

**Products that DO NOT contain NUTS**

Dear Customer,

This is a list of M&S products that do not contain nuts as ingredients and these foods have been produced under controlled conditions to prevent cross contamination with these allergens.

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.

**Products on this list will not contain ingredients containing nuts which include; Almonds, Peanuts, Brazil Nuts, Cashew nuts, Filberts (Hazelnuts), Macadamia Nuts, Pecans, Pistachio Nuts, Walnuts and all cold pressed nut oils.**

**Coconut, chestnuts, water chestnuts and pine kernels are not classified as 'nuts' under EU legislation so, if present, they will not be highlighted as an allergen, however, they will be clearly labelled in the ingredients panel on pack.**

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](mailto:nutrition@marksandspencer.com) or download your own copy from [www.marksandspencer.com/health](http://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.



For products containing nuts, the type of nut will be listed in the ingredients list and the logo 'Not suitable for nut allergy sufferers' will be applied to the pack

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

## Products which do not contain NUTS as an ingredient

**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
<b>Ambient Celebration F33A</b>		Super Scary Fizzy Spiders	158732
20 Mini Cupcakes	72823	Sweetie Selection Games Box	197076
Beer And Glass Gift	43885	Teas Of The World	53822
Biscuits And Tea Tin	79051	Tropical Fish - Valentines Pick & Mix Love Sweets	290289
Bucks Fizz Bears - Valentines Pick & Mix Love Sweets - Customise Boxes Of Sweets X10	290814	Union Jack Tea Caddy	235884
		<b>Bakery F09A</b>	
Chewy Fruit Drops Tin - Sicilian Lemon, Spanish Peach, Italian Blood Orange	378345	10" Tortilla Wrap	241908
Christmas Prosecco Jelly Stars	289641	12 Small White Pittas	247245
Cider And Glass Gift	996600	12 Small Wholemeal Pittas	491044
Classic Christmas Gift Box	817776	2 All Butter Pains Aux Raisins	502627
Classic Recipe 6 Months Matured Alcohol Free Christmas Pudding	994873	2 Blueberry Muffins	27083
Clotted Cream Fudge Tin - Union Jack	235020	2 Carrot Cake Hot Cross Buns	317924
Create Your Own Cranberry Vodka	280648	2 Chocolate & Orange Muffins	165464
Easter Jellies (carrots & Bunny's)	950596	2 Christmas Pudding Iced Buns	65290
Egg Hunt Activity Box	304184	2 Christmas Tree Yum Yums	66518
Foam Bananas - Valentines Pick & Mix Love Sweets - Customise Boxes Of Sweets	290623	2 Cinnamon & Bramley Apple Chelsea Buns	67362
Gold Gin And Tonic Cocktail Gift	280532	2 Cracked Black Pepper & Cheese Submarine Rolls	116848
Jelly Fruits	564946	2 Gingerbread Teacakes	209168
Liquorice Allsorts	395397	2 Gluten Free Teacakes	814744
Mini Wine Duo And Glasses Gift	940351	2 Grill Flatbreads	866163
Paddington Pals	197212	2 Half Ciabatta	678773
Paddington Treats In Printed Message Pouch	197373	2 Iced & Spiced Buns	441865
Pear Christmas Trees	223980	2 Pain Au Marmalade	168045
Petrifying Pumpkins	48897	2 Paprika & Chilli Buns	90438
Poisonous Scorpions	936750	2 Rhubarb, Strawberry & Vanilla Muffins	165488
Prosecco Jellies	884082	2 Richly Fruited Teacakes	374996
Prosecco Jellies Cube - Presecco, Peach Bellini, Raspberry Bellini	378222	2 Roasted Tomato Submarine Rolls	116862
Queens 90th Birthday - Tin	82051	2 Toffee Apple Buns	67379
Scaredy Cats	934770	2 Ultimate Burger Buns	911801
Sparkling Cocktail Collection	53785	2 Ultimate Bbq Buns	30571
Spook 'ems	730563	4 All Butter Muffins	522960
Spooky Ghosts & Vampire Bats	168298	4 Bannana & Milk Chocolate Chip Muffins	165457
Spooky Ghosts And Vampire Bats	939386	4 Belgian Chocolate Pancakes	65269
Spring Fruit Jellies	71246	4 Blueberry Muffins	104302
Super Scary Skulls	934787	4 Blueberry Pancakes	90353
		4 Champion Seeds & Grains Rolls	964869
		4 Choccachino Muffins	305808

## Products which do not contain NUTS as an ingredient

**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
4 Ciabatta Rolls	423946	6 Buttermilk Pikelets	530446
4 Cranberry And Orange Hot Cross Buns	318037	6 Classic Hot Cross Buns	241786
4 Crusty White Morning Rolls	115940	6 Fried Onion Rolls	90360
4 Currant Buns	743532	6 Golden Syrup Pancakes	973809
4 Deli Oatmeal Rolls	174930	6 Half & Half ? Mini Wraps	964913
4 Deli White Seeded Rolls	174923	6 Mandarin Orange Pancakes	971614
4 Devon Scones	299138	6 Maple & Raisin Pancakes	119740
4 Double Chocolate Muffins	224116	6 Mediterranean Pitta	392167
4 Fruited Cheese Hot Cross Buns	318501	6 Mixed Roll Selection	867627
4 Green Olive Ciabatta Rolls	392990	6 Oat, Cranberry & Honey Pancakes	82334
4 Half & Half Hot Cross Bun	18036	6 Posh Dog Rolls	911818
4 Hot Cross Buns	18593	6 Posh Puppies	976404
4 Hot Cross Muffins	18029	6 Scotch Pancakes	248013
4 Kentish Bramley Apple Hot Cross	331500	6 Simply Teacakes	520263
4 Luxury Hot Cross	345033	6 Soft Half & Half Rolls	964876
4 Malted Wheat Rolls	911825	6 Soft White Finger Rolls	193429
4 Oatmeal Batch Rolls	675703	6 Soft Wholemeal Rolls	518949
4 Panini	168144	6 Spinach Wraps	412872
4 Seeded	964883	6 Strawberry Pancakes	31073
4 Seeded Rolls - Wise Buy	731584	6 Super Soft White Baps	519083
4 Soft Wholemeal Finger Rolls	174947	6 Ultimate 5 Grain Crumpets	168069
4 Spiced Carrot Muffins	165525	6 Ultimate Crumpets	18166
4 St Clements Hot Cross Buns	85304	6 Welsh Cakes Dual Tray Size	677516
4 Stem Ginger Hot Cross Buns	18012	7 Belgian All Butter Waffles	891684
4 Strawberry Scones	31097	7 Seeds & Grains Tortilla	964890
4 Sunflower & Chia Rolls	964791	8 Lemon Curd Mini Muffins	404471
4 Super Seeded Deli Rolls	116831	8 Sliders	803953
4 Supersoft Wholemeal Rolls	785747	8 Triple Chocolate Mini Muffins	648745
4 Toffee Fudge & Belgian Chocolate Hot Cross Buns	955430	8 White Mini Submarine Rolls	250481
4 Ultimate Burger Buns	97604	8 Wholemeal Mini Submarine Rolls	622080
4 Ultimate Buttermilk Pancakes	65252	9 Mini Brown Roll Selection	627726
4 Ultimate English Muffin	31059	9 Mini Chocolate Orange Hot Cross Buns	318013
4 White Rolls	964807	9 Mini Luxury Hot Cross	122580
4 White Submarine Rolls	239400	9 Mini Mixed Roll Selection	867610
5 Cinnamon & Raisin Bagels	286879	9 Mini Mocha Hot Cross Buns	85311
5 Mediterranean Wraps	392631	9 Mini Sage & Onion Rolls	852760
5 Plain Bagels	192927	9 Mini White Roll Selection	627719
5 Sesame Bagels	401470	All Butter Fruit Scones X 2	973793
5 Wholemeal Bagels	723893	All Butter Panettone	338103
50% Grainy Bloomer Slices	711548	Apple And Sultana Loaf	250962
6 Beetroot Wraps	412858	Baguette	973786

## Products which do not contain NUTS as an ingredient

**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
Berry - Blueberry, Cranberry & Oat	964906	Made Without Wheat Sourdough Thins	347099
Brewers Loaf	90407	Made Without Wheat Super Seeded Thins	346931
Brioche Crown With D'agen Prunes	891738	Millers Loaf	90414
Brioche Rolls X 8	644846	Mixed Seed & Grain Roll Selection	693677
British - Parent File - Iced Bun Selection	743501	Muesli Breakfast Loaf	82365
Brown Rolls	731478	Mulled Wine Fruit Loaf	852814
Brown Seeded Loaf	731492	Multi Seed Bloomer Slices	239219
Caramelised Orange Marmalade Pastry Swirls	65276	Oats, Barley & Honey Loaf	82358
Chocolate Orange Brioche Loaf	209175	Oaty Bloomer Slices	711562
Ciabatta	565370	Oaty Farmhouse 800g	162838
Ciabatta	973755	Part Baked 4 Malted Grain Rolls	904254
Cinnamon Liege Waffles	971751	Part Baked 6 Petit Pains	560139
Croissant Loaf	167987	Part Baked Seeded Baguettes	904315
Crumpets	814720	Part Baked White Half Baguettes	560115
Crusty White (400g)	299947	Pizza Bases X 2	973731
Danish Style Wholemeal	541343	Poppyseed Swirl Rolls	693691
Focaccia Selection	801225	Roasted Red Onion & Gruyere Focaccia	710503
Fto Pirate Ship Cake	556446	Rosemary & Sea Salt Focaccia	982221
Gap Fill Brown Supersoft Squares	930116	Sea Salt & Rosemary Focaccia	27120
Gap Fill Crustless Supersoft White	898799	Seeded Pitta- Linseed, Sunflower & Chia	964920
Gap Fill Crustless Supersoft White With Wholegrain	898805	Simply 4 Large Soft White Baps	672214
Gap Fill Simply 5 Iced White Finger Buns	878876	Simply 4 Large Soft Wholemeal Baps	672221
Gap Fill Square White Wraps	911849	Simply 6 Soft White Burger Buns	728904
Gap Fill White Supersoft Squares	930130	Soft Golden Wholemeal Farmhouse 400g	263306
Gluten Free Fruit Bread	892643	Soft Golden Wholemeal Farmhouse 800g	246255
Green Olive Ciabatta Rolls X 2	973762	Soft Granary Farmhouse 400g - Tbc	479349
Hancrafted All Butter Banoffee Tartlets	88985	Soft White Farmhouse (400g)	263290
Happy Birthday Candles	780957	Soft White Farmhouse (800g)	246231
High Bran (400g)	514972	Spelt, Honey & Sunflower	964821
Hot & Spicy Tear & Share	90452	Sprouted Grains Loaf	82341
Hot Cross Loaf	448406	Sticky Tennessee Bbq Tear & Share	90445
Hot Dog Rolls - Gap Fill	866170	Sultana & Rye Sourdough	64965
Kalamata Olive And Poppy Seed	64972	Sunflower And Pumpkin 800g	964852
Little White Loaf	828062	Super Seeded 400g	724159
Luxury Fruit Loaf	520928	Super Seeded 800g	642118
Luxury Hot Cross Bun (single Pack)	318495	Super Soft White And Seeded Twin Pack	785839
Made Without Brown Bloomer Slices	944175		
Made Without Sliced White Boule	944182		

## Products which do not contain NUTS as an ingredient

**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
Super Soft White Medium Sliced 800g	358910	Black Ipa 330ml	50302
Super Soft White Thick Sliced 800g	405799	Blackberry And Gin Fizz	938013
Super Soft Wholemeal Medium Sliced 400g	514316	Bottle Conditioned Cornish Pale Ale	39888
Super Soft Wholemeal Medium Sliced 800g	515221	Bottle Conditioned Cotswold Pale Ale	39802
Super Soft Wholemeal Thick Sliced 800g	140164	Breton Cider	679534
Supersoft Half & Half (tm) Medium Sliced (800g)	964814	Bristol Single Variety American Hop Simcoe Pale Ale	89364
Tea Cakes X 2	973779	British Clipper Ipa	24600
Thatcher's Loaf	90346	Cambridgeshire Single Variety Hop Styrian Goldings	398114
Trio Of Focaccia Buns	982245	Cassis De Dijon 35cl	886413
Wheatgerm Loaf	514866	Cherry Brandy 35cl	886444
White Loaf	731515	Cheshire Chocolate Porter	679459
White Toasting Loaf	515993	Chocolate Opal	993067
Wholemeal With Rye	828079	Chocolate Yule Log Cream	50425
<b>Beers &amp; Spirits F21A</b>		Christmas Cake Liqueur	993012
1 Litre 3 Year Old Brandy	655941	Christmas Mince Pie Martini	50432
1 Litre Irish Cream Liqueur	740098	Cider In Can 4 X 440ml	679466
2 Brandy Hot Chocolate Orange	50418	Cider In Can 440mls	679473
2 Brandy Hot Chocolates	811224	Citrus Vodka (boudier)	810975
2 Hot Buttered Rums	891134	Classic English Single Malt 20cl	61612
20cl 3 Year Old Brandy	655965	Classic English Single Malt Whisky	939768
20cl Spirit Of London Gin	888950	Coconut And Banana Liqueur	89395
31 Hop Ipa	89296	Coconut And Lime Rum	89401
4% Good Tier Lager 4 X 440ml Can	712170	Coffee Liqueur 35cl	886420
5 Hop Lager	54966	Cornish Cloudy Farmhouse Cider	24617
70cl 3 Year Old Brandy	655958	Cornish Ipa Multipack Carrier X6	34135
70cl Irish Cream Liqueur	559201	Cucumber Martini	32704
9 Hops Kent Pale Ale	24594	Czech Lager	691031
American Coconut Ipa	89432	Dabinett Single Varietal Cider	785815
American India Pale Ale	89289	Devon Farmhouse Cider	861144
American Pale (can)	893152	Devon Farmhouse Cider With Elderflower Infusion	24648
American Pale Ale	89357	Devon Farmhouse Cider With Raspberry	24518
Ash Brook Red Lager	39857	Double Hopped Citra Ipa	39833
Battersea Rye	24662	Elderflower Liqueur 35cl	886390
Belgian Cherry Wheat Beer	679442	Espresso Martini	937986
Belgian Lager Can 4 X 500ml	230773	Fenland Single Variety British Hop Sovereign Golden Ale	982931
Belgian Lager Single Can	478984	Ferrand Caribbean Plantation Xo Rum	905282
Belgian Wheat Beer	679558		
Berry Liqueur	24525		
Black Forest Gateaux Liqueur	50401		

## Products which do not contain NUTS as an ingredient

**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
Ferrand Guatemalan Plantation Gran Reserva Rum	905275	Mint And Cucumber Gin	971959
Five Hop Lager	24655	Monnet Cognac Barrel Aged Greenwich Ale	50258
Garden Pea And Mint Vodka	32674	Monnet Cognac Selection 3 X 5cle 40% Vol Monnet Vs Monnet Vsop Monnet Xo	42239
Gift Box - Top Tier London Dry Gin	812542	Monnet Cognac Vsop	477222
Gin Selection	991117	Mosaic Pale Ale	971782
Ginger Ale	740012	Non Duty Stamped - Mid Tier London Dry Gin 1 Litre	810883
Ginger Wine (boudier)	891530	Non Duty Stamped - Mid Tier Vodka 1 Litre	810937
Gingerbread Rum (boudier)	895750	Norfolk Bitter	561105
Glengoyne Single Malt Whisky	743822	Northumberland Single Variety American Hop Summit Ipa	94863
Good Tier Vodka 70cl	743891	Nottinghamshire Single Variety British Hop Cascade Pale Ale	983389
Good/entry Gin - 70cl	743884	Orange & Brandy Liqueur 35cl	886437
Greenwich Black Ipa	939676	Papaya Pina Colada	89388
Greenwich British Single Variety Hop Boadicea Golden Ale	24624	Passion Fruit Liqueur - 20%	922586
Hazerdine Orchard Vintage Cider	964258	Pomegranate Liqueur -24%	922593
Honeycombe Cream	938877	Raspberry Vodka	743853
Hot Chocolate Chilli Vodka	937993	Rhubarb Vodka	898089
Inverglan Select Reserve Blended Scotch Malt Whisky Aged 12 Years	12720	Scottish Lager	47418
Irish Stout	407274	Sherry Trifle Cream	50449
Island Hopper Pale Ale	54942	Six Isles Blended Malt Whisky	61650
Island Hopper Pale Ale	24532	Sloe Gin	743846
Italian Lager 4 X 330mls	680622	Smoked Ruby	50395
Italian Lager 50cl	430487	Somerset Oak Matured Vintage Cider	679541
Kenmore 1l	291514	Somerset Traditional Cider	679435
Kenmore 20cl	291521	Sorachi Saison	39871
Kenmore 70cl	386159	Southwold 2.7% Low Alcohol Beer	918077
Kenmore Whisky All Year Round Gift	682350	Southwold Blonde Beer	861274
London Porter	679480	Southwold British Vodka In Gift Tube	891561
Low Alcohol Czech Lager	918022	Southwold Christmas Ale	50357
Lowland Glen Amber	39864	Southwold Summer Ipa	805049
M&s Dark Rum	683418	Southwold Winter Ipa	740036
M&s White Rum	683401	Speyside 12 Year Old Single Malt	812498
Maritime Salted Caramel Porter	50333	Spiced Clementine Gin	50340
Marks & Spencer Brandy	642545	Staffordshire Ipa	407243
Marks & Spencer Whisky	642521	Suffolk Bitter	39840
Mid Tier Gin - 1 Litre	743921	Suffolk Single Variety British Hop Jester Ipa	24563
Mid Tier Gin - 20cl	743914	Summer Cup	24549
Mid Tier Gin - 70cl	743938		
Mid Tier Vodka 1 Litre	743945		
Mid Tier Vodka 20cl	743952		
Mid Tier Vodka 70cl	743969		



## Products which do not contain NUTS as an ingredient

**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
Sussex Bitter	561082	<b>Confectionery F13A</b>	
Think Pink Gin	743877	American Hard Gums	50692
Tiramisu Cream - 14%	992961	Assorted Fruit Sherbet	158039
Toffee Vodka (boudier)	810968	British Pudding Sweets	28592
Top Tier London Dry Gin	743990	Butter Mintoes	785181
Vermouth	971911	Butter Mints	785297
Vintage Pear Cider	708456	Butterscotch	679152
Vodka Selection Pack	942836	Carnival Fire Crackers -	877008
Warwickshire Amber Ale	39819	Cherry Jellies	88855
Welsh Golden Ale	918053	Chewy Fruits	992718
White Ipa	50296	Chewy Mints	50722
Xo Monnet Cognac	50272	Chocolate Eclairs	785730
Yorkshire Bitter	561051	Clear Fruits	808385
Yorkshire Golden Ale	24679	Clotted Cream Fudge	992664
Yorkshire Red	39796	Coconut Mushrooms	88725
<b>Biscuits F10A</b>		Coconut Mushrooms - 2 For ?1	812054
18 All Butter Sweet Pastry Tartlets	555654	Cola Bottles Cup	88718
3 Sultana, Apple And Cinnamon Oaty Bakes	82228	Colin Caterpillar - Veggie Butterflies	785280
6 All Butter Tartlets	919968	Colin Caterpillar 25 Years	494922
6 Savoury Pastry Cases	555661	Colin Marshmallows	673372
All Butter Cinnamon Sugar Palmiers	379700	Curiously Strong Gum	901765
All Butter Palmiers	379465	Curiously Strong Mints	11501
All Butter Pastry Case	509176	Curiously Strong Mints Roll Pack	906562
Belgian Dark Chocolate Rice Cakes	348171	Dolly Mixtures	88749
Belgian Milk Chocolate Rice Cakes	348102	Dolly Mixtures - 2 For ?1	812047
Black Pepper & Sea Salt Twists	379687	Double Chocolate Eclairs	808316
Butter Puffs	743136	Double Devon Toffees	785624
Caramel Waffles	824385	Eclair Assortment	346603
Cheese And Multigrain Cracker (gluten Free)	138352	Eclair Assortment	58124
Cheese Crackers	939065	Firecrackers	397384
Chick Pea Crackers (gluten Free)	139557	Fizzy Cola Bottles	89470
Highland Shorties	888783	Fizzy Cola Bottles - 2 For ?1	812078
Mini Caramel Waffles	824408	Fizzy Fruit Slices	88831
Speciality Italian Hand-crafted Flatbreads	629386	Fizzy Pop Sweets	29551
Speciality Italian Hand-crafted Olive Flatbreads	629393	Foam Bananas & Monkeys	88701
Unsalted Whole Grain Rice Cakes	363150	Foam Bananas - 2 For ?1	812115
<b>Coated Protein &amp; Fish F62C</b>		Foam Lobsters	88824
British Southern Fried Chicken Drumsticks And Thighs	306690	Foam Shrimps - 2 For ?1	812153
		Fruit Gums	375634
		Fruit Gums	784382
		Fruit Pastilles	375801

## Products which do not contain NUTS as an ingredient

**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
Fruit Pastilles	784504	Phizzy Pigtails	390187
Fruit Salads - 2 For ?1	812139	Pontefract Cakes	29582
Fruit Slices Cup	88695	Red And Black Gums	50685
Fruity Jelly Beans	88763	Red Xmas Percy (f13 Line)	226837
Gelatine Free Veggie Phizzy Wands	929097	Reds & Blacks Sweet Suits	88688
Glacier Fruits	940849	Reversy Percy	687003
Glacier Mints	940832	Rhubarb & Custards - 2 For ?1	812122
Globetrotting Percy	969444	Rosy Noses - Marshmallow Gums	808729
Jelly Babies	687010	Scrambled Eggs	808415
Jelly Belly Sours	673389	Sherbet Lemons - 2 For ?1	812146
Lemon Sherbert Squares	88800	Soft Liquorice	678582
Liquorice Allsorts	786096	Spearmint Gum	673051
Liquorice Catherine Wheels	29568	Starberry Bonbons	682619
Mango And Lime Sugar Free Gums	75053	Strawberry Laces	964012
Marshmallow Faces	89791	Strawberry Lances	964043
Marshmallows	471824	Sugar Free Butter Toffees	901772
Midget Gems	88794	Sugar Free Butterscotch	581172
Midget Gems - 2 For ?1	812085	Sugar Free Clear Mints	539494
Milk Bottles	88886	Sugar Free Curiously Strong Mints	75060
Milk Bottles - 2 For ?1	812108	Sugar Free Fruit Gums	20817
Mint Assortment	375849	Sugar Free Lemon & Strawberry Sherbets	23191
Mint Assortment	785402	Sugar Free Mint Humbugs	23207
Mint Humbugs	785075	Sugar Free Orange & Lemon Fruit Drops - Box	539517
Mint Imperials	318518	Sugar Free Rhubarb & Custard Sweets	901819
Mixed Up Meerkats	89784	Sugar Free Strawberries & Cream Sweets	673396
Mocktail Jellies	87698	Sugar Free Wine Gums	75077
Mocktail Jellies	397360	Super Sour Pastilles	992657
Peppermint Gum	673068	Super Sour Pastilles	896924
Percy & Penny	929103	Terrance Turtles	439657
Percy Pig & Pals	390248	Toffee Assortment	50715
Percy Pig 170g	197915	Treacle Toffee	939218
Percy Pig 500g	978088	Tropical Fish	88862
Percy Pig And Pals	341752	Tropical Fish Cup	88879
Percy Pig Pen	992688	Veggie Colin The Caterpillar Cherry Chews	992619
Percy Pig Soft Fruit Gums 100g	745727	Veggie Colin The Caterpillar Cola Flavoured Gums	673341
Percy Piglets	603874	Veggie Colin The Caterpillar Fizzy Rainbow Sours	992626
Percy Piglets	390194	Veggie Colin The Caterpillar Fruit Flavoured Sours	673358
Percy Pigsty	896948		
Percy's Family Mix	20039		
Percy's Percynalities	98939		
Percys Pig Pen	929080		
Phizzy Pigtails	678452		



## Products which do not contain NUTS as an ingredient

**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
Veggie Colin The Caterpillar Fruit Gums	673365	Crusts And Toppings Trout Fillets Filled With Crab, Red Pepper And Chive	488273
Veggie Fruit Gums	992640	Di Mushroom Risotto	770088
Veggie Fruit Pastilles	992633	Filletts Of Cod Wrapped In Italian Dry Cured Ham, With A Tomato Pesto Butter And Baby Spinach	484435
Veggie Gelatine Free Percy In A Twist	992725	Fto Crusts & Toppings-lamb Chump With Honey Roast Parsnip & Rosemary Crust	838603
Veggie Percy	787345	Fto Scottish Lochmuir Salmon En Croute	931373
Veggie Wine Gums	992701	Fto With Sauce- Rump Steak With Peppercorn Sauce	838559
Wine Gums	375566	Herb Crusted Rack Of Lamb	467629
Wine Gums	784498	Hunters Bbq Chicken With Smoked Bacon	945745
Wobbly Worms	886758	Lamb Schnitzel With Tewkesbury Mustard Crust	521956
Wobbly Worms - 2 For ?1	812160	Lamb With Parsnip & Rosemary Crust	931397
<b>Cook F05C</b>		Leg Of Lamb With Wildflower Honey & Garlic Glaze	802826
2 Sirloin Steaks With Diane Sauce	815482	Lightly Spiced Haddock Cakes	659291
28 Day Matured Horseradish Crusted Rump Of British Beef Served With A Madeira Jus	483889	Lightly Spiced Haddock Cakes Twin Pack	682015
Aberdeen Angus Steak Burgers With Gruyere & Cheddar Melt	484640	Moroccan Style Cod Stew	689427
Ayr Customer Ordering Large Beef Wellington	620284	Parmesan And Lemon Crusted Chicken	503662
Beef Roulades With Spinach & Ricotta Filling	859332	Proscuitto Wrapped Chicken With A Cheddar And Gruyere Filling	554121
Beef Stroganoff	815468	Salmon & Ricotta Pacrels With Baby Spinach	569590
British 2 Rump Steak	391405	Scottish Haddock Mornay Gratin	656122
British Outdoor Bred Pork Medallions	522564	Scottish Lochmuir Salmon Fishcakes	524360
British Pork Parcels Wrapped In Procuitto	644730	Scottish Trout Fillets Topped With A Mediterranean Vegetable Crumb	656139
British Ros? Veal Calves Liver	250337	Sea Bream Fillets	554237
Cajun Chicken	661461	Seabass Fillets	503990
Cfto Beef Wellington	587822	Spanish Style Beef Roulades	815444
Cheese And Leek Chicken Gratin	644747	Thai Style Fishcakes	534338
Chicken With A Honey, Soy And Ginger Glaze	815529	Top Rump Of Beef With A Creamy Horseradish & Chive Crust	859394
Chicken With Chorizo And Manchego	945752	Trad Veg	482042
Cook! Lemon Sole Fillets With White Wine & Herb Butter	275934	Wild Scallops With A Garlic, White Port & Parsley Butter Served With A Ciabatta Style Crumb	390224
Cook! Pork Medallions	408066		
Crusts & Toppings - Smoked Haddock With Taw Valley Cheddar & Wholegrain Mustard Melt	484237	<b>Dairy F06C</b>	
Crusts & Toppings-lamb Chump With Honey Roast Parsnip & Rosemary Crust	484367	***semi 2pt	348843

## Products which do not contain NUTS as an ingredient

**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
***semi 4pt	348294	Ayrshire	336413
***skim 2pt	349109	Baking Fat	743594
100g Parmesan Wedge	659734	Balsamic Onion & Cheddar	33992
150ml Irish Double Cream	75978	Banana Milk	185943
150ml Irish Whipping Cream	78597	Barrel Aged Greek Feta/gap	869218
200g Buffalo Mozzarella	506472	Bavarian Smoked Cheese	340571
200g Fixed Weight Parmesan Wedge	562003	Bavarian Smoked Cheese	597982
200g Greek Feta	545785	Bavarian Smoked Cheese 10 Slices	775373
200g Greek Feta (promo)	808019	Beacon Blue Goats Cheese	524407
2pt Scottish Organic Skimmed	483568	Blacksticks Blue	597999
2pt Scottish Organic Semi Skimmed Milk	483582	Blacksticks Blue	451703
2pt Scottish Whole Organic Milk	483599	Blacksticks Blue	524575
3 Year Old Cornish Cruncher	782951	Blacksticks Blue (promo)	807999
300ml Extra Thick Double Cream	344005	Blacksticks Velvet	647984
300ml Extra Thick Single Cream	344104	Blue Brie 99p	477338
300ml Irish Double Cream	73165	Blue Stilton	259699
300ml Irish Whipping Cream	76111	Blumin White	33725
300ml Pouring Double Cream	984805	Brandy Butter	181044
300ml Pouring Single Cream	172134	Brandy Butter	64101
4 Blended Cheese Truckles	407182	Brie De Meaux	636193
4 Cheddar & Smoked Jalapeno Burger Toppers	33916	Brie, Pate & Chutney Selection	845373
4pt Scottish Semi Skimmed Organic Milk	486606	British Extra Thick Single Cream	345125
4pt Scottish Whole Organic Milk	486613	British Farmhouse Favourites	936835
600ml Irish Double Cream	343275	Brittany Butter - Salted	615075
600ml Irish Whipping Cream	343268	Buffalo Mozzarella	195102
70g Parmesan Wedge	937870	Butler's Farmhouse Lancashire	216906
90g Feta In Olive Oil.	660273	Cabra Goats Cheese	801188
Abergavenny Fresh Goat Curd	33770	Cambozola	335423
Active Health Fat Free Strawberry Yogurt Shot Drinks	914505	Camembert 99p	373739
Active Health Fat Free Tropical Yogurt Shot Drinks	914529	Channel Island Brie	504324
Aerosol Cream	83089	Channel Island Brie	598040
Ah Blueberry Yogurt Drink 600ml	34050	Channel Island Milk	869201
All Butter Puff Pastry	112321	Cheddar With Onion & Chive	333504
Ardrahan Farmhouse Cheese	537902	Cheese Bites	34180
Ashley Chase Goats Cheese	34418	Cheese Board Bites	926843
Authentic Greek Yogurt	57905	Cheese Board Favorites	336338
Avocado Spread	328920	Cheese Celebration Cake	821896
Award Winning Blue Stilton	133852	Cheese Monger Selection	309943
		Cheese Selection	981057
		Cheese Spread Wedges	391085
		Cheese Terrine With Truffle	252416
		Cheeseboard Choice	424493

## Products which do not contain NUTS as an ingredient

**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
Cheeseboard Choice Creamy Lancashire	411479	Diced Feta Olive Oil & Oregano Promo	879682
Chilli Cove	646444	Diced Feta, Olive Oil & Oregano	569149
Chocolate Milk	366861	Dine In Cheese Selection	864978
Cholesterol Lowering Vanilla Yogurt Shot Drink	664486	Dolcelatte Classico	598064
Chorizo And Manchego Cheese Bake	373920	Double Gloucester (currently Simply)	199858
Christmas Smoked Cheese	845465	Doux De Montagne	151948
Christmas Tree Cheeseboard Bites	64200	Dunbarra With Garlic & Dill	996341
Classic Brandy Aerosol Cream	398442	Echire Unsalted Butter	592024
Classic Brandy Cream With 200ml	479172	Edam	336550
Classic Cheese Selection	479202	Edelweiss	598408
Classic Cheese Selection Dual Tray Size	705530	Emmental	812474
Classic Cheeseboard Selection	696456	Emmental	338813
Clotted Cream	352758	English Mature Cheddar Large	332149
Coconut Drink	972666	English Medium Cheddar	330213
Coloured Cheshire	598910	English Medium Cheddar Large	318921
Comte	728591	English Mild Cheddar	330329
Cook With - Cranberry & Orange Butter Stars	940511	Extra Mature Cheddar	696470
Cooleeney	996327	Extra Mature Cheddar & Chutney	897174
Cornish Cove Cheddar Cheese Souffles	940566	Extra Thick Brandy Butter And Cream	901178
Cornish Cruncher	451727	Extra Thick Brandy Cream	825894
Cornish Cruncher	479103	Extra Thick Brandy Cream	64125
Cornish Cruncher & Balsamic Onion	526807	Extra Thick Prosecco Cream	252447
Cornish Cruncher 500g	479127	Extremely Fruity Blackdown Blackcurrant & Blueberry Yogurt	853446
Cornish Cruncher And Diablo Chilli (promo)	740463	Extremely Fruity Elsanta Strawberry & Heritage Raspberry Yogurt	853484
Cornish Cruncher With Balsamic Onions Star Truckle	731294	Extremely Fruity Low Fat Layered Yogurts	859912
Cornish Goats Cheese	358538	Extremely Fruity Rhubarb Yogurt	972475
Cows Milk Mozzarella	743563	Extremely Fruity Strawberry Yogurt	972345
Creamy Brie	263757	Farmhouse Butter	646420
Creamy Lancs With Red Onion Chutney Kilner Jar	864954	Feta Bake Promo	875066
Cropwell Bishop Beauvale	33763	Feta In Oil & Herbs	972239
Dairy Free Low Fat Sunflower Spread	565028	Feta In Oil & Herbs	33961
Davidstow Cheddar With Onion And Chives (promo)	740470	Four Cheese Stack	845687
Delice Au Chablis	731379	French Baking Camembert	890137
Delice Au Cognac	64217	French Brie	841177
		Fresh Semi Skimmed Milk	187183
		Fresh Skimmed Milk	187190
		Fresh Skimmed Milk	403771
		Fresh Whole Milk	187213

## Products which do not contain NUTS as an ingredient

**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
From The Vire Creamery Normandy Brie	153737	Just Add Cottage Cheese Protein Pot With Pineapple	77781
Full Fat Cream Cheese	365208	Just Add Shaved Parmesan	33985
Garlic And Herb Soft Cheese	744966	Kaltbach Creamy	259279
Goat Cheese 99p	472500	Killowen Irish Mature Red Cheddar	996266
Goats Cheese 120g	245838	Killowen Irish Mature White Cheddar	538749
Goats Cheese With Golden Raisins	996563	Lactose Free Milk	915847
Goats Milk	869225	Large Parmesan Wedge	370912
Godminster Brie	33688	Le Chatelain Camembert	598422
Goosenargh Gold Double Gloucester	598941	Lighter Cows Milk Mozzarella	911078
Goosnargh Goats Cheese	524391	Lighter Greek Salad Cheese	911092
Gorgonzola Piccante	506489	Lighter Greek Salad Cheese Promo	931311
Gouda	950589	Lincolnshire Poacher	688444
Goulds Farmhouse Cheddar	436267	Longmans Half Fat	598972
Grana Padano/gap	240062	Mahon	803090
Grated Parmesan	957359	Manchego	270311
Greek/feta 99p	435260	Manx Black Peppercorn Mature Cheddar	370363
Gruyere	812481	Manx Double Gloucester	223522
Half Fat Brie	299725	Manx Double Gloucester Large	267472
Half Fat Butter Spread	263573	Manx Mature Cheddar	223515
Half Fat Cheese Food Slices	340465	Manx Matured Cheddar Large	267441
Halloumi	950565	Manx Mild Cheddar	223508
Halloumi	513029	Manx Mild Cheddar Large	267458
Hawes Original Kit Calvert Wensleydale	688437	Manx Oak Smoked Mature Cheddar	350969
High Protein Vanilla Yogurt Drink	34036	Manx Red Leicester	223546
Inglewhite Goats Cheese	864886	Manx Red Leicester Large	267465
Iom 170ml Double Cream	857260	Mary Quicke's Oak Smoked Cheddar	742849
Iom 284ml Double Cream	857239	Mature Baby Blue Stilton	912112
Irish Cashel Blue	704700	Mature Blue Stilton	646901
Isle Of Man Mature Cheddar 250g	835701	Mature Blue Stilton Cheeseboard Choice	834155
Isle Of Man Mild Cheddar 250g	835756	Mature Cheese Slices	972468
Jarlsberg	598163	Medium Fat Cream Cheese	775823
Jarlsberg	270243	Mild & Creamy Brie 99p	443944
Jubilee Limited Edition British Farmhouse Cheese Selection	864923	Mild & Creamy Brie Cheeseboard Choice	873826
Jubilee Limited Edition Ravensoak Goats Cheese With Summer Berry Glaze	864961	Mild Cheddar With Onion & Chives (currently Simply)	811873
Just Add Cottage Cheese Protein Pot With Chargrilled Red Pepper And Chickpea	87261	Mini Bonbel Cheese	411509
Just Add Cottage Cheese Protein Pot With Lochmuir Hot Smoked Salmon	777780	Mini Cheese Selection	33749
		Mini Roulade	391412

## Products which do not contain NUTS as an ingredient

**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
Mozzarella	957397	Reduced Fat Soft Cheese	775830
Mozzarella Bocconcini	423953	Reduced Fat Spread With Olive Oil 500g	546447
New Co Brochure Continental Cheese Selection	729642	Reserve Gouda	386807
Normandy Brie Wedge	336994	Reserve Gruyere	598149
Normandy Camembert	56168	Reserve Gruyere	118569
Oat Drink	972321	Rice Milk	972314
One A Day - Split Pots Black Cherry	867337	Ricotta Cook With	636155
Organic Butter	580458	Ripe Brie	598484
Ossau Iraty	386784	Ripe Irish Brie	538756
P&m Port Salut	411493	Roquefort (new Recipe 2009)	599023
P&m St Augur	405850	Roquefort Wedge (core)	27861
Parmesan Block	957366	Rothbury Red	598927
Parmesan Sachet	636148	Saint Agur	391191
Pave D'affinois	636186	Scottish Mature Red Cheddar	818209
Petit Basque	598439	Scottish Mild Red Cheddar	818247
Piave	636124	Scottish Semi 1 Pt	684446
Pick & Mix Cheddar With Onion & Chive	138673	Scottish Semi 2 Pints	684439
Pick & Mix Double Gloucester	340199	Scottish Semi 4 Pts	684460
Pick & Mix Extra Mature Cheddar	138635	Scottish Skimmed 1pt	684484
Pick & Mix Mature Cheddar	138611	Scottish Skimmed 2 Pints	684422
Pick & Mix Medium Cheddar	414173	Scottish Skimmed 4 Pts	684491
Pick & Mix Mild Cheddar	138659	Scottish Whlloe 2 Pints	684507
Pie D'angloys	239950	Scottish Whole 1 Pt	684514
Pimento Chilli Cheese Bake	89586	Scottish Whole 4 Pts	684521
Plain Soya Pot	329149	Seafood Cheese Bake	64064
Ploughmans Selection	889834	Shaved Parmesan	240086
Port & Stilton	891356	Shortcrust Pastry	11235
Port And Stilton	640718	Simply Greek Feta 200g	934633
Port Decanter, Stilton Jar & Quince & Damson Paste ?25	581240	Sliced Halloumi With Extra Virgin Olive Oil & Oregano	619035
Posh Croque Monsieur	51460	Sliced Manchego	619028
Pourable Brandy Cream	295598	Sliced Mild Cheddar With Diablo Chili	810012
Raspberry Soya Pots	89593	Small Cheese Celebration Cake	906531
Ravens Oak Brie With Smoked Chilli Flakes	890168	Smoked Cheese Bake	890182
Ravens Oak Goats Cheese	451697	Smoked Paprika & Chipotle Chilli Butter - Cook With	926881
Red Leicester (currently Simply)	199841	Soft Cheese With Onion And Chive	775847
Reduced Fat Mature Cheddar	43847	Softer Butter	485722
Reduced Fat Olive Oil & Extra Virgin Olive Oil Spread	251303	Softer Butter Large	340908
Reduced Fat Olive Oil Spread - 250g	476089	Soignon Goat Cheese	598125
		Soya Drink	869232
		Sparkenhoe Red Leicester	688475

## Products which do not contain NUTS as an ingredient

**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 Cheese Selection	478885	White Stilton With Apricot	294829
Speciality Cheese Selection On Crushed Bamboo Wood Board ?25	825283	White Stilton With Apricots (promo)	740494
Spreadable Blacksticks Blue	33695	White Stilton With Cranberries	350549
Spreadable Farmhouse Cheddar	33794	White Stilton With Cranberries (promo)	740500
Stilton 236g	834087	White Wine & Cheese Gift ?15	731416
Strawberry Milk	756556	Whole 2 Pts	348188
Sunflower Spread - 500g	338370	Whole Brie	906555
Supergrain Drink	329217	Yorkshire Blue	996334
Taste Of The British Isles Cheese Selection	729178		
Taster Size Blue Brie	873802	<b>Delicatessen F04C</b>	
Tomino Cheese Wrapped In Smoked Prosciutto	972338	1 Boneless Roast Chicken Breast Fillet	258401
Touch Of Butter - 1kg	972253	1 Roast Chicken Breast Portion	651301
Touch Of Butter - 250g	167376	10 Antipasti Skewers	842013
Touch Of Butter - 500g	458696	10 Chorizo Pastry Rolls	845168
Traditional Wensleydale	598934	10 Haggis, Neeps & Tatties	62534
Trotter Hill Tasty	598903	10 Mini Beef Wellingtons	583879
Try Me Barnstomer Cheddar	479097	10 Mini Buckets Of Southern Fried Chicken Chunks & Fries	62589
Try Me Cornish Cheddar	441797	10 Mini Italian Inspired Beef Melts	956345
Try Me Reduced Fat Cheddar	688390	10 Mini Lobster Mac & Cheese	62640
Unsalted Butter - Easy Spreading	498593	10 Mini Posh Hot Dogs	944113
Vanilla Soya Pots	328951	10 Mini Ultimate Cheese Burgers	956338
Vintage Cider ,creamy Lancashire Cheese & Chutney ?10	940504	10 Smoked Salmon & Scrambled Egg Mini Croissants	244602
Vintage Red Wine And Cheese	696562	10 Sticky Chicken Yakitori Kebabs	906494
Wallis Farm Welsh Goats Cheese With Chives	472517	12 Aberdeen Angus Roast Beef Yorkshire Puddings	646697
Wasabi Cream Cheese	972369	12 Bacon And Cheese Rolls	204460
Welsh Extra Mature Cheddar	329033	12 Brie And Cranberry Tartlets	152990
Welsh Goats Cheese	864909	12 Cheese & Bacon Potato Skins	80125
Welsh Mature Cheddar	196727	12 Cheese And Onion Mini Muffins	824125
Welsh Medium Cheddar	353724	12 Cranberry And Port Pork Pies	66495
Welsh Mild Cheddar	353731	12 Duck Spring Rolls	949293
Welsh Rarebit Cheese Bake	890144	12 Garlic And Coriander Filled Butterfly Prawns	819572
Wensleydale	370325	12 Great British Cheese Bites	775496
Wensleydale	266710	12 Handrafted Festive Sausage Rolls	892797
Wensleydale And Blueberry (promo)	740487	12 Hot And Spicy Chicken Bites	775465
Wensleydale With Blueberries	484404	12 Mini Battered Scallops With Minted Pea Puree	944168
Wexford Vintage Cheddar Truckle	537926	12 Mini Breakfast Bacon Cups	243162
Whipped Soft Creamy Cheese	51439	12 Mini Chicken And Garlic Kiev	646741
White Stilton & Cranberry	247368		



## Products which do not contain NUTS as an ingredient

**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
12 Mini Christmas Dinner Bites	785235	24 Month Matured Special Reserve Parma Ham ( With Consorzio Logo)	377744
12 Mini Coquille St Jacques	181693	24 Sticky Asian Chicken Lollipops	973465
12 Mini Deep Filled Vol Au Vents	208130	3 Antipasto Toscano Selection	791281
12 Mini Steak & Chicken Pie Selection	646642	3 Chorizo Selection	790925
12 Mini Tomato And Cheese Rosti Topped Frittatas	574655	3 Italian Salami Selection	421287
12 Oriental Inspired Chicken Wing Lollipops	820431	3 Spanish Deli Tapas Selection	486224
12 Pack Mini Eggs Ri	273909	4 Boneless Roast Chicken Breast Fillets	255110
12 Sausage Rolls	395700	4 Chicken & Chorizo Kebabs	975667
12 Tandoori King Prawns With Dip	892476	4 Chicken And Chorizo Empanadas	667180
12 Three Bird Roast Sausage Rolls	242578	4 Chorizo Pepper Rolls	27168
14 Month Matured Parma Ham	236072	4 Devilled Crab Layered Appetisers	944410
14 Month Matured Parma Ham (2)	547062	4 Mexican Chilli Beef Empanadas	712668
16 Mini Snack Eggs	465649	4 Roast Chicken Breast Portions	567633
16 Pigs In Blankets	39277	4 Spanish Chorizo Sausages	664967
18 Asian Style Chicken Chunks	181679	40 Cocktail Sausage Rolls	187978
18 Frozen Breaded Chicken Selection	686129	50 Cocktail Sausages	228169
18 Indian Style Snack Selection	309431	50 Piece Party Selection	235785
18 Oak Smoked Salmon Appetisers	178686	6 German Smoked Frankfurters	676786
2 King Prawn & Poached Salmon Starters	892292	6 Handcrafted Antipasti Skewers	27151
2 Baked Scallops With Vermouth	741835	6 Handcrafted Stuffed Vine Leaves	231961
2 Boneless Roast Chicken Breast Fillets	253734	6 King Prawn & Smoked Salmon Appetisers	892988
2 Ew Skinless Chicken Breast Fillets	607940	6 Large Sausage Rolls	395687
2 Large Sausage Rolls	479813	6 Melton Mowbray Pork Pies	464345
2 Mini Melton Mowbray Pork Pies	182355	6 Mini Pork Pies	175579
2 Orkney Crab Creme Brulee	892285	6 Onion Bhajis Child Spec	624725
2 Orkney Crab Gratin	522182	6 Sausage Rolls	395694
2 Poached Salmon Fillets	547680	8 Falafels	352574
2 Pork & Pickle Pies	332644	9 Cheese & Bacon Rolls	922609
2 Pork Pies	196000	9 Mini Cranberry & Port Topped Pies	66365
2 Roast Chicken Legs	650403	Aberdeen Angus Beef Terrine With Horseradish Cream Topping	617772
2 Scottish Smoked Salmon Souffles	245326	Ancho Chilli Wings	975445
2 Shellfish Knickerbocker Glory	245777	Antipasti Nibbles Selection	926256
20 Cocktail Sausage Rolls	395724	Antipasti Selection	875714
20 Pork & Cranberry Sausage Rolls	520546	Antipasti Skewers	980937
24 Cheese And Onion Mini Muffins	927840	Arbroath Smoked Loch Etive Trout	610995
24 Gefilte Fish Balls	974738	Ardennes Pate	265584
24 Mini Melton Mowbray Pork Pies	398541	Ardennes Pate Slice	775519
24 Month Matured Prosciutto	302753	Asian Kebabs	975421

## Products which do not contain NUTS as an ingredient

**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
Asian Style Sticky Chicken Kebabs	922838	Caramelsied Onion Houmous	862356
Asian-style Chicken Kebabs (36 Pieces)	398367	Cfto 12 Piece Hot Seafood Platter	774345
Avocado Mayonnaise Child Spec	549912	Cfto Whisky Gold Smoked Salmon Side	893022
Bacon, Leek & Mushroom Quiche	237277	Chargrilled Calamari	798211
Banquet Terrine	786133	Chargrilled Calamari Rings	715959
Barbecue Roast Chicken Drumsticks	712477	Chargrilled Calamari Rings	804677
Bauble Terrine	267236	Chargrilled Calamari Rings	981699
Bbq Chicken Kebabs	547666	Chargrilled Calamari With Lime, Chilli & Mint	975551
Bbq Relish Child Spec	549936	Chargrilled Chicken Mini Fillets	138192
Black Tiger Prawns	722971	Chargrilled Madagascan Prawns	892223
Breaded Yorkshire Ham	865302	Chargrilled Olives And Peppers	716550
Bresaola	583060	Chargrilled Sweet And Smoky King Prawns	926249
Brit Roast Wiltshire Ham	373913	Chargrilled Sweet And Smoky King Prawns 140g	981682
British Air Dried Cumbrian Style Ham	27007	Chargrilled Tandoori Boneless Chicken Thighs	922647
British Cumberland Style Salami	27274	Chargrilled Tandoori Style King Prawns	856003
British Honey Roast Ham	610452	Cheese & Chive Quiche	585866
British Outdoor Bred Mini Roast Ham	374545	Cheese & Onion Quiche	523547
British Outdoor Bred Ready To Eat Honey And Mustard Glazed Ham	415545	Cheese & Onion Quiche	176262
British Outdoor Bred Ready To Eat Sweetcure Ham	374552	Chicken & Asparagus Quiche	800570
British Outdoor Bred Ready To Eat Wiltshire Cured Ham	528016	Chicken Bacon And Spinach Tart	665278
British Pigs In Blankets	197670	Chicken Forestiere Pate	415316
British Pulled Ham Hock	975162	Chicken Kebab Platter	973588
Broccoli, Cheese & Tomato Quiche	176378	Chicken Liver Parfait	41447
Brussels Pate	361330	Chicken Liver Parfait	786119
Brussels Pate	723435	Chicken Liver Pate	261067
Brussels Pate Slice	667883	Chicken Mini Fillets And A Sweet Chilli Dip	798303
Brussels Pate With A Cranberry Topping	741927	Chicken Wing And Drumstick Platter	873680
Butternut And Chilli Harissa Dip	674591	Chicken Wing Platter	973458
C O Large Cuxwold Wiltshire Ham And Asparagus Quiche	611565	Chicken, Bacon & Sweetcorn	205504
C O Artichoke & Parmesan Tarts X 4	611572	Chicken, Honey And Orange Liqueur Parfait With A Marmalade Topping	328104
C O Sweet Chilli With Lime And Lime & Coriander Chicken Platter	611619	Chilli & Coriander Prawns	709644
C/o Antipasti Platter 480g	818193	Chilli & Corriander Honduran Prawns	236089
Caramelised Onion & Potato Tortilla	464383	Chilli Olives	864411
Caramelised Onion Chutney Pork Pies	975360	Chinese Chicken Drums	975438
		Chinese Chicken Wings	386821

## Products which do not contain NUTS as an ingredient

**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
Chorizo	516303	Duck & Orange Pate	432955
Chorizo And Piquillo Pepper Tortilla	667197	Duck And Truffle Parfait	214773
Christmas Collection	245456	Duck Rilette	827324
Christmas Party Crudite Selection	244985	Ew Beetroot And Mint Dip	922425
Christmas Pudding Pork Pie	66358	Ew Coronation Chicken Deli Filler	465083
Chunky Layered Moroccan Style Houmous	465182	Ew Prawn Cocktail	759397
Classic Dip Selection	871204	Ew Prawn Cocktail Deli Filler	438414
Classic Marie Rose Sauce	778398	Extra Large Cured Pork Pie	574860
Classic Party Selection	836838	Extra Lean Corned Beef	312547
Classic Prawn Cocktail	708777	Extra Lean Ham	256353
Co 24 Meat Vol Au Vents	429658	Extra Lean Ham 25 Slices	610469
Co Butternut Squash Terrine	662635	Feta And Herb Pastries	465175
Co Chicken Wing And Drum Pack	476256	Feta Dip With Roasted Tomatoes And Olives Topping	862370
Co Honduran King Prawn Platter	720731	Fiery Tomato Salsa	922760
Co Large Prawn Cocktail	720748	Fish Light Meals -luxury King Crab Cocktail	510868
Co Lobster Thermidor	580359	Food To Order - 4 Orkney Crab Gratin	898065
Co Madagascan And Honduran King Prawn Platter	822213	Food To Ordersliced Mexican Chilli And Chargrilled Chicken Platter	720465
Co Quiche Selection 18 Pieces 1kg	429634	Franchise Spanish Cured Meat Selection	75848
Cocktail Blinis	398190	Free Range Egg Mayonnaise Deli Filler 220g	728959
Collection Party Selection	824163	Frozen Cheese & Onion Toasty Bites	514934
Contemporary Party Selection	836821	Fto - Mini Chicken Fillets Selection	875592
Continental Meat Platter	640862	Fto 100 Cocktail Sausages	429603
Cook With M&s Tapas Spanish Chorizo	922883	Fto 20 Italian Beef Melts	973472
Coquille St Jacques	387118	Fto 98 Piece Party Selection	398565
Coronation Chicken	265720	Fto Antipasti Selection From Our Special Reserva	860277
Courgette And Halloumi Triangles	862394	Fto Bbq Wing & Drum Platter	942669
Courgette, Asparagus And Feta	922937	Fto Bresaola	860239
Cranberry & Orange Hot Smoked Salmon	892230	Fto Honduran King Prawn Platter	870221
Cranberry Topped Pork Pie	181730	Fto Large Quiche Lorrane	822145
Creamy 4 Classic Dip Selection	369701	Fto Large Salmon And Broccoli Quiche	892957
Crustless Ham & Cheese	862264	Fto Large Spinach And Feta Quiche	822152
Culatello Di Parma	61636	Fto Mini Quiche Bites	429665
Cured Lattice Topped Slicing Pie	552547	Fto Parma Ham	864053
Danish Chopped Ham	259200	Fto Sept - Mini Pork Pie Slices	818124
Dinky Sausage Rolls	242554	Game Pie	574877
Dip Selection	549929	Game Pie	892773
Dip Selection - Stacker Pack	547116		
Dips To Share Cream Cheese And Basil Pesto	712507		

## Products which do not contain NUTS as an ingredient

**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
Gap - Mushroom Pate	866248	Honey & Tequila Prawns	975599
Gap - Perfect Roast Duck	865548	Honey Roast Ham	866217
Garden Vegetable & Feta Quiche	922623	Honey Roast Lean Ham 10 Slices	127578
Garlic & Parsley Honduran King Prawns 90g Promo Pack	682220	Honey Roast Salmon Flakes	273664
Garlic Sausage	265911	Honey Roast Salmon Slices	437622
Gbf Scottish Lochmuir Smoked Salmon Parcels	92494	Hot & Spicy Sliced Chicken	421256
Gefilte Fishballs	441087	Hot And Spicy Chicken Wings	386838
Gluten- Free Party Selection	948449	Hot Seafood Medley Starters	66242
Gravadlax	252058	Hot Smoked Salmon & Prawn Slices	892247
Grilled Chorizo And Peppers	712811	Hot Smoked Rainbow Trout	845328
Guacamole	835848	Hot Smoked Salmon Pate Slice	805506
Ham And Cheese Spirals (12)	155823	Hot Smoked Salmon Selection Pack	454117
Ham Hock Terrine	973687	Hot Smoked Salmon Slices	378154
Handcrafted 2 Cheese & Onion Sausage Rolls	924498	Hot Smoked Trout Small	464802
Handcrafted 2 Pork Sausage Rolls	814188	Houmous 200g	607537
Handcrafted Bacon & Mushroom Quiche	922654	Houmous 300g	234474
Handcrafted Beef & Potato Pasty	814225	Houmous Eu	876247
Handcrafted Cheese & Bacon Sausage Rolls	975292	Houmous Selection Pack	862387
Handcrafted Christmas Sausage Roll Garland	841849	Ib?rico Ham. Jam?n De Cebo Ib?rico (50% Raza Ib?rica)	27304
Handcrafted Festive Sausage Rolls	892766	Ifg D 6 Sausage Rolls	642743
Handcrafted Mature Cheddar And Caramelised Onion Pastry Rolls	928960	Ifg D 6 X Cheese & Onion Rolls	642750
Handcrafted Mature Cheddar, Onion And Leek Pasty	814294	Ind Crustless Ham/cheese	922616
Handcrafted Pork Sausage Rolls	892698	Indian-style Snack Selection	398428
Handcrafted Quiche Lorraine	922678	Individual Broccoli & Tomato Quiche	524230
Handcrafted Sausage Roll Selection	814195	Individual Salmon & Broccoli Quiche	865227
Handcrafted Sausage Rolls	36979	Indonesian Black Tiger Prawns With Orkney Crab Claws And Mango & Chilli Jam	716031
Handcrafted Slow Roasted Tomato, Feta & Spinach Quiche	975285	International - 2 Roast Chicken Legs	887656
Handcrafted Slow Roasted Tomato, Feta & Spinach Quiche	922722	Irish Breaded Ham	610438
Handcrafted Smoked Salmon Quiche & Cream Cheese	922630	Irish Extra Lean Ham	256353
Honduran King Prawn Platter With Marie Rose Dipping Sauce	741910	Irish Extra Lean Ham 25 Slice	610469
Honduran King Prawns	778886	Irish Ham	610445
Honduran King Prawns With A Basil Pesto Dressing	376150	Irish Honey Coated Ham	610452
Honduran King Prawns With A Lemon Drizzle & Chragrilled Asparagus	25157	Italian Antipasto Tasting Selection	713023
		Italian Antipasti Platter	940801
		Italian Antipasto Delicatessen Selection	585873
		Italian Antipasto Special Reserve Selection	790901

## Products which do not contain NUTS as an ingredient

**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
Italian Cooked Ham	665162	Loch Muir Smoked Salmon And Cream Cheese Deli Filler	152709
Italian Cooked Meat Selection	863094	Lochmuir Smoked Salmon & Broccoli Quiche	712637
Italian Cooked Meat Selection	883900	Ltg 36 Indian Style Chicken Kebabs	818599
Italian Diced Pancetta	571944	Lumpfish Caviar	245203
Italian Meats And Parmesan Cheese Selection Platter	940771	Luxury Prawn Cocktail	973441
Italian Pancetta Slices	616744	Manzanilla Olives With Chorizo	797788
Italian Smoked Antipasto Selection	922982	Marinated Antipasti Selection With Pitted Cuquillo Olives	701181
Jam?n De Bellota Ib?rico (100% Raza Ib?rica)	61629	Marinated Anchovy Fillets	701211
Just Add Bbq Chicken	864374	Marinated Chilli & Coriander King Prawns 140g	981675
Just Add Chargrilled Chicken	355766	Marinated Flame Seared Italian Artichokes	465021
Just Add Chargrilled Scallops	922876	Marinated Garlic And Parsley King Prawns	509527
Just Add Morroccan Chicken	864343	Marinated Garlic And Parsley King Prawns	981668
Just Add Roast Plain Chicken	322027	Marinated Greek Feta	27069
Just Add Smokey Bbq Chicken Chunks	922890	Marinated Grilled Peppers	701174
Just Add Sweet And Smoky Chicken	795265	Marinated Italian Mozzarella	26970
King Prawn Cocktail	847483	Marinated Italian Mozzarella & Tomatoes	434515
Lamb And Chicken Koftas	506861	Marinated Italian Slow Roasted Vine Tomatoes	622165
Lamb Pastries	922388	Marinated Italian Sundelisi Tm Tomatoes	922418
Large Bacon, Leek & Mushroom Quiche	374712	Marinated Vegetable Antipasti Selection	797689
Large British Breaded Ham	665124	Mediterranean Nibbles Selection	926263
Large Coronation Chicken	720410	Mediterranean-style Snacking Selection	871389
Large Cranberry Topped Pork Pie	827317	Melton Mowbray Dinky Pork Pies	80958
Large Melton Mowbray Pork Pie	199162	Melton Mowbray Pork Pie	530750
Large Platter Of Spanish Meats & Manchego	61681	Melton Mowbray Pork Pie	503303
Large Wafer Thin Honey Roast Ham	616690	Melton Mowbray Pork Pie	862349
Lean Corned Beef 3 Slices	259309	Melton Mowbray Pork Pies	800563
Lean Roast Chicken Breast	171243	Mesican Smoked Chilli Cheese Dip	57899
Lemon & Herb Poached Salmon	464789	Mini 21 Day Aged Sirloin Steak Sandwich	514736
Lemon & Pepper Honduran King Prawns 90g Promo Pack	682244	Mini Chicken Kiev	668712
Lemon And Coriander Houmous	862363	Mini Cocktail Sausage Snack Pack X4	923477
Lighter Brussels Pate	785396	Mini Hot Smoked Salmon And Herbed Cream Cheese Pockets	474337
Litu Flavoured Mini Fillet Chicken Platter	398497	Mini Melton Mowbray Pork Pies	503310
Litu Luxury Garnished Scottish Salmon And Lemon Mascapone Terrine	556743	Mini Pork Pie Selection	960618
Litu Stuffed Chicken Breast Platter	114813		
Loch Muir Salmon Pate With A Chilli Jam	786126		

## Products which do not contain NUTS as an ingredient

**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
Mini Pork Pie Selection	862295	Pork & Egg Slices	800532
Morrocan Style Chicken With Butternut And Chickpeas	922951	Pork Lattice Slicing Pie	488631
Morroccan Chicken Kebabs	506922	Pork Pie 5oz	555678
Mortadella	863964	Pork Tongue	777797
Mozzarella And Pesto	667265	Pork, Turkey And Stuffing Layered Pork Pie	827294
Mushroom And Goats Cheese Frittata	546768	Portabello Mushroom & Spinach Quiche	862271
Mushroom And Stilton Tarts X 2	865531	Potted Blacksticks Blue With Fig Chutney	62732
Oak Smoked Scottish Salmon & Dill Dip	546515	Prawn & Crab Cocktail	716079
Organic Houmous	302661	Prawn And Calamari Seafood Salad	797825
Orkney Crab	262415	Prawn Cocktail	266383
Orkney Crab & Prawn Terrines	715973	Prawn Cocktail	944243
Orkney Crab Pate With Butter Topping (kilner)	824941	Premuim Pork Selection Sausage Rolls	862288
Orkney Dressed Crab	499637	Prosciutto Di San Daniele	863117
Orkney White Crab Meat	334853	Prosciutto Toscano Dop	791267
Partridge Pate With Pear Chutney	62749	Puff Pastry Tart - Butternut Red Pepper & Feta	864336
Pate De Mer	62800	Quiche Lorraine	159623
Pea And Wasabi Dip	712729	Quiche Lorraine 170g	159616
Peeled Large King Prawns	810807	Quiche Selection	223058
Peeled Large King Prawns 80g	687393	Ready To Eat British Suffolk Ale Cured Ham	952958
Peppered Smoked Mackerel	177566	Ready To Eat Cured And Cooked Ham, Beef And Game Platter	574785
Peri Peri Chicken Wings	864381	Red Pepper And Feta Filo Rolls	862417
Piri Piri Houmous	922494	Red Thai Chicken Triangles	975636
Pitted Full Flavoured Spanish Cuquillo Olives	26949	Roast Chicken Drumsticks	254090
Pitted Greek Halkidiki, Kalamata Olives & Feta	546713	Roast Chicken Drumsticks	398503
Pitted Lemon & Coriander Olives	26963	Roast Chicken Jumbo Drumsticks	144117
Pitted Mild & Fruity Halkidiki Olives & Tomatoes	862424	Roast Chicken Slice X 3	373937
Pitted Piri Piri Olives	27045	Roast Chicken Slices Better Value Pack	531948
Pitted Spanish Mild Manzanilla & Full Flavoured Cuquillo Olives	701235	Roast Chicken Thighs	264341
Pitted Spanish Mild Manzanilla Olives	546720	Roast Red Pepper And Toasted Pine Nut Dip	797658
Pitted Spanish Mild Manzanilla Olives & Manchego	712699	Roasted Butternut Squash And Chickpea Salad	862509
Pitted Sweet & Smoky Chargrilled Olives	27250	Roasted Pork Loin	118910
Poached Salmon Fillet	856546	Roasted Red Pepper & Creme Fraiche Dip	549974
Poached Salmon Flakes	283540	Rotisserie Whole Roast Chicken	925235
Porchetta Toscana	791274	Salami Milano 80g	208994
Pork & Egg Pie	197564	Salami Milano 30g	646987



## Products which do not contain NUTS as an ingredient

**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
Salami Napoli	264587	Smoked Salmon And Spinach Tarts X 2	800594
Scallops With A Pea And Mint Crush	779944	Smoked Salmon Appetisers X 18	182584
Scampi & Chips	514798	Smoked Sandwich Ham 8 Slices	775687
Scotch Eggs X2	198707	Smoked Spiced Prosciutto	717083
Scottish Honey Roast Salmon Shot Glass Each Multipack	583893	Smooth Brussels Pate	687317
Scottish Boneless Smoked Mackerel Fillets Fixed Weight	798440	Smooth Chicken Forestiere Pate	271134
Scottish Boneless Smoked Peppered Mackerel Fillets Fixed Weight	798457	Smooth Duck & Orange Pate	574686
Scottish Lochmuir Salmon Bag For Home Freezing	671101	Smooth Duck Pate With Balsamic & Roasted Shallots	713146
Scottish Smoked Salmon 6 Thin Slice	282178	Snack Pack 20 Pieces	385251
Scottish Smoked Salmon Bauble Terrine	105927	Soft Set Cumberland Scotch Egg	975377
Scottish Smoked Salmon Mild & Delicate	245043	Spanish Chicken (tapas Range)	610650
Scottish Smoked Salmon Smoky & Robust	245050	Spanish Meats & Manchego Platter	949958
Scottish Smoked Trout	944335	Spanish Meats And Machengo Platter	61704
Seafood Selection Platter	973571	Spanish Style Chicken With Lima Beans And Roasted Red Pepper	922869
Seafood Sticks	236201	Spanish Tapas Selection	790840
Serrano Ham	790833	Spanish Tapas Selectionwith Jamon Iberico	883887
Serrano Ham	415033	Spec Cornish Smoked Sardines	611084
Serrano Ham Joint With Knife And Stand	232906	Special Reserve Italian Meat Selection	778558
Serrano Ham Wrapped Pork, Sage & Onion Stuffed Chicken Breast	507202	Speciality Caramelised Bramley Apple Topped Cuxwold Pork Pies	547499
Sharing Italian Antipasto Selection	449779	Spiced Butternut Parcels	506823
Showstopper Starters	267311	Spiced Chicken Pastries	797832
Single Malt Whisky Smoked Salmon 200g	892254	Spicy Chorizo	863995
Skinny Egg Mayo	728935	Spicy Red Pepper Houmous	311304
Skinny Houmous	145954	Spicy Spanish Chorizo Slices	922852
Skinny Houmous X 3	516891	Spicy Spanish Diced Chorizo	863971
Skinny Tuna And Sweetcorn	259972	Spinach, Feta And Olive Frittata Twin Pack	712774
Sliced Chicken	343299	Sticky Bbq Chicken Drums	866903
Sliced Turkey Breast	383455	Sticky Bbq Chicken Wings	666046
Sliced Turkey Breast Dual Tray Size	675574	Sticky Chicken Yakitori Kebabs	973489
Smoked Ham, Turkey And Chicken Terrine With Cranberries (twin Pack)	687539	Stone In Sweet & Buttery Italian Nocellara Olives	862493
Smoked Mackerel	251914	Stone In Basil & Garlic Marinated Olive Selection	299596
Smoked Salmon & Egg Royale	245784	Stone In Basil & Garlic Marinated Olive Selection	398299
		Stone In Full Bodied Greek Kalamata Olives	231855
		Stuffed Cherry Peppers With Goat's Cheese	740265

## Products which do not contain NUTS as an ingredient

**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
Stuffed Olives With Pimento	465571	Whole Roast Chicken Catchweight	252935
Sweet & Smoky Chicken Thighs	922821	Whole Salami Gap	864077
Sweet And Smoky Chicken Thighs (formally Sweet Chilli Thighs)	707589	X 2 Butternut And Pumpkinseed Tarts	862622
Sweet Chilli Hot Smoked Salmon	976022	X 20 Mini Pork Pie Slices	831277
Sweet Chilli Sliced Chicken	666053	Yellow And Red Sunblush Tomatoes	797719
Tapas Paella	715454		
Tapenade Trio Pack	797764	<b>Desserts F08C</b>	
Taramasalata	234368	12 Mini Fruit Tartlets	881500
Taramasalata Eu	876254	12 Mini Fruit Tarts	472036
Tequila & Lime Wings	975407	12 Rainbow Jellies - Customer Ordering	903714
The Original Sausage Roll Garland	12195	2 Exotic Fruit Tarts	294331
Tikka Chunks	190114	2 Fresh Strawberry Tarts	423281
Tomato & Camembert Tarts	467070	3 Mini Retro Jellies (multipack)	863339
Tomato And Mozzarella Pastry Ravioli	975605	3 Mini Strawberry Tart Guilt Free Indulgence	863353
Tomato Salsa Dip	322171	3 Raspberry Jellies	863360
Traditional Spanish Platter With Manchego Cheese Selection	981408	4 Buttermilk Pancakes With Butterscotch Sauce	606332
Tuna & Sweetcorn	188968	6 Pancakes	456418
Tuna Pate	243155	6 Pancakes With A Delicious Chocolate Sauce	381482
Tuscan Sausage Calzones	797818	6 Pancakes With Zesty Lemon Sauce	134842
Tzatziki	399135	A Twist Of Passion	975032
Tzatziki Eu	876261	Apple Tarte Tatin	998840
Ultimate Prawn Cocktail	944229	Blackcurrant And Tahitian Vanilla Jelly	56144
Ultimate Prawn Cocktail	944380	Cosmopolitan Jelly	864008
Unsmoked Bacon Strips	189095	Customer Ordering Large Strawberry Tart	870269
Vegetable And Mozzarella Frittata	797771	Eat Well Berry & Cherry Jelly Terrine	559164
Vegetable Quiche	665254	Exotic Jelly Cubes	975063
Vegetable Spring Roll	514828	Fat Free Fromage Frais	931434
Vegetarian Party Selection	948432	Freshly Squeezed Orange Juice Jelly	681292
Venison & Duck Layered Terrine With Cranberries	785488	Fromage Frais	931427
Wafer Thin Breaded Ham	866651	Fruit Jellies	770477
Wafer Thin Breaded Ham 100g	775694	Fto Belgian Chocolate & Morello Cherry Torte	860864
Wafer Thin Ham 140g	615655	Greek Yogurt With Honey	722667
Wafer Thin Turkey	258098	Mini Pancakes	959018
Whisky Gold Scottish Smoked Salmon	944250	Mini Tarts	615297
Whisky King Prawn Platter	778275	Mixed Berry Jelly	923965
Whisky Smoked Scottish Salmon	909471		
Whole Baked Pear, Pork & Stilton Pie	785358		
Whole Roast Chicken (fixed Weight) 1.1kg	383264		

## Products which do not contain NUTS as an ingredient

**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
Mixed Berry Tart - Customer Ordering	891189	2 Breaded Haddock Fillets	352666
Mojito Jelly	864015	2 Breaded Lemon Sole Fillets	663861
One A Day Split Pot Mango & Passion Fruit	867344	2 Breaded Scottish Haddock Fillets	516020
Passion Fruit & Orange Jelly	96737	2 Cheddar Cheese & Onion Crispabakes	126304
Passion Fruit Jelly	923897	2 Cheddar Cheese & Smoked Bacon Crispabakes	463508
Passionfruit & Coconut Dessert 200g	96751	2 Chicken & Leek Crispabakes	124393
Peach Melba Jelly	681193	2 Cod Fillet Fishcakes	443906
Pineapple And Glitter Jelly Crown	852470	2 Cod Fillet Melting Middle Fishcakes	594103
Pomegranate & Elderflower Jelly	771207	2 Cod Fillets With Tomato,lemon And Herb Marinade	794268
Raspberry And Vanillla Cheesecake Slices	986014	2 Corned Beef Crispabakes	74957
Raspberry, Pomegranate And Elderflower Jelly	975117	2 Cumberland Sausage Crispabakes	170383
<b>Direct Hampers F18A</b>		2 Gluten Free Breaded Cod Fillets	821230
Beer Crate Gift	25829	2 Gluten Free Chicken & Mushroom Crispabakes	348706
Christmas Pie Gift	73080	2 Gluten Free Cod Fillet Fishcakes	943741
Classic Christmas Breakfast Gift	73103	2 Gluten Free Scottish Lochmuirtm Salmon Fillet Fishcakes	821209
Create Your Own Blueberry Gin	12911	2 Haddock Fillet Fishcakes	136280
Direct - Crack Open The Cava	905459	2 Large Cod Fillets	498968
Direct - I Love Percy Gift	905916	2 Large Haddock Fillets	498869
Direct - I Love Veggie Percy Gift	905923	2 Large Lemon Sole Fillets	416085
Direct - Penny & Percy Gift	907996	2 Large Plaice Fillets	416078
Direct - Percy Pig Tin With Mug & Sweets Gift	905947	2 Large Smoked Haddock Fillets	498906
Direct -celebrate In Style - Ice Bucket And Cava	905992	2 Large Tuna Steaks	468770
Fathers Day Pork Pie And Treats Gift	919883	2 Lemon Sole With Tomato & Herb Melting Middle Fishcakes	794329
Salmon And Champagne Gift	287012	2 Lightly Dusted Cod Fillets	788168
Valentines Pork Pie Gift	37051	2 Lightly Dusted Lemon Sole Fillets	500395
<b>Fish F62C</b>		2 Lightly Dusted Plaice Fillets	913782
2 (skin On) Organic Scottish Salmon Fillets (c/w)	510332	2 Lightly Dusted Flounder Fillets	804837
2 Asian Style Marinated Boneless Scottish Mackerel Fillets	796934	2 Lightly Dusted Haddock Fillets	489010
2 Battered Cod Fillets	201339	2 Lightly Dusted Lemon, Salt & Pepper Haddock Fillets	891875
2 Battered Haddock Fillets	176491	2 Lightly Dusted Lemon, Sea Salt & Pepper Plaice	891899
2 Breaded Plaice Fillets	891882	2 Lochmuir Scottish Salmon Fillets	564465
2 Breaded Plaice Fillets	716451	2 Lochmuir Scottish Salmon Fillets Promo	683036
2 Breaded Chunky Cod (franchise)	864527	2 Minced Beef Crispabakes	100731
2 Breaded Chunky Cod Fillets	341417	2 Monkfish Fillets	372909
2 Breaded Cod Fillets	383530	2 Pangasius Fillets With Thai Butter	857499

## Products which do not contain NUTS as an ingredient

**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
2 Plaice Fillets With Lemon & Thyme Butter	794862	British Roe-on King Scallops	24464
2 Scottish Loch Trout Fillets	329279	Canadian Lobster Halves	24426
2 Scottish Lochmuir Tm Salmon Fillet Fishcakes	441193	Chicken And Spiced Sweet Potato Crispbake	857574
2 Scottish Whole Rainbow Trout	440066	Chunky Chips	696906
2 Sea Bass Fillets	473323	Chunky Cod Fishcake	595032
2 Skipjack Tuna Fishcakes	318860	Cider Battered Plaice	26116
2 Smoked Haddock Fillet Fishcakes	436052	Coconut Prawns	39246
2 Super Seeded Lightly Dusted Scottish Haddock Fillets	698528	Cod, Roasted Tomato And Pesto Fishcake	857536
2 Super Seeded Lightly Dusted Plaice Fillets	698535	Cornish Sardines	915786
2 Superseeded Cod Fillets	521055	Crab & Hake Sliders	39222
2 Vegetable Crispbakes	126298	Crinkle Cut Chips	696890
2 Wild Pacific Salmon Fillets	434829	Deliciously Different- Wild Alaska Keta Salmon Fillets	835466
4 Breaded Cod Fillets	515559	Fish Snacking Platter	858663
4 Breaded Haddock Fillets	608329	Fish Snacking Platter	906517
4 Breaded Scottish Haddock Fillets	104494	Food To Order - Ayr Fish Snacking Platter	898195
4 Lochmuir Scottish Salmon Fillets	196260	Food To Order - Breaded Wholetail Scottish Scampi	898188
4 Oat & Lemon Breaded Mackerel Fillets	804813	Fresh Brill	74438
4 X Cod Fillets With A Sundried Tomato Dressing (co Brochure 2010)	720397	Fresh John Dory	74452
5 Breaded Plaice Fillets	668750	Fresh South Coast Hake	74445
6 Breaded Chunky Cod Fillets	510318	Fresh South Coast Lemon Sole	74469
6 Butterflied Seabass	947695	Fto 2 Gluten Free Chicken & Mushroom Crispbakes	860482
8 Crab And Cod Sliders With Mojo Sauce	36429	Fto 2 Gluten Free Crumbed Cod Fillets	860529
8 Lochmuir Scottish Salmon Portions (bag)	370554	Fto 2 Gluten Free Scottish Lochmuir Salmon Fishcakes	860512
Alaskan Black Cod Fillet	24389	Fto 2 Lochmuir Salmon Fillets With Soy, Ginger And Chilli Marinade	837859
Banded Pack Trout Fillets X 2	561891	Fto Melting Middle Cod Fish Cake With Parsley Sauce	860550
Battered Haddock Fillet Fingers	286299	Fto Melting Middle Lochmuir Salmon Fish Cake With Watercress Sauce	860581
Battered Scallops	690966	Fto Raw Honduran Prawns With Chilli & Corinader Marinade (banded Pack)	837897
Beer Battered Cod And Mushy Peas (dine In)	65467	Gap - Sea Bream	567718
Beer Battered Cod Fillet With Scraps	26093	Gap Lightly Dusted Lemon Sole Fillet	864534
Beer Battered Haddock With Beef Dripping Chips	26109	Gap Mini Cod Fishcakes	864633
Beer Battered Scottish Haddock With Scraps	26130	Haddock And Minted Pea Fishcake	864671
Breaded Scottish Haddock & Chips	375788	Haddock Loin Skin Pack	558013
Breaded Cod & Chips	375757	Hake Fillets	862752
British Roe-off King Scallops	24419		

## Products which do not contain NUTS as an ingredient

**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
Hake Fillets	55277	Plaice Fish Fingers	26055
Honduran King Prawns With Lemon And Black Pepper	857512	Plaice, Asparagus And New Potato Mim	692809
International - 2 Large Smoked Haddock Fillets	898928	Raw Honduran Prawns	541473
International - Cod Loin Skin Packs	898959	Raw Honduran Prawns With Chilli & Corinader Marinade	561853
International - Haddock Loin Skin Packs	898966	Raw Indonesian Black Tiger Prawns	915779
King Prawns	716383	Raw Scallops	201360
King Prawns With Garlic And Parsley Butter	795098	Raw Seafood Selection	720588
Kippers (wise Buy)	673235	Raw Seared Calamari Rings With Lime, Soy And Ginger Dressing	720595
Large Battered Cod Fillet	891868	Raw Seared Calamari Rings With Salt And Mixed Pepper Seasoning	720625
Lemon Sole Goujons	129886	Rope Grown Scottish Mussels	720618
Lemon Sole With Caper Butter	55444	Rope Grown Scottish Mussels	604819
Lightly Dusted Haddock Goujons	821223	Salt & Pepper Squid	39253
Lightly Smoked Lochmuir Salmon Bag Minimum 5 Fillets	558051	Samphire	25775
Lochmuir Salmon "try Me" Fillet 120g	593939	Scampi	820493
Lochmuir Scottish Salmon Fillet Joint	306782	Scottish Arbroath Smoked Kippers With Butter	427623
Mediterranean Butterflied Seabass	24433	Scottish Lochmuir Smoked Salmon Fishcakes	692144
Mediterranean Butterflied Seabass	978347	Scottish Smoked Haddock	782708
Melt In The Middle 2 Crispy Pulled Beef Brisket Cakes	55970	Sea Bass Bag Minimum 5 Fillets	600606
Melt In The Middle 2 Crispy Pulled Pork & Stuffing Cakes	55994	Simply 2 Breaded Cod Portions	742207
Melt In The Middle 2 Scottish Lochmuir Salmon Fillet Fishcake	594134	Simply 2 Breaded Haddock Portions	742214
Melt In The Middle 2 Smoked Haddock Fishcakes	644075	Simply 4 Breaded Cod Portions	876339
Melt In The Middle Garlic Mushroom Crispbake	648189	Simply 4 Breaded Haddock Portions	876315
Melt In The Middle 2 Crispy Pulled Wiltshire Cured Ham Cakes	55987	Simply 4 Breaded Pollock Fillets	864572
Melting Middle Scottish Haddock Fish Cake With A Cheese & Chive Sauce	594127	Simply Mini Cod Fish Fingers	867504
New Cod Fillets Bag X 6	551687	Single Smoked Haddock Fillet	707015
New Smoked Haddock Fillets Bag X 6	551717	Skipjack Tuna, Roasted Pepper And Chilli Fishcakes	857543
Perfectly Cooked Cod And Parsley Sauce In A Bag	854429	Smoked Salmon & Cream Cheese Salmon Fillet Tornado	947657
Perfectly Cooked Haddock And Cheese Sauce In A Bag	854436	Smoked Cod Fillets X 2 (dyed)	561884
Perfectly Cooked Salmon And Watercress Sauce In A Bag	854450	Smoked Haddock Loin Skin Pack	558020
Pil Pil Prawn Skewers	974189	Smoked Lochmuir Tm Scottish Salmon	535175
		Smokey Bbq Burgers	867573
		Tempura Prawns	92517
		Three Fish Roast	909464
		Three Fish Roast	10764

## Products which do not contain NUTS as an ingredient

**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
Three Fish Roast With Scottish Lochmuir Salmon Cod And King Prawns	821131	Aromatic Lamb & Chicken Kofta With Fresh Mango And Pomegranate	925600
Tomato And Mozzarella Crispbakes	794251	Asian Beef Salad Lettuce Cup	658256
Torbay Sole Fillets	513012	Asian Bun - Ancho Chilli Beef	974806
Triple Cooked Chips	26123	Asian Bun - Bourbon And Maple Pulled Pork	974844
Undyed Smoked Haddock Fillets X 2	541404	Asian Bun - Spiced Chicken & Coriander	974820
Whitebait	26062	B4u Chargrilled Herby Chicken	22552
Wholetail Scampi & Chips	26086	B4u Morroccan Style Spiced Chicken	22538
Wild Madagascan Prawns	24488	Banana & Bio Yogurt Smoothie	334501
Wild Pacific Halibut Steaks X 2	513036	Basil Chicken Pasta Salad	461511
<b>Food onthe Move F07C</b>		Bbq Pulled Pork Pasta Salad	969291
(count On Us) Salt And Vinegar Baked Potato	498241	Bbq Pulled Pork Wrap	33053
?1 Flyer Great British Breakfast Sausage Roll	876087	Beechwood Smoked Gammon And Cornish Cruncher Cheese Sandwich	778831
10 Cocktail Sausages Fotm	159098	Beef & Blacksitcks	946650
100% Freshly Squeezed Orange Juice (with Bits)	117418	Beefburger Crisps	927741
100% Freshly Squeezed Orange Juice Smooth	78948	Belgian Milk Chocolate Coated Rice Cakes	99134
14 Classic Sandwich Selection Platter - Ftg Stores	877572	Berry Bircher Smoothie	975964
14 Classic Sandwich Selection Platter - Lunch To Go	877589	Berry Medley	664103
2 Mini Melton Mowbray Pork Pies	934176	Bircher Muesli	13086
2 Mini Yum Yums	785013	Blackforest Ham With A Gherkin & Horseradish Mayo	709491
3 Mini Roasts	709507	Blood Orange Sparkling Water	906388
Aberdeen Angus And Caramelised Onion Chutney	743679	Blt	62916
Aberdeen Angus Roast Beef With Ale Chutmey Sandwich	778824	Blt Sandwich Ftg	680158
Active Health Juice Booster Apple, Cucumber & Mint	78870	Bombay Spice Super Seeds	82761
Afternoon Tea Sandwich Fingers	667715	Breakfast Club	683494
Agua Fresca Orange, Lemon & Mint	390354	Breakfast Sandwich And Iced Bun Platter For 4 - Fto	810852
Agua Fresca Watermelon & Lime	95518	Brie & Bacon	32216
Ancho Butternut Squash Wrap	982924	Brie And Maple Smoked Bacon	946629
Antipasti Mini Canape Selection	95310	Brie, Rocket & Tomato Brioche Roll	671286
Apple & Mint Iced Tea	30069	British Chicken Bbq Bites	927598
Apple And Sultana Chunky Bar	82594	British Chicken Tikka Masala	927628
Apple Crisps	82204	British Chicken, Bacon & Sweetcorn Pasta Salad	290609
Apple, Coconut Water, Cucumber & Spinach	30014	British Chicken, Honey & Mustard Pasta Salad	681612
Aromatic Duck S/w Ftg	237611	British Chicken, Tomato & Basil Pasta Salad	187084
		British Ham, Egg & Salad Cream	652452



## Products which do not contain NUTS as an ingredient

**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 Roast Chicken & Applewood Smoked Bacon	794213	Classic Mini Roll Platter	677783
British Strawberry Milkshake	866484	Classic Mini Selection	677721
Brown Rice Sushi	716598	Classic Sandwich Selection	877558
Cali Snack Pack	29926	Classic Sandwich Selection	679206
California Roll Selection	624596	Classic Selection Maylands Dual Tray Size	672672
Californian Fish Roll Selection	273107	Classic Selection Triple S/w Ftg	186285
Chargilled Chicken With Roasted Vegetables & Basil Drizzle Fotm	870405	Cool Flavour Tortillas	82709
Chargilled Chicken Butternut & Pomegranite Leafy Salad Fotm	876407	Cornish Cruncher & Fresh Braeburn Apple Ploughmans	850117
Cheddar Cheese Ploughmans	538343	Cornish Cruncher Cheddar And Smoked Ham Roll	850018
Cheerful Cherries	431668	Coronation Chicken	873383
Chees & Tomato Roll Dual Tray Size	677714	Coronation Chicken Salad	653572
Cheese & Celery Pasta	648592	Cou British Beef & Mustard Roll	649247
Cheese And Chive Potato Snacks	82716	Cou British Ham, Turkey & Coleslaw Roll	649254
Cheese Ploughmans - Maylands Trial - Lower Upt	672702	Cou British Roast Chicken	620208
Cherry And Cocoa Chunky Bar	82785	Cou Chicken & Bacon Sandwich - Fotm	850810
Chicken & Bacon Club S/w Ftg	351447	Cou Chicken & Mango Rice	649469
Chicken & Bacon Roll Dual Tray Size	677622	Cou Chilli Prawn Wrap	699730
Chicken & Bacon Sandwich Ftg	301350	Cou Crayfish & Mango Salad	784177
Chicken & Ham Hock Seeded Sub Roll Ftg	618670	Cou Crayfish Wrap Ftg	618694
Chicken & Salad Cream Sw	652469	Cou Egg, Tomato & Spinach	22569
Chicken & Stuffing Maylands Dual Tray Size	672689	Cou Fish & Veg Sushi W Asian Style Lemon & Ginger Dip - Fotm	850834
Chicken & Stuffing Maylands Dual Tray Size	672696	Cou Honey & Mustard Pasta & Chicken Ftg Lge Salad	496407
Chicken & Super Grain	897150	Cou King Prawn Wrap - Fotm	850827
Chicken & Supergrain - Eu	951708	Cou King Prawns & Rocket With Pasta	649278
Chicken And Vegetable Sushi Selection	29810	Cou Mediterranean Roast Chicken	907453
Chicken Caesar Wrap	351416	Cou New York Deli Pastrami	78719
Chicken Fajita Wrap	668002	Cou Orzo Pasta Dual Tray Size	688222
Chicken Triple Sw - Lower Upt	724838	Cou Orzo Pasta With Slow Roasted Tomatoes Ftg Large Salad	534765
Childrens Caterpillar Platter (14 Rolls)	810876	Cou Prawn & Lemon Mayo Sw - Fotm	850780
Children's Jigsaw Platter	95365	Cou Roasted Butternut Squash, Red Pepper Houmas Wrap	783231
Chilli Beef Lattice Slice Fotm	876285	Cou Sweet Chilli Veg Sushi Wrap	699792
Chocolate Danish Twist	979917	Cou Teriyaki Tuna Sushi Wrap	699785
Chorizo & Rice Salad (produce)	682787	Cou Tuna & Cucumber	850797
Christmas Mini Canape Selection	289337	Cou Tuna & Red Pepper Crunch Sw	699679
Classic Fruit Salad & Melon & Grape Munchies	925150	Cou Tuna Layer Dual Tray Size	688239

## Products which do not contain NUTS as an ingredient

**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
Cou Tuna Salad Sandwich	461641	Fish & Vegetable Sushi	906425
Cou Turkey & Ham Sandwich Fotm	908016	Fish N' Chip Crisps	927659
Cracked Black Pepper & Salt Popped Potato Chips	99165	Fish Sandwich Selection	667968
Cranberry And Blueberry Chunky Bar	82822	Food To Go Mango Chunks With Natural Yoghurt	470711
Cranberry And Strawberry Chunky Bar	82860	Fotm - Handcrafted Leek & Onion Sausage Roll	824729
Crayfish, Prawn & Rocket Wrap	729505	Fotm - Leek & Potato Soup	823357
Darjeeling Tea With Raspberry Juice Infusion	30076	Fotm 2 Mini White Sub-rolls	780292
Detox Fresh Juice - Apple, Grape, Mint, Dandelion & Nettle - Fotm	851732	Fotm All Day Breakfast Roll	818476
Diet Cloudy Lemonade 500ml	741590	Fotm Apple And Raspberry 500g	664110
Diet Cola	172899	Fotm Bbq Wholegrain Snacks	909495
Diet Florida Orange	393072	Fotm Big Crinkle Flame Grilled Steak	805612
Diet Ginger Beer 500ml	900027	Fotm Big Crinkle Salt And Vinegar	805605
Diet Lemonade 500ml	220347	Fotm Butternut Squash Soup Hte	823302
Diet Pink Cranberry Lemonade 500ml	866576	Fotm Cajun Spiced Plantain Chips	86936
E/w Thousand Island Dipper With Carrot Batons Ftg	364867	Fotm Cheddar Cheese Popcorn - Under 150 Calories	782760
E/w Tuna & Sweetcorn S/w Ftg	159715	Fotm Christmas Bag 2013	586498
Eat Well Ham Salad Ftg	618724	Fotm Christmas Turkey Soup - Heat To Eat	778855
Eat Well Prawn & Mayonnaise Sandwich Ftg	185905	Fotm Cou - Berry Fruit Dipper	925167
Eatwell Lightly Salted Coated Rice Cakes	99158	Fotm Cou - Tropical Fruit Dipper	925174
Egg & Bacon Maylands Dual Tray Size	671170	Fotm Cou Beef, Tomato And Rocket Sandwich	818483
Egg & Tomato Sw	652384	Fotm Cou Chicken & Bacon Caesar Pasta Salad	911030
Egg Tomato & Salad Cream Sandwich On Soft Malted Bread	869256	Fotm Cou Sweet Chilli Prawn Noodle Salad	907958
Elderflower Presse	32292	Fotm Cranberry And Cream Snowman Jelly	897105
Eu Ew Still 500ml	949927	Fotm Deep Filled Bbq Beef Wrap	790581
Eu Sparkling 500ml	949453	Fotm Extremely Fruity Layered Mango Passion Vanilla Yoghurt	823272
Ew Chicken Salad Sandwich Ftg	981293	Fotm Extremely Fruity Peach And Apricot Yoghurt	823289
Ew Chicken Salad Sw - Lower Upt	677639	Fotm Extremely Fruity Strawberry Yoghurt	823296
Ew Egg & Ham Roll Dual Tray Size	677691	Fotm F&n Salad - Applewood Smoked Ham With Potato Salad & Autumn Fruit Chutney	818490
Ew Rare Roast Beef & Horseradish S/w Ftg	143332	Fotm Feta And Roasted Veg Open Wrap	790604
Ew Sandwich Selection Trial	660822	Fotm Fresh Strawberry Tart	866507
Falafal, butternut Squash, Houmous & Roasted Veg	925570	Fotm Grape Pot	989893
Festive Cranberry & Orange Sparkle Jelly	946803	Fotm Guilt Free Sour Cream And Chilli Lentil Curls	864299
Ffl Spanish Chicken & Bean Salad Fotm	907972		

## Products which do not contain NUTS as an ingredient

**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
Fotm Hand Cooked Coronation Chicken Crisps	869300	Freshly Squeezed Still Lemonade	464864
Fotm Hand Cooked Prawn Cocktail Crisps	869317	Fruit Salad	826402
Fotm Hot Wrap - Cheese & Tomato	823319	Ftg - Gtg Superfilled Wrap - Chicken Fajita	616423
Fotm Hot Wrap - Chicken Fajita	823326	Ftg / Snack Salad - Wheatberry & Butternut Squash & Feta	583022
Fotm Lancashire Cheese With Autumn Fruit Chutney Sandwich	818520	Ftg 2 Chicken Drumsticks	396172
Fotm Lochmuir Salmon 3 Ways Sandwich	895590	Ftg 500ml Vanilla Bean	377843
Fotm Miso Soup Hte	888479	Ftg 500ml Vanilla Bean & Maple Dual Tray Size	677561
Fotm Monterey Jack Refried Bean Chips	869409	Ftg A Taste Of Asia	716840
Fotm Mozzarella And Tomato Wrap	789288	Ftg Afternoon Tea	726719
Fotm Nacho Cheese Tortillas	890229	Ftg Apple & Mango Juice	667579
Fotm Roast Beef And Stilton Sandwich	895613	Ftg Banana & Blueberry Smoothie	666565
Fotm S&v Chiplets	892865	Ftg Californian Roll Snack Pack	716604
Fotm Salt And Vinegar Rice And Corn Cakes	782937	Ftg Chicken Bacon And Potato Salad	659895
Fotm Sizzling Fruit Salad	908160	Ftg Cou - Salad / King Prawn & Black Rice	606677
Fotm Small King Prawn And Noodle	795203	Ftg Cou Flat Bread - Chargrilled Vegetables & Pomegranate Dressing	607063
Fotm Tuna Nicoise Sandwich In Olive Bread	806060	Ftg Cou Med Tuna Lge Salad	381642
Fotm Turkey Stuffing And Cranberry Crisps	894883	Ftg Cou Sea Salt Crisps	280433
Fotm Ultimate Roast Chicken Sandwich With Honey Roasted Veg And Chutney	818537	Ftg Cou Tuna Layer Sml	696142
Fotm Vanilla & Maple Smoothie 500ml	854474	Ftg Cou Wrap - Chicken With Fresh Mango, Chilli & Coriander	607070
Fotm Vegetarian Mini Roll Selection	818551	Ftg Deli Stack - British Chicken And British Bacon Caesar	614825
Fotm White Stilton And Pear Sandwich	895606	Ftg Deli Stack - British Salt Beef And Gherkin	614863
Free Range Egg & Bacon	889858	Ftg Ew Cox's Apple	451642
Free Range Egg And Loch Muir Salmon	927505	Ftg Fc Tropical Juice	664844
Fresh Mango 180g	408219	Ftg Hand Wipes	470742
Fresh Porridge With Berry Compote	969963	Ftg Hc Light Salted Crisps	599320
Fresh Porridge With Honey	969970	Ftg Hc Salt & Pepper Crisps	155656
Freshly Squeezed Orange Juice & Crushed Mango	434355	Ftg Hc Salt & Vinegar Crisps	651851
Freshly Squeezed Orange Juice & Crushed Mango	434362	Ftg Iced Spiced Bun	561112
Freshly Squeezed Pomegranate Juice	488532	Ftg King Prawn & Avocado Roll	716680
Freshly Squeezed Still Lemonade	117449	Ftg Large Chicken Samosa	716789
		Ftg Large Veg Samosa	545037
		Ftg Lightly Sea Salted Parsnip, Sweet Potato And Beetroot Mixed Vegetable Crisps	604024
		Ftg Mango	599238
		Ftg Mango Yoghurt Drink Smoothie	486620
		Ftg Melon & Grape 200g	790222

## Products which do not contain NUTS as an ingredient

**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
Ftg Mozzarella, Basil Pesto & Tomato Roll	422109	Gastro - Wiltshire Ham With Brue Valley Mature Cheddar	743723
Ftg Orange Melon	606530	Great British Summer Picnic Mat	870443
Ftg Piel De Sapo Melon, Nectarine, Strawberry And Raspberry	619424	Greek Salad (produce)	682794
Ftg Pineapple, Watermelon, Nect, Cantaloupe	716826	Greek Salad In An Olive Flatbread	709538
Ftg Pomegranate	599245	Green Chilli, Lime And Coriander Pea Snaps	842877
Ftg Pomegranate And Raspberry Juice Drink	499491	Gtg - British Ham Hock With Fruit Chutney	614894
Ftg Pomegranate Juice	493239	Gtg Feta And Red Pepper Salad Sw - In Bag	633550
Ftg Pure Apple Juice From Concentrate	664820	Gtg Penne Pasta With Tuscan Style Sausage	642712
Ftg Rose Le Froglet To Go	716994	Gtg Salads - Super Garden Salad With Avocado & Feta	623643
Ftg Salad - Spicy British Chicken Pasta	629256	Guilt Free Lightly Salted Popchips	99189
Ftg Salmon Platter	741651	Halkidiki Olives With Mozzarella & Tomato Snack Pack	979900
Ftg Sauvignon Blanc White Le Froglet To Go	863391	Ham & Piccalilly Sandwich On White Bread	873321
Ftg Seafood Sticks	716796	Ham Cheese & Pickle S/w Ftg	953795
Ftg Seasonal Mix With Plum, Rocha Pear, Apple And Blackberry	621304	Ham Hock & Tewkesbury Mustard Hc Crisps - Xmas - Fotm	839884
Ftg Sfl King Prawn, Lentil & Wild Rice Salad	701983	Ham, Cheese & Pickle Maylands Trial	672665
Ftg Strozzapretti Pasta With Chicken, Bacon & Parmesan	645188	Handcrafted British Pork Cocktail Sausage Rolls	39109
Ftg Summer Berry Medley	545112	Handcrafted British Pork Sausage Roll	824712
Ftg Sushi - Medium Fish & Veg Selection	583213	Harissa Sweet Potato Handcooked Crisp	378635
Ftg Sw Of The Month - Tuna & Cue	620109	Harrisa Chicken & Couscous Salad With A Lemon Yoghurt Dressing	850995
Ftg The Big Crunch Grilled Beef And Onion	716758	Healthy Platter (lunch To Go Website)	519892
Ftg The Big Crunch Salt And Cider Vinegar	716772	Help Shelter Brie & Grape	310635
Ftg Tomato & Basil Chicken Roll	716727	Help Shelter Turkey Feast	453479
Ftg Totally Tropical Dessert	614641	Help Shelter Turkey, Bacon & Cranberry	897082
Ftg Tropical Fruit Sticks	619370	Hoisin Duck Wrap	246118
Ftg Vanilla & Maple Smoothie	377812	Hoisin Duck, Cucumber & Spring Onion Wrap Fotm Dual Upt	517119
Ftg Watermelon	606516	Honey & Ginger Chicken Lettuce Cup	658300
Ftg-gtg-superfilled Wrap- Italian Mozzarella	616416	Honey & Mustard Chicken Pasta Salad	171113
Fto - American Style Sub-roll Platter - Fotm	810869	Honey Roast Ham & Farmhouse Cheddar Cheese	293624
Fto - Kids Percy Pig Platter	724883	Honey Roast Ham With Farmhouse Cheddar Sw	818506
Fto Classic Mini Roll Platter (16 Rolls)	179713		
Fto Xmas Sandwich Platter	847315		
Garden Salad Sandwich	927796		

## Products which do not contain NUTS as an ingredient

**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 Ftg Chicken Mushroom & Rice Soup	486132	Luxury Canape Selection	37594
Humous And Roast Vegetables Ftg	618748	Luxury Sandwich Selection	179690
Iced Coffee Latte	974790	Made Without .. Cheese Ploughmans Sw	851206
Italian Chicken Style Leafy Salad	926195	Made Without.. Chicken Salad Sw	981637
Italian Deli Meat Feast Ultimate Sandwich	888493	Made Without.. Egg & Watercress Sw	981651
King Prawn & Avocado Leafy Salads Fotm	876414	Mango Fruit Bar	82235
King Prawn & Cous Cous Salad	926201	Mango, Pineapple & Passion Fruit Smoothie	666411
King Prawn And Avocado	995207	Mango, Pineapple & Passion Fruit Smoothie	778015
King Prawn Sandcastle Salad	927697	Manzanilla Olives And Chorizo & Manchego	979931
King Prawn Tomato And Basil Pasta Salad	676403	Marinated Chicken With A Fresh Cous Cous Salad	925617
King Prawn, Lemon & Peashoot Super Seedy Roll - Fotm	856980	Meat Feast	69687
King Prawns With Marie Rose Sauce	630481	Meat Sandwich Selection	667722
Large Blt Roll	974837	Meat Selection Platter - Ftg Stores	667739
Large Chicken Salad Roll	974813	Meat Sushi Selection	89906
Large Spinach & Pinenut Maylands Dual Tray Size	672849	Mediterranean Chicken	701945
Large Sushi Platter	724845	Melon & Grape	790222
Lemon & Lime Sparkling Water	348157	Mexican Chicken With A Sour Cream Dip	979924
Lemon And Rosemary Olives	82846	Mexican Chicken With Fajitas Vegetables & Soured Cream Dizzle Fotm	870498
Lightly Salted Multiseed Tortillas	82853	Mini Cocktail Roll Selection	927802
Lightly Salted Pitta Chips	83126	Mini Roll Triple Pack (parent)	657266
Loch Muir Hot Smoked Salmon & Lemon Pasta Salad	926225	Moroccan Style Spiced Chicken With Pomegranate Salad	925501
Loch Muir Poached Salmon & Potato Salad	659871	Morroccan Spiced Butternut Cous Cous Salad	889759
Ltd Ed Fragrant Crayfish & Mango Ftg Salad	496384	Naughty Little Strawberry Tarts	671088
Ltd Ed Loch Muir Salmon On Malted Bread In Bag For Mar 08	564434	Nectarine & Raspberry	808095
Ltd Ed Steak And Blacksticks Blue S/w Bag For Mar 08 Rebrand ( Skillet Now)	546409	Never From Concentrate Aloe Vera, Grape & Apple	78887
Ltg Classic Sandwich Selection X 30	889117	Never From Concentrate Coconut Water 250ml	978576
Ltg Meat Sandwich Platter	889124	New York Deli Style Pastrami	496629
Ltg Vegetarian Finger Sandwich Platter	972840	Olives - Chilli	828994
Ltgbest Of British Sandwich Fingers	933353	Omega 3 Egg & Spinach Super Seedy Roll - Fotm	856966
Lty American Style Mini Sub Roll Platter	933346	Orange Fruit Jewelled Jelly - Fotm	831758
Lty Luxury Sandwich Selection	929073	Paprika Handcooked Crisps	378703
Lty Vegetarian Platter	933360	Party Mini Wrap Slices	925112
Lty Wrap Selection	929035	Pasta With Feta Cheese And Slow Roast Tomatoes	671330

## Products which do not contain NUTS as an ingredient

**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
Peach & Raspberry Still Water	466301	Roast Chicken & Avocado	62862
Pesto Chicken And Vine Ripened Tomatoes	927512	Roast Chicken & Avocado	292443
Pineapple, Mango, Kiwi & Blueberry Fruit Salad.	678858	Roast Chicken & Avocado Super Seedy Roll - Fotm	856959
Pineapple, Melon & Grape	661966	Roast Chicken & Bacon Roll Ftg	300506
Pink Lady Apple Bag - Health - Fotm	786843	Roast Chicken & Stuffing	995214
Piri Piri Chicken	982917	Roast Chicken And Stuffing	380034
Piri Piri Chicken Pasta Salad	969215	Roast Chicken And Sweetcorn	170758
Piri Piri Pea Snaps	842884	Roasted Felafel & Houmous Wrap Fotm Dual Upt	692953
Platter - Food To Order Lux Vegetarian S/wich	620604	Roasted Harissa Spiced Vegetables & Feta	925594
Platter - Food To Order - Kids Fairy Platter	619226	Roasted Red Pepper Cous Cous Chips	378741
Platter - Food To Order - Kids Pirate Platter	619219	Roasted Spinach & Pine Nut Falafel	683470
Ploughmans Sausage Roll 4"	927703	Roasted Vegetable & Feta Tart Fotm	870764
Prawn & Coconut Lollipops	89821	Roll On Christmas	690645
Prawn & Mango Lettuce Cup	658317	Salmon & Cucumber Sw	959704
Prawn Cocktail Sw - Lower Upt	709477	Salmon & Prawn Nigiri	943314
Prawn Layered Salad	107310	Salted Popcorn	782869
Prawns With Sweet Chilli Dip	699891	Sea Salt & Rosemary Focaccia Chips With Extra Virgin Olive Oil	378758
Pressed & Crushed Apple, Pomegranate, Cherry & Acai Juice	976527	Sfl Bento Box W Chilli And Coriander Chicken & Asian Style Noodle Salad - Fotm	850964
Pressed & Crushed Pineapple, Golden Berry & Ginger Juice	30113	Sfl Flatbread With Chicken And Chorizo	783248
Pressed & Crushed Pineapple, Watermelon & Aloe Vera Juice	976534	Sfl Fotm Italian Style Meatball Soup	911986
Pressed Carrot Juice	92944	Sfl Fotm Thai Chicken Soup	911993
Pressed Greens	92951	Sfl Poached Salmon & King Prawn Topped Seeded Flatbread - Fotm	851015
Pressed Pink Lady Apple Juice	472821	Sfl Roast Beef & Horseradish Seeded Flatbread	851022
Pure Freshly Squeezed Orange Juice	944908	Sfl Spiced Chicken & Chargrilled Red Pepper Seeded Flatbreads	856577
Purely Coconut	978385	Simply Cheese & Marmite Sandwich	705790
Purely Mango	881302	Simply Cheese & Onion On Oatmeal Bread Sandwich	671200
Purely Pineapple	997669	Simply Cheese & Onion On Oatmeal Sandwich Franchise	556729
Rainbow Veg Sandwich	78726	Simply Free Range Egg & Watercress On Malted Bread Sandwich	485289
Raspberry & Pomegranate Juice Drink	976862	Simply Free Range Egg & Watercress Sandwich On Malted Bread	187299
Red Fresh Fruits Shaker	985383		
Red Pepper Pitta Chips	82938		
Refreshing Raspberry & Cranberry Juice Drink	831826		
Roast Beef & Horseradish Potato Salad With Red Onion Marmalade	873314		
Roast Beef & Onion	301428		



## Products which do not contain NUTS as an ingredient

**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
Simply No Mayo Sandwich Finger Selection Platter - Lunch To Go	877596	Summer Mexican Lime With A Hint Of Chilli Handcooked Potato Crisps	671057
Simply Smoked Ham & Coleslaw On Malted Bread Sandwich Franchise	889766	Summer Of Flavour Cocktail Sausage Rolls	978606
Simply Smoked Ham & Mustard Mayo On Oatmeal Bread Sandwich	671187	Super Berry Smoothie	537797
Simply Smoked Ham & Mustard Mayo On Oatmeal Bread Sandwich	137607	Super Berry Smoothie	544894
Simply Taw Valley Cheddar Cheese & Celery On Malted Bread Sandwich	672634	Super Rainbow Wrap	78658
Simply Taw Valley Cheddar Cheese & Celery Sandwich On Malted Bread	964180	Super Wholefood Salad With A Creamy Lemon & Mint Dressing	850957
Simply Tuna, Tomato & Mayo On White Bread Sandwich Franchise	889711	Super Wholefood With Blueberries & Mango	671378
Small Cheese & Tomato Roll	466851	Superwholefood Shaker Salad	716963
Small Egg & Watercress Roll	974851	Sushi Salad Selection ( Bento)	29834
Small Tuna Crunch Roll	466868	Sushi Selection	371421
Smoked Ham & Edam	709552	Sushi Snack	464079
Smoked Ham & Free Range Egg	95044	Sweet & Salted Popcorn	854030
Smoked Salmon & Cream Cheese Maylands Dual Tray Size	671194	Sweet Citrus Medley	76685
Smoked Salt And Mixed Pepper Pea Snaps	842860	Sweet Potato Parsnip & Beetroot Hand Cooked Vegetable Crisps	120623
Sour Cream & Chive Baked Potato	545167	Swiss Style Summer Berry Breakfast Muesli	782852
Sour Cream And Red Pepper Sweet Potato Snacks	82921	Tandoori Style Prawns & Calamari	870504
Spanish Peach Iced Tea	30045	Taw Valley Cheddar & Pickle Doorstep	652407
Sparkling Florida Orange 500ml	393041	Teriyaki Beef Wrap	786416
Sparkling Irish Natural Mineral Water	159852	Teriyaki Beef Salad Bites	658263
Spiced Plum Ham & Festive Chutney	946681	Tokyo Nigiri Selection	273091
Still Irish Natural Mineral Water (1l)	925105	Tokyo Nigiri Selection Sf	394062
Still Irish Natural Mineral Water (500ml)	654708	Tokyo Prawn & Salmon Nigiri	378017
Strawberry & Banana Smoothie	23085	Tom Yum Chicken And Rainbow Sushi Rice Salad	875608
Strawberry &vanilla Dairy Smoothie	474269	Totally Tropical	854023
Strawberry &vanilla Dairy Smoothie	433242	Tropical Fresh Fruit Shaker	985390
Strawberry Fruit Bar	82242	Tropical Medley Fotm	808675
Strawberry, Grape And Apple ?2	676533	Tropical Smoothie	23078
Strozzapreti Pasta With Feta Cheese And Slow Roasted Tomatoes	577663	Tuna & Cucumber Crunch Doorstep	652414
Summer Berry	808088	Tuna Nicoise	876384
		Turkey And Ham All Butter Pastry Roll - Fotm	831819
		Turkey Pastrami Flatbread	907491
		Turkey, Bacon, Lettuce & Tomato	850407
		Ultimate Chicken, Mango & Sweet Chilli Sandwich	868266

## Products which do not contain NUTS as an ingredient

**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
Ultimate Clementine Marinated Turkey W Bacon, Cranberry & Port Stuffing And Cranberry Chutney - Fotm	828284	2 Battered Haddock Steaks	455527
Ultimate King Prawn And Avocado Sandwich	869072	2 Breaded Cod Steaks	208802
Ultimate King Prawn And Lochmuir Oak Smoked Salmon Sandwich	743754	2 Breaded Haddock Steaks	208901
Ultimate Pork Pie And Egg Sandwich With Salad Cream On 9 Grain Bread	873345	2 Lightly Dusted Lemon Sole	145985
Ultimate Roast Beef & Yorkshire Pudding Sandwich On Onion Bread	873352	2 Line Caught Natural Cod Fillets	935760
Vanilla Bean & Maple Syrup Smoothie	854467	2 Natural Salmon Fillets	935784
Veg Duo	683593	2 Smoked Haddock Fillets	104517
Vegetable Sushi	623711	24 Mini Sausage Rolls	993364
Vegetarian Sandwich & Wrap Platter - Ftg Stores	667982	24 Mini Turkey, Bacon & Cranberry Sausage Rolls	53747
Vegetarian Sandwich & Wrap Selection Platter - Lunch To Go	888035	4 Battered Cod Fillets	360005
Vegetarian Sandwich And Wrap Selection	179720	4 Breaded Cod Fillets	755535
Vegetarian Sandwich Finger Platter	968652	4 Breaded Whole Lemon Sole	150170
Veggie Club	683609	4 Breaded Whole Plaice	385985
Veggie Feast	850391	4 Cheese & Ham Bake	990677
Vietnamese Chicken Wrap	78665	4 Cheese & Ham Bake	990684
Vietnamese Pork Salad Bites	925624	4 Chunky Battered Cod Fillets	131162
Vine Ripened Tomato & Mozzarella Sw	981644	4 Chunky Battered Haddock Fillets	153812
Wensleydale & Carrot Chutney Maylands Dual Tray Size	672771	4 Chunky Breaded Cod Fillets	476270
Wrap Selection	361996	4 Chunky Breaded Haddock Fillets	475471
Xmas Mini Roll Selection - Fotm	690676	4 Lightly Dusted Lemon Sole Fillets	572989
Xmas Sandwich Platter - Stores - Fotm	847285	6 Battered Haddock Fillets	609098
Yoghurt Coated Rice Cakes	99202	6 Breaded Haddock Fillets	461696
<b>Frozen F02F</b>		6 Jumbo Fish Fingers	808910
(rm) Sweet Potato Fries	40099	6 Jumbo Haddock Fish Fingers	881630
12 Duck Spring Rolls	901406	9 Chunky Breaded Cod Fillet Fish Fingers	343121
12 Mini Chicken Kiev	831710	9 Chunky Breaded Cod Fillet Fish Fingers	94986
12 Smoky Bbq Chicken Sticks	53723	9 Gluten Free Fish Fingers	816564
12 Yorkshire Puddings	340649	All Butter Puff Pastry	849746
18 Asian-style Chicken Breast Pieces	583152	All Butter Short Crust Pastry	849760
2 Bake In Bag Cod And Tomato	808903	Bechemel Sauce	851800
2 Bake In Bag Haddock Mornay	808842	Beef Goulash With Parsley Dumplings	990950
		Beef In Red Wine With Sage & Garlic Dumplings	991360
		Beef Stock	851848
		Beer Battered Onion Rings	841962
		British Broad Beans	689779
		British Raspberries	343015
		British Summer Fruit Selection	454278
		British Sweet Parsnip Chunks	586115
		Butternut Squash Chunks	687553

## Products which do not contain NUTS as an ingredient

**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
Canadian Lobster Halves	63180	Diced Red Chilli	851909
Canadian Lobster Tails	63197	Extra Chunky Chips	585781
Carrot, Onion & Celery Base Mix	849777	Extra Large Greenlandic Prawns	452472
Casserole Vegetable Mix	849906	Family Favourites - Fish & Chips For 4	798242
Cheese & Aubergine Pasta Bake	991025	Filo Pastry	849784
Chicken & Chorizo Stew	990509	Fish Pie Mix	808873
Chicken & Sausage Cassoulet	990547	Fish Stock	851923
Chicken Casserole With Sage & Onion Dumplings	990530	French Fries	585798
Chicken Casserole With Sage & Onion Dumplings	990516	Frozen 2 Battered Cod Steak	686242
Chicken In Hunter's Bbq Sauce	54843	Frozen 2 Breaded Lemons	686228
Chicken In Marsala Wine	991377	Frozen 4 Beef Quarter Pounders (ireland)	711517
Chicken Stock	851855	Frozen 4 British Beef Quarter Pounders	711470
Chicken Wing Selection	900829	Frozen 4 Lightly Dusted Plaice	772242
Chicken, Bacon & Mushroom Pie	992138	Frozen 4 Southern Fried Chicken Breast Fillets	708296
Chopped Basil	851862	Frozen 6 New Zealand Lamb Loin Chops	772051
Chopped Coriander	851879	Frozen 8 Beef Burgers (ireland)	711494
Chopped Oregano	851916	Frozen 8 British Beef Burgers	711487
Chopped Parsley	851817	Frozen Battered Scallops	893121
Cod Nuggets	570121	Frozen Breaded Lemon Sole Goujons (new Size)	689878
Confit Duck With Root Vegetables & Red Wine Jus	990707	Frozen Breaded Whole Tail Scampi (new Size)	689861
Cornish Clotted Cream & Strawberry Ice Cream	966030	Frozen Coated Natural Chicken Chunks	595445
Cornish Clotted Cream Honeycomb Dairy Ice Cream 1000ml	859998	Frozen Coated Whole Chicken Fillets	595476
Cornish Clotted Cream Lemon Curd Dairy Ice Cream	21548	Frozen Cooked Honduran King Prawns	712392
Cornish Clotted Cream Mint Choc Chip Dairy Ice Cream 1000ml	666220	Frozen Diced Oakham Chicken Breast Fillets	708302
Cornish Clotted Cream Raspberry Ripple Dairy Ice Cream 1000ml	666244	Frozen Fish & Chips (family Favourites)	794282
Cornish Clotted Cream Rum & Raisin Dairy Ice Cream 1000ml	666251	Frozen Hot & Spicy Chicken Goujons	775670
Cornish Clotted Cream Vanilla Dairy Ice Cream	527552	Frozen New Zealand Half Leg Lamb	772068
Cornish Clotted Cream Vanilla Dairy Ice Cream 1000ml	666275	Frozen Oakham Chicken Breast Fillets	708319
Cottage Pie With Root Vegetable Crush	990868	Frozen Oakham Chicken Thighs & Drumsticks	708326
Cottage Pie With Root Vegetable Crush	990929	Frozen Pork Sage & Onion Stuffing	87490
Crinkle Cut Chips	62886	Frozen Raw Honduran King Prawns	712385
Diced Garlic	851794	Ftg Cornish Clotted Cream Honeycomb Dairy Ice Cream 130ml	859677
Diced Ginger	851886		

## Products which do not contain NUTS as an ingredient

**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
Garden Peas 500g	849807	Rice & Vegetables	314237
Gluten Free Breaded Cod	935791	Roasting Potatoes	312165
Icelandic Cod Fillets X 6	457125	Rtb Frozen Cocktail Sausage Rolls	831727
Icelandic Smoked Haddock Fillets X 6 (500g)	156684	Sauteed Onion	849791
Lamb Boulangere	54829	Scallops	308717
Lamb Mousakka With Feta Crumble	990936	Scottish Golden Smoked Haddock Fillets	809962
Lamb Moussaka With Feta Crumble	54850	Shepherds Pie With Minted Pea & Potato Crush	990905
Large Canadian Prawns	450102	Shepherds Pie With Minted Pea & Potato Crush	990875
Lemon Sole Fillets	808897	Shortcrust Pastry	587624
Lightly Dusted Cod Fillets	808804	Shortcrust Pastry	255721
Line Caught Icelandic Cod Fillets	809986	Simply Blackcurrant Cheesecake	696838
Line Caught Icelandic Haddock Fillets	809993	Simply M&s 10 Haddock Chunky Fish Fingers	881623
Luxury Fish Pie	570107	Simply M&s 4 Frozen Pollock Fillets	900836
Mandarin Cheesecake 510g (frozen)	696326	Simply M&s Frozen Green Beans	889049
Maris Piper Crispy Wedges	312172	Simply M&s Frozen Spinach	889056
Maris Piper Onion Rosti	892308	Simply Steak Cut Chips	95020
Mediterranean Style Potatoes & Vegetables	689885	Simply Steak Cut Chips	841948
New Cod & Parsley Sauce	269919	Simply Straight Cut Chips	95037
New Fishermans Pie 250 G (cod)	269841	Simply Straight Cut Chips	323796
New Fishermans Pie 600g (cod)	269858	Sliced Peppers	849753
New Ocean Pie 250g (haddock)	269865	Sliced Runner Beans	133838
New Ocean Pie 600g	269872	Slow Cooked Chicken, Chorizo & Butterbean Stew	54836
New Scottish Haddock Mornay	269902	Steam Veg Medley (broccoli / Carrot / Sweetcorn)	849838
New York Style Cheesecake	570947	Steam Veg Medley (cauli/ Carrot/ Petit Pois)	849852
Partridge In A Pear Tree	53730	Strawberry Cheesecake	170352
Peppered Steak & Stout Pie	992145	Super Bean Mix	151306
Petits Pois & Sweetcorn	740739	Super Seeded Lightly Dusted Cod	935807
Petits Pois 1kg	62770	Super Seeded Lightly Dusted Plaice Goujons	935814
Petits Pois 500g	930239	Sweet Potato Chips	841955
Potato Croquettes	383004	Sweetcorn	208352
Potato Topped Cod & Prawn Bake 300g (frozen)	889032	Three Bird Roast	56571
Puff Pastry	587617	Tomato Ragu Sauce	851893
Puff Pastry	255974	Triple Cooked Chips	841979
Pulled Pork With A Potato & Kale Hash	990691	Vegetable Medley	741644
Pulled Pork With A Potato & Kale Hash	54812	Vegetable Stock	851947
Rice & Vegetable Mix X 4 Portions	849821	Venison & Beef Casserole With Sage & Onion Dumplings	54867

## Products which do not contain NUTS as an ingredient

**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
<b>Global Meal Solutions F03C</b>		Basmati Rice	664011
"the American" Pepperoni	298162	Basmati Rice Eu	903837
(red Onion & Fontal) Pantofola	635486	Battered Crispy Prawns Dual Tray Sizes	679664
12" Woodfired Buffalo Mozzarella & Sicilian Cherry Tomato Pizza	219440	Battered Sweet & Sour Chicken Dual Tray Sizes	679701
12" Woodfired Chargrilled Vegetable & Basil Pesto Pizza	635646	Bbq Pulled Pork	53594
12" Woodfired Chorizo, Sweet Pepper & Manchego Cheese	887977	Bbq Pulled Pork Firebread	971386
12" Woodfired Italian Ham, Mushroom & Mascarpone Pizza	642873	Bbq Pulled Pork Mac 'n' Cheese	94719
12" Woodfired Pancetta, Mushroom & Gruyere Cheese	888004	Beef & Black Bean	283809
12" Woodfired Pollo Arrabbiata Pizza	404068	Beef Bolognese Al Forno	997416
12" Woodfired Prosciutto, Mascarpone & Sicilian Cherry Tomato	888028	Beef Bolognese Melt	775076
16 Garlic Doughballs	259941	Beef Bolognese Sauce	635363
4 Garlic & Parsley Ciabatta Sticks	29100	Beef Cannelloni	396516
4 Onion Bhajis	269360	Beef Cannelloni (large)	391559
4 Stonebaked Garlic Breads	195157	Beef In Black Bean & Egg Fried Rice Meal For One	911924
6 Duck Spring Rolls	236577	Beef In Black Bean & Rice In A Pot	815536
6 Vegetable Spring Rolls	90056	Beef In Black Bean Banquet For One	79136
8 Poppadums	132619	Beef Meatball Pasta Melt	787765
8" Woodfired Aubergine, Mozzarella & Sicilian Tomato	888042	Beer Battered Cod & Chips With Mushy Peas	447607
8" Woodfired Buffalo Mozzarella & Sicilian Cherry Tomato Pizza	888080	Black Bean Sauce	667463
8" Woodfired Pollo Arrabbiata	887991	Black Dahl	939980
8" Woodfired Tuscan Sausage, Peperonata & Chilli	888011	Black Dahl Eu	945578
Ancho Chilli Beef, Refried Bean And Butternut Squash Taco	993210	Bombay Aloo	161213
Aromatic Duck & Hoisin	954754	Bombay Aloo Eu	903899
Aromatic Hoisin Duck Firebread	971355	Bruschetta With Black Olive Tapenade	788694
Asian Rice	667470	Bruschetta With Ricotta And Roasted Tomatoes	788663
Asian Slaw	939843	Buffalo Mozzarella Triangolo	772679
Asparagus Lasagne	304573	Butter Chicken	481502
Aubergine & Mozzarella Parmigiana	788670	Butter Chicken Eu	921138
Aubergine Achari	815697	Butter Chicken Ifg	681353
Bacon & Leek Al Forno	997409	Butternut Squash Filled Ravioli With Sage Butter	820110
Bacon & Mushroom	896931	Cantonese Sweet & Sour Chicken With Rice Meal For One	506694
Bacon & Tomato Bucatini	787758	Carbonara Sauce	460187
Basil & Ricotta Mezzaluna	772662	Catalonia Patatas Bravas With Creamy Aioli	610551
Basmati Rice	939836	Channa Masala	815628
		Char Siu Roast Pork In A Chinese Style Bbq Sauce	846967

## Products which do not contain NUTS as an ingredient

**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 Calamari & King Prawns	993579	Chicken Tikka Masala	918442
Chargrilled Chicken & Crispy Bacon	940023	Chicken Tikka Masala & Pilau Rice Meal For One	457507
Chargrilled Mediterranean Vegetable Pasta Melt	774635	Chicken Tikka Masala & Pilau Rice Meal For One Eu	80910
Cheddar Cheese, Chicken And Ham Croquettas	971478	Chicken Tikka Masala Dine In	46640
Cheese & Mushroom Toastie	94832	Chicken Tikka Masala Eu	921367
Cheese & Pepperoni	771191	Chicken Tikka Masala Pie	939911
Cheese & Tomato	482189	Chicken Tikka Naan Raita Wrap	815598
Cheese & Tomato	642934	Chicken Tikka Selection Pack	815703
Cherry Bell Pepper & Piquillo Pepper, Garlic & Crushed Tomato Spanish Flatbread	856355	Chicken Tikka With Chargrilled Vegetables	939614
Chicken & Bacon Pasta Bake	774499	Chicken Tikka With Chargrilled Vegetables Eu	945462
Chicken & Bacon Sub Roll	202787	Chicken Yaki Udon In A Pot	815550
Chicken & Mushroom Al Forno	997393	Chicken, Roasted Pepper & Cheese Taco	993227
Chicken & Parmesan Fettucine	997386	Chicken, Cherry Tomato & Green Pesto Melt	856645
Chicken Arrabbiata (large)	191074	Chicken, Tomato & Basil	937641
Chicken Arrabbiata (small)	339469	Chilli King Prawn Bucatini	388092
Chicken Balti	214025	Chinese Favourites	134637
Chicken Balti Eu	921381	Chorizo, Potato & Cheese Quesedilla	90124
Chicken Balti With Rice	696128	Chorizo, Tomato & Roasted Pepper Molletes	993449
Chicken Biryani	815635	Chunky Onion Rings	668132
Chicken Chow Mein	655415	Classic Cheese Burger	94825
Chicken Dhansak	815680	Cool & Creamy Dip Selection	993296
Chicken Enchiladas	496667	Coriander And Mint Raita	830515
Chicken Fajitas	444255	Cou Chilli Wedge Bowl	347457
Chicken Fillets In Sweet And Sour	528672	Count On Us Jacket Potato Deep Filled With Chilli Con Carne	205450
Chicken Jalfrezi	893541	Crab Linguine	522700
Chicken Jalfrezi & Pilau Rice Meal For One	62299	Creamy Lochmuir ? Salmon Pasta Melt	90797
Chicken Jalfrezi & Pilau Rice Meal For One Eu	80880	Crispy Aromatic Duck	787871
Chicken Jalfrezi Dine In	46633	Crispy Aromatic Duck Dual Tray Size	679343
Chicken Jalfrezi Eu	921671	Crispy Aromatic Half Duck	193702
Chicken Kashmiri	371780	Crispy Battered King Prawns	646802
Chicken Madras	661713	Crispy Chicken Katsu + Rice	993555
Chicken Noodle Pho	937689	Crispy Chilli Beef	671583
Chicken Panang Banquet For One	194310	Crispy Fried Cheese Ravioli	788649
Chicken Patatas Bravas X1	856447	Crispy Lemon Chicken	160032
Chicken Piri Piri	246132	Crispy Mushrooms	269612
Chicken Piri Piri Eu	989695		
Chicken Saag Masala	647434		
Chicken Tikka & Chargrilled Vegetable	940160		



## Products which do not contain NUTS as an ingredient

**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
Crispy Sweet & Sour Chicken Banquet For One	79129	Goan Chicken Xacuti Eu	945547
Crispy Sweet Chilli Chicken	706537	Green Garlic Butter Artisan Baguette	788090
Dahl Makhaani	817882	Green Pesto	448710
Diavola Prawn Spaghetti	908214	Green Vegetable Stir Fry Pack	667425
Double Cheese & Ham	940030	Gunpowder Potatoes	939881
Double Cheese & Ham	53617	Ham & Cheese Toastie	931724
Dual Tray Sizes Lasagne 400g	678926	Ham & Mushroom Melt	774642
Dual Tray Sizes Lasagne Al Forno 730g	678902	Ham & Mushroom Tagliatelle	749145
Dual Tray Sizes Spaghetti Bolognese 400g	678957	Ham & Mushroom Tagliatelle	956932
Egg Fried Rice	107884	Hawaiian Hula Ham & Pineapple	141819
Egg Fried Rice Dual Tray Sizes	679695	Hawaiian Hula Pizza (6")	668217
Egg Noodles	846950	Hickory Steakout	159180
Eu Channa Masala	816816	Hoi Sin Duck Noodle Bowl	706568
Eu Peas And Paneer	816823	Hoi Sin Duck Pizza	856652
Firecracker Prawn Wrap	815604	Hoisin Duck Noodles	79112
Flat Rice Noodles	667449	Hot & Smoky Dip Selection	993371
Four Cheese And Bacon Pasta With Focaccia Crostoni	888110	Hot Beef Sub Roll	202015
Four Cheese Ravioli	154222	Hot Chicken Tikka Masala	776516
Four Cheese Sauce	29278	Hot Chicken Tikka Masala Eu	989657
Frites	253949	Hot Sausage Sandwich	801881
Fto - Chicken Tikka Masala With Pilau Rice	926386	Ifg Beef Cannelloni	699648
Fto - Lamb Rogan Josh With Pilau Rice	926416	Ifg G Woodfired Margherita Pizza	652698
Fto Chicken Arrabbiata (large)	838474	Ifg G Wood-fired Spinach & Ricotta Pizza	652728
Fto Lasagne 1.5kg	860635	Ifg Mushroom Pappardelle	714259
Fto Lasagne 1kg	838450	Ifg Tarka Dahl F73c	988827
Fto Macaroni Cheese 1.5kg	860826	Indian Dip Selection	465342
Fto Northern Indian Menu For 2	838481	Indian Dip Selection	830546
Fto Seafood Paella	903981	Indian Starter Selection	465311
Fto Spaghetti Bolognese 1.5kg	860802	Italian Bolognese Tortellini	463423
Gap - Chicken Tikka Biryani	869416	Italian Dry Cured Ham Cappelletti	516785
Gap - Prawn Vindaloo	859530	Italian Ricotta & Spinach Ravioli	428101
Gap Beef Ravioli In Tomato Sauce	876896	Italian Rocket Pesto Ravioli	478809
Gap -mushroom Bhaji	859592	Italian Style Cotto Pizzetta	695428
Gap Pasta Primavera	863216	Italian Style Fiorentina Pizza	642859
Gap Prawn Alfredo	866859	Italian Style Margherita Pizzetta	516310
Garlic & Parsley Tear & Share Doughballs	939539	Italian Style Mozzarella, Tomato & Pesto Pizza Cups	771788
Garlic Mushrooms	622196	Italian Style Peperino Pizza	550444
Goan Chicken With Basmati Rice	939928	Italian Style Pizza Bases ( 2 Pack)	771665
		Italian Style Pollo Alla Cesare Pizza	695367

## Products which do not contain NUTS as an ingredient

**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
Italian Style Salumi Pizza	370844	Mozzarella & Cherry Tomato Pasta With Focaccia Crostoni	956925
Italian Style Sausages With Peperonata	827485	Mushroom Pappardelle	937726
Italian Tomato & Mozzarella Girasoli	449458	Mushroom Pilau Rice	815642
Italian Wild Porcini Mushroom Tortellini	478793	Mushrooms With Garlic & Marsala	788717
Kebab And Samosa Selection With A Tamarind And Date Chutney	943680	Nachos	336765
Keralan Lamb	939942	North Indian Menu To Share	160001
Keralan Lamb Eu	945554	Parmesan Gratin With Baby Baked Potatoes	820127
King Prawn & Chicken Laksa	194846	Patatas Bravas	856324
King Prawn Makhani	348638	Penne Bolognese Pasta Bake	774628
King Prawn Rissotto	635479	Peshwari Naan Dough	962315
King Prawn With Ginger & Spring Onion	911931	Pibil Chicken & Refried Bean Firebread	971393
Lamb Rogan Josh	160919	Pilau Rice Dine In	46657
Lamb Rogan Josh Eu	921398	Pilau Rice Dual Tray Sizes	679718
Lamb Rogan Josh Pie	939898	Pizza Dough	962322
Large Prawn Alfredo	904148	Popcorn Chicken	716208
Lasagne 1.5kg	856560	Pork Pibil , Black Bean & Chipotle Taco	993234
Lasagne 1kg	201766	Posh Dog Roll	22644
Lasagne 400g	206310	Potato Gnocchi	856713
Lasagne Al Forno	295116	Promo 4 Pack Vegetable Spring Rolls	779975
Lasagne Sheets	684965	Pulled Pork & Chorizo Fejoida With Coriander & Spring Onion Rice	90100
Loaded Potato Skins	313957	Regular Crust-pizza Slice Selection	403962
Mac 'n' Cheese Bites	22729	Rich Beef Bolognese Pasta And Focaccia Crostoni	928274
Macaroni Cheese	626866	Roast Mushroom & Cauliflower Biryani	817868
Macaroni Cheese 1.5kg	856584	Roasted Butternut Squash, Balsamic Onion & Fresh Spinach Pizza	939645
Magnificently Meaty	53587	Roasted Butternut Squash, Beetroot & Feta Firebread	971362
Manchego Croquettes	916783	Roasted Mushroom Risotto	29179
Mattar Paneer	817844	Roasted Onion And Paneer Naan Dough	962308
Meatball Al Forno	997539	Roasted Parmesan Potatoes & Pancetta	788724
Meaty Meltdown Pizza (10")	907729	Roasted Vegetable Lasagne	91244
Melting Mozzarella Sticks	22750	Saag Aloo	647441
Mini Chicken Fajitas	993135	Salt Cod Fishcakes	916745
Mini Onion Bhajis And Vegetable Pakoras	534468	Seafood Chow Mein	859516
Mini Spare Ribs	788373	Seafood Paella X2	856393
Mini Taco Selection	993173		
Mixed Pepper Twist	939560		
Mixed Pepper Vegetable Pack	667371		
Mixed Pizza Slices	530620		
Mixed Vegetable Masala	647458		

## Products which do not contain NUTS as an ingredient

**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
Seafood Ragu	90773	Spanish Style Meatballs	713238
Shanghai Beef Noodles	419543	Spiced Lamb & Pomegranate Firebread	971348
Shellfish Spaghetti	635578	Spicy Calabrian Salami & Fresh Green Chilli Pizza	939652
Sichuan Salt And Pepper Chicken Wings	815581	Spicy Meaty Penne (small)	692250
Sicilian Lemon Chicken Skewers With Roastec Red Peppers	820103	Spicy Valencian Marinated Chicken With Pimenton Peppers & Fritada Sauce	56021
Sicilian-inspired Sausage Pasta And Focaccia Crostoni	928281	Spinach & Ricotta Cannelloni	635257
Simply 2 Garlic Baguettes	422703	Spinach & Ricotta Ravioli	791014
Simply 6 Garlic Baguette Slices	428170	Steak & Chianti Bolognese 750g	812030
Simply Dry Cured Ham Tortelloni	876117	Steak Bolognese	787802
Simply Fresh Free Range Egg Penne	635301	Steak Lasagne	696593
Simply Garlic Baguette	528207	Sticky Bbq Wrap	817875
Simply Italian Fresh Free Range Egg Spaghetti	635738	Sticky Chilli Chicken	311113
Simply Italian Fresh Free Range Egg Tagliatelle	635332	Stir Through Mushroom Sauce	787840
Simply Thin & Crispy Cheese & Tomato Pizza	771757	Stir Through Tomato & Chorizo Sauce	787826
Simply Thin & Crispy Pepperoni Pizza	771771	Stir Through Tomato Sauce	787833
Simply Three Cheese Tortelloni	876186	Street Party Great British Breakfast Pizza	856676
Simply Tomato Sauce - Gap	867238	Street Party New York Pastrami Pizza	856737
Singapore Noodles	250078	Street Party Spanish Chorizo & Chilli	856683
Sloppy Joe Pizza (10")	771696	Sweet & Sour Chicken & Char Siu Pork Rice	416474
Slow Braised Beef	635554	Sweet & Sour Chicken Meal For One	787864
Slow Cooked Beef With A Tomato & Rioja Sauce	916790	Sweet & Sour Sauce	667333
Smoked Bacon Bucatini	997379	Sweet Chilli Prawn Noodle Bowl	706599
Smoked Salmon Tagliatelle	427739	Sweet Chilli Sauce	667326
Smoky Fajita Chicken	771610	Sweet Potato Bhajis	685269
Snackpot- Creamy Pesto Spaghetti With Semi Dried Cherry Tomatoes	774697	Tandoori King Prawns With Chargrilled Vegetables	939904
Snackpot- Spinach & Ricotta Ravioli	774727	Tandoori King Prawns With Chargrilled Vegetables Eu	945486
Snackpot-chicken & Bacon Carbonara	774734	Tarka Dahl	369848
Spaghetti & Meatballs	427722	Tarka Dahl Eu	903844
Spaghetti Bolognese	429405	Tempura Prawns	193795
Spaghetti Bolognese 1.5kg	856614	Thai Chicken Curry Rice Bowl	775403
Spaghetti Bolognese 1kg	635714	The American Pizza (6")	642965
Spaghetti Carbonara	693967	The Big Dipper	771252
Spaghetti Carbonara (large)	871440	Thick Egg Noodles With Parsley	668118
Spaghetti Carbonara (small)	188425	Tomato & Basil Sauce	448727
Spaghetti Pomodoro (new)	997362		
Spaghetti Puttanesca	692212		

## Products which do not contain NUTS as an ingredient

**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
Tomato & Basil Sauce (large)	643658	6 Cookie Bags	843294
Tomato & Chilli Sauce	635387	8 Instant Cappucino Sachets	322812
Tomato & Roasted Vegetable Sauce	460170	8 Instant Latte Sachets	322805
Tomato And Mascarpone Sauce	460163	8 Soft Flour Tortillas (long Life)	722179
Trattoria Giant Conchiglioni With Pork & Chianti Ragù	856669	80 Decaffeinated Tea Bags	334150
Trattoria Lasagne Verde With Roasted Vegetables	856720	80 Extra Strong Tea Bags	740555
Triple Dippers	693936	80 Extra Strong Teabags	716109
Tuna Conchigle Bake	564687	A Terribly Clever "classic" Burger Starter Paste For Beef Mince	801614
Turkey, Stuffing & Smoked Bacon	952767	A Terribly Clever Aromatic Spiced Burger Starter Paste For Lamb Mince	800419
Valencian Fideua Noodle Paella With Butafara Sausage & Chorizo 750	56045	A Terribly Clever Coronation Chicken Starter Paste	800464
Vermicelli Egg Noodles	667302	A Terribly Clever Creamy Watercress Starter Sauce For Fish	800488
Vietnamese Beef Wrap	815666	A Terribly Clever Hot & Spicy Burger Starter Paste For Beef Mince	800440
Wok Fried Beef & Mushroom Noodles	20923	A Terribly Clever San Marzano Tomato & Basil Starter Sauce For Fish	800495
Wood Smoked Salmon Farfalle	668262	A Very British Spicy Tomato Sauce	738484
<b>Groceries F19A</b>		Acacia Honey	818940
10 Peruvian Coffee Capsules	285629	Afternoon Blend 80s	285421
10 Waffle Ice Cream Cones	738668	Agen Prunes	981774
12 Mince Pie Pastry Cases	61544	Albacore Tuna Fillets	809016
12 Spice Indian Cooking Sauce 09	687478	All Butter Fudge Cubes	940726
160 Extra Strong Tea Bags	740531	All Day Quarter Caf - Ground Coffee	994309
160 Extra Strong Teabags	859226	All Spice	914642
160 Red Label Teabags	177054	Amarillo Chilli Relish	91527
160 Red Label Teabags 2010	730846	Amatriciana	670296
18 Wafer Fan Biscuits	738675	Ambient Breakfast Fruit Pots	809252
2 Garlic & Coriander Naan	51705	Ancho Chilli Mole Sauce	722193
2 Large Naan	689816	Apple Sauce	737012
2 Peshwari Naan	823494	Apricot Conserve	818933
2 Pizza Bases	790956	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
20 Wafer Curls	800396	Baking Powder	568234
4 Citrus Fruits Marmalade	847933	Balsamic Glaze	568241
4 Mini Garlic & Coriander Naan	689809		
5 Spice Paste	620772		

## Products which do not contain NUTS as an ingredient

**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
Balsamic Vinegar	234993	British Cold Pressed Rapeseed Oil	813105
Balti Paste	568050	British Duck Fat	893084
Balti Sauce	687423	British Duck Rillettes	199636
Basil Infused Evoo 2011	793957	British Free Range Goose Fat	823517
Basmati & Wild Rice	207669	British Pork Rillettes	199520
Basmati Rice	538848	British Raspberry Soft Set Jam	819015
Basmati Rice 1000g	207553	British Raspberry Soft Set Jam	738446
Bay Leaves	568265	British Rhubarb And Ginger Jam	847971
Beef & Ale Soup	851961	Brown Sauce	826723
Beef Stock	568272	Brown Sauce	818872
Beetroot & Horseradish Chutney	738385	Bruschettine	730365
Beetroot And Horseradish Chutney	24822	Bucatini	20978
Belgian Chocolate Sauce	550895	Bulgar, Lentils & Barley	789219
Belgian Milk Chocolate Cr?me P?tissi?re	605045	Bulgur Wheat	65184
Berry Burst Porridge	319218	Burger Mayonnaise	497602
Bicarbonate Of Soda	914604	Butter Beans In Tomato Sauce	730396
Bitter Sweet Seville Orange Marmalade	847957	Butter Makhani Sauce	687461
Black Bean Sauce	331869	Butternut Squash, Sweet Potato & Parmesan Soup	816274
Black Bean Sauce	706377	Caf? Connoisseur Roast And Ground Coffee	730990
Black Forest Conserve	54058	Caf? Noir	741415
Black Onion Seeds	613934	Cafe 10 Coffee Capsules	995917
Black Peppercorn Grinder	919548	Cafe Granules 200g	461801
Black Peppercorns	719582	Cajun Mayonnaise	91534
Black Tapenade	726504	Calming Lavender, Limeflower & Camomile	328845
Black Treacle And Porter Ale Marinade And Sauce	24853	Calming Teabags	730723
Black Turtle Beans	208659	Candy Coated Chocolate Beans	940733
Blackcurrant And Bramley Apple Coulis	25102	Canned Apricot Halves	809375
Blackcurrant Conserve	818971	Canned Baked Beans	809382
Blueberries	613279	Canned Baked Beans Small Can	824590
Bolognese Pasta Sauce	670272	Canned Beef Bolognese	809740
Bombay Potatoes Spice Kit	574211	Canned Beef Casserole	809702
Borrettane Onions	20961	Canned Beef Madras	809672
Bouquet Garni	568289	Canned Beef Rendang	809641
Brandy Butter	569057	Canned Butter Beans	809184
Brandy Snap Baskets	800365	Canned Cannellini Beans	867191
Brazilian Sul De Minas Ground Coffee	286176	Canned Chantenay Carrots	809351
Breakfast Blend 80 Teabags	740609	Canned Chick Peas	809368
British Baby Beetroot	738811	Canned Chicken Casserole	809757
British Caster Sugar	964197	Canned Chicken Korma	809603
		Canned Chicken Laksa	809733

## Products which do not contain NUTS as an ingredient

**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
Canned Chicken Thai Green Curry	809696	Cherry Tomato & Balsamic Pasta Sauce	790260
Canned Chicken Tikka Masala	809658	Cherry Tomato Relish	722025
Canned Chilli Con Carne	809689	Cherry Tomatoes	937177
Canned Chunky Chicken	809719	Chestnut Chutney	224345
Canned Chunky Chicken Small	809665	Chestnut Chutney	480062
Canned Chunky Steak	809634	Chicken Casserole	526425
Canned Chunky Steak Small	809627	Chicken Jalfrezi Spice Kit	574228
Canned Garden Peas	809085	Chicken Korma	444637
Canned Hot Beef Curry	809894	Chicken Noodle Soup	816434
Canned Hot Chicken Curry	809849	Chicken Stock	568296
Canned Hot Lamb Curry	809870	Chicken Tikka Masala Spice Kit	574181
Canned Irish Stew	809771	Chilli Con Carne Sauce	578608
Canned Mandarins	808996	Chilli Flakes	613736
Canned Mango Slices	809108	Chilli Infused Evoo 2011	793926
Canned Mild Chicken Curry	809856	Chilli Pickle	689892
Canned Minced Beef	809818	Chinese Bbq Stir Fry Sauce	817486
Canned Minced Beef Small	809764	Chipotle Chilli Flakes	970389
Canned Minced Lamb	809887	Chipotle Chilli Paste	48620
Canned Mixed Vegetable Curry	809825	Chocolate Coated Crispies	940757
Canned New Potatoes	823906	Chopped Shallots	568159
Canned Peach Slices	809030	Chowmein Stir Fry Sauce 2011	817530
Canned Pear Quarters	809092	Chowmein Stirfry Sauce - Pouch	700412
Canned Pineapple Chunks	809009	Chunky Cajun Marinade	497589
Canned Pineapple Rings	809115	Chunky Chicken & Vegetable Soup	816229
Canned Red Kidney Beans	809054	Chunky Chicken Large	444729
Canned Steak & Kidney	809863	Chunky Chicken Small	444736
Canned Tropical Mixed Fruit	809344	Chunky Corned Beef	294126
Caper Berries	726511	Chunky Leek & Potato	698214
Caponata	21104	Chunky Lentil & Bacon	699945
Caramel Syrup	994705	Chunky Lentil & Bacon Soup	816311
Caramelised Onion (best)	737104	Chunky Vegetable & 3 Bean Soup	816243
Caramelised Onion Chutney	737111	Chunky Vegetable Soup	816298
Caramelised Orange & Calvados Marmalade	823944	Cider Vinegar	793933
Carbonara Pasta Sauce	670289	Cinnamon Sticks	568302
Cardamom Pods	613637	City Blend 40s	740524
Caraway Seeds	613712	City Blend 40s	328791
Carrot & Coriander Soup	816380	Classic 10 Coffee Capsules	995801
Ceylon 50 Teabags	730891	Classic French Dressing	313896
Chablis White Wine Sauce	458061	Classic Mayonnaise With Extra Virgin Olive Oil	448017
Chai Teabags 50	735292	Classic Mincement	480093
Chargrilled Artichoke	727259	Classic Roast And Ground Coffee	730938



## Products which do not contain NUTS as an ingredient

**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
Classic Tea	372800	Coriander Seeds	613675
Clementine & Cranberry Curd	224291	Corn Bread Mix	91671
Cloves	568319	Cou Drinking Chocolate (sachets)	741989
Coarse Ground Black Pepper	676748	Cou Red Thai Chicken Curry	955041
Cocktail Cornichons	737142	Cou Smoky Chipotle Chilli Con Carne	955034
Cocoa Powder	568364	Cou Three Bean Chilli (smaller Can)	809788
Coconut & Cocoa Nib Porridge	319386	Count On Us Green Thai Curry Sauce	910965
Coconut Cream	959063	Count On Us Jalfrezi Sauce	910972
Coconut Milk	568517	Count On Us Sweet And Sour Sauce	910989
Coffee Filters	741460	Cous Cous	573849
Colombian Antioquia	285940	Cr?me Patisserie	552318
Columbian	994316	Cranberries	613262
Columbian Ground Coffee	735315	Cranberry & Orange Stuffing	894692
Columbian 10 Coffee Capsules	995832	Cranberry & Port Sauce	737456
Columbian Beans	735308	Cranberry And Blood Orange	162692
Columbian Decaf Ground Coffee	730983	Cranberry Sauce	737463
Columbian Microground Instant Coffee	285957	Cream Of Asparagus	698276
Concentrated Beef Stock	163521	Cream Of Asparagus Soup	816342
Concentrated Chicken Stock	163514	Cream Of Chicken Soup	816236
Conchiglioni	671552	Cream Of Tartare	914611
Cook With M&s Recipe Paste Classic Chilli For Minced Beef Or Veggies	935289	Cream Of Tomato Soup	816359
Cook With Recipe Paste Fire Roasted Tomato & Rosemary For Sausages & Fish	816052	Cream Of Vegetable	698184
Cook With Recipe Paste Paella For Chicken, Seafood Or Vegetables	800341	Creamed Rice Pudding	601313
Cook With Recipe Paste Risotto For Chicken, Mushrooms	815833	Creole Paste	91664
Cook With Recipe Paste Shallot, Parsley & Thyme For Chicken & Pork	737593	Crinkle Cut Beetroot	737500
Cook With Recipe Paste Smokey Paprika & Lemon For Chicken Or Lamb	816045	Crystallised Stem Ginger Curd	939393
Cook With Recipe Paste Soy, Ginger & Chilli For Salmon Or Chicken	800501	Cuban Black Bean Paste	91657
Cook With Recipe Paste Spanish Casserole For Chicken Or Fish	817417	Cucumber, Gin And Mint Relish	24877
Cook With Recipe Paste Stroganoff For Beef, Pork Or Mushroom	815864	Cumin Seeds	613682
Cook With Rhubarb Compote	738514	Cured Chicken Breast 213g	788854
Cook With Sage & Onion Stuffing Mix	738262	Cured Ox Tongue 184g	788892
		Cured Turkey Breast 213g	788922
		Custard	605052
		Damson & Port Chutney	820929
		Damson & Sloe Gin Conserve	823968
		Danish Lean Ham 213g	788878
		Danish Mackerel Fillets In Olive Oil	809160
		Danish Mackerel Fillets In Tomato Sauce	809245
		Darjeeling Teabags	735421
		Dark Muscavado Sugar	568531

## Products which do not contain NUTS as an ingredient

**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
Dark Seville Orange Marmalade - Extra Coarse Cut	847896	Ew Pea And Ham Soup	705387
Decaf 80	740586	Ew Tuna Steak In Spring Water 3 X 80g	534970
Deliciously Versatile Hoisin & Plum	273688	Ew Tuna Steak In Spring Water 4 X 200g	534963
Deliciously Versatile Miso & Ponzu	274296	Extra Strong 240	740548
Deliciously Versatile Spiced Soy And Garlic	273701	Extra Strong Loose Tea	741965
Deliciously Versatileteriyaki	273640	Extra Strong One Cup Teabags 2010	740562
Detox Teabags	735339	Extra Virgin Olive Oil	549233
Dijon Mustard	738460	Fairtrade Demerara Sugar	542265
Dipping Oil. Extra Virgin Olive Oil, Chilli & Garlic	549677	Fairtrade Drinking Chocolate	598682
Dried Ancho Chillies	573870	Fairtrade Golden Granulated Sugar	542272
Dried Basil -jar	739863	Fajita Spice Mix	722261
Dried Cayenne Pepper - Jar	739924	Farfalle	671606
Dried Chinese 5 Spices - Jar	739955	Fennel Seeds	613729
Dried Chives - Jar	739931	Feta Stuffed Halkadiki Olive	730389
Dried Coriander Leaf - Jar	739894	Fine Egg Noodles	532006
Dried Cumin - Jar	739948	Fiorelli	671613
Dried Ground Coriander - Jar	739900	Fire Roasted Piri Piri & Citrus Dressing	722001
Dried Italian Herb Seasoning- Jar	739856	Fish Stock	568388
Dried Mixed Fruit	701648	For Asparagus/fish - Hollandaise - Pour Over	737555
Dried Mixed Herbs Jar	676724	For Beef - Rich Ale & Thyme - Pour Over	737562
Dried Parsley Herb Jar	676717	For Gammon/ Chick - Honey & Mustard - Pour Over	737685
Dried Porcini Mushrooms	573856	For Lamb - Redcurrant & Rosemary - Pour Over	737692
Dried Sage - Jar	739917	For Mince - Cottage Pie - Cook In	737999
Dried Thyme - Jar	739870	For Pork - Bramley Apple & Cider- Pour Over	738002
Drinking Chocolate (powder)	731089	Four Cheese Pasta Sauce	670210
Drinking Chocolate (sachets)	731119	French Lavender Honey	850308
Earl Grey Green Tea Bags	285339	French Onion Soup	816410
Easy Ginger	568142	French Style Mayonnaise	43717
Easycook Long Grain Rice 1kg	109482	Fruit Tea Selection Pack 2010	735384
Eat Well Hand Cut Grapefruit Segments In Juice	525930	Fruity Amarillo Dressing	915182
Elderberry And Blackcurrant Jelly	162517	Fruity Couscous	863803
Empress Grey 50 Tea Bags	735346	Fusilli	671620
Enchilada Cooking Sauce	722209	Garlic Infused Evoo 2011	793902
Enchilada Kit	48484	Garlic Stuffed Halkadiki Olive	730402
English Breakfast 50 Tea Bags	730853	Giant Wholewheat Couscous	65139
Espresso R&g Coffee	196932	Ginger Crumble Mix	994248
Espresso Roast And Ground Coffee	731003		
Ethiopian Sidamo Coffee Beans	286152		
Ethiopian Sidamo Ground Coffee	285964		
Etna Olives	730464		

## Products which do not contain NUTS as an ingredient

**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
Glace Cherries	568470	Hot & Fruity Mango Marinade	790215
Gluten Free Flour	620833	Hot & Spicy Fajita Kit	725545
Gold	741323	Hot Chicken Curry	444613
Gold	741361	Hot Chilli Powder	919494
Gold Decaf	741378	Hot English	738064
Gold Decaf Premium Instant Coffee	741385	Hot Lamb Curry	444675
Gold Loose Tea	730860	Hot Smokey Barbecue Marinade & Sauce	863698
Golden Caster Sugar	568500	House Blend Mexican Spices	970365
Golden Syrup	570831	House Decaf 10 Coffee Capsules	995863
Greek Extra Virgin Olive Oil	336611	Hummus	727167
Greek Kalamata Olives	986816	Icing Sugar	568555
Green & Jasmine	730716	Instant Cappucino Sachets	731102
Green & Lemon	735391	Instant Coffee	741392
Green Lentils	573733	Instant Coffee	741408
Green Tea Everyday Blend 80 Teabags 2010	740579	Instant Latte	526227
Green Thai Curry Sauce	331739	Instant Latte Sachets	731096
Green Thai Paste	706438	Instant Mocha	526203
Ground Black Pepper	919487	Irish Stew	477178
Ground Cinnamon	619325	Italian	741491
Ground Cloves	919449	Italian	741507
Ground Coffee	30106	Italian 10 Coffee Capsules	995757
Ground Ginger	619189	Italian Beans	731010
Ground Nutmeg	676731	Italian Extra Virgin Olive Oil	336628
Ground White Pepper	914628	Italian Grain Pot	208697
Gujarati Curry Kit	48521	Italian Kvi Spaghetti	671644
Habanero Hot Sauce	48545	Italian Mixed Peel	87230
Ham & Sweetcorn Chowder	851978	Italian Risotto Rice	618434
Hand Packed Cured Ox Tongue	44974	Italian Roast And Ground Coffee	730914
Harissa Paste	727303	Italian Tomato Passata	821933
Harissa, Red Pepper And Rasel Hanout, Bulgar Wheat, Cracked Frekah And Chickpea Grain Mix	208710	Italian Tomato Passata With Red Chilli, Herbs And Olive Oil	821971
Harvey's Very British Breakfast Sauce	738477	Jalfrezi Curry Paste	48583
Hedgerow (gamekeepers) Xmas Line	739184	Jalfrezi Sauce	483414
Herbes De Provence	914635	Jalfrezi Sauce	687430
High Fibre Fusilloni	89241	Japanese Sencha Infusion	285124
Hoisin Sauce	568401	Jasmine Pearls & Green Tea	285131
Honduras Ground Coffee	285612	Jazzie Sprinkles	25034
Honey & Mustard Marinade	308519	Juniper Berries	613750
Honey And Mustard Dressing	270359	Kaffir Lime Leaves	613651
Horseradish Sauce	738057	Kashmiri Rogan Josh Curry Kit	48651
		Katsu Curry Paste	73707
		Kenyan 50 Teabags	730884

## Products which do not contain NUTS as an ingredient

**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
Kenyan Ground Coffee	730945	M&s Cafe Tin	981477
Korma Curry Paste	568111	M&s Simply No Peel Seville Marmalade.	881937
Korma Sauce	687416	M&s Simply Pure Honey	819268
Korma Spice Mix	689847	M&s Simply Strawberry Jam	881944
Kvi Curry Cooking Sauce 09	687485	Macadamia Halves	981811
Kvi Mayonnaise	497596	Madagascar Vanilla Extract	568562
Laksa Noodle Pot	72878	Made Without Wheat Baking Powder	77996
Lamb Rogan Josh Spice Kit	574198	Made Without Wheat Gluten Free Penne	811064
Large Gherkins	738071	Made Without Wheat Lasagne	989312
Lasagne Sheets	692137	Made Without Wheat Porridge	80095
Lazy Weekend 10 Coffee Capsules	995818	Made Without Wheat Self Raising Flour	78023
Lazy Weekend Roast And Ground Coffee	735407	Made Without Wheat Spaghetti	811071
Leaf Gelatine	568425	Made Without Wheat Victoria Sponge Mix	78016
Leek & Potato Soup	816212	Made Without Wheat White Bread Mix	78030
Lemon & Lime Marmalade	940214	Made Without Wheat Xanthan Gum	78009
Lemon Curd Sauce	605038	Madras Indian Paste	694452
Lemon Infused Evoo 2011	793896	Madras Sauce	687454
Lemon Mayo	25096	Malagueta Chilli Sauce	915199
Lemongrass & Chilli Low Fat Dressing	863858	Mandarin Marmalade	847865
Light Muscavado Sugar	580564	Mango & Sweet Chilli Dipping Sauce	696678
Lime Juice From Concentrate	870245	Maple Syrup Flavour Porridge	319225
Lime Pickle	689830	Margherita Pizza Sauce	790277
Linguine	671651	Marrakech Olives	730433
Long Grain & Wild Micro Rice	849425	Masala Ketchup	48569
Long Grain Micro Rice	380188	Mayonnaise (squeezy)	819213
Loose Assam Golden Tippy Tea	285636	Mayonnaise With Cold Pressed Rapeseed Oil	819299
Loose Earl Grey Tea	735438	Meaty Mustard	162715
Loose English Breakfast	735445	Medium Curry Powder	919432
Loose Kenyan Golden Pekoe Tea	285674	Medium Egg Noodles	616263
Loose Leaf Earl Grey Tea	188098	Medium Roast Instant Decaffeinated Coffee	741354
Loose Leaf Luxury Gold Tea	188104	Messicani	671668
Loose Leaf Rwandan Tea With Safflower Petals	188067	Mexican Grain Pot	208734
Loose Rwandan Tea With Safflowers	285438	Mexican Potato Wedge Seasoning	48637
Low Fat Mayonnaise Jar	84345	Microwavable Basmati Rice	380171
Luxury Gold 160 Tea Bags	730808	Microwave Wholegrain Rice	849456
Luxury Gold 80 Tea Bags	730792	Mild Chicken Curry	444620
Luxury Gold Teabag 240s	288033		
M&s Cafe - Ground Coffee For Cafetiere & Filter	994644		
M&s Cafe Coffee Beans	994668		

## Products which do not contain NUTS as an ingredient

**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
Mild Chilli Powder	616195	Organic Italian Evoo 2011	805834
Milk Chocolate Chunks	940740	Organic Italian Extra Virgin Olive Oil	313742
Minestrone Soup	816403	Organic Pasta Flour	919623
Mint	919425	Organic Rye Flour	919616
Mint Jelly	162500	Organic Virgin Coconut Oil	959070
Mint Jelly	738835	Organic Wholegrain Spelt Flour	919609
Mint Sauce	738125	Orzo Pasta	20985
Mixed Antipasti	20992	Oxtail	698290
Mixed Beans In Water	954730	Oxtail Soup	816267
Mixed Peppercorn Grinder	914666	Pad Thai Noodles Paste	706360
Mixed Spice	613804	Pad Thai Rice Noodles	359955
Mole Paste	48590	Pappardelle	671569
Morello Cherries In Kirsch	897136	Passata	548663
Morello Cherry Conserve	993685	Passionfruit & Lime Curd	982054
Morroccan Mint Infusion	994675	Pea & Ham	698221
Mulled Berry Conserve	993357	Pea & Ham Soup	816335
Mulled Fruit Conserve	742061	Peaches In Brandy Syrup	993395
Mulled Fruit Infusion	993487	Pear & Honey (dairymans) Xmas Line	739191
Mulled Wine Spices	513234	Penne	816687
Mulligatawny	698504	Authentic Italian Pasta	
Multi Colour Sugar Strands	940719	Penne Pasta	124089
Mushroom Sauce	738132	Peri Peri Mayo	722070
Mustard & Dill Sauce	939423	Peruvian Ground Coffee	994293
Mustard Seeds	613699	Peruvian Soy & Chilli Stir Fry Sauce	91688
Nam Pla Fish Sauce	568371	Petit Pois	310352
Napoletana Pasta Sauce	21029	Pho Noodle Pot	72847
New York Roast And Ground Coffee	730952	Picalilli	738156
Non Pareille Capers	870085	Pickled Onions	568937
Non Pareille Capers In Salt	870115	Pilau Rice	364102
Nuoc Cham Dipping Sauce	71529	Pimento Stuffed Halkadiki Olive	730440
Nutmeg	568487	Pineapple, Chilli & Mint Salsa	91633
Oat & Barley Porridge 60g	319515	Pitted Black Olives	730457
Oaty Crumble Mix	738149	Pitted Dates	981781
Old Fashioned Barbecue Sauce	24846	Pitted Green Olives With Red Pepper	986809
Olive Oil - Wise Buy 2011	549226	Pitted Hojiblanca (green) Olives	730495
One Cup Classic Filters	730969	Pitted Prunes In Apple Juice	867214
One Cup Columbian Filters	741477	Ploughmans Chutney	738187
One Cup Decaf Filters	731027	Plum & Hoisin Stirfry Sauce - Pouch	700443
One Cup Italian Filters	730976	Plum (soft Set Jam)	739207
Onion & Mint Chutney	689823	Plum Dipping Sauce	846769
Oregano	619073	Plum Tomatoes	821926

## Products which do not contain NUTS as an ingredient

**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
Poached Blackberry & Apple	738491	Red Thai Paste	706384
Poponcini With Goat's Cheese	727129	Redbush 40 Teabags	735469
Popping Candy	25089	Redcurrant Jelly	739238
Portuguese Sardines In Olive Oil	708005	Redcurrant Sauce	738231
Portuguese Sardines In Olive Oil	809221	Reduced Fat Caesar Dressing	544665
Portuguese Sardines In Tomato Sauce	809238	Reduced Fat Coconut Milk	622288
Posh Dog Mustard	91640	Reduced Fat French	209854
Potted Beef 35g	788816	Reduced Fat Mayo With Extra Virgin Olive Oil	448024
Potted Beef 35g	708227	Reduced Fat Mayonnaise	982412
Potted Beef 75g	788786	Reduced Sugar Strawberry Jam	940238
Potted Beef 75g	708449	Refresh Teabags	285322
Potted Chicken	323352	Re-fried Beans	722148
Potted Chicken 75g	788762	Re-fried Beans	77859
Potted Salmon 75g	708555	Rendang Paste 2010	706391
Potted Salmon 75g	788915	Rhubarb & Vanilla (soft Set Jam)	738248
Power Berry Teabags	285117	Rhubarb Conserve	993678
Prime Corned Beef	294133	Rice Vermicelli Noodles	568456
Prime Corned Beef 198g	788779	Rich Meat Gravy	497718
Prime Corned Beef 340g	788830	Rich Poultry Gravy	497701
Provender Balsamic Vinegar	481359	Rigatoni	671682
Pudding Rice	568692	Risotto Mix With Porcini Mushrooms	621144
Pure Acacia Honeycomb	848039	Roasted Garam Masala	919470
Purple Tea & Blueberry	285667	Roasted Garlic Mayo	819596
Puttanesca Pasta Sauce	670302	Roasted Garlic Mayo	722063
Puy Lentils	789196	Roasted House Blend Curry Powder	919524
Puy Lentils With Sun Dried Tomatoes & Basil	789202	Roasted Moroccan Spice Blend	919517
Ramen Noodle Pot	72861	Roasted Pepper & Tomato	23726
Ranch Dressing	91503	Roasted Peppers With Rosemary	727280
Rapeseed Oil	615341	Roasted Red Pepper & Sherry Vinegar Dressing	789615
Raspberry Conserve	819473	Roasted Vegetable, Olive & Lemon Bulgar Wheat And Lentile Grain Mix	208727
Really Raspberry Sauce	550925	Rocoto Chilli Jam	91497
Recipe Paste Moroccan Tagine	727310	Rogan Josh Curry Paste	48606
Red & White Quinoa	789226	Rogan Josh Sauce	687447
Red Cabbage - Large Jar	772372	Roobios And Vanilla	735452
Red Jalapenos	63203	Rosemary	619080
Red Label 80	730822	Rough Cut Sugar Cubes	742016
Red Lentils	573740	Ruby Red Grapefruit Marmalade	847964
Red Onion, Tomato And Mint Relish	54102	Rwandan Ground Coffee	285551
Red Salsa	722117		
Red Thai Curry Sauce	331876		



## Products which do not contain NUTS as an ingredient

**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
Saffron	568609	Single Origin Ethiopian Coffee.	188333
Salad Cream	946056	Single Origin Green Jasmine Teabags	188074
Salad Cream	819541	Single Origin Guest Coffees	994651
Salted Caramel Sauce	742030	Single Origin Kenyan Teabags	188050
Sandwich Pickle- Pickled Onions	738279	Single Origin Tea Selection	189293
Scotch Broth Soup	816373	Skinless Anchovy Fillets In Extra Virgin Olive Oil	388924
Scoth Broth	698313	Skipjack Tuna Chunks In Spring Water	813815
Sea Salt	719599	Skipjack Tuna In Water 4x200g	813808
Sea Salt Grinder	914659	Skipjack Tuna Steak In Spring Water	813822
Sea Saly Anglesey	389334	Skipjack Tuna Steak In Spring Water 3x80g	813839
Seafood Sauce	738286	Skipjack Tuna Steak In Sunflower Oil	813846
Seeded Crumble Mix	994217	Sliced Bamboo Shoots	846530
Seedless Raspberry Conserve	940207	Sliced Gherkins	971300
Selection Of Fruit & Herbal Infusions	189064	Sliced Green Jalapenos	722155
Semi Dried Cherry Tomatoes	727297	Sliced Mangoes	541787
Seville Olives	730426	Smoked Chilli And Garlic Grinder	605182
Seville Orange & Stem Ginger Marmalade	847940	Smoked Paprika	568616
Sicilian Lemon Curd	852067	Smokey Bbq Fajita Kit	725538
Sicilian Lemon Juice	87223	Smokey Chipotle Salsa	722131
Silky Teabags Darjeeling 2010	735483	Smokey Pepper And Chilli Sizzle And Drizzle	25119
Silky Teabags Gunpowder Green & Mint 2010	735490	Smoky Chicken And Chorizo With Canellini Beans	264532
Silky Teabags Lapsang Souchong 2010	735506	Smoky Chipotle Dip	809566
Simply 4 Pack Canned Chopped Tomatoes	900379	Smooth Quince Paste	54041
Simply Bbq Sauce	907897	Soba Noodles	913775
Simply British Granulated Sugar	963602	Soft Set Scottish Marmalade With Heather Honey	24952
Simply Curry Sauce	879231	Soft Tacos	48514
Simply Grapefruit Segments	809078	Soy Sauce	455916
Simply Macaroni Kvi (gap)	878609	Spaghetti Authentic Italian Pasta	816717
Simply Malt Vinegar	620796	Spaghetti 1kg	878081
Simply Peach Halves	907705	Spanish Apricot & Amaretto Jam	847995
Simply Plain Flour	250252	Spanish Extra Virgin Olive Oil	729635
Simply Self Raising Flour	250269	Spanish Paella Rice	798235
Simply Sliced Carrots	77835	Sparkling Peach & Prosecco Conserve	189248
Simply Strong Wholemeal Flour	620888	Speciality Balsamic Vinegar	569026
Simply Tuna Chunks In Sunflower Oil	935272	Speciality Sicilian Dop Extra Virgin Olive Oil	642699
Singapore Noodles Paste	817042		
Single Origin Ceylon Teabags	188647		
Single Origin Columbian Coffee Beans.	188487		

## Products which do not contain NUTS as an ingredient

**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
Spelt Rigatini	89210	Sweet Chilli, Ginger & Garlic Sauce	817462
Spiced Marmalade	519700	Sweet Jalapeno Chilli Sauce	48491
Spiced Marmalade	224161	Sweet Mango Chutney	693769
Spiced Couscous	863797	Sweet Orange Marmalade	847841
Spiced Orange (stockmans) Xmas Line	739245	Sweet Paprika	919456
Spiced Peach Chutney	993241	Sweetcorn	147538
Spiced Seville Marmalade Xmas 2010	685566	Sweetcorn And Fireroasted Pepper Burger Relish	24945
Spiced Tea	50104	Sweetcorn Tetrapack	809047
Spicy Chipotle, Coriander& Lime, Quinoa, Black Bean And Wheatberry Grain Mix	208895	Tabbouleh/ Moroccan Grain Pot	208703
Spicy Mango Chutney	693752	Taco Kit	48644
Spicy N'duja & Tomato Pasta Sauce	21043	Taco Seasoning	48576
Spicy Sweet & Sour Cooking Sauce 2010	700474	Tagliatelle	671590
Star Anise	613705	Taka Dhal Soup	851985
Sticky Bbq Marinade	308489	Tamarind Paste	927420
Sticky Fig & Balsamic Chutney	820998	Tandoori Indian Paste	694445
Sticky Toffee Sauce	550932	Tarragon	619141
Sticky Tomato & Chilli Chutney	823524	Tartare Sauce	738330
Sticky Tomato & Chilli Chutney Ayr	743617	Tc Honey & Mustard Glaze For Root Vegetables	815970
Strawberry & Champagne Conserve	151269	Thai Coconut Stirfry - Pouch	700528
Strawberry (soft Set Jam)	739252	Thai Green Chicken Curry Soup	57998
Strawberry Conserve	819626	Thai Green Paste	568197
Strawberry Mousse	738217	Thai Jasmine Rice	613873
Strong White Bread Flour	568722	Thai Massaman Curry Paste	970327
Sumac	970372	Thompson Raisins	701617
Summer Fruit Compote	738507	Tikka Curry Paste	568203
Sun Dried Tomato & Basil	23702	Tikka Masala Sauce	687492
Sun Dried Tomato Stuffed Halkadiki Olive	738545	Toasted Sesame Oil	336710
Sundried Tomatoes	727242	Tom Yum Noodle Pot	72854
Super Grain Mix	208918	Tomato & Basil	698252
Super Green Tea Bags	285261	Tomato & Basil Bruschetta Topping	727112
Sweet & Sour Sauce	700481	Tomato & Basil Pasta Sauce	670227
Sweet & Sour Sauce	331852	Tomato & Gorgonzola Pasta Sauce	21036
Sweet & Sour Chicken	444651	Tomato & Herb Pasta Sauce	670241
Sweet & Sour Stirfry Sauce - Pouch	700498	Tomato & Mascarpone Pasta Sauce	670258
Sweet Chilli & Ginger Stirfry Sauce - Pouch	700511	Tomato & Meatball Pasta Sauce	670166
Sweet Chilli Dipping Sauce	456012	Tomato & Porcini Mushroom Pasta Sauce	670197
Sweet Chilli, Ginger & Garlic Sauce	331906	Tomato & Sausage With Fennel And Barolo Wine	89227
		Tomato & Spicy Italian Sausage Pasta Sauce	670180

## Products which do not contain NUTS as an ingredient

**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
Tomato & Sweet Garlic Pasta Sauce	670326	Wholewheat Penne	671729
Tomato Aubergine & Ricotta Pasta Sauce	670173	Wholewheat Spaghetti	671736
Tomato Chutney	915694	Wild Alaskan Red Salmon 105g	807418
Tomato Ketchup	946605	Wild Alaskan Red Salmon 213g	809122
Tomato Ketchup	819589	Wild Alaskan Red Salmon 2x213g	809153
Tomato Passata With Basil & Olive Oil	821940	Wild Alaskan Red Salmon S&b 180g	809207
Tomato Puree	821919	Wild Alaskan Red Salmon S&b 2x180g	809146
Tomato, Ricotta & Leccine Olives	23719	Wild Canadian Red Salmon 105g	807401
Traditional Fruit Chutney	738347	Wild Canadian Red Salmon S&b 105g	809191
Treacle	621038	Wild Flower Honey	819671
Trifle Fingers	629409	Windfall Chutney (apple & Pear)	738378
Triple Mint Infusion	285605	Winter Berry Chutney	50098
Tuna Chunks In Spring Water	671811	<b>Healthy Meal Solutions F64C</b>	
Tuna Steak In Spring Water	867207	Banana Porridge	961585
Tuna Steak In Sunflower Oil	707978	Beef In Red Wine Casserole	783057
Turkey Gravy	893077	Beef Lasagna	685306
Turkish Black Cherry & Vanilla Jam	848046	Beef Lasagne	632812
Turkish Sultanas	573986	Beef Ragu	14700
Turkish Sultanas	701624	Bfy Chicken, Prawn & Chorizo Paella	497251
Turmeric	619172	Bfy Courgetti & Broccoli Spaghetti With Chargrilled Chicken	73592
Tuscan Evo0 2011	951203	Bfy Pulled Chicken Orzo Pasta	14908
Tuscan Evo0 2011 (olitalia)	806404	Bfy Red Thai Curry	466820
Udon Noodles	913768	Bfy Spiced Roasted Cauliflower Rice With Flamed Tikka Chicken	73677
Vanilla Pods	568647	Bfy Spicy Chicken Noodles	14915
Vegetable Curry	526418	Bfy Thai Green Curry	709583
Vegetable Stock	568661	Braised British Steak	206778
Ventresca Tuna Fillets	809139	Butternut Squash And Cod Croquettes With Peas And Sweetcorn	870948
Vostizza Currants	645737	Butternut Squash And Goat Cheese Ravioli	811774
Wasabi Mayo	970396	Cajun Chicken & Spicy Wedges	73455
Water Chestnuts	846516	Cajun Spiced Chicken Fettuccine	377171
Wheat Biscuits	819411	Chargrilled Chicken & Butternut Squash Risotto	702119
White Breadcrumbs	573764	Chargrilled Chicken & Tomato Risotto	794787
White Chocoalte Chunks	940764	Chargrilled Chicken With Spring Veg	470162
White Tea & Raspberry	735513	Chargrilled Vegetable Pasta Bake	73462
Whole Apricots	575898	Cheesy Pizza	226646
Wholegrain Micro Rice	486682		
Wholegrain Mustard	738361		
Wholegrain Rice	538831		
Wholegrain Rice, Red Rice & Quinoa	65146		
Wholewheat Cavatappi	89180		

## Products which do not contain NUTS as an ingredient

**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 & Asparagus Risotto	416986	Cou Chicken Tikka Masala Snackpot	783132
Chicken & Mushroom Tagliatelle	702591	Cou Chicken With Basil And Tomato	377621
Chicken & Noodle Laksa Soup	702188	Cou Chicken, Spinach & Ricotta Pizza	14748
Chicken Arrabbiata	14724	Cou Chive Mash	783040
Chicken Bites & Fries	222662	Cou Crab Risotto	724951
Chicken Dinner	573115	Cou Haddock Mornay	492058
Chicken In Creamy Mushroom Sauce	783118	Cou Ham & Mushroom Pizza	14694
Chicken In Red Wine & Mushroom Sauce	410885	Cou Ham & Pineapple Pizza	654333
Chicken Jalfrezi	702300	Cou Italian Style Ragu & Rigatoni Bake	654630
Chicken Mini Fillets In Gravy	702355	Cou Lamb Hotpot	654616
Chicken Penne Arrabiatta	702126	Cou Leek & Gruyere Macaroni Bake	654609
Chicken Teddies	204224	Cou Mediterranean Style Chicken And Roasted Vegetable Pasta	771276
Chicken Tikka And Saffron Pilau With Split Peas	820011	Cou Minted Lamb With Spring Veg	492164
Chicken, Mushroom & Bacon Pie	14670	Cou Moussaka	955188
Chicken,ham & Sweetcorn Pasta	870955	Cou Paella	537971
Chilli Beef Noodles	14960	Cou Penne Arrabiatta	458597
Chilli Con Carne	269636	Cou Pepperonata Chicken Pasta	913973
Cottage Pie	283083	Cou Persian Duck With Basmati Rice And Roasted Butternut	928878
Cottage Pie	89425	Cou Pineapple And Chicken Curry	458429
Cottage Pie With Sweet Potato	961974	Cou Sausages & Mash	605922
Cou 2 Breadcrumbed Chicken Breasts	807845	Cou Seafood Paella	783095
Cou 2 Filled Steak And Red Wine Yorkshire Puddings	293877	Cou Shanghai Beef	458290
Cou Beef & Pork Ragu Cheesy Pasta Bake	907279	Cou Shepherds Pie With Rosti Top	14786
Cou Beef In Ale With Mash	605915	Cou Spaghetti And Meatballs	294492
Cou Bengali Cod Curry	907217	Cou Spaghetti Carbonara	702379
Cou Bolognese Fusilli Snackpot	783101	Cou Spicy Chicken Tostada	911870
Cou Breaded Cod,chips And Peas	847087	Cou Sweet And Sour Chicken With Vegetable Rice	671477
Cou Carrot & Swede Mash	216272	Cou Takeway Chinese Meal For One	964647
Cou Cauliflower Cheese	119252	Cou Thai Green Seafood Curry	675130
Cou Chicken & Roasted Root Vegetable Pie	783125	Count On Us Beef Casserole With Dumplings	220378
Cou Chicken And Bacon Pasta	73653	Count On Us Chicken, Tomato And Basil	138109
Cou Chicken And Black Bean Sauce With Rice	654623	Count On Us Chilli Wedge Bowl	347457
Cou Chicken Casserole	605885	Count On Us Cod And Smoked Haddock Pie	310789
Cou Chicken Forestiere	458719	Count On Us Potato Mash With Cabbage And Spring Onion	245258
Cou Chicken Piri Piri With Rice	870795		
Cou Chicken Tagliatelle	458603		

## Products which do not contain NUTS as an ingredient

**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
Count On Us Prawns And Noodles In Sweet Chilli Sauce	213134	Kids Turkey Meatballs With Spaghetti	488105
Count On Us Spaghetti Bolognese	322461	King Prawn Linguine	14717
Count On Us Tagliatelle With Ham And Mushrooms	456548	Meat Free Cumberland Sausages	794558
Creamy Sweetcorn And Chicken	961967	Meatballs & Spaghetti Snackpot	771245
Ew Chicken & Asparagus Risotto	674805	Med Veg Pasta With Red Pepper Sauce	470179
Ew Children's Chicken Burger And Chips	244763	Melt In The Middle Cod Fishcake	994156
Ew Children's Fish And Chips Ifg	673662	Mexican Bean & Butternut Chilli Snackpot	794824
Ew Children's Fish Pie Ifg	681414	Mighty Mac & Cheese Bake	994132
Ew Children's Fishcakes	573153	Mighty Meaty Pasta	392891
Ew Children's Nice Rice Chicken	300278	Mild Chicken Curry With Fluffy Rice	402996
Ew Children's Tomato & Mascarpone Pasta Bake	685351	Moroccan Spiced Chicken & Superfruity Tabouleh	925273
Ew Oakham Chicken Christmas Trees	654081	Oakham Chicken Caterpillars	806145
Ew Spiced Chicken With Minted Grain Pilaff	674782	Organic Broccoli, Pea, Parsnip With A Hint Of Pear	965897
Fish Pasta Bake	998642	Organic Chicken & Tomato Pasta With A Hint Of Chilli	967396
Fish Pie	573108	Organic Chunky Vegetable & Chicken Casserole	967389
Fish Pie	605854	Organic Italian Bean Ragu	965859
Fl 2 Slow Cooked Chicken Legs In A Smokey Tomato & White Wine Sauce	912792	Organic Mighty Meaty Pasta	965880
Fl British Pot Roast Chicken	14854	Organic Super Green Vegetable Risotto	965910
Fl Chargrilled Chicken In A Fragrant Coconut Curry Sauce	907323	Organic Sweet Potato & Beef Casserole With Rice	967365
Fl Cod Rogan Balti	907248	Organic Tomato & Basil Chicken	965873
Fl Italian Pot Roast Chicken	14816	Paprika Chicken With Roasted Ratatouille	925266
Fl Naked Burger, Wedges And Relish	14793	Pea And Broad Bean Risotto With Asparagus	794770
Fl Piri Piri Chicken, Wedges And Corn	14946	Pulled Ham In Mustard Sauce	521086
Fl Slow Cooked Pork ,cannelini Beans & Leeks	912785	Pure Apple Juice (kids Range)	492539
Fl Slow Cooked Venison In Red Wine & Onion Sauce	907224	Roast Pork Loin In Gravy	702362
Fl Superfood Kerelan Chicken Curry With Chard	14809	Roasted Beef Meatballs With Spaghetti	702225
Flspanish Slow Cooked Pork	939607	Roasted Butternut Squash With Spiced Pulses & Feta	925297
Forever Fishes Breaded Cod Fish Shapes	870962	Roasted Root Vegetable Tagine	811767
Four Cheese Ravioli	847117	Roasted Vegetable Lasagne	377201
Fruity Mango Dessert	961950	Sausages & Beans Snackpot	770637
Haddock Mornay	675147	Sausages & Mash With Gravy	349291
Ham & Sweetcorn Pizza	994071	Sfl Beef Ragu With Rigatoni Pasta	725019
		Sfl Beef Stroganoff & Rice	466691
		Sfl Chicken & Vegetable Hot Pot	774666

## Products which do not contain NUTS as an ingredient

**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
Sfl Chicken Primavera Pasta	770576	Active Health Delicious Food With Added Benefits Juice Booster Orange & Lemon Juice With Ginger	11853
Sfl Chinese Style Chicken & Mushroom Rice	794800	Active Health Delicious Food With Added Benefits Juice Booster Raspberry & Redcurrant With Baobab	11860
Sfl Cod Mornay With Mash, Runner Beans And Peas	709569	Agua Fresca Cucumber & Lemon	89524
Sfl Dine In Roasted Steak Meatballs With Spaghetti	866897	Agua Fresca Orange, Lemon & Mint 750ml	377294
Sfl Fresh Pasta Beef Ravioli With Creamy Parmesan Sauce	794831	Agua Fresca Pineapple	89562
Sfl Hoisin Duck Noodles	525558	Agua Fresca Watermelon & Lime	89555
Sfl Superbean And Ham In Smoky Tomato Sauce	889674	Aloe Vera, Grape & Apple Juice	71543
Sfl Sweet Chilli Chicken Noodles	725033	Apple Asparagus & Lemon Rainbow Juice	916578
Slow Cooked Chicken In Red Wine With Baby Roasted New Potatoes & Green Beans	847223	Apple Blackcurrant, Fig & Carrot Juice	50562
Slow Cooked Pork Loin With Apple Gravy,cabbage & Mash	847230	Apple Juice	138239
Smoky Cajun Chicken Jambalaya	702317	Apple, Beetroot & Blackcurrant Juice	707466
Spaghetti & Meatballs In Tomato Sauce	711814	Apple, Blood Orange & Butternut Squash Juice	71642
Spaghetti Bolognese	280525	Apple, Pear & Asparagus	20220
Spiced Red Lentil Kofte With Tabbouleh	794794	Apple, Pear & Brussel Sprout Juice	993746
Spicy Paneer Curry Snackpot	796491	Apple, Pineapple, Mango & Coconut Water Juice A Vibrant,wonderfully Refreshing Drink To Enjoy Chilled	916592
Spinach & Ricotta Cannelloni	180344	Berries & Beets Smoothie	71536
Steak & Mushroom Pie With Luxury Mash	702263	Blackberry, Redcurrant & Blackcurrant Juice Drink	50623
Super Green Vegetables And Salmon With Cheese Sauce	961981	British Pressed Pear & Blackcurrant Juice	50555
Sweet Potato Topped Chicken Pie	870924	Cherry Juice Drink	711708
Tuscan Bean,pasta And Vegetable Stew	811798	Coconut Water	974110
Vegetable Moussaka	675123	Coconut Water With Pineapple	974127
Zesty Ricotta Ravioli With Spring Vegetables	794817	Cranberry & Raspberry Juice Drink	385329
<b>Juice F30C</b>		Cranberry & Redcurrant Smoothie	50586
1 Litre Fresh Squeezed Clementine Juice	381949	Cranberry Juice Drink	255493
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
		Mango, Pineapple & Passion Fruit Smoothie	866125



## Products which do not contain NUTS as an ingredient

**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
Mojito Juice Drink	802833	Pressed Costa Rican Pineapple With A Hint Of Lime Juice Never From Concentrate	186803
Mulled Citrus Warmer	199766	Pressed Greens	88916
Mulled Winter Warmer	940627	Pressed Pineapple, Peach & Passion Fruit Juice	390811
Nas Apple & Raspberry Juice Drink	257084	Pressed Pink Lady Apple Juice	470957
Nas Cranberry & Raspberry Juice Drink	71604	Promo Peach & Grape Nfc X 2 Pack	696937
Nas Mulled British Apple & Pear Warmer	199780	Pure Squeezed Florida Pink Grapefruit Juice With Juicy Bits	358002
Nas Pomegranate & Raspberry Juice Drink	233040	Rhubarb & Ginger Lemonade	50616
Never From Concentrate Apple & Mango Juice	356398	Simply Orange Juice With Juicy Bits	232852
Never From Concentrate Pressed Pink Lady? Apple Juice	988315	Sloe Berry Sling Juice Drink	50647
Never From Concentrate Pure Red Grape, Pomegranate & Blackcurrant Juice	529570	Smooth Orange Juice	765893
Never From Concentrate Pure Squeezed Florida Orange Juice Smooth	416696	Spanish Clementine Juice	463348
Never From Concentrate Pure Squeezed Florida Orange Juice With Juicy Bits	322881	Spiced British Apple Juice	993739
Never From Concentrate Pure Squeezed Spanish Valencia Orange Juice With Juicy Bits	539265	Squeezed Orange & Lime Juice With Juniper Berries	888660
Never From Concentrate Pure Squeezed Spanish Valencia Orange Juice With Juicy Bits	487191	Still Lemonade	802864
Never From Concentrate Squeezed Sicilian Blood Orange Juice	985956	Still Ginger Lemonade	802857
Orange, Carrot & Mango Smoothie	71574	Still Lemonade Juice Drink Nfc	611527
Parsnip In A Pear Tree	50579	Still Raspberry Lemonade	802871
Pear To The Throne	935098	Strawberry & Banana Smoothie	11839
Pina Colada Juice Drink	802840	Strawberry & Vanilla Smoothie	923248
Pineapple Juice	524742	Summer Sour	89500
Pressed Apple, Pineapple, Mango, Passion Fruit & Kale	974097	Super Berry Smoothie	866118
Pressed Beetroot Juice 750ml	88893	Tomato, Celery, Red Pepper & Lime	89678
Pressed British Apple & Pear Juice	664424	Trebbiano White Grape Juice	916660
Pressed British Apple Juice	942638	Tropical Juice	451604
Pressed British Cox Apple Juice (1 Litre)	493246	<b>Meat F38C</b>	
Pressed British Gala & Bramley Apple Juice	931489	10 Pork Chipolata Sausages	416214
Pressed Carrot & Orange Juice	707473	12 Beef Meatballs	693219
Pressed Carrot Juice	88909	12 Cornish Cove & Bacon Posh Puppies	36238
		12 Pork Meatballs	963848
		12 Posh Puppies	972956
		12 Veal Meatballs	867801
		2 Barnsley Lamb Chops	604208
		2 Cajun Pork Leg Steaks	998499
		2 Devilled Steaks	36283
		2 Gloucester Old Spot Burgers	864497
		2 Gloucester Old Spot Pork Rib Eye Steak	998451
		2 Haggis Slices	988292



## Products which do not contain NUTS as an ingredient

**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
2 Hampshire Pork Belly Squares	48828	8 Cumberland Pork Sausages	197045
2 Hampshire Pork Chops	48811	8 Honey & Mustard Pork Shoulder Steak Strips	36337
2 Hampshire Pork Rib Eye Steaks	48842	8 Lincolnshire Pork Sausages	646321
2 Large Lamb Loin Chops	693158	8 Mini Beef Burgers	728386
2 Odb U/s Bacon Chops	713818	8 Moroccan Lamb Chipolata Sausages	773805
2 Pepper Crusted Pork Loin Steaks	998475	8 Pork Chipolata Sausages Dual Tray Size	677233
2 Pork Steaks	972987	8 Pork Sausages (wisebuy)	83744
2 Pulled Brisket Burgers With Gravy Dip 'n' Drizzle	55185	8 Premium Pork Chipolata Sausages	83850
2 Pulled Pork & Caramelised Apple Burgers	36191	8 Premium Pork Sausages	85236
2 Racks Of Bbq Ribs	975698	8 Reduced Fat Butchers Choice Pork Sausages	106306
2 Smkd Gammon Steaks	280457	8 Smoked Garlic, Lemon & Parsley Chicken Thigh Fillets	36306
2 Turkey, Stuffing And Cranberry Burgers	55208	8 Ultimate Steak Burgers	926744
2 U/s Gammon Steaks	86363	Aa Beef & Pepper Sausage	819848
2 Ultimate Steak Burgers	864688	Aberdeen Angus Beef Casserole Steak	293525
24 Pork Cocktail Sausages	374781	Aberdeen Angus Beef Casserole Steak-eu	895491
4 Aberdeen Angus Beef Burgers	225380	Aberdeen Angus Beef Fillet Steak	361965
4 Bbq Chicken Breast Escalopes	796606	Aberdeen Angus Beef Fillet Steak-eu	895439
4 Cheese & Onion Burgers	725422	Aberdeen Angus Beef Fillet Steak-fw	902151
4 Chicken Tikka Kebabs	36443	Aberdeen Angus Beef Joint	140249
4 Golden Spice Chicken Breast Escalopes	55192	Aberdeen Angus Beef Mince Extra Lean	417884
4 Grill Cheddar & Roasted Red Onion Beef Burgers-eu	898430	Aberdeen Angus Beef Mince Extra Lean-eu	895002
4 Lamb Shish Kebabs	685559	Aberdeen Angus Beef Rump Steak	362009
4 Lamb Shish Kebabs	582605	Aberdeen Angus Beef Rump Steak-fw	902144
4 Piri Piri Chicken Breast Escalopes	923798	Aberdeen Angus Beef Sirloin Steak	121699
4 Ploughman's Cheese & Pickle Burgers	36184	Aberdeen Angus Beef Sirloin Steak-eu	895453
4 Skinny Burgers	84925	Aberdeen Angus Beef Sirloin Steak-fw	902328
4 Teriyaki Beef Skewers	973014	Aberdeen Angus Braising Steak	185400
6 Black Pudding Slices	84215	Aberdeen Angus Fillet Steak Dual Tray Size	677240
6 Chicken Posh Dogs Tm	36177	Aberdeen Angus Lean Beef Mince	307895
6 Coconut,lemongrass & Kaffir Lime Chicken Breast Escalopes	973144	Aberdeen Angus Lean Beef Mince-eu	894999
6 Pork And Matured Cheddar Cheese And Roasted Red Onion Sausages	773829	Aberdeen Angus Lean Beef Mince-franchise	902342
6 Posh Dogs	923804		
6 Sweet Chilli Chicken Strips	725460		
6 Venison Sausages	408073		
8 Butchers Classic Pork Sausages	60738		
8 Chicken Sliders	36160		

## Products which do not contain NUTS as an ingredient

**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
Aberdeen Angus Lean Mince (ltv) 400g	677257	Boneless Pork Shoulder With Cider Gravy	899611
Aberdeen Angus Peppered Rump Steak	458177	Boneless Rolled Shoulder Of Lamb	944694
Aberdeen Angus Peppered Rump Steak-eu	895460	Boneless Salt & Pepper Lamb Leg Joint-eu	895514
Aberdeen Angus Ribeye Steak	458160	Bp Sirloin Steak X2	563413
Aberdeen Angus Ribeye Steak-eu	895484	Breaded Gammon	491037
Aberdeen Angus Ribeye Steak-fw	902335	Brecknock Lamb Half Leg	377249
Aberdeen Angus Sirloin Steak Dual Tray Size	677295	Brecknock Lamb Leg Steaks	377263
Aberdeen Angus Steak Burgers	875370	Brecknock Lamb Loin Chops	340816
Ayr C/o Sugar Glazed Gammon Joint	658027	Brecknock Rack Of Lamb	340755
Bacon Belly Rib Strips With A Blackberry Bbq Sauce	36368	Brisket Of Beef Joint	604185
Barbecue Chicken Breast Joint	818797	British Oakham Turkey Roulade With Pork, Leek & Bacon Stuffing Boneless	944076
Basted Lamb Leg Joint	485494	British 3 Game Roast Pheasant, Partridge & Pigeon	850377
Basted Pork Loin Joint	924160	British 36 Cocktail Sausages	84659
Bbq Beef Brisket	46404	British 4 Bird Roast Turkey, Duck, Chicken & Pheasant	848985
Bbq Beef Brisket	973137	British Outdoor Bred Hampshire Pork Crackling Leg With A Bramley Apple Sauce	409810
Bbq Beef Ribs	943642	British Sirloin Of Beef 1.600kg	784405
Beef And Pork Meatloaf	995481	British / New Zealand Lamb Shoulder Boneless	867818
Beef Basted Topside	943826	British / New Zealand Lamb Shoulder With Salt And Pepper Bone In	563260
Beef Braising Steak	33046	British / New Zealand 1/2 Leg Of Lamb Bone In	144025
Beef Fillet Steak	164108	British / New Zealand Lamb Leg With Salt And Pepper Boneless	826495
Beef Joint	513609	British / New Zealand Whole Leg Of Lamb Bone In	521017
Beef Meatloaf With Tomato Sauce	670814	British / Scotch Beef Rump Rolled	943789
Beef Mince	590273	British / Scotch Topside Of Beef	522816
Beef Roasting Joint	417440	British Aberdeen Angus / N. Irish / Irish Aberdeen Angus Topside Of Beef	646291
Beef Rump Steak	155106	British Bacon Wrapped Pork Chipolatas	529280
Beef Sirloin Steak	155090	British Beef Denver Steak	943819
Beef Steaks With A Mustard And Herb Melt	995580	British Beef Ranch Steak	943864
Beef Strips	911368	British Beef Rib With Porcini Mushroom Butter	251990
Beef Stroganoff	923743	British Beef Ribeye Steak	251068
Big Texas Beef Rib	926812	British Beef Sirloin Steak (single Fw)	781169
Black Pudding Chubb	777759		
Boneless Beef Brisket With Red Wine Gravy	899642		
Boneless Beef Shin Steaks With Bacon Lardons And A Rich Red Wine Sauce	55215		
Boneless Leg Of Lamb	944571		
Boneless Pork Belly Hog Roast	36351		

## Products which do not contain NUTS as an ingredient

**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 Beef Sirloin Steak Thin Cut (in A Bag)	179324	British Outdoor Bred Pork Crackling Leg Joint	522397
British Beef Topside With Mustard & Herb Basting Fat	784412	British Outdoor Bred Pork Loin Joint	510080
British Beef Topside With Mustard & Herb Basting Fat	770811	British Outdoor Bred Pork Saltimbocca	995504
British Dry Cured Apple, Cranberry & Ruby Port Loin	826587	British Outdoor Bred Pork Sausagemeat	88077
British Easy Carve Pork, Leek & Bacon Oakham Turkey Roulade Boneless	946124	British Outdoor Bred Pork Shoulder Steaks	604161
British Frying Steaks X 2 (fw)	826556	British Outdoor Bred Pork, Sage & Onion Stuffing	530170
British Garnish Selection	781541	British Outdoor Bred Pork, Sage & Onion Stuffing	88299
British Garnish Selection	89098	British Outdoor Bredready To Cook Dry Cured Gammon	252072
British Honey Cured Gammon	274005	British Outdoor Bredready To Cookdry Cured Gammon	63074
British Honey Cured Gammon 1.3kg	210546	British Outdoor Bredready To Cookdry Cured Gammon	125284
British Lamb Cutlets	638562	British Outdoor Bredready To Cookhoney & Mustard Gammon	590433
British Lamb Cutlets Cw	981828	British Outdoor Bredready To Cookhoney & Mustard Gammon	590426
British Lamb Leg Steaks	105149	British Outdoor Bredready To Cookorange Glazed Gammon	773348
British Lamb Liver	242417	British Outdoor Bredready To Cookorange Glazed Gammon	773324
British Lamb Mince	34944	British Outdoor Bredready To Cookorange Glazed Gammon	948340
British Lamb Mince Twin Pack	648660	British Outdoor Reared Breckland White Porchetta Joint With Garlic, Lemon & Sage	252126
British Lamb Rack	105460	British 'porchetta' Hampshire Pork Belly & Shoulder Joint With Lemon, Garlic And Herbs	64224
British Lean Beef Mince 250g	645089	'british Ready To Cook Crackling Gammon	770866
British Oakham Turkey Breast With Pork, Chestnut, Bacon And Thyme Stuffing 4-6	63814	British Ready To Cook Crackling Gammon 1.7kg	770781
British Oakham Turkey Breast With Pork, Chestnut, Bacon And Thyme Stuffing 6-8	63982	British Rib Eye Steak (fw)	826594
British Oakham Turkey Breast With Pork, Chestnut, Bacon And Thyme Stuffing 8-10	63821	British Rose Veal Breaded Escalope X 2	797757
British Organic 8 Chipolata Pork Sausages	526289	British Single Forerib Of Beef	252188
British Outdoor Bred 2 Pork Steak	977838	British Sirloin Of Beef	694551
British Outdoor Bred 6 Pork And Bramley Apple Sausages	318655	British Smoked Back Bacon	230650
British Outdoor Bred 6 Pork Sausages	416269	British Smoked Back Bacon Dual Tray Size	677226
British Outdoor Bred Black Pepper Bacon	904131	British Smoked Cured Loin 550g	239646
British Outdoor Bred Dry Cured Smoked Back Bacon	566049	British Smoked Cured Loin 900g	240000
British Outdoor Bred Pork 6 Chorizo Sausages	263443	British Smoked Cured Pork Loin	240000
British Outdoor Bred Pork Belly Joint	664493		

## Products which do not contain NUTS as an ingredient

**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 Streaky Bacon	623612	Collection Aberdeen Angus Rump Roulade With Mushroom & Spinach	784429
British Thin And Crispy Smoked Streaky Bacon	199216	Collection Dry Aged Tomahawk Joint	784443
British Turkey Breast Basted For Extra Succulence Serves 4-6	773782	Collection' Easycarve Leg Of Lamb With Cranberry & Clementine & Pomegrante Stuffing	770552
British Turkey Breast Basted For Extra Succulence Serves 6-8	140027	Collection' Easycarve Leg Of Lamb With Cranberry & Clementine & Pomegrante Stuffing	999892
British Turkey Breast With Pork, Sage And Onion Stuffing 2-4	324335	Collection Rump Of Venison	838436
British Unsmoked Back Bacon	230643	'collection" British Ready To Cook Scrumpy Cider & Apple Gammon 1.5kg	904216
British Unsmoked Back Bacon Dual Tray Size	677202	'collection" British Ready To Cook Scrumpy Cider & Apple Gammon 750g	904759
British Unsmoked Extra Thick Back Bacon	516167	Collections British Outdoor Bred Dry Cured Christmas Spiced Bacon Lardons	785228
British Unsmoked Gammon	378314	Collections British Rib Of Beef Boneless	899567
British Unsmoked Streaky Bacon	623537	Collections British Wing Rib Of Beef	902380
British/ Irish/ N. Irish Aberdeen Angus Beef Roasting Joint	705554	Cook With M&s Pork Strips	911375
British/ Scotch Topside Of Beef	164696	Coriander, Lemongrass & Chilli Butter Chicken Breast Mini Fillets	819923
British/ Scotch/ N. Irish Beef Roasting Joint	92531	Cumberland Whorl With Apple, Cider & Mustard Glaze	36245
British/ Scotch/ N. Irish/ Irish Topside Of Beef	38140	Cured Loin Joint - Xmas Small	239646
Britishbeef Fillet	455848	Diced Beef	995498
Britishbeef Fillet	784559	Diced Chicken	995474
Britishoak Smoked Gammon	786959	Diced Irish Lamb	929233
Britishrib Of Beef Dry Aged For 28 Days For Succulence & Full Flavour	784436	Diced Lamb	589444
Britishsirloin Of Beefdry Aged	478489	Diced Lamb-eu	895415
Britishunsmoked Gammon	607292	Diced Pork	995559
British Rose Veal Escalopes	773867	D-in British Rib Eye Steaks	795081
Bubblin' Ginger Beer Chicken Breast Escalopes	36252	Dine In Rump Steaks	678872
Carvery Leg Of Lamb Large	944700	Dine In Sirloin Steaks	678865
Casserole Beef	592468	Dry Aged Four -wing Rib Of Beef - Serves 8-10	925709
Casserole Beef Dual Tray Size	677301	Dry Aged Ribeye Steak	578448
Cfto Boneless Leg Of Lamb With Smoked Garlic & Rosemary	447416	Dry Aged Sirloin Steak	578479
Cfto Collections British Outdoor Bred Sugar Baked Gammon	949149	Dry Aged Two Wing Rib Of Beef - Serves 4-6	925716
Cfto Dry Cured Gammon Joint With Ginger Beer & Orchard Fruits	826563	Dry Cured Gammon	388429
Char Sui Pork Stir Fry	693257	Duck Legs With Port & Orange Sauce	943628
Chicken Breast Strips	911399		
Chicken Sausage	904179		
Classic Garnish Selection	449168		
Co Ayr Beef Forerib With Horseradish Butter	619943		

## Products which do not contain NUTS as an ingredient

**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
Easy Carve Lamb Leg With Redcurrant And Rosemary Stuffing	63081	Food To Order 4 Thin Cut Ribeye Steaks	944946
Extra Lean Beef Mince	489126	Fto 28 Day Special Reserve Dry Aged Wing Rib Of Beef	897679
Extra Lean British Beef Escalopes-Gap	867832	Fto 8 Chicken & Chorizo Kebabs	879378
Extra Lean Mince (Itv) 450g	677332	Fto Bbq Pork Joint	875974
Extra Trimmed Lamb Loin	920407	Fto Boneless Butterflied Lamb Leg	931649
Extra Trimmed Rump Steak	780162	Fto Boneless Lamb Leg With Garlic & Sea Salt Butters	622240
Family Favourite 20 Butchers Choice Pork Sausages	728775	Fto British Lamb Rack	840378
Fillet Steak Dual Tray Size	677356	Fto British Rose Veal Chop	838412
Flat Iron Steak- Gap	867825	Fto British Rose Veal Escalopes	838368
Food To Order	944649	Fto Coriander, Lemongrass & Chilli Butter Chicken Breast Mini Fillets	838375
Medium Boneless Rolled Rib Of Beef		Fto Dry Cured Gammon Joint With Ginger Beer & Orchard Fruits	876490
Food To Order	944663	Fto Lamb Cutlets	945004
Large Boneless Rolled Rib Of Beef		Fto New Zealand Whole Lamb Leg	838191
Food To Order	944632	Fto Orange Marmelade Gammon (large)	838238
Extra Trimmed Rump Steak	4	Fto Organic Whole Lamb Leg	953986
Food To Order	944762	Fto Pork Rib Rack With Winter Fruits Stuffing	904261
Thin Cut Steak	4 Fillet	Fto Ready To Roast Butter Basted Chicken Breast, Serves 4-5	861533
Food To Order	944717	Fto Ready To Roast Butter Basted Turkey Breast, Serves 4-5	861540
Thin Cut Sirloin Steak	4	Fto Ready To Roast Honey Glazed Gammon Serves 2 - 3	838207
Food To Order	944724	Fto Sirloin Of Beef With Pancetta & Chesnut Stuffing With Red Wine Jus	897686
Thick Cut Bone Steak	2 T	Fto Special Reserve Fillet Steak	838306
Food To Order	944809	Fto Special Reserve Ribeye Steak	838313
Large Sirloin Joint Of Beef		Fto Speciality 28 Day Matured Sirloin Beef Joint	838290
Food To Order	944793	Fto Sunday Topside Joint	838320
Large Topside Joint Of Beef		Fto Zingy Ginger, Lime & Coriander Chicken Strips	875387
Food To Order	944823	Gammon With Honey Glaze	670845
Large Topside Roasting Joint With Fat		Gammon With Honey Glaze	126809
Food To Order	944915	Garlic And Herb Chicken	471886
Medium Rolled Rump Joint		Gos Boneless Leg Of Pork	946834
Food To Order	944939	Gos Boneless Leg Of Pork	948388
Medium Topside Joint Of Beef		Gos Boneless Pork Loin Joint	946841
Food To Order	944830	Gos Pork Belly Joint	864480
Medium Topside Roasting Joint With Fat		Gos Pork Chop X 2	864770
Food To Order	944878		
Medium Sirloin Joint Of Beef			
Food To Order	944816		
Large Rolled Rump Joint			

## Products which do not contain NUTS as an ingredient

**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
Gos Pork Fillet Medallions	864503	Irish Lamb Shanks X 2	929479
Gos Pork Leg Joint	865005	Irish Organic Casserole Steak	929547
Gos Pork Loin Joint	864992	Irish Organic Fillet Steak	928625
Gos Pork Loin Rack	948371	Irish Organic Rib Eye Steak	928618
Gos Pork Sausages	864862	Irish Organic Rump Steak	928557
Grill Soy, Ginger & Spring Onion Chicken Spatchcock	723244	Irish Organic Sirloin Steak	928564
Grill Peppered Chicken Breasts	800259	Italian Style Sausages	923774
Haggis 908g	846905	Jamaican Jerk Spatchies	197526
Ham Hock With Apple Sauce	943604	Kentish Cider Cured Applewood Smoked Back Bacon	39369
Hampshire Pork Fillet Medallions	48859	Lamb Garl/ros Chipolata	819831
Hampshire Pork Leg Joint	48866	Lamb Guard Of Honour With A Pea & Mint Crust	875332
Hampshire Pork Loin Joint	48804	Lamb Guard Of Honour With Caramalised Onion Crust With Red Wine Sauce	840637
Hot & Fruity Bbq Pork Bullet Belt Riblets	36269	Lamb Half Leg - Eu	895422
Irish 6 Pork And Black Pepper Thick Sausages	706230	Lamb Leg Steak With Mint Jus	920469
Irish 6 Pork And Herb Thick Sausages	706247	Lamb Leg Steaks - Eu	895408
Irish 6 Thick Pork Sausages	706254	Lamb Loin Chops	944953
Irish 8 Thin Pork Sausages	706261	Lamb Loin Chops-eu	906289
Irish Angus Casserole Steak	929219	Lamb Loin Noisettes	944960
Irish Angus Fillet Steak	928519	Lamb Mince - Eu	895446
Irish Angus Rib Eye Steak	928526	Lamb Roasting Joint	418355
Irish Angus Rump Steak	928540	Lamb Rump Steak X 2-gap	920414
Irish Angus Sirloin Steak	928533	Lamb Rump Steaks	944977
Irish Beef Braising Steak	929226	Lamb Saddle	944991
Irish Beef Fillet Steak X 1	928397	Lamb Shoulder With A Red Berry & Rosemary Sauce	995672
Irish Beef Fillet Steaks X 2	928434	Lamb Shoulder With Honey & Balsamic	899635
Irish Beef Flat Iron Steak	928458	Lamb Steak With Crushed Pepper And Rosemary	652261
Irish Beef Frying Steak	928502	Lamb Steak With Roasted Garlic & Rosemary Butter	899604
Irish Beef Rib Eye Steak X 1	928410	Lazy Beer Can Half Chicken	864817
Irish Beef Rib Eye Steaks X 2	928427	Lean Beef Mince	778985
Irish Beef Rump Steak X 1	928465	Lean Mince (Itv) 450g	677349
Irish Beef Rump Steaks X 2	928403	Leg Of Lamb With Garlic & Rosemary	999939
Irish Beef Sirloin Steak X 1	928441	Leg Of Venison	455183
Irish Casserole Steak	929325	Lo Salt Smoked Bacon Rasher	826969
Irish Extra Lean Beef Minute Steak	928489	Louisiana Barbecue Chicken Flattiestm	92524
Irish Hand Cut Lamb Loin Chops X 2	929349	Louisiana Bbq Chicken Flatties	93408
Irish Herby Lamb Leg Steaks X 2	929356		
Irish Lamb Leg Steaks X 2	929424		
Irish Lamb Loin Chops X 4	929363		
Irish Lamb Rack	105460		
Irish Lamb Rack - Cap On	622370		



## Products which do not contain NUTS as an ingredient

**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
Louisiana Bbq Chicken Flatties (dine In)	92616	Organic Lamb Leg Steaks	221450
Low Salt Unsmoked Bacon Rashers	826976	Organic Lamb Loin Chops	221436
Mango & Coconut Chicken Flatties	925228	Organic Rack Of Lamb	221481
Maple & Beechwood Smoked Gammon	126694	Organic Smoked Bacon	623742
Meatballs	995573	Outdoor Bred Pork Fillet	469937
Mini Rump Bag 750g	479868	Outdoor Bred Pork Loin Steaks Twin Pack	648783
Minted Lamb Leg Steak	920438	Outdoor Bred Pork Loin Steaks X2	469920
Moroccan Spiced Lamb Leg Steaks	55260	Outdoor Bred Pork Mince	589253
Mulled Wine Gammon	828161	Outdoor Bred Pork Shoulder-gap	863919
New Zealand Lamb Half Leg On The Bone	39499	Outdoor Bred Thick Cut Pork Chops (x2)	469951
O/b Cumberland Sausage	481724	Outdoor Bred Thinly Sliced Pork Escalopes	589239
O/b Supreme Chipolata	454513	Outdoor Bred Tuscan Style Pork Rib Rack	820288
O/b Sweet Chilli Sausage	629218	Paprika-rubbed Pork Steak	55239
Odb Ayresshire Middle	819787	Peppered Rump Steak	103985
Odb Great British Banger	995528	Piri Piri Chicken Flattie	36221
Odb Lincolnshire Sausage	486255	Porchetta Joint With Lemon, Garlic & Herbs	904247
Odb Pancetta Strky Bacon	776073	Pork & Blacksticks Blue Cheese Sausage	39321
Odb Pork & Caramelised Onion Sausage	995634	Pork Barrel Joint	943802
Odb Pork & Leek Sausage	819855	Pork Belly Slices	563253
Odb Pork Loin Steak X 1- Gap	693264	Pork Crackling Joint - Leave It To Us	507462
Odb Pork Rib Rack-gap	863179	Pork Meatballs	820295
Odb Smk Back Bacon 400g	788274	Pork Rib Rack	973212
Odb Smoked Streaky Bacon	566247	Pork Rib Rack With Pork, Apricot And Date Stuffing	821278
Odb Thick Cut Smk Back Bacon 300g	516150	Promo 4 Thin Cut Lamb Loin Chops 335g	788298
Odb Thin & Crispy Unsmk Bacon 275g	190947	Promo Pack Thick Cut Unsmoked Bacon X10 Rashers	779852
Odb U/s Back Bacon 400g	906524	Quick Cook Aromatic Thai Green Prawns	851626
Odb Unsmkd Strky Bacon	566292	Quick Cook Ginger, Lime & Coriander Prawns	851619
Odb Unsmoked Back Bacon	566278	Quick Cook Sweet Chilli Steak Strips	851350
Oh-so Tender Lamb Ribs With A Sticky Beer Glaze	36399	Quick Cook Teriyaki Steak Strips	851343
Old English Farmhouse Sausage	39352	Rack Of Venison With A Rich Game Jus	252393
Organic Beef Casserole Steak	127592	Ready To Roast Chicken Breast Serves 4	255431
Organic Beef Fillet Steak	221375	Ready To Roast Boneless Turkey Breast Joint	353991
Organic Beef Joint	221412		
Organic Beef Mince	221344		
Organic Beef Ribeye Steak	221351		
Organic Beef Rump Steak-gap	221399		
Organic Beef Sirloin Steak	221368		
Organic Lamb Leg	221467		



## Products which do not contain NUTS as an ingredient

**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
Ready To Roast Boneless Turkey Breast Joint	5432	Special Reserve Fillet Steak-cw	957342
Ready To Roast Chicken Breast Serves 2	404358	Speciality Carvery Leg Of Lamb With Rosemary And Garlic	444989
Ready To Roast Chicken Breast Serves 2	526296	Speciality Lamb Horseshoe Leg Steaks	316378
Ready To Roast Gammon Joint With Parsley Sauce	821346	Speciality Lamb Loin Chops With Rosemary	317498
Ready To Roast Lamb & Rosemary - Serves 5	813631	Speciality Lamb Rack	319614
Roasted Garlic & Herb Butter Chicken Breast Mini Fillets	819930	Speciality Part Boned Leg Of Lamb With Rosemary & Garlic	345835
Rotisserie Chicken Drums & Thighs	614207	Spiced Vegetable & Lentil Haggis	786966
Rtr Butter Basted Pork Loin Joint	864558	Spicy Malaguetta Chicken Tenders	92586
Rtr Herb Crusted Aromatic Pork Belly	864541	Spicy Mexican Chicken Wings	36603
Rump Of Venison With Red Wine And Cherry Sauce 0.75kg	770842	Steak & Kidney-gap	604352
Rump Steak With Red Wine & Thyme Jus	920476	Sticky Pork Belly	671392
Saddle Of Lamb	943857	Sugar Glazedtopside 1.5kg	126687
Saddle Of Lamb	902281	Tender Topside Gammon Steak With A Creamy Pea And Mint Crush	39314
Sage Crusted Pork Chop	55246	Tender Topside Gammon Steak With London Ale Chutney	39338
Salt & Pepper Lamb Shoulder Joint-eu	895392	Thick Cut Sirloin	944755
Sausagemeat 908g	781435	Thick-cut Fillet Steaks	944748
Scottish Haggis	104456	Thick-cut Ribeye	944731
Scottish Lorne Slices	86691	Thin Cut Steaks With Chimichurri Dressing	864879
Shin Of Beef- Gap	604192	Thin Sliced Beef Twin Pack	604420
Simply Beef Burger	645072	Thinly Sliced Steak Twinpack Dual Tray Size	677288
Single Fillet Steak	883566	Topside Beef Joint - Medium	164696
Sirloin Of Beef	902359	Toulouse Inspird Sausage	924122
Sirloin Of Lamb With Leek, Lemon & Thyme Stuffing	118446	Treacle Cured Beechwood Smoked Streaky Bacon	39345
Sirloin Steak Dual Tray Size	677363	Turkey Strips	959179
Slow Cook Lamb Neck Fillet	696708	U/s Lean Bacon 200g	196970
Slow Cook Lamb Shanks - Hp	523189	Unsmoked Back Bacon	230643
Slow Cooked Beef Cheeks	995689	Unsmoked Gammon 750g	82396
Smk Lean Bacon 200g	455176	Venison & Pheasant With A Game Gravy	995665
Smoked Back Bacon	230650	Welsh Boneless Rib Of Beef	907699
Smoked Gammon Joint 750g	82501	Welsh Fillet Steak	559355
Smoked Pork Shoulder	973076	Welsh Lamb 4 Loin Chops	570725
Smoked Pork Shoulder With Apple Bbq Sauce	46367	Welsh Lamb Half Leg	570763
Smokehouse Pork Shoulder With Rich & Dark Bbq Sauce	92661	Welsh Lamb Leg Steaks X2	570756
Souvlaki Kebab	864718	Welsh Lean Mince 500g	559270
		Welsh Rack Of Lamb	570770

## Products which do not contain NUTS as an ingredient

**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
Welsh Sirloin Steak X2	559331	2 British Partridges With A Pork, Mulled Cider And Apple Stuffing Serves 2	227612
Welsh Stewing Steak	559294	2 Chicken Breast Fillets In Farmhouse Crumb (dual Upt)	676861
Welsh Topside Joint	559409	2 Chicken Kiev With Cheddar & Roasted Onion 285g	787093
White Pudding Chubb	774277	2 Chicken Thighs & 2 Chicken Drumsticks	403818
Whole Fillet Beef - Serves 10	925693	2 Farmhouse Lightly Dusted Chicken Fillets	893404
Whole Fillet Beef - Serves 4	366083	2 Hot & Spicy Chicken Fillets	893428
Wiltshire Smkd Back Bacon	709606	2 Indian Spiced Bhajis Chicken Breast Fillets	818377
Wiltshire Unsmkd Back	709613	2 Nacho Cheese Tooped Escalopes	893473
<b>Pies F65C</b>		2 Pheasant Fillets	908092
2 Cheese & Onion Pasties	999427	2 Sicilian Lemon & herb Lightly Dusted Chicken Fillets	893398
2 Chicken & Bacon Pies (dine In Version)	363655	4 British Quails Serves 4	227681
2 Cod And Minted Garden Pea Pies ( Dine In Version)	363662	4 Chicken Breast Steaks In Farmhouse Crumb (dual Upt)	676885
2 Mac N Cheese & Bacon Pie (dine In Version)	363679	4 Whole Partridge	948944
2 Steak And Caramelised Red Onion Pies (dine In Version)	363273	6 Ginger, Lime & Coriander Chicken Strips	654814
Cheese & Onion Shortcrust Pastry Pie	36085	9 Mini Chicken Burgers In Farmhouse Breadcrumbs	818384
Chicken & Ham Pie 550g.	55628	British 4 Crispy Breaded Chicken Fillets	681551
Chicken & Mushroom Pie	207034	British 3 Game Roast Pheasant, Partridge & Pigeon	999342
Chicken, Bacon And Mushroom	363631	British Duck Crown Fresh Class A	957748
Cod And Minted Garden Pea Pie	363648	British Duck Roast	53280
Dine In Chicken, Leek & Mustard Pie	984621	British Duck With Giblets Fresh Class A	962834
Festive Turkey & Stuffing Pie	999397	British Oakham Chicken Crown With Pork, Leek & Bacon Stuffing On The Bone	890205
Mac N Cheese & Bacon Pie	363686	British Oakham Chicken Garlic & Herb	995160
Steak And Red Onion	363266	British Traditionally Hung Free Range Goose Serves 6 To 8	826952
<b>Poultry F01C</b>		British (dine In) Crispy Breaded Chicken Tenders With Smoky Mutha Bbq Sauce	73745
"british 2 Bird Roast Guinea Fowl & Duck Pork, Pheasant, Bacon & Apple Boneless	55642	British (dine In) Hot And Spicy Chicken Tenders With A Tomato Dip	96119
"british Oakham Turkey Crown On The Bone 8 - 10	771047	British (dine In) Southern Fried Chicken Tenders	96034
"british Oakham Turkey Crown With Pork And Cranberry Stuffing Maple Bacon And A Maple Glaze Serves 6-10	227711	British 2 Crispy Breaded Chicken Fillets	463737
"british Pork, Sage & Onion Oakham Turkey Crown On The Bone 6-10	321020		
(franchise) British Medium Oakham Chicken	562553		
12 Lincolnshire Pork Stuffing Balls	826990		
2 Basil Pesto Topped Chicken Steaks In Farmhouse Breadcrumbs	818346		

## Products which do not contain NUTS as an ingredient

**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 2 Duck Breasts	55659	British Free Range Turkey Crown With Pork, Sage & Onion Stuffing Serves 4-6	519762
British 2 Duck Breasts	53297	British Free Range Turkey Crown With Pork, Sage & Onion Stuffing Serves 6-10	551724
British 2 Duck Breasts	55727	British Free Range Turkey Crown With Pork, Sage & Onion Stuffing Serves 6-8	640817
British 2 Duck Fillets	957724	British Free Range Turkey Crown With Pork, Sage & Onion Stuffing Serves 8-10	999953
British 2 Duck Legs	682107	British Free Range White Turkey With Giblets Fresh Class A	202893
British 2 Southern Fried Chicken Fillets	300438	British Free Range White Turkey With Giblets Fresh Class A	411967
British 3 Bird Roast Turkey, Chicken & Duck	519809	British Free Range White Turkey With Giblets Fresh Class A	999984
British 4 Chicken Breast Steaks	239592	British Free Range White Turkey With Giblets Fresh Class A	203364
British 4 Oakham Poussins	893411	British Free Range White Turkey With Giblets Fresh Class A	411950
British Bbq Piri Piri Chicken Chunks	24129	British Free Range White Turkey With Giblets Fresh Class A	770965
British Chicken Garlic Kiev	391733	British Free Range 10 Mixed Size Eggs	671972
British Chicken Goujons	818322	British Free Range Basted Turkey Breast 2-4	243452
British Chicken Munchies	787734	British Free Range Corn Fed	949057
British Crispy Breaded Chicken Drums And Thighs	463515	British Free Range Pembrokeshire Bronze Turkey Crown On The Bone Serves 10-12	65078
British Crispy Breaded Chicken Fillets	463621	British Free Range Pembrokeshire Bronze Turkey Crown On The Bone Serves 8-10	63548
British Crispy Breaded Chicken Tenders	254243	British Free Range Pembrokeshire Bronze Turkey With Giblets	742382
British Deep South Cajun Chicken Tenders	24068	British Free Range Pembrokeshire Bronze Turkey With Giblets	685986
British Diced Turkey Breast Fillets	873741	British Free Range Pembrokeshire Bronze Turkey With Giblets	685979
British Diced Turkey Thigh	972680	British Free Range Pembrokeshire Bronze Turkey With Giblets	685993
British Duck Crown	826853	British Free Range Pembrokeshire Bronze Turkey Crown On The Bone Serves 12-14	230001
British Easy Carve Organic Pembrokeshire Bronze Turkey Breast Stock Basted 4-6	479233	British Free Range Pembrokeshire Bronze Turkey Crown On The Bone Serves 6-8	64187
British Easy Carve Pork, Chestnut, Bacon And Thyme Oakham Turkey Breast Bacon Lattice Stock Basted Boneless Serves 8 -10	63586	British Free Range Pembrokeshire Bronze Turkey Serves 10-12	742405
British Easy Carve Duck With Pork, Plum & Sloe Gin Stuffing Serves 4-6	310475	British Free Range Pembrokeshire Bronze Turkey Serves 14-16	742412
British Extra Large Oakham Chicken	727921		
British Farmed Free Range 6 Duck Eggs Class A	585965		
British Fiery Buffalo Chicken Wings	24112		
British Free Range White Turkey With Giblets Fresh Class A	906593		
British Free Range Turkey Crown With Pork, Sage & Onion Stuffing Serves 10-14	942881		
British Free Range Turkey Crown With Pork, Sage & Onion Stuffing Serves 12-14	248846		

## Products which do not contain NUTS as an ingredient

**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 Pembrokeshire Bronze Turkey Serves 6-8	742399	British Oakham Pork, Chestnut, Bacon And Thyme Turkey	775205
British Free Range Turkey Crown With Pork, Sage & Onion Stuffing Serves 10-12	640794	British Oakham Poussin	826846
British Free Range White Turkey With Giblets Fresh Class A 14-16	742375	British Oakham Turkey 2 Skinless Breast Fillets	83249
British Free-range Turkey Breast Basted For Extra Succulence Serves 8-10	311700	British Oakham Turkey 4 Breast Steaks	972659
British Gluten Free 2 Chicken Fillets	787079	British Oakham Turkey 98% Lean Breast Mince	83218
British Gluten Free Chicken Burgers	787123	British Oakham Turkey Breast Fillet Strips	83232
British Gluten Free Chicken Chunks	901802	British Oakham Turkey Crown On The Bone Serves 10-12	942898
British Gluten Free Tempura Chicken Mini Fillets With Sweet Chilli Sauce	787130	British Oakham Turkey Crown On The Bone Serves 4-6	625630
British Heritage Chicken	865326	British Oakham Turkey Crown On The Bone Serves 6-10	685092
British Katsu Chicken Tenders	24075	British Oakham Turkey Crown On The Bone Serves 6-8	942843
British Large Oakham Chicken	15011	British Oakham Turkey Crown With Pork And Cranberry Stuffing Maple Bacon And A Maple Glaze Serves 8-10	227803
British Lemon & Parmesan Chicken Tenders	24136	British Oakham Turkey Crown With Pork And Cranberry Stuffing Maple Bacon And A Maple Glaze Serves 6-8	227957
British Lincolnshire Pork Stuffingwrapped In Bacon 284g	903141	British Oakham Turkey Stock Basted With Giblets Serves 10-14	685948
British Medium Oakham Chicken	879217	British Oakham Turkey Stock Basted With Giblets Serves 4-6	685962
British Oakham Chicken 1 Skinless Breast Fillet	776912	British Oakham Turkey Stock Basted With Giblets Serves 6-10	685955
British Oakham Chicken 2 Skinless Breast Fillets	879200	British Oakham? Poussin With Lemon & Thyme Stuffing	55666
British Oakham Chicken 2 Skinless Breast Fillets (2)	879224	British Organic 6 Large Eggs	222334
British Oakham Chicken 3 Large Skinless Breast Fillets Eu	894326	British Organic 6 Medium Eggs	222327
British Oakham Chicken 3 Skinless Breast Fillets	567985	British Organic 6 Very Large Eggs	314817
British Oakham Chicken Diced Breast Fillet	590303	British Organic Chicken Breast Chunks	56618
British Oakham Chicken Piri Piri	995177	British Organic Free Range Pembrokeshire Bronze Turkey Crown On The Bone Serves 6-10	999311
British Oakham Chicken Pork, Sage & Onion Stuffing	15035	British Organic Free Range Pembrokeshire Bronze Turkey Crown On The Bone Serves 4-8	999304
British Oakham Chicken Rotisserie	14649	British Organic Free Range Pembrokeshire Bronze Turkey With Giblets	383479
British Oakham Chicken Rotisserie	328364	British Organic Free Range Pembrokeshire Bronze Turkey With Giblets	411974
British Oakham Chicken Rotisserie (dine In)	328364		
British Oakham Chicken Skinless Breast Fillets (upt 4)	627351		
British Oakham Chicken Skinless Breast Fillets (upt 8)	879194		
British Oakham Chicken Thighs X 6 (fw)	832762		

## Products which do not contain NUTS as an ingredient

**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 Serves 10-12	334907	British Pork, Sage & Onion Oakham Turkey Crown On The Bone Serves 4-6	213493
British Organic Free-range Pembrokeshire Bronze Turkey Serves 6-8	334860	British Seasoned Spatchcock Oakham Poussin	878180
British Organic Pembrokeshire Bronze Turkey With Giblets	411998	British Small Oakham Chicken	840460
British Outdoor Bred Big Pigs In Blankets	61513	British Southern Fried Chicken Tenders	276832
British Outdoor Bred Cocktail Sausage Selection	824873	British Southern Fried Chicken Wings	24051
British Outdoor Bred Honey Glazed Chestnut Stuffing With Pigs In Blankets	247436	British Sweet & Smoky Mexican Chicken Chunks	24167
British Outdoor Bred Pigs In Blankets, Pork And Chesnut Stuffing Wreath	248761	British Traditionally Dressed Free-range Devonshire Bronze Turkey Serves 8-10	842822
British Outdoor Bred Pigs In Blankets, Pork And Chesnut Stuffing Wreath	247498	British Turkey Breast Basted For Extra Succulence Serves 6-8	140027
British Outdoor Bred Pork & Roasted Red Onion Stuffing	742863	British Turkey Breast Basted For Extra Succulence Serves 8-10	182294
British Pembrokeshire Corn Fed Free Range 2 Chicken Supremes With Garlic & Herb Butter	56632	British Turkey Breast With Pork, Sage And Onion Stuffing Serves 8-10	332323
British Pembrokeshire Bronze 2 Corn Fed Free Range Chicken Breast Fillets Skinless	19545	British Turkey Crown With Caramelised Chestnut And Applewood And Chestnut Smoked Bacon Lattice Serves 6-8	890274
British Pembrokeshire Bronze Corn Fed Free Range Chicken	19101	British Turkey Skinless Breast	972673
British Pembrokeshire Bronze Corn Fed Free Range Chicken Drumsticks Skin-on	17640	British Turkey Thinly Sliced Breast Escalopes	696623
British Pembrokeshire Bronze Corn Fed Free Range Chicken Mini Fillets Skinless	17664	British Whole Duck	556835
British Pembrokeshire Bronze Corn Fed Free Range Chicken Thighs Skin-on	17671	Cfto "collection" British Easy Carve 4 Bird Roast Turkey, Duck, Chicken & Pheasant	999328
British Pembrokeshire Corn Fed Mfree Range Chicken Thighs Skinless & Boneless	17657	Cfto Bread Sauce	827010
British Pembrokeshire Gold Free Range Corn Fed Chicken	48682	Cfto British Easy Carve Pork, Pear & Sage Goose	999335
British Pigs In Blankets	998277	Cfto British Oakham Lemon & Thyme Stuffed 2 Poussin	63678
British 'pigs In Blankets' Wrapped In Applewood & Chestnut Smoked Bacon	904353	Cfto British Pork, Chestnut, Bacon & Thyme Oakham Turkey 6-8 Tv	999168
British Pork & Caramelised Red Onion 4 Oakham Turkey Breast Paupiettes	56373	Cfto Collection British Easy Carve Turkey Roulade	946179
British Pork, Cranberry And Orange Stuffing 340g	742931	Cfto Cranberry Sauce	826983
		Cfto Posh Turkey Gravy	10719
		Cheese And Ham Chicken Kiev	535823
		Chicken & Red Wine Cook In Sauce	739580
		Chicken And White Wine Cook In Sauce	847339
		Chicken Breast Fillets In Farmhouse Crumb 500g (dual Upt)	676915

## Products which do not contain NUTS as an ingredient

**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 Breast Mini Fillets In Farmhouse Crumb (dual Upt)	676892	Free Range Norfolk Cornfed Chicken	486262
Chicken Breast Mini Fillets In Lemon & Pepper Breadcrumbs 300g	676922	Free Range Oakham Chicken Legs	587891
Chicken Drumsticks And Thighs 700g	995153	Free Range Oakham Chicken Legs	319881
Chicken Livers	876223	Free Range Oakham Chicken Mini Fillets	893381
Chicken Oakham Gold Drumsticks & Thighs	375412	Frozen Pork Sage & Onion Selection	594363
Chicken Oakham White 4 Fillets Skin On	303095	Fto 2 Whole Pheasant	948968
Chicken Tikka Chunks	55758	Fto 4 Pheasant Fillets	948937
Classic Garnish Selection	449168	Fto Free Range Norfolk Cornfed Chicken	837903
Co Ayr Turkey Crown With Pork Sage & Onion Stuffing	821995	Fto Oakham Extra Large Chicken	838085
Co Free Range Turkey Serves 5-7 Thanks Giving	688598	Fto Organic British Chicken	837842
Collections British Outdoor Reared Breckland White Pork Cocktail Sausages	61520	Gluten Free Bread Sauce	827027
Cranberry And Port Sauce 250g	130134	Grill Sweet Chilli & Lime Chicken Spatchcock	614368
Crispy Breaded Chicken Thighs With Panko Crumb	24099	Guinea Fowl	62503
Customer Order Oakham Chicken Crown With Pork Sage & Onion Stuffing And A Bacon Lattice	611411	Guinea Fowl With Leek And Bacon Stuffing	943925
Diced Venison	943406	Lemon & Thyme Poussin	229593
Dine In Small Oakham Chicken	368414	Louisiana Bbq Chicken	925211
Duck Fillets	945813	Luxury Garnish Selection	998321
Duck Fillets	250177	Mutha Bbq Crispy Chicken Wings	24105
Duck Legs	945783	Oakham Chicken 2 Breast Fillets Skinless	210423
Duck Mini Fillets	866880	Oakham Chicken 3-5 Breast Fillets (bag)	696722
Four Bird Roast	565318	Oakham Chicken Breast Fillets Skinless Eu	894289
Free Range 12 British Large Eggs Class A Chicken Eggs	197946	Oakham Chicken Drums And Thighs	945950
Free Range 6 British Mixed Size Omega 3 Enriched Eggs Class A Chicken Eggs	166010	Oakham Chicken Legs Skin On	56939
Free Range 6 British Large Eggs Class A Chicken Eggs	11600	Oakham Chicken Legs Skin On	280150
Free Range 6 British Medium Eggs	11716	Oakham Chicken Mini Breast Fillets	116329
Free Range 6 British Mixed Size White Eggs Class A Chicken Eggs	695343	Oakham Chicken Skinless Thighs	598569
Free Range 6 British Very Large Eggs Class A Chicken Eggs	178839	Oakham Chicken Thighs	57189
Free Range Chicken Breast Joint	164566	Oakham Chicken With Pork Sage & Onion Stuffing, Serves 4	122450
Free Range Double Stuffed Oakham Chicken, Serves 8 - 10	705769	Oakham Chicken With Pork Sage & Onion Stuffing, Serves 4-5	180603
Free Range Drum And Thigh Pack	893558	Oakham Large Chicken	9621
		Oakham Medium Chicken	9515
		Oakham Part Boned Chicken Breast	868167
		Oakham Tm Chicken 2 Breast Fillets Skinless	676878
		Organic British Chicken	211529



## Products which do not contain NUTS as an ingredient

**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 British Chicken Legs (cw)	818582	Baby Charlotte Potato Salad	188746
Organic British Free Range 2 Chicken Breast Fillets	676946	Baby Cherry	902076
Organic British Free Range 2 Chicken Breast Fillets	211536	Baby Cherry Large	166300
Organic British Free Range 2 Chicken Legs	211543	Baby Cos	977715
Organic British Free Range Chicken Mini Breast Fillets	322317	Baby Hass Avocado	229005
Partridge	908047	Baby Leaf Herb Bag	919135
Pheasant & Rabbit Casserole	908108	Baby Red Salad Onions	178273
Pheasant Mini Roast	949286	Baby Salad Onions	988650
Rabbit Loin	948982	Balsamic Dressing	920025
Ready To Roast Butter Basted Turkey Breast, Serves 2-3	5432	Bean, Feta & Red Onion Relish	968799
Ready To Roast Chicken Breast Serves 4	234382	Beetroot & Baby Plum Tomato Side	505864
Sea Salt & Peppered Oakham Chicken Spatchcock	775168	Beetroot Ribbon Salad	715539
Seeded Breadcrumb Chicken Breast Mini Fillets 290g	787741	Beetroot Salad	249270
Simply British 2 Chicken Legs	587853	Bistro Tomato Selection	771115
Simply British Chicken 2 Skin On Breast Fillets	503471	Borlotti, Flageolet & Black Bean Salad Sop: 3 Bean Salad	537872
Simply British Chicken Drumsticks	559997	Brilliant Beetroot Dipper	968782
Simply British Chicken Skin On Thighs	587860	Brussels Sprout Slaw	997836
Simply British Turkey Thigh Mince	696647	Bunched Radish	869522
Southern Fried Chicken Drumsticks	24082	Caesar Salad Bowl	205986
Southern Fried Chicken Goujons	943376	Carrot & Beetroot Ribbon Salad	968867
Soy And Honey Crispy Chicken Chunks	24150	Celery Hearts	744263
Sweet & Spicy Crispy Chicken Korean Wings	24174	Chargrilled Chicken And Bacon Caesar	798037
Turkey Thigh Roasting Joint	709637	Chargrilled Chicken Salad	919982
Ultimate Free Range Non Touch Turkey Serves 5-7	535090	Charlotte Baby Potato Salad	392549
Vegetarian Sage & Onion Stuffing	742894	Charlotte Baby Potato Salad	963824
Whole Duck	945776	Cheddar And Apple Salad	968775
Whole Pheasant	908061	Cheddar And Pumpkin Croutons	867962
Wood Pigeon Breasts	949071	Cheese Coleslaw	961349
<b>Prepared Veg F67C</b>		Cheese Layered Salad	194044
Cfto 2 Butternut And Sweet Potato Rosti	250948	Cherry Vine Toms Dual Tray Size	684682
<b>Salads F16C</b>		Cherry Vine Toms Dual Tray Size	684699
Amazing Avocado Dipper	969567	Chicken & Bacon Layered Salad	505888
Avocado Bowl	920353	Chorizo And Spicy Potato	797597
		Claret On The Vine	934756
		Claret Tomatoes (Irish)	809450
		Classic Side	905244
		Co Italian Salad Bowl	901321
		Co Large Rainbow Deli Side	869492
		Co Lentil And Goat's Cheese 800g	901154
		Coleslaw Co	401197
		Coleslaw Side	771467



## Products which do not contain NUTS as an ingredient

**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
Continental Salad Onion	920155	Fr Greek Salad Bowl	931946
Coronation Coleslaw	505833	Fr Ham And Egg Salad	877046
Cou Chicken Salsa Salad	959773	Fr Italian Bag	876957
Cou Trad Potato Salad	968805	Fr Mixed Leaf Bag	876971
Couscous And Roasted Vegetables	185677	Fr Quinoa And Edamame Bean Deli Side	931922
Crayfish, Asian Style Vegetables Edamame & Noodle Salad (fop & Sop)	771146	Fr Rainbow Deli Side	877398
Crisp Green Salad With Dressing	868310	Fr Sfl Crayfish And Noodles	877138
Cucumber	901383	Franchise Store - Morroccan Cous Cous	701778
Cucumber Portion	901604	Franchise Trial - Ew Giant Cous Cous	701792
Deli - Arbroath Hot Smoked Salmon Nicoise	549981	French Bread Croutons	467834
Deli - 'superfood' Salad	550239	French Dressing	920056
Deli Coleslaw	349420	Fruity Coleslaw	248914
Deli Coleslaw	961127	Fto Forager's Choice Hot And Fiery Salad	925822
Deli Side Salad - Sprouting Seed	624121	Fto Large Santini Salad Bowl	975742
Deli Style Greek Salad	199148	Fto Orzo Pasta Salad	975759
Discovery Seedless Red Pepper	846783	Garden Side	969673
Eat Well Carrot And Coriander Salad	156479	Giant Couscous & Wheatberries With Roasted Butternut Squash	495929
Edamame And Sunflower Superbowl	798549	Greek Feta & Olive Side	794985
Edamame Bean Salad Dual Tray Size	683067	Greek Salad Bowl Eu	895927
Edamame Soybean Salad	505994	Growers Choice Salad Bag	773935
Egg & Bacon Side	93378	Ham, Omega-3 Egg & Tomato Salad With Vinaigrette Dressing	505871
Egg Salad Layer	868396	Hass Avocado Loose	903318
Ew Crunchy Rainbow Super Bowl	868341	Honey Smoked Salmon & Lentil Salad With A Creamy Lemon Dressing	268189
Ew Pomegranate And 3 Grain Super Bowl	868358	Hot Rocket Salad	868464
Ew Raw Garden Super Bowl	868365	House Salad With Dressing	868549
Ew Super Green Bowl	868372	Iceberg	900706
Extra Large Avocado	818780	Iceberg Lettuce	151542
Extra Large Cucumber	630085	Iceberg Lettuce Bag H/t	683074
Extra Sweet Peppers	205887	Just Add - Beetroot & Red Onion	973250
F&n Avocado And Feta	963534	King Prawn, Hot Smoked Scottish Lochmuirtm Salmon, Quinoa & Couscous (fop & Sop)	705837
F&n Crayfish And Mango (duplicate Fotm)	963510	Large Coleslaw Ht	683081
Fat Free Mango And Chilli Dressing	870061	Large Piccolo On Vine	564380
Forager's Choice Aromatic Salad	794930	Large Santini Salad Bowl With French Dressing	920063
Forager's Choice French Country Salad	868471	Lentils, Giant Cous Cous And Goats Cheese	797566
Forager's Choice Garden Salad	794978	Little Gem	900911
Fr Caesar Salad Bowl	877022		

## Products which do not contain NUTS as an ingredient

**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
Litu - Spanish Style Rice Salad	717601	Peppery: Italian Style Baby Leaf Salad	973151
Litu Carrot Salad	671422	Piccolini Cherry 250g (irish)	809498
Litu Crudite Selection And Dip	619431	Piccolini Cherry Tomato 250g (irish)	809474
Litu Gourmet Caesar Salad	401210	Piri Piri Chicken Pasta Salad	78979
Litu New Charlotte Potato Salad	555180	Pointed Red Peppers Eu	899192
Loose Beef Tomatoes	900256	Pot Shots Caesar	920070
Loose Cherry On The Vine	642972	Pot Shots Soy And Ginger	920360
Mango, Mangetout & Coriander Salad Sop: Mango, Mangetout & Coriander Salad	920391	Potato And Egg Tray Dual Tray Size	683098
Mexican Coleslaw	868174	Pp6 Toms Dual Tray Size	684705
Mexican Corn	919975	Prawn Cocktail Tray Salad	801492
Mexican Rice, Quinoa & Avocado Salad Sop: Mexican Grain & Avocado Salad	31615	Prawn Layered Salad	105903
Mexican Style Roasted Chicken With Spicy Roast Potatoes In A Honey And Ginger Dressing	715683	Prawn Layered Salad Dual Tray Size	106061
Mixed Leaf Duo Pack	868297	Quinoa And Edamame Bean Deli Side	868617
Mixed Leaf Salad Bag	780506	Radish	910613
Mixed Sweet Pointed Peppers	562027	Rainbow Deli Side	619448
Moroccan Style Couscous Salad Co	431415	Red And Gold Santini	482851
Moroccan Style Fruity Cous Cous	891615	Reduced Fat Coleslaw	319065
Multi Pack Peppers Dual Tray Size	683142	Reduced Fat French Dressing	354356
Multipack Peppers	905350	Reduced Fat House Salad Dressing	677493
New Potato & Free Range Egg Salad	605458	Reduced Fat Twin Pack Coleslaw And Pot Salad	220163
Organic Celery	224567	Rice, Lentil & Roast Aubergine With A Garlic Dressing	898201
Organic Cucumber	981620	Roast Pepper And Olive Salad	968850
Organic Multi Pack Pepper	313513	Rosebud Baby Beetroot	645348
Organic Watercress, Spinach & Rocket	255202	Round Tomatoes Tray Pack (irish)	809481
Orzo Pasta Salad With Slow Roasted Tomatoes	564489	Ruby Salad	941846
Parmesan & Cherry Tomato Italian Salad	868853	Salad Bags - Wild Rocket And Red Chard	659666
Pasta Salad With Spinach & Pine Nuts Co	431408	Salad Bowl Bag 100g	536745
Pasta With Spinach, Pine Nuts & Pesto Dressing	196819	Salad Bowl Bag 150g	459389
Peashoots Bag	548106	Salad Bowls - Beetroot And Carrot	687621
Pepper Wild Rocket, Watercress & Spinach	187879	Salad Bowls - House Salad	611251
Peppers For Rst	495714	Salad Bowls - Italian Style Salad ( Ex Box)	548199
Peppery: Baby Leaf Rocket Salad	506397	Salad Bowls - Tomato And Red Pepper	659444
Peppery: Italian Style Baby Leaf Salad	169042	Salad Meal Nb Salmon And Potato	477703
		Salad Onions	902182
		Salt & Pepper Croutons	139892
		Santa Baby Plum Tomatoes	901161
		Santa Baby Plum Tomatoes Eu	899413

## Products which do not contain NUTS as an ingredient

**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
Santa Large Plum Tomatoes	126977	Watercress Spinach And Rocket Super Salad With Dressing	868693
Santini Large Plum Tomatoes	126977	Whole Cucumber Eu	899185
Santini Salad Bowl 225	933377	Whole Cucumbers Dual Tray Size	683128
Santini Tomato Side	539364	Wsr Active Health	919418
Santini Tomatoes (irish)	877305	Zesty Orange Salad With Crimson Sparks	794923
Santini Tray Dual Tray Size	683180		
Simply Frilly Mix.	919395	<b>Savoury Snacks F12A</b>	
Skinny Slaw - Beetroot, Apple & Pink Cabbage	347358	Garlic Coriander Naan Chip 200	439206
Skinny Slaw - Pickled Cucumber, Carrots & Spring Onion	347419	5 Fruit Bars	965606
Small Beetroot Bowl	713313	5 Seed Mix	852043
Small Classic Bowl Ifg	713306	6 Bags Sweet Potato Parsnip & Beetroot Hand Cooked Vegetable Crisps	372060
Small House Salad Bowl	771528	All Butter Breadstick Assortment	180580
Small Italian Salad Bag	685382	Assorted Crisps Multipack (x 2 Lightly Salted, X 2 Salt & Vinegar, X 2 Cheese & Onion)	879415
Solo: Lambs Lettuce	506250	Assorted Meat Crisps Multipack (x 2 Prawn Cocktail, X 2 Roast Chicken, X 2 Smokey Bacon)	42178
Solo: Spinach	920124	Assorted Pretzels	776240
Solo: Watercress	902298	Bacon Rashers	419017
Solo: Wild Rocket	818650	Belgian Dark Chocolate Rice Cakes	99080
Solo: Wild Rocket	699211	Belgian Milk Chocolate Rice Cakes	99110
Sorrell Salad	868495	Black Pepper Combo	630078
Spinach And Mizuna Super Salad With Dressing	868655	Blacksticks Blue Stilton & Figgy Pickle	217316
Spring Onions Dual Tray Size	683111	Bloody Mary Hand Cooked Crisps	796842
Super Green Salad	45681	Cajun Spiced Plantain Chipsv	845564
Super Wholefood Salad With Basil And Mint Vinaigrette	547994	Cheddar Cheese Crispies	452991
Sweet Baby Leaf Twin Pack 2 X 50g	968874	Cheddar Cheese Crispies Banded	528740
Sweet Chili Rosebud Beetroot	868648	Cheese & Tomato Fish Crackers Multipack	23245
Sweet Rosso Tomatoes	805544	Cheese Tasters	652216
Sweet: Baby Leaf Salad	968843	Cheese Tasters (large Bag)	630061
Sweet: Rosa Verde Salad	506267	Cheese Tasters 100g	652216
Tom & Mozzarella Bowl	920957	Cheese Tasters 50g	762830
Tomalini Tomatoes	715652	Cheese Tasters Multipack (gap)	899703
Traditional Coleslaw	951531	Cheese Triangles - Till Point	515924
Traditional Coleslaw	302739	Cheese Twists	99233
Traditional Coleslaw	242769	Cheese Twists Banded	500197
Traditional Potato Salad	798532	Cheese Ups	849265
Traditional Salad Bowl	920377	Cheesey Fish Crackers Multipack	23252
Tuna Layered Salad	207218	Cinnamon Sugar Tortilla Rolls	217309
Tuna Nicoise Salad With Charlotte Potatoes, Free Range Gg Olives And Fresh Basil And Msutard Seed Dressing	715706		

## Products which do not contain NUTS as an ingredient

**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
Cool Mini Tortillas	946599	Honey Roast Ham	722704
Cool Tortillas	973342	Honey Roast Ham	492713
Coronation Chicken Handcooked Crisps	867221	Iberico Ham Handcooked Crisps	378666
Cracked Black Pepper & Salt Flavour Popped Potato Chips	848312	Italian Black Olive Stiratini	140461
Cumberland Sausage Hand Cooked Crisps	796866	Italian Flatbread	780988
Fire Roasted Chilli Tortillas Coated In Dark Chocolate	218283	Italian Torinesi Breadsticks	738767
Fire Roasted Pepper Salsa Dip	358934	Kalamata Olive Twists	636339
Fizz And Sparkle Bucks Fizz And Sparkle Hand Cooked Potato Crisps	218351	Katsu Curry Flavour Sticky Rice Chips	44028
Flame Grilled Steak Big Crinkle Crisps	805407	Kentucky Bourbon Bbq Corn Chips	845427
Fof Cheese & Onion Popcorn	805414	Keralan Curry Flavoured Dhal Chips	44134
Fof Thai Sweet Chilli Crisps	722735	Keralan Dahl Chip	439237
Fof Wasabi & Spring Onion Crisps	876032	Lamb Kofta & Yoghurt Handcooked Crisps	378697
Fotm Mature Cheddar Cheese And Red Onion	324083	Lightly Salted Giant Pretzel	355780
Four Cheese & Onion Combo	481342	Lightly Salted	722803
Four Cheese & Red Onion	722728	Lightly Salted Baked Potato Crisps	946575
Four Cheese & Red Onion	492683	Lightly Salted Cantina Tortilla	44196
Full On Flavour Four Cheese And Red Onion Crisps 150g	461405	Lightly Salted Carnival Mix	845533
Garlic & Cheese Mini Focaccia Slices	848367	Lightly Salted Combo Mix	372084
Garlic And Coriander Flavour Naan Chips	44066	Lightly Salted Crisps Multipack (x6 Lightly Salted)	879408
Glastonbury Cheddar And Somerset Cider Toasted Stottie Chips	28684	Lightly Salted Pitta Chip	439220
Guilt Free Cracked Black Pepper & Salt Popchips	99226	Lightly Salted Pitta Chips	940863
Guilt Free Lightly Salted Popchips	99141	Lightly Salted Pretzel Sticks	608343
Guilt Free Mini Dark Chocolate Rice Cakes	99219	Lightly Salted Pretzel	974745
Guilt Free Mini Milk Chocolate Rice Cakes	99196	Lightly Salted Tortilla	414234
Harissa Sweet Potato Handcooked Crisps	378727	Lightly Salted Tortillas	414234
Hc Ham Hock & Teweksbury Mustard	824088	Lightly Salted Wholegrain Rice Cakes	99103
Hc Lightly Salted X6 Multipack	722872	Lightly Salted, X12	404136
Honey Barbecue Wholegrain Snacks	776226	Lightly Sea Salted	722681
Honey Bbq	659031	Lime Salsa Chickpea And Cumin Tortilla Scoops	969437
Honey Roast Gammon And Winter Chutney	636384	Made Without Wheat Cheese Ups	891653
		Made Without Wheat Mini Cheese Crackers	939102
		Manchego & Jalapeno	845489
		Maple Bacon	28387
		Maple Bacon Tortilla Rolls	372077
		Mature Cheddar & Red Onion	722841
		Mini Multigrain Tortillas	28042
		Mini Poppadums	133265
		Miso, Soy And Ginger Parsnip Crisps	217262
		Monteray Jack Refried Bean Chips	845557

## Products which do not contain NUTS as an ingredient

**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
Multi Pack Lightly Sea Salted X6	463751	Sea Salt & Malt Vinegar	722698
Nacho Cheese Tortillas	414258	Sea Salt & Rosemary Focaccia Chips With Extra Virgin Olive Oil	378642
New Chilli	73448	Sea Salt & Vinegar	722810
New Reduced Fat Crinkles Sour Cream & Chive 150g	492737	Sea Salt And Balsamic Vinegar Lentil Curls	912938
New Sweet & Smokey Bbq	66549	Smoked Taco Cheese Bean Chips	44004
New Thai Coconut Chicken	66532	Smokey Bacon Lentil Tube	912921
No Added Salt	722889	Smokey Bbq	722896
Olive Flatbread	780995	Smokey Bbq Full On Flavour	498302
Onion Rings	419024	Smokey Bbq Hand Cooked Crisps	712057
Paprika Handcooked Crisps	378659	Smokey Tennessee Ribs	845519
Parsnip Crisps With Honey And Black Pepper	555982	Smokey Tennessee Ribs	268349
Pea & Mint - Core	845694	Sour Cream & Black Pepper	659048
Pork Crackling (clip Strip)	904377	Sour Cream & Chilli Lentil Curls	876070
Prawn Cocktail	865203	Sour Cream & Chilli Lentil Curls	776356
Prawn Cocktail Snacks	762618	Sour Cream & Onion Pitta Chip	439244
Prawn Crackers	977821	Sour Cream & Red Onion	722858
Puffed Stars Multipack - Spinach / Cheese	23269	Sour Cream And Chive Pretzels	940856
Pumpkin Mix Seed Pot	853743	Sour Cream Combo	337557
Ready Salted Crinkles	492676	Sour Cream Pitta Chips	940825
Ready Salted Potato Rings	762175	Spicy Creole Rice & Bean Chips	845595
Ready Salted Potato Squares	762281	Teriyaki Crackers	796859
Ready Salted Potato Sticks	762403	Tex Mex Burrito Bean Chips	44110
Red Pepper And Szechwan Cracker	591294	Thai Green Curry Crackers	591317
Red Pepper Pitta Chip	439251	Thai Green Curry Flavour Sticky Rice Chips	44042
Red Salsa Dip	809559	Tomato Salsa Tortilla Chips	435550
Rf Buttered Baked Potato Crisps	876056	Tortilla Trees	51576
Roast Beef & Onion	722674	Unsalted Wholegrain Rice Cakes	99097
Roasted Onion Pitta Chips	772594	Variety Multipack	805490
Roasted Red Pepper Cous Cous Chips	378680	Wiltshire Ham & Picalilli - Core	84567
Salt & Black Pepper	213431	Worcester Sauce	876025
Salt & Black Pepper	722834	Xmas Tree And Shooting Star Snack Mix	994453
Salt & Pepper Crackers (gluten Free) Gap	891585	<b>Soft Drinks F22A</b>	
Salt & Pepper Pretzels (up)	221191	American Ginger Ale	557061
Salt & Vinegar	492720	Apple & Mango High Juice	710701
Salt & Vinegar Chiplets 50g	762724	Apple Juice From Concentrate	497336
Salt & Vinegar Twists	496070	Blackcurrant & Liquorice	818438
Salt And Vinegar Crunchy Combo	547475	Blood Orange Sparkling Water 1 Litre	901390
Salted Mini Pretzels	515764	Brazilian Orange & Alphonso Mango Sparkling Presse	89340
Salted Wholegrain	659017		

## Products which do not contain NUTS as an ingredient

**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 Apple, Blackberry & Elderflower Cordial No Added Sugar	75121	Nas Apple & Elderflower High Juice	232395
British Elderflower Cordial	797412	Nas Apple & Mango High Juice	918756
British Rhubarb Cordial With Ginger	23443	Nas Blackcurrant High Juice	524889
Cloudy Lemonade	547765	Nas Cranberry & Raspberry High Juice	232692
Coffee Spritzer	378024	Nas Florida Orange High Juice	498074
Cranberry Juice Drink (fc)	774314	Nas Florida Pink Grapefruit High Juice	232746
Cranberry Juice Drink 250ml Carton	663946	Nas Lemon & Lime High Juice	232821
Diet Pink Cranberry Lemonade	918688	Nas Passionfruit Soda	89302
Diet American Ginger Ale	557078	Nfc Triple Apple/mang.	663953
Diet Bitter Lemon	557122	Nfc Triple Orange Pack.	431859
Diet Cloudy Lemonade 1 Litre	50654	No Added Sugar Sparkling Raspberry & Lemon Soda	75190
Diet Ginger Beer 1 Litre	50678	Peach, Camomile & Green Tea	875141
Diet Indian Tonic Water	557030	Pear Drops	867283
Diet Sparkling Cloudy Apple 1 Litre	232494	Percy Pig Grape & Raspb. Triples	797276
Diet Sparkling Florida Orange	771344	Pineapple Chunks	818452
Diet Sparkling Lemon & Lime	771382	Rhubarb & Custard	818469
Diet Sparkling Mango & Passion Fruit	918817	Scottish Raspberry Cordial	771726
Diet Sparkling Red Cherry	51378	Scottish Sparkling Water 6 X 500ml	642729
Dine In Coffee Spritzer	418003	Scottish Still Water 6 X 500ml	626477
Dine In Mexican Lime And Lemongrass Presse	929813	Sicilian Cloudy Lemonade	797467
Dine In Sangria Presse	418027	Simply Diet Lemonade	557108
Dine In Sparkling British Blackberry And British Elderflower	31936	Simply Irish Sparkling Water 2 L	909181
Dine In Sparkling British Rhubarb Presse With Ginger	31950	Simply Irish Sparkling Water 2l X 4	909167
Dine In Sparkling Lemon & Rose Presse	418065	Simply Irish Sparkling Water 6 X 500ml	647908
Eat Well Orange Juice	498012	Simply Irish Still Water 2l	909174
Fiery Ginger Beer	797436	Simply Irish Still Water 6 X 500ml	314848
Florida Orange High Juice	387286	Simply Lemonade	557092
Indian Tonic Water	557047	Simply Tropical Juice	993883
Kids Tropical Juice Fc 2	797337	Soda Water	557085
Lemon & Green Tea 750ml	875172	Sparkling Brazilian Orange & Alphonso Mango Presse?	89272
Lemon & Lime Sparkling Water	901369	Sparkling Brazilian Pink Guava & Asian Yuzu Presse	972871
Lemon Flavoured Diet Indian Tonic Water	797399	Sparkling British Apple & Sloe Berry Presse With Elderberry	50227
Lemon Sherbet	818445	Sparkling British Apple And British Cucumber Presse	23771
Mango & Passion Fruit Mat? Tea	893367	Sparkling British Blackberry & Elderflower Presse	23368
Mexican Lime & Lemongrass Sparkling Presse	919814	Sparkling British Clementine & Cranberry Presse	992992
Mulled Punch	785518	Sparkling British Cox Apple Presse	797511



## Products which do not contain NUTS as an ingredient

**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
Sparkling British Elderflower Presse No Added Sugar	75114	Still Orange Mango & Passion Fruit Juice Drink X 4	918824
Sparkling British Elderflower Presse	797443	Tomato Juice 1 Litre	717229
Sparkling British Rhubarb Presse? With Ginger	23856	Traditional Cream Soda	547772
Sparkling Elderflower Soda	812344	Traditional Dandelion & Burdock	547789
Sparkling Florida Orange 1 Litre	771573	Traditional Extremely Fiery Ginger Beer	547819
Sparkling Juice Non Alcoholic Apple, Mango & Passion Fruit	972857	Triple Apple Pack.	431866
Sparkling Juice Non Alcoholic Normandy Apple	812351	Triple Pack 3 X 250ml Tropical Juice Nfc	772853
Sparkling Juice Non Alcoholic Normandy Apple & Pear	888608	Watermelon And Coconut White Tea	972895
Sparkling Juice Non Alcoholic Rose Grape	812375	White Grape & Elderflower Sparkling Water 1 Litre	901376
Sparkling Juice Non Alcoholic White Grape	812436	<b>Traditional Meal Sol F63C</b>	
Sparkling Lemon & Ginger Soda	888653	10 Hour Slow Cooked Short Rib Of Beef	976206
Sparkling Lemon & Rose Presse?	378031	10 Hr Slow Cooked Beef Short Ribs	942829
Sparkling Lemon, Lime & Mint Soda	972888	12 Potato Croquettes	39710
Sparkling Mandarin	378406	12 Yorkshire Puddings	257657
Sparkling 'sangria' Inspired Spritzer	378185	2 Baked Potatoes	122405
Sparkling Scottish Raspberry & British Pear Presse	797450	2 Baked Potatoes Dual Tray Size	684637
Sparkling Sicilian Lemon & Grapefruit	378093	2 British Puff Pastry Minced Beef & Onion Slices	183673
Sparkling Spiced Apple Juice	993074	2 Cornish Pasties	436281
Speciality Elderflower Cordial	670418	2 Mushroom En Croute	820226
Speciality Ginger & Lemongrass Presse	673556	2 Rainbow Root Vegetable Pies (dine In Version)	164979
Speciality Organic Pear And Ginger Cordial	566827	250g Roast Parsnips	443012
Speciality Organic Pear And Ginger Presse	566841	3 Mushroom Pie With Mature Cheddar Cheese Crumble	55314
Speciality Raspberry & Pear Presse	667692	300g Carrot & Swede Crush	350211
Speciality Sparkling Elderflower Presse	670425	300g Red Cabbage	117982
Still British Apple And British Blackcurrant Juice Dual Pack	87513	300g Roast Potatoes	136365
Still British Conference & Comice Pear Juice	992930	4 Baked Potatoes	122412
Still British Conference & Comice Pear Juice Dual Pack	87520	4 Cornish Pasties	436298
Still British Cox Apple Juice	992923	4 Vegetarian Yorkshire Puddings	291293
Still British Cox Apple Juice Dual Pack	87483	450g Cauliflower Cheese	858083
Still Mixed Berry Juice Drink X 4	918831	450g Ultimate Mash	313643
		6 Cheese Croquettes	708364
		6 Potato Croquettes	858526
		6 Potato Croquettes - Dual Tray Size	684606
		6 Yorkshire Puddings	798716
		600g Carrot & Swede Crush	115636



## Products which do not contain NUTS as an ingredient

**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
600g Red Cabbage	162364	British Beef Casserole And Mash	942751
600g Roast Parsnips	169547	British Shortcrust Pastry Chicken Pie 200g	193771
840g Roast Potatoes	45223	British Shortcrust Pastry Minced Beef 200g	264259
900g Cauli Cheese	571876	British Shortcrust Pastry Steak & Kidney Pie 200g	726573
900g Ultimate Mash	330442	Broccoli & Stilton Soup	335041
Aberdeen Angus Beef And Onion Cottage Pie	370530	Butternut Squash Lasagne	821391
Aberdeen Angus Cottage Pastry Pie	772501	Butternut Squash Soup	641142
Aberdeen Angus Cottage Pastry Pie Twin Pack	780483	Butternut Squash, Pepper And Red Onion For Roasting	59824
Aberdeen Angus Steak And Kidney Pie	635998	Carrot & Coriander Soup	151351
Aberdeen Angus Steak And Kidney Pudding	576215	Carrot & Swede Mash	249751
Aberdeen Angus Steak Pie With A Topcrust Puff Pastry	187824	Carrots & Clementine	72748
Aberdeen Angus Steak Yorkshire Pudding Pie Serves 2	772433	Cassoulet	773577
Ayr Veg Box (meat Accomps)	817073	Cassoulet Soup	811828
Bangers & Mash	157117	Cfto Aberdeen Angus Steak Pie With A Puff Pastry Topcrust	900324
Bangers & Mash	946391	Cfto Cauliflower Cheese	999496
Bangers & Mash, Meal For One - Dual Tray Size	692359	Cfto Gastro Collections Lamb Shanks	950503
Beef & Oxtail Soup	811842	Cfto Luxury Vegetable Selection	80903
Beef And Dumpling Casserole	118231	Cfto Mushroom Wellington	820219
Beef Bourguignon With Dauphinoise (serves 4)	473828	Cfto Parsnip, Camembert And Chestnut Pithivier	999502
Beef Bourguignon With Dauphinoise Potato	520744	Cfto Potato Dauphinois	999533
Beef Brisket Steak With Pomme Puree & Confit Onions	813679	Cfto Red Cabbage Sv2 1kg	943185
Beef Casserole	305051	Cfto Tarte Tatin	948210
Beef Casserole	90162	Cfto Vegetable Box For Meat	954693
Beef Goulash Casserole	813730	Cfto Vegetable Selection	11563
Beef Steak And Portabello Mushroom Casserole With Herb Dumplings	813693	Cheese And Onion	621328
Beef Wellington	269834	Cheese And Onion Melting Middle Croquettes X 4	708357
Beef Yorkshire Pudding Pie	690348	Chestnut Mushroom Soup	311069
Beetroot & Celeriac Gratin	942911	Chicken & Broccoli Pie	690386
Bouillabaise Serves 1	789394	Chicken & Dumpling Casserole	773447
Braised Lamb	942805	Chicken & Ham En Croute	659260
Braised Steak & Mash	183659	Chicken & Mushroom Puff Pastry Slices	362016
Braised Steak & Mash	200110	Chicken & Mushroom Stroganoff	997515
Braised Vegetable Casserole With Mini Parsley Dumplings	644631	Chicken & Red Wine Casserole	573467
Breaded Camembert	387033	Chicken & Red Wine Casserole	97833
		Chicken & Super Grain Soup	894531
		Chicken & Vegetable Lattice	98878

## Products which do not contain NUTS as an ingredient

**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 & Vegetable Soup	711135	Cornish Cruncher, Davidstow And Caramelised Onion Pie	997546
Chicken And Butter Bean Casserole	813761	Coronation Chicken	35910
Chicken Bacon & Mushroom	312394	Cottage Pie	447584
Chicken Breast Roast	132152	Cottage Pie	485340
Chicken Casserole And Dumplings	399807	Cottage Pie	849623
Chicken Cheese & Ham	132220	Cottage Pie	91954
Chicken Garlic Lattice	999014	Cottage Pie	389761
Chicken Hash	94740	Cottage Pie 200g	389655
Chicken Hash	94733	Cottage Pie Dine In Version	255264
Chicken In Cheese & Ham Sauce	942775	Country Vegetable Soup	107952
Chicken In Fruity Curry Sauce	942713	Cous Cous, Chickpea & Feta Cheese Pancakes	617000
Chicken In Red Wine Sauce	945868	Cream Of Chicken & Tarragon Soup	36122
Chicken Kiev	35934	Cream Of Tomato Soup	772303
Chicken Kiev Main For Two	3063	Creamed Brussel Sprouts	813785
Chicken Kiev X2 - Dual Tray Size	692311	Creamed Greens	894630
Chicken Leek & Bacon	192125	Creamed Greens In Cheesy Smoked Bacon Sauce 600g (xmas)	900232
Chicken Mushroom & Rice Soup	220576	Creamy Cheese, Leek & Bacon Chicken Kiev Main For Two	945851
Chicken Pie With A Topcrust Puff Pastry	816182	Creamy Spinach & Potato Gratin - Dual Tray Size	694117
Chicken Provencale	461290	Crispy Potato Slices	59701
Chicken Shortcrust Pastry Pie	942980	Cumberland Fish Pie	212441
Chicken Shortcrust Pastry Pie	179874	Cumberland Fish Pie	212434
Chicken Supreme Mini Meal	894593	Cumberland Pie	180177
Chicken, Bacon & Corn Chowder	946704	Cumberland Pie	50043
Chicken, Bacon And Mushroom Pie	578509	Cumberland Pie	267533
Chicken, Edamame Bean & Miso Soup	70805	Cumberland Pie	358545
Chicken, Ham & Leek Puff Pastry Pie	480550	Di Macaroni Cheese	947503
Chilli Con Carne	17619	Di Super Asparagus, Pea Spelt Risotto	63760
Chilli Con Carne & Rice - Dual Tray Size	692366	Dine In Chunky Chips	874502
Chkn Leek & Mustard Pie	946483	Dine In Frites 200g	689465
Chkn Red Wine Onion Gravy	997454	Festive Parsnip And Mulled Red Onion Roast	77002
Chkn Sweet Chilli Sauce	997423	Filled Red Peppers	531641
Cod And Leek Crumble Bake	816151	Fish & Chips	461955
Cod Fillet In Parsley Sauce	945417	Fish Pie	898324
Cod Fish & Chip Pie	981606	Fish Pie	295154
Cod In Parsley Sauce	98328	Fish Pie	485326
Cod In Parsley Sauce	461313	Fish Pie (mini Meal)	894579
Cod Mornay (main For Two)	109468	Fishermans Pie	774475
Confit Of Chicken Cassoulet	814423	Fishermans Pie	774451
Coquille St Jacques	378468		
Corned Beef Hash	169967		

## Products which do not contain NUTS as an ingredient

**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
French Onion Soup	711128	Gastro Lamb Shanks - Dual Tray Size	684583
Fruity Chicken Curry	141352	Gastro Salt & Vinegar Chips	898300
Fruity Chicken Curry	942720	Goats Cheese & Cherry Tomato Pasta Bake With Fresh Pesto	576567
Fto 4 Chicken Kiev	926287	Goats Cheese & Red Onion Lattice En Croute	55338
Fto 4 Gammon Shanks	926300	Gravy Filled Melting Middle Croquettes X 4	708371
Fto 4 Gastro Camenbert	926355	Haddock Mornay	183512
Fto Beef Brisket Steak With Pomme Puree & Confit Onions	860673	Haggis , Neeps And Tatties Croquettes	59572
Fto Butternut Squash Soup X 3	907040	Haggis Neeps & Tatties	148504
Fto Chilli	926294	Honey Roast Parsnips	107556
Fto Confit Of Chicken Cassoulet	840323	Ifg 6 Yorkshire Puddings F73c	989589
Fto Gastro Fish Pie	900294	Ifg Creamy Spinach & Potato Gratin	714303
Fto Gastro Lamb Shanks	838696	Ifg T 2 Chicken & Mushroom Slices	652667
Fto Lamb Shanks	926317	Ifg T 2 Steak & Onion Slices	652674
Fto Moussaka	926157	Irish Stew Soup	811835
Fto Mushroom Stroganoff	35736	Lamb & Rosemary Casserole	303125
Fto Parmentier Potatoes	878883	Lamb Moussaka	226745
Fto Peas And Carrots	878890	Lamb Moussaka (dine In Version)	87407
Fto Red Cabbage	931465	Lambs Liver & Bacon	203470
Fto Red Cabbage And Honey Roasted Carrots	900263	Lamb's Liver & Bacon	244060
Fto Roast Potato And Yorkshire Pack	899017	Lamb's Liver & Onions	769976
Fto Roast Potato With Beef Dripping	860963	Lancashire Hotpot	220415
Fto Roasted Butternut Squash Lasagne With Goat Cheese	860697	Lancashire Hotpot	773607
Fto Rump Steak Stroganoff	860789	Lancashire Hotpot Serves 1	789387
Fto Runny Scotch Eggs	926331	Large Carrot & Swede Mash	583435
Fto Salt And Vinegar Chips	926362	Large Parmentier Potatoes	481007
Fto Ultimate Mash	900300	Leek & Potato Soup	141307
Fto Vegetarian Paneer Korma And Rice	946407	Leek And Bacon Mash	894524
Fto Vegetarian Root Vegetable Cobbler	946421	Leeks In A Cheese Sauce	649407
Game Pie	576284	Lge Vegetable Moussaka	198721
Gammon In Parsley Sauce (mini Meal)	273961	Lobster Mac N Cheese	55598
Gammon Shanks	902762	Lochmuir Salmon En Croute	442763
Gammon Steaks With Cauliflower Cheese Melt (main For Two)	945844	Lochmuir Salmon In Watercress Sauce	303972
Gastro Beef Stroganoff	423762	Macaroni Cheese	461207
Gastro Chips With Beef Dripping	466950	Macaronni Cheese With Wiltshire Cured Ham Hock	576307
Gastro Confit Lemon Chicken	857659	Meat & Potato Pie	946520
Gastro Haddock & Chips	55376	Meat Free Cottage Pie	843089

## Products which do not contain NUTS as an ingredient

**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
Meatballs And Mash	997430	Poached Runny Baked Egg With Ham Hock & Dijon Mustard Sauce	942973
Meatballs And Onion Gravy	527781	Pork & Apple Casserole And Dumplings	942768
Meatballs In Tomato And Chorizo Sauce And Spicy Potatoes	353267	Pork And Mash Mini Meal	945875
Meatloaf In Onion Gravy	89647	Pork, Bacon, Cider And Buttered Leeks Pie	946544
Med Veg & Tomato Topped Mash With E.v Olive Oil	708388	Portobello Mushroom & Red Onion Roast	943062
Minced Beef Hotpot	371636	Potato & Spinach Gratin	313797
Minced Beef Hotpot	413398	Potato Dauphinois	999458
Minced Beef Pie 550g	833141	Potato Gratin	578332
Minced Lamb Hotpot	196635	Potato Gratin	852951
Minced Lamb Hotpot	682329	Potato Topped Shepherds Pie - Dual Tray Size	692496
Minestrone Soup With Bacon	242905	Pulled Beef Open Tart Fine	94856
Mini Favourites Cauliflower Cheese With Roasted Potatoes	356220	Pulled Ham In Parsley Sauce	942799
Mini Favourites Minced Beef Casserole	249249	Red Cabbage And Honey Roasted Carrots 600g (xmas)	901222
Minted New Potatoes	59589	Red Cabbage, Honey Roasted Carrots	894647
Minted Pea & Feta Cakes With Creme Fraiche Dressing	576581	Red Lentil & Smoked Bacon Soup	941471
Moussaka	576321	Red Pepper & Chorizo Soup	811903
Mushroom & Onion Pie	644648	Roast Beef & Yorkshire Puddings	150958
Mushroom Risotto	38188	Roast Beef Dinner	284066
Mushroom Stroganoff Rice	997492	Roast Beef Yorkshire Pudding	284226
Navarin Of Lamb	55529	Roast Chicken And Yorkshires Meal	945905
Oakham Chicken Casserole With Sage And Onion Dumplings	576338	Roast Chicken Dinner	415378
Oakham Chix & Wiltshire Ham Potato Topped Pie W Cornish Cruncher	646352	Roast Chicken Meal For 1	814331
Oakham Chix And Leek Individual Pie	646338	Roast Chicken Yorkshire Pudding	412797
Oakham Chix And Wiltshire Ham Hock Potato Topped Pie With Cornish Cruncher	635936	Roast Chicken, Stuffing & Gravy Lattice Snack Twin Pack	774529
Paella Soup Eu	895682	Roast Duck With Mulled Fruits	635929
Parmentier Potatoes	403573	Roast Lamb & Yorkshires Puddings	319836
Parsnip Soup	940184	Roast Lamb Dinner	339827
Parsnip, Camembert And Chestnut Pithivier	999472	Roast Pork & Yorkshire Puddings	898409
Pasta And Vegetables Bake - Dual Tray Size	684644	Roast Pork In Apple & Cider Gravy	664462
Pea & Ham Soup	293150	Roast Potato And Yorkshire Pudding	902779
Pea & Mint Soup	806107	Roast Potato With Beef Dripping - Dual Tray Size	694100
Pea Topped Mash	708395	Roast Potatoes	441728
Peas & Carrots	649391	Roast Potatoes - Dual Tray Size	684620
Petit Pois And Baby Onions 300g	805513	Roast Turkey Dinner	162159
		Roasted Butternut & Carrot Topped Mash	708401

## Products which do not contain NUTS as an ingredient

**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 Butternut Lasagne	502924	Smoked Haddock With Cheese Sauce	326124
Roasted Sweet Potato Cakes With Yoghurt & Mint Dressing	576550	Smoked Mash With Caramelised Ale Onion	942928
Roasted Tomato, Red Onion And Goats Cheese Tatin	773638	Spaghetti & No Meatballs	843096
Roasting Potatoes	59619	Spanish Chicken, Prawn & Chorizo Paella	55321
Root Veg Pie	164955	Spanish Chicken, Prawn & Chorizo Paella	480819
Root Vegetable And Oatmeal Crumb Bake	644655	Spanish Style Poached Runny Baked Eggs	942904
Root Vegetable Gratin	811941	Spiced Roast Parsnip Soup	287562
Rump Steak Stroganoff	423762	Spicy Chicken Oriental Broth	690706
Salmon & Broccoli Lattice	856263	Spicy Lentil Soup	220552
Salmon And Prawn Bake (new File)	304023	Steak & Ale Casserole With Dumplings	480994
Salmon With Watercress Sauce	328678	Steak & Ale Deep Filled Puff Pastry Pie	480925
Sausage And Onion Pie	682299	Steak & Kidney Casserole	150972
Sausage Casserole	461191	Steak & Old Pec Ale Pie	946513
Savoury Vegetable Rice	162180	Steak And Ale Soup	641906
Scotch Broth Soup	649445	Steak And Onion Puff Pastry Slices	175388
Scottish Trout Fillets In A Lemon Sauce	326148	Steak Lasagne	587990
Shepherds Pie	576451	Steak Lasagne	588003
Shepherds Pie	170796	Steak Parmentier	773676
Shepherd's Pie	358651	Steak Puff Pastry Pie	480574
Shepherd's Pie	287463	Steak Puff Pastry Top Crust Pie	816175
Shepherds Pie (dine In Version)	370493	Steak Shortcrust Pastry Pie	943031
Shortcrust Chicken & Leek 550g	162845	Steak Shortcrust Pastry Pie	129725
Shortcrust Chicken & Leek 550g - Dual Tray Size	692625	Steak Shortcrust Pastry Pie	189798
Shortcrust Creamy Chicken Pie 200g	70430	Steak,ale & Mushroom Snack Pot	773737
Slow Cooked Beef And Roasted Onion Pithivier	773645	Suet Pastry Steak & Kidney Pudding 425g	182874
Slow Cooked Beef With Crispy Parsley Dumplings	998994	Summer Minestrone	857673
Slow Cooked Beef, Chantenay Carrots	894586	Super Beans And Orzo Pasta	60431
Slow Cooked Lamb Shank	889582	Super Beetroot Soup	772334
Slow Cooked Lamb Shanks	220453	Super Butternut And Pecorino Barley Risotto	60448
Slow Roasted Ham, Mature Cheddar And Onion Pie	946537	Super Carrot And Four Grain Pilaff	60455
Smoked Haddock Chowder	894609	Super Green Soup	690362
Smoked Haddock Chowder Eu	945493	Super Smooth Green Soup	71406
Smoked Haddock En Croute (main For Two)	942737	Super Sweet Potato & Black Bean Soup	150613
Smoked Haddock In Cheese Sauce	340496	Super Tomato, Chickpea & Spinach Soup	70799
Smoked Haddock Welsh Rarebit	942935	Super Vegetable Soup Serves One	830980





## Products which do not contain NUTS as an ingredient

**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
Domaine De La Curniere Vacqueyras	334044	La Fiole Du Pape	888523
Don Cristobal	642811	Le Froglet Shiraz	483100
Elderflower, Cucumber & Gin Fizz	32698	Lost Sheep Chardonnay	695695
Fairtrade Six Hats Shiraz	823647	Lost Sheep Chardonnay 50cl	799829
Finest Reserve Port	393157	Lost Sheep Merlot	695701
Fitou Beau Moulin	886376	Lost Sheep Merlot 50cl	799904
Flaxbourne Sauvignon Blanc	646833	Lost Sheep Rose	778190
Flaxbourne Sauvignon Blanc 50 Cl	800082	Macon Villages 50cl	799911
Fleurie 50cl	800020	Mai Tai Apple Fizz	922524
Froglet Rose 50cl	800037	Margaret River Cabernet / Shiraz	493468
Garganega Pinot Grigio 50cl	800174	Margaret River Semillon /sauvignon	493475
Gascogne Cuvee Speciale Red	666466	M'hudi Sauvignon Blanc	523295
Gascogne Cuvee Speciale White	551595	Mojito 25cl In Can	913140
Gaston De Veau Blanc	397254	Mojito 25cl In Can	743266
Gaston De Veau Red Pouch	798341	Mojito 25cl In Can Ea	983464
Gaston De Veau Rouge	397285	Mojito Fizz	707510
Gaston De Veau White Pouch	798372	Monteflores Malbec	853682
Gers	111737	Montepulciano 50cl	799836
Gin & Diet Tonic 25cl In Can	913034	Mulled Rum Punch	889780
Gin & Tonic	563116	Muscat De Beaumes De Venise	880855
Gin & Tonic 25cl In Can	913058	Mw Champagne Tin	813440
Gluten Free Belgian Golden Ale	971775	Norfolk Bitter	561105
Gluten Free Belgium Premium Pilsner	971676	Okhre Organic Cava	537735
Gold G&tea	992985	Orpale Grand Cru	51613
Green Ginger Wine	675505	Oudinot Brut	335317
Guava And Lime Caipirinha Fizz	89449	Pale Cream Sherry	442510
Harrowgate Victoria Shiraz	435949	Peach Bellini 75cl	358996
Harvey Wallbanger 25cl In Can Ea	983310	Pemberton Pinot Noir	832991
Hay Station Chardonnay	310239	Petillant White	804783
Hay Station Ranch Cabernet Sauvignon	310208	Petit Chablis	121231
Hock 75cl	550246	Pina Colada 25cl In Can Ea	983495
House Ros?	501958	Pineapple & Lime Daiquiri Fizz	888462
Irish Cream Liqueur Miniature	564007	Pink Fizz	675529
Kenmore Scotch Whisky & American Dry Ginger In Can	913133	Pink Grapefruit Mimosa	32667
Kenmore Scotch Whisky & Cola 25cl In Can	743259	Pink Port	594837
Kenmore Whisky Liqueur	446440	Plan De Dieu Cotes Du Rhone Villages - Domaine Meynarde	334020
Kenmore Whisky Miniature	563956	Pomegranate & Raspberry Fizz	549073
Kir Royale 75cl	275897	Port Decanter Large	206341
L.b.v. Port	549837	Pouilly Fume - Domaine Favray	190022
		Pouilly Fume Les Fouinelles	780926
		Pouilly Fume Cailbourdin	685467

## Products which do not contain NUTS as an ingredient

**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
Premium Bucks Fizz 75cl	275880	Think Pink Gin & Tonic In A Can	913102
R?serve Da La Saurine Red	671491	Think Pink Gin & Tonic In A Can	811132
R?serve De La Saurine White	671507	Think Pink Gin With Natural Cranberry Flavour Miniature	563970
R?serve Du Boulas Laudun C?tes Du Rh?ne Villages	349697	Toffee Vodka	675482
Red Mulled Wine 75cl	155991	Valentines Vintage Rosada Cava	658362
Reserve De La Saurine Rose	721813	Vintage Cava	195270
Reserve Du Boulas Cotes Du Rhone Rose	801201	Vintage Rosado Cava	608121
Rich Cream Sherry	442480	Vodka & Cranberry 25cl Can	913072
Riverina Chardonnay	554893	Vodka & Orange In Can	913089
Ros? D'anjou 75cl	666442	Vodka & Tonic 25cl In Can	913119
Rose Mulled Wine	993081	Vodka And Tonic Can 25cl	510189
Rose Spritzer With A Twist Of Blackberry	922548	White Wine Spritzer With A Twist Of Peach	922531
Rum & Cola 25cl In Can	912990	White Zinfandel Rose 50cl	799966
Rum & Cola 25cl In Can Ea	983433	Yorkshire Bitter	561051
Saint Joseph	278652	Zamora Zinfandel	271561
Saint Mont	464413		
Sancerre 50cl	799850		
Sancerre Domaine Bailly	680189		
Sancerre Domaine Hubert Brochard	319959		
Sancerre Les Ruettes	555012		
Sancerre Ros?	483810		
Sancerre Rouge	549493		
Sangria	424592		
Sauvignon Blanc White Wine Spritzer	802789		
Sauvignon Blanc With Apple	872485		
Scotch Whisky & American Dry	563000		
Scottish Ale	561099		
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		