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| --- | --- | --- | --- |
|  | **VT** Vegetarian | **VG** vegan |  |
|  | **G** Contains gluten | **W** contains wheat |  |
|  | **F** contains fish | **SF** contains shellfish |  |
|  | **N** contains tree nuts (almonds, walnuts etc) | **PN** contains peanuts |  |
|  | **E** contains eggs | **D** contains dairy |  |
|  | **S** contains soy | **FR** contains fructose |  |