



## 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.**

# Vegans



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PRODUCT TITLE	BARCODE / UPC	PRODUCT TITLE	BARCODE / UPC
<b>Ambient Celebration F33A</b>		<b>Bakery F09A</b>	
125 Year Jar Of Rhubarb And Custard	666954	Plain White Loaf (scottish Batch)	524018
20 Halloween Lollipops	681742	Poppyseed Swirl Rolls	693691
Italian Prosecco & Italian Black Olive Flatbreads	676991	Sandwich White Medium Slice Loaf	515443
Jelly Fruits	564946	Seeded Batch Loaf Unsliced	290548
Retro Carton Of Liquorice Twists	531924	Soft Malted Grain Loaf	479349
Turkish Delight 350g	793063	Soft Multigrain Loaf	138246
<b>Bakery F09A</b>		Soft Oatmeal Farmhouse	162838
12 Mini Wholemeal Pittas (ew)	491044	Soft White Bloomer Slices	560108
3 Ready To Bake Half Baguettes	515665	Soft White Farmhouse 400g	263290
4 Apple & Cinnamon Hxb (bbni Version)	331500	Stonebaked Sourdough	642163
4 Ciabatta Rolls	423946	Super Seeded Loaf 800g	642118
4 Crusty White Morning Rolls	115940	Super Soft Brown 800g	672993
4 Fruit Buns	606899	Super Soft Brown With Grains 800g	673006
4 Green Olive Rolls	392990	Super Soft White 400g	672986
4 Large White Baps	672214	Super Soft White Thick 800g	405799
4 Malted Grain Rolls	809177	Thick Sliced Wholemeal 800g	140164
4 Rtb Crusty White Submarine Rolls	560122	Two In One Loaf 800g	358903
4 Soft Wholemeal Finger Rolls	174947	Whiskey Fruit Loaf	827416
4 White Rolls	607193	Wholemeal Bloomer 400g	677097
5 Caramelised Onion & Poppy Seed Bagels	286862	<b>Biscuits F10A</b>	
5 Cinnamon & Raisin Bagels	286879	5 Pack Blueberry And Cranberry Oatbar	667845
5 Multi-seed Bagels (ew)	491075	Eat Well Organic Date, Raisin, Oat & Cinnamon Bars - Boxed	581219
5 Plain Bagels	192927	Eat Well Organic Hazelnut, Brazil, Peanut & Almond Cereal Bars - Boxed	581264
5 Sesame Seed Bagels	401470	Ew Organic Mini Rice Cakes	590792
6 Soft White Finger Rolls	193429	Ginger Nut Biscuits	635899
6 Soft White Rolls	518611	Reduced Fat Rich Tea Biscuits	191128
6 Soft Wholemeal Rolls	518949	Rich Tea Biscuits	741316
6 Teacakes	520263	Rich Tea Finger Biscuits	741422
6 Wholemeal Pittas (ew)	635684	Speciality Italian Hand-crafted Flatbreads	629386
8 Mini 3% Fat Hot Cross Buns	122580	<b>Confectionery F13A</b>	
8 Two In One Pitta Bread Pockets (ew)	514255	Eat Well Cashew Nuts (tillpoint)	500128
Bake At Home 6 White Petit Pains	560139	Eat Well Pistachio Nuts (tillpoint)	591997
Bake At Home White Half Baguettes	560115	Fruit Sherbets	158039
Baker's White Farmhouse 400g	546003	Mint Imperials	318518
Ciabatta	565370	Sugar Free Coolmint Chewing Gum	146494
Citrus Fruit Slices	582827	Sugar Free Menthol Airplus Chewing Gum	361781
Count On Us Malted Grain Thick Sliced	159029	Sugar Free Mints Box	539494
Count On Us Wholemeal Thick Sliced	541343	Sugar Free Orange & Lemon Fruit Drops - Box	539517
Crusted Malted Grain	299251	Sugar Free Raspberry & Strawberry Drops	572279
Crusty White	299947	Sugar Free Very Berry Chewing Gum	254984
Golden Wholemeal Farmhouse 400g	263306	Tin Of Travel Sweets	550185
Golden Wholemeal Rolls (ew)	471466	<b>Cook F05C</b>	
Highbran 400g	514972	Roasting Veg - Traditional Vegetables For Roasting With Herb Dressing	482042
Hovis Wheatgerm 400g	514866	<b>Dairy F06C</b>	
Kvi Brown Loaf (ew)	475969	250g Sunflower Spread	476096
Medium Sliced Wholemeal 400g	514316	500g Sunflower Dairy Free Spread Light	565028
Medium Sliced Wholemeal 800g	515221	Sunflower Spread	338370
Mini Rosemary Flatbread X 2	616317		
Mixed Seed & Grain Roll Selection	693677		
Multi-seed Bloomer Slices	239219		
Organic Multiseed Loaf	496810		
Organic Stoneground Cob 400g (ew)	538442		
Organic Wholemeal Loaf 800g	519878		
Panettone	338103		
Peperonata Ciabatta	501194		

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PRODUCT TITLE	BARCODE / UPC	PRODUCT TITLE	BARCODE / UPC
<b>Delicatessen F04C</b>		<b>Food To Go F07C</b>	
3 Pack Mini Houmous Pots	516891	Cou Orzo Pasta With Slow Roasted Tomatoes Ftg Large Salad	534765
Antipasti Mix	701181	Cranberry Juice Drink 330 Ml	259774
Baked Vegetable Parcels With Tomato Salsa	597623	Florida Squeezed Orange Juice 330 Ml	988216
Butternut And Chilli Harissa Dip	674591	Food To Go Raspberry Jelly	473187
Eat Well Tomato Salsa	322171	Fresh Mango 180g	408219
Edamame Soy Bean Dip	622189	Freshly Squeezed Pomegranate Juice	488532
Fruity Spanish Couchillo Olives	701228	Ftg "super" Berry Smoothie: Blackcurrant, Raspberry & Acai. 100% Real Fruit	544894
Grilled Mixed Peppers	701174	Ftg 500ml Blueberry & Pomegranate Sparkling Water	658645
Houmous 200g	607537	Ftg Â£1.00 Apple, Kiwi & Mango	661959
Houmous 300g	234474	Ftg Blackberry & Echinacea Drink	405553
Indian Selection With Tomato & Chilli Dip	309431	Ftg Blackcurrant Still Fruity Water	452236
Large Olive Selection	398299	Ftg British Apple & Raspberry Juice 500ml	664110
Manzanilla Olives	546706	Ftg Christmas Cranberry Burst (smoothie)	515122
Manzanilla Olives (large)	701259	Ftg Classic Fruit Salad	826402
Marinated Greek Olive Selection	299596	Ftg Cola 500ml	172912
Marinated Roasted Artichokes	465021	Ftg Cou Smoky Bacon Hoops	614849
Mild Spanish Mixed Olives	701235	Ftg Cranberry & Raspberry Sparkling Water	491822
Moroccan Marinated Olives	667258	Ftg Diet Cola 500ml	172899
Organic Houmous	302661	Ftg Diet Sparkling Alphonso Mango And Passionfruit Carbonate	466288
Oriental Vegetable Selection	570893	Ftg Diet Sparkling Florida Orange	393072
Pesto Queen Green Olives	667272	Ftg Diet Sparkling Sicilian Lemon Mexican Lime	393096
Pitted Manzanilla Olives	546720	Ftg Fc Tropical Juice	664844
Reduced Fat Houmous	145954	Ftg Festive Fruit And Nut Collection	515139
Speciality Italian Slow Roast Vine Tomatoes	622165	Ftg Fruit & Nut Mix	686860
Spicy Red Pepper Houmous	311304	Ftg Full On Flavour Sea Salt & Malt Vinegar Crisps	599276
Stuffed Greek Olives	465571	Ftg Golden Pineapple	997669
Super Mammoth Greek Olives	701242	Ftg Large Samosa	545037
Vegetable Spring Roll	514828	Ftg Lemon And Lime Flavour Still Spring Water Drink	314831
Vegetable Spring Roll Selection	670005	Ftg Lightly Sea Salted Parsnip, Sweet Potato And Beetroot Mixed Vegetable Crisps	604024
<b>Desserts F08C</b>		Ftg Mango	599238
Blueberry & Elderflower Jelly	668606	Ftg Melon & Grape	790222
Christmas Compote	246019	Ftg Orange Melon	606530
Eat Well 2 Summer Fruit Puddings	16155	Ftg Organic Sweet Potato Crisps	538619
Eat Well Berry & Cherry Jelly Terrine	559164	Ftg Peach & Raspberry Still Water Drink	466301
Eat Well Cherry Jelly With Sweet Cherries	606318	Ftg Pomegranate	599245
Eat Well Fresh Fruit Jelly	964951	Ftg Pomegranate And Raspberry Juice Drink	499491
Eat Well Mango & Passion Fruit Jelly Terrine	616874	Ftg Pomegranate Juice	493239
Eat Well Raspberry Jelly	344951	Ftg Pressed British Cox & Blackcurrant Juice	623810
Peach Melba Jelly	681193	Ftg Pressed Gala Apple Juice	465687
Summerfruit Pudding (large Sharing)	668668	Ftg Pure Apple Juice From Concentrate	664820
<b>Fish F62C</b>		Ftg Pure Orange Juice From Concentrate. Smooth And No Bits	664813
Chunky Chips 400g (take Away Deal)	696906	Ftg Raspberry Still Fruity Water	459921
Crinkle Cut Chips 400g (take Away Deal)	696890	Ftg Reduced Fat Humous With Focaccia Sticks	502276
French Fries 400g (take Away Deal)	696883	Ftg Reduced Fat Lightly Salted Crinkle Crisps	657426
<b>Food To Go F07C</b>		Ftg Reduced Fat Salt & Vinegar Crinkle Crisps	143349
1 Litre Water Ftg	689243	Ftg Ruby Orange And Mandarin Still Water	466318
Berry Medley	664103	Ftg Seasonal Mix With Plum, Rocha Pear, Apple And Blackberry	621304
British Pressed Apple Juice	666671	Ftg Seedless White Grapes	989893
Cafe Cola (500ml Bottle)	555692	Ftg Sparkling Berry Energising Berry Drink	502702
Cafe Diet Cola 500ml Bottle	555616	Ftg Sparkling Florida Orange	393041
Cou Orzo Pasta - Lower Upt	688222	Ftg Sparkling Lemon And Lime Energy Drink	527460

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<b>Food To Go F07C</b>		<b>Fruit F61C</b>	
Ftg Sparkling Lemon And Lime Flavour Spring Water Drink With Sweeteners	348157	Banana Medium Bag	961455
Ftg Sparkling Water 500ml	643740	Berry Tastic Nibble Ex Nectarine, strawb, blackberry, and Raspberry	505239
Ftg Still Water 500ml	643764	Black Grapes Punnet	513845
Ftg Still Water 750ml	643771	Blackberries	815345
Ftg Strawberry & Aloe Vera Drink	381772	Blueberry Jelly & Berry Bowl Ew	646567
Ftg Strawberry & Banana Smoothie	623766	Blush Golden Apples X 4	236621
Ftg Tropical Fruit Sticks	619370	Blush Pears X 4	169172
Ftg Watermelon	606516	Braeburn Apple Loose	992015
Ftg/snack - Multigrain Salad With Houmous	587631	Braeburn Apples Bag	578806
Grape & Raspberry Pure Juice	664141	Braeburn Apples X 4	816144
Hydration - Lemon & Lime	660044	Bramley Tray	417754
Hydration - Tropical	660037	Brazil Nut Kernals	483018
Lightly Salted Handcooked Crisps	599320	Brazil Nuts	811040
Mango, Pineapple & Passionfruit Smoothie. 100% Real Fruit	666411	Breakfast Sprinkle	657211
Pineapple, Mango, Kiwi & Blueberry Fruit Salad.	678858	Cashew Nuts	319980
Pressed Apple & Mango 330 Ml	945479	Cashew Nuts Large Pack	811262
Pressed Apple Juice	943437	Cherries Red Small Punnet	159814
Pressed Grape & Raspberry Juice	277051	Cherry Mixed Pack	326735
Raspberry & Guava Smoothie 100% Real Fruit	666428	Chestnuts	320405
Reduced Fat Houmous & Carrot Dipper	619400	Childrens Raisins	599306
Sea Salt & Crushed Black Pepper Handcooked Crisps	155656	Christmas Luxury Fruit Salad 900g	497299
Sea Salt And Balsamic Vinegar Handcooked Crisps	651851	Comice Pear Loose	500647
Sparkling Glucose Energy Drink	643832	Comice Pears X 4	802475
Sparkling Water 500ml Ftg	159852	Concorde Pear Loose	144209
Spicy Red Pepper Houmous & Crudite Dipper	619417	Concorde Pear X 4	143660
Still Water 500ml Ftg	654708	Conferece Pear Loose	817509
Still Water Sports Cap 750ml	349178	Conferece Pears X 4	949996
Strawberry & Raspberry Mix	676533	Cox Apple Loose	46800
Strawberry & Raspberry Smoothie With Oat Beta Glucan To Help Lower Cholesterol	667609	Coxs Apples Bag	159043
Strawberry, Blackcurrant & Blueberry Smoothie	667616	Coxs Apples Snack	800327
Summer Mexican Lime With A Hint Of Chilli Handcooked Potato Crisps	671057	Coxs Apples X 4	800105
Super Berry Smoothie: Blackcurrant, Raspberry & Acai. 100% Real Fruit	537797	Cranberries & Coconut (xmas)	523882
Super Wholefood With Blueberries & Mango	671378	Cranberries And Macadamia Nuts	454193
Tropical Fruits	664127	Delbard Estivale	800211
Vitamin Water_calcium_cranberry And Lime	660068	Deri Dates Without Stones	810579
Vitamin Water_fibre_orange And Passionfruit	660051	Dried Fruit, Nuts & Seeds Mix	410502
Vitamin Water_immunity_pomegranate & Blueberry	660075	Dried Nut, Fruit & Berry Mix	517805
<b>Frozen F02F</b>		English Apple Loose	168328
Ftg Freshly Squeezed Valencian Orange Juice Lolly	527491	English Apple Snack	119887
Ice Cubes 1kg	434461	English Apples X 6	807791
Mango Madness Sorbet	355841	Fabulous Fruit Collection Ex Freshly Prepared Fruit Collection 400g	150521
<b>Fruit F61C</b>		Fairtrade Mango	472364
5 Fruit Fantasy - Ex Pine, Mango, Kiwi, Rasp & Blueberry 300g	494557	Fairtrade Pineapple	472456
All Tanatlisngly Tropical Ex Tropical Fruit Salad	675994	Figs Loose	408981
Almonds	167048	Figs X 4	56496
Apricots Loose	924283	Fine Egremont Russet X 4	65283
Apricots Pack X 6	302715	Forelle Pear Loose	73387
Awesome Apple & Gorgeous Grape Nibble Â£1.49	646499	Forelle Pear X 4	813303
Baby Kiwi	184069	Freshly Prepared Classic Fruit Salad (400g)	465557
		Freshly Prepared Classic Fruit Salad Bowl (510g)	436236
		Freshly Prepared Flavour King Plum & Stone Fruit Medley	599177
		Freshly Prepared Fruit Collection (simply Foods Trial)	508063
		Freshly Prepared Golden Pineapple Slices	230469
		Freshly Prepared Mango & Strawberry	593458
		Freshly Prepared Melon & Golden Pineapple Slices	391986

# Vegans



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PRODUCT TITLE	BARCODE / UPC	PRODUCT TITLE	BARCODE / UPC
<b>Fruit F61C</b>		<b>Fruit F61C</b>	
Freshly Prepared Melon And Berries Rainbow Fruit Salad (small)	554312	Mixed Nuts - Large Pack	297172
Freshly Prepared Melon Medley (simply Foods Trial) 450g	127684	Mixed Nuts (in Shell)	40341
Freshly Prepared Pineapple Mango & Passion Fruit	939195	Mixed Nuts 350g	437806
Freshly Prepared Rainbow Fruit Salad With Strawberries	554350	Nectarine Loose	811590
Freshly Prepared Watermelon (600g)	516952	Nectarine Punnet	814546
Frozen British Raspberries	343015	Nectarines X 4	82723
Fruit & Nut Collection Bag 150g	657235	Nut Collection	428996
Fruit & Seed Collection Bag	644952	Nut, Fruit And Berry Mix	483001
Fruit And Nut Collection	479677	Orange Flesh Melon	122467
Fruit And Nut Collection 400g	437813	Orchard Mix	504270
Fruit Quencher Tastic - Ex Melon, Strab, Kiwi 320g	656719	Ordering Fruit Collection	401326
Ftg Watermelon 240g	398701	Organic Braeburn Apples	911207
Fuji Apples X 4	142427	Organic Cox Apples	257411
Funky Fruit Cocktail - Ex Fruit Cocktail	508001	Organic Easy Peel	214728
Gala Apple Loose	123389	Organic Gala Apples	260305
Gala Apples Bag	812504	Organic Lemons	197366
Gala Apples Snack Pack	816250	Organic Medjool Dates	278522
Golden Delicious Apples X 4	593427	Organic Medjool Dates 375g	352444
Golden Kiwi X 4	808156	Organic Melon	214803
Golden Raisins & Cranberries	473422	Organic Mixed Nuts	318891
Granny Smith Apples X 4	801348	Organic Mixed Nuts	428354
Grape Red Large	436144	Organic Oranges	593090
Grape Red Small	436175	Organic Peaches	214698
In-shell Brazil Nuts	647823	Organic Pears	214711
Italia Grapes	807357	Organic Pink Lady Apples	339513
Jazz Apple Loose	401531	Organic Plum	377089
Jazz Apples X 4	367622	Organic Raspberries	274586
Jumbo Raisins & Cashews	464659	Organic Royal Gala Apples	249126
Jumbo Raisins & Sultanas	913126	Organic Seedless Grapes	254069
Jumbo Raisins & Sultanas 375g (xmas)	645003	Organic Seedless Grapes	415880
Kiwi Fruit Loose	812832	Organic Soft Prunes	339247
Large Strawberry, Grape, Blackberry & Blueberry On A Raspberry Jelly Bowl	640824	Organic Strawberries	941723
Lemons Unwaxed X 4	806336	Outrageously Orange Melon Ex Prep Orange Melon	392020
Loose Yellow Plums	803717	Packham X 4	817059
Luxury Nut Selection Bag (xmas)	644969	Papaya	812948
Lychees	808378	Peach Punnet	816588
Macadamia Nuts	352512	Peaches	301589
Macadamia Nuts & Cranberries	464727	Peaches X 4	301473
Mackintosh Red Apples	429511	Peanuts In Shell	644945
Mango Bag	410717	Pear Taylors Loose	433389
Mango Madness 280g	563734	Pecan Nuts	657228
Mango Madness Ex Prepared Mango	801898	Perfect Plum, Pear And Fig Medley	488754
Mangoes	94900	Piel De Sapo Melon	405584
Marvelous Melon Mandgo And Blueberry Ex Melon, Mango & Blueberry	656702	Pine Nuts	396721
Medjool Dates Lge Pack	264495	Pineapple & Mango Tango Â£1.49	646529
Medjool Dates With Walnuts	429009	Pink Lady Apples Bag	468763
Melon And Grape Munchies Ex Freshly Prepared Melon And Grape	730815	Pink Lady Apples X 4	810357
Melon And Mango Finger Trio	466196	Pinklady Apple Loose	802253
Melon Bag	410724	Pinklady Apples Snack	409780
Melon Medley 375g	178655	Pistachios 300g	437790
Melon Medley Madness Ex Melon Medley	505413	Pistachios In Shells	479684
Melon Medley Madness Goes Large !	410823	Pitted Dates	320931
Mixed Nut Kernels	271769	Pomegranate Passion - Ex Prep Pomegranate	508056
		Pomegranite Jelly & Fruit Bowl Ew	646574
		Purly Pineapple Goes Large Ex Prep Pineapple	456388
		Purly Pineapple Wx Golden Pineapple	72250

# Vegans



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<b>Fruit F61C</b>		<b>Fruit F61C</b>	
Radiant Rainbow Layers Ex Freshly Prepared Layered Rainbow Fruit Salad ( Small)	539210	Washington Reds Apples	801560
Rainier Cherries Small Punnet	285520	White Flesh Nectarines X 4	318754
Raspberries	362122	White Flesh Peaches X 4	425872
Raspberry 125g	815239	White Grape Loose	55918
Raspberry Jelly & Fruit Bowl Ew	646581	Williams Pears X 4	65504
Red Cherries Loose	924399	Wise Buy Banana Bag	500166
Red Grape Loose	56052	Wonderful Watermelon Â£1.49	347716
Red Large Cherry Punnet	328890	Yellow Cherries Loose	140270
Red/black Plum Loose	73714		
Red/black Plum Punnet	961233	<b>Global Meal Solutions F03C</b>	
Red/black Plums X 6	998574	4 Onion Bhajis	269360
Rocha Pear Loose	50609	4 Vegetable Samosa	672610
Rocha Pear Snack Pack	382199	Arrabiatta Sauce	635387
Rocha Pears X 4	914581	Asian Rice	667470
Royal Gala Apples X 4	424851	Black Bean Sauce	667463
Ruby Ripple!	620567	Bombay Aloo	161213
Seedless Grapes Large	391153	Coconut Rice	684873
Seedless Grapes Small	401630	Crispy Onion Rings	668132
Seedless Grapes Snack Pack Ssp	395526	Dual Tray Sizes Tomato & Basil Sauce 350g	678964
Seedless Grapes Std	807241	Flat Rice Noodles	667449
Seedless White Grapes Large	806886	Frites	253949
Seedless White Grapes Small Pack	401616	Green Vegetable Stir Fry Pack	667425
Sharon Fruit Pack X 4	831437	Indian Starter Selection Pack	465311
Snack Pack Nut Fruit & Berry On A Clip Strip	644983	Mini Onion Bhajis And Vegetable Pakoras	534468
Snack Pack Soft Apricots On A Clip Strip	644976	Mixed Pepper Vegetable Pack	667371
Soft Apricots	463072	Sweet & Sour Sauce	667333
Soft Apricots 500g	813204	Sweet Chilli Sauce	667326
Soft Blueberries	473392	Tarka Dahl	369848
Soft Eating Mango Slices In A Tray	431644	Tomato & Basil Sauce (large)	643658
Soft Eating Tropical Fruit Mix	500180	Tomato & Basil Sauce (small)	448727
Soft Figs	471404	Tomato & Roasted Vegetable Sauce	460170
Soft Figs 375g (xmas)	645010	Vegetable Curry - Meal Centre	647458
Soft Prunes	267564		
Soft Prunes 375g (xmas)	645034	<b>Groceries F19A</b>	
Sonya Apples X 4	178723	100% Extra Free Instant Italian Coffee 200g	495738
Speciality Soft Fruit Selection Box (xmas)	173162	12 Spice Indian Cooking Sauce 09	687478
Strawberry 225g	815017	160 Extra Strong Teabags	716000
Strawberry 400g	805421	160 Red Label Teabags	177054
Strawberry Twin/pack	237314	2 Breakfast Fruit Pots	552424
Summer Fruit Trio	437783	20 Organic Camomile Teabags	457972
Takeaway Banana Loose	115728	20 Organic Camomile, Limeflower & Lavender Tea	457996
Takeaway Braeburn Loose	996860	20 Organic Lemon, Ginger And Ginseng Teabags	528788
Takeaway Gala Apple Loose	398336	20 Organic Peppermint Teabags	457989
Taylors Gold Pear Loose	992909	20 Spearmint & Peppermint Teabags	598651
Taylors Gold Pear X 4	992893	20 Strawberry & Raspberry Teabags	601511
Tentation Apples X 4	376129	240 Extra Strong Teabags	105323
Totally Tropical Layers Ex Freshly Prepared Layered Rainbow Tropical Fruit Salad ( Small)	539227	5 Spice Paste	620772
Tree Ripened Medjool Dates	485463	80 Extra Strong Teabags	716109
Tree Ripened Papaya And Mango	593557	80 Red Label Teabags	291156
Twin Pack Speciality Mango	190121	Agen Prunes	552325
Ufo Peaches	990301	Apricot Compote	552684
Very Berry Blast Ex Berry Medley Salad	508018	Apricot Conserve	523431
Walnuts	154208	Apricot Halves	406253
Walnuts (in Shell)	823555	Apricots In Amaretto Liqueur	552431
Walnuts Large Pack	418287	Arrabiatta Pasta Sauce	670319

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<b>Groceries F19A</b>		<b>Groceries F19A</b>	
Artichoke & Tomato Italian Paste	666374	Coriander	568074
Avocado Oil	568227	Coriander Seeds	613675
Avocado, Lime & Mint Dressing	428538	Cou Balsamic Vinegar, Olive And Herb Dressing	458832
Baby Carrots	310345	Count On Us Fruit And Nut Muesli	258555
Baby Jersey Royal New Potatoes	399159	Cranberry Sauce With American Cranberries	447898
Baking Powder	568234	Creamed Coconut	568524
Balsamic & Blueberry Dressing	497992	Crinkle Cut Pickled Beetroot In Vinegar	480192
Balti Cooking Sauce 09	687423	Cucumber Relish	497961
Balti Paste	568050	Cumin Seeds	613682
Basil	568067	Decaffeinated Fairtrade Cafe Rich Roast	134989
Basmati Rice 1kg	207553	Decaffeinated Teabags	226806
Bay Leaves	568265	Dessicated Coconut	613378
Bbq Sauce	471541	Dipping Oil . Extra Virgin Olive Oil & Balsamic	549653
Black Eyed Beans	573665	Dipping Oil. Extra Virgin Olive Oil, Chilli & Garlic	549677
Black Onion Seeds	613934	Dopiazza Sauce	591218
Black Rice	613897	Dried Blueberries	613279
Blackcurrant Conserve	525695	Dried Cranberries	613262
Blueberry Conserve	357098	Dried Porcini Mushrooms	573856
Bombay Potatoes Spice Kit	574211	Dumpling Mix	613507
Bouquet Garni	568289	Earl Grey	926324
Bramley Apple Sauce With Vintage Cider	447966	Easycook Long Grain Rice 1kg	109482
British Raspberry Coulis	605076	Eat Well Hand Cut Grapefruit Segments In Juice	525930
Brown Sauce	826723	Eat Well Mandarin Segments In Glass	542562
Cafe Gold	134439	English Breakfast Teabags	458870
Cafe Gold 200g	985048	English Mint Sauce With Fresh Mint	447980
Cafe Gold Decaffeinated	135238	English Rhubarb Compote	552417
Cafe Gold Decaffeinated	835732	English Vineyard Mustard	503204
Cafe Granules 100g	134873	Ermes Red Rice	568708
Cafe Granules 200g	461801	Espresso R&g Coffee	196932
Cafe Noir	273671	Ew Italian Tomato And Vegetable Soup	490467
Caraway Seeds	613712	Ew Minestrone Soup	926003
Cashew Nuts	613385	Ew Three Bean Broth	605984
Chicken Jalfrezi Spice Kit	574228	Ew Tomato And Basil Soup	164221
Chicken Tikka Masala Spice Kit	574181	Ew Tomato Puree	366656
Chilli Flakes	613736	Ew Winter Vegetable Soup	495455
Chilli Pickle	689892	Extra Strong Loose Tea	716215
Chopped Garlic	568135	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 Connoisseur Cherries In Kirsch - Xmas 09	569118	Fairtrade 10 One Cup Filters Italian Style	348003
Christmas Cranberry & Ruby Port Sauce - Xmas 09	568791	Fairtrade 10 One Cup Filters Medium Roast Ground Coffee	30533
Christmas Hot Toddy Bundles	568821	Fairtrade Colombian Coffee	27977
Christmas Mustard And Dill Sauce	636513	Fairtrade Colombian Decaffeinated Coffee	459945
Christmas Retro Gold Tea Caddy - Xmas 09	514439	Fairtrade Colombian Freeze Dried Instant Coffee	581295
Christmas Retro Italian Coffee Caddy - Xmas 09	568814	Fairtrade Golden Granulated Sugar	542272
Christmas Wild Cranberry Sauce With White Port	480109	Fairtrade Kenyan Coffee	668804
Chunky Fajita Marinade	497565	Fairtrade Organic Papua New Guinea Freeze Dried Instant Coffee	598675
Chunky Sweetcorn Relish	471480	Fairtrade Pure Origin Assam Teabags	219013
Cinnamon Sticks	568302	Fairtrade Pure Origin Ceylon Teabags	219006
Cinnamon Sugar	613811	Fairtrade Pure Origin Kenyan Teabags	219044
Classic French Dressing	313896	Fairtrade Rwandan Coffee	581288
Cloves	568319	Farfalle	574327
Coarse Cut Seville Orange Marmalade	653671	Fennel Seeds	613729
Coconut Milk	568517	Fenugreek	613743
Coffee Extract	568333	Flaked Almonds	574020
Conchiglioni	574334		

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PRODUCT TITLE	BARCODE / UPC	PRODUCT TITLE	BARCODE / UPC
<b>Groceries F19A</b>		<b>Groceries F19A</b>	
Ft Breakfast Blend	518314	Laksa Sauce	572705
Ft Coffee Beans Medium Roast	518307	Lamb Rogan Josh Spice Kit	574198
Ft Coffee Filters	518291	Lemon & Pink Peppercorn Grinder	605144
Ft Columbian Coffee Cups	518161	Lemon And Lime Marmalade	654258
Ft Core French Roast	518321	Lemon Extract	568449
Ft Core Italian Beans	518338	Lemon Juice From Concentrate	423694
Ft Loose Assam Tea	518246	Lime Pickle	689830
Ft Loose Tea Jasmine	518253	Linseeds	613460
Ft Loosetea Darjeeling	518260	Long Grain And Wild Rice	207669
Ft Orange Flavoured Coffee	518444	Madras Cooking Sauce 09	687454
Ft Vanilla Flavoured Coffee	518451	Mandarin Segments	422888
Ft. Loose Tea Earl Grey	518277	Mango & Passion Fruit Coulis	605069
Giant Beans In Tomato Sauce	505321	Marinated Artichokes	428811
Gluten Free Flour	620833	Mediterranean Style Herb Rub	510691
Gold 16 Teabags	598668	Medium Cut Blood Orange Marmalade	377942
Gold 160 Teabags	165709	Medium Cut Mandarin Marmalade	151276
Gold 80 Teabags	173148	Medium Cut Ruby Red Grapefruit Marmalade	652872
Gold Loose Tea	165716	Medium Rice Noodles	568456
Grapefruit Segments	177313	Medium Roast Ground Coffee	175791
Greek Extra Virgin Olive Oil	336611	Microwavable Basmati Rice	380171
Greek Olives Stuffed With Pimiento	504355	Microwavable Long Grain Rice	380188
Greek Olives With Orange & Peppers	518468	Microwavable Pilau Rice	364102
Green Olives Stuffed With Sundried Tomato	504362	Microwavable Wholegrain Rice	486682
Grilled Artichoke Halves	548731	Mint Jelly	503235
Grilled Aubergines With Chilli	549523	Mixed Marinated Olives	505604
Grilled Peppers With Rosemary	548748	Mixed Pitted Olives - Connoisseur Xmas 09	568951
Grilled Whole Mushrooms	548755	Moroccan Style Spice Rub	510684
Ground Almonds	574037	Mustard Seeds	613699
Ground Cinnamon	619325	Natural Morello Cherries	568470
Hand Cut Grapefruit Segments In Light Syrup	525893	New York Blend R&g Coffee	609869
Haricot Beans	613514	No Peel Orange Marmalade	248273
Hawaiian Pineapple Slices	705936	Nutmeg	568487
Hedgerow Conserve	369541	Olive Oil	549226
Hoi Sin	568401	Olives Stuffed With Almonds	504348
Hot And Smokey Spice Rub	510714	Oregano	619073
Italian Conchigioni Pasta	671552	Organic Apricots	575898
Italian Extra Virgin Olive Oil	336628	Organic Balsamic Vinaigrette	549110
Italian Farfalle Pasta	671606	Organic Balsamic, Garlic & Rosemary Marinade	549127
Italian Fiorelli Pasta	671613	Organic Basmati Rice	538848
Italian Fusilli Pasta	671620	Organic Brown Rice	364126
Italian Herb Blend	568081	Organic Bulgar Wheat	573788
Italian Kvi Penne Pasta	671637	Organic Butterbeans	573658
Italian Kvi Spaghetti	671644	Organic Californian Thompson Raisins	573979
Italian Linguine	671651	Organic Chickpeas	573719
Italian Messicani Pasta	671668	Organic Citrus Green Tea	529273
Italian Rigatoni Pasta	671682	Organic Course Oatmeal	573825
Italian Risotto Rice	618434	Organic Cous Cous	573849
Italian Wholewheat Penne Pasta	671729	Organic Crunchy Sultana Granola	214438
Italian Wholewheat Spaghetti	671736	Organic Dark Muscavado Sugar	568531
Jalfrezi Cooking Sauce 09	687430	Organic Deglet Nour Dates	574006
Jerk Paste	568098	Organic Exotic Fruit And Nut Wholegrain Muesli	538299
Juniper Berries	613750	Organic Fairtrade Jasmin Green Tea	385176
Kaffir Lime Leaves	613651	Organic Fairtrade Nicaraguan Decaffeinated Coffee	581271
Ketjap Manis	568418	Organic Fairtrade Pure Green Teabags	369510
Korma Paste	568111	Organic Festine Pasta	418195
Kvi Curry Cooking Sauce 09	687485	Organic Green Lentils	573733



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<b>Groceries F19A</b>		<b>Groceries F19A</b>	
Organic Hazlenuts	574068	Provender Balsamic Vinegar	481359
Organic Italian Extra Virgin Olive Oil	313742	Pudding Rice	568692
Organic Lemon And Tarragon Vinaigrette	549103	Pure Canadian Maple Syrup	819428
Organic Light Muscavado Sugar	580564	Pure Sea Salt From Anglesey	389334
Organic Long Grain Brown Rice	538831	Puttanesca Pasta Sauce	670302
Organic Luxury Fruit And Nut Wholegrain Muesli	538251	Queen Green Olives	505628
Organic Minced Meat	518475	Rapeseed Oil	615341
Organic Mixed Fruit	573993	Raspberry Conserve	514644
Organic Pearl Barley	573795	Raspberry Vinegar	613842
Organic Pine Nuts	574044	Ready To Roll Marzipan	574143
Organic Pinto Beans	573672	Ready To Roll Soft Icing	574136
Organic Polenta	573832	Red Cabbage In Malt Vinegar	477130
Organic Pumpkin Seeds	574075	Red Cabbage Large	480116
Organic Quadrelli Pasta	418201	Red Cherry Conserve	145916
Organic Quinoa	573771	Red Lentils	573740
Organic Red Kidney Beans	573689	Redcurrant Sauce With Cabernet Sauvignon	448048
Organic Red Wine Vinegar	573627	Reduced Fat French Dressing	209854
Organic Red Wine, Rosemary And Thyme Marinade	549134	Rendang Sauce	578615
Organic Self Raising Flour	250269	Rhubarb & Ginger Conserve	357074
Organic Sesame Seeds	574099	Rich Italian	173131
Organic Sicilian Lemon Juice	573641	Rich Italian	103787
Organic Single Estate Teabags	216326	Roasted Italian Vegetable Stir Through	301671
Organic Soup / Casserole Mix	573757	Roasted Pumpkinseed Dressing	616133
Organic Teddy Bear Shaped Pasta	595735	Roasted Red & Yellow Peppers	428927
Organic Tomato, Kalamata Olive And Chilli Marinade	549141	Rogan Josh Cooking Sauce 09	687447
Organic Turkish Sultanas	573986	Saffron	568609
Organic Vostissa Currants	573962	Salted Capers	620765
Organic Wheat Bisks	538275	Semi Dried Cherry Tomatoes	548762
Organic White Bread Crumbs	573764	Sliced Mangoes	541787
Organic White Bread Flour	568722	Sliced Peaches	409469
Organic Wholemeal Flour	620888	Sliced Peaches	409476
Organic Wholewheat Spaghetti	553957	Smoked Chilli And Garlic Grinder	605182
Organic Wholewheat Zoo Animal Shaped Pasta	595742	Smoked Paprika	568616
Organic Yellow Split Peas	573726	Smoked Paprika And Chilli Seasoning	614542
Original Recipe Crinkle Cut Pickled Beetroot 280g	452168	Smoked Sea Salt	613644
Original Recipe Crinkle Cut Pickled Beetroot 705g	452175	Smokey Bbq Relish	471473
Original Recipe Sliced Pickled Beetroot	586979	Soft Pack 80 Red Label Teabags	607421
Parsley	568166	Soy Sauce Ug	455916
Parsley & Garlic Salt Grinder	605151	Spanish Extra Virgin Olive Oil	729635
Passata	548663	Speciality Antipasti	569002
Peaches & Cranberries In Orange Liqueur	552332	Speciality Black Olive Tapenade	552349
Peaches In Brandy Connoisseur Xmas 09	569101	Speciality English Blackcurrant & Cassis Dessert Sauce	551274
Pears In Red Wine - Connoisseur Xmas 09	680783	Speciality Fairtrade Damson And Sloe Jam	568920
Penne Ritorte	574310	Speciality Mediterranean Tomato And Red Pepper Marinade	549165
Peri Peri Relish	428767	Speciality Mediterranean Tomato, Pepper And Olive Dip	552783
Petit Pois	310352	Speciality Pure Origin Fair Trade Organic Guatemalan Ground Coffee	569095
Pickled Pears In Champagne Vinegar	518529	Speciality Rose Harissa Dip	552790
Pickled Silverskin Onions	101929	Speciality Sicilian Dop Extra Virgin Olive Oil	642699
Pineapple Chunks In Juice	566056	Speciality Smoked Jalapeno Barbecue Dip	552806
Pineapple Rings In Juice	569835	Speciality Stanley Plum And Soy Marinade	549158
Pitted Baby Kalamata Olives	505611	Speciality Sundried Tomato & Almond Tapenade	552356
Pitted Green Olives	505659	Speciality Tea Selection	568968
Plum Tomatoes	534277	Speciality Whole Mandarins In Mulled Wine	568906
Popping Corn	613521	Speciality Whole Mini Pears In Raspberry Liqueur	568890
Poppy Seeds	574105	Spicy Mango Chutney	483377
Porcini Oil With Black Truffle Shavings	574280		

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<b>Groceries F19A</b>		<b>Groceries F19A</b>	
Spicy Mango Chutney 2009	693752	Whole Kalamata Olives	505642
Star Anise	613705	Whole Mandarins In Orange Liqueur Connoisseur Xmas 09	636599
Sticky Barbecue Marinade	308489	Whole Pink Peppercorns	613903
Sticky Bbq Marinade Pouch	497916	Wholegrain Bread Mix	573931
Summer Berry Compote	552301		
Sunblush Tomato & Roasted Onion Dressing	465434	<b>Healthy Meal Solutions F64C</b>	
Sundried Chillies	573870	Med Veg Pasta With Red Pepper Sauce	470179
Sundried Tomato Paste	112109	Pure Apple Juice (kids Range)	492539
Sundried Tomatoes	428910	Pure Orange Juice (kids Range)	492546
Sundried Tomatoes	573863		
Sunflower Seeds	574082	<b>Hospitality F75A</b>	
Sushi Rice	568715	Cafe Baked Beans Jacket Potato Filler	314558
Sweet And Sour Marinade	549189	Cafe Ew Fresh Fruit Salad	239769
Sweet Mango Chutney	483384	Cafe Ew Pineapple & Grape	528849
Sweet Mango Chutney 2009	693769	Cafe Sea Salt & Vinegar Hc Crisps	558235
Sweet Red Pepper Marinade Pouch	605199	Chunky Chips Hftg	478694
Sweetcorn	147538	Cola Can 330ml (cafe)	179539
Tagine Paste	568173	Ew Cafe Sparkling Water - 500ml	194686
Tandoori Salmon Spices	574235	Ew Cafe Still Water - 500ml	194693
Tangy Citrus & Dill Herb Rub	510707	Large Still Water In Glass	495684
Tequila, Peri Peri & Lime Marinade	428590	Pressed Grape And Raspberry Juice	307536
Tewksbury Mustard Pot	522922	Small Sparkling Water In Glass	495707
Tex Mex Paste	568180	Small Still Water In Glass	495677
Thai Green Paste	568197	Tomato & Basil Soup Hftg	486040
Thai Red Paste	569217		
Tikka Paste	568203	<b>In Store Bakery F27A</b>	
Toasted Sesame Oil	336710	B/c Baked 5 Seed Golden Wholemeal Crusty Cob (ew)	488372
Tomato & Basil Bruschetta Topping	549301	B/c Baked Green Olive Ciabatta Roll	487771
Tomato & Basil Pasta Sauce	670227	B/c Baked Organic Baguette	548304
Tomato & Basil Pasta Sauce	548670	B/c Baked Organic Half Baguette	548281
Tomato & Basil Pasta Sauce 340g	518185	B/c Baked Organic Malted Wheat Loaf	556279
Tomato & Basil Pasta Sauce 550g	518192	B/c Baked Organic Poppy Seed Bloomer	557221
Tomato & Chilli Pasta Sauce	301084	B/c Baked Rustique Loaf	487849
Tomato & Garlic Pasta Sauce	670326	B/c Baked Tartine Slices	487948
Tomato & Garlic Pasta Sauce 340g	518222	B/c Baked White Crusty Loaf 400	486026
Tomato & Grilled Vegetable Pasta Sauce 340g	518239	B/c Baked Whole French Sourdough	535441
Tomato & Herb Pasta Sauce	670241	Baked Green & Black Olive Pave Roll	605274
Tomato & Herb Pasta Sauce 330g	300933	Baked Green Olive Pave 400g	600835
Tomato & Herb Pasta Sauce 530g	300940	Baked Muesli Loaf	598644
Tomato & Herb Pasta Sauce 550g	518208	Baked Organic Wholemeal Spelt Loaf 400g	600828
Tomato & Hidden Vegetable Pasta Sauce For Children	596510	Baked Rosemary Focaccia	605229
Tomato & Mushroom Pasta Sauce	518215	Baked Rustique Flute	484893
Tomato & Porcini Mushroom Pasta Sauce	670197	Brown Farmhouse	447294
Tomato & Red Pepper Pasta Sauce	670265	Granary Farmhouse	447300
Tomato And Chilli Pepper Pasta Sauce	548717	Isb Baked Hot Cross Bun X 2	614580
Tropical Fruit Salad	273800	Isb Baked Pretzel (ew)	499057
Turmeric	619172	Isb Baked Sesame Seed Pretzel (ew)	499316
Vanilla Sugar	613828	Isb Baked White Levain Boule	556293
Victoria Plum Conserve	528511	Isb Baked White Pave Loaf	557481
Vine Leaves	504560	Isb Iced Doughnuts (baked)	471985
Vostizza Currants	645737	Plain Bagel	228763
Walnut Pieces	574112	Plain Bagel	230186
Water Chestnuts Pouch	573610	White Farmhouse Loaf	416849
White Balsamic And Raspberry Dressing	616140	Wholemeal Farmhouse	416856
White Bread Mix	573948		
Whole Almonds	613392		

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<b>Juice F30C</b>		<b>Salads F16C</b>	
1 Litre Mango Madness Smoothie	652803	3 Bean Salad	537872
1 Litre Seasons Finest Cox Apple Juice	493246	3 Bean Salad With Edamame Soya Beans And Chive Dressing	467735
Blueberry Juice Drink	459884	Baby Cherry	902076
Cranberry & Raspberry Juice Drink	385329	Baby Cherry Large	166300
Cranberry Juice Drink	255493	Baby Cos	977715
Mulled Cloudy Apple Juice	689212	Baby Hass Avocado	229005
Mulled Plum, Red Grape & Pear Juice	689236	Baby Peppers	325387
Nfc Pink Lady Apple Juice	603812	Baby Salad Onions	988650
Organic Apple Juice	239042	Beetroot Salad	249270
Organic Florida Orange Juice	239035	Bistro Salad With Beetroot	561143
Organic Florida Pink Grapefruit Juice	307475	Black Olive And Rosemary Toast	560023
Organic Orange And Mango Juice Nfc	524735	Bunched Salad Onions	252508
Organic Pressed Apple & Mango Juice	432603	Celery Hearts	744263
Organic Tropical Juice Nfc	590488	Cherry Tomatoes On The Vine	169752
Peach And Grape Juice (nfc)	524728	Ciabatta Croutons	548021
Pomegranate And Raspberry Juice Drink	463355	Claret On The Vine	934756
Pomegranate Juice 500ml Nfc	615389	Co Oriental Style Edamame Salad	535731
Pressed Apple & Mango Juice	356398	Cous Cous And Chickpea Salad	569286
Pressed Apple, Rhubarb & Strawberry Juice Nfc	615402	Couscous And Roasted Vegetables	185677
Pressed Apple, Strawberry & Lychee Juice	432580	Crispy Onions	548038
Pressed Pineapple Juice With A Hint Of Lime	186803	Croutons - Tomato And Basil	659673
Promo Peach & Grape Nfc X 2 Pack	696937	Crunchy Iceberg Lettuce	151542
Pure Apple Juice From Concentrate	138239	Crunchy Salad Bowl 100g	536745
Pure British Apple & Pear Nfc Juice	664424	Crunchy Summer Salad	25935
Pure Clementine Juice	463348	Deli - 'superfood' Salad	550239
Pure Florida Squeezed Orange Juice Smooth "no Bits"	416696	Deli Side Salad - Broccoli And Red Pepper With Sweet Chilli And Ginger Dressing	624114
Pure Florida Squeezed Orange Juice With Juicy Bits	322881	Deli Side Salad - Sprouting Seed	624121
Pure Florida Squeezed Pink Grapefruit Juice With Juicy Bits	358002	Deli Sides - Lge Superfood Layered Salad	619448
Pure Grape & Raspberry Juice	264518	Dressing Bottles Chilli And Coriander	624107
Pure Orange Juice From Concentrate. Smooth And No Bits (2litre)	769310	Dressing Shots - Chilli And Coriander	611169
Pure Orange Juice From Concentrate. Smooth And No Bits.	765893	Dressing Shots - Italian Style	611176
Pure Pineapple Juice From Concentrate	524742	Eat Well Carrot And Coriander Salad	156479
Pure Red Grape, Pomegranate And Blackcurrant Juice	529570	Eat Well Marinated Lentil Salad With A Balsamic Dressing	595926
Pure Spanish Valencia Orange Juice With Juicy Bits	487191	Eat Well Minted New Potato Salad	619479
Pure Tangerine Juice	529587	Eat Well. Roasted Red Pepper, Tomato & Chilli Dressing	506199
Pure White Grape, Pomegranate & Raspberry Juice (nfc)	524704	French Bread Croutons	467834
Seasons Finest Worcester Apple Juice	479981	Giant Couscous & Wheatberries With Roasted Butternut Squash	495929
Simply Sunshine Smoothie	308274	Hand Sliced Salad Onions	666985
Still Lemonade Juice Drink Nfc	611527	Hass Avocado Loose	903318
Strawberry & Raspberry Smoothie With Oat Beta Glucan	672023	Herby Aromatic Salad	919135
Tropical Juice From Concentrate	451604	Herby. Chive & Baby Radish Leaf Salad With Cos And Tango Lettuce	506366
<b>Meat F38C</b>		Large Deli Side - 3 Bean	574457
Butternut & Bean Vegetable Collection - One Pot Casserole	693332	Large Deli Side - Roasted Veg Cous Cous	627627
Classic Casserole Vegetable Collection - One Pot Casserole	693370	Large Deli Side Salad - Rice Lentil Aubergine	659062
Root Vegetable Collection - One Pot Casserole	694063	Large Deli Sides - Carrot Salad	627634
<b>Poultry F01C</b>		Limited Edition Speciality Lettuce	512701
Cranberry And Port Sauce 250g	130134	Little Gem	900911
		Litu - 3 Bean Salad With Mint Dressing	618175
		Loose Cherry On The Vine	642972
		Loose Green Pepper	904551
		Mediterranean Orzo Salad	565677
		Mediterranean Side Salad Selection	569293
		Mediterranean Vegetables & Pasta Salad	505987

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<b>Salads F16C</b>		<b>Savoury Snacks F12A</b>	
Mixed Leaf Bags - Sweet And Crunchy Salad	611244	Giant Lightly Salted Pretzels (rp)	355780
Nectar	591508	Herb Flavoured Roasted Mixed Nuts Till Point	515788
Organic Celery	224567	Hickory Smoked Bbq	607247
Organic Cooked Beetroot	589307	Hickory Smoked Bbq Lattice Snack	591263
Organic Cos Lettuce	288989	Highland Burgundy Red Lightly Sea Salted Hancooked Crisps	515801
Organic Italian Style Salad	255202	Kalamata Olive Twists	636339
Organic Lettuce	214391	Large Roasted And Salted Peanuts 200g	764001
Organic Rocket, Watercress And Spinach	473699	Large Roasted And Salted Peanuts 500g	764100
Organic Salad Onion	436564	Lightly Salted Pretzel Sticks	608343
Organic Tomatoes X6	70102	Lightly Sea Salted 150g	461467
Organic Watercress	255219	Lightly Sea Salted Baked Potato Crisps 70g	544801
Oriental Style Edamame Soya Bean Salad With Chilli & Coriander Dressing	505994	Lightly Sea Salted Hand Cooked Crisps 150g	749800
Orzo Pasta Salad With Slow Roasted Tomatoes	564489	Lightly Sea Salted Handcooked Crisps 300g	366823
Pea Shoots	548106	Multi Pack Lightly Sea Salted X6	463751
Pea Shoots, Baby Cos And Batavia Lettuce Salad	548090	New Lightly Salted Reduced Fat Crinkles 150g	492676
Peppery.rocket Salad	506397	New Lightly Salted Reduced Fat Crinkles 55g	383738
Radish	910613	New Reduced Fat Crinkles Salt & Vinegar 150g	492720
Radish - Bunched	955614	No Salt Handcooked Crisps 150g	406567
Rice, Lentil & Roast Aubergine With A Garlic Dressing	898201	No Salt Ridge 55g	457408
Salad Bags - Burgundy Blend	666282	Organic Lightly Salted Pretzels	538763
Salad Bowls - Beetroot And Carrot	687621	Oriental Spare Rib And 5 Spice	607254
Salad Bowls - Crunchy	409902	Oven Roasted Large Peanuts And Cashews With Cracked Black Pepper And Sea Salt	515795
Salad Bowls - Garden	659451	Prawn Cocktails	762618
Salad Bowls - House Salad	611251	Reduced Fat Ready Salted Crinkle Crisps 12 Pack	404136
Salad Bowls - Super Bowl	659437	Roast Beef And Onion 150g	461399
Salad Bowls - Tomato And Red Pepper	659444	Roasted And Salted Colossal Cashews - New Tier	934206
Salad Onions	902182	Salt & Pepper Pretzels (up)	221191
Santini Tomato Salad With Classic French Dressing	539364	Salt & Vinegar Chiplets 50g	762724
Schools Salad - Friuty Fiesta Salad	677523	Salt & Vinegar Twists 40g	496070
Slice Sld Onion	382625	Salted Mini Pretzels	515764
Slicing Tomatoes X 2	900256	Sea Salt & Balsamic Vinegar Handcooked Crisps	324861
Small Italian Salad Bag	685382	Sea Salt & Vinegar 150g	472289
Small Store Trial Iceberg Bag	683074	Sea Salt And Balsamic Potato Bakes	665483
Small Stores Trial Santini Tray	683180	Sea Salt And Cracked Black Pepper Baked Potato Crisps 70g	544795
Super Wholefood Salad With Basil And Mint Vinaigrette	547994	Sea Salted And Cracked Black Pepper Purple Star Hancooked Crisps	515948
Sweet 4 Leaf Salad	421874	Smokey Bbq Full On Flavour	498302
Sweet Celery Sticks	557566	Speciality Italian Nut Selection With Sun Dried Tomatoes And Herbs	520102
Sweet Peppers	905350	Sugared And Lightly Salted Almonds	528825
Sweet, Rosa Verde Salad	506267	Sweet Chilli Baked Potato Crisps 70g	591300
Sweet, Lambs Lettuce	506250	Sweet Popcorn X6 Bags	591973
Tomato Pasta Salad	659659	Sweet Potato Lightly Sea Salted Handcooked Crisps	431088
Tomatoes X6	900140	Sweet Thai Chilli	461450
Vaccum Packed Beetroot	652230	Tomato Salsa Potato Bakes	665490
Vinaigrette With Sherry Vinegar	506342		
<b>Savoury Snacks F12A</b>		<b>Soft Drinks F22A</b>	
6 Pack Lightly Salted Handcooked Crisps	557726	6 X 500ml Still Water Screw Cap	516280
Apple Crisps	434317	Apple Juice Triple Pack 250ml X 3	431866
British Duke Of York Lightly Salted Handcooked Crisps	410250	Apple Softbrew X 4 Pack	690720
Chilli And Lime Salsa Flavour Hand Cooked Crisps 150g	544726	Blackcurrant High Juice	559423
Eat In Lightly Salted Handcooked Crisps	259064	Blackcurrant Softbrew X 4 Pack	690744
Eat In No Salt Ridge Crisp	454186	Blueberry & Pomegranate Sparkling Water 1l	520034
Fairtrade Lightly Roasted And Salted Brazil Nuts	504201	Citrus Softbrew X 4 Pack	690751
Fairtrade Lightly Roasted And Salted Cashews	504218		
Fire Roasted Pepper Salsa Dip	358934		

# Vegans



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PRODUCT TITLE	BARCODE / UPC	PRODUCT TITLE	BARCODE / UPC
<b>Soft Drinks F22A</b>		<b>Traditional Meal Sol F63C</b>	
Cloudy Lemonade	373463	Braised Vegetable Casserole With Mini Parsley Dumplings	644631
Cloudy Lemonade	547765	Chunky Chips	229876
Cola 2l	431927	Fresh Chunky Chips	466950
Cou Blackcurrant High Juice	524889	Minestrone Soup	242905
Cou Orange High Juice	498074	Savoury Vegetable Rice	162180
Cranberry & Raspberry High Juice	418690	Spicy Red Lentil And Tomato Soup	220552
Cranberry & Raspberry Sparkling Spring Water Drink 1l	464215	Tomato And Basil Soup	151344
Diet American Ginger Ale	557078		
Diet Bitter Lemon	557122	<b>Vegetables F15C</b>	
Diet Cola 2l	431941	140g Freshly Harvested New Potatoes	654395
Diet Lemon And Lime Carbonate 2l	505550	2 Jacket Potatoes	389051
Diet Lemonade	557108	4 Pack Chopin Jacket Potatoes	690683
Diet Lemonade 2l	509145	6 Jacket Potatoes	389075
Diet Sparkling Florida Orange	433495	Abledo Carrots	643009
Diet Tonic Water	557030	Aromatic Stir Fry	547321
Eat Well Apple Juice	497336	Asparagus Bundle 250g	729963
Eat Well Orange Juice	498012	Asparagus Spears 200g	911191
Fiery Ginger Beer	373470	Asparagus Spears 400g	362542
Florida Orange High Juice	387286	Asparagus Tips 100g	258722
Florida Pink Grapefruit High Juice	329040	Asparagus Tips 155g	194242
Irish Sparkling 1.5 X 4 Shrinkwrap	510516	Autumn Gold Potatoes	643016
Irish Sparkling Water 1.5 L	159838	Baby Button Mushroom	187428
Irish Sparkling Water 6 X 500ml	647908	Baby Cabbage	830300
Irish Still 500ml X 6 Pack	314848	Baby Cauliflower	194174
Irish Still Water 1.5l	226813	Baby Cauliflower & Broccoli	811378
Irish Still Water X 4 1.5l	822091	Baby Corn	912549
Lemon & Lime High Juice	377867	Baby Courgettes	850148
Lemon & Lime Sparkling Spring Water Drink 1l	350297	Baby Leaf Stir Fry	63579
Lemon & Lime Still Spring Water Drink 1l	340656	Baby New Potatoes 750g	841139
Lemonade 2l	433525	Baby Vegetable Leaves With Tenderstem Broccoli	567770
Orange Juice Triple Pack 250ml X3	431859	Bag - Mushroom Stir Fry	659741
Scottish Sparkling 1.5 L	626460	Beansprouts	265263
Scottish Sparkling 1.5 X 4 Shrinkwrap	626453	Boston Fine Beans	606158
Scottish Sparkling 500ml X 6	642729	British Broad Beans	689779
Scottish Still 1.5 X 4 Shrinkwrap	626491	British Garden Peas	665209
Scottish Still 1.5l	626484	Broccoli & Cauliflower	592734
Scottish Still 500ml X 6	626477	Broccoli Carrot & Asparagus	483278
Soda Water	557085	Broccoli Fine Beans Sugar Snap Peas & Asparagus (fabulous Four Vegetables)	583725
Sparkling Florida Orange	433488	Broccoli Florets	46466
Speciality Elderflower Cordial	670418	Broccoli Florets (prepared)	251228
Speciality Organic Pear And Ginger Cordial	566827	Broccoli Loose	733106
Speciality Organic Pear And Ginger Presse	566841	Broccoli, Carrot, courgettes & Fine Beans	523486
Speciality Organic Raspberry Cordial	529853	Broccoli, Cauliflower And Runner Beans	563291
Speciality Organic Raspberry Presse	529839	Broccoli, Leek Brussels Sprouts & Fine Beans	523448
Speciality Raspberry & Pear Presse	667692	Brown Cap Mushrooms	854887
Summer Fruits High Juice	538527	Brussels Sprouts	848169
Tonic Water	557047	Butternut Squash	128896
Traditional Cream Soda	547772	Cabbage, Broccoli & Leek (crunchy Veg Medley)	119986
Traditional Dandelion & Burdock	547789	Carrot Batons 400g	416535
Traditional Extremely Fiery Ginger Beer	547819	Carrot Cauliflower & Brussels Sprouts (winter Vegetable Selection) 400g	840774
Triple Pack 3 X 250ml Cranberry Juice Drink	663946	Carrot, Broccoli And Runner Beans	563284
Triple Pack 3 X 250ml Grape & Raspberry Juice	663960	Carrot, Cauliflower & Broccoli 400g	283496
Triple Pack 3 X 250ml Pressed Apple & Mango	663953	Carrot, Cauliflower & Broccoli Florets	774901

# Vegans



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<b>Vegetables F15C</b>		<b>Vegetables F15C</b>	
Carrot, Potato,swede, Leeks & Red Onion (ideal For Casseroles)	35415	Mediterranean Style Potatoes 2/2.5kg	149662
Carrots Bag	853101	Mediterranean Veg For Roasting	257626
Carrots Tray	853200	Microwaveable Long Grain Rice	231992
Cauliflower, Carrot & Runner Beans	419697	Mini New Potatoes	147217
Chefs Style Carrots	159944	Mushroom Stir Fry	110228
Chefs Style Vegetables 240g	151436	Mushrooms Loose	167475
Chopin Potatoes	643023	New Baby Leaf Stir Fry	656276
Composit Broad Beans Single Pack	709668	New Potatoes 1kg	852180
Cook! Mini Vegetable Kebabs	433129	New Potatoes Large	852296
Count On Us Chunky Chips 4 Pack	305815	New Potatoes Loose	115063
Courgettes	849296	Onion Bag	853644
Crinkle Cut Chips	62886	Onions Net	853538
Crinkle Cut Maris Piper Slices	691345	Organic Asparagus Tips	318983
Crispy Potato Skins	691352	Organic Broccoli	127844
Crispy Roasting Potatoes	312165	Organic Carrots	850476
Crispy Wedges	312172	Organic Chips	273763
Curly Fries	415804	Organic Courgettes	233620
Customer Order - Winter Vegetables For Roasting	576819	Organic Hearted Cabbage	215237
Desiree Potatoes 2/2.5kg	869799	Organic Jersey Potatoes	395465
Diced Butternut Squash	567756	Organic Mange Tout	263993
Eat Well - Mini Vegetable Kebabs	337830	Organic Spinach	248549
Eat Well - Roasted Vegetable Burgers	557191	Organic Tenderstem Broccoli	393249
Eat Well Kitchen Canellini And Borlotti Beans With Tender Kale, Broccoli In A Rich Tomato Sauce	657471	Pak Choi	168397
Eat Well Kitchen Carrots, Bean Sprouts Spring Greens And Edamame Soya Beans With Noodles And A Sweet Chilli Sauce	657501	Pea Shoot And Vegetable Stir Fry	462112
Eat Well Kitchen Courgette, Carrot And Red Peppers With Cous Cous And A Aromatic Tomato Sauce	657495	Peanut Shoot Stir Fry	567947
Edamame Soya Beans, Peas & Mange Tout	523622	Petits Pois & Sweetcorn	740739
Extra Fine Asparagus	187640	Petits Pois 1kg	62770
Extra Fine Beans	323338	Petits Pois 500g	930239
Family Mushroom	654692	Potato Accomps - Potato, Courgette And Tomato Bake	481052
Family Veg Stir Fry Bag	696760	Pre Packed Peas	975568
Fine Beans Large	46909	Prepared Sweet Potato Bag	605557
Fresh Chips	481908	Rainbow Stir Fry	462464
Ginger	271035	Rice & Vegetables	314237
Globe Artichoke	36108	Roasting Veg - Squash & Potato Bake With Sage Dressing	482035
Half Price 1.5 Kg Maris Piper	658607	Rosemary Potatoes	543828
Hearted Cabbage	847254	Round Beans	911085
Irish Potatoes 2.5kg	118422	Runner Beans (large Pack) - Young & Tender Variety	154536
Just Bake	323796	Runner Beans Large	189958
Kers Pink 2.5kg	147408	Runner Beans Loose	472630
Leave It To Us Mediterranean Style Vegetables For Roasting	508209	Salt Annd Cracked Black Pepper Maris Peer New Potatoes	567893
Leeks	849302	Savoy Cabbage	266987
Litu Summer Vegetables For Roasting	676090	Single Pack - Butternut Squash	656283
Loose Beans 2kg	845656	Single Pack - Tenderstem, Carrot & Ss	656320
Mange Tout	280761	Single Pack Carrot Batons	340373
Marfona Loose	183185	Single Pack Carrot, Cauliflower & Broccoli	483346
Maris Piper 4 Pack Jackets	481328	Single Pack Runner Beans	316088
Maris Piper 5kg	854443	Single Pack Runner Beans & Young Garden Peas	408271
Maris Piper Loose	183192	Single Pack Sugarsnap Peas	520539
Maris Piper Potatoes 1.5kg	851053	Single Pack Tenderstem	316095
Maris Piper Potatoes 2.5kg	851169	Sliced Runner Beans	133838
Market Greens	483254	Sliced Runner Beans	551700
Mediterranean Style Potatoes & Vegetables	689885	Solo Fines Beans	645751
		Soy And Plum Stir Fry Sauce	540636
		Spinach Selection	483308
		Spring Greens	849074

# Vegans



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<b>Vegetables F15C</b>			
Sprouts Loose	257350		
Squash - Assorted Tray	128766		
Stringless Flat Beans	913232		
Summer Trad Veg For Roasting	506533		
Summer Vegetables For Roasting	563345		
Super Bean Mix	151306		
Supersweet Corn On The Cob	132657		
Swede & Carrot	319805		
Swede Loose	288781		
Sweet And Fragrant Stir Fry	656337		
Sweet And Sour Stir Fry Sauce	463041		
Sweet Chilli And Ginger Stir Fry Sauce	309851		
Sweet Potatoes	369596		
Sweet Red Peppers	180702		
Sweetcorn	208352		
Sweetcorn Mini Cobs	563277		
Sweetcorn X2	849517		
Tenderstem (r) Broccoli	192194		
Tenderstem (r) Broccoli, Carrot & Sugarsnap Peas	259392		
Tenderstem 1.79 Bag	696777		
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		
With Sauce - Green Bean Selection With Provencale Sauce	481823		
XI Trad Runners	341936		
Young Garden Peas	121934		
Young Garden Peas Large	212311		
Young Spinach Large	309042		