

Organic List

Summa

May June 2017



Organic

A bit more about it..

Organic agriculture produces products using methods that preserve the environment and avoid synthetic materials, such as pesticides and antibiotics. Organic standards describe how farmers grow crops and raise livestock and which materials they may use.

Organic farmers and food processors follow a defined set of standards to produce organic food. These standards cover the product from farm to table, including soil and water quality, pest control, livestock practices, and rules for food additives.

This list covers it all, everything organic available from Suma.



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	bfgo sv
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ALCOHOLIC DRINKS

SEDLSCOMBE

RS100	Mulled Wine - organic	75cl	10.85	SOV
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BABY & CHILD FOOD

ANNABEL KARMEL

BB092	Baby Pasta Shells	250g	1.39	OV
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ELLA'S KITCHEN

Breakfast

BB109	Baby Brekkie - Banana	100g	1.29	O
BB199	Baby Brekkie - Blueberry/Pear	100g	1.29	O
BB120	Baby Brekkie - Mango	100g	1.29	O
BB042	Wakey Wakey Round Ones	46g	2.79	O

Smoothie Fruits

BB238	The Green One - Multi Pack	5 x 90g	5.25	OV
BB048	The Green One - smoothie fruit	90g	1.09	OV
BB160	The Orange One	5 x 90g	5.45	OV
BB164	The Pink One	5 x 90g	4.95	OV
BB237	The Purple One - Multi Pack	5 x 90g	5.25	OV
BB007	The Purple One -smoothie fruit	90g	1.09	OV
BB239	The Red One - Multi Pack	5 x 90g	5.25	OV
BB011	The Red One - smoothie fruit	90g	1.09	OV
BB139	The White One - Multi Pack	4 x 90g	4.35	OV
BB236	The Yellow One - Multi Pack	5 x 90g	5.25	OV
BB010	The Yellow One -smoothie fruit	90g	1.09	OV

Snacks

BB263	Nibbly Fingers - Strawb/Apple	5 x 25g	3.35	O
BB275	Nibbly Fingers Banana/Raisin	5 x 25g	3.35	O

Stage 1

BB196	Apple & Pear Baby Rice	120g	1.29	O
BB001	Apples & Bananas	120g	1.29	OV
BB198	Banana & Apricot Baby Rice	120g	1.29	O
BB021	Banana & Blueberry Baby Rice	120g	1.35	OV
BB003	Broccoli, Pear & Peas	120g	1.29	OV
BB049	Butternut Squash, Carrot	120g	1.29	OV
BB006	Carrot, Apple & Parsnip	120g	1.29	OV
BB230	First Taste Apples Apples	70g	1.19	OV
BB232	First Taste Banana Banana	70g	1.19	OV
BB233	First Taste Mango Mango Mango	70g	1.25	OV
BB231	First Taste Pears Pears Pears	70g	1.25	OV
BB012	First Taste Prunes Prunes	70g	1.25	OV
BB137	Greek Yoghurt & Berries	90g	1.25	O
BB136	Greek Yoghurt & Mangoes	90g	1.25	O
BB138	Greek Yoghurt & Strawberries	90g	1.25	O
BB004	Mango, Pear & Papaya	120g	1.35	OV
BB095	Peaches & Bananas	120g	1.29	OV
BB013	Red Pepper,Sweet Potato,Apple	120g	1.35	OV
BB063	Spinach, Apples & Swede	120g	1.29	OV
BB078	Strawberries & Apples	120g	1.29	OV
BB126	Sweet Potato,Broccoli,Carrot	120g	1.29	OV
BB016	Vanilla & Banana Bread Pudding	4 x 80g	2.45	O

Stage 2

BB229	Big Smiles Cheesy Pie	130g	1.97	O
BB127	Four Bean Feast	130g	1.97	O
BB058	Kitchen Vegetable Bake	130g	1.97	O
BB200	Rice Pudding Dessert	80g	1.69	O

code	product	size	rrp	bfgo
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HEAVENLY TASTY ORGANICS

BB118	Coconut Squishies	4 x 90g	3.35	OV
BB101	Coconut Squishies	90g	1.09	OV
BB099	Crispy Veggie Waffles	30g	2.19	OV
BB073	Happy Halo Bites - Apple	60g	2.19	O
BB102	Mini Italian Breadsticks	70g	2.19	O
BB117	Yummy Wafer Wisps	84g	2.35	O

HELLO KITTY

WT141	Organic Pasta Shapes	250g	1.55	OV
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HIPP

	<i>100% fruit pouches</i>			
BB187	Plum, Pear & Blackcurrant <i>Breakfast Jars</i>	100g	1.49	O
BB177	Creamed Porridge Breakfast <i>Dessert Jars</i>	125g	1.21	O
BB182	Mango & Banana With Yoghurt <i>Dried Breakfast Cereal</i>	160g	1.49	O
BB176	Creamy Porridge <i>from 4 months</i>	160g	3.89	O
BB184	Red Fruit & Apple Compote <i>Savoury Jar</i>	125g	1.21	O
BB183	Cheesy Spinach & Potato Bake <i>Savoury Jars</i>	190g	1.49	O
BB179	Carrot, S/corn, S/Pot & Apricot	125g	1.21	O
BB180	Cheesy, Spinach, Pot Bake	125g	1.21	O
BB178	Mixed Vegetable Medley	125g	1.21	O
BB104	Vegetable Lasagne	190g	1.49	O

HOLLE

	<i>Cereals</i>			
BB269	3-Grain Porridge	250g	3.19	OV
BB270	Baby Muesli Porridge	250g	3.19	OV
BB121	Junior Muesli & Cornflakes	250g	3.05	OV
BB119	Junior Muesli M/Grain & Fruit	250g	3.05	OV
BB272	Millet Porridge	250g	3.19	OV
BB267	Rice Porridge	250g	3.19	OV
BB273	Rolled Oats Porridge	250g	3.19	OV
BB276	Semolina Porridge	250g	3.19	OV
	<i>Infant Milk Formula</i>			
BB155	Infant Goat Milk Formula 1	400g	13.65	OS
BB254	Infant Goat Milk Formula 2	400g	13.65	O
BB089	Infant Goat Milk Formula 3	400g	13.65	O
	<i>Snacks</i>			
BB124	Baby Mini-Rusks	100g	2.15	OV

LITTLE PASTA ORGANICS

BB255	Animal Pasta Shapes - Tricolor	250g	1.95	OV
BB008	Cheese & Broccoli	45g	2.69	O
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
BB002	Red Pepper, Tomato & Beetroot	45g	2.69	O
BB257	Spinach & Broccoli Sauce	130g	2.05	GOV
BB174	Travel Pasta Shapes - Tricolor	250g	1.95	OV

ORGANIX

	<i>Cereals - Stage 1</i>			
BB047	Fruity Apple Porridge	120g	2.19	OV
BB074	Organic Baby Rice	100g	2.35	OV

code	product	size	rrp	bfgo5v
	Cereals - Stage 2			
BB052	Banana & Plum Porridge	200g	2.95	OV
BB053	Multigrain Porridge	200g	2.95	OV
	Cereals - Stage 3			
BB057	Banana, Peach & Apple Muesli	200g	3.5	OV
BB060	Raspberry & Banana Muesli	200g	3.5	OV
	Finger Foods - from 7 months			
BB713	Apple Rice Cakes	50g	1.69	OV
BB153	Banana Rice Cakes	50g	1.69	OV
BB156	Banana Ring Biscuits	54g	1.95	OV
BB152	Carrot & Tomato Rice Cakes	50g	1.59	OV
BB157	Creamy Vanilla Ring Biscuit	54g	1.95	O
BB715	Crunchy Carrot Sticks	20g	0.95	OV
BB717	Crunchy Sweetcorn Rings	20g	0.95	OV
BB069	Raspberry/Blueberry Rice Cake	50g	1.69	OV
BB154	Strawberry Ring Biscuits	54g	1.95	OV
	Goodies Biscuits			
BB711	Alphabet Biscuits	5 x 25g	2.55	OV
BB022	Animal Biscuits	100g	1.95	OV
BB247	Gingerbread Men	135g	2.55	OV
	Goodies Fruit Snacks			
BB159	Apple & Date Chunky Fruit Bars	6 x 17g	3.39	OV
BB158	Banana & Date Chunky Fruit Bar	6 x 17g	3.39	OV
BB150	Raisins Mini Boxes	12 x 14g	2.89	OV
	Goodies Savouries			
BB549	Carrot Stix	15g	0.59	OV
BB248	Cheese & Herb Curly Puffs	15g	0.59	O
BB094	Mini Cheese Crackers	4 x 20g	2.55	O
	Goodies Snack Bars			
BB076	Apple & Orange Soft Oaty Bar	6 x 30g	4.29	OV
BB204	Berry Crispy Bar	6 x 18g	3.85	OV
BB075	Carrot Cake Soft Oaty Bars	6 x 30g	4.29	OV
BB207	Cocoa and Orange Bar	6 x 18g	3.85	OV
BB080	Raspberry & Apple Soft Oaty	6 x 30g	4.29	OV
	Punk'd			
BB206	Cocoa & Orange Cereal Bar	6 x 23g	2.99	OV
BB205	Strawberry & Vanilla Bar	6 x 23g	2.99	OV
	PICCOLO			
	Pouches			
BB190	Apple & Apricot with Cinnamon	100g	1.19	O
BB189	Apple & Peach with Basil	100g	1.19	O
BB192	Apple, Banana, B/erry & Vanilla	100g	1.25	O
BB194	B/nut, Red Pep, C/Pea & R/mary	100g	1.25	O
BB222	Banana, Strawberry & Peach	100g	1.25	OV
BB223	Carrot, Squash & Sweet Potato	100g	1.79	OV
BB193	Cherry, Yog, Oats & Vanilla	100g	1.25	O
BB214	Courgette, Pea, Leek & Mint	100g	1.79	OV
BB217	Mango, Pear, Kale & Yoghurt	100g	1.25	O
BB221	Raspberry & Apple with Oats	100g	1.25	OV
BB197	Spring Greens with Mint	100g	1.25	O
BB216	Sweet Pot, Beetroot, Pear, App	100g	1.25	OV
	PUMPKIN TREE ORGANICS			
BB132	Apple & Grape Juice	200ml	0.85	OV
BB131	Blackcurrant & Apple Juice	200ml	0.85	OV
BB135	Italian Vegetable Pasta Sauce	300g	2.49	OV
BB133	Pear Juice	200ml	0.85	OV
BB134	Tomato & Basil Pasta Sauce	300g	2.49	OV

code	product	size	rrp	bfgosv
	QUINOLA BABY			
	<i>From 10 months</i>			
BB211	Butternut Squash and Carrot	190g	1.99	VSO
BB208	Pea and Spinach	190g	1.99	OV
	<i>From 6 months</i>			
BB212	Carrot and Red Lentil	190g	1.99	OV
BB213	Sweet Potato and Beetroot	190g	1.99	OV
	<i>From 8 months</i>			
BB209	Pinto Beans and Sweetcorn	190g	1.99	OV
BB210	Swede, Parsnip, Carrot	190g	1.99	OV
	TRAF0			
BB056	Organic Raisins in Kids Boxes	12 box	2.19	OV
	BABY CARE PRODUCTS			
	BEAMING BABY			
	<i>Wipes</i>			
NF688	Organic Baby Wipes	72	4.09	OV
NF103	Organic Baby Wipes Unscented	72	4.09	OV
	BENTLEY ORGANIC			
DY243	Mother & Baby Hand Sanitiser	50ml	3.31	OV
NF216	Toy Sanitizer	500ml	4.14	OV
	EARTH FRIENDLY BABY			
DY545	Chamomile Shampoo & Wash OG	250ml	4.07	OV
DY522	Organic Chamomile Bubble Bath	300ml	6.12	OV
DY524	Organic Lavender Bubble Bath	300ml	5.5	OV
DY558	Organic Lavender Shampoo &	250ml	4.07	OV
DY041	Organic Mandarin Bubble Bath	300ml	6.12	OV
DY038	Organic Mandarin Shampoo	250ml	4.07	OV
	NATRACARE			
NF099	Organic Cotton Baby Wipes	50	3.99	OV
	BAKING SUNDRIES			
	BONPOM			
ZX803	Raw Organic Banana Powder	200g	6.99	OV
ZX768	Raw Organic Cacao Butter	200g	7.99	OV
ZX769	Raw Organic Cacao Powder	200g	7.99	OV
	BREAD MATTERS			
LJ218	Original Sourdough Starter	10g	4.95	OV
	CLEARSPRING			
JP064	Kuzu (Wild Arrowroot)	125g	6.39	GVO
	DOVES FARM			
LJ203	Cornflour Organic	110g	1.69	GOV
	GREEN & BLACKS			
	<i>Cooks Chocolate</i>			
KB058	Dark Cooking Chocolate-Organic	150g	2.49	FOS
KB429	Milk Cooks Chocolate - organic	150g	2.49	OS
KB049	White Cooks Chocolate-Organic	150g	2.49	FOS
	MOO FREE			
LJ311	Baking Drops	150g	3.25	GOSV
	NIELSEN MASSEY			
LJ333	Vanilla Extract - OG	118ml	11.45	OV

code	product	size	rrp	bfgosv
	PLAMIL			
	<i>Drops in 1kg bags</i>			
KB652	Org & F/T Baking Chocolate	1kg	13.59	GFOSV
KB658	Organic Rich Chocolate	1kg	13.89	GOSV
	STEENBERGS			
LJ117	Orange Flower Water Organic	100ml	3.75	OV
LJ085	Rose Water Organic	100ml	3.75	OV
LJ334	Vanilla Extract Fairtrade Org	100ml	8	FOV
	TAYLOR & COLLEDGE			
LJ115	Vanilla Bean Extract	100ml	9.25	SOV
LJ268	Vanilla Bean Paste	50g	5.15	OSV
LJ113	Vanilla Bean Paste	65g	6.65	SOV
LJ195	Vanilla Beans - 4 whole pods	10g	5.59	OV
	THE RAW CHOCOLATE CO			
NU139	Chia Seeds	230g	3.8	OV
	<i>Chocolate Making Ingredients</i>			
KB050	Cacao Butter	240g	6.7	GFOV
KB051	Raw Cacao Powder	180g	4.2	FOV
	VIVANI ORGANIC CHOCOLATE			
KB408	Dark Cooking Chocolate	200g	3.69	OSV
	BEANS & PULSES - CANNED			
	SUMA			
VF675	Aduki Beans - organic	400g	0.99	OV
VF550	Baked Beans - Organic	400g	0.99	OSV
VF625	Black Beans - organic	400g	0.99	OV
VF230	Black Beluga Lentils - organic	400g	1.15	OV
VF630	Borlotti Beans - organic	400g	0.99	OV
VF645	Butter Beans - organic	400g	0.99	VO
VF395	Cannellini Beans - organic	400g	0.99	OV
VF785	Chick Peas - organic	2.6kg	4.25	OV
VF642	Chick Peas - organic	400g	0.99	VO
VF635	FT Black Beans	400g	1.09	FOV
VF647	Green Lentils - organic	400g	0.99	VO
VF644	Haricot Beans - organic	400g	0.99	VO
VF795	Mixed Beans - organic	2.6kg	4.25	OV
VF649	Mixed Beans - organic	400g	0.99	VO
VF643	Red Kidney Beans - organic	400g	0.99	VO
	AMAIZIN			
VF202	Lentils in Curry Sauce	420g	1.55	OV
VF209	Red Kidney Beans in Chilli Sce	400gm	1.55	OV
VF193	Soya Beans	400g	1.55	OV
	BIONA			
VF222	Baked Beans - Organic	400g	1.19	OVS
VF042	Chilli Beans - Organic	395g	1.29	OSV
VF227	Chilli Black Beans - Organic	410g	1.29	OV
	BIONOVA			
VF495	Baked Beans - organic	340g	1.45	OSV
	GEO ORGANICS			
VF094	Black Beluga Lentils Organic	400g	1.89	OV
	HODMEDOD'S			
VF129	Organic Vaal Dhal - British	400g	1.65	OSV
VF098	Organic Whole Fava Beans	400g	0.99	OV

code	product	size	rrp	bfgosv
	WHOLE EARTH			
VF161	Baked Beans - organic	400g	1.19	GOV
	BEANS & PULSES - DRIED			
	SUMA PREPACKS - ORGANIC			
PU202	Aduki Beans - organic	500g	2.55	VO
PU222	Bean Mix - organic	500g	2.79	OV
PU034	Black Turtle Beans	500g	1.95	OV
PU004	Broth Mix - Organic	500g	2.09	OV
PU345	Butter Beans - organic	500g	3.05	VO
PU225	Cannellini Beans - organic	500g	2.05	OV
PU369	Chick Peas - organic	500g	2.89	VO
PU182	Green Split Peas - organic	500g	1.75	OV
PU145	Haricot Beans - organic	500g	1.75	OV
PU135	Lentils - Brown, organic	500g	2.59	VO
PU167	Lentils - Dark Speckled, org	500g	3.05	OV
PU129	Lentils - Green, organic	500g	3.09	VO
PU294	Lentils - Red split organic	750g	3.65	OV
PU267	Lentils - Red split, organic	500g	2.45	VO
PU151	Mung Beans - organic	500g	2.59	VO
PU136	Pinto Beans - organic	500g	2.19	OV
PU156	Red Kidney Beans - organic	500g	2.05	OV
PU146	Soya Beans - organic	500g	1.49	OV
PU166	Yellow Split Peas - organic	500g	1.85	OV
	HODMEDOD'S			
PU029	Fava Beans Organic - whole	500g	1.85	OV
PU005	Organic Carlin Peas	500g	1.99	OV
PU014	Organic Fava Beans - Split	500g	2.29	OV
	JUST WHOLEFOODS			
VF263	Sprouting Mix - OG	250g	2.19	VO
	BEERS			
	SUMA			
RT028	Blackstone Yorkshire Moor Ale	500ml	2.89	OV
RT212	Elphin Brook Bitter OG	500ml	2.64	OV
RT027	Erringden Light Pale + Ginger	500ml	2.57	FOV
RT215	Long Wall Mouse Blonde Beer	500ml	2.84	OV
RT029	Mixed Case Suma Ales	500ml	2.84	OV
RT213	Mytholm Mist Wheat Beer OG	500ml	2.72	OV
RT214	Penumbra Stout OG	500ml	2.82	OV
RT032	Strength in Numbers Ale	500ml	2.95	OV
	BUDELS			
RT131	Budels Lager	330ml	1.99	OV
	CANNABIA			
RT004	Cannabia Hemp Beer	330ml	2.59	OV
	SAM SMITHS			
RT016	Cherry Beer	355ml	3.06	OV
RT009	Chocolate Stout	550ml	3.44	OV
RT008	Organic Pale Ale	550ml	3.44	OV
RT120	Pure Brewed Organic Lager	550ml	3.44	OV
RT007	Raspberry Beer	355ml	3.06	OV
	BISCUITS CRACKERS & CRISPbread			
	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

code	product	size	rrp	bfgosv
BT340	Organic Almond Cookies	150g	2.98	GOSV
BT339	Organic Ginger Crunches	150g	2.98	GOSV
AMISA				
BT106	Crispbread - Amaranth and Rice	150g	1.99	OV
BT185	Crispbread - Buckwheat W/grain	120g	2.29	GOV
BT289	Crispbread - Quinoa Fibre Plus	100g	1.69	OV
BT398	Crispbread - Spelt/Chia, Org	200g	2.69	OSV
BT291	Crispbread - Veggie Garden GF	100g	1.69	GOV
BT211	Melba Toasts - Spelt, Organic	200g	2.89	OVB
BT307	Spelt Crispbread - Poppysseed Lactose Free	200g	2.79	OV
BT127	Choc/Coconut Coated Rice Cakes	100g	1.99	OS
BT126	Chocolate Coated Rice Cakes	100g	1.89	OS
BIONA				
BT124	Apple & Pear Waffles	175g	2.19	OV
BT336	Blueberry Filled Cookies	175g	1.99	OS
BT167	Caramel Syrup Waffles	175g	2.19	OS
BT166	Hazelnut Syrup Waffles	175g	2.19	OSV
BT018	Honey Filled Waffles 2 Pack	2PK	0.89	OS
BT157	Honey Waffles	175g	2.19	OS
BT123	Maple Syrup Waffles	175g	2.19	OV
CLEARSPRING				
BT129	Brown Rice Crackers-Blk Sesame	40g	1.99	OV
BT130	Brown Rice Crackers-Whole Ses	40g	1.99	OV
BT318	Oatcakes - Sea Vegetable	200g	2.29	OV
BT290	Oatcakes - Sun Dried Tom /Herb	200g	2.19	OV
BT319	Oatcakes, Traditional, Organic	200g	1.99	OV
BT317	Organic Corncakes	130g	1.15	GOV
BT631	Rice Cakes - 3 Grain, Thin,Org	130g	0.99	OV
BT630	Rice Cakes - Lightly Salted	130g	0.99	OV
BT629	Rice Cakes - No Added Salt,Org	130g	0.99	GOV
DOVES FARM				
BT295	Choc Chip Cookies	180g	2.25	GFOSV
BT010	Digestives	200g	1.22	OSV
BT271	Double Chocolate Cookies - GF	180g	2.25	FOSV
BT202	Fruity Oat Digestives	200g	1.55	OSV
BT269	Lemon Zest Cookies - GF	150g	1.59	GFOSV
BT092	Organic Digestive Biscuits	400g	1.99	OS
BT029	Organic Ginger Oat Biscuits	200g	1.79	OSV
BT008	Stem Ginger Cookies - GF	150g	1.59	GFOSV
DR KARG				
BT001	3 Grains & 3 Seeds Crispbreads	200g	2.79	OV
BT355	Chia & Oat Crispbread	200g	2.95	O
BT812	Classic 3 Seed Crispbread	200g	2.55	OV
BT343	Cranberry & Coconut Crispbread	200g	2.99	O
BT815	Emmental Cheese & Pumpkin Seed	200g	2.79	O
BT813	Seeded Spelt Crispbread	200g	2.95	O
BT550	Spelt with Emmental Cheese	200g	3.15	O
BT250	Tomato/Mozzarella Crispbread	200g	2.89	O
DUCHY ORIGINALS				
BT216	Chocolate Vanilla Shortbread	150g	2.95	OS
BT411	Highland Shortbread	150g	2.75	OS
BT418	Oaten Biscuits	150g	2.75	O
BT412	Sicilian Lemon Shortbread	150g	2.75	OS
Chocolate Coated Range				
BT413	Stem Ginger Biscuits Dark Choc	100g	3.49	OS

code	product	size	rrp	bfgosv
	FINN CRISPBREADS			
BT122	Organic Crispbread	200g	2.29	OV
	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
	ISLAND BAKERY ORGANICS			
BT121	Apple Crumbles Organic Biscuit	150g	2.55	OS
BT163	Chocolate Gingers	150g	3.33	OS
BT006	Chocolate Limes	150g	3.33	OS
BT164	Lemon Melts	150g	3.33	OS
BT162	Oat Crumbles	150g	2.15	OS
BT165	Shortbread Biscuits <i>Snack Packs</i>	150g	2.15	OS
BT158	Shortbread Biscuits 2-pack	35g	0.71	OS
	KALLO			
BT184	Corn Cakes OG <i>Rice Cakes</i>	130g	1.79	GOV
BT096	Belgian Choc Mini Rice Cakes	40g	0.99	OS
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
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
	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
BT407	Onion Crispbread	125g	2.99	GOSV
BT093	Quinoa Crispbread	125g	3.99	FGOV
	NAIRNS			
BT273	Oatcakes - Organic	250g	1.25	OV
BT386	Oatcakes -Organic Super Seeded	200g	1.69	O
	ORGANICO			
BT027	Carrot Rubata	150g	2.95	OV
BT026	Real Cheese Rubata	150g	3.45	OV
BT022	Seeded Rubata	150g	2.95	OV
BT024	Tomato Paprika & Onion Rubata <i>Rustic Breadsticks</i>	150g	2.95	OV
BT065	Classic Grissini - og	120g	1.95	OV
BT061	Omega Grissini - og	120g	1.95	OV
BT068	Sesame Grissini - og	120g	2.15	OV
BT067	Spelt Grissini - og	120g	2.5	OV

code	product	size	rrp	bfgosv
RUDE HEALTH FOODS				
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	12 200g	2.5	GOV
SCHNITZER				
BT134	Double Chocolate Cookies	105g	2.59	GOS
TERRASANA				
BT102	Honey Waffles	175g	2.45	O
TRAF0				
BT021	Rice Cakes - Chocolate	60g	1.39	OS
BT017	Rice Cakes - Natural	50g	1.25	OV
BT019	Rice Cakes - Yoghurt	60g	1.39	OS
BODYCARE				
ALASSALA BEAUTY				
DY314	Anti Ageing Day Cream	50ml	14.59	OV
DY810	Argan Oil - Hair	50ml	16.99	OV
DY168	Argan Oil - Sandalwood for Men	50ml	21.99	OV
DY052	Body Lotion- Orange/Lemon Oil	250ml	14.99	O
DY027	Body Lotion-Lavender/Cinnamon	250ml	14.99	O
DY025	Body Wash - Lavender/Cinnamon	250ml	13.99	O
DY031	Body Wash - Orange & Lemon Oil	250ml	13.99	O
DY808	Face & Body Argan Oil	50ml	16.99	OV
DY148	Face/Body Argan Oil - Lavender	50ml	19.99	OV
DY167	Face/Body Argan Oil - Orange	50ml	19.99	OV
DY642	Shea Butter Balm	50ml	8.99	OV
ALOE PURA				
DY040	Aloe Vera Gel OG	200g	6.49	OV
BADGER BALM				
DY309	Cheerful Mind Balm	17g	7.99	O
MD850	Hardworking Hands Balm	21g	5.99	O
MD145	Muscle Rub	21g	5.99	O
MD874	Sleep Balm - Mini	21g	5.99	O
DY674	Tension Soother Balm	17g	7.99	O
<i>Gift Sets</i>				
DY411	Lip Balm Sticks - Blue Pack	sticks	12.99	GO
DY417	Lip Balm Sticks - Green Pack	sticks	12.99	O
<i>Lipcare</i>				
DY733	Highland Mint Lip Refill 6pc	4.2g	3.49	O
DY573	Lavender & Orange Lipcare 6pc	4.2g	3.49	O
BENTLEY ORGANIC				
DY338	Anti Bacterial Hand Sanitizer	50ml	3.31	OV
DY427	Lemon Hand Sanitizer	50ml	3.45	OV
<i>Bodycare</i>				
DY370	calming moisturising Bodywash	250ml	4.11	OV
DY360	Deep Cleansing Bodywash	250ml	4.11	OV
DY357	Detoxifying Body Wash	250ml	4.11	OV
<i>Haircare</i>				
DY397	Conditioner - all hair types	250ml	4.75	OV
DY392	Shampoo - Frequent Use	250ml	4.75	OV

code	product	size	rrp	bfgosv
	Soap & Handwash			
DY393	Calming & Moisturising Soap	150g	2.57	OV
DY355	Calming Moisturising Handwash	250ml	4.11	OV
DY346	Deep Cleansing Handwash	250ml	4.11	OV
DY384	Deep Cleansing Soap	150g	2.57	OV
DY341	Detoxifying Handwash	250ml	4.11	OV
DY372	Detoxifying Soap	150g	2.57	OV
DY162	Revitalising Soap	150g	2.57	OV
DY365	Smoothing Soap	150g	2.57	O

DR BRONNER'S

DY160	Almond Castile Liquid Soap	237ml	6.99	OV
DY191	Almond Castile liquid Soap	473ml	10.5	OV
DY063	Almond Castile Liquid Soap	60ml	2.15	OV
DY208	Almond Castile Liquid Soap	946ml	17.5	OV
DY198	Baby Castile liquid Soap	473ml	10.5	OV
DY074	Baby Castile Liquid Soap	60ml	2.15	VO
DY209	Baby Castile Liquid Soap	946ml	17.5	OV
DY164	Baby Castile Liquid Soap	237ml	6.99	OV
DY183	Lavender Castile Liquid Soap	237ml	6.99	OV
DY205	Lavender Castile Liquid Soap	473ml	10.5	OV
DY088	Lavender Castile Liquid Soap	60ml	2.15	OV
DY213	Lavender Castile Liquid Soap	946ml	17.5	OV
DY182	Orange Castile Liquid Soap	237ml	6.99	OV
DY201	Orange Castile Liquid Soap	473ml	10.5	OV
DY069	Orange Castile Liquid Soap	60ml	2.15	OV
DY210	Orange Castile Liquid Soap	946ml	17.5	OV
DY184	Peppermint Castile Liquid Soap	237ml	6.99	OV
DY207	Peppermint Castile Liquid Soap	473ml	10.5	OV
DY116	Peppermint Castile Liquid Soap	60ml	2.15	VO
DY214	Peppermint Castile Liquid Soap	946ml	17.5	OV

Bar Soap

DY117	Almond Pure Castile Bar Soap	140g	4.5	OV
DY118	Baby Castile Bar Soap	140g	4.5	OV
DY123	Lavender Castile Bar Soap	140g	4.5	OV
DY119	Orange Castile Bar Soap	140g	4.5	OV
DY138	Peppermint Castile Bar Soap	140g	4.5	OV

FAITH

Hand Wash

DY245	Aloe Vera & Tea Tree Hand Wash	300ml	4.19	OV
DY312	Lavender & Geranium Hand Wash	300ml	4.19	OV
DY301	Organic Seaweed Handwash	300ml	4.19	OV

GREEN PEOPLE COMPANY

Gift Sets

DY470	Energise-Mens Hair & Body Gift	each	17.95	OVBF
DY388	Indulge - Night Cream	each	8.5	OVBF
DY437	Joyful-Bodywash & Lotion Gift	each	19.95	OVBF
DY473	Mens Facial Trio Gift Set	each	15.95	OVBF
DY391	Nourish - Hand Cream Gift	each	6.5	OBF
DY380	Refresh - Shower Gel	each	5.5	OVBF
DY414	Revive-Body Wash & Lotion Gift	each	19.95	OVBF
DY462	Soothe - Facial Trio Gift Set	each	15.95	OVBF

Hair & Body Care

DY218	Intensive Repair Shampoo	200ml	14	VO
DY624	Moisturising Conditioner	200ml	13	OV
DY170	Quinoa & Calendula Shower Gel	200ml	14.95	OV

code	product	size	rrp	bfqosv
	<i>Organic Skincare</i>			
DY072	Day Solution SPF15 <i>Organicchildren.com</i>	50ml	18	OV
DY257	Organic Children Bath & Shower	200ml	9.95	VO
DY049	Organic Children Conditioner	200ml	9.95	VO
DY090	Organic Children Shampoo	200ml	9.95	VO
DY259	Organic Children Shampoo	200ml	9.95	VO
DY288	Organic Childrens Conditioner	200ml	9.95	OV
	<i>Sun Care</i>			
DY132	After Sun Lotion	200ml	15.95	O
	LAVERA			
	<i>Basis</i>			
DY963	All in One Cream	150ml	6.95	O
DY597	Cleansing Gel	125ml	6.95	OV
DY596	Cleansing Milk 2 in 1	125ml	7.45	OV
DY590	Deodorant Spray	75ml	8.95	O
DY202	Deodorant- Roll On	50ml	7.95	OV
DY589	Hand Cream	75ml	4.45	OV
DY583	Lip Balm - Jojoba/Shea Butter	4.5g	3.45	O
DY600	Moisturising Body Lotion	200ml	9.45	OV
DY581	Moisturising Face Cream	50ml	10.45	OV
DY585	Shower Gel for Body & Hair	200ml	5.45	OV
DY607	Soft Moisturising Cream	150ml	6.95	OV
	<i>Lips</i>			
DY204	Lip Balm Repair	4.5g	3.95	O
	<i>Men Care</i>			
DY081	Shaving Foam	150ml	6.95	O
	NATRACARE			
	<i>Pads</i>			
NF096	Mini Panty Liner - Curved	30	1.79	VO
NF104	Org Cotton Wrapped Panty Liner	18	1.65	OV
NF048	Organic Cotton Panty Liners	22	2.09	OV
NF296	Panty Liners Long, Wrapped	16	1.65	OV
NF304	Ultra Extra Pad Normal - Wings	12	2.19	OV
NF300	Ultra Extra Pads Long - Wings	8	2.19	OV
NF313	Ultra Extra Super Pads Winged	10	2.19	OV
	<i>Tampons</i>			
NF826	Applicator Tampon - Super	16	2.99	O
NF823	Applicator Tampons - Regular	16	2.89	O
NF030	Tampons Regular - Organic	10	1.69	OV
NF085	Tampons Regular - Organic	20	2.59	VO
NF086	Tampons Super - Organic	20	2.69	OV
NF087	Tampons Super Plus - OG	20	2.79	VO
	<i>Wipes</i>			
NF204	Organic Cotton Intimate Wipes	12	2.19	OV
	ORGANYC			
	<i>Pads</i>			
NF227	Pads - Heavy Flow	10	3.89	OV
NF199	Pads - Moderate Flow	10	3.69	OV
NF245	Pant Liners - Light Flow	24	3.29	OV
NF182	Panty Liners - Light Flow	24	3.69	OV
	<i>Tampons</i>			
NF238	Applicator Tampons - Regular	16	3.39	OV

code	product	size	rrp	bfgosv
SIMPLY GENTLE				
DY097	Cotton Buds - organic	200	2.09	VO
DY429	Organic Cotton Facial Pads	30 pads	3.49	FO
DY098	Organic Cotton Wool Balls	100	1.95	O
DY099	Organic Cotton Wool Pads	100	1.95	O
DY100	Organic Cotton Wool Pleats	100g	1.95	O
TINTS OF NATURE				
DY463	Dry Shampoo	15g	12.95	O
URTEKRAM				
<i>Aloe Vera</i>				
DY264	Aloe Vera Body Lotion	245ml	6.69	OV
DY270	Aloe Vera Conditioner	250ml	5.65	OV
DY905	Aloe Vera Shampoo	250ml	5.35	OV
<i>Brown Sugar</i>				
DY024	Brown Sugar Shampoo	250ml	5.35	FOV
DY020	Brown Sugar Shower Gel	500ml	7.35	FOV
<i>Chamomile</i>				
DY244	Chamomile Conditioner	250ml	5.65	OV
<i>Lime</i>				
DY725	Lime Crystal Roll On Deodorant	50ml	4.89	OV
<i>Mens Range</i>				
DY292	Face & Body Lotion	150ml	4.25	OV
DY289	Hair & Body Wash	150ml	3.89	OV
DY298	Roll On Deodorant	50ml	3.89	OV
<i>Nettle</i>				
DY398	Nettle Shampoo	250ml	5.35	OV
<i>No Perfume</i>				
DY022	No Perfume Liquid Crystal Deo	50ml	4.89	VO
<i>Nordic Berries</i>				
DY286	Body Lotion	245ml	6.69	OV
DY282	Conditioner	200ml	4.75	OV
DY248	Shampoo	250ml	5.65	OV
DY274	Shower Gel	500ml	7.35	OV
<i>Nordic Birch</i>				
DY236	Anti-Bacterial Hand Soap	380ml	6.95	OV
DY238	Creme Deodorant	50ml	4.89	OV
DY249	Hair Conditioner	250ml	5.65	OV
DY240	Shampoo Dry Hair	250ml	5.65	OV
DY247	Shower Gel	500ml	7.35	OV
<i>Rose</i>				
DY702	Rose Body Lotion	245ml	6.69	OV
DY060	Rose Crystal Deodorant	50ml	4.89	OV
DY396	Rose Shower Gel	500ml	7.35	OV
WELEDA				
<i>Body Care</i>				
DY101	Birch Cellulite Oil	100ml	21.95	OV
<i>Facial Care</i>				
DY949	Almond Soothing Cleaning Lot'n	75ml	9.95	OV
DY952	Almond Soothing Facial Lotion	30ml	14.95	O
DY951	Almond Soothing Facial Oil	50ml	16.95	OV
YES YES YES COMPANY LTD				
DY187	Plant Based Intimate Lubricant	40ml	5.99	OV
DY193	Plant Based Intimate Lubricant	80ml	9.99	OV
DY179	Water Based Intimate Lubricant	100ml	9.99	OV

code	product	size	rrp	bfgo
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BREADS & BREAD MIXES

AMAZIN

BT268	Og Tortilla Wraps Extra Fibre	240g	2.35	OV
BT329	Organic Tortilla Wraps	240g	2.35	O

AMISA

BT437	Deep Pan Pizza Bases	260g	3.99	GOSV
BT125	Olive Ciabatta	180g	2.99	GOV

BIONA

BT298	Butter Croissants - organic	200g	2.99	O
BT465	Millet Bread - Organic	250g	3.49	O
BT135	Pizza Base - 2 Per Retail Pack	300g	2.39	OV
BT440	Pumpernickel Bread	500g	1.89	OV
BT461	Rice Bread with Sunflower Seed	500g	4.29	OV
BT464	Rye Bread - Amaranth & Quinoa	500g	1.89	OV
BT073	Rye Bread - Chia & Flax	500g	2.19	OV
BT041	Rye Bread - Coconut&Cranberry	500g	2.19	OV
BT438	Rye Bread - Hemp Seed	500g	1.99	OV
BT206	Rye Bread - Omega 3	500g	1.89	OV
BT207	Rye Bread - Pumpkin Seed	500g	1.99	OV
BT210	Rye Bread - Sunflower Seed	500g	1.89	OV
BT439	Rye Bread - Vitality	500g	1.99	OV
BT145	Rye Bread - Wholegrain	500g	1.89	OV
BT422	Spelt Pizza Base - Organic	300g	3.49	OV

EVERFRESH NATURAL FOODS

BT048	Malt & Raisin Loaf	290g	1.55	OV
BT047	Mixed Grain Bread	400g	2.95	GOV
BT049	Rye Sourdough Bread	400g	1.62	OV
BT934	Sprouted Rye Bread	400g	1.95	OV
BT935	Sprouted Spelt Bread	400g	2.79	OV
BT229	Sprouted Wheat & Stem Ginger	400g	2.19	OV
BT086	Sprouted Wheat Bread	400g	1.89	OV
BT886	Sprouted Wheat Carrot & Raisin	400g	2.19	OV
BT546	Sprouted Wheat Hemp Bread	400g	2.45	OV

FLORENTIN

BT360	Pitta Bread - white	260g	1.59	OV
BT376	Pitta Bread - wholemeal	280g	1.55	OV

PROFUSION

BT405	Protein Bread - Rye / Flax	250g	2.79	O
BT071	Super Oat Bread - Rye & Chia	500g	2.39	OV
BT131	Turmeric Rice Bread	250g	2.69	GOV

SCHNITZER GLUTEN FREE

BT467	Baguette Classic	360g	3.45	GOV
BT466	Baguette Grains 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

AMISA

KJ103	Tomato / Herb Burger Mix	140g	1.99	GOV
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code	product	size	rrp	bfgosv
	CLEARSPRING			
SY074	Organic Soya Chunks	200g	2.99	OSV
SY071	Organic Soya Mince	300g	3.49	OSV
	JUST WHOLEFOODS			
VF706	Vegetarian Banger Mix -organic	125g	1.55	OV
VF705	Vegetarian Burger Mix	125g	1.55	OV
	BUTTER & CREAM (CHILLED)			
	CALON WEN			
CV277	Lightly Salted OG Welsh Butter	250g	2.39	O
CV204	Unsalted Org Welsh Butter	250g	2.44	O
	RACHELS DAIRY			
CV068	Butter - slightly salted OG	250g	2.69	O
CV625	Butter - unsalted OG	250g	2.69	O
CV264	Creme Fraiche OG	200ml	1.45	O
	VRAI			
CV537	Traditional Unsalted Butter	250g	3.15	O
	YEO VALLEY			
CV304	Butter - organic	250g	2.15	O
CV292	Spreadable Butter	250g	2.15	O
	<i>Minimum 4 days shelf life</i>			
PO101	Double Cream	227ml	1.29	O
CV309	Half Fat Creme Fraiche - OG	200g	1.19	O
	CAKES			
	EVERFRESH NATURAL FOODS			
BT246	Banana Cake - Organic	300g	3.59	OV
BT242	Carrot Cake with Raisins - Org	400g	3.59	OV
BT241	Date & Pecan Cake - Organic	400g	4.25	OV
BT089	Fruit Cake - Organic	400g	3.15	OV
BT238	Stem Ginger Cake - Organic	380g	4.25	OV
	CEREALS & MUESLIS			
	SUMA MUESLI			
MX209	Fruit Burst Muesli - Organic	500g	3.45	OV
MX211	GF Multigrain Muesli - Organic	500g	3.59	GOV
MX196	Nutty Crunch Muesli - Organic	500g	3.65	OV
MX210	Simply Muesli Base - Organic	500g	1.95	OV
MX191	Swiss Twist Muesli - Organic	500g	2.89	O
	ALARA			
MX077	Gluten Free Scottish Granola	400g	4.99	GO
MX075	Gluten Free Scottish Muesli	500g	4.45	GOV
MX176	Maca's Secrets Adults Muesli	400g	3.39	O
	<i>Everyday Range</i>			
MX031	Rich Muesli - organic	500g	2.99	OV
	<i>Into The Garden Range</i>			
MX236	Active Muesli - organic	400g	5.89	GOV
MX050	G/F Goji & Cranberry Muesli	650g	5.39	GOV
MX234	Very Berry Muesli Organic	600g	5.49	OV
	<i>Traditional Range</i>			
MX023	Gluten Free Muesli - organic	250g	2.99	GOV
	AMISA			
FX016	Organic Porridge Oats	325g	2.59	GOV
MX007	Spelt Crispy Flakes - Organic	250g	2.89	O
MX029	Spelt Puffs - Organic	200g	2.29	OV

code	product	size	rrp	bfgosv
	BIG OZ			
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
	BIOFAIR			
FX018	Quinoa Flakes Organic	400g	5.69	FO
MX009	Quinoa Pops Organic, FT	120g	4.49	GFO
	BIONA			
MX198	Choco Coco Granola - Organic	375g	3.69	OS
MX199	Honey Hazel Granola - Organic	375g	3.99	O
MX201	Wild Berry Granola - Organic	375g	4.39	OS
	CLEARSPRING			
MX040	GF Instant Mega Porridge	160g	2.99	OV
MX046	GF Instant Super Porridge	160g	2.99	OV
	DOVES FARM			
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	300g	3.35	GOSV
	KALLO			
MX124	Puffed Rice Cereal - Natural	225g	2.99	GOV
	LIZI'S			
MX133	Lizi's Organic Granola	500g	5.29	OV
	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	355g	4.19	GOSV
MX884	Millet Rice	375g	3.65	OV
	<i>Kids Range</i>			
MX166	Choc Munch	284g	3.89	GOS
MX602	Gluten Free Munch	300g	3.89	GOSV
	PERTWOOD ORGANIC FARM			
MX814	Muesli Delicious Fruits	650g	3.75	OV
MX813	Muesli Fruit and Seed	650g	3.49	OV
	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	350g	6.99	GOSV
	PRIMROSE'S KITCHEN			
MX221	Courgette & Cacao Granola	300g	6.95	OV
MX246	Lemon/Goji/Pepper Granola	400g	6.95	OV
MX243	Oatmeal and Chia	480g	3.99	OV
MX245	Orange / Cashew Granola	400g	6.95	OV
MX244	Porridge Oats	500g	3.99	OV

code	product	size	rrp	bfgo
RUDE HEALTH FOODS				
MX018	Banana Berry Oats <i>Children's</i>	325g	3.79	OV
MX232	Honey Puffed Spelt <i>Granola</i>	175g	3.49	O
MX006	Strawberry & Raspberry Granola	450g	5.99	O
MX135	Ultimate Granola <i>Muesli</i>	500g	5.99	O
MX060	Organic Ultimate Muesli	500g	5.99	OV
MX128	Super Seed Muesli Organic <i>Porridge</i>	500g	4.49	OV
MX208	Sprouted Porridge Oats Org GF	500g	4.99	GOV
WHOLE EARTH				
MX172	Classic Cornflakes - organic	375g	2.49	GOSV
MX158	Cocoa Crunch - og	375g	2.99	OSV
MX174	Maple Frosted Flakes - og	375g	3.29	GOSV
MX155	Organic Muesli	750g	3.49	OSV
MX162	Red Fruit Crunch - og	450g	3.59	OS
CHEESE SUBSTITUTES (CHILLED)				
BIDDY MERKINS				
CV101	Vegeterella - Cheddar OG	170g	1.49	O
VIOLIFE				
CV014	Organic Original Block	400g	6.85	OV
CV013	Organic Original Slices	200g	3.89	OV
CHEESE, COWS MILK (CHILLED)				
BIONA				
CV076	Organic Emmental Cheese	200g	4.29	O
CALON WEN				
<i>Soil Association Ethical Trade</i>				
CV216	Creamy Mellow Cheddar 350g	350g	4.25	O
CV215	Extra Mature Cheddar 350g	350g	4.45	O
CV397	Extra Mature Organic Cheddar	200g	2.79	O
CV398	Mellow Organic Cheddar	200g	2.49	O
HIGH WEALD DAIRY				
CV082	Org Cow & Sheeps Milk Halloumi	per kg	19.99	O
LEAGRAM ORGANIC DAIRY				
CV578	Organic Bob's Knob	300g	8.39	O
LYE CROSS				
CV523	Cheshire - organic	245g	3.39	O
CV049	Double Gloucester - organic	245g	3.39	O
CV506	Mature Cheddar - organic	245g	3.55	O
CV166	Medium Cheddar - organic	245g	3.39	O
CV477	Mild Cheddar - organic	245g	3.25	O
CV634	Mini Cheddar Snacks	100g	1.29	O
CV332	Organic Mature Cheddar Slices	200g	2.95	O
CV189	Organic Mature Grated Cheddar	180g	2.55	O
CV105	Red Leicester - organic	245g	3.39	O
CV296	Stilton - organic	150g	2.99	O
CV522	Vintage Cheddar - organic	245g	3.69	O
CV478	Wensleydale - organic	245g	3.39	O
MOZZA				
<i>Minimum 4 days shelf life</i>				
CV066	Mozzarella Cheese	125g	2.09	O

code	product	size	rrp	bfgosv
	OMA			
CV447	Organic Cottage Cheese	200g	2.19	O
	CHOCOLATE			
	SUMA PREPACKS - ORGANIC			
KB137	Cacao Nibs - Organic	100g	1.99	OV
	BOOJA BOOJA			
	<i>Artist's Collection Gift Boxes</i>			
KB927	Fine De Champagne Truffles	185g	19.99	GFOVS
KB929	Hazelnut Truffles	185g	19.99	GFOVS
	<i>Chilled Truffles</i>			
KB656	Champagne Truffles	138g	9.49	GOSV
	<i>Four Corners</i>			
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
	<i>Gift Range</i>			
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
	DOISY & DAM			
	<i>100g Bars</i>			
KB069	Cacao Nibs Bar	100g	3.75	OS
KB068	Coconut & Lucuma	100g	3.75	OSV
KB065	Dark Chocolate Goji & Orange	100g	3.75	OSV
KB073	Date & Himalayan Salt Bar	100g	3.75	SO
KB066	Ginger, Chilli & Hemp Seed	100g	3.75	OSV
KB074	Lemon, Poppy Seed & Baobab	100g	3.75	OS
ZX800	Maple, Toast Rice & Pink Salt	100g	3.75	OSV
	<i>40g Bars</i>			
KB092	Coconut & Lucuma bar	40g	1.45	OSV
KB110	Date & Himalayan Pink Salt	40g	1.45	OS
KB078	Ginger, Chilli & Hemp Seed	40g	1.45	OSV
KB077	Goji & Orange Bar	40g	1.45	OSV
KB076	Maca, Vanilla & Cacao Nibs	40g	1.45	OSV
ZX801	Maple, Toast Rice & Pink Salt	40g	1.45	OSV
KB148	Mulberry, Sesame & Spirulina	40g	1.45	OS
	<i>80g Bars</i>			
KB047	Maca, Vanilla & Cacao Nibs	80g	2.69	OSV
	EQUAL EXCHANGE			
KB847	38% Milk Chocolate	100g	2.79	FOS
KB659	55% Dark Caramel & Sea Salt	100g	2.79	FOS
KB844	65% Ecuador Dark	100g	2.79	FOSV
KB698	65% Organic Dark Orange	100g	2.79	FOSV
KB654	71% Organic Very Dark	100g	2.79	FOSV
KB640	Lemon, Ginger & Pepper	100g	2.79	OSV
	GREEN & BLACKS			
KB942	Miniature Collection, Dark	180g	6.99	FOSV
KB665	Miniature Collection, Milk	180g	6.99	FOS
KB746	Miniature Collection, Original	180g	6.99	FOS
KB940	Tasting Collection	395g	12.99	FOS
KB615	The Connoisseur Collection	580g	17.99	FOS
KB146	Treat Collection	90g	2.99	FOS

code	product	size	rrp	bfgosv
	<i>100g Bars</i>			
KB116	70% Dark Chocolate	100g	2.32	FOS
KB034	85% Dark Chocolate	100g	2.32	FOS
KB796	Dark Choc Hazelnut & Currant	100g	2.32	FOS
KB935	Dark Chocolate & Burnt Toffee	100g	2.32	FOS
KB132	Dark Chocolate & Ginger	100g	2.32	FOS
ZX251	Maya Gold Dark Chocolate	100g	2.32	FOS
KB908	Milk Choc & Chopped Almonds	100g	2.32	FOS
ZX239	Milk Chocolate	100g	2.32	FOS
KB133	Milk Chocolate & Butterscotch	100g	2.32	FOS
KB620	Milk Chocolate & Orange	100g	2.32	FOS
KB134	Milk Chocolate & Sea Salt	100g	2.32	FOS
ZX302	Mint Dark Chocolate	100g	2.32	FOS
KB370	White Chocolate	100g	2.32	FOS
	<i>Minibars</i>			
KB199	70% Dark Chocolate	35g	0.89	FOS
KB198	Milk Chocolate	35g	0.89	OS
KB136	Milk Chocolate & Butterscotch	35g	0.89	OS
KB177	White Chocolate	35g	0.89	FOS
	<i>Thin Bars</i>			
KB873	Dark Thins Bar	100g	2.29	FOS
KB872	Milk Thins Bar	100g	2.29	FOS
KB874	Salted Caramel Thins Bar	100g	2.29	FOS
ZX895	Sea Salt Dark Thins Bar	100g	2.29	FOS

LOVING EARTH

30g Bars

ZX829	Caramel Raw Chocolate	30g	1.75	OSV
ZX833	Coconut Mylk Dark Chocolate	30g	1.75	OSV
ZX830	Creamy Coconut Mylk Chocolate	30g	1.75	OSV
ZX220	Hazelnut Mylk Chocolate	30g	1.99	OSV
ZX217	Lemon Cheesecake Caramel Choc	30g	1.75	OSV
ZX225	Mandarin & Gubinge Chocolate	30g	1.75	OSV
ZX832	Mint Dark Raw Chocolate	30g	1.75	OSV
ZX222	Raspberry Cashew Mylk Choc	30g	1.99	OSV
ZX831	Raw Dark Chocolate	30g	1.75	OSV
ZX834	Salted Caramel Raw Chocolate	30g	1.75	OSV

45g Range

ZX113	Banoffee Bang Bang Choc	45g	2.99	SVO
ZX114	Coffee Ka-Paw, Dark Choc truffle	45g	2.99	OSV
ZX116	Salted Caramel Swayzee	45g	2.99	OSV
ZX115	Turkishly Delightful Truffle	45g	2.99	OSV
ZX111	Very Buck 'N Berry Raw Choc	45g	2.99	SVO

80g Bars

ZX224	85% Dark Chocolate	80g	4.55	OSV
ZX823	Caramel Raw Chocolate	80g	3.99	OSV
ZX825	Creamy Coconut Mylk Chocolate	80g	3.99	OSV
ZX824	Crunchy Mint Raw Dark Choc	80g	3.99	OSV
ZX826	Dark Raw Chocolate	80g	3.99	OSV
ZX221	Hazelnut Mylk	80g	4.55	OSV
ZX219	Lemon Cheesecake Caramel Choc	80g	3.99	OSV
ZX228	Mandarin & Gubinge Chocolate	80g	3.99	OSV
ZX827	Mylk Dark Raw Chocolate	80g	3.99	OSV
ZX223	Raspberry Cashew Mylk Choc	80g	4.55	OSV
ZX828	Salted Caramel Raw Chocolate	80g	3.99	OSV

code	product	size	rrp	bfgosv
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MONTEZUMA'S

100g Organic Bars

KB196	73% Very Dark Chocolate	100g	2.45	OSV
KB254	Dark Choc, Geranium & Orange	100g	2.45	OSV
KB194	Dark Chocolate & Chilli	100g	2.45	OSV
KB191	Milk Chocolate	100g	2.45	OS
KB617	Milk Chocolate & Butterscotch	100g	2.45	OS
KB186	Milk Chocolate the Dark Side	100g	2.45	OS
KB616	Milk Chocolate, Chilli & Lime	100g	2.45	OS
KB187	White Chocolate	100g	2.45	OS

Giant Buttons

KB272	Dark Chocolate Button Bags	180g	3.79	OV
KB271	Milk Chocolate Button Bags	180g	3.79	O
KB270	White Chocolate Button Bag	180g	3.79	OS

Mini Bars

KB416	73% Very Dark Chocolate	30g	1.09	OS
KB414	Milk Chocolate	30g	1.09	SO
KB418	Milk Chocolate & Butterscotch	30g	1.09	OS

MOO FREE

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	GSOV

MULU RAW CHOCOLATE

ZX028	Raw Chocolate - 85% Dark	37g	2.49	OSV
ZX030	Raw Chocolate - Banana	37g	2.49	OSV
ZX031	Raw Chocolate - Chai	37g	2.49	OSV
ZX043	Raw Chocolate - Coconut	37g	2.49	OSV
ZX019	Raw Chocolate - Hazelnut	37g	2.49	OSV

OMBAR RAW CHOCOLATE

ZX659	90% Raw Chocolate	35g	1.99	OV
KB759	Blueberry & Acai Chocolate	35g	1.99	OV
KB761	Coco Dark Chocolate	35g	1.99	OV
KB406	Coco Mylk Raw Chocolate	35g	1.99	OV
ZX657	Coconut & Vanilla Centre	35g	1.99	OV
KB766	Cranberry & Mandarin Chocolate	35g	1.99	OV
KB763	Dark 72% Raw Chocolate	35g	1.99	OV
KB760	Goji Berry Chocolate	35g	1.99	OV
KB857	Lemon & Green Tea Chocolate	35g	1.99	OV
ZX663	Raspberry & Coconut Centre	35g	1.99	OV
KB764	Strawberry Mylk Raw Chocolate	35g	1.99	OV

Buttons

KB492	Coco Mylk Chocolate Buttons	25g	1.49	OVS
ZX661	Dark 72% Chocolate Buttons	25g	1.49	OV

ORGANIC SEED & BEAN COMPANY

KB735	37% Milk Choc & Tangerine	85g	2.69	FOS
KB152	37% Milk Choc, Hazels & Almonds	85g	2.69	FOS

code	product	size	rrp	bfgosv
KB733	37% Milk Chocolate	85g	2.69	FOS
ZX792	37% Milk Coffee Mocha	85g	2.69	FOS
ZX794	58% Dark Aromatic Fennel	85g	2.69	FOSV
KB970	58% Dark Choc & Espresso	85g	2.69	FOS
KB155	58% Dark Choc & Hazelnuts	85g	2.69	FOSV
KB979	58% Dark Choc, Lemon & Cardamon	85g	2.69	FOS
ZX793	58% Dark Sweet Orange & Thyme	85g	2.69	FOSV
KB740	66% Dark, Raspberry & Coconut	85g	2.69	OSV
KB736	70% Dark Choc & Sea Salt	85g	2.69	FOSV
KB767	72% Dark Choc & Lavender	85g	2.69	FOSV
KB200	72% Dark Choc & Mint	85g	2.69	FOSV
KB773	72% Dark Choc, Chilli & Lime	85g	2.69	FOSV
KB743	72% Dark choc, Dominican	85g	2.69	FOSV
KB772	72% Dark Choc, Mandarin & Ginger	85g	2.69	FOSV
ZX795	80% Dark Choc Wild Ecuador	75g	3.99	FOSV
ZX313	Raspberry & Vanilla White Bar	85g	2.69	FOS
ZX126	Sea Salt & Tropical Lime	85g	2.69	FOS
KB742	White Choc, Lemon & Poppy Seed	85g	2.69	FOS
ORGANICA				
KB359	Non Dairy Milk Chocolate	100g	2.75	OSV
KB277	Vegan Diets White Chocolate	100g	2.89	FOVS
PLAMIL				
<i>Organic Large Bars</i>				
KB797	Dark Chocolate - OG	100g	3.19	GOSV
KB139	Fairtrade Organic Alternative	100g	3.59	GFOVS
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				
<i>Raw Chocolate Bars</i>				
ZX887	Ginger & Lemon	44g	1.99	GOSV
KB057	Goji Berry & Orange	44g	1.99	GFOV
KB061	Pitch Dark	44g	1.99	GFOV
ZX888	Salted Vanoffe & Hazelnut	44g	2.49	GOSV
KB063	Vanoffe	44g	1.99	GFOV
<i>Raw Chocolate Coated Fruit</i>				
KB054	Chocolate Covered Mulberries	125g	5.99	GOV
KB053	Goji Berries	125g	5.99	GFOV
KB360	Goji Berries - Snack Pack	28g	1.49	FOV
KB362	Mulberries - Snack Pack	28g	1.49	FOV
KB855	Raisins - Snack Pack	28g	1.49	OV
KB903	Vanoffe Covered Mulberries	125g	5.99	FOV
<i>Raw Chocolate Covered Fruit</i>				
ZX886	Goldenberries	28g	1.59	GOSV
ZX884	Raw Chocolate Covered Almonds	25g	1.59	GOSV
ZX182	Raw Chocolate Covered Almonds	110g	5.99	OSV
ZX885	Raw Chocolate Covered Ginger	28g	1.59	GOSV
ZX181	Raw Chocolate Covered Ginger	125g	5.99	OSV
ZX889	Vanoffe Covered Mulberries	28g	1.59	GOSV
VEGO				
KB821	Mini Whole Hazel Chocolate Bar	65g	2.09	FOVS
KB943	Vegolino Pralines	180g	5.73	FOSV
KB489	Whole Hazelnut Chocolate Bar	150g	3.59	FOV
VIVANI ORGANIC CHOCOLATE				
KB485	71% Dark Chocolate	100g	2.19	OS
KB851	Dark Choc & Almonds	100g	2.39	OS

code	product	size	rrp	bfgosv
KB486	Dark Choc & Cassis Filling	100g	2.39	OS
KB693	Dark Choc & Nougat	100g	2.39	OS
KB487	Dark Choc & Peppermint Filling	100g	2.39	OS
KB849	Dark Choc & Whole Hazelnuts	100g	2.39	OS
KB484	Dark Chocolate & Orange	100g	2.39	OS
KB243	Dark Marzipan Amaretto	100g	2.39	OS
KB488	Milk & White Cappuccino Choc	100g	2.39	OS
KB694	Milk Choc & Caramel Cream	100g	2.39	OS
KB481	Milk Choc & Hazelnuts	100g	2.39	OS
KB480	Milk Choc & Praline Filling	100g	2.39	OS
KB479	Milk Chocolate	100g	2.19	OS
KB512	Rice Chocolate 40% Cocoa	100g	2.39	OSV
	<i>Minibars</i>			
KB420	Almond Orange Rice Chocolate	35g	1.09	OSV
KB430	Black Cherry	35g	1.09	OSV
KB447	Creamy Caramel	40g	1.09	OS
KB728	Crispy Corn Flakes	35g	1.09	OSV
KB475	Dark Nougat Croccante	35g	1.09	OSV
KB452	Espresso Biscotti	40g	1.09	OS
KB737	Milk Chocolate - Milk Filling	35g	1.09	OS
KB690	Strawberry Wafer Crunch	35g	1.09	SOV
KB476	White Nougat Crisp	35g	1.09	OSV
	<i>Premium</i>			
KB632	85% Dark Chocolate	100g	2.39	OS
KB407	92% Dark Choc Panama Estate	80g	2.49	OV
KB483	Cocoa & Coconut Blossom Sugar	80g	2.49	OS
KB901	Dark 75% Chocolate	80g	2.49	OSV
KB048	Dark Choc & Cranberry	100g	2.49	OSV
KB638	White Choc & Vanilla	100g	2.49	OS
	<i>Vivani iChoc</i>			
KB897	Almond & Orange	80g	2.29	OSV
KB882	Choco Cookie	80g	2.29	OSV
KB224	Expedition Jungle Bites	50g	1.89	VSO
KB223	Expedition Sunny Almond	50g	1.89	VSO
KB922	Milkless Chocolate	80g	2.29	VOS
KB738	Super Nut	80g	2.29	VOS
KB881	White Nougat Crisp	80g	2.29	OSV
KB898	White Vanilla	80g	2.29	OSV
	ZOTTER CHOCOLATE			
	<i>Labooko Twin Bars</i>			
KB917	Peru Dark 100%	65g	3.09	FOV
	CHOCOLATE & SWEET SPREADS			
	BIONA			
GH043	Carobia - Carob hazel spread	400g	3.99	OS
GH112	CocoBella Spread Organic	250g	4.99	OSV
GH840	Dark Chocolate Spread - org	350g	3.39	OSV
GH010	Milk Choc Hazel Spread - org	350g	3.89	OS
	ESSENTIAL TRADING			
GH092	Dark Chocolate Spread	400g	3.09	FOSV
GH089	Duo Swirl Chocolate Spread	400g	3.25	FOS
	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
	RAW HEALTH			
GH033	Raw Cacao Brazilnut Bliss	170g	4.99	OV

code	product	size	rrp	bfgosv
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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
	<i>Two Packs</i>			
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

CIDERS

ASPALL

RT023	Aspall Organic Suffolk Cyder	500ml	3.35	OV
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DUNKERTONS

RT015	Premium Organic Cider	500ml	2.93	OV
RT191	Sparkling Organic Perry	500ml	3.37	OV

FRENCH CIDER

RT190	Cidre Brut	75cl	5.81	OV
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LUSCOMBE DRINKS

RT011	Devon Cider - og	320ml	2.13	OV
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WESTONS

RT006	Wildwood Premium Org Cider	500ml	3.15	OV
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COCOA

SUMA PREPACKS

LJ189	Cocoa Powder - Organic	250g	4.79	FOV
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EQUAL EXCHANGE

TE491	Hispaniola Cocoa Powder - og	250g	4.49	FOV
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GREEN & BLACKS

TE453	Cocoa Powder - organic	125g	2.55	FOV
TE131	Hot Chocolate	300g	4.39	FOS

MONTEZUMA'S

KB190	Dark Drinking Chocolate	300g	5.49	FOSV
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COFFEE

SUMA

Bulk Packs

TE103	Colombia Cosurca Beans	1kg	20.28	FOV
TE656	Espresso Beans	1kg	19.69	FOV
TE101	Ethiopia Yirgacheffe Beans	1kg	21.28	FOV
TE109	Honduras Coffee Beans	1kg	17.24	FOV
TE758	Medium Roast Ground Coffee	1kg	19.2	FOV
TE106	Peru Cepicafe Beans	1kg	18.21	FOV
TE107	Sumatra Gaya Highlands Beans	1kg	20.56	FOV
TE113	Swiss Water Decaff Beans	1kg	21.28	FOV

Roast and Ground Coffees

TE014	Bolivia Femenino Ground Coffee	227g	4.65	FOV
TE372	Colombia Ground Coffee	227g	4.65	FOV
TE400	Decaffeinated Ground Coffee	227g	5.25	FOV

code	product	size	rrp	bfgosv
TE650	Espresso Ground Coffee	227g	4.99	FOV
TE015	Ethiopia Harar Ground Coffee	227g	5.79	FOV
TE374	Ethiopia Yirgacheffe Ground	227g	4.99	FOV
TE384	Honduras Ground Coffee	227g	4.29	FOV
TE658	India Araku Valley Ground	227g	4.99	FOV
TE643	Medium Roast Ground Coffee	227g	3.99	FOV
TE397	Peru Ground Coffee	227g	4.59	FOV
TE641	Suma Dark Roast	227g	3.99	FOV
TE399	Sumatra Ground Coffee	227g	4.65	FOV
	<i>Roast Whole Bean Coffees</i>			
TE373	Colombia Coffee Beans	227g	4.65	FOV
TE655	Espresso Coffee Beans	227g	4.99	FOV
TE375	Ethiopia Yirgacheffe Beans	227g	4.99	FOV
TE401	Peru Coffee Beans	227g	4.59	FOV
	CAFEDIRECT			
	<i>Instant Coffees</i>			
TE949	Classic, decaffeinated instant	100g	5.25	FOV
TE792	Smooth Blend Instant - og	100g	4.99	FOV
	<i>Roast & Ground Coffees</i>			
TE952	Machu Picchu Ground Coffee	227g	4.5	FOV
TE950	Medium Roast & Ground Organic	227g	4.6	FOV
TE794	Peru Ground Coffee	227g	4.79	FOV
TE793	Smooth Blend Ground Coffee	227g	4.59	FOV
	<i>Roast Wholebean Coffees</i>			
TE791	Espresso Blend Coffee Beans	227g	4.59	FOV
TE901	Machu Picchu Coffee Beans - og	227g	4.5	FOV
TE795	Peru Coffee Beans	227g	4.79	FOV
	CLIPPER			
	<i>FOOD SERVICE RANGE</i>			
TE724	Instant - Fairtrade & Organic	500g	21.45	FOV
TE526	Instant Organic Decaff	500g	25	FOV
	<i>Instant Coffees</i>			
TE879	Fairtrade Org Decaf Instant	100g	4.69	FOV
TE422	Fairtrade Organic Instant	100g	3.99	FOV
TE739	Fairtrade Organic Instant	100g	4.39	FOV
TE076	Fairtrade Organic Instant	100g	4.55	FOV
	<i>Roast and Ground Coffees</i>			
TE845	Decaffeinated Ground Coffee	227g	4.45	FOV
TE849	Italian Style Ground Coffee	227g	3.89	FOV
TE705	Papua New Guinea Ground Coffee	227g	3.89	FOV
	EQUAL EXCHANGE			
TE347	D.R. Congo	227g	4.89	FOV
	<i>Roast & Ground Coffees</i>			
TE872	Anytime Med Roast Og Ground	227g	4.69	FOV
TE875	Colombian Excelso - og	227g	4.89	FOV
TE874	Dark City Og Ground Coffee	227g	4.69	FOV
TE870	Decaffeinated Ground Coffee	227g	4.99	FOV
TE867	Ethiopia Yirgacheffe Og Ground	227g	4.89	FOV
TE812	Guatemalan Ground Coffee	227g	4.89	OV
TE866	Italian Blend Ground Coffee	227g	4.89	FOV
TE876	Women Grew This- Ground Coffee	227g	4.89	FOV
	<i>Roast Wholebean Coffees</i>			
TE898	Anytime Med Roast Og Beans	1kg	18.95	FOV
TE394	Colombia Excelso Og Beans	227g	4.89	FOV
TE416	D.R. Congo	227g	4.89	FOV

code	product	size	rrp	bfgovs
TE402	Dark City Og Coffee Beans	227g	4.69	FOV
TE403	Decaffeinated Og Coffee Beans	227g	4.99	FOV
TE896	Espresso - og	1kg	18.95	FOV
TE834	Guatemalan Og Coffee Beans	227g	4.89	OV
TE408	Italian Blend Coffee Beans	227g	4.89	FOV
TE008	Italian Blend Og Coffee Beans	1kg	18.95	FOV
TE371	Medium Roast Coffee Beans	227g	4.69	FOV
TE409	Women Grew This - Coffee Beans	227g	4.89	FOV

GRUMPY MULE

Gift Range

TE846	Mini Tin Gift Set	3 x 75g	14.99	FOV
TE815	Socks Box Gift Set	1	14.99	FOV

Roast & Ground Coffees

TE286	Cafe Equidad - Colombia	227g	4.65	FOV
TE559	Cafe Femenino - Peru	227g	4.65	FOV
TE289	Decaffeinated	227g	5.25	FOV
TE032	Espresso - Landscape Blend	227g	4.99	FOV
TE265	Ethiopia Yirgacheffe	227g	4.99	FOV
TE852	India Araku	227g	4.99	FOV
TE285	Sumatra Gaya Highlands	227g	4.65	FOV

Roast Wholebean Coffees

TE718	Cafe Equidad - Colombia. Beans	227g	4.65	FOV
TE290	Espresso - Landscape Blend	227g	4.99	OV

PERCOL

Roast & Ground Coffees

TE803	All Day Americano Fairtrade og	200g	4.49	FOV
TE805	Lively Latino Fairtrade - og	200g	4.49	FOV

SOURCE CLIMATE CHANGE COFFEE

Roast & Ground Coffees

TE272	Organic Mexican - Med Roast	227g	4.99	OV
TE895	Organic Rwanda	227g	5.49	OV
TE738	Organic Uganda - Dark Roast	227g	4.99	OV

UNION HAND ROASTED

Roast and Ground Coffees

TE944	Natural Spirit	200g	5.5	FOV
TE945	Yirgacheffe Ethiopia	200g	5.5	FOV

COFFEE SUBSTITUTES

BARLEYCUP

TE698	Instant Cereal Drink Organic	100g	3.69	OV
TE480	Organic Chicory Cup	100g	3.95	OV

LIMA

TE057	Yannoh Instant	125g	5.35	VO
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PREWETTS

TE589	Chicory Drink - Organic	100g	3.05	OV
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WHOLE EARTH

TE389	Nocaf - organic	100g	2.99	VO
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CONVENIENCE FOODS

FREE & EASY

VF125	Bean Cassoulet - og	400g	2.09	OV
VF116	Chick Pea & Bean Tagine	400g	2.09	OV
VF006	Chick Pea/Vegetable Curry - og	400g	2.09	OV
VF014	Three Bean Chilli - og	400g	2.09	OV
VF127	Vegetable Balti - og	400g	2.09	OV
VF128	Vegetable Hotpot - og	400g	2.09	OV

code	product	size	rrp	bfgosv
GEO ORGANICS				
VF102	Green Lentil & Red Kidney Dahl	400g	1.85	OV
VF251	Mildly Spiced Thick Veg Stew	400g	1.65	OV
VF081	Organic Bombay Potatoes	400g	1.85	OV
VF079	Organic Chickpea & Lentil Dahl	400g	1.85	OV
VF080	Organic Saag Aloo	400g	1.85	OV
VF253	Thick Vegetable Hot Pot	400g	1.65	OVS
QUINOLA MOTHERGRAIN				
KJ462	Express Golden Vegetables	250g	2.55	FOV
KJ464	Express Indian Chickpea	250g	2.55	FOV
KJ466	Express Pearl & Red Quinoa	250g	2.55	FOV
KJ465	Express Pearl and Black Quinoa	250g	2.55	FOV
KJ467	Express Spicy Mexican	250g	2.55	FOV
KJ468	Express Spilt Pea	250g	2.55	FOV
SUNITA				
FG601	Polenta - organic	500g	1.99	OV
CRISPS & SNACKS				
SUMA PREPACKS - ORGANIC				
ZX931	Bombay Mix - organic	125g	0.95	OV
ZX552	Bombay Mix - organic	250g	1.59	OV
AMAIZIN				
ZX544	Bio Corn Chips Chilli	75g	1.25	OV
ZX589	Bio Corn Chips Nachos	150g	2.19	GOS
ZX543	Bio Corn Chips Natural	150g	1.69	OV
ZX542	Bio Corn Chips Natural	75g	1.25	OV
ZX546	Bio Corn Chips Paprika	75g	1.25	OV
ZX429	Natural Corn Chips Value Bag	250g	2.29	OV
ZX406	Tomato Corn Rolls	100g	1.49	OS
BIONA				
ZX424	Potato Chips - Lightly Salted	100g	2.13	OV
CLEARSPRING				
ZX216	Roasted Seeds & Soya Snack	35g	0.99	GOV
ZX226	Tamari Roast Sicilian Almonds	30g	1.69	GO
ZX129	Tamari Roasted Cashew Nuts	30g	1.69	OV
ZX112	Tamari Roasted Pumpkin Seeds	30g	1.19	OV
ZX605	Tamari Roasted Soya w/Chilli	30g	0.99	OV
ZX604	Tamari Roasted Soya w/Tom&Herb	30g	0.99	OV
ZX603	Tamari Roasted Soybeans	30g	0.99	OV
EAT REAL				
<i>Organic</i>				
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
GARCIA				
<i>Sharing Bag</i>				
ZX337	Black Bean & Quinoa Tortilla	150g	3.09	O
ZX393	Og White Corn Tortilla Chips	150g	3.09	O
ZX461	Org Blue Corn Tortilla Chips	200g	3.09	O
ZX463	Organic Thai Tortilla Chips	200g	3.09	O
ZX464	Organic Veggie Tortilla Chips	200g	3.09	O
HIPPEAS				
ZX179	Cheese & Love Chickpea Puffs	22g	1.19	OV
ZX176	Far Out Fajita Chickpea Puffs	22g	1.19	OV
ZX178	Herb Chickpea Puffs	22g	1.19	OV
ZX175	Pepper Power Chickpea Puffs	22g	1.19	OV
ZX177	Sweet & Smokin' Chickpea Puffs	22g	1.19	OV

code	product	size	rrp	bfgosv
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INSPIRAL VISIONARY PRODUCTS

30g Kale Chips

ZX250	Raw Kale Chips - Baobab/Onion	30g	2.19	OV
ZX255	Raw Kale Chips - Beetroot	30g	2.19	OV
ZX257	Raw Kale Chips - Purple Corn	30g	2.19	OV
ZX258	Raw Kale Chips - Wasabi	30g	2.19	OV

60g Kale Chips

ZX264	Raw Kale Chips - Baobab/Onion	60g	3.79	OV
ZX263	Raw Kale Chips - Beetroot	60g	3.79	OV
ZX260	Raw Kale Chips - Purple Corn	60g	3.79	OV
ZX259	Raw Kale Chips - Wasabi	60g	3.79	OV

Granola Bites

ZX247	Chocolatey Super Food Bites	60g	1.39	OV
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Pecks

ZX201	Caramel Coconut Pecks	25g	1.19	SOV
ZX651	Raspberry Coconut Pecks	25g	1.19	OSV

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
	<i>Sharing Bag</i>			
ZX494	Alpine Rock Salt Crisps	140g	2.69	GOV
ZX505	Rock Salt & Cider Vinegar	140g	1.09	GOSV

LUKE'S ORGANICS

Sharing bags

ZX615	Chia Seed Multigrain Chips	142g	2.89	OV
ZX631	Kale Multigrain & Seed Chip	142g	2.89	OV
ZX634	S/Potato Hemp B/Wheat Chips	142g	2.89	OV

MIGHTY BEE

ZX103	Chocolate & Hazel Coconut Jerk	15g	1.79	OV
ZX106	Chocolate & Hazel Coconut Jerk	30g	2.85	OV
ZX105	Spicy BBQ Coconut Jerky	15g	1.79	OV
ZX108	Spicy BBQ Coconut Jerky	30g	2.85	OV
ZX104	Teriyaki Flavour Coconut Jerky	15g	1.79	OV
ZX107	Teriyaki Flavour Coconut Jerky	30g	2.85	OV

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
ZX208	Ruby Roots Beetroot Dippers	90g	4.19	OV
ZX206	Supergreen Crispbread	90g	4.19	OV

TRAF0

Hand Popped Corn

ZX578	Coconut & Cocoa Popcorn	50g	1.85	OS
ZX613	Maple & Cinnamon Popcorn	50g	1.85	OS
ZX596	Simply Salted Popcorn	50g	1.85	O

code	product	size	rrp	bfgosv
	<i>Handcooked Baked Crisps</i>			
ZX756	Hand Cook Barbecue	40g	0.85	OV
ZX755	Hand Cook Cheese & Onion	40g	0.85	O
ZX473	Hand Cook Rosemary & Sea Salt	40g	0.85	OV
ZX474	Hand Cook Salt & Black Pepper	40g	0.85	OV
ZX460	Hand Cooked Crisps Seasalt	40g	0.85	O
	<i>Light Baked Crisps</i>			
ZX625	Coconut Oil Baked Crisps	100g	2.15	OV
ZX759	Coconut Oil Baked Crisps	40g	0.95	OV
ZX091	Light Crisps - salted	100g	1.95	OVS
ZX757	Paprika Crisps	100g	1.95	OV
ZX758	Vegetable Chips	40g	1.39	OV
ZX624	Vegetable Chips	75g	2.15	OV
ZX572	Vegetable Chips Beetroot	75g	1.89	OV
ZX570	Vegetable Chips Carrot	75g	1.89	OSV
ZX575	Vegetable Chips Sweet Potato	80g	1.99	OV
ZX626	Virgin Olive Oil Baked Crisps	100g	2.15	OV
	<i>Potato Crisps Fried</i>			
ZX053	Paprika Crisps - organic	40g	0.79	OV
ZX054	Salt & Vinegar Crisps - org	40g	0.79	OV
ZX055	Salted Crisps - organic	40g	0.79	OV
	<i>Snacks</i>			
ZX401	Corn Peanuts	75g	1.15	OV
BT075	Pretzel Sticks	100g	1.25	OV
	<i>Tortilla Chips</i>			
VF218	Tortilla Chips - Chilli	75g	0.89	VO
ZX136	Tortilla Chips - Natural	200g	1.69	OV
VF226	Tortilla Chips - Natural	75g	0.99	VO
	YAKSO			
ZX371	Java Chips - Seaweed	100g	1.75	OVS
	DAIRY DESSERTS (FROZEN)			
	GREEN & BLACKS			
XL204	Chocolate Orange Ice Cream	500ml	4.95	OS
XL078	Og Vanilla Caramel Nut Ice Crm	100ml	1.65	OS
XL083	Og Vanilla Caramel Nut Ice Crm	500ml	4.95	OS
XL186	Org Vanilla & Chocolate Swirl	500ml	4.95	OS
XL076	Organic Chocolate Ice Cream	100ml	1.65	OS
XL080	Organic Chocolate Ice Cream	500ml	4.95	OS
XL081	Organic Strawberry Ice Cream	500ml	4.95	OS
XL077	Organic Vanilla Ice Cream	100ml	1.65	OS
XL082	Organic Vanilla Ice Cream	500ml	4.95	OS
	ROSKILLYS			
XL174	OG Caramel Crunch Ice Cream	120ml	1.7	OS
XL219	OG Caramel Crunch Ice Cream	500ml	4.7	OS
XL171	OG Chocolate Ice Cream	120ml	1.7	OS
XL325	OG Chocolate Ice Cream	500ml	4.7	OS
XL170	OG Clotted Cream Vanilla Ice	120ml	1.7	OS
XL173	OG Mint Choc Chip Ice Cream	120ml	1.7	OS
XL326	OG Mint Choc Chip Ice Cream	500ml	4.7	OS
XL172	OG Strawberry Ice Cream	120ml	1.7	OS
XL327	OG Strawberry Ice Cream	500ml	4.7	OS
XL220	OG Vanilla Ice Cream	500ml	4.2	OS
	YEO VALLEY			
XL341	Greek Yoghurt&Honey Ice Cream	900ml	4.19	OS
XL339	Madagascar Vanilla Ice Cream	900ml	4.19	OS
XL340	Strawberry Frozen Yoghurt	900ml	4.19	OS

code	product	size	rrp	bfgo
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DESSERTS

CLEARSPRING

SY015	Sweet Grains Dessert - Millet	370g	3.89	OV
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PROBIOS

VF113	Organic Rice Cuisine	200ml	1.49	GOV
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PROVAMEL

SY040	Soya alternative to Cream	250ml	0.99	GOV
SY075	Soya Custard	525g	1.35	OV
SY645	Soya Dessert - Caramel	4 x 125g	1.75	SOV
SY195	Soya Dessert - Vanilla	4 x 125g	1.89	GOSV
SY149	Soya Dessert Coconut Chocolate	4 x 125g	2.05	GOSV

SOJADE

SY099	Chocolate Soya Dessert	530g	1.49	OSV
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DESSERTS & PUDDINGS (CHILLED)

RACHELS DAIRY

Divine Rice Dessert

CV257	Organic Creamy Rice Dessert	500g	2.35	OS
CV622	Traditional Creamy	150g	0.86	OS

DRINKS (CHILLED)

ALPRO

CV088	Organic Fresh Soya Drink	1l	1.75	OV
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BIO-TIFUL DAIRY

CV361	Org Kefir Milk Drink	250ml	1.79	O
CV371	Org Riazhenka Milk Drink	250ml	1.79	O
CV359	Org Riazhenka Milk Drink	500ml	2.79	O
CV342	Organic Kefir Milk Drink	500ml	2.59	O

CHI

CV493	Org Raw Coconut Water	250ml	2.19	OV
CV495	Org Raw Coconut Water	500ml	3.99	OV

GROVE ORGANIC FRUIT CO

Organic NFC Fruit Juices

CV047	Apple & Cranberry - organic	1l	3.18	OV
CV199	Apple & Mango - organic	1l	3.18	OV
CV198	Organic Apple Juice	1l	3.18	VO
CV004	Organic Orange Juice	1l	3.36	VO
CV148	Organic Pear & Apple Juice	1l	3.18	VO
CV033	Organic Pink Grapefruit Juice	1l	3.69	OV

OATLY

CV648	Fresh Oat Drink	1l	1.89	OV
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PIP ORGANIC

CV044	Org Cloudy Apple Fruit Juice	4 x 180m	4.59	OV
CV045	Pineapple & Mango Smoothie	4 x 180m	4.59	OV
CV050	Strawberry & Blackcurrant	4 x 180m	4.59	OV

PROFUSION

CV642	Baobab Mint Pomegrnt Kombucha	330ml	2.79	OSV
CV639	Maca Coconut Pineapp Kombucha	330ml	2.79	OSV
CV638	Tumeric Lemon Ginger Kombucha	330ml	2.79	OSV

EGGS

HARESFIELD FARM

CV480	Org Large Free-Range Eggs	per dozen	4.59	O
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code	product	size	rrp	bfgosv
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ESSENTIAL OILS

AQUA OLEUM

AR007	Bergamot	10ml	8.25	VO
AR009	Eucalyptus	10ml	3.95	VO
AR010	Geranium	10ml	9.99	VO
AR241	Lavender	10ml	6.5	VO
AR012	Patchouli	10ml	7.25	VO
AR013	Rosemary	10ml	4.95	VO
AR016	Tea Tree	10ml	5.25	VO
AR017	Ylang Ylang	10ml	7.95	VO

FAR EASTERN FOOD

SUMA

LJ350	Coconut Milk Organic	400ml	1.75	OV
LJ400	Creamed Coconut Organic	200g	1.75	OV

AMAIZIN

LJ178	Og Creamed Coconut	200g	2.09	OV
LJ131	Rich Coconut Milk OG	200ml	1.29	OV
LJ136	Rich Coconut Milk OG	400ml	1.85	OV
WT132	Soya Bean Noodles Natural	200g	3.29	OV

BIONA

WT071	Asia Noodles Organic	250g	2.19	OV
VF167	Coconut Cream	400ml	2.19	OV
VF187	Coconut Milk Light Organic	400ml	1.79	OV
VF775	Coconut Milk Organic	400ml	1.89	OV
VF103	Coconut Milk Powder	150g	3.99	OV
VF772	Creamed Coconut Organic	200g	1.99	OV
VF077	Organic Coconut Milk	200ml	1.29	OV
WT101	Spelt Noodles Organic	250g	2.59	OV
JP014	Wasabi Style Horseradish Paste	50g	3.19	OV

BLUE DRAGON

WT650	Egg Noodles - Organic	250g	1.55	O
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CLEARSPRING

JP061	Brown Rice Mochi - GF	250g	5.99	GOV
JP060	Brown Rice Vinegar - Organic	150ml	2.39	OV
JP134	Mikawa Mirin	150ml	4.49	O
JP057	Miso Ramen Noodles/Miso Soup	170g	3.99	OV
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
JP066	Shiitake Mushrooms - Organic	40g	6.79	OV
JP059	Shoyu Ramen Noodles/Soy Soup	170g	3.99	OV
JP016	Sushi Ginger Pickle Organic	50g	3.39	OV
JP314	Sushi Rice - Organic	500g	2.39	OV
JP680	Teriyaki Sauce	150ml	2.99	OV
JP026	Tofu	300g	1.95	GOV
JP023	Umami Paste with Chilli- Org	150g	4.49	OSV
JP032	Umami Paste with Ginger - Org	150g	4.49	OSV
JP027	Umeboshi Paste - Organic	150g	5.55	OV
JP079	Umeboshi Plums Organic	200g	8.99	OV
JP081	Wasabi Powder in Tin - Organic	25g	3.79	OV

Miso Products

JP211	Barley Miso Jar	300g	5.79	VO
JP212	Brown Rice Miso Jar	300g	4.49	VO

code	product	size	rrp	bfgov
JP020	Brown Rice Miso Jar (Mini)	150g	2.89	OV
JP030	Brown Rice Miso Pouch	300g	5.59	OV
JP321	Instant Miso Soup and Sea Veg	4 x 10g	3.99	VO
JP018	Instant Miso Soup Paste	4 x 15g	2.49	OV
JP213	Miso - Hatcho	300g	5.59	VO
JP011	Org Instant White Miso Paste	60g	2.49	OV
JP086	Sweet White Miso - Organic	250g	4.49	OV
	Noodles			
JP056	All Buckwheat Soba Noodles	200g	3.99	OV
JP053	Brown Rice Noodles - GF	200g	2.89	OV
JP037	Brown Rice Udon Noodles	200g	2.69	OV
JP054	Brown Rice Wide Noodles - GF	200g	2.89	GOV
JP036	Skinny Soba Somen Noodles	200g	2.69	OV
JP038	Soba Noodles	200g	2.69	OV
JP039	Udon Noodles	200g	2.59	OV
JP040	Wide Udon Noodles	200g	2.59	OV
	Soya Sauce			
JP605	Shoyu	2.5l	23.99	OV
JP129	Shoyu Soya Sauce	150ml	2.39	VO
JP500	Shoyu Soya Sauce	500ml	5.19	VO
JP679	Soya Sauce	150ml	1.99	OV
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
	COCOFINA			
KJ319	Coconut Amino Sauce	250ml	5.99	OV
	GEO ORGANICS			
VF231	Indonesian Noodle Paste	180g	2.75	OV
VF228	Indonesian Rendang Curry Paste	180g	2.75	OV
VF229	Indonesian Satay Curry Paste	180g	2.75	OV
VF738	Thai Green Curry Paste OG	180g	2.55	OV
VF739	Thai Red Curry Paste OG	180g	2.55	OV
VF247	Thai Yellow Curry Paste	180g	2.55	OV
	KING SOBA			
WT210	100% Buckwheat Noodles	250g	2.29	OV
WT954	Black Rice Noodles	250g	2.29	OV
WT037	Brown Rice Noodles	250g	2.15	OV
WT952	Brown Rice Wakame Noodles	250g	2.15	OV
WT953	Buckwheat & Sweet Potato	250g	2.25	OV
WT070	Chilli Miso Ramen	80g	1.89	OV
WT212	Millet & Brown Rice Noodles	250g	2.15	OV
WT057	Miso Soup Edamame Soya Bean	60g	2.15	OV
WT123	Og Basmati White Rice Noodles	250g	2.29	OFV
WT058	Og Miso Soup Pumpkin & Veg	60g	2.55	OV
WT059	Og Miso Soup Tofu & Ginger	60g	2.55	OV
WT098	Organic Black Rice Ramen	280g	3.35	OV
WT099	Organic Brown Rice Ramen	280g	2.99	OV
WT097	Organic Buckwheat Ramen	280g	2.99	OV
WT069	Organic Edame Miso Ramen	80g	2.15	OV
WT087	Pad Thai Noodles Fairtrade	250g	2.29	FOV
WT951	Pumpkin Ginger & Rice Noodles	250g	2.15	OV
WT217	Thai Rice Noodles	250g	2.15	OV
WT088	Vermicelli Noodles Fairtrade	250g	2.29	FOV
	SANCHI			
JP668	Mugi Miso - organic	200g	3.9	O
JP670	Tamari - organic	150ml	3.75	OV

code	product	size	rrp	bfgosv
	SEEDS OF CHANGE			
VF063	Sweet & Sour Cooking Sauce	350g	2.99	OSV
	YAKSO			
VF010	Seitan in Tamari	330g	3.25	OV
JP002	Tamari - organic	125ml	2.15	GOV
JP113	Tamari - organic	250ml	3.45	GVO
VF005	Tempeh	175g	2.95	OV
	YUTAKA			
JP005	Miso Paste - Organic	300g	5.15	OV
JP044	Tamari Soy Sauce - Organic	150ml	3.65	OV
	FLAKES, BRANS & WHEATGERM			
	SUMA PREPACKS - ORGANIC			
FX092	Barley Flakes - pearl OG	500g	1.49	OV
FX028	Bran Flakes Org - Added Salt	250g	2.25	OV
FX067	Bran Sticks - organic	250g	1.65	OV
FX024	Buckwheat Flakes - organic	500g	3.85	OV
FX031	Millet Flakes - organic	500g	3.19	OV
FX042	Oats - Jumbo & Gluten Free	750g	4.25	GOV
FX047	Oats - jumbo, organic	750g	2.69	VO
FX044	Oats - Porridge & Gluten Free	750g	4.15	GOV
FX048	Oats - porridge organic	750g	2.69	OV
FX656	Quinoa Flakes - organic	500g	5.19	OV
FX032	Rice Flakes Brown - organic	500g	3.65	OV
FX093	Rye Flakes - organic	500g	1.45	OV
FX213	Toasted Malted Wheat Flakes OG	400g	1.75	OV
FX094	Wheat Flakes - organic	500g	1.39	OV
	ALARA			
FX026	Gluten Free Scottish Porridge	500g	3.99	GOV
	BARKAT			
MX270	Porridge - Millet & Rice Flake	500g	4.79	GOSV
	JORDANS			
MX200	Porridge Oats Organic	750g	2.89	OV
	PERTWOOD ORGANIC FARM			
MX812	Porridge Oats	650g	2.29	OV
	PIMHILL			
FX006	Oats - jumbo, organic	850g	2.39	OV
FX005	Oats - porridge, organic	850g	2.39	OV
	FLOURS & BREAD MIXES			
	SUMA PREPACKS - ORGANIC			
FG149	Brown Rice Flour - organic	500g	1.95	OV
LJ105	Coconut Flour, Organic	500g	4.59	OV
FG128	Maize Flour - organic	500g	1.29	OV
FG205	Soya Flour - organic	250g	1.85	OV
	AMISA			
FG085	Chestnut Flour - Organic	350g	5.99	GOV
FG139	Seeded Bread Mix - G/F, Org	500g	4.29	GOSV
	BACHELDRE WATERMILL			
FG164	Malted Strong 5 Seed Flour Org	1.5kg	3.09	OV
FG187	Plain White Flour - Organic	1.5kg	2.05	OV
FG175	Rye Flour -Organic,Stoneground	1.5kg	2.19	OV
FG179	Spelt Flour - Organic	1.5kg	3.59	OV
FG165	Strong Malted Blend Flour Org	1.5kg	2.19	OV
FG162	Strong Wholemeal Flour Organic	1.5kg	2.05	OV
FG160	White Flour Strong Unbleached	1.5kg	2.19	OV

code	product	size	rrp	bfgosv
	BIOFAIR			
FG027	Organic Fairtrade Quinoa Flour	400g	6.99	FOV
	BIONA			
FG163	Coconut Flour - Organic	500g	3.99	GOV
	BONPOM			
ZX806	Raw Organic Coconut Flour	500g	6.99	OV
	CLEARSPRING			
FG180	Breadcrumbs - Brown Rice, GF	250g	3.99	GOV
FG182	Whole Buckwheat Flour	375g	2.59	OV
	DOVES FARM			
FG069	Fine Plain White Flour	1kg	1.39	OV
FG010	Fine Plain Wholemeal Flour	1kg	1.29	VO
FG004	Malthouse Bread Flour	1kg	1.59	OV
FG115	Self Raising Wholemeal Flour	1kg	1.35	OV
FG997	Speciality Pasta Flour	1kg	1.65	OV
FG072	Strong White Bread Flour	1.5kg	1.95	OV
FG008	Strong Wholemeal Bread Flour	1.5kg	1.95	OV
FG070	White Self Raising Flour <i>Artisan Flour</i>	1kg	1.45	OV
FG082	Einkorn Flour	1kg	3.15	OV
FG153	Emmer Flour Wholemeal S/ground	1kg	3.29	OV
FG011	Khorasen Flour Wholegrain	1kg	4.39	OV
FG152	Rye Flour White Organic	1kg	1.95	OV
FG016	Rye Flour Wholegrain Organic	1kg	1.65	OV
FG071	Spelt Flour White Organic	1kg	3.29	OV
FG102	Spelt Flour Wholegrain Organic	1kg	2.79	OV
	GILCHESTERS ORGANICS			
FG019	100% Whole Spelt Flour	1.5kg	3.65	OV
FG198	Pizza & Ciabatta Strong White	3kg	6.15	OV
FG014	Pizza & Ciabatta Wheat Flour	1.5kg	3.05	OV
FG018	Semolina Fine Wheat Flour	500g	1.85	OV
FG105	Spelt Flour Wholemeal	3kgS	8.65	OV
FG009	Strong 100% Whole Wheat Flour	1.5kg	2.65	OV
FG006	Strong White Wheat Flour	1.5kg	3.05	OV
FG025	White Flour Strong Unbleached	3kg	5.65	OV
FG036	Whole Wheat Strong Flour	3kg	4.79	OV
	LITTLE SALKELD WATERMILL			
FG804	Barley Flour - organic	500g	2.44	OVb
FG802	Semolina Brown - organic	500g	2.36	OV
	MARRIAGES			
FG089	Country Faye Malted Brown	1kg	1.99	OV
FG258	Og Light Brown Self Raising	1kg	1.65	OV
FG259	Og Plain Light Brown Flour	1kg	1.65	OV
FG563	Og Plain White Flour	1kg	1.65	OV
FG562	Organic Self Raising White Flr	1kg	1.65	OV
FG024	Organic Strong Bread Flour	1kg	1.75	OV
FG564	Organic Strong White Bread Flr	1kg	1.75	OV
	RUDE HEALTH FOODS			
FG168	Whole Buckwheat Flour Sprouted	500g	6.49	GOV
FG169	Whole Spelt Flour Sprouted	500g	5.49	OV
	SHIPTON MILL			
FG899	3 Malts/Sunflower Brown Flour	1kg	1.75	OV
FG133	Light Rye 997 Flour Organic	1kg	1.49	OV
FG132	Seeded White Organic Flour	1kg	1.85	OV

code	product	size	rrp	bfgosv
FG136	Soft Cake & Pastry White Flour	1kg	1.49	OV
FG190	Spelt Flour - White, Organic	1kg	2.89	OV
FG189	Spelt Flour - Wholemeal, Org	1kg	2.59	OV
FG898	White Flour - Organic	1kg	1.49	OV
FG876	White Strong Organic Flour	2.5kg	3.59	OV
FG077	Wholemeal Flour - Organic	1kg	1.49	OV
FG079	Wholemeal Organic Flour <i>Specialist Flour</i>	2.5kg	3.55	OV
FG080	Chestnut Flour	500g	5.89	OV
SUKRIN				
FG167	Organic Raw Almond Flour	250g	8.55	O
TIANA				
FG047	FT Org Coconut Baking Flour	500g	5.99	FOV
FRESH MISO (CHILLED)				
TIDEFORD ORGANIC FOODS				
<i>Organic, Vegan and Gluten-Free</i>				
CV628	Fresh Brown Rice Miso	320g	5.35	OV
CV629	Fresh Red Miso	320g	5.35	OV
CV631	Fresh Soya Free Miso	320g	5.35	OV
CV633	Fresh White Miso	320g	5.35	OV
FRUIT - CANNED & JARRED				
BIONA				
VF134	Apple Puree Organic	700g	2.19	OS
CLEARSPRING				
VF190	Apple & Apricot Puree - Org	2 x 100g	1.39	OV
VF188	Apple & Blueberry Puree - Org	2 x 100g	1.39	OV
VF170	Apple & Mango Puree - Org	2 x 100g	1.39	OV
VF189	Apple & Plum Puree - Organic	2 x 100g	1.39	OV
VF335	Apple & Strawberry Puree - org	2 x 100g	1.39	OV
VF336	Pear & Banana Organic Puree	2 x 100g	1.39	OV
VF155	Pear Puree - organic	2 x 100g	1.39	OV
ESSENTIAL TRADING				
KJ263	Mango Chunks in Org Juice	400g	2.15	VO
KJ125	Organic Jackfruit in Water	400g	2.99	OV
KJ262	Pineapple Chunks In Org Juice	400g	2.15	VO
KJ260	Tropical Fruits in Org Juice	400g	2.15	VO
FRUIT - DRIED				
SUMA PREPACKS - ORGANIC				
DR063	Apricots - organic	250g	3.25	OV
DR250	Apricots - organic	500g	5.99	OV
DR655	Banana Chips - organic	250g	2.09	OS
DR057	Cranberries - organic	250g	4.39	OSV
DR325	Cranberries - organic	125g	2.35	OSV
DR251	Currants - organic	500g	4.19	OV
DR073	Currants - organic	250g	2.39	OV
DR159	Dates - organic Medjool	250g	6.09	OV
DR720	Dates - pitted fairtrade og	250g	2.75	FOV
DR074	Dates - pitted organic	250g	2.69	OV
DR252	Dates - pitted organic	500g	4.79	OV
DR064	Figs - organic	250g	2.95	OV
DR254	Figs - organic	500g	5.45	OV
DR011	Ginger - crystallised organic	125g	2.09	OSV
DR020	Ginger - crystallised organic	250g	3.85	OSV

code	product	size	rrp	bfgo5v
DR077	Pitted Prunes - organic	250g	3.69	OV
DR253	Pitted Prunes - organic	500g	6.95	OV
DR065	Raisins - organic	250g	1.89	OV
DR255	Raisins - organic	500g	3.29	OV
DR066	Sultanas - organic	250g	1.85	OV
DR256	Sultanas - organic	500g	3.25	OV
DR365	Vine Fruit Mix - organic	500g	3.85	OV

BONPOM

DR032	Dried White Mulberries	200g	4.99	OV
DR036	Raw Organic Mulberry Crumble	200g	5.99	OV

CRAZY JACK

DR354	Organic Ready to Eat Apricots	250g	4.99	OV
DR191	Organic Ready to Eat Dates	250g	2.65	OV
DR355	Organic Ready To Eat Figs	250g	2.85	OV
DR356	Organic Ready to Eat Prunes	250g	5.3	OV

PEARLS OF SAMARKAND

DR218	Barberries	100g	5.7	OV
DR196	Goji Berries	100g	6.9	OV
DR009	Organic F/T Cherry Medley	100g	3.55	FOV
DR030	Organic Fairtrade Superfruits	100g	4.3	FOV
DR217	Sour Cherries	100g	3.59	OV
DR232	Sweet Cherries	100g	3.39	OV

TROPICAL WHOLEFOODS

DR200	Fairtrade Organic Mango	100g	2.39	FOV
DR234	Sun Dried Pineapple	100g	2.25	OV

FRUIT (FROZEN)

NATURAL COOL

XL145	Blueberries, Organic	300g	3.49	OVB
XL142	Organic Berry Mix	300g	3.49	OVB
XL179	Organic Raspberries	300g	3.49	OV
XL182	Organic Sour Cherries	300g	3.49	OV
XL180	Organic Strawberries	300g	3.49	OV
XL148	Organic Tropical Mix	300g	3.49	OVB

WINDMILL HILL

XL282	British Organic Blackcurrants	400g	2.72	OV
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FRUIT & VEGETABLE JUICES

BEET IT

From James White

JU454	Beetroot Juice - og	250ml	1.55	OV
JU453	Beetroot Juice - og	750ml	3.09	OV
JU205	Beetroot Juice & Passion Fruit	750ml	3.09	OV
JU719	Beetroot Juice with Apple - og	1l	3.79	OV
JU338	Beetroot Juice with Ginger	250ml	1.55	OV
JU204	Beetroot Juice with Ginger	750ml	3.09	OV

BIONA

Glass Bottles

JU297	Acerola Cherry Juice - og	330ml	5.49	OV
JU294	Apple & Mango Juice - og	750ml	4.69	OV
JU543	Apple Juice - organic	1l	3.39	OV
JU288	Carrot Juice, pure pressed og	1l	3.39	OV
JU521	Cranberry Fruit Drink Organic	750ml	4.69	OV
JU508	Cranberry Juice 100% Pure	330ml	5.19	OV
JU127	Cranberry Juice 100% Pure	750ml	8.69	OV

code	product	size	rrp	bfgosv
JU132	Elderberry Pure Superjuice	330ml	3.49	OV
JU541	Orange Juice - og	1l	4.69	OV
JU028	Organic Blueberry Juice	330ml	5.89	OV
JU448	Peach, Apricot & Apple Juice	1l	3.69	OV
JU181	Pomegranate Pure Juice - og	1l	4.89	OV
JU182	Pomegranate Pure Juice - og	200ml	1.79	OV
JU269	Red Grape Juice Organic	1l	4.19	OV
JU130	Tart Cherry Pure Superjuice	1l	4.69	OV
JU131	Tart Cherry Pure Superjuice	200ml	2.19	OV
JU289	Tomato Juice, pure pressed og	1l	3.39	OV
	<i>Tetrapacks</i>			
JU286	Apple & Blueberry Juice - og	1l	3.99	OV
JU295	Apple & Cranberry Juice - og	1l	4.09	OV
JU252	Apple Juice - og	1l	2.99	OV
JU184	Beetroot Juice, pressed - og	500ml	1.99	OV
JU151	Carrot Juice - og	500ml	1.89	OV
JU185	Vegetable Juice, pressed - og	500ml	1.99	OV
	EDEN			
JU024	Beetroot Juice - Organic	750ml	5.6	OV
JU026	Carrot Juice - organic	750ml	5.6	VO
	FRUIT PASSION			
	<i>Organic</i>			
JU159	Apple Juice - og	200ml	0.69	OV
	HOLLINGER			
JU517	Apple Juice - organic	200ml	0.82	OV
JU580	Apricot Juice - organic	1l	3.29	SOV
JU576	Mango Juice - organic	1l	3.95	SOV
JU581	Multi Sun Juice - organic	1l	2.97	SOV
JU579	Orange Juice - organic	1l	3.29	OV
JU509	Pear juice - organic	200ml	0.82	OV
JU582	Red Grape Juice - organic	1l	3.37	SOV
JU510	Red Grape Juice - organic	200ml	0.82	OV
	JAMES WHITE			
JU621	Apple & Crushed Ginger - og	250ml	1.39	OV
JU864	Apple & Ginger - og	750ml	3.09	OV
JU064	Apple Juice - og	250ml	1.39	OV
JU095	Apple Juice - og	750ml	3.09	OV
JU325	Carrot - og	750ml	3.09	OV
JU608	Carrot & Apple Juice - og	250ml	1.39	OV
JU862	Carrot & Apple Juice - og	750ml	3.09	OV
JU606	Mixed Case	250ml	1.39	OV
JU605	Pear & Raspberry Juice - og	250ml	1.39	OV
JU863	Pear & Raspberry Juice - og	750ml	3.25	OV
JU599	Pear Juice - og	250ml	1.39	OV
JU860	Pear Juice - og	750ml	3.09	OV
JU431	Tomato - og	750ml	3.09	OV
JU324	Vegetable Juice - og	750ml	3.09	OV
	LA BIO IDEA			
JU088	Lemon Plus - OG lemon juice	200ml	1.05	OV
	LUSCOMBE DRINKS			
JU106	Apple & Pear Juice	240ml	1.69	OV
JU108	Apple Juice with Elderflower	240ml	1.65	OV
JU110	Apple Juice with Ginger	240ml	1.65	OV
JU149	Carrot & Orange Juice	240ml	1.69	OV
JU105	English Apple Juice	240ml	1.52	OV
JU445	Orange Juice	240ml	1.65	OV

code	product	size	rrp	bfgovs
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RABENHORST

JU679	Beetroot Juice	750ml	3.91	OV
JU682	Carrot Juice	750ml	3.91	OV
JU227	Cherry Nectar	750ml	5.04	OV
JU209	Detox	750ml	5.2	OV
JU678	Ginger Mix Juice	750ml	5.59	OV
JU221	Wheatgrass Cocktail	750ml	5.2	OV
	<i>Smoothies</i>			
JU686	Detox Smoothie	240ml	2.39	OV
JU683	Energy Smoothie	240ml	2.39	OV
JU687	Refresh Smoothie	240ml	2.39	OV
JU684	Vitamin Smoothie	240ml	2.39	OV

SUNITA

JU672	Lemon Juice - organic	1l	7.25	OV
JU671	Lemon Juice - organic	250ml	2.65	OV
JU129	Orange Juice - organic	1l	5.55	OV

FRUIT JUICE CONCS & CORDIALS

SUMA

JU241	Apple & Blackcurrant og	400ml	5.99	OV
JU243	Apple Juice Concentrate - og	5l	49.79	OV
JU240	Apple Juice OG	400ml	5.29	OV

BELVOIR

JU275	Organic Elderflower Cordial	500ml	5.14	OSV
JU276	Organic Ginger Cordial	500ml	5.14	OSV

ROCKS

JU142	Blackcurrant Cordial - og	360ml	3.49	OSV
JU426	Blackcurrant Squash - organic	740ml	3.49	OSV
JU107	Blueberry & Apple Squash	740ml	3.49	OSV
JU065	Cherry & Berry Squash	740ml	3.49	OSV
JU196	Elderflower Cordial - og	360ml	3.49	OSV
JU246	Elderflower Squash - og	740ml	3.49	OSV
JU638	Ginger Cordial - og	360ml	3.49	OSV
JU111	Lemon Barley Squash	740ml	3.49	OSV
JU427	Lemon Squash - organic	740ml	3.49	OSV
JU256	Lime Cordial - og	360ml	3.49	OSV
JU113	Orange Barley Squash	740ml	3.49	OV
JU428	Orange Squash - organic	740ml	3.49	OSV
JU254	Raspberry & Lime Squash - og	740ml	3.49	OSV
JU248	Spiced Fruit Cordial - organic	360ml	3.49	OSV

GOATS MILK PRODUCTS (CHILLED)

BERGERIE

CV583	Fresh Goat Cheese Organic	100g	1.89	0
CV581	Goat Milk Yoghurt Natural Org	125g	0.75	0

BIONA

CV205	Fresh Goats Cheese - Organic	100g	3.99	0
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GRAINS

SUMA PREPACKS - ORGANIC

QS155	Amaranth - Organic	500g	2.35	OV
QS068	Buckwheat - unroasted organic	500g	1.85	OV
QS300	Bulgar wheat - organic	500g	1.75	OV
QS150	Corn Couscous - Organic	500g	2.59	OV
QS301	Couscous - wholemeal, organic	500g	2.09	OV
QS322	Millet - organic	500g	2.19	VO

code	product	size	rrp	bfgo sv
QS124	Oat Groats - Organic	500g	1.75	VO
QS165	Pearl barley, organic	500g	1.35	OV
QS070	Popcorn - organic	500g	1.85	OV
QS086	Quinoa - organic	500g	3.45	OV
QS065	Red Quinoa - organic	500g	3.99	OV
QS677	Rice - arborio, organic	500g	2.95	OV
QS302	Rice - basmati, brown organic	500g	2.15	OV
QS252	Rice - basmati, brown organic	750g	2.99	OV
QS303	Rice - white basmati organic	500g	2.35	OV
QS213	Rice - white basmati, organic	750g	3.35	OV
QS100	Rice -long grain brown organic	750g	3.09	VO
QS066	Rice-long grain brown organic	500g	2.15	OV
QS067	Rice-short grain brown organic	500g	2.09	OV
QS101	Rice-short grain brown organic	750g	2.99	VO
QS072	Wheat grain - organic	500g	1.09	OV
BIOFAIR				
QS015	Organic Fairtrade Quinoa Red	500g	5.69	FOV
QS024	Organic Fairtrade Quinoa Tri	500g	5.49	FOV
QS081	Organic FT Black Quinoa Grain	400g	4.89	OV
QS013	Quinoa Grain Organic Fairtrade	500g	4.99	FOV
BIONA				
QS096	Jasmine Brown Rice Organic	500g	2.69	OV
QS105	Pudding Rice Organic	500g	2.29	OV
QS099	Red Camargue Rice Organic	500g	3.29	OV
QS098	Risotto Brown Rice Organic	500g	2.59	OV
QS097	Wild Rice Mix Organic	500g	3.59	OV
CLEARSPRING				
QS009	Instant Buckwheat	140g	2.49	OV
	<i>Quick Cook</i>			
QS126	Rice & Quinoa Organic	250g	2.79	OV
	<i>Ready in 90 seconds</i>			
QS046	Brown & Wild Rice with Tamari	250g	2.99	GOV
QS048	Tricolour Quinoa - GF	250g	3.45	GOV
HODMEDOD'S				
QS045	Organic White Quinoa - British	500g	3.79	OV
PROBIOS				
QS146	Og Easy Couscous Gluten Free	375g	2.29	GOV
SEEDS OF CHANGE				
QS091	Quinoa & Wholegrain Rice	240g	2.85	OV
QS093	Seven Wholegrain Rice	240g	2.85	OV
SHARPHAM PARK				
QS058	Pearled Spelt	500g	3.2	OV
QS148	Spelt Grain Organic	500g	2.99	OV
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
MARIGOLD				
LJ211	Bouillon Cubes	8	1.29	GOV
LJ073	Bouillon Powder - Organic	150g	2.39	GOV
LJ238	Bouillon Powder - Organic	500g	7.15	GOV

code	product	size	rrp	bfgo sv
LJ326	Gravy Powder - Organic	110g	2.19	OVS
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

NINE MEALS FROM ANARCHY

LJ033	Uncorrupted Veg Stock	105g	3.49	OV
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HERB & FRUIT INFUSIONS

CHE MATE

TE133	Green Mate original - og	20 bags	2.2	OV
TE469	Pure Green Mate with Stems	500g	5.59	OV

CLIPPER

FOOD SERVICE RANGE

TE148	Chamomile - og	25 bags	2.53	FOV
TE455	Lemon & Ginger - og	25 bags	2.96	OV
TE166	Peppermint - og	25 bags	2.53	FOV
TE797	Redbush - og	25 bags	2.53	OV
TE454	Wild berry - og	25 bags	2.96	OV
	<i>Functionals</i>			
TE629	Organic Detox	20 bags	1.45	OV
TE631	Organic Sleep Easy	20 bags	1.45	OV
	<i>Organic Infusions</i>			
TE118	After Dinner Mints	20 bags	2.19	OV
TE537	Blackcurrant & Acai - og	20 bags	2	OV
TE009	Calmer Chameleon	20 bags	2.39	OV
TE535	Cham Lemon Balm Manuka	20 bags	2	O
TE788	Chamomile - og	20 bags	1.45	OV
TE963	Dandelion - og	20 bags	1.45	OV
TE694	Fennel - og	20 bags	1.45	OV
TE197	Flower Power	20 bags	2.39	OV
TE200	Happy Mondays	20 bags	2.39	OV
TE960	Lemon & Ginger - og	20 bags	1.79	OV
TE942	Liquorice - og	20 bags	1.79	OV
TE120	Love Me Truly	20 bags	2.19	OV
TE959	Nettle - og	20 bags	1.45	OV
TE663	Nettle & Peppermint - og	20 bags	1.45	OV
TE958	Orange & Coconut - og	20 bags	1.79	OV
TE789	Peppermint - og	20 bags	1.45	OV
TE307	Raspberry Leaf - og	20 bags	1.79	OV
TE536	Red Fruits & Aronia Berry - og	20 bags	2	OV
TE125	Rise & Shine	20 bags	2.19	OV
TE357	Skinni Mintie	20 bags	2.39	OV
TE525	SKinni Vanilli	20 bags	2.39	OV
TE127	Snore & Peace	20 bags	2.19	OV
TE956	Wild Berry - og	20 bags	1.79	OV
	<i>Redbush</i>			
TE011	Redbush - og	80 bags	3.7	OV
	DRAGONFLY TEAS			
TE440	Cape Malay Rooibos Chai - og	20 bags	2.05	OV
TE810	Emerald Mountain Green Tea og	20 bags	1.79	OV
TE068	Fairtrade Rooibos - og	40 bags	2.35	FOV
TE338	Moonlight Jasmine - og	20 bags	1.79	OV
TE339	Moroccan Mint - og	20 bags	2.05	OV
TE813	Pu'er Tea - og	20 bags	2.09	OV
TE234	Swirling Mist White Tea - og	20 bags	2.29	OV

code	product	size	rrp	bfgo
ELEVEN O'CLOCK				
TE382	Rooibosch - og	80 bags	5.09	VO
TE381	Rooibosch - organic	40 bags	2.59	VO
EQUAL EXCHANGE				
TE674	Rooibos - organic	100 bags	5.16	FOV
TE562	Rooibos - organic	40 bags	2.59	FOV
TE013	Rooibos masala	25 bags	2.59	FOV
ESSENTIAL TRADING				
TE271	Camomile Tea	20 bags	1.4	FOV
TE258	Fennel Tea	20 bags	1.4	FOVB
TE279	Peppermint Tea	20 bags	1.4	FOVB
FLORADIX				
TE126	Hawthorn	15 bags	1.95	OV
TE457	Sage	15 bags	1.95	VO
HAMBLEDEN TEAS				
TE598	Chamomile - og	20 bags	1.65	OV
TE604	Lemon Verbena - og	20 bags	2.15	OV
TE605	Lime Flower - organic	20 bags	2.99	OV
TE433	Nettle - og	20 bags	2.09	OV
TE606	Peppermint - og	20 bags	1.65	OV
TE607	Rosehip - og	20 bags	2.29	OV
HAMPSTEAD TEA				
TE550	Camomile	20 bags	2.49	OV
TE456	Fennel Liquorice	20 bags	2.39	OV
TE600	Fennel Liquorice	20 bags	2.49	OV
TE527	Honeybush & Vanilla	20 bags	2.49	OV
TE555	Lavender Valerian	20 bags	2.49	OV
TE444	Lemon Ginger	20 bags	2.39	OV
TE572	Lemon Ginger	20 bags	2.49	OV
TE449	Lemon Valerian	20 bags	2.39	OV
TE439	Peppermint	20 bags	2.39	FOVB
TE556	Peppermint Spearmint	20 bags	2.49	OV
TE468	Rosehip Hibiscus	20 bags	2.39	FOVB
TE557	Rosehip Hibiscus	20 bags	2.49	OV
TE460	Royal Chamomile	20 bags	2.39	OV
HEATH AND HEATHER				
<i>Organics</i>				
TE096	Apple & Cinnamon	20 bags	2.49	OV
TE299	Blackcurrant	20 bags	2.49	OV
TE665	Camomile	20 bags	2.19	OV
TE116	Camomile & Manuka Honey	20 bags	2.49	OV
TE122	Camomile & Spearmint	20 bags	2.49	OV
TE160	Dandelion, Burdock & Hawthorn	20 bags	2.49	OV
TE688	Echinacea	20 bags	2.19	OV
TE180	Echinacea & Cranberry	20 bags	2.49	OV
TE681	Fennel	20 bags	2.19	OV
TE689	Green	20 bags	2.19	OV
TE198	Green Rooibos & Manuka Honey	20 bags	2.49	OV
TE621	Green Tea - organic	50 bags	3.19	OV
TE201	Green Tea & Aloe Vera	20 bags	2.49	OV
TE202	Green Tea & Avocado	20 bags	2.49	OV
TE230	Green Tea & Jasmine	20 bags	2.49	OV
TE231	Green Tea & Lemongrass	20 bags	2.49	OV
TE742	Green Tea with Coconut - og	20 bags	2.49	OV

code	product	size	rrp	bfgo
TE262	Lavender & Echinacea	20 bags	2.49	OV
TE267	Lemon Balm & Liquorice	20 bags	2.49	OV
TE295	Morning Time	20 bags	2.99	OV
TE685	Nettle	20 bags	2.19	OV
TE296	Night Time Tea	20 bags	2.99	OV
TE269	Oriental Chai & Liquorice	20 bags	2.49	OV
TE662	Peppermint	20 bags	2.19	OV
TE270	Pomegranate	20 bags	2.49	OV
TE682	Raspberry Leaf	20 bags	2.19	OV
TE273	Sage & Lemon Myrtle	20 bags	2.49	OV
TE297	Slim Tea	20 bags	2.99	OV
TE294	Super Green Tea & Seaweed	20 bags	2.99	OV
TE298	Super Seeds	20 bags	2.99	OV
TE274	Wild Rosehip	20 bags	2.49	OV
TE276	Yerba Mate & Nettle	20 bags	2.49	OV
HIGHER LIVING				
TE825	Chamomile & Vanilla - organic	15 bags	2.3	OV
TE771	Cinnamon - organic	15 bags	2.3	OV
TE824	Cocoa and Chilli	15 bags	2.3	OV
TE840	Daily Detox	15 bags	2.3	OV
TE757	Ginger Kick - organic	15 bags	2.3	OV
TE856	Golden Turmeric	15 bags	2.3	OV
TE826	Green Tea - organic	20 bags	2.3	OV
TE827	Green Tea Chai - organic	20 bags	2.3	OV
TE711	Licorice - organic	15 bags	2.3	OV
TE860	Morning Mojo	15 bags	2.3	OV
TE861	Peppermint Licorice	15 bags	2.3	OV
TE887	Strawberry & Watermelon	15 bags	2.3	OV
TE828	Sweet Chai - organic	15 bags	2.3	OV
PUKKA				
TE438	After Dinner Tea - og	20 bags	2.49	OV
TE927	Blackcurrant Beauty	20 bags	2.49	OV
TE719	Chamomile Vanilla Manuka Hon	20 bags	2.49	OV
TE421	Clean Matcha Green	20 bags	2.79	FOV
TE568	Cleanse - og	20 bags	2.49	OV
TE387	Detox -og	20 bags	2.49	OV
TE720	Detox with Lemon	20 bags	2.49	OV
TE331	Elderberry & Echinacea	20 bags	2.49	OV
TE609	Ginseng Matcha Green	20 bags	2.79	FOV
TE721	Herbal Collection	20 bags	2.79	OV
TE548	Lemon & Mandarin Tea	20 bags	2.49	OV
TE334	Lemon Ginger & Manuka Honey	20 bags	2.49	OV
TE481	Lemongrass and Ginger - og	20 bags	2.49	OV
TE478	Licorice and Cinnamon Tea	20 bags	2.49	OV
TE393	Love - og	20 bags	2.49	OV
TE490	Mint Matcha Green	20 bags	2.79	FOV
TE165	Mint Refresh	20 bags	2.49	OV
TE640	Motherkind Baby	20 bags	2.49	OV
TE651	Motherkind Pregnancy	20 bags	2.49	OV
TE246	Night Time - og	20 bags	2.49	OV
TE095	Original (Black Spice) Chai	20 bags	2.49	FOV
TE043	Peppermint Licorice - og	20 bags	2.49	OV
TE678	Pukka Green Collection	20 bags	2.99	OV
TE170	Relax - og	20 bags	2.49	OV
TE171	Revitalising - og	20 bags	2.49	OV
TE722	Rooibos Honeybush	20 bags	2.49	FOV

code	product	size	rrp	bfgosv
TE543	Serene Jasmine Green Tea	20 bags	2.79	OV
TE723	Star Anise & Cinnamon	20 bags	2.49	FOV
TE542	Supreme Green Matcha	20 bags	2.79	FOV
TE539	Sweet Vanilla Green	20 bags	2.79	FOV
TE811	Three Chamomile	20 bags	2.49	OV
TE328	Three Cinnamon	20 bags	2.49	OV
TE602	Three Fennel	20 bags	2.49	OV
TE245	Three Ginger - og	20 bags	2.49	OV
TE814	Three Licorice	20 bags	2.49	OV
TE592	Three Tulsi	20 bags	2.49	OV
TE238	Triple Mint - og	20 bags	2.49	OV
TE623	Turmeric Gold	20 bags	2.49	FOV
TE094	Vanilla Chai	20 bags	2.49	FOV
TE725	Wild Apple Cinnamon & Ginger	20 bags	2.49	OV
TE727	Womankind	20 bags	2.49	OV
TE692	Wonder Berry Green Tea	20 bags	2.79	OV
TICK TOCK				
TE431	Green Rooibos - organic	40 bags	2.39	OV
TE430	Rooibos - organic	40 bags	2.25	OV
TE434	Rooibos - organic	80 bags	4.39	OV
TE436	Rooibos Loose Leaf - organic	100g	1.99	OV
TWININGS				
<i>A Moment of Calm</i>				
TE268	Camomile - og	20 bags	2.99	OV
<i>Revive & Revitalise</i>				
TE284	Peppermint Tea - og	20 bags	2.99	OV
YOGI TEA				
TE553	Bed Time - og	17 bags	2.39	OV
TE250	Bedtime Rooibos Vanilla - og	17 bags	2.39	OV
TE204	Black Chai - og	17 bags	2.39	OV
TE346	Breath Deep - og	17 bags	2.39	OV
TE348	Calming/Relax - og	17 bags	2.39	OV
TE407	Chai - ready to drink	1l	2.25	OSV
TE863	Choc Mint - og	17 bags	2.39	OV
TE597	Choco - og	17 bags	2.39	OV
TE135	Choco Chilli Organic Tea	17 bags	2.39	OV
TE902	Christmas Tea	17 bags	2.39	OV
TE192	Classic Original	17 bags	2.39	OV
TE551	Detox - og	17 bags	2.39	OV
TE833	Detox (Pure) with Lemon - og	17 bags	2.39	OV
TE208	Echinacea - og	17 bags	2.39	OV
TE900	Finest Selection	18 bags	2.69	OV
TE835	Ginger - og	17 bags	2.39	OV
TE293	Ginger Lemon - og	17 bags	2.39	OV
TE836	Ginger Orange & Vanilla	17 bags	2.39	OV
TE275	Ginseng - og	17 bags	2.39	OV
TE195	Green Balance - og	17 bags	2.39	OV
TE209	Green Chai - og	17 bags	2.39	OV
TE194	Green Energy - og	17 bags	2.39	OV
TE282	Green Jasmine - og	17 bags	2.39	OV
TE147	Green Tea Ginger Lemon	17 bags	2.39	OV
TE787	Green Tea Matcha Lemon	17 bags	2.39	OV
TE645	Heartwarming - og	17 bags	2.39	OV
TE187	Himalaya - og	17 bags	2.39	OV
TE785	Immune Support	17 bags	2.39	OV
TE193	Licorice - og	17 bags	2.39	OV

code	product	size	rrp	bfgosv
TE322	Licorice and Choco Mint	2 x 17 bags	3.89	OV
TE837	Licorice Mint - og	17 bags	2.39	OV
TE638	Lime Mint - og	17 bags	2.39	OV
TE552	Men's - og	17 bags	2.39	OV
TE252	Positive Energy Cranberry Hib	17 bags	2.39	OV
TE001	Rooibos - og	17 bags	2.39	OV
TE283	Rose - og	17 bags	2.39	OV
TE350	Stomach Ease - og	17 bags	2.39	OV
TE211	Sweet Chai - og	17 bags	2.39	OV
TE428	Sweet Chilli	17 bags	2.39	OV
TE554	Throat Comfort - og	17 bags	2.39	OV
TE733	Wellbeing	17 bags	2.39	OV
TE067	Wellness Collection - og	18 bags	2.69	OV
TE355	Women's Energy	17 bags	2.39	OV
TE351	Women's tea-og	17 bags	2.39	OV

HERBS & SPICES - PREPACKED

SUMA ORGANIC

Herbs - organic

HE365	Basil - organic	20g	1.35	OV
HE366	Bay Leaves - organic	10g	1.35	OV
HE377	Dill Herb - organic	15g	1.35	OV
HE380	Mixed Herbs - organic	20g	1.35	OV
HE385	Oregano - organic	20g	1.35	OV
HE387	Parsley - organic	15g	1.35	OV
HE390	Rosemary - organic	20g	1.35	OV
HE391	Sage - organic	25g	1.35	OV
HE392	Tarragon - Organic	10g	1.35	OV
HE393	Thyme - Organic	25g	1.35	OV

Milled Spices - organic

HE371	Chilli powder - organic	25g	1.35	OV
HE166	Cinnamon - Fairtrade, organic	25g	1.35	FOV
HE370	Cinnamon - organic	30g	1.35	OV
HE374	Coriander - organic	40g	1.35	OV
HE376	Cumin Ground - organic	25g	1.35	OV
HE379	Ginger - organic	30g	1.35	OV
HE169	Ginger - organic, Fairtrade	25g	1.35	FOV
HE381	Mixed Spice - organic	25g	1.35	OV
HE384	Nutmeg, organic	20g	1.35	OV
HE386	Paprika - organic	25g	1.35	OV
HE162	Pepper - Black, F/T, organic	25g	1.45	FOV
HE394	Turmeric - organic	30g	1.35	OV
HE170	Turmeric - organic, Fairtrade	25g	1.35	FOV

Seasonings - organic

HE378	Garlic Granules - organic	25g	1.35	OV
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Whole Spices - organic

HE367	Caraway Seeds - organic	30g	1.35	OV
HE369	Cinnamon Bark - organic	15g	1.35	OV
HE372	Cloves - organic	20g	1.35	OV
HE373	Coriander Seed - organic	40g	1.35	OV
HE375	Cumin Seed - organic	25g	1.35	OV
HE368	Green Cardamom Pods - organic	10g	1.65	OV
HE382	Mustard Seed - black, organic	50g	1.35	OV
HE388	Peppercorns - black, organic	25g	1.35	OV
HE389	Poppy Seed Blue - organic	40g	1.35	OV
HE163	Whole Black Peppercorns OG, FT	25g	1.45	FOV
HE167	Whole Cloves - Organic & FT	25g	1.25	FOV

code	product	size	rrp	bfgosv
	HAMBLEDEN HERBS			
HE070	Mulling Spices - og	25g	4.99	OV
	HONEY			
	EQUAL EXCHANGE			
HY005	Organic clear	500g	4.99	FO
HY004	Organic set	500g	4.99	FO
	HILLTOP HONEY			
HY075	Acacia Honey - Raw, Organic	370g	6.59	O
HY078	Honeydew Honey - Raw, Organic	370g	6.59	O
HY301	Lime Flower Honey -Raw,Organic	370g	6.59	O
HY076	Multiflower Honey-Raw, Organic	370g	6.59	O
	LITTLEOVER APIARIES			
HY037	Organic Acacia Honey	340g	5.39	O
HY052	Organic Forest Honey	340g	7.99	O
HY040	Organic Wildflower Honey Clear	340g	3.79	O
HY041	Organic Wildflower Honey Set	340g	3.79	O
	MERIDIAN			
HY011	Pure Blossom Honey - Squeezy	340g	4.99	O
	RAW HEALTH			
HY013	Acacia Honey	350g	4.99	O
HY015	Honey With Cinnamon	350g	5.39	O
HY016	Tropical Honey	350g	4.99	O
	ROWSE			
HY263	Organic Honey - Clear	340g	3.89	O
HY264	Organic Honey - Set	340g	3.89	O
HY267	Squeezable Organic Honey	340g	3.95	O
	TROPICAL FOREST			
HY032	Forest Honey - clear, organic	340g	4.35	FO
HY033	Forest Honey - set, organic	340g	4.35	FO
	HOUSEHOLD CLEANING PRODUCTS			
	BRIOCHIN ARTISAN			
HJ224	Disinfectant Cleaner	750ml	4.25	O
HJ223	Hand & Dishwashing Liquid	500ml	4.49	O
HJ207	Household Vinegar	1l	4.25	O
HJ174	Linseed Oil for Wood Floors	1l	5.25	O
HJ192	Linseed Oil Soap	1l	4.25	O
	HOUSEHOLD PRODUCTS			
	BIMBAMBOO			
	<i>Bamboo 3 Piece Dining Sets</i>			
NF357	Robot Design	1	13.99	O
NF358	Transport Design	1	13.99	O
	INDIAN FOOD			
	GEO ORGANICS			
VF740	Balti Paste OG	180g	2.19	OV
VF249	Bhuna Curry Paste	180g	2.19	OV
VF743	Korma Paste OG	180g	2.19	OV
VF742	Madras Curry Paste OG	180g	2.19	OV
KJ573	Mango Chutney OG Fairtrade	300g	2.99	FOSV
VF744	Tikka Masala Paste OG	180g	2.19	OV
	SEEDS OF CHANGE			
VF069	Korma Sauce - og	350g	2.99	OS
VF064	Tikka Masala Sauce - OG	350g	2.99	OS

code	product	size	rrp	bfgosv
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JAMS & FRUIT SPREADS

BIONA

JS001	Pear & Apple Spread - organic	450g	3.69	OV
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BIONOVA

JS137	Bilberry Jam - organic	340g	2.45	OSV
JS141	Raspberry Jam - organic	340g	2.45	VOS
JS140	Strawberry Jam - organic	340g	2.45	OSV
JS133	Tangy Marmalade - organic	350g	2.45	OSV

FRUIT TREE

KJ197	Apricot Fruit Spread	250g	3.39	OV
KJ201	Blueberry Fruit Spread	250g	3.75	OV
KJ204	Mango Fruit Tree Spread	250g	3.39	OV
KJ198	Peach Fruit Spread	250g	3.39	OV
KJ199	Raspberry Fruit Spread-Organic	250g	3.69	OV
KJ196	Strawberry Fruit Spread	250g	3.39	OV
KJ200	Summer Berries Fruit Spread	250g	3.75	OV

MERIDIAN

JS018	Apricot Spread - organic	284g	2.59	VO
JS019	Blackcurrant Spread - organic	284g	2.59	VO
JS078	Bramble Fruit Spread - organic	284g	2.59	OV
JS304	Cherries & Berries Spread - og	284g	2.59	OV
JS020	Morello Cherry Spread -organic	284g	2.59	VO
JS077	Plum Spread - organic	284g	2.59	OV
JS245	Raspberry Spread - organic	284g	2.59	OV
JS017	Seville Orange Spread -organic	284g	2.59	VO
JS021	Strawberry Spread - organic	284g	2.59	VO
JS100	Wild Blueberry Spread - og	284g	2.59	OV

TRAIIDCRAFT

GH165	Organic Orange Marmalade	340g	2.59	FOVS
GH166	Organic Strawberry Jam	340g	3.09	FOVS

MARGARINES & SPREADS (CHILLED)

SUMA

MA060	Suma Soya Spread Organic	500g	3.69	GVOS
MA065	Suma Sunflower Spread Organic	500g	3.35	VO

BIONA

MA468	Extra Olive Spread, organic	250g	2.89	OV
CV038	Organic Cocomega Spread	250g	2.99	OV
MA061	Vegetable Margarine - organic	250g	2.59	OV
MA030	Vegetable Margarine - organic	500g	3.89	OV

MAYONNAISE & SALAD DRESSINGS

SUMA

KJ022	Organic Mayonnaise	1kg	9.75	O
KJ080	Organic Mayonnaise	300g	2.95	O

BIONA

KJ401	Mayo - Egg & Soya Free	230g	2.19	OV
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GEO ORGANICS

KJ334	Organic Chilli Mayo, Vegan	232g	2.25	OV
KJ333	Organic Mayo, Vegan	232g	2.19	OV

KITE

KJ536	Mayonnaise organic	150g	1.89	O
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PLAMIL

Catering

LJ360	Egg Free Mayonnaise - organic	2.5kg	23.59	GOSV
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code	product	size	rrp	bfgosv
	<i>Organic</i>			
LJ006	Egg Free Mayo+Lemongrass - og	315g	3.19	GOSV
LJ259	Egg Free Mayonnaise - organic	315g	3.19	GOSV
	<i>Squeezy Bottle</i>			
KJ441	Egg Free Mayo - Green Chillies	275g	2.95	GOV
KJ439	Egg Free Mayonnaise - Organic	275g	2.95	GOV
	SIMPLY DELICIOUS			
KJ366	Garlic Mayonnaise	300ml	3.15	O
KJ368	Plain Mayonnaise	300ml	3.15	O
	MEAT FREE ALTERNATIVES (FROZEN)			
	IMPULSE FOODS			
XL109	Organic Garlic & Herb Tempeh	227g	2.89	OV
XL107	Organic Tempeh	227g	2.85	OV
	MEATLESS SUBSTITUTES (CHILLED)			
	DRAGONFLY			
CV704	Country Vegetable Burger OG	200g	2.24	OV
CV705	Mexican Spice Burger OG	200g	2.24	OV
CV162	Mixed Burgers OG	200g	2.5	OV
CV702	Mushroom and Garlic Burger OG	200g	2.24	OV
CV046	Organic Original Soysage	200g	2.5	OV
CV703	Walnut & Almond Burger OG	200g	2.24	OV
	FLORENTIN			
CV930	Falafel	240g	3.75	OV
CV944	Tamruc Falafel	250g	3.85	OV
	SOJADE			
CV167	Grilled Seitan Steak	200g	3.25	OVB
CV184	Org Seitan Burger with Veg	200g	3.23	OVB
	TAIFUN			
CV007	Almond/Ses Tofu Slice -organic	200g	3.49	OV
CV339	Black Forest Org Tofu Slices	200g	3.49	OV
CV008	Graffiti Terrine - organic	200g	3.79	OV
CV011	Grill Sausages - organic	250g	3.89	OV
CV344	Org Burger - Peppers & Capers	200g	3.59	OV
CV637	Org Feto Bell Pepper Tofu	200g	3.49	OV
CV636	Org Feto Herbs Tofu	200g	3.49	OV
CV635	Org Feto Natural Tofu	200g	3.29	OV
CV334	Org Tapas Burger Olive Cashew	200g	3.59	OV
CV340	Org Veggie Barbeque Sausages	250g	3.99	OV
CV445	Organic Tofu Mini Weiners	160g	2.99	OV
CV005	Sombreros Spicy - organic	250g	3.99	OV
CV053	Spelt & Sunflower Cutlets - OG	200g	2.99	OV
CV831	Tofu Herb Sausages	250g	3.99	O
CV263	Tofu/Hazel/Spelt Cutlets OG	200g	3.59	OV
CV010	Wiener/Frankfurters - organic	300g	4.69	OV
	VIANA			
CV392	Organic Doner Kebab	200g	3.69	OV
	<i>Demeter Organic Standard</i>			
CV404	Bonanza Veggie Steaks	210g	3.65	OSV
CV414	Real Jumbo Frankfurters	275g	3.69	SOV
CV402	Robinson Burger	200g	2.89	OV
	WHEATY			
CV685	Country Style Sausages	150g	2.99	OV
CV261	Doner Kebab - Vegan	200g	4.79	OV
CV683	Gran Chorizo	200g	5.59	OV

code	product	size	rrp	bfqosv
CV241	Merguez Vegan Sausage	200g	4.39	OV
CV689	Salami Slices	100g	2.35	OV
CV505	Seitan Medallions	175g	3.59	OV
CV690	Smoked Slices	100g	2.35	OV
CV267	Vegan Chorizo Slices	80g	2.75	OV
CV269	Vegan Herbalicious Sausage	200g	4.39	OV
CV250	Vegan Hot Dogs	200g	4.39	OV
CV023	Virginia Steak	175g	3.59	OV
	<i>Spacebars</i>			
CV691	Chorizo	40g	1.19	OV
CV692	Hemp	40g	1.16	OV
CV303	Red Hot Chilli Peppers	40g	1.39	OV

MIDDLE EASTERN & AFRICAN FOOD

AMISA

KJ105	Falafel Mix	160g	1.79	GOV
KJ305	Harissa Falafel Mix GF	160g	1.89	GOV

BIM'S KITCHEN

GH175	African Baobab & Peanut Butter	190g	4.75	GOV
GH176	African Tigernut&Cashew Butter	190g	5.09	GOV
GH125	Tigernut & Macadamia Butter	170g	6.95	GOV

CARLEY'S

KJ240	Preserved Lemon - Organic	700g	5.19	OV
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JUST WHOLEFOODS

VF183	Falafel Mix - organic	120g	1.55	OV
VF256	Houmous Mix - Organic	125g	1.55	OV

MILK - FRESH (CHILLED)

YEO VALLEY

Minimum 4 days shelf life

CV128	Yeo Organic Semi-Skimmed Milk	1l	1.35	O
CV124	Yeo Organic Whole Milk 1L	1l	1.35	O

MILK - NON DAIRY

ECOMIL

SY050	Almond Classic - Calcium	1l	2.29	OSV
SY275	Almond Drink	1l	3.49	OV
SY048	Almond Drink - Classic	1l	2.29	OSV
SY012	Almond Drink Powder	400g	14.95	GOV
SY059	Coconut Cuisine	200ml	1.69	OV
SY049	Coconut Milk - Original	1l	3.49	OSV
SY030	Cuisine - Almond Cream	200ml	1.6	GOV
SY053	No Sugar Almond + Calcium	1l	3.49	OV
SY021	No Sugar Almond Drink	1l	2.95	OV
SY076	No Sugar Almond Protein Drink	1l	3.49	OV
SY063	No Sugar Almond Vanilla	1l	3.49	OV
SY073	No Sugar Coconut & Calcium	1l	3.49	OV
SY058	No Sugar Coconut Milk	1l	3.49	OV
SY014	No Sugar Hazelnut Drink	1l	3.89	OV
SY155	No Sugar Hemp Drink	1l	3.49	OV
SY142	Quinoa Drink - Organic	1l	3.49	OV
SY279	Soya Drink Powder (sweetened)	400g	12.95	OV

OATLY

SY019	Cream - Dairy Free	250ml	1.09	VO
JU377	Oatly Oat Drink Organic	1l	1.75	OV

code	product	size	rrp	bfgosv
PLAMIL				
SY009	Soya Milk, unsweetened - og	1l	2.25	GOV
PROVAMEL				
SY090	Almond Drink - Organic	1l	2.59	OV
SY094	Almond Drink - Unsweetened	1l	2.59	GOV
SY146	Cashew Drink - Organic	500ml	1.75	OSV
SY152	Coconut & Almond Drink	1l	2.79	GOSV
SY011	Coconut & Rice Drink	1l	2.19	GOV
SY086	Coconut & Rice Drink	200ml	0.69	OV
SY089	Hazelnut Drink	500ml	1.69	OSV
SY147	Macadamia Drink - Organic	500ml	1.75	OSV
SY088	Oat Drink - Organic	1l	1.65	OV
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
SY067	Soya Drink - Banana	250ml	0.57	OV
SY143	Soya Drink - Chocolate	1l	1.75	OV
SY033	Soya Drink - Chocolate	250ml	0.57	OV
SY032	Soya Drink - Strawberry	250ml	0.56	OV
SY034	Soya Drink - Vanilla	1l	1.75	OSV
SY027	Soya Drink - Vanilla	250ml	0.57	OV
SY080	Soya Milk - sweetened	1l	1.55	GOV
SY025	Soya Milk - Unsweetened	1l	1.55	GOV
SY026	Soya Milk - Unsweetened	500ml	0.99	GOV
SY123	Soya Unsweetened Organic PMP	1l	1.19	OV
RICE DREAM				
JU361	Rice Dream - Original	1l	1.95	VO
JU362	Rice Dream - Vanilla	1l	2.15	VO
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
SOJADE				
SY017	Cuisine- Organic Soya Cream	200ml	0.99	OSV
SY010	Hemp Drink - unsweetened	1l	2.79	OV
SY400	Rice Drink - calcium enriched	1l	1.69	OV
SY018	Soya Milk - calcium & apple	1l	1.75	VO
SY016	Soya Milk - unsweetened	1l	1.49	OV
SY023	Soya Milk - Vanilla & Calcium	1l	1.95	VO
SUNRISE				
SY041	Soya Milk - Org, Unsweetened	1l	1.39	OV
THE BRIDGE				
SY002	Oat Drink	1l	1.65	OV
SY560	Oat Drink - Calcium Enriched	1l	1.95	OV
SY150	Rice Cream - Organic	200ml	0.99	OV
SY068	Rice Drink - Cacao	250ml	0.95	OV
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

code	product	size	rrp	bfgosv
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

MILK (LONGLIFE)

MOO

MJ011	Semi Skimmed Milk - Organic	1l	1.99	O
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NON-DAIRY DESSERTS (FROZEN)

BOOJA BOOJA

Alternative to Dairy Ice Cream

XL258	Caramel Pecan Praline Ice Cream	110ml	1.99	OV
XL263	Caramel Pecan Praline Ice Crm	500ml	5.99	OSV
XL259	Choc Salted Caramel Ice Cream	500ml	5.99	OV
XL409	Coconut Hullabaloo	110ml	1.99	OV
XL255	Hazel, Choc & Truffle Ice Cream	500ml	5.99	OV
XL031	Hunky Punky Chocolate	110ml	1.99	OV
XL033	Hunky Punky Chocolate	500ml	5.99	OV
XL410	Keep Smiling Vanilla M'Gorilla	110ml	1.99	OV
XL038	Keep Smiling Vanilla M'Gorilla	500ml	5.99	OV
XL037	Pompompous Maple Pecan	500ml	6.99	OV
XL256	Raspberry Ripple Ice Cream	110ml	1.99	OV
XL257	Raspberry Ripple Ice Cream	500ml	5.99	OV
XL036	Rollercoaster Ginger	500ml	5.99	OV

JOLLYUM

Organic Soya Ice-Cream

XL091	Double Chocolate Ice Cream	125ml	1.89	OV
XL095	Double Chocolate Ice Cream	500ml	5.79	OV
XL099	Maple & Pecan Ice Cream	500ml	5.79	OV
XL092	Maple and Pecan Ice Cream	125ml	1.89	OV
XL093	Passion Fruit & Choc Ice Cream	125ml	1.89	OV
XL103	Passion Fruit & Choc Ice Cream	500ml	5.79	OV
XL094	Summer Strawberry Ice Cream	125ml	1.89	OV
XL110	Summer Strawberry Ice Cream	500ml	5.79	OV

NATURALLY COCONUTS

XL098	Coconut Caramel	110ml	2.99	OSV
XL100	Coconut Caramel	500g	6.99	OSV
XL059	Creamy Coconut	110ml	2.99	OSV
XL012	Creamy Coconuts	500ml	6.99	OSV
XL120	Raw Chocolate	100ml	2.99	OSV
XL121	Raw Chocolate	500ml	6.99	OSV
XL151	Rum and Raisin	500ml	6.99	OSV
XL102	Sumptuous Strawberry	110ml	2.99	OSV
XL116	Sumptuous Strawberry	500ml	6.99	OVS

PIP ORGANIC

XL205	Apple Fruit Squeezer	105ml	1.09	OV
XL217	Berry Fruit Squeezer	105ml	1.09	OV
XL252	Tropical Fruit Squeezer	105ml	1.09	OV

NUT & SEED BUTTERS

SUMA

GH135	Peanut Butter, crunchy	340g	3.29	FVO
GH047	Peanut Butter, crunchy + salt	700g	5.79	VO
GH022	Peanut Butter, crunchy + salt	340g	3.19	VO
GH248	Peanut Butter, crunchy no salt	700g	5.79	VO

code	product	size	rrp	bfgosv
GH256	Peanut Butter, crunchy no salt	340g	3.19	VO
GH051	Peanut Butter, smooth + salt	700g	5.79	VO
GH023	Peanut Butter, smooth + salt	340g	3.19	VO
GH096	Peanut Butter, smooth no salt	700g	5.79	VO
GH257	Peanut Butter, smooth no salt	340g	3.19	VO
GH950	Tahini - dark, organic	280g	4.05	OV
GH675	Tahini - light, organic	280g	4.05	OV
BIONA				
GH210	Almond Butter Smooth Organic	170g	4.99	OV
GH102	Almond Butter Smooth Organic	350g	9.39	OV
GH211	Cashew Nut Butter - og	170g	4.49	OV
GH124	Coconut Almond Butter	170g	4.69	OV
GH083	Coconut Peanut Butter	170g	2.39	OV
GH103	Peanut Butter Crunchy Organic	1kg	6.99	OV
GH104	Peanut Butter Smooth Organic	1kg	6.99	OV
CARLEY'S				
GH024	Almond Butter- Organic	170g	4.65	OV
GH025	Cashew Butter- Organic	170g	3.75	OV
GH034	Pumpkinseed Butter - og	250g	3.75	OV
GH215	Raw Almond Butter	250g	6.15	OV
GH216	Raw Almond Butter	425g	9.95	OV
GH217	Raw Almond Butter	700g	15.95	OV
GH208	Raw Apricot Kernal Butter	170g	3.75	OV
GH209	Raw Brazilnut Butter	170g	3.85	OV
GH709	Raw Hemp & Linseed Butter	170g	3.65	OV
GH212	Raw Hempseed Butter	170g	5.25	OV
GH214	Raw Macadamia Butter	170g	7.95	OV
GH218	Raw Mixed Nut Spread	250g	5.75	OV
GH219	Raw Mixed Seed Spread	250g	3.45	OV
GH014	Raw Pecan Butter	170g	5.45	OV
GH041	Raw Rainforest Nut Butter	170g	4.65	OV
GH213	Raw Walnut Butter	170g	3.85	OV
GH712	Raw White Almond Butter	170g	4.65	OV
GH042	Sunflower Butter- Organic	250g	2.65	OV
COCOFINA				
GH156	Coconut Butter	335g	6.99	OV
EQUAL EXCHANGE				
GH501	Cashew Butter Organic	170g	3.99	FOV
GH810	Natural (Dark) Tahini organic	270g	3.29	FOV
GH706	Peanut Butter - Crunchy + salt	280g	2.99	FOV
GH704	Peanut Butter -Crunchy no salt	280g	2.99	FOV
GEO ORGANICS				
GH074	Choco Peanut Butter Organic	250g	3.99	OSV
MERIDIAN				
GH072	Almond Butter Smooth + salt	170g	4.49	OV
GH028	Peanut Butter Crunchy + Salt	280g	2.69	OV
GH109	Peanut Butter Smooth-org +salt	280g	2.69	OV
GH064	Tahini - dark, organic	270g	2.99	OV
GH020	Tahini - light, organic	270g	2.99	OV
GH205	Tahini - light, organic	454g	4.49	OV
100% Nuts				
GH094	Almond Butter Smooth Organic	170g	4.49	OV
GH169	Almond Butter Smooth Organic	454g	10.99	OV
GH171	Brazil Nut Butter	170g	5.99	OV
GH057	Cashew Butter Smooth Organic	170g	4.49	OV

code	product	size	rrp	bfgosv
GH063	Peanut Butter Crunchy	280g	2.69	OV
GH097	Peanut Butter Crunchy Organic	1kg	7.99	OV
GH128	Peanut Butter Crunchy Organic	454g	3.99	OV
GH069	Peanut Butter Smooth	1kg	7.99	OV
GH110	Peanut Butter Smooth	280g	2.69	OV
GH200	Peanut Butter Smooth Organic <i>100% Seeds</i>	454g	3.99	OV
GH046	Pumpkin Seed Butter - og	170g	2.99	OV
GH070	Sunflower Seed Butter Smooth	170g	2.99	OV
PEARLS OF SAMARKAND				
GH170	Organic F/T Black Tahini	310g	10.11	FOV
PRIMROSE'S KITCHEN				
GH099	Raw Almond & Chia Butter	170g	6.25	OV
PROFUSION				
GH137	Hemp Peanut Butter - Organic	350g	3.89	OV
GH153	Maca, Almond, Tiger Nut Butter	250g	6.99	OV
RAW ECSTASY				
GH141	Activated Almond Butter	140g	6.29	OV
RAW HEALTH				
GH036	Raw Superseed Spread	170g	2.89	OV
GH011	Whole Raw Almond Butter - og	170g	5.69	OV
GH086	Whole Raw Hazelnut Butter	170g	5.69	OV
GH017	Whole Raw Tahini	170g	2.99	OV
SUNITA				
GH181	Og Sesame & Cocoa Spread 25%	350g	4.09	SOV
GH996	Tahini - dark, organic	3kg	35.5	VO
GH149	Tahini - light, organic	3kg	35.5	VO
WHOLE EARTH				
GH091	Peanut Butter - smooth organic	227g	2.89	GOV
GH090	Peanut Butter -crunchy organic	227g	2.89	GOV
GH151	Peanut Butter-100% Nuts,Crunch <i>50% Extra Free</i>	227g	2.89	GOV
GH204	Organic Smooth Peanut Butter	340g	2.89	OV
NUT/SEED MILK YOGURTS(CHILLED)				
SOJADE				
CV389	Natural Hemp Yogurt	250g	1.49	GOVB
NUTS & SEEDS				
SUMA PREPACKS - ORGANIC				
NU154	Alfalfa seeds - organic	250g	4.15	VO
NU217	Almonds - organic	125g	3.15	OV
NU102	Almonds - organic	250g	5.99	OV
NU159	Almonds - organic	500g	11.55	OV
NU387	Almonds, ground - organic	125g	3.29	OV
NU043	Almonds, ground - organic	250g	6.25	OV
NU344	Brazils - organic	125g	4.15	OV
NU219	Brazils - organic	250g	7.99	OV
NU297	Brazils Fairtrade - organic	125g	4.15	FOV
NU298	Brazils Fairtrade - organic	250g	7.99	FOV
NU033	Cashews whole - organic	125g	3.35	OV
NU255	Cashews whole - organic	250g	6.35	OV
NU041	Coconut - desiccated, organic	125g	1.09	OV
NU103	Hazelnuts - organic	125g	3.05	OV

code	product	size	rrp	bfgosv
NU258	Hazelnuts - organic	250g	5.79	OV
NU273	Hemp Seeds - organic	125g	1.15	VO
NU272	Hemp Seeds - organic	250g	1.99	VO
NU322	Linseed, golden - organic	250g	1.39	OV
NU288	Omega Seed Mix - organic	125g	1.19	OV
NU293	Omega Seed Mix - organic	250g	2.05	OV
NU069	Peanuts - organic	125g	1.09	OV
NU218	Peanuts - organic	500g	3.25	OV
NU545	Pine Kernels - organic	125g	3.75	OV
NU212	Pumpkin seeds - organic	125g	1.35	OV
NU323	Pumpkin seeds - organic	250g	2.35	OV
NU261	Pumpkin seeds - organic	500g	4.25	OV
NU213	Sesame seeds - organic	125g	1.05	OV
NU356	Sesame seeds - organic	250g	1.85	OV
NU105	Sunflower seeds - organic	125g	0.85	OV
NU254	Sunflower Seeds - organic	250g	1.35	OV
NU457	Sunflower seeds - organic	500g	2.19	OV
NU104	Walnuts - organic	125g	2.95	OV
NU012	Walnuts - organic	250g	5.25	OV
NU289	Walnuts - organic	375g	8.19	OV
BIONA				
NU304	Amaranth Seeds	500g	2.49	OV
NU303	Hemp Seeds	250g	2.29	OV
PEARLS OF SAMARKAND				
NU141	Og Black Sesame Seeds	330g	3.35	OV
PROFUSION				
NU167	Hulled Hemp Seeds	150g	3.99	OV
RAW ECSTASY				
NU156	Activated Almonds Raw Choc	70g	5.05	OSV
NU165	Activated Almonds Salted	70g	4.85	OV
NU164	Activated Walnuts Raw Choc	70g	5.05	OSV
RAW HEALTH				
NU187	Organic Black Chia Seeds	450g	9.49	OV
NU140	Organic White Chia Seeds	450g	10.39	OV
OILS & FATS				
SUMA				
GT350	Coconut Oil - Culinary	320g	3.25	OV
GT750	Coconut Oil - Culinary	650g	5.79	OV
GT075	Coconut Oil - Culinary	900g	7.99	OV
GT320	Coconut Oil - Extra Virgin	320g	7.2	OV
GT650	Coconut Oil - Extra Virgin	650g	12.5	OV
GT019	Italian Organic Olive Oil	3l	35.95	OV
GT017	Italian Organic Olive Oil	500ml	6.49	OV
GT018	Italian Organic Olive Oil	750ml	8.95	OV
GT085	Olive Oil-Extra Virgin,organic	500ml	6.5	VO
GT087	Olive Oil-Extra Virgin,organic	5l	45.99	VO
GT080	Sunflower Oil - organic	500ml	3.45	VO
GT091	Sunflower Oil - organic	5l	22.8	VO
AZADA				
GT106	Set of 5 flavoured oils	5 x 20	9.65	OV
BIO PLANETE				
GT136	Peanut Oil - og	250ml	8.95	OV

code	product	size	rrp	bfgosv
BIONA				
GT067	Coconut Bliss	250g	4.95	OV
GT066	Coconut Bliss	400g	7.49	OV
GT096	Coconut Bliss - Salted Caramel	250g	4.95	OV
GT025	Coconut Oil Cuisine Organic	875g	8.65	OV
VM271	Flax Seed Oil (was Linseed)	250ml	3.39	OVB
GT061	Mild / Odourless Coconut Oil	470ml	4.79	OV
GT060	Mild / Odourless Coconut Oil	610ml	5.89	OV
VF773	Virgin Coconut Oil Organic	200g	4.39	OV
VF774	Virgin Coconut Oil Organic	400g	7.99	OV
GT069	Virgin Coconut Oil Organic	800g	14.89	OV
GT071	Virgin Coconut Oil Raw	1.2kg	19.89	OV
CLEARSPRING				
GT070	Avocado Oil - Organic	250ml	5.69	OV
GT001	Hemp Oil Organic	250ml	5.99	OV
GT204	Italian Olive Oil Organic	1l	14.5	VO
GT049	Italian Olive Oil Organic	250ml	3.99	OV
GT203	Italian Olive Oil Organic	500ml	7.49	VO
GT009	Rapeseed Oil Organic	500ml	3.99	OV
GT206	Safflower Oil organic	500ml	5.49	VO
GT207	Sesame Oil organic	500ml	5.89	VO
GT208	Sesame Oil Toasted organic	250ml	4.19	VO
GT230	Sunflower Frying Oil organic	1l	7.49	VO
GT063	Sunflower Frying Oil Organic	2l	13.69	OV
GT231	Sunflower Frying Oil organic	500ml	4.49	VO
GT201	Sunflower Oil organic	500ml	3.49	VO
GT202	Sunflower Oil organic	1l	5.99	VO
GT209	Toasted Pumpkin Seed Oil Org	250ml	9.49	VO
GT211	Walnut Oil organic	250ml	10.49	VO
COCOFINA				
GT011	Organic Coconut Oil	350ml	6.99	OV
GT003	Organic Coconut Oil	975ml	17.99	OV
GT024	Organic Coconut Oil in sachets	10ml	0.69	OV
COCOWEL				
GT058	Og Extra Virgin Coconut Oil	500ml	10.99	OV
HIGHER NATURE OMEGA EXCELLENCE				
VM061	Organic Virgin Coconut Butter	400g	15.9	OV
LA BIO IDEA				
GT044	Italian Og Virgin Olive Oil	1l	12.05	OV
MERIDIAN				
GT012	Olive Oil-Extra Virgin,organic	500ml	6.99	VO
GT034	Sesame Oil - og	500ml	6.99	OV
GT016	Sunflower Oil - organic	500ml	3.99	VO
GT033	Toasted Sesame Oil - og	500ml	6.99	OV
NATURES AID - SUPERFOOD OILS				
GT077	Avocado Oil Organic	250ml	8.95	OV
GT076	Pumpkin Seed Oil Organic	250ml	8.95	OV
PUKKA				
GT037	Hemp Seed Oil - organic	250ml	8.19	OV
GT038	Virgin Coconut Oil - organic	300ml	8.19	OV
SUNITA				
GT099	Olive Oil-Extra Virgin Organic	5l	67	VO
TIANA				
GT013	Organic Pure Coconut Butter	350ml	4.99	OV

code	product	size	rrp	bfgosv
ZAYTOUN				
GT056	Olive Oil - Fair Trade	500ml	13.19	FOV
GT020	Olive Oil - Organic Fairtrade	250ml	8.09	FOV
GT022	Olive Oil - Organic Fairtrade	750ml	18.5	FOV
OLIVES				
GAEA				
VF121	Kalamata Olives - organic	300g	2.95	OV
VF070	Mixed Marinated Olives-organic	300g	2.59	OV
ORGANICO				
KJ415	Garlic Stuffed Olives	190g	3.65	OV
KJ081	Moorish Olives	280g	3.65	OV
KJ079	OG Black Olives	245g	3.65	OV
KJ410	Pitted Green Olives	280g	2.95	OV
KJ412	Provencale Olives	190g	3.65	OV
SEGGIANO				
KJ449	ORG Bella Di Cergnola Olives	350g	8.25	OV
KJ448	Org Rosate di Bitteto Olives	190g	5.09	OV
SUNITA				
KJ494	Green Olives Organic	360g	2.99	OV
KJ555	Kalamon Olives - organic	360g	3.9	VO
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
SUMA / IRIS				
WT018	Organic Tricolore Spirals	500g	1.75	OV
WT075	Organic White Fusilli	500g	1.39	OV
WT016	Organic White Macaroni	500g	1.39	OV
WT085	Organic White Penne	500g	1.39	OV
WT090	Organic White Spaghetti	500g	1.39	OV
WT125	Organic Wholewheat Fusilli	500g	1.39	OV
WT095	Organic Wholewheat Penne	500g	1.39	OV
WT120	Organic Wholewheat Spaghetti	500g	1.39	OV
BIOFAIR				
WT043	Quinoa Red & White Fusilli	250g	3.49	GFOV
BIONA				
WT333	Spelt Lasagne Sheets - Organic	250g	2.69	OV
WT330	Spelt Spaghetti White Organic	350g	4.29	OV
WT021	Spelt Spaghetti White Organic	500g	2.49	OV
WT025	White Spelt Fusilli	500g	2.49	OV
WT024	White Spelt Penne	500g	2.49	OV
WT334	Whole Spelt Spaghetti -Organic	500g	2.29	OV
WT331	Wholemeal Organic Spelt Penne	500g	2.29	OV
WT332	Wholewheat Spelt Fusili Org	500g	2.29	OV
CIEMME				
WT136	OG Gluten Free Gnocchi Plain	400g	3.29	GOV
WT138	Og Gluten Free Gnocchi/ Quinoa	400g	3.29	GOV
CLEARSPRING				
WT148	Brown Rice Penne - Gluten Free	250g	2.89	OSV
WT052	Gluten Free Buckwheat Pasta	250g	2.89	OV

code	product	size	rrp	bfgosv
WT094	Gluten Free Chickpea Pasta	250g	3.49	OV
WT149	Green Pea & Quinoa Fusilli	250g	2.89	OSV
WT150	Red Lentil & Brown Rice Pasta	250g	2.89	OSV

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
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	500g	2.99	GOV

EXPLORE ASIAN

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	200g	3.29	GOV

EXPLORE CUISINE

WT145	Chickpea Fusilli	250g	3.29	OV
WT146	Chickpea Spaghetti	250g	3.29	OV
WT144	Green Lentil Lasagne	250g	3.29	OV
WT143	Green Lentil Penne	250g	3.29	OV
WT142	Red Lentil Penne	250g	3.29	OV
WT147	Red Lentil Spaghetti	250g	3.29	OV

GUSTO NERO

WT158	Organic Black Rice Fusilli	275g	3.29	OV
WT159	Organic Black Rice Linguine	250g	3.29	VO
WT157	Organic Black Rice Macaroni	275g	3.29	OV
WT160	Organic Black Rice Spaghetti	250g	3.29	OV

LA BIO IDEA

WT139	Chick Pea Penne	250g	2.59	OV
WT140	Red lentil Fusilli	250g	3.55	OV
WT103	Tagliatelle Egg Pasta	250g	2.29	O

Speciality

WT232	Lasagne green <i>White</i>	250g	1.89	OV
WT974	Lasagne White - og no pre cook	250g	1.89	OV
WT048	Macaroni Elbows	500g	1.29	VO
WT050	Penne (Tubes) - White	500g	1.29	VO
WT049	Spaghetti - White	500g	1.29	VO
WT073	Spirelli/Fusilli - White <i>Wholewheat</i>	500g	1.29	VO
WT023	Lasagne	250g	1.89	OV
WT237	Linguine	500g	1.39	OV
WT040	Macaroni Elbows - wholewheat	500g	1.29	VO
WT074	Penne (Tubes) - Wholewheat	500g	1.29	VO
WT044	Shells - organic	500g	1.29	VO
WT041	Spaghetti - Wholewheat	500g	1.29	VO
WT046	Tagliatelle - organic	500g	1.29	VO

LA TERRA E IL CIELO

WT091	Spelt Cavatappi	500g	3.45	OV
WT874	Spelt Fusilli	500g	3.45	OV

code	product	size	rrp	bfgovs
WT873	Spelt Penne	500g	3.45	OV
WT899	White Pappardelle Nest <i>White</i>	500g	3.19	OV
WT990	Cavatappi - spirals	500g	2.59	OV
WT982	Fusilli with Spinach - organic	500g	2.59	OV
WT992	Spaghetti - White <i>Wholewheat</i>	500g	2.05	OV
WT978	Spelt Spaghetti - organic	500g	3.45	OV
PROFUSION				
WT035	Chick Pea & Flax Penne	300g	3.49	OV
WT130	Chick Pea Fusilli - GF	300g	3.19	GOV
WT014	Red Lentil & Flax Penne	300g	3.49	OV
WT129	Red Lentil Fusilli GF	300g	3.29	GOV
WT124	Sprouted Spelt Tagliatelle	250g	3.29	OV
SEEDS OF CHANGE				
WT003	Spinach Trotele	500g	2.59	OV
WT001	Tortiglione - og	500g	2.59	OV
PASTA (FRESH, CHILLED)				
AMISA				
CV345	Gluten Free Fresh Org Gnocchi <i>Gluten-Free Filled Ravioli</i>	350g	3.49	GOV
CV201	G/F Ravioli with Cheese	200g	3.49	GO
BIONA				
CV440	Fresh Gnocchetti with Pumpkin	400g	3.79	OV
CV059	Fresh Green Tortellini	250g	2.79	O
CV595	Org Cappelletti Tri Colour	250g	2.69	OV
CV572	Org Fresh Tagliatelle	250g	2.99	OV
CV177	Org Ravioli with Spinach/ Leek	350g	4.29	OSV
CV181	Organic Fresh Gnocchi	400g	3.29	OV
CV182	Organic Ravioli Pizzaoila	250g	2.99	O
CV649	Tortelloni with Ricotta	250g	2.89	O
PASTA SAUCES & PESTOS				
SUMA				
KJ162	Organic Pesto Alla Genovese	190g	3.25	O
KJ161	Organic Pesto Rosso	190g	3.15	OV
KJ160	Organic Pesto Siciliano	190g	3.15	OV
<i>Organic Pasta Sauces</i>				
VF201	Organic Arrabbiata Sauce	350g	1.75	OV
VF191	Organic Bolognese Sauce	350g	1.75	OV
VF192	Organic Napoletana Sauce	350g	1.75	OV
<i>Organic Pestos</i>				
KJ192	Pesto - Green, vegan	160g	2.59	GOV
KJ191	Pesto - Green, vegetarian	160g	2.59	GO
KJ189	Pesto - Red, vegan	160g	2.59	GOV
KJ190	Pesto - Red, vegetarian	160g	2.59	GO
LA CONSERVE DELLA NONNA				
KJ132	Soya Bolognese Pasta Sauce	350g	2.29	GOV
MERIDIAN				
VF050	Mushroom Pasta Sauce - organic	440g	2.79	GOV
VF173	Tomato & Basil Pasta Sauce	350g	2.49	GOV
VF197	Tomato & Herb - organic	440g	2.79	GOV
MR ORGANIC				
KJ328	Chilli & Garlic Pesto	130g	3.25	OV
KJ331	Grilled Aubergine Add-in	190g	4.15	OV

code	product	size	rrp	bfgo
KJ329	Grilled Pepper Add-In	190g	3.79	OV
KJ327	Red Pepper Pesto (vegan)	130g	3.25	OV
KJ215	Seitan Pasta Sauce	350g	2.79	OV
KJ216	Soya Pasta Sauce	350g	2.79	OVS
KJ214	Tofu Pasta Sauce	350g	2.79	OVS
KJ330	Tomato & Olive Add-In	190g	4.15	OV
ORGANICO				
VF043	Olive, Chilli & Garlic - og	360g	2.95	OSV
VF055	Red Wine and Porcini	360g	2.95	OSV
VF032	Vegetable Bolognese - og	360g	2.95	OSV
PROBIOS				
KJ322	Organic Rice Bechemel Sauce	500ml	2.49	GOV
PROFUSION				
VF223	Sprouted Hemp Pesto-Basil/Garl	150g	4.39	OV
VF219	Sprouted Hemp Pesto-Tom/Chilli	150g	4.39	OV
SEEDS OF CHANGE				
VF072	Bolognese Sauce OG	500g	2.99	OSV
VF038	Sundried Tom & Basil Stir in	195g	3.49	OSV
VF194	Tomato & Basil Pasta Sauce	350g	2.79	OV
VF041	Tomato & Olive Stir in	195g	3.49	OSV
VF076	Tomato and Basil - og	500g	2.99	OSV
SUNITA				
KJ790	Organic Pesto Genovese	130g	4.19	OV
PASTRY (FROZEN)				
CLIVE'S				
<i>Pies & Pastries</i>				
XL045	Wholemeal 'Rough Puff' Pastry	300g	2.31	OV
DORSET PASTRY				
<i>Pure Butter Handmade Pastry</i>				
XL124	Organic Puff Pastry	325g	5.59	O
XL264	Organic Shortcrust Pastry	325g	4.6	O
PATE				
GRANOVITA				
GH196	Buckwheat & Chia Pate	125g	1.95	GOSV
GH193	Chickpea & Sesame Pate	125g	1.95	GOSV
GH195	Grilled Aubergine Pate	125g	1.95	GOV
GH130	Peppercorn Pate	125g	1.95	OV
GH651	Ready Spreadable Pate - Mushroom	200g	2.99	GVO
GH650	Ready Spreadable Pate - Original	200g	2.99	GOV
GH192	Red Pepper & Almond Pate	125g	1.95	GOV
GH168	Spicy Mexican Pate - organic	200g	2.99	OV
GH131	Tomato & Pepper Tofu Pate	125g	1.95	OV
GH194	Tomato and Rocket Pate	125g	1.95	GOV
GH167	Tomato Pate - organic	200g	2.99	O
GH191	Walnut & Basil Pate	125g	1.95	GOV
ORGANICO				
GH127	Roast Aubergine Spread & Dip	140g	2.79	OV
SUNITA				
KJ791	Kalamon Olive Pate	135g	3.45	OV
TARTEX				
GH001	Classic Pate - og	200g	2.79	OV
GH012	Herb & Garlic Pate - og	200g	2.79	OV

code	product	size	rrp	bfgo
GH006	Herb Pate - og	200g	2.79	OV
GH007	Mushroom pate - og	200g	2.79	OV
GH008	Olive Pate - og	200g	2.79	OV

PATES, DIPS & TAPAS (CHILLED)

PROFUSION

CV559	Organic Beetroot Houmous	150g	3.29	OV
CV563	Organic Seaweed Salad	100g	3.99	OV

PET FOODS & PET CARE

YARRAH

PF002	Chunks for Dogs - Cranberries	380g	3.58	OV
PF502	Dogfood Vegetarian Organic	10kg	46.4	O
PF501	Dogfood Vegetarian Organic	2kg	11.25	OV
PF503	Multi Dog Biscuits	250g	2.8	OV
NF040	Organic Clay Cat Litter	7kg	9.91	OV
PF506	Vegetarian Pate	150g	1.28	OV

PICKLES, CHUTNEYS & MUSTARDS

BIONA

LJ664	Harissa Relish - prepared	125g	2.69	OV
KJ427	Kimchi Organic	350g	2.89	OV
KJ076	Mustard Medium Hot	320ml	2.19	OV
KJ036	Sauerkraut - Organic	350g	1.89	OVB
KJ423	Silverskin Onions Organic	340g	2.69	OV

BIONOVA

KJ346	Gherkins - Sour	670g	2.79	VOS
KJ025	Gherkins - Sweet & Sour	330g	2.55	O

BYODO

KJ351	Mustard - Dijon, organic	1kg	9.65	VO
KJ354	Mustard - wholegrain, organic	1kg	6.75	VO

DELOUIS

KJ001	Organic Dijon Mustard	200g	2.4	OV
KJ007	Organic Wholegrain Mustard	200g	2.4	OV

GEO ORGANICS

KJ332	Apple, Apricot, Ginger Chutney	300g	2.99	OSV
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TRAF0

KJ265	Mustard - Coarse	200g	1.89	OV
KJ272	Mustard - Fine, Dijon Style	200g	1.79	OV

READY MEALS (FROZEN)

CLIVE'S

Pies & Pastries

XL019	Arabian Chickpea Pie	250g	2.65	OSV
XL021	Chestnut & Bean Cassoulet Pie	250g	2.65	OV
XL025	Creamy Mushroom Pie	250g	2.65	OSV
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
XL023	Greek Lentil & Olive Pie	250g	2.65	OSV
XL022	Hungarian Goulash Pie	250g	2.65	OSV
XL024	Mexican Chilli Pie	250g	2.65	OSV
XL114	Org G/F Mushroom & Leek Pie	235g	2.92	GOV
XL135	Organic G/F Homity Pie	235g	2.92	GO

code	product	size	rrp	bfgosv
XL020	Saag Aloo Curry Pie	250g	2.65	OSV
XL040	Soysage Roll	120g	1.4	OSV
XL039	Vegetable Chilli Pasty	190g	2.35	OSV
	<i>Pots of...</i>			
XL042	Moroccan Tagine	400g	3.59	OV
XL041	Thai Veggie Curry	400g	3.59	OSV

READY TO EAT FOODS (CHILLED)

BIONA

CV577	Ballini Mediterranean Style	250g	3.89	O
CV377	Black Bean & Cashew Nut Burger	160g	3.89	OV
CV063	Lucky Stars	250g	3.79	OV
CV328	Org Falafel Balls Sesame & Mint	220g	3.89	OV
CV613	OG Spring Rolls	220g	4.19	OV
CV327	Org Falafel Balls - Spinach	220g	3.99	OV
CV321	Org Mini Quinoa Burgers	195g	3.89	OV
CV180	Org Mini Vegan Spring Rolls	200g	3.69	OSV
CV564	Organic Crispy Nuggets	200g	3.99	OV
CV441	Organic Mini Energy Burgers	250g	3.89	OV
CV372	Red Lentil Sun Seed Burger	160g	3.89	OV
CV567	Spinach and Feta Cheese Wrap	150g	2.89	O
CV422	Thai Spring Rolls	225g	4.19	OV

CULTURED FOOD COMPANY

CV146	Org Raw Juniper Berry Sauerkrt	400g	5.35	OV
CV156	Org Raw Ruby Red Sauerkraut	400g	5.35	OV
CV609	Org Raw Sauerkraut	400g	5.35	OV
CV147	Raw Carrot & Fennel Sauerkraut	400g	5.35	OV

FOLLOW YOUR HEART

CV127	Organic Vegenaize	340g	3.19	OSV
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LAURIE'S TUMMY LOVING FOODS

CV208	Beet Kraut	410g	5.49	OV
CV203	Kimchi Kraut	410g	5.49	OV
CV207	Original Sauerkraut	410g	4.69	GOV

PROFUSION

CV006	Fresh Organic Sauerkraut	520g	2.69	OV
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RAW HEALTH

CV747	Organic Fresh Sauerkraut	410g	4.19	OV
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SALADS & SPROUTS (CHILLED)

SKY SPROUTS

Minimum 4 days shelf life

CV481	Alfalfa & Fenugreek Sprouts	100g	1.45	OV
CV509	OG Sango & China Rose Sprouts	100g	1.45	OV
CV479	Org Alfalfa & Broccoli Sprouts	100g	1.45	OV
CV476	Org Alfalfa & Radish Sprouts	100g	1.45	OV
CV475	Org Alfalfa Sprouts	100g	1.45	OV
CV721	Organic Broccoli Sprouts	100g	1.45	OV
CV504	Organic Mixed Bean Sprouts	227g	1.45	OV
CV503	Organic Mung Bean Sprouts	200g	1.45	OV
CV510	Organic Sprouts Multi Pack	160g	2.19	OV
CV508	Organic Sunflower Seed Sprouts	200g	1.59	OV

SALT & SEASONINGS

GEO ORGANICS

LJ005	Atlantic Fine Ground Sea Salt	500g	2.59	OV
LJ555	Atlantic Sea Salt Crystals	250g	1.35	OV

code	product	size	rrp	bfgosv
	MALDON			
LJ004	Maldon Smoked Sea Salt	125g	2.09	OV
LJ003	Whole Black Peppercorns	40g	2.29	OV
	PINK MOUNTAIN			
LJ174	Pink Himalayan Coarse Salt	1kg	6.69	OV
LJ170	Pink Himalayan Coarse Salt	300g	2.79	OV
LJ172	Pink Himalayan Fine Salt	1kg	6.69	OV
LJ169	Pink Himalayan Fine Salt	300g	2.79	OV
	SEA VEGETABLES			
	ATLANTIC KELP COMPANY			
HE012	Dried & Ground Seaweed Organic	120g	4.79	OV
	ATLANTIC KITCHEN			
LJ106	Dulse Organic Seaweed	40g	5.95	OV
LJ076	Sea Spaghetti Organic Seaweed	50g	5.95	OV
	I SEA BACON			
LJ176	Seaweed Bacon	560	6.95	OV
	I SEA PASTA			
LJ198	Seaweed Tagliatelle	690g	5.79	OV
	SHEEPS MILK PRODUCTS (CHILLED)			
	ATTIS			
CV587	Organic Greek Feta	200g	3.25	0
	BERGERIE			
CV590	Organic Sheeps Cheese Fresh	100g	1.89	0
CV585	Sheep Milk Yoghurt Greek Style	250g	1.61	0
	HIGH WEALD DAIRY			
	<i>Sheeps Cheeses</i>			
CV067	Duddleswell sheeps cheese - OG	per kg	33.53	0
CV443	Mixed Case Soft Sheeps Cheese	100g	2.65	0
CV073	Org Medita Feta Sheeps Cheese	per kg	28.25	0
	WOODLANDS DAIRY			
CV420	Nat Sheeps Yoghurt - organic	450g	2.99	0
	SHERRY, PORT & DESSERT WINE			
	DESSERT WINE			
	<i>South Africa</i>			
RS002	Heaven on Earth Muscat	37.5cl	10.99	FOV
	PORT			
RS067	Terra Prima Reserve Port	75cl	24.56	OV
	SNACK BARS & FLAPJACKS			
	9 BAR			
	<i>New Range</i>			
KB596	Organic Sunflower Seed Bar	40g	0.99	GOS
	<i>Original Lift</i>			
KB415	Organic Hemp Seed Bar	50g	0.95	GOS
	ADUNA			
BT358	Baobab Raw Energy Bar	45g	1.89	OV
BT082	Cacao Energy Bar	40g	1.89	OV
BT359	Moringa Raw Energy Bar	45g	1.89	OV
	BEOND			
KB712	Apple & Cinnamon Bar	35g	0.99	GOV
KB276	Baobab & Pineapple Bar	35g	0.99	GOV

code	product	size	rrp	bfgosv
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
COCOFINA				
ZX058	Coconut Chips	250g	5.99	OV
DOVES FARM				
<i>Impulse</i>				
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
<i>Multipack</i>				
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
LOVERAW				
KB162	Almond & Coconut	45g	2.49	OV
KB863	Cacao & Maca	45g	2.49	OV
KB724	Cacao & Spirulina	45g	2.49	OV
KB878	Rosehip & Lemon	45g	2.49	OV
LYME REGIS FOODS				
KB103	Chocolate Marzipan Bar Organic	40g	0.97	VO
KB619	Chocolate Marzipan with Orange	40g	0.97	VOS
NATURES PATH ORGANIC				
KB745	Trail Mix Granola Bar G/F	5 x 35g	3.95	GOV
NOM BARS				
KB964	Banana Organic Oat Bar	52g	1.59	OV
KB949	Cacao & Raspberry Org Oat Bar	52g	1.59	OV
KB948	Original Organic Oat Bar	52g	1.49	OV
KB965	Protein Organic Oat Bar	52g	1.99	OV
ORGANICA				
ZX776	Chewy Apricot Dream Bar	40g	0.99	OSV
KB525	Creamy Marzipan Dream Bar	40g	0.99	OSV
KB703	Golden Coconut Delight	40g	0.99	OSV
KB702	Hazelnut Nougat Delight	40g	0.99	OSV
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	30g	0.99	GOV
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
ROO'BARS				
KB784	Cacao Nibs & almonds	30g	1.19	OV
KB783	Chia & Coconut	30g	1.19	OV

code	product	size	rrp	bfgo5v
KB990	Chia & Spirulina Protein	60g	1.99	OV
KB788	Goji Berry	30g	1.19	OV
KB794	Hemp & Chia	30g	1.19	OV
KB804	Inca Berry	30g	1.19	OV
KB785	Maca & Cranberries	30g	1.19	OV
KB986	protein chia & chocolate	60g	1.99	OV
SUNITA				
KB998	Sesame & Honey Bar - organic	30g	0.99	O
TROPICAL WHOLEFOODS				
KB710	Organic Mango & Brazil	40g	0.79	FOV
SOFT DRINKS				
BELVOIR				
JU630	Dragonfruit & Raspberry Presse	250ml	1.56	OSV
JU810	Elderflower Presse - OG	250ml	1.56	OSV
JU792	Elderflower Presse - og	750ml	3.13	OSV
JU814	Ginger Beer - OG	250ml	1.56	OSV
JU813	Ginger Beer - or	750ml	3.13	OSV
JU811	Homemade Lemonade - OG	250ml	1.56	OSV
JU812	Lemonade - og	750ml	3.13	OSV
BERRYWHITE				
<i>Cans, sparkling</i>				
JU122	Lemon & Ginger	250ml	0.95	OV
JU120	Peach & Goji Berry	250ml	0.95	OV
JU118	Pomegranate & Blueberry	250ml	0.95	OV
<i>PET Bottles, still</i>				
JU529	Cranberry & Apple	330ml	1.13	OV
JU533	Lemon & Lime	330ml	1.13	OV
JU534	Peach	330ml	1.13	OV
JU537	Pomegranate & Blueberry	330ml	1.13	OV
BIONA				
JU183	Coconut Water - og	330ml	1.79	OV
CHARITEA				
JU598	ChariTea Black	330ml	1.29	FOSV
JU597	ChariTea Green	330ml	1.29	FOSV
JU596	ChariTea Mate	330ml	1.29	FOS
JU595	ChariTea Red	330ml	1.29	FOSV
DAIONI				
JU080	Banana Flavour Milk - og	250ml	1.09	OS
JU081	Chocolate Flavour Milk - og	250ml	1.09	OS
JU255	Chocolate Flavour Milk - og	200ml	0.75	OS
JU082	Strawberry Flavour Milk - og	250ml	1.09	OS
JU304	Strawberry Flavour Milk - og	200ml	0.75	OS
EQUINOX				
JU244	Kombucha Ginger	275ml	1.89	OSV
JU242	Kombucha Original	275ml	1.89	OSV
JU250	Kombucha Raspberry/Elderflower	275ml	1.89	OSV
JU249	Kombucha Wild Berry	275ml	1.89	OSV
GUSTO				
JU148	Lemon Energy	250ml	1.99	OV
JU147	Original Energy	250ml	1.99	OV
HAMPSTEAD TEA				
JU033	Elderflower Iced Tea - og	330ml	1.39	FOSV
JU016	Lemon Iced Tea - og	330ml	1.39	FOSV
JU494	Peach Iced Tea - og	330ml	1.39	FOSVB
JU017	Raspberry Iced Tea - og	330ml	1.39	FOSV

code	product	size	rrp	bfgosv
KARMA COLA				
<i>Cans</i>				
JU617	Gingerella Ginger Ale	250ml	1.15	FOSV
JU616	Karma Cola	250ml	1.15	FOSV
JU615	Lemony Lemon	250ml	1.15	FSOV
<i>Glass Bottles</i>				
JU073	Gingerella Ginger Ale	330ml	1.59	FOSV
JU075	Karma Cola	330ml	1.59	FOSV
JU078	Lemony Lemon	330ml	1.59	FOSV
LEMONAID BEVERAGES				
JU592	Lemonaid Blood Orange	330ml	1.59	FOSV
JU587	Lemonaid Lime	330ml	1.59	FOSV
JU589	Lemonaid Passion Fruit	330ml	1.59	FOSV
LUSCOMBE DRINKS				
JU434	Blueberry Crush	320ml	1.79	OV
JU584	Cool Ginger Beer - organic	320ml	1.79	OV
JU646	Cranberry Crush	740ml	3.39	OV
JU438	Cranberry Crush	320ml	1.79	OV
JU641	Damascene Rose Bubbly	740ml	3.39	OSV
JU482	Damascene Rose Bubbly	320ml	1.75	OSV
JU586	Hot Ginger Beer - organic	320ml	1.69	OV
JU483	Madagascar Vanilla Soda	330ml	1.75	OV
JU480	Passionate Ginger Beer	320ml	1.79	OV
JU645	Raspberry Crush - og	740ml	3.39	OSV
JU145	Raspberry Crush - og	320ml	1.75	OSV
JU642	Sicilian Lemonade - Organic	740ml	3.33	OSV
JU583	Sicilian Lemonade - organic	320ml	1.69	OSV
JU157	Sparkling Apple Crush	320ml	1.75	OV
JU643	St Clements	740ml	3.33	OV
JU439	St Clements	320ml	1.79	OV
JU442	Strawberry Crush	320ml	1.75	OV
ORGANIC COLLECTION				
JU367	Blueberry Sparkle - og	750ml	4.95	OV
JU473	Bubbly Blackcurrant Juice - og	750ml	4.95	OV
JU369	Raspberry Fizz	750ml	4.95	OV
REBEL KITCHEN				
<i>Kids Range</i>				
JU685	Banana Mylk	250ml	1.29	OV
JU689	Choco Mylk	250ml	1.29	OV
JU690	Orange Choc Mylk	250ml	1.29	OV
JU150	Vanilla Mylk	250ml	1.29	OV
ROCKS				
JU503	Blackcurrant & Elderflower	250ml	1.39	OSV
JU229	Elderflower	250ml	0.95	OSV
JU500	Ginger & Wasabi	250ml	1.39	OSV
JU502	Mango & Orange	250ml	1.39	OSV
JU504	Pink Lemonade	250ml	1.39	OSV
JU499	Raspberry & Lime	250ml	1.39	OSV
JU501	Strawberry & Blackcurrant	250ml	1.39	OSV
SCHECKTERS				
JU669	Scheckters Organic Energy	250ml	1.73	FOVS
JU154	Scheckters Organic Energy Lite	250ml	1.73	OSV
JU203	Sparkling Green Tea & Ginger	250ml	1.73	OVS
JU219	Sparkling Green Tea & Mint	250ml	1.73	FOVS

code	product	size	rrp	bfgosv
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TREEVITALISE

JU116	Birch Water - Lemon	250ml	2.39	OV
JU115	Birch Water - Mint	250ml	2.39	OV
JU114	Birch Water - Original	250ml	2.39	OV

WHOLE EARTH

JU311	Apple Drink - og	330ml	1.09	OSV
JU946	Cola - organic	330ml	1.09	OSV
JU935	Lemonade - organic	330ml	1.09	OSV
JU947	Mountain Cranberry - Organic	330ml	1.09	OSV
JU310	Orange & Lemonade - og	330ml	1.09	OSV
JU189	Sparkling Elderflower - og	330ml	1.09	OV
JU186	Sparkling Ginger - og	330ml	1.09	OV

SOUPS

SUMA

VF095	Barley & Bean Soup	400g	1.39	OV
VF493	Carrot & Coriander Soup	400g	1.39	OV
VF350	Italian Tomato & Basil Soup	400g	1.39	OVS
VF640	Minestrone Soup	400g	1.39	OV
VF481	Pea Soup	400g	1.39	VO
VF181	Potato & Leek Soup	400g	1.39	OV
VF255	Spicy Lentil Soup	400g	1.39	VO
VF275	Thick Vegetable Soup	400g	1.39	OV
VF641	Tomato & Red Pepper Soup	400g	1.39	OVS
VF250	Tomato Soup	400g	1.39	OSV
VF680	Tuscan Bean Soup	400g	1.39	OV

AMY'S KITCHEN

Hearty Soup

VF267	Quinoa Kale & Red Lentil Soup	408g	2.39	GOV
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ESSENTIAL TRADING

VF085	Lentil & Pumpkin Soup	680g	2.95	OV
VF225	Lentil Soup	680g	2.95	OV
VF109	Mushroom Soup	680g	2.95	O
VF375	Pea Soup	680g	2.95	OV

FREE & EASY

VF089	Broccoli & Kale Soup - Org	400g	1.49	OV
VF096	Butternut Squash & Ginger - Og	400g	1.49	OV
VF124	Carrot & Coconut Soup	400g	1.39	OV
VF720	Lentil & Red Pepper Soup - Org	400g	1.39	OV
VF086	Pea & Mint Soup - Org	400g	1.39	OV
VF097	Sweet Potato & Chia Soup - Org	400g	1.49	OV
VF083	Tomato Soup - Org	400g	1.49	OV

GEO ORGANICS

VF108	Mushroom & Buckwheat Soup -Org	400g	1.69	OV
VF105	Tomato, Goji & Seed Soup - Org	400g	1.99	OV
VF082	Vegetable & Quinoa Soup - Org	400g	1.69	OV

SOUPS (CHILLED)

TIDEFORD ORGANIC FOODS

CV619	Farmhouse Soup	600g	3.05	OV
CV356	Org Italian Tomato Soup	600g	3.05	OV
CV357	Org Minestrone Soup	600g	3.05	OV
CV364	Org Spinach & Split Pea Soup	600g	3.05	OV
CV355	Organic Gazpacho Soup	600g	3.05	OV
CV644	Organic Summer Pea Soup	600g	3.05	OV

code	product	size	rrp	bfgosv
CV383	Red Lentil Soup	600g	3.05	OV
CV620	Smoky Tomato and Chilli Soup	600g	3.05	OV
CV624	Supergreens and Quinoa Soup	600g	3.05	OV
CV626	Sweet Potato and Ginger Soup	600g	3.05	OV
CV354	Winter Beetroot Soup	600g	3.05	OV

SOYA YOGS & DESSERTS (CHILLED)

PROVAMEL

CV719	Org Lime and Lemon Balm Yofu	500g	1.99	GOSV
CV108	Org Raspberry & Vanilla Yofu	4 x 125g	1.99	OSV
CV455	Org Soya Almond Yoghurt	500g	1.99	GOV
CV454	Org Soya Coconut Yoghurt	500g	1.99	OV
CV092	Organic Blueberry Yofu	4 x 125g	1.99	OSV
CV078	Organic Blueberry Yofu	500g	1.99	OSV
CV075	Organic Forest Fruit Yofu	500g	1.99	GOSV
CV061	Organic Natural Soy Yoghurt	4 x 125g	1.89	GOV
CV069	Organic Natural Yofu	500g	1.85	OV
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

CV485	Apricot Soya Yoghurt	400g	2.04	OSV
CV487	Banana Soya Yoghurt	400g	2.04	OSV
CV722	Blkcurrant & Crnberry Soya Yog	400g	2.04	OSVB
CV486	Blueberry Soya Yoghurt	400g	2.04	OVS
CV724	Lemon Soya Yoghurt	400g	2.04	OSVB
CV483	Natural Soya Yoghurt	400g	1.35	OV
CV248	Org Apricot & Guava Soya Yog	125g	0.7	OSV
CV244	Organic Blueberry Soya Yoghurt	125g	0.7	OSV
CV255	Organic Cherry Soya Yoghurt	125g	0.7	OSV
CV253	Organic Lemon Soya Yoghurt	125g	0.7	VOS
CV247	Organic Mango & Peach Soya Yog	125g	0.7	VOS
CV494	Organic Mango & Peach Soya Yog	400g	2.04	SOV
CV174	Organic Natural Soya Yogurt	125g	0.5	OV
CV102	Organic Strawberry Soya Yog	400g	2.04	OVS
CV173	Organic Strawberry Soya Yogurt	125g	0.7	VOS
CV251	Rasp/Passion soya dessert OG	125g	0.7	VOS
CV266	Sojade Natural soya dessert	250g	0.95	OV
CV723	Vanilla Soya Yoghurt	400g	2.04	OSVB
	<i>Layered Soya Yoghurt</i>			
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

SPIRITS & LIQUEURS

RS127	Biostilla Amaretto	70cl	32.99	OS
RS128	Biostilla Limoncello	70cl	28.7	OS
RS124	Creencias Reposado Tequila	75cl	48.18	OV
RS129	Da Mhile Botanical Gin	70cl	42.45	OV
RS062	Da Mhile Orange Liqueur	70cl	35.99	OSV
RS130	Da Mhile Seaweed Gin	70cl	42.45	OV
RS035	Da Mhile Sloe Gin	70cl	42.45	OSV
RS237	Estival Cognac	70cl	40.76	OV
RS024	Highland Harvest Blended Malt	35cl	22.75	OV
RS086	Highland Harvest Blended Malt	70cl	38.11	OV
RS022	Highland Harvest Single Malt	70cl	44.19	OV
RS048	Juniper Green Gin	70cl	26.81	OV

code	product	size	rrp	bfgosv
RS021	Juniper Green Trophy Gin	70cl	37.15	OV
RS005	Papagayo Golden Rum	70cl	29.88	OV
RS087	Papagayo Spiced Rum	70cl	29.88	OV
RS088	Papagayo White Rum	70cl	29.53	OV
RS049	Utkins UK5 Vodka	70cl	26.82	OV

SUGARS & SYRUPS

SUMA

LJ099	Agave Syrup - organic	240ml	3.59	OV
LJ121	Agave Syrup - organic	500ml	6.75	OV
LJ300	Coconut Blossom Syrup Organic	350g	5.69	OV

SUMA PREPACKS - ORGANIC

LJ100	Coconut Palm Sugar, Organic	500g	4.55	OSV
LJ261	Demerara Sugar - organic	500g	2.99	OSV
LJ255	Icing Sugar - organic	500g	3.49	VOS
LJ251	Raw Cane Sugar - organic	500g	2.39	OSV

ACADIAN MAPLE

HY087	Og Maple Syrup - Grade A - No1	1l	27.35	OV
HY086	Og Maple Syrup - Grade A - No1	250ml	7.95	OV
HY085	Og Maple Syrup - Grade A. No1	500ml	14.15	OV
HY089	Og Maple Syrup - No2 Amber	250ml	7.95	OV

BILLINGTONS

LJ999	Granulated Sugar - organic	500g	2.35	VO
LJ190	Organic Natural Caster	500g	2.69	OVS

BIONA

LJ279	Apple Juice Concentrate Org	350g	4.19	OV
LJ083	Coconut Blossom Nectar	350g	5.99	OV
LJ011	Coconut Palm Sugar - Organic	250g	2.99	OSV
LJ014	Coconut Palm Sugar - Organic	500g	5.49	OSV
LJ182	Dark Agave Syrup	250ml	3.69	OV
HY026	Organic Brown Rice Syrup	350g	2.99	OV
HY020	Organic Date Syrup	350g	3.29	OV
HY022	Organic Maple Agave Syrup	350g	4.89	OV
LJ181	Rapadura / Sucanat Sugar	500g	3.39	OSV

BONPOM

ZX804	Raw Organic Coconut Palm Sugar	400g	5.99	OV
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CHANTICO

LJ026	Agave Sweetener - Golden	335g	2.99	OV
LJ025	Agave Sweetener - Original	335g	2.99	OV
LJ306	Sweet Granulated Agave Powder	84g	3.99	OV

CLEARSPRING

HY210	Rice Malt Syrup - organic	330g	3.19	OV
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COCOFINA

HY057	Coconut Flower Nectar - og	350ml	6.99	OV
HY007	Coconut sugar	500g	7.99	OSV

CRAZY JACK

HY521	Golden Syrup - organic	340g	3.29	FOV
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EQUAL EXCHANGE

LJ500	Raw Cane Sugar - organic	500g	2.39	FOSV
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GREAT NORTHERN

HY059	Maple Syrup Organic	236ml	5.99	OV
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code	product	size	rrp	bfgo
MERIDIAN				
LJ297	Agave Syrup Blue Grade-Squeezy	250g	3.99	OV
HY006	Barley Malt Extract - og	370g	2.49	OV
HY250	Maple Syrup - organic	330g	6.99	OV
LJ298	Maple Syrup Organic - Squeezy	250g	6.99	OV
HY300	Molasses - Organic, Fairtrade	350g	1.99	FOV
HY081	Organic Blackstrap Molasses	740g	2.99	OV
RAYNERS				
LJ901	Black Treacle - organic	340g	2.35	OV
LJ587	Fairtrade Organic Golden Syrup	340g	3.75	FVO
LJ704	Golden Syrup - Organic	5kg	33.35	FOV
LJ900	Malt Extract - Organic	340g	2.45	OV
LJ589	Malt Extract - Organic	5kg	20.49	OV
SHADY MAPLE FARMS				
HY899	Maple Syrup - organic	1.89l	55.49	OV
HY025	Maple Syrup - organic	250ml	7.99	OV
HY014	Maple Syrup - organic (Pouch)	125ml	4.35	OV
SUGAVIDA				
LJ314	Sugavida - Natural Sweetener	250g	6.49	OV
TERRASANA				
HY330	Blueberry & Maple Syrup	250ml	4.75	OVS
HY754	Maple Syrup	1l	26.55	OV
HY654	Maple Syrup	250ml	7.39	OV
HY251	Maple Syrup Grade A No 1	250ml	7.65	OV
THE RAW CHOCOLATE CO				
LJ071	Coconut Palm Sugar	230g	3.65	GOV
SUPERFOODS & SPORTS NUTRITION				
ADUNA				
VM199	Baobab Superfruit Powder	170g	10.49	OV
VM198	Baobab Superfruit Powder	275g	12.99	OV
VM196	Moringa Green Superleaf Powder	100g	6.99	OV
VM193	Moringa Green Superleaf Powder	200g	12.99	OV
VM195	Moringa Green Superleaf Powder	275g	13.99	OV
BEET IT				
<i>From James White</i>				
JU201	Beet It Stamina Shot	7cl	1.42	OV
BETTER YOU				
VM034	Total Nutrition Superfood	200g	15.29	OV
BIONA				
MD736	Cracked Linseed Gold Organic	500g	4.39	OV
BONPOM				
ZX766	Raw Organic Cacao Paste	200g	7.99	OV
CREATIVE NATURE				
MD068	Barley Grass Powder	100g	7.59	OV
MD055	Cacao Powder - Peruvian	100g	4.55	OV
MD103	Cacao Powder - Peruvian	200g	6.99	OV
MD053	Maca Powder - Organic Peruvian	150g	6.99	OV
MD142	Shelled Hemp Seeds	300g	8.99	OV
DRU NATURAL NUTRITION				
VM087	Barley Grass Leaf Powder	200g	12.95	OV

code	product	size	rrp	bfgovsv
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
GREEN ORIGINS				
MD015	Acai Berry Powder Organic	75g	10.99	OV
MD189	Baobab Powder Raw Organic	150g	8.99	OV
MD190	Blueberry Powder Organic	75g	9.99	OV
MD177	Cacao Butter Organic	150g	5.99	OV
MD021	Cacao Powder Organic	150g	3.99	OV
MD002	Chlorella Powder Organic	150g	9.99	OV
MD181	Lucuma Powder Raw Organic	150g	5.99	OV
MD197	Moringa Powder Organic	150g	6.99	OV
MD019	Raw Cacao Nibs Organic	150g	3.99	OV
MD022	Raw Maca Powder Organic	150g	7.99	OV
MD014	Spirulina Powder Organic	150g	6.99	OV
MD165	Wheatgrass Powder Organic	125g	4.99	OV
JAMES WHITE				
JU647	Extra Ginger Zinger Shot	7cl	1.65	OV
JU571	Ginger Zinger Shot	7cl	1.49	OV
JU649	Lime & Chilli Ginger Shot	7cl	1.49	OV
LINUSIT				
MD008	Premium Ground Flaxseed - og	450g	6.25	GOV
LINUSPROUT				
MD062	Sprouted Flax Powder	250g	5.75	OV
LINWOODS				
MD147	Flax,Sunflower & Pumpkin Seeds	200g	3.55	GOV
MD101	Flax,Sunflower & Pumpkin Seeds	425g	6.05	OV
MD114	Flaxseed	200g	3.35	GOV
MD102	Flaxseed	425g	4.99	GOV
	<i>Hemp Protein +</i>			
MD024	Flax, Chia, Broccoli & Spinach	360g	16.99	GOV
MD026	Flax, Chia, Cocoa & Beetroot	360g	16.99	GOV
LOVERAW ORGANIC FOOD BOOSTER				
VM238	Easy Greens	150g	18.99	OV
VM237	Energise	150g	18.99	OV
VM240	Immunity	150g	18.99	OV
VM239	Skin Food	150g	18.99	OV
LOVERAW ORGANIC SUPERBLENDS				
VM154	Energise	150g	13.99	OV
NATURYA				
MD158	Organic Acai Powder	125g	19.99	OV
MD157	Organic Barleygrass Powder	200g	13.99	OV
MD216	Organic Cacao Powder F/trade	250g	6.99	FVO
MD156	Organic Chlorella Powder	200g	16.99	OV
MD153	Organic Cocoa Nibs	300g	7.99	OV
MD152	Organic Hemp Protein Powder	300g	11.99	OV
MD150	Organic Maca Powder	300g	12.99	OV
MD155	Organic Spirulina Powder	200g	13.99	OV
MD212	Organic Sun-Dried Goji Berries	125g	9.99	VO
MD154	Organic Wheatgrass Powder	200g	13.99	OV

code	product	size	rrp	bfgosv
	PREWETTS			
VM020	Organic Ground Flaxseed	175g	2.45	OV
	PULSIN'			
VM208	Organic Sunflower Protein Powder	1kg	24.99	GOV
VM163	Organic Whey Protein Powder	1kg	49.99	GO
VM175	Organic Whey Protein Powder	250g	16.99	GO
	RAINFORREST FOODS			
	<i>Capsules & Tablets</i>			
MD248	Maca Root Capsules 500mg	120	14.49	OV
MD246	Spirulina Tablets 500mg	300	11.99	OV
	<i>Pouches</i>			
MD261	4 Root Maca Powder	300g	10.99	OV
MD266	Acai Berry Powder	125g	18.99	OV
MD264	Cacao Powder	250g	7.49	OV
MD263	Chia Seeds	300g	6.49	OV
MD259	NZ Wheatgrass Powder	200g	13.99	OV
MD258	Spirulina Powder	200g	9.99	OV
	THE ORGANIC PROTEIN COMPANY			
VM008	Organic Whey Protein	400g	22	O
	THE RAW CHOCOLATE CO			
KB856	Acai Powder	80g	11.45	OV
KB307	Cacao Nibs	150g	4.2	GOV
LJ072	Hemp Protein Powder	230g	6.49	GOV
	SUPPLEMENTS & REMEDIES			
	FLORADIX			
MD023	Detox Bio Herbal Formula	250ml	16.95	OV
	HAY MAX			
VM200	Mix Counter Display - 9 Units	each	6.99	O
VM220	Og Barrier Balm - Aloe Vera	5ml	6.99	O
VM223	Og Barrier Balm - Frankincense	5ml	6.99	O
VM224	Og Barrier Balm - Kids	5ml	6.99	O
VM221	Og Barrier Balm - Lavender	5ml	6.99	O
VM222	Og Barrier Mixed Triple Tin	3 x 5ml	13.99	O
VM219	Organic Barrier Balm - Pure	5ml	6.99	O
	HEALTHPOL			
DY720	Delacet - Head Lice Solution	100ml	13.69	OV
	HERBFARMACY			
MD848	Herbfarmacy Arnica Balm	20g	8.5	O
MD849	Herbfarmacy Calendla/Hypericum	20g	8.5	OV
MD726	Herbfarmacy Comfrey Balm	20g	8.5	O
MD729	Herbfarmacy Comfrey Oil	100ml	8	OV
	NATURES AID			
VM084	Beetroot Capsules Organic	60 capsules	7.95	OV
VM185	Evening Primrose Oil Organic	90 capsules	14.95	OV
VM184	Flaxseed Oil Organic	90 capsules	11.95	OV
VM083	Maca Powder Organic	200g	14.95	OV
VM074	Moringa Powder Organic	150g	8.95	OV
VM030	Mushroom Complex Organic	60 capsules	18.95	OV
VM072	Ultimate Superfoods Capsules	60 capsules	14.95	OV
VM085	Ultimate Superfoods Powder	150g	19.95	OV
VM082	Wheatgrass Powder Organic	100g	6.95	OV
	NATURES OWN			
	<i>Nutritional Support</i>			
VM149	Kelp Organic 400mg	60 capsules	10.7	OV

code	product	size	rrp	bfgosv
	PUKKA			
MD159	Ashwagandha	60 capsules	15.95	OV
MD202	Castor Oil	250ml	9.95	OV
MD131	Clean Greens Powder	112g	27.95	OV
MD205	Golden Preserve	250g	9.95	OV
MD140	Mushroom Gold Capsules	60 capsules	21.95	OV
MD143	Natural Vitamin C	60 capsules	14.95	OV
MD164	Night Time	30 capsules	7.45	OV
MD056	Organic Aloe Vera Juice	1l	17.25	OV
MD117	Organic Aloe Vera Juice	500ml	10.35	OV
MD160	Organic Elderberry Syrup	100ml	10.99	OSV
MD206	Rosewater	100ml	11.95	OV
MD182	Turmeric Active	30 capsules	15.95	OV
MD178	Wholistic Turmeric	30 capsules	15.95	OV
MD184	Womankind	30 capsules	16.95	OV

SWEET SNACKS

	BIONA			
ZX002	Berry Burst Sweets - Organic	75g	1.79	GOSV
ZX662	Cola Bottle Sweets - Organic	75g	1.79	OSV
ZX441	Jelly Dino Sweets - Organic	75g	1.79	GOSV
ZX911	Mini Fruit Jelly Bear Sweets	75g	1.99	OSV
ZX443	Pomegranate Heart Sweets - Org	75g	1.79	GOSV
ZX576	Sour Snake Sweets - Organic	75g	1.99	GOSV

ROSKILLYS

ZX341	Organic Assorted Fudge	100g	2.35	OS
ZX346	Organic Clotted Cream Fudge	100g	2.35	OS

SUNITA

ZX587	Grape Juice & Sultana Halva OG	75g	1.6	OV
ZX850	Honey Halva - organic	75g	2	O
ZX588	Honey Halva with Almonds OG	75g	2.15	O
ZX099	Og Halva with Coconut	75g	1.79	O
ZX524	Organic Dark Chocolate Halva	75g	1.99	O

THE RAW CHOCOLATE CO

DR188	Goji Berries	150g	6.49	OV
DR185	Raw White Mulberries	150g	3.65	FOV

VEGEBEARS

ZX573	Frooty Fruits	100g	1.65	OSV
ZX571	Fruit Jellies	100g	1.65	SOV

TABLE SAUCES

AMAIZIN

KJ014	Salsa Dip Sauce - Hot	260g	2.45	OV
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BIONA

KJ228	Balsamic Glaze Organic	150ml	3.49	OV
KJ225	BBQ Brown Sauce Organic	250ml	2.69	OSV
KJ106	Classic Tomato Ketchup Squeezy	560g	2.89	GOSV
KJ226	Sweet Chilli Sauce Organic	250ml	2.69	OSV
KJ232	Tomato Ketchup, Organic	340g	2.19	OV
KJ463	Worcester Sauce	140ml	3.49	GOSV

GEO ORGANICS

KJ212	Worcestershire Sauce - organic	150ml	2.79	OSV
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GRANOVITA

KJ134	Organic Brown Sauce	275g	2.26	GOSV
KJ218	Tomato Ketchup	380g	2.26	OSV

code	product	size	rrp	bfgovs
	MERIDIAN			
KJ621	Tomato Ketchup - organic	285g	1.99	GOSV
	MR ORGANIC			
KJ050	Italian Organic Ketchup	480g	2.65	OSV
	SIMPLY DELICIOUS			
KJ422	Horseradish Sauce	180ml	2.29	O
	WHOLE EARTH			
KJ451	Tomato Ketchup - organic	340g	1.99	OV
	TEAS			
	CLEARSPRING			
TE928	Ceremonial Matcha Kit	each	36.49	OV
JP210	Genmaicha Green Tea Bags	20 bags	3.59	OV
JP097	Hojicha Roasted Green Tea	20 bags	3.59	OV
JP009	Kukicha loose tea - organic	125g	4.69	OV
JP063	Kukicha, Roasted Twig Tea	20 bags	3.59	OV
TE420	Match Tea Premium (Shot)	8 x 1g	6.25	OV
TE237	Matcha Tea Ceremonial Tin	30g	16.99	OV
JP010	Matcha Tea Organic (bags)	40g	3.99	OV
TE504	Matcha Tea Premium (bulk)	1kg	193	OV
TE243	Matcha Tea Premium (Pouch)	40g	10.99	OV
JP033	Mu Tea Bags	20 bags	4.39	OSV
JP302	Sencha Green Tea	20 bags	3.59	OV
JP019	Sencha loose tea - organic	125g	8.39	VO
	CLIPPER			
	<i>Classic</i>			
TE982	Assam - organic	125g	2.53	FOV
TE983	Assam - organic	50 bags	2.53	FOV
TE978	Earl grey - organic	125g	2.53	FOV
TE500	Earl Grey - organic	50 bags	2.59	FOV
TE053	Earl Grey - organic	80 bags	3.59	FOV
TE897	English Breakfast Organic	125g	2.53	FOV
TE300	English Breakfast Organic	40 bags	2.53	FOV
TE967	Indian Chai organic	20 bags	1.9	FOV
	FOOD SERVICE RANGE			
TE150	Earl Grey - og	25 bags	2.53	FOV
TE796	English Breakfast - og	25 bags	2.53	FOV
TE635	Everyday Decaffeinated - og	25 bags	2.53	FOV
TE161	Green Tea - og	25 bags	2.53	FOV
TE730	Organic Blend	440 bags	14.72	OV
	GREEN TEA FAIRTRADE			
TE968	Green Chai - og	20 bags	2.29	FOV
TE041	Green Detox Tea - og	20 bags	2.19	FOV
TE065	Green Energise Tea - og	20 bags	2.19	FOV
TE877	Green Tea - og	100g	2.69	FOV
TE157	Green Tea - og	25 bags	1.89	FOV
TE484	Green Tea - og	50 bags	2.69	FOV
TE571	Green Tea with Aloe Vera - og	20 bags	2.38	FOV
TE039	Sleepy Decaf Green Tea- og	20 bags	2.19	FOV
	<i>Organic White Tea</i>			
TE683	White Tea - og	26 bags	1.9	VO
TE301	White Tea with Lemon	26 bags	1.9	OV
TE565	White Tea with Orange	25 bags	1.9	OV
TE628	White Tea with Peppermint	26 bags	1.9	OV
TE423	White Tea with Raspberry	26 bags	1.9	OV
TE006	White Tea with Vanilla	26 bags	1.9	OV

code	product	size	rrp	bfgosv
	<i>Originals</i>			
TE522	Organic Blend	40 bags	1.69	OV
TE953	Organic Blend	80 bags	2.79	OV
TE776	Organic Decaff Everyday Tea	40 bags	2.69	OV
TE002	Organic Decaff Everyday Tea	80 bags	5.4	OV
	HAMPSTEAD TEA			
TE939	Clean Green	20 bags	2.39	FOV
TE249	Darjeeling Tea - og	100g	3.29	BOV
TE936	Divine Earl Grey	20 bags	2.39	FOV
TE938	Dreamy Jasmine Green Tea	20 bags	2.39	OV
TE251	Earl Grey Tea - og	100g	3.29	OVB
TE677	English Breakfast Tea - og	100g	3.29	OV
TE392	First Flush Tea - og	100g	3.95	OVB
TE255	Green Tea - og	100g	2.65	BOV
TE941	Misty Mint Green	20 bags	2.39	OV
TE365	Oolong Leaf Tea - og	50g	2.65	BOV
TE935	Pure Darjeeling	20 bags	2.39	FOV
TE070	Raspberry Darjeeling Tea	20 bags	2.49	OV
TE932	Strong English Breakfast	20 bags	2.39	FOV
TE063	Vanilla & Darjeeling Tea	20 bags	2.49	OVB
TE937	Zesty Ginger Green	20 bags	2.39	OV
	<i>Chai Range</i>			
TE325	Energy Chai	20 bags	2.39	OV
TE326	Karma Chai	20 bags	2.39	OV
TE349	Life Chai	20 bags	2.39	OV
	PUKKA			
TE213	Elegant English Breakfast	20 bags	2.39	FOV
TE214	Gorgeous Earl Grey	20 bags	2.39	FOV
	QI			
	<i>Organic Teas</i>			
TE819	Fairtrade Chun Mee Tea	100g	2.39	FOV
TE583	Fairtrade Detox Tea	25 bags	2.09	FOV
TE582	Fairtrade Ginger Green Tea	25 bags	2.09	FOV
TE585	Fairtrade Ginkgo Green Tea	25 bags	2.09	FOV
TE485	Fairtrade Green Tea	25 bags	1.69	FOV
TE817	Fairtrade Gunpowder Tea	100g	2.39	FOV
TE611	Fairtrade White & Spicy Tea	25 bags	1.89	FOV
TE114	Fairtrade White Tea	25 bags	1.89	FOV
TE112	Jasmine Green Tea	25 bags	1.69	FOV
	RIDGWAYS			
TE619	Tea - Organic	80 bags	2.79	OV
	SWEET REVOLUTION			
TE782	Instant Matcha Latte	200g	6.95	OV
TE780	Instant Reishi Latte	200g	6.95	OV
TE781	Instant Turmeric Latte	200g	6.95	OV
	TWININGS			
TE761	Earl Grey - og	50 bags	5.69	OV
	TOFU (CHILLED)			
	CAULDRON			
CV562	Marinated Tofu Pieces	160g	2.86	SOV
	CLEAR SPOT			
CV209	Marinated Tofu - organic	190g	2.45	OV
CV614	Org Indian Tofu	225g	2.59	OV
CV610	Org Mexican Tofu	225g	2.59	OV

code	product	size	rrp	bfgo
CV612	Org Oriental Tofu	225g	2.59	OV
CV206	Plain Tofu - organic	280g	1.99	OV
CV272	Plain Tofu - organic	450g	3.15	OV
CV249	Smoked Tofu - organic	225g	2.75	OV
CV358	Tofu and bean burger	250g	2.25	OV
CV214	Tofu Sea Cakes, organic	190g	2.15	OV
CV213	Tofu Sesame Burgers, organic	190g	2.09	OV
	DRAGONFLY			
CV394	Org Natural Tofu	250g	2.25	OV
	NATUREMADE OASIS			
CV582	Marinated Tofu	200g	1.91	OV
CV312	Tofuburgers OG - Mixed Pack A	180g	1.75	O
CV313	Tofuburgers OG - Mixed Pack B	180g	1.75	O
	TAIFUN			
CV835	Basil Tofu with Fresh Herbs	200g	3.39	OVB
CV192	Natural Firm Tofu Organic	300g	2.49	OV
CV035	Natural Silken Tofu - organic	400g	3.29	OVB
CV161	Org Tofu Fillet with Oregano	160g	2.79	OV
CV163	Organic Tofu 'Curry / Mango'	200g	3.39	OV
CV834	Smoked Tofu + Herb&Sun Seeds	250g	3.79	OV
CV833	Smoked Tofu- Eat hot or cold.	200g	2.99	OV
CV840	Tofu Filets - Mild Wild Garlic	160g	2.89	OVB
CV839	Tofu Filets: Pizza-Pizza Style	160g	2.79	OVB
CV841	Tofu Fillets - Japanese Style	160g	2.79	OVB
CV384	Tofu Olive - Demeter Standard	200g	3.39	OVB
CV832	Tofu Rosso - Taste of the Med <i>Fermented Tofu Salad</i>	200g	3.19	OVB
CV194	Feto Antipasti Korfu	125g	3.99	OV
CV223	Feto Antipasti Puebla	125g	3.99	OV
	VIANA			
	<i>Demeter Organic Standard</i>			
CV410	Hazelnut Tofu	250g	2.45	OV
CV408	Real Smoked Firm Tofu	250g	2.79	OV
	TOMATOES & TOMATO PRODUCTS			
	SUMA			
LJ660	Organic Basil Passata	690g	1.79	VO
LJ560	Organic Passata	690g	1.75	VO
LJ088	Tomato Puree - organic	200g	1.25	VO
	<i>Canned</i>			
LJ075	Cherry Tomatoes - organic	400g	1.25	OV
LJ123	Tomatoes - chopped, organic	2.5kg	4.99	OV
LJ080	Tomatoes - chopped, organic	400g	0.95	VO
LJ081	Tomatoes - peeled, whole OG	400g	0.99	VO
	<i>Jarred</i>			
LJ258	Sundried Tomatoes in Olive Oil	190g	4.99	OV
	SUMA PREPACKS - ORGANIC			
	<i>Dried</i>			
LJ602	Sundried Tomatoes - organic	125g	1.85	OV
	LA BIO IDEA			
LJ205	Organic Tomato Concentrate	70g	0.79	OV
	MR ORGANIC			
KJ071	Italian Tomato Puree	200g	1.75	OV
	ORGANICO			
KJ010	Sundried Tomatoes - og	190g	4.85	OV

code	product	size	rrp	bfgosv
	SEGGIANO			
LJ315	Organic Oven Roasted Tomatoes	280g	11	OV
	TOOTHCARE			
	GREEN PEOPLE COMPANY			
DY256	Childrens Mandarin	50ml	3.95	VO
DY014	Childrens Spearmint&AloeVera	50ml	3.95	VO
	LAVERA			
DY966	Mint Toothpaste	75ml	3.45	OV
DY591	propolis-echinacea toothpaste	75ml	3.45	O
	URTEKRAM			
DY395	Aloe Vera Toothpaste	75ml	2.99	OV
DY394	Mint & Flouride Toothpaste	75ml	2.99	OV
	VEGETABLES			
	SUMA			
LJ146	Sweetcorn - Organic, tinned	340g	1.35	OV
	BIONA			
LJ243	Capers In Olive Oil	120g	3.89	OV
	BIONOVA			
VF028	Cut Green Beans - organic	340g	1.29	VO
VF039	Garden Peas	350g	1.65	O
VF040	Sauerkraut	350g	2.25	VO
VF030	Sweetcorn - organic	340g	1.59	VO
	ORGANIC COLLECTION			
VF088	French Chestnuts in box - og	200g	4.95	OV
	ORGANICO			
KJ016	Artichoke Hearts - og	190g	4.85	OV
KJ428	Capers	100g	1.95	OV
KJ429	Capers	250g	2.95	OV
	PEP UP LIFE			
	<i>Seed Sprouting Bags</i>			
VF004	Organic Alfalfa Sprouts	48g	2.95	OV
VF024	Organic Fenugreek Sprouts	80g	3.29	OV
VF001	Organic Mung Beans	80g	2.95	OV
VF029	Organic Radish Sprouts	80g	3.29	OV
VF034	Organic Sprouting Mix - One	80g	3.29	OV
VF049	Organic Sprouting Mix - Two	80g	2.95	OV
	SUNITA			
KJ250	Capers - Organic	125g	5.19	OV
	TERRASANA			
LJ084	Instant Mashed Potato	100g	2.19	VO
	VEGETABLES (FROZEN)			
	BIO INSIDE			
XL155	Organic Garden peas	300g	1.45	OVB
XL153	Organic Sweetcorn	300g	1.89	OVB
	NATURAL COOL			
	<i>Vegetables</i>			
XL183	Broccoli	300g	2.19	OVB
XL176	Cut Green Beans	450g	1.95	OVB
XL177	Leaf Spinach Portions	450g	1.99	OVB
XL221	Organic Chips (Oven or Fry)	600g	2.19	OV

code	product	size	rrp	bfgosv
XL156	Organic Chips- family size bag	1.25kg	4.55	OVB
XL178	Peas	450g	2.59	OV
XL134	Summer Vegetable Mix	450g	2.35	OVB
XL181	Sweetcorn	450g	2.69	OVB

VINEGARS

SUMA

KJ654	OG Balsamic Vinegar - oak aged	250ml	4.99	OV
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ASPALL

KJ382	Balsamic Vinegar - og	5l	33.69	OV
KJ478	Balsamic Vinegar - organic	350ml	3.41	OV
KJ052	Cyder Vinegar - organic	1l	3.59	OV
KJ481	Cyder Vinegar - organic	350ml	1.69	VO
KJ069	Cyder Vinegar - organic	500ml	2.19	VO
KJ205	Cyder Vinegar - organic	5l	14.95	OV
KJ395	Raw Unfiltered Cyder Vinegar	500ml	2.59	OV
KJ321	Raw Unfiltered Cyder Vinegar	5l	14.95	OV
KJ475	Red Wine Vinegar - organic	350ml	1.69	OV
KJ474	White Wine Vinegar - organic	350ml	1.69	OV
KJ210	White Wine Vinegar - organic	5l	16.15	OV

BIONA

KJ130	Cider Vinegar with `Mother`	500ml	2.39	OV
KJ131	Cider Vinegar with `Mother`	5l	14.99	OV
KJ311	Cider Vinegar with `Mother`	75cl	2.89	OV

BRAGG

KJ325	Apple Cider Vinegar w/Mother	473ml	5.49	OV
KJ324	Apple Cider Vinegar w/Mother	946ml	9.49	OV
KJ122	Apple Cider Vinegar with Honey	473ml	10.99	O

COCOFINA

KJ286	Coconut Vinegar	250ml	4.99	OV
KJ318	Coconut Vinegar - Nutmeg	250ml	4.99	OV
KJ287	Coconut Vinegar + Chilli	250ml	4.99	OV

HIGHER NATURE OMEGA EXCELLENCE

VM062	Organic Apple Cider Vinegar	350ml	7.5	OV
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RAW HEALTH

KJ129	Raw Organic Cider vinegar	500ml	2.59	OV
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WINES

RED WINE

	<i>Argentina</i>			
RS134	Grande Reserve Malbec	75cl	23.83	OV
RS119	Made in Mendoza Malbec	75cl	10.73	FOV
RS155	Malbec - Jean Bousquet	75cl	13.1	OV
	<i>Australia</i>			
RS110	Shiraz Cabernet	75cl	13.27	OV
	<i>Austria</i>			
RS025	Pinot Noir Meinklang	75cl	16.36	OVB
	<i>Chile</i>			
RS121	Cabernet Sauvignon - Ekun	75cl	11.99	OV
RS068	Carmenere	75cl	10.44	FOV
	<i>France</i>			
RS228	Chateau la Blanquerie	75cl	12.08	OV
RS102	Chateauneuf du Pape	75cl	27	OV
RS010	Cotes du Rhone	75cl	11.8	OV
RS016	La Nature Le Rouge	75cl	10	OV

code	product	size	rrp	bfgovs
RS055	Merlot - Cuvee Gabriel	75cl	10.56	OV
RS006	Merlot - La Marouette	75cl	10.59	OV
RS090	Syrah - Terra Sana	75cl	12.35	OV
RS104	Vacqueyras	75cl	17.92	OVB
	<i>Greece</i>			
RS080	Cabernet Sauvignon - Tsantali	75cl	11.85	OV
	<i>Italy</i>			
RS063	Era Nero d'Avola	75cl	11.23	OV
RS058	Nero d'Avola	75cl	9.07	O
RS140	Nero d'Avola - Fedele	75cl	9.76	OV
RS023	Nero D'Avola Insieme S. Tresa	75cl	12.37	OV
RS094	Vino Rosso - Fedele	75cl	8.99	OV
	<i>South Africa</i>			
RS114	Cab Sauvignon - Running Duck	75cl	10.11	FOV
RS137	Dig This! Shiraz Cabernet	75cl	10.59	FOV
RS197	Merlot - Running Duck	75cl	9.64	FOV
RS138	Merlot - Stellar	75cl	9.93	FOV
RS076	Pinot Noir - River's End	75cl	11.67	FOV
RS196	Pinotage - Running Duck	75cl	10.11	FOV
RS116	Shiraz - Running Duck	75cl	9.64	FOV
	<i>Spain</i>			
RS232	Camino Tinto Tempranillo	75cl	8.66	OV
RS207	Cuesta Colora Tempranillo	75cl	11.74	OV
RS054	Dragora Syrah	75cl	9.42	OV
RS040	Dragora Tinto	75cl	8.75	OV
RS147	Rioja - Usoa de Bagordi	75cl	11.57	OV
RS103	Rioja Garnacha Crianza	75cl	14.96	OV
	ROSE WINE			
	<i>Chile</i>			
RS070	Adobe Rose	75cl	10.44	FOV
	<i>France</i>			
RS229	Grenache Rose - La Marouette	75cl	10.76	OV
	<i>Italy</i>			
RS139	Vino Rose - Fedele	75cl	9.76	OV
	<i>South Africa</i>			
RS118	Shiraz Rose - Running Duck	75cl	9.64	FOV
	<i>Spain</i>			
RS043	Dragora Rose	75cl	8.75	OV
	SPARKLING WINE			
	<i>France</i>			
RS050	Champagne Carte d'Or	75cl	32.82	OV
	<i>Italy</i>			
RS081	Franciacorta Brut Animante	75cl	26.91	O
RS214	Perla Rosa Frizzante - Giol	75cl	10.66	OV
RS012	Prosecco - Proverbio	75cl	14.89	OV
RS009	Prosecco Col di Manza Perlage	75cl	20.19	OVB
RS015	Prosecco Spumante Era	75cl	13.86	OV
	<i>Spain</i>			
RS051	Cava Petit Albet	75cl	15.2	OSV
	WHITE WINE			
	<i>Argentina</i>			
RS143	Torrentes Chardonnay Ecologica	75cl	11.25	FO
	<i>Australia</i>			
RS109	Chardonnay	75cl	13.27	OV
RS117	Sauvignon Blanc	75cl	13.27	OV

code	product	size	rrp	bfgov
	<i>Austria</i>			
RS224	Meinklang Gruner Veltliner	75cl	13.89	BOV
	<i>Chile</i>			
RS064	Viognier	75cl	10.44	FOV
RS122	Viognier - Ekun	75cl	11.99	OV
	<i>England</i>			
RS235	Horsmonden Dry White Davenport	75cl	17.6	OV
	<i>France</i>			
RS096	Petit Chablis	75cl	18.23	OV
RS226	Sauvignon - La Marouette	75cl	11.04	OV
	<i>Germany</i>			
RS101	Riesling - Sander	75cl	13.1	OV
	<i>Greece</i>			
RS079	Assyrtiko - Tsantali	75cl	11.85	OV
	<i>Italy</i>			
RS095	Blanco - Fedele	75cl	8.99	OV
RS141	Catarratto Pinot Grigio Fedele	75cl	9.76	OV
RS044	Fiano - Feudo di Santa Tressa	75cl	13.59	OV
RS120	Frascati - Olivella	75cl	9.31	O
RS029	Gavi Spinola Cas. Tassarolo	75cl	15.01	OV
RS057	Pinot Grigio	75cl	9.07	OV
RS153	Pinot Grigio	75cl	11.02	OV
RS233	Pinot Grigio - Boira	75cl	12.65	OV
RS105	Verdicchio dei Castelli Jesi	75cl	14.07	OV
	<i>New Zealand</i>			
RS011	Sauvignon Blanc - Marlborough	75cl	13.85	OV
	<i>South Africa</i>			
RS071	Chenin Blanc - River's End	75cl	11.67	FOV
RS008	Chenin Blanc - Running Duck	75cl	9.64	FOV
RS115	Chenin Sauv Blanc - R/duck	75cl	9.46	FOV
RS136	Dig This! Chenin Sauv Blanc	75cl	10.59	FOV
RS019	Sauvignon Blanc - Stellar	75cl	9.79	FOV

YOGURTS, COWS MILK (CHILLED)

BIONA

CV369	Organic Kefir	250g	1.99	O
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RACHELS DAIRY

CV501	Forbidden Fruits Cherry	150g	0.85	OS
CV927	Forbidden Fruits Peach	150g	0.85	OS
CV924	Forbidden Fruits Strawberry	150g	0.85	OS
CV616	Greek Style & Coconut organic	450g	2.45	OS
CV378	Greek Style Yoghurt - Ginger	450g	2.45	O
CV470	Greek Style Yoghurt + Honey OG	450g	2.45	O
CV920	Luscious Low Fat Strawberry	150g	0.85	OS
CV254	Org Greek-Style Set Yoghurt	450g	2.1	O
CV606	Org Low Fat Gooseberry Yoghurt	450g	1.99	O
CV270	Org Natural Greek-Style Yogurt	450g	2.1	O
	<i>Low Fat Range</i>			
CV100	Low Fat Natural Yoghurt	450g	1.59	O
CV376	Low Fat Raspberry	150g	0.85	OS
CV099	Low Fat Raspberry Yoghurt	450g	1.99	OS
CV472	Low Fat Yoghurt + Vanilla OG	450g	1.99	OS

YEO VALLEY

Minimum 4 days shelf life

CV366	Apricot & Peach Yoghurt - Org	450g	1.75	OS
CV746	Fat Free Natural Yoghurt	500g	1.75	OS

code	product	size	rrp	bfgosv
CV403	Greek Style Natural	450g	1.99	O
CV604	Lemon Curd Yoghurt	450g	1.75	OS
CV362	Natural Yoghurt - OG	150g	0.65	O
CV360	Natural Yoghurt - OG	500g	1.75	O
CV709	Organic Blueberry Yoghurt	450g	1.75	O
CV365	Raspberry Yoghurt - OG	450g	1.75	OS
CV363	Strawberry Yoghurt - OG	450g	1.75	OS
	<i>Multipack Range</i>			
CV603	Fruity Favourites	4 x 120g	2.05	OS



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