



## DAIRY & EGGS



Alpha-Lactalbumin  
Beta-Lactoglobulin  
Casein

Egg White  
Egg Yolk  
Milk (Buffalo)

Milk (Cow)  
Milk (Goat)  
Milk (Sheep)

## GRAINS



Amaranth  
Barley  
Buckwheat  
Corn (Maize)

Couscous  
Durum Wheat  
Gluten  
Malt

Millet  
Oat  
Rice  
Rye

Spelt  
Tapioca  
Wheat  
Wheat Bran

## FISH & SEAFOOD



Anchovy  
Bass  
Carp  
Caviar  
Clam  
Cockle  
Cod  
Crab  
Cuttlefish

Eel  
Haddock  
Hake  
Herring  
Lobster  
Mackerel  
Monkfish  
Mussel  
Octopus

Oyster  
Perch  
Pike  
Plaice  
Salmon  
Sardine  
Scallop  
Sea Bream (Gilthead)  
Shrimp/Prawn

Sole  
Squid  
Swordfish  
Trout  
Tuna  
Turbot

## MEAT



Beef  
Chicken  
Duck  
Horse

Lamb  
Ostrich  
Ox  
Partridge

Pork  
Quail  
Rabbit  
Turkey

Veal  
Venison  
Wild Boar

## FRUIT



Apple  
Apricot  
Avocado  
Banana  
Blackberry  
Blackcurrant  
Blueberry  
Cherry  
Cranberry  
Date

Fig  
Grape (Black/Red/White)  
Grapefruit  
Guava  
Kiwi  
Lemon  
Lime  
Lychee  
Mango  
Melon (Galia/Honeydew)

Mulberry  
Nectarine  
Olive  
Orange  
Papaya  
Peach  
Pear  
Pineapple  
Plum  
Pomegranate

Raisin  
Raspberry  
Redcurrant  
Rhubarb  
Strawberry  
Tangerine  
Watermelon

## VEGETABLES



Artichoke  
Asparagus  
Aubergine  
Bean (Broad)  
Bean (Green)  
Bean (Red Kidney)  
Bean (White Haricot)  
Beetroot  
Broccoli  
Brussels Sprout  
Cabbage (Red)

Cabbage (Savoy/White)  
Caper  
Carrot  
Cauliflower  
Celery  
Chard  
Chickpea  
Chicory  
Cucumber  
Fennel (Leaf)  
Leek

Lentil  
Lettuce  
Marrow  
Onion  
Pea  
Pepper (Green/Red/Yellow)  
Potato  
Quinoa  
Radish  
Rocket  
Shallot

Soya Bean  
Spinach  
Squash (Butternut/Carnival)  
Sweet Potato  
Tomato  
Turnip  
Watercress  
Yuca

## NUTS & SEEDS



Almond  
Brazil Nut  
Cashew Nut  
Coconut

Flax Seed  
Hazelnut  
Macadamia Nut  
Peanut

Pine Nut  
Pistachio  
Rapeseed  
Sesame Seed

Sunflower Seed  
Walnut

## HERBS & SPICES



Aniseed  
Basil  
Bayleaf  
Camomile  
Cayenne  
Chilli (Red)  
Cinnamon  
Clove

Coriander (Leaf)  
Cumin  
Curry (Mixed Spices)  
Dill  
Garlic  
Ginger  
Ginkgo  
Ginseng

Hops  
Licorice  
Marjoram  
Mint  
Mustard Seed  
Nettle  
Nutmeg  
Parsley

Peppercorn (Black/White)  
Peppermint  
Rosemary  
Saffron  
Sage  
Tarragon  
Thyme  
Vanilla

## MISCELLANEOUS



Cane Sugar  
Carob  
Chestnut

Cocoa Bean  
Coffee  
Honey

Mushroom  
Tea (Black)  
Tea (Green)

Transglutaminase  
Yeast (Baker's)  
Yeast (Brewer's)