



## Orgran 'Free From' Customer Guide

Shopping for suitable products can often be difficult and time consuming if you have multiple food allergies. To help make life easier Orgran have put together this user friendly quick reference guide to their products. Remember - always read the packaging, and if in doubt, call Orgran directly.



Product Name	Legend		Gluten Free	Wheat Free	Egg Free	Dairy Free	Yeast Free	Soy Free	Peanut Free	Free From Other Tree Nuts	No Added Fructose	No Added Cane Sugar	Vegan	GMO Free	Kosher
	Supergrains	Premium													
Orgran Supergrains Pasta Range	Green	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Multigrain Breakfast O's with Quinoa	Green	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran 100% Amaranth Puffed Breakfast Cereal	Green	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Multigrain Crispbread with Quinoa	Green	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Essential Fibre Pasta Range	Orange	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Essential Fibre Lasagnette	Orange	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Essential Fibre Rotondo Biscuits	Orange	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓
Orgran Essential Fibre Crispbread	Orange	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Pasta & Sauce Tomato & Basil	Orange	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Ready Meal Pasta - Vegetable Bolognese Spirals	Orange	Black	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✗
Orgran Ready Meal Pasta - Tomato & Basil Spirals	Orange	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗
Orgran Gluten Free Gluten	Orange	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Pizza & Pastry Mix	Orange	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran All Purpose Pastry Mix	Orange	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Bread Mixes (white and wholemeal only)	Orange	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Cornbread & Muffin Mix	Orange	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓
Orgran Flour Range	Orange	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Muffin Mix Range	Orange	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓
Orgran Chocolate Mousse Mix	Orange	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Cake Mix Range	Orange	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓
Orgran No Egg	Orange	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Deli Crackers - Multigrain with Poppyseed	Orange	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Premium Shortbread Hearts	Orange	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓

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	Supergrains	Premium													
Orgran Outback Animals Cookies Range	Green	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓
Orgran Mini Outback Animals Cookies Multipack	Green	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓
Orgran Itsy Bitsy Bears	Green	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓
Orgran Dinosaur Wholefruit Cookies - Wildberry Flavour	Green	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓
Orgran Gourmet Pasta Range	Yellow	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Rice & Corn Pasta Range	Yellow	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Stoneground Pasta Range	Yellow	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Canned Pasta Range	Yellow	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗
Orgran Crispbread Range	Yellow	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Toasted Corn Dippers	Yellow	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Crispibites	Yellow	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Buckwheat Pancake Mix	Yellow	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Apple & Cinnamon Pancake Mix	Yellow	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓
Orgran Falafel Mix	Yellow	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Gravy Mix	Yellow	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran All Purpose Rice Crumbs	Yellow	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Crumbs Corn Crispy	Yellow	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Fruit Filled Bar Range	Yellow	Black	✓	✓	✓	✓	✓	•	✓	•	✗	✓	✓	✓	✓
Orgran Fruit Bars	Yellow	Black	✓	✓	✓	✓	✓	✗	✓	✓	✗	✓	✓	✓	✗
Orgran Biscotti Range	Yellow	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓
Orgran Classic Choc Cookie	Yellow	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓
Orgran Wild Raspberry Biscuits	Yellow	Black	✓	✓	✓	✓	✓	•	•	•	✓	✗	✓	✓	✓
Orgran Molasses Licorice	Yellow	Black	✓	✓	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓	✗
Orgran Vegetable Soup	Yellow	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orgran Tomato Soup	Yellow	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓
Orgran Custard Mix	Yellow	Black	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

✗ Indicates that allergen(s) is added directly or indirectly through other ingredients. As declared on product label.

✓ Indicates that no allergen(s) or ingredients containing allergens is added to the product

• Indicates that the specific allergen(s) or indicated ingredient(s) is neither added directly to the product nor is used

on the same processing line. This allergen is present at the same manufacturing facility. There is a low risk of cross contamination with the specific allergen(s) or indicated ingredient(s) as indicated on the packaging.

This information is correct at time of printing November 2009. Please check packaging at point of sale or contact Orgran directly more information.