



“A good cook is like a sorceress
who dispenses happiness”

Elsa Schiaparelli

Gluten Free

Assorted Gluten Free Products..... 188-195

GLUTEN FREE ASSORTED



Gluten Free Cornflakes 30g
 Weight/Quantity 22pce
 Price Unit: CASE
 Price €13.50
CODE: 22201



Gluten Free Choco Balls 30g
 Weight/Quantity 22pce
 Price Unit: CASE
 Price €13.50
CODE: 22202



Gluten Free Porridge Pots 50g
 Weight/Quantity 6pce
 Price Unit: CASE
 Price €10.50
CODE: 22203



Gluten Free Bread Roll 50g
 Weight/Quantity 24 pce
 Price Unit: CASE
 Price €29.50
CODE: 22204



Gluten Free Sliced White Bread
 Weight/Quantity 300gx10
 Price Unit: CASE
 Price €29.50
CODE: 22205



Gluten Free Sliced Brown Bread
 Weight/Quantity 300gx10
 Price Unit: CASE
 Price €32.50
CODE: 22206



Gluten Free Pizza Bases 10"
 Weight/Quantity 24 pce
 Price Unit: CASE
 Price €73.00
CODE: 12345



Gluten Free Pizza Bases 12"
 Weight/Quantity 6 pce
 Price Unit: CASE
 Price €12.95
CODE: 71235



Gluten Free Sliced White Bread
 Weight/Quantity 2pce x 12
 Price Unit: CASE
 Price €13.50
CODE: 450072



Gluten Free Sliced Brown Bread
 Weight/Quantity 2pce x 12
 Price Unit: CASE
 Price €13.50
CODE: 1234567



Gluten Free Garlic Baguette
 Weight/Quantity 150g x15
 Price Unit: CASE
 Price €45.00
CODE: 47061



Gluten Free Brioche Roll 80g
 Weight/Quantity 14pce
 Price Unit: CASE
 Price €18.50
CODE: 22208

GLUTEN FREE ASSORTED



Gluten Free Chicken Goujons

Weight/Quantity 2.5kg
Price Unit: CASE
Price €35.00

CODE: 22210



Gluten Free Breaded Fillet

Weight/Quantity 20pce
Price Unit: CASE
Price €46.50

CODE: 22211



Gluten Free Chicken Kiev

Weight/Quantity 20pce
Price Unit: CASE
Price €55.00

CODE: 22212



Gluten Free Breaded Cod Fillet

Weight/Quantity 20pce
Price Unit: CASE
Price €46.50

CODE: 22213



Gluten Free Fish Fingers

Weight/Quantity 100pce
Price Unit: CASE
Price €33.00

CODE: 22214



Gluten Free Goats Cheese Tart

Weight/Quantity 12pce
Price Unit: CASE
Price €42.00

CODE: 22215



Gluten Free Steak Pie 240g

Weight/Quantity 12pce
Price Unit: CASE
Price €42.00

CODE: 22216



Gluten Free Chicken Pie 240g

Weight/Quantity 12pce
Price Unit: CASE
Price €42.00

CODE: 22217



Gluten Free Soup & Roll

Weight/Quantity 10pce
Price Unit: CASE
Price €26.00

CODE: 5501



Gluten Free Black Pudding 300g

Weight/Quantity 6pce
Price Unit: CASE
Price €10.80

CODE: 22219



Gluten Free White Pudding 300g

Weight/Quantity 6pce
Price Unit: CASE
Price €10.80

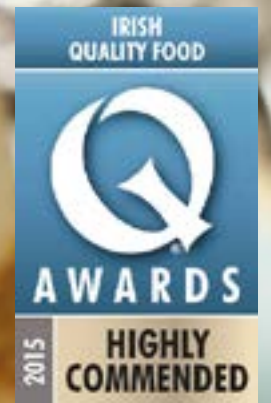
CODE: 22220



Gluten Free Sausages 454g

Weight/Quantity 6pce
Price Unit: CASE
Price €12.00

CODE: 22221



The New Found Joy, premium artisan bakery, was founded in 2014. They experimented with different flavours and ingredients as they worked to create delicious gluten free versions of their most loved recipes.

Finally, after many attempts and a lot of problem-solving and research the team was able to produce a truly tasty range of tray bakes that are free from gluten.

While they are always working and trying out new ways to make their products even better. They have learnt the importance of using premium ingredients to create a premium tasting product.



GLUTEN FREE ASSORTED



NFJ Gluten Free Choc Brownie

Weight/Quantity 24ptn
Price Unit: UNIT
Price €32.00

CODE: 84054



NFJ Gluten Free Rocky Road

Weight/Quantity 24ptn
Price Unit: UNIT
Price €32.00

CODE: 84053



NFJ GlutenFree Caramel Square

Weight/Quantity 24ptn
Price Unit: UNIT
Price €32.00

CODE: 84052



NFJ Gluten Free Mix Case

Weight/Quantity 24ptn
Price Unit: CASE
Price €32.00

CODE: 84051



GF Caramel & Choc Profiteroles

Weight/Quantity 60pce (30 of each)
Price Unit: CASE
Price €6.00

CODE: 22230



Gluten Free Chocolate Brownie

Weight/Quantity 48pce
Price Unit: CASE
Price €26.40

CODE: 530004



Gluten Free Chocolate Muffin

Weight/Quantity 12pce(100g)
Price Unit: CASE
Price €16.50

CODE: 22231



Gluten Free Blueberry Muffin

Weight/Quantity 12pce(100g)
Price Unit: CASE
Price €16.50

CODE: 22232



GlutenFree Flourless Choc Torte

Weight/Quantity 16ptn
Price Unit: UNIT
Price €26.90

CODE: 2603



What is Gluten?

Gluten is a protein compound found most commonly in the grains wheat, barley, rye and oats. This protein gives the flour e.g wheat, its structure, strength and texture. This is why bread has a certain 'bounce' or stretch.

Rye and oats contain a slightly different type of gluten and therefore some people who may believe they are gluten-intolerant may only be intolerant to wheat and not, for example, oats).

Common foods that do not contain gluten are: rice (white and brown), corn (or sometimes called maize), quinoa, millet, amaranth, potatoes. There are lots of gluten free products available today. An example of gluten free pasta would be brown rice pasta. Sometimes gluten free cakes are made from almond or coconut flour.

Why follow a Gluten Free diet?

Before a gluten sensitivity (intolerance) or coeliac disease is actually diagnosed, a person may suspect how they are feeling is connected to what they have eaten. Just a few common symptoms of gluten intolerance include:

- Headaches or migraines
- Skin problems (spots, skin rashes)
- Digestive issues e.g. bloating
- IBS- like symptoms (constipation or loose stools)
- Nutrient deficiencies or problems absorbing nutrients
- Gut pain after eating or delayed abdominal discomfort
- Inflammation and joint discomfort

Once correctly diagnosed, a person may find relief from these symptoms by following a gluten free diet.

The best way to check for food intolerances such as gluten, or indeed to identify coeliac disease, is through your GP or a qualified nutritional therapist.

What is Coeliac disease?

A more serious classification of gluten intolerance is coeliac disease – where the immune system has a very serious response to the consumption of gluten. The immune system attacks itself and this causes damage to the lining of the small intestine and other parts of the body.

Those who are gluten sensitive may only experience a range of symptoms but usually they are not as severe as those experienced by coeliac sufferers. Undiagnosed coeliac disease can have serious implications for long-term health.

Coeliac disease sufferers will not be able to tolerate gluten at any point – meaning will need to avoid gluten for their entire life. Being gluten sensitive does not usually pose the same kind of risk for long-term health and with the right help, sufferers may be able to re-introduce gluten with no symptoms after a period of exclusion.

Gluten sensitivity or intolerance is something you can be born with or develop (any time from your childhood and indeed into your 30s, 40s and so on). It is also something that can be tolerated better if the correct nutritional steps are taken.

GLUTEN FREE ASSORTED



Knorr Roast Gravy (GF)

Weight/Quantity 17ltr
Price Unit: UNIT
Price €13.00

CODE: 79891



Knorr Demi Glace (GF)

Weight/Quantity 12ltr
Price Unit: UNIT
Price €27.35

CODE: 75808



Knorr Gluten Free Med Curry

Weight/Quantity 6ltr
Price Unit: UNIT
Price €23.00

CODE: 15116504



Knorr Chicken Bouillon (GF)

Weight/Quantity 40ltr
Price Unit: UNIT
Price €20.00

CODE: 70335



Knorr Chicken Bouillon (GF)

Weight/Quantity 80ltr
Price Unit: UNIT
Price €32.00

CODE: 75852



Knorr Vegetable Bouillon (GF)

Weight/Quantity 80ltr
Price Unit: UNIT
Price €32.00

CODE: 75853



Knorr Beef Bouillon (GF)

Weight/Quantity 80ltr
Price Unit: UNIT
Price €32.00

CODE: 75851



Knorr Beef Bouillon (GF)

Weight/Quantity 40ltr
Price Unit: UNIT
Price €20.00

CODE: 74883



Knorr Fish Bouillon (GF)

Weight/Quantity 60ltr
Price Unit: UNIT
Price €37.50

CODE: 74885



Erin Beef Bouillon (GF)

Weight/Quantity 40ltr
Price Unit: UNIT
Price €14.50

CODE: 1497



Erin Chicken Bouillon (GF)

Weight/Quantity 40ltr
Price Unit: UNIT
Price €14.50

CODE: 1496



Erin Veg Bouillon (GF)

Weight/Quantity 40ltr
Price Unit: UNIT
Price €14.50

CODE: 1498

GLUTEN FREE ASSORTED



Hellmann's Real Mayonaise

Weight/Quantity 10ltr
Price Unit: UNIT
Price €30.00

CODE: 74459



Hellmann's Extra Thick Mayo

Weight/Quantity 10ltr
Price Unit: UNIT
Price €31.00

CODE: 74557



Hellmann's Light Mayonaise

Weight/Quantity 10ltr
Price Unit: UNIT
Price €28.00

CODE: 12229305



Hellmann's Vinaigrette

Weight/Quantity 1ltr
Price Unit: UNIT
Price €5.50

CODE: 17050402



Hellmann's Cesar Dressing

Weight/Quantity 1ltr
Price Unit: UNIT
Price €6.50

CODE: 17050204



Hellmann's Balsamic Dressing

Weight/Quantity 1ltr
Price Unit: UNIT
Price €6.20

CODE: 17052403



Hellmann's Mayo Portions

Weight/Quantity 200pce
Price Unit: CASE
Price €19.50

CODE: 74771



Hellmann's Ketchup Portions

Weight/Quantity 200pce
Price Unit: CASE
Price €15.50

CODE: 74426



Hellmann's Mustard Portions

Weight/Quantity 200pce
Price Unit: CASE
Price €15.50

CODE: 19756106



Colman's Garden Mint

Weight/Quantity 2.25ltr
Price Unit: UNIT
Price €9.95

CODE: 73046



Colman's Tartare Sauce

Weight/Quantity 2.25ltr
Price Unit: UNIT
Price €13.25

CODE: 73045



Colman's Horseradish Sauce

Weight/Quantity 2.25ltr
Price Unit: UNIT
Price €11.75

CODE: 73048

GLUTEN FREE ASSORTED



Knorr RTU Tomato & Basil

Weight/Quantity 2.2ltr
Price Unit: UNIT
Price €10.95
CODE: 18534801



Knorr Bolognese Sauce

Weight/Quantity 2.2ltr
Price Unit: UNIT
Price €12.75
CODE: 25838001



Knorr Spicy Arrabbiata

Weight/Quantity 2.2ltr
Price Unit: UNIT
Price €13.25
CODE: 18538301



Knorr Patak's Tikka Masala

Weight/Quantity 2.2ltr
Price Unit: UNIT
Price €12.95
CODE: 29378901



Knorr Patak's Balti

Weight/Quantity 2.2ltr
Price Unit: UNIT
Price €12.50
CODE: 39376501



Knorr Patak's Rogan Josh

Weight/Quantity 2.2ltr
Price Unit: UNIT
Price €12.50
CODE: 29460301



Knorr Patak's Madras

Weight/Quantity 2.2ltr
Price Unit: UNIT
Price €12.50
CODE: 29378701



Knorr Patak's Jalfrezi

Weight/Quantity 2.2ltr
Price Unit: UNIT
Price €12.50
CODE: 29377701



Knorr Tex Mex Chilli Sauce

Weight/Quantity 2.2ltr
Price Unit: UNIT
Price €10.95
CODE: 18535101



Knorr Thai Green Curry

Weight/Quantity 2.2ltr
Price Unit: UNIT
Price €12.50
CODE: 19456801



Knorr Thai Red Curry

Weight/Quantity 2.2ltr
Price Unit: UNIT
Price €12.50
CODE: 29400201



Knorr Tex Mex BBQ Sauce

Weight/Quantity 2.2ltr
Price Unit: UNIT
Price €10.95
CODE: 18535701