Allergen information **NOTE: this table provides allergen information for products with declared allergens; for the full list of products available please see our website**	Cellery	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
Salads														
Celery	Celery													
Chilled Prepared Produce														
Co-op Green Veg Medley 260g					Milk									
Cheese														
Cath Cly Mature Cheddar 350g					Milk									
Co-op 10 Cheese Singles 200g					Milk									
Co-op Mature White Cheddar 700g					Milk									
Co-op Grated Mature Cheddar 200g					Milk									
Kraft Philadelphia Original 180g					Milk									
Cooked Meat & Pate														
Co-op British Breaded Ham 120g		Wheat												
Cream														
Co-op Fresh Double Cream 300ml					Milk									
Co-op Soured Cream 300ml					Milk	May contain nuts								
Fresh Meat Sausage														
Co-op Butchers Choice Cumber Ghee Sausages 454g								Sulphur dioxide & sulphites						
Co-op TJ Pork Sausage 400g								Sulphur dioxide & sulphites						
Fresh Fish														
Co-op 2 Signature Crumbed Cod Fillets 270g		Wheat										Fish		
Co-op Natural Salmon Fillets 220g Mcr												Fish		
Co-op Smoked Haddock Fillets 3mcr 220g												Fish		
Co-op Cooked King Prawns 150g			Prawn											
Co-op Smoked Salmon 100g												Fish		
Eggs														
Co-op British Medium Free Eggs 6s				Eggs										
Co-op Large Free Range Eggs 6s				Eggs										
Pies & Quiche														
Co-op 4 Mini Melton Mowbray Pork Pies 200g		Wheat		Eggs										
Co-op 6 Sausage Rolls 360g		Wheat		Eggs										
Co-op Cocktail Sausages 350g		Wheat						Sodium Metabisulphite						
Co-op Steakbake Puff Pie 550g		Wheat, Barley		Eggs										
Pizza														
Co-op Thin & Crispy Pepperoni Pizza 339g	Celery	Wheat			Milk									
Co-op Thin & Crispy Margherita Pizza 325g		Wheat			Milk									
Co-op Irr Margherita Pizza 513g		Wheat			Milk									
Ready Meals														
Co-op Beef Lasagne 400g		Wheat		Eggs	Milk									
Co-op Chicken Tikka & Rice 421g					Milk	Cashew Nut								
Co-op Macaroni Cheese 400g		Wheat			Milk						Mustard			
Co-op Garlic Baguette Twin Pack 230g		Wheat			Milk									
Salad & Cottage Char														
Co-op Houmous Dip 200g							Sesame seed							
Co-op Irr Coleslaw 300g Vet				Eggs	Milk						Mustard			
Co-op Mixed Olives And Feta 150g					Milk									
Co-op Soured Cream+Chive Dip 200g				Eggs	Milk									
Yellow & White Fats														
Anchor Spreadable 500g					Milk									
Co-op Creamery Butter 250g					Milk									
Co-op Creamery Unsalted Butter 250g					Milk									
Lurpak Spreadable Butter					Milk									
Yoourts & Desserts														
Co-op 0% Greek Natural Yogurt 500g					Milk	May contain nuts								
Co-op Strawberry Trifle 600g		Wheat		Eggs	Milk									
Danone Activia Bio Strawberry Yogurt 4x120g					Milk									
Muller Corner Crunch 4pack 4x130g		Wheat, Barley		Eggs	Milk	May contain nuts			May contain soya beans					
Milk														
Co-op Semi Skimmed Milk 4pint 2.272ltr					Milk									
Co-op Skimmed Milk 4pint 2.272ltr					Milk									
Co-op Whole Milk 4pint					Milk									
Lactofree Semi Skimmed Milk 1ltr					Milk									
Ambient Ready Meals														
King Pot Noodle chkjmush 114g		Wheat, Barley			Milk				Soybeans					
Baby needs														
Cow & Gate First Milk 800g					Milk				Soya			Fish		
Milupa Aptamil First Milk 800g					Milk				Soya			Fish		
Biscuits														
Mcv Digestive Biscuits 400g		Wheat			Milk				Soya Flour					
Mcv Rich Tea Biscuits 300g		Wheat, Barley												
Mcvities Milk Chocolate Digestives 266g		Wheat			Milk				Soya					
Mcvities Milk Chocolate Hobnob 262g		Wheat, Oats			Milk				Soya					
Nestle Kit Kat Milk 2 Finger 9pk		Wheat			Milk				Soya					
Breakfast cereals														
Kelloggs Cornflakes 720G		Barley												
Kelloggs Crunchy Nut Cornflakes 500G		Barley									Peanuts			
Kelloggs Coco Pops 480g		Barley				May contain milk								
Kelloggs Rice Krispies 510g		Barley												
Nestle Shreddies 415g		Wheat, Barley				May contain milk								
Weetabix 24's		Wheat, Barley												
Canned & Packet Soup														
Heinz Tomato Soup 400G					Milk									
Canned Fish														
Co-op Tuna Chunks In Spring water 3x145g												Fish		
Canned/powdered milk														
Dolly Barista 1ltr		Oats												
Confectionery														
Cadbury Twirl 47N 136g					Milk									
Cadbury Dairy Milk 260g		May contain wheat			Milk									
Cadburys Dairy Milk Fruit & Nut 200g		May contain wheat			Milk	Almonds May contain other nuts Hazelnuts May contain other nuts								
Cadburys Dairy Milk Whole Nut 200g		May contain wheat			Milk									
Galaxy Milk 113g					Milk				Soya					
Maltesers Pack 157.6g		Barley		Eggs	Milk				Soya		May contain wanuts			
Mars Snickers 4 Pack 166.8g				Eggs	Milk				Soya		Peanuts			
Maynards Wine Gums 190g Val		May contain wheat						Sulphites						
Cooking Aids														
Bisto Best Beef Gravy 250g		May contain wheat							Soya					
Oxo Chicken Stock Cubes 12		Wheat												
Knorr Vegetable Stock cubes 8 x 10g	Celery													
Herbs & Spices														
Schwartz Mild Curry Powder 85g												Mustard		
Crisps / Snacks / Nuts														
Co-op Irr Salted Crisps 150g Val					May contain milk									
Co-op Irr Sea Salt W/Vin Crisps 150g Val					Milk									
Co-op Roasted & Salted Cashews 150g						Cashews May contain other nuts				May contain peanut				
Doritos Chilli Heatwave 150g		Wheat							Soya					
Doritos Tangy Cheese 150g		Wheat												
Kp Real Mccoys Classic Variety Potato Chips 6pack		Barley, Cereals			Milk				May contain soya			May contain mustard		
Pringles Original 200g		Wheat												
Pringles Sour Cream & Onion 200g		Wheat			Milk									
Desserts & puddings														
Ambrosia Devon Custard 400g					Milk, buttermilk									
Health Foods														
Genius Triple Seeded Bread 535g				Eggs										
Home Bakin														
Co-op Plain White Flour 1.5kg		Wheat												
Co-op Self Raising White Flour 1.5kg		Wheat												
Hot Beverages														
Cadbury Instant Chocolate Jar 400g Val					Milk									
Nescafe Gold Cappuccino 8s					Milk									
International														
Co-op Fusilli Pasta Twists 500g		Wheat												
Co-op Plain Naan 260g		Wheat			Milk									
Co-op Plain Poppadums 8s						May contain nuts					May contain peanuts			
Co-op Spaghetti 500g		Wheat												
Old El Paso Fajitas Kit 500g		Wheat							Soya					
Co-op Lbu Light Soy Sauce 150ml		Wheat							Soybeans					
Amoy Straight To Wok Med Egg Noodles 2X150G		Wheat		Eggs										
Preserves														
Co-op Squeezy Clear Honey 340g														
Co-op Strawberry Jam 454g														
Nutella Hazelnut Choc Spread 400g					Milk	Hazelnuts			Soya					
Marmite Spread Yeast Extract 500 g	Celery	Barley. Wheat. Oats. Rye												
Sauces, pickles, oil														
Co-op Dijon Mustard 185g		Wheat										Mustard		
Soft drinks														
Co-op Whole Orange Nas Obl Con. Squash 750ml								metabisulphite						
Bread														
Co-op Lbu White Toastie 800g		Wheat							Soya					
Co-op Lbu Wholemeal 800g		Wheat							Soya					
Kingsmill 50/50 Medium Bread 800g		Wheat							Soya					
Kingsmill Soft White Medium 800g		Wheat							Soya					
Mar Medium Sliced White 800g		Wheat							Soya					
Mar Toastie Slcd White 800g		Wheat							Soya					
Warburtons Seeded Batch 800g		Wheat, Barley					Sesame		Soya					
Cakes														
Co-op Irr Carrot Cake 5.5 Inch Each		Wheat		Eggs	Milk									
Co-op TJ Chocolate Cake Each		Wheat		Eggs	Milk				Soya					
Morning Goods														
Co-op Large Original Tortilla Wraps 8s		Wheat												
New York Original Bagels 5s		Wheat, Barley					May contain sesame							
Warburtons Crumpets Pack		Wheat												
Warburtons Fruited Teacake 4s		Wheat							Soya					
Warburtons White Sliced Rolls 8s		Wheat							Soya					
Beer / lager / cider														
Brewdog Punk Ipa Can 4x330ml		Barley												
Budweiser 12x330ml		Barley												
Carling Lager 18x440ml		Wheat, Barley												
Carling Lager 4x440ml		Wheat, Barley												
Fosters 10x440ml		Barley												
Fosters Lager 4x440ml		Barley												
Guinness Draught. 4x440ml		Wheat, Rye, Barley, Oats, Spelt												
Henry Westons Vintage Cider								Sulphites						
John Smiths Extra Smooth Can 4 X 440ml		Barley												
Red wines														
Barefoot Merlec 75cl								Sulphites						
Campo Viejo Tempranillo Rioja 75cl								Sulphites						
Castillero Del Diablo Cabernet Sauvignon 75cl								Sulphites						
Co-op Aus Lime Tree Merlot 75cl								Sulphites						
Co-op Cape Red Wine 75cl								Sulphites						
Co-op TJ's Malbec Argentina 75cl								Sulphites						
Oxford Landing Merlot 75cl								Sulphites						
Signal Past Shiraz 75cl					Milk			Sulphites						
Rose wines														
Blossom Hill White Zinfandel 75cl								Sulphites						
Marrasco Pink Pinot Grigio Ven								Sulphites						
White wines														
Barefoot Pinot Grigio 75cl								Sulphites						
Blossom Hill White 75cl								Sulphites						
Brancott Estate Sauvignon Blanc 75cl								Sulphites						
Co-op F/t Chardonnay Viognier South Africa 75cl								Sulphites						
Co-op F/t Torrontes Chardonnay 75cl								Sulphites						
Co-op Runnestone Sauvignon Blanc 75cl								Sulphites						
Co-op Soave White. 75cl								Sulphites						
Co-op Vdt Pinot Grigio 75cl								Sulphites						
Signal Past Chardonnay 75cl								Sulphites						
Sparkling														
Co-op Cava Brut. 75cl								Sulphites						
Co-op Champagne Les Pionz 75								Sulphites						
Co-op Irr Prosecco 75cl								Sulphites						
Corte Mattina Prosecco 75cl								Sulphites						
Spirits														
Baileys Irish Crm Liquer 70cl					Milk									