

Fairly Traded

May June 2010



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The Suma logo features a stylized leaf emblem above the word "Suma" in a bold, sans-serif font.

Suma

Code	Description	Size	RRP	BGOSV
BAGS, BOXES AND BASKETS				
SARAH SMITH				
NF384	Fairtrade Cotton Shopper Bags	1	10.25	FV
SIESTA CRAFTS				
NF404	Bedspread Bags-varied colours	each	4.69	F
VERT VIVANT COTTON STRING BAGS				
NF365	Ivy - light green	5 bags	2.49	FO
NF366	Mulberry - purple	5 bags	2.49	FO
NF363	Natural	5 bags	2.49	FO
NF367	Raspberry - pink	5 bags	2.49	FO
NF183	Royal - mid blue	5 bags	2.49	FO
NF368	Sapphire - light blue	5 bags	2.49	FO
NF364	Teal - dark green	5 bags	2.49	FO

BAKING SUNDRIES				
STEENBERGS				
LJ334	Vanilla Extract Fairtrade Org	100ml	7.49	FOGV

BEANS & PULSES - CANNED				
SUMA				
VF730	Aduki Beans, Fairly Traded OG	400g	0.99	FOV
VF860	Black Beans, Fairly Traded OG	400g	0.99	FOV

BEANS & PULSES - DRIED				
SUMA PREPACKS - ORGANIC				
PU244	Aduki Beans, Fairly Traded OG	500g	1.39	FGOV
PU148	Black Beans - organic	500g	1.65	FGOV
PU219	Soya Beans - organic FT	500g	1.35	FGOV

BEERS				
RT003	Fair Trade Ginger Pale Ale	500ml	2.19	FOV

BISCUITS CRACKERS & CRISPREAD				
DOVES FARM				
BT267	Brazil Nut & Ginger Cookies GF	150g	1.59	FGOSV
BT271	Chocolate Chip Cookies - GF	150g	1.59	FGOSV
BT266	Double Chocolate Cookies - GF	150g	1.59	FGOSV
BT268	Hazelnut & Orange Cookies - GF	150g	1.59	FGOSV
BT269	Lemon Zest Cookies - GF	150g	1.59	FGOSV

KALLO				
Rice Cakes				
BT031	Fairtrade Rice Cake No Salt OG	130g	1.49	FGOV

TRADCRAFT				
BT547	Double Chocolate Chip Cookies	200g	1.69	FS
BT236	Double Chocolate Chunk Cookies	44g	0.59	FS
BT239	Fruit, Chocolate & Nut Cookies	44g	0.59	FS
BT481	Stem Ginger Cookies	200g	1.55	FS
BT237	Stem Ginger Cookies	44g	0.59	FS

BODYCARE				
BOCOTON				
DY689	Cotton Balls	100	1.95	FOV
DY690	Cotton Buds	200	2.05	FOV
DY687	Cotton Safety Buds	56	1.65	FOV
DY691	Pre-Cut Cottonwool	100g	2.35	FOV
DY688	Round Cosmetic Cotton Pads	60	1.49	FOV
DY692	Square Cottonwool Pads	40	1.89	FOV

ESSENTIAL CARE				
DY435	2 in 1 Purifying Mint Mask	50g	20.00	FOSV
URTEKRAM				
Brown Sugar				
DY029	Brown Sugar Body Scrub	380g	11.65	FGOV
DY027	Brown Sugar Liquid Hand Soap	480ml	5.85	FGOV
DY024	Brown Sugar Shampoo	250ml	3.99	FGOV

Code	Description	Size	RRP	BGOSV
DY020	Brown Sugar Shower Gel	500ml	5.95	FGOV

CAKES				
WISH4 FAIRTRADE				
BT296	Chocolate Muffins	90g	0.99	FS
BT297	Millionaire's Shortbread	75g	1.19	FS

CHOCOLATE				
CHOCOLATE COMPANY				
KB497	Hot Choc Spoon - 'Double'	1	2.75	FGS
KB511	Hot Choc Spoon - Latte	1	2.75	FGS
Choc Bars				
KB646	Dark 72% Cocoa	90g	3.75	FG
KB642	Dark Choc w/Hot Chilli&Orange	90g	3.75	FG
KB644	Milk Cappuccino & Orange	90g	3.75	FG
KB641	Milk Caramel Bourbon Vanilla	90g	3.75	FG
KB643	White w/Strawberry&Pink Pepper	90g	3.75	FG

DIVINE				
KB534	Dark Choc with Raspberries	100g	1.99	FGSV
ZX498	Darkly Divine	100g	1.79	FGS
ZX286	Darkly Divine	45g	0.85	FGS
ZX001	Divine 70% Dark Mint Chocolate	100g	1.69	FGV
ZX285	Divine Coffee Milk Chocolate	100g	1.69	FGS
ZX094	Divine Fruit & Nut Dark Choc	100g	1.69	FG
ZX505	Divine Milk Choc and Hazelnuts	100g	1.69	FGS
ZX488	Divine Milk Chocolate	100g	1.69	FGS
ZX499	Divine Milk Chocolate	45g	0.85	FGS
ZX284	Divine Orange Milk Chocolate	100g	1.69	FGS
ZX528	Divine White Chocolate	100g	1.69	FGS
ZX287	Divine White Chocolate	45g	0.85	FGS
ZX497	Dubble Bar	40g	0.69	FGS
KB533	Milk Chocolate / Butterscotch	45g	0.95	FGS
ZX422	Orange Milk Chocolate	45g	0.85	FGS
KB364	White Chocolate and Strawberry	100g	1.85	FGS

Easter Range				
KB578	Dark Mini Eggs	200g	4.15	FGSV
KB573	Dubble Speckled Eggs	95g	1.89	FGS
KB577	Milk Mini Eggs	200g	4.15	FGS

GREEN & BLACKS				
100g Bars				
ZX251	Maya Gold Chocolate - organic	100g	2.09	FGOS
Minibars				
KB197	Maya Gold Chocolate - organic	35g	0.81	FGOS

ORGANIC SEED & BEAN COMPANY				
KB535	Dark Chocolate Bars Gift Box	180g	5.49	FGOSV

ORGANICA				
KB354	Belgian Dark Chocolate	75g	1.99	FGOSV
KB456	Cranberry Dark Chocolate	100g	2.25	FGOSV
KB361	Dark Choc with Mint Crisps	100g	2.15	FGOV
KB038	Food of the Gods Dark Choc	100g	2.45	FGOSV
KB353	Hazelnut Dark Chocolate	100g	2.45	FGOSV
KB359	Non Dairy Milk Chocolate	100g	2.45	FGOSV
KB349	Raisin & Almond Non Dairy Choc	100g	2.45	FGOSV
KB039	Spirit of Marrakesh Dark Choc	75g	2.05	FGOSV
KB040	Spirit of Tangiers Dark Choc	100g	2.15	FGOSV
KB277	Vegan Diets White Chocolate	100g	2.45	FGOV

PLAMIL				
Organic Large Bars				
KB139	Fairtrade Organic Alternative	100g	2.09	FGOSV

PLUSH CHOCOLATES				
Easter Range				
KB614	F/T Belgian Praline Eggs	100g	3.99	FS

TRADCRAFT				
KB435	Fair Trade Og Dark Chocolate	100g	2.95	FGOS

Code	Description	Size	RRP	BGOSV	Code	Description	Size	RRP	BGOSV
KB431	Fair Trade Og Milk Choc Coffee	100g	2.95	FGOS	TE666	Rich Ground	227g	3.54	FGV
KB420	Fair Trade Og Milk Chocolate	100g	3.05	FGOS		<i>CLIPPER</i>			
ZX134	FairBreak Bar <i>Premium</i>	22g	0.35	FS	TE845	Decaffeinated Ground Coffee	227g	3.89	FGOV
KB434	Fair Trade Og Dark Choc Orange	100g	2.95	FGOS	TE421	Espresso ground - organic	227g	3.29	FGOV
CHOCOLATE & TOFFEE SPREADS					TE422	Instant - granules	100g	3.29	FGOV
<i>CHOCOLATE COMPANY</i>					TE739	Instant - organic	100g	3.79	FGOV
GH112	Choc Spread - Dark 72% Cocoa	300g	5.99	FG	TE879	Instant - organic decaff	100g	3.99	FGOV
GH111	Choc Spread 40% Milk <i>Hot Choc Dips</i>	300g	5.99	FGS	TE076	Papua New Guinea Inst Coffee	100g	3.99	FGOV
GH115	Dark 72%	250g	8.09	FG	<i>FOOD SERVICE RANGE</i>				
GH116	Dark Hot Chilli & Orange	250g	8.09	FG	TE724	Instant - fairtrade & organic	500g	17.99	FGOV
GH113	Milk 40%	250g	8.09	FG	TE526	Instant Organic Decaff	500g	22.00	FGOV
<i>ESSENTIAL TRADING</i>					<i>EQUAL EXCHANGE</i>				
GH092	Dark Chocolate Spread	400g	3.19	FOSV	TE489	Colombian med.roast ground cof	227g	3.99	FGOV
GH089	Duo Swirl Chocolate Spread	400g	3.19	FOS	TE651	Colombian Whole Coffee Beans	500g	8.34	FGOV
COCOA					TE881	Dark Roast - organic	227g	3.29	FGOV
<i>SUMA PREPACKS - FAIRLY TRADED</i>					TE889	Dark Roast Beans - organic	500g	6.54	FGOV
LJ189	Cocoa Powder - organic, FT	250g	2.69	FGOV	TE882	Decaffeinated - organic	227g	4.20	FGOV
<i>CAFEDIRECT</i>					TE890	Decaffeinated Beans - organic	500g	8.20	FGOV
TE857	Drinking Chocolate	250g	3.20	FGVS	TE888	Espresso - organic	227g	3.29	FGOV
<i>CLIPPER</i>					TE779	Espresso beans	1Kg	9.70	FGOV
TE664	Fairtrade OG Drinking Choco	250g	2.69	FGOSV	TE180	Espresso Whole Coffee Beans	500g	6.54	FGOV
TE851	Hot Chocolate, Instant - og	28g	0.70	FGOS	TE654	Ethiopian Yirgacheffe R&G	227g	3.69	FGOV
TE840	Instant OG Double Chocolate	400g	3.59	FGO	TE880	Medium Roast - organic	227g	3.29	FGOV
<i>FOOD SERVICE RANGE</i>					TE652	Medium roast Beans - og	1Kg	9.70	FGOV
TE461	Hot Chocolate, instant - og	28g	0.70	FGOS	TE986	Medium Roast Beans - organic	500g	6.54	FGOV
TE525	Instant Organic Hot Chocolate	1Kg	8.99	FGOS	TE778	Sumatran roast & ground coffee	227g	3.69	FGOV
<i>DIVINE</i>					TE647	Ugandan Roast & Ground Coffee	227g	3.69	FGOV
TE687	Drinking Chocolate	500g	4.19	FGVS	<i>Modern Blends</i>				
<i>EQUAL EXCHANGE</i>					TE961	Italian - beans	500g	6.59	FGOV
TE491	Cocoa Fairtrade - organic	250g	3.29	FGOV	TE108	Italian Blend	227g	3.29	FGOV
<i>GREEN & BLACKS</i>					TE341	Mocca Blend	227g	3.29	FGOV
TE453	Cocoa Powder - organic	125g	1.69	FGOV	<i>GRUMPY MULE</i>				
COFFEE					TE286	Cafe Equidad - Colombia	227g	3.35	FGOV
<i>SUMA</i>					TE323	Peru Coffee in Caddy	250g	4.29	FGOV
TE198	Coffee - Dark Roasted	227g	2.89	GOVF	TE285	Sumatra Gaya Highlands	227g	3.35	FGOV
TE200	Coffee - Espresso	227g	2.89	FGOV	<i>PERCOL</i>				
TE201	Coffee - Medium Roast	227g	2.89	FGOV	TE167	African Ethiopian Ground	227g	3.59	FGOV
TE400	Suma Decaff Ground Coffee	227g	3.89	FGOV	TE054	Americano Arabica Instant	100g	4.09	FGV
TE373	Suma FT Colombia Coffee Beans	227g	2.99	FGOV	TE912	Americano Fairtrade - og	227g	3.45	FGOV
TE375	Suma FT Ethiopia Coffee Beans	227g	2.99	FGOV	TE700	Colombia Coffee - fairtrade	227g	3.45	FGV
TE372	Suma FT Ground Colombia Coffee	227g	2.99	FGOV	TE918	Colombia Decaff - fairtrade	227g	3.85	FGV
TE374	Suma FT Ground Ethiopia Coffee	227g	2.99	FGOV	TE693	Espresso Arabica Beans	500g	7.39	FGV
TE384	Suma FT Ground Honduras Coffee	227g	2.99	FGOV	TE659	Fair Trade Original Coffee	100g	3.06	FGV
TE399	Suma FT Ground Sumatra Coffee	227g	2.99	FGOV	TE005	Fairtrade Colombian	100g	4.09	FGV
TE401	Suma FT Peru Coffee Beans	227g	2.99	FGOV	TE679	Fairtrade Colombian - decaff	100g	4.09	FGV
TE397	Suma FT Peru Ground Coffee	227g	2.99	FGOV	TE701	Fairtrade Latin America - og	227g	3.45	FGOV
<i>CAFEDIRECT</i>					TE706	Guatemala	227g	3.45	FGV
TE340	Classic - decaff instant og	500g	25.99	FGOV	TE310	Honduras La Tigra Rainforest	227g	3.45	FGV
TE329	Classic - Instant Freeze Dried	100g	4.45	FGV	TE703	Italiano Fairtrade - og	227g	3.45	FGOV
TE203	Classic - Instant Freeze Dried	200g	8.74	FGV	TE702	Nicaragua - fairtrade	227g	3.45	FGV
TE949	Decaffeinated Instant Coffee	100g	5.15	FGOV	<i>TRADICRAFT</i>				
TE493	Decaffeinated Roast & Ground	227g	4.30	FGV	TE673	Instant Coffee	100g	2.55	FGV
TE492	Espresso Roast & Ground	227g	3.54	FGV	TE326	Instant Coffee - Org & FT	100g	3.59	FGOV
TE395	Instant - catering pack	500g	22.46	FGV	TE325	Instant Coffee - Org & FT	500g	20.45	FGOV
TE951	Kilimanjaro Mountain Special	227g	4.41	FGV	TE692	Instant Coffee Tub	500g	11.15	FGV
TE901	Machu Picchu Coffee Beans - og	227g	4.61	FGOV	TE777	Medium Roast	1kg	13.26	FGV
TE952	Machu Picchu Mountain Special	227g	4.41	FGOV	TE775	Medium Roast	227g	3.09	FGV
TE176	Medium Ground	227g	3.89	FGV	TE773	Medium Roast - Decaffeinated	227g	4.59	FGOV
TE950	Medium Roast & Ground Organic	227g	3.89	FGOV	<i>UNION HAND ROASTED</i>				
TE065	Palenque - Medium Roast Ground	227g	4.41	FGOV	TE117	Colombian Ground Coffee	227g	3.85	FGV
					TE115	Decaffeinated Ground Coffee	227g	4.85	FGV
					TE116	Mexico Chiapas Ground Coffee	227g	3.85	FGOV
					TE764	Natural Spirit Ground Coffee	227g	3.85	FGOV
					TE763	Rwanda Ground Coffee	227g	3.55	FGV

Code	Description	Size	RRP	BGOSV
DAIRY DESSERTS (FROZEN)				
<i>CREAM O' GALLOWAY</i>				
XL169	OG Cappuccino Ice Cream	120ml	1.45	FGOS
XL168	OG Chocolate Ice Cream	120ml	1.45	FGOS
XL164	OG Chocolate Ice Cream	500ml	4.45	FGOS
XL167	OG Strawberry Pavlova Ice	120ml	1.45	FGOS
XL166	OG Vanilla Ice Cream	120ml	1.45	FGOS
XL165	OG Vanilla Ice Cream	500ml	4.45	FGOS

FLAKES, BRANS & WHEATGERM				
<i>QUINOA REAL</i>				
FX505	Quinoa Flakes - OG	500g	5.29	FGOV

FRUIT - DRIED				
<i>SUMA PREPACKS - ORGANIC</i>				
DR720	Dates - pitted fairtrade og	250g	1.99	FGOV
<i>TRADICRAFT</i>				
DR176	Dried Apple & Mango Snack	40g	0.85	FGV
DR179	Dried Blueberry Snack Pack	40g	2.79	FGV
DR177	Dried Peach & Pear Snack Pack	40g	0.85	FGV

<i>TROPICAL WHOLEFOODS</i>				
DR130	Apricot Kernels Chilli Roast	50g	1.05	FGOV
DR147	Apricot Kernels Tamari Roast	50g	1.05	FV
DR623	Dried Pineapple	100g	1.59	FGV
DR134	Fairtrade Apricots	125g	1.35	FGV
DR200	Fairtrade Organic Mango	100g	1.99	FGOV
DR698	Fairtrade Organic Mango	40g	0.99	FGOV
DR333	Mountain Apricots Kernels	50g	1.05	FGV
<i>ZAYTOUN</i>				
DR164	Palestinian Medjool Dates	250g	3.95	FGV

FRUIT AND VEGETABLE JUICES				
<i>AJ'S</i>				
JU168	Apple Juice - Fairtrade	400ml	1.19	FGV
JU372	Orange Juice - Fairtrade	400ml	1.19	FGV
<i>FAIRTRADE FRUIT PASSION</i>				
JU173	Orange Juice	1l	1.89	FGV
JU359	Orange Juice	200ml	0.55	FGV
<i>FRUIT HIT</i>				
JU495	Apple Juice	500ml	1.09	FGV
JU496	Apple, Orange & Mango Juice	500ml	1.09	FGV
JU497	Orange Juice	500ml	1.09	FGV
JU498	Tropical Juice	500ml	1.09	FGV

GRAINS				
<i>SUMA PREPACKS - ORGANIC</i>				
QS189	Quinoa - organic	375g	2.25	FGOV
QS120	Red Quinoa - org, fairly traded	375g	2.25	FGOV
QS404	Rice - basmati, brown OG FT	500g	2.05	FGOV
QS320	Rice - basmati, white OG FT	500g	2.35	FGOV
<i>TRADICRAFT</i>				
QS891	Brown Basmati Rice	1Kg	4.85	FGV
QS890	White Basmati Rice	1Kg	5.89	FGV
<i>ZAYTOUN</i>				
QS014	Palestinian Couscous	250g	2.09	FV

HERB & FRUIT INFUSIONS				
<i>CLIPPER</i>				
<i>FOOD SERVICE RANGE</i>				
TE148	Chamomile - og	25 bags	2.39	FGOV
TE166	Peppermint - og	25 bags	2.39	FGOV
<i>DRAGONFLY TEAS</i>				
TE068	Fairtrade Rooibos - og	40 bags	1.99	FGOV

Code	Description	Size	RRP	BGOSV
<i>EQUAL EXCHANGE</i>				
TE674	Rooibos - organic	100 bags	3.45	FGOV
TE675	Rooibos - organic	100g	1.99	FGOV
TE562	Rooibos - organic	40 bags	1.99	FGOV
TE013	Rooibos masala	25 bags	1.99	FGOV
TE676	Rooibos Wild - organic	25 bags	1.99	FGOV
TE010	Rooibos-Honeybush & Buchu	25 bags	1.99	FGOV
<i>HAMPSTEAD TEA</i>				
TE460	Chamomile - og	20 bags	1.89	BFGOV
TE456	Fennel Liquorice Tea - og	20 bags	1.89	BFGOV
TE444	Lemon Ginger Tea - og	20 bags	1.89	BFGOV
TE449	Lemon Valerian Tea - og	20 bags	1.89	BFGOV
TE439	Peppermint Tea - og	20 bags	1.89	BFGOV
TE468	Rosehip Hibiscus Tea - og	20 bags	1.89	BFGOV
<i>NUMI</i>				
TE233	Simply Mint	18 bags	3.79	FGOV
<i>PUKKA</i>				
TE359	Green Tea - og	20 bags	1.99	FGOV
TE360	Lemon Green - og	20 bags	1.99	FGOV
TE352	Mint green - og	20 bags	1.99	FGOV

HERBS & SPICES - PREPACKED				
<i>SUMA ORGANIC</i>				
HE166	Cinnamon Ground FT OG	25g	0.99	FGOV
HE162	Ground Black Pepper OG	25g	0.99	FGOV
HE169	Ground Ginger OG	25g	0.99	FGOV
HE170	Ground Turmeric OG	25g	0.99	FGOV
HE144	White Peppercorns - OG & FT	25g	0.99	FGOV
HE163	Whole Black Peppercorns OG, FT	25g	0.99	FGOV
HE167	Whole Cloves - Organic & FT	25g	0.99	FGOV
<i>KITCHEN GARDEN</i>				
HE115	Pickled Green Peppercorns	135g	1.99	FGOV

HONEY				
<i>EQUAL EXCHANGE</i>				
HY003	Chilean Ulmo Blossom	500g	4.50	FG
HY005	Organic clear	500g	4.50	FGO
HY002	Organic Mexican Orange Blossom	500g	4.50	FGO
HY004	Organic set	500g	4.50	FGO
<i>TRADICRAFT</i>				
HY254	Sweet Justice - Set	340g	2.85	FG
HY255	Wild Blossom - Clear	340g	2.85	FG
<i>TROPICAL FOREST</i>				
HY032	Forest Honey - clear, organic	340g	3.19	FGO
HY033	Forest Honey - set, organic	340g	3.19	FGO

HOUSEHOLD CLEANING PRODUCTS				
<i>MINKY</i>				
HJ555	Cotton Cleaning Cloths F/T	2	1.49	F

HOUSEHOLD PRODUCTS				
<i>GREEN TIPS</i>				
NF342	Household Gloves - Large	1 pair	1.29	FV
NF341	Household Gloves - Medium	1 pair	1.29	FV
NF339	Household Gloves - Small	1 pair	1.29	FV
<i>HIMALAYA/MAROMA</i>				
NF284	Tea Set - Bamboo	each	21.45	F
<i>SARAH SMITH</i>				
NF383	Fairtrade Cotton Tea Towels	1	4.09	FV
<i>SIESTA CRAFTS</i>				
NF402	Giraffe Salad Servers	pair	4.69	F
NF403	Zebra Salad Servers	pair	4.69	F

B - biodynamic F - fairtrade G - gluten free O - organic V - vegan

Code	Description	Size	RRP	BGOSV
TRADICRAFT				
NF400	F/T Rubber Gardening Gloves	1	4.99	FGV
NF401	F/T Rubber Outdoor Gloves	1	4.99	FGV
NF181	Fair Trade Rubber Gloves	1 pairs	1.09	F

INCENSE**COLIBRI***Anti Insect*

NF194	Light bulb Ring	each	2.35	FV
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Anti-Insect

NF274	Anti Insect Oil Blend	10ml	5.35	FV
NF022	Body Spray - Classic Yellow	100ml	5.59	FV
NF272	Incense Sticks Long (Outdoor)	3 sticks	4.49	FV
NF271	Incense Sticks-Classic Yellow	10 sticks	1.75	FV

Wool Protectors

NF188	Cedarwood Hanging Sachet	each	2.69	FV
NF187	Cedarwood Mini Sachets	6 satchet	3.95	FV
NF186	Cedarwood Square Sachet	3 pack	3.59	FV
NF278	Classic Yellow Hanging Sachet	each	2.69	FV
NF041	Classic Yellow Mini Sachets	6 satchet	3.95	FV
NF275	Classic Yellow Square Sachet	3 pack	3.59	FV
NF049	Lavender Hanging Sachet	each	2.69	FV
NF052	Lavender Mini Sachet Strip	6 satchet	3.95	FV
NF043	Lavender Square Sachet	3 pack	3.59	FV

HIMALAYA/MAROMA*Encens D'Auroville*

NF007	Incense Sticks - Cedarwood	10 sticks	1.55	F
NF395	Incense Sticks - Cinnamon	10 sticks	1.55	F
NF396	Incense Sticks - Frangipani	10 sticks	1.55	F
NF009	Incense Sticks - Frankincense	10 sticks	1.55	F
NF505	Incense Sticks - Geranium	10 sticks	1.55	F
NF398	Incense Sticks - Into Night	10 sticks	1.55	F
NF010	Incense Sticks - Jasmine	10 sticks	1.55	F
NF011	Incense Sticks - Lavender	10 sticks	1.55	F
NF012	Incense Sticks - Lemongrass	10 sticks	1.55	F
NF397	Incense Sticks - Lily	10 sticks	1.55	F
NF510	Incense Sticks - Lotus	10 sticks	1.55	F
NF013	Incense Sticks - Musk	10 sticks	1.55	F
NF512	Incense Sticks - Opium	10 sticks	1.55	F
NF015	Incense Sticks - Orange Bloss.	10 sticks	1.55	F
NF016	Incense Sticks - Patchouli	10 sticks	1.55	F
NF514	Incense Sticks - Rose	10 sticks	1.55	F
NF515	Incense Sticks - Rosewood	10 sticks	1.55	F
NF017	Incense Sticks - Sandalwood	10 sticks	1.55	F
NF006	Incense Sticks - Vanilla	10 sticks	1.55	F
NF518	Incense Sticks - Ylang Ylang	10 sticks	1.55	F

Resins and Charcoal

NF498	Charcoal Briquettes	10	1.15	F
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INDIAN FOOD**GEO ORGANICS**

KJ573	Mango Chutney OG Fairtrade	300g	2.59	FOSV
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JAMS & FRUIT SPREADS**TRADICRAFT**

GH165	Organic Orange Marmalade	340g	1.99	FGOV
GH166	Organic Strawberry Jam	340g	2.49	FGOV

MEAT FREE ALTERNATIVES (FROZEN)**GOODLIFE**

XL102	Nut Cutlets - Fairtrade	320g	2.31	FV
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MUESLIS & BREAKFAST CEREALS**ALARA***Traditional Range*

MX233	Fair Trade Muesli	500g	2.09	F
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Code	Description	Size	RRP	BGOSV
TRADICRAFT				
MX104	FT Exotic Fruit GeoMuesli	750g	4.49	FS
MX108	FT Fruit & Nut GeoMuesli	750g	4.06	FV
MX109	FT Mixed Berry GeoMuesli	600g	4.49	FS
MX880	Tropical Muesli	500g	3.99	F

NUTS & SEEDS**SUMA PREPACKS - ORGANIC**

NU297	Brazils Fairtrade - organic	125g	1.45	FGOV
NU298	Brazils Fairtrade - organic	250g	2.55	FGOV
NU023	Cashews Fairtrade - organic	125g	2.19	FGOV
NU034	Cashews Fairtrade - organic	250g	4.15	FGOV

TRADICRAFT

ZX529	Salted Peanuts	150g	1.25	FGV
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ZAYTOUN

NU108	Palestinian Almonds	150g	3.99	FGV
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OILS & FATS**EQUAL EXCHANGE***Palestinian Fairtrade Oils*

GT555	Olive Oil	1l	18.99	FGV
GT702	Olive Oil	5l	60.00	FGV
GT024	Organic Olive Oil	500ml	11.50	FGOV
GT025	Organic Olive Oil Nabali	375ml	11.50	FGOV
GT026	Organic Olive Oil Rumi	375ml	11.50	FGOV

ZAYTOUN

GT056	Olive Oil - Fair Trade	500ml	9.09	FGV
GT020	Olive Oil - Organic Fairtrade	250ml	5.59	FGOV
GT023	Olive Oil - Organic Fairtrade	5l	60.19	FGOV
GT022	Olive Oil - Organic Fairtrade	750ml	13.49	FGOV

OLIVES**ZAYTOUN**

KJ286	OG Tree Ripened Black Olives	300g	5.39	FGOV
KJ285	Organic Nabali Green Olives	200g	3.05	FGOV

PASTA**TRADICRAFT**

WT605	Fusilli - Organic	500g	2.85	FOV
WT606	Penne - organic	500g	2.85	FOV

PASTA SAUCES & PESTOS**KITCHEN GARDEN**

VF158	Chilli Paste - organic	135g	1.99	FGOV
VF840	Pasta Sauce	250ml	1.38	FOVG

PEANUT, SEED & NUT BUTTERS**EQUAL EXCHANGE**

GH501	Cashew Butter Organic	170g	3.18	FGOV
GH811	Light Tahini organic	270g	2.85	FGOV
GH810	Natural (Dark) Tahini organic	270g	2.85	FGOV
GH706	Peanut Butter - Crunchy + salt	280g	2.74	FGOV
GH703	Peanut Butter - Smooth + salt	280g	2.74	FGOV
GH705	Peanut Butter - Smooth no salt	280g	2.74	FGOV
GH095	Peanut Butter Crunchy - salted	280g	2.39	FGV
GH093	Peanut Butter Crunchy no salt	280g	2.39	FGV
GH704	Peanut Butter -Crunchy no salt	280g	2.74	FGOV
GH094	Peanut Butter Smooth no salt	280g	2.39	FGV
GH096	Smooth Peanut Butter Salted	280g	2.39	FGV

KITCHEN GARDEN

GH099	Soynut Butter	135g	1.29	FGOV
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SHERRY, PORT & DESSERT WINE*South Africa*

RS111	Heaven on Earth Muscat	37.5cl	19.42	FGOV
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Code	Description	Size	RRP	BGOSV
SNACK BARS & FLAPJACKS				
<i>DOVES FARM</i>				
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

TRADCRAFT

ZX574	Chocolate Vanilla Cream	45g	1.05	FGO
KB440	Geobar - Chocolate & Raisin	32g	0.49	FS
KB438	Geobar - Honey & Nut	32g	0.49	FS
KB514	Geobar - Mixed Berry Cereal	6 x 32g	0.49	FS
KB436	Geobar - Raisin & Apricot	32g	0.49	FS
KB512	Geobar - Raisin & Apricot	6 x 32g	0.49	FS
KB513	Geobar - Raisin & Chocolate	6 x 32g	0.49	FS
KB517	Geobar - Raisin & Honey Nut	6 x 32g	0.49	FS
KB437	Geobars - Mixed Berry & Raisin	32g	0.49	FS

TROPICAL WHOLEFOODS

KB765	Apricot & Kernel Bars	40g	0.65	OF
KB961	Banana & Honey Bars	40g	0.65	OF
KB683	OG Apricot & Raisin Bar	40g	0.75	FOV
KB575	OG Date & Walnut Bar	40g	0.69	FO
KB574	Og Mango & Brazil Bar	40g	0.69	FO
KB686	OG Pineapple & Cashew Nut Bar	40g	0.75	FOV
KB678	Organic 5 Fruit Salad Bar	40g	0.89	FOV
KB685	Organic Apricot & Raisin Bar	40g	0.75	FOV
KB962	Pineapple & Cashew Bar	40g	0.69	FO
KB888	Tropical Fruit Bar	45g	0.75	FGOSV

WISH 4 FAIRTRADE

KB677	Fruity Nut Seed Bar	50g	1.25	FS
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SOFT DRINKS*FRUIT HIT*

JU321	Apple & Blackcurrant Smoothie	330ml	1.49	FGV
JU319	Mango & Orange Smoothie	330ml	1.49	FGV
JU320	Pineapple/Passionfrt Smoothie	330ml	1.49	FGV

HAMPSTEAD TEA

JU462	Chai Orange Iced Tea	500ml	1.69	FGOV
JU463	Darjeeling Cherry Iced Tea	500ml	1.69	FGOV
JU461	Oolong Elderflower Iced Tea	500ml	1.69	FGOV

HERBERT'S

JU077	Iced Coffee - Latte	270ml	1.49	FS
JU035	Iced Coffee - Mocha	270ml	1.49	FS

UBUNTU

JU506	Ubuntu Cola	500ml	0.95	FGS
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SPIRITS & LIQUEURS

RS110	Fair.Vodka	70cl	38.45	F
RS005	Papagayo Golden Rum - og	70cl	20.59	FGOV

SUGARS & SYRUPS*SUMA PREPACKS*

LJ090	Golden Granulated Sugar	500g	1.45	FV
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CRAZY JACK

HY521	Golden Syrup - organic	340g	1.89	FGOV
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EQUAL EXCHANGE

LJ500	Raw Cane Sugar - organic	500g	1.85	FGOSV
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RAYNERS

LJ587	Fairtrade Organic Golden Syrup	340g	2.29	FGVO
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B - biodynamic F - fairtrade G - gluten free O - organic V - vegan

Code	Description	Size	RRP	BGOSV
LJ704	Golden Syrup - Organic	5kg	24.14	FGOV
<i>TRADCRAFT</i>				
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*DIVINE DELIGHTS*

ZX672	Apricots in Chocolate	125g	4.09	FGSV
ZX673	Brazil Nuts in Chocolate	150g	4.09	FGSV
ZX671	Mango in Chocolate	100g	4.09	FGVS

WISH4 FAIRTRADE

ZX416	Assorted Toffees and Fudge	400g	4.65	FS
ZX414	Blackcurrant & Liquorice	170g	1.95	FS
ZX413	Calypso Fruit Mix	170g	1.95	FGS
ZX415	Crumbly Mint Balls	170g	1.95	FGS
ZX411	Toffee Assortment	170g	1.95	FS
ZX412	Vanilla Fudge	170g	1.95	FS

TEAS*CLIPPER**Classic*

TE983	Assam - organic	50 bags	2.39	FGOV
TE982	Assam - organic	125g	2.39	FGOV
TE482	Darjeeling - organic	20 bags	1.79	FGOV
TE500	Earl Grey - organic	50 bags	2.39	FGOV
TE978	Earl grey - organic	125g	2.39	FGOV
TE897	English Breakfast Organic	125g	2.39	FGOV
TE300	English Breakfast Organic	40 bags	2.39	FGOV
TE967	Indian Chai organic	20 bags	1.79	FGOV

Classics

TE416	Assam with Vanilla - organic	50 bags	2.89	FGOV
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FOOD SERVICE RANGE

TE150	Earl Grey - og	25 bags	2.39	FGOV
TE447	Fairtrade Blend	100 bags	4.79	FGV
TE154	Fairtrade Blend	25 bags	2.39	FGV
TE726	Fairtrade One Cup Teabags	440 bags	13.89	FGV
TE161	Green Tea - og	25 bags	2.39	FGOV

GREEN TEA FAIRTRADE

TE968	Green Chai - og	20 bags	2.09	FGOV
TE520	Green Tea - Decaffeinated	25 bags	1.69	FGV
TE877	Green Tea - og	125g	2.39	FGOV
TE157	Green Tea - og	25 bags	1.69	FGOV
TE484	Green Tea - og	50 bags	2.35	FGOV
TE571	Green Tea with Aloe Vera - og	20 bags	2.15	FGOV
TE486	Green Tea with Echinacea	20 bags	1.69	FGV
TE745	Green tea with Gingko	20 bags	1.69	FGV
TE754	Green Tea with Ginseng	20 bags	1.69	FGV
TE488	Green Tea with Lemon	25 bags	1.59	FGV
TE487	Green Tea with Lemon	50 bags	2.25	FGV
TE595	Green Tea with Mint	25 bags	1.59	FGV
TE311	Pure Green Tea	125g	1.69	FGV
TE980	Pure Green Tea	25 bags	1.49	FGV
TE016	Pure Green Tea	50 bags	2.11	FGV
TE007	Pure Green Tea	80 bags	2.79	FGV
TE729	Sencha Green Tea - og	25 bags	1.69	FGOV
<i>Originals</i>				
TE510	Fairtrade 160 Teabags	160 bags	4.65	FGV
TE800	Fairtrade 80 Teabags	80 bags	2.45	FGV
TE541	Fairtrade Blend	40 bags	1.49	FGV
TE534	Fairtrade Loose Tea	250g	3.15	FGV

Code	Description	Size	RRP	BGOSV
EQUAL EXCHANGE				
TE668	Assam - organic	50 bags	2.49	FGOV
TE780	Assam Loose Organic	125g	2.49	FGOV
TE667	Breakfast - organic	40 bags	2.49	FGOV
TE781	Breakfast Tea Loose Organic	125g	2.49	FGOV
TE670	Darjeeling - organic	50 bags	2.49	FGOV
TE671	Darjeeling Green - og	20 bags	1.49	FGOV
TE782	Darjeeling tea loose Organic	125g	2.39	FGOV
TE412	Earl Green Tea - organic	25 bags	1.79	FGOV
TE783	Earl Grey - og	125g	2.49	FGOV
TE669	Earl Grey - organic	40 bags	2.49	FGOV
TE653	Fairtrade - organic	160 bags	4.89	FGOV
TE695	Fairtrade - organic	250g	2.09	FGOV
TE678	Fairtrade - Organic	80 bags	2.59	FGOV
TE785	Jasmine Green Teabags Organic	25 bags	1.79	FGOV
TE182	Lemon Green Tea - organic	25 bags	1.79	FGOV
TE856	Masala Chai Tea - organic	20 bags	1.79	FGOV
HAMPSTEAD TEA				
<i>Biodynamic & Fairtrade Teas</i>				
TE239	Biochai - og	25 bags	1.89	BFGOV
TE247	Biochai Leaf Tea - og	125g	2.59	BFGOV
TE248	Darjeeling - og	25 bags	1.89	BFGOV
TE249	Darjeeling Leaf Tea - og	125g	2.59	BFGOV
TE253	Earl Grey - og	25 bags	1.89	BFGOV
TE251	Earl Grey Leaf Tea - og	125g	2.59	BFGOV
TE398	English Breakfast - og	25 bags	1.89	BFGOV
TE677	English Breakfast Leaf Tea -og	125g	2.59	BFGOV
TE392	First Flush tea - og	125g	2.99	BFGOV
TE332	Ginger Green tea - og	25 bags	1.89	BFGOV
TE059	Green Jasmine - og	25 bags	1.89	BFGOV
TE255	Green Leaf Tea - og	125g	2.59	BFGOV
TE254	Green Tea	25 bags	1.89	BFGOV
TE356	Mint Green Tea - og	25 bags	1.89	BFGOV
TE365	Oolong Leaf Tea - og	50g	1.89	BFGOV
MAKE US A BREW!				
TE335	English Breakfast	50 bags	2.29	FOV
NUM!				
TE228	Aged Earl Grey	18 bags	4.45	FGOV
TE231	Temple of Heaven	18 bags	4.45	FGOV
Q!				
<i>Golden Tea Range</i>				
TE222	Golden Black	25 bags	1.35	FGOV
TE216	Golden Chai	25 bags	1.49	FGOV
TE217	Golden Earl Grey	25 bags	1.49	FGOV
TE225	Golden Vanilla	25 bags	1.49	FGOV
<i>Organic Fair Trade Range</i>				
TE083	China Green Tea + Lemon - OG	25 bags	1.60	FGOV
TE084	China Green Tea + mint - OG	25 bags	1.60	FGOV
TE583	Detox Tea - OG	25 bags	1.99	FGOV
TE485	Green Tea - organic	25 bags	1.55	FGOV
TE585	Green Tea + Gingko biloba -OG	25 bags	1.99	FGOV
TE586	Green Tea + Ginseng, OG	25 bags	1.99	FGOV
TE582	Green Tea with Ginger - OG	25 bags	1.99	FGOV
TE584	Gunpowder Pearl - og	100g	2.09	FGOV
TE760	Jasmine Tea - og	100g	2.09	FGOV
TE112	Jasmine Tea - og	25 bags	1.60	FGOV
TE331	White & Blackcurrant Tea	25 bags	1.79	FGOV
TE003	White & Fruity	25 bags	1.79	FGOV
TE611	White & Spicy Tea - og	25 bags	1.79	FGOV
TE114	White Tea - og	25 bags	1.79	FGOV
TEADIRECT				
TE637	Teadirect decaff tea bags	80 bags	4.25	FGV
TE178	Teadirect Gold tea bags	80 bags	3.26	FGV
TE390	Teadirect Tea Bags	160 bags	5.49	FGV
TE690	Teadirect tea bags	80 bags	3.27	FGV

Code	Description	Size	RRP	BGOSV
TRADICRAFT				
TE640	Earl Grey	50 bags	1.89	FGV
TE327	Fairtrade Indian Ocean Teabags	80 bags	2.89	FGV
TE644	One Cup Teabags Catering	440 bags	10.49	FGV
TOYS				
ETHLETIC				
NF200	Football - F/T Certified	each	13.90	FV
FAIR DEAL TRADING				
NF174	Eco Balloons	25	1.99	FG
WINES				
BROUGHTON PASTURES FRUIT WINES				
RS074	Ginger - OG	75 cl	9.49	FGOV
RS075	Mead - OG	75 cl	8.95	FOS
RED WINE				
<i>Argentina</i>				
RS117	Premium Malbec - Soluna	75cl	13.34	FGO
<i>Chile</i>				
RS112	Carmenere - los Almendros	75cl	7.97	FG
<i>South Africa</i>				
RS114	Cab Sauvignon - Running Duck	75cl	8.45	FGOV
RS004	Cabernet Sauvignon - Stellar	75cl	9.06	FGOV
RS221	Live a Little - Stellar	75cl	8.40	FGOV
RS002	Merlot - Stellar	75cl	9.06	FGOV
RS116	Shiraz - Running Duck	75cl	8.45	FGOV
ROSE WINE				
<i>South Africa</i>				
RS118	Shiraz Rose - Running Duck	75cl	8.45	FGOV
WHITE WINE				
RS042	Torrontes Ecologica	75cl	8.02	FGO
<i>Chile</i>				
RS113	Sauvignon Blanc - Los Troncos	75cl	7.99	FG
<i>South Africa</i>				
RS183	Chardonnay - Sonap	75cl	9.19	FOV
RS018	Chenin Blanc - Moonlight	75cl	7.56	FGOV
RS115	Chenin Sauv Blanc - R/duck	75cl	8.45	FGOV
RS019	Sauvignon Blanc - Stellar	75cl	8.10	FGOV



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