



0333 332 2033

**coeliacuk**  
live well **gluten free**

## Food and Drink Guide Updates – May 2023

---

### Additions

Food and Drink Guide - Section 1  
Crossed Grain Licenced

---

### Bakery

#### Cakes & Muffins (p.24)

##### Lizzie's

Vegan Gluten Free Brownie Bar 65g ☒

Vegan Gluten Free Granola Bar 70g ☒

### Drinks

#### Alcoholic Drinks (p.40)

##### Tennents

Tennents Light 6 x 330ml ☒

### Kitchen Cupboard

#### Home baking (p.44)

##### Linwoods

Chia Plus – Immune Support 210g ☒

Chia Plus – Digestive Support 210g ☒

##### Hu Kitchen

No Added Sugar Chips 7oz ☒

### Ready Meals, Pre Prepared Products & Side Dishes

#### Meatless Alternatives (p.65)

##### Devil's Kitchen

Vegan Plant Burger 50g ☒

Vegan Jamaican Jerk Sausage 75g ☒

Vegan Plant Burger 113g ☒

Vegan Sausage Burger 113g ☒

---

### Deletions

There are no deletions for the May updates

---