



# Vegan 150+



Sports Massage &  
Injury Rehabilitation

FRUIT	Apple Apricot Avocado Banana Blackberry Blackcurrant Blueberry Cherry Cranberry Date	Fig Grape (Black/Red/White) Grapefruit Guava Kiwi Lemon Lime Lychee Mango Melon (Galia/Honeydew)	Mulberry Nectarine Olive Orange Papaya Peach Pear Pineapple Plum Pomegranate	Raisin Raspberry Redcurrant Rhubarb Strawberry Tangerine Watermelon
GRAINS	Amaranth Barley Buckwheat Corn (Maize) Couscous	Durum Wheat Gliadin Malt Millet Oat	Polenta Quinoa Rice Rye Spelt	Tapioca Wheat Wheat Bran
HERBS & SPICES	Aniseed Basil Bayleaf Camomile Cayenne Chilli (Red) Cinnamon Clove	Coriander (Leaf) Cumin Curry (Mixed Spices)* Dill Garlic Ginger Ginkgo Ginseng	Hops Licorice Marjoram Mint Mustard Seed Nettle Nutmeg Parsley	Peppercorn (Black/White) Peppermint Rosemary Saffron Sage Tarragon Thyme Vanilla
MISC	Agar Agar Aloe Vera Carob	Chestnut Cocoa Bean Coffee	Mushroom Tea (Black) Tea (Green)	Yeast (Baker's) Yeast (Brewer's)
NUTS / SEEDS	Almond Brazil Nut Cashew Nut Coconut	Flax Seed Hazelnut Macadamia Nut Peanut	Pine Nut Pistachio Rapeseed Sesame Seed	Sunflower Seed Tiger Nut Walnut
VEGETABLES	Artichoke Asparagus Aubergine Bean (Broad) Bean (Green) Bean (Red Kidney) Bean (White Haricot) Beetroot Broccoli Brussels Sprout Cabbage (Red)	Cabbage (Savoy/White) Caper Carrot Cauliflower Celery Chard Chickpea Chicory Cucumber Fennel (Leaf) Leek	Lentil Lettuce Marrow Onion Pea Pepper (Green/Red/Yellow) Potato Radish Rocket Shallot Soya Bean	Spinach Squash (Butternut/Carnival ) Sweet Potato Tomato Turnip Watercress Yuca