

Organic

May June 2010



SUMA, LACY WAY, LOWFIELDS BUSINESS PARK, ELLAND HX5 9DB
Tel: 01422 313845 Fax: 0845 458 2294 email: sales@suma.coop

The Suma logo features a stylized sunburst or leaf-like symbol above the word "Suma" in a bold, black, sans-serif font.

Suma

Code	Description	Size	RRP	BFGSV
BABY & CHILD FOOD				
<i>ANNABEL KARMEI</i>				
BB088	Alphabet Pasta Shapes	250g	1.29	OV
BB092	Baby Pasta Shells	250g	1.29	OV
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
BB077	Tomato-y Pasta + Veggies	190g	1.99	OV
<i>Snacks & Biscuits</i>				
BB148	Bakey Bakes - App,Raisin,Cinn	4 x 12g	2.49	OV
BB135	Bakey Bakes - Cheese & Spinach	4 x 12g	2.49	O
BB142	Cookies - Apple & Ginger	6 x 20g	2.49	OV
BB136	Cookies - Milk & Vanilla	6 x 20g	2.49	OV
BB133	Pack o Snacks - The Chewy One	5 x 12g	2.49	OV
BB185	Pack o Snacks - The Chompy One	5 x 18g	2.49	OV
BB132	Pack o Snacks -The Crumbly One	5 x 12.5	2.49	OV
BB137	Stack o Sticks - Orange & Pear	2 x 17.5	1.19	OV
BB134	Stack of Sticks - Wholegrain	2 x 17.5	1.19	OV
<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>				
BB330	Apple,Raisin & Oat Crumble	100g	1.49	OV
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
BB130	Pasta - Just For Me	4 x 30g	1.99	OV
BB131	Rice - Just For Me	4 x 25g	1.99	OV
BB058	Very Very Tasty Vegetable Bake	140g	1.69	GOV
<i>FAMILIA</i>				
MX996	Swiss Muesli Baby Food	250g	1.99	VO
<i>HIPP</i>				
<i>DRIED</i>				
BB082	Apple,Banana & 4 Cereal B'fast	250g	2.94	O
BB654	Baby Rice	160g	2.94	GOV
BB083	Banana & Peach Breakfast	230g	2.94	O
BB030	Creamy Porridge	160g	2.94	O
<i>FRUIT POTS</i>				
BB093	Apple & Strawb Puree & Pieces	4 x 100g	2.94	O
BB096	Apple Peach & Mango	4 x 100g	2.94	O
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
BB084	Cauliflower Cheese	125g	0.97	O
BB100	Creamed Porridge Breakfast	125g	0.97	O
BB008	Mixed Vegetables - organic	125g	0.97	GOV
BB045	Penne,tomato and courgette	125g	0.97	O
BB523	Vegetable & Lentil Bake	125g	0.97	GO
<i>JARRED - from 7 months</i>				
BB021	Cheesy Pasta Bake	190g	1.15	O
BB061	Fruit Duet - Mango & Banana	160g	1.18	OG
BB090	Rice Pudding + Apple & Pear	190g	1.15	O
BB087	Rigatoni Napoli	190g	1.15	O
BB103	Spaghetti, Tomato & Mozzarella	190g	1.15	O
BB067	Strawberry & Rasperry Yoghurt	160g	1.15	GOS
BB104	Vegetable Lasagne	190g	1.15	O
<i>Little Nibbles</i>				
BB146	Crispy Biscottes	100g	1.80	O
BB040	Elephant Biscuits	150g	1.80	OS
BB091	Ruskits	120g	1.52	O
BB145	Tom & Swt Red Pepper Rice Cake	40g	1.39	OV
<i>Plastic Pots - Stage 1</i>				
BB139	Creamed Root Veg & Apple	2 x 100g	2.40	O

Code	Description	Size	RRP	BFGSV
BB138	Fine Green Bean & Baby Spinach	2 x 100g	2.40	OV
BB140	Sweet Pumpkin & Tender Carrots	2 x 100g	2.40	OV
<i>Plastic Pots - Stage 2</i>				
BB141	Fruity Veg Tagine + Couscous	2 x 190g	3.45	O
BB143	Swt Red Pepper/Aubergine Penne	2 x 190g	3.45	O
<i>Plastic Pots - Stage 3</i>				
BB144	Med Ratatouille + Gnocchi	2 x 220g	3.85	O
<i>Tray Meals - 1-3 Years</i>				
BB081	Chunky Vegetable Pasticcio	260g	2.17	O
BB079	Squiggly Spaghetti Moza Sauce	260g	2.17	O
BB080	Vegetable Lasagne	260g	2.17	O
<i>MIMIES</i>				
BB076	Corn Puffs - Cheese & Chive	20g	0.49	GO
<i>ORGANIX</i>				
<i>Cereals - Stage 1</i>				
BB163	4 Grain Porridge	150g	2.29	GOV
BB162	Banana Porridge	150g	2.29	GOV
BB161	Fruity Apple & Raisin Cereal	150g	2.29	OV
BB164	Variety Pack - 4 Grain Cereal	3 x 36g	2.29	OV
<i>Cereals - Stage 2</i>				
BB166	7 Grain Cereal	200g	2.99	GOV
BB165	Banana & Raisin Oat Porridge	200g	2.99	OV
<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 Squeezie	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
BB154	Creamy Rice Pudding	120g	0.99	GOV
<i>Jars - Stage 2</i>				
BB157	Apple & Peach Oaty Crumble	190g	1.25	O
BB158	Apple,Mango & Banana Yoghurt	190g	1.25	O
BB160	Chickpea & Red Pepper Lasagne	190g	1.25	OV
BB159	Veggie Korma & Wholegrain Rice	190g	1.25	GO
<i>Snacks</i>				
BB711	Alphabet Biscuits	5 x 25g	2.15	OV
BB022	Animal Biscuits	150g	2.15	OV
BB713	Apple Rice Cakes	50g	1.35	OV
BB055	Baby Biscuits	100g	1.65	O
BB714	Baby Moon Biscuits	100g	1.69	O
BB549	Carrot Stix	15g	0.59	OV
BB248	Cheese & Herb Curly Puffs	15g	0.59	O
BB068	Cheese & Onion Number Bites	4 x 25g	2.25	O
BB715	Crunchy Carrot Sticks	20g	0.79	GOV
BB717	Crunchy Sweetcorn Rings	20g	0.79	GOV
BB408	Crunchy Tomato Slices	20g	0.79	OV
BB247	Gingerbread Men	135g	2.15	OV
BB069	Raspberry/Blueberry Rice Cake	50g	1.35	GOV
BB600	Rice Cakes	50g	1.39	OV
BB029	Rusks - 2 pack	175g	2.25	O
BB035	Spicy Stars Snack	15g	0.59	GOV
BB365	Tomato & Cheese Curly Puffs	15g	0.59	O
<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	GOV
<i>PLUM BABY</i>				
<i>Cereals</i>				
BB099	4 Grain Muesli Strawb/Banana	250g	3.59	OV
BB101	4 Grain Porridge	125g	2.79	GOV
BB102	4 Grain Porridge Apple/Apricot	175g	3.49	OV
BB098	Four Grain Porridge Plum/Banan	175g	3.49	OV
<i>Pouches - from 4 months</i>				
BB119	Apple & Blackcurrant	100g	1.25	GOV
BB118	Banana, Strawberry & Raspberry	100g	1.25	GOV

Code	Description	Size	RRP	BFGSV
BB117	Blueberry, Banana & Vanilla	100g	1.25	GOV
BB121	Squash & Sweet Potato	100g	1.25	GOV
<i>Snacks</i>				
BB123	Oat Rounds + Orange & Ginger	5 x 25g	2.39	OV
BB124	Spelt Fingers with Apple	5 x 20g	2.19	OV
BB122	Spelt Fingers with Pomegranate	5 x 20g	2.19	OV
<i>Stage 1 Pots - from 4 months</i>				
BB110	Mango & Banana Pot	2 x 100g	2.49	GOV
BB111	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

Stage 2 Pots - from 7 months

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, Supergrns	200g	2.55	GO

TRAFU

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*BENTLEY ORGANIC*

DY337	Baby Lotion	250ml	4.99	OV
DY334	Baby Oil	250ml	4.99	OV
DY349	Baby Soap	125g	2.99	O
DY345	Baby Wash	250ml	4.99	OV
NF216	Toy Sanitiser	500ml	3.99	OV

GREEN PEOPLE COMPANY

DY627	Baby Wash & Shampoo	150ml	6.75	OV
DY795	Baby Wash & Shampoo	150ml	6.75	OV

NATRACARE

NF099	Organic Cotton Baby Wipes	50	3.42	OV
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PURE POTIONS SKINCARE

DY620	Chamomile Baby Oil	100ml	5.95	OV
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BAGS, BOXES AND BASKETS*VERT VIVANT COTTON STRING BAGS*

NF365	Ivy - light green	5 bags	2.49	FO
NF366	Mulberry - purple	5 bags	2.49	FO
NF363	Natural	5 bags	2.49	FO
NF367	Raspberry - pink	5 bags	2.49	FO
NF183	Royal - mid blue	5 bags	2.49	FO
NF368	Sapphire - light blue	5 bags	2.49	FO
NF364	Teal - dark green	5 bags	2.49	FO

BAKING SUNDRIES*CLEARSPRING*

JP064	Kuzu (Wild Arrowroot)	125g	5.49	GVO
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CRAZY JACK

LJ409	Marzipan	250g	3.65	GOSV
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DOVES FARM

LJ206	Baking Powder	110g	1.49	GOV
LJ203	Corn Flour Organic	110g	1.69	GOV

NIELSEN MASSEY

LJ333	Vanilla Extract - OG	118ml	7.99	GOV
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STEENBERGS

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*SUMA*

VF730	Aduki Beans, Fairly Traded OG	400g	0.99	FOV
VF550	Baked Beans - Organic	400g	0.95	GOSV
VF860	Black Beans, Fairly Traded OG	400g	0.99	FOV
VF646	Blackeye Beans - organic	400g	0.95	GVO
VF645	Butter Beans - organic	400g	0.85	GVO
VF395	Cannellini Beans - organic	400g	0.85	GOV
VF785	Chick Peas - organic	2.6Kg	3.65	GOV
VF642	Chickpeas - organic	400g	0.85	GVO
VF647	Green Lentils - organic	400g	0.85	GVO
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

VF790	Red Kidney Beans - organic	2.6Kg	3.65	GOV
VF643	Red Kidney Beans - organic	400g	0.85	GVO

BIONA

VF222	Baked Beans - Organic	420g	0.99	GOVS
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BIONOVA

VF495	Baked Beans - organic	340g	1.39	OSV
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ORGANIC KITCHEN

VF114	Baked Beans in Tomato Sauce	420g	0.89	GOSV
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WHOLE EARTH

VF161	Baked Beans - organic	420g	1.19	GOV
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BEANS & PULSES - DRIED*SUMA PREPACKS - ORGANIC*

PU202	Aduki Beans - organic	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
PU004	Broth Mix - Organic	500g	1.65	OV
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

JUST WHOLEFOODS

VF263	Sprouting Mix - OG	250g	1.89	GVO
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BEERS

RT131	Budels Lager	330ml	1.62	OV
RT004	Cannabia Hemp Beer	330ml	2.23	OV
RT003	Fair Trade Ginger Pale Ale	500ml	2.19	FOV
RT007	Golden Promise Ale	500ml	2.95	OV
RT010	Muller's Lagerbier, biodynamic	330ml	1.94	BOV
RT008	Sam Smiths Best Ale	550ml	2.98	OV
RT120	Sam Smiths Lager	550ml	2.98	OV

SUMA

RT212	Elphin Brook Bitter OG	500ml	1.99	OV
RT215	Long Wall Mouse Blonde Beer OG	500ml	1.99	OV
RT216	Mixed Case Suma Ales	500ml	1.99	OV
RT213	Mytholm Mist Wheat Beer OG	500ml	1.99	OV
RT214	Penumbra Stout OG	500ml	1.99	OV

BISCUITS CRACKERS & CRISP BREAD*AGAINST THE GRAIN*

BT232	OG Almond Cookies	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

AMISA

BT185	Organic Buckwheat Crispbread	150g	1.79	GOSV
BT212	Organic Kamut Crispbread	200g	3.19	OS
BT211	Organic Spelt Melba Toasts	200g	2.49	OVB
BT182	Organic Spelt Snack Sticks	150g	2.49	OVB

BIONA

BT336	Blueberry Filled Cookies	175g	1.79	OS
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CLEARSPRING

BT631	Puffed Rice Cakes - Multigrain	100g	0.79	VO
BT629	Puffed Rice Cakes - Plain	100g	0.79	VO
BT630	Puffed Rice Cakes - Salted	100g	0.79	VO

DE RIT

BT187	Hazelnut Waffles - organic	6 x 1	1.79	OSV
BT189	Honey Waffles - organic	6 x 1	1.79	OS
BT188	Syrup Waffles - organic	6 x 1	1.79	OSV

DOVES FARM

BT267	Brazil Nut & Ginger Cookies GF	150g	1.59	
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Code	Description	Size	RRP	BFGSV	Code	Description	Size	RRP	BFGSV
FGOSV						RAW HEALTH			
BT271	Chocolate Chip Cookies - GF	150g	1.59		BT288	Org Raw Deeply Dense Pitta	90g	3.99	GOV
FGOSV					BT287	Org Raw Flax Pumpkin Cracker	90g	3.99	GOV
BT010	Digestives	200g	0.99	OSV	BT289	Org Raw Flax Tomato Cracker	90g	3.99	GOV
BT651	Digestives - large	400g	1.79	OSV	BT286	Org Raw Italian Crispbread	100g	3.99	GOV
BT266	Double Chocolate Cookies - GF	150g	1.59			TERRASANA			
FGOSV					BT350	Crackers - Linseed & Rosemary	160g	1.99	OV
BT202	Fruity Oat Digestives	200g	1.35	OSV	BT363	Crackers - Natural	300g	2.25	OV
BT268	Hazelnut & Orange Cookies - GF	150g	1.59		BT230	Crackers - Onion & Oregano	165g	1.99	OV
FGOSV					BT375	Crackers - Salted	300g	2.55	OV
BT269	Lemon Zest Cookies - GF	150g	1.59		BT357	Crackers - Sesame	300g	2.25	OV
FGOSV					BT609	Grissini (Breadsticks) - Spelt	125g	1.39	O
	DR KARG				BT615	Grissini (Breadsticks) Sesame	125g	1.39	O
BT812	Classic Wholegrain Crispbread	200g	2.29	OV	BT100	Hazelnut Waffles	175g	1.85	O
BT815	Emmental Cheese & Pumpkin Seed	200g	2.49	O	BT102	Honey Waffles	175g	1.85	O
BT814	Roasted Onion Crispbread	200g	2.39	OV		VILLAGE BAKERY			
BT551	Spelt Muesli Crispbread	200g	2.75	OS	BT119	Oatcakes	250g	1.99	VO
BT813	Spelt Wholegrain Crispbread	200g	2.65	OV	BT525	Savoury Seed Biscuits Organic	200g	1.99	O
BT550	Spelt with Emmental Cheese	200g	2.85	O		BODYCARE			
BT250	Tomato/Mozzarella Crispbread	200g	2.49	O		ALOE PURA			
	<i>Wholegrain Snack Bites</i>				DY040	Aloe Vera Gel OG	200g	5.55	GOV
BT816	Emmental & Pumpkin Seed OG	150g	2.45	O		BADGER BALM			
	DUCHY ORIGINALS				MD029	Baby Balm - Mini	21g	4.39	O
BT214	Basil & Sunflower Crackers	100g	2.05	O	DY309	Cheerful Mind Balm	28g	5.99	O
BT235	Black Pepper Crackers	100g	2.05	O	DY307	Clear Mind Balm	28g	5.99	O
BT242	Cheddar Cheese Nibbles	100g	2.79	OS	DY433	Cuticle Care Balm	21g	4.39	O
BT248	Cheese Nibbles Rosemary/Thyme	100g	2.79	OS	DY293	Foot Balm - small	21g	4.39	O
BT216	Chocolate & Vanilla Shortbread	150g	2.69	OS	DY642	Ginger & Lemon Lip & Body Balm	21g	4.39	O
BT217	Highland Shortbread	150g	2.69	OS	MD850	Healing Balm	21g	4.39	O
BT219	Oaten Biscuits for Cheese	150g	2.69	O	DY291	Night Night Balm	21g	4.39	O
BT213	Sicilian Lemon Shortbread	150g	2.69	OS	MD874	Sleep Balm - small	21g	4.39	O
BT223	Stem Ginger Sweet Oaten Biscs	150g	2.79	OS	MD145	Sore Muscle Rub	21g	4.39	O
BT225	Sweet Oaten Heather Honey Bics	150g	2.69	OS	DY430	Winter Wonder Balm	21g	3.50	O
	<i>Chocolate Coated Range</i>				DY231	Yoga & Meditation Balm	28g	5.99	O
BT221	Orange Biscuits Dark Choc	100g	3.25	OS		<i>Gift Sets</i>			
BT222	Stem Ginger Biscuits Dark Choc	100g	3.25	OS	DY513	Beauteous Box	21g	9.55	O
BT226	Toffee Biscuits Milk Choc	100g	3.25	OS	DY909	Beauty Balms Gift Set	21g	9.49	O
	GILCHESTERS ORGANICS				DY808	Gifted Gardeners Gift Set	21g	12.69	O
BT260	Spelt Biscuits - Original	150g	3.49	O	DY519	Lip & Body Gift Set	21g	6.65	O
BT261	Spelt Biscuits With Thyme	150g	3.49	O		<i>Lipcare</i>			
BT262	Spelt Biscuits-Honey/Mustard	150g	3.49	O	DY306	Pink Grapefruit Lip Care Stick	4.2g	2.45	O
	ISLAND BAKERY ORGANICS				DY304	Unscented Lip Care Stick	4.2g	2.45	O
BT121	Apple Crumbles Organic Biscuit	150g	2.39	OS	DY299	Vanilla Madagascar Lip Care	4.2g	2.45	O
BT163	Chocolate Gingers	150g	2.99	OS		<i>Sun Care</i>			
BT006	Chocolate Limes	150g	2.99	OS	DY297	Bali Balm - Mini	21g	4.39	O
BT164	Lemon Melts	150g	2.99	OS	DY314	SPF 15 Lip Balm Stick	4.2g	3.90	O
BT162	Oat Crumbles	150g	1.85	OS	DY320	SPF15 Sunscreen Face & Body	87ml	12.00	O
BT165	Shortbread Biscuits	150g	1.85	OS	DY322	SPF30 Sunscreen Face & Body	87ml	14.20	O
	<i>Snack Packs</i>					BENTLEY ORGANIC			
BT159	Chocolate Ginger Biscuits 2-pk	35g	0.89	OS	DY338	Anti Bacterial Hand Sanitizer	50ml	2.99	OV
BT161	Lemon Melt Biscuits 2-pack	35g	0.89	OS		<i>Bodycare</i>			
BT160	Oat Crumble Biscuits 2-pack	35g	0.62	OS	DY354	Balancing Body Lotion	250ml	4.49	OV
BT158	Shortbread Biscuits 2-pack	35g	0.62	OS	DY351	Calming Body Lotion	250ml	4.49	OV
	KALLO				DY370	Calming Moisturising Bodywash	250ml	2.99	OV
	<i>Rice Cakes</i>				DY360	Deep Cleansing Bodywash	250ml	2.99	OV
BT184	Corn Cakes OG	130g	1.69	GOV	DY357	Detoxifying Body Wash	250ml	2.99	OV
BT031	Fairtrade Rice Cake No Salt OG	130g	1.49	FGOV		<i>Haircare</i>			
BT810	Milk Chocolate Rice Cakes OG	90g	2.29	GO	DY397	Conditioner - all hair types	250ml	3.99	OV
BT033	No Added Salt Organic	130g	1.49	GVO	DY344	Shampoo - Dry & Damaged Hair	250ml	3.99	OV
BT034	Original Organic Wholegrain	130g	1.49	GVO	DY392	Shampoo - Frequent Use	250ml	3.99	OV
BT215	Savoury	110g	2.19	OGV	DY350	Shampoo - Normal to Dry Hair	250ml	3.99	OV
BT036	Thick Slice Sesame Rice Cake	130g	1.39	GOV	DY342	Shampoo - Normal to Oily Hair	250ml	3.99	OV
BT240	Thin Slice No Salt - organic	130g	1.49	GVO		<i>Miniatures/Hotel Sizes</i>			
BT338	Thin Slice Rice Cake Dark Choc	90g	2.29	GO	DY673	Calming & Moisturising Soap	40g	1.10	OV
	NARINS				DY671	Calming Body Lotion	50ml	1.79	OV
BT273	Oatcakes Organic	250g	1.29	OV	DY665	Calming Moisturising Bodywash	50ml	1.79	OV
BT495	Organic Herb Oatcakes	200g	1.49	OV	DY667	Conditioner - all hair types	50ml	1.79	OV
	NOW				DY672	Shampoo - Frequent Use	50ml	1.79	OV
BT419	Oatcakes No Salt - Organic	250g	1.99	OV		<i>Soap & Handwash</i>			
	ORGANIC COLLECTION				DY393	Calming & Moisturising Soap	150g	1.99	OV
BT012	Cantuccini with Almonds - og	200g	3.95	OS	DY355	Calming Moisturising Handwash	250ml	2.99	OV
BT013	Cantuccini with Chocolate - og	200g	3.95	OS	DY346	Deep Cleansing Handwash	250ml	2.99	OV
	ORGANICO				DY384	Deep Cleansing Soap	150g	1.99	OV
	<i>Rustic Breadsticks</i>				DY341	Detoxifying Handwash	250ml	2.99	OV
BT065	Classic - og	120g	1.85	OV	DY372	Detoxifying Soap	150g	1.99	OV
BT061	Omega Grissini - og	120g	1.85	OV	DY365	Smoothing Soap	150g	1.99	O
BT068	Sesame - og	120g	1.85	OV		BOCOTON			
BT067	Spelt - og	120g	2.35	OV	DY689	Cotton Balls	100	1.95	FOV

Code	Description	Size	RRP	BFGSV
DY690	Cotton Buds	200	2.05	FOV
DY687	Cotton Safety Buds	56	1.65	FOV
DY691	Pre-Cut Cottonwool	100g	2.35	FOV
DY688	Round Cosmetic Cotton Pads	60	1.49	FOV
DY692	Square Cottonwool Pads	40	1.89	FOV
ESSENTIAL CARE				
DY435	2 in 1 Purifying Mint Mask	50g	20.00	FOSV
DY453	Aloe Vera Bodywash	200ml	6.75	OV
DY081	Avocado Replenishing Cream	50ml	18.50	OV
DY234	Citrus Gift Set	set	18.00	O
DY090	Creamy Coconut Cleanser	150ml	14.00	OV
DY091	Gentle Herb Shampoo	200ml	9.50	OV
DY134	Lemon & Tea Tree Facial Wash	150ml	14.00	OV
DY442	Lemongrass Hand & Bodywash	200ml	7.15	OV
DY705	Organic Hand & Body Lotion	150ml	14.00	OV
DY438	Organic Mosimix	70ml	9.50	OV
DY443	Organic Relaxing Body Oil	100ml	15.00	OV
DY125	Rose Moisturiser	50ml	18.50	OV
DY094	Rose Petal Tonic	100ml	16.00	OV
DY440	Superfruit Concentrate	30ml	26.00	OV
DY575	Tea Tree & Herb Shampoo	200ml	9.80	OV
DY093	Ultra Rich Moisture Cream	50g	8.50	O
DY625	Ylang Ylang & Orange Bodywash	200ml	9.50	OV
FAITH				
<i>Hand Wash</i>				
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				
<i>Hair & Body Care</i>				
DY218	Intensive Repair Shampoo	200ml	10.50	VO
DY624	Moisturising Conditioner	200ml	10.50	OV
DY626	Moisturising Shampoo	200ml	10.50	OV
<i>Organic Skincare</i>				
DY328	Gentle Cleanse	200ml	15.50	VGO
<i>Organicchildren.com</i>				
DY257	Organic Children Bath & Shower	200ml	7.50	VO
DY259	Organic Children Shampoo	200ml	7.50	VO
<i>Sun Care</i>				
DY132	After Sun Lotion	200ml	10.99	O
DY173	No Scent Sun Lotion SPF22	50ml	9.50	GO
INCOGNITO				
<i>See also 'Incense'</i>				
NF371	3 In 1 Shampoo & Conditioner	200ml	6.99	OV
LAVERA				
<i>Awesome Limited Offers!</i>				
DY767	Basis Sensitive Moisturiser +	pack	8.45	O
DY763	Family SPF15 Sun Spray + Free	pack	16.50	OV
DY764	Kids Sun Block Spray SPF20 +	pack	17.50	OV
DY766	Neutral Sun Spray SPF20 +	pack	18.50	OV
DY762	Rose Milk Shampoo + Free	pack	7.95	GOV
<i>Basis Sensitive Range</i>				
DY247	Conditioner	150ml	4.95	O
DY202	Deodorant - Roll On	50ml	7.95	OV
DY590	Deodorant with Rose Extract	75ml	7.95	O
DY580	Face Cleansing Gel with Lemon	125ml	5.95	O
DY581	Face Moisturising Cream with	50ml	8.45	O
DY582	Face Protection Cream with	50ml	9.45	O
DY589	Hand Cream with Almond and	125ml	5.75	O
DY583	Lip Balsam with Jojoba and	4.5g	2.45	O
DY592	Shampoo with Rose Extract and	200ml	5.75	O
DY585	Shower Shampoo for Body & Hair	250ml	5.95	O
<i>Body Spa - Orange Feeling</i>				
DY657	Orange Feeling Bath Salts	80g	2.25	OV
DY658	Orange Feeling Body Lotion	150ml	7.45	OV
DY659	Orange Feeling Body Scrub	150ml	6.45	OV
DY660	Orange Feeling Creamy Body Wsh	150ml	6.45	OV
DY662	Orange Feeling Deodorant Spray	50ml	7.75	OV
DY663	Orange Feeling Hand Cream	75ml	5.95	OV
DY661	Orange Feeling Roll On Deodrant	50ml	7.75	OV
DY664	Orange Feeling Shower/Bath Gel	150ml	5.95	OV
<i>Body Spa - Rose Garden</i>				
DY648	Rose Garden Bath Salts	80g	2.25	OV
DY649	Rose Garden Body Lotion	150ml	7.45	OV
DY651	Rose Garden Creamy Body Wash	150ml	6.45	OV
DY656	Rose Garden Deodorant Spray	50ml	7.75	OV
DY653	Rose Garden Hand Cream	75ml	5.95	OV
DY652	Rose Garden Roll On Deodorant	50ml	7.75	OV
DY654	Rose Garden Shower & Bath Gel	150ml	5.95	OV

Code	Description	Size	RRP	BFGSV
Cosmetics				
DY497	Mascara Mini Display + testers	each	10.90	OV
DY512	Volume Mascara No 1 - Black	6.5ml	10.90	OV
Lips				
DY204	Lip Balm Repair	4.5g	3.75	O
Men Care				
DY010	After Shave Balm	50ml	8.50	VO
DY021	Deodorant ActiveSpray	50ml	7.95	VO
DY009	Shaving Cream	75ml	5.50	O
New Hair				
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
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
Sun Sensitive				
DY266	After Sun Lotion	150ml	7.50	VO
DY182	Anti Age Sun Cream SPF15	50ml	10.50	OV
DY610	Baby & Child Sun Screen SPF 20	125ml	15.50	O
DY018	Family Sun Spray SPF 15	200ml	16.50	OV
DY025	Kids Coloured Sun Block SPF 20	200ml	17.50	OV
DY160	Neutral Sun Screen SPF 20	50ml	10.50	OV
DY145	Self Tanning Lotion	150ml	13.50	VO
DY131	Silky Shimmer Lotion	150ml	10.50	VO
DY129	Sun Lip Balm SPF 10	4.5g	5.00	VO
NATACARE				
<i>Pads</i>				
NF048	Organic Cotton Panty Liners	22	1.99	OV
<i>Tampons</i>				
NF826	Applicator Tampon - Super	16	2.79	O
NF823	Applicator Tampons - Regular	16	2.69	O
NF030	Tampons Regular - Organic	10	1.49	OV
NF085	Tampons Regular - Organic	20	2.39	VO
NF031	Tampons Super - Organic	10	1.59	OV
NF086	Tampons Super - Organic	20	2.49	OV
NF087	Tampons Super Plus - OG	20	2.69	VO
<i>Wipes</i>				
NF204	Organic Cotton Intimate Wipes	12	1.95	OV
ORGANIC				
<i>Pads</i>				
NF227	Pads - Heavy Flow	10	3.05	OV
NF220	Pads - Moderate Flow	10	2.45	OV
NF199	Pads - Moderate Flow	10	2.89	OV
NF245	Pant Liners - Light Flow	24	2.59	OV
NF182	Panty Liners - Light Flow	24	2.89	OV
<i>Tampons</i>				
NF238	Applicator Tampons - Regular	16	3.35	OV
NF215	Applicator Tampons - Super	14	3.45	OV
NF319	Applicator Tampons Super Plus	14	3.55	OV
NF359	Digital Tampons Regular	16	2.79	OV
NF358	Digital Tampons Super	16	2.89	OV
NF357	Digital Tampons Super Plus	16	2.99	OV
PITROK				
DY694	Organic Cotton Deodorant Wipes	20	3.99	OV
PUKKA				
DY643	Rosewater - organic	100ml	10.75	GOV
PUREPOTIONS SKINCARE				
DY609	Skin Salvation Bath Oil	100ml	7.49	GOV
SIMPLY GENTLE				
DY097	Cotton Buds - organic	200	2.45	VO
DY098	Organic Cotton Wool Balls	100	2.29	O
DY099	Organic Cotton Wool Pads	100	2.29	O
DY100	Organic Cotton Wool Pleats	100g	2.39	O
TRILOGY SKINCARE				
DY516	100% Pure Rosehip Oil	20ml	15.61	OV
URTEKRAM				
<i>Aloe Vera</i>				
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
<i>Baby Care</i>				
DY283	Baby Bath	250ml	3.25	GOV
DY765	Baby Oil - no perfume	100ml	7.49	GOV
DY645	Baby Shampoo	250ml	3.25	GOV

Code	Description	Size	RRP	BFGSV
	<i>Brown Sugar</i>			
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
	<i>Chamomile</i>			
DY244	Chamomile Conditioner	250ml	4.59	GOV
	<i>Lime</i>			
DY725	Lime Crystal Roll On Deodorant	50ml	4.39	GOV
	<i>No Perfume</i>			
DY286	No Perfume Crystal Deo Spray	50ml	4.39	GOV
	<i>Olive</i>			
DY469	Hand & Body Lotion	245ml	5.49	OV
DY476	Liquid Hand Soap	245ml	4.60	OV
DY478	Olive Soap Bar	150g	2.35	OV
	<i>Rose</i>			
DY702	Rose Body Lotion	250ml	5.59	OV
DY060	Rose Crystal Deodorant	50ml	4.39	OV
DY274	Rose Crystal Deodorant Spray	50ml	4.39	GOV
	<i>WELEDA</i>			
	<i>Body Care</i>			
DY101	Birch Cellulite Oil	100ml	18.95	OV
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
DY178	Water Based Intimate Lubricant	25ml	4.99	OV
DY432	Water Based Intimate Lubricant	30ml	11.73	OV
DY179	Water Based Intimate Lubricant	75ml	9.99	OVG

BREADS & BREAD MIXES

	<i>BAVARIAN</i>			
BT533	Pumpnickel Bread - Organic	500g	1.69	OV
BT535	Whole Rye Bread - Organic	500g	1.69	OV
	<i>BIONA</i>			
BT298	Butter Croissants - organic	200g	2.69	O
BT465	Millet Bread - Organic	250g	2.89	GOV
BT135	Pizza Base - 2 Per Retail Pack	300g	2.39	OV
BT421	Pizza Base - Organic 2 Pack	125g	2.79	GOV
BT461	Rice Bread with Sunflower Seed	500g	3.69	OGV
BT464	Rye Bread - Amaranth & Quinoa	500g	1.89	OV
BT206	Rye Bread - Omega 3	500g	1.69	OV
BT207	Rye Bread - Pumpkin Seed	500g	1.99	OV
BT210	Rye Bread - Sunflower Seed	500g	1.69	OV
BT422	Spelt Pizza Base - Organic	300g	2.99	OV
	<i>JUST WHOLEFOODS</i>			
VF257	Wholemeal Breadcrumbs -organic	175g	1.19	OV
	<i>MESTEMACHER</i>			
BT021	Rye Bread - organic	500g	1.99	VO
BT020	Sunflower Bread - organic	500g	1.99	VO
	<i>NEWSBURY PHILLIPS</i>			
BT111	Large White Pitta	6 x 1	1.59	OV
BT243	Mini Sesame Pitta Bread	8 x 1	1.35	OV
BT110	Mini Wholemeal Pitta	8 x 1	1.35	OV
	<i>SUNNYVALE</i>			
BT048	Malt & Raisin Loaf	290g	1.45	OV
BT047	Mixed Grain Bread	400g	2.55	GOV
BT049	Rye Sourdough Bread	400g	1.39	OV
BT934	Sprouted Rye Bread	400g	1.59	OV
BT935	Sprouted Spelt Bread	400g	2.15	OV
BT083	Sprouted Wheat & Date Bread	400g	1.79	OV
BT229	Sprouted Wheat & Stem Ginger	400g	1.69	OV
BT086	Sprouted Wheat Bread	400g	1.59	OV
BT886	Sprouted Wheat Carrot & Raisin	400g	1.75	OV
BT546	Sprouted Wheat Hemp Bread	400g	1.99	OV
	<i>TERRASANA</i>			
BT072	Pizza Bases (2 pack)	300g	2.39	O

BURGERS SAUSAGES & TVP MIXES

	<i>JUST WHOLEFOODS</i>			
VF706	Vegetarian Banger Mix -organic	125g	1.35	OV
VF705	Vegetarian Burger Mix	125g	1.35	OV

Code	Description	Size	RRP	BFGSV
	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>RACHELS DAIRY</i>			
CV068	Butter - slightly salted OG	250g	1.99	GO
CV625	Butter - unsalted OG	250g	1.99	O
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>			
PO101	Double Cream	227ml	1.19	O
CV309	Half Fat Creme Fraiche - OG	200g	1.05	GO

CAKES

	<i>SUNNYVALE</i>			
BT089	Fruit Cake - organic	400g	2.75	OV
	<i>VILLAGE BAKERY</i>			
BT693	Gluten Free Fruit Cake Slice	200g	2.65	GOS

CHEESE SUBSTITUTES (CHILLED)

	<i>BIDDY MERKINS</i>			
CV101	Vegerella - Cheddar OG	170g	1.49	GOV

CHEESE, COWS MILK (CHILLED)

	<i>BASTIAANSEN</i>			
CV040	Organic Brie	150g	2.65	O
	<i>BIONA</i>			
CV076	Emmental - Organic	200g	3.49	GO
CV012	Greek Style Soft Cheese	150g	2.99	GO
	<i>CALON WEN</i>			
	<i>Soil Association Ethical Trade</i>			
CV397	Extra Mature Organic Cheddar	200g	2.49	GO
CV398	Mellow Organic Cheddar	200g	1.99	GO
	<i>FUTURA</i>			
CV145	Blue Cheese - organic	150g	3.15	OG
CV306	Camembert - organic	150g	3.25	O
CV033	Cream Cheese (Garlic) -organic	150g	2.69	O
CV034	Cream Cheese (Plain) - organic	150g	2.69	O
	<i>LVE CROSS</i>			
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
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
	<i>MOZZA</i>			
	<i>Minimum 4 days shelf life</i>			
CV066	Mozzarella Cheese	125g	1.89	GO
	<i>OMA</i>			
CV447	Organic Cottage Cheese	200g	1.99	GO
	<i>RAPUNZEL</i>			
CV086	Cream Cheese "Bio Cremeux"	200g	2.89	GO

Code	Description	Size	RRP	BFGSV	Code	Description	Size	RRP	BFGSV
	<i>SUSSEX HIGH WEALD</i>								
	<i>Sheeps Cheeses</i>								
CV067	Duddleswell sheeps cheese - OG	per kg	22.60	GO	KB688	Chillout Caramel	40g	0.99	OS
CV073	Feta sheeps cheese - organic	per kg	20.44	GO	KB687	Electric Licorice	40g	0.99	OS
CV082	Halloumi sheeps cheese - OG	per kg	21.19	GO	KB690	GoGo Mango	40g	0.99	OS
CV443	Mixed Case Soft Sheeps Cheese	125g	2.19	GO	KB689	Wild Milk Chocolate	40g	0.99	OS
	<i>WEISSENHORN</i>								
CV446	Organic Mascarpone	250g	4.69	GO		<i>MONTEZUMA'S</i>			
	<i>YEO VALLEY</i>					<i>100g Bar Range</i>			
CV325	Medium Cheddar-Organic	320g	2.99	O	KB187	Creamy White - og	100g	2.25	GOS
	CHOCOLATE				KB254	Dk Choc with Geranium & Orange	100g	2.25	GOSV
	<i>SUMA PREPACKS - ORGANIC</i>				KB194	Og Dark Chocolate & Chilli	100g	2.25	GOSV
KB137	Cacao Nibs	100g	1.85	GOV	KB253	Og Milk Chocolate with Nutmeg	100g	2.25	GOS
	<i>BOOJA BOOJA</i>				KB616	Og Milk Choc with Chilli / Lime	100g	2.29	GO
KB790	Around Midnight Espresso Truff	80g	4.99	GOSV	KB189	Og Milk Choc-Peppermint/Vanilla	100g	2.25	GOS
KB656	Champagne Truffles	150g	8.49	GOSV	KB617	Org 54% Milk Choc Butterscotch	100g	2.29	GO
KB453	Cognac + Banana Truffles	80g	4.99	GOSV	KB186	Org 54% Milk Chocolate	100g	2.25	GOS
KB368	Dark Ecuadorian Truffles x 2	25g	1.29	GOV	KB148	Peru Dark Chocolate	100g	2.25	GOVS
KB366	Dark Ecuadorian Truffles x 8	100g	4.99	GOV	KB191	Smooth Milk - og	100g	2.25	GOS
KB374	Espresso Chocolate Truffle x 2	25g	1.29	GOSV	KB196	Very Dark - og	100g	2.25	GOSV
KB490	Ginger Wine Truffles	80g	4.99	GOSV		<i>Easter Range</i>			
KB655	Gourmet Selection Box	220g	11.99	GOSV	KB620	Milk Mini Eggs in Cube	160g	4.95	GO
KB373	Hazelnut Chocolate Truffles 2	25g	1.29	GOV		<i>Giant Buttons</i>			
KB550	Hazelnut Crunch Truffle	80g	4.99	GOSV	KB272	OG Dark Chocolate Button Bag	180g	2.35	GOSV
KB033	Hazelnut Crunch Truffle, large	220g	11.99	GOSV	KB271	OG Milk Chocolate Button Bag	180g	2.35	GOS
KB367	Raspberry Ecuador Truffles 8	100g	4.99	GOV	KB270	OG White Chocolate Button Bag	180g	2.35	GOS
KB371	Raspberry Ecuador Truffles x 2	25g	1.29	GOV		<i>Mini Bars</i>			
	<i>In the Raw</i>				KB418	Dark Side with Butterscotch	30g	0.75	GOS
KB089	Cacao Nibs	50g	2.29	GOV	KB417	Dark with Chilli	30g	0.75	GOSV
	<i>COCOA LOCO</i>				KB419	Peru with Sea Salt	30g	0.75	GOSV
ZX352	Dark Chocolate Buttons - Org	100g	1.99	GOSV	KB414	Smooth Milk	30g	0.75	GSO
ZX354	Milk Chocolate Buttons - Org	100g	1.99	GOS	KB416	Very Dark	30g	0.75	GOS
ZX353	White Chocolate Buttons - Org	100g	1.99	GOS		<i>ORGANIC SEED & BEAN COMPANY</i>			
	<i>DUCHY ORIGINALS</i>				KB535	Dark Chocolate Bars Gift Box	180g	5.49	FGOSV
KB477	Assorted Fruits Dipped - og	300g	14.25	OS		<i>ORGANICA</i>			
KB583	Dark Chocolate Mint Thins	160g	6.99	OSV	KB354	Belgian Dark Chocolate	75g	1.99	FGOSV
KB591	Figs Dipped in Chocolate	100g	6.75	OS	KB456	Cranberry Dark Chocolate	100g	2.25	FGOSV
KB584	Milk Chocolate Orange Thins	160g	6.99	OS	KB361	Dark Choc with Mint Crisps	100g	2.15	FGOSV
	<i>GREEN & BLACKS</i>				KB038	Food of the Gods Dark Choc	100g	2.45	FGOSV
KB598	Chocolate Squares-mk/dk/white	200g	5.49	GOS	KB353	Hazelnut Dark Chocolate	100g	2.45	FGOSV
KB665	Org Milk Mini Bar Collection	180g	5.99	GOS	KB359	Non Dairy Milk Chocolate	100g	2.45	FGOSV
KB532	Organic Mini Bar Collection	270g	7.85	GOS	KB349	Raisin & Almond Non Dairy Choc	100g	2.45	FGOSV
KB530	Organic Mint Chocolate Squares	120g	3.95	GOS	KB039	Spirit of Marrakesh Dark Choc	75g	2.05	FGOSV
	<i>100g Bars</i>				KB040	Spirit of Tangiers Dark Choc	100g	2.15	FGOSV
KB424	Creamy Milk Chocolate-organic	100g	2.09	GOS	KB277	Vegan Diets White Chocolate	100g	2.45	FGOSV
KB116	Dark Chocolate - organic	100g	2.09	GOS		<i>PLAMIL</i>			
KB128	Dark Chocolate & Cherry Bar OG	100g	2.09	GOS		<i>No Added Sugar</i>			
KB132	Dark Chocolate & Ginger Bar	100g	2.09	GOS	KB650	No Added Sugar Org Chocolate	100g	2.35	GOV
KB381	Dark Chocolate Espresso Bar	100g	2.09	GOS		<i>Organic Large Bars</i>			
KB796	Hazelnut/Currant Dark - og	100g	2.09	GOS	KB909	Cayenne Chocolate - OG	95g	2.09	GOSV
ZX251	Maya Gold Chocolate - organic	100g	2.09	FGOS	KB797	Dark Chocolate - OG	95g	2.09	GOSV
KB133	Milk Butterscotch Chocolate	100g	2.09	GOS	KB139	Fairtrade Organic Alternative	100g	2.09	FGOSV
KB024	Milk Choc + Raisins & hazels	100g	2.09	GOS	KB096	Ginger Chocolate - OG	100g	2.09	GOSV
ZX239	Milk Chocolate - organic	100g	2.09	GSO	KB502	Mint Chocolate - OG	100g	2.09	GOVS
KB422	Milk Chocolate with Caramel	100g	2.09	GOS	KB503	Orange Chocolate - OG	100g	2.09	OGVS
KB908	Milk with Whole Almonds - og	100g	2.09	GOS		<i>Premium Organic Mini Bars</i>			
ZX302	Mint - organic	100g	2.09	SO	KB267	Dark 87% with White Mint	50g	1.35	GOSV
KB034	Organic Dark 85% Cocoa Solids	100g	2.09	GOS	KB266	Orange Chocolate & Cranberries	50g	1.35	GOSV
KB370	White Chocolate - organic	100g	2.09	GOS	KB430	Rum and Raisin Chocolate - OG	50g	1.35	GOSV
	<i>Cooks Chocolate</i>					<i>PLUSH CHOCOLATES</i>			
KB058	Cooking Chocolate Dark-organic	150g	2.29	GO		<i>Easter Range</i>			
KB429	Milk Cooks Chocolate - organic	150g	2.29	GOS	KB640	Heart Gift Box w/Choc Buttons	50g	6.99	GOS
	<i>Dispenser Squares</i>					<i>RAW HEALTH</i>			
KB067	Squares Dispenser, Dark - og	each	0.10	GOS	KB601	Org Raw Extreme Dark Chocolate	70g	4.99	GOV
KB069	Squares Dispenser, milk - og	each	0.10	GOS	KB602	Org Raw Very Cherry Chocolate	70g	4.99	GOV
	<i>Easter Range</i>					<i>TRADICRAFT</i>			
KB384	Og Milk Butterscotch Mini Eggs	100g	3.49	OS	KB435	Fair Trade Og Dark Chocolate	100g	2.95	FGOS
KB385	Organic Dark Praline Mini Eggs	100g	3.49	GOS	KB431	Fair Trade Og Milk Choc Coffee	100g	2.95	FGOS
KB386	Organic Milk Mini Egg	100g	3.49	GOS	KB420	Fair Trade Og Milk Chocolate	100g	3.05	FGOS
	<i>Minibars</i>								
KB428	Creamy Milk Chocolate - org	35g	0.81	GOS					
KB199	Dark Chocolate - organic	35g	0.81	GOS					
KB197	Maya Gold Chocolate - organic	35g	0.81	FGOS					
KB198	Milk Chocolate - organic	35g	0.81	GOS					
KB136	Milk Chocolate Butterscotch	35g	0.81	GOS					
KB177	White Chocolate - organic	35g	0.81	GOS					

Code	Description	Size	RRP	BFGSV
	<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
KB693	Dark Chocolate with Nougat	100g	1.85	OS
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
KB694	Milk Chocolate with Caramel	100g	1.85	OS
KB480	Praline Chocolate	100g	1.65	GOS
KB483	White Choc with Strawberries	100g	1.65	GOS
KB482	White Chocolate with Crispies	100g	1.65	OS
	<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
KB692	White Choc w/Mango & Coconut	100g	1.99	OS
KB691	White Choc w/Yoghurt & Strawbs	100g	1.99	OS
KB638	White Chocolate with Vanilla	100g	1.99	GOS

CHOCOLATE & TOFFEE SPREADS

	<i>BIONA</i>			
GH840	Chocolate Spread - og	350g	2.99	GOSV
	<i>CHE TOFFEE</i>			
GH013	Milk Toffee Spread - og	250g	2.49	GOS
	<i>ESSENTIAL TRADING</i>			
GH092	Dark Chocolate Spread	400g	3.19	FOSV
GH089	Duo Swirl Chocolate Spread	400g	3.19	FOS
	<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

CIDERS

	<i>ASPALLS</i>			
RT023	Aspalls Organic Suffolk Cider	500ml	2.81	GOSV
	<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
	<i>WESTONS</i>			
RT001	Weston Premium Pear Cider - og	500ml	2.55	OV
RT006	Westons Premium Organic Cider	500ml	2.55	OV

COCOA

	<i>SUMA PREPACKS - FAIRLY TRADED</i>			
LJ189	Cocoa Powder - organic, FT	250g	2.69	FGOV
	<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>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

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

Code	Description	Size	RRP	BFGSV
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

CAFEDIRECT

TE340	Classic - decaff instant og	500g	25.99	FGOV
TE949	Decaffeinated Instant Coffee	100g	5.15	FGOV
TE901	Machu Picchu Coffee Beans - og	227g	4.61	FGOV
TE952	Machu Picchu Mountain Special	227g	4.41	FGOV
TE950	Medium Roast & Ground Organic	227g	3.89	FGOV
TE065	Palenque - Medium Roast Ground	227g	4.41	FGOV

CLIPPER

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
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

FOOD SERVICE RANGE

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				

PERCOL

TE167	African Ethiopian Ground	227g	3.59	FGOV
TE912	Americano Fairtrade - og	227g	3.45	FGOV
TE749	Colombia Rainforest - og	227g	3.45	GOV
TE658	Colombian Freeze Dried Instant	100g	4.09	GOV
TE701	Fairtrade Latin America - og	227g	3.45	FGOV
TE703	Italiano Fairtrade - og	227g	3.45	FGOV

TRADICRAFT

TE326	Instant Coffee - Org & FT	100g	3.59	FGOV
TE325	Instant Coffee - Org & FT	500g	20.45	FGOV
TE773	Medium Roast - Decaffeinated	227g	4.59	FGOV

UNION HAND ROASTED

TE191	Ethiopia Yirgacheffe ground	227g	4.75	GOV
TE116	Mexico Chiapas Ground Coffee	227g	3.85	FGOV
TE764	Natural Spirit Ground Coffee	227g	3.85	FGOV

COFFEE SUBSTITUTES

	<i>BARLEYCUP</i>			
TE547	Instant Cereal Drink Organic	100g	2.09	OV

Code	Description	Size	RRP	BFGSV
	LIMA			
TE057	Yannoh Instant	125g	3.95	VO
	WHOLE EARTH			
TE389	Nocaf - organic	100g	2.79	VO

CONVENIENCE FOODS

	DANIVAL			
VF553	Ratatouille - organic	670g	5.25	OVG
VF280	Ravioli - Tofu	670g	5.25	VO
	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
	SUNITA			
FG601	Polenta - organic	500g	1.39	OV

CRISPS & SNACKS

	SUMA PREPACKS - ORGANIC			
ZX931	Bombay Mix - organic	125g	0.79	OV
ZX552	Bombay Mix - organic	250g	1.29	OV
	AMAZIN			
ZX544	Bio Corn Chips Chilli	75g	0.99	OV
ZX589	Bio Corn Chips Nachos	150g	1.49	GOS
ZX543	Bio Corn Chips Natural	150g	1.29	OV
ZX542	Bio Corn Chips Natural	75g	0.99	OV
ZX546	Bio Corn Chips Paprika	75g	0.99	OV
ZX545	Bio Corn Chips Sesame	75g	0.99	OV
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			
ZX230	Japanese Rice Crackers	50g	1.79	OV
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
	TERRASANA			
ZX560	Mung Bean Chips	50g	2.09	GOV
	TRAFU			
ZX328	Corn & Rice Roasties	100g	1.75	OSV
ZX401	Corn Peanuts	75g	1.25	GOV
ZX091	Light Crisps - salted	100g	2.09	OVS
ZX053	Paprika Crisps - organic	40g	0.89	GOV
BT075	Pretzel Sticks	100g	1.25	OV
ZX577	Provencale 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
VF218	Tortilla Chips - Chilli	75g	0.99	VO
VF310	Tortilla Chips - Nacho	75g	1.05	O
ZX136	Tortilla Chips - Natural	200g	1.85	GOV
VF226	Tortilla Chips - Natural	75g	0.89	VO
ZX417	Tortilla Rolls	100g	1.49	OV
ZX138	Vegetable Chips	75g	2.35	GOV

DAIRY DESSERTS (FROZEN)

	CREAM O' GALLOWAY			
XL169	OG Cappuccino Ice Cream	120ml	1.45	FGOS
XL168	OG Chocolate Ice Cream	120ml	1.45	FGOS
XL164	OG Chocolate Ice Cream	500ml	4.45	FGOS
XL167	OG Strawberry Pavlova Ice	120ml	1.45	FGOS
XL166	OG Vanilla Ice Cream	120ml	1.45	FGOS
XL165	OG Vanilla Ice Cream	500ml	4.45	FGOS
	GREEN & BLACKS			
XL078	OG Vanilla Caramel Nut Ice Crm	100ml	1.35	GOS
XL083	OG Vanilla Caramel Nut Ice Crm	500ml	4.09	GOS
XL079	OG White Choc & Rasp Ice Cream	100ml	1.35	OS
XL084	OG White Choc & Rasp Ice Cream	500ml	4.09	OS
XL076	Organic Chocolate Ice Cream	100ml	1.35	GOS

Code	Description	Size	RRP	BFGSV
XL080	Organic Chocolate Ice Cream	500ml	4.09	GOS
XL081	Organic Strawberry Ice Cream	500ml	4.09	OS
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

	PROVAMEL			
SY050	Chocolate Dessert (pots)	4 x 125g	0.99	OSV
SY075	Soya Custard	525g	1.19	GOV
SY265	Soya Custard - Chocolate	525g	1.19	OV
SY645	Soya Dessert - Caramel	4 x 125g	1.59	OV
SY780	Soya Dessert - Chocolate	4 x 125g	1.59	OV
SY449	Soya Dessert - Mocha	4 x 125g	1.59	OV
SY195	Soya Dessert - Vanilla	4 x 125g	1.59	OV
SY052	Vanilla Dessert (pots)	4 x 125g	0.99	OSV

DESSERTS & PUDDINGS (CHILLED)

	RACHELS DAIRY			
	Divine Rice Dessert			
CV377	Creamy Rice with Toffee Twin	2 x 150g	1.39	OV
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

DRINKS (CHILLED)

	ALPRO			
CV088	Organic Fresh Soya Drink	1l	1.59	GOV
	GROVE ORGANIC FRUIT CO			
CV535	Traditional Lemonade Organic	1l	3.29	O
	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

EGGS

	BRONTE BROWNS			
	Minimum 12 Days Shelf Life			
CV133	Large Organic Free Range Eggs	per Doz	3.49	O

ESSENTIAL OILS

	AQUA OLEUM			
AR241	Lavender	10ml	7.25	VO

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
JP014	Wasabi Style Horseradish Paste	50g	2.99	OV
	BLUE DRAGON			
LJ134	Coconut Milk Organic	400ml	2.15	GOV
WT650	Egg Noodles - Organic	250g	1.29	O

Code	Description	Size	RRP	BFGSV
	CLEARSPRING			
JP056	All Buckwheat Soba Noodles	250g	3.49	OV
JP211	Barley Miso Jar	300g	4.59	VO
JP212	Brown Rice Miso Jar	300g	3.79	VO
JP060	Brown Rice Vinegar - Organic	150ml	1.99	GOV
JP013	Brown Sushi Rice - Organic	500g	2.19	GOV
JP321	Instant Miso Soup and Sea Veg	4 x 10g	2.99	VO
JP018	Instant Miso Soup Paste	4 x 15g	2.19	OV
JP134	Mikawa Mirin	150ml	3.99	OG
JP213	Miso - Hatcho	300g	4.39	VO
JP015	Miso Bouillon Paste - Organic	112g	2.79	OV
JP337	Oriental Brown Rice Udon	250g	1.49	OV
JP336	Oriental Soba Noodles	250g	1.49	OV
JP335	Oriental Udon Noodles (wheat)	250g	1.49	OV
JP605	Shoyu	2.5l	17.99	OV
JP129	Shoyu Soya Sauce	150ml	1.89	VO
JP500	Shoyu Soya Sauce	500ml	3.99	VO
JP679	Soya Sauce	150ml	1.65	OV
JP314	Sushi Rice - Organic	500g	1.99	OGV
JP016	Sushi Rice Seasoning Sauce	150ml	3.29	OV
JP086	Sweet White Miso - Organic	250g	3.99	OV
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
JP680	Teriyaki Sauce	150ml	2.49	OV
	GEO ORGANICS			
VF736	Black Bean Cooking Sauce	350g	2.35	GOSV
VF738	Thai Green Curry Paste OG	180g	2.35	OV
VF739	Thai Red Curry Paste OG	180g	2.35	OV
	KING SOBA			
WT057	OG Miso Soup Edamame Soya Bean	60g	1.99	OV
WT058	Og Miso Soup Pumpkin & Veg	60g	1.99	OV
WT059	Og Miso Soup Tofu & Ginger	60g	1.99	OV
	LEGEND ORGANICS			
LJ007	Coconut Milk - organic	400ml	1.25	OGV
	REAL ORGANIC FOOD COMPANY			
VF133	Thai Green Curry	350g	2.89	GOV
VF137	Thai Red Curry	350g	2.89	GOV
VF135	Thai Yellow Curry	350g	2.89	GOV
	SANCHI			
JP666	Miso Soup - organic	4 x 10g	1.95	O
JP668	Mugi Miso - organic	200g	3.25	O
JP656	Organic Thai Rice Noodles	250g	1.49	OV
JP778	Ramen-Seaweed Noodles, organic	88g	1.29	OV
JP669	Shoyu - organic	150ml	2.25	O
JP670	Tamari - organic	150ml	2.49	OVG
	SEEDS OF CHANGE			
VF063	Sweet & Sour Cooking Sauce	350g	2.99	GOSV
	YAKSO			
JP113	Tamari - organic	250ml	3.29	VOG
VF005	Tempeh	175g	2.95	OV

FLAKES, BRANS & WHEATGERM

	SUMA PREPACKS - ORGANIC			
FX092	Barley Flakes - pearl OG	500g	1.15	OV
FX090	Bran Flakes organic (no salt)	250g	1.25	OV
FX067	Bran Sticks - organic	250g	1.15	OV
FG123	Medium Oatmeal - organic	500g	1.19	OV
FX031	Millet Flakes - organic	500g	2.19	GOV
FX111	Oat Bran - organic	500g	1.59	OV
FX039	Oats - jumbo organic	500g	1.19	OV
FX060	Oats - jumbo, organic	1Kg	2.09	VO
FX040	Oats - porridge organic	500g	1.25	OV
FX059	Oats - porridge, organic	1Kg	2.09	VO
FX656	Quinoa Flakes - organic	500g	4.65	GOV
FX032	Rice Flakes Brown - organic	500g	2.19	OV
FX093	Rye Flakes - organic	500g	1.09	OV
FX213	Toasted Malted Wheat Flakes OG	500g	1.65	OV
FX043	Wheat Bran - organic	500g	0.95	OV
FX094	Wheat Flakes - organic	500g	1.25	OV
	BARKAT			
MX270	Porridge- Millet & Rice Flakes	500g	4.79	GOSV
	JORDANS			
MX200	Porridge Oats Organic	750g	2.45	OV
	MORNFLAKE			
FX011	Oats - porridge, organic	500g	0.99	VO
	PIMHILL			
FX006	Oats - jumbo, organic	850g	2.25	OV

Code	Description	Size	RRP	BFGSV
FX005	Oats - porridge, organic	850g	2.25	OV
	QUINOA REAL			
FX505	Quinoa Flakes - OG	500g	5.29	FGOV

FLOURS & BREAD MIXES

	SUMA PREPACKS - ORGANIC			
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
	BACHELDRE WATERMILL			
FG187	Plain Unbleached White Flour	1.5Kg	2.29	OV
FG175	Stoneground Rye Flour	1.5Kg	2.59	OV
FG179	Stoneground Spelt Flour	1.5Kg	3.99	OV
FG162	Strong 100% Wholemeal Flour	1.5Kg	2.05	OV
FG165	Strong Malted Blend Flour	1.5Kg	2.65	OV
FG164	Strong Malted Five Seed Flour	1.5Kg	3.55	OV
FG160	Strong Unbleached White Flour	1.5Kg	2.49	OV
	DOVES FARM			
FG654	Barleycorn Flour - Organic	1Kg	1.69	OV
FG011	Kamut Flour Organic	1Kg	2.79	OV
FG004	Malthouse Flour (wheat & rye)	1Kg	1.45	OV
FG997	Pasta / Pizza Flour	1Kg	1.59	OV
FG016	Rye Flour - wholemeal, organic	1Kg	1.59	OV
FG102	Spelt Flour - organic	1Kg	1.95	OV
FG069	White Flour - plain, organic	1Kg	1.09	OV
FG070	White Self Raising Organic	1Kg	1.19	OV
FG071	White Spelt Flour - Organic	1Kg	2.35	OV
FG072	White Strong Flour - organic	1.5Kg	1.79	OV
FG010	Wholemeal Fine Pastry Organic	1Kg	1.05	VO
FG115	Wholewheat Self Raising Org	1Kg	1.05	OV
FG008	Wholewheat Strong Flour, org	1.5Kg	1.55	OV
	GILCHESTERS ORGANICS			
FG019	100% Whole Spelt Flour	1.5Kg	3.19	OV
FG014	Pizza & Ciabatta Wheat Flour	1.5Kg	2.95	OV
FG018	Semolina Fine Wheat Flour	500g	1.79	OV
FG036	Stoneground Wholewheat Strong	3.5Kg	5.58	OV
FG009	Strong 100% Whole Wheat Flour	1.5Kg	2.55	OV
FG006	Strong White Wheat Flour	1.5Kg	2.95	OV
FG025	Unbleached Stoneground White	3.5Kg	6.58	OV
	GLEBE FARM			
	<i>Bread Mixes</i>			
FG066	Crusty White Wheat Bread Mix	500g	2.15	OV
FG063	Organic Seeded Wheat Bread Mix	500g	2.15	OV
	HALE & HEARTY			
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
FG059	Multi-Seed Bread Mix	375g	3.29	GOSV
FG056	Rich Chocolate Brownie Mix	400g	3.19	GOSV
	LITTLE SALKELD WATERMILL			
FG051	4 Grain - organic	1.5kg	2.95	VO
FG804	Barley Flour - organic	500g	1.85	OV
FG802	Semolina Brown - organic	500g	1.75	VO
	Bulk			
FG055	Wholemeal plain flour organic	6kg	10.55	VOB
	MARRIAGES			
FG089	Country Fayre malted brown	1.5kg	1.99	OV
FG258	OG Lite Brown Self Raising	1.5Kg	1.69	OV
FG259	Organic Light Brown Plain	1.5Kg	1.69	OV
FG563	Plain White Organic	1.5Kg	1.69	OV
FG564	Strong White Organic	1.5Kg	1.79	OV
FG562	White Self Raising Organic	1.5Kg	1.69	OV
FG024	Wholemeal Bread Flour organic	1.5kg	1.79	VO
	ORGANICO			
FG521	Polenta - organic	250g	1.69	OV
	SHIPTON MILL			
FG080	Chestnut Flour	500g	3.65	OV
FG077	Stoneground Wholemeal Og Flour	1Kg	1.35	OV
FG899	Three Malts Brown Flour	1kg	1.45	OV
FG898	White Organic Flour	1Kg	1.39	OV
FG876	White Strong Organic Flour	2.5Kg	3.49	OV
FG079	Wholewheat Organic Flour	2.5Kg	3.29	OV
	FRUIT - CANNED & JARRED			
	BIONA			
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

Code	Description	Size	RRP	BFGSV
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
VF335	Apple & Strawberry Puree - org	2 x 100g	1.25	OV
VF188	Apple & Blueberry Puree-organic	2 x 100g	1.25	GOV
VF336	Pear & Banana Organic Puree	2 x 100g	1.25	OV
VF155	Pear Puree - organic	2 x 100g	1.25	OVG
<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*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
DR868	Cherries, glace - organic	200g	3.85	OSV
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
DR205	Mixed Peel, organic	200g	2.89	OSV
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
<i>CRAZY JACK</i>				
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

TROPICAL WHOLEFOODS

DR130	Apricot Kernels Chilli Roast	50g	1.05	FGOV
DR200	Fairtrade Organic Mango	100g	1.99	FGOV
DR698	Fairtrade Organic Mango	40g	0.99	FGOV

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*BEEET IT**From James White*

JU453	Beetroot Juice - og	750ml	2.99	GOV
JU454	Beetroot Juice - og	250ml	1.49	GOV
<i>BELVOIR</i>				
JU552	Orange & Jasmine Presse - og	250ml	1.19	GOSV
<i>BIONA</i>				
JU252	Apple juice - og	1l	2.09	GOV
JU543	Apple Juice - organic	750ml	2.19	GOV

Code	Description	Size	RRP	BFGSV
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
<i>BIOTTA</i>				
JU010	Beetroot Juice - organic	500ml	3.59	GOV
JU009	Carrot Juice - og	500ml	3.59	GOV
JU011	Vegetable Cocktail - og	500ml	3.59	GVO
<i>BOTTON VILLAGE FOODS</i>				
JU893	Apple Juice, fresh pressed -og	568ml	2.19	GOV
<i>EDEN</i>				
JU024	Beetroot Juice - organic	750ml	3.49	GVO
JU026	Carrot Juice - organic	750ml	3.49	GVO
JU027	Vegetable Cocktail - organic	750ml	3.49	GVO

GROWERS DIRECT

JU158	Apple Juice - og	1l	1.79	GOV
JU159	Apple Juice - og	200ml	0.65	GOV
JU161	Orange Juice - og	200ml	0.65	GOV

JAMES WHITE

JU269	Apple & Cherry - og	750ml	3.15	GOV
JU621	Apple & Crushed Ginger - og	250ml	1.35	GOV
JU864	Apple & Crushed Ginger - og	750ml	2.99	GOV
JU064	Apple Juice - og	250ml	1.35	GOV
JU095	Apple Juice - og	750ml	2.99	GOV
JU325	Carrot - og	750ml	2.99	GOV
JU608	Carrot & Apple Juice - og	250ml	1.35	GOV
JU862	Carrot & Apple Juice - og	750ml	2.99	GOV
JU606	Mixed Case - 4 of each 250ml	250ml	1.35	GOV
JU605	Pear & Raspberry Juice - og	250ml	1.35	GOV
JU863	Pear & Raspberry Juice - og	750ml	3.15	GOV
JU599	Pear Juice - og	250ml	1.35	GOV
JU860	Pear Juice - og	750ml	2.99	GOV
JU277	Raspberry & Apple Juice - og	750ml	3.15	GOV
JU431	Tomato - og	750ml	2.99	GOV
JU324	Vegetable Juice - og	750ml	2.99	GOV

MANIC ORGANICS

JU279	Apple & Cherry - og	250ml	1.39	GOV
JU134	Orange & Carrot - og	250ml	1.39	GOV
JU135	Pear & Ginger - og	250ml	1.39	GOV
JU278	Pineapple & Lime - og	250ml	1.39	GOV

ORGANIC VILLAGE

JU394	Apple Juice - og	1l	3.35	GOV
JU397	Apricot Juice - og	1l	3.35	GOV
JU392	Cherry Juice - og	1l	3.35	GOV
JU399	Cherry juice - og	200ml	1.29	GOV
JU393	Peach juice - og	1l	3.35	GOV
JU398	Pomegranate Juice - og	1l	3.89	GOV
JU405	Pomegranate Juice - og	200ml	1.65	GOV
JU396	Red Grape Juice - og	1l	3.35	GOV

RAGMANS LANE FARM

JU503	Apple & Ginger Juice - og	750ml	3.19	GOV
JU504	Apple Juice, dry - og	750ml	2.69	GOV
JU500	Apple Juice, medium - og	750ml	2.69	GOV
JU187	Apple Juice, sweet - og	750ml	2.69	GOV
JU502	Papple Juice - og	750ml	3.19	GOV
JU501	Prapple Juice - og	750ml	3.19	GOV
JU499	Rapple Juice - og	750ml	3.19	GOV

SUNITA

JU672	Lemon Juice - organic	1l	4.09	GOV
JU671	Lemon Juice - organic	250ml	1.79	GOV
JU129	Orange Juice - organic	1l	3.69	GOV
JU333	Organic Lime Juice	250ml	1.85	GOV

SUNRAYSIA

JU568	Carrot Juice - organic	750ml	3.49	GOV
JU489	Carrot Juice - organic	750ml	2.99	GOV

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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FRUIT JUICE CONCS & CORDIALS*SUMA*

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

Code	Description	Size	RRP	BFGSV
	BELVOIR			
JU443	Blood Orange & Mandarin	50cl	2.15	GOSV
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
	MERIDIAN			
JU202	Apple Concentrate - org	360ml	4.49	GVO
	ROCKS			
JU109	Big Apple & Lil' Berry Squash	740ml	1.99	GOSV
JU142	Blackcurrant Cordial - organic	360ml	3.25	GOVS
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

GOATS MILK PRODUCTS (CHILLED)

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

GRAINS

	SUMA PREPACKS - ORGANIC			
QS165	Barley Grain, organic	500g	0.99	GOV
QS068	Buckwheat - unroasted organic	500g	1.50	GOV
QS300	Bulgur wheat - organic	500g	1.49	OV
QS301	Couscous - wholemeal, organic	500g	1.69	OV
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
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
QS100	Rice -long grain brown organic	1Kg	2.49	VO
QS066	Rice -long grain brown organic	500g	1.39	GOV
QS101	Rice-short grain brown organic	1Kg	2.49	VO
QS067	Rice-short grain brown organic	500g	1.39	GOV
QS072	Wheat grain - organic	500g	0.79	OV
	GRANOVITA			
QS240	Red Quinoa - Organic	500g	4.79	OGV

GRAVY, STOCK & BOUILLON

	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
	<i>While stocks last...</i>			
LJ120	Vegetable Stock Cubes +33%	88g	1.49	GOSV
	MARIGOLD			
LJ211	Bouillon Cubes	8	0.95	GOV
LJ073	Bouillon Powder - organic	150g	2.25	GOV
LJ238	Bouillon Powder - Organic	500g	6.60	OV
LJ326	Gravy Powder - Organic	110g	1.99	OVS
LJ212	Low Salt Bouillon Cubes	8	1.15	GOV
LJ210	Miso Bouillon Powder	140g	3.69	GOV
LJ074	Organic Bouillon Reduced Salt	140g	2.35	OV
LJ321	Yeast Free Bouillon Stock Cube	84g	1.15	GOV
	ORGANIC BLENDING COMPANY			
LJ098	Org Country Herb Stuffing Mix	125g	3.49	OV

Code	Description	Size	RRP	BFGSV
LJ093	Org Sage & Onion Stuffing Mix	125g	3.49	OV
LJ105	Organic Light Gravy	125g	3.49	GOV
LJ104	Organic Mint Gravy	125g	3.49	OV
LJ100	Organic Traditional Gravy	125g	3.49	GOV
LJ091	Organic Vegetable Bouillon	125g	3.49	GOSV

HERB & FRUIT INFUSIONS

	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
	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
	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
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
	ESSENTIAL TRADING			
TE271	Camomile	20 bags	1.29	OV
TE276	Camomile & Spearmint	20 bags	1.29	OV
TE277	Fennel	20 bags	1.29	OV
TE279	Peppermint	20 bags	1.29	OV
TE281	Peppermint & Spearmint	20 bags	1.29	OV
	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
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	

Code	Description	Size	RRP	BFGSV
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				
<i>Organics</i>				
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
TE021	Nettle - organic	20 bags	1.49	OV
TE210	Peppermint - organic	20 bags	1.49	GOV
KROMLAND FARM				
TE732	Rooibos - og	40 bags	1.89	GOV
TE733	Rooibos - og	80 bags	3.49	GOV
MAKE US A BREW!				
TE333	Big Chill	25 bags	1.99	OV
TE336	Look Lively!	25 bags	1.99	OV
TE337	Mint & Chilli	25 bags	1.99	OV
NUMI				
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 pack	2 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				
<i>A Moment of Calm</i>				
TE268	Camomile - og	20 bags	1.89	GOV
TE406	Honeybush & Lemon - og	20 bags	1.89	GOV
<i>Revive & Revitalise</i>				
TE407	Ginger & Mandarin - og	20 bags	1.89	GOV
TE284	Peppermint Tea - og	20 bags	1.89	GOV
YOGI TEA				
TE391	Fit 4 The Day Selection	24 bags	3.49	OV
<i>Ayurvedic Formulas</i>				
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
TE348	Calmng - og	15 bags	1.99	OV
TE347	Cold Season - og	15 bags	1.99	GOV
TE551	Detox - og	15 bags	1.99	GOV
TE208	Echinacea Special Formula - og	15 bags	1.99	OV
TE636	Ginger Hibiscus - og	15 bags	1.99	GOV
TE293	Ginger Lemon - og	15 bags	1.99	GOV

Code	Description	Size	RRP	BFGSV
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
TE552	Men's - og	15 bags	1.99	OV
TE349	Revitalize - og	15 bags	1.99	GVO
TE350	Stomach Ease - og	15 bags	1.99	OV
TE554	Throat Comfort - og	15 bags	1.99	GOV
TE635	Tulsi Mint - og	15 bags	1.99	GOV
TE351	Women's - og	15 bags	1.99	OV
TE355	Womens Energy - og	15 bags	1.99	GOV
TE357	Women's Fitness Tea - og	15 bags	1.99	GOV
<i>Ayurvedic Green Tea Formulas</i>				
TE195	Green Balance - og	15 bags	1.99	OV
TE194	Green Energy - og	15 bags	1.99	OV
<i>Spice Infusions</i>				
TE204	Black Chai - og	15 bags	1.99	GOV
TE597	Choco - og	15 bags	1.99	OV
TE209	Green Chai - og	15 bags	1.99	GOV
TE187	Himalaya - og	15 bags	1.99	GOV
TE189	Jamaica - og	15 bags	1.99	OV
TE193	Liquorice - og	15 bags	1.99	OV
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
<i>Tao Tea Range</i>				
TE275	Ginseng - og	15 bags	2.09	OV
TE278	Jasmine - og	15 bags	2.09	OV
TE280	Lotus - og	15 bags	2.09	OV
TE282	Mandarin - og	15 bags	2.09	OV
TE283	Rose - og	15 bags	2.09	OV

HERBS & SPICES - PREPACKED**SUMA ORGANIC**

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	FGOV
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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HERBS (FROZEN)**NATURAL COOL**

XL158	Organic Mixed Herbs	75g	1.65	
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HONEY**COMVITA**

HY014	Organic UMF 10+ Manuka Honey	500g	21.55	GO
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Code	Description	Size	RRP	BFGSV
	EQUAL EXCHANGE			
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			
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
	MARTLET			
HY889	Organic Hive Honey Clear	340g	3.09	GO
HY888	Organic Hive Honey Set	340g	3.10	GO
	NEW ZEALAND NATURAL FOOD CO			
HY901	Manuka Tea Tree Honey	454g	8.45	GO
	ROWSE			
HY268	Australian Eucalyptus Organic	340g	3.29	GO
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
HY267	Squeezable Organic Honey	340g	3.09	GO
	TROPICAL FOREST			
HY032	Forest Honey - clear, organic	340g	3.19	FGO
HY033	Forest Honey - set, organic	340g	3.19	FGO

INDIAN FOOD

	GEO ORGANICS			
VF740	Balti Paste OG	180g	2.19	OV
VF743	Korma Paste OG	180g	2.19	OV
VF742	Madras Curry Paste OG	180g	2.19	OV
KJ573	Mango Chutney OG Fairtrade	300g	2.59	FOSV
VF744	Tikka Masala Paste OG	180g	2.19	OV
	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
VF064	Tikka Masala Sauce - OG	350g	2.79	OS
	SPICETREE			
KJ110	Lime Pickle Organic	180g	2.95	GOSV

JAMS & FRUIT SPREADS

	BIONA			
JS001	Pear & Apple Spread - organic	450g	3.39	OVG
	BIONOVA			
JS137	Bilberry Jam - organic	320g	2.35	SO
JS136	Blackberry Jam - organic	320g	2.35	SO
JS131	Lemon Marmalade - organic	320g	2.35	SO
JS132	Orange Marmalade - organic	320g	2.45	SO
JS141	Raspberry Jam - organic	320g	2.35	GVOS
JS139	Rosehip Jam - organic	320g	2.35	SO
JS140	Strawberry Jam - organic	310g	2.35	SO
JS133	Tangy Marmalade - organic	320g	2.35	SO
	CLEARSPRING			
JS352	Fruit spread - Blueberry	290g	3.29	VOG
JS351	Fruit Spread - Strawberry	290g	2.89	VO
	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
JS069	Preserve Selection	6 x 42g	3.69	OS
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
	MERIDIAN			
JS018	Apricot Spread - organic	284g	2.29	GVO
JS019	Blackcurrant Spread - organic	284g	2.29	GVO
JS304	Cherries & Berries Spread - og	284g	2.29	GOV
JS020	Morello Cherry Spread -organic	284g	2.29	GVO
JS245	Raspberry Spread - organic	284g	2.29	GOV

Code	Description	Size	RRP	BFGSV
JS017	Seville Orange Spread -organic	284g	2.29	GVO
JS021	Strawberry Spread - organic	284g	2.29	GVO
JS100	Wild Blueberry Spread - og	284g	2.29	GOV
	TRADICRAFT			
GH165	Organic Orange Marmalade	340g	1.99	FGOVS
GH166	Organic Strawberry Jam	340g	2.49	FGOVS

MARGARINES & SPREADS (CHILLED)

	SUMA			
	<i>Non Hydrogenated Oils</i>			
MA110	Organic Sunflower Spread	500g	2.65	OGV
	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			
MA201	Organic Sunflower D/F Spread	500g	2.79	GOV

MAYONNAISE & SALAD DRESSINGS

	SUMA			
KJ022	Organic Mayonnaise	1kg	9.65	GO
KJ080	Organic Mayonnaise	240ml	1.99	GO
	ATKINS & POTTS			
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
	DUCHY ORIGINALS			
KJ322	Honey & Mustard Vinaigrette og	250ml	4.45	GOS
	KITE			
KJ536	Mayonnaise organic	150g	1.79	GO
	MERIDIAN			
KJ632	French Dressing	250ml	2.39	GO
KJ653	Mayonnaise - organic	260g	2.39	GO
KJ635	Salad Cream - organic	220g	1.99	O
	PLAMIL			
	<i>Catering</i>			
LJ360	Egg Free Mayonnaise - organic	2.5kg	15.10	GOSV
	<i>Organic</i>			
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
KJ368	Mayonnaise - Plain, organic	180g	1.85	GOS

MEAT FREE ALTERNATIVES (FROZEN)

	IMPULSE FOODS			
XL107	Organic Tempeh	227g	2.23	OV

MEATLESS SUBSTITUTES (CHILLED)

	CAULDRON			
CV469	Spicy Organic Falafel	200g	2.15	O
	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
	NATUREMADE OASIS			
CV312	Tofuburgers OG - Mixed Pack A	180g	1.59	O
CV313	Tofuburgers OG - Mixed Pack B	180g	1.59	O
	PROVAMEL			
CV184	Organic Tofu Nuggets	140g	1.69	OV
CV185	Organic Tofu Schnitzel	180g	1.99	OV
	REDWOOD			
CV399	Organic Bio Rashers	115g	2.50	OV
	<i>Vegi Deli</i>			
CV375	Organic Pork Style Sausages	165g	1.78	OSV
CV594	Schnitzels - organic	200g	2.50	OV

Code	Description	Size	RRP	BFGSV
	TAIFUN			
CV007	Almond/Ses Tofu Slice -organic	200g	2.99	OVG
CV008	Graffiti Terrine - organic	200g	3.59	OVG
CV011	Grill Sausages - organic	250g	3.59	OV
CV445	Organic Tofu Mini Weiners	160g	2.59	OV
CV005	Sombreros Spicy - organic	250g	3.59	OV
CV053	Spelt & Sunflower Cutlets - OG	200g	2.69	OV
CV831	Tofu Herb Sausages	250g	3.59	O
CV263	Tofu/Hazel/Spelt Cutlets OG	200g	2.99	OV
CV010	Wiener/Frankfurters - organic	300g	3.99	OV

Produced to Demeter Standards

CV385	Falafel - Demeter Standards	125g	1.99	OVB
CV834	Smoked Tofu + Herb&Sun Seeds	250g	3.29	OVB
CV841	Tofu Filets-Japanese Style	160g	2.29	OVB
CV384	Tofu Olive - Demeter Standard	200g	2.49	
GOVB				
CV832	Tofu Rosso - Taste of the Med	200g	2.49	
GOVB				

TOPAS

CV573	Smoked Seitan Steak	150g	2.89	OV
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VIANA

Demeter Organic Standard

CV404	Bonanza Veggie Steaks	210g	3.49	OSV
CV414	Real Jumbo Frankfurters	275g	3.55	SOV
CV402	Robinson Burger	200g	2.79	OV

MIDDLE EASTERN & AFRICAN FOOD

HALE & HEARTY

VF167	Quick & Easy Falafel Mix	200g	2.09	GOSV
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JOANNUSMOLEN

VF713	Falafel Mix	110g	2.29	OV
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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

SY007	Rice Drink - organic	1l	1.65	VOG
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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	Cremonita Organic Soya Cream	300ml	1.59	GOV
SY145	Soya Milk - organic	1l	1.59	GVO
SY144	Soya Milk - organic	500ml	0.89	GVO

OATLY

JU377	Oat Drink - Classic	1l	1.65	OV
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PLAMIL

SY009	Soya Milk, unsweetened - og	1l	1.55	GOV
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PROVAMEL

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
SY025	Soya Milk - Unsweetened	1l	1.45	GOV
SY026	Soya Milk - Unsweetened	500ml	0.89	GOV

RICE DREAM

JU361	Rice Dream - Original	1l	1.99	VO
JU720	Rice Dream - Original	200ml	0.65	VO
JU362	Rice Dream - Vanilla	1l	2.09	VO

SOJADE

SY017	Cuisine- Organic Soya Cream	200ml	0.85	GOSV
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Code	Description	Size	RRP	BFGSV
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

SOYATOO!

SY059	Milli Sprouted Soya Drink	1l	1.45	OV
SY060	Milli Sprouted Soya Drink	1l	1.89	OSV
SY058	Soya Alive Sprouted Soya Drink	1l	1.49	OSVB
SY315	Soya Coffee Creamer	300ml	1.59	OV
SY345	Soya Cooking Cream - whippable	300ml	1.59	OV
SY349	Soya Topping Cream - whippable	300ml	1.59	OV

SUNRISE

SY041	Soya Milk - Org, Unsweetened	1l	1.29	OV
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THE BRIDGE

SY064	Kamut Drink	1l	1.99	OV
SY496	Oat Cream	200ml	0.99	OV
SY002	Oat Drink	1l	1.59	OV
SY560	Oat Drink - Calcium Enriched	1l	1.89	OV
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
SY049	Spelt Drink	1l	1.89	OV

MILK & MILK POWDER (LONGLIFE)

MOO

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

SUMA BAGGED MUESLI - TO CLEAR

MX138	Muesli Base - organic	1Kg	1.29	OV
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SUMA MUESLI - BAG IN BOX

Now with recyclable bag & box

MX088	De Luxe Muesli - organic	500g	1.99	OV
MX085	De Luxe Muesli - organic	750g	2.79	OV
MX093	Gluten Free Puffed Muesli - Og	400g	2.49	GOV
MX098	Organic Omega Muesli	750g	2.49	OV
MX096	Organic Vine Fruit Muesli	750g	2.75	OV
MX086	Plain & Simple Muesli Base -Og	750g	2.05	OV

ALARA

MX031	Rich Muesli - organic	500g	2.09	OV
	<i>Sustainable Range</i>			
MX236	Active Muesli - organic	400g	3.59	GOV
MX053	Date with Cacao Muesli	750g	4.75	OV
MX232	Fruit, Seed & Spice Muesli	750g	4.09	OV
MX050	Gluten Free Goji/Yacon Muesli	650g	5.09	GOV
MX235	Goji Berry & Yacon Muesli	750g	4.85	OV
MX234	Very Berry Muesli Organic	600g	4.75	OV

Traditional Range

MX029	Branberry Muesli - organic	300g	1.99	OV
MX023	Gluten Free Muesli - organic	250g	2.05	OV

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
MX755	Millet Puffs	250g	2.25	OV
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
MX900	Wholewheat Cereal Biscuits	375g	2.12	OV

ENVIROKIDZ

MX602	Gorilla Munch	284g	2.99	GOSV
MX601	Koala Crisp	325g	2.99	OSV

FAMILIA

MX999	Swiss Muesli - organic	340g	1.55	OV
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HALE & HEARTY

MX083	Choco Jungle Pops	275g	3.19	GOSV
MX084	Honey Bee Pops	275g	2.99	GOS

KALLO

MX123	Honey Puffed Rice - Organic	275g	3.69	O
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Code	Description	Size	RRP	BFGSV
MX124	Puffed Rice Cereal - Natural	225g	2.69	GOV
	<i>LIZI'S</i>			
MX133	Lizi's Organic Granola	500g	4.99	OV
	<i>NATURES PATH</i>			
MX547	Crispy Rice - organic	284g	2.99	GOSV
MX889	Heritage Flakes - organic	375g	2.99	OVS
MX821	Heritage Oaty Bites	350g	2.99	OV
MX885	Mesa Sunrise - organic	300g	2.99	OVG
MX884	Millet Rice Flakes - organic	375g	2.99	OV
MX541	Optimum	400g	3.85	OV
	<i>PERTWOOD ORGANIC FARM</i>			
MX809	Barley Flakes	300g	3.09	OV
MX817	Granola	500g	3.45	O
MX814	Muesli Delicious Fruits	650g	3.45	OV
MX813	Muesli Fruit and Seed	650g	3.35	OV
MX812	Porridge Oats	650g	1.95	OV
	<i>RUDE HEALTH FOODS</i>			
	<i>Flakes</i>			
MX068	Organic Corn Flakes	250g	1.99	GOV
MX071	Organic Spelt Flakes	300g	3.09	OV
	<i>Granola</i>			
MX135	The Granola - Organic	500g	5.99	OV
	<i>Muesli</i>			
MX066	Organic Early Bird Muesli	520g	3.89	OV
MX059	Organic No Nuts Muesli	520g	4.09	OV
MX057	Organic No Raisin Muesli	520g	4.09	OV
MX060	Organic Ultimate Muesli	520g	5.99	OV
MX134	Super Fruity Muesli	500g	3.49	OV
	<i>Porridge</i>			
MX054	Organic Fruity Date Porridge	550g	3.99	OV
MX055	Organic Morning Glory Porridge	500g	3.49	OV
MX081	Organic Top Banana Porridge	550g	3.99	OV
	<i>WHOLE EARTH</i>			
MX172	Classic Cornflakes - organic	375g	2.19	GOSV
MX500	Cocoa Crunch - og	375g	2.99	OS
MX174	Maple Frosted Flakes - og	375g	3.19	GOSV
MX004	Red Fruit Crunch	450g	3.59	OS
MX170	Swiss Style Muesli - organic	750g	3.49	OV

NON-DAIRY DESSERTS (FROZEN)

	<i>BOOJA BOOJA</i>			
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	Pompompong Maple Pecan Stuff	500ml	6.99	GOV
	<i>TOFUtti</i>			
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

	<i>SUMA PREPACKS - ORGANIC</i>			
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

Code	Description	Size	RRP	BFGSV
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
	<i>BIONA</i>			
NU304	Amaranth Seeds	500g	2.49	GOV
NU303	Hemp Seeds	250g	2.19	GOV

OILS & FATS

	<i>SUMA</i>			
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
GT085	Olive Oil-Extra Virgin,organic	500ml	5.35	GVO
GT087	Olive Oil-Extra Virgin,organic	5l	42.29	GVO
GT080	Sunflower Oil - organic	500ml	2.99	GVO
GT091	Sunflower Oil - organic	5l	19.82	GVO
	<i>BIO PLANETE</i>			
GT136	Peanut Oil - og	500ml	8.79	GOV
	<i>BIONA</i>			
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
	<i>CLEARSPRING</i>			
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
GT250	Italian Olive Oil Organic	3l	26.69	OV
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
GT252	Sunflower Frying Oil Cold Prsd	3l	14.79	OV
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
GT251	Sunflower Oil Cold Pressed	3l	13.39	OV
GT202	Sunflower Oil organic	1l	4.69	GVO
GT211	Walnut Oil organic	250ml	7.59	GVO
	<i>CYPRESSA</i>			
GT701	Organic Olive Oil	500ml	7.35	GOV
	<i>EQUAL EXCHANGE</i>			
	<i>Palestinian Fairtrade Oils</i>			
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
	<i>INFINITY</i>			
GT002	Organic Avocado Oil	250ml	6.99	GOV
	<i>MERIDIAN</i>			
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
	<i>MIDSUMMER</i>			
GT911	Sunflower Oil - organic	1l	2.42	GOV
	<i>PUKKA</i>			
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
	<i>SUNITA</i>			
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
	<i>ZAYTOUN</i>			
GT020	Olive Oil - Organic Fairtrade	250ml	5.59	FGOV

Code	Description	Size	RRP	BFGSV
GT023	Olive Oil - Organic Fairtrade	5l	60.19	FGOV
GT022	Olive Oil - Organic Fairtrade	750ml	13.49	FGOV

OLIVES

GAEA

VF121	Kalamata Olives - organic	300g	2.69	GOV
VF070	Mixed Marinated Olives-organic	300g	2.49	GOV

LA BIO IDEA

KJ288	Conditutto Spiced Olive/Pepper	200g	3.49	OV
KJ291	Sicilian Artichoke Caponata	200g	3.49	OV

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

KJ334	Black Olives - organic	220g	4.89	GVO
KJ555	Kalamata Olives - organic	370g	3.09	GVO
VF052	Og Spanish Green Olives	270g	2.09	GOV

ZAYTOUN

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

PASTA

BIONA

WT333	Spelt Lasagne Sheets - Organic	250g	2.49	OV
WT330	Spelt Spaghetti White Organic	350g	3.19	OV
WT334	Whole Spelt Spaghetti -Organic	500g	1.99	OV
WT331	Wholemeal Organic Spelt Penne	500g	1.99	OV
WT332	Wholewheat Spelt Fusilli Org	500g	1.99	OV

BOB THE BUILDER

WT012	Gluten Free Pasta Shapes	250g	1.89	OGV
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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

LA BIO IDEA

WT034	White Pasta Big Shells	250g	0.99	OV
WT035	Wholewheat Pasta Big Shells	250g	0.99	OV

Speciality

WT232	Lasagna green	250g	1.79	OV
WT230	Tricolore Spaghetti	500g	1.79	OV
WT052	Tricolore Twists - organic	500g	1.79	VO

White

WT999	Farfalle (Bows) - organic	250g	1.29	OV
WT974	Lasagne White - og no pre cook	250g	1.79	OV
WT048	Macaroni Elbows	500g	1.39	VO
WT050	Penne (Tubes) - White	500g	1.39	VO
WT049	Spaghetti - White	500g	1.39	VO
WT073	Spirelli/Fusilli - White	500g	1.39	VO

Wholewheat

WT023	Lasagne	250g	1.79	OV
WT237	Linguine	500g	1.39	OV
WT040	Macaroni Elbows - wholewheat	500g	1.39	VO
WT074	Penne (Tubes) - Wholewheat	500g	1.39	VO
WT044	Shells - organic	500g	1.39	VO
WT041	Spaghetti - Wholewheat	500g	1.39	VO
WT042	Spirelli/Fusilli - Wholewheat	500g	1.39	VO
WT046	Tagliatelle - organic	500g	1.69	VO

LA TERRA E IL CIELO

WT898	Pennoni - Large Penne - White	500g	3.09	OV
WT875	Spelt Cavatappi	500g	2.79	OV

Code	Description	Size	RRP	BFGSV
WT874	Spelt Fusilli	500g	2.79	OV
WT873	Spelt Penne	500g	2.79	OV
WT899	White Pappardelle Nest	500g	2.59	OV

White

WT990	Cavatappi - spirals	500g	2.59	OV
WT803	Conchiglioni	500g	2.99	OV
WT982	Fusilli with Spinach - organic	500g	2.25	OV
WT992	Spaghetti - White	500g	1.89	OV

Wholewheat

WT980	Fantasie Strozapreti - organic	500g	2.65	OV
WT993	Gnocchi - organic	500g	1.69	OV
WT995	Penne - organic	500g	1.69	OV
WT804	Penne with Basil	500g	2.55	OV
WT997	Spaghetti - Wholewheat	500g	1.69	OV
WT978	Spelt Spaghetti - organic	500g	2.79	OV

ORGANICO

White

WT657	Amarosi	500g	1.59	OV
WT195	Conchiglie - organic	500g	1.59	OV
WT655	Conchiglioni	500g	1.79	OV
WT190	Farfalle - organic	500g	1.59	OV
WT043	Fusilli - White	500g	1.59	OV
WT083	Lasagne - og	250g	1.69	OV
WT199	Linguine - organic	500g	1.49	OV
WT656	Mezze Maniche	500g	1.79	OV
WT126	Penne - White	500g	1.59	OV
WT136	Spaghetti - White	500g	1.49	OV

Wholewheat

WT654	Brown Farfalle	500g	1.49	OV
WT115	Fusilli - Wholewheat	500g	1.49	OV
WT101	Penne - Wholewheat	500g	1.49	OV
WT168	Spaghetti - Wholewheat	500g	1.39	OV

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

SCOOBY DOO

WT258	Scooby Doo Organic Pasta	500g	1.35	OV
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SEEDS OF CHANGE

WT007	Penne - og	500g	2.09	OV
WT020	Spaghetti - organic	500g	1.99	OV
WT003	Spinach Tortolle	500g	2.39	OV
WT001	Tortiglione - og	500g	2.39	OV

SIMPSONS

WT254	Simpsons Organic Pasta Shapes	500g	1.35	OV
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THE NOODLE COMPANY

WT152	Medium Egg Noodles - organic	250g	1.15	O
WT150	Spinach Noodles - organic	250g	1.15	O

THOMAS AND FRIENDS

WT068	Thomas The Tank Organic Pasta	250g	0.99	OV
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TRAIDCRAFT

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

PASTA (FRESH, CHILLED)

BIONA

CV440	Fresh Gnocchetti with Pumpkin	400g	3.49	OV
CV059	Fresh Green Tortellini	250g	2.39	O
CV177	Org Ravioli with Spinach/ Leek	350g	3.99	OSV
CV181	Organic Fresh Gnocchi	400g	2.89	OV

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

Code	Description	Size	RRP	BFGSV
	<i>Organic Pestos</i>			
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
	<i>KITCHEN GARDEN</i>			
VF158	Chilli Paste - organic	135g	1.99	FGOV
VF840	Pasta Sauce	250ml	1.38	FOVG
	<i>MERIDIAN</i>			
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
	<i>ORGANICO</i>			
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
VF032	Vegetable Bolognese - og	360g	2.45	OSV
	<i>SEEDS OF CHANGE</i>			
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	GOSV
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
VF176	Tomato and Basil - og	500g	2.79	GOSV
	<i>SUNITA</i>			
KJ790	Organic Pesto Genovese	130g	3.45	GOV
VF890	Organic Pesto Rosso	130g	2.49	O

PASTRY (FROZEN)

CLIVE'S

Pies & Pastries

XL045	Wholemeal 'Rough Puff' Pastry	300g	2.15	OV
	<i>DORSET PASTRY</i>			
	<i>Pure Butter Handmade Pastry</i>			
XL127	Org Sweet Shortcrust Pastry	375g	4.85	O
XL124	Organic Puff Pastry	375g	5.19	O
XL125	Organic Shortcrust Pastry	375g	4.15	O

PATE

SUMA

GH700	Pate - Organic Mushroom	200g	2.35	OV
GH800	Pate - Organic Savoury Herb	200g	2.35	OV

GRANOVITA

GH653	Ready Spready - Garlic & Herb	200g	2.49	OV
GH651	Ready Spready Pate - Mushroom	200g	2.49	VOG
GH650	Ready Spready Pate - Original	200g	2.49	GOV
GH168	Spicy Mexican Pate - organic	200g	2.49	O
GH167	Tomato Pate - organic	200g	2.49	O

SUNITA

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)

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
CV268	Mushroom Pate - organic	115g	1.87	O
CV118	Spiced Roast Parsnip & Carrot	115g	1.87	O

Code	Description	Size	RRP	BFGSV
	<i>DELPHI FOODS</i>			
CV530	Antipasto - mixed Olives	175g	1.27	GOV
	<i>FLORENTIN</i>			
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
	<i>REDWOOD</i>			
CV374	Vegideli Organic Brussels Pate	120g	1.67	OSV
	<i>SOURCE FOODS</i>			
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

PEANUT, SEED & NUT BUTTERS

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
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CARLEYS

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
GH704	Peanut Butter -Crunchy no salt	280g	2.74	FGOV

KITCHEN GARDEN

GH099	Soynut Butter	135g	1.29	FGOV
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MERIDIAN

GH072	Almond Butter - og	170g	2.99	GOV
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
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
GH020	Tahini - light, organic	270g	2.29	GOV
GH064	Tahini, dark - og	270g	2.29	GOV

WHOLE EARTH

GH091	Peanut Butter - smooth organic	227g	2.29	GOV
GH090	Peanut Butter -crunchy organic	227g	2.29	GOV

PET FOODS & PET CARE

YARRAH

PF502	Dogfood Vegetarian Organic	10kg	37.70	O
PF501	Dogfood Vegetarian Organic	2kg	8.19	OV
PF602	Duo Snacks Vegetarian	250g	3.35	OV

Code	Description	Size	RRP	BFGSV
PF503	Multi Dogbiscuits Organic	500g	3.99	OV
PF506	Vegetarian Pate	150g	0.89	GOV

PICKLES, CHUTNEYS & MUSTARDS

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

BYODO

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

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

KJ151	Apple, Apricot & Ginger Chutney	300g	2.19	OSV
KJ586	Sweet Pickle - OG	300g	2.39	OSV
KJ147	Tomato & Apple Chutney	300g	2.19	GOSV

READY MEALS (FROZEN)

BIOLINE

XL091	Spinach & Cheese Pizza- Org	350g	4.55	OS
XL089	Vegetable Lasagne - Organic	400g	4.69	OS
XL092	Vegetable Pizza - Organic	350g	4.35	OS

CLIVES

Pies & Pastries

XL020	Aloo Matar Pie	250g	2.45	OV
XL019	Arabian Chickpea Pie	250g	2.45	OV
XL034	Cheese & Potato Pasty	190g	2.17	O
XL021	Chestnut Cassoulet Pie	250g	2.45	OSV
XL025	Creamy Mushroom Pie	250g	2.45	OV
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
XL023	Greek Lentil & Olive Pie	250g	2.45	OSV
XL022	Hungarian Goulash Pie	250g	2.45	OV
XL024	Mexican Chilli Pie	250g	2.45	OV
XL040	Soysage Roll	120g	1.33	OV
XL039	Vegetable Chilli Pasty	190g	2.17	OV

Pots of...

XL044	Aduki Bean Stew	400g	3.29	GOV
XL043	Mediterranean Ragout	400g	3.29	OSV
XL042	Moroccan Tagine	400g	3.29	GOV
XL041	Thai Veggie Curry	400g	3.29	OV

READY TO EAT FOODS (CHILLED)

BIONA

CV577	Ballini Mediterranean Style	250g	3.39	O
CV063	Lucky Stars	250g	3.49	OV
CV613	OG Spring Rolls	220g	3.89	OV
CV180	Org Mini Vegan Spring Rolls	200g	3.49	OSV
CV441	Organic Mini Energy Burgers	250g	3.49	OV
CV567	Spinach and Feta Cheese Wrap	150g	2.49	O
CV422	Thai Spring Rolls	225g	3.89	OV

TAIFUN

Produced to Demeter Standards

CV839	Tofu Filets: Pizza-Pizza Style	160g	2.29	OV
CV840	Tofu Filets-Mild Wild Garlic	160g	2.49	OV

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

Code	Description	Size	RRP	BFGSV
CV510	Organic Sprouts Multi Pack	160g	1.67	GOV
CV508	Organic Sunflower Seed Sprouts	200g	1.06	GOV

SALT & SEASONINGS

GEO ORGANICS

LJ005	Atlantinc 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
LJ003	OG Whole Black Peppercorns	40g	1.95	GOV

SHEEPS MILK PRODUCTS (CHILLED)

ATTIS

CV587	Organic Greek Feta	200g	3.25	GO
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WOODLANDS PARK

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

SHERRY, PORT & DESSERT WINE

RS067	Terra Prima Port - og	75cl	17.99	GOV
	<i>Argentina</i>			
RS107	Dulce Fortified Malbec	50cl	13.29	OV
	<i>South Africa</i>			
RS111	Heaven on Earth Muscat	37.5cl	19.42	FGOV
	<i>PIEDRA LUENGA</i>			
RS246	Pale Cream Sherry Style	75cl	15.07	GOV
RS247	Pedro Ximenez Sherry Style	50cl	12.21	GOV

SNACK BARS & FLAPJACKS

9 BAR

KB415	Original Organic Hemp Seed Bar	50g	0.99	GO
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CRAZY JACK

KB567	Fruit Fingers	120g	1.99	GOV
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DOVES FARM

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

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

KB468	Brazil, Hazelnut & Sultana Bar	50g	0.99	GOS
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ELIZABETH HURLEY

KB675	Organic Fruit Bar-Orange/Cran	28g	0.75	GO
KB676	Organic Fruit Bar-Straw/Cherry	28g	0.75	GOV
KB673	Organic Oat Bar - Banana/Choc	26g	0.75	O
KB674	Organic Oat Bar - Orange/Choc	26g	0.75	OV

GRANOVITA

Linusprout Flapjacks

KB236	Apricot - og	85g	0.89	OSV
KB235	Chocolate Chips - og	85g	0.89	OSV
KB234	Cranberry - og	85g	0.89	OSV
KB228	Flapjack - og	85g	0.89	OSV
KB229	Flapjack + Ginger - og	85g	0.89	OSV
KB233	Flaxseeds & Raisins - og	85g	0.89	OSV
KB232	Pumpkin & Sunflower - og	85g	0.89	OSV
KB230	Raisin, Apple & Cinnamon - og	85g	0.89	OSV

LYME REGIS FOODS

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

Fruitus

KB182	Apple	35g	0.65	VO
KB183	Apricot	35g	0.65	VO
KB052	Mixed Berry	35g	0.65	OV
KB216	Pomegranate & Blueberry Bar	35g	0.65	OV

Kidz Bars

KB105	Apple Fruit Bar - org	20g	0.65	GOV
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Code	Description	Size	RRP	BFGSV
KB860	Blackcurrant Fruit Bar - org	20g	0.65	GOV
KB862	Strawberry Fruit Bar	20g	0.65	GOV
<i>MERIDIAN</i>				
KB278	Peanut Butter & Oat Bar - og	50g	0.79	O
<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>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>SUNITA</i>				
KB998	Sesame & Honey Bar - organic	30g	0.59	O
KB995	Sultana Sesame Bar - organic	30g	0.69	O
<i>TRAIDCRAFT</i>				
ZX574	Chocolate Vanilla Cream	45g	1.05	FGO
<i>TROPICAL WHOLEFOODS</i>				
KB765	Apricot & Kernel Bars	40g	0.65	OF
KB961	Banana & Honey Bars	40g	0.65	OF
KB683	OG Apricot & Raisin Bar	40g	0.75	FOV
KB575	OG Date & Walnut Bar	40g	0.69	FO
KB574	OG Mango & Brazil Bar	40g	0.69	FO
KB686	OG Pineapple & Cashew Nut Bar	40g	0.75	FOV
KB678	Organic 5 Fruit Salad Bar	40g	0.89	FOV
KB685	Organic Apricot & Raisin Bar	40g	0.75	FOV
KB962	Pineapple & Cashew Bar	40g	0.69	FO
KB888	Tropical Fruit Bar	45g	0.75	
FGOSV				
<i>VILLAGE BAKERY</i>				
KB208	Fruit, Nut & Seed Bar	45g	0.69	GO
<i>Four Bars Range</i>				
KB205	Four Organic Fruit Bars	170g	2.25	OS
KB206	Four Organic Nut Bars	170g	2.25	OS
KB204	Four Organic Seed Bars	170g	2.25	OS
<i>WHOLEBAKE</i>				
<i>Flapjack</i>				
KB529	Organic Flapjacks - Mixed Box	100g	0.79	OVS

SOFT DRINKS

Code	Description	Size	RRP	BFGSV
<i>BELVOIR</i>				
JU810	Elderflower Presse - OG	250ml	1.19	GOSV
JU792	Elderflower Presse - OG	750ml	2.49	OS
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
<i>DAIONI</i>				
JU080	Banana Flavour Milk - og	250ml	0.99	OS
JU081	Chocolate Flavour Milk - og	250ml	0.99	OS
JU082	Strawberry Flavour Milk - og	250ml	0.99	OS
<i>FENTIMANS</i>				
JU511	Cool Ginger Beer - organic	275ml	1.39	GOSV
JU512	Smooth Lemonade - organic	275ml	1.39	GOSV
<i>FREE</i>				
JU025	Kicking Cola - organic	250ml	1.15	GOSV
JU007	Lively Lemonade - organic	250ml	1.15	GOSV
<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>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

Code	Description	Size	RRP	BFGSV
JU583	Sicilian Lemonade - organic	320ml	1.65	GOSV
JU456	Strawberry Lemonade - og	320ml	1.65	GOSV
<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>				
JU572	Rochester Ginger Beer - og	330ml	1.69	GOSV
JU477	Rochester Hot Toddy	725ml	4.49	OSV
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>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>WHOLE EARTH</i>				
JU425	Apple & Raspberry - og	330ml	0.89	GOSV
JU946	Cola - organic	330ml	0.89	OSV
JU935	Lemonade - organic	330ml	0.89	GOSV
JU947	Mountain Cranberry - Organic	330ml	0.89	GOSV
JU189	Sparkling Elderflower - og	330ml	0.89	GOV
JU186	Sparkling Ginger - og	330ml	0.89	GOV

SOUPS

Code	Description	Size	RRP	BFGSV
<i>SUMA</i>				
VF493	Carrot & Coriander Soup-org.	400g	1.15	GOV
VF350	Italian Tomato & Basil Soup	400g	1.15	OVS
VF640	Minestrone Soup - organic	400g	1.15	OV
VF481	Pea Soup - organic	400g	1.15	VO
VF255	Spicy Lentil Soup - organic	400g	1.15	GVO
VF275	Thick Vegetable Soup	400g	1.15	OV
VF641	Tomato & Red Pepper - organic	400g	1.15	OVS
VF250	Tomato Soup - organic	400g	1.15	GOV
VF680	Tuscan Bean Soup	400g	1.15	OVG
<i>ESSENTIAL TRADING</i>				
VF085	Lentil & Pumpkin Soup	680g	2.69	GOV
VF225	Lentil Soup	680g	2.69	GOV
VF109	Mushroom Soup	680g	2.69	GO
VF375	Pea Soup	680g	2.69	GOV
<i>FREE & EASY</i>				
VF863	Aduki 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>JUST WHOLEFOODS</i>				
VF431	Carrot & Coriander Soup - Inst	4 x 17g	1.39	O
VF429	Tomato & Basil Soup - Instant	4 x 17g	1.39	VO

SOUPS (CHILLED)

Code	Description	Size	RRP	BFGSV
<i>ROD & BENS</i>				
<i>Fresh Organic Seasonal Soups</i>				
CV452	Beetroot & Cumin Soup	600g	3.33	GO
CV453	Carrot & Coriander Soup	600g	3.33	GO
CV547	Courgette Summer Soup	600g	3.33	GO
CV455	Cream of Spinach Soup	600g	3.33	O
CV546	Gazpacho Soup	600g	3.65	OV
CV457	Leek & Potato Soup	600g	3.33	GO
CV543	Moroccan Vegetable Soup	600g	3.33	GOV
CV549	Mushroom & Tarragon	600g	3.33	O
CV544	Pea & Mint Soup	600g	3.49	GO
CV459	Soup of the Month	600g	3.33	O
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)

Code	Description	Size	RRP	BFGSV
<i>PROVAMEL</i>				
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

Code	Description	Size	RRP	BFGSV
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
<i>SOJAIDE</i>				
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
CV174	Organic Natural Soya Yoghurt	125g	0.59	OV
CV495	Organic Prune Soya Yoghurt	400g	1.65	GOSV
CV173	Organic Strawberry Soya Yogurt	125g	0.59	VO
CV176	Pineapple Soya Yogurt	400g	1.65	GOSV
<i>SOJASUN</i>				
CV248	Org Apricot & Guava Soya Yog	125g	0.59	VO
CV244	Organic Blueberry Soya Yoghurt	125g	0.59	VO
CV255	Organic Cherry Soya Yoghurt	125g	0.59	VO
CV253	Organic Lemon Soya Yoghurt	125g	0.59	VO
CV247	Organic Mango & Peach Soya Yog	125g	0.59	VOS
CV251	Rasp/Passion soya dessert OG	125g	0.55	VOS
CV266	Sojasun Natural soya dessert	250g	0.79	GOV

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

SUGARS & SYRUPS

<i>SUMA</i>				
LJ099	Agave Syrup - organic	250ml	2.95	GOV
LJ121	Agave Syrup - organic	500ml	5.55	GOV
<i>SUMA PREPACKS - ORGANIC</i>				
LJ261	Demerara Sugar - organic	500g	1.59	OS
LJ255	Icing Sugar - organic	500g	1.99	VOS
LJ251	Raw Cane Sugar - organic	500g	1.39	OS
<i>BILLINGTONS</i>				
LJ987	Demerara Sugar - organic	500g	1.99	GSOV
LJ999	Granulated Sugar - organic	500g	1.79	GVO
<i>CLEARSPRING</i>				
HY210	Rice Malt Syrup - organic	330g	2.99	OV
<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>MERIDIAN</i>				
HY006	Barley Malt Extract - og	370g	2.29	OV
HY250	Maple Syrup - organic	250ml	6.99	GOV
HY081	Molasses - og	740g	1.89	GOV
HY300	Molasses - organic	350g	0.99	GOV
<i>RAYNERS</i>				
LJ901	Black Treacle - organic	340g	1.29	GOV
LJ587	Fairtrade Organic Golden Syrup	340g	2.29	FGVO
LJ704	Golden Syrup - Organic	5kg	24.14	FGOV
LJ900	Malt Extract - Organic	340g	1.99	OV
LJ589	Malt Extract - Organic	5kg	18.85	OV
<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>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

Code	Description	Size	RRP	BFGSV
LJ633	Raw Cane Sugar - organic	500g	1.69	FGOSV

SUPPLEMENTS & REMEDIES

<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>DRU NATURAL FOODS</i>				
MD915	Green Barley Grass Powder	100g	9.25	GOV
MD914	Green Barley Grass Powder	200g	16.75	GOV
<i>GRANOVITA</i>				
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>				
MD100	Green Barley Leaf Powder	125g	11.95	GOV
MD101	Green Wheat Leaf Powder	125g	11.95	GOV
MD093	Honeysucker Original	22g	3.99	GO
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>HAYMAX</i>				
MD012	Pollen Barrier - Frankincense	5ml	3.40	O
MD013	Pollen Barrier - Lavender	5ml	3.40	O
MD015	Pollen Barrier - Mixed 3 Pack	3 x 5ml	6.95	O
MD014	Pollen Barrier - Pure	5ml	3.40	O
<i>HIGHER NATURE</i>				
<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>LIFESTREAM</i>				
MD920	Barley Grass Powder - OG	100g	11.49	OV
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>Essential Fatty Acids</i>				
VM403	Organic Flaxseed Oil	200ml	6.35	GOV
<i>Nutritional Support</i>				
VM402	Organic Garlic Capsules	60 capsules	10.45	GOV
<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
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>				
<i>Aloe Pura</i>				
MD111	Organic Aloe Vera Juice	500ml	8.24	GOV

Code	Description	Size	RRP	BFGSV
SWEET SNACKS				
SUMA PREPACKS - ORGANIC				
ZX617	Jumbo Raisins - Yoghurt	75g	1.39	OS
ZX645	Jumbo Raisins - Yoghurt Coated	125g	2.09	OS
BIONA				
ZX911	Org Tutti Fruitti Jelly Bears	75g	2.19	OV
ZX662	Organic Cola Bottles	75g	2.19	OSV
ZX688	Organic Fruit Lollies	6 pack	1.99	OGV
ZX910	Organic Licorice Bears	75g	2.19	GOV
ZX663	Organic Peppermints	75g	2.19	OSV
ZX664	Organic Pineapple Chews	75g	2.19	OSV
ZX665	Organic Tutti Frutti Wine Gums	75g	2.19	OSV
FREE				
ZX040	Laidback Liquorice - organic	28g	0.55	OSV
ZX013	Laidback Liquorice - organic	70g	1.19	OSV
JUST WHOLEFOODS				
ZX573	Vegebears - Frooty Fruits	100g	1.45	GOSV
ZX571	Vegebears Fruit Jellies	100g	1.45	GSOV
ORGANIC SEED & BEAN COMPANY				
ZX111	Dreamy Yogurt Covered Snack	50g	1.29	GOS
ROSKILLYS				
ZX341	Organic Assorted Fudge	100g	1.79	GOS
ZX346	Organic Clotted Cream Fudge	100g	1.79	OS
ZX347	Organic Clotted Cream Fudge	200g	3.95	OS
SUNITA				
ZX587	Grape Juice & Sultana Halva OG	75g	1.60	OG
ZX850	Honey Halva - organic	75g	1.60	OG
ZX588	Honey Halva with Almonds OG	75g	1.80	OG
ZX524	Organic Dark Chocolate Halva	75g	1.35	GO
TERRASANA				
ZX339	Sweet Liquorice Jo-Jo's	100g	1.59	OS
ZX041	Sweet Liquorice Ropes	56g	1.15	OV
ZX335	Sweet Liquorice Twists	10	1.99	OSV

TABLE SAUCES

BIONA				
LJ665	Hot Pepper Sauce	140ml	2.89	GOV
DANIVAL				
KJ216	Tomato Ketchup - Sugar Free	560g	4.25	OV
GEO ORGANICS				
KJ355	Worcestershire Sauce - Organic	142ml	2.19	OSV
GRANOVITA				
KJ297	Brown Sauce - organic	340g	1.89	GOSV
MERIDIAN				
KJ621	Tomato Ketchup - organic	285g	1.39	GOSV
SEEDS OF CHANGE				
VF057	Chilli sauce - og	350g	2.99	GOSV
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
TERRASANA				
KJ163	Sweet Chilli Sauce	265g	3.65	GOV
TRAFO				
KJ078	Salsa Dip - Cool	200g	2.09	GOV
KJ074	Salsa Dip - Hot	200ml	2.09	GOV
TREES CANT DANCE				
FROM THE NORTH PENNINES				
KJ284	Organic Sweet Chilli Sauce	100ml	2.89	GOSV
WHOLE EARTH				
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

Code	Description	Size	RRP	BFGSV
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
FOOD SERVICE RANGE				
TE150	Earl Grey - og	25 bags	2.39	FGOV
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
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
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				
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
TE513	Organic Loose Tea	250g	3.15	GOV
DOUBLE DRAGON				
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				

Code	Description	Size	RRP	BFGSV
TE365 BFGOV	Oolong Leaf Tea - og	50g	1.89	
	<i>MAKE US A BREW!</i>			
TE345	Caddy - English Breakfast	50 bags	5.70	OV
TE335	English Breakfast	50 bags	2.29	FOV
	<i>NUMI</i>			
TE228	Aged Earl Grey	18 bags	4.45	FGOV
TE231	Temple of Heaven	18 bags	4.45	FGOV
	<i>QI</i>			
	<i>Golden Tea Range</i>			
TE222	Golden Black	25 bags	1.35	FGOV
TE216	Golden Chai	25 bags	1.49	FGOV
TE217	Golden Earl Grey	25 bags	1.49	FGOV
TE225	Golden Vanilla	25 bags	1.49	FGOV
	<i>Organic Fair Trade Range</i>			
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
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
	<i>RIDGWAYS</i>			
TE145	Tea - Organic	125g	1.39	GOV
TE619	Tea - Organic	80 bags	2.79	GOV
	<i>TWININGS</i>			
TE546	Blended Black Tea - organic	80 bags	4.19	GOV
TE761	Earl Grey - og	50 bags	3.75	OGV
TE762	English Breakfast Tea - og	50 bags	3.75	GOV

TOFU (CHILLED)

	<i>CAULDRON</i>			
CV355	Organic Smoked Tofu	220g	2.34	GOV
CV354	Organic Tofu - Soya Bean Curd	250g	1.84	GOV
	<i>CLEAR SPOT</i>			
CV209	Marinated Tofu - organic	190g	2.04	GOV
CV206	Plain Tofu - organic	280g	1.65	GOV
CV272	Plain Tofu - organic	450g	2.59	GOV
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
	<i>DRAGONFLY</i>			
CV701	Naturally Smoked Tofu OG	200g	2.20	GOV
	<i>NATUREMADE OASIS</i>			
CV582	Marinated Tofu	200g	1.59	OGV
	<i>PROVAMEL</i>			
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
	<i>TAIFUN</i>			
CV833	Smoked Tofu- Eat hot or cold.	200g	2.69	OV
	<i>Produced to Demeter Standards</i>			
CV835	Basil Tofu with Fresh Herbs	200g	2.49	OVB
CV035 GOVB	Natural Silken Tofu - organic	400g	2.99	
	<i>VIANA</i>			
	<i>Demeter Organic Standard</i>			
CV410	Hazelnut Tofu	250g	2.32	OV
CV408	Real Smoked Firm Tofu	250g	2.67	OV

TOMATOES AND TOMATO PRODUCTS

	<i>SUMA</i>			
LJ660	Organic Basil Passata	690g	1.49	GVO
LJ560	Organic Passata	690g	1.49	GVO
LJ088	Tomato Puree - organic	200g	1.35	GVO
	<i>Canned</i>			
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

Code	Description	Size	RRP	BFGSV
LJ081	Tomatoes - peeled, whole OG	400g	0.85	GVO
	<i>Dried</i>			
LJ602	Sundried Tomatoes - organic	125g	1.65	GOV
	<i>Jarred</i>			
LJ258	Sundried Tomatoes in Olive Oil	190g	2.89	GOV
LJ257	Sundried Tomatoes in Olive Oil	900g	11.49	GOV
	<i>BIONOVA</i>			
LJ110	Tomato Puree - organic	200g	1.39	VO
	<i>DE RIT</i>			
LJ087	Tomato Puree - organic	200g	1.62	GOV
	<i>MERIDIAN</i>			
LJ126	Passata	690g	1.59	GOV
	<i>ORGANICO</i>			
KJ010	Sundried Tomatoes - og	250g	4.45	GOV

TOOTHCARE

	<i>LAVERA</i>			
DY591	Toothpaste with Propolis and	75ml	2.75	O

VEGETABLES

	<i>SUMA</i>			
LJ146	Sweet Corn - Organic, tinned	326g	1.09	GOV
	<i>BIONA</i>			
LJ243	Capers In Olive Oil	125g	3.29	GOV
	<i>BIONOVA</i>			
VF028	Cut Green Beans - organic	340g	1.29	GVO
VF039	Garden Peas	340g	1.65	GVO
KJ346	Gherkins - Sour	680g	2.59	GVO
KJ025	Gherkins - Sweet & Sour	330g	2.29	O
VF040	Sauerkraut	350g	1.75	GVO
VF030	Sweetcorn - organic	340g	1.59	VO
	<i>DANIVAL</i>			
VF600	Pumpkin Puree	500g	4.00	OGV
	<i>DE RIT</i>			
KJ139	Sauerkraut - organic	680g	2.16	GOV
	<i>INFINITY</i>			
VF007	Organic Roasted Red Peppers	453g	2.72	GOV
VF003	Organic Stuffed Vine Leaves	283g	2.05	GOV
	<i>ORGANIC COLLECTION</i>			
VF088	French Chestnuts in box - og	200g	4.50	GOV
	<i>ORGANICO</i>			
KJ016	Artichoke Hearts - og	250g	4.85	GOV
VF143	Capers in Vinegar	140g	2.75	GOV
	<i>SUNITA</i>			
KJ250	Capers - Organic	125g	3.29	GOV
	<i>TERRASANA</i>			
VF444	Artichokes in olive oil	170g	4.85	OVG
LJ084	Instant Mashed Potato	108g	1.95	VO
	<i>TROPICAL WHOLEFOODS</i>			
VF163	Chanterelle Mushrooms	30g	2.49	OV

VEGETABLES (FROZEN)

	<i>BIO INSIDE</i>			
XL162	Organic Asia Vegetable Mix	400g	2.35	GOV
XL157 GOVB	Organic Broccoli	300g	1.85	
XL155 GOVB	Organic Garden peas	300g	1.39	
XL153 GOVB	Organic Sweetcorn	300g	1.85	
	<i>BIOLINE</i>			
XL087	Creamed Spinach - Organic	450g	3.45	GOV
XL088	Garden Peas - Organic	600g	3.79	GOV
XL086	Leaf Spinach - Organic	600g	3.09	GOV
XL090	Mixed Vegetables - Organic	600g	3.25	GOV
XL093	Whole Green Beans - Organic	600g	2.93	GOV
	<i>NATURAL COOL</i>			
XL183 GOVB	Broccoli	300g	2.12	
	<i>Vegetables</i>			
XL175 GOVB	Curly Kale	450g	1.72	
XL176 GOVB	Cut Green Beans	450g	1.72	
XL177 GOVB	Leaf Spinach Portions	450g	1.72	

Code	Description	Size	RRP	BFGSV
XL154 GOVB	Organic Chips (Oven or Fry)	600g	1.93	
XL156 GOVB	Organic Chips- family size bag	1.25Kg	4.88	
XL178 GOVB	Peas	450g	2.30	
XL134 GOVB	Summer Vegetable Mix	450g	2.05	
XL181 GOVB	Sweetcorn	450g	2.63	

VEGETARIAN MEALS - DRY MIXES

ORGANICO

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

VINEGARS

SUMA

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

ASPALLS

KJ382	Balsamic Vinegar - og	5l	28.49	GOV
KJ873	Balsamic Vinegar - organic	500ml	3.39	GOV
KJ069	Cider Vinegar - organic	500ml	1.75	GVO
KJ205	Cider Vinegar - organic	5l	12.59	GOV
KJ052	Cider Vinegar - organic	1l	3.05	GOV
KJ400	Red Wine Vinegar - organic	500ml	1.75	GOV
KJ095	White Wine Vinegar - organic	500ml	1.75	GOV

BIONA

KJ311	Cider Vinegar	75cl	2.09	O
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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
KJ092	White Wine Vinegar Organic	500ml	2.75	VOG

WINES

BROUGHTON PASTURES FRUIT WINES

RS069	Blackberry - OG	75 cl	8.55	GOSV
RS071	Blackcurrant - OG	75 cl	8.82	OSV
RS072	Elderberry - OG	75 cl	8.55	OSV
RS073	Elderflower-OG	75 cl	8.55	OSV
RS074	Ginger - OG	75 cl	9.49	FGOV
RS075	Mead - OG	75 cl	8.95	FOS

RED WINE

Argentina

RS223	Bonarda/Sangiovese S. Julia	75cl	9.62	GOV
RS155	Malbec - Buenos Ondas	75cl	9.15	OV
RS252	Malbec-Cabernet Taquies	75cl	7.93	GOV
RS117	Premium Malbec - Soluna	75cl	13.34	FGO
RS205	Shiraz	75cl	9.42	OV

Australia

RS199	Cabernet Merlot	75cl	10.79	GOV
RS094	Shiraz Cabernet East Meridian	75cl	7.99	GOV
RS022	Shiraz Cabernet Sauvignon	75cl	10.88	GOV

Austria

RS025 GOVB	Pinot Noir Meinklang	75cl	15.12	
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Chile

RS106	Adobe Carmenere	75cl	8.82	OV
RS201	Cabernet Sauvignon	75cl	9.32	OV
RS068	Carmenere Ventura	75cl	9.78	GOV
RS203	Merlot	75cl	9.32	OV

France

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 BGOV	Gamay sans Tra La la	75cl	12.60	
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

Code	Description	Size	RRP	BFGSV
RS090	Pont de Caylus Rouge	75cl	7.95	GOV
RS092	Valreas Dom Grande Bellane	75cl	10.59	GOV
	<i>Greece</i>			
RS123	Tsantali Kali Gi Limnio	75cl	10.26	O
	<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

Portugal

RS245	Quinta da Esteveira Reserva	75cl	10.30	GOV
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South Africa

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

Spain

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

ROSE WINE

Argentina

RS220	Buenas Ondas Syrah	75cl	9.15	GOV
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Australia

RS109	Battle of Bosworth	75cl	12.57	O
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France

RS079	Domaine de la Grand Palliere	75cl	12.68	GOV
RS229	Syrah Rose - La Marouette	75cl	8.19	GOV

South Africa

RS219	Live a Little - Stellar	75cl	8.40	GOV
RS118	Shiraz Rose - Running Duck	75cl	8.45	FGOV

Spain

RS064	Azan Tempranillo Rose La Manch	75cl	6.99	GOV
RS121	Rioja Usoa de Bagordi Rose	75cl	10.85	GOV

SPARKLING WINE

Argentina

RS108	Santa Box Sparkling Rose	75cl	16.10	OV
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Austria

RS104	Meinklang Pinot Noir Frizzante	75cl	14.32	OV
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England

RS097	Limney Brut	75cl	22.15	GOV
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France

RS050	Champagne Carte d'Or	75 cl	30.20	GOSV
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Germany

RS159	Ffizz	75cl	11.15	OV
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Italy

RS009 GOVB	Prosecco Col di Manza Perlage	75cl	15.16	
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RS244	Prosecco Spumante - Canah	75cl	12.75	GOV
RS216	Serenel Vivace Rosato	75cl	9.15	GOV

Spain

RS051	DO Cava can Vendrell - OG	75 cl	13.63	GOSV
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WHITE WINE

RS042	Torrontes Ecologica	75cl	8.02	FGO
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Argentina

RS202	Chardonnay	75cl	9.32	OV
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Australia

RS095	Chardonnay East Meridian	75cl	7.99	GO
RS058	Chardonnay Viognier	75cl	13.01	GO
RS059	Verdelho - Wilkie Estate	75cl	10.02	GOV

Austria

RS224 BGOV	Meinklang Gruner Veltliner	75cl	11.70	
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Chile

RS250	Chardonnay Ventura	75cl	9.22	GOV
RS046 GOVB	Gewurztraminer	75cl	8.95	
RS204	Sauvignon Blanc	75cl	9.93	OV

Code	Description	Size	RRP	BFGSV
<i>England</i>				
RS235	Limney Horsmonden Dry	75cl	11.69	GOV
<i>France</i>				
RS190	Bordeaux Sec	75cl	8.35	GOV
RS034	Cotes De Gasgogne Dom de Pajot	75cl	8.74	GOV
RS105	Dom Jean Gouley Petit Chablis	75cl	15.68	O
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
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 Cailottes	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>Greece</i>				
RS122	Tsantali Kali Gi Asyrtiko	75cl	10.03	O
<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>				
RS183	Chardonnay - Sonap	75cl	9.19	FOV
RS018	Chenin Blanc - Moonlight	75cl	7.56	FGOV
RS115	Chenin Sauv Blanc - R/duck	75cl	8.45	FGOV
RS103	Lazanou Wooded Chenin Blanc	75cl	12.45	O
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
RS102	Sauvignon Blanc/Moscatel	75cl	8.29	O

YEAST EXTRACTS

ESSENTIAL TRADING

GH062	Organic Yeast Extract	150g	7.95	GOV
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YOGURTS, COWS MILK (CHILLED)

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
CV616	Greek Style & Coconut organic	450g	1.99	OS
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 pk	4 x 110g	1.89	GO
CV250	Wholemilk Stirred Natural Yog.	450g	1.29	GO
<i>Breakfast 'Top Hats'</i>				
CV142	Organic Breakfast L/F Vanilla	135g	1.05	OS
<i>Divine Desserts</i>				
CV146	Organic Milk Chocolate Top Hat	120g	1.05	GOS
CV144	Organic Toffee 'Top Hats'	120g	1.05	GOS
<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

YEO VALLEY

CV201	Blueberry L/F organic Yogurt	400g	1.33	GOS
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Code	Description	Size	RRP	BFGSV
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>Multipack Range</i>				
CV580	Apricot Yoghurt - 4 pack	4 x 120g	2.07	OS
<i>Multipack range</i>				
CV581	Blueberry FF yoghurt - 4 pack	4 x 125g	2.07	OS
<i>Multipack Range</i>				
CV765	Fruity Favourites	4 x 120g	2.07	OS
CV763	Multipack Range	4 x 120g	2.07	OS
CV579	Strawberry Yoghurt - 4 pack	4 x 120g	2.07	OS
CV583	Vanilla Yoghurt - 4 pack	4 x 120g	2.07	OS
<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

