

Gluten Free
Summa

May June 2017



Gluten-Free

A bit more about it..

Since the very beginning, Suma has always aimed to cater for special dietary requirements. Our gluten-free range contains over 2000 different products. From every day essentials to special treats.

A gluten-free diet is essential for people with coeliac disease. Coeliac disease is caused by a reaction of the immune system to gluten—a protein found in wheat, barley and rye. Sales in this area have never been bigger with many non-coeliacs reporting a range of health benefits after adopting a gluten-free diet. Many basic foods are naturally gluten-free. Foods which require substituting with a gluten-free alternative are bread, pasta, cereals, biscuits, cakes, pies and sauces.

It is generally accepted that the term gluten-free refers to a harmless level of gluten, rather than to a food being 100% free of gluten. Food products labelled gluten-free may have been contaminated with gluten somewhere between being harvested and delivered to us.



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.

code	product	size	rrp	bfgosv
	BABY & CHILD FOOD			
	BEAR			
ZX523	Paws Arctic - B'currant, Rasp	20g	0.59	GV
ZX520	Paws Dino - Strawberry, Apple	20g	0.59	GV
ZX515	Paws Jungle - Apple, B'currant	20g	0.59	GV
ZX512	Paws Safari - Mango/Strawberry	20g	0.59	GV
	LITTLE PASTA ORGANICS			
BB151	Gluten Free Mini Gnocchi	250g	2.29	GOV
BB298	Pumpkin & Carrot Pasta Sauce	130g	2.05	GOV
BB258	Red Pepper & Ricotta Sauce	130g	2.05	GO
BB257	Spinach & Broccoli Sauce	130g	2.05	GOV
	BAKING SUNDRIES			
	SUMA			
LJ039	Baking Powder - Gluten Free	200g	1.89	GV
	BARKAT			
LJ002	Gluten Free Baking Powder	100g	1.49	GV
	CLEARSPRING			
JP064	Kuzu (Wild Arrowroot)	125g	6.39	GVO
	DOVES FARM			
LJ206	Baking Powder	130g	1.49	GV
LJ203	Cornflour Organic	110g	1.69	GOV
LJ423	Quick Yeast	8 x 125g	1.19	GV
	ENGEVITA			
LJ143	Yeast Flakes	125g	2.99	GV
LJ020	Yeast Flakes with Vitamin B12	125g	3.29	GV
	MOO FREE			
LJ311	Baking Drops	150g	3.25	GOSV
	ORGRAN			
LJ656	Egg Replacer	200g	2.95	GV
LJ077	Vegan Easy Egg	250g	4.25	GV
	PLAMIL			
	Drops in 1kg bags			
KB651	Baking Chocolate	1kg	11.99	GSV
KB652	Org & F/T Baking Chocolate	1kg	13.59	GFOSV
KB658	Organic Rich Chocolate	1kg	13.89	GOSV
	THE RAW CHOCOLATE CO			
	Chocolate Making Ingredients			
KB050	Cacao Butter	240g	6.7	GFOV
	BEANS & PULSES - CANNED			
	WHOLE EARTH			
VF161	Baked Beans - organic	400g	1.19	GOV
	BISCUITS CRACKERS & CRISP BREAD			
	AGAINST THE GRAIN			
BT077	OG Berry Delicious Cookies	150g	3.26	GOV
BT341	Og Choc Chip & Hazelnut Cookie	150g	3.1	GOSV
BT302	Org Chocolate & Orange Cookies	150g	3.1	GOSV
BT340	Organic Almond Cookies	150g	2.98	GOSV
BT339	Organic Ginger Crunches	150g	2.98	GOSV
	AMISA			
BT185	Crispbread - Buckwheat W/grain	120g	2.29	GOV
BT291	Crispbread - Veggie Garden GF	100g	1.69	GOV
	ANGELIC GLUTEN FREE			
BT192	Chocolate Chip Oat Biscuits	170g	2.69	GV
BT182	Coconut & Chia Oat Biscuits	170g	2.69	GV
BT179	Double Chocolate Cookies	125g	2.59	GSV
BT186	Ginger Crunch Cookies	125g	2.59	GSV
BT193	Multi Seed CrackerS	150g	2.59	GSV
BT181	Orange Chocolate Cookies	125g	2.59	GSV
BT177	Rosemary Savoury Biscuits	150g	2.59	GS

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	CLEARSPRING			
BT317	Organic Corncakes	130g	1.15	GOV
BT629	Rice Cakes - No Added Salt,Org	130g	0.99	GOV
	DOVES FARM			
BT295	Choc Chip Cookies	180g	2.25	GFOSV
BT269	Lemon Zest Cookies - GF	150g	1.59	GFOSV
BT008	Stem Ginger Cookies - GF	150g	1.59	GFOSV
	EASY BEAN			
BT078	Chickpea Crispbread - Cheddar	110g	2.95	G
BT204	Chickpea Crispbread - Moroccan	110g	2.95	G
BT076	Chickpea Crispbread - Seaweed	110g	2.95	G
BT208	Chickpea Crispbread with Seeds	110g	2.95	G
BT205	Chickpea Crispbread-Mung Bean	110g	2.95	G
	FOODS OF ATHENRY			
BT356	Almond/R'mary Soda Bread Toast	110g	3.29	GS
BT352	Multi-seed Soda Bread Toasts	110g	3.29	GS
BT353	Seeds/Cumin Soda Bread Toasts	110g	3.29	GS
	INSPIRAL VISIONARY PRODUCTS			
BT217	Raw Almond/Garlic Crackits	100g	4.49	GOV
BT213	Raw Almond/Herb Crackits	100g	4.49	GOV
BT212	Raw Almond/Tomato Crackits	100g	4.49	GOV
BT069	Raw Almond/Wasabi Crackits	100g	4.49	GOV
	KALLO			
BT152	Blueberry/Van Rice/Corn Cakes	131g	2.29	GSV
BT527	Chia Seed Corn Cake	130g	1.49	GV
BT184	Corn Cakes OG	130g	1.79	GOV
BT347	Quinoa & Seeds Rice Cakes	55g	2.49	GV
BT011	Salt & Vinegar Corn/Rice Snack	25g	0.75	GSV
	Rice Cakes			
BT349	Buckwheat/Super Seed Ricecakes	130g	1.49	GV
BT342	Dark Choc/Orange Rice Cakes	71g	2.49	GS
BT031	Fairtrade Rice Cake No Salt OG	130g	1.79	GFOV
BT810	Milk Chocolate Rice Cakes OG	90g	2.39	GO
BT033	No Added Salt Organic	130g	1.69	GVO
BT034	Original Organic Wholegrain	130g	1.69	GVO
BT215	Savoury Thick Rice Cakes	110g	2.29	GV
BT036	Thick Slice Sesame Rice Cake	130g	1.48	GOV
BT240	Thin Slice No Salt - organic	130g	1.59	GVO
BT338	Thin Slice Rice Cake Dark Choc	90g	2.39	GO
	LAZY DAY			
BT194	Chocolate Chip Shortbread	150g	3.79	GV
BT141	Chocolate Orange Slice	150g	3.79	GV
BT214	Dark Belgian Chocolate Gingers	125g	4.09	GV
BT197	Free From Shortbread	150g	3.79	GV
BT140	Ginger Truffle Slice	150g	3.79	GVS
BT524	Millionaire's Crispy Squares	150g	3.79	GS
BT316	Millionaires Shortbread	150g	3.79	GSV
BT489	Peppermint Slice	150g	3.79	GSV
	LE PAIN DES FLEUR			
BT060	Corn Crispbread	125g	2.65	GOV
BT023	Oat Crispbread	125g	2.99	GOV
BT042	Tigernut Crispbread	125g	3.49	GOV
	LE PAIN DES FLEURS			
BT094	Buckwheat Crispbread	125g	2.99	GOV
BT189	Buckwheat Crispbread (no salt)	125g	2.99	GOV
BT095	Chestnut Crispbread	125g	3.49	GOV
BT404	Cocoa Crispbread	125g	3.49	GOSV
BT406	Coconut Crispbread	125g	3.49	GOSV
BT429	Multigrain Crispbread	125g	2.99	GOSV

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BT407	Onion Crispbread	125g	2.99	GOSV
BT093	Quinoa Crispbread	125g	3.99	FGOV
	NAIRNS			
BT528	GF W/grain Super Seed Cracker Gluten Free	114g	1.59	GV
BT099	Astro Bites Berry	115g	2.49	GSV
BT324	GF Biscuit Breaks Choc Chip	160g	2.25	GS
BT108	GF Biscuit Breaks Oat & Fruit	160g	2.25	GSV
BT109	GF Biscuit Breaks Oat & Syrup	160g	2.25	GSV
BT267	GF Biscuit Breaks Stem Ginger	160g	2.25	GSV
BT020	GF W/grain Blk Pepper Cracker	114g	1.59	G
BT420	Gluten Free Oatcakes	213g	2.15	GGV
BT424	Gluten Free Oatcakes - Cheese	180g	2.15	G
BT425	Gluten Free Oatcakes - Herb	180g	2.15	GV
BT327	Wholegrain GF Crackers	114g	1.59	G
	ORGRAN			
BT525	Amaretti Biscotti	150g	2.39	GSV
BT133	Litegrain Crispbread	130g	3.09	GV
BT132	Quinoa Crispbread	750g	2.55	GV
BT257	Toasted Corn Crispbread ORIGIN EARTH	125g	2.15	G
BT390	Gluten Free Crackers	150g	2.69	GV
BT388	Gluten Free Crackers Caraway	150g	2.69	GV
BT389	Gluten Free Crackers Fennel	150g	2.69	GV
BT387	Gluten Free Crackers Sesame PREWETTS	150g	2.69	GV
BT261	Chewy Oat & Raisin Cookies	150g	3.05	GS
BT260	Ginger & Dark Choc Cookies	150g	3.09	GS
BT280	Jammy Wheels	160g	1.95	G
BT258	Milk Chocolate Digestives	155g	2.15	G
BT526	Rich Triple Chocolate Cookies RUDE HEALTH FOODS	150g	3.05	GS
BT153	Black Sesame & Chia Oaty	200g	2.5	GOV
BT397	Brown Rice Crackers	130g	2.49	GOV
BT505	Buckwheat & Chia Crackers	150g	3.25	GOV
BT144	Buckwheat & Black Bean Crackers	120g	2.99	GOV
BT147	Chickpea & Lentil Crackers	120g	2.99	GOV
BT054	Corn Crackers	130g	2.75	GOV
BT395	Multigrain Thins	160g	2.75	GOV
BT143	Seaweed & Sesame Oaty SCHNITZER	12 200g	2.5	GOV
BT134	Double Chocolate Cookies WALKERS	105g	2.59	GOS
BT483	Chocolate Chip Shortbread	140g	3.19	G
BT488	Shortbread Rounds BODYCARE	140g	3.19	G
	BADGER BALM			
	Gift Sets			
DY411	Lip Balm Sticks - Blue Pack BREADS & BREAD MIXES	sticks	12.99	GO
	AMISA			
BT437	Deep Pan Pizza Bases	260g	3.99	GOSV
BT125	Olive Ciabatta DELICIOUS ALCHEMY	180g	2.99	GOV
BT098	Oaty Cookie Mix - Dairy & GF EVERFRESH NATURAL FOODS	200g	2.29	GSV
BT047	Mixed Grain Bread	400g	2.95	GOV

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	FREE & EASY			
BT072	Chocolate Brownie Mix	350g	3.99	GSV
	ISABEL'S NATURALLY FREE FROM			
FG186	Baked Donut Mix Gluten Free	100g	2.15	GV
FG083	Batter Mix Gluten Free	125g	2.15	GV
FG188	Easy Pud Chocolate Sponge Mix	115g	2.15	GV
BT203	Gluten & Wheat Free Pizza Mix	300g	2.85	G
FG184	Pancake Mix gluten/dairy free	100g	2.15	G
BT201	Speciality Dough Balls Mix	250g	2.85	G
FG084	Yorkshire Pudding Mix - G/Free	100g	2.15	G
	PROFUSION			
BT131	Turmeric Rice Bread	250g	2.69	GOV
	SCHNITZER GLUTEN FREE			
BT467	Baguette Classic	360g	3.45	GOV
BT466	Baguette Grainy Linseed/Sesame	320g	3.75	GOV
BT470	Ciabatta Olive Bread GF	360g	4.09	GOV
BT462	Focaccia Rolls	220g	2.85	GOV
BT469	Granello-Brown with Sunflowers	500g	3.49	GOV
BT083	Panini Bianco	250g	3.02	GO
BT463	Panini Gold w/Sunflower Seeds	250g	3.09	GOV
BT516	Pizza Base	300g	3.35	GOV
BT517	Quinoa Bread with Chia	500g	4.25	GOV
BT471	Rustico GF Bread with Amaranth	500g	4.09	GOV
	BURGERS SAUSAGES & TVP MIXES			
	SUMA PREPACKS			
VF154	Nut Roast Mix - Gluten Free	340g	2.69	GV
	AMISA			
KJ103	Tomato / Herb Burger Mix	140g	1.99	GOV
	CAKES, BISCUITS, BREADS (FROZEN)			
	GLEBE FARM FOODS			
XL048	G/F Oval Dinner Roll	8 x 65g	4.75	G
	CEREALS & MUESLIS			
	SUMA GRANOLA			
MX213	GF Berry Burst Granola	350g	4.75	G
	SUMA MUESLI			
MX211	GF Multigrain Muesli - Organic	500g	3.59	GOV
	ALARA			
MX077	Gluten Free Scottish Granola	400g	4.99	GO
MX075	Gluten Free Scottish Muesli	500g	4.45	GOV
	Into The Garden Range			
MX236	Active Muesli - organic	400g	5.89	GOV
MX050	G/F Goji & Cranberry Muesli	650g	5.39	GOV
	Traditional Range			
MX023	Gluten Free Muesli - organic	250g	2.99	GOV
	AMISA			
FX016	Organic Porridge Oats	325g	2.59	GOV
	BIG OZ			
MX059	Jumbo Oats	500g	3.45	GV
MX024	Organic Brown Rice Flakes	500g	3.45	GOV
MX021	Organic Brown Rice Puffs	225g	3.59	GOV
MX022	Organic Buckwheat Flakes	500g	3.29	GOV
MX028	Organic Buckwheat Puffs	175g	3.45	GOV
MX112	Organic Choc Buckwheat Flakes	350g	5.85	GOV
MX186	Organic Crispy Buckwheat Flake	350g	3.45	GO
MX010	Organic Gluten Free Mix Puffs	225g	3.45	GOV
MX013	Organic Millet Flakes	500g	3.45	GOV
MX030	Organic Quinoa Flakes	500g	9.49	GO

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	BIOFAIR			
MX009	Quinoa Pops Organic, FT DOVES FARM	120g	4.49	GFO
MX019	Cereal Flakes - Organic	375g	3.55	GOS
MX988	Chocolate Stars	375g	3.19	GOS
MX173	Cocoa Rice Breakfast Cereal	375g	3.55	GOSV
MX632	Cornflakes - Organic	375g	2.85	GOV
MX171	Fibre Flakes Breakfast Cereal EAT NATURAL	300g	3.35	GOSV
MX241	Super Granola - Gluten Free	425g	3.8	GS
MX148	Toasted Muesli - Buckwheat	500g	3.49	GS
MX150	Toasted Muesli - Vine Fruits	500g	3.49	GS
	GLEBE FARM			
MX039	Granola - Maple & Banana GF	325g	3.09	GS
MX146	Muesli - Wheat and Gluten Free	400g	2.59	GSV
FX037	Porridge Oats - Gluten Free	450g	2.59	GV
	KALLO			
MX124	Puffed Rice Cereal - Natural LIZI'S	225g	2.99	GOV
MX181	Lizi's Gluten Free Granola	400g	4.89	GV
	NAIRNS			
MX152	Gluten Free Porridge Oats	450g	2.05	G
MX154	Muesli - Gluten Free	450g	2.99	GSV
	NATURES PATH ORGANIC			
MX547	Crispy Rice	284g	3.75	GOSV
MX195	Gluten Free O's	325g	3.79	GOS
MX136	Granola - Berry	312g	4.79	GO
MX074	Granola - Pumpkin, Raisin, Alm	312g	4.79	GO
MX194	Maple Sunrise	332g	4.09	GOS
MX885	Mesa Sunrise Kids Range	355g	4.19	GOSV
MX166	Choc Munch	284g	3.89	GOS
MX602	Gluten Free Munch NUTRI-BREX	300g	3.89	GOSV
MX056	5 Ways Granola Hazelnut	400g	4.79	GSV
MX066	5 Ways Granola Honey	400g	4.79	GSV
MX248	GF Wholegrain Cereal - Coconut	400g	3.65	GSV
MX237	Wholegrain Cereal GF	375g	3.65	GSV
	PLANET ORGANIC			
MX180	Caramel Apple Paleo Granola	350g	6.99	GOSV
MX169	Chocolate Bliss Paleo Granola	350g	6.99	GOSV
MX165	Super Berry Paleo Granola	350g	6.99	GOSV
MX168	Sweet Greens Paleo Granola	350g	6.99	GOSV
MX156	Tropical Twist Paleo Granola RUDE HEALTH FOODS	350g	6.99	GOSV
	Muesli			
MX089	Coconut & Seed GF Muesli	500g	4.49	GV
	Porridge			
MX208	Sprouted Porridge Oats Org GF Puffs	500g	4.99	GOV
MX164	Honey Puffed Oats	240g	4.25	G
MX120	Puffed Brown Rice	225g	2.39	GV
	WHOLE EARTH			
MX172	Classic Cornflakes - organic	375g	2.49	GOSV
MX174	Maple Frosted Flakes - og	375g	3.29	GOSV

code	product	size	rrp	bfgo
CHEESE SUBSTITUTES (CHILLED)				
TOFU				
CV297	Cheddar Style D/Free Slices	150g	2.15	GSV
CV065	Creamy Smooth Country Veg	227g	2.85	GSV
CV396	Creamy Smooth Garlic & Herb	227g	2.85	GSV
CV293	Creamy Smooth Herb & Chives	227g	2.85	GSV
CV295	Creamy Smooth Original	227g	2.85	GSV
CV601	Grated Mozzarella style Cheese	200g	2.55	GVS
CV600	Mozzarella Style Block	200g	2.19	GSV
CV299	Mozzarella Style D/Free Slices	150g	2.15	GSV
CV560	Sour Supreme	225g	2.85	GV
CHOCOLATE				
BEYOND DARK				
KB088	70% Dark Chocolate Drops	35g	0.95	GSV
BOOJA BOOJA				
Artist's Collection Gift Boxes				
KB927	Fine De Champagne Truffles	185g	19.99	GFOSV
KB929	Hazelnut Truffles	185g	19.99	GFOSV
Chilled Truffles				
KB656	Champagne Truffles	138g	9.49	GOSV
Four Corners				
KB790	Around Midnight Espresso	104g	6.99	GOSV
KB550	Hazelnut Truffles	104g	6.99	GOSV
KB934	Rum Sozzled Sultana Truffles	104g	6.99	GOSV
KB490	Stem Ginger Truffles	104g	6.99	GOSV
KB655	The Gourmet Selection	237g	16.99	GOSV
Gift Range				
KB622	Fine De Champagne Truffles	138g	12.95	GOSV
KB623	Hazelnut Truffles	138g	12.95	GOSV
KB624	Truffle Selection 1	138g	12.95	GOSV
KB625	Truffle Selection 2	138g	12.95	GOSV
ESSY & BELLA CHOCOLATE				
KB398	Honeycomb	100g	4.95	GSV
KB391	Lime & Sea Salt	100g	4.95	GSV
KB400	Milk Crunch	100g	4.95	SGV
KB399	Orange Chocolate	100g	4.95	SGV
KB404	Orange Crunch	100g	4.95	SVG
KB392	Peppermint & Cocoa Nib	100g	4.95	GSV
KB405	Raspberry Crunch	100g	4.95	SGV
KB389	Sunflower Seed & Sea Salt	100g	4.95	GSV
MIGHTY FINE HONEYCOMB				
KB009	Dark Chocolate Honeycomb Bar	43g	1.49	GS
KB039	Milk Chocolate Honeycomb Bar	43g	1.49	GS
KB037	Peanut Butter Honeycomb Bar	43g	1.49	GS
KB013	Salted Caramel Honeycomb Bar	43g	1.49	GS
MOO FREE				
KB958	Caramelised Hazelnut Bar	100g	2.65	GSV
ZX673	Choccy Chums	98g	3.79	GOSV
ZX790	Choccy Drops	25g	0.89	GOSV
KB959	Cranberry & Hazelnut Bar	100g	2.85	GOSV
KB812	Dairy Free Milk Chocolate Bar	100g	2.7	GOSV
KB957	Milk Alternative Banana Bar	100g	2.65	GOS
KB817	Minty Moo	86g	2.7	GOSV
KB818	Orange Moo Free Bar	86g	2.7	GOSV
Mini MOOS				
KB536	Bunnycomb Bars - Singles	25g	0.85	GOSV
KB419	Dairy Free Cheeky Orange Bar	23g	0.85	GOSV
KB166	Hammy's Original Bar	20g	0.79	GOSV
KB966	Mint Bars - Singles	23g	0.85	GOSV

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	PLAMIL			
	Carob Bars			
KB143	Carob, No Added Sugar Free From	45g	1.29	GV
KB506	Dairy Free Alt to Milk Choc No Added Sugar	100g	2.75	GSV
KB441	No Added Sugar Alt to Milk	100g	3.05	GV
KB170	No Added Sugar Chocolate	100g	3.05	GV
KB169	No Added Sugar Chocolate	100g	3.05	GV
KB264	No Added Sugar Chocolate	45g	1.2	GV
KB786	No Added Sugar with Mint	100g	3.05	GV
KB263	No Added Sugar with Mint	45g	1.2	GV
	Organic Large Bars			
KB797	Dark Chocolate - OG	100g	3.19	GOSV
KB139	Fairtrade Organic Alternative	100g	3.59	GFOSV
KB096	Ginger Chocolate	100g	3.19	GOSV
KB502	Mint Chocolate	100g	3.19	GOSV
KB503	Orange Chocolate	100g	3.19	GOSV
	THE RAW CHOCOLATE CO			
	Mini Raw Chocolate Bars			
KB192	Goji Berry & Orange	22g	1.29	GV
KB188	Vanoffe	22g	1.29	GV
	Raw Chocolate Bars			
ZX887	Ginger & Lemon	44g	1.99	GOSV
KB057	Goji Berry & Orange	44g	1.99	GFOV
KB059	Mint	44g	1.99	GFV
KB060	Orange	44g	1.99	GFV
KB061	Pitch Dark	44g	1.99	GFOV
ZX888	Salted Vanoffe & Hazelnut	44g	2.49	GOSV
KB063	Vanoffe	44g	1.99	GFOV
KB062	Vanoffe Dark	44g	1.99	GFV
	Raw Chocolate Coated Fruit			
KB054	Chocolate Covered Mulberries	125g	5.99	GOV
KB053	Goji Berries	125g	5.99	GFOV
	Raw Chocolate Covered Fruit			
ZX886	Goldenberries	28g	1.59	GOSV
ZX884	Raw Chocolate Covered Almonds	25g	1.59	GOSV
ZX885	Raw Chocolate Covered Ginger	28g	1.59	GOSV
ZX889	Vanoffe Covered Mulberries	28g	1.59	GOSV
	CHOCOLATE & SWEET SPREADS			
	PLAMIL			
GH118	Choc Spread No Added Sugar	275g	4.49	GOV
GH005	Chocolate Spread Orange - og	275g	3.39	GOSV
GH004	Chocolate Spread Plain - og	275g	3.39	GOSV
GH119	Milk Choc Spread (Dairy Free)	275g	3.39	GOSV
	CHOCOLATES (CHILLED)			
	BOOJA BOOJA			
	Chilled Chocolate			
KB822	Almond Caramel Truffles	69g	3.99	GOSV
KB823	Dark Ecuadorian Truffles	69g	4.99	GOSV
KB824	Fine De Champagne Truffles	69g	3.99	GOSV
KB826	Hazelnut Crunch Truffles	69g	3.99	GOSV
KB827	Raspberry Truffles	69g	4.99	GOSV
KB832	Rhubarb & Vanilla Truffles	69g	3.99	GOSV
KB839	Truffle Selection No.1	69g	3.99	GOSV
KB841	Truffle Selection No.2	69g	3.99	GOSV
	Two Packs			
KB666	Almond Salted Caramel Truffles	2 pack	1.19	GOV
KB667	Fine De Champagne Truffles	2 pack	1.19	GOV
KB668	Hazelnut Crunch Truffles	2 pack	1.19	GOV

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	CONVENIENCE FOODS			
	AMY'S KITCHEN			
VF008	Medium Chilli	416g	2.39	GV
VF009	Spicy Chilli	416g	2.39	GV
	GRANOVITA			
VF036	Nut Luncheon	420g	2.59	GV
	ST DALFOUR FRENCH BISTRO			
VF605	Three Beans with Sweetcorn	175g	2.29	GV
	CRISPS & SNACKS			
	AMAIZIN			
ZX589	Bio Corn Chips Nachos	150g	2.19	GOS
	BROWN BAG CRISPS			
	Impulse			
ZX266	Lightly Salted	40g	0.75	GV
ZX268	Oak Smoked Chilli	40g	0.75	GSV
ZX267	Sea Salt and Vinegar	40g	0.75	GS
ZX265	West Country Cheddar & Onion	40g	0.75	GS
	Sharing			
ZX270	Lightly Salted	150g	1.95	GV
	CLEARSPRING			
ZX216	Roasted Seeds & Soya Snack	35g	0.99	GOV
ZX226	Tamari Roast Sicilian Almonds	30g	1.69	GO
	EAT REAL			
	Organic			
ZX215	Organic Hummus Sea Salt Chips	100g	2.19	GOV
ZX214	Organic Lentil Sea Salt Chips	100g	2.19	GOV
ZX213	Organic Veggie Straws	100g	2.19	GOSV
	Quinoa Chips - Impulse			
ZX041	Chilli & Fresh Lime	30g	0.69	GV
ZX007	Cream & Chive Chips	30g	0.69	GV
ZX064	Plain Chips	30g	0.69	GV
ZX046	Sundried Tomato & Roast Garlic	30g	0.69	GV
	LINWOODS			
ZX527	Snackettes - Banana & Coconut	30g	1.79	GOV
ZX518	Snackettes - Spicy Tomato	30g	1.79	GOV
ZX491	Snackettes - Super Seeds	30g	1.79	GOV
	LISA'S ORGANIC CRAFT CRISPS			
ZX483	Alpine Rock Salt	40g	1.09	GOV
ZX497	Emmental & Onion Crisps	40g	1.09	GOS
ZX493	Mixed Alpine Herbs Crisps	40g	1.09	GOVS
ZX501	Rock Salt & Cider Vinegar	40g	1.09	GOSV
	Sharing Bag			
ZX494	Alpine Rock Salt Crisps	140g	2.69	GOV
ZX505	Rock Salt & Cider Vinegar	140g	1.09	GOSV
	NAIRNS			
ZX211	Sea Salt & Balsamic Snackers	23g	0.59	G
ZX212	Smoked Paprika Snackers	23g	0.59	G
ZX210	Snackers - Cheese	23g	0.59	G
	RAW HEALTH			
ZX122	Ancient Grains Crispbread	90g	4.19	GOV
ZX117	Chia & Flax Dippers	60g	4.19	GOV
ZX120	Mighty Maca Crispbread	90g	4.19	GOV
ZX118	Nacho Style Dipper	85g	4.29	GOV
	SCOTT FARM CHIP COMPANY			
	Lightly Salted Crisps			
ZX357	Orange Sweet Potato Chips	40g	0.99	GV
ZX356	Orange Sweet Potato Crisps	100g	1.99	GV

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Gluten-Free

code	product	size	rrp	bfqosv
	Sweet Potato Chips			
ZX190	Cheddar Cheese & Chive Chips	100g	1.99	G
ZX184	Cheddar Cheese & Chive Chips	40g	0.95	G
ZX192	Curry Flavour Chips	100g	1.99	GV
ZX191	Curry Flavour Chips	40g	0.95	GV
ZX700	Orange, Purple & White	100g	2.49	GV
ZX198	Sea Salt & Cider Vinegar Chips	100g	1.99	GV
ZX194	Sea Salt & Cider Vinegar Chips	40g	0.95	GV
	TEN ACRE CRISPS			
ZX862	'Chicken' Soup Crisps	135g	2.05	GV
ZX579	'Chicken' Soup Crisps	40g	0.8	GV
ZX556	Cheese & Onion	40g	0.8	GV
ZX861	Cheese and Onion Crisps	135g	2.05	GV
ZX859	Cracked Pepper Crisps	135g	2.05	GV
ZX858	Hickory & Barbecue Crisps	135g	2.05	GV
ZX559	Hickory & Barbecue Crisps	40g	0.8	GV
ZX864	Pastrami & Rye Crisps	135g	2.04	GV
ZX029	Pastrami & Rye Crisps	40g	0.8	GV
ZX863	Ready Salted Crisps	135g	2.04	GV
ZX554	Ready Salted Crisps	40g	0.8	GV
ZX557	Salt & Vinegar	40g	0.8	GV
ZX865	Salt & Vinegar Crisps	135g	2.05	GV
ZX860	Spicy Bombay Crisps	135g	2.05	GV
ZX857	Sweet & Sour Crisps	135g	2.05	GV
ZX866	Sweet Chilli Crisps	135g	2.05	GV
ZX566	Sweet Chilli Crisps	40g	0.8	GV
	DESSERTS			
	BARKAT			
VF135	GF Waffle Ice Cream Cones	150g	3.99	GS
VF114	Gluten Free Ice Cream Cones	60g	1.99	GV
	NATURE'S CHARM			
SY079	Coconut Caramel Sauce	400g	3.55	GSV
	PROBIOS			
VF113	Organic Rice Cuisine	200ml	1.49	GOV
	PROVAMEL			
SY040	Soya alternative to Cream	250ml	0.99	GOV
SY780	Soya Dessert - Chocolate	4 x 125g	1.75	GSV
SY195	Soya Dessert - Vanilla	4 x 125g	1.89	GOSV
SY149	Soya Dessert Coconut Chocolate	4 x 125g	2.05	GOSV
	DESSERTS & PUDDINGS (CHILLED)			
	HUNTER'S PUDDINGS			
CV579	Gluten Free Christmas Cake	550g	14.19	GS
CV197	Gluten-Free Choc Fudge Pudding	250g	4.25	GS
CV195	Gluten-Free Lemon Pudding	250g	4.25	GS
CV196	Gluten-Free Pear & Ginger Pud	250g	4.25	GS
CV202	Gluten-Free Sticky Toffee Pudd	250g	4.25	GS
	FAR EASTERN FOOD			
	CLEARSPRING			
JP061	Brown Rice Mochi - GF	250g	5.99	GOV
JP084	Seaveg Crispies - Chilli	5g	0.89	GOSV
JP082	Seaveg Crispies - Original	5g	0.89	GOSV
JP085	Seaveg Crispies Chilli Multi	3 x 5g	2.19	GOSV
JP083	Seaveg Crispies Multipack-Orig	3 x 5g	2.19	GOSV
JP026	Tofu	300g	1.95	GOV
	Noodles			
JP054	Brown Rice Wide Noodles - GF	200g	2.89	GOV

code	product	size	rrp	bfgosv
	Soya Sauce			
JP130	Tamari Soya Sauce	150ml	3.29	GOV
JP001	Tamari Soya Sauce	2.5l	39.79	GOV
JP501	Tamari Soya Sauce	500ml	9.29	GOV
	MERIDIAN			
JP309	Tamari	150ml	2.59	GV
JP310	Tamari	500ml	5.49	GV
JP058	Tamari	5l	39.33	GV
	YAKSO			
JP002	Tamari - organic	125ml	2.15	GOV
JP113	Tamari - organic	250ml	3.45	GVO
	FLAKES, BRANS & WHEATGERM			
	SUMA PREPACKS			
FX046	Oats - Jumbo & Gluten Free	750g	3.95	GV
FX045	Oats - Porridge & Gluten Free	750g	3.95	GV
	SUMA PREPACKS - ORGANIC			
FX042	Oats - Jumbo & Gluten Free	750g	4.25	GOV
FX044	Oats - Porridge & Gluten Free	750g	4.15	GOV
	ALARA			
FX026	Gluten Free Scottish Porridge	500g	3.99	GOV
	BARKAT			
MX270	Porridge - Millet & Rice Flake	500g	4.79	GOSV
	ORGRAN			
FX068	Quinoa Porridge	230g	3.29	GV
FX066	Quinoa Porridge Sachets	7 x 30g	5.75	GSV
FX050	Quinoa Porridge Sachets	7 x 30g	5.75	GSV
	FLOURS & BREAD MIXES			
	AMISA			
FG085	Chestnut Flour - Organic	350g	5.99	GOV
FG139	Seeded Bread Mix - G/F, Org	500g	4.29	GOSV
	BIONA			
FG163	Coconut Flour - Organic	500g	3.99	GOV
	CLEARSPRING			
FG180	Breadcrumbs - Brown Rice, GF	250g	3.99	GOV
	DENISE'S DELICIOUS GLUTEN FREE			
FG201	Sweet Pastry Mix Gluten Free	500g	4.75	GS
	DOVES FARM			
FG522	Gluten Free Brown Bread Flour	1kg	2.39	GV
FG700	Gluten Free Plain White Flour	1kg	2.25	GV
FG520	Gluten Free White Bread Flour	1kg	2.25	GV
FG117	Rice Flour	1kg	1.85	GV
FG116	Stoneground Gram Flour	1kg	2.35	GV
FG701	White Self Raising Flour GF	1kg	2.25	GV
	GLEBE FARM			
FG177	Gluten Free Self Raising Flour	1kg	2.35	GV
FG113	Oat Flour - Wheat/Gluten Free	300g	2.49	GV
	Gluten Free Bread Mixes			
FG076	G/F Seeded Brown Bread Mix	375g	2.25	GV
FG068	Gluten Free White Bread Mix	375g	2.15	GV
	Gluten Free Cake Mixes			
FG074	Gluten Free Chocolate Cake Mix	300g	2.89	GSV
	HODMEDOD'S			
	British Gluten Free Flours			
FG194	Fava Bean Flour Fine	500g	2.49	GV
FG196	Quinoa Flour Fine	500g	4.99	GV
	ISABEL'S NATURALLY FREE FROM			
FG017	Wholemeal Cassava Flour	350g	3.95	GV

code	product	size	rrp	bfgosv
	ORGRAN			
FG206	Crispi Premium Breadcrumbs Gluten Free Bread Mixes	300g	3.15	GV
FG054	Easy Bake Bread Mix Gluten Free Mixes	450g	3.2	G
FG061	Buckwheat Pancake Mix	375g	3.19	G
	RUDE HEALTH FOODS			
FG168	Whole Buckwheat Flour Sprouted FRUIT - DRIED	500g	6.49	GOV
	URBAN FRUIT			
DR187	Apple & Pear	125g	2.64	GV
DR265	Cherries	90g	2.64	GV
DR192	Mango	100g	2.64	GV
DR201	Pineapple	100g	2.64	GV
DR263	Snack Pack - Mango	35g	0.99	GV
DR002	Snack Pack - Strawberry	35g	0.99	GV
DR266	Strawberries	90g	2.64	GV
	GRAINS			
	CLEARSPRING			
	Ready in 90 seconds			
QS046	Brown & Wild Rice with Tamari	250g	2.99	GOV
QS048	Tricolour Quinoa - GF	250g	3.45	GOV
	PROBIOS			
QS146	Og Easy Couscous Gluten Free	375g	2.29	GOV
	GRAVY, STOCK & BOUILLON			
	KALLO			
LJ102	French Onion Stock Cubes	66g	1.59	GOVS
LJ103	Garlic & Herb Stock Cubes	66g	1.59	GOVS
LJ171	Low Salt Vegetable Stock Cubes	60g	1.59	GOVS
LJ122	Mushroom Stock Cubes	66g	1.59	GOVS
LJ101	Tomato & Herb Stock Cubes	66g	1.59	GOVS
LJ120	Vegetable Stock Cubes	66g	1.59	GOV
LJ147	Yeast Free Veg.Stock Cubes	6 x 10g	1.59	GV
	MARIGOLD			
LJ211	Bouillon Cubes	8	1.29	GOV
LJ043	Bouillon Powder	150g	2.09	G
LJ046	Bouillon Powder	1kg	11.65	G
LJ044	Bouillon Powder	500g	6.35	G
LJ073	Bouillon Powder - Organic	150g	2.39	GOV
LJ238	Bouillon Powder - Organic	500g	7.15	GOV
LJ070	Bouillon Powder - Reduced Salt	150g	2.09	GV
LJ164	Bouillon Powder - Reduced Salt	1kg	11.65	GV
LJ237	Bouillon Powder - Reduced Salt	500g	6.35	GV
LJ062	Gravy Granules - Instant	170g	1.7	GSV
LJ212	Low Salt Bouillon Cubes	8	1.49	GOV
LJ074	Organic Bouillon Reduced Salt	140g	2.49	GOV
LJ321	Yeast Free Bouillon Stock Cube	84g	1.39	GOV
	ORGRAN			
LJ158	Gravy Mix INDIAN FOOD	200g	2.89	G
	PATAKS			
	Chutneys			
KJ444	Mango Chutney Curry Pastes	340g	1.89	GSV
KJ223	Balti Curry Paste	283g	2.59	GS
KJ222	Korma Curry Paste	290g	2.59	G
KJ054	Madras Curry Paste	283g	2.59	GV
KJ152	Rogan Josh Curry Paste	283g	2.59	GSV
KJ246	Tikka Masala Curry Paste	283g	2.59	GS
KJ059	Vindaloo Curry Paste	283g	2.59	G

code	product	size	rrp	bfgosv
	Pickles			
KJ040	Aubergine Pickle (was Brinjal)	312g	2.39	GVS
KJ041	Chilli Pickle	283g	2.39	GV
KJ042	Garlic Pickle	300g	2.39	GS
KJ044	Lime Pickle - Hot	283g	2.39	GV
KJ045	Lime Pickle - Medium/Hot	283g	2.39	GV
KJ047	Mango pickle - Medium	283g	2.39	GV
KJ049	Mixed Pickle	283g	2.39	GV
	PUNJABAN			
	Bases (Sauce Concentrate)			
KJ375	Authentic Curry Base - Hot	350g	2.99	GV
KJ374	Authentic Curry Base - Medium	350g	2.99	GV
KJ373	Authentic Curry Base - Mild	350g	2.99	GV
KJ384	Bombay Potato Base	350g	2.99	GV
KJ379	Butter 'Chicken' Base	350g	2.99	GV
KJ376	Keema Curry Base	350g	2.99	GV
KJ378	Naga Chilli Curry Base (v hot)	350g	2.99	GV
KJ383	Tasty Tamarind Curry Base	350g	2.99	GV
	JAMS & FRUIT SPREADS			
	ST DALFOUR			
JS051	Apricot Spread	284g	2.25	GV
JS064	Black Cherry Spread	284g	2.25	GV
JS063	Blackberry Spread	284g	2.25	GV
JS062	Blackcurrant Spread	284g	2.25	GV
JS026	Chestnut Spread - Gourmet	284g	2.29	GV
JS009	Cranberry & Blueberry	284g	2.25	GV
JS068	Fig Spread	284g	2.25	GV
JS067	Four Fruits Spread	284g	2.25	GV
JS066	Mirabelle Plum Spread	284g	2.25	GV
JS120	Orange and Ginger Spread	284g	2.25	GV
JS046	Raspberry & Pomegranate Spread	284g	2.25	GV
JS049	Raspberry Spread	284g	2.25	GV
JS050	Strawberry Spread	284g	2.25	GV
JS061	Thick Cut Orange Spread	284g	2.25	GV
JS060	Wild Blueberry Spread	284g	2.25	GV
	MARGARINES & SPREADS (CHILLED)			
	SUMA			
MA060	Suma Soya Spread Organic	500g	3.69	GVOS
	KOKO DAIRY FREE			
CV317	Koko Dairy Free Spread	500ml	2.19	GV
	MAYONNAISE & SALAD DRESSINGS			
	GRANOVITA			
KJ217	Mayola	280g	2.26	GV
KJ296	Salad Cream	290g	2.26	GSV
	PLAMIL			
KJ186	Egg Free Mayonnaise - Garlic	315g	2.65	GV
KJ187	Egg Free Mayonnaise - Plain	315g	2.65	GV
KJ188	Egg Free Mayonnaise - Tarragon	315g	2.65	GV
	Catering			
LJ360	Egg Free Mayonnaise - organic	2.5kg	23.59	GOSV
KJ254	Egg Free Mayonnaise - Plain Organic	2.5kg	18.75	GV
LJ006	Egg Free Mayo+Lemongrass - og	315g	3.19	GOSV
LJ259	Egg Free Mayonnaise - organic Squeezy Bottle	315g	3.19	GOSV
KJ441	Egg Free Mayo - Green Chillies	275g	2.95	GOV
KJ438	Egg Free Mayonnaise	275g	2.49	GV
KJ436	Egg Free Mayonnaise - Garlic	275g	2.49	GV
KJ439	Egg Free Mayonnaise - Organic	275g	2.95	GOV

code	product	size	rrp	bfgosv
MIDDLE EASTERN & AFRICAN FOOD				
AL'FEZ				
KJ173	Tahini	1kg	9.25	GV
AMISA				
KJ105	Falafel Mix	160g	1.79	GOV
KJ305	Harissa Falafel Mix GF	160g	1.89	GOV
BIM'S KITCHEN				
HY050	African Baobab & Cacao Syrup	235g	4.95	GSV
GH175	African Baobab & Peanut Butter	190g	4.75	GOV
KJ068	African Baobab Chilli Jam	215g	3.85	GSV
KJ075	African Chilli Coconut Relish	190g	3.85	GV
KJ085	African Coconut Piri Piri	250ml	3.85	GSV
HY054	African Hibiscus Syrup	235g	4.95	GSV
GH176	African Tigernut&Cashew Butter	190g	5.09	GOV
KJ082	African Tomato/Tigernut Relish	210g	3.85	GSV
KJ084	Spicy African BBQ Sauce	250ml	3.85	GSV
KJ083	Sweet Tigernut & Chilli Sauce	250ml	3.85	GSV
GH125	Tigernut & Macadamia Butter	170g	6.95	GOV
BIMS KITCHEN				
KJ109	African Baobab BBQ Sauce	250ml	3.85	GSV
MILK - NON DAIRY				
BLUE DIAMOND				
SY101	Almond Breeze - Barista Blend	1l	2.5	GV
SY061	Almond Breeze - Original	1l	1.79	GSV
SY108	Almond Breeze - Reduced Sugar	1l	1.79	GSV
SY066	Almond Breeze - Unsweetened	1l	1.79	GV
SY111	Almond Breeze - Vanilla	1l	2.19	GSV
ECOMIL				
SY012	Almond Drink Powder	400g	14.95	GOV
SY030	Cuisine - Almond Cream	200ml	1.6	GOV
KOKO DAIRY FREE				
SY038	Coconut Milk Drink	1l	1.79	GV
SY046	Coconut Milk Drink	3 x 250ml	1.99	GV
SY051	Coconut Milk Drink - Chocolate	1l	2.09	GSV
SY157	Coconut Milk Drink - Light	1l	1.79	GV
SY056	Coconut Milk Drink Chocolate	3 x 250ml	1.99	GSV
SY055	Coconut Milk Drink Strawberry	3 x 250ml	1.99	GSV
NATURE'S CHARM				
SY077	Condensed Coconut Milk	320g	2.39	GSV
SY078	Evaporated Coconut Milk	360ml	1.89	GSV
PLAMIL				
SY009	Soya Milk, unsweetened - og	1l	2.25	GOV
PROVAMEL				
SY094	Almond Drink - Unsweetened	1l	2.59	GOV
SY152	Coconut & Almond Drink	1l	2.79	GOSV
SY011	Coconut & Rice Drink	1l	2.19	GOV
SY064	Rice & Almond Drink	1l	2.19	GOSV
SY103	Rice & Calcium Drink - Organic	1l	1.69	GOV
SY007	Rice Drink - organic	1l	1.69	GVO
SY043	Soya Milk - sweetened	1l	1.45	GSV
SY080	Soya Milk - sweetened	1l	1.55	GOV
SY126	Soya Milk - Sweetened with	250ml	0.5	GV
SY025	Soya Milk - Unsweetened	1l	1.55	GOV
SY026	Soya Milk - Unsweetened	500ml	0.99	GOV
RICE DREAM				
JU488	Coconut Dream	1l	1.89	GV

code	product	size	rrp	bfgosv
	RUDE HEALTH FOODS			
SY129	Almond Drink - Organic	1l	2.49	GOV
SY004	Almond Drink - Organic	250ml	1.5	GOV
SY130	Brown Rice Drink - Organic	1l	2.29	GOV
SY085	Cashew Drink - Organic	1l	3.5	GOV
SY044	Coconut Drink Organic	1l	2.99	GOV
SY148	Hazelnut Drink - Organic	1l	2.99	GOV
SY037	Oat Drink - Organic	1l	2.29	GOV
SY159	Ultimate Almond Milk - Organic	1l	3.85	GOV
	THE BRIDGE			
SY042	Rice Drink - Calcium Enriched	1l	1.69	GOV
SY487	Rice Drink - Original	1l	1.65	GOV
SY024	Rice Drink - Original	250ml	0.85	GOV
SY452	Rice Drink + Almond	1l	1.99	GOV
SY013	Rice Drink + Almond	250ml	0.95	GOV
SY008	Rice Drink + Coconut	1l	1.99	GOV
SY031	Rice Drink + Coconut	250ml	0.95	GOV
	NUT & SEED BUTTERS			
	WHOLE EARTH			
GH091	Peanut Butter - smooth organic	227g	2.89	GOV
GH090	Peanut Butter -crunchy organic	227g	2.89	GOV
GH113	Peanut Butter -smooth original	1kg	5.99	GV
GH084	Peanut Butter -smooth original	340g	2.99	GV
GH108	Peanut Butter + Mixed Seeds	340g	2.99	GV
GH151	Peanut Butter-100% Nuts,Crunch	227g	2.89	GOV
GH115	Peanut Butter-crunchy original	1kg	5.99	GV
GH082	Peanut Butter-crunchy original	340g	2.99	GV
GH190	Peanut Butter-Hi Oleic Crunchy	340g	3.19	GV
GH013	Three Nut Butter	227g	3.29	GV
	NUT/SEED MILK YOGURTS(CHILLED)			
	NUSH			
	Cashew Milk Dairy-Free Yoghurt			
CV530	Cashew Yoghurt	125g	1.99	GV
CV514	Strawberry Yoghurt	125g	1.99	GV
	SOJADE			
CV389	Natural Hemp Yogurt	250g	1.49	GOVB
	OILS & FATS			
	SUMA PREPACKS			
GT028	Gluten Free Vegetarian Suet	250g	1.75	GV
	PASTA			
	SUMA			
WT011	Og Brown Rice Fusilli	500g	2.45	GOV
WT013	Og Brown Rice Penne	500g	2.45	GOV
WT008	Og Corn Rice Fusilli	500g	2.45	GOV
WT009	Og Corn Rice Penne	500g	2.45	GOV
	BIOFAIR			
WT043	Quinoa Red & White Fusilli	250g	3.49	GFOV
	CIEMME			
WT136	OG Gluten Free Gnocchi Plain	400g	3.29	GOV
WT138	Og Gluten Free Gnocchi/ Quinoa	400g	3.29	GOV
	DIFATTI			
WT151	Gnocchi- Gluten Free	250g	2.09	GV
WT161	Pumpkin & Quinoa Gnocchi	130g	2.45	GV
WT153	Spinach Gnocchi - gluten free	250g	2.09	GV
WT152	Tomato Gnocchi - Gluten Free	250g	2.09	GV
	DOVES FARM			
WT038	Organic Brown Rice Fusilli	500g	3.1	GOV
WT047	Organic Brown Rice Penne Pasta	500g	3.1	GOV
WT036	Organic Brown Rice Spaghetti	500g	3.1	GOV
WT005	Organic Brown Rice Tortiglioni	500g	3.1	GOV

code	product	size	rrp	bfgo
WT133	Organic Buckwheat Pasta	500g	4.15	GOV
WT051	Organic Maize/Rice Fusilli	500g	2.59	GOV
WT039	Organic Maize/Rice Penne Pasta	500g	2.59	GOV
WT053	Organic Maize/Rice Spaghetti	500g	2.35	GOV
WT002	Organic Maize/Rice Tortiglioni	500g	2.59	GOV
WT135	Organic Multigrain Pasta EXPLORE ASIAN	500g	2.99	GOV
WT113	Black Bean Spaghetti	200g	3.29	GOV
WT093	Edamame & Mung Bean Fettuccine	200g	3.29	GOV
WT114	Edamame Bean Spaghetti	200g	3.29	GOV
WT092	Soybean Spaghetti LA BUONA VITA	200g	3.29	GOV
WT027	Gluten Free Fusilli	500g	2.39	GV
WT056	Gluten Free Lasagne Sheets	250g	2.59	GV
WT026	Gluten Free Penne	500g	2.39	GV
WT028	Gluten Free Spaghetti ORGRAN	500g	2.39	GV
WT105	Corn & Veg Shells	250g	2.15	GV
WT127	Corn Spirals	250g	2.15	GV
WT112	Quinoa Penne	250g	2.15	GV
WT134	Rice & Corn Lasagne	200g	3.19	GV
WT109	Rice & Corn Macaroni	250g	2.15	GV
WT077	Rice & Millet Spirals	250g	2.35	GV
WT155	Super Trio Pasta	250g	3.15	GV
WT156	Super Trio Pasta	250g	3.15	GV
WT080	Vegetable Rice Spirals PROFUSION	250g	2.15	GV
WT130	Chick Pea Fusilli - GF	300g	3.19	GOV
WT129	Red Lentil Fusilli GF PASTA (FRESH, CHILLED) AMISA	300g	3.29	GOV
CV345	Gluten Free Fresh Org Gnocchi Gluten-Free Filled Ravioli	350g	3.49	GOV
CV201	G/F Ravioli with Cheese PASTA SAUCES & PESTOS SUMA	200g	3.49	GO
	Organic Pestos			
KJ192	Pesto - Green, vegan	160g	2.59	GOV
KJ191	Pesto - Green, vegetarian	160g	2.59	GO
KJ189	Pesto - Red, vegan	160g	2.59	GOV
KJ190	Pesto - Red, vegetarian LA CONSERVE DELLA NONNA	160g	2.59	GO
KJ126	Bechamel Sauce for Lasagne	340g	2.49	GV
KJ132	Soya Bolognese Pasta Sauce MERIDIAN	350g	2.29	GOV
VF050	Mushroom Pasta Sauce - organic	440g	2.79	GOV
VF173	Tomato & Basil Pasta Sauce	350g	2.49	GOV
VF197	Tomato & Herb - organic PROBIOS	440g	2.79	GVO
KJ322	Organic Rice Bechemel Sauce PATE GRANOVITA	500ml	2.49	GOV
GH196	Buckwheat & Chia Pate	125g	1.95	GOSV
GH193	Chickpea & Sesame Pate	125g	1.95	GOSV
GH195	Grilled Aubergine Pate	125g	1.95	GOV
GH015	Olive Pate	125g	1.85	GV
GH651	Ready Spready Pate - Mushroom	200g	2.99	GVO

code	product	size	rrp	bfgo
GH650	Ready Spreadable Pate - Original	200g	2.99	GOV
GH192	Red Pepper & Almond Pate	125g	1.95	GOV
GH016	Shiitake Pate	125g	1.85	GV
GH194	Tomato and Rocket Pate	125g	1.95	GOV
GH191	Walnut & Basil Pate	125g	1.95	GOV
PATES, DIPS & TAPAS (CHILLED)				
SUMA				
CV401	Pate - Mushroom (bombe)	200g	2.39	GV
FLORENTIN				
CV931	Hummus	200g	3.09	GV
CV125	Hummus Trio Pack	250g	3.99	GV
CV571	Sweet Potato Falafel	240g	3.59	GV
READY MEALS (FROZEN)				
AMY'S KITCHEN				
XL272	Free From Bean & Rice Burrito	156g	2.09	GV
XL273	Free From Macaroni Cheese	255g	2.75	GV
XL261	G/F 3 Cheese & Kale Bake	255g	3.99	G
XL364	Gluten Free Bean&Rice Burrito	156g	2.09	GS
XL262	Gluten Free Chilli Mac	240g	3.39	G
XL275	Gluten Free Vegetable Lasagne	255g	2.75	G
XL437	Gluten-Free Cheese Pizza	170g	5.35	GS
XL191	Gluten-Free Chinese Noodles	270g	4.25	GV
XL438	Gluten-Free Manhattan Burger	270g	4.35	GV
XL436	Gluten-free Vegan Veg Lasagne	255g	3.35	GV
CLIVE'S				
Pies & Pastries				
XL032	G/Free Vegetable Chilli Pie	250g	2.89	GOSV
XL028	Gltn Free French Cassoulet Pie	250g	2.89	GOSV
XL026	Gluten Free Aloo Gobi Pie	250g	2.89	GOSV
XL029	Gluten Free Lentil & Olive Pie	250g	2.89	GOSV
XL030	Gluten Free Minty Chickpea Pie	250g	2.89	GOSV
XL114	Org G/F Mushroom & Leek Pie	235g	2.92	GOV
XL135	Organic G/F Homity Pie	235g	2.92	GO
READY TO EAT FOODS (CHILLED)				
LAURIE'S TUMMY LOVING FOODS				
CV207	Original Sauerkraut	410g	4.69	GOV
SALT & SEASONINGS				
MARIGOLD				
LJ444	Liquid Aminos	250ml	3.59	GV
SAUSAGES & BURGERS (FROZEN)				
QUORN				
XL199	Gluten Free Quarter Pounder	227g	2.99	G
XL203	Gluten Free Sausages	300g	2.99	G
SNACK BARS & FLAPJACKS				
9 BAR				
Breakfast Boost				
KB572	Apricot & Strawberry	50g	0.9	GSV
KB573	Cashew & Cocoa	50g	0.9	GSV
KB601	Peanut & Raisin	50g	0.9	GSV
Carob Hit				
KB660	Flax Seed Bar	50g	0.85	GS
KB846	Fruity 9 Bar	50g	0.85	GVS
KB390	Original Hemp Seed Bar	50g	0.85	GS
Cocoa Kick				
WS006	Coconut - Cocoa Kick	40g	0.79	GV
WS003	Raspberry - Cocoa Kick	40g	0.79	GV
Multi Packs				
WS007	Carob Hit Flax 5 Pack	5 x 40g	2.85	GS
KB768	Carob Hit Original 5 Pack	5 x 40g	2.85	GS

code	product	size	rrp	bfgovs
	New Range			
KB634	Almond & Raspberry	50g	0.99	GSV
KB621	Almond & Sesame Seed	40g	0.89	GSV
KB662	Apricot & Strawberry	50g	0.99	GSV
KB598	Carob Apricot & Hemp Seed	40g	0.89	GSV
KB669	Carob Raspberry & Chia Seed	4 x 40g	2.25	GSV
KB597	Carob Raspberry & Chia Seed	40g	0.89	GSV
KB689	Carob Sesame & Flax Seed	4 x 40g	2.25	GSV
KB606	Carob Sesame & Flaxseed	40g	0.89	GVS
KB663	Cashew & Coconut	50g	0.99	GSV
KB607	Double Cocoa & Cashew	40g	0.89	GSV
KB604	Double Cocoa & Coconut	40g	0.89	GSV
KB608	Double Cocoa & Hazelnut	40g	0.89	GSV
KB609	Double Cocoa & Raspberry	40g	0.89	GSV
KB596	Organic Sunflower Seed Bar	40g	0.99	GOS
KB692	Original Carob & Hemp Seed	4 x 40g	2.25	GSV
KB614	Original Carob & Hemp Seed	40g	0.89	GSV
KB629	Peanut & Pumpkin Seed	40g	0.89	GSV
KB664	Peanut & Raisin	50g	0.99	GSV
KB630	Pumpkin & Sunflower Seed	40g	0.89	GSV
	Original Lift			
KB769	Nutty 9 Bar	50g	0.9	GS
KB415	Organic Hemp Seed Bar	50g	0.95	GOS
KB147	Peanut Seed Bar	50g	0.85	GVS
KB661	Pumpkin Seed Bar	50g	0.85	GS
	BEOND			
KB712	Apple & Cinnamon Bar	35g	0.99	GOV
KB276	Baobab & Pineapple Bar	35g	0.99	GOV
KB314	Raspberry & Acai Berry Bar	35g	0.99	GOV
KB713	Raw Blueberry Bar	35g	0.99	GOV
KB313	Raw Chocolate Bar	35g	0.99	GOV
KB976	Sour Cherry Bar	35g	0.99	GOV
	CREATIVE NATURE			
KB770	Apple Pie Flapjack Bar	40g	1.29	GV
KB755	Cacao Orange Flapjack Bar	40g	1.29	GV
KB946	Ginger Teatox Flapjack	38g	0.99	GV
KB947	Goji Goodness Flapjack	38g	0.99	GV
KB960	Peanut Protein Flapjack	38g	1.19	GV
KB944	Raw Cacao Superfood Flapjack	38g	0.99	GV
KB731	Salted Caramel Flapjack Bar	40g	1.29	GV
	DOVES FARM			
	Impulse			
KB232	Agave Nectar Flapjack	35g	0.75	GOSV
KB228	Apple & Sultana Flapjack	35g	0.75	GOSV
KB230	Apricot & Chia Seed Flapjack	35g	0.75	GOSV
KB229	Banana & Hemp Seed Flapjack	35g	0.75	GOSV
KB234	Chocolate Chip Flapjack	35g	0.75	GOSV
KB233	Fig & Linseed Flapjack	35g	0.75	GOSV
	Multipack			
KB336	Agave Nectar Flapjack	4 x 35g	2.59	GOSV
KB237	Apple & Sultana Flapjack	4 x 35g	2.59	GOSV
KB261	Apricot & Chia Seed Flapjack	4 x 35g	2.59	GOSV
KB244	Banana & Hemp Seed Flapjack	4 x 35g	2.59	GOSV
KB463	Chocolate Chip Flapjack	4 x 35g	2.59	GOSV
KB435	Fig & Linseed Flapjack	4 x 35g	2.59	GOSV
	EAT NATURAL			
KB464	Almond, Apricot & Yoghurt	50g	0.89	GS
WS028	Apple, ginger & dark chocolate	45g	0.89	GS
KB080	Assorted Mini Bars	220g	2.98	GS

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KB470	Blueberry & Cashew Bar	45g	0.89	GS
KB466	Brazil, Sultana, Almond, Hazel	50g	0.89	GS
WS030	Chocolate chunks,peanuts,seeds	45g	0.89	GS
KB547	Dark 70% Choc,Brazils,Apricots	45g	0.89	G
KB465	Date, Walnut & Pumpkin Seed	45g	0.89	GS
WS031	Maple Syrup, Pecans & Peanuts	45g	0.89	GSV
WS029	Yoghurt Coated coconut/apricot	45g	0.89	GS
	FRUIT BOWL			
KB864	Blackcurrant School Bars	20g	0.55	G
KB866	Strawberry School Bars	20g	0.55	G
	GOOD. FULL STOP			
KB993	Cherry & Maple Fruit & Nut Bar	35g	0.7	GV
KB994	Choc & Mint Fruit & Nut Bar	35g	0.7	GV
ZX619	Double choc Fruit & Nut Bar	35g	0.7	GV
WS019	Mixed Case Display 6 flavours	8 x 35g	0.7	GSV
ZX618	Mixed Fruit & Nut Bar	35g	0.7	GV
ZX620	Raspberry fruit & Nut Bar	35g	0.7	GV
	MAXSPORT			
KB354	Raw Paleo Protein Bar	50g	1.89	GV
KB352	Raw Paleo Protein Bar	50g	1.89	GV
KB353	Raw Paleo Protein Bar	50g	1.89	GV
	MERIDIAN			
KB709	Almond Bar	40g	1.55	GV
KB879	Cashew Bar	40g	1.45	GV
KB972	Peanut & Banana Bar	40g	1.25	GV
KB975	Peanut & Cocoa Bar	40g	1.25	GV
KB201	Peanut & Coconut Bar	40g	1.25	GV
KB189	Peanut & Pumpkin Bar	40g	1.25	GV
KB721	Peanut Bar	40g	1.25	GV
	NAKD			
KB347	Cocoa Coconut	35g	0.89	GV
KB163	Lemon Drizzle Bar	35g	0.89	GV
	Crunch Bars			
KB494	Apple Crunch	30g	0.89	GV
WS022	Apricot Crunch	30g	0.89	GV
KB496	Banana Crunch	30g	0.89	GV
KB495	Cocoa Crunch	30g	0.89	GV
KB497	Strawberry Crunch	30g	0.89	GV
	Mini Nibbles			
KB913	Coconut Bliss	40g	0.85	GV
KB910	Fruit Salad	40g	0.85	GV
KB919	Salted Caramel	40g	0.85	GV
KB916	Strawberries & Cream	40g	0.85	GV
KB909	Toffee Treat	40g	0.85	GV
KB911	Tooty Fruity	40g	0.85	GV
	Multi Packs			
KB182	Apple Pie Multipack	4 x 30g	2.49	GV
KB156	Banana Bread Multipack	4 x 30g	2.49	GV
KB930	Banana Crunch Multipack	4 x 30g	3.29	GV
KB920	Berry Cheeky Multipack	4 x 30g	2.49	GV
KB029	Berry Delight Multipack	4 x 35g	3.29	GV
KB931	Cashew Cookie Multipack	4 x 35g	3.29	GV
KB933	Cocoa Crunch Multipack	4 x 30g	3.29	GV
KB031	Cocoa Delight Multipack	4 x 35g	3.29	GV
KB107	Cocoa Mint Multipack	4 x 35g	3.29	GV
KB003	Cocoa Orange Multipack	4 x 35g	3.29	GV
KB937	Rhubarb & Custard Multipack	4 x 35g	3.29	GV
KB936	Strawberry Crunch Multipack	4 x 30g	3.29	GV
KB932	Yummy Mix Multipack	4 x 35g	3.29	GV

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	Nudie Bars			
KB877	Bakewell Tart Bar	35g	0.85	GV
KB756	Berry Delight Bar	35g	0.85	GV
KB112	Caffe Mocha Fruit & Nut	35g	0.85	GV
KB554	Cashew Cookie Bar	35g	0.85	GV
KB757	Cocoa Delight Bar	35g	0.85	GV
KB758	Cocoa Mint Bar	35g	0.85	GV
KB556	Cocoa Orange Bar	35g	0.85	GV
KB558	Ginger Bread Bar	35g	0.85	GV
WS021	Peanut Delight	35g	0.85	GV
KB553	Pecan Pie Bar	35g	0.85	GV
KB113	Rhubarb & Custard Fruit & Nut	35g	0.85	GV
	Posh Bits			
WS026	Cocoa Mandarin Posh Bits	130g	3.15	GV
WS025	Cocoa Raspberry Posh Bits	130g	3.15	GV
WS024	Cocoa Sea Salt Posh Bits	130g	3.15	GV
	NATURES PATH ORGANIC			
KB745	Trail Mix Granola Bar G/F PERKIER	5 x 35g	3.95	GOV
WS018	Cacao & Cashew Quinoa Bar	35g	0.99	GSV
WS017	Cashew/Chia/Pumpkin/Quinoa Bar	35g	0.99	GSV
WS020	Coconut, Chia & Quinoa Bar	35g	0.99	GVS
WS016	Goji & Cranberry Quinoa Bar	35g	0.99	GVS
WS015	Oaty Cashew/Cran Sprouted Bar	40g	0.99	GSV
	PLANET ORGANIC			
BT070	Cacao Brazil Nut Energise Bar	30g	0.99	GOV
BT062	Chia Vanilla Energise Bar	30g	0.99	GOV
BT066	Coconut Barleygrass Bar	30g	0.99	GOV
BT057	Goji Pumpkinseed Energise Bar PULSIN'	30g	0.99	GOV
	Fruity Oat Bars			
KB444	Blackcurrant & Apple	6 x 25g	2.99	GV
KB793	Blackcurrant & Apple Oat Bar	25g	0.59	GV
KB586	Orange Choc Chip	6 x 25g	2.99	GV
KB792	Orange Choc Chip Fruity Oat	25g	0.59	GV
KB650	Strawberry	6 x 25g	2.99	GV
KB791	Strawberry Fruity Oat Bar	25g	0.59	GV
	Protein Bites			
KB876	Mint Choc Chip Protein Bite	25g	0.99	GV
	Protein Boosters			
KB090	Maple & Peanut Protein Bar	50g	1.59	GV
KB875	Mint Choc Chip Protein Bar	50g	1.59	GV
KB279	Orange Choc Chip Protein Bar	50g	1.59	GV
KB089	Protein Sport	50g	1.59	G
KB706	Vanilla Choc Chip Protein Bar	50g	1.59	GV
	Raw Choc Brownies			
BT496	Almond Raisin Raw Choc Brownie	3 x 35g	2.99	GSV
BT494	Maca Bliss Raw Choc Brownie	3 x 35g	2.99	GSV
KB095	Maca Bliss Raw Choc Brownie	50g	1.59	GV
BT492	Peanut Choc Chip Raw Brownie	3 x 35g	2.99	GSV
BT449	Peanut Choc Chip Raw Brownie	50g	1.59	GSV
BT493	Rasp Goji Raw Choc Brownie	3 x 35g	2.99	GSV
KB100	Raw Choc Almond Raisin Brownie	50g	1.59	GV
KB097	Super Berry Raw Choc Brownie	50g	1.59	GV
	RAW HEALTH			
KB118	Chocada Truffles	65g	2.59	GOSV
KB117	Fruity Coconut Energy Ball	60g	2.09	GOV
KB040	Hemp Protein Energy Ball	60g	2.79	GOV
KB115	Spirulina & Orange Energy Ball	60g	2.59	GOV

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	ROCKY RICE			
WS012	Ricecake - dark choc orange	18g	0.69	G
WS013	Ricecake - milk chocolate	18g	0.69	G
	RUDE HEALTH FOODS			
ZX784	Sweet potato & cacao bar	35g	1.19	GV
KB350	The Peanut Bar	35g	1.19	GV
	TREK BARS			
KB719	Banana Blast	55g	1.15	GV
KB720	Berry Burst	55g	1.15	GV
KB722	Cocoa Chaos	55g	1.15	GV
KB725	Peanut Power	55g	1.15	GV
	Protein Energy Chunks			
KB351	Cocoa Peanut Peak	60g	1.35	GV
KB348	Cranberry Kick	60g	1.35	GV
KB595	Toffee Triumph	60g	1.35	GV
	TREK FLAPJACKS			
KB498	banana bread protein flapjack	50g	1.05	GVS
KB499	cocoa and oat protein flapjack	50g	1.05	GVS
KB500	cocoa coconut protein flapjack	50g	1.05	GVS
KB501	morning berry protein flapjack	50g	1.05	GVS
KB504	oat & raisin protein flapjack	50g	1.05	GVS
KB505	original oat protein flapjack	50g	1.05	GVS
	TREK MULTIPACKS			
WS035	Banana Bread Flapjack	3 x 50g	3.15	GVS
WS037	Cocoa & Oat Flapjack	3 x 50g	3.15	GVS
WS036	Cocoa Coconut Flapjack	3 x 50g	3.15	GVS
WS038	Original Oat Flapjack	3 x 50g	3.15	GVS
WS033	Protein Berry Burst	3 x 55g	3.15	GVS
WS034	Protein Cocoa Chaos	3 x 55g	3.15	GVS
WS032	Protein Peanut Power	3 x 55g	3.15	GVS
	SOUPS			
	AMY'S KITCHEN			
VF252	Chunky Tomato Soup	400g	1.89	GV
VF248	Cream Of Mushroom Soup	400g	1.89	GV
VF260	Lentil Soup	400g	1.89	GV
VF265	Lentil Vegetable Soup	400g	1.89	GV
VF268	Split Pea Soup	400g	1.89	GV
	Hearty Soup			
VF054	French Country Vegetable	408g	2.39	GV
VF267	Quinoa Kale & Red Lentil Soup	408g	2.39	GOV
VF057	Rustic Italian Vegetable	397g	2.39	GV
VF059	Spanish Rice & Red Bean Soup	416g	2.39	GV
	SOYA YOGS & DESSERTS (CHILLED)			
	PROVAMEL			
CV719	Org Lime and Lemon Balm Yofu	500g	1.99	GOSV
CV455	Org Soya Almond Yoghurt	500g	1.99	GOV
CV075	Organic Forest Fruit Yofu	500g	1.99	GOSV
CV061	Organic Natural Soy Yoghurt	4 x 125g	1.89	GOV
CV009	Organic Orange & Redbush Yofu	500g	1.89	GOSVB
CV081	Organic Peach & Mango Yofu	4 x 125g	1.99	GOSV
CV318	Organic Vanilla Yofu	500g	1.99	GOSV
	SOJADE			
	Layered Soya Yoghurt			
CV417	Lemon & Lime Layered Yoghurt	125g	0.75	GOSVB
CV438	Pineapple Coconut Yoghurt	125g	0.75	GOVSB
CV658	Raspberry & Rose Layered Yog	125g	0.75	GOSVB

code	product	size	rrp	bfgosv
	SUGARS & SYRUPS			
	THE RAW CHOCOLATE CO			
LJ071	Coconut Palm Sugar	230g	3.65	GOV
	SUPERFOODS & SPORTS NUTRITION			
	GRANOVITA			
GT300	Flax Oil - Organic	260ml	11.15	GOV
GT302	Hemp Oil - Organic	260ml	7.35	GOV
GT301	Omega Oil Blend - organic	260ml	11.79	GOV
GT073	Pumpkin Oil - Organic	260ml	9.99	GOV
	LINUSIT			
MD008	Premium Ground Flaxseed - og	450g	6.25	GOV
	LINWOODS			
MD113	Chia Seed	200g	6.19	GV
MD109	Flax,Almond,Brazil,Walnut,Q10	360g	6.25	GV
MD147	Flax,Sunflower & Pumpkin Seeds	200g	3.55	GOV
MD104	Flax,Sunflower,Pump,Sesame,Goji	425g	5.99	GV
MD114	Flaxseed	200g	3.35	GOV
MD102	Flaxseed	425g	4.99	GOV
MD115	Flaxseed & Goji Berries	200g	3.55	GV
	Hemp Protein +			
MD027	Flax, Bio-Culture & Vitamin D	360g	16.99	GV
MD024	Flax, Chia, Broccoli & Spinach	360g	16.99	GOV
MD026	Flax, Chia, Cocoa & Beetroot	360g	16.99	GOV
	PULSIN'			
VM012	Hemp Protein Powder	1kg	23.99	GV
VM093	Hemp Protein Powder	250g	7.99	GV
VM208	Organic Sunflower Protein Powd	1kg	24.99	GOV
VM163	Organic Whey Protein Powder	1kg	49.99	GO
VM175	Organic Whey Protein Powder	250g	16.99	GO
VM027	Pea Protein Isolate	1kg	23.99	GV
VM092	Pea Protein Powder	250g	7.99	GV
VM028	Premium Whey	1kg	39.99	G
VM091	Premium Whey	250g	10.39	G
VM011	Rice Protein Concentrate	1kg	29.99	GV
VM024	Rice Protein Powder	250g	9.99	GV
VM071	Simply Whey	1kg	26.99	G
VM070	Simply Whey	250g	8.99	G
VM010	Soya Protein Isolate	1kg	17.99	GV
VM095	Soya Protein Powder	250g	5.99	GV
	THE RAW CHOCOLATE CO			
KB307	Cacao Nibs	150g	4.2	GOV
LJ072	Hemp Protein Powder	230g	6.49	GOV
	SUPPLEMENTS & REMEDIES			
	NATURES AID			
VM179	Red Yeast Rice	90 capsules	17.95	GV
	TOGETHER HEALTH			
VM022	Beautiful	60	14.99	GV
VM033	Gentle Iron	30	7.99	GV
VM049	Mens Multivit & Mineral	30	10.99	G
VM025	Pregnancy - Multi Vit & Mins	60	14.99	G
VM050	Stress Aid Vitamin & Mineral	30	9.99	GV
VM111	Vitamin B Complex	30	8.49	G
VM017	Vitamin B12 Complex	60	12.99	G
VM113	Vitamin C with Bioflavonoids	30	7.99	GV
VM114	Vitamin D	30	5.99	G
VM054	Womens Multivit	30	9.99	G

code	product	size	rrp	bfgovs
	SWEET SNACKS			
	BEAR			
ZX526	Yoyo Pure Fruit Rolls - Apple	20g	0.58	GV
ZX529	Yoyo Pure Fruit Rolls - Mango	20g	0.58	GV
ZX545	Yoyo Pure Fruit Rolls - Pineap	20g	0.58	GV
ZX555	Yoyo Pure Fruit Rolls - Strawb	20g	0.58	GV
ZX525	Yoyo Pure Fruit Rolls-Blackcur	20g	0.58	GV
ZX550	Yoyo Pure Fruit Rolls-Raspb'ry	20g	0.58	GV
	Claws in multipacks			
ZX008	Claws - Apple, Pear & Pumpkin	5 x 18g	2.69	GV
ZX006	Claws - Blackcurrant& Beetroot	5 x 18g	2.69	GV
ZX005	Claws - Mango & Carrot	5 x 18g	2.69	GV
ZX003	Claws - Strawberry & Butternut	5 x 18g	2.69	GV
	Yoyo Sours			
ZX514	Blackcurrant & Apple	20g	0.58	GV
ZX511	Mango & Apple	20g	0.58	GV
ZX448	Strawberry & Apple	20g	0.58	GV
	Yoyo Sours Multipack			
ZX516	Blackcurrant & Apple	5 x 20g	2.5	GV
ZX522	Mango & Apple	5 x 20g	2.5	GV
ZX567	Strawberry & Apple	5 x 20g	2.5	GV
	Yoyos in multipacks			
ZX020	Yoyos - Blackcurrant Multipack	5 x 20g	2.59	GV
ZX014	Yoyos - Mango Multipack	5 x 20g	2.59	GV
ZX013	Yoyos - Raspberry Multipack	5 x 20g	2.59	GV
ZX012	Yoyos - Strawberry Multipack	5 x 20g	2.59	GV
	BIONA			
ZX002	Berry Burst Sweets - Organic	75g	1.79	GOSV
ZX441	Jelly Dino Sweets - Organic	75g	1.79	GOSV
ZX443	Pomegranate Heart Sweets - Org	75g	1.79	GOSV
ZX576	Sour Snake Sweets - Organic	75g	1.99	GOSV
	FABULOUS FUDGE FACTORY			
ZX548	Chocovered Crunchee Bites	65g	1.75	GSV
ZX159	Dairy Free Chocolate Raisins	75g	1.69	GV
ZX432	Dairy Free Fudge	200g	3.06	GSV
ZX627	Dairy Free Fudgee Bites	75g	1.69	GSV
ZX628	Raspberry Ice Bites	75g	1.49	GSV
	FREE FROM FELLOWS			
ZX065	Cola Bottles	100g	1.89	GV
ZX060	Gummy Bears	100g	1.89	GV
ZX072	Midget Gems	100g	1.89	GV
	FREEDOM CONFECTIONERY			
KB385	Strawberry Marshmallows	75g	2.49	GV
KB383	White Vanilla Marshmallows	75g	2.49	GSV
	Mini Mallows			
KB789	Pink & White Mini Marshmallows	75g	2.49	GSV
	GOODY GOOD STUFF			
ZX197	Berry Mix	100g	1.45	GSV
ZX146	Cola Breeze	100g	1.45	GSV
ZX148	Koala Gummy Bears	100g	1.45	GS
ZX486	Sour Mix & Match	100g	1.45	GSV
ZX489	Summer Peaches	100g	1.45	GSV
	JEALOUS SWEETS			
	40g Bags			
ZX231	Fizzy Friends	40g	1.29	SVG
ZX238	Grizzly Bears	40g	1.29	GSV
ZX229	Tangy Worms	40g	1.29	SVG
ZX233	Tropical Wonder	40g	1.29	SGV

code	product	size	rrp	bfgosv
ZX183	ORGRAN Molasses Liquorice URBAN FRUIT	200g	3.95	G
DR016	Coconut Chips - Natural	25g	1.01	GV
DR035	Coconut Chips - Srircha	25g	1.01	GV
	TABLE SAUCES			
	BIONA			
KJ106	Classic Tomato Ketchup Squeezy	560g	2.89	GOSV
KJ463	Worcester Sauce	140ml	3.49	GOSV
	GRANOVITA			
KJ134	Organic Brown Sauce	275g	2.26	GOSV
	MERIDIAN			
KJ621	Tomato Ketchup - organic THE FORAGING FOX	285g	1.99	GOSV
KJ357	Beetroot Ketchup - Hot	255g	3.49	GSV
KJ358	Beetroot Ketchup - Original	255g	3.49	GSV
KJ359	Beetroot Ketchup - Smoked	255g	3.49	GSV
	VEGETABLES			
	ST DALFOUR			
VF112	Whole Chestnuts	200g	2.69	GV



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