



## M&S Product List

### Products That Are Suitable for VEGANS

Dear customer,

This list has been designed to help make it easier to find foods suitable for a vegan diet across our stores.

This list of products has been divided into food categories (e.g. global meals and desserts) to make it easier to navigate through our ranges. This list doesn't include foods which are inherently suitable for a vegan diet, such as fruit and vegetables, tea or pasta, or foods served at our fresh counters or cafes due to risk of cross contamination. Many of our Beers, Wines and Spirits are suitable for vegan diets and relevant bottles will carry the 'suitable for vegan diets' statement on the back of pack. Any of our M&S staff will be able to help you find products from the list in store.

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)

Products on this list will not contain any of the following ingredients and have been made under controlled conditions to prevent contamination with these ingredients.

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

#### Labelling

Look out for the vegan logo and vegan statement on back of pack to help find suitable products 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 0333 014 8555.

For more information about vegan diets please visit our health website [www.marksandspencer.com/health](http://www.marksandspencer.com/health)

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Product	Product Code	Product	Product Code
<b>B W S F20A</b>		Fruit Slices Cup	88695
Cherry Brandy	886444	Glacier Fruits	940849
<b>Biscuits F10A</b>		Glacier Mints	940832
Apple & Strawberry Oat Bar	23993	Large Dark Chocolate Bar	974677
Banana & Vanilla Oat Bar	24020	Large Milk Chocolate Bar	382731
Charcoal Biscuits	137966	Lemon Mint Gum	901758
Corn & Ancho Chilli Flatbread	845601	Lemon Sherbert Squares	88800
High Bake Water Biscuits	701655	Made Without Dark Chocolate With Cocoa Nibs	101042
Multiseed Wholegrain Flatbreads	139656	Made Without Dark Chocolate With Orange Sugar Crunch	99974
Rich Tea Biscuits	741316	Mango And Lime Sugar Free Gums	75053
Rosemary & Apricot Toasts	28264	Milk Chocolate Bar	382816
Speciality Italian Hand-crafted Flatbreads	629386	Milk Chocolate Caramel Crunch Bar	382892
Speciality Italian Hand-crafted Olive Flatbreads	629393	Mint Imperials	318518
Sweet Chilli, Pumpkin And Sesame Flatbreads	138581	Mocktail Jellies	87698
Sweet Potato And Orange	24044	Mocktail Jellies	397360
Teething Ring Biscuit - Apple & Blueberry	24006	Peppermint Gum	673068
Teething Ring Biscuits - Raspberry & Mango	24013	Pontefract Cakes	29582
Unsalted Whole Grain Rice Cakes	363150	Red And Black Gums	50685
<b>Confectionery F13A</b>		Rhubarb & Custards - 2 For ?1	812122
4 X Milk Chocolate Lollies	382687	Sherbet Lemons - 2 For ?1	812146
American Hard Gums	50692	Soft Liquorice	678582
Assorted Fruit Sherbet	158039	Spearmint Gum	673051
British Pudding Sweets	28592	Spearmint Sugar Free Gum - (cup)	75084
Carnival Fire Crackers -	877008	Sugar Free Clear Mints	539494
Cherry Jellies	88855	Sugar Free Curiously Strong Mints	75060
Chewy Fruits	992718	Sugar Free Lemon & Strawberry Sherbets	23191
Chewy Mints	50722	Sugar Free Orange & Lemon Fruit Drops - Box	539517
Clear Fruits	808385	Super Sour Pastilles	992657
Cola Bottles Cup	88718	Veggie Fruit Gums	992640
Curiously Strong Gum	901765	Veggie Fruit Pastilles	992633
Dark Chocolate Bar With Mint Crunch	100519	Veggie Wine Gums	992701
Eat Well Cashew Nuts (tillpoint)	500128	<b>Dairy F06C</b>	
Firecrackers	397384	Almond Drink	996242
Fizzy Cola Bottles	89470	Avocado Spread	328920
Fizzy Fruit Slices	88831	Coconut Cream	328937
Fizzy Pop Sweets	29551	Coconut Drink	972666
		Dairy Free Low Fat Sunflower Spread	565028

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Product	Product Code	Product	Product Code
Oat Drink	972321	Pitted Full Flavoured Spanish Cuquillo Olives	26949
Plain Soya Pot	329149	Pitted Mild & Fruity Halkidiki Olives & Tomatoes	862424
Raspberry Soya Pots	89593	Pitted Piri Piri Olives	27045
Rice Milk	972314	Pitted Spanish Mild Manzanilla & Full Flavoured Cuquillo Olives	701235
Soya Drink	869232	Pitted Spanish Mild Manzanilla Olives	546720
Sunflower Spread - 500g	338370	Pitted Sweet & Smoky Chargrilled Olives	27250
Supergrain Drink	329217	Reduced Fat Houmous	145954
Vanilla Soya Pots	328951	Roast Red Pepper And Toasted Pine Nut Dip	797658
<b>Delicatessen F04C</b>		Roasted Butternut Squash And Chickpea Salad	862509
12 Handmade Vegetable Spring Roll Selection	670005	Spicy Red Pepper Houmous	311304
12 Oriental Vegetable Selection With A Thai Chilli Dip	570893	Stone In Sweet & Buttery Italian Nocellara Olives	862493
18 Indian Style Snack Selection	309431	Stone In Basil & Garlic Marinated Olive Selection	299596
3 Pack Mini Houmous Pots	516891	Stone In Basil & Garlic Marinated Olive Selection	398299
6 Handcrafted Stuffed Vine Leaves	231961	Stone In Full Bodied Greek Kalamata Olives	231855
6 Onion Bhajis Child Spec	624725	Stuffed Olives With Garlic, Pimento & Jalapeno	712705
8 Falafels	352574	Stuffed Olives With Pimento	465571
Bbq Relish Child Spec	549936	Tomato Salsa Dip	322171
Butternut And Chilli Harissa Dip	674591	Vegetable Spring Roll	514828
Caramelsied Onion Houmous	862356	Yellow And Red Sunblush Tomatoes	797719
Chargrilled Olives And Peppers	716550	<b>Desserts F08C</b>	
Chilli Olives	864411	3 Mini Retro Jellies (multipack)	863339
Christmas Party Crudite Selection	244985	3 Raspberry Jellies	863360
Dip To Share Houmous And Chilli And Herb	712484	Blackcurrant And Tahitian Vanilla Jelly	56144
Fiery Tomato Salsa	922760	Christmas Compote	246019
Guacamole	835848	Dessert Menu Summerfruit Compote 500g	68567
Houmous 200g	607537	Eat Well Berry & Cherry Jelly Terrine	559164
Houmous 300g	234474	Exotic Jelly Cubes	975063
Houmous Eu	876247	Mojito Jelly	864015
Marinated Antipasti Selection With Pitted Cuquillo Olives	701181	Passion Fruit & Orange Jelly	96737
Marinated Flame Seared Italian Artichokes	465021	Peach Melba Jelly	681193
Marinated Grilled Peppers	701174	Pineapple And Glitter Jelly Crown	852470
Marinated Italian Slow Roasted Vine Tomatoes	622165	Pomegranate & Elderflower Jelly	771207
Marinated Italian Sundelisi Tm Tomatoes	922418		
Marinated Vegetable Antipasti Selection	797689		
Organic Houmous	302661		
Piri Piri Houmous	922494		

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Product	Product Code	Product	Product Code
Raspberry, Pomegranate And Elderflower Jelly	975117	D&n Oriental Mix	968553
<b>Fish F62C</b>		D&n Soy Seed & Nut Mix	968539
Crinkle Cut Chips	696890	Darjeeling Tea With Raspberry Juice Infusion	30076
Samphire	25775	Detox Fresh Juice - Apple, Grape, Mint, Dandelion & Nettle - Fotm	851732
Triple Cooked Chips	26123	Diet Cola	172899
<b>Food onthe Move F07C</b>		Diet Ginger Beer 500ml	900027
Active Health Juice Booster Apple, Cucumber & Mint	78870	Eatwell Lightly Salted Coated Rice Cakes	99158
Almonds	943222	Elderflower Presse	32292
Apple & Mint Iced Tea	30069	Eu Ew Still 500ml	949927
Apple And Sultana Chunky Bar	82594	Eu Sparkling 500ml	949453
Apple, Coconut Water, Cucumber & Spinach	30014	Festive Cranberry & Orange Sparkle Jelly	946803
Baked Falafels With Reduced Fat Houmous Dipper	979894	Fish N' Chip Crisps	927659
Beefburger Crisps	927741	Fotm Apple And Raspberry 500g	664110
Berry Medley	664103	Fotm Big Crinkle Flame Grilled Steak	805612
Blood Orange Sparkling Water	906388	Fotm Big Crinkle Salt And Vinegar	805605
Bombay Spice Super Seeds	82761	Fotm Cajun Spiced Plantain Chips	86936
Cashew Nut Fruit And Nut Bar	82211	Fotm Christmas Bag 2013	586498
Cashew Nuts	462907	Fotm Grape Pot	989893
Cheerful Cherries	431668	Fotm Hand Cooked Prawn Cocktail Crisps	869317
Cherry And Berry Cashews	82754	Fotm S&v Chiplets	892865
Cherry And Cocoa Chunky Bar	82785	Fotm Salt And Vinegar Rice And Corn Cakes	782937
Chili, Lime And Coconut Super Seeds	82686	Fotm Sizzling Fruit Salad	908160
Chilli, Coriander And Coconut Nut Mix	82693	Fresh Mango 180g	408219
Classic Fruit Salad & Melon & Grape Munchies	925150	Freshly Squeezed Pomegranate Juice	488532
Cocoa And Coconut Fruit And Nut Bar	82150	Fruit Mix	878197
Cocoa And Orange Fruit And Nut Bar	82198	Fruit Salad	826402
Cou Orzo Pasta Dual Tray Size	688222	Ftg Apple & Mango Juice	667579
Cou Orzo Pasta With Slow Roasted Tomatoes Ftg Large Salad	534765	Ftg Balsam Tissues	694131
Cou Roasted Butternut Squash, Red Pepper Houmas Wrap	783231	Ftg Chap Stick	686853
Cou Sweet Chilli Veg Sushi Wrap	699792	Ftg Cou Salt & Vinegar Crisps	498241
Cracked Black Pepper & Salt Popped Potato Chips	99165	Ftg Cou Sea Salt Crisps	280433
Cranberry And Blueberry Chunky Bar	82822	Ftg Ew Cox's Apple	451642
Cranberry And Strawberry Chunky Bar	82860	Ftg Fc Tropical Juice	664844
		Ftg Festive Fruit And Nut Collection	515139
		Ftg Hand Cream	686846
		Ftg Hand Wipes	470742
		Ftg Hc Light Salted Crisps	599320

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Product	Product Code	Product	Product Code
Ftg Hc Salt & Pepper Crisps	155656	Mango, Pineapple & Passion Fruit Smoothie	666411
Ftg Hc Salt & Vinegar Crisps	651851	Mango, Pineapple & Passion Fruit Smoothie	778015
Ftg Houmous & Carrot Dipper	619400	Maple Bacon Flavoured Popcorn	946728
Ftg Large Veg Samosa	545037	Melon & Grape	790222
Ftg Lightly Sea Salted Parsnip, Sweet Potato And Beetroot Mixed Vegetable Crisps	604024	Mixed Berry Fruit And Nut Bar	82297
Ftg Mango	599238	Nectarine & Raspberry	808095
Ftg Melon & Grape 200g	790222	Never From Concentrate Aloe Vera, Grape & Apple	78887
Ftg Orange Melon	606530	Never From Concentrate Coconut Water 250ml	978576
Ftg Piel De Sapo Melon, Nectarine, Strawberry And Raspberry	619424	Nut Assortment	503051
Ftg Pineapple, Watermelon, Nect, Cantaloupe	716826	Olives - Chilli	828994
Ftg Pomegranate	599245	Orange Fruit Jewelled Jelly - Fotm	831758
Ftg Pomegranate And Raspberry Juice Drink	499491	Paprika Handcooked Crisps	378703
Ftg Pomegranate Juice	493239	Pea And Bean Super Seeds	83119
Ftg Pure Apple Juice From Concentrate	664820	Peach & Raspberry Still Water	466301
Ftg Rose Le Froglet To Go	716994	Pineapple, Mango, Kiwi & Blueberry Fruit Salad.	678858
Ftg Sauvignon Blanc White Le Froglet To Go	863391	Pineapple, Melon & Grape	661966
Ftg Seasonal Mix With Plum, Rocha Pear, Apple And Blackberry	621304	Pink Lady Apple Bag - Health - Fotm	786843
Ftg Summer Berry Medley	545112	Piri Piri Pea Snaps	842884
Ftg The Big Crunch Grilled Beef And Onion	716758	Pressed & Crushed Apple, Pomegranate, Cherry & Acai Juice	976527
Ftg The Big Crunch Salt And Cider Vinegar	716772	Pressed & Crushed Pineapple, Golden Berry & Ginger Juice	30113
Ftg Tropical Fruit Sticks	619370	Pressed & Crushed Pineapple, Watermelon & Aloe Vera Juice	976534
Ftg Watermelon	606516	Pressed Beetroot Juice	92937
Green Chilli, Lime And Coriander Pea Snaps	842877	Pressed Carrot Juice	92944
Guilt Free Lightly Salted Popchips	99189	Pressed Greens	92951
Ham Hock & Tewkesbury Mustard Hc Crisps - Xmas - Fotm	839884	Pressed Pink Lady Apple Juice	472821
Harissa Sweet Potato Handcooked Crisp	378635	Purely Coconut	978385
Japanese Style Rice Crackers	975988	Purely Mango	881302
Large Vegetable Samosa	545037	Purely Pineapple	997669
Lemon & Lime Sparkling Water	348157	Rainbow Veg Sandwich	78726
Lemon And Rosemary Olives	82846	Raspberry & Pomegranate Juice Drink	976862
Lightly Salted Air Popped Corn	82877	Red Pepper Pitta Chips	82938
Lightly Salted Multiseed Tortillas	82853	Refreshing Raspberry & Cranberry Juice Drink	831826
Lightly Salted Pitta Chips	83126	Roasted & Salted Cashews And Peanuts	974776
Mango Fruit Bar	82235	Roasted Red Pepper Cous Cous Chips	378741

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Product	Product Code	Product	Product Code
Salted Popcorn	782869	British Sweet Parsnip Chunks	586115
Sea Salt & Rosemary Focaccia Chips With Extra Virgin Olive Oil	378758	Butternut Squash Chunks	687553
Smoked Salt And Mixed Pepper Pea Snaps	842860	Carrot, Onion & Celery Base Mix	849777
Soft Apricots	710084	Casserole Vegetable Mix	849906
Spanish Peach Iced Tea	30045	Chopped Basil	851862
Sparkling Irish Natural Mineral Water	159852	Chopped Coriander	851879
Spiced Seed And Nut Mix	83010	Chopped Oregano	851916
Spicy Red Pepper Houmous & Crudite Dipper	619417	Chopped Parsley	851817
Still Irish Natural Mineral Water (1l)	925105	Crinkle Cut Chips	62886
Still Irish Natural Mineral Water (500ml)	654708	Diced Garlic	851794
Strawberry & Banana Smoothie	23085	Diced Ginger	851886
Strawberry Fruit Bar	82242	Diced Red Chilli	851909
Strawberry, Grape And Apple ?2	676533	Extra Chunky Chips	585781
Summer Berry	808088	Filo Pastry	849784
Summer Mexican Lime With A Hint Of Chilli Handcooked Potato Crisps	671057	French Fries	585798
Super Berry Smoothie	537797	Garden Peas 500g	849807
Super Berry Smoothie	544894	Made Without Dairy Coconut Milk Ice Cre	21647
Super Wholefood With Blueberries & Mango	671378	Made Without Dairy Coconut Milk Ice Cream	21647
Superwholefood Shaker Salad	716963	Maris Piper Crispy Wedges	312172
Sweet & Salted Popcorn	854030	Maris Piper Onion Rosti	892308
Sweet Potato Parsnip & Beetroot Hand Cooked Vegetable Crisps	120623	Mediterranean Style Potatoes & Vegetables	689885
Totally Tropical	854023	Petits Pois & Sweetcorn	740739
Tropical Medley Fotm	808675	Petits Pois 1kg	62770
Tropical Smoothie	23078	Petits Pois 500g	930239
Wasabi Popcorn	978613	Puff Pastry	587617
<b>Frozen F02F</b>		Rice & Vegetable Mix X 4 Portions	849821
(rm) Sweet Potato Fries	40099	Rice & Vegetables	314237
10 Mini Fruit Ice Lollies	32148	Sauteed Onion	849791
12 Vegetable Spring Rolls	772150	Shortcrust Pastry	587624
6 Pineapple, Coconut & Lime Lollies	965941	Simply M&s Frozen Green Beans	889049
Alphonso Mango Sorbet	355841	Simply M&s Frozen Spinach	889056
Beer Battered Onion Rings	841962	Simply M&s Fruit Lollies - 8 Pack	918381
British Broad Beans	689779	Simply Steak Cut Chips	95020
British Raspberries	343015	Simply Steak Cut Chips	841948
British Summer Fruit Selection	454278	Simply Straight Cut Chips	95037
		Simply Straight Cut Chips	323796
		Sliced Peppers	849753
		Sliced Runner Beans	133838
		Steam Veg Medley (broccoli / Carrot / Sweetcorn)	849838

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Steam Veg Medley (cauli/ Carrot/ Petit Pois)	849852	Sweet & Sour Sauce	667333
Super Bean Mix	151306	Sweet Chilli Sauce	667326
Sweet Potato Chips	841955	Sweet Potato Bhajis	685269
Sweetcorn	208352	Tomato & Basil Sauce	448727
Tomato Ragu Sauce	851893	Tomato & Basil Sauce (large)	643658
Vegetable Medley	741644	Tomato & Chilli Sauce	635387
Vegetable Stock	851947	Tomato & Roasted Vegetable Sauce	460170
<b>Global Meal Solutions F03C</b>		Vegetable Gyoza	39420
(red Onion & Fontal) Pantofola	635486	<b>Groceries F19A</b>	
4 Garlic& Parsley Ciabatta Sticks	29100	10 Apple, Sultana & Cinnamon Porridge Sachets	933520
4 Onion Bhajis	269360	10 Golden Syrup Porridge Sachets	933506
4 Vegetable Samosas	672610	10 Peruvian Coffee Capsules	285629
6 Vegetable Steamed Dim Sum (te)	709835	10 Porridge Sachets	933490
8 Poppadums	132619	10 Waffle Ice Cream Cones	738668
Asian Rice	667470	12 Cake Cups	843300
Asian Slaw	939843	16 Mini Cake Cups	843270
Aubergine Achari	815697	160 Extra Strong Tea Bags	740531
Black Bean Sauce	667463	160 Extra Strong Teabags	859226
Bruschetta With Black Olive Tapenade	788694	160 Red Label Teabags	177054
Child File - Wok Toasted Sweetcorn Spring Roll	851213	160 Red Label Teabags 2010	730846
Chunky Onion Rings	668132	2 Cake Boxes	843317
Crispy Vegetable Ball	685191	20 Lemon And Ginger	730662
Crispy Vegetable Chaat Selection	949804	20 Pure Camomile Tea	730686
Flat Rice Noodles	667449	20 Pure Green Tea	730679
Frites	253949	20 Pure Peppermint	730655
Garlic Mushrooms	622196	20 Reviving Teabags 2010	730730
Green Vegetable Stir Fry Pack	667425	20 Strawberry And Raspberry	730693
Gunpowder Potatoes	939881	3 Seed Granola	912754
Ilg Crispy Vegetable Ball	708500	3 Tier Cake Stand	843348
Indian Starter Selection	465311	4 Berry Muesli	937429
Italian Style Pizza Bases ( 2 Pack)	771665	4 Grain Fruit, Nut & Seed Muesli	913744
Mini Onion Bhajis And Vegetable Pakoras	534468	6 Cookie Bags	843294
Mixed Pepper Vegetable Pack	667371	6 Piping Bags & 2 Nozzles	951678
Mixed Vegetable Masala	647458	75 Cupcake Cases	587716
Mushroom Onigiri	194020	8 Mini Loaf Cases	951661
Pizza Dough	962322	80 Decaffeinated Tea Bags	334150
Rice Pancake Vegetable Spring Roll	685245	80 Extra Strong Tea Bags	740555
Simply Tomato Sauce - Gap	867238	80 Extra Strong Teabags	716109
Spicy Sweetcorn Fritters	39390	Afternoon Blend 80s	285421
		Agen Prunes	981774



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All Day Quarter Caf - Ground Coffee	994309	Caf? Noir	741415
All Spice	914642	Cafe 10 Coffee Capsules	995917
Ambient Breakfast Fruit Pots	809252	Cafe Granules 200g	461801
Apple & Cinnamon Flakes	818919	Californian Walnut Halves	981767
Apricot, Ginger & Sage Chutney	199681	Calming Lavender, Limeflower & Camomile	328845
Assam 50 Tea Bags	730877	Calming Teabags	730723
Avocado Oil	568227	Canned Apricot Halves	809375
Baking Powder	568234	Canned Baked Beans	809382
Balsamic Glaze	568241	Canned Baked Beans Small Can	824590
Balsamic Vinegar	234993	Canned Butter Beans	809184
Basil Infused Evoo 2011	793957	Canned Cannellini Beans	867191
Basmati Rice	538848	Canned Chantenay Carrots	809351
Basmati Rice 1kg	207553	Canned Chick Peas	809368
Bay Leaves	568265	Canned Garden Peas	809085
Berries Cherries & Flakes	819077	Canned Mandarins	808996
Bicarbonate Of Soda	914604	Canned Mango Slices	809108
Black & White Chia Seeds	327343	Canned Mixed Vegetable Curry	809825
Black Bean Sauce	331869	Canned New Potatoes	823906
Black Onion Seeds	613934	Canned Peach Slices	809030
Black Peppercorn Grinder	919548	Canned Pear Quarters	809092
Black Peppercorns	719582	Canned Pineapple Chunks	809009
Black Turtle Beans	208659	Canned Pineapple Rings	809115
Blanched Hazelnuts	574068	Canned Red Kidney Beans	809054
Blueberries	613279	Canned Tropical Mixed Fruit	809344
Borrettane Onions	20961	Caper Berries	726511
Bouquet Garni	568289	Cardamom Pods	613637
Brazilian Sul De Minas Ground Coffee	286176	Caraway Seeds	613712
Breakfast Blend 80 Teabags	740609	Cashew Nuts	613385
British Baby Beetroot	738811	Ceylon 50 Teabags	730891
British Caster Sugar	964197	Chai Teabags 50	735292
British Cold Pressed Rapeseed Oil	813105	Cherry Tomatoes	937177
British Duck Rilletes	199636	Chestnut Chutney	224345
Brown Rice	538831	Chestnut Chutney	480062
Brown Sauce	818872	Chilli Flakes	613736
Brown Sauce	826723	Chipotle Chilli Flakes	970389
Bruschettine	730365	Chopped Mixed Nuts	574013
Bucatini	20978	Chopped Shallots	568159
Bulgur Wheat	65184	Chunky Vegetable & 3 Bean Soup	816243
Bulgur, Lentil And Barley	789219	Chunky Vegetable Soup	816298
Caf? Connoisseur Roast And Ground Coffee	730990	Cider Vinegar	793933
		Cinnamon Sticks	568302



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Product	Product Code	Product	Product Code
City Blend 40s	740524	Dried Ancho Chillies	573870
City Blend 40s	328791	Dried Basil -jar	739863
Classic 10 Coffee Capsules	995801	Dried Cayenne Pepper - Jar	739924
Classic Mincement	480093	Dried Chinese 5 Spices - Jar	739955
Classic Roast And Ground Coffee	730938	Dried Chives - Jar	739931
Classic Tea	372800	Dried Coriander Leaf - Jar	739894
Cloves	568319	Dried Cumin - Jar	739948
Coarse Ground Black Pepper	676748	Dried Ground Coriander - Jar	739900
Cocktail Cornichons	737142	Dried Italian Herb Seasoning- Jar	739856
Coconut Cream	959063	Dried Mixed Fruit	701648
Coconut Milk	568517	Dried Mixed Herbs Jar	676724
Coffee Filters	741460	Dried Parsley Herb Jar	676717
Colombian Antioquia	285940	Dried Porcini Mushrooms	573856
Columbian	994316	Dried Sage - Jar	739917
Columbian Ground Coffee	735315	Dried Thyme - Jar	739870
Columbian 10 Coffee Capsules	995832	Earl Grey Green Tea Bags	285339
Columbian Beans	735308	Easy Ginger	568142
Columbian Decaf Ground Coffee	730983	Easycook Long Grain Rice 1kg	109482
Columbian Microground Instant Coffee	285957	Eat Well Hand Cut Grapefruit Segments In Juice	525930
Conchiglioni	671552	Elderberry And Blackcurrant Jelly	162517
Cook With M&s Recipe Paste Classic Chilli For Minced Beef Or Veggies	935289	Empress Grey 50 Tea Bags	735346
Coriander Seeds	613675	English Breakfast 50 Tea Bags	730853
Corn Bread Mix	91671	Espresso R&g Coffee	196932
Cou Three Bean Chilli (smaller Can)	809788	Espresso Roast And Ground Coffee	731003
Cous Cous	573849	Ethiopian Sidamo Coffee Beans	286152
Cranberries	613262	Ethiopian Sidamo Ground Coffee	285964
Cranberry And Blood Orange	162692	Extra Strong 240	740548
Cumin Seeds	613682	Extra Strong Loose Tea	741965
Darjeeling Teabags	735421	Extra Strong One Cup Teabags 2010	740562
Dark Muscavado Sugar	568531	Extra Virgin Olive Oil	549233
Decaf 80	740586	Fairtrade Demerara Sugar	542265
Deliciously Versatile Hoisin & Plum	273688	Fairtrade Golden Granulated Sugar	542272
Deliciously Versatile Miso & Ponzu	274296	Fairy Cake Cases	587723
Deliciously Versatile Spiced Soy And Garlic	273701	Farfalle	671606
Deliciously Versatileteriyaki	273640	Fennel Seeds	613729
Dessicated Coconut	613378	Fenugreek	613743
Detox Teabags	735339	Fiorelli	671613
Dijon Mustard	738460	Flaked Californian Almonds	574020
Dipping Oil. Extra Virgin Olive Oil, Chilli & Garlic	549677	Fruit & Fibre Muesli	819039
		Fruit & Nut Muesli	819282
		Fruit Tea Selection Pack 2010	735384

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Product	Product Code	Product	Product Code
Fruity Amarillo Dressing	915182	Instant Coffee	741392
Fruity Couscous	863803	Instant Coffee	741408
Fusilli	671620	Italian	741491
Giant Wholewheat Couscous	65139	Italian	741507
Glace Cherries	568470	Italian 10 Coffee Capsules	995757
Gluten Free Flour	620833	Italian Beans	731010
Gold	741361	Italian Extra Virgin Olive Oil	336628
Gold	741323	Italian Grain Pot	208697
Gold Decaf	741378	Italian Kvi Spaghetti	671644
Gold Decaf Premium Instant Coffee	741385	Italian Mixed Peel	87230
Gold Loose Tea	730860	Italian Risotto Rice	618434
Golden Caster Sugar	568500	Italian Roast And Ground Coffee	730914
Golden Flaxseed	327374	Japanese Sencha Infusion	285124
Golden Syrup	570831	Jasmine Pearls & Green Tea	285131
Greek Extra Virgin Olive Oil	336611	Juniper Berries	613750
Green & Jasmine	730716	Kaffir Lime Leaves	613651
Green & Lemon	735391	Kenyan 50 Teabags	730884
Green Lentils	573733	Kenyan Ground Coffee	730945
Green Tea Everyday Blend 80 Teabags 2010	740579	Ketjap Manis	568418
Green Thai Curry Sauce	331739	Large Gherkins	738071
Ground Almonds	919944	Lazy Weekend 10 Coffee Capsules	995818
Ground Black Pepper	919487	Lazy Weekend Roast And Ground Coffee	735407
Ground Cinnamon	619325	Light Muscavado Sugar	580564
Ground Cloves	919449	Lime Juice From Concentrate	870245
Ground Coffee	30106	Linguine	671651
Ground Ginger	619189	Long Grain And Wild Rice	207669
Ground Nutmeg	676731	Loose Assam Golden Tippy Tea	285636
Ground White Pepper	914628	Loose Earl Grey Tea	735438
Harissa, Red Pepper And Rasel Hanout, Bulgar Wheat, Cracked Frekah And Chickpea Grain Mix	208710	Loose English Breakfast	735445
Hedgerow (gamekeepers) Xmas Line	739184	Loose Kenyan Golden Pekoe Tea	285674
Herbes De Provence	914635	Loose Leaf Earl Grey Tea	188098
High Fibre Fusilloni	89241	Loose Leaf Luxury Gold Tea	188104
Hoisin Sauce	568401	Loose Leaf Rwandan Tea With Safflower Petals	188067
Honduras Ground Coffee	285612	Loose Rwandan Tea With Safflowers	285438
Hot Chilli Powder	919494	Luxury 8 Fruit, Nut & Seed	819565
Hot English	738064	Luxury Gold 160 Tea Bags	730808
Hot Smokey Barbecue Marinade & Sauce	863698	Luxury Gold 80 Tea Bags	730792
House Blend Mexican Spices	970365	Luxury Gold Teabag 240s	288033
House Decaf 10 Coffee Capsules	995863	Luxury Mincemeat	480086
		M&s Cafe - Ground Coffee For Cafetiere & Filter	994644

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Product	Product Code	Product	Product Code
M&s Cafe Coffee Beans	994668	Mixed Peppercorn Grinder	914666
M&s Cafe Hazelnut Syrup	994736	Mixed Spice	613804
M&s Cafe Tin	981477	Morello Cherries In Kirsch	897136
Macadamia Halves	981811	Morello Cherry Conserve	993685
Madagascan Vanilla Extract	568562	Morroccan Mint Infusion	994675
Made Without Rice Porridge	18999	Muffin Cases	587686
Made Without Wheat 7 Fruit, Nut & Seed Muesli	78085	Mustard Seeds	613699
Made Without Wheat Baking Powder	77996	New York Roast And Ground Coffee	730952
Made Without Wheat Gluten Free Penne	811064	No Knead Italian Dough	87193
Made Without Wheat Lasagne	989312	No Knead Sourdough	87148
Made Without Wheat Porridge	80095	Non Pareille Capers	870085
Made Without Wheat Self Raising Flour	78023	Non Pareille Capers In Salt	870115
Made Without Wheat Spaghetti	811071	Nutmeg	568487
Made Without Wheat Victoria Sponge Mix	78016	Oatbran Gapfill	886703
Made Without Wheat White Bread Mix	78030	Olive Oil - Wise Buy 2011	549226
Made Without Wheat Xanthan Gum	78009	One Cup Classic Filters	730969
Make It Your Own Multigrain Muesli	847049	One Cup Columbian Filters	741477
Make It Your Own Multigrain Porridge	846776	One Cup Decaf Filters	731027
Medium Curry Powder	919432	One Cup Italian Filters	730976
Medium Roast Instant Decaffeinated Coffee	741354	Orange, Fig & Hazelnut Mince meat	50135
Messicani	671668	Oregano	619073
Mexican Grain Pot	208734	Organic Italian Evoo 2011	805834
Mexican Potato Wedge Seasoning	48637	Organic Italian Extra Virgin Olive Oil	313742
Microwavable Basmati Rice	380171	Organic Pasta Flour	919623
Microwavable Wholegrain Rice	486682	Organic Rye Flour	919616
Microwave Long Grain & Wild Rice	849425	Organic Virgin Coconut Oil	959070
Microwave Long Grain Rice	380188	Organic Wholegrain Spelt Flour	919609
Microwave Wholegrain Rice	849456	Orzo Pasta	20985
Mild Chilli Powder	616195	Pad Thai Rice Noodles	359955
Milled Golden Flaxseed	327350	Paella Rice	798235
Milled Hemp & Cocoa	327336	Peanut Satay Sauce	274326
Milled Nuts & Flaxseed	327305	Pecan Halves	981804
Milled Seeds & Berries	327312	Penne	816687
Mint	919425	Authentic Italian Pasta	
Mint Jelly	162500	Peruvian Ground Coffee	994293
Mixed Beans In Water	954730	Petit Pois	310352
		Pickled Onions	568937
		Pilau Rice	364102
		Pine Nut Kernals	574044
		Pitted Black Olives	730457
		Pitted Dates	981781

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Product	Product Code	Product	Product Code
Pitted Prunes In Apple Juice	867214	Selection Of Fruit & Herbal Infusions	189064
Plum Tomatoes	821926	Sesame Seeds	574099
Poppy Seeds	87025	Seville Olives	730426
Porridge Oats	819367	Shelled Pistachios	981798
Power Berry Teabags	285117	Sicilian Lemon Juice	87223
Provender Balsamic Vinegar	481359	Silky Teabags Darjeeling 2010	735483
Pudding Rice	568692	Silky Teabags Gunpowder Green & Mint 2010	735490
Pumpkin Seeds	574075	Silky Teabags Lapsang Souchong 2010	735506
Purple Tea & Blueberry	285667	Simply 4 Pack Canned Chopped Tomatoes	900379
Puy Lentils	789196	Simply Bran Flakes	878098
Puy Lentils With Sun Dried Tomatoes & Basil	789202	Simply British Granulated Sugar	963602
Quinoa	65160	Simply Grapefruit Segments	809078
Rapeseed Oil	615341	Simply Macaroni Kvi (gap)	878609
Red & White Quinoa With Bulgur	789226	Simply Malt Vinegar	620796
Red Cabbage - Large Jar	772372	Simply Peach Halves	907705
Red Jalapenos	63203	Simply Plain Flour	250252
Red Label 80	730822	Simply Self Raising Flour	250269
Red Lentils	573740	Simply Sliced Carrots	77835
Red Thai Curry Sauce	331876	Simply Strong Wholemeal Flour	620888
Redbush 40 Teabags	735469	Single Origin Ceylon Teabags	188647
Reduced Fat Coconut Milk	622288	Single Origin Columbian Coffee Beans.	188487
Refresh Teabags	285322	Single Origin Ethiopian Coffee.	188333
Rice Vermicelli Noodles	568456	Single Origin Green Jasmine Teabags	188074
Rigatoni	671682	Single Origin Guest Coffees	994651
Risotto Mix With Porcini Mushrooms	621144	Single Origin Kenyan Teabags	188050
Roasted Garam Masala	919470	Single Origin Tea Selection	189293
Roasted House Blend Curry Powder	919524	Sliced Bamboo Shoots	846530
Roasted Moroccan Spice Blend	919517	Sliced Gherkins	971300
Roasted Vegetable, Olive & Lemon Bulgar Wheat And Lentile Grain Mix	208727	Sliced Green Jalapenos	722155
Rosemary	619080	Sliced Mangoes	541787
Rough Cut Sugar Cubes	742016	Smoked Chilli And Garlic Grinder	605182
Rwandan Ground Coffee	285551	Smoked Paprika	568616
Saffron	568609	Smoked/ Toasted Quinoa	208666
Sandwich Pickle- Pickled Onions	738279	Soba Noodles	913775
Sea Salt	719599	Soft Tacos	48514
Sea Salt Grinder	914659	Soy Sauce	455916
Sea Saly Anglesey	389334	Spaghetti	816717
Seeded Crumble Mix	994217	Authentic Italian Pasta	
		Spaghetti 1kg	878081

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Product	Product Code	Product	Product Code
Spanish Extra Virgin Olive Oil	729635	Vegetable Stock	568661
Sparkling Peach & Prosecco Conserve	189248	Vine Ripened Tomato Paste	904209
Speciality Balsamic Vinegar	569026	Vostizza Currants	645737
Speciality Sicilian Dop Extra Virgin Olive Oil	642699	Walnut Oil	574129
Spelt Rigatini	89210	Walnut Pieces	574112
Spiced Marmalade	224161	Water Chestnuts	846516
Spiced Couscous	863797	Wheat Biscuits	819411
Spiced Seville Marmalade Xmas 2010	685566	White Bread Mix	573948
Spiced Tea	50104	White Breadcrumbs	573764
Spicy Chipotle, Coriander & Lime, Quinoa, Black Bean And Wheatberry Grain Mix	208895	White Tea & Raspberry	735513
Sriracha Sauce	274319	Whole Apricots	575898
Star Anise	613705	Whole Blanched Californian Almonds	613392
Strong White Bread Flour	568722	Wholewheat Cavatappi	89180
Sumac	970372	Wholewheat Penne	671729
Sunflower Seeds	574082	Wholewheat Spaghetti	671736
Super Grain Mix	208918	<b>Healthy Meal Solutions F64C</b>	
Super Green Tea Bags	285261	Banana Porridge	961585
Sweet & Sour Sauce	331852	Fruity Mango Dessert	961950
Sweet Chilli, Ginger & Garlic Sauce	331906	Med Veg Pasta With Red Pepper Sauce	470179
Sweet Paprika	919456	Mexican Bean & Butternut Chilli Snackpot	794824
Sweetcorn	147538	Organic Broccoli, Pea, Parsnip With A Hint Of Pear	965897
Sweetcorn Tetrapack	809047	Organic Italian Bean Ragu	965859
Tabbouleh/ Moroccan Grain Pot	208703	Pure Apple Juice (kids Range)	492539
Taka Dhal Soup	851985	Spiced Red Lentil Kofte With Tabbouleh	794794
Tarragon	619141	Tuscan Bean, pasta And Vegetable Stew	811798
Thai Jasmine Rice	613873	<b>Meat F38C</b>	
Thompson Raisins	701617	Spiced Vegetable & Lentil Haggis	786966
Toasted Sesame Oil	336710	<b>Poultry F01C</b>	
Tomato Puree	821919	Cranberry And Port Sauce 250g	130134
Treacle	621038	<b>Salads F16C</b>	
Triple Mint Infusion	285605	Avocado Bowl	920353
Turkish Sultanas	573986	Baby Cherry	902076
Turkish Sultanas	701624	Baby Cherry Large	166300
Turmeric	619172	Baby Cos	977715
Tuscan Evo0 2011	951203	Baby Hass Avocado	229005
Tuscan Evo0 2011 (olitalia)	806404	Baby Leaf Herb Bag	919135
Udon Noodles	913768	Baby Red Salad Onions	178273
Vanilla Pods	568647		
Vanilla Syrup	994682		

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Product	Product Code	Product	Product Code
Baby Salad Onions	988650	Garden Side	969673
Balsamic Dressing	920025	Giant Couscous & Wheatberries With Roasted Butternut Squash	495929
Beetroot Ribbon Salad	715539	Growers Choice Salad Bag	773935
Beetroot Salad	249270	Hass Avocado Loose	903318
Bistro Tomato Selection	771115	Hot Rocket Salad	868464
Borlotti, Flageolet & Black Bean Salad Sop: 3 Bean Salad	537872	House Salad With Dressing	868549
Bunched Radish	869522	Iceberg	900706
Carrot & Beetroot Ribbon Salad	968867	Iceberg Lettuce	151542
Cherry Vine Toms Dual Tray Size	684699	Iceberg Lettuce Bag H/t	683074
Cherry Vine Toms Dual Tray Size	684682	Just Add - Beetroot & Red Onion	973250
Claret On The Vine	934756	Large Piccolo On Vine	564380
Claret Tomatoes (Irish)	809450	Large Santini Salad Bowl With French Dressing	920063
Continental Salad Onion	920155	Little Gem	900911
Couscous And Roasted Vegetables	185677	Loose Beef Tomatoes	900256
Cucumber	901383	Loose Cherry On The Vine	642972
Cucumber Portion	901604	Mango, Mangetout & Coriander Salad Sop: Mango, Mangetout & Coriander Salad	920391
Deli - 'superfood' Salad	550239	Mexican Corn	919975
Deli Side Salad - Sprouting Seed	624121	Mexican Rice, Quinoa & Avocado Salad Sop: Mexican Grain & Avocado Salad	31615
Discovery Seedless Red Pepper	846783	Mixed Leaf Duo Pack	868297
Edamame And Sunflower Superbowl	798549	Mixed Leaf Salad Bag	780506
Edamame Bean Salad Dual Tray Size	683067	Mixed Sweet Pointed Peppers	562027
Edamame Soybean Salad	505994	Multi Pack Peppers Dual Tray Size	683142
Ew Raw Garden Super Bowl	868365	Multipack Peppers	905350
Ew Super Green Bowl	868372	Organic Celery	224567
Extra Large Avocado	818780	Organic Cucumber	981620
Extra Large Cucumber	630085	Organic Multi Pack Pepper	313513
Extra Sweet Peppers	205887	Organic Watercress, Spinach & Rocket	255202
Fat Free Mango And Chilli Dressing	870061	Orzo Pasta Salad With Slow Roasted Tomatoes	564489
Forager's Choice Aromatic Salad	794930	Peashoots Bag	548106
Forager's Choice French Country Salad	868471	Pepper Wild Rocket, Watercress & Spinach	187879
Forager's Choice Garden Salad	794978	Peppers For Rst	495714
Fr Italian Bag	876957	Peppery: Baby Leaf Rocket Salad	506397
Fr Mixed Leaf Bag	876971	Peppery: Italian Style Baby Leaf Salad	973151
Franchise Trial - Ew Giant Cous Cous	701792	Peppery: Italian Style Baby Leaf Salad	169042
French Dressing	920056	Piccolini Cherry 250g (Irish)	809498
Fto Forager's Choice Hot And Fiery Salad	925822		
Fto Large Santini Salad Bowl	975742		
Fto Orzo Pasta Salad	975759		

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Product	Product Code	Product	Product Code
Picolini Cherry Tomato 250g (irish)	809474	Super Wholefood Salad With Basil And Mint Vinaigrette	547994
Pointed Red Peppers Eu	899192	Sweet Baby Leaf Twin Pack 2 X 50g	968874
Pot Shots Soy And Ginger	920360	Sweet Chili Rosebud Beetroot	868648
Pp6 Toms Dual Tray Size	684705	Sweet Rosso Tomatoes	805544
Radish	910613	Sweet: Baby Leaf Salad	968843
Red And Gold Santini	482851	Sweet: Rosa Verde Salad	506267
Rice, Lentil & Roast Aubergine With A Garlic Dressing	898201	Tomalini Tomatoes	715652
Round Tomatoes Tray Pack (irish)	809481	Traditional Salad Bowl	920377
Ruby Salad	941846	Watercress Spinach And Rocket Super Salad With Dressing	868693
Salad Bags - Wild Rocket And Red Chard	659666	Whole Cucumber Eu	899185
Salad Bowl Bag 100g	536745	Whole Cucumbers Dual Tray Size	683128
Salad Bowl Bag 150g	459389	Wsr Active Health	919418
Salad Bowls - Beetroot And Carrot	687621	<b>Traditional Meal Sol F63C</b>	
Salad Bowls - House Salad	611251	Braised Vegetable Casserole With Mini Parsley Dumplings	644631
Salad Bowls - Tomato And Red Pepper	659444	Butternut Squash, Pepper And Red Onion For Roasting	59824
Salad Onions	902182	Carrot & Coriander Soup	151351
Santa Baby Plum Tomatoes	901161	Dine In Chunky Chips	874502
Santa Baby Plum Tomatoes Eu	899413	Dine In Frites 200g	689465
Santa Large Plum Tomatoes	126977	Festive Parsnip And Mulled Red Onion Roast	77002
Santini Large Plum Tomatoes	126977	Portobello Mushroom & Red Onion Roast	943062
Santini On The Vine	97697	Savoury Vegetable Rice	162180
Santini Salad Bowl 225	933377	Spicy Lentil Soup	220552
Santini Tomato Side	539364	Summer Minestrone	857673
Santini Tomatoes (irish)	877305	Super Beans And Orzo Pasta	60431
Santini Tray Dual Tray Size	683180	Super Beetroot Soup	772334
Simply Frilly Mix.	919395	Super Sweet Potato & Black Bean Soup	150613
Small Classic Bowl Ifg	713306	Superbean Lentil & Barley Soup	953061
Small House Salad Bowl	771528	Tomato, Borlotti Bean & Kale Soup	946636
Small Italian Salad Bag	685382	Trad Roasting Vegetables	59756
Solo: Lambs Lettuce	506250	Vegetarian Roasted Butternut Squash & Red Onion Tagine With Cous Cous	937009
Solo: Spinach	920124		
Solo: Watercress	902298		
Solo: Wild Rocket	699211		
Solo: Wild Rocket	818650		
Sorrell Salad	868495		
Spinach And Mizuna Super Salad With Dressing	868655		
Spring Onions Dual Tray Size	683111		
Sprouted Peas And Beans	771504		
Super Green Salad	45681		