

Dietary Status of Clearspring Foods

| | |
|-------------|---|
| VEGAN | All Clearspring foods are Vegan and therefore free from dairy and animal ingredients. |
| SUGAR | All Clearspring foods are free from added refined sugar. |
| ORGANIC | Clearspring foods with organic status are certified to meet EU organic regulations. |
| GM | All Clearspring foods are strictly non-GM. |
| RAW | Raw food status is determined by the production process and the intended use at consumer point. |
| WHEAT-FREE | Wheat-free status is shown as determined by product ingredients. |
| GLUTEN-FREE | Gluten-free status has been determined by our suppliers' quality assurance declarations. |
| NUT-FREE | Nut-free status has been determined by our suppliers' quality assurance declarations. |

| | Organic | Kosher | Raw | Wheat Free | Gluten Free | Nut Free |
|----------------------------|---------|--------|-----|------------|-------------|----------|
| Japanese Seasonings | | | | | | |
| Shoyu Soya Sauce | ■ | ■ | | | | |
| Tamari Soya Sauce | ■ | ■ | | ■ | ■ | |
| Soya Sauce | ■ | | | | | |
| Teriyaki Sauce | ■ | | | | | |
| Sushi Soya Sauce | ■ | | | | | |
| Sushi Rice Seasoning | ■ | | | | | |
| Brown Rice Vinegar | ■ | ■ | | ■ | | |
| Ume Plum Seasoning | | ■ | ■ | ■ | | ■ |
| Toasted Sesame Oil | | ■ | | ■ | | |
| Mikawa Mirin | ■ | ■ | | ■ | | ■ |
| Tsuyu | | | | | | |
| Rice Mirin | | | | ■ | | |
| Miso Dipping Sauce | ■ | | | | | ■ |
| No. 19 Chu-no Sauce | ■ | | | | | ■ |

Japanese Miso

| | | | | | | |
|--|---|---|--|---|--|---|
| Instant Miso Soup – Organic (Powder and Paste) | ■ | | | ■ | | ■ |
| Instant Miso Soup - White | | ■ | | ■ | | ■ |
| Instant Miso Soup - Red | | ■ | | | | ■ |
| Hatcho Miso | ■ | ■ | | ■ | | ■ |
| Barley Miso | ■ | ■ | | ■ | | ■ |
| Brown Rice Miso | ■ | ■ | | ■ | | ■ |
| Sweet White Miso | ■ | ■ | | ■ | | ■ |
| Miso Relish | | ■ | | | | |
| Miso Bouillon Paste | ■ | | | ■ | | ■ |

Sea Vegetables

| | | | | | | |
|---|--|--|---|---|---|---|
| Kombu, Dulse | | | ■ | ■ | ■ | ■ |
| Hijiki, Arame | | | | ■ | ■ | ■ |
| Wakame, Instant Wakame Flakes, Sushi Nori, Untoasted Nori, Green Nori Sprinkles | | | | ■ | ■ | ■ |
| Flavoured Nori Strips | | | | ■ | | ■ |

Organic Noodles

| | | | | | | |
|-----------------------------|---|---|--|---|--|---|
| Udon, Brown Rice Udon, Soba | ■ | | | | | ■ |
| All Buckwheat Soba | ■ | ■ | | ■ | | ■ |

Japanese Green Teas

| | | | | | | |
|---|---|---|--|---|---|---|
| Sencha, Hojicha, Kukicha, Genmaicha Tea | ■ | ■ | | ■ | ■ | ■ |
| Mu Tea | | | | ■ | ■ | |

■ Although not certified organic in Europe, Tamaki sake is made to Japanese organic standards, and do not involve the use of pesticides.

● Because of limited availability of organic umeboshi, umeboshi purée is only available in non-organic grade, whilst whole umeboshi plums are offered in both organic and non organic grades.

☼ salt cannot be certified as organic to EU law as standards have yet to be defined, however it meets the Soil Association's certified product criteria.

| | Organic | Kosher | Raw | Wheat Free | Gluten Free | Nut Free |
|---|---------|--------|-----|------------|-------------|----------|
| Japanese Speciality Foods | | | | | | |
| Agar Flakes | | | | ■ | ■ | ■ |
| Dried Daikon | | | ■ | ■ | ■ | ■ |
| Kuzu | ■ | ■ | ■ | ■ | ■ | ■ |
| Maitake and Shiitake Mushrooms | | | | ■ | ■ | ■ |
| Mochi (Mugwort and brown rice) | | | | ■ | ■ | ■ |
| Pickled Daikon | | | | ■ | | ■ |
| Sake (all varieties) | ◻ | | | ■ | ■ | ■ |
| Shiso condiment | | | | ■ | ■ | ■ |
| Sushi Ginger | | ■ | | ■ | | ■ |
| Sushi Rice (White and Brown) | ■ | | | ■ | ■ | ■ |
| Tekka | | | | | ■ | ■ |
| Umeboshi (purée & plums) | ○ | | ■ | ■ | | |
| Wasabi | | ■ | | ■ | ■ | ■ |
| Rice Cakes & Crackers | | | | | | |
| Japanese Rice Cakes & Crackers | | | | ■ | | ■ |
| Organic Japanese Rice Crackers | ■ | | | ■ | | ■ |
| Puffed Rice Cakes - Plain & Salted | ■ | | | ■ | ■ | ■ |
| Puffed Rice Cakes - Multigrain | ■ | | | | | ■ |
| Italian Pasta | | | | | | |
| Semi Whole Wheat (all varieties) | ■ | | | | | ■ |
| Semi Whole Spelt (all varieties) | ■ | | | ■ | | ■ |
| Condiments | | | | | | |
| Oils – Sunflower, Olive (Tunisian and Italian), Soya, Safflower, Sesame, Avocado, Omega, Olive Flax, Rapeseed | ■ | ■ | ■ | ■ | ■ | |
| Oils – Sunflower Frying, Toasted Sesame, Hazelnut, Walnut, Toasted Pumpkin Seed | ■ | ■ | | ■ | ■ | |
| Italian Vinegars (all) | ■ | | ■ | ■ | ■ | ■ |
| Traditional Sea Salt | ☼ | | ■ | ■ | ■ | |
| Snacks | | | | | | |
| Roasted Seeds & Soya | ■ | | | ■ | ■ | |
| Roasted Styrian Pumpkin Seeds | ■ | | | ■ | ■ | |
| Roasted Seeds & Soya with Cranberry | ■ | | | ■ | ■ | |
| Tamari Roasted Sicilian Almonds | ■ | | | ■ | ■ | |
| Fruit Purée Desserts | | | | | | |
| Whole range | ■ | | | ■ | ■ | ■ |
| Spreads and Sweets | | | | | | |
| Fruit Spreads (all) | ■ | | | ■ | ■ | ■ |
| Malt Syrups (Rice / Barley / Corn & Barley) | ■ | | | ■ | | |
| Amazake (Brown Rice & Millet) | ■ | | | ■ | ■ | ■ |
| Amazake (Oat) | ■ | | | ■ | | ■ |
| Sweet Rice Candies (all) | | | | ■ | | ■ |

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