

Food content

Rest stops

LACTOSE-free bread buns Wheat flour, water, syrup, vegetable fat, yeast, wheat gluten, emulsifiers (E471, E472e), salt, cardamom, ascorbic acid and barley malt, milk protein. May contain traces of almond and apricot kernels.

GLUTEN-free blueberry soup water, sugar, blueberries, thickener (modified starch and guar gum),
LACTOSE-free fiber (inulin), citric acid, vitamin C and flavor

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

Also available at some rest stops: bananas.

Jönköping

GLUTEN-free meatballs Beef, potatoes, onions, potato starch, salt, potato fiber, sugar, melted sugar
LACTOSE-free and pepper extract.

GLUTEN-free mashed potatoes 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 oatmeal, water, salt

Also available: lingon jam (lingonberries, sugar, water, pectin, citric acid, potassium sorbate), apple sauce (apples, sugar, water, citric acid, pectin, potassium sorbate, ascorbic acid), ketchup, 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

LACTOSE-free pasta salad chicken/bacon Pasta (durum wheat, water), chicken (spices), tomato, peas, corn, peppers, bacon (pork, sugar, flavor enhancers (ascorbic acid), preservatives (sodium nitrate)), Marinade (vegetable oil, vinegar, tomato paste (tomato, salt), tiger sauce (sugar, red pepper, Worcestershire Sauce (cornstarch, dehydrated maize protein, caramel color, anchovies, tamarind, natural flavorings), chili powder, stabilizer (E415, E412), emulsifiers (E401), preservative (E211)), Tabasco (vinegar, tabasco pepper), onion, spices.

pasta salad vegetarian Pasta (durum wheat, water), pepper, pesto marinade (olive oil, vegetable oil, basil, parmesan cheese (milk, rennet, preserving acid (natural protein)), salt, garlic), tomatoes, olives (dye (E579)), sundried tomatoes, onions.

GLUTEN-free quinoa salad
LACTOSE-free chicken Quinoa, Chicken (salt, starch, stabilizer (E451), MSG (E621)), Marinade (vegetable oil, vinegar, tomato paste (tomato, salt), tiger sauce (sugar, red pepper, Worcestershire Sauce (water, corn starch, dried corn protein; caramel color, anchovies, spices, tamarind, natural flavors), chili powder, stabilizer (E415, E412), emulsifiers (E401), preservative (E211)), onion powder, garlic powder, spices, Tabasco (vinegar, tabasco pepper)), peas, peppers, tomato, onion.