

**The choice : with over 1500 products which are suitable for vegetarians  
you can enjoy the vegetarian alternative with Tesco / Tesco Stores Ltd.**

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## *The* CHOICE

With over **1500** Products  
which are Suitable for  
Vegetarians you can enjoy  
the Vegetarian Alternative  
with Tesco.

## CUSTOMER INFORMATION

at  
**TESCO**





## START THE DAY

Choose from our wide range of Cereals, most of which are suitable for vegetarians. Here's just a few of them:

Tesco Bran Breakfast Cereal  
 Tesco Sultan's Bran    Tesco Apricot Crunchies  
 Tesco Corn Flakes    Tesco Luxury Fruit Muesli  
 Tesco Bran Flakes    Tesco Wholewheat Muesli  
 Tesco Fruit & Fibre

For the kids, try any of these:

Tesco Crisp Puffed Rice    Tesco Cocoa Puffs  
 Tesco Top Cat Sugar Frosted Flakes  
 Tesco Golden Puffs

Our range of breads, baps and morning goods really offers you variety:

Tesco Continental Style Light Rye  
 Tesco Granary Brown Sliced Bread  
 Tesco Hovis Sliced Loaf

Tesco Multigrain Wholemeal Sliced Bread  
 Tesco Stoneground Wholemeal Sliced Loaf

Tesco Crusty White Bloomer  
 Tesco Sliced White Bread  
 Tesco Sliced White Loaf

Tesco Brown Morning Rolls  
 Tesco Mini Assorted Rolls  
 Tesco Crusty White Rolls

Tesco Muffins    Tesco Crumpets  
 Tesco Potato Cakes

You'll find that we have an extensive range of Butters & Vegetarian Spreads:

Tesco Creamery Butter    Tesco Fresh Butter  
 Tesco English Creamery & Unsalted Butter  
 Tesco Sunflower Spread  
 Tesco Olive Gold Reduced Fat Spread

And as all our preserves are suitable for vegetarians you'll be spoilt for choice:



## SNACKS

For elevenses or tea time you can enjoy a variety of different biscuits and cakes which are suitable for vegetarians:

### CAKES:

Tesco Chocolate Swiss Roll  
 Tesco Apple Pies  
 Tesco Bakewell Tarts

### BISCUITS:

Tesco Chocolate Digestives  
 Tesco Milk Chocolate Sandwich Bars  
 Tesco Shortbread Selection

For the kids we always have an extensive range of fresh fruit and for a treat, they can enjoy a packet of crisps or some chocolate:

### CRISPS:

Tesco Assorted Crisps

### SWEETS:

Tesco Fruit & Nut Milk Chocolate  
 Tesco Smooth Milk Chocolate  
 Tesco Mint Humbugs

These are only a selection of the vegetarian products available at Tesco. For a list of Tesco vegetarian products please write to The Nutrition Advice Service, Tesco Stores Ltd., Cheshunt EN8 9SL, U.K.

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## LUNCH OR A LIGHT MEAL

We have a delicious range of fresh soups which includes a number of vegetarian recipes:

**Tesco Carrot & Coriander**  
**Tesco Tomato & Basil**  
**Tesco Fresh Broccoli & Stilton**

*Our choice of Savouries & Pies are ideal for a quick and easy light meal:*

**Tesco Cheese & Onion Pasty**  
**Tesco 2 Vegetable Slices**  
**Tesco Frozen Vegetable Tikka Crispbakes**  
**Tesco Crispy Pancakes Cheese**

*Our ready prepared salads make an ideal accompaniment or are delicious on their own:*

**Tesco Coleslaw**  
**Tesco Greek Style Salad**

*Finish off the meal with a yoghurt. An extensive choice of flavours and types of yoghurt will give you variety throughout the week such as:*

**Tesco Healthy Eating Bio Yoghurt**  
**Tesco French Set Yoghurt**  
**Tesco Low Fat Yoghurt**  
**Tesco Thick & Creamy Yoghurt**  
**Tesco Greek Style Yoghurt**



## MEALS FOR YOU & YOUR FAMILY

*The kids will love our range of Pizzas and Vegetarian Burgers and Sausages:*

**Tesco Deep & Crispy Cheese & Tomato Pizza**  
**Tesco Frozen 4 Cheese & Tomato Pizzas**  
**Tesco Frozen Deep & Crispy Mushroom & Garlic Pizzeria**  
**Tesco Vegetarian Burgers & Sausages**  
**Tesco Mexican Bean Burgers**

*Pasta is a real family favourite; try our Chilled Pasta and Sauce; ideal for a quick and easy meal:*

**Tesco Spinach & Ricotta Tortellini**  
**Tesco Mushroom & Marscarpone Sauce**

*Our range of Frozen & Chilled Ready Meals include a superb choice of quality vegetarian recipes:*

**Tesco Frozen Quorn Tikka Masala with Rice**  
**Tesco Frozen Vegetable Hot Pot**  
**Tesco Penne Con Formaggio**  
**Tesco Cannelloni Con Spinach & Ricotta**

*Indulge you and your family with one of our luxurious desserts or ice cream:*

**Tesco Chilled Cream Eclairs**  
**Tesco Chilled Apple & Blackcurrant Lattice Tart**  
**Tesco Frozen Raspberry Pavlova**  
**Tesco Frozen Apple Strudel**

**Tesco Dark & White Choc Swirl Dairy Ice Cream**  
**Tesco Luxury Dairy Cookies & Cream Ice Cream**

*Choose one of our vegetarian cheeses for a delicious end to a meal. They're also ideal for cooking or simply enjoy as a snack:*

**Tesco Vegetarian Full Flavour Cheddar**  
**Tesco Vegetarian Red Leicester**



## WHAT DOES "SUITABLE FOR VEGETARIANS" MEAN?

### WHAT IS A VEGETARIAN?

There are several types of vegetarian, all of whom exclude different animal foods from their diet.

### VEGANS:

Avoid all animal products, including honey. In addition they do not use products which have been tested on animals.

### LACTO VEGETARIANS:

Eat milk and cheese but nothing which has been produced as a result of an animal being slaughtered, this includes not eating eggs.

### OVO LACTO VEGETARIANS:

Eat eggs as well as dairy products, but like Lacto Vegetarians do not eat anything which has been produced as a result of an animal being slaughtered.

## WHAT ABOUT ANIMAL DERIVED ADDITIVES?

All our 'Suitable for Vegetarians' products contain ingredients which are vegetable based and this includes additives.

So E471 (Mono-and Diglycerides of Fatty Acids) and E472 (Acetic Acid Esters of Mono-and Diglycerides of Fatty Acids) will be derived from vegetable oils not animal fats.

We don't use any of the following additives at all:

E120 (Cochineal) 631 (Sodium Inosinate)  
542 (Edible Bone Phosphate) 901 (Beeswax)  
904 (Shellac) E920 (L-Cysteine Hydrochloride)  
E161(g) (Canthaxanthin)

All cheeses used in Tesco vegetarian products are made with non-animal rennet.

Margarine and fats which we use in vegetarian products are all vegetable oil based.

No fish oils are used. Solid vegetable fats are used instead of lard or suet.

Animal derived gelling agents  
e.g. Gelatin, are not used in any of our  
vegetarian products.



## WHAT DOES THIS SYMBOL MEAN?

We use this 'Suitable for Vegetarians' symbol on products which are suitable for ovo-lacto vegetarians.

You can be assured that these products contain:

\*No animal products or by-products  
(with the exception of eggs,  
milk products and honey).

\*No products or by-products of the fishing industry.

## WHY DON'T WE USE THE VEGETARIAN SOCIETY SYMBOL?

Because we cannot guarantee that all eggs dried, fresh or egg products used in our processed foods have come from free-range hens.

# OVER 1500 PRODUCTS

WHICH ARE SUITABLE FOR VEGETARIANS



Enjoy our large variety of products which are suitable for vegetarians; you'll find something to suit every member of the family, even those who aren't vegetarians, and every occasion.

Just a few of these products are shown  
in this leaflet.