



Product Catalogue 2023



WHOLESALE • RETAIL • CONVENIENCE
FOODSERVICE • BAKERIES • FOOD MANUFACTURING

freee-foods.co.uk

agortus.com/freee



As a family business, we've been a trusted partner in helping businesses meet the needs of the free-from and health conscious customer since 1978. Since the very beginning, we've developed gluten free flour blends made with simple, quality, naturally gluten free ingredients to offer products that we know work and are safe to enjoy. Designed to make gluten free baking and cooking as easy as possible, our unique flours deliver delicious results and no one will guess they're gluten free!

Today, we sell our gluten free products under the FREEE brand, which caters for every gluten free baking need and offers a comprehensive range of free from foods you can trust, for every part of the day. We're proud to say that our range has been awarded for its quality numerous times and you can find out more about the awards we've won on the specific product pages on our website freee-foods.co.uk. What's more, they're Coeliac UK and Kosher certified and many are also approved by the Soil Association and The Vegan Society.

All FREEE products are made on a nut-free site, in a dedicated gluten free production facility. They are also subject to a thorough testing regime so you can be confident that your business is offering true free-from food when you choose our brand.

Browse our product range, visit our website for hundreds of gluten free recipes and for any other information get in touch with our friendly team of experts.



Get in Touch

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Producer Proud members of:



Gluten Free Flours

✓ Certified gluten free and Kosher

We stock a range of gluten free flours from blends to single ingredient flours like rice and buckwheat flour. Our award winning flour blends are made from a mix of naturally gluten free flours to give the best result in the kitchen - the perfect alternative to traditional wheat flour!



Plain White Flour*

The alternative to traditional plain flour.

5x1kg, GFREMP



Self Raising White Flour*

An alternative to conventional self raising flour.

5x1kg, GFSRWTMP



White Bread Flour*

A flour blend of rice, tapioca and potato which is a great alternative to bread flour.

5x1kg, GFWBMP



Brown Bread Flour*

A blend of rice, tapioca, potato, gram, buckwheat and carob flour.

5x1kg, GFBMP

✓ Source of fibre



Rice Flour*

Cream in colour, neutral in flavour and great for sweet and savoury recipes.

5x1kg, RICEMP



Gram Flour

A fine yellow flour milled from chana dhal, also called besan flour.

5x1kg, GRAMMP

✓ High in protein and fibre



Buckwheat Flour

Milled from whole buckwheat, this flour is great for bread, noodles and pancakes.

5x1kg, GFBUCKMP

✓ Source of fibre and protein

*Also available in multilingual retail packaging:



Brown Rice Flour

Ideal for thickening sauces and soups and great for baking.

5x120g, BRQBRIFX5

✓ Organic, wholegrain



Buckwheat Flour

Milled from whole buckwheat, this flour is great for pancakes.

5x110g, BRQBUCFX5

✓ Source of fibre and protein



Chickpea Flour

Used in traditional recipes and as an egg replacer, this flour is also known as garbanzo.

5x100g, BRQCHIFX5

✓ Organic, high in fibre, source of protein



Quinoa Flour

Wholegrain quinoa flour can add diversity to everyday baking.

5x110g, BRQQUIFX5

✓ Organic, source of fibre and protein



Carrot Cupcake Muffins

Gluten Free Mixes

✓ Certified gluten free, vegan and Kosher

Perfect for the busy home-baker, these convenient mixes require only two additional store-cupboard ingredients and are naturally gluten free.



White Bread Mix

Makes one loaf or 8 rolls and can be used in a bread machine.

4x500g, GFWHBMX4



Seeded Bread Mix

Makes one loaf or 8 rolls. Also suitable for use in a bread machine.

4x500g, GFSDMXX4

✓ Source of fibre



Pizza Base Mix

A simple and easy way of making delicious pizzas at home.

5x350g, GPFZBMX5

✓ Source of fibre



Sponge Mix

Makes one layer cake or 12 cupcakes with the addition of eggs and oil.

5x350g, GFSCMXX5



Chocolate Brownie Mix

Makes up to 16 brownies in no time. They can also be made vegan with our simple swaps.

5x350g, GFCHBRX5



Choc Chip Cookie Mix

Tasty home-baked gluten free cookies with the addition of just oil and water.

5x350g, GFCHCKX5



Pancake Mix

Makes pancakes, waffles or crêpes with the addition of only milk and oil.

5x300g, GFPCMXX5



Batter Mix

A savoury mix perfect for coating sausages, chicken or vegetables.

5 x 1kg, GFBATTMP



Easy Gluten Free American Breakfast Pancakes



Gluten Free Chocolate & Raspberry Gateau

Raising Agents, Starches and more

✓ Certified gluten free, vegan and Kosher

Those essentials that will further enhance your customers' home baking experience.



Tapioca Flour

Good for thickening soups, mousses and for making glossy sauces.

5x100g, BRQTAPFX5



Potato Flour

An ideal thickener when making non-gelatinous sauces and gravy.

5x120g, BRQPOTFX5



Cornflour

The traditional starch thickener used for sauces and desserts

5x110g, BRQCORNX5



Xanthan Gum

Improves crumb structure and reduces crumbling in gluten free baking.

5x100g, BRQXGUMX5

✓ Organic



Bicarbonate of Soda

This raising agent is sometimes called just 'bicarb' or baking soda.

5x200g, BRQBOSX5



Baking Powder

Add this classic raising agent to plain flour to raise cakes and scones.

5x130g, BRQBAKPX5



Gluten Free BBQ Sauce

Gluten Free Pasta*

✓ Certified gluten free, organic, vegan and Kosher

Discover our multi-award-winning range of organic pasta, **naturally free from gluten and egg**, they are all made in Italy to organic standards.



Brown Rice Pasta Penne

Penne pasta made from wholegrain brown rice.

8x500g, PABRPN08



Brown Rice Pasta Fusilli

Fusilli pasta made from wholegrain brown rice.

8x500g, PABRFU08



Brown Rice Pasta Tortiglioni

Tortiglioni pasta made from wholegrain brown rice.

8x500g, PABRTO08



Multigrain Penne

Penne pasta made from a blend of maize, rice, buckwheat and quinoa flour.

8x500g, PAMGPN08



Maize & Rice Pasta Penne

Penne pasta made from a flour blend of maize and rice.

8x500g, PAMRPN08

✓ Source of fibre



Maize & Rice Pasta Fusilli

Fusilli pasta made from a flour blend of maize and rice.

8x500g, PAMRFU08

✓ Source of fibre



Buckwheat Penne

Wholegrain penne pasta made from 100% organic buckwheat.

8x500g, PABUPN08

✓ Source of fibre

*All pasta retail packaging has nutritional information and ingredients in the following languages:

UK DK NL EL



Green Pea Penne

Made with 100% organic green peas.

6x250g, PAGPPN06

✓ High protein, source of fibre



Red Lentil Penne

Made with 100% organic red lentils.

6x250g, PARLPN06

✓ High protein, source of fibre



Maize & Rice Lasagne

With no need to pre-cook, these lasagne sheets are ready to use.

6x250g, PAMRLA06



Maize & Rice Spaghetti

Spaghetti made from a naturally gluten free flour blend of maize and rice.

12x500g, PAMRSP



Brown Rice Spaghetti

Spaghetti made from wholegrain brown rice.

12x500g, PABRSP

Gluten Free Cookies

✓ Certified gluten free, organic, vegan and Kosher

Made with our own gluten free organic flour blend, these cookies are **free from gluten and made without any of the top 14 allergens**.



Stem Ginger Cookies

Tasty cookies made with fiery stem ginger.

12x150g, GINGCS



Lemon Zest Cookies

Delicious cookies made with whole lemon.

12x150g, LEMNCS



Chocolate Chip Cookies

Indulgent cookies made with 55% cocoa solids chocolate chips.

12x180g, CHCHCS



Double Chocolate Cookies

Distinctive cookies made with cocoa and 55% cocoa solids chocolate chips.

12x180g, DBCHCS

Gluten Free Oat Bars

✓ Certified gluten free, organic, vegan and Kosher

Made with 100% British oats for creaminess and **naturally free from gluten, milk and peanuts**, our oat bars make the perfect impulse purchase. Available in a box of 4 or 18 oat bars in an eye-catching counter-top display unit.



Banana Oat Bars with Hemp

Sweet banana is balanced with crunchy hemp seeds.

7x 4x35g, BAHEFJ04
18x35g, BAHEFJ18

✓ High fibre

Apricot Oat Bars with Chia

Delicious organic apricots are combined with crisp chia seeds.

7x 4x35g, APRCFJ04
18x35g, APRCFJ18

✓ High fibre



Apple Oat Bars with Sultanas

Oat bars made with tangy apple and juicy sultanas.

7x 4x35g, APSUFJ04
18x35g, APSUFJ18
Special order 80x35g, APSUFJ80 (MOQ 25 boxes)

✓ High fibre

Chocolate Chip Oat Bars

Indulgent Chocolate Chip Oat Bars with 70% cocoa content chocolate chips.

7x 4x35g, CHCHFJ04
18x35g, CHCHFJ18
Special order 80x35g, CHCHFJ80 (MOQ 25 boxes)

✓ High fibre



Gluten Free Breakfast Cereals

✓ Certified gluten free, organic, vegan and Kosher

Retail Packs

Our range of organic cereals are **naturally gluten free and vegan** - a great way to start the day.



Chocolate Stars*

Astronomically tasty breakfast cereal made with rice and maize.

5x300g, CECHST05

✓ Source of fibre

Cereal Flakes

Crispy flakes made from a rice and buckwheat blend.

5x375g, CECEFL05

✓ Low fat and high fibre

Corn Flakes

Light, golden flakes made from maize.

5x325g, CECORN05

✓ Low fat and low sugars

Fibre Flakes*

Crunchy flakes made with brown rice.

5x375g, CEFBFL05

✓ Low fat and high fibre



Fruit & Fibre Flakes

Crunchy toasted flakes with delicious coconut, banana, sultanas and apple.

5x375g, CEFRFB05

✓ High fibre



Supergrain Hoops

Made with supergrains like buckwheat, oats, teff and quinoa. Toasted and lightly coated in organic syrup.

5x300g, CESUHO05

✓ Source of fibre, wholegrains



Porridge Oats

Made with the finest, creamy wholegrain British oats.

4x430g, GFPOATX4

✓ High fibre

*Also available in multilingual retail packaging:



Single-serve Sachets

These single-serve sachets are perfect for food service outlets looking for a **naturally gluten free and vegan** breakfast offer for customers.



NEW Chocolate Stars

Single-serve star-shaped chocolate breakfast cereal made with rice and maize.

20x25g, CECHST25G

✓ Source of fibre



NEW Fibre Flakes

Single-serve crispy flakes made from a rice and buckwheat blend.

20x30g, CEFBFL30G

✓ Low fat and high fibre



NEW Corn Flakes

Single-serve light, golden flakes made from maize.

20x30g, CECORN30G

✓ Low fat and low sugars

Bulk Sacks

These 10kg sacks are perfect for retailers stocking cereals in zero waste dispensers, as well as bakeries, foodservice and manufacturers using gluten free and vegan cereals in their settings.



Corn Flakes

Light, golden flakes made from maize.

10kg, CECORN10K

✓ Low fat and low sugars



Chocolate Stars

Astronomically tasty breakfast cereal made with rice and maize.

10kg, CECHST10K

✓ Source of fibre



Fibre Flakes

Crunchy flakes made with brown rice.

10kg, CEFBFL10K

✓ Low fat and high fibre



Gluten Free Flour Sacks

✓ Certified gluten free and Kosher

A range of organic and non-organic flours milled from 100% grain, available in 16kg and/or 25kg sacks.

Buckwheat Flour
16kg, *GFBUCK16*

Milled from whole buckwheat, this flavourful flour is perfect for making gluten free bread, noodles and pancakes.

Organic Teff Flour
16kg, *OTEFF16*

A creamy brown wholegrain flour with a slight sweet and malty flavour.

Organic Quinoa Flour
16kg, *OGFRQUIN16*

Milled from whole quinoa, which has been praised as a supergrain.

White Rice Flour
16kg, *WRIC16*

Plain in flavour, creamy in colour and easy to digest, rice flour can be used to make great puddings and biscuits.

Organic White Rice Flour
25kg, *OWRI25*

Creamy in colour, rice flour can be used to make great puddings, biscuits and thicken sauces.

Brown Rice Flour
25kg, *BRIC25*

Short grain, brown rice milled into a fine flour.

Organic Brown Rice Flour
25kg, *OBRIC25*

Wholegrain rice flour, often used as a thickening agent.

Gram Flour
25kg, *GRAM25*

Milled from chana dhal, this fine yellow flour is useful for fritters, batters, pancakes, sauces and as an egg substitute.

Organic Chickpea Flour
16kg, *XORGCHICKPEA16*

Milled from whole dry chickpeas, this flour is great for use in pancakes, batter, sauces and as an egg replacer.

Organic Maize Flour 25kg
25kg, *GFMAIZ25*

A fine yellow flour milled from organic maize.



Gluten Free Flour Blend Sacks

✓ Certified gluten free and Kosher

Naturally gluten free flour available in 16kg and/or 25kg sacks, for consistently great baking results on a larger scale.

Plain White Flour
16kg, *GFRE16*
25kg, *GFRE25 (MOQ 40 sacks)*

A blend of naturally gluten free rice, potato, tapioca, maize and buckwheat which is a perfect alternative to traditional plain flour.

Self Raising White Flour
16kg, *GFSRWT16*
25kg, *GFSRWT25 (MOQ 40 sacks)*

A great alternative to traditional self-raising flour, this blend is milled from naturally gluten free rice, potato, tapioca, maize and buckwheat.

White Bread Flour
16kg, *GFWB16*
25kg, *GFWB25 (MOQ 40 sacks)*

A blend of rice, tapioca and potato flour combined with xanthan gum make this product the perfect alternative to wheat bread flour.

Brown Bread Flour
16kg, *GFBB16*

Blended from naturally gluten free ingredients, use this flour as an alternative to bread flour made from wheat.

Plain White Flour without Buckwheat
16kg, *XGFWBK16*

Our trusted plain white flour blend without the addition of buckwheat flour.

Self Raising Flour without Buckwheat
16kg, *XGFSRWBK16*

Our gluten free self raising flour blend made without buckwheat flour.

Organic Plain White Flour
16kg, *OGFRPL16*

An all purpose gluten free blend milled from organic ingredients.

Gluten Free Bulk Baking Ingredients

✓ Certified gluten free and Kosher

Essential baking ingredients for the professional baker.

Bicarbonate of Soda An essential raising agent for making bread, cake and batter.
3x1kg, BRQBOSX3

Baking Powder Perfect for use in sponges, cakes and puddings.
3x1kg, BRQOBPX3

Cornflour Great for thickening sauces, soups and desserts.
3x1kg, BRQOCFX3 ✓ Organic

Xanthan Gum Great for improving the crumb structure and reducing
3x1kg, BRQXGUMX3 crumbling in cakes and breads.

Biscuit Pieces Golden biscuit pieces made from
16kg, BISPCS16 (MOQ 30 sacks) naturally gluten free flour.

Biscuit Crumb Golden biscuit crumb made from naturally gluten free flour,
ideal for cheesecake bases.

Fine Coarse
4kg, BISCRUM4K 4kg, BISCRCRS4K
25kg, BISCRFIN25 (MOQ 30 sacks) 25kg, BISCRCRS25 (MOQ 25 sacks)

Cocoa Biscuit Crumb Made from naturally gluten free flour and ideal for sweet,
25kg, BISDCHCR25 (MOQ 40 sacks) baked foods.

Cornflake Crumb Light, golden flakes for coating burgers, fish and many
16kg, CECORNCR16K (MOQ 16 sacks) other foods.

Batter Mix A savoury mix perfect for coating sausages, chicken or
16kg, GFBATT16 (MOQ 65 sacks) vegetables.



Terms & Conditions

All sales are subject to Agortus AB standard terms and conditions. These are the sole terms of trading of Agortus AB and shall govern all transactions between Agortus AB and any customers. An agreement shall commence by the acceptance of Agortus AB of the customer's order and its only terms shall be those specified on Agortus homepage.

All Orders, Pricing, Delivery, Claims, Terms and General are listed on Agortus Free homepage.



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