



0333 332 2033



Food and Drink Guide Updates – November 2023

Additions

Food and Drink Guide - Section 1

Crossed Grain Licenced

Bakery

Bread (p.22)

Naim's

Sourdough Oat Flatbread 125g ☒

Drinks

Alcoholic Drinks (p.40)

Bellfield Brewery

Can Fire Island IPA 330ml ☒

Can Mega City IPA 330ml ☒

Can Totally Wired Stout 330ml ☒

Can Wild Shore Saison 330ml ☒

Can Eighty Shilling 330ml ☒

Can Ships Bell - Dry Hopped Lager 330ml ☒

Can Old Town Altbier 330ml ☒

Can Radical Shift IPL 330ml ☒

Can Vienna Secession Lager 330ml ☒

Kitchen Cupboard

Sauces, Mustards & Salad Dressings (p.47)

Megachef

Gold Reserve Fish Sauce 200ml ☒

Gold Reserve Fish Sauce 500ml ☒

One Premium

BBQ Marinade Thai Southern Style 200g ☒

BBQ Marinade Thai Street Style 200g ☒

Thai Green Curry 200g ☒

Thai Massaman Curry 200g ☒

Thai Panang Curry 200g ☒

Thai Red Curry 200g ☒

Pasta & Noodles (p.58)

Freee

Four Grain fusilli 500g ☒

Four Grain Penne 500g ☒

Four Grain tortiglioni 500g ☒

Organic Four grain fusilli 500g ☒

Organic Four grain penne 500g ☒

Organic Four grain tortiglioni 500g ☒

Snacks & Confectionery

Biscuits (p.72)

Nairn's

Gluten Free Oaties 160g ☒

Gluten Free Chocolate Chip Oaties 160g ☒

Dark Chocolate & Mint Chunky Oat Biscuit Breaks 160g ☒

☒

Millers

Best Of Miller's Gift Set 325g

Cereal & Fruit Bars (p.74)

Eat Natural

Fibre packed Figs, Dark Chocolate and Sea Salt cereal bar 45g

Salted Caramel Protein Packed Bars 45g

Gluten Free Oats, Buckwheat Seeds & Honey 425g

Nairn's

Crunchy Oat Bar - Belgian Choc Chunk 160g ☒

Crunchy Oat Bar - Honey 160g ☒

Crunchy Oat Bar - Raisin, Apple & Cinnamon 160g

☒

Confectionery (p.76)

Hu Kitchen

Hazelnut Butter Dark Chocolate Bar 60g ☒

Salty Dark Chocolate Bar 60g ☒

Simple Dark Chocolate Bar 60g ☒

Simple Milk Chocolate 60g ☒

Vanilla Crunch Dark Chocolate Bar 60g ☒

Almond Butter & Almond Crunch Milk Chocolate 60g ☒

Cashew Butter & Orange Dark Chocolate Bar 60g

☒

Cashew Butter & Raspberry Dark Chocolate Bar 60g ☒

Crunchy Mint Dark Chocolate Bar 60g ☒

Almond Butter & Puffed Quinoa Dark Chocolate Bar 60g ☒

Almond Crunch & Coconut Flakes Milk Chocolate 60g ☒

Cashew Butter & Vanilla Bean Dark Chocolate Bar 60g ☒

Crunchy Mint Dark Chocolate Bar 60g ☒

Hazelnut Butter & Hazelnut Crunch Milk Chocolate 60g ☒

Crisps (p.77)

Eat Natural

Mixed Multipack (2LSS, 2QSC, 1HB) 112g ☒

Proper

Charred Jerk Flavour Chips 85g ☒

Katsu Curry Flavour Chips 85g ☒

Yuzu & Ghost Pepper Flavour Chips 85g ☒

Seabrooks

Lea and Perrins 31.8g ☒

Lea and Perrins 5 x 25g ☒

Lea and Perrins 70g ☒

Variety 18 x 25g ☒

Variety 5 x 25g ☒

Savoury Snacks (p.78)

Nairn's

BBQ Pop Oats 20g ☒

Gluten Free Savoury Selection Pack 235g ☒

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.

Bakery

Bread (p.22)

Genius

Toastie 500g ☒

Cakes & Muffins (p.24)

Costa

Lemon & Ginger Slice 50g ☒

Genius

2 Chocolate Muffins 160g ☒

The Handmade Cake Company

Caramel Praline Flapjack 55g ☒

Salted Caramel Brownie 55g ☒

Spiced Fruit Granola 55g ☒

Rolls (p.26)

Genius

Brioche Roll 1680g

Breakfast Cereals (p.30)

Glebe Farm

Chocolate Granola 325g ☒

Gluten Free Maple and Banana Granola 375g ☒

Gluten Free Strawberry Granola 375g ☒

Linwoods

Crunchy Seed Clusters-Flax & Nuts 200g ☒

Crunchy Seed Clusters-Flaxseed & Cranberry 200g ☒

Crunchy Seed Clusters-Pumpkin & Chia 200g ☒

Nairn's

Easy Porridge 50g ☒

Instant Porridge 216g ☒

Dairy, Dairy Alternatives & Desserts

Desserts (p.38)

The Handmade Cake Company

Gluten Free & Vegan Bakewell Flapjack 55g ☒

Drinks

Alcoholic Drinks (p.40)

Greene King

Gluten Free Old Speckled Hen (Can) 500ml ☒

Kitchen Cupboard

Home Baking (p.44)

Infinity Foods

Soya Flour 250g ☒

Pasta & Noodles

Free (p.58)

Multigrain Penne 500g ☒

Ready Meals, Prepared Products & Side Dishes

Meatless Alternatives (p.65)

Gosh!

Mexican Style Burger ☒

Mexican Style Mini Burger 40g ☒

Original Falafel 22g ☒

Tomato and Basil Croquettes 25g ☒

Pizza & Pizza Bases (p.66)**Made Marion**

12" Bake in the Bag Margherita Pizza 200g ☒

Potato Dishes (p.66)**Vegeable**

Sweet Potato Bite with Spring Onion, Basil and Tangy Salsa Centre 315g ☒

Vegetable Dishes (p.69)**Gosh!**

Broad Bean & Quinoa Bites with a Hint of Mint 200g ☒

Goan Cauliflower Bites with Coconut & Chickpea 171g

☒

Mixed Seed, Quinoa, Carrot & Coriander Bakes with a Minted Pea Centre 250g ☒

Saag Aloo Bites with Potato & Spinach 171g ☒

Sweetcorn & Quinoa Bites with a Hint of Harissa 247g ☒

Tuscan Vegetable Bites with Butternut & Spinach 200g

☒

Tuscan Vegetable Bites with Butternut & Spinach 300g

☒

Moroccan Spiced Bakes with Red Pepper & Apricot 250g ☒

Moroccan Spiced Koftas with Chickpea, Red Pepper & Apricot 420g ☒

Vegeable

Red Pepper, Bean and Aubergine Chilli 300g ☒

Gluten Free Butter Bean, Sweet Potato & Spinach Stew 300g ☒

Snacks & Confectionery**Biscuits (p.72)****Nairn's**

Berry Astro Bites 23g ☒

Chocolate Chip Astro Bites 23g ☒

Walkers

Chocolate Chunk & Orange Biscuits 150g ☒

Oat & Cranberry Biscuits 150g ☒

Salted Caramel Fruit Pudding 180g ☒

Cereal & Fruit Bars (p.74)**Eat Natural**

Almond & Apricot with a Yoghurt Flavour Coating Snack Size 35g ☒

Coffee & Chocolate with Peanuts & Almonds 45g ☒

Dates & Walnuts with Pumpkin Seeds 45g ☒

Peanut & Popcorn with Dark Chocolate Chunks 45g ☒

Eat Natural – Breakfast Bars

Almonds & Wholegrain Oats 45g ☒

Berries & Wholegrain Oats 45g ☒

Eat Natural – Fruit & Nut Bar

Almond & Sultana with Peanuts & Apricots 50g ☒

Almond & Sultana with Peanuts & Apricots 65g ☒

Chocolate Chunks, Peanuts & Seeds 45g ☒

Peanut & Popcorn With Dark Chocolate Chunks 45g ☒

Eat Natural – Lower Calorie

Cocoa & Ginger with Fruit, Nuts, Cereals & Seeds 30g ☒

Dark Chocolate with Fruit, Nuts & Honey 30g ☒

Yoghurt & Apricot with Fruit, Nuts, Cereals & Seeds 30g

☒

Chocolate Caramel Nut Bar with Almonds, Pecans, Coconut 50g ☒

Mixed Berry and Yoghurt Bar with Cranberries, Blueberries, Blackcurrants 50g ☒

Nairn's – Oat Bars

Mixed Seeds & Protein 45g ☒

Cacao & Orange 180g ☒

Mixed Seeds & Protein 180g ☒

Savoury Snacks (p.78)**Nairn's**

Berry Astro Bites 23g ☒

Cheese Astro Bites 23g ☒

Cheese Snackers 23g ☒

Choc Chip Astro Bites 23g ☒

Salt & Balsamic Vinegar Snackers 23g ☒

Smoked Paprika Snackers 23g ☒

Nairn's – Pop Oats

BBQ 20g ☒

Sour Cream & Chive 80g ☒

Nuts & Seeds (p.78)**Boundless**

Activated Nuts & Seeds Snack, Tamari & Aleppo 90g ☒

Linwoods - Multiboost

Hemp and Mulberries 200g ☒

Hemp and Nuts 200g ☒

Vegetarian Foods (p.84)**Vegetable Dishes****Gosh!**

Smokey BBQ Sweet Potato Bites 56g ☒