



0333 332 2033



Food and Drink Guide Updates – November 2025

Additions

Food and Drink Guide - Section 1
Crossed Grain Licenced

Bakery

Cakes & Muffins (p.25)

Costa

Oaty Flapjack 58g ☒

Kitchen Cupboard

Sauces, Mustards & Salad Dressings (p.46)

Megachef

Premium Light Fish Sauce 200ml ☒

Premium Light Fish Sauce 700ml ☒

Larger Packs

Cooking Sauces (p.50)

Mizkan

Pickling Liquid 5L ☒

Snacks & Confectionery

Savoury Snacks (p.74)

Naim's

Mini Cheese Bakes 45g ☒

Deletions

The products listed below, have been removed from our service, as they no longer produced. If you have the product listed in your home, it is still suitable for a gluten free diet. You will however, no longer be able to find it in the supermarket.

Ready Meals, Pre Prepared Products & Side Dishes

Meatless Alternatives (p.65)

Gosh!

Glaze & Grill Charred Aubergine Koftas 300g ☒

Glaze & Grill Veg Hot Dog 300g ☒

2 Katsu Style Crispy Bakes 200g ☒

2 Thai Style Crispy Bakes 190g ☒

Vegetarian Foods

Ready Meals, Pre Prepared Products & Side Dishes (p.78)

Meatless Alternatives

Gosh!

Falafacini, Basil Pesto With White Rice, Black Beans, Sweet Potato & a Basil Pesto Centre 240g ☒

Falafacini, V'duja With White Rice, Black Beans, Sweet Potato & a V'duja Centre 240g ☒

Gosh! – Bites

Mexican Style 171g ☒

Tuscan Style 171g ☒

V'duja 171g ☒

Gosh! – Burgers

Mushroom With Chickpeas & Black Beans 250g ☒

Bombay Style Cauliflower With Chickpeas, Sweet Potato
& Cayenne Pepper 220g 

Glaze & Grill Texas BBQ Black Bean 320g 

Gosh! – Falafel

Moroccan Falafel With Red Pepper & Apricot 171g 

Peri Peri Falafel With Smoked Paprika & Garlic 171g 

Gosh! – Protein Veg Bites

Italian Inspired Spinach & Herb - Bursting with Kale,
Garlic & Rosemary 140g 

Korean Inspired Beetroot - Bursting with Carrots, Ginger
& Chilli 140g 

Mexican Inspired Sweet Potato - Bursting with Black
beans, Harissa & Smoked Paprika 140g 

Middle Eastern Inspired Spiced Chickpea - Bursting with
Broad Beans, Dates & Baharat Spices 140g 