

24<sup>th</sup> March 2017

Written by: Harriet Green



## **Magic Breakfast Food and Drink Ingredients and Allergens List**

Magic Breakfast is committed to providing healthy, balanced and safe food and drink for our Magic Breakfast clubs.

Due to the increase in awareness and diagnosis of people with allergies, it is essential that we have all the relevant information on the composition of our food and drink.

Below is a list of the ingredients, allergens and advisory information relating to all Magic Breakfast food. We will regularly update this document with any changes so please familiarise yourself with the information provided.

Please also note that we receive a variety of different juices from Tropicana and Copella therefore it is imperative that you check the label if you are worried about the presence of a particular allergen in our juices.

### **Magic Breakfast Food products**

#### **Bagels – Bagel Nash**

Ingredients for Magic Plain Bagel: **Wheat** Flour, Water, **Wholemeal** flour, Sugar, Salt, Yeast and Malt

Allergens: Wheat flour (gluten), Wholemeal flour (gluten)

Advisory note: Made in a factory which uses milk products, contains wheat gluten and yeast and contain sesame seeds

#### **Porridge Oats - Quaker Oats**

Ingredients: 100% Quaker Rolled Oats

Allergens: None

Advisory note: May contain traces of wheat and barley due to farming practices (gluten)

#### **Cereals - Tesco**

##### **Tesco Rice Snaps**

Ingredients: Rice, Sugar, Salt, **Barley** Malt Extract, Iron, Niacin, Pantothenic Acid, Riboflavin, Vitamin B6, Thiamin, Folic Acid, Vitamin D, Vitamin B12

Allergens: Barley (gluten)

Advisory note: None

##### **Tesco Corn Flakes**

Ingredients: Maize, Sugar, Salt, Dextrose, **Barley** Malt Extract, Iron, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin B12

Allergens: Barley (gluten)

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Advisory note: None

#### Tesco Wheat Biscuits

Ingredients: **Wheat** (95%), Malted **Barley** Extract, Sugar, Salt, Niacin, Iron, Riboflavin, Thiamin, Folic Acid

Allergens: Wheat (gluten), Barley (gluten)

Advisory note: None

#### Tesco Malt Wheats

Ingredients: **Wholewheat** (92%), Sugar, Malted **Barley** Extract, Partially Inverted Sugar Syrup, Salt, Niacin, Iron, Pantothenic Acid, Thiamin, Riboflavin, Vitamin B6, Folic Acid, Vitamin B12

Allergens: Wholewheat (gluten), Barley (gluten)

Advisory note: May contain nuts (produced in a factory where nuts are handled for other products).

#### **Juice** – Tropicana and Copella

Ingredients: 100% pure and natural juices

Allergens: None

Advisory note: please check the ingredients list for specific ingredients that you may be allergic to.

