

The Bran Tub - 27, Worcester Rd- Malvern

01684 891191 (Open 9:15 - 5:00, Mon - Sat.) www.brantub.co.uk

Allergy Diet Foods SHEET 1. November 2011

FRESH GLUTEN & WHEAT FREE FOODS ;

(NO WHEAT, RYE, SPELT, BARLEY or OATS)

SAVOURIES: Individual Pies: (Delicious Pastry)

CLIVES PIES > French Casseoleit, Lentil & Olive, Minty Chickpea, Chilli (No Milk) (FROZEN or FRESH)
Delivery each THURS

G FREE > **PASTIES:** Sundried Tomato & Spinach (no milk), Cheese & Onion, Curried Veg.

PIES: Spring Veg, Moroccan Chickpea, Butternut Squash & Cannellini (no milk), Homity Pies.
(Chicken or steak pasties/pies available to order)

QUICHES: Mushroom, Cheese & Onion, Pesto & Pepper, Goats Cheese & Red Onion, Blue Cheese, Roasted Tomato & Smoked Cheese, Caerphilly Cheese & Chilli Jam.

VEGETARIAN BURGERS & SAUSAGES:

DRAGONFLY > Beany Burgers (Assorted Flavours)

Sausages, Tatty Patty`s (Potato Rissoles)

SHARAF FOODS > Felafels - Original, Chilli Bites or Sage & Onion.

FLAPJACKS: Tilquihillie > Tillyjacks - Using gluten free oats. Plain, nutty or fruit.

CAKES & SLICES : Delivery each THURSDAY

FRESH: G.FREE > Choc Brownies, Blueberry Friands, Bakewell Slice, Rich Fruit Cake, Lemon Drizzle - slices. Grannys Farmhouse fruit cake. Lemon or Choc cup cakes. Choc & Hazel, Choc Fudge, Cranberry & Coconut. Small Apple Pies. (All milk free - contain eggs)

GLUTEN FREE KITCHEN > No milk

Bakewell Tarts, Muffins: Coffe & Walnut, Chocolate. Vegan Carrot Cake (No milk or eggs)

CLIVES > Almond Bliss, Choco Mocha, Passion Cake, Lemon Lust slices.

CHEESECAKES: Dairy Free

MAMMA CUCINA > Strawberry or Peach & Passion Fruit ... NO Cholesterol !

EASTER: G FREE > Hot Cross Buns - pack of 2

MINCE PIES: (Xmas Only) GFREE > Delicious flaky pastry with fruity handmade mincemeat. Pack of 4.

GLUTEN & WHEAT FREE FOODS.

NEW: GLUTEN FREE OATS!*

BREAD: YEAST FREE: ARTISAN > Rice, Soya and Linseed. Available to order. Ask for a sample.

CRISPBREAD, CRACKERS & WAFERS:

RICE CAKES > Plain, Sesame, Quinoa.

CRISPBREAD > Buckwheat, Multigrain, Toasted Corn.

CORN CAKES > Thin - Sesame, Plain, Multi Seed.

ESKAL > Deli Crackers

BARKAT > Matzos

CRIMBLES > Crackers: Rosemary or Cheese

PASTRY: GFREE > Delicious Ready to Roll Pastry.
(No milk - Contains eggs)



BISCUITS: MILK FREE

FARMHOUSE > Cherry & Almond, Stem Ginger, Shortbread

MRS.CRIMBLE > Coconut Macaroons (Plain, Choc or Jam)

AGAINST THE GRAIN > Luxury Almond, Ginger, Choc chip & Hazel, Berry Cookies (no sugar).

FEED ME RIGHT > Luxury - Ginger, Viennese

DOVES > Double Choc Chip, Brazil & Ginger, Lemon, Hazel.

TURKISH DELIGHT: Rose, Lemon, Pistachio, Mix Nut - Vegan, Kosher, Natural Colours.

CHOCOLATE: Organico, Montezuma, Divine & Plamil > all Gluten Free unless otherwise stated.

LUXURY TRUFFLES: BOOJA BOOJA > Flambéed Banana, Espresso, Ginger Wine, Hazel Crunch Rocher or Champagne Truffles.(NO GLUTEN OR MILK). Xmas & Easter

PUDDINGS: Gluten Free Kitchen > Sticky Ginger Pudding, Bread & Butter Pudding, Apple Crumble, Lemon Drizzle

EASTER EGGS: Siesta > No MILK or NUTS mini eggs & bunnies, large eggs. Carob eggs NO sugar.

MOO FREE > Choc Eggs

HUMDINGER > Dairy free choc bunnies NO NUTS

ICE CREAM CONES > Barkat: Cones (Summer time)

SPECIAL OCCASION CAKES:

Handmade to order. Sponge Cakes, Rich Fruit Cakes, Birthday or other Occasion Cakes. All Special Diets Available. Please give 2 weeks notice minimum.

If you are ordering any fresh products we need your order by 4:30pm Monday for our deliveries each Thursday 12:30pm - Thank You

All Products are subject to availability

The Bran Tub - Malvern
01684 891191 (Open 9:15 - 5:00, Mon - Sat.)
Allergy Diet Foods SHEET 2.

**GLUTEN & WHEAT FREE
FOODS:**



CEREALS:

MUESLI > Our Own Rich Fruit & Nut
 DOVES > Corn flakes. (No sugar)
 NATURES PATH > Messa Sunrise Flakes, Rice Crispy,
 Maple/Pecan Crunch.
 BIG OZ > Puffed Rice, Buckwheat, Millet, Quinoa.
 ALLOS > Toasted Buckwheat flakes.

RAW FLAKES:

Brown Rice Flakes (Can be used to make porridge)
 Millet Flakes, Amaranth flakes, Buckwheat Flakes.
 Quinoa Flakes - All suitable for muesli, porridge or a quick
 milk pudding.

TILQUHILLIE > **GLUTEN FREE OATS** An ancient strain
 of oat totally unchanged over centuries. **CERTIFIED
 GLUTEN FREE** by the Coeliac Society. Use
 as normal jumbo oats.



PASTA:

ORGRAN > A wide range of pasta made with Rice, Corn or
 Soya. Also Spinach, Tomato or Vegetable. Spaghetti,
 Spirals, Rigati, Shells, Lasagne. Brown Rice Noodles.
 RIZOPIA > Spirals, Lasagne, Macaroni, Penne, Spaghetti
 (Tastes just like brown pasta) **Winner of Taste Awards**
 NOODLES > Pumpkin & Ginger, Sweet Potato & Buckwheat.

COFFEE SUBSTITUTES: Instant Chicory, Dandelion
 Coffee.

SOYA SAUCE: Tamari (Soya & water), Terayaki (with
 garlic, mirin, vinegar, apple juice)

GLUTEN FREE FLOURS:

Chestnut Flour	Buckwheat Flour
Rice Flour	Chickpea (Gram)
Ground Rice	Potato Flour (Starchy)
Maize Flour (Fine)	Soya Flour
Maize Meal (Medium)	Quinoa flour
Polenta (Coarse)	Millet Flour
Tapioca Flour (Starchy)	Coconut Flour
Sorghum (Jowar)	

FLOUR MIXES:

DOVES > General Purpose Plain Flour or SR, Bread Flours
 ORGRAN > Pizza & Pastry Mix, Bread Mix, Flaky Pastry.
 Pancake Mix > Buckwheat.
 HALE & HEARTY > Wholegrain Crumble Mix, Choc Brownie
 mix, 4 Grain Pancake mix, Choc Cake mix. Breadcrumbs.
 GLEBE FARM > Seeded Bread mix.

BAKING POWDER: (Bicarb & Cream of Tartar)

BATTER MIXES: ISABEL'S > Batter Mix and Yorkshire
 Pudding mixes (No sugar or soya)

**GLUTEN & WHEAT FREE
FOODS**

GRAINS:

RICE > Basmati, (White or Brown), Organic brown,
 Arborio Risotto (white), Short Grain brown, Organic Rice
 Mix, Wild Rice, Red Rice.

MILLET > Cook as rice. Well balanced in essential amino
 acids. High Protein value is increased if served with
 lentils.

BUCKWHEAT > Cook as rice. Contains Rutin which has a
 beneficial effect on circulation & high blood pressure.

TAPIOCA/SAGO > To make milk pudding.

QUINOA > Ancient grain of the Incas. High in protein. Rich
 in Amino Acids. Cook as rice or milk pudding.

STUFFINGS: Mrs Crimbles > Sage & Onion

Hale & Hearty > Luxury Chestnut, Cranberry & Apple

TINNED MEALS:

A range of Veg. Curries, Casseroles, Nut Luncheon, etc.....

DRIED MEAL MIXES:

SHARAF > Traditional Palestinian Felafel mixes.

BIOCULINAIR > Soya Sausage Mix.

NEW > Vegetarian Sausage & Burger Mixes - No soya

GLEBE FARM > Wholegrain Felafel mix.

SOUPS: Tinned > FREE & EASY range, SUMA soups,

MISO SOUP > Original. Veg. Tomato or Potato/Leek.

POPPADOMS: (To accompany Indian Meals)

Plain, Garlic, Green or Red Chilli, Black Pepper, Cumin, Punjabi
 All can be grilled, deep fried or oven baked.

STOCKS - Vegetarian:

MARIGOLD or SUMA > Bouillon Powder - Low Salt. No yeast

STOCK CUBES (KALLO) > Tomato & Herb, French Onion,
 Garlic & Herb, Tomato & Peppers, Mushroom, Vegetable.

VECON > Veg. Stock Paste. No Added Salt.

SAVOURY SNACKS:

Bombay mixes, Sesame sticks, Garlic sticks, Rice crackers.

LIQUORICE: ORGRAN > Soft Molasses Liquorice.

GRAVY MIX: ORGRAN or FREE & EASY

CHRISTMAS GOODIES:

CHRISTMAS CAKES: Village Bakery > no sugar.

GFree > Luxury Cakes (contain eggs & sugar)

MINCE PIES: GFREE > Pack of 4. Absolutely
 delicious.

CHRISTMAS PUDDINGS:

Village Bakery > Pudding (No Eggs or sugar).

Tilquhillie > Handmade traditional puddings. Made with
 gluten free oats.*



The Bran Tub -- Malvern

01684 891191 (Open 9:15 - 5:00 Mon - Sat.)

Allergy Diet Foods SHEET 3

SPELT FLOUR: Spelt is one of the original wheats which can be traced back over many centuries. It was used in Roman times to make bread which the Roman Army ate as part of their staple diet for marching! It remains totally unchanged and unadulterated. Most people intolerant to today's wheat flours are able to eat Spelt, which being a type of wheat, has the taste of a moist wholemeal. **EINKORN & KAMUT** flours are also ancient varieties of wheat (similar to Spelt) from the Neolithic stone age. **HERITAGE** flour is a blend of heirloom varieties of wheat from the 16th and 17th centuries. All nutritionally superior to modern wheat (more protein fat and fibre) and contain special carbohydrates which help stimulate the body's immune system. They are all far more digestible due to the natural solubility of these grains and have a low GI level. Use just as you would ordinary flour in cooking.

These all contain gluten and so are **NOT** suitable for Coeliacs.

WHEAT FREE FOODS

(CONTAIN GLUTEN)



BREAD: ARTISAN > 100% Rye, Rye & Spelt, Spelt, Spelt with 7 grains and seeds (**ALL YEAST FREE**) (Delivery every two weeks)

CAT LANE BAKERY > Spelt Bread (slow fermentation)

PIZZA BASE: Biona > Spelt, pack of 2 (Long Life).

Artisan > Spelt **Yeast Free** (Pk of 2)

CAKES: Our own handmade cakes are milk & egg free (**vegan**) using organic spelt flour.

SPELT CAKES > Carrot cake (Layered), Victoria Sandwich (assorted flavours), Chocolate Heaven (Rich dark chocolate), Chocolate Swiss Roll.

Date & Orange Cake (**sugar free**)

SPELT SLICES > Carrot cake topped with lemon frosting.

SPELT BROWNIE BITES > Double Chocolate

SAVOURIES: ALL PASTIES/PIES on SHEET 1



DRIED PASTA: Made with SPELT, KAMUT, ETRUSCAN OR TAGANROG (Ancient varieties of wheat - like Spelt) Spaghetti, Penne, Twists - Tastes & Cooks like Wholemeal Pasta. And a range of White Spelt pasta...

COUS COUS: AMISA Made from spelt.

HAGGIS: Made with Oatmeal, Beans... Winter only.

100% RYE CAKES: (MALT LOAF TYPE)

MRS CRIMBLES FRUIT LOAF > Rich Rye Cake with Fruits and Peels, Apple or Stem Ginger (All contain sugar. Low fat. No milk or egg)

CHRISTMAS CAKES: Village Bakery > Delicious Moist Rich Cakes Made With Rye Flour (No Added Sugar) 7" Round.



FLAPJACKS: > Bran Tub Recipe: All Vegan >

Orange & Sultana, Ginger - with chunks of stem ginger, Plain, Cranberry & Lemon, Banana & Cinnamon, Maple Pecan, Strawberry & Vanilla.

COCO-JACK > Plain flapjacks made with Virgin Coconut Oil sweetened with fruit syrup. **NO SUGAR.**

SUGAR FREE: Bran Tub > Date & Oat Slice. Orange & Sultana flapjack (sweetened with fruit sugar)

SNACK BARS > A Range of Bars with or without sugar.

PUMPERNICKEL: German black rye bread + cracked rye grain with sunflower, hemp, amaranth or linseeds.

CRISPBREAD:

FINN CRISP > 100% Rye - thick.(+ yeast) or ryvita type

ALLOS > Rye & Amaranth (No yeast).

OATCAKES - SUGAR FREE: (No Milk) Coarse or Fine, Cheese, Black Pepper.

BISCUITS: All No Milk

FARMHOUSE > Flips - Made with oats. A deliciously crumbly texture - Chocolate or Plain, Honey & Oat
NAIRNES > Oat Cookies - Spiced Fruit, Ginger, Berries or Choc Chip.

MOLENAARTE > (**No sugar**) Spelt Biscuits Apple or Red Fruit Breaks

BILLY'S FARM > (**No sugar**) Apple & Cranberry, Ginger & Walnut, Sesame.

CEREALS: A Rich wheat free Muesli - with seeds & fruit - No Nuts.

TOASTED OAT CEREALS > Orange & Walnut, Hazel Malt.

NATURE'S PATH > Millet Rice Flakes, Oaty Bites, Spelt Flakes.

RUDE HEALTH > Oat Puffs, Spelt Puffs, Spelt Flakes.

FLOUR: Spelt Flour-Wholemeal or White Spelt.

NEW: Einkorn (a lighter golden fine flour)

NEW: Heritage flour (a dark rustic wholemeal)

Kamut flour (wholemeal - lighter than spelt)

Rye flour. White French flour.

ALL CONTAIN GLUTEN.



The Bran Tub - 27 Worcester Rd - Malvern

01684 891191 (Open 9:15 - 5:00 Mon - Sat.)

Allergy Diet Foods SHEET 4

Dairy Free Foods:

COW'S MILK ALTERNATIVES:

SOYA MILKS: (Long Life)

PROVAMEL > (Red) No Sugar, Organic.
> (Blue) + Calcium & Apple Juice Sweetened
> Small Cartons of Flavoured Soya Milks

(Banana, Chocolate or Strawberry)

SOLEIL > Original or Calcium (sugar sweetened)

GRANOVITA > Organic - No sugar

HEMP MILK > Rich in omega 6 **No Soya.**

OATMILK: Plain **No Soya**

RICE MILK:

PROVAMEL or The BRIDGE :Plain

Rice milk with Almond & Hazel

Rice & Buckwheat (excellent for circulation)

ALMOND MILK: ECOMIL > Helps to lower cholesterol and balance blood sugars.

COCONUT MILK: KARA > Only 2% fat, rich in lauric fatty acids. No cholesterol. **No soya.**

DESSERTS

SOYA DESSERT: (Long life)

PROVAMEL: Vanilla or Choc Custard (No Sugar)

PROVAMEL: Dessert Pots, Pack of 4, Vanilla, Chocolate, Caramel, Cappuccino, Dark Chocolate.

CREAMS: Soya cream Pouring, Whipping cream.

Oat or Rice Milk Cream (**Soya Free**)

Rice or Soya spray whipped cream

SOYA YOGHURTS:

PROVAMEL: > Live - Yofu Large Tub Natural, Apple & Green Tea, Lime & Lemon Balm.

SOJADE: Lge > Natural, Cherry, Blueberry, Banana, Apricot, Mango & Peach, Pineapple, Cranberry & Blackcurrant.

SOYA FREE YOGHURTS: Long Life - Cherry, Peach & Mango or Plain. Made with pea protein (**NO SUGAR**)

ALMOND MILK DESSERTS > (**SOYA FREE**)

Chocolate or Vanilla dessert pots (2 pack)

CHEESECAKES: Vegan & Gluten Free

MAMMA CUCINA > Strawberry or Mango/Passion

Fruit... **Cholesterol free!**



Dairy Free:

CHEESES:

SOYA CHEESE:

TOFUTTI > Soft Soya Cheese - (No Yeast) Herb & Garlic, Plain, Herb & Chives, French Onion. Olive.

HARD CHEESE:

SCHEEZE > Tasty Non Dairy Cheese. Good flavour in Cooking - Cheddar, Cheshire (no yeast), Mozzarella, Edam, Gouda Style. Hickory - smoked.

REDWOOD -Soya Cheezly > Red & White Cheddar, Mozzarella, Edam, Gouda, Suitable For Pizza Topping.

DESIGNED TO MELT!

SOYA FREE: Cheezly, made with pea protein

CAKES:

All Our Homemade Cakes, Slices & Flapjacks are Dairy Free.

BISCUITS:

Farmhouse > A large range of biscuits.

MARGARINE: Non Hydrogenated > Soya, Sunflower, Olive, Vegetable. All Dairy Free

SAVOURIES: FOREST FOODS > A Range of Vegan Calzones (pizza dough pasties) & Wraps

QUICHES: Mamma Cucina > dairy and gluten free (Frozen)

MAYONNAISE: **Egg Free** - Deliciously Creamy!

PLAMIL > Plain, Tarragon or Garlic (made with cider vinegar)

GRANOVITA > Plain, Lemon or Garlic (No Vinegar)

CHOCOLATE SPREAD: PLAMIL > Dark or Milk alternative types (made with soya). **No Nuts. With or without sugar.**

ICE CREAM:

SWEDISH GLACE > Cornish Style Soya Ice Cream - Vanilla, Chocolate, Raspberry.

TOFFUTI > Rock `n` roll > Pecan soya ice cream cone (**Summer only**) - contain wheat

SMOOZE > Fruit Ice Pops. Ambient 'take home & freeze' > Coconut Milk & Mango, or Guava **Summer only**

BOOJA > Luxury soya ice creams - Ginger, Chocolate, Pecan, Coconut or Vanilla. Made with cashew nuts.

NO SUGAR OR SOYA



YEAST FREE BREADS: (Best toasted)

ARTISAN > (Natural leaven) Spelt, Rye & Spelt, 100% Rye
- No wheat

PIZZA BASES: Spelt (wheat & yeast free)

CAKES:

FRESH:

BRAN TUB > Date & Orange Cake **Vegan**

BISCUITS:

MOLENMARTJE > Malt Biscuits- Plain, Honey, Chocolate or Carob coated. Garibaldi type Biscuit.

FRUIT BREAK BARS > Apple/Red Fruit filled

AGAINST THE GRAIN > Gluten free Berry Biscuits

BILLY'S FARM > Apple & Cranberry, Ginger & Walnut, (Spelt Flour),

(wheat flour) Raisin filled, Spiced Wholemeal.

DE-RIT > Honey, Hazel or Malt Waffles.

SNACK SLICES & CAKES

Date & Oat Slice

FLAPJACKS (Vegan)

BRAN TUB > Orange & Sultana

COCO-JACK > Made with coconut oil and fruit syrup

SUGAR SUBSTITUTES:

FRUISANA > To use instead of cane sugar-2/3 Quantity
XYLITOL > Natural sweetener that's good for your teeth!
Very low GI (only 7 per 100g). Derived from corn. Use as normal sugar. Suitable for candida diets/diabetics.

PALM SUGAR > Low GI, rich in vitamins/minerals. Use as normal sugar. Delicious brown sugar taste. Suitable for candida diets/diabetics.

FRUIT/ MALT LOAVES:

SUNNYVALE > Malt Loaf, Fruit T Loaf

> Sprouted Wheat Breads: With Date, Ginger, Carrot, Raisin, Fruit & Almond, Sunseed, Hemp.

CONCENTRATED FRUIT JUICE:

Apple, Apple & Blackcurrant. Can be used in cooking or drizzled onto desserts, ice cream etc.

JAMS:

MERIDIAN > Sweetened with grape juice - Suitable For diabetics on Insulin, Tablets or just diet. Carbohydrate level = 37g per 100g: Apricot, Strawberry, Raspberry,

Blueberry, Blackcurrant, Pineapple & Ginger, Morello Cherry, Bramble, Plum.

ST. DALFOUR > Sweetened with higher quantity of Grape juice - Only Suitable for diabetics on diet only. Carbohydrate level = 67g per 100g. Plum, Peach, Orange & Ginger, Pine/Mango, Pear, Black Cherry, Blueberry etc.

TIPTREE: Ginger, Blackcurrant, Cherry, Raspberry, Apricot or Strawberry jams.

THURSDAY COTTAGE: Sweetened with fructose. Damson, Blackberry/Apple, Raspberry, Blackcurrant.



MINCEMEAT: Low fat. Deliciously fruity.

MARMALADES: All Suitable for all diabetics, (Carbohydrate as per Meridian Jam.)

MERIDIAN > Orange, Blood Orange or Grapefruit.

THURSDAY COTTAGE > 3 Fruit or Orange marmalade.

PURE FRUIT SPREADS: Made with concentrated fruit Juice. Not suitable for diabetics on insulin or tablets.

(Carbohydrate = 67g per 100g)

SUMA > Pear & Apple

SUNWHEEL > Pear, Apricot or Prune.

CAROB (CHOCOLATE STYLE) SPREAD:

CAROBELLA > Plain or Roasted Hazelnut.

CHOCOLATE SPREAD: PLAMIL > Dark Chocolate Spread sweetened with Xylitol. **No Nuts.**

SYRUPS:

SHADY LANE > Organic Maple Syrup.

MERIDIAN > Date Syrup, Malt extract.

CRAZY JACK > Agave Syrup - From a Cactus plant.

BIONA or CRAZY JACK > Brown Rice Syrup.

SNACK BARS: All have fairly low carbohydrate levels.

FRUIT & CEREAL BARS:

A large Variety of Snack bars, Cereal or Fruit based

CHOCOLATE: HOLEX-Sweetened with fructose > Plain, Rum truffle, Peppermint Cream, Milk, Hazel or White Mocha.

PLAMIL > Sweetened with xylitol.

Also Nut & Milk Free. Dark, Hemp, Coffee, Milk Alternative, Choc. Drops.

CAROB BARS/PIECES: SIESTA > Plain, Orange or Mint.

SWEETS: SPRY > Peppermints & Chewing Gum - xylitol.

CONDIMENTS/SAUCES/DRESSINGS.

WHOLE EARTH > Tomato Ketchup.

CRANBERRY SAUCE & REDCURRANT JELLY

OATCAKES (As on wheat free page)

DESSERTS: PROVAMEL > Choc or Vanilla Custard. **NON DAIRY. Long Life.**

JELLY POTS:

GRANOVITA > Ready to eat jellies, gelatine & sugar free. Raspberry, Strawberry, Lime, Passion Fruit & Mango. (2 pack)

ICE CREAM:

BOOJA > Luxury ice creams (made from cashews = soya & sugar free) Ginger, Pecan, Choc, Coconut or Vanilla.

CHRISTMAS:

PUDDINGS-Local Handmade diabetic puddings.

VILLAGE BAKERY- Xmas cakes - No wheat or sugar.

