

Combined Product List

Dear Customer,

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 basic fruit and vegetables, as these are the unprocessed raw products, or foods served at our fresh counters or 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.


These lists are updated on a monthly basis to capture new products and recipe changes. You can request a new list directly from nutrition@marksandspencer.com or download your own copy from www.marksandspencer.com/health

About Our Allergen Labelling

To help our customers identify whether a product is suitable for their diet, we label the following allergens on food and drink products:

Celery, crustaceans, eggs, gluten, fish, lupin, milk, molluscs, mustard, nuts (includes peanuts), sesame, soya, sulphites and yeast.

If any of the above allergens are present in our products as ingredients they will be found in **bold** in the ingredients list.



INGREDIENTS Chicken Breast (87%) · Onions · Single Cream (**Milk**) (18%) · Tomato Paste · Rapeseed Oil · Yogurt (**Milk**) · Low Fat Yogurt (**Milk**) · Unsalted Butter (**Milk**) · Ginger Puree · Lemon Juice · Cornflour · Salt · Garlic Puree · Coriander · Honey · Ground Coriander · Ground Cumin · Black Cardamom · Ground Black Pepper · Colour: Paprika Extract · Ground Turmeric · Ground Green Cardamom · Ground Mace · Whole Cumin Seeds · Chilli Powder · Ground Cinnamon · Paprika · Ground Ginger · Ground Fennel Seeds · Ground Cloves · Ground Nutmeg · Ground Bay Leaves · Chilli Extract.

For allergens see ingredients in **bold**.

Not suitable for **Nut** allergy sufferers due to manufacturing methods.

Where there is a risk of cross contamination with any of these allergens an additional statement will appear in the blue box stating 'Not suitable for X allergy sufferers due to manufacturing methods'. It is important that our customers take notice of these warning statements as a detailed risk assessment has been carried out before adding this statement.

It is best to always check the ingredients list before purchasing to help identify whether foods are suitable for your diet.

Further information

For further information or to request another list please get in touch directly at nutrition@marksandspencer.com or speak to our Customer Services team on 0845 302 1234.

For more information about allergies and intolerances please visit our health website www.marksandspencer.com/health

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Ambient Celebration F33A		Tropical Fish - Valentines Pick & Mix Love Sweets	290289
Bucks Fizz Bears - Valentines Pick & Mix Love Sweets - Customise Boxes Of Sweets X10	290814	Turkish Delight	793063
Chewy Fruit Drops Tin - Sicilian Lemon, Spanish Peach, Italian Blood Orange	378345	Turkish Delight In Wooden Gift Box	379779
Christmas Prosecco Jelly Stars	289641	Union Jack Tea Caddy	235884
Cider And Glass Gift	996600	Bakery F09A	
Classic Recipe Gluten & Dairy Free Christmas Pudding	335591	4 Hot Cross Buns	18593
Create Your Own Cranberry Vodka	280648	Baguette	973786
Easter Jellies (carrots & Bunny's)	950596	Brown Rolls	731478
Egg Hunt Activity Box	304184	Brown Seeded Loaf	731492
Extremely Fruity Gluten Free Christmas Pudding	49795	Ciabatta	973755
Foam Bananas - Valentines Pick & Mix Love Sweets - Customise Boxes Of Sweets	290623	Crumpets	814720
Gold Gin And Tonic Cocktail Gift	280532	Gluten Free Fruit Bread	892643
Handmade Nougat Egg	307468	Green Olive Ciabatta Rolls X 2	973762
Jelly Fruits	564946	Made Without Brown Bloomer Slices	944175
Made Without Chocolates	291231	Made Without Sliced White Boule	944182
Marzipan Spring Fruits	71192	Made Without Wheat Sourdough Thins	347099
Mini Wine Duo And Glasses Gift	940351	Made Without Wheat Super Seeded Thins	346931
Paddington Pals	197212	Pizza Bases X 2	973731
Paddington Treats In Printed Message Pouch	197373	Sea Salt & Rosemary Focaccia	27120
Pear Christmas Trees	223980	Tea Cakes X 2	973779
Poisonous Scorpions	936750	White Loaf	731515
Prosecco Jellies	884082	Beers & Spirits F21A	
Prosecco Jellies Cube - Presecco, Peach Bellini, Raspberry Bellini	378222	1 Litre 3 Year Old Brandy	655941
Sparkling Cocktail Collection	53785	2 Hot Buttered Rums	891134
Spook 'ems	730563	20cl 3 Year Old Brandy	655965
Spooky Ghosts & Vampire Bats	168298	20cl Spirit Of London Gin	888950
Spooky Ghosts And Vampire Bats	939386	70cl 3 Year Old Brandy	655958
Spring Fruit Jellies	71246	Berry Liqueur	24525
Super Scary Fizzy Spiders	158732	Black Forest Gateaux Liqueur	50401
Sweetie Selection Games Box	197076	Blackberry And Gin Fizz	938013
Teas Of The World	53822	Breton Cider	679534
The Collection Gluten Free Extremely Fruity Christmas Pudding	828147	Cassis De Dijon 35cl	886413
		Cherry Brandy 35cl	886444
		Chocolate Opal	993067
		Christmas Cake Liqueur	993012
		Christmas Mince Pie Martini	50432
		Cider In Can 4 X 440ml	679466

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Cider In Can 440mls	679473	Mid Tier Vodka 1 Litre	743945
Citrus Vodka (boudier)	810975	Mid Tier Vodka 20cl	743952
Classic English Single Malt 20cl	61612	Mid Tier Vodka 70cl	743969
Classic English Single Malt Whisky	939768	Mint And Cucumber Gin	971959
Coconut And Banana Liqueur	89395	Monnet Cognac Selection 3 X 5cle 40% Vol Monnet Vs Monnet Vsop Monnet Xo	42239
Coconut And Lime Rum	89401	Monnet Cognac Vsop	477222
Coffee Liqueur 35cl	886420	Non Duty Stamped - Mid Tier London Dry Gin 1 Litre	810883
Cornish Cloudy Farmhouse Cider	24617	Non Duty Stamped - Mid Tier Vodka 1 Litre	810937
Cucumber Martini	32704	Orange & Brandy Liqueur 35cl	886437
Dabinett Single Varietal Cider	785815	Passion Fruit Liqueur - 20%	922586
Devon Farmhouse Cider	861144	Pomegranate Liqueur -24%	922593
Devon Farmhouse Cider With Elderflower Infusion	24648	Raspberry Vodka	743853
Devon Farmhouse Cider With Raspberry	24518	Rhubarb Vodka	898089
Elderflower Liqueur 35cl	886390	Six Isles Blended Malt Whisky	61650
Espresso Martini	937986	Sloe Gin	743846
Ferrand Caribbean Plantation Xo Rum	905282	Somerset Oak Matured Vintage Cider	679541
Ferrand Guatemalan Plantation Gran Reserva Rum	905275	Somerset Traditional Cider	679435
Garden Pea And Mint Vodka	32674	Southwold British Vodka In Gift Tube	891561
Gift Box - Top Tier London Dry Gin	812542	Speyside 12 Year Old Single Malt	812498
Gin Selection	991117	Spiced Clementine Gin	50340
Ginger Wine (boudier)	891530	Summer Cup	24549
Gingerbread Rum (boudier)	895750	Think Pink Gin	743877
Glengoyne Single Malt Whisky	743822	Toffee Vodka (boudier)	810968
Good Tier Vodka 70cl	743891	Top Tier London Dry Gin	743990
Good/entry Gin - 70cl	743884	Vermouth	971911
Hazerdine Orchard Vintage Cider	964258	Vintage Pear Cider	708456
Hot Chocolate Chilli Vodka	937993	Vodka Selection Pack	942836
Inverglan Select Reserve Blended Scotch Malt Whisky Aged 12 Years	12720	Xo Monnet Cognac	50272
Kenmore 1l	291514	Biscuits F10A	
Kenmore 20cl	291521	8 Meringue Nests	393027
Kenmore 70cl	386159	Belgian Dark Chocolate Rice Cakes	348171
Kenmore Whisky All Year Round Gift	682350	Mini Coconut Macaroons	939096
M&s Dark Rum	683418	Mini Meringues	399777
M&s White Rum	683401	Pecan, Apricot & Peach Bar	401562
Marks & Spencer Brandy	642545	Unsalted Whole Grain Rice Cakes	363150
Mid Tier Gin - 1 Litre	743921	Confectionery F13A	
Mid Tier Gin - 20cl	743914	American Hard Gums	50692
Mid Tier Gin - 70cl	743938		

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Assorted Fruit Sherbet	158039	Midget Gems - 2 For ?1	812085
British Pudding Sweets	28592	Mint Imperials	318518
Cherry Jellies	88855	Mixed Up Meerkats	89784
Chewy Fruits	992718	Mocktail Jellies	87698
Chewy Mints	50722	Mocktail Jellies	397360
Clear Fruits	808385	Peppermint Gum	673068
Coconut Mushrooms	88725	Red And Black Gums	50685
Coconut Mushrooms - 2 For ?1	812054	Reds & Blacks Sweet Suits	88688
Cola Bottles Cup	88718	Rhubarb & Custards - 2 For ?1	812122
Curiously Strong Gum	901765	Sherbet Lemons - 2 For ?1	812146
Curiously Strong Mints	11501	Spearmint Gum	673051
Curiously Strong Mints Roll Pack	906562	Spearmint Sugar Free Gum - (cup)	75084
Dark Chocolate Bar With Mint Crunch	100519	Sugar Free Clear Mints	539494
Dolly Mixtures	88749	Sugar Free Curiously Strong Mints	75060
Dolly Mixtures - 2 For ?1	812047	Sugar Free Fruit Gums	20817
Eat Well Cashew Nuts (tillpoint)	500128	Sugar Free Lemon & Strawberry Sherbets	23191
Fizzy Cola Bottles	89470	Sugar Free Orange & Lemon Fruit Drops - Box	539517
Fizzy Fruit Slices	88831	Sugar Free Wine Gums	75077
Fizzy Pop Sweets	29551	Super Sour Pastilles	992657
Foam Bananas & Monkeys	88701	Super Sour Pastilles	896924
Foam Bananas - 2 For ?1	812115	Terrance Turtles	439657
Foam Lobsters	88824	Tropical Fish	88862
Foam Shrimps - 2 For ?1	812153	Tropical Fish Cup	88879
Fruit Gums	375634	Veggie Fruit Gums	992640
Fruit Gums	784382	Veggie Fruit Pastilles	992633
Fruit Pastilles	375801	Veggie Wine Gums	992701
Fruit Pastilles	784504	Wine Gums	375566
Fruit Slices Cup	88695	Wine Gums	784498
Fruity Jelly Beans	88763		
Glacier Mints	940832	Cook F05C	
Jelly Babies	687010	Cajun Chicken	661461
Jelly Belly Sours	673389	Chicken With A Honey, Soy And Ginger Glaze	815529
Large Dark Chocolate Bar	974677	Leg Of Lamb With Wildflower Honey & Garlic Glaze	802826
Lemon Mint Gum	901758	Moroccan Style Cod Stew	689427
Made Without Dark Chocolate With Cocoa Nibs	101042	Scottish Lochmuir Salmon Fishcakes	524360
Made Without Dark Chocolate With Orange Sugar Crunch	99974	Thai Style Fishcakes	534338
Mango And Lime Sugar Free Gums	75053	Trad Veg	482042
Marshmallow Faces	89791		
Marshmallows	471824	Dairy F06C	
Midget Gems	88794		

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Almond Drink	996242	Arbroath Smoked Loch Etive Trout	610995
Avocado Spread	328920	Asian Kebabs	975421
Coconut Cream	328937	Avocado Mayonnaise Child Spec	549912
Coconut Drink	972666	Bbq Chicken Kebabs	547666
Cornish Cove Snowflake	252430	Bbq Relish Child Spec	549936
Dairy Free Low Fat Sunflower Spread	565028	Black Tiger Prawns	722971
Plain Soya Pot	329149	Breaded Yorkshire Ham	865302
Raspberry Soya Pots	89593	Bresaola	583060
Rice Milk	972314	Brit Roast Wiltshire Ham	373913
Soya Drink	869232	British Air Dried Cumbrian Style Ham	27007
Sunflower Spread - 500g	338370	British Cumberland Style Salami	27274
Vanilla Soya Pots	328951	British Honey Roast Ham	610452
Delicatessen F04C		British Honey Roast Ham	610452
		British Outdoor Bred Mini Roast Ham	374545
1 Boneless Roast Chicken Breast Fillet	258401	British Outdoor Bred Ready To Eat Honey And Mustard Glazed Ham	415545
1 Roast Chicken Breast Portion	651301	British Outdoor Bred Ready To Eat Sweetcure Ham	374552
10 Sticky Chicken Yakitori Kebabs	906494	British Pigs In Blankets	197670
12 Handmade Tiger Prawn Lollipops On Sugar Cane	821353	British Pulled Ham Hock	975162
12 Oriental Inspired Chicken Wing Lollipops	820431	Butternut And Chillli Harissa Dip	674591
14 Month Matured Parma Ham (2)	547062	C/o Antipasti Platter 480g	818193
16 Pigs In Blankets	39277	Caramelised Onion & Potato Tortilla	464383
2 Boneless Roast Chicken Breast Fillets	253734	Caramelsied Onion Houmous	862356
2 Ew Skinless Chicken Breast Fillets	607940	Cfto Whisky Gold Smoked Salmon Side	893022
2 Poached Salmon Fillets	547680	Chargrilled Calamari	798211
2 Roast Chicken Legs	650403	Chargrilled Calamari Rings	715959
24 Month Matured Prosciutto	302753	Chargrilled Calamari Rings	804677
24 Month Matured Special Reserve Parma Ham (With Consorzio Logo)	377744	Chargrilled Calamari Rings	981699
24 Sticky Asian Chicken Lollipops	973465	Chargrilled Calamari With Lime, Chillli & Mint	975551
3 Antipasto Toscano Selection	791281	Chargrilled Chicken Mini Fillets	138192
3 Italian Salami Selection	421287	Chargrilled Madagascan Prawns	892223
4 Boneless Roast Chicken Breast Fillets	255110	Chargrilled Olives And Peppers	716550
4 Roast Chicken Breast Portions	567633	Chargrilled Sweet And Smoky King Prawns	926249
4 Spanish Chorizo Sausages	664967	Chargrilled Sweet And Smoky King Prawns 140g	981682
50 Cocktail Sausages	228169	Chargrilled Tandoori Style King Prawns	856003
6 German Smoked Frankfurters	676786	Chicken Mini Fillets And A Sweet Chillli Dip	798303
6 Handcrafted Stuffed Vine Leaves	231961		
8 Falafels	352574		

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Chicken, Bacon & Sweetcorn	205504	Honduran King Prawns With A Lemon Drizzle & Chragrilled Asparagus	25157
Chilli & Coriander Prawns	709644	Honey & Tequila Prawns	975599
Chilli & Corriander Honduran Prawns	236089	Honey Roast Ham	866217
Chilli Olives	864411	Honey Roast Lean Ham 10 Slices	127578
Chorizo	516303	Honey Roast Salmon Flakes	273664
Christmas Party Crudite Selection	244985	Honey Roast Salmon Slices	437622
Chunky Layered Moroccan Style Houmous	465182	Hot & Spicy Sliced Chicken	421256
Co Honduran King Prawn Platter	720731	Hot And Spicy Chicken Wings	386838
Continental Meat Platter	640862	Hot Smoked Rainbow Trout	845328
Cook With M&s Tapas Spanish Chorizo	922883	Hot Smoked Salmon Selection Pack	454117
Cranberry & Orange Hot Smoked Salmon	892230	Hot Smoked Salmon Slices	378154
Culatello Di Parma	61636	Hot Smoked Trout Small	464802
Danish Chopped Ham	259200	Houmous 200g	607537
Dip Selection - Stacker Pack	547116	Houmous 300g	234474
Dip To Share Houmous And Chilli And Herb	712484	Houmous Eu	876247
Ew Prawn Cocktail	759397	Houmous Selection Pack	862387
Extra Lean Corned Beef	312547	Ib?rico Ham. Jam?n De Cebo Ib?rico (50% Raza Ib?rica)	27304
Extra Lean Ham	256353	Indonesian Black Tiger Prawns With Orkney Crab Claws And Mango & Chilli Jam	716031
Extra Lean Ham	256353	International - 2 Roast Chicken Legs	887656
Extra Lean Ham 25 Slices	610469	Irish Extra Lean Ham	256353
Extra Lean Ham 25 Slices	610469	Irish Extra Lean Ham	256353
Fiery Tomato Salsa	922760	Irish Extra Lean Ham 25 Slice	610469
Food To Ordersliced Mexican Chilli And Chargrilled Chicken Platter	720465	Irish Extra Lean Ham 25 Slice	610469
Free Range Egg Mayonnaise Deli Filler 220g	728959	Irish Ham	610445
Fto Antipasti Selection From Our Special Reserva	860277	Irish Honey Coated Ham	610452
Fto Bbq Wing & Drum Platter	942669	Irish Honey Coated Ham	610452
Fto Bresaola	860239	Italian Antipasto Tasting Selection	713023
Fto Parma Ham	864053	Italian Antipasto Delicatessen Selection	585873
Gap - Perfect Roast Duck	865548	Italian Antipasto Special Reserve Selection	790901
Garlic & Parsley Honduran King Prawns 90g Promo Pack	682220	Italian Cooked Ham	665162
Garlic Sausage	265911	Italian Cooked Meat Selection	883900
German Peppered Salami	716505	Italian Cooked Meat Selection	863094
Grilled Chorizo And Peppers	712811	Italian Diced Pancetta	571944
Guacamole	835848	Italian Pancetta Slices	616744
Honduran King Prawns	778886	Jam?n De Bellota Ib?rico (100% Raza Ib?rica)	61629
Honduran King Prawns With A Basil Pesto Dressing	376150	Just Add Bbq Chicken	864374

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Just Add Chargrilled Chicken	355766	Peri Peri Chicken Wings	864381
Just Add Chargrilled Scallops	922876	Piri Piri Houmous	922494
Just Add Moroccan Chicken	864343	Pitted Full Flavoured Spanish Cuquillo Olives	26949
Just Add Roast Plain Chicken	322027	Pitted Lemon & Coriander Olives	26963
Just Add Smokey Bbq Chicken Chunks	922890	Pitted Mild & Fruity Halkidiki Olives & Tomatoes	862424
Large British Breaded Ham	665124	Pitted Piri Piri Olives	27045
Large Wafer Thin Honey Roast Ham	616690	Pitted Spanish Mild Manzanilla & Full Flavoured Cuquillo Olives	701235
Lean Corned Beef 3 Slices	259309	Pitted Spanish Mild Manzanilla Olives	546720
Lean Roast Chicken Breast	171243	Pitted Sweet & Smoky Chargrilled Olives	27250
Lemon & Herb Poached Salmon	464789	Poached Salmon Fillet	856546
Lemon & Pepper Honduran King Prawns 90g Promo Pack	682244	Poached Salmon Flakes	283540
Lemon And Coriander Houmous	862363	Porchetta Toscana	791274
Lumpfish Caviar	245203	Pork Tongue	777797
Manzanilla Olives With Chorizo	797788	Prawn & Crab Cocktail	716079
Marinated Antipasti Selection With Pitted Cuquillo Olives	701181	Prawn And Calamari Seafood Salad	797825
Marinated Anchovy Fillets	701211	Prosciutto Di San Daniele	863117
Marinated Chilli & Coriander King Prawns 140g	981675	Prosciutto Toscano Dop	791267
Marinated Flame Seared Italian Artichokes	465021	Ready To Eat British Suffolk Ale Cured Ham	952958
Marinated Garlic And Parsley King Prawns	509527	Ready To Eat Cured And Cooked Ham, Beef And Game Platter	574785
Marinated Garlic And Parsley King Prawns	981668	Roast Chicken Drumsticks	254090
Marinated Grilled Peppers	701174	Roast Chicken Drumsticks	398503
Marinated Italian Slow Roasted Vine Tomatoes	622165	Roast Chicken Jumbo Drumsticks	144117
Marinated Italian Sundelisi Tm Tomatoes	922418	Roast Chicken Slice X 3	373937
Marinated Vegetable Antipasti Selection	797689	Roast Chicken Slices Better Value Pack	531948
Mini Hot Dogs	713030	Roast Chicken Thighs	264341
Mini Snacking Salami	713054	Roast Red Pepper And Toasted Pine Nut Dip	797658
Morrocan Style Chicken With Butternut And Chickpeas	922951	Roasted Butternut Squash And Chickpea Salad	862509
Morroccan Chicken Kebabs	506922	Roasted Pork Loin	118910
Mortadella	863964	Rotisserie Whole Roast Chicken	925235
Organic Houmous	302661	Salami Milano 80g	208994
Orkney Dressed Crab	499637	Salami Milano 30g	646987
Orkney White Crab Meat	334853	Salami Napoli	264587
Peeled Large King Prawns	810807	Scottish Boneless Smoked Mackerel Fillets Fixed Weight	798440
Peeled Large King Prawns 80g	687393	Scottish Boneless Smoked Peppered Mackerel Fillets Fixed Weight	798457
Peppered Smoked Mackerel	177566		

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Scottish Lochmuir Salmon Bag For Home Freezing	671101	Stuffed Olives With Pimento	465571
Scottish Smoked Salmon 6 Thin Slice	282178	Sweet & Smoky Chicken Thighs	922821
Scottish Smoked Salmon Mild & Delicate	245043	Sweet And Smoky Chicken Thighs (formally Sweet Chilli Thighs)	707589
Scottish Smoked Salmon Smoky & Robust	245050	Sweet Chilli Hot Smoked Salmon	976022
Scottish Smoked Trout	944335	Tequila & Lime Wings	975407
Seafood Selection Platter	973571	Tomato Salsa Dip	322171
Seafood Sticks	236201	Tuna & Sweetcorn	188968
Serrano Ham	415033	Unsmoked Bacon Strips	189095
Serrano Ham	790833	Wafer Thin Breaded Ham	866651
Serrano Ham Joint With Knife And Stand	232906	Wafer Thin Breaded Ham 100g	775694
Single Malt Whisky Smoked Salmon 200g	892254	Wafer Thin Ham 140g	615655
Skinny Egg Mayo	728935	Wafer Thin Turkey	258098
Skinny Houmous	145954	Whisky Gold Scottish Smoked Salmon	944250
Skinny Houmous X 3	516891	Whisky Smoked Scottish Salmon	909471
Skinny Tuna And Sweetcorn	259972	Whole Roast Chicken (fixed Weight) 1.1kg	383264
Sliced Chicken	343299	Whole Roast Chicken Catchweight	252935
Sliced Turkey Breast	383455	Whole Salami Gap	864077
Sliced Turkey Breast Dual Tray Size	675574	Yellow And Red Sunblush Tomatoes	797719
Smoked Mackerel	251914		
Smoked Sandwich Ham 8 Slices	775687	Desserts F08C	
Smoked Spiced Prosciutto	717083	12 Rainbow Jellies - Customer Ordering	903714
Spanish Style Chicken With Lima Beans And Roasted Red Pepper	922869	3 Mini Retro Jellies (multipack)	863339
Spec Cornish Smoked Sardines	611084	3 Raspberry Jellies	863360
Special Reserve Italian Meat Selection	778558	Blackcurrant And Tahitian Vanilla Jelly	56144
Spicy Red Pepper Houmous	311304	Christmas Compote	246019
Spicy Spanish Chorizo Slices	922852	Cosmopolitan Jelly	864008
Sticky Bbq Chicken Drums	866903	Dessert Menu Summerfruit Compote 500g	68567
Sticky Bbq Chicken Wings	666046	Eat Well Berry & Cherry Jelly Terrine	559164
Sticky Chicken Yakitori Kebabs	973489	Exotic Jelly Cubes	975063
Stone In Sweet & Buttery Italian Nocellara Olives	862493	Freshly Squeezed Orange Juice Jelly	681292
Stone In Basil & Garlic Marinated Olive Selection	299596	Fruit Jellies	770477
Stone In Basil & Garlic Marinated Olive Selection	398299	Mojito Jelly	864015
Stone In Full Bodied Greek Kalamata Olives	231855	Peach Melba Jelly	681193
Stuffed Olives With Garlic, Pimento & Jalapeno	712705	Pineapple And Glitter Jelly Crown	852470
		Pomegranate & Elderflower Jelly	771207
		Raspberry And Prosecco Spheres	842471

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Raspberry, Pomegranate And Elderflower Jelly	975117	Cornish Sardines	915786
Direct Hampers F18A		Crinkle Cut Chips	696890
Create Your Own Blueberry Gin	12911	Deliciously Different- Wild Alaska Keta Salmon Fillets	835466
Direct - Crack Open The Cava	905459	Fresh Brill	74438
Direct -celebrate In Style - Ice Bucket And Cava	905992	Fresh John Dory	74452
Salmon And Champagne Gift	287012	Fresh South Coast Hake	74445
Fish F62C		Fresh South Coast Lemon Sole	74469
2 (skin On) Organic Scottish Salmon Fillets (c/w)	510332	Fto 2 Gluten Free Chicken & Mushroom Crispbakes	860482
2 Cod Fillets With Tomato,lemon And Herb Marinade	794268	Fto 2 Gluten Free Crumbed Cod Fillets	860529
2 Gluten Free Breaded Cod Fillets	821230	Fto 2 Gluten Free Scottish Lochmuir Salmon Fishcakes	860512
2 Gluten Free Chicken & Mushroom Crispbakes	348706	Fto Raw Honduran Prawns With Chilli & Corinader Marinade (banded Pack)	837897
2 Gluten Free Cod Fillet Fishcakes	943741	Gap - Sea Bream	567718
2 Gluten Free Crumbed Cod Fillets	821230	Haddock Loin Skin Pack	558013
2 Gluten Free Scottish Lochmuirtm Salmon Fillet Fishcakes	821209	Hake Fillets	55277
2 Large Cod Fillets	498968	Hake Fillets	862752
2 Large Haddock Fillets	498869	Honduran King Prawns With Lemon And Black Pepper	857512
2 Large Lemon Sole Fillets	416085	International - 2 Large Smoked Haddock Fillets	898928
2 Large Plaice Fillets	416078	International - Cod Loin Skin Packs	898959
2 Large Smoked Haddock Fillets	498906	International - Haddock Loin Skin Packs	898966
2 Large Tuna Steaks	468770	King Prawns	716383
2 Lochmuir Scottish Salmon Fillets	564465	Lightly Smoked Lochmuir Salmon Bag Minimum 5 Fillets	558051
2 Lochmuir Scottish Salmon Fillets Promo	683036	Lochmuir Salmon "try Me" Fillet 120g	593939
2 Monkfish Fillets	372909	Lochmuir Scottish Salmon Fillet Joint	306782
2 Scottish Loch Trout Fillets	329279	Mediterranean Butterflied Seabass	24433
2 Scottish Whole Rainbow Trout	440066	New Cod Fillets Bag X 6	551687
2 Sea Bass Fillets	473323	New Smoked Haddock Fillets Bag X 6	551717
2 Wild Pacific Salmon Fillets	434829	Pil Pil Prawn Skewers	974189
4 Lochmuir Scottish Salmon Fillets	196260	Raw Honduran Prawns	541473
4 X Cod Fillets With A Sundried Tomato Dressing (co Brochure 2010)	720397	Raw Honduran Prawns With Chilli & Corinader Marinade	561853
8 Lochmuir Scottish Salmon Portions (bag)	370554	Raw Indonesian Black Tiger Prawns	915779
Alaskan Black Cod Fillet	24389	Raw Scallops	201360
Banded Pack Trout Fillets X 2	561891	Raw Seafood Selection	720588
British Roe-off King Scallops	24419	Raw Seared Calamari Rings With Salt And Mixed Pepper Seasoning	720625
British Roe-on King Scallops	24464		

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Samphire	25775	Chili, Lime And Coconut Super Seeds	82686
Scottish Smoked Haddock	782708	Chilli, Coriander And Coconut Nut Mix	82693
Sea Bass Bag Minimum 5 Fillets	600606	Chorizo & Rice Salad (produce)	682787
Single Smoked Haddock Fillet	707015	Classic Fruit Salad & Melon & Grape Munchies	925150
Smoked Cod Fillets X 2 (dyed)	561884	Cocoa And Coconut Fruit And Nut Bar	82150
Smoked Haddock Loin Skin Pack	558020	Cocoa And Orange Fruit And Nut Bar	82198
Smoked Lochmuir Tm Scottish Salmon	535175	Cou Crayfish & Mango Salad	784177
Torbay Sole Fillets	513012	Cou Sweet Chilli Veg Sushi Wrap	699792
Triple Cooked Chips	26123	Cracked Black Pepper & Salt Popped Potato Chips	99165
Undyed Smoked Haddock Fillets X 2	541404	D&n Oriental Mix	968553
Wild Madagascan Prawns	24488	Darjeeling Tea With Raspberry Juice Infusion	30076
Wild Pacific Halibut Steaks X 2	513036	Detox Fresh Juice - Apple, Grape, Mint, Dandelion & Nettle - Fotm	851732
Food onthe Move F07C			
100% Freshly Squeezed Orange Juice (with Bits)	117418	Diet Cloudy Lemonade 500ml	741590
100% Freshly Squeezed Orange Juice Smooth	78948	Diet Florida Orange	393072
Active Health Juice Booster Apple, Cucumber & Mint	78870	Diet Ginger Beer 500ml	900027
Agua Fresca Orange, Lemon & Mint	390354	Diet Lemonade 500ml	220347
Agua Fresca Watermelon & Lime	95518	Diet Pink Cranberry Lemonade 500ml	866576
Almonds	943222	Eatwell Lightly Salted Coated Rice Cakes	99158
Apple & Mint Iced Tea	30069	Elderflower Presse	32292
Apple And Cinnamon Super Seeds	82624	Eu Ew Still 500ml	949927
Apple And Sultana Chunky Bar	82594	Eu Sparkling 500ml	949453
Apple, Coconut Water, Cucumber & Spinach	30014	Festive Cranberry & Orange Sparkle Jelly	946803
Asian Beef Salad Lettuce Cup	658256	Ffl Spanish Chicken & Bean Salad Fotm	907972
Baked Falafels With Reduced Fat Houmous Dipper	979894	Fotm Apple And Raspberry 500g	664110
Berries And Coconut Super Seeds	82730	Fotm Big Crinkle Flame Grilled Steak	805612
Berry Medley	664103	Fotm Big Crinkle Salt And Vinegar	805605
Blood Orange Sparkling Water	906388	Fotm Cajun Spiced Plantain Chips	86936
Blt	62916	Fotm Christmas Bag 2013	586498
Bombay Spice Super Seeds	82761	Fotm F&n Salad - Applewood	818490
British Chicken Bbq Bites	927598	Smoked Ham With Potato Salad & Autumn Fruit Chutney	
Cashew Nut Fruit And Nut Bar	82211	Fotm Grape Pot	989893
Cashew Nuts	462907	Fotm Hand Cooked Prawn Cocktail Crisps	869317
Cheerful Cherries	431668	Fotm Sizzling Fruit Salad	908160
Cherry And Berry Cashews	82754		
Cherry And Cocoa Chunky Bar	82785		

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Fresh Mango 180g	408219	Ftg Watermelon	606516
Freshly Squeezed Orange Juice & Crushed Mango	434355	Great British Summer Picnic Mat	870443
Freshly Squeezed Orange Juice & Crushed Mango	434362	Green Chilli, Lime And Coriander Pea Snaps	842877
Freshly Squeezed Pomegranate Juice	488532	Guilt Free Lightly Salted Popchips	99189
Freshly Squeezed Still Lemonade	117449	Ham Hock & Tewkesbury Mustard Hc Crisps - Xmas - Fotm	839884
Freshly Squeezed Still Lemonade	464864	Harissa Sweet Potato Handcooked Crisp	378635
Fruit Mix	878197	Lemon & Lime Sparkling Water	348157
Fruit Salad	826402	Lemon And Rosemary Olives	82846
Ftg 2 Chicken Drumsticks	396172	Lightly Salted Air Popped Corn	82877
Ftg Apple & Mango Juice	667579	Lightly Salted Multiseed Tortillas	82853
Ftg Cou Sea Salt Crisps	280433	Ltd Ed Fragrant Crayfish & Mango Ftg Salad	496384
Ftg Ew Cox's Apple	451642	Made Without.. Chicken Salad Sw	981637
Ftg Fc Tropical Juice	664844	Made Without.. Egg & Watercress Sw	981651
Ftg Festive Fruit And Nut Collection	515139	Mango Fruit Bar	82235
Ftg Hand Wipes	470742	Mango, Pineapple & Passion Fruit Smoothie	666411
Ftg Hc Light Salted Crisps	599320	Mango, Pineapple & Passion Fruit Smoothie	778015
Ftg Hc Salt & Pepper Crisps	155656	Maple Bacon Flavoured Popcorn	946728
Ftg Houmous & Carrot Dipper	619400	Melon & Grape	790222
Ftg Lightly Sea Salted Parsnip, Sweet Potato And Beetroot Mixed Vegetable Crisps	604024	Melon & Grape	790222
Ftg Mango	599238	Mixed Berry Fruit And Nut Bar	82297
Ftg Melon & Grape 200g	790222	Nectarine & Raspberry	808095
Ftg Melon & Grape 200g	790222	Never From Concentrate Aloe Vera, Grape & Apple	78887
Ftg Orange Melon	606530	Never From Concentrate Coconut Water 250ml	978576
Ftg Piel De Sapo Melon, Nectarine, Strawberry And Raspberry	619424	Nut Assortment	503051
Ftg Pineapple, Watermelon, Nect, Cantaloupe	716826	Olives - Chilli	828994
Ftg Pomegranate	599245	Orange Fruit Jewelled Jelly - Fotm	831758
Ftg Pomegranate And Raspberry Juice Drink	499491	Paprika Handcooked Crisps	378703
Ftg Pomegranate Juice	493239	Peach & Raspberry Still Water	466301
Ftg Pure Apple Juice From Concentrate	664820	Pineapple, Mango, Kiwi & Blueberry Fruit Salad.	678858
Ftg Rose Le Froglet To Go	716994	Pineapple, Melon & Grape	661966
Ftg Sauvignon Blanc White Le Froglet To Go	863391	Pink Lady Apple Bag - Health - Fotm	786843
Ftg Seasonal Mix With Plum, Rocha Pear, Apple And Blackberry	621304	Piri Piri Pea Snaps	842884
Ftg Summer Berry Medley	545112	Prawn & Coconut Lollipops	89821
Ftg The Big Crunch Salt And Cider Vinegar	716772	Prawn & Mango Lettuce Cup	658317
Ftg Tropical Fruit Sticks	619370	Prawns With Sweet Chilli Dip	699891

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Pressed & Crushed Apple, Pomegranate, Cherry & Acai Juice	976527	Sweet Citrus Medley	76685
Pressed & Crushed Pineapple, Golden Berry & Ginger Juice	30113	Sweet Potato Parsnip & Beetroot Hand Cooked Vegetable Crisps	120623
Pressed & Crushed Pineapple, Watermelon & Aloe Vera Juice	976534	Tom Yum Chicken And Rainbow Sushi Rice Salad	875608
Pressed Carrot Juice	92944	Totally Tropical	854023
Pressed Greens	92951	Tropical Medley Fotm	808675
Pressed Pink Lady Apple Juice	472821	Tropical Smoothie	23078
Pure Freshly Squeezed Orange Juice	944908	Tuna Nicoise	876384
Purely Coconut	978385	Wasabi Popcorn	978613
Purely Mango	881302	Frozen F02F	
Purely Pineapple	997669	10 Mini Fruit Ice Lollies	32148
Raspberry & Pomegranate Juice Drink	976862	2 Bake In Bag Cod And Tomato	808903
Refreshing Raspberry & Cranberry Juice Drink	831826	2 Line Caught Natural Cod Fillets	935760
Roast Chicken & Kale Leafy Salad	31523	2 Natural Salmon Fillets	935784
Roasted & Salted Cashews And Peanuts	974776	2 Smoked Haddock Fillets	104517
Roasted Red Pepper Cous Cous Chips	378741	6 Pineapple, Coconut & Lime Lollies	965941
Salted Popcorn	782869	6 Valencia Orange Ice Lollies	419246
Sfl Fotm Thai Chicken Soup	911993	9 Gluten Free Fish Fingers	816564
Smoked Salt And Mixed Pepper Pea Snaps	842860	Alphonso Mango Sorbet	355841
Soft Apricots	710084	Beef Stock	851848
Spanish Peach Iced Tea	30045	British Broad Beans	689779
Sparkling Florida Orange 500ml	393041	British Raspberries	343015
Sparkling Irish Natural Mineral Water	159852	British Summer Fruit Selection	454278
Spiced Seed And Nut Mix	83010	British Sweet Parsnip Chunks	586115
Spicy Red Pepper Houmous & Crudite Dipper	619417	Butternut Squash Chunks	687553
Still Irish Natural Mineral Water (1l)	925105	Canadian Lobster Halves	63180
Still Irish Natural Mineral Water (500ml)	654708	Canadian Lobster Tails	63197
Strawberry & Banana Smoothie	23085	Carrot, Onion & Celery Base Mix	849777
Strawberry Fruit Bar	82242	Casserole Vegetable Mix	849906
Strawberry, Grape And Apple ?2	676533	Chicken Stock	851855
Summer Berry	808088	Chopped Basil	851862
Super Berry Smoothie	537797	Chopped Coriander	851879
Super Berry Smoothie	544894	Chopped Oregano	851916
Superwholefood Shaker Salad	716963	Chopped Parsley	851817
Sweet & Salted Popcorn	854030	Cloudy Lemonade Lollies	712118
		Colin The Caterpillar Ice Lollies	796576
		Crinkle Cut Chips	62886
		Diced Garlic	851794
		Diced Ginger	851886
		Diced Red Chilli	851909

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Extra Large Greenlandic Prawns	452472	Simply M&s Fruit Lollies - 8 Pack	918381
Fish Pie Mix	808873	Simply Steak Cut Chips	841948
Fish Stock	851923	Simply Steak Cut Chips	95020
Frozen 6 New Zealand Lamb Loin Chops	772051	Simply Straight Cut Chips	95037
Frozen Cooked Honduran King Prawns	712392	Simply Straight Cut Chips	323796
Frozen Diced Oakham Chicken Breast Fillets	708302	Sliced Peppers	849753
Frozen New Zealand Half Leg Lamb	772068	Sliced Runner Beans	133838
Frozen Oakham Chicken Breast Fillets	708319	Steam Veg Medley (broccoli / Carrot / Sweetcorn)	849838
Frozen Oakham Chicken Thighs & Drumsticks	708326	Steam Veg Medley (cauli/ Carrot/ Petit Pois)	849852
Frozen Raw Honduran King Prawns	712385	Super Bean Mix	151306
Frozen Sweet & Sour Chicken	776318	Sweetcorn	208352
Garden Peas 500g	849807	T/a Colin The Caterpillar Ice Lolly	802086
Gluten Free Breaded Cod	935791	Tomato Ragu Sauce	851893
Icelandic Cod Fillets X 6	457125	Valencia Orange Lolly	527491
Icelandic Smoked Haddock Fillets X 6 (500g)	156684	Vegetable Medley	741644
Large Canadian Prawns	450102	Vegetable Stock	851947
Lemon Sole Fillets	808897	Global Meal Solutions F03C	
Lemon Sorbet	657730	6 Vegetable Steamed Dim Sum (te)	709835
Line Caught Icelandic Cod Fillets	809986	Asian Rice	667470
Line Caught Icelandic Haddock Fillets	809993	Asian Slaw	939843
Made Without Dairy Coconut Milk Ice Cream	21647	Aubergine Achari	815697
Maris Piper Onion Rosti	892308	Bombay Aloo	161213
Mediterranean Style Potatoes & Vegetables	689885	Bombay Aloo Eu	903899
Partridge In A Pear Tree	53730	Catalonia Patatas Bravas With Creamy Aioli	610551
Petits Pois & Sweetcorn	740739	Channa Masala	815628
Petits Pois 1kg	62770	Chargrilled Calamari & King Prawns	993579
Petits Pois 500g	930239	Chicken Pakoras	685184
Pineapple, Coconut & Lime Juice Lolly	30915	Chicken Patatas Bravas X1	856447
Rice & Vegetable Mix X 4 Portions	849821	Count On Us Jacket Potato Deep Filled With Chilli Con Carne	205450
Rice & Vegetables	314237	Crispy Calamari With A Sweet Chilli Dip	39406
Sauteed Onion	849791	Crispy Vegetable Chaat Selection	949804
Scallops	308717	Eu Channa Masala	816816
Scottish Raspberry & Blackcurrant Juice Lollies	21531	Flat Rice Noodles	667449
Simply M&s Frozen Green Beans	889049	Fto Seafood Paella	903981
Simply M&s Frozen Spinach	889056	Gap - Prawn Vindaloo	859530
		Garlic Mushrooms	622196
		Green Vegetable Stir Fry Pack	667425
		Gunpowder Potatoes	939881

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Hot & Smoky Dip Selection	993371	3 Seed Granola	912754
Ifg Tarka Dahl F73c	988827	4 Citrus Fruits Marmalade	847933
Italian Style Sausages With Pepperonata	827485	4 Nut Granola	933216
Mixed Pepper Vegetable Pack	667371	4 Thai Green Curry Paste Shots	273732
Patatas Bravas	856324	4 Thai Red Curry Paste Shots	273619
Roast Mushroom & Cauliflower Biryani	817868	6 Cookie Bags	843294
Seafood Paella X2	856393	80 Decaffeinated Tea Bags	334150
Sicilian Lemon Chicken Skewers With Roastec Red Peppers	820103	80 Extra Strong Tea Bags	740555
Simply Tomato Sauce - Gap	867238	80 Extra Strong Teabags	716109
Spicy Valencian Marinated Chicken With Pimenton Peppers & Fritada Sauce	56021	A Terribly Clever "classic" Burger Starter Paste For Beef Mince	801614
Steamed Prawn And Tomato Dim Sum	788052	A Terribly Clever Aromatic Spiced Burger Starter Paste For Lamb Mince	800419
Tarka Dahl	369848	A Terribly Clever Hot & Spicy Burger Starter Paste For Beef Mince	800440
Tarka Dahl Eu	903844	A Terribly Clever San Marzano Tomato & Basil Starter Sauce For Fish	800495
Thai Chicken Curry Rice Bowl	775403	A Very British Spicy Tomato Sauce	738484
Thai Red Fishcakes	885751	Acacia Honey	818940
Tomato & Basil Sauce	448727	Afternoon Blend 80s	285421
Tomato & Basil Sauce (large)	643658	Agen Prunes	981774
Tomato & Chilli Sauce	635387	Albacore Tuna Fillets	809016
Tomato & Roasted Vegetable Sauce	460170	All Day Quarter Caf - Ground Coffee	994309
Groceries F19A		All Spice	914642
10 Peruvian Coffee Capsules	285629	Amarillo Chilli Relish	91527
12 Mini Pavlova Nests	981934	Ambient Breakfast Fruit Pots	809252
12 Spice Indian Cooking Sauce 09	687478	Ancho Chilli Mole Sauce	722193
160 Extra Strong Tea Bags	740531	Apple Sauce	737012
160 Extra Strong Teabags	859226	Apricot Compote	552684
160 Red Label Teabags	177054	Apricot Conserve	818933
160 Red Label Teabags 2010	730846	Apricot, Ginger & Sage Chutney	199681
20 Lemon And Ginger	730662	Apricots In Amaretto Syrup	993272
20 Pure Camomile Tea	730686	Arrabiata Pasta Sauce	670319
20 Pure Green Tea	730679	Assam 50 Tea Bags	730877
20 Pure Peppermint	730655	Avocado Oil	568227
20 Reviving Teabags 2010	730730	Avocado, Lime & Mint Dressing	428538
20 Strawberry And Raspberry	730693	Baked Beans - 4 Pack	713979
3 Easy Step Massaman Curry Kit	320139	Balsamic Glaze	568241
3 Easy Step Pad Thai Kit	320146	Balsamic Vinegar	234993
3 Easy Step Thai Green Curry Kit	320153	Balti Paste	568050
3 Easy Step Tom Yum Soup Kit	320115	Balti Sauce	687423

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Basil Infused Evo0 2011	793957	Cafe 10 Coffee Capsules	995917
Basmati & Wild Rice	207669	Cafe Granules 200g	461801
Basmati Rice	538848	Cajun Mayonnaise	91534
Basmati Rice 1000g	207553	Californian Walnut Halves	981767
Bay Leaves	568265	Calming Lavender, Limeflower & Camomile	328845
Beef Stock	568272	Calming Teabags	730723
Beetroot & Horseradish Chutney	738385	Canned Apricot Halves	809375
Beetroot And Horseradish Chutney	24822	Canned Baked Beans	809382
Berry & Orange Granola	818964	Canned Baked Beans Small Can	824590
Bicarbonate Of Soda	914604	Canned Beef Bolognese	809740
Bitter Sweet Seville Orange Marmalade	847957	Canned Beef Madras	809672
Black & White Chia Seeds	327343	Canned Butter Beans	809184
Black Forest Conserve	54058	Canned Cannellini Beans	867191
Black Onion Seeds	613934	Canned Chantenay Carrots	809351
Black Peppercorn Grinder	919548	Canned Chick Peas	809368
Black Peppercorns	719582	Canned Chicken Laksa	809733
Black Tapenade	726504	Canned Chicken Thai Green Curry	809696
Blackcurrant And Bramley Apple Coulis	25102	Canned Chilli Con Carne	809689
Blackcurrant Conserve	818971	Canned Garden Peas	809085
Blueberries	613279	Canned Hot Beef Curry	809894
Bolognese Pasta Sauce	670272	Canned Hot Chicken Curry	809849
Bombay Potatoes Spice Kit	574211	Canned Mandarins	808996
Borrettane Onions	20961	Canned Mango Slices	809108
Bouquet Garni	568289	Canned Mild Chicken Curry	809856
Brazilian Sul De Minas Ground Coffee	286176	Canned Mixed Vegetable Curry	809825
Breakfast Blend 80 Teabags	740609	Canned New Potatoes	823906
British Baby Beetroot	738811	Canned Peach Slices	809030
British Caster Sugar	964197	Canned Pear Quarters	809092
British Cold Pressed Rapeseed Oil	813105	Canned Pineapple Chunks	809009
British Duck Fat	893084	Canned Pineapple Rings	809115
British Duck Rillettes	199636	Canned Red Kidney Beans	809054
British Free Range Goose Fat	823517	Canned Tropical Mixed Fruit	809344
British Pork Rillettes	199520	Caper Berries	726511
British Raspberry Soft Set Jam	738446	Caponata	21104
British Raspberry Soft Set Jam	819015	Caramel Syrup	994705
British Rhubarb And Ginger Jam	847971	Caramelised Orange & Calvados Marmalade	823944
Burger Mayonnaise	497602	Cardamom Pods	613637
Butter Beans In Tomato Sauce	730396	Caraway Seeds	613712
Caf? Connoisseur Roast And Ground Coffee	730990	Cashew Nuts	613385
Caf? Noir	741415	Ceylon 50 Teabags	730891
		Chai Teabags 50	735292

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Chargrilled Artichoke	727259	Columbian	994316
Cherry Tomato & Balsamic Pasta Sauce	790260	Columbian Ground Coffee	735315
Cherry Tomatoes	937177	Columbian 10 Coffee Capsules	995832
Chestnut Chutney	480062	Columbian Beans	735308
Chestnut Chutney	224345	Columbian Decaf Ground Coffee	730983
Chicken Jalfrezi Spice Kit	574228	Columbian Microground Instant Coffee	285957
Chicken Stock	568296	Concentrated Beef Stock	163521
Chicken Tikka Masala Spice Kit	574181	Concentrated Chicken Stock	163514
Chilli Con Carne Sauce	578608	Cook With M&s Recipe Paste Classic Chilli For Minced Beef Or Veggies	935289
Chilli Flakes	613736		
Chilli Infused Evoo 2011	793926	Cook With Recipe Paste Fire Roasted Tomato & Rosemary For Sausages & Fish	816052
Chilli Pickle	689892		
Chipotle Chilli Flakes	970389	Cook With Recipe Paste Paella For Chicken, Seafood Or Vegetables	800341
Chipotle Chilli Paste	48620		
Chopped Mixed Nuts	574013	Cook With Recipe Paste Risotto For Chicken, Mushrooms	815833
Chopped Shallots	568159		
Chunky Cajun Marinade	497589	Cook With Recipe Paste Smokey Paprika & Lemon For Chicken Or Lamb	816045
Chunky Corned Beef	294126		
Chunky Lentil & Bacon	699945	Cook With Recipe Paste Spanish Casserole For Chicken Or Fish	817417
Chunky Lentil & Bacon Soup	816311		
Chunky Vegetable & 3 Bean Soup	816243	Cook With Recipe Paste Stroganoff For Beef, Pork Or Mushroom	815864
Chunky Vegetable Soup	816298		
Cider Vinegar	793933	Cook With Rhubarb Compote	738514
Cinnamon Sticks	568302	Coriander Seeds	613675
City Blend 40s	740524	Cou Smoky Chipotle Chilli Con Carne	955034
City Blend 40s	328791		
Classic 10 Coffee Capsules	995801	Cou Three Bean Chilli (smaller Can)	809788
Classic French Dressing	313896	Count On Us Jalfrezi Sauce	910972
Classic Mayonnaise With Extra Virgin Olive Oil	448017	Count On Us Sweet And Sour Sauce	910989
Classic Mincement	480093	Cranberries	613262
Classic Roast And Ground Coffee	730938	Cranberry & Port Sauce	737456
Classic Tea	372800	Cranberry And Blood Orange	162692
Cloves	568319	Cranberry Sauce	737463
Coarse Ground Black Pepper	676748	Cream Of Tartare	914611
Cocktail Cornichons	737142	Creole Paste	91664
Coconut And Coriander Koftes With Brown Rice	264020	Crinkle Cut Beetroot	737500
Coconut Cream	959063	Crunchy Peanut Butter	819060
Coconut Milk	568517	Cuban Black Bean Paste	91657
Coffee Filters	741460	Cucumber, Gin And Mint Relish	24877
Colombian Antioquia	285940	Cumin Seeds	613682
		Cured Chicken Breast 213g	788854
		Cured Ox Tongue 184g	788892

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Cured Turkey Breast 213g	788922	Ethiopian Sidamo Ground Coffee	285964
Damson & Sloe Gin Conserve	823968	Etna Olives	730464
Danish Lean Ham 213g	788878	Ew Tuna Steak In Spring Water 3 X 80g	534970
Danish Mackerel Fillets In Olive Oil	809160	Ew Tuna Steak In Spring Water 4 X 200g	534963
Danish Mackerel Fillets In Tomato Sauce	809245	Extra Strong 240	740548
Darjeeling Teabags	735421	Extra Strong Loose Tea	741965
Dark Muscavado Sugar	568531	Extra Strong One Cup Teabags 2010	740562
Dark Seville Orange Marmalade - Extra Coarse Cut	847896	Extra Virgin Olive Oil	549233
Decaf 80	740586	Fairtrade Demerara Sugar	542265
Deliciously Crunchy Cashew Butter	998109	Fairtrade Golden Granulated Sugar	542272
Dessicated Coconut	613378	Fajita Spice Mix	722261
Detox Teabags	735339	Fennel Seeds	613729
Dijon Mustard	738460	Fenugreek	613743
Dipping Oil. Extra Virgin Olive Oil, Chilli & Garlic	549677	Fish Stock	568388
Dried Ancho Chillies	573870	Flaked Californian Almonds	574020
Dried Basil -jar	739863	French Lavender Honey	850308
Dried Cayenne Pepper - Jar	739924	Fruit Tea Selection Pack 2010	735384
Dried Chinese 5 Spices - Jar	739955	Fruity Amarillo Dressing	915182
Dried Chives - Jar	739931	Garlic Infused Evoo 2011	793902
Dried Coriander Leaf - Jar	739894	Garlic Stuffed Halkadiki Olive	730402
Dried Cumin - Jar	739948	Glace Cherries	568470
Dried Ground Coriander - Jar	739900	Gluten Free Flour	620833
Dried Italian Herb Seasoning- Jar	739856	Gold	741323
Dried Mixed Fruit	701648	Gold	741361
Dried Mixed Herbs Jar	676724	Gold Decaf	741378
Dried Parsley Herb Jar	676717	Gold Decaf Premium Instant Coffee	741385
Dried Porcini Mushrooms	573856	Gold Loose Tea	730860
Dried Sage - Jar	739917	Golden Caster Sugar	568500
Dried Thyme - Jar	739870	Golden Flaxseed	327374
Earl Grey Green Tea Bags	285339	Golden Syrup	570831
Easy Ginger	568142	Greek Extra Virgin Olive Oil	336611
Easycook Long Grain Rice 1kg	109482	Greek Kalamata Olives	986816
Eat Well Hand Cut Grapefruit Segments In Juice	525930	Greek Olives With Herbs	986861
Elderberry And Blackcurrant Jelly	162517	Green & Jasmine	730716
Empress Grey 50 Tea Bags	735346	Green & Lemon	735391
Enchilada Cooking Sauce	722209	Green Olives Stuffed With Sundried Tomato	504362
English Breakfast 50 Tea Bags	730853	Green Tea Everyday Blend 80 Teabags 2010	740579
Espresso R&g Coffee	196932	Green Thai Curry Sauce	331739
Espresso Roast And Ground Coffee	731003	Green Thai Paste	706438
Ethiopian Sidamo Coffee Beans	286152		

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Ground Almonds	919944	Jalfrezi Sauce	687430
Ground Black Pepper	919487	Japanese Sencha Infusion	285124
Ground Cinnamon	619325	Jasmine Pearls & Green Tea	285131
Ground Cloves	919449	Juniper Berries	613750
Ground Coffee	30106	Kaffir Lime Leaves	613651
Ground Ginger	619189	Kenyan 50 Teabags	730884
Ground Nutmeg	676731	Kenyan Ground Coffee	730945
Ground White Pepper	914628	Korma Curry Paste	568111
Habanero Hot Sauce	48545	Korma Spice Mix	689847
Hand Packed Cured Ox Tongue	44974	Kvi Curry Cooking Sauce 09	687485
Harissa Paste	727303	Kvi Mayonnaise	497596
Harvey's Very British Breakfast Sauce	738477	Lamb Rogan Josh Spice Kit	574198
Hedgerow (gamekeepers) Xmas Line	739184	Large Gherkins	738071
Herbes De Provence	914635	Lazy Weekend 10 Coffee Capsules	995818
Honduras Ground Coffee	285612	Lazy Weekend Roast And Ground Coffee	735407
Honey & Mustard Marinade	308519	Leaf Gelatine	568425
Honey And Mustard Dressing	270359	Lemon & Lime Marmalade	940214
Hot & Fruity Mango Marinade	790215	Lemon Infused Evoo 2011	793896
Hot Chilli Powder	919494	Lemon Mayo	25096
Hot English	738064	Light Muscavado Sugar	580564
Hot English Mustard	738064	Lime Juice From Concentrate	870245
Hot Smokey Barbecue Marinade & Sauce	863698	Lime Pickle	689830
House Blend Mexican Spices	970365	Long Grain & Wild Micro Rice	849425
House Decaf 10 Coffee Capsules	995863	Long Grain Micro Rice	380188
Hummus	727167	Loose Assam Golden Tippy Tea	285636
Icing Sugar	568555	Loose Earl Grey Tea	735438
Instant Coffee	741408	Loose English Breakfast	735445
Instant Coffee	741392	Loose Kenyan Golden Pekoe Tea	285674
Italian	741491	Loose Leaf Earl Grey Tea	188098
Italian	741507	Loose Leaf Luxury Gold Tea	188104
Italian 10 Coffee Capsules	995757	Loose Leaf Rwandan Tea With Safflower Petals	188067
Italian Beans	731010	Loose Rwandan Tea With Safflowers	285438
Italian Extra Virgin Olive Oil	336628	Low Fat Mayonnaise Jar	84345
Italian Mixed Peel	87230	Luxury Gold 160 Tea Bags	730808
Italian Risotto Rice	618434	Luxury Gold 80 Tea Bags	730792
Italian Roast And Ground Coffee	730914	Luxury Gold Teabag 240s	288033
Italian Tomato Passata	821933	Luxury Mincemeat	480086
Italian Tomato Passata With Red Chilli, Herbs And Olive Oil	821971	M&s Cafe - Ground Coffee For Cafetiere & Filter	994644
Jalfrezi Curry Paste	48583	M&s Cafe Coffee Beans	994668
Jalfrezi Sauce	483414	M&s Cafe Hazelnut Syrup	994736

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
M&s Cafe Tin	981477	Microwavable Basmati Rice	380171
M&s Simply No Peel Seville Marmalade.	881937	Microwave Wholegrain Rice	849456
M&s Simply Pure Honey	819268	Mild Chilli Powder	616195
M&s Simply Strawberry Jam	881944	Milled Golden Flaxseed	327350
Macadamia Halves	981811	Milled Hemp & Cocoa	327336
Madagascan Vanilla Extract	568562	Milled Nuts & Flaxseed	327305
Made Without Rice Porridge	18999	Milled Seeds & Berries	327312
Made Without Wheat 3 Fruit, Nut & Seed Granola	77828	Mint	919425
Made Without Wheat 7 Fruit, Nut & Seed Muesli	78085	Mint Jelly	162500
Made Without Wheat Baking Powder	77996	Mint Jelly	738835
Made Without Wheat Gluten Free Penne	811064	Mint Sauce	738125
Made Without Wheat Lasagne	989312	Mixed Antipasti	20992
Made Without Wheat Penne	811064	Mixed Beans In Water	954730
Made Without Wheat Porridge	80095	Mixed Peppercorn Grinder	914666
Made Without Wheat Self Raising Flour	78023	Mixed Spice	613804
Made Without Wheat Spaghetti	811071	Mixed Stuffed Olives	986823
Made Without Wheat Spaghetti	811071	Morello Cherries In Kirsch	897136
Made Without Wheat Victoria Sponge Mix	78016	Moroccan Mint Infusion	994675
Made Without Wheat White Bread Mix	78030	Mulled Berry Conserve	993357
Made Without Wheat Xanthan Gum	78009	Mulled Fruit Conserve	742061
Madras Indian Paste	694452	Mulled Fruit Infusion	993487
Madras Sauce	687454	Mulled Wine Spices	513234
Malagueta Chilli Sauce	915199	Mulligatawny	698504
Mandarin Marmalade	847865	Multi Colour Sugar Strands	940719
Mango & Sweet Chilli Dipping Sauce	696678	Mustard Seeds	613699
Margherita Pizza Sauce	790277	Nam Pla Fish Sauce	568371
Marrakech Olives	730433	Napoletana Pasta Sauce	21029
Masala Ketchup	48569	New York Roast And Ground Coffee	730952
Mayonnaise (squeezy)	819213	Non Pareille Capers	870085
Mayonnaise With Cold Pressed Rapeseed Oil	819299	Non Pareille Capers In Salt	870115
Meaty Mustard	162715	Nuoc Cham Dipping Sauce	71529
Medium Curry Powder	919432	Nutmeg	568487
Medium Roast Instant Decaffeinated Coffee	741354	Olive & Tomato Italian Paste	301343
Meringue Nests 2011 Promo	804011	Olive Oil - Wise Buy 2011	549226
Mexican Potato Wedge Seasoning	48637	One Cup Classic Filters	730969
		One Cup Columbian Filters	741477
		One Cup Decaf Filters	731027
		One Cup Italian Filters	730976
		Orange, Fig & Hazelnut Mincemeat	50135
		Oregano	619073
		Organic Italian Evoo 2011	805834

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Organic Italian Extra Virgin Olive Oil	313742	Power Berry Teabags	285117
Organic Virgin Coconut Oil	959070	Prime Corned Beef	294133
Pad Thai Noodles Paste	706360	Prime Corned Beef 198g	788779
Pad Thai Rice Noodles	359955	Prime Corned Beef 340g	788830
Passata	548663	Provender Balsamic Vinegar	481359
Pavlova	981910	Pudding Rice	568692
Pea & Ham	698221	Pure Acacia Honeycomb	848039
Pea & Ham Soup	816335	Purple Tea & Blueberry	285667
Peaches In Brandy Syrup	993395	Puttanesca Pasta Sauce	670302
Peanut Butter With Maple Pecan Crunch	998093	Puy Lentils	789196
Pecan Halves	981804	Puy Lentils With Sun Dried Tomatoes & Basil	789202
Peri Peri Mayo	722070	Quinoa	65160
Peruvian Ground Coffee	994293	Rapeseed Oil	615341
Petit Pois	310352	Raspberry Conserve	819473
Pho Noodle Pot	72847	Ready To Roll Marzipan	574143
Pilau Rice	364102	Ready To Roll Soft Icing	574136
Pimento Stuffed Halkadiki Olive	730440	Really Raspberry Sauce	550925
Pine Nut Kernals	574044	Recipe Paste Moroccan Tagine	727310
Pineapple, Chilli & Mint Salsa	91633	Red Jalapenos	63203
Pitted Black Olives	730457	Red Label 80	730822
Pitted Dates	981781	Red Onion, Tomato And Mint Relish	54102
Pitted Green Olives With Red Pepper	986809	Red Salsa	722117
Pitted Hojiblanca (green) Olives	730495	Red Thai Curry Sauce	331876
Pitted Prunes In Apple Juice	867214	Red Thai Paste	706384
Ploughmans Chutney	738187	Redbush 40 Teabags	735469
Plum (soft Set Jam)	739207	Redcurrant Jelly	739238
Plum Dipping Sauce	846769	Redcurrant Sauce	738231
Plum Tomatoes	821926	Reduced Fat Coconut Milk	622288
Poached Blackberry & Apple	738491	Reduced Fat French	209854
Poppy Seeds	87025	Reduced Fat Mayo With Extra Virgin Olive Oil	448024
Portuguese Sardines In Olive Oil	708005	Reduced Fat Mayonnaise	982412
Portuguese Sardines In Olive Oil	809221	Reduced Sugar Strawberry Jam	940238
Portuguese Sardines In Tomato Sauce	809238	Refresh Teabags	285322
Posh Dog Mustard	91640	Re-fried Beans	722148
Potted Beef 35g	788816	Re-fried Beans	77859
Potted Beef 35g	708227	Rendang Paste 2010	706391
Potted Beef 75g	708449	Rhubarb & Vanilla (soft Set Jam)	738248
Potted Beef 75g	788786	Rhubarb Conserve	993678
Potted Chicken	323352	Rice Vermicelli Noodles	568456
Potted Chicken 75g	788762	Risotto Mix With Porcini Mushrooms	621144

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Roasted Garam Masala	919470	Simply Sliced Carrots	77835
Roasted Garlic Mayo	722063	Simply Tuna Chunks In Sunflower Oil	935272
Roasted Garlic Mayo	819596	Single Origin Ceylon Teabags	188647
Roasted House Blend Curry Powder	919524	Single Origin Columbian Coffee Beans.	188487
Roasted Mixed Peppers	727235	Single Origin Ethiopian Coffee.	188333
Roasted Moroccan Spice Blend	919517	Single Origin Green Jasmine Teabags	188074
Roasted Pepper & Tomato	23726	Single Origin Guest Coffees	994651
Roasted Peppers With Rosemary	727280	Single Origin Kenyan Teabags	188050
Roasted Red Pepper & Sherry Vinegar Dressing	789615	Single Origin Tea Selection	189293
Rocoto Chilli Jam	91497	Skinless Anchovy Fillets In Extra Virgin Olive Oil	388924
Rogan Josh Sauce	687447	Skipjack Tuna Chunks In Spring Water	813815
Romesco Sauce	727136	Skipjack Tuna In Water 4x200g	813808
Roobios And Vanilla	735452	Skipjack Tuna Steak In Spring Water	813822
Rosemary	619080	Skipjack Tuna Steak In Spring Water 3x80g	813839
Rough Cut Sugar Cubes	742016	Skipjack Tuna Steak In Sunflower Oil	813846
Ruby Red Grapefruit Marmalade	847964	Sliced Bamboo Shoots	846530
Rwandan Ground Coffee	285551	Sliced Gherkins	971300
Saffron	568609	Sliced Green Jalapenos	722155
Salad Cream	819541	Sliced Mangoes	541787
Salad Cream	946056	Smoked Chilli And Garlic Grinder	605182
Sea Salt	719599	Smoked Paprika	568616
Sea Salt Grinder	914659	Smoked/ Toasted Quinoa	208666
Sea Saly Anglesey	389334	Smokey Chipotle Greek Olives	986854
Seedless Raspberry Conserve	940207	Smokey Chipotle Salsa	722131
Selection Of Fruit & Herbal Infusions	189064	Smokey Pepper And Chilli Sizzle And Drizzle	25119
Semi Dried Cherry Tomatoes	727297	Smoky Chipotle Dip	809566
Seville Olives	730426	Smooth Peanut Butter	819602
Seville Orange & Stem Ginger Marmalade	847940	Smooth Quince Paste	54041
Shelled Pistachios	981798	Soft Set Scottish Marmalade With Heather Honey	24952
Sicilian Lemon Juice	87223	Spanish Apricot & Amaretto Jam	847995
Silky Teabags Darjeeling 2010	735483	Spanish Extra Virgin Olive Oil	729635
Silky Teabags Gunpowder Green & Mint 2010	735490	Spanish Paella Rice	798235
Silky Teabags Lapsang Souchong 2010	735506	Sparkling Peach & Prosecco Conserve	189248
Simply 4 Pack Canned Chopped Tomatoes	900379	Speciality Balsamic Vinegar	569026
Simply Bbq Sauce	907897	Speciality Sicilian Dop Extra Virgin Olive Oil	642699
Simply British Granulated Sugar	963602		
Simply Grapefruit Segments	809078		
Simply Peach Halves	907705		

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Spiced Marmalade	224161	Sweet Orange Marmalade	847841
Spiced Marmalade	519700	Sweet Paprika	919456
Spiced Orange (stockmans) Xmas Line	739245	Sweetcorn	147538
Spiced Peach Chutney	993241	Sweetcorn And Fireroasted Pepper Burger Relish	24945
Spiced Seville Marmalade Xmas 2010	685566	Sweetcorn Tetrapack	809047
Spiced Tea	50104	Taco Kit	48644
Spicy Mango Chutney	693752	Taco Seasoning	48576
Spicy N'duja & Tomato Pasta Sauce	21043	Taka Dhal Soup	851985
Spicy Sweet & Sour Cooking Sauce 2010	700474	Tamarind Paste	927420
Sriracha Sauce	274319	Tandoori Indian Paste	694445
Star Anise	613705	Tarragon	619141
Sticky Fig & Balsamic Chutney	820998	Tartare Sauce	738330
Sticky Tomato & Chilli Chutney	823524	Tc Honey & Mustard Glaze For Root Vegetables	815970
Sticky Tomato & Chilli Chutney Ayr	743617	Thai Green Paste	568197
Strawberry & Champagne Conserve	151269	Thai Jasmine Rice	613873
Strawberry (soft Set Jam)	739252	Thai Massaman Curry Paste	970327
Strawberry Conserve	819626	Thompson Raisins	701617
Strawberry Mousse	738217	Tikka Curry Paste	568203
Sumac	970372	Toasted Sesame Oil	336710
Summer Fruit Compote	738507	Tomato & Basil	698252
Sun Dried Tomato & Basil	23702	Tomato & Basil Bruschetta Topping	727112
Sun Dried Tomato Stuffed Halkadiki Olive	738545	Tomato & Basil Pasta Sauce	670227
Sundried Tomatoes	727242	Tomato & Herb Pasta Sauce	670241
Sunflower Seeds	574082	Tomato & Porcini Mushroom Pasta Sauce	670197
Super Green Tea Bags	285261	Tomato & Sausage With Fennel And Barolo Wine	89227
Super Mini Coconut Meringues	878685	Tomato & Spicy Italian Sausage Pasta Sauce	670180
Super Mini Lemon Meringue	25003	Tomato & Sweet Garlic Pasta Sauce	670326
Sweet & Sour Sauce	331852	Tomato Ketchup	819589
Sweet & Sour Sauce	700481	Tomato Ketchup	946605
Sweet & Sour Chicken	444651	Tomato Passata With Basil & Olive Oil	821940
Sweet & Sour Stirfry Sauce - Pouch	700498	Tomato Puree	821919
Sweet & Spicy Pork With Wild Rice	264402	Tomato, Garlic & Chilli Stir In Sauce	89197
Sweet Chilli & Ginger Stirfry Sauce - Pouch	700511	Traditional Fruit Chutney	738347
Sweet Chilli Dipping Sauce	456012	Treacle	621038
Sweet Chilli, Ginger & Garlic Sauce	331906	Triple Mint Infusion	285605
Sweet Chilli, Ginger & Garlic Sauce	817462	Tuna Chunks In Spring Water	671811
Sweet Jalapeno Chilli Sauce	48491	Tuna Steak In Spring Water	867207
Sweet Mango Chutney	693769	Tuna Steak In Sunflower Oil	707978

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Turkish Black Cherry & Vanilla Jam	848046	Healthy Meal Solutions F64C	
Turkish Sultanas	573986		
Turkish Sultanas	701624	Banana Porridge	961585
Turmeric	619172	Beef In Red Wine Casserole	783057
Tuscan Evoo 2011	951203	Bfy Chicken, Prawn & Chorizo Paella	497251
Tuscan Evoo 2011 (olitalia)	806404	Bfy Red Thai Curry	466820
Vanilla Pods	568647	Bfy Thai Green Curry	709583
Vanilla Syrup	994682	Chilli Con Carne	269636
Vegetable Stock	568661	Cottage Pie With Sweet Potato	961974
Ventresca Tuna Fillets	809139	Cou Bengali Cod Curry	907217
Vine Ripened Tomato Paste	904209	Cou Chicken Casserole	605885
Vostizza Currants	645737	Cou Lamb Hotpot	654616
Walnut Oil	574129	Cou Minted Lamb With Spring Veg	492164
Walnut Pieces	574112	Cou Persian Duck With Basmati Rice And Roasted Butternut	928878
Wasabi Mayo	970396	Cou Seafood Paella	783095
Water Chestnuts	846516	Cou Shepherds Pie With Rosti Top	14786
White Tea & Raspberry	735513	Count On Us Chicken, Tomato And Basil	138109
Whole Apricots	575898	Ew Children's Nice Rice Chicken	300278
Wholegrain Micro Rice	486682	Fl Piri Piri Chicken, Wedges And Corn	14946
Wholegrain Mustard	738361	Fl Superfood Kerelan Chicken Curry With Chard	14809
Wholegrain Rice	538831	Fruity Mango Dessert	961950
Wholegrain Rice, Red Rice & Quinoa	65146	Mexican Bean & Butternut Chilli Snackpot	794824
Wild Alaskan Red Salmon 105g	807418	Organic Broccoli, Pea, Parsnip With A Hint Of Pear	965897
Wild Alaskan Red Salmon 170g	809207	Organic Chunky Vegetable & Chicken Casserole	967389
Wild Alaskan Red Salmon 2 X 170g	809146	Organic Italian Bean Ragu	965859
Wild Alaskan Red Salmon 2 X 213g	809153	Organic Sweet Potato & Beef Casserole With Rice	967365
Wild Alaskan Red Salmon 213g	809122	Organic Tomato & Basil Chicken	965873
Wild Alaskan Red Salmon 213g	809122	Pure Apple Juice (kids Range)	492539
Wild Alaskan Red Salmon 2x213g	809153	Roast Pork Loin In Gravy	702362
Wild Alaskan Red Salmon S&b 180g	809207	Sfl Superbean And Ham In Smoky Tomato Sauce	889674
Wild Alaskan Red Salmon S&b 2x180g	809146	Slow Cooked Chicken In Red Wine With Baby Roasted New Potatoes & Green Beans	847223
Wild Canadian Red Salmon 105g	809191	Smoky Cajun Chicken Jambalaya	702317
Wild Canadian Red Salmon 105g	807401		
Wild Canadian Red Salmon 105g	807401	Juice F30C	
Wild Canadian Red Salmon S&b 105g	809191		
Wild Flower Honey	819671		
Windfall Chutney (apple & Pear)	738378		
Winter Berry Chutney	50098		
Zesty Chicken Tagine With Chickpeas	264327		

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
1 Litre Fresh Squeezed Clementine Juice	381949	Cranberry & Redcurrant Smoothie	50586
100% Freshly Squeezed Orange Juice Smooth	530507	Cucumber, Avocado & Lime Smoothie	89579
100% Freshly Squeezed Orange Juice With Juicy Bits	945257	Freshly Squeezed Still Lemonade	652742
Active Health Apple & Fig Juice With Prune And Added Vitamins C & E	939485	Freshly Squeezed Valencia Orange Juice (750ml Smooth)	860918
Active Health Delicious Food With Added Benefits Juice Booster Apple, Cucumber & Mint With Guarana & Spirulina	71550	Freshly Squeezed Valencia Orange Juice (750ml With Juice Bits)	860901
Active Health Delicious Food With Added Benefits Juice Booster Orange & Lemon Juice With Ginger	11853	Mango, Pineapple & Passion Fruit Smoothie	866125
Active Health Delicious Food With Added Benefits Juice Booster Raspberry & Redcurrant With Baobab	11860	Mojito Juice Drink	802833
Agua Fresca Cucumber & Lemon	89524	Mulled Citrus Warmer	199766
Agua Fresca Orange, Lemon & Mint 750ml	377294	Mulled Winter Warmer	940627
Agua Fresca Pineapple	89562	Nas Apple & Raspberry Juice Drink	257084
Agua Fresca Watermelon & Lime	89555	Nas Cranberry & Raspberry Juice Drink	71604
Aloe Vera, Grape & Apple Juice	71543	Nas Mulled British Apple & Pear Warmer	199780
Apple Asparagus & Lemon Rainbow Juice	916578	Nas Pomegranate & Raspberry Juice Drink	233040
Apple Blackcurrant, Fig & Carrot Juice	50562	Never From Concentrate Apple & Mango Juice	356398
Apple Juice	138239	Never From Concentrate Pressed Pink Lady? Apple Juice	988315
Apple, Beetroot & Blackcurrant Juice	707466	Never From Concentrate Pure Red Grape, Pomegranate & Blackcurrant Juice	529570
Apple, Blood Orange & Butternut Squash Juice	71642	Never From Concentrate Pure Squeezed Florida Orange Juice Smooth	416696
Apple, Pea, Lime & Mint	13079	Never From Concentrate Pure Squeezed Florida Orange Juice With Juicy Bits	322881
Apple, Pear & Asparagus	20220	Never From Concentrate Pure Squeezed Spanish Valencia Orange Juice With Juicy Bits	487191
Apple, Pear & Brussel Sprout Juice	993746	Never From Concentrate Pure Squeezed Spanish Valencia Orange Juice With Juicy Bits	539265
Apple, Pineapple, Mango & Coconut Water Juice A Vibrant, wonderfully Refreshing Drink To Enjoy Chilled	916592	Never From Concentrate Squeezed Sicilian Blood Orange Juice	985956
Berries & Beets Smoothie	71536	Orange, Carrot & Mango Smoothie	71574
Blackberry, Redcurrant & Blackcurrant Juice Drink	50623	Parsnip In A Pear Tree	50579
British Pressed Pear & Blackcurrant Juice	50555	Pear To The Throne	935098
Cherry Juice Drink	711708	Pina Colada Juice Drink	802840
Coconut Water	974110	Pineapple Juice	524742
Coconut Water With Pineapple	974127	Pressed Apple, Pineapple, Mango, Passion Fruit & Kale	974097
Cranberry & Raspberry Juice Drink	385329	Pressed Beetroot Juice 750ml	88893

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Pressed British Apple & Pear Juice	664424	2 Devilled Steaks	36283
Pressed British Apple Juice	942638	2 Gloucester Old Spot Burgers	864497
Pressed British Cox Apple Juice (1 Litre)	493246	2 Gloucester Old Spot Pork Rib Eye Steak	998451
Pressed British Gala & Bramley Apple Juice	931489	2 Hampshire Pork Belly Squares	48828
Pressed Carrot & Orange Juice	707473	2 Hampshire Pork Chops	48811
Pressed Carrot Juice	88909	2 Hampshire Pork Rib Eye Steaks	48842
Pressed Costa Rican Pineapple With A Hint Of Lime Juice Never From Concentrate	186803	2 Large Lamb Loin Chops	693158
Pressed Greens	88916	2 Odb U/s Bacon Chops	713818
Pressed Pineapple, Peach & Passion Fruit Juice	390811	2 Pepper Crusted Pork Loin Steaks	998475
Pressed Pink Lady Apple Juice	470957	2 Pork Steaks	972987
Promo Peach & Grape Nfc X 2 Pack	696937	2 Pulled Brisket Burgers With Gravy Dip 'n' Drizzle	55185
Pure Squeezed Florida Pink Grapefruit Juice With Juicy Bits	358002	2 Racks Of Bbq Ribs	975698
Rhubarb & Ginger Lemonade	50616	2 Smkd Gammon Steaks	280457
Simply Orange Juice With Juicy Bits	232852	2 U/s Gammon Steaks	86363
Sloe Berry Sling Juice Drink	50647	2 Ultimate Steak Burgers	864688
Smooth Orange Juice	765893	20 Butchers Classic Pork Sausages	728775
Spanish Clementine Juice	463348	24 Pork Cocktail Sausages	374781
Spiced British Apple Juice	993739	4 Aberdeen Angus Beef Burgers	225380
Squeezed Orange & Lime Juice With Juniper Berries	888660	4 Lamb Shish Kebabs	582605
Still Lemonade	802864	4 Lamb Shish Kebabs	685559
Still Ginger Lemonade	802857	4 Piri Piri Chicken Breast Escalopes	923798
Still Lemonade Juice Drink Nfc	611527	4 Skinny Burgers	84925
Still Raspberry Lemonade	802871	4 Teriyaki Beef Skewers	973014
Strawberry & Banana Smoothie	11839	6 Chicken Posh Dogs Tm	36177
Summer Sour	89500	6 Posh Dogs	923804
Super Berry Smoothie	866118	6 Sweet Chilli Chicken Strips	725460
Tomato, Celery, Red Pepper & Lime	89678	6 Venison Sausages	408073
Trebbiano White Grape Juice	916660	8 Butchers Classic Pork Sausages	60738
Tropical Juice	451604	8 Chicken Sliders	36160
Meat F38C		8 Cumberland Pork Sausages	197045
10 Pork Chipolata Sausages	416214	8 Honey & Mustard Pork Shoulder Steak Strips	36337
12 Beef Meatballs	693219	8 Lincolnshire Pork Sausages	646321
12 Pork Meatballs	963848	8 Mini Beef Burgers	728386
12 Posh Puppies	972956	8 Moroccan Lamb Chipolata Sausages	773805
2 Barnsley Lamb Chops	604208	8 Pork Chipolata Sausages Dual Tray Size	677233
2 Cajun Pork Leg Steaks	998499	8 Pork Sausages (wisebuy)	83744
		8 Premium Pork Chipolata Sausages	83850
		8 Premium Pork Sausages	85236

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
8 Reduced Fat Butchers Choice Pork Sausages	106306	Ayr C/o Sugar Glazed Gammon Joint	658027
8 Smoked Garlic, Lemon & Parsley Chicken Thigh Fillets	36306	Bacon Belly Rib Strips With A Blackberry Bbq Sauce	36368
8 Ultimate Steak Burgers	926744	Basted Lamb Leg Joint	485494
9 Mini Beef Burgers	728386	Basted Pork Loin Joint	924160
Aa Beef & Pepper Sausage	819848	Bbq Beef Brisket	46404
Aberdeen Angus Beef Casserole Steak	293525	Bbq Beef Brisket	973137
Aberdeen Angus Beef Casserole Steak-eu	895491	Beef And Pork Meatloaf	995481
Aberdeen Angus Beef Fillet Steak	361965	Beef Basted Topside	943826
Aberdeen Angus Beef Fillet Steak-eu	895439	Beef Braising Steak	33046
Aberdeen Angus Beef Fillet Steak-fw	902151	Beef Fillet Steak	164108
Aberdeen Angus Beef Joint	140249	Beef Joint	513609
Aberdeen Angus Beef Mince Extra Lean	417884	Beef Meatloaf With Tomato Sauce	670814
Aberdeen Angus Beef Mince Extra Lean-eu	895002	Beef Mince	590273
Aberdeen Angus Beef Rump Steak	362009	Beef Roasting Joint	417440
Aberdeen Angus Beef Rump Steak-fw	902144	Beef Rump Steak	155106
Aberdeen Angus Beef Sirloin Steak	121699	Beef Sirloin Steak	155090
Aberdeen Angus Beef Sirloin Steak-eu	895453	Beef Steaks With A Mustard And Herb Melt	995580
Aberdeen Angus Beef Sirloin Steak-fw	902328	Beef Strips	911368
Aberdeen Angus Braising Steak	185400	Big Texas Beef Rib	926812
Aberdeen Angus Fillet Steak Dual Tray Size	677240	Boneless Beef Shin Steaks With Bacon Lardons And A Rich Red Wine Sauce	55215
Aberdeen Angus Lean Beef Mince	307895	Boneless Leg Of Lamb	944571
Aberdeen Angus Lean Beef Mince-eu	894999	Boneless Rolled Shoulder Of Lamb	944694
Aberdeen Angus Lean Beef Mince-franchise	902342	Boneless Salt & Pepper Lamb Leg Joint-eu	895514
Aberdeen Angus Lean Mince (ltv) 400g	677257	Bp Sirloin Steak X2	563413
Aberdeen Angus Peppered Rump Steak	458177	Brecknock Lamb Half Leg	377249
Aberdeen Angus Peppered Rump Steak-eu	895460	Brecknock Lamb Leg Steaks	377263
Aberdeen Angus Ribeye Steak	458160	Brecknock Lamb Loin Chops	340816
Aberdeen Angus Ribeye Steak-eu	895484	Brecknock Rack Of Lamb	340755
Aberdeen Angus Ribeye Steak-fw	902335	Brisket Of Beef Joint	604185
Aberdeen Angus Sirloin Steak Dual Tray Size	677295	British 36 Cocktail Sausages	84659
Aberdeen Angus Steak Burgers	875370	British Outdoor Bred Hampshire Pork Crackling Leg With A Bramley Apple Sauce	409810
		British / New Zealand Lamb Shoulder Boneless	867818
		British / New Zealand Lamb Shoulder With Salt And Pepper Bone In	563260
		British / New Zealand 1/2 Leg Of Lamb Bone In	144025

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
British / New Zealand Lamb Leg With Salt And Pepper Boneless	826495	British Outdoor Bred Pork 6 Chorizo Sausages	263443
British / New Zealand Whole Leg Of Lamb Bone In	521017	British Outdoor Bred Pork Belly Joint	664493
British / Scotch Beef Rump Rolled	943789	British Outdoor Bred Pork Crackling Leg Joint	522397
British / Scotch Topside Of Beef	522816	British Outdoor Bred Pork Loin Joint	510080
British Aberdeen Angus / N. Irish / Irish Aberdeen Angus Topside Of Beef	646291	British Outdoor Bred Pork Sausagemeat	88077
British Bacon Wrapped Pork Chipolatas	529280	British Outdoor Bred Pork Shoulder Steaks	604161
British Beef Denver Steak	943819	British Outdoor Bredready To Cook Dry Cured Gammon	252072
British Beef Ranch Steak	943864	British Outdoor Bredready To Cookdry Cured Gammon	63074
British Beef Ribeye Steak	251068	British Outdoor Bredready To Cookdry Cured Gammon	125284
British Beef Sirloin Steak (single Fw)	781169	British Outdoor Bredready To Cookhoney & Mustard Gammon	590433
British Beef Sirloin Steak Thin Cut (in A Bag)	179324	British Outdoor Bredready To Cookhoney & Mustard Gammon	590426
British Beef Topside With Mustard & Herb Basting Fat	770811	British Outdoor Bredready To Cookorange Glazed Gammon	773348
British Beef Topside With Mustard & Herb Basting Fat	784412	British Outdoor Bredready To Cookorange Glazed Gammon	773324
British Dry Cured Apple, Cranberry & Ruby Port Loin	826587	British Outdoor Bredready To Cooksugar Baked Gammon	948340
British Frying Steaks X 2 (fw)	826556	British Outdoor Reared Breckland White Porchetta Joint With Garlic, Lemon & Sage	252126
British Honey Cured Gammon	274005	British 'porchetta' Hampshire Pork Belly & Shoulder Joint With Lemon, Garlic And Herbs	64224
British Honey Cured Gammon 1.3kg	210546	'british Ready To Cook Crackling Gammon	770866
British Lamb Cutlets	638562	British Ready To Cook Crackling Gammon 1.7kg	770781
British Lamb Cutlets Cw	981828	British Rib Eye Steak (fw)	826594
British Lamb Leg Steaks	105149	British Rose Veal Breaded Escalope X 2	797757
British Lamb Liver	242417	British Single Forerib Of Beef	252188
British Lamb Mince	34944	British Sirloin Of Beef	694551
British Lamb Mince Twin Pack	648660	British Smoked Back Bacon	230650
British Lamb Rack	105460	British Smoked Back Bacon	230650
British Lamb Rack	105460	British Smoked Back Bacon Dual Tray Size	677226
British Lean Beef Mince 250g	645089	British Smoked Cured Loin 550g	239646
British Organic 8 Chipolata Pork Sausages	526289	British Smoked Cured Loin 550g	239646
British Outdoor Bred 2 Pork Steak	977838	British Smoked Cured Loin 900g	240000
British Outdoor Bred 6 Pork And Bramley Apple Sausages	318655		
British Outdoor Bred 6 Pork Sausages	416269		
British Outdoor Bred Black Pepper Bacon	904131		
British Outdoor Bred Dry Cured Smoked Back Bacon	566049		

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
British Smoked Cured Loin 900g	240000	Collection Dry Aged Tomahawk Joint	784443
British Smoked Cured Pork Loin	240000	Collection' Easycarve Leg Of Lamb With Cranberry & Clementine & Pomegrante Stuffing	999892
British Smoked Cured Pork Loin	240000	Collection' Easycarve Leg Of Lamb With Cranberry & Clementine & Pomegrante Stuffing	770552
British Smoked Streaky Bacon	623612	Collection Rump Of Venison	838436
British Thin And Crispy Smoked Streaky Bacon	199216	'collection" British Ready To Cook Scrumpy Cider & Apple Gammon 1.5kg	904216
British Turkey Breast Basted For Extra Succulence Serves 4-6	773782	'collection" British Ready To Cook Scrumpy Cider & Apple Gammon 750g	904759
British Turkey Breast Basted For Extra Succulence Serves 6-8	140027	Collections British Outdoor Bred Dry Cured Christmas Spiced Bacon Lardons	785228
British Turkey Breast Basted For Extra Succulence Serves 6-8	140027	Collections British Rib Of Beef Boneless	899567
British Unsmoked Back Bacon	230643	Collections British Wing Rib Of Beef	902380
British Unsmoked Back Bacon	230643	Cook With M&s Pork Strips	911375
British Unsmoked Back Bacon Dual Tray Size	677202	Cumberland Whorl With Apple, Cider & Mustard Glaze	36245
British Unsmoked Extra Thick Back Bacon	516167	Cured Loin Joint - Xmas Small	239646
British Unsmoked Gammon	378314	Cured Loin Joint - Xmas Small	239646
British Unsmoked Streaky Bacon	623537	Diced Beef	995498
British/ Irish/ N. Irish Aberdeen Angus Beef Roasting Joint	705554	Diced Chicken	995474
British/ Scotch Topside Of Beef	164696	Diced Irish Lamb	929233
British/ Scotch Topside Of Beef	164696	Diced Lamb	589444
British/ Scotch/ N. Irish Beef Roasting Joint	92531	Diced Lamb-eu	895415
British/ Scotch/ N. Irish/ Irish Topside Of Beef	38140	Diced Pork	995559
Britishbeef Fillet	784559	D-in British Rib Eye Steaks	795081
Britishbeef Fillet	455848	Dine In Rump Steaks	678872
Britishoak Smoked Gammon	786959	Dine In Sirloin Steaks	678865
Britishrib Of Beef Dry Aged For 28 Days For Succulence & Full Flavour	784436	Dry Aged Four -wing Rib Of Beef - Serves 8-10	925709
Britishsirloin Of Beefdry Aged	478489	Dry Aged Ribeye Steak	578448
Britishunsmoked Gammon	607292	Dry Aged Sirloin Steak	578479
British Rose Veal Escalopes	773867	Dry Aged Two Wing Rib Of Beef - Serves 4-6	925716
Bubblin' Ginger Beer Chicken Breast Escalopes	36252	Dry Cured Gammon	388429
Carvery Leg Of Lamb Large	944700	Extra Lean Beef Mince	489126
Casserole Beef	592468	Extra Lean British Beef Escalopes-Gap	867832
Casserole Beef Dual Tray Size	677301	Extra Lean Mince (lrv) 450g	677332
Cfto Collections British Outdoor Bred Sugar Baked Gammon	949149	Extra Trimmed Lamb Loin	920407
Cfto Dry Cured Gammon Joint With Ginger Beer & Orchard Fruits	826563		
Chicken Breast Strips	911399		
Chicken Sausage	904179		

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Extra Trimmed Rump Steak	780162	Fto British Lamb Rack	840378
Family Favourite 20 Butchers Choice Pork Sausages	728775	Fto British Rose Veal Chop	838412
Fillet Steak Dual Tray Size	677356	Fto British Rose Veal Escalopes	838368
Flat Iron Steak- Gap	867825	Fto Dry Cured Gammon Joint With Ginger Beer & Orchard Fruits	876490
Food To Order	944649	Fto Lamb Cutlets	945004
Medium Boneless Rolled Rib Of Beef		Fto New Zealand Whole Lamb Leg	838191
Food To Order	944663	Fto Orange Marmelade Gammon (large)	838238
Large Boneless Rolled Rib Of Beef		Fto Organic Whole Lamb Leg	953986
Food To Order	944632	Fto Ready To Roast Honey Glazed Gammon Serves 2 - 3	838207
Extra Trimmed Rump Steak	4	Fto Sirloin Of Beef With Pancetta & Chesnut Stuffing With Red Wine Jus	897686
Food To Order	944762	Fto Special Reserve Fillet Steak	838306
Thin Cut Steak	4 Fillet	Fto Special Reserve Ribeye Steak	838313
Food To Order	944717	Fto Speciality 28 Day Matured Sirloin Beef Joint	838290
Thin Cut Sirloin Steak	4	Fto Sunday Topside Joint	838320
Food To Order	944724	Fto Zingy Ginger, Lime & Coriander Chicken Strips	875387
Thick Cut Bone Steak	2 T	Gammon With Honey Glaze	126809
Food To Order	944809	Gammon With Honey Glaze	670845
Large Sirloin Joint Of Beef		Garlic And Herb Chicken	471886
Food To Order	944793	Gos Boneless Leg Of Pork	946834
Large Topside Joint Of Beef		Gos Boneless Leg Of Pork	948388
Food To Order	944823	Gos Boneless Pork Loin Joint	946841
Large Topside Roasting Joint With Fat		Gos Pork Belly Joint	864480
Food To Order	944915	Gos Pork Chop X 2	864770
Medium Rolled Rump Joint		Gos Pork Fillet Medallions	864503
Food To Order	944939	Gos Pork Leg Joint	865005
Medium Topside Joint Of Beef		Gos Pork Loin Joint	864992
Food To Order	944830	Gos Pork Loin Rack	948371
Medium Topside Roasting Joint With Fat		Gos Pork Sausages	864862
Food To Order	944878	Hampshire Pork Fillet Medallions	48859
Medium Sirloin Joint Of Beef		Hampshire Pork Leg Joint	48866
Food To Order	944816	Hampshire Pork Loin Joint	48804
Large Rolled Rump Joint		Hot & Fruity Bbq Pork Bullet Belt Riblets	36269
Food To Order 4 Thin Cut Ribeye Steaks	944946	Irish 6 Pork And Black Pepper Thick Sausages	706230
Fto 28 Day Special Reserve Dry Aged Wing Rib Of Beef	897679	Irish 6 Pork And Herb Thick Sausages	706247
Fto 8 Chicken & Chorizo Kebabs	879378	Irish 6 Thick Pork Sausages	706254
Fto Bbq Pork Joint	875974	Irish 8 Thin Pork Sausages	706261
Fto Boneless Butterflied Lamb Leg	931649		

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Irish Angus Casserole Steak	929219	Lamb Rump Steaks	944977
Irish Angus Fillet Steak	928519	Lamb Saddle	944991
Irish Angus Rib Eye Steak	928526	Lamb Shoulder With Honey & Balsamic	899635
Irish Angus Rump Steak	928540	Lamb Steak With Crushed Pepper And Rosemary	652261
Irish Angus Sirloin Steak	928533	Lean Beef Mince	778985
Irish Beef Braising Steak	929226	Lean Mince (Itv) 450g	677349
Irish Beef Fillet Steak X 1	928397	Leg Of Venison	455183
Irish Beef Fillet Steaks X 2	928434	Lo Salt Smoked Bacon Rasher	826969
Irish Beef Flat Iron Steak	928458	Louisiana Barbecue Chicken Flattiestm	92524
Irish Beef Frying Steak	928502	Louisiana Bbq Chicken Flatties	93408
Irish Beef Rib Eye Steak X 1	928410	Louisiana Bbq Chicken Flatties (dine In)	92616
Irish Beef Rib Eye Steaks X 2	928427	Low Salt Unsmoked Bacon Rashers	826976
Irish Beef Rump Steak X 1	928465	Mango & Coconut Chicken Flatties	925228
Irish Beef Rump Steaks X 2	928403	Maple & Beechwood Smoked Gammon	126694
Irish Beef Sirloin Steak X 1	928441	Meatballs	995573
Irish Casserole Steak	929325	Mini Rump Bag 750g	479868
Irish Extra Lean Beef Minute Steak	928489	Moroccan Spiced Lamb Leg Steaks	55260
Irish Hand Cut Lamb Loin Chops X 2	929349	Mulled Wine Gammon	828161
Irish Herby Lamb Leg Steaks X 2	929356	New Zealand Lamb Half Leg On The Bone	39499
Irish Lamb Leg Steaks X 2	929424	O/b Cumberland Sausage	481724
Irish Lamb Loin Chops X 4	929363	O/b Supreme Chipolata	454513
Irish Lamb Rack	105460	O/b Sweet Chilli Sausage	629218
Irish Lamb Rack	105460	Odb Ayresshire Middle	819787
Irish Lamb Rack - Cap On	622370	Odb Great British Banger	995528
Irish Lamb Shanks X 2	929479	Odb Lincolnshire Sausage	486255
Irish Organic Casserole Steak	929547	Odb Pancetta Strky Bacon	776073
Irish Organic Fillet Steak	928625	Odb Pork & Caramelised Onion Sausage	995634
Irish Organic Rib Eye Steak	928618	Odb Pork & Leek Sausage	819855
Irish Organic Rump Steak	928557	Odb Pork Loin Steak X 1- Gap	693264
Irish Organic Sirloin Steak	928564	Odb Pork Rib Rack-gap	863179
Italian Style Sausages	923774	Odb Smk Back Bacon 400g	788274
Kentish Cider Cured Applewood Smoked Back Bacon	39369	Odb Smoked Streaky Bacon	566247
Lamb Garl/ros Chipolata	819831	Odb Thick Cut Smk Back Bacon 300g	516150
Lamb Half Leg - Eu	895422	Odb Thin & Crispy Unsmk Bacon 275g	190947
Lamb Leg Steaks - Eu	895408	Odb U/s Back Bacon 400g	906524
Lamb Loin Chops	944953	Odb Unsmkd Strky Bacon	566292
Lamb Loin Chops-eu	906289		
Lamb Loin Noisettes	944960		
Lamb Mince - Eu	895446		
Lamb Roasting Joint	418355		
Lamb Rump Steak X 2-gap	920414		

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Odb Unsmoked Back Bacon	566278	Rack Of Venison With A Rich Game Jus	252393
Old English Farmhouse Sausage	39352	Ready To Roast Chicken Breast Serves 4	255431
Organic Beef Casserole Steak	127592	Ready To Roast Boneless Turkey Breast Joint	353991
Organic Beef Fillet Steak	221375	Ready To Roast Boneless Turkey Breast Joint	5432
Organic Beef Joint	221412	Ready To Roast Chicken Breast Serves 2	404358
Organic Beef Mince	221344	Ready To Roast Lamb & Rosemary - Serves 5	813631
Organic Beef Ribeye Steak	221351	Rtr Herb Crusted Aromatic Pork Belly	864541
Organic Beef Rump Steak-gap	221399	Rump Of Venison With Red Wine And Cherry Sauce 0.75kg	770842
Organic Beef Sirloin Steak	221368	Saddle Of Lamb	943857
Organic Lamb Leg	221467	Saddle Of Lamb	902281
Organic Lamb Leg Steaks	221450	Salt & Pepper Lamb Shoulder Joint-eu	895392
Organic Lamb Loin Chops	221436	Sausagemeat 908g	781435
Organic Rack Of Lamb	221481	Scottish Lorne Slices	86691
Organic Smoked Bacon	623742	Shin Of Beef- Gap	604192
Outdoor Bred Pork Fillet	469937	Simply Beef Burger	645072
Outdoor Bred Pork Loin Steaks Twin Pack	648783	Single Fillet Steak	883566
Outdoor Bred Pork Loin Steaks X2	469920	Sirloin Of Beef	902359
Outdoor Bred Pork Mince	589253	Sirloin Steak Dual Tray Size	677363
Outdoor Bred Pork Shoulder-gap	863919	Slow Cook Lamb Neck Fillet	696708
Outdoor Bred Thick Cut Pork Chops (x2)	469951	Slow Cook Lamb Shanks - Hp	523189
Outdoor Bred Thinly Sliced Pork Escalopes	589239	Smk Lean Bacon 200g	455176
Outdoor Bred Tuscan Style Pork Rib Rack	820288	Smoked Back Bacon	230650
Peppered Rump Steak	103985	Smoked Back Bacon	230650
Piri Piri Chicken Flattie	36221	Smoked Gammon Joint 750g	82501
Porchetta Joint With Lemon, Garlic & Herbs	904247	Smoked Pork Shoulder	973076
Pork Barrel Joint	943802	Smoked Pork Shoulder With Apple Bbq Sauce	46367
Pork Belly Slices	563253	Smokeyhouse Pork Shoulder With Rich & Dark Bbq Sauce	92661
Pork Crackling Joint - Leave It To Us	507462	Souvlaki Kebab	864718
Pork Meatballs	820295	Special Reserve Fillet Steak-cw	957342
Pork Rib Rack	973212	Speciality Carvery Leg Of Lamb With Rosemary And Garlic	444989
Pork Rib Rack With Pork, Apricot And Date Stuffing	821278	Speciality Lamb Horseshoe Leg Steaks	316378
Promo 4 Thin Cut Lamb Loin Chops 335g	788298	Speciality Lamb Loin Chops With Rosemary	317498
Quick Cook Aromatic Thai Green Prawns	851626	Speciality Lamb Rack	319614
Quick Cook Ginger, Lime & Coriander Prawns	851619		
Quick Cook Sweet Chilli Steak Strips	851350		

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Speciality Part Boned Leg Of Lamb With Rosemary & Garlic	345835	(franchise) British Medium Oakham Chicken	562553
Spicy Malaguetta Chicken Tenders	92586	12 Lincolnshire Pork Stuffing Balls	826990
Spicy Mexican Chicken Wings	36603	2 British Partridges With A Pork, Mulled Cider And Apple Stuffing Serves 2	227612
Steak & Kidney-gap	604352	2 Chicken Breast Fillets In Gluten Free Breadcrumbs	787079
Sugar Glazedtopside 1.5kg	126687	2 Chicken Thighs & 2 Chicken Drumsticks	403818
Thick Cut Sirloin	944755	2 Pheasant Fillets	908092
Thick-cut Fillet Steaks	944748	4 British Quails Serves 4	227681
Thick-cut Ribeye	944731	4 Whole Partridge	948944
Thin Cut Steaks With Chimichurri Dressing	864879	6 Ginger, Lime & Coriander Chicken Strips	654814
Thin Sliced Beef Twin Pack	604420	British Duck Crown Fresh Class A	957748
Thinly Sliced Steak Twinpack Dual Tray Size	677288	British Duck Roast	53280
Topside Beef Joint - Medium	164696	British Duck With Giblets Fresh Class A	962834
Topside Beef Joint - Medium	164696	British Traditionally Hung Free Range Goose Serves 6 To 8	826952
Toulouse Inspird Sausage	924122	British 2 Duck Breasts	53297
Treacle Cured Beechwood Smoked Streaky Bacon	39345	British 2 Duck Breasts	55727
Turkey Strips	959179	British 2 Duck Fillets	957724
U/s Lean Bacon 200g	196970	British 2 Duck Legs	682107
Unsmoked Back Bacon	230643	British 4 Oakham Poussins	893411
Unsmoked Back Bacon	230643	British Bbq Piri Piri Chicken Chunks	24129
Unsmoked Gammon 750g	82396	British Chicken Goujons	818322
Welsh Boneless Rib Of Beef	907699	British Diced Turkey Breast Fillets	873741
Welsh Fillet Steak	559355	British Diced Turkey Thigh	972680
Welsh Lamb 4 Loin Chops	570725	British Duck Crown	826853
Welsh Lamb Half Leg	570763	British Easy Carve Organic Pembrokeshire Bronze Turkey Breast Stock Basted 4-6	479233
Welsh Lamb Leg Steaks X2	570756	British EasyCarve Duck With Pork, Plum & Sloe Gin Stuffing Serves 4-6	310475
Welsh Lean Mince 500g	559270	British Extra Large Oakham Chicken	727921
Welsh Rack Of Lamb	570770	British Farmed Free Range 6 Duck Eggs Class A	585965
Welsh Sirloin Steak X2	559331	British Free Range White Turkey With Giblets Fresh Class A	906593
Welsh Stewing Steak	559294	British Free Range White Turkey With Giblets Fresh Class A	202893
Welsh Topside Joint	559409	British Free Range White Turkey With Giblets Fresh Class A	411967
Whole Fillet Beef - Serves 10	925693	British Free Range White Turkey With Giblets Fresh Class A	999984
Whole Fillet Beef - Serves 4	366083		
Wiltshire Smkd Back Bacn	709606		
Wiltshire Unsmkd Back	709613		
Poultry F01C			
"british 2 Bird Roast Guinea Fowl & Duck Pork, Pheasant, Bacon & Apple Boneless	55642		
"british Oakham Turkey Crown On The Bone 8 - 10	771047		

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
British Free Range White Turkey With Giblets Fresh Class A	411950	British Oakham Chicken 2 Skinless Breast Fillets	879200
British Free Range White Turkey With Giblets Fresh Class A	203364	British Oakham Chicken 2 Skinless Breast Fillets (2)	879224
British Free Range White Turkey With Giblets Fresh Class A	770965	British Oakham Chicken 3 Large Skinless Breast Fillets Eu	894326
British Free Range 10 Mixed Size Eggs	671972	British Oakham Chicken 3 Skinless Breast Fillets	567985
British Free Range Corn Fed	949057	British Oakham Chicken Diced Breast Fillet	590303
British Free Range Pembrokeshire Bronze Turkey Crown On The Bone Serves 10-12	65078	British Oakham Chicken Piri Piri	995177
British Free Range Pembrokeshire Bronze Turkey Crown On The Bone Serves 8-10	63548	British Oakham Chicken Rotisserie	328364
British Free Range Pembrokeshire Bronze Turkey With Giblets	685993	British Oakham Chicken Rotisserie (dine In)	14649
British Free Range Pembrokeshire Bronze Turkey With Giblets	685986	British Oakham Chicken Rotisserie (dine In)	328364
British Free Range Pembrokeshire Bronze Turkey With Giblets	685979	British Oakham Chicken Skinless Breast Fillets (upt 4)	328364
British Free Range Pembrokeshire Bronze Turkey With Giblets	742382	British Oakham Chicken Skinless Breast Fillets (upt 8)	627351
British Free Range Pembrokeshire Bronze Turkey Crown On The Bone Serves 12-14	230001	British Oakham Chicken Thighs X 6 (fw)	879194
British Free Range Pembrokeshire Bronze Turkey Crown On The Bone Serves 6-8	64187	British Oakham Poussin	832762
British Free Range Pembrokeshire Bronze Turkey Serves 10-12	742405	British Oakham Turkey 2 Skinless Breast Fillets	826846
British Free Range Pembrokeshire Bronze Turkey Serves 14-16	742412	British Oakham Turkey 4 Breast Steaks	83249
British Free Range White Turkey With Giblets Fresh Class A 14-16	742375	British Oakham Turkey 98% Lean Breast Mince	972659
British Free-range Turkey Breast Basted For Extra Succulence Serves 8-10	311700	British Oakham Turkey Breast Fillet Strips	83218
British Gluten Free 2 Chicken Fillets	787079	British Oakham Turkey Crown On The Bone Serves 10-12	83232
British Gluten Free Chicken Burgers	787123	British Oakham Turkey Crown On The Bone Serves 4-6	942898
British Gluten Free Chicken Chunks	901802	British Oakham Turkey Crown On The Bone Serves 6-10	625630
British Gluten Free Tempura Chicken Mini Fillets With Sweet Chilli Sauce	787130	British Oakham Turkey Crown On The Bone Serves 6-8	942843
British Heritage Chicken	865326	British Oakham? Poussin With Lemon & Thyme Stuffing	55666
British Large Oakham Chicken	15011	British Organic 6 Large Eggs	222334
British Lincolnshire Pork Stuffingwrapped In Bacon 284g	903141	British Organic 6 Medium Eggs	222327
British Medium Oakham Chicken	879217	British Organic 6 Very Large Eggs	314817
British Oakham Chicken 1 Skinless Breast Fillet	776912	British Organic Chicken Breast Chunks	56618

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
British Organic Free Range Pembrokeshire Bronze Turkey Crown On The Bone Serves 6-10	999311	British Pork, Cranberry And Orange Stuffing 340g	742931
British Organic Free Range Pembrokeshire Bronze Turkey Crown On The Bone Serves 4-8	999304	British Seasoned Spatchcock Oakham Poussin	878180
British Organic Free Range Pembrokeshire Bronze Turkey With Giblets	383479	British Small Oakham Chicken	840460
British Organic Free Range Pembrokeshire Bronze Turkey With Giblets	411974	British Sweet & Smoky Mexican Chicken Chunks	24167
British Organic Free-range Pembrokeshire Bronze Turkey Serves 10-12	334907	British Traditionally Dressed Free-range Devonshire Bronze Turkey Serves 8-10	842822
British Organic Free-range Pembrokeshire Bronze Turkey Serves 6-8	334860	British Turkey Breast Basted For Extra Succulence Serves 6-8	140027
British Organic Pembrokeshire Bronze Turkey With Giblets	411998	British Turkey Breast Basted For Extra Succulence Serves 6-8	140027
British Outdoor Bred Big Pigs In Blankets	61513	British Turkey Breast Basted For Extra Succulence Serves 8-10	182294
British Outdoor Bred Cocktail Sausage Selection	824873	British Turkey Skinless Breast	972673
British Outdoor Bred Honey Glazed Chestnut Stuffing With Pigs In Blankets	247436	British Turkey Thinly Sliced Breast Escalopes	696623
British Outdoor Bred Pork & Roasted Red Onion Stuffing	742863	British Whole Duck	556835
British Pembrokeshire Bronze 2 Corn Fed Free Range Chicken Breast Fillets Skinless	19545	Cfto Cranberry Sauce	826983
British Pembrokeshire Bronze Corn Fed Free Range Chicken	19101	Cfto Posh Turkey Gravy	10719
British Pembrokeshire Bronze Corn Fed Free Range Chicken Drumsticks Skin-on	17640	Chicken Drumsticks And Thighs 700g	995153
British Pembrokeshire Bronze Corn Fed Free Range Chicken Mini Fillets Skinless	17664	Chicken Livers	876223
British Pembrokeshire Bronze Corn Fed Free Range Chicken Thighs Skin-on	17671	Chicken Oakham Gold Drumsticks & Thighs	375412
British Pembrokeshire Corn Fed Mfree Range Chicken Thighs Skinless & Boneless	17657	Chicken Oakham White 4 Fillets Skin On	303095
British Pembrokeshire Gold Free Range Corn Fed Chicken	48682	Co Free Range Turkey Serves 5-7 Thanks Giving	688598
British Pigs In Blankets	998277	Collections British Outdoor Reared Breckland White Pork Cocktail Sausages	61520
British 'pigs In Blankets' Wrapped In Applewood & Chestnut Smoked Bacon	904353	Cranberry And Port Sauce 250g	130134
British Pork & Caramelised Red Onion 4 Oakham Turkey Breast Paupiettes	56373	Diced Venison	943406
		Dine In Small Oakham Chicken	368414
		Duck Fillets	945813
		Duck Fillets	250177
		Duck Legs	945783
		Duck Mini Fillets	866880
		Free Range 12 British Large Eggs Class A Chicken Eggs	197946
		Free Range 6 British Mixed Size Omega 3 Enriched Eggs Class A Chicken Eggs	166010
		Free Range 6 British Large Eggs Class A Chicken Eggs	11600
		Free Range 6 British Medium Eggs	11716

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Free Range 6 British Mixed Size White Eggs Class A Chicken Eggs	695343	Organic British Free Range Chicken Mini Breast Fillets	322317
Free Range 6 British Very Large Eggs Class A Chicken Eggs	178839	Partridge	908047
Free Range Drum And Thigh Pack	893558	Pheasant & Rabbit Casserole	908108
Free Range Norfolk Cornfed Chicken	486262	Rabbit Loin	948982
Free Range Oakham Chicken Legs	587891	Ready To Roast Butter Basted Turkey Breast, Serves 2-3	5432
Free Range Oakham Chicken Legs	319881	Sea Salt & Peppered Oakham Chicken Spatchcock	775168
Free Range Oakham Chicken Mini Fillets	893381	Simply British 2 Chicken Legs	587853
Fto 2 Whole Pheasant	948968	Simply British Chicken 2 Skin On Breast Fillets	503471
Fto 4 Pheasant Fillets	948937	Simply British Chicken Drumsticks	559997
Fto Free Range Norfolk Cornfed Chicken	837903	Simply British Chicken Skin On Thighs	587860
Fto Oakham Extra Large Chicken	838085	Simply British Turkey Thigh Mince	696647
Fto Organic British Chicken	837842	Turkey Thigh Roasting Joint	709637
Guinea Fowl	62503	Whole Duck	945776
Lemon & Thyme Poussin	229593	Whole Pheasant	908061
Louisiana Bbq Chicken	925211	Wood Pigeon Breasts	949071
Oakham Chicken 2 Breast Fillets Skinless	210423	Salads F16C	
Oakham Chicken 3-5 Breast Fillets (bag)	696722	Avocado Bowl	920353
Oakham Chicken Breast Fillets Skinless Eu	894289	Baby Cherry	902076
Oakham Chicken Drums And Thighs	945950	Baby Cherry Large	166300
Oakham Chicken Legs Skin On	56939	Baby Cos	977715
Oakham Chicken Legs Skin On	280150	Baby Hass Avocado	229005
Oakham Chicken Mini Breast Fillets	116329	Baby Leaf Herb Bag	919135
Oakham Chicken Skinless Thighs	598569	Baby Red Salad Onions	178273
Oakham Chicken Thighs	57189	Baby Salad Onions	988650
Oakham Large Chicken	9621	Balsamic Dressing	920025
Oakham Medium Chicken	9515	Beetroot Ribbon Salad	715539
Oakham Part Boned Chicken Breast	868167	Beetroot Salad	249270
Oakham Tm Chicken 2 Breast Fillets Skinless	676878	Bistro Tomato Selection	771115
Organic British Chicken	211529	Borlotti, Flageolet & Black Bean Salad Sop: 3 Bean Salad	537872
Organic British Chicken Legs (cw)	818582	Brussels Sprout Slaw	997836
Organic British Free Range 2 Chicken Breast Fillets	211536	Bunched Radish	869522
Organic British Free Range 2 Chicken Breast Fillets	676946	Carrot & Beetroot Ribbon Salad	968867
Organic British Free Range 2 Chicken Legs	211543	Celery Hearts	744263
		Cherry Vine Toms Dual Tray Size	684682
		Cherry Vine Toms Dual Tray Size	684699
		Chorizo And Spicy Potato	797597
		Claret On The Vine	934756

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Claret Tomatoes (Irish)	809450	Iceberg	900706
Coleslaw Co	401197	Iceberg Lettuce	151542
Coleslaw Side	771467	Iceberg Lettuce Bag H/t	683074
Continental Salad Onion	920155	Just Add - Beetroot & Red Onion	973250
Coronation Coleslaw	505833	Large Coleslaw Ht	683081
Cucumber	901383	Large Piccolo On Vine	564380
Cucumber Portion	901604	Large Santini Salad Bowl With French Dressing	920063
Deli - Arbroath Hot Smoked Salmon Nicoise	549981	Little Gem	900911
Deli Coleslaw	349420	Litu - Spanish Style Rice Salad	717601
Deli Coleslaw	961127	Loose Beef Tomatoes	900256
Deli Side Salad - Sprouting Seed	624121	Loose Cherry On The Vine	642972
Discovery Seedless Red Pepper	846783	Mango, Mangetout & Coriander Salad Sop: Mango, Mangetout & Coriander Salad	920391
Edamame And Sunflower Superbowl	798549	Mexican Corn	919975
Edamame Bean Salad Dual Tray Size	683067	Mexican Rice, Quinoa & Avocado Salad Sop: Mexican Grain & Avocado Salad	31615
Edamame Soybean Salad	505994	Mexican Style Roasted Chicken With Spicy Roast Potatoes In A Honey And Ginger Dressing	715683
Ew Crunchy Rainbow Super Bowl	868341	Mixed Leaf Duo Pack	868297
Ew Raw Garden Super Bowl	868365	Mixed Leaf Salad Bag	780506
Ew Super Green Bowl	868372	Mixed Sweet Pointed Peppers	562027
Extra Large Avocado	818780	Multi Pack Peppers Dual Tray Size	683142
Extra Large Cucumber	630085	Multipack Peppers	905350
Extra Sweet Peppers	205887	New Potato & Free Range Egg Salad	605458
F&n Crayfish And Mango (duplicate Fotm)	963510	Organic Celery	224567
Fat Free Mango And Chilli Dressing	870061	Organic Cucumber	981620
Forager's Choice Aromatic Salad	794930	Organic Multi Pack Pepper	313513
Forager's Choice French Country Salad	868471	Organic Watercress, Spinach & Rocket	255202
Forager's Choice Garden Salad	794978	Parmesan & Cherry Tomato Italian Salad	868853
Fr Ham And Egg Salad	877046	Peashoots Bag	548106
Fr Italian Bag	876957	Pepper Wild Rocket, Watercress & Spinach	187879
Fr Mixed Leaf Bag	876971	Peppers For Rst	495714
French Dressing	920056	Peppery: Baby Leaf Rocket Salad	506397
Fto Forager's Choice Hot And Fiery Salad	925822	Peppery: Italian Style Baby Leaf Salad	973151
Fto Large Santini Salad Bowl	975742	Peppery: Italian Style Baby Leaf Salad	169042
Garden Side	969673	Piccolini Cherry 250g (Irish)	809498
Growers Choice Salad Bag	773935		
Ham, Omega-3 Egg & Tomato Salad With Vinaigrette Dressing	505871		
Hass Avocado Loose	903318		
Hot Rocket Salad	868464		
House Salad With Dressing	868549		

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Piccolini Cherry Tomato 250g (irish)	809474	Spinach And Mizuna Super Salad With Dressing	868655
Pointed Red Peppers Eu	899192	Spring Onions Dual Tray Size	683111
Potato And Egg Tray Dual Tray Size	683098	Super Green Salad	45681
Pp6 Toms Dual Tray Size	684705	Sweet Baby Leaf Twin Pack 2 X 50g	968874
Radish	910613	Sweet Chili Rosebud Beetroot	868648
Red And Gold Santini	482851	Sweet Rosso Tomatoes	805544
Reduced Fat Coleslaw	319065	Sweet: Baby Leaf Salad	968843
Reduced Fat French Dressing	354356	Sweet: Rosa Verde Salad	506267
Reduced Fat House Salad Dressing	677493	Tomalini Tomatoes	715652
Rosebud Baby Beetroot	645348	Traditional Coleslaw	242769
Round Tomatoes Tray Pack (irish)	809481	Traditional Coleslaw	302739
Ruby Salad	941846	Traditional Coleslaw	951531
Salad Bags - Wild Rocket And Red Chard	659666	Traditional Salad Bowl	920377
Salad Bowl Bag 100g	536745	Tuna Nicoise Salad With Charlotte Potatoes, Free Range Gg Olives And Fresh Basil And Msutard Seed Dressing	715706
Salad Bowl Bag 150g	459389		
Salad Bowls - Beetroot And Carrot	687621	Watercress Spinach And Rocket Super Salad With Dressing	868693
Salad Bowls - House Salad	611251		
Salad Bowls - Tomato And Red Pepper	659444	Whole Cucumber Eu	899185
Salad Onions	902182	Whole Cucumbers Dual Tray Size	683128
Santa Baby Plum Tomatoes	901161	Wsr Active Health	919418
Santa Baby Plum Tomatoes Eu	899413	Zesty Orange Salad With Crimson Sparks	794923
Santa Large Plum Tomatoes	126977	Savoury Snacks F12A	
Santa Large Plum Tomatoes	126977		
Santini Large Plum Tomatoes	126977	5 Fruit Bars	965606
Santini Large Plum Tomatoes	126977	5 Seed Mix	852043
Santini Salad Bowl 225	933377	6 Bags Assorted Popcorn	446150
Santini Tomato Side	539364	6 Bags Salted Popcorn	776431
Santini Tomatoes (irish)	877305	6 Bags Sweet & Salty Popcorn	899710
Santini Tray Dual Tray Size	683180	6 Bags Sweet Popcorn	16940
Sesame Chilli Chicken & Red Rice Salad With A Hot Sriracha Chilli Dressing	268363	6 Bags Sweet Potato Parsnip & Beetroot Hand Cooked Vegetable Crisps	372060
Simply Frilly Mix.	919395	Belgian Dark Chocolate Rice Cakes	99080
Small House Salad Bowl	771528	Black Pepper Combo	630078
Small Italian Salad Bag	685382	Cajun Spiced Plantain Chipsv	845564
Solo: Lambs Lettuce	506250	Caramelised Pecans With Cranberries And Orange	994439
Solo: Spinach	920124		
Solo: Watercress	902298	Chimichurri Nut Mix	845618
Solo: Wild Rocket	818650	Cinnamon Sugar Tortilla Rolls	217309
Solo: Wild Rocket	699211	Coconut & Chilli Cashews	969536
Sorrell Salad	868495	Cracked Black Pepper & Salt Flavour Popped Potato Chips	848312

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Edamame Beans	662048	Maple & Cinnamon Walnuts With Apricots & Gold Shimmer	51354
Fire Roasted Pepper Salsa Dip	358934	Maple Bacon	28387
Fizz And Sparkle Bucks Fizz And Sparkle Hand Cooked Potato Crisps	218351	Maple Bacon Popcorn	415705
Fof Thai Sweet Chilli Crisps	722735	Maple Bacon Tortilla Rolls	372077
Guilt Free Cracked Black Pepper & Salt Popchips	99226	Mediterranean Snack Mix	964319
Guilt Free Lightly Salted Popchips	99141	Mini Multigrain Tortillas	28042
Guilt Free Mini Dark Chocolate Rice Cakes	99219	Miso, Soy And Ginger Parsnip Crisps	217262
Harissa Sweet Potato Handcooked Crisps	378727	Multi Pack Lightly Sea Salted X6	463751
Hc Ham Hock & Teweksbury Mustard	824088	New Sweet & Smokey Bbq	66549
Hc Lightly Salted X6 Multipack	722872	No Added Salt	722889
Honey Roast Ham	722704	Oriental Snack Mix	964388
Honey Seed Mix	964326	Original Salted Popped Potato Chips - Share Bag	859936
Iberico Ham Handcooked Crisps	378666	Oven Roasted Mixed Nuts With Himalayan Sea Salt And Pink Peppercorn	51163
Italian Herb & Lemon Seed Mix	964289	Paprika Handcooked Crisps	378659
Jalapeno Flavour Giant Corn	43649	Pea & Mint - Core	845694
Jalapeno, Keylime & Coconut Cashews	845588	Prawn Cocktail	865203
Katsu Curry Flavour Sticky Rice Chips	44028	Pumpkin Mix Seed Pot	853743
Kentucky Bourbon Bbq Corn Chips	845427	Ready Salted Crinkles	492676
Large Bag Roasted & Salted Peanuts	680226	Red Pepper And Szechwan Cracker	591294
Large Roasted And Salted Peanuts 200g	764001	Red Salsa Dip	809559
Lightly Salted	722803	Roast Beef & Onion	722674
Lightly Salted Baked Potato Crisps	946575	Roasted & Salted Almonds	915342
Lightly Salted Cantina Tortilla	44196	Roasted & Salted Cashews	934206
Lightly Salted Carnival Mix	845533	Roasted & Salted Cashews	47708
Lightly Salted Combo Mix	372084	Roasted & Salted Cashews 250g	404570
Lightly Salted Crisps Multipack (x6 Lightly Salted)	879408	Roasted & Salted Luxury Nut Assortment	405614
Lightly Salted Giant Corn	43618	Roasted & Salted Peanuts	740135
Lightly Salted Tortilla	974745	Roasted & Salted Pistachios	764988
Lightly Salted Tortillas	414234	Roasted & Salted Pistachios	515900
Lightly Salted Wholegrain Rice Cakes	99103	Roasted Red Pepper Cous Cous Chips	378680
Lightly Salted, X12	404136	Salt & Black Pepper	213431
Lightly Saltedhabas Fritas	43632	Salt & Black Pepper	722834
Lightly Sea Salted	722681	Salt & Vinegar Peanuts	876049
Lime Salsa Chickpea And Cumin Tortilla Scoops	969437	Salted Popcorn	805452
Luxury Nut Assortment	937900	Scottish Heather Honey And Mustard Roasted Cashews	30854
		Sicilian Lemon, Pistachio & Chilli Peanuts & Cashews	378734

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Smoked Chipotle Chilli Nuts	969420	Diet Sparkling Mango & Passion Fruit	918817
Smokey Tennessee Ribs	845519	Diet Sparkling Red Cherry	51378
Smokey Tennessee Ribs	268349	Dine In Coffee Spritzer	418003
St Clements Cashews And Almonds	28721	Dine In Mexican Lime And Lemongrass Presse	929813
Sweet & Salty Nut Clusters	51255	Dine In Sangria Presse	418027
Sweet & Salty Popcorn	805476	Dine In Sparkling British Blackberry And British Elderflower	31936
Sweet Popcorn	415712	Dine In Sparkling British Rhubarb Presse With Ginger	31950
Tortilla Trees	51576	Dine In Sparkling Lemon & Rose Presse	418065
Unsalted Wholegrain Rice Cakes	99097	Eat Well Orange Juice	498012
Vanilla Pumpkin Seed Pot	852050	Fiery Ginger Beer	797436
Wasabi Peas	665469	Florida Orange High Juice	387286
Wildflower Honey And Spiced Nut Mix	824675	Indian Tonic Water	557047
Worcester Sauce	876025	Kids Tropical Juice Fc 2	797337
Xmas Tree And Shooting Star Snack Mix	994453	Lemon & Green Tea 750ml	875172
Soft Drinks F22A		Lemon & Lime Sparkling Water	901369
American Ginger Ale	557061	Lemon Flavoured Diet Indian Tonic Water	797399
Apple & Mango High Juice	710701	Lemon Sherbet	818445
Apple Juice From Concentrate	497336	Mango & Passion Fruit Mat? Tea	893367
Blackcurrant & Liquorice	818438	Mexican Lime & Lemongrass Sparkling Presse	919814
Blood Orange Sparkling Water 1 Litre	901390	Mulled Punch	785518
Brazilian Orange & Alphonso Mango Sparkling Presse	89340	Nas Apple & Elderflower High Juice	232395
British Apple, Blackberry & Elderflower Cordial No Added Sugar	75121	Nas Apple & Mango High Juice	918756
British Elderflower Cordial	797412	Nas Blackcurrant High Juice	524889
British Rhubarb Cordial With Ginger	23443	Nas Cranberry & Raspberry High Juice	232692
Cloudy Lemonade	547765	Nas Florida Orange High Juice	498074
Coffee Spritzer	378024	Nas Florida Pink Grapefruit High Juice	232746
Cranberry Juice Drink (fc)	774314	Nas Lemon & Lime High Juice	232821
Cranberry Juice Drink 250ml Carton	663946	Nas Passionfruit Soda	89302
Diet Pink Cranberry Lemonade	918688	Nfc Triple Apple/mang.	663953
Diet American Ginger Ale	557078	Nfc Triple Orange Pack.	431859
Diet Bitter Lemon	557122	No Added Sugar Sparkling Raspberry & Lemon Soda	75190
Diet Cloudy Lemonade 1 Litre	50654	Peach, Camomile & Green Tea	875141
Diet Ginger Beer 1 Litre	50678	Pear Drops	867283
Diet Indian Tonic Water	557030	Percy Pig Grape & Raspb. Triples	797276
Diet Sparkling Cloudy Apple 1 Litre	232494	Pineapple Chunks	818452
Diet Sparkling Florida Orange	771344	Rhubarb & Custard	818469
Diet Sparkling Lemon & Lime	771382		

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Scottish Raspberry Cordial	771726	Sparkling Mandarin	378406
Scottish Sparkling Water 6 X 500ml	642729	Sparkling 'sangria' Inspired Spritzer	378185
Scottish Still Water 6 X 500ml	626477	Sparkling Scottish Raspberry & British Pear Presse	797450
Sicilian Cloudy Lemonade	797467	Sparkling Sicilian Lemon & Grapefruit	378093
Simply Diet Lemonade	557108	Sparkling Spiced Apple Juice	993074
Simply Irish Sparkling Water 2 L	909181	Speciality Elderflower Cordial	670418
Simply Irish Sparkling Water 2l X 4	909167	Speciality Ginger & Lemongrass Presse	673556
Simply Irish Sparkling Water 6 X 500ml	647908	Speciality Organic Pear And Ginger Cordial	566827
Simply Irish Still Water 2l	909174	Speciality Organic Pear And Ginger Presse	566841
Simply Irish Still Water 6 X 500ml	314848	Speciality Raspberry & Pear Presse	667692
Simply Lemonade	557092	Speciality Sparkling Elderflower Presse	670425
Simply Tropical Juice	993883	Still British Apple And British Blackcurrant Juice Dual Pack	87513
Soda Water	557085	Still British Conference & Comice Pear Juice	992930
Sparkling Brazilian Orange & Alphonso Mango Press?	89272	Still British Conference & Comice Pear Juice Dual Pack	87520
Sparkling Brazilian Pink Guava & Asian Yuzu Presse	972871	Still British Cox Apple Juice	992923
Sparkling British Apple & Sloe Berry Presse With Elderberry	50227	Still British Cox Apple Juice Dual Pack	87483
Sparkling British Apple And British Cucumber Presse	23771	Still Mixed Berry Juice Drink X 4	918831
Sparkling British Blackberry & Elderflower Presse	23368	Still Orange Mango & Passion Fruit Juice Drink X 4	918824
Sparkling British Clementine & Cranberry Presse	992992	Tomato Juice 1 Litre	717229
Sparkling British Cox Apple Presse	797511	Traditional Cream Soda	547772
Sparkling British Elderflower Presse No Added Sugar	75114	Traditional Dandelion & Burdock	547789
Sparkling British Elderflower Presse	797443	Traditional Extremely Fiery Ginger Beer	547819
Sparkling British Rhubarb Press? With Ginger	23856	Triple Apple Pack.	431866
Sparkling Elderflower Soda	812344	Triple Pack 3 X 250ml Tropical Juice Nfc	772853
Sparkling Florida Orange 1 Litre	771573	Watermelon And Coconut White Tea	972895
Sparkling Juice Non Alcoholic Apple, Mango & Passion Fruit	972857	White Grape & Elderflower Sparkling Water 1 Litre	901376
Sparkling Juice Non Alcoholic Normandy Apple	812351		
Sparkling Juice Non Alcoholic Normandy Apple & Pear	888608	Traditional Meal Sol F63C	
Sparkling Juice Non Alcoholic Rose Grape	812375	Butternut Squash, Pepper And Red Onion For Roasting	59824
Sparkling Juice Non Alcoholic White Grape	812436	Carrot & Coriander Soup	151351
Sparkling Lemon & Ginger Soda	888653	Chicken & Red Wine Casserole	97833
Sparkling Lemon & Rose Press?	378031	Chicken & Red Wine Casserole	573467
Sparkling Lemon, Lime & Mint Soda	972888		

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Chicken Provencale	461290	Barossa Mattiske Road Shiraz	832953
Chilli Con Carne	17619	Barossa Petit Verdot	832977
Chkn Red Wine Onion Gravy	997454	British Vintage Cider Selection	862776
Fto 4 Gammon Shanks	926300	Caipirinha	975940
Fto Chilli	926294	Caipirinha Fizz	971942
Fto Red Cabbage And Honey Roasted Carrots	900263	California Colombard Chardonnay	687058
Gammon Shanks	902762	Cape Quarter	275040
Gastro Chips With Beef Dripping	466950	Colombard/chardonnay	
Lambs Liver & Bacon	203470	Cape Quarter Ros?	338806
Lancashire Hotpot	220415	Cassidy's Irish Whisky	173117
Navarin Of Lamb	55529	Cava Brut	472067
Red Cabbage And Honey Roasted Carrots 600g (xmas)	901222	Cava Heretat El Paruell Brut	872331
Red Cabbage, Honey Roasted Carrots	894647	Cava Prestige Medium Dry	195263
Roast Beef Dinner	284066	Chateaneuf Du Pape 50cl	799973
Roast Lamb Dinner	339827	Chocolate Ruby (zgm)	817219
Roasted Butternut & Carrot Topped Mash	708401	Citrus Vodka	642491
Savoury Vegetable Rice	162180	Classic Claret 50cl	800075
Spicy Chicken Oriental Broth	690706	Clementine & Cassis Bucks Fizz	50388
Steak Parmentier	773676	Clementine & Pomegranate Fizz	886659
Super Beetroot Soup	772334	Clementine, Cranberry & Pomegranate Bucks Fizz - 4%	993043
Super Green Soup	690362	Corbi?res	464048
Super Sweet Potato & Black Bean Soup	150613	Cosmo 25cl In Can Ea	983365
Super Tomato, Chickpea & Spinach Soup	70799	Cosmopolitan Fizz	740050
Thai Chicken Soup	641128	Cote De Gascogne Rose	716918
Tomato & Basil Soup	151344	Domaine Bailly Quincy	549356
Trad Roasting Vegetables	59756	Domaine Bunan Bandol	423632
Wines F20A		Domaine De Fontseque Corbi?res	408745
20cl Cava	227735	Domaine De La Curniere Vacqueyras	334044
20cl Rosada Cava	501965	Don Cristobal	642811
20cl Sparkling Lambrusco	352086	Elderflower, Cucumber & Gin Fizz	32698
4 Pack Gin & Tonic 25cl In Can	913003	Fairtrade Six Hats Shiraz	823647
4 Pack Gin & Tonic 25cl In Can Ea	983327	Finest Reserve Port	393157
4 Pack Pina Colada 25cl In Can Ea	983518	Fitou Beau Moulin	886376
Aigle Noir Pinot Noir	594059	Flaxbourne Sauvignon Blanc	646833
Amontillado Sherry	442503	Flaxbourne Sauvignon Blanc 50 Cl	800082
Amoroso	480031	Fleurie 50cl	800020
Aperitivo Spritz	971737	Froglet Rose 50cl	800037
		Garganega Pinot Grigio 50cl	800174
		Gascogne Cuvee Speciale Red	666466
		Gascogne Cuvee Speciale White	551595
		Gaston De Veau Blanc	397254

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Gaston De Veau Red Pouch	798341	Orpale Grand Cru	51613
Gaston De Veau Rouge	397285	Oudinot Brut	335317
Gaston De Veau White Pouch	798372	Pale Cream Sherry	442510
Gers	111737	Peach Bellini 75cl	358996
Gin & Diet Tonic 25cl In Can	913034	Pemberton Pinot Noir	832991
Gin & Tonic	563116	Petillant White	804783
Gin & Tonic 25cl In Can	913058	Petit Chablis	121231
Gluten Free Belgian Golden Ale	971775	Pina Colada 25cl In Can Ea	983495
Gold G&tea	992985	Pineapple & Lime Daiquiri Fizz	888462
Green Ginger Wine	675505	Pink Fizz	675529
Guava And Lime Caipirinha Fizz	89449	Pink Grapefruit Mimosa	32667
Harrowgate Victoria Shiraz	435949	Pink Port	594837
Harvey Wallbanger 25cl In Can Ea	983310	Plan De Dieu Cotes Du Rhone Villages - Domaine Meynarde	334020
Hay Station Chardonnay	310239	Pomegranate & Raspberry Fizz	549073
Hay Station Ranch Cabernet Sauvignon	310208	Port Decanter Large	206341
Hock 75cl	550246	Pouilly Fume - Domaine Favray	190022
House Ros?	501958	Pouilly Fume Les Fouinelles	780926
Kenmore Scotch Whisky & American Dry Ginger In Can	913133	Pouilly Fume Cailbourdin	685467
Kenmore Scotch Whisky & Cola 25cl In Can	743259	Premium Bucks Fizz 75cl	275880
Kenmore Whisky Liqueur	446440	R?serve Da La Saurine Red	671491
Kenmore Whisky Miniature	563956	R?serve De La Saurine White	671507
Kir Royale 75cl	275897	R?serve Du Boulas Laudun C?tes Du Rh?ne Villages	349697
L.b.v. Port	549837	Red Mulled Wine 75cl	155991
La Fiole Du Pape	888523	Reserve De La Saurine Rose	721813
Le Froglet Shiraz	483100	Reserve Du Boulas Cotes Du Rhone Rose	801201
Lost Sheep Merlot 50cl	799904	Rich Cream Sherry	442480
Macon Villages 50cl	799911	Ros? D'anjou 75cl	666442
Mai Tai Apple Fizz	922524	Rose Mulled Wine	993081
Margaret River Cabernet / Shiraz	493468	Rose Spritzer With A Twist Of Blackberry	922548
M'hudi Sauvignon Blanc	523295	Saint Joseph	278652
Mojito 25cl In Can	913140	Saint Mont	464413
Mojito 25cl In Can	743266	Sancerre 50cl	799850
Mojito 25cl In Can Ea	983464	Sancerre Domaine Bailly	680189
Mojito Fizz	707510	Sancerre Domaine Hubert Brochard	319959
Monteflores Malbec	853682	Sancerre Les Ruettes	555012
Montepulciano 50cl	799836	Sancerre Ros?	483810
Mulled Rum Punch	889780	Sancerre Rouge	549493
Muscat De Beaumes De Venise	880855	Sangria	424592
Mw Champagne Tin	813440		
Okhre Organic Cava	537735		

Products which do not contain Gluten containing ingredients or Milk Products & Lactose or as ingredients

PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and therefore, we advise that you check the ingredient list on the product at the time of purchase. Care and attention has gone into ensuring that the listed products are free from the above to the best of our knowledge. We cannot however guarantee that trace amounts may not have been present at some point during the ingredient manufacturing process.

Product	Product Code	Product	Product Code
Sauvignon Blanc White Wine Spritzer	802789		
Sauvignon Blanc With Apple	872485		
Scotch Whisky & American Dry	563000		
Shiraz Rose Wine Spritzer 75cl	436472		
Sloe Gin Fizz	50289		
Spanish White Pouch	798365		
Sparkling Lambrusco	111782		
Spiced Apple Pie Martini	993050		
St Aubin Blanc Champtirant	695862		
St Gall Blanc De Blancs, Premier Cru	553636		
St Gall Premier Cru Brut	358439		
St Gall Vintage , Grand Cru	553858		
Standard Bucks Fizz 75cl	260701		
Still Mulled Cider	642125		
Think Pink Gin & Tonic In A Can	811132		
Think Pink Gin & Tonic In A Can	913102		
Think Pink Gin With Natural Cranberry Flavour Miniature	563970		
Toffee Vodka	675482		
Valentines Vintage Rosada Cava	658362		
Vintage Cava	195270		
Vintage Rosado Cava	608121		
Vodka & Cranberry 25cl Can	913072		
Vodka & Orange In Can	913089		
Vodka & Tonic 25cl In Can	913119		
Vodka And Tonic Can 25cl	510189		
White Wine Spritzer With A Twist Of Peach	922531		
White Zinfandel Rose 50cl	799966		
Zamora Zinfandel	271561		