

Catering List

May June 2010



This list is an extract from our Catalogue of those products that are most suitable for Caterers.



It includes bulk quantities of fine foods used by restaurants, cafes, hotels and is also useful for those catering for large groups.



Including bulk coffee, cheese, oil, flour, herbs, spices and other cooking ingredients.



Code	Description	Size	RRP	BFGSV
BAGS, BOXES AND BASKETS				
SUMA				
NF477	Cellophane Bags 13" x 8" x 5"	1000		GV
NF484	Cellophane Bags 3" x 4.5" x 7"	1000		GV
NF476	Cellophane Bags 3" x 5" x 9"	1000		GV
NF487	Cellophane Bags 4" x 6" x 11"	1000		GV
NF482	Cellophane Bags 5" x 4.5" x 3"	1000		GV
NF489	Paper Flour Bags, hold 1.5kg	6.36kg		GV
NF144	Polypropylene Bags 11 in.	1000		GV
NF145	Polypropylene Bags 13 in.	1000		GV
NF142	Polypropylene Bags 7 in.	1000		GV
NF143	Polypropylene Bags 9 in.	1000		GV
NF490	Recycled Brown Paper Bags	1000 bags		GV
NF483	Refuse Sacks-recycled plastic	200 pack		GV
NF270	Refuse Sacks-recycled plastic	8 pack	1.35	GV
D2W				
NF406	100% Degradable Refuse Sacks	10 bags	1.19	
NF407	Degradable Swing Bin Liners	15 bags	1.49	
NF179	Multi Purpose Degradable Bags	50 bags	2.09	
NF169	Pedal Bin Liners	30 bags	1.49	

BAKING SUNDRIES

SUMA				
HE225	Baking Powder	1kg		V
HE299	Bicarbonate of Soda	1kg		GV
LJ024	Marzipan	5kg		GVS
LJ223	Xanthan Gum	100g	5.69	GV
ALLERGYCARE				
LJ653	Vegan Whole Egg Replacer	200g	3.59	VG
BARKAT				
LJ002	Gluten Free Baking Powder	100g	1.49	GV
CLEARSPRING				
JP087	Agar-Agar Flakes Gelling Agent	28g	4.49	GV
JP064	Kuzu (Wild Arrowroot)	125g	5.49	GVO
DOVES FARM				
LJ423	Quick Yeast	8 x 125g	1.15	GV
FERMIPAN				
LJ061	Dried Yeast	500g	3.55	GV
JUST WHOLEFOODS				
LJ155	VegeRen	30ml	1.35	GV
NIELSEN MASSEY				
LJ333	Vanilla Extract - OG	118ml	7.99	GOV
ORGRAN				
LJ656	Egg Replacer	200g	2.69	GV
STEENBERGS				
LJ334	Vanilla Extract Fairtrade Org	100ml	7.49	FOGV

BEANS & PULSES - CANNED

SUMA				
VF550	Baked Beans - Organic	400g	0.95	GOSV
VF646	Blackeye Beans - organic	400g	0.95	GVO
VF710	Brown Lentils in Tomato Sauce	400g	0.89	GV
VF119	Butter Beans	400g	0.55	GV
VF645	Butter Beans - organic	400g	0.85	GVO
VF709	Cannellini Beans	400g	0.55	GV
VF395	Cannellini Beans - organic	400g	0.85	GOV
VF117	Chick Peas	400g	0.55	GV
VF785	Chick Peas - organic	2.6Kg	3.65	GOV
VF642	Chickpeas - organic	400g	0.85	GVO
VF122	Flageolet Beans	400g	0.89	GV
VF647	Green Lentils - organic	400g	0.85	GVO
VF120	Haricot Beans	400g	0.55	GV
VF644	Haricot Beans - organic	400g	0.85	GVO
VF795	Mixed Beans - organic	2.6Kg	3.65	GOV
VF649	Mixed Beans - organic	400g	0.85	GVO
VF118	Red Kidney Beans	400g	0.55	GV
VF790	Red Kidney Beans - organic	2.6Kg	3.65	GOV
VF643	Red Kidney Beans - organic	400g	0.85	GVO
VF711	Six Bean Mix	400g	0.79	GV
BIONA				
VF222	Baked Beans - Organic	420g	0.99	GOVS
BIONOVA				
VF495	Baked Beans - organic	340g	1.39	OSV
CALISPA				
VF021	Chick Peas - Catering Size	2.60Kg	3.75	V

Code	Description	Size	RRP	BFGSV
ORGANIC KITCHEN				
VF114	Baked Beans in Tomato Sauce	420g	0.89	GOSV
WHOLE EARTH				
VF161	Baked Beans - organic	420g	1.19	GOV
BEANS & PULSES - DRIED				
SUMA BAGGED DOWN				
PU009	Aduki Beans	3kg		GV
PU147	Black Turtle Beans	3kg		GV
PU015	Blackeye Beans	3kg		GV
PU030	Butter Beans	3kg		GV
PU041	Cannellini Beans - Alubia	3kg		GV
PU019	Chick Peas	10kg		GV
PU143	Chick Peas	3kg		VG
PU049	Haricot Beans - pea	3kg		GV
PU055	Kidney Beans - red	3kg		GV
PU185	Lentils - brown	3kg		GV
PU054	Lentils - Dark Speckled	3kg		GV
PU186	Lentils - green	3kg		GV
PU040	Lentils - red split	10kg		GV
PU137	Lentils - red split	3kg		GV
PU179	Moong Dahl	3kg		GV
PU051	Mung Beans	3kg		GV
PU188	Split Peas - green	3kg		GV
PU189	Split Peas - yellow	3kg		GV

SUMA COMMODITIES

PU300	Aduki Beans	25kg		GV
PU150	Black Turtle Beans	25kg		GV
PU303	Blackeye Beans - California	25kg		GV
PU114	Broth Mix	25kg		V
PU111	Butter Beans - Californian	25kg		GV
PU016	Cannellini Beans - Alubia	25kg		GV
PU154	Chana Dahl	25kg		GV
PU018	Chick Peas	25kg		GV
PU095	Flageolet Beans	25kg		GV
PU028	Haricot Beans - pea	25kg		GV
PU039	Kidney Beans - red	25kg		GV
PU010	Lentils - brown	25kg		GV
PU082	Lentils - Dark Speckled	25kg		GV
PU022	Lentils - green	25kg		GV
PU081	Lentils - red split	25kg		GV
PU032	Marrowfat Peas	12.5kg		GV
PU175	Moong Dahl	25kg		GV
PU033	Mung Beans	25kg		GV
PU035	Pinto Beans	25kg		GV
PU025	Split Peas - green	25kg		GV
PU047	Split Peas - yellow	25kg		GV
PU176	Urad Dahl	25kg		GV

SUMA COMMODITIES - ORGANIC

PU200	Aduki Beans - organic	25kg		GVO
PU211	Bean Mix - organic	25kg		GOV
PU210	Butter Beans, Chinese - org	25kg		GVO
PU220	Cannellini Beans - organic	25kg		GVO
PU140	Chick Peas - organic	25kg		GVO
PU083	Green Split Peas - organic	25kg		GOV
PU052	Haricot Beans - organic	25kg		GVO
PU001	Lentils - brown, organic	25kg		VO
PU084	Lentils - Dark Speckled, Org	25kg		VOG
PU116	Lentils - green , organic	25kg		GVO
PU126	Lentils - red split, organic	25kg		GVO
PU062	Mung Beans - organic	25kg		GVO
PU061	Pinto Beans - organic	25kg		GOV
PU037	Red Kidney Beans - organic	25kg		GVO
PU057	Soya Beans - organic	25kg		GVO

BURGERS SAUSAGES & TVP MIXES

SUMA BAGGED DOWN

SY097	Burger Mix - vegetarian	1kg		V
VF406	Burger Mix - vegetarian	5kg		V
SY098	Sausage Mix - vegetarian	1kg		V
VF407	Sausage Mix - vegetarian	5kg		V
SY112	TVP Flavoured Coloured Chunks	1kg		GV
SY113	TVP Flavoured Coloured Mince	1kg		GV
SY111	TVP Plain Mince	1kg		GV
SUMA COMMODITIES				
VF404	Burger Mix - vegetarian	25kg		V
VF405	Sausage Mix - vegetarian	25kg		V
SY206	TVP Flavoured Coloured Chunks	10kg		GV
SY205	TVP Flavoured Coloured Mince	15kg		GV
SY201	TVP Plain Chunks	10kg		GV

Code	Description	Size	RRP	BFGSV
SY202	TVP Plain Mince	15kg		GV
	<i>PROTOVEG</i>			
VF839	Sosmix	10kg		V

CHEESE, COWS MILK (CHILLED)

Code	Description	Size	RRP	BFGSV
	<i>BASTIAANSEN</i>			
CV040	Organic Brie	150g	2.65	O
	<i>BIONA</i>			
CV076	Emmental - Organic	200g	3.49	GO
CV012	Greek Style Soft Cheese	150g	2.99	GO
	<i>CAERFAI FARMS</i>			
	<i>Carbon Neutral Cheese!</i>			
CV031	Caerfai Caerffili - OG	per kg		OG
CV032	Caerfai Cheddar - organic	per kg		OG
	<i>FUTURA</i>			
CV145	Blue Cheese - organic	150g	3.15	OG
CV306	Camembert - organic	150g	3.25	O
CV033	Cream Cheese (Garlic) -organic	150g	2.69	O
CV034	Cream Cheese (Plain) - organic	150g	2.69	O
	<i>LVE CROSS</i>			
CV048	Double Gloucester - organic	per kg		GO
CV028	Mature Cheddar - organic	per kg		GO
CV451	Mild Cheddar - organic	per kg		GO

CHOCOLATE

Code	Description	Size	RRP	BFGSV
	<i>SUMA COMMODITIES</i>			
KB081	Cacao Nibs - Organic	14kg		
	<i>GREEN & BLACKS</i>			
KB598	Chocolate Squares-mk/dk/white	200g	5.49	GOS
	<i>Cooks Chocolate</i>			
KB058	Cooking Chocolate Dark-organic	150g	2.29	GO
KB429	Milk Cooks Chocolate - organic	150g	2.29	GOS
	<i>Dispenser Squares</i>			
KB067	Squares Dispenser, Dark - og	each	0.10	GOS
KB069	Squares Dispenser, milk - og	each	0.10	GOS
	<i>MONTEZUMA'S</i>			
	<i>Cooking Chocolate</i>			
KB412	Dark Chocolate Couverture	2kg		GOSV
KB413	Milk Chocolate Couverture	2kg		GOS
KB411	White Chocolate Couverture	2kg		GOS

COCOA

Code	Description	Size	RRP	BFGSV
	<i>SUMA COMMODITIES - ORGANIC</i>			
LJ173	Cocoa Powder Fairtrade	25kg		FGOV
	<i>CLIPPER</i>			
	<i>FOOD SERVICE RANGE</i>			
TE525	Instant Organic Hot Chocolate	1Kg	8.99	FGOS

COFFEE

Code	Description	Size	RRP	BFGSV
	<i>SUMA</i>			
TE103	Colombia Cosurca Beans	1kg		FGOV
TE101	Ethiopia Yirgacheffe Beans	1kg		FGOV
TE109	Honduras Beans	1kg		FGOV
TE106	Peru Copicafe Beans	1kg		FGOV
TE107	Sumatra Gaya Highlands	1kg		FGOV
TE113	Swiss Water Decaff Beans	1kg		FGOV
	<i>CAFEDIRECT</i>			
TE340	Classic - decaff instant og	500g	25.99	FGOV
TE395	Instant - catering pack	500g	22.46	FGV
TE320	Medium Ground - Catering	750g		FGV
	<i>CLIPPER</i>			
	<i>FOOD SERVICE RANGE</i>			
TE724	Instant - fairtrade & organic	500g	17.99	FGOV
TE175	Instant Coffee Sticks	25		FGOV
TE173	Instant decaffeinated sticks	25		FGOV
TE526	Instant Organic Decaff	500g	22.00	FGOV
	<i>EQUAL EXCHANGE</i>			
TE779	Espresso beans	1Kg	9.70	FGOV
	<i>TRAIDCRAFT</i>			
TE692	Instant Coffee Tub	500g	11.15	FGV
TE777	Medium Roast	1kg	13.26	FGV

CONVENIENCE FOODS

Code	Description	Size	RRP	BFGSV
	<i>DANIVAL</i>			
VF553	Ratatouille - organic	670g	5.25	OVG
VF280	Ravioli - Tofu	670g	5.25	VO

Code	Description	Size	RRP	BFGSV
	<i>FREE & EASY</i>			
VF125	Bean Cassoulet - og	400g	1.69	GOV
VF116	Chick Pea & Bean Tagine	400g	1.69	GOV
VF006	Chick Pea/Vegetable Curry - og	400g	1.69	GOV
VF014	Three Bean Chilli - og	400g	1.69	GOV

Code	Description	Size	RRP	BFGSV
	<i>GRANOVITA</i>			
VF036	Nut Luncheon	420g	1.89	GV
VF298	Vegetable Hotpot	420g	1.79	V
	<i>SUNITA</i>			
FG601	Polenta - organic	500g	1.39	OV

CRISPS & SNACKS

Code	Description	Size	RRP	BFGSV
	<i>SUMA</i>			
ZX132	Japanese Rice Crackers	4kg		V
	<i>SUMA BAGGED DOWN</i>			
ZX332	Bombay Mix	1kg		GV
ZX342	Fruit & Nut Mix	1kg		GV
ZX083	Fruit & Nut Mix	5kg		GV
ZX131	Japanese Rice Crackers	1kg		V
ZX337	Spicy Noodles	1kg		GV
ZX345	Tropical Mix	1kg		GS
	<i>SUMA BAGGED DOWN - ORGANIC</i>			
ZX930	Bombay Mix - organic	1kg		OV
	<i>SUMA COMMODITIES</i>			
ZX033	Bhusu	5kg		GV
ZX034	Bombay Mix	10kg		GV
ZX035	Delhi Mix	2.5kg		GV
ZX288	Garlic Gathia	5kg		GV
ZX036	Sesame Sticks	2.27kg		GV
ZX037	Spiced Roast Chick Peas	2.5kg		GV
ZX038	Spicy Noodles	5kg		GV
ZX087	Trail Mix	10kg		GS
ZX089	Tropical Mix	10kg		GS

Code	Description	Size	RRP	BFGSV
	<i>SUMA COMMODITIES - ORGANIC</i>			
ZX929	Bombay Mix - organic	3kg		GOV

Code	Description	Size	RRP	BFGSV
	<i>KETTLE CHIPS</i>			
ZX381	Balsamic Vinegar & Sea Salt	150g	2.09	GSV
ZX248	Lightly Salted	150g	2.09	GV
ZX299	Mature Cheddar & Red Onion	150g	2.09	G
ZX307	Roasted Tomato & Basil	150g	2.09	GSV
ZX359	Sour Cream & onion	150g	2.09	G
ZX303	Sweet Chilli	150g	2.09	SV

Code	Description	Size	RRP	BFGSV
	<i>PIPERS CRISPS</i>			
ZX291	Anglesey Sea Salt	150g	1.79	S
ZX290	Biggleswade Sweet Chilli	150g	1.79	SV
ZX283	Sea Salt & Somerset Cider V'gr	150g	1.79	SV
ZX289	West Country Cheddar & Onion	150g	1.79	S

Code	Description	Size	RRP	BFGSV
	<i>TRAFU</i>			
ZX136	Tortilla Chips - Natural	200g	1.85	GOV

Code	Description	Size	RRP	BFGSV
	<i>TYRRELLS</i>			
	<i>Potato Chips - Sharing</i>			
ZX016	Cheddar Cheese & Chive	150g	1.69	
ZX018	Cider Vinegar & Sea Salt	150g	1.69	V
ZX022	Lightly Sea Salted	150g	1.69	GV
ZX023	Naked Chips	150g	1.69	GV
ZX024	Sea Salt & Black Pepper	150g	1.69	GV
ZX021	Sweet Chilli & Red Pepper	150g	1.69	GV
ZX098	Worcester Sauce & Sundried Tom	150g	1.69	
	<i>Vegetable Chips</i>			
ZX655	Mixed Roots	150g	2.65	V

DESSERTS

Code	Description	Size	RRP	BFGSV
	<i>PROVAMEL</i>			
SY075	Soya Custard	525g	1.19	GOV
SY265	Soya Custard - Chocolate	525g	1.19	OV

DESSERTS & PUDDINGS (CHILLED)

Code	Description	Size	RRP	BFGSV
	<i>RACHELS DAIRY</i>			
	<i>Divine Rice Dessert</i>			
CV257	Organic Creamy Rice Dessert	500g	1.89	GOS
	<i>YEO VALLEY</i>			
CV990	Apple, Strawberry & Blackberry	450g	3.09	GOS

DRINKS (CHILLED)

Code	Description	Size	RRP	BFGSV
	<i>ALPRO</i>			
CV088	Organic Fresh Soya Drink	1l	1.59	GOV

Code	Description	Size	RRP	BFGSV
	<i>GROVE ORGANIC FRUIT CO</i>			
	<i>Organic NFC Fruit Juices</i>			
CV259	Organic Orange Juice (Large)	1.75l	4.99	GOV
	EGGS			
	<i>BRONTE BROWNS</i>			
	<i>Minimum 12 Days Shelf Life</i>			
CV133	Large Organic Free Range Eggs	per doz	3.49	O
	FAR EASTERN FOOD			
	<i>BIONA</i>			
VF775	Coconut Milk Organic	400ml	1.19	GOV
VF772	Creamed Coconut Organic	200g	1.09	GOV
	<i>BLUE DRAGON</i>			
LJ134	Coconut Milk Organic	400ml	2.15	GOV
	<i>CLEARSPRING</i>			
JP060	Brown Rice Vinegar - Organic	150ml	1.99	GOV
JP013	Brown Sushi Rice - Organic	500g	2.19	GOV
JP605	Shoyu	2.5l	17.99	OV
JP001	Tamari Soya Sauce	2.5l	35.99	GOV
	<i>MERIDIAN</i>			
JP058	Tamari	5l	34.39	GV
	<i>SANCHI</i>			
JP050	Arame	1kg		GV
	FLAKES, BRANS & WHEATGERM			
	<i>SUMA BAGGED DOWN</i>			
FX109	Oat Bran	5kg		V
FX063	Wheatgerm	5kg		V
	<i>SUMA BAGGED DOWN - ORGANIC</i>			
FG122	Medium Oatmeal - organic	5kg		OV
FX085	Oats - porridge, organic	10kg		VO
	<i>SUMA COMMODITIES</i>			
FG034	Medium Oatmeal	25kg		V
FX065	Oat Bran	25kg		V
FX504	Oats - jumbo	25kg		V
FX104	Oats - porridge	12.5kg		V
FX010	Oats - porridge	25kg		V
FX502	Wheat Bran	25kg		V
FX062	Wheatgerm	20kg		V
	<i>SUMA COMMODITIES - ORGANIC</i>			
FX015	Barley Flakes - pearl, organic	25kg		VO
FX050	Bran Flakes - organic	12.5kg		OV
FX250	Bran Sticks - organic	12.5kg		VO
FX200	Malted Toasted Wheat Flakes OG	12.5kg		OV
FG042	Medium Oatmeal - organic	25kg		OV
FX053	Millet Flakes - Organic	15kg		GVO
FX018	Oat Bran - organic	12.5kg		O
FX503	Oats - jumbo, organic	25kg		VO
FX009	Oats - porridge, organic	25kg		VO
FX654	Quinoa Flakes - organic	15kg		FGOV
FX004	Rice Flakes, Brown - organic	15kg		VO
FX019	Rye Flakes - organic	25kg		VO
FX012	Wheat Bran - organic	25kg		VO
FX170	Wheat Flakes Organic	25kg		VO
	FLOURS & BREAD MIXES			
	<i>SUMA BAGGED DOWN</i>			
FG093	Polenta	5kg		GV
	<i>SUMA BAGGED DOWN - ORGANIC</i>			
FG043	Soya Flour - organic	1kg		GOV
	<i>SUMA COMMODITIES</i>			
FG046	Gram Flour	5kg		GV
FG094	Polenta	25kg		GV
FG015	Rye Flour	25kg		V
	<i>SUMA COMMODITIES - ORGANIC</i>			
FG053	Rice flour brown organic	25kg		GOV
FG243	Soya Flour - organic	25kg		GOV
	<i>BACHELDRE WATERMILL</i>			
FG187	Plain Unbleached White Flour	1.5Kg	2.29	OV
FG175	Stoneground Rye Flour	1.5Kg	2.59	OV
FG179	Stoneground Spelt Flour	1.5Kg	3.99	OV
FG162	Strong 100% Wholemeal Flour	1.5Kg	2.05	OV
FG165	Strong Malted Blend Flour	1.5Kg	2.65	OV
FG164	Strong Malted Five Seed Flour	1.5Kg	3.55	OV
FG160	Strong Unbleached White Flour	1.5Kg	2.49	OV

Code	Description	Size	RRP	BFGSV
	<i>DOVES FARM</i>			
	<i>Bulk</i>			
FG499	Gluten Free Plain White	16kg		GV
FG888	Malthouse Flour - organic	25kg		OV
FG886	Rye Flour Lite - Organic	25kg		OV
FG067	Spelt Flour - organic	25kg		OV
FG020	White Biobake flour - organic	25kg		VO
FG075	White flour - plain organic	25kg		VO
FG497	White flour - self raising org	25kg		OV
FG498	White flour - strong organic	16kg		OV
FG995	Wholewheat Biobake Flour org	25kg		OV
FG007	Wholewheat strong flour org	25kg		VO
	<i>GILCHESTERS ORGANICS</i>			
FG036	Stoneground Wholewheat Strong	3.5Kg	5.58	OV
FG025	Unbleached Stoneground White	3.5Kg	6.58	OV
	<i>LITTLE SALKELD WATERMILL</i>			
	<i>Bulk</i>			
FG055	Wholemeal plain flour organic	6kg	10.55	VOB
	<i>MARRIAGES</i>			
	<i>Bulk</i>			
FG023	Wholemeal Bread Flour-organic	16kg		OV
	<i>SHIPTON MILL</i>			
FG899	Three Malts Brown Flour	1kg	1.45	OV
FG898	White Organic Flour	1Kg	1.39	OV
FG876	White Strong Organic Flour	2.5Kg	3.49	OV
	<i>SUPREME</i>			
FG021	Gram Flour Bulk	20kg		GV
	FRUIT - CANNED & JARRED			
	<i>CARLEYS</i>			
KJ240	Preserved Lemons - og	460g	3.75	GOV
	<i>DE RIT</i>			
VF800	Apple Puree - organic	720ml	1.95	GOV
	<i>ESSENTIAL TRADING</i>			
KJ263	Mango Chunks in Org Juice	400g	1.99	VOG
KJ262	Pineapple Chunks In Org Juice	400g	1.79	VOG
KJ260	Tropical Fruits in Org Juice	400g	1.99	VOG
	FRUIT - DRIED			
	<i>SUMA BAGGED DOWN</i>			
DR293	Apple - rings SO2	1kg		GV
DR168	Apricots - select 140/160 SO2	1kg		GV
DR090	Apricots - select 140/160 SO2	2.5kg		GV
DR075	Apricots - select 140/160 SO2	5kg		GV
DR207	Apricots - unsulphured	1kg		GV
DR122	Apricots - unsulphured	5kg		GV
DR174	Banana - chips	1kg		GS
DR027	Blueberries	1kg		GSV
DR059	Cherries - Morello (sour)	1kg		GSV
DR225	Cherries - red, natural SO2	1kg		VS
DR058	Cranberries	1kg		GVS
DR092	Cranberries	2.5kg		GVS
DR173	Currants - medium provincial	1kg		GV
DR126	Currants - medium provincial	5kg		GV
DR227	Dates - chopped	1kg		GV
DR183	Dates - loosepack	1kg		GV
DR148	Dates - loosepack	5kg		GV
DR208	Figs	1kg		GV
DR151	Figs	2.5kg		GV
DR178	Fruit Cake Mix	1kg		GVS
DR067	Fruit Cake Mix	5kg		GVS
DR344	Fruit Salad - SO2	1kg		GV
DR068	Fruit Salad - SO2	5kg		GV
DR169	Ginger - crystallised	1kg		GVS
DR153	Goji Berries	1kg		GV
DR320	Mango Slices	1kg		GV
DR228	Mixed peel	1kg		GVS
DR209	Papaya - diced	1kg		GVS
DR210	Peaches - SO2	1kg		GV
DR211	Pears - SO2	1kg		GSV
DR212	Pineapple - diced, SO2	1kg		GVS
DR239	Prunes - pitted, Ashlock	1kg		GV
DR103	Prunes - pitted, Ashlock	2.5kg		GV
DR667	Raisins - Dark flame	1kg		GV
DR230	Raisins - Lexias	1kg		GV
DR171	Raisins - Thompson	1kg		GV
DR109	Raisins - Thompson	2.5kg		GV
DR078	Raisins - Thompson	5kg		GV
DR128	Sultanas - 5 crown	5kg		GV

Code	Description	Size	RRP	BFGSV
DR216	Sultanas - No 9's	1kg		GV
DR152	Sultanas - No 9's	5kg		GV
DR172	Sultanas 5 crown	1kg		GV
DR691	Vine Fruit Mix	1kg		GV
DR069	Vine Fruit Mix	5kg		GV

SUMA BAGGED DOWN - ORGANIC

DR050	Apricots - organic	1kg		GOV
DR082	Apricots - organic	2.5kg		GOV
DR867	Cherries, glace - organic	1kg		OS
DR219	Cranberries - organic	1kg		GOSV
DR079	Currants - organic	2.5kg		GOV
DR236	Dates - organic	1kg		GVO
DR080	Dates - organic	2.5kg		GVO
DR062	Dates - organic Medjool	1kg		GOV
DR072	Dates - pitted fairtrade og	1kg		FGOV
DR048	Figs - Organic	1kg		GOV
DR105	Figs - organic	2.5kg		GOV
DR036	Fruit Cake Mix - organic	1kg		OGVS
DR037	Fruit Cake Mix - organic	3kg		OGVS
DR026	Ginger - crystallised organic	1kg		GOSV
DR144	Mango Slices - Organic	1kg		GOV
DR052	Prunes, pitted - organic	1kg		GOV
DR081	Prunes, pitted - organic	2.5kg		GOV
DR053	Raisins - organic	1kg		GOV
DR145	Raisins - organic	2.5kg		GOV
DR056	Sultanas - organic	1kg		GOV
DR146	Sultanas - organic	2.5kg		GOV
DR423	Vine Fruit Mix - organic	1kg		GOV
DR391	Vine Fruit Mix - organic	5kg		GOV

SUMA COMMODITIES

DR008	Apricots - select 140/160 SO2	12.5kg		GV
DR010	Apricots - unsulphured	12.5kg		GV
DR012	Banana - chips	15lb		GS
DR528	Blueberries	25lb		GV
DR777	Caps - Lemon	3.5kg		GVS
DR778	Caps - Orange	3.5kg		GVS
DR014	Cherries - red E127, SO2	5kg		VS
DR013	Cherries - red, natural SO2	5kg		VS
DR015	Currants	12.5kg		GV
DR017	Dates - chopped	10kg		GV
DR018	Dates - loosepack	10kg		GV
DR154	Dates - selected Iran	10kg		GV
DR021	Figs	10kg		GV
DR022	Ginger - crystallised	5kg		GVS
DR643	Goji Berries	10kg		GV
DR028	Incan Berries	15kg		G
DR300	Mango Slices - South Africa	12.50kg		FGV
DR023	Mixed peel	10kg		GVS
DR024	Papaya - diced	5kg		GVS
DR025	Peaches - SO2	12.5kg		GV
DR163	Pears - SO2	10kg		GV
DR029	Pineapple - diced, SO2	5kg		GVS
DR299	Pineapple Rings, SO2	10kg		GV
DR030	Prunes - 20/30 large	12.5kg		GV
DR031	Prunes - 30/40 Medium	10kg		GV
DR801	Prunes - pitted Ashlock	10kg		GV
DR143	Raisins - Dark flame	10kg		GV
DR982	Raisins - Lexias	12.5kg		GV
DR039	Raisins - Thompson California	12.5kg		GV
DR042	Sultanas	12.5kg		GV
DR041	Sultanas - 5 crown	14kg		GV
DR135	Vine Fruit Mix	25kg		GV

SUMA COMMODITIES - ORGANIC

DR043	Apricots - organic	12.5kg		GVO
DR869	Banana Chips - organic	6.8kg		GOS
DR866	Cherries, glace - organic	10kg		OS
DR908	Cranberries - organic	11.34kg		GOSV
DR111	Currants - organic	12.5kg		GOV
DR986	Dates - fairtrade organic	5kg		FGOV
DR524	Dates - Organic Medjool	5kg		GOV
DR112	Dates - pitted, organic	5kg		GOV
DR044	Figs - organic	10kg		GVO
DR007	Ginger - crystallised, OG	5kg		GOSV
DR141	Mango Slices - Organic	6kg		GOV
DR579	Mixed Peel - organic	10kg		OS
DR046	Sultanas - organic	12.5kg		GVO

FRUIT AND VEGETABLE JUICES

SUNITA

JU997	Lemon Juice - SO2	4l		GV
JU524	Lime Juice - SO2	4l		GV

Code	Description	Size	RRP	BFGSV
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FRUIT JUICE CONCS & CORDIALS

SUMA

JU057	Apple - concentrate	5l	30.08	GV
JU243	Apple Juice Concentrate - og	5l	33.89	GOV

GRAINS

SUMA BAGGED DOWN

QS026	Barley Grain - pearl	10kg		V
QS112	Bulgar wheat - coarse	3kg		V
QS018	Couscous	10kg		V
QS062	Couscous	3kg		V
QS078	Rice - Arborio (risotto)	5kg		GV
QS005	Rice - basmati, brown	10kg		GV
QS064	Rice - basmati, brown	3kg		GV
QS403	Rice - basmati, white	10kg		GV
QS074	Rice - basmati, white	3kg		GV
QS007	Rice - long grain brown	5kg		GV
QS079	Rice - white pudding	5kg		GV
QS083	Tapioca	3kg		GV

SUMA BAGGED DOWN - ORGANIC

QS040	Buckwheat - unroasted, organic	5kg		GVO
QS030	Bulgar wheat - organic	3kg		VO
QS049	Couscous - wholemeal, organic	3kg		VO
QS092	Millet - organic	3kg		GOV
QS012	Oat Groats - Organic	5kg		VO
QS151	Popcorn - organic	1kg		GVO
QS153	Popcorn - organic	3kg		GVO
QS122	Quinoa - organic	1kg		FGOV
QS606	Quinoa - organic	3kg		GOV
QS224	Quinoa - organic	3kg		FGOV
QS587	Red Quinoa - organic	1kg		FGOV
QS566	Rice - arborio, organic	3kg		GOV
QS521	Rice - basmati, brown OG FT	3kg		FGOV
QS668	Rice - basmati, brown organic	3kg		GVO
QS249	Rice - basmati, white OG FT	3kg		FGOV
QS664	Rice - basmati, white organic	3kg		GVO
QS035	Rice - long grain brown organic	10kg		GVO
QS036	Rice - long grain brown organic	3kg		GVO
QS038	Rice - short grain brown organic	10kg		GVO
QS039	Rice - short grain brown organic	3kg		GVO
QS133	Wheat grain - organic	3kg		VO

SUMA COMMODITIES

QS117	Barley Grain - pearl	25kg		V
QS990	Bulgar wheat - coarse	25kg		V
QS017	Couscous	25kg		V
QS125	Rice - Arborio (risotto)	25kg		GV
QS006	Rice - long grain brown	25kg		GV
QS501	Rice - white pudding	25kg		GV
QS033	Rice - wild	2.5kg		GV

SUMA COMMODITIES - ORGANIC

QS116	Buckwheat - unroasted, organic	25kg		GVO
QS250	Bulgar wheat - organic	25kg		VO
QS115	Couscous - wholemeal, organic	25kg		VO
QS235	Millet - organic	25kg		GVO
QS564	Pearl Barley Grain, organic	25kg		VO
QS042	Popcorn - organic	25kg		GVO
QS201	Quinoa - organic	25kg		FGOV
QS825	Rice - arborio organic	25kg		GVO
QS667	Rice - basmati, brown organic	25kg		GOV
QS666	Rice - basmati, white organic	25kg		GVO
QS034	Rice - long grain brown organic	25kg		GVO
QS037	Rice - short grain brown organic	25kg		GVO
QS047	Wheat grain - organic	25kg		GVO

GRAVY, STOCK & BOUILLON

MARIGOLD

LJ046	Bouillon Powder	1kg	10.00	G
LJ164	Bouillon powder-reduced salt	1kg	10.00	VG

VECON

LJ049	Vegetable Stock	1kg	11.65	GV
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HERB & FRUIT INFUSIONS

SUMA

HE102	Chamomile	500g		GV
HE291	Rooibosch	500g		GV

CLIPPER

FOOD SERVICE RANGE

TE148	Chamomile - og	25 bags	2.39	FGOV
TE141	Chamomile - og	250 bags		FGOV

Code	Description	Size	RRP	BFGSV
TE166	Peppermint - og	25 bags	2.39	FGOV
TE162	Peppermint - og	250 bags		FGOV

HERBS & SPICES - BULK**BULK HERBS**

HE082	Basil	1kg		GV
HE083	Bay Leaves	500g		GV
HE100	Mixed Herbs	1kg		GV
HE093	Oregano	1kg		GV
HE094	Parsley	500g		GV
HE095	Rosemary	1kg		GV
HE096	Sage	1kg		GV
HE099	Thyme	1kg		GV

BULK MILLED SPICES

HE036	Arrowroot	1kg		GV
HE039	Cayenne Pepper	1kg		GV
HE042	Chilli Powder	1kg		GV
HE041	Cinnamon	1kg		GV
HE044	Coriander	1kg		GV
HE045	Cumin	1kg		GV
HE047	Garlic Powder	1kg		GV
HE049	Ginger	1kg		GV
HE051	Mustard Powder	1kg		GV
HE052	Nutmeg	500g		GV
HE235	Paprika - Hungary	1kg		GV
HE053	Paprika - Spain	1kg		GV
HE037	Pepper - Black	1kg		GV
HE401	Pepper - Black Cracked Ground	1kg		GV
HE054	Turmeric	1kg		GV

BULK ORGANIC

HE738	Cayenne Pepper Organic	500g		GOV
HE707	Cinnamon Ground - OG	500g		GOV
HE709	Coriander Ground - OG	500g		GOV
HE712	Curry Powder - OG	500g		GOV
HE715	Fenugreek Seed - OG	500g		GOV
HE716	Garam Masala - OG	500g		GOV
HE735	Ginger Powder Organic	500g		GOV
HE721	Mixed Herbs - OG	500g		GOV
HE722	Mixed Spice - OG	500g		GOV
HE734	Mustard Seeds Brown Organic	500g		GOV
HE725	Oregano - organic	500g		GOV
HE726	Paprika - OG	500g		GOV
HE732	Turmeric - OG	500g		GOV
HE703	Whole Black Peppercorns - OG	500g		GVO

BULK SCENTED HERBS

HE090	Lavender	500g		GV
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BULK SPICE BLENDS

HE200	Cajun Seasoning	1kg		GV
HE057	Curry Powder - Madras	1kg		GV
HE062	Garam Masala	1kg		GV
HE059	Mixed Spice	1kg		GV

BULK WHOLE SPICES

HE004	Cardamoms (Whole) - green	500g		GV
HE003	Caraway Seeds	1kg		GV
HE008	Cinnamon Quills	500g		GV
HE009	Cloves	1kg		GV
HE010	Coriander Seeds	1kg		GV
HE011	Cumin Seeds	1kg		GV
HE013	Fennel Seeds	1kg		GV
HE014	Fenugreek Seeds	1kg		GV
HE016	Juniper Berries	1kg		GV
ZX100	Liquorice Root	1kg		GV
HE018	Mustard Seeds - brown	1kg		GV
HE019	Mustard Seeds - yellow	1kg		GV
HE020	Nutmeg	500g		GV
HE253	Onion Seeds - black	500g		GV
HE021	Peppercorns - black	1kg		GV
HE022	Peppercorns - black	3kg		GV
HE126	Peppercorns - mixed	500g		GV
HE061	Pickling Spice	1kg		GV
HE026	Poppy Seeds	1kg		GV
HE127	Saffron	1g	4.45	GV
HE231	Star Anise	500g		GV
HE412	Tamarind	200g	0.99	GV
HE027	Vanilla Pods	12 pack		GV

HONEY**SUMA**

HY082	Wildflower - clear	7lb	19.65	G
HY083	Wildflower - set	7lb	19.65	G

Code	Description	Size	RRP	BFGSV
TROPICAL FOREST				
HY601	Forest Honey - clear,organic	7lb		GFO
HY602	Forest Honey - set,organic	7lb		GFO

HOUSEHOLD CLEANING PRODUCTS**BIO D**

HJ258	Drum Tap - fits both 15l & 25l	each	5.47	V
HJ247	Eucalyptus Disinfectant	5l	7.99	V
HJ118	Fabric Conditioner	15l		GV
HJ608	Fabric Conditioner	5l	7.99	V
HJ120	Laundry Liquid	15l		GV
HJ800	Laundry Liquid	5l	17.85	V
HJ121	Multi Surface Cleaner	15l		GV
HJ654	Multi Surface Cleaner	5l	10.20	V
HJ122	Toilet Cleaner	15l		GV
HJ665	Toilet Cleaner	5l	8.96	V
HJ103	Washing Powder Concentrated	12.5kg	40.45	V
HJ115	Washing Up Liquid	15l		GV

CLEAR SPRING

HJ079	Dishwasher Gel	5l	17.98	V
HJ089	Laundry Liquid	5l	14.87	V
HJ080	Washing Up Liquid	5l	9.35	V

ECOLEAF

HJ090	20L Drum Tap	each		
HJ078	Fabric Conditioner	5l	9.49	V
HJ083	Fabric Conditioner Bulk	20l		V
HJ075	Laundry Liquid	5l	15.29	V
HJ060	Laundry Liquid Bulk	20l		V
HJ062	Liquid Hand Soap	5l	16.35	V
HJ072	Toilet Cleaner	5l	11.59	V
HJ131	Wash Up Liquid - Concentrated	500ml	2.49	V
HJ129	Washing Powder Concentrated	10kg	33.65	V
HJ128	Washing Powder Concentrated	3.4Kg	14.85	G
HJ127	Washing Powder Concentrated	900g	4.29	V
HJ077	Washing Up Liquid	20l		V
HJ067	Washing Up Liquid	5l	10.49	V

ECOVER

HJ108	All Purpose Cleaner Bag in Box	15l		
HJ113	All Purpose Cleaner-Bag in Box	5l	12.76	V
HJ548	Bio Washing Powder	1.2Kg	7.15	V
HJ071	Delicate	5l	17.75	V
HJ064	Fabric Conditioner	5l	13.15	V
HJ070	Floor Cleaner	5l	13.89	V
HJ040	Laundry Liquid - Bag in Box	5l		V
HJ527	Liquid Hand Soap	5l	28.38	V
HJ578	Shower Gel	5l	35.69	V
HJ802	Tap for 25 l Dispenser	each		
HJ069	Toilet Cleaner	5l	10.15	V
HJ572	Toilet Cleaner Bulk	25l		V
HJ036	Washing powder	10kg	37.69	V
HJ042	Washing Powder - integrated	10kg	45.65	V
HJ034	Washing up Liquid	15l		V
HJ037	Washing Up Liquid	15l		V
HJ041	Washing Up Liquid	5l	10.89	V
HJ667	Washing Up Liquid Vegan	5l	10.89	V

PROFESSIONAL

HJ598	A12 Multi Surface Cleaner	5l		
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TECHNO GREEN

HJ576	Car Wash	5l		
HJ594	Flo Hand Wash	5l		
HJ593	Techno Floor	5l		
HJ592	Techno Multi	5l	10.35	
HJ591	Techno San	5l		
HJ590	Techno Spray	5l		
HJ575	Truck Wash	5l		
HJ044	Wash & Wax Floor Cleaner	5l		V

THOMPSON AND CAPPER

HJ104	Kettle Klear	6 x 1	2.29	
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HOUSEHOLD PRODUCTS**SUMA**

NF177	Flash Drive Memory Stick	each	9.73	
NF056	Japanese Tea Balls	10 pack	2.60	V
NF221	Tea Towel	each	5.86	V

HILL BRUSH COMPANY

NF780	Nail Brush	each	1.85	
NF781	Vegetable Brush	each	4.95	
NF782	Washing Up Brush + Four Heads	each	6.45	

Code	Description	Size	RRP	BFGSV
	<i>IF YOU CARE</i>			
NF500	100% Recycled Aluminium Foil	30 x 15m	2.89	
NF032	Heavy Duty Recycled Foil	1 rolls	3.69	
NF023	Large Baking Cups	1 pack	1.29	
NF021	Parchment Paper Rolls	1 rolls	3.59	
	<i>TRAIDCRAFT</i>			
NF181	Fair Trade Rubber Gloves	1 pairs	1.09	F

INDIAN FOOD

Code	Description	Size	RRP	BFGSV
	<i>PATAKS</i>			
	<i>Chutneys</i>			
KJ176	Sweet Mango Chutney	2.95Kg		GVS
	<i>Pappadums</i>			
VF293	Pappadums - Plain	100g	1.19	V

MARGARINES & SPREADS (CHILLED)

Code	Description	Size	RRP	BFGSV
	<i>SUMA</i>			
	<i>Non Hydrogenated Oils</i>			
MA051	Sunflower Spread	2Kg	7.39	GV
	<i>HARLEY FOODS</i>			
MA043	Palm Shortening, organic	10kg		O
	<i>MUNSTERLAND</i>			
MA040	Margarine (catering) - organic	10kg		GVO

MAYONNAISE & SALAD DRESSINGS

Code	Description	Size	RRP	BFGSV
	<i>SUMA</i>			
KJ022	Organic Mayonnaise	1kg	9.65	GO
	<i>KITE</i>			
KJ230	Mayonnaise	2.5kg		GO
	<i>PLAMIL</i>			
	<i>Catering</i>			
KJ254	Egg Free Mayonnaise - Plain	2.5kg	12.25	GV

MEATLESS SUBSTITUTES (CHILLED)

Code	Description	Size	RRP	BFGSV
	<i>DRAGONFLY</i>			
CV162	Mixed Beany Burgers OG	200g	2.24	GOV
CV702	Mushroom Beany Burgers OG	200g	2.24	GOV
CV703	Nut Beany Burgers OG	200g	2.24	GOV
CV046	Organic Original Soysage	200g	2.24	GOV
CV705	Spicy Beany Burgers OG	200g	2.24	GOV
CV317	Tatty Patty - organic	200g	2.20	GOV
CV706	Tomato Beany Burgers OG	200g	2.24	GOV
CV704	Vegetable Beany Burgers OG	200g	2.24	GOV
	<i>FLORENTIN</i>			
CV930	Falafel	250g	3.52	GOV
CV944	Tamruc Falafel	250g	3.52	GOV

MILK - NON DAIRY

Code	Description	Size	RRP	BFGSV
	<i>ALPRO</i>			
SY335	Rice Drink - calcium + vits	1l	1.59	GV
SY007	Rice Drink - organic	1l	1.65	VOG
	<i>ECOMIL</i>			
SY275	Almond Drink - OG	1l	3.15	GOV
SY014	Hazel Drink - og	1l	3.15	GOV
SY142	Quinoa Drink - og	1l	2.95	GOV
	<i>GRANOVITA</i>			
SY145	Soya Milk - organic	1l	1.59	GVO
	<i>OATLY</i>			
SY045	Chocolate Oat Drink	1l	1.89	S
SY019	Cream - Dairy Free	250ml	0.99	
JU377	Oat Drink - Classic	1l	1.65	OV
JU385	Oat Drink - Plus +	1l	1.65	
	<i>PLAMIL</i>			
SY009	Soya Milk, unsweetened - og	1l	1.55	GOV
	<i>PROVAMEL</i>			
SY040	Soya alternative to Cream	250ml	0.79	GOSV
SY095	Soya Drink - Chocolate	1l	1.49	GOV
SY034	Soya Drink - Vanilla	1l	1.49	GOV
SY080	Soya Milk - sweetened	1l	1.49	GOV
SY043	Soya Milk - sweetened with	1l	1.39	GV
SY025	Soya Milk - Unsweetened	1l	1.45	GOV
SY270	Soya Milk - Unsweetened +	1l	1.39	GV
	<i>RICE DREAM</i>			
JU540	Rice Dream - Calcium	1l	1.99	V
JU307	Rice Dream - Hazelnut & Almond	1l	2.09	V
JU361	Rice Dream - Original	1l	1.99	VO

Code	Description	Size	RRP	BFGSV
JU720	Rice Dream - Original	200ml	0.65	VO
JU362	Rice Dream - Vanilla	1l	2.09	VO
	<i>SOYA SOLEIL</i>			
SY135	Soya milk - Added Calcium	1l	0.89	V
SY136	Soya milk - Unsweetened	1l	0.89	V
	<i>SOYATOOI</i>			
SY375	Soy Whip - Spray Soya Cream	250g	1.89	V
SY315	Soya Coffee Creamer	300ml	1.59	OV
SY345	Soya Cooking Cream - whippable	300ml	1.59	OV
SY349	Soya Topping Cream - whippable	300ml	1.59	OV

MUESLIS & BREAKFAST CEREALS

Code	Description	Size	RRP	BFGSV
	<i>SUMA BULK MUESLI</i>			
MX184	Cranberry Crunch	3kg		V
MX026	Crunchy Apricot Muesli	10kg		V
MX025	Crunchy Apricot Muesli	25kg		V
MX027	Crunchy Apricot Muesli	3kg		V
MX129	Gluten Free Puffed Muesli	3kg		GV
MX017	Luxury Tropical Muesli	10kg		V
MX185	Luxury Tropical Muesli	3kg		V
MX038	Nutty Crunch	25kg		V
MX033	Plain & Simple Muesli Base	10kg		V
MX032	Plain & Simple Muesli Base	20kg		V
MX034	Plain & Simple Muesli Base	3kg		V
MX041	Roast Hazelnut Muesli	10kg		V
MX042	Roast Hazelnut Muesli	3kg		V
MX044	Super Muesli	10kg		V
MX043	Super Muesli	25kg		V
MX045	Super Muesli	3kg		V
	<i>SUMA BULK MUESLI - ORGANIC</i>			
MX119	De Luxe Muesli - organic	10kg		OV
MX130	De Luxe Muesli - organic	3kg		OV
MX073	Gluten Free Muesli - Organic	10kg		GOV
MX062	Gluten Free Muesli - organic	3kg		GOV
MX052	Muesli - organic	10kg		VO
MX160	Muesli - organic	25kg		VO
MX183	Muesli - organic	3kg		OV
MX116	Organic Omega Muesli	10kg		OV
MX115	Organic Omega Muesli	3kg		OV
MX114	Organic Vine Fruit Muesli	10kg		OV
MX113	Organic Vine Fruit Muesli	3kg		OV
MX036	Plain & Simple Muesli Base -OG	10kg		VO
MX037	Plain & Simple Muesli Base -OG	20kg		VO
MX035	Plain & Simple Muesli Base -OG	3kg		VO
MX107	Premium Muesli - organic	10kg		OV
MX167	Premium Muesli - organic	3kg		OV

NUTS & SEEDS

Code	Description	Size	RRP	BFGSV
	<i>SUMA BAGGED DOWN</i>			
NU005	Almonds	1kg		GV
NU004	Almonds	5kg		GV
NU135	Almonds - blanched	1kg		GV
NU008	Almonds - flaked	1kg		GV
NU007	Almonds - flaked	5kg		GV
NU011	Almonds - ground	1kg		GV
NU010	Almonds - ground	5kg		GV
NU715	Bird Nuts	1kg		GV
NU214	Bird Nuts	5kg		GV
NU078	Brazil - broken	1kg		GV
NU017	Brazil - broken	5kg		GV
NU077	Brazil - whole, medium	1kg		GV
NU015	Brazil - whole, medium	5kg		GV
NU020	Cashew - large pieces	1kg		GV
NU019	Cashew - large pieces	5kg		GV
NU237	Cashew - roasted & salted	1kg		GV
NU134	Cashew - whole	1kg		GV
NU131	Cashew - whole	5kg		GV
NU274	Coconut - chips	1kg		GV
NU241	Coconut - desiccated, med SO2	1kg		GV
NU240	Coconut - desiccated, med SO2	5kg		GV
NU096	Hazelnuts	1kg		GV
NU030	Hazelnuts	5kg		GV
NU204	Linseed / Flax	1kg		GV
NU206	Linseed / Flax	5kg		GV
NU079	Macadamia Nuts - Style 2	1kg		GV
NU239	Mixed nuts	1kg		GV
NU035	Mixed nuts	5kg		GV
NU107	Mixed nuts - chopped	1kg		GV
NU046	Peanuts - redskin	5kg		GV
NU055	Pecan nuts	1kg		GV
NU027	Pecan nuts	2.5kg		GV

Code	Description	Size	RRP	BFGSV
NU057	Pine kernels	1kg		GV
NU114	Pine kernels	5kg		GV
NU251	Pistachio - raw, shelled	1kg		GV
NU060	Pistachio - roasted & salted	1kg		GV
NU059	Pistachio - roasted & salted	2.5kg		GV
NU063	Pumpkin seeds	1kg		GV
NU062	Pumpkin seeds	5kg		GV
NU227	Sesame seeds - natural	1kg		GV
NU066	Sesame seeds - natural	5kg		GV
NU231	Sunflower seeds	1kg		GV
NU068	Sunflower seeds	5kg		GV
NU229	Walnuts - light amber halves	1kg		GV
NU113	Walnuts - light amber halves	5kg		GV
NU230	Walnuts - light amber pieces	1kg		GV
NU198	Walnuts - light amber pieces	5kg		GV

SUMA BAGGED DOWN - ORGANIC

NU790	Alfalfa seeds - organic	1kg		GOV
NU201	Almonds - organic	1kg		GVO
NU082	Almonds - organic	2.5kg		GOV
NU430	Almonds, ground - organic	1kg		GOV
NU278	Brazils Whole - organic	1kg		GOV
NU032	Brazils Whole - organic	2.5kg		GOV
NU074	Cashews - whole organic	2.5kg		GOV
NU070	Cashews - whole, organic	1kg		GOV
NU071	Coconut - desiccated, organic	1kg		VO
NU038	Coconut - desiccated, organic	2.5kg		VO
NU202	Hazelnuts - organic	1kg		OGV
NU081	Hazelnuts - organic	2.5kg		GOV
NU271	Hemp Seeds - organic	1kg		GVO
NU244	Linseed, golden - organic	1kg		GOV
NU039	Linseed, golden - organic	2.5kg		GOV
NU001	Omega Seed Mix - organic	1kg		GOV
NU287	Omega Seed Mix - organic	5kg		GOV
NU072	Peanuts - organic	1kg		GOV
NU245	Peanuts - organic	2.5kg		GOV
NU543	Pine Kernels - organic	1kg		GOV
NU209	Pumpkin seeds - organic	1kg		OGV
NU199	Pumpkin seeds - organic	2.5kg		GOV
NU203	Sunflower seeds - organic	1kg		OGV
NU084	Sunflower seeds - organic	2.5kg		GVO
NU200	Walnuts - organic	1kg		OGV
NU049	Walnuts - organic	2.5kg		GOV

SUMA COMMODITIES

NU003	Almonds	50lb		GV
NU126	Almonds - blanched	10kg		GV
NU009	Almonds - ground	10kg		GV
NU053	Bird Nuts	25kg		GV
NU016	Brazil - broken	20kg		GV
NU014	Brazil - whole, medium	20kg		GV
NU018	Cashew - large pieces	50lb		GV
NU021	Cashew - roasted & salted	3kg		GV
NU125	Cashew - whole	50lb		GV
NU024	Coconut - chips	10kg		GV
NU888	Coconut - desiccated, med SO2	25kg		GV
NU028	Hazelnuts	25kg		GV
NU205	Linseed / Flax	25kg		GV
NU076	Macadamia Nuts	25lb		GV
NU192	Mixed nuts	25kg		GV
NU036	Mixed nuts - chopped	12.5kg		GV
NU250	Peanuts - paleskin	25kg		GV
NU044	Peanuts - redskin	25kg		GV
NU047	Peanuts - roasted	12.5kg		GV
NU051	Peanuts - salted	12.5kg		GV
NU056	Pine kernels - China	12.5kg		GV
NU300	Pistachio - raw, shelled	10kg		GV
NU058	Pistachio - roasted & salted	10kg		GV
NU061	Pumpkin seeds	25kg		GV
NU065	Sesame seeds - natural	25kg		GV
NU075	Walnuts - light amber broken	5kg		GV
NU073	Walnuts - light amber halves	10kg		GV

SUMA COMMODITIES - ORGANIC

NU789	Alfalfa seeds - organic	25kg		OV
NU109	Almonds - organic	10kg		OGV
NU800	Almonds, ground - organic	10kg		GVO
NU123	Brazils Fairtrade - organic	20kg		FGOV
NU890	Brazils Whole - organic	20kg		GVO
NU588	Cashews - whole FT organic	50lb		FGOV
NU112	Cashews - whole organic	50lb		GOV
NU117	Coconut - desiccated, organic	25kg		O
NU301	Hazelnuts - organic	25kg		GVO
NU791	Linseed, golden - organic	25kg		GO

Code	Description	Size	RRP	BFGSV
NU885	Peanuts - organic	25kg		GOV
NU542	Pine Kernels - organic	12.5kg		GOV
NU207	Pumpkin seeds - organic	25kg		GOV
NU083	Sunflower seeds - organic	50lb		GVO
NU118	Walnuts - organic	10kg		GVO

OILS & FATS**SUMA**

GT019	Italian Organic Olive Oil	3l	23.75	GOV
GT086	Olive Oil - Extra Virgin	5l	40.55	GV
GT087	Olive Oil-Extra Virgin, organic	5l	42.29	GVO
GT090	Sunflower Oil - cold pressed	5l	17.75	GV
GT091	Sunflower Oil - organic	5l	19.82	GVO
GT052	Sunflower Oil - refined	5l	11.05	GV

CLEARSPRING

GT250	Italian Olive Oil Organic	3l	26.69	OV
GT252	Sunflower Frying Oil Cold Prsd	3l	14.79	OV
GT251	Sunflower Oil Cold Pressed	3l	13.39	OV

EQUAL EXCHANGE**Palestinian Fairtrade Oils**

GT702	Olive Oil	5l	60.00	FGV
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HELLENIC

GT005	Olive Oil - Extra Virgin	3l	20.75	GV
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KHYBER

VF751	Ghee	2lb	2.85	GV
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MIDSUMMER

GT911	Sunflower Oil - organic	1l	2.42	GOV
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SUNITA

GT099	Olive Oil-Extra Virgin Organic	5l	40.65	GVO
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ZAYTOUN

GT023	Olive Oil - Organic Fairtrade	5l	60.19	FGOV
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OLIVES**CYPRESSA**

KJ867	Cypressa Pitted Green Olives	2kg	9.85	GV
KJ868	Pitted Black Olives	2kg	8.89	GV

SUNITA

VF383	Green Olives	3kg		GV
KJ556	Kalamata Olives - pitted OG	2kg		GVO

PAPER PRODUCTS & STATIONERY**ECOLEAF FROM SUMA**

NF045	Ecoleaf Jumbo Kitchen Towel	1	2.49	V
NF210	Ecoleaf Toilet Tissue Bulkpack	12 pack		

EVOLVE

NF465	A4 High White Copier Paper	ream	5.15	
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TRADICRAFT

NF888	Facial Tissues	1	1.55	
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PATES, DIPS & TAPAS (CHILLED)**SUMA**

CV401	Pate - Mushroom (bombe)	200g	2.25	GV
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ARTHUR STREET TRADING CO.**Minimum 4 days shelf life**

CV434	Hummus - organic	200g	1.98	GOV
CV435	Hummus with Sundried Tom-org	200g	2.16	GOV

PEANUT, SEED & NUT BUTTERS**MERIDIAN**

GH097	Crunchy Peanut Butter no salt	1kg	5.99	GOV
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SUNITA

GH996	Tahini - dark, organic	3kg		GVO
GH149	Tahini - light, organic	3kg		GVO

PICKLES, CHUTNEYS & MUSTARDS**BYODO**

KJ351	Mustard - Dijon, organic	1kg	6.79	VO
KJ354	Mustard - wholegrain, organic	1kg	5.59	VO

SALT & SEASONINGS**SUMA COMMODITIES**

LJ030	Sea Salt - coarse	25kg		GV
LJ031	Sea Salt - fine	25kg		GV

BIOFORCE

LJ054	Herbamare	250g	3.27	GV
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Code	Description	Size	RRP	BFGSV
	BROSTE			
LJ010	Sea Salt Coarse	500g	1.65	GV
LJ012	Sea Salt Fine	500g	1.65	GV

SNACK BARS & FLAPJACKS

DOVES FARM

KB231	Apple & Sultana Flapjack	16 x 40g	0.55	FOSV
KB225	Apple/Sultana Flapjack	5 x 40g	1.75	FOSV
KB222	Fruity Oat Bar Display Box	16 x 40g	0.55	FOSV
KB221	Low Fat Fruity Oat Cereal Bar	5 pack	2.25	FOSV
KB245	Original Butt Flapjack-Display	16 x 40g	0.49	FOS
KB227	Original Butter Flapjack	5 x 40g	1.75	FOS
KB223	Rich Choc & Crispy Rice Bars	5 pack	1.89	FOSV
KB224	Rich Choc & Crispy Rice Display	16 x 40g	0.45	FOSV
KB252	Tropical Bar	5 x 40g	2.69	FOSV
KB255	Tropical Bar - Displayer	16 x 40g	0.69	FOSV

EAT NATURAL

KB463	Almond & Apricot Bar	50g	0.79	GS
KB464	Almond, Apricot & Yoghurt	50g	0.79	GS
KB082	Assorted Chocolate Recipes	50g	0.79	GS
KB084	Assorted Nuts & Fruit Bar	50g	0.79	GS
KB470	Blueberry & Pistachio Bar	45g	0.79	GS
KB468	Brazil, Hazelnut & Sultana Bar	50g	0.99	GOS
KB466	Brazil, Sultana, Almond, Hazel	50g	0.79	GS
KB460	Cranberry & Macadamia Bar	45g	0.79	GS
KB465	Date, Walnut & Pumpkin Seed	50g	0.79	GS
KB467	Macadamia, Brazil & Apricot	50g	0.79	GS
KB462	Peanut, Almond & Hazelnuts	50g	0.79	GS
KB461	Peanut, Cranberry & Pistachio	45g	0.79	GS

FRUTINA

KB325	Fruit Snack - Variety Pack	15g	0.39	GV
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HANDMADE FLAPJACK CO

KB098	Chocolate Flavoured Flapjack	90g	0.75	
KB099	Fruit Flapjack	90g	0.75	
KB469	Mixed Case	90g	0.75	

JORDANS

KB035	Honey & Almond Crunchy Bar	30g	0.39	S
KB369	Wild Berries Friesli Bar	33g	0.45	S

LYME REGIS FOODS

KB043	Chocolate Coated Marzipan Bar	40g	0.85	V
KB103	Chocolate Marzipan Bar Organic	40g	0.95	GVO
KB619	Chocolate Marzipan with Orange	40g	0.95	GVOS
KB037	Seven Seeds & Nut & Cranberry	40g	0.85	GOSV
KB012	Seven Seeds & Nut Bar	40g	0.85	GOV

MA BAKER

KB446	Chocolate Smoothie Bars	100g	0.79	S
KB680	Giant Apricot Bar	90g	0.65	SV
KB679	Giant Berry Bar - Wheat Free	90g	0.65	SV
KB682	Giant Cherry Bar	90g	0.65	SV
KB322	Giant Fruit Bar - Wheat Free	90g	0.65	VS
KB008	Giant Pomegranate Bar	90g	0.65	SV
KB770	Giant Seed Bars - Wheat Free	90g	0.65	SV
KB580	Smoothie Bar - Wheat Free	100g	0.79	S

PEANUT SNAP

KB801	Peanut Snap	33g	0.29	GS
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SESAME SNAPS

KB001	Sesame Snaps	30g	0.26	SGV
KB180	Sesame Snaps (Multipack)	4 x 1	0.79	SGV
KB777	Sesame Snaps Chocolate Coated	40g	0.29	SGV
KB587	Sesame Snaps Coconut	30g	0.26	SGV
KB778	Sesame Snaps Yoghurt Coated	40g	0.29	SG

SOFT DRINKS

FENTIMANS

JU281	Dandelion & Burdock	750ml	2.75	GS
JU280	Ginger Beer	750ml	2.75	GSV
JU455	Rose Lemonade	750ml	2.75	GSV

WHOLE EARTH

JU425	Apple & Raspberry - og	330ml	0.89	GOSV
JU946	Cola - organic	330ml	0.89	OSV
JU935	Lemonade - organic	330ml	0.89	GOSV
JU947	Mountain Cranberry - Organic	330ml	0.89	GOSV
JU189	Sparkling Elderflower - og	330ml	0.89	GOV
JU186	Sparkling Ginger - og	330ml	0.89	GOV

SOUPS

SUMA

VF493	Carrot & Coriander Soup-org.	400g	1.15	GOV
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Code	Description	Size	RRP	BFGSV
VF350	Italian Tomato & Basil Soup	400g	1.15	OVS
VF640	Minestrone Soup - organic	400g	1.15	OV
VF481	Pea Soup - organic	400g	1.15	VO
VF255	Spicy Lentil Soup - organic	400g	1.15	GVO
VF275	Thick Vegetable Soup	400g	1.15	OV
VF641	Tomato & Red Pepper - organic	400g	1.15	OVS
VF250	Tomato Soup - organic	400g	1.15	GOV

SOYA YOGS & DESSERTS (CHILLED)

PROVAMEL

CV078	Organic Blueberry Yofu	500g	1.49	GOSV
CV075	Organic Forest Fruit Yofu	500g	1.49	GOSV
CV069	Organic Natural Yofu	500g	1.39	GOV
CV318	Organic Vanilla Yofu	500g	1.49	GOSV

SOJADE

CV485	Apricot Soya Yoghurt	400g	1.65	GOSV
CV487	Banana Soya Yoghurt	400g	1.65	GOSV
CV486	Blueberry Soya Yoghurt	400g	1.65	GOVS
CV484	Cherry Soya Yoghurt	400g	1.65	GOSV
CV483	Natural Soya Yoghurt	400g	1.19	GOV
CV494	Organic Mango & Peach Soya Yog	400g	1.65	GSOV
CV495	Organic Prune Soya Yoghurt	400g	1.65	GOSV
CV176	Pineapple Soya Yoghurt	400g	1.65	GOSV

SUGARS & SYRUPS

SUMA

LJ150	Agave Syrup - organic	5l		GOV
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SUMA BAGGED DOWN

LJ095	Dark Muscovado Sugar	3kg		GVS
LJ180	Demerara Sugar	10kg		GVS
LJ053	Demerara Sugar	3kg		GVS
LJ094	Light Muscovado Sugar	3kg		GVS
LJ184	Soft Brown Sugar	10kg		GVS
LJ097	Soft Brown Sugar	3kg		GVS

SUMA BAGGED DOWN - ORGANIC

LJ678	Demerara Sugar - organic	10kg		GOV
LJ679	Demerara Sugar - organic	3kg		GOV
LJ159	Icing Sugar - organic	3kg		GOVS
LJ055	Raw Cane Sugar - organic	10kg		GOVS
LJ096	Raw Cane Sugar - organic	3kg		GOVS

SUMA COMMODITIES

LJ066	Dark Muscovado Sugar	25kg		GVS
LJ052	Demerara Sugar	25kg		GVS
LJ546	Fairtrade Golden Granulated	25kg		FGVS
LJ065	Light Muscovado Sugar	25kg		GVS
LJ069	Soft Brown Sugar	25kg		GVS

SUMA COMMODITIES - ORGANIC

LJ876	Demerara Sugar, organic	25kg		GOSV
LJ890	Icing Sugar - organic	25kg		GOSV
LJ068	Raw Cane Sugar - organic	25kg		GOSV

BILLINGTONS

LJ057	Sugar - Golden Caster	1kg	2.45	GSV
LJ056	Sugar - Golden Granulated	1kg	2.25	GVS

EQUAL EXCHANGE

LJ527	Sugar Sticks	1		FGOV
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RAYNERS

LJ704	Golden Syrup - Organic	5kg	24.14	FGOV
LJ589	Malt Extract - Organic	5kg	18.85	OV

TRADICRAFT

LJ515	Brown Sugar Sticks	3g	8.09	FGV
LJ633	Raw Cane Sugar - organic	500g	1.69	

FGOSV				
LJ880	Sugar - Dark Muscovado	500g	1.09	FGSV
LJ990	Sugar - Demerara	500g	1.09	FGSV
LJ889	Sugar - Golden Caster	500g	1.09	FGSV
LJ132	Sugar - Raw Cane	500g	1.07	FGSV
LJ514	White Sugar Sticks	3g	8.09	FGV

SWEET SNACKS

SUMA BAGGED DOWN

ZX503	Liquorice Juice Sticks	1kg	0.65	V
ZX614	Raisins - Yoghurt Coated	1kg		GS

SUMA COMMODITIES

ZX275	Banana Chips - Yoghurt Coated	1.75kg		GS
ZX317	Ginger-plain chocolate coated	3kg		GS
ZX507	Peanuts - Milk Choc Coated	3kg		GS
ZX279	Peanuts - Yoghurt Coated	3kg		GS
ZX510	Raisins - Milk Choc Coated	3kg		GS

Code	Description	Size	RRP	BFGSV
ZX271	Raisins-Plain Chocolate Coated	3kg		GS
	<i>SUNITA</i>			
ZX096	Grape Juice & Sultana Halva	2.5kg		GV
ZX097	Honey & Pistachio Halva	2.5kg		G
ZX851	Honey Halva - organic	2.5kg		OG

TABLE SAUCES

	<i>DANIVAL</i>			
KJ216	Tomato Ketchup - Sugar Free	560g	4.25	OV
	<i>GRANOVITA</i>			
KJ293	Barbeque Sauce	340g	1.89	GSV
KJ297	Brown Sauce - organic	340g	1.89	GOSV
KJ294	Chilli Sauce	340g	1.89	GSV
	<i>LEVI ROOTS</i>			
KJ100	Reggae Reggae Sauce	310g	1.79	SV
	<i>Caribbean Cooking Sauces</i>			
KJ236	Reggae Reggae Cooking Sauce	350g	1.89	GV
	<i>TERRASANA</i>			
KJ163	Sweet Chilli Sauce	265g	3.65	GOV
	<i>WHOLE EARTH</i>			
KJ451	Tomato Ketchup - organic	340g	1.89	GVO

TEAS

	<i>CLIPPER</i>			
	<i>Catering</i>			
TE122	English Breakfast - looseleaf	1kg		GV
	<i>DOUBLE DRAGON</i>			
TE581	Green Tea	25 bags	1.45	GV
TE954	Green Tea - OG	25 bags	1.59	GOV
	<i>EQUAL EXCHANGE</i>			
TE653	Fairtrade - organic	160 bags	4.89	FGOV
	<i>TEADIRECT</i>			
TE691	Teadirect Catering Tea Bags	1100 bags		FGV
	<i>TRADICRAFT</i>			
TE644	One Cup Teabags Catering	440 bags	10.49	FGV

TOFU (CHILLED)

	<i>CLEAR SPOT</i>			
CV210	Plain Tofu - organic	3kg		GOV

TOMATOES AND TOMATO PRODUCTS

	<i>SUMA</i>			
LJ660	Organic Basil Passata	690g	1.49	GVO
LJ560	Organic Passata	690g	1.49	GVO
LJ088	Tomato Puree - organic	200g	1.35	GVO
	<i>Canned</i>			
LJ123	Tomatoes - chopped, organic	2.5Kg	5.00	GOV
	<i>Dried</i>			
LJ602	Sundried Tomatoes - organic	125g	1.65	GOV
LJ601	Sundried Tomatoes-organic	1kg		GOV
	<i>Jarred</i>			
LJ257	Sundried Tomatoes in Olive Oil	900g	11.49	GOV
	<i>SUMA COMMODITIES - ORGANIC</i>			
	<i>Dried</i>			
LJ600	Sundried Tomatoes - organic	10kg		GVO
	<i>CHEF WILLIAM</i>			
VF061	Italian Plum Tomatoes	2.55Kg	3.95	VG

VEGETABLES

	<i>SUMA</i>			
LJ146	Sweet Corn - Organic, tinned	326g	1.09	GOV
	<i>BIONOVA</i>			
VF028	Cut Green Beans - organic	340g	1.29	GVO
VF039	Garden Peas	340g	1.65	GVO
KJ346	Gherkins - Sour	680g	2.59	GVO
KJ025	Gherkins - Sweet & Sour	330g	2.29	O
VF040	Sauerkraut	350g	1.75	GVO
VF030	Sweetcorn - organic	340g	1.59	VO
	<i>BROOKERPAKS</i>			
VF545	Ponthier Whole Chestnuts	400g	4.49	GV
	<i>CHALICE</i>			
VF669	Wild Porcini Mushrooms	15g	2.29	GV
	<i>CYPRESSA</i>			
VF964	Roasted Red Peppers	465g	1.85	GSV

Code	Description	Size	RRP	BFGSV
VF213	Vineleaves	227g	1.49	GV
	<i>DANIVAL</i>			
VF600	Pumpkin Puree	500g	4.00	OGV
	<i>DE RIT</i>			
KJ139	Sauerkraut - organic	680g	2.16	GOV
	<i>ORGANIC COLLECTION</i>			
VF088	French Chestnuts in box - og	200g	4.50	GOV
	<i>ORGANICO</i>			
KJ016	Artichoke Hearts - og	250g	4.85	GOV
VF143	Capers in Vinegar	140g	2.75	GOV
	<i>PEPPADEW</i>			
LJ133	Sweet Cherry Peppers	375g	3.45	GV
	<i>ST DALFOUR</i>			
VF112	Whole Chestnuts	200g	2.79	GV
	<i>SUNITA</i>			
KJ250	Capers - Organic	125g	3.29	GOV
KJ195	Capers in vinegar	210g	1.85	GV
	<i>TERRASANA</i>			
VF444	Artichokes in olive oil	170g	4.85	OVG

VINEGARS

	<i>SUMA</i>			
KJ654	OG Balsamic Vinegar - oak aged	250ml	4.99	GOV
KJ655	OG White Balsamic Condiment	250ml	3.75	GOV
	<i>ASPALLS</i>			
KJ290	Cider Vinegar	1l	2.49	GV
KJ180	Cider Vinegar	25l		GV
KJ067	Cider Vinegar	5l	9.99	GV
KJ252	Cider Vinegar - og	25l		GOV
KJ205	Cider Vinegar - organic	5l	12.59	GOV
	<i>BYODO</i>			
KJ279	White Wine Vinegar	5l	19.45	GOV

WATERS

	<i>HARROGATE SPA</i>			
WA011	Sports Cap - Still	500ml	0.47	GV
WA224	Spring Water	10l	4.18	GV
WA012	Spring Water - sparkling	500ml	0.41	GV
WA221	Spring Water - Sparkling	1.5l	0.73	GV
WA010	Spring Water - still	500ml	0.41	GV
WA220	Spring Water - Still	1.5l	0.73	GV
	<i>Glass Bottles</i>			
WA222	Spring Water - Sparkling	750ml	1.04	GV
WA223	Spring Water - Still	750ml	1.04	GV
	<i>HIGHLAND SPRING</i>			
	<i>Organic source</i>			
WA007	Spring Water - sparkling	1l	1.15	GV
WA004	Spring water - still	1l	1.15	GV
	<i>ICE VALLEY</i>			
WA110	Mineral Water - still	5l	1.85	
	<i>SHEPLEY SPRING</i>			
WA070	Spring Water - sparkling	2l	0.75	GV
WA069	Spring Water - still	2l	0.69	GV
	<i>THIRSTY PLANET</i>			
WA003	Spring Water - still	1.5l	0.79	GV

