

Outdoors Grub Food Product Allergy Information

IMPORTANT: Food allergy/intolerance information is provided to the best of our knowledge based on product ingredients and manufacturer information; for definitive information we advise you to contact the manufacturer directly. All products may contain traces of dairy products and nuts.

Adventure Food Products Food Allergy Information			
Product	Soya Free	Nut Free	Milk Free
Expedition Breakfast			
Goulash		✓	
Mince Hotpot		✓	
Pasta Bolognese		✓	✓
Pasta with Cheese and Ham	✓	✓	
Pasta with Cheese and Mushroom	✓	✓	
Rice Satay			
Walnut Pasta			✓

Backpackers Pantry Products Food Allergy Information					
Product	Contains Soybeans	Contains Peanuts	Contains Wheat	Contains Gluten	Contains Milk
Pad Thai	✓	✓	✓	✓	
Wild West Chili and Beans	✓		✓	✓	✓
Katmandu Curry					
Spaghetti and Sauce	✓		✓	✓	

All products may contain traces of peanuts and tree nuts

Be-Well Products Food Allergy Information			
Product	Gluten Free	Nut Free	Dairy Free
Shepherds Pie (Beef)	✓	✓	✓
Chicken Vegetable Pasta		✓	✓
Chili Con Carne		✓	✓
Hot Cereal Start with Sultanas		✓	
Porridge with Sultanas		✓	
Thai Chicken with Rice	✓	✓	✓
Thai Vegetables with Rice			

Mountain House Products Food Allergy Information

Product	Egg Free	Milk Free	Fish Free	Crustacean Free	Mollusc Free	Gluten Free	Nut Free	Sesame Seed Free	Celery & Celeriac Free	Mustard Free	Soya Free	Lupin Free
Chicken Korma	✓		✓	✓	✓	✓		✓	✓	✓	✓	✓
Chicken Tikka	✓		✓	✓	✓	✓		✓	✓	✓	✓	✓
Chilli Con Carne	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Custard with Apple	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Custard with Mixed Fruit	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pasta with Lasagne Sauce	✓		✓	✓	✓		✓	✓	✓	✓	✓	✓
Potato and Salmon in Dill sauce	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓
Smooth Oatmeal with Raspberries	✓		✓	✓	✓		✓	✓	✓	✓	✓	✓
Spaghetti Bolognese	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓
Sweet and Sour Chicken	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Vegetable Tikka	✓		✓	✓	✓	✓		✓	✓	✓	✓	✓