

ASDA CUSTOMER DIETARY INTOLERANCE INFORMATION
Products 'Free From' Gluten/Gluten Derivatives

“FREE FROM” AMBIENT

French Bistro Ready to Eat lunch - Chicken & Veg	175g
Carmen's Free From Muesli - Original fruit free	500g
Florentino Parmazano cheese seasoning - 60g	
Doves Farm Organic Cookies - Lemon Zest - 150g	
Doves Farm Free From Self Raising Flour - white - 1kg	
Orasco Sesame Bar - Organic - 56g	
Granovita Free From Shiitake Pate 125g	
Granovita Free From Vegetable Pate 125g	
Kallo Organic Rice Cakes - Fairtrade - 130g	
Life Free From Worcester Sauce - 150ml	
Life Free From Soya Sauce 150ml	
Life Free From Xanthan Gum 115g	
Humdingers Free From Chocolate Buttons -25g	
Humdingers Free From Rice Crackle - 50g	
TruFree Free From Quick Snack - potato & veg - 55g	
TruFree Mini O's Biscuits - 100g	
TruFree Pretzels 60g	
TruFree Luxury Biscuits - chocolate -200g	
No Wheat Wafer Bars 5x20g	
Mrs Crimbles Large Jam Coconut Rings - 230g	
Dietary Specials Fusilli 500g	
Wholebake 9 bar - original - 3x50g	
Wholebake 9 bar - flax - 3x50g	
Baker's Delight Coconut Stars 250g	
Doves Farm Plain Flour - white - 1kg	
Granovita Free From Mayola - 290g	
Doves Farm White Bread Flour - Gluten/wheat free - 1kg	
Free & Easy Chick Pea & Bean tagine 400g	
Free & Easy Gluten Free Curry - 3 bean chilli - 400g	
Free & Easy Gluten Free vegetable gravy mix - 130g	
Granovita Organic Quinoa - 500g	
Kallo Free From Puffed Rice Cereal - Honey - 275g	
Whole Earth So Crispy - Italian Herbs - 28g	
Whole Earth So Crispy - Smoky Paprika - 28g	
Whole Earth So Crispy - Sea Salt & Vinegar - 28g	
Eat Natural Bar - Blueberries, pistachios, yoghurt - 45g	
Eat Natural Bar - Walnut, Sultanas, Almonds, Pumpkin seeds - 45g	
Dietary Specials Crispbread 150g	
Dietary Specials Multigrain Loaf 400g	
Dietary Specials Free From Lasagne sheets - 250g	
Dietary Specials Pizza Base - 2 pk	
Trufree Bourbons 125g	
Mrs Crimbles Macaroons - chocolate - 250g	
Mrs Crimbles Macaroons - coconut - 210g	
Supercook Baking Powder - Gluten Free - 170g	
Hambledon Free From lager- 500ml	
Orasco Organic Sesame Bar - honey & orange - 56g	
Sunstart Raspberry Cookies 10 Pack	
Kallo Puffed Rice Cereal - wholegrain - 225g	
Granovita Vegetable Hotpot - 420g	
Asda Free from Cake Slices - Fruit - 180g	

Asda Free From Brownies - Chocolate and Walnut - 150g
Asda Free From Cake Slices - Country - 140g
Asda Free From Fruit Flapjack - 120g
Asda Free From Bars - Apricot, Sultana, Cinnamon - 175g
Asda Free From Bars - Chocolate & Raisin - 135g
Asda Free From Bars - Seed & Nut - 175g
Asda Free From Pasta - Fusilli - 500g
Asda Free From Pasta - Penne - 500g
Asda Free From Pasta - Spaghetti - 500g
Asda Free From Wafer Bars - Belgian Chocolate - 5 pack
Asda Free From Pitta - white - 4 pack
Asda Free From Mini Breadsticks - 60g
Asda Free From Cheese Crackers - 60g
Asda Free From Naan - Garlic & Coriander - 2pack
Mrs Crimbles Free From Ginger Cake - 475g
DS Crispbread 150g
American Muffin Chocolate Chip Mini Muffin 6x37g
Sunstart Caramel Shortcake Slices - 150g
Trufree Chocolate Dippers - 52 gr
Kallo Organic Stock Cubes - vegetable - 66g
Asda Free From Christmas Pudding - Alcohol, dairy, nut free - individual
Asda Free From English Muffins 4 pack
Asda Free From Sliced Bread - White - 400g
Asda Free From Sliced Bread 400g
Asda Free from Fruit Loaf 2 pack
Asda Free From Fruit Teacakes - 4 pack
Asda Free From Muffins - Chocolate Chip - 2 pack
Asda Free from Loaf Cake 300g
Asda Free From White Rolls 4 pack
Asda Free From Multiseed rolls - 4 pack
Asda Free From Baguette - White - 250g
Livwell Free From part baked baguette - 140g
Bob the Builder Free From pasta 250g
Mrs Crimbles Free From Bakwell Slices - 200g
Livwell Free From Cake Bars - Double Chocolate - 4 pack
Safe to Eat Minestrone Soup 300g
Safe to Eat Tikka Masala Sauce 350g
Safe to Eat Korma Sauce 350g
Mrs Crimbles Cheese Bites - Original - 60g
Mrs Crimbles Cheese Bites - Sour Cream & Onion - 60g
Linusit Organic Ground Flaxseed 450g
Free from Organic Cassoulet 400g
Free From Organic Chickpea Tagine 400g
Livwell Fruit Scones - Free From - 2 pack
Asda Free From Cake Slices - Banoffee 150g
Asda Free From Cake Slices 140g
Asda Free From Almond Slices 135g
Asda Free From Jaffa Cakes - 12 pk
Asda Free From Nut Bar - Fruit - 45g
Asda Free From Nut Bar - Seed - 45g
Baker's Delight Free From Enjoy Wafers - chocolate - 5 pack
Baker Delight Free from Crumpets 5 pack
Doves Farm Free From Chocolate Stars Cereal - 375g
Doves Farm Gluten Free Cornflakes 375g
Life Free From Brown Sauce - 320g
Life Free From Tomato Ketchup - 320g

Pink Panther Wafers - vanilla - 100g
Kelkin Gluten Free Porridge - 500g
Kelkin Gluten Free Stuffing Mix 500g
Asda Free From Petit Pain - white - 2 pack
Asda Free From Croissants - 2 pack
Eskal Icecream Cones 45g
Asda Free From Biscuits - Chocolate - 150g
Asda Free from Biscuits - Ginger - 150g
Asda Free From Shortbread Rounds - 150g
Kallo Very Low Salt Stock Cubes - chicken - 51g
Kallo Very Low Salt Organic Stock Cubes - beef - 51g
Kallo Very Low Salt Organic Stock Cubes - vegetable - 66g
Eat Natural Bar 45g
Trufree Chocolate Nobbles - 150g
Trufree Custard Creams 125g
Asda Free from Cookies 150g
Mrs Crimbles Ricecakes - apple - 140g
Mrs Crimbles Corn Cakes - Lightly salted - 140g
Trufree Mince Pies 240g
Doves Cereal Flakes 375g
Doves Pasta - Tricolore -250g
Prewetts Jammy Wheels 200g
Prewetts Chocolate Bourbons 200g
Prewetts Chocolate Digestives 200g
Prewetts Wafer Bars - chocolate & orange -5 x 20g
Mrs Crimbles Crackers - cheese - 130g
Mrs Crimbles Crackers - Onion -130g
Mrs Crimbles Crackers - tomato- 130g
Mrs Crimbles Bread Mix 275g
Mrs Crimbles Pastry Mix 200g
Mrs Crimbles Muffin & Sponge Mix 200g
Livwell Pancakes - Syrup- 6 pack
Kinnerton Lollies 50g
Kinnerton Bar 100g
Kinnerton Bars 150g
Eat Natural Bar - dates - 45g
Eat Natural Bar - nuts - 50g
Eat Natural Bar - peanut -45g
Eat Natural Bar - lunchies -150g
Ok Foods Treacle Tarts 160g
Ok Foods Pastry Tarts 80g
Kallo Rice Cake - salted -130g
Kallo Rice Cake - chocolate - 90g
Rude Health Puff Cereal - 225g
Dietary Specials Multigrain Loaf 400g
Dietary Specials Rustic Rolls 300g
Dietary Specials Penne Pasta 500g
Trufree Biscuits 150g
Trufree Crackers - Herb & Onion - 200g
Trufree Biscuits 100g
Dietary Specials White Sliced Loaf - 400g
Free World Meal 300g
Free World Meal 300g
Dietary Specials Spaghetti 500g
Dietary Specials Fresh Loaf - white- 400g
Dietary Specials Fresh Loaf - multigrain - 400g

Dietary Specials Free From Ciabatta Rolls 200g
Genius Bread 400g - white
Genius Bread 400g - multigrain
Livwell Sponge 340g
Livwell Crumpets 220g
Ok Sponge Pudding 110g
Trufree Digestive Biscuits 150g

“FREE FROM” FRESH - Currently available in a very limited number of stores. Please call 0844 481 5000 to find your nearest store

Dietary Specials Fresh Pepperoni Pizza 305g
Dietary Specials Fresh Margherita Pizza 320g
Dietary Specials Fresh Bread 310g
Dietary Specials Fresh Tagliatelle Bolognese 350g
Clive's Gluten Free Pie - Cheese & Potato - 260g
Clive's Gluten Free Pie - Vegetable chilli - 260g
Brumby's Sausage Roll 100g
Brumby's Scotch Egg 100g
Brumby's Pork Pie 120g
Brumby's Gluten Free Pie - Chicken- 150g
Brumby's Gluten Free Pie - beef - 150g
Brumby's Gluten Free Quiche - cheese -120g

“FREE FROM” FROZEN

Dietary Specials Mozzarella & Tomato Pizza 310g
Dietary Specials Chicken & Mushroom Pies 2 x 140g
Dietary Specials Yorkshire Puddings 124g
Dietary Specials Steak Pies 280g
Dietary Specials Pepperoni Pizza 315g
Dietary Specials Garlic Bread 340g
Dietary Specials Beef Lasagne 360g
Young's Free From Fish Fingers 300g
Doherty's Sausages 907g