



## Allergy Lists

Dear Customer,

In developing our products, we always avoid the use of allergenic ingredients wherever possible.

Wherever we can, we provide choice within our ranges for customers who wish to avoid particular ingredients (e.g. specific gluten free products). To help with this, we provide comprehensive and clear on-pack information indicating the presence of the common allergens. This information appears in both the ingredients list (e.g. Soya lecithin, lactose (from cows' milk)), and the Contains box :



Any product containing peanuts or other kinds of nut (or nut oil), carries the nut warning logo next to the ingredients list.



Where products themselves are potential allergens and the presence of the allergen is clear from the product description, for example; milk, mustard sauce, peanut butter, pre-packed celery, we do not include a contains box as our customers have told us that this information is not valuable to them.

Comprehensive and regularly updated lists of products that are prepared to recipes that exclude allergens are available from our stores, on-line and via our Customer Service team (0845 302 1234). The following standard lists are available;

- Egg
- Milk and Lactose
- Gluten
- Nut
- Soya
- Added Yeast and Yeast Extract
- Sesame

For customers with more complex requirements, our Customer Services team can provide specific individual reports.

**This product has been made in a factory that uses nut ingredients.**

**This product has been made in a factory that uses sesame ingredients.**

**This product has been made in a factory which uses nut and sesame ingredients.**

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PRODUCT TITLE	BARCODE / UPC	PRODUCT TITLE	BARCODE / UPC
<b>Ambient Celebration F33A</b>		<b>Bakery F09A</b>	
Retro Carton Of Liquorice Twists	531924	Farmhouse Soft White	263290
<b>Bakery F09A</b>		Green Olive Bruschettine	337311
10" Tortilla Wrap	241908	Highbran 400g	514972
12 Mini White Pitta Breads (ew)	247245	Kvi Brown Loaf (ew)	475969
12 Mini Wholemeal Pittas (ew)	491044	Lightly Salted Bruschettine	230919
2 Ciabatta	366359	Oatmeal Loaf (ew)	590686
2 Half Ciabatta	102285	Organic Ciabatta	537230
2 Rtb Crusty White Half Baguettes	560115	Organic Fruit And Seed Teacake	574587
3 Ready To Bake Half Baguettes	515665	Organic Multigrain Loaf 800g (ew)	538473
4 3% Fat Classic Hot Cross Buns	190961	Organic Multiseed Loaf	496810
4 Ciabatta Rolls	423946	Organic Stoneground Cob 400g (ew)	538442
4 Crusty White Morning Rolls	115940	Organic White Loaf 800g	519847
4 Fruit Buns	606899	Organic Wholemeal Loaf 800g (800g)	519878
4 Green Olive Rolls	392990	Peperonata Ciabatta	501194
4 Malted Grain Rolls	809177	Plain White Loaf (scottish Batch)	524018
4 Panini Rolls	350419	Premium White Medium 800g	358910
4 Rtb Crusty White Submarine Rolls	560122	Premium White Thick 800g	405799
4 Soft Wholemeal Finger Rolls	174947	Premium Wholemeal Loaf	514316
4 White Rolls	607193	Premium Wholemeal Thick Sliced Loaf	140164
5 Caramelised Onion & Poppy Seed Bagels	286862	Sandwich White Medium Slice Loaf	515443
5 Cinnamon & Raisin Bagels	286879	Seeded Batch Loaf Unsliced	290548
5 Multi-seed Bagels (ew)	491075	Soft Granary Loaf (ew)	479349
5 Plain Bagels	192927	Soft Muesli Loaf	595865
6 Organic Poppy & Sunflower Seed Roll Ring	514224	Soft White Bloomer Slices	560108
6 Rtb Crusty White Rolls	560139	Soya & Linseed Loaf (ew)	590716
6 Soft White Finger Rolls	193429	Spelt Bread	593694
6 Soft White Rolls	518611	Stoneground Cob 400g	514422
6 Soft White Split Rolls	710756	Two In One Loaf 400g (ew)	516051
6 Soft Wholemeal Rolls	518949	Two In One Loaf 800g	358903
6 Teacakes	520263	Two In One Soft Farmhouse Loaf 400g	516068
6 Wholemeal Tortilla Wraps (ew)	491051	Wheatgerm 400g	514866
7 Seed Roll Crown	494014	White Batch Loaf	267069
8 Poppadums	132619	<b>Biscuits F10A</b>	
8 Two In One Pitta Bread Pockets (ew)	514255	Dark Chocolate Dessert Cups	592451
8 White Pittas (ew)	202978	Eat Well Organic Date, Raisin, Oat & Cinnamon Bars - Boxed	581219
8 Wholemeal Pitta Breads (ew)	401456	Eat Well Organic Hazelnut, Brazil, Peanut & Almond Cereal Bars - Boxed	581264
Baker's Multigrain Loaf (ew)	138246	Ew Organic Mini Rice Cakes	590792
Baker's White 400g	546003	Oatcakes	303705
Bloomer Multiseed	239219	Reduced Fat Rich Tea	191128
Brown Batch Loaf	525701	Reduced Sugar High Fibre Digestives	911962
Ciabatta	565370	Rich Tea	741316
Citrus Fruit Slices	582827	Rich Tea Fingers	741422
Cou Two In One Loaf 400g	590648	<b>Confectionery F13A</b>	
Count On Us Country Grain Thick Sliced	261272	Fruit Sherbets	158039
Count On Us Malted Grain Thick Sliced	159029	Peanut Brittle	503419
Count On Us Soft Grain Bloomer	407694	Santa Domingo Dark Chocolate Coated Cherries	503532
Cracked Black Pepper Bruschettine	337250	Sugar Free Mints Box	539494
Ew Seeded Golden Wholemeal Farmhouse 800g	595858	Sugar Free Orange & Lemon Fruit Drops - Box	539517
Farmhouse Crusty Granary	299251	<b>Cook F05C</b>	
Farmhouse Crusty White	299947	Eat Well - Mini Vegetable Kebabs	337830
Farmhouse Crusty White	299954		
Farmhouse Soft Golden Wholemeal	263306		
Farmhouse Soft Golden Wholemeal	246255		
Farmhouse Soft Oatmeal	162838		
Farmhouse Soft White	246231		

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<b>Cook F05C</b>		<b>Food To Go F07C</b>	
Roasting Veg - Traditional Vegetables For Roasting With Herb Dressing	482042	Ftg Classic Fruit Salad	826402
<b>Dairy F06C</b>		Ftg Cola 500ml	172912
250g Sunflower Spread	476096	Ftg Cou Smoky Bacon Hoops	614849
Soya Milk	387071	Ftg Cranberry & Raspberry Sparkling Water	491822
Sunflower Spread	338370	Ftg Diet Cola 500ml	172899
<b>Delicatessen F04C</b>		Ftg Diet Sparkling Alphonso Mango And Passionfruit Carbonate	466288
12 Falafel	352574	Ftg Diet Sparkling Florida Orange	393072
3 Pack Mini Houmous Pots	516891	Ftg Diet Sparkling Sicilian Lemon Mexican Lime	393096
Baked Vegetable Parcels With Tomato Salsa	597623	Ftg Festive Fruit And Nut Collection	515139
Butternut Squash, Pumpkin Seed And Chilli Salad	507226	Ftg Golden Pineapple	997669
Caramelised Onion And Carrot Chutney	485197	Ftg Large Samosa	545037
Eat Well Tomato Salsa	322171	Ftg Lemon And Lime Flavour Still Spring Water Drink	314831
Houmous	234474	Ftg Mango	599238
Houmous 200g	607537	Ftg Melon & Grape	790222
Indian Selection With Tomato & Chilli Dip	309431	Ftg Nut Assortment	503051
Kalamata Olives With Chilli	491440	Ftg Orange Melon	606530
Kids 3 Pack Mini Houmous	597630	Ftg Peach & Raspberry Sparkling Water Drink	466301
Marinated Greek Olive Selection	299596	Ftg Pink Lady Apple Juice	472821
Marinated Roasted Artichokes	465021	Ftg Pomegranate	599245
Organic Houmous	302661	Ftg Pomegranate And Raspberry Juice Drink	499491
Organic Lemon & Coriander Humous	546614	Ftg Pomegranate Juice	493239
Pitted Manzanilla Olives	546720	Ftg Pressed Gala Apple Juice	465687
Reduced Fat Houmous	145954	Ftg Raspberry Still Fruity Water	459921
Reduced Fat Humous With Mini Ricecakes	597647	Ftg Reduced Fat Humous With Focaccia Sticks	502276
Small Queen Green Olives With Lemon & Garlic	491433	Ftg Reduced Fat Lightly Salted Crinkle Crisps	657426
Speciality Bella De Nocerolla Olives	546737	Ftg Reduced Fat Salt & Vinegar Crinkle Crisps	143349
Spicy Red Pepper Houmous	311304	Ftg Ruby Orange And Mandarin Still Water	466318
Stuffed Greek Olives	465571	Ftg Seasons Finest Cox Apple	451642
Sweet Potato Humous	546652	Ftg Seedless White Grapes	989893
<b>Desserts F08C</b>		Ftg Sparkling Berry Energising Berry Drink	502702
Eat Well Berry & Cherry Jelly Terrine	559164	Ftg Sparkling Florida Orange	393041
Eat Well Cherry Jelly With Sweet Cherries	606318	Ftg Sparkling Lemon And Lime Energy Drink	527460
Eat Well Fresh Fruit Jelly	964951	Ftg Sparkling Lemon And Lime Flavour Spring Water Drink With Sweeteners	348157
Eat Well Mango & Passion Fruit Jelly Terrine	616874	Ftg Strawberry & Aloe Vera Drink	381772
Eat Well Raspberry Jelly	344951	Ftg Super Berry Smoothie:blackcurrant,raspberry & Acai	544894
<b>Food To Go F07C</b>		Ftg Tropical Fruit Sticks	619370
Andean Blackberry Smoothie	596305	Ftg Watermelon	606516
Cafe Diet Cola 500ml Bottle	555616	Lightly Salted Handcooked Crisps	599320
Cou Orzo Pasta With Slow Roasted Tomatoes Ftg Large Salad	534765	Pressed Apple & Mango 330 MI	945479
Count On Us Strawberry & Raspberry Smoothie	418911	Pressed Apple Juice	943437
Count On Us...lightly Salted Baked Potato Crisps	280433	Pressed Grape & Raspberry Juice	277051
Cranberry Juice Drink 330 MI	259774	Sea Salt & Crushed Black Pepper Handcooked Crisps	155656
Ew Mango, pineapple And Lime	308328	Sea Salt And Balsamic Vinegar Handcooked Crisps	651851
Florida Squeezed Orange Juice 330 MI	988216	Sparkling Water 500ml Ftg	159852
Food To Go Dried Fruit & Nuts	462914	Still Water 500ml Ftg	654708
Food To Go Raspberry Jelly	473187	Still Water Sports Cap 750ml	349178
Fresh Mango 180g	408219	<b>Frozen F02F</b>	
Ftg Blackberry & Echinacea Drink	405553	Blackberry And Blackcurrent Sorbet	506908
Ftg Blackcurrant Still Fruity Water	452236	British Summer Berry Fruits	454278
		Catering Fries	353717
		Extremely Fruity...mango Sorbet	355841
		Frozen Blueberries	606219
		Ftg Freshly Squeezed Valencian Orange Juice Lolly	527491

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<b>Fruit F61C</b>		<b>Fruit F61C</b>	
(hot Fruit) Apple, Rhubarb & Orange With A Orange & Ginger Sauce	604055	Freshly Prepared Golden Pineapple Slices	230469
(hot Fruit) Pineapple & Passion Fruit With Demerara Sugar	604086	Freshly Prepared Layered Rainbow Fruit Salad (small)	539210
7 Small Bananas Small Bag	517706	Freshly Prepared Layered Rainbow Tropical Fruit Salad (small)	539227
Agen Prunes	267564	Freshly Prepared Mango	801898
Almonds	167048	Freshly Prepared Mango & Strawberry	593458
Apricots Loose	924283	Freshly Prepared Melon & Golden Pineapple Slices	391986
Apricots Pack X 6	302715	Freshly Prepared Melon & Grape	730815
Baby Kiwi	184069	Freshly Prepared Melon And Berries Rainbow Fruit Salad (small)	554312
Banana Medium Bag	961455	Freshly Prepared Melon Medley (450g)	505413
Black Grapes Punnet	513845	Freshly Prepared Melon Medley (simply Foods Trial) 450g	127684
Blackberries	815345	Freshly Prepared Orange Melon	392020
Blush Golden Apples X 4	236621	Freshly Prepared Pineapple (400g)	456388
Blush Pears X 4	169172	Freshly Prepared Pineapple Mango & Passion Fruit	939195
Braeburn Apple Loose	992015	Freshly Prepared Pineapple, Mango, Kiwi, Papaya And Passion Fruit	675994
Braeburn Apples Bag	578806	Freshly Prepared Pineapple, Mango, Kiwi, Raspberry & Blueberry 300g	494557
Braeburn Apples X 4	816144	Freshly Prepared Pineapple, Melon, Nectarine, Watermelon & Mango	473408
Bramley Loose	487108	Freshly Prepared Pomegranate	508056
Bramley Tray	417754	Freshly Prepared Rainbow Fruit Salad With Strawberries	554350
Brazil Nuts	811040	Freshly Prepared Stone Fruit Medley With Flavorking Plum	599177
British Raspberries	343015	Freshly Prepared Watermelon	347716
Cashew Nuts	319980	Fruit And Nut Collection 400g	437813
Cherries Red Small Punnet	159814	Ftg Watermelon 240g	398701
Cherry Mixed Pack	326735	Fuji Apples X 4	142427
Childrens Raisins	599306	Gala Apple Loose	123389
Comice Pear Loose	500647	Gala Apples Bag	812504
Comice Pears X 4	802475	Gala Apples Snack Pack	816250
Concorde Pear Loose	144209	Golden Delicious Apples X 4	593427
Concorde Pear X 4	143660	Golden Kiwi X 4	808156
Conference Pear Loose	817509	Golden Raisins & Cranberries	473422
Conference Pears X 4	949996	Granny Smith Apples X 4	801348
Cox Apple Loose	46800	Grape Red Large	436144
Coxs Apples Bag	159043	Grape Red Small	436175
Coxs Apples Snack	800327	Italia Grapes	807357
Coxs Apples X 4	800105	Jazz Apple Loose	401531
Dehri Dates Without Stones	810579	Jazz Apples X 4	367622
Delbard Estivale	800211	Jumbo Raisins & Sultanas	913126
Dried Mango	431644	Kiwi Fruit Loose	812832
Dried Nut, Fruit & Berry Mix	517805	Lemons Unwaxed X 4	806336
English Apple Loose	168328	Loose Bananas	69366
English Apple Snack	119887	Loose Yellow Plums	803717
English Apples X 6	807791	Lychees	808378
Fairtrade Mango	472364	Macadamia Nuts	352512
Fairtrade Pineapple	472456	Macadamia Nuts & Cranberries	464727
Figs Loose	408981	Mackintosh Red Apples	429511
Figs X 4	56496	Mango Bag	410717
Fine Egremont Russet X 4	65283	Mangoes	94900
Forelle Pear Loose	73387	Melon And Mango Finger Trio	466196
Forelle Pear X 4	813303	Melon Bag	410724
Freshly Prepared Classic Fruit Salad (400g)	465557	Melon Medley 375g	178655
Freshly Prepared Classic Fruit Salad (560g)	436236	Mixed Nut Kernels	271769
Freshly Prepared Classic Fruit Salad (simply Foods Trial) 400g	377447	Mixed Nuts 350g	437806
Freshly Prepared Fruit Collection (400g)	150521	Nectarine Loose	811590
Freshly Prepared Fruit Collection (simply Foods Trial)	508063		
Freshly Prepared Golden Pineapple	72250		

# Vegans



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PRODUCT TITLE	BARCODE / UPC	PRODUCT TITLE	BARCODE / UPC
<b>Fruit F61C</b>		<b>Fruit F61C</b>	
Nectarine Punnet	814546	Seedless Red Grapes Std	807029
Nectarines X 4	82723	Seedless White Grapes Large	806886
Orange Flesh Melon	122467	Seedless White Grapes Small Pack	401616
Orchard Mix	504270	Sharon Fruit Pack X 4	831437
Ordering Fruit Collection	401326	Soft Apricots	463072
Organic Bananas	803052	Soft Apricots 500g	813204
Organic Braeburn Apples	911207	Soft Blueberries	473392
Organic Cox Apples	257411	Soft Figs	471404
Organic Easy Peel	214728	Sonya Apples X 4	178723
Organic Gala Apples	260305	Strawberry 225g	815017
Organic Lemons	197366	Strawberry 400g	805421
Organic Melon	214803	Strawberry Twin/pack	237314
Organic Mixed Nuts	428354	Summer Fruit Trio	437783
Organic Oranges	593090	Takeaway Banana Loose	115728
Organic Peaches	214698	Takeaway Braeburn Loose	996860
Organic Pears	214711	Takeaway Gala Apple Loose	398336
Organic Pink Lady Apples	339513	Taylor's Gold Pear Loose	992909
Organic Plum	377089	Taylor's Gold Pear X 4	992893
Organic Raspberries	274586	Tentation Apples X 4	376129
Organic Royal Gala Apples	249126	Tree Ripened Mango	590556
Organic Seedless Grapes	415880	Tree Ripened Papaya And Mango	593557
Organic Seedless Grapes	254069	Twin Pack Speciality Mango	190121
Organic Soft Apricots	339223	Ufo Peaches	990301
Organic Soft Figs	339230	Usa Mix Nuts/fruit	410502
Organic Soft Prunes	339247	Washington Reds Apples	801560
Organic Strawberries	941723	White Flesh Nectarines X 4	318754
Packham X 4	817059	White Flesh Peaches X 4	425872
Papaya	812948	White Grape Loose	55918
Peach Punnet	816588	Williams Pears X 4	65504
Peaches	301589	Yellow Cherries Loose	140270
Peaches X 4	301473		
Pear Taylor's Loose	433389		
Piel De Sapo Melon	405584	<b>Global Meal Solutions F03C</b>	
Pine Nuts	396721	Eat Well Neopolitan Tomato Sauce	448727
Pink Lady Apples Bag	468763	Eat Well Tomato And Chargrilled Veg Sauce	460170
Pink Lady Apples X 4	810357	Frites	253949
Pinklady Apple Loose	802253	Indian Starter Selection Pack	465311
Pinklady Apples Snack	409780	Mini Onion Bhajis And Vegetable Pakoras	534468
Pistachios 300g	437790	Vegetable Curry	418577
Rainier Cherries Small Punnet	285520		
Raspberries	362122	<b>Groceries F19A</b>	
Raspberry 125g	815239	100% Extra Free Instant Italian Coffee 200g	495738
Red Cherries Loose	924399	160 Extra Strong Teabags	716000
Red Grape Loose	56052	160 Red Label Teabags	177054
Red Large Cherry Punnet	328890	2 Breakfast Fruit Pots	552424
Red/black Plum Loose	73714	20 Organic Camomile Teabags	457972
Red/black Plum Punnet	961233	20 Organic Camomile, Limeflower & Lavender Tea	457996
Red/black Plums X 6	998574	20 Organic Lemon, Ginger And Ginseng Teabags	528788
Rocha Pear Loose	50609	20 Organic Peppermint Teabags	457989
Rocha Pear Snack Pack	382199	20 Spearmint & Peppermint Teabags	598651
Rocha Pears X 4	914581	20 Strawberry & Raspberry Teabags	601511
Royal Gala Apples X 4	424851	240 Extra Strong Teabags	105323
Seedless Grapes Large	391153	80 Red Label Teabags	291156
Seedless Grapes Small	401630	Agen Prunes	552325
Seedless Grapes Snack Pack Ssp	395526	Apricot Compote	552684
Seedless Grapes Std	807241	Apricot Halves	406253

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<b>Groceries F19A</b>		<b>Groceries F19A</b>	
Apricots In Amaretto Liqueur	552431	Cornflour	568340
Avacado, Lime And Mint Dressing	428538	Cou Balsamic Vinegar, Olive And Herb Dressing	458832
Avocado Oil	568227	Count On Us Fruit And Nut Muesli	258555
Baby Carrots	310345	Cranberry Sauce With American Cranberries	447898
Baby Jersey Royal New Potatoes	399159	Creamed Coconut	568524
Baked Beans	12959	Crinkle Cut Beetroot In Vinegar	480178
Baking Powder	568234	Crinkle Cut Pickled Beetroot In Vinegar	480192
Balsamic & Blueberry Dressing	497992	Cucumber Relish	497961
Balsamic Glaze	568241	Decaffeinated Fairtrade Cafe Rich Roast	134989
Balti Paste	568050	Decaffeinated Teabags	226806
Basil	568067	Dipping Oil . Extra Virgin Olive Oil & Balsamic	549653
Basmati Rice 1kg	207553	Dipping Oil. Extra Virgin Olive Oil, Chilli & Garlic	549677
Bay Leaves	568265	Dopiazza Sauce	591218
Bbq Sauce	471541	Earl Grey	926324
Black Eyed Beans	573665	Easycook Long Grain Rice 1kg	109482
Blueberry Conserve	357098	Eat Well Hand Cut Grapefruit Segments In Juice	525930
Bombay Potatoes	574211	Eat Well Mandarin Segments In Glass	542562
Bouquet Garni	568289	English Bramble Chutney	518437
Bramley Apple Sauce With Vintage Cider	447966	English Breakfast Teabags	458870
Brown Sauce	826723	English Mint Sauce With Fresh Mint	447980
Cafe Gold	134439	English Rhubarb Compote	552417
Cafe Gold 200g	985048	English Vineyard Mustard	503204
Cafe Gold Decaffeinated	835732	Ermes Red Rice	568708
Cafe Gold Decaffeinated	135238	Espresso R&g Coffee	196932
Cafe Granules 100g	134873	Ew Italian Tomato And Vegetable Soup	490467
Cafe Granules 200g	461801	Ew Minestrone Soup	926003
Cafe Noir	273671	Ew Three Bean Broth	605984
Chicken Jalfrezi	574228	Ew Tomato And Basil Soup	164221
Chicken Tikka Masala	574181	Ew Winter Vegetable Soup	495455
Chopped Garlic	568135	Extra Strong Loose Tea	716215
Chopped Ginger	568142	Extra Strong One Cup Teabags	716321
Chopped Shallots	568159	Extra Virgin Olive Oil	549233
Chopped Tomatoes	247108	Fairtrade 10 One Cup Decaff Medium Roast Coffee	458856
Christmas Apricot And Herb Stuffing	568845	Fairtrade 10 One Cup Filters Italian Espresso Style	348003
Christmas Classic Mincemeat	480093	Fairtrade 10 One Cup Filters Medium Roast Ground Coffee	30533
Christmas Connoisseur Mincemeat	480086	Fairtrade Colombian Coffee	27977
Christmas Cranberry And Clementine Sauce	568791	Fairtrade Colombian Decaffeinated Coffee	459945
Christmas Hot Toddy Bundles	568821	Fairtrade Colombian Freeze Dried Instant Coffee	581295
Christmas Mulled Wine Spices	513234	Fairtrade Demerara Sugar	542265
Christmas Orange And Whisky Marmalade	519700	Fairtrade Golden Granulated Sugar	542272
Christmas Retro Coffee Caddy	568814	Fairtrade Kenyan Coffee	668804
Christmas Retro Tea Caddy	514439	Fairtrade Organic Papua New Guinea Freeze Dried Instant Coffee	598675
Christmas Sage And Onion Stuffing Mix	568838	Fairtrade Pure Origin Assam Teabags	219013
Christmas Wholegrain Mustard With Ale	513142	Fairtrade Pure Origin Ceylon Teabags	219006
Christmas Wild Cranberry Sauce With White Port	480109	Fairtrade Pure Origin Kenyan Teabags	219044
Chunky Fajita Marinade	497565	Fairtrade Rwandan Coffee	581288
Chunky Sweetcorn Relish	471480	Farfalle	574327
Cinnamon Sticks	568302	Fresh Tulameen Raspberry & Blackberry Conserve	573207
Classic French Dressing	313896	Ft Breakfast Blend	518314
Cloves	568319	Ft Coffee Beans Medium Roast	518307
Coarse Cut Seville Orange Marmalade	653671	Ft Coffee Filters	518291
Coconut Milk	568517	Ft Columbian Coffee Cups	518161
Coffee Extract	568333	Ft Core French Roast	518321
Conchiglioni	574334	Ft Core Italian Beans	518338
Coriander	568074	Ft Loose Assam Tea	518246
Coriander Chicken	574174		

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<b>Groceries F19A</b>		<b>Groceries F19A</b>	
Ft Loose Tea Jasmine	518253	Organic Apricots	575898
Ft Loosetea Darjeeling	518260	Organic Balsamic Vinaigrette	549110
Ft Orange Flavoured Coffee	518444	Organic Balsamic, Garlic & Rosemary Marinade	549127
Ft Vanilla Flavoured Coffee	518451	Organic Basmati Rice	538848
Ft. Loose Tea Earl Grey	518277	Organic Brown Rice	364126
Giant Beans In Tomato Sauce	505321	Organic Bulgar Wheat	573788
Gold 160 Teabags	165709	Organic Butterbeans	573658
Gold 80 Teabags	173148	Organic Californian Thompson Raisins	573979
Gold Loose Tea	165716	Organic Chopped Mixed Nuts (25% Walnuts, 25% Almonds, 25% Cashews, 25% Brazils)	574013
Golden Syrup	570831	Organic Citrus Green Tea	529273
Grapefruit Segments	177313	Organic Course Oatmeal	573825
Greek Extra Virgin Olive Oil	336611	Organic Cous Cous	573849
Greek Olives Stuffed With Pimiento	504355	Organic Crunchy Sultana Granola	214438
Greek Olives With Orange & Peppers	518468	Organic Dark Muscavado Sugar	568531
Green Olives Stuffed With Sundried Tomato	504362	Organic Deglet Nour Dates	574006
Grilled Artichoke Halves	548731	Organic Exotic Fruit And Nut Wholegrain Muesli	538299
Grilled Aubergines With Chilli	549523	Organic Fairtrade Jasmin Green Tea	385176
Grilled Peppers With Rosemary	548748	Organic Fairtrade Nicaraguan Coffee	498180
Grilled Whole Mushrooms	548755	Organic Fairtrade Nicaraguan Decaffeinated Coffee	581271
Hand Cut Grapefruit Segments In Light Syrup	525893	Organic Fairtrade Pure Green Teabags	369510
Hawaiian Pineapple Slices	705936	Organic Festine Pasta	418195
Hedgerow Conserve	369541	Organic Flaked Almonds	574020
Hoi Sin	568401	Organic Green Lentils	573733
Hot And Smokey Spice Rub	510714	Organic Ground Almonds	574037
Hot English Mustard	447997	Organic Hazlenuts	574068
Italian Herb Blend	568081	Organic Italian Extra Virgin Olive Oil	313742
Italian Risotto Rice	618434	Organic Lemon And Tarragon Vinaigrette	549103
Jerk Paste	568098	Organic Light Muscavado Sugar	580564
Ketjap Manis	568418	Organic Long Grain Brown Rice	538831
Korma Paste	568111	Organic Luxury Fruit And Nut Wholegrain Muesli	538251
Lamb Madras	574204	Organic Madagascan Vanilla Extract	568562
Lamb Rogan Josh	574198	Organic Minced Meat	518475
Lemon And Lime Marmalade	654258	Organic Mixed Fruit	573993
Lemon Extract	568449	Organic Pearl Barley	573795
Lemon Juice From Concentrate	423694	Organic Pine Nuts	574044
Long Grain And Wild Rice	207669	Organic Pinto Beans	573672
Mandarin Segments	422888	Organic Plum Tomatoes	534277
Marinated Artichokes	428811	Organic Polenta	573832
Mediterranean Style Herb Rub	510691	Organic Poppy Seeds	574105
Medium Cut Blood Orange Marmalade	377942	Organic Pumpkin Seeds	574075
Medium Cut Mandarin Marmalade	151276	Organic Quadrelli Pasta	418201
Medium Cut Ruby Red Grapefruit Marmalade	652872	Organic Quinoa	573771
Medium Rice Noodles	568456	Organic Red Kidney Beans	573689
Medium Roast Ground Coffee	175791	Organic Red Lentils	573740
Microwavable Basmati Rice	380171	Organic Red Wine Vinegar	573627
Microwavable Long Grain Rice	380188	Organic Red Wine, Rosemary And Thyme Marinade	549134
Microwavable Pilau Rice	364102	Organic Self Raising Flour	250269
Microwavable Wholegrain Rice	486682	Organic Sesame Seeds	574099
Mint Jelly	503235	Organic Sicilian Lemon Juice	573641
Moroccan Style Spice Rub	510684	Organic Single Estate Teabags	216326
Natural Morello Cherries	568470	Organic Soup / Casserole Mix	573757
New York Blend R&g Coffee	609869	Organic Sunflower Seeds	574082
No Peel Orange Marmalade	248273	Organic Teddy Bear Shaped Pasta	595735
Nutmeg	568487	Organic Tomato, Kalamata Olive And Chilli Marinade	549141
Olive Stir Through Sauce	301343	Organic Turkish Sultanas	573986
Olives Stuffed With Almonds	504348	Organic Vostissa Currants	573962



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PRODUCT TITLE	BARCODE / UPC	PRODUCT TITLE	BARCODE / UPC
<b>Groceries F19A</b>		<b>Groceries F19A</b>	
Organic Walnut Pieces	574112	Speciality Mediterranean Tomato And Red Pepper Marinade	549165
Organic Wheat Bisks	538275	Speciality Mediterranean Tomato, Pepper And Olive Dip	552783
Organic White Bread Crumbs	573764	Speciality Peaches In Brandy	569101
Organic White Bread Flour	568722	Speciality Pickled Onions In Dark Malt Vinegar	568937
Organic Wholewheat Spaghetti	553957	Speciality Pure Origin Fair Trade Organic Guatemalan Ground Coffee	569095
Organic Wholewheat Zoo Animal Shaped Pasta	595742	Speciality Rose Harissa Dip	552790
Organic Yellow Split Peas	573726	Speciality Smoked Jalapeno Barbecue Dip	552806
Original Recipe Crinkle Cut Pickled Beetroot 280g	452168	Speciality Stanley Plum And Soy Marinade	549158
Original Recipe Crinkle Cut Pickled Beetroot 705g	452175	Speciality Tea Selection	568968
Original Recipe Sliced Pickled Beetroot	586979	Speciality Whole Mandarins In Mulled Wine	568906
Parsley	568166	Spicy Mango Chutney	483377
Passata	548663	Sticky Barbecue Marinade	308489
Peaches & Cranberries In Orange Liqueur	552332	Sticky Bbq Marinade Pouch	497916
Pear Quarters	416320	Summer Berry Compote	552301
Penne Ritorte	574310	Sunblush Tomato & Roasted Onion Dressing	465434
Peri Peri Relish	428767	Sundried Chillies	573870
Petit Pois	310352	Sundried Tomatoes	573863
Pickled Cocktail Gherkins	170710	Sushi Rice	568715
Pickled Pears In Champagne Vinegar	518529	Sweet And Sour Marinade	549189
Pickled Shallots In Balsamic Vinegar	477147	Sweet Mango Chutney	483384
Pickled Silverskin Onions	101929	Sweetcorn	147538
Pineapple Chunks In Juice	566056	Tagine Paste	568173
Pineapple Rings In Juice	569835	Tandoori Salmon Spices	574235
Pitted Baby Kalamata Olives	505611	Tangy Citrus & Dill Herb Rub	510707
Pitted Green Olives	505659	Tequila, Peri Peri & Lime Marinade	428590
Porcini Oil With Black Truffle Shavings	574280	Tewksbury Mustard Pot	522922
Porridge Oats	458818	Tex Mex Paste	568180
Provender Tuscan Extra Virgin Olive Oil	951203	Thai Green Paste	568197
Pudding Rice	568692	Thai Red Paste	569217
Pure Canadian Maple Syrup	819428	Tikka Paste	568203
Pure Sea Salt From Anglesey	389334	Toasted Sesame Oil	336710
Queen Green Olives	505628	Tomato & Basil Bruschetta Topping	549301
Raspberry Conserve	514644	Tomato & Basil Pasta Sauce	548670
Ready To Roll Marzipan	574143	Tomato & Basil Pasta Sauce 340g	518185
Red Cabbage In Malt Vinegar	477130	Tomato & Basil Pasta Sauce 550g	518192
Red Cabbage Large	480116	Tomato & Chilli Pasta Sauce	301084
Red Cherry Conserve	145916	Tomato & Garlic Pasta Sauce 340g	518222
Redcurrant Sauce With Cabernet Sauvignon	448048	Tomato & Grilled Vegetable Pasta Sauce 340g	518239
Reduced Fat French Dressing	209854	Tomato & Herb Pasta Sauce 330g	300933
Rendang Sauce	578615	Tomato & Herb Pasta Sauce 530g	300940
Rhubarb & Ginger Conserve	357074	Tomato & Herb Pasta Sauce 550g	518208
Rich Italian	173131	Tomato & Hidden Vegetable Pasta Sauce For Children	596510
Rich Italian	103787	Tomato & Mushroom Pasta Sauce	518215
Roasted Italian Vegetable Stir Through	301671	Tomato And Chilli Pepper Pasta Sauce	548717
Roasted Red & Yellow Peppers	428927	Tomato Puree	366656
Saffron	568609	Tropical Fruit Salad	273800
Sea Salt Ingredients Range	449045	Victoria Plum Conserve	528511
Semi Dried Cherry Tomatoes	548762	Vine Leaves	504560
Sliced Mangoes	541787	Water Chestnuts Pouch	573610
Sliced Peaches	409469	White Bread Mix	573948
Smoked Paprika	568616	Whole Black Peppercorns	412964
Smokey Bbq Relish	471473	Whole Kalamata Olives	505642
Soy Sauce Ug	455916	Wholegrain Bread Mix	573931
Spanish Extra Virgin Olive Oil	729635		
Speciality English Blackcurrant & Cassis Dessert Sauce	551274		
Speciality Fairtrade Damson And Sloe Jam	568920		



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<b>Healthy Meal Solutions F64C</b>		<b>Hhold/petfood F35A</b>	
Count On Us... Chunky Chips	272537	Silver Stars Elliptical Box	444095
Med Veg Pasta With Red Pepper Sauce	470179	Silver Stars Tissue Pocket Pack	435703
<b>Hhold/petfood F35A</b>		Silver Stars Tissues	241199
2 Pack Silver Stars Toilet Tissue	435734	Silver Stars Toilet Tissue. 6 For 4 Pack	367295
2 Ply Family Toilet Paper	474986	Silver Stars Toilet Tissues	283625
3ply Aloe Vera Toilet Tissue 4 Pack	283618	Snowdrop Napkins	441346
3ply Soft And Quilted Toilet Tissue	878913	Soft & Quilted Toilet Tissue 6 For 4 Pack	367318
4 Disposable Razors	433013	Thick Bleach	250030
Active Toilet Gel	250047	Tissues With Balm	444187
Aloe Vera White Toilet Tissue 6 For 4 Pack	399388	Triple Action In-cistern Block (twin Pack)	650618
Art Deco Kitchen Towel	444156	Twin Pack Tissue With Balm	468541
Art Deco Kitchen Towel 3 For 2 Pack	392259	White Cosmetic Tissue Box	444101
Blossom Kitchen Towels	417204	White Tissues	391979
Blossom Washing Up Liquid	457590	Whites Laundry Liquid	476423
Blue Check Napkins	432870	Whites Laundry Powder	474856
Blue Floral Cosmetic Tissue	444064	Whites Laundry Tablets	474726
Blue Stripe Kitchen Towels	220743	Whites Liquid Sachets	474740
China Blue Kitchen Towel	444163	Wild Fruits Kitchen Towels. 3 For 2 Pack	392242
China Blue Kitchen Towels 3 For 2 Pack	392273	Yellow Tulip Cosmetic Tissue	444057
Citrus Washing Up Liquid	474757	Yellow Tulip Toilet Tissue 6 For 4 Pack	367271
Classic Washing Up Liquid	474764	Yellow Tulips Toilet Tissue	444194
Colour Liquid Sachets	474733	<b>Hospitality F75A</b>	
Dishwasher Liquid	474771	Baked Beans Filling For Jp	314558
Disposable Striped Napkin In Summer Design	457583	Chunky Chips Hftg	478694
Fleur De Lys Tissue Pocket Pack	441872	Cola Can 330ml (cafe)	179539
Fleur De Lys Tissues	248624	Eat In Jacket Potato	254113
Fleur De Lys Toilet Tissue	419604	Ew Cafe Fresh Fruit Salad	239769
Fleur De Lys Toilet Tissue. 6 For 4 Pack	367257	Large Still Water In Glass	495684
Floral Tissues	241205	Small Sparkling Water In Glass	495707
Floral Toilet Bowl Freshener	315913	Small Still Water In Glass	495677
Floral Toilet Tissue	202299	Tomato & Basil Soup Hftg	486040
Fsc Luxury Blossom Tissues	417181	<b>In Store Bakery F27A</b>	
Gold Stars Toilet Tissue	199582	B/c Baked 5 Seed Golden Wholemeal Crusty Cob (ew)	488372
Gold Stars Toilet Tissue. 6 For 4 Pack	367264	B/c Baked Black & Green Olive Pave	487832
Lavender Fabric Conditioner	474665	B/c Baked Countrygrain Crusty Loaf (ew)	487917
Lavender Fragranced Tissue	444088	B/c Baked Crusty Ciabatta	487924
Lemon Kitchen Towel	444170	B/c Baked Crusty White Bloomer 400	483032
Lemon Kitchen Towels	220750	B/c Baked Crusty White Bloomer 800	483049
Lemon Kitchen Towels. 3 For 2 Pack	392266	B/c Baked Green Olive Ciabatta Roll	487771
Liquid Toilet Freshener	286909	B/c Baked Organic Baguette	548304
Luxury White Tissues	210256	B/c Baked Organic Half Baguette	548281
Luxury White Tissues	105613	B/c Baked Rustique Baguette	484893
Mansize Tissues	477369	B/c Baked Rustique Loaf	487849
Marine Bathroom Tissue	444071	B/c Baked Tartine Slices	487948
Marine Toilet Tissue	199568	B/c Baked White Crusty Loaf 400	486026
Marine Toilet Tissue. 6 For 4 Pack	367288	B/c Baked White Crusty Loaf 800	486811
Napkins Novelty Design	444248	B/c Baked Wholemeal Crusty Loaf (ew) 400	483056
Napkins Traditional Design	444231	B/c Baked Wholemeal Crusty Loaf (ew) 800	483070
Paper Cloths	444125	Bagel	230186
Pink & Blue Floral Toilet Tissue	444200	Bagel	228763
Pink & Blue Floral Toilet Tissue 6 For 4 Pack	399371	Baked 3 Seed Baguette (ew)	471992
Pink Floral Toilet Tissue	399364	Baked 3 Seed Roll (ew)	472265
Sensitive Laundry Liquid	474795	Bakers Choice Roll	192637
Sensitive Laundry Powder	474832		
Sensitive Laundry Tablets	474719		

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<b>In Store Bakery F27A</b>		<b>Juice F30C</b>	
Brown Farmhouse	447294	Pressed Pineapple Juice With A Hint Of Lime	186803
Brown Roll	340342	Pure Absolutely Pink Grape Juice	530521
Granary Farmhouse	447300	Pure Apple Juice (kids Range)	492539
Isb Baked Multi-seed Bagel (ew)	499309	Pure Clementine Juice	463348
Isb Baked Pretzel (ew)	499057	Pure Coxes Apple Juice From Concentrate	138239
Isb Baked Sesame Seed Pretzel (ew)	499316	Pure Florida Squeezed Orange Juice Smooth "no Bits"	416696
Isb Baked White Levain Boule	556293	Pure Florida Squeezed Orange Juice With Juicy Bits	322881
Isb Iced Doughnuts (baked)	471985	Pure Florida Squeezed Pink Grapefruit Juice With Juicy Bits	358002
Walnut Loaf	294256	Pure Grape & Raspberry Juice	264518
White Farmhouse Loaf	416849	Pure Orange Juice (kids Range)	492546
Wholemeal Farmhouse	416856	Pure Orange Juice From Concentrate. Smooth And No Bits (2litre)	769310
<b>Juice F30C</b>		Pure Orange Juice From Concentrate. Smooth And No Bits.	765893
4 Pure Red Grape, Pomegranate And Blackcurrant Juices	578561	Pure Pineapple Juice From Concentrate	524742
Apple, Pomegranate & Hibiscus Juice Tea Drink	593885	Pure Red Grape, Pomegranate & Blackcurrant Juice 2 For Â£3	548939
Blueberry Juice Drink	459884	Pure Red Grape, Pomegranate And Blackcurrant Juice	529570
Cloudy Apple And Golden Kiwi Juice Tea Drink	593892	Pure Sicilian Ruby Red Orange Juice	478823
Cou Blueberry, Blackberry And Strawberry Smoothie	497114	Pure Spanish Valencia Orange Juice With Juicy Bits	487191
Count On Us Strawberry & Raspberry Smoothie	421317	Pure Tangerine Juice	529587
Cranberry & Raspberry Juice Drink	385329	Pure White Grape, Pomegranate & Raspberry Juice (nfc)	524704
Cranberry Juice Drink	255493	Red Grape, Raspberry & Cherry Juice Tea Drink	593908
Ew Cafe Sparkling Water - 500ml	194686	Redcurrant, Raspberry & Camomile Fruit Infusion	359306
Ew Cafe Still Water - 500ml	194693	Seasons Finest Cox Apple Juice	477383
Fresh Fruit Smoothie - Apple And Kiwi	469999	Seasons Finest Pink Lady Apple Juice	470957
Fresh Fruit Smoothie - Apple, Melon, Strawberry & Kiwi	513524	Seasons Finest Pink Lady Apple Juice And Crushed Raspberries	399531
Fresh Fruit Smoothie - Mango And Pineapple With A Hint Of Lime	511001	Simply Sunshine Smoothie	308274
Fresh Fruit Smoothie - Pineapple, Passion Fruit And Mango	466332	Simply Sunshine Smoothie (1 Litre)	547178
From Concentrate Pink Grapefruit Juice	478830	Sparkling Alphonso Mango And Passionfruit	466400
Fruit Infusions Peach, Lime & Ginger	196888	Super Berry Smoothie: Alphonso Mango, Pineapple And Acerola Cherry	537780
Gala Apple Juice And Raspberry	465670	Super Berry Smoothie: Blackcurrant, Raspberry And Acai Berry	537797
Italian Tomato Juice	539241	Super Berry Smoothie: Pomegranate, Blueberry And Cranberry	537506
Mango Madness Smoothie	466363	Tropical Island Blend Smoothie	458108
Organic Apple & Cranberry Juice	262774	Tropical Island Blend Smoothie (1 Litre)	547154
Organic Apple Juice	239042	Tropical Juice From Concentrate	451604
Organic Apricot And Grape Juice Nfc	524711	Valencia Orange Juice 2 For Â£3	539265
Organic Blackcurrant Smoothie	547185	Very Berry Smoothie	555593
Organic Florida Orange Juice	239035	Very Berry Smoothie (1litre)	547123
Organic Freshly Squeezed Orange Juice	544399	<b>Poultry F01C</b>	
Organic Nfc Florida Sunrise Tangelo Juice	479158	Cranberry & Port Sauce	130134
Organic Orange And Mango Juice Nfc	524735	<b>Salads F16C</b>	
Organic Pressed Apple & Mango Juice	432603	3 Bean Salad With Edamame Soya Beans And Chive Dressing	467735
Organic Pure Red Grape And Raspberry Juice (nfc)	565004	Baby Cherry	902076
Organic Raspberry Smoothie	545778	Baby Hass Avocado	229005
Passionfruit & Alphonso Mango High Juice Cordial	436359	Baby Peppers	325387
Peach & Apricot Juice Tea Drink	593915	Baby Salad Onions	988650
Peach And Grape Juice (nfc)	524728	Beetroot Salad	249270
Pineapple Juice	359290	Bistro Salad With Beetroot	561143
Pom Pom Perfection Smoothie (1litre)	547147	Black Olive And Rosemary Toast	560023
Pomegranate And Raspberry Juice Drink	463355		
Pressed Apple & Cherry Juice	547277		
Pressed Apple & Mango Juice	356398		
Pressed Apple, Nectarine And Apricot Juice	501347		
Pressed Apple, Strawberry & Lychee Juice	432580		
Pressed Grape And Raspberry Juice	307536		

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<b>Salads F16C</b>		<b>Salads F16C</b>	
Celery Hearts	744263	Santini Tomato Salad With Classic French Dressing	539364
Cherry Tomatoes On The Vine	169752	Santini Tomatoes & Avocado Salad & Balsamic Dressing	387361
Ciabatta Croutons	548021	Slice Sld Onion	382625
Claret On The Vine	934756	Slicing Tomatoes X 2	900256
Classic French Dressing	338929	Spiced Lentils, Split Peas And Sweet Potatoes	539166
Co Oriental Style Edamame Salad	535731	Super Wholefood Salad With Basil And Mint Vinaigrette	547994
Cous Cous And Chickpea Salad	569286	Sweet 4 Leaf Salad	421874
Couscous And Roasted Vegetables	185677	Sweet Garden Salad	548175
Crispy Onions	548038	Sweet Peppers	905350
Crunchy Crisp Salad	205979	Sweet, Rosa Verde Salad	506267
Crunchy Garden Salad	198028	Sweet, Lambs Lettuce	506250
Crunchy Iceberg Lettuce	151542	Tomatoes X6	900140
Crunchy Salad Bowl 100g	536745	Vinaigrette With Sherry Vinegar	506342
Crunchy Summer Salad	25935		
Deli - 'superfood' Salad	550239	<b>Savoury Snacks F12A</b>	
Eat Well Carrot And Coriander Salad	156479	6 Pack Lightly Salted Handcooked Crisps	557726
Eat Well, Roasted Red Pepper, Tomato & Chilli Dressing	506199	Apple Crisps	434317
French Bread Croutons	467834	Chilli And Lime Salsa Flavour Hand Cooked Crisps 150g	544726
Giant Couscous & Wheatberries With Roasted Butternut Squash	495929	Dry Roasted Peanuts 150g	482066
Hand Sliced Salad Onions	666985	Eat In Lightly Salted Handcooked Crisps	259064
Hass Avocado Loose	903318	Eat In No Salt Ridge Crisp	454186
Hass Avocado Loose X16	300551	Ew Roasted And Salted Pistachios 260g	515900
Herby Aromatic Salad	919135	Fairtrade Lightly Roasted And Salted Brazil Nuts	504201
Herby, Chive & Baby Radish Leaf Salad With Cos And Tango Lettuce	506366	Fairtrade Lightly Roasted And Salted Cashews	504218
Iceberg	900706	Fire Roasted Pepper Salsa Dip	358934
Large Deli Sides - Edamame Bean Salad	574297	Herb Flavoured Roasted Mixed Nuts Till Point	515788
Little Gem	900911	Hickory Smoked Bbq	607247
Loose Green Pepper	904551	Hickory Smoked Bbq Lattice Snack	591263
Mediterranean Orzo Salad	565677	Highland Burgundy Red Lightly Sea Salted Handcooked Crisps	515801
Mediterranean Side Salad Selection	569293	Large Roasted And Salted Peanuts 200g	764001
Mediterranean Vegetables & Pasta Salad	505987	Large Roasted And Salted Peanuts 500g	764100
Nectar	591508	Lightly Salted Beetroot Crisps	504157
Organic Celery	224567	Lightly Salted Mixed Vegetable Crisps	548397
Organic Cooked Beetroot	589307	Lightly Salted Red Duke Of York Handcooked Crisps	410250
Organic Cos Lettuce	288989	Lightly Sea Salted 150g	461467
Organic Italian Style Salad	255202	Lightly Sea Salted Baked Potato Crisps 70g	544801
Organic Lettuce	214391	Lightly Sea Salted Hand Cooked Crisps 150g	749800
Organic Little Gem	228008	Luxury Fruit And Nut Assortment 150g	472326
Organic Rocket, Watercress And Spinach	473699	Multi Pack Lightly Sea Salted X6	463751
Organic Standard Vine Tomatoes	205320	New Lightly Salted Reduced Fat Crinkles 150g	492676
Organic Tomatoes X6	70102	New Lightly Salted Reduced Fat Crinkles 55g	383738
Organic Watercress	255219	New Reduced Fat Crinkles Salt & Vinegar 150g	492720
Oriental Style Edamame Soya Bean Salad With Chilli & Coriander Dressing	505994	No Salt Handcooked Crisps 150g	406567
Orzo Pasta Salad With Slow Roasted Tomatoes	564489	No Salt Ridge 55g	457408
Pea Shoots	548106	Organic Lightly Salted Pretzels	538763
Pea Shoots, Baby Cos And Batavia Lettuce Salad	548090	Oriental Spare Rib And 5 Spice	607254
Pepper Wild Rocket, Watercress & Spinach	187879	Oven Roasted Large Peanuts And Cashews With Cracked Black Pepper And Sea Salt	515795
Radish	910613	Piri Piri Spiced Cashews 150g	472319
Radish - Bunched	955614	Prawn Cocktails	762618
Rice & Sweetcorn Salad With Mango & Lime Salsa	548014	Pretzel Snack Mix	162999
Rice, Lentil & Roast Aubergine Salad Co	431422	Ready Salted Potato Sticks	762403
Rice, Lentil & Roast Aubergine With A Garlic Dressing	898201	Ready Salted Potato Triangles 90g - Eat Well	482486
Salad Bowls - Beetroot And Carrot	687621	Reduced Fat Ready Salted Crinkle Crisps 12 Pack	404136
Salad Onions	902182	Roast Beef And Onion 150g	461399



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<b>Vegetables F15C</b>		<b>Vegetables F15C</b>	
Baby Corn	912549	Marfona Jacket Potatoes	132053
Baby Courgettes	850148	Marfona Loose	183185
Baby Leaf Stir Fry	63579	Maris Piper 4 Pack Jackets	481328
Baby New Potatoes 750g	841139	Maris Piper 5kg	854443
Baby Vegetable Leaves With Tenderstem Broccoli	567770	Maris Piper Loose	183192
British Broad Beans	689779	Maris Piper Potatoes 1.5kg	851053
British Garden Peas	665209	Maris Piper Potatoes 2.5kg	851169
Broccoli & Cauliflower	592734	Mediterranean Style Potatoes & Vegetables	689885
Broccoli Carrot & Asparagus	483278	Mediterranean Style Potatoes 2/2.5kg	149662
Broccoli Fine Beans Sugar Snap Peas & Asparagus (fabulous Four Vegetables)	583725	Microwaveable Long Grain Rice	231992
Broccoli Florets	46466	Mini New Potatoes	147217
Broccoli, Carrot, courgettes & Fine Beans	523486	Mushroom Stir Fry	110228
Broccoli, Cauliflower And Runner Beans	563291	Mushrooms Loose	167475
Broccoli, Leek Brussels Sprouts & Fine Beans	523448	Mushrooms Small	314121
Brown Cap Mushrooms	854887	New Potatoes 1kg	852180
Brussels Sprouts	848169	New Potatoes Large	852296
Butternut Squash	128896	New Potatoes Loose	115063
Cabbage Greens	415620	Onion Bag	853644
Cabbage, Broccoli & Leek (crunchy Veg Medley)	119986	Onions Net	853538
Carrot Batons	416535	Organic Asparagus Spears	229098
Carrot Cauliflower & Brussels Sprouts (winter Vegetable Selection) 400g	840774	Organic Asparagus Tips	318983
Carrot, Broccoli And Runner Beans	563284	Organic Broccoli	127844
Carrot, Cauliflower & Broccoli 400g	283496	Organic Carrots	850476
Carrot, Cauliflower & Broccoli Florets	774901	Organic Chips	273763
Carrot, Potato, swede, Leeks & Red Onion (ideal For Casseroles)	35415	Organic Courgettes	233620
Carrots Bag	853101	Organic Hearted Cabbage	215237
Carrots Tray	853200	Organic Mange Tout	263993
Cauliflower, Carrot & Runner Beans	419697	Organic Onions	612869
Chefs Style Carrots	159944	Organic Red Onions	260336
Chefs Style Vegetables 240g	151436	Organic Spinach	248549
Cook! Mini Vegetable Kebabs	433129	Organic Tenderstem Broccoli	393249
Count On Us Chunky Chips 4 Pack	305815	Organic Young Garden Peas	288149
Courgettes	849296	Pak Choi	168397
Crinkle Cut Chips	62886	Parsnip Loose	143004
Crispy Roasting Potatoes	312165	Parsnips Bag	853422
Crispy Wedges	312172	Pea Shoot And Vegetable Stir Fry	462112
Curly Fries	415804	Petits Pois & Sweetcorn	740739
Desiree Potatoes 2/2.5kg	869799	Petits Pois 1kg	62770
Diced Butternut Squash	567756	Petits Pois 500g	930239
Eat Well - Roasted Vegetable Burgers	557191	Potato Accomps - Potato, Courgette And Tomato Bake	481052
Edamame Soya Beans, Peas & Mange Tout	523622	Prepared Broccoli Florets	251228
Extra Fine Asparagus	187640	Prepared Sweet Potato Bag	605557
Extra Fine Beans	323338	Rainbow Stir Fry	462464
Family Mushroom	654692	Rice & Vegetables	314237
Fine Beans	358989	Roasting Veg - Squash & Potato Bake With Sage Dressing	482035
Fine Beans Large	46909	Rosemary Potatoes	543828
Freshly Picked Broad Beans	934978	Round Beans	911085
Ginger	271035	Runner Beans (large Pack) - Young & Tender Variety	154536
Globe Artichoke	36108	Runner Beans Loose	472630
Hearted Cabbage	847254	Single Pack Carrot, Cauliflower & Broccoli	483346
Irish Potatoes 2.5kg	118422	Sliced Runner Beans	551700
Just Bake	323796	Sliced Runner Beans	133838
Kers Pink 2.5kg	147408	Soy And Plum Stir Fry Sauce	540636
Mange Tout	280761	Spinach Selection	483308
		Spring Greens	849074
		Sprouting Seed Stir Fry	567954

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PRODUCT TITLE	BARCODE / UPC	PRODUCT TITLE	BARCODE / UPC
<b>Vegetables F15C</b>		<b>Wines F20A</b>	
Squash - Assorted Tray	128766	Condrieu	527064
Stringless Flat Beans	913232	Cote Rotie	516259
Summer Vegetables For Roasting	563345	Cranberry & Orange Cosmpolitan Cocktail Mix	529860
Super Bean Mix	151306	Cranberry And Clementine Christmas Tree Cocktail	519991
Supersweet Corn On The Cob	132657	Domaine Galetis Chardonnay	321242
Swede & Carrot	319805	Etoile D'or Can 4 X 500ml	230773
Swede Loose	288781	Etoile D'or Single Can	478984
Sweet And Sour Stir Fry Sauce	463041	Etoile D'or X 12 Multipack	464451
Sweet Chilli And Ginger Stir Fry Sauce	309851	German Pilsner 4 X 500ml	230711
Sweet Potatoes	369596	German Pilsner Lager 4 X 33cl	430432
Sweetcorn	208352	Gin & Tonic	563116
Sweetcorn Mini Cobs	563277	Gin And Tonic 75cl In Glass	549776
Sweetcorn X2	849517	Glitter Fizz - Pink	564533
Tenderstem Broccoli	173216	Glitter Fizz - Purple	564540
Tenderstem Tips	913348	Harrowgate Shiraz	435949
Traditional Stringless Runner Beans	168793	Harvey Wallbanger Bottle 25cl	572569
Tv British Baby Vegetables For Roasting	581097	Hobart 500ml	462235
Tv Butternut Squash, Sweet Potato And Veg For Roasting	581110	Indian Pale Ale	407243
Vegetable & Beansprout Stir Fry	718806	Inverey	321624
Vegetable Medley	741644	Islay	321617
Vegetable Stir Fry With Pancakes & Hoisin Sauce	540599	Italian White 1 Ltr	550680
Vegetables For Soup	113687	Juniva Gin	424615
Whole Leaf Spinach	409865	Kenmore 20cl	291521
With Sauce - Green Bean Selection With Provencale Sauce	481823	Kenmore 70cl	386159
Young Garden Peas	121934	Kenmore Whisky & American Ginger Ale In Glass	575836
Young Garden Peas Large	212311	Kenmore Whisky Liqueur	446440
Young Spinach	341486	Kenmore Whisky Miniature	563956
Young Spinach Large	309042	Kir Royale 75cl	275897
<b>Wines F20A</b>		L.b.v. Port	549837
Amoroso	480031	Lavenue Rose	563604
Bellini 75cl	358996	Lenbridge Forge Chardonnay	416191
Biere Blanche 50cl	436328	Lenbridge Forge Pinot Noir	291620
Biere D'alsace 10 X 25cl	230797	Lenbridge Forge Sauvignon Blanc	282826
Birra D'oro 50cl	430487	Lime Margarita Cocktail Mix	529907
Blueberry Sling Cocktail Mixer	529891	London Dry Gin 1l	178570
Blueberry Vodka	563925	London Dry Gin 20cl	291538
Blueberry Wine Cooler	549035	London Dry Gin 70cl	413367
Buckinghamshire Ale	561068	Mango Daiquiri Cocktail Mix	529914
Calico Jack Dark Rum	518109	Manzanilla Sherry	442473
Calico Jack White Rum	255509	Margarita Cocktail Bottle 25cl	509794
Cape Quarter Chenin Blanc	275033	Monnet	477222
Cape Quarter Colombard/chardonnay	275040	Napolean Brandy 20cl	157056
Cape Quarter Shiraz/ Pinotage/ Cinsault	275873	Napoleon 1 Litre	403078
Cassidy's Irish Whisky	173117	Napoleon Brandy 70 Cl	559102
Cassis De Dijon	563895	Orange & Brandy Liqueur	520065
Cava Brut 20cl	227735	Orchard Ice Cider	556026
Chablis - Domaine Pierre De Prehy	393164	Organic Scottish Ale	561099
Chablis Premier Cru Montmain	127271	Pale Cream Sherry	442510
Chardonnay Wine Spritzer 25cl	509787	Petrot Bonnet Brut Rose Champagne	600989
Chardonnay Wine Spritzer 75cl	424585	Point Leo Pinot Noir	435963
Christmas Ale	564557	Pomegranate & Raspberry Fizz	549073
Clementine & Cranberry Cocktail Bell	563949	Prestige Cava Medium Dry 75cl	195263
Clementine & Cranberry Fizz 20cl	564526	Reserve Du Boulas Că'tes Du Rhă'ne	349697
Clementine And Cranberry Fizz	520072	Sangria 25cl	549752
		Scotch Whisky & American Dry	563000
		Sea Breeze Cocktail Bottle 25cl	510271

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<b>Wines F20A</b>			
Shiraz Rose Wine Spritzer 75cl	436472		
Singapore Sling	390477		
Sloe Gin	563932		
Smithfield Best Bitter 3.2% (4x440ml)	556002		
Smithfield Premium Ale 4.4% (4x500ml)	556019		
Smooth Coffee Liqueur	563918		
Sorenson Lager 4 X 500ml	314862		
Speciality Highland Single Malt Scotch Whisky, 18 Years Old	519953		
Speciality Organic Ale	358477		
Speciality Organic Cider	358460		
Speciality Vintage Cider	407250		
St Gall Rose Champagne	563475		
Standard Bucks Fizz 75cl	260701		
Strawberry Wine Cooler	549059		
Summer Punch And Lemonade 75cl In Glass	549769		
Sweet Cream Sherry	442497		
Think Pink Gin With Natural Cranberry Flavour	519984		
Think Pink Gin With Natural Cranberry Flavour & Tonic 75cl In Glass	549783		
Think Pink Gin With Natural Cranberry Flavour Miniature	563970		
Tinamou Trail Bonarda Tempranillo Shiraz	403184		
Tinamou Trail Chenin Blanc	403191		
Triple Cocktail Pack	520089		
Tupungato Cabernet Sauvignon Malbec	420761		
Vin De Pays Del' Ardeche Gamay	392723		
Vintage Port 1970	519939		
Vintage Port 1991	519946		
Vodka 20cl	292801		
Vodka 70cl	412902		
Vodka And Cranberry Flavour Tonic 75cl In Glass	549790		
Vodka And Tonic Can 25cl	510189		
Welbeck English Lager 4% (4x440ml)	555999		
White Port	514453		
Yorkshire Bitter	561051		