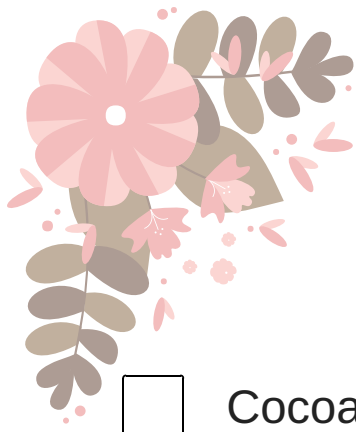




- ☐ Mustard: Dijon, Wholegrain, English
- ☐ Oils: Extra Virgin Olive Oil, Olive Oil, Sunflower Oil
- ☐ Vinegars: Red wine, White wine, Balsamic
- ☐ Flour: Plain, Self-Raising, Tipo '00', Corn
- ☐ Semolina, Couscous
- ☐ Baking Powder, Bicarbonate of Soda
- ☐ Sugar: Brown, White, Icing
- ☐ Salt: Sea, Table, Cooking
- ☐ Dried Pasta: Spaghetti, Penne, Farfalle, Lasagna
- ☐ Pulses: Bortlotti beans, Cannellini beans, Butter beans, Yellow split peas, Lentils, Chickpeas
- ☐ Tinned Tomatoes
- ☐ Rice: Basmati, Arborio
- ☐ Olives: Black, Green
- ☐ Nuts: Pine nuts, whole almonds, hazelnuts
- ☐ Dried mushrooms: Porcini
- ☐ Sundried tomatoes
- ☐ Chocolate: Good quality cooking





- ☐ Cocoa powder (70% chocolate)
- ☐ Soya sauce, Fish sauce, Oyster sauce
- ☐ Anchovies in olive oil or salt
- ☐ Capers salted
- ☐ Herbs & Spices

