

Vegan

Mar Apr 2010



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Suma

Code	Description	Size	RRP	BFGOS
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>				
BB001	Apples & Bananas	120g	0.99	GOV
BB003	Broccoli, Pear & Peas	120g	0.99	GOV
BB049	Butternut Squash, Carrot	120g	0.99	GOV
BB006	Carrot, Apple & Parsnip	120g	0.99	GOV
BB095	Peaches & Bananas	120g	0.99	GOV
BB063	Spinach, Apples & Swede	120g	0.99	GOV
BB078	Strawberries & Apples	120g	0.99	GOV
BB005	Sweet Potato, Pumpkin, Apple	120g	0.99	GOV
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
BB058	Very Very Tasty Vegetable Bake	140g	1.49	GOV
<i>HIPP</i>				
<i>DRIED</i>				
BB654	Baby Rice	160g	2.94	GOV
<i>FRUIT POTS</i>				
BB043	Purely Fruits-Apple, Strawberry	4 x 100g	2.94	GOV
<i>JARRED - from 4 months</i>				
BB014	Apple & Pear Pudding - organic	125g	0.97	GOV
BB002	Apple/Blue'by Dessert -organic	125g	0.97	GOV
BB013	Banana/Peach Dessert - organic	125g	0.97	GOV
BB004	Carrots & Potatoes - organic	125g	0.97	GOV
BB008	Mixed Vegetables - organic	125g	0.97	GOV
<i>ORGANIX</i>				
<i>Dried</i>				
BB241	Baby Rice (Packet)	100g	1.99	OVG
BB227	Banana Porridge Cereal	120g	2.39	OV
<i>Fruit Pots & Puddings</i>				
BB712	Apple/Vanilla Banana/Plum	4 x 100g	2.09	GOV
BB024	Dual Pot - Fruit Puree	4 x 100g	2.09	OVG
<i>No Junk</i>				
BB085	Cocoa Cookie Bites	5 x 25g	1.99	OV
BB317	Gingerbread Gang	125g	1.99	OV
<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
BB549	Carrot Stix	15g	0.59	OV
BB715	Crunchy Carrot Sticks	20g	0.79	GOV
BB717	Crunchy Sweetcorn Rings	20g	0.79	GOV
BB408	Crunchy Tomato Slices	20g	0.79	OV
BB405	Date & Apple Fruit Bar	7 x 18g	3.19	OV
BB247	Gingerbread Men	135g	2.15	OV
BB052	Goodies Oaties	5 x 25g	2.15	OV
BB071	Raisins & Chopped Apples	6 x 23g	2.29	GOV
BB062	Raisins & Chopped Apricots	6 x 28g	2.29	GOV
DR370	Raisins Snack Pack Organic	18 x 80	2.59	GOV
BB069	Raspberry/Blueberry Rice Cake	50g	1.35	GOV
BB600	Rice Cakes	50g	1.39	OV
BB035	Spicy Stars Snack	15g	0.59	GOV
<i>PETER RABBIT ORGANICS</i>				
BB587	100% Rice Fusilli	150g	1.55	OVG
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
BB594	Organic Appley Cookies	125g	2.19	OV
BB964	Peach & Apricot Fruit Puree	80g	0.89	GOV
BB072	Pear Juice	125ml	0.75	GOV

Code	Description	Size	RRP	BFGOS
BB215	Tomato & Basil Sauce	300g	2.39	GOVB
BB586	Tricolore Pasta	175g	1.95	OV
<i>TRAF0</i>				
BB056	Organic Raisins in Kids Boxes	12 BO x	1.75	GOV
BB059	Yoghurt Raisins in Kids Boxes	9 BO x	2.55	GOSV
BABY CARE PRODUCTS				
<i>BENTLEY ORGANIC</i>				
DY337	Baby Lotion	250ml	4.99	OV
DY334	Baby Oil	250ml	4.99	OV
DY345	Baby Wash	250ml	4.99	OV
NF216	Toy Sanitiser	500ml	3.99	OV
<i>BIO D</i>				
NF666	Nappy Fresh	550g	2.39	GV
<i>EARTH FRIENDLY BABY</i>				
DY545	Chamomile Shampoo & Wash OG	251ml	3.99	V
DY535	Eco Baby Wipes	pack	2.99	V
DY522	Organic Chamomile Bubble Bath	370ml	5.99	V
DY458	Organic Lavender Body Lotion	250ml	4.99	V
DY524	Organic Lavender Bubble Bath	370ml	5.99	V
DY558	Organic Lavender Shampoo &	251ml	3.99	V
DY041	Organic Mandarin Bubble Bath	370ml	5.99	V
DY038	Organic Mandarin Shampoo	251ml	3.99	V
<i>GREEN PEOPLE COMPANY</i>				
DY627	Baby Wash & Shampoo	150ml	6.50	OV
DY795	Baby Wash & Shampoo	150ml	6.50	OV
<i>NATRACARE</i>				
NF099	Organic Cotton Baby Wipes	50	3.42	OV
<i>PUREPOTIONS SKINCARE</i>				
DY620	Chamomile Baby Oil	100ml	5.95	OV
<i>WELEDA</i>				
DY536	Calendula Shampoo & Body Wash	200ml	6.50	V
BAKING SUNDRIES				
<i>SUMA</i>				
LJ223	Xanthan Gum	100g	5.69	GV
<i>ALLERGYCARE</i>				
LJ653	Vegan Whole Egg Replacer	200g	3.59	VG
<i>BARKAT</i>				
LJ002	Gluten Free Baking Powder	100g	1.49	GV
<i>CERTO</i>				
LJ035	Apple Pectin	250ml	2.35	GV
<i>CLEARSPRING</i>				
JP087	Agar-Agar Flakes Gelling Agent	28g	4.49	GV
JP064	Kuzu (Wild Arrowroot)	125g	5.49	GVO
<i>CRAZY JACK</i>				
LJ409	Marzipan	250g	3.65	GOSV
<i>DOVES FARM</i>				
LJ206	Baking Powder	110g	1.49	GOV
LJ202	Bicarbonate of Soda	200g	1.49	GV
LJ203	Corn Flour Organic	110g	1.69	GOV
LJ423	Quick Yeast	8 x 125g	1.15	GV
<i>ENGEVITA</i>				
LJ143	Yeast Flakes	125g	2.29	GV
<i>FERMIPAN</i>				
LJ061	Dried Yeast	500g	3.55	GV
<i>FREE & EASY</i>				
LJ009	Cheese Flavour Sauce Mix	130g	1.79	GV
<i>JUST WHOLEFOODS</i>				
LJ155	VegeRen	30ml	1.35	GV
<i>NIELSEN MASSEY</i>				
LJ333	Vanilla Extract - OG	118ml	7.99	GOV

Code	Description	Size	RRP	BFGOS
	ORGRAN			
LJ656	Egg Replacer	200g	2.39	GV
	QUEEN			
LJ111	Writing Fudge - Rich Chocolate	50g	3.49	GSV
LJ112	Writing Fudge - White Choc	50g	3.49	GSV
LJ106	Writing Icing - Black	50g	2.99	GSV
LJ107	Writing Icing - Yellow	50g	2.99	GSV
	QUEEN - TAYLOR & COLLEDGE			
LJ114	Vanilla Bean Dusting Sugar	100g	3.15	GSV
LJ115	Vanilla Bean Extract	100ml	3.89	GSV
LJ113	Vanilla Bean Paste	65g	4.59	GSV
	STEENBERGS			
LJ116	Almond Extract	100ml	6.49	GV
LJ117	Orange Flower Water Organic	100ml	3.75	GOV
LJ086	Peppermint Extract Organic	100ml	4.85	GOV
LJ085	Rose Water Organic	100ml	3.75	GOV
LJ334	Vanilla Extract Fairtrade Org	100ml	7.49	FOGV

BEERS

RT131	Budels Lager	330ml	1.56	OV
RT004	Cannabia Hemp Beer	330ml	2.19	OV
RT003	Fair Trade Ginger Pale Ale	500ml	2.25	FOV
RT007	Golden Promise Ale	500ml	2.75	OV
RT010	Muller's Lagerbier, biodynamic	330ml	1.89	BOV
RT008	Sam Smiths Best Ale	550ml	2.89	OV
RT120	Sam Smiths Lager	550ml	2.89	OV
	SUMA			
RT212	Elphin Brook Bitter OG	500ml	2.25	OV
RT215	Long Wall Mouse Blonde Beer OG	500ml	2.45	OV
RT213	Mytholm Mist Wheat Beer OG	500ml	2.35	OV
RT214	Penumbra Stout OG	500ml	2.39	OV

BISCUITS CRACKERS &

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
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
BT211	Organic Spelt Melba Toasts	200g	2.49	OVB
BT182	Organic Spelt Snack Sticks	150g	2.49	OVB

CLEARSPRING

BT192	Japanese R/cakes Tamar/Garlic	150g	2.59	GV
BT190	Japanese Rice cakes	150g	2.59	V
BT044	Japanese Rice Cakes Sea Veg	150g	2.59	V
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	1.69	OSV
BT188	Syrup Waffles - organic	6 x 1	1.69	OSV

DOVES FARM

BT267	Brazil Nut & Ginger Cookies GF	150g	1.59	FGOSV
BT271	Chocolate Chip Cookies - GF	150g	1.59	FGOSV
BT010	Digestives	200g	0.99	OSV
BT651	Digestives - large	400g	1.79	OSV
BT266	Double Chocolate Cookies - GF	150g	1.59	FGOSV
BT202	Fruity Oat Digestives	200g	1.35	OSV
BT268	Hazelnut & Orange Cookies - GF	150g	1.59	FGOSV
BT354	Hazelnut Orange Cookies	150g	1.57	FGOSV
BT269	Lemon Zest Cookies - GF	150g	1.59	FGOSV

DR KARG

BT812	Classic Wholegrain Crispbread	200g	2.29	OV
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Code	Description	Size	RRP	BFGOS
BT814	Roasted Onion Crispbread	200g	2.39	OV
BT813	Spelt Wholegrain Crispbread	200g	2.65	OV
BT574	Spelt Wholegrain Snack Bites	150g	2.55	OV
	<i>To Go</i>			
BT233	Classic Wholegrain Crispbread	25g	0.65	OV

FINN CRISPBREADS

BT003	Harvest Slims	200g	1.09	V
BT004	Harvest Wheat and Poppy	250g	1.09	SV
BT025	Multigrain	175g	1.09	V
BT002	Original Rye	250g	1.09	V
BT009	Whole Rye - Organic	200g	1.05	VO

KALLO

	<i>Rice Cake Bites</i>			
BT118	Organic Savoury	30g	0.69	GOV
	<i>Rice Cakes</i>			
BT184	Corn Cakes OG	130g	1.59	GOV
BT031	Fairtrade Rice Cake No Salt OG	130g	1.39	FGOV
BT033	No Added Salt Organic	130g	1.39	GVO
BT183	Oat & Rice Cakes	130g	1.39	GV
BT034	Salted Organic	130g	1.39	GVO
BT215	Savoury	138g	1.99	OGV
BT036	Thick Slice Sesame Rice Cake	130g	1.39	GOV
BT240	Thin Slice No Salt - organic	130g	1.39	GVO

MILLERS DAMSEL

	<i>Savoury Wafers</i>			
BT131	Charcoal Wheat Wafer Tray	125g	1.79	V
BT132	Spelt Wafer Tray	125g	1.79	V
BT140	Wheat Wafer Tray	125g	1.79	V

MILLERS DAMSEL ORGANIC

	<i>Savoury Wafers</i>			
BT125	Spelt Wafers	100g	2.09	OV
BT152	Three Seed Wafers	100g	2.09	OV

MRS CRIMBLES

BT200	Apple Rice Cake	140g	1.39	GV
BT198	Caramel Rice Cakes	140g	1.39	GV
BT196	Corn Cakes	110g	1.39	GV

NAINIS

BT090	Fine Oatcakes	250g	0.99	V
BT291	Mini Oatcakes	200g	1.45	V
BT273	Oatcakes Organic	250g	1.29	OV
BT495	Organic Herb Oatcakes	200g	1.49	OV
BT275	Traditional (Rough) Oatcakes	300g	1.15	V

Oaties

BT081	Wholegrain Fruity Oaties	250g	1.25	SV
BT082	Wholegrain Oat Digestive	300g	1.25	SV

Wheat Free Biscuits

BT416	Fruit and Spice	200g	1.45	SV
BT414	Mixed Berry	200g	1.45	SV
BT415	Stem Ginger	200g	1.45	SV

NOW

BT419	Oatcakes No Salt - Organic	250g	1.99	OV
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ORGANICO

	<i>Rustic Breadsticks</i>			
BT065	Classic - og	120g	1.85	OV
BT061	Omega Grissini - og	120g	1.85	OV
BT068	Sesame - og	120g	1.85	OV
BT067	Spelt - og	120g	2.35	OV

ORGRAN

BT256	Corn Crispbread	200g	2.39	GV
BT258	Outback Animals - Chocolate	175g	1.95	GVS
BT255	Outback Animals - Vanilla	175g	1.95	GVS

PATERSON'S

BT097	Olive Oil Oatcakes	300g	1.39	V
BT128	Rough Oatcakes	300g	1.19	V

TERRASANA

BT350	Crackers - Linseed & Rosemary	160g	1.99	OV
BT363	Crackers - Natural	300g	2.55	OV

Code	Description	Size	RRP	BFGOS
BT230	Crackers - Onion & Oregano	165g	1.99	OV
BT375	Crackers - Salted	300g	2.55	OV
BT357	Crackers - Sesame	300g	2.55	OV
BT665	Crackers - Spelt	280g	3.45	OV
BT228	Crackers - Tomato	175g	1.99	OV

THE FINE COOKIE COMPANY

BT169	Hand Baked Gingerbread Men	75g	0.89	SV
BT170	Hand-Baked Ginger Cookies	200g	1.99	OV
BT172	Hand-Baked Lemon Cookies	200g	1.99	OV
BT173	Hand-Baked Oat & Raisin Cookie	200g	1.99	OV

VILLAGE BAKERY

BT119	Oatcakes	250g	1.99	VO
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BODYCARE

SUMA GLYCERINE SOAP

Glycerine Soap

DY540	Grapefruit & Aloe Vera Soap	90g	1.19	V
DY555	Hemp Oil & Vitamin E Soap	90g	1.19	V
DY532	Rose & Geranium Soap	90g	1.19	V
DY013	White Lavender Soap	90g	1.19	V

SUMA HANDMADE SOAPS

DY498	Almond Soap	1	0.95	V
DY479	Wild Raspberry Soap	1	0.95	V

Country Garden

DY122	Camomile Soap	1	0.95	V
DY119	Mixed Soap - Country Garden	1	0.95	V
DY120	Rosemary Soap	1	0.95	V

Exotic

DY248	Cinnamon & Sandalwood Soap	1	0.95	V
DY116	Mixed Soap - Exotic	1	0.95	V
DY366	Nutmeg & Vanilla Soap	1	0.95	V
DY209	Tea Tree Soap	1	0.95	V

Extra Gentle

DY118	Avocado & Cucumber Soap	1	0.95	V
DY208	Desert Aloe Vera Soap	1	0.95	V
DY246	Fragrant Coco Palm Soap	1	0.95	V
DY117	Mixed Soap - Extra Gentle	1	0.95	V

Gift Box Soaps

DY775	Floral Collection Soap	4 x 1	3.79	GV
DY198	Sensual Collection Soap	4 x 1	3.79	GV

Old English

DY362	Elderflower & Apple Soap	1	0.95	V
DY363	English Lavender Blossom Soap	1	0.95	V
DY371	Mixed Soap - Old English	1	0.95	V
DY367	Rose of York Soap	1	0.95	V

Sensual Spices

DY750	Sensual Spices Soap	1	0.93	V
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SUMA SHAMPOO

DY595	Clear & Simple Shampoo	5l	19.45	V
DY226	Clear & Simple Shampoo	500ml	4.15	V
DY598	Grapefruit & Aloe Vera Shampoo	5l	19.45	V
DY235	Grapefruit & Aloe Vera Shampoo	500ml	4.15	V
DY608	Rose & Geranium Shampoo	5l	19.45	V
DY242	Rose Petal & Geranium Shampoo	500ml	4.15	V
DY593	White Lavender Shampoo	5l	19.45	V
DY269	White Lavender Shampoo	500ml	4.15	V

ALOE PURA

DY040	Aloe Vera Gel OG	200g	5.55	GOV
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AMIE

DY628	Bright Eyes Make Up Remover	125ml	4.65	V
DY629	Morning Clear Face Wash	150ml	4.65	V
DY634	Morning Dew Matte Moisturiser	75ml	4.85	V
DY630	New Leaf Skin Exfoliant	75ml	4.65	V
DY632	Petal Perfect Cleansing Lotion	200ml	4.65	V
DY633	Spring Clean Cooling Clay Mask	75ml	4.85	V

BENTLEY ORGANIC

DY338	Anti Bacterial Hand Sanitizer	50ml	2.99	OV
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Code	Description	Size	RRP	BFGOS
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Bodycare

DY354	Balancing Body Lotion	250ml	4.49	OV
DY351	Calming Body Lotion	250ml	4.49	OV
DY370	Calming Moisturising Bodywash	250ml	2.99	OV
DY360	Deep Cleansing Bodywash	250ml	2.99	OV
DY357	Detoxifying Body Wash	250ml	2.99	OV

Haircare

DY397	Conditioner - all hair types	250ml	3.99	OV
DY344	Shampoo - Dry & Damaged Hair	250ml	3.99	OV
DY392	Shampoo - Frequent Use	250ml	3.99	OV
DY350	Shampoo - Normal to Dry Hair	250ml	3.99	OV
DY342	Shampoo - Normal to Oily Hair	250ml	3.99	OV

Soap & Handwash

DY393	Calming & Moisturising Soap	150g	1.99	OV
DY355	Calming Moisturising Handwash	250ml	2.99	OV
DY346	Deep Cleansing Handwash	250ml	2.99	OV
DY384	Deep Cleansing Soap	150g	1.99	OV
DY341	Detoxifying Handwash	250ml	2.99	OV
DY372	Detoxifying Soap	150g	1.99	OV

BIO ETIC

DY389	Light Legs Care	150ml	7.49	FOV
DY386	Multicare Balm - for massage	150ml	3.75	FOV

CHANDRIKA

DY495	Ayurvedic Soap	1	0.99	V
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EARTH FRIENDLY KIDS

DY313	Gentle Kids Wipes	60 pack	2.49	V
DY294	Minty Lavender Body Lotion	250ml	2.99	V
DY298	Minty Lavender Bubble Bath	250ml	3.99	V
DY330	Minty Lavender Shampoo/Bodywsh	250ml	3.99	V
DY296	Zingy Citrus Body Lotion	250ml	3.99	V
DY302	Zingy Citrus Bubble Bath	250ml	3.99	V
DY329	Zingy Citrus Hand Wash	250ml	3.99	V
DY292	Zingy Citrus Shampoo/Bodywash	250ml	3.99	V

ESSENTIAL CARE

DY435	2 in 1 Purifying Mint Mask	50g	20.00	FOSV
DY453	Aloe Vera Bodywash	200ml	9.00	OV
DY081	Avocado Replenishing Cream	50ml	18.50	OV
DY090	Creamy Coconut Cleanser	150ml	14.00	OV
DY091	Gentle Herb Shampoo	200ml	9.50	OV
DY449	Lavender Hand & Bodywash	200ml	9.50	OV
DY134	Lemon & Tea Tree Facial Wash	150ml	14.00	OV
DY442	Lemongrass Hand & Bodywash	200ml	9.50	OV
DY438	Organic Mosimix	70ml	9.50	OV
DY443	Organic Relaxing Body Oil	100ml	15.00	OV
DY162	Repair Lotion	75ml	10.00	OV
DY237	Rose Gift & Travel Set	set	24.00	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
DY625	Ylang Ylang & Orange Bodywash	200ml	9.50	OV

FAITH

Conditioner

DY221	Aloe Vera Conditioner	400ml	3.99	V
DY272	Chocolate Conditioner	400ml	4.65	GV
DY412	Ginkgo Biloba conditioner	400ml	4.65	V
DY410	Hemp & Meadowfoam Conditioner	400ml	4.65	V
DY223	Joboba Conditioner	400ml	3.99	V
DY890	Lavender, Geranium Conditioner	400ml	3.99	V
DY846	Rosemary Conditioner	400ml	3.99	V
DY845	Seaweed Conditioner	400ml	3.99	V
DY222	Tea Tree Conditioner	400ml	4.65	V

Feminine Care

DY280	Feminine Wipes	pack	1.99	V
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Foam Bath

DY104	Aloe & Ylang Ylang Foam Bath	400ml	4.25	V
DY285	Hemp & Meadowfoam Foam Bath	400ml	4.25	VG
DY105	Lavender & Geranium Foam Bath	400ml	4.25	V
DY407	Organic Chocolate Foam Bath	400ml	4.80	V

Code	Description	Size	RRP	BFGOS	Code	Description	Size	RRP	BFGOS
<i>Tampons</i>					<i>Applicator Tampons - Super</i>				
NF085	Tampons Regular - Organic	20	2.39	VO	NF215	Applicator Tampons - Super	14	3.45	OV
NF030	Tampons Regular - Organic	10	1.49	OV	NF319	Applicator Tampons Super Plus	14	3.55	OV
NF086	Tampons Super - Organic	20	2.49	OV	<i>PACIFICA</i>				
NF031	Tampons Super - Organic	10	1.59	OV	<i>Body Butter</i>				
NF087	Tampons Super Plus - OG	20	2.69	VO	NF240	Hawaiian Ruby Guava	226g	11.49	V
<i>Wipes</i>					NF241	Mediterranean Fig	226g	11.49	V
NF204	Organic Cotton Intimate Wipes	12	1.95	OV	NF244	Tahitian Gardenia	226g	11.49	V
<i>NATURTINT</i>					NF247	Tunisian Jasmine	226g	11.49	V
<i>Permanent Hair Colour Ash</i>					NF246	Waikiki Pikake	226g	11.49	V
DY861	10A Light Ash Blonde	155ml	8.99	GV	<i>Gift Set</i>				
DY859	8A Ash Blonde	155ml	8.99	GV	NF256	Avalon Juniper	1	11.49	V
<i>Permanent Hair Colour Copper</i>					NF252	Hawaiian Ruby Guava	1	11.49	V
DY869	5C Light Copper Chestnut	155ml	8.99	GV	NF253	Mediterranean Fig	1	11.49	V
DY870	7C Terracotta Blonde	155ml	8.99	GV	NF255	Waikiki Pikake	1	11.49	V
DY872	8C Copper Blonde	155ml	8.99	GV	<i>Natural Soap</i>				
<i>Permanent Hair Colour Golden</i>					NF141	Persian Rose	170g	4.59	V
DY851	4G Golden Chestnut	155ml	8.99	GV	NF147	Sandalwood	170g	4.59	V
DY853	5G Light Golden Chestnut	155ml	8.99	GV	NF148	Tunisian Jasmine	170g	4.59	V
DY855	6G Dark Golden Blonde	155ml	8.99	GV	<i>Solid Perfume</i>				
DY857	7G Golden Blonde	155ml	8.99	GV	NF234	Hawaiian Ruby Guava	1	6.59	V
DY858	8G Sandy Golden Blonde	155ml	8.99	GV	NF235	Mediterranean Fig	1	6.59	V
<i>Permanent Hair Colour Illusion</i>					NF236	Tahitian Gardenia	1	6.59	V
DY880	Arizona Copper I-7.46	155ml	8.99	GV	NF237	Tunisian Jasmine	1	6.59	V
DY876	Fireland I-6.66	155ml	8.99	GV	NF239	Waikiki Pikake	1	6.59	V
<i>Permanent Hair Colour Mahogany</i>					<i>Spray Perfume</i>				
DY862	4M Mahogany Chestnut	155ml	8.99	GV	NF249	Mediterranean Fig	36ml	14.55	V
DY865	5M Light Mahogany Chestnut	155ml	8.99	GV	NF248	Tahitian Gardenia	36ml	14.55	V
DY867	7M Mahogany Blonde	155ml	8.99	GV	NF251	Tunisian Jasmine	36ml	14.55	V
<i>Permanent Hair Colour Natural</i>					<i>PITROK</i>				
DY847	10N Light Dawn Blonde	155ml	8.99	GV	DY195	Crystal Deodorant	80g	4.84	V
DY826	1N Ebony Black	155ml	8.99	GV	DY049	Crystal Deodorant - Push-up	100g	5.82	V
DY828	2N Brown Black	155ml	8.99	GV	DY126	Deodorant Spray - fragranced	100ml	3.87	V
DY831	3N Dark Chestnut Brown	155ml	8.99	GV	DY139	Spray Deodorant	100ml	3.87	V
DY832	4N Natural Chestnut	155ml	8.99	GV	<i>PUREPOTIONS SKINCARE</i>				
DY834	5N Light Chestnut Brown	155ml	8.99	GV	DY609	Skin Salvation Bath Oil	100ml	7.49	GOV
DY835	6N Dark Blonde	155ml	8.99	GV	<i>SIMPLY GENTLE</i>				
DY837	7N Hazelnut Blonde	155ml	8.99	GV	DY097	Cotton Buds - organic	200	2.45	VO
DY840	8N Wheatgerm Blonde	155ml	8.99	GV	<i>SOLANO TRADING</i>				
DY841	9N Honey Blonde	155ml	8.99	GV	DY062	Lavender Soap	170g	2.49	V
<i>Permanent Hair Colour Red</i>					<i>SUNCOAT</i>				
DY875	4I Iridescent Chestnut	155ml	8.99	GV	<i>Natural Cosmetics</i>				
DY873	9R Fire Red	155ml	8.99	GV	DY566	Hair Spray - Fragrance Free	60ml	9.95	V
<i>NITTY GRITTY</i>					DY560	Liquid Eye Liner - Black	7ml	21.95	V
DY428	Head Lice Repellent Spray	250ml	9.99	V	DY563	Liquid Eye Liner - Brown	7ml	21.95	V
DY385	Head Lice Solution	150ml	8.99	V	DY554	Mascara - Black	10ml	19.95	V
<i>OLIVA</i>					DY557	Mascara - Brown	10ml	19.95	V
DY290	Olive Oil Soap	6 x 125g	1.15	V	<i>Natural Nail Care</i>				
DY561	Olive Oil Soap - Large Bar	600g	2.45	V	DY573	Nail Polish - Almond Nude	8ml	12.95	V
<i>ORGANIC BLUE</i>					DY578	Nail Polish - Beige	8ml	12.95	V
DY054	Conditioner - all hair types	250ml	3.99	V	DY568	Nail Polish - Berry	8ml	12.95	V
DY472	Mens Bath Soak	250ml	3.99	V	DY574	Nail Polish - Chic Black	8ml	12.95	V
DY477	Mens Body Lotion	250ml	4.99	V	DY572	Nail Polish - Clear Top Coat	8ml	12.95	V
DY488	Mens Hair & Body Wash	250ml	3.99	V	DY605	Nail Polish - Desert Sunset	8ml	12.95	V
DY467	Mens Shower Scrub	250ml	3.99	V	DY567	Nail Polish - Pearl White	8ml	12.95	V
DY048	Moisturising Body Lotion	250ml	4.99	V	DY577	Nail Polish - Purple Haze	8ml	12.95	V
DY053	Refreshing Body Scrub	250ml	3.99	V	DY571	Nail Polish - Sienna	8ml	12.95	V
DY055	Shampoo - normal to dry hair	250ml	3.99	V	DY576	Nail Polish - Silver	8ml	12.95	V
DY056	Shampoo - normal to greasy	250ml	3.99	V	DY579	Nail Polish Remover	60ml	12.95	V
DY044	Wake Up Shower Gel	250ml	3.99	V	<i>TOMS OF MAINE</i>				
<i>ORGANIC</i>					DY437	Roll on Deodorant - Calendula	88.7ml	4.45	GV
<i>Pads</i>					DY459	Roll on Deodorant - Unscented	88.7ml	4.45	GV
NF227	Pads - Heavy Flow	10	3.05	OV	DY115	Stick Deodorant - Honeysuckle	64g	3.77	V
NF220	Pads - Moderate Flow	10	2.45	OV	DY211	Stick Deodorant - Unscented	64g	3.77	V
NF199	Pads - Moderate Flow	10	2.89	OV	<i>TRILOGY SKINCARE</i>				
NF245	Pant Liners - Light Flow	24	2.59	OV	DY516	100% Pure Rosehip Oil	20ml	15.61	OV
NF182	Panty Liners - Light Flow	24	2.89	OV	DY064	Everything Balm	45ml	10.72	V
<i>Tampons</i>					DY282	Rose Hand Cream	50ml	8.76	V
NF238	Applicator Tampons - Regular	16	3.35	OV					

B - biodynamic F - fairlytraded G - gluten free O - organic S - added sugar

Code	Description	Size	RRP	BFGOS
	<i>Age Proof</i>			
DY396	Daily Defence Moisturiser	50ml	27.36	GV
DY368	Nutrient Plus Firming Serum	30ml	29.31	GV
DY295	Replenishing Night Cream	60g	30.29	GV
	<i>Natural Actives For Men</i>			
DY463	After Shave Balm	100ml	15.66	GV
DY468	Face Wash & Scrub	150ml	11.75	GV
DY470	Moisturiser with SPF15	50ml	17.65	GV
DY473	Smooth Shave Cream	150ml	9.79	GV
	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	3.82	GOV
DY782	Baby Lotion	250ml	5.35	GOV
DY765	Baby Oil - no perfume	100ml	9.35	GOV
DY645	Baby Shampoo	250ml	3.82	GOV
DY655	Baby Zinc Balm	75ml	5.86	GOV
	<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
DY907	Chamomile Shampoo	250ml	3.39	V
	<i>Lavender</i>			
DY250	Lavender Body Lotion	250ml	5.59	GOV
DY902	Lavender Conditioner	250ml	4.59	V
DY906	Lavender Shampoo	250ml	3.99	V
	<i>Lime</i>			
DY725	Lime Crystal Roll On Deodorant	50ml	4.39	GOV
	<i>No Perfume</i>			
DY310	No Perfume Body Lotion	250ml	5.59	V
DY327	No Perfume Conditioner	250ml	4.59	V
DY286	No Perfume Crystal Deo Spray	50ml	4.39	GOV
DY022	No Perfume Liquid Crystal Deo	50ml	4.39	V
DY336	No Perfume Shampoo	250ml	3.99	V
DY258	No Perfume Shower Gel	500ml	5.95	V
	<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
DY903	Rose Conditioner	250ml	4.59	V
DY060	Rose Crystal Deodorant	50ml	4.39	OV
DY274	Rose Crystal Deodorant Spray	50ml	4.39	GOV
DY904	Rose Shampoo	250ml	3.99	V
	WELEDA			
	<i>Bath & Shower</i>			
DY158	Bath Milk - Lavender	200ml	8.50	V
DY381	Citrus Creamy Body Wash	200ml	6.95	V
DY284	Lavender Creamy Body Wash	200ml	6.95	V
DY387	Sea Buckthorn Creamy Body Wash	200ml	6.95	V
DY431	Wild Rose Creamy Body Wash	200ml	7.95	V
	<i>Body Care</i>			
DY101	Birch Cellulite Oil	100ml	14.95	OV
DY287	Lavender Relaxing Body Oil	100ml	8.95	V
DY300	Sea Buckthorn Body Oil	100ml	8.95	V
DY232	Spray Deodorant - Citrus	30ml	3.50	V
DY152	Spray Deodorant - Citrus	100ml	6.50	V
DY233	Spray Deodorant - Sage	30ml	3.50	V
DY151	Spray Deodorant - Sage	100ml	6.50	V
DY305	Wild Rose Spray Deodorant	100ml	8.50	V
DY311	Wild Rose Spray Deodorant	30ml	4.50	V
	<i>Facial Care</i>			
DY276	Wild Rose Day Cream	30ml	9.95	V

Code	Description	Size	RRP	BFGOS
DY339	Wild Rose Day Cream	30ml	9.95	V
DY271	Wild Rose Facial Toner	100ml	7.95	V
DY544	Wild Rose Intensive Face Mask	30ml	10.95	V
DY277	Wild Rose Moisture Cream	30ml	9.95	V
DY333	Wild Rose Moisture Cream	30ml	9.95	V
	<i>Hair Care</i>			
DY559	Calendula & Chamomile Shampoo	250ml	7.95	V
DY556	Calendula Chamomile Conditionr	250ml	7.95	V
DY564	Lemon Balm & Orange Conditionr	250ml	7.95	V
DY569	Rosemary & Ginger Conditioner	250ml	7.95	V
	<i>Mens Range</i>			
DY359	Smooth Shave Toner	100ml	10.95	V
	<i>Specialist Skincare</i>			
DY168	Aknedoron Cleansing Lotion	100ml	5.95	V
DY065	Aknedoron Purifying Lotion	50ml	5.95	V

YES PURE INTIMACY PRODUCTS

DY179	Water Based Intimate Lubricant	75ml	9.99	OVG
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

BREADS & BREAD MIXES

BARKAT

BT334	Brown Rice Sliced Bread	500g	4.99	VG
BT333	White Rice Sliced Bread	500g	4.99	VG
BT292	Wholemeal Sliced Bread	500g	3.99	GSV

BAVARIAN

BT533	Pumpnickel Bread - Organic	500g	1.69	OV
BT534	Sunflower Seed Bread - Organic	500g	1.69	OV
BT535	Whole Rye Bread - Organic	500g	1.69	OV

BIONA

BT465	Millet Bread - Organic	250g	2.89	GOV
BT135	Pizza Base - 2 Per Retail Pack	300g	2.69	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	1.99	OV
BT206	Rye Bread - Omega 3	500g	1.79	OV
BT207	Rye Bread - Pumpkin Seed	500g	2.09	OV
BT210	Rye Bread - Sunflower Seed	500g	1.79	OV
BT422	Spelt Pizza Base - Organic	300g	3.29	OV

HALE & HEARTY

BT259	Breadcrumbs	250g	3.19	GSV
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JUST WHOLEFOODS

VF257	Wholemeal Breadcrumbs -organic	175g	1.15	OV
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MESTEMACHER

BT180	Pumpnickel	250g	1.35	V
BT021	Rye Bread - organic	500g	1.99	VO
BT020	Sunflower Bread - organic	500g	1.99	VO

MRS CRIMBLES

BT194	Pastry Mix	200g	2.19	GSV
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NEWBURY PHILLIPS

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

ORGRAN

WT025	All Purpose Pastry Mix	375g	2.45	GV
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SUNNYVALE

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

Code Description Size RRP BFGOS

BURGERS SAUSAGES & TVP MIXES

SUMA PREPACKS

SY108	TVP Flavoured Coloured Chunks	200g	0.89	GV
SY109	TVP Flavoured Coloured Mince	250g	0.85	GV
SY103	TVP Plain Chunks	200g	0.75	GV
SY104	TVP Plain Mince	250g	0.89	GV
VF160	Vegetarian Burger Mix	250g	1.89	V
VF162	Vegetarian Sausage Mix	250g	1.89	V

GRANOSE

VF073	Mixed Nut Roast Mix	150g	1.39	V
VF090	S'flower Seed, Lentil& Veg Mix	150g	1.39	V
VF091	Sunflower Seed& Veg Burger Mix	174g	1.39	V

JUST WHOLEFOODS

VF706	Vegetarian Banger Mix -organic	125g	1.35	OV
VF705	Vegetarian Burger Mix	125g	1.35	OV

SHROPSHIRE SPICE CO

KJ360	Sage & Onion Stuffing Mix	150g	1.29	OV
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CAKES

MRS CRIMBLES

BT244	Dutch Apple Cake	475g	2.59	SV
BT238	Dutch Fruit Loaf	300g	2.59	V
BT245	Stem Ginger Cake	475g	2.59	SV

SUNNVALE

BT089	Fruit Cake - organic	400g	2.75	OV
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CANDLES

MANCHESTER CANDLE CO

NF706	French Vanilla Tea Lights	6 pack	0.99	V
NF652	Lavender Tea Lights	6 pack	0.99	V
NF250	Tealights - unscented	60	4.85	V

MOORLANDS DIPPED CANDLES

Standard 9" x 0.85", 8hr burn

NF079	Blue/Purple Selection	10 pairs	1.35	V
NF429	Bright Red	4 pairs	1.39	V
NF291	Christmas Colours Selection	10 pairs	1.35	V
NF290	Christmas Colours Selection	50 pairs	1.19	V
NF293	Green Shades	10 pairs	1.35	V
NF597	Ivory Standard	10 pairs	1.35	V
NF421	Orange/Yellow Shades	4 pairs	1.45	V
NF295	Pink/Purple Shades	10 pairs	1.35	V
NF077	Rainbow Mix	10 pairs	1.35	V
NF431	Rainbow Mix	50 pairs	1.19	V
NF316	Rainbow Multi	4 pairs	1.79	V
NF130	Rainbow Multi	11 pairs	1.55	V
NF292	Red Shades	10 pairs	1.35	V
NF073	White	4 pairs	1.45	V
NF294	White	10 pairs	1.35	V

Stubby (4.5" x 0.85")

NF600	Stubby Mixed Colours	20 pairs	0.85	V
Super Giant 8"x 2 1/2"				
NF296	Christmas Mixed Selection	8 singles	3.59	V
NF422	Mixed Selection	8 singles	3.59	GV

PACIFICA

Handmade soya candles in glass

NF230	Hawaiian Ruby Guava	1	9.39	V
NF231	Mediterranean Fig	1	9.39	V
NF232	Tahitian Gardenia	1	9.39	V
NF229	Tunisian Jasmine	1	9.39	V
NF233	Waikiki Pikake	1	9.39	V

CARIBBEAN FOOD

LEVI ROOTS

Caribbean Cooking Sauces

KJ245	Caribbean Curry Sauce	350g	1.89	GV
KJ236	Reggae Reggae Cooking Sauce	350g	1.89	GV

Table Sauces

KJ055	Fiery Guava Dipping Sauce	295g	1.59	GSV
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Code Description Size RRP BFGOS

KJ101	Love Apple Tomato Ketchup	295g	1.59	GSV
KJ100	Reggae Reggae Sauce	310g	1.59	SV

CHEESE SUBSTITUTES (CHILLED)

BIDDY MERKINS

CV101	Vegerella - Cheddar OG	170g	1.49	GOV
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BIONA

CV379	Styria Spread- Pumpkin	125g	2.29	OSV
CV383	Toscana Spread - Olive, Tomato	125g	2.29	OV

BUTE ISLAND FOODS

CV219	Sheese - Blue Stilton Style	227g	2.35	GV
CV220	Sheese - Cheddar Style + Chive	227g	2.35	GV
CV222	Sheese - Cheshire	227g	2.35	GV
CV218	Sheese - Hickory Smoke Cheddar	227g	2.35	GV
CV300	Sheese - Medium Cheddar (Red)	227g	2.35	GV
CV224	Sheese - Mozzarella Style	227g	2.35	GV

Creamy Sheese

CV307	Sheese - Chive Creamy Spread	255g	2.13	GSV
CV302	Sheese - Creamy Cheddar	255g	2.13	GSV
CV310	Sheese - Creamy Mexican Style	255g	2.13	GSV
CV308	Sheese - Garlic/ Herb Creamy	255g	2.13	GSV
CV315	Sheese -Creamy Original Spread	255g	2.13	GSV

PROVAMEL

CV130	Organic Spreadable Soya Cheese	150g	1.29	GOV
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PURE

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

REDWOOD

CV631	Cheddar Cheezly with Cranberry	190g	2.58	GV
CV644	Cheezly Cheddar Style Slices	100g	1.91	SV
CV645	Cheezly Edam Style Block	190g	1.91	SV
CV231	Garlic Cheddar Style Cheezly	190g	1.91	V
CV646	Gouda Style Block	190g	1.91	SV
CV647	Mozzarella Style Block	190g	1.91	SV
CV227	Red Cheddar Style Cheezly	190g	1.91	V
CV228	White Cheddar Style Cheezly	190g	1.91	GV

TOFUTTI

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

CHOCOLATE

SUMA PREPACKS - ORGANIC

KB137	Cacao Nibs	100g	1.85	GOV
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BLAKES ORGANIC CHOCOLATE

KB262	Dark Choc with Chopped Almonds	100g	2.15	FGOSV
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BOOJA BOOJA

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

In the Raw

KB089	Cacao Nibs	50g	2.29	GOV
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B - biodynamic F - fairlytraded G - gluten free O - organic S - added sugar

Code	Description	Size	RRP	BFGOS
	COCOA LOCO			
ZX190	Dark Chocolate Brazil Nuts	100g	3.99	GOSVF
ZX352	Dark Chocolate Buttons - Org	100g	1.99	GOSV
	DIVINE			
KB534	Dark Choc with Raspberries	100g	1.99	FGSV
ZX001	Divine 70% Dark Mint Chocolate	100g	1.69	FGV
KB533	Milk Chocolate / Butterscotch	45g	0.95	FGSV
	MONTEZUMA'S			
KB272	OG Dark Chocolate Button Bag	180g	2.35	GOSV
KB196	Very Dark - og <i>Emperor Bar</i>	100g	2.19	GOSV
KB254	Dk Choc with Geranium & Orange	100g	2.25	GOSV
KB194	Og Dark Chocolate & Chilli	100g	2.25	GOSV
KB148	Peru Dark Chocolate	100g	2.25	GOVS
	<i>Mini Bars</i>			
KB417	Dark with Chilli	30g	0.75	GOSV
KB419	Peru with Sea Salt	30g	0.75	GOSV
	MULU RAW CHOCOLATE			
KB448	Mulu Raw Chocolate - Dark	74g	3.45	GSV
KB450	Mulu Raw Chocolate - Silk	74g	3.45	GSV
KB449	Mulu Raw Chocolate-Dark/Nibs	74g	3.45	GSV
KB451	Mulu Raw Chocolate-Mixed Case	74g	3.45	GSV
	ORGANIC SEED & BEAN COMPANY			
KB536	72% Dark Chocolate and Chilli	100g	1.79	FGOSV
KB535	Dark Chocolate Bars Gift Box	180g	5.49	FGOSV
KB621	Dark Fairtrade Chocolate Bar	60g	1.79	FGOSV
KB622	Lavender Fairtrade Chocolate	60g	1.79	FGOSV
KB623	Lime OG Chocolate Bar	60g	1.79	GOSV
KB211	Mandarin & Ginger FT Chocolate	60g	1.79	FGOSV
KB200	Mint Fairtrade Chocolate	60g	1.79	FGOSV
KB210	Rose Fairtrade Chocolate	60g	1.79	FGOSV
	ORGANICA			
KB354	Belgian Dark Chocolate	75g	1.99	FGOSV
KB456	Cranberry Dark Chocolate	100g	2.19	FGOSV
KB361	Dark Choc with Mint Crisps	100g	2.09	FGOVS
KB038	Food of the Gods Dark Choc	100g	2.39	FGOSV
KB353	Hazelnut Dark Chocolate	100g	2.09	FGOSV
KB359	Non Dairy Milk Chocolate	100g	2.39	FGOSV
KB349	Raisin & Almond Non Dairy Choc	100g	2.39	FGOSV
KB039	Spirit of Marrakesh Dark Choc	100g	2.09	FGOSV
KB040	Spirit of Tangiers Dark Choc	100g	2.09	FGOSV
KB277	Vegan Diets White Chocolate	100g	2.39	FGOVS
	PLAMIL			
	<i>Carob Bars</i>			
KB143	Carob, No added sugar	100g	1.59	GV
KB140	Carob, No Hydrogenated Fat	100g	1.59	GSV
	<i>Free From</i>			
KB506	Dairy Free Alternative	100g	1.59	GVS
KB071	Dairy Free Chocolate Drops	175g	2.49	GSV
KB507	Dairy Free Chocolate with Mint	100g	1.59	GVS
	<i>No Added Sugar</i>			
KB170	No Added Sugar Chocolate	100g	1.85	GV
KB169	No Added Sugar Chocolate	100g	1.85	GV
KB441	No Added Sugar Chocolate	100g	1.99	GV
KB264	No added sugar chocolate	45g	0.85	GV
KB263	No added sugar with Mint	45g	0.85	GV
	<i>Organic Large Bars</i>			
KB909	Cayenne Chocolate - OG	95g	1.99	GOSV
KB797	Dark Chocolate - OG	95g	1.99	GOSV
KB139	Fairtrade Organic Alternative	100g	1.99	FGOSV
KB096	Ginger Chocolate - OG	100g	1.99	GOSV
KB502	Mint Chocolate - OG	100g	1.99	GOVS
KB503	Orange Chocolate - OG	100g	1.99	OGVS
	<i>Premium Organic Mini Bars</i>			
KB267	Dark 87% with White Mint	50g	1.29	GOSV
KB266	Orange Chocolate & Cranberries	50g	1.29	GOSV
KB430	Rum and Raisin Chocolate - OG	50g	1.29	GOSV

Code	Description	Size	RRP	BFGOS
	SIESTA			
KB714	Carob Bar Luxury - Mixed	50g	1.15	VG
KB711	Carob Bar Luxury - Natural	50g	1.15	VG
	CHOCOLATE SPREADS			
	BIONA			
GH840	Chocolate Spread - og	350g	2.99	GOSV
	ESSENTIAL TRADING			
GH092	Dark Chocolate Spread	400g	3.19	FOSV
	PLAMIL			
GH005	Chocolate Spread Orange - og	275g	2.19	GOSV
GH004	Chocolate Spread Plain - og	275g	2.19	GOSV
	CHRISTMAS SPECIALITIES			
	ATKINS & POTTS			
KJ251	Cranberry Relish	270g	3.50	GSV
KJ328	Port Jelly	230g	2.75	GSV
KJ329	Redcurrant and Juniper Jelly	240g	2.75	GSV
	COCOA LOCO			
KB455	Chocolate Man - Dark, Organic	60g	1.99	GOSV
KB471	Mini Chocolate Men - Dark, Org	110g	3.49	GOSV
	DIVINE			
KB541	Dark Chocolate Balls in Foil	100g	3.99	FGSV
KB538	FT Advent Calendar - Dark	1	3.75	FGSV
KB543	Milk Chocolate Balls in Foil	100g	3.99	FGSV
	FOSTERS			
KJ338	Pickled Walnuts	300g	3.85	V
	HAMBLEDEN HERBS			
HE007	Mulling Spices - og	25g	3.99	GOV
	HENSHELWOODS FINE FOODS			
KJ331	Sweet Balsamic Onions	250g	3.45	GSV
KJ337	X-Rated Mincemeat	250g	3.49	SV
	JOHN LUSTY			
KJ352	Cranberry Sauce	190g	2.29	GSV
	MAYAN MAGIC			
KB447	Mayan Magic Raw Chocolate Kit	1	11.95	GSV
	MERIDIAN			
VF084	Mince Pie Filling - og	310g	2.99	GOV
	MONTEZUMA'S			
KB173	Chunky Snowmen Dark	110g	4.50	GOV
	MRS DARLINGTONS			
VF002	Mince Pie Filling with Brandy	410g	1.99	GSV
	ST DALFOUR			
JS059	Gift Box with Spoon	3 x 284g	7.49	VG
	STEENBERGS			
HE114	Mulled Wine Sachets-Fairtrade	5	1.55	FGOV
	VILLAGE BAKERY			
BT199	Gluten Free Christmas Pudding	450g	6.99	GOSV
BT107	Gluten Free Christmas Pudding	200g	3.99	GOSV
	CIDERS			
	ASPALLS			
RT023	Aspalls Organic Suffolk Cider	500ml	2.75	GOSV
RT255	Draught Suffolk Cider	500ml	2.45	GV
RT254	Dry Premier Cru Suffolk Cider	500ml	2.45	GV
RT253	Peronelle's Blush S'folk Cider	500ml	3.19	GV
	DUNKERTONS			
RT015	Dunkertons Organic Cider	500ml	2.55	GOV
RT191	Dunkertons Sparkling Perry	500ml	2.99	GOV
	FRENCH CIDER			
RT190	Cidre Brut	75cl	4.59	GOV
	WESTONS			
RT001	Weston Premium Pear Cider - og	500ml	2.69	OV
RT006	Westons Premium Organic Cider	500ml	2.56	OV

Code	Description	Size	RRP	BFGOS
COCOA				
SUMA PREPACKS - FAIRLY TRADED				
LJ189	Cocoa Powder - organic, FT	250g	2.69	FGOV
CLIPPER				
TE664	Fairtrade OG Drinking Choco	250g	2.49	FGOSV
COCOA LOCO				
TE998	Pure Cocoa Powder	200g	2.65	FGOV
COCODIRECT				
TE857	Cocodirect Drinking Chocolate	250g	3.20	FGVS
DIVINE				
TE687	Drinking Chocolate	500g	4.19	FGVS
EQUAL EXCHANGE				
TE491	Cocoa Fairtrade - organic	250g	2.99	FGOV
GREEN & BLACKS				
TE453	Cocoa Powder - organic	125g	1.69	FGOV
MONTEZUMA'S				
KB190	Omacatl Uno - og	300g	4.95	GOSV
SPANISH CHOCOLATE COMPANY				
TE370	Thick Hot Chocolate Drink	350g	3.99	GV

COFFEE SUBSTITUTES				
BARLEYCUP				
TE240	Instant Cereal Drink	200g	2.75	V
TE242	Instant Cereal Drink	100g	1.49	V
TE547	Instant Cereal Drink Organic	100g	2.09	OV
BIOFORCE				
TE368	Bambu	100g	3.59	V
LIMA				
TE057	Yannoh Instant	125g	3.95	VO
WHOLE EARTH				
TE389	Nocaf - organic	100g	2.49	VO
TE215	Wake Cup	125g	3.35	GV

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
GRANOVITA				
VF036	Nut Luncheon	420g	1.89	GV
VF298	Vegetable Hotpot	420g	1.79	V
RIFC				
VF045	Spanish Chick Pea Casserole	400g	1.69	GV
ST DALFOUR FRENCH BISTRO				
VF603	Cous Cous	175g	1.85	V
VF605	Three Beans with Sweetcorn	175g	1.85	GV
SUNITA				
FG601	Polenta - organic	500g	1.39	OV
ZANAE				
VF044	Butter Bean Salad	280g	1.69	V
VF527	Okra in Sauce	280g	2.29	GV
VF528	Spinach and Rice	280g	1.85	GV
VF017	Stuffed Vine Leaves	280g	2.09	V

CRISPS & SNACKS				
SUMA BAGGED DOWN				
ZX465	Garlic Sticks	700g	2.59	GV
SUMA PREPACKS				
ZX195	Bombay Mix	125g	0.65	GV

Code	Description	Size	RRP	BFGOS
ZX196	Bombay Mix	250g	0.99	GV
ZX200	Delhi Mix	125g	0.75	GV
ZX084	Fruit & Nut Mix	125g	1.45	GV
ZX205	Japanese Rice Crackers	125g	1.35	V
ZX202	Sesame Sticks	125g	0.59	V
ZX294	Spiced Roast Chick Peas	125g	0.69	GV
ZX204	Spicy Noodles	125g	0.75	GV
ZX558	Spicy Noodles	250g	1.19	GV
DR034	Super 4U Berry Mix	125g	2.99	GV
SUMA PREPACKS - ORGANIC				
ZX931	Bombay Mix - organic	125g	0.75	OV
ZX552	Bombay Mix - organic	250g	1.25	OV
AMAZIN				
ZX544	Bio Corn Chips Chilli	75g	0.99	OV
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
ZX245	Organic Rice Chips - Chilli	105g	1.69	GOV
ZX247	Organic Rice Chips - Garlic	105g	1.69	GOV
ZX246	Organic Rice Chips - Original	105g	1.69	GOV
BIONA				
ZX397	Potato Chips - Lightly Salted	30g	0.79	GOV
ZX396	Potato Chips - Salt & Vinegar	30g	0.79	GOSV
CLEARSPRING				
ZX230	Japanese Rice Crackers	50g	1.79	OV
ZX216	Roasted Seeds & Soya Snack	35g	0.85	GOV
ZX218	Roasted Seeds, Soya & Cranberry	30g	0.99	GOV
CRIPS				
ZX188	Natural Sea Salt	35g	0.65	SV
ZX189	Sea Salt & Balsamic Vinegar	35g	0.65	SV
ZX069	Sea Salt & Black Pepper	35g	0.65	SV
CYPRESSA				
ZX351	Giant Corn Snacks	50g	0.45	V
ZX810	Roasted and Salted Broad Beans	150g	0.89	GV
FIORENTINI				
ZX388	Organic Rice Snack - Chilli	40g	0.99	GOV
ZX389	Organic Rice Snack - Olive Oil	40g	0.99	GOSV
ZX387	Organic Rice Snacks - Rosemary	40g	0.99	GOV
JONATHAN CRISP				
ZX681	Jalapeno Pepper	40g	0.65	GV
ZX682	Lightly Salted	40g	0.65	GV
ZX690	Sea Salt & Malt Vinegar	40g	0.65	GV
ZX677	Sundried Tomato & Basil	40g	0.65	GV
KETTLE CHIPS				
ZX912	Balsamic Vinegar & Sea Salt	40g	0.61	GSV
ZX381	Balsamic Vinegar & Sea Salt	150g	1.95	GSV
ZX914	Lightly Salted	40g	0.61	GSV
ZX248	Lightly Salted	150g	1.95	GV
ZX394	Red Onion Chutney	150g	1.95	GSV
ZX307	Roasted Tomato & Basil	150g	1.95	GSV
ZX913	Sea Salt & Crushed Peppercorns	40g	0.61	GSV
ZX362	Sweet Chilli	40g	0.61	SV
ZX303	Sweet Chilli	150g	1.95	SV
MUNCHY SEEDS				
ZX262	Chilli Mix	30g	0.57	GV
ZX259	Mixed Case	30g	0.57	GV
ZX263	Omega Mix	30g	0.57	GV
ZX268	Omega Mix	200g	3.55	GV
ZX264	Pumpkin Mix	30g	0.57	GV
NAIRNS				
ZX482	Mediterranean Tomato	30g	0.55	V
ZX047	Sweet Chilli Oatbake	30g	0.55	V
NUTRADIA				
ZX380	Paprika	85g	1.59	GVS
ZX383	Provencal	85g	1.59	GVS
ZX378	Sea Salt	85g	1.59	GV

B - biodynamic F - fairlytraded G - gluten free O - organic S - added sugar

Code	Description	Size	RRP	BFGOS
ZX379	Sea Salt and Black Pepper	85g	1.59	GV
ZX382	Thai Chilli	85g	1.59	GVS

PIPERS CRISPS

ZX292	Anglesey Sea Salt	40g	0.65	V
ZX290	Biggleswade Sweet Chilli	150g	1.79	SV
ZX293	Norfolk Bloody Mary	40g	0.65	SV
ZX295	Sea Salt & Indian Black Pepper	40g	0.65	GSV
ZX283	Sea Salt & Somerset Cider V'gr	150g	1.79	SV

TERRASANA

ZX560	Mung Bean Chips	50g	2.09	GOV
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TRAF0

ZX328	Corn & Rice Roasties	100g	2.09	OSV
ZX401	Corn Peanuts	100g	1.39	GOV
ZX091	Light Crisps - salted	100g	2.09	OVS
ZX053	Paprika Crisps - organic	40g	0.89	GOV
BT075	Pretzel Sticks	100g	1.25	OV
ZX054	Salt & Vinegar Crisps - org	40g	0.89	GOV
ZX055	Salted Crisps - organic	40g	0.89	GOV
VF218	Tortilla Chips - Chilli	75g	0.99	VO
ZX136	Tortilla Chips - Natural	200g	1.85	GOV
VF226	Tortilla Chips - Natural	75g	0.89	VO
ZX138	Vegetable Chips	75g	2.35	GOV

TYRRELLS

Potato Chips - Impulse

ZX399	Ale and Cheese	40g	0.65	SV
ZX909	Cider Vinegar and Sea Salt	40g	0.65	GSV
ZX324	Garden Herbs	40g	0.65	GSV
ZX908	Lightly Sea Salted	40g	0.65	GV
ZX042	Naked - No added Salt	40g	0.65	GV
ZX906	Sea Salt and Black Pepper	40g	0.65	GSV
ZX147	Summer Barbecue	40g	0.65	GV
ZX918	Sweet Chilli and Red Pepper	40g	0.65	GSV

Potato Chips - Sharing

ZX018	Cider Vinegar & Sea Salt	150g	1.69	V
ZX046	Garden Herbs	150g	1.69	GSV
ZX022	Lightly Sea Salted	150g	1.69	GV
ZX023	Naked Chips	150g	1.69	GV
ZX024	Sea Salt & Black Pepper	150g	1.69	GV
ZX323	Summer Barbecue	150g	1.69	GV
ZX021	Sweet Chilli & Red Pepper	150g	1.69	GV

Vegetable Chips

ZX658	Mixed Roots	40g	0.99	GV
ZX655	Mixed Roots	150g	2.65	V
ZX659	Parsnip	40g	0.89	SV

WHOLE EARTH

SoCrispy Light & Crunchy Bites

ZX123	Smoky Paprika Bites	28g	0.65	GV
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YAKSO

ZX520	Koban Mix	75g	1.29	GOV
ZX515	Muto Mix	75g	1.29	OV

DESSERTS

CLEARSPRING

JP047	Amazake - millet	370g	3.29	OGV
JP305	Amazake Dessert - Brown Rice	380g	3.29	GVO

GRANOVITA

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

JUST WHOLEFOODS

VF065	Custard Powder	100g	0.95	GV
VF067	Jelly Crystals - Lemon	85g	0.95	VS
VF176	Jelly Crystals - Raspberry	85g	0.95	VS
VF068	Jelly Crystals - Strawberry	85g	0.95	VS
VF066	Jelly Crystals - Trop Fruits	85g	0.95	VS

Code	Description	Size	RRP	BFGOS
	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
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DRINKS (CHILLED)

ALPRO

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

GROVE FRESH

Organic NFC Fruit Juices

CV190	Apple & Blueberry - organic	1l	2.89	GOV
CV047	Apple & Cranberry - organic	1l	2.89	GOV
CV199	Apple & Mango - organic	1l	2.89	GOV
CV198	Apple Juice - organic	1l	2.89	GOV
CV175	Grapefruit Juice - organic	1l	2.79	GOV
CV004	Orange Juice - organic	1l	2.99	GVO
CV258	Organic Apple Juice (Large)	1.75l	4.92	GVO
CV259	Organic Orange Juice (Large)	1.75l	4.92	GOV
CV002	Ruby Orange Juice - og	1l	2.89	GOV
CV191	Tropical Blend - organic	1l	2.99	GOV

ESSENTIAL OILS

AQUA OLEUM

AR002	Bergamot	10ml	5.14	V
AR004	Camomile Blue - 5% dilution	10ml	5.14	V
AR029	Carrier oil - Sweet almond	100ml	3.18	V
AR003	Cedarwood	10ml	3.38	V
AR300	Christmas Blend	10ml	5.33	V
AR057	Christmas Blend Merchandiser	10ml	5.33	V
AR037	Citronella	10ml	2.93	V
AR005	Clary Sage	10ml	6.84	V
AR006	Clove Bud	10ml	2.93	V
AR008	Eucalyptus	10ml	2.93	V
AR150	Frankincense	10ml	9.25	V
AR011	Geranium	10ml	5.86	V
AR151	Jasmine - 5% dilution	10ml	7.59	V
AR241	Lavender	10ml	7.10	VO
AR014	Lavender	10ml	4.16	V
DY447	Lavender	100ml	24.46	V
AR143	Lavender Oil Merchandiser	10ml	4.16	V
AR015	Lemon	10ml	3.38	V
AR041	Mandarin	10ml	3.18	V
AR018	Neroli (orange blossom) 5% dil	10ml	6.61	V
AR019	Orange	10ml	2.69	V
AR020	Patchouli	10ml	3.38	V
AR022	Peppermint	10ml	3.67	V
AR023	Rose Maroc - 5% dilution	10ml	5.63	V
AR024	Rosemary	10ml	3.38	V
AR056	Sandalwood - 5% dilution	10ml	5.75	V
AR049	Sinus Blend	10ml	3.38	V
AR026	Tea Tree	10ml	3.91	V
DY450	Tea Tree	100ml	27.39	V
AR144	Tea Tree Oil Merchandiser	10ml	3.91	V
AR028	Ylang Ylang	10ml	5.86	V

PRIMAVERA

Aroma Roll-On Displays

AR053	Clear Mind	10ml	7.95	OV
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Code	Description	Size	RRP	BFGOS
AR054	Heart Of Rose	10ml	7.95	OV
AR048	High Spirits	10ml	6.35	OV

FAR EASTERN FOOD

BIONA

VF775	Coconut Milk Organic	400ml	1.19	GOV
VF772	Creamed Coconut Organic	200g	1.09	GOV
JP014	Wasabi Style Horseradish Paste	50g	2.99	GOV

BLUE DRAGON

VF416	Bamboo Shoots	225g	1.05	GV
VF417	Bean Sprouts	410g	1.25	GV
LJ495	Coconut Cream UHT	250ml	1.69	GV
LJ254	Coconut Milk - Reduced Fat	400ml	1.09	GV
LJ652	Coconut Milk Mini Cans	165ml	0.65	GV
LJ134	Coconut Milk Organic	400ml	1.59	GOV
LJ050	Creamed Coconut Block	200g	1.59	VG
LJ135	Creamed Coconut Block Organic	200g	1.99	GOV
HE212	Garlic - Minced	110g	1.39	GV
HE213	Ginger - minced green	110g	1.05	GV
WT149	Instant Noodles Multipack	375g	1.05	V
HE211	Lemon Grass	210g	1.89	GV
HE214	Minced Hot Chilli	110g	1.05	GSV
VF820	Springroll Wrappers	134g	1.05	VG
VF841	Stem Ginger in Syrup	260g	2.25	SVG
JP093	Sushi Nori	22g	1.75	VG
KJ265	Sweet Chilli Dipping Sauce	190ml	1.39	V
KJ159	Sweet Chilli Dipping Sauce	190ml	1.39	VS
VF013	Tamarind Paste	120g	1.19	V
JP220	Tofu - Firm Silken	349g	1.59	V
VF419	Water Chestnuts	225g	1.05	GV
WT100	Wholewheat Noodles	300g	0.99	V

CLEARSPRING

JP056	All Buckwheat Soba Noodles	250g	3.49	OV
JP090	Arame	50g	3.99	GV
JP211	Barley Miso Jar	300g	4.59	VO
JP304	Breton Sea Salad	50g	3.29	GV
JP212	Brown Rice Miso Jar	300g	3.79	VO
JP060	Brown Rice Vinegar - Organic	150ml	1.99	GOV
JP013	Brown Sushi Rice - Organic	500g	2.49	GOV
JP131	Dulse - atlantic coast	50g	3.69	GV
JP069	Green Nori Sprinkle	20g	1.99	GV
JP114	Hearty Red Miso Soup + Sea Veg	4 x 10g	2.79	V
JP070	Hijiki	50g	3.69	GV
JP321	Instant Miso Soup and Sea Veg	4 x 10g	2.99	VO
JP007	Japanese Sea Vegetable Salad	25g	4.79	GV
JP091	Kombu	50g	3.99	GV
JP148	Mellow White Miso Soup + Tofu	4 x 10g	2.79	V
JP213	Miso - Hatcho	300g	4.39	VO
JP015	Miso Bouillon Paste - Organic	112g	2.79	OV
JP071	Nori	25g	3.49	GV
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
JP066	Shiitake Mushrooms	50g	4.99	GV
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
JP003	Sushi Ginger Pickle	50g	2.29	V
JP072	Sushi Nori - toasted	17g	2.89	GV
JP314	Sushi Rice - Organic	500g	1.99	OGV
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
JP101	Ume Plum Seasoning	150ml	1.69	GV
JP098	Umeboshi Plums	200g	7.59	GV
JP313	Umeboshi Puree	250g	5.79	GV
JP092	Wakame	50g	3.99	GV

Code	Description	Size	RRP	BFGOS
JP021	Wasabi Powder	25g	2.99	GV

DANIVAL

JP095	Miso - Rice, organic	200g	4.15	VOG
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DUNN'S RIVER

VF106	Coconut Milk	400ml	0.75	GV
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GEO ORGANICS

VF736	Black Bean Cooking Sauce	350g	2.35	GOSV
VF738	Thai Green Curry Paste OG	180g	2.35	OV
VF739	Thai Red Curry Paste OG	180g	2.35	OV

GINGER DRAGON

JP201	Asian Veg Instant Org Noodles	80g	0.89	OV
JP202	Tomato Instant Noodles Organic	80g	0.89	OV

KING SOBA

WT057	OG Miso Soup Edamame Soya Bean	60g	1.99	GV
WT058	Og Miso Soup Pumpkin & Veg	60g	1.99	GOV
WT059	Og Miso Soup Tofu & Ginger	60g	1.99	GOV

KTC

MA066	Creamed Coconut	200g	0.85	GV
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LEGEND ORGANICS

LJ007	Coconut Milk - organic	400ml	1.25	OGV
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MERIDIAN

VF871	Green Thai Cooking Sauce	350g	1.79	GV
JP307	Shoyu	150ml	1.59	V
JP308	Shoyu	500ml	2.99	V
JP309	Tamari	150ml	2.29	GV
JP310	Tamari	500ml	4.99	GV
JP058	Tamari	5l	34.39	GV

MORNU

JP205	Tofu - Firm	349g	1.65	GV
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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

RIFC

VF115	Thai Green Curry	400g	1.69	GSV
VF037	Thai Temple Curry	400g	1.69	GSV

SANCHI

JP109	Hatcho Miso	345g	3.29	GV
JP105	Miso - Genmai (Brown Rice)	345g	2.99	GV
JP055	Miso Soup	6 x 8g	2.29	GV
JP657	Organic Soba Noodles	250g	1.49	OV
JP656	Organic Thai Rice Noodles	250g	1.49	OV
JP521	Ramen - Ginger, organic	88g	1.29	OV
JP778	Ramen-Seaweed Noodles, organic	88g	1.29	OV
JP670	Tamari - organic	150ml	2.49	OVG
JP119	Tamari Soy Sauce	300ml	2.99	GV

SEEDS OF CHANGE

VF063	Sweet & Sour Cooking Sauce	350g	2.99	GOSV
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TERRASANA

JP025	Mirin - cooking wine	250ml	3.35	GV
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YAKSO

JP113	Tamari - organic	250ml	3.29	VOG
VF005	Tempah	175g	2.95	OV

FLAKES, BRANS & WHEATGERM

SUMA PREPACKS

FG040	Coarse Oatmeal	500g	0.85	V
FX030	Oats - jumbo	500g	0.89	V
FX099	Oats - jumbo	1Kg	1.35	V
FX033	Oats - porridge	500g	0.89	V
FX100	Oats - porridge	1Kg	1.29	V
FX035	Wheatgerm	500g	1.59	V

SUMA PREPACKS - ORGANIC

FX092	Barley Flakes - pearl OG	500g	1.15	OV
FX090	Bran Flakes organic (no salt)	250g	1.25	OV

Code	Description	Size	RRP	BFGOS
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	1.45	OV
FX043	Wheat Bran - organic	500g	0.95	OV
FX094	Wheat Flakes - organic	500g	1.25	OV
<i>ALARA</i>				
FX002	Alara OT Strawberry Oats	500g	1.29	OV
<i>ALLERGYCARE</i>				
FX044	Buckwheat Flakes	500g	3.19	GV
<i>BARKAT</i>				
MX270	Porridge- Millet & Rice Flakes	500g	4.79	GOSV
<i>JORDANS</i>				
MX200	Porridge Oats Organic	750g	2.45	OV
FX080	Wheatgerm - natural	375g	2.15	V
<i>MORNFLAKE</i>				
FG037	Fine Oatmeal	500g	0.85	V
FG035	Medium Oatmeal	500g	0.69	V
FX008	Oat Bran	500g	1.49	V
FG033	Oatmeal - Coarse (Pinhead)	500g	0.69	V
FX011	Oats - porridge, organic	500g	0.99	VO
<i>QUINOA REAL</i>				
FX505	Quinoa Flakes - OG	500g	5.29	FGOV

FLOURS & BREAD MIXES

<i>SUMA PREPACKS</i>				
FG078	Gram Flour	500g	1.35	GV
FG092	Polenta	500g	1.09	GV
<i>SUMA PREPACKS - ORGANIC</i>				
FG149	Brown Rice Flour - organic	500g	1.69	GOV
FG128	Maize Meal - organic	500g	1.09	GOV
FG205	Soya Flour - organic	250g	1.99	GOV
<i>ALLERGYCARE</i>				
FG096	Tapioca Flour	500g	2.12	GV
<i>BACHELDRE WATERMILL</i>				
FG187	Plain Unbleached White Flour	1.5Kg	2.29	OV
FG175	Stoneground Rye Flour	1.5Kg	2.59	OV
FG179	Stoneground Spelt Flour	1.5Kg	3.99	OV
FG162	Strong 100% Wholemeal Flour	1.5Kg	2.05	OV
FG165	Strong Malted Blend Flour	1.5Kg	2.65	OV
FG164	Strong Malted Five Seed Flour	1.5Kg	3.55	OV
FG160	Strong Unbleached White Flour	1.5Kg	2.49	OV
<i>BRYNGWENNY FLOUR MILL</i>				
FG048	Organic Plain White Flour	1.5Kg	1.89	OV
FG045	Strong White Flour	1.5Kg	1.59	V
<i>DOVES FARM</i>				
FG654	Barleycorn Flour - Organic	1Kg	1.69	OV
FG999	Buckwheat Flour	1Kg	1.85	V
FG522	Gluten Free Brown Bread Flour	1Kg	2.35	GVS
FG700	Gluten Free Plain White Flour	1Kg	2.25	GV
FG701	Gluten Free Self Raising White	1Kg	2.19	GV
FG520	Gluten Free White Bread Flour	1Kg	2.35	GV
FG116	Gram (chickpea) flour	1Kg	1.79	GV
FG011	Kamut Flour Organic	1Kg	3.09	OV
FG004	Malthouse Flour (wheat & rye)	1Kg	1.69	OV
FG997	Pasta / Pizza Flour	1Kg	1.59	OV
FG117	Rice Flour	1Kg	1.65	GV
FG016	Rye Flour - wholemeal, organic	1Kg	1.59	OV
FG102	Spelt Flour - organic	1Kg	2.35	OV

Code	Description	Size	RRP	BFGOS
FG069	White Flour - plain, organic	1Kg	1.19	OV
FG070	White Self Raising Organic	1Kg	1.19	OV
FG071	White Spelt Flour - Organic	1Kg	2.95	OV
FG072	White Strong Flour - organic	1.5Kg	1.79	OV
FG010	Wholewheat fine pastry organic	1Kg	1.05	VO
FG115	Wholewheat Self Raising Org	1Kg	1.09	OV
FG008	Wholewheat Strong Flour, org	1.5Kg	1.69	OV
<i>FERRERO</i>				
QS003	Polenta	500g	1.39	V
<i>GILCHESTERS ORGANICS</i>				
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
<i>GLEBE FARM</i>				
FG001	Carrot Cake Mix	400g	3.29	GSV
FG250	Chocolate Cake Mix	400g	3.29	GSV
FG002	Muffin Mix Cranberry Blueberry	400g	3.29	GSV
FG253	Rye and Linseed Bread Mix	1Kg	2.99	OV
FG255	Seeded Bread Mix	1Kg	2.99	OV
FG252	Spelt and Rye Bread Mix	1kg	3.75	OV
<i>HALE & HEARTY</i>				
FG058	Classic Chocolate Cake Mix	400g	3.29	GOSV
FG057	Classic Vanilla Sponge Mix	400g	2.59	GOSV
FG062	Four Grain Pancake Mix	400g	3.19	GOSV
FG060	Luxury Wholegrain Crumble Mix	400g	3.09	GSV
FG059	Multi-Seed Bread Mix	375g	3.29	GOSV
FG056	Rich Chocolate Brownie Mix	400g	3.19	GOSV
<i>KITCHEN GARDEN</i>				
FG038	Soya Flour - organic	250g	1.05	FGOV
<i>LITTLE SALKELD WATERMILL</i>				
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
<i>Bulk</i>				
FG055	Wholemeal plain flour organic	6kg	10.55	VOB
<i>MARRIAGES</i>				
FG582	Canadian V Strong White	1.5Kg	1.59	V
FG666	Canadian V Strong Wholemeal	1.5Kg	1.59	V
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
FG031	White Flour - Finest plain	1.5kg	1.39	V
FG030	White flour - Finest strong	1.5kg	1.49	V
FG029	White flour Finest self rais.	1.5kg	1.39	V
FG562	White Self Raising Organic	1.5Kg	1.69	OV
FG024	Wholemeal Bread Flour organic	1.5kg	1.79	VO
FG022	Wholemeal strong flour	1.5kg	1.49	V
<i>ORGANICO</i>				
FG521	Polenta - organic	250g	1.69	OV
<i>ORGRAN</i>				
FG503	Buckwheat Pancake Mix	375g	2.65	GV
FG681	Gluten Free Self Raising Flour	500g	2.65	GV
FG501	Pizza & Pastry Mix	375g	2.65	GV
<i>RAKUSEN'S</i>				
FG044	Potato Flour	500g	2.15	GV
<i>SHIPTON MILL</i>				
FG899	Three Malts Brown Flour	1kg	1.45	OV
FG898	White Organic Flour	1Kg	1.39	OV
FG876	White organic strong flour	2.5Kg	3.49	OV

Code	Description	Size	RRP	BFGOS
GRAVY, STOCK & BOUILLON				
ALLERGYCARE				
LJ655	Gravy Powder	300g	2.79	GVS
FREE & EASY				
LJ008	Gravy Sauce Mix	130g	1.65	GV
KALLO				
LJ102	French Onion Stock Cubes	66g	1.29	GOVS
LJ103	Garlic & Herb Stock Cubes	66g	1.29	GOVS
LJ171	Low Salt Vegetable Stock Cubes	66g	1.44	GOVS
LJ122	Mushroom Stock Cubes	66g	1.29	GOVS
LJ101	Tomato & Herb Stock Cubes	66g	1.29	GOVS
LJ158	Vegetable Stock Cubes	66g	1.29	GOV
LJ147	Yeast Free Veg. Stock Cubes	6 x 10g	1.28	GV
<i>While stocks last...</i>				
LJ120	Vegetable Stock Cubes +33%	88g	1.29	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
LJ237	Bouillon Powder - Reduced Salt	500g	5.45	VG
LJ164	Bouillon powder-reduced salt	1kg	10.00	VG
LJ070	Bouillon powder-reduced salt	150g	1.75	VG
LJ326	Gravy Powder - Organic	110g	1.99	OVS
LJ212	Low Salt Bouillon Cubes	8	1.15	GOV
LJ210	Miso Bouillon Powder	140g	2.69	GOV
LJ074	Organic Bouillon Reduced Salt	150g	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
LJ093	Org Sage & Onion Stuffing Mix	125g	3.49	OV
LJ105	Organic Light Gravy	125g	3.49	OV
LJ104	Organic Mint Gravy	125g	3.49	OV
LJ100	Organic Traditional Gravy	125g	3.49	OV
LJ091	Organic Vegetable Bouillon	125g	3.49	OSV
VECON				
LJ049	Vegetable Stock	1kg	11.65	GV
LJ047	Vegetable Stock	125g	1.99	GV
LJ048	Vegetable Stock	250g	3.19	GV

HOUSEHOLD CLEANING PRODUCTS

Code	Description	Size	RRP	BFGOS
BIO D				
HJ032	Bathroom Cleaner Spray	500ml	2.95	V
HJ244	Concentrated Toilet Cleaner	750ml	2.05	V
HJ028	Dishwasher Rinse Aid	500ml	2.95	V
HJ258	Drum Tap - fits both 15l & 25l	each	5.47	V
HJ247	Eucalyptus Disinfectant	5l	7.99	V
HJ608	Fabric Conditioner	5l	7.99	V
HJ004	Fabric Conditioner	1l	2.15	V
HJ099	General Purpose Polish	750ml	4.00	V
HJ010	Glass & Mirror Cleaner	750ml	3.05	V
HJ800	Laundry Liquid	5l	17.85	V
HJ003	Laundry Liquid	1l	3.85	V
HJ654	Multi Surface Cleaner	5l	10.20	V
HJ006	Multi Surface Cleaner	1l	2.55	V
HJ005	Toilet Cleaner	1l	2.51	V
HJ081	Washing Powder Concentrated	1kg	3.65	V
HJ082	Washing Powder Concentrated	2kg	7.09	V
HJ103	Washing Powder Concentrated	12.5kg	40.45	V
HJ097	Washing Up Liquid	5l	7.82	V
HJ001	Washing Up Liquid	1l	1.99	V
CLEAR SPRING				
HJ079	Dishwasher Gel	5l	17.50	V
HJ048	Dishwasher Gel	1l	4.25	V
HJ089	Laundry Liquid	5l	14.50	V
HJ073	Laundry Liquid	1l	3.45	V
HJ080	Washing Up Liquid	5l	9.10	V
HJ088	Washing Up Liquid	1l	1.95	V

Code	Description	Size	RRP	BFGOS
EARTH FRIENDLY				
HJ013	Dishmate Washing up Grapefruit	500ml	2.99	GV
HJ101	ECOS Laundry Liquid /20 Washes	591ml	4.50	GV
HJ562	ECOS Lavendar Laundry Liquid	1.5l	6.95	V
HJ014	Furniture Polish	500ml	3.99	GV
HJ016	Orange Mate Multi Surface Clnr	500ml	3.59	GV
HJ015	Orange Mate Surface Cleaner	500ml	3.39	GV
HJ102	Oxo Brite -Whitener/Brightener	908g	5.95	GV
HJ018	Parsley Plus	500ml	2.89	GV
HJ106	Shower cleaner	500ml	3.99	GV
HJ107	Stain & Odour Remover	500ml	3.99	GV
HJ553	Unifresh Lavender AirFreshener	120ml	4.75	V
HJ112	Wave Dishwasher Gel	946ml	4.85	GV
HJ020	Wave Dishwasher Sachets	26	3.99	GV
HJ019	Window Cleaner with Vinegar	500ml	3.49	GV
ECOLEAF				
HJ078	Fabric Conditioner	5l	9.25	V
HJ066	Fabric Conditioner	1l	2.79	V
HJ075	Laundry Liquid	5l	14.95	V
HJ055	Laundry Liquid	1.5l	4.59	V
HJ062	Liquid Hand Soap	5l	15.95	V
HJ049	Liquid Hand Soap	500ml	3.05	V
HJ050	Multi Surface Cleaner	500ml	1.65	V
HJ056	Toilet Cleaner	750ml	1.75	V
HJ072	Toilet Cleaner	5l	11.30	V
HJ067	Washing Up Liquid	5l	10.25	V
HJ047	Washing Up Liquid	1l	1.95	V
ECOVER				
HJ098	All Purpose Cleaner	500ml	1.59	V
HJ100	All Purpose Cleaner	1l	2.69	V
HJ113	All Purpose Cleaner-Bag in Box	5l	12.49	V
HJ002	Bathroom Cleaner	500ml	2.95	V
HJ009	Car Glass & Interior Spray	500ml	3.90	V
HJ007	Car Wash & Wax	500ml	4.05	V
HJ065	Cream Cleaner	500ml	1.49	V
HJ071	Delicate	5l	17.75	V
HJ541	Delicate	500ml	2.09	V
HJ507	Delicate	1l	3.95	V
HJ087	Dishwash Tablets	25 tablets	5.15	GV
HJ086	Dishwasher Rinse Aid	500ml	3.35	V
HJ064	Fabric Conditioner	5l	13.15	V
HJ093	Fabric Conditioner	500ml	2.09	V
HJ023	Fabric Conditioner	1l	2.99	V
HJ043	Fabric Softener	1l	2.99	V
HJ070	Floor Cleaner	5l	13.89	V
HJ024	Floor Cleaner	1l	3.25	V
HJ022	Grapefruit & Green Tea Wash Up	500ml	1.45	V
HJ021	Grapefruit & Green Tea Wash Up	1l	2.29	V
HJ094	Heavy Duty Hand Cleaner	150ml	2.29	V
HJ076	Laundry Bleach	400g	1.89	V
HJ254	liquid Hand Soap	250ml	3.59	V
HJ527	Liquid Hand Soap	5l	34.05	V
HJ054	Liquid Hand Soap Refill	1l	9.49	V
HJ085	Multi Surface Cleaner	500ml	1.65	V
HJ095	Multi Surface Spray	500ml	2.84	V
HJ092	Multi Surface Spray Refill	500ml	2.57	V
HJ042	Non Bio Integrated Powder	10kg	45.65	V
HJ521	Non Bio Integrated Powder	2.66Kg	15.25	V
HJ096	Power Cleaner	500ml	3.99	V
HJ999	Stain Remover	200ml	2.99	GV
HJ069	Toilet Cleaner	5l	10.15	V
HJ011	Toilet Cleaner Ocean Waves	750ml	1.99	V
HJ511	Toilet Cleaner Pine Fresh	750ml	1.99	V
HJ036	Washing powder	10kg	37.69	V
HJ888	Washing Up Liquid - Vegan	1l	2.35	GV
HJ509	Washing Up Liquid - Vegan	500ml	1.39	V
HJ667	Washing Up Liquid Vegan	5l	10.89	V
HJ091	Window & Glass Cleaner	500ml	2.79	V
ECOZONE				
HJ666	Eco Stain Remover	each	2.49	V

Code	Description	Size	RRP	BFGOS
HJ241	Ecoballs	3 pack	34.99	V
HJ688	Ecoballs - Refill	each	19.99	V
HJ114	Magnaloo - Toilet Descaler	2	14.99	V
HJ674	Magno Ball	each	14.99	GV
NF501	The Amazing Dryer Balls	1	9.99	GV

FRESH AND GREEN

HJ059	Bathroom Cleaner	500ml	2.39	V
HJ057	Biodegradable Wipes	30	2.45	V
HJ058	Kitchen & Hob Degreaser	500ml	2.39	V

SOAPPODS

HJ853	Soapods Soap Nuts	500g	10.50	GV
HJ854	Soapods Soap Nuts	190g	4.95	GV

HOUSEHOLD PRODUCTS

SUMA

NF056	Japanese Tea Balls	10 pack	2.60	V
NF221	Tea Towel	each	5.86	V

DROUGHTBUSTER

NF650	Bathwater Recycling System	each	19.99	V
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ECOVER

HJ052	Room Fragrance - Lavendar	250ml	14.99	V
HJ051	Room Fragrance - Lemontree	250ml	14.99	V
HJ053	Room Fragrance - Rose Garden	250ml	14.99	V

GLOGG

NF225	Stainless Steel Bottle	400ml	5.80	V
NF185	Stainless Steel Bottle	500ml	5.99	V
NF224	Stainless Steel Bottle	750ml	7.99	V
NF223	Stainless Steel Bottle	750ml	7.99	V

GREEN TIPS

NF342	Household Gloves - Large	1 pair	1.29	FV
NF341	Household Gloves - Medium	1 pair	1.29	FV
NF339	Household Gloves - Small	1 pair	1.29	FV

IF YOU CARE

NF338	Firelighters	1 pack	3.89	V
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MICHAELS ORIGINALS

NF202	Luffa Washing Up Scourer	1	1.69	GV
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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

GURKHA FINE FOODS

Authentic Gurkha Recipes

KJ343	Kukhra Gourmet Curry Sauce	350g	3.49	GV
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LJJAT

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

MERIDIAN

Free From

VF019	Korma Sauce	350g	1.79	SV
VF025	Tikka Masala Sauce	350g	1.79	GSV

PATAKS

Chutneys

KJ445	Hot Mango Chutney	340g	1.65	GSV
KJ444	Sweet Mango Chutney	340g	1.65	GSV

Curry Pastes

KJ039	Biryani Curry Paste	283g	2.15	GV
KJ056	Extra Hot Curry Paste	283g	2.15	GV
KJ087	Garam Masala Curry Paste	283g	2.15	GV
KJ258	Jalfrezi Curry Paste	283g	2.15	V
KJ054	Madras Curry Paste	283g	2.15	GV
KJ152	Rogan Josh Curry Paste	283g	2.15	GSV
KJ227	Tandoori Curry Paste	312g	2.15	GV

Code	Description	Size	RRP	BFGOS
KJ058	Tikka Curry Paste	300g	2.15	GV
Pappadums				
VF293	Pappadums - Plain	100g	1.15	V
Pickles				
KJ040	Brinjal Pickle	312g	2.15	GSV
KJ041	Chilli Pickle	283g	2.15	GV
KJ044	Lime Pickle - Hot	283g	2.15	GV
KJ045	Lime Pickle - Medium/Hot	283g	2.15	GV
KJ046	Mango Pickle - Hot	283g	2.15	GV
KJ047	Mango pickle - Medium	283g	2.15	GV
KJ049	Mixed Pickle	283g	2.15	GV

REAL ORGANIC FOOD COMPANY

VF102	Jalfrezi	350g	2.49	GOSV
VF108	Rogan Josh	350g	2.49	GOSV

SEEDS OF CHANGE

VF148	Balti Sauce - og	350g	2.79	GOV
VF132	Jalfrezi Sauce - og	350g	2.79	GOV
VF129	Madras Sauce - og	350g	2.79	GOV

SPICETREE

KJ110	Lime Pickle Organic	180g	2.95	GOSV
KJ034	Mango Chutney Organic	240g	2.89	OGVS
KJ086	Pineapple Chutney Organic	240g	3.35	GOSV

JAMS & FRUIT SPREADS

SUMA

JS200	Pear and Apple Spread	300g	1.39	GV
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BIONA

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

JS141	Raspberry Jam - organic	320g	2.35	GVOS
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CLEARSPRING

JS350	Fruit Spread - Apricot	290g	2.89	VO
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
JS053	Raspberry Extra Jam - og	265g	3.39	GOSV
JS045	Ruby Orange Marmalade - og	265g	2.99	GOSV
JS054	Seville Orange Marmalade - og	265g	2.99	GOSV
JS056	Seville Orange Marmalade - og	265g	2.99	GOSV
JS057	Strawberry Extra Jam - og	265g	2.99	GOSV

HAWKSHEAD RELISH COMPANY

JS015	Bramble & Bramley Jam	227g	2.15	GSV
JS016	Five Fruit Marmalade	227g	2.15	GSV
JS022	Grapefruit & Ginger Marmalade	227g	2.15	GSV
JS007	Raspberry & Vanilla Jam	227g	2.15	GSV
JS014	Strawberry & Black Pepper Jam	227g	2.15	GSV

MERIDIAN

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

Code	Description	Size	RRP	BFGOS
	ST DALFOUR			
JS051	Apricot Spread	284g	2.05	VG
JS064	Black Cherry Spread	284g	2.05	GV
JS063	Blackberry Spread	284g	2.05	GV
JS062	Blackcurrant Spread	284g	2.05	GV
JS009	Cranberry & Blueberry	284g	2.09	GV
JS068	Fig Spread	284g	2.05	VG
JS067	Four Fruits Spread	284g	2.05	GV
JS065	Golden Peach Spread	284g	2.05	GV
JS066	Mirabelle Plum Spread	284g	2.05	GV
JS120	Orange and Ginger Spread	284g	2.05	GV
JS220	Pineapple & Mango	284g	2.05	VG
JS046	Raspberry & Pomegranate Spread	284g	2.09	GV
JS049	Raspberry Spread	284g	2.09	GV
JS050	Strawberry Spread	284g	2.05	GV
JS061	Thick Cut Orange Spread	284g	2.05	GV
JS060	Wild Blueberry Spread	284g	2.09	GV

STAVERTON EWE

JS025	Raspberry Extra Jam	454g	3.65	GSV
JS024	Strawberry Extra Jam	454g	3.65	GSV

STUTE

JS119	Diabetic Jam - Strawberry	430g	1.75	GV
JS116	Diabetic Marmalade - Fine Cut	430g	1.60	GV

TRADICRAFT

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

WHOLE EARTH

JS033	Orange Spread Thin Cut - og	250g	1.59	GOV
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MARGARINES & SPREADS (CHILLED)

SUMA

Non Hydrogenated Oils

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

BIONA

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

PURE

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

MAYONNAISE & SALAD DRESSINGS

DUCHY ORIGINALS

KJ323	Fresh Herb Vinaigrette - og	250ml	4.55	GOSV
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ESSENTIAL DRESSINGS

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

GRANOVITA

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

PLAMIL

KJ186	Egg Free Mayonnaise - Garlic	315g	1.79	GV
KJ187	Egg Free Mayonnaise - Plain	315g	1.79	GV
KJ188	Egg Free Mayonnaise - Tarragon	315g	1.79	GV

Catering

KJ200	Egg Free Mayonnaise - Garlic	2.5kg	11.85	GV
LJ360	Egg Free Mayonnaise - organic	2.5kg	14.69	GOSV
KJ254	Egg Free Mayonnaise - Plain	2.5kg	11.85	GV

Organic

LJ006	Egg Free Mayo+Lemongrass - og	315g	2.15	GOSV
LJ259	Egg Free Mayonnaise - organic	315g	2.15	GOSV
KJ300	Egg Free Rice Mayonnaise - org	315g	2.28	GOV

Code	Description	Size	RRP	BFGOS
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MEATLESS SUBSTITUTES (CHILLED)

DELPHI FOODS

CV265	Falafel	140g	1.57	GV
CV276	Falafels with a Houmous Dip	185g	1.81	GV

DRAGONFLY

CV162	Mixed Beany Burgers OG	200g	2.21	GOV
CV702	Mushroom Beany Burgers OG	200g	2.21	GOV
CV703	Nut Beany Burgers OG	200g	2.21	GOV
CV046	Organic Original Soysage	200g	2.21	GOV
CV705	Spicy Beany Burgers OG	200g	2.21	GOV
CV317	Tatty Patty - organic	200g	2.18	GOV
CV706	Tomato Beany Burgers OG	200g	2.21	GOV
CV704	Vegetable Beany Burgers OG	200g	2.21	GOV

FLORENTIN

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

MACSWEEN

CV013	Vegetarian Haggis	225g	1.96	V
CV014	Vegetarian Haggis	454g	3.75	V
CV006	Vegetarian Haggis	88g	4.79	V

PROVAMEL

CV184	Organic Tofu Nuggets	140g	1.69	OV
CV185	Organic Tofu Schnitzel	180g	1.99	OV

REDWOOD

CV630	Cheatin' Celebration Roast	445g	5.29	V
CV232	Cheatin' Chicken	100g	1.59	V
CV260	Cheatin' Chorizo Style Chunks	150g	2.88	V
CV235	Cheatin' Garlic Sausage	100g	1.59	V
CV234	Cheatin' Ham	100g	1.59	V
CV237	Cheatin' Pepperoni	100g	1.76	V
CV236	Cheatin' Roast Beef	100g	1.76	V
CV233	Cheatin' Turkey	100g	1.59	V
CV399	Organic Bio Rashers	115g	2.43	OV
CV098	Original Rashers	120g	2.52	V
CV238	Streaky-Style Rashers	115g	2.20	V

Making Waves

CV555	Fish Style Fingers - Breaded	215g	2.76	V
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Vegi Deli

CV025	Cheatin Chicken Style Pieces	150g	2.33	V
CV015	Cheatin Vegetarian Mince	300g	3.08	V
CV668	Falafel-Traditional Style	250g	2.44	V
CV667	Lincolnshire Style Sausage	295g	2.23	V
CV375	Organic Pork Style Sausages	165g	1.73	OSV
CV193	Quarterpound Meat Free Burger	228g	2.49	GSV
CV557	Sage & Marjoram Sausages	295g	2.23	V
CV594	Schnitzels - organic	200g	2.43	OV
CV669	Thai Style Fish Cakes	250g	2.66	V

Vegideli Stuffed Roasts

CV038	Beef Style Roast with Stuffing	390g	4.42	V
CV043	Turkey Style Roast & Stuffing	390g	4.42	V

TAFUN

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
CV005	Sombreros Spicy - organic	250g	3.59	OV
CV053	Spelt & Sunflower Cutlets - OG	200g	2.69	OV
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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Code	Description	Size	RRP	BFGOS
	<i>VIANA</i> <i>Demeter Organic Standard</i>			
CV404	Bonanza Veggie Steaks	210g	3.49	OSV
CV414	Real Jumbos	275g	3.55	SOV
CV402	Robinson Burger	200g	2.79	OV
	<i>WICKEN FEN</i> <i>Minimum 5 days shelf life</i>			
CV102	Cumberland Style Sausages	280g	2.19	V
CV358	Sausages - Country Herb	280g	2.19	V

MEXICAN FOOD

	<i>SEEDS OF CHANGE</i>			
VF057	Chilli sauce - og	350g	2.99	GOSV
	<i>TRAF0</i>			
KJ078	Salsa Dip - Cool	200g	2.09	GOV
KJ074	Salsa Dip - Hot	200ml	2.09	GOV

MIDDLE EASTERN & AFRICAN FOOD

	<i>ALFEZ</i>			
KJ548	Apricot & Coriander Tagine	350g	1.99	GSV
KJ065	Falafel	150g	1.19	V
KJ753	Harissa	100g	1.56	VG
KJ313	Houmous	160g	1.69	V
KJ071	Kofta Kebab	42g	0.79	V
KJ547	Lemon Tagine	100g	1.39	SV
KJ302	Moroccan Couscous	200g	1.29	V
KJ308	Preserved Lemons	140g	2.99	V
KJ752	Ras El Hanout Rub	42g	1.65	V
	<i>GRANOSE</i>			
VF078	Falafel Mix	120g	1.39	V
	<i>HALE & HEARTY</i>			
VF167	Quick & Easy Falafel Mix	200g	2.09	GOSV
	<i>JOANNUSMOLEN</i>			
VF713	Falafel Mix	110g	2.29	OV
	<i>JUST WHOLEFOODS</i>			
VF183	Falafel Mix - organic	120g	1.35	GOV

MILK - NON DAIRY

	<i>ALPRO</i>			
SY335	Rice Drink - calcium + vits	1l	1.59	GV
SY007	Rice Drink - organic	1l	1.65	VOG
	<i>BONSOY</i>			
SY072	Soya Milk - organic	1l	2.69	GVO
	<i>ECOMIL</i>			
SY275	Almond Drink - 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
	<i>GRANOVITA</i>			
SY455	Cremovita Organic Soya Cream	300ml	1.49	GOV
SY144	Soya Milk - organic	500ml	0.79	GVO
SY145	Soya Milk - organic	1l	1.49	GVO
	<i>OATLY</i>			
JU377	Oat Drink - Classic	1l	1.65	OV
	<i>PLAMIL</i>			
SY009	Soya Milk, unsweetened - og	1l	1.49	GOV
	<i>PROVAMEL</i>			
SY040	Soya alternative to Cream	250ml	0.79	GOSV
SY067	Soya Drink - Banana	3 x 250ml	1.49	GOV
SY033	Soya Drink - Chocolate	3 x 250ml	1.49	GOV
SY095	Soya Drink - Chocolate	1l	1.49	GOV
SY032	Soya Drink - Strawberry	3 x 250ml	1.49	GOV
SY027	Soya Drink - Vanilla	3 x 250ml	1.49	GOV
SY034	Soya Drink - Vanilla	1l	1.49	GOV
SY069	Soya Milk - Sweetened	1l	0.99	GOV

Code	Description	Size	RRP	BFGOS
SY080	Soya Milk - sweetened	1l	1.49	GOV
SY126	Soya Milk - Sweetened with	250ml	0.45	GV
SY043	Soya Milk - sweetened with	1l	1.39	GV
SY700	Soya Milk - unsweetened	1l	0.99	GVO
SY026	Soya Milk - Unsweetened	500ml	0.89	GOV
SY025	Soya Milk - Unsweetened	1l	1.45	GOV
SY270	Soya Milk - Unsweetened +	1l	1.39	GV
SY085	Sweetened + Calcium & Vits	1l	0.99	GV
SY048	Unsweetened + Calcium & Vits	1l	0.99	GV

RICE DREAM

JU540	Rice Dream - Calcium	1l	1.89	V
JU255	Rice Dream - Chocolate	1l	1.99	SV
JU307	Rice Dream - Hazelnut & Almond	1l	1.99	V
JU720	Rice Dream - Original	200ml	0.59	VO
JU361	Rice Dream - Original	1l	1.89	VO
JU362	Rice Dream - Vanilla	1l	1.99	VO

SOJADE

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

SOYA SOLEIL

SY135	Soya milk - Added Calcium	1l	0.89	V
SY136	Soya milk - Unsweetened	1l	0.89	V

SOYATOOL

SY315	Soya Coffee Creamer	300ml	1.59	OV
SY345	Soya Cooking Cream - whippable	300ml	1.59	OV
SY375	Soya Spray Cream	250g	1.89	V
SY349	Soya Topping Cream - whippable	300ml	1.59	OV

SUNRISE

SY039	Cafe Expert Soya Drink	1l	1.29	GV
SY041	Soya Milk - Org, Unsweetened	1l	1.29	OV
SY036	Soya Milk + Calcium & Vitamins	1l	1.29	GV

THE BRIDGE

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
SY582	Rice Drink	500ml	0.99	GOV
SY487	Rice Drink	1l	1.69	GOV
SY042	Rice Drink - Calcium Enriched	1l	1.79	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

MUESLIS & BREAKFAST CEREALS

SUMA MUESLI

MX089	Super Muesli	500g	1.79	V
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SUMA MUESLI - ORGANIC

MX088	De Luxe Muesli - organic	500g	1.99	OV
MX085	De Luxe Muesli - organic	750g	2.79	OV
MX086	Muesli Base - organic	750g	2.05	OV

SUMA PREPACKS

MX142	Gluten Free Muesli	500g	2.69	VG
MX153	Luxury Tropical Muesli, SO2	500g	1.99	V
MX056	Nutty Crunch	500g	1.35	V
MX102	Roast Hazelnut Muesli	1Kg	3.19	V
MX147	Super Muesli	500g	1.89	V
MX103	Super Muesli	1Kg	3.49	V

SUMA PREPACKS - ORGANIC

MX149	De Luxe Muesli - organic	500g	2.45	VO
MX163	De Luxe Muesli - organic	1Kg	4.35	OV
MX058	Gluten Free Muesli - organic	500g	2.99	GOV
MX139	Gluten Free Muesli - organic	1Kg	5.85	GOV
MX151	Muesli - organic	500g	1.95	VO
MX106	Muesli - organic	1Kg	3.75	OV
MX161	Muesli Base - organic	1Kg	2.59	OV

Code	Description	Size	RRP	BFGOS
MX266	Premium Muesli - organic	500g	2.65	OV
MX179	Premium Muesli - organic	1Kg	4.75	OV
<i>ALARA</i>				
MX031	Rich Muesli - organic	500g	2.09	OV
<i>Sustainable Range</i>				
MX236	Active Muesli - organic	400g	3.59	FGOV
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
<i>Traditional Range</i>				
MX029	Branberry Muesli - organic	300g	1.99	OV
MX023	Gluten Free Muesli - organic	250g	2.05	OV
MX065	Luxury Gluten Free Muesli	500g	2.55	GV
MX046	Tropical Muesli - organic	500g	2.25	OV
<i>BIG OZ</i>				
MX077	Agave Coated Rice Puffs	300g	2.59	GOSV
MX078	Berry Coated Rice Puffs	300g	2.59	GOSV
MX755	Millet Puffs	250g	2.25	OV
<i>DOVES FARM</i>				
MX900	Wholewheat Cereal Biscuits	375g	2.12	OV
<i>ENVIROKIDZ</i>				
MX602	Gorilla Munch	284g	2.99	GOSV
MX601	Koala Crisp	325g	2.99	OSV
<i>FAMILIA</i>				
MX999	Swiss Muesli - organic	340g	1.55	OV
MX996	Swiss Muesli Baby Food	250g	1.99	VO
<i>HALE & HEARTY</i>				
MX083	Choco Jungle Pops	275g	3.19	GOSV
MX084	Honey Bee Pops	275g	2.99	GOSV
MX082	Pure Gluten Free Porridge Oats	325g	4.39	GSV
<i>KALLO</i>				
MX124	Puffed Rice Cereal - Natural	225g	2.49	GOV
<i>KRAFT</i>				
MX121	Grapenuts	450g	2.99	VS
<i>LIZI'S</i>				
MX061	Lizi's Belgian Choc Granola	400g	3.29	SV
MX133	Lizi's Organic Granola	500g	4.99	OV
MX125	Lizi's Original Granola	500g	2.99	SV
MX063	Lizi's Pink Apple/Cinnamon	400g	3.49	V
MX064	Lizi's Treacle/Pecan Granola	400g	3.29	SV
<i>MAPLETONS</i>				
MX128	Fru-Grains	320g	2.19	SV
<i>NATURE'S 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
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 ORGANIC FOODS</i>				
<i>Flakes</i>				
MX068	Organic Corn Flakes	250g	1.99	GOV
MX070	Organic Multi Flakes	400g	3.25	OV
MX071	Organic Spelt Flakes	300g	3.09	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

Code	Description	Size	RRP	BFGOS
<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>Puffs</i>				
MX072	Organic Oat Puffs	200g	2.29	OV
MX074	Organic Rice Puffs	225g	2.45	GOV
<i>TRAIDCRAFT</i>				
MX876	Fruit and Nut Muesli	500g	2.39	FV
<i>WHOLE EARTH</i>				
MX172	Classic Cornflakes - organic	375g	1.99	GOSV
MX174	Maple Frosted Flakes - og	375g	2.99	GOSV
MX170	Swiss Style Muesli - organic	750g	3.25	OV
PASTA				
<i>BIONA</i>				
WT333	Spelt Lasagne Sheets - Organic	250g	2.59	OV
WT330	Spelt Spaghetti White Organic	500g	3.89	OV
WT334	Whole Spelt Spaghetti -Organic	500g	2.59	OV
WT331	Wholemeal Organic Spelt Penne	500g	2.59	OV
WT332	Wholewheat Spelt Fusili Org	500g	2.59	OV
<i>BOB THE BUILDER</i>				
WT012	Gluten Free Pasta Shapes	250g	1.89	OGV
<i>DOVES FARM</i>				
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
<i>KING SOBA</i>				
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
<i>LA BIO IDEA</i>				
WT034	White Pasta Big Shells	250g	0.79	OV
WT035	Wholewheat Pasta Big Shells	250g	0.79	OV
<i>Speciality</i>				
WT232	Lasagne green	250g	1.79	OV
WT230	Tricolore Spaghetti	500g	1.79	OV
WT052	Tricolore Twists - organic	500g	1.79	VO
<i>White</i>				
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
<i>Wholewheat</i>				
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
<i>LA TERRA E IL CIELO</i>				
WT898	Pennoni - Large Penne - White	500g	3.09	OV
WT875	Spelt Cavatappi	500g	2.79	OV
WT874	Spelt Fusilli	500g	2.79	OV

Code	Description	Size	RRP	BFGOS
WT873	Spelt Penne	500g	2.79	OV
WT899	White Pappardelle Nest <i>White</i>	500g	2.59	OV
WT990	Cavatappi - spirals	500g	2.59	OV
WT803	Conchiglioni	500g	2.99	OV
WT982	Fusilli with Spinach - organic	500g	2.25	OV
WT521	I Mediterranei	500g	3.99	OV
WT992	Spaghetti - White	500g	1.89	OV
WT856	Trenne <i>Wholewheat</i>	500g	1.99	OV
WT980	Fantasie Strozapreti - organic	500g	2.65	OV
WT993	Gnocchi - organic	500g	1.69	OV
WT996	Linguine - 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				
<i>White</i>				
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 <i>Wholewheat</i>	500g	1.49	OV
WT654	Brown Farfalle	500g	1.49	OV
WT115	Fusilli - Wholewheat	500g	1.12	OV
WT101	Penne - Wholewheat	500g	1.49	OV
WT168	Spaghetti - Wholewheat	500g	1.39	OV
ORGRAN				
WT078	Buckwheat Spirals	250g	1.89	GV
WT105	Corn & Veg Shells	250g	1.89	GV
WT110	Corn & Vegetable Spirals	250g	1.89	GV
WT127	Corn Spirals	250g	1.89	GV
WT055	Essential Fibre Pasta - Penne	250g	2.65	GV
WT056	Essential Fibre Pasta Spirals	250g	2.65	GV
WT032	Multigrain Spiral Pasta	250g	2.65	GV
WT054	Pasta Spirals in Tomato Sauce	220g	1.35	GV
WT006	Rice & Corn Corkscrews Value	500g	2.45	GV
WT134	Rice & Corn Lasagne	200g	2.85	GV
WT010	Rice & Corn Shells	250g	1.89	GV
WT077	Rice & Millet Spirals	250g	1.89	GV
WT259	Rice Corn Veg Corkscrews	250g	1.89	GV
WT131	Rice Spirals	250g	1.89	GV
WT080	Vegetable & Rice Spirals	250g	1.89	GV
RIZOPIA				
WT505	Organic Brown Rice Fusilli	500g	3.95	GOV
WT507	Organic Brown Rice Lasagne	375g	3.95	GOV
WT503	Organic Brown Rice Pasta Elbow	500g	3.95	GOV
WT506	Organic Brown Rice Penne	500g	3.95	GOV
WT501	Organic Brown Rice Spaghetti	500g	3.95	GOV
SCOOBY DOO				
WT258	Scooby Doo Organic Pasta	500g	1.35	OV
SEEDS OF CHANGE				
WT007	Penne - og	500g	2.09	OV
WT020	Spaghetti - organic	500g	1.99	OV
WT003	Spinach Trotolle	500g	2.39	OV
WT138	Tagliatelle	500g	2.49	OV
WT001	Tortiglione - og	500g	2.39	OV
SIMPSONS				
WT254	Simpsons Organic Pasta Shapes	500g	1.35	OV
TRADCRAFT				
WT605	Fusilli - Organic	500g	2.85	FOV

Code	Description	Size	RRP	BFGOS
WT606	Penne - organic	500g	2.85	FOV
PASTA (FRESH, CHILLED)				
BIONA				
CV177	Org Ravioli with Spinach/ Leek	350g	3.99	OSV
CV181	Organic Fresh Gnocchi	400g	2.89	OV
PASTA SAUCES & PESTOS				
SUMA				
KJ160	Organic Pesto alla Siciliana	190g	2.89	GOV
KJ161	Organic Pesto Rosso	190g	2.89	GOV
<i>Organic Pasta Sauces</i>				
VF502	Arrabbiata Sauce - OG	340g	1.99	GOSV
VF501	Basilico Sauce - OG	340g	1.99	GOSV
VF503	Campagna Sauce - OG	340g	2.25	GOSV
VF504	Classico Sauce - OG	340g	1.99	GOSV
VF505	Puttanesca Sauce - OG	340g	2.25	GOSV
VF499	Siciliana Sauce - OG	340g	2.75	GOSV
<i>Organic Pestos</i>				
KJ192	Pesto - Green, vegan	160g	2.59	GOV
KJ189	Pesto - Red, vegan	160g	2.59	GOV
KITCHEN GARDEN				
VF158	Chilli Paste - organic	135g	1.99	FGOV
VF159	Coriander Paste - organic	135g	1.99	FGOV
VF840	Pasta Sauce	250ml	1.38	FOVG
MERIDIAN				
VF050	Mushroom Pasta Sauce - organic	440g	1.99	GOV
VF099	Olive Pasta Sauce - organic	440g	1.99	GOV
VF123	Red Pepper & Chilli Sauce - OG	440g	1.99	GOV
VF197	Tomato & Herb - organic	440g	1.99	GVO
<i>Free From</i>				
VF869	Creamy Tomato & Herb Sauce	350g	1.79	GV
VF031	Creamy Wine & Mushroom Sauce	350g	1.79	GSV
VF023	Green Pesto	170g	1.89	GSV
VF012	Sun Dried Tomato Sauce	350g	1.79	GSV
ORGANICO				
VF055	Mushroom & Red Wine sauce	360g	2.45	GOSV
VF043	Olive, Chilli & Garlic - og	360g	2.75	GOSV
VF034	Red Pepper & Balsamic - og	360g	2.45	GOSV
VF032	Vegetable Bolognese - og	360g	2.45	OSV
SEEDS OF CHANGE				
VF072	Bolognese Sauce OG	500g	2.79	GOSV
VF062	Cherry Tomato & Olive Sauce og	350g	2.59	GOSV
VF056	Mediterranean Veg Sauce - og	350g	2.59	GOSV
VF414	Roasted Pepper	200g	2.95	GOVS
VF071	Slow Roasted Garlic/Chilli -og	350g	2.59	GOSV
VF415	Sundried Tomato & Basil Sauce	200g	2.95	GOV
VF149	Tomato & Sweet Pepper	500g	2.95	GOV
VF150	Tomato & Vegetable	500g	2.95	GOV
VF076	Tomato and Basil - og	500g	2.79	GOSV
SUNITA				
KJ790	Organic Pesto Genovese	130g	3.45	GOV
TERRASANA				
KJ007	Pesto Verde	180g	3.95	OV
ZEST				
VF168	Basil & Oregano Pasta Sauce	355g	2.15	GV
VF544	Hot & Spicy Pasta Sauce	355g	2.15	GV
VF366	Hot Mexican Chilli Sauce	355g	2.15	GV
KJ026	Pesto - Vegan	165g	2.35	GV
KJ452	Pesto - Vegan	340g	3.95	GV
PATES & DIPS (CHILLED)				
SUMA				
CV401	Pate - Mushroom (bombe)	200g	2.25	GV
ARTHUR STREET TRADING CO.				
<i>Minimum 4 days shelf life</i>				
CV434	Hummus - organic	200g	1.98	GOV
CV435	Hummus with Sundried Tom-org	200g	2.16	GOV

Code	Description	Size	RRP	BFGOS
DELPHI FOODS				
CV286	Chargrill Red Pepper Houmous	170g	0.89	GV
CV271	Couscous Salad	160g	1.25	V
CV278	Fresh Guacamole Dip	150g	1.44	GV
CV291	Houmous	170g	0.84	GV
CV290	Low Fat Houmous	170g	0.84	GV
CV273	Mixed Salad with Olives	300g	1.81	GV
CV285	Three Bean Salad	220g	1.25	GV

REDWOOD

CV262	Vegideli Beanfeast Pate	120g	1.59	V
CV374	Vegideli Organic Brussels Pate	120g	1.63	OSV

RICO MEXICAN KITCHEN

Authentic Mexican Recipes

CV371	Fresh Salsa Hot	175g	1.95	GV
CV361	Fresh Salsa Mild	175g	1.95	GV
CV359	Fresh Salsa Verde	175g	1.99	GV
CV373	Mashed Spicy Beans	210g	1.99	GV
<i>Authentic Mexican Sauce</i>				
CV372	Mole (Chilli/Chocolate) Sauce	210g	2.49	GSV

PATES & SAVOURY SPREADS

SUMA

GH700	Pate - Organic Mushroom	200g	2.35	OV
GH800	Pate - Organic Savoury Herb	200g	2.35	OV
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	4.29	GOV
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CARLEY'S

GH024	Almond Butter- Organic	170g	3.75	GOV
GH025	Cashew Butter- Organic	170g	3.19	GOV
GH709	Hemp & Linseed Butter - og	170g	3.55	GOV
GH014	Pecan Butter - og	170g	4.95	GOV
GH034	Pumpkinseed Butter - og	250g	2.50	GOV
GH041	Rainforest Nut Butter- Organic	170g	3.89	GOV
GH042	Sunflower Butter- Organic	250g	2.25	GOV
GH712	White Almond Butter - og	170g	3.85	GOV

CHALICE

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

GH501	Cashew Butter Organic	170g	2.89	FGOV
GH811	Light Tahini organic	270g	2.59	FGOV
GH810	Natural (Dark) Tahini organic	270g	2.59	FGOV
GH706	Peanut Butter - Crunchy + salt	280g	2.49	FGOV
GH703	Peanut Butter - Smooth + salt	280g	2.49	FGOV
GH705	Peanut Butter - Smooth no salt	280g	2.49	FGOV
GH095	Peanut Butter Crunchy - salted	280g	2.19	FGV
GH093	Peanut Butter Crunchy no salt	280g	2.19	FGV
GH704	Peanut Butter -Crunchy no salt	280g	2.49	FGOV
GH094	Peanut Butter Smooth no salt	280g	2.19	FGV
GH096	Smooth Peanut Butter Salted	280g	2.19	FGV

ESSENTIAL TRADING

GH062	Organic Yeast Extract	150g	6.29	GOV
GH059	Yeast Extract	125g	2.99	VG
GH058	Yeast Extract	250g	5.29	VG

GRANOVITA

GH653	Ready Spready - Garlic & Herb	200g	2.39	OV
GH651	Ready Spready Pate - Mushroom	200g	2.39	VOG
GH650	Ready Spready Pate - Original	200g	2.39	GOV

Code	Description	Size	RRP	BFGOS
JUST WHOLEFOODS				
VF256	Houmous Mix - Organic	125g	1.35	GOV

KITCHEN GARDEN

GH099	Soynut Butter	135g	1.29	FGOV
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MERIDIAN

GH122	Almond Butter	170g	2.29	GV
GH072	Almond Butter - og	170g	2.99	GOV
GH002	Brazil Nut Butter	170g	2.29	GV
GH027	Cashew Butter	170g	2.29	GV
GH057	Cashew Nut Butter - og	170g	2.79	GOV
GH028	Crunchy Peanut Butter - og	280g	1.79	GOV
GH097	Crunchy Peanut Butter no salt	1kg	5.99	GOV
GH063	Crunchy Peanut Butter -no salt	280g	1.79	GOV
GH114	Hazel Butter	170g	2.29	GV
GH037	Peanut Butter - crunchy + salt	1kg	4.79	GV
GH021	Peanut Butter - crunchy + salt	280g	1.59	GV
GH081	Peanut Butter - crunchy + salt	435g	1.59	GV
GH039	Peanut Butter - smooth + salt	1kg	4.79	GV
GH040	Peanut Butter - smooth no salt	1kg	4.79	GV
GH038	Peanut Butter -crunchy no salt	1kg	4.79	GV
GH076	Peanut Butter, crunchy-no salt	435g	1.59	GV
GH066	Peanut Butter, crunchy-no salt	280g	1.59	GV
GH067	Peanut Butter, smooth-no salt	280g	1.59	GV
GH046	Pumpkin Seed Butter - og	170g	1.99	GOV
GH068	Tahini - light	270g	1.69	GV
GH020	Tahini - light, organic	270g	2.99	GOV
GH065	Tahini - natural dark	270g	1.69	GV
GH064	Tahini, dark - og	270g	2.49	GOV
GH160	Yeast Extract + B12 and salt	340g	3.99	GV
GH098	Yeast Extract +B12, no salt	340g	3.99	V

NATEX

GH055	Yeast Extract - low salt	250g	3.59	GV
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SUNITA

GH152	Black Olive Pate	180g	2.55	GV
KJ791	Kalamata Olive Pate	140g	3.05	GOV
GH074	Organic Artichoke Pate	130g	2.79	GOV
VF674	Organic Sundried Tomato Pate	130g	3.29	GOV
GH079	Tahini - dark	3kg	19.65	GV
GH077	Tahini - dark	340g	2.29	GV
GH080	Tahini - light	3kg	19.65	GV
GH078	Tahini - light	340g	2.29	GV

TARTEX

GH001	Classic Pate - og	200g	2.29	GOV
GH012	Herb & Garlic Pate - og	200g	2.29	GOV
GH006	Herb Pate - og	200g	2.29	GOV
GH007	Mushroom pate - og	200g	2.29	GOV
GH008	Olive Pate - og	200g	2.29	GOV
GH009	Roasted Onion Pink Pepper - og	200g	2.29	GOV

WHOLE EARTH

GH091	Peanut Butter - smooth organic	227g	2.19	GOV
GH090	Peanut Butter -crunchy organic	227g	2.19	GOV
GH082	Peanut Butter-crunchy original	340g	2.29	GV

PET FOODS & PET CARE

SUMA PREPACKS

NU668	Wild Bird Seed	500g	0.79	GV
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YARRAH

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

ATKINS & POTTS

KJ170	Red Onion & Jalapeno Relish	280g	3.45	GSV
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BIONA

LJ664	Harissa Relish - prepared	125g	2.59	GOV
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BYODO

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

Code	Description	Size	RRP	BFGOS
	CARLEY'S			
KJ238	Red Onion Marmalade - og	300g	1.99	GOV
	DUCHY ORIGINALS			
KJ321	Farmhouse Chutney - og	310g	3.59	GOSV
KJ324	Onion Marmalade - og	340g	4.45	GOSV
KJ325	Ploughmans Pickle - og	310g	3.59	GOSV
KJ326	Tomato Chutney - og	290g	3.59	GOSV
	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
	HAWKSHEAD RELISH COMPANY			
KJ124	Beetroot & Horseradish Chutney	200g	3.19	GSV
KJ115	Chillillilli	270g	4.35	GSV
KJ116	Cumberland Sauce	220g	2.69	GSV
KJ120	Indian Capsicum Pickle	190g	2.79	GSV
KJ123	Westmorland Chutney	320g	4.39	GSV
	HENSHELWOODS FINE FOODS			
KJ330	Apple Mint Jelly	215g	3.25	GV
KJ341	Blackberry Jelly	218g	3.35	GV
KJ215	Cardoman Mustard	200g	2.50	VGS
KJ228	Chutney for Cheese	250g	3.40	GVS
KJ319	Hot Apricot Chutney	250g	3.40	GVS
KJ275	Old Bute Chutney	250g	3.40	GVS
KJ198	Tomato & Onion Chutney	250g	3.40	GVS
	JOHN LUSTY			
KJ340	Strong English Mustard	170g	2.09	V
	REAL NATURAL FOODS COMPANY			
KJ441	Mango Chutney	320g	3.25	GSV
KJ442	Spicy Tomato Chutney	320g	2.75	GSV
KJ443	Tangy Eastern Chutney	300g	2.89	GSV

READY TO EAT FOODS (CHILLED)

	BIONA			
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
CV422	Thai Spring Rolls	225g	3.89	OV
	TAIFUN			
	<i>Produced to Demeter Standards</i>			
CV839	Tofu Filets: Pizza-Pizza Style	160g	2.29	OVB
CV840	Tofu Filets-Mild Wild Garlic	160g	2.49	OVB

SNACK BARS & FLAPJACKS

	BOUNCE			
KB290	Cashew & Pecan Ball	42g	1.59	V
KB293	Spirulina Ginseng Ball	40g	1.59	V
	<i>Refills</i>			
KB444	Spirulina Ginseng Ball-Refill	40g	1.59	SV
	CASTUS			
KB281	Natural Fruit Bar Strawberry	25g	0.35	GV
	COCO-JACK			
KB091	Coconut Flapjacks	65g	0.59	SV
	CRAZY JACK			
KB567	Fruit Fingers	120g	1.99	GOV
	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
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

Code	Description	Size	RRP	BFGOS
KB337	Orange & Ginger	68g	1.75	GOV
KB085	Original	68g	1.75	GOV
	FRUTINA			
KB325	Fruit Snack - Variety Pack	15g	0.39	GV
	GRANOVITA			
	<i>Linusprout Flapjacks</i>			
KB236	Apricot - og	85g	0.85	OSV
KB235	Chocolate Chips - og	85g	0.85	OSV
KB234	Cranberry - og	85g	0.85	OSV
KB228	Flapjack - og	85g	0.85	OSV
KB229	Flapjack + Ginger - og	85g	0.85	OSV
KB233	Flaxseeds & Raisins - og	85g	0.85	OSV
KB232	Pumpkin & Sunflower - og	85g	0.85	OSV
KB230	Raisin, Apple & Cinnamon - og	85g	0.85	OSV
	LYME REGIS FOODS			
KB043	Chocolate Coated Marzipan Bar	40g	0.85	V
KB103	Chocolate Marzipan Bar Organic	40g	0.95	GVO
KB619	Chocolate Marzipan with Orange	40g	0.95	GVO
KB037	Seven Seeds & Nut & Cranberry	40g	0.85	GOSV
KB012	Seven Seeds & Nut Bar	40g	0.85	GOV
	<i>Fruit Break</i>			
ZX304	Date & Fig	42g	0.59	GV
	<i>Fruitus</i>			
KB182	Apple	35g	0.55	VO
KB183	Apricot	35g	0.55	VO
KB052	Mixed Berry	35g	0.55	OV
KB216	Pomegranate & Blueberry Bar	35g	0.55	OV
	<i>Kidz Bars</i>			
KB105	Apple Fruit Bar - org	20g	0.55	GOV
KB860	Blackcurrant Fruit Bar - org	20g	0.55	GOV
KB862	Strawberry Fruit Bar	20g	0.55	GOV
	MA BAKER			
KB681	Giant Apple Bar	90g	0.65	SV
KB680	Giant Apricot Bar	90g	0.65	SV
KB679	Giant Berry Bar - Wheat Free	90g	0.65	SV
KB682	Giant Cherry Bar	90g	0.65	SV
KB322	Giant Fruit Bar - Wheat Free	90g	0.65	VS
KB008	Giant Pomegranate Bar	90g	0.65	SV
KB770	Giant Seed Bars - Wheat Free	90g	0.65	SV
	NAKD			
KB830	Apple Tart Raw Fruit & Nut Bar	68g	1.05	V
KB820	Berry Cheeky Raw Fruit/Nut Bar	68g	1.05	V
KB800	Cocoa Loco Raw Fruit & Nut Bar	68g	1.05	V
	<i>Gluten Free Bars</i>			
KB554	Cashew Cookie Bar	35g	0.79	GV
KB556	Cocoa Orange Bar	35g	0.79	GV
KB558	Ginger Bread Bar	35g	0.79	GV
KB553	Pecan Pie Bar	35g	0.79	GV
	<i>Nibble Bar Multi-Packs</i>			
KB408	Apple Pie Raw Fruit, Nut, Oat	180g	2.69	V
KB407	Banana Bread Raw Fruit Nut Oat	150g	2.69	V
KB409	Berry Cheeky Raw Fruit Nut Oat	150g	2.69	V
KB410	Cocoa Loco Raw Fruit Nut Oat	150g	2.69	V
	<i>Nibble Bars</i>			
KB101	Apple Pie Wholefood Bar	30g	0.55	V
KB108	Banana Bread Wholefood Bar	30g	0.55	V
KB109	Berry Cheeky Wholefood Bar	30g	0.55	V
KB124	Cocoa Loco Wholefood Bar	30g	0.55	V
	O BARS			
KB036	Real Fruit & Oat Bars	55g	0.75	V
	ORGANICA			
KB703	Golden Coconut Dark Choc Bar	40g	0.89	GOSV
KB702	Hazelnut Nougat Dark Choc Bar	40g	0.85	GOSV
	OSKRI			
KB163	Coconut Bar Original - og	61g	0.89	GOV
KB159	Coconut Mango Bar - og	61g	0.89	GOV
KB144	Date Syrup Bar - og	53g	0.89	GOV
KB226	Quinoa Bar - og	56g	0.89	GOV

Code	Description	Size	RRP	BFGOS
SESAME SNAPS				
KB001	Sesame Snaps	30g	0.26	SGV
KB180	Sesame Snaps (Multipack)	4 x 1	0.79	SGV
KB777	Sesame Snaps Chocolate Coated	40g	0.29	SGV
KB587	Sesame Snaps Coconut	30g	0.26	SGV
TREK BARS				
KB443	Cherry Crunch Protein Flapjack	56g	0.99	V
KB810	Cocoa Brownie Bar	68g	1.15	V
KB850	Mixed Berry Bar	68g	1.15	V
KB442	Oat Crunch Protein Flapjack	56g	0.99	V
KB840	Peanut & Oat Bar	68g	1.15	V
TROPICAL WHOLEFOODS				
KB888	Tropical Fruit Bar	45g	0.75	FGOSV
WHOLEBAKE				
<i>Flapjack</i>				
KB737	Mixed Fruit	100g	0.55	SV
KB728	Mixed Nut	100g	0.59	SV
KB738	Mixed Premium	100g	0.65	SV
KB529	Organic Flapjacks - Mixed Box	100g	0.79	OVS

SOFT DRINKS

BELVOIR				
JU326	Blood Orange/Mandarin Presse	250ml	1.19	GOSV
JU677	Cranberry Presse	750ml	2.49	GSV
JU674	Elderflower Presse	750ml	2.19	GSV
JU810	Elderflower Presse - OG	250ml	1.19	GOSV
JU814	Ginger Beer - OG	250ml	1.19	GOSV
JU813	Ginger Beer - OG	750ml	2.39	GOSV
JU811	Homemade Lemonade - OG	250ml	1.19	GOSV
JU812	Homemade Lemonade - Og	750ml	2.39	GOSV
JU232	Pear & Elderflower Presse	250ml	1.19	GSV
JU236	Pear & Elderflower Presse	750ml	2.49	GSV
JU327	Pomegranate & Raspberry Presse	250ml	1.19	GSV
JU238	Summer Cooler Presse	250ml	1.19	GSV
BOTTLE GREEN				
JU358	Cox's Apple Presse	275ml	1.25	GSV
JU044	Cranberry & Orange Presse	275ml	1.25	GSV
JU264	Elderflower Presse	275ml	1.25	GSV
JU271	Ginger & Lemongrass Presse	275ml	1.25	GSV
JU266	Orange & Mango Presse	275ml	1.25	GSV
JU350	Pomegranate/Elderflower Presse	275ml	1.25	GSV
DR. STUARTS				
<i>Ready to Drink Teas</i>				
JU191	Detox	250ml	0.99	GV
JU188	Echinacea & Cherry	250ml	0.99	GV
JU192	Skin Purify	250ml	0.99	GV
FEEL GOOD DRINKS				
JU339	Apple & Blueberry	375ml	1.15	GV
JU334	Cranberry & Lime	375ml	1.15	GV
JU335	Cranberry & orange	375ml	1.15	GV
JU332	Lemon	375ml	1.15	GV
JU337	Orange & Mango	375ml	1.15	GV
JU331	Orange & Passionfruit	375ml	1.15	GV
<i>Feel Good Kids</i>				
JU436	Blackcurrant Apple & Grape	180ml	0.85	GV
JU437	Orange Pineapple Banana	180ml	0.85	GV
FENTIMANS				
JU625	Curiosity Cola	275ml	1.19	GSV
JU467	Ginger Beer	4 x 275ml	4.59	GSV
JU346	Ginger Beer	275ml	1.19	GSV
JU280	Ginger Beer	750ml	2.75	GSV
JU354	Mandarin Seville Orange Jigger	275ml	1.19	GSV
JU455	Rose Lemonade	750ml	2.75	GSV
JU841	Shandy	275ml	1.19	SV
JU466	Tonic Water	4 x 125ml	2.59	GSV
JU435	Victorian Lemonade	275ml	1.19	GVS
FEVERTREE				
JU284	Bitter Lemon	4 x 200ml	3.25	GSV

Code	Description	Size	RRP	BFGOS
JU384	Ginger Ale	4 x 200ml	3.25	GSV
JU387	Tonic Water	4 x 200ml	3.25	GSV
FREE				
JU088	Apple & Nettle	250ml	1.09	SV
JU509	Dandelion/Burdock	250ml	1.09	GV
JU104	Ginger/Ginseng	250ml	1.09	GV
JU025	Kicking Cola - organic	250ml	1.15	GOSV
JU007	Lively Lemonade - organic	250ml	1.15	GOSV
JU031	Root Beer	250ml	1.09	V
JU032	Sasperilla	250ml	1.09	V
FRUIT HIT				
JU321	Apple & Blackcurrant Smoothie	330ml	1.49	FGV
JU319	Mango & Orange Smoothie	330ml	1.49	FGV
JU320	Pineapple/Passionfrt Smoothie	330ml	1.49	FGV
GUSTO				
JU126	Gusto Herbal Energy Drink - og	250ml	1.69	GOV
HAMPSTEAD TEA				
JU462	Chai Orange Iced Tea	500ml	1.69	FGOV
JU463	Darjeeling Cherry Iced Tea	500ml	1.69	FGOV
JU461	Oolong Elderflower Iced Tea	500ml	1.69	FGOV
HAPPY MONKEY				
JU450	Orange & Mango Smoothie	4 x 180ml	2.59	GV
JU449	Strawberry & Banana Smoothie	4 x 180ml	2.59	GV
LATITUDE				
JU023	Mango Green Tea	275ml	0.59	SV
JU162	Peach Iced Tea	275ml	0.59	SV
LUSCOMBE FARM				
JU459	Blueberry Crush - og	320ml	1.65	GOV
JU458	Carrot & Sicilian Orange Juice	240ml	1.55	GOV
JU584	Cool Ginger Beer - organic	320ml	1.65	GOV
JU586	Hot Ginger Beer - organic	320ml	1.65	GOV
JU457	Lime crush - og	320ml	1.65	GOSV
JU145	Raspberry Lemonade - og	320ml	1.65	GOSV
JU583	Sicilian Lemonade - organic	320ml	1.65	GOSV
JU456	Strawberry Lemonade - og	320ml	1.65	GOSV
JU585	Wild Elderflower Bubbly	320ml	1.65	GV
ORGANIC COLLECTION				
JU368	Blueberry Sparkle	375ml	2.75	GOV
JU367	Blueberry Sparkle - og	75cl	4.25	GOV
JU473	Bubbly Blackcurrant Juice - og	75cl	4.25	GOV
JU369	Raspberry Fizz	75cl	4.25	GOV
JU370	Raspberry Fizz	375ml	2.75	GOV
ORIGINAL DRINKS				
JU474	Rochester Ginger	725ml	3.69	GOSV
JU477	Rochester Hot Toddy	725ml	4.39	GOSV
JU478	Rochester Mulled Berry Punch	725ml	4.39	GOSV
JU479	Toodle Pip - presse	725ml	3.49	GOSV
PERCOLA				
JU169	Percola - fairtrade cola	500ml	1.19	FGSV
PURDEYS				
JU513	Rejuvenate	325ml	1.75	GV
SOMA SMOOTHIES				
<i>Pure Fruit Smoothies</i>				
JU100	Blackberry & Blueberry - og	250ml	1.99	GOV
JU098	Mango & Passionfruit - organic	250ml	1.99	GOV
JU096	Peach & Strawberry - organic	250ml	1.99	GOV
JU105	Raspberry & Blackcurrant - og	250ml	1.99	GOV
<i>Super Smoothies</i>				
JU115	Jungle Juice - organic	250ml	1.99	GOV
JU116	Tropical Twist - organic	250ml	1.99	GOV
THORNCROFT				
<i>Healthy Thirst</i>				
JU034	Apple Dandelion Burdock Detox	330ml	1.29	GV
JU143	Cloudy Lemonade	330ml	1.29	GV
JU037	Cranberry & Hibiscus	330ml	1.29	GSV
JU030	Elderflower	330ml	1.29	GSV

Code	Description	Size	RRP	BFGOS
JU164	Elderflower	750ml	1.99	GSV
JU141	Orchard Cola	330ml	0.99	V
JU022	Pink Ginger	330ml	1.29	GSV
JU267	Zesty Orange	330ml	1.29	V

WHOLE EARTH

JU425	Apple & Raspberry - og	330ml	0.79	GOSV
JU946	Cola - organic	330ml	0.79	OSV
JU935	Lemonade - organic	330ml	0.79	GOSV
JU947	Mountain Cranberry - Organic	330ml	0.79	GOSV
JU189	Sparkling Elderflower - og	330ml	0.79	GOV
JU186	Sparkling Ginger - og	330ml	0.79	GOV

WORLD DOMAINE

From Bottle Green

JU406	Calming Red - og	750ml	2.95	GOV
JU407	Passionate Rose - og	750ml	2.95	GOV
JU408	Vitalizing White - og	750ml	2.95	GOV

YORKSHIRE PUNCH

JU468	Yorkshire Punch	75cl	4.20	V
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SOUPS

SUMA

VF493	Carrot & Coriander Soup-org.	400g	1.15	GOV
VF350	Italian Tomato & Basil Soup	400g	0.97	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	0.97	OVG

ESSENTIAL TRADING

VF085	Lentil & Pumpkin Soup	680g	2.69	GOV
VF225	Lentil Soup	680g	2.69	GOV
VF375	Pea Soup	680g	2.69	GOV

FREE & EASY

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
VF862	Oriental Bean Miso Soup - og	400g	1.55	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

JUST WHOLEFOODS

VF429	Tomato & Basil Soup - Instant	4 x 17g	1.39	VO
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RIFC

VF864	Mexican Bean Soup	400g	1.19	GV
VF865	Moroccan Chick Pea Soup	400g	1.19	GV
VF867	Sri Lankan Lentil/Coconut Soup	400g	1.19	GV

SOYA YOGS & DESSERTS (CHILLED)

PROVAMEL

CV108	Org Raspberry & Vanilla Yofu	4 x 125g	1.59	GOSV
CV078	Organic Blueberry Yofu	500g	1.49	GOSV
CV092	Organic Blueberry Yofu	4 x 125g	1.59	GOSV
CV075	Organic Forest Fruit Yofu	500g	1.49	GOSV
CV069	Organic Natural Yofu	500g	1.39	GOV
CV081	Organic Peach & Mango Yofu	4 x 125g	1.59	GOSV
CV080	Organic Red Cherry Yofu	4 x 125g	1.59	GOSV
CV318	Organic Vanilla Yofu	500g	1.49	GOSV

SOJADE

CV485	Apricot Soya Yoghurt	400g	1.65	GOSV
CV487	Banana Soya Yoghurt	400g	1.65	GOSV
CV486	Blueberry Soya Yoghurt	400g	1.65	GOVS
CV484	Cherry Soya Yoghurt	400g	1.65	GOSV
CV483	Natural Soya Yoghurt	400g	1.19	GOV

Code	Description	Size	RRP	BFGOS
CV494	Organic Mango & Peach Soya Yog	400g	1.65	GSOV
CV174	Organic Natural Soya Yogurt	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

SOJASUN

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

TOFUTTI

CV560	Sour Supreme	225g	2.69	GV
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SUPPLEMENTS & REMEDIES

SUMA

HE250	Psyllium Husk	250g	3.49	GV
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ARKOPHARMA

Natural Roll On Remedies

MD087	Migrastick - Relieves Headaches	3ml	5.69	GV
MD084	Wartstick - Wart Remover	4ml	5.69	GV

BETTER YOU

MD082	Be You Again - Menopause	60 capsules	14.50	GV
MD071	Better You Honey Vite	60 capsules	14.50	GV
MD073	Femergy	60 capsules	14.50	GV
MD070	Fibre Detox 3 Day Detox Course	80g	9.50	GV
MD078	Good Night Anti-Spasmodic	60 capsules	14.50	GV
MD076	Magnesium Body Spray Goodnight	100ml	14.50	V
MD074	Magnesium Body Spray Original	100ml	14.50	GV
MD077	Magnesium Oil Sport Spray	100ml	14.50	V
MD079	Menergy Energy for Men	60 capsules	14.50	GV
MD083	Stress Away	60 capsules	14.50	GV
MD072	Super Antioxidants	60 capsules	14.50	GV
MD075	Total Nutrition	200g	17.95	GOV

BIOFORCE

MD670	Echinaforce - organic	50ml	8.75	GVO
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BIONA

MD736	Cracked Linseed Gold Organic	500g	4.25	GOV
MD301	Linseed Gold	500g	2.89	GOV

COMVITA

MD009	Olive Leaf Complex	100ml	8.95	GV
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DE VALLE LIFESTYLE

MD045	Skin Aid Lavender Oil	20ml	4.49	V
MD036	Skin Aid Tea Tree Oil	20ml	4.49	V

DRU NATURAL FOODS

MD915	Green Barley Grass Powder	100g	9.25	GOV
MD914	Green Barley Grass Powder	200g	16.75	GOV

FLORADIX

MD186	Calcium Liquid	250ml	7.39	GV
MD035	Floradix Intestcare	250ml	11.79	GV
MD172	Floravital Formula - Yeastfree	500ml	14.25	GV
MD020	Protacor	250ml	9.49	GV
MD280	Saludynam Calcium/Magnesium/Zn	250ml	9.29	GV

GRANOVITA

GT300	Flax Oil - Organic	260ml	6.49	GOV
GT302	Hemp Oil - Organic	260ml	5.99	GOV
GT301	Omega Oil Blend - organic	260ml	6.79	GOV

GREEN BAY HARVEST

MD100	Green Barley Leaf Powder	125g	9.45	GOV
MD101	Green Wheat Leaf Powder	125g	9.45	GOV

HAMBLEDEN TINCTURES

MD085	Agnus Castus	50ml	6.99	GOV
MD088	Echinacea	50ml	6.99	GOV
MD089	Ginkgo	50ml	6.99	GOV

Code	Description	Size	RRP	BFGOS
MD086	Milk Thistle	50ml	6.99	GOV
MD090	Propolis	50ml	6.99	GOV
<i>HAYMAX</i>				
MD063	Pollen Barrier - Aloe Vera	5ml	6.80	OV
<i>HIGHER NATURE</i>				
VM036	Active Silver High Stability	15ml	7.30	GV
VM035	Active Silver High Stability	100ml	15.90	GV
VM042	Active Silver High Stability	200ml	27.60	GV
VM034	Advanced Nutrition Complex	60 tablets	8.20	GV
VM040	Citricidal	100ml	14.30	GV
VM302	Citricidal	25ml	5.30	V
VM303	Citricidal	45ml	7.80	V
MD016	Dinochews Multi Vit & Mineral	90 tablets	13.59	GV
MD003	Fizzy C Effervescent Vitamin C	20 tablets	4.49	GV
VM033	Full Stop	30 capsules	16.90	GV
MD017	Serotone 5HTP 100mg	90 capsules	24.89	GV
<i>Omega Excellence</i>				
VM027	Organic Flax Seed Oil	250ml	9.40	GOV
VM028	Organic Hemp Seed Oil	200ml	10.90	GOV
VM029	Organic Omega 369 Balance Oil	250ml	9.90	GOV
<i>Premium Naturals</i>				
VM032	Advanced Brain Nutrients	60 capsules	16.10	GV
VM041	Balance for Nerves	60 capsules	13.20	GV
VM030	Immune Plus	60 tablets	7.60	GV
VM031	Theanine	60 capsules	13.60	GV
<i>LANES</i>				
MD640	Lecigran	250g	4.49	GV
MD273	Lecigran Lecithin Granules	500g	8.79	GV
<i>LINUSIT</i>				
MD008	Premium Ground Flaxseed - og	450g	5.29	GOV
<i>LINUSPROUT</i>				
MD062	Sprouted Flax Powder	250g	4.29	GOV
MD031	Sprouted Flax Powder + Bluebry	250g	4.79	GOV
<i>NATURES OWN</i>				
<i>B Vitamins</i>				
VM157	Vit B Complex + Vit C	50 tablets	11.95	GV
VM181	Vitamin B12	50 tablets	6.59	GV
<i>C Vitamins</i>				
VM087	Ascorbic Acid Powder	100g	10.59	GV
VM151	Calcium Ascorbate & Bioflavins	100 tablets	12.25	GV
VM023	Cherry-C: Vit C from Acerola	60 capsules	10.45	GV
VM096	Vitamin C with Bioflavonoids	30 tablets	7.79	GV
VM165	Vitamin C with Bioflavonoids	50 tablets	10.45	GV
<i>Digestive Aids</i>				
VM006	Probiotic Plus	60 capsules	20.49	GV
<i>Essential Fatty Acids</i>				
VM400	Evening Primrose Oil: GLA 10%	90 capsules	7.29	GV
VM401	Flaxseed Oil: Omega 3	60 capsules	8.79	GV
VM403	Organic Flaxseed Oil	200ml	7.49	GOV
<i>Minerals</i>				
VM188	Calcium	50 tablets	8.75	GV
VM187	Magnesium	50 tablets	10.49	GV
VM001	Wholefood Calcium from Seaweed	60 capsules	10.59	GV
VM189	Zinc/Copper	50 tablets	9.49	GV
<i>Multi-Formulations</i>				
VM103	Anti-Oxidant plus CoQ10	30 tablets	11.25	GV
VM009	Euro Gold: Multivitamin & Mins	90 tablets	16.75	GV
VM104	Multivitamin & Mineral	30 tablets	6.95	GV
VM156	Multivitamin & Mineral	100 tablets	15.39	GV
VM094	Multivitamin & Mineral	60 tablets	11.25	GV
VM025	Opti-Mum: MVM Formula	60 capsules	9.25	GV
VM021	Regenerate: Multi Nutrient Form	30 capsules	8.79	GV
VM026	Senior Citizens: MVM Formula	60 capsules	9.95	GV
<i>Nutritional Support</i>				
VM058	Brewers Yeast (BPC)	500 tablets	5.39	GV
VM024	Candida Complex	30 capsules	6.79	GV
VM088	Glucosamine Hydrochloride	60 capsules	8.50	V
VM022	Homocysteine Formula	30 capsules	6.49	GV
VM194	Kelp Plus: High Iodine	100 tablets	4.89	GV

Code	Description	Size	RRP	BFGOS
VM402	Organic Garlic Capsules	60 capsules	9.95	GOV
VM197	Siberian Ginseng	30 tablets	6.95	GV
<i>PAUL RICHARDS HERBAL SUPPLIES</i>				
MD729	Oil - Comfrey Ointment	100ml	6.19	GOV
MD848	Arnica Ointment	30g	5.35	GOV
MD849	Calendula/Hypericum	30g	5.35	GOV
<i>POSTLETHWAITE'S TINCTURES</i>				
MD004	Astragalus	50ml	7.69	GOV
MD094	Echinacea	50ml	6.69	GVO
MD832	Echinacea	200ml	16.39	GOV
MD833	Echinacea Spray	50ml	8.19	GOV
MD097	Ginkgo	50ml	6.69	GOV
MD441	Hawthorn	50ml	7.69	GOV
MD443	Milk Thistle	50ml	7.19	GVO
MD095	Siberian Ginseng	50ml	7.19	GVO
MD322	St Johns Wort	100ml	10.59	GOV
MD096	St. Johns Wort	50ml	6.69	GOV
MD321	Tincture - Echinacea	100ml	10.59	GVO
MD323	Valerian	50ml	7.19	GVO
<i>PUKKA</i>				
MD056	Organic Aloe Vera Juice	1l	19.95	GOV
<i>RANSOM</i>				
MD110	Maxicol	200g	9.99	GV
MD102	Pure Lecithin Granules	375g	6.99	GV
<i>Aloe Pura</i>				
MD111	Organic Aloe Vera Juice	500ml	8.24	GOV
<i>SPATONE</i>				
MD175	Iron-Plus	560ml	6.95	GV
<i>TOGETHER HEALTH</i>				
VM038	Acai Age Defence Drink	150ml	1.79	GV
VM039	Aloe Vera Detox Digest Drink	150ml	1.79	GV
VM037	Goji Natural Energy Drink	150ml	1.79	GV
<i>VEGA</i>				
VM138	Acidophilus + Bifidus	60 capsules	7.95	V
VM017	Active Mature 50+ Multivitamin	30 capsules	8.49	GV
VM018	Active Women's Multivitamins	30 capsules	8.49	GV
VM019	Calcium Chewable 500mg Tablets	60 capsules	4.69	GV
VM020	Calcium Plus Vitamin D	30 capsules	4.49	GV
VM140	Co-Enzyme Q10	30 capsules	10.99	V
VM139	Digestive Enzymes	60 capsules	6.95	V
VM011	Echinacea Herbal Complex	30 capsules	6.49	GV
VM012	Energizer Formula	30 capsules	6.95	GV
VM013	Ginkgo Biloba Herbal Complex	30 capsules	6.49	GV
VM014	Hair Skin & Nails Formula	30 capsules	6.95	GV
VM015	Menopause Formula	30 capsules	6.95	GV
VM144	Prostate Formula	30 capsules	6.95	V
VM016	St John's Wort Herbal Complex	30 capsules	6.49	GV
VM125	Vitamin B Complex	30 capsules	4.99	V
VM127	Vitamin C + Bioflavonoids	30 tablets	4.49	V
VM010	Vitamin E 200iu & Selenium	30 capsules	4.99	GV
<i>Herbals</i>				
MD195	Milk Thistle 100mg	30 capsules	6.55	V
<i>WELEDA</i>				
<i>Anthroposophic Medicines</i>				
MD710	Arnica Lotion	50ml	6.50	V
DY156	Arnica Massage Balm	50ml	5.45	V
DY155	Arnica Massage Balm	100ml	8.95	V
DY543	Arnica Massage Balm	50ml	5.45	V
MD538	Avena Sativa Comp Liquid	25ml	6.50	GV
MD586	Chamomilla 3X Granules	15g	5.95	GSV
MD823	Rhinodoron Nasal Spray	20ml	4.95	V
SWEET SNACKS				
<i>SUMA BAGGED DOWN</i>				
ZX503	Liquorice Juice Sticks	1kg	0.65	V
<i>ALLERGYCARE</i>				
KB633	Whizzers Chocolate Beans	50g	0.65	GVS

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

Code	Description	Size	RRP	BFGOS
KB654	Whizzers Chocolate Footballs	50g	0.75	GVS
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
ZX689	Organic Fruit Lollies	150	0.45	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 Fruitti Wine Gums	75g	2.19	OSV
CYPRESSA				
ZX778	Almond Halva	250g	2.55	V
ZX523	Pistachio Halva	100g	1.49	GVS
ZX779	Pistachio Halva	250g	2.65	V
ZX525	Vanilla Halva	100g	1.19	GVS
ZX777	Vanilla Halva	250g	2.35	V
DIVINE DELIGHTS				
ZX672	Apricots in Chocolate	125g	3.89	FGSV
ZX673	Brazil Nuts in Chocolate	150g	3.89	FGSV
ZX671	Mango in Chocolate	100g	3.89	FGVS
FREE				
ZX013	Laidback Liquorice - organic	70g	1.19	OSV
ZX040	Laidback Liquorice - organic	28g	0.55	OSV
JUST WHOLEFOODS				
ZX573	Vegebears - Frooty Fruits	100g	1.39	GOSV
ZX571	Vegebears Fruit Jellies	100g	1.39	GSOV
LYME REGIS FOODS				
<i>Fruitus Bites</i>				
ZX224	Apricot Chewy Fruit Bites	25g	0.55	GV
ZX223	Blackcurrant Chewy Fruit Bites	25g	0.55	GV
ZX227	Raspberry Chewy Fruit Bites	25g	0.55	GV
NAKD				
ZX062	Cherry Raisins 100% Natural	25g	0.45	GV
ZX064	Lemon Raisins 100% Natural	25g	0.45	GV
ZX065	Orange Raisins 100% Natural	25g	0.45	GV
ZX363	Pineapple Raisins 100% Natural	25g	0.45	GV
PANDA				
ZX078	All Natural 4 Bar Pack	128g	1.63	V
ZX071	All Natural Licorice Bar	32g	0.53	VS
ZX402	All Natural Licorice Bears	125g	1.15	VS
ZX676	All Natural Raspberry Bar	32g	0.45	VS
ZX675	Licorice Comfits	132g	1.15	VS
ZX674	Licorice Cuts Bag	240g	1.87	VS
SUNITA				
ZX137	Grape Juice & Sultana Halva	100g	1.35	GV
SWEET BOTANICALS				
<i>Christmas Specials</i>				
ZX400	Strawberry Flavour Candy Canes	28g	0.75	GSV
<i>The Apothecary's Garden</i>				
ZX310	Aniseed Natural Candies	150g	3.30	GSV
ZX364	Apple Natural Candies	150g	3.30	GSV
ZX311	Chamomile Natural Candies	150g	3.30	GSV
ZX371	Cinnamon / Clove Candies	150g	3.30	GSV
ZX308	Fruit Mix Natural Candies	150g	3.30	GSV
ZX313	Ginger/Orange Natural Candies	150g	3.30	GSV
ZX316	Ginseng Natural Candies	150g	3.30	GSV
ZX318	Green Tea Natural Candies	150g	3.30	GSV
ZX329	Hangover Drops Natural Candies	150g	3.30	GSV
ZX319	Lavender Natural Candies	150g	3.30	GSV
ZX320	Liquorice/Anise Nat. Candies	150g	3.30	GSV
ZX377	Mulled Wine Natural Candies	150g	3.30	GSV
ZX314	Orange / Lemon Natural Candies	150g	3.30	GSV
ZX321	Peppermint Natural Candies	150g	3.30	GSV
ZX365	Raspberry Natural Candies	150g	3.30	GSV
ZX331	Wild Strawberry Natural Candy	150g	3.30	GSV
TERRASANA				
ZX127	Liquorice Stones	100g	2.95	GVOS

Code	Description	Size	RRP	BFGOS
ZX041	Sweet Liquorice Ropes	56g	1.15	OV
ZX335	Sweet Liquorice Twists	10	1.99	OSV

TABLE SAUCES

ATKINS & POTTS

KJ253	Bramley Apple Sauce	200g	2.75	GSV
KJ255	Dijon Mustard	220g	2.75	GSV
KJ257	Mint Sauce	200g	2.75	GSV

BIONA

LJ665	Hot Pepper Sauce	140ml	2.89	GOV
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DANIVAL

KJ216	Tomato Ketchup - Sugar Free	560g	4.25	OV
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GEO ORGANICS

KJ357	Sweet Chilli Sauce - Organic	270g	1.75	OSV
KJ355	Worcestershire Sauce - Organic	142ml	2.19	OSV

GRANOVITA

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

KITCHEN GARDEN

KJ350	Horseradish	135g	1.99	FGOV
KJ345	Mint Sauce	135g	1.45	FGOSV

MERIDIAN

KJ621	Tomato Ketchup - organic	285g	1.39	GOSV
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STOKES

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

TABASCO SAUCE

KJ014	Jalapeno [Green] Tabasco	57ml	2.15	V
KJ304	Red Pepper Sauce	57ml	2.29	VG

TERRASANA

KJ163	Sweet Chilli Sauce	265g	3.65	GOV
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TREES CANT DANCE

FROM THE NORTH PENNINES

KJ278	African Hot Chilli Sauce	100ml	2.85	GSV
KJ277	Flaming Lips Hot Sauce	100ml	2.85	GSV
KJ284	Organic Sweet Chilli Sauce	100ml	2.89	GOSV
KJ314	Pennine Fire Hot Sauce	100ml	2.29	GSV
KJ282	Smoky Chipotle Chilli Sauce	100ml	2.85	GSV

WHOLE EARTH

KJ451	Tomato Ketchup - organic	340g	1.69	GVO
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TOMATOES AND TOMATO

SUMA

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

Canned

LJ075	Cherry Tomatoes - organic	400g	0.99	GOV
LJ080	Tomatoes - chopped, organic	400g	0.99	GVO

Dried

LJ602	Sundried Tomatoes - organic	125g	1.65	GOV
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Jarred

LJ258	Sundried Tomatoes in Olive Oil	190g	2.89	GOV
LJ257	Sundried Tomatoes in Olive Oil	900g	9.85	GOV

BIONA

LJ242	Sundried Tomatoes Organic	170g	3.69	GOV
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BIONOVA

LJ110	Tomato Puree - organic	200g	1.39	VO
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CHEF WILLIAM

VF061	Italian Plum Tomatoes	2.55Kg	3.95	VG
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CIRIO

LJ139	Peeled Plum Tomatoes (Cans)	400g	0.85	GV
LJ064	Tomato Paste - jars	350g	1.45	GV

Code	Description	Size	RRP	BFGOS
LJ028	Tomato Paste - tubes	140g	1.19	GV
LJ029	Tomato Puree - cans	140g	0.89	GV
<i>DE RIT</i>				
LJ087	Tomato Puree - organic	200g	1.55	GOV
<i>ORGANICO</i>				
KJ010	Sundried Tomatoes - og	250g	4.45	GOV
<i>ZEST</i>				
LJ042	Sundried Tomato Paste	170g	2.35	GV

TOOTHCARE

GREEN PEOPLE COMPANY

DY256	Childrens Mandarin	50ml	3.25	V
DY216	Minty Cool	50ml	3.45	V

KINGFISHER

DY668	Aloe Vera Tea Tree Mint	100ml	2.65	GV
DY669	Aloe Vera/ Tea Tree Fennel	100ml	2.65	GV
DY527	Baking Soda & Mint Toothpaste	100ml	2.65	GV
DY111	Fennel Toothpaste	100ml	2.65	GV
DY800	Fluoride Free Fennel T'Paste	100ml	2.65	GV
DY529	Mint Fluoride Free	100ml	2.65	GV
DY190	Mint Toothpaste	100ml	2.65	GV

MONTE BIANCO

DY102	Adult T-brush Heads Sensitive	3	3.50	V
DY163	Adult Toothbrush - medium	1	2.60	V
DY030	Adult Toothbrush - Sensitive	1	2.60	V
DY124	Junior Toothbrush - soft	1	2.60	V
DY045	Junior Toothbrush Heads	3	3.50	V

PHYTO SHIELD

DY331	Herbal Botanical Toothpaste	100g	3.55	V
DY325	Lemon Myrtle Botanical Tpaste	100g	3.55	V

SARAKAN

DY035	Mouthfresh Rinse	300ml	2.95	GV
DY113	Toothpaste	50ml	2.05	V

TOMS OF MAINE

DY425	Apricot Whitening Homeopathic	85ml	3.18	GV
DY361	Mouthwash - Spearmint	473ml	4.49	V
DY485	Silly Strawberry	85ml	2.93	GV
DY229	Spearmint Tartar Control	85ml	3.18	GV

URTEKRAM

DY067	Fennel Toothpaste	75ml	2.60	GV
DY069	Mint Toothpaste	75ml	2.60	GV

VICCO

DY185	Vicco Vajradanti Toothpaste	85g	3.25	GV
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WELEDA

DY241	Medicinal Gargle	50ml	6.50	V
DY137	Tooth Gel - Children's	50ml	2.75	V
DY146	Toothpaste - Calendula	75ml	3.25	GV
DY149	Toothpaste - Plant Gel	75ml	3.25	GV
DY147	Toothpaste - Ratanhia	75ml	3.25	GV
DY150	Toothpaste - Salt	75ml	3.25	GV

VEGETARIAN MEALS - DRY MIXES

JUST WHOLEFOODS

VF186	Vegetable Biryani - organic	125g	1.35	OV
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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

KJ873	Balsamic Vinegar - organic	500ml	3.39	GOV
KJ295	Cider Vinegar	500ml	1.39	GV
KJ067	Cider Vinegar	5l	9.99	GV

Code	Description	Size	RRP	BFGOS
KJ290	Cider Vinegar	1l	2.49	GV
KJ069	Cider Vinegar - organic	500ml	1.75	GVO
KJ205	Cider Vinegar - organic	5l	12.59	GOV
KJ052	Cider Vinegar - organic	1l	3.05	GOV
KJ353	Red Wine Vinegar	5l	9.29	GV
KJ400	Red Wine Vinegar - organic	500ml	1.75	GOV
KJ202	Red Wine Vinegars	500ml	1.39	GV
KJ310	White Wine Vinegar	500ml	1.39	GV
KJ356	White Wine Vinegar	5l	7.29	GV
KJ095	White Wine Vinegar - organic	500ml	1.75	GOV

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	8.15	GOSV
RS071	Blackcurrant - OG	75 cl	8.15	OSV
RS072	Elderberry - OG	75 cl	8.15	OSV
RS073	Elderflower-OG	75 cl	8.15	OSV
RS074	Ginger - OG	75 cl	8.99	FGOV

CLEARSPRING

Japanese Sake

RS057	Sake - Shizengo	72cl	13.95	GV
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ORGANIC RED WINE

Argentina

RS041	Barbera - Pircas Negras	75cl	7.49	GOV
RS223	Bonarda/Sangiovese S. Julia	75cl	9.45	GOV
RS155	Malbec - Buenos Ondas	75cl	8.99	OV
RS252	Malbec-Cabernet Taquies	75cl	7.79	GOV
RS205	Shiraz	75cl	9.25	OV

Australia

RS199	Cabernet Merlot	75cl	10.35	GOV
RS094	Shiraz Cabernet East Meridian	75cl	7.65	GOV
RS022	Shiraz Cabernet Sauvignon	75cl	10.69	GOV

Austria

RS025	Pinot Noir Meinklang	75cl	14.85	GOVB
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Chile

RS106	Adobe Carmenere	75cl	8.65	OV
RS201	Cabernet Sauvignon	75cl	9.15	OV
RS068	Carmenere Ventura	75cl	9.35	GOV
RS203	Merlot	75cl	9.15	OV

France

RS052	Beaujolais Chateau Buis-Rond	75 cl	11.45	GOV
RS028	Cabernet Sauvignon	75 cl	8.35	GOV
RS228	Chateau la Blanquerie	75cl	9.45	GOV
RS091	Chateau Rouge Chateau Coursou	75cl	9.76	GOV
RS241	Chatelaine Stephanie Rouge	75cl	6.85	GOV
RS080	Corbieres Dom Ancien Courier	75cl	8.95	GOV
RS010	Cotes du Rhone	75cl	8.85	GOV
RS013	Domaine le Soleiller Rouge	75cl	7.29	GOV
RS011	Domaine le Soleiller Rouge	250ml	3.29	GOV
RS238	Gamay sans Tra La la	75cl	12.09	BGOV
RS149	La Nature Costieres de Nimes	75cl	7.89	GOV
RS016	La Nature Le Rouge	75cl	6.95	GOV
RS055	Merlot - Cuvee Gabriel	75 cl	8.99	GOV
RS006	Merlot - La Marouette	75cl	7.85	GOV
RS082	Pinot Noir La Marouette	75cl	9.29	GOV
RS090	Pont de Caylus Rouge	75cl	7.56	GOV
RS092	Valreas Dom Grande Bellane	75cl	10.15	GOV

Italy

RS194	Chianti	75cl	10.95	GOV
RS063	Era Nero d'Avola - OG	75 cl	7.95	GOV
RS093	Montepulciano d'Abruzzo Era	75cl	8.09	GOV
RS195	Sangiovese - Era	75cl	7.75	GOV
RS044	Valpolicella Mont'albano	75cl	9.65	GOV

Code	Description	Size	RRP	BFGOS
<i>Portugal</i>				
RS245	Quinta da Esteveira Reserva	75cl	9.95	GOV
<i>South Africa</i>				
RS004	Cabernet Sauvignon - Stellar	75cl	8.89	FGOV
RS221	Live a Little - Stellar	75cl	8.25	FGOV
RS002	Merlot - Stellar	75cl	8.89	FGOV
RS100	Pinotage - The Ruins	75cl	9.89	GOV
<i>Spain</i>				
RS060	Azan Tempranillo Tinto	75cl	6.45	GOV
RS045	Monastrelle Old Vine	75cl	8.99	GOV
RS020	Navarra Tinto	75cl	7.15	GOV
RS147	Rioja - Usoa de Bagordi	75cl	9.15	GOV
RS098	Rioja Tinto Noemus	75cl	8.32	GOV
RS232	Tempranillo Eden Collection	75cl	7.25	GOV
ORGANIC ROSE WINE				
<i>Argentina</i>				
RS220	Buenas Ondas Syrah	75cl	8.99	GOV
<i>France</i>				
RS079	Domaine de la Grand Palliere	75cl	12.19	GOV
RS229	Syrah Rose - La Marouette	75cl	7.85	GOV
<i>South Africa</i>				
RS219	Live a Little - Stellar	75cl	8.25	GOV
<i>Spain</i>				
RS064	Azan Tempranillo Rose La Mancha	75cl	6.45	GOV
ORGANIC SPARKLING WINE				
<i>Argentina</i>				
RS108	Santa Box Sparkling Rose	75cl	15.75	OV
<i>Austria</i>				
RS104	Meinklang Pinot Noir Frizzante	75cl	13.99	OV
<i>England</i>				
RS097	Limney Brut	75cl	21.35	GOV
<i>France</i>				
RS050	Champagne Carte d'Or	75 cl	29.65	GOSV
<i>Germany</i>				
RS159	Ffizz	75cl	10.95	OV
<i>Italy</i>				
RS009	Prosecco Col di Manza Perlage	75cl	14.89	GOVB
RS244	Prosecco Spumante - Canah	75cl	12.35	GOV
RS216	Serenel Vivace Rosato	75cl	8.99	GOV
<i>Spain</i>				
RS051	DO Cava can Vendrell - OG	75 cl	13.39	GOSV
ORGANIC WHITE WINE				
<i>Argentina</i>				
RS202	Chardonnay	75cl	9.15	OV
RS042	Torrantes - Pircas Negras	75 cl	7.49	FGOV
<i>Australia</i>				
RS059	Verdelho - Wilkie Estate	75cl	9.85	GOV
<i>Austria</i>				
RS224	Meinklang Gruner Veltliner	75cl	11.49	BGOV
<i>Chile</i>				
RS250	Chardonnay Ventura	75cl	9.05	GOV
RS046	Gewurztraminer	75cl	8.79	GOVB
RS204	Sauvignon Blanc	75cl	9.75	OV
<i>England</i>				
RS235	Limney Horsmonden Dry	75cl	11.49	GOV
<i>France</i>				
RS190	Bordeaux Sec	75cl	7.99	GOV
RS034	Cotes De Gasgogne Dom de Pajot	75cl	8.59	GOV
RS242	Domaine de Caylus	75cl	7.25	GOV
RS066	Entre Deux Mers - OG	75 cl	8.85	GOV
RS191	Le Blanc	75cl	7.25	GOV
RS217	Muscadet `Expression Gneiss`	75cl	11.49	BGOV
RS243	Muscat Petit Grain Moellux	75cl	12.35	GOV
RS081	Picpoul de Pinet	75cl	9.55	GOV
RS007	Sancerre les Cailottes	75cl	14.35	GOV
RS226	Sauvignon - La Marouette	75cl	8.25	GOV
RS150	Sauvignon Blanc - La Nature	75cl	9.49	GOV
RS008	Viognier la Marouette	75cl	8.39	GOV
RS099	Vouvray Sec Les Troglodytes	75cl	11.89	GOV

Code	Description	Size	RRP	BFGOS
<i>Germany</i>				
RS101	Riesling Kabinett Trocken	75cl	8.45	GOV
<i>Italy</i>				
RS096	Grillo - Era	75cl	7.95	GOV
RS062	Inzolia - Era	75 cl	7.75	GOV
RS233	Pinot Grigio - Boira	75cl	9.15	GOV
RS144	Pinot Grigio - Fasoli Gino	75cl	9.99	GOV
RS015	Soave - Fasoli Gino	75cl	17.25	GOV
<i>New Zealand</i>				
RS029	Riesling - Milton Gisborne	75cl	14.65	GOVB
<i>South Africa</i>				
RS183	Chardonnay - Sonap	75cl	9.19	FOV
RS018	Chenin Blanc - Moonlight	75cl	7.25	FGOV
RS019	Sauvignon Blanc - Stellar	75cl	7.79	FGOV
<i>Spain</i>				
RS061	Azan Blanco Aire La Mancha	75cl	6.45	GOV
RS031	La Mancha Blanco D.O.	75cl	7.25	GOV
RS234	Rioja Blanco Noemus	75cl	8.19	GOV

