



Grocery Store Cupboard

Tesco Free From Pure Oats 450g
Tesco Free From Pure Oat Fruit Muesli 450g
Tesco Free From Choco Snaps
Tesco Free From Cornflakes
Tesco Free From Frosted Flakes
Tesco Free From Special Flakes
Hale & Hearty Organic Chocolate Cereal 275g
Groovy Foods Frosted Flakes
Nairns Gluten Free Oat Muesli 450g
Nairns Gluten Free Porridge Oats 500g
Nairns Single Serve Porridge Oats
Rude Health Puffed Rice 225g
Eat Natural Toasted Muesli Buckwheat 500g
Eat Natural Toasted Muesli Vine Fruit 500g
Kallo Organic Puffed Rice Cereal 225g
Envirokidz Org Gorilla Munch Cereal 284g
Natures Path Mesa Sunrise Organic Cereal 300g
Tesco Free From Chicken & Potato Casserole 300g
Tesco Free From Vegetable Curry & Rice
Tesco Free From 3 Bean Chillli
Tesco Free From Victoria Sponge Mix 225g
Tesco Free From Pancake Mix 200g
Tesco Free From Chocolate Sponge Pudding 2x100g
Tesco Free From Syrup Sponge Pudding 2x100g
Alpro Caramel Dessert 4x125g
Alpro Choc Dessert 4x125g
Alpro Vanilla Dessert 4x125g
Alpro Dark Chocolate Dessert 4x125g

Grocery Store Cupboard cont.

Alpro Dairy Free Low Fat Custard 525g
Marigold Swiss Veg Bouillon Reduced Salt 150g
Bob The Builder Pasta Sauce
AWT Yeast Free 6 Organic Veg Stock Cubes 66g
Its A Free World Korma Sauce
Its A Free World Tikka Massala Sauce
Linusit Flax Seed 300g
Linusit Milled Flaxseed 300g
Doves Farm Gluten Free White Bread Flour 1kg
Doves Farm Gluten Free Flour 1kg
Doves Farm Gluten & Wheat Free Self Raising 1kg
Doves Farm Rice Flour 1kg
Doves Farm Xanthan Gum 110g
Doves Farm Gluten Free Brown Bread Flour
Hale & Hearty Gluten Free Breadcrumbs 250g
Hale & Hearty Luxury Crumble Topping 200g
Free & Easy Dairy Free Cheese Sauce Mix 130g
Free & Easy Gluten Free Veg Gravy Mix 130g
Hale & Hearty Cassava Crisps 6x30g
Hale & Hearty Organic Falafel Mix 200g
Mayola Plain 310g
Provamel Rice & Calcium Drink 1ltr
New! Provamel Organic Rice Drink 1ltr
Sweet Freedom Natural Sweetener 440g
Groovy Foods Agave Nectar
New! Mrs Crimble's Stuffing Mix 170g
New! Mrs Crimble's Country Slices

Sausages & Frozen

Tesco Free From 8 Pork Sausages 454g
Tesco Free From 8 Thick Pork Sausages 454g
New! Tesco Free From 4 Beef Quarter Pounders 454g
Tesco Free From 10 Cod Fillet Fish Fingers 300g
New! Amy's Kitchen Gluten Free Rice Mac & Cheese 255g
Genius Chicken & Mushroom Pie
Genius Cornish Slice
Genius Shortcrust Pastry
Genius Steak & Ale Pie
Genius Mozzarella Cheese And Tomato Pizza 210g

Bakery

Tesco Free From Fresh White Bread 400g
Tesco Free From Fresh Brown Bread 400g
Tesco Free From White Sliced Bread 400g
Tesco Free From Multi-seed Sliced Bread 400g
Tesco Free From Fresh White Rolls 4 pk
Tesco Free From Fresh Brown Rolls 4pk
Tesco Free From Pitta Bread 4pk
Tesco Free From White Rolls 4pk
Tesco Free From Bagels 2pk
Tesco Free From English Muffins 4pk
Tesco Free From Crumpets 4pk
Tesco Free From Syrup Pancakes 6pk
Tesco Free From Hot Cross Buns 4pk
Tesco Free From Fruit Scones 2pk
Tesco Free From Garlic & Coriander Naan Bread 2pk
Genius Brown Free From Bread 400g
Genius Brown Sliced Bread 600g
Genius White Sliced Bread 600g
Genius White Free From Bread 400g
Genius Teacakes
Genius Multi-seed Bread 600g
Genius Multi-seed Rolls 4pk
Dietary Specials White Ciabatta Rolls
Dietary Specials Brown Ciabatta Rolls
Dietary Specials Sweet Breakfast Rolls
Dietary Specials Baguettes

Pasta & Noodles

Tesco Free From Fusilli Pasta 500g
Tesco Free From Spaghetti 500g
Tesco Free From Penne Pasta 500g
Tesco Free From Lasagne 250g
Bob The Builder Organic Gluten Free Pasta Shapes
Doves Farm Organic Brown Rice Penne Pasta 500g
Doves Farm Organic Maize & Ricefus Pasta 500g
Doves Farm Organic Maize Pipe Rigate 500g
Doves Farm Tricolour Pasta
Organic 100% Brown Rice Noodles 250g

Cake

Tesco Free From 4 Cherry Bakewell Tarts
Tesco Free From Bramley Apple Pies 4pk
Tesco Free From Jam Tarts 6pk
Tesco Free From Double Chocolate Cake Bars 4pk
Tesco Free From Victoria Sponge
Tesco Free From Fruit Loaf 250g
Tesco Free From Farmhouse Fruit Cake
Tesco Free From Choc Muffins 2pk
Tesco Free From Fruit Cake Slices 5pk
Tesco Free From Country Cake Slices 4pk
Tesco Free From Chocolate Brownies 4pk
Tesco Free From Chocolate Sponge Cake
Mrs Crimble's Double Chocolate Brownies
Mrs Crimble's Bakewell Slices 4pk
Mrs Crimble's Choc Chip Muffins 2pk
Mrs Crimble's Chocolate Macaroons 6pk
Mrs Crimble's Coconut Macaroons 6pk
Mrs Crimble's Orange & Choc Mini Macaroons
Mrs Crimble's Cranberry Macaroons
Hale & Hearty Gluten Free Oat Flapjacks 180g

Beer & Lager

Hambleton Ales Gluten Free Lager 500ml Btl
Hambleton Ales Gluten Free Ale 500ml Btl

Sweet Biscuits, Bars and Chocolates

Tesco Free From Belgian Chocolate Wafers
Tesco Free From Choc/Apricot Cereal Bars 5pk
Tesco Free From Mixed Berry Cereal Bars 5pk
Tesco Free From Ginger Cookies 150g
Tesco Free From Choc Chip Cookies 150g
Tesco Free From Digestive Biscuits 170g
Tesco Free From Choc Digestive Biscuits 200g
Tesco Free From Jammy Wheels 200g
Free To Enjoy Mini Jaffa Cakes
Trufree Bourbon Biscuits 125g
Trufree Custard Cream Biscuits
Trufree Chocolate Fingers 150g
Prewetts Ginger Cookies
Prewetts Sultana & Apple Cookies
Prewetts Triple Chocolate Cookies

Sweet Biscuits, Bars and Chocolates cont.

Eat Natural Almond & Apricot Yogurt Coated Bar 50g
Eat Natural Brazil Sultana Almond Bar 50g
Eat Natural Gold c/Berry & Mcdm Fruit Bar 45g
Nakd Cashew Gluten Free Cookie Bar 35g
Nakd Cocoa Orange Gluten Free Bar 35g
New! Nakd Berry Delight Gluten Free Bar 35g
Nakd Ginger Bread
Nakd Pecan Pie
Dairy Free Choc Buttons 25g
Dairy Free White Chocolate Buttons 25g
Choices Dairy Free Caramels 125g
No Wheat Choc & Orange Bars 5pk
Wholebake 9 Bar Original 3pk
Tesco Free From Choc 'N' Crispy Bar 35g
Tesco Free From Choc 'N' Orange Bar 35g
Tesco Free From Choc Bar 35g
Sunstart Caramel Biscuit
Sunstart Supreme Golden Crunch
Sunstart Shortbread

Savoury Biscuits & Rice Cakes

Hale & Hearty Mini Parmesan Breadsticks 100g
Dietary Specials Crispbread 150g
Dietary Specials High Fibre Crackers
Trufree Pretzels
Dietary Specials Herb & Onion Crackers
Mini Rice & Corn Cakes Cheese & Chive
Mini Rice & Corn Cakes Salt & Vinegar
Mini Rice & Corn Cakes Chilli
Mrs.Crimble's Original Cheese Bites 60g
Mrs.Crimble's Original Cheese Crackers 130g
Mrs.Crimble's Sour Cream/Onion Cheese Bites 60g
Free To Enjoy Mini Cheddar Crackers 60g
Nairns Gluten Free Cheese Oatcakes
Nairns Gluten Free Oatcakes 160g
Mrs Crimble's Corn Cakes 4pk
Mrs Crimble's Rice Cakes Apple Flavour 4pk
Humdinger Original Japanese Rice Crackers
Kelkin Chocolate covered Rice Cakes 100g
Rude Health Corn Thins



All products in the Free From range are free from wheat and gluten.
Some are free from milk.





Chilled Dairy Free products now available from Tesco Free From



Dairy Free	
Tesco Free From Soya Alternative Cherry Yogurt 4x100g	Tesco Free From Sweetened Soya 1l
Tesco Free From Soya Vanilla Dessert 4x100g	Tesco Free From Unsweetened Soya 1l
Tesco Free From Soya Chocolate Dessert 4x100g	Tesco Free From Chocolate Coconut Milk Drink 1l
Tesco Free From Soya Creme Caramel Dessert 4x100g	Tesco Free From Coconut Milk Drink 1l
Tesco Free From Soya Chocolate Dessert on the go 5x65ml	Tesco Free From Red Cheddar Style 227g
Tesco Free From Soya Vanilla Dessert on the go 5x65ml	Tesco Free From Creamy Cheddar Style Spread 255g
Tesco Free From Soya Alternative Mango Yogurt 4x100g	Tesco Free From Creamy Original Style Spread 255g
Tesco Free From Soya Alternative Mixed Berries Yogurt 450g	Tesco Free From Raspberry Jelly 160g
Tesco Free From Soya Alternative Natural Yogurt 500g	Tesco Free From Passion Fruit Jelly 160g
Tesco Free From Soya Alternative Peach Yogurt 4x100g	Tesco Free From Creamy Style Garlic & Herb Spread 255g
Tesco Free From Soya Alternative Raspberry Passion Yog 4x100g	Tesco Free From Creamy Style Sweet Chilli Spread 255g
Tesco Free From Organic Rice Drink Org Calcium 1l	Tesco Free From Mild Cheddar Style 227g
Tesco Free From Almond Drink 1l	Tesco Free From Soya Spread 500g
Tesco Free From Hazelnut Drink 1l	Tesco Free From Sunflower Spread 500g



All products in the Chilled Dairy Free range are free from cows, goats, sheep and buffalo milk, as well as free from gluten and wheat.

