



May 2023

We know having a ready made list of particular products can help make your shopping easier, so check out the list below provided by Co-op.

Please note, that these products are suitable for a gluten free diet. If you have other dietary preferences please scan the product barcode using our *Live Well Gluten Free* App or read the product label for other allergens to check if the product is suitable for your dietary needs.

Bakery

Free From Brown Seeded Loaf 500g

4 Free From Pancakes

Free From White Sliced Loaf 500g

Irresistible Hand Finished Chocolate Cake

5 Free From Chocolate Brownies

Free From Sea Salt & Black Pepper Crackers 175g

Breakfast Cereals

Free From Porridge Oats 450g

Free From Fruit Muesli 450g

Free From Berry Granola 450g

Free From Original Porridge 55g

Desserts

Free From Strawberry & Vanilla Cones 4 x 65g (260g)

Irresistible Tomato & Mascarpone Pasta Sauce 340g

Pasta & Noodles

Free From Spaghetti 500g

Free From Fusilli 500g

Ready Meals, Pre-Prepared Products & Side Dishes

2 Breaded Whitefish Fillets

British Tempura Chicken Mini Fillets 305g

Prawn & Cod Sweet Potato Fishcakes with a Sweet Chilli Melting Centre 270g

6 Free From Chunky Cod Fingers 300g

Irresistible Hereford Beef Rib & Brisket Burger 340g

6 Irresistible Pork Sausages 400g

8 Outdoor Bred Butchers Choice Pork Sausages 454g

Free From Egg Salad

Snacks & Confectionery

Free From Cookies & Cream 142g

Free From Jammy Wheels 142g

Free From Choc Chip Cookies 145g

Free From Chocolate Digestive Biscuits 200g

Irresistible Free From All Butter Fruit & Oat Cookies 150g

Irresistible All Butter Triple Chocolate Cookies 150g

Irresistible Hand Cooked Lightly Sea Salted Crisps 150g

Irresistible Hand Cooked Sea Salt & Chardonnay Wine Vinegar Crisps 150g

Irresistible Hand Cooked West Country Cheddar & Red Onion Chutney Crisps 150g

Free From Millionaires Crispy Stackers 150g

Free From Rocky Road Stackers 150g

Soups

Irresistible Tomato & Lentil Soup 600g

Irresistible Garden Pea & Ham Hock Soup 600g

Coeliac UK, 3rd Floor Apollo Centre,
Desborough Road, High Wycombe, Bucks, HP11 2QW
T: 01494 437 278 F: 01494 474 349 www.coeliac.org.uk

Coeliac UK is a charity registered in England and Wales (1048167) and in Scotland (SC039804) and a company limited by guarantee in England and Wales (3068044). Registered office: Coeliac UK, 3rd Floor Apollo Centre, Desborough Road, High Wycombe, Buckinghamshire HP11 2QW

