



## M&S Product List

### Products That Are Suitable for VEGANS

Dear Customer,

This is a list of M&S products that are suitable for vegans and these foods have been produced under controlled conditions to prevent any cross contamination.

This list of products has been divided into different food categories (such as bakery, meals and groceries) to make it easier to navigate through our ranges. This list does not contain categories such as fruits and vegetables, as these are the unprocessed raw products, or foods served at our fresh counters or restaurants and cafes due to the risk of cross contamination. Any of our M&S staff will be able to help you find products from this list in our stores.

#### Products on this list will not contain any of the following ingredients:

- Meat, fish or poultry protein or any products derived from slaughtered animals (e.g. animal lecithin, animal rennet)
- Animal carcass fats ( including suet, lard or dripping)
- Meat, fish or bone stock
- Gelatine, aspic, cochineal, shellac or carmine
- Egg or egg derivatives
- Milk or dairy products (e.g. butter, yogurt, cream, cheese etc) or dairy derivatives
- Honey

#### About Our Labelling

Our foods that are suitable for vegans will display the below statement on the back of pack.

**SUITABLE FOR VEGANS**

#### Further information

For further information or to request another list please get in touch:

[nutrition@marks-and-spencer.com](mailto:nutrition@marks-and-spencer.com)

0845 302 1234

For more information about vegetarian diets, please visit our health website:

[www.marksandspencer.com/health](http://www.marksandspencer.com/health)

## Products which are suitable for Vegans

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Product	Product Code	Product	Product Code
<b>Ambient Celebration F33A</b>		Cider In Can 4 X 440ml	679466
125 Year Jar Of Rhubarb And Custard	666954	Cider In Can 440mls	679473
After Dinner Mints	681773	Citrus Vodka	642491
Antipasti - Xmas 2011	823500	Coffee Liqueur (boudier)	807913
Candy Floss	741699	Cote De Gascogne Rose	716918
Cherries In Ruby Port 2011	569118	De La Tour Xo Cognac	807937
Cola Can Filled With Cola Cubes	678124	Deanston Whisky 12 Year Old Single Malt	638210
Halloween Bat's Blood	812184	Dolphin Bay Chardonnay	326803
Halloween Giant Carton Of Sweet Popcorn	741552	Domaine Bailly Quincy	549356
Jelly Bean Man	739405	Domaine Bunan Bandol	423632
Jelly Bean Voodoo Man	807623	Elderflower Liqueur	807920
Peaches In Marc De Champagne Brandy 2011	569101	Essex Summer Ale (guest Beer)	708463
Russian Doll Mdw Tin	807098	Flaxbourne Sauvignon Blanc	646833
Turkish Delight 350g	793063	Fleurie 50cl	800020
<b>B W S F20A</b>		Froglet Rose 50cl	800037
20cl Cava	227735	Garganega Pinot Grigio 50cl	800174
4% Good Tier Lager 4 X 440ml Can	712170	Garganega Pinot Grigio Pouch	798327
4% Good Tier Lager 5 Litre Keg	711876	Gascogne Cuvee Speciale Red	666466
70cl 3 Year Old Brandy	655958	Gascogne Cuvee Speciale White	551595
Alcohol Free Lager 500ml	679404	Gaston De Veau Blanc	397254
Amontillado Sherry	442503	Gaston De Veau Red Pouch	798341
Amoroso	480031	Gaston De Veau Rouge	397285
Armagnac Vsop 20 Year Old	807944	Gaston De Veau White Pouch	798372
Barossa Shiraz	493529	Gers	111737
Belgian Cherry Wheat Beer	679442	Gin & Tonic	563116
Belgian Lager 4 X 33cl Bottles Multipack	430449	Ginger Ale	740012
Belgian Lager Can 4 X 500ml	230773	Gingerbread Rum	807890
Belgian Lager Single Can	478984	Glengoyne Single Malt Whisky	743822
Belgian Wheat Beer	679558	Gold Label Rosé	451734
Bottle Conditioned Lancashire Dark Mild	810845	Gold Label Sauvignon Blanc	163934
Cape Red	695770	Grain Vodka 70cl	649193
Cassidy's Irish Whisky	173117	Greenwich Hospital Porter	810746
Cava Prestige Medium Dry	195263	Harrowgate Victoria Shiraz	435949
Chateaufneuf Du Pape 50cl	799973	Herefordshire Cider With Raspberry	679510
Cherry Vodka Fizz	811194	House Rosé	501958
Cheshire Brown Ale	739986	House White	272445
Cheshire Chocolate Porter	679459	Irish Stout	407274
Chocolate Ruby (zgm)	817219	Islay Single Malt Whisky	743839
		Isle Of Mull Single Malt 10 Year Old Whisky	689342
		Italian Lager 4 X 330mls	680622

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Italian Lager 50cl	430487	Sancerre Domaine Hubert Brochard	319959
Kenmore 1l	291514	Sancerre Les Ruettes	555012
Kenmore 20cl	291521	Sancerre Rosé	483810
Kenmore 70cl	386159	Sancerre Rouge	549493
Kenmore Whisky All Year Round Gift	682350	Sangria	424592
Kenmore Whisky Liqueur	446440	Scotch Whisky & American Dry	563000
Kenmore Whisky Liqueur (boudier)	811095	Scottish Ale	561099
Kenmore Whisky Miniature	563956	Shiraz Rose Wine Spritzer 75cl	436472
Kir Royale 75cl	275897	Sloe Gin	743846
L.b.v. Port	549837	Sloe Gin Fizz	811125
Leicestershire Bitter 4 X 440ml Can	690904	Smooth Coffee Liqueur	563918
Leicestershire Bitter 5 Litre Keg	712163	Spanish Lager 4 X 330ml	680615
Low Alcohol Cider	740029	St Gall Blanc De Blancs, Premier Cru	553636
M&s Dark Rum	683418	St Gall Premier Cru Brut	358439
Macon Villages 50cl	799911	St Gall Vintage , Grand Cru	553858
Monnet	477222	Staffordshire India Pale Ale	407243
Montepulciano 50cl	799836	Think Pink Gin	743877
Mulled Cider	642125	Think Pink Gin With Natural Cranberry Flavour Miniature	563970
Mulled Red Wine 75cl	155991	Toffee Vodka	675482
Orpale Grand Cru	51613	Vanilla Napoleon Brandy	807883
Pale Cream Sherry	442510	Vintage Pear Cider 2009	708456
Peach Bellini 75cl	358996	Vodka And Tonic Can 25cl	510189
Petit Chablis	121231	Vouvray Domaine De La Pouvraie	554541
Plan De Dieu Cotes Du Rhone Villages - Domaine Meynarde	334020	Yorkshire Bitter	561051
Pouilly Fume - Domaine Favray	190022	Zamora Zinfandel	271561
Pouilly Fume Les Fouinelles	780926	<b>Bakery F09A</b>	
Pouilly Fume Cailbourdin	685467	10" Tortilla Wrap	241908
Premium Bucks Fizz 75cl	275880	12 Mini White Pitta Breads (ew)	247245
Raspberry Vodka	743853	12 Mini Wholemeal Pittas (ew)	491044
Réserve Da La Saurine Red	671491	2 Gluten Free Pizza Base	814737
Reserve De La Saurine Rose	721813	4 Ciabatta Rolls	423946
Réserve De La Saurine White	671507	4 Classic Hot Cross Buns	241786
Réserve Du Boulas Laudun Côtes Du Rhône Villages	349697	4 Crusty White Morning Rolls	115940
Reserve Du Boulas Cotes Du Rhone Rose	801201	4 Currant Buns	743532
Rich Cream Sherry	442480	4 Large White Baps	672214
Rosé D'anjou 75cl	666442	4 Super Seeded Rolls	670401
Saint Joseph	278652	5 Cinnamon & Raisin Bagels	286879
Saint Mont	464413	5 Plain Bagels	192927
Sancerre Domaine Bailly	680189	5 Sesame Seed Bagels	401470
		5 Wholemeal Bagels	723893

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Product	Product Code	Product	Product Code
50% Grainy Bloomer Slices	711548		
50% Multi Seeded Bloomer Slices	239219		
50% Oaty Bloomer Slices	711562		
6 Soft Wholemeal Rolls	518949		
6 White Pittas (ew)	635677		
6 Wholemeal Pittas (ew)	635684		
8 Mini 3% Fat Hot Cross Buns	122580		
Bake At Home 6 White Petit Pains	560139		
Bake At Home White Half Baguettes	560115		
Count On Us Wholemeal Thick Sliced	541343		
Crusted Malted Grain	299251		
Crusty White	299947		
Golden Wholemeal Farmhouse 400g	263306		
Golden Wholemeal Farmhouse 800g	246255		
Highbran 400g	514972		
Hovis Wheatgerm 400g	514866		
Mixed Seed & Grain Roll Selection	693677		
Panettone	338103		
Plain White Loaf (scottish Batch)	524018		
Poppyseed Swirl Rolls	693691		
Soft Farmhouse White 800g	246231		
Soft Oatmeal Farmhouse	162838		
Soft White Farmhouse 400g	263290		
Super Seeded Loaf 400g	724159		
Super Seeded Loaf 800g	642118		
Super Soft White Medium 800g	358910		
Super Soft White Thick 800g	405799		
Super Soft Wholemeal 400g	514316		
Super Soft Wholemeal 800g Medium Sliced	515221		
Super Soft Wholemeal 800g Thick Sliced	140164		
<b>Biscuits F10A</b>			
High Bake Water Biscuits	701655		
Oatcakes	303705		
Reduced Fat Rich Tea Biscuits	191128		
Rich Tea Biscuits	741316		
Speciality Italian Hand-crafted Flatbreads	629386		
Speciality Italian Hand-crafted Olive Flatbreads	629393		
		<b>Confectionery F13A</b>	
		Apple & Blackberry Clusters - 5 X 25g Multipack	783460
		Clear Fruits	808385
		Eat Well Cashew Nuts (tillpoint)	500128
		Flying Saucers - 2 For £1	812092
		Fruity Spaghetti	808354
		Menthol Eucalyptus Gum - Liquid Centre	673082
		Peppermint Gum	673068
		Rhubarb & Custards - 2 For £1	812122
		Sugar Free Mints Box	539494
		Sugar Free Orange & Lemon Fruit Drops - Box	539517
		<b>Cook F05C</b>	
		Traditional Vegetables For Roasting	482042
		<b>Dairy F06C</b>	
		Soya Milk	387071
		Sunflower Spread	338370
		Sunflower Spread Light Dairy Free	565028
		<b>Delicatessen F04C</b>	
		6 Onion Bhajis Child Spec	624725
		Bbq Relish Child Spec	549936
		Butternut Squash And Chickpeas Anti Pasti	862509
		Caramelsied Onion Houmous	862356
		Chargrilled Olives And Peppers	716550
		Chilli Olives	864411
		Eat Well Tomato Salsa	322171
		Food To Order 24 Vegetable Spring Roll Selection	720427
		Large Olive Selection	398299
		Marinated Greek Olive Selection	299596
		Marinated Grilled Veg	797689
		Mixed Olives With Cornichons And Onions	862479
		Mixed Stuffed Olives	712705
		Olives With Casalinga Tomatoes	862424
		Oriental Vegetable Selection	570893
		Pitted Manzanilla Olives	546720
		Roast Red Pepper And Toasted Pine Nut Dip	797658
		Roasted Baby Artichokes	465021

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Product	Product Code	Product	Product Code
Roasted Garlic Stuffed Olives	864428	Fotm Apple And Raspberry 500g	664110
Speciality Italian Slow Roast Vine Tomatoes	622165	Fotm Beetroot Apple And Blackcurrant Juice	783163
Stuffed Greek Olives	465571	Fotm Big Crinkle Flame Grilled Steak	805612
Tapas Garlic Mushrooms	622196	Fotm Big Crinkle Salt And Vinegar	805605
Tapas Patatas Bravas	610551	Fotm Freshly Squeezed Pear And Apple Juice	782814
Tomato Mozzarella And Coquillo Olives	862486	Fotm New Seasons Discovery Apple Juice	777957
Vegetable Spring Roll	514828	Fotm Pc Salted Popchips	854610
Vegetable Spring Roll Selection	670005	Fotm Pc Sweet And Salty Popcorn	854030
Yellow And Red Sunblush Tomatoes	797719	Fotm Salt And Vinegar Rice And Corn Cakes	782937
<b>Desserts F08C</b>		Fotm Salted Popcorn - Under 150 Calories	782869
Jelly Bombe	793810	Fotm Super Juice - Red Grape,blueberry And Blackcurrant	782883
Peach Melba Jelly	681193	Fotm Tomato And Basil Soup - Ready To Heat	744737
Pomegranate & Elderflower Jelly	771207	Fresh Mango 180g	408219
Raspberry Sorbet Ice Cream Dessert	793858	Freshly Squeezed Pomegranate Juice	488532
<b>Fish F62C</b>		Ftg 500ml Blueberry & Pomegranate Sparkling Water	658645
Chunky Chips 400g (take Away Deal)	696906	Ftg 500ml Superberry Smoothie	537797
Crinkle Cut Chips 400g (take Away Deal)	696890	Ftg Apple & Elderflower Juice	664189
<b>Food Gifts F66A</b>		Ftg Apple & Mango Juice	667579
Tewkesbury Mustard	518536	Ftg Berry Medley	664103
<b>Food onthe Move F07C</b>		Ftg Blackberry & Echinacea Drink	405553
Cou Orzo Pasta Dual Tray Size	688222	Ftg Blackcurrant Still Fruity Water	452236
Cou Orzo Pasta With Slow Roasted Tomatoes Ftg Large Salad	534765	Ftg Classic Fruit Salad	826402
Cou Roasted Butternut Squash, Red Pepper Houmas Wrap	783231	Ftg Cola 500ml	172912
Cou Sweet Chilli Veg Sushi Wrap	699792	Ftg Cou Bacon Hoop Crisps	614849
Detox Fresh Juice - Apple, Grape, Mint, Dandelion & Nettle - Fotm	851732	Ftg Cou Salt & Vinegar Crisps	498241
Florida Squeezed Orange Juice 330 MI	988216	Ftg Cou Sea Salt Crisps	280433
Fotm - British Pear And Blackcurrant Juice	823890	Ftg Cranberry & Raspberry Sparkling Water	491822
Fotm - British Pressed Discovery Apple Juice	666671	Ftg Diet Cola 500ml	172899
Fotm - Spiced Butternut Squash Soup	823302	Ftg Diet Lemon & Lime	393096
Fotm - Vietnamese Style Vegetable Noodle Soup	823401	Ftg Diet Sparkling Alphonso Mango And Passionfruit Carbonate	466288
Fotm 500ml Mango, Pineapple And Passionfruit Smoothie	778015	Ftg Ew Pineapple	997669
		Ftg Ew Super Berry Smoothie	544894
		Ftg Festive Fruit And Nut Collection	515139
		Ftg Grape & Raspberry Juice	664141
		Ftg Hc Light Salted Crisps	599320

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Product	Product Code	Product	Product Code
Ftg Hc Salt & Pepper Crisps	155656	Ftg Virgin Mojito Nfc Juice Drink	720298
Ftg Hc Salt & Vinegar Crisps	651851	Ftg Virgin Pina Colada Nfc Juice Drink	720304
Ftg Houmous & Carrot Dipper	619400	Ftg Virgin Sangria Nfc Juice Drink	720311
Ftg Large Veg Samosa	545037	Ftg Watermelon	606516
Ftg Lightly Sea Salted Parsnip, Sweet Potato And Beetroot Mixed Vegetable Crisps	604024	Ftg/snack - Multigrain Salad With Houmous	587631
Ftg Mango	599238	Ftg_ Soft Apricots	710084
Ftg Mango, Pineapple & Passionfruit Smoothie	666411	Ftg_100% Sparkling Apple Juice	710299
Ftg Melon & Grape 200g	790222	Ftg_100% Sparkling Grape Juice	710305
Ftg Melon And Grape £2	790222	Ham Hock & Tewkesbury Mustard Hc Crisps - Xmas - Fotm	839884
Ftg Orange Melon	606530	Orange Fruit Jewelled Jelly - Fotm	831758
Ftg Peach & Raspberry Still Water Drink	466301	Pineapple, Mango, Kiwi & Blueberry Fruit Salad.	678858
Ftg Piel De Sapo Melon, Nectarine, Strawberry And Raspberry	619424	Pink Lady Apple Bag - Health - Fotm	786843
Ftg Pineapple & Lime Juice	666633	Pressed Apple & Mango 330 Ml	945479
Ftg Pineapple, Watermelon, Nect, Cantaloupe	716826	Pressed Apple Juice	943437
Ftg Pomegranate	599245	Raspberry & Guava Smoothie 100% Real Fruit	666428
Ftg Pomegranate (move To 330ml) Juice	615389	Refreshing Raspberry & Cranberry Juice Drink	831826
Ftg Pomegranate And Raspberry Juice Drink	499491	Sparkling Glucose Energy Drink	643832
Ftg Pomegranate Juice	493239	Spicy Red Pepper Houmous & Crudite Dipper	619417
Ftg Pressed British Cox & Blackcurrant Juice	623810	Strawberry, Grape And Apple £2	676533
Ftg Pressed Gala Apple Juice	465687	Strawberry, Raspberry And Cranberry Smoothie	854535
Ftg Raspberry Still Fruity Water	459921	Summer Mexican Lime With A Hint Of Chilli Handcooked Potato Crisps	671057
Ftg Rose Le Froglet To Go	716994	Super Wholefood With Blueberries & Mango	671378
Ftg Ruby Orange And Mandarin Still Water	466318	Superwholefood Shaker Salad	716963
Ftg Seasonal Mix With Plum, Rocha Pear, Apple And Blackberry	621304	Tropical Fruit Salad	854023
Ftg Seedless White Grapes £1	989893	Tropical Medley Fotm	808675
Ftg Sparkling Lemon And Lime Flavour Spring Water Drink With Sweeteners	348157		
Ftg Strawberry & Aloe Vera Drink	381772	<b>Frozen F02F</b>	
Ftg Strawberry & Banana Smoothie	623766	British Summer Fruit Selection 380g (frozen)	454278
Ftg Strawberry & Raspberry	667609	Butternut Squash Chunks	687553
Ftg The Big Crunch Grilled Beef And Onion	716758	Frozen 12 Vegetable Spring Rolls	772150
Ftg The Big Crunch Salt And Cider Vinegar	716772	Mango Madness Sorbet 500ml	355841
Ftg Tropical Fruit Sticks	619370	Puff Pastry	587617
Ftg Valencia Orange Juice	664165	Shortcrust Pastry	587624
		<b>Global Meal Solutions F03C</b>	

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Product	Product Code	Product	Product Code
6 Vegetable Steamed Dim Sum (te)	709835	2 Breakfast Fruit Pots	552424
Arrabiatta Sauce	635387	20 Calming Teabags 2010	730723
Asian Rice	667470	20 Camomile Teabags 2010	730686
Aubergine Achari	815697	20 Peppermint Teabags 2010	730655
Black Bean Sauce	667463	20 Reviving Teabags 2010	730730
Bombay Aloo	161213	20 Strawberry & Raspberry Teabags 2010	730693
Bruschetta With Black Olive Tapenade	788694	240 Extra Strong Teabags 2010	740548
Butternut Squash Samosa	685177	5 Spice Paste	620772
Channa Masala	815628	80 Extra Strong Teabags	716109
Crispy Onion Rings	668132	80 Extra Strong Teabags 2010	740555
Crispy Vegetable Ball	685191	80 Red Label Teabags 2010	730822
Dual Tray Sizes Tomato & Basil Sauce 350g	678964	A Terribly Clever "classic" Burger Starter Paste For Beef Mince	801614
Flat Rice Noodles	667449	A Terribly Clever Aromatic Spiced Burger Starter Paste For Lamb Mince	800419
Frites	253949	A Terribly Clever Coronation Chicken Starter Paste	800464
Green Vegetable Stir Fry Pack	667425	A Terribly Clever Fire Roasted Tomato, Balsamic Vinegar & Basil Traybake For Cod	800426
Ilg Crispy Vegetable Ball	708500	A Terribly Clever Hot & Spicy Burger Starter Paste For Beef Mince	800440
Indian Starter Selection Pack	465311	A Terribly Clever San Marzano Tomato & Basil Starter Sauce For Fish	800495
Italian Style Pizza Bases ( 2 Pack)	771665	A Terribly Clever Shallot, Mustard & Chive Paste For Crushed New Potatoes	800556
Mini Onion Bhajis And Vegetable Pakoras	534468	A Terribly Clever Smoked Paprika, Chipotle Chilli & Lime Paste For Roasting Tomatoes	800525
Mixed Pepper Vegetable Pack	667371	A Very British Spicy Tomato Sauce	738484
Rice Pancake Vegetable Spring Roll	685245	Ambient Breakfast Fruit Pots	809252
Spicy Potato Bites	777063	Apricot Compote	552684
Sweet & Sour Sauce	667333	Apricot Conserve	523431
Sweet Chilli Sauce	667326	Arrabiata Pasta Sauce	670319
Sweet Potato Bhaji	685269	Avocado Oil	568227
Tarka Dahl	369848	Avocado, Lime & Mint Dressing	428538
Tomato & Basil Sauce (large)	643658	Baby Carrots	310345
Tomato & Basil Sauce (small)	448727	Baby Jersey Royal New Potatoes	399159
Tomato & Roasted Vegetable Sauce	460170	Balsamic Glaze	568241
Tomato Pasta Sauce	772709	Balsamic Vinegar	234993
Vegetable Curry - Meal Centre	647458	Balti Paste	568050
Vegetable Pakora	830539	Basmati Rice 1kg	207553
Wok Toasted Sweetcorn Spring Roll	851213	Bay Leaves	568265
<b>Groceries F19A</b>			
12 Spice Indian Cooking Sauce 09	687478		
160 Extra Strong Teabags	716000		
160 Extra Strong Teabags 2010	740531		
160 Red Label Teabags	177054		
160 Red Label Teabags 2010	730846		

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Black Bean Cooking Sauce 2010	706377	Chilli Flakes	613736
Black Onion Seeds	613934	Chilli Jam	820950
Blackcurrant Conserve	525695	Chilli Pickle	689892
Blueberry Conserve	357098	Chinese Bbq Stir Fry Sauce	817486
Bombay Potatoes Spice Kit	574211	Chopped Garlic	568135
Bouquet Garni	568289	Chopped Ginger	568142
Breakfast Blend 80 Teabags 2010	740609	Chopped Mixed Nuts (25% Walnuts, 25%almonds, 25% Cashews, 25% Brazils)	574013
British Baby Beetroot	738811	Chopped Shallots	568159
British Cold Pressed Rapeseed Oil	813105	Chopped Tomatoes	247108
Brown Sauce	789578	Chowmein Stir Fry Sauce 2011	817530
Brown Sauce	826723	Chowmein Stirfry Sauce - Pouch	700412
Butter Beans In Tomato Sauce	730396	Christmas Classic Mince meat	480093
Cafe Gold 200g 2010	741323	Christmas Coffee	30106
Cafe Gold 2010	741361	Christmas Conserve 2010	151269
Cafe Gold Decaffeinated 2010	741385	Christmas Cranberry & Ruby Port Sauce - Xmas 09	568791
Cafe Gold Decaffeinated 2010	741378	Christmas Marmalade 2010	519700
Cafe Granules 200g	461801	Christmas Tea	372800
Cafe Noir 2010	741415	Chunky Vegetable & 3 Bean Chilli	698429
Canned Apricot Halves	809375	Chunky Winter Vegetable	698337
Canned Baked Beans	809382	Cinnamon Sticks	568302
Canned Butter Beans	809184	Cinnamon Sugar	613811
Canned Chantenay Carrots	809351	City Blend 80 Teabags 2010	740524
Canned Chick Peas	809368	Classic House Coffee 2010	730938
Canned Garden Peas	809085	Cloves	568319
Canned Mixed Vegetable Curry	809825	Coarse Cut Seville Orange Marmalade	653671
Canned Peach Slices	809030	Cocktail Cornichons	737142
Canned Pear Quarters	809092	Coconut Milk	568517
Canned Three Bean Chilli	809788	Coffee Extract	568333
Caperberries	726511	Coriander Seeds	613675
Caramelised Onion Marmalade 2011	823937	Cornflour	568340
Caramelised Onion Marmalade 2011	825870	Cous Cous	573849
Caramelised Orange & Calvados Marmalade	823944	Cranberry Raspberry & Elderflower 20 Teabags 2010	735322
Caramelised Red Onion Relish	722049	Crinkle Cut Beetroot - Org Recipe (340g)	737487
Caraway Seeds	613712	Crinkle Cut Beetroot (340g)	737494
Cashew Nuts	613385	Crinkle Cut Beetroot (705g)	737500
Chai 50 Teabags 2010	735292	Crispy Parsnip Seasoning (terribly Clever)	737524
Cherry Tomato & Balsamic Pasta Sauce	790260	Crispy Roast Potato Seasoning (terribly Clever)	737531
Cherry Tomato Relish	722025		
Chilli Con Carne Sauce	578608		

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Cumin Seeds	613682	Fennel Seeds	613729
Damson & Sloe Gin Conserve	823968	Fenugreek	613743
Decaffeinated Fairtrade Cafe Rich Roast 2010	741354	Fig & Balsamic Vinegar Chutney	820998
Dessicated Coconut	613378	Fig Ball	820981
Detox Tea 20 Teabags 2010	735339	Flaked Almonds	574020
Dill Tops	613781	For Chicken - Lemon, Garlic & Rosemary Tray Bake (terribly Clever)	737661
Dipping Oil. Extra Virgin Olive Oil, Chilli & Garlic	549677	For Chicken - Sea Salt, Lemon & Sage Grinder	737609
Dried Apricots	575898	For Chicken- Lemon, Garlic & Rosemary Glaze (terribly Clever)	737616
Dried Basil -jar	739863	For Fish - Sea Salt, Lemon, Chives & Parsley Grinder	737647
Dried Blueberries	613279	For Meat - Seasalt, Cracked Black Pepper, Chilli Flakes & Onion Grinder	737982
Dried Cayenne Pepper - Jar	739924	Fruit & Nut Muesli	698870
Dried Chinese 5 Spices - Jar	739955	Fruit Tea Selection Pack 2010	735384
Dried Chives - Jar	739931	Functional Muesli	698887
Dried Coriander Leaf - Jar	739894	Funtional 3 Seed & Oat Granola	698917
Dried Cranberries	613262	Garlic Stuffed Halkadiki Olive	730402
Dried Cumin - Jar	739948	Ginger Conserve With Stem Ginger (collection)	731751
Dried Ground Coriander - Jar	739900	Gluten Free Flour	620833
Dried Italian Herb Seasoning- Jar	739856	Gold 160 Teabags 2010	730808
Dried Porcini Mushrooms	573856	Gold 80 Teabags 2010	730792
Dried Sage - Jar	739917	Gold Loose Tea 2010	730860
Dried Thyme - Jar	739870	Golden Syrup	570831
Dumpling Mix	613507	Greek Extra Virgin Olive Oil	336611
Earl Grey 2010	730839	Green Lentils	573733
Easycook Long Grain Rice 1kg	109482	Green Olives Stuffed With Sundried Tomato	504362
Eat Well Hand Cut Grapefruit Segments In Juice	525930	Green Tea With Lemon 20 Teabags 2010	735391
Empress Grey 50 Teabags 2010	735346	Green Thai Curry Cooking Sauce 2010	700436
English Breakfast Teabags 2010	730853	Green Thai Paste - 2010	706438
Espresso R&g Coffee	196932	Grilled Artichoke Halves	548731
Etna Olives	730464	Grilled Peppers With Rosemary	727280
Ew Tomato Puree	366656	Ground Almonds	574037
Extra Strong One Cup Teabags 2010	740562	Ground Cinnamon	619325
Extra Virgin Olive Oil	549233	Harvey's Very British Breakfast Sauce	738477
Fairtrade Demerara Sugar	542265	Hawaiian Pineapple Slices	705936
Fairtrade Golden Granulated Sugar	542272	Hazelnuts	574068
Fairtrade Granulated Sugar	963602		
Fairtrade Pure Origin Assam Teabags 2010	730877		
Fairtrade Pure Origin Ceylon Teabags 2010	730891		
Fairtrade Pure Origin Kenyan Teabags 2010	730884		

## Products which are suitable for Vegans

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Product	Product Code	Product	Product Code
Hedgerow (gamekeepers) Xmas Line	739184	Medium Cut Ruby Red Grapefruit Marmalade	652872
Hedgerow Conserve	369541	Medium Cut Seville Orange Marmalade	653787
Hoi Sin	568401	Mild Chilli Powder	616195
Hot & Fruity Mango Marinade	790215	Mulled Fruit Conserve	742061
Hummus	727167	Mulled Wine Jelly	821056
Italian Conchigioni Pasta	671552	Mulled Wine Syrup	821032
Italian Extra Virgin Olive Oil	336628	Mustard Seeds	613699
Italian Farfalle Pasta	671606	Natural Morello Cherries	568470
Italian Fiorelli Pasta	671613	No Peel Orange Marmalade	248273
Italian Fusilli Pasta	671620	Nutmeg	568487
Italian Kvi Penne Pasta	671637	Oaty, Crunchy Crumble Top	738149
Italian Kvi Spaghetti	671644	Olive Oil - Wise Buy 2011	549226
Italian Lemon, Garlic & Herb Marinade	664790	Oregano	619073
Italian Linguine	671651	Organic Butterbeans	573658
Italian Messicani Pasta	671668	Organic Chickpeas	573719
Italian Rigatoni Pasta	671682	Organic Fairtrade Jasmin Green Tea 2010	730716
Italian Wholewheat Penne Pasta	671729	Organic Fairtrade Pure Green Teabags 2010	730679
Italian Wholewheat Spaghetti	671736	Organic Icing Sugar	568555
Jasmine Rice	613873	Organic Italian Extra Virgin Olive Oil	313742
Juniper Berries	613750	Organic Madagascan Vanilla Extract	568562
Kaffir Lime Leaves	613651	Organic Plain Flour	250252
Ketjap Manis	568418	Organic Red Kidney Beans	573689
Korma Paste	568111	Organic Self Raising Flour	250269
Kvi Curry Cooking Sauce 09	687485	Organic Sicilian Lemon Juice	573641
Large Gherkins	738071	Organic Wheat Bisks	538275
Lemon & Pink Peppercorn Grinder	605144	Organic White Bread Crumbs	573764
Lemon And Lime Marmalade	654258	Organic White Bread Flour	568722
Lemon Extract	568449	Organic Wholemeal Flour	620888
Lemon, Ginger And Ginseng Teabags 2010	730662	Paella Rice	798235
Lime Pickle	689830	Parsley & Garlic Salt Grinder	605151
Loose Tea Darjeeling 2010	735421	Pearl Barley	573795
Loose Tea Earl Grey 2010	735438	Petit Pois	310352
Loose Tea English Breakfast 2010	735445	Picalilli	738156
Mango & Chilli Salad Sprinkles	798228	Pickled Alliums	738163
Mango & Sweet Chilli Sauce	696678	Pickled Onion - Large Jar	772556
Mango Chilli & Lime Dressing	789646	Pickled Onions	738170
Margarita Pizza Topping	790277	Pimento Stuffed Halkadiki Olive	730440
Marrakech Olives	730433	Pine Nuts	574044
Medium Cut Blood Orange Marmalade	377942		
Medium Cut Mandarin Marmalade	151276		

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Product	Product Code	Product	Product Code
Pitted Black Olives	730457	Shallots In Balsamic Vinegar	738828
Pitted Green Olives	505659	Sicilian Lemon Dressing	721998
Pitted Hojiblanca (green) Olives	730495	Silky Teabags Darjeeling 2010	735483
Ploughmans	738187	Silky Teabags Gunpowder Green & Mint 2010	735490
Plum & Hoisin Stirfry Sauce - Pouch	700443	Silky Teabags Lapsang Souchong 2010	735506
Plum (soft Set Jam)	739207	Silverskin Onions	738293
Plum Tomatoes	534277	Sliced Beetroot	738309
Poached Rhubarb (pudding In A Jar)	738514	Sliced Mangoes	541787
Popping Corn	613521	Smoked Chilli And Garlic Grinder	605182
Porridge Oats	458818	Smoked Paprika	568616
Provender Balsamic Vinegar	481359	Smoked Paprika And Chilli Seasoning	614542
Pumpkin Seeds	574075	Smoked Sea Salt	613644
Pure Canadian Maple Syrup	819428	Soup/casserole Mix	573757
Rapeseed Oil	615341	Soy Sauce Ug	455916
Raspberry Conserve	514644	Spanish Extra Virgin Olive Oil	729635
Red & White Quinoa	789226	Speciality Balsamic Vinegar	569026
Red Cabbage	738224	Speciality Sicilian Dop Extra Virgin Olive Oil	642699
Red Cabbage - Large Jar	772372	Spelt & Fruit - Wheat Free Muesli	704885
Red Cherry Conserve	145916	Spiced Damson Chutney	820929
Red Lentils	573740	Spiced Seville Marmalade Xmas 2010	685566
Red Thai Cooking Sauce 2010	700450	Spicy Mango Chutney 2009	693752
Red Thai Paste - 2010	706384	Spicy Sweet & Sour Cooking Sauce 2010	700474
Redbush 40 Teabags 2010	735469	Star Anise	613705
Redcurrant Sauce	738231	Strawberry Conserve	819626
Rhubarb & Ginger Conserve	357074	Strawberry Conserve	531863
Rhubarb & Vanilla (soft Set Jam)	738248	Sun Dried Tomato Stuffed Halkadiki Olive	738545
Rich Italian 2010	741507	Sundried Chillies	573870
Rich Italian 2010	741491	Sundried Tomatoes	727242
Risotto Mix With Porcini Mushrooms	621144	Sweet & Fiery Silverskin Onions	738323
Riviera Olives	730471	Sweet & Sour Stirfry Sauce - Pouch	700498
Roasted Red Pepper & Sherry Vinegar Dressing	789615	Sweet Chilli & Ginger Stirfry Sauce - Pouch	700511
Romesco Sauce	727136	Sweet Chilli Dipping Sauce	456012
Rooibos & Vanilla 20 Teabags 2010	735452	Sweet Chilli Garlic & Ginger Stir Fry Sauce 2011	817462
Saffron	568609	Sweet Chilli Ginger & Brazilian Lime Marinade & Sauce	428620
Sage & Onion Stuffing	738262	Sweet Cucumber Pickle 340g	737050
Sandwich Pickle- Pickled Onions	738279	Sweet Mango Chutney 2009	693769
Sandwich Pickle- Beetroot	738385		
Semi Dried Cherry Tomatoes	727297		
Semi Dried Cherry Tomatoes	548762		
Seville Olives	730426		

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Product	Product Code	Product	Product Code
Sweetcorn	147538	Winter Vegetable Soup	816298
Table Salt	616218	<b>Healthy Meal Solutions F64C</b>	
Taka Dhal Soup	851985	Cauliflower & Chickpea Curry	784320
Tc Mediterranean Vegetable Omelette Paste	817394	Meat Free Soya Mince	794596
Tc Mixed Mushroom Omelette Paste	817332	Med Veg Pasta With Red Pepper Sauce	470179
Tc Mushroom Toastie Topper Just Add Cheese	815918	Mexican Bean & Butternut Chilli Snackpot	794824
Tc Spanish Tomato & Smoked Paprika Casserole Base Just Add Chicken	817417	Pure Apple Juice (kids Range)	492539
Tc Spiced Apple Paste For Red Cabbage	815802	Spiced Red Lentil Kofte With Tabbouleh	794794
Terribly Clever Smoked Paprika Seasoning For Potato Wedges	800631	Tuscan Bean,pasta And Vegetable Stew	811798
Thai Green Paste	568197	<b>Juice F30C</b>	
Tikka Paste	568203	1 Litre Seasons Finest Cox Apple And Pear Juice	777704
Toasted Sesame Oil	336710	Apple Juice From Concentrate	138239
Tomato & Basil Pasta Sauce	670227	Apple, Beetroot & Blackcurrant Juice	707466
Tomato & Garlic Pasta Sauce	670326	Banana & Alphonso Mango Smoothie	802925
Tomato & Herb Pasta Sauce	670241	Blackberry & Blackcurrant Smoothie	802932
Tomato & Porcini Mushroom Pasta Sauce	670197	Blueberry Juice Drink	459884
Tomato Ketchup	789561	British Apple & Blackcurrant Juice Lightly Spiced With Clove & Cinnamon	811279
Tomato Ketchup	946605	Cherry Juice Drink	711708
Tomato Passata	821933	Cranberry & Raspberry Juice Drink	385329
Tomato Passata With Basil & Olive Oil	821940	Cranberry Juice Drink	255493
Tomato Passata With Red Chilli	821971	Mojito Juice Drink 750ml	802833
Traditional Fruit Chutney	738347	Mulled British Apple Juice	811248
Turkish Sultanas	573986	Mulled Cloudy Apple Juice	689212
Turmeric	619172	Mulled Plum, Red Grape & Pear Juice	689236
Tuscan Evo0 2011	951203	Orange & Carrot Juice	707473
Vanilla Sugar	613828	Orange & Grapefruit Juice From Concentrate	711722
Vegetable & 3 Bean Soup	816243	Orange & Lemon Juice Spiced With Ginger	777711
Vostizza Currants	645737	Orange & White Grape Juice With A Hint Of Clove & Orange Peel	811231
Walnut Oil	574129	Orange Juice Smooth From Concentrate (1 Litre)	765893
Walnut Pieces	574112	Orange Juice Smooth From Concentrate (2 Litre)	769310
White Bread Mix	573948	Organic Apple Juice	239042
White Tea & Raspberry 20 Teabags 2010	735513		
Whole Almonds	613392		
Whole Pink Peppercorns	613903		
Whole Roasted Chestnuts	743075		
Windfall Chutney (apple & Pear)	738378		

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Product	Product Code	Product	Product Code
Organic Florida Pink Grapefruit Juice	307475	Pure Tangerine Juice	529587
Organic Pressed Apple & Mango Juice	432603	Pure White Grape & Apricot Juice	802895
Pina Colada Juice Drink 750 MI	802840	Still Ginger Lemonade (1 Litre)	802857
Pineapple Juice From Concentrate (1 Litre)	524742	Still Lemonade (1 Litre)	802864
Pomegranate & Raspberry Juice Drink	463355	Still Lemonade Juice Drink Nfc	611527
Pressed Apple & Boysenberry Nfc Juice	773171	Still Raspberry Lemonade (1 Litre)	802871
Pressed Apple & Mango Juice	356398	Strawberry & Raspberry Smoothie With Oat Beta Glucan	672023
Pressed Apple, Strawberry & Lychee Juice	432580	Strawberry Bellini Juice Drink 750 MI	802888
Pressed British Apple & Pear Juice	664424	Tropical Juice From Concentrate	451604
Pressed British Apple Juice	942638	<b>Poultry F01C</b>	
Pressed British Cox Apple Juice (1 Litre)	493246	Co Cranberry Sauce	826983
Pressed British Delblush Apple Juice (1 Litre)	786874	Cranberry & Port Sauce 350g	325547
Pressed British Discovery Apple Juice (1 Litre)	690232	Cranberry And Port Sauce 250g	130134
Pressed British Worcester Apple Juice (1 Litre)	479981	Piri Piri Sauce	800860
Pressed Pineapple Juice With A Hint Of Lime	186803	<b>Salads F16C</b>	
Pressed Pineapple, Peach & Passion Fruit Juice	390811	Baby Beetroots	410083
Pressed Pink Lady Apple Juice	603812	Baby Cherry	902076
Pressed Pink Lady Apple Juice (1 Litre)	677806	Baby Cherry Large	166300
Promo Peach & Grape Nfc X 2 Pack	696937	Baby Cos	977715
Pure Grape & Raspberry Juice	264518	Baby Salad Onions	988650
Pure Peach & Grape Juice	524728	Beetroot Salad	249270
Pure Red Grape, Pomegranate & Blackcurrant Juice	529570	Bistro Salad Bag	715539
Pure Satsuma Juice	689205	Bunched Salad Onions	252508
Pure Spanish Clementine Juice	463348	Cherry Tomatoes On The Vine	169752
Pure Squeezed Florida Orange Juice Smooth	416696	Cherry Vine Toms Dual Tray Size	684682
Pure Squeezed Florida Orange Juice With Juicy Bits	322881	Cherry Vine Toms Dual Tray Size	684699
Pure Squeezed Florida Pink Grapefruit Juice With Juicy Bits	358002	Claret On The Vine	934756
Pure Squeezed Organic Orange Juice Smooth	239035	Crunchy Iceberg Lettuce	151542
Pure Squeezed Spanish Valencia Orange Juice With Juicy Bits	487191	Crunchy Salad Bowl 100g	536745
Pure Squeezed Spanish Valencia Orange With Juicy Bits 2 For £3	539265	Crunchy Salad Bowl 170g	459389
		Deli - 'superfood' Salad	550239
		Dressing Bottles Chilli And Coriander	624107
		Edamame And Sunflower Superbowl	798549
		Edamame Bean Salad Dual Tray Size	683067
		Ew Raw Garden Super Bowl	868365
		Ew Super Green Bowl	868372
		Forager's Choice Aromatic Salad	794930
		Forager's Choice Garden Salad	794978

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Product	Product Code	Product	Product Code
Hass Avocado Loose	903318	Bloody Mary Hand Cooked Crisps	796842
Herby Aromatic Salad	919135	Chilli Mini Rice Cake Multipacks	776271
Iceberg	900706	Christmas Cracker Tub	823104
Iceberg Bag Dual Tray Size	683074	Cracked Black Pepper Popped Potato Chips	848312
Kumato	675321	Fire Roasted Pepper Salsa Dip	358934
Large Piccolo On Vine	564380	Flame Grilled Steak Big Crinkle Crisps	805407
Little Gem	900911	Fof Lightly Salted Crisps	722681
Loose Tomatoes	210003	Fof Salted Popcorn	805452
Mixed Leaf Salad Bag 120g	780506	Fof Sea Salt & Vinegar Crisps	722698
Organic Celery	224567	Fof Sweet & Salty Popcorn	805476
Organic Cooked Beetroot	589307	Fof Thai Sweet Chilli Crisps	722735
Organic Salad Onion	436564	Giant Lightly Salted Pretzels (rp)	355780
Oriental Style Edamame Soya Bean Salad With Chilli & Coriander Dressing	505994	Habas Fritas	796811
Piccolini Italain Salad Leafy Bowl	868853	Hc Ham Hock & Teweksbury Mustard	824088
Radish	910613	Hc Lightly Salted	722803
Rosa Tomatoes On The Vine	52207	Hc Lightly Salted X6 Multipack	722872
Salad Bowls - Beetroot And Carrot	687621	Hc No Added Salt	722889
Salad Bowls - House Salad	611251	Hc Salt & Black Pepper	722834
Salad Bowls - Tomato And Red Pepper	659444	Hc Sea Salt & Vinegar	722810
Salad Onions	902182	Hc Smokey Bbq	722896
Santini Large Plum Tomatoes	126977	Italian Black Olive Stiratini	738736
Santini Small Plum Tomatoes	901161	Italian Piemontese Grissini	738767
Santini Tomato Salad With Classic French Dressing	539364	Lightly Salted Pretzel Sticks	608343
Santini Tray Dual Tray Size	683180	Lightly Salted Wholegrain Snack	659017
Small Classic Bowl	713306	Mixed Vegetable Crisps Lightly Sea Salted	548397
Small House Salad Bowl	771528	Multi Pack Lightly Sea Salted X6	463751
Small Italian Salad Bag	685382	New Lightly Salted Reduced Fat Crinkles 150g	492676
Spring Onions Dual Tray Size	683111	New Reduced Fat Crinkles Salt & Vinegar 150g	492720
Sweet, Rosa Verde Salad	506267	Reduced Fat Ready Salted Crinkle Crisps 12 Pack	404136
Sweet. Lambs Lettuce	506250	Salt & Pepper Pretzels (up)	221191
Tabbouleh	868631	Salt & Vinegar Chiplets 50g	762724
Tomatoes X6	900140	Salt & Vinegar Mini Rice Cake Multipacks	776196
Vaccum Packed Beetroot	652230	Salt & Vinegar Rice & Corn Cakes	850773
Xmas Large Rocket Bag	699211	Salt & Vinegar Twists 40g	496070
<b>Savoury Snacks F12A</b>		Salt & Vinegar Twists 50g	496070
Apple & Cinnamon Popcorn Cakes Multipack	776295	Salted Popcorn Multipack	776431
Bc Cider Vinegar & Sea Salt Crinkle Crisps	722766	Savouries Italian Flatbread	780988
Bc Salted Crinkle Crisps	722780		

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Savouries Italian Olive Flatbread	780995	Ginger Soft Brew 275ml X 4	804028
Smokey Bbq Full On Flavour	498302	Grapefruit Juice Fc	774307
Teriyaki Crackers	796859	Irish Sparkling Water 6 X 500ml	647908
Thai Chilli Rice Cracker	796828	Irish Still Water 1.5l	226813
<b>Soft Drinks F22A</b>		Irish Still Water 1.5l X 4	822091
6 X 500ml Still Water Screw Cap	516280	Irish Still Water 6 X 500ml	314848
Apple & Mango High Juice	710701	Kids Apple & Strawberry Juice Fc 200ml X 3	797313
Apple Juice (fc)	497336	Kids Percy Pig Grape & Raspberry Juice 200ml X 3	797276
Apple Soft Brew 275ml X 4	690720	Kids Tropical Juice Fc 200ml X 3	797337
Blackcurrant & Liquorice	818438	Lemon & Lime High Juice	377867
Blackcurrant High Juice	559423	Lemon & Lime Sparkling Spring Water Drink	350297
Blackcurrant Soda	812412	Lemon & Lime Still Spring Water Drink	340656
Blackcurrant Softbrew X 4 Pack	690744	Lemon Sherbet	818445
Blueberry & Pomegranate Sparkling Spring Water Drink	520034	Lemonade (core Carbonates)	557092
British Blackcurrant Cordial	532419	Lemonade 2l	433525
British Elderflower Cordial	797412	No Added Sugar Blackcurrant High Juice	524889
British Summer Fruits Presse	797498	No Added Sugar Orange High Juice	498074
Cherry Juice Drink (fc)	798419	Orange Juice (fc)	498012
Citrus Softbrew X 4 Pack	690751	Pineapple Chunks	818452
Cloudy Lemonade	547765	Pomegranate Juice Drink (fc)	797290
Cloudy Lemonade (traditional Carbonates)	373463	Raspberry & Lemon Soda	812368
Cola 2l	431927	Raspberry Cordial	771726
Cranberry & Raspberry High Juice	418690	Rhubarb & Custard	818469
Cranberry & Raspberry Sparkling Spring Water Drink	464215	Rock Shandy	802772
Cranberry Juice Drink (fc)	774314	Scottish Raspberry & English Pear Presse	797450
Cream Soda	797351	Sicilian Cloudy Lemonade	797467
Dandelion & Burdock	797405	Sicilian Lemon Cordial	797481
Diet American Ginger Ale	557078	Soda Water	557085
Diet Cola (core Carbonates)	771368	Sparkling British Cox Apple Presse	797511
Diet Cola 2l	431941	Sparkling British Elderflower Presse	797443
Diet Lemon And Lime Carbonate 2l	505550	Sparkling Mulled Fruit Presse	797429
Diet Lemonade (core Carbonates)	557108	Sparkling Rose Grape Juice	812375
Diet Lemonade 2l	509145	Sparkling White Grape Juice	812436
Diet Tonic Water	557030	Speciality Elderflower Cordial	670418
Elderflower Soda	812344	Speciality Ginger & Lemongrass Presse	673556
Elderflower Soft Brew 275ml X 4	804035	Speciality Organic Pear And Ginger Cordial	566827
English Cox Apple Cordial	797528	Speciality Organic Pear And Ginger Presse	566841
Fiery Ginger Beer	797436		
Florida Orange High Juice	387286		
Florida Pink Grapefruit High Juice	329040		

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Speciality Organic Raspberry Cordial	529853		
Speciality Organic Raspberry Presse	529839		
Speciality Raspberry & Pear Presse	667692		
Speciality Sparkling British Cox Apple Presse	670715		
Speciality Sparkling Elderflower Presse	670425		
Spiced Blackcurrant & Cox Apple Cordial	797504		
Summer Fruits High Juice	538527		
Tomato Juice 1 Litre	717229		
Traditional Cream Soda	547772		
Traditional Dandelion & Burdock	547789		
Traditional Extremely Fiery Ginger Beer	547819		
Triple Pack 3 X 250ml Apple Juice	431866		
Triple Pack 3 X 250ml Orange Juice	431859		
Triple Pack 3 X 250ml Tropical Juice Nfc	772853		
Tropical High Juice	797283		
<b>Traditional Meal Sol F63C</b>			
Braised Vegetable Casserole With Mini Parsley Dumplings	644631		
Bubble And Squeak	480888		
Butternut Squash Soup	641142		
Chunky Chips	229876		
Dine In Frites 400g	689465		
Fresh Chunky Chips	466950		
Large Roast Potatoes	45223		
Roast Potatoes	136365		
Savoury Vegetable Rice	162180		
Spicy Red Lentil And Tomato Soup	220552		
Super Beetroot Soup	772334		
Super Green Soup	690362		
Tomato And Basil Soup	151344		