



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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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
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	Confectionery F13A	
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
Cafes F75A		Clear Fruits	808385
Cafe - House Salad	929684	Cola Bottles Cup	88718
Cafe - Irish Still Water	917513	Curiously Strong Gum	901765
Cafe - Marmalade	37204	Dark Chocolate Bar With Mint Crunch	100519
Cafe - Mini Jam Jar	912075	Eat Well Cashew Nuts (tillpoint)	500128
Cafe - Pressed Apple Juice 300mls	539654	Firecrackers	397384
Cafe - Strawberry Jam	37211	Fizzy Cola Bottles	89470
Cafe - Summer Berry Jam	37297	Fizzy Fruit Slices	88831
Cafe - Summer Berry Mix	929998	Fizzy Pop Sweets	29551
Cafe - Tob Handcooked Lightly Sea Salted Crisps	259064	Fruit Slices Cup	88695
Cafe - Tob Handcooked Sea Salt & Balsamic Vinegar Crisps	558235	Glacier Fruits	940849
Cafe - Tobi Rhubarb & Ginger Presse	37303	Glacier Mints	940832
Cafe Ew Pineapple & Grape	528849	Large Dark Chocolate Bar	974677
Cafe Revive Washed Strawberries (for Use In Milkshake)	515481	Lemon Mint Gum	901758
Chunky Chips Hftg	478694	Lemon Sherbert Squares	88800
Cola Can 330ml (cafe)	179539	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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Product	Product Code	Product	Product Code
Mint Imperials	318518	12 Handmade Vegetable Spring Roll Selection	670005
Mocktail Jellies	397360	12 Oriental Vegetable Selection	570893
Mocktail Jellies	87698	18 Indian Style Snack Selection	309431
Peppermint Gum	673068	6 Handcrafted Stuffed Vine Leaves	231961
Pontefract Cakes	29582	6 Onion Bhajis Child Spec	624725
Red And Black Gums	50685	8 Falafels	352574
Rhubarb & Custards - 2 For ?1	812122	Artichoke With Lemon And Pepper	387545
Sherbet Lemons - 2 For ?1	812146	Bbq Relish Child Spec	549936
Soft Liquorice	678582	Butternut And Chilli Harissa Dip	674591
Spearmint Gum	673051	Caramelsied Onion Houmous	862356
Spearmint Sugar Free Gum - (cup)	75084	Chargrilled Olives And Peppers	716550
Sugar Free Clear Mints	539494	Chilli Olives	864411
Sugar Free Curiously Strong Mints	75060	Christmas Party Crudite Selection	244985
Sugar Free Lemon & Strawberry Sherbets	23191	Dip To Share Houmous And Chilli And Herb	712484
Sugar Free Orange & Lemon Fruit Drops - Box	539517	Fiery Tomato Salsa	922760
Super Sour Pastilles	992657	Grilled Fennel With Orange	387040
Veggie Fruit Gums	992640	Grilled Peppers	387170
Veggie Fruit Pastilles	992633	Guacamole	835848
Veggie Wine Gums	992701	Houmous 200g	607537
Dairy F06C		Houmous 300g	234474
Almond Drink	996242	Houmous Eu	876247
Avocado Spread	328920	Marinated Antipasti Selection With Pitted Cuquillo Olives	701181
Blueberry Coconut Pot	136044	Marinated Flame Seared Italian Artichokes	465021
Coconut Cream	328937	Marinated Grilled Peppers	701174
Coconut Drink	972666	Marinated Italian Slow Roasted Vine Tomatoes	622165
Coconut Pot	89609	Marinated Italian Sundelisi Tm Tomatoes	922418
Dairy Free Low Fat Sunflower Spread	565028	Marinated Vegetable Antipasti Selection	797689
Hickory Red	89494	Organic Houmous	302661
Mango And Passionate Fruit Coconut Pot	136068	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		
Vanilla Coconut Pot	136259		
Vanilla Soya Pots	328951		
Delicatessen F04C			

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Product	Product Code	Product	Product Code
Roast Red Pepper And Toasted Pine Nut Dip	797658	(count On Us) Salt And Vinegar Baked Potato	498241
Roasted Butternut Squash And Chickpea Salad	862509	Almonds	943222
Skinny Houmous	145954	Apple & Mint Iced Tea	30069
Skinny Houmous X 3	516891	Apple And Sultana Chunky Bar	82594
Spicy Red Pepper Houmous	311304	Apple, Coconut Water, Cucumber & Spinach	30014
Stone In Basil & Garlic Marinated Olive Selection	398299	Baked Falafels With Reduced Fat Houmous Dipper	979894
Stone In Basil & Garlic Marinated Olive Selection	299596	Beefburger Crisps	927741
Stone In Full Bodied Greek Kalamata Olives	231855	Blood Orange Sparkling Water	906388
Stone In Giant Nocellara Olives	862493	Bombay Spice Super Seeds	82761
Stuffed Olives With Garlic, Pimento & Jalapeno	712705	Butternut Squash & Tabbouleh Wrap	393508
Stuffed Olives With Pimento	465571	Cashew Nut Fruit And Nut Bar	82211
Tomato Salsa Dip	322171	Cashew Nuts	462907
Vegetable Spring Roll	514828	Cheerful Cherries	431668
Velvet Houmous	390545	Cherry And Berry Cashews	82754
Yellow And Red Sunblush Tomatoes	797719	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 Raspberry 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
Raspberry, Pomegranate And Elderflower Jelly	975117	D&n Oriental Mix	968553
Fish F62C		D&n Soy Seed & Nut Mix	968539
Crinkle Cut Oven Chips	696890	Darjeeling Tea With Raspberry Juice Infusion	30076
Samphire	25775	Diet Cola	172899
Triple Cooked Chips	26123	Diet Ginger Beer 500ml	900027
Food onthe Move F07C			

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Product	Product Code	Product	Product Code
Eatwell Lightly Salted Coated Rice Cakes	99158	Ftg Pineapple, Watermelon, Nect, Cantaloupe	716826
Elderflower Presse	32292	Ftg Pomegranate	599245
Eu Ew Still 500ml	949927	Ftg Pomegranate And Raspberry Juice Drink	499491
Eu Sparkling 500ml	949453	Ftg Pomegranate Juice	493239
Festive Cranberry & Orange Sparkle Jelly	946803	Ftg Pure Apple Juice From Concentrate	664820
Fish N' Chip Crisps	927659	Ftg Rose Le Froglet To Go	716994
Fotm Big Crinkle Flame Grilled Steak	805612	Ftg Sauvignon Blanc White Le Froglet To Go	863391
Fotm Big Crinkle Salt And Vinegar	805605	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 Fc Tropical Juice	664844	Lightly Salted Air Popped Corn	82877
Ftg Festive Fruit And Nut Collection	515139	Lightly Salted Multiseed Tortillas	82853
Ftg Hand Cream	686846	Lightly Salted Pitta Chips	83126
Ftg Hand Wipes	470742	Mango Fruit Bar	82235
Ftg Hc Light Salted Crisps	599320	Maple Bacon Flavoured Popcorn	946728
Ftg Hc Salt & Pepper Crisps	155656	Melon & Grape	790222
Ftg Hc Salt & Vinegar Crisps	651851	Mixed Berry Fruit And Nut Bar	82297
Ftg Houmous & Carrot Dipper	619400	Nectarine & Raspberry	808095
Ftg Large Veg Samosa	545037	Never From Concentrate Aloe Vera, Grape & Apple	78887
Ftg Lightly Sea Salted Parsnip, Sweet Potato And Beetroot Mixed Vegetable Crisps	604024	Never From Concentrate Coconut Water 250ml	978576
Ftg Mango	599238	Nut Assortment	503051
Ftg Melon & Grape 200g	790222	Olives - Chilli	828994
Ftg Orange Melon	606530	Orange Fruit Jewelled Jelly - Fotm	831758
Ftg Piel De Sapo Melon, Nectarine, Strawberry And Raspberry	619424		

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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
Purely Pineapple	997669	10 Mini Fruit Ice Lollies	32148
Raspberry & Pomegranate Juice Drink	976862	6 Pineapple, Coconut & Lime Lollies	965941
Red Pepper Pitta Chips	82938	Alphonso Mango Sorbet	355841
Refreshing Raspberry & Cranberry Juice Drink	831826	Beer Battered Onion Rings	841962
Roasted & Salted Cashews And Peanuts	974776	British Baby Broad Beans	689779
Roasted Red Pepper Cous Cous Chips	378741	British Broad Beans, Edamame & British Garden Peas	151306
Salted Popcorn	782869	British Garden Peas	94979
Sea Salt & Rosemary Focaccia Chips With Extra Virgin Olive Oil	378758	British Garden Peas	849807
Smoked Salt And Mixed Pepper Pea Snaps	842860	British Petit Pois	930239
Soft Apricots	710084	British Petit Pois With Sweetcorn	740739
Spanish Peach Iced Tea	30045	British Petits Pois	62770
Sparkling Florida Orange 500ml	393041	British Raspberries	343015
Sparkling Irish Natural Mineral Water	159852	British Summer Fruit Selection	454278
Spiced Seed And Nut Mix	83010	British Sweet Parsnip Chunks	586115
Spicy Red Pepper Houmous & Crudite Dipper	619417	British Vegetable Medley	741644
Still Irish Natural Mineral Water (500ml)	654708	Butternut Squash Chunks	687553
Strawberry & Banana Smoothie	23085	Carrot, Onion & Celery Base Mix	849777
		Casserole Vegetable Mix	849906
		Chopped Basil	851862
		Chopped Coriander	851879
		Chopped Oregano	851916
		Chopped Parsley	851817
		Crinkle Cut Chips	62886

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Product	Product Code	Product	Product Code
Crispy Wedges	312172	6 Vegetable Steamed Dim Sum (te)	709835
Diced Garlic	851794	8 Poppadums	132619
Diced Ginger	851886	Asian Rice	667470
Diced Red Chilli	851909	Asian Slaw	939843
Filo Pastry	849784	Aubergine Achari	815697
French Fries	585798	Black Bean Sauce	667463
Made Without Dairy Coconut Milk Ice Cre	21647	Bruschetta With Black Olive Tapenade	788694
Made Without Dairy Coconut Milk Ice Cream	21647	Child File - Wok Toasted Sweetcorn Spring Roll	851213
Maris Piper Onion Rosti	892308	Chunky Onion Rings	668132
Mediterranean Style Potatoes & Vegetables	689885	Crispy Vegetable Chaat Selection	949804
Puff Pastry	587617	Flat Rice Noodles	667449
Rice & Vegetables	314237	Frites	253949
Roast Parsnips	560702	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 (cauli/ Carrot/ Petit Pois)	849852	Rice Pancake Vegetable Spring Roll	685245
Steamed British Vegetable Medley	849838	Simply Tomato Sauce - Gap	867238
Steamed Long Grain Rice	849814	Spicy Sweetcorn Fritters	39390
Steamed Long Grain Rice With British Petiti Pois,sweetcorn & Onion	849821	Sweet & Sour Sauce	667333
Supersweet Sweetcorn	208352	Sweet Chilli Sauce	667326
Sweet Potato Chips	841955	Sweet Potato Bhajis	685269
Tomato Ragu Sauce	851893	Tomato & Basil Sauce	448727
Vegetable Spring Rolls	772150	Tomato & Basil Sauce (large)	643658
Vegetable Stock	851947	Tomato & Chilli Sauce	635387
Global Meal Solutions F03C		Tomato & Roasted Vegetable Sauce	460170
(red Onion & Fontal) Pantofola	635486	Vegetable Gyoza	39420
4 Garlic& Parsley Ciabatta Sticks	29100	Groceries F19A	
4 Onion Bhajis	269360	10 Apple, Sultana & Cinnamon Porridge Sachets	933520
4 Vegetable Samosas	672610	10 Golden Syrup Porridge Sachets	933506
		10 Peruvian Coffee Capsules	285629

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Product	Product Code	Product	Product Code
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 Month Matured Mincemeat	480086	British Pickled Onions	505215
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
Apple & Cinnamon Flakes	818919	Californian Walnut Halves	981767
Applewood Smoked Sage & Shallot Stuffing	504782	Calming Lavender, Limeflower & Camomile	328845
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		

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Product	Product Code	Product	Product Code
Canned Chantenay Carrots	809351	Coconut Milk	568517
Canned Chick Peas	809368	Coffee Filters	741460
Canned Garden Peas	809085	Colombian Antioquia	285940
Canned Mandarins	808996	Columbian	994316
Canned Mango Slices	809108	Columbian Ground Coffee	735315
Canned Mixed Vegetable Curry	809825	Columbian 10 Coffee Capsules	995832
Canned New Potatoes	823906	Columbian Beans	735308
Canned Peach Slices	809030	Columbian Decaf Ground Coffee	730983
Canned Pear Quarters	809092	Columbian Microground Instant Coffee	285957
Canned Pineapple Chunks	809009	Conchiglioni	671552
Canned Pineapple Rings	809115	Cook With M&s Recipe Paste Classic Chilli For Minced Beef Or Veggies	935289
Canned Red Kidney Beans	809054	Coriander Seeds	613675
Canned Tropical Mixed Fruit	809344	Corn Bread Mix	91671
Caper Berries	726511	Cou Three Bean Chilli (smaller Can)	809788
Cardamom Pods	613637	Cous Cous	573849
Caraway Seeds	613712	Cranberries	613262
Cashew Nuts	613385	Cranberry And Blood Orange	162692
Ceylon 50 Teabags	730891	Crinkle Cut Beetroot - Org Recipe (340g)	737487
Chai Teabags 50	735292	Cumin Seeds	613682
Cherry Tomatoes	937177	Darjeeling Teabags	735421
Chestnut Chutney	224345	Dark Muscavado Sugar	568531
Chestnut Chutney	480062	Decaf 80	740586
Chilli Flakes	613736	Deliciously Versatile Hoisin & Plum	273688
Chipotle Chilli Flakes	970389	Deliciously Versatile Miso & Ponzu	274296
Chopped Mixed Nuts	574013	Deliciously Versatile Spiced Soy And Garlic	273701
Chopped Shallots	568159	Deliciously Versatileteriyaki	273640
Christmas Classic Tea	372800	Dessicated Coconut	613378
Christmas Ground Coffee	30106	Detox Teabags	735339
Christmas Spiced Tea	50104	Dijon Mustard	738460
Chunky Vegetable & 3 Bean Soup	816243	Dipping Oil. Extra Virgin Olive Oil, Chilli & Garlic	549677
Chunky Vegetable Soup	816298	Dried Ancho Chillies	573870
Cider Vinegar	793933	Dried Basil -jar	739863
Cinnamon Sticks	568302	Dried Cayenne Pepper - Jar	739924
City Blend 40s	328791	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		
Coarse Ground Black Pepper	676748		
Cocktail Cornichons	737142		
Coconut Cream	959063		

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Product	Product Code	Product	Product Code
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 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
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
Festive British Pickled Red Cabbage	188678	Hot Smokey Barbecue Marinade & Sauce	863698
Fiorelli	671613	House Blend Mexican Spices	970365
Flaked Californian Almonds	574020	House Decaf 10 Coffee Capsules	995863
Fruit & Fibre Muesli	819039	Instant Coffee	741408
Fruit & Nut Muesli	819282	Instant Coffee	741392
Fruit Tea Selection Pack 2010	735384	Italian	741491
Fruity Couscous	863803	Italian	741507
Fusilli	671620	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		
Gold	741361		

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Product	Product Code	Product	Product Code
Italian Kvi Spaghetti	671644	Made Without Wheat Baking Powder	77996
Italian Mixed Peel	87230	Made Without Wheat Gluten Free Penne	811064
Italian Risotto Rice	618434	Made Without Wheat Lasagne	989312
Italian Roast And Ground Coffee	730914	Made Without Wheat Porridge	80095
Japanese Sencha Infusion	285124	Made Without Wheat Self Raising Flour	78023
Jasmine Pearls & Green Tea	285131	Made Without Wheat Spaghetti	811071
Juniper Berries	613750	Made Without Wheat Victoria Sponge Mix	78016
Kaffir Lime Leaves	613651	Made Without Wheat White Bread Mix	78030
Kenyan 50 Teabags	730884	Made Without Wheat Xanthan Gum	78009
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	Moroccan Mint Infusion	994675
Luxury Gold 80 Tea Bags	730792	Muffin Cases	587686
Luxury Gold Teabag 240s	288033	Mustard Seeds	613699
M&s Cafe - Ground Coffee For Cafetiere & Filter	994644	New York Roast And Ground Coffee	730952
M&s Cafe Coffee Beans	994668	Non Pareille Capers	870085
M&s Cafe Tin	981477	Non Pareille Capers In Salt	870115
Macadamia Halves	981811	Nutmeg	568487
Madagascan Vanilla Extract	568562	Oatbran Gapfill	886703
Made Without Rice Porridge	18999		
Made Without Wheat 7 Fruit, Nut & Seed Muesli	78085		

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Product	Product Code	Product	Product Code
Olive Oil - Wise Buy 2011	549226	Red & White Quinoa	789226
One Cup Classic Filters	730969	Red Cabbage - Large Jar	772372
One Cup Columbian Filters	741477	Red Jalapenos	63203
One Cup Decaf Filters	731027	Red Label 80	730822
One Cup Italian Filters	730976	Red Lentils	573740
Orange, Fig & Hazelnut Mincemeat	50135	Red Thai Curry Sauce	331876
Oregano	619073	Redbush 40 Teabags	735469
Organic Italian Evoo 2011	805834	Reduced Fat Coconut Milk	622288
Organic Italian Extra Virgin Olive Oil	313742	Refresh Teabags	285322
Organic Pasta Flour	919623	Rice Vermicelli Noodles	568456
Organic Rye Flour	919616	Rigatoni	671682
Organic Virgin Coconut Oil	959070	Risotto Mix With Porcini Mushrooms	621144
Organic Wholegrain Spelt Flour	919609	Roast Potato & Parsnip Seasoning Kit	748230
Orzo Pasta	20985	Roasted Garam Masala	919470
Pad Thai Rice Noodles	359955	Roasted House Blend Curry Powder	919524
Peanut Satay Sauce	274326	Roasted Moroccan Spice Blend	919517
Pecan Halves	981804	Roasted Vegetable, Olive & Lemon Bulgar Wheat And Lentile Grain Mix	208727
Penne Authentic Italian Pasta	816687	Rosemary	619080
Peruvian Ground Coffee	994293	Rough Cut Sugar Cubes	742016
Petit Pois	310352	Rwandan Ground Coffee	285551
Pickled Onions	738170	Saffron	568609
Pickled Onions	568937	Sandwich Pickle- Pickled Onions	738279
Pilau Rice	364102	Sea Salt	719599
Pine Nut Kernals	574044	Sea Salt Grinder	914659
Pitted Black Olives	730457	Sea Saly Anglesey	389334
Pitted Dates	981781	Seeded Crumble Mix	994217
Pitted Prunes In Apple Juice	867214	Selection Of Fruit & Herbal Infusions	189064
Plum Pudding Chutney	504799	Sesame Seeds	574099
Plum Tomatoes	821926	Seville Olives	730426
Poppy Seeds	87025	Shallot Marmalade	508629
Porridge Oats	819367	Shelled Pistachios	981798
Power Berry Teabags	285117	Sicilian Lemon Juice	87223
Provender Balsamic Vinegar	481359	Silky Teabags Darjeeling 2010	735483
Pudding Rice	568692	Silky Teabags Gunpowder Green & Mint 2010	735490
Pumpkin Seeds	574075	Silky Teabags Lapsang Souchong 2010	735506
Purple Tea & Blueberry	285667	Simply 4 Pack Canned Chopped Tomatoes	900379
Puy Lentils	789196		
Puy Lentils With Sun Dried Tomatoes & Basil	789202		
Quinoa	65160		
Rapeseed Oil	615341		

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Product	Product Code	Product	Product Code
Simply Bran Flakes	878098	Spiced Seville Marmalade Xmas 2010	685566
Simply British Granulated Sugar	963602	Spicy Chipotle, Coriander& Lime, Quinoa, Black Bean And Wheatberry Grain Mix	208895
Simply Grapefruit Segments	809078	Sriracha Sauce	274319
Simply Macaroni Kvi (gap)	878609	Star Anise	613705
Simply Malt Vinegar	620796	Strong White Bread Flour	568722
Simply Peach Halves	907705	Sumac	970372
Simply Plain Flour	250252	Sunflower Seeds	574082
Simply Self Raising Flour	250269	Super Grain Mix	208918
Simply Sliced Carrots	77835	Super Green Tea Bags	285261
Simply Strong Wholemeal Flour	620888	Sweet & Sour Sauce	331852
Single Origin Ceylon Teabags	188647	Sweet Chilli, Ginger & Garlic Sauce	331906
Single Origin Columbian Coffee Beans.	188487	Sweet Paprika	919456
Single Origin Ethiopian Coffee.	188333	Sweetcorn	147538
Single Origin Green Jasmine Teabags	188074	Sweetcorn Tetrapack	809047
Single Origin Guest Coffees	994651	Tabbouleh/ Moroccan Grain Pot	208703
Single Origin Kenyan Teabags	188050	Taka Dhal Soup	851985
Single Origin Tea Selection	189293	Tarragon	619141
Sliced Bamboo Shoots	846530	Thai Jasmine Rice	613873
Sliced Beetroot	738309	Thompson Raisins	701617
Sliced Gherkins	971300	Toasted Sesame Oil	336710
Sliced Green Jalapenos	722155	Tomato Puree	821919
Sliced Mangoes	541787	Treacle	621038
Smoked Chilli And Garlic Grinder	605182	Triple Mint Infusion	285605
Smoked Paprika	568616	Turkish Sultanas	573986
Smoked/ Toasted Quinoa	208666	Turkish Sultanas	701624
Soba Noodles	913775	Turmeric	619172
Soft Tacos	48514	Tuscan Evo0 2011	951203
Soy Sauce	455916	Tuscan Evo0 2011 (olitalia)	806404
Spaghetti Authentic Italian Pasta	816717	Udon Noodles	913768
Spaghetti 1kg	878081	Vanilla Pods	568647
Spanish Extra Virgin Olive Oil	729635	Vanilla Syrup	994682
Spanish Paella Rice	798235	Vine Ripened Tomato Paste	904209
Sparkling Peach & Prosecco Conserve	189248	Vostizza Currants	645737
Speciality Balsamic Vinegar	569026	Walnut Oil	574129
Speciality Sicilian Dop Extra Virgin Olive Oil	642699	Walnut Pieces	574112
Spelt Rigatini	89210	Water Chestnuts	846516
Spiced Marmalade	224161	Wheat Biscuits	819411
Spiced Couscous	863797	White Bread Mix	573948
		White Breadcrumbs	573764
		White Tea & Raspberry	735513

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Product	Product Code	Product	Product Code
Whole Apricots	575898	Single Origin Coffee (x3: Sidamo, Gayo, Harar) - Raw Material	696173
Whole Blanched Californian Almonds	613392		
Wholegrain Micro Rice	486682	Poultry F01C	
Wholegrain Rice	538831	Cranberry And Port Sauce 250g	130134
Wholegrain Rice, Red Rice & Quinoa	65146	Salads F16C	
Wholewheat Cavatappi	89180	3 Bean Salad Dual Tray Size	683159
Wholewheat Penne	671729	Avocado Bowl	920353
Wholewheat Spaghetti	671736	Baby Cherry Large	166300
Healthy Meal Solutions F64C		Baby Cos	977715
Banana Porridge	961585	Baby Hass Avocado	229005
Fruity Mango Dessert	961950	Baby Leaf Herb Bag	919135
Med Veg Pasta With Red Pepper Sauce	470179	Baby Red Salad Onions	178273
Mexican Bean & Butternut Chilli Snackpot	794824	Baby Salad Onions	988650
Organic Broccoli, Pea, Parsnip With A Hint Of Pear	965897	Balsamic Dressing	920025
Organic Italian Bean Ragu	965859	Beetroot	249270
Pure Apple Juice (kids Range)	492539	Beetroot Ribbon Salad	715539
Spiced Red Lentil Kofte With Tabbouleh	794794	Borlotti, Flageolet & Black Bean Salad Sop: 3 Bean Salad	537872
Tuscan Bean, pasta And Vegetable Stew	811798	Bunched Radish	869522
Meat F38C		Carrot & Beetroot Ribbon Salad	968867
Spiced Vegetable & Lentil Haggis	786966	Cherry Vine Toms Dual Tray Size	684682
Other 3 F76A		Cherry Vine Toms Dual Tray Size	684699
(rm) Amaretto Syrup - Whole Bottle	897211	Continental Salad Onion	920155
(rm) Apple Juice 1 Litre (fc)	43441	Couscous And Roasted Vegetables	185677
(rm) Frozen Berry Mix Cafe	43502	Deli - 'superfood' Salad	550239
(rm) Frozen Tropical Fruit Mix Cafe	43496	Deli Side Salad - Sprouting Seed	624121
(rm) Hazelnut Syrup - Whole Bottle	837439	Discovery Seedless Red Pepper	846783
(rm) Jacket Potato	691932	Edamame And Sunflower Superbowl	798549
(rm) Mango Fruit Base	817554	Edamame Bean Salad Dual Tray Size	683067
(rm) Salad Garnish	693479	Edamame Soybean Salad	505994
(rm) Strawberry Fruit Base	817561	Ew Raw Garden Super Bowl	868365
(rm) Triple Sec Syrup	897259	Ew Super Green Bowl	868372
Chunky Chips (hospitality)	561228	Extra Large Avocado	818780
Eat In Fairtrade Special Blend Tea	242523	Fat Free Mango And Chilli Dressing	870061
M&s Cafe Fair Trade Organic Espresso Coffee Beans	332590	Forager's Choice Aromatic Salad	794930
M&s Cafe Fair Trade Organic Filter Coffee	307321	Forager's Choice French Country Salad	868471
		Forager's Choice Garden Salad	794978
		Four Leaf Salad Bag	359719
		Fr Italian Bag	876957
		Fr Mixed Leaf Bag	876971

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Product	Product Code	Product	Product Code
Franchise Orzo Pasta	701716	Peppery: Italian Style Baby Leaf Salad	169042
Franchise Store - Cous Cous And Veg	701754	Peppery: Italian Style Baby Leaf Salad	973151
Franchise Store - Rlaubergine	701785	Piccolini Cherry 250g (irish)	809498
Franchise Trial - Ew Giant Cous Cous	701792	Piccolini Cherry Tomato 250g (irish)	809474
French Dressing	920056	Pot Shots Soy And Ginger	920360
Fto Forager's Choice Hot And Fiery Salad	925822	Pp6 Toms Dual Tray Size	684705
Fto Large Santini Salad Bowl	975742	Quinoa & Supergreens	864169
Fto Orzo Pasta Salad	975759	Radish	910613
Garden Side	969673	Rice, Lentil & Roast Aubergine With A Garlic Dressing	898201
Giant Couscous & Wheatberries With Roasted Butternut Squash	495929	Round Tomatoes Tray Pack (irish)	809481
Growers Choice Salad Bag	773935	Ruby Salad	941846
Hass Avocado Loose	903318	Salad Bags - Wild Rocket And Red Chard	659666
Hot Rocket Salad	868464	Salad Bowl Bag 100g	536745
House Salad With Dressing	868549	Salad Bowl Bag 150g	459389
Iceberg	900706	Salad Bowls - Beetroot And Carrot	687621
Iceberg Lettuce	151542	Salad Bowls - House Salad	611251
Iceberg Lettuce Bag H/t	683074	Salad Bowls - Tomato And Red Pepper	659444
Just Add - Beetroot & Red Onion	973250	Salad Onions	902182
Large Iceberg Bag	276290	Santa Baby Plum Tomatoes	901161
Large Santini Salad Bowl With French Dressing	920063	Santini Large Plum Tomatoes	126977
Little Gem	900911	Santini Salad Bowl 225	933377
Loose Beef Tomatoes	900256	Santini Tomato Side	539364
Loose Cherry On The Vine	642972	Santini Tomatoes (irish)	877305
Mango, Mangetout & Coriander Salad Sop: Mango, Mangetout & Coriander Salad	920391	Santini Tray Dual Tray Size	683180
Mexican Corn	919975	Simply Frilly Mix.	919395
Mexican Rice, Quinoa & Avocado Salad Sop: Mexican Grain & Avocado Salad	31615	Small Classic Bowl Ifg	713306
Mixed Leaf Duo Pack	868297	Small House Salad Bowl	771528
Mixed Leaf Salad Bag	780506	Small Italian Salad Bag	685382
Multi Pack Peppers Dual Tray Size	683142	Solo: Lambs Lettuce	506250
Organic Celery	224567	Solo: Watercress	902298
Organic Watercress, Spinach & Rocket	255202	Solo: Wild Rocket	699211
Orzo Pasta Salad With Slow Roasted Tomatoes	564489	Solo: Wild Rocket	818650
Peashoots Bag	548106	Sorrell Salad	868495
Pepper Wild Rocket, Watercress & Spinach	187879	Spinach And Mizuna Super Salad With Dressing	868655
Peppery: Baby Leaf Rocket Salad	506397	Spinach Bag	920124
		Spring Onions Dual Tray Size	683111
		Sprouted Peas And Beans	771504
		Super Green	75473

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Product	Product Code	Product	Product Code
Super Green Salad	45681	Unbaked Parisienne	815253
Super Wholefood Salad With Basil And Mint Vinaigrette	547994	Unbaked Petit Boule	817431
Sweet Baby Leaf Twin Pack 2 X 50g	968874	Unbaked Plain Pretzel	817325
Sweet: Baby Leaf Salad	968843	Unbaked Sultana & Rye Sourdough	981378
Sweet: Rosa Verde Salad	506267		
Tomalini Tomatoes	715652	Traditional Meal Sol F63C	
Traditional Salad Bowl	920377	2 Red Cabbage& Squash Filo Tarts	694049
Watercress Spinach And Rocket Super Salad With Dressing	868693	Braised Vegetable Casserole With Mini Parsley Dumplings	644631
Whole Cucumber Eu	899185	Butternut Squash, Pepper And Red Onion For Roasting	59824
Whole Cucumbers Dual Tray Size	683128	Carrot & Coriander Soup	151351
Wsr Active Health	919418	Christmas Roasting Vegetables	72779
Spare 4 F79A		Dine In Chunky Chips	874502
B/c Unbaked Rustique Loaf	488440	Dine In Frites 200g	689465
B/c Unbaked Tartine Slices	487634	Festive Parsnip And Mulled Red Onion Roast	77002
Baked Ciabatta 400g	612906	Portobello Mushroom & Red Onion Roast	943062
Child File - Chestnut & Plum Buche	953184	Savoury Vegetable Rice	162180
Child File - Christmas Pudding Boule	852883	Spicy Lentil Soup	220552
Child File - Kalamata & Halkidiki Olive Pantofla	973892	Summer Minestrone	857673
Child File - Unbaked Austrian Style Rye Bread	965729	Super Beans And Orzo Pasta	60431
Child File - Unbaked Mini Nut Pave (hazelnuts, Almonds, Walnuts)	965705	Super Beetroot Soup	772334
Child File - Unbaked Pumpkin Seed Roll	965712	Super Sweet Potato & Black Bean Soup	150613
Child File - Unbaked Stonebaked Sunflower & Chia Longue	965767	Superbean Lentil & Barley Soup	953061
Child File - Unbaked Wholemeal, Rye & Caraway Demi Baguette	965774	Tomato, Borlotti Bean & Kale Soup	946636
Child File -king Edward Roast Potato & Thyme Loaf	35828	Trad Roasting Vegetables	59756
Frozen French Boule Aux Grains	817448	Vegetarian Roasted Butternut Squash & Red Onion Tagine With Cous Cous	937009
Unbaked 800g Old Fashioned White Bloomer	823265		
Unbaked Chilled Crusty Roll	936606	Vended Coffee F60C	
Unbaked Fig And Hazlenut Loaf	892728	Hftg Espresso Blend (raw Material)	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	815352		