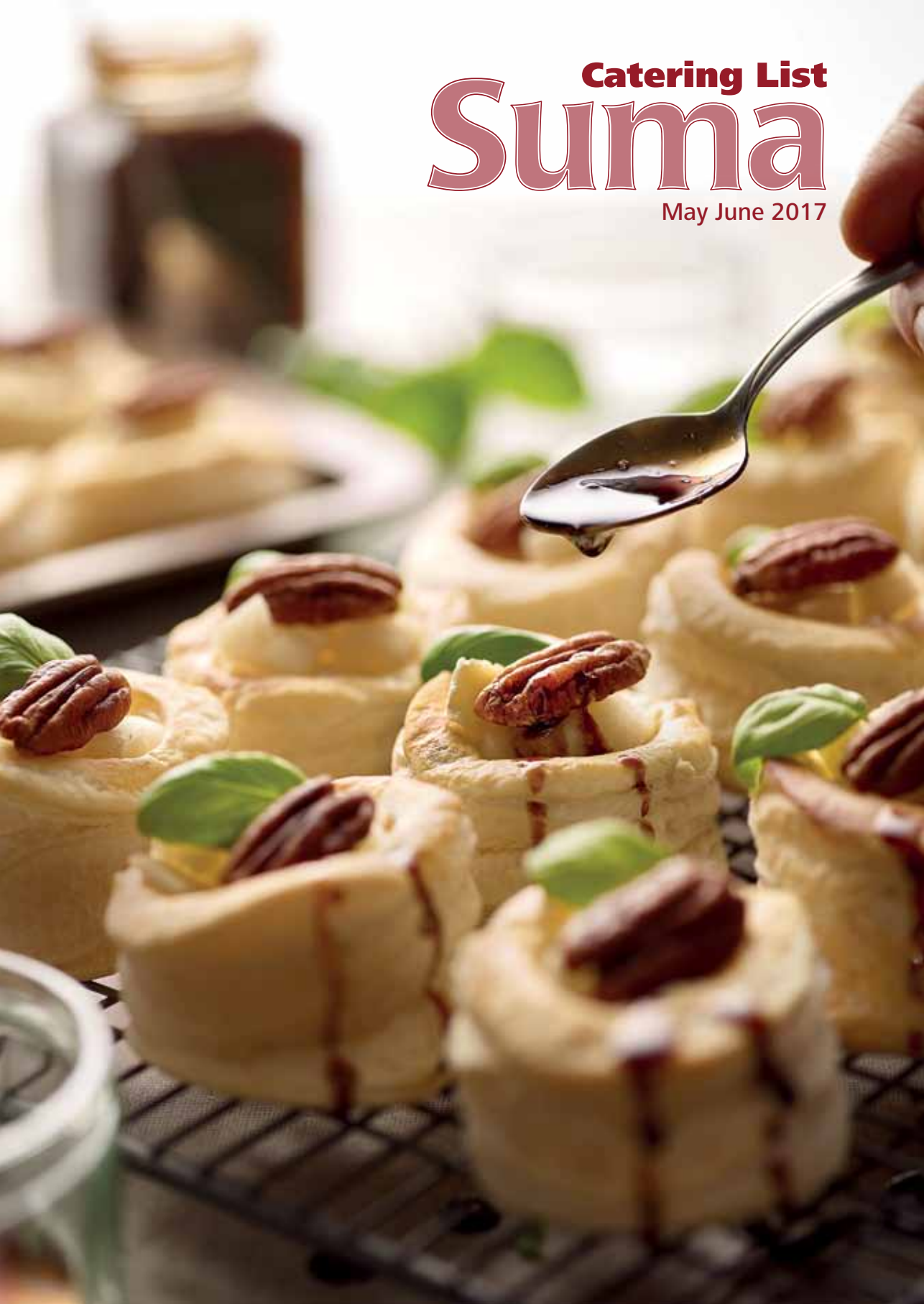


Catering List  
**Suma**

May June 2017



# Catering

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*A bit more about it..*

This list is made up of the bulk quantities of fine foods used by restaurants, cafes, hotels and other caterers. It includes bulk coffee, cheese, oil, flour, herbs, spices and other cooking ingredients. This catering list covers all your dry store needs, chilled and frozen foods too. From ingredients to soft drinks, cleaning products to dairy-free milks, all clean label, with no undesirable additives.

Suma has a broad customer base. We supply delis, wholefood shops, restaurants, cafes, caterers, farm shops and many more, the diverse nature of who we supply means that we have a huge choice of wholesome, natural products for food lovers everywhere.

If you are not a caterer but just want to stock up on a larger size of your favourite Suma products, this is the list for you.



## **Key BFGSOV**

B - Biodynamic // F - Fairtrade // G - Gluten-Free // O - Organic // S - Added Sugar // V - Vegan

All prices are correct at time of print and stock is subject to availability.

## ALCOHOLIC DRINKS

### HOLLOWS

*From Fentimans*

RT017	Superior Alcoholic Ginger Beer	8 x 500ml	15.4	SV
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## BAGS, BOXES AND BASKETS

### SUMA

NF477	Cellophane Bags 13" x 8" x 5"	1000	87.5	V
NF484	Cellophane Bags 3" x 4.5" x 7"	1000	32.82	V
NF476	Cellophane Bags 3" x 5" x 9"	1000	43.95	V
NF487	Cellophane Bags 4" x 6" x 11"	1000	62.34	V
NF482	Cellophane Bags 5" x 4.5" x 3"	1000	27.97	V
NF489	Paper Flour Bags, hold 1.5kg	250 bags	39.15	V
NF144	Polypropylene Bags 11 in.	1000	31.1	V
NF145	Polypropylene Bags 13 in.	1000	38.32	V
NF142	Polypropylene Bags 7 in.	1000	25.29	V
NF143	Polypropylene Bags 9 in.	1000	27.09	V
NF270	Refuse Sacks-recycled plastic	12 x 8 pack	10.99	V
NF483	Refuse Sacks-recycled plastic	200 pack	22.95	V

### D2W

NF406	100% Degradable Refuse Sacks	24 x 10 bags	20.75	
NF407	Degradable Swing Bin Liners	50 x 15 bags	53.18	
NF169	Pedal Bin Liners	50 x 30 bags	53.18	

## BAKING SUNDRIES

### SUMA

HE225	Baking Powder	1kg	3.25	V
LJ039	Baking Powder - Gluten Free	6 x 200g	8.55	GV
HE299	Bicarbonate of Soda	1kg	1.99	V
LJ040	Bicarbonate of Soda	6 x 200g	7.01	V
LJ019	Cornflour	6 x 500g	5.4	V
LJ024	Marzipan	5kg	31.4	VS
LJ223	Xanthan Gum	6 x 100g	21.45	V

### BARKAT

LJ002	Gluten Free Baking Powder	6 x 100g	6.66	GV
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### CLEARSPRING

JP064	<b>Kuzu (Wild Arrowroot)</b>	6 x 125g	28.76	GVO
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### DOVES FARM

LJ168	Baking Powder Bulk	3 x 1kg	11	GV
LJ166	<b>Cornflour Bulk</b>	3 x 1kg	12	GOV
LJ423	Quick Yeast	2 x 8 x 125g	14.04	GV
LJ165	Xanthan Gum	3 x 1kg	27.89	GV

### ENGEVITA

LJ143	Yeast Flakes	6 x 125g	13.46	GV
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### FERMIPAN

LJ061	Dried Yeast	20 x 500g	69.05	V
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## GREEN & BLACKS

*Cooks Chocolate*

KB058	<b>Dark Cooking Chocolate-Organic</b>	15 x 150g	28.02	FOS
KB429	<b>Milk Cooks Chocolate - organic</b>	15 x 150g	28.02	OS

## JUST WHOLEFOODS

LJ162	Vegeteset - setting agent	10 x 25g	15	V
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code	product	size	rrp	bfgosv
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## MONTEZUMA'S

### *Cooking Chocolate*

KB412	<b>Dark Chocolate Couverture</b>	2kg	20.79	OSV
KB413	<b>Milk Chocolate Couverture</b>	2kg	20.79	OS
KB411	<b>White Chocolate Couverture</b>	2kg	20.79	OS

## NIELSEN MASSEY

LJ037	Vanilla Extract	6 x 1l	221.85	S
LJ333	<b>Vanilla Extract - OG</b>	8 x 118ml	68.95	OV

## ORGRAN

LJ656	Egg Replacer	8 x 200g	17.55	GV
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## STEENBERGS

LJ116	Almond Extract	6 x 100ml	28.55	V
LJ117	<b>Orange Flower Water Organic</b>	6 x 100ml	16.19	OV
LJ085	<b>Rose Water Organic</b>	6 x 100ml	16.19	OV
LJ334	<b>Vanilla Extract Fairtrade Org</b>	6 x 100ml	34.05	FOV

## TAYLOR & COLLEDGE

LJ115	<b>Vanilla Bean Extract</b>	6 x 100ml	41.5	SOV
LJ113	<b>Vanilla Bean Paste</b>	12 x 65g	59.35	SOV
LJ195	<b>Vanilla Beans - 4 whole pods</b>	6 x 10g	23.02	OV

## BEANS & PULSES - CANNED

### SUMA

VF675	<b>Aduki Beans - organic</b>	12 x 400g	8.91	OV
VF550	<b>Baked Beans - Organic</b>	12 x 400g	8.91	OSV
VF750	<b>Baked Beans - Organic</b>	6 x 2.65K	18	OSV
VF707	Borlotti Beans	12 x 400g	5.85	V
VF119	Butter Beans	12 x 400g	5.85	V
VF645	<b>Butter Beans - organic</b>	12 x 400g	8.91	VO
VF709	Cannellini Beans	12 x 400g	5.85	V
VF395	<b>Cannellini Beans - organic</b>	12 x 400g	8.91	OV
VF117	Chick Peas	12 x 400g	5.85	V
VF642	<b>Chick Peas - organic</b>	12 x 400g	8.91	VO
VF785	<b>Chick Peas - organic</b>	6 x 2.6kg	18.7	OV
VF635	<b>FT Black Beans</b>	12 x 400g	9.81	FOV
VF647	<b>Green Lentils - organic</b>	12 x 400g	8.91	VO
VF644	<b>Haricot Beans - organic</b>	12 x 400g	8.91	VO
VF649	<b>Mixed Beans - organic</b>	12 x 400g	8.91	VO
VF795	<b>Mixed Beans - organic</b>	6 x 2.6kg	18.7	OV
VF118	Red Kidney Beans	12 x 400g	5.85	V
VF643	<b>Red Kidney Beans - organic</b>	12 x 400g	8.91	VO
VF711	Six Bean Mix	12 x 400g	8.51	V

### BIONA

VF222	<b>Baked Beans - Organic</b>	6 x 400g	5.36	OV5
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### BIONOVA

VF495	<b>Baked Beans - organic</b>	6 x 340g	6.53	OSV
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### CALISPA

VF021	Chick Peas - Catering Size	6 x 2.5kg	16.65	V
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### CHEF WILLIAM

VF020	Red Kidney Beans-Catering Size	6 x 2.50kg	20	V
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### WHOLE EARTH

VF161	<b>Baked Beans - organic</b>	12 x 400g	10.71	GOV
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## BEANS & PULSES - DRIED

### SUMA BAGGED DOWN

PU009	Aduki Beans	3kg	7.45	V
PU147	Black Turtle Beans	3kg	6.59	V
PU015	Blackeye Beans	3kg	7.89	V
PU030	Butter Beans	3kg	8.05	V
PU041	Cannellini Beans - Alubia	3kg	6.59	V
PU019	Chick Peas	10kg	24.45	V
PU143	Chick Peas	3kg	7.45	V
PU055	Kidney Beans - red	3kg	7.19	V
PU185	Lentils - brown	3kg	6.15	V
PU054	Lentils - Dark Speckled	3kg	7.35	V
PU186	Lentils - green	3kg	8.35	V
PU040	Lentils - red split	10kg	19.15	V
PU137	Lentils - red split	3kg	5.89	V
PU179	Moong Dahl	3kg	11.65	V
PU051	Mung Beans	3kg	8.75	V

### SUMA BAGGED DOWN - ORGANIC

PU212	<b>Aduki Beans - organic</b>	3kg	10.65	VO
PU243	<b>Butter Beans - organic</b>	3kg	13.07	VO
PU117	<b>Chick Peas - organic</b>	1kg	4.45	VO
PU190	<b>Chick Peas - organic</b>	3kg	12.35	VO
PU162	<b>Green Split Peas - organic</b>	3kg	6.75	VO
PU191	<b>Haricot Beans - organic</b>	3kg	6.89	VO
PU003	<b>Lentils - brown, organic</b>	3kg	10.95	VO
PU171	<b>Lentils - Dark Speckled, org</b>	1kg	4.65	VO
PU172	<b>Lentils - Dark Speckled, org</b>	3kg	13.09	VO
PU118	<b>Lentils - green, organic</b>	1kg	4.75	VO
PU193	<b>Lentils - green, organic</b>	3kg	13.25	VO
PU127	<b>Lentils - red split, organic</b>	1kg	3.89	VO
PU194	<b>Lentils - red split, organic</b>	3kg	10.65	VO
PU120	<b>Mung Beans - organic</b>	1kg	3.99	VO
PU195	<b>Mung Beans - organic</b>	3kg	10.95	VO
PU192	<b>Red Kidney Beans - organic</b>	3kg	8.19	VO
PU197	<b>Yellow Split Peas - organic</b>	3kg	7.35	VO

### SUMA COMMODITIES

PU300	Aduki Beans	25kg	46	V
PU150	Black Turtle Beans	25kg	40	V
PU303	Blackeye Beans	25kg	49.5	V
PU114	Broth Mix	25kg	39.95	V
PU111	Butter Beans (Lima)	25kg	50	V
PU016	Cannellini Beans - Alubia	25kg	46	V
PU018	Chick Peas	25kg	46	V
PU028	Haricot Beans - pea	25kg	36	V
PU039	Kidney Beans - red	25kg	44	V
PU010	Lentils - brown	25kg	37	V
PU082	Lentils - Dark Speckled	25kg	45	V
PU022	Lentils - green	25kg	52	V
PU081	Lentils - red split	25kg	35	V
PU032	Marrowfat Peas	12.5kg	14.75	V
PU175	Moong Dahl	25kg	75	V
PU033	Mung Beans	25kg	55	V
PU035	Pinto Beans	25kg	36	V
PU025	Split Peas - green	25kg	25	V
PU047	Split Peas - yellow	25kg	24	V

code	product	size	rrp	bfgosv
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## SUMA COMMODITIES - ORGANIC

PU200	<b>Aduki Beans - organic</b>	25kg	68	VO
PU211	<b>Bean Mix - organic</b>	25kg	95.99	OV
PU210	<b>Butter Beans, Chinese - org</b>	25kg	89	VO
PU220	<b>Cannellini Beans - organic</b>	25kg	52	OV
PU140	<b>Chick Peas - organic</b>	25kg	80	OV
PU083	<b>Green Split Peas - organic</b>	25kg	41	OV
PU052	<b>Haricot Beans - organic</b>	25kg	42	VO
PU001	<b>Lentils - brown, organic</b>	25kg	70	VO
PU084	<b>Lentils - Dark Speckled, Org</b>	25kg	85	VO
PU116	<b>Lentils - green , organic</b>	25kg	86	VO
PU126	<b>Lentils - red split, organic</b>	25kg	68	VO
PU062	<b>Mung Beans - organic</b>	25kg	70	VO
PU061	<b>Pinto Beans - organic</b>	25kg	56.5	OV
PU057	<b>Soya Beans - organic</b>	25kg	34	VO
PU059	<b>Yellow Split Peas - organic</b>	25kg	45	OV

## BEERS

### SUMA

RT212	<b>Elphin Brook Bitter OG</b>	12 x 500ml	19.86	OV
RT215	<b>Long Wall Mouse Blonde Beer</b>	12 x 500ml	21.32	OV
RT213	<b>Mytholm Mist Wheat Beer OG</b>	12 x 500ml	20.49	OV
RT214	<b>Penumbra Stout OG</b>	12 x 500ml	21.18	OV

### BUDELS

RT131	<b>Budels Lager</b>	24 x 330ml	29.57	OV
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### CANNABIA

RT004	<b>Cannabia Hemp Beer</b>	12 x 330ml	19.54	OV
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### SAM SMITHS

RT008	<b>Organic Pale Ale</b>	12 x 550ml	25.89	OV
RT120	<b>Pure Brewed Organic Lager</b>	12 x 550ml	25.89	OV

## BISCUITS CRACKERS & CRISPbread

### DOVES FARM

BT010	<b>Digestives</b>	12 x 200g	10.94	OSV
BT092	<b>Organic Digestive Biscuits</b>	12 x 400g	17.9	OS

### ISLAND BAKERY ORGANICS

#### *Snack Packs*

BT158	<b>Shortbread Biscuits 2-pack</b>	30 x 35g	13.22	OS
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### ORGANICO

#### *Rustic Breadsticks*

BT065	<b>Classic Grissini - og</b>	8 x 120g	11.7	OV
BT061	<b>Omega Grissini - og</b>	8 x 120g	11.7	OV
BT068	<b>Sesame Grissini - og</b>	8 x 120g	12.9	OV
BT067	<b>Spelt Grissini - og</b>	8 x 120g	15	OV

### TRADICRAFT

BT236	<b>Double Chocolate Chunk Cookies</b>	16 x 45g	9.75	FS
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## BODYCARE

### SUMA CONDITIONERS

DY484	<b>5l Pump</b>	5l	3.09	
DY481	<b>Clear &amp; simple Conditioner</b>	5l	13.65	V
DY483	<b>Grapefruit &amp; Aloe Conditioner</b>	5l	13.65	V
DY474	<b>Lavender Conditioner</b>	5l	13.65	V
DY475	<b>Rose &amp; Geranium Conditioner</b>	5l	13.65	V

code	product	size	rrp	bfgosv
<b>SUMA GLYCERINE SOAP</b>				
DY540	Grapefruit & Aloe Vera Soap	12 x 90g	9.8	V
DY555	Hemp Oil & Vitamin E Soap	12 x 90g	9.8	V
DY532	Rose & Geranium Soap	12 x 90g	9.8	V
DY013	White Lavender Soap	12 x 90g	9.8	V
<b>SUMA SHAMPOO</b>				
DY595	Clear & Simple Shampoo	5l	13.65	V
DY598	Grapefruit & Aloe Vera Shampoo	5l	13.65	V
DY608	Rose & Geranium Shampoo	5l	13.65	V
DY593	White Lavender Shampoo	5l	13.65	V
<b>BENTLEY ORGANIC</b>				
DY338	<b>Anti Bacterial Hand Sanitizer</b>	12 x 50ml	23.16	OV
<b>FAITH</b>				
<i>Hand Wash</i>				
DY245	<b>Aloe Vera &amp; Tea Tree Hand Wash</b>	6 x 300ml	14.67	OV
DY312	<b>Lavender &amp; Geranium Hand Wash</b>	6 x 300ml	14.67	OV
DY301	<b>Organic Seaweed Handwash</b>	6 x 300ml	14.67	OV
DY693	Pomegranate & Rooibos H/Wash	6 x 300ml	14.67	V
<i>Soap</i>				
DY050	Loose Soap - Aloe Vera	18 x 100g	17.43	V
DY005	Loose Soap - Lavender	18 x 100g	17.43	V
DY006	Loose Soap - Orange	18 x 100g	17.43	V
DY008	Loose Soap - Rosemary	18 x 100g	17.43	V
DY239	Loose Soap - Tea Tree	18 x 100g	17.43	V
DY154	Loose Tea - Hemp & Green Tea	18 x 100g	17.43	V
<b>OLIVA</b>				
DY561	Olive Oil Soap - Large Bar	6 x 600g	13.29	V
<b>BREADS &amp; BREAD MIXES</b>				
<b>AMAIZIN</b>				
BT329	<b>Organic Tortilla Wraps</b>	16 x 240g	28.2	O
<b>BIONA</b>				
BT298	<b>Butter Croissants - organic</b>	6 x 200g	13.46	O
BT135	<b>Pizza Base - 2 Per Retail Pack</b>	10 x 300g	17.93	OV
BT422	<b>Spelt Pizza Base - Organic</b>	10 x 300g	26.18	OV
<b>ISABEL'S NATURALLY FREE FROM</b>				
BT203	Gluten & Wheat Free Pizza Mix	8 x 300g	17.43	G
<b>BURGERS SAUSAGES &amp; TVP MIXES</b>				
<b>SUMA BAGGED DOWN</b>				
SY097	Burger Mix - vegetarian	1kg	8.15	V
VF406	Burger Mix - vegetarian	5kg	39.05	V
SY098	Sausage Mix - vegetarian	1kg	7.85	V
VF407	Sausage Mix - vegetarian	5kg	37.59	V
SY113	TVP Flavoured Coloured Mince	1kg	4.95	V
<b>SUMA COMMODITIES</b>				
VF404	Burger Mix - vegetarian	25kg	156.75	V
VF405	Sausage Mix - vegetarian	25kg	150.8	V
SY205	TVP Flavoured Coloured Mince	15kg	48.5	V
<b>PROTOVEG</b>				
VF839	Sosmix	10kg	54.06	V

code	product	size	rrp	bfgosv
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## BUTTER & CREAM (CHILLED)

### DEVON CREAM COMPANY

CV335	Clotted Cream	6 x 454g	28.47	
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### RACHELS DAIRY

CV068	Butter - slightly salted OG	20 x 250g	40.25	O
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CV625	Butter - unsalted OG	20 x 250g	40.25	O
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### VRAI

CV537	Traditional Unsalted Butter	10 x 250g	23.66	O
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### YEO VALLEY

CV304	Butter - organic	20 x 250g	32.19	O
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CV292	Spreadable Butter	16 x 250g	25.75	O
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## CEREALS & MUESLIS

### SUMA BULK MUESLI

MX184	Cranberry Crunch	3kg	9.35	
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MX026	Crunchy Apricot Muesli	10kg	25.25	
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MX025	Crunchy Apricot Muesli	25kg	57.59	
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MX027	Crunchy Apricot Muesli	3kg	7.89	
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MX017	Luxury Tropical Muesli	10kg	19.69	V
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MX185	Luxury Tropical Muesli	3kg	6.25	V
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MX041	Roast Hazelnut Muesli	10kg	20.79	V
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MX042	Roast Hazelnut Muesli	3kg	6.59	V
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MX033	Simply Muesli Base	10kg	11.55	V
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MX032	Simply Muesli Base	20kg	19.09	V
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MX034	Simply Muesli Base	3kg	3.75	V
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MX043	Super Muesli	25kg	61.5	V
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MX045	Super Muesli	3kg	8.29	V
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### SUMA BULK MUESLI - ORGANIC

MX119	De Luxe Muesli - organic	10kg	28.59	OV
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MX130	De Luxe Muesli - organic	3kg	9.15	OV
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MX052	Muesli - organic	10kg	23.09	VO
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MX160	Muesli - organic	25kg	59.85	VO
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MX183	Muesli - organic	3kg	8.19	OV
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MX107	Premium Muesli - organic	10kg	33.79	OV
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MX167	Premium Muesli - organic	3kg	10.25	OV
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MX036	Simply Muesli Base - Organic	10kg	17.49	VO
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MX037	Simply Muesli base - Organic	20kg	31.59	VO
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MX035	Simply Muesli Base - Organic	3kg	5.75	VO
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## CHEESE, COWS MILK (CHILLED)

### LYE CROSS

CV048	Double Gloucester - organic	per kg	9.58	O
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CV028	Mature Cheddar - organic	per kg	10.14	O
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CV451	Mild Cheddar - organic	per kg	9.15	O
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### SINGLETONS

CV388	Cheddar - Mature	per kg	6.39	
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CV387	Cheddar - Mild	per kg	5.79	
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## CHOCOLATE

### SUMA COMMODITIES

KB081	Cacao Nibs - Organic	15kg	152.25	OV
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## CIDERS

### DUNKERTONS

RT015	Premium Organic Cider	12 x 500ml	22	OV
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RT191	Sparkling Organic Perry	12 x 500ml	25.33	OV
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code	product	size	rrp	bfgosv
	<b>FRENCH CIDER</b>			
RT190	Cidre Brut	6 x 75cl	21.84	OV
	<b>WESTONS</b>			
RT006	Wildwood Premium Org Cider	12 x 500ml	23.83	OV
	<b>COCOA</b>			
	<b>SUMA BAGGED DOWN - ORGANIC</b>			
LJ149	Cocoa Powder - Organic	3kg	39.99	FOV
	<b>SUMA COMMODITIES - ORGANIC</b>			
LJ173	Cocoa Powder Fairtrade	25kg	272	FOV
	<b>CLIPPER</b>			
TE196	Instant Hot Chocolate	4 x 1kg	30.5	FS
	<b>DIVINE</b>			
TE687	Drinking Chocolate	6 x 400g	19.8	FVS
	<b>COFFEE</b>			
	<b>SUMA</b>			
	<i>Bulk Packs</i>			
TE103	Colombia Cosurca Beans	1kg	15.25	FOV
TE656	Espresso Beans	1kg	14.8	FOV
TE101	Ethiopia Yirgacheffe Beans	1kg	16	FOV
TE109	Honduras Coffee Beans	1kg	12.97	FOV
TE106	Peru Cepicafe Beans	1kg	13.69	FOV
TE107	Sumatra Gaya Highlands Beans	1kg	15.46	FOV
TE113	Swiss Water Decaff Beans	1kg	16	FOV
	<b>CAFEDIRECT</b>			
	<i>Instant Coffees</i>			
TE395	Classic, medium roast instant	6 x 500g	101.61	FV
	<b>CLIPPER</b>			
	<b>FOOD SERVICE RANGE</b>			
TE724	Instant - Fairtrade & Organic	4 x 500g	64	FOV
TE463	Instant Coffee Sticks	500 sticks	48.27	FOV
TE526	Instant Organic Decaff	4 x 500g	75	FOV
	<b>CONVENIENCE FOODS</b>			
	<b>FREE &amp; EASY</b>			
VF125	Bean Cassoulet - og	6 x 400g	9.47	OV
VF116	Chick Pea & Bean Tagine	6 x 400g	9.47	OV
VF006	Chick Pea/Vegetable Curry - og	6 x 400g	9.47	OV
VF014	Three Bean Chilli - og	6 x 400g	9.47	OV
	<b>GRANOVITA</b>			
VF036	Nut Luncheon	12 x 420g	23.15	GV
	<b>SUNITA</b>			
FG601	Polenta - organic	6 x 500g	8.95	OV
	<b>CRISPS &amp; SNACKS</b>			
	<b>SUMA BAGGED DOWN</b>			
ZX332	Bombay Mix	1kg	2.95	V
ZX083	Fruit & Nut Mix	5kg	42.85	V
ZX477	Wasabi Peas - Spicy	1kg	8.09	V
	<b>SUMA COMMODITIES</b>			
ZX033	Bhusu	5kg	11.79	V
ZX034	Bombay Mix	10kg	19.29	V
ZX035	Delhi Mix	2.5kg	6.47	V

code	product	size	rrp	bfgosv
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ZX288	Garlic Gathia	5kg	12.09	V
ZX132	Rice Crackers - Yakko Mix	7.5kg	43.55	
ZX036	Sesame Sticks	2.27kg	4.75	V
ZX037	Spiced Roast Chick Peas	2.5kg	5.99	V
ZX038	Spicy Noodles	5kg	12.49	V
ZX087	Trail Mix	10kg	50.75	S
ZX089	Tropical Mix	10kg	44.75	S
ZX468	Wasabi Peas - Spicy	10kg	69	V

## SUMA COMMODITIES - ORGANIC

ZX929	<b>Bombay Mix - organic</b>	3kg	8.55	OV
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## AMAIZIN

ZX589	<b>Bio Corn Chips Nachos</b>	10 x 150g	16.42	GOS
ZX543	<b>Bio Corn Chips Natural</b>	10 x 150g	12.68	OV
ZX429	<b>Natural Corn Chips Value Bag</b>	10 x 250g	17.18	OV

## GARCIA

### *Sharing Bag*

ZX200	Dippers - Veggie	6 x 170g	13.5	
ZX393	<b>Og White Corn Tortilla Chips</b>	15 x 150g	34.93	O
ZX461	<b>Org Blue Corn Tortilla Chips</b>	15 x 200g	34.93	O
ZX463	<b>Organic Thai Tortilla Chips</b>	15 x 200g	34.93	O
ZX464	<b>Organic Veggie Tortilla Chips</b>	15 x 200g	34.93	O

## KETTLE CHIPS

### *Sharing Bags*

ZX381	Balsamic Vinegar & Sea Salt	12 x 150g	18.66	SV
ZX248	Lightly Salted	12 x 150g	18.66	V

## PIPERS CRISPS

### *Sharing Bag*

ZX291	Anglesey Sea Salt	15 x 150g	19.77	V
ZX289	Lye Cross Cheddar & Onion	15 x 150g	19.77	S
ZX283	Sea Salt & Somerset Cider V'gr	15 x 150g	19.77	S

## TRAF0

### *Snacks*

BT075	<b>Pretzel Sticks</b>	12 x 100g	10.78	OV
	<b>Tortilla Chips</b>			
ZX136	<b>Tortilla Chips - Natural</b>	14 x 200g	17.48	OV

## TYRRELLS

### *Potato Chips - Furrows Sharing*

ZX495	Mature Cheddar & Pickled Onion	12 x 150g	14.64	S
ZX502	Sea Salt and Cider Vinegar	12 x 150g	14.64	SV
ZX496	Sea Salted	12 x 150g	14.64	SV

### *Potato Chips - Sharing*

ZX016	Cheddar Cheese & Chive	12 x 150g	14.63	
ZX018	Cider Vinegar & Sea Salt	12 x 150g	14.63	V
ZX022	Lightly Sea Salted	12 x 150g	14.63	V
ZX023	Naked Chips	12 x 150g	14.63	V
ZX024	Sea Salt & Black Pepper	12 x 150g	14.63	V
ZX021	Sweet Chilli & Red Pepper	12 x 150g	14.63	V
ZX098	Worcester Sauce & Sundried Tom	12 x 150g	14.63	

### *Vegetable Chips*

ZX655	Mixed Roots	12 x 150g	31.21	V
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## DAIRY DESSERTS (FROZEN)

## YEO VALLEY

XL340	<b>Strawberry Frozen Yoghurt</b>	6 x 900ml	15.67	OS
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code	product	size	rrp	bfgosv
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## DESSERTS

### SUMA PREPACKS

VF075	Custard Powder	6 x 500g	12.53	V
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### JUST WHOLEFOODS

VF067	Jelly Crystals - Lemon	12 x 85g	10.8	VS
VF068	Jelly Crystals - Strawberry	12 x 85g	10.8	VS
VF066	Jelly Crystals - Trop Fruits	12 x 85g	10.8	VS

### PROVAMEL

SY075	Soya Custard	16 x 525g	16.2	OV
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## DESSERTS & PUDDINGS (CHILLED)

### CARTMEL STICKY TOFFEE PUDDING

CV153	Sticky Toffee Pudding	730g	5.93	S
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## DRINKS (CHILLED)

### ALPRO

CV088	Organic Fresh Soya Drink	6 x 1l	7.88	OV
CV072	Soya Drink - Light	6 x 1l	7.43	V

## FAR EASTERN FOOD

### BIONA

VF775	Coconut Milk Organic	6 x 400ml	8.51	OV
VF772	Creamed Coconut Organic	12 x 200g	17.91	OV

### BLUE DRAGON

JP220	Tofu - Firm Silken	12 x 349g	16.97	V
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### CLEARSPRING

#### Soya Sauce

JP605	Shoyu	2.5l	17.99	OV
JP001	Tamari Soya Sauce	2.5l	29.84	GOV

### MERIDIAN

JP058	Tamari	5l	29.5	GV
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### MORI-NU

JP205	Tofu - Firm Tofu	12 x 349g	16.3	V
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## FLAKES, BRANS & WHEATGERM

### SUMA BAGGED DOWN

FX109	Oat Bran	5kg	7.55	V
FX104	Oats - porridge	10kg	11.39	V
FX063	Wheatgerm	5kg	11.85	V

### SUMA BAGGED DOWN - ORGANIC

FX085	Oats - porridge, organic	10kg	17.55	VO
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### SUMA COMMODITIES

FG034	Medium Oatmeal	25kg	17	V
FX065	Oat Bran	25kg	25.49	V
FG032	Oatmeal - Coarse (Pinhead)	25kg	17.29	V
FX504	Oats - jumbo	25kg	18.89	V
FX010	Oats - porridge	25kg	18.89	V
FX502	Wheat Bran	25kg	8.25	V

### SUMA COMMODITIES - ORGANIC

FX015	Barley Flakes - pearl, organic	25kg	27.5	VO
FX250	Bran Sticks - organic	15kg	43	VO
FX027	Buckwheat Flakes - Organic	15kg	63.3	OV
FX053	Millet Flakes - Organic	15kg	73.75	VO

code	product	size	rrp	bfgosv
QS002	<b>Oat Groats - Organic</b>	25kg	39.95	VO
FX503	<b>Oats - jumbo, organic</b>	25kg	31.59	VO
FX009	<b>Oats - porridge</b>	20kg	25.29	OV
FX014	<b>Oats - porridge, organic</b>	25kg	29.79	VO
FX654	<b>Quinoa Flakes - organic</b>	15kg	90	FOV
FX004	<b>Rice Flakes, Brown - organic</b>	15kg	59.6	VO
FX019	<b>Rye Flakes - organic</b>	25kg	26.65	VO
FX170	<b>Wheat Flakes Organic</b>	25kg	25	VO

## FLOURS & BREAD MIXES

### SUMA

FG053	<b>Rice flour brown organic</b>	25kg	45.75	OV
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### SUMA BAGGED DOWN

FG093	Polenta	5kg	6.59	V
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### SUMA BAGGED DOWN - ORGANIC

FG043	<b>Soya Flour - organic</b>	1kg	4.19	OV
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### SUMA COMMODITIES

FG046	Gram Flour	5kg	11.29	V
FG094	Polenta	25kg	21.6	V
FG048	Potato Starch	25kg	27.75	V
FG015	Rye Flour	25kg	14.8	V
FG049	Semolina - fine	25kg	25.5	V

### SUMA COMMODITIES - ORGANIC

FG243	<b>Soya Flour - organic</b>	25kg	74.15	OV
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### SUMA PREPACKS

FG002	Teff Flour - Brown	6 x 500g	13.5	V
FG013	Teff Flour - White	6 x 500g	17.25	V

### BIOFAIR

FG027	<b>Organic Fairtrade Quinoa Flour</b>	6 x 400g	31.46	FOV
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### DOVES FARM

FG069	<b>Fine Plain White Flour</b>	5 x 1kg	5.24	OV
FG010	<b>Fine Plain Wholemeal Flour</b>	5 x 1kg	4.83	VO
FG522	Gluten Free Brown Bread Flour	5 x 1kg	8.94	GV
FG700	Gluten Free Plain White Flour	5 x 1kg	8.38	GV
FG520	Gluten Free White Bread Flour	5 x 1kg	8.38	GV
FG004	<b>Malthouse Bread Flour</b>	5 x 1kg	5.96	OV
FG117	Rice Flour	5 x 1kg	6.89	GV
FG115	<b>Self Raising Wholemeal Flour</b>	5 x 1kg	5.08	OV
FG997	<b>Speciality Pasta Flour</b>	5 x 1kg	6.17	OV
FG116	Stoneground Gram Flour	5 x 1kg	8.83	GV
FG072	<b>Strong White Bread Flour</b>	5 x 1.5kg	7.29	OV
FG008	<b>Strong Wholemeal Bread Flour</b>	5 x 1.5kg	7.29	OV
FG070	<b>White Self Raising Flour</b>	5 x 1kg	5.4	OV
FG701	White Self Raising Flour GF	5 x 1kg	8.38	GV
	<b>Artisan Flour</b>			
FG028	Buckwheat Flour Wholegrain	5 x 1kg	12.69	V
FG082	<b>Einkorn Flour</b>	5 x 1kg	11.82	OV
FG011	<b>Khorasen Flour Wholegrain</b>	5 x 1kg	16.54	OV
FG016	<b>Rye Flour Wholegrain Organic</b>	5 x 1kg	6.17	OV
FG071	<b>Spelt Flour White Organic</b>	5 x 1kg	12.33	OV
FG102	<b>Spelt Flour Wholegrain Organic</b>	5 x 1kg	10.48	OV
	<b>Bulk</b>			
FG499	Gluten Free Plain White	16kg	22.84	GV
FG052	Gluten Free Self Raising Flour	16kg	22.84	GV

code	product	size	rrp	bfgosv
FG888	<b>Maltouse Flour - organic</b>	25kg	27.49	OV
FG886	<b>Rye Flour Lite - Organic</b>	25kg	29.59	OV
FG067	<b>Spelt Flour - organic</b>	25kg	44.2	OV
FG020	<b>White Biobake flour - organic</b>	25kg	21.36	VO
FG075	<b>White flour - plain organic</b>	25kg	21.57	VO
FG497	<b>White flour - self raising org</b>	25kg	22.21	OV
FG498	<b>White flour - strong organic</b>	16kg	14.8	OV
FG995	<b>Wholewheat Biobake Flour org</b>	25kg	19.03	OV
FG007	<b>Wholewheat strong flour org</b>	25kg	19.03	VO
<b>GILCHESTERS ORGANICS</b>				
FG019	<b>100% Whole Spelt Flour</b>	6 x 1.5kg	16.25	OV
FG014	<b>Pizza &amp; Ciabatta Wheat Flour</b>	6 x 1.5kg	13.58	OV
FG018	<b>Semolina Fine Wheat Flour</b>	6 x 500g	8.33	OV
FG009	<b>Strong 100% Whole Wheat Flour</b>	6 x 1.5kg	11.75	OV
FG006	<b>Strong White Wheat Flour</b>	6 x 1.5kg	13.58	OV
<b>Bulk Flours</b>				
FG110	<b>Pizza &amp; Ciabatta Flour</b>	15kg	18.23	OV
FG109	<b>Strong White Flour - S/ground</b>	15kg	18.23	OV
FG107	<b>Wholegrain Spelt Flour</b>	15kg	25.46	OV
FG108	<b>Wholemeal Flour - Stoneground</b>	15kg	16.5	OV
<b>LITTLE SALKELD WATERMILL</b>				
FG804	<b>Barley Flour - organic</b>	6 x 500g	10.98	OVB
FG802	<b>Semolina Brown - organic</b>	6 x 500g	10.62	OV
<b>MARRIAGES</b>				
FG582	Canadian V Strong White	5 x 1.5kg	7.95	V
FG666	Canadian V Strong Wholemeal	5 x 1.5kg	7.95	V
FG031	White Flour - Finest plain	5 x 1.5kg	6.72	V
FG030	White flour - Finest strong	5 x 1.5kg	7.54	V
FG029	White flour Finest self rais.	5 x 1.5kg	6.72	V
FG022	Wholemeal strong flour	5 x 1.5kg	7.54	V
<b>Bulk</b>				
FG023	<b>Wholemeal Bread Flour-organic</b>	16kg	19.35	OV
<b>ORGRAN</b>				
<b>Gluten Free Bread Mixes</b>				
FG054	Easy Bake Bread Mix	7 x 450g	16.85	G
<b>SHIPTON MILL</b>				
FG876	<b>White Strong Organic Flour</b>	5 x 2.5kg	13.55	OV
FG079	<b>Wholemeal Organic Flour</b>	5 x 2.5kg	13.32	OV
<b>SUPREME</b>				
FG021	Gram Flour Bulk	20kg	28	V
<b>TIANA</b>				
FG047	<b>FT Org Coconut Baking Flour</b>	12 x 500g	53.88	FOV
<b>FRUIT - CANNED &amp; JARRED</b>				
<b>ESSENTIAL TRADING</b>				
KJ263	<b>Mango Chunks in Org Juice</b>	6 x 400g	9.6	VO
KJ262	<b>Pineapple Chunks In Org Juice</b>	6 x 400g	9.6	VO
KJ260	<b>Tropical Fruits in Org Juice</b>	6 x 400g	9.6	VO
<b>FRUIT - DRIED</b>				
<b>SUMA BAGGED DOWN</b>				
DR004	Apple - rings SO2	5kg	34.45	V
DR293	Apple - rings SO2	1kg	7.65	V
DR168	Apricots - select 140/160 SO2	1kg	6.15	V

code	product	size	rrp	bfgosv
DR090	Apricots - select 140/160 SO2	2.5kg	14.05	V
DR207	Apricots - unsulphured	1kg	6.75	V
DR122	Apricots - unsulphured	5kg	29.75	V
DR174	Banana - chips	1kg	3.89	S
DR027	Blueberries	1kg	21.16	SV
DR059	Cherries - Morello (sour)	1kg	18.29	VS
DR225	Cherries - red, natural SO2	1kg	6.35	VS
DR058	Cranberries	1kg	6.69	VS
DR092	Cranberries	2.5kg	15.35	VS
DR173	Currants - medium provincial	1kg	3.95	V
DR126	Currants - medium provincial	5kg	15.85	V
DR227	Dates - chopped	1kg	3.75	V
DR183	Dates - loosepack	1kg	3.29	V
DR148	Dates - loosepack	5kg	12.59	V
DR208	Figs	1kg	9.05	V
DR178	Fruit Cake Mix	1kg	2.84	VS
DR344	Fruit Salad - SO2	1kg	8.65	V
DR068	Fruit Salad - SO2	5kg	39.59	V
DR169	Ginger	1kg	6.05	VS
DR153	Goji Berries	1kg	13.05	V
DR320	Mango Slices	1kg	16.45	V
DR228	Mixed peel	1kg	3.35	VS
DR209	Papaya	1kg	6.15	VS
DR210	Peaches - SO2	1kg	11.65	VS
DR211	Pears - SO2	1kg	12.59	V
DR212	Pineapple - diced, SO2	1kg	5.39	VS
DR239	Prunes - pitted, Ashlock	1kg	5.85	V
DR103	Prunes - pitted, Ashlock	2.5kg	13.25	V
DR667	Raisins - Dark flame	1kg	4.45	V
DR171	Raisins - Thompson	1kg	4.19	V
DR109	Raisins - Thompson	2.5kg	9.15	V
DR078	Raisins - Thompson	5kg	17.15	V
DR128	Sultanas - 5 crown	5kg	21.89	V
DR216	Sultanas - No 9's	1kg	4.1	V
DR152	Sultanas - No 9's	5kg	16.69	V
DR691	Vine Fruit Mix	1kg	4.29	V
DR069	Vine Fruit Mix	5kg	17.89	V

### SUMA BAGGED DOWN - ORGANIC

DR050	<b>Apricots - organic</b>	1kg	9.59	OV
DR082	<b>Apricots - organic</b>	2.5kg	22.69	OV
DR219	<b>Cranberries - organic</b>	1kg	12.89	OSV
DR079	<b>Currants - organic</b>	2.5kg	16.45	OV
DR236	<b>Dates - organic</b>	1kg	7.75	OV
DR080	<b>Dates - organic</b>	2.5kg	18.05	VO
DR062	<b>Dates - organic Medjool</b>	1kg	18.45	OV
DR072	<b>Dates - pitted fairtrade og</b>	1kg	7.89	FOV
DR048	<b>Figs - Organic</b>	1kg	8.75	OV
DR105	<b>Figs - organic</b>	2.5kg	20.55	OV
DR026	<b>Ginger - crystallised organic</b>	1kg	9.25	OSV
DR052	<b>Prunes, pitted - organic</b>	1kg	11.15	OV
DR081	<b>Prunes, pitted - organic</b>	2.5kg	26.49	OV
DR053	<b>Raisins - organic</b>	1kg	5.45	OV
DR145	<b>Raisins - organic</b>	2.5kg	12.25	OV
DR056	<b>Sultanas - organic</b>	1kg	5.39	OV
DR146	<b>Sultanas - organic</b>	2.5kg	12.15	OV
DR423	<b>Vine Fruit Mix - organic</b>	1kg	6.19	OV
DR391	<b>Vine Fruit Mix - organic</b>	5kg	27.35	OV

## SUMA COMMODITIES

DR003	Apple - rings so2	10kg	55	V
DR005	Apricots - chopped	12.5kg	49	V
DR008	Apricots - select 140/160 SO2	12.5kg	52.9	V
DR010	Apricots - unsulphured	12.5kg	59	V
DR528	Blueberries	25lb	180	V
DR777	Caps - Lemon	3.5kg	20.6	VS
DR013	Cherries - dark red, natural	5kg	21.9	VS
DR014	Cherries - red SO2	5kg	21.9	VS
DR999	Cranberries	25lb	53.1	VS
DR015	Currants	12.5kg	29.95	V
DR018	Dates - loosepack	10kg	18.6	V
DR154	Dates - selected Iran	10kg	19.9	V
DR021	Figs	10kg	66.38	V
DR022	Ginger - crystallised	5kg	22.65	VS
DR083	Incan Berries	15kg	210	
DR300	Mango Slices - South Africa	12.50kg	189	FV
DR023	Mixed peel	10kg	18.85	VS
DR024	Papaya - diced	5kg	22.9	VS
DR025	Peaches - SO2	12.5kg	110	V
DR163	Pears - SO2	12.5kg	120	V
DR029	Pineapple - diced, SO2	5kg	19.9	VS
DR031	Prunes - Medium	10kg	40.6	V
DR801	Prunes - pitted Ashlock	10kg	39.75	V
DR039	Raisins - Thompson	12.5kg	32.7	V
DR042	Sultanas	12.5kg	31.8	V
DR041	Sultanas - 4 crown	14kg	47.75	V
DR135	Vine Fruit Mix	25kg	81.99	V

## SUMA COMMODITIES - ORGANIC

DR043	<b>Apricots - organic</b>	12.5kg	89	VO
DR869	<b>Banana Chips - organic</b>	6.8kg	29	OS
DR908	<b>Cranberries - organic</b>	11.34kg	116	OSV
DR111	<b>Currants - organic</b>	12.5kg	63	OV
DR986	<b>Dates - fairtrade organic</b>	5kg	28.5	FOV
DR524	<b>Dates - Organic Medjool</b>	5kg	72.3	OV
DR112	<b>Dates - pitted, organic</b>	5kg	27.89	OV
DR007	<b>Ginger - crystallised, OG</b>	5kg	36	OSV
DR142	<b>Prunes - pitted, organic</b>	10kg	83.95	OV
DR045	<b>Raisins - organic</b>	12.5kg	45.5	OV
DR046	<b>Sultanas - organic</b>	12.5kg	45	OV

## FRUIT & VEGETABLE JUICES

### STUTE

JU013	Superior Mango Juice Drink	8 x 1.5l	9.95	SV
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### SUNITA

JU997	Lemon Juice - E224	5l	14.41	V
JU672	<b>Lemon Juice - organic</b>	6 x 1l	32.43	OV
JU524	Lime juice	5l	12.16	V

## FRUIT JUICE CONCS & CORDIALS

### SUMA

JU057	Apple - concentrate	5l	25.99	V
JU243	<b>Apple Juice Concentrate - og</b>	5l	31.12	OV

## GOATS MILK PRODUCTS (CHILLED)

### DELAMERE DAIRY

CV239	Goats Butter	10 x 250g	14.57	
	<i>Minimum 5 days shelf-life</i>			
CV406	Fresh Goats Milk - semi skimmd	12 x 1l	17.28	
CV409	Fresh Goats Milk - whole	12 x 1l	17.28	

## GRAINS

### SUMA BAGGED DOWN

QS026	Barley Grain - pearl	10kg	12.15	V
QS112	Bulgar wheat - coarse	3kg	5.65	V
QS018	Couscous	10kg	15.05	V
QS062	Couscous	3kg	4.65	V
QS032	Pearl Couscous	3kg	8.49	V
QS078	Rice - Arborio (risotto)	5kg	12.55	V
QS005	Rice - basmati, brown	10kg	22.15	V
QS064	Rice - basmati, brown	3kg	6.79	V
QS403	Rice - basmati, white	10kg	22.15	V
QS074	Rice - basmati, white	3kg	6.79	V
QS007	Rice - long grain brown	5kg	7.95	V
QS079	Rice - white pudding	5kg	9.95	V
QS033	Rice - wild	2.5kg	31.35	V
QS083	Tapioca	3kg	7.65	V

### SUMA BAGGED DOWN - ORGANIC

QS040	<b>Buckwheat - unroasted, organic</b>	5kg	11.65	VO
QS030	<b>Bulgar wheat - organic</b>	3kg	6.85	VO
QS049	<b>Couscous - wholemeal, organic</b>	3kg	8.55	VO
QS092	<b>Millet - organic</b>	3kg	8.75	OV
QS012	<b>Oat Groats - Organic</b>	5kg	10.99	VO
QS151	<b>Popcorn - organic</b>	1kg	2.79	VO
QS153	<b>Popcorn - organic</b>	3kg	7.35	VO
QS606	<b>Quinoa - organic</b>	3kg	14.79	OV
QS069	<b>Red Quinoa - organic</b>	1kg	6.15	OV
QS071	<b>Red Quinoa - organic</b>	3kg	17.39	OV
QS566	<b>Rice - arborio, organic</b>	3kg	12.39	OV
QS668	<b>Rice - basmati, brown organic</b>	3kg	8.65	VO
QS664	<b>Rice - basmati, white organic</b>	3kg	9.59	VO
QS035	<b>Rice- long grain brown organic</b>	10kg	29.19	VO
QS036	<b>Rice- long grain brown organic</b>	3kg	8.89	VO
QS038	<b>Rice-short grain brown organic</b>	10kg	28.25	VO
QS039	<b>Rice-short grain brown organic</b>	3kg	8.59	VO

### SUMA COMMODITIES

QS117	Barley Grain - pearl	25kg	20.4	V
QS990	Bulgar wheat - coarse	25kg	33.2	V
QS017	Couscous	25kg	26.5	V
QS031	Pearl Couscous	15kg	31.9	V
QS125	Rice - Arborio (risotto)	25kg	46.55	V
QS004	Rice - basmati, brown	20kg	33	V
QS402	Rice - basmati, white	20kg	33	V
QS006	Rice - long grain brown	25kg	27.2	V
QS501	Rice - white pudding	25kg	35.7	V
QS008	Sushi Rice	10kg	18.95	V

### SUMA COMMODITIES - ORGANIC

QS116	<b>Buckwheat - unroasted, organic</b>	25kg	42.6	OV
QS250	<b>Bulgar wheat - organic</b>	25kg	41.75	OV
QS115	<b>Couscous - wholemeal, organic</b>	25kg	53.5	OV
QS235	<b>Millet - organic</b>	25kg	54.85	OV
QS564	<b>Pearl Barley Grain, organic</b>	25kg	27.91	VO
QS042	<b>Popcorn - organic</b>	25kg	45	OV
QS201	<b>Quinoa - organic</b>	25kg	97	OV
QS063	<b>Red Quinoa - organic</b>	25kg	115	OV
QS825	<b>Rice - arborio organic</b>	25kg	80.3	VO



code	product	size	rrp	bfgosv
QS666	Rice - basmati, white organic	25kg	60.9	OV
QS034	Rice-long grain brown organic	25kg	56.9	OV
QS037	Rice-short grain brown organic	25kg	55	VO
QS047	Wheat grain - organic	25kg	18.82	VO

## GRAVY, STOCK & BOUILLON

### MARIGOLD

LJ046	Bouillon Powder	1kg	8.75	G
LJ238	<b>Bouillon Powder - Organic</b>	6 x 500g	32.18	GOV
LJ164	Bouillon Powder - Reduced Salt	1kg	8.75	GV
LJ321	<b>Yeast Free Bouillon Stock Cube</b>	12 x 84g	12.51	GOV

### VECON

LJ049	Vegetable Stock	1kg	9.55	V
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## HERB & FRUIT INFUSIONS

### SUMA

HE102	Chamomile	500g	11.55	V
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### CLIPPER

#### FOOD SERVICE RANGE

TE141	<b>Chamomile - og</b>	250 bags	14.7	FOV
TE148	<b>Chamomile - og</b>	6 x 25 bags	11.41	FOV
TE459	<b>Lemon &amp; Ginger - og</b>	250 bags	20.87	OV
TE455	<b>Lemon &amp; Ginger - og</b>	6 x 25 bags	13.31	OV
TE162	<b>Peppermint - og</b>	250 bags	14.7	FOV
TE166	<b>Peppermint - og</b>	6 x 25 bags	11.41	FOV
TE454	<b>Wild berry - og</b>	6 x 25 bags	13.31	OV

## HERBS & SPICES - BULK

### BULK HERBS

HE100	Mixed Herbs	1kg	6.29	V
HE093	Oregano	1kg	7.95	V
HE096	Sage	1kg	7.95	V
HE099	Thyme	1kg	6.49	V

### BULK MILLED SPICES

HE036	Arrowroot	1kg	4.89	V
HE039	Cayenne Pepper	1kg	6.19	V
HE042	Chilli Powder	1kg	5.79	V
HE041	Cinnamon - Ground	1kg	5.19	V
HE044	Coriander	1kg	3.75	V
HE045	Cumin	1kg	6.29	V
HE049	Ginger	1kg	5.99	V
HE051	Mustard Powder	1kg	5.2	V
HE052	Nutmeg	500g	12.99	V
HE235	Paprika - Hungary	1kg	9.29	V
HE053	Paprika - Spain	1kg	5.29	V
HE117	Paprika, Smoked - Spain	1kg	8.39	V
HE401	Pepper - Black Cracked Ground	1kg	17.15	V
HE054	Turmeric	1kg	4.6	V

### BULK ORGANIC

HE707	<b>Cinnamon Ground - OG</b>	500g	5.03	OV
HE118	<b>Cumin Seeds - Organic</b>	1kg	14.09	OV
HE735	<b>Ginger Powder Organic</b>	500g	7.19	OV
HE732	<b>Turmeric - OG</b>	500g	6.49	OV
HE703	<b>Whole Black Peppercorns - OG</b>	500g	15	VO

### BULK SCENTED HERBS

HE090	Lavender	500g	10.15	V
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code	product	size	rrp	bfgosv
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## BULK SPICE BLENDS

HE057	Curry Powder - Madras	1kg	5.55	V
HE059	Mixed Spice	1kg	5.25	V

## BULK WHOLE SPICES

HE003	Caraway Seeds	1kg	6.65	V
HE004	Cardamoms (Whole) - green	500g	12.85	V
HE008	Cinnamon Quills	500g	11.29	V
HE009	Cloves	1kg	23.25	V
HE010	Coriander Seeds	1kg	4.09	V
HE011	Cumin Seeds	1kg	6.59	V
HE016	Juniper Berries	1kg	11.8	V
ZX100	Liquorice Root	1kg	17.7	V
HE018	Mustard Seeds - brown	1kg	3.15	V
HE019	Mustard Seeds - yellow	1kg	3.75	V
HE020	Nutmeg	500g	15.89	V
HE021	Peppercorns - black	1kg	19.2	V
HE022	Peppercorns - black	3kg	47.65	V
HE026	Poppy Seeds	1kg	4.45	V
HE231	Star Anise	500g	5.75	V
HE207	Tamarind	200g	1.88	V
HE027	Vanilla Pods	12 pack	38	V

## HERBS & SPICES - PREPACKED

### SUMA

#### *Whole Spices*

HE001	Peppercorns - black	6 x 250g	24.27	V
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### HONEY

### SUMA

HY082	Wildflower Honey - Clear, Bulk	3kg	17.66	
HY083	Wildflower Honey - Set, Bulk	3kg	17.66	

### TROPICAL FOREST

HY601	<b>Forest Honey - clear,organic</b>	7lb	23.81	FO
HY602	<b>Forest Honey - set,organic</b>	7lb	23.81	FO

## HOUSEHOLD CLEANING PRODUCTS

### BIO D

HJ258	Drum Tap - fits both 15l & 25l	each	3.78	V
HJ004	Fabric Conditioner	12 x 1l	18.46	V
HJ608	Fabric Conditioner	5l	5.78	V
HJ119	Handwash - Lime & Aloe Vera	6 x 500ml	14.19	V
HJ116	Handwash - Lime & Aloe Vera	5l	10	V
HJ117	Handwash - unfragranced	6 x 500ml	13.33	V
HJ107	Handwash - unfragranced	5l	8.68	V
HJ247	Home & Garden Sanitiser	5l	6.23	V
HJ003	Laundry Liquid	12 x 1l	37.1	V
HJ120	Laundry Liquid	15l	41.98	V
HJ800	Laundry Liquid	5l	14.79	V
HJ654	Multi Surface Cleaner	5l	7.99	V
HJ665	Toilet Cleaner	5l	6.43	
HJ244	Toilet Cleaner - angled head	12 x 750ml	17.86	V
HJ103	Washing Powder Concentrated	12.5kg	30.1	V
HJ081	Washing Powder Concentrated	1kg	2.65	V
HJ082	Washing Powder Concentrated	2kg	5.25	V
HJ097	Washing Up Liquid	1 x 5l	6.1	V
HJ115	Washing Up Liquid	15l	18.3	V

## CAMBRIDGE TRADITIONAL PRODUCTS

HJ017	Pure Beeswax	16 x 1oz	17.92	
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## EARTH FRIENDLY

HJ562	ECOS Lavender Laundry Liquid	8 x 1.5l	38.32	V
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## ECOLEAF

HJ090	20L Drum Tap	each	2.99	
HJ105	Fabric Conditioner	6 x 1.5l	14.95	V
HJ078	Fabric Conditioner	5l	6.24	V
HJ083	Fabric Conditioner Bulk	20l	19.99	V
HJ055	Laundry Liquid	6 x 1.5l	22.46	V
HJ075	Laundry Liquid	5l	11.24	V
HJ060	Laundry Liquid Bulk	20l	36.49	V
HJ050	Multi Surface Cleaner	6 x 500ml	8.59	V
HJ072	Toilet Cleaner	5l	7.49	V
HJ131	Wash Up Liquid - Concentrated	6 x 500ml	9.59	V
HJ129	Washing Powder Concentrated	10kg	21.49	V
HJ128	Washing Powder Concentrated	4 x 3.4kg	37.96	V
HJ077	Washing Up Liquid	20l	19.43	V
HJ067	Washing Up Liquid	5l	6.87	V

## ECOVER

HJ084	15L Refill Tap	each	2.81	
HJ100	All Purpose Cleaner	12 x 1l	22.01	V
HJ065	Cream Cleaner	12 x 500ml	12.07	V
HJ071	Delicate	5l	12.18	V
HJ132	Dishwash Tablets - Bulk	5 x 70 tablets	45.09	V
HJ086	Dishwasher Rinse Aid	12 x 500ml	30	V
HJ028	Fabric Conditioner	5l	7.92	
HJ024	Floor Cleaner	12 x 1l	26.2	V
HJ070	Floor Cleaner	5l	9.64	V
HJ549	Laundry Liquid - Non Bio	6 x 1.5l	26.4	
HJ527	Liquid Hand Soap	5l	18.96	V
HJ054	Liquid Hand Soap Refill	6 x 1l	41.44	V
HJ095	Multi Surface Spray	6 x 500ml	11.74	V
HJ022	Non-Bio Concentrated Laundry	5l	22.76	
HJ069	Toilet Cleaner	5l	8.01	V
HJ185	Washing Powder - Non Bio	3 x 3kg	28.72	
HJ888	Washing Up Liquid - Vegan	8 x 1l	20.14	V
HJ091	Window & Glass Cleaner	6 x 500ml	11.04	V

### *Bag in Box Range*

HJ108	All Purpose Cleaner Bag in Box	15l	21.26	
HJ039	Fabric Conditioner	15l	20.5	V
HJ035	Laundry Liquid	15l	30.75	V
HJ037	Washing Up Liquid	15l	21.33	
HJ034	Washing Up Liquid	15l	21.33	V

### *Zero*

HJ202	Laundry Liquid Zero	6 x 1.5l	27.51	
HJ203	Washing Powder Zero	7.5kg	22.63	

## FAITH

HJ179	Dishwasher Gel	5l	22.26	V
HJ147	Dishwasher Gel	6 x 500ml	15.72	
HJ180	Laundry Liquid	5l	13.25	V
HJ182	Multi-Surface Spray Cleaner	5l	19.39	V
HJ137	Multi-Surface Spray Cleaner	6 x 500ml	13.7	V
HJ181	Washing Up Liquid	5l	13.25	V

## HOUSEHOLD PRODUCTS

### ECOFORCE

NF003	Recycled Dish Brush	12 x 1	14.93	
NF094	Recycled Dish Brush Refill	6 x 2 pack	7.85	

### ECOLEAF FROM SUMA

NF091	Ecoleaf 3 Ply Kitchen Towels	12 x 2 rolls	11.92	
NF209	Ecoleaf Toilet Tissue	10 x 4 pack	12.7	
NF214	Ecoleaf Toilet Tissue	5 x 9 rolls	14.01	
NF210	Ecoleaf Toilet Tissue Bulkpack	5 x 12 pack	18.5	

### HILL BRUSH COMPANY

NF780	Nail Brush	each	1.18	
NF781	Vegetable Brush	each	3.95	
NF782	Washing Up Brush + Four Heads	each	5.55	

### IF YOU CARE

NF500	100% Recycled Aluminium Foil	12 x rolls	20.33	
NF032	Heavy Duty Aluminium Foil	12 x 1 rolls	27.83	
NF021	Parchment Paper Rolls	12 x 1 rolls	27.77	

### TRAIIDCRAFT

NF181	Fair Trade Rubber Gloves	12 x 1 pairs	10.86	F
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## INDIAN FOOD

### PATAKS

#### *Pappadums*

VF293	Pappadums - Plain	12 x 100g	14.6	V
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## MARGARINES & SPREADS (CHILLED)

### SUMA

#### *Non Hydrogenated Oils*

MA003	Suma Olive Spread	8 x 500g	12.54	V
MA055	Suma Soya Spread	8 x 500g	11.34	V
MA051	Sunflower Spread	6 x 2kg	31.99	V
MA053	Sunflower Spread	8 x 500g	11.34	V

### BIONA

MA061	<b>Vegetable Margarine - organic</b>	8 x 250g	15.54	OV
MA030	<b>Vegetable Margarine - organic</b>	16 x 500g	46.68	OV

### MUNSTERLAND

MA040	<b>Margarine (catering) - organic</b>	10kg	35.24	VO
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## MAYONNAISE & SALAD DRESSINGS

### SUMA

KJ022	<b>Organic Mayonnaise</b>	1kg	7.25	O
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### KITE

KJ230	<b>Mayonnaise</b>	2.5kg	12.45	O
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### PLAMIL

#### *Catering*

LJ360	<b>Egg Free Mayonnaise - organic</b>	2.5kg	17.6	GOSV
KJ254	Egg Free Mayonnaise - Plain	2.5kg	13.98	GV

## MEATLESS SUBSTITUTES (CHILLED)

### VBITES

#### *Catering Pack*

CV055	Streaky Style Rashers	2 x 500g	13.77	VS
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### VEGANDELI

CV104	Gourmet Italian Mortadela	10 x 320g	33.89	V
CV106	Gourmet Morcilla Style	10 x 250g	29.43	V
CV107	Gourmet Smoked Chorizo Style	10 x 400g	39.15	V

## MIDDLE EASTERN & AFRICAN FOOD

### CARLEY'S

KJ240	Preserved Lemon - Organic	6 x 700g	23.27	OV
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### MILK - NON DAIRY

### BONSOY

SY072	Soya Milk	6 x 1l	16.85	V
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### ECOMIL

SY012	Almond Drink Powder	6 x 400g	67.28	GOV
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SY030	Cuisine - Almond Cream	24 x 200ml	28.8	GOV
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### GOOD HEMP FOOD

SY065	Hemp Drink	12 x 1l	17.91	V
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### KOKO DAIRY FREE

SY038	Coconut Milk Drink	12 x 1l	16.11	GV
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SY046	Coconut Milk Drink	8 x 3x250ml	11.94	GV
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SY051	Coconut Milk Drink - Chocolate	12 x 1l	18.81	GSV
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SY056	Coconut Milk Drink Chocolate	8 x 3x250ml	11.94	GSV
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SY055	Coconut Milk Drink Strawberry	8 x 3x250ml	11.94	GSV
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### OATLY

SY019	Cream - Dairy Free	18 x 250ml	14.4	VO
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### PLAMIL

SY009	Soya Milk, unsweetened - og	6 x 1l	10.13	GOV
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### PROVAMEL

SY090	Almond Drink - Organic	12 x 1l	23.31	OV
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SY094	Almond Drink - Unsweetened	12 x 1l	23.31	GOV
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SY011	Coconut & Rice Drink	12 x 1l	19.71	GOV
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SY086	Coconut & Rice Drink	24 x 200ml	12.42	OV
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SY007	Rice Drink - organic	12 x 1l	15.21	GVO
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SY080	Soya Milk - sweetened	12 x 1l	13.91	GOV
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SY126	Soya Milk - Sweetened with	15 x 250ml	5.63	GV
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SY025	Soya Milk - Unsweetened	12 x 1l	13.91	GOV
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### RICE DREAM

JU540	Rice Dream - Calcium	12 x 1l	17.23	V
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JU307	Rice Dream - Hazelnut & Almond	12 x 1l	19.15	V
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JU361	Rice Dream - Original	12 x 1l	17.22	VO
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JU362	Rice Dream - Vanilla	12 x 1l	19.15	VO
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### SOJADE

SY017	Cuisine- Organic Soya Cream	24 x 200ml	17.9	OSV
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SY400	Rice Drink - calcium enriched	6 x 1l	7.6	OV
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SY018	Soya Milk - calcium & apple	6 x 1l	7.8	VO
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SY016	Soya Milk - unsweetened	6 x 1l	6.7	OV
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SY023	Soya Milk - Vanilla & Calcium	6 x 1l	8.78	VO
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### SOYATOO!

SY375	Soy Whip - Spray Soya Cream	12 x 250g	17.85	V
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### SUNRISE

SY041	Soya Milk - Org, Unsweetened	10 x 1l	10.43	OV
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### THE BRIDGE

SY002	Oat Drink	12 x 1l	14.85	OV
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SY560	Oat Drink - Calcium Enriched	12 x 1l	17.55	OV
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SY042	Rice Drink - Calcium Enriched	12 x 1l	15.21	GOV
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SY487	Rice Drink - Original	12 x 1l	14.85	GOV
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SY452	Rice Drink + Almond	12 x 1l	17.65	GOV
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## MILK (LONGLIFE)

### MOO

MJ011	Semi Skimmed Milk - Organic	12 x 1l	17.9	O
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## NON-DAIRY DESSERTS (FROZEN)

### FOOD HEAVEN

XL400	Cool Vanilla Desert	6 x 900ml	15.71	SV
XL398	Wild Blueberry Desert	6 x 900ml	15.71	SV

### MAMMA CUCINA

XL408	Strawberry Soya Desert	6 x 750ml	11.21	SV
XL406	Vanilla Soya Desert	6 x 750ml	11.21	SV

## NUT & SEED BUTTERS

### SUMA

GH047	<b>Peanut Butter, crunchy + salt</b>	6 x 700g	26.06	VO
GH248	<b>Peanut Butter, crunchy no salt</b>	6 x 700g	26.06	VO
GH051	<b>Peanut Butter, smooth + salt</b>	6 x 700g	26.06	VO
GH257	<b>Peanut Butter, smooth no salt</b>	6 x 340g	14.36	VO

### MERIDIAN

GH037	Peanut Butter - crunchy + salt	1kg	5.24	V
GH039	Peanut Butter - smooth + salt	1kg	5.24	V
	<b>100% Nuts</b>			
GH038	Peanut Butter Crunchy	1kg	5.24	V
GH097	<b>Peanut Butter Crunchy Organic</b>	1kg	5.99	OV
GH040	Peanut Butter Smooth	1kg	5.24	V
GH069	<b>Peanut Butter Smooth</b>	1kg	5.99	OV

### SUNITA

GH079	Tahini - dark	3kg	21.35	V
GH996	<b>Tahini - dark, organic</b>	3kg	26.7	VO
GH080	Tahini - light	3kg	21.4	V
GH149	<b>Tahini - light, organic</b>	3kg	26.7	VO

## NUTS & SEEDS

### SUMA BAGGED DOWN

NU005	Almonds	1kg	11.45	V
NU004	Almonds	5kg	55.65	V
NU135	Almonds - blanched	1kg	17.15	V
NU008	Almonds - flaked	1kg	12.65	V
NU007	Almonds - flaked	5kg	61.39	V
NU011	Almonds - ground	1kg	11.45	V
NU010	Almonds - ground	5kg	55.39	V
NU214	Bird Nuts	5kg	11.49	V
NU078	Brazil - broken	1kg	16.55	V
NU017	Brazil - broken	5kg	80.89	V
NU077	Brazil - whole, medium	1kg	18.29	V
NU015	Brazil - whole, medium	5kg	88.89	V
NU020	Cashew - large pieces	1kg	11.45	V
NU019	Cashew - large pieces	5kg	55.65	V
NU237	Cashew - roasted & salted	1kg	16.19	V
NU134	Cashew - whole	1kg	15.69	V
NU131	Cashew - whole	5kg	76.85	V
NU054	Chia Seeds	1kg	5.05	V
NU274	Coconut - chips	1kg	5.75	V
NU241	Coconut - desiccated , medium	1kg	4.15	V
NU240	Coconut - desiccated , medium	5kg	18.89	V
NU096	Hazelnuts	1kg	14.55	V

code	product	size	rrp	bfgosv
NU030	Hazelnuts	5kg	70.99	V
NU204	Linseed / Flax	1kg	2.35	V
NU206	Linseed / Flax	5kg	7.89	V
NU079	Macadamia Nuts - Style 2	1kg	26.59	V
NU239	Mixed nuts	1kg	10.45	V
NU035	Mixed nuts	5kg	48.55	V
NU107	Mixed nuts - chopped	1kg	6.65	V
NU046	Peanuts - redskin	5kg	16.65	V
NU055	Peanuts - redskin	1kg	26.35	V
NU027	Pecan nuts	2.5kg	65.09	V
NU057	Pine kernels	1kg	18.09	V
NU251	Pistachio - raw, shelled	1kg	26.45	V
NU060	Pistachio - roasted & salted	1kg	14.95	V
NU063	Pumpkin seeds	1kg	6.15	V
NU062	Pumpkin seeds	5kg	28.99	V
NU227	Sesame seeds - natural	1kg	4.15	V
NU066	Sesame seeds - natural	5kg	19.15	V
NU231	Sunflower seeds	1kg	3.29	V
NU068	Sunflower seeds	5kg	12.55	V

### SUMA BAGGED DOWN - ORGANIC

NU201	<b>Almonds - organic</b>	1kg	18	VO
NU430	<b>Almonds, ground - organic</b>	1kg	18.85	OV
NU278	<b>Brazils Whole - organic</b>	1kg	24.29	OV
NU032	<b>Brazils Whole - organic</b>	2.5kg	60.05	OV
NU070	<b>Cashews - whole, organic</b>	1kg	19.15	OV
NU071	<b>Coconut - desiccated, organic</b>	1kg	5.05	VO
NU038	<b>Coconut - desiccated, organic</b>	2.5kg	11.85	VO
NU202	<b>Hazelnuts - organic</b>	1kg	17.39	OV
NU271	<b>Hemp Seeds - organic</b>	1kg	5.39	VO
NU244	<b>Linseed, golden - organic</b>	1kg	3.49	OV
NU039	<b>Linseed, golden - organic</b>	2.5kg	7.99	OV
NU001	<b>Omega Seed Mix - organic</b>	1kg	5.35	OV
NU287	<b>Omega Seed Mix - organic</b>	5kg	22.85	OV
NU072	<b>Peanuts - organic</b>	1kg	4.49	OV
NU543	<b>Pine Kernels - organic</b>	1kg	21.75	OV
NU209	<b>Pumpkin seeds - organic</b>	1kg	6.55	OV
NU210	<b>Sesame seeds - organic</b>	1kg	4.95	OV
NU203	<b>Sunflower seeds - organic</b>	1kg	3.35	OV
NU084	<b>Sunflower seeds - organic</b>	2.5kg	7.59	VO
NU200	<b>Walnuts - organic</b>	1kg	16.79	OV

### SUMA COMMODITIES

NU003	Almonds	50lb	205	V
NU009	Almonds - ground	10kg	90	V
NU053	Bird Nuts	25kg	42.05	V
NU016	Brazil - broken	20kg	300	V
NU014	Brazil - whole, medium	20kg	350	V
NU018	Cashew - large pieces	50lb	205	V
NU021	Cashew - roasted & salted	3kg	38.95	V
NU125	Cashew - whole	50lb	285	V
NU050	Chia Seeds	25kg	92.5	V
NU024	Coconut - chips	10kg	42.5	V
NU888	Coconut - desiccated medium	25kg	72.9	V
NU028	Hazelnuts	25kg	290	V
NU205	Linseed / Flax	25kg	27.1	V
NU076	Macadamia Nuts	25lb	245	V
NU192	Mixed nuts	25kg	234.95	V

code	product	size	rrp	bfgosv
NU036	Mixed nuts - chopped	12.5kg	63	V
NU250	Peanuts - paleskin	25kg	58.8	
NU044	Peanuts - redskin	25kg	63.5	V
NU047	Peanuts - roasted	12.5kg	34.8	V
NU051	Peanuts - roasted & salted	12.5kg	35.9	
NU312	Pecan Nuts	30lb	292.2	V
NU056	Pine kernels - China	12.5kg	182	V
NU300	Pistachio - raw, shelled	10kg	215	V
NU058	Pistachio - roasted & salted	10kg	119.25	V
NU061	Pumpkin seeds	25kg	115	V
NU065	Sesame seeds - natural	25kg	74	V

## SUMA COMMODITIES - ORGANIC

NU789	<b>Alfalfa seeds - organic</b>	25kg	240	OV
NU109	<b>Almonds - organic</b>	10kg	145	OV
NU800	<b>Almonds, ground - organic</b>	10kg	151.75	OV
NU123	<b>Brazils Fairtrade - organic</b>	20kg	420	FOV
NU890	<b>Brazils Whole - organic</b>	20kg	395	OV
NU112	<b>Cashews - whole organic</b>	50lb	350	OV
NU117	<b>Coconut - desiccated, organic</b>	25kg	92	OV
NU301	<b>Hazelnuts - organic</b>	25kg	350	VO
NU002	<b>Hemp Seeds - organic</b>	25kg	106.25	O
NU791	<b>Linseed, golden - organic</b>	25kg	59.8	OV
NU885	<b>Peanuts - organic</b>	25kg	90.75	OV
NU542	<b>Pine Kernels - organic</b>	12.5kg	220	OV
NU207	<b>Pumpkin seeds - organic</b>	25kg	124	OV
NU208	<b>Sesame seeds - organic</b>	25kg	90	OV
NU083	<b>Sunflower seeds - organic</b>	25kg	56.5	OV
NU118	<b>Walnuts Light Halves - organic</b>	10kg	135	VO

## OILS & FATS

### SUMA

GT100	Grapeseed Oil	6 x 500ml	17.95	V
GT019	<b>Italian Organic Olive Oil</b>	4 x 3l	107.85	OV
GT018	<b>Italian Organic Olive Oil</b>	6 x 750ml	40.28	OV
GT086	Olive Oil - Extra Virgin	5l	34.12	V
GT087	<b>Olive Oil-Extra Virgin,organic</b>	5l	34.49	VO
GT090	Sunflower Oil - cold pressed	5l	14.81	V
GT091	<b>Sunflower Oil - organic</b>	5l	17.09	VO
GT052	Sunflower Oil - refined	5l	11.6	V

### SUMA PREPACKS

GT028	Gluten Free Vegetarian Suet	6 x 250g	7.88	GV
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### BIONA

VF774	<b>Virgin Coconut Oil Organic</b>	6 x 400g	35.96	OV
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### CLEARSPRING

GT204	<b>Italian Olive Oil Organic</b>	6 x 1l	62.25	VO
GT009	<b>Rapeseed Oil Organic</b>	6 x 500ml	17.96	OV
GT206	<b>Safflower Oil organic</b>	6 x 500ml	24.71	VO
GT230	<b>Sunflower Frying Oil organic</b>	6 x 1l	33.71	VO
GT202	<b>Sunflower Oil organic</b>	6 x 1l	26.96	VO

### COMMUNITY

GT118	Sunflower Oil - refined	15 x 1l	35.85	V
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### EQUAL EXCHANGE

#### *Palestinian Fairtrade Oils*

GT555	Olive Oil	6 x 1l	85.46	FV
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code	product	size	rrp	bfgosv
<b>HELLENIC</b>				
GT005	Olive Oil - Extra Virgin	4 x 3l	101.7	V
GT031	Olive Oil Extra Virgin	4 x 5l	161.7	V
<b>KHYBER</b>				
VF751	Ghee	1 x 2lb	2.74	V
<b>LA BIO IDEA</b>				
GT044	Italian Og Virgin Olive Oil	6 x 1l	54.22	OV
<b>SUNITA</b>				
GT099	Olive Oil-Extra Virgin Organic	5l	50.9	VO
<b>WHARFE VALLEY FARMS</b>				
GT015	Rapeseed Oil	5l	18.85	V
<b>ZAYTOUN</b>				
GT023	Olive Oil - Fairtrade	4 x 5l	324.45	F
<b>OLIVES</b>				
<b>CYPRESSA</b>				
KJ867	Cypressa Pitted Green Olives	2kg	8	V
KJ868	Pitted Black Olives	2kg	7.25	V
<b>SUNITA</b>				
VF384	Black Kalamon Olives	2kg	16.5	V
VF539	Black Olives - Pitted, natural	4kg	47.7	
VF383	Green Olives	3kg	11.2	V
KJ556	Kalamon Olives - pitted OG	2kg	19.9	VO
<b>PAPER PRODUCTS &amp; STATIONERY</b>				
<b>EVERCOPY</b>				
NF465	A4 High White Copier Paper	ream	4.01	
<b>PASTA</b>				
<b>IRIS</b>				
WT086	Fusilli Organic Wholewheat	5kg	9.5	OV
WT082	Penne Organic Wholewheat	5kg	9.5	OV
WT079	Spaghetti Organic Wholewheat	5kg	9.5	OV
<b>PASTA SAUCES &amp; PESTOS</b>				
<b>SUMA</b>				
<i>Organic Pasta Sauces</i>				
VF201	Organic Arrabbiata Sauce	12 x 350g	15.75	OV
VF191	Organic Bolognese Sauce	12 x 350g	15.75	OV
VF192	Organic Napoletana Sauce	12 x 350g	15.75	OV
<b>PATES, DIPS &amp; TAPAS (CHILLED)</b>				
<b>SUMA</b>				
CV401	Pate - Mushroom (bombe)	6 x 200g	10.72	GV
<b>PICKLES, CHUTNEYS &amp; MUSTARDS</b>				
<b>BIONA</b>				
LJ664	Harissa Relish - prepared	6 x 125g	12.11	OV
<b>BIONOVA</b>				
KJ346	Gherkins - Sour	6 x 670g	12.5	VOS
<b>BYODO</b>				
KJ351	Mustard - Dijon, organic	1kg	7.23	VO
KJ354	Mustard - wholegrain, organic	1kg	5.06	VO

## SALADS & SPROUTS (CHILLED)

### SKY SPROUTS

*Minimum 4 days shelf life*

CV481	<b>Alfalfa &amp; Fenugreek Sprouts</b>	100g	1.09	OV
CV509	<b>OG Sango &amp; China Rose Sprouts</b>	100g	1.09	OV
CV479	<b>Org Alfalfa &amp; Broccoli Sprouts</b>	100g	1.09	OV
CV476	<b>Org Alfalfa &amp; Radish Sprouts</b>	100g	1.09	OV
CV475	<b>Org Alfalfa Sprouts</b>	100g	1.09	OV
CV721	<b>Organic Broccoli Sprouts</b>	100g	1.09	OV
CV504	<b>Organic Mixed Bean Sprouts</b>	227g	1.09	OV
CV503	<b>Organic Mung Bean Sprouts</b>	200g	1.09	OV
CV510	<b>Organic Sprouts Multi Pack</b>	160g	1.65	OV
CV508	<b>Organic Sunflower Seed Sprouts</b>	200g	1.19	OV

## SALT & SEASONINGS

### SUMA

LJ030	Sea Salt - coarse	10kg	5.9	V
LJ031	Sea Salt - fine	10kg	5.9	V

### BIOFORCE

LJ054	Herbamare	6 x 250g	16.9	V
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### GEO ORGANICS

LJ005	<b>Atlantic Fine Ground Sea Salt</b>	6 x 500g	11.65	OV
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### MALDON

LJ018	Sea Salt - Flaky Crystals	1.5kg	10.9	V
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### MARIGOLD

LJ444	Liquid Aminos	6 x 250ml	16.16	GV
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### PINK MOUNTAIN

LJ174	<b>Pink Himalayan Coarse Salt</b>	6 x 1kg	29.7	OV
LJ172	<b>Pink Himalayan Fine Salt</b>	6 x 1kg	29.7	OV

### TIDMANS

LJ023	Tidmans Rock Salt	12 x 500g	13.45	V
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## SNACK BARS & FLAPJACKS

### EAT NATURAL

KB464	Almond, Apricot & Yoghurt	12 x 50g	6.65	GS
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## SOFT DRINKS

### BELVOIR

JU814	<b>Ginger Beer - OG</b>	24 x 250ml	23.24	OSV
JU327	Pomegranate & Raspberry Presse	24 x 250ml	22.18	SV

### BIONA

JU183	<b>Coconut Water - og</b>	12 x 330ml	13.42	OV
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### BOTTLE GREEN

JU264	Elderflower Presse	12 x 275ml	11.79	SV
JU271	Ginger & Lemongrass Presse	12 x 275ml	11.79	SV
JU350	Pomegranate/Elderflower Presse	12 x 275ml	11.79	SV

### COCOFINA

JU172	Natural Coconut Water	12 x 500ml	19.45	V
JU171	Natural Coconut Water	36 x 200ml	26.8	V

### COCOWELL

JU613	Pure Coconut Water	12 x 330ml	13.71	V
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code	product	size	rrp	bfgosv
<b>DAIONI</b>				
JU080	<b>Banana Flavour Milk - og</b>	12 x 250ml	9.89	OS
JU081	<b>Chocolate Flavour Milk - og</b>	12 x 250ml	9.89	OS
JU082	<b>Strawberry Flavour Milk - og</b>	12 x 250ml	9.89	OS
<b>EQUINOX</b>				
JU244	<b>Kombucha Ginger</b>	20 x 275ml	24.21	OSV
JU242	<b>Kombucha Original</b>	20 x 275ml	24.21	OSV
JU250	<b>Kombucha Raspberry/Elderflower</b>	20 x 275ml	24.21	OSV
JU249	<b>Kombucha Wild Berry</b>	20 x 275ml	24.21	OSV
<b>FENTIMANS</b>				
JU008	Cherry Cola	12 x 275ml	10.31	SV
JU625	Curiosity Cola	12 x 275ml	10.31	SV
JU573	Curiosity Cola	8 x 750ml	15.86	SV
JU908	Dandelion & Burdock	12 x 275ml	10.31	SV
JU281	Dandelion & Burdock	8 x 750ml	15.86	SV
JU346	Ginger Beer	12 x 275ml	10.31	SV
JU280	Ginger Beer	8 x 750ml	15.86	SV
JU841	Lemon Shandy	12 x 275ml	10.31	SV
JU354	Mandarin Seville Orange Jigger	12 x 275ml	10.31	SV
JU618	Rose Lemonade	12 x 275ml	10.89	SV
JU455	Rose Lemonade	8 x 750ml	15.86	SV
JU435	Victorian Lemonade	12 x 275ml	10.31	VS
<b>Mixer Range</b>				
JU467	Ginger Beer	6 x 4x 275ml	20.37	SV
JU761	Tonic Water	24 x 125ml	11.43	SV
JU754	Tonic Water	6 x 4x200ml	14	SV
JU755	Tonic Water Light	6 x 4x200ml	14	SV
<b>FEVERTREE</b>				
JU387	Tonic Water	6 x 4x200ml	15.75	SV
<b>FIREFLY NATURAL DRINKS</b>				
<i>Fruit Juice &amp; Herbal Extracts</i>				
JU299	Lemon, Lime & Ginger	12 x 330ml	13.43	V
JU296	Peach & Green Tea	12 x 330ml	13.43	V
JU180	Pomegranate & Elderflower	12 x 330ml	13.43	V
<b>GUSTO</b>				
JU148	<b>Lemon Energy</b>	12 x 250ml	14.92	OV
JU147	<b>Original Energy</b>	12 x 250ml	14.92	OV
<b>HAMPSTEAD TEA</b>				
JU033	<b>Elderflower Iced Tea - og</b>	8 x 330ml	8.34	FOSV
JU016	<b>Lemon Iced Tea - og</b>	8 x 330ml	8.34	FOSV
JU017	<b>Raspberry Iced Tea - og</b>	8 x 330ml	8.34	FOSV
<b>HAPPY MONKEY</b>				
JU450	Orange & Mango Smoothie	6 x 4x180ml	10.14	V
JU449	Strawberry & Banana Smoothie	6 x 4x180ml	10.14	V
<b>HEALTHY THIRST</b>				
JU030	Elderflower	12 x 330ml	11.92	SV
JU022	Pink Ginger	12 x 330ml	11.92	SV
<b>LUSCOMBE DRINKS</b>				
JU584	<b>Cool Ginger Beer - organic</b>	24 x 320ml	26.25	OV
JU586	<b>Hot Ginger Beer - organic</b>	24 x 320ml	25.35	OV
JU145	<b>Raspberry Crush - og</b>	24 x 320ml	26.25	OSV
JU583	<b>Sicilian Lemonade - organic</b>	24 x 320ml	25.35	OSV
JU585	Wild Elderflower Bubbly	24 x 320ml	26.25	V

code	product	size	rrp	bfgosv
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## NORFOLK PUNCH

JU195	Original Norfolk Punch	6 x 700ml	26.22	S
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## ORGANIC COLLECTION

JU367	Blueberry Sparkle - og	6 x 750ml	22.28	OV
JU473	Bubbly Blackcurrant Juice - og	6 x 750ml	22.28	OV
JU369	Raspberry Fizz	6 x 750ml	22.28	OV

## PURDEYS

JU513	Rejuvenate	12 x 330ml	10.93	
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## SCHECKTERS

JU669	Scheckters Organic Energy	12 x 250ml	13.02	FOVS
JU154	Scheckters Organic Energy Lite	12 x 250ml	13.02	OSV

## WHOLE EARTH

JU311	Apple Drink - og	24 x 330ml	16.35	OSV
JU946	Cola - organic	24 x 330ml	16.35	OSV
JU935	Lemonade - organic	24 x 330ml	16.35	OSV
JU947	Mountain Cranberry - Organic	24 x 330ml	16.35	OSV
JU310	Orange & Lemonade - og	24 x 330ml	16.35	OSV
JU189	Sparkling Elderflower - og	24 x 330ml	16.35	OV
JU186	Sparkling Ginger - og	24 x 330ml	16.35	OV

## SOUPS

### SUMA

VF095	Barley & Bean Soup	12 x 400g	12.51	OV
VF493	Carrot & Coriander Soup	12 x 400g	12.51	OV
VF350	Italian Tomato & Basil Soup	12 x 400g	12.51	OVS
VF640	Minestrone Soup	12 x 400g	12.51	OV
VF481	Pea Soup	12 x 400g	12.51	VO
VF255	Spicy Lentil Soup	12 x 400g	12.51	VO
VF275	Thick Vegetable Soup	12 x 400g	12.51	OV
VF641	Tomato & Red Pepper Soup	12 x 400g	12.51	OVS
VF250	Tomato Soup	12 x 400g	12.51	OSV
VF680	Tuscan Bean Soup	12 x 400g	12.51	OV

## SUGARS & SYRUPS

### SUMA

LJ150	Agave Syrup - organic	5l	50	OV
LJ121	Agave Syrup - organic	6 x 500ml	30.35	OV
HY019	Malt Extract	3.18kg	10.39	V

### SUMA BAGGED DOWN

LJ095	Dark Muscovado Sugar	3kg	9.05	VS
LJ180	Demerara Sugar	10kg	25.95	VS
LJ053	Demerara Sugar	3kg	7.95	VS
LJ094	Light Muscovado Sugar	3kg	9.05	VS
LJ184	Soft Brown Sugar	10kg	29.29	VS
LJ097	Soft Brown Sugar	3kg	8.95	VS

### SUMA BAGGED DOWN - ORGANIC

LJ679	Demerara Sugar - organic	3kg	11.84	OSV
LJ159	Icing Sugar - organic	3kg	12.89	VOS
LJ055	Raw Cane Sugar - organic	10kg	29.49	OSV
LJ096	Raw Cane Sugar - organic	3kg	8.99	OVS

### SUMA COMMODITIES

LJ066	Dark Muscovado Sugar	25kg	57	VS
LJ052	Demerara Sugar	25kg	49.2	VS
LJ546	Fairtrade Golden Granulated	25kg	52.18	FVS

code	product	size	rrp	bfgosv
LJ065	Light Muscovado Sugar	25kg	57	VS
LJ069	Soft Brown Sugar	25kg	56.18	VS
<b>SUMA COMMODITIES - ORGANIC</b>				
LJ876	<b>Demerara Sugar, organic</b>	25kg	76.49	OSV
LJ890	<b>Icing Sugar - organic</b>	25kg	83.72	OSV
LJ068	<b>Raw Cane Sugar - organic</b>	25kg	56.6	SOV
<b>BILLINGTONS</b>				
LJ057	Sugar - Golden Caster	10 x 1kg	24.28	SV
LJ056	Sugar - Golden Granulated	10 x 1kg	24.53	VS
<b>CHANTICO</b>				
LJ026	<b>Agave Sweetener - Golden</b>	8 x 335g	17.92	OV
LJ025	<b>Agave Sweetener - Original</b>	8 x 335g	17.92	OV
<b>CLEARSPRING</b>				
HY210	<b>Rice Malt Syrup - organic</b>	6 x 330g	14.36	OV
<b>EQUAL EXCHANGE</b>				
LJ527	<b>Sugar Sticks</b>	1000 x 1	16.38	FOVS
<b>MERIDIAN</b>				
HY081	<b>Organic Blackstrap Molasses</b>	6 x 740g	13.45	OV
HY038	Pure Cane Molasses	6 x 740g	13.45	SV
<b>RAYNERS</b>				
LJ901	<b>Black Treacle - organic</b>	6 x 340g	10.56	OV
LJ704	<b>Golden Syrup - Organic</b>	5kg	26.5	FOV
LJ589	<b>Malt Extract - Organic</b>	5kg	17.27	OV
<b>SHADY MAPLE FARMS</b>				
HY899	<b>Maple Syrup - organic</b>	1.89l	44.38	OV
<b>SWEET FREEDOM</b>				
LJ137	Natural Sweetness - Original	5l	29.4	V
LJ041	Natural Sweetness - Original	6 x 350g	14.35	V
<b>TERRASANA</b>				
HY754	<b>Maple Syrup</b>	1l	19.95	OV
<b>TOTAL SWEET</b>				
LJ125	Total Sweet	6 x 1kg	45	V
<b>TRAIIDCRAFT</b>				
LJ515	Brown Sugar Sticks	500 x 3g	9.12	FVS
LJ514	White Sugar Sticks	500 x 3g	9.12	FVS
<b>TRUVIA</b>				
LJ086	Sweetener from the Stevia Leaf	6 x 270g	24.3	V
<b>XYLITOL UK</b>				
LJ047	Xylitol Sweetener	6 x 1kg	46.8	V
<b>ZYLOSWEET</b>				
LJ001	Xylitol Crystals	1 x 300g	3.99	V
<b>SWEET SNACKS</b>				
<b>SUMA BAGGED DOWN</b>				
ZX503	Liquorice Juice Sticks	1kg	39.25	V
ZX614	Raisins - Yoghurt Coated	1kg	6.25	S
<b>SUMA COMMODITIES</b>				
ZX279	Peanuts - Yoghurt Coated	2 x 3kg	27.15	S
ZX281	Raisins - Yoghurt Coated	2 x 3kg	28.25	S
<b>SUNITA</b>				
ZX096	Grape Juice & Sultana Halva	2.5kg	27.05	V
ZX097	Honey & Pistachio Halva	2.5kg	31.18	

code	product	size	rrp	bfgosv
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## TABLE SAUCES

### BIONA

KJ106	Classic Tomato Ketchup Squeezy	12 x 560g	26.01	GOSV
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### MR ORGANIC

KJ050	Italian Organic Ketchup	6 x 480g	11.99	OSV
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### WHOLE EARTH

KJ451	Tomato Ketchup - organic	12 x 340g	17.91	OV
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## TEAS

### CAFEDIRECT

#### *Everyday Teas*

TE691	Everyday Tea	2 x 1100 bags	51.31	FV
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### CLIPPER

#### *FOOD SERVICE RANGE*

TE152	Earl Grey - og	250 bags	14.7	FOV
TE150	Earl Grey - og	6 x 25 bags	11.41	FOV
TE149	Fairtrade Everyday blend	250 bags	14.7	FV
TE448	Fairtrade Everyday One Cup Bag	1100 bags	19.09	FV
TE159	Green Tea - og	250 bags	14.7	FOV
TE161	Green Tea - og	6 x 25 bags	11.41	FOV
TE730	Organic Blend	440 bags	11.05	OV
TE451	Speciality English Breakfast	250 bags	14.7	FOV

### DRINK ME CHAI

#### *Food Service Range*

TE226	Fairtrade Spiced Chai	1kg	10.85	FS
TE228	Spiced Chai	1kg	9.93	S
TE227	Vanilla Spiced Chai Latte	1kg	9.93	S

### TRAIIDCRAFT

TE644	One Cup Teabags Catering	440 bags	8.66	FV
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## TOFU (CHILLED)

### CLEAR SPOT

CV209	Marinated Tofu - organic	8 x 190g	14.06	OV
CV210	Plain Tofu - organic	2 x 3kg	26.66	OV
CV249	Smoked Tofu - organic	8 x 225g	16.48	OV

### NATUREMADE OASIS

CV582	Marinated Tofu	5 x 200g	7.16	OV
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## TOMATOES & TOMATO PRODUCTS

### SUMA

LJ660	Organic Basil Passata	12 x 690g	16.11	VO
LJ560	Organic Passata	12 x 690g	15.75	VO
LJ088	Tomato Puree - organic <i>Canned</i>	12 x 200g	11.25	VO
LJ075	Cherry Tomatoes - organic	12 x 400g	11.25	OV
LJ080	Tomatoes - chopped, organic	12 x 400g	8.55	VO
LJ123	Tomatoes - chopped, organic	6 x 2.5kg	22.45	OV
LJ081	Tomatoes - peeled, whole OG	12 x 400g	8.91	VO

### SUMA BAGGED DOWN - ORGANIC

#### *Dried*

LJ601	Sundried Tomatoes-organic	1kg	9.65	OV
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### SUMA COMMODITIES - ORGANIC

#### *Dried*

LJ600	Sundried Tomatoes - organic	10kg	75.3	OV
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Catering

code	product	size	rrp	bfgosv
<b>SUMA PREPACKS - ORGANIC</b>				
<i>Dried</i>				
LJ602	<b>Sundried Tomatoes - organic</b>	6 x 125g	8.33	OV
<b>CIRIO</b>				
LJ151	Chopped Tomatoes	12 x 400g	9.47	V
LJ135	Passata Classica	6 x 540g	6.52	V
LJ064	Tomato Paste - jars	12 x 350g	15.12	V
<b>ZEST</b>				
LJ042	Sun-dried Tomato Paste	6 x 170g	10.51	V
<b>VEGETABLES</b>				
<b>SUMA</b>				
LJ146	<b>Sweetcorn - Organic, tinned</b>	12 x 340g	12.15	OV
<b>BIONOVA</b>				
VF028	<b>Cut Green Beans - organic</b>	6 x 340g	5.75	VO
VF039	<b>Garden Peas</b>	6 x 350g	7.34	O
VF040	<b>Sauerkraut</b>	6 x 350g	10.05	VO
VF030	<b>Sweetcorn - organic</b>	6 x 340g	7.08	VO
<b>ORGANIC COLLECTION</b>				
VF088	<b>French Chestnuts in box - og</b>	12 x 200g	44.55	OV
<b>ST DALFOUR</b>				
VF112	Whole Chestnuts	6 x 200g	13	GV
<b>SUNITA</b>				
KJ250	<b>Capers - Organic</b>	6 x 125g	23.34	OV
<b>TROPICAL WHOLEFOODS</b>				
VF514	Shiitake Mushrooms	6 x 50g	14.85	V
<b>VEGETABLES (FROZEN)</b>				
<b>NATURAL COOL</b>				
<i>Vegetables</i>				
XL177	<b>Leaf Spinach Portions</b>	8 x 450g	12.05	OVB
XL156	<b>Organic Chips- family size bag</b>	6 x 1.25kg	20.37	OVB
XL181	<b>Sweetcorn</b>	8 x 450g	16.06	OVB
<b>VINEGARS</b>				
<b>SUMA</b>				
KJ654	<b>OG Balsamic Vinegar - oak aged</b>	6 x 250ml	22.45	OV
<b>ASPALL</b>				
KJ382	<b>Balsamic Vinegar - og</b>	5l	25.01	OV
KJ180	Cyder Vinegar	25l	39.79	V
KJ067	Cyder Vinegar	5l	8.99	V
KJ252	<b>Cyder Vinegar - og</b>	25l	41.23	OV
KJ205	<b>Cyder Vinegar - organic</b>	5l	11.21	OV
KJ381	Malt Vinegar	5l	8.36	V
KJ353	Red Wine Vinegar	5l	8.32	V
KJ356	White Wine Vinegar	5l	8.32	V
<b>WATERS</b>				
<b>HARROGATE SPRING WATER</b>				
WA011	Sports Cap - Still	24 x 500ml	7.5	V
WA224	Spring Water	10l	2.96	V
WA221	Spring Water - Sparkling	12 x 1.5l	6	V
WA012	Spring Water - sparkling	24 x 500ml	6.9	V
WA220	Spring Water - Still	12 x 1.5l	6	V
WA010	Spring Water - still	24 x 500ml	6.9	V

code	product	size	rrp	bfgosv
	<i>Glass Bottles</i>			
WA222	Spring Water - Sparkling	12 x 750ml	8.63	V
WA223	Spring Water - Still	12 x 750ml	8.63	V
	<b>THIRSTY PLANET</b>			
WA014	Spring water - sparkling	24 x 500ml	7.95	V
WA017	Spring Water - still	24 x 500ml	7.2	V
	<b>WILLOW WATER</b>			
WA015	Spring Water - Sparkling	12 x 500ml	5.51	V
WA001	Spring Water - Sparkling	6 x 1.5l	5.51	V
WA005	Spring Water - Still	12 x 500ml	5.51	V



Suma Wholefoods, Lacy Way,  
 Lowfields Business Park,  
 Elland HX5 9DB  
 Tel: +44 (0)1422 313845  
 Fax: +44 (0)1422 313869  
 email: [sales@suma.coop](mailto:sales@suma.coop)  
 web: [www.suma.coop](http://www.suma.coop)