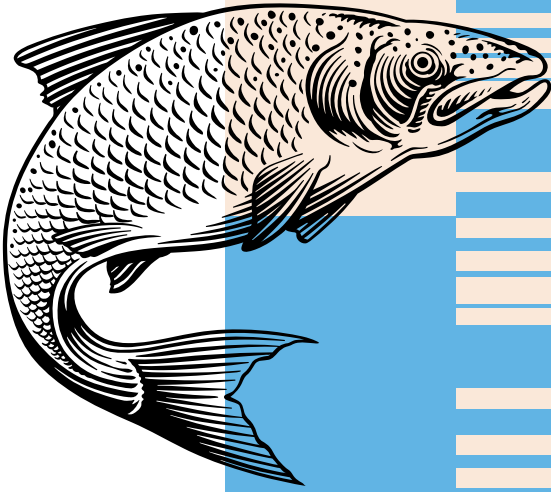


RULE OF CRUMB



THE RULES



TASTE AND GLUTEN FREEDOM
UNITED UNDER ONE BANNER



Henceforth, under Rule of Crumb there's no knead to be on your guard when it comes to gluten-free products. We live by the simple rule that our glorious food should be as fit for a King as it is for coeliacs...

So it's good knight gluten and good morning to full flavoured gluten freedom for all.



RULE OF CRUMB





SO WHAT IS COELIAC DISEASE?



Put simply, people with coeliac disease can't eat gluten. By consuming even the smallest of amounts, they can become very ill.

Gluten can be found within wheat, barley, rye and you'll find it within the following food types.

**BREAD, FLOUR
BREAKFAST CEREAL,
PASTA, PIZZA,
CAKES, PASTRY,
BISCUITS, STOCK CUBES,
PROCESSED FOODS,
SAUCES, SAUSAGES,
GRAVY, OATS** (*For some*)

To obtain your full copy of this book, please email
info@ruleofcrumb.com with details of which food
supplier you currently buy our products from.



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