

Vegan

May June 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>				
BB048	The Green One - smoothie fruit	90g	0.79	GOV
BB007	The Purple One -smoothie fruit	90g	0.79	GOV
BB011	The Red One - smoothie fruit	90g	0.79	GOV
BB010	The Yellow One -smoothie fruit	90g	0.79	GOV
BB077	Tomato-y Pasta + Veggies	190g	1.99	OV
<i>Snacks & Biscuits</i>				
BB148	Bakey Bakes - App,Raisin,Cinn	4 x 12g	2.49	OV
BB142	Cookies - Apple & Ginger	6 x 20g	2.49	OV
BB136	Cookies - Milk & Vanilla	6 x 20g	2.49	OV
BB133	Pack o Snacks - The Chewy One	5 x 12g	2.49	OV
BB185	Pack o Snacks - The Chompy One	5 18g	2.49	OV
BB132	Pack o Snacks -The Crumbly One	5 x 12.5	2.49	OV
BB137	Stack o Sticks - Orange & Pear	2 x 17.g	1.19	OV
BB134	Stack of Sticks - Wholegrain	2 x 17.5	1.19	OV
<i>Stage 1</i>				
BB001	Apples & Bananas	120g	1.19	GOV
BB003	Broccoli, Pear & Peas	120g	1.19	GOV
BB049	Butternut Squash, Carrot	120g	1.19	GOV
BB006	Carrot, Apple & Parsnip	120g	1.19	GOV
BB095	Peaches & Bananas	120g	1.19	GOV
BB063	Spinach, Apples & Swede	120g	1.19	GOV
BB078	Strawberries & Apples	120g	1.19	GOV
BB005	Sweet Potato, Pumpkin, Apple	120g	1.19	GOV
BB126	Sweet Potato,Broccoli,Carrot	120g	1.19	GOV
<i>Stage 2</i>				
BB330	Apple,Raisin & Oat Crumble	100g	1.49	OV
BB128	Cooking Sauce - The Indian One	90g	1.49	GOV
BB129	Cooking Sauce -The Italian One	90g	1.49	GOV
BB127	Four Bean Feast	140g	1.69	GOV
BB130	Pasta - Just For Me	4 x 30g	1.99	OV
BB131	Rice - Just For Me	4 x 25g	1.99	OV
BB058	Very Very Tasty Vegetable Bake	140g	1.69	GOV
<i>FAMILIA</i>				
MX996	Swiss Muesli Baby Food	250g	1.99	VO
<i>HIPP</i>				
<i>DRIED</i>				
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>Little Nibbles</i>				
BB145	Tom & Swt Red Pepper Rice Cake	40g	1.39	OV
<i>Plastic Pots - Stage 1</i>				
BB138	Fine Green Bean & Baby Spinach	2 x 100g	2.40	OV
BB140	Sweet Pumpkin & Tender Carrots	2 x 100g	2.40	OV
<i>ORGANIX</i>				
<i>Cereals - Stage 1</i>				
BB163	4 Grain Porridge	150g	2.29	GOV
BB162	Banana Porridge	150g	2.29	GOV
BB161	Fruity Apple & Raisin Cereal	150g	2.29	OV
BB164	Variety Pack - 4 Grain Cereal	3 x 36g	2.29	OV
<i>Cereals - Stage 2</i>				
BB166	7 Grain Cereal	200g	2.99	GOV
BB165	Banana & Raisin Oat Porridge	200g	2.99	OV
<i>Dried</i>				
BB241	Baby Rice (Packet)	100g	1.99	OVG
<i>Fruit Pots & Puddings</i>				
BB712	Apple/Vanilla Banana/Plum	4 x 100g	2.09	GOV
<i>Goodies Fruit Squeezies</i>				
BB149	Pear,Kiwi,Banana Squeezy	100g	1.45	GOV

Code	Description	Size	RRP	BFGOS
BB150	Pear,Orange,Mango Squeezy	100g	1.45	GOV
BB147	Strawberry,Ban,Pear Squeezie	100g	1.45	GOV
<i>Jars - Stage 1</i>				
BB155	Banana & Pear Rice Pudding	120g	0.99	GOV
BB156	Butternut Squash & Root Veggie	120g	0.99	GOV
BB153	Carrot & Sweet Potato	120g	0.99	GOV
BB154	Creamy Rice Pudding	120g	0.99	GOV
<i>Jars - Stage 2</i>				
BB160	Chickpea & Red Pepper Lasagne	190g	1.25	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
BB247	Gingerbread Men	135g	2.15	OV
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>				
BB963	Apple Fruit Puree	80g	0.89	GOV
BB589	Garden Vegetable Sauce	300g	2.39	GOV
BB571	Italian Vegetable Sauce	300g	2.39	GOV
BB588	Ketchup	340g	2.49	GOV
BB260	Organic Apple and Grape Juice	125ml	0.75	GOV
BB964	Peach & Apricot Fruit Puree	80g	0.89	GOV
BB072	Pear Juice	125ml	0.75	GOV
BB215	Tomato & Basil Sauce	300g	2.39	GOVB
<i>PLUM BABY</i>				
<i>Cereals</i>				
BB099	4 Grain Muesli Strawb/Banana	250g	3.59	OV
BB101	4 Grain Porridge	125g	2.79	GOV
BB102	4 Grain Porridge Apple/Apricot	175g	3.49	OV
BB098	Four Grain Porridge Plum/Banan	175g	3.49	OV
<i>Pouches - from 4 months</i>				
BB119	Apple & Blackcurrant	100g	1.25	GOV
BB118	Banana, Strawberry & Raspberry	100g	1.25	GOV
BB117	Blueberry, Banana & Vanilla	100g	1.25	GOV
BB121	Squash & Sweet Potato	100g	1.25	GOV
<i>Snacks</i>				
BB123	Oat Rounds + Orange & Ginger	5 x 25g	2.39	OV
BB124	Spelt Fingers with Apple	5 x 20g	2.19	OV
BB122	Spelt Fingers with Pomegranate	5 x 20g	2.19	OV
<i>Stage 1 Pots - from 4 months</i>				
BB111	Mango & Banana Pot	2 x 100g	2.49	GOV
BB110	Parsnip, Apple & Pea Pot	2 x 100g	2.49	GOV
BB106	Pumpkin, Carrot & Mango Pot	2 x 100g	2.49	GOV
BB108	Spinach,Parsnip & Basil Pot	2 x 100g	2.49	GOV
BB107	Sweetcorn & Carrot Pot	2 x 100g	2.49	GOV
<i>Stage 2 Pots - from 7 months</i>				
BB112	Apple & Prune Breakfast	2 x 100g	2.35	GOV
<i>TRAFU</i>				
BB056	Organic Raisins in Kids Boxes	12 boxes	1.75	GOV
BB059	Yoghurt Raisins in Kids Boxes	9 boxes	2.55	GOSV

BABY CARE PRODUCTS

BAMBINO MIO - REUSABLE NAPPIES

Consumables

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

BENTLEY ORGANIC

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

BIO D

NF666	Nappy Fresh	550g	2.39	GV
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EARTH FRIENDLY BABY

DY545	Chamomile Shampoo & Wash OG	251ml	3.99	V
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Code	Description	Size	RRP	BFGOS
DY535	Eco Baby Wipes	pack	2.99	V
DY710	Lavender Cleansing Bar	99g	2.49	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
DY727	Organic Sunflower Massage Oil	100ml	6.99	V
DY711	Unscented Massage Oil	100ml	3.99	V

GREEN PEOPLE COMPANY

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

NATRACARE

NF099	Organic Cotton Baby Wipes	50	3.42	OV
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PUREPOTIONS SKINCARE

DY620	Chamomile Baby Oil	100ml	5.95	OV
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WELEDA

DY536	Calendula Shampoo & Body Wash	200ml	6.95	V
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BAKING SUNDRIES

SUMA

LJ223	Xanthan Gum	100g	5.69	GV
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ALLERGYCARE

LJ653	Vegan Whole Egg Replacer	200g	3.59	VG
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BARKAT

LJ002	Gluten Free Baking Powder	100g	1.49	GV
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CERTO

LJ035	Apple Pectin	250ml	2.65	GV
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CLEARSPRING

JP087	Agar-Agar Flakes Gelling Agent	28g	4.49	GV
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JP064	Kuzu (Wild Arrowroot)	125g	5.49	GVO
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CRAZY JACK

LJ409	Marzipan	250g	3.65	GOSV
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DOVES FARM

LJ206	Baking Powder	110g	1.49	GOV
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LJ202	Bicarbonate of Soda	200g	1.49	GV
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LJ203	Corn Flour Organic	110g	1.69	GOV
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LJ423	Quick Yeast	8 x 125g	1.15	GV
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ENGEVITA

LJ143	Yeast Flakes	125g	2.29	GV
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FERMIPAN

LJ061	Dried Yeast	500g	3.55	GV
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FREE & EASY

LJ009	Cheese Flavour Sauce Mix	130g	1.79	GV
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JUST WHOLEFOODS

LJ155	VegeRen	30ml	1.35	GV
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LANGDALE

LJ127	Essence of Almond	28ml	1.25	GV
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LJ128	Extract of Lemon	28ml	1.25	GV
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LJ129	Extract of Peppermint	28ml	1.25	GV
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NIELSEN MASSEY

LJ333	Vanilla Extract - OG	118ml	7.99	GOV
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ORGRAN

LJ656	Egg Replacer	200g	2.69	GV
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QUEEN

LJ111	Writing Fudge - Rich Chocolate	50g	3.49	GSV
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LJ112	Writing Fudge - White Choc	50g	3.49	GSV
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LJ106	Writing Icing - Black	50g	2.99	GSV
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LJ107	Writing Icing - Yellow	50g	2.99	GSV
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QUEEN - TAYLOR & COLLEDGE

LJ114	Vanilla Bean Dusting Sugar	100g	3.15	GSV
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LJ115	Vanilla Bean Extract	100ml	3.89	GSV
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LJ113	Vanilla Bean Paste	65g	4.59	GSV
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STEENBERGS

LJ116	Almond Extract	100ml	6.49	GV
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Code	Description	Size	RRP	BFGOS
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	1.62	OV
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RT004	Cannabia Hemp Beer	330ml	2.23	OV
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RT003	Fair Trade Ginger Pale Ale	500ml	2.19	FOV
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RT007	Golden Promise Ale	500ml	2.95	OV
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RT010	Muller's Lagerbier, biodynamic	330ml	1.94	BOV
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RT008	Sam Smiths Best Ale	550ml	2.98	OV
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RT120	Sam Smiths Lager	550ml	2.98	OV
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SUMA

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

AGAINST THE GRAIN

BT232	OG Almond Cookies	35g	0.85	GOSV
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BT077	OG Berry Delicious Cookies	150g	2.99	GOV
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BT341	Og Choc Chip & Hazelnut Cookie	150g	2.85	GOSV
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BT231	OG Choc Chip & Hazelnut Cookie	35g	0.89	GOSV
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BT302	Og Chocolate & Orange Cookies	150g	2.85	GOSV
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BT340	Organic Almond Cookies	150g	2.75	GOSV
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BT339	Organic Ginger Crunches	150g	2.75	GOSV
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AMISA

BT185	Organic Buckwheat Crispbread	150g	1.79	GOSV
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BT211	Organic Spelt Melba Toasts	200g	2.49	OVB
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BT182	Organic Spelt Snack Sticks	150g	2.49	OVB
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CLEARSPRING

BT192	Japanese R/cakes Tamari/Garlic	150g	2.59	GV
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BT190	Japanese Rice cakes	150g	2.59	V
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BT044	Japanese Rice Cakes Sea Veg	150g	2.59	V
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BT631	Puffed Rice Cakes - Multigrain	100g	0.79	VO
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BT629	Puffed Rice Cakes - Plain	100g	0.79	VO
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BT630	Puffed Rice Cakes - Salted	100g	0.79	VO
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DE RIT

BT187	Hazelnut Waffles - organic	6 x 1	1.79	OSV
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BT188	Syrup Waffles - organic	6 x 1	1.79	OSV
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DOVES FARM

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

BT812	Classic Wholegrain Crispbread	200g	2.29	OV
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BT814	Roasted Onion Crispbread	200g	2.39	OV
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BT813	Spelt Wholegrain Crispbread	200g	2.65	OV
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FINN CRISP BREADS

BT310	Five Wholegrain Crispbreads	200g	1.99	SV
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BT309	Five Wholegrains - Thin	190g	1.99	SV
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BT003	Harvest Slims	200g	1.09	V
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BT025	Multigrain	175g	1.09	V
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BT002	Original Rye	250g	1.09	V
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KALLO

Rice Cakes

BT184	Corn Cakes OG	130g	1.69	GOV
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BT031	Fairtrade Rice Cake No Salt OG	130g	1.49	FGOV
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BT033	No Added Salt Organic	130g	1.49	GVO
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BT183	Oat & Rice Cakes	130g	1.39	GV
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BT034	Original Organic Wholegrain	130g	1.49	GVO
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BT215	Savoury	110g	2.19	OGV
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BT036	Thick Slice Sesame Rice Cake	130g	1.39	GOV
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Code	Description	Size	RRP	BFGOS
BT240	Thin Slice No Salt - organic <i>MRS CRIMBLES</i>	130g	1.49	GVO
BT200	Apple Rice Cake	140g	1.39	GV
BT198	Caramel Rice Cakes	140g	1.39	GV
BT196	Corn Cakes	110g	1.39	GV
	<i>NARNS</i>			
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
	<i>Oaties</i>			
BT081	Wholegrain Fruity Oaties	250g	1.25	SV
	<i>Wheat Free Biscuits</i>			
BT416	Fruit and Spice	200g	1.45	SV
BT414	Mixed Berry	200g	1.45	SV
BT415	Stem Ginger	200g	1.45	SV
	<i>NOW</i>			
BT419	Oatcakes No Salt - Organic	250g	1.99	OV
	<i>ORGANICO</i>			
	<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
	<i>ORGRAN</i>			
BT258	Outback Animals - Chocolate	175g	2.15	GVS
BT255	Outback Animals - Vanilla	175g	2.15	GVS
	<i>PATERSON'S</i>			
BT097	Olive Oil Oatcakes	300g	1.39	V
BT128	Rough Oatcakes	300g	1.19	V
	<i>RAW HEALTH</i>			
BT288	Org Raw Deeply Dense Pitta	90g	3.99	GOV
BT287	Org Raw Flax Pumpkin Cracker	90g	3.99	GOV
BT289	Org Raw Flax Tomato Cracker	90g	3.99	GOV
BT286	Org Raw Italian Crispbread	100g	3.99	GOV
	<i>TERRASANA</i>			
BT350	Crackers - Linseed & Rosemary	160g	1.99	OV
BT363	Crackers - Natural	300g	2.25	OV
BT230	Crackers - Onion & Oregano	165g	1.99	OV
BT375	Crackers - Salted	300g	2.55	OV
BT357	Crackers - Sesame	300g	2.25	OV
	<i>VILLAGE BAKERY</i>			
BT119	Oatcakes	250g	1.99	VO

BODYCARE

SUMA GLYCERINE SOAP

DY540	Grapefruit & Aloe Vera Soap	90g	1.25	V
DY555	Hemp Oil & Vitamin E Soap	90g	1.25	V
DY532	Rose & Geranium Soap	90g	1.25	V
DY013	White Lavender Soap	90g	1.25	V

SUMA HANDMADE SOAPS

DY498	Almond Soap	1	1.15	V
DY479	Wild Raspberry Soap	1	1.15	V
	<i>Country Garden</i>			
DY119	Mixed Soap - Country Garden	1	1.15	V
	<i>Exotic</i>			
DY248	Cinnamon & Sandalwood Soap	1	1.15	V
DY116	Mixed Soap - Exotic	1	1.15	V
DY366	Nutmeg & Vanilla Soap	1	1.15	V
DY209	Tea Tree Soap	1	1.15	V
	<i>Extra Gentle</i>			
DY118	Avocado & Cucumber Soap	1	1.15	V
DY208	Desert Aloe Vera Soap	1	1.15	V
DY246	Fragrant Coco Palm Soap	1	1.15	V
DY117	Mixed Soap - Extra Gentle	1	1.15	V
	<i>Gift Box Soaps</i>			
DY775	Floral Collection Soap	4 x 1	4.25	GV
DY198	Sensual Collection Soap	4 x 1	4.25	GV

Code	Description	Size	RRP	BFGOS
	<i>Old English</i>			
DY362	Elderflower & Apple Soap	1	1.15	V
DY363	English Lavender Blossom Soap	1	1.15	V
DY371	Mixed Soap - Old English	1	1.15	V
DY367	Rose of York Soap	1	1.15	V
	<i>Sensual Spices</i>			
DY750	Sensual Spices Soap	1	1.15	V
	<i>SUMA SHAMPOO</i>			
DY226	Clear & Simple Shampoo	500ml	4.25	V
DY595	Clear & Simple Shampoo	5l	19.89	V
DY235	Grapefruit & Aloe Vera Shampoo	500ml	4.25	V
DY598	Grapefruit & Aloe Vera Shampoo	5l	19.89	V
DY608	Rose & Geranium Shampoo	5l	19.89	V
DY242	Rose Petal & Geranium Shampoo	500ml	4.25	V
DY269	White Lavender Shampoo	500ml	4.25	V
DY593	White Lavender Shampoo	5l	19.89	V
	<i>ALOE PURA</i>			
DY040	Aloe Vera Gel OG	200g	5.55	GOV
	<i>AMIE</i>			
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
	<i>BENTLEY ORGANIC</i>			
DY338	Anti Bacterial Hand Sanitizer	50ml	2.99	OV
	<i>Bodycare</i>			
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
	<i>Haircare</i>			
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
	<i>Miniatures/Hotel Sizes</i>			
DY673	Calming & Moisturising Soap	40g	1.10	OV
DY671	Calming Body Lotion	50ml	1.79	OV
DY665	Calming Moisturising Bodywash	50ml	1.79	OV
DY667	Conditioner - all hair types	50ml	1.79	OV
DY672	Shampoo - Frequent Use	50ml	1.79	OV
	<i>Soap & Handwash</i>			
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
	<i>BOCOTON</i>			
DY689	Cotton Balls	100	1.95	FOV
DY690	Cotton Buds	200	2.05	FOV
DY687	Cotton Safety Buds	56	1.65	FOV
DY691	Pre-Cut Cottonwool	100g	2.35	FOV
DY688	Round Cosmetic Cotton Pads	60	1.49	FOV
DY692	Square Cottonwool Pads	40	1.89	FOV
	<i>CHANDRIKA</i>			
DY495	Ayurvedic Soap	1	0.99	V
	<i>EARTH FRIENDLY KIDS</i>			
DY313	Gentle Kids Wipes	60 pack	2.49	V
DY298	Minty Lavender Bubble Bath	250ml	3.99	V
DY330	Minty Lavender Shampoo/Bodywash	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
	<i>ESSENTIAL CARE</i>			
DY435	2 in 1 Purifying Mint Mask	50g	20.00	FOSV

Code	Description	Size	RRP	BFGOS
DY453	Aloe Vera Bodywash	200ml	6.75	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
DY134	Lemon & Tea Tree Facial Wash	150ml	14.00	OV
DY442	Lemongrass Hand & Bodywash	200ml	7.15	OV
DY705	Organic Hand & Body Lotion	150ml	14.00	OV
DY438	Organic Mosimix	70ml	9.50	OV
DY443	Organic Relaxing Body Oil	100ml	15.00	OV
DY125	Rose Moisturiser	50ml	18.50	OV
DY094	Rose Petal Tonic	100ml	16.00	OV
DY440	Superfruit Concentrate	30ml	26.00	OV
DY575	Tea Tree & Herb Shampoo	200ml	9.80	OV
DY625	Ylang Ylang & Orange Bodywash	200ml	9.50	OV

FAITH

Conditioner

DY221	Aloe Vera Conditioner	400ml	4.10	V
DY272	Chocolate Conditioner	400ml	4.70	GV
DY412	Ginkgo Biloba conditioner	400ml	4.70	V
DY410	Hemp & Meadowfoam Conditioner	400ml	4.70	V
DY223	Jojoba Conditioner	400ml	4.10	V
DY890	Lavender, Geranium Conditioner	400ml	4.10	V
DY846	Rosemary Conditioner	400ml	4.10	V
DY845	Seaweed Conditioner	400ml	4.10	V
DY222	Tea Tree Conditioner	400ml	4.70	V

Feminine Care

DY280	Feminine Wipes	pack	1.99	V
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Foam Bath

DY104	Aloe & Ylang Ylang Foam Bath	400ml	4.35	V
DY285	Hemp & Meadowfoam Foam Bath	400ml	4.35	VG
DY105	Lavender & Geranium Foam Bath	400ml	4.35	V
DY407	Organic Chocolate Foam Bath	400ml	4.90	V
DY848	Seaweed Foam Bath	400ml	4.35	V
DY107	Tea Tree Foam Bath	400ml	4.35	V

Hand Wash

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

Shampoo

DY844	Aloe Vera Shampoo	400ml	4.10	V
DY439	Chocolate Shampoo	400ml	4.70	V
DY419	Ginkgo Biloba shampoo	400ml	4.70	V
DY420	Hemp & Meadowfoam Shampoo	400ml	4.70	V
DY839	Jojoba Shampoo	400ml	4.10	V
DY503	Lavender & Geranium shampoo	400ml	4.10	V
DY843	Rosemary Shampoo	400ml	4.10	V
DY842	Seaweed Shampoo	400ml	4.10	V
DY509	Tea Tree Shampoo	400ml	4.70	V

Skincare

DY059	3-in-1 Facial Wipes	25	2.90	V
DY289	3-in-1 Facial Wipes Promotion	pack	2.25	V
DY174	Body Deodorant	100g	3.45	V
DY740	Exfoliating Face & Body Polish	150ml	5.50	V
DY708	Intensive Moisturising Cream	50ml	5.99	V
DY073	Nourishing Aloe Vera Eye Gel	50ml	5.45	V
DY735	Purifying Cleansing lotion	150ml	5.50	V
DY066	Purifying Face & Body Scrub	150ml	5.15	V
DY722	Rejuvenating Facial Wash	150ml	5.60	V
DY706	Replenishing Moisture Cream	50ml	5.85	V
DY709	Restorative Hand Cream	50ml	5.75	V

Soap

DY050	Loose Soap - Aloe Vera	100g	1.16	V
DY154	Loose Soap - Hemp, Lemongrass,	100g	1.16	V
DY005	Loose Soap - Lavender	100g	1.16	V
DY006	Loose Soap - Orange	100g	1.16	V
DY008	Loose Soap - Rosemary	100g	1.16	V
DY239	Loose Soap - Tea Tree	100g	1.16	V
DY051	Wrapped Soap - Aloe Vera	100g	1.52	V
DY404	Wrapped Soap - Chocolate	100g	1.52	V
DY461	Wrapped Soap - Lavender	100g	1.52	V
DY464	Wrapped Soap - Rosemary	100g	1.52	V
DY460	Wrapped Soap - Tea Tree	100g	1.52	V
DY153	Wrapped Soap -Hemp,Lemongrass,	100g	1.52	V

Code	Description	Size	RRP	BFGOS
GREEN PEOPLE COMPANY				
<i>Hair & Body Care</i>				
DY316	Aloe Vera Herbal Conditioner	200ml	9.50	V
DY315	Aloe Vera Herbal Shampoo	200ml	9.50	V
DY317	Aloe Vera Shower Gel	200ml	9.50	V
DY219	Intensive Repair Conditioner	200ml	10.50	V
DY218	Intensive Repair Shampoo	200ml	10.50	VO
DY624	Moisturising Conditioner	200ml	10.50	OV
DY626	Moisturising Shampoo	200ml	10.50	OV
DY319	Rosemary Herbal Conditioner	200ml	9.50	V
DY318	Rosemary Herbal Shampoo	200ml	9.50	V

Organic Skincare

DY328	Gentle Cleanse	200ml	15.50	VGO
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Organicchildren.com

DY257	Organic Children Bath & Shower	200ml	7.50	VO
DY259	Organic Children Shampoo	200ml	7.50	VO
DY288	Organic Childrens Conditioner	200ml	7.50	V

Sun Care

DY520	Self Tan Lotion	200ml	16.99	GV
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HENNE COLOR

DY043	Auburn Liquid Henna	90ml	4.55	V
DY042	Black Liquid Henna	90ml	4.55	V
DY039	Brown Liquid Henna	90ml	4.55	V
DY036	Copper Liquid Henna	90ml	4.55	V
DY046	Mahogany Liquid Henna	90ml	4.55	V

HENNE NATUR

DY482	Henna - black	90g	3.85	V
DY483	Henna - Burning Red	90g	3.10	V
DY491	Henna - Chestnut	90g	3.85	V
DY489	Henna El Cahira - Mahogany	90g	3.10	V
DY480	Henna Natural - Copper	90g	3.10	V

INCOGNITO

See also 'Incense'

NF371	3 In 1 Shampoo & Conditioner	200ml	6.99	OV
NF372	After Sun Moisturiser	200ml	10.99	V
NF370	Anti-Mosquito Camouflage Spray	100ml	8.99	V
NF377	Empty Travel Bag	each	5.99	V

KNEIPP

DY394	Bath Salts - Eucalyptus	500g	5.85	V
DY391	Bath Salts - Juniper	500g	7.79	V
DY398	Bath Salts - Lavender	500g	7.79	V
DY400	Body Wash - Juniper	200ml	2.95	V
DY408	Body Wash - Lavender	200ml	2.95	V
DY417	Body Wash - Mint & Eucalyptus	200ml	2.95	V
DY399	Body Wash - Orange & Linden	200ml	2.95	V
DY401	Herbal Bath - Eucalyptus	100ml	5.85	V
DY426	Herbal Bath - Eucalyptus	20ml	1.89	V
DY427	Herbal Bath - Orange & Linden	20ml	1.89	V
DY415	Herbal Bath - Rosemary	100ml	5.85	V
DY429	Herbal Bath - Rosemary	20ml	1.89	V

LAVERA

Awesome Limited Offers!

DY763	Family SPF15 Sun Spray + Free	pack	16.50	OV
DY764	Kids Sun Block Spray SPF20 +	pack	17.50	OV
DY766	Neutral Sun Spray SPF20 +	pack	18.50	OV
DY762	Rose Milk Shampoo + Free	pack	7.95	GOV

Basis Sensitive Range

DY202	Deodorant - Roll On	50ml	7.95	OV
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Body Spa - Orange Feeling

DY657	Orange Feeling Bath Salts	80g	2.25	OV
DY658	Orange Feeling Body Lotion	150ml	7.45	OV
DY659	Orange Feeling Body Scrub	150ml	6.45	OV
DY660	Orange Feeling Creamy Body Wsh	150ml	6.45	OV
DY662	Orange Feeling Deodorant Spray	50ml	7.75	OV
DY663	Orange Feeling Hand Cream	75ml	5.95	OV
DY661	Orange Feeling Roll On Deodrant	50ml	7.75	OV
DY664	Orange Feeling Shower/Bath Gel	150ml	5.95	OV

Body Spa - Rose Garden

DY648	Rose Garden Bath Salts	80g	2.25	OV
DY649	Rose Garden Body Lotion	150ml	7.45	OV
DY651	Rose Garden Creamy Body Wash	150ml	6.45	OV

Code	Description	Size	RRP	BFGOS	Code	Description	Size	RRP	BFGOS
DY656	Rose Garden Deodorant Spray	50ml	7.75	OV	DY826	1N Ebony Black	155ml	8.99	GV
DY653	Rose Garden Hand Cream	75ml	5.95	OV	DY828	2N Brown Black	155ml	8.99	GV
DY652	Rose Garden Roll On Deodorant	50ml	7.75	OV	DY831	3N Dark Chestnut Brown	155ml	8.99	GV
DY654	Rose Garden Shower & Bath Gel	150ml	5.95	OV	DY832	4N Natural Chestnut	155ml	8.99	GV
<i>Cosmetics</i>					DY834	5N Light Chestnut Brown	155ml	8.99	GV
DY497	Mascara Mini Display + testers	each	10.90	OV	DY835	6N Dark Blonde	155ml	8.99	GV
DY512	Volume Mascara No 1 - Black	6.5ml	10.90	OV	DY837	7N Hazelnut Blonde	155ml	8.99	GV
<i>Men Care</i>					DY840	8N Wheatgerm Blonde	155ml	8.99	GV
DY010	After Shave Balm	50ml	8.50	VO	DY841	9N Honey Blonde	155ml	8.99	GV
DY021	Deodorant ActiveSpray	50ml	7.95	VO	<i>NETTY GRITTY</i>				
<i>New Hair</i>					DY428	Head Lice Repellent Spray	250ml	9.99	V
DY161	Conditioner - Mango Milk	150ml	6.95	GOV	DY385	Head Lice Solution	150ml	8.99	V
DY143	Conditioner - Rose Milk Repair	150ml	6.95	GOV	<i>OLIVA</i>				
DY114	Shampoo - Cornflower	250ml	6.95	GOV	DY290	Olive Oil Soap	6 x 125g	1.15	V
DY109	Shampoo - Mango Milk	250ml	7.95	GOV	DY561	Olive Oil Soap - Large Bar	600g	2.45	V
DY140	Shampoo - Rose Milk	250ml	7.95	GOV	<i>ORGANIC BLUE</i>				
DY166	Treatment - Mango Milk	125ml	7.95	GOV	DY054	Conditioner - all hair types	250ml	3.99	V
<i>Sun Sensitive</i>					DY472	Mens Bath Soak	250ml	3.99	V
DY266	After Sun Lotion	150ml	7.50	VO	DY477	Mens Body Lotion	250ml	4.99	V
DY182	Anti Age Sun Cream SPF15	50ml	10.50	OV	DY488	Mens Hair & Body Wash	250ml	3.99	V
DY018	Family Sun Spray SPF 15	200ml	16.50	OV	DY467	Mens Shower Scrub	250ml	3.99	V
DY025	Kids Coloured Sun Block SPF 20	200ml	17.50	OV	DY048	Moisturising Body Lotion	250ml	4.99	V
DY160	Neutral Sun Screen SPF 20	50ml	10.50	OV	DY053	Refreshing Body Scrub	250ml	3.99	V
DY145	Self Tanning Lotion	150ml	13.50	VO	DY055	Shampoo - normal to dry hair	250ml	3.99	V
DY131	Silky Shimmer Lotion	150ml	10.50	VO	DY056	Shampoo - normal to greasy	250ml	3.99	V
DY129	Sun Lip Balm SPF 10	4.5g	5.00	VO	DY044	Wake Up Shower Gel	250ml	3.99	V
<i>MOONCUP</i>					<i>ORGANIC</i>				
DY606	Moocup Size 'A'	each	19.99	V	<i>Pads</i>				
DY680	Moocup Size 'B'	each	19.99	V	NF227	Pads - Heavy Flow	10	3.05	OV
<i>NATRACARE</i>					NF220	Pads - Moderate Flow	10	2.45	OV
<i>Pads</i>					NF199	Pads - Moderate Flow	10	2.89	OV
NF059	Dry & Light Incontinence Pads	20	2.99	V	NF245	Pant Liners - Light Flow	24	2.59	OV
NF152	New Mother Maternity Pads	10	2.19	V	NF182	Panty Liners - Light Flow	24	2.89	OV
NF889	Night-Time Pads	10	1.99	V	<i>Tampons</i>				
NF048	Organic Cotton Panty Liners	22	1.99	OV	NF238	Applicator Tampons - Regular	16	3.35	OV
NF298	Pads - Curved Regular	14	1.59	V	NF215	Applicator Tampons - Super	14	3.45	OV
NF297	Pads - Slender	20	1.89	V	NF319	Applicator Tampons Super Plus	14	3.55	OV
NF299	Pads - Super	12	1.59	V	NF359	Digital Tampons Regular	16	2.79	OV
NF096	Panty Liner Breathable	30	1.59	V	NF358	Digital Tampons Super	16	2.89	OV
NF121	Panty Liner Curved	30	1.59	V	NF357	Digital Tampons Super Plus	16	2.99	OV
NF755	Ultra Pad - Long with Wings	10	2.19	V	<i>PACIFICA</i>				
NF862	Ultra Pads Super Plus	12	2.19	V	<i>Body Butter</i>				
NF827	Ultra Regular Pad with Wings	14	2.19	V	NF240	Hawaiian Ruby Guava	226g	11.49	V
NF442	Ultra Super Pads with Wings	12	2.19	V	NF241	Mediterranean Fig	226g	11.49	V
<i>Tampons</i>					NF244	Tahitian Gardenia	226g	11.49	V
NF030	Tampons Regular - Organic	10	1.49	OV	NF247	Tunisian Jasmine	226g	11.49	V
NF085	Tampons Regular - Organic	20	2.39	VO	NF246	Waikiki Pikake	226g	11.49	V
NF031	Tampons Super - Organic	10	1.59	OV	<i>Natural Soap</i>				
NF086	Tampons Super - Organic	20	2.49	OV	NF141	Persian Rose	170g	4.59	V
NF087	Tampons Super Plus - OG	20	2.69	VO	NF147	Sandalwood	170g	4.59	V
<i>Wipes</i>					<i>PITROK</i>				
NF204	Organic Cotton Intimate Wipes	12	1.95	OV	DY693	Antibacterial Handwash	250ml	4.99	V
<i>NATURTINT</i>					DY049	Crystal Deodorant - Push-up	100g	5.82	V
<i>Permanent Hair Colour Ash</i>					DY126	Deodorant Spray - fragranced	100ml	3.87	V
DY861	10A Light Ash Blonde	155ml	8.99	GV	DY694	Organic Cotton Deodorant Wipes	20	3.99	OV
DY859	8A Ash Blonde	155ml	8.99	GV	DY696	Roll On Crystal Deodorant	50ml	3.99	V
<i>Permanent Hair Colour Copper</i>					DY697	Sea Minerals Bodywash	250ml	5.99	V
DY869	5C Light Copper Chestnut	155ml	8.99	GV	DY699	Sea Minerals Conditioner	250ml	5.99	V
DY872	8C Copper Blonde	155ml	8.99	GV	DY698	Sea Minerals Shampoo	250ml	4.99	V
<i>Permanent Hair Colour Golden</i>					DY139	Spray Deodorant	100ml	3.87	V
DY851	4G Golden Chestnut	155ml	8.99	GV	<i>PUKKA</i>				
DY853	5G Light Golden Chestnut	155ml	8.99	GV	DY643	Rosewater - organic	100ml	10.75	GOV
DY855	6G Dark Golden Blonde	155ml	8.99	GV	<i>PUREPOTIONS SKINCARE</i>				
DY857	7G Golden Blonde	155ml	8.99	GV	DY609	Skin Salvation Bath Oil	100ml	7.49	GOV
DY858	8G Sandy Golden Blonde	155ml	8.99	GV	<i>SIMPLY GENTLE</i>				
<i>Permanent Hair Colour Illusion</i>					DY097	Cotton Buds - organic	200	2.45	VO
DY876	Fireland I-6.66	155ml	8.99	GV	<i>SOLANO TRADING</i>				
<i>Permanent Hair Colour Mahogany</i>					DY062	Lavender Soap	170g	2.49	V
DY862	4M Mahogany Chestnut	155ml	8.99	GV					
DY865	5M Light Mahogany Chestnut	155ml	8.99	GV					
<i>Permanent Hair Colour Natural</i>									
DY847	10N Light Dawn Blonde	155ml	8.99	GV					

Code	Description	Size	RRP	BFGOS	Code	Description	Size	RRP	BFGOS
	SUNCOAT								
	<i>Natural Cosmetics</i>								
DY769	Hair Spray - Fragrance Free	210ml	14.45	V	DY283	Baby Bath	250ml	3.25	GOV
DY566	Hair Spray - Fragrance Free	60ml	9.95	V	DY765	Baby Oil - no perfume	100ml	7.49	GOV
DY771	Hair Styling Gel	210ml	14.45	V	DY645	Baby Shampoo	250ml	3.25	GOV
DY770	Hair Styling Mousse	210ml	14.45	V		<i>Brown Sugar</i>			
DY560	Liquid Eye Liner - Black	7ml	21.95	V	DY029	Brown Sugar Body Scrub	380g	11.65	FGOV
DY563	Liquid Eye Liner - Brown	7ml	21.95	V	DY027	Brown Sugar Liquid Hand Soap	480ml	5.85	FGOV
DY554	Mascara - Black	10ml	19.95	V	DY024	Brown Sugar Shampoo	250ml	3.99	FGOV
DY557	Mascara - Brown	10ml	19.95	V	DY020	Brown Sugar Shower Gel	500ml	5.95	FGOV
	<i>Natural Nail Care</i>					<i>Chamomile</i>			
DY573	Nail Polish - Almond Nude	8ml	12.95	V	DY244	Chamomile Conditioner	250ml	4.59	GOV
DY578	Nail Polish - Beige	8ml	12.95	V	DY907	Chamomile Shampoo	250ml	3.39	V
DY568	Nail Polish - Berry	8ml	12.95	V		<i>Lavender</i>			
DY574	Nail Polish - Chic Black	8ml	12.95	V	DY902	Lavender Conditioner	250ml	4.59	V
DY572	Nail Polish - Clear Top Coat	8ml	12.95	V	DY906	Lavender Shampoo	250ml	3.99	V
DY605	Nail Polish - Desert Sunset	8ml	12.95	V		<i>Lime</i>			
DY567	Nail Polish - Pearl White	8ml	12.95	V	DY725	Lime Crystal Roll On Deodorant	50ml	4.39	GOV
DY577	Nail Polish - Purple Haze	8ml	12.95	V		<i>No Perfume</i>			
DY571	Nail Polish - Sienna	8ml	12.95	V	DY310	No Perfume Body Lotion	250ml	5.59	V
DY576	Nail Polish - Silver	8ml	12.95	V	DY327	No Perfume Conditioner	250ml	4.59	V
DY579	Nail Polish Remover	60ml	12.95	V	DY022	No Perfume Crystal Deo Spray	50ml	4.39	GOV
	TINTS OF NATURE				DY022	No Perfume Liquid Crystal Deo	50ml	4.39	V
	<i>Haircare</i>				DY336	No Perfume Shampoo	250ml	3.99	V
DY757	Conditioner	250ml	6.49	V	DY258	No Perfume Shower Gel	500ml	5.95	V
DY752	Highlighting Kit	kit	9.25	V		<i>Olive</i>			
DY751	Lightening Kit	kit	9.25	V	DY469	Hand & Body Lotion	245ml	5.49	OV
DY753	Natural Scalp Treatment	50ml	6.75	V	DY476	Liquid Hand Soap	245ml	4.60	OV
DY754	Seal & Shine Conditioner	250ml	6.49	V	DY478	Olive Soap Bar	150g	2.35	OV
DY761	Shampoo	250ml	6.49	V		<i>Rose</i>			
DY759	Sulfate Free Shampoo	250ml	6.49	V	DY702	Rose Body Lotion	250ml	5.59	OV
	<i>Permanent Hair Colours</i>				DY903	Rose Conditioner	250ml	4.59	V
DY730	Dark Ash Blonde	120ml	8.99	V	DY060	Rose Crystal Deodorant	50ml	4.39	OV
DY732	Dark Henna Red	120ml	8.99	V	DY274	Rose Crystal Deodorant Spray	50ml	4.39	GOV
DY712	Dark Toffee Blonde	120ml	8.99	V	DY904	Rose Shampoo	250ml	3.99	V
DY716	Extra Light Blonde	120ml	8.99	V		WELEDA			
DY729	Light Ash Blonde	120ml	8.99	V		<i>Bath & Shower</i>			
DY738	Light Golden Brown	120ml	8.99	V	DY158	Bath Milk - Lavender	200ml	8.95	V
DY731	Light Henna Red	120ml	8.99	V	DY381	Citrus Creamy Body Wash	200ml	7.50	V
DY717	Medium Bright Copper	120ml	8.99	V	DY284	Lavender Creamy Body Wash	200ml	7.50	V
DY736	Medium Golden Blonde	120ml	8.99	V	DY387	Sea Buckthorn Creamy Body Wash	200ml	7.50	V
DY733	Medium Mahogany Blonde	120ml	8.99	V	DY431	Wild Rose Creamy Body Wash	200ml	8.50	V
DY734	Medium Mahogany Brown	120ml	8.99	V		<i>Body Care</i>			
DY718	Medium Red Copper	120ml	8.99	V	DY101	Birch Cellulite Oil	100ml	18.95	OV
DY749	Natural Black	120ml	8.99	V	JU579	Birch Juice Drink	200ml	8.95	GOV
DY743	Natural Dark Blonde	120ml	8.99	V	DY287	Lavender Relaxing Body Oil	100ml	9.95	V
DY745	Natural Dark Brown	120ml	8.99	V	DY300	Sea Buckthorn Body Oil	100ml	9.95	V
DY747	Natural Darkest Brown	120ml	8.99	V	DY152	Spray Deodorant - Citrus	100ml	6.95	V
DY741	Natural Light Blonde	120ml	8.99	V	DY232	Spray Deodorant - Citrus	30ml	3.95	V
DY744	Natural Light Brown	120ml	8.99	V	DY151	Spray Deodorant - Sage	100ml	6.95	V
DY742	Natural Medium Blonde	120ml	8.99	V	DY233	Spray Deodorant - Sage	30ml	3.95	V
DY746	Natural Medium Brown	120ml	8.99	V	DY305	Wild Rose Spray Deodorant	100ml	8.95	V
DY739	Natural Platinum Blonde	120ml	8.99	V	DY311	Wild Rose Spray Deodorant	30ml	4.95	V
DY713	Rich Chocolate Brown	120ml	8.99	V		<i>Facial Care</i>			
DY726	Rich Copper Brown	120ml	8.99	V	DY276	Wild Rose Day Cream	30ml	10.95	V
DY724	Soft Copper Blonde	120ml	8.99	V	DY339	Wild Rose Day Cream	30ml	10.95	V
	TOMS OF MAINE				DY701	Wild Rose Day Cream Promo Pack	30ml	10.95	V
DY437	Roll on Deodorant - Calendula	88.7ml	4.45	GV	DY271	Wild Rose Facial Toner	100ml	8.95	V
DY459	Roll on Deodorant - Unscented	88.7ml	4.45	GV	DY544	Wild Rose Intensive Face Mask	30ml	11.95	V
DY115	Stick Deodorant - Honeysuckle	64g	3.77	V	DY277	Wild Rose Moisture Cream	30ml	10.95	V
DY211	Stick Deodorant - Unscented	64g	3.77	V	DY333	Wild Rose Moisture Cream	30ml	10.95	V
	TRILOGY SKINCARE				DY703	Wild Rose Moisture Cream Promo	30ml	10.95	V
DY516	100% Pure Rosehip Oil	20ml	15.61	OV		<i>Hair Care</i>			
	<i>Natural Actives For Men</i>				DY559	Calendula & Chamomile Shampoo	250ml	7.95	V
DY463	After Shave Balm	100ml	11.75	GV	DY556	Calendula Chamomile Conditioner	250ml	7.95	V
DY473	Smooth Shave Cream	150ml	7.35	GV	DY564	Lemon Balm & Orange Conditioner	250ml	7.95	V
	URTEKRAM				DY569	Rosemary & Ginger Conditioner	250ml	7.95	V
	<i>Aloe Vera</i>					<i>Mens Range</i>			
DY264	Aloe Vera Body Lotion	250ml	5.59	GOV	DY359	Smooth Shave Toner	100ml	11.95	V
DY270	Aloe Vera Conditioner	250ml	4.59	GOV		<i>Pomegranate</i>			
DY905	Aloe Vera Shampoo	250ml	3.99	GOV	DY647	Pomegranate Body Oil	100ml	19.95	V
					DY646	Pomegranate Creamy Body Wash	200ml	8.95	V
					DY644	Pomegranate Hand Cream	50ml	7.95	V

Code	Description	Size	RRP	BFGOS
	<i>Specialist Skincare</i>			
DY168	Aknedoron Cleansing Lotion	100ml	6.50	V
DY065	Aknedoron Purifying Lotion	50ml	6.50	V
	<i>YES PURE INTIMACY PRODUCTS</i>			
DY186	Water Based Intimate Lubricant	125ml	15.99	GOV
DY178	Water Based Intimate Lubricant	25ml	4.99	OV
DY432	Water Based Intimate Lubricant	30ml	11.73	OV
DY179	Water Based Intimate Lubricant	75ml	9.99	OVG

BREADS & BREAD MIXES

BAVARIAN

BT533	Pumpnickel 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	2.39	OV
BT421	Pizza Base - Organic 2 Pack	125g	2.79	GOV
BT461	Rice Bread with Sunflower Seed	500g	3.69	OGV
BT464	Rye Bread - Amaranth & Quinoa	500g	1.89	OV
BT206	Rye Bread - Omega 3	500g	1.69	OV
BT207	Rye Bread - Pumpkin Seed	500g	1.99	OV
BT210	Rye Bread - Sunflower Seed	500g	1.69	OV
BT422	Spelt Pizza Base - Organic	300g	2.99	OV

HALE & HEARTY

BT259	Breadcrumbs	250g	3.19	GSV
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JUST WHOLEFOODS

VF257	Wholemeal Breadcrumbs -organic	175g	1.19	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

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

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

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	350g	1.95	V
VF162	Vegetarian Sausage Mix	350g	1.95	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

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

Code	Description	Size	RRP	BFGOS
	<i>SUNNYVALE</i>			
BT089	Fruit Cake - organic	400g	2.75	OV

CHEESE SUBSTITUTES (CHILLED)

BIDDY MERKINS

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

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

Creamy Sheese

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

PURE

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

REDWOOD

CV631	Cheddar Cheezly with Cranberry	190g	2.65	GV
CV644	Cheezly Cheddar Style Slices	100g	1.96	SV
CV645	Cheezly Edam Style Block	190g	1.96	SV
CV231	Garlic Cheddar Style Cheezly	190g	1.96	V
CV646	Gouda Style Block	190g	1.96	SV
CV647	Mozzarella Style Block	190g	1.96	SV
CV227	Red Cheddar Style Cheezly	190g	1.96	V
CV228	White Cheddar Style Cheezly	190g	1.96	GV

TOFUTTI

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

CHOCOLATE

SUMA PREPACKS - ORGANIC

KB137	Cacao Nibs	100g	1.85	GOV
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BOOJA BOOJA

KB790	Around Midnight Espresso Truff	80g	4.99	GOSV
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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COCOA LOCO

ZX352	Dark Chocolate Buttons - Org	100g	1.99	GOSV
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DIVINE

KB534	Dark Choc with Raspberries	100g	1.99	FGSV
ZX001	Divine 70% Dark Mint Chocolate	100g	1.69	FGV

Easter Range

KB578	Dark Mini Eggs	200g	4.15	FGSV
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DUCHY ORIGINALS

KB583	Dark Chocolate Mint Thins	160g	6.99	OSV
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Code	Description	Size	RRP	BFGOS
KB447	MAYAN MAGIC Mayan Magic Raw Chocolate Kit	1	11.95	GSV
	MONTEZUMA'S 100g Bar Range			
KB254	Dk Choc with Geranium & Orange	100g	2.25	GOSV
KB194	Og Dark Chocolate & Chili	100g	2.25	GOSV
KB148	Peru Dark Chocolate	100g	2.25	GOVS
KB196	Very Dark - og	100g	2.25	GOSV
	<i>Giant Buttons</i>			
KB272	OG Dark Chocolate Button Bag	180g	2.35	GOSV
	<i>Mini Bars</i>			
KB417	Dark with Chili	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			
KB535	Dark Chocolate Bars Gift Box	180g	5.49	FGOSV
	ORGANICA			
KB354	Belgian Dark Chocolate	75g	1.99	FGOSV
KB456	Cranberry Dark Chocolate	100g	2.25	FGOSV
KB361	Dark Choc with Mint Crisps	100g	2.15	FGOVS
KB038	Food of the Gods Dark Choc	100g	2.45	FGOSV
KB353	Hazelnut Dark Chocolate	100g	2.45	FGOSV
KB359	Non Dairy Milk Chocolate	100g	2.45	FGOSV
KB349	Raisin & Almond Non Dairy Choc	100g	2.45	FGOSV
KB039	Spirit of Marrakesh Dark Choc	75g	2.05	FGOSV
KB040	Spirit of Tangiers Dark Choc	100g	2.15	FGOSV
KB277	Vegan Diets White Chocolate	100g	2.45	FGOVS
	PLAMIL			
	<i>Carob Bars</i>			
KB143	Carob, No added sugar	100g	1.69	GV
KB140	Carob, No Hydrogenated Fat	100g	1.69	GSV
	<i>Free From</i>			
KB506	Dairy Free Alternative	100g	1.69	GVS
KB071	Dairy Free Chocolate Drops	175g	2.59	GSV
KB507	Dairy Free Chocolate with Mint	100g	1.69	GVS
	<i>No Added Sugar</i>			
KB169	No Added Sugar Chocolate	100g	2.05	GV
KB170	No Added Sugar Chocolate	100g	2.05	GV
KB441	No Added Sugar Chocolate	100g	2.05	GV
KB264	No added sugar chocolate	45g	0.89	GV
KB650	No Added Sugar Org Chocolate	100g	2.35	GOV
KB263	No added sugar with Mint	45g	0.89	GV
	<i>Organic Large Bars</i>			
KB909	Cayenne Chocolate - OG	95g	2.09	GOSV
KB797	Dark Chocolate - OG	95g	2.09	GOSV
KB139	Fairtrade Organic Alternative	100g	2.09	FGOSV
KB096	Ginger Chocolate - OG	100g	2.09	GOSV
KB502	Mint Chocolate - OG	100g	2.09	GOVS
KB503	Orange Chocolate - OG	100g	2.09	OGVS
	<i>Premium Organic Mini Bars</i>			
KB267	Dark 87% with White Mint	50g	1.35	GOSV
KB266	Orange Chocolate & Cranberries	50g	1.35	GOSV
KB430	Rum and Raisin Chocolate - OG	50g	1.35	GOSV
	RAW HEALTH			
KB601	Org Raw Extreme Dark Chocolate	70g	4.99	GOV
KB602	Org Raw Very Cherry Chocolate	70g	4.99	GOV
	SIESTA			
	<i>UK made, no hydrogenated fat</i>			
KB714	Carob Bar Luxury - Mixed	50g	1.05	VG
KB711	Carob Bar Luxury - Natural	50g	1.05	VG

CHOCOLATE & TOFFEE SPREADS

	BIONA			
GH840	Chocolate Spread - og	350g	2.99	GOSV
	ESSENTIAL TRADING			
GH092	Dark Chocolate Spread	400g	3.19	FOSV

Code	Description	Size	RRP	BFGOS
	PLAMIL			
GH005	Chocolate Spread Orange - og	275g	2.25	GOSV
GH004	Chocolate Spread Plain - og	275g	2.24	GOSV

CIDERS

	ASPALLS			
RT023	Aspalls Organic Suffolk Cider	500ml	2.81	GOSV
RT255	Draught Suffolk Cider	500ml	2.50	GV
RT254	Dry Premier Cru Suffolk Cider	500ml	2.50	GV
RT253	Peronelle's Blush S'folk Cider	500ml	3.26	GV
	DUNKERTONS			
RT015	Dunkertons Organic Cider	500ml	2.65	GOV
RT191	Dunkertons Sparkling Perry	500ml	3.09	GOV
	FRENCH CIDER			
RT190	Cidre Brut	75cl	4.70	GOV
	WESTONS			
RT001	Weston Premium Pear Cider - og	500ml	2.55	OV
RT006	Westons Premium Organic Cider	500ml	2.55	OV

COFFEE SUBSTITUTES

	BARLEYCUP			
TE242	Instant Cereal Drink	100g	1.49	V
TE240	Instant Cereal Drink	200g	2.75	V
TE547	Instant Cereal Drink Organic	100g	2.09	OV
	BIOFORCE			
TE368	Bambu	100g	3.75	V
	LIMA			
TE057	Yannoh Instant	125g	3.95	VO
	WHOLE EARTH			
TE389	Nocaf - organic	100g	2.79	VO
TE215	Wake Cup	125g	3.49	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
	REALLY INTERESTING FOOD CO			
VF045	Spanish Chick Pea Casserole	400g	1.79	GV
	ST DALFOUR FRENCH BISTRO			
VF603	Cous Cous	175g	1.85	V
VF605	Three Beans with Sweetcorn	175g	1.85	V
	SUNITA			
FG601	Polenta - organic	500g	1.39	OV
	ZANAÉ			
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 PREPACKS			
ZX195	Bombay Mix	125g	0.65	GV
ZX196	Bombay Mix	250g	0.99	GV
ZX084	Fruit & Nut Mix	125g	1.45	GV
ZX205	Japanese Rice Crackers	125g	1.35	V
ZX202	Sesame Sticks	125g	0.66	V
ZX294	Spiced Roast Chick Peas	125g	0.69	GV
ZX204	Spicy Noodles	125g	0.75	GV
ZX558	Spicy Noodles	175g	0.99	GV

Code	Description	Size	RRP	BFGOS
<i>SUMA PREPACKS - ORGANIC</i>				
ZX931	Bombay Mix - organic	125g	0.79	OV
ZX552	Bombay Mix - organic	250g	1.29	OV
<i>AMAZIN</i>				
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
ZX407	Chilli Corn Rolls	100g	1.05	GOVS
ZX428	Nacho Corn Chips Snack Size	75g	1.35	GOV
ZX429	Natural Corn Chips Value Bag	250g	1.95	GOV
ZX245	Organic Rice Chips - Chilli	105g	1.99	GOV
ZX247	Organic Rice Chips - Garlic	105g	1.99	GOV
ZX246	Organic Rice Chips - Original	105g	1.99	GOV
<i>BIONA</i>				
ZX397	Potato Chips - Lightly Salted	30g	0.79	GOV
ZX424	Potato Chips - Lightly Salted	100g	2.09	GOV
ZX396	Potato Chips - Salt & Vinegar	30g	0.79	GOSV
<i>CLEARSPRING</i>				
ZX230	Japanese Rice Crackers	50g	1.79	OV
ZX216	Roasted Seeds & Soya Snack	35g	0.95	GOV
ZX218	Roasted Seeds, Soya & Cranberry	30g	0.99	GOV
<i>CYPRESSA</i>				
ZX351	Giant Corn Snacks	50g	0.45	V
ZX810	Roasted and Salted Broad Beans	150g	0.89	GV
<i>KETTLE CHIPS</i>				
ZX912	Balsamic Vinegar & Sea Salt	40g	0.65	GSV
ZX381	Balsamic Vinegar & Sea Salt	150g	2.09	GSV
ZX404	Crushed black pepper	150g	2.09	GV
ZX419	Gold Parsnip, Sw Pot & Beetroot	100g	2.09	GV
ZX914	Lightly Salted	40g	0.65	GSV
ZX248	Lightly Salted	150g	2.09	GV
ZX405	No added salt	150g	2.09	GV
ZX307	Roasted Tomato & Basil	150g	2.09	GSV
ZX913	Sea Salt & Crushed Peppercorns	40g	0.65	GSV
ZX430	Sea Salt & Vinegar Multipack	6 x 30g	2.29	GSV
ZX362	Sweet Chilli	40g	0.65	SV
ZX303	Sweet Chilli	150g	2.09	SV
<i>MUNCHY SEEDS</i>				
ZX262	Chilli Mix	30g	0.57	GV
ZX259	Mixed Case	30g	0.57	GV
ZX263	Omega Mix	30g	0.57	GV
<i>NUTRADIA</i>				
ZX380	Paprika	85g	1.59	GVS
ZX378	Sea Salt	85g	1.59	GV
ZX379	Sea Salt and Black Pepper	85g	1.59	GV
<i>PIPERS CRISPS</i>				
ZX292	Anglesey Sea Salt	40g	0.65	V
ZX290	Biggleswade Sweet Chilli	150g	1.79	SV
ZX423	Biggleswade Sweet Chilli	40g	0.65	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
<i>TERRASANA</i>				
ZX560	Mung Bean Chips	50g	2.09	GOV
<i>TRAFU</i>				
ZX328	Corn & Rice Roasties	100g	1.75	OSV
ZX401	Corn Peanuts	75g	1.25	GOV
ZX091	Light Crisps - salted	100g	2.09	OVS
ZX053	Paprika Crisps - organic	40g	0.89	GOV
BT075	Pretzel Sticks	100g	1.25	OV
ZX054	Salt & Vinegar Crisps - org	40g	0.89	GOV
ZX055	Salted Crisps - organic	40g	0.89	GOV
ZX436	Tortilla Chips - Chilli	200g	1.85	GOV
VF218	Tortilla Chips - Chilli	75g	0.99	VO
ZX136	Tortilla Chips - Natural	200g	1.85	GOV
VF226	Tortilla Chips - Natural	75g	0.89	VO
ZX417	Tortilla Rolls	100g	1.49	OV
ZX138	Vegetable Chips	75g	2.35	GOV

Code	Description	Size	RRP	BFGOS
<i>TYRRELLS</i>				
<i>Potato Chips - Impulse</i>				
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
<i>Potato Chips - Sharing</i>				
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
<i>Vegetable Chips</i>				
ZX655	Mixed Roots	150g	2.65	V
ZX658	Mixed Roots	40g	0.99	GV
ZX659	Parsnip	40g	0.89	SV
<i>WHOLE EARTH</i>				
<i>SoCrispy Light & Crunchy Bites</i>				
ZX123	Smoky Paprika Bites	28g	0.69	GV

DESSERTS

<i>GRANOVITA</i>				
SY171	Deluxe Soya - Black Cherry	145g	0.55	GVS
SY172	Deluxe Soya - Peach/Apricot	145g	0.52	GVS
SY047	Deluxe Soya - Plain	145g	0.55	GV
SY174	Deluxe Soya - Raspberry	145g	0.55	GVS
SY173	Deluxe Soya - Strawberry	145g	0.55	GVS
SY044	Deluxe Soya - Tropical	145g	0.55	GV
<i>JUST WHOLEFOODS</i>				
VF065	Custard Powder	100g	0.99	GV
VF067	Jelly Crystals - Lemon	85g	0.99	VS
VF176	Jelly Crystals - Raspberry	85g	0.99	VS
VF068	Jelly Crystals - Strawberry	85g	0.99	VS
VF066	Jelly Crystals - Trop Fruits	85g	0.99	VS
<i>PROVAMEL</i>				
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)

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

DRINKS (CHILLED)

<i>ALPRO</i>				
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
<i>GROVE ORGANIC FRUIT CO</i>				
<i>Organic NFC Fruit Juices</i>				
CV047	Apple & Cranberry - organic	1l	3.18	GOV
CV199	Apple & Mango - organic	1l	3.18	GOV
CV198	Apple Juice - organic	1l	3.18	GOV
CV532	Breakfast Juice - Organic	1l	3.29	GOV
CV175	Grapefruit Juice - organic	1l	3.18	GOV
CV004	Orange Juice - organic	1l	3.29	GVO
CV259	Organic Orange Juice (Large)	1.75l	4.99	GOV
<i>PIP ORGANIC DRINKS</i>				
CV574	Cloudy Apple Juice	1l	3.19	GOV

Code	Description	Size	RRP	BFGOS
CV576	Organic Apple & Cherry Juice	1l	3.19	GOV
CV575	Organic Apple and Mango Juice	1l	3.19	GOV
<i>RDA ORGANIC</i>				
<i>Sqqquishy Fruit Smoothie</i>				
CV906	Org Blackcurrant,Apple,Banana	4 x 150ml	1.15	GOV
<i>Squeezy Fruit Pouches</i>				
CV905	Kids Squeezy Pure Organic	4 x 150ml	1.15	GOV

FAR EASTERN FOOD

AMAIZIN

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

BIONA

VF187	Coconut Milk Light Organic	400ml	0.99	GOV
VF775	Coconut Milk Organic	400ml	1.19	GOV
VF772	Creamed Coconut Organic	200g	1.09	GOV
JP014	Wasabi Style Horseradish Paste	50g	2.99	OV

BLUE DRAGON

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	0.75	GV
LJ134	Coconut Milk Organic	400ml	2.15	GOV
LJ050	Creamed Coconut Block	200g	1.59	VG
HE212	Garlic - Minced	110g	1.39	GV
HE213	Ginger - minced green	110g	1.05	GV
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	1.49	V
KJ159	Sweet Chilli Dipping Sauce	190ml	1.39	VS
VF013	Tamarind Paste	120g	1.19	V
JP220	Tofu - Firm Silken	349g	2.15	V
VF419	Water Chestnuts	225g	1.05	GV
WT100	Wholewheat Noodles	300g	1.15	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	2.19	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
JP018	Instant Miso Soup Paste	4 x 15g	2.19	OV
JP007	Japanese Sea Vegetable Salad	25g	4.79	GV
JP091	Kombu	50g	4.39	GV
JP017	Maitake Mushrooms - Dried	30g	5.49	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
JP016	Sushi Rice Seasoning Sauce	150ml	3.29	OV

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

DUNN'S RIVER

VF106	Coconut Milk	400ml	0.75	GV
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GEO ORGANICS

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

KING SOBA

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

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

MORINU

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

REALLY INTERESTING FOOD CO

VF115	Thai Green Curry	400g	1.79	GSV
VF037	Thai Temple Curry	400g	1.79	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
JP656	Organic Thai Rice Noodles	250g	1.49	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
FX099	Oats - jumbo	1Kg	1.35	V
FX030	Oats - jumbo	500g	0.79	V
FX100	Oats - porridge	1Kg	1.29	V
FX033	Oats - porridge	500g	0.79	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
FX067	Bran Sticks - organic	250g	1.15	OV

Code	Description	Size	RRP	BFGOS
FG123	Medium Oatmeal - organic	500g	1.19	OV
FX031	Millet Flakes - organic	500g	2.19	GOV
FX111	Oat Bran - organic	500g	1.59	OV
FX039	Oats - jumbo organic	500g	1.19	OV
FX060	Oats - jumbo, organic	1Kg	2.09	VO
FX040	Oats - porridge organic	500g	1.25	OV
FX059	Oats - porridge, organic	1Kg	2.09	VO
FX656	Quinoa Flakes - organic	500g	4.65	GOV
FX032	Rice Flakes Brown - organic	500g	2.19	OV
FX093	Rye Flakes - organic	500g	1.09	OV
FX213	Toasted Malted Wheat Flakes OG	500g	1.65	OV
FX043	Wheat Bran - organic	500g	0.95	OV
FX094	Wheat Flakes - organic	500g	1.25	OV

ALLERGYCARE

FX044	Buckwheat Flakes	500g	3.19	GV
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BARKAT

MX270	Porridge- Millet & Rice Flakes	500g	4.79	GOSV
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HALE & HEARTY

MX082	Pure Gluten Free Porridge Oats	325g	4.39	GSV
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JORDANS

MX200	Porridge Oats Organic	750g	2.45	OV
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FX080	Wheatgerm - natural	375g	2.15	V
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MORNFLAKE

FG037	Fine Oatmeal	500g	0.85	V
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FG035	Medium Oatmeal	500g	0.69	V
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FX008	Oat Bran	500g	1.49	V
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FG033	Oatmeal - Coarse (Pinhead)	500g	0.69	V
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FX011	Oats - porridge, organic	500g	0.99	VO
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PIMHILL

FX006	Oats - jumbo, organic	850g	2.25	OV
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FX005	Oats - porridge, organic	850g	2.25	OV
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QUINOA REAL

FX505	Quinoa Flakes - OG	500g	5.29	FGOV
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FLOURS & BREAD MIXES

SUMA PREPACKS

FG078	Gram Flour	500g	1.09	GV
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FG092	Polenta	500g	1.09	GV
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SUMA PREPACKS - ORGANIC

FG149	Brown Rice Flour - organic	500g	1.49	GOV
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FG128	Maize Meal - organic	500g	1.09	GOV
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FG205	Soya Flour - organic	250g	1.99	GOV
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ALLERGYCARE

FG096	Tapioca Flour	500g	2.12	GV
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BACHELDRE WATERMILL

FG187	Plain Unbleached White Flour	1.5Kg	2.29	OV
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FG175	Stoneground Rye Flour	1.5Kg	2.59	OV
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FG179	Stoneground Spelt Flour	1.5Kg	3.99	OV
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FG162	Strong 100% Wholemeal Flour	1.5Kg	2.05	OV
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FG165	Strong Malted Blend Flour	1.5Kg	2.65	OV
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FG164	Strong Malted Five Seed Flour	1.5Kg	3.55	OV
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FG160	Strong Unbleached White Flour	1.5Kg	2.49	OV
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DOVES FARM

FG654	Barleycorn Flour - Organic	1Kg	1.69	OV
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FG999	Buckwheat Flour	1Kg	1.85	V
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FG522	Gluten Free Brown Bread Flour	1Kg	2.35	GVS
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FG700	Gluten Free Plain White Flour	1Kg	2.25	GV
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FG701	Gluten Free Self Raising White	1Kg	2.25	GV
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FG520	Gluten Free White Bread Flour	1Kg	2.35	GV
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FG116	Gram (chickpea) flour	1Kg	1.79	GV
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FG011	Kamut Flour Organic	1Kg	2.79	OV
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FG004	Malthouse Flour (wheat & rye)	1Kg	1.45	OV
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FG997	Pasta / Pizza Flour	1Kg	1.59	OV
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FG117	Rice Flour	1Kg	1.65	GV
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FG016	Rye Flour - wholemeal, organic	1Kg	1.59	OV
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FG102	Spelt Flour - organic	1Kg	1.95	OV
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FG069	White Flour - plain, organic	1Kg	1.09	OV
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FG070	White Self Raising Organic	1Kg	1.19	OV
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FG071	White Spelt Flour - Organic	1Kg	2.35	OV
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FG072	White Strong Flour - organic	1.5Kg	1.79	OV
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Code	Description	Size	RRP	BFGOS
FG010	Wholemeal Fine Pastry Organic	1Kg	1.05	VO
FG115	Wholewheat Self Raising Org	1Kg	1.05	OV
FG008	Wholewheat Strong Flour, org	1.5Kg	1.55	OV

FERRERO

QS003	Polenta	500g	1.39	V
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GILCHESTERS ORGANICS

FG019	100% Whole Spelt Flour	1.5Kg	3.19	OV
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FG014	Pizza & Ciabatta Wheat Flour	1.5Kg	2.95	OV
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FG018	Semolina Fine Wheat Flour	500g	1.79	OV
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FG036	Stoneground Wholewheat Strong	3.5Kg	5.58	OV
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FG009	Strong 100% Whole Wheat Flour	1.5Kg	2.55	OV
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FG006	Strong White Wheat Flour	1.5Kg	2.95	OV
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FG025	Unbleached Stoneground White	3.5Kg	6.58	OV
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GLEBE FARM

Bread Mixes

FG066	Crusty White Wheat Bread Mix	500g	2.15	OV
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FG063	Organic Seeded Wheat Bread Mix	500g	2.15	OV
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FG073	Spelt/Sunflower Seed Bread Mix	375g	2.45	V
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Gluten Free Bread Mixes

FG076	G/F Seeded Brown Bread Mix	375g	2.25	GV
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FG068	Gluten Free White Bread Mix	375g	2.15	GV
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Gluten Free Cake Mixes

FG064	G/F Cran/Blueberry Muffin Mix	300g	2.85	GSV
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FG065	Gluten Free Carrot Cake Mix	300g	2.85	GSV
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FG074	Gluten Free Chocolate Cake Mix	300g	2.85	GSV
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HALE & HEARTY

FG058	Classic Chocolate Cake Mix	400g	3.29	GOSV
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FG057	Classic Vanilla Sponge Mix	400g	2.59	GOSV
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FG062	Four Grain Pancake Mix	400g	3.19	GOSV
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FG060	Luxury Wholegrain Crumble Mix	400g	3.09	GSV
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FG059	Multi-Seed Bread Mix	375g	3.29	GOSV
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FG056	Rich Chocolate Brownie Mix	400g	3.19	GOSV
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LITTLE SALKELD WATERMILL

FG051	4 Grain - organic	1.5kg	2.95	VO
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FG804	Barley Flour - organic	500g	1.85	OVB
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FG802	Semolina Brown - organic	500g	1.75	VO
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Bulk

FG055	Wholemeal plain flour organic	6kg	10.55	VOB
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MARRIAGES

FG582	Canadian V Strong White	1.5Kg	1.59	V
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FG666	Canadian V Strong Wholemeal	1.5Kg	1.59	V
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FG089	Country Fayre malted brown	1.5kg	1.99	OV
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FG258	OG Lite Brown Self Raising	1.5Kg	1.69	OV
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FG259	Organic Light Brown Plain	1.5Kg	1.69	OV
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FG563	Plain White Organic	1.5Kg	1.69	OV
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FG564	Strong White Organic	1.5Kg	1.79	OV
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FG031	White Flour - Finest plain	1.5kg	1.39	V
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FG030	White flour - Finest strong	1.5kg	1.49	V
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FG029	White flour Finest self rais.	1.5kg	1.39	V
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FG562	White Self Raising Organic	1.5Kg	1.69	OV
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FG024	Wholemeal Bread Flour organic	1.5kg	1.79	VO
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FG022	Wholemeal strong flour	1.5kg	1.49	V
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ORGANICO

FG521	Polenta - organic	250g	1.69	OV
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ORGRAN

FG503	Buckwheat Pancake Mix	375g	2.95	GV
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RAKUSENS

FG044	Potato Flour	500g	2.15	GV
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SHIPTON MILL

FG080	Chestnut Flour	500g	3.65	OV
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FG077	Stoneground Wholemeal Og Flour	1Kg	1.35	OV
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FG899	Three Malts Brown Flour	1kg	1.45	OV
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FG898	White Organic Flour	1Kg	1.39	OV
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FG876	White Strong Organic Flour	2.5Kg	3.49	OV
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FG079	Wholewheat Organic Flour	2.5Kg	3.29	OV
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GRAVY, STOCK & BOUILLON

ALLERGYCARE

LJ655	Gravy Powder	300g	2.79	GVS
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Code	Description	Size	RRP	BFGOS
	FREE & EASY			
LJ008	Gravy Sauce Mix	130g	1.65	GV
	KALLO			
LJ102	French Onion Stock Cubes	66g	1.39	GOVS
LJ103	Garlic & Herb Stock Cubes	66g	1.39	GOVS
LJ171	Low Salt Vegetable Stock Cubes	66g	1.49	GOVS
LJ122	Mushroom Stock Cubes	66g	1.39	GOVS
LJ101	Tomato & Herb Stock Cubes	66g	1.39	GOVS
LJ147	Yeast Free Veg.Stock Cubes	6 x 10g	1.49	GV
	<i>While stocks last....</i>			
LJ120	Vegetable Stock Cubes +33%	88g	1.49	GOSV
	MARIGOLD			
LJ211	Bouillon Cubes	8	0.95	GOV
LJ073	Bouillon Powder - organic	150g	2.25	GOV
LJ238	Bouillon Powder - Organic	500g	6.60	OV
LJ237	Bouillon Powder - Reduced Salt	500g	5.45	VG
LJ070	Bouillon powder-reduced salt	150g	1.75	VG
LJ164	Bouillon powder-reduced salt	1kg	10.00	VG
LJ326	Gravy Powder - Organic	110g	1.99	OVS
LJ212	Low Salt Bouillon Cubes	8	1.15	GOV
LJ210	Miso Bouillon Powder	140g	3.69	GOV
LJ074	Organic Bouillon Reduced Salt	140g	2.35	OV
LJ321	Yeast Free Bouillon Stock Cube	84g	1.15	GOV
	ORGANIC BLENDING COMPANY			
LJ098	Org Country Herb Stuffing Mix	125g	3.49	OV
LJ093	Org Sage & Onion Stuffing Mix	125g	3.49	OV
LJ105	Organic Light Gravy	125g	3.49	GOV
LJ104	Organic Mint Gravy	125g	3.49	OV
LJ100	Organic Traditional Gravy	125g	3.49	GOV
LJ091	Organic Vegetable Bouillon	125g	3.49	GOSV
	VECON			
LJ047	Vegetable Stock	125g	1.99	GV
LJ049	Vegetable Stock	1kg	11.65	GV
LJ048	Vegetable Stock	250g	3.19	GV

HOUSEHOLD CLEANING PRODUCTS

BIO D

HJ258	Drum Tap - fits both 15l & 25l	each	5.47	V
HJ247	Eucalyptus Disinfectant	5l	7.99	V
HJ004	Fabric Conditioner	1l	2.15	V
HJ608	Fabric Conditioner	5l	7.99	V
HJ010	Glass & Mirror Cleaner	750ml	3.05	V
HJ003	Laundry Liquid	1l	3.85	V
HJ800	Laundry Liquid	5l	17.85	V
HJ006	Multi Surface Cleaner	1l	2.55	V
HJ654	Multi Surface Cleaner	5l	10.20	V
HJ005	Toilet Cleaner	1l	2.51	V
HJ103	Washing Powder Concentrated	12.5kg	40.45	V
HJ081	Washing Powder Concentrated	1kg	3.65	V
HJ082	Washing Powder Concentrated	2kg	7.09	V
HJ001	Washing Up Liquid	1l	1.99	V
HJ097	Washing Up Liquid	5l	7.82	V

CLEAR SPRING

HJ048	Dishwasher Gel	1l	4.40	V
HJ079	Dishwasher Gel	5l	17.98	V
HJ073	Laundry Liquid	1l	3.60	V
HJ089	Laundry Liquid	5l	14.87	V
HJ088	Washing Up Liquid	1l	2.05	V
HJ080	Washing Up Liquid	5l	9.35	V

EARTH FRIENDLY

HJ013	Dishmate Washing up Grapefruit	500ml	3.20	GV
HJ562	ECOS Lavendar Laundry Liquid	1.5l	7.50	V
HJ014	Furniture Polish	500ml	3.90	GV
HJ016	Orange Mate Multi Surface Clnr	500ml	3.90	GV
HJ015	Orange Mate Surface Cleaner	500ml	3.50	GV
HJ102	Oxo Brite -Whitener/Brightener	908g	6.95	GV
HJ018	Parsley Plus	500ml	3.50	GV
HJ106	Shower cleaner	500ml	3.90	GV
HJ107	Stain & Odour Remover	500ml	3.90	GV
HJ553	Unifresh Lavender AirFreshener	120ml	4.90	V
HJ112	Wave Dishwasher Gel	946ml	4.95	GV

Code	Description	Size	RRP	BFGOS
	ECOLEAF			
HJ066	Fabric Conditioner	1l	2.85	V
HJ078	Fabric Conditioner	5l	9.49	V
HJ055	Laundry Liquid	1.5l	4.69	V
HJ075	Laundry Liquid	5l	15.29	V
HJ049	Liquid Hand Soap	500ml	3.15	V
HJ062	Liquid Hand Soap	5l	16.35	V
HJ050	Multi Surface Cleaner	500ml	1.69	V
HJ130	Stain Remover	500g	2.25	V
HJ072	Toilet Cleaner	5l	11.59	V
HJ056	Toilet Cleaner	750ml	1.79	V
HJ131	Wash Up Liquid - Concentrated	500ml	2.49	V
HJ129	Washing Powder Concentrated	10kg	33.65	V
HJ127	Washing Powder Concentrated	900g	4.29	V
HJ047	Washing Up Liquid	1l	2.19	V
HJ067	Washing Up Liquid	5l	10.49	V

ECOVER

HJ100	All Purpose Cleaner	1l	2.69	V
HJ098	All Purpose Cleaner	500ml	1.59	V
HJ113	All Purpose Cleaner-Bag in Box	5l	12.76	V
HJ002	Bathroom Cleaner	500ml	2.95	V
HJ007	Car Wash & Wax	500ml	4.05	V
HJ065	Cream Cleaner	500ml	1.49	V
HJ507	Delicate	1l	3.95	V
HJ541	Delicate	500ml	2.09	V
HJ071	Delicate	5l	17.75	V
HJ087	Dishwash Tablets	25 tablets	5.15	GV
HJ132	Dishwash Tablets - Bulk	70 tablets	12.69	GV
HJ086	Dishwasher Rinse Aid	500ml	3.35	V
HJ023	Fabric Conditioner	1l	2.99	V
HJ093	Fabric Conditioner	500ml	2.09	V
HJ064	Fabric Conditioner	5l	13.15	V
HJ043	Fabric Softener	1l	2.99	V
HJ024	Floor Cleaner	1l	3.25	V
HJ070	Floor Cleaner	5l	13.89	V
HJ021	Grapefruit & Green Tea Wash Up	1l	2.29	V
HJ022	Grapefruit & Green Tea Wash Up	500ml	1.45	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	28.38	V
HJ054	Liquid Hand Soap Refill	1l	7.99	V
HJ095	Multi Surface Spray	500ml	2.84	V
HJ092	Multi Surface Spray Refill	500ml	2.57	V
HJ096	Power Cleaner	500ml	4.08	V
HJ578	Shower Gel	5l	35.69	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
HJ547	Washing Powder - integrated	1.2Kg	6.55	V
HJ042	Washing Powder - integrated	10kg	45.65	V
HJ521	Washing Powder - integrated	2.66Kg	15.25	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	2.75	V

ECOZONE

HJ666	Eco Stain Remover	each	2.49	V
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

Code	Description	Size	RRP	BFGOS
HOUSEHOLD PRODUCTS				
<i>SUMA</i>				
NF056	Japanese Tea Balls	10 pack	2.60	V
NF221	Tea Towel	each	5.86	V
<i>CLEARSPRING</i>				
NF394	Sushi Mat	1	2.05	V
<i>DROUGHTBUSTER</i>				
NF650	Bathwater Recycling System	each	19.99	V
<i>ECOVER</i>				
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
<i>GLOGG</i>				
NF223	Stainless Steel Bottle	750ml	7.99	V
NF224	Stainless Steel Bottle	750ml	7.99	V
<i>GREEN TIPS</i>				
NF342	Household Gloves - Large	1 pair	1.29	FV
NF341	Household Gloves - Medium	1 pair	1.29	FV
NF339	Household Gloves - Small	1 pair	1.29	FV
<i>IF YOU CARE</i>				
NF338	Firelighters	1 pack	3.89	V
<i>MICHAELS ORIGINALS</i>				
NF351	Coco Husk Oven Tray Scraper	1	1.75	GV
NF353	Coconut Pith Cleaning Sponge	1	2.85	GV
NF352	Luffa Heavy Duty Scouring Pad	1	3.00	GV
NF202	Luffa Washing Up Scourer	1	1.69	GV
NF350	Sago Washing Up Brush	1	2.85	GV
<i>SARAH SMITH</i>				
NF383	Fairtrade Cotton Tea Towels	1	4.09	FV
NF387	Kitchen & Bathroom Cloths	2 pack	3.05	V
<i>TRADICRAFT</i>				
NF400	F/T Rubber Gardening Gloves	1	4.99	FGV
NF401	F/T Rubber Outdoor Gloves	1	4.99	FGV

Code	Description	Size	RRP	BFGOS
INDIAN FOOD				
<i>GEO ORGANICS</i>				
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
<i>LJAJAT</i>				
ZX020	Black Pepper	200g	0.79	GV
ZX651	Garlic (mild)	200g	0.89	GV
<i>MERIDIAN</i>				
<i>Free From</i>				
VF019	Korma Sauce	350g	1.79	SV
VF025	Tikka Masala Sauce	350g	1.79	GSV
<i>PATAKS</i>				
<i>Chutneys</i>				
KJ445	Hot Mango Chutney	340g	1.65	GSV
KJ444	Sweet Mango Chutney	340g	1.65	GSV
<i>Curry Pastes</i>				
KJ039	Biryani Curry Paste	283g	2.25	GV
KJ056	Extra Hot Curry Paste	283g	2.25	GV
KJ087	Garam Masala Curry Paste	283g	2.25	GV
KJ258	Jalfrezi Curry Paste	283g	2.25	V
KJ054	Madras Curry Paste	283g	2.25	GV
KJ152	Rogan Josh Curry Paste	283g	2.25	GVS
KJ227	Tandoori Curry Paste	312g	2.25	GV
KJ058	Tikka Curry Paste	300g	2.25	GV
<i>Pappadums</i>				
VF293	Pappadums - Plain	100g	1.19	V
<i>Pickles</i>				
KJ040	Brinjal Pickle	312g	2.25	GVS
KJ041	Chilli Pickle	283g	2.25	GV
KJ044	Lime Pickle - Hot	283g	2.25	GV
KJ045	Lime Pickle - Medium/Hot	283g	2.25	GV

Code	Description	Size	RRP	BFGOS
KJ046	Mango Pickle - Hot	283g	2.25	GV
KJ047	Mango pickle - Medium	283g	2.25	GV
KJ049	Mixed Pickle	283g	2.25	GV
<i>REAL ORGANIC FOOD COMPANY</i>				
VF102	Jalfrezi	350g	2.49	GOSV
VF108	Rogan Josh	350g	2.49	GOSV
<i>SEEDS OF CHANGE</i>				
VF148	Balti Sauce - og	350g	2.79	GOV
VF132	Jalfrezi Sauce - og	350g	2.79	GOV
VF129	Madras Sauce - og	350g	2.79	GOV
<i>SPICETREE</i>				
KJ110	Lime Pickle Organic	180g	2.95	GOSV
JAMS & FRUIT SPREADS				
<i>SUMA</i>				
JS200	Pear and Apple Spread	300g	1.39	GV
<i>BIONA</i>				
JS001	Pear & Apple Spread - organic	450g	3.39	OVG
<i>BIONOVA</i>				
JS141	Raspberry Jam - organic	320g	2.35	GVOS
<i>CLEARSPRING</i>				
JS352	Fruit spread - Blueberry	290g	3.29	VOG
JS351	Fruit Spread - Strawberry	290g	2.89	VO
<i>CLIPPY'S APPLES</i>				
JS070	Apple & Blueberrylicious Jam	280g	2.89	GSV
JS071	Apple & Figgy Diggy Jam	280g	2.89	GSV
JS072	Apple & Strawberry Jam	280g	2.79	GSV
JS073	Apple Pie Jam	280g	2.79	GSV
JS074	Apple, Rudebarb & Ginger Jam	280g	2.79	GSV
<i>DUCHY ORIGINALS</i>				
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
<i>HAWKSHEAD RELISH COMPANY</i>				
JS015	Bramble & Bramley Jam	227g	2.15	GSV
JS075	Damson Jam	340g	2.99	GSV
JS016	Five Fruit Marmalade	227g	2.15	GSV
JS022	Grapefruit & Ginger Marmalade	227g	2.15	GSV
JS007	Raspberry & Vanilla Jam	227g	2.15	GSV
JS076	Superberry Jam	227g	2.49	GSV
<i>MERIDIAN</i>				
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
<i>ST DALFOUR</i>				
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

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

Code	Description	Size	RRP	BFGOS
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

STUTE

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

TRAIDCRAFT

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

MARGARINES & SPREADS (CHILLED)

SUMA

Non Hydrogenated Oils

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

BIONA

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

PURE

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

MAYONNAISE & SALAD DRESSINGS

ATKINS & POTTS

KJ383	Org Balsamic / Basil Dressing	215g	2.95	GOSV
KJ384	Organic Herb / Garlic Dressing	215g	2.95	GOSV

ESSENTIAL DRESSINGS

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

Catering

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

Organic

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

MEAT FREE ALTERNATIVES (FROZEN)

FRYS

XL074	Beef Style Chunky Strips	380g	3.01	V
XL010	Chicken Style Strips	380g	3.01	V
XL075	Vegetarian Mince	380g	3.01	V

GOODLIFE

XL102	Nut Cutlets - Fairtrade	320g	2.31	FV
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IMPULSE FOODS

XL107	Organic Tempeh	227g	2.23	OV
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REALEAT

XL118	Chicken Style Pieces	350g	2.59	V
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MEATLESS SUBSTITUTES (CHILLED)

DELPHI FOODS

CV265	Falafel	140g	1.57	GV
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Code	Description	Size	RRP	BFGOS
CV276	Falafels with a Houmous Dip	185g	1.81	GV

DRAGONFLY

CV162	Mixed Beany Burgers OG	200g	2.24	GOV
CV702	Mushroom Beany Burgers OG	200g	2.24	GOV
CV703	Nut Beany Burgers OG	200g	2.24	GOV
CV046	Organic Original Soysage	200g	2.24	GOV
CV705	Spicy Beany Burgers OG	200g	2.24	GOV
CV317	Tatty Patty - organic	200g	2.20	GOV
CV706	Tomato Beany Burgers OG	200g	2.24	GOV
CV704	Vegetable Beany Burgers OG	200g	2.24	GOV

FLORENTIN

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

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

CV232	Cheatin' Chicken	100g	1.64	V
CV260	Cheatin' Chorizo Style Chunks	150g	2.96	V
CV235	Cheatin' Garlic Sausage	100g	1.64	V
CV234	Cheatin' Ham	100g	1.64	V
CV237	Cheatin' Pepperoni	100g	1.81	V
CV236	Cheatin' Roast Beef	100g	1.81	V
CV233	Cheatin' Turkey	100g	1.64	V
CV399	Organic Bio Rashers	115g	2.50	OV
CV098	Original Tempeh Rashers	120g	2.59	V
CV238	Streaky-Style Rashers	115g	2.26	V

Making Waves

CV555	Fish Style Fishers - Breaded	215g	2.83	V
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Vegi Deli

CV025	Cheatin Chicken Style Pieces	150g	2.40	V
CV015	Cheatin Vegetarian Mince	300g	3.17	V
CV668	Falafel-Traditional Style	250g	2.51	V
CV667	Lincolnshire Style Sausage	295g	2.30	V
CV375	Organic Pork Style Sausages	165g	1.78	OSV
CV193	Quarterpound Meat Free Burger	228g	2.56	GSV
CV557	Sage & Marjoram Sausages	295g	2.30	V
CV594	Schnitzels - organic	200g	2.50	OV
CV669	Thai Style Fish Cakes	250g	2.73	V

Vegideli Stuffed Roasts

CV038	Beef Style Roast with Stuffing	390g	4.54	V
CV043	Turkey Style Roast & Stuffing	390g	4.54	V

TAIFUN

CV007	Almond/Ses Tofu Slice -organic	200g	2.99	OVG
CV008	Graffiti Terrine - organic	200g	3.59	OVG
CV011	Grill Sausages - organic	250g	3.59	OV
CV445	Organic Tofu Mini Weiners	160g	2.59	OV
CV005	Sombreros Spicy - organic	250g	3.59	OV
CV053	Spelt & Sunflower Cutlets - OG	200g	2.69	OV
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	OVV
CV834	Smoked Tofu + Herb&Sun Seeds	250g	3.29	OVV
CV841	Tofu Filets-Japanese Style	160g	2.29	OVV
CV384	Tofu Olive - Demeter Standard	200g	2.49	GOVV
CV832	Tofu Rosso - Taste of the Med	200g	2.49	GOVV

TOPAS

CV573	Smoked Seitan Steak	150g	2.89	OV
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VIANA

Demeter Organic Standard

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

Code	Description	Size	RRP	BFGOS
	WICKEN FEN			
	<i>Minimum 5 days shelf life</i>			
CV102	Cumberland Style Sausages	280g	2.19	V
CV358	Sausages - Country Herb	280g	2.19	V

MIDDLE EASTERN & AFRICAN FOOD

	ALFEZ			
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
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

GRANOSE

VF078	Falafel Mix	120g	1.39	V
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HALE & HEARTY

VF167	Quick & Easy Falafel Mix	200g	2.09	GOSV
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JOANNUSMOLEN

VF713	Falafel Mix	110g	2.29	OV
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JUST WHOLEFOODS

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

MILK - NON DAIRY

ALPRO

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

ECOMIL

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

GRANOVITA

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

KARA

SY057	Kara Coconut Milk Drink	1l	1.59	GV
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OATLY

JU377	Oat Drink - Classic	1l	1.65	OV
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PLAMIL

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

SY040	Soya alternative to Cream	250ml	0.79	GOSV
SY067	Soya Drink - Banana	3 x 250ml	1.49	GOV
SY095	Soya Drink - Chocolate	1l	1.49	GOV
SY033	Soya Drink - Chocolate	3 x 250ml	1.49	GOV
SY032	Soya Drink - Strawberry	3 x 250ml	1.49	GOV
SY034	Soya Drink - Vanilla	1l	1.49	GOV
SY027	Soya Drink - Vanilla	3 x 250ml	1.49	GOV
SY069	Soya Milk - Sweetened	1l	0.99	GOV
SY080	Soya Milk - Sweetened	1l	1.49	GOV
SY043	Soya Milk - sweetened with	1l	1.39	GV
SY126	Soya Milk - Sweetened with	250ml	0.45	GV
SY025	Soya Milk - Unsweetened	1l	1.45	GOV
SY026	Soya Milk - Unsweetened	500ml	0.89	GOV
SY270	Soya Milk - Unsweetened +	1l	1.39	GV
SY085	Sweetened + Calcium & Vits	1l	0.99	GV
SY048	Unsweated + Calcium & Vits	1l	0.99	GV

RICE DREAM

JU540	Rice Dream - Calcium	1l	1.99	V
JU307	Rice Dream - Hazelnut & Almond	1l	2.09	V
JU361	Rice Dream - Original	1l	1.99	VO
JU720	Rice Dream - Original	200ml	0.65	VO
JU362	Rice Dream - Vanilla	1l	2.09	VO

Code	Description	Size	RRP	BFGOS
	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

SOYATOOI

SY059	Milli Sprouted Soya Drink	1l	1.45	OV
SY060	Milli Sprouted Soya Drink	1l	1.89	OSV
SY062	Rice Whip - Spray Rice Cream	1l	1.89	V
SY375	Soy Whip - Spray Soya Cream	250g	1.89	V
SY058	Soya Alive Sprouted Soya Drink	1l	1.49	OSVB
SY315	Soya Coffee Creamer	300ml	1.59	OV
SY345	Soya Cooking Cream - whippable	300ml	1.59	OV
SY349	Soya Topping Cream - whippable	300ml	1.59	OV

SUNRISE

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

SY064	Kamut Drink	1l	1.99	OV
SY496	Oat Cream	200ml	0.99	OV
SY002	Oat Drink	1l	1.59	OV
SY560	Oat Drink - Calcium Enriched	1l	1.89	OV
SY150	Rice Cream - organic	200ml	0.99	GOV
SY487	Rice Drink	1l	1.69	GOV
SY582	Rice Drink	500ml	0.99	GOV
SY042	Rice Drink - Calcium Enriched	1l	1.79	GOV
SY054	Rice Drink - Chocolate	1l	1.99	GOV
SY452	Rice Drink + Almond	1l	1.99	GOV
SY003	Rice Drink + Vanilla	1l	1.85	GOV
SY008	Rice Drink Natural - 3 Pack	3 x 200ml	1.55	GOV
SY049	Spelt Drink	1l	1.89	OV

NON-DAIRY DESSERTS (FROZEN)

BNICE

Non Dairy Ice Cream

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

BOOJA BOOJA

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

MAMMA CUCINA

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

SWEDISH GLACE

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

TOFUTTI

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

PASTA

BIONA

WT333	Spelt Lasagne Sheets - Organic	250g	2.49	OV
WT330	Spelt Spaghetti White Organic	350g	3.19	OV
WT334	Whole Spelt Spaghetti -Organic	500g	1.99	OV

Code	Description	Size	RRP	BFGOS
WT331	Wholemeal Organic Spelt Penne	500g	1.99	OV
WT332	Wholewheat Spelt Fusili Org	500g	1.99	OV
<i>BOB THE BUILDER</i>				
WT012	Gluten Free Pasta Shapes	250g	1.89	OGV
<i>BUONTEMPO</i>				
WT065	Penne Gluten Free	250g	1.29	GV
WT067	Shells Gluten Free	250g	1.29	GV
WT066	Spirals Gluten Free	250g	1.29	GV
<i>DOVES FARM</i>				
WT060	Org Tricolore Pasta Spirals	250g	1.45	GOV
WT038	Organic Brown Rice Fusilli	500g	2.49	GOV
WT047	Organic Brown Rice Penne	500g	2.49	GOV
WT036	Organic Brown Rice Spaghetti	500g	2.49	GOV
WT053	Organic Maize / Rice Spaghetti	500g	2.49	GOV
WT051	Organic Maize and Rice Fusilli	500g	2.49	GOV
WT039	Organic Maize and Rice Penne	500g	2.49	GOV
WT045	Organic Maize/Rice Pipe Rigate	500g	2.49	GOV
<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	0.99	OV
WT035	Wholewheat Pasta Big Shells	250g	0.99	OV
<i>Speciality</i>				
WT232	Lasagna 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
WT873	Spelt Penne	500g	2.79	OV
WT899	White Pappardelle Nest	500g	2.59	OV
<i>White</i>				
WT990	Cavatappi - spirals	500g	2.59	OV
WT803	Conchiglioni	500g	2.99	OV
WT982	Fusilli with Spinach - organic	500g	2.25	OV
WT992	Spaghetti - White	500g	1.89	OV
<i>Wholewheat</i>				
WT980	Fantasie Strozapreti - organic	500g	2.65	OV
WT993	Gnocchi - organic	500g	1.69	OV
WT995	Penne - organic	500g	1.69	OV
WT804	Penne with Basil	500g	2.55	OV
WT997	Spaghetti - Wholewheat	500g	1.69	OV
WT978	Spelt Spaghetti - organic	500g	2.79	OV
<i>ORGANICO</i>				
<i>White</i>				
WT657	Amarosi	500g	1.59	OV

Code	Description	Size	RRP	BFGOS
WT195	Conchiglie - organic	500g	1.59	OV
WT655	Conchiglioni	500g	1.79	OV
WT190	Farfalle - organic	500g	1.59	OV
WT043	Fusilli - White	500g	1.59	OV
WT083	Lasagne - og	250g	1.69	OV
WT199	Linguine - organic	500g	1.49	OV
WT656	Mezze Maniche	500g	1.79	OV
WT126	Penne - White	500g	1.59	OV
WT136	Spaghetti - White	500g	1.49	OV
<i>Wholewheat</i>				
WT654	Brown Farfalle	500g	1.49	OV
WT115	Fusilli - Wholewheat	500g	1.49	OV
WT101	Penne - Wholewheat	500g	1.49	OV
WT168	Spaghetti - Wholewheat	500g	1.39	OV
<i>ORGRAN</i>				
WT061	Alternative Grain Spaghetti	420g	1.99	GV
WT078	Buckwheat Spirals	250g	1.99	GV
WT064	Corn & Rice Linguine	250g	2.49	GV
WT105	Corn & Veg Shells	250g	1.99	GV
WT110	Corn & Vegetable Spirals	250g	1.99	GV
WT127	Corn Spirals	250g	1.99	GV
WT063	Essential Fibre Lasagnette	250g	2.99	GV
WT055	Essential Fibre Pasta - Penne	250g	2.85	GV
WT056	Essential Fibre Pasta Spirals	250g	2.85	GV
WT032	Multigrain Spiral Pasta	250g	2.85	GV
WT054	Pasta Spirals in Tomato Sauce	220g	1.35	GV
WT006	Rice & Corn Corkscrews Value	500g	2.99	GV
WT134	Rice & Corn Lasagne	200g	2.99	GV
WT010	Rice & Corn Shells	250g	1.99	GV
WT062	Rice & Corn Spaghetti	250g	2.49	GV
WT077	Rice & Millet Spirals	250g	1.99	GV
WT259	Rice Corn Veg Corkscrews	250g	1.99	GV
WT131	Rice Spirals	250g	1.99	GV
WT080	Vegetable & Rice Spirals	250g	1.99	GV
<i>RIZOPIA</i>				
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
<i>SCOOBY DOO</i>				
WT258	Scooby Doo Organic Pasta	500g	1.35	OV
<i>SEEDS OF CHANGE</i>				
WT007	Penne - og	500g	2.09	OV
WT020	Spaghetti - organic	500g	1.99	OV
WT003	Spinach Trotole	500g	2.39	OV
WT001	Tortiglione - og	500g	2.39	OV
<i>SIMPSONS</i>				
WT254	Simpsons Organic Pasta Shapes	500g	1.35	OV
<i>THOMAS AND FRIENDS</i>				
WT068	Thomas The Tank Organic Pasta	250g	0.99	OV
<i>TRADICRAFT</i>				
WT605	Fusilli - Organic	500g	2.85	FOV
WT606	Penne - organic	500g	2.85	FOV
PASTA (FRESH, CHILLED)				
<i>BIONA</i>				
CV440	Fresh Gnocchetti with Pumpkin	400g	3.49	OV
CV177	Org Ravioli with Spinach/ Leek	350g	3.99	OSV
CV181	Organic Fresh Gnocchi	400g	2.89	OV
PASTA SAUCES & PESTOS				
<i>SUMA</i>				
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
VF191	Bolognese Sauce - OG	350g	1.69	GOV
VF503	Campagna Sauce - OG	340g	2.25	GOSV
VF504	Classico Sauce - OG	340g	1.99	GOSV

Code	Description	Size	RRP	BFGOS
VF192	Napoletana Pasta Sauce	350g	1.49	GOV
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
<i>KITCHEN GARDEN</i>				
VF158	Chilli Paste - organic	135g	1.99	FGOV
VF840	Pasta Sauce	250ml	1.38	FOVG
<i>MERIDIAN</i>				
VF171	Chunky Vegetable Pasta Sauce	350g	1.79	GOV
VF050	Mushroom Pasta Sauce - organic	440g	1.99	GOV
VF099	Olive Pasta Sauce - organic	440g	1.99	GOV
VF174	Sundried Tomato Pasta Sauce	440g	1.79	GOV
VF173	Tomato & Basil Pasta Sauce	350g	1.79	GOV
VF172	Tomato & Chilli Pasta Sauce	350g	1.79	GOV
VF197	Tomato & Herb - organic	440g	1.99	GVO
VF123	Tomato & Pepper Pasta Sauce og	440g	1.99	GOV
<i>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	GV
VF012	Sun Dried Tomato Sauce	350g	1.79	GSV
<i>ORGANICO</i>				
VF055	Mushroom & Red Wine sauce	360g	2.45	GOSV
VF043	Olive, Chilli & Garlic - og	360g	2.75	GOSV
VF034	Red Pepper & Balsamic - og	360g	2.45	GOSV
VF032	Vegetable Bolognese - og	360g	2.45	OSV
<i>SEEDS OF CHANGE</i>				
VF072	Bolognese Sauce OG	500g	2.79	GOSV
VF062	Cherry Tomato & Olive Sauce og	350g	2.59	GOSV
VF056	Mediterranean Veg Sauce - og	350g	2.59	GOSV
VF414	Roasted Pepper	200g	2.95	GOVS
VF071	Slow Roasted Garlic/Chilli -og	350g	2.59	GOSV
VF415	Sundried Tomato & Basil Sauce	200g	2.95	GOV
VF149	Tomato & Sweet Pepper	500g	2.95	GOV
VF076	Tomato and Basil - og	500g	2.79	GOSV
<i>SUNITA</i>				
KJ790	Organic Pesto Genovese	130g	3.45	GOV
<i>ZEST</i>				
VF168	Basil & Oregano Pasta Sauce	355g	2.19	GV
VF544	Hot & Spicy Pasta Sauce	355g	2.19	GV
VF366	Hot Mexican Chilli Sauce	355g	2.19	GV
KJ026	Pesto - Vegan	165g	2.45	GV
KJ452	Pesto - Vegan	340g	4.09	GV

PASTRY (FROZEN)

CLIVE'S

Pies & Pastries

XL045	Wholemeal 'Rough Puff' Pastry	300g	2.15	OV
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ST JAMES

XL106	Filo Pastry	400g	1.55	V
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PATE

SUMA

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

CHALICE

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

GH653	Ready Spready - Garlic & Herb	200g	2.49	OV
GH651	Ready Spready Pate - Mushroom	200g	2.49	VOG
GH650	Ready Spready Pate - Original	200g	2.49	GOV

SUNITA

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

TARTEX

GH001	Classic Pate - og	200g	2.49	GOV
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Code	Description	Size	RRP	BFGOS
GH012	Herb & Garlic Pate - og	200g	2.49	GOV
GH006	Herb Pate - og	200g	2.49	GOV
GH007	Mushroom pate - og	200g	2.49	GOV
GH008	Olive Pate - og	200g	2.49	GOV
GH009	Roasted Onion Pink Pepper - og	200g	2.49	GOV

PATES, DIPS & TAPAS (CHILLED)

SUMA

CV401	Pate - Mushroom (bombe)	200g	2.25	GV
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ARTHUR STREET TRADING CO.

Minimum 4 days shelf life

CV434	Hummus - organic	200g	1.98	GOV
CV435	Hummus with Sundried Tom-org	200g	2.16	GOV

DELPHI FOODS

CV530	Antipasto - mixed Olives	175g	1.27	GOV
CV430	Aubergine Dip	135g	1.29	GV
CV433	Carrot Houmous	170g	0.95	GV
CV286	Chargrill Red Pepper Houmous	170g	0.89	GV
CV271	Couscous Salad	160g	1.25	V
CV431	Dolmades	120g	1.35	GV
CV432	Fresh Basil Pesto	170g	1.75	GV
CV278	Fresh Guacamole Dip	150g	1.44	GV
CV291	Houmous	170g	0.84	GV
CV429	Lentil Salad	200g	1.39	GV
CV290	Low Fat Houmous	170g	0.84	GV
CV273	Mixed Salad with Olives	300g	1.81	GV
CV285	Three Bean Salad	220g	1.25	GV
CV427	Tzatziki	170g	0.92	GV

FLORENTIN

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

REDWOOD

CV262	Vegideli Beanfeast Pate	120g	1.58	V
CV374	Vegideli Organic Brussels Pate	120g	1.67	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

Authentic Mexican Sauce

CV372	Mole (Chilli/Chocolate) Sauce	210g	2.49	GSV
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SOURCE FOODS

CV468	Fresh Org Mellow Barley Miso	240g	3.33	GOV
CV467	Fresh Org Mellow Brown Miso	240g	3.33	GOV
CV473	Fresh Organic Field Bean Miso	240g	3.33	GOV
CV474	Fresh Organic Ginger Miso	213g	3.33	GOV
CV465	Fresh Organic Miso- Mixed Case	240g	3.33	GOV
CV466	Fresh Organic Sweet Brown Miso	240g	3.33	GOV

TRACKLEMENTS

CV538	Hot Habanero Sauce	260g	2.60	GV
CV536	Red Pepper & Tomato Salsa	260g	2.60	GV

PET FOODS & PET CARE

SUMA BAGGED DOWN

NU110	Wild Bird Seed	1kg	1.39	GV
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YARRAH

PF501	Dogfood Vegetarian Organic	2kg	8.19	OV
PF602	Duo Snacks Vegetarian	250g	3.35	OV
PF503	Multi Dogbiscuits Organic	500g	3.99	OV
PF506	Vegetarian Pate	150g	0.89	GOV

READY MEALS (FROZEN)

AUNTY JEE

Code	Description	Size	RRP	BFGOS
XL144	7 Star Lentil Curry	400g	3.49	GV
XL135	Aubergine Curry	400g	3.49	GV
XL146	Biryani	400g	3.49	GV
XL137	Cauliflower Curry	400g	3.49	GV
XL147	Chick Pea Curry	400g	3.49	GV
XL139	Chilli Chunks	400g	3.49	GV
XL143	Pilau Rice	400g	3.49	GV
XL136	Punjabi Onion Bhaji	400g	2.99	GV
XL138	Punjabi Stuffed Chillis	400g	2.99	GV
XL150	Soya Korma Curry	400g	3.49	GV
XL141	Soya Madras	400g	3.49	GV

CLIVES

Pies & Pastries

Code	Description	Size	RRP	BFGOS
XL020	Aloo Matar Pie	250g	2.45	OV
XL019	Arabian Chickpea Pie	250g	2.45	OV
XL021	Chestnut Cassoulet Pie	250g	2.45	OSV
XL025	Creamy Mushroom Pie	250g	2.45	OV
XL032	G/Free Vegetable Chilli Pie	250g	2.65	GOV
XL028	GltN Free French Cassoulet Pie	250g	2.65	GOV
XL029	Gluten Free Lentil & Olive Pie	250g	2.65	GOSV
XL030	Gluten Free Minty Chickpea Pie	250g	2.65	GOV
XL023	Greek Lentil & Olive Pie	250g	2.45	OSV
XL022	Hungarian Goulash Pie	250g	2.45	OV
XL024	Mexican Chilli Pie	250g	2.45	OV
XL040	Soysage Roll	120g	1.33	OV
XL039	Vegetable Chilli Pasty	190g	2.17	OV

Pots of...

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

FOREST FOODS

Code	Description	Size	RRP	BFGOS
XL112	Nut Roast- Sun Dried Tomato	250g	2.99	V
XL111	Nut Roast with Garlic & Herbs	250g	2.99	V

4 DAY SHELF LIFE ONCE DEFROSTD

Code	Description	Size	RRP	BFGOS
XL115	Spicy Lentil & Veg Calzone	200g	1.95	V
XL113	Spinach & Chickpea Calzone	200g	1.95	V
XL116	Spinach, Potato & Pea Wrap	200g	2.05	V
XL117	Thai Wrap	200g	2.05	SV

FRYS

Code	Description	Size	RRP	BFGOS
XL009	Hot Dogs	380g	3.25	V
XL001	Veg Express Sausage Rolls	450g	3.25	V

GOODLIFE

Code	Description	Size	RRP	BFGOS
XL100	Root Vegetable Roast	360g	2.63	VS

READY TO EAT FOODS (CHILLED)

BIONA

Code	Description	Size	RRP	BFGOS
CV063	Lucky Stars	250g	3.49	OV
CV613	OG Spring Rolls	220g	3.89	OV
CV180	Org Mini Vegan Spring Rolls	200g	3.49	OSV
CV441	Organic Mini Energy Burgers	250g	3.49	OV
CV422	Thai Spring Rolls	225g	3.89	OV

TAIFUN

Produced to Demeter Standards

Code	Description	Size	RRP	BFGOS
CV839	Tofu Filets:Pizza-Pizza Style	160g	2.29	OVB
CV840	Tofu Filets-Mild Wild Garlic	160g	2.49	OVB

SALADS & SPROUTS (CHILLED)

SKY SPROUTS

Minimum 4 days shelf life

Code	Description	Size	RRP	BFGOS
CV479	Org Alfalfa & Broccoli Sprouts	100g	1.06	GOV
CV481	Org Alfalfa & Leek Sprouts	100g	1.06	GOV
CV476	Org Alfalfa & Radish Sprouts	100g	1.06	GOV
CV475	Org Alfalfa Sprouts	100g	1.06	GOV
CV507	Organic Adzuki Sprouts	227g	1.06	GOV
CV514	Organic Cut Sunflower Greens	100g	1.25	GOV
CV515	Organic Golden Pea Shoots	100g	1.25	GOV
CV504	Organic Mixed Bean Sprouts	227g	1.06	GOV

Code	Description	Size	RRP	BFGOS
CV503	Organic Mung Bean Sprouts	200g	1.06	GOV
CV509	Organic Sango Radish Sprouts	100g	1.06	GOV
CV510	Organic Sprouts Multi Pack	160g	1.67	GOV
CV508	Organic Sunflower Seed Sprouts	200g	1.06	GOV

SAUSAGES AND BURGERS (FROZEN)

FRYS

Code	Description	Size	RRP	BFGOS
XL073	Braai Sausages	380g	3.25	V
XL011	Chicken Style Burgers	320g	2.95	V
XL008	Chicken Style Nuggets	380g	3.11	V
XL007	Polony	500g	3.41	V
XL006	Schnitzels	400g	3.11	V
XL005	Spiced Burgers	320g	2.95	V
XL004	Traditional Burgers	320g	2.95	V
XL003	Traditional Sausages	380g	3.25	V

GOODLIFE

Code	Description	Size	RRP	BFGOS
XL098	Spicy Bean Quarterpounders	454g	1.85	SV

WICKEN FEN

Code	Description	Size	RRP	BFGOS
XL049	Carrot & Coriander Veg Sausage	280g	2.39	GV
XL050	Country Herb Veg Sausage	280g	2.39	V
XL046	Mushroom & Tarragon Sausages	280g	2.39	V
XL052	Roasted Vegetable Sausages	280g	2.39	V
XL048	Tomato & Garlic Veg Sausages	280g	2.39	V

SNACK BARS & FLAPJACKS

BOUNCE

Code	Description	Size	RRP	BFGOS
KB293	Spirulina Ginseng Ball	40g	1.59	V

Refills

Code	Description	Size	RRP	BFGOS
KB444	Spirulina Ginseng Ball-Refill	40g	1.59	SV

COCO-JACK

Code	Description	Size	RRP	BFGOS
KB091	Coconut Flapjacks	65g	0.59	SV

CRAZY JACK

Code	Description	Size	RRP	BFGOS
KB567	Fruit Fingers	120g	1.99	GOV

DOVES FARM

Code	Description	Size	RRP	BFGOS
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

Code	Description	Size	RRP	BFGOS
KB336	Goji Choc Protein	68g	1.75	GOV
KB337	Orange & Ginger	68g	1.75	GOV
KB085	Original	68g	1.75	GOV

ELIZABETH HURLEY

Code	Description	Size	RRP	BFGOS
KB676	Organic Fruit Bar-Straw/Cherry	28g	0.75	GOV
KB674	Organic Oat Bar - Orange/Choc	26g	0.75	OV

FRUTINA

Code	Description	Size	RRP	BFGOS
KB325	Fruit Snack - Variety Pack	15g	0.39	GV

GRANOVITA

Linusprout Flapjacks

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

LYME REGIS FOODS

Code	Description	Size	RRP	BFGOS
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	GVOs
KB037	Seven Seeds & Nut & Cranberry	40g	0.85	GOSV
KB012	Seven Seeds & Nut Bar	40g	0.85	GOV

Fruit Break

Code	Description	Size	RRP	BFGOS
ZX304	Date & Fig	42g	0.69	GV

Code	Description	Size	RRP	BFGOS
<i>Fruitus</i>				
KB182	Apple	35g	0.65	VO
KB183	Apricot	35g	0.65	VO
KB052	Mixed Berry	35g	0.65	OV
KB216	Pomegranate & Blueberry Bar	35g	0.65	OV
<i>Kidz Bars</i>				
KB105	Apple Fruit Bar - org	20g	0.65	GOV
KB860	Blackcurrant Fruit Bar - org	20g	0.65	GOV
KB862	Strawberry Fruit Bar	20g	0.65	GOV
<i>MA BAKER</i>				
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
<i>NAKD</i>				
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>				
KB409	Berry Cheeky Raw Fruit Nut Oat	4 x 30g	2.25	V
KB410	Cocoa Loco Raw Fruit Nut Oat	4 x 30g	2.25	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
<i>O BARS</i>				
KB036	Real Fruit & Oat Bars	55g	0.75	V
<i>ORGANICA</i>				
KB703	Golden Coconut Dark Choc Bar	40g	0.91	GOSV
KB702	Hazelnut Nougat Dark Choc Bar	40g	0.91	GOSV
<i>OSKRI</i>				
KB163	Coconut Bar Original - og	61g	0.99	GOV
KB159	Coconut Mango Bar - og	61g	0.99	GOV
KB144	Date Syrup Bar - og	53g	0.99	GOV
KB226	Quinoa Bar - og	56g	0.99	GOV
<i>PACK TUNCH</i>				
KB664	Apple & Cinnamon	45g	0.99	GV
KB663	Lemon & Lime	45g	0.99	GV
KB432	Mixed Case	45g	0.99	GV
KB662	Pineapple & Coconut	45g	0.99	GV
<i>RAW HEALTH</i>				
KB609	Org Raw Apple & Cinnamon Rolls	80g	3.99	GOV
KB603	Org Raw Apricot / Almond Bar	42g	1.69	GOV
KB610	Org Raw Fruity Coconut Balls	60g	1.99	GOV
KB605	Org Raw Spicy Coconut Bites	100g	3.99	GOV
<i>SESAME SNAPS</i>				
KB001	Sesame Snaps	30g	0.26	SGV
KB180	Sesame Snaps (Multipack)	4 x 1	0.79	SGV
KB777	Sesame Snaps Chocolate Coated	40g	0.29	SGV
KB587	Sesame Snaps Coconut	30g	0.26	SGV
<i>TREK BARS</i>				
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
<i>TROPICAL WHOLEFOODS</i>				
KB683	OG Apricot & Raisin Bar	40g	0.75	FOV
KB686	OG Pineapple & Cashew Nut Bar	40g	0.75	FOV
KB678	Organic 5 Fruit Salad Bar	40g	0.89	FOV
KB685	Organic Apricot & Raisin Bar	40g	0.75	FOV
KB888	Tropical Fruit Bar	45g	0.75	FGOSV

Code	Description	Size	RRP	BFGOS
<i>WHOLEBAKE</i>				
<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
SOUPS				
<i>SUMA</i>				
VF493	Carrot & Coriander Soup-org.	400g	1.15	GOV
VF350	Italian Tomato & Basil Soup	400g	1.15	OVS
VF640	Minestrone Soup - organic	400g	1.15	OV
VF481	Pea Soup - organic	400g	1.15	VO
VF255	Spicy Lentil Soup - organic	400g	1.15	GVO
VF275	Thick Vegetable Soup	400g	1.15	OV
VF641	Tomato & Red Pepper - organic	400g	1.15	OVS
VF250	Tomato Soup - organic	400g	1.15	GOV
VF680	Tuscan Bean Soup	400g	1.15	OVG
<i>ESSENTIAL TRADING</i>				
VF085	Lentil & Pumpkin Soup	680g	2.69	GOV
VF225	Lentil Soup	680g	2.69	GOV
VF375	Pea Soup	680g	2.69	GOV
<i>FREE & EASY</i>				
VF863	Aduki Bean, Red Pepper & Miso	400g	1.55	GOV
VF721	Green Pea Soup - og	400g	1.35	GOV
VF725	Leek & Potato Soup - og	400g	1.45	GOV
VF720	Lentil & Red Pepper Soup - og	400g	1.35	GOV
VF092	Miso Potato & Leek Soup Org	4 x 15g	1.75	GOV
VF093	Mixed Veg Soup - organic miso	4 x 15g	1.75	GOV
VF722	Parsnip Soup - og	400g	1.35	GOV
VF094	Tomato & Basil Soup - Org Miso	4 x 15g	1.75	GOV
VF861	Tomato & Miso Soup - og	400g	1.55	GOV
<i>JUST WHOLEFOODS</i>				
VF429	Tomato & Basil Soup - Instant	4 x 17g	1.39	VO
<i>REALLY INTERESTING FOOD CO</i>				
VF866	Balinese Lentil & Pepper Soup	400g	1.29	GV
VF864	Mexican Bean Soup	400g	1.29	GV
VF865	Moroccan Chick Pea Soup	400g	1.29	GV
VF867	Sri Lankan Lentil/Coconut Soup	400g	1.29	GV
SOUPS (CHILLED)				
<i>ROD & BENS</i>				
<i>Fresh Organic Seasonal Soups</i>				
CV546	Gazpacho Soup	600g	3.65	OV
CV543	Moroccan Vegetable Soup	600g	3.33	GOV
CV545	Spiced Lentil Soup	600g	3.49	GOV
CV548	Spinach & Chickpea	600g	3.33	GOV
CV448	Tomato & Basil Soup	600g	3.33	GOV
SOYA YOGS & DESSERTS (CHILLED)				
<i>PROVAMEL</i>				
CV108	Org Raspberry & Vanilla Yofu	4 x 125g	1.59	GOSV
CV092	Organic Blueberry Yofu	4 x 125g	1.59	GOSV
CV078	Organic Blueberry Yofu	500g	1.49	GOSV
CV075	Organic Forest Fruit Yofu	500g	1.49	GOSV
CV069	Organic Natural Yofu	500g	1.39	GOV
CV081	Organic Peach & Mango Yofu	4 x 125g	1.59	GOSV
CV080	Organic Red Cherry Yofu	4 x 125g	1.59	GOSV
CV318	Organic Vanilla Yofu	500g	1.49	GOSV
<i>SOJADE</i>				
CV485	Apricot Soya Yoghurt	400g	1.65	GOSV
CV487	Banana Soya Yoghurt	400g	1.65	GOSV
CV486	Blueberry Soya Yoghurt	400g	1.65	GOVS
CV484	Cherry Soya Yoghurt	400g	1.65	GOSV
CV483	Natural Soya Yoghurt	400g	1.19	GOV
CV494	Organic Mango & Peach Soya Yog	400g	1.65	GSOV
CV174	Organic Natural Soya 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

Code	Description	Size	RRP	BFGOS
	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

SUPPLEMENTS & REMEDIES

	SUMA PREPACKS			
HE250	Psyllium Husk	200g	3.19	GV
	ARKOPHARMA			
	<i>Natural Roll On Remedies</i>			
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	7.25	GV
MD073	Femergy	60 capsules	7.25	GV
MD079	Menergy Energy for Men	60 capsules	7.25	GV
MD083	Stress Away	60 capsules	7.25	GV
	BIOFORCE			
MD670	Echinaforce - organic	50ml	8.75	GVO
	BIONA			
MD736	Cracked Linseed Gold Organic	500g	4.25	GOV
MD301	Linseed Gold	500g	2.59	GOV
	COMVITA			
MD120	Children's Olive Leaf Complex	200ml	11.75	GV
MD009	Olive Leaf Complex	100ml	8.95	GV
MD119	Olive Leaf Complex	500ml	27.39	GV
	DE VALLE LIFESTYLE			
MD045	Skin Aid Lavender Oil	20ml	4.49	V
MD036	Skin Aid Tea Tree Oil	20ml	3.39	V
	DRU NATURAL FOODS			
MD915	Green Barley Grass Powder	100g	9.25	GOV
MD914	Green Barley Grass Powder	200g	16.75	GOV
	FLORADIX			
MD035	Floradix Intestcare	250ml	11.79	GV
MD172	Floravital Formula - Yeastfree	500ml	14.25	GV
MD280	Saludynam Calcium/Magnesium/Zn	250ml	9.29	GV
	GRANOVITA			
MD118	Dual - Milled & Whole Linseed	450g	4.29	GV
GT300	Flax Oil - Organic	260ml	6.49	GOV
GT302	Hemp Oil - Organic	260ml	5.99	GOV
GT301	Omega Oil Blend - organic	260ml	6.89	GOV
	GREEN BAY HARVEST			
MD100	Green Barley Leaf Powder	125g	11.95	GOV
MD101	Green Wheat Leaf Powder	125g	11.95	GOV
	HAMBLEDEN TINCTURES			
MD088	Echinacea	50ml	5.95	GOV
MD089	Ginkgo	50ml	5.95	GOV
MD086	Milk Thistle	50ml	5.95	GOV
MD090	Propolis	50ml	5.95	GOV
	HIGHER NATURE			
VM035	Active Silver High Stability	100ml	15.90	GV
VM036	Active Silver High Stability	15ml	7.30	GV
VM042	Active Silver High Stability	200ml	27.60	GV
VM034	Advanced Nutrition Complex	60 tablets	8.20	GV
VM040	Citricidal	100ml	14.30	GV
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
MD017	Serotone 5HTP 100mg	90 capsules	24.89	GV
	<i>Omega Excellence</i>			
VM027	Organic Flax Seed Oil	250ml	9.40	GOV
VM028	Organic Hemp Seed Oil	200ml	8.72	GOV
VM029	Organic Omega 369 Balance Oil	250ml	9.90	GOV

Code	Description	Size	RRP	BFGOS
	Premium Naturals			
VM032	Advanced Brain Nutrients	60 capsules	13.68	GV
VM041	Balance for Nerves	60 capsules	13.20	GV
VM030	Immune Plus	60 tablets	6.45	GV
VM031	Theanine	60 capsules	11.55	GV
	LANES			
MD640	Lecigran	250g	4.49	GV
MD273	Lecigran Lecithin Granules	500g	8.79	GV
	LIFESTREAM			
MD920	Barley Grass Powder - OG	100g	11.49	OV
MD121	Spirulina Powder	100g	12.99	GV
MD245	Spirulina Tablets	100 tablets	9.99	V
MD124	Ultimate Greens Powder	90g	14.99	GV
MD123	Ultimate Veggies Powder	120g	22.85	GV
MD122	Wheat Grass Powder	100g	11.49	GOV
	LINUSIT			
MD008	Premium Ground Flaxseed - og	450g	5.39	GOV
	LINUSPROUT			
MD062	Sprouted Flax Powder	250g	4.39	GOV
MD031	Sprouted Flax Powder + Bluebry	250g	4.89	GOV
	NATURES OWN			
	<i>C Vitamins</i>			
VM023	Cherry-C: Vit C from Acerola	60 capsules	10.95	GV
VM165	Vitamin C with Bioflavonoids	50 tablets	10.95	GV
	<i>Digestive Aids</i>			
VM006	Probiotic Plus	60 capsules	21.55	GV
VM044	Probiotic Plus - Live	30	13.40	GV
	<i>Essential Fatty Acids</i>			
VM400	Evening Primrose Oil: GLA 10%	90 capsules	7.70	GV
VM401	Flaxseed Oil: Omega 3	60 capsules	9.25	GV
VM403	Organic Flaxseed Oil	200ml	6.35	GOV
	<i>Minerals</i>			
VM051	GTF Chromium 100ug Elemental	60	11.30	GV
VM048	Selenium 100ug elemental	50	9.75	GV
VM001	Wholefood Calcium from Seaweed	60 capsules	10.95	GV
VM050	Wholefood Iron 5mg Elemental	60	9.95	GV
VM049	Wholefood Zinc 7.5mg Elemental	60	9.95	GV
	<i>Multi-Formulations</i>			
VM103	Anti-Oxidant plus CoQ10	30 tablets	11.85	GV
VM021	Regenerate:Multi Nutrient Form	30 capsules	4.40	GV
VM043	Wholefood Multi - Vits & Mins	30	5.90	GV
VM065	Wholefood Multi - Vits & Mins	60	10.15	GV
	<i>Nutritional Support</i>			
VM047	Beta Glucan	30	10.25	GV
VM058	Brewers Yeast (BPC)	500 tablets	5.70	GV
VM024	Candi-Clear	30 capsules	8.95	GV
VM088	Glucosamine Hydrochloride	60 capsules	8.95	V
VM022	H Formula: B Complex/Betaine	30 capsules	6.85	GV
VM194	Kelp Plus: High Iodine	100 tablets	5.15	GV
VM402	Organic Garlic Capsules	60 capsules	10.45	GOV
VM197	Siberian Ginseng	30 tablets	6.95	GV
	PAUL RICHARDS HERBAL SUPPLIES			
MD729	Oil - Comfrey	100ml	6.35	GOV
	<i>Ointment</i>			
MD848	Arnica Ointment	30g	5.45	GOV
MD849	Calendula/Hypericum	30g	5.45	GOV
	POSTLETHWAITE'S TINCTURES			
MD004	Astragalus	50ml	8.95	GOV
MD832	Echinacea	200ml	18.95	GOV
MD094	Echinacea	50ml	7.95	GVO
MD833	Echinacea Spray	50ml	9.50	GOV
MD097	Ginkgo	50ml	7.95	GOV
MD441	Hawthorn	50ml	8.95	GOV
MD443	Milk Thistle	50ml	8.95	GVO
MD095	Siberian Ginseng	50ml	8.95	GVO
MD322	St Johns Wort	100ml	12.50	GOV
MD096	St. Johns Wort	50ml	7.95	GOV
MD321	Tincture - Echinacea	100ml	12.50	GVO
MD323	Valerian	50ml	8.95	GVO

Code	Description	Size	RRP	BFGOS
	PUKKA			
MD056	Organic Aloe Vera Juice	1l	19.95	GOV
MD117	Organic Aloe Vera Juice	500ml	12.95	GOV
	RANSOM			
MD110	Maxicol	200g	8.00	GV
MD102	Pure Lecithin Granules	375g	6.99	GV
	<i>Aloe Pura</i>			
MD111	Organic Aloe Vera Juice	500ml	8.24	GOV
	SPATONE			
MD175	Iron-Plus	560ml	6.95	GV
	TOGETHER HEALTH			
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
	VEGA			
VM138	Acidophilus + Bifidus	60 capsules	7.95	V
VM017	Active Mature 50+ Multivitamin	30 capsules	6.79	GV
VM018	Active Women's Multivitamins	30 capsules	8.49	GV
VM019	Calcium Chewable 500mg Tablets	60 capsules	3.75	GV
VM020	Calcium Plus Vitamin D	30 capsules	4.49	GV
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
	WELEDA			
	<i>Anthroposophic Medicines</i>			
MD710	Arnica Lotion	50ml	6.95	V
DY155	Arnica Massage Balm	100ml	9.95	V
DY156	Arnica Massage Balm	50ml	5.95	V
DY543	Arnica Massage Balm	50ml	5.95	V
MD538	Avena Sativa Comp Liquid	25ml	6.95	GV
MD586	Chamomilla 3X Granules	15g	6.50	GSV

SWEET SNACKS

	SUMA BAGGED DOWN			
ZX503	Liquorice Juice Sticks	1kg	0.65	V
	ALLERGYCARE			
KB633	Whizzers Chocolate Beans	50g	0.65	GVS
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
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	4.09	FGSV
ZX673	Brazil Nuts in Chocolate	150g	4.09	FGSV
ZX671	Mango in Chocolate	100g	4.09	FGSV
	FABULOUS FUDGE FACTORY			
ZX433	Dairy Free Coconut Ice	200g	2.99	GSV

Code	Description	Size	RRP	BFGOS
ZX432	Dairy Free Fudge	200g	2.99	GSV
	FREE			
ZX040	Laidback Liquorice - organic	28g	0.55	OSV
ZX013	Laidback Liquorice - organic	70g	1.19	OSV
	JUST WHOLEFOODS			
ZX573	Vegebears - Frooty Fruits	100g	1.45	GOSV
ZX571	Vegebears Fruit Jellies	100g	1.45	GSOV
	LYME REGIS FOODS			
	<i>Fruitus Bites</i>			
ZX223	Blackcurrant Chewy Fruit Bites	25g	0.65	GV
ZX227	Raspberry Chewy Fruit Bites	25g	0.65	GV
	NAKD			
ZX062	Cherry Raisins 100% Natural	25g	0.45	GV
ZX064	Lemon Raisins 100% Natural	25g	0.45	GV
ZX065	Orange Raisins 100% Natural	25g	0.45	GV
ZX363	Pineapple Raisins 100% Natural	25g	0.45	GV
	PANDA			
ZX078	All Natural 4 Bar Pack	128g	1.69	V
ZX071	All Natural Licorice Bar	32g	0.55	VS
ZX402	All Natural Licorice Bears	125g	1.19	VS
ZX676	All Natural Raspberry Bar	32g	0.55	VS
ZX410	Cherry Licorice	200g	1.99	V
ZX675	Licorice Comfits	132g	1.25	VS
ZX674	Licorice Cuts - 25% Extra Free	300g	1.75	VS
ZX435	Licorice Torpedos	100g	1.25	SV
ZX409	Raspberry Licorice	200g	1.99	V
	PEPPERSMITH			
	<i>With Fine English Peppermint</i>			
ZX434	Peppermint Chewing Gum	15g	1.49	GV
	SUNITA			
ZX137	Grape Juice & Sultana Halva	100g	1.35	GV
	SWEET BOTANICALS			
	<i>The Apothecary's Garden</i>			
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
ZX320	Liquorice/Anise Nat. Candies	150g	3.30	GSV
ZX321	Peppermint Natural Candies	150g	3.30	GSV
ZX331	Wild Strawberry Natural Candy	150g	3.30	GSV

TERRASANA

ZX041	Sweet Liquorice Ropes	56g	1.15	OV
ZX335	Sweet Liquorice Twists	10	1.99	OSV

TOFU (CHILLED)

	CAULDRON			
CV562	Marinated Tofu Pieces	160g	2.69	GSV
CV355	Organic Smoked Tofu	220g	2.34	GOV
CV354	Organic Tofu - Soya Bean Curd	250g	1.84	GOV
CV561	Tofu	396g	2.45	GV
	CLEAR SPOT			
CV209	Marinated Tofu - organic	190g	2.04	GOV
CV206	Plain Tofu - organic	280g	1.65	GOV
CV272	Plain Tofu - organic	450g	2.59	GOV
CV249	Smoked Tofu - organic	225g	2.28	GOV
CV214	Tofu Sea Cakes, organic	225g	1.72	GOV
CV213	Tofu Sesame Burgers, organic	190g	1.68	GOV
	DRAGONFLY			
CV701	Naturally Smoked Tofu OG	200g	2.20	GOV
	NATUREMADE OASIS			
CV582	Marinated Tofu	200g	1.59	OGV
	PROVAMEL			
CV128	Org Lightly Seasoned Tofu Bits	180g	1.99	GOV
CV124	Organic Minced Tofu	180g	1.99	GOV
CV119	Organic Plain Tofu	2 x 200g	2.49	GOV

Code	Description	Size	RRP	BFGOS
	TAIFUN			
CV833	Smoked Tofu- Eat hot or cold. <i>Produced to Demeter Standards</i>	200g	2.69	OV
CV835	Basil Tofu with Fresh Herbs	200g	2.49	OVB
CV035	Natural Silken Tofu - organic	400g	2.99	GOVB
	VIANA			
	<i>Demeter Organic Standard</i>			
CV410	Hazelnut Tofu	250g	2.32	OV
CV408	Real Smoked Firm Tofu	250g	2.67	OV

TOMATOES & TOMATO PRODUCTS

	SUMA			
LJ660	Organic Basil Passata	690g	1.49	GVO
LJ560	Organic Passata	690g	1.49	GVO
LJ088	Tomato Puree - organic	200g	1.35	GVO
	<i>Canned</i>			
LJ075	Cherry Tomatoes - organic	400g	0.99	GOV
LJ080	Tomatoes - chopped, organic	400g	0.85	GVO
LJ123	Tomatoes - chopped, organic	2.5Kg	5.00	GOV
LJ081	Tomatoes - peeled, whole OG	400g	0.85	GVO
	<i>Dried</i>			
LJ602	Sundried Tomatoes - organic	125g	1.65	GOV
	<i>Jarred</i>			
LJ258	Sundried Tomatoes in Olive Oil	190g	2.89	GOV
LJ257	Sundried Tomatoes in Olive Oil	900g	11.49	GOV
	BIONOVA			
LJ110	Tomato Puree - organic	200g	1.39	VO
	CHEF WILLIAM			
VF061	Italian Plum Tomatoes	2.55Kg	3.95	VG
	CIRIO			
LJ140	Chopped Tomatoes	390g	0.95	GV
LJ151	Chopped Tomatoes	400g	0.89	GV
LJ141	Chopped Tomatoes with Basil	390g	0.99	GV
LJ144	Chopped Tomatoes with Chilli	390g	0.99	GV
LJ142	Chopped Tomatoes/Onion Garlic	390g	0.99	GV
LJ139	Peeled Plum Tomatoes (Cans)	400g	0.85	GV
LJ064	Tomato Paste - jars	350g	1.45	GV
LJ028	Tomato Paste - tubes	140g	1.19	GV
LJ148	Tomato Puree	4 x 70g	1.99	GV
LJ029	Tomato Puree - cans	140g	0.89	GV
	DE RIT			
LJ087	Tomato Puree - organic	200g	1.62	GOV
	MERIDIAN			
LJ126	Passata	690g	1.59	GOV
	ORGANICO			
KJ010	Sundried Tomatoes - og	250g	4.45	GOV
	ZEST			
LJ042	Sundried Tomato Paste	170g	2.35	GV

TOOTH CARE

	GREEN PEOPLE COMPANY			
DY256	Childrens Mandarin	50ml	3.30	V
DY216	Minty Cool	50ml	3.50	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

Code	Description	Size	RRP	BFGOS
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			
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
	WELEDA			
DY241	Medicinal Gargle	50ml	6.95	V
DY137	Tooth Gel - Children's	50ml	2.95	V
DY146	Toothpaste - Calendula	75ml	3.50	GV
DY149	Toothpaste - Plant Gel	75ml	3.50	GV
DY147	Toothpaste - Ratanhia	75ml	3.50	GV
DY150	Toothpaste - Salt	75ml	3.50	GV

TOYS

	ETHLETIC			
NF200	Football - F/T Certified	each	13.90	FV

WINES

	BROUGHTON PASTURES FRUIT WINES			
RS069	Blackberry - OG	75 cl	8.55	GOSV
RS071	Blackcurrant - OG	75 cl	8.82	OSV
RS072	Elderberry - OG	75 cl	8.55	OSV
RS073	Elderflower-OG	75 cl	8.55	OSV
RS074	Ginger - OG	75 cl	9.49	FGOV
	CLEARSPRING			
	<i>Japanese Sake</i>			
RS057	Sake - Shizengo	72cl	13.95	GV
	RED WINE			
	<i>Argentina</i>			
RS223	Bonarda/Sangiovese S. Julia	75cl	9.62	GOV
RS155	Malbec - Buenos Ondas	75cl	9.15	OV
RS252	Malbec-Cabernet Taquies	75cl	7.93	GOV
RS205	Shiraz	75cl	9.42	OV
	<i>Australia</i>			
RS199	Cabernet Merlot	75cl	10.79	GOV
RS094	Shiraz Cabernet East Meridian	75cl	7.99	GOV
RS022	Shiraz Cabernet Sauvignon	75cl	10.88	GOV
	<i>Austria</i>			
RS025	Pinot Noir Meinklang	75cl	15.12	GOVB
	<i>Chile</i>			
RS106	Adobe Carmenere	75cl	8.82	OV
RS201	Cabernet Sauvignon	75cl	9.32	OV
RS068	Carmenere Ventura	75cl	9.78	GOV
RS203	Merlot	75cl	9.32	OV
	<i>France</i>			
RS052	Beaujolais Chateau Buis-Rond	75 cl	11.67	GOV
RS028	Cabernet Sauvignon	75 cl	8.67	GOV
RS228	Chateau la Blanquerie	75cl	9.79	GOV
RS091	Chateau Rouge Chateau Coursoo	75cl	10.19	GOV
RS241	Chatelaine Stephanie Rouge	75cl	7.15	GOV
RS080	Corbieres Dom Ancien Courier	75cl	9.36	GOV
RS010	Cotes du Rhone	75cl	9.21	GOV
RS011	Domaine le Soleiller Rouge	250ml	3.35	GOV
RS013	Domaine le Soleiller Rouge	75cl	7.58	GOV
RS238	Gamay sans Tra La la	75cl	12.60	BGOV
RS149	La Nature Costieres de Nimes	75cl	8.15	GOV
RS016	La Nature Le Rouge	75cl	7.27	GOV
RS055	Merlot - Cuvée Gabriel	75 cl	9.15	GOV
RS006	Merlot - La Marouette	75cl	8.19	GOV
RS082	Pinot Noir La Marouette	75cl	9.73	GOV
RS090	Pont de Caylus Rouge	75cl	7.95	GOV
RS092	Valreas Dom Grande Bellane	75cl	10.59	GOV

Code	Description	Size	RRP	BFGOS	Code	Description	Size	RRP	BFGOS
	<i>Italy</i>					<i>Australia</i>			
RS194	Chianti	75cl	11.35	GOV	RS059	Verdelho - Wilkie Estate	75cl	10.02	GOV
RS063	Era Nero d'Avola - OG	75 cl	8.33	GOV		<i>Austria</i>			
RS093	Montepulciano d'Abruzzo Era	75cl	8.49	GOV	RS224	Meinklang Gruner Veltliner	75cl	11.70	BGOV
RS195	Sangiovese - Era	75cl	8.05	GOV		<i>Chile</i>			
RS044	Valpolicella Mont'albano	75cl	9.87	GOV	RS250	Chardonnay Ventura	75cl	9.22	GOV
	<i>Portugal</i>				RS046	Gewurztraminer	75cl	8.95	GOV/B
RS245	Quinta da Esteveira Reserva	75cl	10.30	GOV	RS204	Sauvignon Blanc	75cl	9.93	OV
	<i>South Africa</i>					<i>England</i>			
RS114	Cab Sauvignon - Running Duck	75cl	8.45	FGOV	RS235	Limney Horsmonden Dry	75cl	11.69	GOV
RS004	Cabernet Sauvignon - Stellar	75cl	9.06	FGOV		<i>France</i>			
RS221	Live a Little - Stellar	75cl	8.40	FGOV	RS190	Bordeaux Sec	75cl	8.35	GOV
RS002	Merlot - Stellar	75cl	9.06	FGOV	RS034	Cotes De Gasgogne Dom de Pajot	75cl	8.74	GOV
RS100	Pinotage - The Ruins	75cl	10.14	GOV	RS242	Domaine de Caylus	75cl	7.55	GOV
RS116	Shiraz - Running Duck	75cl	8.45	FGOV	RS066	Entre Deux Mers - OG	75 cl	9.17	GOV
	<i>Spain</i>				RS191	Le Blanc	75cl	7.55	GOV
RS060	Azan Tempranillo Tinto	75cl	6.99	GOV	RS217	Muscadet `Expression Gneiss`	75cl	11.99	BGOV
RS120	Iberum Crianza DO Navarra	75cl	8.85	GOV	RS243	Muscat Petit Grain Moellux	75cl	12.57	GOV
RS045	Monastrelle Old Vine	75cl	9.15	GOV	RS081	Picpoul de Pinet	75cl	9.98	GOV
RS020	Navarra Tinto	75cl	7.37	GOV	RS007	Sancerre les Caillottes	75cl	14.79	GOV
RS147	Rioja - Usoa de Bagordi	75cl	9.45	GOV	RS226	Sauvignon - La Marouette	75cl	8.55	GOV
RS078	Rioja Crianza Navarrsotillo	75cl	11.18	GOV	RS008	Viognier la Marouette	75cl	8.73	GOV
RS098	Rioja Tinto Noemus	75cl	8.74	GOV	RS099	Vouvray Sec Les Troglodytes	75cl	12.39	GOV
RS232	Tempranillo Eden Collection	75cl	7.39	GOV		<i>Germany</i>			
	<i>ROSE WINE</i>				RS101	Riesling Kabinett Trocken	75cl	8.85	GOV
	<i>Argentina</i>					<i>Italy</i>			
RS220	Buenas Ondas Syrah	75cl	9.15	GOV	RS096	Grillo - Era	75cl	8.35	GOV
	<i>France</i>				RS062	Inzolia - Era	75 cl	8.04	GOV
RS079	Domaine de la Grand Palliere	75cl	12.68	GOV	RS233	Pinot Grigio - Boira	75cl	9.49	GOV
RS229	Syrah Rose - La Marouette	75cl	8.19	GOV	RS144	Pinot Grigio - Fasoli Gino	75cl	10.18	GOV
	<i>South Africa</i>				RS015	Soave - Fasoli Gino	75cl	17.76	GOV
RS219	Live a Little - Stellar	75cl	8.40	GOV		<i>New Zealand</i>			
RS118	Shiraz Rose - Running Duck	75cl	8.45	FGOV	RS029	Riesling - Milton Gisborne	75cl	14.91	GOV/B
	<i>Spain</i>					<i>South Africa</i>			
RS064	Azan Tempranillo Rose La Manch	75cl	6.99	GOV	RS183	Chardonnay - Sonap	75cl	9.19	FOV
RS121	Rioja Usoa de Bagordi Rose	75cl	10.85	GOV	RS018	Chenin Blanc - Moonlight	75cl	7.56	FGOV
	<i>SPARKLING WINE</i>				RS115	Chenin Sauv Blanc - R/duck	75cl	8.45	FGOV
	<i>Argentina</i>				RS019	Sauvignon Blanc - Stellar	75cl	8.10	FGOV
RS108	Santa Box Sparkling Rose	75cl	16.10	OV		<i>Spain</i>			
	<i>Austria</i>				RS061	Azan Blanco Aire La Mancha	75cl	6.99	GOV
RS104	Meinklang Pinot Noir Frizzante	75cl	14.32	OV	RS031	La Mancha Blanco D.O.	75cl	7.39	GOV
	<i>England</i>				RS234	Rioja Blanco Noemus	75cl	8.55	GOV
RS097	Limney Brut	75cl	22.15	GOV					
	<i>France</i>								
RS050	Champagne Carte d'Or	75 cl	30.20	GOSV					
	<i>Germany</i>								
RS159	Ffizz	75cl	11.15	OV					
	<i>Italy</i>								
RS009	Prosecco Col di Manza Perlage	75cl	15.16	GOV/B					
RS244	Prosecco Spumante - Canah	75cl	12.75	GOV					
RS216	Serenel Vivace Rosato	75cl	9.15	GOV					
	<i>Spain</i>								
RS051	DO Cava can Vendrell - OG	75 cl	13.63	GOSV					
	<i>WHITE WINE</i>								
	<i>Argentina</i>								
RS202	Chardonnay	75cl	9.32	OV					

YEAST EXTRACTS

ESSENTIAL TRADING

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

MERIDIAN

GH160	Yeast Extract + B12 and salt	340g	3.99	GV
GH098	Yeast Extract +B12, no salt	340g	3.99	V

NATEX

GH055	Yeast Extract - low salt	250g	3.59	GV
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VEGEMITE

GH102	Vegemite Yeast Extract	150g	2.25	V
GH103	Vegemite Yeast Extract	220g	3.19	V

