

The Bran Tub - 27, Worcester Rd- Malvern

01684 891191 (Open 9 - 5, Mon - Sat.)

Allergy Diet Foods SHEET 1. Mar 2010

FRESH GLUTEN & WHEAT FREE FOODS ;

(NO WHEAT, RYE BARLEY or OATS)

BREAD FRESH (Available every two weeks)

G.FREE > Chestnut & Linseed or Multigrain. (FROZEN)

ARTISAN > **Yeast Free** Rice Bread, Buckwheat or Linseed Bread (to order)

PIZZA BASE: G FREE > To order.

ARTISAN > Buckwheat pizza base (Yeast free)

SAVOURIES: Individual Pies: Delivery each THURS G FREE > **(Absolutely Delicious Pastry!!)**

PASTIES: Sundried Tomato & Spinach, Cheese & Onion, Curried Veg.

PIES: Spring Veg, Moroccan Chickpea. Homity Pies.

QUICHES: Mushroom, Cheese & Onion, Pesto & Pepper

VEGETARIAN BURGERS & SAUSAGES:

DRAGONFLY > Beany Burgers (Assorted Flavours)

Sausages, Tatty Patty`s (Potato Rissoles)

NATUREMADE > Tofu Burgers (Assort. Flav)

NUT ROAST > Our own recipe (to order).

FLAPJACKS: Using Gluten Free Oats. Plain or Ginger.

CAKES : Delivery each THURSDAY

FRESH: G.FREE > Choc Brownies, Blueberry Friands.

Bakewell Slice. Carrot & Almond cup cake or large.

Lemon, Cappucino or Choc cup cakes. Lemon Drizzle cake, Apple & Mincemeat Tray.

CHEESECAKES: Dairy Free (FROZEN)

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

TEA CAKES: G Free (deliciously spiced)

PUDDINGS: TILQUHILLIE > Range of Steamed Puddings made with gluten free Oats*. Apricot & almond, Ginger, Raspberry & Cranberry etc.

EASTER: G FREE > Hot Cross Buns

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



GLUTEN & WHEAT FREE FOODS.

NEW: GLUTEN FREE OATS!*

CRISPBREAD, CRACKERS & WAFERS:

RICE CAKES > Plain, Sesame, Quinoa, with or without salt.

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

ORGRAN > Corn Crispbites, Deli crackers multigrain.

ESKAL > Deli Crackers - Plain or onion

BARKAT > Matzo Crackers

CRIMBLES > Crackers: Rosemary or Tomato & Basil

PASTRY: GFREE > Delicious Ready to Roll Pastry.

BISCUITS: MILK FREE

BYRON BAY > Date & Ginger, Double Choc.

FARMHOUSE > Choc chip, Cherry & Almond, Ginger.

MRS.CRIMBLE > Coconut Macaroons (Plain, Chocolate)

AGAINST THE GRAIN > Luxury Almond, Ginger, Choc chip & Hazel, Berry Cookies.

ESKAL > Vanilla Tea Biscuits

PREWETTS > Choc Bourbon Creams, Choc Digestives

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

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). All To Order**

EASTER EGGS: Green & Blacks. G & G mini eggs or bunnies.

CAKE SLICES

V. BAKERY > Rich Fruit Slices (No Sugar)

HONEYBUNS > Delicious range of shortbread style slices including Lemon Polenta & Caramel, Almond Shortbread, Pecan Caramel, Double Choc Brownies.

SPECIAL OCCASION CAKES: Birthday cakes > Either Sponge 6" or Rich Fruit Cakes 6" or 10".

No gluten or wheat, usually dairy free. All contain eggs. Available to order (made by the G Free Co.). Please allow 2 weeks for delivery.

ICE CREAM CONES > Barkat: Plain or waffle cones.

Swedish Glace: Ice Creams - Raspberry Ripple with gluten free cones (Summer only).



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Allergy Diet Foods SHEET 2.

**GLUTEN & WHEAT FREE
FOODS:**



CEREALS:

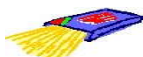
MUESLI > Our Own Rich Fruit & Nut
 DOVES > Corn flakes. (No sugar)
 NATURES PATH > Messa Sunrise Flakes, Rice Crispy.
 BIG OZ > Puffed Rice, Buckwheat, Millet, Quinoa.
 ALLOS > Buckwheat flakes, Amaranth flakes, Quinoa flakes.

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 or HALE & HEARTY > **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.
 BLUE DRAGON > Rice Noodles - Thin or thick.
 Quinoa & Rice Spaghetti
 RIZOPIA > Spirals, Lasagne, Macaroni, Penne, Spaghetti (Tastes just like brown pasta)
 NOODLES > Pumpkin & Ginger, Sweet Potato & Buckwheat.



COFFEE SUBSTITUTES: Instant Chicory.

SOYA SAUCE: Tamari (Soya & water)

GLUTEN FREE FLOURS:

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

FLOUR MIXES:

DIETARY SPECIALITIES > Buckwheat pancake, Pastry Mix.
 GLEBE FARM > Seeded Bread mix, Carrot Cake mix, Blueberry/Cran. Muffin mix, Choc Cake mix.
 DOVES > General Purpose Plain Flour or SR, Bread Flours
 ORGRAN > Pizza & Pastry Mix, Bread Mix, Flaky Pastry.
 Pancake Mix > Buckwheat.
 Crumbs (To Replace Breadcrumbs)
 HALE & HEARTY > Wholegrain Crumble Mix, Choc Brownie mix, 4 Grain Pancake mix, Choc Cake mix, Vanilla Cake mix.

BAKING POWDER: (Bicarb & Cream of Tartar)

**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 > To make milk pudding.

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

TINNED MEALS:

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

DRIED MEAL MIXES:

SHARAF > Traditional Palestinian Felafel mixes.

BIOCULINAIR > Soya Sausage or Burger Mix.

GLEBE FARM > Wholegrain Felafel mix.

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

MISO SOUP > Sanchi Original.

ORGANIC INSTANT > Veg. Tomato or Potato/Leek.

POPPADOMS: (To accompany Indian Meals)

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

STOCKS - Vegetarian:

MARIGOLD > Bouillon Powder - Low Salt. No yeast

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

VECON > Veg. Stock Paste. No Added Salt.

SAVOURY SNACKS:

Bombay mixes, Sesame sticks, Garlic sticks, Chilli & Curry crackers.

LIQUORICE: ORGRAN > Soft Molasses Liquorice.

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).

Local Homemade Puddings > Individual

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



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Allergy Diet Foods SHEET 3

SPELT FLOUR: Spelt is the original Wheat 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! There are also references to Spelt in the Bible. 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. Spelt is far more digestible due to its natural solubility, releasing elements vital to body maintenance. It is nutritionally superior to wheat, (more protein fat & fibre) and contains special carbohydrates which help stimulate the body's immune system. It can be used just as you would ordinary wholemeal flour in cooking. **Spelt is high in gluten and so NOT suitable for Coeliacs.**

WHEAT FREE FOODS

Ready To Eat !

(CONTAIN GLUTEN)

BREAD: ARTISAN > 100% Rye or Rye & Spelt (yeast free)

SAKER > Spelt Bread

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

Artisan > Spelt **Yeast Free** (Pk of 2 or 5)

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

SPELT CAKES > Carrot cake (Layered). Rich Fruit.

Dark Ginger, Date & Orange sugar free.

SPELT SLICES > Carrot cake topped with lemon frosting.

SPELT BROWNIES Double Choc Brownie Bites and Ginger Brownie Bites.

SNACK CAKES & SLICES (Sugar & Milk Free)

VILLAGE BAKERY > Pack of 4: Rich Fruit Cake (rye flour),

Trophy bars- Fruit, Nut or Seed Bars

SAVOURIES: SAKER FOODS > All spelt flour:

PIES - Mediterranean, Mexican Chilli, Nut & Mushroom, Butterbean & Pinto.

ALL PASTIES/PIES on SHEET 1

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

HAGGIS: Made with Oatmeal, Beans.

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



FLAPJACKS: > All Vegan > Muesli (Contains Peanuts) Orange & Sultana, Ginger - with chunks of stem ginger, Plain, Cranberry & Lemon, Banana & Cinnamon, Maple Pecan, Strawberry & Vanilla.

SUGAR FREE: Flapjack > Date & Apricot

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

100% RYE CAKES:(MALT LOAF TYPE)

MRS. CRIMBLES FRUIT LOAF > Rich Rye cake with fruits & peels, Apple or Stem Ginger

(All Contain Sugar - Low Fat. No Milk or Egg)

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).

SPELT BREAD STICKS

OATCAKES - SUGAR FREE: (No Milk) Coarse or Fine.

BISCUITS: No Milk

FARMHOUSE > Flips - Made with oats. A deliciously crumbly texture - Chocolate, Plain or Raisin, Honey & Oat

NAIRNES > Oat Cookies - Spiced Fruit, Ginger, Berries.

MOLENAARTE > Spelt Biscuits (No sugar)

BILLY'S FARM > Apple & Cranberry, Ginger & Walnut.

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

FAIRTRADE MUESLI > Fruit & Nuts with honey.

TOASTED OAT CEREALS > Orange & Walnut, Hazel Malt, Apricot Crunch (no nuts).

NATURE'S PATH > Millet Rice Flakes, Oaty Bites

Spelt Flakes.

RUDE HEALTH > Oat Puffs, Spelt Puffs

FLOUR: Spelt Flour-Wholemeal or White Spelt. White French Flour, Rye, Kamut or Barley Flour. **ALL CONTAIN GLUTEN.**



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Allergy Diet Foods SHEET 4

Dairy Free Foods:

COW'S MILK ALTERNATIVES:

SOYA MILKS: (Long Life)

PROVAMEL > (Red) No Sugar, Organic.

> (Green) + Calcium & sugar

> Small Cartons of Flavoured Soya Milks

(Banana, Chocolate or Strawberry)

SOLEIL > Original or Calcium (sweetened)

GRANOVITA > No Sugar, Organic.

OATMILK: Plain

RICE MILK:

BRIDGE :Plain, With Calcium, Almond

Rice milk with Almond & Hazel



DESSERTS

SOYA DESSERT: (Long life)

PROVAMEL: Vanilla or Choc Custard (No Sugar)

PROVAMEL: Dessert Pots, Pack of 4,

Vanilla, Chocolate, Caramel, Mocha.

CREAMS: Soya cream Pouring, Whipping cream.

Oatmilk Cream (Soya Free)

Rice milk Cream (Gluten & Soya Free)

SOYA YOGHURTS:

PROVAMEL: > Live - Yofu Large Tub Natural.

SOJADE: Lge > Natural, Cherry, Blueberry, Banana,

Apricot, Mango & Peach, Pineapple.

Small > Lemon, Rasp & Passion, Apricot & Guava,

Blueberry, Cherry.

MARGARINE: Non Hydrogenated > Soya, Sunflower,

Olive, Vegetable. All Dairy Free

SAVOURIES: A wide Range of Pasties, Pies (on sheets 1 & 3)

MAYONNAISE: Egg Free - Deliciously Creamy!

PLAMIL > Plain, Tarragon or Garlic

(made with cider vinegar)

GRANOVITA > Plain, Lemon or Garlic (No Vinegar)

CHEESECAKES: Vegan & Gluten Free

MAMMA CUCINA > Strawberry or Mango/Passion

Fruit... **Cholesterol free!**

Dairy Free:

CHEESES:



SOYA & RICE CHEESE:

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

HARD CHEESE:

SCHEEZE > Tasty Non Dairy Cheese. Good flavour in Cooking - Cheddar, Cheshire, Hickory, Mozzarella, Edam, Gouda Style.

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

DESIGNED TO MELT!

CAKES:

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

NEW CARIAD CAKES > A range of cakes -

Sugar free or vegan (no eggs). All handmade and dairy free.

BISCUITS:

We stock a large range of biscuits, all of which are Dairy free.



ICE CREAM:

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

Raspberry Ripple Cones + Gluten free cone.

TOFFUTI > Rock `n` roll > Pecan Ice cream cone.

SMOOZE > Fruit Ice Pops. Ambient 'take home & freeze'

> Coconut Milk & Mango, Pineapple or Guava -

ABSOLUTELY DELICIOUS! **Summer only**

BOOJA > Luxury soya ice creams - Ginger, Choc, Pecan, Vanilla **All = NO SUGAR**

(CHOC ICES & CONES = Summer only)



YEAST FREE BREADS: (Best toasted)

ARTISAN > Campagne, multiseed or 100% Rye - No wheat

PIZZA BASES: Spelt (wheat & yeast free)

ARTISAN > Gluten & Yeast Free

CAKES:

SUNNYVALE > Date & Pecan, Stem Ginger, Rye & Ginger.

FRESH:

SAKER - Handmade > Apricot & Almond, Carrot & Sultana, Banana & Walnut (Sweetened with concentrated Pear juice)

CARIAD CAKES > Orange & Apricot.

BISCUITS:

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

BILLY'S FARM > Apple & Cran, Ginger & Walnut, (Spelt Flour), Lemon & Coconut, Raisin filled.

FARMHOUSE > Viennese biscuits, Choc Chip

DE-RIT/TRAFO > Honey, Hazel or Malt Waffles.

SNACK SLICES & CAKES

VILLAGE BAKERY > Rich fruit cake, Trophy bars: Seed, Nut or Fruit.

FLAPJACK > Date & Apricot, Apple & Raisin (No Wheat)

FRUIT SUGAR:

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.

FRUIT/ MALT LOAVES:

SUNNYVALE > Malt Loaf

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

OATCAKES (As on wheat free page.)

CONCENTRATED FRUIT JUICE:

Apple, Apple & Blackcurrant, Raspberry & Cranberry, Exotic Fruit. Can be used in cooking or drizzled onto desserts, ice cream, porridge 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.

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.



MINCEMEAT: Low fat. Deliciously fruity.

MARMALADES: All Suitable for all diabetics, (Carbo-hydrate as per Meridian Jam.)

MERIDIAN > Orange or Grapefruit.

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 & Raspberry, Apricot.

CAROB (CHOCOLATE STYLE) SPREAD:

CAROBELLA > Plain or Roasted Hazelnut.

SYRUPS:

SHADY LANE > Organic Maple Syrup - temp unavailable.

MERIDIAN > Date Syrup, Malt extract.

ALLOS > Agave Syrup - From a Cactus plant.

BIONA > Brown Rice Syrup.

CLEARSPRING > Rice malt 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 Free.

RAW CHOCOLATES:

OMBARS - Blueberry, Goji, Cranberry, Cashew.

MULU - Chunky - Dark or silk.

SWEETS: BIONA Boiled or Chewy sweetened with corn syrup. Peppermints.

CONDIMENTS/SAUCES/DRESSINGS.

WHOLE EARTH > Tomato Ketchup.

DESSERTS:

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

ICE CREAM:

BOOJA > Luxury soya ice creams - Ginger, Pecan, Choc, Vanilla.

CHRISTMAS:

PUDDINGS-Handmade diabetic puddings.

VILLAGE BAKERY- Xmas cakes - No wheat or sugar.

