Butterkist Coconut & Raspberry
- ✓ Butterkist Salted Popcorn
- ✓ Butterkist Salted Caramel Popcorn
- ✓ Butterkist Salted Microwave Popcorn
- ✓ Butterkist Sweet & Salted Popcorn
- ✓ Butterkist Sweet Microwave Popcorn
- ✓ Butterkist Sweet & Salted Microwave Popcorn
- ✓ Butterkist Sweet & Salted Multipack Popcorn
- ✓ Butterkist Toffee Popcorn
- ✓ Butterkist Toffee Multipack Popcorn
- ✓ Butterkist Yogurt Coated Popcorn
- ✓ Butterkist Yogurt Multipack Popcorn
- ✓ Discos Salt & Vinegar
- ✓ Frisps Ready Salted
- ✓ Frisps Salt & Vinegar
- ✓ Hula Hoops Baked Salt & Vinegar
- ✓ Hula Hoops Big Hoops Salted
- ✓ Hula Hoops Big Hoops Salt & Vinegar
- ✓ Hula Hoops Flavourings Salt & Vinegar
- ✓ Hula Hoops Original
- ✓ Hula Hoops Puft Salted
- ✓ Hula Hoops Puft Salt & Vinegar
- ✓ Hula Hoops Salt & Vinegar
- ✓ KP Fruit and Nut Protein Mix Sharing Bag
- ✓ KP Fruit & Nut Energy Mix
- ✓ KP Honey Roasted Cashews
- ✓ KP Jumbo Ready Salted Peanuts
- ✓ KP Jumbo Honey Roast Cashews
- ✓ KP Jumbo Salt & Vinegar Peanuts
- ✓ KP Orange Nut Fudge Energy Mix Sharing Bag
- ✓ KP Orange, Nut & Fudge Energy Mix
- ✓ KP Regular Peanuts Honey Roast
- ✓ KP Regular Peanuts Original Salted
- ✓ KP Regular Peanuts Salt & Vinegar
- ✓ KP Regular Peanuts Unsalted
- ✓ KP Salted Cashews
- ✓ McCoys Chip Shop Sea Salted
- ✓ McCoys Chip Shop Salt & Vinegar
- ✓ McCoys Ridge Cut Salted
- ✓ McCoys Ridge Cut Salt & Malt Vinegar
- ✓ McCoys Thick Cut Salted
- ✓ McCoys Thick Cut Salt & Cider Vinegar
- ✓ Penn State Pretzels Sea Salted
- ✓ Pom Bears Original
- ✓ Pom Bears Salt & Vinegar
- ✓ Popchips Galactic Puffs Sweet & Salty
- ✓ Popchips Ridges Sea Salt & Vinegar
- ✓ PopChips Sea Salt
- ✓ PopChips Sea Salt & Vinegar
- ✓ Skips Salt & Vinegar
- ✓ Tyrrells Lightly Sea Salted
- ✓ Tyrrells Lightly Sea Salted Tub
- ✓ Tyrrells No Salt
- ✓ Tyrrells Poshcorn Coconut & Caramel
- ✓ Tyrrells Poshcorn Sea Salted
- ✓ Tyrrells Poshcorn Sweet & Salty
- ✓ Tyrrells Poshcorn Sweet
- ✓ Tyrrells Ridges Sea Salted
- ✓ Tyrrells Sea Salt & Black Pepper
- ✓ Tyrrells Sea Salt & Cider Vinegar
- ✓ Tyrrells Sea Salt & Vinegar
- ✓ Tyrrells Swanky Veg
- ✓ Tyrrells Sweet Potato Crisps Salted
- ✓ Tyrrells Veg Crisps Maple
- ✓ Tyrrells Veg Crisps Salted
- ✓ Tyrrells Veg Crisps Tub



KP FOOD continued...

NOT SUITABLE:

- ✗ Hula Hoops Baked Sour Cream & Chive
- ✗ Hula Hoops Big Hoops Spicy Chilli
- ✗ Hula Hoops Flavourings Spicy Chilli
- ✗ Hula Hoops Flavourings Tangy Cheese
- ✗ Hula Hoops Puft Sweet Chilli
- ✗ KP Choc Dips White Chocolate
- ✗ KP Choc Dips Milk Chocolate
- ✗ KP Jumbo Spicy Chilli Peanuts
- ✗ KP Regular Peanuts Dry Roasted
- ✗ KP Regular Peanuts Spicy Chilli
- ✗ KP Smokehouse BBQ Peanuts
- ✗ KP Spicy Chilli Peanuts
- ✗ KP XL Chilli Lemon Twist Crunchy Coated Peanuts
- ✗ McCoys Chip Shop Curry Sauce
- ✗ McCoys Ridge Cut Hot Mexican Chilli
- ✗ McCoys Ridge Cut Paprika
- ✗ Nik Naks Nice 'n' Spicy
- ✗ Tyrrells Black Truffle & Sea Salt
- ✗ Tyrrells Crinkly Veg Crisps
- ✗ Tyrrells Mature Cheddar & Chive
- ✗ Tyrrells Sour Cream & Serenade Chilli
- ✗ Tyrrells Sweet Chilli & Red Pepper
- ✗ Penn State Pretzels Sour Cream & Chive
- ✗ PopChips BBQ
- ✗ Popchips Galactic Puffs BBQ
- ✗ PopChips Ridges Crazy Hot
- ✗ PopChips Sea Salt & Black Pepper
- ✗ Popchips Thai Sweet Chilli
- ✗ Tyrrells Sweet Potato Crisps Sweet Chilli
- ✗ Tyrrells Ridges Worcestershire Sauce & Sundried Tomato
- ✗ Wheat Crunchies Spicy Tomato

UNILEVER

Unilever have advised consumers to check packaging before consuming their products.

They have stated the products below are suitable for us. Any products not listed below are **NOT** suitable:

- ✓ Calippo Orange
- ✓ Calippo Orange & Lime
- ✓ Calippo Shots Lemon & Strawberry
- ✓ Cornetto Made with Soy & Gluten Free
- ✓ Magnum Vegan Classic
- ✓ Magnum Vegan Almond

BRANDS MANUFACTURED BY UNILEVER INCLUDE:

- Ben & Jerry's
- Calippo
- Calippo Combo Packs
- Carte D'Or Classiques
- Carte D'Or Les Desserts
- Carte D'Or Les Suprêmes
- Carte D'Or Organic Ice Creams
- Cornetto Chocolate
- Cornetto Classico
- Cornetto Mint
- Cornetto Strawberry
- Feast
- Haribo Push Ups
- Magnum Classics
- Magnum Doubles
- Magnum Minis
- Magnum Mixed Packs
- Magnum Tubs
- Magnum Thins
- Magnum White
- Mini Milks
- Solero Exotic
- Solero Red Berries
- Solero Smoothie
- Twister
- Twister Mini
- Universal Minions Bello
- Viennetta Mint
- Viennetta Vanilla
- Wall's Soft Scoop
- Wall's Cream of Cornish



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.

BRANDS MANUFACTURED BY MARS CONFECTIONERY INCLUDE:

- Airwaves Chewing Gum
- Altoids
- Bounty
- Celebrations
- Galaxy
- Goodness Knows Snack Squares
- Locketts
- Maltesers
- Mars
- Milkyway
- M&M's
- My M&M's
- Revels
- Skittles
- Snickers
- Starburst
- Topic
- Tracker
- Tunes
- Twix
- Extra Chewing Gum
- Hubba Bubba Bubble Gum
- Orbit Chewing Gum
- Wrigley's Doublemint Chewing Gum
- Wrigley's Juicy Fruit Chewing Gum
- Wrigley's Spearmint Chewing Gum
- Mars Ice Cream
- Snickers Ice Cream
- Bounty Ice Cream
- Maltesers Ice Cream
- Galaxy Ice Cream
- M&M's Ice Cream
- Twix Ice Cream
- 5 Chewing Gum

Double check all ingredients before consuming the product.



NESTLÉ

SUITABLE:

- ✓ Aero Hot Chocolate
- ✓ Aero Milk Chocolate Bars & Sharing Blocks
- ✓ Aero Mousse Bar & Sharing Blocks
- ✓ Aero Orange Bars & Sharing Blocks
- ✓ Aero Peppermint Bars & Sharing Blocks
- ✓ Aero Peppermint Bubbles
- ✓ Aero White Chocolate Bars & Sharing Blocks
- ✓ Aero White Chocolate Bubbles
- ✓ After Eight Bitesize Dark Chocolate Mints (Tube & Pouch)
- ✓ Breakaway Milk Chocolate Biscuit
- ✓ Breakaway Chocolate Shortcake
- ✓ Breakaway Caramac
- ✓ Butterfinger Coconut
- ✓ Butterfinger Coconut Mini Cups
- ✓ Butterfinger Hazelnut Mini Cups
- ✓ Butterfinger Peanut Butter
- ✓ Butterfinger Peanut Butter Mini Cups
- ✓ Caramac Bar
- ✓ Caramac Buttons
- ✓ Drifter Chocolate Biscuit Bar
- ✓ KitKat 2 Finger Dark Mint Chocolate Biscuit
- ✓ KitKat 2 Finger Dark Chocolate Biscuit
- ✓ KitKat 2 Finger Cookies & Cream Chocolate Biscuit
- ✓ KitKat 2 Finger Milk Chocolate Biscuit
- ✓ KitKat 2 Finger Orange Chocolate Biscuit
- ✓ KitKat 2 Finger Toffee Treat Chocolate Biscuit
- ✓ KitKat 4 Finger Milk Chocolate Bar
- ✓ KitKat 4 Finger Dark Chocolate Bar
- ✓ KitKat Chunky Milk Chocolate Bar
- ✓ KitKat Chunky White
- ✓ KitKat Senses Mix
- ✓ Milkybar Giant White Chocolate Buttons
- ✓ Milkybar Giant Milkshake buttons
- ✓ Milkybar Milk & Cookies Sharing Block
- ✓ Milkybar White Chocolate Bar & Sharing Block
- ✓ Milkybar White Chocolate Buttons
- ✓ Milkybar Wowsomes – All Flavours
- ✓ Munchies Tube
- ✓ Nestle Caramel Pick & Mix
- ✓ Nesquik Powders – All Flavours
- ✓ Polo Mints Original
- ✓ Polo Spearmint
- ✓ Polo Sugar Free Mints
- ✓ Quality Street - All Sweets
- ✓ Quality Street Honeycomb Matchmakers Box
- ✓ Quality Street Mini Matchmakers Mint Chocolate Pouch
- ✓ Quality Street Mint Matchmakers Box
- ✓ Quality Street Orange Matchmakers Box
- ✓ Quality Street Salted Caramel Matchmakers Box
- ✓ Rolo Chocolate Tube & Sharing Bag
- ✓ Rolo Dark Chocolate Sharing Bag
- ✓ Toffee Crisp Chocolate Single Bar
- ✓ Toffee Crisp Biscuit Bar
- ✓ Toffee Crisp Bitesize Chocolate
- ✓ Toffee Crisp Honeycomb
- ✓ Yorkie Biscuit Bar
- ✓ Yorkie Man Sized Chocolate Buttons
- ✓ Yorkie Milk Chocolate Bar
- ✓ Yorkie Milk Duo Chocolate Bar
- ✓ Yorkie Protein Bar
- ✓ Yorkie Raisin & Biscuit Chocolate Bar
- ✓ Yorkie Raisin & Biscuit Duo Chocolate Bar
- ✓ Carnation Caramel
- ✓ Carnation Condensed Milk
- ✓ Carnation Chocolate
- ✓ Carnation Evaporated Milk
- ✓ Carnation Extra Thick Cream
- ✓ Carnation Light Condensed Milk
- ✓ Carnation Light Evaporated Milk
- ✓ Carnation Milk Pots



NESTLÉ continued...

NOT SUITABLE:

- ✗ Animal Bar
- ✗ Black Magic
- ✗ Blue Riband Caramel Cream
- ✗ Blue Riband Coffee Cream
- ✗ Blue Riband Dark Orange
- ✗ Blue Riband Milk Chocolate Biscuit Bar
- ✗ Crunch Bar Hazelnut Chocolate Sharing Block
- ✗ Crunch Bar Milk Chocolate & Sharing Block
- ✗ Crunch White Chocolate Bar
- ✗ KitKat Bites Milk Chocolate
- ✗ KitKat Bites White Chocolate
- ✗ KitKat Chunky Double Caramel Bar
- ✗ KitKat Chunky Duo Bar
- ✗ KitKat Chunky New York Cheesecake
- ✗ KitKat Chunky Peanut Butter Chocolate Bar
- ✗ KitKat Chunky Snack Size
- ✗ Lion Bar
- ✗ Lion Bar Duo
- ✗ Lion Peanut Chocolate Bar
- ✗ Milkybar Milk & Crunchy
- ✗ Munchies Chocolate Pouch
- ✗ Nestle Pick & Mix
- ✗ Nesquik Ready to Drink – All Varieties
- ✗ Polo Fruits & Sharing Bag
- ✗ Rolo Chocolate Sharing Block
- ✗ Rowntrees Fruit Gums
- ✗ Rowntrees Fruit Pastilles
- ✗ Rowntrees Fruit Pastilles 30% Less Sugar
- ✗ Rowntrees Fruit Pastilles Berries & Cream
- ✗ Rowntrees Fruit Pastilles Strawberry & Blackcurrant
- ✗ Rowntrees Jelly Tots
- ✗ Rowntrees Pick & Mix
- ✗ Rowntrees Randoms
- ✗ Rowntrees Randoms Sours
- ✗ Rowntrees Randoms 30% Less Sugar
- ✗ Rowntrees Tooty Frooties
- ✗ Smarties Little Bar
- ✗ Smarties Mini
- ✗ Smarties Milk Chocolate Bar & Sharing Block
- ✗ Smarties Tube
- ✗ Toffee Crisp Bitesize Chocolate
- ✗ Toffee Crisp Sharing Block
- ✗ Walnut Whip
- ✗ Walnut Whip Caramel
- ✗ Walnut Whip Mint
- ✗ Walnut Whip Vanilla
- ✗ Yorkie Peanut Chocolate Bar



FERRERO UK

SUITABLE:

- ✓ Ferrero Collection – All Pack Sizes
- ✓ Ferrero Golden Gallery
- ✓ Ferrero Rocher – All Pack Sizes
- ✓ Kinder Advent Calendar 431g
- ✓ Kinder Bueno Original – All Varieties
- ✓ Kinder Bueno White – All Varieties
- ✓ Kinder Bueno Dark – All Varieties
- ✓ Kinder Bueno Mini
- ✓ Kinder Bueno Mini Mix
- ✓ Kinder Chocolate – All Pack Sizes
- ✓ Kinder Chocolate Bars Stocking Fillers
- ✓ Kinder Chocolate Half Meter 300g
- ✓ Kinder Chocolate Happy Bag
- ✓ Kinder Chocolate Figures Stocking Fillers
- ✓ Kinder Chocolate Minis – All Pack Sizes
- ✓ Kinder Chocolate Mini Advent Calendar
- ✓ Kinder Chocolate Mini Bag
- ✓ Kinder Chocolate Mini Hangable Star
- ✓ Kinder Chocolate Mini Fluffy Toy
- ✓ Kinder Chocolate with Cereals – All Pack Sizes
- ✓ Kinder Christmas Stocking
- ✓ Kinder Happy Hippos (Hazelnut, Cocoa)
- ✓ Kinder Joy
- ✓ Kinder Kids Surprise (Single, 3 Pack)
- ✓ Kinder Surprise Figure
- ✓ Kinder Surprise Santa
- ✓ Nutella Spreads - All
- ✓ Nutella & GO
- ✓ Nutella B-ready
- ✓ Raffaello - All Pack Sizes
- ✓ Tic Tac – Apple Burst
- ✓ Tic Tac – Banana
- ✓ Tic Tac – Bubblegum
- ✓ Tic Tac – Fresh Mint
- ✓ Tic Tac – Intense Mint
- ✓ Tic Tac – Popcorn
- ✓ Tic Tac - Strawberry Fields
- ✓ Tic Tac - Spearmint Twist
- ✓ Tic Tac Mixers – Coconut & Pineapple

NOT SUITABLE:

- ✗ Kinder Choco Bons Bags – All Pack Sizes
- ✗ Kinder Advent Calendar 351g
- ✗ Thorntons Christmas Collection
- ✗ Thorntons Classic Collection
- ✗ Thorntons Continental Advent Calendar
- ✗ Thorntons Continental Collection
- ✗ Thorntons Fudge Vanilla - All
- ✗ Thorntons Marzipan Collection
- ✗ Thorntons Moulded Figures Cheeky Elf
- ✗ Thorntons Moulded Figures Jolly Reindeer
- ✗ Thorntons Moulded Figures The Snowman & The Snowdog
- ✗ Thorntons The Snowman Advent Calendar
- ✗ Thorntons Santa Advent Calendar
- ✗ Thorntons Seasonal Selection
- ✗ Thorntons Snowflake & Snowball Collection
- ✗ Thorntons Stars Collection
- ✗ Thorntons Toffee Assorted - All
- ✗ Thorntons Toffee Chocolate - All
- ✗ Thorntons Toffee Original – All
- ✗ Tic Tac - Lime & Orange
- ✗ Tic Tac - Cherry Passion
- ✗ Tic Tac – Fruit Adventure
- ✗ Tic Tac Mixers – Cherry & Cola



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, for example, Colourings (100-118); Antioxidants (300-340); Flavour Enhancers (600-650); Glazing Agents (900-910).

VEGETARIAN E -NUMBERS:

E901	Bees wax made by bees but does not contain insects
E966	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.

E101	E431	E472	E492
E161	E432	E473	E493
E270	E433	E474	E494
E304	E434	E475	E495
E322	E435	E479	E570
E325	E436	E481	E631
E326	E442	E482	E635
E327	E470	E483	E640
E422	E471	E491	E920

NON VEGETARIAN E-NUMBERS:

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

E120	Cochineal/Carmine, this red colouring is isolated from crushed insects; Coccus cacti
E542	Edible Bone Phosphate, from animal bones
E904	Shellac, natural polymer derived from lac beetles
E913	Lanolin, a wax from sheep excreted by the skin of sheep and extracted from the wool
E1105	Lysozyme, from chicken eggs
E104*	Quinoline Yellow, synthetic non azo dye
E160a(i)*	Carotenes (mixture), these are colours isolated from plants but can be a carrier from gelatine
E160a(ii)*	Beta Carotene

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

Source: The Vegetarian Society Webpages at:

- <https://www.vegsoc.org/Enumbers>