



## M&S Product List

### Products That Are Suitable for VEGANS

Dear customer,

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

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

These lists are updated on a monthly basis to capture new products and recipe changes. You can request a new list directly from [nutrition@marksandspencer.com](mailto:nutrition@marksandspencer.com) or download your own copy from [www.marksandspencer.com/health](http://www.marksandspencer.com/health)

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

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

#### Labelling

Look out for the vegan logo and vegan statement on back of pack to help find suitable products for your diet.

#### Further information

For further information or to request another list please get in touch directly at

[nutrition@marksandspencer.com](mailto:nutrition@marksandspencer.com) or speak to our Customer Services team on 0333 014 8555.

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

## Products which are suitable for Vegans

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| Product  | Product Code | Product  | Product Code |
|--|--------------|--|--------------|
| <b>B W S F20A</b>  |              | Cola Can 330ml (cafe)                                  | 179539       |
| Cherry Brandy  | 886444       | Elderflower Presse - M&s Cafe                          | 802321       |
| <b>Biscuits F10A</b>                                     |              | Ew Cafe Still Water - 500ml                            | 194693       |
| Apple & Strawberry Oat Bar                               | 23993        | Organic Apple Juice From Concentrate 250ml Carton      | 282994       |
| Banana & Vanilla Oat Bar                                 | 24020        | Rainbow Fruit Salad - M&s Cafe                         | 239769       |
| Charcoal Biscuits  | 137966       | Sparkling Orange 330ml - M&s Cafe                      | 717076       |
| Corn & Ancho Chilli Flatbread                            | 845601       | Strawberry & Banana Smoothie Pouch - M&s Cafe          | 717175       |
| High Bake Water Biscuits                                 | 701655       | Tomato & Basil Soup Hftg                               | 486040       |
| Multiseed Wholegrain Flatbreads                          | 139656       | Tropical Fruit Smoothie Pouch - M&s Cafe               | 722537       |
| Rich Tea Biscuits  | 741316       | Xmas Ham Hock & Tewksbury Mustard Hc Crisps - M&s Cafe | 839983       |
| Rosemary & Apricot Toasts                                | 28264        | <b>Confectionery F13A</b>                              |              |
| Speciality Italian Hand-crafted Flatbreads               | 629386       | American Hard Gums                                     | 50692        |
| Speciality Italian Hand-crafted Olive Flatbreads         | 629393       | Assorted Fruit Sherbet                                 | 158039       |
| Sweet Chilli, Pumpkin And Sesame Flatbreads              | 138581       | British Pudding Sweets                                 | 28592        |
| Sweet Potato And Orange                                  | 24044        | Carnival Fire Crackers -                               | 877008       |
| Teething Ring Biscuit - Apple & Blueberry                | 24006        | Cherry Jellies   | 88855        |
| Teething Ring Biscuits - Raspberry & Mango               | 24013        | Chewy Fruits   | 992718       |
| Unsalted Whole Grain Rice Cakes                          | 363150       | Chewy Mints  | 50722        |
| <b>Cafes F75A</b>  |              | Clear Fruits   | 808385       |
| Cafe - House Salad                                       | 929684       | Cola Bottles Cup                                       | 88718        |
| Cafe - Irish Sparkling Water                             | 917476       | Curiously Strong Gum                                   | 901765       |
| Cafe - Irish Still Water                                 | 917513       | Dark Chocolate Bar With Mint Crunch                    | 100519       |
| Cafe - Marmalade   | 37204        | Eat Well Cashew Nuts (tillpoint)                       | 500128       |
| Cafe - Mini Jam Jar                                      | 912075       | Firecrackers   | 397384       |
| Cafe - Pressed Apple Juice 300mls                        | 539654       | Fizzy Cola Bottles                                     | 89470        |
| Cafe - Strawberry Jam                                    | 37211        | Fizzy Fruit Slices                                     | 88831        |
| Cafe - Summer Berry Jam                                  | 37297        | Fizzy Pop Sweets                                       | 29551        |
| Cafe - Summer Berry Mix                                  | 929998       | Fruit Slices Cup                                       | 88695        |
| Cafe - Tob Hancooked Lightly Sea Salted Crisps           | 259064       | Glacier Fruits   | 940849       |
| Cafe - Tob Handcooked Sea Salt & Balsamic Vinegar Crisps | 558235       | Glacier Mints  | 940832       |
| Cafe - Tobi Rhubarb & Ginger Presse                      | 37303        | Large Dark Chocolate Bar                               | 974677       |
| Cafe Ew Pineapple & Grape                                | 528849       | Lemon Mint Gum   | 901758       |
| Cafe Revive Washed Strawberries (for Use In Milkshake)   | 515481       | Lemon Sherbert Squares                                 | 88800        |
| Chunky Chips Hftg  | 478694       | Made Without Dark Chocolate With Cocoa Nibs            | 101042       |
|  |              | Made Without Dark Chocolate With Orange Sugar Crunch   | 99974        |
|  |              | Mango And Lime Sugar Free Gums                         | 75053        |

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|--|--------------|---|--------------|
| Mint Imperials   | 318518       | 6 Handcrafted Stuffed Vine Leaves                               | 231961       |
| Mocktail Jellies                                       | 87698        | 6 Onion Bhajis Child Spec                                       | 624725       |
| Mocktail Jellies                                       | 397360       | 8 Falafels  | 352574       |
| Peppermint Gum   | 673068       | Artichoke With Lemon And Pepper                                 | 387545       |
| Pontefract Cakes                                       | 29582        | Bbq Relish Child Spec   | 549936       |
| Red And Black Gums                                     | 50685        | Butternut And Chilli Harissa Dip                                | 674591       |
| Rhubarb & Custards - 2 For ?1                          | 812122       | Caramelsied Onion Houmous                                       | 862356       |
| Sherbet Lemons - 2 For ?1                              | 812146       | Chargrilled Olives And Peppers                                  | 716550       |
| Soft Liquorice   | 678582       | Chilli Olives   | 864411       |
| Spearmint Gum  | 673051       | Christmas Party Crudite Selection                               | 244985       |
| Spearmint Sugar Free Gum - (cup)                       | 75084        | Dip To Share Houmous And Chilli And Herb                        | 712484       |
| Sugar Free Clear Mints                                 | 539494       | Fiery Tomato Salsa  | 922760       |
| Sugar Free Curiously Strong Mints                      | 75060        | Grilled Fennel With Orange                                      | 387040       |
| Sugar Free Lemon & Strawberry Sherbets                 | 23191        | Grilled Peppers   | 387170       |
| Sugar Free Orange & Lemon Fruit Drops - Box            | 539517       | Guacamole   | 835848       |
| Super Sour Pastilles                                   | 992657       | Houmous 200g  | 607537       |
| Veggie Fruit Gums                                      | 992640       | Houmous 300g  | 234474       |
| Veggie Fruit Pastilles                                 | 992633       | Houmous Eu  | 876247       |
| Veggie Wine Gums                                       | 992701       | Marinated Antipasti Selection With Pitted Cuquillo Olives       | 701181       |
| <b>Dairy F06C</b>                                      |              | Marinated Flame Seared Italian Artichokes                       | 465021       |
| Almond Drink   | 996242       | Marinated Grilled Peppers                                       | 701174       |
| Avocado Spread   | 328920       | Marinated Italian Slow Roasted Vine Tomatoes                    | 622165       |
| Coconut Cream  | 328937       | Marinated Italian Sundelisi Tm Tomatoes                         | 922418       |
| Coconut Drink  | 972666       | Marinated Vegetable Antipasti Selection                         | 797689       |
| Dairy Free Low Fat Sunflower Spread                    | 565028       | Organic Houmous   | 302661       |
| Hickory Red  | 89494        | Piri Piri Houmous   | 922494       |
| Oat Drink  | 972321       | Pitted Full Flavoured Spanish Cuquillo Olives                   | 26949        |
| Plain Soya Pot   | 329149       | Pitted Mild & Fruity Halkidiki Olives & Tomatoes                | 862424       |
| Raspberry Soya Pots                                    | 89593        | Pitted Piri Piri Olives   | 27045        |
| Rice Milk  | 972314       | Pitted Spanish Mild Manzanilla & Full Flavoured Cuquillo Olives | 701235       |
| Soya Drink   | 869232       | Pitted Spanish Mild Manzanilla Olives                           | 546720       |
| Sunflower Spread - 500g                                | 338370       | Pitted Sweet & Smoky Chargrilled Olives                         | 27250        |
| Supergrain Drink                                       | 329217       | Roast Red Pepper And Toasted Pine Nut Dip                       | 797658       |
| Vanilla Soya Pots                                      | 328951       | Roasted Butternut Squash And Chickpea Salad                     | 862509       |
| <b>Delicatessen F04C</b>                               |              |   |              |
| 12 Handmade Vegetable Spring Roll Selection            | 670005       |   |              |
| 12 Oriental Vegetable Selection With A Thai Chilli Dip | 570893       |   |              |
| 18 Indian Style Snack Selection                        | 309431       |   |              |

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| Skinny Houmous                                     | 145954       | Almonds   | 943222       |
| Skinny Houmous X 3                                 | 516891       | Apple & Mint Iced Tea                                     | 30069        |
| Spicy Red Pepper Houmous                           | 311304       | Apple And Sultana Chunky Bar                              | 82594        |
| Stone In Basil & Garlic Marinated Olive Selection  | 398299       | Apple, Coconut Water, Cucumber & Spinach                  | 30014        |
| Stone In Basil & Garlic Marinated Olive Selection  | 299596       | Apple, Pineapple, Mango, Passion Fruit + Kale             | 976510       |
| Stone In Full Bodied Greek Kalamata Olives         | 231855       | Baked Falafels With Reduced Fat Houmous Dipper            | 979894       |
| Stone In Giant Nocellara Olives                    | 862493       | Beefburger Crisps   | 927741       |
| Stuffed Olives With Garlic, Pimento & Jalapeno     | 712705       | Berry Medley  | 664103       |
| Stuffed Olives With Pimento                        | 465571       | Blood Orange Sparkling Water                              | 906388       |
| Tomato Salsa Dip                                   | 322171       | Bombay Spice Super Seeds                                  | 82761        |
| Vegetable Spring Roll                              | 514828       | Butternut Squash & Tabbouleh Wrap                         | 393508       |
| Velvet Houmous                                     | 390545       | Cashew Nut Fruit And Nut Bar                              | 82211        |
| Yellow And Red Sunblush Tomatoes                   | 797719       | Cashew Nuts   | 462907       |
| <b>Desserts F08C</b>                               |              | Cheerful Cherries   | 431668       |
| 3 Mini Retro Jellies (multipack)                   | 863339       | Cherry And Berry Cashews                                  | 82754        |
| 3 Raspberry Jellies                                | 863360       | Cherry And Cocoa Chunky Bar                               | 82785        |
| Blackcurrant And Tahitian Vanilla Jelly            | 56144        | Chestnut Roast Wrap                                       | 28240        |
| Christmas Compote                                  | 246019       | Chilli, Lime And Coconut Super Seeds                      | 82686        |
| Dessert Menu Summerfruit Compote 500g              | 68567        | Chilli, Coriander And Coconut Nut Mix                     | 82693        |
| Eat Well Berry & Cherry Jelly Terrine              | 559164       | Classic Fruit Salad & Melon & Grape Munchies              | 925150       |
| Exotic Jelly Cubes                                 | 975063       | Cocoa And Coconut Fruit And Nut Bar                       | 82150        |
| Mojito Jelly                                       | 864015       | Cocoa And Orange Fruit And Nut Bar                        | 82198        |
| Passionfruit Orange Jelly                          | 96737        | Cou Orzo Pasta Dual Tray Size                             | 688222       |
| Peach Melba Jelly                                  | 681193       | Cou Orzo Pasta With Slow Roasted Tomatoes Ftg Large Salad | 534765       |
| Pineapple And Glitter Jelly Crown                  | 852470       | Cou Roasted Butternut Squash, Red Pepper Houmas Wrap      | 783231       |
| Pomegranate & Elderflower Jelly                    | 771207       | Cou Sweet Chilli Veg Sushi Wrap                           | 699792       |
| Raspberry, Pomegranate And Elderflower Jelly       | 975117       | Cracked Black Pepper & Salt Popped Potato Chips           | 99165        |
| <b>Fish F62C</b>                                   |              | Cranberry And Blueberry Chunky Bar                        | 82822        |
| Crinkle Cut Oven Chips                             | 696890       | Cranberry And Strawberry Chunky Bar                       | 82860        |
| Samphire   | 25775        | D&n Oriental Mix  | 968553       |
| Triple Cooked Chips                                | 26123        | D&n Soy Seed & Nut Mix                                    | 968539       |
| <b>Food onthe Move F07C</b>                        |              | Darjeeling Tea With Raspberry Juice Infusion              | 30076        |
| (count On Us) Salt And Vinegar Baked Potato        | 498241       |   |              |
| Active Health Juice Booster Apple, Cucumber & Mint | 78870        |   |              |

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|---|--------------|--|--------------|
| Detox Fresh Juice - Apple, Grape, Mint, Dandelion & Nettle - Fotm | 851732       | Ftg Lightly Sea Salted Parsnip, Sweet Potato And Beetroot Mixed Vegetable Crisps | 604024       |
| Diet Cola   | 172899       | Ftg Mango  | 599238       |
| Diet Ginger Beer 500ml  | 900027       | Ftg Melon & Grape 200g   | 790222       |
| Eatwell Lightly Salted Coated Rice Cakes                          | 99158        | Ftg Orange Melon   | 606530       |
| Elderflower Presse  | 32292        | Ftg Piel De Sapo Melon, Nectarine, Strawberry And Raspberry                      | 619424       |
| Eu Ew Still 500ml   | 949927       | Ftg Pineapple, Watermelon, Nect, Cantaloupe                                      | 716826       |
| Eu Sparkling 500ml  | 949453       | Ftg Pomegranate  | 599245       |
| Festive Cranberry & Orange Sparkle Jelly                          | 946803       | Ftg Pomegranate And Raspberry Juice Drink  | 499491       |
| Fish N' Chip Crisps   | 927659       | Ftg Pomegranate Juice  | 493239       |
| Fotm Apple And Raspberry 500g                                     | 664110       | Ftg Pure Apple Juice From Concentrate  | 664820       |
| Fotm Big Crinkle Flame Grilled Steak                              | 805612       | Ftg Rose Le Froglet To Go  | 716994       |
| Fotm Big Crinkle Salt And Vinegar                                 | 805605       | Ftg Sauvignon Blanc White Le Froglet To Go                                       | 863391       |
| Fotm Cajun Spiced Plantain Chips                                  | 86936        | Ftg Seasonal Mix With Plum, Rocha Pear, Apple And Blackberry                     | 621304       |
| Fotm Christmas Bag 2013   | 586498       | Ftg Summer Berry Medley  | 545112       |
| Fotm Grape Pot  | 989893       | Ftg The Big Crunch Grilled Beef And Onion  | 716758       |
| Fotm Hand Cooked Prawn Cocktail Crisps                            | 869317       | Ftg The Big Crunch Salt And Cider Vinegar  | 716772       |
| Fotm S&v Chiplets   | 892865       | Ftg Tropical Fruit Sticks  | 619370       |
| Fotm Salt And Vinegar Rice And Corn Cakes                         | 782937       | Ftg Watermelon   | 606516       |
| Fotm Sizzling Fruit Salad   | 908160       | Green Chilli, Lime And Coriander Pea Snaps                                       | 842877       |
| Fresh Mango 180g  | 408219       | Greens & Seeds Veggie Pot  | 345828       |
| Freshly Squeezed Pomegranate Juice                                | 488532       | Guilt Free Lightly Salted Popchips   | 99189        |
| Fruit Mix   | 878197       | Ham Hock & Tewkesbury Mustard Hc Crisps - Xmas - Fotm                            | 839884       |
| Fruit Salad   | 826402       | Harissa Sweet Potato Handcooked Crisp  | 378635       |
| Ftg Apple & Mango Juice   | 667579       | Japanese Style Rice Crackers   | 975988       |
| Ftg Balsam Tissues  | 694131       | Large Vegetable Samosa   | 545037       |
| Ftg Chap Stick  | 686853       | Lemon & Lime Sparkling Water   | 348157       |
| Ftg Cou Sea Salt Crisps   | 280433       | Lemon And Rosemary Olives  | 82846        |
| Ftg Ew Cox's Apple  | 451642       | Lightly Salted Air Popped Corn   | 82877        |
| Ftg Fc Tropical Juice   | 664844       | Lightly Salted Multiseed Tortillas   | 82853        |
| Ftg Festive Fruit And Nut Collection                              | 515139       | Lightly Salted Pitta Chips   | 83126        |
| Ftg Hand Cream  | 686846       | Mango Fruit Bar  | 82235        |
| Ftg Hand Wipes  | 470742       | Mango, Pineapple & Passion Fruit Smoothie  | 666411       |
| Ftg Hc Light Salted Crisps  | 599320       | Mango, Pineapple & Passion Fruit Smoothie  | 778015       |
| Ftg Hc Salt & Pepper Crisps                                       | 155656       |  |              |
| Ftg Hc Salt & Vinegar Crisps                                      | 651851       |  |              |
| Ftg Houmous & Carrot Dipper                                       | 619400       |  |              |
| Ftg Large Veg Samosa  | 545037       |  |              |

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| Maple Bacon Flavoured Popcorn                                  | 946728       | Soft Apricots  | 710084       |
| Melon & Grape  | 790222       | Spanish Peach Iced Tea   | 30045        |
| Mixed Berry Fruit And Nut Bar                                  | 82297        | Sparkling Florida Orange 500ml                                     | 393041       |
| Nectarine & Raspberry  | 808095       | Sparkling Irish Natural Mineral Water                              | 159852       |
| Never From Concentrate Aloe Vera, Grape & Apple                | 78887        | Spiced Seed And Nut Mix  | 83010        |
| Never From Concentrate Coconut Water 250ml                     | 978576       | Spicy Red Pepper Houmous & Crudite Dipper                          | 619417       |
| Nut Assortment   | 503051       | Still Irish Natural Mineral Water (1l)                             | 925105       |
| Olives - Chilli  | 828994       | Still Irish Natural Mineral Water (500ml)                          | 654708       |
| Orange Fruit Jewelled Jelly - Fotm                             | 831758       | Strawberry & Banana Smoothie                                       | 23085        |
| Paprika Handcooked Crisps                                      | 378703       | Strawberry Fruit Bar   | 82242        |
| Pea And Bean Super Seeds                                       | 83119        | Strawberry, Grape And Apple ?2                                     | 676533       |
| Peach & Raspberry Still Water                                  | 466301       | Summer Berry   | 808088       |
| Pineapple, Mango, Kiwi & Blueberry Fruit Salad.                | 678858       | Summer Mexican Lime With A Hint Of Chilli Handcooked Potato Crisps | 671057       |
| Pineapple, Melon & Grape                                       | 661966       | Super Berry Smoothie   | 537797       |
| Pink Lady Apple Bag - Health - Fotm                            | 786843       | Super Berry Smoothie   | 544894       |
| Piri Piri Pea Snaps  | 842884       | Super Wholefood With Blueberries & Mango                           | 671378       |
| Pressed & Crushed Apple, Pomegranate, Cherry & Acai Juice      | 976527       | Superwholefood Shaker Salad  | 716963       |
| Pressed & Crushed Pineapple, Golden Berry & Ginger Juice       | 30113        | Sweet & Salted Popcorn   | 854030       |
| Pressed & Crushed Pineapple, Watermelon & Aloe Vera Juice      | 976534       | Sweet Potato Parsnip & Beetroot Hand Cooked Vegetable Crisps       | 120623       |
| Pressed Carrot Juice   | 92944        | Totally Tropical   | 854023       |
| Pressed Greens   | 92951        | Tropical Medley Fotm   | 808675       |
| Pressed Pink Lady Apple Juice                                  | 472821       | Tropical Smoothie  | 23078        |
| Purely Coconut   | 978385       | Wasabi Popcorn   | 978613       |
| Purely Mango   | 881302       |  |              |
| Purely Pineapple   | 997669       | <b>Frozen F02F</b>   |              |
| Rainbow Veg Sandwich   | 78726        | (rm) Sweet Potato Fries  | 40099        |
| Raspberry & Pomegranate Juice Drink                            | 976862       | 10 Mini Fruit Ice Lollies  | 32148        |
| Red Pepper Pitta Chips   | 82938        | 12 Vegetable Spring Rolls  | 772150       |
| Refreshing Raspberry & Cranberry Juice Drink                   | 831826       | 6 Pineapple, Coconut & Lime Lollies                                | 965941       |
| Roasted & Salted Cashews And Peanuts                           | 974776       | Alphonso Mango Sorbet  | 355841       |
| Roasted Red Pepper Cous Cous Chips                             | 378741       | Beer Battered Onion Rings  | 841962       |
| Salted Popcorn   | 782869       | British Broad Beans  | 689779       |
| Sea Salt & Rosemary Focaccia Chips With Extra Virgin Olive Oil | 378758       | British Raspberries  | 343015       |
| Smoked Salt And Mixed Pepper Pea Snaps                         | 842860       | British Summer Fruit Selection                                     | 454278       |
|  |              | British Sweet Parsnip Chunks                                       | 586115       |
|  |              | Butternut Squash Chunks  | 687553       |
|  |              | Carrot, Onion & Celery Base Mix                                    | 849777       |

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| Casserole Vegetable Mix                          | 849906       | Sweetcorn                                      | 208352       |
| Chopped Basil                                    | 851862       | Tomato Ragu Sauce                              | 851893       |
| Chopped Coriander                                | 851879       | Vegetable Medley                               | 741644       |
| Chopped Oregano                                  | 851916       | Vegetable Stock                                | 851947       |
| Chopped Parsley                                  | 851817       |  |              |
| Crinkle Cut Chips                                | 62886        | <b>Global Meal Solutions F03C</b>              |              |
| Diced Garlic                                     | 851794       | (red Onion & Fontal) Pantofola                 | 635486       |
| Diced Ginger                                     | 851886       | 4 Garlic& Parsley Ciabatta Sticks              | 29100        |
| Diced Red Chilli                                 | 851909       | 4 Onion Bhajis                                 | 269360       |
| Extra Chunky Chips                               | 585781       | 4 Vegetable Samosas                            | 672610       |
| Filo Pastry                                      | 849784       | 6 Vegetable Steamed Dim Sum (te)               | 709835       |
| French Fries                                     | 585798       | 8 Poppadums                                    | 132619       |
| Garden Peas 500g                                 | 849807       | Asian Rice                                     | 667470       |
| Made Without Dairy Coconut Milk Ice Cre          | 21647        | Asian Slaw                                     | 939843       |
| Made Without Dairy Coconut Milk Ice Cream        | 21647        | Aubergine Achari                               | 815697       |
| Maris Piper Crispy Wedges                        | 312172       | Black Bean Sauce                               | 667463       |
| Maris Piper Onion Rosti                          | 892308       | Bruschetta With Black Olive Tapenade           | 788694       |
| Mediterranean Style Potatoes & Vegetables        | 689885       | Child File - Wok Toasted Sweetcorn Spring Roll | 851213       |
| Petits Pois & Sweetcorn                          | 740739       | Chunky Onion Rings                             | 668132       |
| Petits Pois 1kg                                  | 62770        | Crispy Vegetable Ball                          | 685191       |
| Petits Pois 500g                                 | 930239       | Crispy Vegetable Chaat Selection               | 949804       |
| Puff Pastry                                      | 587617       | Flat Rice Noodles                              | 667449       |
| Rice & Vegetable Mix X 4 Portions                | 849821       | Frites   | 253949       |
| Rice & Vegetables                                | 314237       | Garlic Mushrooms                               | 622196       |
| Sauteed Onion                                    | 849791       | Green Vegetable Stir Fry Pack                  | 667425       |
| Shortcrust Pastry                                | 587624       | Gunpowder Potatoes                             | 939881       |
| Simply M&s Frozen Green Beans                    | 889049       | Ifg Crispy Vegetable Ball                      | 708500       |
| Simply M&s Frozen Spinach                        | 889056       | Indian Starter Selection                       | 465311       |
| Simply M&s Fruit Lollies - 8 Pack                | 918381       | Italian Style Pizza Bases ( 2 Pack)            | 771665       |
| Simply Steak Cut Chips                           | 841948       | Jasmine Rice                                   | 885805       |
| Simply Steak Cut Chips                           | 95020        | Mini Onion Bhajis And Vegetable Pakoras        | 534468       |
| Simply Straight Cut Chips                        | 95037        | Mixed Pepper Vegetable Pack                    | 667371       |
| Simply Straight Cut Chips                        | 323796       | Mixed Vegetable Masala                         | 647458       |
| Sliced Peppers                                   | 849753       | Mushroom Onigiri                               | 194020       |
| Sliced Runner Beans                              | 133838       | Pizza Dough                                    | 962322       |
| Steam Veg Medley (broccoli / Carrot / Sweetcorn) | 849838       | Rice Pancake Vegetable Spring Roll             | 685245       |
| Steam Veg Medley (cauli/ Carrot/ Petit Pois)     | 849852       | Simply Tomato Sauce - Gap                      | 867238       |
| Super Bean Mix                                   | 151306       | Spicy Sweetcorn Fritters                       | 39390        |
| Sweet Potato Chips                               | 841955       | Sweet & Sour Sauce                             | 667333       |
|  |              | Sweet Chilli Sauce                             | 667326       |
|  |              | Sweet Potato Bhajis                            | 685269       |



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|---|--------------|--|--------------|
| Tomato & Basil Sauce                          | 448727       | Apple & Cinnamon Flakes                  | 818919       |
| Tomato & Basil Sauce (large)                  | 643658       | Apricot, Ginger & Sage Chutney           | 199681       |
| Tomato & Chilli Sauce                         | 635387       | Assam 50 Tea Bags                        | 730877       |
| Tomato & Roasted Vegetable Sauce              | 460170       | Avocado Oil                              | 568227       |
| Vegetable Gyoza                               | 39420        | Baking Powder                            | 568234       |
| <b>Groceries F19A</b>                         |              | Balsamic Glaze                           | 568241       |
| 10 Apple, Sultana & Cinnamon Porridge Sachets | 933520       | Balsamic Vinegar                         | 234993       |
| 10 Golden Syrup Porridge Sachets              | 933506       | Basil Infused Evoo 2011                  | 793957       |
| 10 Peruvian Coffee Capsules                   | 285629       | Basmati & Wild Rice                      | 207669       |
| 10 Porridge Sachets                           | 933490       | Basmati Rice                             | 538848       |
| 10 Waffle Ice Cream Cones                     | 738668       | Basmati Rice 1000g                       | 207553       |
| 12 Cake Cups                                  | 843300       | Bay Leaves                               | 568265       |
| 16 Mini Cake Cups                             | 843270       | Berries Cherries & Flakes                | 819077       |
| 160 Extra Strong Tea Bags                     | 740531       | Bicarbonate Of Soda                      | 914604       |
| 160 Extra Strong Teabags                      | 859226       | Black & White Chia Seeds                 | 327343       |
| 160 Red Label Teabags                         | 177054       | Black Bean Sauce                         | 331869       |
| 160 Red Label Teabags 2010                    | 730846       | Black Onion Seeds                        | 613934       |
| 2 Cake Boxes                                  | 843317       | Black Peppercorn Grinder                 | 919548       |
| 20 Lemon And Ginger                           | 730662       | Black Peppercorns                        | 719582       |
| 20 Pure Camomile Tea                          | 730686       | Black Turtle Beans                       | 208659       |
| 20 Pure Green Tea                             | 730679       | Blanched Hazelnuts                       | 574068       |
| 20 Pure Peppermint                            | 730655       | Blueberries                              | 613279       |
| 20 Reviving Teabags 2010                      | 730730       | Borrettane Onions                        | 20961        |
| 20 Strawberry And Raspberry                   | 730693       | Bouquet Garni                            | 568289       |
| 3 Seed Granola                                | 912754       | Brazilian Sul De Minas Ground Coffee     | 286176       |
| 3 Tier Cake Stand                             | 843348       | Breakfast Blend 80 Teabags               | 740609       |
| 4 Berry Muesli                                | 937429       | British Baby Beetroot                    | 738811       |
| 4 Grain Fruit, Nut & Seed Muesli              | 913744       | British Caster Sugar                     | 964197       |
| 6 Cookie Bags                                 | 843294       | British Cold Pressed Rapeseed Oil        | 813105       |
| 6 Piping Bags & 2 Nozzles                     | 951678       | Brown Sauce                              | 826723       |
| 75 Cupcake Cases                              | 587716       | Brown Sauce                              | 818872       |
| 8 Mini Loaf Cases                             | 951661       | Bruschettine                             | 730365       |
| 80 Decaffeinated Tea Bags                     | 334150       | Bucatini                                 | 20978        |
| 80 Extra Strong Tea Bags                      | 740555       | Bulgar Wheat, Spelt & Haricot            | 65122        |
| 80 Extra Strong Teabags                       | 716109       | Bulgar, Lentils & Barley                 | 789219       |
| Afternoon Blend 80s                           | 285421       | Bulgur Wheat                             | 65184        |
| Agen Prunes                                   | 981774       | Caf? Connoisseur Roast And Ground Coffee | 730990       |
| All Day Quarter Caf - Ground Coffee           | 994309       | Caf? Noir                                | 741415       |
| All Spice                                     | 914642       | Cafe 10 Coffee Capsules                  | 995917       |
| Ambient Breakfast Fruit Pots                  | 809252       | Cafe Granules 200g                       | 461801       |
|   |              | Californian Walnut Halves                | 981767       |



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| Product                                 | Product Code | Product  | Product Code |
|---|--------------|--|--------------|
| Calming Lavender, Limeflower & Camomile | 328845       | Classic Roast And Ground Coffee  | 730938       |
| Calming Teabags                         | 730723       | Classic Tea  | 372800       |
| Canned Apricot Halves                   | 809375       | Cloves   | 568319       |
| Canned Baked Beans                      | 809382       | Coarse Ground Black Pepper   | 676748       |
| Canned Baked Beans Small Can            | 824590       | Cocktail Cornichons  | 737142       |
| Canned Butter Beans                     | 809184       | Coconut Cream  | 959063       |
| Canned Cannellini Beans                 | 867191       | Coconut Milk   | 568517       |
| Canned Chantenay Carrots                | 809351       | Coffee Filters   | 741460       |
| Canned Chick Peas                       | 809368       | Colombian Antioquia  | 285940       |
| Canned Garden Peas                      | 809085       | Columbian  | 994316       |
| Canned Mandarins                        | 808996       | Columbian Ground Coffee  | 735315       |
| Canned Mango Slices                     | 809108       | Columbian 10 Coffee Capsules   | 995832       |
| Canned Mixed Vegetable Curry            | 809825       | Columbian Beans  | 735308       |
| Canned New Potatoes                     | 823906       | Columbian Decaf Ground Coffee  | 730983       |
| Canned Peach Slices                     | 809030       | Columbian Microground Instant Coffee                                       | 285957       |
| Canned Pear Quarters                    | 809092       | Conchiglioni   | 671552       |
| Canned Pineapple Chunks                 | 809009       | Cook With M&s Recipe Paste<br>Classic Chilli For Minced Beef Or<br>Veggies | 935289       |
| Canned Pineapple Rings                  | 809115       | Coriander Seeds  | 613675       |
| Canned Red Kidney Beans                 | 809054       | Corn Bread Mix   | 91671        |
| Canned Tropical Mixed Fruit             | 809344       | Cou Three Bean Chilli (smaller Can)  | 809788       |
| Caper Berries                           | 726511       | Cous Cous  | 573849       |
| Cardamom Pods                           | 613637       | Cranberries  | 613262       |
| Caraway Seeds                           | 613712       | Cranberry And Blood Orange   | 162692       |
| Cashew Nuts                             | 613385       | Crinkle Cut Beetroot - Org Recipe<br>(340g)                                | 737487       |
| Ceylon 50 Teabags                       | 730891       | Cumin Seeds  | 613682       |
| Chai Teabags 50                         | 735292       | Darjeeling Teabags   | 735421       |
| Cherry Tomatoes                         | 937177       | Dark Muscavado Sugar   | 568531       |
| Chestnut Chutney                        | 480062       | Decaf 80   | 740586       |
| Chestnut Chutney                        | 224345       | Deliciously Versatile Hoisin & Plum  | 273688       |
| Chilli Flakes                           | 613736       | Deliciously Versatile Miso & Ponzu   | 274296       |
| Chipotle Chilli Flakes                  | 970389       | Deliciously Versatile Spiced Soy<br>And Garlic                             | 273701       |
| Chopped Mixed Nuts                      | 574013       | Deliciously Versatileteriyaki  | 273640       |
| Chopped Shallots                        | 568159       | Dessicated Coconut   | 613378       |
| Chunky Vegetable & 3 Bean Soup          | 816243       | Detox Teabags  | 735339       |
| Chunky Vegetable Soup                   | 816298       | Dijon Mustard  | 738460       |
| Cider Vinegar                           | 793933       | Dipping Oil. Extra Virgin Olive Oil,<br>Chilli & Garlic                    | 549677       |
| Cinnamon Sticks                         | 568302       | Dried Ancho Chillies   | 573870       |
| City Blend 40s                          | 740524       | Dried Basil -jar   | 739863       |
| City Blend 40s                          | 328791       |  |              |
| Classic 10 Coffee Capsules              | 995801       |  |              |
| Classic Mincement                       | 480093       |  |              |

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| Product  | Product Code | Product   | Product Code |
|--|--------------|---|--------------|
| Dried Cayenne Pepper - Jar                     | 739924       | Fusilli   | 671620       |
| Dried Chinese 5 Spices - Jar                   | 739955       | Giant Wholewheat Couscous   | 65139        |
| Dried Chives - Jar                             | 739931       | Glace Cherries  | 568470       |
| Dried Coriander Leaf - Jar                     | 739894       | Gluten Free Flour   | 620833       |
| Dried Cumin - Jar                              | 739948       | Gold  | 741323       |
| Dried Ground Coriander - Jar                   | 739900       | Gold  | 741361       |
| Dried Italian Herb Seasoning- Jar              | 739856       | Gold Decaf  | 741378       |
| Dried Mixed Fruit                              | 701648       | Gold Decaf Premium Instant Coffee   | 741385       |
| Dried Mixed Herbs Jar                          | 676724       | Gold Loose Tea  | 730860       |
| Dried Parsley Herb Jar                         | 676717       | Golden Caster Sugar   | 568500       |
| Dried Porcini Mushrooms                        | 573856       | Golden Flaxseed   | 327374       |
| Dried Sage - Jar                               | 739917       | Golden Syrup  | 570831       |
| Dried Thyme - Jar                              | 739870       | Greek Extra Virgin Olive Oil  | 336611       |
| Earl Grey Green Tea Bags                       | 285339       | Green & Jasmine   | 730716       |
| Easy Ginger                                    | 568142       | Green & Lemon   | 735391       |
| Easycook Long Grain Rice 1kg                   | 109482       | Green Lentils   | 573733       |
| Eat Well Hand Cut Grapefruit Segments In Juice | 525930       | Green Tea Everyday Blend 80 Teabags 2010  | 740579       |
| Elderberry And Blackcurrant Jelly              | 162517       | Green Thai Curry Sauce  | 331739       |
| Empress Grey 50 Tea Bags                       | 735346       | Ground Almonds  | 919944       |
| English Breakfast 50 Tea Bags                  | 730853       | Ground Black Pepper   | 919487       |
| Espresso R&g Coffee                            | 196932       | Ground Cinnamon   | 619325       |
| Espresso Roast And Ground Coffee               | 731003       | Ground Cloves   | 919449       |
| Ethiopian Sidamo Coffee Beans                  | 286152       | Ground Coffee   | 30106        |
| Ethiopian Sidamo Ground Coffee                 | 285964       | Ground Ginger   | 619189       |
| Extra Strong 240                               | 740548       | Ground Nutmeg   | 676731       |
| Extra Strong Loose Tea                         | 741965       | Ground White Pepper   | 914628       |
| Extra Strong One Cup Teabags 2010              | 740562       | Harissa, Red Pepper And Rasel Hanout, Bulgar Wheat, Cracked Frekah And Chickpea Grain Mix | 208710       |
| Extra Virgin Olive Oil                         | 549233       | Hedgerow (gamekeepers) Xmas Line  | 739184       |
| Fairtrade Demerara Sugar                       | 542265       | Herbes De Provence  | 914635       |
| Fairtrade Golden Granulated Sugar              | 542272       | High Fibre Fusilloni  | 89241        |
| Fairy Cake Cases                               | 587723       | Hoisin Sauce  | 568401       |
| Farfalle                                       | 671606       | Honduras Ground Coffee  | 285612       |
| Fennel Seeds                                   | 613729       | Hot Chilli Powder   | 919494       |
| Fenugreek                                      | 613743       | Hot English   | 738064       |
| Fiorelli                                       | 671613       | Hot Smokey Barbecue Marinade & Sauce  | 863698       |
| Flaked Californian Almonds                     | 574020       | House Blend Mexican Spices  | 970365       |
| Fruit & Fibre Muesli                           | 819039       | House Decaf 10 Coffee Capsules  | 995863       |
| Fruit & Nut Muesli                             | 819282       | Instant Coffee  | 741392       |
| Fruit Tea Selection Pack 2010                  | 735384       | Instant Coffee  | 741408       |
| Fruity Amarillo Dressing                       | 915182       |   |              |
| Fruity Couscous                                | 863803       |   |              |

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| Product   | Product Code | Product                                       | Product Code |
|---|--------------|---|--------------|
| Italian   | 741507       | M&s Cafe Tin                                  | 981477       |
| Italian   | 741491       | Macadamia Halves                              | 981811       |
| Italian 10 Coffee Capsules                      | 995757       | Madagascar Vanilla Extract                    | 568562       |
| Italian Beans                                   | 731010       | Made Without Rice Porridge                    | 18999        |
| Italian Extra Virgin Olive Oil                  | 336628       | Made Without Wheat 7 Fruit, Nut & Seed Muesli | 78085        |
| Italian Grain Pot                               | 208697       | Made Without Wheat Baking Powder              | 77996        |
| Italian Kvi Spaghetti                           | 671644       | Made Without Wheat Gluten Free Penne          | 811064       |
| Italian Mixed Peel                              | 87230        | Made Without Wheat Lasagne                    | 989312       |
| Italian Risotto Rice                            | 618434       | Made Without Wheat Porridge                   | 80095        |
| Italian Roast And Ground Coffee                 | 730914       | Made Without Wheat Self Raising Flour         | 78023        |
| Japanese Sencha Infusion                        | 285124       | Made Without Wheat Spaghetti                  | 811071       |
| Jasmine Pearls & Green Tea                      | 285131       | Made Without Wheat Victoria Sponge Mix        | 78016        |
| Juniper Berries                                 | 613750       | Made Without Wheat White Bread Mix            | 78030        |
| Kaffir Lime Leaves                              | 613651       | Made Without Wheat Xanthan Gum                | 78009        |
| Kenyan 50 Teabags                               | 730884       | Make It Your Own Multigrain Muesli            | 847049       |
| Kenyan Ground Coffee                            | 730945       | Make It Your Own Multigrain Porridge          | 846776       |
| Ketjap Manis                                    | 568418       | Medium Curry Powder                           | 919432       |
| Large Gherkins                                  | 738071       | Medium Roast Instant Decaffeinated Coffee     | 741354       |
| Lazy Weekend 10 Coffee Capsules                 | 995818       | Messicani                                     | 671668       |
| Lazy Weekend Roast And Ground Coffee            | 735407       | Mexican Grain Pot                             | 208734       |
| Light Muscavado Sugar                           | 580564       | Mexican Potato Wedge Seasoning                | 48637        |
| Lime Juice From Concentrate                     | 870245       | Microwavable Basmati Rice                     | 380171       |
| Linguine  | 671651       | Microwave Wholegrain Rice                     | 849456       |
| Long Grain & Wild Micro Rice                    | 849425       | Mild Chilli Powder                            | 616195       |
| Long Grain Micro Rice                           | 380188       | Milled Golden Flaxseed                        | 327350       |
| Loose Assam Golden Tippy Tea                    | 285636       | Milled Hemp & Cocoa                           | 327336       |
| Loose Earl Grey Tea                             | 735438       | Milled Nuts & Flaxseed                        | 327305       |
| Loose English Breakfast                         | 735445       | Milled Seeds & Berries                        | 327312       |
| Loose Kenyan Golden Pekoe Tea                   | 285674       | Mint  | 919425       |
| Loose Leaf Earl Grey Tea                        | 188098       | Mint Jelly                                    | 162500       |
| Loose Leaf Luxury Gold Tea                      | 188104       | Mixed Beans In Water                          | 954730       |
| Loose Leaf Rwandan Tea With Safflower Petals    | 188067       | Mixed Peppercorn Grinder                      | 914666       |
| Loose Rwandan Tea With Safflowers               | 285438       | Mixed Spice                                   | 613804       |
| Luxury 8 Fruit, Nut & Seed                      | 819565       | Morello Cherry Conserve                       | 993685       |
| Luxury Gold 160 Tea Bags                        | 730808       | Morroccan Mint Infusion                       | 994675       |
| Luxury Gold 80 Tea Bags                         | 730792       | Muffin Cases                                  | 587686       |
| Luxury Gold Teabag 240s                         | 288033       |   |              |
| Luxury Mincemeat                                | 480086       |   |              |
| M&s Cafe - Ground Coffee For Cafetiere & Filter | 994644       |   |              |
| M&s Cafe Coffee Beans                           | 994668       |   |              |

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| Product                                | Product Code | Product   | Product Code |
|--|--------------|---|--------------|
| Mustard Seeds                          | 613699       | Pumpkin Seeds   | 574075       |
| New York Roast And Ground Coffee       | 730952       | Purple Tea & Blueberry  | 285667       |
| No Knead Sourdough                     | 87148        | Puy Lentils   | 789196       |
| Non Pareille Capers                    | 870085       | Puy Lentils With Sun Dried Tomatoes & Basil                         | 789202       |
| Non Pareille Capers In Salt            | 870115       | Quinoa  | 65160        |
| Nutmeg                                 | 568487       | Rapeseed Oil  | 615341       |
| Oatbran Gapfill                        | 886703       | Red & White Quinoa  | 789226       |
| Olive Oil - Wise Buy 2011              | 549226       | Red Cabbage - Large Jar   | 772372       |
| One Cup Classic Filters                | 730969       | Red Jalapenos   | 63203        |
| One Cup Columbian Filters              | 741477       | Red Label 80  | 730822       |
| One Cup Decaf Filters                  | 731027       | Red Lentils   | 573740       |
| One Cup Italian Filters                | 730976       | Red Thai Curry Sauce  | 331876       |
| Orange, Fig & Hazelnut Mincemeat       | 50135        | Redbush 40 Teabags  | 735469       |
| Oregano                                | 619073       | Reduced Fat Coconut Milk  | 622288       |
| Organic Italian EVOO 2011              | 805834       | Refresh Teabags   | 285322       |
| Organic Italian Extra Virgin Olive Oil | 313742       | Rice Vermicelli Noodles   | 568456       |
| Organic Pasta Flour                    | 919623       | Rigatoni  | 671682       |
| Organic Rye Flour                      | 919616       | Risotto Mix With Porcini Mushrooms                                  | 621144       |
| Organic Virgin Coconut Oil             | 959070       | Roasted Garam Masala  | 919470       |
| Organic Wholegrain Spelt Flour         | 919609       | Roasted House Blend Curry Powder                                    | 919524       |
| Orzo Pasta                             | 20985        | Roasted Moroccan Spice Blend  | 919517       |
| Pad Thai Rice Noodles                  | 359955       | Roasted Vegetable, Olive & Lemon Bulgar Wheat And Lentile Grain Mix | 208727       |
| Peanut Satay Sauce                     | 274326       | Rosemary  | 619080       |
| Pecan Halves                           | 981804       | Rough Cut Sugar Cubes   | 742016       |
| Penne<br>Authentic Italian Pasta       | 816687       | Rwandan Ground Coffee   | 285551       |
| Peruvian Ground Coffee                 | 994293       | Saffron   | 568609       |
| Petit Pois                             | 310352       | Sandwich Pickle- Pickled Onions                                     | 738279       |
| Pickled Onions                         | 738170       | Sea Salt  | 719599       |
| Pickled Onions                         | 568937       | Sea Salt Grinder  | 914659       |
| Pilau Rice                             | 364102       | Sea Saly Anglesey   | 389334       |
| Pine Nut Kernals                       | 574044       | Seeded Crumble Mix  | 994217       |
| Pitted Black Olives                    | 730457       | Selection Of Fruit & Herbal Infusions                               | 189064       |
| Pitted Dates                           | 981781       | Sesame Seeds  | 574099       |
| Pitted Prunes In Apple Juice           | 867214       | Seville Olives  | 730426       |
| Plum Tomatoes                          | 821926       | Shelled Pistachios  | 981798       |
| Poppy Seeds                            | 87025        | Sicilian Lemon Juice  | 87223        |
| Porridge Oats                          | 819367       | Silky Teabags Darjeeling 2010                                       | 735483       |
| Power Berry Teabags                    | 285117       | Silky Teabags Gunpowder Green & Mint 2010                           | 735490       |
| Provender Balsamic Vinegar             | 481359       |   |              |
| Pudding Rice                           | 568692       |   |              |

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|--|--------------|--|--------------|
| Silky Teabags Lapsang Souchong 2010            | 735506       | Spiced Marmalade   | 224161       |
| Simply 4 Pack Canned Chopped Tomatoes          | 900379       | Spiced Couscous  | 863797       |
| Simply Bran Flakes                             | 878098       | Spiced Seville Marmalade Xmas 2010   | 685566       |
| Simply British Granulated Sugar                | 963602       | Spiced Tea   | 50104        |
| Simply Grapefruit Segments                     | 809078       | Spicy Chipotle, Coriander& Lime, Quinoa, Black Bean And Wheatberry Grain Mix | 208895       |
| Simply Macaroni Kvi (gap)                      | 878609       | Sriracha Sauce   | 274319       |
| Simply Malt Vinegar                            | 620796       | Star Anise   | 613705       |
| Simply Peach Halves                            | 907705       | Strong White Bread Flour   | 568722       |
| Simply Plain Flour                             | 250252       | Sumac  | 970372       |
| Simply Self Raising Flour                      | 250269       | Sunflower Seeds  | 574082       |
| Simply Sliced Carrots                          | 77835        | Super Grain Mix  | 208918       |
| Simply Strong Wholemeal Flour                  | 620888       | Super Green Tea Bags   | 285261       |
| Single Origin Ceylon Teabags                   | 188647       | Sweet & Sour Sauce   | 331852       |
| Single Origin Columbian Coffee Beans.          | 188487       | Sweet Chilli, Ginger & Garlic Sauce  | 331906       |
| Single Origin Ethiopian Coffee.                | 188333       | Sweet Paprika  | 919456       |
| Single Origin Green Jasmine Teabags            | 188074       | Sweetcorn  | 147538       |
| Single Origin Guest Coffees                    | 994651       | Sweetcorn Tetrapack  | 809047       |
| Single Origin Kenyan Teabags                   | 188050       | Tabbouleh/ Moroccan Grain Pot  | 208703       |
| Single Origin Tea Selection                    | 189293       | Taka Dhal Soup   | 851985       |
| Sliced Bamboo Shoots                           | 846530       | Tarragon   | 619141       |
| Sliced Beetroot                                | 738309       | Thai Jasmine Rice  | 613873       |
| Sliced Gherkins                                | 971300       | Thompson Raisins   | 701617       |
| Sliced Green Jalapenos                         | 722155       | Toasted Sesame Oil   | 336710       |
| Sliced Mangoes                                 | 541787       | Tomato Puree   | 821919       |
| Smoked Chilli And Garlic Grinder               | 605182       | Treacle  | 621038       |
| Smoked Paprika                                 | 568616       | Triple Mint Infusion   | 285605       |
| Smoked/ Toasted Quinoa                         | 208666       | Turkish Sultanas   | 573986       |
| Soba Noodles                                   | 913775       | Turkish Sultanas   | 701624       |
| Soft Tacos                                     | 48514        | Turmeric   | 619172       |
| Soy Sauce                                      | 455916       | Tuscan Evoo 2011   | 951203       |
| Spaghetti                                      | 816717       | Tuscan Evoo 2011 (olitalia)  | 806404       |
| Authentic Italian Pasta                        |              | Udon Noodles   | 913768       |
| Spaghetti 1kg                                  | 878081       | Vanilla Pods   | 568647       |
| Spanish Extra Virgin Olive Oil                 | 729635       | Vanilla Syrup  | 994682       |
| Spanish Paella Rice                            | 798235       | Vegetable Stock  | 568661       |
| Sparkling Peach & Prosecco Conserve            | 189248       | Vine Ripened Tomato Paste  | 904209       |
| Speciality Balsamic Vinegar                    | 569026       | Vostizza Currants  | 645737       |
| Speciality Sicilian Dop Extra Virgin Olive Oil | 642699       | Walnut Oil   | 574129       |
| Spelt Rigatini                                 | 89210        | Walnut Pieces  | 574112       |
|  |              | Water Chestnuts  | 846516       |

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| Product  | Product Code | Product   | Product Code |
|--|--------------|---|--------------|
| Wheat Biscuits                                     | 819411       | Eat In Fairtrade Special Blend Tea                            | 242523       |
| White Bread Mix                                    | 573948       | M&s Cafe Fair Trade Organic Espresso Coffee Beans             | 332590       |
| White Breadcrumbs                                  | 573764       | M&s Cafe Fair Trade Organic Filter Coffee                     | 307321       |
| White Tea & Raspberry                              | 735513       | Single Origin Coffee (x3: Sidamo, Gayo, Harar) - Raw Material | 696173       |
| Whole Apricots                                     | 575898       |   |              |
| Whole Blanched Calafornian Almonds                 | 613392       |   |              |
| Wholegrain Micro Rice                              | 486682       |   |              |
| Wholegrain Rice                                    | 538831       |   |              |
| Wholegrain Rice, Red Rice & Quinoa                 | 65146        |   |              |
| Wholewheat Cavatappi                               | 89180        |   |              |
| Wholewheat Penne                                   | 671729       |   |              |
| Wholewheat Spaghetti                               | 671736       |   |              |
| <b>Healthy Meal Solutions F64C</b>                 |              |   |              |
| Banana Porridge                                    | 961585       |   |              |
| Fruity Mango Dessert                               | 961950       |   |              |
| Med Veg Pasta With Red Pepper Sauce                | 470179       |   |              |
| Mexican Bean & Butternut Chilli Snackpot           | 794824       |   |              |
| Organic Broccoli, Pea, Parsnip With A Hint Of Pear | 965897       |   |              |
| Organic Italian Bean Ragù                          | 965859       |   |              |
| Pure Apple Juice (kids Range)                      | 492539       |   |              |
| Spiced Red Lentil Kofte With Tabbouleh             | 794794       |   |              |
| Tuscan Bean, pasta And Vegetable Stew              | 811798       |   |              |
| <b>Meat F38C</b>                                   |              |   |              |
| Spiced Vegetable & Lentil Haggis                   | 786966       |   |              |
| <b>Other 3 F76A</b>                                |              |   |              |
| (rm) Amaretto Syrup - Whole Bottle                 | 897211       |   |              |
| (rm) Apple Juice 1 Litre (fc)                      | 43441        |   |              |
| (rm) Frozen Berry Mix Cafe                         | 43502        |   |              |
| (rm) Frozen Tropical Fruit Mix Cafe                | 43496        |   |              |
| (rm) Hazelnut Syrup - Whole Bottle                 | 837439       |   |              |
| (rm) Jacket Potato                                 | 691932       |   |              |
| (rm) Mango Fruit Base                              | 817554       |   |              |
| (rm) Salad Garnish                                 | 693479       |   |              |
| (rm) Strawberry Fruit Base                         | 817561       |   |              |
| (rm) Triple Sec Syrup                              | 897259       |   |              |
| Chunky Chips (hospitality)                         | 561228       |   |              |
|  |              | <b>Poultry F01C</b>   |              |
|  |              | Cranberry & Port Sauce  | 325547       |
|  |              | Cranberry And Port Sauce 250g                                 | 130134       |
|  |              | <b>Salads F16C</b>  |              |
|  |              | 3 Bean Salad Dual Tray Size                                   | 683159       |
|  |              | Avocado Bowl  | 920353       |
|  |              | Baby Cherry Large   | 166300       |
|  |              | Baby Cos  | 977715       |
|  |              | Baby Hass Avocado   | 229005       |
|  |              | Baby Leaf Herb Bag  | 919135       |
|  |              | Baby Red Salad Onions   | 178273       |
|  |              | Baby Salad Onions   | 988650       |
|  |              | Balsamic Dressing   | 920025       |
|  |              | Beetroot  | 249270       |
|  |              | Beetroot Ribbon Salad   | 715539       |
|  |              | Borlotti, Flageolet & Black Bean Salad Sop: 3 Bean Salad      | 537872       |
|  |              | Bunched Radish  | 869522       |
|  |              | Carrot & Beetroot Ribbon Salad                                | 968867       |
|  |              | Cherry Vine Toms Dual Tray Size                               | 684682       |
|  |              | Cherry Vine Toms Dual Tray Size                               | 684699       |
|  |              | Continental Salad Onion                                       | 920155       |
|  |              | Couscous And Roasted Vegetables                               | 185677       |
|  |              | Deli - 'superfood' Salad                                      | 550239       |
|  |              | Deli Side Salad - Sprouting Seed                              | 624121       |
|  |              | Discovery Seedless Red Pepper                                 | 846783       |
|  |              | Edamame And Sunflower Superbowl                               | 798549       |
|  |              | Edamame Bean Salad Dual Tray Size                             | 683067       |
|  |              | Edamame Soybean Salad   | 505994       |
|  |              | Ew Raw Garden Super Bowl                                      | 868365       |
|  |              | Ew Super Green Bowl   | 868372       |
|  |              | Extra Large Avocado   | 818780       |
|  |              | Fat Free Mango And Chilli Dressing                            | 870061       |
|  |              | Forager's Choice Aromatic Salad                               | 794930       |

## Products which are suitable for Vegans

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| Product  | Product Code | Product   | Product Code |
|--|--------------|---|--------------|
| Forager's Choice French Country Salad                                      | 868471       | Orzo Pasta Salad With Slow Roasted Tomatoes           | 564489       |
| Forager's Choice Garden Salad  | 794978       | Peashoots Bag   | 548106       |
| Four Leaf Salad Bag  | 359719       | Pepper Wild Rocket, Watercress & Spinach              | 187879       |
| Fr Italian Bag   | 876957       | Peppery: Baby Leaf Rocket Salad                       | 506397       |
| Fr Mixed Leaf Bag  | 876971       | Peppery: Italian Style Baby Leaf Salad                | 973151       |
| Franchise Orzo Pasta   | 701716       | Peppery: Italian Style Baby Leaf Salad                | 169042       |
| Franchise Store - Cous Cous And Veg  | 701754       | Piccolini Cherry 250g (irish)                         | 809498       |
| Franchise Store - Rlaubergine  | 701785       | Piccolini Cherry Tomato 250g (irish)                  | 809474       |
| Franchise Trial - Ew Giant Cous Cous                                       | 701792       | Pot Shots Soy And Ginger                              | 920360       |
| French Dressing  | 920056       | Pp6 Toms Dual Tray Size                               | 684705       |
| Fto Forager's Choice Hot And Fiery Salad                                   | 925822       | Radish  | 910613       |
| Fto Large Santini Salad Bowl   | 975742       | Rice, Lentil & Roast Aubergine With A Garlic Dressing | 898201       |
| Fto Orzo Pasta Salad   | 975759       | Round Tomatoes Tray Pack (irish)                      | 809481       |
| Garden Side  | 969673       | Ruby Salad  | 941846       |
| Giant Couscous & Wheatberries With Roasted Butternut Squash                | 495929       | Salad Bags - Wild Rocket And Red Chard                | 659666       |
| Growers Choice Salad Bag   | 773935       | Salad Bowl Bag 100g                                   | 536745       |
| Hass Avocado Loose   | 903318       | Salad Bowl Bag 150g                                   | 459389       |
| Hot Rocket Salad   | 868464       | Salad Bowls - Beetroot And Carrot                     | 687621       |
| House Salad With Dressing  | 868549       | Salad Bowls - House Salad                             | 611251       |
| Iceberg  | 900706       | Salad Bowls - Tomato And Red Pepper                   | 659444       |
| Iceberg Lettuce  | 151542       | Salad Onions  | 902182       |
| Iceberg Lettuce Bag H/t  | 683074       | Santa Baby Plum Tomatoes                              | 901161       |
| Just Add - Beetroot & Red Onion  | 973250       | Santini Large Plum Tomatoes                           | 126977       |
| Large Santini Salad Bowl With French Dressing                              | 920063       | Santini Salad Bowl 225                                | 933377       |
| Little Gem   | 900911       | Santini Tomato Side                                   | 539364       |
| Loose Beef Tomatoes  | 900256       | Santini Tomatoes (irish)                              | 877305       |
| Loose Cherry On The Vine   | 642972       | Santini Tray Dual Tray Size                           | 683180       |
| Mango, Mangetout & Coriander Salad Sop: Mango, Mangetout & Coriander Salad | 920391       | Simply Frilly Mix.                                    | 919395       |
| Mexican Corn   | 919975       | Small Classic Bowl Ifg                                | 713306       |
| Mexican Rice, Quinoa & Avocado Salad Sop: Mexican Grain & Avocado Salad    | 31615        | Small House Salad Bowl                                | 771528       |
| Mixed Leaf Duo Pack  | 868297       | Small Italian Salad Bag                               | 685382       |
| Mixed Leaf Salad Bag   | 780506       | Solo: Lambs Lettuce                                   | 506250       |
| Multi Pack Peppers Dual Tray Size  | 683142       | Solo: Watercress                                      | 902298       |
| Organic Celery   | 224567       | Solo: Wild Rocket                                     | 818650       |
| Organic Watercress, Spinach & Rocket                                       | 255202       | Solo: Wild Rocket                                     | 699211       |
|  |              | Sorrell Salad   | 868495       |



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| Product  | Product Code | Product   | Product Code |
|--|--------------|---|--------------|
| Spinach And Mizuna Super Salad With Dressing                     | 868655       | Unbaked French Baguette Aux Graines                                   | 815291       |
| Spinach Bag  | 920124       | Unbaked French Baguette Rustique                                      | 815284       |
| Spring Onions Dual Tray Size                                     | 683111       | Unbaked French Pain Rustique Roll                                     | 712736       |
| Sprouted Peas And Beans  | 771504       | Unbaked French Petit Pave Aux Graines                                 | 817684       |
| Super Green  | 75473        | Unbaked Malted Wheat Baguette   | 815314       |
| Super Green Salad  | 45681        | Unbaked Parisienne  | 815253       |
| Super Wholefood Salad With Basil And Mint Vinaigrette            | 547994       | Unbaked Parisienne  | 815352       |
| Sweet Baby Leaf Twin Pack 2 X 50g                                | 968874       | Unbaked Petit Boule   | 817431       |
| Sweet Chili Rosebud Beetroot                                     | 868648       | Unbaked Plain Pretzel   | 817325       |
| Sweet: Baby Leaf Salad   | 968843       | Unbaked Sultana & Rye Sourdough                                       | 981378       |
| Sweet: Rosa Verde Salad  | 506267       | <b>Traditional Meal Sol F63C</b>                                      |              |
| Tomalini Tomatoes  | 715652       | 2 Red Cabbage And Squash Filo Parcels                                 | 694049       |
| Traditional Salad Bowl   | 920377       | Braised Vegetable Casserole With Mini Parsley Dumplings               | 644631       |
| Watercress Spinach And Rocket Super Salad With Dressing          | 868693       | Butternut Squash, Pepper And Red Onion For Roasting                   | 59824        |
| Whole Cucumber Eu  | 899185       | Carrot & Coriander Soup   | 151351       |
| Whole Cucumbers Dual Tray Size                                   | 683128       | Dine In Chunky Chips  | 874502       |
| Wsr Active Health  | 919418       | Dine In Frites 200g   | 689465       |
| <b>Spare 4 F79A</b>  |              | Festive Parsnip And Mulled Red Onion Roast                            | 77002        |
| B/c Unbaked Rustique Loaf  | 488440       | Portobello Mushroom & Red Onion Roast                                 | 943062       |
| B/c Unbaked Tartine Slices                                       | 487634       | Savoury Vegetable Rice  | 162180       |
| Baked Ciabatta 400g  | 612906       | Spicy Lentil Soup   | 220552       |
| Child File - Chestnut & Plum Buche                               | 953184       | Summer Minestrone   | 857673       |
| Child File - Christmas Pudding Boule                             | 852883       | Super Beans And Orzo Pasta  | 60431        |
| Child File - Kalamata & Halkidiki Olive Pantofla                 | 973892       | Super Beetroot Soup   | 772334       |
| Child File - Unbaked Austrian Style Rye Bread                    | 965729       | Super Sweet Potato & Black Bean Soup                                  | 150613       |
| Child File - Unbaked Mini Nut Pave (hazelnuts, Almonds, Walnuts) | 965705       | Superbean Lentil & Barley Soup  | 953061       |
| Child File - Unbaked Pumpkin Seed Roll                           | 965712       | Tomato, Borlotti Bean & Kale Soup                                     | 946636       |
| Child File - Unbaked Stonebaked Sunflower & Chia Longue          | 965767       | Trad Roasting Vegetables  | 59756        |
| Child File - Unbaked Wholemeal, Rye & Caraway Demi Baguette      | 965774       | Vegetarian Roasted Butternut Squash & Red Onion Tagine With Cous Cous | 937009       |
| Child File -king Edward Roast Potato & Thyme Loaf                | 35828        | <b>Vended Coffee F60C</b>   |              |
| Frozen French Boule Aux Grains                                   | 817448       | Hftg Espresso Blend (raw Material)                                    | 711951       |
| Unbaked 800g Old Fashioned White Bloomer                         | 823265       |   |              |
| Unbaked Chilled Crusty Roll                                      | 936606       |   |              |
| Unbaked Fig And Hazlenut Loaf                                    | 892728       |   |              |