

# Brand List

NEW  
MUESLI -  
See page 7

STOP PRESS  
15% off  
ecoleaf paper  
products\* see page 7  
\* with the exception of facial  
tissue



March &  
April 2010

  
Suma

# Special Offers

## Suma Peanut Butter 15% OFF

GH022	Peanut Butter, crunchy + salt	6 x 340g	was £11.03 per case – rrp £2.45	Now £9.38 – rrp £2.09
GH256	Peanut Butter, crunchy no salt	6 x 340g	was £11.03 per case – rrp £2.45	Now £9.38 – rrp £2.09
GH023	Peanut Butter, smooth + salt	6 x 340g	was £11.03 per case – rrp £2.45	Now £9.38 – rrp £2.09
GH257	Peanut Butter, smooth no salt	6 x 340g	was £11.03 per case – rrp £2.45	Now £9.38 – rrp £2.09
GH047	Peanut Butter, crunchy + salt	6 x 700g	was £19.76 per case – rrp £4.39	Now £16.80 – rrp £3.75
GH248	Peanut Butter, crunchy no salt	6 x 700g	was £19.76 per case – rrp £4.39	Now £16.80 – rrp £3.75
GH051	Peanut Butter, smooth + salt	6 x 700g	was £19.76 per case – rrp £4.39	Now £16.80 – rrp £3.75



15%  
OFF

## Pear & Apple Spread

JS200	Pear and Apple Spread	12 x 300g	was £12.51 per case – rrp £1.39	Now £10.63 – rrp £1.19
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## Organic Pate in Tubes

GH700	Pate - Organic Mushroom	12 x 200g	was £21.15 per case – rrp £2.35	Now £17.98 – rrp £1.99
GH800	Pate - Organic Savoury Herb	12 x 200g	was £21.15 per case – rrp £2.35	Now £17.98 – rrp £1.99

15%  
OFF



Code	Product		Size	Price	RRP	FGOSV
<b>BAGS, BOXES AND BASKETS</b>						
NF270	Refuse Sacks-recycled plastic		12 x 8 pack	10.34	V	1.35 GV
NF483	Refuse Sacks-recycled plastic		200 pack	22.95	V	GV
<b>BAKING SUNDRIES</b>						
LJ223	Xanthan Gum	Now with no VAT	6 x 100g	25.60		5.69 GV
<b>BEANS &amp; PULSES - CANNED</b>						
VF730	<b>Aduki Beans, Fairly Traded OG</b>	Fairly Traded	12 x 400g	8.91		0.99 FOV
VF860	<b>Black Beans, Fairly Traded OG</b>	Fairly Traded	12 x 400g	8.91		0.99 FOV
VF646	<b>Blackeye Beans - organic</b>		12 x 400g	8.51	▲	0.95 GOV
VF707	Borlotti Beans		12 x 400g	4.95		0.55 GV
VF710	Brown Lentils in Tomato Sauce		12 x 400g	8.00		0.89 GV
VF119	Butter Beans		12 x 400g	4.95		0.55 GV
VF645	<b>Butter Beans - organic</b>		12 x 400g	7.65		0.85 GOV
VF709	Cannellini Beans		12 x 400g	4.95		0.55 GV
VF395	<b>Cannellini Beans - organic</b>		12 x 400g	7.65		0.85 GOV
VF117	Chick Peas		12 x 400g	4.95		0.55 GV
VF785	<b>Chick Peas - organic</b>	Catering Size	6 x 2.6Kg	16.20		3.65 GOV
VF642	<b>Chickpeas - organic</b>		12 x 400g	7.65		0.85 GOV
VF122	Flageolet Beans		12 x 400g	8.00	▲	0.89 GV
VF647	<b>Green Lentils - organic</b>		12 x 400g	7.65		0.85 GOV
VF120	Haricot Beans		12 x 400g	4.95		0.55 GV
VF644	<b>Haricot Beans - organic</b>		12 x 400g	7.65		0.85 GOV
VF649	<b>Mixed Beans - organic</b>		12 x 400g	7.65		0.85 GOV
VF795	<b>Mixed Beans - organic</b>	Catering Size	6 x 2.6Kg	16.20		3.65 GOV
VF118	Red Kidney Beans		12 x 400g	4.95		0.55 GV
VF643	<b>Red Kidney Beans - organic</b>		12 x 400g	7.65		0.85 GOV
VF790	<b>Red Kidney Beans - organic</b>	Catering Size	6 x 2.6Kg	16.20		3.65 GOV
VF711	Six Bean Mix		12 x 400g	7.11		0.79 GV
<b>BODYCARE</b>						
<b>SUMA GLYCERINE SOAP</b>						
DY540	Grapefruit & Aloe Vera Soap	No SLS, colour, fragrance	12 x 90g	9.00	V	1.25 V
DY555	Hemp Oil & Vitamin E Soap	No SLS, colour, fragrance	12 x 90g	9.00	V	1.25 V
DY532	Rose & Geranium Soap	No SLS, colour, fragrance	12 x 90g	9.00	V	1.25 V
DY013	White Lavender Soap	No SLS, colours, fragrances	12 x 90g	9.00	V	1.25 V
<b>SUMA HANDMADE SOAPS</b>						
DY498	Almond Soap		24 x 1	14.10	V	0.99 V
DY479	Wild Raspberry Soap		24 x 1	14.10	V	0.99 V
DY119	Mixed Soap - Country Garden		24 x 1	14.10	V	0.99 V
DY248	Cinnamon & Sandalwood Soap	blend of spicy & mellow scents	24 x 1	14.10	V	0.99 V
DY116	Mixed Soap - Exotic		24 x 1	14.10	V	0.99 V
DY366	Nutmeg & Vanilla Soap	rich & sweet scent	24 x 1	14.10	V	0.99 V
DY209	Tea Tree Soap	reputed antiseptic herb	24 x 1	14.10	V	0.99 V
DY118	Avocado & Cucumber Soap	particularly refreshing	24 x 1	14.10	V	0.99 V
DY208	Desert Aloe Vera Soap	unscented, for sensitive skin	24 x 1	14.10	V	0.99 V
DY246	Fragrant Coco Palm Soap	gentle lather & subtle scent	24 x 1	14.10	V	0.99 V
DY117	Mixed Soap - Extra Gentle		24 x 1	14.10	V	0.99 V
DY775	Floral Collection Soap	Rose, Lavender, Coco, Camomile	10 x 4 x 1	23.50	V	3.89 GV
DY198	Sensual Collection Soap	Frankincense, Orange, Clove etc.	10 x 4 x 1	23.50	V	3.89 GV
DY362	Elderflower & Apple Soap	mellow scent & creamy lather	24 x 1	14.10	V	0.99 V
DY363	English Lavender Blossom Soap	ageless soothing scent	24 x 1	14.10	V	0.99 V
DY371	Mixed Soap - Old English		24 x 1	14.10	V	0.99 V
DY367	Rose of York Soap	traditional scent & skin care	24 x 1	14.10	V	0.99 V
DY750	Sensual Spices Soap	Frankincense, Ylang, Orange/Clov	24 x 1	14.10	V	0.99 V
<b>SUMA SHAMPOO</b>						
DY595	Clear & Simple Shampoo	bulk/refill size	5l	12.65	V	19.89 V
DY226	Clear & Simple Shampoo		6 x 500ml	15.85	V	4.25 V
DY598	Grapefruit & Aloe Vera Shampoo	bulk/refill size	5l	12.65	V	19.89 V
DY235	Grapefruit & Aloe Vera Shampoo		6 x 500ml	15.85	V	4.25 V
DY608	Rose & Geranium Shampoo	bulk/refill size	5l	12.65	V	19.89 V
DY242	Rose Petal & Geranium Shampoo		6 x 500ml	15.85	V	4.25 V
DY593	White Lavender Shampoo	bulk/refill size	5l	12.65	V	19.89 V
DY269	White Lavender Shampoo		6 x 500ml	15.85	V	4.25 V
<b>CLOTHING</b>						
NF206	<b>T Shirt Ladies Fit, Medium</b>		each	10.00	V	O
NF212	<b>T Shirt Ladies Fit, Small</b>		each	10.00	V	O
NF063	<b>T-Shirt Ladies Black</b>		each	10.00	V	FO
NF051	<b>T-Shirt Ladies Green</b>		each	10.00	V	FO

Code	Product	Size	Price	RRP	FGOSV
NF050	<b>T-Shirt Ladies Pink</b>	each	10.00	V	FO
NF062	<b>T-Shirt Ladies Red</b>	each	10.00	V	FO
NF076	<b>T-Shirt Large Black</b>	each	10.00	V	FO
NF080	<b>T-Shirt Large Blue</b>	each	10.00	V	FO
NF078	<b>T-Shirt Large Green</b>	each	10.00	V	FO
NF081	<b>T-Shirt Large Red</b>	each	10.00	V	FO
NF057	<b>T-Shirt Medium Black</b>	each	10.00	V	FO
NF069	<b>T-Shirt Medium Blue</b>	each	10.00	V	FO
NF067	<b>T-Shirt Medium Green</b>	each	10.00	V	FO
NF075	<b>T-Shirt Medium Red</b>	each	10.00	V	FO
NF082	<b>T-Shirt XL Black</b>	each	10.00	V	FO
NF088	<b>T-Shirt XL Blue</b>	each	10.00	V	FO
NF083	<b>T-Shirt XL Green</b>	each	10.00	V	FO
NF089	<b>T-Shirt XL Red</b>	each	10.00	V	FO

### FRUIT JUICE CONCS & CORDIALS

JU058	Apple - concentrate	6 x 500ml	11.45	V	2.99	GV
JU057	Apple - concentrate	Must keep refrigerated 5l	19.25	V	30.08	GV
JU241	<b>Apple &amp; Blackcurrant og</b>	Pure Fruit Concentrate	6 x 400ml	V	4.49	GOV
JU243	<b>Apple Juice Concentrate - og</b>	Must keep refrigerated	5l	V	33.89	GOV
JU240	<b>Apple Juice OG</b>	Pure Fruit Concentrate	6 x 400ml	V	3.99	GOV
JU062	Apple/Blackcurrant concentrate	6 x 500ml	13.36	V	3.49	GV

### HERBS & SPICES - PREPACKED

HE901	Herb and spice rack	61.5cm wide x 56.5cm high	each	FREE		
	<b>Curry Spices</b>					
HE330	Asafoetida Compound		6 x 25g	3.37	0.75	GV
HE137	Balti Stir Fry Mix		6 x 50g	2.67	▼ 0.59	GV
HE332	Coriander Leaf		6 x 10g	3.37	0.75	GV
HE333	Curry Leaves		6 x 5g	3.37	0.75	GV
HE363	Curry Powder - Hot		6 x 50g	3.37	0.75	GV
HE334	Curry Powder - Madras		6 x 50g	3.37	0.75	GV
HE335	Curry Powder - Mild		6 x 50g	3.37	0.75	GV
HE172	Jalfrezi Mix		6 x 30g	2.67	▼ 0.59	GV
HE173	Korma Mix		6 x 50g	2.67	▼ 0.59	GV
HE337	Mango Powder		6 x 30g	3.37	0.75	GV
HE176	Rogan Josh Mix		6 x 50g	2.67	▼ 0.59	GV
HE178	Tandoori Mix		6 x 50g	2.67	▼ 0.59	GV
HE179	Tikka Masala		6 x 50g	2.67	▼ 0.59	GV
	<b>Herbs</b>					
HE133	Basil - rubbed		6 x 20g	3.37	0.75	GV
HE134	Bay Leaves		6 x 10g	3.37	0.75	GV
HE165	Bouquet Garni		6 x 6 satchet	3.37	0.75	GV
HE017	Chives		6 x 15g	3.37	0.75	GV
HE023	Dill Herb		6 x 15g	3.37	0.75	GV
HE033	Flat Leaf Parsley		6 x 10g	3.37	0.75	GV
HE030	Lemon grass		6 x 25g	3.37	0.75	GV
HE031	Lime leaves - whole		6 x 4g	3.37	0.75	GV
HE146	Marjoram		6 x 10g	3.37	0.75	GV
HE032	Methi Leaves	AKA Fenugreek	6 x 10g	3.37	0.75	GV
HE185	Mint		6 x 20g	3.37	0.75	GV
HE147	Mixed Herbs		6 x 20g	3.37	0.75	GV
HE151	Oregano - rubbed		6 x 20g	3.37	0.75	GV
HE153	Parsley - rubbed		6 x 15g	3.37	0.75	GV
HE157	Rosemary		6 x 20g	3.37	0.75	GV
HE158	Sage - rubbed		6 x 25g	3.37	0.75	GV
HE159	Tarragon		6 x 12g	3.37	0.75	GV
HE160	Thyme - rubbed		6 x 30g	3.37	0.75	GV
	<b>Milled Spices</b>					
HE029	Cardamom - ground		6 x 30g	3.37	0.75	GV
HE168	Cayenne Pepper		6 x 50g	3.37	0.75	GV
HE028	Celery Salt		6 x 100g	3.37	0.75	GV
HE138	Chilli		6 x 50g	3.37	0.75	GV
HE139	Cinnamon		6 x 50g	3.37	0.75	GV
HE142	Coriander		6 x 50g	3.37	0.75	GV
HE143	Cumin		6 x 50g	3.37	0.75	GV
HE180	Garam Masala		6 x 50g	3.37	0.75	GV
HE145	Ginger		6 x 50g	3.37	0.75	GV
HE150	Milled Nutmeg		6 x 50g	3.37	0.75	GV
HE148	Mixed Spice		6 x 50g	3.37	0.75	GV
HE360	Mustard Powder		6 x 50g	3.37	0.75	GV
HE152	Paprika		6 x 50g	3.37	0.75	GV
HE188	Pepper - black		6 x 50g	3.37	0.75	GV

Code	Product	Size	Price	RRP	FGOSV
HE034	Smoked Paprika	6 x 40g	3.37	0.75	GV
HE161	Turmeric	6 x 50g	3.37	0.75	GV
	<b>Seasonings - salt free</b>				
HE342	Cajun Spice	6 x 30g	3.37	0.75	GV
	<b>Seasonings Range</b>				
HE116	Chilli Flakes	6 x 25g	3.37	0.75	GV
HE074	Chinese Curry Mix	6 x 50g	3.37	0.75	GV
HE073	Creole Seasoning	6 x 50g	3.37	0.75	GV
HE077	Fajita Seasoning	6 x 50g	3.37	0.75	GV
HE078	Five Spice Seasoning	6 x 50g	3.37	0.75	GV
HE080	Jerk Seasoning	6 x 50g	3.37	0.75	GV
HE079	Mexican Salsa Mix	6 x 50g	3.37	0.75	GV
HE081	Piri Piri Seasoning	6 x 40g	3.37	0.75	GV
HE084	Ras-el-hanout Seasoning	6 x 30g	3.37	0.75	GV
HE075	Thai Green Curry Mix	6 x 35g	3.37	0.75	GV
HE076	Thai Red Curry Mix	6 x 35g	3.37	0.75	GV
HE085	Vegetable Seasoning	6 x 30g	3.37	0.75	GV
	<b>Whole Spices</b>				
HE024	Aniseed - whole	6 x 50g	3.37	0.75	GV
HE135	Caraway Seeds	6 x 50g	3.37	0.75	GV
HE025	Cassia	6 x 30g	3.37	0.75	GV
HE171	Chillies	6 x 25g	3.37	0.75	GV
HE140	Cinnamon Sticks	6 x 25g	3.37	0.75	GV
HE141	Cloves	6 x 40g	3.37	0.75	GV
HE174	Coriander Seeds	6 x 40g	3.37	0.75	GV
HE175	Cumin Seeds	6 x 50g	3.37	0.75	GV
HE177	Fennel Seeds	6 x 50g	3.37	0.75	GV
HE136	Green Cardamom Pods	6 x 30g	3.37	0.75	GV
HE183	Juniper Berries	6 x 40g	3.37	0.75	GV
HE184	Mace	6 x 20g	3.37	0.75	GV
HE149	Mustard Seeds - black	6 x 50g	3.37	0.75	GV
HE186	Mustard Seeds - Yellow	6 x 50g	3.37	0.75	GV
HE187	Nutmeg Whole	6 x 50g	3.37	0.75	GV
HE154	Peppercorns - black	6 x 50g	3.37	0.75	GV
HE001	Peppercorns - black	6 x 250g	17.20	3.79	GV
HE361	Peppercorns - mixed	6 x 25g	3.37	0.75	GV
HE155	Pickling Spice	6 x 50g	3.37	0.75	GV
HE156	Poppy Seeds	6 x 50g	3.37	0.75	GV
HE164	Star Anise	6 x 25g	3.37	0.75	GV
HE362	Vanilla Pod	6 x 1	6.37	1.39	GV
HE132	Whole Allspice	6 x 50g	3.37	0.75	GV
	<b>ORGANIC</b>				
HE365	Basil OG	6 x 20g	4.49	0.99	GOV
HE366	Bay Leaves OG	6 x 10g	4.49	0.99	GOV
HE367	Caraway Seeds OG	6 x 30g	4.49	0.99	GOV
HE371	Chilli Powder OG	6 x 25g	4.49	0.99	GOV
HE369	Cinnamon Bark OG	6 x 20g	4.49	0.99	GOV
HE166	Cinnamon Ground FT OG	Fairtrade 6 x 25g	4.42	△ 0.99	FGOV
HE370	Cinnamon Ground OG	6 x 30g	4.49	0.99	GOV
HE372	Cloves, whole OG	6 x 30g	4.49	0.99	GOV
HE374	Coriander Ground OG	6 x 40g	4.49	0.99	GOV
HE373	Coriander Seed OG	6 x 40g	4.49	0.99	GOV
HE376	Cumin Ground OG	6 x 25g	4.49	0.99	GOV
HE375	Cumin Seed OG	6 x 25g	4.49	0.99	GOV
HE377	Dill Herb OG	6 x 20g	4.49	0.99	GOV
HE378	Garlic Granules OG	6 x 25g	4.49	0.99	GOV
HE379	Ginger Ground OG	6 x 30g	4.49	0.99	GOV
HE162	Ground Black Pepper OG	Fairtrade 6 x 25g	4.42	△ 0.99	FGOV
HE169	Ground Ginger OG	Fairtrade 6 x 25g	4.42	△ 0.99	FGOV
HE170	Ground Turmeric OG	Fairtrade 6 x 25g	4.42	△ 0.99	FGOV
HE380	Herbs Mixed OG	6 x 20g	4.49	0.99	GOV
HE382	Mustard Seed Black OG	6 x 50g	4.49	0.99	GOV
HE384	Nutmeg Ground OG	6 x 25g	4.49	0.99	GOV
HE385	Oregano OG	6 x 20g	4.49	0.99	GOV
HE386	Paprika OG	6 x 25g	4.49	0.99	GOV
HE387	Parsley OG	6 x 15g	4.49	0.99	GOV
HE388	Peppercorns Black OG	6 x 30g	4.49	0.99	GOV
HE389	Poppy Seed Blue OG	6 x 40g	4.49	0.99	GOV
HE390	Rosemary OG	6 x 20g	4.49	0.99	GOV
HE391	Sage OG	6 x 25g	4.49	0.99	GOV
HE381	Spices - mixed, OG	6 x 30g	4.49	0.99	GOV
HE392	Tarragon - Organic	6 x 12g	4.49	0.99	GOV
HE393	Thyme - Organic	6 x 25g	4.49	0.99	GOV

Code	Product		Size	Price	RRP	FGOSV
HE394	<b>Turmeric Ground - Organic</b>		6 x 30g	4.49	0.99	GOV
HE144	<b>White Peppercorns - OG &amp; FT</b>	Fairtrade	6 x 25g	4.42	△ 0.99	FGOV
HE163	<b>Whole Black Peppercorns OG, FT</b>	Fairtrade	6 x 25g	4.42	△ 0.99	FGOV
HE167	<b>Whole Cloves - Organic &amp; FT</b>	Fairtrade	6 x 25g	4.42	△ 0.99	FGOV
HE368	<b>Whole Green Cardamoms Organic</b>		6 x 15g	4.49	0.99	GOV

### JAMS & FRUIT SPREADS

JS200	Pear and Apple Spread		12 x 300g	12.51	▼ 1.39	GV
				<b>Special Offer Price</b> 10.63	<b>1.19</b>	

### MARGARINES & SPREADS (CHILLED)

MA201	<b>Organic Sunflower D/F Spread</b>		16 x 500g	33.78	2.79	GOV
MA202	Soya Dairy Free Spread		16 x 500g	21.48	1.79	GV
MA200	Sunflower Dairy Free Spread		16 x 500g	23.13	1.93	GV
	<b>Non Hydrogenated Oils</b>					
MA110	<b>Organic Sunflower Spread</b>		16 x 500g	31.69	2.65	GOV
MA055	Suma Soya Spread		16 x 500g	21.33	1.78	GV
MA051	Sunflower Spread	Minimum 28 days shelf life	6 x 2Kg	33.40	7.39	GV

### MAYONNAISE & SALAD DRESSINGS

KJ022	<b>Organic Mayonnaise</b>		1kg	7.20	9.65	GO
KJ080	<b>Organic Mayonnaise</b>	Glass Jar	6 x 240ml	8.95	1.99	GO

**NEW!**

### MUESLIS & BREAKFAST CEREALS

**NEW!**

MX087	Crunchy Apricot Muesli		6 x 750g	11.85	2.65	
MX099	Gluten Free Muesli		6 x 400g	9.85	2.19	GV
MX095	Luxury Tropical Muesli		6 x 750g	10.19	2.29	V
MX094	Super 4U Berry Muesli	Cran/Blue/Incan & Goji Berries	6 x 750g	15.19	3.39	V
MX089	Super Muesli		6 x 500g	7.99	1.79	V
MX090	Super Muesli		6 x 750g	11.65	2.59	V
MX093	<b>Gluten Free Puffed Muesli - Og</b>		6 x 400g	10.99	2.49	GOV
MX086	<b>Base for Muesli - organic</b>		6 x 750g	9.19	2.05	OV
MX088	<b>De Luxe Muesli - organic</b>		6 x 500g	8.91	1.99	OV
MX085	<b>De Luxe Muesli - organic</b>		6 x 750g	12.59	2.79	OV
MX093	<b>Gluten Free Muesli - organic</b>		6 x 400g	10.99	2.49	GOV
MX098	<b>Organic Omega Muesli</b>	Pumpkin/sunflwr/linseed/sesame	6 x 750g	10.99	2.49	OV
MX096	<b>Organic Vine Fruit Muesli</b>		6 x 750g	12.39	2.75	OV

### OILS & FATS

GT100	Grapeseed Oil		6 x 500ml	15.63	3.45	GV
GT017	<b>Italian Organic Olive Oil</b>	Extra Virgin	6 x 500ml	20.10	4.49	GOV
GT018	<b>Italian Organic Olive Oil</b>	Extra Virgin	6 x 750ml	28.88	6.45	GOV
GT019	<b>Italian Organic Olive Oil</b>	Extra Virgin	4 x 3l	70.90	23.75	GOV
GT084	Olive Oil - Extra Virgin		6 x 500ml	22.28	4.95	GV
GT085	<b>Olive Oil-Extra Virgin,organic</b>		6 x 500ml	24.07	5.35	GOV
GT082	Sesame Oil	cold pressed	6 x 500ml	28.47	6.35	GV
GT083	Sunflower Oil - cold pressed		6 x 500ml	13.27	2.95	GV
GT080	<b>Sunflower Oil - organic</b>	cold pressed	6 x 500ml	13.60	2.99	GOV

### PAPER PRODUCTS & STATIONERY

NF045	Ecoleaf Jumbo Kitchen Towel	240 sheets per roll	12 x 1	19.07	V	2.49	V
				<b>Special Offer Price</b> 16.20		<b>2.09</b>	
NF211	Ecoleaf Kitchen Towels	100% Compostable/Recycled	12 x 2 rolls	11.41	V	1.49	
				<b>Special Offer Price</b> 9.69		<b>1.25</b>	
NF209	Ecoleaf Toilet Tissue	100% Compostable/Recycled	10 x 4 pack	12.70	V	1.99	
				<b>Special Offer Price</b> 10.79		<b>1.69</b>	
NF214	Ecoleaf Toilet Tissue	100% Compostable/Recycled	5 x 9 rolls	14.01	V	4.39	
				<b>Special Offer Price</b> 11.90		<b>3.75</b>	
NF210	Ecoleaf Toilet Tissue Bulkpack	Plain compostable packaging	5 x 12 pack	18.50	V		
NF097	Ecoleaf Facial Tissues Tissue	150 tissues per box	24 x 1 pack	20.19	V	1.29	

### PASTA SAUCES & PESTOS

KJ162	<b>Organic Pesto alla Genovese</b>	Basil, Pinenuts, Grana Padano	6 x 190g	13.30	2.95	GO
KJ160	<b>Organic Pesto alla Siciliana</b>	Basil, Almonds and Lemon	6 x 190g	13.05	2.89	GOV
VF166	<b>Organic Pesto Mixed Case</b>	2 x Rosso/Genovese/Siciliana	6 x 190g	13.13		GOV
KJ161	<b>Organic Pesto Rosso</b>	Tomato, Basil and Cashews	6 x 190g	13.05	2.89	GOV
	<b>Organic Pasta Sauces</b>					
VF502	<b>Arrabbiata Sauce - OG</b>		6 x 340g	8.95	1.99	GOSV
VF501	<b>Basilico Sauce - OG</b>		6 x 340g	8.95	1.99	GOSV
VF503	<b>Campagna Sauce - OG</b>		6 x 340g	10.12	2.25	GOSV
VF504	<b>Classico Sauce - OG</b>		6 x 340g	8.95	1.99	GOSV
VF505	<b>Puttanesca Sauce - OG</b>		6 x 340g	10.12	2.25	GOSV

Code	Product		Size	Price	RRP	FGOSV
VF499	Siciliana Sauce - OG <b>Organic Pestos</b>		6 x 340g	12.37	2.75	GOSV
KJ192	Pesto - Green, vegan		6 x 160g	11.66	2.59	GOV
KJ191	Pesto - Green, vegetarian		6 x 160g	11.66	2.59	GO
KJ189	Pesto - Red, vegan		6 x 160g	11.66	2.59	GOV
KJ190	Pesto - Red, vegetarian		6 x 160g	11.66	2.59	GO

### PATES & DIPS (CHILLED)

CV401	Pate - Mushroom (bombe)	keep below 10 degrees C	6 x 200g	10.11	2.25	GV
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### PATES & SAVOURY SPREADS

GH700	Pate - Organic Mushroom	Tube		12 x 200g	21.15 <i>Special Offer Price</i> <b>17.98</b>	▼ 2.35 <b>1.99</b>	OV
GH800	Pate - Organic Savoury Herb	Tube		12 x 200g	21.15 <i>Special Offer Price</i> <b>17.98</b>	▼ 2.35 <b>1.99</b>	OV
GH047	Peanut Butter, crunchy + salt	Jumbo Jar		6 x 700g	19.76 <i>Special Offer Price</i> <b>16.80</b>	▼ 4.39 <b>3.75</b>	GOV
GH022	Peanut Butter, crunchy + salt			6 x 340g	11.03 <i>Special Offer Price</i> <b>9.38</b>	▼ 2.45 <b>2.09</b>	GOV
GH248	Peanut Butter, crunchy no salt	Jumbo Jar		6 x 700g	19.76 <i>Special Offer Price</i> <b>16.80</b>	▼ 4.39 <b>3.75</b>	GOV
GH256	Peanut Butter, crunchy no salt			6 x 340g	11.03 <i>Special Offer Price</i> <b>9.38</b>	▼ 2.45 <b>2.09</b>	GOV
GH051	Peanut Butter, smooth + salt	Jumbo Jar		6 x 700g	19.76 <i>Special Offer Price</i> <b>16.80</b>	▼ 4.39 <b>3.75</b>	GOV
GH023	Peanut Butter, smooth + salt			6 x 340g	11.03 <i>Special Offer Price</i> <b>9.38</b>	▼ 2.45 <b>2.09</b>	GOV
GH257	Peanut Butter, smooth no salt			6 x 340g	11.03 <i>Special Offer Price</i> <b>9.38</b>	▼ 2.45 <b>2.09</b>	GOV

### SOUPS

VF493	Carrot & Coriander Soup-org.	no added sugar		12 x 400g	10.20	1.15	GOV
VF350	Italian Tomato & Basil Soup			12 x 400g	10.20	1.15	OSV
VF640	Minestrone Soup - organic	no added sugar		12 x 400g	10.30	1.15	OV
VF481	Pea Soup - organic	no added sugar		12 x 400g	10.20	1.15	OV
VF255	Spicy Lentil Soup - organic	no added sugar		12 x 400g	10.20	1.15	GOV
VF275	Thick Vegetable Soup			12 x 400g	10.20	1.15	OV
VF641	Tomato & Red Pepper - organic			12 x 400g	10.20	1.15	OSV
VF250	Tomato Soup - organic			12 x 400g	10.20	1.15	GOV
VF680	Tuscan Bean Soup			12 x 400g	10.20	1.15	GOV

### SUGARS & SYRUPS

LJ099	Agave Syrup - organic			6 x 250ml	13.25	2.95	GOV
LJ121	Agave Syrup - organic			6 x 500ml	24.84	5.55	GOV
LJ150	Agave Syrup - organic	Catering size		5l	34.20		GOV

### TOMATOES AND TOMATO PRODUCTS

LJ660	Organic Basil Passata	No Added Salt		12 x 690g	13.41	1.49	GOV
LJ560	Organic Passata	No Added Salt		12 x 690g	13.41	1.49	GOV
LJ088	Tomato Puree - organic	Tubes - Double Concentrated		12 x 200g	12.15	△ 1.35	GOV
	<b>Canned</b>						
LJ075	Cherry Tomatoes - organic	in rich tomato juice		12 x 400g	8.91	0.99	GOV
LJ080	Tomatoes - chopped, organic			12 x 400g	7.65	0.85	GOV
LJ123	Tomatoes - chopped, organic			6 x 2.5Kg	22.60	5.00	GOV
LJ081	Tomatoes - peeled, whole OG			12 x 400g	7.65	0.85	GOV
	<b>Jarred</b>						
LJ258	Sundried Tomatoes in Olive Oil	Organic		12 x 190g	26.01	2.89	GOV
LJ257	Sundried Tomatoes in Olive Oil	Organic		6 x 900g	51.75	11.49	GOV

### VEGETABLES

LJ146	Sweet Corn - Organic, tinned	drained net weight 285g		12 x 326g	9.60	1.09	GOV
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### VINEGARS

KJ654	OG Balsamic Vinegar - oak aged			6 x 250ml	22.45	4.99	GOV
KJ655	OG White Balsamic Condiment	white balsamic vinegar		6 x 250ml	16.87	3.75	GOV

## Suma Cooperative

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