

Dry Foods

						
Agave Syrup	✓	✓	✓	✓	✓	✓
Almonds		✓		✓	✓	
Apricots		✓	✓	✓	✓	
Baking Powder	✓	✓		✓	✓	✓
Banana Chips		✓	✓	✓	✓	
Basil	✓	✓	✓	✓	✓	
Bombay Mix			✓	✓	✓	
Bran Flakes			✓	✓	✓	
Brown Lentils	✓	✓	✓	✓	✓	✓
Brown Long Grain Rice	✓	✓	✓	✓	✓	✓
Buckwheat Flakes	✓	✓	✓	✓	✓	✓
Buckwheat Groats		✓	✓	✓	✓	
Bulgar Wheat			✓	✓	✓	
Bouillon Powder (vegetable stock)	✓	✓	✓	✓	✓	
Cacao Nibs, raw		✓	✓	✓	✓	
Cannellini Beans		✓	✓	✓	✓	
Cashew Nuts		✓	✓	✓	✓	
Cayenne Chilli Powder		✓	✓	✓	✓	
Chamomile Tea Leaves		✓	✓	✓	✓	
Chia Seeds			✓	✓	✓	
Chickpeas			✓	✓	✓	
Chilli Powder		✓		✓	✓	
China Sencha (Green Tea)	✓	✓	✓	✓	✓	✓
Chives	✓	✓		✓	✓	✓
Chocolate Drops (Fairtrade)		✓	✓	✓	✓	
Cinnamon Quills (ceylon)	✓	✓		✓	✓	
Clipper Hot Chocolate Powder	✓	✓	✓	✓		
Colombian (Fair trade) Coffee Beans		✓		✓	✓	
Corn Couscous		✓	✓	✓	✓	
Cornflour	✓	✓	✓	✓	✓	✓
Cranberries		✓	✓	✓	✓	
Crushed Chillies		✓		✓	✓	
Crystallised Ginger		✓		✓	✓	
Dark Chocolate with Mint 90g		✓		✓	✓	
Dates – pitted	✓	✓	✓	✓	✓	✓
Decaf Coffee Beans		✓		✓	✓	
Demerara Sugar		✓		✓	✓	
Desiccated Coconut		✓	✓	✓	✓	
Divine 70% Dark Chocolate 35g		✓		✓	✓	
Divine 70% Dark Smooth Hazelnut 90g		✓		✓	✓	
Divine Dark Caramel 35g		✓		✓		
Divine Dark Chocolate with Mint 90g		✓		✓	✓	
Divine Milk Chocolate 35g		✓		✓		
Divine White Chocolate & Strawberry 90g		✓		✓		
El Salvador Coffee Beans		✓		✓	✓	
English Breakfast Tea Leaves		✓		✓	✓	
Fennel Seeds	✓	✓	✓	✓	✓	
Fine Sea Salt	✓	✓		✓	✓	✓
Fruit Syrup	✓	✓	✓	✓	✓	✓
Fusilli			✓	✓	✓	
Fusilli Wholewheat			✓	✓	✓	
Garlic Powder		✓		✓	✓	
Ginger Powder		✓	✓	✓	✓	
Glace Cherries		✓		✓	✓	
Gluten Free Jumbo Oats	✓	✓		✓	✓	✓
Gluten Free Macaroni	✓	✓		✓	✓	✓
Gluten Free Muesli	✓	✓	✓	✓	✓	✓

Food Icon Key

-  100% Gluten Free
-  Naturally Gluten Free
-  Organic
-  Vegetarian
-  Vegan
-  Allergen Free

     

						
Gluten Free Plain Flour	✓	✓		✓	✓	✓
Gluten Free Porridge Oats	✓	✓	✓	✓	✓	✓
Gluten Free Self Raising Flour	✓	✓		✓	✓	✓
Green Lentils		✓	✓	✓	✓	
Green Tea Leaves		✓		✓	✓	
Ground Black Pepper		✓	✓	✓	✓	
Ground Cinnamon	✓	✓	✓	✓	✓	
Ground Coriander Seeds		✓	✓	✓	✓	
Ground Cumin	✓	✓	✓	✓	✓	
Ground Mixed Spice	✓	✓	✓	✓	✓	
Hazelnuts		✓	✓	✓	✓	
Little Apiaries Honey (clear/set)	✓	✓	✓	✓		
Japanese Rice Crackers				✓	✓	
Jumbo Oats			✓	✓	✓	
Kidney Beans		✓	✓	✓	✓	
Linseed	✓	✓	✓	✓	✓	✓
Mint		✓		✓	✓	
Mixed Peel		✓		✓	✓	
Mixed Raw Nuts		✓		✓	✓	
Muesli			✓	✓	✓	
Nutmeg		✓		✓	✓	
Nutritional Yeast Flakes with b12	✓	✓		✓	✓	
Oregano		✓	✓	✓	✓	
Paprika (Spanish)	✓	✓		✓	✓	
Parsley	✓	✓	✓	✓	✓	
Peanuts		✓	✓	✓	✓	
Peanuts, Dry Roasted		✓		✓	✓	
Peanuts, Salted		✓		✓	✓	
Pecan Halves		✓	✓	✓	✓	
Penne			✓	✓	✓	
Penne Wholewheat			✓	✓	✓	
Peppermint Tea Leaves		✓	✓	✓	✓	
Pistachio Raw, Shelled		✓		✓	✓	
Plain Flour			✓	✓	✓	
Porridge Oats			✓	✓	✓	
Pumpkin Seeds		✓		✓	✓	
Puy Lentils		✓	✓	✓	✓	
Quinoa		✓	✓	✓	✓	
Raw Cane Sugar	✓	✓	✓	✓	✓	✓
Red Split Lentils		✓	✓	✓	✓	
Risotto		✓		✓	✓	
Rosemary	✓	✓	✓	✓	✓	
Sage	✓	✓	✓	✓	✓	
Self Raising Flour			✓	✓	✓	
Sesame Seeds		✓	✓	✓	✓	
Smoked Paprika	✓	✓		✓	✓	
Spaghetti			✓	✓	✓	
Spaghetti Wholewheat			✓	✓	✓	
Star Anise	✓	✓		✓	✓	
Strong Earl Grey Tea Leaves		✓		✓	✓	
Sultanas	✓	✓	✓	✓	✓	✓
Sun-dried Mango		✓	✓	✓	✓	
Sunflower Seeds		✓	✓	✓	✓	
Tarragon	✓	✓		✓	✓	
Thyme	✓	✓	✓	✓	✓	

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	gf	ng	O	v	v	a
Trail Mix		✓		✓	✓	
Turmeric	✓	✓	✓	✓	✓	
Walnut Halves		✓		✓	✓	
White Basmati Rice		✓	✓	✓	✓	
White Chocolate (Couverture)		✓	✓	✓		
White Couscous			✓	✓	✓	
Whole Cardamom	✓	✓		✓	✓	
Whole Cloves		✓	✓	✓	✓	
Wholemeal Bread Flour			✓	✓	✓	
Wholemeal Couscous			✓	✓	✓	
Winter Warmer Tea Leaves	✓	✓		✓	✓	✓
Xanthan Gum	✓	✓		✓	✓	
Yellow Mustard Seeds		✓		✓	✓	

