

Do you suffer from bloating & discomfort after eating certain foods?

Products that are made without onion, garlic, fructose and pea flour form part of our **Tummy Friendly™** range.

TUMMY FRIENDLY



If you have a sensitive tummy, look out for the **Tummy Friendly™** Logo in your local supermarket.

www.ORGRAN.com
The Taste **You Can Trust**

THE WORLD'S LEADING **ALLERGY Friendly & GLUTEN Free** FOOD MANUFACTURER

ORGRAN® Health & Nutrition manufacture over 80 gluten free products, for every meal of the day. Our dedicated manufacturing facility is free from gluten, wheat, eggs, dairy, tree nuts, peanuts, yeast and GMO ingredients. **ORGRAN®** is the **TOTAL** gluten free and allergen friendly solution.



Health & Nutrition

'FREE FROM'
CUSTOMER GUIDE

To see the full range of products and over **600** **gluten free recipes**, visit the **ORGRAN®** website or follow us on social media.

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The Taste **You Can Trust**

THE TASTE YOU CAN TRUST.

GLUTEN FREE | WHEAT FREE | NUT FREE | DAIRY FREE | EGG FREE | YEAST FREE | VEGAN

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	Gluten Free	Wheat Free	Egg Free	Dairy Free	Yeast Free	Soy Free	Peanut Free	Free From Other Nuts	No added cane sugar	Vegan	GMO Free	Kosher	Tummy Friendly	Lupin Free	Oat Free
Apple & Cinnamon Pancake Mix	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Apple Pie Cookies	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓
Brekki™ Muesli Cranberry Crunch	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓
Biscotti Range	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓
Bread Mix (Premium)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Bread Mix (Multigrain)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bread Mix (Wholemeal)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Brownie Mix (Caramel Fudge)	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓
Brownie Mix (Chocolate)	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓
Buckwheat Pancake Mix	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Buckwheat Pasta Range (Penne, Spirals, Spaghetti)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cake Mix (Vanilla & Chocolate)	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓
Cake Mix (Banana)	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓
Chocolate Muffin Mix	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓
Corn Pasta Range	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Crispbread™ Range	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Crispbread™ (Lite Grain)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Crispi™ Crumbs (Corn & Rice)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Crispi™ Crumbs (Premium)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Falafel Mix	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
FruitAsaurus Wholefruit Cookies	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Fruit Filled Biscuit Range	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓
Gluten Free Gluten™ Substitute	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Itsy Bitsy™ Gingerbread Friends	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓
Italian Style Spaghetti	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Itsy Bitsy™ Bears Choc Chip	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓
Itsy Bitsy™ Cocoa O's	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓
Instant Custard Mix	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓
Molasses Licorice	✓	✓	✓	✓	✓	✗	✓	✓	✗	✓	✓	✗	✗	✓	✓
Multigrain Breakfast O's with Quinoa	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
No Egg™ Egg Replacer	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Outback Animals Cookies Range	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓
Pizza & Pastry Multi Mix	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Quinoa Flakes & Puffs	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Quinoa Porridge (Original)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Quinoa Porridge (Berry, Apple & Cinnamon)	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓
Rice & Corn Pasta Range	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Rice & Millet O's (Wildberry Flavour)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Rice Pasta Range	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Selfies Vanilla Biscuits	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓
Shortbread Hearts	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓
SMAXX! Crunchy Snacks (Pizza, Chicken)	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓
Supergrains Pasta Range (Quinoa, Buckwheat)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Super Trio Pasta Spirals (Buckwheat, Quinoa, Millet)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Super Trio Pasta Spirals (Brown Rice, Quinoa, Kale)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Vegetable Gravy Mix	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Vegan Easy Egg™	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
Wafer Crackers Range	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Wholegrain Buckwheat O's (Maple Flavoured)	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓

This information is correct at time of printing January 2018. Please check packaging at point of sale or contact ORGRAN directly for more information.



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