



0333 332 2033



## Food and Drink Guide Updates – October 2023

### Additions

#### Food and Drink Guide - Section 1

#### Crossed Grain Licenced

### Bakery

#### Bread (p.22)

##### Genius

Multi Seeded Rolls 280g ☒

Multi Seed Rolls 320g ☒

Fibre Fest Cob 385g ☒

Brown Bread 400g ☒

White Bread 400g ☒

##### Warburtons

4 Gluten Free Brown Rolls ☒

4 Gluten Free Seeded Rolls ☒

Gluten Free White Loaf 400g ☒

Gluten Free Brown Loaf 400g ☒

### Breakfast Cereals (p. 30)

#### Doves Farm

Wholegrain Cocoa Rice Pops 300g ☒

Ancient Grain Fruit & Fibre Flakes 375g ☒

#### Freee

Chocolate Stars 10g ☒

Corn Flakes 10g ☒

Fibre Flakes 10g ☒

Chocolate Stars 25g ☒

Cornflakes 30g ☒

Fibre Flakes 30g ☒

#### Glebe Farm Foods

Chocolate Granola 325g ☒

#### Linwoods

Original Energy Overnight Oats 300g ☒

Chocolate Protein Overnight Oats 300g ☒

Strawberry Energy Overnight Oats 300g ☒

Original Energy Overnight Oats 1kg ☒

Chocolate Protein Overnight Oats 1kg ☒

Strawberry Energy Overnight Oats 1kg ☒

### Nestle

Organic Corn Flakes 210g ☒

GoFree Coco Rice 295g ☒

### Cooking Sauces

#### Italian (p.34)

##### Coppola Salerno

Pesto Genovese (Basil) 180g ☒

Pesto Siciliano (Sundried Tomatoes) 180g ☒

Sugo Arrabbiata (Pomodoro + Chilli) 350g ☒

Sugo Bolognese (Pomodoro + Beef) 350g ☒

#### Oriental (p.34)

##### Worldfoods

Thai Basil Curry Paste 200g ☒

Thai Panang Curry Paste 200g ☒

Thai Tom Yum Paste 200g ☒

Thai Green Curry Paste 220g ☒

### Drinks

#### Alcoholic Drinks (p.40)

##### CoelBrew

Bonnie Shortie 440ml ☒

Och Aye PA 440ml ☒

Stomp 440ml ☒

##### Skinny Brands

Skinny IPA 330ml ☒

#### Smoothies, Milkshakes & Yoghurt Drinks (p.41)

##### The Tumeric Co.

Immunity Support Vitamin C & D3 60ml ☒

Raw Turmeric & Beetroot 60ml ☒

Raw Turmeric & Ginger 60ml ☒

Raw Turmeric Original 60ml ☒

### Kitchen Cupboard

#### Herbs & Spices (p.44)

##### Middletons

Roosters Chinese Salt & Chilli Seasoning 2.5kg ☒

Roosters Smokey BBQ Seasoning 2kg

##### Old El Paso

Fajita Smoky BBQ 30g ☒

##### Pancho Villa

Gluten Free Fajita Seasoning mix 30g ☒

### Stock & Gravy (p.47)

#### Oxo

Stock Pot White Wine 20g ☒

### Pasta & Noodles (p.58)

#### ZENB

Lasagna 226g ☒

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

#### Meatless Alternatives (p.65)

##### Macsween

Scottish Veggie Crumble 227g ☒

Scottish Veggie Crumble 454g ☒

Scottish Veggie Crumble 1kg ☒

#### Pizza & Pizza Bases (p.66)

##### Crosta & Mollica

Gluten Free Pizza Margherita 355g ☒

#### Sausage & Sausagemeat (p.67)

##### Aldi – Specially Selected

Pork and Leek Sausage 400g ☒

##### Hadjicosta Allantika

English Sausage 500g ☒

### Snacks & Confectionery

#### Crisps (p.77)

##### Seabrooks

Loaded Rings Prawn Cocktail 16g ☒

Loaded Rings Prawn Cocktail 90g ☒

Roast Beef & Yorkshire Pudding 120g ☒

Roast Potato & Black Pepper 120g ☒

Roast Turkey & Stuffing 120g ☒

---

#### Deletions

The following products have been removed from our food and drink information service as they are no longer produced or suitable for the gluten free diet.

---

### Drinks

#### Alcoholic Drinks (p.40)

##### Green's

Dark Ale 330ml ☒

Pilsner 12 x 330ml ☒

Golden Ale 12 x 330ml ☒