

Code	Description	Size	Price	FGOSV
TEAS				
<i>CLIPPER</i>				
TE122	English Breakfast	1kg	8.81	GV
<i>EQUAL EXCHANGE</i>				
FE653	Fairtrade - organic	3 x 160 bags	8.93	FGOV
<i>HAMPSTEAD TEA & COFFEE</i>				
NF005	Teeli Filter Papers	24 x 100 bags	25.94	
<i>TEADIRECT</i>				
TE691	Teadirect Catering Tea Bags	2 x 1100 bags	54.50	FGV
<i>TRAIDCRAFT</i>				
TE644	One Cup Teabags Catering	440 bags	7.28	FGV
TOFU (CHILLED)				
<i>CAULDRON</i>				
CV210	Plain Tofu - organic	2 x 3Kg	20.59	GOV
TOMATOES & TOMATO PRODUCTS				
<i>SUMA</i>				
LJ660	Organic Basil Passata - organic	12 x 690g	13.41	GVO
LJ560	Organic Passata - organic	12 x 690g	11.39	GVO
LJ088	Tomato Puree - organic	12 x 200g	10.33	GVO
<i>Canned</i>				
LJ123	Tomatoes - chopped, organic	6 x 2.5Kg	22.60	GOV
<i>Dried</i>				
LJ602	Sundried Tomatoes - organic	6 x 125g	7.48	GOV
LJ601	Sundried Tomatoes - organic	1kg	7.88	GOV
<i>Jarred</i>				
LJ257	Sundried Tomatoes in Olive Oil	6 x 900g	44.10	GOV
<i>SUMA COMMODITIES - ORGANIC</i>				
LJ600	Sundried Tomatoes - organic	10kg	66.90	GVO
<i>CHEF WILLIAM</i>				
VF061	Italian Plum Tomatoes	6 x 2.55Kg	14.70	VG
VEGETABLES				
<i>SUMA</i>				
LJ146	Sweet Corn - organic, tinned	12 x 326g	8.90	GOV
<i>BIONOVA</i>				
VF028	Cut Green Beans - organic	6 x 340g	5.75	GVO
VF039	Garden Peas	6 x 340g	7.15	GVO
KJ346	Gherkins - Sour	6 x 680g	11.80	GVO
KJ025	Gherkins - Sweet & Sour	6 x 330g	10.22	OV
VF040	Sauerkraut	6 x 350g	7.39	GVO
<i>BROOKERPAKS</i>				
VF545	Whole Chesnuts	12 x 500g	44.91	GV
<i>CHALICE</i>				
VF669	Wild Porcini Mushrooms	6 x 15g	10.32	GV
<i>CYPRESSA</i>				
VF964	Roasted Red Peppers	12 x 465g	16.79	GSV
VF214	Stuffed Vineleaves	12 x 200g	13.95	GV
VF213	Vineleaves	12 x 227g	13.30	GV
<i>DANIVAL</i>				
VF600	Pumpkin Puree	6 x 500g	23.63	OGV
<i>DE RIT</i>				
KJ139	Sauerkraut - organic	6 x 680g	9.28	GOV
<i>ORGANIC COLLECTION</i>				
VF088	French Chestnuts in box - organic	12 x 200g	8.95	GOV
<i>ORGANICO</i>				
KJ016	Artichoke Hearts - organic	6 x 250g	20.93	GOV
<i>PEK</i>				
KJ168	Sauerkraut	12 x 470g	7.15	GV
<i>ST DALFOUR</i>				
VF112	Whole Chestnuts	6 x 200g	12.55	GV

Code	Description	Size	Price	FGOSV
<i>SUNITA</i>				
VF543	Basil - Creamed Fresh	12 x 130g	20.71	GV
KJ250	Capers - organic	6 x 125g	14.88	GOV
KJ195	Capers in vinegar	12 x 210g	16.68	GV
<i>TERRASANA</i>				
VF444	Artichokes in olive oil	6 x 170g	21.85	OVG
LJ084	Instant Mashed Potato	10 x 108g	14.45	VO
VINEGARS				
<i>SUMA</i>				
KJ654	Balsamic Vinegar, oak aged - organic	6 x 250ml	22.45	GOV
KJ655	White Balsamic Condiment - organic	6 x 250ml	16.87	GOV
<i>ASPALLS</i>				
KJ067	Cider Vinegar	5l	7.52	GV
KJ290	Cider Vinegar	6 x 1l	11.25	GV
KJ180	Cider Vinegar	25l	25.94	GV
KJ252	Cider Vinegar - organic	25l	35.05	GOV
KJ205	Cider Vinegar - organic	5l	9.44	GOV
<i>BYODO</i>				
KJ279	White Wine Vinegar	5l	14.50	GOV
WATERS				
<i>HARROGATE SPA</i>				
WA224	Spring Water	10l	2.68	GV
WA221	Spring Water - Sparkling	12 x 1.5l	5.57	GV
WA012	Spring Water - Sparkling	24 x 500ml	6.30	GV
WA220	Spring Water - Still	12 x 1.5l	5.57	GV
WA222	Spring Water - Sparkling (glass)	12 x 750ml	7.99	GV
WA223	Spring Water - Still (glass)	12 x 750ml	7.99	GV
<i>HIGHLAND SPRING</i>				
<i>Organic source</i>				
WA007	Spring Water - Sparkling	12 x 1l	6.03	GV
WA004	Spring water - Still	12 x 1l	6.03	GV
<i>SHEPLEY SPRING</i>				
WA070	Spring Water - Sparkling	8 x 2l	3.82	GV
WA069	Spring Water - Still	8 x 2l	3.52	GV
<i>THRISTY PLANET</i>				
WA003	Spring water - 1.5L still	12 x 1.5l	6.18	GV

Order by

Phone: 01422 313 848

Email: sales@suma.coop

Web: www.sumawholesale.coop

We reserve the right to amend prices at anytime due to changes in commodity markets and to make corrections for errors and omissions.

Bags	2
Baking Sundries	2
Beans & Pulses - Canned	2
Beans & Pulses - Dried	2
Burgers Sausages & Tvp Mixes	3
Cheese, Cows Milk (Chilled)	3
Chocolate	3
Cocoa	3
Coffee	3
Convenience Foods	3
Crisps & Snacks	4
Desserts	4
Desserts & Puddings (Chilled)	4
Drinks (Chilled)	4
Eggs	4
Far Eastern Food	4
Flakes, Brans & Wheatgerm	4
Flours & Bread Mixes	5
Fruit - Canned & Jarred	5
Fruit - Dried	5
Fruit And Vegetable Juices	6
Fruit Juice Concs & Cordials	6
Goats Milk Products (Chilled)	6
Grains	6
Herb & Fruit Infusions	6
Herbs & Spices - Bulk	6
Honey	7
Household Cleaning Products	7
Household Products	8
Indian Food	8
Margarines & Spreads (Chilled)	8
Mayonnaise & Salad Dressings	8
Meatless Substitutes (Chilled)	8
Milk - Non Dairy	8
Milk & Milk Powder (Longlife)	8
Mueslis & Breakfast Cereals	8
Nuts & Seeds	9
Oils & Fats	10
Olives	10
Paper Products & Stationery	10
Pasta	10
Pates & Dips (Chilled)	10
Pates & Savoury Spreads	10
Pickles, Chutneys & Mustards	10
Salt & Seasonings	10
Snack Bars & Flapjacks	10
Soft Drinks	11
Soups	11
Soya Yogs & Desserts (Chilled)	11
Sugars & Syrups	11
Sweet Snacks	11
Table Sauces	11
Teas	12
Tofu (Chilled)	12
Tomatoes & Tomato Products	12
Vegetables	12
Vinegars	12
Waters	12



Code	Description	Size	Price	FGOSV
BAGS				
NF477	Cellophane Bags 13" x 8" x 5"	1000	68.15	GV
NF484	Cellophane Bags 3" x 4.5" x 7"	1000	24.76	GV
NF476	Cellophane Bags 3" x 5" x 9"	1000	32.95	GV
NF487	Cellophane Bags 4" x 6" x 11"	1000	47.19	GV
NF482	Cellophane Bags 5" x 4.5" x 3"	1000	21.25	GV
NF489	Paper Flour Bags, hold 1.5kg	6.36kg	27.30	GV
NF144	Polypropylene Bags 11 in.	1000	23.03	GV
NF145	Polypropylene Bags 13 in.	1000	33.32	GV
NF142	Polypropylene Bags 7 in.	1000	17.78	GV
NF143	Polypropylene Bags 9 in.	1000	19.95	GV
NF490	Recycled Brown Paper Bags	1000 bags	17.05	GV
NF270	Refuse Sacks-recycled plastic	12 x 8 pack	10.34	
NF483	Refuse Sacks-recycled plastic	200 pack	21.45	

D2W

NF406	100% Degradable Refuse Sacks	24 x 10 bags	18.52	
NF407	Degradable Swing Bin Liners	50 x 15 bags	47.49	
NF179	Multi Purpose Degradable Bags	10 x 50 bags	13.20	
NF169	Pedal Bin Liners - Drawstring	50 x 30 bags	47.48	

ECOVER

HJ777	Biodegradable Compost Bags	20 x 10	26.81	V
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BAKING SUNDRIES

HE225	Baking Powder	1kg	3.18	V
HE299	Bicarbonate of Soda	1kg	2.61	GV
U024	Marzipan	5kg	19.00	GVS
LJ223	Xanthan Gum	6 x 100g	25.60	GV

ALLERGYCARE

LJ653	Vegan Whole Egg Replacer	6 x 200g	16.09	VG
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BARKAT

LJ002	Gluten Free Baking Powder	6 x 100g	6.66	GV
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CLEARSPRING

JP087	Agar-Agar Flakes Gelling Agent	8 x 28g	26.94	GV
JP064	Kuzu (Wild Arrowroot)	6 x 125g	24.71	GVO

CRAZY JACK

LJ409	Marzipan	12 x 250g	31.00	GOSV
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DOVES FARM

LJ203	Corn Flour Organic	8 x 110g	10.25	GOV
LJ423	Quick Yeast	2 x 8 x 125g	13.88	GV

FERMIPAN

LJ061	Dried Yeast	20 x 500g	52.80	GV
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NIELSEN MASSEY

LJ333	Vanilla Extract - organic	8 x 118ml	47.95	GOV
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ORGRAN

LJ656	Egg Replacer	8 x 200g	14.34	GV
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PLAMIL

LJ175	Chocolate Drops - organic	1.5kg	14.05	GVOVS
KB445	No Added Sugar Carob Drops	6kg	39.58	

STEENBERGS

LJ086	Peppermint Extract - organic	6 x 100ml	22.50	GOV
LJ085	Rose Water - organic	6 x 100ml	15.00	GOV
LJ334	Vanilla Extract Fairtrade - organic	6 x 100ml	31.50	FOGV

BEANS & PULSES - CANNED

SUMA

VF550	Baked Beans - organic	12 x 400g	8.51	GOSV
VF646	Blackeye Beans - organic	12 x 400g	7.65	GVO
VF707	Borlotti Beans	12 x 400g	4.06	GV
VF710	Brown Lentils in Tomato Sauce	12 x 400g	8.00	GV
VF119	Butter Beans	12 x 400g	4.06	GV
VF645	Butter Beans - organic	12 x 400g	7.65	GVO
VF709	Cannellini Beans	12 x 400g	4.06	GV
VF395	Cannellini Beans - organic	12 x 400g	6.18	GOV
VF117	Chick Peas	12 x 400g	4.06	GV
VF785	Chick Peas - organic	6 x 2.6Kg	10.85	GOV
VF642	Chickpeas - organic	12 x 400g	6.18	GVO
VF122	Flageolet Beans	12 x 400g	7.11	GV

Code	Description	Size	Price	FGOSV
VF647	Green Lentils - organic	12 x 400g	7.65	GVO
VF120	Haricot Beans	12 x 400g	4.95	GV
VF644	Haricot Beans - organic	12 x 400g	6.18	GVO
VF649	Mixed Beans - organic	12 x 400g	6.18	GVO
VF795	Mixed Beans - organic	6 x 2.6Kg	10.85	GOV
VF118	Red Kidney Beans	12 x 400g	4.06	GV
VF643	Red Kidney Beans - organic	12 x 400g	6.18	GVO
VF790	Red Kidney Beans - organic	6 x 2.6Kg	10.85	GOV
VF711	Six Bean Mix	12 x 400g	7.11	GV

BIONA

VF222	Baked Beans - Organic	6 x 420g	4.46	GOVS
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BEANS & PULSES - DRIED

PU009	Aduki Beans	3kg	4.77	GV
PU147	Black Turtle Beans	3kg	4.04	GV
PU015	Blackeye Beans	3kg	4.19	GV
PU043	Broth Mix	10kg	15.99	V
PU030	Butter Beans	3kg	5.21	GV
PU041	Cannellini Beans - Alubia	3kg	5.37	GV
PU143	Chick Peas	3kg	3.89	VG
PU019	Chick Peas	10kg	12.60	GV
PU049	Haricot Beans - pea	3kg	4.09	GV
PU055	Kidney Beans - red	3kg	5.27	GV
PU185	Lentils - brown	3kg	4.99	GV
PU054	Lentils - Dark Speckled	3kg	3.94	GV
PU186	Lentils - green	3kg	4.64	GV
PU137	Lentils - red split	3kg	6.14	GV
PU040	Lentils - red split	10kg	20.11	GV
PU179	Moong Dahl	3kg	6.37	GV
PU051	Mung Beans	3kg	4.64	GV
PU188	Split Peas - green	3kg	3.87	GV
PU189	Split Peas - yellow	3kg	3.87	GV
PU300	Aduki Beans	25kg	30.75	GV
PU150	Black Turtle Beans	25kg	28.50	GV
PU303	Blackeye Beans - California	25kg	30.00	GV
PU114	Broth Mix	25kg	36.81	V
PU111	Butter Beans - Californian	25kg	34.25	GV
PU016	Cannellini Beans - Alubia	25kg	35.50	GV
PU154	Chana Dahl	25kg	27.76	GV
PU018	Chick Peas	25kg	24.35	GV
PU095	Flageolet Beans	25kg	63.75	GV
PU028	Haricot Beans - pea	25kg	25.85	GV
PU039	Kidney Beans - red	25kg	34.75	GV
PU010	Lentils - brown	25kg	32.65	GV
PU082	Lentils - Dark Speckled	25kg	24.75	GV
PU022	Lentils - green	25kg	30.00	GV
PU081	Lentils - red split	25kg	41.25	GV
PU032	Marrowfat Peas	12.5kg	14.85	GV
PU175	Moong Dahl	25kg	43.00	GV
PU033	Mung Beans	25kg	30.00	GV
PU035	Pinto Beans	25kg	28.20	GV
PU025	Split Peas - green	25kg	24.25	GV
PU047	Split Peas - yellow	25kg	24.25	GV
PU176	Urad Dahl	25kg	46.00	GV
PU200	Aduki Beans - organic	25kg	34.85	GVO
PU211	Bean Mix - organic	25kg	49.17	GOV
PU411	Blackeye Beans	25kg	54.35	OV
PU210	Butter Beans, Chinese - organic	25kg	36.25	GVO
PU220	Cannellini Beans - organic	25kg	41.25	GVO
PU140	Chick Peas - organic	25kg	31.75	GVO
PU083	Green Split Peas - organic	25kg	37.50	GOV
PU052	Haricot Beans - organic	25kg	34.50	GVO
PU001	Lentils - brown, organic	25kg	45.00	VO
PU084	Lentils - Dark Speckled - organic	25kg	49.00	VOG
PU116	Lentils - green, organic	25kg	41.95	GVO
PU126	Lentils - red split, organic	25kg	60.00	GVO
PU062	Mung Beans - organic	25kg	34.50	GVO
PU061	Pinto Beans - organic	24kg	30.96	GOV
PU037	Red Kidney Beans - organic	25kg	40.00	GVO
PU057	Soya Beans - organic	25kg	26.25	GVO
PU059	Yellow Split Peas - organic	25kg	37.50	GVO

Many of the above available in 1, 3 and 5kg bags

Code	Description	Size	Price	FGOSV
PEANUT SNAP				
KB801	Peanut Snap	24 x 33g	3.99	GS
SESAME SNAPS				
KB001	Sesame Snaps	24 x 30g	3.33	SGV
KB180	Sesame Snaps (Multipack)	30 x 4 x 1	15.54	SGV
KB777	Sesame Snaps Chocolate Coated	24 x 40g	4.47	SGV
KB587	Sesame Snaps Coconut	24 x 30g	3.57	SGV
KB778	Sesame Snaps Yoghurt Coated	24 x 40g	4.47	SG

SOFT DRINKS

FENTIMANS

JU281	Dandelion & Burdock	8 x 750ml	11.32	GS
JU280	Ginger Beer	8 x 750ml	11.32	GSV
JU455	Rose Lemonade	8 x 750ml	11.32	GSV
JU446	Tonic Water	24 x 125ml	10.19	GSV

WHOLE EARTH

JU425	Apple & Raspberry - organic	24 x 330ml	12.35	GOSV
JU946	Cola - organic	24 x 330ml	12.35	GOSV
JU935	Lemonade - organic	24 x 330ml	12.35	GOSV
JU947	Mountain Cranberry - organic	24 x 330ml	12.35	GOSV
JU189	Sparkling Elderflower - organic	24 x 330ml	12.35	GOV
JU186	Sparkling Ginger - organic	24 x 330ml	12.35	GOV

SOUPS

SUMA

VF493	Carrot & Coriander Soup - organic	12 x 400g	10.20	GOV
VF350	Italian Tomato & Basil Soup - organic	12 x 400g	10.20	OVS
VF640	Minestrone Soup - organic	12 x 400g	10.30	OV
VF481	Pea Soup - organic	12 x 400g	10.20	VO
VF255	Spicy Lentil Soup - organic	12 x 400g	10.20	GVO
VF275	Thick Vegetable Soup - organic	12 x 400g	10.20	OV
VF641	Tomato & Red Pepper - organic	12 x 400g	10.20	OVS
VF250	Tomato Soup - organic	12 x 400g	10.20	GOV

SOYA YOGS & DESSERTS (CHILLED)

ALPRO

CV311	Junior Yofu - 2 flavours	6 x 4 x 125g	6.71	GS
PROVAMEL				
CV078	Organic Blueberry Yofu	6 x 500g	6.71	GOSV
CV075	Organic Forest Fruit Yofu	6 x 500g	6.71	GOSV
CV069	Organic Natural Yofu	6 x 500g	6.26	GOV
CV077	Organic Strawberry Yofu	6 x 500g	6.71	GOSV
CV318	Organic Vanilla Yofu	6 x 500g	6.71	GOSV

SOJADE

CV485	Apricot Soya Yoghurt - organic	6 x 400g	7.44	GOSV
CV487	Banana Soya Yoghurt - organic	6 x 400g	7.44	GOSV
CV486	Blueberry Soya Yoghurt - organic	6 x 400g	7.44	GOVS
CV484	Cherry Soya Yoghurt - organic	6 x 400g	7.44	GOSV
CV483	Natural Soya Yoghurt - organic	6 x 400g	5.36	GOV
CV494	Mango & Peach Soya Yoghurt - organic	6 x 400g	7.44	GSOV
CV495	Prune Soya Yoghurt - organic	6 x 400g	7.44	GOSV
CV176	Pineapple Soya Yogurt - organic	6 x 400g	7.44	GOSV

SUGARS & SYRUPS

SUMA

LJ150	Agave Syrup - organic	5l	33.95	GOV
HY019	Malt Extract	3.18kg	7.58	V
LJ679	Demerara Sugar - organic	3kg	6.07	GOV
LJ678	Demerara Sugar - organic	10kg	19.98	GOV
LJ159	Icing Sugar - organic	3kg	7.84	GVOVS
LJ096	Raw Cane Sugar - organic	3kg	5.31	GOVS
LJ055	Raw Cane Sugar - organic	10kg	17.24	GOVS

SUMA COMMODITIES

LJ066	Dark Muscovado Sugar	25kg	39.10	GVS
LJ052	Demerara Sugar	25kg	34.50	GVS
LJ546	Fairtrade Golden Granulated	25kg	36.25	FGVS
LJ065	Light Muscovado Sugar	25kg	39.10	GVS
LJ069	Soft Brown Sugar	25kg	38.06	GVS
LJ876	Demerara Sugar, organic			

Code	Description	Size	Price	FGOSV
GT086	Olive Oil - Extra Virgin	5l	30.49	GV
GT087	Olive Oil, Extra Virgin - organic	5l	32.18	GVO
GT090	Sunflower Oil - cold pressed	5l	12.71	GV
GT091	Sunflower Oil - organic	5l	14.90	GVO
GT052	Sunflower Oil - refined	5l	8.30	GV

CLEARSPRING

GT010	Olive Flax Oil Organic	8 x 250ml	29.95	GOV
GT250	Olive Oil Cold Pressed Organic	3l	20.05	OV
GT252	Sunflower Frying Oil Cold Prsd	3l	11.09	OV
GT251	Sunflower Oil Cold Pressed	3l	10.05	OV

EQUAL EXCHANGE

GT702	Olive Oil	5l	45.00	FGV
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HELLENIC

GT005	Olive Oil - Extra Virgin	4 x 3l	54.00	GV
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INFINITY

GT002	Organic Avocado Oil	6 x 250ml	31.45	GOV
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KHYBER

VF751	Ghee	1 x 2lb	2.15	GV
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MERIDIAN

GT911	Sunflower Oil - organic	6 x 1l	10.90	GOV
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SUNITA

GT099	Olive Oil, Extra Virgin - organic	5l	30.55	GVO
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ZAYTOUN

GT023	Olive Oil - organic/Fairtrade	4 x 5l	181.00	FGOV
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OLIVES

CYPRRESSA

KJ867	Cyprressa Pitted Green Olives	2kg	8.81	GV
KJ868	Pitted Black Olives	2kg	7.95	GV

SUNITA

VF384	Black Kalamata Olives	2kg	10.82	GV
VF539	Black Olives - Pitted, natural	4kg	27.02	GV
VF537	Black Olives/Herbs - marinated	4kg	19.45	GV
VF383	Green Olives	3kg	7.56	GV
KJ556	Kalamata Olives, pitted - organic	2kg	14.42	GVO

PAPER PRODUCTS & STATIONERY

ECOLEAF FROM SUMA

NF045	Ecoleaf Jumbo Kitchen Towel	12 x 1	19.84	V
NF210	Ecoleaf Toilet Tissue Bulkpack	5 x 12 pack	18.50	

EVOLVE

NF465	A4 High White Copier Paper	ream	3.35	
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TRADCRAFT

NF888	Facial Tissues	24 x 1	23.74	
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PASTA

BOB THE BUILDER

WT012	Gluten Free Pasta Shapes	12 x 250g	17.00	OGV
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PATES & DIPS (CHILLED)

SUMA

CV401	Pate - Mushroom (bombe)	6 x 200g	10.11	GV
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ARTHUR STREET TRADING CO.

CV434	Hummus - organic	200g	1.33	GOV
CV435	Hummus with Sundried Tom - organic	200g	1.45	GOV

PATES & SAVOURY SPREADS

SUMA

GH700	Pate - Organic Mushroom	12 x 200g	21.15	OV
GH800	Pate - Organic Savoury Herb	12 x 200g	21.15	OV
GH097	Crunchy Peanut Butter no salt	1kg	4.49	GOV
GH037	Peanut Butter - crunchy + salt	1kg	3.59	GV
GH039	Peanut Butter - smooth + salt	1kg	3.59	GV
GH040	Peanut Butter - smooth no salt	1kg	3.59	GV
GH038	Peanut Butter -crunchy no salt	1kg	3.59	GV

Code	Description	Size	Price	FGOSV
SUNITA				
GH079	Tahini - dark	3kg	14.75	GV
GH996	Tahini - dark, organic	3kg	20.05	GVO
GH080	Tahini - light	3kg	14.75	GV
GH149	Tahini - light, organic	3kg	20.05	GVO

PICKLES, CHUTNEYS & MUSTARDS

BYODO

KJ351	Mustard - Dijon, organic	1kg	5.09	VO
KJ354	Mustard - wholegrain, organic	1kg	4.19	VO

SALT & SEASONINGS

SUMA COMMODITIES

LJ030	Sea Salt - coarse	25kg	9.00	GV
LJ031	Sea Salt - fine	25kg	9.00	GV

BIOFORCE

LJ054	Herbamare	6 x 250g	14.61	GV
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BROSTE

LJ010	Sea Salt Coarse	12 x 500g	14.85	GV
LJ012	Sea Salt Fine	12 x 500g	14.85	GV

SNACK BARS & FLAPJACKS

DOVES FARM

KB231	Apple & Sultana Flapjack	2 x 16x40g	10.39	FOSV
KB225	Apple/Sultana Flapjack	12 x 5x40g	15.60	FOSV
KB222	Fruity Oat Bar Display Box	2 x 16 x 40g	11.09	FOSV
KB221	Low Fat Fruity Oat Cereal Bar	12 x 5 pack	17.25	FOSV
KB245	Original Butt Flapjack - Display	2 x 16x40g	10.29	FOS
KB227	Original Butter Flapjack	12 x 5x40g	15.62	FOS
KB223	Rich Choc & Crispy Rice Bars	12 x 5 pack	17.00	FOSV
KB224	Rich Choc & Crispy Rice - Display	2 x 16 x 40g	10.80	FOSV
KB252	Tropical Bar	12 x 5x40g	20.54	FOSV
KB255	Tropical Bar - Displayer	2 x 16x40g	13.86	FOSV

EAT NATURAL

KB463	Almond & Apricot Bar	12 x 50g	6.08	GS
KB464	Almond, Apricot & Yoghurt	12 x 50g	6.08	GS
KB082	Assorted Chocolate Recipes	28 x 50g	14.12	GS
KB084	Assorted Nuts & Fruit Bar	28 x 50g	14.12	GS
KB470	Blueberry & Pistachio Bar	12 x 45g	6.17	GS
KB468	Brazil, Hazelnut & Sultana Bar	12 x 50g	7.84	GOS
KB466	Brazil, Sultana, Almond, Hazel	12 x 50g	6.08	GS
KB460	Cranberry & Macadamia Bar	12 x 45g	6.08	GS
KB465	Date, Walnut & Pumpkin Seed	12 x 50g	6.08	GS
KB467	Macadamia, Brazil & Apricot	12 x 50g	6.08	GS
KB462	Peanut, Almond & Hazelnuts	12 x 50g	6.08	GS
KB461	Peanut, Cranberry & Pistachio	12 x 45g	6.08	GS

FRUTINA

KB325	Fruit Snack - Variety Pack	60 x 15g	14.70	GV
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HANDMADE FLAPJACK CO

KB157	Caramel Bake Flapjack	30 x 90g	14.99	
KB098	Chocolate Flavoured Flapjack	30 x 90g	14.99	
KB099	Fruit Flapjack	30 x 90g	14.99	
KB469	Mixed Case	30 x 90g	14.99	

LYME REGIS FOODS

KB043	Chocolate Coated Marzipan Bar	24 x 40g	12.92	V
KB103	Chocolate Marzipan Bar Organic	24 x 40g	14.55	GVO
KB619	Chocolate Marzipan with Orange	24 x 40g	14.55	GVO
KB037	Seven Seeds & Nut & Cranberry	16 x 40g	8.61	GOSV
KB012	Seven Seeds & Nut Bar	16 x 40g	8.61	GOV

MA BAKER

KB446	Chocolate Smoothie Bars	20 x 100g	9.99	S
KB681	Giant Apple Bar	20 x 90g	7.78	SV
KB680	Giant Apricot Bar	20 x 90g	7.78	SV
KB679	Giant Berry Bar - Wheat Free	20 x 90g	7.78	SV
KB682	Giant Cherry Bar	20 x 90g	7.78	SV
KB322	Giant Fruit Bar - Wheat Free	20 x 90g	7.78	SV
KB008	Giant Pomegranate Bar	20 x 90g	7.78	SV
KB770	Giant Seed Bars - Wheat Free	20 x 90g	7.78	SV
KB580	Smoothie Bar - Wheat Free	20 x 100g	9.99	S

Code	Description	Size	Price	FGOSV
BURGERS SAUSAGES & TVP MIXES				
SY097	Burger Mix - vegetarian	1kg	4.29	V
VF406	Burger Mix - vegetarian	5kg	20.17	V
SY098	Sausage Mix - vegetarian	1kg	4.25	V
VF407	Sausage Mix - vegetarian	5kg	19.94	V
SY112	TVP Flavoured Coloured Chunks	1kg	2.45	GV
SY113	TVP Flavoured Coloured Mince	1kg	2.49	GV
SY115	TVP Flavoured Coloured Mince	5kg	8.99	GV
SY110	TVP Plain Chunks	1kg	2.25	GV
SY111	TVP Plain Mince	1kg	1.99	GV
VF404	Burger Mix - vegetarian	25kg	104.00	V
VF405	Sausage Mix - vegetarian	25kg	104.00	V
SY206	TVP Flavoured Coloured Chunks	10kg	17.75	GV
SY205	TVP Flavoured Coloured Mince	15kg	21.49	GV
SY201	TVP Plain Chunks	10kg	15.88	GV
SY202	TVP Plain Mince	15kg	20.09	GV

PROTOVEG

VF839	Sosmix	10kg	39.25	V
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CHEESE, COWS MILK (CHILLED)

BASTIAANSEN

CV040	Organic Brie	10 x 150g	18.84	O
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BIONA

CV076	Emmental - organic	per kg	12.34	GO
CV012	Feta - organic	8 x 150g	17.94	GO

CAERFAI FARMS

Carbon Neutral Cheese!

CV031	Caerfai Caerffili - organic	per kg	9.34	OG
CV032	Caerfai Cheddar - organic	per kg	11.34	OG

CONNAGE HIGHLAND DAIRY

CV226	Clava - Scottish Brie	per kg	12.88	O
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CYPRRESSA

CV512	Feta Cheese approx 6-10 oz	12 x 200g	26.01	G
CV150	Halloumi Cheese	10 x 250g	23.62	

DAISY AND CO

CV037	Black Eyed Susan Cheese & Pepper	150g	3.34	O
CV036	Goldilocks Soft Cheese	150g	3.34	O
CV157	Viper's Grass Soft Cheese	150g	3.34	O

FUTURA

CV145	Blue Cheese	6 x 150g	14.00	OG
CV306	Camembert	6 x 150g	14.58	O
CV033	Cream Cheese (Garlic)	6 x 150g	12.15	O
CV034	Cream Cheese (Plain)	6 x 150g	12.15	O

GODMINSTER FARM

CV808	Vintage Organic Cheddar	1 x 400g	7.23	OG
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LONGLEY FARM

CV274	Natural Low Fat Cottage Cheese	12 x 250g	7.84	G
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LYE CROSS

CV048	Double Gloucester - organic	per kg	7.67	GO
CV028	Mature Cheddar - organic	per kg	8.31	GO
CV451	Mild Cheddar - organic	per kg	7.26	GO

MANGIAGRATTA

CV003	Organic Italian Hard Cheese	200g each	3.18	G
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PITTAS

CV030	Cypriot Halloumi Cheese	10 x 250g	35.82	
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SINGLETONS

CV388	Cheddar - Mature	per kg	5.42	
CV387	Cheddar - Mild	per kg	5.00	

CHOCOLATE

SUMA COMMODITIES

KB081	Cacao Nibs - organic	10kg</
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Code	Description	Size	Price	FGOSV
ZX342	Fruit & Nut Mix	1kg	6.42	GV
ZX083	Fruit & Nut Mix	5kg	29.40	GV
ZX334	Garlic Gathia	1kg	3.29	GV
ZX131	Japanese Rice Crackers	1kg	6.86	V
ZX337	Spicy Noodles	1kg	3.06	GV
ZX345	Tropical Mix	1kg	3.02	GS
ZX930	Bombay Mix - organic	1kg	3.14	OV
ZX033	Bhusu	5kg	10.60	GV
ZX034	Bombay Mix	10kg	18.01	GV
ZX035	Delhi Mix	2.5kg	5.73	GV
ZX288	Garlic Gathia	5kg	11.05	GV
ZX036	Sesame Sticks	2.27kg	3.95	GV
ZX037	Spiced Roast Chick Peas	2.5kg	4.93	GV
ZX038	Spicy Noodles	5kg	11.65	GV
ZX087	Trail Mix	10kg	25.51	GS
ZX089	Tropical Mix	10kg	23.58	GS
ZX929	Bombay Mix - organic	3kg	7.25	OV

KETTLE CHIPS

ZX381	Balsamic Vinegar & Sea Salt	12 x 150g	15.08	GSV
ZX248	Lightly Salted	12 x 150g	15.08	GV
ZX299	Mature Cheddar & Red Onion	12 x 150g	15.08	G
ZX305	Red Thai Curry	12 x 150g	15.08	G
ZX307	Roasted Tomato & Basil	12 x 150g	15.08	GSV
ZX359	Sour Cream & Chive	12 x 150g	15.08	G
ZX303	Sweet Chilli	12 x 150g	15.08	SV

PIPERS CRISPS

ZX291	Anglesey Sea Salt	15 x 150g	17.10	S
ZX290	Biggleswade Sweet Chilli	15 x 150g	17.10	SV
ZX283	Sea Salt & Somerset Cider V'gr	15 x 150g	17.10	SV
ZX289	West Country Cheddar & Onion	15 x 150g	17.10	S

TRAFU

ZX136	Tortilla Chips - Natural	14 x 200g	19.42	GOV
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TYRRELLS

ZX016	Cheddar Cheese & Chive	12 x 150g	12.12	
ZX018	Cider Vinegar & Sea Salt	12 x 150g	12.12	V
ZX046	Garden Herbs	12 x 150g	12.12	GSV
ZX022	Lightly Sea Salted	12 x 150g	12.12	GV
ZX023	Naked Chips	12 x 150g	12.12	GV
ZX024	Sea Salt & Black Pepper	12 x 150g	12.12	GV
ZX323	Summer Barbecue	12 x 150g	12.12	GV
ZX021	Sweet Chilli & Red Pepper	12 x 150g	12.12	GV
ZX098	Worcester Sauce & Sundried Tom	12 x 150g	12.12	
ZX655	Mixed Roots	12 x 150g	23.85	V

DESSERTS

CLEARSPRING

JP047	Amazake - millet	6 x 370g	14.81	OGV
JP305	Amazake Dessert - Brown Rice	6 x 380g	14.81	GVO

GRANOVITA

SY171	Soyage - Black Cherry	12 x 145g	4.41	GVS
SY172	Soyage - Peach & Apricot	12 x 145g	4.41	GVS
SY174	Soyage - Raspberry	12 x 145g	4.41	GVS
SY173	Soyage - Strawberry	12 x 145g	4.41	GVS

JUST WHOLEFOODS

VF065	Custard Powder	12 x 100g	8.50	GV
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PROVAMEL

SY075	Soya Custard	16 x 525g	14.28	GOV
SY265	Soya Custard - Chocolate	16 x 525g	14.28	OV

DESSERTS & PUDDINGS (CHILLED)

CARTMEL STICKY TOFFEE PUDDING

CV153	Sticky Toffee Pudding	730g	5.93	S
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RACHELS DAIRY

CV257	Organic Creamy Rice Dessert	6 x 500g	9.07	GOS
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YEO VALLEY

CV990	Apple, Strawberry & Blackberry	6 x 450g	14.84	GOS
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Code	Description	Size	Price	FGOSV
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DRINKS (CHILLED)

ALPRO

CV088	Organic Fresh Soya Drink	6 x 1l	7.16	GOV
CV072	Soya Drink - Light	6 x 1l	6.71	GV
CV482	Soya Fresh - Chocolate	6 x 1l	7.16	GVS
CV087	Soya Fresh - Natural	6 x 1l	6.26	VG

GROVE FRESH

CV258	Organic Apple Juice (Large)	6 x 1.75l	15.01	GVO
CV259	Organic Orange Juice (Large)	6 x 1.75l	15.01	GOV

EGGS

FENTON FARM

CV195	Mixed Coloured Eggs	per doz	2.22	
CV194	Omega-3 Enriched Eggs	per doz	2.36	

YORKSHIRE FARMHOUSE EGGS

CV133	Organic Eggs- Mixed size	per doz	2.60	0
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FAR EASTERN FOOD

BIONA

VF775	Coconut Milk Organic	6 x 400ml	5.36	GOV
VF772	Creamed Coconut Organic	12 x 200g	9.81	GOV

BLUE DRAGON

VF420	Baby Corn Cobs	12 x 410g	8.52	GV
VF417	Bean Sprouts	6 x 410g	3.60	GV
LJ253	Coconut Milk - Reduced Fat	12 x 400ml	13.32	GV
LJ134	Coconut Milk - organic	12 x 400ml	15.24	GOV
WT650	Egg Noodles - organic	12 x 250g	9.48	0
JP011	Japanese Ramen Noodles	10 x 250g	8.70	
WT100	Wholewheat Noodles	8 x 300g	6.32	GV

CLEARSPRING

JP060	Brown Rice Vinegar - Organic	6 x 150ml	8.96	OV
JP013	Brown Sushi Rice - Organic	12 x 500g	22.41	GOV
JP605	Shoyu	2.5l	13.49	OV
JP001	Tamari - organic	2.5l	26.99	VO

MERIDIAN

JP058	Tamari	5l	25.79	GV
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SANCHI

JP050	Arame	1kg	23.90	GV
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FLAKES, BRANS & WHEATGERM

FX109	Oat Bran	5kg	6.51	V
FX063	Wheatgerm	5kg	9.94	V
FG122	Medium Oatmeal - organic	5kg	7.01	OV
FX085	Oats - porridge, organic	10kg	13.99	VO
FG034	Medium Oatmeal	25kg	13.79	V
FX065	Oat Bran	25kg	22.50	V
FX504	Oats - jumbo	25kg	13.79	V
FX104	Oats - porridge	12.5kg	6.79	V
FX010	Oats - porridge	25kg	13.79	V
FX502	Wheat Bran	25kg	7.85	V
FX062	Wheatgerm	20kg	32.00	V
FX015	Barley Flakes - pearl, organic	25kg	26.50	VO
FX050	Bran Flakes - organic	12.5kg	28.50	OV
FX250	Bran Sticks - organic	12.5kg	28.50	VO
FX200	Malted Toasted Wheat Flakes - organic	12.5kg	19.13	OV
FG042	Medium Oatmeal - organic	25kg	26.78	OV
FX053	Millet Flakes - organic	15kg	37.50	GVO
FX018	Oat Bran - organic	12.5kg	20.55	0
FX503	Oats - jumbo, organic	25kg	26.79	VO
FX009	Oats - porridge, organic	25kg	26.79	VO
FX654	Quinoa Flakes - organic	15kg	85.00	FGOV
FX004	Rice Flakes, Brown - organic	15kg	36.54	VO
FX019	Rye Flakes - organic	25kg	24.15	VO
FX012	Wheat Bran - organic	25kg	14.57	VO
FX170	Wheat Flakes - organic	25kg	24.00	VO

FLOURS & BREAD MIXES

FG093	Polenta	5kg	5.20	GV
FG043	Soya Flour - organic	1kg	2.60	GOV

Code	Description	Size	Price	FGOSV
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MX130	De Luxe Muesli - organic	3kg	8.68	OV
MX119	De Luxe Muesli - organic	10kg	27.62	OV
MX062	Gluten Free Muesli - organic	3kg	11.60	GOV
MX183	Muesli - organic	3kg	8.06	OV
MX052	Muesli - organic	10kg	20.85	VO
MX035	Muesli Base - organic	3kg	5.43	VO
MX036	Muesli Base - organic	10kg	15.77	VO
MX167	Premium Muesli - organic	3kg	8.80	OV
MX107	Premium Muesli - organic	10kg	27.82	OV
MX025	Crunchy Apricot Muesli	25kg	54.71	
MX017	Luxury Tropical Muesli	10kg	21.54	V
MX028	Muesli - gluten free	10kg	31.50	GV
MX032	Muesli Base	20kg	16.42	V
MX038	Nutty Crunch	25kg	34.22	
MX040	Roast Hazelnut Muesli	25kg	45.00	V
MX043	Super Muesli	25kg	50.62	V
MX012	De Luxe Muesli - organic	25kg	64.78	OV
MX160	Muesli - organic	25kg	54.71	VO
MX037	Muesli Base - organic	20kg	28.70	VO
MX222	Premium Muesli - organic	25kg	68.12	OV

NUTS & SEEDS

NU005	Almonds	1kg	6.15	GV
NU004	Almonds	5kg	29.42	GV
NU135	Almonds - blanched	1kg	8.87	GV
NU008	Almonds - flaked	1kg	6.92	GV
NU007	Almonds - flaked	5kg	33.28	GV
NU011	Almonds - ground	1kg	6.00	GV
NU010	Almonds - ground	5kg	28.83	GV
NU715	Bird Nuts	1kg	1.79	GV
NU214	Bird Nuts	5kg	7.19	GV
NU078	Brazil - broken	1kg	3.51	GV
NU017	Brazil - broken	5kg	16.33	GV
NU077	Brazil - whole, medium	1kg	5.16	GV
NU015	Brazil - whole, medium	5kg	24.51	GV
NU020	Cashew - large pieces	1kg	4.64	GV
NU019	Cashew - large pieces	5kg	21.88	GV
NU237	Cashew - roasted & salted	1kg	8.22	GV
NU134	Cashew - whole	1kg	7.07	GV
NU131	Cashew - whole	5kg	33.48	GV
NU274	Coconut - chips	1kg	2.46	GV
NU025	Coconut - chips	5kg	10.99	GV
NU241	Coconut - desiccated, med SO2	1kg	2.38	GV
NU240	Coconut - desiccated, med SO2	5kg	10.60	GV
NU096	Hazelnuts	1kg	7.59	GV
NU030	Hazelnuts	5kg	36.72	GV
NU204	Linseed / Flax	1kg	1.89	GV
NU206	Linseed / Flax	5kg	6.11	GV
NU079	Macadamia Nuts - Style 2	1kg	10.87	GV
NU239	Mixed nuts	1kg	4.79	GV
NU035	Mixed nuts	5kg	22.25	GV
NU107	Mixed nuts - chopped	1kg	3.62	GV
NU026	Peanuts - redskin	1kg	1.95	GV
NU046	Peanuts - redskin	5kg	8.44	GV
NU055	Pecan nuts	1kg	11.55	GV
NU027	Pecan nuts	2.5kg	28.69	GV
NU057	Pine kernels	1kg	24.12	GV
NU114	Pine kernels	5kg	119.28	GV
NU251	Pistachio - raw, shelled	1kg	16.67	GV
NU060	Pistachio - roasted & salted	1kg	9.69	GV
NU059	Pistachio - roasted & salted	2.5kg	24.07	GV
NU063	Pumpkin seeds	1kg	4.69	GV
NU062	Pumpkin seeds	5kg	22.17	GV
NU227	Sesame seeds - natural	1kg	2.83	GV
NU066	Sesame seeds - natural	5kg	12.82	GV
NU231	Sunflower seeds	1kg	2.18	GV
NU068	Sunflower seeds	5kg	9.61	GV
NU229	Walnuts - light amber halves	1kg	4.95	GV
NU113	Walnuts - light amber halves	5kg	26.79	GV
NU230	Walnuts - light amber pieces	1kg	4.91	GV
NU198	Walnuts - light amber pieces	5kg	23.39	GV
NU790	Alfalfa seeds - organic	1kg	8.48	GOV
NU201	Almonds - organic	1kg	10.76	GVO
NU082	Almonds - organic	2.5kg	26.88	GOV
NU430	Almonds, ground - organic	1kg	10.77	GOV

Code	Description	Size	Price	FGOSV
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NU278	Brazils Whole - organic	1kg	6.27	GOV
NU032	Brazils Whole - organic	2.5kg	15.60	GOV
NU074	Cashews - whole organic	2.5kg	18.74	GOV
NU070	Cashews - whole, organic	1kg	7.52	GOV
NU071	Coconut - desiccated, organic	1kg	2.75	VO
NU038	Coconut - desiccated, organic	2.5kg	6.70	VO
NU202	Hazelnuts - organic	1kg	11.80	OGV
NU081	Hazelnuts - organic	2.5kg	29.46	GOV
NU271	Hemp Seeds - organic	1kg	8.38	GVO
NU244	Linseed, golden - organic	1kg	3.14	GOV
NU039	Linseed, golden - organic	2.5kg	7.68	GOV
NU001	Omega Seed Mix - organic	1kg	4.02	GOV
NU287	Omega Seed Mix - organic	5kg	17.29	GOV
NU072	Peanuts - organic	1kg	3.24	GOV
NU245	Peanuts - organic			

Code	Description	Size	Price	FGOSV
HJ046	Zeppil Floor Cleaner	5l	7.35	V
SOAPPODS				
HJ852	Soapods - Soap Nuts	1kg	11.89	G
THOMPSON AND CAPPER				
HJ04	Kettle Klear	12 x 6 x 1	17.50	V

HOUSEHOLD PRODUCTS

Code	Description	Size	Price	FGOSV
SUMA				
NF177	Flash Drive Memory Stick	each	6.36	
NF056	Japanese Tea Balls	10 pack	16.65	V
NF221	Tea Towel	each	3.50	V
NF054	Vegetable Steamer	each	3.40	V

HILL BRUSH COMPANY

NF780	Nail Brush	each	1.18	
NF781	Vegetable Brush	each	3.15	
NF782	Washing Up Brush + Four Heads	each	4.11	

IF YOU CARE

NF500	100% Recycled Aluminium Foil	12 x 30x15m	17.64	
NF032	Heavy Duty Recycled Foil	12 rolls	18.82	
NF023	Large Baking Cups	24 pack	12.63	
NF021	Parchment Paper Rolls	12 rolls	17.31	

MICHAELS ORIGINALS

NF202	Luffa Washing Up Scourer	6 x 1	6.60	GV
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TRAIDCRAFT

NF181	Fair Trade Rubber Gloves	12 x 1 pairs	8.53	F
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INDIAN FOOD

PATAKS

KJ176	Sweet Mango Chutney	2 x 2.95Kg	14.90	GVS
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Pappadums

VF293	Pappadums - Plain	12 x 100g	8.04	V
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MARGARINES & SPREADS (CHILLED)

SUMA

MA051	Sunflower Spread - GMO Free	6 x 2Kg	33.40	GV
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HARLEY FOODS

MA043	Palm Shortening, organic	10kg	18.70	O
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MUNSTERLAND

MA040	Margarine (catering) - organic	10kg	33.78	GVO
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MAYONNAISE & SALAD DRESSINGS

SUMA

KJ022	Organic Mayonnaise	1kg	6.12	GO
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KITE

KJ230	Mayonnaise	2.5kg	11.33	GO
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PLAMIL

KJ200	Egg Free Mayonnaise - Garlic	2.5kg	8.89	GV
LJ360	Egg Free Mayonnaise - organic	2.5kg	11.02	GOSV
KJ254	Egg Free Mayonnaise - Plain	2.5kg	8.89	GV
KJ299	Egg Free Rice Mayonnaise	2.5kg	12.00	GOV

MEATLESS SUBSTITUTES (CHILLED)

DRAGONFLY

CV162	Mixed Beany Burgers - organic	6 x 200g	9.96	GOV
CV702	Mushroom Beany Burgers - organic	6 x 200g	9.96	GOV
CV703	Nut Beany Burgers - organic	6 x 200g	9.96	GOV
CV046	Organic Original Soysage	6 x 200g	9.96	GOV
CV705	Spicy Beany Burgers - organic	6 x 200g	9.96	GOV
CV317	Tatty Patty - organic	6 x 200g	9.79	GOV
CV706	Tomato Beany Burgers - organic	6 x 200g	9.96	GOV
CV704	Vegetable Beany Burgers OG	6 x 200g	9.96	GOV

FLORENTIN

CV930	Falafel	6 x 250g	15.55	GOV
CV944	Tamruc Falafel	6 x 250g	15.55	GOV

Code	Description	Size	Price	FGOSV
MACSWEEN				
CV014	Vegetarian Haggis	1 x 454g	2.52	V
CV006	Vegetarian Haggis	6 x 88g	3.42	V
REDWOOD				
CV246	Original Tempeh Rashers	1 x 1Kg	9.75	VS
CV055	Streaky Style Rashers	1 x 1Kg	13.40	VS

MILK - NON DAIRY

ALPRO

SY335	Rice Drink - calcium + vits	12 x 1l	14.31	GV
SY007	Rice Drink - organic	12 x 1l	14.85	VOG
SY252	Soya Drink - unsweetened	12 x 1l	12.51	GV
SY031	Soya Milk with calcium & apple	12 x 1l	12.51	GV

ECOMIL

SY275	Almond Drink - organic	12 x 1l	28.35	GOV
SY014	Hazel Drink - organic	12 x 1l	28.35	GOV
SY142	Quinoa Drink - organic	12 x 1l	26.55	GOV

GRANOVITA

SY145	Soya Milk - organic	12 x 1l	13.41	GVO
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OATLY

SY045	Chocolate Oat Drink	12 x 1l	17.24	S
SY019	Cream - Dairy Free	18 x 250ml	13.72	
JU377	Oat Drink - Classic	12 x 1l	14.56	OV
JU385	Oat Drink - Plus +	12 x 1l	14.56	

PLAMIL

SY009	Soya Milk, unsweetened - organic	6 x 1l	6.70	GOV
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PROVAMEL

SY095	Soya Drink - Chocolate	12 x 1l	13.41	GOV
SY034	Soya Drink - Vanilla	12 x 1l	13.41	GOV
SY080	Soya Milk - sweetened	12 x 1l	13.41	GOV
SY043	Soya Milk - sweetened with	12 x 1l	12.51	GV
SY025	Soya Milk - Unsweetened	12 x 1l	13.05	GOV
SY270	Soya Milk - Unsweetened +	12 x 1l	12.51	GV
SY500	Soya Milk + Omega 3	12 x 1l	13.41	GOV

RICE DREAM

JU540	Rice Dream - Calcium	12 x 1l	17.00	V
JU255	Rice Dream - Chocolate	12 x 1l	17.88	SV
JU307	Rice Dream - Hazelnut & Almond	12 x 1l	17.88	V
JU361	Rice Dream - Original	12 x 1l	17.00	VO
JU362	Rice Dream - Vanilla	12 x 1l	17.88	VO

SOYA SOLEIL

SY135	Soya milk - Added Calcium	12 x 1l	8.01	V
SY136	Soya milk - Unsweetened	12 x 1l	8.01	V

SOYATOOI

SY315	Soya Coffee Creamer	20 x 300ml	23.39	OV
SY345	Soya Cooking Cream - whippable	20 x 300ml	23.39	OV
SY375	Soya Spray Cream	12 x 250g	23.39	V
SY349	Soya Topping Cream - whippable	20 x 300ml	23.39	OV

MILK & MILK POWDER (LOGLIFE)

DELAMERE

MJ009	UHT Goats Milk - Semi Skimmed	12 x 1l	12.38	
MJ005	UHT Goats Milk - Whole	12 x 1l	15.48	G

MOO

MJ011	Semi Skimmed Milk - organic	12 x 1l	13.15	GO
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MUESLIS & BREAKFAST CEREALS

MX184	Cranberry Crunch	3kg	8.89	
MX027	Crunchy Apricot Muesli	3kg	7.48	
MX026	Crunchy Apricot Muesli	10kg	22.61	
MX185	Luxury Tropical Muesli	3kg	7.97	V
MX129	Muesli - gluten free	3kg	9.82	VG
MX034	Muesli Base	3kg	3.25	V
MX033	Muesli Base	10kg	8.97	V
MX042	Roast Hazelnut Muesli	3kg	6.23	V
MX041	Roast Hazelnut Muesli	10kg	18.77	V
MX045	Super Muesli	3kg	6.78	V
MX044	Super Muesli	10kg	21.12	V

Code	Description	Size	Price	FGOSV
FG046	Gram Flour	5kg	8.13	GV
FG094	Polenta	25kg	18.65	GV
FG015	Rye Flour	25kg	14.11	V
FG243	Soya Flour - organic	25kg	47.85	GOV
FG053	Rice flour brown organic	25kg	37.68	OV

BACHELDRE WATERMILL

FG187	Plain Unbleached White Flour	8 x 1.5Kg	13.68	OV
FG175	Stoneground Rye Flour	8 x 1.5Kg	15.63	OV
FG179	Stoneground Spelt Flour	8 x 1.5Kg	24.03	OV
FG162	Strong 100% Wholemeal Flour	8 x 1.5Kg	12.34	OV
FG165	Strong Malted Blend Flour	8 x 1.5Kg	15.75	OV
FG164	Strong Malted Five Seed Flour	8 x 1.5Kg	21.29	OV
FG160	Strong Unbleached White Flour	8 x 1.5Kg	15.20	OV

BRYNGWENYI FLOUR MILL

FG048	Organic Plain White Flour	5 x 1.5Kg	7.15	OV
FG049	Organic Plain Wholemeal Flour	5 x 1.5Kg	6.75	OV
FG050	Organic Strong White Flour	5 x 1.5Kg	7.90	OV
FG045	Strong White Flour	5 x 1.5Kg	6.00	V
FG047	Strong Wholemeal Flour	5 x 1.5Kg	5.45	V

DOVES FARM

FG499	Gluten Free Plain White	16kg	20.82	GV
FG888	Maltose Flour - organic	25kg	26.21	OV
FG886	Rye Flour Lite - organic	25kg	23.84	OV
FG067	Spelt Flour - organic	25kg	41.53	OV
FG020	White Biobake flour - organic	25kg	20.50	VO
FG075	White Flour - plain organic	25kg	19.26	VO
FG497	White Flour - self raising - organic	25kg	19.67	OV
FG498	White Flour - strong organic	16kg	13.32	OV
FG995	Wholewheat Biobake Flour - org	25kg	17.69	OV
FG007	Wholewheat Strong Flour - org	25kg	17.90	VO

GILCHESTERS ORGANICS

FG036	Stoneground Wholewheat Strong	4 x 3.5Kg	16.80	OV
FG025	Unbleached Stoneground White	4 x 3.5Kg	19.80	OV

LITTLE SALKELD WATERMILL

FG055	Wholemeal Plain Flour - organic	6kg	7.92	VOB
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MARRIAGES

FG023	Wholemeal Bread Flour - organic	16kg	12.31	OV
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SHIPTON MILL

FG899	Three Malts Brown Flour	10 x 1kg	10.90	OV
FG898	White Organic Flour	10 x 1kg	10.55	OV
FG876	White Organic Strong Flour	5 x 2.5Kg	13.13	OV

SUPREME

FG021	Gram Flour Bulk	20kg	19.78	GV
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FRUIT - CANNED & JARRED

CARLEY'S

KJ240	Preserved Lemons - organic	6 x 460g	15.44	GOV
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DE RIT

VF800	Apple Puree - organic	12 x 720ml	17.01	GOV
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ESSENTIAL TRADING

KJ263	Mango Chunks in organic juice	6 x 400g	9.00	VOG
KJ262	Pineapple Chunks in organic juice	6 x 400g	8.12	VOG
KJ260	Tropical Fruits in organic juice	6 x 400g	9.00	VOG

FRUIT - DRIED

DR004	Apple - rings SO2	5kg	17.61	GV
DR293	Apple - rings SO2	1kg	4.14	GV
DR168	Apricots - select 140/160 SO2	1kg	4.09	GV
DR090	Apricots - select 140/160 SO2	2.5kg	10.07	GV
DR075	Apricots - select 140/160 SO2	5kg	19.17	GV
DR207	Apricots - unsulphured	1kg	4.17	GV
DR122	Apricots - unsulphured	5kg	19.39	GV
DR174	Banana - chips	1kg	2.20	GS
DR027	Blueberries	1kg	18.35	GSV
DR059	Cherries - Morello (sour)	1kg	13.75	GVS
DR225	Cherries - red, natural SO2	1kg	4.81	VS
DR058	Cranberries	1kg	8.99	GVS

Code	Description	Size	Price	FGOSV
DR018	Dates - loosepack	10kg	9.85	GV
DR154	Dates - selected Iran	10kg	10.95	GV
DR021	Figs	10kg	51.90	GV
DR022	Ginger - crystallised	5kg	16.90	GVS
DR643	Goji Berries - China	9kg	88.20	GV
DR028	Incan Berries	12kg	108.90	G
DR300	Mango Slices - South Africa	10.00kg	90.56	FGV
DR023	Mixed peel	10kg	16.95	GVS
DR024	Papaya - diced	5kg	12.30	GVS
DR025	Peaches - SO2	12.5kg	59.25	GV
DR163	Pears - SO2	10kg	37.35	
DR029	Pineapple - diced, SO2	5kg	9.10	GVS
DR299	Pineapple Rings, SO2	5kg	51.60	GV
DR030	Prunes - 20/30 large	12.5kg	48.63	GV
DR031	Prunes - 30/40 Medium	10kg	25.60	GV
DR995	Prunes - 50/60	12.5kg	39.50	GV
DR801	Prunes - pitted Ashlock	10kg	27.20	GV
DR143	Raisins - Dark flame	10kg	18.50	GV
DR982	Raisins - Lexias	12.5kg	49.75	GV
DR039	Raisins - Thompson California	12.5kg	22.85	GV
DR041	Sultanas - 5 crown	14kg	31.20	GV
DR042	Sultanas - No 9's	12.5kg	19.95	GV
DR135	Vine Fruit Mix	25kg	55.21	GV
DR043	Apricots - organic	12.5kg	47.40	GVO
DR869	Banana Chips - organic	6.8kg	23.55	GOS
DR866	Cherries, glace - organic	10kg	110.00	OS
DR908	Cranberries - organic	11.34kg	149.00	GOSV
DR111	Currants - organic	12.5kg	75.00	GOV
DR986	Dates - fairtrade organic	5kg	21.95	FGOV
DR524	Dates - Organic Medjool	5kg	58.75	GOV
DR112	Dates - pitted, organic	5kg	19.95	GOV
DR044	Figs - organic	10kg	56.50	GVO
DR007	Ginger - crystallised, - organic	5kg	25.95	GOSV
DR141	Mango Slices - organic	6kg	66.00	GOV
DR579	Mixed Peel - organic	10kg	69.60	OS
DR142	Prunes - pitted, organic	10kg	49.50	GOV
DR045	Raisins - organic	12.5kg	28.50	GVO
DR046	Sultanas - organic	12.5kg	25.95	GVO

FRUIT AND VEGETABLE JUICES

SUNTA

JU997	Lemon Juice - SO2	4l	7.75	GV
JU524	Lime Juice - SO2	4l	7.85	GV

FRUIT JUICE CONCS & CORDIALS

SUMA

JU057	Apple - concentrate	5l	19.25	GV
JU243	Apple Juice Concentrate - og	5l	21.70	GOV

GOATS MILK PRODUCTS (CHILLED)

DELAMERE

CV406	Fresh Goats Milk - semi skimmd	12 x 1l	12.29	G
CV165	Fresh Goats Milk - Skimmed	6 x 1l	6.14	G
CV409	Fresh Goats Milk - whole	12 x 1l	12.29	G

GRAINS

SUMA

QS026	Barley Grain - pearl	10kg	8.44	V
QS112	Bulgar wheat - coarse	3kg	5.07	V
QS062	Couscous	3kg	5.49	V
QS018	Couscous	10kg	15.19	V
QS078	Rice - Arborio (risotto)	5kg	9.65	GV
QS064	Rice - basmati, brown	3kg	6.64	GV
QS005	Rice - basmati, brown	10kg	21.35	GV
QS074	Rice - basmati, white	3kg	6.64	GV
QS403	Rice - basmati, white	10kg	21.35	GV
QS007	Rice - long grain brown	5kg	6.90	GV
QS079	Rice - white pudding	5kg	8.99	GV
QS083	Tapioca	3kg	5.17	GV
QS040	Buckwheat - unroasted, organic	5kg	9.64	GVO
QS030	Bulgar wheat - organic	3kg	5.69	VO
QS049	Couscous - wholemeal, organic	3kg	6.72	VO

Code	Description	Size	Price	FGOSV
QS092	Millet - organic	3kg	5.19	GOV
QS012	Oat Groats - organic	5kg	14.81	VO
QS151	Popcorn - organic	1kg	2.78	GVO
QS153	Popcorn - organic	3kg	7.59	GVO
QS122	Quinoa - organic	1kg	4.28	FGOV
QS606	Quinoa - organic	3kg	9.29	GOV
QS224	Quinoa - organic	3kg	12.08	FGOV
QS587	Red Quinoa - organic	1kg	4.50	FGOV
QS566	Rice - arborio, organic	3kg	6.84	GOV
QS521	Rice - basmati, brown organic/FT	3kg	8.29	FGOV
QS668	Rice - basmati, brown organic	3kg	7.42	GVO
QS249	Rice - basmati, white organic/FT	3kg	9.39	FGOV
QS664	Rice - basmati, white organic	3kg	8.84	GVO
QS036	Rice - long grain brown organic	3kg	5.92	GVO
QS035	Rice - long grain brown organic	10kg	19.29	GVO
QS039	Rice - short grain brown organic	3kg	5.43	GVO
QS038	Rice - short grain brown organic	10kg	17.73	GVO
QS133	Wheat grain - organic	3kg	2.59	VO

SUMA COMMODITIES

QS117	Barley Grain - pearl	25kg	15.00	V
QS990	Bulgar wheat - coarse	25kg	33.20	V
QS017	Couscous	25kg	29.90	V
QS125	Rice - Arborio (risotto)	25kg	38.50	GV
QS004	Rice - basmati, brown	25kg	45.00	GV
QS402	Rice - basmati, white	20kg	36.00	GV
QS006	Rice - long grain brown	25kg	26.30	GV
QS501	Rice - white pudding	25kg	35.70	GV
QS033	Rice - wild	2.5kg	18.80	GV
QS024	Sushi Rice	10kg	13.60	V
QS116	Buckwheat - unroasted, organic	25kg	38.65	GVO
QS250	Bulgar wheat - organic	25kg	37.90	VO
QS115	Couscous - wholemeal, organic	25kg	45.60	VO
QS235	Millet - organic	25kg	34.10	GVO
QS564	Pearl Barley Grain, organic	25kg	21.28	VO
QS042	Popcorn - organic	50lb	47.27	GVO
QS201	Quinoa - organic	25kg	85.60	GOV
QS002	Red Quinoa - organic	25kg	89.90	FGOV
QS825	Rice - arborio organic	25kg	46.50	GVO
QS667	Rice - basmati, brown organic	25kg	50.65	GOV
QS666	Rice - basmati, white organic	25kg	61.50	GVO
QS034	Rice - long grain brown organic	25kg	39.40	GVO
QS037	Rice - short grain brown organic	25kg	35.90	GVO
QS047	Wheat grain - organic	25kg	14.11	GVO

JUST BOUILLON

LJ089	Vegetable Stock Granules	2 x 2.25Kg	15.39	G
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MARIGOLD

LJ046	Bouillon Powder	1kg	7.50	G
LJ164	Bouillon powder-reduced salt	1kg	7.50	VG

VECON

LJ049	Vegetable Stock	1kg	8.74	GV
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HERB & FRUIT INFUSIONS

SUMA

HE102	Chamomile	500g	3.38	GV
HE291	Rooibosch	500g	5.00	GV

CLIPPER

TE148	Chamomile - organic	6 x 20 bags	9.86	FGOV
TE141	Chamomile - organic	250 bags	13.12	FGOV
TE166	Peppermint - organic	6 x 20 bags	9.86	FGOV
TE162	Peppermint - organic	250 bags	13.12	FGOV

HERBS & SPICES - BULK

BULK HERBS

HE082	Basil	1kg	4.99	GV
HE083	Bay Leaves	500g	3.63	GV
HE100	Mixed Herbs	1kg	7.79	GV
HE093	Oregano	1kg	7.79	GV
HE094	Parsley	500g	3.95	GV
HE095	Rosemary	1kg	4.09	GV
HE096	Sage	1kg	8.29	GV
HE099	Thyme	1kg	6.39	GV

Code	Description	Size	Price	FGOSV
BULK MILLED SPICES				
HE035	Allspice	1kg	7.49	GV
HE036	Arrowroot	1kg	4.89	GV
HE039	Cayenne Pepper	1kg	6.99	GV
HE040	Celery Salt	1kg	2.09	GV
HE042	Chilli Powder	1kg	3.89	GV
HE041	Cinnamon	1kg	3.51	GV
HE044	Coriander	1kg	3.49	GV
HE045	Cumin	1kg	6.36	GV
HE047	Garlic Powder	1kg	3.29	GV
HE049	Ginger	1kg	3.95	GV
HE051	Mustard Powder	1kg	5.65	GV
HE052	Nutmeg	500g	6.95	GV
HE235	Paprika - Hungary	1kg	9.19	GV
HE053	Paprika - Spain	1kg	5.19	GV
HE037	Pepper - Black	1kg	4.79	GV
HE401	Pepper - Black Cracked Ground	1kg	7.09	GV
HE054	Turmeric	1kg	2.45	GV
HE738	Cayenne Pepper - organic	500g	6.74	GOV
HE707	Cinnamon Ground - organic	500g	4.20	GOV
HE709	Coriander Ground - organic	500g	4.62	GOV
HE712	Curry Powder - organic	500g	4.89	GOV
HE714	Fennel Seed - organic	500g	5.45	GOV
HE715	Fenugreek Seed - organic	500g	4.45	GOV
HE716	Garam Masala - organic	500g	6.29	GOV
HE735	Ginger Powder - organic	500g	5.69	GOV
HE702	Ground Black Pepper - organic	500g	7.00	GOV
HE719	Marjoram - organic	500g	4.95	GOV
HE721	Mixed Herbs - organic	500g	5.99	GOV
HE722	Mixed Spice - organic	500g	6.09	GOV
HE734	Mustard Seeds Brown - organic	500g	4.49	GOV
HE723	Mustard Seeds Yellow - organic	500g	4.19	GOV
HE725	Oregano - organic	500g	7.69	GOV
HE726	Paprika - organic	500g	8.25	GOV
HE732	Turmeric - organic	500g	4.75	GOV
HE703	Whole Black Peppercorns - organic	500g	5.69	GVO

BULK SCENTED HERBS

HE090	Lavender	500g	6.75	GV
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BULK SPICE BLENDS

HE200	Cajun Seasoning	1kg	4.99	GV
HE057	Curry Powder - Madras	1kg	3.49	GV
HE056	Curry Powder - mild	1kg	3.29	GV
HE062	Garam Masala	1kg	3.65	GV
HE059	Mixed Spice	1kg	3.79	GV

BULK WHOLE SPICES

HE004	Cardamoms (Whole) - green	500g	11.56	GV
HE003	Caraway Seeds	1kg	5.21	GV
HE008	Cinnamon Quills	500g	8.75	GV
HE009	Cloves	1kg	10.00	GV
HE010	Coriander Seeds	1kg	3.79	GV
HE011	Cumin Seeds	1kg	6.36	GV
HE013	Fennel Seeds	1kg	3.35	GV
HE014	Fenugreek Seeds	1kg	2.89	GV
HE016	Juniper Berries	1kg	7.75	GV
ZX100	Liquorice Root	1kg	11.86	GV
HE018	Mustard Seeds - brown	1kg	4.74	GV
HE019	Mustard Seeds - yellow	1kg	4.75	GV
HE020	Nutmeg	500g	8.19	GV
HE253	Onion Seeds - black	500g	2.75	GV
HE021	Peppercorns - black	1kg	10.87	GV
HE022	Peppercorns - black	3kg	31.87	GV
HE126	Peppercorns - mixed	500g	6.39	GV
HE061	Pickling Spice	1kg	4.89	GV
HE026	Poppy Seeds	1kg	4.30	GV
HE127	Saffron	12 x 1g	40.00	GV
HE231	Star Anise	500g	3.39	GV
HE412	Tamarind	200g	0.69	GV
HE027	Vanilla Pods	12 pack	12.11	GV

HONEY

SUMA

HY082	Wildflower - clear	7lb	14.73	G
HY083	Wildflower - set	7lb	14.73	G

Code	Description	Size	Price	FGOSV
MILEEVEN				
HY034	Clear Organic Honey	1 x 7lb	17.50	GO
HY035	Set Organic Honey	1 x 7lb	17.50	GO
ROWSE				
HY015	Blossom Clear Honey Jug 1.36kg	1.36kg	7.03	G
TROPICAL FOREST				
HY601	Forest Honey - clear,organic	7lb	17.50	GFO
HY602	Forest Honey - set,organic	7lb	17.50	GFO

HOUSEHOLD CLEANING PRODUCTS

BIO D

HJ258	Drum Tap 25L	each	3.45	V
HJ247	Eucalyptus Disinfectant	5l	5.10	V
HJ608	Fabric Conditioner	5l	5.04	V
HJ118	Fabric Conditioner	15l	16.12	GV
HJ800	Laundry Liquid	5l	11.25	V
HJ120	Laundry Liquid	15l	35.14	GV
HJ654	Multi Surface Cleaner	5l	6.45	V
HJ121	Multi Surface Cleaner	15l	19.99	GV
HJ665	Toilet Cleaner	5l	5.65	V
HJ103	Washing Powder Concentrated	12.5kg	25.89	V
HJ801	Washing Up Liquid	25l	24.30	V

CLEAR SPRING

HJ079	Dishwasher Gel	5l	11.19	V
HJ089	Laundry Liquid	5l	9.26	V
HJ0				