

## Lactose & Galactose Free Soups

### Tinned Soup

#### Aldi



Bramwells Vegetable/ Bramwells Minestrone

#### Baxters (available in Dunnes, Supervalu and Tesco)



Scotch Broth/ Chicken Broth/ Vegetarian Lentil & Vegetable/ Vegetarian Mediterranean Tomato/ Beef Consommé

**Heinz** (available in Dunnes, Supervalu and Tesco)



Minestrone/ Vegetable/ Oxtail/ Big Soup Beef & Veg/ Plant Based Creamy Tomato/ French Onion/ Chicken Noodle/ Scotch Broth/ Lentil

## **Marks & Spencer**



Chunky Vegetable & Chicken/ Tomato & Basil/ Chunky Vegetable/ Mexican-Style Chilli & Bean/ Spiced Lentil and Tomato/ Minestrone

Information correct at time of printing December 2025  
Always check the label as ingredients can change

## Tesco



Vegetable/ Minestrone/ Oxtail / Chunky Beef & Vegetable/ Low Fat Lentil & Vegetable /

Chunky Tuscan Inspired Bean/ Plant Chef Smoky Lentil & Red Pepper/ Plant Chef Tomato & Basil/ Lentil & Bacon/ Scotch Broth

## Packet Soup

Knorr (available in Dunnes, Supervalu and Tesco)



Beef & Vegetable/ Chicken Noodle/ Minestone

Information correct at time of printing December 2025  
Always check the label as ingredients can change



## Fresh (Chilled) Soup

Aldi



Soupreme Carrot & Butternut Squash/ Soupreme Country/ Soupreme Tomato & Red Pepper

## The Happy Pear (available in Supervalu)



Tomato & Red Pepper/ Super Greens Veggie/ Chunky Lentil & Tomato/ Creamy Root Veggie/ Mushroom & Sweet Potato/ Sweet Potato & Squash Soup

## Cully & Scully (widely available)



Thai Chicken Soup

Information correct at time of printing December 2025  
Always check the label as ingredients can change

## Big Pot Co. (available in Dunnes)



Chicken Noodle Soup Pot/ Minestrone Soup Pot/ Classic Chicken & Vegetables Handmade Soup/ Chunky Vegetable Broth Handmade Soup

## Just Food (available in Tesco and Dunnes)



Minestrone Soup/ Tomato & Mediterranean Vegetable

## Dunnes Stores



Information correct at time of printing December 2025  
Always check the label as ingredients can change

Baxter & Greene Tomato & Roast Red Pepper/ Simply Better Thai Green Irish Chicken

## Marks & Spencer



Chunky Spiced Lentil/ Chunky Minestrone & Bacon/ Smooth Mushroom/ Smooth Butternut Squash



Chunky Chicken Mulligatawny/ Green Thai Chicken/ Chunky Chicken Chorizo & Rice/ Smooth Tomato & Basil



Chunky Chicken Vegetable & Grain Broth/ Chunky Keralan Chicken/ Chilli Mexican Bean

## Other



New Covent Garden Soup Co. Tomato & Basil (available in Tesco)

Correct at time of printing December 2025  
Always check the label as ingredients can change



## Cuppa Soup

Heinz (available in Tesco, Supervalu and Dunnes)



Minestrone/ Vegetable

Aldi



Bramwells Minstrone

Tesco



Sweet and Spicy with Noodles

Knorr



Chicken with Noodles