

Vegan List
Suma

May June 2017



Vegan

A bit more about it..

People choose to be vegan for health, environmental, and/or ethical reasons. Some vegans feel that consuming eggs and dairy products promotes the meat industry. Some people avoid these items because of the conditions associated with their production.

Many vegans choose this lifestyle to promote a more humane and caring world. They know they are not perfect, but believe they have a responsibility to try to do their best, while not being judgmental of others.

Whatever your reason for choosing vegan, we have everything that you could wish for, this list includes cheese, milk and meat alternatives, vegan chocolate and much more.



Key BFGSOV

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

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

| code | product | size | rrp | bfgosv |
|------|---------|------|-----|--------|
|------|---------|------|-----|--------|

ALCOHOLIC DRINKS

FENTIMANS & BLOOM

| | | | | |
|-------|---------------------|-------|------|----|
| RT031 | Gin & Rose Lemonade | 275ml | 4.05 | SV |
| RT005 | Gin and Tonic | 275ml | 4.05 | SV |

HOLLOWS

From Fentimans

| | | | | |
|-------|--------------------------------|-------|------|----|
| RT012 | Spiced Alcoholic Ginger Beer | 330ml | 2.19 | SV |
| RT013 | Superior Alcoholic Ginger Beer | 330ml | 2.19 | SV |
| RT017 | Superior Alcoholic Ginger Beer | 500ml | 3.09 | SV |

SEDLSCOMBE

| | | | | |
|-------|-----------------------|------|-------|-----|
| RS100 | Mulled Wine - organic | 75cl | 10.85 | SOV |
|-------|-----------------------|------|-------|-----|

SOL Y SOMBRA

Spain

| | | | | |
|-------|---------|------|------|----|
| RS108 | Sangria | 75cl | 4.92 | SV |
|-------|---------|------|------|----|

BABY & CHILD FOOD

ANNABEL KARMEI

| | | | | |
|-------|-------------------|------|------|----|
| BB092 | Baby Pasta Shells | 250g | 1.39 | OV |
|-------|-------------------|------|------|----|

BEAR

| | | | | |
|-------|--------------------------------|-----|------|----|
| ZX523 | Paws Arctic - B'currant, Rasp | 20g | 0.59 | GV |
| ZX520 | Paws Dino - Strawberry, Apple | 20g | 0.59 | GV |
| ZX515 | Paws Jungle - Apple, B'currant | 20g | 0.59 | GV |
| ZX512 | Paws Safari - Mango/Strawberry | 20g | 0.59 | GV |

ELLA'S KITCHEN

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 |

Stage 1

| | | | | |
|-------|---------------------------------|------|------|----|
| BB001 | Apples & Bananas | 120g | 1.29 | OV |
| 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 |
| 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 |

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 |

| code | product | size | rrp | bfgosv |
|-------|-------------------------------------|----------|------|--------|
| | HELLO KITTY | | | |
| WT141 | Organic Pasta Shapes | 250g | 1.55 | OV |
| | 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>Snacks</i> | | | |
| BB124 | Baby Mini-Rusks | 100g | 2.15 | OV |
| | KIDDYLICIOUS | | | |
| | <i>Crisps</i> | | | |
| BB032 | Apple Crisps | 12g | 0.65 | V |
| BB035 | Banana Bites | 15g | 0.65 | V |
| | <i>Fruit Wriggles</i> | | | |
| BB115 | Apple Fruit Wriggles | 12g | 0.65 | V |
| BB116 | Strawberry Fruit Wriggles | 12g | 0.65 | V |
| | <i>Rice Wafers</i> | | | |
| BB170 | Banana Wafers - twin pack | 5 pack | 2.3 | VS |
| BB171 | Blueberry Wafers - twin pack | 5 pack | 2.3 | VS |
| BB175 | Carrot Wafers | 10 packs | 1.79 | V |
| | <i>Smoothie Melts</i> | | | |
| BB077 | Banana Mango Passion Melts | 6g | 0.69 | V |
| BB059 | Blackcurrant & Apple Melts | 6g | 0.69 | V |
| BB083 | Strawberry Banana Melts | 6g | 0.69 | V |
| | <i>Tiddlers</i> | | | |
| BB114 | Raspberry Crispy Tiddlers | 12g | 0.65 | V |
| | LITTLE PASTA ORGANICS | | | |
| BB255 | Animal Pasta Shapes - Tricolor | 250g | 1.95 | OV |
| BB151 | Gluten Free Mini Gnocchi | 250g | 2.29 | GOV |
| BB298 | Pumpkin & Carrot Pasta Sauce | 130g | 2.05 | GOV |
| 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 |
| | <i>Cereals - Stage 2</i> | | | |
| BB052 | Banana & Plum Porridge | 200g | 2.95 | OV |
| BB053 | Multigrain Porridge | 200g | 2.95 | OV |
| | <i>Cereals - Stage 3</i> | | | |
| BB057 | Banana, Peach & Apple Muesli | 200g | 3.5 | OV |
| BB060 | Raspberry & Banana Muesli | 200g | 3.5 | OV |
| | <i>Finger Foods - from 7 months</i> | | | |
| 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 |
| 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 |

| code | product | size | rrp | bfgosv |
|-------|--------------------------------|----------|-------|--------|
| | 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 |
| | 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 | | | |
| BB222 | Banana, Strawberry & Peach | 100g | 1.25 | OV |
| BB223 | Carrot, Squash & Sweet Potato | 100g | 1.79 | OV |
| BB214 | Courgette, Pea, Leek & Mint | 100g | 1.79 | OV |
| BB221 | Raspberry & Apple with Oats | 100g | 1.25 | OV |
| 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 |
| | QUINOLA BABY | | | |
| | From 10 months | | | |
| BB211 | Butternut Squash and Carrot | 190g | 1.99 | VSO |
| BB208 | Pea and Spinach | 190g | 1.99 | OV |
| | From 6 months | | | |
| BB212 | Carrot and Red Lentil | 190g | 1.99 | OV |
| BB213 | Sweet Potato and Beetroot | 190g | 1.99 | OV |
| | From 8 months | | | |
| BB209 | Pinto Beans and Sweetcorn | 190g | 1.99 | OV |
| BB210 | Swede, Parsnip, Carrot | 190g | 1.99 | OV |
| | TRAFO | | | |
| BB056 | Organic Raisins in Kids Boxes | 12 box | 2.19 | OV |
| | BABYCARE PRODUCTS | | | |
| | BEAMING BABY | | | |
| | Nappies | | | |
| NF636 | Bio Degradable - Maxi Plus | 34 | 13.99 | V |
| NF635 | Bio Degradable Nappies - Maxi | 34 | 12.37 | V |
| NF637 | Bio Degradable Nappy - Junior | 31 | 13.45 | V |
| NF634 | Bio Degradable Nappy - Midi | 40 | 12.37 | V |
| NF633 | Bio-Degradable Nappies - Mini | 20 | 5.91 | V |
| | Nappy Sacks | | | |
| NF259 | Nappy Sacks - Fragrance Free | 60 | 2.72 | V |
| | Wipes | | | |
| NF688 | Organic Baby Wipes | 72 | 4.09 | OV |
| NF103 | Organic Baby Wipes Unscented | 72 | 4.09 | OV |

| code | product | size | rrp | bfgosv |
|--------------------------------|---|--------|------|--------|
| 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 |
| DY535 | Eco Baby Wipes | pack | 3.05 | V |
| 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 |
| GOOD BUBBLE | | | | |
| DY564 | Cloudberry Clara Gift Set | 510g | 8 | V |
| DY562 | Dexter Gift set - Dragon Fruit | 510g | 8 | V |
| DY559 | Hair/body Wash - Dragon Fruit | 250ml | 3.69 | V |
| DY556 | Hair/Body Wash-Cloudberry Extr | 250ml | 3.69 | V |
| JACK N' JILL | | | | |
| DY335 | Toothbrush - Bunny | 1 | 3.49 | V |
| DY326 | Toothbrush - Hippo | 1 | 3.49 | V |
| DY294 | Toothpaste - Banana | 50g | 4.99 | V |
| DY296 | Toothpaste - Blackcurrant | 50g | 4.99 | V |
| DY297 | Toothpaste - Blueberry | 50g | 4.99 | V |
| DY308 | Toothpaste - Raspberry | 50g | 4.99 | V |
| DY321 | Toothpaste - Strawberry | 50g | 4.99 | V |
| NATRACARE | | | | |
| NF099 | Organic Cotton Baby Wipes | 50 | 3.99 | OV |
| PADDY'S BATHROOM | | | | |
| DY330 | Dream Time Baby Bubble Bath | 250ml | 4.55 | V |
| DY324 | Mango Foaming Body Wash | 200ml | 4.55 | V |
| DY306 | Pineapple Foaming Body Wash | 200ml | 4.55 | V |
| DY329 | Tangerine Baby Bubble Bath | 250ml | 4.55 | V |
| DY302 | Tangy Tangerine Hand Wash | 200ml | 4.55 | V |
| WELEDA | | | | |
| DY666 | Calendula Baby Oil | 200ml | 9.5 | V |
| DY536 | Calendula Shampoo & Body Wash | 200ml | 7.5 | V |
| BAGS, BOXES AND BASKETS | | | | |
| SUMA | | | | |
| NF270 | Refuse Sacks-recycled plastic | 8 pack | 1.49 | V |
| BAKING SUNDRIES | | | | |
| SUMA | | | | |
| LJ039 | Baking Powder - Gluten Free | 200g | 1.89 | GV |
| LJ040 | Bicarbonate of Soda | 200g | 1.85 | V |
| LJ019 | Cornflour | 500g | 1.19 | V |
| LJ223 | Xanthan Gum | 100g | 5.75 | V |
| BARKAT | | | | |
| LJ002 | Gluten Free Baking Powder | 100g | 1.49 | GV |
| BONPOM | | | | |
| ZX805 | Citric Acid | 150g | 3.99 | V |
| 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 |

| code | product | size | rrp | bfgosv |
|-------|---------------------------------------|----------|-------|--------|
| | CERTO | | | |
| LJ216 | Apple Pectin | 250ml | 2.95 | V |
| | CLEARSPRING | | | |
| JP064 | Kuzu (Wild Arrowroot) | 125g | 6.39 | GVO |
| | D & D CHOCOLATES | | | |
| KB718 | Carob Flakes | 245g | 2.89 | V |
| ZX842 | Dairy Free Chocolate Chips | 350g | 4.99 | SV |
| | DOVES FARM | | | |
| LJ206 | Baking Powder | 130g | 1.49 | GV |
| LJ202 | Bicarbonate of Soda | 200g | 1.59 | V |
| LJ203 | Cornflour Organic | 110g | 1.69 | GOV |
| LJ423 | Quick Yeast | 8 x 125g | 1.19 | GV |
| LJ191 | Vitamin C | 120g | 4.4 | V |
| | ENGEVITA | | | |
| LJ143 | Yeast Flakes | 125g | 2.99 | GV |
| LJ020 | Yeast Flakes with Vitamin B12 | 125g | 3.29 | GV |
| | FERMIPAN | | | |
| LJ061 | Dried Yeast | 500g | 4.59 | V |
| | FOLLOW YOUR HEART | | | |
| LJ015 | Vegan Egg | 114g | 6.99 | V |
| | FREE & EASY | | | |
| LJ009 | Cheese Flavour Sauce Mix | 130g | 1.79 | V |
| LJ016 | Egg Replacer | 135g | 2.29 | V |
| | JUST WHOLEFOODS | | | |
| LJ162 | Vegeteset - setting agent | 25g | 1.99 | V |
| | MOO FREE | | | |
| LJ311 | Baking Drops | 150g | 3.25 | GOSV |
| | NIELSEN MASSEY | | | |
| LJ252 | Pure Almond Extract | 60ml | 4.35 | V |
| LJ247 | Pure Lemon Extract | 60ml | 4.35 | V |
| LJ249 | Pure Peppermint Extract | 60ml | 4.35 | V |
| LJ204 | Vanilla Bean Paste | 60ml | 7.05 | SV |
| LJ333 | Vanilla Extract - OG | 118ml | 11.45 | OV |
| | ORGRAN | | | |
| LJ656 | Egg Replacer | 200g | 2.95 | GV |
| LJ077 | Vegan Easy Egg | 250g | 4.25 | GV |
| | PLAMIL | | | |
| | <i>Drops in 1kg bags</i> | | | |
| KB651 | Baking Chocolate | 1kg | 11.99 | GSV |
| KB652 | Org & F/T Baking Chocolate | 1kg | 13.59 | GFOSV |
| KB658 | Organic Rich Chocolate | 1kg | 13.89 | GOSV |
| | STEENBERGS | | | |
| LJ116 | Almond Extract | 100ml | 6.65 | V |
| 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 |
| LJ229 | Vanilla Bean Grinder | 12g | 7.75 | V |
| 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 |

| code | product | size | rrp | bfgosv |
|-------|-------------------------------------|--------|------|--------|
| | 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 | Azuki 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 |
| VF707 | Borlotti Beans | 400g | 0.65 | V |
| VF630 | Borlotti Beans - organic | 400g | 0.99 | OV |
| VF119 | Butter Beans | 400g | 0.65 | V |
| VF645 | Butter Beans - organic | 400g | 0.99 | VO |
| VF709 | Cannellini Beans | 400g | 0.65 | V |
| VF395 | Cannellini Beans - organic | 400g | 0.99 | OV |
| VF117 | Chick Peas | 400g | 0.65 | V |
| 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 |
| VF118 | Red Kidney Beans | 400g | 0.65 | V |
| VF643 | Red Kidney Beans - organic | 400g | 0.99 | VO |
| VF711 | Six Bean Mix | 400g | 0.95 | V |
| | 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 |
| | CALISPA | | | |
| VF021 | Chick Peas - Catering Size | 2.5kg | 3.75 | V |
| | CHEF WILLIAM | | | |
| VF020 | Red Kidney Beans-Catering Size | 2.50kg | 4.45 | V |
| | GEO | | | |
| VF133 | Edamame Beans in Water | 400g | 1.95 | V |
| | GEO ORGANICS | | | |
| VF094 | Black Beluga Lentils Organic | 400g | 1.89 | OV |
| | HODMEDOD'S | | | |
| VF120 | British Baked Beans | 400g | 1.19 | VS |
| VF212 | Carlin Peas | 400g | 0.99 | V |
| VF129 | Organic Vaal Dhal - British | 400g | 1.65 | OSV |
| VF098 | Organic Whole Fava Beans | 400g | 0.99 | OV |
| PU027 | Red Haricot Beans | 400g | 0.99 | V |

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|-------|---|-------|------|--------|
| | WHOLE EARTH | | | |
| VF161 | Baked Beans - organic BEANS & PULSES - DRIED | 400g | 1.19 | GOV |
| | SUMA PREPACKS | | | |
| PU013 | Beluga Lentils | 500g | 2.05 | V |
| PU144 | Black Beans | 500g | 1.65 | V |
| PU017 | Blackeye Beans | 500g | 1.95 | V |
| PU078 | Broth Mix | 500g | 1.65 | V |
| PU066 | Butter Beans | 500g | 1.99 | V |
| PU067 | Chick Peas | 500g | 2.55 | V |
| PU065 | Lentils - brown | 500g | 1.59 | V |
| PU133 | Lentils - Dark Speckled | 500g | 1.85 | V |
| PU069 | Lentils - green | 500g | 2.05 | V |
| PU076 | Lentils - red split | 500g | 1.49 | V |
| PU072 | Marrowfat Peas | 500g | 1.35 | V |
| PU177 | Moong Dahl | 500g | 2.75 | V |
| PU070 | Split Peas - green | 500g | 1.25 | V |
| PU080 | Split Peas - yellow | 500g | 1.19 | V |
| | 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 | | | |
| PU024 | Fava Beans - split, dried | 500g | 1.9 | V |
| 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 | Eringden 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 |

| code | product | size | rrp | bfgosv |
|-------------------|---------------------------|-------|------|--------|
| 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 & CRISPREAD

AGAINST THE GRAIN

| | | | | |
|-------|--------------------------------|------|------|------|
| BT077 | OG Berry Delicious Cookies | 150g | 3.26 | GOV |
| BT341 | Og Choc Chip & Hazelnut Cookie | 150g | 3.1 | GOSV |
| BT302 | Org Chocolate & Orange Cookies | 150g | 3.1 | GOSV |
| BT340 | Organic Almond Cookies | 150g | 2.98 | GOSV |
| BT339 | Organic Ginger Crunches | 150g | 2.98 | GOSV |

AMISA

| | | | | |
|-------|--------------------------------|------|------|-----|
| 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 | OV |
| BT307 | Spelt Crispbread - Poppyseed | 200g | 2.79 | OV |

ANGELIC GLUTEN FREE

| | | | | |
|-------|-----------------------------|------|------|-----|
| BT192 | Chocolate Chip Oat Biscuits | 170g | 2.69 | GV |
| BT182 | Coconut & Chia Oat Biscuits | 170g | 2.69 | GV |
| BT179 | Double Chocolate Cookies | 125g | 2.59 | GSV |
| BT186 | Ginger Crunch Cookies | 125g | 2.59 | GSV |
| BT193 | Multi Seed CrackerS | 150g | 2.59 | GSV |
| BT181 | Orange Chocolate Cookies | 125g | 2.59 | GSV |

ARTESANOS DE LA LUISIANA S.L

Spring/Summer

| | | | | |
|-------|------------------|------|------|---|
| BT536 | Mini Breadsticks | 200g | 1.45 | V |
|-------|------------------|------|------|---|

BIONA

| | | | | |
|-------|------------------------|------|------|-----|
| BT124 | Apple & Pear Waffles | 175g | 2.19 | OV |
| BT166 | Hazelnut Syrup Waffles | 175g | 2.19 | OSV |
| 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 |
| BT190 | Japanese Rice Cakes | 150g | 3.19 | V |
| BT044 | Japanese Rice Cakes Sea Veg | 150g | 3.19 | V |
| 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 |

| code | product | size | rrp | bfgosv |
|------------------------------------|---|------|------|--------|
| 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 |
| 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 |
| BT812 | Classic 3 Seed Crispbread | 200g | 2.55 | OV |
| FINN CRISPBREADS | | | | |
| BT309 | Five Wholegrains - Thin | 190g | 2.29 | SV |
| BT025 | Multigrain | 175g | 1.49 | V |
| BT122 | Organic Crispbread | 200g | 2.29 | OV |
| BT003 | Original Rye | 200g | 1.49 | V |
| BT002 | Original Rye | 250g | 1.49 | V |
| INSPIRAL VISIONARY PRODUCTS | | | | |
| BT217 | Raw Almond/Garlic Crackits | 100g | 4.49 | GOV |
| BT213 | Raw Almond/Herb Crackits | 100g | 4.49 | GOV |
| BT212 | Raw Almond/Tomato Crackits | 100g | 4.49 | GOV |
| BT069 | Raw Almond/Wasabi Crackits | 100g | 4.49 | GOV |
| KALLO | | | | |
| BT152 | Blueberry/Van Rice/Corn Cakes | 131g | 2.29 | GSV |
| BT527 | Chia Seed Corn Cake | 130g | 1.49 | GV |
| BT184 | Corn Cakes OG | 130g | 1.79 | GOV |
| BT347 | Quinoa & Seeds Rice Cakes | 55g | 2.49 | GV |
| BT011 | Salt & Vinegar Corn/Rice Snack | 25g | 0.75 | GSV |
| BT447 | Smoked Paprika Rice&Corn Cakes | 130g | 2.29 | SV |
| Rice Cakes | | | | |
| BT349 | Buckwheat/Super Seed Ricecakes | 130g | 1.49 | GV |
| BT031 | Fairtrade Rice Cake No Salt OG | 130g | 1.79 | GFOV |
| BT033 | No Added Salt Organic | 130g | 1.69 | GVO |
| BT034 | Original Organic Wholegrain | 130g | 1.69 | GVO |
| BT215 | Savoury Thick Rice Cakes | 110g | 2.29 | GV |
| BT378 | Sea Salt & Balsamic Rice Cakes | 127g | 1.79 | V |
| BT036 | Thick Slice Sesame Rice Cake | 130g | 1.48 | GOV |
| BT240 | Thin Slice No Salt - organic | 130g | 1.59 | GVO |
| LAZY DAY | | | | |
| BT320 | Belgian Dark Chocolate Tiffin | 150g | 3.79 | SV |
| BT194 | Chocolate Chip Shortbread | 150g | 3.79 | GV |
| BT141 | Chocolate Orange Slice | 150g | 3.79 | GV |
| BT214 | Dark Belgian Chocolate Gingers | 125g | 4.09 | GV |
| BT197 | Free From Shortbread | 150g | 3.79 | GV |
| BT140 | Ginger Truffle Slice | 150g | 3.79 | GVS |
| BT316 | Millionaires Shortbread | 150g | 3.79 | GSV |
| BT489 | Peppermint Slice | 150g | 3.79 | GSV |
| LE PAIN DES FLEUR | | | | |
| BT060 | Corn Crispbread | 125g | 2.65 | GOV |
| BT023 | Oat Crispbread | 125g | 2.99 | GOV |
| BT042 | Tigernut Crispbread | 125g | 3.49 | GOV |
| LE PAIN DES FLEURS | | | | |
| BT094 | Buckwheat Crispbread | 125g | 2.99 | GOV |
| BT189 | Buckwheat Crispbread (no salt) | 125g | 2.99 | GOV |
| BT095 | Chestnut Crispbread | 125g | 3.49 | GOV |
| BT404 | Cocoa Crispbread | 125g | 3.49 | GOSV |
| BT406 | Coconut Crispbread | 125g | 3.49 | GOSV |
| BT429 | Multigrain Crispbread | 125g | 2.99 | GOSV |
| BT407 | Onion Crispbread | 125g | 2.99 | GOSV |
| BT093 | Quinoa Crispbread | 125g | 3.99 | FGOV |

| code | product | size | rrp | bfgosv |
|----------------------------|---|---------|------|--------|
| NAIRNS | | | | |
| BT528 | GF W/grain Super Seed Cracker | 114g | 1.59 | GV |
| BT028 | Oat Cracker Thins | 171g | 1.49 | V |
| BT090 | Oatcakes - Fine | 218g | 1.25 | V |
| BT046 | Oatcakes - Fruit & Seed | 225g | 1.69 | V |
| BT273 | Oatcakes - Organic | 250g | 1.25 | OV |
| BT275 | Oatcakes - Traditional Rough | 291g | 1.36 | V |
| BT301 | Oatcakes -Cracked Black Pepper | 200g | 1.49 | V |
| Gluten Free | | | | |
| BT099 | Astro Bites Berry | 115g | 2.49 | GSV |
| BT108 | GF Biscuit Breaks Oat & Fruit | 160g | 2.25 | GVS |
| BT109 | GF Biscuit Breaks Oat & Syrup | 160g | 2.25 | GSV |
| BT267 | GF Biscuit Breaks Stem Ginger | 160g | 2.25 | GSV |
| BT420 | Gluten Free Oatcakes | 213g | 2.15 | GGV |
| BT425 | Gluten Free Oatcakes - Herb | 180g | 2.15 | GV |
| Wheat Free Biscuits | | | | |
| BT416 | Fruit and Spice | 200g | 1.65 | SV |
| BT414 | Mixed Berry | 200g | 1.65 | SV |
| BT415 | Stem Ginger | 200g | 1.65 | SV |
| 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 | 150g | 2.95 | OV |
| Rustic Breadsticks | | | | |
| 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 |
| ORGRAN | | | | |
| BT525 | Amaretti Biscotti | 150g | 2.39 | GVS |
| BT133 | Litegrain Crispbread | 130g | 3.09 | GV |
| BT132 | Quinoa Crispbread | 750g | 2.55 | GV |
| ORIGIN EARTH | | | | |
| BT390 | Gluten Free Crackers | 150g | 2.69 | GV |
| BT388 | Gluten Free Crackers Caraway | 150g | 2.69 | GV |
| BT389 | Gluten Free Crackers Fennel | 150g | 2.69 | GV |
| BT387 | Gluten Free Crackers Sesame | 150g | 2.69 | GV |
| REAL FOODS | | | | |
| BT381 | Corn Thins - Original | 150g | 1.89 | V |
| BT377 | Corn Thins - Sesame | 150g | 1.89 | V |
| RUDE HEALTH FOODS | | | | |
| BT259 | 4 Seed Oaty | 200g | 2 | SV |
| 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 |
| BT266 | Ginger & Turmeric Oaty | 200g | 2 | SV |
| BT395 | Multigrain Thins | 160g | 2.75 | GOV |
| BT143 | Seaweed & Sesame Oaty | 12 200g | 2.5 | GOV |
| SEGGIANO | | | | |
| BT169 | Rosemary Tongue Biscuit | 120g | 3.95 | V |
| TRAF0 | | | | |
| BT017 | Rice Cakes - Natural | 50g | 1.25 | OV |

| code | product | size | rrp | bfgosv |
|-----------------------------|------------------------------|------|------|--------|
| UPITA DE LOS REYES | | | | |
| <i>Spanish Style Tortas</i> | | | | |
| BT534 | Anise and Sesame Biscuits | 180g | 2.49 | SV |
| BT531 | Sea Salt & Rosemary Biscuits | 180g | 2.49 | SV |
| BT532 | Seville Orange Biscuits | 180g | 2.95 | VS |

BODYCARE

SUMA CONDITIONERS

| | | | | |
|-------|-------------------------------|-------|-------|---|
| DY619 | Clear & Simple Conditioner | 500ml | 4.69 | V |
| DY481 | Clear & simple Conditioner | 5l | 21.95 | V |
| DY621 | Grapefruit & Aloe Conditioner | 500ml | 4.69 | V |
| DY483 | Grapefruit & Aloe Conditioner | 5l | 21.95 | V |
| DY474 | Lavender Conditioner | 5l | 21.95 | V |
| DY627 | Rose & Geranium Conditioner | 500ml | 4.69 | V |
| DY475 | Rose & Geranium Conditioner | 5l | 21.95 | V |
| DY645 | White Lavender Conditioner | 500ml | 4.69 | V |

SUMA GLYCERINE SOAP

| | | | | |
|-------|-----------------------------|-----|------|---|
| DY540 | Grapefruit & Aloe Vera Soap | 90g | 1.39 | V |
| DY555 | Hemp Oil & Vitamin E Soap | 90g | 1.39 | V |
| DY532 | Rose & Geranium Soap | 90g | 1.39 | V |
| DY013 | White Lavender Soap | 90g | 1.39 | V |

SUMA HANDMADE SOAPS

| | | | | |
|-------|-------------------------------|-----|------|---|
| DY433 | Aloe Vera & Wheatgerm Oil | 95g | 1.99 | V |
| DY497 | Bergamot & Green Tea Soap | 95g | 1.99 | V |
| DY452 | Cinnamon & Orange Soap | 95g | 1.99 | V |
| DY476 | Coconut Milk Ylang Ylang Soap | 95g | 1.99 | V |
| DY448 | Grapefruit & Mandarin Soap | 95g | 1.99 | V |
| DY438 | Lavender & Lime Soap | 95g | 1.99 | V |
| DY440 | Lemongrass & Chamomile Soap | 95g | 1.99 | V |
| DY560 | Patchouli & Hemp Soap | 95g | 1.99 | V |
| DY446 | Peppermint & Pine Oil Soap | 95g | 1.99 | V |
| DY502 | Rose & Geranium Soap | 95g | 1.99 | V |
| DY445 | Rosemary & Lavender Soap | 95g | 1.99 | V |
| DY444 | Tea Tree & Eucalyptus Soap | 95g | 1.99 | V |

SUMA SHAMPOO

| | | | | |
|-------|--------------------------------|-------|-------|---|
| DY226 | Clear & Simple Shampoo | 500ml | 4.69 | V |
| DY595 | Clear & Simple Shampoo | 5l | 21.95 | V |
| DY235 | Grapefruit & Aloe Vera Shampoo | 500ml | 4.69 | V |
| DY598 | Grapefruit & Aloe Vera Shampoo | 5l | 21.95 | V |
| DY608 | Rose & Geranium Shampoo | 5l | 21.95 | V |
| DY242 | Rose Petal & Geranium Shampoo | 500ml | 4.69 | V |
| DY269 | White Lavender Shampoo | 500ml | 4.69 | V |
| DY593 | White Lavender Shampoo | 5l | 21.95 | V |

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 |
| DY614 | Argan Oil Gift Set | each | 31.99 | V |
| 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 |
| DY616 | Moroccan Exfoliate Kessa Glove | each | 4.99 | V |
| DY612 | Natural Moroccan Black Soap | 200g | 12.99 | V |
| DY613 | Natural Moroccan Rhassoul Clay | 200g | 12.99 | V |
| DY642 | Shea Butter Balm | 50ml | 8.99 | OV |

| code | product | size | rrp | bfgosv |
|----------------------------|--|-------|-------|--------|
| ALOE PURA | | | | |
| DY196 | Aloe Vera Gel + Tea Tree | 200ml | 6.49 | V |
| DY199 | Aloe Vera Gel + Vitamin A C E | 200ml | 6.49 | V |
| DY040 | Aloe Vera Gel OG | 200g | 6.49 | OV |
| <i>Suncare</i> | | | | |
| DY303 | Aloe Vera After Sun Lotion | 200ml | 7.99 | V |
| DY211 | Aloe Vera Sun Lotion SPF 50 | 200ml | 19.99 | V |
| AUSTRALIAN TEA TREE | | | | |
| DY215 | Tea Tree Cleansing Soap | 90g | 2.99 | V |
| DY212 | Tea Tree Deodorant | 50ml | 4.99 | V |
| DY228 | Tea Tree Oil | 10ml | 4.99 | V |
| 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 |
| <i>Soap & Handwash</i> | | | | |
| 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 |
| 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 |
| <i>Bar Soap</i> | | | | |
| 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 |

| code | product | size | rrp | bfgosv |
|--------------------------------|---|-------|-------|--------|
| EMPORIUM | | | | |
| DY018 | Chandrika Soap | 125g | 2.17 | V |
| DY797 | Chandrika Soap | 75g | 1.45 | V |
| DY009 | Mysore Sandalwood Soap | 125g | 2.99 | V |
| DY794 | Mysore Sandalwood Soap | 75g | 1.59 | V |
| FAITH | | | | |
| <i>Brave Botanicals</i> | | | | |
| DY542 | Coconut & Frangipani Condition | 250ml | 6 | V |
| DY528 | Coconut & Frangipani Shampoo | 250ml | 6 | V |
| DY550 | Kiwi & Lime Conditioner | 250ml | 6 | V |
| DY531 | Kiwi & Lime Shampoo | 250ml | 6 | V |
| DY551 | Lavender & Jasmine Conditioner | 250ml | 6 | V |
| DY534 | Lavender & Jasmine Shampoo | 250ml | 6 | V |
| DY553 | Rose & Neroli Conditioner | 250ml | 6 | V |
| DY541 | Rose & Neroli Shampoo | 250ml | 6 | V |
| <i>Conditioner</i> | | | | |
| DY221 | Aloe Vera Conditioner | 400ml | 5.35 | V |
| DY272 | Chocolate Conditioner | 400ml | 5.5 | V |
| DY830 | Coconut Conditioner | 400ml | 5.5 | V |
| DY033 | fragrance free conditioner | 400ml | 5.5 | V |
| DY412 | Ginkgo Biloba conditioner | 400ml | 5.5 | V |
| DY508 | Grapefruit & Orange Conditionr | 400ml | 5.5 | V |
| DY410 | Hemp & Meadowfoam Conditioner | 400ml | 5.5 | V |
| DY034 | Intensive Coconut Conditioner | 250ml | 6.5 | V |
| DY080 | Intensive Lav/Ger Conditioner | 250ml | 6.5 | V |
| DY223 | Jojoba Conditioner | 400ml | 5.35 | V |
| DY890 | Lavender, Geranium Conditioner | 400ml | 5.5 | V |
| DY488 | Lemon & Tea Tree Conditioner | 400ml | 5.5 | V |
| DY628 | Mint Conditioner | 400ml | 5.5 | V |
| DY821 | Pineapple & Lime Conditioner | 400ml | 5.5 | V |
| DY064 | Pomegranate/Rooibos Conditionr | 400ml | 5.5 | V |
| DY846 | Rosemary Conditioner | 400ml | 5.35 | V |
| DY845 | Seaweed & Citrus Conditioner | 400ml | 5.35 | V |
| DY222 | Tea Tree Conditioner | 400ml | 5.5 | V |
| DY010 | Watermelon Conditioner | 400ml | 5.5 | V |
| <i>Deodorants</i> | | | | |
| DY174 | Body Deodorant | 100g | 3.85 | V |
| <i>Gift Set</i> | | | | |
| DY377 | Coconut Gift Set | each | 9.99 | V |
| DY382 | Lavender Gift Set | each | 9.99 | V |
| <i>Gift Sets</i> | | | | |
| DY492 | Coconut Gift Bag | each | 16.99 | V |
| DY507 | Lavender & Geranium Gift Bag | each | 16.99 | V |
| DY513 | Mens Blue Cedar Gift Bag | each | 14.99 | V |
| <i>Hand Wash</i> | | | | |
| DY245 | Aloe Vera & Tea Tree Hand Wash | 300ml | 4.19 | OV |
| DY894 | Coconut Hand Wash | 300ml | 4.19 | V |
| DY505 | Grapefruit & Orange Hand Wash | 300ml | 4.19 | V |
| DY312 | Lavender & Geranium Hand Wash | 300ml | 4.19 | OV |
| DY301 | Organic Seaweed Handwash | 300ml | 4.19 | OV |
| DY882 | Pineapple & Lime Hand Wash | 300ml | 4.19 | V |
| DY693 | Pomegranate & Rooibos H/Wash | 300ml | 4.19 | V |
| <i>Men Care</i> | | | | |
| DY054 | blue cedar - foam bath/gel | 400ml | 5.6 | V |
| DY055 | ginger & lime foam bath/gel | 400ml | 5.6 | V |
| DY048 | mens - blue cedar shampoo | 400ml | 2.75 | V |
| DY056 | mens - blue cedar soap | 100g | 1.95 | V |
| DY053 | mens - ginger & lime shampoo | 400ml | 5.5 | V |
| DY057 | mens - ginger & lime soap | 100g | 1.95 | V |

| code | product | size | rrp | bfgosv |
|-----------------------------|--------------------------------|-------|------|--------|
| Shampoo | | | | |
| DY844 | Aloe Vera Shampoo | 400ml | 5.35 | V |
| DY439 | Chocolate Shampoo | 400ml | 5.5 | V |
| DY875 | Coconut Shampoo | 400ml | 5.5 | V |
| DY032 | fragrance free shampoo | 400ml | 5.5 | V |
| DY419 | Gingko Biloba shampoo | 400ml | 5.5 | V |
| DY512 | Grapefruit & Orange Shampoo | 400ml | 5.5 | V |
| DY420 | Hemp & Meadowfoam Shampoo | 400ml | 5.5 | V |
| DY839 | Joboba Shampoo | 400ml | 5.35 | V |
| DY503 | Lavender & Geranium shampoo | 400ml | 5.5 | V |
| DY482 | Mint Shampoo | 400ml | 5.5 | V |
| DY873 | Pineapple & Lime Shampoo | 400ml | 5.5 | V |
| DY076 | Pomegranate/Rooibos Shampoo | 400ml | 5.5 | V |
| DY514 | Raspberry & Cranberry Shampoo | 400ml | 5.5 | V |
| DY843 | Rosemary Shampoo | 400ml | 5.35 | V |
| DY842 | Seaweed & Citrus Shampoo | 400ml | 5.35 | V |
| DY509 | Tea Tree Shampoo | 400ml | 5.5 | V |
| DY007 | Watermelon Shampoo | 400ml | 5.5 | V |
| Shower Gel/Foam Bath | | | | |
| DY104 | Aloe & Ylang Ylang Foam Bath | 400ml | 5.45 | V |
| DY407 | Chocolate Foam Bath | 400ml | 5.6 | V |
| DY880 | Coconut Foam Bath | 400ml | 5.6 | V |
| DY044 | Fragrance Free Foam Bath | 400ml | 5.6 | V |
| DY501 | Grapefruit & Orange Foam Bath | 400ml | 5.6 | V |
| DY285 | Hemp & Meadowfoam Foam Bath | 400ml | 5.45 | V |
| DY105 | Lavender & Geranium Foam Bath | 400ml | 5.6 | V |
| DY632 | Lemon & Tea Tree Shower/Foam | 400ml | 5.6 | V |
| DY633 | Mint Shower Gel/Foam Bath | 400ml | 5.6 | V |
| DY878 | Pineapple & Lime Foam Bath | 400ml | 5.6 | V |
| DY278 | Pomegranate/Rooibos Bath Gel | 400ml | 5.6 | V |
| DY504 | Raspberry & Cranberry Foam Bty | 400ml | 5.6 | V |
| DY848 | Seaweed Foam Bath | 400ml | 5.45 | V |
| DY107 | Tea Tree Foam Bath | 400ml | 5.45 | V |
| DY011 | Watermelon Foam Bath/Shower | 400ml | 5.6 | V |
| Skincare | | | | |
| DY059 | 3-in-1 Facial Wipes | 25 | 3.25 | V |
| DY415 | Coconut Body Lotion | 150ml | 6.25 | V |
| DY339 | Coconut Hand Cream | 50ml | 6.39 | V |
| DY740 | Exfoliating Face & Body Polish | 150ml | 6.25 | V |
| DY047 | Fragrance Free Hand Body Lotn | 150ml | 6.39 | V |
| DY708 | Intensive Moisturising Cream | 50ml | 6.65 | V |
| DY735 | Purifying Cleansing lotion | 150ml | 6.25 | V |
| DY722 | Rejuvenating Facial Wash | 150ml | 6.25 | V |
| DY706 | Replenishing Moisture Cream | 50ml | 6.39 | V |
| DY709 | Restorative Hand Cream | 50ml | 6.39 | V |
| DY082 | Revitalising Body Lotion | 150ml | 6.25 | V |
| Soap | | | | |
| DY050 | Loose Soap - Aloe Vera | 100g | 1.55 | V |
| DY918 | Loose Soap - Coconut | 100g | 1.55 | V |
| DY640 | Loose Soap - Grapefruit | 100g | 1.55 | V |
| DY005 | Loose Soap - Lavender | 100g | 1.55 | V |
| DY006 | Loose Soap - Orange | 100g | 1.55 | V |
| DY935 | Loose Soap - Pineapple & Lime | 100g | 1.55 | V |
| DY008 | Loose Soap - Rosemary | 100g | 1.55 | V |
| DY239 | Loose Soap - Tea Tree | 100g | 1.55 | V |
| DY154 | Loose Tea - Hemp & Green Tea | 100g | 1.55 | V |
| DY051 | Wrapped Soap - Aloe Vera | 100g | 1.95 | V |
| DY404 | Wrapped Soap - Chocolate | 100g | 1.95 | V |

| code | product | size | rrp | bfgosv |
|-------|--------------------------------|------|------|--------|
| DY909 | Wrapped Soap - Coconut | 100g | 1.95 | V |
| DY641 | Wrapped Soap - Grapefruit | 100g | 1.95 | V |
| DY153 | Wrapped Soap - Hemp, Green Tea | 100g | 1.95 | V |
| DY461 | Wrapped Soap - Lavender | 100g | 1.95 | V |
| DY464 | Wrapped Soap - Rosemary | 100g | 1.95 | V |
| DY638 | Wrapped Soap - Seaweed | 100g | 1.95 | V |
| DY460 | Wrapped Soap - Tea Tree | 100g | 1.95 | V |
| DY915 | Wrapped Soap-Pineapple & Lime | 100g | 1.95 | V |

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 |
| 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

| | | | | |
|-------|--|-------|-------|----|
| DY315 | Aloe Vera & Lavender Shampoo | 200ml | 12.5 | V |
| DY219 | Intensive Repair Conditioner | 200ml | 14 | V |
| DY218 | Intensive Repair Shampoo | 200ml | 14 | VO |
| DY624 | Moisturising Conditioner | 200ml | 13 | OV |
| DY170 | Quinoa & Calendula Shower Gel | 200ml | 14.95 | OV |
| DY318 | Rosemary Herbal Shampoo | 200ml | 13 | V |

Organic Skincare

| | | | | |
|-------|---------------------------|------|----|----|
| DY072 | Day Solution SPF15 | 50ml | 18 | OV |
|-------|---------------------------|------|----|----|

Organicchildren.com

| | | | | |
|-------|---|-------|------|----|
| 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 |

HENNE COLOR

| | | | | |
|-------|-------------------------------|------|------|---|
| DY043 | Auburn Liquid Henna | 90ml | 6.75 | V |
| DY042 | Black Liquid Henna | 90ml | 6.75 | V |
| DY039 | Brown Liquid Henna | 90ml | 6.75 | V |
| DY130 | Chocolate Liquid Henna | 90ml | 6.75 | V |
| DY128 | Copp Gold Blonde Liquid Henna | 90ml | 6.75 | V |
| DY036 | Copper Liquid Henna | 90ml | 6.75 | V |
| DY121 | Dark Chestnut Liquid Henna | 90ml | 6.75 | V |
| DY127 | Golden Brown Liquid Henna | 90ml | 6.75 | V |
| DY046 | Mahogany Liquid Henna | 90ml | 6.75 | V |

ICE GUARD

| | | | | |
|-------|------------------------------|------|------|---|
| DY374 | Roll on Lavender Deodorant | 50ml | 5.49 | V |
| DY371 | Roll on Lemongrass Deodorant | 50ml | 5.49 | V |
| DY369 | Roll On Rose Deodorant | 50ml | 5.49 | V |
| DY367 | Roll On Tea Tree Deodorant | 50ml | 5.49 | V |
| DY376 | Roll on Unperfumed Deodorant | 50ml | 5.49 | V |

INCOGNITO

| | | | | |
|-------|------------------------------|-------|------|---|
| DY195 | Anti-mozzy Repellent Roll-On | 50ml | 5.59 | V |
| DY176 | Citronella Hair & Bodywash | 200ml | 5.59 | V |
| DY135 | Citronella Moisturizer | 200ml | 7.69 | V |
| DY112 | Java Citronella Oil | 10ml | 7.5 | V |

KNEIPP

| | | | | |
|-------|--------------------------|-------|------|---|
| DY401 | Herbal Bath - Eucalyptus | 100ml | 9.45 | V |
| DY418 | Herbal Bath - Lavender | 100ml | 9.45 | V |

| code | product | size | rrp | bfgosv |
|---------------|---------------------------------------|-------|-------|--------|
| LAVERA | | | | |
| <i>Basis</i> | | | | |
| DY597 | Cleansing Gel | 125ml | 6.95 | OV |
| DY596 | Cleansing Milk 2 in 1 | 125ml | 7.45 | OV |
| DY202 | Deodorant- Roll On | 50ml | 7.95 | OV |
| DY589 | Hand Cream | 75ml | 4.45 | OV |
| 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 |

LIVING NATURALLY

Soapnut Shampoo

| | | | | |
|-------|-------------------------------|-----|------|---|
| DY094 | Coconutty Soapnut Shampoo Bar | 90g | 5.99 | V |
|-------|-------------------------------|-----|------|---|

MOONCUP

| | | | | |
|-------|------------------|------|-------|---|
| DY606 | Mooncup Size 'A' | each | 19.99 | V |
| DY680 | Mooncup Size 'B' | each | 19.99 | V |

NATRACARE

Pads

| | | | | |
|-------|---------------------------------------|----|------|----|
| NF059 | Dry & Light Incontinence Pads | 20 | 3.29 | V |
| NF096 | Mini Panty Liner - Curved | 30 | 1.79 | VO |
| NF152 | New Mother Maternity Pads | 10 | 2.59 | V |
| NF889 | Night-Time Pads | 10 | 2.79 | V |
| NF104 | Org Cotton Wrapped Panty Liner | 18 | 1.65 | OV |
| NF048 | Organic Cotton Panty Liners | 22 | 2.09 | OV |
| NF121 | Panty Liner Curved | 30 | 1.79 | V |
| NF296 | Panty Liners Long, Wrapped | 16 | 1.65 | OV |
| NF298 | Press on Regular Towels | 14 | 2.19 | V |
| NF299 | Press on Towels - Super | 12 | 2.19 | V |
| 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 |
| NF755 | Ultra Pad - Long with Wings | 10 | 2.39 | V |
| NF862 | Ultra Pads Super Plus | 12 | 2.39 | V |
| NF827 | Ultra Regular Pad with Wings | 14 | 2.39 | V |
| NF442 | Ultra Super Pads with Wings | 12 | 2.39 | V |

Tampons

| | | | | |
|-------|----------------------------------|----|------|----|
| 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 |

Wipes

| | | | | |
|-------|--------------------------------------|----|------|----|
| NF204 | Organic Cotton Intimate Wipes | 12 | 2.19 | OV |
|-------|--------------------------------------|----|------|----|

NATURTINT

Permanent Hair Colour Ash

| | | | | |
|-------|---------------|-------|-------|---|
| DY859 | 8A Ash Blonde | 155ml | 10.49 | V |
|-------|---------------|-------|-------|---|

Permanent Hair Colour Copper

| | | | | |
|-------|--------------------------|-------|-------|---|
| DY869 | 5C Light Copper Chestnut | 165ml | 10.49 | V |
|-------|--------------------------|-------|-------|---|

Permanent Hair Colour Golden

| | | | | |
|-------|--------------------------|-------|-------|---|
| DY851 | 4G Golden Chestnut | 155ml | 10.49 | V |
| DY853 | 5G Light Golden Chestnut | 155ml | 10.49 | V |
| DY855 | 6G Dark Golden Blonde | 155ml | 10.49 | V |
| DY857 | 7G Golden Blonde | 165ml | 10.49 | V |

Permanent Hair Colour Mahogany

| | | | | |
|-------|----------------------------|-------|-------|---|
| DY862 | 4M Mahogany Chestnut | 155ml | 10.49 | V |
| DY865 | 5M Light Mahogany Chestnut | 155ml | 10.49 | V |

| code | product | size | rrp | bfgovs |
|--------------------------------------|-------------------------------------|----------|-------|--------|
| Permanent Hair Colour Natural | | | | |
| DY847 | 10N Light Dawn Blonde | 155ml | 10.49 | V |
| DY826 | 1N Ebony Black | 155ml | 10.49 | V |
| DY828 | 2N Brown Black | 155ml | 10.49 | V |
| DY831 | 3N Dark Chestnut Brown | 155ml | 10.49 | V |
| DY832 | 4N Natural Chestnut | 155ml | 10.49 | V |
| DY834 | 5N Light Chestnut Brown | 155ml | 10.49 | V |
| DY835 | 6N Dark Blonde | 155ml | 10.49 | V |
| DY837 | 7N Hazelnut Blonde | 155ml | 10.49 | V |
| DY840 | 8N Wheatgerm Blonde | 155ml | 10.49 | V |
| DY841 | 9N Honey Blonde | 155ml | 10.49 | V |
| OLIVA | | | | |
| DY290 | Olive Oil Soap | 6 x 125g | 1.89 | V |
| DY561 | Olive Oil Soap - Large Bar | 600g | 3.55 | V |
| ORGANYC | | | | |
| Pads | | | | |
| 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 |
| Tampons | | | | |
| NF238 | Applicator Tampons - Regular | 16 | 3.39 | OV |
| PATISSERIE DE BAIN | | | | |
| DY349 | Mixed Bath Fancies - 6 pieces | 45g | 15.99 | V |
| PITROK | | | | |
| DY175 | Deodorant Spray - Fragranced | 100ml | 4.99 | V |
| DY250 | Push Up Crystal Deodorant | 100g | 6.99 | V |
| DY220 | Roll On Crystal Deodorant | 50ml | 4.99 | V |
| DY139 | Spray Deodorant | 100ml | 4.99 | V |
| RIO ROSA MOSQUETA | | | | |
| DY653 | Anti-ageing day & night cream | 50ml | 14.99 | V |
| DY657 | Eye Contour Cream | 15ml | 9.95 | V |
| DY654 | Hand Cream | 50ml | 6.95 | V |
| DY662 | Intensive Night Treatmt Cream | 30ml | 7.95 | V |
| DY659 | Pure Chilean Rosehip Oil | 20ml | 10.49 | V |
| DY660 | Pure Chilean Rosehip Oil | 50ml | 20.49 | V |
| DY661 | Skin Brightening Exfoliator | 100ml | 8.95 | V |
| SIMPLY GENTLE | | | | |
| DY097 | Cotton Buds - organic | 200 | 2.09 | VO |
| SOLANO TRADING | | | | |
| DY062 | Lavender Soap | 150g | 2.93 | V |
| SUKIN | | | | |
| DY727 | Body Lotion | 250ml | 10.16 | V |
| DY698 | Cream Cleanser - Pump | 125ml | 8.12 | V |
| DY715 | Facial Moisturiser - pump | 125ml | 8.12 | V |
| DY705 | Facial Scrub | 125ml | 8.12 | V |
| DY699 | Foaming Cleanser - Pump | 125ml | 8.12 | V |
| DY718 | Night Cream | 120ml | 16.28 | V |
| DY719 | Rosehip Oil | 25ml | 13.99 | V |
| SUNCOAT | | | | |
| Natural Cosmetics | | | | |
| DY769 | Hair Spray - Fragrance Free | 210ml | 10.75 | V |
| DY771 | Hair Styling Gel | 150ml | 10.75 | V |
| DY554 | Mascara - Black | 10ml | 13.29 | V |

| code | product | size | rrp | bfgosv |
|-------------------------------|---|-------|------|--------|
| DY579 | Natural Nail Care Nail Polish Remover | 60ml | 7.99 | V |
| TINTS OF NATURE | | | | |
| Permanent Hair Colours | | | | |
| DY749 | Natural Black | 130ml | 9.95 | V |
| DY743 | Natural Dark Blonde | 130ml | 9.95 | V |
| DY745 | Natural Dark Brown | 130ml | 9.95 | V |
| DY747 | Natural Darkest Brown | 130ml | 9.95 | V |
| DY741 | Natural Light Blonde | 130ml | 9.95 | V |
| DY744 | Natural Light Brown | 130ml | 9.95 | V |
| DY742 | Natural Medium Blonde | 130ml | 9.95 | V |
| DY746 | Natural Medium Brown | 130ml | 9.95 | V |
| DY713 | Rich Chocolate Brown | 130ml | 9.95 | V |
| DY726 | Rich Copper Brown | 130ml | 9.95 | V |
| URTEKRAM | | | | |
| Aloe Vera | | | | |
| 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 |
| Brown Sugar | | | | |
| DY024 | Brown Sugar Shampoo | 250ml | 5.35 | FOV |
| DY020 | Brown Sugar Shower Gel | 500ml | 7.35 | FOV |
| Chamomile | | | | |
| DY244 | Chamomile Conditioner | 250ml | 5.65 | OV |
| DY907 | Chamomile Shampoo | 250ml | 5.35 | V |
| Coconut | | | | |
| DY136 | Coconut Shampoo | 250ml | 5.35 | V |
| DY137 | Coconut Shower Gel | 245ml | 4.79 | V |
| Lavender | | | | |
| DY902 | Lavender Conditioner | 250ml | 5.65 | V |
| DY906 | Lavender Shampoo | 250ml | 5.35 | V |
| Lime | | | | |
| DY725 | Lime Crystal Roll On Deodorant | 50ml | 4.89 | OV |
| Mens Range | | | | |
| DY292 | Face & Body Lotion | 150ml | 4.25 | OV |
| DY289 | Hair & Body Wash | 150ml | 3.89 | OV |
| DY298 | Roll On Deodorant | 50ml | 3.89 | OV |
| Nettle | | | | |
| DY398 | Nettle Shampoo | 250ml | 5.35 | OV |
| No Perfume | | | | |
| DY310 | No Perfume Body Lotion | 245ml | 6.69 | V |
| DY327 | No Perfume Conditioner | 250ml | 5.65 | V |
| DY022 | No Perfume Liquid Crystal Deo | 50ml | 4.89 | VO |
| DY336 | No Perfume Shampoo | 250ml | 5.35 | V |
| DY258 | No Perfume Shower Gel | 500ml | 7.35 | V |
| Nordic Berries | | | | |
| 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 |
| Nordic Birch | | | | |
| 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 |

| code | product | size | rrp | bfgosv |
|-------|--|-------|-------|--------|
| | Rose | | | |
| DY702 | Rose Body Lotion | 245ml | 6.69 | OV |
| DY903 | Rose Conditioner | 250ml | 5.65 | V |
| DY060 | Rose Crystal Deodorant | 50ml | 4.89 | OV |
| DY904 | Rose Shampoo | 250ml | 5.35 | V |
| DY396 | Rose Shower Gel | 500ml | 7.35 | OV |
| | WELEDA | | | |
| DY366 | Citrus Roll On Deodorant | 50ml | 7.95 | FV |
| DY363 | Men's Roll On Deodorant | 50ml | 7.95 | FV |
| | Bath & Shower | | | |
| DY381 | Citrus Creamy Body Wash | 200ml | 7.95 | V |
| DY029 | Evening Primrose Body Wash | 200ml | 7.95 | V |
| DY284 | Lavender Creamy Body Wash | 200ml | 7.95 | V |
| DY646 | Pomegranate Creamy Body Wash | 200ml | 7.95 | V |
| DY387 | Sea Buckthorn Creamy Body Wash | 200ml | 7.95 | V |
| DY431 | Wild Rose Creamy Body Wash | 200ml | 7.95 | V |
| | Body Care | | | |
| DY636 | Arnica Massage Oil | 100ml | 13.95 | V |
| DY101 | Birch Cellulite Oil | 100ml | 21.95 | OV |
| DY021 | Evening Primrose Body Oil | 100ml | 21.95 | V |
| DY287 | Lavender Relaxing Body Oil | 100ml | 13.95 | V |
| DY436 | Pomegranate Body Lotion | 200ml | 21.95 | V |
| DY300 | Sea Buckthorn Body Oil | 100ml | 15.95 | V |
| DY152 | Spray Deodorant - Citrus | 100ml | 8.95 | V |
| DY151 | Spray Deodorant - Sage | 100ml | 8.95 | V |
| DY233 | spray Deodorant - Sage | 30ml | 5.95 | V |
| DY451 | Wild Rose Body Lotion | 200ml | 19.95 | V |
| DY311 | Wild Rose Deodorant Spray | 30ml | 7.95 | V |
| DY305 | Wild Rose Spray Deodorant | 100ml | 12.95 | V |
| | Facial Care | | | |
| DY949 | Almond Soothing Cleaning Lot'n | 75ml | 9.95 | OV |
| DY951 | Almond Soothing Facial Oil | 50ml | 16.95 | OV |
| DY017 | Evening Primrose Night Cream | 30ml | 24.95 | V |
| DY931 | Gentle Cleansing Milk | 100ml | 9.95 | V |
| DY927 | Pomegranate Firming Day Cream | 30ml | 24.95 | V |
| DY929 | Pomegranate Firming Face Serum | 30ml | 34.95 | V |
| DY928 | Pomegranate Firming Night Cream | 30ml | 24.95 | V |
| | Gift Sets | | | |
| DY804 | Wild Rose Wash Bag Gift Set | each | 22.5 | V |
| | 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 |
| | BREADS & BREAD MIXES | | | |
| | AMAIZIN | | | |
| BT268 | Og Tortilla Wraps Extra Fibre | 240g | 2.35 | OV |
| | AMISA | | | |
| BT437 | Deep Pan Pizza Bases | 260g | 3.99 | GOSV |
| BT125 | Olive Ciabatta | 180g | 2.99 | GOV |
| | BIONA | | | |
| BT135 | Pizza Base - 2 Per Retail Pack | 300g | 2.39 | OV |
| BT440 | Pumpnickel 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 |

| code | product | size | rrp | bfgosv |
|-------|-----------------------------------|------|------|--------|
| 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 |

DELICIOUS ALCHEMY

| | | | | |
|-------|------------------------------|------|------|-----|
| BT098 | Oaty Cookie Mix - Dairy & GF | 200g | 2.29 | GSV |
|-------|------------------------------|------|------|-----|

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 |

FREE & EASY

| | | | | |
|-------|-----------------------|------|------|-----|
| BT072 | Chocolate Brownie Mix | 350g | 3.99 | GSV |
|-------|-----------------------|------|------|-----|

ISABEL'S NATURALLY FREE FROM

| | | | | |
|-------|-------------------------------|------|------|----|
| FG186 | Baked Donut Mix Gluten Free | 100g | 2.15 | GV |
| FG083 | Batter Mix Gluten Free | 125g | 2.15 | GV |
| FG188 | Easy Pud Chocolate Sponge Mix | 115g | 2.15 | GV |

PROFUSION

| | | | | |
|-------|---|------|------|-----|
| 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 Grainy Linseed/Sesame | 320g | 3.75 | GOV |
| BT470 | Ciabatta Olive Bread GF | 360g | 4.09 | GOV |
| BT462 | Focaccia Rolls | 220g | 2.85 | GOV |
| BT469 | Granello-Brown with Sunflowers | 500g | 3.49 | GOV |
| BT463 | Panini Gold w/Sunflower Seeds | 250g | 3.09 | GOV |
| BT516 | Pizza Base | 300g | 3.35 | GOV |
| BT517 | Quinoa Bread with Chia | 500g | 4.25 | GOV |
| BT471 | Rustico GF Bread with Amaranth | 500g | 4.09 | GOV |

BURGERS SAUSAGES & TVP MIXES

SUMA PREPACKS

| | | | | |
|-------|-------------------------------|------|------|----|
| VF160 | Burger Mix - Vegetarian | 350g | 3.95 | V |
| VF154 | Nut Roast Mix - Gluten Free | 340g | 2.69 | GV |
| VF153 | Nut Roast Mix - Savoury/Vegan | 370g | 2.69 | V |
| VF162 | Sausage Mix - Vegetarian | 350g | 3.85 | V |
| SY109 | TVP Flavoured Coloured Mince | 250g | 1.95 | V |

AMISA

| | | | | |
|-------|---------------------------------|------|------|-----|
| KJ103 | Tomato / Herb Burger Mix | 140g | 1.99 | GOV |
|-------|---------------------------------|------|------|-----|

CLEARSPRING

| | | | | |
|-------|----------------------------|------|------|-----|
| SY074 | Organic Soya Chunks | 200g | 2.99 | OSV |
| SY071 | Organic Soya Mince | 300g | 3.49 | OSV |

GRANOSE

| | | | | |
|-------|------------------------------|------|------|---|
| VF099 | Chargrilled Style Burger Mix | 120g | 1.85 | V |
|-------|------------------------------|------|------|---|

| code | product | size | rrp | bfgosv |
|---------------------------------------|--|-----------|------|--------|
| JUST WHOLEFOODS | | | | |
| VF706 | Vegetarian Banger Mix -organic | 125g | 1.55 | OV |
| VF705 | Vegetarian Burger Mix | 125g | 1.55 | OV |
| 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 |
| CANDLES, INCENSE & HOLDERS | | | | |
| GREATER GOODS | | | | |
| <i>Mother's Vegan Incense</i> | | | | |
| NF444 | Cinnamon & Spice | 12 sticks | 2 | FV |
| NF440 | Frankincense | 12 sticks | 2 | FV |
| NF448 | Jasmine | 12 sticks | 2 | FV |
| NF446 | Lotus | 12 sticks | 2 | FV |
| NF449 | Musk | 12 sticks | 2 | FV |
| NF445 | Opium | 12 sticks | 2 | FV |
| NF447 | Orange Blossom | 12 sticks | 2 | FV |
| NF441 | Patchouli | 12 sticks | 2 | FV |
| NF443 | Vanilla | 12 sticks | 2 | FV |
| MANCHESTER CANDLE CO | | | | |
| NF250 | Tealights - unscented | 60 | 6.89 | V |
| MOORLANDS DIPPED CANDLES | | | | |
| <i>Standard 9" x 0.85", 8hr burn</i> | | | | |
| NF431 | Boxed Candles Various Colours | 50 pairs | 1.75 | V |
| NF130 | Boxed Candles-Each One Multi | 11 pairs | 2.29 | V |
| NF077 | Boxed Candles-Variou Colours | 10 pairs | 2.15 | V |
| NF291 | Christmas Colours Selection | 10 pairs | 2.15 | V |
| <i>Super Giant 8"x 2 1/2"</i> | | | | |
| NF733 | Giant Boxed Christmas Candles | 7 singles | 6.85 | V |
| NF422 | Mixed Selection | 8 singles | 5.45 | V |
| 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 |
| ALARA | | | | |
| MX075 | Gluten Free Scottish Muesli | 500g | 4.45 | GOV |
| <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 |
| MX029 | Spelt Puffs - Organic | 200g | 2.29 | OV |
| BEAR | | | | |
| MX202 | Alphabites Cereal - Cocoa | 375g | 2.99 | V |
| MX203 | Alphabites Cereal - Multigrain | 375g | 2.99 | V |

| code | product | size | rrp | bfgosv |
|------------------------------|--------------------------------------|------|------|--------|
| BIG OZ | | | | |
| MX059 | Jumbo Oats | 500g | 3.45 | GV |
| MX024 | Organic Brown Rice Flakes | 500g | 3.45 | GOV |
| MX021 | Organic Brown Rice Puffs | 225g | 3.59 | GOV |
| MX022 | Organic Buckwheat Flakes | 500g | 3.29 | GOV |
| MX028 | Organic Buckwheat Puffs | 175g | 3.45 | GOV |
| MX112 | Organic Choc Buckwheat Flakes | 350g | 5.85 | GOV |
| MX010 | Organic Gluten Free Mix Puffs | 225g | 3.45 | GOV |
| MX013 | Organic Millet Flakes | 500g | 3.45 | GOV |
| CLEARSPRING | | | | |
| MX040 | GF Instant Mega Porridge | 160g | 2.99 | OV |
| MX046 | GF Instant Super Porridge | 160g | 2.99 | OV |
| DOVES FARM | | | | |
| 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 |
| GLEBE FARM | | | | |
| MX146 | Muesli - Wheat and Gluten Free | 400g | 2.59 | GSV |
| FX037 | Porridge Oats - Gluten Free | 450g | 2.59 | GV |
| KALLO | | | | |
| MX124 | Puffed Rice Cereal - Natural | 225g | 2.99 | GOV |
| LIZI'S | | | | |
| MX061 | Lizi's Belgian Choc Granola | 400g | 3.65 | SV |
| MX181 | Lizi's Gluten Free Granola | 400g | 4.89 | GV |
| MX008 | Lizi's High Protein Granola | 40g | 0.89 | V |
| MX001 | Lizi's Low Sugar Granola | 50g | 0.89 | V |
| MX207 | Lizi's Low Sugar Granola | 500g | 3.95 | SV |
| MX178 | Lizi's Mango Granola | 400g | 3.65 | SV |
| MX133 | Lizi's Organic Granola | 500g | 5.29 | OV |
| MX016 | Lizi'S Original Granola | 50g | 0.89 | V |
| MX125 | Lizi's Original Granola | 500g | 3.65 | SV |
| MX177 | Lizi's Passionfruit Granola | 400g | 3.65 | SV |
| MX063 | Lizi's Pink Apple/Cinnamon | 400g | 3.65 | V |
| MX064 | Lizi's Treacle/Pecan Granola | 400g | 3.65 | SV |
| NAIRNS | | | | |
| MX154 | Muesli - Gluten Free | 450g | 2.99 | GSV |
| NATURES PATH ORGANIC | | | | |
| MX547 | Crispy Rice | 284g | 3.75 | GOSV |
| MX885 | Mesa Sunrise | 355g | 4.19 | GOSV |
| MX884 | Millet Rice | 375g | 3.65 | OV |
| <i>Kids Range</i> | | | | |
| MX602 | Gluten Free Munch | 300g | 3.89 | GOSV |
| NUTRI-BREX | | | | |
| MX056 | 5 Ways Granola Hazelnut | 400g | 4.79 | GSV |
| MX066 | 5 Ways Granola Honey | 400g | 4.79 | GSV |
| MX248 | GF Wholegrain Cereal - Coconut | 400g | 3.65 | GSV |
| MX237 | Wholegrain Cereal GF | 375g | 3.65 | GSV |
| 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 |

| code | product | size | rrp | bfgosv |
|-------|--------------------------------------|------|------|--------|
| | POST | | | |
| MX121 | Grapenuts | 580g | 3.95 | V |
| | 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 |
| MX109 | Raw Beetroot / Ginger Muesli | 400g | 5.95 | V |
| MX104 | Raw Carrot/Apple/Cin Muesli | 400g | 5.95 | V |
| | RUDE HEALTH FOODS | | | |
| MX018 | Banana Berry Oats | 325g | 3.79 | OV |
| | <i>Flakes</i> | | | |
| MX127 | Spelt Flakes | 300g | 3.25 | V |
| | <i>Muesli</i> | | | |
| MX143 | Bircher Muesli - Soft & Fruity | 450g | 3.79 | V |
| MX089 | Coconut & Seed GF Muesli | 500g | 4.49 | GV |
| MX057 | No Raisin Muesli | 500g | 3.99 | V |
| MX060 | Organic Ultimate Muesli | 500g | 5.99 | OV |
| MX134 | Super Fruity Muesli | 500g | 3.79 | V |
| MX128 | Super Seed Muesli Organic | 500g | 4.49 | OV |
| | <i>Porridge</i> | | | |
| MX055 | 5 Grain 5 Seed Porridge | 500g | 3.29 | V |
| MX262 | Almond Butter Porridge | 300g | 3.99 | SV |
| MX054 | Fruity Date Porridge | 500g | 3.99 | V |
| MX263 | Hazelnut Butter Porridge | 300g | 3.99 | SV |
| MX208 | Sprouted Porridge Oats Org GF | 500g | 4.99 | GOV |
| | <i>Puffs</i> | | | |
| MX120 | Puffed Brown Rice | 225g | 2.39 | GV |
| MX118 | Puffed Oats | 175g | 2.25 | V |
| | SHARPHAM PARK | | | |
| MX051 | Crunchy Spelt Bran Flakes | 375g | 2.99 | SV |
| | 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 |
| | CHEESE SUBSTITUTES (CHILLED) | | | |
| | BUTE ISLAND FOODS | | | |
| CV540 | Mature Cheddar Style Slices | 200g | 2.22 | V |
| CV542 | Mozzarella Style Slices | 200g | 2.22 | V |
| CV541 | White Cheddar Style Slices | 200g | 2.22 | V |
| | <i>Creamy Sheese</i> | | | |
| CV024 | Creamy Sheese - Sweet Chilli | 255g | 2.35 | V |
| CV307 | Sheese - Chive Creamy Spread | 255g | 2.35 | SV |
| CV302 | Sheese - Creamy Cheddar | 255g | 2.35 | SV |
| CV308 | Sheese - Garlic/ Herb Creamy | 255g | 2.35 | SV |
| CV315 | Sheese -Creamy Original Spread | 255g | 2.35 | SV |
| CV284 | Spring Onion & Black Pepper | 255g | 2.35 | V |
| | <i>Melty Sheese</i> | | | |
| CV036 | Mild Cheddar Style | 227g | 2.69 | V |
| CV037 | Red Cheddar Style | 227g | 2.69 | V |
| CV294 | Smoked Cheddar Style | 227g | 2.79 | V |
| CV288 | Strong Cheddar Style | 227g | 2.65 | V |

| code | product | size | rrp | bfgosv |
|------|---------|------|-----|--------|
|------|---------|------|-----|--------|

Sheese made with Coconut Oil

| | | | | |
|-------|------------------------------|------|------|---|
| CV188 | Blue Style Cheese | 227g | 2.75 | V |
| CV597 | Cheddar w' Caramelised Onion | 200g | 2.39 | V |
| CV165 | Grated Mature Cheddar Style | 200g | 2.95 | V |
| CV186 | Grated Mild Cheddar Style | 200g | 2.95 | V |
| CV183 | Grated Mozzarella Style | 200g | 2.95 | V |
| CV191 | Mature Cheddar Block | 200g | 2.95 | V |
| CV016 | Sheese - Greek Style | 200g | 2.19 | V |
| CV596 | Sheese - Wensleydale Style | 200g | 2.35 | V |
| CV240 | Sheese Medium Red Cheddar | 225g | 2.65 | V |
| CV230 | Sheese Strong Cheddar | 225g | 2.65 | V |
| CV187 | White Cheddar Block | 200g | 2.19 | V |

FOLLOW YOUR HEART

| | | | | |
|-------|--------------------------------|------|------|---|
| CV130 | Parmesan - Grated | 142g | 4.49 | V |
| CV134 | Parmesan - Shredded | 113g | 4.49 | V |
| CV158 | Vegan Gourmet Mozzarella | 227g | 4.49 | V |
| CV159 | Vegan Gourmet Pizzeria Blend | 227g | 4.49 | V |
| CV157 | Vegan Gourmet Shreds - Cheddar | 227g | 4.49 | V |

TOFUTTI

| | | | | |
|-------|--------------------------------|------|------|-----|
| CV297 | Cheddar Style D/Free Slices | 150g | 2.15 | GSV |
| CV065 | Creamy Smooth Country Veg | 227g | 2.85 | GSV |
| CV396 | Creamy Smooth Garlic & Herb | 227g | 2.85 | GSV |
| CV293 | Creamy Smooth Herb & Chives | 227g | 2.85 | GSV |
| CV295 | Creamy Smooth Original | 227g | 2.85 | GSV |
| CV515 | Dairy & Soya Free Cream Cheese | 225g | 2.89 | V |
| CV601 | Grated Mozzarella style Cheese | 200g | 2.55 | GVS |
| CV600 | Mozzarella Style Block | 200g | 2.19 | GSV |
| CV299 | Mozzarella Style D/Free Slices | 150g | 2.15 | GSV |
| CV560 | Sour Supreme | 225g | 2.85 | GV |

VBITES

| | | | | |
|-------|--------------------------------|------|------|----|
| CV640 | Blue Style Cheezly | 190g | 2.19 | SV |
| CV599 | Cheezly Cheddar Style - No Soy | 190g | 2.19 | SV |
| CV645 | Cheezly Edam Style Block | 190g | 2.19 | SV |
| CV095 | Hard Italian Style Cheezly | 190g | 2.29 | SV |
| CV647 | Mozzarella Style Block | 190g | 2.19 | SV |
| CV714 | Pepperjack Style Cheezly | 190g | 2.19 | SV |
| CV227 | Red Cheddar Style Cheezly | 190g | 2.19 | V |
| CV228 | White Cheddar Style Cheezly | 190g | 2.19 | V |

VEGAMIGO

| | | | | |
|-------|--------------------|------|------|---|
| CV539 | Melty Pizza Cheese | 200g | 2.89 | V |
|-------|--------------------|------|------|---|

VIOLIFE

| | | | | |
|-------|--------------------------------|------|------|----|
| CV449 | Cheese Block Cheddar | 400g | 4.99 | V |
| CV448 | Cheese Block Mozzarella | 400g | 4.99 | V |
| CV446 | Cheese Block Original | 400g | 4.99 | V |
| CV452 | Cheese Block Pizza Flavour | 400g | 4.99 | V |
| CV444 | Cheese Block Smoked | 400g | 4.99 | V |
| CV014 | Organic Original Block | 400g | 6.85 | OV |
| CV013 | Organic Original Slices | 200g | 3.89 | OV |
| CV546 | Prosociano Cheese | 235g | 6.69 | V |
| CV453 | Violife for Pizza - 400g Block | 400g | 4.99 | V |

Cream Cheese

| | | | | |
|-------|-------------------------|------|------|---|
| CV532 | Creamy Cucumber & Dill | 200g | 2.89 | V |
| CV538 | Creamy Herbs | 200g | 2.89 | V |
| CV534 | Creamy Hot Peppers | 200g | 2.89 | V |
| CV529 | Creamy Original | 200g | 2.89 | V |
| CV536 | Creamy Tomato and Basil | 200g | 2.89 | V |

| code | product | size | rrp | bfgosv |
|-------|--------------------------------|------|------|--------|
| | <i>Slices</i> | | | |
| CV407 | Cheddar Flavour Slices | 200g | 3.19 | V |
| CV421 | Herb Flavour Cheese Slices | 200g | 3.19 | V |
| CV411 | Hot Pepper Flavour Slices | 200g | 3.19 | V |
| CV439 | Mozzarella Cheese Slices | 200g | 3.19 | V |
| CV416 | Original Flavour Cheese Slices | 200g | 3.19 | V |
| CV436 | Pizza Flavour Cheese Slices | 200g | 3.19 | V |
| CV442 | Smoked Cheese Slices | 200g | 3.19 | V |
| CV419 | Tomato & Basil Flavour Slices | 200g | 3.19 | V |

CHOCOLATE

SUMA PREPACKS - ORGANIC

| | | | | |
|-------|-----------------------------|------|------|----|
| KB137 | Cacao Nibs - Organic | 100g | 1.99 | OV |
|-------|-----------------------------|------|------|----|

BEYOND DARK

| | | | | |
|-------|--------------------------|-----|------|-----|
| KB088 | 70% Dark Chocolate Drops | 35g | 0.95 | GSV |
|-------|--------------------------|-----|------|-----|

BOOJA BOOJA

Artist's Collection Gift Boxes

| | | | | |
|-------|-----------------------------------|------|-------|-------|
| KB927 | Fine De Champagne Truffles | 185g | 19.99 | GFOSV |
|-------|-----------------------------------|------|-------|-------|

| | | | | |
|-------|--------------------------|------|-------|-------|
| KB929 | Hazelnut Truffles | 185g | 19.99 | GFOSV |
|-------|--------------------------|------|-------|-------|

Chilled Truffles

| | | | | |
|-------|---------------------------|------|------|------|
| KB656 | Champagne Truffles | 138g | 9.49 | GOSV |
|-------|---------------------------|------|------|------|

Four Corners

| | | | | |
|-------|---------------------------------|------|------|------|
| KB790 | Around Midnight Espresso | 104g | 6.99 | GOSV |
|-------|---------------------------------|------|------|------|

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|-------|--------------------------|------|------|------|
| KB550 | Hazelnut Truffles | 104g | 6.99 | GOSV |
|-------|--------------------------|------|------|------|

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|-------|-------------------------------------|------|------|------|
| KB934 | Rum Sozzled Sultana Truffles | 104g | 6.99 | GOSV |
|-------|-------------------------------------|------|------|------|

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|-------|-----------------------------|------|------|------|
| KB490 | Stem Ginger Truffles | 104g | 6.99 | GOSV |
|-------|-----------------------------|------|------|------|

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|-------|------------------------------|------|-------|------|
| KB655 | The Gourmet Selection | 237g | 16.99 | GOSV |
|-------|------------------------------|------|-------|------|

Gift Range

| | | | | |
|-------|-----------------------------------|------|-------|------|
| KB622 | Fine De Champagne Truffles | 138g | 12.95 | GOSV |
|-------|-----------------------------------|------|-------|------|

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|-------|--------------------------|------|-------|------|
| KB623 | Hazelnut Truffles | 138g | 12.95 | GOSV |
|-------|--------------------------|------|-------|------|

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|-------|----------------------------|------|-------|------|
| KB624 | Truffle Selection 1 | 138g | 12.95 | GOSV |
|-------|----------------------------|------|-------|------|

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|-------|----------------------------|------|-------|------|
| KB625 | Truffle Selection 2 | 138g | 12.95 | GOSV |
|-------|----------------------------|------|-------|------|

D & D CHOCOLATES

| | | | | |
|-------|--------------------------|------|------|----|
| ZX841 | Dairy Free Chocolate Bar | 100g | 2.59 | SV |
|-------|--------------------------|------|------|----|

| | | | | |
|-------|--------------------------------|-----|------|----|
| ZX843 | Dairy Free Chocolate Dinosaurs | 60g | 3.69 | SV |
|-------|--------------------------------|-----|------|----|

| | | | | |
|-------|----------------------------|-----|------|----|
| ZX890 | Dairy Free Chocolate Drops | 43g | 0.95 | SV |
|-------|----------------------------|-----|------|----|

DIVINE

100g Bars

| | | | | |
|-------|--------------------|------|------|-----|
| ZX498 | 70% Dark Chocolate | 100g | 2.59 | FSV |
|-------|--------------------|------|------|-----|

| | | | | |
|-------|--------------------|------|------|-----|
| ZX469 | 85% Dark Chocolate | 100g | 2.59 | FSV |
|-------|--------------------|------|------|-----|

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|-------|--------------------------------|------|------|-----|
| ZX471 | Dark Choc with Ginger & Orange | 100g | 2.59 | FSV |
|-------|--------------------------------|------|------|-----|

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|-------|----------------------------|------|------|-----|
| KB534 | Dark Choc with Raspberries | 100g | 2.59 | FSV |
|-------|----------------------------|------|------|-----|

| | | | | |
|-------|--------------------------|------|------|-----|
| ZX001 | Dark Chocolate with Mint | 100g | 2.59 | FSV |
|-------|--------------------------|------|------|-----|

DOISY & DAM

100g Bars

| | | | | |
|-------|-----------------------------|------|------|-----|
| KB068 | Coconut & Lucuma | 100g | 3.75 | OSV |
|-------|-----------------------------|------|------|-----|

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|-------|--|------|------|-----|
| KB065 | Dark Chocolate Goji & Oranage | 100g | 3.75 | OSV |
|-------|--|------|------|-----|

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|-------|---------------------------------------|------|------|-----|
| KB066 | Ginger, Chilli & Hemp Seed | 100g | 3.75 | OSV |
|-------|---------------------------------------|------|------|-----|

| | | | | |
|-------|--|------|------|-----|
| ZX800 | Maple, Toast Rice & Pink Salt | 100g | 3.75 | OSV |
|-------|--|------|------|-----|

40g Bars

| | | | | |
|-------|---------------------------------|-----|------|-----|
| KB092 | Coconut & Lucuma bar | 40g | 1.45 | OSV |
|-------|---------------------------------|-----|------|-----|

| | | | | |
|-------|---------------------------------------|-----|------|-----|
| 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 |
|-------|--|-----|------|-----|

80g Bars

| | | | | |
|-------|---------------------------------------|-----|------|-----|
| KB047 | Maca, Vanilla & Cacao Nibs | 80g | 2.69 | OSV |
|-------|---------------------------------------|-----|------|-----|

| code | product | size | rrp | bfgosv |
|-----------------------------------|---|------|------|--------|
| EQUAL EXCHANGE | | | | |
| 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 |
| ESSY & BELLA CHOCOLATE | | | | |
| KB398 | Honeycomb | 100g | 4.95 | GSV |
| KB391 | Lime & Sea Salt | 100g | 4.95 | GSV |
| KB400 | Milk Crunch | 100g | 4.95 | SGV |
| KB399 | Orange Chocolate | 100g | 4.95 | SGV |
| KB404 | Orange Crunch | 100g | 4.95 | SVG |
| KB392 | Peppermint & Cocoa Nib | 100g | 4.95 | GSV |
| KB405 | Raspberry Crunch | 100g | 4.95 | SGV |
| KB389 | Sunflower Seed & Sea Salt | 100g | 4.95 | GSV |
| GREEN & BLACKS | | | | |
| KB942 | Miniature Collection, Dark | 180g | 6.99 | FOSV |
| LOVING EARTH | | | | |
| <i>30g Bars</i> | | | | |
| 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 |
| <i>45g Range</i> | | | | |
| ZX113 | Banoffee Bang Bang Choc | 45g | 2.99 | SVO |
| ZX114 | Coffee Ka-Paw, Dark Choc truffe | 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 |
| <i>80g Bars</i> | | | | |
| 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 |
| MONTEZUMA'S | | | | |
| <i>100g Flavoured Bars</i> | | | | |
| KB221 | Black Forest Gateau Bar | 100g | 2.45 | V |
| KB750 | Dark Chocolate Lordy Lord | 100g | 2.45 | SV |
| KB752 | Dark Chocolate Sea Dog | 100g | 2.45 | V |
| KB754 | Milk Chocolate Spice It Up | 100g | 2.45 | SV |
| <i>100g Non - Organic Bars</i> | | | | |
| ZX783 | Absolute Black 100% Cocoa Bar | 100g | 2.39 | V |
| <i>100g Organic Bars</i> | | | | |
| 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 |

| code | product | size | rrp | bfgosv |
|-------|--|------|------|--------|
| | Giant Buttons | | | |
| KB272 | Dark Chocolate Button Bags | 180g | 3.79 | OV |
| | MOO FREE | | | |
| KB958 | Caramelised Hazelnut Bar | 100g | 2.65 | GSV |
| ZX673 | Choccy Chums | 98g | 3.79 | GOSV |
| ZX790 | Choccy Drops | 25g | 0.89 | GOSV |
| KB959 | Cranberry & Hazelnut Bar | 100g | 2.85 | GOSV |
| KB812 | Dairy Free Milk Chocolate Bar | 100g | 2.7 | GOSV |
| 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 | | | |
| KB448 | Mulu Raw Chocolate - Dark | 74g | 3.89 | SV |
| KB450 | Mulu Raw Chocolate - Silk | 74g | 3.89 | SV |
| KB449 | Mulu Raw Chocolate-Dark/Nibs | 68g | 3.89 | SV |
| 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 | | | |
| ZX794 | 58% Dark Aromatic Fennel | 85g | 2.69 | FOSV |
| KB155 | 58% Dark Choc & Hazelnuts | 85g | 2.69 | FOSV |
| 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 |
| | ORGANICA | | | |
| KB359 | Non Dairy Milk Chocolate | 100g | 2.75 | OSV |
| KB277 | Vegan Diets White Chocolate | 100g | 2.89 | FOVS |
| | PLAMIL | | | |
| | Carob Bars | | | |
| KB143 | Carob, No Added Sugar | 45g | 1.29 | GV |

| code | product | size | rrp | bfgosv |
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| | Free From | | | |
| KB506 | Dairy Free Alt to Milk Choc | 100g | 2.75 | GSV |
| | No Added Sugar | | | |
| KB441 | No Added Sugar Alt to Milk | 100g | 3.05 | GV |
| KB170 | No Added Sugar Chocolate | 100g | 3.05 | GV |
| KB169 | No Added Sugar Chocolate | 100g | 3.05 | GV |
| KB264 | No Added Sugar Chocolate | 45g | 1.2 | GV |
| KB786 | No Added Sugar with Mint | 100g | 3.05 | GV |
| KB263 | No Added Sugar with Mint | 45g | 1.2 | GV |
| | Organic Large Bars | | | |
| KB797 | Dark Chocolate - OG | 100g | 3.19 | GOSV |
| KB139 | Fairtrade Organic Alternative | 100g | 3.59 | GFOSV |
| KB096 | Ginger Chocolate | 100g | 3.19 | GOSV |
| KB502 | Mint Chocolate | 100g | 3.19 | GOSV |
| KB503 | Orange Chocolate | 100g | 3.19 | GOSV |
| | SIESTA CAROB | | | |
| | <i>UK made, no hydrogenated fat</i> | | | |
| KB714 | Carob Bar Luxury - Mixed | 50g | 1.19 | V |
| KB711 | Carob Bar Luxury - Natural | 50g | 1.15 | V |
| | THE RAW CHOCOLATE CO | | | |
| | <i>Mini Raw Chocolate Bars</i> | | | |
| KB192 | Goji Berry & Orange | 22g | 1.29 | GV |
| KB188 | Vanoffe | 22g | 1.29 | GV |
| | <i>Raw Chocolate Bars</i> | | | |
| ZX887 | Ginger & Lemon | 44g | 1.99 | GOSV |
| KB057 | Goji Berry & Orange | 44g | 1.99 | GFOV |
| KB059 | Mint | 44g | 1.99 | GFV |
| KB060 | Orange | 44g | 1.99 | GFV |
| KB061 | Pitch Dark | 44g | 1.99 | GFOV |
| ZX888 | Salted Vanoffe & Hazelnut | 44g | 2.49 | GOSV |
| KB063 | Vanoffe | 44g | 1.99 | GFOV |
| KB062 | Vanoffe Dark | 44g | 1.99 | GFV |
| | <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 | | | |
| 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 |
| KB728 | Crispy Corn Flakes | 35g | 1.09 | OSV |
| KB475 | Dark Nougat Croccante | 35g | 1.09 | OSV |
| KB690 | Strawberry Wafer Crunch | 35g | 1.09 | SOV |
| KB476 | White Nougat Crisp | 35g | 1.09 | OSV |

| code | product | size | rrp | bfgosv |
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| | Premium | | | |
| KB407 | 92% Dark Choc Panama Estate | 80g | 2.49 | OV |
| KB901 | Dark 75% Chocolate | 80g | 2.49 | OSV |
| KB048 | Dark Choc & Cranberry | 100g | 2.49 | OSV |
| | Vivani iChoc | | | |
| 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 | | | |
| GH112 | CocoBella Spread Organic | 250g | 4.99 | OSV |
| GH840 | Dark Chocolate Spread - org | 350g | 3.39 | OSV |
| | ESSENTIAL TRADING | | | |
| GH092 | Dark Chocolate Spread | 400g | 3.09 | FOSV |
| | 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 |
| | SWEET FREEDOM | | | |
| GH206 | Choc Pot Chocolate Spread | 250g | 3.85 | V |
| | CHOCOLATES (CHILLED) | | | |
| | BOOJA BOOJA | | | |
| | <i>Chilled Chocolate</i> | | | |
| 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 |
| | CHRISTMAS FOOD | | | |
| | SEGGIANO | | | |
| BT510 | Classic Tongue Biscuits | 120g | 3.95 | V |
| | CIDERS | | | |
| | ASPALL | | | |
| RT023 | Aspall Organic Suffolk Cyder | 500ml | 3.35 | OV |
| RT255 | draught Suffolk Cyder | 500ml | 2.99 | V |
| RT254 | Premier Cru Suffolk Cyder | 500ml | 2.99 | V |

| code | product | size | rrp | bfgosv |
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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 |
| LUSCOMBE DRINKS | | | | |
| RT011 | Devon Cider - og | 320ml | 2.13 | OV |
| WESTONS | | | | |
| RT006 | Wildwood Premium Org Cider | 500ml | 3.15 | OV |
| CLOTHING | | | | |
| BAMBOO CLOTHING | | | | |
| NF345 | Black Socks - size 8-11 | 1 | 3.5 | V |
| NF343 | Black Socks - sizes 4-7 | 1 | 3.5 | V |
| NF344 | Mixed Size Black Socks | 1 | 3.5 | V |
| <i>Narrow Stripes</i> | | | | |
| NF151 | Mixed Narrow Stripe Socks 8-11 | 1 | 3.5 | V |
| NF315 | Mixed Narrow Stripe Socks: 4-7 | 1 | 3.5 | V |
| <i>Wide Stripes</i> | | | | |
| NF314 | Mixed Wide Stripe Socks: 4-7 | 1 | 3.5 | V |
| COCOA | | | | |
| SUMA PREPACKS | | | | |
| LJ189 | Cocoa Powder - Organic | 250g | 4.79 | FOV |
| CAFEDIRECT | | | | |
| TE857 | Drinking Chocolate | 250g | 3.55 | FVS |
| DIVINE | | | | |
| TE687 | Drinking Chocolate | 400g | 4.39 | FVS |
| EQUAL EXCHANGE | | | | |
| TE491 | Hispaniola Cocoa Powder - og | 250g | 4.49 | FOV |
| GREEN & BLACKS | | | | |
| TE453 | Cocoa Powder - organic | 125g | 2.55 | FOV |
| HASSLACHER'S | | | | |
| TE078 | Bar of Drinking Chocolate | 250g | 5.29 | FV |
| TE222 | Hot Chocolate Drops | 250g | 5.5 | V |
| TE069 | Hot Chocolate Tubes | 200g | 6 | V |
| MONTEZUMA'S | | | | |
| KB190 | Dark Drinking Chocolate | 300g | 5.49 | FOSV |
| SPANISH CHOCOLATE COMPANY | | | | |
| TE370 | Thick Hot Chocolate Drink | 350g | 3.99 | VS |
| SWEET FREEDOM | | | | |
| TE772 | Choc Shot Coconut | 320g | 3.99 | V |
| TE233 | Choc Shot Liquid Hot Chocolate | 320g | 3.99 | V |
| TE765 | Choc Shot Orange Spice | 320g | 3.99 | V |
| SWEET REVOLUTION | | | | |
| TE783 | Instant Hot Chocolate | 200g | 6.45 | V |
| COCONUT MILK YOGURTS (CHILLED) | | | | |
| CO YO | | | | |
| CV343 | Coyo Morello Cherry Yoghurt | 125g | 1.99 | SV |
| CV132 | Coyo Nat Coconut Milk Yoghurt | 125g | 1.99 | V |
| CV135 | Coyo Nat Coconut Milk Yoghurt | 250g | 3.49 | V |
| CV351 | Coyo Natural Coconut Yoghurt | 400g | 4.99 | V |
| CV139 | Coyo Raw Chocolate Yoghurt | 125g | 1.99 | V |

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| CV305 | Coyo Raw Chocolate Yoghurt | 250g | 3.49 | V |
| CV310 | Coyo Vanilla Yoghurt | 125g | 1.99 | V |
| CV580 | Salted Caramel Coconut Yoghurt | 125g | 1.99 | SV |

KOKO DAIRY FREE

| | | | | |
|-------|--------------------------------|----------|------|----|
| CV042 | Coconut & Lemon Yoghurt | 2 x 125g | 1.49 | VS |
| CV032 | Peach & Passionfruit Yoghurt | 2 x 125g | 1.49 | VS |
| CV020 | Plain Yoghurt Alternative | 500g | 1.99 | V |
| CV031 | Raspberry Yoghurt Alternative | 2 x 125g | 1.49 | VS |
| CV029 | Strawberry Yoghurt Alternative | 2 x 125g | 1.49 | VS |

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 |
| 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 |

Roast Whole Bean Coffees

| | | | | |
|-------|-----------------------------------|------|------|-----|
| 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

Instant Coffees

| | | | | |
|-------|---------------------------------------|------|------|-----|
| TE949 | Classic, decaffeinated instant | 100g | 5.25 | FOV |
| TE329 | Classic, medium roast instant | 100g | 4.6 | FV |
| TE395 | Classic, medium roast instant | 500g | 22.6 | FV |
| TE203 | Classic, medium roast instant | 200g | 7.8 | FV |
| TE792 | Smooth Blend Instant - og | 100g | 4.99 | FOV |

Roast & Ground Coffees

| | | | | |
|-------|--|------|------|-----|
| TE493 | Decaffeinated Roast & Ground | 227g | 4.75 | FV |
| TE492 | Espresso Roast & Ground | 227g | 4.35 | FV |
| TE156 | Full Roast Ground | 227g | 4.35 | FV |
| TE951 | Kilimanjaro Mountain Ground | 227g | 4.5 | FV |
| TE952 | Machu Picchu Ground Coffee | 227g | 4.5 | FOV |
| TE176 | Medium Ground | 227g | 4.35 | FV |
| TE950 | Medium Roast & Ground Organic | 227g | 4.6 | FOV |
| TE794 | Peru Ground Coffee | 227g | 4.79 | FOV |
| TE666 | Rich Roast & Ground | 227g | 4.35 | FV |
| TE793 | Smooth Blend Ground Coffee | 227g | 4.59 | FOV |

| code | product | size | rrp | bfgosv |
|-------|-----------------------------------|---------|-------|--------|
| | <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 |
| 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 | | | |
| | <i>Gift Range</i> | | | |
| TE846 | Mini Tin Gift Set | 3 x 75g | 14.99 | FOV |
| TE815 | Socks Box Gift Set | 1 | 14.99 | FOV |
| | <i>Roast & Ground Coffees</i> | | | |
| TE853 | Brasil Dattera Sunrise | 227g | 4.65 | V |
| 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 |
| TE839 | Guatemala Pocola | 227g | 5.25 | FV |
| TE852 | India Araku | 227g | 4.99 | FOV |
| TE285 | Sumatra Gaya Highlands | 227g | 4.65 | FOV |
| | <i>Roast Wholebean Coffees</i> | | | |
| TE718 | Cafe Equidad - Colombia. Beans | 227g | 4.65 | FOV |
| TE290 | Espresso - Landscape Blend | 227g | 4.99 | OV |

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| PERCOL | | | | |
| <i>Instant Coffees</i> | | | | |
| TE054 | Americano | 100g | 4.49 | V |
| TE570 | Black & Beyond Espresso | 100g | 3.99 | V |
| TE005 | Colombian Fairtrade | 100g | 4.49 | FV |
| TE679 | Colombian Fairtrade Decaff | 100g | 4.49 | FV |
| TE561 | Italiano - Rainforest Alliance | 100g | 4.49 | V |
| <i>Roast & Ground Coffees</i> | | | | |
| TE803 | All DayAmericano Fairtrade og | 200g | 4.49 | FOV |
| TE808 | Bold Nicaragua Fairtrade | 200g | 4.49 | FV |
| TE807 | Decaff Colombia Fairtrade | 200g | 4.49 | FV |
| TE806 | Intense Italiano Fairtrade | 200g | 4.49 | FV |
| TE805 | Lively Latino Fairtrade - og | 200g | 4.49 | FOV |
| TE802 | Smooth Colombia Fairtrade | 200g | 4.49 | FV |
| TE804 | Vibrant Guatemala Fairtrade | 200g | 4.49 | FV |
| SOURCE CLIMATE CHANGE COFFEE | | | | |
| <i>Roast & Ground Coffees</i> | | | | |
| 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 | | | | |
| <i>Roast and Ground Coffees</i> | | | | |
| TE947 | Bobolink Brazil | 200g | 5.5 | FV |
| TE954 | Decaffeinated | 200g | 5.5 | FV |
| TE948 | Liberacion Guatemala | 200g | 5.5 | FV |
| TE946 | Maraba Rwanda | 200g | 5.5 | FV |
| TE944 | Natural Spirit | 200g | 5.5 | FOV |
| TE957 | Revelation Espresso | 200g | 4.9 | FV |
| TE943 | Spirit of Union - House Blend | 200g | 4.9 | FV |
| TE955 | Timana Colombia | 200g | 5.5 | FV |
| TE945 | Yirgacheffe Ethiopia | 200g | 5.5 | FOV |
| <i>Roast Whole Bean Coffees</i> | | | | |
| TE964 | Gajah Mountain Sumatra | 200g | 5.5 | FV |
| TE962 | Revelation Espresso | 200g | 4.9 | FV |
| COFFEE SUBSTITUTES | | | | |
| BARLEYCUP | | | | |
| TE366 | Barleycup Granules | 200g | 5.54 | V |
| TE240 | Instant Cereal Drink | 200g | 3.69 | V |
| TE698 | Instant Cereal Drink Organic | 100g | 3.69 | OV |
| TE487 | Instant Chicory Cup | 100g | 3.09 | V |
| TE480 | Organic Chicory Cup | 100g | 3.95 | OV |
| BIOFORCE | | | | |
| TE368 | Bambu | 100g | 4.25 | V |
| LIMA | | | | |
| TE057 | Yannoh Instant | 125g | 5.35 | VO |
| PREWETTS | | | | |
| TE728 | Chicory Cocoa Drink | 125g | 3.69 | V |
| TE589 | Chicory Drink - Organic | 100g | 3.05 | OV |
| TE697 | Roasted Instant Chicory Drink | 100g | 2.59 | V |
| WHOLE EARTH | | | | |
| TE389 | Nocaf - organic | 100g | 2.99 | VO |
| TE215 | Wake Cup | 125g | 3.89 | V |
| CONVENIENCE FOODS | | | | |
| SUMA | | | | |
| VF450 | Baked Beans & Vegan Sausage | 400g | 1.49 | V |

| code | product | size | rrp | bfgosv |
|---------------------------------|---|------|------|--------|
| AMY'S KITCHEN | | | | |
| VF008 | Medium Chilli | 416g | 2.39 | GV |
| VF009 | Spicy Chilli | 416g | 2.39 | GV |
| ARTISAN GRAINS | | | | |
| KJ138 | Instant Grains - Sweet Chilli | 70g | 1.79 | V |
| KJ195 | Instant Grains - Tabouleh Pot | 70g | 1.79 | V |
| KJ078 | Instant Grains -Moroccan Spice | 70g | 1.79 | V |
| VF213 | Nut Roast - Cashew & Cranberry | 200g | 2.85 | V |
| VF104 | Nut Roast - Country Veg/Cashew | 200g | 2.75 | V |
| VF110 | Nut Roast - Sundried Tomato | 200g | 2.75 | V |
| 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 |
| 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 |
| GRANOVITA | | | | |
| VF036 | Nut Luncheon | 420g | 2.59 | GV |
| 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 |
| ST DALFOUR FRENCH BISTRO | | | | |
| VF603 | Cous Cous | 175g | 2.29 | V |
| VF605 | Three Beans with Sweetcorn | 175g | 2.29 | GV |
| SUNITA | | | | |
| FG601 | Polenta - organic | 500g | 1.99 | OV |
| ZANAE | | | | |
| VF044 | Butter Bean Salad | 280g | 1.99 | V |
| VF527 | Okra in Sauce | 280g | 2.49 | V |
| VF528 | Spinach and Rice | 280g | 1.99 | V |
| VF017 | Stuffed Vine Leaves | 280g | 2.29 | V |
| CRISPS & SNACKS | | | | |
| SUMA PREPACKS | | | | |
| ZX195 | Bombay Mix | 125g | 0.75 | V |
| ZX196 | Bombay Mix | 250g | 1.19 | V |
| ZX695 | Bombay Mix w/ Coriander & Lime | 125g | 0.85 | V |
| ZX696 | Bombay Mix w/ Coriander & Lime | 250g | 1.45 | V |
| ZX084 | Fruit & Nut Mix | 125g | 1.99 | V |
| ZX205 | Japanese Rice Crackers | 125g | 1.49 | V |
| ZX202 | Sesame Sticks | 125g | 0.79 | V |
| ZX294 | Spiced Roast Chick Peas | 125g | 0.85 | V |
| ZX204 | Spicy Noodles | 125g | 0.85 | V |
| ZX476 | Wasabi Peas - Spicy | 75g | 1.09 | V |

| code | product | size | rrp | bfgovs |
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| 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 |
| 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 |
| APE | | | | |
| ZX541 | Coconut Curls Salt & Pepper | 20g | 1.19 | V |
| ZX547 | Coconut Curls Salted | 20g | 1.19 | V |
| ZX851 | Coconut Curls Salted Chocolate | 20g | 1.19 | V |
| ZX852 | Coconut Curls Salted Munch Bag | 60g | 2.49 | V |
| ZX854 | Crunchy Coconut Bites Chia | 30g | 1.69 | V |
| ZX855 | Crunchy Coconut Bites Natural | 30g | 1.69 | V |
| ZX853 | Crunchy Coconut Bites Sesame | 30g | 1.69 | V |
| BANANA JOE | | | | |
| ZX868 | Hickory BBQ Crisps | 50g | 1.59 | V |
| ZX870 | Sea Salt Crisps | 50g | 1.59 | V |
| ZX869 | Sriracha with Pickle & Garlic | 50g | 1.59 | V |
| ZX871 | Thai Sweet Chilli Crisps | 50g | 1.59 | V |
| BIONA | | | | |
| ZX424 | Potato Chips - Lightly Salted | 100g | 2.13 | OV |
| BROWN BAG CRISPS | | | | |
| <i>Impulse</i> | | | | |
| ZX266 | Lightly Salted | 40g | 0.75 | GV |
| ZX268 | Oak Smoked Chilli | 40g | 0.75 | GSV |
| <i>Sharing</i> | | | | |
| ZX270 | Lightly Salted | 150g | 1.95 | GV |
| CHIKA'S FOODS | | | | |
| ZX612 | Chickpea Crisps-Lightly Spiced | 35g | 1.39 | V |
| CLEARSPRING | | | | |
| ZX216 | Roasted Seeds & Soya Snack | 35g | 0.99 | GOV |
| 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 |
| CYPRESSA | | | | |
| ZX810 | Roasted and Salted Broad Beans | 150g | 1.31 | V |
| DEEYAS FRUIT & NUTS | | | | |
| ZX697 | Fruit & Nut Octagon Tray | 200g | 9.99 | SV |
| EAT REAL | | | | |
| ZX047 | Veggie & Kale Chips | 80g | 1.79 | V |
| <i>Humus Chips - Impulse</i> | | | | |
| ZX162 | Humus Chilli & Lemon Chips | 45g | 0.69 | SV |
| ZX163 | Humus Creamy Dill Chips | 45g | 0.69 | V |
| ZX161 | Humus Sea Salted Chips | 45g | 0.69 | V |
| ZX160 | Humus Tomato & Basil Chips | 45g | 0.69 | SV |
| <i>Humus Chips - Sharing</i> | | | | |
| ZX125 | Humus Chilli Lemon Chips | 135g | 1.79 | SV |
| ZX127 | Humus Creamy Dill Chips | 135g | 1.79 | SV |
| ZX124 | Humus Sea Salt Chips | 135g | 1.79 | V |
| ZX121 | Humus Tomato & Basil Chips | 135g | 1.79 | SV |

| code | product | size | rrp | bfgosv |
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| | Kale - Impulse | | | |
| ZX174 | Veggie & Kale Chips | 40g | 0.75 | SV |
| | Kale - Sharing | | | |
| ZX057 | Veggie & Kale Straws | 113g | 1.49 | SV |
| | Lentil Chips - Impulse | | | |
| ZX169 | Lentil Chilli & Lemon Chips | 40g | 0.69 | V |
| ZX170 | Lentil Creamy Dill Chips | 40g | 0.69 | VS |
| ZX165 | Lentil Sea Salted Chips | 40g | 0.69 | V |
| ZX168 | Lentil Tomato & Basil Chips | 40g | 0.69 | SV |
| | Lentil Chips - Sharing | | | |
| ZX883 | Lentil Chip Creamy Dill | 113g | 1.79 | SV |
| ZX135 | Lentil Chips Chilli Lemon | 113g | 1.79 | SV |
| ZX128 | Lentil Chips Sea Salt | 113g | 1.79 | SV |
| ZX130 | Lentil Chips Tomato Basil 113g | 113g | 1.79 | SV |
| | Organic | | | |
| ZX215 | Organic Hummus Sea Salt Chips | 100g | 2.19 | GOV |
| ZX214 | Organic Lentil Sea Salt Chips | 100g | 2.19 | GOV |
| ZX213 | Organic Veggie Straws | 100g | 2.19 | GOSV |
| | Quinoa Chips - Impulse | | | |
| ZX041 | Chilli & Fresh Lime | 30g | 0.69 | GV |
| ZX007 | Cream & Chive Chips | 30g | 0.69 | GV |
| ZX064 | Plain Chips | 30g | 0.69 | GV |
| ZX046 | Sundried Tomato & Roast Garlic | 30g | 0.69 | GV |
| | Quinoa Chips - Sharing | | | |
| ZX311 | Quinoa Chips Chilli Lime | 80g | 1.79 | SV |
| ZX315 | Quinoa Chips Cream & Chives | 80g | 1.79 | SV |
| ZX310 | Quinoa Chips Hot and Spicy | 80g | 1.79 | SV |
| ZX877 | Quinoa Chips Plain | 80g | 1.79 | SV |
| ZX314 | Quinoa Chips Tomato & Garlic | 80g | 1.79 | SV |
| | Quinoa Puffs - Sharing | | | |
| ZX880 | Quinoa Kale Puffs Jalapeno | 113g | 1.69 | SV |
| ZX881 | Quinoa Kale Puffs with Cheese | 113g | 1.39 | SV |
| ZX878 | Quinoa Puffs Cheddar Cheese | 113g | 1.39 | SV |
| ZX879 | Quinoa Puffs Cheese Jalapeno | 113g | 1.69 | SV |
| | GIVING TREE | | | |
| ZX848 | Freeze Dried Apple Crisps | 36g | 2.95 | V |
| ZX846 | Freeze Dried Mango Crisps | 38g | 2.95 | V |
| ZX844 | Freeze Dried Peach Crisps | 38g | 2.95 | V |
| ZX849 | Freeze Dried Strawberry Crisps | 38g | 2.95 | V |
| ZX845 | Vacuum Dried Mixed Vegetables | 45g | 2.95 | V |
| ZX847 | Vacuum Fried Broccoli Crisps | 36g | 2.95 | V |
| | 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 |
| | HODMEDOD'S | | | |
| ZX549 | Roast Fava Bean Salt & Vinegar | 300g | 2.25 | SV |
| ZX537 | Roasted Fava Beans - Unsalted | 300g | 2.25 | V |
| ZX562 | Roasted Fava Beans Sea Salted | 300g | 2.25 | V |
| ZX569 | Roasted Peas Horseradish | 300g | 2.25 | SV |
| ZX568 | Roasted Peas Lightly Salted | 300g | 2.25 | V |
| ZX563 | Roasted Peas Unsalted | 300g | 2.25 | V |
| | 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 |

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| 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 |
| | Pecks | | | |
| ZX201 | Caramel Coconut Pecks | 25g | 1.19 | SOV |
| ZX651 | Raspberry Coconut Pecks | 25g | 1.19 | OSV |
| | KETTLE CHIPS | | | |
| | Impulse Bag | | | |
| ZX912 | Balsamic Vinegar & Sea Salt | 40g | 0.79 | SV |
| ZX914 | Lightly Salted | 40g | 0.79 | V |
| ZX913 | Sea Salt & Crushed Peppercorns | 40g | 0.79 | SV |
| | Sharing Bags | | | |
| ZX381 | Balsamic Vinegar & Sea Salt | 150g | 2.49 | SV |
| ZX248 | Lightly Salted | 150g | 2.49 | V |
| | 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 |
| ZX493 | Mixed Alpine Herbs Crisps | 40g | 1.09 | GOVS |
| ZX501 | Rock Salt & Cider Vinegar | 40g | 1.09 | GOSV |
| | Sharing Bag | | | |
| ZX494 | Alpine Rock Salt Crisps | 140g | 2.69 | GOV |
| ZX505 | Rock Salt & Cider Vinegar | 140g | 1.09 | GOSV |
| | 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 |
| | METCALFE'S POPCORN | | | |
| ZX085 | Cinema Sweet Popcorn | 20g | 0.79 | SV |
| ZX076 | Cinema Sweet Popcorn | 70g | 1.89 | SV |
| ZX086 | Sea Salt Popcorn | 20g | 0.79 | V |
| ZX081 | Sea Salt Popcorn | 70g | 1.89 | V |
| ZX095 | Sweet n Salt Popcorn | 25g | 0.79 | SV |
| | 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 |
| | NUDIE SNACKS | | | |
| NU122 | Premium Toasted Coconut Chips | 35g | 1.29 | SV |
| | PIPERS CRISPS | | | |
| | Impulse Bag | | | |
| ZX292 | Anglesey Sea Salt | 40g | 0.79 | V |
| ZX423 | Biggleswade Sweet Chillli | 40g | 0.79 | SV |
| ZX295 | Karnataka Bl Pepp & Sea Salt | 40g | 0.79 | SV |
| ZX293 | Wissington Spicy Tomato | 40g | 0.79 | SV |

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| | Sharing Bag | | | |
| ZX291 | Anglesey Sea Salt | 150g | 2.09 | V |
| | PRIMAL VEGAN JERKY | | | |
| ZX583 | Seitan - Mesquite Lime Jerky | 28g | 1.59 | V |
| ZX585 | Seitan - Teriyaki Jerky | 28g | 1.59 | V |
| ZX581 | Seitan - Thai Peanut Jerky | 28g | 1.59 | V |
| ZX580 | Shiitake Mushroom Jerky | 28g | 1.59 | V |
| ZX586 | Soy - Hickory Smoked Jerky | 28g | 1.59 | V |
| ZX584 | Soy - Texas Barbecue Jerky | 28g | 1.59 | V |
| | 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 |
| | SCOTT FARM CHIP COMPANY | | | |
| | <i>Lightly Salted Crisps</i> | | | |
| ZX357 | Orange Sweet Potato Chips | 40g | 0.99 | GV |
| ZX356 | Orange Sweet Potato Crisps | 100g | 1.99 | GV |
| | <i>Sweet Potato Chips</i> | | | |
| ZX192 | Curry Flavour Chips | 100g | 1.99 | GV |
| ZX191 | Curry Flavour Chips | 40g | 0.95 | GV |
| ZX700 | Orange, Purple & White | 100g | 2.49 | GV |
| ZX198 | Sea Salt & Cider Vinegar Chips | 100g | 1.99 | GV |
| ZX194 | Sea Salt & Cider Vinegar Chips | 40g | 0.95 | GV |
| | TEN ACRE CRISPS | | | |
| ZX862 | 'Chicken' Soup Crisps | 135g | 2.05 | GV |
| ZX579 | 'Chicken' Soup Crisps | 40g | 0.8 | GV |
| ZX556 | Cheese & Onion | 40g | 0.8 | GV |
| ZX861 | Cheese and Onion Crisps | 135g | 2.05 | GV |
| ZX859 | Cracked Pepper Crisps | 135g | 2.05 | GV |
| ZX858 | Hickory & Barbecue Crisps | 135g | 2.05 | GV |
| ZX559 | Hickory & Barbecue Crisps | 40g | 0.8 | GV |
| ZX864 | Pastrami & Rye Crisps | 135g | 2.04 | GV |
| ZX029 | Pastrami & Rye Crisps | 40g | 0.8 | GV |
| ZX863 | Ready Salted Crisps | 135g | 2.04 | GV |
| ZX554 | Ready Salted Crisps | 40g | 0.8 | GV |
| ZX557 | Salt & Vinegar | 40g | 0.8 | GV |
| ZX865 | Salt & Vinegar Crisps | 135g | 2.05 | GV |
| ZX860 | Spicy Bombay Crisps | 135g | 2.05 | GV |
| ZX857 | Sweet & Sour Crisps | 135g | 2.05 | GV |
| ZX866 | Sweet Chilli Crisps | 135g | 2.05 | GV |
| ZX566 | Sweet Chilli Crisps | 40g | 0.8 | GV |
| | TRAFU | | | |
| | <i>Handcooked Baked Crisps</i> | | | |
| ZX756 | Hand Cook Barbecue | 40g | 0.85 | OV |
| ZX473 | Hand Cook Rosemary & Sea Salt | 40g | 0.85 | OV |
| ZX474 | Hand Cook Salt & Black Pepper | 40g | 0.85 | OV |
| | <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 |

| code | product | size | rrp | bfgosv |
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| 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 |
| | Potato Crisps Fried | | | |
| 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 |
| | Snacks | | | |
| ZX401 | Corn Peanuts | 75g | 1.15 | OV |
| BT075 | Pretzel Sticks | 100g | 1.25 | OV |
| | Tortilla Chips | | | |
| VF218 | Tortilla Chips - Chilli | 75g | 0.89 | VO |
| ZX136 | Tortilla Chips - Natural | 200g | 1.69 | OV |
| VF226 | Tortilla Chips - Natural | 75g | 0.99 | VO |
| | TYRRELLS | | | |
| | Potato Chips - Furrows Impulse | | | |
| ZX508 | Sea Salted | 40g | 0.79 | SV |
| | Potato Chips - Furrows Sharing | | | |
| ZX502 | Sea Salt and Cider Vinegar | 150g | 1.95 | SV |
| ZX496 | Sea Salted | 150g | 1.95 | SV |
| | Potato Chips - Impulse | | | |
| ZX909 | Cider Vinegar and Sea Salt | 40g | 0.79 | SV |
| ZX908 | Lightly Sea Salted | 40g | 0.79 | V |
| ZX042 | Naked - No added Salt | 40g | 0.79 | V |
| ZX906 | Sea Salt and Black Pepper | 40g | 0.79 | SV |
| ZX918 | Sweet Chilli and Red Pepper | 40g | 0.79 | SV |
| | Potato Chips - Sharing | | | |
| ZX018 | Cider Vinegar & Sea Salt | 150g | 1.95 | V |
| ZX022 | Lightly Sea Salted | 150g | 1.95 | V |
| ZX023 | Naked Chips | 150g | 1.95 | V |
| ZX024 | Sea Salt & Black Pepper | 150g | 1.95 | V |
| ZX021 | Sweet Chilli & Red Pepper | 150g | 1.95 | V |
| | Vegetable Chips | | | |
| ZX655 | Mixed Roots | 150g | 3.49 | V |
| ZX658 | Mixed Roots | 40g | 1.35 | V |
| | YAKSO | | | |
| ZX371 | Java Chips - Seaweed | 100g | 1.75 | OVS |
| | DESSERTS | | | |
| | SUMA PREPACKS | | | |
| VF075 | Custard Powder | 500g | 2.79 | V |
| | BARKAT | | | |
| VF114 | Gluten Free Ice Cream Cones | 60g | 1.99 | GV |
| | CLEARSPRING | | | |
| SY015 | Sweet Grains Dessert - Millet | 370g | 3.89 | OV |
| | JUST WHOLEFOODS | | | |
| VF065 | Custard Powder | 100g | 1.25 | V |
| VF067 | Jelly Crystals - Lemon | 85g | 1.19 | VS |
| VF176 | Jelly Crystals - Raspberry | 85g | 1.19 | VS |
| VF068 | Jelly Crystals - Strawberry | 85g | 1.19 | VS |
| VF066 | Jelly Crystals - Trop Fruits | 85g | 1.19 | VS |
| | NATURE'S CHARM | | | |
| SY079 | Coconut Caramel Sauce | 400g | 3.55 | GSV |
| | PROBIOS | | | |
| VF113 | Organic Rice Cuisine | 200ml | 1.49 | GOV |

| code | product | size | rrp | bfgosv |
|---------------------------------------|--|----------|------|--------|
| 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 |
| SY780 | Soya Dessert - Chocolate | 4 x 125g | 1.75 | GSV |
| SY195 | Soya Dessert - Vanilla | 4 x 125g | 1.89 | GOSV |
| SY149 | Soya Dessert Coconut Chocolate | 4 x 125g | 2.05 | GOSV |
| SOJADE | | | | |
| SY099 | Chocolate Soya Dessert | 530g | 1.49 | OSV |
| TRUJELLO | | | | |
| VF269 | Mango & Passionfruit Jelly | 2 x 110g | 0.75 | V |
| VF270 | Strawberry Jelly | 2 x 110g | 0.75 | V |
| DRINKS (CHILLED) | | | | |
| ALPRO | | | | |
| CV088 | Organic Fresh Soya Drink | 1l | 1.75 | OV |
| CV072 | Soya Drink - Light | 1l | 1.65 | V |
| CV482 | Soya Fresh - Chocolate | 1l | 1.75 | VS |
| CV087 | Soya Fresh - Natural | 1l | 1.55 | V |
| CHI | | | | |
| CV493 | Org Raw Coconut Water | 250ml | 2.19 | OV |
| CV495 | Org Raw Coconut Water | 500ml | 3.99 | OV |
| GROVE ORGANIC FRUIT CO | | | | |
| <i>Organic NFC Fruit Juices</i> | | | | |
| 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 |
| KOKO DAIRY FREE | | | | |
| <i>Dairy Free Alternative to Milk</i> | | | | |
| CV021 | Koko Dairy Free Original | 1l | 1.79 | V |
| OATLY | | | | |
| CV648 | Fresh Oat Drink | 1l | 1.89 | OV |
| 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 |
| REBEL KITCHEN | | | | |
| CV329 | Raw Coconut Water | 250ml | 2.39 | V |
| SAVSE SMOOTHIES | | | | |
| CV553 | Super Blue Smoothie | 250ml | 2.29 | V |
| CV551 | Super Green Smoothie | 250ml | 2.29 | V |
| CV552 | Super Orange Smoothie | 250ml | 2.29 | V |
| CV554 | Super Purple Smoothie | 250ml | 2.29 | V |
| CV550 | Super Red Smoothie | 250ml | 2.29 | V |
| ESSENTIAL OILS | | | | |
| AQUA OLEUM | | | | |
| AR002 | Bergamot | 10ml | 6.5 | V |
| AR007 | Bergamot | 10ml | 8.25 | VO |
| AR004 | Camomile Blue - 5% dilution | 10ml | 5.95 | V |

| code | product | size | rrp | bfgosv |
|-------|--------------------------------|-------|-------|--------|
| AR029 | Carrier oil - Sweet almond | 100ml | 2.75 | V |
| AR037 | Citronella | 10ml | 3.75 | V |
| AR005 | Clary Sage | 10ml | 7.5 | V |
| AR049 | Clear Head | 10ml | 4.95 | V |
| AR001 | Clear Head Merchandiser | 10ml | 4.95 | V |
| AR006 | Clove Bud | 10ml | 4.25 | V |
| AR008 | Eucalyptus | 10ml | 3.75 | V |
| AR009 | Eucalyptus | 10ml | 3.95 | VO |
| AR003 | Festive Joy Oil Merchandiser | 10ml | 5.75 | V |
| AR150 | Frankincense | 10ml | 10.75 | V |
| AR011 | Geranium | 10ml | 6.75 | V |
| AR010 | Geranium | 10ml | 9.99 | VO |
| AR151 | Jasmine - 5% dilution | 10ml | 7.95 | V |
| DY447 | Lavender | 100ml | 33.25 | V |
| AR014 | Lavender | 10ml | 4.75 | V |
| AR241 | Lavender | 10ml | 6.5 | VO |
| AR143 | Lavender Oil Merchandiser | 10ml | 4.75 | V |
| AR015 | Lemon | 10ml | 3.95 | V |
| AR153 | Lemongrass | 10ml | 4.5 | V |
| AR041 | Mandarin | 10ml | 4.95 | V |
| AR018 | Neroli (orange blossom) 5% dil | 10ml | 6.95 | V |
| AR019 | Orange | 10ml | 3.5 | V |
| AR020 | Patchouli | 10ml | 4.25 | V |
| AR012 | Patchouli | 10ml | 7.25 | VO |
| AR022 | Peppermint | 10ml | 4.25 | V |
| AR023 | Rose Maroc - 5% dilution | 10ml | 5.75 | V |
| AR024 | Rosemary | 10ml | 4.25 | V |
| AR013 | Rosemary | 10ml | 4.95 | VO |
| AR056 | Sandalwood - 5% dilution | 10ml | 6.95 | V |
| DY450 | Tea Tree | 100ml | 29.75 | V |
| AR026 | Tea Tree | 10ml | 4.25 | V |
| AR016 | Tea Tree | 10ml | 5.25 | VO |
| AR144 | Tea Tree Oil Merchandiser | 10ml | 4.25 | V |
| AR028 | Ylang Ylang | 10ml | 6.95 | V |
| 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

| | | | | |
|-------|-------------------|-------|------|---|
| VF417 | Bean Sprouts | 410g | 1.69 | V |
| LJ495 | Coconut Cream UHT | 250ml | 1.85 | V |
| LJ130 | Coconut Milk | 400ml | 1.89 | V |

| code | product | size | rrp | bfgosv |
|-------|----------------------------|-------|------|--------|
| LJ254 | Coconut Milk - Reduced Fat | 400ml | 1.89 | V |
| LJ652 | Coconut Milk Mini Cans | 165ml | 0.75 | V |
| LJ050 | Creamed Coconut Block | 200g | 1.79 | V |
| VF820 | Springroll Wrappers | 134g | 1.25 | V |
| JP093 | Sushi Nori | 11g | 1.55 | V |
| KJ159 | Sweet Chilli Dipping Sauce | 190ml | 1.49 | VS |
| JP220 | Tofu - Firm Silken | 349g | 1.89 | V |
| WT100 | Wholewheat Noodles | 300g | 1.65 | V |

CLEARSPRING

| | | | | |
|-------|---------------------------------------|--------|------|------|
| JP061 | Brown Rice Mochi - GF | 250g | 5.99 | GOV |
| JP060 | Brown Rice Vinegar - Organic | 150ml | 2.39 | OV |
| JP080 | Luxury Japanese Sushi Kit | each | 29.5 | V |
| JP135 | Mirin | 150ml | 2.69 | V |
| 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 |
| JP101 | Ume Plum Seasoning | 150ml | 1.99 | V |
| JP027 | Umeboshi Paste - Organic | 150g | 5.55 | OV |
| JP079 | Umeboshi Plums Organic | 200g | 8.99 | OV |
| JP021 | Wasabi Powder | 25g | 3.49 | V |
| 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 |
| JP020 | Brown Rice Miso Jar (Mini) | 150g | 2.89 | OV |
| JP030 | Brown Rice Miso Pouch | 300g | 5.59 | OV |
| JP114 | Hearty Red Miso Soup + Sea Veg | 4 x 10g | 3.59 | V |
| JP321 | Instant Miso Soup and Sea Veg | 4 x 10g | 3.99 | VO |
| JP018 | Instant Miso Soup Paste | 4 x 15g | 2.49 | OV |
| JP148 | Mellow White Miso Soup + Tofu | 4 x 10g | 3.59 | V |
| 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 |

Sea Veg

| | | | | |
|-------|------------------------------|-----|------|---|
| JP090 | Arame | 50g | 4.49 | V |
| JP131 | Dulse - Atlantic Coast | 50g | 4.39 | V |
| JP069 | Green Nori Sprinkle | 20g | 1.99 | V |
| JP070 | Hijiki (Wild) | 50g | 5.99 | V |
| JP007 | Japanese Sea Vegetable Salad | 25g | 5.99 | V |

| code | product | size | rrp | bfgosv |
|-------|--|--------|-------|--------|
| JP091 | Kombu | 50g | 5.49 | V |
| JP071 | Nori | 25g | 3.49 | V |
| JP072 | Sushi Nori - toasted | 17g | 2.99 | V |
| JP092 | Wakame | 50g | 5.29 | V |
| | 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 |
| | KTC | | | |
| MA066 | Creamed Coconut | 200g | 1.65 | V |
| | MERIDIAN | | | |
| JP307 | Shoyu | 150ml | 1.99 | V |
| JP308 | Shoyu | 500ml | 3.69 | V |
| JP309 | Tamari | 150ml | 2.59 | GV |
| JP310 | Tamari | 500ml | 5.49 | GV |
| JP058 | Tamari | 5l | 39.33 | GV |
| | MORI-NU | | | |
| JP075 | Tofu - Extra Firm | 349g | 2.29 | V |
| JP205 | Tofu - Firm Tofu | 349g | 1.85 | V |
| | SANCHI | | | |
| JP105 | Miso - Genmai (Brown Rice) | 345g | 3.79 | V |
| JP055 | Miso Soup | 6 x 8g | 2.99 | V |
| JP670 | Tamari - organic | 150ml | 3.75 | OV |
| JP119 | Tamari Soy Sauce | 300ml | 3.69 | V |

| code | product | size | rrp | bfgosv |
|--------------------------------------|---|---------|------|--------|
| SEEDS OF CHANGE | | | | |
| VF063 | Sweet & Sour Cooking Sauce | 350g | 2.99 | OSV |
| THE COCONUT KITCHEN | | | | |
| LJ035 | Miso, Sesame and Lemon Dressing | 255ml | 3.99 | V |
| LJ034 | Pad Thai Kit | 240g | 3.75 | V |
| LJ036 | Sweet Chilli and Garlic Sauce | 255ml | 3.99 | V |
| 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 |
| JP013 | Panko Bread Crumbs | 180g | 1.89 | V |
| JP043 | Rice Vinegar | 150ml | 2.2 | V |
| JP044 | Tamari Soy Sauce - Organic | 150ml | 3.65 | OV |
| JP046 | White Shirataki Noodles | 170g | 1.35 | V |
| FLAKES, BRANS & WHEATGERM | | | | |
| SUMA PREPACKS | | | | |
| FG040 | Coarse Oatmeal | 500g | 1.15 | V |
| FG045 | Medium Oatmeal | 500g | 1.15 | V |
| FX049 | Oats - jumbo | 750g | 2.09 | V |
| FX046 | Oats - Jumbo & Gluten Free | 750g | 3.95 | GV |
| FX051 | Oats - porridge | 750g | 2.09 | V |
| FX045 | Oats - Porridge & Gluten Free | 750g | 3.95 | GV |
| FX035 | Wheatgerm | 500g | 2.19 | V |
| 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 |
| MORNFLAKE | | | | |
| FG037 | Fine Oatmeal | 500g | 0.85 | V |
| FG035 | Medium Oatmeal | 500g | 0.85 | V |
| FX008 | Oat Bran | 500g | 1.69 | V |
| ORGRAN | | | | |
| FX068 | Quinoa Porridge | 230g | 3.29 | GV |
| FX066 | Quinoa Porridge Sachets | 7 x 30g | 5.75 | GSV |
| FX050 | Quinoa Porridge Sachets | 7 x 30g | 5.75 | GSV |

| code | product | size | rrp | bfgosv |
|-------|---------------------------------------|-------|------|--------|
| | 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 |
| | RUDE HEALTH FOODS | | | |
| FX011 | Smoothie Oats | 250g | 2.49 | V |
| | FLOURS & BREAD MIXES | | | |
| | SUMA PREPACKS | | | |
| FG078 | Gram Flour | 500g | 1.75 | V |
| FG092 | Polenta | 500g | 1.35 | V |
| FG041 | Potato Starch | 500g | 1.49 | V |
| FG038 | Semolina Flour - Fine | 500g | 1.35 | V |
| FG001 | Tapioca Flour | 500g | 1.79 | V |
| FG002 | Teff Flour - Brown | 500g | 2.99 | V |
| FG013 | Teff Flour - White | 500g | 3.85 | V |
| LJ092 | Vital Wheat Gluten | 500g | 2.49 | V |
| | 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 |
| FG104 | Strong Rustic Bread Flour | 1kg | 2.19 | V |
| FG162 | Strong Wholemeal Flour Organic | 1.5kg | 2.05 | OV |
| FG160 | White Flour Strong Unbleached | 1.5kg | 2.19 | OV |
| | 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 |
| FG522 | Gluten Free Brown Bread Flour | 1kg | 2.39 | GV |
| FG700 | Gluten Free Plain White Flour | 1kg | 2.25 | GV |
| FG520 | Gluten Free White Bread Flour | 1kg | 2.25 | GV |
| FG004 | Malthouse Bread Flour | 1kg | 1.59 | OV |
| FG117 | Rice Flour | 1kg | 1.85 | GV |
| FG115 | Self Raising Wholemeal Flour | 1kg | 1.35 | OV |
| FG997 | Speciality Pasta Flour | 1kg | 1.65 | OV |

| code | product | size | rrp | bfgovs |
|-------|--|-------|------|--------|
| FG116 | Stoneground Gram Flour | 1kg | 2.35 | GV |
| 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 | 1kg | 1.45 | OV |
| FG701 | White Self Raising Flour GF | 1kg | 2.25 | GV |
| | Artisan Flour | | | |
| FG028 | Buckwheat Flour Wholegrain | 1kg | 3.39 | V |
| 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 |
| | FERRERO | | | |
| QS003 | Polenta | 500g | 1.79 | V |
| | 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 |
| | GLEBE FARM | | | |
| FG177 | Gluten Free Self Raising Flour | 1kg | 2.35 | GV |
| FG113 | Oat Flour - Wheat/Gluten Free | 300g | 2.49 | GV |
| | Gluten Free Bread Mixes | | | |
| FG076 | G/F Seeded Brown Bread Mix | 375g | 2.25 | GV |
| FG068 | Gluten Free White Bread Mix | 375g | 2.15 | GV |
| | Gluten Free Cake Mixes | | | |
| FG074 | Gluten Free Chocolate Cake Mix | 300g | 2.89 | GSV |
| | GOOD HEMP FOOD | | | |
| FG203 | High Protein Flour | 250g | 8.75 | V |
| FG204 | Wholemeal Protein Flour | 250g | 5.49 | V |
| | HODMEDOD'S | | | |
| | British Gluten Free Flours | | | |
| FG194 | Fava Bean Flour Fine | 500g | 2.49 | GV |
| FG196 | Quinoa Flour Fine | 500g | 4.99 | GV |
| | ISABEL'S NATURALLY FREE FROM | | | |
| FG017 | Wholemeal Cassava Flour | 350g | 3.95 | GV |
| | LITTLE SALKELD WATERMILL | | | |
| FG804 | Barley Flour - organic | 500g | 2.44 | OVB |
| FG802 | Semolina Brown - organic | 500g | 2.36 | OV |
| | MARRIAGES | | | |
| FG582 | Canadian V Strong White | 1.5kg | 2.15 | V |
| FG666 | Canadian V Strong Wholemeal | 1.5kg | 2.15 | V |
| FG089 | Country Fayre Malted Brown | 1kg | 1.99 | OV |
| FG173 | Light Spelt Flour | 1kg | 2.19 | V |
| FG172 | Moulsham Seeded Strong Bread | 1kg | 1.65 | V |
| 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 |

| code | product | size | rrp | bfgosv |
|---------------------------------------|---|----------|------|--------|
| 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 |
| FG031 | White Flour - Finest plain | 1.5kg | 1.79 | V |
| FG030 | White flour - Finest strong | 1.5kg | 1.99 | V |
| FG029 | White flour Finest self rais. | 1.5kg | 1.79 | V |
| FG022 | Wholemeal strong flour | 1.5kg | 1.99 | V |
| ORGRAN | | | | |
| FG206 | Crispi Premium Breadcrumbs | 300g | 3.15 | GV |
| 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 |
| 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 | 2.5kg | 3.55 | OV |
| <i>Specialist Flour</i> | | | | |
| FG080 | Chestnut Flour | 500g | 5.89 | OV |
| FG123 | Italian '00' White Flour | 1kg | 1.75 | V |
| 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 | | | | |
| 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 |
| FOSTERS | | | | |
| KJ404 | Stem Ginger In Syrup | 280g | 3.45 | VS |
| FRUIT - DRIED | | | | |
| SUMA BAGGED DOWN | | | | |
| DR178 | Fruit Cake Mix | 1kg | 3.79 | VS |

| code | product | size | rrp | bfgosv |
|----------------------|-----------------------------|------|------|--------|
| SUMA PREPACKS | | | | |
| DR047 | Apple - rings SO2 | 150g | 1.79 | V |
| DR093 | Apricots - select SO2 | 125g | 1.19 | V |
| DR094 | Apricots - select SO2 | 250g | 2.09 | V |
| DR095 | Apricots - select SO2 | 500g | 3.75 | V |
| DR096 | Apricots - unsulphured | 250g | 2.29 | V |
| DR133 | Blueberries | 125g | 3.55 | SV |
| DR104 | Cherries - Morello (sour) | 125g | 3.09 | VS |
| DR202 | Cherries - red, E127, SO2 | 200g | 2.15 | VS |
| DR221 | Cherries - red, natural SO2 | 200g | 2.15 | VS |
| DR060 | Cranberries | 125g | 1.25 | VS |
| DR084 | Cranberries | 250g | 2.25 | VS |
| DR097 | Currants - medium | 250g | 1.39 | V |
| DR099 | Dates - pitted | 250g | 1.25 | V |
| DR100 | Dates - pitted | 500g | 1.95 | V |
| DR288 | Dried Pineapple - SO2 | 125g | 3.05 | V |
| DR101 | Figs | 250g | 2.99 | V |
| DR102 | Figs | 500g | 5.59 | V |
| DR038 | Fruit Cake Mix | 500g | 1.75 | SV |
| DR070 | Fruit salad - SO2 | 250g | 3.49 | V |
| DR121 | Ginger | 125g | 1.49 | VS |
| DR182 | Ginger | 250g | 2.59 | SV |
| DR055 | Goji Berries | 100g | 1.89 | V |
| DR085 | Incan Berries | 125g | 3.05 | V |
| DR279 | Mango Slices | 125g | 2.95 | V |
| DR203 | Mixed Peel | 200g | 1.39 | VS |
| DR123 | Papaya | 125g | 1.25 | SV |
| DR125 | Peaches - SO2 | 250g | 3.85 | SV |
| DR124 | Pears - SO2 | 250g | 4.15 | SV |
| DR129 | Pineapple - diced SO2 | 125g | 1.15 | SV |
| DR180 | Pineapple - diced SO2 | 250g | 1.99 | SV |
| DR106 | Prunes - medium | 250g | 2.05 | V |
| DR107 | Prunes - medium | 500g | 3.65 | V |
| DR108 | Prunes - pitted Ashlock | 250g | 1.99 | V |
| DR140 | Prunes - pitted Ashlock | 500g | 3.55 | V |
| DR668 | Raisins - Dark Flame | 250g | 1.69 | V |
| DR089 | Raisins - Dark Flame | 500g | 2.95 | V |
| DR113 | Raisins - Thompson | 250g | 1.45 | V |
| DR167 | Raisins - Thompson | 500g | 2.49 | V |
| DR114 | Sultanas - Australian | 250g | 1.75 | V |
| DR115 | Sultanas - Australian | 500g | 3.09 | V |
| DR117 | Sultanas - Turkish | 500g | 2.45 | V |
| DR087 | Super 4U Berry Mix | 125g | 2.85 | SV |
| DR119 | Vine Fruit Mix | 500g | 2.99 | V |

SUMA PREPACKS - ORGANIC

| | | | | |
|-------|--------------------------------------|------|------|-----|
| DR063 | Apricots - organic | 250g | 3.25 | OV |
| DR250 | Apricots - organic | 500g | 5.99 | OV |
| 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 |

| code | product | size | rrp | bfgosv |
|----------------------------|--------------------------------------|------|------|--------|
| DR020 | Ginger - crystallised organic | 250g | 3.85 | OSV |
| 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 |
| NAKD | | | | |
| DR160 | Cherry Flavoured Raisins | 25g | 0.45 | V |
| DR161 | Cola Flavoured Raisins | 25g | 0.45 | V |
| DR158 | Lime Flavoured Raisins | 25g | 0.45 | V |
| 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 |
| TERRAFERTIL | | | | |
| DR195 | Goldenberries Dried | 90g | 2.65 | V |
| DR001 | Raw Chocolate Goldenberries | 75g | 2.85 | V |
| TROPICAL WHOLEFOODS | | | | |
| DR134 | Fairtrade Apricots | 125g | 1.69 | FV |
| DR200 | Fairtrade Organic Mango | 100g | 2.39 | FOV |
| DR233 | Sun Dried Banana Chips | 150g | 2.25 | V |
| DR234 | Sun Dried Pineapple | 100g | 2.25 | OV |
| URBAN FRUIT | | | | |
| DR187 | Apple & Pear | 125g | 2.64 | GV |
| DR265 | Cherries | 90g | 2.64 | GV |
| DR192 | Mango | 100g | 2.64 | GV |
| DR201 | Pineapple | 100g | 2.64 | GV |
| DR263 | Snack Pack - Mango | 35g | 0.99 | GV |
| DR002 | Snack Pack - Strawberry | 35g | 0.99 | GV |
| DR266 | Strawberries | 90g | 2.64 | GV |
| ZAYTOUN | | | | |
| DR164 | Palestinian Medjool Dates | 250g | 4.95 | FV |
| 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 |

| code | product | size | rrp | bfgosv |
|-------|--------------------------------------|------|------|--------|
| | WINDMILL HILL | | | |
| XL280 | British Blackberries | 330g | 2.55 | V |
| XL281 | British Blackcurrants | 400g | 2.55 | V |
| XL282 | British Organic Blackcurrants | 400g | 2.72 | OV |
| XL279 | British Raspberries | 250g | 2.55 | V |
| XL283 | British Summer Fruits | 330g | 2.72 | V |

FRUIT & VEGETABLE JUICES

APPY DRINKS

| | | | | |
|-------|------------------------------|-----------|------|---|
| JU425 | Peppa Pig Tropical | 3 x 200ml | 1.69 | V |
| JU507 | Spongebob Orange & Pineapple | 3 x 200ml | 1.69 | V |
| JU496 | TMNT Apple & Blackcurrant | 3 x 200ml | 1.69 | V |

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 |

BERRY COMPANY

| | | | | |
|-------|-------------------------------|-------|------|----|
| JU373 | Acai Berry Juice Drink | 330ml | 1.29 | SV |
| JU737 | Acai Juice Drink | 1l | 2.24 | SV |
| JU055 | Blueberry Juice Drink | 1l | 2.24 | V |
| JU375 | Blueberry Juice Drink | 330ml | 1.29 | SV |
| JU253 | Cranberry Juice Drink | 1l | 2.24 | SV |
| JU374 | Cranberry Juice Drink | 330ml | 1.29 | SV |
| JU063 | Goji Berry Juice Drink | 1l | 2.24 | V |
| JU372 | Goji Berry Juice Drink | 330ml | 1.29 | SV |
| JU735 | Green Tea & Blueberry Drink | 1l | 2.24 | SV |
| JU734 | Pomegranate Juice Drink | 1l | 2.24 | SV |
| JU380 | Pomegranate Juice Drink | 330ml | 1.29 | SV |
| JU061 | Superberry Purple Juice Drink | 1l | 2.24 | V |
| JU370 | Superberry Purple Juice Drink | 330ml | 1.29 | SV |
| JU050 | Superberry Red Juice Drink | 1l | 2.24 | V |
| JU371 | Superberry Red Juice Drink | 330ml | 1.29 | SV |
| JU736 | White Tea & Peach Juice Drink | 1l | 2.24 | SV |

Kids Range

| | | | | |
|-------|-------------------------|-----------|------|---|
| JU667 | Berry Good Lemonade | 4 x 180ml | 2.99 | V |
| JU668 | Cheeky Little Berries | 4 x 180ml | 2.99 | V |
| JU673 | Super Duper Fruit Punch | 4 x 180ml | 2.99 | V |

BIG TOM

From James White

| | | | | |
|-------|-------------------|-------|------|----|
| JU379 | Spiced Tomato Mix | 150ml | 0.79 | SV |
| JU381 | Spiced Tomato Mix | 250ml | 1.15 | SV |
| JU419 | Spiced Tomato Mix | 750ml | 3.05 | SV |

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 |
| JU132 | Elderberry Pure Superjuice | 330ml | 3.49 | OV |

| code | product | size | rrp | bfgosv |
|-------|---|-----------|------|--------|
| 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 |
| | Tetrapacks | | | |
| 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 |
| | CAWSTON PRESS | | | |
| JU328 | Apple & Elderflower | 1l | 2.57 | V |
| JU329 | Apple & Ginger | 1l | 2.57 | V |
| JU342 | Apple & Ginger | 330ml | 1.49 | V |
| JU444 | Apple & Rhubarb | 1l | 2.57 | V |
| JU090 | Brilliant Beetroot | 1l | 2.79 | V |
| JU220 | Brilliant Beetroot | 330ml | 1.69 | V |
| JU631 | Cloudy Apple | 1l | 2.57 | V |
| JU308 | Kids Apple & Mango Juice | 3 x 200ml | 2.37 | V |
| JU309 | Kids Apple & Pear Juice | 3 x 200ml | 2.37 | V |
| JU014 | Kids Apple & Summer Berries | 3 x 200ml | 2.37 | V |
| JU099 | Radiant Roots | 1l | 2.79 | V |
| | DUSKIN | | | |
| JU639 | Apple Juice - Braeburn | 1l | 2.79 | V |
| JU305 | Apple Juice - Bramley | 1l | 2.79 | V |
| JU292 | Apple Juice - Cox | 1l | 2.79 | V |
| JU487 | Apple Juice - Gala | 1l | 2.79 | V |
| JU550 | Apple Juice - Golden Delicious | 1l | 2.79 | V |
| JU001 | Apple juice - Ida Red | 1l | 2.79 | V |
| JU440 | Apple Juice - Katy | 1l | 2.79 | V |
| JU317 | Apple Juice - Russet | 1l | 2.79 | V |
| JU441 | Apple Juice - Worcester | 1l | 2.79 | V |
| | EDEN | | | |
| JU024 | Beetroot Juice - Organic | 750ml | 5.6 | OV |
| JU026 | Carrot Juice - organic | 750ml | 5.6 | VO |
| | FROBISHERS | | | |
| | <i>Not from concentrate juices</i> | | | |
| JU211 | Apple Juice | 250ml | 1.45 | V |
| JU213 | Bumbleberry Juice | 250ml | 1.45 | VS |
| JU215 | Mango Juice | 250ml | 1.45 | V |
| JU210 | Orange Juice | 250ml | 1.45 | V |
| | Smoothies | | | |
| JU217 | Orange, Banana, Mango | 250ml | 1.61 | V |
| JU216 | Pineapple Banana Passionfruit | 250ml | 1.61 | V |
| | FRUIT HIT | | | |
| JU495 | Apple Juice | 500ml | 1.45 | FV |
| JU257 | Apple Juice Drink | 200ml | 0.49 | FV |
| JU497 | Orange Juice | 500ml | 1.45 | FV |
| JU263 | Orange Juice Drink | 200ml | 0.49 | FV |
| | FRUIT PASSION | | | |
| | <i>Organic</i> | | | |
| JU159 | Apple Juice - og | 200ml | 0.69 | OV |

| code | product | size | rrp | bfgosv |
|------------------------|--|-------|------|--------|
| GRANNY'S SECRET | | | | |
| JU076 | Apricot Juice | 200ml | 2.35 | V |
| JU083 | Blackcurrant Juice | 200ml | 2.35 | V |
| JU123 | Orange Juice | 200ml | 2.19 | V |
| JU085 | Pear Juice | 200ml | 2.35 | V |
| JU086 | Raspberry Juice | 200ml | 2.35 | V |
| JU100 | Sour Cherry Juice | 200ml | 2.35 | V |
| JU119 | Tomato & Celery Juice | 200ml | 2.35 | V |
| JU136 | Wild Apple Juice | 200ml | 2.19 | V |
| JU102 | Wild Blackberry Juice | 200ml | 2.35 | V |
| JU103 | Wild Blueberry Juice | 200ml | 2.35 | V |
| JU117 | Wild Cranberry Juice | 200ml | 2.35 | V |
| 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 |
| JU600 | Wild Apple Juice - cloudy | 1l | 2.62 | SV |
| 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 |
| JU391 | British Carrot | 750ml | 2.32 | V |
| 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 |
| RABENHORST | | | | |
| JU675 | 11+ 11 Fruit & Veg Multivit | 750ml | 3.91 | V |
| JU679 | Beetroot Juice | 750ml | 3.91 | OV |
| JU688 | Blackcurrant Nectar | 750ml | 5.59 | SV |
| JU682 | Carrot Juice | 750ml | 3.91 | OV |
| JU227 | Cherry Nectar | 750ml | 5.04 | OV |
| JU677 | Cranberry Pure Juice | 750ml | 8.84 | V |
| JU209 | Detox | 750ml | 5.2 | OV |
| JU678 | Ginger Mix Juice | 750ml | 5.59 | OV |
| JU680 | Prune Juice Drink | 750ml | 4.22 | SV |
| JU221 | Wheatgrass Cocktail | 750ml | 5.2 | OV |

| code | product | size | rrp | bfgosv |
|---|-------------------------------------|----------|-------|--------|
| Smoothies | | | | |
| 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 |
| SIMPLY GREAT | | | | |
| JU451 | Pomegreat Original | 1l | 1.89 | SV |
| SMOOZE | | | | |
| JU208 | Banana & Coconut Fruit Ice | 5 x 65ml | 2.79 | SV |
| JU489 | Mango & Coconut Fruit Ice | 5 x 65ml | 2.79 | SV |
| JU490 | Pineapple & Coconut Fruit Ice | 5 x 65ml | 2.79 | SV |
| JU491 | Pink Guava & Coconut Fruit Ice | 5 x 65ml | 2.79 | SV |
| JU492 | Simply Coconut Fruit Ice | 5 x 65ml | 2.79 | SV |
| STUTE | | | | |
| JU177 | Superior Apple Juice | 1.5l | 2.29 | V |
| JU360 | Superior Apple Juice | 250ml | 0.69 | V |
| JU535 | Superior Apple Juice - clear | 1l | 1.69 | V |
| JU604 | Superior Cranberry Juice Drink | 1l | 1.49 | SV |
| JU013 | Superior Mango Juice Drink | 1.5l | 1.99 | SV |
| JU175 | Superior Orange Juice | 1.5l | 2.29 | V |
| JU460 | Superior Orange Juice | 1l | 1.69 | V |
| JU357 | Superior Orange Juice | 250ml | 0.69 | V |
| JU272 | Superior Red Grape Juice | 1l | 1.99 | V |
| SUNITA | | | | |
| JU672 | Lemon Juice - organic | 1l | 7.25 | OV |
| JU671 | Lemon Juice - organic | 250ml | 2.65 | OV |
| JU999 | Lemon Juice - SO2 | 200ml | 0.99 | V |
| JU129 | Orange Juice - organic | 1l | 5.55 | OV |
| WHAT A MELON | | | | |
| JU230 | What a Melon Water | 330ml | 2.05 | V |
| FRUIT JUICE CONCS & CORDIALS | | | | |
| SUMA | | | | |
| JU058 | Apple - concentrate | 500ml | 4.99 | V |
| JU057 | Apple - concentrate | 5l | 41.59 | V |
| 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 | | | | |
| JU234 | Blueberry Blackcurrant Cordial | 500ml | 4.49 | SV |
| JU285 | Christmas Cordial | 500ml | 4.39 | SV |
| JU516 | Elderflower & Rose Cordial | 500ml | 4.37 | SV |
| JU578 | Elderflower Cordial | 500ml | 4.39 | SV |
| JU577 | Ginger Cordial | 500ml | 4.39 | SV |
| JU155 | Lime & Lemongrass Cordial | 500ml | 4.39 | SV |
| JU275 | Organic Elderflower Cordial | 500ml | 5.14 | OSV |
| JU276 | Organic Ginger Cordial | 500ml | 5.14 | OSV |
| JU043 | Raspberry & Lemon Cordial | 500ml | 4.49 | SV |
| JU290 | Raspberry & Rose Cordial | 500ml | 4.49 | SV |
| JU291 | Spiced Winter Berries Cordial | 500ml | 4.39 | SV |
| BOTTLE GREEN | | | | |
| JU676 | Cox's Apple & Plum Cordial | 500ml | 4.79 | SV |
| JU051 | Elderflower Cordial | 500ml | 4.79 | SV |
| JU052 | Ginger & Lemongrass Cordial | 500ml | 4.79 | SV |
| JU038 | Pomegranate Elderflower C'dial | 500ml | 4.79 | SV |

| code | product | size | rrp | bfgosv |
|--------------|---|-------|------|--------|
| 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 |
| JU190 | Pear Concentrate | 360ml | 4.99 | V |
| JU254 | Raspberry & Lime Squash - og | 740ml | 3.49 | OSV |
| JU248 | Spiced Fruit Cordial - organic | 360ml | 3.49 | OSV |

THORNCROFT

| | | | | |
|-------|---------------------|-------|------|----|
| JU593 | Detox | 330ml | 3.7 | SV |
| JU594 | Kombucha | 330ml | 2.85 | SV |
| JU475 | Pink Ginger | 330ml | 2.95 | SV |
| JU121 | Rosehip | 330ml | 3.15 | SV |
| JU206 | Wild Elderflower | 330ml | 2.95 | SV |
| JU476 | Wild Nettle Cordial | 330ml | 2.95 | VS |

GRAINS

SUMA PREPACKS

| | | | | |
|-------|-------------------------------|------|------|---|
| QS055 | Barley Grain - pearl | 500g | 1.09 | V |
| QS140 | Black Rice - Nerone | 500g | 2.55 | V |
| QS111 | Bulgar wheat - coarse | 500g | 1.45 | V |
| QS051 | Couscous | 500g | 1.25 | V |
| QS082 | Freekeh - cracked wheat grain | 500g | 4.05 | V |
| QS041 | Pearl Couscous | 500g | 2.09 | V |
| QS090 | Rice - arborio (risotto) | 500g | 1.85 | V |
| QS085 | Rice - basmati brown | 500g | 1.69 | V |
| QS050 | Rice - basmati white | 500g | 1.69 | V |
| QS052 | Rice - long grain brown | 500g | 1.29 | V |
| QS104 | Rice - pudding white | 500g | 1.55 | V |
| QS222 | Rice - sushi | 500g | 1.89 | V |
| QS102 | Rice - wild | 125g | 2.29 | V |
| QS061 | Tapioca | 500g | 1.89 | V |

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 |
| 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 |

| code | product | size | rrp | bfgosv |
|------------------------------------|--|------|------|--------|
| 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 |
| ARTISAN GRAINS | | | | |
| QS135 | Four Grain Couscous | 200g | 1.75 | V |
| QS107 | Greenwheat Freekeh | 200g | 1.95 | V |
| QS056 | Quinoa & Bulgur | 200g | 1.99 | V |
| QS109 | Royal Quinoa | 220g | 2.65 | V |
| QS159 | Tricolour Quinoa | 200g | 2.65 | V |
| QS145 | Wholegrain Freekeh | 200g | 1.95 | V |
| 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 |
| CAULI RICE | | | | |
| QS053 | Cauli Rice - Indian Pilau | 200g | 2.35 | V |
| QS057 | Cauli Rice - Mediterranean | 200g | 2.35 | V |
| QS114 | Cauli Rice - Original | 200g | 2.35 | V |
| 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 |
| COOKS & CO | | | | |
| QS136 | Countryman's Polenta | 150g | 2.39 | V |
| QS133 | Porcini Polenta | 150g | 2.39 | V |
| FERRERO | | | | |
| QS001 | Couscous | 500g | 1.79 | V |
| 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 |
| ZAYTOUN | | | | |
| QS014 | Palestinian Couscous | 250g | 3.65 | FV |
| QS131 | Smoky Freekeh | 250g | 3.69 | FV |
| GRAVY, STOCK & BOUILLON | | | | |
| FREE & EASY | | | | |
| LJ008 | Gravy Sauce Mix | 130g | 1.65 | V |

| code | product | size | rrp | bfgosv |
|--------------|--------------------------------|---------|------|--------|
| KALLO | | | | |
| LJ102 | French Onion Stock Cubes | 66g | 1.59 | GOVS |
| LJ103 | Garlic & Herb Stock Cubes | 66g | 1.59 | GOVS |
| LJ171 | Low Salt Vegetable Stock Cubes | 60g | 1.59 | GOVS |
| LJ122 | Mushroom Stock Cubes | 66g | 1.59 | GOVS |
| LJ101 | Tomato & Herb Stock Cubes | 66g | 1.59 | GOVS |
| LJ120 | Vegetable Stock Cubes | 66g | 1.59 | GOV |
| LJ147 | Yeast Free Veg. Stock Cubes | 6 x 10g | 1.59 | GV |

MARIGOLD

| | | | | |
|-------|--------------------------------|------|-------|-----|
| LJ211 | Bouillon Cubes | 8 | 1.29 | GOV |
| LJ073 | Bouillon Powder - Organic | 150g | 2.39 | GOV |
| LJ238 | Bouillon Powder - Organic | 500g | 7.15 | GOV |
| LJ070 | Bouillon Powder - Reduced Salt | 150g | 2.09 | GV |
| LJ164 | Bouillon Powder - Reduced Salt | 1kg | 11.65 | GV |
| LJ237 | Bouillon Powder - Reduced Salt | 500g | 6.35 | GV |
| LJ062 | Gravy Granules - Instant | 170g | 1.7 | GSV |
| 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 |
|-------|-----------------------|------|------|----|

VECON

| | | | | |
|-------|-----------------|------|------|---|
| LJ049 | Vegetable Stock | 1kg | 12.8 | V |
| LJ048 | Vegetable Stock | 225g | 3.09 | V |

HERB & FRUIT INFUSIONS

CELESTIAL SEASONINGS

| | | | | |
|-------|------------------|---------|------|---|
| TE333 | Bengal Spice | 20 bags | 2.79 | V |
| TE266 | Sleepytime | 20 bags | 2.53 | V |
| TE336 | Sleepytime Extra | 20 bags | 2.79 | V |
| TE340 | Tension Tamer | 20 bags | 2.53 | V |

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 |

Functionals

| | | | | |
|-------|--------------------|---------|------|----|
| TE629 | Organic Detox | 20 bags | 1.45 | OV |
| TE631 | Organic Sleep Easy | 20 bags | 1.45 | OV |

Organic Infusions

| | | | | |
|-------|--------------------------|---------|------|----|
| 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 |
| 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 |

| code | product | size | rrp | bfgosv |
|--------------------------|---|----------|------|--------|
| 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 |
| | Redbush | | | |
| TE011 | Redbush - og | 80 bags | 3.7 | OV |
| DR STUARTS | | | | |
| TE223 | Apple and Ginger | 15 bags | 2.6 | V |
| TE220 | Chamomile | 15 bags | 1.75 | V |
| TE224 | Detox | 15 bags | 2.6 | V |
| TE770 | Echinacea Plus | 15 bags | 2.6 | V |
| TE377 | Gingko Plus | 15 bags | 2.6 | V |
| TE089 | Green Tea Ginger & Seaweed | 15 bags | 3.2 | V |
| TE060 | Lax Plus | 15 bags | 2.6 | V |
| TE614 | Liver Detox | 15 bags | 2.6 | V |
| TE050 | Skin Purify | 15 bags | 2.6 | V |
| TE744 | Slim Plus | 15 bags | 2.6 | V |
| TE617 | Throat Relief | 15 bags | 2.6 | V |
| TE219 | Tranquility | 15 bags | 2.6 | V |
| TE383 | Triple Ginseng | 15 bags | 2.6 | V |
| TE218 | Valerian Plus | 15 bags | 2.6 | V |
| 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 |
| TE363 | Rooibos Breakfast | 40 bags | 2.25 | V |
| TE367 | Rooibos Earl Grey | 40 bags | 2.69 | V |
| TE376 | Rooibos Vanilla | 40 bags | 2.69 | V |
| TE234 | Swirling Mist White Tea - og | 20 bags | 2.29 | OV |
| 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 |

| code | product | size | rrp | bfgosv |
|---------------------------|-------------------------------|---------|------|--------|
| 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 | OVB |
| TE456 | Fennel Liquorice | 20 bags | 2.39 | OVB |
| TE600 | Fennel Liquorice | 20 bags | 2.49 | OVB |
| TE527 | Honeybush & Vanilla | 20 bags | 2.49 | OVB |
| TE555 | Lavender Valerian | 20 bags | 2.49 | OVB |
| TE444 | Lemon Ginger | 20 bags | 2.39 | OVB |
| TE572 | Lemon Ginger | 20 bags | 2.49 | OVB |
| TE449 | Lemon Valerian | 20 bags | 2.39 | OV |
| TE439 | Peppermint | 20 bags | 2.39 | FOVB |
| TE556 | Peppermint Spearmint | 20 bags | 2.49 | OVB |
| TE468 | Rosehip Hibiscus | 20 bags | 2.39 | FOVB |
| TE557 | Rosehip Hibiscus | 20 bags | 2.49 | OVB |
| TE460 | Royal Chamomile | 20 bags | 2.39 | OV |
| HEATH AND HEATHER | | | | |
| <i>Invigorating Range</i> | | | | |
| TE035 | Morning Time | 20 bags | 1.79 | V |
| TE036 | Morning Time | 50 bags | 3.09 | V |
| <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 |
| 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 |

| code | product | size | rrp | bfgosv |
|-------|--|---------|------|--------|
| | Relaxing Range | | | |
| TE023 | Chamomile | 50 bags | 3.09 | V |
| TE038 | Night Time | 50 bags | 3.09 | V |
| | Wellbeing Range | | | |
| TE144 | Fennel | 50 bags | 3.09 | V |
| TE146 | Nettle | 50 bags | 3.09 | V |
| TE025 | Peppermint | 50 bags | 3.09 | V |
| TE028 | Rosehip | 50 bags | 3.09 | V |
| | 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 |
| 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 |

| code | product | size | rrp | bfgovs |
|-------|---|---------|------|--------|
| 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

A Moment of Calm

| | | | | |
|-------|---------------------------|---------|------|----|
| TE515 | Camomile | 20 bags | 2.25 | V |
| TE268 | Camomile - og | 20 bags | 2.99 | OV |
| TE909 | Camomile, Honey & Vanilla | 20 bags | 2.25 | V |
| TE088 | Cherry & Cinnamon | 20 bags | 2.25 | V |

Fresh & Fruity

| | | | | |
|-------|-------------------------|---------|------|---|
| TE072 | Blueberry & Apple | 20 bags | 2.25 | V |
| TE908 | Echinacea & Raspberry | 20 bags | 2.25 | V |
| TE090 | Mango & Strawberry | 20 bags | 2.25 | V |
| TE079 | Pomegranate & Raspberry | 20 bags | 2.25 | V |

Revive & Revitalise

| | | | | |
|-------|----------------------------|---------|------|----|
| TE354 | Lemon and Ginger | 20 bags | 2.25 | V |
| TE516 | Peppermint | 20 bags | 2.25 | V |
| TE696 | Peppermint | 80 bags | 5.95 | V |
| TE284 | Peppermint Tea - og | 20 bags | 2.99 | OV |

Selection Packs

| | | | | |
|-------|-----------------|---------|------|---|
| TE062 | Fruit Selection | 20 bags | 3.49 | V |
| TE970 | Mint Selection | 20 bags | 3.49 | V |

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 |

| code | product | size | rrp | bfgovs |
|-------|--------------------------------------|-------------|------|--------|
| 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 |
| 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 - BULK

BULK WHOLE SPICES

| | | | | |
|-------|----------|------|------|---|
| HE207 | Tamarind | 200g | 2.49 | V |
|-------|----------|------|------|---|

HERBS & SPICES - PREPACKED

SUMA

Curry Spices

| | | | | |
|-------|-----------------------|-----|------|---|
| HE330 | Asafoetida Compound | 20g | 0.99 | V |
| HE333 | Curry Leaves | 5g | 0.99 | V |
| HE363 | Curry Powder - Hot | 50g | 0.99 | V |
| HE334 | Curry Powder - Madras | 50g | 0.99 | V |
| HE335 | Curry Powder - Mild | 50g | 0.99 | V |

Herbs

| | | | | |
|-------|---------------------|----------|------|---|
| HE133 | Basil - rubbed | 20g | 0.99 | V |
| HE134 | Bay Leaves | 10g | 0.99 | V |
| HE165 | Bouquet Garni | 6 sachet | 0.99 | V |
| HE332 | Coriander Leaf | 10g | 0.99 | V |
| HE002 | Dill Herb | 15g | 0.99 | V |
| HE204 | Lavender | 15g | 0.99 | V |
| HE030 | Lemon grass | 25g | 0.99 | V |
| HE031 | Lime leaves - whole | 4g | 0.99 | V |
| HE146 | Marjoram | 10g | 0.99 | V |
| HE032 | Methi Leaves | 7g | 0.99 | V |
| HE185 | Mint | 20g | 0.99 | V |
| HE147 | Mixed Herbs | 20g | 0.99 | V |
| HE151 | Oregano - rubbed | 20g | 0.99 | V |
| HE153 | Parsley - rubbed | 15g | 0.99 | V |
| HE157 | Rosemary | 20g | 0.99 | V |
| HE158 | Sage - rubbed | 25g | 0.99 | V |
| HE159 | Tarragon | 12g | 0.99 | V |
| HE160 | Thyme - rubbed | 30g | 0.99 | V |

Milled Spices

| | | | | |
|-------|--------------------|------|------|---|
| HE181 | Allspice - ground | 40g | 0.99 | V |
| HE182 | Arrowroot - ground | 50g | 0.99 | V |
| HE029 | Cardamom - ground | 10g | 0.99 | V |
| HE168 | Cayenne Pepper | 50g | 0.99 | V |
| HE028 | Celery Salt | 100g | 0.99 | V |
| HE138 | Chilli - ground | 50g | 0.99 | V |

| code | product | size | rrp | bfgosv |
|-------|------------------------|------|------|--------|
| HE139 | Cinnamon - ground | 50g | 0.99 | V |
| HE189 | Cloves - ground | 18g | 0.99 | V |
| HE142 | Coriander - ground | 40g | 0.99 | V |
| HE143 | Cumin - ground | 50g | 0.99 | V |
| HE180 | Garam Masala | 50g | 0.99 | V |
| HE145 | Ginger - ground | 40g | 0.99 | V |
| HE202 | Mace - ground | 20g | 0.99 | V |
| HE148 | Mixed Spice | 50g | 0.99 | V |
| HE360 | Mustard - ground | 50g | 0.99 | V |
| HE150 | Nutmeg - ground | 20g | 0.99 | V |
| HE152 | Paprika | 50g | 0.99 | V |
| HE188 | Pepper, black - ground | 30g | 0.99 | V |
| HE034 | Smoked Paprika | 35g | 0.99 | V |
| HE161 | Turmeric | 40g | 0.99 | V |

Seasonings - salt free

| | | | | |
|-------|-------------|-----|------|---|
| HE342 | Cajun Spice | 40g | 0.99 | V |
|-------|-------------|-----|------|---|

Seasonings Range

| | | | | |
|-------|-------------------------|-----|------|---|
| HE116 | Chilli Flakes | 25g | 0.99 | V |
| HE077 | Fajita Seasoning | 40g | 0.99 | V |
| HE078 | Five Spice Seasoning | 40g | 0.99 | V |
| HE081 | Piri Piri Seasoning | 40g | 0.99 | V |
| HE084 | Ras-el-hanout Seasoning | 30g | 0.99 | V |

Whole Spices

| | | | | |
|-------|------------------------|------|------|---|
| HE135 | Caraway Seeds | 50g | 0.99 | V |
| HE136 | Cardamom Pods - Green | 10g | 0.99 | V |
| HE190 | Celery Seed | 50g | 0.99 | V |
| HE171 | Chillies | 25g | 0.99 | V |
| HE140 | Cinnamon Sticks | 20g | 0.99 | V |
| HE141 | Cloves | 18g | 0.99 | V |
| HE174 | Coriander Seeds | 40g | 0.99 | V |
| HE175 | Cumin Seeds | 50g | 0.99 | V |
| HE177 | Fennel Seeds | 50g | 0.99 | V |
| HE196 | Fenugreek Seeds | 50g | 0.99 | V |
| HE183 | Juniper Berries | 40g | 0.99 | V |
| HE184 | Mace - whole | 15g | 0.99 | V |
| HE149 | Mustard Seeds - black | 50g | 0.99 | V |
| HE186 | Mustard Seeds - Yellow | 50g | 0.99 | V |
| HE187 | Nutmeg Whole | 20g | 0.99 | V |
| HE206 | Onion Seed | 35g | 0.99 | V |
| HE001 | Peppercorns - black | 250g | 5.39 | V |
| HE154 | Peppercorns - black | 30g | 0.99 | V |
| HE361 | Peppercorns - mixed | 20g | 0.99 | V |
| HE193 | Peppercorns - pink | 12g | 0.99 | V |
| HE155 | Pickling Spice | 50g | 0.99 | V |
| HE156 | Poppy Seeds | 50g | 0.99 | V |
| HE164 | Star Anise | 25g | 0.99 | V |
| HE132 | Whole Allspice | 40g | 0.99 | V |

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 |

| code | product | size | rrp | bfgosv |
|-------|------------------------------------|-------|-------|--------|
| | 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 |
| | 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 |
| | BLACK GARLIC | | | |
| HE068 | Black garlic Balsajo | 50g | 3.49 | V |
| | EL REY DE LA VERA | | | |
| HE013 | Spicy Smoked Paprika | 75g | 1.99 | V |
| HE075 | Sweet Smoked Paprika | 75g | 1.99 | V |
| | GREEN CUISINE | | | |
| HE071 | Gingerbread People Kit | 125g | 2.89 | VS |
| | HAMBLEDEN HERBS | | | |
| HE070 | Mulling Spices - og | 25g | 4.99 | OV |
| | PERSIAN TRADER | | | |
| HE038 | Saffron | 4g | 12.35 | V |
| HE015 | Saffron | 2g | 8.49 | V |
| | STEENBERGS | | | |
| HE047 | Saffron - Fairtrade | 0.5g | 4.09 | FV |
| | ZAYTOUN | | | |
| HE224 | Za'atar Wild Grown Herb Mix | 80g | 3.65 | V |
| | HOUSEHOLD CLEANING PRODUCTS | | | |
| | BIO D | | | |
| HJ229 | All Purpose Sanitiser Spray | 500ml | 2.89 | V |
| HJ295 | Concentrated Bathroom Cleaner | 5l | 9.75 | V |
| HJ236 | Dishwasher Powder | 720g | 9.85 | V |
| HJ258 | Drum Tap - fits both 15l & 25l | each | 5.99 | V |
| HJ004 | Fabric Conditioner | 1l | 2.49 | V |
| HJ608 | Fabric Conditioner | 5l | 9.29 | V |
| HJ297 | Fabric Conditioner Juniper | 1l | 2.85 | V |
| HJ296 | Fabric Conditioner Lavender | 1l | 2.85 | V |
| HJ233 | Floor Cleaner + Linseed Soap | 5l | 21.59 | V |

| code | product | size | rrp | bfgosv |
|-------|------------------------------|--------|-------|--------|
| HJ226 | Glass and Mirror Spray | 500ml | 3.15 | V |
| HJ235 | Hand Sanitizer with Geranium | 500ml | 4.05 | V |
| HJ119 | Handwash - Lime & Aloe Vera | 500ml | 4.05 | V |
| HJ116 | Handwash - Lime & Aloe Vera | 5l | 16.95 | V |
| HJ117 | Handwash - unfragranced | 500ml | 3.69 | V |
| HJ107 | Handwash - unfragranced | 5l | 13.79 | V |
| HJ247 | Home & Garden Sanitiser | 5l | 9.95 | V |
| HJ003 | Laundry Liquid | 1l | 4.95 | V |
| HJ176 | Laundry Liquid | 1l | 5.25 | V |
| HJ800 | Laundry Liquid | 5l | 23.69 | V |
| HJ177 | Laundry Liquid | 5l | 23.69 | V |
| HJ171 | Laundry Liquid Lavender | 5l | 24.35 | V |
| HJ654 | Multi Surface Cleaner | 5l | 12.59 | V |
| HJ228 | Multi Surface Sanitiser | 750ml | 2.75 | V |
| HJ187 | Sanitising Hand Wash | 500ml | 3.79 | V |
| HJ244 | Toilet Cleaner - angled head | 750ml | 2.39 | V |
| HJ103 | Washing Powder Concentrated | 12.5kg | 48.15 | V |
| HJ081 | Washing Powder Concentrated | 1kg | 4.25 | V |
| HJ082 | Washing Powder Concentrated | 2kg | 8.39 | V |
| HJ097 | Washing Up Liquid | 5l | 9.79 | V |
| HJ165 | Washing Up Liquid | 5l | 12.09 | V |
| HJ225 | Washing Up Liquid | 750ml | 2.15 | V |
| HJ157 | Washing Up Liquid | 750ml | 2.29 | V |

EARTH FRIENDLY

| | | | | |
|-------|--------------------------------|-------|-------|---|
| HJ255 | ECOS Laundry Liquid | 3l | 13.75 | V |
| HJ562 | ECOS Lavender Laundry Liquid | 1.5l | 7.69 | V |
| HJ014 | Furniture Polish | 500ml | 3.99 | V |
| HJ016 | Orange Mate Kitchen Degreaser | 500ml | 3.99 | V |
| HJ015 | Orange Mate Surface Cleaner | 500ml | 3.59 | V |
| HJ018 | Parsley Plus Multisurface Clnr | 500ml | 3.5 | V |
| HJ122 | Unifresh Citrus Air Freshener | 130ml | 4.89 | V |
| HJ112 | Wave Dishwasher Gel | 950ml | 5.05 | V |

ECO LUBE

| | | | | |
|-------|---------------|-------|------|---|
| HJ288 | Slip Eco Lube | 200ml | 6.99 | V |
|-------|---------------|-------|------|---|

ECOLEAF

| | | | | |
|-------|--------------------------------|------------|-------|---|
| HJ160 | Dishwasher Tablets | 25 tablets | 4.99 | V |
| HJ161 | Dishwasher Tablets | 70 tablets | 12.85 | V |
| HJ105 | Fabric Conditioner | 1.5l | 3.99 | V |
| HJ078 | Fabric Conditioner | 5l | 9.99 | V |
| HJ088 | Fabric Conditioner Concentrate | 750ml | 1.79 | V |
| HJ055 | Laundry Liquid | 1.5l | 5.99 | V |
| HJ075 | Laundry Liquid | 5l | 17.99 | V |
| HJ080 | Laundry Liquid - concentrate | 750ml | 4.99 | V |
| HJ096 | Liquid Hand Soap | 500ml | 3.69 | V |
| HJ124 | Liquid Hand Soap | 5l | 18.99 | V |
| HJ050 | Multi Surface Cleaner | 500ml | 2.29 | V |
| HJ287 | Multi Surface Cleaner | 5l | 10.99 | V |
| HJ130 | Stain Remover | 500g | 2.29 | V |
| HJ056 | Toilet Cleaner | 750ml | 1.99 | V |
| HJ072 | Toilet Cleaner | 5l | 11.99 | V |
| HJ089 | Toilet Cleaner - Cool Blue | 750ml | 1.99 | V |
| HJ131 | Wash Up Liquid - Concentrated | 500ml | 2.55 | V |
| HJ127 | Washing Powder Concentrated | 900g | 4.45 | V |
| HJ129 | Washing Powder Concentrated | 10kg | 34.39 | V |
| HJ128 | Washing Powder Concentrated | 3.4kg | 15.19 | V |
| HJ047 | Washing Up Liquid | 1l | 2.45 | V |
| HJ067 | Washing Up Liquid | 5l | 10.99 | V |

| code | product | size | rrp | bfgosv |
|---------------|---------------------------|------------|-------|--------|
| ECOVER | | | | |
| HJ100 | All Purpose Cleaner | 1l | 2.95 | V |
| HJ002 | Bathroom Cleaner | 500ml | 3.15 | V |
| HJ065 | Cream Cleaner | 500ml | 1.59 | V |
| HJ071 | Delicate | 5l | 19.49 | V |
| HJ262 | Delicate | 750ml | 3.65 | V |
| HJ087 | Dishwash Tablets | 25 tablets | 5.89 | V |
| HJ132 | Dishwash Tablets - Bulk | 70 tablets | 14.45 | V |
| HJ086 | Dishwasher Rinse Aid | 500ml | 3.99 | V |
| HJ024 | Floor Cleaner | 1l | 3.49 | V |
| HJ070 | Floor Cleaner | 5l | 15.45 | V |
| HJ076 | Laundry Bleach | 400g | 2.25 | V |
| HJ303 | Laundry Liquid Colour | 1.5l | 12.45 | V |
| HJ254 | Liquid Hand Soap | 250ml | 3.25 | V |
| HJ527 | Liquid Hand Soap | 5l | 30.29 | V |
| HJ054 | Liquid Hand Soap Refill | 1l | 10.99 | V |
| HJ095 | Multi Surface Spray | 500ml | 3.15 | V |
| HJ999 | Stain Remover | 200ml | 3.19 | V |
| HJ069 | Toilet Cleaner | 5l | 12.79 | V |
| HJ511 | Toilet Cleaner Pine Fresh | 750ml | 2.15 | V |
| HJ304 | Toilet Cleaner Power | 750ml | 3.79 | V |
| HJ011 | Toilet Cleaner Sea Breeze | 750ml | 2.15 | V |
| HJ031 | Washing Up Liquid | 1l | 2.75 | V |
| HJ045 | Washing Up Liquid | 5l | 12.25 | V |
| HJ888 | Washing Up Liquid - Vegan | 1l | 2.69 | V |
| HJ509 | Washing Up Liquid - Vegan | 500ml | 1.55 | V |
| HJ091 | Window & Glass Cleaner | 500ml | 2.95 | V |

ECOZONE

| | | | | |
|-------|--------------------------------|--------|-------|---|
| HJ134 | 3 in 1 Dryer Cubes | each | 6.99 | V |
| HJ292 | 3 in 1 Surface Cleaner | 500ml | 2.99 | V |
| HJ053 | Bio Laundry Liquid | 2l | 10.99 | V |
| HJ302 | Delicate Laundry Liquid | 750ml | 3.99 | V |
| HJ146 | Dishwasher Tablets Classic 72 | 1.44kg | 9.69 | V |
| HJ057 | Dishwasher Tablets x 25 | 500g | 4.99 | V |
| HJ121 | Enzymatic Drain Sticks | 23g | 4.79 | V |
| HJ283 | Fabric Conditioner - Happiness | 1l | 3.49 | V |
| HJ281 | Fabric Conditioner - Purity | 1l | 3.49 | V |
| HJ008 | Forever Flush - Indigo | 95g | 4.25 | V |
| HJ013 | Forever Flush - Jade | 95g | 4.25 | V |
| HJ102 | Forever Flush 2000 | 1 | 6.99 | V |
| HJ005 | Forever Flush Twin Pack | 180g | 5.95 | V |
| HJ118 | Kettle & Iron Descaler | 60g | 2.15 | V |
| HJ293 | Laundry Liquid | 1.5l | 5.99 | V |
| HJ114 | Machine Cleaner | 135g | 3.39 | V |
| HJ133 | Magnoloo | each | 9.99 | V |
| HJ285 | Micro Fibre Cloth - Bathroom | 1 | 4.99 | V |
| HJ286 | Micro Fibre Cloth - Glass | 1 | 3.99 | V |
| HJ284 | Micro Fibre Cloth-Multi Purp | 1 | 4.99 | V |
| HJ158 | Multi Surface Wipes - Anti Bac | 240g | 2.49 | V |
| HJ061 | Non-Bio Laundry Liquid | 2l | 10.99 | V |
| HJ270 | Soap Nuts 1kg | 1kg | 11.25 | V |
| HJ294 | Toilet Cleaner | 750ml | 1.99 | V |
| HJ290 | Washing Up Liquid - Lemon | 500ml | 2.25 | V |
| HJ156 | Window & Glass Spray | 500ml | 2.99 | V |

FAITH

| | | | | |
|-------|----------------|----|-------|---|
| HJ179 | Dishwasher Gel | 5l | 35.62 | V |
| HJ148 | Laundry Liquid | 1l | 4.99 | V |

| code | product | size | rrp | bfgovs |
|-------|-----------------------------|-------|-------|--------|
| HJ180 | Laundry Liquid | 5l | 21.2 | V |
| HJ137 | Multi-Surface Spray Cleaner | 500ml | 3.65 | V |
| HJ182 | Multi-Surface Spray Cleaner | 5l | 31.03 | V |
| HJ181 | Washing Up Liquid | 5l | 21.2 | V |

HOUSEHOLD PRODUCTS

COTTON SOFT

| | | | | |
|-------|---------------|---|------|---|
| NF468 | Facial Tissue | 1 | 2.35 | V |
|-------|---------------|---|------|---|

IF YOU CARE

| | | | | |
|-------|--------------|--------|------|---|
| NF491 | Firelighters | 28 | 1.95 | V |
| NF338 | Firelighters | 1 pack | 4.35 | V |

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 |

MERIDIAN

Free From

| | | | | |
|-------|--------------------|------|------|----|
| VF019 | Korma Sauce | 350g | 2.49 | SV |
| VF025 | Tikka Masala Sauce | 350g | 2.49 | SV |

PATAKS

Chutneys

| | | | | |
|-------|---------------|------|------|-----|
| KJ444 | Mango Chutney | 340g | 1.89 | GSV |
|-------|---------------|------|------|-----|

Curry Pastes

| | | | | |
|-------|------------------------|------|------|-----|
| KJ054 | Madras Curry Paste | 283g | 2.59 | GV |
| KJ152 | Rogan Josh Curry Paste | 283g | 2.59 | GSV |

Pappadums

| | | | | |
|-------|-------------------|------|------|---|
| VF293 | Pappadums - Plain | 100g | 1.65 | V |
|-------|-------------------|------|------|---|

Pickles

| | | | | |
|-------|--------------------------------|------|------|-----|
| KJ040 | Aubergine Pickle (was Brinjal) | 312g | 2.39 | GVS |
| KJ041 | Chilli Pickle | 283g | 2.39 | GV |
| KJ044 | Lime Pickle - Hot | 283g | 2.39 | GV |
| KJ045 | Lime Pickle - Medium/Hot | 283g | 2.39 | GV |
| KJ047 | Mango pickle - Medium | 283g | 2.39 | GV |
| KJ049 | Mixed Pickle | 283g | 2.39 | GV |

PUNJABAN

Bases (Sauce Concentrate)

| | | | | |
|-------|--------------------------------|------|------|----|
| KJ375 | Authentic Curry Base - Hot | 350g | 2.99 | GV |
| KJ374 | Authentic Curry Base - Medium | 350g | 2.99 | GV |
| KJ373 | Authentic Curry Base - Mild | 350g | 2.99 | GV |
| KJ384 | Bombay Potato Base | 350g | 2.99 | GV |
| KJ379 | Butter 'Chicken' Base | 350g | 2.99 | GV |
| KJ376 | Keema Curry Base | 350g | 2.99 | GV |
| KJ378 | Naga Chilli Curry Base (v hot) | 350g | 2.99 | GV |
| KJ383 | Tasty Tamarind Curry Base | 350g | 2.99 | GV |

Chapattis and Naans

| | | | | |
|-------|---------------------------|------|------|---|
| BT500 | Chilli Masala Naan Bread | 270g | 1.75 | V |
| BT499 | Garlic and Coriander Naan | 270g | 1.75 | V |
| BT498 | Plain Tandoori Naan | 270g | 1.75 | V |
| BT501 | Wholemeal Chapattis | 270g | 1.75 | V |

Chutneys and Pickles

| | | | | |
|-------|--------------------------------|------|------|---|
| KJ370 | Feisty Apple and Mango Chutney | 255g | 2.49 | V |
| KJ371 | Sweet Mango Chutney | 225g | 2.49 | V |

| code | product | size | rrp | bfgosv |
|-------|-----------------------------|------|------|--------|
| KJ372 | Tangy Lime Pickle | 200g | 2.49 | V |
| | <i>Rice and Dhal</i> | | | |
| QS158 | Basmati Rice | 500g | 1.75 | V |
| KJ365 | Pilau Rice Kit | kits | 2.49 | V |
| KJ369 | Tadka Dhal Kit | kits | 2.99 | V |

JAMS & FRUIT SPREADS

SUMA

| | | | | |
|-------|-----------------------|------|------|---|
| JS200 | Pear and Apple Spread | 300g | 1.89 | V |
|-------|-----------------------|------|------|---|

BIONA

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

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 |

GRANNY'S SECRET

100% Fruit Spread

| | | | | |
|-------|------------------------------------|------|------|----|
| JS031 | Rose Hip Fruit Spread | 330g | 3.95 | V |
| | <i>Home Style Extra Jam</i> | | | |
| JS037 | Apricot Jam | 375g | 3.25 | SV |
| | <i>Home Style Preserve</i> | | | |
| JS035 | Sour Cherry Preserve | 375g | 3.79 | SV |
| JS034 | Wild Blackberry Preserve | 375g | 3.79 | SV |

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 |

ST DALFOUR

| | | | | |
|-------|--------------------------------|------|------|----|
| JS051 | Apricot Spread | 284g | 2.25 | GV |
| JS064 | Black Cherry Spread | 284g | 2.25 | GV |
| JS063 | Blackberry Spread | 284g | 2.25 | GV |
| JS062 | Blackcurrant Spread | 284g | 2.25 | GV |
| JS026 | Chestnut Spread - Gourmet | 284g | 2.29 | GV |
| JS009 | Cranberry & Blueberry | 284g | 2.25 | GV |
| JS068 | Fig Spread | 284g | 2.25 | GV |
| JS067 | Four Fruits Spread | 284g | 2.25 | GV |
| JS066 | Mirabelle Plum Spread | 284g | 2.25 | GV |
| JS120 | Orange and Ginger Spread | 284g | 2.25 | GV |
| JS046 | Raspberry & Pomegranate Spread | 284g | 2.25 | GV |
| JS049 | Raspberry Spread | 284g | 2.25 | GV |

| code | product | size | rrp | bfgosv |
|-------|-------------------------|------|------|--------|
| JS050 | Strawberry Spread | 284g | 2.25 | GV |
| JS061 | Thick Cut Orange Spread | 284g | 2.25 | GV |
| JS060 | Wild Blueberry Spread | 284g | 2.25 | GV |

STUTE

| | | | | |
|-------|------------------------------|------|------|---|
| JS005 | Apricot Extra Jam | 430g | 2.09 | V |
| JS006 | Blackcurrant Extra Jam | 430g | 2.09 | V |
| JS116 | Marmalade Fine Cut | 430g | 2.09 | V |
| JS008 | Raspberry Seedless Extra Jam | 430g | 2.09 | V |
| JS119 | Strawberry Extra Jam | 430g | 2.09 | V |

TRAI DCRAFT

| | | | | |
|-------|---------------------------------|------|------|------|
| 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 |
| <i>Non Hydrogenated Oils</i> | | | | |
| MA003 | Suma Olive Spread | 500g | 2.09 | V |
| MA055 | Suma Soya Spread | 500g | 1.89 | V |
| MA051 | Sunflower Spread | 2kg | 7.15 | V |
| MA053 | Sunflower Spread | 500g | 1.89 | V |

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 |

KOKO DAIRY FREE

| | | | | |
|-------|------------------------|-------|------|----|
| CV317 | Koko Dairy Free Spread | 500ml | 2.19 | GV |
|-------|------------------------|-------|------|----|

PURE

| | | | | |
|-------|-----------------------------|------|------|---|
| MA001 | Olive Spread | 500g | 2.75 | V |
| MA202 | Soya Dairy Free Spread | 500g | 2.06 | V |
| MA200 | Sunflower Dairy Free Spread | 500g | 2.22 | V |

TRU COCONUT OIL SPREAD

| | | | | |
|-------|-------------------------------|------|------|---|
| CV556 | Dairy Free Coconut Oil Spread | 500g | 1.39 | V |
|-------|-------------------------------|------|------|---|

MAYONNAISE & SALAD DRESSINGS

BIONA

| | | | | |
|-------|-----------------------------------|------|------|----|
| KJ401 | Mayo - Egg & Soya Free | 230g | 2.19 | OV |
|-------|-----------------------------------|------|------|----|

DELICIOSO

| | | | | |
|-------|--------|------|------|---|
| KJ485 | Aliolo | 175g | 3.89 | V |
|-------|--------|------|------|---|

GEO ORGANICS

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

GRANOVITA

| | | | | |
|-------|-------------|------|------|-----|
| KJ217 | Mayola | 280g | 2.26 | GV |
| KJ296 | Salad Cream | 290g | 2.26 | GSV |

MARY BERRY

| | | | | |
|-------|-------------------------------|-------|------|----|
| KJ337 | Garlic & Onion Vinaigrette | 235g | 3.15 | VS |
| KJ336 | Lemon & Mustard Vinaigrette | 235g | 3.15 | VS |
| KJ220 | Light Salad Dressing | 235ml | 3.15 | SV |
| KJ168 | Mango, Lime & Chilli Dressing | 235ml | 3.15 | V |

PLAMIL

| | | | | |
|-------|--------------------------------|------|------|----|
| KJ186 | Egg Free Mayonnaise - Garlic | 315g | 2.65 | GV |
| KJ187 | Egg Free Mayonnaise - Plain | 315g | 2.65 | GV |
| KJ188 | Egg Free Mayonnaise - Tarragon | 315g | 2.65 | GV |

| code | product | size | rrp | bfgosv |
|-------|---|-------|-------|--------|
| | Catering | | | |
| LJ360 | Egg Free Mayonnaise - organic | 2.5kg | 23.59 | GOSV |
| KJ254 | Egg Free Mayonnaise - Plain | 2.5kg | 18.75 | GV |
| | Organic | | | |
| LJ006 | Egg Free Mayo+Lemongrass - og | 315g | 3.19 | GOSV |
| LJ259 | Egg Free Mayonnaise - organic | 315g | 3.19 | GOSV |
| | Squeezy Bottle | | | |
| KJ441 | Egg Free Mayo - Green Chillies | 275g | 2.95 | GOV |
| KJ438 | Egg Free Mayonnaise | 275g | 2.49 | GV |
| KJ436 | Egg Free Mayonnaise - Garlic | 275g | 2.49 | GV |
| KJ439 | Egg Free Mayonnaise - Organic | 275g | 2.95 | GOV |
| | REALLY NOT DAIRY | | | |
| KJ089 | Chipotle Mayo | 280g | 1.99 | SV |
| KJ099 | Original Mayo | 280g | 1.99 | SV |
| KJ091 | Roasted Garlic Mayo | 280g | 1.99 | SV |
| | RIGHTEOUS DRESSINGS | | | |
| KJ278 | Ginger & Toasted Sesame | 225ml | 2.85 | SV |
| KJ280 | Lemon & Mustard Seed | 225ml | 2.85 | SV |
| | TIGG'S | | | |
| KJ460 | Cool Basil & Pea Dressing | 250g | 3.99 | VS |
| KJ461 | Subtle Pepper/Mustard Dressing | 250g | 3.99 | SV |
| KJ458 | Sweet Original Dressing | 250g | 3.99 | VS |
| | MEAT FREE ALTERNATIVES (FROZEN) | | | |
| | FRYS | | | |
| XL074 | Beef Style Chunky Strips | 380g | 3.35 | V |
| XL010 | Chicken Style Strips | 380g | 3.35 | V |
| XL196 | Crispy Prawns | 250g | 3.75 | V |
| XL212 | Rice & Chia Stir Fry Strips | 300 | 3.39 | V |
| XL228 | Soy & Quinoa Country Roast | 500g | 5.99 | V |
| XL075 | Vegetarian Mince | 380g | 3.35 | V |
| | IMPULSE FOODS | | | |
| XL109 | Organic Garlic & Herb Tempeh | 227g | 2.89 | OV |
| XL107 | Organic Tempeh | 227g | 2.85 | OV |
| | LINDA MCCARTNEY | | | |
| XL231 | Vegemince | 454g | 2.59 | V |
| XL254 | Vegetarian Quarter Pounder | 227g | 2.39 | V |
| | QUORN | | | |
| XL210 | Vegan Pieces | 280g | 2.99 | V |
| | MEATLESS SUBSTITUTES (CHILLED) | | | |
| | DELPHI FOODS | | | |
| CV265 | Falafel | 140g | 1.89 | V |
| | 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 |
| | MACSWEEN | | | |
| CV390 | Veg Haggis 6 x 454g | 454g | 4.62 | V |
| CV385 | Veg Haggis 8 x 227g | 227g | 2.39 | V |

| code | product | size | rrp | bfgosv |
|---------------------------------------|--------------------------------|------|------|--------|
| 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 |
| CV263 | Tofu/Hazel/Spelt Cutlets OG | 200g | 3.59 | OV |
| CV010 | Wiener/Frankfurters - organic | 300g | 4.69 | OV |
| THE REAL LANCASHIRE PUDDING CO | | | | |
| CV999 | Vegetarian Black Pudding | 200g | 1.69 | V |
| VBITES | | | | |
| CV232 | Cheatin' Chicken | 100g | 1.79 | V |
| CV260 | Cheatin' Chorizo Style Chunks | 150g | 3.19 | V |
| CV235 | Cheatin' Garlic Sausage | 100g | 1.79 | V |
| CV234 | Cheatin' Ham | 100g | 1.79 | V |
| CV568 | Cheatin' Maple Rashers | 115g | 2.49 | V |
| CV237 | Cheatin' Pepperoni | 100g | 1.89 | V |
| CV236 | Cheatin' Roast Beef Slices | 100g | 1.89 | V |
| CV233 | Cheatin' Turkey | 100g | 1.79 | V |
| CV469 | Lamb Style Doner Kebab Slices | 100g | 1.89 | V |
| CV602 | Meat Free Hot Dog | 200g | 2.29 | SV |
| CV643 | Meat-free slices Sage & Onion | 100g | 1.79 | V |
| CV098 | Original Tempeh Rashers | 120g | 2.79 | V |
| CV238 | Streaky-Style Rashers | 115g | 2.49 | V |
| Making Waves | | | | |
| CV555 | Fish Style Fingers - Breaded | 215g | 2.99 | V |
| CV093 | Fish Style Steaks | 200g | 2.99 | SV |
| CV090 | Fishless Cakes | 150g | 2.49 | SV |
| CV566 | Smoked Salmon Style Slices | 100g | 1.99 | V |
| Vegi Deli | | | | |
| CV025 | Cheatin Chicken Style Pieces | 150g | 2.69 | V |
| CV015 | Cheatin Vegetarian Mince | 300g | 3.29 | V |
| CV739 | Duck Style Pieces | 150g | 2.99 | V |
| CV668 | Falafel-Traditional Style | 250g | 2.69 | V |
| CV667 | Lincolnshire Style Sausage | 295g | 2.69 | V |
| CV569 | Oregano & Basil Sausages | 300g | 2.69 | V |
| CV193 | Quarterpound Meat Free Burger | 228g | 2.79 | SV |
| CV557 | Sage & Marjoram Sausages | 295g | 2.69 | V |
| CV669 | Thai Style Fish Cakes | 250g | 2.79 | V |
| CV172 | Vegetarian Schnitzels | 200g | 2.49 | V |
| CV565 | Vegideli Mushroom Pate | 150g | 1.79 | V |
| VEGANDELI | | | | |
| CV104 | Gourmet Italian Mortadela | 320g | 4.52 | V |
| CV106 | Gourmet Morcilla Style | 250g | 3.92 | V |
| CV107 | Gourmet Smoked Chorizo Style | 400g | 5.22 | V |

| code | product | size | rrp | bfgosv |
|--|---|-------|------|--------|
| VIANA | | | | |
| CV392 | Organic Doner Kebab <i>Demeter Organic Standard</i> | 200g | 3.69 | OV |
| 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 |
| 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 |
| Spacebars | | | | |
| 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 | | | | |
| AL'FEZ | | | | |
| KJ548 | Apricot & Coriander Tagine | 350g | 2.39 | SV |
| KJ065 | Falafel Mix | 150g | 1.35 | V |
| KJ169 | Falafel Mix | 600g | 6.15 | V |
| KJ312 | Falafel Mix - Moroccan Spiced | 150g | 1.35 | V |
| KJ236 | Green Harissa Paste | 100g | 2.19 | V |
| KJ753 | Harissa | 100g | 1.95 | V |
| KJ141 | Harissa | 500g | 5.45 | SV |
| KJ055 | Harissa Spiced Couscous | 200g | 1.39 | V |
| KJ313 | Houmous | 160g | 1.79 | V |
| KJ127 | Lebanese Baharat (in box) | 42g | 2.09 | V |
| KJ547 | Lemon Tagine | 100g | 2.09 | SV |
| KJ302 | Moroccan Couscous | 200g | 1.39 | V |
| KJ403 | Muhammara Chilli Cashew Dip | 150g | 1.99 | SV |
| KJ308 | Preserved Lemons | 140g | 3.29 | V |
| KJ171 | Ras El Hanout | 300g | 5.65 | V |
| KJ752 | Ras El Hanout Rub (in jar) | 42g | 2.09 | V |
| KJ033 | Spiced Apricot Tagine Paste | 160g | 2.99 | SV |
| KJ057 | Sumac | 38g | 2.09 | V |
| KJ242 | Tahini | 160g | 1.79 | V |
| KJ173 | Tahini | 1kg | 9.25 | GOV |
| KJ237 | Tahini Dressing | 200g | 2.29 | V |
| VF046 | Vine Leaves Stuffed With Rice | 280g | 2.25 | V |
| KJ172 | Za'atar | 38g | 2.25 | V |
| AMISA | | | | |
| KJ105 | Falafel Mix | 160g | 1.79 | GOV |
| KJ305 | Harissa Falafel Mix GF | 160g | 1.89 | GOV |
| BIM'S KITCHEN | | | | |
| HY050 | African Baobab & Cacao Syrup | 235g | 4.95 | GSV |
| GH175 | African Baobab & Peanut Butter | 190g | 4.75 | GOV |
| KJ068 | African Baobab Chilli Jam | 215g | 3.85 | GSV |
| KJ075 | African Chilli Coconut Relish | 190g | 3.85 | GV |
| KJ085 | African Coconut Piri Piri | 250ml | 3.85 | GSV |

| code | product | size | rrp | bfgosv |
|-------------------------|---|-------|-------|--------|
| HY054 | African Hibiscus Syrup | 235g | 4.95 | GSV |
| GH176 | African Tigernut&Cashew Butter | 190g | 5.09 | GOV |
| KJ082 | African Tomato/Tigernut Relish | 210g | 3.85 | GSV |
| KJ084 | Spicy African BBQ Sauce | 250ml | 3.85 | GSV |
| KJ083 | Sweet Tigernut & Chilli Sauce | 250ml | 3.85 | GSV |
| GH125 | Tigernut & Macadamia Butter | 170g | 6.95 | GOV |
| BIMS KITCHEN | | | | |
| KJ109 | African Baobab BBQ Sauce | 250ml | 3.85 | GSV |
| CARLEY'S | | | | |
| KJ240 | Preserved Lemon - Organic | 700g | 5.19 | OV |
| GRANOSE | | | | |
| VF078 | Falafel Mix | 120g | 1.85 | V |
| HARRY BRAND | | | | |
| KJ362 | Harissa - Squeezy | 195g | 3.49 | V |
| KJ361 | Harissa (Jars) | 210g | 3.49 | V |
| JUST WHOLEFOODS | | | | |
| VF183 | Falafel Mix - organic | 120g | 1.55 | OV |
| VF256 | Houmous Mix - Organic | 125g | 1.55 | OV |
| OLIVES ET AL | | | | |
| KJ124 | Moroccan Dukkah (spice mix) | 90g | 3.59 | V |
| KJ123 | Preserved Lemons | 400g | 5.5 | V |
| KJ116 | Tapanade Marocaine | 160g | 3.59 | V |
| MILK - NON DAIRY | | | | |
| BLUE DIAMOND | | | | |
| SY101 | Almond Breeze - Barista Blend | 1l | 2.5 | GV |
| SY061 | Almond Breeze - Original | 1l | 1.79 | GSV |
| SY108 | Almond Breeze - Reduced Sugar | 1l | 1.79 | GSV |
| SY066 | Almond Breeze - Unsweetened | 1l | 1.79 | GV |
| SY111 | Almond Breeze - Vanilla | 1l | 2.19 | GSV |
| BONSOY | | | | |
| SY072 | Soya Milk | 1l | 3.75 | V |
| CHI | | | | |
| SY062 | Coconut Milk | 1l | 1.69 | V |
| 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 |
| GOOD HEMP FOOD | | | | |
| SY065 | Hemp Drink | 1l | 1.99 | V |
| SY083 | Hemp Drink | 330ml | 1.45 | SV |
| SY175 | Hemp Drink - Unsweetened | 1l | 1.99 | V |
| SY096 | Hemp Drink - Unsweetened | 330ml | 1.49 | V |

| code | product | size | rrp | bfgosv |
|------------------------|---|-----------|------|--------|
| KOKO DAIRY FREE | | | | |
| SY038 | Coconut Milk Drink | 1l | 1.79 | GV |
| SY046 | Coconut Milk Drink | 3 x 250ml | 1.99 | GV |
| SY051 | Coconut Milk Drink - Chocolate | 1l | 2.09 | GSV |
| SY157 | Coconut Milk Drink - Light | 1l | 1.79 | GV |
| SY056 | Coconut Milk Drink Chocolate | 3 x 250ml | 1.99 | GSV |
| SY055 | Coconut Milk Drink Strawberry | 3 x 250ml | 1.99 | GSV |
| LEHA | | | | |
| SY092 | Squirty Schlagcreme | 200ml | 2.19 | V |
| NATURE'S CHARM | | | | |
| SY077 | Condensed Coconut Milk | 320g | 2.39 | GSV |
| SY078 | Evaporated Coconut Milk | 360ml | 1.89 | GSV |
| OATLY | | | | |
| SY019 | Cream - Dairy Free | 250ml | 1.09 | VO |
| SY045 | Oatly Chocolate Drink | 1l | 1.99 | SV |
| SY091 | Oatly Chocolate Drink | 3 x 250ml | 1.99 | V |
| JU385 | Oatly Enriched - added calcium | 1l | 1.75 | V |
| SY158 | Oatly Oat Drink Foamable | 1l | 1.99 | V |
| JU377 | Oatly Oat Drink Organic | 1l | 1.75 | OV |
| 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 |
| SY043 | Soya Milk - sweetened | 1l | 1.45 | GSV |
| SY080 | Soya Milk - sweetened | 1l | 1.55 | GOV |
| SY126 | Soya Milk - Sweetened with | 250ml | 0.5 | GV |
| SY025 | Soya Milk - Unsweetened | 1l | 1.55 | GOV |
| SY026 | Soya Milk - Unsweetened | 500ml | 0.99 | GOV |
| SY123 | Soya Unsweetened Organic PMP | 1l | 1.19 | OV |
| PROVITAMIL | | | | |
| SY035 | Oat Drink | 1l | 1.55 | V |
| RICE DREAM | | | | |
| SY093 | Almond Dream -calcium enriched | 1l | 1.99 | V |
| JU488 | Coconut Dream | 1l | 1.89 | GV |
| JU540 | Rice Dream - Calcium | 1l | 1.95 | V |
| JU307 | Rice Dream - Hazelnut & Almond | 1l | 2.15 | V |
| JU361 | Rice Dream - Original | 1l | 1.95 | VO |
| JU362 | Rice Dream - Vanilla | 1l | 2.15 | VO |

| code | product | size | rrp | bfgosv |
|--------------------------|--------------------------------|-------|------|--------|
| RUDE HEALTH FOODS | | | | |
| SY129 | Almond Drink - Organic | 1l | 2.49 | GOV |
| SY004 | Almond Drink - Organic | 250ml | 1.5 | GOV |
| SY130 | Brown Rice Drink - Organic | 1l | 2.29 | GOV |
| SY085 | Cashew Drink - Organic | 1l | 3.5 | GOV |
| SY044 | Coconut Drink Organic | 1l | 2.99 | GOV |
| SY148 | Hazelnut Drink - Organic | 1l | 2.99 | GOV |
| SY037 | Oat Drink - Organic | 1l | 2.29 | GOV |
| SY159 | Ultimate Almond Milk - Organic | 1l | 3.85 | GOV |

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 |

SOYA SOLEIL

| | | | | |
|-------|--------------------------------|----|------|----|
| SY135 | Soya Milk - Calcium, Sweetened | 1l | 1.19 | SV |
| SY136 | Soya Milk - Unsweetened | 1l | 1.19 | V |

SOYATOO!

| | | | | |
|-------|-----------------------------|------|------|---|
| SY375 | Soy Whip - Spray Soya Cream | 250g | 1.99 | V |
|-------|-----------------------------|------|------|---|

SUNRISE

| | | | | |
|-------|--------------------------------|----|------|----|
| SY041 | Soya Milk - Org, Unsweetened | 1l | 1.39 | OV |
| SY036 | Soya Milk + Calcium & Vitamins | 1l | 1.39 | V |

SWEET REVOLUTION

| | | | | |
|-------|---------------------|------|------|---|
| SY081 | Coconut Milk Powder | 500g | 7.95 | V |
|-------|---------------------|------|------|---|

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 |
| 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 |

THE COCONUT COMPANY

| | | | | |
|-------|---------------------|------|------|---|
| SY001 | Coconut Milk Powder | 250g | 4.49 | V |
|-------|---------------------|------|------|---|

NON-DAIRY DESSERTS (FROZEN)

BOOJA BOOJA

Alternative to Dairy Ice Cream

| | | | | |
|-------|---------------------------------|-------|------|-----|
| XL258 | Caramel Pecan Praline Ice Crea | 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 |

| code | product | size | rrp | bfgosv |
|--------------------------------------|---|-------|------|--------|
| CO YO | | | | |
| <i>Coconut Milk Ice-Cream</i> | | | | |
| XL086 | Coyo Date & Tamarind Ice-Cream | 500ml | 6.99 | V |
| XL052 | Coyo Natural Coconut Ice-Cream | 500ml | 6.99 | V |
| XL088 | Coyo Raw Chocolate Ice-Cream | 500ml | 6.99 | V |
| XL053 | Coyo Vanilla Nutmeg Ice-Cream | 500ml | 6.99 | V |
| DREAM | | | | |
| XL192 | Almond Dream Mint Choc Chip | 472ml | 5.33 | V |
| XL187 | Almond Dream Salted Caramel | 472ml | 5.33 | V |
| XL185 | Almond Dream Velvety Vanilla | 472ml | 5.33 | V |
| FOOD HEAVEN | | | | |
| XL401 | Chocolate Vanilla Desert | 900ml | 4.19 | SV |
| XL400 | Cool Vanilla Desert | 900ml | 4.19 | SV |
| XL399 | Juicy Raspberry Desert | 900ml | 4.19 | SV |
| XL070 | Sicilian Lemon Cheesecake | 375g | 3.39 | SV |
| XL398 | Wild Blueberry Desert | 900ml | 4.19 | SV |
| FRAVOCADO | | | | |
| <i>Avocado and Coconut Ice Cream</i> | | | | |
| XL243 | Original | 100ml | 2.5 | V |
| XL169 | Original | 500ml | 6.95 | V |
| XL242 | Raspberry and Basil | 100ml | 2.5 | V |
| XL236 | Raspberry and Basil | 500ml | 6.95 | V |
| XL244 | Raw Cacao | 100ml | 2.5 | V |
| XL168 | Raw Cacao | 500ml | 6.95 | V |
| FRYS | | | | |
| XL167 | Just Coconut Ice Cream | 475ml | 5.19 | V |
| XL165 | Salted Caramel Ice Cream | 475ml | 6.39 | V |
| XL164 | Tons of Cookies Ice Cream | 475ml | 5.19 | V |
| XL166 | Vanilla Coconut Ice Cream | 475ml | 5.25 | V |
| XL162 | Vanilla Espresso Bean Ice Crm | 475ml | 5.39 | V |
| JOLLYUM | | | | |
| <i>Organic Soya Ice-Cream</i> | | | | |
| 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 |
| MAMMA CUCINA | | | | |
| XL407 | Chocolate Soya Desert | 750ml | 2.99 | SV |
| XL105 | Mango/Passion Fruit Cheesecake | 550g | 3.99 | SV |
| XL408 | Strawberry Soya Desert | 750ml | 2.99 | SV |
| XL406 | Vanilla Soya Desert | 750ml | 2.99 | SV |
| MIIRO | | | | |
| <i>Spring Summer</i> | | | | |
| XL267 | Chocolate Hazelnut Lolly | 70ml | 2.69 | V |
| XL269 | Salted Caramel Ice Lollies | 70ml | 2.69 | V |
| XL268 | Vanilla Peanut Butter Lollies | 70ml | 2.69 | V |
| 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 |

| code | product | size | rrp | bfgosv |
|-------|-----------------------------|-------|------|--------|
| 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 |

OKOBAY

Frozen Dessert

| | | | | |
|-------|------------------------------|-------|------|----|
| XL184 | Coconut Milk & Choc Dessert | 500ml | 4.49 | SV |
| XL161 | Coconut Milk & Mango Dessert | 500ml | 4.49 | SV |
| XL154 | Coconut Milk Frozen Dessert | 500ml | 4.49 | SV |

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 |

REAL FRUIT FRENZY

Push-up Ice Lollies

| | | | | |
|-------|---------------------|-------|------|---|
| XL224 | Apple and Raspberry | 105ml | 1.23 | V |
| XL223 | Blackcurrant | 105ml | 1.23 | V |
| XL222 | Orange | 105ml | 1.23 | V |

SWEDISH GLACE

| | | | | |
|-------|--------------------------|-------|------|----|
| XL017 | Juicy Raspberry | 750ml | 3.95 | VS |
| XL018 | Rich Chocolate | 750ml | 3.95 | SV |
| XL016 | Smooth Vanilla Ice Cream | 750ml | 3.95 | VS |

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 |
| 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 |

| code | product | size | rrp | bfgosv |
|-----------------------|---------------------------------------|------|-------|--------|
| 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 |
| CYPRESSA | | | | |
| GH178 | Tahini | 300g | 3.05 | V |
| 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 | | | | |
| GH122 | Almond Butter + salt | 170g | 3.29 | V |
| GH072 | Almond Butter Smooth + salt | 170g | 4.49 | OV |
| GH037 | Peanut Butter - crunchy + salt | 1kg | 6.99 | V |
| GH021 | Peanut Butter - crunchy + salt | 280g | 2.49 | V |
| GH039 | Peanut Butter - smooth + salt | 1kg | 6.99 | V |
| GH026 | Peanut Butter - smooth + salt | 280g | 2.49 | V |
| GH028 | Peanut Butter Crunchy + Salt | 280g | 2.69 | OV |
| GH109 | Peanut Butter Smooth-org +salt | 280g | 2.69 | OV |
| GH052 | Peanut Butter With Seeds | 280g | 2.69 | V |
| GH222 | Pistachio Butter | 160g | 6.99 | V |
| GH065 | Tahini - dark | 270g | 2.49 | V |
| GH064 | Tahini - dark, organic | 270g | 2.99 | OV |
| GH068 | Tahini - light | 270g | 2.49 | V |
| GH207 | Tahini - light | 454g | 3.99 | V |
| GH020 | Tahini - light, organic | 270g | 2.99 | OV |
| GH205 | Tahini - light, organic | 454g | 4.49 | OV |
| 100% Nuts | | | | |
| GH056 | Almond Butter Crunchy | 170g | 3.29 | V |
| GH054 | Almond Butter Crunchy | 1kg | 17.99 | V |
| GH060 | Almond Butter Smooth | 170g | 3.29 | V |
| GH087 | Almond Butter Smooth | 1kg | 17.99 | V |
| GH164 | Almond Butter Smooth | 454g | 8.49 | V |
| 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 |
| GH061 | Cashew Butter Crunchy | 170g | 3.29 | V |
| GH062 | Cashew Butter Crunchy | 1kg | 17.99 | V |
| GH027 | Cashew Butter Smooth | 170g | 3.29 | V |
| GH088 | Cashew Butter Smooth | 1kg | 17.99 | V |
| GH057 | Cashew Butter Smooth Organic | 170g | 4.49 | OV |
| GH114 | Hazelnut Butter Crunchy | 170g | 4.49 | V |
| GH172 | Macadamia Butter | 170g | 6.99 | V |
| GH038 | Peanut Butter Crunchy | 1kg | 6.99 | V |
| GH066 | Peanut Butter Crunchy | 280g | 2.49 | V |
| GH063 | Peanut Butter Crunchy | 280g | 2.69 | OV |
| GH097 | Peanut Butter Crunchy Organic | 1kg | 7.99 | OV |

| code | product | size | rrp | bfgosv |
|-------|---|------|-------|--------|
| GH128 | Peanut Butter Crunchy Organic | 454g | 3.99 | OV |
| GH040 | Peanut Butter Smooth | 1kg | 6.99 | V |
| GH069 | Peanut Butter Smooth | 1kg | 7.99 | OV |
| GH067 | Peanut Butter Smooth | 280g | 2.49 | V |
| GH110 | Peanut Butter Smooth | 280g | 2.69 | OV |
| GH200 | Peanut Butter Smooth Organic | 454g | 3.99 | OV |
| GH174 | Pecan Butter | 170g | 5.99 | V |
| | 100% Seeds | | | |
| 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 |
| GH077 | Tahini - dark | 280g | 2.99 | V |
| GH079 | Tahini - dark | 3kg | 28.45 | V |
| GH180 | Tahini - dark 25% Extra Fill | 350g | 2.65 | V |
| GH996 | Tahini - dark, organic | 3kg | 35.5 | VO |
| GH080 | Tahini - light | 3kg | 28.49 | V |
| GH149 | Tahini - light, organic | 3kg | 35.5 | VO |
| GH078 | Tahini-Light | 280g | 2.99 | V |
| | WHOLE EARTH | | | |
| GH091 | Peanut Butter - smooth organic | 227g | 2.89 | GOV |
| GH090 | Peanut Butter -crunchy organic | 227g | 2.89 | GOV |
| GH113 | Peanut Butter -smooth original | 1kg | 5.99 | GV |
| GH084 | Peanut Butter -smooth original | 340g | 2.99 | GV |
| GH108 | Peanut Butter + Mixed Seeds | 340g | 2.99 | GV |
| GH151 | Peanut Butter-100% Nuts,Crunch | 227g | 2.89 | GOV |
| GH115 | Peanut Butter-crunchy original | 1kg | 5.99 | GV |
| GH082 | Peanut Butter-crunchy original | 340g | 2.99 | GV |
| GH190 | Peanut Butter-Hi Oleic Crunchy | 340g | 3.19 | GV |
| GH013 | Three Nut Butter | 227g | 3.29 | GV |
| | 50% Extra Free | | | |
| GH203 | Organic Crunchy Peanut Butter | 340g | 2.89 | V |
| GH204 | Organic Smooth Peanut Butter | 340g | 2.89 | OV |
| | NUT/SEED MILK YOGURTS(CHILLED) | | | |
| | NUSH | | | |
| | <i>Almond Milk Dairy Free Yoghurt</i> | | | |
| CV533 | Natural Yoghurt | 350g | 3.99 | V |
| | <i>Almond Milk Dairy-Free Yoghurt</i> | | | |
| CV326 | Blueberry Yoghurt | 125g | 1.99 | V |
| CV331 | Caramel and Hibiscus Yoghurt | 125g | 1.99 | V |
| CV333 | Natural Yoghurt | 125g | 1.99 | V |
| CV348 | Peach Melba Yoghurt | 125g | 1.99 | V |

| code | product | size | rrp | bfgosv |
|-------|---------------------------------------|------|------|--------|
| | Cashew Milk Dairy-Free Yoghurt | | | |
| CV530 | Cashew Yoghurt | 125g | 1.99 | GV |
| CV386 | Cashew Yoghurt Natural | 125g | 1.99 | V |
| CV379 | Natural Cashew Yoghurt | 350g | 3.99 | V |
| CV514 | Strawberry Yoghurt | 125g | 1.99 | GV |

SOJADE

| | | | | |
|-------|----------------------------|------|------|------|
| CV389 | Natural Hemp Yogurt | 250g | 1.49 | GOVB |
|-------|----------------------------|------|------|------|

NUTS & SEEDS

SUMA PREPACKS

| | | | | |
|-------|------------------------------|------|-------|---|
| NU085 | Almonds | 125g | 2.09 | V |
| NU145 | Almonds | 250g | 3.89 | V |
| NU013 | Almonds - blanched | 125g | 2.99 | V |
| NU086 | Almonds - flaked | 125g | 2.29 | V |
| NU143 | Almonds - ground | 125g | 2.09 | V |
| NU144 | Almonds - ground | 250g | 3.89 | V |
| NU088 | Brazil - broken | 125g | 2.89 | V |
| NU146 | Brazil - broken | 250g | 5.49 | V |
| NU087 | Brazil - whole medium | 125g | 3.15 | V |
| NU147 | Brazil - whole medium | 250g | 6.05 | V |
| NU089 | Cashew - large pieces | 125g | 2.09 | V |
| NU149 | Cashew - large pieces | 250g | 3.89 | V |
| NU150 | Cashew - roasted & salted | 125g | 3.39 | V |
| NU152 | Cashew - whole | 125g | 2.75 | V |
| NU153 | Cashew - whole | 250g | 5.25 | V |
| NU151 | Chia Seeds | 250g | 2.49 | V |
| NU029 | Coconut - chips | 150g | 1.45 | V |
| NU090 | Hazelnuts | 125g | 2.59 | V |
| NU157 | Hazelnuts | 250g | 24.89 | V |
| NU211 | Linseed / Flax | 250g | 0.89 | V |
| NU291 | Linseed / Flax | 500g | 1.29 | V |
| NU101 | Macadamias | 125g | 4.49 | V |
| NU091 | Mixed nuts | 125g | 2.15 | V |
| NU162 | Mixed nuts | 250g | 3.99 | V |
| NU158 | Mixed nuts - chopped | 250g | 2.39 | V |
| NU168 | Peanuts - redskin | 250g | 1.45 | V |
| NU184 | Peanuts - roasted | 250g | 1.79 | V |
| NU170 | Peanuts - roasted & salted | 250g | 1.85 | V |
| NU171 | Pecan nuts | 125g | 4.45 | V |
| NU092 | Pine kernels | 125g | 3.15 | V |
| NU252 | Pistachio - raw shelled | 125g | 4.45 | V |
| NU175 | Pistachio - roasted & salted | 250g | 4.99 | V |
| NU093 | Pistachio - roasted & salted | 125g | 2.65 | V |
| NU094 | Pumpkin seeds | 125g | 1.25 | V |
| NU176 | Pumpkin seeds | 250g | 2.19 | V |
| NU099 | Sesame seeds - natural | 125g | 0.95 | V |
| NU177 | Sesame seeds - natural | 250g | 1.59 | V |
| NU100 | Sunflower seeds | 125g | 0.75 | V |
| NU178 | Sunflower seeds | 250g | 1.15 | V |
| NU179 | Sunflower seeds | 500g | 1.85 | V |
| NU173 | Walnuts - light halves | 125g | 2.65 | V |
| NU174 | Walnuts - light halves | 250g | 4.99 | V |
| NU185 | Walnuts - light quarters | 125g | 2.15 | V |
| NU186 | Walnuts - light quarters | 250g | 3.99 | V |

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 |

| code | product | size | rrp | bfgosv |
|-------|--------------------------------------|------|-------|--------|
| 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 |
| 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 |
| | ARTISAN GRAINS | | | |
| NU148 | Chia Seeds | 125g | 2.89 | V |
| | BIONA | | | |
| NU304 | Amaranth Seeds | 500g | 2.49 | OV |
| NU303 | Hemp Seeds | 250g | 2.29 | OV |
| | GOOD HEMP FOOD | | | |
| NU026 | Hemp Seed Hearts | 225g | 5 | V |
| | 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 |
| | ZAYTOUN | | | |
| NU108 | Palestinian Almonds | 150g | 5.75 | FV |
| | OILS & FATS | | | |
| | SUMA | | | |
| GT350 | Coconut Oil - Culinary | 320g | 3.25 | OV |

| code | product | size | rrp | bfgosv |
|----------------------|---------------------------------------|--------|-------|--------|
| 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 |
| GT100 | Grapeseed Oil | 500ml | 3.99 | V |
| 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 |
| GT084 | Olive Oil - Extra Virgin | 500ml | 5.15 | V |
| GT086 | Olive Oil - Extra Virgin | 5l | 45.5 | V |
| GT085 | Olive Oil-Extra Virgin,organic | 500ml | 6.5 | VO |
| GT087 | Olive Oil-Extra Virgin,organic | 5l | 45.99 | VO |
| GT083 | Sunflower Oil - cold pressed | 500ml | 3.25 | V |
| GT090 | Sunflower Oil - cold pressed | 5l | 19.75 | V |
| GT080 | Sunflower Oil - organic | 500ml | 3.45 | VO |
| GT091 | Sunflower Oil - organic | 5l | 22.8 | VO |
| GT052 | Sunflower Oil - refined | 5l | 15.45 | V |
| SUMA PREPACKS | | | | |
| GT028 | Gluten Free Vegetarian Suet | 250g | 1.75 | GV |
| AZADA | | | | |
| GT106 | Set of 5 flavoured oils | 5 x 20 | 9.65 | OV |
| BIO PLANETE | | | | |
| GT136 | Peanut Oil - og | 250ml | 8.95 | OV |
| 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 |
| GT045 | Sesame Oil Toasted | 150ml | 3.49 | V |
| 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 | | | | |
| GT006 | Everyday Coconut Oil | 450ml | 3.99 | V |
| GT011 | Organic Coconut Oil | 350ml | 6.99 | OV |

| code | product | size | rrp | bfgosv |
|---------------------------------------|---------------------------------------|-------|-------|--------|
| 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 |
| COMMUNITY | | | | |
| GT118 | Sunflower Oil - refined | 1l | 3.19 | V |
| DROGHERIA & ALIMENTARI | | | | |
| GT089 | Basil Infused Oil | 80ml | 1.95 | V |
| GT081 | Chilli Infused Oil | 80ml | 1.95 | V |
| GT088 | Garlic & Parsley Infused Oil | 80ml | 1.95 | V |
| GT078 | Lemon Infused Oil | 80ml | 1.95 | V |
| GT079 | Porcini & Truffle Infused Oil | 80ml | 1.95 | V |
| EQUAL EXCHANGE | | | | |
| <i>Palestinian Fairtrade Oils</i> | | | | |
| GT555 | Olive Oil | 1l | 18.99 | FV |
| GOOD HEMP FOOD | | | | |
| GT043 | Hemp Oil - Original | 250ml | 4.49 | V |
| GT046 | Hemp Oil - Original | 500ml | 7.99 | V |
| HELLENIC | | | | |
| GT403 | Olive Oil - Extra Virgin | 1l | 11.99 | V |
| GT008 | Olive Oil - Extra Virgin | 250ml | 3.79 | V |
| GT005 | Olive Oil - Extra Virgin | 3l | 33.9 | V |
| GT402 | Olive Oil - Extra Virgin | 500ml | 6.19 | V |
| GT031 | Olive Oil Extra Virgin | 5l | 53.9 | V |
| HIGHER NATURE OMEGA EXCELLENCE | | | | |
| VM061 | Organic Virgin Coconut Butter | 400g | 15.9 | OV |
| HONEST TOIL | | | | |
| GT039 | Extra Virgin Olive Oil | 3l | 34.35 | V |
| GT074 | Extra Virgin Olive Oil | 500ml | 6.5 | V |
| KHYBER | | | | |
| VF751 | Ghee | 2lb | 3.65 | V |
| KTC | | | | |
| GT135 | Almond Oil | 200ml | 2.65 | V |
| GT133 | Coconut Oil | 250ml | 1.99 | V |
| LA BIO IDEA | | | | |
| GT044 | Italian Og Virgin Olive Oil | 1l | 12.05 | OV |
| LUNAI0- SEGGIANO | | | | |
| KJ450 | Italian Extra Virgin Olive Oil | 500ml | 12.65 | V |
| 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 |
| GT072 | Liquid Coconut Oil - Premium | 250ml | 7.95 | V |
| GT076 | Pumpkin Seed Oil Organic | 250ml | 8.95 | OV |
| NUDO | | | | |
| GT105 | Extra Virgin Olive Oil | 250ml | 7.05 | V |
| GT102 | Olive Oil Infused With Chilli | 250ml | 9.05 | V |
| GT103 | Olive Oil with Basil | 250ml | 9.05 | V |
| GT104 | Olive Oil with Garlic | 250ml | 9.05 | V |
| GT101 | Olive Oil with Lemon | 250ml | 10 | V |

| code | product | size | rrp | bfgosv |
|----------------------------|---------------------------------|-------|-------|--------|
| 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 |
| WHARFE VALLEY FARMS | | | | |
| GT030 | Rapeseed Oil | 500ml | 5.99 | V |
| GT015 | Rapeseed Oil | 5l | 25 | V |
| YARE VALLEY | | | | |
| GT095 | Extra Virgin Rapeseed Oil 2ltr | 2l | 9.59 | V |
| GT094 | Garlic & Rosemary Rapeseed Oil | 250ml | 3.85 | V |
| 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 | | | | |
| ATTIS GOURMET | | | | |
| KJ015 | Aegean - Pitted Green Olives | 400g | 2.75 | V |
| KJ009 | Ionian-Pitted green & kalamata | 400g | 2.99 | V |
| KJ070 | Kalamata Olives | 400g | 2.25 | V |
| KJ032 | Mammoth Green Olives | 400g | 2.99 | V |
| KJ005 | Mexicana - Pitted green&black | 400g | 2.99 | V |
| KJ031 | Mykonos - Pitted green olives | 400g | 2.99 | V |
| COOKS & CO | | | | |
| KJ417 | Olives W/Garlic,Parsley,Onion | 160g | 2.39 | V |
| KJ413 | Olives with Lemon,Garlic,R/mar | 160g | 2.39 | V |
| KJ414 | Olives with Oregano | 160g | 2.99 | V |
| KJ406 | Olives with Pepper & Garlic | 160g | 2.39 | V |
| CRESPO | | | | |
| KJ135 | Black Olive Tapenade | 100g | 1.99 | V |
| KJ136 | Capers | 198g | 1.75 | V |
| KJ133 | Green Olive Tapenade | 600g | 1.99 | V |
| KJ269 | Pitted Black Olives in Brine | 198g | 1.15 | V |
| KJ268 | Pitted Dry Black Olives | 110g | 1.95 | V |
| OLIVES DU MARCHE | | | | |
| KJ316 | Pitt'd Green Olives Herb/Garlic | 30g | 0.6 | V |
| KJ264 | Pitted Dry Black Olives/Herbs | 70g | 1.15 | V |
| KJ267 | Pitted Green Olive Herb/Garlic | 70g | 1.15 | V |
| KJ266 | Pitted Mixed Cocktail Olives | 70g | 1.15 | V |
| CYPRESSA | | | | |
| KJ867 | Cypressa Pitted Green Olives | 2kg | 10.65 | V |
| KJ063 | Haldiki Pitted Green Olives | 315g | 1.89 | V |
| KJ062 | Mixed Olives with Garlic&Herb | 315g | 1.89 | V |
| KJ868 | Pitted Black Olives | 2kg | 9.65 | V |
| KJ804 | Pitted Black Olives | 340g | 1.19 | V |
| KJ803 | Pitted Green Olives | 340g | 1.29 | V |
| KJ805 | Stuffed Pimento Olives | 340g | 1.39 | V |
| GAEA | | | | |
| VF179 | Green Olives with Garlic | 295g | 2.65 | V |
| VF175 | Kalamata Olives | 300g | 2.39 | V |
| VF121 | Kalamata Olives - organic | 300g | 2.95 | OV |
| VF180 | Marinated Mixed Olives | 300g | 2.29 | V |

| code | product | size | rrp | bfgovs |
|---------------------------|---------------------------------------|------|------|--------|
| VF070 | Mixed Marinated Olives-organic | 300g | 2.59 | OV |
| VF177 | Pitted Kalamata Olives | 290g | 2.85 | V |
| VF185 | Tapenade - Aubergine | 100g | 1.79 | V |
| VF182 | Tapenade - Green | 100g | 1.75 | V |
| VF184 | Tapenade - Kalamata | 100g | 1.75 | V |
| JOSE LOU | | | | |
| KJ391 | Arbequina Olives | 355g | 2.99 | V |
| KJ389 | Empeltre Olives | 210g | 3.29 | V |
| KJ393 | Gordal Olives | 355g | 3.75 | V |
| KJ394 | Marinated Olives Campesinas | 355g | 3.61 | V |
| KJ482 | Pate de Aceituna Negra | 120g | 4.49 | V |
| <i>Spring/Summer</i> | | | | |
| KJ473 | Black Olive Pate | 120g | 4.05 | V |
| KJ483 | Manzallia Olive Pate | 120g | 4.05 | V |
| OLIVE BRANCH | | | | |
| VF280 | Tapenade- Fig and Mint | 180g | 3.45 | V |
| VF279 | Tapenade- Pepper & Chilli | 180g | 3.45 | V |
| OLIVES ET AL | | | | |
| KJ433 | Pitted Kalamata Black Olives | 250g | 3.59 | V |
| KJ431 | Sunshine Olives | 250g | 3.39 | V |
| KJ098 | Verde Lemon & Coriander Olives | 250g | 3.39 | V |
| KJ115 | Very Deli Herb Pitted Olives | 250g | 3.39 | V |
| 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 |
| SILVER & GREEN | | | | |
| KJ457 | Chilli Pepper Olives | 220g | 3.19 | V |
| KJ453 | Garlic Stuffed Olives | 220g | 3.19 | V |
| KJ454 | Paprika Chilli Olives | 220g | 3.19 | V |
| KJ456 | Rosemary Garlic Olives | 220g | 3.19 | V |
| KJ455 | Sweet Basil Olives | 220g | 3.19 | V |
| SUNITA | | | | |
| KJ111 | Black Kalamon Olives | 450g | 4.65 | V |
| KJ097 | Green Olives | 1lb | 2.99 | V |
| 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 |

| code | product | size | rrp | bfgovs |
|------------------------|---|------|------|--------|
| 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 Fusilli 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 |
| 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 |
| DIFATTI | | | | |
| WT151 | Gnocchi- Gluten Free | 250g | 2.09 | GV |
| WT161 | Pumpkin & Quinoa Gnocchi | 130g | 2.45 | GV |
| WT153 | Spinach Gnocchi - gluten free | 250g | 2.09 | GV |
| WT152 | Tomato Gnocchi - Gluten Free | 250g | 2.09 | GV |
| DOVES FARM | | | | |
| WT038 | Organic Brown Rice Fusilli | 500g | 3.1 | GOV |
| WT047 | Organic Brown Rice Penne Pasta | 500g | 3.1 | GOV |
| WT036 | Organic Brown Rice Spaghetti | 500g | 3.1 | GOV |
| WT005 | Organic Brown Rice Tortiglioni | 500g | 3.1 | GOV |
| 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 |

| code | product | size | rrp | bfgosv |
|----------------------------|---------------------------------------|------|------|--------|
| LA BIO IDEA | | | | |
| WT139 | Chick Pea Penne | 250g | 2.59 | OV |
| WT140 | Red lentil Fusilli | 250g | 3.55 | OV |
| <i>Speciality</i> | | | | |
| WT232 | Lasagne green | 250g | 1.89 | OV |
| <i>White</i> | | | | |
| 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 | 500g | 1.29 | VO |
| <i>Wholewheat</i> | | | | |
| 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 BUONA VITA | | | | |
| WT027 | Gluten Free Fusilli | 500g | 2.39 | GV |
| WT056 | Gluten Free Lasagne Sheets | 250g | 2.59 | GV |
| WT026 | Gluten Free Penne | 500g | 2.39 | GV |
| WT028 | Gluten Free Spaghetti | 500g | 2.39 | GV |
| LA TERRA E IL CIELO | | | | |
| WT091 | Spelt Cavatappi | 500g | 3.45 | OV |
| WT874 | Spelt Fusilli | 500g | 3.45 | OV |
| WT873 | Spelt Penne | 500g | 3.45 | OV |
| WT899 | White Pappardelle Nest | 500g | 3.19 | OV |
| <i>White</i> | | | | |
| WT990 | Cavatappi - spirals | 500g | 2.59 | OV |
| WT982 | Fusilli with Spinach - organic | 500g | 2.59 | OV |
| WT992 | Spaghetti - White | 500g | 2.05 | OV |
| <i>Wholewheat</i> | | | | |
| WT978 | Spelt Spaghetti - organic | 500g | 3.45 | OV |
| ORGRAN | | | | |
| WT078 | Buckwheat Pasta Spirals | 250g | 2.35 | V |
| WT105 | Corn & Veg Shells | 250g | 2.15 | GV |
| WT127 | Corn Spirals | 250g | 2.15 | GV |
| WT112 | Quinoa Penne | 250g | 2.15 | GV |
| WT134 | Rice & Corn Lasagne | 200g | 3.19 | GV |
| WT109 | Rice & Corn Macaroni | 250g | 2.15 | GV |
| WT077 | Rice & Millet Spirals | 250g | 2.35 | GV |
| WT155 | Super Trio Pasta | 250g | 3.15 | GV |
| WT156 | Super Trio Pasta | 250g | 3.15 | GV |
| WT080 | Vegetable Rice Spirals | 250g | 2.15 | GV |
| 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 Trotolle | 500g | 2.59 | OV |
| WT001 | Tortiglione - og | 500g | 2.59 | OV |

| code | product | size | rrp | bfgosv |
|----------------------------------|--------------------------------|-------|------|--------|
| PASTA (FRESH, CHILLED) | | | | |
| AMISA | | | | |
| CV345 | Gluten Free Fresh Org Gnocchi | 350g | 3.49 | GOV |
| BIONA | | | | |
| CV440 | Fresh Gnocchetti with Pumpkin | 400g | 3.79 | OV |
| 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 |
| PASTA SAUCES & PESTOS | | | | |
| SUMA | | | | |
| 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 |
| KJ189 | Pesto - Red, vegan | 160g | 2.59 | GOV |
| LA CONSERVE DELLA NONNA | | | | |
| KJ126 | Bechamel Sauce for Lasagne | 340g | 2.49 | GV |
| 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 | GVO |
| <i>Free From</i> | | | | |
| VF031 | Creamy Wine & Mushroom Sauce | 350g | 2.49 | SV |
| VF023 | Green Pesto | 170g | 2.29 | V |
| MR ORGANIC | | | | |
| KJ328 | Chilli & Garlic Pesto | 130g | 3.25 | OV |
| KJ331 | Grilled Aubergine Add-in | 190g | 4.15 | OV |
| 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 Bolognaise - og | 360g | 2.95 | OSV |
| PROBIOS | | | | |
| KJ322 | Organic Rice Bechamel 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 |

| code | product | size | rrp | bfgosv |
|--|---|------|------|--------|
| SEGGIANO | | | | |
| KJ445 | Cavolo Nero Black Kale Pesto | 220g | 6.05 | V |
| KJ442 | Raw Basil Pesto | 200g | 6.35 | V |
| KJ447 | Tomato Pesto | 200g | 6.7 | V |
| KJ443 | Wild Fennel Tomato Pesto | 220g | 4.99 | V |
| SUNITA | | | | |
| KJ790 | Organic Pesto Genovese | 130g | 4.19 | OV |
| ZEST | | | | |
| KJ026 | Basil Pesto, Vegan | 165g | 2.35 | V |
| KJ452 | Basil Pesto, Vegan | 340g | 3.95 | V |
| PASTRY (FROZEN) | | | | |
| CLIVE'S | | | | |
| <i>Pies & Pastries</i> | | | | |
| XL045 | Wholemeal 'Rough Puff' Pastry | 300g | 2.31 | OV |
| ST JAMES | | | | |
| XL106 | Filo Pastry | 400g | 1.55 | V |
| PATE | | | | |
| SUMA | | | | |
| GH700 | Pate - Mushroom | 200g | 2.69 | V |
| GH800 | Pate - Savoury Herb | 200g | 2.69 | V |
| GRANOVITA | | | | |
| GH196 | Buckwheat & Chia Pate | 125g | 1.95 | GOSV |
| GH193 | Chickpea & Sesame Pate | 125g | 1.95 | GOSV |
| GH132 | Chickpea Pate | 125g | 1.85 | SV |
| GH195 | Grilled Aubergine Pate | 125g | 1.95 | GOV |
| GH015 | Olive Pate | 125g | 1.85 | GV |
| 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 |
| GH016 | Shiitake Pate | 125g | 1.85 | GV |
| 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 |
| 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 |
| 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) | | | | |
| SUMA | | | | |
| CV401 | Pate - Mushroom (bombe) | 200g | 2.39 | GV |
| DELPHI FOODS | | | | |
| CV430 | Aubergine Dip | 170g | 1.65 | V |
| CV673 | Bean & Cracked Wheat Salad | 200g | 1.59 | V |
| CV433 | Carrot Houmous | 170g | 0.99 | V |

| code | product | size | rrp | bfgosv |
|-------|------------------------------|------|------|--------|
| CV286 | Chargrill Red Pepper Houmous | 170g | 0.99 | V |
| CV271 | Couscous Salad | 160g | 1.65 | V |
| CV431 | Dolmades | 150g | 1.89 | V |
| CV291 | Houmous | 170g | 0.85 | V |
| CV018 | Lemon & Coriander Houmous | 170g | 0.99 | V |
| CV429 | Lentil Salad | 220g | 1.65 | V |
| CV290 | Low Fat Houmous | 170g | 0.85 | V |
| CV070 | Puy Lentil & Couscous Salad | 185g | 1.65 | V |
| CV461 | Quinoa, Edamame & Corn Salad | 190g | 1.65 | V |
| CV460 | Sweet Red Peppers | 190g | 2.05 | V |
| CV285 | Three Bean Salad | 220g | 1.65 | V |

FLORENTIN

| | | | | |
|-------|--------------------------------|------|------|----|
| CV931 | Hummus | 200g | 3.09 | GV |
| CV125 | Hummus Trio Pack | 250g | 3.99 | GV |
| CV526 | Org Hummus Extra with Pinenuts | 200g | 2.99 | V |
| CV571 | Sweet Potato Falafel | 240g | 3.59 | GV |

PROFUSION

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

VBITES

| | | | | |
|-------|-------------------------|------|------|----|
| CV262 | Vegideli Beanfeast Pate | 150g | 1.79 | V |
| CV374 | Vegideli Brussels Pate | 150g | 1.79 | SV |

PET FOODS & PET CARE

BENEVO

| | | | | |
|-------|--------------------------------|------|-------|---|
| PF007 | Adult Dog Original | 15kg | 51.99 | V |
| PF006 | Adult Dog Original | 2kg | 8.5 | V |
| PF009 | Dog Biscuits | 250g | 2.65 | V |
| PF012 | Duo - Cat & Dog Food - Tinned | 369g | 2.15 | V |
| PF008 | Grain Free Vegetable Dog Food | 395g | 2.44 | V |
| PF011 | Pawtato Knots - Dog Chews | 150g | 2.65 | V |
| PF013 | Pawtato Sticks - Dog Chews | 120g | 2.15 | V |
| PF014 | Pawtato Tubes - Dog Chews | 90g | 2.15 | V |
| PF010 | Rumble Dog Strips-soft & chewy | 180g | 2.12 | V |

YARRAH

| | | | | |
|-------|--------------------------------------|------|-------|----|
| PF002 | Chunks for Dogs - Cranberries | 380g | 3.58 | OV |
| 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 | OV |
| KJ423 | Silverskin Onions Organic | 340g | 2.69 | OV |

BIONOVA

| | | | | |
|-------|------------------------|------|------|-----|
| KJ346 | Gherkins - Sour | 670g | 2.79 | VOS |
|-------|------------------------|------|------|-----|

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 |

| code | product | size | rrp | bfgosv |
|-----------------------------|---|------|------|--------|
| FARRADAY'S TASTY | | | | |
| KJ398 | Beetroot, Orange & Ginger | 180g | 3.5 | SV |
| KJ397 | Cumberland Pickle | 195g | 3.25 | SV |
| KJ545 | Hot Lava Java Tomato & Mango | 190g | 3.25 | SV |
| KJ405 | Piccalilli | 180g | 3.25 | SV |
| KJ409 | Surinamese Pickle | 180g | 3.5 | SV |
| FOSTERS | | | | |
| KJ142 | Pickled Walnuts | 390g | 6.95 | SV |
| GEO ORGANICS | | | | |
| KJ332 | Apple, Apricot, Ginger Chutney | 300g | 2.99 | OSV |
| HENSHELWOODS | | | | |
| KJ345 | Beetroot Relish | 298g | 3.45 | SV |
| KJ343 | Chutney for Cheese | 298g | 3.45 | SV |
| KJ344 | Hot Apricot Chutney | 298g | 3.45 | V |
| KJ349 | Sweet Balsamic Onions | 265g | 3.55 | SV |
| MARY BERRY | | | | |
| KJ341 | Peach & Apricot Chutney | 295g | 2.95 | SV |
| KJ224 | Spiced Tomato Chutney | 300g | 2.95 | SV |
| MRS PICKLEPOTS | | | | |
| KJ347 | Classic Pickled Onions | 440g | 3.99 | V |
| KJ360 | Extra Chilli Pickled Onions | 440g | 3.99 | VS |
| KJ348 | Pickled Onions with Balsamic | 440g | 3.99 | VS |
| KJ385 | Pickled Shallots | 440g | 3.99 | VS |
| SHAWS | | | | |
| KJ227 | Cranberry Sauce | 200g | 1.99 | SV |
| KJ206 | Plum & Rhubarb Chutney | 190g | 2.99 | SV |
| KJ203 | Spiced Apricot Ginger Chutney | 200g | 2.99 | SV |
| TRAFO | | | | |
| KJ265 | Mustard - Coarse | 200g | 1.89 | OV |
| KJ272 | Mustard - Fine, Dijon Style | 200g | 1.79 | OV |
| READY MEALS (FROZEN) | | | | |
| AMY'S KITCHEN | | | | |
| XL270 | Bean & Rice Burrito | 170g | 1.89 | V |
| XL272 | Free From Bean & Rice Burrito | 156g | 2.09 | GV |
| XL273 | Free From Macaroni Cheese | 255g | 2.75 | GV |
| XL191 | Gluten-Free Chinese Noodles | 270g | 4.25 | GV |
| XL438 | Gluten-Free Manhattan Burger | 270g | 4.35 | GV |
| XL436 | Gluten-free Vegan Veg Lasagne | 255g | 3.35 | GV |
| XL434 | Thai Red Curry | 285g | 3.99 | SV |
| CLIVE'S | | | | |
| <i>Pies & Pastries</i> | | | | |
| 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 |
| XL020 | Saag Aloo Curry Pie | 250g | 2.65 | OSV |
| XL040 | Soysage Roll | 120g | 1.4 | OSV |
| XL039 | Vegetable Chilli Pasty | 190g | 2.35 | OSV |

| code | product | size | rrp | bfgosv |
|-------|---|----------|------|--------|
| | Pots of... | | | |
| XL042 | Moroccan Tagine | 400g | 3.59 | OV |
| XL041 | Thai Veggie Curry | 400g | 3.59 | OSV |
| | COFRESH | | | |
| XL097 | Punjabi Samosas | 500g | 2.67 | V |
| XL085 | Vegetable Samosas | 700g | 3.19 | V |
| XL072 | Vegetable Spring Roll | 700g | 3.19 | V |
| | FOREST FOODS | | | |
| XL112 | Nut Roast - Sun Dried Tomatoes | 230g | 3.65 | V |
| XL111 | Nut Roast with Garlic & Herbs | 230g | 3.65 | V |
| | 4 day shelf life if defrosted | | | |
| XL214 | Mushroom and Sage Roll | 240g | 1.95 | V |
| XL115 | Spicy Lentil & Veg Calzone | 200g | 2.45 | V |
| XL226 | Spicy Spinach, Pea&Potato Wrap | 1 | 2.45 | VS |
| XL113 | Spinach & Chickpea Calzone | 200g | 2.45 | V |
| XL117 | Thai Wrap | 200g | 2.65 | SV |
| | FRYS | | | |
| XL001 | Cocktail Sausage Rolls | 450g | 3.59 | V |
| XL297 | Country Mushroom Pies | 350g | 3.39 | V |
| XL390 | Curry Pies | 350g | 3.39 | V |
| XL009 | Hot Dogs | 360g | 3.45 | V |
| XL296 | Pepper Steak Style Pies | 350g | 3.39 | V |
| | GOODLIFE | | | |
| XL265 | 14 Falafel with Cumin | 280g | 2.09 | V |
| | LINDA MCCARTNEY | | | |
| XL131 | Deep Dish Country Pies | 2 x 190g | 2.05 | V |
| XL133 | Meat Free Sausage Rolls | 342g | 1.55 | V |
| | MAMMA CUCINA | | | |
| XL213 | Vegetable Quiche Dairy Free | 2 x 150g | 2.59 | SV |
| | SAMOSACO | | | |
| XL331 | Mini Indian Selection | 180g | 2.25 | V |
| | Food Service | | | |
| XL334 | Large Vegetable Samosas | 1 | 0.99 | V |
| | VBITES | | | |
| XL376 | Cheezy & Tomato Pizza | 160g | 2.79 | SV |
| XL377 | Cheezy Ham & Pineapple Pizza | 205g | 2.99 | SV |
| XL378 | Cheezy Meatless Feast Pizza | 207g | 3.19 | SV |
| XL206 | Turkey Style, Leek & Ham Pie | 230g | 2.99 | V |
| | WICKEN FEN | | | |
| XL382 | Falafel | 230g | 2.2 | V |
| | READY TO EAT FOODS (CHILLED) | | | |
| | BIONA | | | |
| CV377 | Black Bean & Cashew Nut Burger | 160g | 3.89 | OV |
| CV063 | Lucky Stars | 250g | 3.79 | OV |
| CV328 | Og 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 |
| CV422 | Thai Spring Rolls | 225g | 4.19 | OV |

| code | product | size | rrp | bfgosv |
|------|---------|------|-----|--------|
|------|---------|------|-----|--------|

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 |
| CV149 | Raw Chilli & Dill Sauerkraut | 400g | 5.35 | V |

FOLLOW YOUR HEART

| | | | | |
|-------|--------------------------|------|------|-----|
| CV127 | Organic Vegenaïse | 340g | 3.19 | OSV |
| CV129 | Original Vegenaïse | 340g | 2.99 | SV |
| CV097 | Soya Free Vegenaïse | 340g | 3.19 | SV |
| CV117 | Sriracha Vegenaïse | 340g | 3.99 | SV |

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 |
|-------|---------------------------------|------|------|----|

RAW HEALTH

| | | | | |
|-------|---------------------------------|------|------|----|
| CV747 | Organic Fresh Sauerkraut | 410g | 4.19 | OV |
|-------|---------------------------------|------|------|----|

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

BIOFORCE

| | | | | |
|-------|-----------|------|------|---|
| LJ118 | Herbamare | 125g | 2.65 | V |
| LJ054 | Herbamare | 250g | 3.75 | V |

BRAGG

| | | | | |
|-------|---------------|-------|-------|---|
| LJ177 | Liquid Aminos | 946ml | 11.49 | V |
|-------|---------------|-------|-------|---|

GEO ORGANICS

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

MALDON

| | | | | |
|-------|--------------------------------|-------|------|----|
| LJ004 | Maldon Smoked Sea Salt | 125g | 2.09 | OV |
| LJ018 | Sea Salt - Flaky Crystals | 1.5kg | 14.5 | V |
| LJ888 | Sea Salt - Flaky Crystals | 250g | 2.55 | V |
| LJ003 | Whole Black Peppercorns | 40g | 2.29 | OV |

MARIGOLD

| | | | | |
|-------|---------------|-------|------|----|
| LJ444 | Liquid Aminos | 250ml | 3.59 | GV |
|-------|---------------|-------|------|----|

NATURITA

| | | | | |
|-------|------------------------------|-----|------|---|
| LJ063 | Pink Himalayan Salt - Coarse | 1kg | 5.85 | V |
|-------|------------------------------|-----|------|---|

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 |

| code | product | size | rrp | bfgosv |
|--|--------------------------------|------|------|--------|
| PROFUSION | | | | |
| LJ152 | Pink Himalayan Salt - Coarse | 500g | 3.99 | V |
| LJ153 | Pink Himalayan Salt Fine, Org | 500g | 3.99 | V |
| Table Shakers | | | | |
| LJ156 | Pink Himalayan Salt - Fine | 140g | 2.29 | V |
| SALTNEYS | | | | |
| LJ312 | Salt Alternative | 100g | 2.25 | V |
| LJ313 | Salt Alternative | 250g | 3.25 | V |
| TIDMANS | | | | |
| LJ023 | Tidmans Rock Salt | 500g | 1.49 | V |
| SAUSAGES & BURGERS (FROZEN) | | | | |
| AMY'S KITCHEN | | | | |
| XL278 | All American Veggie Burger | 284g | 3.99 | V |
| FRYS | | | | |
| XL073 | Braai Sausages | 380g | 2.39 | V |
| XL011 | Chicken Style Burgers | 320g | 3.29 | V |
| XL008 | Chicken Style Nuggets | 380g | 3.45 | V |
| XL006 | Golden Crumbled Schnitzel | 320g | 3.09 | V |
| XL007 | Polony | 500g | 3.79 | V |
| XL215 | Quinoa Falafel Burgers | 260g | 3.29 | V |
| XL216 | Rice Protein & Chia Nuggets | 240g | 3.09 | V |
| XL227 | Soy and Flaxseed Schnitzels | 320g | 3.39 | V |
| XL005 | Spiced Burgers | 320g | 3.29 | V |
| XL004 | Traditional Burgers | 320g | 3.29 | V |
| XL003 | Traditional Sausages | 380g | 3.59 | V |
| GOODLIFE | | | | |
| XL141 | Parsnip & Carrot Nut Burgers | 250g | 3.19 | SV |
| XL260 | Sunblush Tomato Grills | 200g | 2.29 | V |
| LINDA MCCARTNEY | | | | |
| XL130 | Sausages | 300g | 2.19 | V |
| QUORN | | | | |
| XL211 | Vegan Burgers | 264g | 2.99 | V |
| VEGETARIANS CHOICE | | | | |
| XL241 | Lincolnshire Style Sausages | 300g | 1.76 | V |
| XL175 | Meat Free Burgers | 200g | 0.99 | V |
| XL202 | Meat Free Sausages | 200g | 0.99 | V |
| WICKEN FEN | | | | |
| XL381 | Carrot & Coriander Sausages | 280g | 2.86 | V |
| XL384 | Mushroom & Tarragon Sausages | 280g | 2.69 | V |
| XL380 | Tomato & Garlic Sausages | 280g | 2.69 | V |
| 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 |
| LJ269 | Wakame | 40g | 5.95 | V |
| I SEA BACON | | | | |
| LJ176 | Seaweed Bacon | 560 | 6.95 | OV |
| I SEA PASTA | | | | |
| LJ198 | Seaweed Tagliatelle | 690g | 5.79 | OV |

| code | product | size | rrp | bfgosv |
|------|---------|------|-----|--------|
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SHERRY, PORT & DESSERT WINE

DESSERT WINE

South Africa

| | | | | |
|-------|------------------------|--------|-------|-----|
| RS002 | Heaven on Earth Muscat | 37.5cl | 10.99 | FOV |
|-------|------------------------|--------|-------|-----|

PORT

| | | | | |
|-------|--------------------------|------|-------|----|
| RS067 | Terra Prima Reserve Port | 75cl | 24.56 | OV |
|-------|--------------------------|------|-------|----|

SHERRY

| | | | | |
|-------|--------------------|--------|------|---|
| RS107 | Alegria Manzanilla | 37.5cl | 6.99 | V |
|-------|--------------------|--------|------|---|

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|-------|-----------------|------|-------|---|
| RS020 | Dry Sack Medium | 75cl | 14.87 | V |
|-------|-----------------|------|-------|---|

SNACK BARS & FLAPJACKS

9 BAR

Breakfast Boost

| | | | | |
|-------|----------------------|-----|-----|-----|
| KB572 | Apricot & Strawberry | 50g | 0.9 | GSV |
|-------|----------------------|-----|-----|-----|

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|-------|----------------|-----|-----|-----|
| KB573 | Cashew & Cocoa | 50g | 0.9 | GSV |
|-------|----------------|-----|-----|-----|

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|-------|-----------------|-----|-----|-----|
| KB601 | Peanut & Raisin | 50g | 0.9 | GSV |
|-------|-----------------|-----|-----|-----|

Carob Hit

| | | | | |
|-------|--------------|-----|------|-----|
| KB846 | Fruity 9 Bar | 50g | 0.85 | GVS |
|-------|--------------|-----|------|-----|

Cocoa Kick

| | | | | |
|-------|----------------------|-----|------|----|
| WS006 | Coconut - Cocoa Kick | 40g | 0.79 | GV |
|-------|----------------------|-----|------|----|

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|-------|------------------------|-----|------|----|
| WS003 | Raspberry - Cocoa Kick | 40g | 0.79 | GV |
|-------|------------------------|-----|------|----|

Multi Packs

| | | | | |
|-------|------------------|---------|------|---|
| WS008 | Carob Hit Fruity | 5 x 40g | 2.85 | V |
|-------|------------------|---------|------|---|

New Range

| | | | | |
|-------|--------------------|-----|------|-----|
| KB634 | Almond & Raspberry | 50g | 0.99 | GSV |
|-------|--------------------|-----|------|-----|

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|-------|----------------------|-----|------|-----|
| KB621 | Almond & Sesame Seed | 40g | 0.89 | GSV |
|-------|----------------------|-----|------|-----|

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|-------|----------------------|-----|------|-----|
| KB662 | Apricot & Strawberry | 50g | 0.99 | GSV |
|-------|----------------------|-----|------|-----|

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|-------|---------------------------|-----|------|-----|
| KB598 | Carob Apricot & Hemp Seed | 40g | 0.89 | GSV |
|-------|---------------------------|-----|------|-----|

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|-------|-----------------------------|---------|------|-----|
| KB669 | Carob Raspberry & Chia Seed | 4 x 40g | 2.25 | GSV |
|-------|-----------------------------|---------|------|-----|

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|-------|-----------------------------|-----|------|-----|
| KB597 | Carob Raspberry & Chia Seed | 40g | 0.89 | GSV |
|-------|-----------------------------|-----|------|-----|

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|-------|--------------------------|---------|------|-----|
| KB689 | Carob Sesame & Flax Seed | 4 x 40g | 2.25 | GSV |
|-------|--------------------------|---------|------|-----|

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|-------|-------------------------|-----|------|-----|
| KB606 | Carob Sesame & Flaxseed | 40g | 0.89 | GVS |
|-------|-------------------------|-----|------|-----|

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|-------|------------------|-----|------|-----|
| KB663 | Cashew & Coconut | 50g | 0.99 | GSV |
|-------|------------------|-----|------|-----|

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|-------|-----------------------|-----|------|-----|
| KB607 | Double Cocoa & Cashew | 40g | 0.89 | GSV |
|-------|-----------------------|-----|------|-----|

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|-------|------------------------|-----|------|-----|
| KB604 | Double Cocoa & Coconut | 40g | 0.89 | GSV |
|-------|------------------------|-----|------|-----|

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|-------|-------------------------|-----|------|-----|
| KB608 | Double Cocoa & Hazelnut | 40g | 0.89 | GSV |
|-------|-------------------------|-----|------|-----|

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|-------|--------------------------|-----|------|-----|
| KB609 | Double Cocoa & Raspberry | 40g | 0.89 | GSV |
|-------|--------------------------|-----|------|-----|

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|-------|----------------------------|---------|------|-----|
| KB692 | Original Carob & Hemp Seed | 4 x 40g | 2.25 | GSV |
|-------|----------------------------|---------|------|-----|

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|-------|----------------------------|-----|------|-----|
| KB614 | Original Carob & Hemp Seed | 40g | 0.89 | GSV |
|-------|----------------------------|-----|------|-----|

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|-------|-----------------------|-----|------|-----|
| KB629 | Peanut & Pumpkin Seed | 40g | 0.89 | GSV |
|-------|-----------------------|-----|------|-----|

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|-------|-----------------|-----|------|-----|
| KB664 | Peanut & Raisin | 50g | 0.99 | GSV |
|-------|-----------------|-----|------|-----|

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|-------|--------------------------|-----|------|-----|
| KB630 | Pumpkin & Sunflower Seed | 40g | 0.89 | GSV |
|-------|--------------------------|-----|------|-----|

Original Lift

| | | | | |
|-------|-----------------|-----|------|-----|
| KB147 | Peanut Seed Bar | 50g | 0.85 | GVS |
|-------|-----------------|-----|------|-----|

ADUNA

| | | | | |
|-------|-----------------------|-----|------|----|
| BT358 | Baobab Raw Energy Bar | 45g | 1.89 | OV |
|-------|-----------------------|-----|------|----|

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|-------|------------------|-----|------|----|
| BT082 | Cacao Energy Bar | 40g | 1.89 | OV |
|-------|------------------|-----|------|----|

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|-------|------------------------|-----|------|----|
| BT359 | Moringa Raw Energy Bar | 45g | 1.89 | OV |
|-------|------------------------|-----|------|----|

ARTISAN SNACKS

| | | | | |
|-------|--------------------------------|-----|------|---|
| BT448 | Chewy Fruity Oat Bars Mix Case | 45g | 0.99 | V |
|-------|--------------------------------|-----|------|---|

BEET IT

From James White

| | | | | |
|-------|-----------------|-----|------|---|
| KB707 | Sports Flapjack | 40g | 0.95 | V |
|-------|-----------------|-----|------|---|

BEOND

| | | | | |
|-------|----------------------|-----|------|-----|
| KB712 | Apple & Cinnamon Bar | 35g | 0.99 | GOV |
|-------|----------------------|-----|------|-----|

| code | product | size | rrp | bfgosv |
|------------------------|---|---------|------|--------|
| KB276 | Baobab & Pineapple Bar | 35g | 0.99 | GOV |
| KB314 | Raspberry & Acai Berry Bar | 35g | 0.99 | GOV |
| KB713 | Raw Blueberry Bar | 35g | 0.99 | GOV |
| KB313 | Raw Chocolate Bar | 35g | 0.99 | GOV |
| KB976 | Sour Cherry Bar | 35g | 0.99 | GOV |
| CLIF | | | | |
| KB285 | Blueberry Crisp | 68g | 1.6 | SV |
| KB357 | Choc Peanut butter - Builders | 68g | 2.59 | V |
| KB358 | Chocolate - Builders Bar | 68g | 2.59 | V |
| KB283 | Chocolate almond Fudge Bar | 68g | 1.6 | SV |
| KB356 | Chocolate Mint - Builders Bar | 68g | 2.59 | V |
| KB087 | Oatmeal, Raisin & Walnut Bar | 68g | 1.6 | SV |
| KB083 | Peanut Butter Bar | 68g | 1.6 | SV |
| KB284 | White Chocolate Macadamia Bar | 68g | 1.6 | SV |
| COCO-JACK | | | | |
| KB091 | Coconut Flapjacks | 65g | 0.65 | SV |
| KB315 | Coconut Flapjk with Chia Seeds | 65g | 0.72 | SV |
| COCOFINA | | | | |
| ZX058 | Coconut Chips | 250g | 5.99 | OV |
| CREATIVE NATURE | | | | |
| KB770 | Apple Pie Flapjack Bar | 40g | 1.29 | GV |
| KB755 | Cacao Orange Flapjack Bar | 40g | 1.29 | GV |
| KB946 | Ginger Teatox Flapjack | 38g | 0.99 | GV |
| KB947 | Goji Goodness Flapjack | 38g | 0.99 | GV |
| KB960 | Peanut Protein Flapjack | 38g | 1.19 | GV |
| KB944 | Raw Cacao Superfood Flapjack | 38g | 0.99 | GV |
| KB731 | Salted Caramel Flapjack Bar | 40g | 1.29 | GV |
| DOVES FARM | | | | |
| <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 |
| EAT NATURAL | | | | |
| WS031 | Maple Syrup, Pecans & Peanuts | 45g | 0.89 | GSV |
| FRUTINA | | | | |
| KB325 | Fruit Snack - Variety Pack | 15g | 0.45 | V |
| GOOD. FULL STOP | | | | |
| KB993 | Cherry & Maple Fruit & Nut Bar | 35g | 0.7 | GV |
| KB994 | Choc & Mint Fruit & Nut Bar | 35g | 0.7 | GV |
| ZX619 | Double choc Fruit & Nut Bar | 35g | 0.7 | GV |
| WS019 | Mixed Case Display 6 flavours | 8 x 35g | 0.7 | GVS |
| ZX618 | Mixed Fruit & Nut Bar | 35g | 0.7 | GV |
| ZX620 | Raspberry fruit & Nut Bar | 35g | 0.7 | GV |
| 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 |

| code | product | size | rrp | bfgosv |
|-------------------------|---------------------------------------|---------|------|--------|
| LYME REGIS FOODS | | | | |
| KB043 | Chocolate Coated Marzipan Bar | 40g | 0.86 | V |
| KB103 | Chocolate Marzipan Bar Organic | 40g | 0.97 | VO |
| KB619 | Chocolate Marzipan with Orange | 40g | 0.97 | VOS |
| MA BAKER | | | | |
| KB679 | Giant Berry Bar - Wheat Free | 90g | 0.74 | SV |
| KB322 | Giant Fruit Bar - Wheat Free | 90g | 0.74 | VS |
| KB906 | Nut Mixed Case | 90g | 0.74 | VS |
| KB905 | Tropical Mixed Case | 90g | 0.74 | VS |
| MAXSPORT | | | | |
| KB354 | Raw Paleo Protein Bar | 50g | 1.89 | GV |
| KB352 | Raw Paleo Protein Bar | 50g | 1.89 | GV |
| KB353 | Raw Paleo Protein Bar | 50g | 1.89 | GV |
| MERIDIAN | | | | |
| KB709 | Almond Bar | 40g | 1.55 | GV |
| KB879 | Cashew Bar | 40g | 1.45 | GV |
| KB972 | Peanut & Banana Bar | 40g | 1.25 | GV |
| KB975 | Peanut & Cocoa Bar | 40g | 1.25 | GV |
| KB201 | Peanut & Coconut Bar | 40g | 1.25 | GV |
| KB189 | Peanut & Pumpkin Bar | 40g | 1.25 | GV |
| KB721 | Peanut Bar | 40g | 1.25 | GV |
| NAKD | | | | |
| KB347 | Cocoa Coconut | 35g | 0.89 | GV |
| KB163 | Lemon Drizzle Bar | 35g | 0.89 | GV |
| Crunch Bars | | | | |
| KB494 | Apple Crunch | 30g | 0.89 | GV |
| WS022 | Apricot Crunch | 30g | 0.89 | GV |
| KB496 | Banana Crunch | 30g | 0.89 | GV |
| KB495 | Cocoa Crunch | 30g | 0.89 | GV |
| KB497 | Strawberry Crunch | 30g | 0.89 | GV |
| Mini Nibbles | | | | |
| KB913 | Coconut Bliss | 40g | 0.85 | GV |
| KB910 | Fruit Salad | 40g | 0.85 | GV |
| KB919 | Salted Caramel | 40g | 0.85 | GV |
| KB916 | Strawberries & Cream | 40g | 0.85 | GV |
| KB909 | Toffee Treat | 40g | 0.85 | GV |
| KB911 | Tooty Fruity | 40g | 0.85 | GV |
| Multi Packs | | | | |
| KB182 | Apple Pie Multipack | 4 x 30g | 2.49 | GV |
| KB156 | Banana Bread Multipack | 4 x 30g | 2.49 | GV |
| KB930 | Banana Crunch Multipack | 4 x 30g | 3.29 | GV |
| KB920 | Berry Cheeky Multipack | 4 x 30g | 2.49 | GV |
| KB029 | Berry Delight Multipack | 4 x 35g | 3.29 | GV |
| KB931 | Cashew Cookie Multipack | 4 x 35g | 3.29 | GV |
| KB933 | Cocoa Crunch Multipack | 4 x 30g | 3.29 | GV |
| KB031 | Cocoa Delight Multipack | 4 x 35g | 3.29 | GV |
| KB107 | Cocoa Mint Multipack | 4 x 35g | 3.29 | GV |
| KB003 | Cocoa Orange Multipack | 4 x 35g | 3.29 | GV |
| KB937 | Rhubarb & Custard Multipack | 4 x 35g | 3.29 | GV |
| KB936 | Strawberry Crunch Multipack | 4 x 30g | 3.29 | GV |
| KB932 | Yummy Mix Multipack | 4 x 35g | 3.29 | GV |
| Nibble Bars | | | | |
| KB101 | Apple Pie Wholefood Bar | 30g | 0.65 | V |
| KB108 | Banana Bread Wholefood Bar | 30g | 0.65 | V |
| KB109 | Berry Cheeky Wholefood Bar | 30g | 0.65 | V |
| KB124 | Cocoa Loco Wholefood Bar | 30g | 0.65 | V |

| code | product | size | rrp | bfgosv |
|-----------------------------|--|---------|------|--------|
| Nudie Bars | | | | |
| KB877 | Bakewell Tart Bar | 35g | 0.85 | GV |
| KB756 | Berry Delight Bar | 35g | 0.85 | GV |
| KB112 | Caffe Mocha Fruit & Nut | 35g | 0.85 | GV |
| KB554 | Cashew Cookie Bar | 35g | 0.85 | GV |
| KB757 | Cocoa Delight Bar | 35g | 0.85 | GV |
| KB758 | Cocoa Mint Bar | 35g | 0.85 | GV |
| KB556 | Cocoa Orange Bar | 35g | 0.85 | GV |
| KB558 | Ginger Bread Bar | 35g | 0.85 | GV |
| WS021 | Peanut Delight | 35g | 0.85 | GV |
| KB553 | Pecan Pie Bar | 35g | 0.85 | GV |
| KB113 | Rhubarb & Custard Fruit & Nut | 35g | 0.85 | GV |
| Posh Bits | | | | |
| WS026 | Cocoa Mandarin Posh Bits | 130g | 3.15 | GV |
| WS025 | Cocoa Raspberry Posh Bits | 130g | 3.15 | GV |
| WS024 | Cocoa Sea Salt Posh Bits | 130g | 3.15 | GV |
| NATURES PATH ORGANIC | | | | |
| KB745 | Trail Mix Granola Bar G/F | 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 |
| PERKIER | | | | |
| WS018 | Cacao & Cashew Quinoa Bar | 35g | 0.99 | GSV |
| WS017 | Cashew/Chia/Pumpkin/Quinoa Bar | 35g | 0.99 | GSV |
| WS020 | Coconut, Chia & Quinoa Bar | 35g | 0.99 | GSV |
| WS016 | Goji & Cranberry Quinoa Bar | 35g | 0.99 | GSV |
| WS015 | Oaty Cashew/Cran Sprouted Bar | 40g | 0.99 | GSV |
| PLANET ORGANIC | | | | |
| BT070 | Cacao Brazil Nut Energise Bar | 30g | 0.99 | GOV |
| BT062 | Chia Vanilla Energise Bar | 30g | 0.99 | GOV |
| BT066 | Coconut Barleygrass Bar | 30g | 0.99 | GOV |
| BT057 | Goji Pumpkinseed Energise Bar | 30g | 0.99 | GOV |
| PROTEIN POW | | | | |
| KB175 | Coffee Protein Bar | 50g | 1.85 | V |
| KB174 | Double Chocolate Protein Bar | 50g | 1.85 | V |
| PULSIN' | | | | |
| Fruity Oat Bars | | | | |
| KB444 | Blackcurrant & Apple | 6 x 25g | 2.99 | GV |
| KB793 | Blackcurrant & Apple Oat Bar | 25g | 0.59 | GV |
| KB586 | Orange Choc Chip | 6 x 25g | 2.99 | GV |
| KB792 | Orange Choc Chip Fruity Oat | 25g | 0.59 | GV |
| KB650 | Strawberry | 6 x 25g | 2.99 | GV |
| KB791 | Strawberry Fruity Oat Bar | 25g | 0.59 | GV |
| Protein Bites | | | | |
| KB876 | Mint Choc Chip Protein Bite | 25g | 0.99 | GV |
| Protein Boosters | | | | |
| KB090 | Maple & Peanut Protein Bar | 50g | 1.59 | GV |
| KB875 | Mint Choc Chip Protein Bar | 50g | 1.59 | GV |
| KB279 | Orange Choc Chip Protein Bar | 50g | 1.59 | GV |
| KB706 | Vanilla Choc Chip Protein Bar | 50g | 1.59 | GV |

| code | product | size | rrp | bfgosv |
|------------------------------|---|---------|------|--------|
| Raw Choc Brownies | | | | |
| BT496 | Almond Raisin Raw Choc Brownie | 3 x 35g | 2.99 | GSV |
| BT494 | Maca Bliss Raw Choc Brownie | 3 x 35g | 2.99 | GSV |
| KB095 | Maca Bliss Raw Choc Brownie | 50g | 1.59 | GV |
| BT492 | Peanut Choc Chip Raw Brownie | 3 x 35g | 2.99 | GSV |
| BT449 | Peanut Choc Chip Raw Brownie | 50g | 1.59 | GSV |
| BT493 | Rasp Goji Raw Choc Brownie | 3 x 35g | 2.99 | GSV |
| KB100 | Raw Choc Almond Raisin Brownie | 50g | 1.59 | GV |
| KB097 | Super Berry Raw Choc Brownie | 50g | 1.59 | GV |
| RAW HEALTH | | | | |
| KB118 | Chocada Truffles | 65g | 2.59 | GOSV |
| KB117 | Fruity Coconut Energy Ball | 60g | 2.09 | GOV |
| KB040 | Hemp Protein Energy Ball | 60g | 2.79 | GOV |
| KB115 | Spirulina & Orange Energy Ball | 60g | 2.59 | GOV |
| ROO' BARS | | | | |
| KB784 | Cacao Nibs & almonds | 30g | 1.19 | OV |
| KB783 | Chia & Coconut | 30g | 1.19 | OV |
| 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 |
| RUDE HEALTH FOODS | | | | |
| ZX784 | Sweet potato & cacao bar | 35g | 1.19 | GV |
| KB282 | The Beetroot | 35g | 1.19 | V |
| KB350 | The Peanut Bar | 35g | 1.19 | GV |
| KB281 | The Pumpkin | 35g | 1.19 | V |
| SESAME SNAPS | | | | |
| KB001 | Sesame Snaps | 30g | 0.32 | SV |
| KB180 | Sesame Snaps (Multipack) | 4 x 1 | 1.1 | SV |
| KB777 | Sesame Snaps Chocolate Coated | 30g | 0.35 | SV |
| KB587 | Sesame Snaps Coconut | 30g | 0.32 | SV |
| TRAI DCRAFT | | | | |
| KB523 | Apple & Kale Fruit Bar | 38g | 1.4 | V |
| KB524 | Carrot & Ginger Fruit Bar | 40g | 1.4 | V |
| KB522 | Geobar Cocoa & Beetroot Bar | 40g | 1.4 | V |
| TREK BARS | | | | |
| KB719 | Banana Blast | 55g | 1.15 | GV |
| KB720 | Berry Burst | 55g | 1.15 | GV |
| KB722 | Cocoa Chaos | 55g | 1.15 | GV |
| KB725 | Peanut Power | 55g | 1.15 | GV |
| Protein Energy Chunks | | | | |
| KB351 | Cocoa Peanut Peak | 60g | 1.35 | GV |
| KB348 | Cranberry Kick | 60g | 1.35 | GV |
| KB595 | Toffee Triumph | 60g | 1.35 | GV |
| TREK FLAPJACKS | | | | |
| KB498 | banana bread protein flapjack | 50g | 1.05 | GVS |
| KB499 | cocoa and oat protein flapjack | 50g | 1.05 | GVS |
| KB500 | cocoa coconut protein flapjack | 50g | 1.05 | GVS |
| KB501 | morning berry protein flapjack | 50g | 1.05 | GVS |
| KB504 | oat & raisin protein flapjack | 50g | 1.05 | GVS |
| KB505 | original oat protein flapjack | 50g | 1.05 | GVS |
| TREK MULTIPACKS | | | | |
| WS035 | Banana Bread Flapjack | 3 x 50g | 3.15 | GVS |
| WS037 | Cocoa & Oat Flapjack | 3 x 50g | 3.15 | GVS |
| WS036 | Cocoa Coconut Flapjack | 3 x 50g | 3.15 | GVS |

| code | product | size | rrp | bfgosv |
|-------|-----------------------|---------|------|--------|
| WS038 | Original Oat Flapjack | 3 x 50g | 3.15 | GVS |
| WS033 | Protein Berry Burst | 3 x 55g | 3.15 | GVS |
| WS034 | Protein Cocoa Chaos | 3 x 55g | 3.15 | GVS |
| WS032 | Protein Peanut Power | 3 x 55g | 3.15 | GVS |

TROPICAL WHOLEFOODS

| | | | | |
|-------|-----------------------------------|-----|------|-----|
| KB710 | Organic Mango & Brazil | 40g | 0.79 | FOV |
|-------|-----------------------------------|-----|------|-----|

TRUESTART

Hero Caffeine Bars

| | | | | |
|-------|-----------------------|-----|------|---|
| KB589 | Coffee & Beetroot Bar | 43g | 1.79 | V |
| KB588 | Coffee & Cherry Bar | 43g | 1.79 | V |
| KB594 | Coffee & Peanut Bar | 43g | 1.79 | V |
| KB530 | Coffee Arabica | 43g | 1.79 | V |

WHOLE EARTH

| | | | | |
|-------|--------------------------------|-----|------|---|
| KB206 | Classic Peanut Powerballs | 50g | 1.65 | V |
| KB216 | Coconut Powerballs | 50g | 1.65 | V |
| KB207 | Goji & Red Berry Powerballs | 50g | 1.65 | V |
| KB220 | Pumpkin, Chia & Flax Powerball | 50g | 1.65 | V |

WHOLEBAKE

Flapjack

| | | | | |
|-------|-------------------|-----|------|----|
| KB557 | Apple & Raspberry | 80g | 0.65 | SV |
| KB559 | Apricot & Almond | 80g | 0.65 | SV |
| KB541 | Cashew & Coconut | 80g | 0.65 | SV |
| KB551 | Cranberry | 80g | 0.65 | SV |
| KB552 | Pecan | 80g | 0.65 | SV |
| KB555 | Pistachio | 80g | 0.65 | SV |
| KB543 | Summer Berry | 80g | 0.65 | SV |

SOFT DRINKS

ALO

| | | | | |
|-------|-------------------------------|-------|------|----|
| JU607 | Crisp Aloe Vera Drink | 500ml | 2.25 | SV |
| JU610 | Light Bright Aloe Vera Drink | 500ml | 2.25 | SV |
| JU609 | Light Refresh Aloe Vera Drink | 500ml | 2.25 | SV |

BELVOIR

| | | | | |
|-------|---|-------|------|-----|
| JU783 | | 250ml | 1.48 | SV |
| JU006 | Citrus Chardonnay Presse | 750ml | 2.69 | SV |
| JU779 | Cox's Apple Presse | 250ml | 1.48 | SV |
| JU691 | Cranberry Presse | 250ml | 1.48 | SV |
| JU628 | Cucumber & Mint Presse | 250ml | 1.48 | SV |
| JU629 | Cucumber & Mint Presse | 750ml | 3.05 | SV |
| JU630 | Dragonfruit & Raspberry Presse | 250ml | 1.56 | OSV |
| JU047 | Elderflower & Rose Lite Presse | 750ml | 2.69 | SV |
| JU060 | Elderflower & Rose Presse | 250ml | 1.48 | SV |
| JU236 | Elderflower & Rose Presse | 750ml | 2.69 | SV |
| JU694 | Elderflower Light Presse | 250ml | 1.48 | SV |
| JU041 | Elderflower Light Presse | 750ml | 2.69 | SV |
| JU674 | Elderflower Presse | 250ml | 1.48 | SV |
| JU810 | Elderflower Presse - OG | 250ml | 1.56 | OSV |
| JU792 | Elderflower Presse - og | 750ml | 3.13 | OSV |
| JU326 | Festive Fruit Punch | 750ml | 3.05 | SV |
| JU782 | Freshly Squeezed Lemonade | 750ml | 2.69 | SV |
| JU781 | Ginger Beer | 250ml | 1.48 | SV |
| JU780 | Ginger Beer | 750ml | 2.69 | SV |
| 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 |

| code | product | size | rrp | bfgosv |
|-------|------------------------------------|-------|------|--------|
| JU793 | Lime and Lemongrass Presse | 250ml | 1.48 | SV |
| JU519 | Mango & Peach Presse | 250ml | 1.48 | SV |
| JU739 | Mulled Winter Punch | 750ml | 3.05 | SV |
| JU695 | Orange & Mandarin Light Presse | 250ml | 1.48 | SV |
| JU327 | Pomegranate & Raspberry Presse | 250ml | 1.48 | SV |
| JU554 | Raspberry Lemonade | 250ml | 1.48 | SV |
| JU693 | Raspberry Lemonade Light | 250ml | 1.48 | SV |
| JU045 | Raspberry Lemonade Light | 750ml | 2.69 | SV |
| JU559 | Spiced Ginger Punch | 750ml | 3.05 | SV |
| | Non Alcoholic Wines | | | |
| JU018 | Red Shiraz | 750ml | 3.49 | SV |
| JU021 | Sparkling Rose | 750ml | 3.49 | SV |
| | Presses in Cans | | | |
| JU202 | Coconut & Lime Presse | 250ml | 1.1 | SV |
| JU003 | Elderflower Light | 330ml | 1.35 | SV |
| JU340 | Elderflower Presse | 250ml | 1.1 | SV |
| JU341 | Raspberry Lemonade | 250ml | 1.1 | SV |
| JU004 | Raspberry Light | 330ml | 1.35 | SV |
| | BERRYWHITE | | | |
| | Cans, sparkling | | | |
| JU122 | Lemon & Ginger | 250ml | 0.95 | OV |
| JU120 | Peach & Goji Berry | 250ml | 0.95 | OV |
| JU118 | Pomegranate & Blueberry | 250ml | 0.95 | OV |
| | PET Bottles, still | | | |
| 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 |
| | BOTTLE GREEN | | | |
| JU264 | Elderflower Presse | 275ml | 1.56 | SV |
| JU271 | Ginger & Lemongrass Presse | 275ml | 1.56 | SV |
| JU350 | Pomegranate/Elderflower Presse | 275ml | 1.56 | SV |
| | CAWSTON PRESS | | | |
| JU265 | Apple & Rhubarb in cans | 330ml | 0.99 | V |
| JU238 | Cloudy Apple in cans | 330ml | 0.99 | V |
| JU179 | Cucumber & Mint | 330ml | 0.99 | SV |
| JU478 | Elderflower Lemonade | 330ml | 0.99 | V |
| JU477 | Ginger Beer | 330ml | 0.99 | V |
| JU169 | Gooseberry Soda in cans | 330ml | 0.99 | SV |
| | CHARBREW | | | |
| JU479 | Lemon Citrus Iced tea | 400ml | 1.39 | SV |
| | CHARITEA | | | |
| JU598 | ChariTea Black | 330ml | 1.29 | FOSV |
| JU597 | ChariTea Green | 330ml | 1.29 | FOSV |
| JU595 | ChariTea Red | 330ml | 1.29 | FOSV |
| | CHI | | | |
| JU363 | Chocolate Coconut Milk | 330ml | 1.79 | SV |
| JU366 | Coconut Water & Mango | 330ml | 1.79 | SV |
| JU365 | Coconut Water & Pineapple | 330ml | 1.79 | SV |
| JU364 | Coconut Water & Tropical Fruit | 330ml | 1.79 | SV |
| JU330 | Coconut Water Pure | 1l | 3.65 | V |
| JU336 | Coconut Water Pure | 330ml | 1.69 | V |

| code | product | size | rrp | bfgosv |
|--------------------|---------------------------------------|-----------|------|--------|
| COCOFINA | | | | |
| JU368 | Cocofina Natural Coconut Water | 1l | 3.99 | V |
| JU171 | Natural Coconut Water | 200ml | 1.19 | V |
| JU172 | Natural Coconut Water | 500ml | 2.59 | V |
| COCOWELL | | | | |
| JU613 | Pure Coconut Water | 330ml | 1.83 | V |
| DALSTON'S | | | | |
| JU023 | Cola | 275ml | 1.69 | SV |
| JU036 | Cream Soda | 275ml | 1.69 | SV |
| JU056 | Fizzy Apple | 275ml | 1.69 | SV |
| JU025 | Ginger Beer | 275ml | 1.69 | SV |
| JU027 | Real Lemonade | 275ml | 1.69 | SV |
| Cans | | | | |
| JU059 | Cola | 330ml | 1.19 | SV |
| JU069 | Lemonade | 330ml | 1.19 | SV |
| JU067 | Orangeade | 330ml | 1.19 | SV |
| 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 |
| FENTIMANS | | | | |
| JU008 | Cherry Cola | 275ml | 1.37 | SV |
| JU625 | Curiosity Cola | 275ml | 1.37 | SV |
| JU573 | Curiosity Cola | 750ml | 3.15 | SV |
| JU908 | Dandelion & Burdock | 275ml | 1.37 | SV |
| JU281 | Dandelion & Burdock | 750ml | 3.15 | SV |
| JU346 | Ginger Beer | 275ml | 1.37 | SV |
| JU280 | Ginger Beer | 750ml | 3.15 | SV |
| JU841 | Lemon Shandy | 275ml | 1.37 | SV |
| JU226 | Lime & Jasmine | 275ml | 1.37 | SV |
| JU354 | Mandarin Seville Orange Jigger | 275ml | 1.37 | SV |
| JU618 | Rose Lemonade | 275ml | 1.45 | SV |
| JU455 | Rose Lemonade | 750ml | 3.15 | SV |
| JU435 | Victorian Lemonade | 275ml | 1.37 | VS |
| JU463 | Wild English Elderflower | 275ml | 1.45 | SV |
| JU632 | Wild English Elderflower | 750ml | 3.15 | SV |
| Mixer Range | | | | |
| JU552 | 19:05 Herbal Tonic Water | 125ml | 0.76 | SV |
| JU471 | 19:05 Herbal Tonic Water | 4 x 200ml | 3.72 | SV |
| JU153 | Bitter Lemonade | 500ml | 2.25 | SV |
| JU156 | Botanical Tonic Water | 500ml | 2.25 | SV |
| JU547 | Ginger Beer | 125ml | 0.76 | SV |
| JU467 | Ginger Beer | 4 x 275ml | 5.42 | SV |
| JU158 | Ginger Beer & Muddled Lime | 500ml | 2.25 | SV |
| JU160 | Light Tonic Water | 500ml | 2.25 | SV |
| JU161 | Pink Grapefruit Tonic Water | 500ml | 2.25 | SV |
| JU207 | Premium Tonic Water | 500ml | 2.25 | SV |
| JU472 | Rose Lemonade | 4 x 200ml | 3.72 | SV |
| JU167 | Rose Lemonade | 500ml | 2.25 | SV |
| JU761 | Tonic Water | 125ml | 0.76 | SV |
| JU754 | Tonic Water | 4 x 200ml | 3.72 | SV |
| JU755 | Tonic Water Light | 4 x 200ml | 3.72 | SV |
| FEVERTREE | | | | |
| JU387 | Tonic Water | 4 x 200ml | 4.19 | SV |

| code | product | size | rrp | bfgosv |
|------|---------|------|-----|--------|
|------|---------|------|-----|--------|

FIREFLY NATURAL DRINKS

Fruit Juice & Herbal Extracts

| | | | | |
|-------|---------------------------|-------|------|---|
| JU348 | Kiwi, lime & Mint | 330ml | 1.79 | V |
| JU299 | Lemon, Lime & Ginger | 330ml | 1.79 | V |
| JU296 | Peach & Green Tea | 330ml | 1.79 | V |
| JU180 | Pomegranate & Elderflower | 330ml | 1.79 | V |

GREEN LADY

| | | | | |
|-------|--------------------------|-------|------|---|
| JU139 | Green Lady Sparkling Tea | 250ml | 1.75 | V |
|-------|--------------------------|-------|------|---|

GUSTO

| | | | | |
|-------|----------------------------|-------|------|-----|
| JU148 | Lemon Energy | 250ml | 1.99 | OV |
| JU627 | Low Calorie Fairtrade Cola | 250ml | 1.19 | FSV |
| 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 |

HAPPY MONKEY

| | | | | |
|-------|------------------------------|-----------|-----|---|
| JU450 | Orange & Mango Smoothie | 4 x 180ml | 2.7 | V |
| JU449 | Strawberry & Banana Smoothie | 4 x 180ml | 2.7 | V |

HEALTHY THIRST

| | | | | |
|-------|-------------|-------|------|----|
| JU030 | Elderflower | 330ml | 1.59 | SV |
| JU022 | Pink Ginger | 330ml | 1.59 | SV |

KARMA COLA

Cans

| | | | | |
|-------|------------------------------|-------|------|------|
| JU617 | Gingerella Ginger Ale | 250ml | 1.15 | FOSV |
| JU616 | Karma Cola | 250ml | 1.15 | FOSV |
| JU615 | Lemony Lemon | 250ml | 1.15 | FOSV |

Glass Bottles

| | | | | |
|-------|------------------------------|-------|------|------|
| 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 |

LOVERAW

| | | | | |
|-------|--------------------------------|-------|------|---|
| SY095 | Almond & Turmeric Drink | 330ml | 2.29 | V |
| SY087 | Almond Caffè Latte Drink | 330ml | 2.29 | V |
| SY084 | Almond, Cacao & Cardamom Drink | 330ml | 2.29 | V |

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 |

| code | product | size | rrp | bfgosv |
|---------------------------|---|-------|------|--------|
| 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 |
| JU644 | Wild Elderflower Bubbly | 740ml | 3.39 | V |
| JU585 | Wild Elderflower Bubbly | 320ml | 1.75 | V |
| 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 |
| POPABALL | | | | |
| JU277 | Blueberry Bursting Bubbles | 125g | 3.49 | V |
| JU262 | Bubbles for Gin | 120g | 3.79 | V |
| JU245 | Bubbles for Prosecco | 120g | 3.79 | V |
| JU282 | Cherry Bursting Bubbles | 125g | 3.49 | V |
| JU284 | Lemon Bursting Bubbles | 125g | 3.49 | V |
| JU274 | Passion Fruit Bursting Bubbles | 125g | 3.49 | V |
| JU283 | Raspberry Bursting Bubbles | 125g | 3.49 | V |
| JU231 | Shimmer Bubbles Blueberry | 125g | 4.49 | V |
| JU233 | Shimmer Bubbles Cherry | 125g | 4.49 | V |
| JU270 | Strawberry Bursting Bubbles | 125g | 3.49 | V |
| REBEL KITCHEN | | | | |
| JU303 | Chai Mylk | 330ml | 1.89 | V |
| JU392 | Chocolate Mylk | 330ml | 1.89 | V |
| JU528 | Coffee Mylk | 330ml | 1.89 | V |
| JU393 | Matcha Green Tea Mylk | 330ml | 1.89 | V |
| Kids Range | | | | |
| 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 |
| 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 |

| code | product | size | rrp | bfgosv |
|------|---------|------|-----|--------|
|------|---------|------|-----|--------|

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

| | | | | |
|-------|------------------------|------|------|----|
| VF252 | Chunky Tomato Soup | 400g | 1.89 | GV |
| VF248 | Cream Of Mushroom Soup | 400g | 1.89 | GV |
| VF260 | Lentil Soup | 400g | 1.89 | GV |
| VF265 | Lentil Vegetable Soup | 400g | 1.89 | GV |
| VF268 | Split Pea Soup | 400g | 1.89 | GV |
| VF245 | Vegetable Barley Soup | 400g | 1.89 | V |

Hearty Soup

| | | | | |
|-------|--|------|------|-----|
| VF054 | French Country Vegetable | 408g | 2.39 | GV |
| VF267 | Quinoa Kale & Red Lentil Soup | 408g | 2.39 | GOV |
| VF057 | Rustic Italian Vegetable | 397g | 2.39 | GV |
| VF059 | Spanish Rice & Red Bean Soup | 416g | 2.39 | GV |

ESSENTIAL TRADING

| | | | | |
|-------|----------------------------------|------|------|----|
| VF085 | Lentil & Pumpkin Soup | 680g | 2.95 | OV |
| VF225 | Lentil Soup | 680g | 2.95 | OV |
| 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 |
| 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

| | | | | |
|-------|-------------------------------|------|-------|-----|
| RS123 | Besos de Oro | 70cl | 21.99 | SV |
| 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 |
| 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 |

| code | product | size | rrp | bfgosv |
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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

| | | | | |
|-------|-------------------------|------|------|----|
| LJ090 | Golden Granulated Sugar | 500g | 2.25 | FV |
| LJ241 | Soft Light Brown Sugar | 500g | 2.35 | SV |

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 |

ATKINS & POTTS

| | | | | |
|-------|---------------|------|-----|----|
| LJ194 | Rosehip Syrup | 200g | 3.5 | SV |
|-------|---------------|------|-----|----|

BALI NUTRA

| | | | | |
|-------|---------------|-------|------|---|
| LJ295 | Coconut Syrup | 300ml | 6.99 | V |
|-------|---------------|-------|------|---|

BILLINGTONS

| | | | | |
|-------|-----------------------------------|------|------|-----|
| LJ188 | Fairtrade Demerara | 500g | 1.75 | FV |
| LJ185 | Fairtrade Golden Gran Sugar | 500g | 1.59 | FV |
| LJ186 | Fairtrade Light Brown Soft | 500g | 1.65 | FV |
| LJ192 | Fairtrade Natural Dark Brown | 500g | 1.69 | FV |
| LJ501 | Golden Icing Sugar | 500g | 2.25 | VS |
| LJ999 | Granulated Sugar - organic | 500g | 2.35 | VO |
| LJ190 | Organic Natural Caster | 500g | 2.69 | OVS |
| LJ060 | Sugar - Dark Muscovado | 500g | 1.89 | VS |
| LJ058 | Sugar - Demerara | 500g | 1.59 | SV |
| LJ057 | Sugar - Golden Caster | 1kg | 3.25 | SV |
| LJ056 | Sugar - Golden Granulated | 1kg | 3.29 | VS |
| LJ059 | Sugar - Light Muscovado | 500g | 1.85 | VS |
| LJ109 | Sugar - Molasses | 500g | 1.95 | VS |

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 |
|-------|---------------------------------------|------|------|----|

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 |
|-------|----------------------------------|------|------|----|

| code | product | size | rrp | bfgosv |
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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 |
| | EQUAL EXCHANGE | | | |
| LJ500 | Raw Cane Sugar - organic | 500g | 2.39 | FOSV |
| | GREAT NORTHERN | | | |
| HY059 | Maple Syrup Organic | 236ml | 5.99 | OV |
| | MARIGOLD | | | |
| LJ179 | Pomegranate Molasses | 250ml | 3.79 | V |
| | MERIDIAN | | | |
| LJ297 | Agave Syrup Blue Grade-Squeezy | 250g | 3.99 | OV |
| HY077 | Barley Malt Extract | 370g | 1.99 | V |
| HY006 | Barley Malt Extract - og | 370g | 2.49 | OV |
| HY080 | Date Syrup | 330g | 2.99 | V |
| LJ296 | Date Syrup - Squeezy | 335g | 2.99 | V |
| 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 |
| HY038 | Pure Cane Molasses | 740g | 2.99 | SV |
| | RAYNERS | | | |
| LJ901 | Black Treacle - organic | 340g | 2.35 | OV |
| HY088 | Blackstrap Molasses | 340g | 1.95 | VS |
| 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 |
| | SILVER SPOON | | | |
| LJ082 | Caster Sugar with Stevia | 700g | 1.79 | V |
| LJ089 | Demerara Sugar with Stevia | 700g | 2.29 | V |
| | SUGAVIDA | | | |
| LJ314 | Sugavida - Natural Sweetener | 250g | 6.49 | OV |
| | SWEET FREEDOM | | | |
| LJ041 | Natural Sweetness - Original | 350g | 3.19 | V |
| | SWEET LIKE STEVIA | | | |
| LJ161 | Sweet Drops of Stevia | 50ml | 5.99 | V |
| | SWEET LIKE SUGAR | | | |
| LJ138 | Stevia Pouches | 450g | 7.99 | V |
| LJ142 | Stevia Sachet | 50 | 4.99 | V |
| LJ160 | Stevia Tabs | 200S | 3.99 | V |
| | 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 |

| code | product | size | rrp | bfgosv |
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TOTAL SWEET

| | | | | |
|-------|-------------|------|------|---|
| LJ125 | Total Sweet | 1kg | 9.99 | V |
| LJ124 | Total Sweet | 225g | 2.79 | V |

TRAI DCRAFT

| | | | | |
|-------|------------------------------|------|-------|-----|
| LJ515 | Brown Sugar Sticks | 3g | 12.19 | FVS |
| LJ889 | Caster Sugar - Golden Caster | 500g | 1.65 | FSV |
| LJ880 | Sugar - Dark Muscovado Sugar | 500g | 1.75 | FSV |
| LJ990 | Sugar - Demerara | 500g | 1.65 | FSV |
| LJ132 | Sugar - Raw Cane | 500g | 1.65 | FSV |
| LJ514 | White Sugar Sticks | 3g | 12.19 | FVS |

TRUVIA

| | | | | |
|-------|--------------------------------|------|------|---|
| LJ256 | Sweetener from the Stevia Leaf | 100 | 2.89 | V |
| LJ086 | Sweetener from the Stevia Leaf | 270g | 5.49 | V |

XYLITOL UK

| | | | | |
|-------|-------------------|------|-------|---|
| LJ047 | Xylitol Sweetener | 1kg | 10.39 | V |
| LJ051 | Xylitol Sweetener | 250g | 2.89 | V |

XYLOBRIT

| | | | | |
|-------|-------------------------------|------|------|---|
| LJ262 | Xylobrit Sugar Free Sweetener | 1kg | 9.99 | V |
| LJ240 | Xylobrit Sugar Free Sweetener | 250g | 3.15 | V |

ZYLOSWEET

| | | | | |
|-------|------------------|------|------|---|
| LJ001 | Xylitol Crystals | 300g | 5.35 | V |
|-------|------------------|------|------|---|

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 |
| VM047 | Super-Cacao Powder | 275g | 9.99 | V |
| VM042 | Super-Cacao Powder - Tub | 100g | 5.99 | V |

BEET IT

From James White

| | | | | |
|-------|-----------------------------|-----|------|----|
| JU199 | Beet It Sports Stamina Shot | 7cl | 1.59 | V |
| 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

| | | | | |
|-------|---------------------------------------|------|------|----|
| MD123 | Apricot Kernels - Bitter | 300g | 9.99 | V |
| MD068 | Barley Grass Powder | 100g | 7.59 | OV |
| MD055 | Cacao Powder - Peruvian | 100g | 4.55 | OV |
| MD103 | Cacao Powder - Peruvian | 200g | 6.99 | OV |
| MD199 | Chia Seeds | 450g | 9.49 | V |
| MD124 | Goji Berries - Ningxia | 300g | 9.99 | V |
| MD079 | Hemp Protein Powder | 300g | 7.7 | V |
| 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 | bfgosv |
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| GOOD HEMP NUTRITION | | | | |
| <i>Good Hemp Superfood</i> | | | | |
| MD201 | Hemp Protein Powder - Natural | 2.5kg | 49.95 | V |
| MD250 | Hemp Protein Powder - Raw | 500g | 13.65 | V |
| 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 |
| MD196 | Chia Seeds | 225g | 3.99 | V |
| 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 |
| JU640 | Turmeric Zinger Shot | 7cl | 1.65 | V |
| LINUSIT | | | | |
| MD008 | Premium Ground Flaxseed - og | 450g | 6.25 | GOV |
| LINUSPROUT | | | | |
| MD062 | Sprouted Flax Powder | 250g | 5.75 | OV |
| LINWOODS | | | | |
| MD113 | Chia Seed | 200g | 6.19 | GV |
| MD109 | Flax,Almond,Brazil,Walnut,Q10 | 360g | 6.25 | GV |
| MD018 | Flax,Chia,Apple & Cinnamon | 200g | 4.89 | V |
| MD147 | Flax,Sunflower & Pumpkin Seeds | 200g | 3.55 | GOV |
| MD101 | Flax,Sunflower & Pumpkin Seeds | 425g | 6.05 | OV |
| MD104 | Flax,Sunflower,Pump,Sesame,Goji | 425g | 5.99 | GV |
| MD114 | Flaxseed | 200g | 3.35 | GOV |
| MD102 | Flaxseed | 425g | 4.99 | GOV |
| MD115 | Flaxseed & Goji Berries | 200g | 3.55 | GV |
| MD112 | Flaxseed,Bio Cultures & Vit D | 360g | 6.25 | V |
| MD110 | Shelled Hemp | 225g | 7.09 | V |
| Hemp Protein + | | | | |
| MD027 | Flax, Bio-Culture & Vitamin D | 360g | 16.99 | GV |
| MD024 | Flax, Chia, Broccoli & Spinach | 360g | 16.99 | GOV |
| MD026 | Flax, Chia, Cocoa & Beetroot | 360g | 16.99 | GOV |
| 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 |

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| NATURYA | | | | |
| MD111 | Chia Seeds | 300g | 6.99 | V |
| MD151 | Lucuma Powder | 300g | 12.99 | V |
| 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 |
| Breakfast Boost | | | | |
| MD230 | Cacao Crunch | 150g | 6.99 | V |
| MD224 | Seed Crunch | 150g | 6.99 | V |
| MD219 | Superberries | 150g | 6.99 | V |
| PREWETTS | | | | |
| VM020 | Organic Ground Flaxseed | 175g | 2.45 | OV |
| PROTEIN POW | | | | |
| VM242 | Pea Protein Powder | 450g | 14.99 | V |
| PULSIN' | | | | |
| VM012 | Hemp Protein Powder | 1kg | 23.99 | GV |
| VM093 | Hemp Protein Powder | 250g | 7.99 | GV |
| VM208 | Organic Sunflower Protein Powd | 1kg | 24.99 | GOV |
| VM027 | Pea Protein Isolate | 1kg | 23.99 | GV |
| VM092 | Pea Protein Powder | 250g | 7.99 | GV |
| VM011 | Rice Protein Concentrate | 1kg | 29.99 | GV |
| VM024 | Rice Protein Powder | 250g | 9.99 | GV |
| VM010 | Soya Protein Isolate | 1kg | 17.99 | GV |
| VM095 | Soya Protein Powder | 250g | 5.99 | GV |
| RAINFOREST FOODS | | | | |
| Capsules & Tablets | | | | |
| MD248 | Maca Root Capsules 500mg | 120 | 14.49 | OV |
| MD246 | Spirulina Tablets 500mg | 300 | 11.99 | OV |
| Pouches | | | | |
| 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 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 | | | | |
| SUMA PREPACKS | | | | |
| HE250 | Psyllium Husk | 200g | 5.39 | V |
| ALOE PURA | | | | |
| MD028 | Gentle Colon Cleanse Tablets | 30 | 5.99 | V |
| MD030 | Gentle Colon Cleanse Tablets | 60 | 9.99 | V |
| ARKOPHARMA | | | | |
| MD012 | Cys-Control Sachets | 6 sachet | 5.99 | V |

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| | BETAVIVO | | | |
| VM056 | Crispy Oat Heart Cereal | 23g | 16.99 | V |
| | BETTER YOU | | | |
| VM171 | Boost Vitamin B12 Daily Spray | 25ml | 11.95 | V |
| VM169 | Magnesium Body Butter | 180ml | 9.95 | V |
| VM168 | Magnesium Flakes | 1kg | 9.95 | V |
| VM029 | Magnesium Flakes | 250g | 3.95 | V |
| VM247 | Magnesium Gel - Original | 150ml | 11.95 | V |
| VM167 | Magnesium Oil - Goodnight | 100ml | 12.2 | V |
| VM164 | Magnesium Oil - Original | 100ml | 12.2 | V |
| VM002 | Magnesium Oil - Recovery | 100ml | 12.2 | V |
| VM166 | Magnesium Oil - Sensitive | 100ml | 12.2 | V |
| | BIOFORCE | | | |
| MD670 | Echinaforce | 50ml | 9.85 | V |
| | CYSTICLEAN | | | |
| MD192 | Cysticlean 240mg PAC | 30 tablets | 24.99 | V |
| | FINDHORN FLOWER ESSENCES | | | |
| | <i>Room Sprays</i> | | | |
| NF386 | Sacred Space Spray Mist | 50ml | 10.95 | V |
| | FLORADIX | | | |
| MD023 | Detox Bio Herbal Formula | 250ml | 16.95 | OV |
| MD035 | Floradix Intestcare | 250ml | 14.75 | V |
| MD172 | Floravital Formula - Yeastfree | 500ml | 17.89 | V |
| | HEALTHPOL | | | |
| DY720 | Delacet - Head Lice Solution | 100ml | 13.69 | OV |
| | HERBFARMACY | | | |
| MD849 | Herbfarmacy Calendla/Hypericum | 20g | 8.5 | OV |
| MD729 | Herbfarmacy Comfrey Oil | 100ml | 8 | OV |
| | HIGHER NATURE | | | |
| VM035 | Active Silver High Stability | 100ml | 18.3 | V |
| VM036 | Active Silver High Stability | 15ml | 8.35 | V |
| VM040 | Citricidal | 100ml | 20.6 | V |
| VM302 | Citricidal | 25ml | 6.9 | V |
| VM303 | Citricidal | 45ml | 10.5 | V |
| MD003 | Fizzy C Effervescent Vitamin C | 20 tablets | 4.7 | V |
| VM077 | Probio Mints | 60 | 5.25 | V |
| VM063 | Probio-Daily | 30 | 4.5 | V |
| VM053 | Probio-Daily | 90 | 9.05 | V |
| MD017 | Serotone 5HTP 100mg | 90 | 32.7 | V |
| VM078 | Serotone 5HTP 50mg | 90 | 20.9 | V |
| MD220 | The Saltpipe - Mini | each | 23.95 | V |
| MD185 | VisualEyes | 30 | 10.25 | V |
| | Truefood | | | |
| VM231 | Calcium & Magnesium | 60 | 12.35 | V |
| VM226 | Easy Iron | 90 | 8.9 | V |
| VM229 | GTF Chromium | 90 | 13.3 | V |
| VM232 | Maxi Co-Q10 | 60 | 51.9 | V |
| VM227 | Selenium | 60 | 9.55 | V |
| VM230 | Super Potency Soyagen | 90 | 39.9 | V |
| VM225 | SuperNutrition Plus | 90 | 19.85 | V |
| VM228 | Vitamin B Complex | 90 | 20.9 | V |
| | LANES | | | |
| MD235 | Lecigran - Lecithin Granules | 350g | 9.99 | V |

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NATURES AID

| | | | | |
|-------|-------------------------------------|-------------|-------|----|
| VM084 | Beetroot Capsules Organic | 60 capsules | 7.95 | OV |
| VM090 | Beta Glucans | 30 tablets | 8.95 | V |
| VM210 | DigestEeze | 60 tablets | 9.95 | V |
| VM211 | Echineeze | 90 tablets | 6.95 | V |
| VM185 | Evening Primrose Oil Organic | 90 capsules | 14.95 | OV |
| VM184 | Flaxseed Oil Organic | 90 capsules | 11.95 | OV |
| VM183 | Hyaluronic Acid | 60 capsules | 17.95 | V |
| VM089 | Inulin Powder | 250g | 9.95 | SV |
| VM212 | JointEeze | 90 tablets | 12.95 | V |
| VM083 | Maca Powder Organic | 200g | 14.95 | OV |
| VM098 | Men - Multi Vit & Mineral | 30 capsules | 8.95 | V |
| VM074 | Moringa Powder Organic | 150g | 8.95 | OV |
| VM030 | Mushroom Complex Organic | 60 capsules | 18.95 | OV |
| VM213 | PremEeze | 60 capsules | 8.95 | V |
| VM179 | Red Yeast Rice | 90 capsules | 17.95 | GV |
| VM180 | Sea Buckthorn Oil 500mg | 60 capsules | 16.95 | V |
| VM214 | SleepEezy | 60 tablets | 8.95 | V |
| VM215 | Ucalm | 60 tablets | 9.95 | V |
| VM072 | Ultimate Superfoods Capsules | 60 capsules | 14.95 | OV |
| VM085 | Ultimate Superfoods Powder | 150g | 19.95 | OV |
| VM182 | Vitamin E Oil - high strength | 50ml | 9.95 | V |
| VM082 | Wheatgrass Powder Organic | 100g | 6.95 | OV |
| VM099 | Womens 50+ Multi Vit & Mineral | 30 capsules | 8.95 | V |
| VM106 | Womens Multi Vit & Mineral | 60 capsules | 12.95 | V |

Botanicals

| | | | | |
|-------|----------------------|-------------|-------|---|
| VM203 | Raspberry Leaf 750mg | 60 tablets | 6.45 | V |
| VM204 | Turmeric 10,000mg | 60 capsules | 17.95 | V |

NATURES OWN

C Vitamins

| | | | | |
|-------|------------------------------|-------------|------|---|
| VM023 | Cherry-C: Vit C from Acerola | 60 capsules | 15.5 | V |
| VM165 | Vitamin C with Bioflavonoids | 50 tablets | 14.5 | V |

Childrens

| | | | | |
|-------|---------------------|-------------|------|---|
| VM218 | Kids Immune Support | 60 capsules | 11.2 | V |
|-------|---------------------|-------------|------|---|

D Vitamins

| | | | | |
|-------|------------------|------------|-----|---|
| VM252 | Vitamin D3 Vegan | 60 tablets | 7.5 | V |
|-------|------------------|------------|-----|---|

Digestive Aids

| | | | | |
|-------|--------------------|-------------|------|---|
| VM044 | Biotic Plus - Live | 30 capsules | 17.4 | V |
|-------|--------------------|-------------|------|---|

E Vitamins

| | | | | |
|-------|-----------------|-------------|------|---|
| VM069 | Vitamin E 100mg | 60 capsules | 15.3 | V |
|-------|-----------------|-------------|------|---|

Essential Fatty Acids

| | | | | |
|-------|----------------------|-------------|-------|---|
| VM400 | Evening Primrose Oil | 90 capsules | 14.15 | V |
| VM176 | Omega 3 Vegan | 60 capsules | 23.75 | V |

Minerals

| | | | | |
|-------|------------------------|-------------|------|---|
| VM001 | Calcium - from seaweed | 60 capsules | 14.5 | V |
| VM108 | Magnesium Citrate | 90 capsules | 12.5 | V |

Multi-Formulations

| | | | | |
|-------|-------------------------------|-------------|------|---|
| VM065 | Wholefood Multi - Vits & Mins | 60 capsules | 16.9 | V |
|-------|-------------------------------|-------------|------|---|

Nutritional Support

| | | | | |
|-------|------------------------------|-------------|------|----|
| VM107 | Aloe Vera Juice - Inner Leaf | 500ml | 8.3 | V |
| VM088 | Glucosamine Hydrochloride | 60 capsules | 11.8 | V |
| MD116 | Hair, Skin & Nails Formula | 30 tablets | 6.65 | V |
| VM128 | Immune Support | 30 capsules | 13 | V |
| VM149 | Kelp Organic 400mg | 60 capsules | 10.7 | OV |

NELSONS

| | | | | |
|-------|-----------------------------|------|------|---|
| MD089 | Arnicare Arnica 30c Klikpak | pack | 6.45 | V |
|-------|-----------------------------|------|------|---|

| code | product | size | rrp | bfgosv |
|---|---------------------------------|-------------|-------|--------|
| OPTIMA | | | | |
| MD241 | Lecithin Granules | 250g | 6.39 | V |
| MD118 | Montmorency Cherry Juice | 500ml | 16.49 | V |
| 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 |
| SPATONE | | | | |
| MD175 | Iron-Plus | 28 x 25ml | 11.49 | V |
| MD005 | Liquid Iron - Apple Flavour | 25ml | 12.49 | V |
| TOGETHER HEALTH | | | | |
| VM032 | Ashwagandha Complex | 30 | 9.99 | V |
| VM022 | Beautiful | 60 | 14.99 | GV |
| VM018 | Calcium - from seaweed | 60 | 9.99 | V |
| VM026 | Curcumin & Turmeric | 30 | 9.99 | V |
| VM033 | Gentle Iron | 30 | 7.99 | GV |
| VM119 | Magnesium | 30 | 5.99 | V |
| VM052 | Night Time Marine Magnesium | 60 | 12.99 | V |
| VM121 | Omega 3 - Algae | 30 | 13.99 | V |
| VM050 | Stress Aid Vitamin & Mineral | 30 | 9.99 | GV |
| VM113 | Vitamin C with Bioflavonoids | 30 | 7.99 | GV |
| VEGA | | | | |
| <i>B Vitamins</i> | | | | |
| VM125 | Vitamin B Complex | 30 capsules | 5.95 | V |
| VM004 | Vitamin B12 1000ug | 30 | 5.85 | V |
| <i>C Vitamins</i> | | | | |
| VM100 | Chewable Vitamin C 1000mg | 30 | 6.75 | V |
| <i>Multi Formulas</i> | | | | |
| VM140 | Co-Enzyme Q10 | 30 capsules | 12.55 | V |
| <i>Probiotics & Digestive Aids</i> | | | | |
| VM138 | Acidophilus & Bifidus Complex | 60 capsules | 9.55 | V |
| VM139 | Digestive Enzymes | 60 capsules | 8.05 | V |
| VEGAN SOCIETY | | | | |
| VM244 | VEG 1 - Blackcurrant Flavour | 180 tablets | 13.95 | SV |
| VM241 | VEG 1 - Blackcurrant Flavour | 90 tablets | 7.25 | SV |
| VM246 | VEG 1 - Orange Flavour | 180 tablets | 13.95 | SV |
| VM245 | VEG 1 - Orange Flavour | 90 tablets | 7.25 | SV |
| WELEDA | | | | |
| <i>Anthroposophic Medicines</i> | | | | |
| DY155 | Arnica Massage Balm | 100ml | 11.95 | V |
| DY456 | Arnica Massage Balm | 200ml | 18.75 | V |
| DY156 | Arnica Massage Balm | 50ml | 8.5 | V |
| MD586 | Chamomilla 3X Granules | 15g | 5.5 | SV |
| MD161 | Hayfever Relief Oral Spray | 20ml | 10.5 | V |
| MD240 | Rhinodoron Nasal Spray | 20ml | 8.5 | V |

code

product

size

rrp

bfgosv

SWEET SNACKS**BEAR**

| | | | | |
|-------|--------------------------------|-----|------|----|
| ZX526 | Yoyo Pure Fruit Rolls - Apple | 20g | 0.58 | GV |
| ZX529 | Yoyo Pure Fruit Rolls - Mango | 20g | 0.58 | GV |
| ZX545 | Yoyo Pure Fruit Rolls - Pineap | 20g | 0.58 | GV |
| ZX555 | Yoyo Pure Fruit Rolls - Strawb | 20g | 0.58 | GV |
| ZX525 | Yoyo Pure Fruit Rolls-Blackcur | 20g | 0.58 | GV |
| ZX550 | Yoyo Pure Fruit Rolls-Raspb'ry | 20g | 0.58 | GV |

Claws in multipacks

| | | | | |
|-------|--------------------------------|---------|------|----|
| ZX008 | Claws - Apple, Pear & Pumpkin | 5 x 18g | 2.69 | GV |
| ZX006 | Claws - Blackcurrant& Beetroot | 5 x 18g | 2.69 | GV |
| ZX005 | Claws - Mango & Carrot | 5 x 18g | 2.69 | GV |
| ZX003 | Claws - Strawberry & Butternut | 5 x 18g | 2.69 | GV |

Yoyo Sours

| | | | | |
|-------|----------------------|-----|------|----|
| ZX514 | Blackcurrant & Apple | 20g | 0.58 | GV |
| ZX511 | Mango & Apple | 20g | 0.58 | GV |
| ZX448 | Strawberry & Apple | 20g | 0.58 | GV |

Yoyo Sours Multipack

| | | | | |
|-------|----------------------|---------|-----|----|
| ZX516 | Blackcurrant & Apple | 5 x 20g | 2.5 | GV |
| ZX522 | Mango & Apple | 5 x 20g | 2.5 | GV |
| ZX567 | Strawberry & Apple | 5 x 20g | 2.5 | GV |

Yoyos in multipacks

| | | | | |
|-------|--------------------------------|---------|------|----|
| ZX020 | Yoyos - Blackcurrant Multipack | 5 x 20g | 2.59 | GV |
| ZX014 | Yoyos - Mango Multipack | 5 x 20g | 2.59 | GV |
| ZX013 | Yoyos - Raspberry Multipack | 5 x 20g | 2.59 | GV |
| ZX012 | Yoyos - Strawberry Multipack | 5 x 20g | 2.59 | GV |

BIONA

| | | | | |
|-------|---------------------------------------|-----|------|------|
| ZX002 | Berry Burst Sweets - Organic | 75g | 1.79 | GOSV |
| 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 |

CYPRESSA

| | | | | |
|-------|--------------|------|------|---|
| ZX778 | Almond Halva | 250g | 2.99 | V |
|-------|--------------|------|------|---|

FABULOUS FUDGE FACTORY

| | | | | |
|-------|------------------------------|------|------|-----|
| ZX548 | Chocovered Crunchee Bites | 65g | 1.75 | GSV |
| ZX159 | Dairy Free Chocolate Raisins | 75g | 1.69 | GV |
| ZX432 | Dairy Free Fudge | 200g | 3.06 | GSV |
| ZX627 | Dairy Free Fudgee Bites | 75g | 1.69 | GSV |
| ZX628 | Raspberry Ice Bites | 75g | 1.49 | GSV |

FREE FROM FELLOWS

| | | | | |
|-------|--------------|------|------|----|
| ZX065 | Cola Bottles | 100g | 1.89 | GV |
| ZX060 | Gummy Bears | 100g | 1.89 | GV |
| ZX072 | Midget Gems | 100g | 1.89 | GV |

FREEDOM CONFECTIONERY

| | | | | |
|-------|----------------------------|-----|------|-----|
| KB385 | Strawberry Marshmallows | 75g | 2.49 | GV |
| KB383 | White Vanilla Marshmallows | 75g | 2.49 | GSV |

Mini Mallows

| | | | | |
|-------|--------------------------------|-----|------|-----|
| KB789 | Pink & White Mini Marshmallows | 75g | 2.49 | GSV |
|-------|--------------------------------|-----|------|-----|

GOODY GOOD STUFF

| | | | | |
|-------|------------------|------|------|-----|
| ZX197 | Berry Mix | 100g | 1.45 | GSV |
| ZX146 | Cola Breeze | 100g | 1.45 | GSV |
| ZX486 | Sour Mix & Match | 100g | 1.45 | GSV |
| ZX489 | Summer Peaches | 100g | 1.45 | GSV |

116

Vegan

| code | product | size | rrp | bfgosv |
|-----------------------------|---|----------|-------|--------|
| JEALOUS SWEETS | | | | |
| <i>40g Bags</i> | | | | |
| ZX231 | Fizzy Friends | 40g | 1.29 | SVG |
| ZX238 | Grizzly Bears | 40g | 1.29 | GVS |
| ZX229 | Tangy Worms | 40g | 1.29 | SVG |
| ZX233 | Tropical Wonder | 40g | 1.29 | SGV |
| NATURELLY | | | | |
| BB019 | Jelly Juice - Apple Blackcurrant | 4 x 100g | 1.05 | V |
| BB023 | Jelly Juice - Summer Fruits | 4 x 100g | 1.05 | V |
| BB020 | Jelly Juice - Tropical Fruits | 4 x 100g | 1.05 | V |
| PANDA | | | | |
| ZX078 | All Natural 4 Bar Pack | 128g | 1.85 | V |
| ZX071 | All Natural Liquorice Bar | 32g | 0.59 | VS |
| ZX402 | All Natural Liquorice Bears | 125g | 1.29 | VS |
| ZX676 | All Natural Raspberry Bar | 32g | 0.59 | VS |
| ZX531 | Blueberry Liquorice Bag | 200g | 2.25 | V |
| ZX591 | Blueberry Liquorice Bar | 32g | 0.59 | V |
| ZX674 | Liquorice Cuts Bag | 240g | 2.25 | VS |
| ZX435 | Liquorice Torpedos | 100g | 1.35 | SV |
| ZX409 | Raspberry Liquorice | 200g | 2.25 | V |
| PEPPERSMITH | | | | |
| ZX026 | Extra Strong Mints | 15g | 1.49 | V |
| <i>Dental Gum Pouches</i> | | | | |
| ZX150 | Dental Peppermint Chewing Gum | 50g | 2.99 | V |
| ZX155 | Dental Spearmint Chewing Gum | 50g | 2.99 | V |
| <i>Dental Pocket Packs</i> | | | | |
| ZX882 | Dental Pastilles Strawberry | 15g | 1.49 | V |
| ZX601 | Peppermint Chewing Gum | 15g | 1.29 | V |
| ZX536 | Peppermint Fresh Mints | 15g | 1.49 | V |
| ZX590 | Sicilian Lemon Peppermints | 15g | 1.49 | V |
| ZX606 | Spearmint Chewing Gum | 15g | 1.29 | V |
| RICOLA | | | | |
| ZX242 | Cherry Honey Swiss Herb Drops | 32g | 0.54 | V |
| SNACT | | | | |
| ZX080 | Apple & Mango Fruit Jerky | 20g | 1 | V |
| ZX856 | Apple, Blueberry & Banana Jerk | 20g | 1 | V |
| SUNITA | | | | |
| ZX096 | Grape Juice & Sultana Halva | 2.5kg | 39.25 | V |
| ZX587 | Grape Juice & Sultana Halva OG | 75g | 1.6 | OV |
| THE GINGER PEOPLE | | | | |
| ZX048 | Original Ginger Chews | 42g | 1.99 | SV |
| ZX049 | Original Ginger Chews | 84g | 2.79 | SV |
| ZX050 | Spicy Ginger Hard Sweets | 84g | 2.29 | SV |
| THE RAW CHOCOLATE CO | | | | |
| DR188 | Goji Berries | 150g | 6.49 | OV |
| DR185 | Raw White Mulberries | 150g | 3.65 | FOV |
| TRUEDE | | | | |
| KJ255 | Pomegranate Turkish Delight | 275g | 8.79 | SV |
| URBAN FRUIT | | | | |
| DR016 | Coconut Chips - Natural | 25g | 1.01 | GV |
| DR035 | Coconut Chips - Srircha | 25g | 1.01 | GV |
| VEGEBEARS | | | | |
| ZX573 | Frooty Fruits | 100g | 1.65 | OSV |
| ZX571 | Fruit Jellies | 100g | 1.65 | SOV |

| code | product | size | rrp | bfgosv |
|------|---------|------|-----|--------|
|------|---------|------|-----|--------|

TABLE SAUCES

AMAIZIN

| | | | | |
|-------|-----------------------|------|------|----|
| KJ014 | Salsa Dip Sauce - Hot | 260g | 2.45 | OV |
|-------|-----------------------|------|------|----|

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 |

DELICIOSO

| | | | | |
|-------|-------------|------|------|---|
| KJ484 | Salsa Brava | 185g | 3.09 | V |
|-------|-------------|------|------|---|

GEO ORGANICS

| | | | | |
|-------|--------------------------------|-------|------|-----|
| KJ212 | Worcestershire Sauce - organic | 150ml | 2.79 | OSV |
|-------|--------------------------------|-------|------|-----|

GRANOVITA

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

GREAT BRITISH SAUCE CO

| | | | | |
|-------|--------------------------------|------|------|----|
| KJ139 | Proper Brown Sauce | 305g | 2.35 | SV |
| KJ157 | Proper Tomato Sauce | 315g | 2.35 | SV |
| KJ170 | Tomato & Habanero Chilli Sauce | 320g | 2.35 | SV |

LA SAUCY SALSA LTD

| | | | | |
|-------|-------------------------|------|-----|---|
| KJ472 | Chilli and Garlic Salsa | 170g | 4.5 | V |
| KJ470 | Coriander Salsa | 170g | 4.5 | V |
| KJ471 | Paprika Salsa | 170g | 4.5 | V |
| KJ469 | Parsley Salsa | 170g | 4.5 | V |

MERIDIAN

| | | | | |
|-------|--------------------------|------|------|------|
| KJ621 | Tomato Ketchup - organic | 285g | 1.99 | GOSV |
|-------|--------------------------|------|------|------|

MR ORGANIC

| | | | | |
|-------|-------------------------|------|------|-----|
| KJ050 | Italian Organic Ketchup | 480g | 2.65 | OSV |
|-------|-------------------------|------|------|-----|

THE FORAGING FOX

| | | | | |
|-------|-----------------------------|------|------|-----|
| KJ357 | Beetroot Ketchup - Hot | 255g | 3.49 | GSV |
| KJ358 | Beetroot Ketchup - Original | 255g | 3.49 | GSV |
| KJ359 | Beetroot Ketchup - Smoked | 255g | 3.49 | GSV |

WHOLE EARTH

| | | | | |
|-------|--------------------------|------|------|----|
| KJ451 | Tomato Ketchup - organic | 340g | 1.99 | OV |
|-------|--------------------------|------|------|----|

TEAS

CAFEDIRECT

Everyday Teas

| | | | | |
|-------|---------------------|-----------|-------|----|
| TE690 | Everyday Tea | 80 bags | 3.45 | FV |
| TE691 | Everyday Tea | 1100 bags | 34.21 | FV |
| TE390 | Everyday Tea | 160 bags | 6.1 | FV |
| TE637 | Everyday Tea Decaff | 80 bags | 4.75 | FV |

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 |

| code | product | size | rrp | bfgosv |
|-------|-----------------------------------|---------|-------|--------|
| 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

| | | | | |
|----------------|----------------------------------|---------|------|-----|
| TE775 | Fairtrade Blend 80 Caddy | 80 bags | 2.79 | FV |
| TE798 | Pure Green Tea Caddy | 80 bags | 2.99 | FV |
| <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 |
| TE447 | Fairtrade Blend | 100 bags | 5.08 | FV |
| TE726 | Fairtrade One Cup Teabags | 440 bags | 14.72 | FV |
| TE161 | Green Tea - og | 25 bags | 2.53 | FOV |
| TE730 | Organic Blend | 440 bags | 14.72 | OV |

GREEN TEA FAIRTRADE

| | | | | |
|-------|--------------------------------------|---------|------|-----|
| TE486 | Citrus Green Tea + Echinacea | 20 bags | 1.89 | FV |
| 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 |
| TE520 | Green Tea - Decaffeinated | 25 bags | 1.89 | FV |
| 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 |
| TE754 | Green Tea with Ginseng | 20 bags | 1.89 | FV |
| TE488 | Green Tea with Lemon | 25 bags | 1.79 | FV |
| TE595 | Green Tea with Mint | 25 bags | 1.79 | FV |
| TE980 | Pure Green Tea | 26 bags | 1.69 | FV |
| TE016 | Pure Green Tea | 50 bags | 2.29 | FV |
| TE007 | Pure Green Tea | 80 bags | 2.99 | FV |
| TE039 | Sleepy Decaf Green Tea- og | 20 bags | 2.19 | FOV |

Organic White Tea

| | | | | |
|-------|----------------------------------|---------|-----|----|
| 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 |

Originals

| | | | | |
|-------|------------------------------------|---------|------|----|
| TE800 | Fairtrade 80 Teabags | 80 bags | 2.79 | FV |
| TE541 | Fairtrade Blend | 40 bags | 1.69 | FV |
| 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 |

DRINK ME CHAI

Food Service Range

| | | | | |
|-------|---------------|-----|-------|----|
| TE074 | Artisan Blend | 1kg | 15.85 | SV |
|-------|---------------|-----|-------|----|

| code | product | size | rrp | bfgosv |
|-------------------------|-----------------------------|----------|-------|--------|
| 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 |
| TRADICRAFT | | | | |
| TE644 | One Cup Teabags Catering | 440 bags | 11.55 | FV |
| TWININGS | | | | |
| TE461 | Assam | 40 bags | 3.89 | V |
| TE378 | Earl Grey | 50 bags | 3.96 | V |
| TE379 | Earl Grey - Decaffeinated | 50 bags | 5.69 | V |
| TE761 | Earl Grey - og | 50 bags | 5.69 | OV |
| TE123 | English Breakfast | 50 bags | 3.96 | V |
| TE321 | English Breakfast | 125g | 3.29 | V |
| TE613 | English Breakfast Decaff | 50 bags | 5.69 | V |
| TE111 | Lady Grey | 50 bags | 3.96 | V |
| TE710 | Smoky Lapsang | 20 bags | 2.05 | V |
| TE653 | Spicy Chai | 20 bags | 2.05 | V |
| TE174 | Traditional Afternoon | 50 bags | 3.96 | V |
| <i>Selection Packs</i> | | | | |
| TE899 | Classics Selection | 20 bags | 3.49 | V |

| code | product | size | rrp | bfgosv |
|------|---------|------|-----|--------|
|------|---------|------|-----|--------|

TWININGS GREEN TEAS

Cleanse

| | | | | |
|-------|-------------------------------|---------|------|---|
| TE082 | Green Steamed Selection | 20 bags | 3.49 | V |
| TE523 | Jasmine Green Tea | 20 bags | 2.64 | V |
| TE291 | Lemon Green Tea | 20 bags | 2.64 | V |
| TE292 | Mint Green Tea | 20 bags | 2.64 | V |
| TE549 | Orange & Lotus Flower Green T | 20 bags | 2.64 | V |
| TE743 | Pure Green Tea | 20 bags | 2.64 | V |

TWININGS WHITE TEAS

Cleanse

| | | | | |
|-------|-------------------------|---------|------|---|
| TE646 | Pure White Tea | 20 bags | 3.75 | V |
| TE648 | White Tea & Pomegranate | 20 bags | 3.75 | V |

WILLIAMSON TEA

| | | | | |
|-------|-----------------------|---------|------|----|
| TE081 | Duchess Grey | 50 bags | 2.49 | V |
| TE086 | Earl Grey | 50 bags | 2.49 | FV |
| TE087 | English Breakfast | 50 bags | 2.49 | FV |
| TE098 | Traditional Afternoon | 50 bags | 2.49 | FV |

Caddies with Pyramid Teabags

| | | | | |
|-------|-----------------------|---|-------|---|
| TE670 | Loving & Giving | 1 | 10.15 | V |
| TE671 | Winter Blend Seasonal | 1 | 10.15 | V |
| TE667 | Winter Wonderland | 1 | 10.15 | V |

Cylinders

| | | | | |
|-------|-----------------------|------|------|----|
| TE981 | Christmas Special | 100g | 5.69 | FV |
| TE975 | Duchess Grey | 100g | 5.69 | FV |
| TE974 | Earl Grey | 100g | 5.69 | FV |
| TE972 | English Breakfast | 100g | 5.69 | FV |
| TE976 | Kenyan Black Tea | 100g | 5.69 | FV |
| TE977 | Kenyan Caravan | 100g | 5.69 | FV |
| TE979 | Rose Pouchong | 100g | 5.69 | FV |
| TE973 | Traditional Afternoon | 100g | 5.69 | FV |

Gift Caddies

| | | | | |
|-------|-------------------------------|---|-------|----|
| TE892 | Elephant Britannia | 1 | 10.19 | FV |
| TE820 | Elephant Cherry Blossom | 1 | 10.19 | FV |
| TE893 | Elephant Grey | 1 | 10.19 | FV |
| TE894 | Elephant Kenyan Earth | 1 | 10.19 | FV |
| TE885 | Elephant Kenyan Summer | 1 | 10.19 | FV |
| TE884 | Elephant Kenyan Winter | 1 | 10.19 | FV |
| TE910 | Elephant London Skyline | 1 | 10.19 | FV |
| TE961 | Elephant Loving and Giving | 1 | 10.19 | FV |
| TE886 | Elephant Mindfulness | 1 | 10.19 | FV |
| TE916 | Elephant Mother Child Charity | 1 | 10.19 | FV |
| TE883 | Elephant Painterly Summer | 1 | 10.19 | FV |
| TE858 | Elephant Painterly Winter | 1 | 10.19 | FV |
| TE889 | Elephant Scandanavian | 1 | 10.19 | FV |
| TE919 | Elephant Seasonal | 1 | 10.19 | FV |
| TE913 | Elephant Winter Wonderland | 1 | 10.19 | FV |

Mini Caddies

| | | | | |
|-------|-----------------------------|---|------|----|
| TE280 | Green Matcha | 1 | 25.5 | V |
| TE891 | Mini Elephant Orphan Ginger | 1 | 7.09 | FV |
| TE890 | Mini Elephant Orphan Green | 1 | 7.09 | FV |
| TE971 | Mini Elephant Orphan Red | 1 | 7.09 | FV |
| TE317 | Purple Matcha | 1 | 25.5 | V |

TOFU (CHILLED)

CAULDRON

| | | | | |
|-------|------------------------------|------|------|-----|
| CV562 | Marinated Tofu Pieces | 160g | 2.86 | SOV |
| CV561 | Tofu | 396g | 2.6 | V |

| code | product | size | rrp | bfgosv |
|---------------------------------------|---|-------|------|--------|
| 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 |
| 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 |
| 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 | 200g | 3.19 | OVB |
| Fermented Tofu Salad | | | | |
| CV194 | Feto Antipasti Korfu | 125g | 3.99 | OV |
| CV223 | Feto Antipasti Puebla | 125g | 3.99 | OV |
| TOFURKY | | | | |
| CV547 | Barbeque Chick'n | 227g | 3.99 | SV |
| CV144 | Chick'n & Apple Style Sausages | 250g | 3.79 | SV |
| CV118 | Hickory Smoked Style Slices | 156g | 2.85 | SV |
| CV123 | Italian Style Sausages | 250g | 3.29 | SV |
| CV083 | Kielbasa Styles Sausages | 250g | 3.29 | SV |
| CV531 | Lightly Seasoned Chick'n | 227g | 3.99 | SV |
| CV091 | Oven Roast Deli Slices | 165g | 2.85 | SV |
| CV054 | Roast with Herb Gravy | 765g | 9.99 | SV |
| CV110 | Smoked Ham Style Deli Slices | 156g | 2.85 | SV |
| CV089 | Smoked Maple Bacon Tempeh | 200g | 3.79 | SV |
| CV121 | Spinach Pesto Style Sausages | 250g | 3.79 | SV |
| CV535 | Tandori Chick'n | 227g | 3.99 | SV |
| VIANA | | | | |
| Demeter Organic Standard | | | | |
| 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 |
| Canned | | | | |
| LJ075 | Cherry Tomatoes - organic | 400g | 1.25 | OV |
| LJ123 | Tomatoes - chopped, organic | 2.5kg | 4.99 | OV |

| code | product | size | rrp | bfgosv |
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| 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 |
| | CIRIO | | | |
| LJ140 | Chopped Tomatoes | 390g | 1.05 | V |
| LJ151 | Chopped Tomatoes | 400g | 1.05 | V |
| LJ302 | Passata | 1l | 2.25 | V |
| LJ301 | Passata | 3 x 200ml | 2.15 | V |
| LJ299 | Passata | 500g | 1.09 | V |
| LJ135 | Passata Classica | 540g | 1.45 | V |
| LJ139 | Peeled Plum Tomatoes (Cans) | 400g | 1.15 | V |
| LJ064 | Tomato Paste - jars | 350g | 1.69 | V |
| LJ028 | Tomato Paste - tubes | 140g | 1.29 | V |
| LJ029 | Tomato Puree - cans | 140g | 1 | V |
| | 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 |
| | SEGGIANO | | | |
| LJ315 | Organic Oven Roasted Tomatoes | 280g | 11 | OV |
| LJ316 | Sicilian Cherry Tomato Salsa | 330g | 2.5 | SV |
| | ZEST | | | |
| LJ042 | Sun-dried Tomato Paste | 170g | 2.35 | V |
| | TOOTHCARE | | | |
| | ALOE DENT | | | |
| DY864 | Aloe Vera Mouthwash | 250ml | 4.59 | V |
| | AUSTRALIAN TEA TREE | | | |
| DY192 | Tea Tree Toothpaste | 100ml | 4.19 | V |
| | ENVIRONMENTAL TOOTHBRUSH | | | |
| NF642 | The Environmental Toothbrush | 1 | 2.95 | V |
| NF616 | The Environmental Toothbrush | 1 | 2.95 | V |
| NF660 | The Environmental Toothbrush | 1 | 2.95 | V |
| | GREEN PEOPLE COMPANY | | | |
| DY256 | Childrens Mandarin | 50ml | 3.95 | VO |
| DY014 | Childrens Spearmint&AloeVera | 50ml | 3.95 | VO |
| DY216 | Minty Cool | 50ml | 3.95 | V |
| | KINGFISHER | | | |
| DY668 | Aloe Vera Tea Tree Mint | 100ml | 2.85 | V |
| DY669 | Aloe Vera/ Tea Tree Fennel | 100ml | 2.85 | V |
| DY527 | Baking Soda & Mint Toothpaste | 100ml | 2.85 | V |
| DY161 | Children's Strawberry T'paste | 75ml | 2.49 | V |
| DY111 | Fennel Toothpaste | 100ml | 2.85 | V |
| DY800 | Fluoride Free Fennel T'Paste | 100ml | 2.85 | V |
| DY529 | Mint Fluoride Free | 100ml | 2.85 | V |
| DY190 | Mint Toothpaste | 100ml | 2.85 | V |
| | LAVERA | | | |
| DY966 | Mint Toothpaste | 75ml | 3.45 | OV |

| code | product | size | rrp | bfgosv |
|---------------------------|---------------------------------------|--------|------|--------|
| SARAKAN | | | | |
| DY035 | Mouthfresh Rinse | 300ml | 3.79 | V |
| DY113 | Toothpaste | 50ml | 2.69 | V |
| URTEKRAM | | | | |
| DY395 | Aloe Vera Toothpaste | 75ml | 2.99 | OV |
| DY166 | Child Trutti Frutti Toothpaste | 75ml | 2.99 | V |
| DY323 | Childrens Toothpaste | 75ml | 2.99 | V |
| DY394 | Mint & Flouride Toothpaste | 75ml | 2.99 | OV |
| WELEDA | | | | |
| DY224 | Ratanhia Mouthwash | 50ml | 7.95 | V |
| DY146 | Toothpaste - Calendula | 75ml | 4.5 | V |
| DY149 | Toothpaste - Plant Gel | 75ml | 4.5 | V |
| DY147 | Toothpaste - Ratanhia | 75ml | 4.5 | V |
| DY150 | Toothpaste - Salt | 75ml | 4.5 | V |
| YAWECO | | | | |
| DY332 | Medium Refill Heads | 4 pack | 4.95 | V |
| DY362 | Vegan Soft Refill Heads | 1 x 4 | 5.45 | V |
| 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 |
| VF040 | Sauerkraut | 350g | 2.25 | VO |
| VF030 | Sweetcorn - organic | 340g | 1.59 | VO |
| COOKS & CO | | | | |
| KJ020 | Artichoke Bottoms in Brine | 390g | 2.49 | V |
| KJ019 | Hearts of Palm | 400g | 2.35 | V |
| KJ035 | Pepperoncini Chilli Peppers | 280g | 1.75 | V |
| KJ317 | Red & Yellow Cherry Peppers | 290g | 3.35 | VS |
| KJ314 | Red Cherry Peppers | 290g | 3.35 | SV |
| KJ017 | Roasted Red Peppers | 360g | 2.69 | V |
| KJ034 | Semi Dried Tomatoes in Oil | 295g | 3.95 | V |
| KJ018 | Stuffed Vine Leaves | 340g | 2.99 | V |
| KJ029 | Sundried Tomatoes | 295g | 2.75 | V |
| KJ028 | Sweet Red Peppers | 390g | 1.59 | V |
| KJ027 | Whole Green Chillies | 300g | 1.75 | V |
| KJ030 | Whole Red Chillies | 300g | 1.75 | V |
| CYPRESSA | | | | |
| VF047 | Marinated Artichoke Hearts | 280g | 2.45 | V |
| VF051 | Marinated Sun-Dried Tomatoes | 280g | 2.45 | V |
| VF964 | Roasted Red Peppers | 465g | 2.25 | SV |
| VF214 | Stuffed Vineleaves | 280g | 2.09 | V |
| MERCHANT GOURMET | | | | |
| VF145 | Chestnut Puree | 200g | 2.09 | V |
| VF146 | Whole Chestnuts | 180g | 3.15 | V |
| 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 |

| code | product | size | rrp | bfgosv |
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| 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 |
| SEGGIANO | | | | |
| VF258 | Grilled Peppers | 280g | 3.95 | V |
| VF276 | Mixed Vegetable Antipasti | 500g | 14.39 | V |
| VF274 | Roasted Artichoke Hearts | 380g | 11.02 | V |
| ST DALFOUR | | | | |
| VF112 | Whole Chestnuts | 200g | 2.69 | GV |
| SUNITA | | | | |
| KJ250 | Capers - Organic | 125g | 5.19 | OV |
| TERRASANA | | | | |
| LJ084 | Instant Mashed Potato | 100g | 2.19 | VO |
| TROPICAL WHOLEFOODS | | | | |
| VF164 | Ceps / Porcini Mushrooms | 30g | 3.3 | V |
| VF514 | Shiitake Mushrooms | 50g | 3.3 | V |
| 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 |
| 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 |
| YUTAKA | | | | |
| XL047 | Shelled Edamame Beans | 500g | 2.2 | V |
| VINEGARS | | | | |
| SUMA | | | | |
| KJ654 | OG Balsamic Vinegar - oak aged | 250ml | 4.99 | OV |
| ASPALL | | | | |
| KJ480 | Apple Balsamic Vinegar | 350ml | 3.41 | V |
| KJ382 | Balsamic Vinegar - og | 5l | 33.69 | OV |
| KJ478 | Balsamic Vinegar - organic | 350ml | 3.41 | OV |
| KJ477 | Cyder Vinegar | 350ml | 1.59 | V |
| KJ067 | Cyder Vinegar | 5l | 11.99 | V |
| 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 |
| KJ408 | Golden Malt Vinegar | 250ml | 0.85 | V |
| KJ381 | Malt Vinegar | 5l | 11.15 | V |
| KJ395 | Raw Unfiltered Cyder Vinegar | 500ml | 2.59 | OV |

| code | product | size | rrp | bfgosv |
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| KJ321 | Raw Unfiltered Cyder Vinegar | 5l | 14.95 | OV |
| KJ479 | Red Wine Vinegar | 350ml | 1.59 | V |
| KJ353 | Red Wine Vinegar | 5l | 11.09 | V |
| KJ475 | Red Wine Vinegar - organic | 350ml | 1.69 | OV |
| KJ476 | White Wine Vinegar | 350ml | 1.59 | V |
| KJ356 | White Wine Vinegar | 5l | 11.09 | V |
| 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 |
| 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 |
| RAW HEALTH | | | | |
| KJ129 | Raw Organic Cider vinegar | 500ml | 2.59 | OV |
| WATERS | | | | |
| HARROGATE SPRING WATER | | | | |
| WA011 | Sports Cap - Still | 500ml | 0.5 | V |
| WA224 | Spring Water | 10l | 4.72 | V |
| WA221 | Spring Water - Sparkling | 1.5l | 0.8 | V |
| WA012 | Spring Water - sparkling | 500ml | 0.46 | V |
| WA220 | Spring Water - Still | 1.5l | 0.8 | V |
| WA010 | Spring Water - still | 500ml | 0.46 | V |
| <i>Glass Bottles</i> | | | | |
| WA222 | Spring Water - Sparkling | 750ml | 1.15 | V |
| WA223 | Spring Water - Still | 750ml | 1.15 | V |
| THIRSTY PLANET | | | | |
| WA014 | Spring water - sparkling | 500ml | 0.53 | V |
| WA017 | Spring Water - still | 500ml | 0.48 | V |
| WILLOW WATER | | | | |
| WA001 | Spring Water - Sparkling | 1.5l | 1.46 | V |
| WA015 | Spring Water - Sparkling | 500ml | 0.73 | V |
| WA002 | Spring water - Still | 1.5l | 1.46 | V |
| WA005 | Spring Water - Still | 500ml | 0.73 | V |
| WINES | | | | |
| RED WINE | | | | |
| <i>Argentina</i> | | | | |
| RS176 | Bonarda Malbec Casa Solera | 75cl | 8.38 | FV |
| 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 |
| RS060 | Shiraz Malbec - Elementos | 75cl | 8.91 | FV |
| <i>Australia</i> | | | | |
| RS110 | Shiraz Cabernet | 75cl | 13.27 | OV |
| <i>Austria</i> | | | | |
| RS025 | Pinot Noir Meinklang | 75cl | 16.36 | OVb |

| code | product | size | rrp | bfgosv |
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| | Bulgaria | | | |
| RS132 | Cabernet Sauvignon Deer Point | 75cl | 8.04 | V |
| | Chile | | | |
| RS121 | Cabernet Sauvignon - Ekun | 75cl | 11.99 | OV |
| RS068 | Carmenere | 75cl | 10.44 | FOV |
| RS030 | Merlot Carmenere | 75cl | 8.53 | V |
| | France | | | |
| 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 |
| 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 |
| | Greece | | | |
| RS080 | Cabernet Sauvignon - Tsantali | 75cl | 11.85 | OV |
| | Italy | | | |
| RS063 | Era Nero d'Avola | 75cl | 11.23 | OV |
| 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 |
| | Lebanon | | | |
| RS033 | Coteaux Les Cedres Du Liban | 75cl | 19.55 | FV |
| | South Africa | | | |
| 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 |
| | Spain | | | |
| 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 | | | |
| | Argentina | | | |
| RS061 | Shiraz Rose - Elementos | 75cl | 8.91 | FV |
| | Bulgaria | | | |
| RS174 | Merlot Rose Deer Point | 75cl | 8.04 | V |
| | Chile | | | |
| RS070 | Adobe Rose | 75cl | 10.44 | FOV |
| | France | | | |
| RS229 | Grenache Rose - La Marouette | 75cl | 10.76 | OV |
| | Italy | | | |
| RS139 | Vino Rose - Fedele | 75cl | 9.76 | OV |
| | South Africa | | | |
| RS118 | Shiraz Rose - Running Duck | 75cl | 9.64 | FOV |
| | Spain | | | |
| RS043 | Dragora Rose | 75cl | 8.75 | OV |
| | SPARKLING WINE | | | |
| | France | | | |
| RS050 | Champagne Carte d'Or | 75cl | 32.82 | OV |

| code | product | size | rrp | bfgosv |
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| | <i>Italy</i> | | | |
| 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>Australia</i> | | | |
| RS109 | Chardonnay | 75cl | 13.27 | OV |
| RS117 | Sauvignon Blanc | 75cl | 13.27 | OV |
| | <i>Austria</i> | | | |
| RS224 | Meinklang Gruner Veltliner | 75cl | 13.89 | BOV |
| | <i>Bulgaria</i> | | | |
| RS133 | Chardonnay Deer Point | 75cl | 8.04 | V |
| | <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 |
| 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 |
| | <i>Spain</i> | | | |
| RS089 | Verdejo/Viura | 75cl | 8.06 | V |
| | YEAST EXTRACTS | | | |
| | ESSENTIAL TRADING | | | |
| GH059 | Yeast Extract | 125g | 3.45 | V |
| GH058 | Yeast Extract | 250g | 5.95 | V |
| | MERIDIAN | | | |
| GH160 | Yeast Extract + B12 and salt | 340g | 3.99 | V |
| GH098 | Yeast Extract +B12, no salt | 340g | 3.99 | V |
| | NATEX | | | |
| GH055 | Yeast Extract - Low Salt | 225g | 3.55 | V |

code

product

size

rrp

bfgosv

Vegan

129



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