

Gluten Free

May June 2010



This list is an extract from our Catalogue of those products that are Gluten Free.

We cannot guarantee that all items in this list are 100% free of gluten as they may have been contaminated with gluten between harvest and delivery to us. However, this is likely to be absolutely minimal.

Why choose a Gluten Free diet?

A Gluten Free diet is essential for people who have coeliac disease or dermatitis herpetiformis (a gluten induced skin sensitivity). Some people may choose to follow a Gluten Free diet for other reasons, although these two diseases are the only ones where a Gluten Free diet is considered medically imperative.

What is Gluten?

Gluten is a mixture of proteins found in some cereals, particularly wheat. It is the gliadin component of gluten which is responsible for coeliac disease. Despite a good deal of research, it is unknown how or exactly why gluten harms the gut. It is now considered likely that coeliac disease involves an abnormal immunologic response, rather than an enzyme deficiency as was suggested in the past.

Code	Description	Size	RRP	BFGOSV
BABY & CHILD FOOD				
<i>ANNABEL KARMEL</i>				
BB073	Baby Pasta Stars - Gluten Free	250g	1.89	GOV
<i>ELLA'S KITCHEN</i>				
BB109	Baby Brekkie - Banana	100g	1.19	GO
BB120	Baby Brekkie - Mango	100g	1.19	GO
BB048	The Green One - smoothie fruit	90g	0.79	GOV
BB007	The Purple One -smoothie fruit	90g	0.79	GOV
BB011	The Red One - smoothie fruit	90g	0.79	GOV
BB010	The Yellow One -smoothie fruit	90g	0.79	GOV
<i>Stage 1</i>				
BB001	Apples & Bananas	120g	1.19	GOV
BB003	Broccoli, Pear & Peas	120g	1.19	GOV
BB049	Butternut Squash, Carrot	120g	1.19	GOV
BB006	Carrot, Apple & Parsnip	120g	1.19	GOV
BB095	Peaches & Bananas	120g	1.19	GOV
BB063	Spinach, Apples & Swede	120g	1.19	GOV
BB078	Strawberries & Apples	120g	1.19	GOV
BB005	Sweet Potato, Pumpkin, Apple	120g	1.19	GOV
BB126	Sweet Potato,Broccoli,Carrot	120g	1.19	GOV
<i>Stage 2</i>				
BB128	Cooking Sauce - The Indian One	90g	1.49	GOV
BB129	Cooking Sauce -The Italian One	90g	1.49	GOV
BB127	Four Bean Feast	140g	1.69	GOV
BB058	Very Very Tasty Vegetable Bake	140g	1.69	GOV
<i>HIPP</i>				
<i>DRIED</i>				
BB654	Baby Rice	160g	2.94	GOV
<i>FRUIT POTS</i>				
BB043	Purely Fruits-Apple,Strawberry	4 x 100g	2.94	GOV
<i>JARRED - from 4 months</i>				
BB014	Apple & Pear Pudding - organic	125g	0.97	GOV
BB002	Apple/Blue by Dessert -organic	125g	0.97	GOV
BB086	Banana Custard	125g	0.97	GOS
BB013	Banana/Peach Dessert - organic	125g	0.97	GOV
BB004	Carrots & Potatoes - organic	125g	0.97	GOV
BB008	Mixed Vegetables - organic	125g	0.97	GOV
BB523	Vegetable & Lentil Bake	125g	0.97	GO
<i>JARRED - from 7 months</i>				
BB061	Fruit Duet - Mango & Banana	160g	1.18	OG
BB067	Strawberry & Raspberry Yoghurt	160g	1.15	GOS
<i>MIMES</i>				
BB076	Corn Puffs - Cheese & Chive	20g	0.49	GO
<i>NANNY</i>				
BB064	Goats Milk Powder	400g	8.79	G
BB066	Goats Milk Powder	900g	17.79	G
BB025	Nannycare Growing Up Milk	400g	8.79	G
<i>ORGANIX</i>				
<i>Cereals - Stage 1</i>				
BB163	4 Grain Porridge	150g	2.29	GOV
BB162	Banana Porridge	150g	2.29	GOV
<i>Cereals - Stage 2</i>				
BB166	7 Grain Cereal	200g	2.99	GOV
<i>Dried</i>				
BB241	Baby Rice (Packet)	100g	1.99	OVG
<i>Fruit Pots & Puddings</i>				
BB712	Apple/Vanilla Banana/Plum	4 x 100g	2.09	GOV
BB152	Banana/Straw Rice & Apple/Pear	4 x 100g	1.99	GO
BB151	Peach Porridge/Apple & Banana	4 x 100g	1.99	GO
<i>Goodies Fruit Squeezies</i>				
BB149	Pear,Kiwi,Banana Squeezy	100g	1.45	GOV
BB150	Pear,Orange,Mango Squeezy	100g	1.45	GOV
BB147	Strawberry,Ban,Pear Squeezy	100g	1.45	GOV
<i>Jars - Stage 1</i>				
BB155	Banana & Pear Rice Pudding	120g	0.99	GOV
BB156	Butternut Squash & Root Veggie	120g	0.99	GOV
BB153	Carrot & Sweet Potato	120g	0.99	GOV

B - biodynamic F - fairly traded G - gluten free O - organic S - added sugar V - vegan

Code	Description	Size	RRP	BFGOSV
BB154	Creamy Rice Pudding	120g	0.99	GOV
<i>Jars - Stage 2</i>				
BB159	Veggie Korma & Wholegrain Rice	190g	1.25	GO
<i>Snacks</i>				
BB715	Crunchy Carrot Sticks	20g	0.79	GOV
BB717	Crunchy Sweetcorn Rings	20g	0.79	GOV
BB069	Raspberry/Blueberry Rice Cake	50g	1.35	GOV
BB035	Spicy Stars Snack	15g	0.59	GOV
<i>PETER RABBIT ORGANICS</i>				
BB963	Apple Fruit Puree	80g	0.89	GOV
BB589	Garden Vegetable Sauce	300g	2.39	GOV
BB571	Italian Vegetable Sauce	300g	2.39	GOV
BB588	Ketchup	340g	2.49	GOV
BB260	Organic Apple and Grape Juice	125ml	0.75	GOV
BB964	Peach & Apricot Fruit Puree	80g	0.89	GOV
BB072	Pear Juice	125ml	0.75	GOV
BB215	Tomato & Basil Sauce	300g	2.39	GOVB
<i>PLUM BABY</i>				
<i>Cereals</i>				
BB101	4 Grain Porridge	125g	2.79	GOV
<i>Pouches - from 4 months</i>				
BB119	Apple & Blackcurrant	100g	1.25	GOV
BB118	Banana, Strawberry & Raspberry	100g	1.25	GOV
BB117	Blueberry, Banana & Vanilla	100g	1.25	GOV
BB121	Squash & Sweet Potato	100g	1.25	GOV
<i>Stage 1 Pots - from 4 months</i>				
BB111	Mango & Banana Pot	2 x 100g	2.49	GOV
BB110	Parsnip, Apple & Pea Pot	2 x 100g	2.49	GOV
BB106	Pumpkin, Carrot & Mango Pot	2 x 100g	2.49	GOV
BB108	Spinach,Parsnip & Basil Pot	2 x 100g	2.49	GOV
BB107	Sweetcorn & Carrot Pot	2 x 100g	2.49	GOV
<i>Stage 2 Pots - from 7 months</i>				
BB112	Apple & Prune Breakfast	2 x 100g	2.35	GOV
BB113	Carrot, Lentil & Cheddar Pot	2 x 100g	2.99	GO
BB114	Parsnip, Carrot & Cheddar Mash	2 x 100g	2.99	GO
<i>Stage 3 Pots - from 10 months</i>				
BB116	Aubergine Red Pepper Provencal	200g	2.55	GO
BB115	Ditalini Pasta,Pesto,Supergreens	200g	2.55	GO
<i>TRAFU</i>				
BB056	Organic Raisins in Kids Boxes	12 boxes	1.75	GOV
BB059	Yoghurt Raisins in Kids Boxes	9 boxes	2.55	GOSV

BABY CARE PRODUCTS

BAMBINO MIO - REUSABLE NAPPIES

Consumables

NF354	Miocare Washing Powder	800g	3.39	GV
NF356	Miogel Hand Sanitiser	100ml	2.15	GV

BIO D

NF666	Nappy Fresh	550g	2.39	GV
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BAGS, BOXES AND BASKETS

SUMA

NF270	Refuse Sacks-recycled plastic	8 pack	1.35	GV
NF917	Suma Jute Shopping Bag	each	2.93	GV

BAKING SUNDRIES

SUMA

LJ223	Xanthan Gum	100g	5.69	GV
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ALLERGYCARE

LJ653	Vegan Whole Egg Replacer	200g	3.59	VG
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BARKAT

LJ002	Gluten Free Baking Powder	100g	1.49	GV
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CERTO

LJ035	Apple Pectin	250ml	2.65	GV
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CLEARSPRING

JP087	Agar-Agar Flakes Gelling Agent	28g	4.49	GV
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Code	Description	Size	RRP	BFGOSV
JP064	Kuzu (Wild Arrowroot) <i>CRAZY JACK</i>	125g	5.49	GVO
LJ409	Marzipan <i>DOVES FARM</i>	250g	3.65	GOSV
LJ206	Baking Powder	110g	1.49	GOV
LJ202	Bicarbonate of Soda	200g	1.49	GV
LJ203	Corn Flour Organic	110g	1.69	GOV
LJ423	Quick Yeast <i>ENGEVITA</i>	8 x 125g	1.15	GV
LJ143	Yeast Flakes <i>FERMIPAN</i>	125g	2.29	GV
LJ061	Dried Yeast <i>FREE & EASY</i>	500g	3.55	GV
LJ009	Cheese Flavour Sauce Mix <i>JUST WHOLEFOODS</i>	130g	1.79	GV
LJ155	VegeRen <i>LANGDALE</i>	30ml	1.35	GV
LJ127	Essence of Almond	28ml	1.25	GV
LJ128	Extract of Lemon	28ml	1.25	GV
LJ129	Extract of Peppermint <i>NIELSEN MASSEY</i>	28ml	1.25	GV
LJ333	Vanilla Extract - OG	118ml	7.99	GOV
LJ656	Egg Replacer <i>QUEEN</i>	200g	2.69	GV
LJ111	Writing Fudge - Rich Chocolate	50g	3.49	GSV
LJ112	Writing Fudge - White Choc	50g	3.49	GSV
LJ106	Writing Icing - Black	50g	2.99	GSV
LJ107	Writing Icing - Yellow	50g	2.99	GSV
LJ114	Vanilla Bean Dusting Sugar	100g	3.15	GSV
LJ115	Vanilla Bean Extract	100ml	3.89	GSV
LJ113	Vanilla Bean Paste <i>STEENBERGS</i>	65g	4.59	GSV
LJ116	Almond Extract	100ml	6.49	GV
LJ117	Orange Flower Water Organic	100ml	3.75	GOV
LJ086	Peppermint Extract Organic	100ml	4.85	GOV
LJ085	Rose Water Organic	100ml	3.75	GOV
LJ334	Vanilla Extract Fairtrade Org	100ml	7.49	FOGV

BEANS & PULSES - CANNED

Code	Description	Size	RRP	BFGOSV
VF550	Baked Beans - Organic <i>SUMA</i>	400g	0.95	GOSV
VF646	Blackeye Beans - organic	400g	0.95	GVO
VF707	Borlotti Beans	400g	0.55	GV
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

Code	Description	Size	RRP	BFGOSV
VF222	Baked Beans - Organic <i>BIONA</i>	420g	0.99	GOVS
VF114	Baked Beans in Tomato Sauce <i>ORGANIC KITCHEN</i>	420g	0.89	GOSV
VF161	Baked Beans - organic <i>WHOLE EARTH</i>	420g	1.19	GOV

BEANS & PULSES - DRIED

Code	Description	Size	RRP	BFGOSV
PU144	Black Beans <i>SUMA PREPACKS</i>	500g	1.15	GV
PU066	Butter Beans	500g	1.49	GV
PU067	Chick Peas	500g	1.19	GV
PU065	Lentils - brown	500g	1.19	GV
PU133	Lentils - Dark Speckled	500g	1.15	GV
PU069	Lentils - green	500g	1.19	GV
PU076	Lentils - red split	500g	1.45	GV
PU072	Marrowfat Peas	500g	1.09	GV
PU177	Moong Dahl	500g	1.69	GV
PU070	Split Peas - green	500g	1.09	GV
PU080	Split Peas - yellow	500g	1.09	GV
PU202	Aduki Beans - organic <i>SUMA PREPACKS - ORGANIC</i>	500g	1.65	GVO
PU244	Aduki Beans, Fairly Traded OG	500g	1.39	FGOV
PU222	Bean Mix - organic	500g	1.75	GOV
PU148	Black Beans - organic	500g	1.65	FGOV
PU345	Butter Beans - organic	500g	1.75	GVO
PU225	Cannellini Beans - organic	500g	1.55	GOV
PU369	Chick Peas - organic	500g	1.29	GVO
PU182	Green Split Peas - organic	500g	1.39	GOV
PU145	Haricot Beans - organic	500g	1.49	GOV
PU135	Lentils - Brown, organic	500g	1.65	GVO
PU167	Lentils - Dark Speckled, org	500g	2.29	GOV
PU129	Lentils - Green, organic	500g	1.49	GVO
PU294	Lentils - Red split organic	750g	2.39	GOV
PU267	Lentils - Red split, organic	500g	1.79	GVO
PU151	Mung Beans - organic	500g	2.05	GVO
PU136	Pinto Beans - organic	500g	1.39	GOV
PU156	Red Kidney Beans - organic	500g	1.45	GOV
PU146	Soya Beans - organic	500g	1.15	GOV
PU219	Soya Beans - organic FT	500g	1.35	FGOV
PU166	Yellow Split Peas - organic	500g	1.39	GOV
VF263	Sprouting Mix - OG <i>JUST WHOLEFOODS</i>	250g	1.89	GVO

BISCUITS CRACKERS & CRISPbread

Code	Description	Size	RRP	BFGOSV
BT232	OG Almond Cookies <i>AGAINST THE GRAIN</i>	35g	0.85	GOSV
BT077	OG Berry Delicious Cookies	150g	2.99	GOV
BT341	Og Choc Chip & Hazelnut Cookie	150g	2.85	GOSV
BT231	OG Choc Chip & Hazelnut Cookie	35g	0.89	GOSV
BT302	Org Chocolate & Orange Cookies	150g	2.85	GOSV
BT340	Organic Almond Cookies	150g	2.75	GOSV
BT339	Organic Ginger Crunches	150g	2.75	GOSV
BT185	Organic Buckwheat Crispbread <i>AMISA</i>	150g	1.79	GOSV
BT304	Stick Date & Ginger Cookies <i>BYRON BAY</i>	125g	2.59	GS
BT305	Triple Choc Fudge Cookies	125g	2.59	GS
BT307	White Choc Chunk & Macadamia	125g	2.59	GS
BT192	Japanese R/cakes Tamari/Garlic <i>CLEARSPRING</i>	150g	2.59	GV
BT267	Brazil Nut & Ginger Cookies GF <i>DOVES FARM</i>	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

Code	Description	Size	RRP	BFGOSV
BT269	Lemon Zest Cookies - GF	150g	1.59	FGOSV
<i>HALE & HEARTY</i>				
BT308	Mini Breadsticks	100g	1.49	GS
<i>KALLO</i>				
<i>Rice Cakes</i>				
BT184	Corn Cakes OG	130g	1.69	GOV
BT031	Fairtrade Rice Cake No Salt OG	130g	1.49	FGOV
BT810	Milk Chocolate Rice Cakes OG	90g	2.29	GO
BT033	No Added Salt Organic	130g	1.49	GVO
BT183	Oat & Rice Cakes	130g	1.39	GV
BT034	Original Organic Wholegrain	130g	1.49	GVO
BT215	Savoury	110g	2.19	OGV
BT036	Thick Slice Sesame Rice Cake	130g	1.39	GOV
BT240	Thin Slice No Salt - organic	130g	1.49	GVO
BT338	Thin Slice Rice Cake Dark Choc	90g	2.29	GO

MRS CRIMBLES

BT200	Apple Rice Cake	140g	1.39	GV
BT198	Caramel Rice Cakes	140g	1.39	GV
BT314	Chocolate Coated Rice Cakes	100g	1.79	GS
BT196	Corn Cakes	110g	1.39	GV
BT263	Original Cream Crackers	130g	1.99	G
BT264	Rosemary & Onion Crackers	130g	1.99	G
BT265	Sundried Tom & Pesto Crackers	130g	1.99	G
BT315	Yoghurt Coated Rice Cakes	100g	1.79	GS

ORGRAN

BT311	Buckwheat Crispbread	125g	2.15	G
BT312	Essential Fibre Crispbread	125g	2.49	G
BT313	Multigrain Crispbread	125g	2.49	G
BT258	Outback Animals - Chocolate	175g	2.15	GVS
BT255	Outback Animals - Vanilla	175g	2.15	GVS
BT257	Toasted Corn Crispbread	125g	1.99	G

RAW HEALTH

BT288	Org Raw Deeply Dense Pitta	90g	3.99	GOV
BT287	Org Raw Flax Pumpkin Cracker	90g	3.99	GOV
BT289	Org Raw Flax Tomato Cracker	90g	3.99	GOV
BT286	Org Raw Italian Crispbread	100g	3.99	GOV

BODYCARE

SUMA HANDMADE SOAPS

Gift Box Soaps

DY775	Floral Collection Soap	4 x 1	4.25	GV
DY198	Sensual Collection Soap	4 x 1	4.25	GV

ALOE PURA

DY040	Aloe Vera Gel OG	200g	5.55	GOV
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FAITH

Conditioner

DY272	Chocolate Conditioner	400ml	4.70	GV
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Foam Bath

DY285	Hemp & Meadowfoam Foam Bath	400ml	4.35	VG
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Hand Wash

DY245	Aloe Vera & Tea Tree Hand Wash	300ml	3.35	GOV
DY312	Lavender & Geranium Hand Wash	300ml	3.35	GOV
DY301	Organic Seaweed Handwash	300ml	3.35	OGV

GREEN PEOPLE COMPANY

Organic Skincare

DY328	Gentle Cleanse	200ml	15.50	VGO
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Sun Care

DY173	No Scent Sun Lotion SPF22	50ml	9.50	GO
DY520	Self Tan Lotion	200ml	16.99	GV

LAVERA

Awesome Limited Offers!

DY762	Rose Milk Shampoo + Free	pack	7.95	GOV
<i>New Hair</i>				
DY161	Conditioner - Mango Milk	150ml	6.95	GOV
DY143	Conditioner - Rose Milk Repair	150ml	6.95	GOV
DY189	Hair Styling Mousse	150ml	8.75	GO

Code	Description	Size	RRP	BFGOSV
DY114	Shampoo - Cornflower	250ml	6.95	GOV
DY109	Shampoo - Mango Milk	250ml	7.95	GOV
DY140	Shampoo - Rose Milk	250ml	7.95	GOV
DY166	Treatment - Mango Milk	125ml	7.95	GOV
DY176	Treatment - Rose Milk Repairin	125ml	7.95	GO

NATURTINT

Permanent Hair Colour Ash

DY861	10A Light Ash Blonde	155ml	8.99	GV
DY859	8A Ash Blonde	155ml	8.99	GV

Permanent Hair Colour Copper

DY869	5C Light Copper Chestnut	155ml	8.99	GV
DY872	8C Copper Blonde	155ml	8.99	GV

Permanent Hair Colour Golden

DY851	4G Golden Chestnut	155ml	8.99	GV
DY853	5G Light Golden Chestnut	155ml	8.99	GV
DY855	6G Dark Golden Blonde	155ml	8.99	GV
DY857	7G Golden Blonde	155ml	8.99	GV
DY858	8G Sandy Golden Blonde	155ml	8.99	GV

Permanent Hair Colour Illusion

DY876	Fireland I-6.66	155ml	8.99	GV
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Permanent Hair Colour Mahogany

DY862	4M Mahogany Chestnut	155ml	8.99	GV
DY865	5M Light Mahogany Chestnut	155ml	8.99	GV

Permanent Hair Colour Natural

DY847	10N Light Dawn Blonde	155ml	8.99	GV
DY826	1N Ebony Black	155ml	8.99	GV
DY828	2N Brown Black	155ml	8.99	GV
DY831	3N Dark Chestnut Brown	155ml	8.99	GV
DY832	4N Natural Chestnut	155ml	8.99	GV
DY834	5N Light Chestnut Brown	155ml	8.99	GV
DY835	6N Dark Blonde	155ml	8.99	GV
DY837	7N Hazelnut Blonde	155ml	8.99	GV
DY840	8N Wheatgerm Blonde	155ml	8.99	GV
DY841	9N Honey Blonde	155ml	8.99	GV

PUKKA

DY643	Rosewater - organic	100ml	10.75	GOV
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PUREPOTIONS SKINCARE

DY609	Skin Salvation Bath Oil	100ml	7.49	GOV
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TOMS OF MAINE

DY437	Roll on Deodorant - Calendula	88.7ml	4.45	GV
DY459	Roll on Deodorant - Unscented	88.7ml	4.45	GV

TRILOGY SKINCARE

Natural Actives For Men

DY463	After Shave Balm	100ml	11.75	GV
DY473	Smooth Shave Cream	150ml	7.35	GV

URTEKRAM

Aloe Vera

DY264	Aloe Vera Body lotion	250ml	5.59	GOV
DY270	Aloe Vera Conditioner	250ml	4.59	GOV
DY905	Aloe Vera Shampoo	250ml	3.99	GOV

Baby Care

DY283	Baby Bath	250ml	3.25	GOV
DY765	Baby Oil - no perfume	100ml	7.49	GOV
DY645	Baby Shampoo	250ml	3.25	GOV

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
DY020	Brown Sugar Shower Gel	500ml	5.95	FGOV

Chamomile

DY244	Chamomile Conditioner	250ml	4.59	GOV
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Lime

DY725	Lime Crystal Roll On Deodorant	50ml	4.39	GOV
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No Perfume

DY286	No Perfume Crystal Deo Spray	50ml	4.39	GOV
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Rose

DY274	Rose Crystal Deodorant Spray	50ml	4.39	GOV
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B - biodynamic F - fairly traded G - gluten free O - organic S - added sugar V - vegan

Code	Description	Size	RRP	BFGOSV
	<i>WELEDA</i> Body Care			
JU579	Birch Juice Drink	200ml	8.95	GOV
	<i>YES PURE INTIMACY PRODUCTS</i>			
DY194	Oil Based Intimate Lubricant	125ml	15.99	OG
DY187	Oil Based Intimate Lubricant	25ml	4.99	OG
DY193	Oil Based Intimate Lubricant	75ml	9.99	OG
DY186	Water Based Intimate Lubricant	125ml	15.99	GOV
DY179	Water Based Intimate Lubricant	75ml	9.99	OVG

BREADS & BREAD MIXES

	<i>BIONA</i>			
BT465	Millet Bread - Organic	250g	2.89	GOV
BT421	Pizza Base - Organic 2 Pack	125g	2.79	GOV
BT461	Rice Bread with Sunflower Seed	500g	3.69	OGV
	<i>HALE & HEARTY</i>			
BT259	Breadcrumbs	250g	3.19	GSV
	<i>ISABEL'S BRAZILIAN FLAVOURS</i>			
BT203	Gluten & Wheat Free Pizza Mix	300g	2.49	G
BT201	Speciality Cheesebreads Mix	250g	2.29	G
	<i>ORGRAN</i>			
BT652	Breadmix	450g	2.95	G
	<i>SUNNVALE</i>			
BT047	Mixed Grain Bread	400g	2.55	GOV

BURGERS SAUSAGES & TVP MIXES

	<i>SUMA PREPACKS</i>			
SY108	TVP Flavoured Coloured Chunks	200g	0.89	GV
SY109	TVP Flavoured Coloured Mince	250g	0.85	GV
SY103	TVP Plain Chunks	200g	0.75	GV
SY104	TVP Plain Mince	250g	0.89	GV

BUTTER & CREAM (CHILLED)

	<i>CALON WEN</i> <i>REDUCED PRICE - BETTER VALUE!!</i>			
CV277	Lightly Salted OG Welsh Butter	250g	2.05	GO
CV204	Unsalted Org Welsh Butter	250g	2.09	GO
	<i>DALE FARM</i>			
CV531	Dale Farm org salted butter	250g	1.79	GO
	<i>DEVON CREAM COMPANY</i>			
CV336	Clotted Cream	170g	2.37	G
CV335	Clotted Cream	454g	5.97	G
CV337	Double Cream	170g	2.15	G
CV342	Lemon Creme Fraiche	170g	1.89	G
CV338	Natural Creme Fraiche	170g	1.75	G
CV339	Strawberry Creme Fraiche	170g	1.89	G
	<i>RACHEL'S DAIRY</i>			
CV068	Butter - slightly salted OG	250g	1.99	GO
CV264	Creme Fraiche OG	200ml	1.19	GO
	<i>Min 4 days life</i>			
CV660	Rachel s Organic Double Cream	284ml	1.49	GO
	<i>VRAI</i>			
CV537	Traditional Unsalted Butter	250g	1.99	GO
	<i>YEO VALLEY</i>			
CV304	Butter - organic	250g	2.12	GO
CV292	Spreadable Butter	250g	2.12	GO
	<i>Minimum 4 days shelf life</i>			
CV309	Half Fat Creme Fraiche - OG	200g	1.05	GO

CAKES

	<i>VILLAGE BAKERY</i>			
BT693	Gluten Free Fruit Cake Slice	200g	2.65	GOS

Code	Description	Size	RRP	BFGOSV
	CANDLES			

MOORLANDS DIPPED CANDLES

Super Giant 8"x 2 1/2"

NF422	Mixed Selection	8 singles	3.59	GV
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CHEESE SUBSTITUTES (CHILLED)

BIDDY MERKINS

CV101	Vegerella - Cheddar OG	170g	1.49	GOV
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BUTE ISLAND FOODS

CV219	Sheese - Blue Stilton Style	227g	2.35	GV
CV220	Sheese - Cheddar Style + Chive	227g	2.35	GV
CV222	Sheese - Cheshire	227g	2.35	GV
CV218	Sheese - Hickory Smoke Cheddar	227g	2.35	GV
CV300	Sheese - Medium Cheddar (Red)	227g	2.35	GV
CV224	Sheese - Mozzarella Style	227g	2.35	GV
	<i>Creamy Sheese</i>			
CV307	Sheese - Chive Creamy Spread	255g	2.13	GSV
CV302	Sheese - Creamy Cheddar	255g	2.13	GSV
CV308	Sheese - Garlic/ Herb Creamy	255g	2.13	GSV
CV315	Sheese -Creamy Original Spread	255g	2.13	GSV

PURE

CV319	Soft and Creamy Soya Spread	200g	2.39	GV
CV320	Soya Cheese Slices	200g	2.39	GV

REDWOOD

CV631	Cheddar Cheezly with Cranberry	190g	2.65	GV
CV228	White Cheddar Style Cheezly	190g	1.96	GV

TOFUTTI

CV297	Cheddar Style D/Free Slices	150g	1.89	SVG
CV065	Creamy Smooth Country Vegetabl	227g	2.69	SVG
CV289	Creamy Smooth French Onion	227g	2.69	SVG
CV396	Creamy Smooth Garlic & Herb	227g	2.69	SVG
CV293	Creamy Smooth Herb & Chives	227g	2.69	SVG
CV295	Creamy Smooth Original	227g	2.69	SVG
CV421	Creamy Smooth with Olives	225g	2.69	GSV
CV600	Mozzarella Style Block	200g	1.99	SVG
CV299	Mozzarella Style D/Free Slices	150g	1.89	SVG
CV560	Sour Supreme	225g	2.69	GV

CHEESE, COWS MILK (CHILLED)

BIONA

CV076	Emmental - Organic	200g	3.49	GO
CV012	Greek Style Soft Cheese	150g	2.99	GO

BOOKHAMS REAL FOODS

CV143	English Parmezan	200g	3.49	G
CV423	Sussex Charmer	200g	3.39	G

CALON WEN

Soil Association Ethical Trade

CV397	Extra Mature Organic Cheddar	200g	2.49	GO
CV398	Mellow Organic Cheddar	200g	1.99	GO

CYPRESSA

CV512	Feta Cheese approx 6-10 oz	200g	2.89	G
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FUTURA

CV145	Blue Cheese - organic	150g	3.15	OG
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LONGLEY FARM

5 Days Guarantee

CV274	Natural Low Fat Cottage Cheese	250g	0.87	G
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LYE CROSS

CV395	2 Kg Vintage Cheddar Truckle	2kg	29.99	GO
CV524	Caerphilly - organic	245g	2.75	GO
CV523	Cheshire - organic	245g	2.75	GO
CV049	Double Gloucester - organic	245g	2.75	GO
CV169	Double Gloucester-Chive& Onion	180g	2.09	GO
CV506	Mature Cheddar - organic	245g	2.89	GO
CV166	Medium Cheddar - organic	245g	2.75	GO
CV477	Mild Cheddar - organic	245g	2.67	GO

B - biodynamic F - fairly traded G - gluten free O - organic S - added sugar V - vegan

Code	Description	Size	RRP	BFGOSV
CV167	Oak Smoked Cheddar	180g	2.09	GO
CV330	Org Vintage Cheddar Truckle	400g	6.95	GO
CV424	Org Wensleydale with Cranberry	per kg	13.79	GOS
CV332	Organic Mature Cheddar Slices	200g	2.39	GO
CV189	Organic Mature Grated Cheddar	180g	1.95	GO
CV331	Organic Mini Cheese Selection	125g	2.09	GO
CV105	Red Leicester - organic	245g	2.75	GO
CV296	Stilton - organic	150g	2.55	GO
CV522	Vintage Cheddar - organic	245g	3.07	GO
CV478	Wensleydale - organic	245g	2.75	GO

MANGIAGRATTA

CV003	Organic Italian Hard Cheese	200g each	4.25	G
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MOZZA

Minimum 4 days shelf life

CV066	Mozzarella Cheese	125g	1.89	GO
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CV447	Organic Cottage Cheese	200g	1.99	GO
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PITTAS

CV541	Halloumi Bruschetta Slices	200g	3.15	G
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CV540	Halloumi Grilled Slices	200g	3.29	G
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CV539	Halloumi with Fresh Basil	250g	3.15	G
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RAPUNZEL

CV086	Cream Cheese Bio Cremeux	200g	2.89	GO
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SUSSEX HIGH WEALD

Sheeps Cheeses

CV067	Duddleswell sheeps cheese - OG	per kg	22.60	GO
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CV073	Feta sheeps cheese - organic	per kg	20.44	GO
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CV082	Halloumi sheeps cheese - OG	per kg	21.19	GO
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CV443	Mixed Case Soft Sheeps Cheese	125g	2.19	GO
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WEISSENHORNER

CV446	Organic Mascarpone	250g	4.69	GO
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CHOCOLATE

SUMA PREPACKS - ORGANIC

KB137	Cacao Nibs	100g	1.85	GOV
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BOOJA BOOJA

KB790	Around Midnight Espresso Truff	80g	4.99	GOSV
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KB656	Champagne Truffles	150g	8.49	GOSV
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KB453	Cognac + Banana Truffles	80g	4.99	GOSV
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KB368	Dark Ecuadorian Truffles x 2	25g	1.29	GOV
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KB366	Dark Ecuadorian Truffles x 8	100g	4.99	GOV
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KB374	Espresso Chocolate Truffle x 2	25g	1.29	GOSV
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KB490	Ginger Wine Truffles	80g	4.99	GOSV
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KB655	Gourmet Selection Box	220g	11.99	GOSV
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KB373	Hazelnut Chocolate Truffles 2	25g	1.29	GOV
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KB550	Hazelnut Crunch Truffle	80g	4.99	GOSV
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KB033	Hazelnut Crunch Truffle, large	220g	11.99	GOSV
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KB367	Raspberry Ecuador Truffles 8	100g	4.99	GOV
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KB371	Raspberry Ecuador Truffles x 2	25g	1.29	GOV
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In the Raw

KB089	Cacao Nibs	50g	2.29	GOV
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CHOCOLATE COMPANY

KB497	Hot Choc Spoon - Double	1	2.75	FGS
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KB511	Hot Choc Spoon - Latte	1	2.75	FGS
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Choc Bars

KB646	Dark 72% Cocoa	90g	3.75	FG
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KB642	Dark Choc w/Hot Chilli&Orange	90g	3.75	FG
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KB644	Milk Cappuccino & Orange	90g	3.75	FG
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KB641	Milk Caramel Bourbon Vanilla	90g	3.75	FG
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KB643	White w/Strawberry&Pink Pepper	90g	3.75	FG
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COCOA LOCO

ZX352	Dark Chocolate Buttons - Org	100g	1.99	GOSV
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ZX354	Milk Chocolate Buttons - Org	100g	1.99	GOS
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ZX353	White Chocolate Buttons - Org	100g	1.99	GOS
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Code	Description	Size	RRP	BFGOSV
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DIVINE

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

KB578	Dark Mini Eggs	200g	4.15	FGSV
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KB573	Dubble Speckled Eggs	95g	1.89	FGS
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KB577	Milk Mini Eggs	200g	4.15	FGS
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GREEN & BLACKS

KB598	Chocolate Squares-mk/dk/white	200g	5.49	GOS
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KB665	Org Milk Mini Bar Collection	180g	5.99	GOS
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KB532	Organic Mini Bar Collection	270g	7.85	GOS
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KB530	Organic Mint Chocolate Squares	120g	3.95	GOS
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100g Bars

KB424	Creamy Milk Chocolate-organic	100g	2.09	GOS
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KB116	Dark Chocolate - organic	100g	2.09	GOS
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KB128	Dark Chocolate & Cherry Bar OG	100g	2.09	GOS
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KB132	Dark Chocolate & Ginger Bar	100g	2.09	GOS
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KB381	Dark Chocolate Espresso Bar	100g	2.09	GOS
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KB796	Hazelnut/Currant Dark - og	100g	2.09	GOS
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ZX251	Maya Gold Chocolate - organic	100g	2.09	FGOS
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KB133	Milk Butterscotch Chocolate	100g	2.09	GOS
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KB024	Milk Choc + Raisins & hazels	100g	2.09	GOS
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ZX239	Milk Chocolate - organic	100g	2.09	GSO
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KB422	Milk Chocolate with Caramel	100g	2.09	GOS
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KB908	Milk with Whole Almonds - og	100g	2.09	GOS
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KB034	Organic Dark 85% Cocoa Solids	100g	2.09	GOS
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KB370	White Chocolate - organic	100g	2.09	GOS
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Cooks Chocolate

KB058	Cooking Chocolate Dark-organic	150g	2.29	GO
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KB429	Milk Cooks Chocolate - organic	150g	2.29	GOS
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Dispenser Squares

KB067	Squares Dispenser, Dark - og	each	0.10	GOS
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KB069	Squares Dispenser, milk - og	each	0.10	GOS
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Easter Range

KB385	Organic Dark Praline Mini Eggs	100g	3.49	GOS
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KB386	Organic Milk Mini Egg	100g	3.49	GOS
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Minibars

KB428	Creamy Milk Chocolate - org	35g	0.81	GOS
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KB199	Dark Chocolate - organic	35g	0.81	GOS
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KB197	Maya Gold Chocolate - organic	35g	0.81	FGOS
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KB198	Milk Chocolate - organic	35g	0.81	GOS
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KB136	Milk Chocolate Butterscotch	35g	0.81	GOS
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KB177	White Chocolate - organic	35g	0.81	GOS
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MAYAN MAGIC

KB447	Mayan Magic Raw Chocolate Kit	1	11.95	GSV
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MONTEZUMA'S

100g Bar Range

KB187	Creamy White - og	100g	2.25	GOS
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KB254	Dk Choc with Geranium & Orange	100g	2.25	GOSV
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KB194	Og Dark Chocolate & Chilli	100g	2.25	GOSV
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KB253	Og Milk Chocolate with Nutmeg	100g	2.25	GOS
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KB616	Og Milk Choc with Chilli / Lime	100g	2.29	GO
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KB189	Og Milk Choc-Peppermint/Vanilla	100g	2.25	GOS
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KB617	Og 54% Milk Choc Butterscotch	100g	2.29	GO
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Code	Description	Size	RRP	BFGOSV
KB186	Org 54% Milk Chocolate	100g	2.25	GOS
KB148	Peru Dark Chocolate	100g	2.25	GOVS
KB191	Smooth Milk - og	100g	2.25	GOS
KB196	Very Dark - og	100g	2.25	GOSV
<i>Easter Range</i>				
KB620	Milk Mini Eggs in Cube	160g	4.95	GO
<i>Giant Buttons</i>				
KB272	OG Dark Chocolate Button Bag	180g	2.35	GOSV
KB271	OG Milk Chocolate Button Bag	180g	2.35	GOS
KB270	OG White Chocolate Button Bag	180g	2.35	GOS
<i>Mini Bars</i>				
KB418	Dark Side with Butterscotch	30g	0.75	GOS
KB417	Dark with Chilli	30g	0.75	GOSV
KB419	Peru with Sea Salt	30g	0.75	GOSV
KB414	Smooth Milk	30g	0.75	GSO
KB416	Very Dark	30g	0.75	GOS
<i>MULU RAW CHOCOLATE</i>				
KB448	Mulu Raw Chocolate - Dark	74g	3.45	GSV
KB450	Mulu Raw Chocolate - Silk	74g	3.45	GSV
KB449	Mulu Raw Chocolate-Dark/Nibs	74g	3.45	GSV
KB451	Mulu Raw Chocolate-Mixed Case	74g	3.45	GSV
<i>ORGANIC SEED & BEAN COMPANY</i>				
KB535	Dark Chocolate Bars Gift Box	180g	5.49	FGOSV
<i>ORGANICA</i>				
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	FGOSV
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	FGOSV
<i>PLAMIL</i>				
<i>Carob Bars</i>				
KB143	Carob, No added sugar	100g	1.69	GV
KB140	Carob, No Hydrogenated Fat	100g	1.69	GSV
<i>Free From</i>				
KB506	Dairy Free Alternative	100g	1.69	GVS
KB071	Dairy Free Chocolate Drops	175g	2.59	GSV
KB507	Dairy Free Chocolate with Mint	100g	1.69	GVS
<i>No Added Sugar</i>				
KB169	No Added Sugar Chocolate	100g	2.05	GV
KB170	No Added Sugar Chocolate	100g	2.05	GV
KB441	No Added Sugar Chocolate	100g	2.05	GV
KB264	No added sugar chocolate	45g	0.89	GV
KB650	No Added Sugar Org Chocolate	100g	2.35	GOV
KB263	No added sugar with Mint	45g	0.89	GV
<i>Organic Large Bars</i>				
KB909	Cayenne Chocolate - OG	95g	2.09	GOSV
KB797	Dark Chocolate - OG	95g	2.09	GOSV
KB139	Fairtrade Organic Alternative	100g	2.09	FGOSV
KB096	Ginger Chocolate - OG	100g	2.09	GOSV
KB502	Mint Chocolate - OG	100g	2.09	GOVS
KB503	Orange Chocolate - OG	100g	2.09	OGVS
<i>Premium Organic Mini Bars</i>				
KB267	Dark 87% with White Mint	50g	1.35	GOSV
KB266	Orange Chocolate & Cranberries	50g	1.35	GOSV
KB430	Rum and Raisin Chocolate - OG	50g	1.35	GOSV
<i>PLUSH CHOCOLATES</i>				
<i>Easter Range</i>				
KB640	Heart Gift Box w/Choc Buttons	50g	6.99	GOS
<i>RAW HEALTH</i>				
KB601	Org Raw Extreme Dark Chocolate	70g	4.99	GOV
KB602	Org Raw Very Cherry Chocolate	70g	4.99	GOV

Code	Description	Size	RRP	BFGOSV
<i>SIESTA</i>				
<i>UK made, no hydrogenated fat</i>				
KB714	Carob Bar Luxury - Mixed	50g	1.05	VG
KB711	Carob Bar Luxury - Natural	50g	1.05	VG
<i>TRADICRAFT</i>				
KB435	Fair Trade Og Dark Chocolate	100g	2.95	FGOS
KB431	Fair Trade Og Milk Choc Coffee	100g	2.95	FGOS
KB420	Fair Trade Og Milk Chocolate	100g	3.05	FGOS
<i>Premium</i>				
KB434	Fair Trade Og Dark Choc Orange	100g	2.95	FGOS
<i>VIVANI ORGANIC CHOCOLATE</i>				
KB488	Cappucino Chocolate	100g	1.65	GOS
KB485	Dark 72% Chocolate	100g	1.65	GOS
KB487	Dark Choc, Peppermint filling	100g	1.65	GOS
KB486	Dark Chocolate with Cassis	100g	1.65	GOS
KB484	Dark Chocolate with Orange	100g	1.65	GOS
KB634	Dark with Green Tea & Mango	100g	1.99	GOS
KB481	Milk Choc w/Chopped Hazelnuts	100g	1.65	GOS
KB630	Milk Choc w/Whole Hazelnuts	100g	1.85	GOS
KB479	Milk Chocolate	100g	1.65	GOS
KB631	Milk Chocolate with Almonds	100g	1.85	GOS
KB480	Praline Chocolate	100g	1.65	GOS
KB483	White Choc with Strawberries	100g	1.65	GOS
<i>Premium</i>				
KB632	Dark Chocolate 85% Cocoa	100g	1.99	GOS
KB635	Superior Dark	100g	1.99	GOS
KB637	Superior Dark with Chilli	100g	1.99	GOS
KB636	Superior Milk Ecuador	100g	1.99	GOS
KB638	White Chocolate with Vanilla	100g	1.99	GOS

CHOCOLATE & TOFFEE SPREADS

<i>ATKINS & POTTS</i>				
GH085	Vanilla White Chocolate Spread	280g	3.99	GS
<i>BIONA</i>				
GH840	Chocolate Spread - og	350g	2.99	GOSV
<i>CARTMEL STICKY TOFFEE PUDDING</i>				
GH101	Sticky Toffee Sauce	170g	2.25	GS
GH100	Sticky Toffee Sauce	340g	4.49	GS
<i>CHE TOFFEE</i>				
GH013	Milk Toffee Spread - og	250g	2.49	GOS
<i>CHOCOLATE COMPANY</i>				
GH112	Choc Spread - Dark 72% Cocoa	300g	5.99	FG
GH111	Choc Spread 40% Milk	300g	5.99	FGS
<i>Hot Choc Dips</i>				
GH115	Dark 72%	250g	8.09	FG
GH116	Dark Hot Chilli & Orange	250g	8.09	FG
GH113	Milk 40%	250g	8.09	FG
<i>GREEN & BLACKS</i>				
GH843	Hazelnut Chocolate Spread - OG	400g	2.65	GOS
<i>PLAMIL</i>				
GH005	Chocolate Spread Orange - og	275g	2.25	GOSV
GH004	Chocolate Spread Plain - og	275g	2.24	GOSV
<i>WHOLE EARTH</i>				
GH107	Caramel Chocolate Spread	250g	1.79	GS
GH105	Crunchy Hazelnut Choc Spread	250g	1.79	GS
GH106	Dark Chocolate Spread	250g	1.79	GS
GH108	Smooth Chocolate Spread	250g	1.79	GS
GH104	Smooth Hazelnut & Choc Spread	250g	1.79	GS

CIDERS

<i>ASPALLS</i>				
RT023	Aspalls Organic Suffolk Cider	500ml	2.81	GOSV
RT255	Draught Suffolk Cider	500ml	2.50	GV
RT254	Dry Premier Cru Suffolk Cider	500ml	2.50	GV
RT253	Peronelle s Blush S folk Cider	500ml	3.26	GV

Code	Description	Size	RRP	BFGOSV
<i>DUNKERTONS</i>				
RT015	Dunkertons Organic Cider	500ml	2.65	GOV
RT191	Dunkertons Sparkling Perry	500ml	3.09	GOV
<i>FRENCH CIDER</i>				
RT190	Cidre Brut	75cl	4.70	GOV

COCOA

<i>SUMA PREPACKS - FAIRLY TRADED</i>				
LJ189	Cocoa Powder - organic, FT	250g	2.69	FGOV
<i>CAFEDIRECT</i>				
TE857	Drinking Chocolate	250g	3.20	FGVS
<i>CLIPPER</i>				
TE664	Fairtrade OG Drinking Choco	250g	2.69	FGOSV
TE851	Hot Chocolate, Instant - og	28g	0.70	FGOS
TE840	Instant OG Double Chocolate	400g	3.59	FGO
<i>FOOD SERVICE RANGE</i>				
TE461	Hot Chocolate, instant - og	28g	0.70	FGOS
TE525	Instant Organic Hot Chocolate	1Kg	8.99	FGOS
<i>DIVINE</i>				
TE687	Drinking Chocolate	500g	4.19	FGVS
<i>EQUAL EXCHANGE</i>				
TE491	Cocoa Fairtrade - organic	250g	3.29	FGOV
<i>GREEN & BLACKS</i>				
TE453	Cocoa Powder - organic	125g	1.69	FGOV
TE131	Hot Chocolate - organic	300g	3.25	GOS
<i>MONTEZUMA'S</i>				
KB190	No. 1 Blend Drinking Chocolate	300g	4.95	GOSV
<i>SPANISH CHOCOLATE COMPANY</i>				
TE370	Thick Hot Chocolate Drink	350g	3.99	GVS

COFFEE

<i>SUMA</i>				
TE198	Coffee - Dark Roasted	227g	2.89	GOVF
TE200	Coffee - Espresso	227g	2.89	FGOV
TE201	Coffee - Medium Roast	227g	2.89	FGOV
TE400	Suma Decaff Ground Coffee	227g	3.89	FGOV
TE373	Suma FT Colombia Coffee Beans	227g	2.99	FGOV
TE375	Suma FT Ethiopia Coffee Beans	227g	2.99	FGOV
TE372	Suma FT Ground Colombia Coffee	227g	2.99	FGOV
TE374	Suma FT Ground Ethiopia Coffee	227g	2.99	FGOV
TE384	Suma FT Ground Honduras Coffee	227g	2.99	FGOV
TE399	Suma FT Ground Sumatra Coffee	227g	2.99	FGOV
TE401	Suma FT Peru Coffee Beans	227g	2.99	FGOV
TE397	Suma FT Peru Ground Coffee	227g	2.99	FGOV
<i>CAFEDIRECT</i>				
TE340	Classic - decaff instant og	500g	25.99	FGOV
TE329	Classic - Instant Freeze Dried	100g	4.45	FGV
TE203	Classic - Instant Freeze Dried	200g	8.74	FGV
TE949	Decaffeinated Instant Coffee	100g	5.15	FGOV
TE493	Decaffeinated Roast & Ground	227g	4.30	FGV
TE492	Espresso Roast & Ground	227g	3.54	FGV
TE395	Instant - catering pack	500g	22.46	FGV
TE951	Kilimanjaro Mountain Special	227g	4.41	FGV
TE901	Machu Picchu Coffee Beans - og	227g	4.61	FGOV
TE952	Machu Picchu Mountain Special	227g	4.41	FGOV
TE176	Medium Ground	227g	3.89	FGV
TE950	Medium Roast & Ground Organic	227g	3.89	FGOV
TE065	Palenque - Medium Roast Ground	227g	4.41	FGOV
TE666	Rich Ground	227g	3.54	FGV
<i>CLIPPER</i>				
TE845	Decaffeinated Ground Coffee	227g	3.89	FGOV
TE421	Espresso ground - organic	227g	3.29	FGOV
TE848	French Style Coffee	227g	3.29	GOV
TE705	Ground Coffee - organic	227g	3.29	GOV
TE422	Instant - granules	100g	3.29	FGOV

Code	Description	Size	RRP	BFGOSV
TE739	Instant - organic	100g	3.79	FGOV
TE879	Instant - organic decaff	100g	3.99	FGOV
TE849	Italian Style Coffee	227g	3.29	GOV
TE076	Papua New Guinea Inst Coffee	100g	3.99	FGOV
<i>FOOD SERVICE RANGE</i>				
TE724	Instant - fairtrade & organic	500g	17.99	FGOV
TE526	Instant Organic Decaff	500g	22.00	FGOV

EQUAL EXCHANGE

TE489	Colombian med.roast ground cof	227g	3.99	FGOV
TE651	Colombian Whole Coffee Beans	500g	8.34	FGOV
TE881	Dark Roast - organic	227g	3.29	FGOV
TE889	Dark Roast Beans - organic	500g	6.54	FGOV
TE882	Decaffeinated - organic	227g	4.20	FGOV
TE890	Decaffeinated Beans - organic	500g	8.20	FGOV
TE888	Espresso - organic	227g	3.29	FGOV
TE779	Espresso beans	1Kg	9.70	FGOV
TE180	Espresso Whole Coffee Beans	500g	6.54	FGOV
TE654	Ethiopian Yirgacheffe R&G	227g	3.69	FGOV
TE880	Medium Roast - organic	227g	3.29	FGOV
TE652	Medium roast Beans - og	1Kg	9.70	FGOV
TE986	Medium Roast Beans - organic	500g	6.54	FGOV
TE778	Sumatran roast & ground coffee	227g	3.69	FGOV
TE647	Ugandan Roast & Ground Coffee	227g	3.69	FGOV

Modern Blends

TE961	Italian - beans	500g	6.59	FGOV
TE108	Italian Blend	227g	3.29	FGOV
TE341	Mocca Blend	227g	3.29	FGOV

GRUMPY MULE

TE286	Cafe Equidad - Colombia	227g	3.35	FGOV
TE289	Colombia Decaffeinated	227g	3.75	GOV
TE290	Espresso Wholebeans	227g	3.75	GOV
TE287	Guatemalan Finca Entre Rios	227g	3.75	GOV
TE288	Panama Esmeralda Diamond Mount	227g	3.75	GOV
TE323	Peru Coffee in Caddy	250g	4.29	FGOV
TE285	Sumatra Gaya Highlands	227g	3.35	FGOV

NARDO BIODYNAMIC COFFEE

TE313	Brazilian Coffee Ground	227g	3.99	GVOB
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PERCOL

TE167	African Ethiopian Ground	227g	3.59	FGOV
TE054	Americano Arabica Instant	100g	4.09	FGV
TE912	Americano Fairtrade - og	227g	3.45	FGOV
TE700	Colombia Coffee - fairtrade	227g	3.45	FGV
TE918	Colombia Decaff - fairtrade	227g	3.85	FGV
TE749	Colombia Rainforest - og	227g	3.45	GOV
TE658	Colombian Freeze Dried Instant	100g	4.09	GOV
TE693	Espresso Arabica Beans	500g	7.39	FGV
TE659	Fair Trade Original Coffee	100g	3.06	FGV
TE005	Fairtrade Colombian	100g	4.09	FGV
TE679	Fairtrade Colombian - decaff	100g	4.09	FGV
TE701	Fairtrade Latin America - og	227g	3.45	FGOV
TE706	Guatemala	227g	3.45	FGV
TE310	Honduras La Tigra Rainforest	227g	3.45	FGV
TE703	Italiano Fairtrade - og	227g	3.45	FGOV
TE702	Nicaragua - fairtrade	227g	3.45	FGV

TRAIDCRAFT

TE673	Instant Coffee	100g	2.55	FGV
TE326	Instant Coffee - Org & FT	100g	3.59	FGOV
TE325	Instant Coffee - Org & FT	500g	20.45	FGOV
TE692	Instant Coffee Tub	500g	11.15	FGV
TE777	Medium Roast	1kg	13.26	FGV
TE775	Medium Roast	227g	3.09	FGV
TE773	Medium Roast - Decaffeinated	227g	4.59	FGOV

UNION HAND ROASTED

TE184	Brazil Ground Coffee	227g	3.55	GV
TE183	Bright Note Ground Coffee	227g	3.55	GV
TE117	Colombian Ground Coffee	227g	3.85	FGV
TE115	Decaffeinated Ground Coffee	227g	4.85	FGV

B-biodynamic F-fairly traded G-gluten free O - organic S - added sugar V - vegan

Code	Description	Size	RRP	BFGOSV
TE413	Display Stand with stock	227g	2.75	GV
TE191	Ethiopia Yirgacheffe ground	227g	4.75	GOV
TE185	Guatemala Ground Coffee	227g	3.85	GV
TE116	Mexico Chiapas Ground Coffee	227g	3.85	FOGV
TE764	Natural Spirit Ground Coffee	227g	3.85	FGOV
TE766	Revelation Ground Coffee	227g	3.85	GV
TE763	Rwanda Ground Coffee	227g	3.55	FGV
TE318	Sumatra Takengon	227g	3.85	GV
TE181	Union Spirit Ground Coffee	227g	3.85	GV

COFFEE SUBSTITUTES

SYMINGTONS

TE138	Dandelion Coffee	100g	2.95	G
TE137	Dandelion Coffee	300g	6.79	G
TE139	Dandelion Coffee	500g	10.59	G

WHOLE EARTH

TE215	Wake Cup	125g	3.49	GV
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CONVENIENCE FOODS

DANIVAL

VF553	Ratatouille - organic	670g	5.25	OVG
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FREE & EASY

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

GRANOVITA

VF036	Nut Luncheon	420g	1.89	GV
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REALLY INTERESTING FOOD CO

VF045	Spanish Chick Pea Casserole	400g	1.79	GV
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ZANAE

VF527	Okra in Sauce	280g	2.29	GV
VF528	Spinach and Rice	280g	1.85	GV

CRISPS & SNACKS

SUMA PREPACKS

ZX195	Bombay Mix	125g	0.65	GV
ZX196	Bombay Mix	250g	0.99	GV
ZX084	Fruit & Nut Mix	125g	1.45	GV
ZX294	Spiced Roast Chick Peas	125g	0.69	GV
ZX204	Spicy Noodles	125g	0.75	GV
ZX558	Spicy Noodles	175g	0.99	GV
ZX088	Trail Mix	125g	0.79	GS
ZX244	Tropical Mix	125g	0.79	GS

AMAZIN

ZX589	Bio Corn Chips Nachos	150g	1.49	GOS
ZX407	Chilli Corn Rolls	100g	1.05	GOVS
ZX428	Nacho Corn Chips Snack Size	75g	1.35	GOV
ZX429	Natural Corn Chips Value Bag	250g	1.95	GOV
ZX245	Organic Rice Chips - Chilli	105g	1.99	GOV
ZX247	Organic Rice Chips - Garlic	105g	1.99	GOV
ZX246	Organic Rice Chips - Original	105g	1.99	GOV
ZX406	Tomato Corn Rolls	100g	1.05	GOS

BIONA

ZX397	Potato Chips - Lightly Salted	30g	0.79	GOV
ZX424	Potato Chips - Lightly Salted	100g	2.09	GOV
ZX396	Potato Chips - Salt & Vinegar	30g	0.79	GOSV
ZX425	Potato Chips-Sour Cream&Onion	100g	2.09	GO

CLEARSPRING

ZX216	Roasted Seeds & Soya Snack	35g	0.95	GOV
ZX218	Roasted Seeds, Soya & Cranberry	30g	0.99	GOV
ZX226	Tamari Roast Sicilian Almonds	30g	1.29	OG

CYPRESSA

ZX810	Roasted and Salted Broad Beans	150g	0.89	GV
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Code	Description	Size	RRP	BFGOSV
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KETTLE CHIPS

ZX912	Balsamic Vinegar & Sea Salt	40g	0.65	GSV
ZX381	Balsamic Vinegar & Sea Salt	150g	2.09	GSV
ZX404	Crushed black pepper	150g	2.09	GV
ZX419	Gold Parsnip, Sw Pot & Beetroot	100g	2.09	GV
ZX914	Lightly Salted	40g	0.65	GSV
ZX248	Lightly Salted	150g	2.09	GV
ZX280	Mature Cheddar & Red Onion	40g	0.65	G
ZX299	Mature Cheddar & Red Onion	150g	2.09	G
ZX405	No added salt	150g	2.09	GV
ZX307	Roasted Tomato & Basil	150g	2.09	GSV
ZX913	Sea Salt & Crushed Peppercorns	40g	0.65	GSV
ZX430	Sea Salt & Vinegar Multipack	6 x 30g	2.29	GSV
ZX298	Sour Cream & Onion	40g	0.65	G
ZX359	Sour Cream & onion	150g	2.09	G

MUNCHY SEEDS

ZX262	Chilli Mix	30g	0.57	GV
ZX259	Mixed Case	30g	0.57	GV
ZX263	Omega Mix	30g	0.57	GV

NUTRADIA

ZX380	Paprika	85g	1.59	GVS
ZX383	Provençal	85g	1.59	GS
ZX378	Sea Salt	85g	1.59	GV
ZX379	Sea Salt and Black Pepper	85g	1.59	GV
ZX382	Thai Chilli	85g	1.59	GS

PIPERS CRISPS

ZX295	Sea Salt & Indian Black Pepper	40g	0.65	GSV
ZX296	Somerset Cider Vinegar/Salt	40g	0.65	G

TERRASANA

ZX560	Mung Bean Chips	50g	2.09	GOV
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TRAF0

ZX401	Corn Peanuts	75g	1.25	GOV
ZX053	Paprika Crisps - organic	40g	0.89	GOV
ZX577	Provençal Crisps - organic	40g	0.89	GO
ZX054	Salt & Vinegar Crisps - org	40g	0.89	GOV
ZX055	Salted Crisps - organic	40g	0.89	GOV
ZX436	Tortilla Chips - Chilli	200g	1.85	GOV
ZX136	Tortilla Chips - Natural	200g	1.85	GOV
ZX138	Vegetable Chips	75g	2.35	GOV

TYRRELLS

Potato Chips - Impulse

ZX907	Cheddar Cheese and Chives	40g	0.65	G
ZX909	Cider Vinegar and Sea Salt	40g	0.65	GSV
ZX324	Garden Herbs	40g	0.65	GSV
ZX908	Lightly Sea Salted	40g	0.65	GV
ZX042	Naked - No added Salt	40g	0.65	GV
ZX906	Sea Salt and Black Pepper	40g	0.65	GSV
ZX147	Summer Barbecue	40g	0.65	GV
ZX918	Sweet Chilli and Red Pepper	40g	0.65	GSV

Potato Chips - Sharing

ZX046	Garden Herbs	150g	1.69	GSV
ZX022	Lightly Sea Salted	150g	1.69	GV
ZX023	Naked Chips	150g	1.69	GV
ZX024	Sea Salt & Black Pepper	150g	1.69	GV
ZX323	Summer Barbecue	150g	1.69	GV
ZX021	Sweet Chilli & Red Pepper	150g	1.69	GV

Vegetable Chips

ZX658	Mixed Roots	40g	0.99	GV
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WHOLE EARTH

SoCrispy Light & Crunchy Bites

ZX122	Italian Herb Bites	28g	0.69	G
ZX418	Sea Salt & Vinegar Bites	28g	0.69	G
ZX123	Smoky Paprika Bites	28g	0.69	GV

DAIRY DESSERTS (FROZEN)

CREAM O' GALLOWAY

XL169	OG Cappuccino Ice Cream	120ml	1.45	FGOS
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B - biodynamic F - fairly traded G - gluten free O - organic S - added sugar V - vegan

Code	Description	Size	RRP	BFGOSV
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

GREEN & BLACKS

XL078	Og Vanilla Caramel Nut Ice Crm	100ml	1.35	GOS
XL083	Og Vanilla Caramel Nut Ice Crm	500ml	4.09	GOS
XL076	Organic Chocolate Ice Cream	100ml	1.35	GOS
XL080	Organic Chocolate Ice Cream	500ml	4.09	GOS
XL085	Organic Vanilla Brick	600ml	4.09	GOS
XL077	Organic Vanilla Ice Cream	100ml	1.35	GOS
XL082	Organic Vanilla Ice Cream	500ml	4.09	GOS

ROSKILLYS

XL171	OG Chocolate Ice Cream	110ml	1.60	GO
XL170	OG Clotted Cream Vanilla Ice	110ml	1.60	GO
XL174	OG Hokey Pokey Ice Cream	110ml	1.60	GO
XL173	OG Mint Choc Chip Ice Cream	110ml	1.60	GO
XL172	OG Strawberry Ice Cream	110ml	1.60	GO

DESSERTS

GRANOVITA

SY171	Deluxe Soyage - Black Cherry	145g	0.55	GVS
SY172	Deluxe Soyage - Peach/Apricot	145g	0.52	GVS
SY047	Deluxe Soyage - Plain	145g	0.55	GV
SY174	Deluxe Soyage - Raspberry	145g	0.55	GVS
SY173	Deluxe Soyage - Strawberry	145g	0.55	GVS
SY044	Deluxe Soyage - Tropical	145g	0.55	GV

JUST WHOLEFOODS

VF065	Custard Powder	100g	0.99	GV
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PROVAMEL

SY075	Soya Custard	525g	1.19	GOV
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DESSERTS & PUDDINGS (CHILLED)

RACHELS DAIRY

Divine Rice Dessert

CV257	Organic Creamy Rice Dessert	500g	1.89	GOS
CV622	Traditional Creamy	150g	0.70	GOS

YEO VALLEY

CV990	Apple, Strawberry & Blackberry	450g	3.09	GOS
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DRINKS (CHILLED)

ALPRO

CV088	Organic Fresh Soya Drink	1l	1.59	GOV
CV072	Soya Drink - Light	1l	1.49	GV
CV482	Soya Fresh - Chocolate	1l	1.59	GVS
CV087	Soya Fresh - Natural	1l	1.39	VG

GROVE ORGANIC FRUIT CO

Organic NFC Fruit Juices

CV047	Apple & Cranberry - organic	1l	3.18	GOV
CV199	Apple & Mango - organic	1l	3.18	GOV
CV198	Apple Juice - organic	1l	3.18	GOV
CV532	Breakfast Juice - organic	1l	3.29	GOV
CV175	Grapefruit Juice - organic	1l	3.18	GOV
CV004	Orange Juice - organic	1l	3.29	GVO
CV259	Organic Orange Juice (Large)	1.75l	4.99	GOV

PIP ORGANIC DRINKS

CV574	Cloudy Apple Juice	1l	3.19	GOV
CV576	Organic Apple & Cherry Juice	1l	3.19	GOV
CV575	Organic Apple and Mango Juice	1l	3.19	GOV

RDA ORGANIC

Sqqquishy Fruit Smoothie

CV906	Org Blackcurrant,Apple,Banana 4 x 150ml	1.15	GOV
Squeezy Fruit Pouches			
CV905	Kids Squeezy Pure Organic 4 x 150ml	1.15	GOV

Code	Description	Size	RRP	BFGOSV
<i>SHAKEN UDDER</i>				
<i>Minimum 4 days shelf life</i>				
CV563	Caramoo	330ml	1.79	G
CV565	Chocolush	330ml	1.79	G
CV566	Strawberry Stash	330ml	1.79	G
CV568	Top Banana	330ml	1.79	G

FAR EASTERN FOOD

AMAZIN

LJ131	Rich Coconut Milk OG	200ml	0.85	GOV
LJ136	Rich Coconut Milk OG	400ml	1.29	GOV

BIONA

VF187	Coconut Milk Light Organic	400ml	0.99	GOV
VF775	Coconut Milk Organic	400ml	1.19	GOV
VF772	Creamed Coconut Organic	200g	1.09	GOV

BLUE DRAGON

VF416	Bamboo Shoots	225g	1.05	GV
VF831	Bamboo Shoots & Water Chestnut	225g	1.05	G
VF417	Bean Sprouts	410g	1.25	GV
LJ495	Coconut Cream UHT	250ml	1.69	GV
LJ130	Coconut Milk	400ml	1.25	G
LJ254	Coconut Milk - Reduced Fat	400ml	1.09	GV
LJ652	Coconut Milk Mini Cans	165ml	0.75	GV
LJ134	Coconut Milk Organic	400ml	2.15	GOV
LJ050	Creamed Coconut Block	200g	1.59	VG
HE212	Garlic - Minced	110g	1.39	GV
HE213	Ginger - minced green	110g	1.05	GV
HE211	Lemon Grass	210g	1.89	GV
HE214	Minced Hot Chilli	110g	1.05	GSV
VF820	Springroll Wrappers	134g	1.05	VG
VF841	Stem Ginger in Syrup	260g	2.25	SVG
JP093	Sushi Nori	22g	1.75	VG
VF419	Water Chestnuts	225g	1.05	GV

CLEARSPRING

JP090	Arame	50g	3.99	GV
JP304	Breton Sea Salad	50g	3.29	GV
JP060	Brown Rice Vinegar - Organic	150ml	1.99	GOV
JP013	Brown Sushi Rice - Organic	500g	2.19	GOV
JP131	Dulse - atlantic coast	50g	3.69	GV
JP069	Green Nori Sprinkle	20g	1.99	GV
JP070	Hijiki	50g	3.69	GV
JP007	Japanese Sea Vegetable Salad	25g	4.79	GV
JP091	Kombu	50g	4.39	GV
JP017	Maitake Mushrooms - Dried	30g	5.49	GV
JP134	Mikawa Mirin	150ml	3.99	OG
JP135	Mirin	150ml	2.49	G
JP071	Nori	25g	3.49	GV
JP066	Shiitake Mushrooms	50g	4.99	GV
JP072	Sushi Nori - toasted	17g	2.89	GV
JP314	Sushi Rice - Organic	500g	1.99	OGV
JP130	Tamari Soya Sauce	150ml	2.89	GOV
JP001	Tamari Soya Sauce	2.5l	35.99	GOV
JP501	Tamari Soya Sauce	500ml	7.79	GOV
JP101	Ume Plum Seasoning	150ml	1.69	GV
JP098	Umeboshi Plums	200g	7.59	GV
JP313	Umeboshi Puree	250g	5.79	GV
JP092	Wakame	50g	3.99	GV
JP021	Wasabi Powder	25g	2.99	GV

DUNN'S RIVER

VF106	Coconut Milk	400ml	0.75	GV
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GEO ORGANICS

VF736	Black Bean Cooking Sauce	350g	2.35	GOSV
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KTC

MA066	Creamed Coconut	200g	0.85	GV
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LEGEND ORGANICS

LJ007	Coconut Milk - organic	400ml	1.25	OGV
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Code	Description	Size	RRP	BFGOSV
<i>MERIDIAN</i>				
VF871	Green Thai Cooking Sauce	350g	1.79	GV
JP309	Tamari	150ml	2.29	GV
JP310	Tamari	500ml	4.99	GV
JP058	Tamari	5l	34.39	GV
<i>MOR-NU</i>				
JP205	Tofu - Firm	349g	1.65	GV
<i>REAL ORGANIC FOOD COMPANY</i>				
VF133	Thai Green Curry	350g	2.89	GOV
VF137	Thai Red Curry	350g	2.89	GOV
VF135	Thai Yellow Curry	350g	2.89	GOV
<i>REALLY INTERESTING FOOD CO</i>				
VF115	Thai Green Curry	400g	1.79	GSV
VF037	Thai Temple Curry	400g	1.79	GSV
<i>SANCHI</i>				
JP109	Hatcho Miso	345g	3.29	GV
JP105	Miso - Genmai (Brown Rice)	345g	2.99	GV
JP055	Miso Soup	6 x 8g	2.29	GV
JP670	Tamari - organic	150ml	2.49	OVG
JP119	Tamari Soy Sauce	300ml	2.99	GV
<i>SEEDS OF CHANGE</i>				
VF063	Sweet & Sour Cooking Sauce	350g	2.99	GOSV
<i>TERRASANA</i>				
JP025	Mirin - cooking wine	250ml	3.35	GV
<i>YAKSO</i>				
JP113	Tamari - organic	250ml	3.29	VOG

FLAKES, BRANS & WHEATGERM

<i>SUMA PREPACKS - ORGANIC</i>				
FX031	Millet Flakes - organic	500g	2.19	GOV
FX656	Quinoa Flakes - organic	500g	4.65	GOV
<i>ALLERGYCARE</i>				
FX044	Buckwheat Flakes	500g	3.19	GV
<i>BARKAT</i>				
MX270	Porridge- Millet & Rice Flakes	500g	4.79	GOSV
<i>HALE & HEARTY</i>				
MX082	Pure Gluten Free Porridge Oats	325g	4.39	GSV
<i>QUINOA REAL</i>				
FX505	Quinoa Flakes - OG	500g	5.29	FGOV

FLOURS & BREAD MIXES

<i>SUMA PREPACKS</i>				
FG078	Gram Flour	500g	1.09	GV
FG092	Polenta	500g	1.09	GV
<i>SUMA PREPACKS - ORGANIC</i>				
FG149	Brown Rice Flour - organic	500g	1.49	GOV
FG128	Maize Meal - organic	500g	1.09	GOV
FG205	Soya Flour - organic	250g	1.99	GOV
<i>ALLERGYCARE</i>				
FG096	Tapioca Flour	500g	2.12	GV
<i>DOVES FARM</i>				
FG522	Gluten Free Brown Bread Flour	1Kg	2.35	GVS
FG700	Gluten Free Plain White Flour	1Kg	2.25	GV
FG701	Gluten Free Self Raising White	1Kg	2.25	GV
FG520	Gluten Free White Bread Flour	1Kg	2.35	GV
FG116	Gram (chickpea) flour	1Kg	1.79	GV
FG117	Rice Flour	1Kg	1.65	GV
<i>GLEBE FARM</i>				
<i>Gluten Free Bread Mixes</i>				
FG076	G/F Seeded Brown Bread Mix	375g	2.25	GV
FG068	Gluten Free White Bread Mix	375g	2.15	GV
<i>Gluten Free Cake Mixes</i>				
FG064	G/F Cran/Blueberry Muffin Mix	300g	2.85	GSV

Code	Description	Size	RRP	BFGOSV
FG065	Gluten Free Carrot Cake Mix	300g	2.85	GSV
FG074	Gluten Free Chocolate Cake Mix	300g	2.85	GSV
<i>HALE & HEARTY</i>				
FG058	Classic Chocolate Cake Mix	400g	3.29	GOSV
FG057	Classic Vanilla Sponge Mix	400g	2.59	GOSV
FG062	Four Grain Pancake Mix	400g	3.19	GOSV
FG060	Luxury Wholegrain Crumble Mix	400g	3.09	GSV
FG059	Multi-Seed Bread Mix	375g	3.29	GOSV
FG056	Rich Chocolate Brownie Mix	400g	3.19	GOSV
<i>ORGRAN</i>				
FG503	Buckwheat Pancake Mix	375g	2.95	GV
<i>RAKUSENS</i>				
FG044	Potato Flour	500g	2.15	GV

FRUIT - CANNED & JARRED

<i>BIONA</i>				
KJ348	Apricot Halves - Jars	350g	2.49	GOSV
KJ287	Organic Cranberries in Agave	340g	3.29	GOSV
KJ349	Sour Cherries (Jars)	350g	2.49	GOSV
KJ358	Sweet Cherries (Jars)	350g	2.49	GOSV
KJ347	Wild Blueberries (Jars)	350g	3.49	GOSV
<i>CARLEYS</i>				
KJ240	Preserved Lemons - og	460g	3.75	GOV
<i>CLEARSPRING</i>				
VF190	Apple & Apricot Puree-organic	2 x 100g	1.25	GOV
VF170	Apple & Mango Fruit Puree -Org	2 x 100g	1.25	GOV
VF189	Apple & Plum Puree-organic	2 x 100g	1.25	GOV
VF188	Apple & Blueberry Puree-organic	2 x 100g	1.25	GOV
VF155	Pear Puree - organic	2 x 100g	1.25	OVG
<i>COOKS & CO</i>				
KJ104	Whole Green Figs in Syrup	400g	1.45	GS
<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 PREPACKS</i>				
DR047	Apple - rings SO2	200g	1.35	GV
DR093	Apricots - select SO2	125g	1.09	GV
DR094	Apricots - select SO2	250g	1.75	GV
DR095	Apricots - select SO2	500g	2.99	GV
DR096	Apricots - unsulphured	250g	2.15	GV
DR054	Banana - chips	250g	0.99	GS
DR120	Banana Chips	125g	0.69	GS
DR133	Blueberries	125g	3.39	GSV
DR060	Cranberries	125g	1.55	GVS
DR084	Cranberries	250g	2.69	GVS
DR097	Currants - medium	250g	1.15	GV
DR099	Dates - pitted	250g	0.79	GV
DR100	Dates - pitted	500g	1.19	GV
DR101	Figs	250g	1.55	GV
DR102	Figs	500g	2.99	GV
DR070	Fruit salad - SO2	250g	1.89	GV
DR181	Fruit salad - SO2	500g	3.29	GV
DR121	Ginger - crystallised	125g	1.25	GVS
DR182	Ginger - crystallised	250g	1.99	GSV
DR055	Goji Berries	100g	1.79	GV
DR032	Incan Berries	125g	1.99	GV
DR279	Mango Slices	125g	2.35	GV
DR203	Mixed Peel	200g	1.15	GVS
DR123	Papaya - diced	125g	0.79	GSV
DR125	Peaches - SO2	250g	1.49	GV
DR124	Pears - SO2	250g	1.79	GSV

B - biodynamic F - fairly traded G - gluten free O - organic S - added sugar V - vegan

Code	Description	Size	RRP	BFGOSV
DR129	Pineapple - diced SO2	125g	0.79	GSV
DR180	Pineapple - diced SO2	250g	1.19	GSV
DR288	Pineapple Rings - SO2	125g	2.25	GV
DR104	Prunes - 20/30 large	250g	1.85	GV
DR106	Prunes - medium	250g	1.69	GV
DR107	Prunes - medium	500g	2.29	GV
DR108	Prunes - pitted sorbated	250g	1.35	GV
DR140	Prunes - pitted sorbated	500g	2.49	GV
DR668	Raisins - Dark flame	250g	1.05	GV
DR089	Raisins - Dark Flame	500g	1.69	GV
DR139	Raisins - Lexias	500g	3.39	GV
DR113	Raisins - Thompson	250g	1.09	GV
DR167	Raisins - Thompson	500g	1.79	GV
DR114	Sultanas - Australian	250g	1.09	GV
DR115	Sultanas - Australian	500g	2.45	GV
DR117	Sultanas - Turkish	500g	1.75	GV
DR034	Super 4U Berry Mix	125g	2.99	GV
DR119	Vine Fruit Mix	500g	2.29	GV

SUMA PREPACKS - ORGANIC

DR063	Apricots - organic	250g	2.09	GOV
DR250	Apricots - organic	500g	3.95	GOV
DR655	Banana Chips - organic	250g	1.89	GOS
DR325	Cranberries - organic	125g	2.79	GOSV
DR057	Cranberries - organic	250g	5.35	GOSV
DR073	Currants - organic	250g	1.99	GOV
DR251	Currants - organic	500g	3.55	GOV
DR159	Dates - organic Medjool	250g	4.69	GOV
DR720	Dates - pitted fairtrade og	250g	1.99	FGOV
DR074	Dates - pitted organic	250g	1.95	GOV
DR252	Dates - pitted organic	500g	3.39	GOV
DR064	Figs - organic	250g	2.49	GOV
DR254	Figs - organic	500g	3.99	GOV
DR040	Fruit Cake Mix - Organic	500g	3.49	GOV
DR011	Ginger - crystallised organic	125g	1.55	GOSV
DR020	Ginger - crystallised organic	250g	2.79	GOSV
DR110	Mango Slices - Organic	125g	2.39	OGV
DR077	Pitted Prunes - organic	250g	2.19	GOV
DR253	Pitted Prunes - organic	500g	4.09	GOV
DR065	Raisins - organic	250g	1.19	GOV
DR255	Raisins - organic	500g	2.05	GOV
DR066	Sultanas - organic	250g	1.25	GOV
DR256	Sultanas - organic	500g	2.15	GOV
DR365	Vine Fruit Mix - organic	500g	3.65	GOV

CRAZY JACK

DR354	Organic Ready to Eat Apricots	250g	2.29	GOV
DR355	Organic Ready To Eat Figs	250g	2.99	GOV
DR356	Organic Ready To Eat Plums	250g	2.89	GOV

ST DALFOUR

DR158	Extra Large Raisins	200g	1.99	GV
DR160	Pitted Giant French Prunes	200g	2.49	GV
DR157	Premium Cranberries	200g	2.49	GSV
DR161	Raisins & Cranberries	200g	2.49	GSV
DR162	Unpitted Giant French Prunes	200g	2.09	GV

SUNMAID

DR086	Raisins - Californian	42.5g	0.55	GV
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TRADCRAFT

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

TROPICAL WHOLEFOODS

DR130	Apricot Kernels Chilli Roast	50g	1.05	FGOV
DR137	Chewy Banana Chips	150g	1.55	GV
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

Code	Description	Size	RRP	BFGOSV
BK015	Recipe Book	20 pack	0.30	GV

ZAYTOUN

DR164	Palestinian Medjool Dates	250g	3.95	FGV
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FRUIT (FROZEN)

NATURAL COOL

XL142	Organic Berry Mix	300g	3.35	GOVB
XL145	Organic Blueberries	300g	3.35	GOVB
XL148	Organic Tropical Mix	300g	3.18	GOVB
<i>Fruit</i>				
XL179	Raspberries	300g	3.35	GOV
XL182	Sour Cherries	300g	3.18	GOV
XL180	Strawberries	300g	2.74	GOV

FRUIT AND VEGETABLE JUICES

AJ'S

JU168	Apple Juice - Fairtrade	400ml	1.19	FGV
JU372	Orange Juice - Fairtrade	400ml	1.19	FGV

ASPALLS

JU003	Apple Juice - Tetrapaks	1l	2.19	GV
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BEEET IT

From James White

JU453	Beetroot Juice - og	750ml	2.99	GOV
JU454	Beetroot Juice - og	250ml	1.49	GOV

BELVOIR

JU552	Orange & Jasmine Presse - og	250ml	1.19	GOSV
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BERRY COMPANY

JU316	Acai Juice Drink	330ml	1.49	GV
JU055	Blueberry Juice Drink	1l	2.19	GV
JU039	Blueberry Juice Drink	330ml	1.49	GV
JU063	Goji Juice Drink	1l	2.19	GV
JU318	Goji juice Drink	330ml	1.49	GV
JU060	Raspberry Juice Drink	1l	2.19	GV
JU061	Superberry Purple Juice Drink	1l	2.19	GV
JU050	Superberry Red Juice Drink	1l	2.19	GV

BIONA

JU252	Apple juice - og	1l	2.09	GOV
JU543	Apple Juice - organic	750ml	2.19	GOV
JU521	Cranberry Fruit Drink Organic	700ml	4.39	GOV
JU508	Cranberry Juice 100% Pure	330ml	4.69	GOV
JU245	Multi 7 juice - og	1l	2.69	GOV
JU541	Orange Juice - og	750ml	3.19	GOV
JU028	Organic Blueberry Juice	330ml	5.39	GOV

BIOTTA

JU010	Beetroot Juice - organic	500ml	3.59	GOV
JU009	Carrot Juice - og	500ml	3.59	GOV
JU011	Vegetable Cocktail - og	500ml	3.59	GVO

BOTTOM VILLAGE FOODS

JU893	Apple Juice, fresh pressed -og	568ml	2.19	GOV
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CAWSTON PRESS

JU556	Apple & Beetroot	1l	2.05	GV
JU203	Apple & Blackcurrant	1l	2.09	GV
JU510	Apple & Elderflower	250ml	0.89	GV
JU328	Apple & Elderflower	1l	2.09	GV
JU329	Apple & Ginger	1l	2.09	GV
JU444	Apple & Rhubarb	1l	2.09	GV
JU507	Apple Juice	250ml	0.89	GV
JU631	Apple Juice (tetrapak)	1l	2.09	GV

CHERRYGOOD

JU465	Cherrygood Cherry & Berry	1l	1.89	GV
JU464	Cherrygood Original Cherry	1l	1.89	GV

DUSKIN

JU639	Apple Juice - Braeburn	1l	2.39	GV
JU287	Apple Juice - Bramley	1l	2.39	GV
JU005	Apple juice - Charles Ross	1l	2.39	GV

Code	Description	Size	RRP	BFGOSV
JU484	Mango Crushed Fruit Drink	1l	2.69	GSV
JU490	Pear Crushed Fruit Drink	250ml	1.45	GSV
JU570	Pear Crushed Fruit Drink	750ml	2.49	GSV
JU486	Pear Crushed Fruit Drink	1l	2.69	GSV
JU565	Prune Juice	750ml	2.49	GV
JU488	Prune Juice	1l	2.69	GV
JU569	Prune Juice, pure squeezed	750ml	3.49	GV
JU482	Prune Juice, pure squeezed	750ml	2.99	GV
JU564	Tomato Juice, pure squeezed	750ml	2.49	GV
JU483	Tomato Juice, pure squeezed	750ml	2.79	GV

VITALIA

JU809	Prune Juice - organic	20cl	1.75	GOV
JU614	Prune Juice - organic	750ml	4.65	GVO

VITAMONT

JU092	Red Grape Juice - og	750ml	4.59	GOV
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WELCHS

JU265	Welchs Purple Grape Juice	750ml	1.85	GV
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FRUIT JUICE CONCS & CORDIALS

SUMA

JU058	Apple - concentrate	500ml	2.99	GV
JU057	Apple - concentrate	5l	30.08	GV
JU241	Apple & Blackcurrant og	400ml	4.49	GOV
JU243	Apple Juice Concentrate - og	5l	33.89	GOV
JU240	Apple Juice OG	400ml	3.99	GOV
JU062	Apple/Blackcurrant concentrate	500ml	3.49	GV

BELVOIR

JU531	Blackcurrant & Apple Cordial	500ml	3.99	GSV
JU443	Blood Orange & Mandarin	50cl	2.15	GOSV
JU551	Cranberry Cordial	500ml	3.99	GSV
JU578	Elderflower Cordial	500ml	3.75	GSV
JU112	Elderflower Cordial	70cl	3.99	GSV
JU237	Elderflower, Gooseberry	500ml	1.49	GSV
JU577	Ginger Cordial	500ml	3.75	GSV
JU128	Ginger Cordial	70cl	3.99	GSV
JU155	Lime & Lemongrass Cordial	70cl	3.99	GSV
JU156	Organic Blackcurrant Cordial	50cl	4.29	GOSV
JU042	Organic Blueberry Cordial	50cl	4.39	GOSV
JU275	Organic Elderflower Cordial	50cl	4.29	GOSV
JU276	Organic Ginger Cordial	50cl	4.29	GOSV
JU290	Raspberry & Rose Cordial	50cl	3.99	GSV
JU291	Spiced Winter Berries Cordial	70cl	3.99	GSV

BOTTLE GREEN

JU273	Aromatic Sweet Lime Cordial	500ml	3.75	GSV
JU051	Elderflower Cordial	500ml	3.75	GSV
JU052	Ginger & Lemongrass Cordial	500ml	3.75	GSV
JU038	Pomegranate Elderflower C'dial	500ml	3.75	GSV
JU053	Spiced Berry Cordial	500ml	3.75	GSV
JU526	Strawberry Elderflower Cordial	500ml	3.75	GSV

Classic Variety Cordials

JU438	Blackberry & Russet Apple	350ml	3.05	GSV
JU439	Cox s Apple & Plum	350ml	3.05	GSV
JU448	Williams Pear & Elderflower	350ml	3.05	GSV

ESSENTIAL DRESSINGS

Fruit Coulis

KJ194	Mango and Ginger	225ml	2.99	GSV
KJ185	Raspberry	225ml	2.99	GSV
KJ184	Strawberry and Vanilla	225ml	2.99	GSV

MERIDIAN

JU152	Apple & Blackcurrant concentrate	360ml	4.79	GV
JU139	Apple Concentrate	360ml	3.79	GV
JU202	Apple Concentrate - org	360ml	4.49	GVO
JU190	Pear concentrate	360ml	4.79	GV

ROCKS

JU109	Big Apple & Lil Berry Squash	740ml	1.99	GOSV
JU142	Blackcurrant Cordial - organic	360ml	3.25	GOVS

Code	Description	Size	RRP	BFGOSV
JU426	Blackcurrant Squash - organic	740ml	2.39	GOSV
JU107	Blue Two Squash - og	740ml	2.39	GOSV
JU430	Cranberry Cordial - og	360ml	3.25	GOSV
JU073	Echinacea & Orange Cordial og	360ml	3.25	GOSV
JU196	Elderflower Cordial - organic	360ml	3.25	GOSV
JU246	Elderflower Squash - og	740ml	2.79	GOSV
JU248	Fruit Punch Cordial- Organic	360ml	3.25	GOSV
JU247	Ginger & Apple Squash - og	740ml	2.79	GOSV
JU638	Ginger Cordial - organic	360ml	3.25	GOSV
JU303	Lemon Cordial - organic	360ml	3.25	GOVS
JU427	Lemon Squash - organic	740ml	1.99	GOSV
JU256	Lime Cordial - organic	360ml	3.25	GOSV
JU254	Lime Squash - og	740ml	2.79	GOSV
JU428	Orange Squash - organic	740ml	1.99	GOSV
JU065	Red 5 Super Fruits Squash - og	740ml	2.39	GOSV
JU200	Summer Fruit Cordial - organic	360ml	3.25	GOSV
JU101	Tropical Squash - og	740ml	2.39	GOSV

THORNCROFT

JU121	Autumn Rosehip Cordial	375ml	3.49	GSV
JU475	Pink Ginger Cordial	375ml	3.49	GVS
JU206	Wild Elderflower Cordial	375ml	3.49	GVS
<i>Wellbeing Cordials</i>				
JU593	Detox	375ml	3.49	GSV
JU594	Kombucha	375ml	2.99	GSV
JU476	Wild Nettle Cordial	375ml	3.49	GVS

GOATS MILK PRODUCTS (CHILLED)

BIONA

CV074	Camembert - organic	125g	3.99	GO
CV205	Fresh Goats cheese - organic	90g	2.99	GO

DELAMERE

CV980	Feta Cheese	200g	2.45	G
CV239	Goats Butter	250g	1.69	G
CV114	Goats Milk Yoghurt - Plain	125g	0.64	G
CV464	Herby Fresh Goat Cheese Log	125g	1.99	G
CV463	Honey Fresh Goat Cheese Log	125g	1.99	G
CV979	Mature Goats Cheese Wedges	100g	2.99	G
CV462	Natural Fresh Goat Cheese Log	125g	1.85	G
<i>350G Goats Milk Yogurts</i>				
CV275	Goats Milk Yogurt Plain	350g	1.57	G
<i>Minimum 5 days shelf-life</i>				
CV406	Fresh Goats Milk - semi skimmd	1l	1.69	G
CV165	Fresh Goats Milk - Skimmed	1l	1.69	G
CV409	Fresh Goats Milk - whole	1l	1.69	G

WOODLANDS PARK

CV120	Natural Goats Yogurt 150g	150g	0.73	G
CV056	Natural Goats Yogurt 450g	450g	1.86	G

GRAINS

SUMA PREPACKS

QS090	Rice - arborio (risotto)	500g	1.39	GV
QS085	Rice - basmati brown	500g	1.19	GV
QS050	Rice - basmati white	500g	1.39	GV
QS052	Rice - long grain brown	500g	1.15	GV
QS104	Rice - pudding white	500g	1.39	GV
QS222	Rice - sushi	500g	1.65	GV
QS102	Rice - wild	125g	1.69	GV
QS061	Tapioca	500g	1.75	GV

SUMA PREPACKS - ORGANIC

QS165	Barley Grain, organic	500g	0.99	GOV
QS068	Buckwheat - unroasted organic	500g	1.50	GOV
QS322	Millet - organic	500g	1.29	GVO
QS070	Popcorn - organic	500g	1.89	GOV
QS189	Quinoa - organic	375g	2.25	FGOV
QS120	Red Quinoa - org, fairly traded	375g	2.25	FGOV
QS013	Red quinoa - organic	375g	2.19	GOV
QS677	Rice - arborio, organic	500g	1.59	GOV
QS404	Rice - basmati, brown OG FT	500g	2.05	FGOV

B - biodynamic F - fairly traded G - gluten free O - organic S - added sugar V - vegan

Code	Description	Size	RRP	BFGOSV
QS302	Rice - basmati, brown organic	500g	1.69	GOV
QS252	Rice - basmati, brown organic	750g	2.39	GOV
QS320	Rice - basmati, white OG FT	500g	2.35	FGOV
QS303	Rice - white basmati organic	500g	1.99	GOV
QS213	Rice - white basmati, organic	750g	2.85	GOV
QS066	Rice -long grain brown organic	500g	1.39	GOV
QS067	Rice-short grain brown organic	500g	1.39	GOV

GRANOVITA

QS240	Red Quinoa - Organic	500g	4.79	OGV
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TRADICRAFT

QS891	Brown Basmati Rice	1Kg	4.85	FGV
QS890	White Basmati Rice	1Kg	5.89	FGV

GRAVY, STOCK & BOUILLON

ALLERGYCARE

LJ655	Gravy Powder	300g	2.79	GVS
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FREE & EASY

LJ008	Gravy Sauce Mix	130g	1.65	GV
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KALLO

LJ102	French Onion Stock Cubes	66g	1.39	GOVS
LJ103	Garlic & Herb Stock Cubes	66g	1.39	GOVS
LJ171	Low Salt Vegetable Stock Cubes	66g	1.49	GOVS
LJ122	Mushroom Stock Cubes	66g	1.39	GOVS
LJ101	Tomato & Herb Stock Cubes	66g	1.39	GOVS
LJ147	Yeast Free Veg.Stock Cubes	6 x 10g	1.49	GV

While stocks last...

LJ120	Vegetable Stock Cubes +33%	88g	1.49	GOSV
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MARIGOLD

LJ211	Bouillon Cubes	8	0.95	GOV
LJ043	Bouillon Powder	150g	1.75	G
LJ046	Bouillon Powder	1kg	10.00	G
LJ044	Bouillon Powder	500g	5.45	G
LJ073	Bouillon Powder - organic	150g	2.25	GOV
LJ237	Bouillon Powder - Reduced Salt	500g	5.45	VG
LJ070	Bouillon powder-reduced salt	150g	1.75	VG
LJ164	Bouillon powder-reduced salt	1kg	10.00	VG
LJ212	Low Salt Bouillon Cubes	8	1.15	GOV
LJ210	Miso Bouillon Powder	140g	3.69	GOV
LJ321	Yeast Free Bouillon Stock Cube	84g	1.15	GOV

ORGANIC BLENDING COMPANY

LJ105	Organic Light Gravy	125g	3.49	GOV
LJ100	Organic Traditional Gravy	125g	3.49	GOV
LJ091	Organic Vegetable Bouillon	125g	3.49	GOSV

VECON

LJ047	Vegetable Stock	125g	1.99	GV
LJ049	Vegetable Stock	1kg	11.65	GV
LJ048	Vegetable Stock	250g	3.19	GV

HERB & FRUIT INFUSIONS

CELESTIAL SEASONINGS

TE256	Bengal Spice	10 bags	1.15	GV
TE266	Sleepytime	20 bags	1.99	GV

CHE MATE

TE133	Green Mate original - og	20 bags	1.89	GOV
TE469	Pure Green Mate with Stems	500g	2.79	GOV

CLIPPER

FOOD SERVICE RANGE

TE148	Chamomile - og	25 bags	2.39	FGOV
TE455	Lemon & Ginger - og	25 bags	2.79	GOV
TE166	Peppermint - og	25 bags	2.39	FGOV
TE454	Wild berry - og	25 bags	2.79	GOV

Functionals

TE629	Organic Detox	20 bags	1.35	GOV
TE631	Organic Sleep Easy	20 bags	1.35	GOV

Organic Ayurvedic Infusions

TE965	Ayurvedic Detox Tea	20 bags	2.09	GOV
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Code	Description	Size	RRP	BFGOSV
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Organic Infusions

TE788	Chamomile - og	20 bags	1.35	GOV
TE963	Dandelion - og	20 bags	1.35	GOV
TE694	Fennel - og	20 bags	1.35	GOV
TE960	Lemon & Ginger - og	20 bags	1.69	GOV
TE942	Liquorice - og	20 bags	1.69	GOV
TE959	Nettle - og	20 bags	1.35	GOV
TE306	Nettle & Lemon - og	20 bags	1.35	GOV
TE663	Nettle & Peppermint - og	20 bags	1.35	GOV
TE958	Orange & Coconut - og	20 bags	1.69	GOV
TE789	Peppermint - og	20 bags	1.35	GOV
TE307	Raspberry Leaf - og	20 bags	1.69	GOV
TE956	Wild Berry - og	20 bags	1.69	GOV

Redbush

TE011	Redbush - og	80 bags	3.49	GOV
TE630	Redbush - og	40 bags	2.09	GOV

DR STUARTS

TE223	Apple and Ginger	20 bags	1.85	GV
TE410	Blueberry & Acai	15 bags	1.89	GV
TE220	Chamomile	20 bags	1.19	GV
TE168	Cranberry & Raspberry	20 bags	1.85	GV
TE224	Detox	20 bags	2.09	GV
TE770	Echinacea Plus	20 bags	1.85	GV
TE361	Ginger & Lemongrass	15 bags	1.89	GV
TE377	Ginkgo Plus	20 bags	2.09	GV
TE741	Green Tea Chai	25 bags	1.55	GV
TE362	Hibiscus, Ginger & Goji Berry	15 bags	1.79	GV
TE369	Licorice, Fennel, Orange	15 bags	1.89	GV
TE614	Liver Detox	20 bags	2.09	GV
TE221	Peppermint	20 bags	1.19	GV
TE744	Slim Plus	20 bags	2.09	GV
TE617	Throat Relief	20 bags	2.09	GV
TE219	Tranquility	20 bags	1.85	GV
TE383	Triple Ginseng	20 bags	2.09	GV
TE218	Valerian Plus	20 bags	1.85	GV
TE587	Wild Fennel	20 bags	1.19	GV
TE615	Wild Nettle	20 bags	1.19	GV

DRAGONFLY TEAS

TE441	Black Tea Chai - organic	20 bags	1.69	GOV
TE440	Cape Malay Rooibos Chai - OG	20 bags	1.69	GOV
TE068	Fairtrade Rooibos - og	40 bags	1.99	FGOV
TE338	Moonlight Jasmine Green - og	25 bags	1.69	GOV
TE339	Moroccan Mint - OG	20 bags	1.69	GOV
TE363	Rooibos Breakfast	40 bags	1.89	GV
TE367	Rooibos Earl Grey	40 bags	2.29	GV
TE364	Rooibos Evening Blend	40 bags	1.89	GV
TE376	Rooibos Vanilla	40 bags	2.29	GV
TE234	Swirling Mist White Tea	25 bags	2.39	GOV

ELEVEN O'CLOCK

TE380	Rooibosch - organic	100g	1.79	GVO
TE381	Rooibosch - organic	40 bags	2.19	GVO
TE382	Rooibosch - organic	80 bags	4.19	GVO

EQUAL EXCHANGE

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

FLORADIX

TE452	Dandelion	15 bags	1.49	GVO
TE126	Hawthorn	15 bags	1.49	OGV
TE457	Sage	15 bags	1.49	GVO

HAMBLEDEN TEAS

TE598	Chamomile - og	20 bags	2.49	GOV
TE599	Crimson Glory - og	20 bags	2.19	GOV
TE600	Elderflower - og	20 bags	2.89	GOV

B - biodynamic F - fairly traded G - gluten free O - organic S - added sugar V - vegan

Code	Description	Size	RRP	BFGOSV
TE601	Fennel Seed - organic	20 bags	2.89	GOV
TE604	Lemon Verbena - og	20 bags	2.49	GOV
TE605	Lime Flower - organic	20 bags	2.89	OGV
TE433	Nettle - og	20 bags	2.49	GOV
TE606	Peppermint - og	20 bags	2.49	GOV
TE607	Rosehip - og	20 bags	2.89	GOV
TE608	Spice Delight - or	20 bags	2.89	GOV

HAMPSTEAD TEA

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	FGOVB
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

HEATH AND HEATHER

Antioxidants Range

TE164	Green Tea with Jasmine	20 bags	1.39	GV
TE622	Green Tea with Jasmine	50 bags	2.69	GV
TE163	Green Tea with Lemongrass	20 bags	1.39	GV
TE620	Green Tea with Lemongrass	50 bags	2.69	GV
TE634	Pomegranate	20 bags	1.39	GV

Benefits Range

TE250	Balance	20 bags	1.49	GV
TE252	Harmony	20 bags	1.49	GV
TE257	Renew	20 bags	1.49	GV
TE258	Revive	20 bags	1.49	GV
TE259	Rise & Shine	20 bags	1.49	GV
TE260	Serenity	20 bags	1.49	GV

Invigorating Range

TE042	Apple Cinnamon	20 bags	1.39	GV
TE035	Morning Time	20 bags	1.39	GV
TE036	Morning Time	50 bags	2.69	GV
TE044	Wild Blackcurrant	20 bags	1.39	GV

Organics

TE385	Chamomile - organic	20 bags	1.49	GOV
TE495	Echinacea - organic	20 bags	1.49	GOV
TE621	Green Tea - organic	50 bags	2.69	GOV
TE153	Green Tea -og	20 bags	1.49	GVO
TE210	Peppermint - organic	20 bags	1.49	GOV

Relaxing Range

TE140	Camomile & honey	20 bags	1.39	GV
TE022	Chamomile	20 bags	1.39	GV
TE023	Chamomile	50 bags	2.69	GV
TE573	Chamomile & Spearmint	20 bags	1.39	GV
TE037	Night Time	20 bags	1.39	GV
TE038	Night Time	50 bags	2.69	GV

Wellbeing Range

TE029	Fennel	20 bags	1.39	GV
TE144	Fennel	50 bags	2.69	GV
TE129	Lemon & Ginger	20 bags	1.39	GV
TE446	Liquorice & Oriental Spices	20 bags	1.39	GV
TE031	Nettle	20 bags	1.39	GV
TE146	Nettle	50 bags	2.69	GV
TE024	Peppermint	20 bags	1.39	GV
TE025	Peppermint	50 bags	2.69	GV
TE046	Raspberry Leaf	20 bags	1.39	GV
TE445	Raspberry Leaf	50 bags	1.39	GV
TE027	Rosehip & Hibiscus	20 bags	1.39	GV
TE028	Rosehip & Hibiscus	50 bags	2.69	GV

KROMLAND FARM

TE732	Rooibos - og	40 bags	1.89	GOV
TE733	Rooibos - og	80 bags	3.49	GOV

KUCHING

TE467	Kuching Java Herbal Tea	20 bags	2.09	GV
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LONDON FRUIT & HERBS

TE270	Peach Paradise	20 bags	0.49	GV
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Code	Description	Size	RRP	BFGOSV
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NUMI

TE232	Red Mellow Bush - Rooibos	18 bags	3.79	GV
TE233	Simply Mint	18 bags	3.79	FGOV

PUKKA

TE438	After Dinner Tea - og	20 bags	2.09	GOV
TE095	Black Spiced Chai - og	20 bags	2.09	GOV
TE437	Chamomile and Vanilla - og	20 bags	1.99	GOV
TE426	Clarity - bogof banded pack 2 x	20 bags	2.09	GOV
TE386	Clarity - og	20 bags	2.09	GOV
TE568	Cleanse - og	20 bags	2.09	GOV
TE387	Detox -og	20 bags	2.09	GOV
TE096	Green Spiced Chai - og	20 bags	2.09	GOV
TE359	Green Tea - og	20 bags	1.99	FGOV
TE575	Harmonise - og	20 bags	2.09	GOV
TE094	Herbal Spiced Chai - og	20 bags	2.09	GOV
TE360	Lemon Green - og	20 bags	1.99	FGOV
TE481	Lemongrass and Ginger - og	20 bags	2.09	GOV
TE478	Licorice and Cinnamon Tea	20 bags	2.09	GOV
TE393	Love - og	20 bags	2.09	GOV
TE352	Mint green - og	20 bags	1.99	FGOV
TE246	Night Time - og	20 bags	2.09	GOV
TE429	Pleasure - bogof banded pack2 x	20 bags	2.09	GOV
TE396	Pleasure - og	20 bags	2.09	GOV
TE165	Refreshing - og	20 bags	2.09	GOV
TE170	Relax - og	20 bags	2.09	GOV
TE171	Revitalising - og	20 bags	2.09	GOV
TE241	Three Berry - og	20 bags	2.99	GOV
TE245	Three Ginger - og	20 bags	2.19	GOV
TE238	Triple Mint -og	20 bags	1.99	GOV

TICK TOCK

TE431	Green Rooibos - organic	40 bags	1.89	GOV
TE435	Rooibos - organic	20 bags	1.29	GOV
TE430	Rooibos - organic	40 bags	1.79	GOV
TE434	Rooibos - organic	80 bags	3.49	GOV
TE436	Rooibos Loose Leaf - organic	100g	1.39	GOV

TWININGS

A Moment of Calm

TE061	A Moment of Calm Selection	25 bags	1.99	GV
TE089	African Honeybush	20 bags	1.39	GV
TE515	Camomile	20 bags	1.39	GV
TE104	Camomile	40 bags	2.49	GV
TE268	Camomile - og	20 bags	1.89	GOV
TE834	Camomile & Limeflower	20 bags	1.39	GV
TE514	Camomile & Spearmint	20 bags	1.39	GV
TE517	Camomile & Spiced Apple	20 bags	1.39	GV
TE909	Camomile, Honey & Vanilla	20 bags	1.39	GV
TE088	Cherry & Cinnamon	20 bags	1.39	GV
TE406	Honeybush & Lemon - og	20 bags	1.89	GOV
TE069	Honeybush, Mandarin & Orange	20 bags	1.39	GV
TE110	Orange, Mango & Cinnamon	20 bags	1.39	GV
TE071	Rooibos, Strawberry & Vanilla	20 bags	1.39	GV

Benefit Blends

TE505	Calm	20 bags	1.99	GV
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Cleanse

TE093	Nettle & Peppermint	20 bags	1.39	GV
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Fresh & Fruity

TE518	Blackcurrant, Ginseng +Vanilla	20 bags	1.29	GV
TE072	Blueberry & Apple	20 bags	1.39	GV
TE074	Cranberry & Pomegranate	20 bags	1.39	GV
TE075	Cranberry & Sanguinello Orange	20 bags	1.39	GV
TE080	Cranberry Raspberry Elderflower	40 bags	2.49	GV
TE842	Cran'by, Raspberry Elderflower	20 bags	1.39	GV
TE908	Echinacea & Raspberry	20 bags	1.39	GV
TE066	Fruit & Herbal Selection	25 bags	1.99	GV
TE062	Mixed Berry Selection	25 bags	1.99	GV
TE079	Pomegranate & Raspberry	20 bags	1.39	GV
TE151	Raspberry Strawb y Loganberry	20 bags	1.39	GV
TE078	Seasonal Edition	20 bags	1.39	GV

Code	Description	Size	RRP	BFGOSV
TE090	Strawberry & Mango	20 bags	1.39	GV
TE529	Wild Blackberry & Nettle <i>Redbush</i>	20 bags	1.39	GV
TE197	Redbush <i>Revive & Revitalise</i>	40 bags	2.25	GV
TE407	Ginger & Mandarin - og	20 bags	1.89	GOV
TE539	Lemon & Ginger	40 bags	2.49	GV
TE354	Lemon and Ginger	20 bags	1.39	GV
TE067	Mint Selection	25 bags	1.99	GV
TE516	Peppermint	20 bags	1.39	GV
TE317	Peppermint	40 bags	2.49	GV
TE696	Peppermint	80 bags	4.15	GV
TE091	Peppermint & Eucalyptus	20 bags	1.39	GV
TE284	Peppermint Tea - og	20 bags	1.89	GOV
TE425	Sweet Fennel	20 bags	1.39	GV

YOGI TEA

Ayurvedic Formulas

TE553	Bed Time - og	15 bags	1.99	GOV
TE346	Breath deep - og	15 bags	1.99	GOV
TE206	Bright Mood	15 bags	1.99	GOV
TE347	Cold Season - og	15 bags	1.99	GOV
TE551	Detox - og	15 bags	1.99	GOV
TE636	Ginger Hibiscus - og	15 bags	1.99	GOV
TE293	Ginger Lemon - og	15 bags	1.99	GOV
TE207	Ginkgo Special Formula - og	15 bags	1.99	GVO
TE645	Heartwarming - og	15 bags	1.99	GOV
TE638	Lime Mint -og	15 bags	1.99	GOV
TE349	Revitalize - og	15 bags	1.99	GVO
TE554	Throat Comfort - og	15 bags	1.99	GOV
TE635	Tulsi Mint - og	15 bags	1.99	GOV
TE355	Womens Energy - og	15 bags	1.99	GOV
TE357	Women s Fitness Tea - og	15 bags	1.99	GOV

Spice Infusions

TE204	Black Chai - og	15 bags	1.99	GOV
TE209	Green Chai - og	15 bags	1.99	GOV
TE187	Himalaya - og	15 bags	1.99	GOV
TE192	Original Classic	15 bags	1.99	GOV
TE001	Rooibos - og	15 bags	1.99	GOV
TE211	Sweet Chai - og	15 bags	1.99	GOV
TE428	Sweet Chilli	15 bags	1.99	GOV

HERBS & SPICES - BULK

BULK WHOLE SPICES

HE127	Saffron	1g	4.45	GV
HE412	Tamarind	200g	0.99	GV

HERBS & SPICES - PREPACKED

SUMA

Curry Spices

HE330	Asafoetida Compound	25g	0.75	VG
HE137	Balti Stir Fry Mix	50g	0.75	GV
HE332	Coriander Leaf	10g	0.75	GV
HE333	Curry Leaves	5g	0.75	GV
HE363	Curry Powder - Hot	50g	0.75	GV
HE334	Curry Powder - Madras	50g	0.75	GV
HE335	Curry Powder - Mild	50g	0.75	GV
HE172	Jalfrezi Mix	30g	0.75	GV
HE173	Korma Mix	50g	0.69	GV
HE337	Mango Powder	30g	0.75	GV
HE176	Rogan Josh Mix	50g	0.69	GV
HE178	Tandoori Mix	50g	0.75	GV
HE179	Tikka Masala	50g	0.75	GV

Herbs

HE133	Basil - rubbed	20g	0.75	GV
HE134	Bay Leaves	10g	0.75	GV
HE165	Bouquet Garni	6 satchet	0.75	GV
HE017	Chives	15g	0.75	GV
HE023	Dill Herb	15g	0.75	GV
HE033	Flat Leaf Parsley	10g	0.75	GV

Code	Description	Size	RRP	BFGOSV
HE030	Lemon grass	25g	0.75	GV
HE031	Lime leaves - whole	4g	0.75	GV
HE146	Marjoram	10g	0.75	GV
HE032	Methi Leaves	10g	0.75	GV
HE185	Mint	20g	0.75	GV
HE147	Mixed Herbs	20g	0.75	GV
HE151	Oregano - rubbed	20g	0.75	GV
HE153	Parsley - rubbed	15g	0.75	GV
HE157	Rosemary	20g	0.75	GV
HE158	Sage - rubbed	25g	0.75	GV
HE159	Tarragon	12g	0.75	GV
HE160	Thyme - rubbed	30g	0.75	GV

Milled Spices

HE029	Cardamom - ground	30g	0.75	GV
HE168	Cayenne Pepper	50g	0.75	GV
HE028	Celery Salt	100g	0.75	GV
HE138	Chilli	50g	0.75	GV
HE139	Cinnamon	50g	0.75	GV
HE142	Coriander	50g	0.75	GV
HE143	Cumin	50g	0.75	GV
HE180	Garam Masala	50g	0.75	GV
HE145	Ginger	50g	0.75	GV
HE150	Milled Nutmeg	50g	0.75	GV
HE148	Mixed Spice	50g	0.75	GV
HE360	Mustard Powder	50g	0.75	GV
HE152	Paprika	50g	0.75	GV
HE188	Pepper - black	50g	0.75	GV
HE034	Smoked Paprika	40g	0.75	GV
HE161	Turmeric	50g	0.75	GV

Seasonings - salt free

HE342	Cajun Spice	30g	0.75	GV
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Seasonings Range

HE116	Chilli Flakes	25g	0.75	GV
HE074	Chinese Curry Mix	50g	0.75	GV
HE073	Creole Seasoning	50g	0.75	GV
HE077	Fajita Seasoning	50g	0.75	GV
HE078	Five Spice Seasoning	50g	0.75	GV
HE080	Jerk Seasoning	50g	0.75	GV
HE079	Mexican Salsa Mix	50g	0.75	GV
HE081	Piri Piri Seasoning	40g	0.75	GV
HE084	Ras-el-hanout Seasoning	30g	0.75	GV
HE075	Thai Green Curry Mix	35g	0.75	GV
HE076	Thai Red Curry Mix	35g	0.75	GV
HE085	Vegetable Seasoning	30g	0.75	GV

Whole Spices

HE024	Aniseed - whole	50g	0.75	GV
HE135	Caraway Seeds	50g	0.75	GV
HE025	Cassia	30g	0.75	GV
HE171	Chillies	25g	0.75	GV
HE140	Cinnamon Sticks	25g	0.75	GV
HE141	Cloves	40g	0.75	GV
HE174	Coriander Seeds	40g	0.75	GV
HE175	Cumin Seeds	50g	0.75	GV
HE177	Fennel Seeds	50g	0.75	GV
HE136	Green Cardamom Pods	30g	0.75	GV
HE183	Juniper Berries	40g	0.75	GV
HE184	Mace	20g	0.75	GV
HE149	Mustard Seeds - black	50g	0.75	GV
HE186	Mustard Seeds - Yellow	50g	0.75	GV
HE187	Nutmeg Whole	50g	0.75	GV
HE001	Peppercorns - black	250g	3.79	GV
HE154	Peppercorns - black	50g	0.75	GV
HE361	Peppercorns - mixed	25g	0.75	GV
HE155	Pickling Spice	50g	0.75	GV
HE156	Poppy Seeds	50g	0.75	GV
HE164	Star Anise	25g	0.75	GV
HE362	Vanilla Pod	1	1.89	GV
HE132	Whole Allspice	50g	0.75	GV

Code	Description	Size	RRP	BFGOSV
<i>SUMA ORGANIC</i>				
HE365	Basil OG	20g	0.99	GOV
HE366	Bay Leaves OG	10g	0.99	GOV
HE367	Caraway Seeds OG	30g	0.99	GOV
HE371	Chilli Powder OG	25g	0.99	GOV
HE369	Cinnamon Bark OG	20g	0.99	GOV
HE166	Cinnamon Ground FT OG	25g	0.99	FGOV
HE370	Cinnamon Ground OG	30g	0.99	GOV
HE372	Cloves, whole OG	30g	0.99	GOV
HE374	Coriander Ground OG	40g	0.99	GOV
HE373	Coriander Seed OG	40g	0.99	GOV
HE376	Cumin Ground OG	25g	0.99	GOV
HE375	Cumin Seed OG	25g	0.99	GOV
HE377	Dill Herb OG	20g	0.99	GOV
HE378	Garlic Granules OG	25g	0.99	GOV
HE379	Ginger Ground OG	30g	0.99	GOV
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
HE380	Herbs Mixed OG	20g	0.99	GOV
HE382	Mustard Seed Black OG	50g	0.99	GOV
HE384	Nutmeg Ground OG	25g	0.99	GOV
HE385	Oregano OG	20g	0.99	GOV
HE386	Paprika OG	25g	0.99	GOV
HE387	Parsley OG	15g	0.99	GOV
HE388	Peppercorns Black OG	30g	0.99	GOV
HE389	Poppy Seed Blue OG	40g	0.99	GOV
HE390	Rosemary OG	20g	0.99	GOV
HE391	Sage OG	25g	0.99	GOV
HE381	Spices - mixed, OG	30g	0.99	GOV
HE392	Tarragon - Organic	12g	0.99	GOV
HE393	Thyme - Organic	25g	0.99	GOV
HE394	Turmeric Ground - Organic	30g	0.99	GOV
HE144	White Peppercorns - OG & FT	25g	0.99	FOGV
HE163	Whole Black Peppercorns OG, FT	25g	0.99	FGOV
HE167	Whole Cloves - Organic & FT	25g	0.99	FGOV
HE368	Whole Green Cardamoms Organic	15g	0.99	GOV

KITCHEN GARDEN

HE115	Pickled Green Peppercorns	135g	1.99	FGOV
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STARLY'S SPICE COMPANY

Indian Spice Blends

HE048	Balti Spice Blend	29g	1.99	GV
HE070	Bhajia s Spice Blend	26g	1.99	GV
HE086	Cumberland Curry	28g	1.99	GV

Thai Spice Blends

HE092	Thai Red Curry	28g	1.99	GV
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ZAYTOUN

HE107	Za atar Wild Grown Herb Mix	80g	2.35	GV
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HERBS (FROZEN)

NATURAL COOL

XL158	Organic Mixed Herbs	75g	1.65	GOVB
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HONEY

SUMA

HY063	Wildflower - Clear	340g	2.39	G
HY082	Wildflower - clear	7lb	19.65	G
HY064	Wildflower - set	340g	2.39	G
HY083	Wildflower - set	7lb	19.65	G

COMVITA

HY053	10+ Manuka Honey	250g	9.99	G
HY023	10+ Manuka Honey	500g	16.39	G
HY687	15+ Manuka Honey	250g	20.49	G
HY688	20+ Manuka Honey	250g	27.67	G
HY079	5+ Manuka Honey	250g	6.99	G
HY155	5+ Manuka Honey	500g	12.29	G
HY054	Eco-Kiwi Raw Honey	500g	6.35	G
HY014	Organic UMF 10+ Manuka Honey	500g	21.55	GO

B - biodynamic F - fairly traded G - gluten free O - organic S - added sugar V - vegan

Code	Description	Size	RRP	BFGOSV
<i>DUCHY ORIGINALS</i>				
HY051	Heather Honey	227g	5.29	G
<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

LITTLEOVER APIARIES

HY042	Cut Honeycomb	340g	4.89	G
HY043	Manuka and Wildflower Honey	340g	3.99	G
HY046	Manuka Honey 10+	340g	7.99	G
HY047	Manuka Honey 15+	340g	11.99	G
HY045	Manuka Honey 5+	340g	5.99	G
HY037	Organic Acacia Honey	340g	3.95	GO
HY052	Organic Forest Honey	340g	3.55	GO
HY040	Organic Wildflower Honey Clear	340g	3.75	GO
HY041	Organic Wildflower Honey Set	340g	3.75	GO
HY039	Pure Lavender Honey	340g	3.75	G

MARTLET

HY794	Acacia Clear	340g	3.59	G
HY793	Orange Blossom Clear	340g	3.35	G
HY889	Organic Hive Honey Clear	340g	3.09	GO
HY888	Organic Hive Honey Set	340g	3.10	GO

NELSON HONEY

HY646	Active Manuka Honey 12+	250g	7.45	G
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NEW ZEALAND GOLD

HY769	Manuka Honey	500g	8.45	G
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NEW ZEALAND NATURAL FOOD CO

HY901	Manuka Tea Tree Honey	454g	8.45	GO
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ROWSE

HY262	Active 10+ Manuka	340g	11.95	G
HY268	Australian Eucalyptus Organic	340g	3.29	GO
HY265	Easy Squeezable Pure Honey	340g	2.75	G
HY551	Manuka Active 15+ Honey	340g	15.99	G
HY263	Organic Honey Clear	340g	3.09	GO
HY264	Organic Honey Set	340g	3.09	GO
HY550	Organic Manuka 10+ Honey	340g	13.15	GO
HY553	Organic New Zealand Set Honey	340g	4.35	GO
HY258	Pure Natural Blossom Clear	340g	2.85	G
HY259	Pure Natural Blossom Set	340g	2.85	G
HY266	Squeezable Nat Blossom Honey	340g	2.95	G
HY267	Squeezable Organic Honey	340g	3.09	GO

TRADICRAFT

HY254	Sweet Justice - Set	340g	2.85	FG
HY255	Wild Blossom - Clear	340g	2.85	FG

TROPICAL FOREST

HY649	Borage	340g	4.09	G
HY032	Forest Honey - clear, organic	340g	3.19	FGO
HY033	Forest Honey - set, organic	340g	3.19	FGO
HY049	Salisbury Plain Honey	340g	4.65	G

HOUSEHOLD CLEANING PRODUCTS

EARTH FRIENDLY

HJ013	Dishmate Washing up Grapefruit	500ml	3.20	GV
HJ014	Furniture Polish	500ml	3.90	GV
HJ016	Orange Mate Multi Surface Clnr	500ml	3.90	GV
HJ015	Orange Mate Surface Cleaner	500ml	3.50	GV
HJ102	Oxo Brite -Whitener/Brightener	908g	6.95	GV
HJ018	Parsley Plus	500ml	3.50	GV
HJ106	Shower cleaner	500ml	3.90	GV
HJ107	Stain & Odour Remover	500ml	3.90	GV
HJ112	Wave Dishwasher Gel	946ml	4.95	GV

ECOLEAF

HJ128	Washing Powder Concentrated	3.4Kg	14.85	G
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Code	Description	Size	RRP	BFGOSV
ECOVER				
HJ087	Dishwash Tablets	25 tablets	5.15	GV
HJ132	Dishwash Tablets - Bulk	70 tablets	12.69	GV
HJ999	Stain Remover	200ml	2.99	GV
HJ888	Washing Up Liquid - Vegan	1l	2.35	GV

ECOZONE				
HJ674	Magno Ball	each	14.99	GV
NF501	The Amazing Dryer Balls	1	9.99	GV

HOUSEHOLD PRODUCTS

MICHAELS ORIGINALS				
NF351	Coco Husk Oven Tray Scraper	1	1.75	GV
NF353	Coconut Pith Cleaning Sponge	1	2.85	GV
NF352	Luffa Heavy Duty Scouring Pad	1	3.00	GV
NF202	Luffa Washing Up Scourer	1	1.69	GV
NF350	Sago Washing Up Brush	1	2.85	GV

TRADICRAFT				
NF400	F/T Rubber Gardening Gloves	1	4.99	FGV
NF401	F/T Rubber Outdoor Gloves	1	4.99	FGV

INDIAN FOOD

GURKHA FINE FOODS				
<i>Authentic Gurkha Recipes</i>				
KJ201	Green Lentil Dhal	350g	3.49	GS
KJ204	Machha Gourmet Curry Sauce	350g	3.49	GS

LJAJAT				
ZX020	Black Pepper	200g	0.79	GV
ZX651	Garlic (mild)	200g	0.89	GV

MERIDIAN				
<i>Free From</i>				
VF025	Tikka Masala Sauce	350g	1.79	GSV

PATAKS				
<i>Chutneys</i>				
KJ445	Hot Mango Chutney	340g	1.65	GSV
KJ444	Sweet Mango Chutney	340g	1.65	GSV
<i>Curry Pastes</i>				
KJ223	Balti Curry Paste	283g	2.25	GS
KJ150	Bhuna Curry Paste	283g	2.25	G
KJ039	Biryani Curry Paste	283g	2.25	GV
KJ056	Extra Hot Curry Paste	283g	2.25	GV
KJ087	Garam Masala Curry Paste	283g	2.25	GV
KJ222	Korma Curry Paste	290g	2.25	G
KJ054	Madras Curry Paste	283g	2.25	GV
KJ152	Rogan Josh Curry Paste	283g	2.25	GVS
KJ227	Tandoori Curry Paste	312g	2.25	GV
KJ058	Tikka Curry Paste	300g	2.25	GV
KJ059	Vindaloo Curry Paste	283g	2.25	G

<i>Pickles</i>				
KJ040	Brinjal Pickle	312g	2.25	GVS
KJ041	Chilli Pickle	283g	2.25	GV
KJ042	Garlic Pickle	300g	2.25	GS
KJ044	Lime Pickle - Hot	283g	2.25	GV
KJ045	Lime Pickle - Medium/Hot	283g	2.25	GV
KJ046	Mango Pickle - Hot	283g	2.25	GV
KJ047	Mango pickle - Medium	283g	2.25	GV
KJ049	Mixed Pickle	283g	2.25	GV

REAL ORGANIC FOOD COMPANY				
VF102	Jalfrezi	350g	2.49	GOSV
VF105	Korma	350g	2.49	GOS
VF108	Rogan Josh	350g	2.49	GOSV
VF113	Tikka Balti	350g	2.49	GOS

SEEDS OF CHANGE				
VF148	Balti Sauce - og	350g	2.79	GOV
VF132	Jalfrezi Sauce - og	350g	2.79	GOV
VF069	Korma Sauce - og	350g	2.79	GOS
VF129	Madras Sauce - og	350g	2.79	GOV

Code	Description	Size	RRP	BFGOSV
SPICETREE				
KJ110	Lime Pickle Organic	180g	2.95	GOSV

JAMS & FRUIT SPREADS

SUMA				
JS200	Pear and Apple Spread	300g	1.39	GV

BIONA				
JS001	Pear & Apple Spread - organic	450g	3.39	OVG

BIONOVA				
JS141	Raspberry Jam - organic	320g	2.35	GVOS

CLEARSPRING				
JS352	Fruit spread - Blueberry	290g	3.29	VOG

CLIPPY'S APPLES				
JS070	Apple & Blueberrylicious Jam	280g	2.89	GSV
JS071	Apple & Figgy Diggy Jam	280g	2.89	GSV
JS072	Apple & Strawberry Jam	280g	2.79	GSV
JS073	Apple Pie Jam	280g	2.79	GSV
JS074	Apple, Rudebarb & Ginger Jam	280g	2.79	GSV

DUCHY ORIGINALS				
JS047	Blackcurrant Extra Jam - og	265g	2.99	GOSV
JS048	Damson Extra Jam - og	285g	2.99	GOSV
JS052	Lemon Curd - og	240g	3.39	GOS
JS053	Raspberry Extra Jam - og	265g	3.39	GOSV
JS045	Ruby Orange Marmalade - og	265g	2.99	GOSV
JS054	Seville Orange Marmalade - og	265g	2.99	GOSV
JS056	Seville Orange Marmalade - og	265g	2.99	GOSV
JS057	Strawberry Extra Jam - og	265g	2.99	GOSV

HAWKSHEAD RELISH COMPANY				
JS015	Bramble & Bramley Jam	227g	2.15	GSV
JS075	Damson Jam	340g	2.99	GSV
JS016	Five Fruit Marmalade	227g	2.15	GSV
JS022	Grapefruit & Ginger Marmalade	227g	2.15	GSV
JS007	Raspberry & Vanilla Jam	227g	2.15	GSV
JS076	Superberry Jam	227g	2.49	GSV

MERIDIAN				
JS002	Apricot Spread	284g	1.99	GV
JS018	Apricot Spread - organic	284g	2.29	GVO
JS005	Blackcurrant Spread	284g	1.99	GV
JS019	Blackcurrant Spread - organic	284g	2.29	GVO
JS304	Cherries & Berries Spread - og	284g	2.29	GOV
JS111	Grapefruit Spread	284g	1.99	GV
JS008	Morello Cherry Spread	284g	1.99	GV
JS020	Morello Cherry Spread -organic	284g	2.29	GVO
JS010	Pineapple & Ginger Spread	284g	1.99	GV
JS011	Raspberry Spread	284g	1.99	GV
JS245	Raspberry Spread - organic	284g	2.29	GOV
JS012	Seville Orange Spread	284g	1.99	GV
JS017	Seville Orange Spread -organic	284g	2.29	GVO
JS013	Strawberry Spread	284g	1.99	GV
JS021	Strawberry Spread - organic	284g	2.29	GVO
JS006	Wild Blueberry Spread	284g	1.99	GV
JS100	Wild Blueberry Spread - og	284g	2.29	GOV

ST DALFOUR				
JS051	Apricot Spread	284g	2.05	VG
JS064	Black Cherry Spread	284g	2.05	GV
JS063	Blackberry Spread	284g	2.05	GV
JS062	Blackcurrant Spread	284g	2.05	GV
JS009	Cranberry & Blueberry	284g	2.09	GV
JS068	Fig Spread	284g	2.05	VG
JS067	Four Fruits Spread	284g	2.05	GV
JS065	Golden Peach Spread	284g	2.05	GV
JS066	Mirabelle Plum Spread	284g	2.05	GV
JS120	Orange and Ginger Spread	284g	2.05	GV
JS220	Pineapple & Mango	284g	2.05	VG
JS046	Raspberry & Pomegranate Spread	284g	2.09	GV
JS049	Raspberry Spread	284g	2.09	GV

B - biodynamic F - fairly traded G - gluten free O - organic S - added sugar V - vegan

Code	Description	Size	RRP	BFGOSV
JS050	Strawberry Spread	284g	2.05	GV
JS061	Thick Cut Orange Spread	284g	2.05	GV
JS060	Wild Blueberry Spread	284g	2.09	GV

STUTE

JS119	Diabetic Jam - Strawberry	430g	1.85	GV
JS116	Diabetic Marmalade - Fine Cut	430g	1.69	GV

TRADCRAFT

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

MARGARINES & SPREADS (CHILLED)

SUMA

Non Hydrogenated Oils

MA110	Organic Sunflower Spread	500g	2.65	OGV
MA055	Suma Soya Spread	500g	1.78	GV
MA051	Sunflower Spread	2Kg	7.39	GV

BIONA

MA468	Extra Olive Spread, organic	250g	2.29	GOV
MA061	Vegetable Margarine - organic	250g	1.79	GOV
MA030	Vegetable Margarine - organic	500g	2.69	OVG

PURE

MA001	Olive Spread	500g	2.39	GV
MA201	Organic Sunflower D/F Spread	500g	2.79	GOV
MA202	Soya Dairy Free Spread	500g	1.79	GV
MA200	Sunflower Dairy Free Spread	500g	1.93	GV

MAYONNAISE & SALAD DRESSINGS

SUMA

KJ022	Organic Mayonnaise	1kg	9.65	GO
KJ080	Organic Mayonnaise	240ml	1.99	GO

ATKINS & POTTS

KJ164	Hollandaise Sauce	190g	2.75	GS
KJ166	Mayonnaise	240g	2.95	GS
KJ383	Org Balsamic / Basil Dressing	215g	2.95	GOSV
KJ384	Organic Herb / Garlic Dressing	215g	2.95	GOSV
KJ385	Organic Honey/Mustard Dressing	220g	3.19	GOS
KJ169	Toasted Garlic Mayonnaise	240g	2.95	GS

DUCHY ORIGINALS

KJ322	Honey & Mustard Vinaigrette og	250ml	4.45	GOS
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ESSENTIAL DRESSINGS

KJ317	Caesar Dressing	225ml	2.99	GS
KJ315	French Dressing	225ml	2.99	GSV
KJ316	Lime & Coriander Dressing	225ml	2.99	GSV
KJ318	Sweet Mustard & Dill Dressing	225ml	2.99	GSV

GRANOVITA

KJ298	Mayola	310g	1.89	GV
KJ296	Salad Cream	310g	1.89	GSV

KITE

KJ534	Mayonnaise	325g	2.19	G
KJ536	Mayonnaise organic	150g	1.79	GO

MERIDIAN

KJ632	French Dressing	250ml	2.39	GO
KJ653	Mayonnaise - organic	260g	2.39	GO

PLAMIL

KJ186	Egg Free Mayonnaise - Garlic	315g	1.85	GV
KJ187	Egg Free Mayonnaise - Plain	315g	1.85	GV
KJ188	Egg Free Mayonnaise - Tarragon	315g	1.85	GV

Catering

LJ360	Egg Free Mayonnaise - organic	2.5kg	15.10	GOSV
KJ254	Egg Free Mayonnaise - Plain	2.5kg	12.25	GV

Organic

LJ006	Egg Free Mayo+Lemongrass - og	315g	2.19	GOSV
LJ259	Egg Free Mayonnaise - organic	315g	2.19	GOSV

SIMPLY DELICIOUS

KJ366	Mayonnaise - Garlic, organic	180g	1.85	GOS
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B - biodynamic F - fairly traded G - gluten free O - organic S - added sugar V - vegan

Code	Description	Size	RRP	BFGOSV
KJ368	Mayonnaise - Plain, organic	180g	1.85	GOS

STOKES

KJ301	Real Mayonnaise	454g	2.95	GS
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MEATLESS SUBSTITUTES (CHILLED)

DELPHI FOODS

CV265	Felafel	140g	1.57	GV
CV276	Felafels with a Houmous Dip	185g	1.81	GV

DRAGONFLY

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

FLORENTIN

CV930	Falafel	250g	3.52	GOV
CV944	Tamruc Falafel	250g	3.52	GOV

REDWOOD

Vegi Deli

CV193	Quarterpound Meat Free Burger	228g	2.56	GSV
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TAIFUN

CV007	Almond/Ses Tofu Slice -organic	200g	2.99	OVG
CV008	Graffiti Terrine - organic	200g	3.59	OVG
	<i>Produced to Demeter Standards</i>			
CV384	Tofu Olive - Demeter Standard	200g	2.49	GOVB
CV832	Tofu Rosso - Taste of the Med	200g	2.49	GOVB

MIDDLE EASTERN & AFRICAN FOOD

ALFEZ

KJ548	Apricot & Coriander Tagine	350g	1.99	GSV
KJ753	Harissa	100g	1.56	VG

HALE & HEARTY

VF167	Quick & Easy Falafel Mix	200g	2.09	GOSV
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JUST WHOLEFOODS

VF183	Falafel Mix - organic	120g	1.35	GOV
VF256	Houmous Mix - Organic	125g	1.35	GOV

MILK - FRESH (CHILLED)

RACHELS DAIRY

Minimum 4 days shelf life

CV389	Org Semi Skimmed Fresh Milk	1l	1.05	GO
CV386	Organic Whole Fresh Milk	1l	1.05	GO

MILK - NON DAIRY

ALPRO

SY335	Rice Drink - calcium + vits	1l	1.59	GV
SY007	Rice Drink - organic	1l	1.65	VOG

ECOMIL

SY275	Almond Drink - OG	1l	3.15	GOV
SY053	Almond drink + Calcium - og	1l	3.15	GOV
SY012	Almond Drink Powder	400g	12.50	GOV
SY014	Hazel Drink - og	1l	3.15	GOV
SY142	Quinoa Drink - og	1l	2.95	GOV
SY279	Soya Drink Powder (sweetened)	400g	9.50	GOV

GRANOVITA

SY455	Cremovita Organic Soya Cream	300ml	1.59	GOV
SY145	Soya Milk - organic	1l	1.59	GVO
SY144	Soya Milk - organic	500ml	0.89	GVO

KARA

SY057	Kara Coconut Milk Drink	1l	1.59	GV
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PLAMIL

SY009	Soya Milk, unsweetened - og	1l	1.55	GOV
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Code	Description	Size	RRP	BFGOSV
<i>PROVAMEL</i>				
SY040	Soya alternative to Cream	250ml	0.79	GOSV
SY067	Soya Drink - Banana	3 x 250ml	1.49	GOV
SY095	Soya Drink - Chocolate	1l	1.49	GOV
SY033	Soya Drink - Chocolate	3 x 250ml	1.49	GOV
SY032	Soya Drink - Strawberry	3 x 250ml	1.49	GOV
SY034	Soya Drink - Vanilla	1l	1.49	GOV
SY027	Soya Drink - Vanilla	3 x 250ml	1.49	GOV
SY069	Soya Milk - Sweetened	1l	0.99	GOV
SY080	Soya Milk - sweetened	1l	1.49	GOV
SY043	Soya Milk - sweetened with	1l	1.39	GV
SY126	Soya Milk - Sweetened with	250ml	0.45	GV
SY025	Soya Milk - Unsweetened	1l	1.45	GOV
SY026	Soya Milk - Unsweetened	500ml	0.89	GOV
SY270	Soya Milk - Unsweetened +	1l	1.39	GV
SY085	Sweetened + Calcium & Vits	1l	0.99	GV
SY048	Unsweetened + Calcium & Vits	1l	0.99	GV

SOJADE

SY017	Cuisine- Organic Soya Cream	200ml	0.85	GOSV
SY018	Soya Milk - calcium & apple	1l	1.25	GVO
SY016	Soya Milk - unsweetened	1l	1.25	OGV
SY023	Soya Milk - Vanilla & Calcium	1l	1.35	GVO

SUNRISE

SY039	Cafe Expert Soya Drink	1l	1.29	GV
SY036	Soya Milk + Calcium & Vitamins	1l	1.29	GV

THE BRIDGE

SY150	Rice Cream - organic	200ml	0.99	GOV
SY487	Rice Drink	1l	1.69	GOV
SY582	Rice Drink	500ml	0.99	GOV
SY042	Rice Drink - Calcium Enriched	1l	1.79	GOV
SY054	Rice Drink - Chocolate	1l	1.99	GOV
SY452	Rice Drink + Almond	1l	1.99	GOV
SY003	Rice Drink + Vanilla	1l	1.85	GOV
SY008	Rice Drink Natural - 3 Pack	3 x 200ml	1.55	GOV

MILK & MILK POWDER (LONGLIFE)

DELAMERE

MJ005	UHT Goats Milk - Whole	1l	1.75	G
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MOO

MJ011	Semi Skimmed Milk - Organic	1l	1.45	GO
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MUESLIS & BREAKFAST CEREALS

SUMA MUESLI - BAG IN BOX

Now with recyclable bag & box

MX099	Gluten Free Puffed Muesli	400g	2.19	GV
MX093	Gluten Free Puffed Muesli - Og	400g	2.49	GOV

ALARA

Sustainable Range

MX236	Active Muesli - organic	400g	3.59	GOV
MX050	Gluten Free Goji/Yacon Muesli	650g	5.09	GOV

BIG OZ

MX077	Agave Coated Rice Puffs	300g	2.59	GOSV
MX078	Berry Coated Rice Puffs	300g	2.59	GOSV
MX757	Buckwheat Puffs	200g	2.25	GO
MX705	Gluten Free Mix	250g	2.25	GO
MX758	Honey & Maple Rice Puffs	300g	2.39	GO
MX756	Rice Puffs	250g	2.25	GO

DOVES FARM

MX019	Cereal Flakes - Organic	375g	2.99	GO
MX988	Chocolate Stars	375g	2.89	GO
MX632	Cornflakes - organic	375g	2.59	GO

EAT NATURAL

MX148	Toasted Muesli - Buckwheat	500g	3.49	GS
MX150	Toasted Muesli - Vine Fruits	500g	3.49	GS

ENVIROKIDZ

MX602	Gorilla Munch	284g	2.99	GOSV
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Code	Description	Size	RRP	BFGOSV
<i>HALE & HEARTY</i>				
MX083	Choco Jungle Pops	275g	3.19	GOSV
MX084	Honey Bee Pops	275g	2.99	GOS
<i>KALLO</i>				
MX124	Puffed Rice Cereal - Natural	225g	2.69	GOV
<i>NATURES PATH</i>				
MX547	Crispy Rice - organic	284g	2.99	GOSV
MX885	Mesa Sunrise - organic	300g	2.99	OVG
<i>RUDE HEALTH FOODS</i>				
<i>Flakes</i>				
MX068	Organic Corn Flakes	250g	1.99	GOV
<i>Puffs</i>				
MX120	Puffed Rice	225g	2.19	GV
<i>WHOLE EARTH</i>				
MX172	Classic Cornflakes - organic	375g	2.19	GOSV
MX174	Maple Frosted Flakes - og	375g	3.19	GOSV

NON-DAIRY DESSERTS (FROZEN)

B'NICE

Non Dairy Ice Cream

XL072	Chocolate Rice Cream	500ml	3.95	GVS
XL071	Strawberry Rice Cream	500ml	3.95	GVS
XL070	Vanilla Rice Cream	500ml	3.95	GVS

BOOJA BOOJA

XL035	Coconut Hullabaloo	500ml	5.99	GOV
XL036	Feisty Winjin Ginger Stuff	500ml	5.99	GOV
XL031	Hunky Punky Chocolate Stuff	110ml	1.79	GOV
XL033	Hunky Punky Chocolate Stuff	500ml	5.49	GOV
XL038	Keep Smiling Vanilla M Gorilla	500ml	5.99	GOV
XL037	Pompompous Maple Pecan Stuff	500ml	6.99	GOV

MAMMA CUCINA

XL105	Mango/Passion Fruit Cheesecake	550g	3.99	GSV
XL104	Strawberry Cheesecake- D/Free	550g	3.99	GVS

SWEDISH GLACE

XL013	Cones	6 x 120g	4.85	GSV
XL017	Juicy Raspberry	750ml	2.89	GVS
XL012	Neapolitan	1.3l	3.99	GVS
XL018	Rich Chocolate	750ml	2.89	GSV
XL016	Smooth Vanilla Ice Cream	750ml	2.89	GVS
XL014	Smooth Vanilla Lollies	6 x 68g	3.35	GSV
XL015	Wild Blueberry	750ml	2.89	GVS

TOFUtti

XL096	OG Mango Passion Soya Dessert	750ml	2.39	GOSV
XL095	Organic Chocolate Soya Dessert	750ml	2.39	GOSV
XL094	Organic Vanilla Soya Dessert	750ml	2.39	GOSV

NUTS & SEEDS

SUMA PREPACKS

NU085	Almonds	125g	1.45	GV
NU145	Almonds	250g	2.59	GV
NU013	Almonds - blanched	125g	1.69	GV
NU086	Almonds - flaked	125g	1.39	GV
NU143	Almonds - ground	125g	1.65	GV
NU144	Almonds - ground	250g	2.79	GV
NU088	Brazil - broken	125g	0.89	GV
NU146	Brazil - broken	250g	1.59	GV
NU087	Brazil - whole medium	125g	1.29	GV
NU147	Brazil - whole medium	250g	2.25	GV
NU089	Cashew - large pieces	125g	1.05	GV
NU149	Cashew - large pieces	250g	1.75	GV
NU150	Cashew - roasted & salted	125g	1.85	GV
NU152	Cashew - whole	125g	1.45	GV
NU153	Cashew - whole	250g	2.55	GV
NU040	Cashews - roasted & salted	250g	3.39	GV
NU029	Coconut - chips	150g	0.75	GV
NU090	Hazelnuts	125g	1.55	GV

Code	Description	Size	RRP	BFGOSV
NU157	Hazelnuts	250g	2.89	GV
NU211	Linseed / Flax	250g	0.69	GV
NU291	Linseed / Flax	500g	1.19	GV
NU101	Macadamias	125g	2.35	GV
NU091	Mixed nuts	125g	1.05	GV
NU162	Mixed nuts	250g	1.79	GV
NU158	Mixed nuts - chopped	250g	1.59	GV
NU095	Peanuts - redskin	125g	0.59	GV
NU168	Peanuts - redskin	250g	0.95	GV
NU184	Peanuts - roasted	250g	1.49	GV
NU170	Peanuts - salted	250g	1.49	GV
NU171	Pecan nuts	125g	2.19	GV
NU092	Pine kernels	125g	4.39	GV
NU252	Pistachio - raw shelled	125g	3.35	GV
NU093	Pistachio - roasted & salted	125g	1.75	GV
NU175	Pistachio - roasted & salted	250g	3.65	GV
NU094	Pumpkin seeds	125g	1.25	GV
NU176	Pumpkin seeds	250g	1.55	GV
NU099	Sesame seeds - natural	125g	0.75	GV
NU177	Sesame seeds - natural	250g	1.19	GV
NU100	Sunflower seeds	125g	0.59	GV
NU178	Sunflower seeds	250g	0.85	GV
NU179	Sunflower seeds	500g	1.59	GV
NU180	Walnuts - light amber halves	125g	1.19	GV
NU181	Walnuts - light amber halves	250g	2.09	GV
NU196	Walnuts - light amber pieces	125g	1.29	GV
NU197	Walnuts - light amber pieces	250g	2.35	GV

SUMA PREPACKS - ORGANIC

NU234	Alfalfa seeds - organic	125g	1.65	GVO
NU217	Almonds - organic	125g	1.59	GOV
NU102	Almonds - organic	250g	2.89	GOV
NU159	Almonds - organic	500g	7.25	GOV
NU387	Almonds, ground - organic	125g	1.69	GOV
NU043	Almonds, ground - organic	250g	2.99	GOV
NU344	Brazils - organic	125g	1.39	GOV
NU219	Brazils - organic	250g	2.45	GOV
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
NU033	Cashews whole - organic	125g	1.59	GOV
NU255	Cashews whole - organic	250g	2.95	GOV
NU041	Coconut - desiccated, organic	125g	0.69	GOV
NU103	Hazelnuts - organic	125g	1.89	GOV
NU258	Hazelnuts - organic	250g	3.49	GOV
NU273	Hemp Seeds - organic	125g	1.19	GVO
NU272	Hemp Seeds - organic	250g	1.95	GVO
NU045	Linseed, golden - organic	125g	0.75	GOV
NU322	Linseed, golden - organic	250g	1.25	GOV
NU288	Omega Seed Mix - organic	125g	1.05	GOV
NU293	Omega Seed Mix - organic	250g	1.85	GOV
NU069	Peanuts - organic	125g	0.79	GOV
NU218	Peanuts - organic	500g	2.35	GOV
NU545	Pine Kernels - organic	125g	6.25	GOV
NU212	Pumpkin seeds - organic	125g	1.35	GOV
NU323	Pumpkin seeds - organic	250g	2.39	OGV
NU261	Pumpkin seeds - organic	500g	4.49	GOV
NU213	Sesame seeds - organic	125g	1.05	GOV
NU356	Sesame seeds - organic	250g	1.75	OGV
NU105	Sunflower seeds - organic	125g	0.69	GOV
NU254	Sunflower Seeds - organic	250g	1.05	GOV
NU457	Sunflower seeds - organic	500g	1.85	GOV
NU104	Walnuts - organic	125g	1.95	GOV
NU012	Walnuts - organic	250g	3.69	GOV
NU289	Walnuts - organic	375g	5.29	GOV

BIONA

NU304	Amaranth Seeds	500g	2.49	GOV
NU303	Hemp Seeds	250g	2.19	GOV

Code	Description	Size	RRP	BFGOSV
TRAIDCRAFT				
ZX529	Salted Peanuts	150g	1.25	FGV
ZAYTOUN				
NU108	Palestinian Almonds	150g	3.99	FGV

OILS & FATS

SUMA

GT100	Grapeseed Oil	500ml	3.45	GV
GT019	Italian Organic Olive Oil	3l	23.75	GOV
GT017	Italian Organic Olive Oil	500ml	4.49	GOV
GT018	Italian Organic Olive Oil	750ml	6.45	GOV
GT084	Olive Oil - Extra Virgin	500ml	4.95	GV
GT086	Olive Oil - Extra Virgin	5l	40.55	GV
GT085	Olive Oil-Extra Virgin,organic	500ml	5.35	GVO
GT087	Olive Oil-Extra Virgin,organic	5l	42.29	GVO
GT082	Sesame Oil	500ml	6.95	GV
GT083	Sunflower Oil - cold pressed	500ml	2.95	GV
GT090	Sunflower Oil - cold pressed	5l	17.75	GV
GT080	Sunflower Oil - organic	500ml	2.99	GVO
GT091	Sunflower Oil - organic	5l	19.82	GVO
GT052	Sunflower Oil - refined	5l	11.05	GV

BIO PLANETE

GT136	Peanut Oil - og	500ml	8.79	GOV
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BIONA

VM271	Flax Seed Oil (was Linseed)	250ml	5.69	GOVB
VF773	Virgin Coconut Oil Organic	200g	3.69	GOV
VF774	Virgin Coconut Oil Organic	400g	6.89	GOV

CLEARSPRING

GT039	Hazelnut Oil - Organic	250ml	7.99	GOV
GT204	Italian Olive Oil Organic	1l	8.99	GVO
GT049	Italian Olive Oil Organic	250ml	3.19	OVG
GT203	Italian Olive Oil Organic	500ml	4.99	GVO
GT342	Omega Oil Blend - organic	500ml	6.99	GOV
GT209	Pumpkin Seed Oil organic	250ml	7.49	GVO
GT009	Rapeseed Oil Organic	500ml	3.19	GOV
GT206	Safflower Oil organic	500ml	3.99	GVO
GT207	Sesame Oil organic	500ml	4.99	GVO
GT208	Sesame Oil Toasted organic	250ml	3.59	GVO
GT230	Sunflower Frying Oil organic	1l	5.19	GVO
GT231	Sunflower Frying Oil organic	500ml	2.55	VOG
GT201	Sunflower Oil organic	500ml	2.69	GVO
GT202	Sunflower Oil organic	1l	4.69	GVO
GT211	Walnut Oil organic	250ml	7.59	GVO

COMMUNITY

GT118	Sunflower Oil - refined	1l	2.59	GV
GT101	Vegetable Suet	250g	1.35	GV

CYPRESSA

GT701	Organic Olive Oil	500ml	7.35	GOV
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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

HELLENIC

GT403	Olive Oil - Extra Virgin	1l	6.59	GV
GT008	Olive Oil - Extra Virgin	250ml	2.69	GV
GT005	Olive Oil - Extra Virgin	3l	20.75	GV
GT402	Olive Oil - Extra Virgin	500ml	4.29	GV
GT031	Olive Oil Extra Virgin	5l	29.95	GV

INFINITY

GT002	Organic Avocado Oil	250ml	6.99	GOV
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KHYBER

VF751	Ghee	2lb	2.85	GV
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Code	Description	Size	RRP	BFGOSV
MERIDIAN				
GT032	Grapeseed Oil	500ml	3.99	GV
GT012	Olive Oil-Extra Virgin,organic	500ml	4.99	GVO
GT035	Safflower Oil - og	500ml	3.99	GOV
GT034	Sesame Oil - og	500ml	4.99	GOV
GT016	Sunflower Oil - organic	500ml	2.99	GVO
GT033	Toasted Sesame Oil - og	500ml	4.99	GOV
MIDSUMMER				
GT911	Sunflower Oil - organic	1l	2.42	GOV
PRIDE				
GT135	Almond Oil	200ml	1.90	VG
GT133	Coconut Oil	250ml	1.79	GV
PUKKA				
GT036	Ghee - organic	300ml	7.95	GO
GT037	Hemp Seed Oil - organic	250ml	7.65	GOV
GT038	Virgin Coconut Oil - organic	300g	7.95	GOV
SUNITA				
GT099	Olive Oil-Extra Virgin Organic	5l	40.65	GVO
GT097	Olive Oil-Extra Virgin,organic	1l	8.65	GVO
GT098	Olive Oil-Extra Virgin,organic	500ml	5.55	GVO
WHARFE VALLEY FARMS				
GT027	Cold Pressed Rapeseed Oil	250ml	3.99	GV
GT028	Oak Smoked Rape Seed Oil	250ml	3.99	GV
GT030	Rapeseed Oil	500ml	5.99	GV
GT029	Red Chilli Rapeseed Oil	250ml	3.99	GV
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

ATTIS				
KJ008	Black Olives in Brine	454g	2.55	GV
KJ009	Green Olives in Brine	454g	2.10	GV
KJ012	Ionian Mixed Olives	454g	3.25	GV
COOKS & CO				
KJ102	Green Olives & Sundried Toms	290g	2.99	G
CRESPO				
KJ272	Black Olives Herbs & Vinegar	110g	1.39	GV
KJ271	Green Olive Coriander & Pepper	110g	1.49	GV
KJ261	Green Olives & Pimentos	198g	1.15	GV
KJ269	Pitted Black Olives in Brine	198g	1.15	GV
KJ268	Pitted Dry Black Olives	110g	1.65	GV
KJ270	Pitted Green Olives in Brine	198g	1.15	GV
OLIVES DU MARCHE				
KJ264	Pitted Dry Black Olives/Herbs	70g	1.15	GV
KJ267	Pitted Green Olive Herb/Garlic	70g	1.15	GV
KJ266	Pitted Mixed Cocktail Olives	70g	1.15	GV
CYPRESSA				
KJ801	Chilli Olives	275g	1.99	GV
KJ867	Cypressa Pitted Green Olives	2kg	9.85	GV
KJ521	Pitted Black Olives	150g	0.79	GV
KJ868	Pitted Black Olives	2kg	8.89	GV
KJ804	Pitted Black Olives	340g	1.19	GV
KJ522	Pitted Green Olives	150g	0.85	GV
KJ803	Pitted Green Olives	340g	1.29	GV
KJ805	Stuffed Pimento Olives	340g	1.39	GV
GAEA				
VF179	Green Olives with Garlic	295g	2.65	GV
VF178	Green Olives with Pimento	295g	2.65	GV
VF175	Kalamata Olives	300g	2.29	GV
VF121	Kalamata Olives - organic	300g	2.69	GOV
VF180	Marinated Mixed Olives	300g	2.09	GV
VF070	Mixed Marinated Olives-organic	300g	2.49	GOV

Code	Description	Size	RRP	BFGOSV
VF177	Pitted Kalamata Olives	290g	2.55	GV
VF185	Tapenade - Aubergine	100g	1.49	GV
VF182	Tapenade - Green	100g	1.49	GV
VF184	Tapenade - Kalamata	100g	1.49	GV
ORGANICO				
KJ006	Black Olives - og	250g	3.85	GOV
KJ387	Fat Halkidiki Olives	250g	3.45	GOV
KJ002	Green Olives - og	250g	3.45	GOV
KJ380	Green Olives Lebanese Marinade	250g	3.85	GOV
KJ687	Kalamata Olives	250g	3.45	GOV
SUNITA				
KJ335	Black Kalamata Olives	370g	2.59	GV
KJ111	Black Kalamata Olives	450g	2.75	GV
KJ336	Black Olives - marinated	220g	2.65	GV
KJ334	Black Olives - organic	220g	4.89	GVO
KJ596	Colossal Green Olives	370g	2.09	GV
KJ598	Garlic Stuffed Olives	370g	2.95	GV
KJ097	Green Olives	1lb	2.29	GV
KJ555	Kalamata Olives - organic	370g	3.09	GVO
VF052	Og Spanish Green Olives	270g	2.09	GOV
KJ098	Stuffed Green Olives	230g	1.30	GV

ZAYTOUN

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

PASTA

BOB THE BUILDER

WT012	Gluten Free Pasta Shapes	250g	1.89	OGV
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BUONTEMPO

WT065	Penne Gluten Free	250g	1.29	GV
WT067	Shells Gluten Free	250g	1.29	GV
WT066	Spirals Gluten Free	250g	1.29	GV

DOVES FARM

WT060	Org Tricolore Pasta Spirals	250g	1.45	GOV
WT038	Organic Brown Rice Fusilli	500g	2.49	GOV
WT047	Organic Brown Rice Penne	500g	2.49	GOV
WT036	Organic Brown Rice Spaghetti	500g	2.49	GOV
WT053	Organic Maize / Rice Spaghetti	500g	2.49	GOV
WT051	Organic Maize and Rice Fusilli	500g	2.49	GOV
WT039	Organic Maize and Rice Penne	500g	2.49	GOV
WT045	Organic Maize/Rice Pipe Rigate	500g	2.49	GOV

KING SOBA

WT210	100% Buckwheat Noodles	250g	1.69	OGV
WT954	Black Rice Noodles	250g	1.79	GOV
WT037	Brown Rice Noodles	250g	1.59	OVG
WT952	Brown Rice Wakame Noodles	250g	1.79	GOV
WT953	Buckwheat & Sweet Potato	250g	1.79	GOV
WT214	Corn & Brown Rice Noodles	250g	1.79	OGV
WT212	Millet & Brown Rice Noodles	250g	1.79	OGV
WT951	Pumpkin Ginger & Rice Noodles	250g	1.79	GOV
WT217	Thai Rice Noodles	250g	1.59	OGV

ORGRAN

WT061	Alternative Grain Spaghetti	420g	1.99	GV
WT078	Buckwheat Spirals	250g	1.99	GV
WT064	Corn & Rice Linguine	250g	2.49	GV
WT105	Corn & Veg Shells	250g	1.99	GV
WT110	Corn & Vegetable Spirals	250g	1.99	GV
WT127	Corn Spirals	250g	1.99	GV
WT063	Essential Fibre Lasagnette	250g	2.99	GV
WT055	Essential Fibre Pasta - Penne	250g	2.85	GV
WT056	Essential Fibre Pasta Spirals	250g	2.85	GV
WT032	Multigrain Spiral Pasta	250g	2.85	GV
WT054	Pasta Spirals in Tomato Sauce	220g	1.35	GV
WT006	Rice & Corn Corkscrews Value	500g	2.99	GV
WT134	Rice & Corn Lasagne	200g	2.99	GV
WT010	Rice & Corn Shells	250g	1.99	GV
WT062	Rice & Corn Spaghetti	250g	2.49	GV

B - biodynamic F - fairly traded G - gluten free O - organic S - added sugar V - vegan

Code	Description	Size	RRP	BFGOSV
WT077	Rice & Millet Spirals	250g	1.99	GV
WT259	Rice Corn Veg Corkscrews	250g	1.99	GV
WT131	Rice Spirals	250g	1.99	GV
WT080	Vegetable & Rice Spirals	250g	1.99	GV

RIZOPIA

WT505	Organic Brown Rice Fusilli	500g	3.95	GOV
WT507	Organic Brown Rice Lasagne	375g	3.95	GOV
WT503	Organic Brown Rice Pasta Elbow	500g	3.95	GOV
WT506	Organic Brown Rice Penne	500g	3.95	GOV
WT501	Organic Brown Rice Spaghetti	500g	3.95	GOV

PASTA SAUCES & PESTOS

SUMA

KJ162	Organic Pesto alla Genovese	190g	2.95	GO
KJ160	Organic Pesto alla Siciliana	190g	2.89	GOV
KJ161	Organic Pesto Rosso	190g	2.89	GOV

Organic Pasta Sauces

VF502	Arrabbiata Sauce - OG	340g	1.99	GOSV
VF501	Basilico Sauce - OG	340g	1.99	GOSV
VF191	Bolognese Sauce - OG	350g	1.69	GOV
VF503	Campagna Sauce - OG	340g	2.25	GOSV
VF504	Classico Sauce - OG	340g	1.99	GOSV
VF192	Napoletana Pasta Sauce	350g	1.49	GOV
VF505	Puttanesca Sauce - OG	340g	2.25	GOSV
VF499	Siciliana Sauce - OG	340g	2.75	GOSV

Organic Pestos

KJ192	Pesto - Green, vegan	160g	2.59	GOV
KJ191	Pesto - Green, vegetarian	160g	2.59	GO
KJ189	Pesto - Red, vegan	160g	2.59	GOV
KJ190	Pesto - Red, vegetarian	160g	2.59	GO

KITCHEN GARDEN

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

MERIDIAN

VF171	Chunky Vegetable Pasta Sauce	350g	1.79	GOV
VF050	Mushroom Pasta Sauce - organic	440g	1.99	GOV
VF099	Olive Pasta Sauce - organic	440g	1.99	GOV
VF174	Sundried Tomato Pasta Sauce	440g	1.79	GOV
VF173	Tomato & Basil Pasta Sauce	350g	1.79	GOV
VF172	Tomato & Chilli Pasta Sauce	350g	1.79	GOV
VF197	Tomato & Herb - organic	440g	1.99	GVO
VF123	Tomato & Pepper Pasta Sauce og	440g	1.99	GOV

Free From

VF869	Creamy Tomato & Herb Sauce	350g	1.79	GV
VF031	Creamy Wine & Mushroom Sauce	350g	1.79	GSV
VF023	Green Pesto	170g	1.89	GV
VF012	Sun Dried Tomato Sauce	350g	1.79	GSV

ORGANICO

VF055	Mushroom & Red Wine sauce	360g	2.45	GOSV
VF043	Olive, Chilli & Garlic - og	360g	2.75	GOSV
VF034	Red Pepper & Balsamic - og	360g	2.45	GOSV

SEEDS OF CHANGE

VF072	Bolognese Sauce OG	500g	2.79	GOSV
VF062	Cherry Tomato & Olive Sauce og	350g	2.59	GOSV
VF056	Mediterranean Veg Sauce - og	350g	2.59	GOSV
VF414	Roasted Pepper	200g	2.95	GOVS
VF071	Slow Roasted Garlic/Chilli -og	350g	2.59	GOSV
VF415	Sundried Tomato & Basil Sauce	200g	2.95	GOV
VF149	Tomato & Sweet Pepper	500g	2.95	GOV
VF076	Tomato and Basil - og	500g	2.79	GOSV

SUNITA

KJ790	Organic Pesto Genovese	130g	3.45	GOV
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ZEST

VF168	Basil & Oregano Pasta Sauce	355g	2.19	GV
VF544	Hot & Spicy Pasta Sauce	355g	2.19	GV
VF366	Hot Mexican Chilli Sauce	355g	2.19	GV
KJ026	Pesto - Vegan	165g	2.45	GV

B - biodynamic F - fairly traded G - gluten free O - organic S - added sugar V - vegan

Code	Description	Size	RRP	BFGOSV
KJ452	Pesto - Vegan	340g	4.09	GV
KJ023	Pesto - Vegetarian	165g	2.45	G
KJ024	Pesto - Vegetarian	340g	4.09	G
VI068	Red Pesto	165g	2.45	GS

PATE

CHALICE

VF486	Pate/Paste - sun dried tomato	165g	2.05	GV
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GRANOVITA

GH015	Olive Pate	125g	1.39	G
GH651	Ready Spreadable Pate - Mushroom	200g	2.49	VOG
GH650	Ready Spreadable Pate - Original	200g	2.49	GOV
GH016	Shiitake Pate	125g	1.39	G

SUNITA

GH152	Black Olive Pate	180g	2.55	GV
KJ791	Kalamata Olive Pate	140g	3.05	GOV
VF674	Organic Sundried Tomato Pate	130g	3.29	GOV

TARTEX

GH001	Classic Pate - og	200g	2.49	GOV
GH012	Herb & Garlic Pate - og	200g	2.49	GOV
GH006	Herb Pate - og	200g	2.49	GOV
GH007	Mushroom pate - og	200g	2.49	GOV
GH008	Olive Pate - og	200g	2.49	GOV
GH009	Roasted Onion Pink Pepper - og	200g	2.49	GOV
GH011	Sun Dried Tomato Pate - og	200g	2.49	GO

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-og	200g	2.16	GOV

CAULDRON

CV020	Fragrant Moroccan Chick Pea OG	115g	1.87	GO
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DELPHI FOODS

CV530	Antipasto - mixed Olives	175g	1.27	GOV
CV430	Aubergine Dip	135g	1.29	GV
CV433	Carrot Houmous	170g	0.95	GV
CV286	Chargrill Red Pepper Houmous	170g	0.89	GV
CV279	Chickpea Salad	220g	1.25	G
CV431	Dolmades	120g	1.35	GV
CV432	Fresh Basil Pesto	170g	1.75	GV
CV278	Fresh Guacamole Dip	150g	1.44	GV
CV291	Houmous	170g	0.84	GV
CV429	Lentil Salad	200g	1.39	GV
CV290	Low Fat Houmous	170g	0.84	GV
CV273	Mixed Salad with Olives	300g	1.81	GV
CV529	Mozzarella & Sun-bless Tomato	240g	2.05	G
CV428	Tabouli Salad	170g	1.39	G
CV285	Three Bean Salad	220g	1.25	GV
CV427	Tzatziki	170g	0.92	GV

FLORENTIN

CV932	Aubergine Salad	200g	3.42	GO
CV527	Baba Ganoush	300g	3.09	GOV
CV935	Black Olive Tapenade	150g	3.49	GOV
CV551	Caponata salad	200g	3.39	GOV
CV934	Green Olive Tapenade	150g	3.49	GOV
CV931	Hummus	200g	2.87	GOV
CV552	Marinated Sun Dried Tomatoes	200g	3.69	GOV
CV526	Org Hummus Extra with Pinenuts	200g	2.81	GOV
CV528	Organic Tzatziki	170g	2.79	GO
CV553	Tapas Aubergine	260g	3.49	GOV
CV570	Tapas del sol	150g	3.42	GOV
CV525	Wasabi Houmous	150g	2.84	GOV
CV571	Yams Nuggets	280g	3.42	GOV

Code	Description	Size	RRP	BFGOSV
	RICO MEXICAN KITCHEN			
	<i>Authentic Mexican Recipes</i>			
CV371	Fresh Salsa Hot	175g	1.95	GV
CV361	Fresh Salsa Mild	175g	1.95	GV
CV359	Fresh Salsa Verde	175g	1.99	GV
CV373	Mashed Spicy Beans	210g	1.99	GV
	<i>Authentic Mexican Sauce</i>			
CV372	Mole (Chilli/Chocolate) Sauce	210g	2.49	GSV
	SOURCE FOODS			
CV468	Fresh Org Mellow Barley Miso	240g	3.33	GOV
CV467	Fresh Org Mellow Brown Miso	240g	3.33	GOV
CV473	Fresh Organic Field Bean Miso	240g	3.33	GOV
CV474	Fresh Organic Ginger Miso	213g	3.33	GOV
CV465	Fresh Organic Miso- Mixed Case	240g	3.33	GOV
CV466	Fresh Organic Sweet Brown Miso	240g	3.33	GOV
	TRACKLEMENTS			
CV538	Hot Habanero Sauce	260g	2.60	GV
CV536	Red Pepper & Tomato Salsa	260g	2.60	GV

PEANUT, SEED & NUT BUTTERS

Code	Description	Size	RRP	BFGOSV
	SUMA			
GH022	Peanut Butter, crunchy + salt	340g	2.45	GVO
GH047	Peanut Butter, crunchy + salt	700g	4.39	GVO
GH256	Peanut Butter, crunchy no salt	340g	2.45	GVO
GH248	Peanut Butter, crunchy no salt	700g	4.39	GVO
GH023	Peanut Butter, smooth + salt	340g	2.45	GVO
GH051	Peanut Butter, smooth + salt	700g	4.39	GVO
GH257	Peanut Butter, smooth no salt	340g	2.45	GVO
GH950	Tahini - dark, organic	340g	2.99	OGV
GH675	Tahini - light, organic	340g	2.99	OGV
	BIONA			
GH210	Almond Butter - og	170g	3.99	GOV
	CARLEY'S			
GH024	Almond Butter- Organic	170g	3.75	GOV
GH025	Cashew Butter- Organic	170g	3.19	GOV
GH709	Hemp & Linseed Butter - og	170g	3.55	GOV
GH014	Pecan Butter - og	170g	5.45	GOV
GH034	Pumpkinseed Butter - og	250g	3.45	GOV
GH041	Rainforest Nut Butter- Organic	170g	3.89	GOV
GH042	Sunflower Butter- Organic	250g	2.45	GOV
GH712	White Almond Butter - og	170g	3.75	GOV
	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
	MERIDIAN			
GH122	Almond Butter	170g	2.29	GV
GH072	Almond Butter - og	170g	2.99	GOV
GH002	Brazil Nut Butter	170g	2.29	GV
GH027	Cashew Butter	170g	2.29	GV
GH057	Cashew Nut Butter - og	170g	2.79	GOV
GH028	Crunchy Peanut Butter - og	280g	1.79	GOV
GH097	Crunchy Peanut Butter no salt	1kg	5.99	GOV
GH063	Crunchy Peanut Butter -no salt	280g	1.79	GOV
GH114	Hazel Butter	170g	2.29	GV
GH037	Peanut Butter - crunchy + salt	1kg	4.79	GV
GH021	Peanut Butter - crunchy + salt	280g	1.59	GV

B - biodynamic F - fairly traded G - gluten free O - organic S - added sugar V - vegan

Code	Description	Size	RRP	BFGOSV
GH039	Peanut Butter - smooth + salt	1kg	4.79	GV
GH026	Peanut Butter - smooth + salt	280g	1.59	GV
GH040	Peanut Butter - smooth no salt	1kg	4.79	GV
GH038	Peanut Butter -crunchy no salt	1kg	4.79	GV
GH066	Peanut Butter, crunchy-no salt	280g	1.59	GV
GH067	Peanut Butter, smooth-no salt	280g	1.59	GV
GH046	Pumpkin Seed Butter - og	170g	2.29	GOV
GH110	Smooth Peanut Butter - no salt	280g	1.79	GOV
GH109	Smooth Peanut Butter - og	280g	1.79	GOV
GH068	Tahini - light	270g	1.69	GV
GH020	Tahini - light, organic	270g	2.29	GOV
GH065	Tahini - natural dark	270g	1.69	GV
GH064	Tahini, dark - og	270g	2.29	GOV
	SUNITA			
GH077	Tahini - dark	340g	2.29	GV
GH079	Tahini - dark	3kg	19.65	GV
GH078	Tahini - light	340g	2.29	GV
GH080	Tahini - light	3kg	19.65	GV

WHOLE EARTH

GH091	Peanut Butter - smooth organic	227g	2.29	GOV
GH090	Peanut Butter -crunchy organic	227g	2.29	GOV
GH084	Peanut Butter -smooth original	340g	2.39	G
GH082	Peanut Butter-crunchy original	340g	2.39	GV

PET FOODS & PET CARE

SUMA BAGGED DOWN

NU110	Wild Bird Seed	1kg	1.39	GV
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YARRAH

PF506	Vegetarian Pate	150g	0.89	GOV
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PICKLES, CHUTNEYS & MUSTARDS

ATKINS & POTTS

KJ170	Red Onion & Jalapeno Relish	280g	3.45	GSV
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BIONA

LJ664	Harissa Relish - prepared	125g	2.59	GOV
KJ377	Org Cornichons (Mini Gherkins)	330g	2.69	GOSV
KJ376	Organic Silverskin Onions	320g	2.39	GOSV

CLIPPY'S APPLES

KJ372	Apple, Mango & Chilli Chutney	260g	2.99	GSV
KJ373	Apple, Plum & Walnut Chutney	260g	2.99	GSV
KJ375	Apple, Redcurrant&Chilli Jelly	280g	2.89	GSV
KJ367	Apple, Thyme & Garlic Jelly	280g	2.89	GSV

DE RIT

KJ137	Coarse Mustard - organic	190g	1.78	GO
KJ138	Fine Mustard - organic	190g	1.78	GO

DUCHY ORIGINALS

KJ325	Ploughmans Pickle - og	310g	3.59	GOSV
KJ326	Tomato Chutney - og	290g	3.59	GOSV
KJ320	Wholegrain Mustard - og	170g	2.99	GO

GEO ORGANICS

KJ147	Tomato & Apple Chutney	300g	2.19	GOSV
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HAWKSHEAD RELISH COMPANY

KJ124	Beetroot & Horseradish Chutney	200g	3.19	GSV
KJ115	Chillillilli	270g	4.35	GSV
KJ116	Cumberland Sauce	220g	2.69	GSV
KJ379	Gooseberry Chutney	200g	3.19	GSV
KJ378	Hedgerow Jelly	200g	2.79	GSV
KJ123	Westmorland Chutney	320g	4.39	GSV

HENSHELWOODS FINE FOODS

KJ330	Apple Mint Jelly	215g	3.25	GV
KJ341	Blackberry Jelly	218g	3.35	GV
KJ249	Deli Mustard	200g	2.50	GS
KJ319	Hot Apricot Chutney	250g	3.40	GVS
KJ275	Old Bute Chutney	250g	3.40	GVS
KJ331	Sweet Balsamic Onions	250g	3.45	GSV

Code	Description	Size	RRP	BFGOSV
KJ198	Tomato & Onion Chutney	250g	2.55	GVS
<i>JOHN LUSTY</i>				
KJ352	Cranberry Sauce	190g	1.75	GSV
KJ339	Wholegrain Mustard	160g	2.09	G

READY MEALS (FROZEN)

<i>AMY'S KITCHEN</i>				
XL161	Brown Rice & Vegetable Bowl	283g	3.42	G
<i>AUNTY JEE</i>				
XL144	7 Star Lentil Curry	400g	3.49	GV
XL135	Aubergine Curry	400g	3.49	GV
XL146	Biryani	400g	3.49	GV
XL137	Cauliflower Curry	400g	3.49	GV
XL147	Chick Pea Curry	400g	3.49	GV
XL139	Chilli Chunks	400g	3.49	GV
XL149	Chilli Paneer	400g	4.99	G
XL152	Onion Bhaji Curry	400g	3.49	G
XL143	Pilau Rice	400g	3.49	GV
XL136	Punjabi Onion Bhaji	400g	2.99	GV
XL138	Punjabi Stuffed Chillis	400g	2.99	GV
XL150	Soya Korma Curry	400g	3.49	GV
XL141	Soya Madras	400g	3.49	GV

CLIVES

Pies & Pastries

XL032	G/Free Vegetable Chilli Pie	250g	2.65	GOV
XL028	Gltn Free French Cassoulet Pie	250g	2.65	GOV
XL026	Gluten Free Aloo Gobi Pie	250g	2.65	GO
XL027	Gluten Free Cheese/Potato Pie	250g	2.65	GO
XL029	Gluten Free Lentil & Olive Pie	250g	2.65	GOSV
XL030	Gluten Free Minty Chickpea Pie	250g	2.65	GOV

Pots of...

XL044	Aduki Bean Stew	400g	3.29	GOV
XL042	Moroccan Tagine	400g	3.29	GOV

SALADS & SPROUTS (CHILLED)

SKY SPROUTS

Minimum 4 days shelf life

CV479	Org Alfalfa & Broccoli Sprouts	100g	1.06	GOV
CV481	Org Alfalfa & Leek Sprouts	100g	1.06	GOV
CV476	Org Alfalfa & Radish Sprouts	100g	1.06	GOV
CV475	Org Alfalfa Sprouts	100g	1.06	GOV
CV507	Organic Adzuki Sprouts	227g	1.06	GOV
CV514	Organic Cut Sunflower Greens	100g	1.25	GOV
CV515	Organic Golden Pea Shoots	100g	1.25	GOV
CV504	Organic Mixed Bean Sprouts	227g	1.06	GOV
CV503	Organic Mung Bean Sprouts	200g	1.06	GOV
CV509	Organic Sango Radish Sprouts	100g	1.06	GOV
CV510	Organic Sprouts Multi Pack	160g	1.67	GOV
CV508	Organic Sunflower Seed Sprouts	200g	1.06	GOV

SALT & SEASONINGS

BIOFORCE

LJ054	Herbamare	250g	3.27	GV
LJ118	Herbamare	90g	1.85	GV

BROSTE

LJ010	Sea Salt Coarse	500g	1.65	GV
LJ012	Sea Salt Fine	500g	1.65	GV

CORNISH SEA SALT CO

LJ157	Cornish Sea Salt	125g	1.95	GV
LJ083	Cornish Sea Salt	125g	1.95	GV
LJ076	Cornish Sea Salt	225g	3.85	GV

GEO ORGANICS

LJ005	Atlntic Fine Ground Sea Salt	250g	1.65	GOV
LJ555	Atlantic Sea Salt Crystals	250g	1.35	GOV

MALDON

LJ004	Maldon Smoked Sea Salt	125g	1.95	GOV
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Code	Description	Size	RRP	BFGOSV
LJ003	OG Whole Black Peppercorns	40g	1.95	GOV
LJ888	Sea Salt - Flaky Crystals	250g	1.99	GV
<i>MARIGOLD</i>				
LJ444	Liquid Aminos	250ml	3.27	GV
<i>PROFUSION</i>				
LJ154	Himalayan Pink Salt - Shaker	140g	2.29	GV
LJ153	Himalayan Pink Salt Course	500g	3.99	GV
LJ152	Himalayan Pink Salt Fine	500g	3.99	GV

SAUSAGES AND BURGERS (FROZEN)

WICKEN FEN

XL049	Carrot & Coriander Veg Sausage	280g	2.39	GV
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SHEEPS MILK PRODUCTS (CHILLED)

ATTIS

CV587	Organic Greek Feta	200g	3.25	GO
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PITTAS

CV029	Fetta Cheese Greek	250g	3.99	G
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WOODLANDS PARK

CV420	Nat Sheeps Yoghurt - organic	450g	2.32	GO
CV200	Natural Sheeps Yogurt	150g	1.02	GO

SHERRY, PORT & DESSERT WINE

RS067	Terra Prima Port - og	75cl	17.99	GOV
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South Africa

RS111	Heaven on Earth Muscat	37.5cl	19.42	FGOV
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PIEDRA LUENGA

RS246	Pale Cream Sherry Style	75cl	15.07	GOV
RS247	Pedro Ximenez Sherry Style	50cl	12.21	GOV

SNACK BARS & FLAPJACKS

9 BAR

KB769	Nutty 9 Bar	50g	0.89	G
KB768	Original 3 Pack	3 x 50g	2.19	GS
KB390	Original Hemp Seed Bar	50g	0.79	G
KB415	Original Organic Hemp Seed Bar	50g	0.99	GO

BOUNCE

KB291	Almond Protein Ball	49g	1.59	G
KB294	Premium Protein Ball	49g	1.59	G

Refills

KB666	Almond Protein Ball - Refill	49g	1.59	G
KB667	Premium Protein Ball - Refill	49g	1.59	G

CRAZY JACK

KB567	Fruit Fingers	120g	1.99	GOV
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DRU HEALTH MIRACLE BAR

KB336	Goji Choc Protein	68g	1.75	GOV
KB337	Orange & Ginger	68g	1.75	GOV
KB085	Original	68g	1.75	GOV

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
KB549	Cherries, Almonds, Yoghurt	45g	0.79	G
KB548	Cranberries, Apricots	45g	0.79	G
KB460	Cranberry & Macadamia Bar	45g	0.79	GS
KB547	Dark 70% Choc, Brazils, Apricots	45g	0.79	G
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

ELIZABETH HURLEY

KB675	Organic Fruit Bar-Orange/Cran	28g	0.75	GO
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B - biodynamic F - fairly traded G - gluten free O - organic S - added sugar V - vegan

Code	Description	Size	RRP	BFGOSV
KB676	Organic Fruit Bar-Straw/Cherry	28g	0.75	GOV
<i>FRUIT BOWL</i>				
KB864	Blackcurrant School Bars	20g	0.45	G
KB865	Cherry School Bars	20g	0.45	G
KB352	Raspberry School Bars	20g	0.45	G
KB866	Strawberry School Bars	20g	0.45	G
<i>FRUITUS</i>				
KB701	Smoothie Bars - Strawberry	20g	0.59	GS
KB707	Smoothie Bars - Tropical Fruit	20g	0.59	GS
KB708	Smoothie Bites - Strawberry	12 x 25g	0.65	GS
KB709	Smoothie Bites -Tropical Fruit	12 x 25g	0.65	GS
<i>FRUTINA</i>				
KB325	Fruit Snack - Variety Pack	15g	0.39	GV
<i>LYME REGIS FOODS</i>				
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
<i>Fruit Break</i>				
ZX304	Date & Fig	42g	0.69	GV
<i>Kidz Bars</i>				
KB105	Apple Fruit Bar - org	20g	0.65	GOV
KB860	Blackcurrant Fruit Bar - org	20g	0.65	GOV
KB862	Strawberry Fruit Bar	20g	0.65	GOV
<i>NAKD</i>				
<i>Gluten Free Bars</i>				
KB554	Cashew Cookie Bar	35g	0.79	GV
KB556	Cocoa Orange Bar	35g	0.79	GV
KB558	Ginger Bread Bar	35g	0.79	GV
KB553	Pecan Pie Bar	35g	0.79	GV
<i>ORGANICA</i>				
KB703	Golden Coconut Dark Choc Bar	40g	0.91	GOSV
KB702	Hazelnut Nougat Dark Choc Bar	40g	0.91	GOSV
<i>OSKRI</i>				
KB163	Coconut Bar Original - og	61g	0.99	GOV
KB159	Coconut Mango Bar - og	61g	0.99	GOV
KB144	Date Syrup Bar - og	53g	0.99	GOV
KB226	Quinoa Bar - og	56g	0.99	GOV
<i>PACK TUNCH</i>				
KB664	Apple & Cinnamon	45g	0.99	GV
KB663	Lemon & Lime	45g	0.99	GV
KB432	Mixed Case	45g	0.99	GV
KB662	Pineapple & Coconut	45g	0.99	GV
<i>PEANUT SNAP</i>				
KB801	Peanut Snap	33g	0.29	GS
<i>RAW HEALTH</i>				
KB609	Org Raw Apple & Cinnamon Rolls	80g	3.99	GOV
KB603	Org Raw Apricot / Almond Bar	42g	1.69	GOV
KB610	Org Raw Fruity Coconut Balls	60g	1.99	GOV
KB605	Org Raw Spicy Coconut Bites	100g	3.99	GOV
<i>SESAME SNAPS</i>				
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
<i>TRADCRAFT</i>				
ZX574	Chocolate Vanilla Cream	45g	1.05	FGO
<i>TROPICAL WHOLEFOODS</i>				
KB888	Tropical Fruit Bar	45g	0.75	FGOSV
<i>VILLAGE BAKERY</i>				
KB208	Fruit, Nut & Seed Bar	45g	0.69	GO
<i>WALLABY</i>				
KB003	Yoghurt Fruit & Nut Bar	40g	0.89	G

Code	Description	Size	RRP	BFGOSV
KB002	Yoghurt Macadamia & Ginger Bar	40g	0.89	G
SOFT DRINKS				
<i>BELVOIR</i>				
JU549	Apple & Melon Presse	750ml	2.49	GSV
JU677	Cranberry Presse	750ml	2.49	GSV
JU674	Elderflower Presse	750ml	2.19	GSV
JU810	Elderflower Presse - OG	250ml	1.19	GOSV
JU814	Ginger Beer - OG	250ml	1.19	GOSV
JU813	Ginger Beer - OG	750ml	2.39	GOSV
JU811	Homemade Lemonade - OG	250ml	1.19	GOSV
JU812	Homemade Lemonade - Og	750ml	2.39	GOSV
JU553	Orange & Jasmine Presse	750ml	2.49	GOSV
JU232	Pear & Elderflower Presse	250ml	1.19	GSV
JU327	Pomegranate & Raspberry Presse	250ml	1.19	GSV
JU554	Raspberry Lemonade	250ml	1.19	GSV
JU555	Raspberry Lemonade	750ml	2.49	GSV
JU238	Summer Cooler Presse	250ml	1.19	GSV
<i>BOTTLE GREEN</i>				
JU358	Cox s Apple Presse	275ml	1.27	GSV
JU044	Cranberry & Orange Presse	275ml	1.27	GSV
JU264	Elderflower Presse	275ml	1.27	GSV
JU271	Ginger & Lemongrass Presse	275ml	1.27	GSV
JU266	Orange & Mango Presse	275ml	1.27	GSV
JU350	Pomegranate/Elderflower Presse	275ml	1.27	GSV
<i>FEEL GOOD DRINKS</i>				
JU339	Apple & Blueberry	375ml	1.55	GV
JU334	Cranberry & Lime	375ml	1.55	GV
JU335	Cranberry & orange	375ml	1.55	GV
JU332	Lemon	375ml	1.55	GV
JU337	Orange & Mango	375ml	1.55	GV
JU331	Orange & Passionfruit	375ml	1.55	GV
<i>Feel Good Kids</i>				
JU436	Blackcurrant Apple & Grape	180ml	0.85	GV
JU437	Orange Pineapple Banana	180ml	0.85	GV
<i>FENTIMANS</i>				
JU511	Cool Ginger Beer - organic	275ml	1.39	GOSV
JU625	Curiosity Cola	275ml	1.21	GSV
JU573	Curiosity Cola	750ml	2.75	GSV
JU908	Dandelion & Burdock	250ml	1.21	GS
JU281	Dandelion & Burdock	750ml	2.75	GS
JU346	Ginger Beer	275ml	1.21	GSV
JU467	Ginger Beer	4 x 275ml	4.68	GSV
JU280	Ginger Beer	750ml	2.75	GSV
JU354	Mandarin Seville Orange Jigger	275ml	1.21	GSV
JU455	Rose Lemonade	750ml	2.75	GSV
JU512	Smooth Lemonade - organic	275ml	1.39	GOSV
JU466	Tonic Water	4 x 125ml	2.65	GSV
JU435	Victorian Lemonade	275ml	1.21	GVS
<i>FEVERTREE</i>				
JU384	Ginger Ale	4 x 200ml	3.25	GSV
JU387	Tonic Water	4 x 200ml	3.25	GSV
<i>FIREFLY TONICS</i>				
<i>Fruit Juice & Herbal Extracts</i>				
JU532	Britannia	330ml	1.59	GV
JU299	De-Tox	330ml	1.59	G
JU180	Recharge	330ml	1.59	G
JU622	Sharpen Up	330ml	1.59	G
JU296	Wake Up	330ml	1.59	G
<i>FREE</i>				
JU509	Dandelion/Burdock	250ml	1.09	GV
JU104	Ginger/Ginseng	250ml	1.09	GV
JU025	Kicking Cola - organic	250ml	1.15	GOSV
JU007	Lively Lemonade - organic	250ml	1.15	GOSV
<i>FRUIT HIT</i>				
JU321	Apple & Blackcurrant Smoothie	330ml	1.49	FGV
JU319	Mango & Orange Smoothie	330ml	1.49	FGV

B - biodynamic F - fairly traded G - gluten free O - organic S - added sugar V - vegan

Code	Description	Size	RRP	BFGOSV
JU320	Pineapple/Passionfruit Smoothie	330ml	1.49	FGV
<i>GUSTO</i>				
JU126	Gusto Herbal Energy Drink - og	250ml	1.69	GOV
<i>HAMPSTEAD TEA</i>				
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
<i>HAPPY MONKEY</i>				
JU450	Orange & Mango Smoothie	4 x 180ml	2.65	GV
JU449	Strawberry & Banana Smoothie	4 x 180ml	2.65	GV
<i>LUSCOMBE FARM</i>				
JU459	Blueberry Crush - og	320ml	1.65	GOV
JU458	Carrot & Sicilian Orange Juice	240ml	1.55	GOV
JU584	Cool Ginger Beer - organic	320ml	1.65	GOV
JU586	Hot Ginger Beer - organic	320ml	1.65	GOV
JU457	Lime crush - og	320ml	1.65	GOSV
JU145	Raspberry Lemonade - og	320ml	1.65	GOSV
JU583	Sicilian Lemonade - organic	320ml	1.65	GOSV
JU456	Strawberry Lemonade - og	320ml	1.65	GOSV
JU585	Wild Elderflower Bubbly	320ml	1.65	GV
<i>ORGANIC COLLECTION</i>				
JU367	Blueberry Sparkle - og	75cl	4.32	GOV
JU473	Bubbly Blackcurrant Juice - og	75cl	4.32	GOV
JU370	Raspberry Fizz	375ml	2.80	GOV
JU369	Raspberry Fizz	75cl	4.32	GOV
<i>ORIGINAL DRINKS</i>				
JU474	Rochester Ginger	725ml	3.75	GSV
JU572	Rochester Ginger Beer - og	330ml	1.69	GOSV
JU576	Rochester Lemonade - og	330ml	1.69	GOSV
JU478	Rochester Mulled Berry Punch	725ml	4.49	GOSV
JU479	Toodle Pip - presse	725ml	3.49	GOSV
<i>PURDEYS</i>				
JU513	Rejuvenate	325ml	1.75	GV
<i>SOMA SMOOTHIES</i>				
<i>Pure Fruit Smoothies</i>				
JU096	Peach & Strawberry - organic	250ml	1.99	GOV
JU105	Raspberry & Blackcurrant - og	250ml	1.99	GOV
<i>THORNCROFT</i>				
<i>Healthy Thirst</i>				
JU034	Apple Dandelion Burdock Detox	330ml	1.35	GV
JU523	Cherry	330ml	1.35	GSV
JU563	Cherry	750ml	2.39	GSV
JU143	Cloudy Lemonade	330ml	1.35	GV
JU037	Cranberry & Hibiscus	330ml	1.35	GSV
JU030	Elderflower	330ml	1.35	GSV
JU164	Elderflower	750ml	2.39	GSV
JU022	Pink Ginger	330ml	1.35	GSV
<i>UBUNTU</i>				
JU506	Ubuntu Cola	500ml	0.95	FGS
<i>WHOLE EARTH</i>				
JU425	Apple & Raspberry - og	330ml	0.89	GOSV
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-og.	400g	1.15	GOV
VF255	Spicy Lentil Soup - organic	400g	1.15	GVO
VF250	Tomato Soup - organic	400g	1.15	GOV
VF680	Tuscan Bean Soup	400g	1.15	OVG

ESSENTIAL TRADING

VF085	Lentil & Pumpkin Soup	680g	2.69	GOV
VF225	Lentil Soup	680g	2.69	GOV

B - biodynamic F - fairly traded G - gluten free O - organic S - added sugar V - vegan

Code	Description	Size	RRP	BFGOSV
VF109	Mushroom Soup	680g	2.69	GO
VF375	Pea Soup	680g	2.69	GOV
<i>FREE & EASY</i>				
VF863	Azuki Bean, Red Pepper & Miso	400g	1.55	GOV
VF721	Green Pea Soup - og	400g	1.35	GOV
VF725	Leek & Potato Soup - og	400g	1.45	GOV
VF720	Lentil & Red Pepper Soup - og	400g	1.35	GOV
VF092	Miso Potato & Leek Soup Org	4 x 15g	1.75	GOV
VF093	Mixed Veg Soup - organic miso	4 x 15g	1.75	GOV
VF722	Parsnip Soup - og	400g	1.35	GOV
VF094	Tomato & Basil Soup - Org Miso	4 x 15g	1.75	GOV
VF861	Tomato & Miso Soup - og	400g	1.55	GOV
<i>REALLY INTERESTING FOOD CO</i>				
VF866	Balinese Lentil & Pepper Soup	400g	1.29	GV
VF864	Mexican Bean Soup	400g	1.29	GV
VF865	Moroccan Chick Pea Soup	400g	1.29	GV
VF867	Sri Lankan Lentil/Coconut Soup	400g	1.29	GV

SOUPS (CHILLED)

ROD & BENS

Fresh Organic Seasonal Soups

CV452	Beetroot & Cumin Soup	600g	3.33	GO
CV453	Carrot & Coriander Soup	600g	3.33	GO
CV547	Courgette Summer Soup	600g	3.33	GO
CV457	Leek & Potato Soup	600g	3.33	GO
CV543	Moroccan Vegetable Soup	600g	3.33	GOV
CV544	Pea & Mint Soup	600g	3.49	GO
CV545	Spiced Lentil Soup	600g	3.49	GOV
CV461	Spicy Parsnip Soup	600g	3.33	GO
CV548	Spinach & Chickpea	600g	3.33	GOV
CV448	Tomato & Basil Soup	600g	3.33	GOV
CV449	Vegetable Medley & Pesto Soup	600g	3.33	GO

SOYA YOGS & DESSERTS (CHILLED)

ALPRO

CV311	Junior Yofu - 2 flavours	4 x 125g	1.49	GS
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PROVAMEL

CV108	Org Raspberry & Vanilla Yofu	4 x 125g	1.59	GOSV
CV092	Organic Blueberry Yofu	4 x 125g	1.59	GOSV
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
CV081	Organic Peach & Mango Yofu	4 x 125g	1.59	GOSV
CV080	Organic Red Cherry Yofu	4 x 125g	1.59	GOSV
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 Yogurt	400g	1.65	GOSV

SOJASUN

CV266	Sojasun Natural soya dessert	250g	0.79	GOV
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SPIRITS & LIQUEURS

RS237	Estival Cognac	70cl	29.90	GOV
RS086	Highland Harvest Scotch Whisky	70cl	28.19	GOV
RS048	Juniper Green Gin - OG	70cl	19.50	GOV
RS065	Juniper Green Sloe Gin - og	70cl	28.99	GO
RS005	Papagayo Golden Rum - og	70cl	20.59	FGOV
RS087	Papagayo Spiced rum - og	70cl	20.59	GOV
RS088	Papagayo White Rum - og	70cl	20.48	GOV
RS049	Utkins Vodka - OG	70cl	19.50	GOV

Code	Description	Size	RRP	BFGOSV
SUGARS & SYRUPS				
<i>SUMA</i>				
LJ099	Agave Syrup - organic	250ml	2.95	GOV
LJ121	Agave Syrup - organic	500ml	5.55	GOV
<i>BILLINGTONS</i>				
LJ987	Demerara Sugar - organic	500g	1.99	GSVO
LJ501	Golden Icing Sugar	500g	1.79	GVS
LJ999	Granulated Sugar - organic	500g	1.79	GVO
LJ060	Sugar - Dark Muscovado	500g	1.45	GVS
LJ058	Sugar - Demerara	500g	1.39	GSV
LJ057	Sugar - Golden Caster	1kg	2.45	GSV
LJ056	Sugar - Golden Granulated	1kg	2.25	GVS
LJ059	Sugar - Light Muscovado	500g	1.45	GVS
LJ109	Sugar - Molasses	500g	1.49	GVS
<i>CRAZY JACK</i>				
HY521	Golden Syrup - organic	340g	1.89	FGOV
<i>EQUAL EXCHANGE</i>				
LJ500	Raw Cane Sugar - organic	500g	1.85	FGOSV
<i>FRUISANA</i>				
LJ021	Fructose	250g	1.19	GVS
<i>MERIDIAN</i>				
HY038	Blackstrap Molasses	740g	1.89	GSV
HY080	Date Syrup	250ml	1.99	GV
HY250	Maple Syrup - organic	250ml	6.99	GOV
HY081	Molasses - og	740g	1.89	GOV
HY300	Molasses - organic	350g	0.99	GOV
<i>PERFECT SWEET</i>				
LJ124	Perfect Sweet	225g	2.69	GV
<i>RAYNERS</i>				
LJ901	Black Treacle - organic	340g	1.29	GOV
HY088	Blackstrap Molasses	340g	0.99	GVS
LJ587	Fairtrade Organic Golden Syrup	340g	2.29	FGVO
LJ704	Golden Syrup - Organic	5kg	24.14	FGOV
<i>ROWSE</i>				
HY269	Organic Maple Syrup Canadian	250g	5.35	GOV
<i>SHADY MAPLE FARMS</i>				
HY899	Maple Syrup - organic	1.89l	42.90	GOV
HY025	Maple Syrup - organic	250ml	6.75	GOV
<i>SWEET FREEDOM</i>				
LJ079	Natural Sweetener - Mild	300ml	2.99	GV
LJ078	Natural Sweetener - Rich	300ml	2.99	GV
<i>TATE & LYLE</i>				
LJ545	Caster Sugar - organic	500g	1.79	GOV
LJ543	Granulated Sugar - organic	500g	1.35	GOSV
<i>TERRASANA</i>				
HY330	Blueberry & Maple Syrup	250ml	4.15	OVGS
HY235	Maple Syrup	1.89l	45.89	GOV
HY754	Maple Syrup	1l	31.55	GOV
HY654	Maple Syrup	250ml	6.49	GOV
HY251	Maple Syrup Grade A No 1	250g	6.69	GOV
<i>TRADICRAFT</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

SUPPLEMENTS & REMEDIES				
<i>SUMA PREPACKS</i>				
HE250	Psyllium Husk	200g	3.19	GV

Code	Description	Size	RRP	BFGOSV
<i>ARKOPHARMA</i>				
<i>Natural Roll On Remedies</i>				
MD087	Migrastick- Relieves Headaches	3ml	5.69	GV
MD084	Wartstick - Wart Remover	4ml	5.69	GV
<i>BETTER YOU</i>				
MD082	Be You Again - Menopause	60 capsules	7.25	GV
MD073	Femergy	60 capsules	7.25	GV
MD079	Menergy Energy for Men	60 capsules	7.25	GV
MD083	Stress Away	60 capsules	7.25	GV
<i>BIOFORCE</i>				
MD670	Echinaforce - organic	50ml	8.75	GVO
<i>BIONA</i>				
MD736	Cracked Linseed Gold Organic	500g	4.25	GOV
MD301	Linseed Gold	500g	2.59	GOV
<i>COMVITA</i>				
MD120	Children s Olive Leaf Complex	200ml	11.75	GV
MD009	Olive Leaf Complex	100ml	8.95	GV
MD119	Olive Leaf Complex	500ml	27.39	GV
<i>DRU NATURAL FOODS</i>				
MD915	Green Barley Grass Powder	100g	9.25	GOV
MD914	Green Barley Grass Powder	200g	16.75	GOV
<i>FLORADIX</i>				
MD188	Epresat Multivitamin	250ml	9.29	G
MD035	Floradix Intestcare	250ml	11.79	GV
MD173	Floravital Formula - Yeastfree	250ml	8.89	G
MD172	Floravital Formula - Yeastfree	500ml	14.25	GV
MD006	Kindervital Children s Fruity	250ml	7.99	G
MD187	Magnesium Liquid	250ml	7.39	G
MD280	Saludynam Calcium/Magnesium/Zn	250ml	9.29	GV
<i>GRANOVITA</i>				
MD118	Dual - Milled & Whole Linseed	450g	4.29	GV
GT300	Flax Oil - Organic	260ml	6.49	GOV
GT302	Hemp Oil - Organic	260ml	5.99	GOV
GT301	Omega Oil Blend - organic	260ml	6.89	GOV
<i>GREEN BAY HARVEST</i>				
MD098	Blackcurrant & Cherry Syrup	190ml	11.00	G
MD100	Green Barley Leaf Powder	125g	11.95	GOV
MD101	Green Wheat Leaf Powder	125g	11.95	GOV
MD091	Honeysucker Blackcurrant Bliss	22g	3.99	G
MD092	Honeysucker Echinacea Propolis	22g	3.99	G
MD105	Honeysucker Lemon	22g	3.99	G
MD093	Honeysucker Original	22g	3.99	GO
MD107	Honeysucker Red Superfruits	22g	3.99	G
MD099	Syrup Echinacea & Propolis	190ml	9.95	GO
<i>HAMBLEDEN TINCTURES</i>				
MD088	Echinacea	50ml	5.95	GOV
MD089	Ginkgo	50ml	5.95	GOV
MD086	Milk Thistle	50ml	5.95	GOV
MD090	Propolis	50ml	5.95	GOV
<i>HIGHER NATURE</i>				
VM035	Active Silver High Stability	100ml	15.90	GV
VM036	Active Silver High Stability	15ml	7.30	GV
VM042	Active Silver High Stability	200ml	27.60	GV
VM034	Advanced Nutrition Complex	60 tablets	8.20	GV
VM040	Citricidal	100ml	14.30	GV
MD016	Dinochews Multi Vit & Mineral	90 tablets	13.59	GV
MD003	Fizzy C Effervescent Vitamin C	20 tablets	4.49	GV
MD103	Fizzy Multi Effervescent Tabs	20 tablets	6.90	G
MD017	Serotone 5HTP 100mg	90 capsules	24.89	GV
<i>Omega Excellence</i>				
VM027	Organic Flax Seed Oil	250ml	9.40	GOV
VM028	Organic Hemp Seed Oil	200ml	8.72	GOV
VM029	Organic Omega 369 Balance Oil	250ml	9.90	GOV
<i>Premium Naturals</i>				
VM032	Advanced Brain Nutrients	60 capsules	13.68	GV

B - biodynamic F - fairly traded G - gluten free O - organic S - added sugar V - vegan

Code	Description	Size	RRP	BFGOSV
VM041	Balance for Nerves	60 capsules	13.20	GV
VM030	Immune Plus	60 tablets	6.45	GV
VM031	Theanine	60 capsules	11.55	GV
<i>LANES</i>				
MD640	Lecigran	250g	4.49	GV
MD273	Lecigran Lecithin Granules	500g	8.79	GV
<i>LIFESTREAM</i>				
MD121	Spirulina Powder	100g	12.99	GV
MD124	Ultimate Greens Powder	90g	14.99	GV
MD123	Ultimate Veggies Powder	120g	22.85	GV
MD122	Wheat Grass Powder	100g	11.49	GOV
<i>LINUSIT</i>				
MD008	Premium Ground Flaxseed - og	450g	5.39	GOV
<i>LINUSPROUT</i>				
MD062	Sprouted Flax Powder	250g	4.39	GOV
MD031	Sprouted Flax Powder + Bluebry	250g	4.89	GOV
<i>NATURES OWN</i>				
<i>B Vitamins</i>				
VM157	Vit B Complex + Vit C	50 tablets	12.60	G
VM181	Vitamin B12	50 tablets	6.95	G
<i>C Vitamins</i>				
VM023	Cherry-C: Vit C from Acerola	60 capsules	10.95	GV
VM165	Vitamin C with Bioflavonoids	50 tablets	10.95	GV
<i>D Vitamins</i>				
VM045	Vitamin D3 - with probiotic	90	4.95	G
<i>Digestive Aids</i>				
VM006	Probiotic Plus	60 capsules	21.55	GV
VM044	Probiotic Plus - Live	30	13.40	GV
<i>Essential Fatty Acids</i>				
VM400	Evening Primrose Oil: GLA 10%90 capsules	90 capsules	7.70	GV
VM401	Flaxseed Oil: Omega 3	60 capsules	9.25	GV
VM403	Organic Flaxseed Oil	200ml	6.35	GOV
<i>Minerals</i>				
VM051	GTF Chromium 100ug Elemental	60	11.30	GV
VM187	Magnesium	50 tablets	10.95	G
VM048	Selenium 100ug elemental	50	9.75	GV
VM001	Wholefood Calcium from Seaweed	60 capsules	10.95	GV
VM050	Wholefood Iron 5mg Elemental	60	9.95	GV
VM049	Wholefood Zinc 7.5mg Elemental	60	9.95	GV
VM189	Zinc/Copper	50 tablets	9.95	G
<i>Multi-Formulations</i>				
VM103	Anti-Oxidant plus CoQ10	30 tablets	11.85	GV
VM046	CMB Plus	60	15.60	G
VM009	Euro Gold: Multivitamin & Mins	90 tablets	17.60	G
VM156	Multivitamin & Mineral	100 tablets	13.09	G
VM094	Multivitamin & Mineral	60 tablets	11.85	G
VM021	Regenerate:Multi Nutrient Form	30 capsules	4.40	GV
VM043	Wholefood Multi - Vits & Mins	30	5.90	GV
VM065	Wholefood Multi - Vits & Mins	60	10.15	GV
<i>Nutritional Support</i>				
VM047	Beta Glucan	30	10.25	GV
VM058	Brewers Yeast (BPC)	500 tablets	5.70	GV
VM024	Candi-Clear	30 capsules	8.95	GV
VM022	H Formula: B Complex/Betaine	30 capsules	6.85	GV
VM194	Kelp Plus: High Iodine	100 tablets	5.15	GV
VM402	Organic Garlic Capsules	60 capsules	10.45	GOV
VM197	Siberian Ginseng	30 tablets	6.95	GV
<i>PAUL RICHARDS HERBAL SUPPLIES</i>				
MD729	Oil - Comfrey	100ml	6.35	GOV
<i>Ointment</i>				
MD848	Arnica Ointment	30g	5.45	GOV
MD849	Calendula/Hypericum	30g	5.45	GOV
MD726	Comfrey Ointment	30g	4.95	GO
<i>POSTLETHWAITE'S TINCTURES</i>				
MD004	Astragalus	50ml	8.95	GOV
MD832	Echinacea	200ml	18.95	GOV

Code	Description	Size	RRP	BFGOSV
MD094	Echinacea	50ml	7.95	GOV
MD833	Echinacea Spray	50ml	9.50	GOV
MD097	Ginkgo	50ml	7.95	GOV
MD441	Hawthorn	50ml	8.95	GOV
MD443	Milk Thistle	50ml	8.95	GVO
MD095	Siberian Ginseng	50ml	8.95	GVO
MD322	St Johns Wort	100ml	12.50	GOV
MD096	St. Johns Wort	50ml	7.95	GOV
MD321	Tincture - Echinacea	100ml	12.50	GVO
MD323	Valerian	50ml	8.95	GVO
<i>PUKKA</i>				
MD056	Organic Aloe Vera Juice	1l	19.95	GOV
MD117	Organic Aloe Vera Juice	500ml	12.95	GOV
<i>RANSOM</i>				
MD110	Maxicol	200g	8.00	GV
MD102	Pure Lecithin Granules	375g	6.99	GV
<i>Aloe Pura</i>				
MD111	Organic Aloe Vera Juice	500ml	8.24	GOV
<i>SPATONE</i>				
MD175	Iron-Plus	560ml	6.95	GV
<i>TOGETHER HEALTH</i>				
VM038	Acai Age Defence Drink	150ml	1.79	GV
VM039	Aloe Vera Detox Digest Drink	150ml	1.79	GV
VM037	Goji Natural Energy Drink	150ml	1.79	GV
<i>VEGA</i>				
VM017	Active Mature 50+ Multivitamin	30 capsules	6.79	GV
VM018	Active Women s Multivitamins	30 capsules	8.49	GV
VM019	Calcium Chewable 500mg Tablets	60 capsules	3.75	GV
VM020	Calcium Plus Vitamin D	30 capsules	4.49	GV
VM011	Echinacea Herbal Complex	30 capsules	6.49	GV
VM012	Energizer Formula	30 capsules	6.95	GV
VM013	Ginkgo Biloba Herbal Complex	30 capsules	6.49	GV
VM014	Hair Skin & Nails Formula	30 capsules	6.95	GV
VM015	Menopause Formula	30 capsules	6.95	GV
VM120	Multivitamins & Minerals	30 capsules	5.99	G
VM016	St John s Wort Herbal Complex	30 capsules	6.49	GV
VM010	Vitamin E 200iu & Selenium	30 capsules	4.99	GV
<i>WELEDA</i>				
<i>Anthroposophic Medicines</i>				
MD538	Avena Sativa Comp Liquid	25ml	6.95	GV
MD586	Chamomilla 3X Granules	15g	6.50	GSV
<i>Homoeopathic 30C Range</i>				
MD126	Aconite 30	125 tablets	6.50	GS
MD127	Arnica 30	125 tablets	6.50	GS
MD503	Arsen Alb 30	125 tablets	6.50	GS
MD128	Belladonna 30	125 tablets	6.50	GS
MD129	Bryonia 30	125 tablets	6.50	GS
MD125	Chamomilla 30	125 tablets	6.50	GS
MD130	Gelsemium 30	125 tablets	6.50	GS
MD516	Hypericum 30	125 tablets	6.50	GS
MD518	Ipepac 30	125 tablets	6.50	GS
MD522	Merc Sol 30	125 tablets	6.50	GS
MD656	Mixed Pollens 30	125 tablets	6.50	G
MD523	Nat. Mur. 30	125 tablets	6.50	GS
MD132	Nux Vom 30	125 tablets	6.50	GS
MD133	Pulsatilla 30	125 tablets	6.50	GS
MD134	Rhus Tox 30	125 tablets	6.50	GS
MD525	Ruta Grav 30	125 tablets	6.50	GS
MD135	Sulphur 30	125 tablets	6.50	GS
MD528	Thuja 30	125 tablets	6.50	GS
<i>Homoeopathic 6C Range</i>				
MD615	Aconite 6	125 tablets	5.95	GS
MD620	Argent Nit 6	125 tablets	5.95	GS
MD621	Arnica 6	125 tablets	5.95	GS
MD623	Belladonna 6	125 tablets	5.95	GS
MD624	Bellis Perennis 6	125 tablets	5.95	GS
MD625	Bryonia 6	125 tablets	5.95	GS

B - biodynamic F - fairly traded G - gluten free O - organic S - added sugar V - vegan

Code	Description	Size	RRP	BFGOSV
MD636	Colocynthis 6	125 tablets	5.95	GS
MD639	Euphrasia 6	125 tablets	5.95	GS
MD644	Hamamelis 6	125 tablets	5.95	GS
MD654	Lycopodium 6	125 tablets	5.95	GS
MD655	Merc Sol 6	125 tablets	5.95	GS
MD657	Nat Mur 6	125 tablets	5.95	GS
MD658	Nux Vom 6	125 tablets	5.95	GS
MD660	Phosphorus 6	125 tablets	5.95	GS
MD662	Rhus Tox 6	125 tablets	5.95	GS
MD663	Ruta Grav 6	125 tablets	5.95	GS
MD530	Sulphur 6	125 tablets	5.95	GS
MD532	Thuja 6	125 tablets	5.95	GS

SWEET SNACKS

ALLERGYCARE

KB633	Whizzers Chocolate Beans	50g	0.65	GVS
KB654	Whizzers Chocolate Footballs	50g	0.75	GVS

BIONA

ZX688	Organic Fruit Lollies	6 pack	1.99	OGV
ZX910	Organic Licorice Bears	75g	2.19	GOV

CYPRESSA

ZX523	Pistachio Halva	100g	1.49	GVS
ZX525	Vanilla Halva	100g	1.19	GVS

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

FABULOUS FUDGE FACTORY

ZX433	Dairy Free Coconut Ice	200g	2.99	GSV
ZX432	Dairy Free Fudge	200g	2.99	GSV

FRUIT BOWL

ZX027	Strawberry Fruit Flakes	20g	0.45	G
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JUST WHOLEFOODS

ZX573	Vegebears - Frooty Fruits	100g	1.45	GOSV
ZX571	Vegebears Fruit Jellies	100g	1.45	GSOV

LYME REGIS FOODS

Fruitus Bites

ZX223	Blackcurrant Chewy Fruit Bites	25g	0.65	GV
ZX227	Raspberry Chewy Fruit Bites	25g	0.65	GV

NAKD

ZX062	Cherry Raisins 100% Natural	25g	0.45	GV
ZX064	Lemon Raisins 100% Natural	25g	0.45	GV
ZX065	Orange Raisins 100% Natural	25g	0.45	GV
ZX363	Pineapple Raisins 100% Natural	25g	0.45	GV

ORGANIC SEED & BEAN COMPANY

ZX111	Dreamy Yogurt Covered Snack	50g	1.29	GOS
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PEPPERSMITH

With Fine English Peppermint

ZX434	Peppermint Chewing Gum	15g	1.49	GV
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RICOLA

ZX242	Cherry Honey Swiss Herb Drops	37g	0.50	GS
ZX237	Lemon Mint Swiss Herb Drops	37g	0.50	GS
ZX236	Lemon Mint Swiss Herb Drops	70g	1.29	GS
ZX398	Menthol Swiss Herb Drops	70g	1.29	GS
ZX243	Original Swiss Herb Drops	37g	0.50	GS
ZX240	Original Swiss Herb Drops	70g	1.29	GS

ROSKILLYS

ZX341	Organic Assorted Fudge	100g	1.79	GOS
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SUNITA

ZX137	Grape Juice & Sultana Halva	100g	1.35	GV
ZX587	Grape Juice & Sultana Halva OG	75g	1.60	OG
ZX092	Honey & Pistachio Halva	100g	1.70	G
ZX093	Honey Halva	100g	1.35	G
ZX850	Honey Halva - organic	75g	1.60	OG

Code	Description	Size	RRP	BFGOSV
ZX588	Honey Halva with Almonds OG	75g	1.80	OG
ZX524	Organic Dark Chocolate Halva	75g	1.35	GO

SWEET BOTANICALS

The Apothecary's Garden

ZX364	Apple Natural Candies	150g	3.30	GSV
ZX311	Chamomile Natural Candies	150g	3.30	GSV
ZX371	Cinnamon / Clove Candies	150g	3.30	GSV
ZX370	Cough Assortment Candies	150g	3.30	GS
ZX376	Eucalyptus Natural Candies	150g	3.30	GS
ZX374	Fruit Flavoured Silken Pillows	150g	3.30	GS
ZX308	Fruit Mix Natural Candies	150g	3.30	GSV
ZX313	Ginger/Orange Natural Candies	150g	3.30	GSV
ZX373	Gingerbread Spice Candies	150g	3.30	GS
ZX316	Ginseng Natural Candies	150g	3.30	GSV
ZX318	Green Tea Natural Candies	150g	3.30	GSV
ZX329	Hangover Drops Natural Candies	150g	3.30	GSV
ZX330	Honey Bees Natural Candies	150g	3.30	GS
ZX320	Liquorice/Anise Nat. Candies	150g	3.30	GSV
ZX372	Mocha Coffee Natural Candies	150g	3.30	GS
ZX321	Peppermint Natural Candies	150g	3.30	GSV
ZX331	Wild Strawberry Natural Candy	150g	3.30	GSV

WISH4 FAIRTRADE

ZX413	Calypso Fruit Mix	170g	1.95	FGS
ZX415	Crumbly Mint Balls	170g	1.95	FGS

TABLE SAUCES

ATKINS & POTTS

KJ259	Bearnais Sauce	190g	2.75	GS
KJ253	Bramley Apple Sauce	200g	2.75	GSV
KJ255	Dijon Mustard	220g	2.75	GSV
KJ256	Horseradish Sauce	180g	2.75	GS
KJ257	Mint Sauce	200g	2.75	GSV

BIONA

LJ665	Hot Pepper Sauce	140ml	2.89	GOV
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GRANOVITA

KJ293	Barbeque Sauce	340g	1.89	GSV
KJ297	Brown Sauce - organic	340g	1.89	GOSV
KJ294	Chilli Sauce	340g	1.89	GSV

LEVI ROOTS

Caribbean Cooking Sauces

KJ236	Reggae Reggae Cooking Sauce	350g	1.89	GV
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MERIDIAN

KJ621	Tomato Ketchup - organic	285g	1.39	GOSV
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SEEDS OF CHANGE

VF057	Chilli sauce - og	350g	2.99	GOSV
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SIMPLY DELICIOUS

KJ422	Horseradish Sauce - organic	180g	1.85	GOS
KJ420	Seafood Sauce - organic	180g	1.85	GOS
KJ421	Tartare Sauce - organic	180g	1.85	GOS

STOKES

KJ274	Real Brown Sauce	320g	3.05	GSV
KJ276	Real Tomato Ketchup	300g	2.58	GSV

TABASCO SAUCE

KJ304	Red Pepper Sauce	57ml	2.29	VG
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TERRASANA

KJ163	Sweet Chilli Sauce	265g	3.65	GOV
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TRAF0

KJ078	Salsa Dip - Cool	200g	2.09	GOV
KJ074	Salsa Dip - Hot	200ml	2.09	GOV

TREES CANT DANCE

FROM THE NORTH PENNINES

KJ278	African Hot Chilli Sauce	100ml	2.85	GSV
KJ277	Flaming Lips Hot Sauce	100ml	2.85	GSV
KJ284	Organic Sweet Chilli Sauce	100ml	2.89	GOSV

Code	Description	Size	RRP	BFGOSV
KJ314	Pennine Fire Hot Sauce	100ml	2.29	GSV
KJ282	Smoky Chipotle Chilli Sauce	100ml	2.85	GSV
KJ386	Sweet Chilli Sauce	100ml	2.85	GSV
<i>WHOLE EARTH</i>				
KJ451	Tomato Ketchup - organic	340g	1.89	GVO

TEAS

CLEARSPRING

JP210	Genmaicha Green Tea Bags	20 bags	2.89	GOV
JP097	Hojicha Roasted Green Tea	20 bags	2.89	GOV
JP009	Kukicha loose tea - organic	125g	3.99	GOV
JP063	Kukicha, Roasted Twig Tea	20 bags	2.89	GOV
JP302	Sencha Green Tea	20 bags	2.89	GOV
JP019	Sencha loose tea - organic	125g	6.99	GVO

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
TE414	Oolong - organic	20 bags	1.79	GOV

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
TE730	Organic Blend	440 bags	13.89	GOV

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

Organic White Tea

TE683	White Tea - og	26 bags	1.79	GVO
TE567	White Tea with Blackcurrant	25 bags	1.79	GOV
TE565	White Tea with Orange	25 bags	1.79	GOV
TE628	White Tea with Peppermint	26 bags	1.79	GOV
TE423	White Tea with Raspberry	25 bags	1.79	GOV
TE006	White Tea with Vanilla	26 bags	1.79	GOV

Originals

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
TE522	Organic Blend	40 bags	1.49	GOV
TE509	Organic Blend	160 bags	4.65	GOV
TE953	Organic Blend	80 bags	2.45	GOV
TE776	Organic Decaffeinated Teabags	40 bags	2.39	GOV

Code	Description	Size	RRP	BFGOSV
TE513	Organic Loose Tea	250g	3.15	GOV

DOUBLE DRAGON

TE581	Green Tea	25 bags	1.45	GV
TE954	Green Tea - OG	25 bags	1.59	GOV

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

Biodynamic & Fairtrade Teas

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

NUMI

TE228	Aged Earl Grey	18 bags	4.45	FGOV
TE227	Bouquet Exotic Flowering Teas	5	8.35	GV
TE231	Temple of Heaven	18 bags	4.45	FGOV

QI

Golden Tea Range

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

Lifestyle Range

TE747	Blueberry Twist	25 bags	1.49	GV
TE464	Ginseng Vitality	25 bags	1.79	GV
TE475	Green Tea	80 bags	1.59	GV
TE466	Green Tea - Pure & Simple	25 bags	0.99	GV
TE479	Green Tea Plus	25 bags	1.49	GV
TE748	Green Tea with Lemon & Ginger	25 bags	1.49	GV
TE471	Jasmine Tea	25 bags	0.99	GV
TE752	White Tea plus Acai	25 bags	1.49	GV
TE753	White Tea with Goji Berries	25 bags	1.49	GV
TE759	White Tea with Pomegranate	25 bags	1.49	GV

Organic Fair Trade Range

TE512	China Chun Mee Green Tea - Og	125g	2.09	GOV
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

Code	Description	Size	RRP	BFGOSV
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

RIDGWAYS

TE145	Tea - Organic	125g	1.39	GOV
TE619	Tea - Organic	80 bags	2.79	GOV

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

TRAIDCRAFT

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

TWININGS

TE124	Assam	50 bags	2.99	GV
TE546	Blended Black Tea - organic	80 bags	4.19	GOV
TE330	Ceylon	50 bags	2.99	GV
TE612	Chai	50 bags	2.99	GV
TE121	Darjeeling	50 bags	2.99	GV
TE378	Earl Grey	50 bags	2.99	GV
TE524	Earl Grey	125g	2.15	GV
TE379	Earl Grey - Decaffeinated	50 bags	4.49	GV
TE761	Earl Grey - og	50 bags	3.75	OGV
TE123	English Breakfast	50 bags	2.99	GV
TE321	English Breakfast	125g	2.15	GV
TE762	English Breakfast Tea - og	50 bags	3.75	GOV
TE111	Lady Grey	50 bags	2.99	GV
TE594	Lapsang Souchong	125g	2.15	GV
TE593	Lapsang Souchong	50 bags	2.99	GV
TE186	Speciality Selection Pack	25 bags	1.99	GV
TE174	Traditional Afternoon	50 bags	2.99	GV
TE613	Traditional English Decaff	50 bags	4.49	GV
TE315	Yunnan	50 bags	2.99	GV

TWININGS GREEN TEAS

Cleanse

TE085	Citrus Green	20 bags	1.65	GV
TE649	Cranberry Green	20 bags	1.65	GV
TE202	Green Tea Blueberry Raspberry	20 bags	1.65	GV
TE190	Green Tea Pure Light Delicate	20 bags	1.65	GV
TE082	Green Tea Selection	25 bags	1.99	GV
TE523	Jasmine Green Tea	20 bags	1.65	GV
TE549	Orange & Lotus Flower Green T	20 bags	1.65	GV
TE743	Pure Green Tea	20 bags	1.65	GV
TE291	Pure Light Delicate Lemon	20 bags	1.65	GV
TE292	Pure Light Delicate Mint	20 bags	1.65	GV

TWININGS WHITE TEAS

Cleanse

TE646	Pure White Tea	20 bags	2.25	GV
TE648	White Tea & Pomegranate	20 bags	2.25	GV

TOFU (CHILLED)

CAULDRON

CV562	Marinated Tofu Pieces	160g	2.69	GSV
CV355	Organic Smoked Tofu	220g	2.34	GOV
CV354	Organic Tofu - Soya Bean Curd	250g	1.84	GOV
CV561	Tofu	396g	2.45	GV

CLEAR SPOT

CV209	Marinated Tofu - organic	190g	2.04	GOV
CV206	Plain Tofu - organic	280g	1.65	GOV
CV272	Plain Tofu - organic	450g	2.59	GOV

B - biodynamic F - fairly traded G - gluten free O - organic S - added sugar V - vegan

Code	Description	Size	RRP	BFGOSV
CV249	Smoked Tofu - organic	225g	2.28	GOV
CV214	Tofu Sea Cakes, organic	225g	1.72	GOV
CV213	Tofu Sesame Burgers, organic	190g	1.68	GOV

DRAGONFLY

CV701	Naturally Smoked Tofu OG	200g	2.20	GOV
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NATUREMADE OASIS

CV582	Marinated Tofu	200g	1.59	OGV
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PROVAMEL

CV128	Org Lightly Seasoned Tofu Bits	180g	1.99	GOV
CV124	Organic Minced Tofu	180g	1.99	GOV
CV119	Organic Plain Tofu	2 x 200g	2.49	GOV

TAIFUN

Produced to Demeter Standards

CV035	Natural Silken Tofu - organic	400g	2.99	GOVB
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TOMATOES AND TOMATO PRODUCTS

SUMA

LJ660	Organic Basil Passata	690g	1.49	GVO
LJ560	Organic Passata	690g	1.49	GVO
LJ088	Tomato Puree - organic	200g	1.35	GVO

Canned

LJ075	Cherry Tomatoes - organic	400g	0.99	GOV
LJ080	Tomatoes - chopped, organic	400g	0.85	GVO
LJ123	Tomatoes - chopped, organic	2.5Kg	5.00	GOV
LJ081	Tomatoes - peeled, whole OG	400g	0.85	GVO

Dried

LJ602	Sundried Tomatoes - organic	125g	1.65	GOV
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Jarred

LJ258	Sundried Tomatoes in Olive Oil	190g	2.89	GOV
LJ257	Sundried Tomatoes in Olive Oil	900g	11.49	GOV

CHEF WILLIAM

VF061	Italian Plum Tomatoes	2.55Kg	3.95	VG
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CIRIO

LJ140	Chopped Tomatoes	390g	0.95	GV
LJ151	Chopped Tomatoes	400g	0.89	GV
LJ141	Chopped Tomatoes with Basil	390g	0.99	GV
LJ144	Chopped Tomatoes with Chilli	390g	0.99	GV
LJ142	Chopped Tomatoes/Onion Garlic	390g	0.99	GV
LJ139	Peeled Plum Tomatoes (Cans)	400g	0.85	GV
LJ064	Tomato Paste - jars	350g	1.45	GV
LJ028	Tomato Paste - tubes	140g	1.19	GV
LJ148	Tomato Puree	4 x 70g	1.99	GV
LJ029	Tomato Puree - cans	140g	0.89	GV

DE RIT

LJ087	Tomato Puree - organic	200g	1.62	GOV
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MERIDIAN

LJ126	Passata	690g	1.59	GOV
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ORGANICO

KJ010	Sundried Tomatoes - og	250g	4.45	GOV
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ZEST

LJ042	Sundried Tomato Paste	170g	2.35	GV
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TOOTH CARE

KINGFISHER

DY668	Aloe Vera Tea Tree Mint	100ml	2.65	GV
DY669	Aloe Vera/ Tea Tree Fennel	100ml	2.65	GV
DY527	Baking Soda & Mint Toothpaste	100ml	2.65	GV
DY111	Fennel Toothpaste	100ml	2.65	GV
DY800	Fluoride Free Fennel T Paste	100ml	2.65	GV
DY529	Mint Fluoride Free	100ml	2.65	GV
DY190	Mint Toothpaste	100ml	2.65	GV

SARAKAN

DY035	Mouthfresh Rinse	300ml	2.95	GV
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TOMS OF MAINE

DY714	Anti Plaque Fennel F/F	85ml	2.93	G
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Code	Description	Size	RRP	BFGOSV
DY511	Anti Plaque Spearmint F/F	85ml	2.93	G
DY485	Silly Strawberry	85ml	2.93	GV
DY229	Spearmint Tartar Control	85ml	3.18	GV
<i>URTEKRAM</i>				
DY323	Childrens Toothpaste	75ml	2.60	G
DY067	Fennel Toothpaste	75ml	2.60	GV
DY069	Mint Toothpaste	75ml	2.60	GV
<i>VICCO</i>				
DY185	Vicco Vajradanti Toothpaste	85g	3.25	GV
<i>WELEDA</i>				
DY146	Toothpaste - Calendula	75ml	3.50	GV
DY149	Toothpaste - Plant Gel	75ml	3.50	GV
DY147	Toothpaste - Ratanhia	75ml	3.50	GV
DY150	Toothpaste - Salt	75ml	3.50	GV

TOYS

FAIR DEAL TRADING

NF174	Eco Balloons	25	1.99	FG
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VEGETABLES

SUMA

LJ146	Sweet Corn - Organic, tinned	326g	1.09	GOV
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BIONA

LJ243	Capers In Olive Oil	125g	3.29	GOV
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BIONOVA

VF028	Cut Green Beans - organic	340g	1.29	GVO
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VF039	Garden Peas	340g	1.65	GVO
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KJ346	Gherkins - Sour	680g	2.59	GVO
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VF040	Sauerkraut	350g	1.75	GVO
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BROOKERPAKS

VF545	Ponthier Whole Chestnuts	400g	4.49	GV
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CHALICE

VF669	Wild Porcini Mushrooms	15g	2.29	GV
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COOKS & CO

KJ088	Artichoke Hearts in Brine	390g	1.59	G
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KJ090	Dried Porcini Mushrooms	40g	3.99	G
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KJ096	Dried Shii-Take Mushrooms	30g	2.29	G
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KJ081	Green Chillies - brine/vinegar	300g	1.75	G
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KJ093	Mixed Forest Mushrooms	40g	2.65	G
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KJ084	Red Chillies - brine/vinegar	300g	1.75	G
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CYPRESSA

VF964	Roasted Red Peppers	465g	1.85	GSV
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VF214	Stuffed Vineleaves	280g	1.79	GV
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VF213	Vineleaves	227g	1.49	GV
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DANIVAL

VF600	Pumpkin Puree	500g	4.00	OGV
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DE RIT

KJ139	Sauerkraut - organic	680g	2.16	GOV
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INFINITY

VF007	Organic Roasted Red Peppers	453g	2.72	GOV
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VF003	Organic Stuffed Vine Leaves	283g	2.05	GOV
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ORGANIC COLLECTION

VF088	French Chestnuts in box - og	200g	4.50	GOV
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ORGANICO

KJ016	Artichoke Hearts - og	250g	4.85	GOV
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VF143	Capers in Vinegar	140g	2.75	GOV
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PEPPADEW

LJ156	Sweet & Sour Golden Peppers	375g	3.95	GSV
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LJ133	Sweet Cherry Peppers	375g	3.45	GV
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ST DALFOUR

VF112	Whole Chestnuts	200g	2.79	GV
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SUNITA

VF543	Basil - Creamed Fresh	130g	2.29	GV
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B - biodynamic F - fairly traded G - gluten free O - organic S - added sugar V - vegan

Code	Description	Size	RRP	BFGOSV
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
<i>TROPICAL WHOLEFOODS</i>				
VF165	Oyster Mushrooms	25g	1.85	GV
VF514	Shiitake Mushrooms	50g	2.85	GV

VEGETABLES (FROZEN)

BIO INSIDE

XL162	Organic Asia Vegetable Mix	400g	2.35	GOV
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XL157	Organic Broccoli	300g	1.85	GOVB
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XL155	Organic Garden peas	300g	1.39	GOVB
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XL153	Organic Sweetcorn	300g	1.85	GOVB
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BIOLINE

XL087	Creamed Spinach - Organic	450g	3.45	GOV
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XL088	Garden Peas - Organic	600g	3.79	GOV
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XL086	Leaf Spinach - Organic	600g	3.09	GOV
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XL090	Mixed Vegetables - Organic	600g	3.25	GOV
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XL093	Whole Green Beans - Organic	600g	2.93	GOV
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NATURAL COOL

XL183	Broccoli	300g	2.12	GOVB
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Vegetables

XL175	Curly Kale	450g	1.72	GOVB
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XL176	Cut Green Beans	450g	1.72	GOVB
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XL177	Leaf Spinach Portions	450g	1.72	GOVB
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XL154	Organic Chips (Oven or Fry)	600g	1.93	GOVB
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XL156	Organic Chips- family size bag	1.25Kg	4.88	GOVB
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XL178	Peas	450g	2.30	GOVB
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XL134	Summer Vegetable Mix	450g	2.05	GOVB
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XL181	Sweetcorn	450g	2.63	GOVB
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REALEAT

XL119	Edamame Beans	454g	1.39	GV
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VEGETARIAN MEALS - DRY MIXES

ORGANICO

VF564	Asparagus Risotto	200g	2.45	GOV
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VF565	Porcini/Wild Mushroom Risotto	200g	2.45	GOV
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VINEGARS

SUMA

KJ654	OG Balsamic Vinegar - oak aged	250ml	4.99	GOV
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KJ655	OG White Balsamic Condiment	250ml	3.75	GOV
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ASPALLS

KJ382	Balsamic Vinegar - og	5l	28.49	GOV
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KJ873	Balsamic Vinegar - organic	500ml	3.39	GOV
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KJ290	Cider Vinegar	1l	2.49	GV
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KJ295	Cider Vinegar	500ml	1.39	GV
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KJ067	Cider Vinegar	5l	9.99	GV
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KJ069	Cider Vinegar - organic	500ml	1.75	GVO
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KJ205	Cider Vinegar - organic	5l	12.59	GOV
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KJ052	Cider Vinegar - organic	1l	3.05	GOV
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KJ381	Malt Vinegar	5l	7.20	GV
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KJ353	Red Wine Vinegar	5l	9.29	GV
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KJ400	Red Wine Vinegar - organic	500ml	1.75	GOV
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KJ202	Red Wine Vinegars	500ml	1.39	GV
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KJ356	White Wine Vinegar	5l	7.29	GV
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KJ310	White Wine Vinegar	500ml	1.39	GV
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KJ095	White Wine Vinegar - organic	500ml	1.75	GOV
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BYODO

KJ279	White Wine Vinegar	5l	19.45	GOV
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CLEARSPRING

KJ091	Red Wine Vinegar Organic	500ml	2.75	VOG
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KJ092	White Wine Vinegar Organic	500ml	2.75	VOG
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HONEGAR

KJ077	Honegar	500ml	4.49	G
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Code	Description	Size	RRP	BFGOSV
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>				
WA040	Spring Water - sparkling	1.5l	1.15	GV
WA007	Spring Water - sparkling	1l	1.15	GV
WA027	Spring Water - sparkling	500ml	0.65	GV
WA009	Spring Water - sportscap	500ml	0.69	GV
WA013	Spring Water - Sportscap	750ml	0.95	GV
WA006	Spring Water - still	1.5l	0.95	GV
WA004	Spring water - still	1l	1.15	GV
WA025	Spring water - still	500ml	0.59	GV
<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
WA017	Spring Water - still	500ml	0.46	GV
WA008	Spring Water still, sportscap	500ml	0.49	GV

Code	Description	Size	RRP	BFGOSV
WINES				
<i>BROUGHTON PASTURES FRUIT WINES</i>				
RS069	Blackberry - OG	75 cl	8.55	GOSV
RS074	Ginger - OG	75 cl	9.49	FGOV
<i>CLEARSPRING</i>				
<i>Japanese Sake</i>				
RS057	Sake - Shizengo	72cl	13.95	GV
<i>RED WINE</i>				
<i>Argentina</i>				
RS223	Bonarda/Sangiovese S. Julia	75cl	9.62	GOV
RS252	Malbec-Cabernet Taquies	75cl	7.93	GOV
RS117	Premium Malbec - Soluna	75cl	13.34	FGO
<i>Australia</i>				
RS199	Cabernet Merlot	75cl	10.79	GOV
RS094	Shiraz Cabernet East Meridian	75cl	7.99	GOV
RS022	Shiraz Cabernet Sauvignon	75cl	10.88	GOV
<i>Austria</i>				
RS025	Pinot Noir Meinklang	75cl	15.12	GOVB
<i>Chile</i>				
RS112	Carmenere - los Almendros	75cl	7.97	FG
RS068	Carmenere Ventura	75cl	9.78	GOV
<i>France</i>				
RS052	Beaujolais Chateau Buis-Rond	75 cl	11.67	GOV
RS028	Cabernet Sauvignon	75 cl	8.67	GOV
RS228	Chateau la Blanquerie	75cl	9.79	GOV
RS091	Chateau Rouge Chateau Coursou	75cl	10.19	GOV
RS241	Chatelaine Stephanie Rouge	75cl	7.15	GOV
RS080	Corbieres Dom Ancien Courier	75cl	9.36	GOV
RS010	Cotes du Rhone	75cl	9.21	GOV
RS011	Domaine le Soleiller Rouge	250ml	3.35	GOV
RS013	Domaine le Soleiller Rouge	75cl	7.58	GOV
RS238	Gamay sans Tra La la	75cl	12.60	BGOV
RS149	La Nature Costieres de Nimes	75cl	8.15	GOV
RS016	La Nature Le Rouge	75cl	7.27	GOV
RS055	Merlot - Cuvee Gabriel	75 cl	9.15	GOV
RS006	Merlot - La Marouette	75cl	8.19	GOV
RS082	Pinot Noir La Marouette	75cl	9.73	GOV
RS090	Pont de Caylus Rouge	75cl	7.95	GOV

Code	Description	Size	RRP	BFGOSV
RS092	Valreas Dom Grande Bellane	75cl	10.59	GOV
<i>Italy</i>				
RS194	Chianti	75cl	11.35	GOV
RS063	Era Nero d Avola - OG	75 cl	8.33	GOV
RS093	Montepulciano d Abruzzo Era	75cl	8.49	GOV
RS195	Sangiovese - Era	75cl	8.05	GOV
RS044	Valpolicella Mont albano	75cl	9.87	GOV
<i>Portugal</i>				
RS245	Quinta da Esteveira Reserva	75cl	10.30	GOV
<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
RS100	Pinotage - The Ruins	75cl	10.14	GOV
RS116	Shiraz - Running Duck	75cl	8.45	FGOV
<i>Spain</i>				
RS060	Azan Tempranillo Tinto	75cl	6.99	GOV
RS120	Iberum Crianza DO Navarra	75cl	8.85	GOV
RS045	Monastrelle Old Vine	75cl	9.15	GOV
RS020	Navarra Tinto	75cl	7.37	GOV
RS147	Rioja - Usoa de Bagordi	75cl	9.45	GOV
RS078	Rioja Crianza Navarrsotillo	75cl	11.18	GOV
RS098	Rioja Tinto Noemus	75cl	8.74	GOV
RS232	Tempranillo Eden Collection	75cl	7.39	GOV
<i>ROSE WINE</i>				
<i>Argentina</i>				
RS220	Buenas Ondas Syrah	75cl	9.15	GOV
<i>France</i>				
RS079	Domaine de la Grand Palliere	75cl	12.68	GOV
RS229	Syrah Rose - La Marouette	75cl	8.19	GOV
<i>South Africa</i>				
RS219	Live a Little - Stellar	75cl	8.40	GOV
RS118	Shiraz Rose - Running Duck	75cl	8.45	FGOV
<i>Spain</i>				
RS064	Azan Tempranillo Rose La Manch	75cl	6.99	GOV
RS121	Rioja Usoa de Bagordi Rose	75cl	10.85	GOV
<i>SPARKLING WINE</i>				
<i>England</i>				
RS097	Limney Brut	75cl	22.15	GOV
<i>France</i>				
RS050	Champagne Carte d Or	75 cl	30.20	GOSV
<i>Italy</i>				
RS009	Prosecco Col di Manza Perlage	75cl	15.16	GOVB
RS244	Prosecco Spumante - Canah	75cl	12.75	GOV
RS216	Serenel Vivace Rosato	75cl	9.15	GOV
<i>Spain</i>				
RS051	DO Cava can Vendrell - OG	75 cl	13.63	GOSV
<i>WHITE WINE</i>				
RS042	Torrontes Ecologica	75cl	8.02	FGO
<i>Australia</i>				
RS095	Chardonnay East Meridian	75cl	7.99	GO
RS058	Chardonnay Viognier	75cl	13.01	GO
RS059	Verdelho - Wilkie Estate	75cl	10.02	GOV
<i>Austria</i>				
RS224	Meinklang Gruner Veltliner	75cl	11.70	BGOV
<i>Chile</i>				
RS250	Chardonnay Ventura	75cl	9.22	GOV
RS046	Gewurztraminer	75cl	8.95	GOVB
RS113	Sauvignon Blanc - Los Troncos	75cl	7.99	FG
<i>England</i>				
RS235	Limney Horsmonden Dry	75cl	11.69	GOV
<i>France</i>				
RS190	Bordeaux Sec	75cl	8.35	GOV
RS034	Cotes De Gascogne Dom de Pajot	75cl	8.74	GOV
RS242	Domaine de Caylus	75cl	7.55	GOV
RS066	Entre Deux Mers - OG	75 cl	9.17	GOV
RS191	Le Blanc	75cl	7.55	GOV

B - biodynamic F - fairly traded G - gluten free O - organic S - added sugar V - vegan

Code	Description	Size	RRP	BFGOSV
RS217	Muscadet 'Expression Gneiss	75cl	11.99	BGOV
RS243	Muscat Petit Grain Moellux	75cl	12.57	GOV
RS081	Picpoul de Pinet	75cl	9.98	GOV
RS007	Sancerre les Caillottes	75cl	14.79	GOV
RS226	Sauvignon - La Marouette	75cl	8.55	GOV
RS008	Viognier la Marouette	75cl	8.73	GOV
RS099	Vouvray Sec Les Troglodytes	75cl	12.39	GOV
<i>Germany</i>				
RS101	Riesling Kabinett Trocken	75cl	8.85	GOV
<i>Italy</i>				
RS096	Grillo - Era	75cl	8.35	GOV
RS062	Inzolia - Era	75 cl	8.04	GOV
RS233	Pinot Grigio - Boira	75cl	9.49	GOV
RS144	Pinot Grigio - Fasoli Gino	75cl	10.18	GOV
RS015	Soave - Fasoli Gino	75cl	17.76	GOV
<i>New Zealand</i>				
RS029	Riesling - Milton Gisborne	75cl	14.91	GOVB
RS056	Viognier - Milton	75cl	14.91	GOB
<i>South Africa</i>				
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
<i>Spain</i>				
RS061	Azan Blanco Aire La Mancha	75cl	6.99	GOV
RS031	La Mancha Blanco D.O.	75cl	7.39	GOV
RS234	Rioja Blanco Noemus	75cl	8.55	GOV

YEAST EXTRACTS

ESSENTIAL TRADING

GH062	Organic Yeast Extract	150g	7.95	GOV
GH059	Yeast Extract	125g	3.10	VG
GH058	Yeast Extract	250g	5.49	VG

MERIDIAN

GH160	Yeast Extract + B12 and salt	340g	3.99	GV
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NATEX

GH055	Yeast Extract - low salt	250g	3.59	GV
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YOGURTS, COWS MILK (CHILLED)

DELPHI FOODS

CV298	Greek Strained Yogurt	200g	1.25	G
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LOSELEY

Luxury Layered Yogurts

CV912	Champagne Rhubarb/ Vanilla Yog	150g	0.67	GS
CV913	Maple & Toffee Layered Yogurt	150g	0.67	GS
CV911	Tangy Lemon Curd Yogurt	150g	0.67	GS
<i>Rich & Creamy Jersey Cream Yog</i>				
CV910	Blackberry & Cream Yogurt	150g	0.77	GS
CV914	Caramelised Pear & Cream Yog	150g	0.77	GS
CV188	Peaches & Cream Yogurt	150g	0.72	GS
CV909	Raspberry & Cream Yogurt	150g	0.77	GS
CV908	Strawberry & Cream Yogurt	150g	0.77	GS

RACHELS DAIRY

CV501	Forbidden Fruits Cherry	150g	0.70	GOS
CV586	Forbidden Fruits Mixed Pack	4 x 120g	1.99	GO
CV927	Forbidden Fruits Peach	150g	0.70	GOS
CV924	Forbidden Fruits Strawberry	150g	0.70	GOS
CV470	Greek Style Yoghurt + Honey OG	450g	1.99	GO
CV254	Greek Style Yoghurt OG	450g	1.70	GO
CV378	Greek Style Yogurt - Cherry	450g	1.99	GO
CV376	Low Fat Raspberry	150g	0.70	GOS
CV920	Luscious Low Fat Strawberry	150g	0.70	GOS
CV164	Luscious Low Fat Vanilla	150g	0.69	GOS
CV321	Pineapple/Passion/Grapefruit	450g	1.65	GOS
CV439	Toffee & Chocolate Creamy 4 pk4	x 110g	1.89	GO
CV250	Wholemilk Stirred Natural Yog.	450g	1.29	GO

Divine Desserts

CV146	Organic Milk Chocolate Top Hat	120g	1.05	GOS
CV144	Organic Toffee Top Hats	120g	1.05	GOS

B - biodynamic F - fairly traded G - gluten free O - organic S - added sugar V - vegan

Code	Description	Size	RRP	BFGOSV
<i>Low Fat Range</i>				
CV103	Low Fat Cherry Yoghurt	450g	1.65	GOS
CV100	Low Fat Natural Yoghurt	450g	1.37	GO
CV099	Low Fat Raspberry Yoghurt	450g	1.65	GOS
CV096	Low Fat Strawberry Yoghurt	450g	1.65	GOS
CV170	Low Fat Yoghurt + Rhubarb OG	450g	1.65	GOS
CV472	Low Fat Yoghurt + Vanilla OG	450g	1.65	GOS
CV064	Organic Low Fat Garden Fruits	4 x 120g	1.99	GO
<i>Taste Explorers</i>				
CV417	My First Yogurts	4 x 90g	1.77	GOS
<i>YEO VALLEY</i>				
CV201	Blueberry L/F organic Yogurt	400g	1.33	GOS
CV333	Little Yeo s Fruity 4 Pack	4 x 90g	1.95	GOS
CV334	Little Yeo s Fruity 6 Pack	6 x 55g	1.69	GOS
<i>Lunchbox Yoghurt Tubes</i>				
CV042	Organic Yeo s	40g	2.37	GOS
<i>Minimum 4 days shelf life</i>				
CV368	Apricot Yoghurt - OG	125g	0.50	GOS
CV746	Fat Free Natural Yoghurt	500g	1.45	GOS
CV362	Natural Yoghurt - OG	150g	0.50	GO
CV360	Natural Yoghurt - OG	500g	1.45	GO
CV196	Plum Yoghurt -OG	400g	1.33	GOS
CV364	Raspberry Yoghurt - OG	125g	0.50	GOS
CV367	Strawberry Yoghurt - OG	125g	0.50	GOS
CV197	Toffee Caramel Yoghurt - OG	400g	1.33	GOS
<i>New Size, Better Value!</i>				
CV366	Apricot Organic Yogurt	400g	1.33	GOS
CV403	Natural Greek Style Yogurt	400g	1.59	GO
CV365	Raspberry Organic Yogurt	400g	1.33	GOS
CV363	Strawberry Organic Yogurt	400g	1.33	GOS



Suma