

Practically Slim Limited
Allergen Content Information Sheet

FLAVOUR	SOY	MILK	GLUTEN	MUSTARD	FISH	CELERY	TREE NUTS	SESAME	PEANUTS	EGGS	SULFITES
SHAKES											
✓ Banana Shake	X	X									
✓ Caramel Shake	X	X	X								X
✓ Cafe Latte Shake	X	X	X								X
✓ Chocolate Shake	X	X									
✓ Chocolate Mint Shake	X	X	X								
✓ Chocolate Orange Shake	X	X			X						
✓ Cookies & Cream Shake	X	X	X		X						
✓ Lemon Yoghurt Shake	X	X	X		X						
✓ Raspberry Yoghurt Shake	X	X	X		X						
✓ Strawberry Shake	X	X									
✓ Vanilla Shake	X	X									
SOUPS											
✓ Chicken Soup	X	X				X				X	
✓ Chicken Curry Noodle Soup	X	X	X	X		X				X	
✓ Mushroom Soup	X	X	X			X					
✓ Vegetable Soup	X	X	X			X					
✓ Ham & Mushroom Flavoured Pasta Soup	X	X	X	X						X	
BARS											
Chocolate Fudge Bar	X	X									
✓ Dark Chocolate Truffle Bar	X	X	X				X				
✓ Honey Nougat Bar	X	X	X								X
✓ Lemon (White Yoghurt) Bar	X	X	X								
✓ Maple Fruit & Almond Bar	X	X					X				
✓ Muesli Bar	X	X	X								X
✓ Chocolate Peanut Bar	X	X	X						X		
✓ Seed, Nut & Granola Bar	X	X					X	X	X		
MEALS											
✓ Chilli	X	X									
✓ Cottage Pie	X	X	X			X					
✓ Spicy Spaghetti Bolognese	X	X	X							X	
✓ Porridge	X	X	X								
✓ Chocolate/Caramel Muesli	X	X	X				X				
✓ Better than Noodles											
✓ Better than Rice											
✓ Better than Pasta											
SNACKS											
✓ BBQ Crisps	X										
✓ BBQ Soy Puffs	X		X								
✓ Cheese Droplets	X	X									
✓ Chocolate Soy Puffs	X	X	X								
✓ Paprika Crisps	X										
Chocolate Wafer	X	X	X				X	X		X	
Chocolate Orange Wafer	X	X	X				X	X		X	
✓ Red Fruit Muesli	X	X	X								
✓ Sour Cream Crisps	X	X	X								
✓ Sweet Chilli Crisps	X		X								
✓ Tortillas-Bacon Flavour	X	X	X								
Vanilla Wafer	X	X	X				X	X		X	
WATER FLAVOURS											
✓ Cranberry	X	X									
✓ Lemon Orange	X										
✓ Orange	X										

Suitable for Vegetarians = ✓