



ISO 9002:1994  
Reg. No: 1035

# Halal Guide

1102/14 Martin Place, Sydney, NSW 2000, Australia  
Tel +61 2 9232 6731 – Fax + 61 2 9223 8596 – Email: halal\_helpline@msn.com.au

## AIRLINE CATERING

All airlines are able to supply Halal meals on request throughout Australia and on international flights leaving Australia.

## BABY CEREALS

### BOOTS

- Farex Blended infant cereal
- Farex biscuits with apple juice

### HEINZ

- High Protein Cereal
- Mixed Cereal
- Rice Cereal

## BABY CUSTARDS

### HEINZ

- Banana Custard
- Chocolate Custard
- Egg Custard
- Fruit Custard

## BABY FORMULAS

### ABBOTT

- Isomil

### MEAD JOHNSON

- Nutrigen Powder
- Prosobee Powder
- Intosobee Liquid

### NESTLE

- Lactogen
- Maltogen
- Nan

## BABY FRUITS

### HEINZ

- Apples
- Apricot & Rice
- Fruit Salad
- Peach & Apple
- Peaches
- Pears
- Tropical Fruit

## BABYGELS

### HEINZ

- Apple Gel
- Apple & Blackcurrant Gel
- Cherry Gel
- Fruit Salad Gel
- Kiwi Fruit Gel
- Orange Gel
- Rosehip Gel
- Tropical Fruit Gel

## BABY JUICES

### DELROSA

- Blackcurrant & Rosehip Juice
- Orange & Rosehip Juice

### GERBER

- Blackcurrant Juice
- Grape Juice
- Orange Juice
- Tropical Fruit Juice

### HEINZ

- ABC apple & blackcurrant Juice concentrate
- Apple Juice
- Apple & Blackcurrant Juice
- Apple & Rosehip Juice
- Orange Juice
- Peach & Apple Juice
- Pineapple Juice
- Tropical Fruit Juice

## BABY PAIN KILLERS

- Panquil
- Paralgin

## BABY VEGETABLES

### HEINZ

- Mixed Vegetables

## BABY YOGHURT DESSERTS

### HEINZ

- Apple Yoghurt Dessert
- Apricot Yoghurt Dessert
- Banana Yoghurt Dessert
- Fruit Salad Yoghurt Dessert
- Orange Yoghurt Dessert
- Peach Yoghurt Dessert
- Pineapple Yoghurt Dessert

## BAKING POWDERS

- All Brands

## BISCUITS - SAVOURY

Also see CRISPBREADS

### WESTON BAKED FOODS

- Cheese Bites
- Country Grain
- Crackerbread
- Ryvita Cracked Pepper
- Ryvita Original
- Ryvita Dark
- Ryvita-N.A.S.
- Ryvita-Sesame Dark
- Ryvita-Sesame White
- Sangers Cheese & Onion
- Sangers-Cheese
- Wheat'n'Bran
- Wholewheat & Rye

## BISCUITS - SWEET

### FINE FARE

- Choc Mint
- Dark Wheats
- Milk Wheats

### WESTON BAKED FOODS

- Animal Munchies
- Anzac Cookies
- Argyle Shortbread
- Aussie Macadamia
- Black Forest Cherry
- Butter Crinkle
- Butterscotch Shortbread
- Charleston
- Choc Chip Cookies
- Choc Chip with Ginger
- Choc Gaytime Crumbs
- Choc Mint Creams
- Choc Nut Supreme
- Choc Rogues
- Choc Wedge
- Chocolate Cookies
- Chocolate Dainty Shortbread
- Chocolate Marie
- Coconut Rough
- CoLossus
- Cool Dudes
- Cornflake Cookies
- Cream Assorted
- Dainty Petticoat Tails
- Dark Wheaten
- English Toffee
- Family Assorted
- French Praline
- Harvest Time
- Highland Oatmeal
- Italian Cappuccino
- Jam Fancies
- Jamaican Ginger
- Kimberley
- Lattice Shortbread
- Lemon Frosties
- Lots O Chips
- Lotz

### Malt

- Manhattans
- Marie
- Milk Coffee
- Milk Wheaten
- Mini Choc Wheaten
- Mini Mint Stick
- Mini Wagon Wheels
- Mint Cream
- Monaco
- Morning Coffee
- Newport
- Nice
- Nusery Rymes
- Oasis Blackberry
- Oasis Raspberry
- Oskar
- Peanut Brownies
- Petticoat Tails
- Regal Crumbs
- Rich Coconut
- Rich Shortbread
- Rich Tea
- Scotch Fingers
- Shredded Wholemeal
- Sweet & Cream
- Teddy's Playtime
- Tilden
- Triangles Shortbread
- Turkish Delight
- Vanilla Crumbs
- Vanilla Gaytime
- VCR'S
- Weston-Choc Chips
- Weston-Dark Chocolate Compound
- Weston-Milk Chocolate Compound
- Winton
- Wizard Cookies
- Zombies

## BLEACHES

- All Brands

## BREAD

### SEE GARLIC BREAD

Organic bread from health food shops, Greek Pita, Turkish Pide, Lebanese bread, and some hot bread shops are acceptable.

### ATLANTIC (VIC)

### BUTTERCUP

### FIELDERS

### FIVE STAR BAKERY (SA)

- 112Flinders St, Adelaide
- 43 Adelaide Central Market

### Buns

### Bread

### Bread rolls

### Baguettes

### Garlic Bread

### SUNBLESSSED

### TIP TOP

## BREADCRUMBS

### TIP TOP

## BURGERS

### UNCLE HARRY'S NATURAL FOODS

- Uncle Harry's Natraburger

## BUTCHERS

Buy from trusted Halal butchers only.  
Ask for a list of Halal butchers in your city

## BUTTER

### ALL BRANDS

### Salted

### Unsalted

### DEVONDALE

### Dairy soft

### MURRAY GOULBURN

- Dairy Soft
- Extra Soft

## BUTTERMILK

### All BRANDS

## CAKE MIXES

Unacceptable

## CAKES

See PASTRY

### FIVE STAR BAKERY (SA)

112Flinders St, Adelaide

43 Adelaide Central Market

Cakes varied

### REAL TURKISH DELIGHT

Chocolate Cakes

### SUPREME CAKE COMPANY

Supreme Captain Cook Cake

Supreme Cherry Sultana Cake

Supreme Rich Fruit Cake

Supreme Sultana Cake

## CATERING

See Airline Catering

## CEREALS - BREAKFAST

### GREENS

- All varieties

### PRO VITA

- Bran
- Lecithin Meal
- Wheat Hearts

### SANITARIUM

- Bran Mix
- Bran Cereal
- Cornflakes
- Crunchy Granola
- Golden Toasted Muesli
- Good Start
- Granola
- Granose
- Honey Weets
- Light N Tasty
- Lite Bix
- Muesli
- Puffed Wheat
- Ricies
- San Bran
- Unsweetened Muesli
- Weet Bix
- Weet Bix Hi-Bran
- Weet Bix Plus Oat Bran
- Weeta Flakes
- Wheat Germ

### UNCLE TOBY'S

- Crunchy Oat Bran
- Crunchy Oat Bran Plus Oat Bran
- Flakes
- Crunchy Oat Bran With Fruit
- Crunchy Oat Flakes
- Instant Porridge
- Oat Bran
- Oats
- Oats High Fibre
- One Minute Oats
- Rice Crispies
- Vita Brits
- Weeties
- Weeties With Fruit & Nuts

## CEREALS - GRAINS

### All Brands

## CHEESE

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- BEGA**  
Bar-B-Cubes  
Extra Tasty  
Mild  
Tasty  
Vintage  
19th Century Cheddar  
Garlic & Chives  
Greenway Cheddar  
Holmwood Cheddar  
Ryefield  
Smoked Cheddar  
Springfield Pepper
- DAIRY FARMERS**  
Cottage Cheese  
Chives & Onions  
Gherkins  
Low Fat Reduced Salt  
Pineapple  
Plain
- HABERFIELDS DAIRY**  
Australian Rindless Swiss  
Mild cheddar  
Pizza Cheese  
Reduced Fat Cheddar  
Ricotta  
Tasty Cheddar  
Tasty Green Waxed  
Vintage Cheddar  
Vintage Black Waxed  
Aussie Swiss  
Coloured Cheddar  
Emmental  
Golden Brie  
Gruyere  
Mungabareena  
Raclette  
Suisse Vale  
Tilsit
- LACTOS**  
Cradle Valley Longlife  
Cradle Valley Onion  
Cradle Valley Pepper  
Cradle Valley Prawn  
Cradle Valley Salmon  
Cream Cheese  
Domaine Deep Blue  
Domaine Red Square  
Domaine Sunrise  
Domaine White Diamond  
Flag Pack  
Heritage Camembert  
Heritage Brie  
Heritage True Blue  
Lactos Edam  
Lactos Gouda  
Neufchatel (Plain)  
Neufchatel Chocolate  
Neufchatel Strawberry  
Rindless Swiss  
St Claire Swiss
- WEIGHT WATCHERS**  
Cottage Cheese  
With Low Fat Dressing
- KRAFT**  
All cheese except Fromais
- NORCO**  
All Cheese Products
- QUEENSCO UNITY**  
All Cheese products

**CHICKEN-FRESH**  
Buy from your trusted butcher.

**BAIADA POULTRY**  
**CHICKEN-FROZEN**  
see CHICKEN-FRESH

- CHICKEN-PREPARED**  
Buy from your trusted butcher.
- CHIPS-POTATO**  
See crisps - potato
- CHOCOLATE CONFECTIONS**  
**CADBURY**  
100g Cadbury Flake Gift Box  
10g Flake Pieces - Bulk  
10Kg Cadbury Gold Liquid  
10Kg CDM Egg Milk Liquid  
10Kg Chalet - Crunchie WA  
10Kg Chalet - Tempo WA  
10Kg Chalet - Wedge WA  
10Kg Chalet Gold  
10Kg Top Deck Pieces  
10Kg Wheaten Milk  
12g CDM Freddo Frog  
12g CDM Freddo W&G  
12g Milky Top Freddo  
12g Milky White Freddo  
130g Happy Easter Casket  
13x12g Flake Sharepack Bag  
150g Fruit & Nut Block  
150g Hazelnut Block  
150g Marble  
150g Roast Almond Block  
150g Top Deck Block  
15g CDM "AFL" Multipack  
15g Ferry Friends  
15g Half Flake  
16Kg Cad Chalet Fujiya  
16Kg Chalet Jazz Pail WA  
16Kg Cocoa Mass  
16Kg Polar Milk  
19Kg Chalet - Crunch  
19Kg Chalet - Crunchie WA  
1Kg x10g Miniature  
2.5Kg Dark Garnish Flake  
200g Country Mint  
200g No 12 Milk Chocolate Egg  
20g Jelly Freddo Mixed Berry  
20g Jelly Orange Freddo  
20g Mixed Berry Freddo W&G  
20g Orange Jelly Freddo W&G  
20g Wild Raspberry Jelly Freddo  
20Kg Bittersweet  
20Kg Chalet - Freddo WA  
20Kg Chalet - Tempo  
20Kg EE Tablets  
225g Mt Hazelnut Whirls  
240g Breakaway  
250g After Dinner Mints  
250g Black Forest Block  
250g Brazil Nut Block  
250g Cadbury Choc Gummies  
250g Cadbury Cocoa  
250g Caramello - Village  
250g Cashew Block  
250g CDM - Village  
250g CDM 'Pictorial'  
250g Cooking Dark Chocolate  
250g Dairy Milk  
250g Dairy Milk Block  
250g Drinking Chocolate  
250g Fruit & Nut  
250g Fruit & Nut Village  
250g Honey Comb Crisp  
250g Marble  
250g Mega Yowie Rumble  
250g Milk Cooking Chocolate  
250g Milk Garfield  
250g Milky White Block  
250g Old Gold Roast Almond  
250g Roasted Almond  
250g Top Deck  
250g Tropical 'Summer Sensation'

- 250g Whirls  
25Kg CDM Refiner Powder  
25Kg Continental Buttons  
25kg Crumb  
25Kg Delight Chips  
25Kg Drinking Chocolate  
25Kg Eclipse Buttons  
25Kg Energy  
25Kg Energy Max Gem  
25Kg Milk Choc Buttons  
25Kg Milky White Buttons  
25Kg Old Gold Buttons  
25Kg Old Gold Chips  
25Kg Old Gold Drops  
25Kg Pearl Compound Buttons  
25Kg Sienna Buttons  
25Kg Success Buttons  
27g Yowie  
27g Yowie New Zealand  
285g Dairy Milk S'pack  
2Kg Cadbury Heritage Millennium
- Block**  
300g Butter Scotch  
300g CDM Christmas Story Block  
300g Dairy Milk Foot  
300g Heart Casket  
30g CDM AFL Block 'Best of the
- Best'**  
30g Flake Bar  
35g Twirl  
40g Time Out  
42g Twirl  
4x30g CDM AFL Multipack 'Best of the
- Best'**  
50g Crunchie  
5Kg CDM Garnish Flake  
5Kg Dark Garnish Flake  
5Kg Roses Hazelnut Caramel  
5Kg Roses Hazelnut Whirl  
5Kg Sienna Buttons  
5Kg White Garnish Flake  
5Kg x 10g Miniatures  
6.8Kg English Fudge  
6.8Kg French Nougat  
6.8Kg Peanut Brittle  
6.8Kg Peppermint Truffle  
6.8Kg Raspberry Cream  
6.8Kg Strawberry Cream  
6.8Kg Turkish Delight  
66g CDM Chunky  
6Kg Hazelnut Caramello  
700g CDM New Graphics  
75g Breakaway  
900g 93x300g CDM Foot Block  
Caramello Koala  
Caramello Roll  
Chalet Tempo - Claremont  
Giant Basket
- LINDT**  
Alba Milk Chocolate  
Almond Milk Chocolate  
Assorted Napolitans  
Blancor  
Caramel Milk Chocolate  
Cherry Milk Chocolate  
Chocoletti Milk  
Chocoletti Plain  
Chocoletti Plain Mint  
Cresta Milk Chocolate  
Excellence Plain Chocolate  
Sporting Blancor  
Sporting Milk Surfing Bar
- MARS**  
M & M Milk Chocolate  
M & M Peanuts  
Maltesers  
Mars Bar  
Milky Way Caramel  
Milky Way Chocolate

- Milky Way Strawberry  
Snickers  
Twix
- REAL TURKISH DELIGHT**  
Hand Made Chocolates  
Turkish Delight
- RED TULIP**  
After Dinner Mints  
Chocolate Raisins  
Coconut Roughs  
Fruit Jellies  
Fruit & Nut Assortment  
Ginger Jelly  
Milk Chocolate Sultanas  
Peanut Clusters  
Peppermint Creams  
Scorched Almonds  
Scorched Peanuts  
Turkish Delight
- ROWNTREE HOADLEY**  
Aero Bar  
Aero Peppermint  
Aero White  
Lypties  
Peppermint Crisp  
S.O.S  
Smarties
- SWEET WILLIAM CHOCOLATES**  
**SOYCHOCOLATE**  
Cane Sugar Free  
Original  
Rice Crackles  
Roasted Almond
- WANDER**  
Ovalteenies
- CHOCOLATE - COOKING**  
**CADBURY**  
Bournville Cooking Chocolate  
Dark Cooking Chocolate  
Milk Cooking Chocolate  
White Cooking Chocolate
- CHOCOLATE - DRINKING**  
See DRINKS MIXES
- CLEANERS - FRYPAN**  
Hi-Speed Cookware Cleaner
- CLEANERS - OVEN**  
Down To Earth Oven Cleaner  
Hi-Speed Cookware Cleaner  
Hi-Speed Non-Caustic Oven Cleaner  
Hi-Speed Oven Cleaner  
Mr Muscle Oven Cleaner  
Oven Brite
- CLEANERS - SILVER**  
**GODDARDS**  
All Products
- CLEANERS - SURFACE**  
AJAX All Products  
Bon Ami  
Ezi-Clean  
Handy Andy Pink  
Handy Andy White  
Herbon Multi-Surface Spray Cleaner  
Jex Without Soap  
Jif  
Mr Muscle All Purposes  
Mr Sheen  
Pure Multi-Surface Cleaner  
Vim
- COCOA**  
**CADBURY**  
Bournville Cocoa

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## COCONUT - DESSICATED

All Brands

## COFFEE SUBSTITUTES

### ALTERNATIVES

Alto

### CARO

All Varieties

### HEALTH FOODS SUPPLIERS

Perform

Taxico

### SANITARIUM

Caffex

### TAXICO

Dandelion

## COFFEE WHITENERS

Unacceptable

## COFFEES

All Brands

## COLOURINGS - FOOD

### AEROPLANE

Blue

Egg yellow

Green

Orange

Red

Rose Pink

Violet

## CONSERVES

### BUDERIM

Ginger Marmalades

### CADBURY

Roses Marmalade

### COTTEES

All Conserves

### COUNTRY HARVEST

Fruit Spreads

### FARMLAND

All Conserves

### MONBULK

All Conserves

### QUALITY FOODS

Fruit Spreads

### WEIGHT WATCHERS

Low Joules Jams/Marmalades

### YATES

Apricot Jam

Blackberry Jam

Plum Jam

Raspberry Jam

Strawberry Jam

Orange Marmalade

## CORN CHIPS

### ROSITAS

All products

## COSMETICS

Products from the following companies are acceptable:

A Fragrant Affair

Ahimsa

Anastasia

Aloe Vital

Andre Duvani

Aquarius

Auroma

Australian Melaluca

Australian Wildflower

Incense & Perfumes

Avory Shlain

Barry M

Beauty Without Cruelty Cosmetics

Big Bubble

Biokosma

Blackmores

Body Essentials By Natalie

Body Shop Range

Bosistos Eucalyptus Crest Rub

Bosistos Parrot Brad Eucalyptus Oil

Brigs Herbal Cream

Brot Bodyline

Caring

Cenovis Skin Care Range

Classics

Clover Fields

Comvita

Completely Natural Cosmetics

Creightons

Cruacel Natural Cosmetics

Dallyence Cosmetics

De Lorenzo Natural Hair Cosmetics

Desert Essence

Dial

Dragon Wisdom

Dr Bronner's Catile Liquid & Bar Soap

Dr Hauschka Skin Products

Ecol Products

Els Cosmetics

Elsha Lander Products

Emeis

Evanol Hair Dyes

Ever Bilena Cosmetics

Everyday Rainwater Soft

Shampoos & Conditioners

Evoke

Euky

Bearub

Floris Of London Toiletries

Fragrant Delights

Geisha Cosmetics

Genetix

Goanna Salve Ointment

Golden Wattle

Grace Cosmetics

Greenridge Botanicals

Healthways Holdings (Nz)

Helen Helms Natural Skin Care

Herbon Products

Hoffels

Hytsona

Iguana Rubbing Lotion

In Essence Products

KMS Professional Haircare Products

L'arome

Le Crystal Natural Deodorant

Luminance

Meltone Products

Montagne Jeunesse

Monastique Products

Moritz (Nature's Sunshine)

Mudgee Honey Co

Natalie

Natural Oil Workers Co-Op

Naturals

Nature's Earth Massager & Essential Oils

Nature's Fruit

Nature's Herbe

Nutrimetics

Nature Spirit

Om Products

Organics

Passion Incense

Paul Penders Cosmetics

Pricilla Clarke Natural Skin Care

Puren

Rainbow Herbe & Flower Remedies

Rambildeene Farm

Recherche Farm (Qld Only)

Red Earth

Rivendell Farm

Rose Of Lillies

Rosewood Oils & Lotions

Sandy's Natural Herbal Products

Sancium Pure Body Products

Sharvss Products

Sensual Delights Products

Shahnaz- Herbal

Soma Sani

Sonning Wildflower Beeswax Cream

Spiritual Sky/Bare Nature

Sun Art Aromatic Oils

Sunspirit

Swami Sarasvati

Tao Aromassage Oils

Tasmanian Soap & Toiletries

The Body Shop

The Clay Company

The First Aust. Organic Oil

The Oil Garden

Thursday Plantation Products

Tiki Products

Tinderbox Products

T L'arbe

TLC

Toms

Tri-Natural

Tri-Nature

Tru-Alo

Trully Natural

Wattle Creek Herbal Products

Weleda

West Stuff Lubricant

Wildcraft

## CREAM - PLAIN

### DAIRY FARMERS

Plain Cream

### HABERFIELDS

Pure Cream

Rich Cream

Sour Cream

### MURRAY GOULBURN

Double Cream

### NESTLE

Plain Cream

Reduced Cream

### PETERS

Plain Cream

### UNITED DAIRIES

Cream Plain

Plain Thickened Cream

Thick Cream

## CREAMS - SOUR

### DAIRY FARMERS

Sour Cream

Sour Lite Cream

### HABERFIELDS DAIRY

Sour Cream

### JALNA

Leben

Sour Cream

### MURRAY GOULBURN

Sour Light Cream

### PETERS

Sour Cream

### UNITED DAIRIES

Light Sour Cream

Sour Cream

## CRISPBREADS

### RYVITA

Crispbread Dark Rye

Crispbread High-Flier

Crispbread No Added Salt

Crispbread Original Whole Rye

Crispbread Sesame

Crispbread Whole Rye. No Added Salt

## CRISPS - POTATO

### SAMBOY

Barbeque Chips

Salt & Vinegar Chips

Tomato Sauce Chips

### SMITH'S

Barbeque Flavoured

Chilli Country Kettle Chips

Classic Old Style Slow Cooked

Country Kettle Chips

Extra Lites Lightly Salted

Thin Sliced Chips

French Fries Crunchy Straws

Less Oil Lightly Salted Crinkle Cut

Lites Lightly Salted Thin Sliced

Lites Salted & Vinegar Flavoured

Original Crinkle Cut

Traditional Salt & Vinegar Flavoured

## CUSTARD POWDER

See BABY CUSTARDS

### BINGO

Custard Powder

### FOSTER CLARKS

Custard Powder

### SAVINGS

Custard Powder

### UNCLE TOBY'S

Custard Powder

## CUSTARD PREPARED

See BABY CUSTARDS

### DAIRY FARMERS

Dairy Custard Vanilla

Longlife UHT Vanilla

### HABERFIELDS

Dairy Custard

### MURRAY GOULBURN

Longlife Custard

Longlife Dairy Custard

## DETERGENTS - DISHWASHING

### HAND:

Add Concentrate

Caring Dishwashing Liquid

Down To Earth Dishwashing Liquid

Fab Liquid

Kit Liquid

Kwit

Lux Liquid

Palmolive Gold

Palmolive Liquid

Palmolive Lemon & Lime

Puren Dishwashing Liquid

Scotts Bio Detergent

Scotts Concentrate

Sunliquid

Swerl

Trix

U-Mix Concentrate

### MACHINE:

Care +8

Castle Powder

Castle Rines

Dishlex Rinse

Finish Lemon Powder

Finish Liquid

Finish Liquid Lemon

Finish Powder



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Aura  
Bio Aid  
Bio Joy  
Castle Detergent  
Fab All Products  
Jade Liquid  
Omo  
Ora  
Preen  
Preen Lemon  
R.M Gow's Laundry Detergent  
Softly  
Surf

**DIPS**  
MASTERFOODS  
Bean

**DISINFECTANTS**  
All Brands

**DRINK MIXES**  
BRISTOL-MYERS  
Sustagen Gold  
CADBURY  
Bournville Cocoa  
Drinking Chocolate  
COTTEES  
Quench Lemon  
Saline Lemon  
Tang Orange

HORLICKS  
Malted Food Drink

KIWI BRANDS  
Akta-Vite

MEAD JOHNSON  
Sustagen Sport Chocolate  
Sustagen Sport Vanilla

SUNRIPE  
Drink Crystals

SUPERIOR  
Cocoa

WANDER  
Chocolate Time Extra  
Ovaltine

**DRINKS - CARBONATED**  
All brands of carbonated plain and flavoured drinks including Grape Juices are acceptable. Drinks described as alcohol free do contain small amounts of alcohol and therefore unacceptable.

**DRINKS - CORDIALS**  
All flavours from all brands

**DRINKS - SOFT**  
See Drinks - Carbonated

**DRINKS - SOY**  
BERRI  
Soypreme Natural  
Soypreme Vanilla

JALNA  
All Flavours

SANITARIUM  
So Good Caramel  
So Good Honeycomb  
So Good Jaffa  
So Good Lite  
So Good Plain  
So Good Strawberry

SUNGOLD  
Soy Drink

**DRINKS - SYRUP**  
CASCADE  
Blackcurrant Syrup

Low Joule Blackcurrant  
DELROSA  
Blackcurrant & Rosehip Syrup With Sugar  
Orange & Rosehip Syrup With Sugar  
DONCASTER  
Blackcurrant Syrup  
Loganberry Syrup  
Morello Cherry Syrup  
Raspberry Syrup  
RIBENA  
Blackcurrant Syrup

**EGGS - FRESH**  
All Brands

**EGGS - FROZEN**  
GOLDEN EGG FARMS

**EGGS - PULP**  
GOLDEN EGG FARMS

**ESSENCES**  
AEROPLANE  
Almond  
Banana  
Caramel  
Chocolate  
Coconut  
Deluxe Imitation Vanilla  
Imitation Vanilla  
Lemon  
Orange  
Parisienne  
Passionfruit  
Peppermint  
Pineapple  
Pure Vanilla  
Raspberry  
Strawberry  
MC LINTOCK  
Almond  
Coconut  
Peppermint  
Vanilla Essence.Imitation

**FISH - FRESH**  
All fresh water and sea creatures

**FISH - FROZEN**  
All plain fillets and whole fish are acceptable, breaded, battered and fish with sauce are not always acceptable.

EDGELL-BIRDSEYE  
Bubble'N' Squeak  
Crumbed Natural Shaped Fish Fillets  
Crunchy Potato Fish Fillets  
Deep Sea Dory Crumbed Fish Fillets  
Fish & Lemon Burger  
Fish Burger  
Fish Cakes  
Fish Fingers  
Halal Fish Fingers  
Herb & Garlic Fish Fillets  
Junior Crumbed Fish Fillets  
Lemon Crumbed Fish Fillets  
Lightly Battered Fish Fillets  
Original Crumbed Fish Fillets  
Original Crumbed Fish Fillets Value Pack  
Tangy Salt & Vinegar Fish Fillets  
FARMLAND  
Fish Fingers  
HOMEBRAND  
Battered Fish Portions  
Crumbed Fish Portions  
SEALORD  
Calamari in a Crisp Golden Crumb

Deep Sea Dory Fillets in a Lemon Pepper Crumb  
Deep Sea Dory Fillets in a Light Crispy Crumb  
Deep Sea Dory Fillets in a Tasty Cheddar Crumb  
Hoki Fillets in a Tempura Butter  
Hoki Fillets in Tasty Bread Crumb

**FISH - SMOKED**

TASSAL  
All Products  
WINDSOR SMOKE HOUSE  
All Products

**FISH - TINNED**

All brands in brine or vegetable oils are acceptable.

**FLOUR**

ALL BRANDS OF:

Arrowroot  
Buckwheat  
Carob  
Cornflour  
Gluten  
Gluten Free  
Maise  
Pea  
Plain  
Potato  
Rice  
Self Raising  
Soy  
Wholemeal

**FOCCACIAS**

FIVE STAR BAKERY (SA)  
112 Flinders St, Adelaide  
43 Adelaide Central Market  
Vegetarian Foccacias

**FRUIT - FRESH**

All varieties.

**FRUIT - DRIED**

All varieties from:  
ANCHOR  
ANGUS  
ARNOTTS  
ETA  
DESSERT MAID(except Brandy Prune)  
FARMLAND  
MACQUARIE FOODS  
NATYURA  
SANATARIUM  
SUNBEAM  
SUNNY BOY

**FRUIT - FROZEN**

All varieties

**FRUIT - GLACE**

BIG SISTER  
Glace Multi Cherries  
Glace Red Cherries

ROBERN  
SUNNYBOY  
TOORAVALE  
Apples  
Apricots  
Grapefruit  
Figs  
Kiwifruit  
Lemon  
Nectarines  
Orange

Orange Peel  
Peaches  
Pineapple  
Quinces  
TOM PIPER  
Dried Bakers Peel  
Glace Cherries  
Glace Cherries Multicoloured  
Mixed Peel  
WINN  
Cooking Ginger  
Crystallised Ginger  
Glace Cherries  
Glace Ginger  
Golden Ginger  
Mixed Peel

**FRUIT JUICE CONCENTRATES**

All brands

**FRUIT JUICE DRINKS**

All brands

**FRUIT JUICE**

All brands of:  
Pure Fruit Juices  
100% Fruit Juices  
Fresh Squeezed Juices  
Fruit Juice Drinks

**FRUIT - TINNED**

ARDMONA  
All Fruits  
COTTEES  
Fruit Snacks  
Apple  
Apple Peach  
Apple Pineapple  
Fruit Salad  
Pear

LETONA  
All Fruits  
MOUNTAIN MAID  
All Fruits  
ORCHARD  
Mango Pulp  
Passionfruit Pulp  
SPC

All Fruits  
WEIGHT WATCHERS  
All Fruits

**GARLIC BREAD**

AGB INTERNATIONAL  
Australian Garlic Bread

**GELATINE**

See BABY GEL & JELLY  
LEINER DAVIS HALAL GELATINE  
Only from Christchurch, New Zealand with the Halal logo of NZIMM on the pack. Products listed here and containing Gelatine are approved. Other products containing gelatine even if marked "Halal" are not approved. Use Agar, Vegetable, gums or Isinglass.

**GELLS**

JELLY-X-PRESS  
Lime  
Magic Berry  
Strawberry

**HERBS & SPICES**

BUSH TUCKER  
Aniseed Myrtle  
Lemon Myrtle  
Mountain Pepperleaf  
Native Mint

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Native Pepperberries	Crushed Chilli	The Natural Waffle Cone	Ice Drops Bubble Gum
Native Peppermint	MASTER FOODS	<u>ICE CREAMS</u>	Ice Drops
Native Thyme	All Purpose Seasoning	BULO	Ice Drops Lime
Warrigal Green	Allspice Ground	Water Ice	Ice Drops Multipack
GOURMET SPICES	Basil Leaves Sweet	BLACK & GOLD	Ice Drops Raspberry
Allspice Pimento Whole	Bay leaves	All flavours in VIC & NSW	Zooper Dooper Blackcurrant
Allspice Pimento Ground	Bouquet Garni ( Sachet)	DAIRY BELL	Zooper Looper Cola
Anise Whole	Caraway Seeds	Apricot Ribbon	Zooper Dooper Lemon
Anise Ground	Cayenne Pepper Ground	Blackberry	Zooper Dooper Lime
Anised Star	Celery Salt	Cappuccino	Zooper Dooper Multipack
Basil Sweet	Chilli Flakes	Chocolate	Zooper Dooper Orange
Bay Leaves	Chilli Freshly Chopped]	Chocolate Ribbon	Zooper Dooper Raspberry
Bouquet Garni	Chillies Ground	Citrapolitan	SWAN
Caraway Seeds	Chinese Five Spice	Citrus	All flavours
Cardamom Pods	Chives Chopped (Dried)	Natural 94% Fat Free	VITARI
Cardamom Powder	Cardamom Ground	Natural Vanilla	Banana
Cardamom Seeds	Cinnamon Quills	Neapolitan	Strawberry
Cayenne Pepper	Cinnamon Sugar	Strawberry	Wildberry
Celery Salt	Cloves	Strawberry, Pineapple & Chocolate	WEIS FROZEN FOODS
Celery Seeds	Coriander Leaves	Vanilla	BARS
Chilli Crushed	Cuisine Essentials Indian	FARMLAND	Fruito
Chilli Powder	Cuisine Essentials Mexican	Icy Pole	Mango
Chilli Whole	Cumin Seed Ground	Kool Tubes	Passion Splash
Chives Chopped	Curry Powder	GOLDEN CREST	Rockmelon
Cinnamon Ground	Dill Green Tips	Orange Juicys	Strawberries & Cream
Cinnamon Whole	Dill Leaf Tips	GOLDEN NORTH	Summer Cream
Coriander Powder	French Gourmet Herbs	Giant Twins (contains approved and certified Halal gelatine)	Tropico
Coriander Seeds	Fresh Chopped Chilli	NATIONAL FOODS	Wildberries
Curry Powder Madras	Garlic Salt Seasoning	See GOLDEN NORTH	FRUTIA 1 LITRE
Dill Seeds	Herb Pepper Seasoning	NO FRILLS	Boysenberry
Fennel Seeds	Italian Herbs	All Flavours in Victoria	Lychee
Fennel Powder	Lemon Pepper Seasoning	NO NAME	Mango
Fenugreek Seeds	Paprika Ground	All Flavours in Victoria	Passionfruit
Fenugreek Powder	Parsley Leaves	NORGEN VAAZ	WEIS 3'S
Five Spice Powder	Pepper Ground Bulk	Banana-Chocolate Ripple	Fruito
Garam Masala	Pepper Ground White	Double Swiss Chocolate	Mango
Garlic Flakes	Pepper Seasoning	Hazelnut Nougat	Rockmelon
Garlic Mince	Sesame Seeds	New York Choc Chip	Tropico
Garlic Powder	Spaghetti Bolognese Blend	Peach-Mango	WEIS 4'S
Orach Salt	Tandoori Seasoning	Strawberry Serenade	Summer Cream
Ginger Powder	Turmeric Ground	Victina Coffee	WEIS FOR KIDS 6'S
Juniper Berries	<u>HONEY</u>	PAYLESS	Berries & Apples
Mace Ground	All Brands	Water Ice	Pineapple & Cream
Marjoram	<u>ICE BLOCKS</u>	PETERS BROWNES	WEIS MINI 6'S
Mint	See Ice Cream	Connoisseurs	Mango
Mixed Herbs	<u>ICE CREAM CONES</u>	All varieties	Passion Splash
Mixed Spice	BETTA	PETERS	WHITE WINGS
Monosodium Glutamate (M.S.G.)	Bena Cone Cup	Crazy Critters Blue Lemonade	Alpine Cool Stick
Mustard Powder	Carnival Cups	Crazy Critters Crazy Orange	Fruity Freez Orange
Nutmeg Ground	Cornet Cones	Crazy Critters Raspberry	Fruity Freez Orange-Mango
Nutmeg Whole	Cup Cones (Original Natural)	Crazy Critters Screaming Soda	Fruity Free Tropical
Onion Flakes	Fan Wafers	Icy Poles Creaming Soda	Funny Faces
Onion Powder	Honey Cones	icy Poles Lemonade	Kool Pops
Onion Salt	Kiddy Cups	Icy Poles Lime Spider	<u>ICE CREAM - SOFTSERVE</u>
Oregano Paprika hot	Mini Cones Tiny Treats	Icy Poles Orange	NORCO
Paprika Sweet	Single Ice Cream Cones	Icy Poles Pineapple	All Flavours
Parsley Flakes	Space Cones	Icy Poles Pineapple-Orange	<u>ICING</u>
Pepper Black Corns	Square Cups	Icy Poles Raspberry	Plastic and prepared icings are unacceptable.
Pepper Black Cracked	MERLIN'S	SAVINGS	AUSTRALIAN BAKELS
Pepper Black Powder	Cup Cones	Water Ice	Fondant
Pepper White Corns	Single Cones	SHOPRITE	SNOWDROP
Pepper White Powder	Square Cup Cones	Water ice	Fondant
Pepper Corns Green	PETERS	STREETS	<u>JAMS</u>
Pickling Spice	Double Cones	Calipo	See Conserves
Poppy Seeds	Giant Cones	Magnum	<u>JELLY</u>
Rosemary	Single Cones	Solaro	See BABY GEL and GELATINE. Use Agar, Vegetable Gum or Isinglass.
Saffron Powder	THE SUPERCONE COMPANY	Vienta	SPC
Saffron Strands	Sundae Wafers	SUNBURST REGENCY	Jelly Fruit
Sage	Super Cones	Sunny Boys Orange	<u>MARGARINE</u>
Seasoned Salt	Super Top Ice Cream Cones	Sunny Boys Passionfruit	
Sesame Seed	Super Wafer Cups	Sunny Boys Cola	
Tarragon	The Natural Cocoa Cone	Sunny Boys Lime	
Thyme	The Natural Ice Cream Cup Cone	Sunny Boys Razz	
Turmeric Powder	The Natural ice Cream Cone	Sunny Roller	
Vanilla Sugar	The Natural Square Cup Cone	Fruit Tube Orange	
JENSONS CHOICE		Fruit Tube Orange-Mango	
Minced Garlic			
Crushed Garlic			

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<p><b>BECEL</b> BeceL BeceL Diet BeceL Lite BeceL Spread</p> <p><b>ETA</b> Eta 5 Star</p> <p><b>FARMLAND</b> Salt Milk Cholesterol Free Polyunsaturated</p> <p><b>FLORA</b> Cook'n Bake Country Style Flora Flora Canola Spread Flora Monosun Sunflower Spread Flora Sunflower Oil Flora Country Style Sunflower Flora Salt Reduced Sunflower Custilla Monarch Cake Margarine Perfex Margarine Royal Danish Margarine Solite Vegetable Vegetable Gilt Edge Margarine Calvay Flex Shortening Gateau Shortening Olivio Salt Reduced Spread Pride Margarine Salvina Oil Vantage Shortening</p> <p><b>MEADOW LEA</b> Golden Pastures</p> <p><b>NUTLEX</b> Polyunsaturated Table Margarine</p> <p><b>SAVINGS</b> Polyunsaturated Table Margarine</p> <p><b>SUNDEN</b> Polyunsaturated Salt Free Milk Free</p> <p><b><u>MARMALADES</u></b> See Conserves</p> <p><b><u>MASALA</u></b> Chicken Tikka Dahl</p> <p><b><u>MAYONNAISE</u></b> See SALAD DRESSINGS</p> <p><b><u>MEAT-FRESH</u></b> See BUTCHERS.</p> <p><b><u>MEDICINES</u></b> <b>BOOTS</b> Glucodin Powder Strepsils Antiseptic Throat Spray Strepsils Plain Strepsils with Honey &amp; Lemon Strepsils with Vitamin C</p> <p><b>FAWNS &amp; MCALLAN</b> Parulgin</p> <p><b>FISONS</b> Paraspen Suspension</p> <p><b><u>MILK - CONDENSED</u></b> <b>CARNATION</b> Sweetened Condensed Milk Sweetened Condensed Skim Milk</p> <p><b>NESTLE</b> Sweetened Condensed Skim Milk Sweetened Condensed Milk</p> <p><b><u>MILK - EVAPORATED</u></b> <b>BEAR BRAND</b> Evaporated Milk Reduced Fat Evaporated Milk</p>	<p><b>CARNATION</b> Evaporated Milk Slender Reduced Fat Milk</p> <p><b>IDEAL</b> Evaporated Milk</p> <p><b><u>MILK FLAVOURED</u></b> <b>DAIRY FARMERS</b> Good One Carob Good One Milk &amp; Honey Moove All Flavours Moove Long life UHT<sup>®</sup> Chocolate Moove Long life UHT Coffee Moove Long life UHT Strawberry Moove Long life UHF Vanilla Malt</p> <p><b>HABERFILEDS DAIRY</b> All Varieties</p> <p><b>NESTLE</b> Milo Ready To Drink Quick Ready To Drink Chocolate Quick Ready To Drink Coco &amp; Banana Quick Ready To Drink Strawberry Quick Ready To Drink Vienna Coffee</p> <p><b>MARS</b> Mars Milk Snack Milky Way Chocolate Whip Shake</p> <p><b>MILKY WAY</b> Shake</p> <p><b>OVALTINE</b> Ready To Go</p> <p><b>PAULS</b> Breaka All Flavours</p> <p><b>SHAYKS</b> Chocolate Strawberry</p> <p><b><u>MILK-FRESH</u></b> All unflavoured, plain, skimmed and long life milk in bottles, cartons or plastic containers.</p> <p><b>DAIRY FARMERS</b> Hi-Lo Shape Skim Milk UHT Slum Milk</p> <p><b>HABERFILEDS</b> All Varieties</p> <p><b>LITE WHITE</b> Milk</p> <p><b>PETERS</b> Skim Milk</p> <p><b>PHYSICAL</b> Milk Skim Milk</p> <p><b>SHAPE</b> Milk</p> <p><b>SKINNY</b> Skim Milk</p> <p><b><u>MILK POWDERS</u></b> <b>BEGA</b> Skim Milk Powder</p> <p><b>DEVONDALE</b> Instant Non Fat Milk Powder</p> <p><b>FARMLAND</b> Full Cream Instant Milk Powder Instant Non Fat Skim Milk</p> <p><b>MURRAY GOULBURN</b> Skim Milk Powder</p> <p><b>PETERS</b> Powdered Milk</p> <p><b>PETERS FARM</b> Dutch Jug Dutch Jug Plus 7</p> <p><b>SUNSHINE</b></p>	<p>Instant Full Cream Milk Powder</p> <p><b>UNIGATE</b> Diploma Instant Milk Powder</p> <p><b><u>MILK - SKIMMED</u></b> See Milk Fresh ALL BRANDS</p> <p><b><u>MILK - SUBSTITUTES</u></b> <b>BERRI</b> Soyprerne Natural Soyprerne Vanilla</p> <p><b>FARMLAND</b> Soy Drink</p> <p><b>SANITARIUM</b> So Good Honeycomb So Good Caramel So Good Jaffa So Good Strawberry So Good Unflavoured So Good Lite</p> <p><b>SUNGOLD</b> Soy Drink</p> <p><b><u>MINERAL WATERS</u></b> ALL BRANDS</p> <p><b><u>MINERAL WATERS -FLAVOURED</u></b> ALL BRANDS</p> <p><b><u>MOUTHWASHES</u></b> See toothpaste</p> <p><b>STERADENT</b> Powder Tablets</p> <p><b><u>MUSTARDS - POWDER</u></b> All brands</p> <p><b><u>MUSTARDS - PREPARED</u></b> <b>BUSH TUCKER</b> Bush Tomato Chutney Munthari &amp; Lemon Myrtle Chutney</p> <p><b>EPICURE</b> French</p> <p><b>KEENS</b> French</p> <p><b>MASTERFOODS</b> American French German Hot English Mild English Tomato Wholegrain</p> <p><b><u>NOODLES</u></b> <b>MAGGI-CUP</b> Beef Chicken Chicken &amp; Corn Curry Oriental Vegetable</p> <p><b><u>NUTS - FRESH</u></b> All types</p> <p><b><u>NUTS - PACKED</u></b> <b>BUSH TUCKER</b> Bunya Bunya Nuts Macadamia Nuts</p> <p><b>INTERNATIONAL MACADAMIA</b> Macadamia Kernel Dry Roasted Macadamia Salted Dry Roasted Macadamia Unsalted</p> <p><b>NOBY'S</b> Salted Beer Nuts</p>	<p>Salted Cashews Salted Mixed Nuts Salted Peanuts Dry Roasted Peanuts Savoury Roasted Peanuts</p> <p><b>SANTOS</b> Natural Nuts All Varieties</p> <p><b>THE NUT STAND</b> Dry Salted Nuts all Varieties Dry Roasted Nuts all Varieties</p> <p><b>STAHMANN FARMS</b> Abalone Pecans Chicken Curry Pecans Chilli Pecans Cuttletfish Pecans Dry Roasted Nuts all Varieties Honey Roasted Nuts all Varieties Maple Flavoured Pecans Natural Edible Pecan Kernel Oriental Spice Pecan/Karubi Pecan Pecan Nut in a Shell Sugar &amp; Cinnamon Pecans Sugar Coated Pecans</p> <p><b><u>PASTAS</u></b> <b>BUSH TUCKER</b> Lemon Myrtle Fettuccine Rainforest Herb Fettuccine</p> <p><b>LA TOSCA</b> Capellira Fenuccine Lasagne Lasagne Sheet Lasagna Instant Lasagna Special Quadranti Tagliatelle Tagliatelle Rosse Tagliatelle Verde</p> <p><b>PASTA KITCHEN</b> Dried Pasta Fresh Pasta Vegetarian Pasta Meat Pasta Chicken Pasta</p> <p><b>SAN REMO</b> Alphabets Cannelloni Instant Egg Noodles Hearty all varieties Egg Noodles Nidi all varieties Egg Noodles with Spinach Elbows Eliche Grande Fettuccine Fettuccine with Egg Fettuccine with Spinach Gnocchi Lasagna Spinach Lasagna Wavy Lasagna Traditional Instant Lasagna Wholemeal Curly Macaroni Macaroni Wholemeal Penne Rigati Rigatoni Risoni Shells All Sizes Spaghetti Flat Spaghetti Instant Spaghetti Thin Spaghetti Tubular Spaghetti Wholemeal Spirals Spirals wholemeal Tagliatelle With Egg Vegeroni Egg Noodles Vegeroni Spirals Vermicelli</p>
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Vermicelli Egg Noodles  
SARA LEE  
Gourmet Vegetable Lasagna  
VETTA  
All plain pasta

**PASTRY**  
See CAKES  
ANTONIOU  
Filo  
Kataifi  
FIVE STAR BAKERY (SA)  
112 Flinders St, Adelaide  
43 Adelaide Central Market  
Danish Pastries  
Buns  
Donuts  
Croissants  
Muffins  
Cakes  
Cookies  
Vegetarian Pies  
Vegetarian Focaccias

I&J  
Country Light Natural Puff Pastry

PATREENS  
Appetisers  
Pastries  
Savouries

REAL TURKISH DELIGHT  
Baklava  
Chocolate Cakes

TEE YIH JIA FOOD MANUFACTURE  
Spring Roll Pastry

**PEANUT BUTTER**  
KRAFT  
All Varieties

**PICKLES**  
4 SEASONS  
Eggplant & Peppers  
Gherkins Homestyle  
Gherkins Sweet  
Giardiniera  
Lupini Beans  
Olives Black  
Olives Green  
Onions Sweet  
Onions Homestyle Pickled  
Tomatoes in Salad Oil

CEREBOS  
Fountain Fruit Chutney

EPICURE  
Capers  
Gherkin Spread  
Mustard Pickles  
Stuffed Olives  
Sweet Gherkins

LEGGO  
Traditional Sweet Mustard Pickles

MASTERFOODS  
Capers  
Corn & Chilli Relish  
Corn Relish  
Dill Cucumber Slices  
Dill Cucumber whole  
Farmhouse Relish  
Giardiniera Salad  
Mint Jelly  
Mustard Relish  
Spicy Fruit Relish  
Sweet Mustard Pickle  
Tomato & Chilli Pickle  
White Onions

ROSELLA  
Fruit Chutney  
Fruit Chutney Low Joule

Sweet Mustard Pickles  
Sweet Mustard Pickles Low Joules

TASTY  
Banana Chillies  
Capers  
Cherry Hot Pepper  
Dill Cucumbers  
Gherkins Relish  
Gherkins Sour  
Gherkins Sweet  
Giardiniera  
Green Tomato  
Olives Black  
Olives Cocktail  
Olives Green  
Olives Green  
Olives Stuffed  
Onions Cocktail  
Onions Sour

WHITE CROW  
Gherkins Sweet Spiced  
Mustard Pickle  
Olives Green  
Olives Stuffed  
Onions Cocktail  
Onions Pickled

**PIES**  
FIVE STAR BAKERY (SA)  
112 Flinders St, Adelaide  
43 Adelaide Central Market  
Vegetarian Pies  
VILLI'S PIES

**PUDDINGS**  
BETTY SYDNEY  
Instant Puddings all flavour  
COTTEES  
Instant puddings all flavours  
COUNTRY HARVEST  
Pudding Mix

**RICE-GRAINS**  
All brands of Plain & Wild Rice  
LEETON RICEGROWERS CO-OP  
All pre-steamed rice products  
UNCLE BEN  
Basmati  
Boil in bag  
Long Grain  
Long Grain & Wild  
Pure Wild  
Uncle Ben Rice  
Wholegrain  
Wild Rice Mix Natural

**RICE-CRISPS**  
FARMLAND  
Plain  
HUNZA  
Plain  
LITE ENERGY  
Corn  
Plain  
Sesame

PURE HARVEST  
Plain  
Sesame

**SALAD DRESSINGS**  
COUNTRY HARVEST  
Natural Soya Mayonnaise  
FOUNTAIN  
No Oil Salad Magic French Dressing  
No Oil Salad Magic Herb & Garlic  
No Oil Salad Magic Italian  
HEINZ.

English Style Salad Cream  
Mayonnaise

KRAFT  
Coleslaw Dressing  
Coleslaw Dressing Spoonable  
Free Coleslaw Dressing  
Free French Dressing  
Free French & Herb Dressing  
Free Italian Dressing  
Free Mayonnaise  
Free Thousand Island Dressing  
French & Herb Dressing  
French Herb & Garlic  
Dressing  
Garlic & Parsley Dressing  
Herb & Garlic Dressing  
Italian Dressing  
Light Coleslaw Dressing  
Light French Dressing  
Light Garlic & Parsley Dressing  
Light Herb & Garlic Dressing  
Light Italian Dressing  
Light Natural Mayonnaise  
Light Thousand Island Dressing  
Miracle Whip  
Natural Mayonnaise Low Oil  
Nat. Mayo. Low Oil No Added Salt  
Thousand Island Dressing Spoonable

MASTERFOODS  
Dressing  
French  
Italian  
Mayonnaise  
Classic  
Homestyle  
Salad Dressing  
Coleslaw  
Squeeze On  
French Dressing  
Tartare  
Thousand Island  
Yoghurt & Dill

PRAISE  
Lifestyle Coleslaw  
lifestyle Mayonnaise  
Light Coleslaw  
Light Mayonnaise  
Traditional Mayonnaise

**SALADS - PREPARED**  
HEINZ  
Coleslaw Salad  
Potato Salad  
Potato Salad Chunky  
Potato Salad Country Style  
Traditional Vegetable Salad

MASTERFOOD  
Bean N Corn Salad  
Mixed Bean Salad  
Mixed Bean Salad in Oil & Vinegar  
Mixed Veg. Salad in French Dressing  
Rice Salad  
Tropical Salad  
Vegetable & Pasta Salad  
Zucchini Salad

**SALSAS**  
MASTERFOODS  
Original Salsa  
Spicy Original Salsa

**SALT SUBSTITUTES**  
CEREBOS  
Light Salt  
DIET RITE FOODS  
Lite Salt

**SALT - COOKINGS**

All brands  
**SALT - ROCK**  
All brands  
**SALT - TABLE**  
All Brands  
**SAUCES**  
4 SEASONS  
Horseradish Sauce  
ETA  
Barbecue Sauce  
FARMLAND  
Tomato Sauce  
Tomato Sauce No Added Salt  
HEINZ  
Tomato Sauce  
Tomato Ketchup  
IXL  
Tomato Sauce  
KIKKOMAN  
Soy Sauce  
KRAFT  
Tartare Sauce  
LETONA  
Apple Sauce  
MANDARIN FOOD CO  
Black Bean Paste  
Hoi Sin Sauce  
Mushroom Sauce  
Soy Bean Paste  
Soy Sauce  
MASTERFOODS  
Barbeque Sauce  
B.B.Q. Rib Sauce  
Chilli Sauce  
Mint Jelly  
Satay Sauce  
Seafood Cocktail Sauce  
Spicy Tomato ketchup  
Squeeze On BBQ Sauce  
Squeeze On Seafood Dressing  
Squeeze on Tomato Sauce  
Squeeze on Tomato & Chilli Sauce  
Squeeze on Tomato & Mustard Sauce  
Tartare Sauce  
Worcestershire Sauce  
TIAMO  
Bolognese  
Garlic Bolognese  
Italian Herbs Bolognese  
DOLMIO  
Capsicum & Chilli  
Capsicum & Garlic  
Chunky Garden Vegetables  
Eggplant, Capsicum & Shallot  
Extra Garlic  
Farmhouse Veg  
Olives & Mushroom  
Onion & Mushroom  
Pesto with Sundried Tomatoes  
Roast Capsicum Pesto  
Spicy Peppers  
Tomato Onion & Garlic  
Traditional Mushroom  
Traditional Tomato  
MCWLIENNY & CO  
Tabasco Sauce  
NEWMANS  
Worcestershire Sauce  
OCEAN SPRAY  
Cranberry Sauce  
ROSELLA  
Tomato Sauce  
Tomato Sauce Low Joule  
Tomato Sauce No Added Salt  
SANITARIUM

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Gravy Quik  
SPC  
Chunk Style Apple Sauce  
Home Style Apricot Sauce  
Traditional Apple Sauce  
WEIGHT WATCHERS  
Tomato Sauce

**SAMOSAS**  
CRAFTY CHEF  
Chicken Madras  
Lentil & Veg  
Meat  
Vegetables

**SAUSAGES**  
See BUTCHERS

**SAVOURIES**  
PATREENS  
Appetisers  
Pastries  
Savouries

**SEASONING**  
KEEN  
Curry  
Madras Curry  
MCCORMICK  
Curry Mince Seasoning  
Hamburger Mince Seasoning  
Savoury Mince Seasoning

**SMALL GOODS**  
See BUTCHERS.  
SPIESS AUSTRALIA  
Geneva  
Hot Lugano  
Lucerner  
Lugano  
Swiss Valley Pastrami  
Pistachio  
Pure Beef  
Super Beefy  
Swiss Valley Beef  
Swiss Valley Veal  
Zurich

**SHOPS - Halal Helpline**  
CLASSIC INDIAN  
17/336 King St  
Newtown NSW

**SOAPS**  
See Cosmetics  
OAKLAND GREENE  
Almond Soap  
Aloe Vera Soap  
Apricot Soap  
Avocado Soap  
Coconut Milk Soap  
Evening Primrose Soap  
Jojoba Soap  
Oat Meal Soap  
Priya Natural Sandalwood Soap  
REXONA  
Dove

**SOY MILK**  
See MILK SUBSTITUTES

**SOUPS - CUP NOODLES**  
MAGGI CUP NOODLES  
Beef  
Chicken  
Chicken & Corn  
Curry  
Oriental

Vegetable

**SOUPS - TINNED**  
HEINZ  
Tomato Condensed Soup  
Tomato Condensed Soup Reduced  
Salt  
Vegetable Condensed Soup

**SPICES**  
See Herbs & Spices

**SPREADS**  
See PEANUT BUTTER, HONEY & VEGEMITE.  
FERRERRO  
Nutella  
MONBULK  
Lemon Spread

**SUGAR**  
All types of sugars including white and icing are Halal. Plastic icing and prepared icings are not approved  
See ICING and SUGAR SYRUPS

**SUGAR SUBSTITUTES**  
ABBOT  
Sucaryl Liquid  
Sucaryl Sachets  
Sucaryl Tablets  
BOOTS  
Dimins Tablets  
Sugarine Liquid  
FAULDING  
Liquid Saccharin  
Liquid Sugarella

**SUGAR SYRUPS**  
CSR  
Golden Syrup  
Molasses  
Treacle  
LOG CABIN  
Maple Flavoured Syrup  
MASTERFOODS  
Maple Flavoured Syrup

**SUPERMARKETS**  
Green price tags denote Halal products at the following supermarkets:  
FRANKLINS  
Auburn, NSW  
Bankstown, NSW  
Broadmeadows VIC  
Lakemba, NSW  
Marrickville, NSW  
Roselands, NSW

**SWEETS**  
Sweets containing gelatine are not approved.  
ALLEN'S  
Butter Menthol  
BARRAT'S  
Barley Sugar  
GILSEAL  
Barley Sugar  
MASTERCRAFT  
Barley Sugar  
MASTERFOOD  
100's & 1000's  
PASCALL  
Barley Sugar  
Country Mint  
Fruit Bonbons  
Fruit Drops  
Jelly Beans

REAL TURKISH DELIGHT  
Boiled Sweets  
ROWNTREE - HOADELY  
Throaties Stick Pack  
SCANLEN  
Barley Sugar  
SUN  
Almond & Honey Bar  
Cashew Bar  
Hazelnut Bar  
Macadamia Bar  
Peanut Bar  
Sunflower & Nut Bar  
TIC TAC  
All flavours

**TEAS**  
All Brands of:  
Bags  
Instant  
Leaves

**TEAS - HERBAL**  
All Flavours from:  
Celestial Seasoning  
Lipton  
Milford  
Natureland  
Twinings

**TOMATO PRODUCTS**  
See VEGETABLES - TINNED  
ARDMONA  
Peeled Tomatoes  
Tomato Magic  
Tomato Magic Italian Style  
BERRI  
Whole Peeled Tomato  
EDGEL  
Peeled Tomatoes  
Tomato Puree  
Tomato Pieces  
Whole Tomatoes  
FARMLAND  
Tomato Paste  
GOULBURN VALLEY  
Peeled Tomatoes  
HEINZ  
Tomato Paste  
Whole Peeled Tomatoes  
IXL  
No Waste Tomato Paste Sachets  
Tomato Paste  
LEGGO'S  
Diced Tomatoes with Onions & Herbs  
Tomato Paste  
Tomato Paste with Onions & Herbs  
Tomato Puree  
LETONA  
Tomato Paste  
Tomato Puree  
Tomatoes  
MACQUARIE FOODS  
Sun Ripened Dried Tomatoes  
SPC  
Peeled Tomatoes  
Tomato & Onion Capellery  
Tomato Puree

TOOTHPASTES  
See Mouthwashes  
AIM  
Original  
Fresh Mint  
Minty Gel  
Gum Health  
CLOSE UP  
Red

Green  
Icy Mint  
HERBON  
Herbal Toothpaste  
IPANA  
Mint Toothpaste  
Regular Floored Toothpaste  
MACLEANS  
Bubble Mirit for Kids  
Gel-Stripe Toothpaste  
Triple Stripe Toothpaste

**TOPPINGS**  
BEGA  
Rich Chocolate Toppings  
Rich Chocolate & Caramel  
Rich Chocolate & Hazelnut  
COTTEES  
All toppings except Ice Magic  
DICKSON'S  
All flavours  
FARMLAND  
Caramel  
Chocolate  
Strawberry  
MAYNOR  
Caramel  
Chocolate  
Strawberry  
WEIGHT WATCHERS  
All flavours

**TURKISH DELIGHT**  
REAL TURKISH DELIGHT  
Turkish delight

**VEGEMITE**  
KRAFT

**VEGETABLE OILS**  
Blended Edible Vegetable Oils from:  
Coppa D'Oro  
Crisco  
ETA  
Flora  
Granada  
Mazol  
Meadow Lea  
Lo  
Salffy  
Salvo  
Shefa  
Zena  
CANOLA, MAIZE, PEANUT, SAFFLOWER, SOYABEAN & SUNFLOWER OILS by:  
BeceI  
Chefol  
Cootamundra Oilseeds  
Crisco  
Eta  
Flora  
Mazol  
Meadow Lea  
Sheaf  
VIRGIN OLIVE OILS  
All Brands

**VEGETABLE SHORTENING**  
Vegetable shortenings may be contaminated.

**VEGETABLES - DRIED**  
All Brands

**VEGETABLES - FRESH**  
All Varieties

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# Halal Guide

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## VEGETABLES - FROZEN

Some frozen prepared potatoes are unacceptable.

### BIRDS EYE

All products except rice originals

### CHEFF'S PRIDE

Asparagus Spears IQF  
Whole Baby Corn

### COPPER KETTLE

All products Halal except:

Cauliflower with White Sauce  
Peas with White Sauce  
Stir Fry Vegetables

### EDGELL

All products

### FABULOUS

All products

### GREEN VALLEY

All Products

### WOOLWORTHS

All Products

## VEGETABLES -PROCESSED

### DEWCRISP

Chopped Onions  
Vegetable Mix  
Vegetable Mix with Noodles

## VEGETABLES - TINNED

See Tomato Products

### EDGELL

Asparagus Cuts  
Asparagus Spears  
Baked Beans in Tomato Sauce  
Beetroot Baby  
Beetroot Crinkle Cut  
Beetroot Homestyle  
Beetroot Sliced  
Butter Beans  
Capsicum  
Carrots Baby  
Carrots sliced  
Carrots Julienne  
Carrots No Added Salt  
Carrots Whole  
Corn Creamed  
Corn Kernel  
Corn Whole  
Four Bean Mix  
Green Beans Cross Cuts  
Green Beans Sliced  
Green Peas  
Green Peas No Added Salt  
Mixed Vegetables  
Mushrooms Sliced in Brine  
Peas & Carrots  
Potatoes Whole  
Red Cabbage  
Red Kidney Beans  
Sauerkraut  
Seasoned Green Beans  
Tiny Taters

### FARMLAND(Including no added salt)

Asparagus  
Baby Carrots  
Baked Beans in Tomato sauce  
Creamed Corn  
Green Beans  
Green Peas  
Peeled Tomatoes  
Sliced Beetroot  
Sliced Mushrooms in Butter Sauce  
Sweet Corn Creamed  
Sweet Corn Whole Kernel

### MASTER FOODS

Corn Kernels  
Red Kidney Beans  
Soy Beans

Three Beans Mix

### MOUNTAIN MAID

Asparagus  
Asparagus Cuts  
Asparagus Spears  
Asparagus Tips  
Baked Beans  
Corn Niblets  
Potatoes  
Ratatouille  
WINDSOR FARM  
Sliced Mushroom in Butter Sauce

## VEGETARIAN BURGER

### UNCLE HARRY'S NATURAL FOODS

Uncle Harry's Natraburger

## VINEGAR

All Brands

## YEAST-DRIED

TANDACO

## YEAST - FRESH

All Brands

## YOGURTS PLAIN

See BABY YOGHURT DESSERTS

All Brands of Plain, Natural and Acidophilus

## YOGURTS - FLAVOURED

Flavoured yoghurts containing gelatine are not approved even if marked Halal

### ATTIKI

All Yoghurt Products

### JALNA

Honey Yoghurt  
Natural Non Fat Yoghurt  
Premium Brand Creamy Yoghurt  
Vanilla Yoghurt

### PETERS FARM

Natural Honey Yoghurt  
Vanilla Yoghurt

### WEIGHT WATCHERS

Natural Yoghurt

### YOPLAIT

#### FULL FAT:

Apricot  
Banana  
Banana & Passionpeach  
Fruit of the Forest  
KiwiFruit & Mango  
Orchard Fruit  
Peach & Guava  
Peach & Redcurrant  
Pineapple & Mandarin  
Pineapple Tang  
Redberry Cocktail  
Strawberry  
Tamarillo & Passionfruit  
Tropical Fruit  
Vanilla  
Vanilla & Blackberry  
Vanilla & Dark Plum  
Vanilla & Hazelnut

#### LIGHT.

Apricot  
Apricot, Peach & Pear  
Apricot, Pear & Passionfruit  
Banana & Honey  
Banana & Mandarin  
Banana, Apple & Cinnamon  
Blueberry  
Fruit of the Forest  
Fruit Salad  
Natural  
Peach & Cherry

Strawberry

Tropical Fruit

### SILHOUETTE:

Fruit of the Forest  
Fruit Salad  
Mango & Kiwifruit  
Strawberry

### YOPLUS:

Apricot  
Fruit Tango

## YOGHURTS FROZEN

### CAPE BYRON

### SUPREME

### RICHMOND

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