

Waitrose Own Label Products

Suitable for a Fat and Sugar Controlled Diet

Advice for those following a diet suitable for diabetics

Current advice states that diabetics should still be able to enjoy a wide variety of foods as part of healthy eating. The products in this list may be consumed more frequently. Fruit and vegetables have not been included in this list because the nutritional criteria would omit many fruits and vegetables because they naturally contain sugars. Fruit and vegetables should still be eaten as part of your healthy balanced diet. We recommend that you aim to eat at least five portions a day and choose a rainbow of colours to ensure a variety of nutrients.

The information in this booklet is a list of Waitrose products selected according to the nutritional criteria described below:

This list of Waitrose own-label products all contain:

- No more than 5g sugar per 100g
- No more than 10g fat per 100g

Please note:

All product data is listed per 100g of product. Therefore it is important to be aware, and to take into account the amount eaten of the individual food products. For instance, a typical individual portion of breakfast cereal weighs 30g, whereas you might consume a 300g ready meal as a single portion.

Lists are updated on a regular basis as recipes may change occasionally. Customers are advised to always check the ingredients lists on pre-packed products and ask for information on products served over the counters.

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Waitrose Own Label Products Suitable for a Fat and Sugar Controlled Diet

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Category	Line	Product Name	Size	Sub-Brand
ANTIPASTI & COUNTER OLIVES	95451	Italian Anchovy Fillets	per 100g	
	803281	Caperberries & Tomatoes	1x100g	
ANTIPASTI & COUNTER OLIVES	2	Products		

Category	Line	Product Name	Size	Sub-Brand
BACON	18859	Duchy Originals Organic Free Range Dry Cured Back Bacon Unsmoked 184g	184g	Waitrose Duchy Organic
	707258	smoked british gammon steak	200g	Essential Waitrose
	829573	unsmoked british gammon steak	200g	Essential Waitrose
	833922	british unsmoked 2 gammon steaks	360g	Essential Waitrose
	869740	8 medallions of slow matured unsmoked dry cured extra lean bacon	200g	
	880339	8 medallions of slow matured smoked dry cured extra lean bacon	200g	
BACON	6	Products		

Category	Line	Product Name	Size	Sub-Brand
BOTTLE SAUCE BBQ & CONDS	7636	French Mustard	180g	Essential Waitrose
	380533	Waitrose Hot and Fiery Tewkesbury Mustard	185g	Essential Waitrose
	684758	Wholegrain Mustard with Honey	170g	Waitrose Duchy Organic
BOTTLE SAUCE BBQ & CONDS	3	Products		

Category	Line	Product Name	Size	Sub-Brand
Branded and Rustic Artisan Bread	433293	Sweet potato and chickpea	400g	Waitrose 1
	572968	White Sourdough 400g	400g	Waitrose 1
	677649	Spelt & Rye Sourdough	500g	Waitrose 1
	679499	Pain de Campagne	400g	Waitrose 1
	832259	Sun Dried Tomato, Onion and Basil bread 400g	400g	Waitrose 1
	899898	Olive and Feta Bread 400g	400g	Waitrose 1
Branded and Rustic Artisan Bread	6	Products		

Category	Line	Product Name	Size	Sub-Brand
BREAKFAST FOODS	1223	Porridge Oats	500g	Essential Waitrose
	1224	Porridge Oats	1kg	Essential Waitrose
	1359	Porridge Oats with Wheatbran	1kg	Essential Waitrose
	873709	Essentials Instant Oats	10x27g	Essential Waitrose
BREAKFAST FOODS	4	Products		

Category	Line	Product Name	Size	Sub-Brand
Cafe Bar	622540	Tomato, Mozzarella & Pesto Spianata	1x1each	
	854655	Chicken, Mozzarella & Salami Spianata	1x1each	
Cafe Bar	2	Products		

Category	Line	Product Name	Size	Sub-Brand
CANNED FISH & MEAT	22542	Sardines al Limone	120g	
	23680	Swiss Style Rosti	400g	
	23681	Bacon & Onion Potato Sauté	400g	
CANNED FISH & MEAT	3	Products		

Category	Line	Product Name	Size	Sub-Brand
CANNED & PACKET SOUP	5518	Cup Soup country vegetable	4x16.5g	LoveLife Calorie Controlled
	21652	Vegetable Soup	400g	Essential Waitrose
	22843	Cup Soup tomato & basil	4x16.5g	LoveLife Calorie Controlled
	27020	Rich & warming tomato, red pepper and herb cup soup	4x22g	
	29401	Cream of Chicken Soup	400g	Essential Waitrose
	29402	Cream of Mushroom Soup	400g	Essential Waitrose
	44864	Cup Soup asparagus	4x15g	LoveLife Calorie Controlled
	47929	Rich & earthy wild mushroom cup soup	4x24g	
	48709	Sweet & refreshing pea and mint cup soup	4x27g	
	51616	essential creamed vegetable soup in a cup with croutons	4x18g	Essential Waitrose
	53284	Rich & spicy lentil cup soup	4x24g	
	53292	essential asparagus soup in a cup with croutons	4x28g	Essential Waitrose
	54779	Cup Soup carrot & coriander	4x16g	LoveLife Calorie Controlled
	62531	essential chicken & vegetable soup in a cup with croutons	4x18g	Essential Waitrose
	69189	Cup Soup chicken noodle	4x13g	LoveLife Calorie Controlled
	69212	Oxtail Soup	400g	Essential Waitrose
	73856	Smooth & savoury leek & potato cup soup	4x25g	
	76972	essential minestrone soup in a cup with croutons and noodles	4x18g	Essential Waitrose
	89983	essential mushroom soup in a cup with croutons	4x24g	Essential Waitrose
	373153	Carrot & Coriander soup	400g	
	378873	Spicy Parsnip Soup	400g	
	396128	Chicken Consommé Soup	400g	
	408451	Chunky minestrone soup	400g	LOVE life
	425039	Lentil & smoked bacon soup	400g	
	502898	Chunky chicken & vegetable soup	400g	LOVE life
	519275	Mixed Bean and Chorizo Soup	300g	LOVE life
	527560	Mushroom and Thyme Soup	300g	Waitrose Duchy Organic
	528775	Beef Consommé Soup	400g	
	559325	Cream of Petit Pois and Smoked Bacon Soup	400g	
	646913	French Onion and Red Wine Soup	400g	
	653016	Tomato and Basil Soup	400g	
	666562	Chunky tomato, bean & pork soup	400g	LOVE life
	728569	Ox Cheek and Vegetable Soup	300g	Waitrose Duchy Organic
	736753	Tomato and Basil Soup	300g	Waitrose Duchy Organic
	743004	Tomato & red pepper soup	400g	
	815835	Waitrose Split Pea & Ham Hock Soup	300g	LOVE life

	874753	Chicken, Root Vegetable and Pearl Barley Soup	300g	LOVE life
	887067	Chicken Mulligatawny Soup	300g	Waitrose Duchy Organic
CANNED & PACKET SOUP	38	Products		
Category	Line	Product Name	Size	Sub-Brand
CANNED VEGETABLES	17422	Couscous	500g	Essential Waitrose
	17855	Rich & Tangy Chopped Italian Tomatoes with Sliced Olives	400g	LOVE life
	18913	Red Kidney Beans in Water	3x400g	Essential Waitrose
	19061	Baked Beans In Tomato Sauce	220g	Essential Waitrose
	19062	Baked Beans in Tomato Sauce	400g	Essential Waitrose
	19065	Baked Beans in Tomato Sauce	4x400g	Essential Waitrose
	19506	Petits Pois in water	200g	Essential Waitrose
	19507	Petits Pois in water	400g	Essential Waitrose
	19510	Petits Pois with baby carrots in water	400g	Essential Waitrose
	19516	Marrowfat Peas in water, sugar and salt added	300g	Essential Waitrose
	19521	Flageolet Beans in water	400g	Essential Waitrose
	19523	Crosse&Blackwell®Broad Beans 300g	300g	Essential Waitrose
	19525	Red Kidney Beans in Water	300g	Essential Waitrose
	19527	Borlotti Beans in Water	410g	Essential Waitrose
	19528	Cannellini Beans In Water	400g	Essential Waitrose
	19529	Chick Peas in Water	400g	Essential Waitrose
	19531	Cut Green Beans in Water	400g	Essential Waitrose
	19533	Mixed Beans in a Spicy Tomato Sauce	395g	Essential Waitrose
	19536	Haricots Verts in water	400g	Essential Waitrose
	19540	Butter Beans in Water	200g	Essential Waitrose
	19541	Butter Beans in Water	400g	Essential Waitrose
	19543	Lentils in Water	400g	Essential Waitrose
	19544	Mixed Bean Salad in Water	400g	Essential Waitrose
	19547	Red Kidney Beans in Water	400g	Essential Waitrose
	19610	Whole Carrots in water	300g	Essential Waitrose
	19615	Sliced Carrots in water	300g	Essential Waitrose
	19619	Baby Carrots in water	400g	Essential Waitrose
	19620	French Vegetables in water 4 pack	4x200g	Essential Waitrose
	19701	Italian Peeled Plum tomatoes in rich natural juice	230g	Essential Waitrose
	19703	Italian peeled plum tomatoes in rich natural juice	400g	Essential Waitrose
	19706	Italian chopped tomatoes in rich natural juice	400g	Essential Waitrose
	19708	Italian chopped tomatoes in rich natural juice	227g	Essential Waitrose
	19709	Rich & fragrant Chopped Italian tomatoes with herbs	400g	LOVE life
	19710	Rich & Savoury Italian chopped tomatoes with olive oil & garlic	400g	LOVE life
	19711	Sweet & vibrant Italian cherry tomatoes	395g	LOVE life
	19727	Small Potatoes, in water 300g	300g	Essential Waitrose

	19730	Jersey Potatoes in Water	300g	Essential Waitrose
	19801	Artichoke hearts in water, salt added	390g	Essential Waitrose
	19828	Sweetcorn in water, sugar and salt added	195g	Essential Waitrose
	19829	Sweetcorn in Water, Sugar and Salt added	326g	Essential Waitrose
	19851	Essential Waitrose Button Mushrooms in Water 300g	300g	Essential Waitrose
	19855	Chopped Mushrooms in water	290g	Essential Waitrose
	20075	Couscous	1kg	Essential Waitrose
	22058	Tangy & aromatic lemon & garlic couscous	110g	
	29234	Aromatic & fragrant garlic & coriander couscous	110g	
	32466	Baked Beans in Tomato Sauce	400g	Waitrose Duchy Organic
	36786	Plum tomatoes in rich natural juice	400g	Waitrose Duchy Organic
	38022	Sweet & Fragrant chopped Italian tomatoes with basil	400g	LOVE life
	39651	Organic Couscous	500g	Waitrose Duchy Organic
	51800	Spaghetti rings in tomato sauce	410g	Essential Waitrose
	60892	Rich & savoury tomato & onion couscous	110g	
	66276	Black eyed beans in water	400g	Essential Waitrose
	66419	Garden Peas in Water	300g	Essential Waitrose
	67356	Smooth & Fragrant Italian Passata with Chopped Basil	500g	LOVE life
	73892	Italian chopped tomatoes in rich natural juice	4x400g	Essential Waitrose
	77707	Short cut Spaghetti in Tomato Sauce	410g	Essential Waitrose
	91002	Chick Peas In Water	400g	Waitrose Duchy Organic
	95141	Italian peeled plum tomatoes in rich natural juice	4x400g	Essential Waitrose
	96944	Chopped Tomatoes in rich natural juice	400g	Waitrose Duchy Organic
	96971	Red Kidney Beans in Water	400g	Waitrose Duchy Organic
	421665	Duchy Organic British Quinoa	375g	Waitrose Duchy Organic
	827066	Passata	680g	Essential Waitrose
CANNED VEGETABLES	62	Products		

Category	Line	Product Name	Size	Sub-Brand
CHILLED BREAD	16084	2 Garlic Baguettes	420g	LOVE life
	743519	Sweet & Smoky Twist	260g	Waitrose 1
	749667	Savoury & Versatile Breadsticks	240g	
CHILLED BREAD	3	Products		

Category	Line	Product Name	Size	Sub-Brand
COLD PIE AND QUICHE	511382	Red Pepper, Spinach and Feta Tortilla slices 225g	225g	From Waitrose
	811197	Pepper & chorizo tortilla slices 225g	225g	From Waitrose
COLD PIE AND QUICHE	2	Products		

Category	Line	Product Name	Size	Sub-Brand
CONVENIENCE FOOD TO GO	581099	Bacon roll (convenience)	each	Cafe

CONVENIENCE FOOD TO GO		1 Products		
Category	Line	Product Name	Size	Sub-Brand
COOKED MEATS	6652	British Wiltshire cured honey roast ham	130g	
	6899	British wafer thin honey roast ham	2x90g	Essential Waitrose
	25839	British Wiltshire cured breaded ham	130g	
	48038	British Pastrami	80g	
	48376	Brunswick Ham	120g	
	98099	British wafer thin smoked ham	2x90g	Essential Waitrose
	99351	British Wiltshire Cured Oak Smoked Ham	130g	
	368453	British breaded ham	120g	Waitrose Summer
	409360	British Wiltshire breaded ham	130g	
	419757	Free range English honey roasted ham	100g	Waitrose 1
	426316	British roast beef topside	100g	
	436781	British wafer thin ham	120g	Waitrose Summer
	451275	Free range oven roasted ham	100g	Waitrose 1
	459168	Sloe Gin-Cured British Ham with Blackberry & Damson Glaze	120g	Waitrose 1
	502226	British Wiltshire smoked ham	130g	
	561780	British Breaded Ham	100g	Essential Waitrose
	596005	British Breaded Ham	240g	
	599342	Cider-Cured British Ham with Bramley Apple Crumble Glaze	120g	Waitrose 1
	616093	Dorset Ale cured ham topped with Beer Mustard	120g	Waitrose 1
	631911	Orange, ginger and star anise hand-decorated dry cured ham	2kg	Waitrose Christmas
	640621	Pulled ham hock	2x90g	Cooks' Ingredients
	658566	Prosciutto Cotto	92g	
	665293	Free range applewood smoked turkey	80g	Waitrose 1
	678861	British wafer thin roast chicken	2x70g	Essential Waitrose
	685761	thickly cut British Wiltshire cured honey roast ham	130g	
	701356	British salt beef	100g	
	704379	Honey roast ham chunks	2x60g	Cooks' Ingredients
	708928	British Honey Roast Ham	120g	Waitrose Summer
	709490	thickly cut British Wiltshire cured oak smoked ham	130g	
	726175	Christmas Spiced Aberdeen Angus beef	per kg	Waitrose 1
	728453	Roasted Ham with Scottish Heather Honey	90g	Waitrose Duchy Organic
	734772	thickly cut British Wiltshire cured ham	130g	
	761195	British Finely Sliced Wiltshire Cured Honey Roast Ham	130g	
	767458	Pulled Pork Shoulder	2x80g	Cooks' Ingredients
	777560	British Wiltshire cured ham	130g	
	792362	British wafer thin honey roast ham	120g	Waitrose Summer
	796450	Wafer thin Brunswick ham	125g	
	798809	Bresaola della Valtellina IGP	70g	

	808466	British Roast Chicken Breast	130g	
	809158	British Roast Turkey Breast	130g	
	817068	Free range orange marmalade ham	100g	Waitrose 1
	817328	British Honey Roast Ham	240g	
	823671	British roast beef	100g	
	831030	Roast Chicken	120g	
	835270	Hickory-smoked British Turkey Breast with Bourbon Barbecue Glaze	100g	Waitrose 1
	845660	Plain shredded chicken	2x60g	Cooks' Ingredients
	858247	Cured pork loin	80g	
	858639	British Ham	120g	Waitrose Summer
	864546	British oak smoked ham	120g	Waitrose Summer
	865503	Aberdeen Angus Sired peppered beef topside	80g	Waitrose 1
	870882	Wafer Thin British Roast Chicken	120g	
	887555	Free Range roast pork with rosemary, thyme and sage	100g	Waitrose 1

COOKED MEATS

52 Products

Category	Line	Product Name	Size	Sub-Brand
COOKED POULTRY	24064	British roast chicken drumsticks	520g	
	25811	British whole roast chicken	per kg	
	67332	British cooked chicken tikka pieces	130g	
	76326	British cooked chicken flamegrilled pieces	130g	
	538639	British Roast Chicken Lemon & Herb Pieces	100g	Waitrose Summer
	539710	Chargrilled Chicken Fillets with Mole Dip	150g	
	594204	British roast chicken 2 garlic & lemon breast fillets	220g	
	658308	British roast chicken 4 breast fillets	per kg	
	729405	British Cooked Chicken Flamegrilled Pieces	100g	Waitrose Summer
	770913	British cooked chicken lemon & herb pieces	130g	
	809022	British Roast Chicken Tikka Pieces	1x100g	Waitrose Summer
	854267	Sticky maple barbecue chicken drumsticks	350g	
	873531	British Roast Chicken Drumsticks	350g	Waitrose Summer
COOKED POULTRY	13	Products		

Category	Line	Product Name	Size	Sub-Brand
COOKS INGREDIENTS	27350	COOK'S INGREDIENTS - A Measure of Chicken Stock	500ml	Cooks' Ingredients
	36498	Easy On The Crushed Chilli	180g	Cooks' Ingredients
	49114	Shellfish Stock	500ml	Waitrose 1
	51266	A Handful Of Wild Mushrooms	30g	Cooks' Ingredients
	57500	Cooks' Ingredients - A Measure of Vegetable Stock	500ml	Cooks' Ingredients
	63988	A Good Handful Of Lemon & Pepper Crust	130g	Cooks' Ingredients
	68925	Cook's Ingredients-A Measure of Lamb Stock	500ml	Cooks' Ingredients
	71549	Wayanad Black Peppercorns	80g	Cooks' Ingredients
	82295	Carnaroli Risotto Rice	500g	Cooks' Ingredients
	98800	A spoonful of Salted Nonpareille Capers	100g	Cooks' Ingredients

	99599	Cook's Ingredients-A Measure of Beef Stock	500ml	Cooks' Ingredients
	99821	A spoonful of Nonpareille Capers in brine 142g	142g	Cooks' Ingredients
	477508	WR CI Tempura Batter	128g	Cooks' Ingredients
	493268	Soffritto	200g	Cooks' Ingredients
	613277	WR CI Argentinian Steak Rub	50g	Cooks' Ingredients
	661392	Bechamel Sauce	500g	Cooks' Ingredients
	681310	A Spoonful of Nonpareille Capers in brine 240g	240g	Cooks' Ingredients
	695728	Cajun Rub	40g	Cooks' Ingredients
	751278	Waitrose signature spice	40g	Cooks' Ingredients
	762374	A Measure of Soffritto Passata with Sauteed Onion, Carrot and Celery	690g	Cooks' Ingredients
	769600	Demi-Glace	200g	Waitrose 1
	799214	Coq au Vin Paste	180g	Cooks' Ingredients
	896502	Paella Paste	175g	Cooks' Ingredients
COOKS INGREDIENTS	23	Products		

Category	Line	Product Name	Size	Sub-Brand
DILUTES	58102	30% Mexican Lime Juice Cordial No Added Sugar.	1litre	
	470604	no added sugar tropical squash	750ml	Essential Waitrose
	608497	Bright & lively 50% fruit Blackcurrant Squash. No added sugar.	1litre	LOVE life
	669936	Zesty & refreshing. 50% orange juice squash. No added sugar.	1litre	LOVE life
	730773	no added sugar orange squash	750ml	Essential Waitrose
	795035	no added sugar lemon squash	750ml	Essential Waitrose
DILUTES	6	Products		

Category	Line	Product Name	Size	Sub-Brand
DRIED HERBS & SPICES	4980	A Generous Pinch Of Ground Ginger	32g	Organic Cooks' Ingredients
	27733	A Generous Pinch Of Thyme	10g	Organic Cooks' Ingredients
	43476	A Generous Pinch Of Basil	13g	Organic Cooks' Ingredients
	47182	A Generous Scatter Of Whole Black Peppercorns	40g	Organic Cooks' Ingredients
	51336	A Generous Dusting Of Ground Cinnamon	33g	Organic Cooks' Ingredients
	55827	A Little Sachet Of Bouquet Garni	6x1.5g	Organic Cooks' Ingredients
	91824	A Good Pinch Of Oregano	13g	Organic Cooks' Ingredients
	93954	A Good Spoonful Of Garlic Granules	65g	Organic Cooks' Ingredients
	95336	A Generous Sprinkle Of Coarse Ground Black Pepper	46g	Organic Cooks' Ingredients
	417898	A Generous Pinch Of Ground Turmeric	50g	Organic Cooks' Ingredients
	700713	A Generous Pinch Of Mixed Herbs	16g	Organic Cooks' Ingredients
	701544	A Good Sprinkling Of Italian Seasoning	22g	Organic Cooks' Ingredients
	781318	A Generous Sprinkle Of Ground Black Pepper	45g	Organic Cooks' Ingredients

	794099	A Generous Pinch Of Herbes De Provence	18g	Organic Cooks' Ingredients
DRIED HERBS & SPICES	14	Products		
Category	Line	Product Name	Size	Sub-Brand
FOOD TO GO (AMBIENT)	526067	Sea Salt and Cracked Black Pepper Lentil Tubes	20g	Good to Go
FOOD TO GO (AMBIENT)	1	Products		
Category	Line	Product Name	Size	Sub-Brand
FOOD TO GO (CHILLED)	44021	Roast Chicken & Stuffing	each	Good to Go
	47113	Tuna & Cucumber	each	LoveLife Calorie Controlled
	52501	Egg Mayo & Cress	each	Good to Go
	52509	Classic BLT	each	Good to Go
	52583	Cheddar Ploughmans	each	Good to Go
	64476	Hoisin Duck	each	Good to Go
	65191	Roast Chicken & Sweetcorn	each	Good to Go
	66711	Pesto, Spinach & Pine Nut Pasta	190g	Good to Go
	69943	Egg Mayo Salad	each	LoveLife Calorie Controlled
	77613	Seafood Cocktail	each	Good to Go
	80319	Salmon & Cucumber	each	Good to Go
	90204	Tuna Mayonnaise & Sweetcorn	each	Good to Go
	385123	Roast Chicken & Mayo	each	Essential Waitrose
	413850	Watermelon Wedge	220g	Good to Go
	427432	Spiced Chicken Skewers & Couscous	260g	Good to Go
	435893	Spiced Coconut Chicken Pasta	210g	Good to Go
	460399	Egg and Cress	each	Welcome Break Only
	465794	Deep Filled Tuna Mayonnaise & Sweetcorn	each	Welcome Break Only
	479584	Roast Chicken	each	LoveLife Calorie Controlled
	484096	Chicken & Chorizo	each	Good to Go
	490213	Feta and Lemon Quinoa Salad	220g	LoveLife Calorie Controlled
	493274	Cauliflower Couscous and Herby Chicken Salad	210g	LoveLife Calorie Controlled
	500113	Classic BLT	each	Welcome Break Only
	510009	Chicken Caesar	each	LoveLife Calorie Controlled
	518280	Charcoal Bagel with tea smoked salmon	each	Heston From Waitrose
	541798	Prawn Layered Pasta Salad	370g	Good to Go
	542279	Wheatberry, Beetroot & Goats Cheese	240g	Good to Go
	545722	Sweet Potato, Bulgur and Couscous	290g	Good to Go
	550210	Avocado, Feta & Rice	240g	Good to Go
	569671	Tomato & Mozzarella Pasta	340g	Good to Go
	579700	Chicken & Mediterranean Beans	270g	Good to Go
	587263	Goat's cheese & Chargrilled pepper lavash	each	Good to Go

	618602	Smoked Ham & Cheese	each	Good to Go
	633051	Wild Rice and Halloumi	250g	Good to Go
	644633	Egg, Ham and Mustard	each	Good to Go
	652616	Jerk Spiced Chicken Roti	each	Good to Go
	655214	Mexican spiced chicken	each	Good to Go
	655598	Tuna Mayo	each	Essential Waitrose
	662257	Egg Mayo	each	Essential Waitrose
	673304	Wheatberry, Kale & Feta	240g	Good to Go
	683810	Caribbean Inspired King Prawn Roti	each	Good to Go
	689938	Carrot & Houmous	125g	Good to Go
	696023	Egg & Spinach Protein Pot	90g	Good to Go
	698165	Chana Masala & Spinach Wrap	each	Good to Go
	698230	Smoked Ham & Piccalilli	each	LoveLife Calorie Controlled
	699232	Chargrilled Chicken with Yogurt & Herb Dressing	each	Good to Go
	708863	Chicken, Tomato & Basil Pasta	380g	Good to Go
	710307	Beef & Horseradish	each	Good to Go
	716478	Tuna Niçoise Salad	280g	Good to Go
	722502	Prawn Mayo, Egg & Cress, Classic BLT	each	Good to Go
	726410	Chicken Caesar Salad	195g	Good to Go
	729304	Deep Filled Prawn Mayo	each	Welcome Break Only
	764144	Chargrilled Chicken & Tomato	each	LoveLife Calorie Controlled
	765139	Ham Hock, Egg & Potato Salad	280g	Good to Go
	769338	Smoked Ham & Mustard Mayo	each	Good to Go
	795899	Smoked Ham & Mustard Mayo	each	Welcome Break Only
	807490	Egg & Roasted Tomatoes	each	Good to Go
	808005	Chicken & barbecue beans	each	Good to Go
	811229	Deep Filled Salmon & Cucumber	each	Welcome Break Only
	835010	Chicken Shami Kebabs	80g	Good to Go
	840247	Roast Chicken Salad	each	Good to Go
	843828	Harissa Chicken & Tabbouleh Salad	260g	LoveLife Calorie Controlled
	848752	Prawn & Hot Smoked Salmon Pâté	each	Good to Go
	871798	Chicken & Avocado	each	Good to Go
	880906	Chicken & Bacon Cobb Salad	300g	Good to Go

FOOD TO GO (CHILLED)

65 Products

Category	Line	Product Name	Size	Sub-Brand
FORMATTED CAFE	387354	Sides - portion of chunky chips	each	
	416887	baked beans	each	
	437765	Porridge with topping selection	each	
	453587	Large Breakfast Deal	each	
	487363	Lasagne	each	

	522175	Sides - chunky wedges	each	
	525448	White sourdough 2kg CAFE	1KG	Cafe
	528326	Middle Eastern Inspired Chicken Flatbread	each	Cafe
	550069	Egg & Watercress	each	Cafe
	559312	Roast Chicken Bloomer	each	Cafe
	652947	Bacon style rashers in Pain Rustica	each	
	688230	Burger with chunky chips	each	
	707890	Wheat N Rye toast with butter	each	
	709244	Vegetarian sausages in pain rustica	each	
	743698	Tomato and Mozzarella Olive Rustique Ficelle	each	Cafe
	756942	Childrens bacon in a toasted muffin	each	
	816989	Bacon Roll	each	
	846405	Salmon & Soft Cheese Bloomer	each	Cafe
	884099	Sourdough toast & butter	each	
FORMATTED CAFE	19	Products		

Category	Line	Product Name	Size	Sub-Brand
FREE FROM	433078	Sliced Seeded Loaf	400g	LOVE free from
	449688	Quick Cook Corn Bulgur and Red Quinoa	250g	LOVE life
	525588	Green Pea Pasta	1x250g	LOVE life
	529598	4 Soft White Rolls	4s	LOVE free from
	557270	Porridge Oats	400g	LOVE free from
	602978	Corn Couscous	250g	LOVE life
	605650	Spaghetti	500g	LOVE free from
	712545	Lasagne sheets	250g	LOVE free from
	782356	Sliced White Loaf	400g	LOVE free from
	787045	Yorkshire pudding & pancake mix	130g	LOVE life
	815704	Brown Rice Penne	500g	LOVE free from
	838709	Penne	500g	LOVE free from
	884623	Red lentil pasta	250g	LOVE life
	897543	Fusilli	500g	LOVE free from
FREE FROM	14	Products		

Category	Line	Product Name	Size	Sub-Brand
FRESH CREAM	41186	French Natural Fat Free Fromage Frais	500g	
	41192	French Natural Fromage Frais	200g	
FRESH CREAM	2	Products		

Category	Line	Product Name	Size	Sub-Brand
FRESH FRUIT JUICES	21354	Tomato Juice	1litre	
	507107	cranberry juice drink	1L	Essential Waitrose
	763319	pomegranate and blueberry juice drink	1L	Essential Waitrose
FRESH FRUIT JUICES	3	Products		

Category	Line	Product Name	Size	Sub-Brand
FRESH MEAT - B.B.Q	403575	Cajun chicken escalopes	272g	

	468306	6 Chicken & chorizo burgers	300g	
	472317	Smoky barbecue chicken drumsticks	740g	
	531260	slow cooked Chilli chocolate beef	430g	
	538651	4 Chicken tikka kebabs	231g	
	632756	6 Thai salmon mini burgers	360g	
	746073	Texas hickory smoked beef	430g	
	769283	2 lemon, apricot & Ras El Hanout chicken breasts	312g	
	782550	4 Gremolata king prawn kebabs	140g	OUTDOOR LIVING - BBQ
	842852	2 orange and chilli chicken breasts	296g	
	867840	4 teriyaki chicken kebabs	236g	
	871796	2 roasted red pepper shawarma chicken breasts	288g	
	889919	BBQ chicken drumsticks	735g	
FRESH MEAT - B.B.Q	13	Products		

Category	Line	Product Name	Size	Sub-Brand
FRESH MEAT - BEEF	97545	British beef ribeye steak	per kg	Essential Waitrose
	98435	New Zealand venison steaks	135g	Waitrose 1
	415048	2 smoky BBQ Ranch Steaks	265g	
	436241	30 Day Dry Aged Hereford Beef Fillet Steak	per kg	Waitrose 1
	457413	20 British Veal Meatballs	300g	Waitrose 1
	463461	30 Day Dry Aged Hereford Beef Smoked Rump Medallions	per kg	Waitrose 1
	570413	British Veal Fillet		Waitrose 1
	582077	2 British beef sirloin medallions wrapped in bacon with a wild mushroom and thyme butter	430g	Waitrose Christmas
	603043	New Zealand venison studded with sour cherry & port butter under a prosciutto wrap	per kg	Waitrose 1
	630244	2 Hand pressed venison burgers	227g	Waitrose 1
	694865	New Zealand venison loin chops	per kg	Waitrose 1
	695229	British beef rump joint with a Stilton, port and chestnut stuffing	per kg	Waitrose Christmas
	788245	Sweet chilli & lime marinated stir fry beef strips	350g	
	801846	British Beef cornercut topside with garlic & chive butter	per kg	Waitrose Christmas
	814723	New Zealand venison mince	300g	Waitrose 1
	825399	WR British Beef Diced Braising Steak	400g	Essential Waitrose
	829566	20 Venison Meatballs	300g	Waitrose 1
	879595	Slow cook Hereford beef flat brisket	per kg	
FRESH MEAT - BEEF	18	Products		

Category	Line	Product Name	Size	Sub-Brand
FRESH MEAT - LAMB	12674	british lamb mince (typically 10% fat)	200g	Essential Waitrose
	89057	New Zealand lamb mince (typically 10% fat)	200g	Essential Waitrose
	504127	Lamb leg steaks with mustard & caper sauce (UK)	360g	
	643395	Lamb leg steaks with mustard and caper sauce (NZ)	360g	
	682619	Welsh lamb leg, flash fry steaks with mint & balsamic	300g	

FRESH MEAT - LAMB	5	Products		
Category	Line	Product Name	Size	Sub-Brand
FRESH MEAT - PORK	25430	British free range pork mince (typically 8% fat)	500g	Waitrose Duchy Organic
	27691	British free range diced pork leg	400g	Waitrose Duchy Organic
	90630	British pork mince (typically 8% fat)	500g	Essential Waitrose
	96703	british pork sliced liver	380g	Essential Waitrose
	654159	Pork escalopes with a chorizo & dried tomato stuffing	367g	
	666660	Free range pork mince (typically 8% fat)	500g	Waitrose 1
	722144	Chilli & coconut pork stir fry strips	350g	
	810403	British pork pigs cheeks	per kg	Essential Waitrose
FRESH MEAT - PORK	8	Products		
Category	Line	Product Name	Size	Sub-Brand
FRESH MILK	15864	Organic pasteurised whole milk 1 pint	568ml	Waitrose Duchy Organic
	16390	Organic pasteurised semi-skimmed milk 2 pints	1.136litre	Waitrose Duchy Organic
	18732	Organic pasteurised whole milk 4 pints	2.272litre	Waitrose Duchy Organic
	19299	Semi Skimmed 1.7% Fat Milk	568ml	Essential Waitrose
	26074	Whole 3.6% Fat Milk	2.272litre	Essential Waitrose
	26290	Skimmed 0.1% Fat Milk	2.272litre	Essential Waitrose
	39425	Waitrose Goats Milk Full Cream	1litre	
	53401	whole milk	3.408litre	Essential Waitrose
	53403	whole milk	1.136litre	Essential Waitrose
	53404	whole milk	2.272litre	Essential Waitrose
	53407	whole milk	568ml	Essential Waitrose
	53924	Organic pasteurised semi-skimmed milk 4 pints	2.272litre	Waitrose Duchy Organic
	63025	Semi Skimmed 1.7% Fat Milk	1.136litre	Essential Waitrose
	63275	Whole 3.6% Fat Milk	1.136litre	Essential Waitrose
	68436	Goats Milk Semi Skimmed	1litre	
	69852	Skimmed 0.1% Fat Milk	1.136litre	Essential Waitrose
	80327	Semi Skimmed 1.7% Fat Milk	2.272litre	Essential Waitrose
	82835	Organic pasteurised whole milk 2 pints	1.136litre	Waitrose Duchy Organic
	90078	Organic pasteurised semi-skimmed milk 1 pint	568ml	Waitrose Duchy Organic
	92745	Skimmed 0.1% Fat Milk	568ml	Essential Waitrose
	93858	Whole 3.6% Fat Milk	568ml	Essential Waitrose
	539800	Filtered whole milk	2L	
	560101	Whole milk from Ayrshire cows	1L	Waitrose Duchy Organic
	634170	1% fat milk	1.136litre	Essential Waitrose
	808744	Filtered semi-skimmed milk	2 litres	
FRESH MILK	25	Products		
Category	Line	Product Name	Size	Sub-Brand

FRESH PASTA	12343	Prosciutto Cappelletti	250g	
	20826	Tagliatelle	500g	Essential Waitrose
	36184	Cheese & Smoked Ham Tortelloni	500g	Essential Waitrose
	36358	Spinach & Ricotta Ravioli	250g	
	41007	Spaghetti	500g	Essential Waitrose
	45788	beef bolognese sauce with tomato	350g	
	52977	Fusilli	500g	Essential Waitrose
	52983	Penne	500g	Essential Waitrose
	63293	Spinach & Ricotta Tortelloni	500g	Essential Waitrose
	80753	Spinach & Ricotta Cannelloni	340g	
	86902	Lasagne	300g	Essential Waitrose
	364745	Linguine	500g	Essential Waitrose
	420215	Pumpkin & Pine Nut Fiorelli	250g	
	523974	cheese sauce	350g	Essential Waitrose
	584946	Beef & Red Wine Ravioli	250g	
	600146	Tuscan style sausage pasta sauce	350g	
	620271	mushroom sauce with porcini	350g	
	705557	pepperonata sauce	350g	
	718165	Prosciutto & Emmental Ravioli	250g	
	739612	Potato Gnocchi	500g	Essential Waitrose
	740656	butternut & sage sauce	350g	
	750295	Cheese sauce	500g	Essential Waitrose
	755178	Porcini Mushroom Ravioli	250g	Waitrose 1
	757561	tomato & chorizo sauce	350g	
	782641	Menu Hot Smoked Salmon & Asparagus Ravioli	250g	Menu from Waitrose
	792360	Goats' Cheese & Caramelised Onion Fiorelli	250g	
	802374	tomato and mascarpone sauce	350g	Essential Waitrose
	838761	Spinach & Ricotta Ravioli	310g	
	872750	Ham Hock & Pea Fiorelli	250g	
	896911	Prosciutto Cappelletti	310g	
FRESH PASTA	30	Products		

Category	Line	Product Name	Size	Sub-Brand
FRESH PIZZA	6206	Thin & Hand Stretched Ham & Pineapple Pizza	410g	
	84829	Thin & Crispy Cheese and Ham Pizza (10 inch)	265g	Essential Waitrose
	91489	Thin & Crispy Cheese and Tomato Pizza (10inch)	250g	Essential Waitrose
	389776	Thin & Crispy Cheese and Tomato Pizza (snacking)	150g	Essential Waitrose
	430538	Buffalo Mozzarella and Tomato (Oval)	480g	Waitrose 1
	516141	Garlic Prawn and Fresh Chilli (Oval)	480g	Waitrose 1
	520492	Buffalo Mozzarella and Tomato Pizza (9inch)	295g	Waitrose 1
	534321	Thin & Hand Stretched Four Seasons Pizza	440g	
	566026	Woodfired Neapolitan Sour Dough Pizza	345g	Waitrose 1
	610993	Fire Roasted Vegetable & Pesto Pizza (Oval)	530g	Waitrose 1

	624161	Thin & Crispy Cheese and Tomato Pizza (slab 10' x 14')	500g	Essential Waitrose
	666071	Thin and Hand stretched Spinach , Asparagus and Courgette	415g	
	693265	Wood-fired Antipasti Charcoal Sourdough Pizza	345g	Waitrose 1
	700204	Thin & Hand Stretched Chicken, Onion & CherryBell® Pepper Pizza	410g	
	700710	Fire Roasted Vegetable & Pesto Pizza (9 Inch)	335g	Waitrose 1
	729785	Thin & Crispy Cheese and Ham Pizza (snacking)	155g	Essential Waitrose
	787911	Menu Roasted Butternut and Goat's cheese Pizza 9 inch	335g	Menu from Waitrose
	819985	Kale and Mushroom Pizza	290g	Waitrose 1
	833548	Chicken and Red Chilli Pesto Pizza	520g	Waitrose 1
	842849	Woodfired Hot Smoked Salmon and Asparagus Sour Dough Pizza	315g	Waitrose 1
FRESH PIZZA	20	Products		

Category	Line	Product Name	Size	Sub-Brand
FRESH POULTRY	17029	Game Casserole	250g	Waitrose 1
	34067	Organic 6 Free Range British boneless chicken thigh fillets	per kg	Waitrose Duchy Organic
	36660	Organic 4 Free Range British chicken drumsticks	per kg	Waitrose Duchy Organic
	37190	British Chicken livers	400g	Essential Waitrose
	39869	Partridge topped with bacon	225g	Waitrose 1
	406134	british chicken wings	475g	Essential Waitrose
	446296	British turkey breast steaks	per kg	Essential Waitrose
	482030	British turkey breast strips	300g	Essential Waitrose
	546080	British chicken legs	per kg	Essential Waitrose
	560571	british chicken boneless breasts	per kg	Essential Waitrose
	564483	British turkey diced thigh	500g	Essential Waitrose
	566332	Partridge Breast Fillet	150g	Waitrose 1
	586262	Succulent and savoury stock brined whole British chicken	1.2kg	
	599281	chicken livers	400g	
	642757	Diced chicken thighs in an aromatic green Thai marinade	400g	
	654951	British turkey breast fillets	per kg	Essential Waitrose
	672928	Free Range Guinea Fowl Supremes	400g	Waitrose 1
	784500	British turkey breast mince (typically less than 2% fat)	300g	Essential Waitrose
	786280	British turkey breast fillets	750g	Essential Waitrose
	806379	British diced turkey breast	per kg	Essential Waitrose
	851742	2 British chicken breast fillet kiev's with a creamy four cheese & ham filling	320g	
	894508	British turkey thigh mince (typically less than 8% fat)	500g	Essential Waitrose
FRESH POULTRY	22	Products		

Category	Line	Product Name	Size	Sub-Brand
FRESH SOUP	19584	French onion soup	600g	
	21890	vegetable soup	600g	

	24454	carrot & coriander soup	600g	
	45281	leek & potato soup	600g	
	45942	Gazpacho	600g	
	367771	butternut squash & tarragon soup	600g	
	416513	Hot & Sour Chicken & Red Pepper Soup	350g	LoveLife Calorie Controlled
	452909	pork, lentil & kale soup	600g	
	457327	Pea & Mint soup	600g	
	485261	Pea and Mint Soup	600g	Waitrose Duchy Organic
	509818	vegetable & pearl barley soup	350g	
	521724	Chicken, Broccoli & Kale Soup	350g	LoveLife Calorie Controlled
	609302	Cauliflower & Celeriac Soup	350g	LoveLife Calorie Controlled
	609978	Italian inspired bean soup	600g	
	613192	Spiced Carrot and Parsnip Soup	600g	Waitrose Duchy Organic
	615148	Moroccan Inspired Chicken Soup	600g	LoveLife Calorie Controlled
	626188	Vegetable Broth	350g	LoveLife Calorie Controlled
	669916	Mediterranean Inspired Vegetable Soup	600g	LoveLife Calorie Controlled
	684933	Mushroom and Thyme Soup	600g	Waitrose Duchy Organic
	697106	leek & potato soup	600g	
	719458	Tomato and Thyme Soup	600g	Waitrose Duchy Organic
	728274	Mexican inspired chicken pibil soup	600g	
	729653	cream of chicken soup	350g	
	730613	tomato & basil soup	800g	
	750341	Asian inspired pea, edamame & chilli soup	600g	
	771793	Brazilian inspired beef & bean soup	600g	
	800396	Chicken and Spelt Broth	600g	Waitrose Duchy Organic
	802182	celeriac soup	600g	
	840227	Chicken, Ham Hock and Leek Soup	600g	Waitrose Duchy Organic
	870328	Spinach & Asparagus Soup	350g	LoveLife Calorie Controlled
	875491	Tomato & Basil Soup	350g	LoveLife Calorie Controlled
	892714	chicken & chorizo soup	600g	
FRESH SOUP	32	Products		

Category	Line	Product Name	Size	Sub-Brand
FROZEN DESSERTS	55339	British Raspberries	300g	
	771268	Raspberries	400g	Essential Waitrose
FROZEN DESSERTS	2	Products		

Category	Line	Product Name	Size	Sub-Brand
FROZEN FISH PRODUCTS	9004	2 salmon and dill fish cakes	230g	Waitrose Frozen
	11096	2 Handline Caught Yellowfin Tuna Steaks	300g	Waitrose Frozen

	29707	2 cod & parsley fish cakes	170g	Essential Waitrose
	73603	10 Cod fish fingers	300g	Essential Waitrose
	73834	cooked and peeled prawns	350g	Essential Waitrose
	76712	Flavoursome fruits de mer	400g	Waitrose Frozen
	77630	Succulent & sweet cooked & peeled large Canadian prawns	300g	Waitrose Frozen
	463201	Firm & flaky fish pie mix	400g	Waitrose Frozen
	569261	2 Thai prawn fish cakes	230g	Waitrose Frozen
	592163	Succulent & firm cooked & peeled jumbo king prawns	250g	Waitrose Frozen
	619273	Raw King Prawns	235g	Essential Waitrose
	679694	Succulent & firm raw, peeled jumbo king prawns	350g	Waitrose Frozen
	687279	Tender & succulent squid tubes	400g	Waitrose Frozen
	705758	12 pollock fish fingers	360g	Essential Waitrose
	716598	Cooked King Prawns	235g	Essential Waitrose
	784584	Mild & delicate 2 lemon sole fillets	160g	Waitrose Frozen
	785867	Rich & savoury 2 cod with Cheddar, leek & mustard sauce	320g	Waitrose Frozen
	809469	Wild Canadian Roeless Scallops	200g	Waitrose Frozen
	823984	Melt in the middle 2 cod Mornay fish cakes	290g	Waitrose Frozen
	826203	Crisp & spicy 2 Lightly dusted cod	230g	Waitrose Frozen
	844337	Mild & delicate 2 Lightly dusted cod	230g	Waitrose Frozen
	868543	Melt in the middle 2 salmon & watercress fish cakes	290g	Waitrose Frozen
FROZEN FISH PRODUCTS	22	Products		

Category	Line	Product Name	Size	Sub-Brand
FROZEN MEAL SOLUTIONS	1391	Rich & beefy mini spaghetti bolognese	250g	Waitrose Frozen
	4466	Savoury & comforting mini cottage pie	250g	Waitrose Frozen
	24478	Rich & tasty mini sausage & mash	250g	Waitrose Frozen
	31979	Rich & flavoursome mini lasagne	250g	Waitrose Frozen
	51061	breaded British chicken breast chunks	300g	Waitrose Frozen
	54790	southern fried British chicken breast mini fillets	380g	Waitrose Frozen
	66572	Breaded British Chicken Breast Mini Fillets	380g	Waitrose Frozen
	411471	Mild & creamy mini chicken korma with pilau rice	250g	Waitrose Frozen
	422429	Smooth & creamy mini cod dinner	250g	Waitrose Frozen
	431848	Aromatic and spicy chicken thai green rice	900g	Waitrose Frozen
	474686	9 mini cheese & tomato pizzas	270g	Waitrose Frozen
	494437	Thin, crispy and ready to top 2 Stonebaked pizza bases, with rich passata	470g	Waitrose Frozen
	504751	Mellow and comforting smoked haddock kedgeriee	900g	Waitrose Frozen
	526418	Warming & spicy mini chilli con carne	250g	Waitrose Frozen
	534076	Thin & crisp chargrilled vegetable & cheese stone baked pizza	376g	Waitrose Frozen
	601623	Succulent & smoky chicken & king prawn paella	900g	Waitrose Frozen
	643947	Bright & creamy pea & asparagus risotto	900g	Waitrose Frozen

	684775	Vibrant and warming vegetable curry dhal	900g	Waitrose Frozen
	689644	Luxurious & creamy seafood risotto	900g	Waitrose Frozen
	740420	Creamy & comforting mini macaroni cheese	250g	Waitrose Frozen
	854291	2 breaded British chicken breast fillets	325g	Waitrose Frozen
	884624	Thin & crisp milano salami & prosciutto cotto stone baked pizza	350g	Waitrose Frozen
FROZEN MEAL SOLUTIONS	22	Products		

Category	Line	Product Name	Size	Sub-Brand
FROZEN MEAT & POULTRY	599951	British chicken livers	250g	Essential Waitrose
	720253	Frozen Basted Turkey Crown - Large	2.5-2.99kg	Essential Waitrose
	749496	Frozen Basted Turkey Crown - Medium	2-2.49kg	Essential Waitrose
	817991	Frozen Basted Turkey Breast Joint	550g	Essential Waitrose
FROZEN MEAT & POULTRY	4	Products		

Category	Line	Product Name	Size	Sub-Brand
FROZEN VEGETABLES	9882	WHOLE LEAF SPINACH	1kg	Essential Waitrose
	20606	ORGANIC PEAS	500g	Waitrose Duchy Organic
	24872	PEA & BEAN MIX	1kg	Essential Waitrose
	29414	ORGANIC LEAF SPINACH	500g	Waitrose Duchy Organic
	54003	GARDEN PEAS 907g	907g	Essential Waitrose
	54004	GARDEN PEAS 1.81Kg	1.8kg	Essential Waitrose
	54027	PETITS POIS 907g	907g	Essential Waitrose
	54028	PETITS POIS 1.81Kg	1.8kg	Essential Waitrose
	54112	WHOLE GREEN BEANS	1kg	Essential Waitrose
	54141	BRUSSELS SPROUTS	1kg	Essential Waitrose
	54209	BROCCOLI FLORETS	1kg	Essential Waitrose
	54211	BABY BROAD BEANS	750g	Essential Waitrose
	54233	CAULIFLOWER FLORETS	1kg	Essential Waitrose
	54241	CHOPPED SPINACH	1kg	Essential Waitrose
	54326	VEGETABLE MIX	1kg	Essential Waitrose
	54331	CHUNKY VEGETABLE MIX	1kg	Essential Waitrose
	59990	SUPERSWEET SWEETCORN	1kg	Essential Waitrose
	67082	VEGETABLE MIX	750g	Waitrose Duchy Organic
	83970	Organic Straight Cut Oven Chips	750g	Waitrose Duchy Organic
	90788	Waitrose Duchy Organic Sweetcorn	500g	Waitrose Duchy Organic
	92908	PETITS POIS	500g	Waitrose Duchy Organic
	94681	EXTRA FINE WHOLE GREEN BEANS	500g	Essential Waitrose
	99050	Butternut Squash	500g	Essential Waitrose
	381767	Mushroom Mix, quick-frozen	300g	Cooks' Ingredients
	416941	Chopped shallots, quick-frozen	150g	Cooks' Ingredients
	420515	Potato Croquettes	750g	Waitrose Frozen
	436719	Beans & seeds steamers with edamame beans, peas & black beans	2x160g	Waitrose Frozen

	438152	Thai Herb Mix, quick-frozen	75g	Cooks' Ingredients
	445511	Chunky Oven Chips	1.5kg	Waitrose Frozen
	462698	Italian Herb Mix, quick-frozen	75g	Cooks' Ingredients
	473256	Chopped ginger, quick-frozen	75g	Cooks' Ingredients
	515426	Chopped coriander, quick-frozen	75g	Cooks' Ingredients
	519810	Chunky Potato Wedges	1kg	Waitrose Frozen
	528856	Garden Vegetable Steamers	4x160g	Waitrose Frozen
	539556	Chopped Basil, quick-frozen	75g	Cooks' Ingredients
	540870	Mashed Potato	700g	Essential Waitrose
	602290	Chopped jalapeno red chillies, quick-frozen	75g	Cooks' Ingredients
	650101	No more tears! Diced onions freshly frozen	500g	Cooks' Ingredients
	650695	Creamy and fragrant risotto base	700g	Cooks' Ingredients
	685824	Chopped flat leaf parsley, quick-frozen	75g	Cooks' Ingredients
	695017	4 large Yorkshire puddings	180g	Waitrose Frozen
	779502	Vibrant Soffrito Mix. Finely diced carrot, onion and celery freshly frozen.	500g	Cooks' Ingredients
	780801	Goose Fat Roast Potatoes	1kg	Waitrose Frozen
	809035	WR Shredded Mixed leaves	600g	Waitrose Frozen
	810945	Quinoa steamers with butternut squash, broccoli & kale	2x160g	Waitrose Frozen
	828096	Beetroot, edamame & bulgar wheat steamers	2x160g	Waitrose Frozen
	828806	Straight Cut Frying Chips	900g	Essential Waitrose
	832230	Fine Cut Vegetable Steamers	4x160g	Waitrose Frozen
	858812	Chargrilled Sliced Aubergines	500g	Cooks' Ingredients
	868933	French Fries	900g	Essential Waitrose
FROZEN VEGETABLES	50	Products		

Category	Line	Product Name	Size	Sub-Brand
FROZEN VEGETARIAN	562776	4 Crisp & golden vegetable quarter pounders	454g	Waitrose Frozen Vegetarian
	572100	4 Crisp & spicy chilli bean burgers	380g	Waitrose Frozen Vegetarian
	725992	Savoury & comforting cottage pie	380g	Waitrose Frozen Vegetarian
	829125	Savoury & comforting mediterranean vegetable lasagne	380g	Waitrose Vegetarian
	852441	4 Smoky & succulent red pepper grills	350g	Waitrose Frozen Vegetarian
	898625	2 Savoury & succulent chestnut & mushroom grills	175g	Waitrose Frozen Vegetarian
FROZEN VEGETARIAN	6	Products		

Category	Line	Product Name	Size	Sub-Brand
HOME BAKING	30452	Lemon Juice	125ml	Essential Waitrose
	51392	Lime Juice	125ml	Essential Waitrose
	70684	Waitrose Cooks' Homebaking - A Dash of Sicilian Lemon Juice from Conca d'Oro	250ml	Cooks' Homebaking
	480909	Madagascan Vanilla Extract	38ml	Cooks' Homebaking
	524356	Sparkle Dust	each	Cooks' Homebaking
	650311	A Spoonful Of Baking Powder	160g	Cooks' Homebaking

HOME BAKING	6	Products		
Category	Line	Product Name	Size	Sub-Brand
LONGLIFE MILK & ALTERNATIVES	35050	Soya Drink unsweetened	1litre	Essential Waitrose
	35051	Soya Drink Original	1litre	Essential Waitrose
	35301	Semi skimmed long life milk 500ml	500ml	Essential Waitrose
	35302	Whole long life milk 500ml	500ml	Essential Waitrose
	35303	Skimmed long life milk 500ml	500ml	Essential Waitrose
	35307	Semi skimmed long life milk 1lt	1litre	Essential Waitrose
	35308	Whole long life milk 1Lt	1litre	Essential Waitrose
	35309	Skimmed long life milk 1Lt	1litre	Essential Waitrose
	35313	Skimmed long life milk 6x1Lt	6x1litre	Essential Waitrose
	35314	Semi skimmed long life milk 6 x 1 Litre	6x1litre	Essential Waitrose
LONGLIFE MILK & ALTERNATIVES	10	Products		
Category	Line	Product Name	Size	Sub-Brand
MEALS IN MINUTES	439332	DFT- Soy & ginger salmon with sesame vegetable noodles	963g	
	641584	DFT- Thai inspired chicken curry with sticky rice and tomato carrot salad	1.25kg	
	642507	DFT- Harissa roast aubergine with tabouleh and feta	906g	
	699495	DFT New potato, chickpea and quinoa masala with chapatis and tamarind yogurt	1.08kg	
	749651	DFT- Seared Halloumi, warm tomato & orzo salad with crushed avocado	1.08kg	
	870035	DFT- Gnocchi Caponata Bake	1.4kg	
	874611	DFT- Pork Dijonaise	1.25kg	
	875082	DFT- Spanish inspired spiced chicken, sweet potato and chorizo traybake	1.3kg	
MEALS IN MINUTES	8	Products		
Category	Line	Product Name	Size	Sub-Brand
MEAT ACCOMPANIMENTS	405486	Chicken Gravy	500g	
	420965	A ladle of chicken stock slowly simmered	500g	Cooks' Ingredients
	461248	Beef Gravy	500g	
	464947	Onion Gravy	500g	
	465112	Turkey Gravy	450g	Waitrose Christmas
	468403	red wine and shallot sauce	200g	
	482790	Onion Gravy	450g	
	526314	parsley sauce	200g	
	537049	French Inspired Slow Cook Red Wine & Mushroom Sauce	500g	Cooks' Ingredients
	553987	Lamb Gravy	500g	
	600851	A Handful of Soft White Bread Crumbs	200g	Cooks' Ingredients
	625130	British Inspired Slow Cook Vegetable & Ale Sauce	500g	Cooks' Ingredients

	677975	A Ladle of Fish Stock Gently Simmered	500g	Cooks' Ingredients
	692933	Gravy	500g	Essential Waitrose
	699660	A ladle of vegetable stock gently simmered	500g	Cooks' Ingredients
	759266	A ladle of beef stock slowly simmered - Sub-ingredient for Beef Gravy	500g	Cooks' Ingredients
	799731	Lamb Gravy	450g	
	819689	Vegetable Gravy	500g	Waitrose Christmas
	823399	watercress Sauce	200g	
	826725	Chicken Gravy	450g	
	837613	Beef Gravy	450g	
	872843	Vegetable Gravy	450g	

MEAT ACCOMPANIMENTS

22 Products

Category	Line	Product Name	Size	Sub-Brand
MIXER DRINKS	10801	Indian Tonic Water with a Twist of Lemon	1litre	Essential Waitrose
	58056	Ginger Ale	1litre	Essential Waitrose
	402695	Indian Tonic Water with a Twist of Lime	1litre	Essential Waitrose
MIXER DRINKS	3	Products		

Category	Line	Product Name	Size	Sub-Brand
MORNING GOODS	62063	4 White Muffins	4s	Essential Waitrose
	598536	4 Cheese and Black Pepper Muffins	4s	
	606556	8 Crumpets	8s	Essential Waitrose
MORNING GOODS	3	Products		

Category	Line	Product Name	Size	Sub-Brand
OILS & VINEGARS	7602	Malt Vinegar	568ml	Essential Waitrose
OILS & VINEGARS	1	Products		

Category	Line	Product Name	Size	Sub-Brand
PASTA & PASTA SAUCE	4317	Fusilli	1kg	Essential Waitrose
	17133	Spaghetti	500g	Essential Waitrose
	17136	Spaghetti	1kg	Essential Waitrose
	17158	Fusilli	500g	Essential Waitrose
	17159	Farfalle	500g	Essential Waitrose
	17160	Essential Amori	500g	Essential Waitrose
	17162	Penne	500g	Essential Waitrose
	17186	Italian Macaroni	500g	Essential Waitrose
	17190	Tagliatelle 500g	500g	Essential Waitrose
	17255	Essential Lasagne Sheets	375g	Essential Waitrose
	17256	Essential Lasagne Verdi Sheets	375g	Essential Waitrose
	17259	Essential Egg Lasagne Sheets	375g	Essential Waitrose
	19737	Penne	1kg	Essential Waitrose
	32773	Essential Linguine	500g	Essential Waitrose
	73467	Spaghetti	500g	Waitrose Duchy Organic
	83469	Essential Elicoidali	500g	Essential Waitrose

	95415	Fusilli	500g	Waitrose Duchy Organic
	417514	Arrabbiata	345g	
	447017	Bolognese	555g	
	450299	Essential Conchiglie Rigate	500g	Essential Waitrose
	463114	Orzo	500g	Essential Waitrose
	475121	Tomato and Mascarpone	345g	
	479674	Puttanesca	345g	
	526234	Wholewheat penne	500g	LOVE life
	532414	Bolognese Pasta Sauce	300g	Waitrose 1
	537587	Wholewheat fusilli	500g	LOVE life
	548031	Tomato, Onion and Garlic Pasta Sauce	555g	Essential Waitrose
	609198	Fusilli Bucati	500g	Waitrose 1
	609361	Creamy Tomato Pasta Bake	555g	Essential Waitrose
	613528	Bucatini	500g	Waitrose 1
	620021	Spaghetti Lunghi	1kg	Waitrose 1
	648428	Wholewheat Spaghetti	500g	LOVE life
	670805	White Lasagne Sauce	525g	Essential Waitrose
	699396	Tomato and Mushroom Sauce	555g	Essential Waitrose
	703490	Paccheri Rigati	500g	Waitrose 1
	737306	Tomato and Basil Pasta Sauce	555g	Essential Waitrose
	740368	Tomato and Sundried Tomato Sauce	345g	
	778739	Essential Vermicelli Nests	500g	Essential Waitrose
	793920	Tomato Lasagne Sauce	555g	Essential Waitrose
	835922	Flame Grilled Red Pepper and Artichoke Pasta Sauce	300g	Waitrose 1
	858115	Tomato and Chilli Pasta Sauce	555g	Essential Waitrose
	860517	Puttanesca Pasta Sauce	300g	Waitrose 1
	892067	Ditaloni Rigati	500g	Waitrose 1
PASTA & PASTA SAUCE	43	Products		

Category	Line	Product Name	Size	Sub-Brand
PICKLES	34313	Pickled Onions	440g	Essential Waitrose
	34314	Pickled Onions	710g	Essential Waitrose
	85663	Natural Pimiento Stuffed Queen Olives in brine	340g	Waitrose 1
	95493	Caperberries in brine	235g	
PICKLES	4	Products		

Category	Line	Product Name	Size	Sub-Brand
PREPACKED CHEESE	13076	cottage cheese with onion & chive	300g	Essential Waitrose
	16139	Low Fat Natural Cottage Cheese	300g	
	16264	Natural Cottage Cheese	300g	Essential Waitrose
	19306	Low Fat Natural Cottage Cheese	600g	
	41472	Lighter Soft Cheese	250g	Essential Waitrose
	432624	fat free quark	250g	Essential Waitrose
	663817	Natural Cottage Cheese	600g	Essential Waitrose

	669540	fat free quark	500g	Essential Waitrose
	833005	Low Fat Natural Cottage Cheese	250g	Waitrose Duchy Organic
PREPACKED CHEESE	9	Products		
Category	Line	Product Name	Size	Sub-Brand
PREPACKED DELICATESSEN	63823	Chargrilled Artichokes	175g	
	75894	Adriatic Anchovies	200g	
	457946	Butternut Crush, Charred Cauliflower, Cranberry	160g	Waitrose Summer
	460173	Asian chilli pulled drumsticks	200g	
	493555	Citrus anchovies	100g	
	555740	King prawn lime, soy, mirin	80g	
	710875	White beans, pepper romesco	150g	
	754790	King prawn, cucumber, lime	90g	
	784809	Seafood Antipasti	130g	
	789550	Stuffed vine leaves	225g	
	793733	Garlic, rosemary, saffron mini fillets	120g	
	797864	Jerk chicken thigh kebabs	100g	
	814847	Roasted red pepper, cucumber yogurt dip	150g	Waitrose Summer
	825654	Kuku Sabzi Herb Frittata	140g	
	849801	edamame, pea & horseradish dip	180g	
	852878	Charred Corn Crush, Black Bean, Piquillo Pepper	160g	Waitrose Summer
	858461	Cannellini Crush, Chorizo, Butternut	160g	Waitrose Summer
	890355	Smoked salmon yuzu, edamame	90g	
PREPACKED DELICATESSEN	18	Products		
Category	Line	Product Name	Size	Sub-Brand
PREPACKED FRESH FISH	26113	Cod fillet in breadcrumbs with chips	300g	Essential Waitrose
	28956	Yellowfin tuna steaks	240g	Waitrose 1
	46105	Tender & flavoursome British plaice fillets	per kg	
	61487	6 cod fillet fingers in breadcrumbs	330g	Essential Waitrose
	62220	Boneless Wild Alaskan Sockeye Salmon Fillets	220g	Waitrose 1
	412460	Mild and succulent diced Albacore tuna steak	250g	
	413147	Cod fillets in seeded breadcrumb	260g	
	519802	Smoked Haddock Loins	260g	Waitrose 1
	531920	2 Boneless sea bass fillets - FRESH	180g	
	552596	Yellowfin Tuna Steaks with Lemongrass, Coriander and Chilli butter	270g	Waitrose 1
	570175	Tilapia fillets with parsley, red peppers, coriander & chilli	210g	
	570572	Scottish mussels in garlic butter	2x250g	
	610264	Haddock Fillets traditionally smoked	240g	
	634562	Albacore tuna steaks with soy & ginger dressing	250g	
	641682	Plaice and lemon sole roulade with spinach and samphire	520g	Waitrose Christmas
	667131	King Prawns with garlic & chilli	170g	

	670472	Cod fillets in breadcrumb	300g	
	678252	2 Scottish Loch trout fillets with vibrant, peppery watercress & rocket sauce	250g	
	711195	2 Hake fillets with a sweet soy and mirin glaze	260g	
	762469	Cooked Scottish mussels	2x200g	
	766282	2 smoked haddock fish cakes	170g	Essential Waitrose
	803846	Sweet & delicate Peruvian scallops with smoky chipotle butter	195g	
	820687	2 Wild Keta Salmon Fillets with Puttanesca	260g	
	821853	Hake fillets in breadcrumbs	345g	Essential Waitrose
	827281	Monkfish Medallions	200g	Waitrose 1
	830135	Raw King Prawns 'Stir fry special'	180g	Essential Waitrose
	850316	Mild & delicate boneless tilapia fillets	200g	
	853828	Squid with coriander, chilli & lime	215g	
	855493	Boneless & skinless Icelandic Cod Loin	260g	Waitrose 1
	861128	PP Diced Yellowfin Tuna defrosted	250g	Waitrose 1
	862851	Haddock fillets in breadcrumb	300g	
PREPACKED FRESH FISH	31	Products		

Category	Line	Product Name	Size	Sub-Brand
READY MEALS	12508	Beef Moussaka	350g	
	14459	Beef casserole	450g	
	26935	Roast Potatoes	450g	
	33261	Chicken chow mein	400g	
	37157	Pilau rice	350g	
	38292	Vegetable moussaka	350g	
	38410	Lamb Rogan Josh	350g	
	39455	Cheddar mash	450g	
	41281	Chicken jalfrezi	350g	
	44280	Spinach & carrot pilau rice	300g	
	44400	Crunchy topped Fish Pie	720g	Menu from Waitrose
	48807	Vegetable Lasagne	400g	
	52470	Macaroni Cheese	400g	
	55204	2 Tandoori Naans	300g	
	55612	Beef Lasagne	700g	
	58562	Spaghetti with Meatballs	400g	
	60286	Spinach and Ricotta Cannelloni	400g	
	61721	Beef Lasagne	400g	
	63194	Mashed potato	450g	Waitrose Christmas
	68159	Chicken Saag Masala	350g	
	68365	Potato Gratin	450g	
	68595	Green Thai chicken curry	350g	
	72310	Tender Slow-Cooked Lamb Shanks	1kg	Menu from Waitrose
	74497	American inspired Chicken and prawn jambalaya	350g	
	85187	Chicken madras	350g	

	86354	Aloo gobi saag	300g	
	86617	Spaghetti Bolognese	400g	
	88498	Ham and Mushroom Tagliatelle	400g	
	89422	Beef Cannelloni	400g	
	89766	Bombay potato	300g	
	92964	Chicken biryani	450g	
	93959	Fish pie	400g	
	97413	Beef in black bean sauce	350g	
	393689	Special fried rice	350g	
	397229	Spiced & Smoky Chilli Con Carne	350g	Heston From Waitrose
	400215	Flame-seared lamb koftas with tomato sauce and bulgar wheat	360g	Waitrose 1
	400689	Chicken Penang	350g	
	401273	Chicken Tarragon	380g	Waitrose 1
	408173	Sausage & Root Vegetable Crush	380g	LoveLife Calorie Controlled
	415912	Lambs Shanks with Redcurrant & Rosemary Jus	1kg	Waitrose 1
	425720	Pistachio chicken	340g	
	431330	Ham hock in parsley sauce	380g	
	433595	Singapore Noodles	400g	
	434077	Lemon and coriander hake	250g	
	436630	Beef Lasagne al forno	400g	Waitrose 1
	438234	Aubergine Parmigiana	370g	
	438977	Chicken Katsu Curry with jasmine rice	350g	LoveLife Calorie Controlled
	440765	Chicken and chorizo paella	370g	
	441193	Cottage Pie Hash	700g	
	444370	Shepherd's Pie	800g	Waitrose 1
	445192	Makhani Dal	300g	
	448263	Crunchy topped beef gratin	600g	Menu from Waitrose
	449565	Roasted Mushroom Risotto	350g	
	459736	Carbonara Pasta Bake	360g	Waitrose 1
	460082	Ginger chicken	340g	
	464645	Spanish inspired Meatballs and potatoes with tomato sauce	370g	
	483004	Lemon chicken balti	350g	
	483876	Spicy Piri Piri Chicken	420g	Menu from Waitrose
	494532	Mushroom Stroganoff	450g	Waitrose 1
	495943	Creamy mushroom risotto	400g	Menu from Waitrose
	497276	Pesto vegetable bake	330g	
	504461	Beef Rotolo	670g	Waitrose 1
	505850	Mushotto - riceless risotto with celeriac & mushrooms	350g	LoveLife Calorie Controlled
	507320	Chicken Chettinad	350g	
	512509	Chicken korma with pilau rice	400g	

	517179	Fish Pie	400g	Heston From Waitrose
	520971	Beef & Chorizo Chilli	400g	Waitrose 1
	527937	Seared Halloumi with Roasted Vegetable Stew	375g	
	531414	Chicken & Roasted Pepper Fettuccine	375g	LoveLife Calorie Controlled
	536954	Indian inspired Fruity chicken curry with rice	350g	
	543152	Bacon Lyonnaise Potatoes	400g	
	546854	Chilli con Carne with rice	350g	LoveLife Calorie Controlled
	555349	Spiced Shepherds Pie	700g	Waitrose 1
	558804	Yorkshire with sausage & mash	400g	
	563768	Chicken Malabar curry	350g	
	571530	Chicken Gyoza	126g	
	571843	Piri Piri Chicken	420g	Waitrose 1
	574682	Butternut Squash & Pork Gnocchi	370g	
	577780	Chicken in oyster sauce	350g	
	581112	Beef & Pork Bolognese	400g	Waitrose 1
	581675	Roasted Aubergine Rigatoni	400g	
	582657	Green vegetable medley	250g	
	588938	Szechuan Chicken with Rice	350g	LoveLife Calorie Controlled
	593705	Chicken Roast Dinner	420g	
	595770	Beef & Pork Meatballs with Spaghetti	375g	LoveLife Calorie Controlled
	597958	Beef in black pepper sauce	350g	
	604002	Chicken with mustard	350g	
	605134	Chicken Vindaloo	350g	
	609922	Chicken Tikka Masala with Pilau Rice	400g	LoveLife Calorie Controlled
	610046	Mexican Inspired Vegetable chilli with rice	400g	
	618143	Ham hock in cider & mustard sauce	380g	
	622196	Cauliflower, sweet potato & kale bake	350g	
	631813	Tarka dal	300g	
	637697	Aubergine masala	330g	
	638766	Jacket Potato & cheese	472g	
	641615	Chicken, cider and mustard bake	700g	
	644637	Crunchy topped smoked fish gratin	620g	Menu from Waitrose
	653774	Roasted Mushroom Risotto	380g	Waitrose 1
	656267	Chargrilled coconut chicken with vegetable thoran & pilau rice	400g	
	656376	Prawn Gyoza	126g	
	656852	Smoky masala chicken	350g	
	660733	Spaghetti Carbonara	400g	
	663758	2 garlic and coriander naans	300g	
	672208	Half Tandoori Chicken	650g	
	672293	Chicken Tagliatelle	380g	
	673099	Parsnip mash	400g	Waitrose Christmas

	682920	Rich, creamy chicken forestiere	400g	Menu from Waitrose
	684225	Bubble & squeak	350g	
	685910	Tomato & Chianti Chicken	400g	Waitrose 1
	691434	Chicken katsu curry with sticky rice	350g	
	692882	Beef Stroganoff	450g	Waitrose 1
	695048	Rainbow vegetables with red pepper couscous & chicken	350g	LoveLife Calorie Controlled
	698864	Crunchy Topped Cottage Pie	350g	Menu from Waitrose
	701858	Chicken with cheese and bacon	400g	
	702860	World cafe Spanish inspired chicken and chorizo paella	370g	
	703577	Slow-Cooked Pulled Beef Hash	700g	Waitrose 1
	703903	Chicken & Bacon Forestiere	400g	Waitrose 1
	705016	Beef rendang	350g	
	706724	Aubergine parmigiana	650g	Waitrose 1
	707098	Butternut Squash Risotto with Feta	370g	Waitrose 1
	710428	Shanghai beef noodles	350g	
	711007	Green Thai Chicken Curry with Rice	400g	LoveLife Calorie Controlled
	734812	Roast beef dinner	330g	
	735495	Spinach dal	300g	
	738410	Chicken Korma with Pilau Rice	400g	LoveLife Calorie Controlled
	740512	Goats Cheese, Spinach & Ricotta Rotolo	730g	Waitrose 1
	745583	Creamy Chicken with Tarragon	380g	Menu from Waitrose
	747965	Spicy Fusilli with Sausage	360g	
	748430	Beef Fettuccine	375g	LoveLife Calorie Controlled
	748538	10 Chinese pancakes	110g	
	752846	Pork & Prawn Siu Mai	171g	
	755102	Chicken & Pesto Tagliatelle	380g	
	755995	Beef teriyaki with sticky rice	350g	
	757334	Masala hake with spicy cauliflower and lemon rice	400g	
	758838	Pulled Pork & Fennel Cannelloni	630g	Waitrose 1
	761775	Thin & Crispy Frites	300g	From Waitrose
	763789	Chicken Madeira	380g	LoveLife Calorie Controlled
	764133	Beef Bourguignon	560g	Waitrose 1
	776404	Potato, Butternut Squash & Spinach Bake	350g	
	777735	Beef Massaman	350g	
	791761	Aloo chana masala	350g	
	794844	American Inspired Smoky Beef Pie	400g	
	801744	Chicken in White Wine with Rarebit Topping	400g	Waitrose 1
	802723	Beef & Peppercorn Bake	600g	Waitrose 1
	804253	Mushroom Open Ravioli	650g	Waitrose 1
	804926	Smoked haddock in cheese sauce	400g	
	806047	King Prawn Linguine	380g	Waitrose 1

	808019	Chilli chicken	350g	
	809848	Petit Pois, Leeks & Pancetta	250g	
	810529	Four Cheese Ravioli	375g	
	811081	Rich beef lasagne	400g	Menu from Waitrose
	813035	Rich beef lasagne	800g	Menu from Waitrose
	815110	Barbecue Pulled Pork & Sweet Potato Wedges	370g	LoveLife Calorie Controlled
	815255	Crunchy topped Shepherds Pie	700g	Menu from Waitrose
	817872	Mushroom & Spinach Linguine	380g	
	817891	Malay prawn noodles	350g	LoveLife Calorie Controlled
	818170	Harissa Beef Lasagne	390g	
	823935	Sausage & mash	430g	
	824429	Chicken malai tikka	250g	
	826464	Roasted Root Vegetables and Chicken Hotpot	380g	
	829071	Garlic chicken	350g	
	830072	Cauliflower & Kale Couscous	300g	
	830547	Chicken Hotpot	400g	
	832241	Cod fillet in parsley sauce	400g	
	837050	Chorizo bucatini	350g	Waitrose 1
	838118	Mushroom rice	350g	
	838188	Tandoori chicken shashlik	250g	
	840351	Chicken yakitori	380g	
	841929	Tomato & White Wine Seafood Stew	570g	Waitrose 1
	841984	Chicken Arrabiata Penne - Good Health	400g	
	843001	Buttery, Tender Peas and Carrots	340g	
	844899	Fish Pie	400g	LoveLife Calorie Controlled
	845077	Smoky Paella	800g	Menu from Waitrose
	845833	Chicken & Smoked Ham Hotpot	400g	LoveLife Calorie Controlled
	846056	Bulgur wheat, quinoa & rainbow vegetables	300g	
	846089	Beef Lasagne al forno	800g	Waitrose 1
	849138	Triple Cooked Chips with Duck Fat	310g	Waitrose 1
	849474	Lasagne	400g	Heston From Waitrose
	850855	Sweet Thai Basil Prawn	350g	
	853662	Beef Lasagne	400g	LoveLife Calorie Controlled
	855778	Lamb Pastichio	400g	
	856343	Fish & Chips	400g	LoveLife Calorie Controlled
	858701	Lamb with lemon and coriander	350g	
	859147	Cajun Chicken Tagliatelle	370g	
	859821	Fresh Pasta Mushroom Open Ravioli	650g	Menu from Waitrose
	861050	Hot chicken tikka masala	350g	
	861174	Beef pepper masala	300g	
	864426	Beef Roast Dinner	390g	

	865085	Fish Pie	400g	Waitrose 1
	865552	Lamb, ginger & spring onion	350g	
	869479	Lamb hotpot	400g	
	870836	Red Thai Chicken Curry with Noodles	360g	LoveLife Calorie Controlled
	870947	Pea & Smoked Ham Orzo Risotto	380g	Waitrose 1
	870971	Nasi goreng	390g	
	873631	Slow Cooked Beef Macaroni Cheese	400g	Waitrose 1
	876266	Fish Pie	720g	Waitrose 1
	876608	Beef Bourguignon	560g	Waitrose 1
	878172	Roast potatoes with goose fat	750g	Waitrose Christmas
	878182	Macaroni Cheese with Butternut Squash & Pancetta	370g	Waitrose 1
	879739	Paella	800g	Waitrose 1
	880146	Keralan Chicken Biryani	350g	LoveLife Calorie Controlled
	884067	Chicken & prawn laksa	380g	
	886445	Beef Stifado with Orzo	400g	
	887969	Chicken in mushroom sauce	400g	
	889113	Creamy chicken & asparagus risotto	400g	Menu from Waitrose
	891526	Aubergine masala	250g	
	893533	Spinach and Ricotta Cannelloni	400g	LoveLife Calorie Controlled
	894319	Lamb biryani	400g	
	895738	West Country Butter Mash	450g	Waitrose 1
	898318	Chicken Tikka Masala with Pilau Rice	400g	
	898798	Vegetable korma	300g	
	899488	Crisp & Golden chunky chips	450g	From Waitrose
	899978	Cottage Pie	800g	Waitrose 1
READY MEALS	213	Products		

Category	Line	Product Name	Size	Sub-Brand
READY TO COOK	47850	Beef joint with a horseradish and mustard crust	550g	Easy to Cook
	414952	Keralan prawn curry	325g	Easy to Cook
	423820	Cod fillets with a crème fraîche, pea and mint crush	260g	Easy to Cook
	424445	Pesto loin steaks with pesto	286g	Easy to Cook
	463466	Gammon steaks with leek, cheese and mustard crumble	330g	Easy to Cook
	479695	Persian inspired chicken breasts	350g	Easy to Cook
	482419	Cod fillets with Cheddar cheese, basil and parmesan crumble	260g	Easy to Cook
	487803	Trout with soy, chilli & ginger glaze	383g	Easy to Cook
	513279	Chicken & Bacon Pancakes	285g	Easy to Cook
	519153	Cajun chicken breasts	270g	Easy to Cook
	524458	Gammon joint with cheddar cheese & Dijon mustard crust	400g	Easy to Cook
	532551	Pork loin steaks layered with mustard, Gruyere, pulled ham & gherkin	353g	Easy to Cook

	540559	Chicken & Chorizo stuffed with pork & smoked peppers	326g	Easy to Cook
	554338	Chicken with bacon, caesar sauce, croutons and Parmesan	385g	Easy to Cook
	571838	Beef bourguignon	730g	Easy to Cook
	573204	Chicken breast with tomato & basil sauce and four cheese crust	440g	Easy to Cook
	582832	Chicken and vegetable casserole with herby dumplings	750g	Easy to Cook
	609611	Mexican Inspired Chicken	509g	Easy to Cook
	660752	Hake with roasted tomato&tapenade butter	300g	Easy to Cook
	691502	Aberdeen Angus rump steaks with creamy green peppercorn sauce	420g	Easy to Cook
	698522	Cod fish cakes with a creamy cheddar cheese filling	315g	Easy to Cook
	711105	Pesto chicken in a rich cheese sauce	525g	Easy to Cook
	740078	Coq au vin	730g	Easy to Cook
	762906	Jerk spatchcock chicken with spiced butter and sweet potatoes	1.46kg	Easy to Cook
	776527	Pork sausage, mushroom & bacon traybake	732g	Easy to Cook
	776632	Chicken breasts & ham hock with a creamy mustard sauce & corn dumplings	760g	Easy to Cook
	785627	Malaysian style pork curry with butternut squash, coriander, red onion & chilli	720g	Easy to Cook
	827825	Pork saltimbocca	240g	Easy to Cook
	858844	Pork, chilli & fennel meatballs with gnocchi	750g	Easy to Cook
	878447	Pork leg joint wrapped in bacon with apples & crackling	415g	Easy to Cook
	890694	Ginger, coriander and lime chicken breasts	285g	Easy to Cook
	892942	Greek Inspired chicken with olives, feta & orzo	522g	Easy to Cook
READY TO COOK	32	Products		

Category	Line	Product Name	Size	Sub-Brand
ROTISSERIE CHICKENS + PORTIONS	31903	Garlic Rotisserie Chicken Whole	each	
	31905	BBQ Maple Mesquite Style Rotisserie Chicken Whole	each	
	31988	Garlic Rotisserie Chicken Whole	each	
	484559	Whole Garlic Chicken	each	Good to Go
	571106	Half BBQ Chicken	each	Good to Go
	591727	Honey & Mustard Rotisserie Chicken Whole	each	
	733919	2 BBQ Chicken Drumsticks	each	Good to Go
	853348	Vegetable Korma	2KG	Cafe
	894951	2 BBQ Chicken Drumsticks	2s	Good to Go
ROTISSERIE CHICKENS + PORTIONS	9	Products		

Category	Line	Product Name	Size	Sub-Brand
SALAMIS AND CONTINENTAL MEATS	25206	Traditional Bury Black Pudding	each	
	50027	Brunswick Ham	per 100g	

	50054	Farm Assured Continental Honey Glazed Ham	per 100g	
	593304	Bresaola	per 100g	
	594628	Italian Prosciutto Cotto with herbs	100g	
SALAMIS AND CONTINENTAL MEATS	5	Products		

Category	Line	Product Name	Size	Sub-Brand
SANDWICH SOLUTIONS	1889	6 White Sesame Seed Burger Buns	6s	Essential Waitrose
	17670	2 Half Ciabattas	2s	
	18784	Mixed Olive Ciabatta	270g	
	39832	4 Ciabatta Rolls	320g	
	55337	Ciabatta	270g	
	57075	4 Granary® Rolls	4s	
	57079	6 Wholemeal Baps	6s	Essential Waitrose
	57243	6 White Floured Baps	6s	Essential Waitrose
	57910	White Pitta Bread	6s	Essential Waitrose
	78822	4 White Rolls	4s	
	81578	4 White Giant Baps	4s	Essential Waitrose
	81845	2 Submarine Rolls	2s	Essential Waitrose
	91497	6 White Finger Rolls	6s	Essential Waitrose
	408747	10 mini white pitta	10s	Essential Waitrose
	409846	6 White Hot Dog Rolls	6s	Essential Waitrose
	419978	6 Assorted Round Rolls	6s	
	502957	Rosemary and Rock Salt Focaccia	2s	
	559991	4 Wholemeal Seeded Rolls	4s	LOVE life
	740026	4 Panini	4s	
	798814	6 Waitrose Half White Half Wholemeal Rolls	6s	Essential Waitrose
	802863	4 Wheat and Wholemeal Spelt Rolls	4s	LOVE life
	836939	8 Wholemeal Tortilla Wraps	512g	Essential Waitrose
	871774	4 sourdough rolls	4s	Waitrose 1
	888118	8 Seeded Tortilla Wraps	512g	LOVE life
	896165	4 White Giant Sesame Seed Burger Buns	4s	Essential Waitrose
SANDWICH SOLUTIONS	25	Products		

Category	Line	Product Name	Size	Sub-Brand
SAUSAGES	508359	6 Chicken, Sundried Tomato & Basil Pesto Sausages	300g	Limited Edition
SAUSAGES	1	Products		

Category	Line	Product Name	Size	Sub-Brand
SAVOURY BISCUITS	2348	High Bake Water Biscuits	200g	Essential Waitrose
	31471	Mini Breadsticks with Extra Virgin Olive Oil (7%)	95g	
	49391	Breadsticks	125g	LOVE life - you count
	602910	Grissini Rubata Pesto	140g	Waitrose 1
SAVOURY BISCUITS	4	Products		

Category	Line	Product Name	Size	Sub-Brand
SAVOURY PASTRY & SNACKS	50039	Chicken Satay	each	
	77972	Chicken Tikka Kebab	each	Delicatzze
SAVOURY PASTRY & SNACKS	2	Products		

Category	Line	Product Name	Size	Sub-Brand
SLICED BREAD	25062	White and Wholemeal Thick Sliced Bread	800g	
	41103	Farmhouse Batch Multigrain	800g	
	55015	Brown Thin Sliced Bread	800g	Essential Waitrose
	55018	White Medium Sliced Bread	800g	Essential Waitrose
	55041	Stoneground Wholemeal Bread Medium Sliced Love Life	800g	LOVE life
	55044	Stoneground Wholemeal Bread Thick Sliced love life	800g	LOVE life
	55051	Wholemeal Medium Sliced Bread	800g	Essential Waitrose
	71616	White and Wholemeal Medium Sliced Bread	800g	
	75319	Soft White Medium Sliced Bread	800g	
	463468	Farmhouse Batch Multi Seeded	800g	LOVE life
	493513	White Sourdough (PP)	500g	Waitrose 1
	515769	Thick Sliced White Farmhouse Bread	800g	
	582519	Wholemeal Batch	800g	Waitrose Duchy Organic
	599092	Teff Bread	400g	
	625468	Wheat, Rye and Sunflower Bloomer	400g	Waitrose Duchy Organic
	653557	Wholemeal seeded bloomer	400g	Waitrose Duchy Organic
	653720	Wheat & Rye Sourdough (PP)	500g	Waitrose 1
	665623	Heyford Sliced Bloomer love life	400g	LOVE life
	703502	Spelt Sourdough Bread	500g	Waitrose 1
	725437	3 Malts Sourdough with mixed seeds (PP)	500g	Waitrose 1
	784624	Wheat and Wholemeal Spelt Sliced Loaf	400g	LOVE life
	887033	Rye& Wheat dark Sourdough Bread	500g	Waitrose 1
	895796	Stoneground Wholemeal Bread Thick Sliced love life	400g	LOVE life
SLICED BREAD	23	Products		

Category	Line	Product Name	Size	Sub-Brand
SMOKED SALMON	10787	16 Cocktail Blinis	162g	
	34821	Succulent and sweet, extra large tiger prawns	140g	Waitrose 1
	49070	Wild Alaskan smoked salmon	100g	Waitrose 1
	83285	36 Canape Blinis	123g	
	447700	Treacle-cured smoked salmon with molasses glaze	100g	Waitrose 1 Christmas
	461456	Squid with salt & pepper	150g	
	471282	Large whole cooked Canadian lobster	400g	Waitrose 1
	610537	Lapsang Souchong Tea Smoked Salmon	100g	Heston From Waitrose
	703870	King Prawns in Tandoori Marinade	150g	

	728268	Mild Scottish oak smoked salmon	300g	Christmas - Waitrose (Mid Tier)
	746556	Cooked King Prawns	150g	Essential Waitrose
	810351	King prawns in coriander and chilli	150g	
	878478	Tiger Prawns	140g	Waitrose 1
	888072	Scottish smoked salmon	200g	Essential Waitrose
SMOKED SALMON	14	Products		

Category	Line	Product Name	Size	Sub-Brand
THE KITCHEN	404390	Seabass fillet , cauliflower & kale cous cous , spiralized vegetables with tomatoes & French dressing	each	
	411079	Houmous and carrot pot	each	
	413860	Soy and ginger noodle broth with chicken Gyoza parcels	each	
	428987	Tzatziki, beetroot and feta pot	each	
	430316	Roasted Butternut	1x500g	
	438478	Tortilla with pulled pork,salsa and avocado salad	each	
	444825	Beef rump steak with pearl potatoes,tenderstem broccoli and butternut layers, mushrooms with garlic and rosemary	each	
	452284	Chicken breast in a barbecue sauce with sweet potato and butternut squash	each	
	455412	Leek and potato soup	each	
	455750	Pork medallions in cheese sauce with linguine and courgette	each	
	463491	Spinach falafel grains hot pot	each	
	467958	Cod fillet bravas in a tomato and chilli sauce with charlotte potatoes and spiralized courgette	each	
	469469	Keralan curry style vegetable broth with rice noodles & pak choi	each	
	476404	Cucumber, cherry tomatoes and onion	1x500g	
	496608	Lemon Quinoa Salad	1x700g	
	497679	Coconut and Lemongrass noodle broth with shredded chicken	each	
	504374	Chicken and bacon avocado toastie	each	
	505139	Potato omelette with red chilli	each	
	516440	hot water with lemon	each	
	517317	Seabass with Keralan style curry paste,spinach and mint potatoes with vegetables	each	
	518179	Potato omelette with shredded chicken	each	
	518914	Spanish style tomato soup with prawns mixed grains & spinach	each	
	519209	Potato omelette with feta	each	
	530549	Tomato & basil soup	each	
	532304	Butternut squash & tarragon soup	each	
	534328	Rib eye steak, spiralised vegetables, pearl potatoes, , mushrooms & rosemary	each	
	536097	Lamb leg steak in a rogan josh inspired curry paste with pearl potatoes,spiralized courgette,vegetables with a five spice mix	each	
	539045	Moroccan inspired lamb meatballs with spiralised vegetable, bulgur wheat & quinoa	each	

	539491	Salmon fillet, seasoned buttered charlotte potatoes, spiralised vegetables,tomatoes,samphire in a cider vinegar dressing	each	
	548000	Cucumber, red onion and parsley	1x500g	
	553589	Chilli seabass egg noodles,Ponzu dressing	each	
	555983	Salt beef	1x500g	
	579736	Pork fillet medallion with barbecue sauce ,sweet potato and butternut squash	each	
	581609	Smoked salmon	each	
	584389	Edamame Beans	1x500g	
	590474	Wiltshire cured ham and cheese toastie	each	
	591685	Wheatberries, lentils & green vegetables	1x700g	
	592710	Avocado on sourdough toast with smoked salmon	each	
	594140	Cafe Tenderstem® Broccoli	300g	Cafe
	595189	Grazing Tenderstem® Broccoli & Courgette	1x210g	
	595422	Stone Baked Paysan Rustica Roll and butter	each	
	599798	Beef chilli and grains with avocado and yogurt hot pot	each	
	602196	moroccan chicken soup	each	Cafe
	604960	Red Thai chicken curry hot pot	each	
	610482	Chilli Con Carne	1x2KG	Cafe
	610498	Minestrone style soup pot with chicken	each	
	611111	Chicken and vegetable broth	each	
	611379	Chilled Vegetable Stock	1x1each	
	612492	Tzatziki chicken pot	each	
	613337	Egg Noodle Salad Mix	1x500g	
	619282	Veal meatballs in a tomato and chilli sauce with gnocchi and vegetables	each	
	619571	Pork fillet medallion in a Japanese inspired katsu curry sauce with rice noodles and vegetables	each	
	625337	Cod loin, egg noodles, red chilli, Ponzu dressing	each	
	627068	Avocado on toast with boiled egg	each	
	628387	King prawn and sushi rice salad with a ponzu dressing	each	
	628612	Bulgur wheat, quinoa & rainbow vegetables	1x700g	
	631194	Pulled Pork Shoulder	1x480g	
	632606	Small shami chicken kebab with roasted vegetable cous cous & Moroccan houmous salad	each	
	636383	Mexican inspired vegetable broth with rice noodles	each	
	637140	Porridge with choice of topping	each	
	638206	Cucumber Batons	1x1KG	
	640942	Chicken breast in a Japanese inspired Katsu curry sauce with rice noodles and vegetables	each	
	647152	Beef meatballs, Linguine, Spiralised vegetables	each	
	651292	Cod fillet in a Japanese inspired Katsu curry sauce with king prawns rice noodles and vegetables	each	

	672907	Sweet chilli chicken, fruity wild rice salad	each	
	675834	Core Volume Whole Pak Choi	300g	
	678286	Butternut squash noodle pot	each	
	684035	Roast Beef & Horseradish	each	
	685826	Avocado on sourdough toast with shredded chicken	each	
	686834	Small prawn and chilli salad	each	
	690092	Shredded chicken	each	
	700993	Grazing Fragrant Black Quinoa Salad	1x480g	
	703575	Emmental & Smoked Ham	each	
	705642	Beef meatballs with chorizo in a mexican inspired sauce, butternut squash and sweet potato and vegetables	each	
	714707	Moroccan Inspired Chicken Soup	each	
	718526	Bulgar wheat, couscous, quinoa & cranberry with parsley & lemon	700g	
	719532	Roasted Vegetable Couscous	1x700g	
	725088	Mozzarella & Milano Salami MIBB	each	Waitrose 1
	725771	Pork, lentil and kale soup	each	
	726869	Tabbouleh Salad	1x700g	
	726928	Ham & Piccalilli MIBB	each	Waitrose 1
	729462	Chicken, Ham & Leek in Creamy Sauce	4KG	
	734344	Pea & Wiltshire cured ham hock soup	each	
	745813	Grazing Lemon Quinoa Salad	1x480g	
	748779	Potato omelette with crispy bacon	each	
	750565	Asian style Chicken breast with miso glaze and vegetables	each	
	751542	Core Volume 24mm Pak Choi	400g	
	754813	Greek style salad, with roast chicken breast & Tabbouleh	each	
	754926	Potato omelette with coriander	each	
	756060	Potato omelette	each	
	758846	Chicken breast with Louisiana inspired barbecue sauce and beechwood smoked pancetta with butternut squash and sweet potato	each	
	759394	Soy and ginger noodle broth	each	
	760497	Chilled Chicken Stock	1x1each	
	772156	Roast chicken salad with Middle Eastern rice, roasted carrots & feta cheese, pumpkin seeds in a lemon dressing	each	
	780251	cheese sauce	1x1each	Essential Waitrose
	782270	Leek & potato with ham hock noodle pot	each	
	788637	Small Halloumi salad with spiced rice & chick pea salad	each	
	789441	Fruity Wild Rice Salad	1x500g	
	792279	Ham hock and piccalilli tartine	each	
	801602	Grazing Red Quinoa, Kale and Wheatberry	1x480g	
	804146	Beef & Chorizo Chilli	1x1each	
	808156	WR Sliced Red Chillies	1x500g	Cafe

	808677	WR Cooked White Sushi Rice	1x1KG	Cafe
	809250	Pork fillet medallion with butternut squash, pearl potatoes, spiralized courgette, spring greens, onion and rosemary	each	
	809253	British Roast Chicken Lemon & Herb Pieces	1x780g	
	816243	Mini Pasta Shells	1x250g	
	819855	Carrot & coriander soup	each	
	821961	Sea bream with mediterranean vegetables and pesto	each	
	822634	Keralan curry style prawn broth with rice noodles & pak choi	each	
	822826	Tuna steak with vegetables, pearl potatoes and olive and tomato tapenade	each	
	827875	Shredded Chicken Breast	1x1KG	
	829621	Strawberry topped oats	each	
	832170	Vegetable & Mixed Grains	1x500g	
	835179	Core Volume Rice Noodles	900g	
	835932	Smoked salmon and sushi rice salad with a ponzu dressing	each	
	837925	Tortilla with chicken, feta and Tzatziki salad	each	
	838924	British Veal Meatballs (Core Volumes)	900g	
	845440	Salmon and egg, grains and greens hot pot	each	
	848488	Chicken ham hock & leek hot pot	each	
	850340	Katsu curry style noodle broth with King prawns	each	
	852044	Coconut and Lemongrass noodle broth	each	
	852329	Potato omelette with smoked salmon	each	
	853358	Core volume project - beef and pork Bolognese	1x1.3KG	
	855040	Avocado on sourdough toast	each	
	857884	Spanish style tomato soup with mixed grains & spinach	each	
	859355	Pork loin steak, Chorizo & Mediterranean vegetables	each	
	859820	Tortilla with halloumi, houmous and wild rice salad	each	
	863265	Minestrone style soup pot	each	
	865056	Egg & avocado salad	each	
	866410	Skinless and boneless cod loins	10x130g	
	866906	Baby Plum Tomatoes	1x500g	
	868210	Mexican inspired chicken broth with rice noodles	each	
	869353	Beef and pork bolognese	each	
	870911	Avocado on sourdough toast with boiled egg	each	
	884149	Beef chilli hot pot	each	
	887322	Childs portion Beef chilli hot pot	each	
	891932	Chicken, egg & grains in a Korma style sauce hot pot	each	
	896002	Asian style salmon salad with egg noodles and tenderstem broccoli	each	
	897154	Mozzarella tomato and spinach harissa paste toastie	each	
	899929	Prawn and avocado salad	each	

THE KITCHEN	140	Products		
Category	Line	Product Name	Size	Sub-Brand
TINNED LOOSE BREAD (CRUSTY)	39924	Organic Wholemeal Farmhouse 400g	400g	Waitrose Duchy Organic
	65402	Wholemeal Long Tin 800g	800g	
	65406	Organic Wholemeal Long Tin 800g	800g	Waitrose Duchy Organic
	65421	Wholemeal Farmhouse 400g	400g	
	73381	Six Seeded Batch Loaf	400g	
	432291	Wholemeal Heyford	800g	
	440715	Wholemeal Heyford 400g	400g	
	686417	Waitrose Half and Half	800g	
	801831	Malted Bloomer	400g	Waitrose Duchy Organic
	821928	White Farmhouse 600g	600g	Waitrose Duchy Organic
TINNED LOOSE BREAD (CRUSTY)	10	Products		
Category	Line	Product Name	Size	Sub-Brand
VEGETARIAN	402786	Mixed Vegetable Chilli	400g	Waitrose Vegetarian
	442521	Red Pepper & Feta Cheese Crepes	280g	Waitrose Vegetarian
	503764	Mexican spiced butternut lasagne	425g	Waitrose Vegetarian
	549777	Roasted Beetroot & Goats Cheese with Orzo Pasta	400g	Waitrose Vegetarian
	620342	Roasted Cauliflower, Sweet Potato & Feta with Lentils	350g	Waitrose Vegetarian
	637953	Vegetable Coconut Curry	400g	Waitrose Vegetarian
VEGETARIAN	6	Products		
Category	Line	Product Name	Size	Sub-Brand
WAITROSE LOVE LIFE	2192	Red kidney beans	500g	LOVE life
	2233	red camargue & wild rice	500g	LOVE life
	26653	Bulgar wheat	500g	LOVE life
	29199	Lentils	500g	LOVE life
	34159	Yellow split peas	500g	LOVE life
	38533	brown basmati, red camargue & wild rice	500g	LOVE life
	38541	Flageolet beans	500g	LOVE life
	48555	Pinto beans	500g	LOVE life
	52681	Chick peas	500g	LOVE life
	54793	brown basmati & wild rice	500g	LOVE life
	55532	Pearl barley	500g	LOVE life
	59324	Quinoa	500g	LOVE life
	59951	Borlotti beans	500g	LOVE life
	71422	Haricot beans	500g	LOVE life
	77163	Organic red split lentils	500g	Waitrose Duchy Organic

	82296	Adzuki beans	500g	LOVE life
	84436	Black turtle beans	500g	LOVE life
	86398	Organic Green lentils	500g	Waitrose Duchy Organic
	86628	Organic brown basmati rice	1kg	LOVE life
	89472	Green lentils	500g	LOVE life
	96498	Red split lentils	500g	LOVE life
	493856	Wholewheat couscous	500g	LOVE life
	497709	Quinoa, Chick Peas, Bulgar Wheat and Wholegrain rice	250g	LOVE life
	557126	Spelt, Quinoa, Red & Wild Rice	250g	LOVE life
	574883	Red and white quinoa with bulgar wheat	500g	LOVE life
	585879	Quick Cook Minestrone	250g	LOVE life
	596644	Red split lentils	1kg	LOVE life
	604408	Quick cook wholewheat bulgar	250g	LOVE life
	639696	Quick Cook barley mix	250g	LOVE life
	646803	Quick Cook farro dicocco	250g	LOVE life
	804988	Buckwheat	375g	LOVE life
	819922	Quick cook freekeh and quinoa	250g	LOVE life
	828628	Quick cook wholewheat bulgar, millet and red rice	250g	LOVE life
	831727	Amaranth	375g	LOVE life
	839760	Puy Lentils & Quinoa	250g	LOVE life
	847662	Spelt	375g	LOVE life
	849745	Puy Lentils	250g	LOVE life
	864958	Quick Cook Italian 5 Grains	250g	LOVE life
WAITROSE LOVE LIFE	38	Products		

Category	Line	Product Name	Size	Sub-Brand
WORLD CUISINE	62764	medium egg noodles	250g	
	91761	fine egg noodles	250g	
	413782	A Handful of Sushi Rice	500g	Cooks' Ingredients
	469010	A Handful Of Shiitake Mushrooms	25g	Cooks' Ingredients
	568160	WR CI Yuzu Juice	60ml	Cooks' Ingredients
	629016	Be Bold With The Thai Red Curry Paste	100g	Cooks' Ingredients
	672658	Essential Korma Cooking Sauce	500g	Essential Waitrose
	700301	Coconut Milk	400ml	Essential Waitrose
	708173	Biryani Sauce	350g	
	769648	Be Bold With The Thai Green Curry Paste	100g	Cooks' Ingredients
	770689	Reduced Fat Jalfrezi Cooking Sauce	350g	
	787362	Essential Jalfrezi Cooking Sauce	500g	Essential Waitrose
	897504	KATSU CURRY COOKING SAUCE	50g	
WORLD CUISINE	13	Products		