



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
Ambient Celebration F33A		Bakery F09A	
Retro Carton Of Liquorice Twists	531924	Oatmeal Loaf (ew)	590686
Turkish Delight 350g	793063	Organic Ciabatta	537230
Bakery F09A		Organic Fruit And Seed Teacake	574587
10" Tortilla Wrap	241908	Organic Multigrain Loaf 800g (ew)	538473
12 Mini Wholemeal Pittas (ew)	491044	Organic Multiseed Loaf	496810
2 Rtb Crusty White Half Baguettes	560115	Organic Stoneground Cob 400g (ew)	538442
3 Ready To Bake Half Baguettes	515665	Organic White Loaf 800g	519847
4 Crusty White Morning Rolls	115940	Organic Wholemeal Loaf 800g	519878
4 Fruit Buns	606899	Panettone	338103
4 Green Olive Rolls	392990	Panettone Slices	634847
4 Malted Grain Rolls	809177	Peperonata Ciabatta	501194
4 Panini Rolls	350419	Plain White Loaf (scottish Batch)	524018
4 Rtb Crusty White Submarine Rolls	560122	Sandwich White Medium Slice Loaf	515443
4 Soft Wholemeal Finger Rolls	174947	Seeded Batch Loaf Unsliced	290548
4 White Rolls	607193	Soft Malted Grain Loaf	479349
4 X Soft Sesame Topped Baps	630153	Soft Muesli Loaf	595865
5 Caramelised Onion & Poppy Seed Bagels	286862	Soft Multigrain Loaf	138246
5 Cinnamon & Raisin Bagels	286879	Soft Oatmeal Farmhouse	162838
5 Multi-seed Bagels (ew)	491075	Soft White Bloomer Slices	560108
5 Plain Bagels	192927	Soft White Farmhouse 400g	263290
6 Organic Poppy & Sunflower Seed Roll Ring	514224	Soya & Linseed Loaf (ew)	590716
6 Rtb Crusty White Rolls	560139	Spelt Bread	593694
6 Soft White Finger Rolls	193429	Stonebaked Sourdough	642163
6 Soft White Rolls	518611	Super Seeded Loaf 800g	642118
6 Soft White Split Rolls	710756	Super Soft White Medium 800g	358910
6 Soft Wholemeal Rolls	518949	Super Soft White Thick 800g	405799
6 Teacakes	520263	Thick Sliced Wholemeal 800g	140164
6 White Pittas (ew)	635677	Two In One Loaf 400g (ew)	516051
6 Wholemeal Pittas (ew)	635684	Two In One Loaf 800g	358903
7 Seed Roll Crown	494014	Two In One Soft Farmhouse Loaf 400g	516068
8 Two In One Pitta Bread Pockets (ew)	514255	Wholegrain Bloomer Slices	634908
Baker's White Farmhouse 400g	546003	Biscuits F10A	
Brown Batch Loaf	525701	Dark Chocolate Dessert Cups	592451
Ciabatta	565370	Eat Well Organic Date, Raisin, Oat & Cinnamon Bars - Boxed	581219
Citrus Fruit Slices	582827	Eat Well Organic Hazelnut, Brazil, Peanut & Almond Cereal Bars - Boxed	581264
Cou Two In One Loaf 400g	590648	Ew Organic Mini Rice Cakes	590792
Count On Us Malted Grain Thick Sliced	159029	Ginger Nut Biscuits	635899
Count On Us Soft Grain Bloomer Slices	407694	Oatcakes	303705
Cracked Black Pepper Bruschettine	337250	Reduced Fat Rich Tea	191128
Crusted Malted Grain	299251	Rich Tea	741316
Crusty White	299947	Rich Tea Fingers	741422
Ew Seeded Golden Wholemeal Farmhouse 800g	595858	Speciality Italian Hand-crafted Flatbreads	629386
Farmhouse Crusty White	299954	Confectionery F13A	
Golden Wholemeal Farmhouse 400g	263306	Eat Well Cashew Nuts (tillpoint)	500128
Golden Wholemeal Rolls (ew)	471466	Eat Well Mixed Fruit & Nuts (tillpoint)	500173
Green Olive Bruschettine	337311	Eat Well Pistachio Nuts (tillpoint)	591997
Highbran 400g	514972	Fruit Sherbets	158039
Hovis Wheatgerm 400g	514866	Peanut Brittle	503419
Kvi Brown Loaf (ew)	475969	Santa Domingo Dark Chocolate Coated Cherries	503532
Lightly Salted Bruschettine	230919	Sugar Free Mints Box	539494
Medium Sliced Wholemeal 400g	514316	Sugar Free Orange & Lemon Fruit Drops - Box	539517
Medium Sliced Wholemeal 800g	515221	Tin Of Travel Sweets	550185
Mini Rosemary Flatbread X 2	616317		
Mini Tomato And Basil Focaccia X4	616324		
Multi-seed Bloomer Slices	239219		

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PRODUCT TITLE	BARCODE / UPC	PRODUCT TITLE	BARCODE / UPC
Cook F05C		Food To Go F07C	
Roasting Veg - Traditional Vegetables For Roasting With Herb Dressing	482042	Ftg Blackberry & Echinacea Drink	405553
Dairy F06C		Ftg Blackcurrant Still Fruity Water	452236
250g Sunflower Spread	476096	Ftg Christmas Cranberry Burst (smoothie)	515122
Soya Milk	387071	Ftg Classic Fruit Salad	826402
Sunflower Spread	338370	Ftg Cola 500ml	172912
Delicatessen F04C		Ftg Cou Smoky Bacon Hoops	614849
3 Pack Mini Houmous Pots	516891	Ftg Cranberry & Raspberry Sparkling Water	491822
Baked Vegetable Parcels With Tomato Salsa	597623	Ftg Diet Cola 500ml	172899
Butternut Squash, Pumpkin Seed And Chilli Salad	507226	Ftg Diet Sparkling Alphonso Mango And Passionfruit Carbonate	466288
Eat Well Tomato Salsa	322171	Ftg Diet Sparkling Florida Orange	393072
Edamame Soy Bean Dip	622189	Ftg Diet Sparkling Sicilian Lemon Mexican Lime	393096
Houmous 200g	607537	Ftg Festive Fruit And Nut Collection	515139
Houmous 300g	234474	Ftg Golden Pineapple	997669
Kalamata Olives With Chilli	491440	Ftg Large Samosa	545037
Kids 3 Pack Mini Houmous	597630	Ftg Lemon And Lime Flavour Still Spring Water Drink	314831
Marinated Greek Olive Selection	299596	Ftg Lightly Sea Salted Parsnip, Sweet Potato And Beetroot Mixed Vegetable Crisps	604024
Marinated Roasted Artichokes	465021	Ftg Mango	599238
Organic Houmous	302661	Ftg Melon & Grape	790222
Pitted Manzanilla Olives	546720	Ftg Melon Medley	938945
Reduced Fat Houmous	145954	Ftg Nut Assortment	503051
Reduced Fat Humous With Mini Ricecakes	597647	Ftg Orange Melon	606530
Roasted Aubergine Houmous	610612	Ftg Organic Sweet Potato Crisps	538619
Small Queen Green Olives With Lemon & Garlic	491433	Ftg Peach & Raspberry Still Water Drink	466301
Speciality Italian Slow Roast Vine Tomatoes	622165	Ftg Pink Lady Apple Juice	472821
Spicy Red Pepper Houmous	311304	Ftg Pomegranate	599245
Stuffed Greek Olives	465571	Ftg Pomegranate And Raspberry Juice Drink	499491
Sweet Potato Humous	546652	Ftg Pomegranate Juice	493239
Vegetable Spring Roll	514828	Ftg Pressed British Cox & Blackcurrant Juice	623810
Desserts F08C		Ftg Pressed Gala Apple Juice	465687
Christmas Compote	246019	Ftg Raspberry Still Fruity Water	459921
Eat Well 2 Summer Fruit Puddings	16155	Ftg Reduced Fat Humous With Focaccia Sticks	502276
Eat Well Berry & Cherry Jelly Terrine	559164	Ftg Reduced Fat Lightly Salted Crinkle Crisps	657426
Eat Well Cherry Jelly With Sweet Cherries	606318	Ftg Reduced Fat Salt & Vinegar Crinkle Crisps	143349
Eat Well Fresh Fruit Jelly	964951	Ftg Ruby Orange And Mandarin Still Water	466318
Eat Well Mango & Passion Fruit Jelly Terrine	616874	Ftg Seasonal Mix With Mango, Kiwi, Blueberry & Pomegranate	503402
Eat Well Raspberry Jelly	344951	Ftg Seasonal Mix With Piel De Sapo Melon, Nectarine, Strawberry And Raspberry	619424
Summerfruit Compote	68567	Ftg Seasonal Mix With Plum, Rocha Pear, Apple And Blackberry	621304
Food To Go F07C		Ftg Seasons Finest Cox Apple	451642
Andean Blackberry Smoothie	596305	Ftg Seedless White Grapes	989893
Cafe Diet Cola 500ml Bottle	555616	Ftg Sparkling Berry Energising Berry Drink	502702
Cou Orzo Pasta With Slow Roasted Tomatoes Ftg Large Salad	534765	Ftg Sparkling Florida Orange	393041
Count On Us...lightly Salted Baked Potato Crisps	280433	Ftg Sparkling Lemon And Lime Energy Drink	527460
Cranberry Juice Drink 330 MI	259774	Ftg Sparkling Lemon And Lime Flavour Spring Water Drink With Sweeteners	348157
Ew Mango, pineapple And Lime	308328	Ftg Strawberry & Aloe Vera Drink	381772
Florida Squeezed Orange Juice 330 MI	988216	Ftg Strawberry & Banana Smoothie	623766
Food To Go Dried Fruit & Nuts	462914	Ftg Super Berry Smoothie:blackcurrant,raspberry & Acai	544894
Food To Go Raspberry Jelly	473187	Ftg Tropical Fruit Sticks	619370
Fresh Mango 180g	408219	Ftg Watermelon	606516
Freshly Squeezed Pomegranate Juice	488532	Ftg/snack - Multigrain Salad With Houmous	587631
		Gtg Snack Box - Morrocan Snack Box	623681
		Lightly Salted Handcooked Crisps	599320
		Pineapple Juice	359290

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Food To Go F07C		Fruit F61C	
Pressed Apple & Mango 330 Ml	945479	Conference Pears X 4	949996
Pressed Apple Juice	943437	Cox Apple Loose	46800
Pressed Grape & Raspberry Juice	277051	Coxs Apples Bag	159043
Reduced Fat Houmous & Carrot Dipper	619400	Coxs Apples Snack	800327
Sea Salt & Crushed Black Pepper Handcooked Crisps	155656	Coxs Apples X 4	800105
Sea Salt And Balsamic Vinegar Handcooked Crisps	651851	Cranberries & Coconut (xmas)	523882
Seasonal Mix With Strawberries And Watermelon	621298	Cranberries And Macadamia Nuts	454193
Seasons Finest Cox Apple Juice	477383	Delbard Estivale	800211
Sparkling Glucose Energy Drink	643832	Deri Dates Without Stones	810579
Sparkling Water 500ml Ftg	159852	Dried Fruit, Nuts & Seeds Mix	410502
Spicy Red Pepper Houmous & Crudite Dipper	619417	Dried Nut, Fruit & Berry Mix	517805
Still Water 500ml Ftg	654708	English Apple Loose	168328
Still Water Sports Cap 750ml	349178	English Apple Snack	119887
Strawberry & Raspberry Smoothie	418911	English Apples X 6	807791
Frozen F02F		Fairtrade Mango	472364
Blackberry And Blackcurrent Sorbet	506908	Fairtrade Pineapple	472456
Catering Fries	353717	Figs Loose	408981
Extremely Fruity...mango Sorbet	355841	Figs X 4	56496
Frozen Blueberries	606219	Fine Egremont Russet X 4	65283
Ftg Freshly Squeezed Valencian Orange Juice Lolly	527491	Forelle Pear Loose	73387
Fruit F61C		Forelle Pear X 4	813303
Almonds	167048	Freshly Prepared Autumn Fruit Salad	488754
Apple & Grape 1.59	646499	Freshly Prepared Cherry, Strawberry, Watermelon & Melon 320g	620567
Apple, Grape & Berry Salad 1.99	646505	Freshly Prepared Classic Fruit Salad (400g)	465557
Apricots Loose	924283	Freshly Prepared Classic Fruit Salad (simply Foods Trial) 400g	377447
Apricots Pack X 6	302715	Freshly Prepared Classic Fruit Salad Bowl (510g)	436236
Baby Kiwi	184069	Freshly Prepared Flavour King Plum & Stone Fruit Medley	599177
Banana Medium Bag	961455	Freshly Prepared Fruit Collection (400g)	150521
Black Grapes Punnet	513845	Freshly Prepared Fruit Collection (simply Foods Trial)	508063
Blackberries	815345	Freshly Prepared Fruit Collection Bowl (510g)	392044
Blush Golden Apples X 4	236621	Freshly Prepared Golden Pineapple	72250
Blush Pears X 4	169172	Freshly Prepared Golden Pineapple Slices	230469
Braeburn Apple Loose	992015	Freshly Prepared Grape, Strawberry, Blackberry, Raspberry And Blueberry	508018
Braeburn Apples Bag	578806	Freshly Prepared Layered Rainbow Fruit Salad (small)	539210
Braeburn Apples X 4	816144	Freshly Prepared Layered Rainbow Tropical Fruit Salad (small)	539227
Bramley Loose	487108	Freshly Prepared Mango	801898
Bramley Tray	417754	Freshly Prepared Mango & Strawberry	593458
Brazil Nut Kernals	483018	Freshly Prepared Melon & Golden Pineapple Slices	391986
Brazil Nuts	811040	Freshly Prepared Melon & Grape	730815
Cashew Nuts	319980	Freshly Prepared Melon And Berries Rainbow Fruit Salad (small)	554312
Cashew Nuts Large Pack	811262	Freshly Prepared Melon Medley (450g)	505413
Cherries Red Small Punnet	159814	Freshly Prepared Melon Medley (simply Foods Trial) 450g	127684
Cherry Mixed Pack	326735	Freshly Prepared Nectarine & Raspberry With Berry Flavoured Jelly	619837
Chestnuts	320405	Freshly Prepared Nectarine, Strawberry, Blackberry & Raspberry 250g	505239
Childrens Raisins	599306	Freshly Prepared Orange Melon	392020
Christmas Large Fruit Cocktail Bowl	606080	Freshly Prepared Pineapple (400g)	456388
Christmas Luxury Fruit Salad 900g	497299	Freshly Prepared Pineapple Mango & Passion Fruit	939195
Citrus Blush Salad 1.99	646512	Freshly Prepared Pineapple, Mango, Kiwi, Raspberry & Blueberry 300g	494557
Comice Pear Loose	500647	Freshly Prepared Pineapple, Melon, Nectarine, Watermelon & Mango	473408
Comice Pears X 4	802475		
Concorde Pear Loose	144209		
Concorde Pear X 4	143660		
Conference Pear Loose	817509		

Vegans



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PRODUCT TITLE	BARCODE / UPC	PRODUCT TITLE	BARCODE / UPC
Fruit F61C		Fruit F61C	
Freshly Prepared Pineapple, Orange, Mango & Blueberries With Mango Flavoured Jelly	619820	Organic Braeburn Apples	911207
Freshly Prepared Pomegranate	508056	Organic Cox Apples	257411
Freshly Prepared Rainbow Fruit Salad With Strawberries	554350	Organic Easy Peel	214728
Freshly Prepared Strawberry, Grape, Blackberry & Blueberry With Raspberry Flavoured Jelly	619844	Organic Gala Apples	260305
Freshly Prepared Watermelon	347716	Organic Lemons	197366
Frozen British Raspberries	343015	Organic Medjool Dates	278522
Fruit And Nut Collection 400g	437813	Organic Medjool Dates 375g	352444
Ftg Watermelon 240g	398701	Organic Melon	214803
Fuji Apples X 4	142427	Organic Mixed Nuts	318891
Gala Apple Loose	123389	Organic Mixed Nuts	428354
Gala Apples Bag	812504	Organic Oranges	593090
Gala Apples Snack Pack	816250	Organic Peaches	214698
Golden Delicious Apples X 4	593427	Organic Pears	214711
Golden Kiwi X 4	808156	Organic Pink Lady Apples	339513
Golden Raisins & Cranberries	473422	Organic Plum	377089
Granny Smith Apples X 4	801348	Organic Raspberries	274586
Grape Red Large	436144	Organic Royal Gala Apples	249126
Grape Red Small	436175	Organic Seedless Grapes	415880
In-shell Brazil Nuts	647823	Organic Seedless Grapes	254069
Italia Grapes	807357	Organic Soft Prunes	339247
Jazz Apple Loose	401531	Organic Strawberries	941723
Jazz Apples X 4	367622	Packham X 4	817059
Jumbo Raisins & Cashews	464659	Papaya	812948
Jumbo Raisins & Sultanas	913126	Peach Punnet	816588
Jumbo Raisins & Sultanas 375g (xmas)	645003	Peaches	301589
Kiwi Fruit Loose	812832	Peaches X 4	301473
Large Strawberry, Grape, Blackberry & Blueberry On A Raspberry Jelly Bowl	640824	Peanuts In Shell	644945
Lemons Unwaxed X 4	806336	Pear Taylors Loose	433389
Loose Yellow Plums	803717	Piel De Sapo Melon	405584
Luxury Nut Selection Bag (xmas)	644969	Pine Nuts	396721
Lychees	808378	Pink Lady Apples Bag	468763
Macadamia Nuts	352512	Pink Lady Apples X 4	810357
Macadamia Nuts & Cranberries	464727	Pinklady Apple Loose	802253
Mackintosh Red Apples	429511	Pinklady Apples Snack	409780
Mango Bag	410717	Pistachios 300g	437790
Mangoes	94900	Pistachios In Shells	479684
Medjool Dates Lge Pack	264495	Pitted Dates	320931
Medjool Dates With Marzipan, Brazil Nuts And Walnuts	410571	Rainier Cherries Small Punnet	285520
Medjool Dates With Walnuts	429009	Raspberries	362122
Melon And Mango Finger Trio	466196	Raspberry 125g	815239
Melon Bag	410724	Red Cherries Loose	924399
Melon Medley 375g	178655	Red Grape Loose	56052
Mixed Nut Kernels	271769	Red Large Cherry Punnet	328890
Mixed Nuts - Large Pack	297172	Red/black Plum Loose	73714
Mixed Nuts (in Shell)	40341	Red/black Plum Punnet	961233
Mixed Nuts 350g	437806	Red/black Plums X 6	998574
Nectarine Loose	811590	Rocha Pear Loose	50609
Nectarine Punnet	814546	Rocha Pear Snack Pack	382199
Nectarines X 4	82723	Rocha Pears X 4	914581
Nut Collection	428996	Royal Gala Apples X 4	424851
Nut, Fruit And Berry Mix	483001	Seedless Grapes Large	391153
Orange Flesh Melon	122467	Seedless Grapes Small	401630
Orchard Mix	504270	Seedless Grapes Snack Pack Ssp	395526
Ordering Fruit Collection	401326	Seedless Grapes Std	807241
		Seedless Red Grapes Std	807029
		Seedless White Grapes Large	806886

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Fruit F61C		Groceries F19A	
Seedless White Grapes Small Pack	401616	2 Breakfast Fruit Pots	552424
Sharon Fruit Pack X 4	831437	20 Organic Camomile Teabags	457972
Soft Apricots	463072	20 Organic Camomile, Limeflower & Lavender Tea	457996
Soft Apricots 500g	813204	20 Organic Lemon, Ginger And Ginseng Teabags	528788
Soft Blueberries	473392	20 Organic Peppermint Teabags	457989
Soft Eating Mango Slices In A Tray	431644	20 Spearmint & Peppermint Teabags	598651
Soft Figs	471404	20 Strawberry & Raspberry Teabags	601511
Soft Prunes	267564	240 Extra Strong Teabags	105323
Sonya Apples X 4	178723	5 Spice Paste	620772
Speciality Soft Fruit Selection Box (xmas)	173162	80 Red Label Teabags	291156
Strawberry 225g	815017	Agen Prunes	552325
Strawberry 400g	805421	Apricot Compote	552684
Strawberry Twin/pack	237314	Apricot Conserve	523431
Summer Fruit Trio	437783	Apricot Halves	406253
Takeaway Banana Loose	115728	Apricots In Amaretto Liqueur	552431
Takeaway Braeburn Loose	996860	Avocado Oil	568227
Takeaway Gala Apple Loose	398336	Avocado, Lime & Mint Dressing	428538
Taylor's Gold Pear Loose	992909	Baby Carrots	310345
Taylor's Gold Pear X 4	992893	Baby Jersey Royal New Potatoes	399159
Tentation Apples X 4	376129	Baked Beans	12959
Tree Ripened Mango	590556	Baking Powder	568234
Tree Ripened Medjool Dates	485463	Balsamic & Blueberry Dressing	497992
Tree Ripened Papaya And Mango	593557	Balti Paste	568050
Tropical Fruit Cocktail With Fresh Banana	652629	Basil	568067
Tropical Fruit Salad	675994	Basmati Rice 1kg	207553
Twin Pack Speciality Mango	190121	Bay Leaves	568265
Ufo Peaches	990301	Bbq Sauce	471541
Walnuts	154208	Black Eyed Beans	573665
Walnuts (in Shell)	823555	Black Onion Seeds	613934
Walnuts Large Pack	418287	Blackcurrant Conserve	525695
Washington Reds Apples	801560	Blueberry Conserve	357098
White Flesh Nectarines X 4	318754	Bombay Potatoes	574211
White Flesh Peaches X 4	425872	Bouquet Garni	568289
White Grape Loose	55918	Bramley Apple Sauce With Vintage Cider	447966
Williams Pears X 4	65504	British Raspberry Coulis	605076
Wise Buy Banana Bag	500166	Brown Sauce	826723
Yellow Cherries Loose	140270	Cafe Gold	134439
Global Meal Solutions F03C		Cafe Gold 200g	985048
4 Onion Bhajis	269360	Cafe Gold Decaffeinated	835732
Arrabiatta Sauce	635387	Cafe Gold Decaffeinated	135238
Bombay Aloo	161213	Cafe Granules 100g	134873
Frites	253949	Cafe Granules 200g	461801
Indian Starter Selection Pack	465311	Cafe Noir	273671
Mini Onion Bhajis And Vegetable Pakoras	534468	Caraway Seeds	613712
Shitake Mushroom & Edemame Bean Fried Rice	646796	Chilli Flakes	613736
Tomato & Basil Sauce (large)	643658	Chopped Garlic	568135
Tomato & Basil Sauce (small)	448727	Chopped Shallots	568159
Tomato & Roasted Vegetable Sauce	460170	Chopped Tomatoes	247108
Vegetable Curry - Meal Centre	647458	Christmas Classic Mincemeat	480093
Groceries F19A		Christmas Coffee	30106
100% Extra Free Instant Italian Coffee 200g	495738	Christmas Cranberry And Clementine Sauce	568791
160 Extra Strong Teabags	716000	Christmas Hot Toddy Bundles	568821
160 Red Label Teabags	177054	Christmas Mustard And Dill Sauce	636513
		Christmas Orange And Whisky Marmalade	519700
		Christmas Retro Coffee Caddy	568814
		Christmas Strawberry And Pink Champagne Conserve	151269

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Groceries F19A		Groceries F19A	
Christmas Wholegrain Mustard With Ale	513142	Fairtrade Kenyan Coffee	668804
Christmas Wild Cranberry Sauce With White Port	480109	Fairtrade Organic Papua New Guinea Freeze Dried Instant Coffee	598675
Chunky Fajita Marinade	497565	Fairtrade Pure Origin Ceylon Teabags	219006
Chunky Sweetcorn Relish	471480	Fairtrade Pure Origin Kenyan Teabags	219044
Cinnamon Sticks	568302	Fairtrade Rwandan Coffee	581288
Cinnamon Sugar	613811	Farfalle	574327
Classic French Dressing	313896	Fennel Seeds	613729
Cloves	568319	Fenugreek	613743
Coarse Cut Seville Orange Marmalade	653671	Ft Breakfast Blend	518314
Coconut Milk	568517	Ft Coffee Beans Medium Roast	518307
Coffee Extract	568333	Ft Coffee Filters	518291
Conchiglioni	574334	Ft Columbian Coffee Cups	518161
Coriander	568074	Ft Core French Roast	518321
Coriander Seeds	613675	Ft Core Italian Beans	518338
Cou Balsamic Vinegar, Olive And Herb Dressing	458832	Ft Loose Assam Tea	518246
Count On Us Fruit And Nut Muesli	258555	Ft Loose Tea Jasmine	518253
Cranberry Sauce With American Cranberries	447898	Ft Loosetea Darjeeling	518260
Creamed Coconut	568524	Ft Orange Flavoured Coffee	518444
Crinkle Cut Pickled Beetroot In Vinegar	480192	Ft Vanilla Flavoured Coffee	518451
Cucumber Relish	497961	Ft. Loose Tea Earl Grey	518277
Cumin Seeds	613682	Giant Beans In Tomato Sauce	505321
Decaffeinated Fairtrade Cafe Rich Roast	134989	Gluten Free Flour	620833
Decaffeinated Teabags	226806	Gold 16 Teabags	598668
Dipping Oil . Extra Virgin Olive Oil & Balsamic	549653	Gold Loose Tea	165716
Dipping Oil. Extra Virgin Olive Oil, Chilli & Garlic	549677	Grapefruit Segments	177313
Dopiazza Sauce	591218	Greek Extra Virgin Olive Oil	336611
Dried Cranberries	613262	Greek Olives Stuffed With Pimiento	504355
Dried Mixed Mushrooms	613859	Greek Olives With Orange & Peppers	518468
Dried Porcini Mushrooms	573856	Green Olives Stuffed With Sundried Tomato	504362
Dumpling Mix	613507	Grilled Artichoke Halves	548731
Earl Grey	926324	Grilled Aubergines With Chilli	549523
Easycook Long Grain Rice 1kg	109482	Grilled Peppers With Rosemary	548748
Eat Well Hand Cut Grapefruit Segments In Juice	525930	Grilled Whole Mushrooms	548755
Eat Well Mandarin Segments In Glass	542562	Hand Cut Grapefruit Segments In Light Syrup	525893
English Breakfast Teabags	458870	Haricot Beans	613514
English Mint Sauce With Fresh Mint	447980	Hawaiian Pineapple Slices	705936
English Rhubarb Compote	552417	Hedgerow Conserve	369541
English Vineyard Mustard	503204	Hoi Sin	568401
Ermes Red Rice	568708	Hot And Smokey Spice Rub	510714
Espresso R&g Coffee	196932	Hot English Mustard	447997
Ew Italian Tomato And Vegetable Soup	490467	Italian Extra Virgin Olive Oil	336628
Ew Minestrone Soup	926003	Italian Herb Blend	568081
Ew Three Bean Broth	605984	Italian Risotto Rice	618434
Ew Tomato And Basil Soup	164221	Jerk Paste	568098
Ew Tomato Puree	366656	Juniper Berries	613750
Ew Winter Vegetable Soup	495455	Kaffir Lime Leaves	613651
Extra Strong Loose Tea	716215	Ketjap Manis	568418
Extra Strong One Cup Teabags	716321	Korma Paste	568111
Extra Virgin Olive Oil	549233	Laksa Sauce	572705
Fairtrade 10 One Cup Decaff Medium Roast Coffee	458856	Lemon & Pink Peppercorn Grinder	605144
Fairtrade 10 One Cup Filters Italian Style	348003	Lemon And Lime Marmalade	654258
Fairtrade 10 One Cup Filters Medium Roast Ground Coffee	30533	Lemon Extract	568449
Fairtrade Colombian Coffee	27977	Lemon Juice From Concentrate	423694
Fairtrade Colombian Decaffeinated Coffee	459945	Linseeds	613460
Fairtrade Colombian Freeze Dried Instant Coffee	581295	Long Grain And Wild Rice	207669
Fairtrade Golden Granulated Sugar	542272	Luxury Mincemeat	480086

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PRODUCT TITLE	BARCODE / UPC	PRODUCT TITLE	BARCODE / UPC
Groceries F19A		Groceries F19A	
Mandarin Segments	422888	Organic Pine Nuts	574044
Mango & Passion Fruit Coulis	605069	Organic Pinto Beans	573672
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, Rosemary And Thyme Marinade	549134
Microwavable Long Grain Rice	380188	Organic Self Raising Flour	250269
Microwavable Pilau Rice	364102	Organic Sicilian Lemon Juice	573641
Microwavable Wholegrain Rice	486682	Organic Single Estate Teabags	216326
Mild Chilli Powder	616195	Organic Soup / Casserole Mix	573757
Mint Jelly	503235	Organic Sunflower Seeds	574082
Moroccan Style Spice Rub	510684	Organic Teddy Bear Shaped Pasta	595735
Mustard Seeds	613699	Organic Tomato, Kalamata Olive And Chilli Marinade	549141
Natural Morello Cherries	568470	Organic Vostissa Currants	573962
New York Blend R&g Coffee	609869	Organic Walnut Pieces	574112
No Peel Orange Marmalade	248273	Organic Wheat Bisks	538275
Nutmeg	568487	Organic White Bread Crumbs	573764
Olive & Tomato Italian Paste	301343	Organic White Bread Flour	568722
Olive Oil	549226	Organic Wholemeal Flour	620888
Olives Stuffed With Almonds	504348	Organic Wholewheat Spaghetti	553957
Oregano	619073	Organic Wholewheat Zoo Animal Shaped Pasta	595742
Organic Apricots	575898	Organic Yellow Split Peas	573726
Organic Balsamic Vinaigrette	549110	Original Recipe Crinkle Cut Pickled Beetroot 280g	452168
Organic Balsamic, Garlic & Rosemary Marinade	549127	Original Recipe Crinkle Cut Pickled Beetroot 705g	452175
Organic Basmati Rice	538848	Original Recipe Sliced Pickled Beetroot	586979
Organic Brown Rice	364126	Parsley	568166
Organic Bulgar Wheat	573788	Parsley & Garlic Salt Grinder	605151
Organic Butterbeans	573658	Passata	548663
Organic Californian Thompson Raisins	573979	Peaches & Cranberries In Orange Liqueur	552332
Organic Chickpeas	573719	Penne Ritorte	574310
Organic Citrus Green Tea	529273	Peri Peri Relish	428767
Organic Course Oatmeal	573825	Petit Pois	310352
Organic Cous Cous	573849	Pickled Cocktail Gherkins	170710
Organic Crunchy Sultana Granola	214438	Pickled Onions	478458
Organic Dark Muscavado Sugar	568531	Pickled Pears In Champagne Vinegar	518529
Organic Deglet Nour Dates	574006	Pickled Shallots In Balsamic Vinegar	477147
Organic Exotic Fruit And Nut Wholegrain Muesli	538299	Pickled Silverskin Onions	101929
Organic Fairtrade Jasmin Green Tea	385176	Pineapple Chunks In Juice	566056
Organic Fairtrade Nicaraguan Decaffeinated Coffee	581271	Pineapple Rings In Juice	569835
Organic Fairtrade Pure Green Teabags	369510	Pitted Green Olives	505659
Organic Festine Pasta	418195	Plum Tomatoes	534277
Organic Flaked Almonds	574020	Popping Corn	613521
Organic Green Lentils	573733	Porcini Oil With Black Truffle Shavings	574280
Organic Ground Almonds	574037	Pudding Rice	568692
Organic Italian Extra Virgin Olive Oil	313742	Pure Canadian Maple Syrup	819428
Organic Lemon And Tarragon Vinaigrette	549103	Pure Sea Salt From Anglesey	389334
Organic Light Muscavado Sugar	580564	Queen Green Olives	505628
Organic Long Grain Brown Rice	538831	Rapeseed Oil	615341
Organic Luxury Fruit And Nut Wholegrain Muesli	538251	Raspberry Conserve	514644
Organic Minced Meat	518475	Raspberry Vinegar	613842
Organic Mixed Fruit	573993	Ready To Roll Marzipan	574143
Organic Pearl Barley	573795	Ready To Roll Soft Icing	574136

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Groceries F19A		Groceries F19A	
Red Cabbage In Malt Vinegar	477130	Sweet Red Pepper Marinade Pouch	605199
Red Cabbage Large	480116	Sweetcorn	147538
Red Cherry Conserve	145916	Table Salt	616218
Redcurrant Sauce With Cabernet Sauvignon	448048	Tagine Paste	568173
Reduced Fat French Dressing	209854	Tandoori Salmon Spices	574235
Rendang Sauce	578615	Tangy Citrus & Dill Herb Rub	510707
Rhubarb & Ginger Conserve	357074	Tequila, Peri Peri & Lime Marinade	428590
Rich Italian	103787	Tewksbury Mustard Pot	522922
Rich Italian	173131	Tex Mex Paste	568180
Roasted Italian Vegetable Stir Through	301671	Thai Green Paste	568197
Roasted Pumpkinseed Dressing	616133	Thai Red Paste	569217
Roasted Red & Yellow Peppers	428927	Tikka Paste	568203
Saffron	568609	Toasted Sesame Oil	336710
Salted Capers	620765	Tomato & Basil Bruschetta Topping	549301
Sea Salt Ingredients Range	449045	Tomato & Basil Pasta Sauce	548670
Semi Dried Cherry Tomatoes	548762	Tomato & Basil Pasta Sauce 340g	518185
Sliced Mangoes	541787	Tomato & Basil Pasta Sauce 550g	518192
Sliced Peaches	409469	Tomato & Chilli Pasta Sauce	301084
Smoked Chilli And Garlic Grinder	605182	Tomato & Garlic Pasta Sauce 340g	518222
Smoked Paprika	568616	Tomato & Grilled Vegetable Pasta Sauce 340g	518239
Smoked Paprika And Chilli Seasoning	614542	Tomato & Herb Pasta Sauce 330g	300933
Smoked Sea Salt	613644	Tomato & Herb Pasta Sauce 530g	300940
Smokey Bbq Relish	471473	Tomato & Herb Pasta Sauce 550g	518208
Soft Pack 80 Red Label Teabags	607421	Tomato & Hidden Vegetable Pasta Sauce For Children	596510
Soy Sauce Ug	455916	Tomato & Mushroom Pasta Sauce	518215
Spanish Extra Virgin Olive Oil	729635	Tomato And Chilli Pepper Pasta Sauce	548717
Speciality Antipasti	569002	Tropical Fruit Salad	273800
Speciality Cherries In Kirsch	569118	Turmeric	619172
Speciality English Blackcurrant & Cassis Dessert Sauce	551274	Vanilla Sugar	613828
Speciality Fairtrade Damson And Sloe Jam	568920	Victoria Plum Conserve	528511
Speciality Mediterranean Tomato And Red Pepper Marinade	549165	Vine Leaves	504560
Speciality Mediterranean Tomato, Pepper And Olive Dip	552783	Water Chestnuts Pouch	573610
Speciality Peaches In Brandy	569101	White Balsamic And Raspberry Dressing	616140
Speciality Pure Origin Fair Trade Organic Guatemalan Ground Coffee	569095	White Bread Mix	573948
Speciality Rose Harissa Dip	552790	Whole Black Peppercorns	412964
Speciality Sicilian Dop Extra Virgin Olive Oil	642699	Whole Kalamata Olives	505642
Speciality Smoked Jalapeno Barbecue Dip	552806	Whole Mandarins In Orange Liqueur	636599
Speciality Spiced Victoria Plum Chutney	636582	Whole Pink Peppercorns	613903
Speciality Stanley Plum And Soy Marinade	549158	Wholegrain Bread Mix	573931
Speciality Tea Selection	568968		
Speciality Whole Mandarins In Mulled Wine	568906	Healthy Meal Solutions F64C	
Speciality Whole Mini Pears In Raspberry Liqueur	568890	Ew Superfood With Couscous & Basil Dressing	655316
Spicy Mango Chutney	483377	Med Veg Pasta With Red Pepper Sauce	470179
Star Anise	613705	Pure Apple Juice (kids Range)	492539
Sticky Barbecue Marinade	308489	Pure Orange Juice (kids Range)	492546
Sticky Bbq Marinade Pouch	497916		
Strawberry Conserve	531863	Hospitality F75A	
Summer Berry Compote	552301	Baked Beans Filling For Jp	314558
Sunblush Tomato & Roasted Onion Dressing	465434	Cafe Ew Fresh Fruit Salad	239769
Sundried Chillies	573870	Cafe Ew Pineapple & Grape	528849
Sundried Tomato Paste	112109	Cafe Sea Salt & Vinegar Hc Crisps	558235
Sundried Tomatoes	573863	Chunky Chips Hftg	478694
Sushi Rice	568715	Cola Can 330ml (cafe)	179539
Sweet And Sour Marinade	549189	Eat In Jacket Potato	254113
Sweet Mango Chutney	483384	Ew Cafe Sparkling Water - 500ml	194686

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PRODUCT TITLE	BARCODE / UPC	PRODUCT TITLE	BARCODE / UPC
Hospitality F75A		Juice F30C	
Ew Cafe Still Water - 500ml	194693	Mango Madness Smoothie	466363
Large Still Water In Glass	495684	Nfc Pink Lady Apple Juice	603812
Pressed Grape And Raspberry Juice	307536	Organic Apple Juice	239042
Small Sparkling Water In Glass	495707	Organic Florida Orange Juice	239035
Small Still Water In Glass	495677	Organic Florida Pink Grapefruit Juice	307475
Tomato & Basil Soup Hftg	486040	Organic Orange And Mango Juice Nfc	524735
In Store Bakery F27A		Organic Pressed Apple & Mango Juice	432603
B/c Baked 5 Seed Golden Wholemeal Crusty Cob (ew)	488372	Organic Pure Red Grape And Raspberry Juice (nfc)	565004
B/c Baked Countrygrain Crusty Loaf (ew)	487917	Organic Tropical Juice Nfc	590488
B/c Baked Crusty White Bloomer 800	483049	Peach And Grape Juice (nfc)	524728
B/c Baked Green Olive Ciabatta Roll	487771	Pom Pom Perfection Smoothie (1litre)	547147
B/c Baked Organic Baguette	548304	Pomegranate And Raspberry Juice Drink	463355
B/c Baked Organic Half Baguette	548281	Pomegranate Juice 500ml Nfc	615389
B/c Baked Rustique Loaf	487849	Pressed Apple & Mango Juice	356398
B/c Baked Tartine Slices	487948	Pressed Apple, Rhubarb & Strawberry Juice Nfc	615402
B/c Baked White Crusty Loaf 400	486026	Pressed Apple, Strawberry & Lychee Juice	432580
B/c Baked White Crusty Loaf 800	486811	Pressed British Cox Apple Juice & Crushed Alphonso Mango	620512
B/c Baked Wholemeal Crusty Loaf (ew) 800	483070	Pressed Pineapple Juice With A Hint Of Lime	186803
Bagel	228763	Pure Apple Juice From Concentrate	138239
Bagel	230186	Pure Clementine Juice	463348
Baked 3 Seed Baguette (ew)	471992	Pure Florida Squeezed Orange Juice Smooth "no Bits"	416696
Baked 3 Seed Roll (ew)	472265	Pure Florida Squeezed Orange Juice With Juicy Bits	322881
Baked Green & Black Olive Pave Roll	605274	Pure Florida Squeezed Pink Grapefruit Juice With Juicy Bits	358002
Baked Green Olive Pave 400g	600835	Pure Grape & Raspberry Juice	264518
Baked Muesli Loaf	598644	Pure Orange Juice From Concentrate. Smooth And No Bits (2litre)	769310
Baked Organic Wholemeal Spelt Loaf 400g	600828	Pure Orange Juice From Concentrate. Smooth And No Bits.	765893
Baked Rosemary Focaccia	605229	Pure Pineapple Juice From Concentrate	524742
Baked Rustique Flute	484893	Pure Red Grape, Pomegranate And Blackcurrant Juice	529570
Baked Small French Sourdough	598606	Pure Spanish Valencia Orange Juice With Juicy Bits	487191
Brown Farmhouse	447294	Pure Tangerine Juice	529587
Brown Roll	340342	Pure White Grape, Pomegranate & Raspberry Juice (nfc)	524704
Granary Farmhouse	447300	Seasons Finest Pink Lady Apple Juice	470957
Isb Baked Hot Cross Bun X 2	614580	Simply Sunshine Smoothie	308274
Isb Baked Multi-seed Bagel (ew)	499309	Simply Sunshine Smoothie (1 Litre)	547178
Isb Baked Pretzel (ew)	499057	Still Lemonade Juice Drink Nfc	611527
Isb Baked Sesame Seed Pretzel (ew)	499316	Strawberry & Banana Sensation Smoothie	458085
Isb Baked White Levain Boule	556293	Strawberry & Raspberry Rhapsody Smoothie	421317
Isb Iced Doughnuts (baked)	471985	Super Berry Smoothie Andean Berry	555609
Walnut Loaf	294256	Super Berry Smoothie: Pomegranate, Blueberry And Cranberry	537506
White Farmhouse Loaf	416849	Tropical Island Blend Smoothie	458108
Wholemeal Farmhouse	416856	Tropical Island Blend Smoothie (1 Litre)	547154
Juice F30C		Very Berry Smoothie	555593
1 Litre Count On Us Strawberry And Raspberry Smoothie	470902	Very Berry Smoothie (1litre)	547123
1 Litre Mango Madness Smoothie	652803	Poultry F01C	
1 Litre Seasons Finest Cox Apple Juice	493246	Cranberry And Port Sauce - 250g	130134
1 Litre Tropical Island Blend Smoothie	652797	Salads F16C	
Apple & Elderflower Juice Nfc	623872	3 Bean Salad With Edamame Soya Beans And Chive Dressing	467735
Blackcurrant & Elderflower Smoothie	620505	Baby Cherry	902076
Blueberry Juice Drink	459884	Baby Hass Avocado	229005
Cranberry & Raspberry Juice Drink	385329		
Cranberry Juice Drink	255493		
Fresh Kiwi & Apple Cooler	615419		
Fresh Strawberry Cooler	615426		

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Salads F16C		Salads F16C	
Baby Peppers	325387	Organic Cooked Beetroot	589307
Baby Salad Onions	988650	Organic Cos Lettuce	288989
Beetroot Salad	249270	Organic Italian Style Salad	255202
Bistro Salad With Beetroot	561143	Organic Lettuce	214391
Black Olive And Rosemary Toast	560023	Organic Little Gem	228008
Bunched Salad Onions	252508	Organic Rocket, Watercress And Spinach	473699
Celery Hearts	744263	Organic Standard Vine Tomatoes	205320
Cherry Tomatoes On The Vine	169752	Organic Tomatoes X6	70102
Ciabatta Croutons	548021	Organic Watercress	255219
Claret On The Vine	934756	Oriental Style Edamame Soya Bean Salad With Chilli & Coriander Dressing	505994
Classic French Dressing	338929	Orzo Pasta Salad With Slow Roasted Tomatoes	564489
Co Oriental Style Edamame Salad	535731	Pasta And Sweetcorn Salad	141536
Cous Cous And Chickpea Salad	569286	Pea Shoots	548106
Couscous And Roasted Vegetables	185677	Pea Shoots, Baby Cos And Batavia Lettuce Salad	548090
Crispy Onions	548038	Pepper Wild Rocket, Watercress & Spinach	187879
Crunchy Crisp Salad	205979	Radish	910613
Crunchy Garden Salad	198028	Radish - Bunched	955614
Crunchy Iceberg Lettuce	151542	Rice & Sweetcorn Salad With Mango & Lime Salsa	548014
Crunchy Salad Bowl 100g	536745	Rice, Lentil & Roast Aubergine Salad Co	431422
Crunchy Summer Salad	25935	Rice, Lentil & Roast Aubergine With A Garlic Dressing	898201
Deli - 'superfood' Salad	550239	Salad Bowls - Beetroot And Carrot	687621
Deli Side Salad - Broccoli And Red Pepper With Sweet Chilli And Ginger Dressing	624114	Salad Bowls - Crunchy	409902
Deli Side Salad - Sprouting Seed	624121	Salad Bowls - House Salad	611251
Deli Sides - Lge Superfood Layered Salad	619448	Salad Onions	902182
Dressing Bottles Chilli And Coriander	624107	Santini Tomato Salad With Classic French Dressing	539364
Dressing Shots - Chilli And Coriander	611169	Santini Tomatoes & Avocado Salad & Balsamic Dressing	387361
Dressing Shots - Italian Style	611176	Single Leaf Bag - Cos	611268
Eat Well Carrot And Coriander Salad	156479	Single Leaf Bag - Little Gem	611275
Eat Well Marinated Lentil Salad With A Balsamic Dressing	595926	Slice Sld Onion	382625
Eat Well Minted New Potato Salad	619479	Slicing Tomatoes X 2	900256
Eat Well. Roasted Red Pepper, Tomato & Chilli Dressing	506199	Spiced Lentils, Split Peas And Sweet Potatoes	539166
French Bread Croutons	467834	Super Wholefood Salad With Basil And Mint Vinaigrette	547994
Giant Couscous & Wheatberries With Roasted Butternut Squash	495929	Sweet 4 Leaf Salad	421874
Hand Sliced Salad Onions	666985	Sweet Garden Salad	548175
Hass Avocado Loose	903318	Sweet Peppers	905350
Hass Avocado Loose X16	300551	Sweet, Rosa Verde Salad	506267
Herby Aromatic Salad	919135	Sweet, Lambs Lettuce	506250
Herby. Chive & Baby Radish Leaf Salad With Cos And Tango Lettuce	506366	Tomatoes X6	900140
Large Beetroot For Christmas	654388	Vinaigrette With Sherry Vinegar	506342
Large Deli Side - Roasted Veg Cous Cous	627627	Savoury Snacks F12A	
Large Deli Side Salad - Rice Lentil Aubergine	659062	6 Pack Lightly Salted Handcooked Crisps	557726
Large Deli Sides - Carrot Salad	627634	Apple Crisps	434317
Leafy Accomps - 3 Bean	611213	British Duke Of York Lightly Salted Handcooked Crisps	410250
Leafy Accomps - Roasted Veg And Cous Cous	611220	Chilli And Lime Salsa Flavour Hand Cooked Crisps 150g	544726
Little Gem	900911	Dry Roasted Peanuts 150g	482066
Litu - 3 Bean Salad With Mint Dressing	618175	Eat In Lightly Salted Handcooked Crisps	259064
Loose Cherry On The Vine	642972	Eat In No Salt Ridge Crisp	454186
Loose Green Pepper	904551	Fairtrade Lightly Roasted And Salted Brazil Nuts	504201
Mediterranean Orzo Salad	565677	Fairtrade Lightly Roasted And Salted Cashews	504218
Mediterranean Side Salad Selection	569293	Fire Roasted Pepper Salsa Dip	358934
Mediterranean Vegetables & Pasta Salad	505987	Giant Lightly Salted Pretzels (rp)	355780
Nectar	591508	Herb Flavoured Roasted Mixed Nuts Till Point	515788
Organic Celery	224567	Hickory Smoked Bbq	607247
		Hickory Smoked Bbq Lattice Snack	591263

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Savoury Snacks F12A		Soft Drinks F22A	
Highland Burgundy Red Lightly Sea Salted Handcooked Crisps	515801	Cou Orange High Juice	498074
Kalamata Olive Twists	636339	Cranberry & Raspberry High Juice	418690
Large Roasted And Salted Peanuts 200g	764001	Cranberry & Raspberry Sparkling Spring Water Drink 1l	464215
Large Roasted And Salted Peanuts 500g	764100	Diet American Ginger Ale	557078
Lightly Salted Pretzel Sticks	608343	Diet Bitter Lemon	557122
Lightly Sea Salted 150g	461467	Diet Cola 2l	431941
Lightly Sea Salted Baked Potato Crisps 70g	544801	Diet Lemon And Lime Carbonate 2l	505550
Lightly Sea Salted Hand Cooked Crisps 150g	749800	Diet Lemonade	557108
Luxury Fruit And Nut Assortment 150g	472326	Diet Lemonade 2l	509145
Multi Pack Lightly Sea Salted X6	463751	Diet Sparkling Florida Orange	433495
New Lightly Salted Reduced Fat Crinkles 150g	492676	Diet Tonic Water	557030
New Lightly Salted Reduced Fat Crinkles 55g	383738	Diet Tonic Water Pet 250ml X 6	558983
New Reduced Fat Crinkles Salt & Vinegar 150g	492720	Eat Well Apple Juice	497336
No Salt Handcooked Crisps 150g	406567	Eat Well Orange Juice	498012
No Salt Ridge 55g	457408	Eat Well Speciality Red Sparkling Grape Juice Drink	553995
Organic Lightly Salted Pretzels	538763	Elderflower Flavoured Sparkling Water	350303
Oriental Spare Rib And 5 Spice	607254	Fiery Ginger Beer	373470
Oven Roasted Large Peanuts And Cashews With Cracked Black Pepper And Sea Salt	515795	Florida Orange High Juice	387286
Piri Piri Spiced Cashews 150g	472319	Florida Pink Grapefruit High Juice	329040
Prawn Cocktails	762618	Irish Sparkling 1.5 X 4 Shrinkwrap	510516
Pretzel Snack Mix	162999	Irish Still 500ml X 6 Pack	314848
Ready Salted Potato Triangles 90g - Eat Well	482486	Irish Still Water 1.5l	226813
Reduced Fat Ready Salted Crinkle Crisps 12 Pack	404136	Irish Still Water X 4 1.5l	822091
Roast Beef And Onion 150g	461399	Lemon & Lime High Juice	377867
Roasted And Salted Colossal Cashews - New Tier	934206	Lemon & Lime Sparkling Spring Water Drink 1l	350297
Salt & Pepper Pretzels (up)	221191	Lemon & Lime Still Spring Water Drink 1l	340656
Salt & Vinegar Chiplets 50g	762724	Lemonade 2l	433525
Salt & Vinegar Potato Thins	491693	Orange Juice Triple Pack 250ml X3	41859
Salt & Vinegar Twists 40g	496070	Orange Still Spring Water Drink 1l	505567
Salted Mini Pretzels	515764	Organic Eat Well Apple Juice	529808
Sea Salt & Balsamic Vinegar Handcooked Crisps	324861	Organic Eat Well Orange Juice	529815
Sea Salt & Vinegar 150g	472289	Scottish Sparkling 1.5 L	626460
Sea Salt And Cracked Black Pepper Baked Potato Crisps 70g	544795	Scottish Sparkling 1.5 X 4 Shrinkwrap	626453
Sea Salted And Cracked Black Pepper Purple Star Handcooked Crisps	515948	Scottish Sparkling 500ml X 6	642729
Smokey Bbq Full On Flavour	498302	Scottish Still 1.5 X 4 Shrinkwrap	626491
Speciality Italian Nut Selection With Sun Dried Tomatoes And Herbs	520102	Scottish Still 1.5l	626484
Sugared And Lightly Salted Almonds	528825	Scottish Still 500ml X 6	626477
Sweet Chilli Baked Potato Crisps 70g	591300	Soda Water	557085
Sweet Popcorn X6 Bags	591973	Sparkling Florida Orange	433488
Sweet Potato Lightly Sea Salted Handcooked Crisps	431088	Speciality Mexican Lime Cordial	603829
Sweet Thai Chilli	461450	Speciality Organic Blackcurrant Cordial	532419
Soft Drinks F22A		Speciality Organic Blackcurrant Presse	532402
American Ginger Ale	557061	Speciality Organic Pear And Ginger Cordial	566827
American Ginger Ale 250ml Pet X 6	558969	Speciality Organic Pear And Ginger Presse	566841
Apple Juice Triple Pack 250ml X 3	431866	Speciality Organic Raspberry Cordial	529853
Blackcurrant High Juice	559423	Speciality Organic Raspberry Presse	529839
Blueberry & Pomegranate Sparkling Water 1l	520034	Speciality Organic Sparkling Elderflower Presse	542609
Cloudy Lemonade	373463	Speciality Organic Sparkling Strawberry Presse 75cl	542616
Cloudy Lemonade	547765	Speciality Organic Strawberry Cordial With A Hint Of Mint	542593
Cola 2l	431927	Speciality Sparkling British Cox Apple Presse	603843
Cou Blackcurrant High Juice	524889	Strawberry Still Spring Water Drink 1l	505574
		Summer Fruits High Juice	538527
		Tonic Water	557047
		Tonic Water Pet 250ml X 6	558976
		Traditional Cream Soda	547772
		Traditional Dandelion & Burdock	547789

Vegans



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PRODUCT TITLE	BARCODE / UPC	PRODUCT TITLE	BARCODE / UPC
Soft Drinks F22A		Vegetables F15C	
Traditional Extremely Fiery Ginger Beer	547819	Chefs Style Carrots	159944
Traditional Meal Sol F63C		Chefs Style Vegetables 240g	151436
Braised Vegetable Casserole With Mini Parsley Dumplings	644631	Chopin Potatoes	643023
Broccoli And Stilton Soup	335041	Cook! Mini Vegetable Kebabs	433129
Butternut Squash Soup	641142	Count On Us Chunky Chips 4 Pack	305815
Chunky Chips	229876	Courgettes	849296
Savoury Vegetable Rice	162180	Crinkle Cut Chips	62886
Spicy Red Lentil And Tomato Soup	220552	Crispy Roasting Potatoes	312165
Tomato And Basil Soup	151344	Crispy Wedges	312172
Vegetables F15C		Curly Fries	415804
2 Jacket Potatoes	389051	Desiree Potatoes 2/2.5kg	869799
6 Jacket Potatoes	389075	Diced Butternut Squash	567756
Abledo Carrots	643009	Eat Well - Mini Vegetable Kebabs	337830
Aromatic Stir Fry	547321	Eat Well - Roasted Vegetable Burgers	557191
Asparagus Bundle 250g	729963	Edamame Soya Beans, Peas & Mange Tout	523622
Asparagus Spears 200g	911191	Extra Fine Asparagus	187640
Asparagus Spears 400g	362542	Extra Fine Beans	323338
Asparagus Tips 100g	258722	Family Mushroom	654692
Asparagus Tips 155g	194242	Fine Beans	358989
Autumn Gold Potatoes	643016	Fine Beans Large	46909
Baby Button Mushroom	187428	Ginger	271035
Baby Cabbage	830300	Globe Artichoke	36108
Baby Cauliflower	194174	Half Price 1.5 Kg Maris Piper	658607
Baby Cauliflower & Broccoli	811378	Hearted Cabbage	847254
Baby Corn	912549	Irish Potatoes 2.5kg	118422
Baby Courgettes	850148	Just Bake	323796
Baby Leaf Stir Fry	63579	Kers Pink 2.5kg	147408
Baby New Potatoes 750g	841139	Large Herb Bunch - Coriander	642927
Baby Vegetable Leaves With Tenderstem Broccoli	567770	Large Herb Bunch - Flat Leaf Parsley	642910
British Broad Beans	689779	Loose Beans 2kg	845656
British Garden Peas	665209	Mange Tout	280761
Broccoli & Cauliflower	592734	Marfona Loose	183185
Broccoli Carrot & Asparagus	483278	Maris Piper 4 Pack Jackets	481328
Broccoli Fine Beans Sugar Snap Peas & Asparagus (fabulous Four Vegetables)	583725	Maris Piper 5kg	854443
Broccoli Florets	46466	Maris Piper Loose	183192
Broccoli, Carrot, courgettes & Fine Beans	523486	Maris Piper Potatoes 1.5kg	851053
Broccoli, Cauliflower And Runner Beans	563291	Maris Piper Potatoes 2.5kg	851169
Broccoli, Leek Brussels Sprouts & Fine Beans	523448	Market Greens	483254
Brown Cap Mushrooms	854887	Mediterranean Style Potatoes & Vegetables	689885
Brussels Sprouts	848169	Mediterranean Style Potatoes 2/2.5kg	149662
Butternut Squash	128896	Mediterranean Vegetables	257626
Cabbage, Broccoli & Leek (crunchy Veg Medley)	119986	Microwaveable Long Grain Rice	231992
Carrot Batons 400g	416535	Mini New Potatoes	147217
Carrot Cauliflower & Brussels Sprouts (winter Vegetable Selection) 400g	840774	Mushroom Stir Fry	110228
Carrot, Broccoli And Runner Beans	563284	Mushrooms Loose	167475
Carrot, Cauliflower & Broccoli 400g	283496	New Potatoes 1kg	852180
Carrot, Cauliflower & Broccoli Florets	774901	New Potatoes Large	852296
Carrot, Potato, swede, Leeks & Red Onion (ideal For Casseroles)	35415	New Potatoes Loose	115063
Carrots Bag	853101	Onion Bag	853644
Carrots Tray	853200	Onions Net	853538
Cauliflower, Carrot & Runner Beans	419697	Organic Asparagus Spears	229098
		Organic Asparagus Tips	318983
		Organic Broccoli	127844
		Organic Carrots	850476
		Organic Chips	273763
		Organic Courgettes	233620

Vegans



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PRODUCT TITLE	BARCODE / UPC	PRODUCT TITLE	BARCODE / UPC
Vegetables F15C		Vegetables F15C	
Organic Hearted Cabbage	215237	With Sauce - Green Bean Selection With Provencale Sauce	481823
Organic Mange Tout	263993	Young Garden Peas	121934
Organic Onions	612869	Young Garden Peas Large	212311
Organic Spinach	248549	Young Spinach Large	309042
Organic Tenderstem Broccoli	393249		
Organic Young Garden Peas	288149		
Pak Choi	168397		
Pea Shoot And Vegetable Stir Fry	462112		
Petits Pois & Sweetcorn	740739		
Petits Pois 1kg	62770		
Petits Pois 500g	930239		
Potato Accomps - Potato, Courgette And Tomato Bake	481052		
Prepared Broccoli Florets	251228		
Prepared Sweet Potato Bag	605557		
Rainbow Stir Fry	462464		
Rice & Vegetables	314237		
Roasting Veg - Squash & Potato Bake With Sage Dressing	482035		
Rosemary Potatoes	543828		
Round Beans	911085		
Runner Beans (large Pack) - Young & Tender Variety	154536		
Runner Beans Loose	472630		
Salt Annd Cracked Black Pepper Maris Peer New Potatoes	567893		
Single Pack - Butternut Squash	656283		
Single Pack Carrot, Cauliflower & Broccoli	483346		
Single Pack Runner Beans & Young Garden Peas	408271		
Sliced Runner Beans	133838		
Sliced Runner Beans	551700		
Solo Fines Beans	645751		
Soy And Plum Stir Fry Sauce	540636		
Spinach Selection	483308		
Spring Greens	849074		
Squash - Assorted Tray	128766		
Stringless Flat Beans	913232		
Summer Vegetables For Roasting	563345		
Super Bean Mix	151306		
Supersweet Corn On The Cob	132657		
Swede & Carrot	319805		
Swede Loose	288781		
Sweet And Sour Stir Fry Sauce	463041		
Sweet Chilli And Ginger Stir Fry Sauce	309851		
Sweet Potatoes	369596		
Sweetcorn	208352		
Sweetcorn Mini Cobs	563277		
Sweetcorn X2	849517		
Tenderstem Broccoli	173216		
Tenderstem Tips	913348		
Traditional Stringless Runner Beans	168793		
Traditional Stringless Runner Beans Large	100885		
Tv British Baby Vegetables For Roasting	581097		
Tv Butternut Squash, Sweet Potato And Veg For Roasting	581110		
Vegetable & Beansprout Stir Fry	718806		
Vegetable Medley	741644		
Vegetable Stir Fry With Pancakes & Hoisin Sauce	540599		
Vegetables For Soup	113687		
Whole Leaf Spinach	409865		