

Vegan List  
**Suma**

July August 2017



# Vegan

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## *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	bfgovs
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## 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
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### SOL Y SOMBRA

#### *Spain*

RS108	Sangria	75cl	4.92	SV
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## BABY & CHILD FOOD

### ANNABEL KARMEI

BB092	Baby Pasta Shells	250g	1.39	OV
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### 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

### HELLO KITTY

WT141	Organic Pasta Shapes	250g	1.55	OV
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code	product	size	rrp	bfgosv
<b>HOLLE</b>				
<i>Cereals</i>				
BB269	3-Grain Porridge	250g	3.19	OV
BB270	Baby Muesli Porridge	250g	3.19	OV
BB272	Millet Porridge	250g	3.19	OV
BB267	Rice Porridge	250g	3.19	OV
BB273	Rolled Oats Porridge	250g	3.19	OV
<i>Snacks</i>				
BB068	Mini Fruit Bars- Ban/Orange	100g	3.29	OV
BB084	Org Crunchy Mango Millet Snack	25g	1.25	OV
BB079	Organic Biscuits- Apple/Pear	125g	2.89	OV
BB081	Organic Crunchy Millet Snack	25g	1.25	OV
<b>KIDDYLICIOUS</b>				
BB170	Banana Wafers	10 packs	1.79	V
<i>Crisps</i>				
BB032	Apple Crisps	12g	0.65	V
BB035	Banana Bites	15g	0.65	V
<i>Rice Wafers</i>				
BB171	Blueberry Wafers	10 packs	1.79	V
BB175	Carrot Wafers	10 packs	1.79	V
<i>Smoothie Melts</i>				
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
<b>LITTLE PASTA ORGANICS</b>				
BB255	Animal Pasta Shapes - Tricolor	250g	1.95	OV
BB017	Asparagus Pasta Sauce	130g	2.65	GOV
BB151	Gluten Free Mini Gnocchi	250g	2.29	GOV
BB298	Pumpkin & Carrot Pasta Sauce	130g	2.05	GOV
BB043	Red Lentil Dinosaur Pasta	250g	3.55	OV
BB257	Spinach & Broccoli Sauce	130g	2.05	GOV
BB051	Teddy Bear Pasta	250g	1.95	VO
BB174	Travel Pasta Shapes - Tricolor	250g	1.95	OV
<b>ORGANIX</b>				
<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	3.50	OV
BB060	Raspberry & Banana Muesli	200g	3.50	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
<i>Goodies Biscuits</i>				
BB711	Alphabet Biscuits	5 x 25g	2.55	OV
BB022	Animal Biscuits	100g	1.95	OV
BB247	Gingerbread Men	135g	2.55	OV

code	product	size	rrp	bfgosv
	<i>Goodies Fruit Snacks</i>			
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
	<i>Goodies Savouries</i>			
BB549	Carrot Stix	15g	0.59	OV
	<i>Goodies Snack Bars</i>			
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
BB080	Raspberry & Apple Soft Oaty	6 x 30g	4.29	OV
	<i>Punk'd</i>			
BB206	Cocoa & Orange Cereal Bar	6 x 23g	2.99	OV
BB205	Strawberry & Vanilla Bar	6 x 23g	2.99	OV
	<b>PICCOLO</b>			
	<i>Pouches</i>			
BB223	Carrot, Squash & Sweet Potato	100g	1.79	OV
BB221	Raspberry & Apple with Oats	100g	1.25	OV
	<b>PUMPKIN TREE ORGANICS</b>			
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
	<b>QUINOLA BABY</b>			
	<i>From 10 months</i>			
BB211	Butternut Squash and Carrot	190g	1.99	VSO
BB208	Pea and Spinach	190g	1.99	OV
	<i>From 6 months</i>			
BB212	Carrot and Red Lentil	190g	1.99	OV
BB213	Sweet Potato and Beetroot	190g	1.99	OV
	<i>From 8 months</i>			
BB209	Pinto Beans and Sweetcorn	190g	1.99	OV
BB210	Swede, Parsnip, Carrot	190g	1.99	OV
	<b>TRAF0</b>			
BB056	Organic Raisins in Kids Boxes	12 box	2.19	OV
	<b>BABY CARE PRODUCTS</b>			
	<b>BEAMING BABY</b>			
	<i>Nappies</i>			
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
	<i>Nappy Sacks</i>			
NF259	Nappy Sacks - Fragrance Free	60	2.72	V
	<i>Wipes</i>			
NF688	Organic Baby Wipes	72	4.09	OV
NF103	Organic Baby Wipes Unscented	72	4.09	OV
	<b>BENTLEY ORGANIC</b>			
DY243	Mother & Baby Hand Sanitiser	50ml	4.23	OV
NF216	Toy Sanitizer	500ml	4.56	OV
	<b>EARTH FRIENDLY BABY</b>			
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	5.50	OV
DY558	Organic Lavender Shampoo &	250ml	4.07	OV
DY038	Organic Mandarin Shampoo	250ml	4.07	OV

code	product	size	rrp	bfgosv
	<b>GOOD BUBBLE</b>			
DY564	Cloudberry Clara Gift Set	510g	8.00	V
DY562	Dexter Gift set - Dragon Fruit	510g	8.00	V
	<b>JACK N' JILL</b>			
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
	<b>NATRACARE</b>			
NF099	Organic Cotton Baby Wipes	50	3.99	OV
	<b>PADDY'S BATHROOM</b>			
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
	<b>WELEDA</b>			
DY666	Calendula Baby Oil	200ml	9.95	V
DY536	Calendula Shampoo & Body Wash	200ml	7.50	V

## BAGS, BOXES AND BASKETS

	<b>SUMA</b>			
NF477	Cellophane Bags 13" x 8" x 5"	1000		V
NF484	Cellophane Bags 3" x 4.5" x 7"	1000		V
NF476	Cellophane Bags 3" x 5" x 9"	1000		V
NF487	Cellophane Bags 4" x 6" x 11"	1000		V
NF482	Cellophane Bags 5" x 4.5" x 3"	1000		V
NF489	Paper Flour Bags, hold 1.5kg	250 bags		V
NF144	Polypropylene Bags 11 in.	1000		V
NF145	Polypropylene Bags 13 in.	1000		V
NF142	Polypropylene Bags 7 in.	1000		V
NF143	Polypropylene Bags 9 in.	1000		V
NF490	Recycled Brown Paper Bags	500 bags		V
NF483	Refuse Sacks-recycled plastic	200 pack		V
NF270	Refuse Sacks-recycled plastic	8 pack	1.49	V

## BAKING SUNDRIES

	<b>SUMA</b>			
HE225	Baking Powder	1kg		V
LJ039	Baking Powder - Gluten Free	200g	1.89	GV
HE299	Bicarbonate of Soda	1kg		V
LJ040	Bicarbonate of Soda	200g	1.85	V
LJ019	Cornflour	500g	1.19	V
LJ024	Marzipan	5kg		VS
LJ223	Xanthan Gum	100g	5.75	V
	<b>BARKAT</b>			
LJ002	Gluten Free Baking Powder	100g	1.49	GV
	<b>BONPOM</b>			
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
	<b>BREAD MATTERS</b>			
LJ218	Original Sourdough Starter	10g	4.95	OV
	<b>CERTO</b>			
LJ216	Apple Pectin	250ml	2.95	V
	<b>CLEARSPRING</b>			
JP087	Agar-Agar Flakes Gelling Agent	28g	5.49	V
JP064	Kuzu (Wild Arrowroot)	125g	6.39	GVO

code	product	size	rrp	bfgosv
	<b>D &amp; D CHOCOLATES</b>			
KB718	Carob Flakes	245g	3.15	V
ZX842	Dairy Free Chocolate Chips	350g	4.99	SV
	<b>DOVES FARM</b>			
LJ206	Baking Powder	130g	1.49	GV
LJ168	Baking Powder Bulk	1kg		GV
LJ202	Bicarbonate of Soda	200g	1.59	V
LJ166	Cornflour Bulk	1kg		GOV
LJ203	Cornflour Organic	110g	1.69	GOV
LJ423	Quick Yeast	8 x 125g	1.19	GV
LJ191	Vitamin C	120g	4.40	V
LJ165	Xanthan Gum	1kg		GV
	<b>ENGEVITA</b>			
LJ143	Yeast Flakes	125g	2.99	GV
LJ020	Yeast Flakes with Vitamin B12	125g	3.29	GV
	<b>FERMIPAN</b>			
LJ061	Dried Yeast	500g	4.59	V
	<b>FOLLOW YOUR HEART</b>			
LJ015	Vegan Egg	114g	6.99	V
	<b>FREE &amp; EASY</b>			
LJ009	Cheese Flavour Sauce Mix	130g	1.79	V
LJ016	Egg Replacer	135g	2.29	V
	<b>JUST WHOLEFOODS</b>			
LJ162	Vegetes - setting agent	25g	1.99	V
	<b>MONTEZUMA'S</b>			
	<i>Cooking Chocolate</i>			
KB412	Dark Chocolate Couverture	2kg		OSV
	<b>MOO FREE</b>			
LJ311	Baking Drops	150g	3.79	GOSV
	<b>NIELSEN MASSEY</b>			
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
	<b>ORGRAN</b>			
LJ656	Egg Replacer	200g	2.95	GV
LJ077	Vegan Easy Egg	250g	4.25	GV
	<b>PLAMIL</b>			
	<i>Drops in 1kg bags</i>			
KB651	Baking Chocolate	1kg	11.99	GSV
KB652	Org & F/T Baking Chocolate	1kg	13.59	GFOV
KB658	Organic Rich Chocolate	1kg	13.89	GOSV
	<b>STEENBERGS</b>			
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	8.00	FOV
	<b>TAYLOR &amp; COLLEDGE</b>			
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
	<b>THE RAW CHOCOLATE CO</b>			
NU139	Chia Seeds	230g	3.80	OV
	<i>Chocolate Making Ingredients</i>			
KB050	Cacao Butter	240g	6.70	GFOV
KB051	Raw Cacao Powder	180g	4.20	FOV
	<b>VIVANI ORGANIC CHOCOLATE</b>			
KB408	Dark Cooking Chocolate	200g	3.69	OSV

code

product

size

rrp

bfgosv

**BEANS & PULSES - CANNED**

## SUMA

VF675	Aduki Beans - organic	400g	0.99	OV
VF750	Baked Beans - Organic	2.65K		OSV
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	400g	1.55	OV
VF193	Soya Beans	400g	1.55	OV

## BIONA

VF222	Baked Beans - Organic	400g	1.19	OSV
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
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## CALISPA

VF021	Chick Peas - Catering Size	2.5kg	3.75	V
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## CHEF WILLIAM

VF020	Red Kidney Beans-Catering Size	2.50kg	4.45	V
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## GEO

VF133	Edamame Beans in Water	400g	1.95	V
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## GEO ORGANICS

VF094	Black Beluga Lentils Organic	400g	1.89	OV
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## 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

## WHOLE EARTH

VF161	Baked Beans - organic	400g	1.19	GOV
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**BEANS & PULSES - DRIED**

## SUMA BAGGED DOWN

PU009	Aduki Beans	3kg		V
PU026	Beluga Lentils	3kg		V
PU147	Black Turtle Beans	3kg		V
PU015	Blackeye Beans	3kg		V
PU030	Butter Beans	3kg		V
PU041	Cannellini Beans - Alubia	3kg		V



code	product	size	rrp	bfgosv
PU019	Chickpeas	10kg		V
PU143	Chickpeas	3kg		V
PU055	Kidney Beans - red	3kg		V
PU185	Lentils - brown	3kg		V
PU054	Lentils - Dark Speckled	3kg		V
PU186	Lentils - green	3kg		V
PU040	Lentils - red split	10kg		V
PU137	Lentils - red split	3kg		V
PU179	Moong Dahl	3kg		V
PU051	Mung Beans	3kg		V
<b>SUMA BAGGED DOWN - ORGANIC</b>				
PU212	Aduki Beans - organic	3kg		VO
PU031	Black Turtle Beans	3kg		OV
PU243	Butter Beans - organic	3kg		VO
PU117	Chickpeas - organic	1kg		VO
PU190	Chickpeas - organic	3kg		VO
PU162	Green Split Peas - organic	3kg		VO
PU191	Haricot Beans - organic	3kg		VO
PU003	Lentils - brown, organic	3kg		VO
PU171	Lentils - Dark Speckled, org	1kg		VO
PU172	Lentils - Dark Speckled, org	3kg		VO
PU118	Lentils - green, organic	1kg		VO
PU193	Lentils - green, organic	3kg		VO
PU127	Lentils - red split, organic	1kg		VO
PU194	Lentils - red split, organic	3kg		VO
PU120	Mung Beans - organic	1kg		VO
PU195	Mung Beans - organic	3kg		VO
PU192	Red Kidney Beans - organic	3kg		VO
PU197	Yellow Split Peas - organic	3kg		VO
<b>SUMA COMMODITIES</b>				
PU300	Aduki Beans	25kg		V
PU002	Beluga Lentils	25kg		V
PU150	Black Turtle Beans	25kg		V
PU303	Blackeye Beans	25kg		V
PU114	Broth Mix	25kg		V
PU111	Butter Beans (Lima)	25kg		V
PU016	Cannellini Beans - Alubia	25kg		V
PU018	Chickpeas	25kg		V
PU028	Haricot Beans - pea	25kg		V
PU039	Kidney Beans - red	25kg		V
PU010	Lentils - brown	25kg		V
PU082	Lentils - Dark Speckled	25kg		V
PU022	Lentils - green	25kg		V
PU081	Lentils - red split	25kg		V
PU032	Marrowfat Peas	12.5kg		V
PU175	Moong Dahl	25kg		V
PU033	Mung Beans	25kg		V
PU035	Pinto Beans	25kg		V
PU025	Split Peas - green	25kg		V
PU047	Split Peas - yellow	25kg		V
<b>SUMA COMMODITIES - ORGANIC</b>				
PU200	Aduki Beans - organic	25kg		VO
PU020	Black Turtle Beans	25kg		VO
PU210	Butter Beans, Chinese - org	25kg		VO
PU220	Cannellini Beans - organic	25kg		OV
PU140	Chickpeas - organic	25kg		OV
PU083	Green Split Peas - organic	25kg		OV
PU052	Haricot Beans - organic	25kg		VO
PU001	Lentils - brown, organic	25kg		VO

code	product	size	rrp	bfgosv
PU084	Lentils - Dark Speckled, Org	25kg		VO
PU116	Lentils - green , organic	25kg		VO
PU126	Lentils - red split, organic	25kg		VO
PU062	Mung Beans - organic	25kg		VO
PU061	Pinto Beans - organic	25kg		OV
PU037	Red Kidney Beans - organic	25kg		VO
PU057	Soya Beans - organic	25kg		VO
PU059	Yellow Split Peas - organic	25kg		OV
<b>SUMA PREPACKS</b>				
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	1.59	V
PU066	Butter Beans	500g	1.99	V
PU067	Chickpeas	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	1.39	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
<b>SUMA PREPACKS - ORGANIC</b>				
PU202	Aduki Beans - organic	500g	2.45	VO
PU222	Bean Mix - organic	500g	2.79	OV
PU034	Black Turtle Beans	500g	1.79	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	Chickpeas - organic	500g	2.89	VO
PU182	Green Split Peas - organic	500g	1.65	OV
PU145	Haricot Beans - organic	500g	1.95	OV
PU135	Lentils - Brown, organic	500g	2.45	VO
PU167	Lentils - Dark Speckled, org	500g	3.05	OV
PU129	Lentils - Green, organic	500g	2.99	VO
PU294	Lentils - Red split organic	750g	3.45	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	2.15	OV
PU146	Soya Beans - organic	500g	1.49	OV
PU166	Yellow Split Peas - organic	500g	1.69	OV
<b>HODMEDOD'S</b>				
PU024	Fava Beans - split, dried	500g	1.90	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
<b>JUST WHOLEFOODS</b>				
VF263	Sprouting Mix - OG	250g	2.19	VO
<b>BEERS</b>				
<b>SUMA</b>				
RT028	Blackstone Yorkshire Moor Ale	500ml	2.89	OV
RT212	Elphin Brook Bitter OG	500ml	2.64	OV
RT027	Erringden Light Pale + Ginger	500ml	2.57	FOV
RT215	Long Wall Mouse Blonde Beer	500ml	2.84	OV
RT029	Mixed Case Suma Ales	500ml	2.84	OV
RT213	Mytholm Mist Wheat Beer OG	500ml	2.72	OV
RT214	Penumbra Stout OG	500ml	2.82	OV
RT032	Strength in Numbers Ale	500ml	2.95	OV

code	product	size	rrp	bfgosv
	<b>BUDELS</b>			
RT131	Budels Lager	330ml	1.99	OV
	<b>CANNABIA</b>			
RT004	Cannabia Hemp Beer	330ml	2.59	OV
	<b>SAM SMITHS</b>			
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

	<b>AGAINST THE GRAIN</b>			
BT077	OG Berry Delicious Cookies	150g	3.26	GOV
BT341	Og Choc Chip & Hazelnut Cookie	150g	3.10	GOSV
BT302	Org Chocolate & Orange Cookies	150g	3.10	GOSV
BT340	Organic Almond Cookies	150g	2.98	GOSV
BT339	Organic Ginger Crunches	150g	2.98	GOSV
	<b>AMISA</b>			
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
	<b>ANGELIC GLUTEN FREE</b>			
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
	<b>ARTESANOS DE LA LUISIANA S.L</b>			
	<i>Spring/Summer</i>			
BT536	Mini Breadsticks	200g	1.45	V
	<b>BIONA</b>			
BT124	Apple & Pear Waffles	175g	2.19	OV
BT166	Hazelnut Syrup Waffles	175g	2.19	OSV
BT123	Maple Syrup Waffles	175g	2.19	OV
	<b>CLEARSPRING</b>			
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
	<b>DOVES FARM</b>			
BT295	Choc Chip Cookies	180g	2.25	GFOSV
BT010	Digestives	200g	1.22	OSV
BT271	Double Chocolate Cookies - GF	180g	2.25	FOSV
BT202	Fruity Oat Digestives	200g	1.55	OSV
BT269	Lemon Zest Cookies - GF	150g	1.59	GFOSV
BT029	Organic Ginger Oat Biscuits	200g	1.79	OSV
BT008	Stem Ginger Cookies - GF	150g	1.59	GFOSV

code	product	size	rrp	bfgosv
	<b>DR KARG</b>			
BT001	3 Grains & 3 Seeds Crispbreads	200g	2.79	OV
BT812	Classic 3 Seed Crispbread	200g	2.55	OV
BT554	Quinoa & Amaranth Crispbread	200g	2.89	OV
	<b>FINN CRISPBREADS</b>			
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
	<b>INSPIRAL VISIONARY PRODUCTS</b>			
BT213	Raw Almond/Herb Crackits	100g	4.49	GOV
BT212	Raw Almond/Tomato Crackits	100g	4.49	GOV
	<b>KALLO</b>			
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
	<i>Rice Cakes</i>			
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
	<b>LAZY DAY</b>			
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
	<b>LE PAIN DES FLEUR</b>			
BT060	Corn Crispbread	125g	2.65	GOV
BT023	Oat Crispbread	125g	2.99	GOV
BT042	Tigernut Crispbread	125g	3.49	GOV
	<b>LE PAIN DES FLEURS</b>			
BT094	Buckwheat Crispbread	125g	2.99	GOV
BT189	Buckwheat Crispbread (no salt)	125g	2.99	GOV
BT095	Chestnut Crispbread	125g	3.49	GOV
BT429	Multigrain Crispbread	125g	2.99	GOSV
BT407	Onion Crispbread	125g	2.99	GOSV
BT093	Quinoa Crispbread	125g	3.99	FGOV
	<b>NAIRNS</b>			
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	1.49	OV
BT275	Oatcakes - Traditional Rough	291g	1.36	V
BT301	Oatcakes -Cracked Black Pepper	200g	1.49	V
	<i>Gluten Free</i>			
BT099	Astro Bites Berry	115g	2.49	GSV
BT108	GF Biscuit Breaks Oat & Fruit	160g	2.25	GVS

code	product	size	rrp	bfgosv
BT109	GF Biscuit Breaks Oat & Syrup	160g	2.25	GSV
BT267	GF Biscuit Breaks Stem Ginger	160g	2.25	GSV
BT549	GF Super Seeded Oatcake	180g	2.15	GV
BT528	GF W/grain Super Seed Cracker	114g	1.99	GV
BT420	Gluten Free Oatcakes	213g	1.69	GGV
	<i>Wheat Free Biscuits</i>			
BT416	Fruit and Spice	200g	1.65	SV
BT414	Mixed Berry	200g	1.65	SV
BT415	Stem Ginger	200g	1.65	SV
	<b>ORGANICO</b>			
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
	<i>Rustic Breadsticks</i>			
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	2.50	OV
	<b>ORGRAN</b>			
BT525	Amaretti Biscotti	150g	2.39	GSV
BT133	Litegrain Crispbread	130g	3.09	GV
BT132	Quinoa Crispbread	750g	2.55	GV
	<b>ORIGIN EARTH</b>			
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
	<b>REAL FOODS</b>			
BT497	Corn Thins - Multigrain	150g	1.55	GV
BT381	Corn Thins - Original	150g	1.89	V
BT377	Corn Thins - Sesame	150g	1.89	V
	<b>RUDE HEALTH FOODS</b>			
BT259	4 Seed Oaty	200g	2.49	SV
BT153	Black Sesame & Chia Oaty	200g	2.50	GOV
BT397	Brown Rice Crackers	130g	2.75	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	2.49	SV
BT395	Multigrain Thins	160g	2.75	GOV
BT143	Seaweed & Sesame Oaty	200g	2.50	GOV
	<b>SEGGIANO</b>			
BT169	Rosemary Tongue Biscuit	120g	3.95	V
	<b>TRAFO</b>			
BT017	Rice Cakes - Natural	50g	1.25	OV
	<b>UPITA DE LOS REYES</b>			
	<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
	<b>BODYCARE</b>			
	<b>SUMA CONDITIONERS</b>			
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
DY627	Rose & Geranium Conditioner	500ml	4.69	V

code	product	size	rrp	bfgosv
DY475	Rose & Geranium Conditioner	5l	21.95	V
DY645	White Lavender Conditioner	500ml	4.69	V
DY474	White Lavender Conditioner	5l	21.95	V
<b>SUMA GLYCERINE SOAP</b>				
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
<b>SUMA HANDMADE SOAPS</b>				
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
<b>SUMA SHAMPOO</b>				
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
<b>ALASSALA BEAUTY</b>				
DY314	Anti Ageing Day Cream	50ml	14.59	OV
DY810	Argan Oil - Hair	50ml	16.99	OV
DY808	Face & Body Argan Oil	50ml	16.99	OV
DY167	Face/Body Argan Oil - Orange	50ml	19.99	OV
DY642	Shea Butter Balm	50ml	8.99	OV
<b>ALOE PURA</b>				
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
<b>Suncare</b>				
DY303	Aloe Vera After Sun Lotion	200ml	7.99	V
DY211	Aloe Vera Sun Lotion SPF 50	200ml	19.99	V
<b>AUSTIN AUSTIN</b>				
DY423	Bergamot & Juniper Conditioner	250ml	12.00	OV
DY422	Bergamot & Juniper Shampoo	300ml	12.00	OV
DY442	Neroli & Petitgrain Body Cream	125ml	14.00	OV
DY441	Neroli & Petitgrain Body Soap	300ml	14.00	OV
DY432	Palmarosa & Vetiver Hand Cream	80ml	13.00	OV
DY424	Palmarosa & Vetiver Hand Soap	250ml	13.00	OV
<b>AUSTRALIAN TEA TREE</b>				
DY215	Tea Tree Cleansing Soap	90g	3.29	V
DY212	Tea Tree Deodorant	50ml	4.99	V
DY228	Tea Tree Oil	10ml	4.99	V
<b>BENTLEY ORGANIC</b>				
DY338	Anti Bacterial Hand Sanitizer	50ml	3.64	OV
<b>Bodycare</b>				
DY370	calming moisturising Bodywash	250ml	4.52	OV
DY360	Deep Cleansing Bodywash	250ml	4.52	OV
DY357	Detoxifying Body Wash	250ml	4.52	OV

code	product	size	rrp	bfgosv
	<i>Haircare</i>			
DY397	Conditioner - all hair types	250ml	5.22	OV
DY392	Shampoo - Frequent Use	250ml	5.22	OV
	<i>Soap &amp; Handwash</i>			
DY393	Calming & Moisturising Soap	150g	2.82	OV
DY355	Calming Moisturising Handwash	250ml	4.11	OV
DY346	Deep Cleansing Handwash	250ml	4.52	OV
DY384	Deep Cleansing Soap	150g	2.82	OV
DY341	Detoxifying Handwash	250ml	4.52	OV
DY372	Detoxifying Soap	150g	2.82	OV
DY162	Revitalising Soap	150g	2.82	OV
	<b>DR BRONNER'S</b>			
DY160	Almond Castile Liquid Soap	237ml	6.99	OV
DY191	Almond Castile liquid Soap	473ml	10.50	OV
DY063	Almond Castile Liquid Soap	60ml	2.15	OV
DY208	Almond Castile Liquid Soap	946ml	17.50	OV
DY198	Baby Castile liquid Soap	473ml	10.50	OV
DY074	Baby Castile Liquid Soap	60ml	2.15	VO
DY209	Baby Castile Liquid Soap	946ml	17.50	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	10.50	OV
DY088	Lavender Castile Liquid Soap	60ml	2.15	OV
DY213	Lavender Castile Liquid Soap	946ml	17.50	OV
DY182	Orange Castile Liquid Soap	237ml	6.99	OV
DY201	Orange Castile Liquid Soap	473ml	10.50	OV
DY069	Orange Castile Liquid Soap	60ml	2.15	OV
DY210	Orange Castile Liquid Soap	946ml	17.50	OV
DY184	Peppermint Castile Liquid Soap	237ml	6.99	OV
DY207	Peppermint Castile Liquid Soap	473ml	10.50	OV
DY116	Peppermint Castile Liquid Soap	60ml	2.15	VO
DY214	Peppermint Castile Liquid Soap	946ml	17.50	OV
	<i>Bar Soap</i>			
DY117	Almond Pure Castile Bar Soap	140g	4.50	OV
DY118	Baby Castile Bar Soap	140g	4.50	OV
DY123	Lavender Castile Bar Soap	140g	4.50	OV
DY119	Orange Castile Bar Soap	140g	4.50	OV
DY138	Peppermint Castile Bar Soap	140g	4.50	OV
	<b>EMPORIUM</b>			
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
	<b>FAITH</b>			
	<i>Brave Botanicals</i>			
DY542	Coconut & Frangipani Condition	250ml	6.00	V
DY528	Coconut & Frangipani Shampoo	250ml	6.00	V
DY550	Kiwi & Lime Conditioner	250ml	6.00	V
DY531	Kiwi & Lime Shampoo	250ml	6.00	V
DY551	Lavender & Jasmine Conditioner	250ml	6.00	V
DY534	Lavender & Jasmine Shampoo	250ml	6.00	V
DY553	Rose & Neroli Conditioner	250ml	6.00	V
DY541	Rose & Neroli Shampoo	250ml	6.00	V
	<i>Conditioner</i>			
DY221	Aloe Vera Conditioner	400ml	5.35	V
DY272	Chocolate Conditioner	400ml	5.50	V
DY830	Coconut Conditioner	400ml	5.50	V
DY033	fragrance free conditioner	400ml	5.50	V

code	product	size	rrp	bfgovs
DY412	Ginkgo Biloba conditioner	400ml	5.50	V
DY508	Grapefruit & Orange Conditionr	400ml	5.50	V
DY410	Hemp & Meadowfoam Conditioner	400ml	5.50	V
DY034	Intensive Coconut Conditioner	250ml	6.50	V
DY080	Intensive Lav/Ger Conditioner	250ml	6.50	V
DY223	Joboba Conditioner	400ml	5.35	V
DY890	Lavender, Geranium Conditioner	400ml	5.50	V
DY064	Pomegranate/Rooibos Conditionr	400ml	5.50	V
DY846	Rosemary Conditioner	400ml	5.35	V
DY845	Seaweed & Citrus Conditioner	400ml	5.35	V
DY222	Tea Tree Conditioner	400ml	5.50	V
DY010	Watermelon Conditioner	400ml	5.50	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
DY693	Pomegranate & Rooibos H/Wash	300ml	4.19	V
	<i>Men Care</i>			
DY054	blue cedar - foam bath/gel	400ml	5.60	V
DY048	mens - blue cedar shampoo	400ml	2.75	V
DY056	mens - blue cedar soap	100g	1.95	V
DY057	mens - ginger & lime soap	100g	1.95	V
	<i>Shampoo</i>			
DY844	Aloe Vera Shampoo	400ml	5.35	V
DY439	Chocolate Shampoo	400ml	5.50	V
DY875	Coconut Shampoo	400ml	5.50	V
DY032	fragrance free shampoo	400ml	5.50	V
DY419	Ginkgo Biloba shampoo	400ml	5.50	V
DY512	Grapefruit & Orange Shampoo	400ml	5.50	V
DY420	Hemp & Meadowfoam Shampoo	400ml	5.50	V
DY839	Joboba Shampoo	400ml	5.35	V
DY503	Lavender & Geranium shampoo	400ml	5.50	V
DY873	Pineapple & Lime Shampoo	400ml	5.50	V
DY076	Pomegranate/Rooibos Shampoo	400ml	5.50	V
DY514	Raspberry & Cranberry Shampoo	400ml	5.50	V
DY843	Rosemary Shampoo	400ml	5.35	V
DY842	Seaweed & Citrus Shampoo	400ml	5.35	V
DY509	Tea Tree Shampoo	400ml	5.50	V
DY007	Watermelon Shampoo	400ml	5.50	V
	<i>Shower Gel/Foam Bath</i>			
DY104	Aloe & Ylang Ylang Foam Bath	400ml	5.45	V
DY407	Chocolate Foam Bath	400ml	5.60	V
DY880	Coconut Foam Bath	400ml	5.60	V
DY044	Fragrance Free Foam Bath	400ml	5.60	V
DY501	Grapefruit & Orange Foam Bath	400ml	5.60	V
DY285	Hemp & Meadowfoam Foam Bath	400ml	5.45	V



code	product	size	rrp	bfgosv
DY105	Lavender & Geranium Foam Bath	400ml	5.60	V
DY632	Lemon & Tea Tree Shower/Foam	400ml	5.60	V
DY633	Mint Shower Gel/Foam Bath	400ml	5.60	V
DY878	Pineapple & Lime Foam Bath	400ml	5.60	V
DY278	Pomegranate/Rooibos Bath Gel	400ml	5.60	V
DY848	Seaweed Foam Bath	400ml	5.45	V
DY107	Tea Tree Foam Bath	400ml	5.45	V
DY011	Watermelon Foam Bath/Shower	400ml	5.60	V
	<i>Skincare</i>			
DY059	3-in-1 Facial Wipes	25	2.43	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
	<i>Soap</i>			
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
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
DY460	Wrapped Soap - Tea Tree	100g	1.95	V
	<b>GREEN PEOPLE COMPANY</b>			
	<i>Gift Sets</i>			
DY470	Energise-Mens Hair & Body Gift	each	17.95	OVBf
DY388	Indulge - Night Cream	each	8.50	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	5.50	OVBf
DY414	Revive-Body Wash & Lotion Gift	each	19.95	OVBf
DY462	Soothe - Facial Trio Gift Set	each	15.95	OVBf
	<i>Hair &amp; Body Care</i>			
DY315	Aloe Vera & Lavender Shampoo	200ml	12.50	V
DY219	Intensive Repair Conditioner	200ml	14.00	V
DY218	Intensive Repair Shampoo	200ml	14.00	VO
DY624	Moisturising Conditioner	200ml	13.00	OV
DY318	Rosemary Herbal Shampoo	200ml	13.00	V
	<i>Organic Skincare</i>			
DY072	Day Solution SPF15	50ml	18.00	OV
	<i>Organicchildren.com</i>			
DY257	Organic Children Bath & Shower	200ml	9.95	VO
DY049	Organic Children Conditioner	200ml	9.95	VO
DY259	Organic Children Shampoo	200ml	9.95	VO
DY090	Organic Children Shampoo	200ml	9.95	VO
DY288	Organic Childrens Conditioner	200ml	9.95	OV

code	product	size	rrp	bfgosv
<b>HENNE COLOR</b>				
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
<b>ICE GUARD</b>				
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
<b>INCOGNITO</b>				
DY135	Citronella Moisturizer	200ml	7.69	V
<b>KNEIPP</b>				
DY401	Herbal Bath - Eucalyptus	100ml	9.45	V
DY418	Herbal Bath - Lavender	100ml	9.45	V
<b>LAVERA</b>				
<i>Basis</i>				
DY597	Cleansing Gel	125ml	6.95	OV
DY202	Deodorant- Roll On	50ml	7.95	OV
DY589	Hand Cream	75ml	4.45	OV
DY581	Moisturising Face Cream	50ml	10.45	OV
DY607	Soft Moisturising Cream	150ml	6.95	OV
<b>LIVING NATURALLY</b>				
<i>Soapnut Shampoo</i>				
DY094	Coconutty Soapnut Shampoo Bar	90g	5.99	V
<b>MOONCUP</b>				
DY606	Mooncup Size 'A'	each	19.99	V
DY680	Mooncup Size 'B'	each	19.99	V
<b>NATRACARE</b>				
<i>Pads</i>				
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
<i>Tampons</i>				
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

code	product	size	rrp	bfgosv
NF204	<i>Wipes</i> Organic Cotton Intimate Wipes	12	2.19	OV
	<b>NATURTINT</b>			
	<i>Permanent Hair Colour Copper</i>			
DY869	5C Light Copper Chestnut	165ml	10.49	V
	<i>Permanent Hair Colour Golden</i>			
DY851	4G Golden Chestnut	165ml	10.49	V
DY853	5G Light Golden Chestnut	165ml	10.49	V
DY855	6G Dark Golden Blonde	155ml	10.49	V
DY857	7G Golden Blonde	165ml	10.49	V
	<i>Permanent Hair Colour Mahogany</i>			
DY862	4M Mahogany Chestnut	165ml	10.49	V
	<i>Permanent Hair Colour Natural</i>			
DY847	10N Light Dawn Blonde	165ml	10.49	V
DY828	2N Brown Black	165ml	10.49	V
DY831	3N Dark Chestnut Brown	165ml	10.49	V
DY832	4N Natural Chestnut	165ml	10.49	V
DY834	5N Light Chestnut Brown	165ml	10.49	V
DY835	6N Dark Blonde	165ml	10.49	V
DY837	7N Hazelnut Blonde	165ml	10.49	V
DY840	8N Wheatgerm Blonde	165ml	10.49	V
DY841	9N Honey Blonde	165ml	10.49	V
	<b>OLIVA</b>			
DY290	Olive Oil Soap	6 x 125g	1.89	V
DY561	Olive Oil Soap - Large Bar	600g	3.55	V
	<b>ORGANYC</b>			
	<i>Pads</i>			
NF227	Pads - Heavy Flow	10	3.89	OV
NF199	Pads - Moderate Flow	10	3.69	OV
	<b>PITROK</b>			
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
	<b>RIO ROSA MOSQUETA</b>			
DY653	Anti-ageing day & night cream	50ml	14.99	V
DY657	Eye Contour Cream	15ml	9.95	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
	<b>SIMPLY GENTLE</b>			
DY097	Cotton Buds - organic	200	2.09	VO
	<b>SOLANO TRADING</b>			
DY062	Lavender Soap	150g	2.93	V
	<b>SUKIN</b>			
DY727	Body Lotion	250ml	10.16	V
	<b>SUNCOAT</b>			
	<i>Natural Cosmetics</i>			
DY769	Hair Spray - Fragrance Free	210ml	10.75	V
DY771	Hair Styling Gel	150ml	10.75	V
DY554	Mascara - Black	10ml	13.29	V
	<i>Natural Nail Care</i>			
DY579	Nail Polish Remover	60ml	7.99	V
	<b>TINTS OF NATURE</b>			
	<i>Permanent Hair Colours</i>			
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

code	product	size	rrp	bfgo
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
<b>URTEKRAM</b>				
<i>Aloe Vera</i>				
DY264	Aloe Vera Body lotion	245ml	6.69	OV
DY905	Aloe Vera Shampoo	250ml	5.35	OV
<i>Brown Sugar</i>				
DY024	Brown Sugar Shampoo	250ml	5.35	FOV
DY020	Brown Sugar Shower Gel	500ml	7.35	FOV
<i>Chamomile</i>				
DY907	Chamomile Shampoo	250ml	5.35	V
<i>Lavender</i>				
DY906	Lavender Shampoo	250ml	5.35	V
<i>Lime</i>				
DY725	Lime Crystal Roll On Deodorant	50ml	4.89	OV
<i>Mens Range</i>				
DY292	Face & Body Lotion	150ml	4.25	OV
DY289	Hair & Body Wash	150ml	3.89	OV
DY298	Roll On Deodorant	50ml	3.89	OV
<i>Nettle</i>				
DY398	Nettle Shampoo	250ml	5.35	OV
<i>No Perfume</i>				
DY310	No Perfume Body Lotion	245ml	6.69	V
DY327	No Perfume Conditioner	250ml	5.65	V
DY336	No Perfume Shampoo	250ml	5.35	V
DY258	No Perfume Shower Gel	500ml	7.35	V
<i>Nordic Berries</i>				
DY286	Body Lotion	245ml	6.69	OV
DY282	Conditioner	200ml	4.75	OV
DY248	Shampoo	250ml	5.65	OV
DY274	Shower Gel	500ml	7.35	OV
<i>Nordic Birch</i>				
DY249	Hair Conditioner	250ml	5.65	OV
DY240	Shampoo Dry Hair	250ml	5.65	OV
DY247	Shower Gel	500ml	7.35	OV
<i>Rose</i>				
DY702	Rose Body Lotion	245ml	6.69	OV
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
<b>WELEDA</b>				
DY366	Citrus Roll On Deodorant	50ml	7.95	FV
DY363	Men's Roll On Deodorant	50ml	7.95	FV
<i>Bath &amp; Shower</i>				
DY381	Citrus Creamy 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
<i>Body Care</i>				
DY636	Arnica Massage Oil	100ml	14.95	V
DY101	Birch Cellulite Oil	100ml	22.95	OV
DY021	Evening Primrose Body Oil	100ml	21.95	V

code	product	size	rrp	bfgosv
DY300	Sea Buckthorn Body Oil	100ml	16.95	V
DY152	Spray Deodorant - Citrus	100ml	9.50	V
DY151	Spray Deodorant - Sage	100ml	9.50	V
DY233	spray Deodorant - Sage	30ml	5.95	V
DY451	Wild Rose Body Lotion	200ml	22.95	V
DY311	Wild Rose Deodorant Spray	30ml	7.95	V
DY305	Wild Rose Spray Deodorant	100ml	13.50	V
	<i>Facial Care</i>			
DY927	Pomegranate Firming Day Cream	30ml	25.95	V
DY929	Pomegranate Firming Face Serum	30ml	34.95	V

## BREADS & BREAD MIXES

code	product	size	rrp	bfgosv
	<b>AMAIZIN</b>			
BT268	Og Tortilla Wraps Extra Fibre	240g	2.35	OV
	<b>AMISA</b>			
BT437	Deep Pan Pizza Bases	260g	3.99	GOSV
BT125	Olive Ciabatta	180g	2.99	GOV
	<b>BIONA</b>			
BT135	Pizza Base - 2 Per Retail Pack	300g	2.39	OV
BT440	Pumpernickel Bread	500g	1.89	OV
BT461	Rice Bread with Sunflower Seed	500g	4.29	OV
BT464	Rye Bread - Amaranth & Quinoa	500g	1.89	OV
BT073	Rye Bread - Chia & Flax	500g	2.19	OV
BT041	Rye Bread - Coconut&Cranberry	500g	2.19	OV
BT438	Rye Bread - Hemp Seed	500g	1.99	OV
BT206	Rye Bread - Omega 3	500g	1.89	OV
BT207	Rye Bread - Pumpkin Seed	500g	1.99	OV
BT210	Rye Bread - Sunflower Seed	500g	1.89	OV
BT439	Rye Bread - Vitality	500g	1.99	OV
BT145	Rye Bread - Wholegrain	500g	1.89	OV
BT422	Spelt Pizza Base - Organic	300g	3.49	OV
	<b>DELICIOUS ALCHEMY</b>			
BT098	Oaty Cookie Mix - Dairy & GF	200g	2.29	GSV
	<b>DOVES</b>			
BT555	Pizza Base Mix	350	2.35	GV
BT556	White Bread Mix	500g	3.49	GSV
	<b>EVERFRESH NATURAL FOODS</b>			
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
	<b>FLORENTIN</b>			
BT552	Pitta Bread - spelt	260g	1.85	OV
BT360	Pitta Bread - white	260g	1.59	OV
BT376	Pitta Bread - wholemeal	280g	1.55	OV
	<b>FREE &amp; EASY</b>			
BT072	Chocolate Brownie Mix	350g	3.99	GSV
	<b>GO VEGAN</b>			
BT138	Vegan Spelt Croissant	5 x 35g	4.99	OSV
BT172	Vegan Wheat Croissants - Cocoa	5 x 35g	4.49	OSV
BT187	Vegan Whole Wheat Croissant	5 x 35g	3.99	OSV
	<b>ISABEL'S NATURALLY FREE FROM</b>			
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

code	product	size	rrp	bfgosv
<b>PROFUSION</b>				
BT071	Super Oat Bread - Rye & Chia	500g	2.39	OV
BT131	Turmeric Rice Bread	250g	2.69	GOV
<b>SCHNITZER GLUTEN FREE</b>				
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

<b>SUMA BAGGED DOWN</b>				
SY097	Burger Mix - vegetarian	1kg		V
VF406	Burger Mix - vegetarian	5kg		V
VF166	Nut Roast Mix	1kg		GV
VF157	Nut Roast Mix - Savoury/Vegan	1kg		V
SY098	Sausage Mix - vegetarian	1kg		V
VF407	Sausage Mix - vegetarian	5kg		V
SY113	TVP Flavoured Coloured Mince	1kg		V

### SUMA COMMODITIES

VF404	Burger Mix - vegetarian	25kg		V
VF405	Sausage Mix - vegetarian	25kg		V
SY205	TVP Flavoured Coloured Mince	15kg		V

### 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
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### 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
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### JUST WHOLEFOODS

VF706	Vegetarian Banger Mix -organic	125g	1.55	OV
VF705	Vegetarian Burger Mix	125g	1.55	OV

### PROTOVEG

VF839	Sosmix	10kg		V
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## 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

#### *Mother's Vegan Incense*

NF444	Cinnamon & Spice	12 sticks	2.00	FV
NF440	Frankincense	12 sticks	2.00	FV
NF448	Jasmine	12 sticks	2.00	FV
NF446	Lotus	12 sticks	2.00	FV

code	product	size	rrp	bfgovs
NF449	Musk	12 sticks	2.00	FV
NF445	Opium	12 sticks	2.00	FV
NF447	Orange Blossom	12 sticks	2.00	FV
NF441	Patchouli	12 sticks	2.00	FV
NF443	Vanilla	12 sticks	2.00	FV
<b>MANCHESTER CANDLE CO</b>				
NF250	Tealights - unscented	60	6.89	V
<b>MOORLANDS DIPPED CANDLES</b>				
<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
<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 BULK MUESLI

MX017	Luxury Tropical Muesli	10kg		V
MX185	Luxury Tropical Muesli	3kg		V
MX041	Roast Hazelnut Muesli	10kg		V
MX042	Roast Hazelnut Muesli	3kg		V
MX033	Simply Muesli Base	10kg		V
MX032	Simply Muesli Base	20kg		V
MX034	Simply Muesli Base	3kg		V
MX043	Super Muesli	25kg		V
MX045	Super Muesli	3kg		V

### SUMA BULK MUESLI - ORGANIC

MX119	De Luxe Muesli - organic	10kg		OV
MX130	De Luxe Muesli - organic	3kg		OV
MX052	Muesli - organic	10kg		VO
MX160	Muesli - organic	25kg		VO
MX183	Muesli - organic	3kg		OV
MX107	Premium Muesli - organic	10kg		OV
MX167	Premium Muesli - organic	3kg		OV
MX036	Simply Muesli Base - Organic	10kg		VO
MX037	Simply Muesli base - Organic	20kg		VO
MX035	Simply Muesli Base - Organic	3kg		VO

### SUMA MUESLI

MX209	Fruit Burst Muesli - Organic	500g	3.85	OV
MX211	GF Multigrain Muesli - Organic	500g	3.59	GOV
MX196	Nutty Crunch Muesli - Organic	500g	4.69	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
	<b>BIG OZ</b>			
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
	<b>CLEARSPRING</b>			
MX040	GF Instant Mega Porridge	160g	2.99	OV
MX046	GF Instant Super Porridge	160g	2.99	OV
	<b>DOVES FARM</b>			
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
	<b>GLEBE FARM</b>			
FX037	Porridge Oats - Gluten Free	450g	2.59	GV
	<b>KALLO</b>			
MX124	Puffed Rice Cereal - Natural	225g	2.99	GOV
	<b>LIZI'S</b>			
MX061	Lizi's Belgian Choc Granola	400g	3.85	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	3.85	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	3.85	SV
MX063	Lizi's Pink Apple/Cinnamon	400g	3.85	V
MX064	Lizi's Treacle/Pecan Granola	400g	3.65	SV
	<b>NAIRNS</b>			
MX154	Muesli - Gluten Free	450g	2.99	GSV
	<b>NATURES PATH ORGANIC</b>			
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
	<b>NUTRI-BREX</b>			
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
	<b>PERTWOOD ORGANIC FARM</b>			
MX814	Muesli Delicious Fruits	650g	3.75	OV
MX813	Muesli Fruit and Seed	650g	3.49	OV
	<b>PLANET ORGANIC</b>			
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
	<b>POST</b>			
MX121	Grapenuts	580g	3.95	V
	<b>PRIMROSE'S KITCHEN</b>			
MX221	Courgette & Cacao Granola	300g	6.95	OV



code	product	size	rrp	bfgosv
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
<b>RUDE HEALTH FOODS</b>				
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
<b>SHARPHAM PARK</b>				
MX051	Crunchy Spelt Bran Flakes	375g	2.99	SV
<b>WHOLE EARTH</b>				
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
<b>CHEESE SUBSTITUTES (CHILLED)</b>				
<b>BUTE ISLAND FOODS</b>				
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>Grated Sheese</i>			
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
	<i>Melty Sheese</i>			
CV036	Mild Cheddar Style	227g	2.69	V
CV037	Red Cheddar Style	227g	2.69	V
CV288	Strong Cheddar Style	227g	2.65	V
	<i>Sheese made with Coconut Oil</i>			
CV188	Blue Style Cheese	227g	2.75	V
CV597	Cheddar w' Caramelised Onion	200g	2.39	V
CV191	Mature Cheddar Block	200g	2.95	V
CV016	Sheese - Greek Style	200g	2.19	V

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CV596	Sheese - Wensleydale Style	200g	2.35	V
CV240	Sheese Medium Red Cheddar	227g	2.65	V
CV230	Sheese Strong Cheddar	227g	2.65	V
CV187	White Cheddar Block	200g	2.19	V
	<b>FOLLOW YOUR HEART</b>			
CV130	Parmesan - Grated	142g	4.49	V
CV134	Parmesan - Shredded	113g	4.49	V
CV675	Pepper Jack Slices	200g	3.29	V
CV674	Smoked Gouda Slices	200g	3.29	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
	<b>TOFUTTI</b>			
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	GSV
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
	<b>VBITES</b>			
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
	<b>VEGAMIGO</b>			
CV539	Melty Pizza Cheese	200g	2.89	V
	<b>VIOLIFE</b>			
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
	<b>2.5KG Blocks</b>			
CV593	Cheddar Style	2.5kg		V
CV592	Pizza Mozzarella Style	2.5kg		V
	<b>Cream Cheese</b>			
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
	<b>Slices</b>			
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

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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
<b>CHOCOLATE</b>				
<b>SUMA BAGGED DOWN - ORGANIC</b>				
KB250	Cacao Nibs - Organic	1kg		OV
<b>SUMA COMMODITIES</b>				
KB081	Cacao Nibs - Organic	15kg		OV
<b>SUMA PREPACKS - ORGANIC</b>				
KB137	Cacao Nibs - Organic	100g	1.99	OV
<b>BEYOND DARK</b>				
KB088	70% Dark Chocolate Drops	35g	0.95	GSV
<b>BOOJA BOOJA</b>				
<i>Artist's Collection Gift Boxes</i>				
KB927	Fine De Champagne Truffles	185g	19.99	GFOsv
KB929	Hazelnut Truffles	185g	19.99	GFOsv
<i>Chilled Truffles</i>				
KB656	Champagne Truffles	138g	9.49	GOSV
<i>Four Corners</i>				
KB790	Around Midnight Espresso	104g	6.99	GOSV
KB550	Hazelnut Truffles	104g	6.99	GOSV
KB934	Rum Sozzled Sultana Truffles	104g	6.99	GOSV
KB490	Stem Ginger Truffles	104g	6.99	GOSV
KB655	The Gourmet Selection	237g	16.99	GOSV
<i>Gift Range</i>				
KB622	Fine De Champagne Truffles	138g	12.95	GOSV
KB623	Hazelnut Truffles	138g	12.95	GOSV
KB624	Truffle Selection 1	138g	12.95	GOSV
KB625	Truffle Selection 2	138g	12.95	GOSV
<b>D &amp; D CHOCOLATES</b>				
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
<b>DIVINE</b>				
<i>100g Bars</i>				
ZX498	70% Dark Chocolate	100g	2.59	FSV
ZX469	85% Dark Chocolate	100g	2.59	FSV
ZX471	Dark Choc with Ginger & Orange	100g	2.59	FSV
KB534	Dark Choc with Raspberries	100g	2.59	FSV
ZX001	Dark Chocolate with Mint	100g	2.59	FSV
<b>DOISY &amp; DAM</b>				
<i>100g Bars</i>				
KB065	Dark Chocolate Goji & Orange	100g	3.75	OSV
KB066	Ginger, Chilli & Hemp Seed	100g	3.75	OSV
<i>40g Bars</i>				
KB092	Coconut & Lucuma bar	40g	1.45	OSV
KB076	Maca, Vanilla & Cacao Nibs	40g	1.45	OSV
ZX801	Maple, Toast Rice & Pink Salt	40g	1.45	OSV
<i>80g Bars</i>				
KB068	Coconut & Lucuma	80g	2.69	OSV
KB047	Maca, Vanilla & Cacao Nibs	80g	2.69	OSV
ZX800	Maple, Toast Rice & Pink Salt	80g	2.69	OSV
<b>EQUAL EXCHANGE</b>				
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

code	product	size	rrp	bfgosv
	<b>ESSY &amp; BELLA CHOCOLATE</b>			
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
	<b>GREEN &amp; BLACKS</b>			
KB942	Miniature Collection, Dark	180g	6.99	FOSV
	<b>LOVING EARTH</b>			
	<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
	<b>MONTEZUMA'S</b>			
	<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	Dark 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
	<i>Giant Buttons</i>			
KB272	Dark Chocolate Button Bags	180g	3.79	OV
	<b>MOO FREE</b>			
KB958	Caramelised Hazelnut Bar	100g	2.65	GSV
ZX673	Choccy Chums	98g	3.79	GOSV

code	product	size	rrp	bfgosv
ZX790	Choccy Drops	25g	0.89	GOSV
KB959	Cranberry & Hazelnut Bar	100g	2.85	GOSV
KB812	Dairy Free Milk Chocolate Bar	100g	2.70	GOSV
KB817	Minty Moo	86g	2.70	GOSV
KB818	Orange Moo Free Bar	86g	2.70	GOSV
	<i>Mini Moos</i>			
KB536	Bunnycomb Bars - Singles	25g	0.85	GOSV
KB419	Dairy Free Cheeky Orange Bar	23g	0.85	GOSV
KB166	Hammy's Original Bar	20g	0.79	GOSV
KB966	Mint Bars - Singles	23g	0.85	GOSV
	<b>MULU RAW CHOCOLATE</b>			
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
	<b>OMBAR RAW CHOCOLATE</b>			
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
ZX663	Raspberry & Coconut Centre	35g	1.99	OV
KB764	Strawberry Mylk Raw Chocolate	35g	1.99	OV
	<i>Buttons</i>			
KB492	Coco Mylk Chocolate Buttons	25g	1.49	OVS
ZX661	Dark 72% Chocolate Buttons	25g	1.49	OV
	<b>ORGANIC SEED &amp; BEAN COMPANY</b>			
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
	<b>ORGANICA</b>			
KB359	Non Dairy Milk Chocolate	100g	2.75	OSV
KB277	Vegan Diets White Chocolate	100g	2.89	FOVS
	<b>PLAMIL</b>			
	<i>Carob Bars</i>			
KB143	Carob, No Added Sugar	45g	1.29	GV
	<i>Free From</i>			
KB506	Dairy Free Alt to Milk Choc	100g	2.75	GSV
	<i>No Added Sugar</i>			
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
KB786	No Added Sugar with Mint	100g	3.05	GV
KB263	No Added Sugar with Mint	45g	1.20	GV

code	product	size	rrp	bfgosv
	<i>Organic Large Bars</i>			
KB797	Dark Chocolate - OG	100g	3.19	GOSV
KB139	Fairtrade Organic Alternative	100g	3.59	GFOSV
KB502	Mint Chocolate	100g	3.19	GOSV
KB503	Orange Chocolate	100g	3.19	GOSV
	<b>SIESTA CAROB</b>			
	<i>UK made, no hydrogenated fat</i>			
KB714	Carob Bar Luxury - Mixed	50g	1.25	V
KB711	Carob Bar Luxury - Natural	50g	1.25	V
	<b>SO FREE - WAS PLAMIL</b>			
	<i>35g Bars</i>			
ZX910	No Added Sugar D/Choc Espresso	35g	1.20	GSV
ZX905	No Added Sugar Dark Choc	35g	1.20	GSV
ZX904	No Added Sugar Mint Dark Choc	35g	1.20	GSV
	<i>No Added Sugar Large Bars</i>			
ZX915	No Added Sugar 72% Dark Choc	80g	2.75	GV
ZX916	No Added Sugar Espresso Bar	80g	2.75	GV
ZX917	No Added Sugar Hemp D/Choc	70g	2.75	GV
ZX919	No Added Sugar Mint Dark Choc	80g	2.75	SGV
	<i>Organic Large Bars</i>			
ZX925	72% Dark Chocolate	80g	2.75	GVSO
ZX922	Dark Chocolate	80g	2.75	OGSV
ZX921	Extra Dark 87% Chocolate	80g	2.75	OSVG
ZX920	F/trade Milk Choc Alternative	80g	2.75	OGVS
ZX923	Mint Chocolate	80g	2.75	SVOG
ZX924	Orange Chocolate	80g	2.75	OSVG
ZX926	White Chocolate	70g	2.75	GSOV
	<b>THE RAW CHOCOLATE CO</b>			
	<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
ZX182	Raw Chocolate Covered Almonds	110g	5.99	OSV
ZX884	Raw Chocolate Covered Almonds	25g	1.59	GOSV
ZX181	Raw Chocolate Covered Ginger	125g	5.99	OSV
ZX885	Raw Chocolate Covered Ginger	28g	1.59	GOSV
ZX889	Vanoffe Covered Mulberries	28g	1.59	GOSV
	<b>VEGO</b>			
KB821	Mini Whole Hazel Chocolate Bar	65g	2.09	FOVS
KB943	Vegolino Pralines	180g	5.75	FOSV
KB489	Whole Hazelnut Chocolate Bar	150g	3.59	FOV

code	product	size	rrp	bfgosv
<b>VIVANI ORGANIC CHOCOLATE</b>				
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
	<i>Premium</i>			
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
	<i>Vivani iChoc</i>			
KB897	Almond & Orange	80g	2.29	OSV
KB882	Choco Cookie	80g	2.29	OSV
KB224	Expedition Jungle Bites	50g	1.89	VSO
KB223	Expedition Sunny Almond	50g	1.89	VSO
KB922	Milkless Chocolate	80g	2.29	VOS
KB738	Super Nut	80g	2.29	VOS
KB881	White Nougat Crisp	80g	2.29	OSV
KB898	White Vanilla	80g	2.29	OSV
<b>ZOTTER CHOCOLATE</b>				
	<i>Labooko Twin Bars</i>			
KB917	Peru Dark 100%	65g	3.25	FOV
<b>CHOCOLATE &amp; SWEET SPREADS</b>				
<b>BIONA</b>				
GH112	CocoBella Spread Organic	250g	4.99	OSV
GH840	Dark Chocolate Spread - org	350g	3.39	OSV
<b>ESSENTIAL TRADING</b>				
GH092	Dark Chocolate Spread	400g	3.25	FOSV
<b>PLAMIL</b>				
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
<b>RAW HEALTH</b>				
GH033	Raw Cacao Brazilnut Bliss	170g	4.99	OV
<b>SO FREE - WAS PLAMIL</b>				
GH224	D/choc No Added Sugar Spread	275g	3.65	VGO
GH223	Milk Choc Spread (Dairy Free)	275g	3.15	OSGV
GH225	Rich Dark Chocolate Spread	275g	3.15	OVGS
<b>SO FREE- WAS PLAMIL</b>				
GH226	Rich Dark Orange Choc Spread	275g	3.15	VOSG
<b>SWEET FREEDOM</b>				
GH206	Choc Pot Chocolate Spread	250g	3.85	V
<b>CHOCOLATES (CHILLED)</b>				
<b>BOOJA BOOJA</b>				
	<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

code	product	size	rrp	bfgosv
	<i>Two Packs</i>			
KB666	Almond Salted Caramel Truffles	2 pack	1.19	GOV
KB667	Fine De Champagne Truffles	2 pack	1.19	GOV
KB668	Hazelnut Crunch Truffles	2 pack	1.19	GOV

## CIDERS

	<b>ASPALL</b>			
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
	<b>DUNKERTONS</b>			
RT015	Premium Organic Cider	500ml	2.93	OV
RT191	Sparkling Organic Perry	500ml	3.37	OV
	<b>FRENCH CIDER</b>			
RT190	Cidre Brut	75cl	5.81	OV
	<b>LUSCOMBE DRINKS</b>			
RT011	Devon Cider - og	320ml	2.13	OV
	<b>WESTONS</b>			
RT006	Wildwood Premium Org Cider	500ml	3.15	OV

## CLOTHING

	<b>BAMBOO CLOTHING</b>			
NF345	Black Socks - size 8-11	1	3.50	V
NF343	Black Socks - sizes 4-7	1	3.50	V
NF344	Mixed Size Black Socks	1	3.50	V
	<i>Narrow Stripes</i>			
NF151	Mixed Narrow Stripe Socks 8-11	1	3.50	V
NF315	Mixed Narrow Stripe Socks: 4-7	1	3.50	V
	<i>Wide Stripes</i>			
NF314	Mixed Wide Stripe Socks: 4-7	1	3.50	V

## COCOA

	<b>SUMA BAGGED DOWN - ORGANIC</b>			
LJ149	Cocoa Powder - Organic	3kg		FOV
	<b>SUMA COMMODITIES - ORGANIC</b>			
LJ173	Cocoa Powder Fairtrade	25kg		FOV
	<b>SUMA PREPACKS</b>			
LJ189	Cocoa Powder - Organic	250g	4.79	FOV
	<b>CAFEDIRECT</b>			
TE857	Drinking Chocolate	250g	3.55	FVS
	<b>DIVINE</b>			
TE687	Drinking Chocolate	400g	4.39	FVS
	<b>EQUAL EXCHANGE</b>			
TE491	Hispaniola Cocoa Powder - og	250g	4.49	FOV
	<b>GREEN &amp; BLACKS</b>			
TE453	Cocoa Powder - organic	125g	2.55	FOV
	<b>HASSLACHER'S</b>			
TE078	Bar of Drinking Chocolate	250g	5.29	FV
TE222	Hot Chocolate Drops	250g	5.50	V
TE069	Hot Chocolate Tubes	200g	6.00	V
	<b>MONTEZUMA'S</b>			
KB190	Dark Drinking Chocolate	300g	5.49	FOSV
	<b>SPANISH CHOCOLATE COMPANY</b>			
TE370	Thick Hot Chocolate Drink	350g	3.99	VS
	<b>SWEET FREEDOM</b>			
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
	<b>SWEET REVOLUTION</b>			
TE783	Instant Hot Chocolate	200g	6.45	V



code	product	size	rrp	bfgovs
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## 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
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	19.20	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

### ALPRO

TE624	Coconut for Professionals	1l		V
TE642	Soya for Professionals	1l		V

### CAFEDIRECT

#### *Instant Coffees*

TE949	Classic, decaffeinated instant	100g	4.19	FOV
TE329	Classic, medium roast instant	100g	4.60	FV
TE203	Classic, medium roast instant	200g	6.25	FV
TE395	Classic, medium roast instant	500g	22.60	FV
TE792	Smooth Blend Instant - og	100g	4.99	FOV

#### *Roast & Ground Coffees*

TE493	Decaffeinated Roast & Ground	227g	4.75	FV
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code	product	size	rrp	bfgosv
TE492	Espresso Roast & Ground	227g	4.35	FV
TE156	Full Roast Ground	227g	4.35	FV
TE951	Kilimanjaro Mountain Ground	227g	4.50	FV
TE952	Machu Picchu Ground Coffee	227g	4.50	FOV
TE176	Medium Ground	227g	4.35	FV
TE950	Medium Roast & Ground Organic	227g	4.60	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
	<i>Roast Wholebean Coffees</i>			
TE791	Espresso Blend Coffee Beans	227g	4.59	FOV
TE901	Machu Picchu Coffee Beans - og	227g	4.50	FOV
TE795	Peru Coffee Beans	227g	4.79	FOV
	<b>CLIPPER</b>			
	<i>FOOD SERVICE RANGE</i>			
TE724	Instant - Fairtrade & Organic	500g	21.45	FOV
TE463	Instant Coffee Sticks	500 sticks		FOV
TE526	Instant Organic Decaff	500g	25.00	FOV
	<i>Instant Coffees</i>			
TE879	Fairtrade Org Decaf Instant	100g	4.69	FOV
TE739	Fairtrade Organic Instant	100g	4.39	FOV
TE422	Fairtrade Organic Instant	100g	3.99	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
	<b>EQUAL EXCHANGE</b>			
TE347	D.R. Congo	227g	4.89	FOV
	<i>Roast &amp; 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
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
	<b>GRUMPY MULE</b>			
	<i>Gift Range</i>			
TE815	Socks Box Gift Set	1	14.99	FOV
	<i>Roast &amp; Ground Coffees</i>			
TE853	Brasil Daterra 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

code	product	size	rrp	bfgosv
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
	<b>PERCOL</b>			
	<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 &amp; Ground Coffees</i>			
TE803	All Day Americano 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
	<b>SOURCE CLIMATE CHANGE COFFEE</b>			
	<i>Roast &amp; 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
	<b>UNION HAND ROASTED</b>			
	<i>Roast and Ground Coffees</i>			
TE947	Bobolink Brazil	200g	5.50	FV
TE954	Decaffeinated	200g	5.50	FV
TE948	Liberacion Guatemala	200g	5.50	FV
TE946	Maraba Rwanda	200g	5.50	FV
TE944	Natural Spirit	200g	5.50	FOV
TE957	Revelation Espresso	200g	4.90	FV
TE943	Spirit of Union - House Blend	200g	4.90	FV
TE945	Yirgacheffe Ethiopia	200g	5.50	FOV
	<i>Roast Whole Bean Coffees</i>			
TE964	Gajah Mountain Sumatra	200g	5.50	FV
TE962	Revelation Espresso	200g	4.90	FV
	<b>COFFEE SUBSTITUTES</b>			
	<b>BARLEYCUP</b>			
TE366	Barleycup Granules	200g	5.54	V
TE240	Instant Cereal Drink	200g	4.59	V
TE698	Instant Cereal Drink Organic	100g	3.69	OV
TE480	Organic Chicory Cup	100g	3.95	OV
	<b>BIOFORCE</b>			
TE368	Bambu	100g	4.25	V
	<b>LIMA</b>			
TE057	Yannoh Instant	125g	5.35	VO
	<b>PREWETTS</b>			
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
	<b>WHOLE EARTH</b>			
TE389	Nocaf - organic	100g	2.99	VO
TE215	Wake Cup	125g	3.89	V

code	product	size	rrp	bfgosv
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## CONVENIENCE FOODS

### SUMA

VF450	Baked Beans & Vegan Sausage	400g	1.49	V
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### AMY'S KITCHEN

VF008	Medium Chilli	416g	2.65	GV
VF009	Spicy Chilli	416g	2.65	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	2.99	VG
VF104	Nut Roast - Country Veg/Cashew	200g	2.89	V
VF110	Nut Roast - Sundried Tomato	200g	2.89	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

### *Plastic Tray Meals*

VF289	Bombay Potatoes	300g	1.49	GOV
VF291	Chickpea & Lentil Dahl	300g	1.49	GOSV
VF294	Green Lentil & Red Kidney Dahl	300g	1.49	GOSV
VF292	Mildly Spiced Thick Veg Stew	300g	1.49	GOSV
VF295	Saag Aloo	300g	1.49	GOSV
VF290	Thick Vegetable Hot Pot	300g	1.49	GOV

### GRANOVITA

VF036	Nut Luncheon	420g	2.59	GV
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### 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
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
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### 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 BAGGED DOWN

ZX332	Bombay Mix	1kg		V
ZX083	Fruit & Nut Mix	5kg		V
ZX477	Wasabi Peas - Spicy	1kg		V

code	product	size	rrp	bfgosv
	<b>SUMA COMMODITIES</b>			
ZX033	Bhusu	5kg		V
ZX034	Bombay Mix	10kg		V
ZX288	Garlic Gathia	5kg		V
ZX036	Sesame Sticks	2.27kg		V
ZX037	Spiced Roast Chick Peas	2.5kg		V
ZX038	Spicy Noodles	5kg		V
ZX468	Wasabi Peas - Spicy	10kg		V
	<b>SUMA COMMODITIES - ORGANIC</b>			
ZX929	Bombay Mix - organic	3kg		OV
	<b>SUMA PREPACKS</b>			
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
	<b>SUMA PREPACKS - ORGANIC</b>			
ZX931	Bombay Mix - organic	125g	0.95	OV
ZX552	Bombay Mix - organic	250g	1.59	OV
	<b>AMAIZIN</b>			
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
	<b>APE</b>			
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
	<b>BANANA JOE</b>			
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
	<b>BIONA</b>			
ZX424	Potato Chips - Lightly Salted	100g	2.13	OV
	<b>BROWN BAG CRISPS</b>			
	<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
	<b>CHIKA'S FOODS</b>			
ZX612	Chickpea Crisps-Lightly Spiced	35g	1.39	V
ZX940	Chilli Lime Cashews	45g	1.69	SV
	<b>CLEARSPRING</b>			
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
ZX604	Tamari Roasted Soya w/Tom&Herb	30g	0.99	OV

code	product	size	rrp	bfgosv
	<b>CYPRESSA</b>			
ZX810	Roasted and Salted Broad Beans	150g	1.31	V
	<b>EAT REAL</b>			
ZX047	Veggie & Kale Chips	80g	1.79	GV
	<i>Humus Chips - Impulse</i>			
ZX162	Humus Chilli & Lemon Chips	45g	0.69	GSV
ZX163	Humus Creamy Dill Chips	45g	0.69	GV
ZX161	Humus Sea Salted Chips	45g	0.69	GV
ZX160	Humus Tomato & Basil Chips	45g	0.69	GSV
	<i>Humus Chips - Sharing</i>			
ZX125	Humus Chilli Lemon Chips	135g	1.79	GSV
ZX127	Humus Creamy Dill Chips	135g	1.79	GSV
ZX124	Humus Sea Salt Chips	135g	1.79	GV
ZX121	Humus Tomato & Basil Chips	135g	1.79	GSV
	<i>Kale - Impulse</i>			
ZX174	Veggie & Kale Chips	40g	0.75	GSV
	<i>Kale - Sharing</i>			
ZX057	Veggie & Kale Straws	113g	1.49	GSV
	<i>Lentil Chips - Impulse</i>			
ZX169	Lentil Chilli & Lemon Chips	40g	0.69	GV
ZX170	Lentil Creamy Dill Chips	40g	0.69	GSV
ZX165	Lentil Sea Salted Chips	40g	0.69	GV
ZX168	Lentil Tomato & Basil Chips	40g	0.69	GSV
	<i>Lentil Chips - Sharing</i>			
ZX883	Lentil Chip Creamy Dill	113g	1.79	GSV
ZX135	Lentil Chips Chilli Lemon	113g	1.79	GSV
ZX128	Lentil Chips Sea Salt	113g	1.79	GSV
ZX130	Lentil Chips Tomato Basil 113g	113g	1.79	GSV
	<i>Organic - Sharing</i>			
ZX215	Organic Hummus Sea Salt Chips	100g	2.19	GOV
ZX214	Organic Lentil Sea Salt Chips	100g	2.19	GOV
ZX213	Organic Veggie Straws	100g	2.19	GOSV
	<i>Quinoa Chips - Impulse</i>			
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
	<i>Quinoa Chips - Sharing</i>			
ZX311	Quinoa Chips Chilli Lime	80g	1.79	GSV
ZX315	Quinoa Chips Cream & Chives	80g	1.79	GSV
ZX310	Quinoa Chips Hot and Spicy	80g	1.79	GSV
ZX877	Quinoa Chips Plain	80g	1.79	GSV
ZX314	Quinoa Chips Tomato & Garlic	80g	1.79	GSV
	<i>Quinoa Puffs - Sharing</i>			
ZX880	Quinoa Kale Puffs Jalapeno	113g	1.69	GSV
ZX881	Quinoa Kale Puffs with Cheese	113g	1.69	GSV
ZX878	Quinoa Puffs Cheddar Cheese	113g	1.69	GSV
ZX879	Quinoa Puffs Cheese Jalapeno	113g	1.69	GSV
	<b>GIVING TREE</b>			
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
	<b>HIPPEAS</b>			
ZX179	Cheese & Love Chickpea Puffs	22g	1.19	OV
ZX176	Far Out Fajita Chickpea Puffs	22g	1.19	OV

code	product	size	rrp	bfgosv
ZX178	Herb Chickpea Puffs	22g	1.19	OV
ZX177	Sweet & Smokin' Chickpea Puffs	22g	1.19	OV
<b>HODMEDOD'S</b>				
ZX549	Roast Fava Bean Salt & Vinegar	300g	2.25	SV
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
<b>INSPIRAL VISIONARY PRODUCTS</b>				
<i>30g Kale Chips</i>				
ZX250	Raw Kale Chips - Baobab/Onion	30g	2.19	OV
ZX255	Raw Kale Chips - Beetroot	30g	2.19	OV
ZX257	Raw Kale Chips - Purple Corn	30g	2.19	OV
ZX258	Raw Kale Chips - Wasabi	30g	2.19	OV
<i>60g Kale Chips</i>				
ZX260	Raw Kale Chips - Purple Corn	60g	3.79	OV
ZX259	Raw Kale Chips - Wasabi	60g	3.79	OV
<i>Pecks</i>				
ZX201	Caramel Coconut Pecks	25g	1.19	SOV
ZX651	Raspberry Coconut Pecks	25g	1.19	OSV
<b>KETTLE CHIPS</b>				
<i>Impulse Bag</i>				
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
<i>Sharing Bags</i>				
ZX381	Balsamic Vinegar & Sea Salt	150g	2.49	SV
ZX248	Lightly Salted	150g	2.49	V
<b>LINWOODS</b>				
ZX527	Snackettes - Banana & Coconut	30g	1.79	GOV
ZX518	Snackettes - Spicy Tomato	30g	1.79	GOV
ZX491	Snackettes - Super Seeds	30g	1.79	GOV
<b>LISA'S ORGANIC CRAFT CRISPS</b>				
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
<i>Sharing Bag</i>				
ZX494	Alpine Rock Salt Crisps	140g	2.69	GOV
ZX505	Rock Salt & Cider Vinegar	140g	1.09	GOSV
<b>LUKE'S ORGANICS</b>				
<i>Sharing bags</i>				
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
<b>METCALFE'S POPCORN</b>				
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
<b>MIGHTY BEE</b>				
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
<b>NUDIE SNACKS</b>				
NU122	Premium Toasted Coconut Chips	35g	1.29	SV

code	product	size	rrp	bfgosv
<b>PIPERS CRISPS</b>				
<i>Impulse Bag</i>				
ZX292	Anglesey Sea Salt	40g	0.79	V
ZX423	Biggleswade Sweet Chilli	40g	0.79	SV
ZX295	Karnataka Bl Pepp & Sea Salt	40g	0.79	SV
ZX293	Wissington Spicy Tomato	40g	0.79	SV
<i>Sharing Bag</i>				
ZX291	Anglesey Sea Salt	150g	2.09	V
<b>PRIMAL VEGAN JERKY</b>				
ZX583	Seitan - Mesquite Lime Jerky	28g	1.69	V
ZX585	Seitan - Teriyaki Jerky	28g	1.69	V
ZX581	Seitan - Thai Peanut Jerky	28g	1.69	V
ZX580	Shiitake Mushroom Jerky	28g	1.69	V
ZX586	Soy - Hickory Smoked Jerky	28g	1.69	V
ZX584	Soy - Texas Barbecue Jerky	28g	1.69	V
<b>RAW HEALTH</b>				
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	70g	4.29	GOV
ZX208	Ruby Roots Beetroot Dippers	90g	4.19	OV
ZX206	Supergreen Crispbread	90g	4.19	OV
<b>SCOTT FARM CHIP COMPANY</b>				
<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
<b>TEN ACRE CRISPS</b>				
ZX862	'Chicken' Soup Crisps	135g	2.05	GV
ZX579	'Chicken' Soup Crisps	40g	0.80	GV
ZX556	Cheese & Onion	40g	0.80	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	0.80	GV
ZX864	Pastrami & Rye Crisps	135g	2.04	GV
ZX029	Pastrami & Rye Crisps	40g	0.80	GV
ZX863	Ready Salted Crisps	135g	2.04	GV
ZX554	Ready Salted Crisps	40g	0.80	GV
ZX557	Salt & Vinegar	40g	0.80	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	0.80	GV
<b>TRAF0</b>				
<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>Hummus Chips</i>				
ZX932	Hummus Chips - Paprika	75g	1.65	OV
ZX934	Hummus Chips - Rosemary	75g	1.65	OV
ZX933	Hummus Chips - Sea Salt	75g	1.65	GOV



code	product	size	rrp	bfgosv
	<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
ZX570	Vegetable Chips Carrot	75g	1.89	OSV
ZX575	Vegetable Chips Sweet Potato	80g	1.99	OV
ZX626	Virgin Olive Oil Baked Crisps	100g	2.15	OV
	<i>Potato Crisps Fried</i>			
ZX053	Paprika Crisps - organic	40g	0.79	OV
ZX054	Salt & Vinegar Crisps - org	40g	0.79	OV
ZX055	Salted Crisps - organic	40g	0.79	OV
	<i>Snacks</i>			
ZX401	Corn Peanuts	75g	1.15	OV
BT075	Pretzel Sticks	100g	1.25	OV
	<i>Tortilla Chips</i>			
VF218	Tortilla Chips - Chilli	75g	0.89	VO
ZX136	Tortilla Chips - Natural	200g	1.69	OV
VF226	Tortilla Chips - Natural	75g	0.99	VO
	<b>TYRRELLS</b>			
	<i>Potato Chips - Furrows Sharing</i>			
ZX502	Sea Salt and Cider Vinegar	150g	1.99	SV
ZX496	Sea Salted	150g	1.99	SV
	<i>Potato Chips - Impulse</i>			
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
	<i>Potato Chips - Sharing</i>			
ZX018	Cider Vinegar & Sea Salt	150g	1.99	V
ZX022	Lightly Sea Salted	150g	1.99	V
ZX023	Naked Chips	150g	1.99	V
ZX024	Sea Salt & Black Pepper	150g	1.99	V
ZX021	Sweet Chilli & Red Pepper	150g	1.99	V
	<i>Vegetable Chips</i>			
ZX655	Mixed Roots	150g	3.59	V
ZX658	Mixed Roots	40g	1.39	V
	<b>YAKSO</b>			
ZX371	Java Chips - Seaweed	100g	1.75	OVS
ZX936	Rice Chip - Thai Sweet Chilli	70g	1.65	GOV
ZX935	Rice Chips - Salted	70g	1.65	GOV
ZX937	Rice Chips - Teriyaki	70g	1.65	GOV
	<b>DESSERTS</b>			
	<b>SUMA PREPACKS</b>			
VF075	Custard Powder	500g	2.69	V
	<b>BARKAT</b>			
VF114	Gluten Free Ice Cream Cones	60g	1.99	GV
	<b>CLEARSPRING</b>			
SY015	Sweet Grains Dessert - Millet	370g	3.89	OV
	<b>JUST WHOLEFOODS</b>			
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

code	product	size	rrp	bfgovs
	<b>NATURE'S CHARM</b>			
SY079	Coconut Caramel Sauce	400g	3.55	GSV
	<b>PROVAMEL</b>			
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
	<b>SOJADE</b>			
SY099	Chocolate Soya Dessert	530g	1.49	OSV
	<b>TRUJELLO</b>			
VF269	Mango & Passionfruit Jelly	2 x 110g	0.75	V
VF270	Strawberry Jelly	2 x 110g	0.75	V

## DRINKS (CHILLED)

	<b>ALPRO</b>			
CV687	Almond Milk	1l	2.65	V
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
	<b>CHI</b>			
CV493	Org Raw Coconut Water	250ml	2.19	OV
CV495	Org Raw Coconut Water	500ml	3.99	OV
	<b>GROVE ORGANIC FRUIT CO</b>			
	<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
	<b>KOKO DAIRY FREE</b>			
	<i>Dairy Free Alternative to Milk</i>			
CV021	Koko Dairy Free Original	1l	1.79	V
	<b>OATLY</b>			
CV648	Fresh Oat Drink	1l	1.89	V
	<b>PROFUSION</b>			
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
	<b>REBEL KITCHEN</b>			
CV329	Raw Coconut Water	250ml	2.39	V
	<b>SAVSE SMOOTHIES</b>			
CV662	Purple Carrot	250ml	2.49	V
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
	<b>ESSENTIAL OILS</b>			
	<b>AQUA OLEUM</b>			
AR002	Bergamot	10ml	6.50	V
AR007	Bergamot	10ml	8.25	VO
AR004	Camomile Blue - 5% dilution	10ml	5.95	V
AR029	Carrier oil - Sweet almond	100ml	2.75	V
AR037	Citronella	10ml	3.75	V
AR005	Clary Sage	10ml	7.50	V

code	product	size	rrp	bfgosv
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	6.50	VO
AR143	Lavender Oil Merchandiser	10ml	4.75	V
AR015	Lemon	10ml	3.95	V
AR153	Lemongrass	10ml	4.50	V
AR041	Mandarin	10ml	4.95	V
AR018	Neroli (orange blossom) 5% dil	10ml	6.95	V
AR019	Orange	10ml	3.50	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
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

code	product	size	rrp	bfgosv
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
<b>CLEARSPRING</b>				
JP061	Brown Rice Mochi - GF	250g	5.99	GOV
JP060	Brown Rice Vinegar - Organic	150ml	2.39	OV
JP080	Luxury Japanese Sushi Kit	each	29.50	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 Shiso 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
<b>Miso Products</b>				
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
<b>Noodles</b>				
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
<b>Sea Veg</b>				
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
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

code	product	size	rrp	bfgosv
	<i>Soya Sauce</i>			
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
	<b>COCOFINA</b>			
KJ319	Coconut Amino Sauce	250ml	5.99	OV
	<b>COCONUT MERCHANT</b>			
LJ022	Coconut Milk Organic - Bulk	3l		OV
	<b>GEO ORGANICS</b>			
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
	<b>KING SOBA</b>			
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
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
	<b>KTC</b>			
MA066	Creamed Coconut	200g	1.65	V
	<b>MERIDIAN</b>			
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
	<b>MORI-NU</b>			
JP075	Tofu - Extra Firm	349g	2.29	V
JP205	Tofu - Firm Tofu	349g	1.85	V
	<b>SANCHI</b>			
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
	<b>SEEDS OF CHANGE</b>			
VF063	Sweet & Sour Cooking Sauce	350g	2.99	OSV
	<b>THE COCONUT KITCHEN</b>			
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

code	product	size	rrp	bfgosv
<b>YAKSO</b>				
JP022	Ketjap Manis	250ml	2.49	OSV
JP024	Rice Paper	150g	2.69	OV
JP050	Sateh Sauce	275g	3.69	OSV
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
<b>YUTAKA</b>				
JP005	Miso Paste - Organic	300g	5.15	OV
JP013	Panko Bread Crumbs	180g	1.89	V
JP043	Rice Vinegar	150ml	2.20	V
JP044	Tamari Soy Sauce - Organic	150ml	3.65	OV
JP046	White Shirataki Noodles	170g	1.35	V
<b>FLAKES, BRANS &amp; WHEATGERM</b>				
FX015	Barley Flakes - pearl, organic	25kg		VO
<b>SUMA BAGGED DOWN</b>				
FX109	Oat Bran	5kg		V
FX104	Oats - porridge	10kg		V
FX063	Wheatgerm	5kg		V
<b>SUMA BAGGED DOWN - ORGANIC</b>				
FX085	Oats - porridge, organic	10kg		VO
<b>SUMA COMMODITIES</b>				
FX065	Oat Bran	25kg		V
FG032	Oatmeal - Coarse (Pinhead)	25kg		V
FX504	Oats - jumbo	25kg		V
FX064	Oats - Jumbo, Gluten Free	20kg		GV
FX010	Oats - porridge	25kg		V
FX061	Oats - Porridge, Gluten Free	20kg		GV
FX502	Wheat Bran	15kg		V
FX062	Wheatgerm	15kg		V
<b>SUMA COMMODITIES - ORGANIC</b>				
FX029	Bran Flakes - Org - Added Salt	10kg		OV
FX250	Bran Sticks - organic	15kg		VO
FX027	Buckwheat Flakes - Organic	15kg		OV
FX200	Malted Toasted Wheat Flakes OG	25kg		OV
FX053	Millet Flakes - Organic	15kg		VO
QS002	Oat Groats - Organic	25kg		VO
FX503	Oats - jumbo, organic	25kg		VO
FX009	Oats - porridge	20kg		OV
FX058	Oats - Porridge, Gluten Free	20kg		GOV
FX014	Oats - porridge, organic	25kg		VO
FX654	Quinoa Flakes - organic	15kg		FOV
FX004	Rice Flakes, Brown - organic	15kg		VO
FX019	Rye Flakes - organic	25kg		VO
FX170	Wheat Flakes Organic	25kg		VO
<b>SUMA PREPACKS</b>				
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
<b>SUMA PREPACKS - ORGANIC</b>				
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

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FX031	Millet Flakes - organic	500g	3.99	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
	<b>ALARA</b>			
FX026	Gluten Free Scottish Porridge	500g	3.99	GOV
	<b>BARKAT</b>			
MX270	Porridge - Millet & Rice Flake	500g	4.79	GOSV
	<b>BULK COMMODITIES - ORGANIC</b>			
FX057	Jumbo Oats - Gluten Free	25kg		GOV
	<b>JORDANS</b>			
MX200	Porridge Oats Organic	750g	2.89	OV
	<b>MORNFLAKE</b>			
FG037	Fine Oatmeal	500g	0.85	V
FG035	Medium Oatmeal	500g	0.85	V
FX008	Oat Bran	500g	1.69	V
	<b>ORGRAN</b>			
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
	<b>PERTWOOD ORGANIC FARM</b>			
MX812	Porridge Oats	650g	2.29	OV
	<b>PIMHILL</b>			
FX006	Oats - jumbo, organic	850g	2.39	OV
FX005	Oats - porridge, organic	850g	2.39	OV
	<b>RUDE HEALTH FOODS</b>			
FX011	Smoothie Oats	250g	2.49	V
	<b>FLOURS &amp; BREAD MIXES</b>			
	<b>SUMA</b>			
LJ126	Coconut Flour	20kg		OV
FG053	Rice flour brown organic	25kg		OV
	<b>SUMA BAGGED DOWN</b>			
FG093	Polenta	5kg		V
FG033	Potato Starch	2kg		V
	<b>SUMA BAGGED DOWN - ORGANIC</b>			
LJ107	Coconut Flour, Organic	3kg		OSV
FG043	Soya Flour - organic	1kg		OV
	<b>SUMA COMMODITIES</b>			
FG046	Gram Flour	5kg		V
FG094	Polenta	25kg		V
FG048	Potato Starch	25kg		V
FG049	Semolina - fine	25kg		V
	<b>SUMA COMMODITIES - ORGANIC</b>			
FG171	Polenta - organic	25kg		OV
FG243	Soya Flour - organic	25kg		OV
	<b>SUMA PREPACKS</b>			
FG078	Gram Flour	500g	1.75	V
FG092	Polenta	500g	1.35	V
FG041	Potato Starch	500g	1.59	V
FG038	Semolina Flour - Fine	500g	1.35	V
FG001	Tapioca Starch (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

code	product	size	rrp	bfgosv
	<b>SUMA PREPACKS - ORGANIC</b>			
FG149	Brown Rice Flour - organic	500g	1.95	OV
LJ105	Coconut Flour, Organic	500g	4.59	OV
FG128	Maize Flour - organic	500g	1.55	OV
FG205	Soya Flour - organic	250g	1.85	OV
	<b>AMISA</b>			
FG085	Chestnut Flour - Organic	350g	5.99	GOV
FG139	Seeded Bread Mix - G/F, Org	500g	4.29	GOSV
	<b>BACHELDRE WATERMILL</b>			
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
	<b>BIOFAIR</b>			
FG027	Organic Fairtrade Quinoa Flour	400g	6.99	FOV
	<b>BIONA</b>			
FG163	Coconut Flour - Organic	500g	3.99	GOV
	<b>BONPOM</b>			
ZX806	Raw Organic Coconut Flour	500g	6.99	OV
	<b>CLEARSPRING</b>			
FG180	Breadcrumbs - Brown Rice, GF	250g	3.99	GOV
FG182	Whole Buckwheat Flour	375g	2.59	OV
	<b>DOVES</b>			
FG015	Rye Flour	25kg		V
	<b>DOVES FARM</b>			
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
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
	<b>Artisan Flour</b>			
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
	<b>Bulk</b>			
FG499	Gluten Free Plain White	16kg		GV
FG052	Gluten Free Self Raising Flour	16kg		GV
FG005	Maize Flour - organic	25kg		OV
FG888	Malthouse Flour - organic	25kg		OV
FG197	Plain White Flour, Organic, GF	16kg		GOV
FG886	Rye Flour Lite - Organic	25kg		OV



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FG067	Spelt Flour - organic	25kg		OV
FG155	Spelt Flour White	25kg		V
FG154	Spelt Flour Wholemeal	25kg		V
FG020	Strong White Flour	25kg		VO
FG075	White flour - plain organic	25kg		VO
FG497	White flour - self raising org	25kg		OV
FG498	White flour - strong organic	16kg		OV
FG995	Wholewheat Flour	25kg		OV
FG007	Wholewheat strong flour org	25kg		VO
	<b>FERRERO</b>			
QS003	Polenta	500g	1.79	V
	<b>GILCHESTERS ORGANICS</b>			
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
	<i>Bulk Flours</i>			
FG110	Pizza & Ciabatta Flour	15kg		OV
FG109	Strong White Flour - S/ground	15kg		OV
FG107	Wholegrain Spelt Flour	15kg		OV
FG108	Wholemeal Flour - Stoneground	15kg		OV
	<b>GLEBE FARM</b>			
FG177	Gluten Free Self Raising Flour	1kg	2.35	GV
FG113	Oat Flour - Wheat/Gluten Free	300g	2.49	GV
	<i>Gluten Free Bread Mixes</i>			
FG076	G/F Seeded Brown Bread Mix	375g	2.25	GV
FG068	Gluten Free White Bread Mix	375g	2.15	GV
	<i>Gluten Free Cake Mixes</i>			
FG074	Gluten Free Chocolate Cake Mix	300g	2.89	GSV
	<b>GOOD HEMP FOOD</b>			
FG203	High Protein Flour	250g	8.75	V
FG204	Wholemeal Protein Flour	250g	4.99	V
	<b>HODMEDOD'S</b>			
	<i>British Gluten Free Flours</i>			
FG196	Quinoa Flour Fine	500g	4.99	GV
	<b>ISABEL'S NATURALLY FREE FROM</b>			
FG017	Wholemeal Cassava Flour	350g	3.95	GV
	<b>LITTLE SALKELD WATERMILL</b>			
FG804	Barley Flour - organic	500g	2.44	OVB
FG802	Semolina Brown - organic	500g	2.36	OV
	<b>MARRIAGES</b>			
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
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

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FG029	White flour Finest self rais.	1.5kg	1.79	V
FG022	Wholemeal strong flour	1.5kg	1.99	V
	<i>Bulk</i>			
FG023	Wholemeal Bread Flour-organic	16kg		OV
	<b>ORGRAN</b>			
FG206	Crispi Premium Breadcrumbs	300g	3.15	GV
	<b>RUDE HEALTH FOODS</b>			
FG168	Whole Buckwheat Flour Sprouted	500g	6.49	GOV
FG169	Whole Spelt Flour Sprouted	500g	5.49	OV
	<b>SHIPTON MILL</b>			
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
	<b>SUPREME</b>			
FG021	Gram Flour Bulk	20kg		V
	<b>FRESH MISO (CHILLED)</b>			
	<b>TIDEFORD ORGANIC FOODS</b>			
	<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
	<b>FRUIT - CANNED &amp; JARRED</b>			
	<b>BIONA</b>			
VF288	Apple & Rhubarb Puree	360g	1.69	OV
	<b>CLEARSPRING</b>			
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
	<b>ESSENTIAL TRADING</b>			
KJ263	Mango Chunks in Org Juice	400g	2.29	VO
KJ125	Organic Jackfruit in Water	400g	2.99	OV
KJ262	Pineapple Chunks In Org Juice	400g	2.29	VO
KJ260	Tropical Fruits in Org Juice	400g	2.29	VO
	<b>FOSTERS</b>			
KJ404	Stem Ginger In Syrup	280g	3.45	VS
	<b>FRUIT - DRIED</b>			
	<b>SUMA BAGGED DOWN</b>			
DR004	Apple - rings SO2	5kg		V
DR293	Apple - rings SO2	1kg		V
DR168	Apricots - select 140/160 SO2	1kg		V
DR090	Apricots - select 140/160 SO2	2.5kg		V
DR207	Apricots - unsulphured	1kg		V
DR122	Apricots - unsulphured	5kg		V

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DR027	Blueberries	1kg		SV
DR059	Cherries - Morello (sour)	1kg		VS
DR225	Cherries - red, natural SO2	1kg		VS
DR058	Cranberries	1kg		VS
DR092	Cranberries	2.5kg		VS
DR173	Currants - medium provincial	1kg		V
DR126	Currants - medium provincial	5kg		V
DR227	Dates - chopped	1kg		V
DR183	Dates - loosepack	1kg		V
DR148	Dates - loosepack	5kg		V
DR208	Figs	1kg		V
DR178	Fruit Cake Mix	1kg	3.79	VS
DR344	Fruit Salad - SO2	1kg		V
DR068	Fruit Salad - SO2	5kg		V
DR169	Ginger	1kg		VS
DR153	Goji Berries	1kg		V
DR320	Mango Slices	1kg		V
DR228	Mixed peel	1kg		VS
DR209	Papaya	1kg		VS
DR210	Peaches - SO2	1kg		VS
DR211	Pears - SO2	1kg		V
DR212	Pineapple - diced, SO2	1kg		VS
DR239	Prunes - pitted, Ashlock	1kg		V
DR103	Prunes - pitted, Ashlock	2.5kg		V
DR667	Raisins - Dark flame	1kg		V
DR171	Raisins - Thompson	1kg		V
DR109	Raisins - Thompson	2.5kg		V
DR078	Raisins - Thompson	5kg		V
DR128	Sultanas - 5 crown	5kg		V
DR216	Sultanas - No 9's	1kg		V
DR152	Sultanas - No 9's	5kg		V
DR691	Vine Fruit Mix	1kg		V
DR069	Vine Fruit Mix	5kg		V
<b>SUMA BAGGED DOWN - ORGANIC</b>				
DR050	Apricots - organic	1kg		OV
DR082	Apricots - organic	2.5kg		OV
DR219	Cranberries - organic	1kg		OSV
DR079	Currants - organic	2.5kg		OV
DR236	Dates - organic	1kg		OV
DR080	Dates - organic	2.5kg		VO
DR062	Dates - organic Medjool	1kg		OV
DR072	Dates - pitted fairtrade og	1kg		FOV
DR048	Figs - Organic	1kg		OV
DR105	Figs - organic	2.5kg		OV
DR026	Ginger - crystallised organic	1kg		OSV
DR052	Prunes, pitted - organic	1kg		OV
DR081	Prunes, pitted - organic	2.5kg		OV
DR053	Raisins - organic	1kg		OV
DR145	Raisins - organic	2.5kg		OV
DR056	Sultanas - organic	1kg		OV
DR146	Sultanas - organic	2.5kg		OV
DR423	Vine Fruit Mix - organic	1kg		OV
DR391	Vine Fruit Mix - organic	5kg		OV
<b>SUMA COMMODITIES</b>				
DR003	Apple - rings so2	10kg		V
DR005	Apricots - chopped	12.5kg		V
DR008	Apricots - select 140/160 SO2	12.5kg		V
DR010	Apricots - unsulphured	12.5kg		V
DR012	Banana - chips	8kg		SV

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DR528	Blueberries	25lb		V
DR777	Caps - Lemon	3.5kg		VS
DR013	Cherries - dark red, natural	5kg		VS
DR998	Cherries - Morello (Sour)	10kg		VS
DR014	Cherries - red SO2	5kg		VS
DR999	Cranberries	25lb		VS
DR015	Currants	12.5kg		V
DR017	Dates - chopped	10kg		V
DR018	Dates - loosepack	10kg		V
DR154	Dates - selected Iran	10kg		V
DR299	Dried Pineapple, SO2	8kg		V
DR021	Figs	10kg		V
DR022	Ginger - crystallised	5kg		VS
DR300	Mango Slices - South Africa	12.50kg		FV
DR023	Mixed peel	10kg		VS
DR024	Papaya - diced	5kg		VS
DR025	Peaches - SO2	12.5kg		V
DR163	Pears - SO2	12.5kg		V
DR029	Pineapple - diced, SO2	5kg		VS
DR031	Prunes - Medium	10kg		V
DR801	Prunes - pitted Ashlock	10kg		V
DR143	Raisins - Dark flame	12.5kg		V
DR039	Raisins - Thompson	12.5kg		V
DR042	Sultanas	12.5kg		V
DR041	Sultanas - 4 crown	14kg		V
DR135	Vine Fruit Mix	25kg		V
<b>SUMA COMMODITIES - ORGANIC</b>				
DR043	Apricots - organic	10.00kg		V
DR908	Cranberries - organic	11.34kg		OSV
DR111	Currants - organic	12.5kg		OV
DR986	Dates - fairtrade organic	5kg		FOV
DR524	Dates - Organic Medjool	5kg		OV
DR112	Dates - pitted, organic	5kg		OV
DR044	Figs - organic	10kg		OV
DR007	Ginger - crystallised, OG	5kg		OSV
DR142	Prunes - pitted, organic	10kg		OV
DR045	Raisins - organic	12.5kg		OV
DR046	Sultanas - organic	12.5kg		OV
<b>SUMA PREPACKS</b>				
DR047	Apple - rings SO2	150g	1.79	V
DR093	Apricots - select SO2	125g	1.15	V
DR094	Apricots - select SO2	250g	1.95	V
DR095	Apricots - select SO2	500g	3.49	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

code	product	size	rrp	bfgosv
DR182	Ginger	250g	2.59	SV
DR055	Goji Berries	100g	1.89	V
DR279	Mango Slices	125g	3.39	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	1.95	V
DR087	Super 4U Berry Mix	125g	2.85	SV
DR119	Vine Fruit Mix	500g	2.49	V
<b>SUMA PREPACKS - ORGANIC</b>				
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	4.35	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	2.55	OSV
DR020	Ginger - crystallised organic	250g	4.75	OSV
DR077	Pitted Prunes - organic	250g	3.69	OV
DR253	Pitted Prunes - organic	500g	6.95	OV
DR065	Raisins - organic	250g	1.65	OV
DR255	Raisins - organic	500g	2.89	OV
DR066	Sultanas - organic	250g	1.85	OV
DR256	Sultanas - organic	500g	3.25	OV
DR365	Vine Fruit Mix - organic	500g	3.69	OV
<b>BONPOM</b>				
DR032	Dried White Mulberries	200g	4.99	OV
DR036	Raw Organic Mulberry Crumble	200g	4.75	OV
<b>BULK COMMODITIES</b>				
DR643	Goji Berries	9kg		V
<b>CRAZY JACK</b>				
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	5.30	OV
<b>NAKD</b>				
DR160	Cherry Flavoured Raisins	25g	0.45	V
DR161	Cola Flavoured Raisins	25g	0.45	V
DR158	Lime Flavoured Raisins	25g	0.45	V

code	product	size	rrp	bfgosv
<b>PEARLS OF SAMARKAND</b>				
DR218	Barberries	100g	5.70	OV
DR009	Organic F/T Cherry Medley	100g	3.55	FOV
DR030	Organic Fairtrade Superfruits	100g	4.30	FOV
DR217	Sour Cherries	100g	3.59	OV
DR232	Sweet Cherries	100g	3.39	OV
<b>TERRAFERTIL</b>				
DR001	Raw Chocolate Goldenberries	75g	2.85	V
<b>TROPICAL WHOLEFOODS</b>				
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
<b>URBAN FRUIT</b>				
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
<b>ZAYTOUN</b>				
DR164	Palestinian Medjool Dates	250g	4.95	FV

## FRUIT (FROZEN)

<b>NATURAL COOL</b>				
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
<b>WINDMILL HILL</b>				
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

<b>BEET IT</b>				
<i>From James White</i>				
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
<b>BERRY COMPANY</b>				
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
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

code	product	size	rrp	bfgosv
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
	<i>Kids Range</i>			
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
	<b>BIG TOM</b>			
	<i>From James White</i>			
JU379	Spiced Tomato Mix	150ml	0.79	SV
JU381	Spiced Tomato Mix	250ml	1.15	SV
JU419	Spiced Tomato Mix	750ml	3.05	SV
	<b>BIONA</b>			
	<i>Glass Bottles</i>			
JU297	Acerola Cherry Juice - og	330ml	5.49	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
JU343	Multi-7 Red Fruit & Veg	1l	4.49	OV
JU541	Orange Juice - og	1l	4.69	OV
JU028	Organic Blueberry Juice	330ml	5.89	OV
JU448	Peach, Apricot & Apple Juice	1l	3.69	OV
JU181	Pomegranate Pure Juice - og	1l	4.89	OV
JU182	Pomegranate Pure Juice - og	200ml	1.79	OV
JU349	Purple Carrot Juice, Pressed	1l	4.49	OV
JU269	Red Grape Juice Organic	1l	4.19	OV
JU130	Tart Cherry Pure Superjuice	1l	4.69	OV
JU131	Tart Cherry Pure Superjuice	200ml	2.19	OV
JU289	Tomato Juice, pure pressed og	1l	3.39	OV
	<i>Tetrapacks</i>			
JU286	Apple & Blueberry Juice - og	1l	3.99	OV
JU295	Apple & Cranberry Juice - og	1l	4.09	OV
JU252	Apple Juice - og	1l	2.99	OV
JU184	Beetroot Juice, pressed - og	500ml	1.99	OV
JU151	Carrot Juice - og	500ml	1.89	OV
JU185	Vegetable Juice, pressed - og	500ml	1.99	OV
	<b>CAWSTON PRESS</b>			
JU328	Apple & Elderflower	1l	2.57	V
JU329	Apple & Ginger	1l	2.57	V
JU351	Apple & Gooseberry	1l	2.57	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
	<b>DUSKIN</b>			
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

code	product	size	rrp	bfgosv
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
<b>EDEN</b>				
JU024	Beetroot Juice - Organic	750ml	5.60	OV
JU026	Carrot Juice - organic	750ml	5.60	VO
<b>FROBISHERS</b>				
<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
<i>Smoothies</i>				
JU217	Orange, Banana, Mango	250ml	1.61	V
JU216	Pineapple Banana Passionfruit	250ml	1.61	V
<b>FRUIT HIT</b>				
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
<b>GRANNY'S SECRET</b>				
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
<b>HOLLINGER</b>				
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
<b>JAMES WHITE</b>				
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



code	product	size	rrp	bfgosv
	<b>LA BIO IDEA</b>			
JU088	Lemon Plus - OG lemon juice	200ml	1.05	OV
	<b>LUSCOMBE DRINKS</b>			
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
	<b>PIP ORGANIC</b>			
JU670	Org Cloudy Apple Fruit Juice	180ml	1.15	OV
JU697	Pineapple & Mango Smoothie	180ml	1.15	OV
JU696	Strawberry & Blackcurrant	180ml	1.15	OV
	<i>Fruity Waters</i>			
JU698	Blackcurrant,Raspberry,Apple	200ml	1.19	OV
JU699	Mango,Orange & Apple	200ml	1.19	OV
	<b>RABENHORST</b>			
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	5.20	OV
JU678	Ginger Mix Juice	750ml	5.59	OV
JU680	Prune Juice Drink	750ml	4.22	SV
JU221	Wheatgrass Cocktail	750ml	5.20	OV
	<i>Smoothies</i>			
JU686	Detox Smoothie	240ml	2.39	OV
JU683	Energy Smoothie	240ml	2.39	OV
JU687	Refresh Smoothie	240ml	2.39	OV
JU684	Vitamin Smoothie	240ml	2.39	OV
	<b>SIMPLY GREAT</b>			
JU451	Pomegreat Original	1l	1.89	SV
	<b>SMOOZE</b>			
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
	<b>STUTE</b>			
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
	<b>SUNITA</b>			
JU997	Lemon Juice - E224	5l		V
JU672	Lemon Juice - organic	1l	7.25	OV
JU671	Lemon Juice - organic	250ml	2.65	OV
JU999	Lemon Juice - SO2	200ml	0.99	V
JU524	Lime juice	5l		V
JU129	Orange Juice - organic	1l	5.55	OV
	<b>WHAT A MELON</b>			
JU230	What a Melon Water	330ml	2.05	V

code

product

size

rrp

bfgosv

**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
JU053	Spiced Berry Cordial	500ml	4.79	SV

**ROCKS**

JU142	Blackcurrant Cordial - og	360ml	3.49	OSV
JU426	Blackcurrant Squash - organic	740ml	3.49	OSV
JU196	Elderflower Cordial - og	360ml	3.49	OSV
JU638	Ginger Cordial - og	360ml	3.49	OSV
JU427	Lemon Squash - organic	740ml	3.49	OSV
JU256	Lime Cordial - og	360ml	3.49	OSV
JU428	Orange Squash - organic	740ml	3.49	OSV
JU248	Spiced Fruit Cordial - organic	360ml	3.49	OSV

**THORNCROFT**

JU593	Detox	330ml	3.70	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 BAGGED DOWN**

QS026	Barley Grain - pearl	10kg		V
QS141	Black Rice - Nerone	3kg		V
QS112	Bulgar wheat - coarse	3kg		V
QS018	Couscous	10kg		V
QS062	Couscous	3kg		V
QS032	Pearl Couscous	3kg		V
QS078	Rice - Arborio (risotto)	5kg		V
QS005	Rice - basmati, brown	10kg		V
QS064	Rice - basmati, brown	3kg		V
QS403	Rice - basmati, white	10kg		V
QS074	Rice - basmati, white	3kg		V
QS007	Rice - long grain brown	5kg		V
QS079	Rice - white pudding	5kg		V
QS033	Rice - wild	2.5kg		V
QS083	Tapioca	3kg		V

code	product	size	rrp	bfgosv
<b>SUMA BAGGED DOWN - ORGANIC</b>				
QS156	Amaranth - Organic	3kg		OV
QS040	Buckwheat - unroasted, organic	5kg		VO
QS030	Bulgar wheat - organic	3kg		VO
QS152	Corn Couscous - Organic	3kg		VO
QS049	Couscous - wholemeal, organic	3kg		VO
QS092	Millet - organic	3kg		OV
QS012	Oat Groats - Organic	5kg		VO
QS151	Popcorn - organic	1kg		VO
QS153	Popcorn - organic	3kg		VO
QS016	Quinoa - organic	1kg		OV
QS606	Quinoa - organic	3kg		OV
QS069	Red Quinoa - organic	1kg		OV
QS071	Red Quinoa - organic	3kg		OV
QS566	Rice - arborio, organic	3kg		OV
QS668	Rice - basmati, brown organic	3kg		VO
QS664	Rice - basmati, white organic	3kg		VO
QS035	Rice- long grain brown organic	10kg		VO
QS036	Rice- long grain brown organic	3kg		VO
QS038	Rice-short grain brown organic	10kg		VO
QS039	Rice-short grain brown organic	3kg		VO
<b>SUMA COMMODITIES</b>				
QS117	Barley Grain - pearl	25kg		V
QS139	Black Rice - Nerone	25kg		V
QS990	Bulgar wheat - coarse	25kg		V
QS017	Couscous	25kg		V
QS080	Freekeh - cracked wheat grain	25kg		V
QS031	Pearl Couscous	15kg		V
QS125	Rice - Arborio (risotto)	25kg		V
QS004	Rice - basmati, brown	20kg		V
QS402	Rice - basmati, white	20kg		V
QS006	Rice - long grain brown	25kg		V
QS501	Rice - white pudding	25kg		V
QS008	Sushi Rice	10kg		V
<b>SUMA COMMODITIES - ORGANIC</b>				
QS154	Amaranth	25kg		OV
QS116	Buckwheat - unroasted, organic	25kg		OV
QS250	Bulgar wheat - organic	25kg		OV
QS115	Couscous - wholemeal, organic	25kg		OV
QS235	Millet - organic	25kg		OV
QS564	Pearl Barley Grain, organic	25kg		VO
QS042	Popcorn - organic	25kg		OV
QS201	Quinoa - organic	25kg		OV
QS063	Red Quinoa - organic	25kg		OV
QS825	Rice - arborio organic	25kg		VO
QS667	Rice - basmati, brown organic	25kg		OV
QS666	Rice - basmati, white organic	25kg		OV
QS034	Rice-long grain brown organic	25kg		OV
QS037	Rice-short grain brown organic	25kg		VO
<b>SUMA PREPACKS</b>				
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

code	product	size	rrp	bfgosv
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
	<b>SUMA PREPACKS - ORGANIC</b>			
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	2.99	OV
QS065	Red Quinoa - organic	500g	3.99	OV
QS677	Rice - arborio, organic	500g	2.95	OV
QS302	Rice - basmati, brown organic	500g	2.15	OV
QS252	Rice - basmati, brown organic	750g	2.99	OV
QS303	Rice - white basmati organic	500g	2.35	OV
QS213	Rice - white basmati, organic	750g	3.35	OV
QS100	Rice -long grain brown organic	750g	3.09	VO
QS066	Rice-long grain brown organic	500g	2.15	OV
QS067	Rice-short grain brown organic	500g	2.09	OV
QS101	Rice-short grain brown organic	750g	2.99	VO
QS072	Wheat grain - organic	500g	1.09	OV
	<b>ARTISAN GRAINS</b>			
QS135	Four Grain Couscous	200g	1.85	V
QS107	Greenwheat Freekeh	200g	2.19	V
QS056	Quinoa & Bulgur	200g	2.25	V
QS109	Royal Quinoa	220g	2.65	V
QS159	Tricolour Quinoa	200g	2.65	V
QS145	Wholegrain Freekeh	200g	2.19	V
	<b>BIOFAIR</b>			
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
	<b>BIONA</b>			
QS096	Jasmine Brown Rice Organic	500g	2.69	OV
QS105	Pudding Rice Organic	500g	2.39	OV
QS099	Red Camargue Rice Organic	500g	3.29	OV
QS098	Risotto Brown Rice Organic	500g	2.69	OV
QS097	Wild Rice Mix Organic	500g	3.59	OV
	<b>BULK COMMODITIES</b>			
QS047	Wheat grain - organic	25kg		VO
	<b>BULK COMMODITIES - ORGANIC</b>			
QS149	Organic Corn Couscous	15kg		GOV
	<b>CAULI RICE</b>			
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
	<b>CLEARSPRING</b>			
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

code	product	size	rrp	bfgosv
	<b>COOKS &amp; CO</b>			
QS136	Countryman's Polenta	150g	2.39	V
QS133	Porcini Polenta	150g	2.39	V
	<b>DOVES FARM</b>			
QS157	Rye Grain - Organic	25kg		OV
	<b>FERRERO</b>			
QS001	Couscous	500g	1.79	V
	<b>HODMEDOD'S</b>			
QS045	Organic White Quinoa - British	500g	3.79	OV
	<b>PROBIOS</b>			
QS146	Og Easy Couscous Gluten Free	375g	2.29	GOV
	<b>SEEDS OF CHANGE</b>			
QS091	Quinoa & Wholegrain Rice	240g	2.85	OV
QS093	Seven Wholegrain Rice	240g	2.85	OV
	<b>SHARPHAM PARK</b>			
QS058	Pearled Spelt	500g	3.20	OV
QS148	Spelt Grain Organic	500g	2.99	OV
	<b>ZAYTOUN</b>			
QS014	Palestinian Couscous	250g	3.65	FV
QS131	Smoky Freekeh	250g	3.69	FV
	<b>GRAVY, STOCK &amp; BOUILLON</b>			
	<b>FREE &amp; EASY</b>			
LJ008	Gravy Sauce Mix	130g	1.65	V
	<b>KALLO</b>			
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
LJ208	Vegetable Stock Pot	96g	1.99	GOSV
LJ147	Yeast Free Veg. Stock Cubes	6 x 10g	1.59	GV
	<b>MARIGOLD</b>			
LJ211	Bouillon Cubes	8	1.29	GOV
LJ073	Bouillon Powder - Organic	150g	2.39	GOV
LJ238	Bouillon Powder - Organic	500g	7.15	GOV
LJ164	Bouillon Powder - Reduced Salt	1kg	11.65	GV
LJ070	Bouillon Powder - Reduced Salt	150g	2.09	GV
LJ237	Bouillon Powder - Reduced Salt	500g	6.35	GV
LJ062	Gravy Granules - Instant	170g	1.70	GVS
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
	<b>NINE MEALS FROM ANARCHY</b>			
LJ033	Uncorrupted Veg Stock	105g	3.49	OV
	<b>VECON</b>			
LJ049	Vegetable Stock	1kg	12.80	V
LJ048	Vegetable Stock	225g	3.09	V
	<b>HERB &amp; FRUIT INFUSIONS</b>			
	<b>SUMA</b>			
HE102	Chamomile	500g		V
	<b>CELESTIAL SEASONINGS</b>			
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
	<b>CHE MATE</b>			
TE133	Green Mate original - og	20 bags	2.20	OV
TE469	Pure Green Mate with Stems	500g	6.79	OV

code	product	size	rrp	bfgosv
<b>CLIPPER</b>				
<i>FOOD SERVICE RANGE</i>				
TE148	Chamomile - og	25 bags	2.53	FOV
TE141	Chamomile - og	250 bags		FOV
TE455	Lemon & Ginger - og	25 bags	2.96	OV
TE459	Lemon & Ginger - og	250 bags		OV
TE162	Peppermint - og	250 bags		FOV
TE166	Peppermint - og	25 bags	2.53	FOV
TE797	Redbush - og	25 bags	2.53	OV
TE454	Wild berry - og	25 bags	2.96	OV
<i>Functionals</i>				
TE629	Organic Detox	20 bags	1.45	OV
TE631	Organic Sleep Easy	20 bags	1.45	OV
<i>Organic Infusions</i>				
TE118	After Dinner Mints	20 bags	2.19	OV
TE537	Blackcurrant & Acai - og	20 bags	2.00	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
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	2.00	OV
TE125	Rise & Shine	20 bags	2.19	OV
TE357	Skinni Mintie	20 bags	2.39	OV
TE525	SKinni Vanilli	20 bags	2.39	OV
TE127	Snore & Peace	20 bags	2.19	OV
TE956	Wild Berry - og	20 bags	1.79	OV
<i>Redbush</i>				
TE011	Redbush - og	80 bags	3.70	OV
<b>DR STUARTS</b>				
TE223	Apple and Ginger	15 bags	2.60	V
TE220	Chamomile	15 bags	1.75	V
TE224	Detox	15 bags	2.60	V
TE770	Echinacea Plus	15 bags	2.60	V
TE089	Green Tea Ginger & Seaweed	15 bags	3.20	V
TE060	Lax Plus	15 bags	2.60	V
TE614	Liver Detox	15 bags	2.60	V
TE050	Skin Purify	15 bags	2.60	V
TE744	Slim Plus	15 bags	2.60	V
TE219	Tranquility	15 bags	2.60	V
TE218	Valerian Plus	15 bags	2.60	V
<b>DRAGONFLY TEAS</b>				
TE440	Cape Malay Rooibos Chai - og	20 bags	2.05	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

code	product	size	rrp	bfgosv
TE376	Rooibos Vanilla	40 bags	2.69	V
TE234	Swirling Mist White Tea - og	20 bags	2.29	OV
<b>ELEVEN O'CLOCK</b>				
TE382	Rooibosch - og	80 bags	5.09	VO
TE381	Rooibosch - organic	40 bags	2.59	VO
<b>EQUAL EXCHANGE</b>				
TE674	Rooibos - organic	100 bags	5.16	FOV
TE013	Rooibos masala	25 bags	2.59	FOV
<b>ESSENTIAL TRADING</b>				
TE271	Camomile Tea	20 bags	1.40	FOV
TE279	Peppermint Tea	20 bags	1.40	FOVB
<b>FLORADIX</b>				
TE126	Hawthorn	15 bags	1.95	OV
TE457	Sage	15 bags	1.95	VO
<b>HAMBLEDEN TEAS</b>				
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
<b>HAMPSTEAD TEA</b>				
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
TE556	Peppermint Spearmint	20 bags	2.49	OVB
TE557	Rosehip Hibiscus	20 bags	2.49	OVB
TE460	Royal Chamomile	20 bags	2.39	OV
<b>HEATH AND HEATHER</b>				
<i>Invigorating Range</i>				
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

code	product	size	rrp	bfgosv
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
	<i>Relaxing Range</i>			
TE023	Chamomile	50 bags	3.09	V
TE038	Night Time	50 bags	3.09	V
	<i>Wellbeing Range</i>			
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
	<b>HIGHER LIVING</b>			
TE825	Chamomile & Vanilla - organic	15 bags	2.30	OV
TE771	Cinnamon - organic	15 bags	2.30	OV
TE824	Cocoa and Chilli	15 bags	2.30	OV
TE840	Daily Detox	15 bags	2.30	OV
TE757	Ginger Kick - organic	15 bags	2.30	OV
TE856	Golden Turmeric	15 bags	2.30	OV
TE826	Green Tea - organic	20 bags	2.30	OV
TE827	Green Tea Chai - organic	20 bags	2.30	OV
TE711	Licorice - organic	15 bags	2.30	OV
TE860	Morning Mojo	15 bags	2.30	OV
TE861	Peppermint Licorice	15 bags	2.30	OV
TE887	Strawberry & Watermelon	15 bags	2.30	OV
TE828	Sweet Chai - organic	15 bags	2.30	OV
	<b>PUKKA</b>			
TE438	After Dinner Tea	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	20 bags	2.49	OV
TE387	Detox	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	20 bags	2.49	OV
TE478	Licorice and Cinnamon Tea	20 bags	2.49	OV
TE393	Love	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	20 bags	2.49	OV
TE095	Original (Black Spice) Chai	20 bags	2.49	FOV
TE043	Peppermint and Licorice	20 bags	2.49	OV
TE678	Pukka Green Collection	20 bags	2.99	OV
TE170	Relax	20 bags	2.49	OV
TE171	Revitalising	20 bags	2.49	OV



code	product	size	rrp	bfgosv
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	20 bags	2.49	OV
TE814	Three Licorice	20 bags	2.49	OV
TE592	Three Tulsi	20 bags	2.49	OV
TE238	Triple Mint	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
<b>TICK TOCK</b>				
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
<b>TWININGS</b>				
<i>A Moment of Calm</i>				
TE515	Camomile	20 bags	2.25	V
TE268	Camomile - og	20 bags	2.99	OV
TE909	Camomile, Honey & Vanilla	20 bags	2.25	V
<i>Fresh &amp; Fruity</i>				
TE090	Mango & Strawberry	20 bags	2.25	V
<i>Revive &amp; Revitalise</i>				
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
<i>Selection Packs</i>				
TE062	Fruit Selection	20 bags	3.49	V
TE970	Mint Selection	20 bags	3.49	V
<b>YOGI TEA</b>				
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
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

code	product	size	rrp	bfgo
TE194	Green Energy - og	17 bags	2.39	OV
TE282	Green Jasmine - og	17 bags	2.39	OV
TE787	Green Tea Matcha Lemon	17 bags	2.39	OV
TE645	Heartwarming - og	17 bags	2.39	OV
TE187	Himalaya - og	17 bags	2.39	OV
TE785	Immune Support	17 bags	2.39	OV
TE193	Licorice - og	17 bags	2.39	OV
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 HERBS

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

### BULK MILLED SPICES

HE036	Arrowroot	1kg		V
HE039	Cayenne Pepper	1kg		V
HE042	Chilli Powder	1kg		V
HE041	Cinnamon - Ground	1kg		V
HE044	Coriander	1kg		V
HE045	Cumin	1kg		V
HE049	Ginger	1kg		V
HE051	Mustard Powder	1kg		V
HE052	Nutmeg	500g		V
HE235	Paprika - Hungary	1kg		V
HE053	Paprika - Spain	1kg		V
HE117	Paprika, Smoked - Spain	1kg		V
HE401	Pepper - Black Cracked Ground	1kg		V
HE074	Sumac	1kg		V
HE054	Turmeric	1kg		V

### BULK ORGANIC

HE707	Cinnamon Ground - OG	500g		OV
HE118	Cumin Seeds - Organic	1kg		OV
HE735	Ginger Powder Organic	500g		OV
HE732	Turmeric - OG	500g		OV
HE703	Whole Black Peppercorns - OG	500g		VO

### BULK SCENTED HERBS

HE090	Lavender	500g		V
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### BULK SPICE BLENDS

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

### BULK WHOLE SPICES

HE003	Caraway Seeds	1kg		V
HE004	Cardamoms (Whole) - green	500g		V

code	product	size	rrp	bfgosv
HE008	Cinnamon Quills	500g		V
HE009	Cloves	1kg		V
HE010	Coriander Seeds	1kg		V
HE011	Cumin Seeds	1kg		V
HE016	Juniper Berries	1kg		V
ZX100	Liquorice Root	1kg		V
HE018	Mustard Seeds - brown	1kg		V
HE019	Mustard Seeds - yellow	1kg		V
HE020	Nutmeg	500g		V
HE021	Peppercorns - black	1kg		V
HE022	Peppercorns - black	3kg		V
HE026	Poppy Seeds	1kg		V
NU137	Poppy Seeds	25kg		V
HE231	Star Anise	500g		V
HE207	Tamarind	400g	4.99	V
HE027	Vanilla Pods	12 pack		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
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

code	product	size	rrp	bfgosv
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
	<i>Seasonings - salt free</i>			
HE342	Cajun Spice	40g	0.99	V
	<i>Seasonings Range</i>			
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
	<i>Selection Packs</i>			
HE033	Curry Spice Selection	12		V
	<i>Whole Spices</i>			
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
	<b>SUMA ORGANIC</b>			
	<i>Herbs - organic</i>			
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
	<i>Milled Spices - organic</i>			
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

code	product	size	rrp	bfgosv
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
	<i>Seasonings - organic</i>			
HE378	Garlic Granules - organic	25g	1.35	OV
	<i>Selection Packs</i>			
HE017	Organic Herb Selection	12		OV
HE025	Organic Spice Selection	12		OV
	<i>Whole Spices - organic</i>			
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
	<b>BLACK GARLIC</b>			
HE068	Black garlic Balsajo	50g	3.49	V
	<b>EL REY DE LA VERA</b>			
HE013	Spicy Smoked Paprika	75g	1.99	V
HE075	Sweet Smoked Paprika	75g	1.99	V
	<b>HAMBLEDEN HERBS</b>			
HE070	Mulling Spices - og	25g	4.99	OV
	<b>PERSIAN TRADER</b>			
HE015	Saffron	2g	8.49	V
HE038	Saffron	4g	12.35	V
	<b>STEENBERGS</b>			
HE047	Saffron - Fairtrade	0.5g	4.09	FV
	<b>ZAYTOUN</b>			
HE224	Za'atar Wild Grown Herb Mix	80g	3.65	V

## HOUSEHOLD CLEANING PRODUCTS

<b>ECOLEAF</b>				
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
HJ083	Fabric Conditioner Bulk	20l		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
HJ060	Laundry Liquid Bulk	20l		V
HJ126	Laundry Liquid Sample	100ml		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	9.99	V
HJ130	Stain Remover	500g	2.29	V

code	product	size	rrp	bfgosv
HJ072	Toilet Cleaner	5l	11.99	V
HJ056	Toilet Cleaner	750ml	1.99	V
HJ089	Toilet Cleaner - Cool Blue	750ml	1.99	V
HJ131	Wash Up Liquid - Concentrated	500ml	2.55	V
HJ129	Washing Powder Concentrated	10kg	34.39	V
HJ128	Washing Powder Concentrated	3.4kg	15.19	V
HJ127	Washing Powder Concentrated	900g	4.45	V
HJ047	Washing Up Liquid	1l	2.45	V
HJ077	Washing Up Liquid	20l		V
HJ067	Washing Up Liquid	5l	10.99	V
HJ125	Washing Up Liquid Sample	100ml		V
<b>BIO D</b>				
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
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
HJ120	Laundry Liquid	15l		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	2.49	V
HJ081	Washing Powder Concentrated	1kg	4.25	V
HJ103	Washing Powder Concentrated	12.5kg	48.15	V
HJ082	Washing Powder Concentrated	2kg	8.39	V
HJ115	Washing Up Liquid	15l		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	2.35	V
<b>EARTH FRIENDLY</b>				
HJ255	ECOS Laundry Liquid	3l	14.25	V
HJ562	ECOS Lavender Laundry Liquid	1.5l	7.95	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	3.89	V
HJ122	Unifresh Citrus Air Freshener	130ml	4.89	V
HJ112	Wave Dishwasher Gel	950ml	5.25	V
<b>ECO LUBE</b>				
HJ288	Slip Eco Lube	200ml	6.99	V

code	product	size	rrp	bfgosv
<b>ECOVER</b>				
HJ100	All Purpose Cleaner	1l	2.95	V
HJ002	Bathroom Cleaner	500ml	3.15	V
HJ065	Cream Cleaner	500ml	1.59	V
HJ262	Delicate	750ml	3.65	V
HJ087	Dishwash Tablets	25 tablets	6.05	V
HJ132	Dishwash Tablets - Bulk	70 tablets	14.55	V
HJ086	Dishwasher Rinse Aid	500ml	3.99	V
HJ024	Floor Cleaner	1l	3.49	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
HJ054	Liquid Hand Soap Refill	1l	10.99	V
HJ095	Multi Surface Spray	500ml	3.15	V
HJ999	Stain Remover	200ml	3.19	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
HJ888	Washing Up Liquid	1l	2.69	V
HJ031	Washing Up Liquid	1l	2.75	V
HJ021	Washing Up Liquid	1l	2.69	V
HJ509	Washing Up Liquid - Vegan	500ml	1.55	V
HJ091	Window & Glass Cleaner	500ml	2.95	V
<i>5 Litres Bulk</i>				
HJ071	Delicate	5l	19.49	V
HJ070	Floor Cleaner	5l	15.45	V
HJ527	Liquid Hand Soap	5l	30.29	V
HJ069	Toilet Cleaner	5l	12.79	V
HJ045	Washing Up Liquid	5l	12.25	V
<i>Bag in Box Range</i>				
HJ039	Fabric Conditioner	15l		V
HJ035	Laundry Liquid	15l		V
HJ037	Washing Up Liquid	15l		V
HJ034	Washing Up Liquid	15l		V
<b>ECOZONE</b>				
HJ134	3 in 1 Dryer Cubes	each	6.99	V
HJ292	3 in 1 Multi Surface Cleaner	500ml	2.99	V
HJ053	Bio Laundry Liquid	2l	9.29	V
HJ302	Delicate Laundry Liquid	750ml	3.99	V
HJ146	Dishwasher Tablets Classic 72	1.44kg	8.25	V
HJ057	Dishwasher Tablets x 25	500g	4.25	V
HJ121	Enzymatic Drain Sticks	23g	5.99	V
HJ008	Forever Flush - Indigo	95g	4.69	V
HJ013	Forever Flush - Jade	95g	4.69	V
HJ102	Forever Flush 2000	1	6.99	V
HJ005	Forever Flush Twin Pack	180g	6.49	V
HJ118	Kettle & Iron Descaler	60g	2.15	V
HJ293	Laundry Liquid	1.5l	5.99	V
HJ114	Machine Cleaner	135g	3.75	V
HJ133	Magnoloo	each	9.99	V
HJ285	Micro Fibre Cloth - Bathroom	1	3.29	V
HJ286	Micro Fibre Cloth - Glass	1	3.99	V
HJ284	Micro Fibre Cloth-Multi Purp	1	3.19	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

code	product	size	rrp	bfgosv
<b>FAITH</b>				
HJ179	Dishwasher Gel	5l	35.62	V
HJ148	Laundry Liquid	1l	4.99	V
HJ180	Laundry Liquid	5l	21.20	V
HJ137	Multi-Surface Spray Cleaner	500ml	3.65	V
HJ182	Multi-Surface Spray Cleaner	5l	31.03	V
HJ181	Washing Up Liquid	5l	21.20	V
<b>GREENSCENTS</b>				
HJ318	Creamy Polish Lavender	300ml	6.95	OV
HJ309	Floor Soap Herbal	400ml	4.25	OV
HJ315	Laundry Conditioner Lavender	400ml	3.99	OV
HJ317	Laundry Liquid Lavender	500ml	4.65	OV
HJ316	Laundry Liquid Nonscents	500ml	4.65	OV
HJ312	Loo Cleaner Minty	500ml	3.75	OV
HJ313	Multi Surface Spray Citrus	500ml	3.75	OV
HJ311	Multi Surface Spray Lavender	500ml	3.75	OV
HJ310	Multi Surface Spray Minty	500ml	3.75	OV
HJ314	Washing Up Liquid Citrus	400ml	3.50	OV

## HOUSEHOLD PRODUCTS

<b>COTTON SOFT</b>				
NF468	Facial Tissue	1	2.35	V
<b>IF YOU CARE</b>				
NF491	Firelighters	28	1.95	V
NF338	Firelighters	1 pack	4.35	V

## INDIAN FOOD

<b>GEO ORGANICS</b>				
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
<b>MERIDIAN</b>				
<i>Free From</i>				
VF019	Korma Sauce	350g	2.49	SV
VF025	Tikka Masala Sauce	350g	2.49	SV
<b>PATAKS</b>				
<i>Chutneys</i>				
KJ444	Mango Chutney	340g	1.89	GSV
<i>Curry Pastes</i>				
KJ054	Madras Curry Paste	283g	2.59	GV
KJ152	Rogan Josh Curry Paste	283g	2.59	GSV
<i>Pappadums</i>				
VF293	Pappadums - Plain	100g	1.65	V
<i>Pickles</i>				
KJ040	Aubergine Pickle (was Brinjal)	312g	2.39	GSV
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
<b>PUNJABAN</b>				
<i>Bases (Sauce Concentrate)</i>				
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



code	product	size	rrp	bfgosv
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
	<b>Chapattis and Naans</b>			
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
	<b>Chutneys and Pickles</b>			
KJ370	Feisty Apple and Mango Chutney	255g	2.49	V
KJ371	Sweet Mango Chutney	225g	2.49	V
KJ372	Tangy Lime Pickle	200g	2.49	V
	<b>Rice and Dhal</b>			
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

	<b>SUMA</b>			
JS200	Pear and Apple Spread	300g	1.89	V
	<b>BIONA</b>			
JS001	Pear & Apple Spread - organic	450g	3.69	OV
	<b>BIONOVA</b>			
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
	<b>FRUIT TREE</b>			
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
	<b>GRANNY'S SECRET</b>			
	<i>Home Style Preserve</i>			
JS035	Sour Cherry Preserve	375g	3.79	SV
JS034	Wild Blackberry Preserve	375g	3.79	SV
	<b>MERIDIAN</b>			
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
	<b>ST DALFOUR</b>			
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

code	product	size	rrp	bfgosv
JS066	Mirabelle Plum Spread	284g	2.25	GV
JS120	Orange and Ginger Spread	284g	2.25	GV
JS046	Raspberry & Pomegranate Spread	284g	2.25	GV
JS049	Raspberry Spread	284g	2.25	GV
JS050	Strawberry Spread	284g	2.25	GV
JS061	Thick Cut Orange Spread	284g	2.25	GV
JS060	Wild Blueberry Spread	284g	2.25	GV

#### 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	3.89	GVOS
MA065	Suma Sunflower Spread Organic	500g	3.45	VO
	<i>Non Hydrogenated Oils</i>			
MA003	Suma Olive Spread	500g	2.29	V
MA055	Suma Soya Spread	500g	1.99	V
MA051	Sunflower Spread	2kg	7.55	V
MA053	Sunflower Spread	500g	1.99	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
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#### MUNSTERLAND

MA040	Margarine (catering) - organic	10kg		VO
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#### 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
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## MAYONNAISE & SALAD DRESSINGS

#### BIONA

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

KJ334	Organic Chilli Mayo, Vegan	232g	2.39	OV
KJ333	Organic Mayo, Vegan	232g	2.29	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
	<i>Catering</i>			
LJ360	Egg Free Mayonnaise - organic	2.5kg	23.59	GOSV
KJ254	Egg Free Mayonnaise - Plain	2.5kg	18.75	GV
	<i>Organic</i>			
LJ006	Egg Free Mayo+Lemongrass - og	315g	3.19	GOSV
LJ259	Egg Free Mayonnaise - organic	315g	3.19	GOSV
	<i>Squeezy Bottle</i>			
KJ441	Egg Free Mayo - Green Chillies	275g	2.95	GOV
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
	<b>REALLY NOT DAIRY</b>			
KJ089	Chipotle Mayo	280g	1.99	SV
KJ099	Original Mayo	280g	1.99	SV
KJ091	Roasted Garlic Mayo	280g	1.99	SV
	<b>RIGHTEOUS DRESSINGS</b>			
KJ278	Ginger & Toasted Sesame	225ml	2.85	SV
KJ280	Lemon & Mustard Seed	225ml	2.85	SV
	<b>TIGG'S</b>			
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
	<b>MEAT FREE ALTERNATIVES (FROZEN)</b>			
	<b>FRYS</b>			
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
	<b>IMPULSE FOODS</b>			
XL109	Organic Garlic & Herb Tempeh	227g	2.89	OV
XL107	Organic Tempeh	227g	2.85	OV
	<b>LINDA MCCARTNEY</b>			
XL231	Vegemince	454g	2.59	V
XL254	Vegetarian Quarter Pounder	227g	2.39	V
	<b>QUORN</b>			
XL210	Vegan Pieces	280g	2.99	V
	<b>MEATLESS SUBSTITUTES (CHILLED)</b>			
	<b>DELPHI FOODS</b>			
CV265	Falafel	140g	1.89	V
	<b>DRAGONFLY</b>			
	<i>Burgers</i>			
CV704	Country Vegetable Burger OG	200g	2.24	OV
CV705	Mexican Spice Burger OG	200g	2.24	OV
CV162	Mixed Burgers OG	200g	2.50	OV
CV702	Mushroom and Garlic Burger OG	200g	2.24	OV
CV703	Walnut & Almond Burger OG	200g	2.24	OV
	<i>Sausages</i>			
CV660	Org Devonshire Soysage	200g	2.69	OV
CV400	Org Leek & Potato Soyage	200g	2.69	OV
CV046	Organic Original Soysage	200g	2.50	OV
	<b>FLORENTIN</b>			
CV930	Falafel	240g	3.75	OV
CV944	Tamruc Falafel	250g	3.85	OV
	<b>MACSWEEN</b>			
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
	<b>SOJADE</b>			
CV167	Grilled Seitan Steak	200g	3.25	OVB
CV184	Org Seitan Burger with Veg	200g	3.23	OVB
	<b>TAIFUN</b>			
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
CV686	Pusztá Weiner	300g	4.69	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
	<b>THE REAL LANCASHIRE PUDDING CO</b>			
CV999	Vegetarian Black Pudding	200g	1.69	V
	<b>VBITES</b>			
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
	<i>Catering Pack</i>			
CV246	Original Tempeh Rashers	500g		VS
CV055	Streaky Style Rashers	500g		VS
	<i>Making Waves</i>			
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
	<i>Vegi Deli</i>			
CV025	Cheatin Chicken Style Pieces	150g	2.69	V
CV015	Cheatin Vegetarian Mince	300g	3.29	SV
CV171	Chicken Style Nuggets	150g	2.59	SV
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
	<b>VEGANDELI</b>			
CV104	Gourmet Italian Mortadela	320g	4.52	V

code	product	size	rrp	bfgosv
CV106	Gourmet Morcilla Style	250g	3.92	V
CV107	Gourmet Smoked Chorizo Style	400g	5.22	V
<b>VIANA</b>				
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
<b>WHEATY</b>				
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
<i>Spacebars</i>				
CV691	Chorizo	40g	1.19	OV
CV692	Hemp	40g	1.16	OV
CV303	Red Hot Chilli Peppers	40g	1.39	OV

## MIDDLE EASTERN & AFRICAN FOOD

code	product	size	rrp	bfgosv
<b>AL'FEZ</b>				
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	GV
KJ237	Tahini Dressing	200g	2.29	V
VF046	Vine Leaves Stuffed With Rice	280g	2.25	V
KJ172	Za'atar	38g	2.25	V
<b>AMISA</b>				
KJ105	Falafel Mix	160g	1.79	GOV
KJ305	Harissa Falafel Mix GF	160g	1.89	GOV
<b>BIM'S KITCHEN</b>				
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
KJ109	African Baobab BBQ Sauce	250ml	3.85	GSV
<b>CARLEY'S</b>				
KJ240	Preserved Lemon - Organic	700g	5.19	OV
<b>GRANOSE</b>				
VF078	Falafel Mix	120g	1.85	V
<b>HARRY BRAND</b>				
KJ362	Harissa - Squeezy	195g	3.49	V
KJ363	Harissa - Tub	1kg		V
KJ361	Harissa (Jars)	210g	3.49	V
<b>JUST WHOLEFOODS</b>				
VF183	Falafel Mix - organic	120g	1.55	OV
VF256	Houmous Mix - Organic	125g	1.55	OV
<b>OLIVES ET AL</b>				
KJ124	Moroccan Dukkah (spice mix)	90g	3.59	V
KJ123	Preserved Lemons	400g	5.50	V
KJ116	Tapanade Marocaine	160g	3.59	V
<b>MILK - NON DAIRY</b>				
<b>BLUE DIAMOND</b>				
SY101	Almond Breeze - Barista Blend	1l	2.50	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
<b>BONSOY</b>				
SY072	Soya Milk	1l	3.75	V
<b>CHI</b>				
SY062	Coconut Milk	1l	1.69	V
<b>ECOMIL</b>				
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	1.60	GOV
SY053	No Sugar Almond + Calcium	1l	3.49	OV
SY021	No Sugar Almond Drink	1l	2.65	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
<b>GOOD HEMP FOOD</b>				
SY065	Hemp Drink	1l	1.99	V
SY083	Hemp Drink	330ml	1.30	SV
SY175	Hemp Drink - Unsweetened	1l	1.99	V
SY096	Hemp Drink - Unsweetened	330ml	1.30	V
<b>KOKO DAIRY FREE</b>				
SY038	Coconut Milk Drink	1l	1.79	GV
SY046	Coconut Milk Drink	3 x 250ml	1.99	GV

code	product	size	rrp	bfgosv
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
<b>LEHA</b>				
SY092	Squirry Schlagcreme	200ml	2.19	V
<b>NATURE'S CHARM</b>				
SY077	Condensed Coconut Milk	320g	2.39	GSV
SY078	Evaporated Coconut Milk	360ml	1.89	GSV
<b>OATLY</b>				
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
<b>OOOMEGA</b>				
SY102	Flax Drink - Macchiato	1l	2.55	SV
SY104	Flax Drink Original	1l	2.55	V
SY100	Flax Drink Original Sweetened	1l	2.55	SV
<b>PLAMIL</b>				
SY009	Soya Milk, unsweetened - og	1l	2.25	GOV
<b>PROVAMEL</b>				
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	1.75	GOV
SY086	Coconut & Rice Drink	250ml	0.89	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	0.50	GV
SY025	Soya Milk - Unsweetened	1l	1.55	GOV
SY026	Soya Milk - Unsweetened	500ml	0.99	GOV
<b>PROVITAMIL</b>				
SY035	Oat Drink	1l	1.55	V
<b>RICE DREAM</b>				
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
<b>RUDE HEALTH FOODS</b>				
SY129	Almond Drink - Organic	1l	2.49	GOV
SY004	Almond Drink - Organic	250ml	1.50	GOV
SY105	Brown Rice Drink	500ml	1.65	GOV

code	product	size	rrp	bfgosv
SY130	Brown Rice Drink - Organic	1l	2.29	GOV
SY085	Cashew Drink - Organic	1l	3.50	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
SY114	Ultimate Almond Drink	500ml	2.75	GOV
SY159	Ultimate Almond Milk - Organic	1l	3.85	GOV
<b>SOJADE</b>				
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
<b>SOYA SOLEIL</b>				
SY135	Soya Milk - Calcium, Sweetened	1l	1.19	SV
SY136	Soya Milk - Unsweetened	1l	1.19	V
<b>SOYATOO!</b>				
SY375	Soy Whip - Spray Soya Cream	250g	1.99	V
<b>SUNRISE</b>				
SY041	Soya Milk - Org, Unsweetened	1l	1.39	OV
SY036	Soya Milk + Calcium & Vitamins	1l	1.39	V
<b>SWEET REVOLUTION</b>				
SY081	Coconut Milk Powder	500g	7.95	V
<b>THE BRIDGE</b>				
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
<b>THE COCONUT COMPANY</b>				
SY001	Coconut Milk Powder	250g	4.49	V
SY116	Coconut Milk Powder - Organic	250g	5.49	GOV

## NON-DAIRY DESSERTS (FROZEN)

### BOOJA BOOJA

#### *Alternative to Dairy Ice Cream*

XL258	Caramel Pecan Praline Ice Cream	110ml	1.99	OV
XL263	Caramel Pecan Praline Ice Cream	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

### CO YO

#### *Coconut Milk Ice-Cream*

XL086	Coyo Date & Tamarind Ice-Cream	500ml	6.99	V
XL052	Coyo Natural Coconut Ice-Cream	500ml	6.99	V



code	product	size	rrp	bfgosv
XL088	Coyo Raw Chocolate Ice-Cream	500ml	6.99	V
XL053	Coyo Vanilla Nutmeg Ice-Cream	500ml	6.99	V
<b>DREAM</b>				
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
<b>FOOD HEAVEN</b>				
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
<b>FRAVOCADO</b>				
<i>Avocado and Coconut Ice Cream</i>				
XL243	Original	100ml	2.50	V
XL169	Original	500ml	6.95	V
XL242	Raspberry and Basil	100ml	2.50	V
XL236	Raspberry and Basil	500ml	6.95	V
XL244	Raw Cacao	100ml	2.50	V
XL168	Raw Cacao	500ml	6.95	V
<b>FRYS</b>				
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
<b>JOLLYUM</b>				
<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
<b>MAMMA CUCINA</b>				
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
<b>MIIRO</b>				
XL267	Chocolate & Hazelnut Lollies	70ml	2.49	V
XL269	Salted Caramel Lollies	70ml	2.49	V
XL268	Vanilla Peanut Butter Lollies	70ml	2.49	V
<b>NATURALLY COCONUTS</b>				
XL098	Coconut Caramel	110ml	2.99	OSV
XL100	Coconut Caramel	500g	6.99	OSV
XL059	Creamy Coconut	110ml	2.99	OSV
XL012	Creamy Coconuts	500ml	6.99	OSV
XL120	Raw Chocolate	110ml	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
<b>OKOBAY</b>				
<i>Frozen Dessert</i>				
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

code	product	size	rrp	bfgosv
	<b>PIP ORGANIC</b>			
XL205	Apple Fruit Squeezer	105ml	1.09	OV
XL217	Berry Fruit Squeezer	105ml	1.09	OV
XL252	Tropical Fruit Squeezer	105ml	1.09	OV
	<b>REAL FRUIT FRENZY</b>			
	<i>Push-up Ice Lollies</i>			
XL224	Apple and Raspberry	105ml	1.23	V
XL223	Blackcurrant	105ml	1.23	V
XL222	Orange	105ml	1.23	V
	<b>SWEDISH GLACE</b>			
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

	<b>SUMA</b>			
GH135	Peanut Butter, crunchy	340g	3.29	FVO
GH022	Peanut Butter, crunchy + salt	340g	3.19	VO
GH047	Peanut Butter, crunchy + salt	700g	5.79	VO
GH256	Peanut Butter, crunchy no salt	340g	3.19	VO
GH248	Peanut Butter, crunchy no salt	700g	5.79	VO
GH023	Peanut Butter, smooth + salt	340g	3.19	VO
GH051	Peanut Butter, smooth + salt	700g	5.79	VO
GH257	Peanut Butter, smooth no salt	340g	3.19	VO
GH096	Peanut Butter, smooth no salt	700g	5.79	VO
GH950	Tahini - dark, organic	280g	4.05	OV
GH675	Tahini - light, organic	280g	4.05	OV
	<b>BIONA</b>			
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
	<b>CARLEY'S</b>			
GH024	Almond Butter- Organic	170g	4.65	OV
GH025	Cashew Butter- Organic	170g	3.75	OV
GH034	Pumpkinseed Butter - og	250g	3.75	OV
GH215	Raw Almond Butter	250g	6.15	OV
GH216	Raw Almond Butter	425g	9.95	OV
GH217	Raw Almond Butter	700g	15.95	OV
GH208	Raw Apricot Kernal Butter	170g	3.75	OV
GH209	Raw Brazilnut Butter	170g	3.85	OV
GH709	Raw Hemp & Linseed Butter	170g	3.65	OV
GH212	Raw Hempseed Butter	170g	5.25	OV
GH214	Raw Macadamia Butter	170g	7.95	OV
GH218	Raw Mixed Nut Spread	250g	5.75	OV
GH219	Raw Mixed Seed Spread	250g	3.45	OV
GH014	Raw Pecan Butter	170g	5.45	OV
GH041	Raw Rainforest Nut Butter	170g	4.65	OV
GH213	Raw Walnut Butter	170g	3.85	OV
GH712	Raw White Almond Butter	170g	4.65	OV
GH042	Sunflower Butter- Organic	250g	2.65	OV
	<b>COCOFINA</b>			
GH156	Coconut Butter	335g	6.99	OV
	<b>CYPRESSA</b>			
GH178	Tahini	300g	3.05	V

code	product	size	rrp	bfgosv
<b>EQUAL EXCHANGE</b>				
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
<b>GEO ORGANICS</b>				
GH074	Choco Peanut Butter Organic	250g	3.99	OSV
<b>MERIDIAN</b>				
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
GH207	Tahini - light	454g	3.99	V
GH068	Tahini - light	270g	2.49	V
GH205	Tahini - light, organic	454g	4.49	OV
GH020	Tahini - light, organic	270g	2.99	OV
<b>100% Nuts</b>				
GH054	Almond Butter Crunchy	1kg	17.99	V
GH056	Almond Butter Crunchy	170g	3.29	V
GH164	Almond Butter Smooth	454g	8.49	V
GH087	Almond Butter Smooth	1kg	17.99	V
GH060	Almond Butter Smooth	170g	3.29	V
GH169	Almond Butter Smooth Organic	454g	10.99	OV
GH094	Almond Butter Smooth Organic	170g	4.49	OV
GH171	Brazil Nut Butter	170g	5.99	OV
GH062	Cashew Butter Crunchy	1kg	17.99	V
GH061	Cashew Butter Crunchy	170g	3.29	V
GH126	Cashew Butter Smooth	454g	8.49	V
GH088	Cashew Butter Smooth	1kg	17.99	V
GH027	Cashew Butter Smooth	170g	3.29	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
GH128	Peanut Butter Crunchy Organic	454g	3.99	OV
GH097	Peanut Butter Crunchy Organic	1kg	7.99	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
<b>100% Seeds</b>				
GH046	Pumpkin Seed Butter - og	170g	2.99	OV
GH070	Sunflower Seed Butter Smooth	170g	2.99	OV
<b>PEARLS OF SAMARKAND</b>				
GH170	Organic F/T Black Tahini	310g	10.11	FOV
<b>PROFUSION</b>				
GH137	Hemp Peanut Butter - Organic	350g	3.89	OV
GH153	Maca, Almond, Tiger Nut Butter	250g	6.99	OV

code	product	size	rrp	bfgosv
	<b>RAW ECSTASY</b>			
GH141	Activated Almond Butter	140g	6.29	OV
	<b>RAW HEALTH</b>			
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
	<b>SUNITA</b>			
GH181	Og Sesame & Cocoa Spread 25%	350g	4.09	SOV
GH077	Tahini - dark	280g	2.99	V
GH079	Tahini - dark	3kg	28.45	V
GH996	Tahini - dark, organic	3kg	35.50	VO
GH080	Tahini - light	3kg	28.49	V
GH149	Tahini - light, organic	3kg	35.50	VO
GH078	Tahini-Light	280g	2.99	V
	<b>WHOLE EARTH</b>			
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
	<i>50% Extra Free</i>			
GH203	Organic Crunchy Peanut Butter	340g	2.89	V
GH204	Organic Smooth Peanut Butter	340g	2.89	OV

## NUT/SEED MILK YOGURTS(CHILLED)

### NUSH

#### *Almond Milk Dairy-Free Yoghurt*

CV326	Blueberry Yoghurt	125g	1.99	V
CV331	Caramel and Hibiscus Yoghurt	125g	1.99	V
CV333	Natural Yoghurt	125g	1.99	V
CV533	Natural Yoghurt	350g	3.99	V
CV348	Peach Melba Yoghurt	125g	1.99	V

#### *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
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## NUTS & SEEDS

NU054	Chia Seeds	1kg		V
	<b>SUMA BAGGED DOWN</b>			
NU005	Almonds	1kg		V
NU004	Almonds	5kg		V
NU135	Almonds - blanched	1kg		V
NU008	Almonds - flaked	1kg		V
NU007	Almonds - flaked	5kg		V
NU011	Almonds - ground	1kg		V
NU010	Almonds - ground	5kg		V
NU214	Bird Nuts	5kg		V
NU078	Brazil - broken	1kg		V
NU017	Brazil - broken	5kg		V
NU077	Brazil - whole, medium	1kg		V

code	product	size	rrp	bfgosv
NU015	Brazil - whole, medium	5kg		V
NU020	Cashew - large pieces	1kg		V
NU019	Cashew - large pieces	5kg		V
NU237	Cashew - roasted & salted	1kg		V
NU134	Cashew - whole	1kg		V
NU131	Cashew - whole	5kg		V
NU195	Chia Seeds	3kg		V
NU274	Coconut - chips	1kg		V
NU241	Coconut - desiccated , medium	1kg		V
NU240	Coconut - desiccated , medium	5kg		V
NU096	Hazelnuts	1kg		V
NU030	Hazelnuts	5kg		V
NU204	Linseed / Flax	1kg		V
NU206	Linseed / Flax	5kg		V
NU079	Macadamia Nuts - Style 2	1kg		V
NU239	Mixed nuts	1kg		V
NU035	Mixed nuts	5kg		V
NU107	Mixed nuts - chopped	1kg		V
NU046	Peanuts - redskin	5kg		V
NU055	Pecan nuts	1kg		V
NU027	Pecan nuts	2.5kg		V
NU057	Pine kernels	1kg		V
NU251	Pistachio - raw, shelled	1kg		V
NU060	Pistachio - roasted & salted	1kg		V
NU059	Pistachio - Roasted & Salted	2.5kg		V
NU063	Pumpkin seeds	1kg		V
NU062	Pumpkin seeds	5kg		V
NU227	Sesame seeds - natural	1kg		V
NU066	Sesame seeds - natural	5kg		V
NU231	Sunflower seeds	1kg		V
NU068	Sunflower seeds	5kg		V
NU172	Walnuts - light halves	1kg		V
NU169	Walnuts - light halves	5kg		V
NU182	Walnuts - light quarters	1kg		V
NU183	Walnuts - light quarters	5kg		V
<b>SUMA BAGGED DOWN - ORGANIC</b>				
NU790	Alfalfa Seeds - Organic	1kg		OV
NU201	Almonds - organic	1kg		VO
NU082	Almonds - Organic	2.5kg		OV
NU430	Almonds, ground - organic	1kg		OV
NU278	Brazils Whole - organic	1kg		OV
NU032	Brazils Whole - organic	2.5kg		OV
NU074	Cashew Nuts - Whole Organic	2.5kg		OV
NU070	Cashews - whole, organic	1kg		OV
NU071	Coconut - desiccated, organic	1kg		VO
NU038	Coconut - desiccated, organic	2.5kg		VO
NU202	Hazelnuts - organic	1kg		OV
NU081	Hazelnuts - Organic	2.5kg		OV
NU271	Hemp Seeds - organic	1kg		VO
NU244	Linseed, golden - organic	1kg		OV
NU039	Linseed, golden - organic	2.5kg		OV
NU001	Omega Seed Mix - organic	1kg		OV
NU287	Omega Seed Mix - organic	5kg		OV
NU072	Peanuts - organic	1kg		OV
NU245	Peanuts - Organic	2.5kg		OV
NU543	Pine Kernels - organic	1kg		OV
NU209	Pumpkin seeds - organic	1kg		OV
NU199	Pumpkin Seeds - Organic	2.5kg		OV
NU210	Sesame seeds - organic	1kg		OV

code	product	size	rrp	bfgosv
NU080	Sesame Seeds - Organic	2.5kg		OV
NU203	Sunflower seeds - organic	1kg		OV
NU084	Sunflower seeds - organic	2.5kg		VO
NU200	Walnuts - organic	1kg		OV
NU049	Walnuts - Organic	2.5kg		OV
<b>SUMA COMMODITIES</b>				
NU003	Almonds	50lb		V
NU126	Almonds - blanched	12.5kg		V
NU006	Almonds - flaked	12.5kg		V
NU009	Almonds - ground	10kg		V
NU053	Bird Nuts	25kg		V
NU016	Brazil - broken	20kg		V
NU014	Brazil - whole, medium	20kg		V
NU018	Cashew - large pieces	50lb		V
NU021	Cashew - roasted & salted	3kg		V
NU050	Chia Seeds	25kg		V
NU024	Coconut - chips	10kg		V
NU888	Coconut - desiccated medium	25kg		V
NU205	Linseed / Flax	25kg		V
NU192	Mixed nuts	25kg		V
NU036	Mixed nuts - chopped	12.5kg		V
NU044	Peanuts - redskin	25kg		V
NU047	Peanuts - roasted	12.5kg		V
NU312	Pecan Nuts	30lb		V
NU056	Pine kernels - China	12.5kg		V
NU300	Pistachio - raw, shelled	10kg		V
NU058	Pistachio - roasted & salted	10kg		V
NU061	Pumpkin seeds	25kg		V
NU065	Sesame seeds - natural	25kg		V
NU067	Sunflower Seeds	25kg		V
NU095	Walnuts - Light Halves	25lb		V
NU110	Walnuts - Light Quarters	10kg		V
<b>SUMA COMMODITIES - ORGANIC</b>				
NU789	Alfalfa seeds - organic	25kg		OV
NU109	Almonds - organic	10kg		OV
NU800	Almonds, ground - organic	10kg		OV
NU123	Brazils Fairtrade - organic	20kg		FOV
NU890	Brazils Whole - organic	20kg		OV
NU112	Cashews - whole organic	50lb		OV
NU117	Coconut - desiccated, organic	25kg		OV
NU301	Hazelnuts - organic	25kg		VO
NU791	Linseed, golden - organic	25kg		OV
NU885	Peanuts - organic	25kg		OV
NU542	Pine Kernels - organic	12.5kg		OV
NU207	Pumpkin seeds - organic	25kg		OV
NU208	Sesame seeds - organic	25kg		OV
NU083	Sunflower seeds - organic	25kg		OV
NU118	Walnuts Light Halves - organic	10kg		VO
<b>SUMA PREPACKS</b>				
NU085	Almonds	125g	1.89	V
NU145	Almonds	250g	3.49	V
NU013	Almonds - blanched	125g	2.99	V
NU086	Almonds - flaked	125g	2.29	V
NU143	Almonds - ground	125g	1.99	V
NU144	Almonds - ground	250g	3.69	V
NU088	Brazil - broken	125g	3.95	V
NU146	Brazil - broken	250g	7.65	V
NU087	Brazil - whole medium	125g	4.69	V

code	product	size	rrp	bfgosv
NU147	Brazil - whole medium	250g	9.15	V
NU089	Cashew - large pieces	125g	2.25	V
NU149	Cashew - large pieces	250g	4.15	V
NU150	Cashew - roasted & salted	125g	3.39	V
NU152	Cashew - whole	125g	2.95	V
NU153	Cashew - whole	250g	5.55	V
NU151	Chia Seeds	250g	1.85	V
NU029	Coconut - chips	150g	1.45	V
NU090	Hazelnuts	125g	2.59	V
NU157	Hazelnuts	250g	4.89	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	3.09	V
NU252	Pistachio - raw shelled	125g	4.45	V
NU093	Pistachio - roasted & salted	125g	2.65	V
NU175	Pistachio - roasted & salted	250g	4.99	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	2.85	V
NU174	Walnuts - light halves	250g	5.45	V
NU185	Walnuts - light quarters	125g	2.15	V
NU186	Walnuts - light quarters	250g	3.99	V
<b>SUMA PREPACKS - ORGANIC</b>				
NU154	Alfalfa seeds - organic	250g	4.15	VO
NU217	Almonds - organic	125g	3.15	OV
NU102	Almonds - organic	250g	5.45	OV
NU159	Almonds - organic	500g	10.39	OV
NU387	Almonds, ground - organic	125g	3.29	OV
NU043	Almonds, ground - organic	250g	6.25	OV
NU344	Brazils - organic	125g	5.39	OV
NU219	Brazils - organic	250g	10.49	OV
NU297	Brazils Fairtrade - organic	125g	5.65	FOV
NU298	Brazils Fairtrade - organic	250g	10.95	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	3.59	OV

code	product	size	rrp	bfgosv
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
	<b>ARTISAN GRAINS</b>			
NU148	Chia Seeds	125g	2.89	V
	<b>BIONA</b>			
NU304	Amaranth Seeds	500g	2.49	OV
NU303	Hemp Seeds	250g	2.29	OV
	<b>GOOD HEMP FOOD</b>			
NU026	Hemp Seed Hearts	225g	5.00	V
	<b>PEARLS OF SAMARKAND</b>			
NU141	Og Black Sesame Seeds	330g	3.35	OV
	<b>PROFUSION</b>			
NU167	Hulled Hemp Seeds	150g	3.99	OV
	<b>RAW ECSTASY</b>			
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
	<b>RAW HEALTH</b>			
NU187	Organic Black Chia Seeds	450g	9.49	OV
NU140	Organic White Chia Seeds	450g	10.39	OV
	<b>ZAYTOUN</b>			
NU108	Palestinian Almonds	150g	5.75	FV
	<b>OILS &amp; FATS</b>			
	<b>SUMA</b>			
GT350	Coconut Oil - Culinary	320g	3.25	OV
GT750	Coconut Oil - Culinary	650g	5.79	OV
GT075	Coconut Oil - Culinary	900g	7.99	OV
GT320	Coconut Oil - Extra Virgin	320g	7.20	OV
GT650	Coconut Oil - Extra Virgin	650g	12.50	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	45.50	V
GT085	Olive Oil-Extra Virgin,organic	500ml	6.50	VO
GT087	Olive Oil-Extra Virgin,organic	5l	46.90	VO
GT010	Rape Seed Oil Extra Virgin	5l	23.79	V
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	22.80	VO
GT052	Sunflower Oil - refined	5l	15.45	V
	<b>SUMA PREPACKS</b>			
GT028	Gluten Free Vegetarian Suet	250g	1.75	GV
	<b>AZADA</b>			
GT106	Set of 5 flavoured oils	5 x 20	9.65	OV
	<b>BIO PLANETE</b>			
GT136	Peanut Oil - og	250ml	8.95	OV



code	product	size	rrp	bfgosv
<b>BIONA</b>				
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	875ml	8.65	OV
VM271	Flax Seed Oil (was Linseed)	250ml	6.49	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
<b>CLEARSPRING</b>				
GT070	Avocado Oil - Organic	250ml	5.69	OV
GT001	Hemp Oil Organic	250ml	5.99	OV
GT204	Italian Olive Oil Organic	1l	14.50	VO
GT203	Italian Olive Oil Organic	500ml	7.49	VO
GT049	Italian Olive Oil Organic	250ml	3.99	OV
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
GT231	Sunflower Frying Oil organic	500ml	4.49	VO
GT063	Sunflower Frying Oil Organic	2l	13.69	OV
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
<b>COCOFINA</b>				
GT006	Everyday Coconut Oil	450ml	3.99	V
GT011	Organic Coconut Oil	350ml	6.99	OV
GT003	Organic Coconut Oil	975ml	17.99	OV
GT024	Organic Coconut Oil in sachets	10ml	0.69	OV
<b>COCOWEL</b>				
GT058	Og Extra Virgin Coconut Oil	500ml	10.99	OV
<b>COMMUNITY</b>				
GT118	Sunflower Oil - refined	1l	3.19	V
<b>DROGHERIA &amp; ALIMENTARI</b>				
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
<b>EQUAL EXCHANGE</b>				
<i>Palestinian Fairtrade Oils</i>				
GT555	Olive Oil	1l	18.99	FV
<b>GOOD HEMP FOOD</b>				
GT043	Hemp Oil - Original	250ml	4.49	V
GT046	Hemp Oil - Original	500ml	7.99	V
<b>HELLENIC</b>				
GT403	Olive Oil - Extra Virgin	1l	11.99	V
GT008	Olive Oil - Extra Virgin	250ml	3.79	V
GT005	Olive Oil - Extra Virgin	3l	33.90	V
GT402	Olive Oil - Extra Virgin	500ml	6.19	V
GT031	Olive Oil Extra Virgin	5l	53.90	V
<b>HIGHER NATURE OMEGA EXCELLENCE</b>				
VM061	Organic Virgin Coconut Butter	400g	15.90	OV

code	product	size	rrp	bfgosv
	<b>HONEST TOIL</b>			
GT039	Extra Virgin Olive Oil	3l	34.35	V
GT074	Extra Virgin Olive Oil	500ml	6.50	V
	<b>KHYBER</b>			
VF751	Ghee	2lb	3.65	V
	<b>KTC</b>			
GT135	Almond Oil	200ml	2.65	V
GT133	Coconut Oil	250ml	1.99	V
	<b>LA BIO IDEA</b>			
GT044	Italian Og Virgin Olive Oil	1l	12.05	OV
	<b>LUNAIO- SEGGIANO</b>			
KJ450	Italian Extra Virgin Olive Oil	500ml	12.65	V
	<b>MANI BLAEUEL</b>			
GT002	Og Extra Virgin Olive Oil	1l	12.99	OV
GT007	Og Extra Virgin Olive Oil	500ml	6.99	OV
	<b>MERIDIAN</b>			
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
	<b>NATURES AID - SUPERFOOD OILS</b>			
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
	<b>NUDO</b>			
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	10.00	V
	<b>PUKKA</b>			
GT037	Hemp Seed Oil - organic	250ml	8.19	OV
GT038	Virgin Coconut Oil - organic	300ml	8.19	OV
	<b>SUNITA</b>			
GT099	Olive Oil-Extra Virgin Organic	5l	67.00	VO
	<b>TIANA</b>			
GT013	Organic Pure Coconut Butter	350ml	4.99	OV
	<b>WHARFE VALLEY FARMS</b>			
GT030	Rapeseed Oil	500ml	5.99	V
GT015	Rapeseed Oil	5l	25.00	V
	<b>YARE VALLEY</b>			
GT095	Extra Virgin Rapeseed Oil 2ltr	2l	9.59	V
GT094	Garlic & Rosemary Rapeseed Oil	250ml	3.85	V
	<b>ZAYTOUN</b>			
GT056	Olive Oil - Fair Trade	500ml	13.19	FOV
GT020	Olive Oil - Organic Fairtrade	250ml	8.09	FOV
GT022	Olive Oil - Organic Fairtrade	750ml	18.50	FOV
	<b>OLIVES</b>			
	<b>ATTIS GOURMET</b>			
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
KJ005	Mexicana - Pitted green&black	400g	2.99	V
KJ031	Mykonos - Pitted green olives	400g	2.99	V
	<b>COOKS &amp; CO</b>			
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

code	product	size	rrp	bfgosv
<b>CRESPO</b>				
KJ135	Black Olive Tapenade	100g	1.99	V
KJ136	Capers	198g	1.75	V
KJ133	Green Olive Tapenade	100g	1.99	V
KJ269	Pitted Black Olives in Brine	198g	1.15	V
KJ268	Pitted Dry Black Olives	110g	2.29	V
<b>OLIVES DU MARCHE</b>				
KJ316	Pitt'd Green Olives Herb/Garlic	30g	0.60	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
<b>CYPRESSA</b>				
KJ867	Cypressa Pitted Green Olives	2kg	10.65	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
<b>GAEA</b>				
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
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
<b>JOSE LOU</b>				
KJ391	Arbequina Olives	355g	2.99	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
<b>MANI BLAEUEL</b>				
KJ432	Og Green & Kalamon Olive Mix	150g	3.49	OV
KJ424	Og Green Olives al Naturel	180g	3.49	OV
KJ434	Og Kalamon Olive Paste	180g	3.49	OV
KJ430	Og Kalamon Olives al Naturale	180g	3.49	OV
KJ425	Og Kalamon Olives in Olive Oil	280g	4.49	GV
<b>OLIVE BRANCH</b>				
VF280	Tapenade- Fig and Mint	180g	3.45	V
VF279	Tapenade- Pepper & Chilli	180g	3.45	V
<b>OLIVES ET AL</b>				
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
<b>ORGANICO</b>				
KJ415	Garlic Stuffed Olives	190g	3.65	OV
KJ081	Moorish Olives	280g	3.65	OV
KJ079	OG Black Olives	280g	3.65	OV
KJ410	Pitted Green Olives	280g	2.95	OV
KJ412	Provencale Olives	190g	3.65	OV
<b>SEGGIANO</b>				
KJ449	ORG Bella Di Cergnola Olives	350g	8.25	OV
KJ448	Org Rosate di Bitteto Olives	190g	5.09	OV

code	product	size	rrp	bfgosv
	<b>SILVER &amp; GREEN</b>			
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
	<b>SUNITA</b>			
VF384	Black Kalamon Olives	2kg		V
KJ111	Black Kalamon Olives	450g	4.65	V
KJ097	Green Olives	1lb	2.99	V
VF383	Green Olives	3kg		V
KJ494	Green Olives Organic	360g	2.99	OV
KJ555	Kalamon Olives - organic	360g	3.90	VO
KJ556	Kalamon Olives - pitted OG	2kg		VO
	<b>PASTA</b>			
	<b>SUMA</b>			
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
	<b>SUMA / IRIS</b>			
WT018	Organic Tricolore Spirals	500g	1.75	OV
WT075	Organic White Fusilli	500g	1.39	OV
WT016	Organic White Macaroni	500g	1.39	OV
WT085	Organic White Penne	500g	1.39	OV
WT090	Organic White Spaghetti	500g	1.39	OV
WT125	Organic Wholewheat Fusilli	500g	1.39	OV
WT095	Organic Wholewheat Penne	500g	1.39	OV
WT120	Organic Wholewheat Spaghetti	500g	1.39	OV
	<b>BARENAKED</b>			
WT162	Bare Naked Noodles	380g	2.29	GV
WT163	Bare Naked Rice	380g	2.29	GV
	<b>BIOFAIR</b>			
WT043	Quinoa Red & White Fusilli	250g	3.49	GFOV
	<b>BIONA</b>			
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
	<b>CIEMME</b>			
WT136	OG Gluten Free Gnocchi Plain	400g	3.29	GOV
WT138	OG Gluten Free Gnocchi/ Quinoa	400g	3.29	GOV
	<b>CLEARSPRING</b>			
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
	<b>DIFATTI</b>			
WT151	Gnocchi- Gluten Free	250g	2.09	GV
WT161	Pumpkin & Quinoa Gnocchi	250g	2.45	GV
WT153	Spinach Gnocchi - gluten free	250g	2.09	GV
WT152	Tomato Gnocchi - Gluten Free	250g	2.09	GV

code	product	size	rrp	bfgosv
<b>DOVES FARM</b>				
WT038	Organic Brown Rice Fusilli	500g	3.10	GOV
WT047	Organic Brown Rice Penne Pasta	500g	3.10	GOV
WT036	Organic Brown Rice Spaghetti	500g	3.10	GOV
WT005	Organic Brown Rice Tortiglioni	500g	3.10	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
<b>EXPLORE ASIAN</b>				
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
<b>EXPLORE CUISINE</b>				
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
<b>GUSTO NERO</b>				
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
<b>IRIS</b>				
WT084	Fusilli Organic White	5kg		OV
WT086	Fusilli Organic Wholewheat	5kg		OV
WT081	Penne Organic White	5kg		OV
WT082	Penne Organic Wholewheat	5kg		OV
WT076	Spaghetti Organic White	5kg		OV
WT079	Spaghetti Organic Wholewheat	5kg		OV
<b>LA BIO IDEA</b>				
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
<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
<b>LA BUONA VITA</b>				
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

code	product	size	rrp	bfgosv
<b>LA TERRA E IL CIELO</b>				
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
<b>ORGRAN</b>				
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
<b>PROFUSION</b>				
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
<b>SEEDS OF CHANGE</b>				
WT003	Spinach Trotolle	500g	2.59	OV
WT001	Tortiglione - og	500g	2.59	OV
<b>PASTA (FRESH, CHILLED)</b>				
<b>AMISA</b>				
CV345	Gluten Free Fresh Org Gnocchi	350g	3.49	GOV
<b>BIONA</b>				
CV440	Fresh Gnocchetti with Pumpkin	400g	3.79	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
<b>PASTA SAUCES &amp; PESTOS</b>				
<b>SUMA</b>				
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
<b>LA CONSERVE DELLA NONNA</b>				
KJ126	Bechamel Sauce for Lasagne	340g	2.49	GV
KJ132	Soya Bolognese Pasta Sauce	350g	2.29	GOV
<b>MERIDIAN</b>				
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

code	product	size	rrp	bfgosv
	<i>Free From</i>			
VF031	Creamy Wine & Mushroom Sauce	350g	2.49	SV
VF023	Green Pesto	170g	2.29	V
	<b>MR ORGANIC</b>			
KJ328	Chilli & Garlic Pesto	130g	3.25	OV
KJ488	Free From Mayonnaise	180g	2.75	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	2.25	OV
KJ216	Soya Pasta Sauce	350g	2.79	OVS
KJ214	Tofu Pasta Sauce	350g	2.25	OVS
KJ330	Tomato & Olive Add-In	190g	4.15	OV
	<b>ORGANICO</b>			
VF043	Olive, Chilli & Garlic - og	360g	2.95	OSV
VF055	Red Wine and Porcini	360g	2.95	OSV
KJ416	Vegan Pesto	130g	4.25	OV
VF032	Vegetable Bolognese - og	360g	2.95	OSV
	<b>SEEDS OF CHANGE</b>			
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
	<b>SEGGIANO</b>			
KJ445	Cavolo Nero Black Kale Pesto	220g	6.05	V
KJ442	Raw Basil Pesto	200g	6.35	V
KJ447	Tomato Pesto	200g	6.70	V
KJ443	Wild Fennel Tomato Pesto	220g	4.99	V
	<b>SUNITA</b>			
KJ790	Organic Pesto Genovese	130g	4.19	OV
	<b>ZEST</b>			
KJ026	Basil Pesto, Vegan	165g	2.35	V
KJ452	Basil Pesto, Vegan	340g	3.95	V
	<b>PASTRY (FROZEN)</b>			
	<b>CLIVE'S</b>			
	<i>Pies &amp; Pastries</i>			
XL045	Wholemeal 'Rough Puff' Pastry	300g	2.35	OV
	<b>ST JAMES</b>			
XL106	Filo Pastry	400g	1.55	V
	<b>PATE</b>			
	<b>SUMA</b>			
GH700	Pate - Mushroom	200g	2.69	V
GH800	Pate - Savoury Herb	200g	2.69	V
	<b>GRANOVITA</b>			
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
GH227	Herb Pate - Palm Oil Free	125g	2.25	GOV
GH228	Mushroom Pate - Palm Oil Free	125g	2.25	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
GH229	Red Pepper Pate - Palm Free	125g	2.25	GOV
GH016	Shiitake Pate	125g	1.85	GV

code	product	size	rrp	bfgosv
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
<b>ORGANICO</b>				
GH127	Roast Aubergine Spread & Dip	140g	2.79	OV
<b>SUNITA</b>				
KJ791	Kalamon Olive Pate	135g	3.99	OV
<b>TARTEX</b>				
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)**

<b>SUMA</b>				
CV401	Pate - Mushroom (bombe)	200g	2.39	GV
<b>DELPHI FOODS</b>				
CV430	Aubergine Dip	170g	1.65	V
CV673	Bean & Cracked Wheat Salad	200g	1.59	V
CV433	Carrot Houmous	170g	0.99	V
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
<b>FLORENTIN</b>				
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
<b>PROFUSION</b>				
CV559	Organic Beetroot Houmous	150g	3.29	OV
CV563	Organic Seaweed Salad	100g	3.99	OV
<b>VBITES</b>				
CV262	Vegideli Beanfeast Pate	150g	1.79	V
CV374	Vegideli Brussels Pate	150g	1.79	SV

## **PET FOODS & PET CARE**

<b>BENEVO</b>				
PF007	Adult Dog Original	15kg	51.99	V
PF006	Adult Dog Original	2kg	8.50	V
PF009	Dog Biscuits	250g	2.65	V
PF012	Duo - Cat & Dog Food - Tinned	369g	2.29	V
PF008	Grain Free Vegetable Dog Food	395g	2.45	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
<b>GOING CHEEP</b>				
NU666	Wild Bird Seed	20kg		V
NU667	Wild Bird Seed	5kg		V



code	product	size	rrp	bfgosv
	<b>YARRAH</b>			
PF002	Chunks for Dogs - Cranberries	380g	3.69	OV
PF501	Dogfood Vegetarian Organic	2kg	11.49	OV
PF503	Multi Dog Biscuits	250g	2.90	OV
NF040	Organic Clay Cat Litter	7kg	10.39	OV
PF506	Vegetarian Pate	150g	1.28	OV

## PICKLES, CHUTNEYS & MUSTARDS

	<b>BIONA</b>			
LJ664	Harissa Relish - prepared	125g	2.69	OV
KJ427	Kimchi Organic	350g	3.99	OV
KJ076	Mustard Medium Hot	320ml	2.19	OV
KJ036	Sauerkraut - Organic	350g	1.89	OV
KJ423	Silverskin Onions Organic	340g	2.69	OV
	<b>BIONOVA</b>			
KJ346	Gherkins - Sour	680g	2.79	VOS
	<b>BYODO</b>			
KJ351	Mustard - Dijon, organic	1kg	9.65	VO
KJ354	Mustard - wholegrain, organic	1kg	6.75	VO
	<b>DELOUIS</b>			
KJ001	Organic Dijon Mustard	200g	2.40	OV
KJ007	Organic Wholegrain Mustard	200g	2.40	OV
	<b>FARRADAY'S TASTY</b>			
KJ398	Beetroot, Orange & Ginger	180g	3.50	SV
KJ397	Cumberland Pickle	195g	2.25	SV
KJ405	Piccalilli	180g	2.45	SV
	<b>FOSTERS</b>			
KJ142	Pickled Walnuts	390g	6.95	SV
	<b>GEO ORGANICS</b>			
KJ332	Apple, Apricot, Ginger Chutney	300g	2.99	OSV
	<b>HENSHELWOODS</b>			
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
	<b>MARY BERRY</b>			
KJ341	Peach & Apricot Chutney	295g	2.95	SV
KJ224	Spiced Tomato Chutney	300g	2.95	SV
	<b>MRS PICKLEPOTS</b>			
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
	<b>TRAFO</b>			
KJ265	Mustard - Coarse	200g	1.89	OV
KJ272	Mustard - Fine, Dijon Style	200g	1.79	OV

## READY MEALS (FROZEN)

	<b>AMY'S KITCHEN</b>			
XL270	Bean & Rice Burrito	170g	1.99	V
XL272	Free From Bean & Rice Burrito	156g	2.19	GV
XL273	Free From Macaroni Cheese	255g	3.19	GV
XL191	Gluten-Free Chinese Noodles	270g	4.15	GV
XL438	Gluten-Free Manhattan Burger	270g	4.55	GV
XL436	Gluten-free Vegan Veg Lasagne	255g	3.69	GV
XL434	Thai Red Curry	285g	3.99	SV
	<b>CLIVE'S</b>			
	<i>Pies &amp; Pastries</i>			
XL019	Arabian Chickpea Pie	250g	2.89	OSV
XL021	Chestnut & Bean Cassoulet Pie	250g	2.89	OV

code	product	size	rrp	bfgosv
XL025	Creamy Mushroom Pie	250g	2.89	OSV
XL032	G/Free Vegetable Chilli Pie	250g	2.99	GOSV
XL028	Gltn Free French Cassoulet Pie	250g	2.99	GOSV
XL026	Gluten Free Aloo Gobi Pie	250g	2.99	GOSV
XL029	Gluten Free Lentil & Olive Pie	250g	2.99	GOSV
XL030	Gluten Free Minty Chickpea Pie	250g	2.99	GOSV
XL023	Greek Lentil & Olive Pie	250g	2.75	OSV
XL022	Hungarian Goulash Pie	250g	2.89	OSV
XL024	Mexican Chilli Pie	250g	2.89	OSV
XL114	Org G/F Mushroom & Leek Pie	235g	2.99	GOV
XL020	Saag Aloo Curry Pie	250g	2.89	OSV
XL040	Soysage Roll	120g	1.45	OSV
XL039	Vegetable Chilli Pasty	190g	2.99	OSV
	<i>Pots of..</i>			
XL042	Moroccan Tagine	400g	3.69	OV
XL041	Thai Veggie Curry	400g	3.69	OSV
	<b>COFRESH</b>			
XL097	Punjabi Samosas	500g	2.67	V
XL085	Vegetable Samosas	700g	3.19	V
XL072	Vegetable Spring Roll	700g	3.19	V
	<b>FOREST FOODS</b>			
XL112	Nut Roast - Sun Dried Tomatoes	230g	3.65	V
XL111	Nut Roast with Garlic & Herbs	230g	3.65	V
	<i>4 day shelf life if defrosted</i>			
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
	<b>FRYS</b>			
XL001	Cocktail Sausage Rolls	450g	3.59	V
XL297	Country Mushroom Pies	350g	3.39	V
XL390	Curry Pies	350g	3.39	V
XL296	Pepper Steak Style Pies	350g	3.39	V
	<b>GOODLIFE</b>			
XL265	14 Falafel with Cumin	280g	2.09	V
XL163	Catering Pack Falafel	25g		V
	<b>LINDA MCCARTNEY</b>			
XL131	Deep Dish Country Pies	2 x 190g	2.05	V
XL133	Meat Free Sausage Rolls	342g	1.55	V
	<b>MAMMA CUCINA</b>			
XL213	Vegetable Quiche Dairy Free	2 x 150g	2.59	SV
	<b>SAMOSACO</b>			
XL331	Mini Indian Selection	180g	2.25	V
	<i>Food Service</i>			
XL334	Large Vegetable Samosas	1	0.99	V
	<b>VBITES</b>			
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
	<b>WICKEN FEN</b>			
XL382	Falafel	230g	2.20	V
	<b>READY TO EAT FOODS (CHILLED)</b>			
	<b>BIONA</b>			
CV377	Black Bean & Cashew Nut Burger	160g	3.89	OV
CV678	Horseradish Sauce	125g	2.79	OBV
CV063	Lucky Stars	250g	3.79	OV

code	product	size	rrp	bfgosv
CV328	Org Falafel Balls Sesame & Mint	220g	3.89	OV
CV613	OG Spring Rolls	220g	4.19	OV
CV680	Org Ballini - Provencale	250g	3.89	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
<b>CULTURED FOOD COMPANY</b>				
CV146	Org Raw Juniper Berry Sauerkt	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
<b>FOLLOW YOUR HEART</b>				
CV670	Blue Cheese Salad Dressing	355ml	3.99	V
CV672	Caesar Salad Dressing	355ml	3.99	OV
CV671	Miso Ginger Salad Dressing	355ml	3.99	OV
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
<b>Laurie's Tummy Loving Foods</b>				
CV208	Beet Kraut	410g	5.49	OV
CV203	Kimchi Kraut	410g	5.49	OV
CV207	Original Sauerkraut	410g	4.69	GOV
<b>PROFUSION</b>				
CV006	Fresh Organic Sauerkraut	520g	2.69	OV
<b>RAW HEALTH</b>				
CV747	Organic Fresh Sauerkraut	410g	4.19	OV
<b>SALADS &amp; SPROUTS (CHILLED)</b>				
<b>SKY SPROUTS</b>				
<i>Minimum 4 days shelf life</i>				
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
<b>SALT &amp; SEASONINGS</b>				
<b>SUMA</b>				
LJ030	Sea Salt - coarse	10kg		V
LJ031	Sea Salt - fine	10kg		V
<b>BIOFORCE</b>				
LJ118	Herbamare	125g	2.65	V
LJ054	Herbamare	250g	3.75	V
<b>BRAGG</b>				
LJ177	Liquid Aminos	946ml	11.49	V
<b>GEO ORGANICS</b>				
LJ005	Atlantic Fine Ground Sea Salt	500g	2.59	OV
LJ555	Atlantic Sea Salt Crystals	250g	1.35	OV

code	product	size	rrp	bfgosv
	<b>MALDON</b>			
LJ004	Maldon Smoked Sea Salt	125g	2.09	OV
LJ018	Sea Salt - Flaky Crystals	1.5kg	14.50	V
LJ888	Sea Salt - Flaky Crystals	250g	2.55	V
LJ207	Smoked Sea Salt Flaky Crystals	500g	8.50	V
	<b>MARIGOLD</b>			
LJ444	Liquid Aminos	250ml	3.59	GV
	<b>PINK MOUNTAIN</b>			
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
	<b>PROFUSION</b>			
LJ152	Pink Himalayan Salt - Coarse	500g	3.99	V
LJ153	Pink Himalayan Salt Fine, Org	500g	3.99	V
	<i>Table Shakers</i>			
LJ156	Pink Himalayan Salt - Fine	140g	2.29	V
	<b>SALTNEYS</b>			
LJ312	Salt Alternative	100g	2.25	V
LJ313	Salt Alternative	250g	3.25	V
	<b>TIDMANS</b>			
LJ023	Tidmans Rock Salt	500g	1.49	V
	<b>SAUSAGES &amp; BURGERS (FROZEN)</b>			
	<b>AMY'S KITCHEN</b>			
XL278	All American Veggie Burger	284g	3.99	V
	<b>FRYS</b>			
XL073	Braai Sausages	380g	3.59	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
XL009	Hot Dogs	360g	3.45	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	2.19	V
XL004	Traditional Burgers	320g	3.29	V
XL003	Traditional Sausages	380g	3.59	V
	<b>GOODLIFE</b>			
XL141	Parsnip & Carrot Nut Burgers	250g	3.19	SV
XL260	Sunblush Tomato Grills	200g	2.29	V
	<b>LINDA MCCARTNEY</b>			
XL130	Sausages	300g	2.19	V
	<b>QUORN</b>			
XL211	Vegan Burgers	264g	2.99	V
	<b>VEGETARIANS CHOICE</b>			
XL241	Lincolnshire Style Sausages	300g	1.76	V
XL175	Meat Free Burgers	200g	0.99	V
XL202	Meat Free Sausages	200g	0.99	V
	<b>WICKEN FEN</b>			
XL381	Carrot & Coriander Sausages	280g	2.86	V
XL384	Mushroom & Tarragon Sausages	280g	2.69	V
XL380	Tomato & Garlic Sausages	280g	2.69	V
	<b>SEA VEGETABLES</b>			
	<b>ATLANTIC KELP COMPANY</b>			
HE012	Dried & Ground Seaweed Organic	120g	4.79	OV
	<b>ATLANTIC KITCHEN</b>			
LJ106	Dulse Organic Seaweed	40g	5.95	OV
LJ076	Sea Spaghetti Organic Seaweed	50g	5.95	OV
LJ269	Wakame	40g	5.95	V

code	product	size	rrp	bfgosv
LJ176	I SEA BACON Seaweed Bacon	75g	6.95	OV
LJ198	I SEA PASTA Seaweed Tagliatelle	100g	5.79	OV
<b>SHERRY, PORT &amp; DESSERT WINE</b>				
DESSERT WINE				
<i>South Africa</i>				
RS002	Heaven on Earth Muscat	37.5cl	10.99	FOV
PORT				
RS067	Terra Prima Reserve Port	75cl	24.56	OV
SHERRY				
RS107	Alegria Manzanilla	37.5cl	6.99	V
RS020	Dry Sack Medium	75cl	14.87	V
<b>SNACK BARS &amp; FLAPJACKS</b>				
9 BAR				
<i>Cocoa Kick</i>				
WS003	Raspberry - Cocoa Kick	40g	0.79	GV
<i>New Range</i>				
KB634	Almond & Raspberry	50g	0.99	GSV
KB621	Almond & Sesame Seed	40g	0.89	GSV
KB662	Apricot & Strawberry	50g	0.99	GSV
KB598	Carob Apricot & Hemp Seed	40g	0.89	GSV
KB669	Carob Raspberry & Chia Seed	4 x 40g	2.25	GSV
KB597	Carob Raspberry & Chia Seed	40g	0.89	GSV
KB689	Carob Sesame & Flax Seed	4 x 40g	2.25	GSV
KB606	Carob Sesame & Flaxseed	40g	0.89	GSV
KB663	Cashew & Cocoa	50g	0.99	GSV
KB607	Double Cocoa & Cashew	40g	0.89	GSV
KB604	Double Cocoa & Coconut	40g	0.89	GSV
KB608	Double Cocoa & Hazelnut	40g	0.89	GSV
KB609	Double Cocoa & Raspberry	40g	0.89	GSV
KB692	Original Carob & Hemp Seed	4 x 40g	2.25	GSV
KB614	Original Carob & Hemp Seed	40g	0.89	GSV
KB629	Peanut & Pumpkin Seed	40g	0.89	GSV
KB664	Peanut & Raisin	50g	0.99	GSV
KB630	Pumpkin & Sunflower Seed	40g	0.89	GSV
ADUNA				
BT358	Baobab Raw Energy Bar	45g	1.89	OV
BT082	Cacao Energy Bar	40g	1.89	OV
BT359	Moringa Raw Energy Bar	45g	1.89	OV
ARTISAN SNACKS				
BT448	Chewy Fruity Oat Bars Mix Case	45g	0.99	V
BEET IT				
<i>From James White</i>				
KB707	Sports Flapjack	40g	0.95	V
BEOND				
KB712	Apple & Cinnamon Bar	35g	0.99	GOV
KB276	Baobab & Pineapple Bar	35g	0.99	GOV
KB314	Raspberry & Acai Berry Bar	35g	0.99	GOV
KB713	Raw Blueberry Bar	35g	0.99	GOV
KB313	Raw Chocolate Bar	35g	0.99	GOV
KB976	Sour Cherry Bar	35g	0.99	GOV
BOUNCE				
<i>V Life Energy Balls</i>				
ZX900	Cashew & Peanut Energy Balls	40g	1.79	GV
<i>V Life Protein Balls</i>				
ZX899	Almond Spirulina Energy Balls	40g	1.79	GV
ZX901	Vegan Almond & Kale Balls	40g	1.79	GV
ZX902	Vegan Beetroot & Cashew Balls	40g	1.79	GV
ZX903	Vegan Coconut & Cumin Balls	40g	1.79	GV

code	product	size	rrp	bfgosv
	<b>CLIF</b>			
KB285	Blueberry Crisp	68g	1.60	SV
KB283	Chocolate almond Fudge Bar	68g	1.60	SV
KB087	Oatmeal,Raisin & Walnut Bar	68g	1.60	SV
KB083	Peanut Butter Bar	68g	1.60	SV
KB284	White Chocolate Macadamia Bar	68g	1.60	SV
	<i><b>Builder's Bars</b></i>			
KB357	Choc Peanut Butter	68g	2.59	V
KB358	Chocolate	68g	2.59	V
KB356	Chocolate Mint	68g	2.59	V
	<b>COCO-JACK</b>			
KB091	Coconut Flapjacks	65g	0.65	SV
KB315	Coconut Flapjk with Chia Seeds	65g	0.72	SV
	<b>COCOFINA</b>			
ZX058	Coconut Chips	250g	5.99	OV
	<b>CREATIVE NATURE</b>			
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
	<b>DOVES FARM</b>			
	<i><b>Impulse</b></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
	<i><b>Multipack</b></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
	<b>EAT NATURAL</b>			
WS031	Maple Syrup, Pecans & Peanuts	45g	0.89	GSV
	<b>FRUTINA</b>			
KB325	Fruit Snack - Variety Pack	15g	0.45	V
	<b>LOVERAW</b>			
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
	<b>MA BAKER</b>			
KB679	Giant Berry Bar - Wheat Free	90g	0.85	SV
KB322	Giant Fruit Bar - Wheat Free	90g	0.85	VS
KB906	Nut Mixed Case	90g	0.85	VS
KB905	Tropical Mixed Case	90g	0.85	VS
	<b>MAXSPORT</b>			
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
	<b>MERIDIAN</b>			
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

code	product	size	rrp	bfgosv
KB189	Peanut & Pumpkin Bar	40g	1.25	GV
KB721	Peanut Bar	40g	1.25	GV
	<b>NAKD</b>			
KB347	Cocoa Coconut	35g	0.89	GV
KB163	Lemon Drizzle Bar	35g	0.89	GV
	<b>Crunch Bars</b>			
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
	<b>Mini Nibbles</b>			
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
	<b>Multi Packs</b>			
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
	<b>Nibble Bars</b>			
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
	<b>Nudie Bars</b>			
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
	<b>Posh Bits</b>			
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
	<b>NATURES PATH ORGANIC</b>			
KB745	Trail Mix Granola Bar G/F	5 x 35g	3.95	GOV
	<b>NOM BARS</b>			
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

code	product	size	rrp	bfgosv
	<b>ORGANICA</b>			
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
	<b>PERKIER</b>			
WS018	Cacao & Cashew Quinoa Bar	35g	0.99	GSV
WS017	Cashew/Chia/Pumpkin/Quinoa Bar	35g	0.99	GSV
WS020	Coconut, Chia & Quinoa Bar	35g	0.99	GVS
WS016	Goji & Cranberry Quinoa Bar	35g	0.99	GVS
WS015	Oaty Cashew/Cran Sprouted Bar	40g	0.99	GSV
	<b>PLANET ORGANIC</b>			
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
	<b>PULSIN'</b>			
	<i>Fruity Oat Bars</i>			
KB793	Blackcurrant & Apple Oat Bar	25g	0.59	GV
KB792	Orange Choc Chip Fruity Oat	25g	0.59	GV
KB791	Strawberry Fruity Oat Bar	25g	0.59	GV
	<i>Protein Boosters</i>			
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
	<i>Raw Choc Brownies</i>			
KB095	Maca Bliss Raw Choc Brownie	50g	1.59	GV
BT449	Peanut Choc Chip Raw Brownie	50g	1.59	GSV
KB100	Raw Choc Almond Raisin Brownie	50g	1.59	GV
KB097	Super Berry Raw Choc Brownie	50g	1.59	GV
	<b>RAW HEALTH</b>			
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
	<b>ROO'BARS</b>			
KB788	Goji Berry	30g	1.19	OV
KB794	Hemp & Chia	30g	1.19	OV
	<b>RUDE HEALTH FOODS</b>			
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
	<b>SESAME SNAPS</b>			
KB001	Sesame Snaps	30g	0.32	SV
KB180	Sesame Snaps (Multipack)	4 x 1	1.10	SV
KB777	Sesame Snaps Chocolate Coated	30g	0.35	SV
KB587	Sesame Snaps Coconut	30g	0.32	SV
	<b>TRAI DCRAFT</b>			
KB523	Apple & Kale Fruit Bar	38g	1.40	V
KB524	Carrot & Ginger Fruit Bar	40g	1.40	V
KB522	Geobar Cocoa & Beetroot Bar	40g	1.40	V
	<b>TREK BARS</b>			
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



code	product	size	rrp	bfgosv
	<i>Protein Energy Chunks</i>			
KB351	Cocoa Peanut Peak	60g	1.35	GV
KB348	Cranberry Kick	60g	1.35	GV
KB595	Toffee Triumph	60g	1.35	GV
	<b>TREK FLAPJACKS</b>			
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
	<b>TREK MULTIPACKS</b>			
WS035	Banana Bread Flapjack	3 x 50g	3.15	GVS
WS037	Cocoa & Oat Flapjack	3 x 50g	3.15	GVS
WS036	Cocoa Coconut Flapjack	3 x 50g	3.15	GVS
WS038	Original Oat Flapjack	3 x 50g	3.15	GVS
WS033	Protein Berry Burst	3 x 55g	3.15	GVS
WS034	Protein Cocoa Chaos	3 x 55g	3.15	GVS
WS032	Protein Peanut Power	3 x 55g	3.15	GVS
	<b>TROPICAL WHOLEFOODS</b>			
KB710	Organic Mango & Brazil	40g	0.79	FOV
	<b>TRUESTART</b>			
	<i>Hero Caffeine Bars</i>			
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
	<b>WHOLE EARTH</b>			
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
	<b>WHOLEBAKE</b>			
	<i>Flapjack</i>			
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
	<b>SOFT DRINKS</b>			
	<b>ALO</b>			
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
	<b>BELVOIR</b>			
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
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
JU795	Elderflower Presse	250ml	1.48	SV

code	product	size	rrp	bfgo
JU674	Elderflower Presse	750ml	2.69	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
JU783	Freshly Squeezed Lemonade	250ml	1.48	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
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
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
	<i>Non Alcoholic Wines</i>			
JU018	Red Shiraz	750ml	3.49	SV
JU021	Sparkling Rose	750ml	3.49	SV
	<i>Presses in Cans</i>			
JU202	Coconut & Lime Presse	250ml	1.10	SV
JU003	Elderflower Light	330ml	1.35	SV
JU340	Elderflower Presse	250ml	1.10	SV
JU341	Raspberry Lemonade	250ml	1.10	SV
JU004	Raspberry Light	330ml	1.35	SV
	<b>BERRYWHITE</b>			
	<i>Cans, sparkling</i>			
JU120	Peach & Goji Berry	250ml	0.95	OV
JU118	Pomegranate & Blueberry	250ml	0.95	OV
	<i>PET Bottles, still</i>			
JU529	Cranberry & Apple	330ml	1.13	OV
JU533	Lemon & Lime	330ml	1.13	OV
JU534	Peach	330ml	1.13	OV
JU537	Pomegranate & Blueberry	330ml	1.13	OV
	<b>BIONA</b>			
JU183	Coconut Water - og	330ml	1.79	OV
	<b>BOTTLE GREEN</b>			
JU264	Elderflower Presse	275ml	1.56	SV
JU350	Pomegranate/Elderflower Presse	275ml	1.56	SV
	<b>CAWSTON PRESS</b>			
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
	<b>CHARITEA</b>			
JU598	ChariTea Black	330ml	1.29	FOSV
JU597	ChariTea Green	330ml	1.29	FOSV
JU595	ChariTea Red	330ml	1.29	FOSV
	<b>CHI</b>			
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

code	product	size	rrp	bfgosv
JU330	Coconut Water Pure	1l	3.65	V
JU336	Coconut Water Pure	330ml	1.69	V
<b>COCOFINA</b>				
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
<b>COCOWELL</b>				
JU613	Pure Coconut Water	330ml	1.83	V
<b>DALSTON'S</b>				
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
<i>Cans</i>				
JU059	Cola	330ml	1.19	SV
JU069	Lemonade	330ml	1.19	SV
JU067	Orangeade	330ml	1.19	SV
<b>EQUINOX</b>				
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
<b>FENTIMANS</b>				
JU008	Cherry Cola	275ml	1.37	SV
JU333	Cherry Cola	750ml	3.15	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
<i>Mixer Range</i>				
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
JU167	Rose Lemonade	500ml	2.25	SV
JU472	Rose Lemonade	4 x 200ml	3.72	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
<b>FEVERTREE</b>				
JU387	Tonic Water	4 x 200ml	4.19	SV

code	product	size	rrp	bfgosv
<b>FIREFLY NATURAL DRINKS</b>				
<i>Fruit Juice &amp; Herbal Extracts</i>				
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
<b>GREEN LADY</b>				
JU139	Green Lady Sparkling Tea	250ml	1.75	V
<b>GUSTO</b>				
JU148	Lemon Energy	250ml	1.99	OV
JU627	Low Calorie Fairtrade Cola	250ml	1.19	FSV
JU376	Naturally Slim Cola	275ml	1.89	FGV
JU353	Organic Real Cola	275ml	1.89	FGOV
JU147	Original Energy	250ml	1.99	OV
<b>HAMPSTEAD TEA</b>				
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
<b>HAPPY MONKEY</b>				
JU450	Orange & Mango Smoothie	4 x 180ml	2.70	V
JU449	Strawberry & Banana Smoothie	4 x 180ml	2.70	V
<b>HEALTHY THIRST</b>				
JU030	Elderflower	330ml	1.59	SV
JU022	Pink Ginger	330ml	1.59	SV
<b>KARMA COLA</b>				
<i>Cans</i>				
JU617	Gingerella Ginger Ale	250ml	1.15	FOSV
JU616	Karma Cola	250ml	1.15	FOSV
JU615	Lemony Lemon	250ml	1.15	FSOV
<i>Glass Bottles</i>				
JU073	Gingerella Ginger Ale	330ml	1.59	FOSV
JU075	Karma Cola	330ml	1.59	FOSV
JU078	Lemony Lemon	330ml	1.59	FOSV
<b>LEMONAID BEVERAGES</b>				
JU592	Lemonaid Blood Orange	330ml	1.59	FOSV
JU587	Lemonaid Lime	330ml	1.59	FOSV
JU589	Lemonaid Passion Fruit	330ml	1.59	FOSV
<b>LOVERAW</b>				
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
<b>LUSCOMBE DRINKS</b>				
JU434	Blueberry Crush	320ml	1.79	OV
JU584	Cool Ginger Beer - organic	320ml	1.79	OV
JU646	Cranberry Crush	740ml	3.39	OV
JU438	Cranberry Crush	320ml	1.79	OV
JU641	Damascene Rose Bubbly	740ml	3.39	OSV
JU482	Damascene Rose Bubbly	320ml	1.75	OSV
JU586	Hot Ginger Beer - organic	320ml	1.69	OV
JU483	Madagascar Vanilla Soda	330ml	1.75	OV
JU480	Passionate Ginger Beer	320ml	1.79	OV
JU645	Raspberry Crush - og	740ml	3.39	OSV
JU145	Raspberry Crush - og	320ml	1.75	OSV
JU642	Sicilian Lemonade - Organic	740ml	3.33	OSV
JU583	Sicilian Lemonade - organic	320ml	1.69	OSV
JU157	Sparkling Apple Crush	320ml	1.75	OV
JU643	St Clements	740ml	3.33	OV
JU439	St Clements	320ml	1.79	OV

code	product	size	rrp	bfgosv
JU442	Strawberry Crush	320ml	1.75	OV
JU644	Wild Elderflower Bubbly	740ml	3.39	V
JU585	Wild Elderflower Bubbly	320ml	1.75	V
<b>ORGANIC COLLECTION</b>				
JU367	Blueberry Sparkle - og	750ml	4.95	OV
JU473	Bubbly Blackcurrant Juice - og	750ml	4.95	OV
JU369	Raspberry Fizz	750ml	4.95	OV
<b>POPABALL</b>				
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
<b>REBEL KITCHEN</b>				
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
<i>Kids Range</i>				
JU685	Banana Mylk	250ml	1.29	OV
JU689	Choco Mylk	250ml	1.29	OV
JU690	Orange Choc Mylk	250ml	1.29	OV
JU150	Vanilla Mylk	250ml	1.29	OV
<b>ROCKS</b>				
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
JU499	Raspberry & Lime	250ml	1.39	OSV
JU501	Strawberry & Blackcurrant	250ml	1.39	OSV
<b>SHECKTERS</b>				
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
<b>SWEET FREEDOM</b>				
JU378	Choc Shake Banana	310g	3.75	GV
JU464	Chock Shake Caramel	310g	3.75	GV
<b>TREEVITALISE</b>				
JU116	Birch Water - Lemon	250ml	2.19	OV
JU115	Birch Water - Mint	250ml	2.19	OV
JU114	Birch Water - Original	250ml	2.19	OV
<b>WHOLE EARTH</b>				
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	bfgovs
<b>SOUPS</b>				
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	2.10	GV
VF248	Cream Of Mushroom Soup	400g	2.10	GV
VF260	Lentil Soup	400g	2.10	GV
VF265	Lentil Vegetable Soup	400g	2.10	GV
VF268	Split Pea Soup	400g	2.10	GV
VF245	Vegetable Barley Soup	400g	2.10	V
<i>Hearty Soup</i>				
VF054	French Country Vegetable	408g	2.65	GV
VF267	Quinoa Kale & Red Lentil Soup	408g	2.65	GOV
VF057	Rustic Italian Vegetable	397g	2.65	GV
VF059	Spanish Rice & Red Bean Soup	416g	2.65	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	1.65	OV
VF096	Butternut Squash & Ginger - Og	400g	1.55	OV
VF124	Carrot & Coconut Soup	400g	1.55	OV
VF720	Lentil & Red Pepper Soup - Org	400g	1.55	OV
VF086	Pea & Mint Soup - Org	400g	1.55	OV
VF097	Sweet Potato & Chia Soup - Org	400g	1.65	OV
VF083	Tomato Soup - Org	400g	1.55	OV
GEO ORGANICS				
VF082	Vegetable & Quinoa Soup - Org	400g	1.69	OV
<b>SOUPS (CHILLED)</b>				
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
<b>SOYA YOGS &amp; DESSERTS (CHILLED)</b>				
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

code	product	size	rrp	bfgosv
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	OSV
CV724	Lemon Soya Yoghurt	400g	2.04	OSVB
CV483	Natural Soya Yoghurt	400g	1.35	OV
CV248	Org Apricot & Guava Soya Yog	125g	0.70	OSV
CV244	Organic Blueberry Soya Yoghurt	125g	0.70	OSV
CV255	Organic Cherry Soya Yoghurt	125g	0.70	OSV
CV253	Organic Lemon Soya Yoghurt	125g	0.70	VOS
CV247	Organic Mango & Peach Soya Yog	125g	0.70	VOS
CV494	Organic Mango & Peach Soya Yog	400g	2.04	SOV
CV174	Organic Natural Soya Yogurt	125g	0.50	OV
CV102	Organic Strawberry Soya Yog	400g	2.04	OVS
CV173	Organic Strawberry Soya Yogurt	125g	0.70	VOS
CV251	Rasp/Passion soya dessert OG	125g	0.70	VOS
CV266	Sojade Natural soya dessert	250g	0.95	OV
CV723	Vanilla Soya Yoghurt	400g	2.04	OSVB

#### *Layered Soya Yoghurt*

CV417	Lemon & Lime Layered Yoghurt	125g	0.75	GOSVB
CV438	Pineapple Coconut Yoghurt	125g	0.75	GOVSB
CV658	Raspberry & Rose Layered Yog	125g	0.75	GOSVB

## 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
RS125	Pennard Ginger Liqueur	35cl	18.87	SOV
RS049	Utkins UK5 Vodka	70cl	26.82	OV

## SUGARS & SYRUPS

#### SUMA

LJ099	Agave Syrup - organic	240ml	3.59	OV
LJ121	Agave Syrup - organic	500ml	6.75	OV
LJ150	Agave Syrup - organic	5l		OV
LJ300	Coconut Blossom Syrup Organic	350g	5.69	OV
HY019	Malt Extract	3.18kg		V

code	product	size	rrp	bfgosv
	<b>SUMA BAGGED DOWN</b>			
LJ095	Dark Muscovado Sugar	3kg		VS
LJ180	Demerara Sugar	10kg		VS
LJ053	Demerara Sugar	3kg		VS
LJ094	Light Muscovado Sugar	3kg		VS
LJ184	Soft Brown Sugar	10kg		VS
LJ097	Soft Brown Sugar	3kg		VS
	<b>SUMA BAGGED DOWN - ORGANIC</b>			
LJ104	Coconut Palm Sugar, Organic	3kg		OSV
LJ679	Demerara Sugar - organic	3kg		OSV
LJ159	Icing Sugar - organic	3kg		VOS
LJ055	Raw Cane Sugar - organic	10kg		OSV
LJ096	Raw Cane Sugar - organic	3kg		OVS
	<b>SUMA COMMODITIES</b>			
LJ066	Dark Muscovado Sugar	25kg		VS
LJ052	Demerara Sugar	25kg		VS
LJ546	Fairtrade Golden Granulated	25kg		FVS
LJ065	Light Muscovado Sugar	25kg		VS
LJ069	Soft Brown Sugar	25kg		VS
	<b>SUMA COMMODITIES - ORGANIC</b>			
LJ217	Caster Sugar Fairtrade Organic	25kg		FOV
LJ098	Coconut Sugar	20kg		OV
LJ876	Demerara Sugar, organic	25kg		OSV
LJ890	Icing Sugar - organic	25kg		OSV
LJ068	Raw Cane Sugar - organic	25kg		SOV
	<b>SUMA PREPACKS</b>			
LJ090	Golden Granulated Sugar	500g	2.25	FV
LJ241	Soft Light Brown Sugar	500g	2.35	SV
	<b>SUMA PREPACKS - ORGANIC</b>			
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
	<b>ACADIAN MAPLE</b>			
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
	<b>ATKINS &amp; POTTS</b>			
LJ194	Rosehip Syrup	200g	3.50	SV
	<b>BALI NUTRA</b>			
LJ295	Coconut Syrup	300ml	6.99	V
	<b>BILLINGTONS</b>			
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
	<b>BIONA</b>			
LJ083	Coconut Blossom Nectar	350g	5.99	OV
LJ011	Coconut Palm Sugar - Organic	250g	2.99	OSV



code	product	size	rrp	bfgosv
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	3.49	OSV
	<b>CHANTICO</b>			
LJ026	Agave Sweetener - Golden	335g	3.49	OV
LJ025	Agave Sweetener - Original	335g	3.49	OV
LJ306	Sweet Granulated Agave Powder	84g	3.99	OV
	<b>CLEARSPRING</b>			
HY210	Rice Malt Syrup - organic	330g	3.19	OV
	<b>COCOFINA</b>			
HY057	Coconut Flower Nectar - og	350ml	6.99	OV
HY007	Coconut sugar	500g	7.99	OSV
	<b>CRAZY JACK</b>			
HY521	Golden Syrup - organic	340g	3.29	FOV
	<b>EQUAL EXCHANGE</b>			
LJ500	Raw Cane Sugar - organic	500g	2.39	FOSV
LJ527	Sugar Sticks	1		FOVS
	<b>GREAT NORTHERN</b>			
HY059	Maple Syrup Organic	236ml	5.99	OV
	<b>MARIGOLD</b>			
LJ179	Pomegranate Molasses	250ml	3.79	V
	<b>MERIDIAN</b>			
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
	<b>RAYNERS</b>			
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
	<b>SHADY MAPLE FARMS</b>			
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
	<b>SILVER SPOON</b>			
LJ082	Caster Sugar with Stevia	700g	1.79	V
LJ089	Demerara Sugar with Stevia	700g	2.29	V
	<b>SUGAVIDA</b>			
LJ314	Sugavida - Natural Sweetener	250g	6.49	OV
	<b>SWEET FREEDOM</b>			
LJ041	Natural Sweetness - Original	350g	3.19	V
LJ137	Natural Sweetness - Original	5l		V
	<b>SWEET LIKE STEVIA</b>			
LJ161	Sweet Drops of Stevia	50ml	5.99	V
	<b>SWEET LIKE SUGAR</b>			
LJ138	Stevia Pouches	450g	7.99	V
LJ142	Stevia Sachet	50	4.99	V
LJ160	Stevia Tabs	200 tab	3.99	V

code	product	size	rrp	bfgosv
	<b>TERRASANA</b>			
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
	<b>THE RAW CHOCOLATE CO</b>			
LJ071	Coconut Palm Sugar	230g	3.65	GOV
	<b>TOTAL SWEET</b>			
LJ125	Total Sweet	1kg	9.99	V
LJ124	Total Sweet	225g	2.79	V
	<b>TRAIIDCRAFT</b>			
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
	<b>TRUVIA</b>			
LJ256	Sweetener from the Stevia Leaf	100	2.89	V
LJ086	Sweetener from the Stevia Leaf	270g	5.49	V
	<b>XYLITOL UK</b>			
LJ047	Xylitol Sweetener	1kg	10.39	V
LJ051	Xylitol Sweetener	250g	2.89	V
	<b>XYLOBRIT</b>			
LJ262	Xylobrit Sugar Free Sweetener	1kg	9.99	V
LJ240	Xylobrit Sugar Free Sweetener	250g	3.15	V
	<b>ZYLOSWEET</b>			
LJ001	Xylitol Crystals	300g	5.35	V

## SUPERFOODS & SPORTS NUTRITION

	<b>SUMA BAGGED DOWN</b>			
VM234	Organic Maca Powder	1kg		OV
	<b>SUMA COMMODITIES - ORGANIC</b>			
VM233	Organic Maca Powder	20kg		OV
	<b>ADUNA</b>			
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
	<b>BEET IT</b>			
	<i>From James White</i>			
JU199	Beet It Sports Stamina Shot	7cl	1.59	V
JU201	Beet It Stamina Shot	7cl	1.42	OV
	<b>BETTER YOU</b>			
VM034	Total Nutrition Superfood	200g	11.49	OV
	<b>BIONA</b>			
MD736	Cracked Linseed Gold Organic	500g	4.39	OV
	<b>BONPOM</b>			
ZX766	Raw Organic Cacao Paste	200g	7.99	OV
	<b>CREATIVE NATURE</b>			
MD123	Apricot Kernels - Bitter	300g	9.99	V
MD068	Barley Grass Powder	100g	5.50	OV
MD055	Cacao Powder - Peruvian	100g	4.55	OV
MD103	Cacao Powder - Peruvian	200g	6.99	OV
MD199	Chia Seeds	450g	7.85	V
MD079	Hemp Protein Powder	300g	7.70	V
MD053	Maca Powder - Organic Peruvian	150g	4.49	OV
MD142	Shelled Hemp Seeds	300g	8.99	OV

code	product	size	rrp	bfgosv
	<b>DRU NATURAL NUTRITION</b>			
VM087	Barley Grass Leaf Powder	200g	12.95	OV
	<b>GOOD HEMP NUTRITION</b>			
	<i>Good Hemp Superfood</i>			
MD201	Hemp Protein Powder - Natural	2.5kg	49.95	V
MD250	Hemp Protein Powder - Raw	500g	13.65	V
	<b>GRANOVITA</b>			
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
	<b>GREEN ORIGINS</b>			
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
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
	<b>JAMES WHITE</b>			
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
	<b>LINUSIT</b>			
MD008	Premium Ground Flaxseed - og	450g	6.25	GOV
	<b>LINUSPROUT</b>			
MD062	Sprouted Flax Powder	250g	5.75	OV
	<b>LINWOODS</b>			
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
MD033	Organic Whole Chia	400g	7.99	OV
MD110	Shelled Hemp	225g	7.09	V
	<i>Hemp Protein +</i>			
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
	<b>LOVERAW ORGANIC FOOD BOOSTER</b>			
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
	<b>NATURYA</b>			
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

code	product	size	rrp	bfgosv
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
	<i>Breakfast Boost</i>			
MD230	Cacao Crunch	150g	6.99	V
MD224	Seed Crunch	150g	6.99	V
MD219	Superberries	150g	6.99	V
	<b>PREWETTS</b>			
VM020	Organic Ground Flaxseed	175g	2.45	OV
	<b>PROTEIN POW</b>			
VM242	Pea Protein Powder	450g	14.99	V
	<b>PULSIN'</b>			
VM012	Hemp Protein Powder	1kg	23.99	GV
VM093	Hemp Protein Powder	250g	7.99	GV
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
	<b>RAINFOREST FOODS</b>			
	<i>Capsules &amp; Tablets</i>			
MD248	Maca Root Capsules 500mg	120	14.49	OV
MD246	Spirulina Tablets 500mg	300	11.99	OV
	<i>Pouches</i>			
MD261	4 Root Maca Powder	300g	10.99	OV
MD266	Acai Berry Powder	125g	18.99	OV
MD264	Cacao Powder	250g	7.49	OV
MD263	Chia Seeds	300g	6.49	OV
MD259	NZ Wheatgrass Powder	200g	13.99	OV
MD258	Spirulina Powder	200g	9.99	OV
	<b>THE RAW CHOCOLATE CO</b>			
KB856	Acai Powder	80g	11.45	OV
KB307	Cacao Nibs	150g	4.20	GOV
LJ072	Hemp Protein Powder	230g	7.99	GOV
	<b>SUPPLEMENTS &amp; REMEDIES</b>			
	<b>SUMA</b>			
MD106	Slippery Elm	500g		V
	<b>SUMA PREPACKS</b>			
HE250	Psyllium Husk	200g	5.79	V
	<b>ALOE PURA</b>			
MD028	Gentle Colon Cleanse Tablets	30	5.99	V
MD030	Gentle Colon Cleanse Tablets	60	9.99	V
	<b>ARKOPHARMA</b>			
MD012	Cys-Control Sachets	6 sachet	4.79	V
	<b>BETAVIVO</b>			
VM056	Crispy Oat Heart Cereal	23g	16.99	V
	<b>BETTER YOU</b>			
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	12.20	V

code	product	size	rrp	bfgosv
VM164	Magnesium Oil - Original	100ml	12.20	V
VM002	Magnesium Oil - Recovery	100ml	12.20	V
VM166	Magnesium Oil - Sensitive	100ml	12.20	V
<b>BIOFORCE</b>				
MD670	Echinaforce	50ml	9.85	V
<b>FINDHORN FLOWER ESSENCES</b>				
<i>Room Sprays</i>				
NF386	Sacred Space Spray Mist	50ml	10.95	V
<b>FLORADIX</b>				
MD023	Detox Bio Herbal Formula	250ml	16.95	OV
MD035	Floradix Intestcare	250ml	14.75	V
MD172	Floravital Formula - Yeastfree	500ml	17.89	V
<b>HEALTHPOL</b>				
DY720	Delacet - Head Lice Solution	100ml	13.69	OV
<b>HERBFARMACY</b>				
MD849	Herbfarmacy Calendla/Hypericum	20g	8.50	OV
MD729	Herbfarmacy Comfrey Oil	100ml	8.00	OV
<b>HIGHER NATURE</b>				
VM035	Active Silver High Stability	100ml	18.30	V
VM036	Active Silver High Stability	15ml	8.35	V
VM040	Citricidal	100ml	20.60	V
VM302	Citricidal	25ml	6.90	V
VM303	Citricidal	45ml	10.50	V
MD003	Fizzy C Effervescent Vitamin C	20 tablets	4.70	V
VM077	Probio Mints	60	5.25	V
VM063	Probio-Daily	30	4.50	V
VM053	Probio-Daily	90	9.05	V
MD017	Serotone 5HTP 100mg	90	32.70	V
VM078	Serotone 5HTP 50mg	90	20.90	V
MD220	The Saltpipe - Mini	each	19.25	V
MD185	VisualEyes	30	10.25	V
<i>Truefood</i>				
VM231	Calcium & Magnesium	60	12.35	V
VM226	Easy Iron	90	8.90	V
VM229	GTF Chromium	90	13.30	V
VM232	Maxi Co-Q10	60	51.90	V
VM227	Selenium	60	9.55	V
VM230	Super Potency Soyagen	90	39.90	V
VM225	SuperNutrition Plus	90	19.85	V
VM228	Vitamin B Complex	90	20.90	V
<b>LANES</b>				
MD235	Lecigran - Lecithin Granules	350g	9.99	V
<b>NATURES AID</b>				
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
VM183	Hyaluronic Acid	60 capsules	17.95	V
VM089	Inulin Powder	250g	9.95	SV
VM083	Maca Powder Organic	200g	14.95	OV
VM098	Men - Multi Vit & Mineral	30 capsules	8.95	V
VM074	Moringa Powder Organic	150g	7.65	OV
VM030	Mushroom Complex Organic	60 capsules	18.95	OV
VM213	PremEeze	60 capsules	8.95	V
VM180	Sea Buckthorn Oil 500mg	60 capsules	16.95	V
VM214	SleepEeze	60 tablets	8.95	V
VM215	Ucalm	60 tablets	9.95	V
VM072	Ultimate Superfoods Capsules	60 capsules	14.95	OV

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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
	<i>Botanicals</i>			
VM203	Raspberry Leaf 750mg	60 tablets	6.45	V
VM204	Turmeric 10,000mg	60 capsules	17.95	V
	<b>NATURES OWN</b>			
	<i>C Vitamins</i>			
VM023	Cherry-C: Vit C from Acerola	60 capsules	15.50	V
VM165	Vitamin C with Bioflavonoids	50 tablets	14.50	V
	<i>Childrens</i>			
VM218	Kids Immune Support	60 capsules	7.99	V
	<i>D Vitamins</i>			
VM252	Vitamin D3 Vegan	60 tablets	7.50	V
	<i>Digestive Aids</i>			
VM044	Biotic Plus - Live	30 capsules	17.40	V
	<i>E Vitamins</i>			
VM069	Vitamin E 100mg	60 capsules	15.30	V
	<i>Essential Fatty Acids</i>			
VM400	Evening Primrose Oil	90 capsules	14.15	V
VM176	Omega 3 Vegan	60 capsules	23.75	V
	<i>Minerals</i>			
VM001	Calcium - from seaweed	60 capsules	14.50	V
VM108	Magnesium Citrate	90 capsules	12.50	V
	<i>Multi-Formulations</i>			
VM065	Wholefood Multi - Vits & Mins	60 capsules	16.90	V
	<i>Nutritional Support</i>			
VM107	Aloe Vera Juice - Inner Leaf	500ml	8.30	V
VM088	Glucosamine Hydrochloride	60 capsules	11.80	V
MD116	Hair, Skin & Nails Formula	30 tablets	5.25	V
VM128	Immune Support	30 capsules	13.00	V
VM149	Kelp Organic 400mg	60 capsules	10.70	OV
	<b>NELSONS</b>			
MD089	Arnicare Arnica 30c Klikpak	pack	6.45	V
	<b>OPTIMA</b>			
MD241	Lecithin Granules	250g	6.39	V
MD118	Montmorency Cherry Juice	500ml	16.49	V
	<b>PUKKA</b>			
MD159	Ashwaganda	30 capsules	16.97	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
	<b>SPATONE</b>			
MD175	Iron-Plus	28 x 25ml	11.49	V
MD005	Liquid Iron - Apple Flavour	25ml	12.49	V

code	product	size	rrp	bfgosv
<b>TOGETHER HEALTH</b>				
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
<b>VEGA</b>				
<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 &amp; Digestive Aids</i>				
VM138	Acidophilus & Bifidus Complex	60 capsules	9.55	V
VM139	Digestive Enzymes	60 capsules	8.05	V
<b>VEGAN SOCIETY</b>				
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
<b>WELEDA</b>				
<i>Anthroposopic Medicines</i>				
DY155	Arnica Massage Balm	100ml	11.95	V
DY456	Arnica Massage Balm	200ml	18.75	V
DY156	Arnica Massage Balm	50ml	8.50	V
MD586	Chamomilla 3X Granules	15g	5.50	SV
MD161	Hayfever Relief Oral Spray	20ml	10.50	V
MD240	Rhinodoron Nasal Spray	20ml	8.50	V
<b>SWEET SNACKS</b>				
<b>SUMA BAGGED DOWN</b>				
ZX503	Liquorice Juice Sticks	1kg		V
<b>BEAR</b>				
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
<i>Claws in multipacks</i>				
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
<i>Yoyo Sours</i>				
ZX514	Blackcurrant & Apple	20g	0.58	GV
ZX511	Mango & Apple	20g	0.58	GV
ZX448	Strawberry & Apple	20g	0.58	GV
<i>Yoyo Sours Multipack</i>				
ZX516	Blackcurrant & Apple	5 x 20g	2.50	GV
ZX522	Mango & Apple	5 x 20g	2.50	GV
ZX567	Strawberry & Apple	5 x 20g	2.50	GV

code	product	size	rrp	bfgosv
	<i>Yoyos in multipacks</i>			
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
	<b>BIONA</b>			
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
	<b>CYPRESSA</b>			
ZX778	Almond Halva	250g	2.99	V
	<b>FABULOUS FUDGE FACTORY</b>			
ZX548	Chocovered Crunchee Bites	65g	1.85	GSV
ZX928	Chocovered Peanuts	65g	1.69	GSV
ZX927	Chocovered S/Salt Fudgee Bites	65g	1.89	SV
ZX159	Dairy Free Chocolate Raisins	75g	1.69	GV
ZX432	Dairy Free Fudge	200g	3.29	GSV
ZX627	Dairy Free Fudgee Bites	75g	1.69	GSV
ZX628	Raspberry Ice Bites	75g	1.49	GSV
	<b>FREE FROM FELLOWS</b>			
ZX065	Cola Bottles	100g	1.89	GV
ZX060	Gummy Bears	100g	1.89	GV
ZX072	Midget Gems	100g	1.89	GV
	<b>FREEDOM CONFECTIONERY</b>			
KB385	Strawberry Marshmallows	75g	2.49	GV
KB383	White Vanilla Marshmallows	75g	2.49	GSV
	<i>Mini Mallows</i>			
KB789	Pink & White Mini Marshmallows	75g	2.49	GSV
	<b>GOODY GOOD STUFF</b>			
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
	<b>JEALOUS SWEETS</b>			
	<i>40g Bags</i>			
ZX231	Fizzy Friends	40g	1.29	SVG
ZX238	Grizzly Bears	40g	1.29	GSV
ZX229	Tangy Worms	40g	1.29	SVG
ZX233	Tropical Wonder	40g	1.29	SGV
	<b>NATURELLY</b>			
BB023	Jelly Juice - Summer Fruits	4 x 100g	1.05	V
BB020	Jelly Juice - Tropical Fruits	4 x 100g	1.05	V
	<b>PANDA</b>			
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
	<b>PEPPERSMITH</b>			
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



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	<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
	<b>RICOLA</b>			
ZX242	Cherry Honey Swiss Herb Drops	32g	0.54	V
	<b>SNACT</b>			
ZX080	Apple & Mango Fruit Jerky	20g	1.00	V
ZX856	Apple, Blueberry & Banana Jerk	20g	1.00	V
	<b>SUNITA</b>			
ZX096	Grape Juice & Sultana Halva	2.5kg	39.25	V
ZX587	Grape Juice & Sultana Halva OG	75g	1.60	OV
	<b>THE GINGER PEOPLE</b>			
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
	<b>THE RAW CHOCOLATE CO</b>			
DR188	Goji Berries	150g	6.49	OV
DR185	Raw White Mulberries	150g	3.65	FOV
	<b>TRUEDE</b>			
KJ255	Pomegranate Turkish Delight	275g	8.79	SV
	<b>URBAN FRUIT</b>			
DR016	Coconut Chips - Natural	25g	1.01	GV
DR035	Coconut Chips - Srircha	25g	1.01	GV
	<b>VEGEBEARS</b>			
ZX573	Frooty Fruits	100g	1.65	OSV
ZX571	Fruit Jellies	100g	1.65	SOV
	<b>TABLE SAUCES</b>			
	<b>AMAIZIN</b>			
KJ014	Salsa Dip Sauce - Hot	260g	2.45	OV
	<b>BIONA</b>			
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
	<b>DELICIOSO</b>			
KJ484	Salsa Brava	185g	3.09	V
	<b>GEO ORGANICS</b>			
KJ212	Worcestershire Sauce - organic	150ml	2.79	OSV
	<b>GRANOVITA</b>			
KJ134	Organic Brown Sauce	275g	2.26	GOSV
	<b>GREAT BRITISH SAUCE CO</b>			
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
	<b>LA SAUCY SALSA LTD</b>			
KJ472	Chilli and Garlic Salsa	170g	4.50	V
KJ470	Coriander Salsa	170g	4.50	V
KJ471	Paprika Salsa	170g	4.50	V
KJ469	Parsley Salsa	170g	4.50	V
	<b>MERIDIAN</b>			
KJ621	Tomato Ketchup - organic	285g	1.99	GOSV
	<b>MR ORGANIC</b>			
KJ050	Italian Organic Ketchup	480g	2.65	OSV

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	<b>THE FORAGING FOX</b>			
KJ357	Beetroot Ketchup - Hot	255g	3.49	GSV
KJ358	Beetroot Ketchup - Original	255g	3.49	GSV
KJ359	Beetroot Ketchup - Smoked	255g	3.49	GSV
	<b>WHOLE EARTH</b>			
KJ451	Tomato Ketchup - organic	340g	1.99	OV
	<b>TEAS</b>			
	<b>CAFEDIRECT</b>			
	<i>Everyday Teas</i>			
TE691	Everyday Tea	1100 bags	34.21	FV
TE390	Everyday Tea	160 bags	6.10	FV
TE690	Everyday Tea	80 bags	3.45	FV
TE637	Everyday Tea Decaff	80 bags	4.75	FV
	<b>CLEARSPRING</b>			
TE928	Ceremonial Matcha Kit	each	36.49	OV
JP210	Genmaicha Green Tea Bags	20 bags	3.59	OV
JP097	Hojicha Roasted Green Tea	20 bags	3.59	OV
JP009	Kukicha loose tea - organic	125g	4.69	OV
JP063	Kukicha, Roasted Twig Tea	20 bags	3.59	OV
TE420	Match Tea Premium (Shot)	8 x 1g	6.25	OV
TE237	Matcha Tea Ceremonial Tin	30g	16.99	OV
JP010	Matcha Tea Organic (bags)	40g	3.99	OV
TE504	Matcha Tea Premium (bulk)	1kg	193.00	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
	<b>CLIPPER</b>			
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	1.90	FOV
	<b>FOOD SERVICE RANGE</b>			
TE152	Earl Grey - og	250 bags		FOV
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
TE149	Fairtrade Everyday blend	250 bags		FV
TE801	Fairtrade Everyday Decaff	250 bags		FV
TE448	Fairtrade Everyday One Cup Bag	1100 bags		FV
TE726	Fairtrade One Cup Teabags	440 bags	14.72	FV
TE159	Green Tea - og	250 bags		FOV
TE161	Green Tea - og	25 bags	2.53	FOV
TE730	Organic Blend	440 bags	14.72	OV
TE451	Speciality English Breakfast	250 bags		FOV
	<b>GREEN TEA FAIRTRADE</b>			
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

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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
	<i>Organic White Tea</i>			
TE683	White Tea - og	26 bags	1.90	VO
TE301	White Tea with Lemon	26 bags	1.90	OV
TE565	White Tea with Orange	25 bags	1.90	OV
TE628	White Tea with Peppermint	26 bags	1.90	OV
TE423	White Tea with Raspberry	26 bags	1.90	OV
TE006	White Tea with Vanilla	26 bags	1.90	OV
	<i>Originals</i>			
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	5.40	OV
	<b>DRINK ME CHAI</b>			
	<i>Food Service Range</i>			
TE074	Artisan Blend	1kg	15.85	SV
	<b>HAMPSTEAD TEA</b>			
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	OV
TE677	English Breakfast Tea - og	100g	3.29	OV
TE392	First Flush Tea - og	100g	3.95	OV
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	OV
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
	<b>PUKKA</b>			
TE213	Elegant English Breakfast	20 bags	2.39	FOV
TE214	Gorgeous Earl Grey	20 bags	2.39	FOV
	<b>QI</b>			
	<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

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TE817	Fairtrade Gunpowder Tea	100g	2.39	FOV
TE114	Fairtrade White Tea	25 bags	1.89	FOV
TE112	Jasmine Green Tea	25 bags	1.69	FOV
<b>RIDGWAYS</b>				
TE619	Tea - Organic	80 bags	2.79	OV
<b>SWEET REVOLUTION</b>				
TE782	Instant Matcha Latte	200g	6.95	OV
TE780	Instant Reishi Latte	200g	6.95	OV
TE781	Instant Turmeric Latte	200g	6.95	OV
<b>TRAIDCRAFT</b>				
TE644	One Cup Teabags Catering	440 bags	11.55	FV
<b>TWININGS</b>				
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
<b>TWININGS GREEN TEAS</b>				
<i>Cleanse</i>				
TE082	Green Steamed Selection	20 bags	3.49	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
<b>TWININGS WHITE TEAS</b>				
<i>Cleanse</i>				
TE646	Pure White Tea	20 bags	3.75	V
<b>WILLIAMSON TEA</b>				
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
<i>Caddies with Pyramid Teabags</i>				
TE671	Winter Blend Seasonal	1	10.15	V
<i>Cylinders</i>				
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	High Grown Kenyan	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
<i>Gift Caddies</i>				
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

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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
	<i>Mini Caddies</i>			
TE280	Green Matcha	1	25.50	V
TE890	Mini Elephant Orphan Green	1	7.09	FV
TE891	Mini Elephant Orphan Orange	1	7.09	FV
TE971	Mini Elephant Orphan Red	1	7.09	FV
TE317	Purple Matcha	1	25.50	V

## TOFU (CHILLED)

### CAULDRON

CV562	Marinated Tofu Pieces	160g	2.86	SOV
CV561	Tofu	396g	2.60	V

### 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
CV210	Plain Tofu - organic	3kg		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
CV393	Org Premium Marinated Tofu	200g	2.79	OV
CV395	Org Smoked Tofu	200g	2.49	OV

### NATUREMADE OASIS

CV582	Marinated Tofu	200g	1.91	OV
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### 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
CV684	Org Firm Tofu - Natural	200g	1.99	OV
CV682	Org Firm Tofu - Natural	400g	2.89	OV
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	3.99	SV

code	product	size	rrp	bfgosv
CV118	Hickory Smoked Style Slices	156g	2.99	SV
CV123	Italian Style Sausages	250g	3.49	SV
CV083	Kielbasa Styles Sausages	250g	3.49	SV
CV531	Lightly Seasoned Chick'n	227g	3.99	SV
CV091	Oven Roast Deli Slices	165g	2.99	SV
CV054	Roast with Herb Gravy	765g	10.99	SV
CV110	Smoked Ham Style Deli Slices	156g	2.99	SV
CV089	Smoked Maple Bacon Tempeh	200g	3.99	SV
CV121	Spinach Pesto Style Sausages	250g	3.99	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
LJ080	Tomatoes - chopped, organic	400g	0.95	VO
LJ081	Tomatoes - peeled, whole OG	400g	0.99	VO

##### *Jarred*

LJ258	Sundried Tomatoes in Olive Oil	190g	4.99	OV
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#### SUMA BAGGED DOWN - ORGANIC

##### *Dried*

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

##### *Dried*

LJ600	Sundried Tomatoes - organic	10kg		OV
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#### SUMA PREPACKS - ORGANIC

##### *Dried*

LJ602	Sundried Tomatoes - organic	125g	1.85	OV
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#### 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	1.00	V

#### LA BIO IDEA

LJ205	Organic Tomato Concentrate	70g	0.79	OV
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#### MR ORGANIC

KJ071	Italian Tomato Puree	200g	1.75	OV
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#### ORGANICO

KJ010	Sundried Tomatoes - og	190g	4.85	OV
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#### SEGGIANO

LJ315	Organic Oven Roasted Tomatoes	280g	10.99	OV
LJ316	Sicilian Cherry Tomato Salsa	330g	2.50	SV

#### ZEST

LJ042	Sun-dried Tomato Paste	170g	2.35	V
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code	product	size	rrp	bfgosv
<b>TOOTHCARE</b>				
<b>ALOE DENT</b>				
DY864	Aloe Vera Mouthwash	250ml	4.59	V
<b>AUSTRALIAN TEA TREE</b>				
DY192	Tea Tree Toothpaste	100ml	4.69	V
<b>ENVIRONMENTAL TOOTHBRUSH</b>				
NF642	The Environmental Toothbrush	1	2.95	V
NF616	The Environmental Toothbrush	1	2.95	V
NF660	The Environmental Toothbrush	1	2.95	V
<b>GREEN PEOPLE COMPANY</b>				
DY256	Childrens Mandarin	50ml	3.95	VO
DY014	Childrens Spearmint&AloeVera	50ml	3.95	VO
DY216	Minty Cool	50ml	3.95	V
<b>KINGFISHER</b>				
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
DY416	Charcoal Naturally Whitening	100ml	3.45	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
<b>LAVERA</b>				
DY966	Mint Toothpaste	75ml	3.45	OV
<b>SARAKAN</b>				
DY035	Mouthfresh Rinse	300ml	3.79	V
DY113	Toothpaste	50ml	2.69	V
<b>URTEKRAM</b>				
DY395	Aloe Vera Toothpaste	75ml	2.99	OV
DY166	Child Trutti Frutti Toothpaste	75ml	2.99	V
DY323	Childrens Toothpaste	75ml	2.99	V
<b>WELEDA</b>				
DY224	Ratanhia Mouthwash	50ml	8.25	V
DY146	Toothpaste - Calendula	75ml	4.75	V
DY149	Toothpaste - Plant Gel	75ml	4.75	V
DY147	Toothpaste - Ratanhia	75ml	4.75	V
DY150	Toothpaste - Salt	75ml	4.75	V
<b>YAWECO</b>				
DY332	Medium Refill Heads	1 x 4PK	5.45	V
DY362	Vegan Soft Refill Heads	1 x 4	5.45	V
<b>VEGETABLES</b>				
<b>SUMA</b>				
LJ146	Sweetcorn - Organic, tinned	340g	1.35	OV
<b>BIONA</b>				
LJ243	Capers In Olive Oil	120g	3.89	OV
<b>BIONOVA</b>				
VF028	Cut Green Beans - organic	340g	1.29	VO
VF040	Sauerkraut	350g	2.25	VO
VF030	Sweetcorn - organic	340g	1.59	VO
<b>COOKS &amp; CO</b>				
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	460g	2.99	V
KJ034	Semi Dried Tomatoes in Oil	295g	3.95	V

code	product	size	rrp	bfgosv
KJ018	Stuffed Vine Leaves	380g	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
	<b>CYPRESSA</b>			
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
	<b>MANI BLAEUEL</b>			
KJ440	Og Capers in Olive Oil	180g	3.49	OV
KJ437	Og Sun Dried Tomato Paste	180g	3.49	OV
	<b>MERCHANT GOURMET</b>			
VF145	Chestnut Puree	200g	2.09	V
VF146	Whole Chestnuts	180g	3.15	V
	<b>ORGANIC COLLECTION</b>			
VF088	French Chestnuts in box - og	200g	4.95	OV
	<b>ORGANICO</b>			
KJ016	Artichoke Hearts - og	190g	4.85	OV
KJ428	Capers	100g	1.95	OV
KJ429	Capers	250g	2.95	OV
KJ418	Grilled Peppers	185g	3.25	OV
	<b>PEP UP LIFE</b>			
	<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	2.95	OV
VF049	Organic Sprouting Mix - Two	80g	2.95	OV
	<b>SEGGIANO</b>			
VF276	Mixed Vegetable Antipasti	500g	14.39	V
VF274	Roasted Artichoke Hearts	380g	11.02	V
	<b>ST DALFOUR</b>			
VF112	Whole Chestnuts	200g	2.69	GV
	<b>SUNITA</b>			
KJ250	Capers - Organic	125g	5.19	OV
	<b>TERRASANA</b>			
LJ084	Instant Mashed Potato	100g	2.19	VO
	<b>TROPICAL WHOLEFOODS</b>			
VF164	Ceps / Porcini Mushrooms	30g	3.30	V
VF514	Shiitake Mushrooms	50g	3.30	V
	<b>VEGETABLES (FROZEN)</b>			
	<b>BIO INSIDE</b>			
XL155	Organic Garden peas	300g	1.45	OVB
XL153	Organic Sweetcorn	300g	1.89	OVB
	<b>NATURAL COOL</b>			
	<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
	<b>YUTAKA</b>			
XL047	Shelled Edamame Beans	500g	2.20	V



code	product	size	rrp	bfgosv
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## VINEGARS

### SUMA

KJ654	OG Balsamic Vinegar - oak aged	250ml	4.99	OV
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### 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
KJ180	Cyder Vinegar	25l		V
KJ477	Cyder Vinegar	350ml	1.59	V
KJ067	Cyder Vinegar	5l	11.99	V
KJ252	Cyder Vinegar - og	25l		OV
KJ052	Cyder Vinegar - organic	1l	3.59	OV
KJ481	Cyder Vinegar - organic	350ml	1.69	VO
KJ069	Cyder Vinegar - organic	500ml	2.19	VO
KJ205	Cyder Vinegar - organic	5l	14.95	OV
KJ408	Golden Malt Vinegar	250ml	0.85	V
KJ381	Malt Vinegar	5l	11.15	V
KJ395	Raw Unfiltered Cyder Vinegar	500ml	2.59	OV
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	7.50	OV
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### ORGANICO

KJ419	Balsamic Glaze	150ml	3.95	OV
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### RAW HEALTH

KJ129	Raw Organic Cider vinegar	500ml	2.59	OV
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## WINES

### RED WINE

#### *Argentina*

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	13.10	OV
RS060	Shiraz Malbec - Elementos	75cl	9.25	FV

#### *Australia*

RS110	Shiraz Cabernet	75cl	13.27	OV
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#### *Austria*

RS025	Pinot Noir Meinklang	75cl	16.36	OVB
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#### *Bulgaria*

RS132	Cabernet Sauvignon Deer Point	75cl	8.25	V
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code	product	size	rrp	bfgosv
	<i>Chile</i>			
RS121	Cabernet Sauvignon - Ekun	75cl	11.99	OV
RS030	Merlot Carmenere	75cl	9.02	V
	<i>France</i>			
RS228	Chateau la Blanquerie	75cl	12.08	OV
RS010	Cotes du Rhone	75cl	11.80	OV
RS016	La Nature Le Rouge	75cl	10.00	OV
RS055	Merlot - Cuvee Gabriel	75cl	10.56	OV
RS006	Merlot - La Marouette	75cl	10.59	OV
RS104	Vacqueyras	75cl	17.92	OVB
	<i>Greece</i>			
RS080	Cabernet Sauvignon - Tsantali	75cl	11.85	OV
	<i>Italy</i>			
RS063	Era Nero d'Avola	75cl	11.23	OV
RS140	Nero d'Avola - Fedele	75cl	9.76	OV
RS023	Nero D'Avola Insieme S. Tresa	75cl	12.37	OV
RS094	Vino Rosso - Fedele	75cl	8.99	OV
	<i>Lebanon</i>			
RS033	Coteaux Les Cedres Du Liban	75cl	19.55	FV
	<i>South Africa</i>			
RS114	Cab Sauvignon - Running Duck	75cl	10.11	FOV
RS137	Dig This! Shiraz Cabernet	75cl	10.59	FOV
RS197	Merlot - Running Duck	75cl	9.69	FOV
RS138	Merlot - Stellar	75cl	10.11	FOV
RS076	Pinot Noir - River's End	75cl	11.67	FOV
RS196	Pinotage - Running Duck	75cl	10.16	FOV
RS116	Shiraz - Running Duck	75cl	9.64	FOV
	<i>Spain</i>			
RS232	Camino Tinto Tempranillo	75cl	8.66	OV
RS207	Cuesta Colora Tempranillo	75cl	11.74	OV
RS054	Dragora Syrah	75cl	9.42	OV
RS040	Dragora Tinto	75cl	8.75	OV
RS147	Rioja - Usoa de Bagordi	75cl	11.57	OV
RS103	Rioja Garnacha Crianza	75cl	14.96	OV
	<b>ROSE WINE</b>			
	<i>Argentina</i>			
RS061	Shiraz Rose - Elementos	75cl	8.91	FV
	<i>Bulgaria</i>			
RS174	Merlot Rose Deer Point	75cl	8.04	V
	<i>France</i>			
RS229	Grenache Rose - La Marouette	75cl	10.76	OV
	<i>Italy</i>			
RS139	Vino Rose - Fedele	75cl	9.76	OV
	<i>South Africa</i>			
RS118	Shiraz Rose - Running Duck	75cl	9.68	FOV
	<b>SPARKLING WINE</b>			
	<i>France</i>			
RS050	Champagne Carte d'Or	75cl	32.82	OV
	<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	15.20	OSV

code	product	size	rrp	bfgosv
<b>WHITE WINE</b>				
<i>Australia</i>				
RS109	Chardonnay	75cl	13.27	OV
RS117	Sauvignon Blanc	75cl	13.27	OV
<i>Bulgaria</i>				
RS133	Chardonnay Deer Point	75cl	8.25	V
<i>Chile</i>				
RS122	Viognier - Ekun	75cl	11.99	OV
<i>England</i>				
RS235	Horsmonden Dry White Davenport	75cl	17.60	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	13.10	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
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
<b>YEAST EXTRACTS</b>				
<b>ESSENTIAL TRADING</b>				
GH059	Yeast Extract	125g	3.45	V
GH058	Yeast Extract	250g	6.29	V
<b>MERIDIAN</b>				
GH160	Yeast Extract + B12 and salt	340g	3.99	V
GH098	Yeast Extract +B12, no salt	340g	3.99	V
<b>NATEX</b>				
GH055	Yeast Extract - Low Salt	225g	3.55	V

code

product

size

rrp

bfgosv

132

Vegan



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