

# Product Brochure



CNBS Products Ltd. UK



# Overview

CNBS Products Ltd. is a British Wholesale Export Company with an expertise of more than 18 years in exporting a wide variety of quality products to overseas customers.

The company operates from a large warehouse in the North West of England, fully equipped with storage options and machines for processing, labelling and consolidating.

Our aim is to promote innovative British products gaining popularity in UK markets and fulfil the ever changing requirements of our customers. We focus on providing the latest product information from evolving UK Food and Non-Food segments thereby giving our customers an edge over their competition.



# Products

CNBS has an extensive range of over 25,000 products from 1,200 unique brands. Given below is the assortment of product categories and segments we supply:

**Chilled, Ambient and Frozen  
including -  
Baby Food, Pet Food, Organic, Gluten-Free,  
Health Food and Non-Food.**

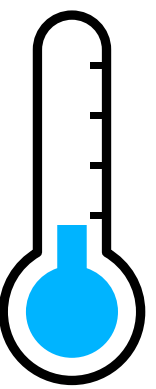
This is not an exhaustive list, and we can procure any other product as per the customer's demands.



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# Chilled Products

## Milk



Milk has been known to be an excellent source of protein, calcium, vitamin B12 and magnesium, all of which are essential to a healthy diet, especially for growing children. Our range of milk products extends from Fresh, Extended Life, Long Life, UHT, Sterilised Milk that comes in Whole, Semi-Skimmed, and Flavoured varieties from Arla, Yeo Valley and Yazoo.

In recent years, there has been an increased demand for dairy-alternatives, and so, we also supply a range of soy, nut and plant-based milks, with the same health benefits and a reduced impact on the environment!



## Cheese



Whether it's for a fancy cheeseboard for your next dinner party or a tasty spread for lunchtime sandwiches, cheese has been a staple part of our diet for thousands of years, so why not indulge in our selection of cheeses include Cheddar, Goat, Blue Cheese, Gouda and Mozzarella cheeses in various pack sizes: Pre-Packed Blocks, Sliced, Grated, Deli, Snacking and Spreads from Anchor, Seriously Strong, Cathedral City, Kraft, Dairylea and many more.



## Cream



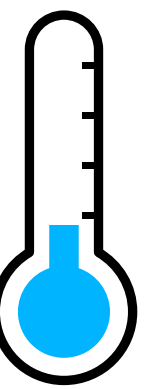
Is there a better way to top a dessert than with whipped cream? We think not, but its uses do not end there. Cream has a multitude of other utilities, including being used in pastas and curries to create a silky texture. Single, Double, Luxury, Organic, Soured and Whipping creams are available from Elmlea, Anchor and Longley Farm. These can be served as is, poured or spooned over both hot and cold desserts, or as a garnish for soups.







# Chilled Products - Contd.



## Butter

Sauteeing, pan-frying, or adding texture and volume to your baked goods? This highly versatile ingredient is your best friend, coming in both yellow and white butter blocks or spreadable tubs from brands such as Lurpak, Anchor, Clover, Flora and Utterly Butterly.

If you are health conscious, but do not want to lose the flavour or texture that butter provides, we also have a range of Low-Fat and Dairy-Free butters from Stork and Trex.



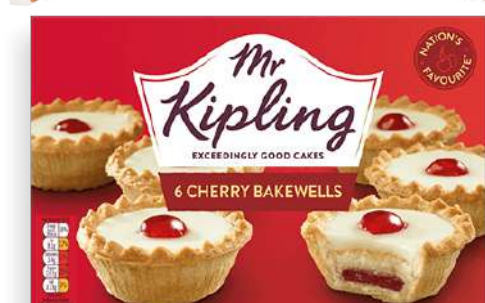
## Eggs

The age-old debate of whether the chicken came first or the egg might still be ongoing (we think it is the egg), but there is no questioning the various health benefits that eggs provide, adding protein, a multitude of vitamins, the "good" cholesterol and Omega-3 fatty acids to your diet. Big & Fresh, along with High Grove and Bird Bros. provide us with Standard and Free Range eggs, in Small and Medium sizes while Watercress Lane offer a selection of Duck Eggs.



## Baked Goods

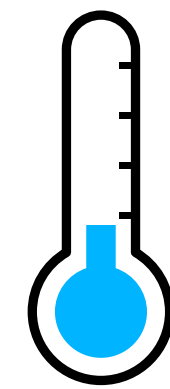
Recent studies have shown that it was the Ancient Egyptians who first invented the cake, although the cakes with icing we know and love originate from Europe. Regardless of shape or form, we love baked goods such as Pies, Cakes, Flapjacks, Waffles, Doughnuts from some of our favourite brands including McVitie's, St. Pierre, Mr. Kipling, Cadbury, Soreen, Mrs. Crimble's and Baker Street, also available in Gluten-Free ranges.







# Chilled Products - Contd.



## Yogurt

Anyone particular about spellings and grammar might point out that we have incorrectly spelt the word 'yogurt', but there are apparently more than TEN different ways of spelling it. There is your office debate for the day. Regardless of how one might spell it, yogurts are packed with protein, calcium and immunity-boosting probiotics.

Available in Full-Fat, Natural and Greek-Style to Organic and Low-Fat ranges, in addition to Drinking Yogurts, Flavoured, Dairy-Free and children's yogurts in varying pack sizes from Onken, Rachel's, Activia, Muller, Arla, The Collective, Yeo Valley, Benecol, Petits Filous and YOP.



## Desserts

"Would you like to see our dessert menu?" is probably the most exciting question you can get asked at a restaurant (if you are like us, that is). If you want a sweet ending to your meal or just a delicious treat, here is our dessert menu: Mousses, Fudge, Cheesecakes, Profiteroles, Trifles, Souffles, Ganaches, Tartlets, Puddings, Custards and more provided by Gu, Cottage Desserts, Rachel's, The Collective, Muller, Coppenrath & Wiese, Rolo, Bonne Maman, Cadbury, Nestle etc.



## Drinks/Juices

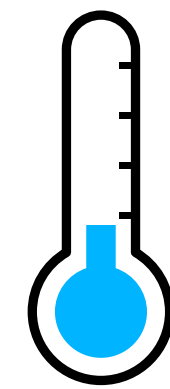
Whether you live an active lifestyle or just enjoy juices and smoothies on-the-go, these juices and drinks are bountiful in essential vitamins, contribute towards your Five-A-Day and replenish your electrolytes, so take your pick from Organic, Pure Fruit, Smoothies and Not-From-Concentrate Juices, Green Tea, Coconut Water, and Jelly Juice from Innocent, Tropicana, Copella, Vita Coco, Juiceburst and Sunny Delight, to name a few.







# Chilled Products - Contd.



## Salads & Dips



Who doesn't love a good salad bar? Or a tangy dip to go along with your favourite finger foods? Worry not, we have you covered with our Bean, Olive or Vegetable Salads and Houmous, Sweet Chilli, Salsa and Garlic dips. Some brands in this category include Delphi, Primula, Allabout, Olivio, Harriet's Garden etc.



## Bread



The earliest instance of archaeobotanical evidence suggests that bread-making is an art that goes back to over 14,000 years with these early breads resembling modern day tortillas or chappatis. History lesson aside, our selection of breads include Long Life Breads, Bagels, Burger Buns, Brioches and Ethnic Breads like Naan, Tortilla Wraps, Chapatti, Cheese Flatbreads etc. from Allinson's, Kingsmill, Warburton's, Baker Street, St. Pierre, How, Livwell and Mission.



## Pastries & Ready Meals



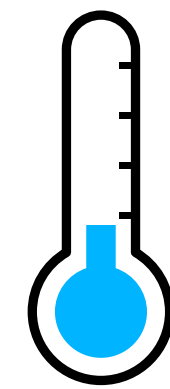
We all have days where we want a hot meal, but cannot deal with the hassle of making it ourselves. For those days, why not try these ready meals from Kraft and McCain? For those who do enjoy making your own meals, but have not yet mastered the fine art of pastry-making, Jus Rol's ready rolled pastry sheets or ready to cook pastries might just be the thing you need.







# Chilled Products - Contd.



## Vegetarian & Vegan



This category is perfect for those unwilling to sacrifice quality and taste, while doing the environment a big favour by reducing their carbon footprint. With a variety of Burgers, Sausages, Pates, Lasagnes, Cottage Pies, all made from mycoproteins or plant-based meat substitutes, brands we supply include Quorn, Cauldron, The Tofoo Co. and Linda McCartney's.



## Soups



Picture this: A cold, rainy day where you crave something savoury, but don't want something heavy. Or maybe you just really like soups. Either way, our selection of Organic, Gluten-Free and Low-Calorie fresh soups in individual and family sized pots, from Covent Garden, Tideford Organics and Yorkshire Provender might just satisfy those cravings and then some!



## Fish

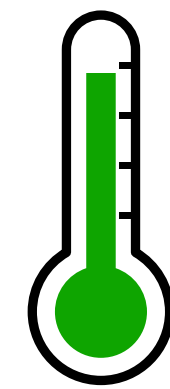
It is astounding that only 20% of the world's oceans have been explored, which makes you wonder how many delicacies are yet to be discovered. Until we explore the other 80%, you can enjoy an assortment of freshwater and seawater fish such as Salmon, Cod, Haddock, Mackerel, Prawns, Crab, and Herring in Natural, Smoked, Fresh, Cooked and Ready to Eat varieties. Brands include Mawgan Bay, Launis, Coln Valley, Bleikers, Big Prawn and Blue Star.







# Ambient Products



## Breakfast Cereals



As children, students or even adults, cereals are quick source of nutrients that is easy to prepare, and some even satisfy our morning sweet cravings.

Jordan's, Weetabix, Kellogg's, Nestle, Alpen, Scotts, Quaker, Mornflake, Dorset and Nature's Path provide a range of Everyday, Gluten-Free and Kids' cereals, as well as Oats and Porridges.



## Home Baking

Whether you started baking as a lockdown hobby or have been baking goodies for friends and family for years, we have all your baking needs covered. From standard and Gluten-Free Baking Flour, Yeast, Nuts (chopped and whole), Dried Fruits, Mincemeat, Mixes and Syrups to Decorations with various colours and flavours, Icing, Marzipan and Sprinkles, supplied by brands such as Green's, Dr. Oetker, Betty Crocker, Hovis, Allinson, Aunt Bessie's, Tate & Lyle and Goldenfry.

## Cooking Sauces



Cooking sauces are a must-have for any kitchen pantry, providing a dash of flavours and spiciness to your dishes with minimal effort. We have traditional wet sauces as well as a dry range that caters to all major cuisines including Italian, Mexican/TexMex, Oriental, and Indian from brands such as Old El Paso, Blue Dragon, Maggi, Patak's, Napolina, Ragu, Colman's, Schwartz, Dolmio, Kikkoman's, Sharwood's, Geeta's and Ben's Original.

## Cooking Aids

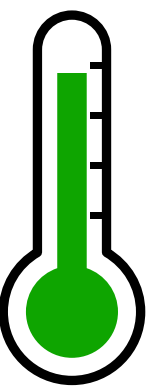


When making Sunday Roasts, or dishes involving complex, multi-step recipes, time may be of the essence, so why not use these cooking aids to provide that quick burst of flavour? Gravy, Spices, Granules, Stock Cubes, Salt, Cornflour, Marinades, Stuffing and Suet from Paxo, Knorr, Schwartz, Mayflower, Bisto, Bovril, Saxa, Sarson's, Brown & Polson, Dri-Pak and Flava-It.





# Ambient Products - Contd.



## Desserts



Desserts are arguably the best part of a meal, and it is hard to argue with that statement because of the sheer variety of sweet treats available. Milk and Sponge Puddings, Jellies, Custards, Pie Fillings and Toppings in cans and ready-to-eat pots ensure that there is something for everyone. Brands in this range include Ambrosia, Mr. Kipling, Hartley's and Cadbury.

## Hot Drinks



Whether you need a boost of energy to start your day or just something to warm you up during the winter, these drinks are perfect. Coffees, Teas and other Hot Beverages from brands such as Nescafe, Starbucks, PG Tips, Tetley, Douwe Egbert, Illy, Typhoo, Twinings, Ovaltine Horlicks and Nesquik.

## Soft Drinks



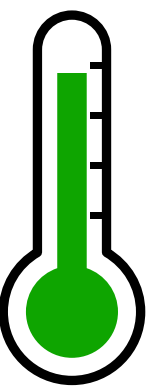
The origin of soft drinks can be traced back to the late 19th or 20th century, when they were used to treat various ailments. We know now that there are no health benefits to drinking these fizzy drinks, but they sure do hit the spot on a hot summer day, or with a sandwich and a pack of crisps. Take your pick from a range of popular soft drink brands such as Coca-Cola, 7Up, Fanta, Pepsi, Sprite, Cawston Press, Rubicon, Vimto, Tango and Dr. Pepper. We also supply Mixers, Squash and Fruit Drinks from Canada Dry, Oasis, Schweppes, Ocean Spray, and Ribena.

You could also choose from a variety of Energy Drinks including Lucozade, Powerade, Monster and Relentless, the preferred drinks of athletes, streamers and eSports players.





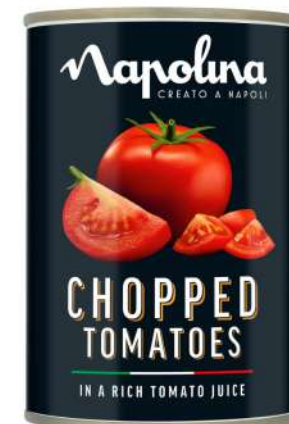
# Ambient Products - Contd.



## Soups



If you are the type to enjoy a hot soup by the fire on a camping trip, then this ambient range of Soups that come in Cans and Instant Dry Soup Packets from Baxter's, Heinz, Campbell's, Batchelor's, Knorr and Amy's Kitchen might be just right for you.



## Vegetable Products

In case canned fruits do not interest you, then perhaps this range of canned vegetables including Peas, Baked Beans, Potatoes, Carrots, Sweetcorn, Tomatoes and Mixed Vegetables from Heinz, HP, Batchelor's and Napolina might. An easy and quick addition to your dishes for extra flavour.

## Fish Products



Our list of canned fish products is packed in like Sardines, but that's not the only fish on this list. We also have Mackerel, Salmon, Tuna and Anchovies from Prince's and John West.

## Fruit Products



There has always been a debate about whether canned fruit is good for you or not, but studies have shown that some canned fruits are as nutritional as their fresh counterparts. So maybe it is time to throw that stigma out of the window and dive right into a can of Apricots, Peaches, Pears, Pineapple, Prunes, Mangoes or Mixed Fruits from Prince's, Nature's Finest and Del Monte.



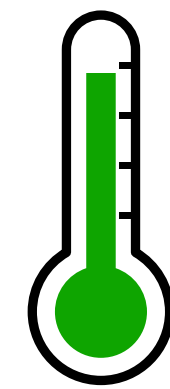
## Meat Products

The process of canning foods can be traced back to 1810, when it was used as a method of preserving food for Napoleon's army. Since then it has been used by explorers, seafarers, campers and travellers. Even if you are not embarking on an epic adventure, these preserved hot and cold meat products are a great addition to your pantry. Mince, Pies, Hot Dogs, Corned Beef, Ham and Meat Puddings from Fray Bentos, Ye Olde, Prince's and Melitta.





# Ambient Products - Contd.



## Oils



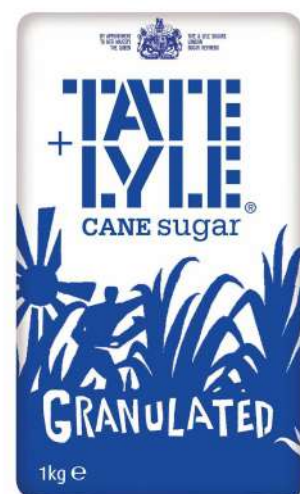
Can you even cook without oil? Sure, but then you lose that additional flavour and plus, some things just taste better when they are made with oil. So choose from Sunflower, Vegetable, Olive and Speciality Oils provided by Flora, Napolina, Filippo Berio, Cooks & Co. and Crisp & Dry.



## Sauces & Dressings

Whether you need a condiment for your fries and hot dogs, or dressings for a salad, our range of tables sauces such as Brown, Tabasco, Tomato, BBQ, Chilli, Mustard and Mayonnaise, along with Dressings in the form of Pickles, Salad Creams and Chutneys from HP, Hellman's, Heinz, Baxter's and Colman's act as perfect condiments for any food.

## Sugar



It is hard to picture a world without sugar because of how many uses it has in our lives. This ingredient has been used for more than 10,000 years and has found itself being utilised as a preservative, medicine, art (think fake blood) and it even has a few applications in the chemical industry. But more commonly, we use it as a sweetener and for cooking. Sugar types include Caster, Granulated, Icing, Cubes, Demerara and Artificial Sweeteners provided by Tate & Lyle, Sweetex, Splenda and Canderel.



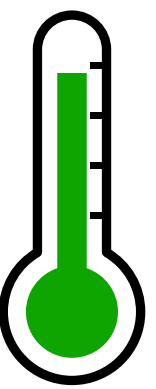
## Rice

Rice has been a staple food for thousands of years, providing nutrients to many civilisations and cultures. Even today, more than half of the world's population depend on rice for at least 20% of their daily calorific intake. Although, there are over 40,000 types of rice, the ones we supply include Long Grain, Brown, Basmati, Whole Grain, Couscous and other Speciality Rice from Tilda, Whitworth's, Ben's Original, Great Scot and Ainsley Harriott.





# Ambient Products - Contd.



## Milk & Cream



For those whose diets require a lot of milk and dairy products, but cannot obtain a regular supply or just want to buy it in bulk without worrying about occasional trips to the shop for fresh milk, our range of Dried, Condensed, and Evaporated Milks along with Canned Creams and Milk Additives from brands such as Carnation, Nesquik and Crusha might better suit your needs.



## Crisps & Snacks

In 1927, films with sound arrived at cinemas and this soon presented an opportunity to entrepreneurs of the time: selling snacks to movie-goers. Although the snack of choice for that period was popcorn, these days we have an abundance of options to choose from: Crisps/Chips (Cheese Salt & Vinegar, Chili, Salted and other flavours in various packaged sizes), Popcorn, Tortilla Chips and Nuts.

So whatever you fancy, whether it is a movie or football time snack, or just a roadtrip munchie, Walker's, McCoy's, Kettle, Burton's, Hula Hoops, Quavers, Wotsits, Jacob's, Doritos, Monster Munch, Pringles, Graze, Metcalfe, Butterkist, Planters and KP have a great selection of snacks for every palate.

## Pasta & Noodles

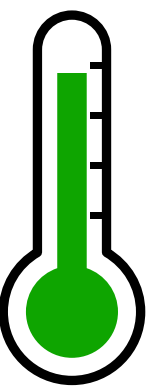
Ah, the staple diet of many a student. Quick to make, tasty and customisable to your heart's content. Even if you are past the school and university days, these instant, microwaveable or ready snack pots from Napolina, Heinz, Marshals, Batchelor's, Koka and Blue Dragon will leave you satisfied.







# Ambient Products - Contd.



## Spreads



Why not make your sandwiches more exciting with this assortment of Jams, Honey, Peanut Butter, Marmalade, Pates, Sandwich Spreads and Yeast Extracts from Hartley's, St. Dalfour's, Nutella, Bonne Maman, Rowse, Lotus, Cadbury, Marmite and Sun-Pat?

## Biscuits

Did you know the word 'biscuit' comes from the French word '*bescuit*', which itself is derived from the Latin words for twice-cooked, referring to the original process of making biscuits that involved baking and then drying them out in a slow oven. Although, you will probably forget this fact when you bite into these Cookies, Cream Biscuits, Shortbreads, Cake Biscuits, Cereal Bars Oatcakes, Rice Cakes & Crackers and Breadsticks, made available by Fox's, McVitie's, Kallo, Oreo, Walker's, Ritz, Ryvita, Burton's, Nestle, Nature Valley, Jacob's, Nairn's, Belvita and Cadbury.



## Confectionery

History tells us that confectionery was present thousands of years ago, although if we are referring to sweets as we know them today, the earliest records indicate that hard boiled sweets came emerged in the Tudor era (1485-1603). Those of us who love chocolate will argue that it has been one of the most important culinary discoveries, going back to the Aztecs and Mayans, who used cacao beans as currency and drank liquid chocolate for their ceremonies.

These days we do not have to wait for ceremonies to enjoy a selection of sweets and confectionery that includes various Chocolates, Sugary Sweets, Gums, Jellies and Mints. Some of the brands we supply include Cadbury's, Nestle, Lindt, Ritter Sport, Kinder, Thornton's, M&M's, Mars, Snickers, Ferrero, Galaxy, Bounty, Fruitella, Polo, KitKat, Haribo, Maynards Bassetts, Rowntrees, Werther's, Trebor and Starburst.







# Frozen Products

## Vegetables

Besides being able to last much longer, frozen vegetables also retain more nutrition than fresh ones because they are immediately processed and frozen, whereas fresh vegetables need to be consumed soon after harvesting. Our range of frozen veggies includes Beans, Peas (Garden, Petit Pois, Mushy), Sprouts, Sweetcorn, Parsnips, Onions, Mixed Vegetables and others from Bird's Eye, Lockwood, Aunt Bessie's and Cream of the Crop.



## Potatoes

There is no arguing that potatoes make some of the best accompaniments to your main course, whether it is fries to go with your burger or a creamy mash with steak. Aunt Bessie's, McCain, Green Isle, Bird's Eye and Bannister Farm are the go-to brands, offering a range of Chips, French Fries, Roasts, Waffles, Croquettes, Mash, Rosti, Hash Browns, Jacket Potatoes and a Kids range in fun shapes.



## Vegetarian & Vegan

Our range of Quorn, Amy's Kitchen Linda McCartney's Burgers, Sausages, Ready Meals, Pastries and other products made from mycoproteins and meat-alternatives will leave you wanting more, while giving you the peace of knowing that you are doing your part for the environment.



## Ready Meals

Ready Meals were invented in 1953 when an American company, found itself with a surplus of turkey after the Thanksgiving period. They got creative and decided to make a meal tray with sections for meat, potatoes and vegetables, marketing it as a "TV Dinner", convenient enough to be enjoyed while watching television.

Thanks to their genius, we can now enjoy quick, hot meals ranging from the Traditional Platters such as Fish and Chips, Pies, Filled Jackets, Salmon Fillets and Crumbles to Curries, Stir Fries and Pasta Meals from brands such as Young's, Bannister Farm, Kershaw's, Sharwood's, Fuisine and Mayflower.







# Frozen Products - Contd.



## Accompaniments

Never underestimate the value of an accompaniment, whether it is a Yorkshire Pudding, Stuffing Balls or Dumplings. But in a rush, Robert's and Aunt Bessie's provide a range of accompaniments that taste just like they were homemade.



## Pastries & Bread

Whether you need Puff, Filo or Lattice Pastries for baking, or just fancy a Sausage Roll for breakfast, this range from Jus Rol, Freshpak and Wright's that are frozen to preserve maximum freshness, will suit your needs.

We also supply a selection of Garlic, Whole and White Sliced Breads from WJ, Goodfellas and Warburton's.

## Pizza

This delectably delicious dish first came to be in the Italian city of Naples, but it was relatively unknown outside of Naples until the 1940's, when Italian immigrants entranced Americans with the aromas and flavours of their pizzas. The rest, as they say, is history.

Today, we can enjoy Deep Dish and Thin & Crispy pizzas, available in Premium, Value and Gluten-Free ranges from Chicago Town, Dr. Oetker, Goodfella's and San Marco, even when we are far from our favourite pizzerias.



## Fish

Our frozen fish section does not just contain frozen fish such as Prawns, Scampi, Cod, Haddock and Salmon, but also British classics like Fish Fingers, Battered Fillets and Fish Cakes. Brands that supply these delicious products are Bird's Eye, Green Isle, Whitby Seafoods, Donegal Catch, Young's and Mawgan Bay.





# Frozen Products - Contd.



## Desserts

Who doesn't love a good frozen dessert? From Gateaux, Cheesecakes, Pavlovas, Cakes and Eclairs to Strudels, Brownies, Doughnuts, Macarons, Puddings and Hot Pies, we have all your cravings covered.

These sweet treats are supplied to us by Coppenrath & Wiese, Almondy, Ardo, Aunt Bessie's, Country Style, Poppies and Mr. King's.



## Ice Creams

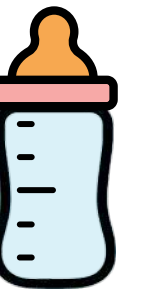
I scream, you scream, we all scream.... you get the point. The history of this frozen delight goes back to the days of Alexander the Great and King Solomon, both of whom enjoyed ice or snow flavoured with fruits, juices and honey. Ice cream as we now know it took form at some time in the 16th century, although we do not know exactly when.

What we DO know is that Ice Creams are perfect for any occasion and are available in various flavours and forms such as Cones, Tubs, Bars, Sticks, Lollies and Frozen Yogurts, brought to you by Walls, Ben and Jerry's, Oreo, Kelly's, Jude's and Haagen-Dazs. You can also get Low-Fat and Vegan versions of these products.





# Baby Products



Every parent wants what is best for their children, and what we provide is the very best with a variety of Baby Food that includes Juices, Smoothies, Milk and Milk Powders, Ready Meals, Rice Puddings, Porridge, Cereals, Vegetables and Fruit, Rice Cakes and Rusks made available by Ella's Kitchen, Cow & Gate, Aptamil, SMA, Heavenly, Heinz Baby and Organix.

In addition to Baby Food, we can also provide for your Baby Care needs with Nappies, Wet Wipes, Cotton Buds, Baby Bath Liquids and Shampoos, Oils, Powders, Lotions and Creams. Brands that supply these are Dimples, Nuage, Pampers, Huggies, Johnson's, Cusson's and Woodward's.







# Pet Products



We may call them our best friends or consider them a part of our families, but pets hold a special place in our hearts and as such, we look after them like one of our own.

Whether you want to feed them luxury food or take care of their sanitary needs, our Pet range includes all types of Food and Non-Food products such as Gourmet and Value Food, Toys, Litter Bags and Disposable Trash Bags for all pets.

Our trusted brands for this category are Felix, Gourmet, Baker's, Chappie, Good Boy, Pedigree, Whiskas, Sheba, Cesar, Misfit, Catsan, Dreamies, Waggy, Go Cat, Harrington's, Butchers, Classic, and Webbox.







# Non-Food Products



Our Non-Food range encompasses a list of Toiletries such as Oral Care, Hair Care, Deodorants, Feminine Hygiene, Washing and Skincare to Home Care products including Dishwash Liquids, Cleaning Products, Detergents, Air Fresheners, Laundry Products and paper-based products like Toilet Rolls, Kitchen Rolls and Tissues. These products are brought to you by Ariel, Kleenex, Air Wick, Flash, Colgate, Always, Method, Mr. Muscle, Dettol, Fairy, Radox, Comfort, Persil and Andrex.







# Organic Products



## Chilled

Our Organic Chilled range is richer in nutrients than the standard range with no trace of harmful chemicals, ensuring better flavour and peace of mind for you and your family. We supply Organic Dairy products like Milk, Cream, Soured Cream, Creme Fraiche, Butter, Yogurts and Rice Puddings made available by Yeo Valley and Rachel's Organic, along with Organic Tofu from The Tofoo Co. and an assortment of easy-prep meals from the Vegetarian Butcher and Cauldron.



## Frozen

Like we need any excuse to gorge on Ice Cream, but we'll give you another. Our Organic Ice Creams from Green & Black's and Yeo Valley are all-natural and the manufacturers ensure that they are free from any unwanted pesticides and chemicals throughout the manufacturing process.



## Ambient

Oats and Cereals from Jordan's and Weetabix, Percol's Coffee, Clipper Tea, Rowse Honey, a range of Condiments and Baked Beans from Heinz, Organic Chocolates provided by Green & Black's, along with Oatcakes and Rice Cakes from Nairn's and Kallo, all made with the guarantee of naturally sourced ingredients that taste better and are healthier.



## Baby Food

There are always concerns about buying Baby Food, but our Organic Baby Foods ensure that your children get tasty, nourishing meals minus all the bad stuff. This range is comprised of Milk, Vegetables, Porridge, Puddings and Fruits in Puree and Meal forms from Hipp Organic and Ella's Kitchen.







# Free-From Products

## Frozen

A Gluten or Dairy-Free diet should not mean being unable to experience some of the best foods invented, so why not try these Ready Meals like Lasagne, Macaroni, Broccoli Cheese and Noodles from Amy's Kitchen, McCain and Aunt Bessie's brand Potato Chips, Roast Potatoes and Hash Browns, Goodfella's Pizzas and a Dessert selection of Coppenrath & Wiese and Almondy Cakes, along with Ice Creams from Halo Top and Swedish Glace, each made with Gluten and Dairy-Free ingredients for your enjoyment.



## Baby Food

Gluten sensitivity may appear in young children and babies as well, hence why brands such as Organix, Hipp, Cow & Gate and Ella's Kitchen have developed Gluten-Free Baby Food ranges that include Rice Cakes, Cheese Puffs, and Puree Meals available in Pouches and Jars.



## Chilled

If you like soups, bread or have a sweet tooth, then you will be delighted to know that we also have Free-From Soups by Yorkshire Provender and Tideford Organics, Mrs. Crimble's Cakes, Madeleines and Flapjacks as well as Livwell brand Bread in our Free-From Chilled range.



## Ambient

Our Free-From Ambient product list is comprised of everyday foods that consists of Porridge Oats and Cereals from Nestle and Nature's Path, Dr. Oetker's Baking Aids, Kikkoman Cooking Sauces, Pasta and Pasta Sauces from Heinz, Cereal Bars provided by Eat Natural, Nakd's Cakes and Tarts, along with Trek Protein Flapjacks as well as Oatcakes, Biscuits and Cookies from Nairn's, Prewett's, McVitie's and Dove's Farm.







# Health Food Products



## Frozen

Ready meals often come with a stigma of being unhealthy and having a high calorific value, but these meals from Weight Watchers' Health and Low-Fat Ready Meals such as Cottage Pies, Thai Curries and Fish Meals along with Young's Low-Fat Ocean Crumble are packed with nutrients while being under 20% of your daily recommended calorie intake.

We also have a range of Light Ice Creams from Wall's and a Diabetic range from Frank's in our Frozen Health Food segment.



## Ambient

Almost everything you consume on a daily basis has a healthier version for you to choose and live your best life. Our Ambient range of Granolas and Wholegrain Cereals from Nestle, Kellogg's, Quaker and Weetabix along with Dried Fruits from Whitworth's and Fruitbowl, Stute Jams a variety of Desserts like Custards and Jellies from Ambrosia and Hartley's, all produced to contain a lower calorific value and less sugar, while preserving their flavours.

On the savoury side, Heinz and Baxter's also have various soups with no added sugars and less salt content.



## Chilled

Low-Fat and Low-Calorie Dairy Products? Yes, please! Our Chilled Health Food segment has just that. A wide variety of Low-Fat Yogurts from Activia, Onken, Arla, Actimel, Muller, Alpro, Rachel's Organic and Yeo Valley. We also have Benecol's Butter and Cathedral City Cheeses, Houmous from Delphi and to top it off, Kallo Rice Cakes, all available in a Low-Fat range.







# Interested in Our Products?

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