

		120+	40+
DAIRY/EGGS	Egg White	•	•
	Egg Yolk	•	•
	Milk (Cow)	•	•
	Milk (Goat)	•	
	Milk (Sheep)	•	
FISH/SEAFOOD	Cod	•	•
	Crab	•	•
	Haddock	•	•
	Herring	•	
	Lobster	•	•
	Mackerel	•	
	Mussel	•	
	Oyster	•	
	Plaice	•	•
	Salmon	•	
	Scallop	•	
	Shrimp/Prawn	•	•
	Sole	•	
	Swordfish	•	
	Trout	•	
FRUITS	Tuna	•	
	Turbot	•	
	Apple	•	•
	Apricot	•	
	Avocado	•	
	Banana	•	
	Blackberry	•	•
	Blackcurrant	•	
	Cherry	•	
	Cranberry	•	
	Grape (Black/Red/White)	•	
	Grapefruit	•	•
	Kiwi	•	
	Lemon	•	•
	Lime	•	
	Melon (Galia/Honeydew)	•	
	Nectarine	•	
	Olive	•	
	Orange	•	•
GRAINS	Peach	•	
	Pear	•	•
	Pineapple	•	
	Plum	•	
	Raspberry	•	•
	Strawberry	•	•
	Barley	•	•
	Buckwheat	•	
	Corn (Maize)	•	•
	Durum Wheat	•	•
HERBS & SPICES	Gliadin	•	•
	Millet	•	
	Oat	•	•
	Rice	•	•
	Rye	•	•
	Wheat	•	•
	Wheat Bran	•	
	Basil	•	
	Chilli (Red)	•	
	Cinnamon	•	
	Clove	•	
	Coriander (Leaf)	•	
	Cumin	•	
	Dill	•	
	Garlic	•	
	Ginger	•	
	Hops	•	
	Mint	•	
	Mustard Seed	•	
	Nutmeg	•	
	Parsley	•	
	Peppercorn (Black/White)	•	
	Sage	•	
	Thyme	•	
	Vanilla	•	

		120+	40+
MEAT	Beef	•	•
	Chicken	•	•
	Duck	•	
	Lamb	•	•
	Pork	•	•
	Turkey	•	•
	Veal	•	
MISC	Venison	•	
	Carob	•	
	Cocoa Bean	•	
	Coffee	•	
	Mushroom	•	
	Tea (Black)	•	
	Tea (Green)	•	
NUTS/SEEDS	Yeast (Baker's)	•	•
	Yeast (Brewer's)	•	•
	Almond	•	•
	Brazil Nut	•	
	Cashew Nut	•	•
	Coconut	•	
	Hazelnut	•	•
VEGETABLES	Peanut	•	•
	Pistachio	•	
	Rapeseed	•	
	Sesame Seed	•	
	Sunflower Seed	•	
	Walnut	•	
	Asparagus	•	
	Aubergine	•	
	Bean (Green)	•	
	Bean (Red Kidney)	•	•
	Bean (White Haricot)	•	•
	Beetroot	•	
	Broccoli	•	•
	Brussels Sprout	•	
	Cabbage (Savoy/White)	•	•
	Carrot	•	
	Cauliflower	•	•
	Celery	•	
	Chicory	•	
	Cucumber	•	
	Leek	•	
	Lentil	•	
	Lettuce	•	
	Onion	•	
	Pea	•	•
	Pepper (Green/Red/Yellow)	•	
	Potato	•	•
	Soya Bean	•	•
	Spinach	•	
	Tomato	•	