

MEAT

- Beef
- Chicken
- Deer
- Duck
- Goat meat
- Goose
- Hare
- Lamb
- Ostrich meat
- Pork
- Quail
- Rabbit
- Roë deer
- Turkey hen
- Veal
- Wild boar

ALTERNATIVES TO CEREALS AND STARCHY PRODUCTS

- Amaranth
- Arrowroot
- Buckwheat
- Carob
- Cassava
- Fonio
- Jerusalem artichoke
- Lupine
- Maize, sweet corn
- Millet
- Quinoa
- Rice
- Sweet chestnut
- Sweet potato
- Tapioca, cassava
- Teff

CEREALS (WITH GLUTEN)

- Barley
- Gluten
- Kamut
- Oats
- Rye
- Spelt
- Wheat

VEGETABLES

- Artichoke
- Asparagus
- Aubergine
- Bamboo shoots
- Beetroot
- Broccoli
- Brussels sprouts
- Carrots
- Cauliflower
- Celeriac, knob celery
- Chard, beet greens
- Chili Cayenne¹
- Chili Habanero¹
- Chili Jalapeno²
- Chinese cabbage

- Courgette
- Cucumber
- Fennel
- Kale, curled kale
- Kohlrabi (turnip cabbage)
- Leek
- Moluchia
- Okra, lady's finger
- Olive
- Onion
- Parsnip
- Potato
- Pumpkin
- Radish red and white
- Red cabbage
- Rutabaga
- Savoy cabbage
- Spinach
- Stalk celery
- Sweet pepper
- Tomato
- White cabbage

MUSHROOMS

- Bay boletus
- Cep (boletus)
- Chanterelle
- Meadow mushrooms
- Oyster mushrooms
- Shiitake

SPICES & HERBS

- Alfalfa
- Allspice
- Aniseed
- Basil
- Bay leaf
- Capers
- Caraway
- Cardamom
- Chervil
- Chive
- Cinnamon
- Clove
- Coriander
- Cumin
- Curcumin (E100)
- Curry
- Dill
- Garden cress
- Garlic
- Ginger
- Horseradish
- Juniper berry
- Lavender
- Lemon balm
- Lovage
- Marjoram
- Mustard seed
- Nutmeg
- Oregano
- Paprika, spice
- Parsley
- Pepper, black
- Pepper, white

- Rosemary
- Saffron
- Sage
- Savory
- Thyme
- Vanilla
- Wild garlic

SWEETENERS

- Agave nectar
- Cane sugar
- Honey (mixture)
- Maple syrup

SALADS

- Butterhead lettuce
- Chicory
- Dandelion
- Endive
- Iceberg lettuce
- Lamb's lettuce
- Lollo rosso
- Radichio
- Rocket
- Romaine / cos lettuce

LEGUMES

- Broad bean
- Chickpeas
- Green bean
- Green bean, pea
- Green pea
- Lentil
- Mung bean, green gram
- Soyabean

FISH & SEAFOOD

- Anchovy
- Angler, monkfish
- Blue mussels
- Carp
- Cod, codling
- Crayfish
- Eel
- Gilthead bream
- Haddock
- Hake
- Halibut
- Herring
- Iridescent shark
- Lobster
- Mackerel
- Ocean perch
- Octopus
- Oysters
- Plaice
- Pollock
- Red Snapper
- Sardine
- Salmon
- Scallop
- Sea bass
- Shrimp, prawn
- Shark

- Sole
- Squid, cuttlefish
- Swordfish
- Trout
- Tunafish
- Zander

EGG

- Chicken egg
- Chicken egg-white
- Chicken yolk
- Goose egg
- Quail eggs

FRUITS

- Apple
- Apricot
- Avocado
- Banana
- Blackberry
- Blueberry
- Cherry
- Cranberry
- Currant
- Date
- Fig
- Gooseberry
- Grape
- Grapefruit
- Guava
- Honeydew melon
- Kiwi
- Lemon
- Lime
- Lingonberry
- Lychee
- Mandarin
- Mango
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Plum
- Pineapple
- Pomegranate
- Prickly pear
- Quince
- Raspberry
- Rhubarb
- Sea buckthorn
- Strawberry
- Yellow plum
- Watermelon

SEEDS & NUTS

- Almond
- Brazil nut
- Cashew kernels
- Cocoa bean
- Coconut
- Flax, linseed
- Hazelnut
- Macadamia nut

- Pine nut
- Peanut
- Pistachio
- Poppy seeds
- Pumpkin seeds
- Sesame
- Sunflower seed
- Walnut

TEA, COFFEE & WINE

- Camomile
- Coffee
- Nettle
- Peppermint
- Rooibos tea
- Rose hip
- Tannin
- Tea, green
- Tea, black

MILK PRODUCTS

- Camel's milk
- Goat milk and cheese
- Halloumi
- Kefir
- Mare's milk
- Milk cooked
- Milk (cow)
- Ricotta
- Rennet cheese (cow)
- Sheep milk and cheese
- Sour-milk products (cow)

YEAST

- Yeast (beer, bread)

PRESERVATIVES

- Benzoic acid (E211)
- Sorbic acid (E200)

THICKENING AGENTS

- Agar-agar (E406)
- Carrageen (E407)
- Guar flour (E412)
- Pectin (E440)
- Tragacanth (E413)
- Xanthan gum

ALGAE

- Red algae (Nori)
- Spirulina

SPECIALS

- Aloe vera
- Aspergillus niger
- Candida
- Candied lemon peel
- Vine leaves