

Information for Patients & Families

Food Allergy: Supermarket Information



Many supermarkets produce free-from lists or can help you source particular products. The list below gives you details of how to contact them.

Company	Address	List Produced	Website	Telephone
Aldi	Aldi Stores Holly Lane Atherstone Warwickshire CV9 2SQ	Do not produce lists – contact company for further information	http://www.aldi.co.uk	0844 406 8800
Asda	Customer Services Asda House Great Wilson Street Leeds LS11 5AD	Egg free Milk free Gluten Free Nut free Gluten & dairy Fish & Shellfish	https://www.asdagoodliving.co.uk/food/features/the-ultimate-guide-to-allergies-and-intolerances https://groceries.asda.com/cat/vegan-free-from/918746879?cmpid=otc-good-ghs-the-ultimate-guide-to-allergies-and-intolerances-features-section	0800 952 0101
Co-op	Customer Services Freepost MR9 473 Manchester M4 8BA	Allergens in loose bakery items	https://www.coop.co.uk/products/free-from https://assets.ctfassets.net/bffxiku554r1/66kaHA2IzvyE2njPCK3ART/6dd49a0ff2d4fb64f6de4bca3c5399a6/ISB Allergen Information Guide_01st July 2020.pdf	0800 0686 727
Iceland	Iceland Food Ltd Second Avenue Deeside Industrial Park Deeside Flintshire CH5 2NW	Do not produce lists – contact company for further information	https://www.iceland.co.uk/	01244 842 842
Lidl	LidlUK GmbH Tailend Farm Deans Road Livingstone EH54 8SE	Do not produce lists – contact company for further information	http://www.lidl.co.uk/	0870 444 1234

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Marks & Spencer	Retail Consumer services Chester Business Park Wrexham Road, Chester CH4 9GA	Egg free Milk free Gluten Free Soya free Nut free Yeast free Gluten & dairy Nut & Sesame Soya & Dairy	https://www.marksandspencer.com/c/food-to-order/health/allergies	0845 302 1234
Morrison's	WM Morrison Supermarkets PLC. Thornton Road Bradford BD8 9AX	Gluten Free Dairy Free Lactose Free Wheat Free	https://groceries.morrisons.com/browse/free-from-175652	0845 611 6111
Sainsbury's	Customer Services 33 Holborn London EC1N 2HT	Egg free Milk free Gluten free Wheat free Nut/peanut free Soya free Fish/shellfish free Mustard free Celery free	https://help.sainsburys.co.uk/help/products/products-instore-allergen	0800 636262
Tesco	Customer Service PO Box 73 Baird Avenue Dryburgh Industrial Estate Dundee DD1 9NF	Do not produce lists – contact company for further information	https://www.tesco.com/groceries/en-GB/shop/food-cupboard/free-from-range/all	0800 505 555
Waitrose	Customer Service Doncastle Road Bracknell Berkshire RG12 8YA	Egg free Milk/lactose free Gluten free Soya free Nut/peanut free Sesame free Soya free	http://www.waitrose.com/content/waitrose/en/home/inspiration/health_and_nutrition/special_diets_and_lifestyles/food_allergy_and_food_intolerance.html	0800 188 884

This list is constantly changing—if you know of any changes. Please let us know via email nuth.beatanaphylaxis@nhs.net