

Low Protein Cheese

Violife (Widely available)



Original flavour Slices/Block/Grated/Creamy = **Free**



Cheddar flavour Slices/Block/Creamy = **Free**



Epic Mature Cheddar Block = **30g ½ exchange, 60g 1 exchange** Mini Block (40g) **½ exchange**

Cheddarton Block = **Free**



Smokey Cheddar Flavour Slices = **1 slice ½ exchange, 3 slices 1 exchange**

Smoked Flavour Slices/Block = **Free**

Updated August 2023

Information correct at time of printing. Always check the label as ingredients may change.



Mozzarella Flavour Slices/Block/Grated = Free



Slices with herbs/ Creamy with garlic & herbs = Free
Le Rond Camembert Flavour = Free



Slices with tomato & basil = 1 slice free, 3 slices ½ exchange
Tex Mex Flavour Grated = 30g free, 60g ½ exchange
Mediterranean Style Grill Me = 30g ½ exchange



Greek White Block = Free
Crumbly Blue Block = 30g ½ exchange, 60g 1½ exchange
Prosociano Wedge = 30g ½ exchange

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Koko



Cheddar Cheese Alternative = 30g free, 60g ½ exchange
Cream Cheese Alternative = free

Tesco



Plant Chef Alternative Soft Cheese/ Garlic & Herb Soft Cheese = 30g free, 60g ½ exchange
Plant Chef Alternative to Halloumi = 30g ½ exchange



Plant Chef Alternative to Grated Mozzarella = Free
Plant Chef Alternative to Grated Hard Cheese = 30g ½ exchange
Plant Chef Alternative to Mature Cheddar = 30g free

Aldi



Plant Menu Cheddar Block = 30g free, 60g ½ exchange
Plant Menu Grated Cheddar = 30g free, 60g ½ exchange
Plant Menu Cheddar Slices = 20g slice free

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Marks & Spencer



Plant Kitchen Mature Style Sliced/Block/Grated = **up to 60g /3 slices free**



Plant Kitchen Grated Not'zzarella = **Free**

Plant Kitchen Smoky Mature Style Slices = **Free**

Plant Kitchen Greek Style Cubes in Brine = **Free**

Green Vie (available for order online through sites such as www.soulbia.com)



Mozzarella Flavour Block/ Slices/ Grated = **Free**



Cheddar Flavour Block/ Slices/ Grated = **Free**

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Pizza Flavour Block/ Grated = **Free**

Gouda Slices/ Smoked Gouda Slices = **Free**



Veggrill = **30g free**, **60g ½ exchange**

Greek Style/ Greek Style with Dried Oregano and Olive Oil = **30g ½ exchange**



Parveggio Block/ Grated = **Free**



The Vintage Block = **Free**

Blue Block = **Free**

Camembert = **Free**

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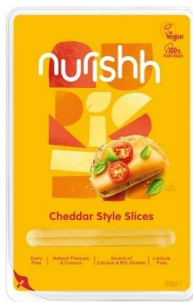
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Dairygold Plant Based (available in Tesco, Supervalu and Dunnes)



White Grated/ Slices = Free

Nurishh (available in Supervalu)



Cheddar Style Slices/ Gran Vegiano = Free

Camembert = 30g free, 60g ½ exchange

Cheddar & Mozzarella Style Grated = 30g 1 exchange

Other



Boursin Plant Based = 30g ½ exchange (available in Dunnes)

Philadelphia Plant Based = 30g 1 exchange (available in Tesco and Supervalu)

Vemondo Greek Style/ Vegan Slices = Free (available in some branches of Lidl)