

Food content, Vätternrund

Rest Stops

Bread Wheat flour, water, syrup, vegetable fat, yeast, wheat gluten, emulsifiers (E471, E472e), salt, cardamom. Bread Gloss: Maltodextrin, modified wheat starch, hydrolyzed wheat protein, potato starch, dextros. *May contain traces of almond and apricot kernels.*

Blueberry soup

GLUTEN-free water, sugar, blueberries, thickener (modified starch and guar gum), dietary fiber from chicory root (inulin), LACTOSE-free citric acid, vitamin C and flavor

Energy drink Energiv G Sport Fructose - Maltodextrin (from maize) - Sucrose - Dextrose (from maize) - Acid: citric acid

Thickener: gum arabic - Sodium phosphate dihydrate - Orange Juice - Magnesium citrate

Tripotassium citrate - Sodium citrate - Sodium chloride - Flavours - Vitamin mix (C, PP, Calcium Pantothenate, B2, B1) -

Anti-caking agent: silicon dioxide.

ALLERGENS Produced in a factory that also uses cereals, eggs, soybeans, milk, sesame, nuts

GLUTEN-free **bread** various brands, content list on packaging can be read at the rest stop

Drink coffee, blueberry soup, tea, mixed juice, Energiv Sports drink, water. Accessories cucumber (salted), banana.

Jönköping

GLUTEN-free **Meatballs:** Beef (63%), potatoes, onions, potato starch, salt, potato fiber, sugar, black pepper extract and melted sugar.

LACTOSE-free

GLUTEN-free **Mashed potatoes** and dried, powdered milk, salt, cream powder, stabilizer (E471 [vegetable], E450), butter flavor, vitamin C, antioxidants (E223, E304) and black pepper extract.

LACTOSE-free **Crisp bread** rye flour (wholemeal), water, bran, yeast and salt

LACTOSE-free **Porridge** Dehydrated potatoes 88%, milk powder, salt, cream powder, black pepper extract, aroma, stabilizers (vegetable monoglyceride, E450) and antioxidants (ascorbic acid, E304, E223 sulfite).

Also available: lingon jam: sugar, water, thickener (pectin), acid (citric acid), preservative (potassium sorbate), apple sauce: apples, sugar, water, acid (citric acid), stabilizer (pectin), preservative (potassium sorbate), antioxidant (ascorbic acid) ketchup: water, sugar, vinegar, modified starch, salt, antioxidant (ascorbic acid), acid (citric acid), preservatives (potassium sorbate and sodium benzoate) extracts of spices (including cinnamon), and spices (including a pepper, garlic), milk and bananas.

Hjo

Lasagna, salad, pickled gherkins and bread and butter. Corn flakes, milk and coffee are also available.

Optional vegetarian and gluten-free foods are available upon request. *Exact ingredients currently not available.*

Finish

Creamy pasta salad & chicken:

Pasta salad: Butter milk, water, durum wheat, vegetable oil, corn, leeks, salt, vegetable fat, egg, garlic, sugar, spices, mustard seeds, vinegar, cheese powder, cayenne pepper, lovage, onion, pepper, tomato, modified starch (potato & tapioca), yeast extract, beef extract, stabilizer (E415, E412, E407, pectin), acidulant (citric acid, acetic acid, lactic acid), color (beta carotene, caramel), emulsifiers (E471), preservatives (E202, E211)

Vegetarian Pasta salad: Durum wheat, water, pepper, tomato, olive oil, sundried tomatoes, olives, vegetable oil, basil, pasteurized milk, onion, salt, lemon juice, garlic, rennet, natural protein (eggs), preservatives (E202, E211, E224).

Vegetarian Quinoa Salad: Red quinoa, peppers, tomatoes, olive oil, sundried tomatoes, olives, vegetable oil, basil, parmesan cheese, onion, salt, lemon juice, garlic, rennet, natural protein (eggs), preservatives (E202, E211, E224).

GLUTEN-FREE: Potato salad & chicken:

Potato Salad: Potatoes, vegetable oil, onion, cream, water, eggs, chives, dill, sugar, salt, mustard seeds, vinegar, spices, stabilizer (E412, E415), modified starch (potato & tapioca), preservative (E202, E211), acidity regulator (citric acid, acetic acid).

Chicken: Please see package at the finish for food content.

Accessories: Cocktail tomato, parsley, flavor enhancers (E621).

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