



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 or download your own copy from 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 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

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PLEASE NOTE: This list was correct on the day of printing, however recipes may change from time to time and we therefore advise that you check the ingredient list on the product at the time of purchase.

Product	Product Code	Product	Product Code
B W S F20A		Elderflower Presse - M&s Cafe	802321
Cherry Brandy	886444	Ew Cafe Still Water - 500ml	194693
Biscuits F10A		Organic Apple Juice From Concentrate 250ml Carton	282994
Apple & Strawberry Oat Bar	23993	Rainbow Fruit Salad - M&s Cafe	239769
Banana & Vanilla Oat Bar	24020	Sparkling Orange 330ml - M&s Cafe	717076
Charcoal Biscuits	137966	Strawberry & Banana Smoothie Pouch - M&s Cafe	717175
Corn & Ancho Chilli Flatbread	845601	Sweet & Salted Popcorn	854030
High Bake Water Biscuits	701655	Tomato & Basil Soup Hftg	486040
Lightly Salted Whole Grain Rice Cakes	348218	Tropical Fruit Smoothie Pouch - M&s Cafe	722537
Multiseed Wholegrain Flatbreads	139656	Xmas Ham Hock & Tewksbury Mustard Hc Crisps - M&s Cafe	839983
Rich Tea Biscuits	741316	Confectionery F13A	
Rosemary & Apricot Toasts	28264	American Hard Gums	50692
Speciality Italian Hand-crafted Flatbreads	629386	Assorted Fruit Sherbet	158039
Speciality Italian Hand-crafted Olive Flatbreads	629393	British Pudding Sweets	28592
Sweet Chilli, Pumpkin And Sesame Flatbreads	138581	Carnival Fire Crackers -	877008
Sweet Potato And Orange	24044	Cherry Jellies	88855
Teething Ring Biscuit - Apple & Blueberry	24006	Chewy Fruits	992718
Teething Ring Biscuits - Raspberry & Mango	24013	Chewy Mints	50722
Unsalted Whole Grain Rice Cakes	363150	Clear Fruits	808385
Cafes F75A		Cola Bottles Cup	88718
Cafe - House Salad	929684	Curiously Strong Gum	901765
Cafe - Irish Still Water	917513	Curiously Strong Sf Mints	75060
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 Handcooked Lightly Sea Salted Crisps	259064	Glacier Fruits	940849
Cafe - Tob Handcooked Sea Salt & Balsamic Vinegar Crisps	558235	Glacier Mints	940832
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	Mango And Lime Sugar Free Gums	75053
Cola Can 330ml (cafe)	179539	Mint Imperials	318518
		Mocktail Jellies	87698
		Mocktail Jellies	397360
		Peppermint Sugar Free Gum	673068

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Product	Product Code	Product	Product Code
Pontefract Cakes	29582	12 Handmade Vegetable Spring Roll Selection	670005
Red And Black Gums	50685	12 Oriental Vegetable Selection	570893
Rhubarb & Custards - 2 For ?1	812122	18 Indian Style Snack Selection	309431
S/f Clear Mints	539494	6 Handcrafted Stuffed Vine Leaves	231961
Sherbet Lemons - 2 For ?1	812146	6 Onion Bhajis Child Spec	624725
Soft Liquorice	678582	8 Falafels	352574
Spearmint Sugar Free Gum	673051	Bbq Relish Child Spec	549936
Spearmint Sugar Free Gum - (cup)	75084	Butternut And Chilli Harissa Dip	674591
Sugar Free Lemon & Strawberry Sherbets	23191	Caramelsied Onion Houmous	862356
Sugar Free Orange & Lemon Fruit Drops - Box	539517	Chargrilled Olives And Peppers	716550
Super Sour Pastilles	992657	Chilli Olives	864411
Veggie Fruit Gums	992640	Christmas Party Crudite Selection	244985
Veggie Fruit Pastilles	992633	Dip To Share Houmous And Chilli And Herb	712484
Veggie Wine Gums	992701	Fiery Tomato Salsa	922760
Dairy F06C		Grilled Fennel With Orange	387040
Almond Drink	996242	Grilled Peppers	387170
Avocado Oil Spread	328920	Guacamole	835848
Blueberry Coconut Pot	136044	Houmous 300g	234474
Coconut Cream	328937	Houmous Eu	876247
Coconut Drink	972666	Marinated Antipasti Selection With Pitted Cuquillo Olives	701181
Coconut Pot	89609	Marinated Flame Seared Italian Artichokes	465021
Dairy Free Low Fat Sunflower Spread	565028	Marinated Grilled Peppers	701174
Hickory Red	89494	Marinated Italian Slow Roasted Vine Tomatoes	622165
Mango And Passionate Fruit Coconut Pot	136068	Marinated Italian Sundelisi Tm Tomatoes	922418
Oat Drink	972321	Marinated Vegetable Antipasti Selection	797689
Raspberry Soya Pots	89593	Organic Houmous	302661
Rice Milk	972314	Piri Piri Houmous	922494
Soya Drink	869232	Pitted Full Flavoured Spanish Cuquillo Olives	26949
Soya Yogurt	329149	Pitted Mild & Fruity Halkidiki Olives & Tomatoes	862424
Sunflower Spread	338370	Pitted Piri Piri Olives	27045
Supergrain Drink	329217	Pitted Spanish Mild Manzanilla & Full Flavoured Cuquillo Olives	701235
Unsweetened Almond Drink	148214	Pitted Spanish Mild Manzanilla Olives	546720
Unsweetened Soya Drink	763103	Pitted Sweet & Smoky Chargrilled Olives	27250
Vanilla Coconut Pot	136259	Roast Red Pepper And Toasted Pine Nut Dip	797658
Vanilla Soya Pots	328951		
Delicatessen F04C			
00607537 : Houmous 230g	607537		
10 Vegan Burgers	268752		

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Product	Product Code	Product	Product Code
Roasted Butternut Squash And Chickpea Salad	862509	(count On Us) Salt And Vinegar Baked Potato	498241
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	Baked Falafels With Reduced Fat Houmous Dipper	979894
Stone In Full Bodied Greek Kalamata Olives	231855	Beefburger Crisps	927741
Stone In Giant Nocellara Olives	862493	Beetroot, Squash, Hazelnut & Grain Corner	153980
Stuffed Olives With Garlic, Pimento & Jalapeno	712705	Blood Orange Sparkling Water	906388
Stuffed Olives With Pimento	465571	Bombay Spice Super Seeds	82761
Tomato Salsa Dip	322171	Butternut Squash & Tabbouleh Wrap	393508
Vegetable Spring Roll	514828	Cashew Nut Fruit And Nut Bar	82211
Vegetable Spring Rolls	720427	Cashew Nuts	462907
Velvet Houmous	390545	Cheerful Cherries	431668
Yellow And Red Sunblush Tomatoes	797719	Cherry And Berry Cashews	82754
		Cherry And Cocoa Chunky Bar	82785
Desserts F08C		Chestnut Roast Wrap	28240
3 Mini Retro Jellies (multipack)	863339	Chili, Lime And Coconut Super Seeds	82686
3 Rasperry Jellies	863360	Chilli, Coriander And Coconut Nut Mix	82693
Blackcurrant And Tahitian Vanilla Jelly	56144	Classic Fruit Salad & Melon & Grape Munchies	925150
Christmas Compote	246019	Cocoa And Coconut Fruit And Nut Bar	82150
Dessert Menu Summerfruit Compote 500g	68567	Cocoa And Orange Fruit And Nut Bar	82198
Eat Well Berry & Cherry Jelly Terrine	559164	Cou Orzo Pasta Dual Tray Size	688222
Exotic Jelly Cubes	975063	Cou Orzo Pasta With Slow Roasted Tomatoes Ftg Large Salad	534765
Mojito Jelly	864015	Cou Roasted Butternut Squash, Red Pepper Houmas Wrap	783231
Passionfruit Orange Jelly	96737	Cou Sweet Chilli Veg Sushi Wrap	699792
Peach Melba Jelly	681193	Cracked Black Pepper & Salt Popped Potato Chips	99165
Pineapple And Glitter Jelly Crown	852470	Cranberry And Blueberry Chunky Bar	82822
Pomegranate & Elderflower Jelly	771207	Cranberry And Strawberry Chunky Bar	82860
Rasperry, Pomegranate And Elderflower Jelly	975117	D&n Oriental Mix	968553
		D&n Soy Seed & Nut Mix	968539
Fish F62C		Darjeeling Tea With Rasperry Juice Infusion	30076
Crinkle Cut Oven Chips	696890		
Samphire	25775		
Triple Cooked Chips	26123		
Food onthe Move F07C			

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Product	Product Code	Product	Product Code
Diet Cola	172899	Ftg Orange Melon	606530
Diet Ginger Beer 500ml	900027	Ftg Piel De Sapo Melon, Nectarine, Strawberry And Raspberry	619424
Eatwell Lightly Salted Coated Rice Cakes	99158	Ftg Pineapple, Watermelon, Nect, Cantaloupe	716826
Edamame And Houmous	30120	Ftg Pomegranate	599245
Elderflower Presse	32292	Ftg Pomegranate And Raspberry Juice Drink	499491
Eu Ew Still 500ml	949927	Ftg Pomegranate Juice	493239
Eu Sparkling 500ml	949453	Ftg Pure Apple Juice From Concentrate	664820
Festive Cranberry & Orange Sparkle Jelly	946803	Ftg Rose Le Froglet To Go	716994
Fish N' Chip Crisps	927659	Ftg Sauvignon Blanc White Le Froglet To Go	863391
Fotm Big Crinkle Flame Grilled Steak	805612	Ftg Seasonal Mix With Plum, Rocha Pear, Apple And Blackberry	621304
Fotm Big Crinkle Salt And Vinegar	805605	Ftg Summer Berry Medley	545112
Fotm Christmas Bag 2013	586498	Ftg The Big Crunch Grilled Beef And Onion	716758
Fotm Grape Pot	989893	Ftg The Big Crunch Salt And Cider Vinegar	716772
Fotm Hand Cooked Prawn Cocktail Crisps	869317	Ftg Tropical Fruit Sticks	619370
Fotm S&v Chiplets	892865	Ftg Watermelon	606516
Fotm Salt And Vinegar Rice And Corn Cakes	782937	Green Chilli, Lime And Coriander Pea Snaps	842877
Fotm Sizzling Fruit Salad	908160	Greens & Seeds Veggie Pot	345828
Fresh Mango 180g	408219	Guilt Free Lightly Salted Popchips	99189
Freshly Squeezed Pomegranate Juice	488532	Ham Hock & Tewkesbury Mustard Hc Crisps - Xmas - Fotm	839884
Fruit Mix	878197	Harissa Sweet Potato Handcooked Crisp	378635
Fruit Salad	826402	Japanese Style Rice Crackers	975988
Ftg Apple & Mango Juice	667579	Large Vegetable Samosa	545037
Ftg Balsam Tissues	694131	Lemon & Lime Sparkling Water	348157
Ftg Chap Stick	686853	Lemon And Rosemary Olives	82846
Ftg Cou Sea Salt Crisps	280433	Lightly Salted Multiseed Tortillas	82853
Ftg Fc Tropical Juice	664844	Lightly Salted Pitta Chips	83126
Ftg Festive Fruit And Nut Collection	515139	Mango Fruit Bar	82235
Ftg Hand Cream	686846	Maple Bacon Flavoured Popcorn	946728
Ftg Hand Wipes	470742	Melon & Grape	790222
Ftg Hc Light Salted Crisps	599320	Mixed Berry Fruit And Nut Bar	82297
Ftg Hc Salt & Pepper Crisps	155656	Mw Banana & Oat Drink	751926
Ftg Hc Salt & Vinegar Crisps	651851	Nectarine & Raspberry	808095
Ftg Houmous & Carrot Dipper	619400	Never From Concentrate Aloe Vera, Grape & Apple	78887
Ftg Large Veg Samosa	545037	Never From Concentrate Coconut Water 250ml	978576
Ftg Lightly Sea Salted Parsnip, Sweet Potato And Beetroot Mixed Vegetable Crisps	604024		
Ftg Mango	599238		
Ftg Melon & Grape 200g	790222		

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Product	Product Code	Product	Product Code
Nut Assortment	503051	Spicy Red Pepper Houmous & Crudite Dipper	619417
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	Totally Tropical	854023
Pressed Carrot Juice	92944	Tropical Medley Fotm	808675
Pressed Greens	92951	Tropical Smoothie	23078
Pressed Pink Lady Apple Juice	472821	Turmeric & Cayenne Shot	752190
Pressed Tropical Juice With Kale 250ml	976510	Wasabi Popcorn	978613
Purely Coconut	978385	Frozen F02F	
Purely Mango	881302	(rm) Sweet Potato Fries	40099
Rainbow Veg Sandwich	78726	10 Mini Fruit Ice Lollies	32148
Raspberry & Pomegranate Juice Drink	976862	6 Pineapple, Coconut & Lime Lollies	965941
Red Pepper Pitta Chips	82938	8 Assorted Fruit Lollies	918381
Refreshing Raspberry & Cranberry Juice Drink	831826	Alphonso Mango Sorbet	355841
Roasted & Salted Cashews And Peanuts	974776	Beer Battered Onion Rings	841962
Roasted Red Pepper Cous Cous Chips	378741	British Baby Broad Beans	689779
Salted Popcorn	782869	British Broad Beans, Edamame & British Garden Peas	151306
Sea Salt & Rosemary Focaccia Chips With Extra Virgin Olive Oil	378758	British Garden Peas	849807
Smoked Salt And Mixed Pepper Pea Snaps	842860	British Garden Peas	94979
Soft Apricots	710084	British Petit Pois	930239
Spanish Peach Iced Tea	30045	British Petit Pois With Sweetcorn	740739
Sparkling Florida Orange 500ml	393041	British Petits Pois	62770
Sparkling Irish Natural Mineral Water	159852	British Raspberries	343015
Spiced Seed And Nut Mix	83010	British Sweet Parsnip Chunks	586115
		British Vegetable Medley	741644
		Butternut Squash Chunks	687553
		Carrot, Onion & Celery Base Mix	849777
		Casserole Vegetable Mix	849906

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Product	Product Code	Product	Product Code
Chopped Basil	851862	(red Onion & Fontal) Pantofola	635486
Chopped Coriander	851879	4 Garlic& Parsley Ciabatta Sticks	29100
Chopped Oregano	851916	4 Onion Bhajis	269360
Chopped Parsley	851817	4 Vegetable Samosas	672610
Chunky Chips	585781	6 Vegetable Steamed Dim Sum (te)	709835
Crinkle Cut Chips	62886	8 Poppadums	132619
Crispy Wedges	312172	Asian Rice	667470
Diced Garlic	851794	Asian Slaw	939843
Diced Ginger	851886	Aubergine Achari	815697
Diced Red Chilli	851909	Black Bean Sauce	667463
Filo Pastry	849784	Bruschetta With Black Olive Tapenade	788694
French Fries	585798	Child File - Wok Toasted Sweetcorn Spring Roll	851213
Made Without Dairy Coconut Milk Ice Cre	21647	Chunky Onion Rings	668132
Made Without Dairy Coconut Milk Ice Cream	21647	Crispy Vegetable Ball	685191
Maris Piper Onion Rosti	892308	Crispy Vegetable Chaat Selection	949804
Mediterranean Style Potatoes & Vegetables	689885	Flat Rice Noodles	667449
Puff Pastry	587617	Frites	253949
Rice & Vegetables	314237	Garlic Mushrooms	622196
Roast Parsnips	560702	Green Vegetable Stir Fry Pack	667425
Sauteed Onion	849791	Gunpowder Potatoes	939881
Shortcrust Pastry	587624	Ifg Crispy Vegetable Ball	708500
Simply M&s Frozen Green Beans	889049	Indian Starter Selection	465311
Simply M&s Frozen Spinach	889056	Italian Style Pizza Bases (2 Pack)	771665
Simply Steak Cut Chips	841948	Mini Onion Bhajis And Vegetable Pakoras	534468
Simply Steak Cut Chips	95020	Mixed Pepper Vegetable Pack	667371
Simply Straight Cut Chips	95037	Mixed Vegetable Masala	647458
Simply Straight Cut Chips	323796	Mushroom Onigiri	194020
Sliced Peppers	849753	Pizza Dough	962322
Sliced Runner Beans	133838	Rice Pancake Vegetable Spring Roll	685245
Steam Veg Medley (cauli/ Carrot/ Petit Pois)	849852	Simply Tomato Sauce - Gap	867238
Steamed British Vegetable Medley	849838	Spicy Sweetcorn Fritters	39390
Steamed Long Grain Rice	849814	Sweet & Sour Sauce	667333
Summer Fruit Selection	454278	Sweet Chilli Sauce	667326
Supersweet Sweetcorn	208352	Sweet Potato Bhajis	685269
Sweet Potato Chips	841955	Tomato & Basil Sauce	448727
Tomato Ragu Sauce	851893	Tomato & Basil Sauce (large)	643658
Vegetable Spring Rolls	772150	Tomato & Chilli Sauce	635387
Vegetable Stock	851947	Tomato & Roasted Vegetable Sauce	460170
Global Meal Solutions F03C		Vegetable Gyoza	39420

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Product	Product Code	Product	Product Code
Groceries F19A		Bicarbonate Of Soda	914604
10 Apple, Sultana & Cinnamon Porridge Sachets	933520	Black & White Chia Seeds	327343
10 Golden Syrup Porridge Sachets	933506	Black Bean Sauce	331869
10 Peruvian Coffee Capsules	285629	Black Onion Seeds	613934
10 Porridge Sachets	933490	Black Peppercorn Grinder	919548
10 Waffle Ice Cream Cones	738668	Black Peppercorns	719582
160 Extra Strong Tea Bags	740531	Black Turtle Beans	208659
160 Extra Strong Teabags	859226	Blanched Hazelnuts	574068
160 Red Label Teabags	177054	Blueberries	613279
160 Red Label Teabags 2010	730846	Borrettane Onions	20961
20 Lemon And Ginger	730662	Bouquet Garni	568289
20 Pure Camomile Tea	730686	Brazilian Sul De Minas Ground Coffee	286176
20 Pure Green Tea	730679	Breakfast Blend 80 Teabags	740609
20 Pure Peppermint	730655	British Baby Beetroot	738811
20 Reviving Teabags 2010	730730	British Caster Sugar	964197
20 Strawberry And Raspberry	730693	British Cold Pressed Rapeseed Oil	813105
3 Seed Granola	912754	British Pickled Onions	505215
4 Berry Muesli	937429	Brown Sauce	826723
4 Grain Fruit, Nut & Seed Muesli	913744	Brown Sauce	818872
6 Month Matured Mincemeat	480086	Bruschettine	730365
8 Mini Loaf Cases	951661	Bucatini	20978
80 Extra Strong Tea Bags	740555	Bulgar Wheat, Spelt & Haricot	65122
80 Extra Strong Teabags	716109	Bulgar, Lentils & Barley	789219
Agen Prunes	981774	Bulgur Wheat	65184
All Day Quarter Caf - Ground Coffee	994309	Caf? Connoisseur Roast And Ground Coffee	730990
All Spice	914642	Caf? Noir	741415
Ambient Breakfast Fruit Pots	809252	Cafe 10 Coffee Capsules	995917
Apple & Cinnamon Flakes	818919	Cafe Granules 200g	461801
Applewood Smoked Sage & Shallot Stuffing	504782	Californian Walnut Halves	981767
Apricot, Ginger & Sage Chutney	199681	Calming Teabags	730723
Assam 50 Tea Bags	730877	Canned Apricot Halves	809375
Avocado Oil	568227	Canned Baked Beans	809382
Baking Powder	568234	Canned Baked Beans Small Can	824590
Balsamic Glaze	568241	Canned Butter Beans	809184
Balsamic Vinegar	234993	Canned Cannellini Beans	867191
Basmati & Wild Rice	207669	Canned Chantenay Carrots	809351
Basmati Rice	538848	Canned Chick Peas	809368
Basmati Rice 1000g	207553	Canned Garden Peas	809085
Bay Leaves	568265	Canned Mandarins	808996
Berries Cherries & Flakes	819077	Canned Mango Slices	809108
		Canned Mixed Vegetable Curry	809825

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Product	Product Code	Product	Product Code
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 Classic Chilli For Minced Beef Or 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 (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 And Garlic	273701
Chopped Mixed Nuts	574013	Deliciously Versatileteriyaki	273640
Chopped Shallots	568159	Dessicated Coconut	613378
Christmas Classic Tea	372800	Detox Teabags	735339
Christmas Ground Coffee	30106	Dijon Mustard	738460
Christmas Spiced Tea	50104	Dipping Oil. Extra Virgin Olive Oil, Chilli & Garlic	549677
Chunky Vegetable & 3 Bean Soup	816243	Dried Ancho Chillies	573870
Chunky Vegetable Soup	816298	Dried Basil -jar	739863
Cider Vinegar	793933	Dried Cayenne Pepper - Jar	739924
Cinnamon Sticks	568302	Dried Chinese 5 Spices - Jar	739955
City Blend 40s	740524	Dried Chives - Jar	739931
Classic 10 Coffee Capsules	995801	Dried Coriander Leaf - Jar	739894
Classic Mincemeat	480093	Dried Cumin - Jar	739948
Classic Roast And Ground Coffee	730938	Dried Ground Coriander - Jar	739900
Cloves	568319	Dried Italian Herb Seasoning- Jar	739856
Coarse Ground Black Pepper	676748	Dried Mixed Fruit	701648
Cocktail Cornichons	737142	Dried Mixed Herbs Jar	676724
Coconut Cream	959063	Dried Parsley Herb Jar	676717
Coconut Milk	568517	Dried Porcini Mushrooms	573856
Coffee Filters	741460	Dried Sage - Jar	739917
Colombian Antioquia	285940	Dried Thyme - Jar	739870
Columbian	994316		
Columbian Ground Coffee	735315		
Columbian 10 Coffee Capsules	995832		
Columbian Beans	735308		

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Product	Product Code	Product	Product Code
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 Ginger	619189
Ethiopian Sidamo Ground Coffee	285964	Ground Nutmeg	676731
Extra Strong 240	740548	Ground White Pepper	914628
Extra Strong Loose Tea	741965	Guatemalan Ground Coffee	504867
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
Farfalle	671606	Hoisin Sauce	568401
Fennel Seeds	613729	Honduras Ground Coffee	285612
Fenugreek	613743	Hot Chilli Powder	919494
Festive British Pickled Red Cabbage	188678	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	741408
Fruit Tea Selection Pack 2010	735384	Instant Coffee	741392
Fruity Couscous	863803	Italian	741491
Fusilli	671620	Italian	741507
Garlic And Basil Greek Olives	730471	Italian 10 Coffee Capsules	995757
Giant Wholewheat Couscous	65139	Italian Beans	731010
Glace Cherries	568470	Italian Extra Virgin Olive Oil	336628
Gluten Free Flour	620833	Italian Grain Pot	208697
Gold	741323	Italian Kvi Spaghetti	671644
Gold	741361	Italian Mixed Peel	87230
Gold Decaf	741378	Italian Risotto Rice	618434
Gold Decaf Premium Instant Coffee	741385	Italian Roast And Ground Coffee	730914
Gold Loose Tea	730860	Jasmine Pearls & Green Tea	285131
Golden Caster Sugar	568500	Juniper Berries	613750
Golden Flaxseed	327374	Kaffir Lime Leaves	613651
Golden Syrup	570831	Kenyan 50 Teabags	730884
Greek Extra Virgin Olive Oil	336611		
Green & Jasmine	730716		

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Product	Product Code	Product	Product Code
Kenyan Ground Coffee	730945	Microwavable Basmati Rice	380171
Ketjap Manis	568418	Microwave Wholegrain Rice	849456
Large Gherkins	738071	Mild Chilli Powder	616195
Lazy Weekend 10 Coffee Capsules	995818	Milled Golden Flaxseed	327350
Lazy Weekend Roast And Ground Coffee	735407	Milled Hemp & Cocoa	327336
Light Muscavado Sugar	580564	Milled Nuts & Flaxseed	327305
Lime Juice From Concentrate	870245	Milled Seeds & Berries	327312
Linguine	671651	Mint	919425
Long Grain & Wild Micro Rice	849425	Mint Jelly	162500
Long Grain Micro Rice	380188	Mixed Beans In Water	954730
Loose Earl Grey Tea	735438	Mixed Peppercorn Grinder	914666
Loose English Breakfast	735445	Mixed Spice	613804
Luxury 8 Fruit, Nut & Seed	819565	Morello Cherry Conserve	993685
Luxury Gold 160 Tea Bags	730808	Moroccan Mint Infusion	994675
Luxury Gold 80 Tea Bags	730792	Muffin Cases	587686
Luxury Gold Teabag 240s	288033	Mustard Seeds	613699
M&s Cafe Tin	981477	New York Roast And Ground Coffee	730952
Macadamia Halves	981811	Non Pareille Capers	870085
Madagascan Vanilla Extract	568562	Non Pareille Capers In Salt	870115
Made Without Rice Porridge	18999	Nutmeg	568487
Made Without Wheat 7 Fruit, Nut & Seed Muesli	78085	Oatbran Gapfill	886703
Made Without Wheat Baking Powder	77996	Olive Oil - Wise Buy 2011	549226
Made Without Wheat Gluten Free Penne	811064	One Cup Classic Filters	730969
Made Without Wheat Lasagne	989312	One Cup Columbian Filters	741477
Made Without Wheat Porridge	80095	One Cup Decaf Filters	731027
Made Without Wheat Self Raising Flour	78023	One Cup Italian Filters	730976
Made Without Wheat Spaghetti	811071	Orange, Fig & Hazelnut Mincemeat	50135
Made Without Wheat Victoria Sponge Mix	78016	Oregano	619073
Made Without Wheat White Bread Mix	78030	Organic Italian Evoo 2011	805834
Made Without Wheat Xanthan Gum	78009	Organic Italian Extra Virgin Olive Oil	313742
Make It Your Own Multigrain Porridge	846776	Organic Pasta Flour	919623
Medium Curry Powder	919432	Organic Rye Flour	919616
Medium Roast Instant Decaffeinated Coffee	741354	Organic Virgin Coconut Oil	959070
Messicani	671668	Organic Wholegrain Spelt Flour	919609
Mexican Grain Pot	208734	Orzo Pasta	20985
Mexican Potato Wedge Seasoning	48637	Pad Thai Rice Noodles	359955
		Peanut Satay Sauce	274326
		Pecan Halves	981804
		Penne	816687
		Authentic Italian Pasta	
		Peruvian Ground Coffee	994293

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Product	Product Code	Product	Product Code
Petit Pois	310352	Saffron	568609
Pickled Onions	568937	Sandwich Pickle- Pickled Onions	738279
Pickled Onions	738170	Sea Salt	719599
Pilau Rice	364102	Sea Salt Grinder	914659
Pine Nut Kernals	574044	Sea Saly Anglesey	389334
Pitted Black Olives	730457	Seeded Crumble Mix	994217
Pitted Dates	981781	Sesame Seeds	574099
Pitted Prunes In Apple Juice	867214	Seville Olives	730426
Plum Pudding Chutney	504799	Shallot Marmalade	508629
Plum Tomatoes	821926	Shelled Pistachios	981798
Poppy Seeds	87025	Sicilian Lemon Juice	87223
Porridge Oats	819367	Silky Teabags Darjeeling 2010	735483
Provender Balsamic Vinegar	481359	Silky Teabags Gunpowder Green & Mint 2010	735490
Pudding Rice	568692	Silky Teabags Lapsang Souchong 2010	735506
Pumpkin Seeds	574075	Simply 4 Pack Canned Chopped Tomatoes	900379
Puy Lentils	789196	Simply Bran Flakes	878098
Puy Lentils With Sun Dried Tomatoes & Basil	789202	Simply British Granulated Sugar	963602
Quinoa	65160	Simply Grapefruit Segments	809078
Rapeseed Oil	615341	Simply Macaroni Kvi (gap)	878609
Red & White Quinoa	789226	Simply Malt Vinegar	620796
Red Cabbage - Large Jar	772372	Simply Peach Halves	907705
Red Jalapenos	63203	Simply Plain Flour	250252
Red Label 80	730822	Simply Self Raising Flour	250269
Red Lentils	573740	Simply Sliced Carrots	77835
Red Thai Curry Sauce	331876	Simply Strong Wholemeal Flour	620888
Redbush 40 Teabags	735469	Single Origin Columbian Coffee Beans.	188487
Reduced Fat Coconut Milk	622288	Single Origin Ethiopian Coffee.	188333
Rice Vermicelli Noodles	568456	Single Origin Guest Coffees	994651
Rigatoni	671682	Single Origin Tea Selection	189293
Risotto Mix With Porcini Mushrooms	621144	Sliced Bamboo Shoots	846530
Roast Potato & Parsnip Seasoning Kit	748230	Sliced Beetroot	738309
Roasted Garam Masala	919470	Sliced Gherkins	971300
Roasted House Blend Curry Powder	919524	Sliced Green Jalapenos	722155
Roasted Moroccan Spice Blend	919517	Sliced Mangoes	541787
Roasted Vegetable, Olive & Lemon Bulgar Wheat And Lentile Grain Mix	208727	Smoked Chilli And Garlic Grinder	605182
Rosemary	619080	Smoked Paprika	568616
Rough Cut Sugar Cubes	742016	Smoked/ Toasted Quinoa	208666
Rwandan Ground Coffee	285551	Soba Noodles	913775
		Soft Tacos	48514
		Soy Sauce	455916

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Product	Product Code	Product	Product Code
Spaghetti Authentic Italian Pasta	816717	Udon Noodles	913768
Spaghetti 1kg	878081	Vanilla Pods	568647
Spanish Extra Virgin Olive Oil	729635	Vanilla Syrup	994682
Spanish Olive Collection	986847	Vegetable Stock	568661
Spanish Paella Rice	798235	Vine Ripened Tomato Paste	904209
Sparkling Peach & Prosecco Conserve	189248	Vintage Marmalade	843645
Speciality Balsamic Vinegar	569026	Vostizza Currants	645737
Speciality Sicilian Dop Extra Virgin Olive Oil	642699	Walnut Oil	574129
Spelt Rigatini	89210	Walnut Pieces	574112
Spiced Marmalade	224161	Water Chestnuts	846516
Spiced Couscous	863797	Wheat Biscuits	819411
Spiced Seville Marmalade Xmas 2010	685566	White Breadcrumbs	573764
Spicy Chipotle, Coriander& Lime, Quinoa, Black Bean And Wheatberry Grain Mix	208895	White Tea & Raspberry	735513
Sriracha Sauce	274319	Whole Apricots	575898
Star Anise	613705	Whole Blanched Calafornian Almonds	613392
Strong White Bread Flour	568722	Wholegrain Micro Rice	486682
Sumac	970372	Wholegrain Rice	538831
Sunflower Seeds	574082	Wholegrain Rice, Red Rice & Quinoa	65146
Super Grain Mix	208918	Wholewheat Cavatappi	89180
Sweet & Sour Sauce	331852	Wholewheat Penne	671729
Sweet Chilli, Ginger & Garlic Sauce	331906	Wholewheat Spaghetti	671736
Sweet Paprika	919456	Healthy Meal Solutions F64C	
Sweetcorn	147538	Banana Porridge	961585
Sweetcorn Tetrapack	809047	Chilli Non Carne	122924
Tabbouleh/ Moroccan Grain Pot	208703	Fruity Mango Dessert	961950
Taka Dhal Soup	851985	Med Veg Pasta With Red Pepper Sauce	470179
Tarragon	619141	Mexican Bean & Butternut Chilli Snackpot	794824
Thai Jasmine Rice	613873	Organic Broccoli, Pea, Parsnip With A Hint Of Pear	965897
Thompson Raisins	701617	Organic Italian Bean Ragu	965859
Toasted Sesame Oil	336710	Pure Apple Juice (kids Range)	492539
Tomato Puree	821919	Spiced Red Lentil Kofte With Tabbouleh	794794
Treacle	621038	Tikka Masala & Rice	122979
Triple Mint Infusion	285605	Tuscan Bean,pasta And Vegetable Stew	811798
Turkish Sultanas	573986	Meat F38C	
Turkish Sultanas	701624	Spiced Vegetable & Lentil Haggis	786966
Turmeric	619172	Other 3 F76A	
Tuscan Evo0 2011	951203		
Tuscan Evo0 2011 (olitalia)	806404		

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Product	Product Code	Product	Product Code
(rm) Amaretto Syrup - Whole Bottle	897211	Deli - 'superfood' Salad	550239
(rm) Apple Juice 1 Litre (fc)	43441	Deli Side Salad - Sprouting Seed	624121
(rm) Frozen Berry Mix Cafe	43502	Discovery Seedless Red Pepper	846783
(rm) Frozen Tropical Fruit Mix Cafe	43496	Edamame & Black Rice Nourish Bowl	268226
(rm) Hazelnut Syrup - Whole Bottle	837439	Edamame And Sunflower Superbowl	798549
(rm) Jacket Potato	691932	Edamame Bean Salad Dual Tray Size	683067
(rm) Mango Fruit Base	817554	Edamame Soybean Salad	505994
(rm) Salad Garnish	693479	Ew Raw Garden Super Bowl	868365
(rm) Strawberry Fruit Base	817561	Ew Super Green Bowl	868372
(rm) Triple Sec Syrup	897259	Extra Large Avocado	818780
30 X M&s 4pt Filter	307321	Fat Free Mango And Chillli Dressing	870061
Chunky Chips (hospitality)	561228	Forager's Choice Aromatic Salad	794930
Eat In Fairtrade Special Blend Tea	242523	Forager's Choice French Country Salad	868471
M&s Caf? Espresso Beans	332590	Forager's Choice Garden Salad	794978
Single Origin Coffee (x3: Sidamo, Gayo, Harar) - Raw Material	696173	Four Leaf Salad Bag	359719
Poultry F01C		Fr Italian Bag	876957
Cranberry And Port Sauce 250g	130134	Fr Mixed Leaf Bag	876971
Salads F16C		Franchise Orzo Pasta	701716
3 Bean Salad Dual Tray Size	683159	Franchise Store - Cous Cous And Veg	701754
Avocado Bowl	920353	Franchise Store - Rlaubergine	701785
Baby Cherry Large	166300	Franchise Trial - Ew Giant Cous Cous	701792
Baby Cos	977715	French Dressing	920056
Baby Hass Avocado	229005	Fto Forager's Choice Hot And Fiery Salad	925822
Baby Leaf Herb Bag	919135	Fto Large Santini Salad Bowl	975742
Baby Red Salad Onions	178273	Fto Orzo Pasta Salad	975759
Baby Salad Onions	988650	Garden Leaf Salad With Pea Shoots	153799
Balsamic Dressing	920025	Garden Side	969673
Bbq Jackfruit Nourish Bowl	230285	Giant Couscous & Wheatberries With Roasted Butternut Squash	495929
Beetroot	249270	Growers Choice Salad Bag	773935
Beetroot Ribbon Salad	715539	Hass Avocado Loose	903318
Borlotti, Flageolet & Black Bean Salad Sop: 3 Bean Salad	537872	Hot Rocket Salad	868464
Bunched Radish	869522	House Salad With Dressing	868549
Carrot & Beetroot Ribbon Salad	968867	Iceberg	900706
Cherry Vine Toms Dual Tray Size	684699	Iceberg Lettuce	151542
Cherry Vine Toms Dual Tray Size	684682	Iceberg Lettuce Bag H/t	683074
Chilli Cocktail Beetroot	868648	Just Add - Beetroot & Red Onion	973250
Co Super Nutty Wholefood	869539	Large Iceberg Bag	276290
Continental Salad Onion	920155		
Couscous And Roasted Vegetables	185677		

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Product	Product Code	Product	Product Code
Large Pack Beetroot	410083	Salad Bowls - Beetroot And Carrot	687621
Large Santini Salad Bowl With French Dressing	920063	Salad Bowls - House Salad	611251
Little Gem	900911	Salad Bowls - Tomato And Red Pepper	659444
Loose Beef Tomatoes	900256	Salad Onions	902182
Loose Cherry On The Vine	642972	Santa Baby Plum Tomatoes	901161
Mango, Mangetout & Coriander Salad Sop: Mango, Mangetout & Coriander Salad	920391	Santini Large Plum Tomatoes	126977
Mexican Corn	919975	Santini Salad Bowl 225	933377
Mexican Rice, Quinoa & Avocado Salad Sop: Mexican Grain & Avocado Salad	31615	Santini Tomato Side	539364
Mixed Leaf Duo Pack	868297	Santini Tomatoes (irish)	877305
Mixed Leaf Salad Bag	780506	Santini Tray Dual Tray Size	683180
Multi Pack Peppers Dual Tray Size	683142	Simply Frilly Mix.	919395
Organic Celery	224567	Small Classic Bowl Ifg	713306
Organic Watercress, Spinach & Rocket	255202	Small House Salad Bowl	771528
Orzo Pasta Salad With Slow Roasted Tomatoes	564489	Small Italian Salad Bag	685382
Peashoots Bag	548106	Solo: Lambs Lettuce	506250
Pepper Wild Rocket, Watercress & Spinach	187879	Solo: Watercress	902298
Peppery: Baby Leaf Rocket Salad	506397	Solo: Wild Rocket	818650
Peppery: Italian Style Baby Leaf Salad	169042	Solo: Wild Rocket	699211
Peppery: Italian Style Baby Leaf Salad	973151	Sorrell Salad	868495
Piccolini Cherry 250g (irish)	809498	Spinach And Mizuna Super Salad With Dressing	868655
Piccolini Cherry Tomato 250g (irish)	809474	Spinach Bag	920124
Pot Shots Soy And Ginger	920360	Spring Onions Dual Tray Size	683111
Pp6 Toms Dual Tray Size	684705	Sprouted Peas And Beans	771504
Quinoa & Supergreens	864169	Super Green	75473
Quinoa And Edamame Bean Deli Side	868617	Super Green Salad	45681
Radish	910613	Super Nutty Wholefood	797016
Rainbow Deli Side	619448	Super Wholefood Salad With Basil And Mint Vinaigrette	547994
Rice, Lentil & Roast Aubergine With A Garlic Dressing	898201	Sweet Baby Leaf Twin Pack 2 X 50g	968874
Round Tomatoes Tray Pack (irish)	809481	Sweet: Baby Leaf Salad	968843
Ruby Salad	941846	Sweet: Rosa Verde Salad	506267
Salad Bags - Wild Rocket And Red Chard	659666	Tomalini Tomatoes	715652
Salad Bowl Bag 100g	536745	Traditional Salad Bowl	920377
Salad Bowl Bag 150g	459389	Vegan Coleslaw	308441
		Vegan Nutty Super Wholefood Corner	961035
		Vegan Potato Salad	30861
		Watercress Spinach And Rocket Super Salad With Dressing	868693
		Whole Cucumber Eu	899185
		Whole Cucumbers Dual Tray Size	683128
		Wsr Active Health	919418

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Product	Product Code	Product	Product Code
Spare 4 F79A		Crispy Potato Slices	59701
B/c Unbaked Rustique Loaf	488440	Dine In Chunky Chips	874502
B/c Unbaked Tartine Slices	487634	Dine In Frites 200g	689465
Baked Ciabatta 400g	612906	Festive Parsnip And Mulled Red Onion Roast	77002
Child File - Chestnut & Plum Buche	953184	Parship And Mulled Red Wine Bake	267601
Child File - Christmas Pudding Boule	852883	Portobello Mushroom & Red Onion Roast	943062
Child File - Kalamata & Halkidiki Olive Pantofla	973892	Savoury Vegetable Rice	162180
Child File - Unbaked Austrian Style Rye Bread	965729	Spicy Lentil Soup	220552
Child File - Unbaked Mini Nut Pave (hazelnuts, Almonds, Walnuts)	965705	Summer Minestrone	857673
Child File - Unbaked Pumpkin Seed Roll	965712	Super Beans And Orzo Pasta	60431
Child File - Unbaked Stonebaked Sunflower & Chia Longue	965767	Super Beetroot Soup	772334
Child File - Unbaked Wholemeal, Rye & Caraway Demi Baguette	965774	Super Sweet Potato & Black Bean Soup	150613
Child File -king Edward Roast Potato & Thyme Loaf	35828	Superbean Lentil & Barley Soup	953061
Frozen French Boule Aux Grains	817448	Trad Roasting Vegetables	59756
Unbaked 800g Old Fashioned White Bloomer	823265	Vegetarian Roasted Butternut Squash & Red Onion Tagine With Cous Cous	937009
Unbaked Chilled Crusty Roll	936606	Vended Coffee F60C	
Unbaked Fig And Hazlenut Loaf	892728	M&s Espresso Beans Hfotm	711951
Unbaked French Baguette Aux Graines	815291		
Unbaked French Baguette Rustique	815284		
Unbaked French Pain Rustique Roll	712736		
Unbaked French Petit Pave Aux Graines	817684		
Unbaked Malted Wheat Baguette	815314		
Unbaked Parisienne	815253		
Unbaked Parisienne	815352		
Unbaked Petit Boule	817431		
Unbaked Plain Pretzel	817325		
Unbaked Sultana & Rye Sourdough	981378		
Traditional Meal Sol F63C			
2 Red Cabbage& Squash Filo Tarts	694049		
Braised Vegetable Casserole With Mini Parsley Dumplings	644631		
Butternut Squash, Pepper And Red Onion For Roasting	59824		
Carrot & Coriander Soup	151351		
Christmas Roasting Vegetables	72779		