



# DELICIOUS<sup>TM</sup>

## ALCHEMY

### Gluten free quick reference guide (3 pages)

#### Gluten Free

#### Need To Check

#### Not Gluten Free

##### Cereals and Flour

Corn, corn flour, rice, rice flour, arrowroot, amaranth, buckwheat, millet, teff, quinoa, sorghum, soya flour, potato starch, modified starch, potato flour, gram flour, polenta (cornmeal), sago, tapioca, cassava, urd, urid flour

Flavoured savoury rice products, oats

Wheat, bulgar wheat, durum wheat, wheat bran, wheat rusk, wheat starch, wheat flour, modified wheat starch, semolina, couscous, barley malt, barley flour, rye, rye flour, triticale, kamut, spelt

##### Bread, Cakes and Biscuits

Gluten-free breads, biscuits, cakes, pizza bases, rolls and flour mixes

Meringues, macaroons

All breads, chapattis, biscuits, crackers, cakes, pastries, scones, muffins, pizzas made from wheat, rye or barley flour

##### Pasta and Noodles

Corn pasta, rice pasta, gluten free pasta, rice noodles

Fresh, dried and canned wheat pasta, noodles

##### Breakfast Cereals

Gluten-free muesli, gluten free porridge

Malted breakfast cereals

Oats, wheat based breakfast cereals, muesli

##### Meat & Poultry

All fresh meats and poultry, smoked meats, cured pure meats, plain cooked meats

Meat pastes, patés, sausages, burgers

Meat and poultry cooked in batter or bread-crumbs, faggots, rissoles, haggis, breaded ham

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### Cheese & Eggs

All cheese and eggs

Scotch eggs

### Fish & Shellfish

All fresh fish and shellfish, smoked, kippered and dried fish, fish canned in oil or brine

Fish in sauce, fish pastes and patés

Fish in batter or breadcrumbs, fish cakes, taramasalata, fish fingers

### Milk & Milk Products

All milk (liquid and dried), all cream (single, double, whipping, clotted, soured and crème fraîche), buttermilk, plain yoghurt, plain fromage frais

Coffee and tea whiteners, oat milk, fruit and flavoured yoghurt/fromage frais, soya desserts

Milk with added fibre, yoghurt and fromage frais containing muesli or cereals

### Fats & Oils

Butter, margarine, lard, cooking oils, ghee, reduced and low fat spreads

Suet

### Fruit & Vegetables

All fresh, frozen, canned and dried pure fruits and vegetables. Vegetables pickled in vinegar, all peas including mushy, processed and marrowfat

Fruit pie fillings. Potato products - oven, microwave and frozen chips, instant mash, waffles

Vegetables and potatoes in batter, breadcrumbs or dusted with flour, potato croquettes, fish and chip shop chips

### Nuts, Seeds & Pulses

All pulses (beans, peas and lentils), plain nuts and seeds

Dry roasted nuts

### Savoury Snacks

Homemade popcorn, rice cakes, rice crackers

Plain potato or flavoured crisps

Snacks made from wheat, rye, barley, pretzels

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### Preserves & Spreads

Sugar and glucose molasses, jam, conserves, honey, golden syrup, treacle, marmalade

Mincemeat, lemon curd, peanut and other nut butters

### Confectionary & Puddings

Jelly, liquorice root, seaside rock

Chocolates, ice-cream, mousses, liquorice sweets

Puddings made using wheat flour and/or semolina

### Soups, sauces, pickles & seasonings

Tomato and garlic puree, individual herbs and spices, vinegars, mixed herbs and spices, ground pepper, mint sauces, Worcestershire sauce

Gravy granules, stock cubes, canned or packet soups, packet and jarred sauces and mixes, tamari (Japanese soy sauce). Mustard products, mayonnaise, salad cream, dressings, pickles and chutney, blended seasoning, curry powder

Chinese soy sauce, stuffing mix

### Drinks

Tea, coffee, cocoa, fruit juice, squash, clear fizzy drinks, Complian™, Build up™, wine, spirits, cider, sherry, port, liqueurs, gluten-free beers

Drinking chocolate, cloudy fizzy drinks, vending machine hot chocolate

Malted milk drinks, barley waters/squash, beer, lager, ales, stouts

### Miscellaneous

Gelatine, bicarbonate of soda, cream of tartar, fresh and dried yeast, artificial sweeteners, Bovril™, Marmite™, icing sugars

Tofu, cake decorations, marzipan, baking powder, ready to use icings

Ice cream cones and wafers