

Food list for the Saffron Pike Tourney

Grains, legumes, beans

- Wheat
- Rye
- Oats
- Barley
- Lentils
- Rice
- fava beans
- kidney beans
- chickpeas (garbanzo)
- millet
- bulgar

Nuts

- Pine nut
- Almond
- Walnut
- Hazelnut
- chestnut

Dairy

- Eggs
- Milk
- Cream
- Cheeses
- Butter
- yogurt

Meats

- Sheep
- Beef
- Goat
- Chicken
- Rabbit
- Duck
- Quail
- Venison
- Fish
- Goose
- Pigeon
- partridge

Vegetables

- Mushroom
- Onion
- Shallot
- Leek
- Scallion
- Carrot
- Parsnip
- Green cabbage
- Asparagus
- Turnips
- Rutabaga
- brussel sprouts
- peas
- horseradish
- eggplant
- garlic
- peas
- beets
- artichokes

Fruit

- Currants
- Grapes
- Apple
- Lemon
- Orange
- Peach
- Pear
- Strawberry
- Plum
- Cherry
- Figs
- Dates
- Raisins
- Quince
- cranberries

Alcohols

- Wine
- Mead
- Beer

Herbs/spices

- Allspice
- Basil
- Cloves
- Salt
- Saffron
- Sage
- Cardamom
- Parsley
- Rosemary
- Mace
- Coriander
- Cumin
- Cinnamon
- Pepper
- Mint
- Ginger
- Fennel
- Dill
- Tarragon
- Thyme
- Nutmeg
- Savory
- Anise
- Elderflowers
- rose petals
- marjoram
- caraway
- white pepper
- hyssop
- rosehip

Other

- Olive oil
- Vinegar
- Honey
- Sugar
- Flour
- yeast

The only allowed ingredient to pre-make and bring is bread. Bonus points if you make it yourself, must come unsliced.