

UK ITEMS

VEGETABLES

Alfalfa sprouts
 Asparagus
 Aubergine
 Avocado
 Beans
 String beans
 Bok choy
 Broccoli
 Brussels Sprouts
 Cabbage
 Celery
 Courgette
 Cress
 Kale
 Lettuce
 Parsley
 Peas
 Rocket
 Runner Beans
 Seaweed
 Snow Peas
 Spinach
 Spring Greens
 Sugar Snap Peas
 Watercress

OTHER VEGETABLES

Beetroot
 Bean Sprouts
 Butternut squash/pumpkin
 Capsicum (Peppers)
 Carrot
 Cauliflower
 Chickpeas
 Cucumber
 Lotus Root
 Lentils (All)
 Marrow
 Mushroom
 Olives
 Onion
 Okra
 Parsnip
 Potato
 Pumpkin
 Rhubarb
 Shallots
 Swede
 Sweet Corn/Corn on the cob
 Sweet Potato
 Tomato
 White Turnip

List subject to change

FRUIT

Apples
 Apricot
 Banana
 Cherries
 Dates
 Galia Melon
 Grapefruit
 Grapes (All)
 Kiwifruit
 Lemon
 Limes
 Lychee
 Mandarines
 Mango
 Nectarines
 Oranges
 Papaya
 Passionfruit
 Pawpaw
 Peaches
 Pears
 Peaches
 Pomegranate
 Pineapple
 Plantain
 Plums
 Prunes
 Raisins
 Red Currants
 Rockmelon
 Sultanas
 Tamarind
 Watermelon

SEAFOOD

Abalone
 Anchovy
 Cuttlefish
 Eel
 Tuna
 Vendace
 Glenryk Pilchards in Tomato sauce
 Grants Traditional Smoked Scottish
 Salmon 300G
 John West Kippers in oil
 Kipper (Manx)
 Tesco Boneless Cod Fillets
 Tesco Boneless Sea Bass
 Tesco Boneless Smoked Haddock
 Tesco Cooked Mussels
 Tesco Omega Fish Fingers
 Tesco Prawns
 Tesco Raw Squid Rings

Tesco Rollmop Herrings
 Tesco Sardines in Sunflower oil
 Tesco Sardines in Tomato Sauce
 Tesco Seafood Sticks
 Tesco Smoked Kippers with Butter
 Tesco Smoked Mackerel
 Tesco Smoked Salmon
 Tesco Smooth Smoked Scottish Salmon Pa
 Van Smirren Cockles

BEANS

Adzuki beans
 Baked Beans (Heinz)
 Black beans
 Borlotti beans
 Broad beans
 Butter beans
 Cannellini beans
 Chickpeas
 Dried Peas
 Haricot beans
 kidney beans
 Lima beans
 Spaghetti (Heinz)

HERBAL TEAS

Chamomile Tea
 Dandelion Tea
 Green Tea
 Peppermint Tea
 Pukka night time blend
 Pukka Cleanse blend
 Pukka Peace blend

List subject to change

ALCOHOLIC DRINKS

Ballantines Glenfiddich Scotch Whiskey
Birra
Budweiser
Captain Morgan Dark Rum 70Cl
Champagne (all)
Chivas
Corona Extra 18 X 330ml
Courvoisier V.S. Cognac
Fosters Lager Beer
Gordon's Premium Pink Gin
Grouse Scotch Whisky
Heineken Lager
Jack Daniel's Tennessee Whiskey
Kopparberg Strawberry & Lime Cider
Lambs Navy Rum 70Cl
Malibu White Rum With Coconut
Moretti Lager Beer
Prosecco
Red Wine (All)
White Wine (All)
Rose wine
San Miguel lager
Scots Club Scotch Whisky
Stout
Smirnoff Ice 70Cl
Smirnoff Red Label Vodka
Stella Artois Lager
Tesco Dark Rum 1L
Tesco Napoleon Brandy
Three Barrels Brandy
Wkd Blue 700ml

TEA

Chai Tea
Clipper Organic
Earl Grey
Jasmine
Lemongrass
Matcha Organic Tea powder
Pg Tips Decaffeinated
Rooibos
Rosehip
Tesco Finest English Breakfast
Tesco Gold
Tetley Original
Thompson
Twinings English Breakfast
Twinings Every Day
Twinings Irish Breakfast
Yorkshire 80 Tea Bags
Yorkshire Decaffeinated

SUGARS SWEETENERS

Agave syrup
Canderel-E (aspartame)
Coconut Sugar
Demerara Sugar
Golden Syrup
Honey
Maple Syrup (Clarks)
Saccharine (Hermestetas)
Splenda
Sugar Brown
Sugar White

OTHER DRINKS

Choc Quik
Coffee (All types)
Coke
Coke Diet
Cranberry Juice
Equinox kombucha (All)
Fanta (Orange)
Ginger Ale
Instant Choc (Cadbury)
Milo
Ovaltine
PepsiMax
Ribena
River cottage kombucha (All)
Lemonade (All)

GRAINS / CEREALS

Bite Size Rice Snaps
Buckwheat
Cheerios (Nestle)
Corn (Maise)
Corn Thins
Cornflakes
Hokkien Noodles
Honey Nut Shredded Wheat
Millet
Nutrigrain
Oat Bran
Oats (All)
Pasta (Durham Wheat)
Quinoa
Rice Basmati
Rice Brown
Rice Crispies
Rice Crackers
Rice Jasmine
Rice Noodles
Rice Thins
Rice White
Rye
Weetabix

SPICES

Agar Agar
Anise
Safron
Turmeric
Cardiman
Cumin
Garam Masala

CONDIMENTS

Apple Cider Vinegar
Malt Vinegar
Balsamic vinegar
Celtic Salt (sea salt)
Chilli
Cinnamon
Curry Powder
Curry leaves
Garlic
Ginger
Heinz Salad Cream
Horseradish sauce
Himalayan salt
Marmite
Mint Sauce
Mixed Spice
Mustard
Nutmeg
Pepper (black and white)
Cayenne Pepper
Rock salt
Salt (refined table)
Salt Herbemare
Vege Salt
Celtic sea salt
Vegemite
Vanilla (pure)

SAUCES

Worcestershire sauce
Soy sauce
HP sauce
Tamari
Tomato Sauce
Fish sauce
Oyster sauce
B.B.Q. Sauce (HP)

List subject to change

DAIRY FOODS

Butter
Carnation Milk
Condensed Milk
Cows Cheese (All)
Cows Cream (All)
Cows Yoghurt (All)
Goats Cheese (All)
Sheep Cheese (All)
Semi-skimmed Milk
Skimmed Milk
Whole Milk
Eggs (all)

DRIED HERBS

Basil
Chives
Coriander
Mixed Herbs
Oregano
Rosemary
Season-All

DAIRY ALTERNATIVE

Alpro Coconut Yoghurt
Alpro Oat Milk
Coconut milk/cream
Goats Milk
Hemp Milk
Kokos Coconut Yoghurt
Margarine (all types)
Oatly Oat Milk
Rice Milk (Provamel)
Rice Milk Rice Dream)
Rice milk (Alpro)
Rice milk (Rude Health)
Sheeps Milk
So-Good Alm Milk
Soy cheese
Soy Yoghurt
Tempeh
Tofu

SEEDS

Chia Seeds
Hemp Seeds
Linseed Seeds (flax seed oil)
Poppy Seeds
Pumpkin seeds
Sesame Seeds
Tahini
Sunflower
Rapeseed

OILS and FATS

Coconut Oil
Grape Seed Oil
Lard
Olive Oil
Rice Bran Oil
Sunflower

MEATS

Bacon
Beef
Chicken
Chicken nuggets
Duck
Goat
Ham
Lamb
Pork
Pheasant
Turkey
Venison (Deer)

FOOD COLOURINGS

Blue
Green
Red
Yellow

NUTS/SNACKS

Almonds
Brazil
Cashews
Flax (Linseed)
Hazelnuts
Walnuts
Macadamia
Pecans
Pine Nuts

Pistachio
Walnut
Oven Chips
Potato Waffles
Potato Waffles Sweet Potato
Oatcakes (Nairns)

FLOUR

Baking Powder
Bi Carb Soda
Buckwheat Flour
Coconut Flour
Cornflour
Cream of Tartar
Spelt (Dinkle)
Rye Flour
White Flour Plain
White Flour Self Raising
Wholemeal Flour

CHOCOLATE SWEETS

Cacao
Carob
Chocolate (Lindt)
Galaxy Milk Chocolate
Galaxy Ripple Chocolate Multipack
Galaxy Salted Caramel Choc Bar
Liquorice
Mars Bar
Ms Molly's Milk Chocolate Bar 1
Nutella
Snickers Chocolate Multipack
Tesco Classic 74% Dark Chocolat
Tesco Milk Chocolate Raisins
Twix

LAUNDRY KITCHEN CHEMICALS

Aeroguard
Almat Laundry liquid Tropical
Almat Laundry Tablets-Bio
Almat Washing liquid Lavender
Bleach
Cold Power
Domestos
Fairy Dish washing Liquid
Fabreeze
Fluffy Fabric Softener
Fly Spray
Lenor Fabric softener
Nappisan
Persil
Persil Dish Liquid
Pine-O-Cleen

List subject to change

METALS

Aluminium
Gold
Mercury
Silver
Nickel
Stainless Steel
Stainless Steel Hospital Grade
Pyrex Cookware
Enamel Cookware
Cast Iron Cookware

HAIR / FIBRES

Alpaca Wool
Bamboo
Cotton
Mixed Feathers
Polyester
Silk
Wool

BATHROOM PRODUCTS

Aquafresh (all types)
Baby shampoo (Johnsons)
Banana Boat Sunscreen
Colgate (all types)
Dove Deodorant
Dove Soap (All)
Gillette Shaving Foam
Lux BodyWash
Mum Deodorant
Nivea
Palmer coconut oil conditione
Palmer coconut oil shampoo
Palmolive Gold Soap
Palmolive Shower Milk
Pantene Shampoo & Conditioner
Sanex zero shower gel
Sensodyne
Talcum Powder
Wella Balsam

GLUTEN FREE

ASDA Free From Plain Naans
BFree Stone Baked GF Pitta
BFree Stone Baked Pitta Bread
Free From Gravy Granules
Free From Lasagne Sheets
Free From Long Life Coconut Drink
Free From Long Life Oat Drink
Free From Mature Cheddar Alternative
Free From Mayonnaise
Free From Spaghetti
Free From Special Flakes
Genious GF Crumpets
Genius GF Brioche Burger Buns
Genius GF Protein Punch Bread Crisps
Genius GF Short Crust Pastry
Genius GF Sliced Fruit Loaf
Genius GF Soft White Farmhouse
Genius GF Toastie
Genius GF White Rolls
Goodfella's GF Margherita Pizza
Nairns GF Chocolate Chip Biscuits
Nestle GoFree Cornflakes
Schar GF Cream Crackers
Schar GF White Rolls
Schar GF Wholesome Seeded Loaf
Schar GF Wholesome White Loaf
Tesco Free From White Bread
Tesco Free From Brown Bread
Tesco Free From Digestive Biscuits
Tesco Free From Pure Oats
Tesco Free From Spaghetti
Tesco Free From White Tortilla Wraps
Warburtons GF Artisan Tiger Bloomer
Warburtons GF Artisan White
Sourdough Cob
Warburtons GF Multiseed
Warburtons GF White Loaf
Warburtons GF White Sandwich Thins

BAKERY

Hovis Original 7 Seeds Bread
Hovis Soft White Medium Bread
Hovis Wholemeal Medium Bread
HW Nevill's Wholemeal Bread
Kingsmill Soft White Medium
Tesco Ciabatta Roll
Tesco Multiseed Batch
Tesco Pannini
Tesco Seeded Panini
Tesco White Bread
Tesco Wholemeal Bread
Warburtons Crumpets
Warburtons Farmhouse White Bread
Warburtons Old English White Bread
Warburtons Sliced Tiger
Warburtons Toastie Sliced White Bread
Warburtons Crumpets
Warburtons Farmhouse White Bread
Warburtons Old English White Bread
Warburtons Sliced Tiger
Warburtons Toastie Sliced White Bread

STOCK

Gravox
Kello Organic Beef Stock Cubes
Kello Organic Vegetable Stock
Knorr Lamb Stock
Knorr Organic Vegetable Stock Pot
OXO Beef Stock
OXO Chicken Stock
OXO Vegetable Stock
Tesco Finest Vegetable Stock

SOUP MIXES

Grace Chicken Flavour Noodle Soup Mix
Grace Cock Flavour Soup Mix
Grace Fish Tea Soup Mix
Grace Pumpkin Soup Mix
Tesco Vegetable Soup Mix
Tesco Yellow Split Peas

HEALTH SHOP PRODUCTS

Acai powder
Almond Meal
Apricots (dried)
Beef Gelatin/collagen
Bentonite clay
Blackstrap Molasses
Bone broth (All)

List subject to change

HEALTH SHOP Products Continued

Braggs All-purpose seasoning
Camu Camu
CousCous
Cranberries (dried)
Diatomaceous Earth FG
Dulse (All)
Elderflower mix
Falafel
Fig (dried)
Flaxseed oil
Hemp protein powder
Hemp seed oil
Maca Powder
Manuka honey
Nori
Nutra Organics Berry powder
Nutritional Yeast (All)
Organix rice cakes
Quinoa
Spirulina
Wheatgrass

BERRIES

Bilberry
Blackberry
Blackcurrent
Blueberry
Boysenberry
Cloudberry
Cranberry
Gogiberry
Lingonberry
Mulberry
Strawberry
Raspberries
Elderberry
Acai berry

COMMON SUPPLEMENTS

Algae omega 3
Aloe Vera
Barley Green
Bee pollen
Chlorella
Fish oil (all)
Krill Oil
Liquorice - herb powder/ liquid
Maca maqui berry
Marshmallow root powder
Oregano Oil
Psyllium
Panadol
Paracetamol
Slippery Elm Powder
Spirulina
Udos 3-6-9 blend oil
Wheatgrass

ESSENTIAL OILS

Geranium
Jojoba
Lavender
Orange
Rosehip oil

SANITISER / ANTIBACTERIAL

ASDA Antibacterial Washing Up Liquid
Baylis & Harding Aloe Tea Tree & Lime
Hand Wash
Carex Antibacterial Hand & Surface Spray
Carex Antibacterial Original Wash
Dettol Antibacterial Hygiene Gel
Dettol Antibacterial Original Soap
Fairy antibacterial Washing Up Liquid
Eucalyptus
Lifebuoy Hand Sanitiser Gel
Method Antibacterial All Purpose Cleaner
Wild Rhubarb Sanxi Derm Antibacterial Gel

OTHERS

Cigarette Smoke
Haggis (ALL)
Nurofen