Allergen information	Celery	Cereals containing gluten including wheat, rye, barley and oats	Crustaceans eg prawns, crabs, lobsters	Eggs	Milk	Tree nuts – including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts	Sesame seeds	Sulphur dioxide & sulphites	Soybeans	Peanuts	Mustard	Fish	Lupin	Molluscs eg mussels and oysters
Breakfast														
Kelloggs Cornflakes 450G		Barley												
Kelloggs Branflakes 500G		Wheat, Barley												
Kelloggs Crunchy Nut Cornflakes 500G		Barley								✓				
Tinned Savoury														
Tinned tomatoes														
Heinz Baked Beans In Tomato Sauce 415G														
Heinz Ravioli In Tomato Sauce 400G		Wheat		✓										
Co-op Spaghetti Hoops 385G		Wheat												
Heinz Spaghetti in tomato sauce 205g		Wheat												
Heinz Chicken Soup 400G		Wheat			✓									
Heinz Vegetable Soup 400G		Wheat												
Dry Savoury														
Amoy Straight To Wok Med Egg Noodles 2X150G		Wheat, Wheat Gluten		✓										
Co-op Spirali Pasta Spirals 500G		✓												
Co-op Microwave Basmati Rice 250G														
Co-op Microwave Long Grain Rice 250G														
Jacobs Cream Cracker 300G		Wheat												
Desserts														
Ambrosia Creamed Rice Pudding 400G					✓									
Balconi Trancetto Strawberry Cakes 10pack		Wheat		✓	✓	Traces of Nuts			✓					
Balconi Trancetto Chocolate Cakes 10pack		Wheat		✓	✓	Traces of Nuts			✓					
Co-op Peach Slices Juice 411G														
Co-op Pineapple Slices In Juice 227G														
Tea, coffee, biscuits														
Co-op Milk Chocolate Digestive Biscuits 300G		Wheat			✓				Soya Flour					
Nescafe Original Coffee 200G														
Pg Tips 160 Pyramid Tea Bags 464G														
Tate & Lyle Pure Cane Sugar 1Kg														
Carton Juice														
Co-op Pure Apple Juice 1Ltr														
Co-op Pure Pineapple 1Ltr														
Bread														
White Loaf		Wheat							Soya Flour					
Brown Loaf		Wheat							Soya Flour					
Wholemeal Loaf		Wheat												
Cheese														
Mature Cheddar (Various sizes / brands)					✓									
Co-op Red Leicester 250g					✓									
Co-op British Mild White Cheddar 240g					✓									
Eggs														
6 Eggs (max 2 per customer)				✓										
Fresh Milk and Juice														
Co-op Orange Juice Smooth 1ltr														
Co-op Pressed Apple Juice 1ltr														
Co-op Semi Skimmed Milk 1.36ltr					✓									
Co-op Full Cream Milk 1.136ltr					✓									
Co-op Fresh Skimmed Milk 1.136ltr					✓									
Protein														
Co-op Flamegrilled Chicken Slices 130G														
Co-op British Breaded Ham 120g		Wheat												
Co-op Unsmoked Rindless Back Bacon 300g														
Co-op Smoked Rindless Back Bacon 300g														
Beef Mince 450g / 500g														
Sausages 400g / 454g		Wheat						✓	✓					
Co-op Pork Loin Steaks 305g														
Chicken Fillets 300 / 385g														
Butter & Spread														
Spreadable Butter 500g					✓									
Spreadable butter substitute 500g														
Pizza & Ready Meals														
Co-op Thin & Crispy Pepperoni Pizza 339g	✓	Wheat			✓									
Co-op Thin & Crispy Margherita Pizza 325g		Wheat			✓									
Co-op Chicken Tikka & Rice 425g					✓	Cashew Nut								
Co-op Traditional Cottage Pie 400g		Wheat			✓									
Co-op Macaroni Cheese 400g		Wheat			✓						✓			
Co-op Beef Lasagne 400g		Wheat		✓	✓									
Co-op Chinese Sweet And Sour Chicken 425g				✓	✓		✓	✓						
Co-op Sausage & Mash 400g		Wheat			✓									
Co-op Spaghetti Bolognese 400g		Wheat												
Co-op Mashed Potato 400g					✓									
Fresh Fruit & Veg														
Co-op Sweet Crunchy Salad Bowl 160g														
Co-op Green Veg Medley 260g					✓									
Co-op Carrot/cauliflower/broccoli 250g														
Co-op Strawberries Punnet														
Co-op Red Seedless Grapes 500g														
Co-op Small Bananas Pack														
Co-op Easy Peeler Pack														
Co-op Royal Gala Apples Pack														
Co-op Washed White Potatoes 1.5kg														
Co-op Maris Piper Potatoes 1.5kg														
Co-op Tray Baking Potatoes 4s														
Co-op Cucumbers Whole Each														
Co-op Tomatoes 6s														
Co-op Baby Plum Tomatoes 250g														
Co-op Peppers Twin Pack														
Co-op Iceberg Lettuce Each														
Co-op Cherry Tomatoes 330g														
Co-op Closed Cup Mushrooms 300g														
Co-op Broccoli 335g														
Co-op Cauliflower Each														
Onions In Line 3 Pack														