

# Suma

CO-OPERATIVE SINCE 1977

**VEGAN**

JUL - AUG 2023

# VEGAN

## A bit more about it..

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

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

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



### Key BFGSOV

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

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

code	product	size	rrp	bfgosv
<b>ALCOHOL FREE BEVERAGES</b>				
<b>BELLE &amp; CO</b>				
JU030	Alcohol Free Sparkling Brut	750ml	5.75	V
JU031	Alcohol Free Sparkling Rose	750ml	5.75	V
<b>BELVOIR</b>				
JU559	Spiced Ginger Punch	750ml	4.79	GSV
	Alcohol Free Cocktails			
JU315	Juniper and Tonic - J&T	750ml	4.10	GSV
JU330	Passionfruit Martini	750ml	4.10	SV
	XMAS 2023			
JU326	Festive Fruit Punch	750ml	4.79	SV
JU739	Mulled Winter Punch	750ml	3.47	SV
<b>FUNGTN</b>				
RT001	Lion's Mane IPA 0.5%ABV	330ml	2.99	GV
RT004	Reishi Citra Beer 0.5% ABV	330ml	2.99	GV
RT010	Shiitake Dark Beer 0.5% ABV	330ml	2.99	GV
<b>GIMBER</b>				
JU283	Gimber - ginger concentrate	500ml	2.99	OSV
JU284	Gimber - ginger concentrate	200ml	13.49	OSV
<b>LA BREWERY</b>				
JU441	Citrus Hops Kombucha	330ml	2.15	SV
JU088	English Blush Kombucha	750ml	9.79	VS
JU440	English Rose Kombucha	750ml	9.79	V
JU443	Ginger Kombucha	330ml	2.15	SV
JU049	Strawberry Rhubarb Kombucha	330ml	2.49	SV
<b>ORGANICO</b>				
JU260	Apple Lemon Refresher	750ml	2.99	OV
JU259	Perfect Passionfruit Fizz	750ml	2.99	OV
<b>ST PETER'S</b>				
	Alcohol Free Beers			
JU037	St Peter's Without - Gold	500ml	2.15	V
JU038	St Peter's Without Original	500ml	2.15	V
JU048	St Peter's Without Pale Ale	500ml	2.19	OV
	XMAS 2023			
RT002	St Peter's Without Gift Pack	1g. pack	1.99	V
<b>ALCOHOLIC DRINKS</b>				
<b>HOLLOWS</b>				
	From Fentimans			
RT017	Superior Alcoholic Ginger Beer	500ml	4.23	GVS
<b>SOMETHING AND NOTHING</b>				
	Seltzer			
RT067	French Rose and Hibiscus Rose	330ml	3.45	V
RT042	Junmai Sake & Yuzu Spritz	330ml	3.75	GV
RT066	Sauvignon Blanc & Cucumber	330ml	3.45	V
<b>BABY &amp; CHILD FOOD</b>				
<b>ANNABEL KARMEL</b>				
BB092	Baby Pasta Shapes	250g	1.89	OV
<b>BEAR</b>				
ZX523	Paws- Raspberry & Blueberry	20g	0.65	GV
ZX520	Paws- Strawberry & Apple	20g	0.65	GV
	Paws in multipacks			
ZX189	Paws- Raspberry & Blueberry	5 x 20g	2.99	GV
ZX245	Paws- Strawberry & Apple	5 x 20g	2.99	GV
<b>CHEEKY MONKEY</b>				
BB024	Peanut Butter Puffs	60g	2.49	FGOV
<b>ELLA'S KITCHEN</b>				
	Smoothie Fruits			
BB238	The Green One - Multi Pack	5 x 90g	5.25	OV
BB048	The Green One - smoothie fruit	90g	1.90	OV
BB164	The Pink One	5 x 90g	5.25	OV

code	product	size	rrp	bfgosv
BB237	The Purple One - Multi Pack	5 x 90g	5.25	OV
BB007	The Purple One -smoothie fruit	90g	1.90	OV
BB239	The Red One - Multi Pack	5 x 90g	5.25	OV
BB011	The Red One - smoothie fruit	90g	1.90	OV
BB139	The White One - Multi Pack	4 x 90g	4.50	OV
BB236	The Yellow One - Multi Pack	5 x 90g	5.25	OV
BB010	The Yellow One -smoothie fruit	90g	1.90	OV
	Stage 1			
BB196	Apple & Pear Baby Rice	120g	1.65	OV
BB001	Apples & Bananas	120g	1.65	OV
BB198	Banana & Apricot Baby Rice	120g	1.65	OV
BB003	Broccoli, Pear & Peas	120g	1.65	OV
BB049	Butternut Squash, Carrot	120g	1.65	OV
BB006	Carrot, Apple & Parsnip	120g	1.65	OV
BB233	First Taste Mango Mango Mango	70g	1.29	OV
BB231	First Taste Pears Pears Pears	70g	1.29	OV
BB012	First Taste Prunes Prunes	70g	1.29	OV
BB095	Peaches & Bananas	120g	1.65	OV
BB063	Spinach, Apples & Swede	120g	1.65	OV
BB078	Strawberries & Apples	120g	1.65	OV
BB126	Sweet Potato,Broccoli,Carrot	120g	1.65	OV
	Stage 2			
BB058	Kitchen Vegetable Bake	130g	2.29	OV
	<b>LITTLE PASTA ORGANICS</b>			
BB008	Little Stars Baby Pasta	250g	2.39	OV
BB002	Mini Alphabet Baby Pasta	250g	2.39	OV
BB005	Red Lentil & Pea Risoni Pasta	250g	2.45	OV
	Pasta			
BB255	Animal Pasta Shapes - Tricolor	300g	2.99	OV
BB151	Gluten Free Mini Gnocchi	250g	2.65	GOV
BB043	Red Lentil Dinosaur Pasta	250g	3.55	GOV
BB051	Teddy Bear Pasta	300g	2.99	VO
BB174	Travel Shaped Pasta	300g	2.49	OV
	<b>ORGANIX</b>			
BB019	Banana Weaning Wands	25g	1.35	OV
BB020	Little Ruskits Vanilla	60g	1.79	OV
BB009	Magnificent 7 Veggies	130g	2.15	OV
BB015	Strawberry Weaning Wands	25g	1.34	OV
BB014	Very Veggie Pasta	190g	2.97	OV
	Cereals - Stage 2			
BB052	Banana & Plum Porridge	200g	3.50	OV
BB053	Multigrain Porridge	200g	3.50	OV
	Cereals - Stage 3			
BB057	Banana,Peach & Apple Muesli	200g	3.61	OV
	Finger Foods - from 7 months			
BB715	Crunchy Carrot Sticks	20g	0.81	OV
BB717	Crunchy Sweetcorn Rings	20g	0.76	OV
	Goodies Biscuits			
BB711	Alphabet Biscuits	5 x 25g	2.76	OV
BB022	Animal Biscuits	100g	2.37	OV
BB247	Gingerbread Men	135g	2.76	OV
	Goodies Fruit Snacks			
BB159	Apple & Date Chunky Fruit Bars	6 x 17g	2.88	OV
BB158	Banana & Date Chunky Fruit Bar	6 x 17g	2.88	OV
BB150	Raisins Mini Boxes	12 x 14g	2.71	OV
	Goodies Savouries			
BB549	Carrot Stix	15g	0.50	OV
	Goodies Snack Bars			
BB076	Apple & Orange Soft Oaty Bar	6 x 30g	3.65	OV
BB075	Carrot Cake Soft Oaty Bars	6 x 30g	3.65	OV

code	product	size	rrp	bfgosv
BB080	Raspberry & Apple Soft Oaty Rice Cake Clouds	6 x 30g	3.65	OV
BB030	Apple Rice Cake	40g	1.61	OV
BB039	Banana Rice Cake	40g	1.61	OV
BB036	Strawberry Rice Cake	40g	1.61	OV

## **BABY CARE**

### **BEAMING BABY**

NF031	Organic Bamboo Baby Wipes	80	4.99	V
NF022	Organic Bamboo Nappies Size 1	32	12.99	V
NF024	Organic Bamboo Nappies Size 2	30	12.99	V
NF025	Organic Bamboo Nappies Size 3	26	12.99	V
NF026	Organic Bamboo Nappies Size 4	24	12.99	V
NF028	Organic Bamboo Nappies Size 5 Nappies	22	12.99	V
NF636	Bio Degradable - Maxi Plus	29	12.49	V
NF637	Bio Degradable Nappy - Junior	25	11.99	V
NF633	Bio-Degradable Nappies - Mini	22	6.41	V
NF635	Biodegradable Nappies - Maxi	33	13.89	V
NF634	Biodegradable Nappies - Midi Nappy Sacks	38	13.92	V
NF259	Nappy Sacks - Fragrance Free Wipes	60	3.15	V
NF103	Organic Baby Wipes Unscented	72	4.69	OV

### **BIO D**

NF666	Nappy Fresh	500g	3.39	V
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### **EARTH FRIENDLY BABY**

DY535	Baby Wipes- Gentle Aloe Vera	72	3.90	V
DY524	Bubble Bath	300ml	5.39	OV
DY545	Shampoo & Bodywash	250ml	4.90	OV

### **NATRACARE**

NF099	Baby Wipes 50 Pack	50	4.59	OV
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### **THE CHEEKY PANDA**

NF143	Bamboo Nappies Size 1, 2-5kg	48	14.99	V
NF144	Bamboo Nappies Size 2, 3-8kg	44	14.99	V
NF580	Bamboo Wipes			
NF580	Baby Wipes x 64	64	2.99	V

### **WELEDA**

DY536	Calendula Shampoo & Body Wash	200ml	8.25	V
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## **BAGS, BOXES AND BASKETS**

### **SUMA**

	Mesh Counter Bags			
NF001	Cotton Mesh Produce Bag-Large	bag	2.99	OV
NF002	Cotton Mesh Produce Bag-Medium	bag	2.49	OV
NF003	Cotton Mesh Produce Bag-Small	bag	2.29	OV
	Shopping Bags			
NF437	String Bag-Lg Handles-Charcoal	bag	4.49	V
NF438	String Bag-Lg Handles-Ivory	bag	4.49	V
NF450	String Bag-Lg Handles-Mulberry	bag	4.49	V
NF051	String Bag-Lg Handles-Ochre	bag	3.82	V
NF451	String Bag-Lg Handles-Pumpkin	bag	4.49	V
NF439	String Bag-Lg Handles-Teal	bag	4.49	V

### **SUMA BRANDED BAGS**

	Suma Branded Bags			
NF100	Cool Bag Insulated Large	bag	3.99	V

### **SIESTA CRAFTS**

NF467	Recycled Saree Bag - Folding	each	4.79	FV
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## **BAKING SUNDRIES**

### **SUMA**

LJ039	Baking Powder - Gluten Free	200g	2.45	GV
LJ019	Cornflour	500g	2.25	V

code	product	size	rrp	bfgosv
LJ040	G/Free Bicarbonate of Soda	200g	1.79	GV
LJ223	Gluten Free Xanthan Gum	100g	3.39	GV
	<b>AUTHENTIC BREAD COMPANY</b>			
	XMAS 2023			
VF053	Luxury Mincemeat with Cognac	300g	4.86	OSV
	<b>BAKEDIN</b>			
	XMAS 2023			
LJ027	Gingerbread Mug Cake Mix	150g	2.95	SV
	<b>BREAD MATTERS</b>			
LJ218	Original Sourdough Starter	10g	4.99	OV
	<b>CERTO</b>			
LJ216	Apple Pectin	250ml	3.90	V
	<b>CLEARSPRING</b>			
LJ138	Agar Agar Flakes Gelling Agent	30g	5.99	OV
	<b>COCOA LOCO</b>			
KB139	Dark Chocolate Couverture	1.5kg	22.99	FOSV
	<b>D &amp; D CHOCOLATES</b>			
ZX374	Dairy Free Chocolate Chips	160g	4.69	SV
	<b>DOVES FARM</b>			
LJ206	Baking Powder	130g	1.95	GV
LJ202	Bicarbonate of Soda	200g	1.79	GV
LJ228	Choc Chip Cookie Mix	350g	3.49	GSV
LJ203	Cornflour Organic	110g	2.29	GOV
LJ233	Pancake Mix	300g	2.65	GV
LJ423	Quick Yeast	8 x 125g	1.75	GV
	<b>ENGEVITA</b>			
LJ144	Organic Yeast Flakes	100g	6.49	FGOV
LJ148	Super Yeast Flakes Vit D & B12	100g	4.79	GV
LJ143	Yeast Flakes Protein & Fibre	100g	3.95	FCV
LJ020	Yeast Flakes with Vitamin B12	100g	4.25	FCV
	<b>EPICURE</b>			
	XMAS 2023			
LJ187	Golden Marzipan	250g	2.39	SV
	<b>FERMIPAN</b>			
LJ061	Dried Yeast	500g	7.69	V
	<b>FOODS OF ATHENRY</b>			
	XMAS 2023			
VF264	Very Fruity Mince Meat	320g	7.21	GSV
	<b>FREE &amp; EASY</b>			
LJ009	Cheese Flavour Sauce Mix	130g	2.55	GSV
LJ016	Egg Replacer	135g	2.69	GV
	<b>JUST WHOLEFOODS</b>			
LJ162	Vegezet - setting agent	25g	2.79	V
	<b>MERIDIAN</b>			
	XMAS 2022			
VF084	Mince Pie Filling - Organic	320g	4.59	OV
	<b>MONTEZUMA'S</b>			
	Cooking Chocolate			
KB052	Dark Couverture	3kg	59.70	GOSV
	<b>MRS DARLINGTONS</b>			
	XMAS 2023			
VF002	Mincemeat with Brandy	410g	3.66	SV
	<b>NIELSEN MASSEY</b>			
LJ242	Madagascan Vanilla Extract	1l	135.00	GV
LJ252	Pure Almond Extract	60ml	4.85	V
LJ250	Pure Vanilla Extract	60ml	12.25	SV
LJ204	Vanilla Bean Paste	60ml	12.75	SV
LJ244	Vanilla Extract	60ml	1.85	GV
	<b>NOTORIOUS NOOCH</b>			
LJ266	B12 Cheesy Immature	80g	4.15	V
LJ267	B12 Smoky Bacon	80g	4.15	V
LJ268	B12 Super	80g	4.15	V

code	product	size	rrp	bfgosv
LJ067	Flame Grilled Chicken	80g	3.75	V
	<b>OGGS</b>			
LJ110	Aquafaba	1 l	8.59	V
LJ082	Aquafaba Egg Alternative	200ml	2.59	V
	<b>ORGRAN</b>			
LJ656	Egg Replacer	200g	3.15	GV
LJ077	Vegan Easy Egg	250g	4.79	GSV
	<b>PLAMIL</b>			
	Drops in 1kg bags			
KB651	Baking Chocolate	1kg	13.70	GSV
KB652	Organic Baking Chocolate	1kg	15.53	GOSV
KB658	Organic Rich Chocolate	1kg	16.13	GOSV
	<b>STEENBERGS</b>			
LJ116	Almond Extract	100ml	6.69	V
LJ117	Orange Flower Water Organic	100ml	4.19	OV
LJ085	Rose Water Organic	100ml	4.19	OV
	<b>SUPERGOOD! BAKERY</b>			
LJ010	Flippin' Lovely Pancake Mix	200g	3.69	GSV
LJ021	Wakey Protein Pancake Mix	200g	4.65	GSV
	<b>TAYLOR &amp; COLLEDGE</b>			
LJ115	Vanilla Bean Extract	100ml	1.55	FOV
LJ113	Vanilla Bean Paste	65g	7.95	SOV
LJ036	Vanilla Pods	4g	12.29	OV
	<b>THE RAW CHOCOLATE CO</b>			
WS183	Cacao Butter Buttons	200g	6.99	OV
	Chocolate Making Ingredients			
KB051	Raw Cacao Powder	180g	3.75	GOV
	<b>VEGO</b>			
KB072	Hazelnut Chocolate Melts	180g	6.15	OFVS
	<b>VIVANI ORGANIC CHOCOLATE</b>			
KB408	Dark Cooking Chocolate	200g	4.49	OSV
	<b>BEANS &amp; PULSES - CANNED</b>			
	<b>SUMA</b>			
VF707	Borlotti Beans	400g	0.79	V
VF119	Butter Beans	400g	0.79	V
VF709	Cannellini Beans	400g	0.79	V
VF117	Chickpeas	400g	0.79	V
VF118	Red Kidney Beans	400g	0.79	V
	<b>SUMA ORGANIC</b>			
VF675	Aduki Beans - organic	400g	1.15	OV
VF800	Baked Beans - Low Sugar	400g	1.39	OV
VF550	Baked Beans - Organic	400g	1.39	OSV
VF625	Black Beans - organic	400g	1.15	OV
VF900	Black Beans - Organic	2.6kg	4.29	OV
VF230	Black Beluga Lentils - organic	400g	1.25	OV
VF300	Black Chickpeas - organic	400g	1.15	OV
VF630	Borlotti Beans - organic	400g	1.15	OV
VF073	Brown Lentils - organic	400g	1.15	OV
VF645	Butter Beans - organic	400g	1.19	VO
VF395	Cannellini Beans - organic	400g	1.15	OV
VF642	Chickpeas - organic	400g	1.15	VO
VF785	Chickpeas - organic	2.6kg	4.39	OV
VF647	Green Lentils - organic	400g	1.15	VO
VF644	Haricot Beans - organic	400g	1.15	VO
VF649	Mixed Beans - organic	400g	1.15	VO
VF255	Pinto Beans - organic	400g	1.15	OV
VF643	Red Kidney Beans - organic	400g	1.19	VO
	Canned From Fresh			
VF123	Fresh Borlotti Beans - Organic	400g	1.39	OV
VF169	Fresh Cannellini - Organic	400g	1.39	OV
VF560	Fresh Chickpeas - Organic	400g	1.39	OV

code	product	size	rrp	bfgosv
VF950	Fresh Edamame Soybeans - Org	200g	1.49	OV
VF350	Fresh Flageolet Beans - Org	200g	1.25	OV
<b>BIONA</b>				
VF222	Baked Beans - Organic	400g	1.89	OSV
LJ167	Brown Lentil Curry	400g	1.99	OV
VF042	Chilli Beans - Organic	395g	1.89	OSV
VF227	Chilli Black Beans - Organic	400g	1.69	OV
VF306	Edamame Beans	200g	2.90	OV
<b>BIONOVA</b>				
VF495	Baked Beans - organic	340g	1.99	OSV
<b>GEO</b>				
VF133	Edamame Beans in Water	400g	2.99	V
<b>HODMEDOD'S</b>				
VF232	Organic Carlin Peas	400g	1.89	OV
VF129	Organic Vaal Dhal - British	400g	2.90	OSV
VF098	Organic Whole Fava Beans	400g	1.89	OV
<b>MR ORGANIC</b>				
VF215	BBQ Baked Beans	400g	1.79	OV
VF059	Brazilian Style Black Beans	400g	2.90	OV
VF216	Chilli Mixed Beans	400g	1.79	OV
VF120	Greek Style Butter Beans	400g	2.90	OV
VF178	Italian Style Cannellini beans	400g	2.90	OV
VF198	Mexican Style Beans and Corn	400g	2.90	OV
VF245	Moroccan Style Chickpeas	400g	2.90	OV
<b>BEANS &amp; PULSES - DRIED</b>				
<b>SUMA PREPACKS</b>				
PU013	Beluga Lentils	500g	2.95	V
PU144	Black Turtle Beans	500g	2.15	V
PU017	Blackeye Beans	500g	2.25	V
PU078	Broth Mix	500g	1.65	V
PU066	Butter Beans	500g	3.15	V
PU067	Chickpeas	500g	2.50	V
PU065	Lentils - brown	500g	1.99	V
PU133	Lentils - Dark Speckled	500g	3.25	V
PU069	Lentils - green	500g	1.99	V
PU076	Lentils - red split	500g	1.95	V
PU072	Marrowfat Peas	500g	2.25	V
PU177	Moong Dahl	500g	2.69	V
PU070	Split Peas - green	500g	1.55	V
PU080	Split Peas - yellow	500g	1.55	V
<b>SUMA PREPACKS - ORGANIC</b>				
PU202	Aduki Beans - Organic	500g	3.85	VO
PU222	Bean Mix - organic	500g	3.39	OV
PU034	Black Turtle Beans	500g	2.85	OV
PU004	Broth Mix - Organic	500g	2.25	OV
PU345	Butter Beans - organic	500g	4.25	VO
PU225	Cannellini Beans - organic	500g	3.15	OV
PU369	Chickpeas - organic	500g	2.79	VO
PU182	Green Split Peas - organic	500g	2.29	OV
PU145	Haricot Beans - organic	500g	3.39	OV
PU135	Lentils - Brown, organic	500g	2.55	VO
PU167	Lentils - Dark Speckled, org	500g	4.15	OV
PU129	Lentils - Green, organic	500g	2.69	VO
PU294	Lentils - Red split organic	750g	3.25	OV
PU267	Lentils - Red split, organic	500g	2.35	VO
PU151	Mung Beans - organic	500g	4.15	VO
PU136	Pinto Beans - organic	500g	3.15	OV
PU156	Red Kidney Beans - organic	500g	3.35	OV
PU146	Soya Beans - organic	500g	2.75	OV
PU166	Yellow Split Peas - organic	500g	2.19	OV
<b>HODMEDOD'S</b>				



code	product	size	rrp	bfgosv
PU008	Carlin Peas Organic	500g	2.19	OV
PU029	Fava Beans Organic - whole	500g	2.49	OV
PU007	Olive Green Lentils	500g	3.29	V
<b>BEERS</b>				
<b>BUDELS</b>				
RT131	Budels Lager	330ml	2.45	OV
<b>LITTLE VALLEY BREWERY</b>				
RT027	Cragg Bitter	500ml	2.69	OV
RT016	Python IPA	500ml	2.95	OV
RT015	Tod's Blonde	500ml	2.85	OV
RT024	Withens Pale Ale	500ml	2.69	OV
<b>SAM SMITHS</b>				
RT009	Chocolate Stout	550ml	4.49	OV
RT008	Organic Pale Ale	550ml	4.25	OV
RT120	Pure Brewed Organic Lager	550ml	4.25	OV
<b>BISCUITS CRACKERS &amp; CRISPbread</b>				
<b>ADONIS</b>				
Keto Crackers				
BT432	Black Pepper & Sea Salt	60g	3.35	OV
BT433	Olive & Chia Seeds	60g	3.35	OV
<b>AMISA</b>				
BT119	Chickpea Crispbread	100g	2.90	GOV
BT185	Crispbread - Buckwheat W/grain	120g	2.95	GOV
BT289	Crispbread - Quinoa Fibre Plus	100g	1.89	OV
BT291	Crispbread - Veggie Garden GF	100g	1.89	GOV
BT159	Protein Lentil Crispbread	100g	2.19	GOV
<b>BIONA</b>				
BT005	Grissini Breadsticks - Quinoa	125g	2.75	OV
BT004	Grissini Breadsticks - Sesame	125g	2.55	OV
BT166	Hazelnut Syrup Waffles	175g	3.25	OSV
<b>BONN'S &amp; CO</b>				
BT161	Cracker GF	150g	3.99	GV
BT175	Traditional Water Cracker	162g	3.89	V
<b>CLEARSPRING</b>				
BT229	Brown Rice Cakes	120g	1.59	GOV
BT261	Brown Rice Cakes	120g	1.59	GOV
BT270	Brown Rice Cakes	120g	1.69	GOV
BT276	Brown Rice Cakes	120g	1.69	GOV
BT277	Brown Rice Cakes	120g	1.69	GOV
BT318	Oatcakes - Sea Vegetable	200g	3.59	OV
BT290	Oatcakes - Sun Dried Tom /Herb	200g	3.59	OV
BT319	Oatcakes, Traditional, Organic	200g	2.99	OV
BT317	Organic Corncakes	130g	1.79	GOV
BT631	Rice Cakes - 3 Grain, Thin,Org	130g	1.79	GOV
BT630	Rice Cakes - Lightly Salted	130g	1.79	GOV
BT629	Rice Cakes - No Added Salt,Org	130g	1.79	GOV
BT576	Rye Crispbread - Original	200g	1.59	OV
BT577	Rye Crispbread - Sesame	200g	1.89	OV
<b>DOVES FARM</b>				
BT295	Choc Chip Cookies	180g	2.59	GOSV
BT092	Digestive Biscuits	400g	2.79	OSV
BT010	Digestives	200g	1.69	OSV
BT271	Double Chocolate Cookies - GF	180g	2.59	GOSV
BT202	Fruity Oat Digestives	200g	2.90	OSV
BT269	Lemon Zest Cookies - GF	150g	2.50	GOSV
BT029	Organic Ginger Oat Biscuits	200g	2.45	OSV
BT008	Stem Ginger Cookies - GF	150g	2.50	GOSV
<b>DR KARG</b>				
BT001	3 Grains & 3 Seeds Crispbreads	200g	3.50	OV
BT812	Classic 3 Seed Crispbread	200g	3.20	OV
<b>EASY BEAN</b>				

code	product	size	rrp	bfgosv
	CRACKERS			
BT304	Fava Bean & Poppy Seed Crackers	150g	4.15	GV
BT305	Greenpea & Chia Seed	150g	4.15	GV
BT303	Red Lentil & Poppy Seed	150g	4.15	GV
BT279	Turmeric & Nigella Seed	150g	4.15	GV
BT285	Yellow Pea & Sunflower Seed	160g	4.15	GV
	<b>FINN CRISPBREADS</b>			
BT025	Multigrain	175g	1.79	V
BT003	Original Rye	200g	1.79	V
BT002	Original Rye	250g	1.79	V
	<b>HONEYROSE</b>			
BT227	Date & Walnut Toast	110g	4.90	GOSV
BT228	Hazelnut & Agen Plum Toast	110g	4.90	GOSV
BT230	Kale & Spiced Nut Toast	110g	4.90	GOSV
	<b>ISLAND BAKERY ORGANICS</b>			
	Oatcakes			
BT351	Black Pepper Oatcakes	135g	2.79	VOS
BT355	Original Oatcakes	135g	2.49	OSV
BT374	Three Seed Oatcakes	135g	2.79	OSV
	<b>KALLO</b>			
BT045	Ancient Grain Corn Cakes	150g	2.49	GOV
BT152	Blueberry/Van Rice/Corn Cakes	131g	2.99	GSV
BT184	Corn Cakes OG	130g	2.25	GOV
BT085	Lentil&Pea Veggie Cake	122g	3.59	GV
	Lentil Cakes			
BT578	Protein Lentil Cake	100g	2.45	GV
	Rice Cakes			
BT034	Original Organic Wholegrain	130g	2.15	GVO
BT036	Thick Slice Sesame Rice Cake	130g	1.89	GOV
BT240	Thin Slice No Salt - organic	130g	2.50	GVO
	Snack Pack			
BT298	Beetroot & Balsamic Veggie Veggie Cakes	22g	1.15	V
BT146	Beetroot Veggie Cakes	122g	3.59	SV
BT421	Caramelised Onion Veggie Cakes	122g	3.59	SV
BT153	Spinach & Pesto Veggie Cakes	122g	3.59	SV
BT418	Tomato Salsa, Lime Veg Cakes	122g	3.59	SV
	<b>LAZY DAY</b>			
BT320	Belgian Dark Chocolate Tiffin	150g	3.45	SV
BT197	Free From Shortbread	150g	3.29	GV
BT199	Golden Syrup Oaties	150g	3.29	GSV
BT316	Millionaires Shortbread	150g	3.45	GSV
BT436	Orange Tiffin	150g	3.45	GV
BT437	Rocky Road	150g	3.45	GV
BT443	Salted Caramel Crispie	150g	3.45	GV
	XMAS 2023			
BT214	Dark Belgian Choc Ginger Snaps	125g	4.25	GV
BT140	Ginger Tiffin	150g	3.45	GVS
BT037	Scottish Vegan Mini Shortbread	250	7.71	GSV
	<b>LE PAIN DES FLEURS</b>			
BT094	Buckwheat Crispbread	150g	4.19	GOV
BT189	Buckwheat Crispbread no Salt	150g	4.19	GOV
BT095	Chestnut Crispbread	150g	4.59	GOV
BT093	Quinoa Crispbread	150g	4.59	GOV
	<b>LOTTIE SHAW'S</b>			
ZX693	Vegan Gingerbread Man	50g	1.35	SV
	<b>MR ORGANIC</b>			
BT354	Breadstick Classic	150g	3.29	OV
BT361	Breadstick with Olives	130g	3.29	OV
BT030	Chocolate Chip Digestive	250g	2.59	OSV

code	product	size	rrp	bfgosv
ZX221	Cocoa Biscuits	250g	2.39	OSV
BT350	Flatbread Classic	150g	3.29	OV
BT345	Flatbread with Rosemary	150g	3.29	OV
BT047	Ginger Biscuits with Lemon	250g	2.39	OSV
ZX219	Orange Biscuits/Cocoa Beans	250g	2.79	OSV
BT066	Tomato & Oregano Biscuits	250g	2.79	OSV
<b>MRS CRIMBLES</b>				
BT245	Chocolate Macaroons	195g	2.15	GSV
BT288	Coconut Macaroon	180g	1.95	GSV
<b>NAIRN'S</b>				
BT419	Coconut and Chia Oat Biscuit	200g	2.50	SV
BT009	Mixed Pepper & Sea Salt Oatcak	200g	2.90	SV
BT090	Oatcakes - Fine	218g	1.49	V
BT046	Oatcakes - Fruit & Seed	225g	2.90	SV
BT273	Oatcakes - Organic	250g	1.85	OV
BT275	Oatcakes - Traditional Rough	291g	1.59	V
BT386	Oatcakes -Organic Super Seeded	200g	2.90	OV
ZX338	Original Flatbread	150g	2.39	GSV
BT027	Sourdough Flatbreads Gluten Free	125g	2.39	GSV
BT200	GF Apple&Cinnamon Chunky Bisc	160g	2.69	GSV
BT108	GF Biscuit Breaks Oat & Fruit	160g	2.69	GSV
BT267	GF Biscuit Breaks Stem Ginger	160g	2.69	GSV
BT571	GF Blueb&Rasp Chunky Buscuits	160g	2.69	GSV
BT549	GF Super Seeded Oatcake	180g	2.59	GV
BT420	Gluten Free Oatcakes Wheat Free Biscuits	213g	2.59	GV
BT414	Mixed Berry	200g	2.50	SV
BT415	Stem Ginger	200g	2.50	SV
<b>ORGANICO</b>				
	Rustic Breadsticks			
BT065	Classic Grissini - og	120g	2.35	OV
BT061	Omega Grissini - og	120g	2.35	OV
BT068	Sesame Grissini - og	120g	2.65	OV
BT067	Spelt Grissini - og	120g	2.95	OV
<b>ORIGIN EARTH</b>				
BT390	Gluten Free Crackers	150g	2.99	GV
BT389	Gluten Free Crackers Fennel	150g	2.99	GV
BT387	Gluten Free Crackers Sesame	150g	2.99	GV
<b>PETER'S YARD</b>				
BT171	Sourdough F'Bread Smoke Chilli	115g	2.85	V
BT170	Sourdough Flatbreads Sea Salt	115g	2.85	V
BT173	Sourdough Flatbreads Seeded Sourdough Crackers	135g	2.85	V
BT011	Poppy Seed	100g	2.75	SV
BT007	Rosemary & Sea Salt	90g	2.75	SV
<b>PRODIGY</b>				
	Phenomenoms			
BT423	Chocolate Digestives	32g	1.30	V
BT427	Chocolate Digestives	128g	2.89	V
BT428	Chocolate Oaties	32g	1.30	V
BT429	Chocolate Oaties	128g	2.89	V
<b>REAL FOODS</b>				
BT381	Corn Thins - Original	150g	1.95	GV
<b>RHYTHM 108</b>				
	Biscuit Share Bags			
BT333	Almond Biscotti	135g	3.29	GOV
BT334	Coconut Cookie	135g	3.29	GOV
BT335	Double Choco Hazelnut Biscuits	135g	3.29	OVG
BT431	Hazelnut Chocolate Chip	135g	3.29	OSV
BT430	Hazelnut Chocolate Praline	135g	3.29	OSV

code	product	size	rrp	bfgosv
BT344	Lemon Ginger Chia Biscuits	135g	3.29	GOSV
	Soft Filled Cookies			
BT216	Chocolate Hazelnut Ganache	50g	1.75	OVS
BT115	Double Chocolate Peanut	50g	1.75	OVS
<b>RUDE HEALTH FOODS</b>				
BT300	Buckwheat Crackers	100g	2.49	GOV
BT147	Chickpea & Lentil Crackers	120g	1.99	GOV
BT372	Chickpea Triangles	80g	1.85	GOV
BT054	Corn Crackers	130g	1.99	GOV
BT371	Corn Triangles	100g	1.85	GOV
BT266	Ginger & Turmeric Oaty	200g	2.49	SV
BT313	High Protein Lentil Triangles	70g	1.85	GV
BT309	Multigrain Crackers	100g	2.49	GOV
<b>SWEET FA</b>				
	By Island Bakery			
BT358	Cranberry & Orange Cookies	125g	3.50	GOSV
BT359	Double Choc Chip Cookies	125g	3.50	GOSV
BT362	Oat & Raisin Cookies	125g	3.50	GOSV
BT364	Peanut Butter Cookies	125g	3.50	GOSV
<b>BODY CARE</b>				
<b>ALTER/NATIVE BY SUMA</b>				
	20L/5L POS Refill Accessories			
DY484	5l pump - 30ml Dispenser	each	5.39	V
NF531	Drum Pump - Fits 15l & 20l Accessories	each	9.39	V
DY644	Bamboo Soap Dish - Rectangle	1 DISH	4.65	V
DY643	Bamboo Soap Dish - Round	1 DISH	3.35	V
DY110	Organic Cotton Soap Bag	bag	1.95	OV
DY609	Travel Soap Tin - Double Size	tin	5.99	V
DY153	Travel Soap Tin - Round Tin	tin	3.99	V
DY607	Travel Soap Tin - Single Size	tin	3.99	V
	Hair-Conditioner Bars/Boxed			
DY999	Hair Conditioner Bar - Coconut	90g	5.45	V
DY995	Hair Conditioner Bar - Rose	90g	5.45	V
DY994	Hair Conditioner Bar -Lavender	90g	5.45	V
DY993	Hair Conditioner Bar -P'chouli	90g	5.45	V
DY646	Hair Conditioner Bar -PG'fruit	90g	5.45	V
	Hair-Shampoo Bars/Boxed/Glyc			
DY997	Shampoo Bar-Glycerine-Coconut	90g	4.15	V
DY996	Shampoo Bar-Glycerine-P'chouli	90g	4.15	V
DY604	Shampoo Bar-Glycerine-PG'fruit	90g	4.15	V
	Hair-Shampoo Bars/Boxed/PF			
DY992	Shampoo Bar - Rose & Geranium	95g	3.25	V
DY991	Shampoo Bar-Lavender&Geranium	95g	3.25	V
	Haircare - Conditioner 400ml			
DY031	Conditioner - Clear & Simple	400ml	5.99	V
DY041	Conditioner - Coconut & Argan	400ml	5.99	V
DY039	Conditioner - Lav & Geranium	400ml	5.99	V
DY037	Conditioner - Patchouli	400ml	5.99	V
DY043	Conditioner - Pink Grapefruit	400ml	5.99	V
DY042	Conditioner - Rose & Geranium	400ml	5.99	V
DY036	Conditioner - Tea Tree & Aloe	400ml	5.99	V
	Haircare - Conditioner 5l			
DY045	Conditioner - Clear & Simple	5l	43.99	V
DY053	Conditioner - Coconut & Argan	5l	43.99	V
DY052	Conditioner - Lav & Geranium	5l	43.99	V
DY049	Conditioner - Patchouli	5l	43.99	V
DY057	Conditioner - Pink Grapefruit	5l	43.99	V
DY055	Conditioner - Rose & Geranium	5l	43.99	V
DY047	Conditioner - Tea Tree & Aloe	5l	43.99	V

code	product	size	rrp	bfgosv
	Haircare - Shampoo 400ml			
DY001	Shampoo - Clear & Simple	400ml	5.99	V
DY017	Shampoo - Coconut & Argan Oil	400ml	5.99	V
DY016	Shampoo - Lavender & Geranium	400ml	5.99	V
DY009	Shampoo - Patchouli	400ml	5.99	V
DY021	Shampoo - Pink Grapefruit	400ml	5.99	V
DY019	Shampoo - Rose & Geranium	400ml	5.99	V
DY003	Shampoo - Tea Tree & Aloe	400ml	5.99	V
	Haircare - Shampoo 5l			
DY022	Shampoo - Clear & Simple	5l	43.99	V
DY028	Shampoo - Coconut & Argan Oil	5l	43.99	V
DY027	Shampoo - Lavender & Geranium	5l	43.99	V
DY026	Shampoo - Patchouli	5l	43.99	V
DY030	Shampoo - Pink Grapefruit	5l	43.99	V
DY029	Shampoo - Rose & Geranium	5l	43.99	V
DY025	Shampoo - Tea Tree & Aloe	5l	43.99	V
	Skincare - Body Wash 400ml			
DY061	Body Wash - Clear & Simple	400ml	5.99	V
DY070	Body Wash - Coconut & Argan	400ml	5.99	V
DY069	Body Wash - Lav & Geranium	400ml	5.99	V
DY068	Body Wash - Patchouli	400ml	5.99	V
DY074	Body Wash - Pink Grapefruit	400ml	5.99	V
DY073	Body Wash - Rose & Geranium	400ml	5.99	V
DY066	Body Wash - Tea Tree & Aloe	400ml	5.99	V
	Skincare - Body Wash 5l			
DY078	Body Wash - Clear & Simple	5l	43.99	V
DY087	Body Wash - Coconut & Argan	5l	43.99	V
DY085	Body Wash - Lav & Geranium	5l	43.99	V
DY082	Body Wash - Patchouli	5l	43.99	V
DY089	Body Wash - Pink Grapefruit	5l	43.99	V
DY088	Body Wash - Rose & Geranium	5l	43.99	V
DY081	Body Wash - Tea Tree & Aloe	5l	43.99	V
	Skincare - Hand Wash 300ml			
DY108	Hand Wash - Coconut & Argan	300ml	4.75	V
DY102	Hand Wash - Lav & Geranium	300ml	4.75	V
DY101	Hand Wash - Patchouli	300ml	4.75	V
DY120	Hand Wash - Pink Grapefruit	300ml	4.75	V
DY112	Hand Wash - Rose & Geranium	300ml	4.75	V
DY096	Hand Wash - Tea Tree & Aloe	300ml	4.75	V
	Skincare - Hand Wash 5l			
DY125	Hand Wash - Coconut & Argan	5l	43.99	V
DY124	Hand Wash - Lav & Geranium	5l	43.99	V
DY122	Hand Wash - Patchouli	5l	43.99	V
DY130	Hand Wash - Pink Grapefruit	5l	43.99	V
DY129	Hand Wash - Rose & Geranium	5l	43.99	V
DY121	Hand Wash - Tea Tree & Aloe	5l	43.99	V
	Soap-All-In-One/Boxed/PalmFree			
DY657	All-In-One - Earthbound Bar	95g	3.25	V
DY658	All-In-One - Far & Away Bar	95g	3.25	V
	Soap-Glycerine/Loose			
DY652	Glycerine Soap - Almond Milk	90g	2.15	V
DY540	Glycerine Soap - G'fruit&Aloe	90g	2.15	V
DY555	Glycerine Soap - Hemp & Vit E	90g	2.15	V
DY654	Glycerine Soap - Lav & Vetiver	90g	2.15	V
DY655	Glycerine Soap - Mandarin	90g	2.15	V
DY656	Glycerine Soap - Orange Bloss	90g	2.15	V
DY532	Glycerine Soap - Rose&Geranium	90g	2.15	V
DY013	Glycerine Soap - White Lav	90g	2.15	V
	Soap-Glycerine/Loose/Palm Free			
DY965	Glycerine Soap - Coconut	90g	3.15	V

code	product	size	rrp	bfgosv
DY960	Glycerine Soap - Coffee & Cedar	90g	3.15	V
DY959	Glycerine Soap - Jasmine Musk	90g	3.15	V
DY964	Glycerine Soap - Lav & Geranium	90g	3.15	V
DY962	Glycerine Soap - Patchouli	90g	3.15	V
DY971	Glycerine Soap - Pink G'fruit	90g	3.15	V
DY967	Glycerine Soap - Rose & Geranium	90g	3.15	V
DY961	Glycerine Soap - Tea Tree & Aloe	90g	3.15	V
	Soap-Handmade/Boxed/Gift Sets			
DY554	Gift Set - Apothecary - 4 Bars	set	1.95	V
DY316	Gift Set - Botanical - 4 Bars	set	12.45	V
DY317	Gift Set - Floral - 4 Bars	set	14.95	V
DY550	Gift Set - Herbal - 4 Bars	set	1.95	V
DY542	Gift Set - Nature's - 4 Bars	set	1.95	V
	Soap-Handmade/Boxed/Palm Free			
DY433	Boxed Soap Aloe Vera	95g	2.55	V
DY497	Boxed Soap Bergamot & Green Tea	95g	2.55	V
DY452	Boxed Soap Cinnamon & Orange	95g	2.55	V
DY476	Boxed Soap Coconut Milk & Ylang	95g	2.55	V
DY448	Boxed Soap G'fruit & Mandarin	95g	2.55	V
DY440	Boxed Soap L'grass & Chamomile	95g	2.55	V
DY438	Boxed Soap Lavender & Lime	95g	2.55	V
DY446	Boxed Soap P'mint & Pine Oil	95g	2.55	V
DY560	Boxed Soap Patchouli & Hemp	95g	2.55	V
DY502	Boxed Soap Rose & Geranium	95g	2.55	V
DY445	Boxed Soap Rosemary & Lavender	95g	2.55	V
DY444	Boxed Soap Tea Tree & E'lyptus	95g	2.55	V
	Soap-Skincare/Boxed/Palm Free			
DY998	Skincare-Ayurvedic Soap Bar	95g	3.25	V
DY990	Skincare-Detox Bar-Charcoal	95g	3.25	V
DY988	Skincare-Facial Bar-Cocoa	95g	3.25	V
DY662	Skincare-Moisturising Bar-Rose	90g	7.49	V
DY661	Skincare-Pink Clay Cleanser	95g	3.25	V
DY989	Skincare-Shaving Bar Cedarwood	95g	3.25	V
	<b>ALOE PURA</b>			
DY600	Aloe Vera Face Wash	150ml	5.99	V
DY040	Aloe Vera Gel	200g	6.99	V
DY196	Aloe Vera Gel + Tea Tree	200ml	7.49	V
DY199	Aloe Vera Gel + Vitamin A C E	200ml	7.49	V
	Suncare			
DY303	Aloe Vera After Sun Lotion	200ml	9.49	V
DY211	Aloe Vera Sun Lotion SPF 50	200ml	19.99	V
	<b>BEN &amp; ANNA</b>			
	Deodorant Stick in Paper Tube			
DY065	Soda Deodorant - Coco Mania	40g	7.45	OV
DY076	Soda Deodorant - Green Fusion	40g	7.45	OV
DY083	Soda Deodorant - Mint	40g	7.45	OV
DY185	Soda Deodorant - Persian Lime	40g	7.45	OV
DY816	Soda Deodorant - Pink G/Fruit	40g	7.45	OV
DY077	Soda Deodorant - Urban Black	40g	7.45	OV
	Sensitive Deodorant			
DY462	Deodorant - Highland Breeze	60g	1.95	OV
DY458	Deodorant - Japanese Blossom	60g	1.95	OV
DY463	Deodorant - Lemon & Lime	60g	1.95	OV
	Shampoo Flakes			
DY206	Shampoo Flakes - Aloe Vera	2 x 20g	5.95	V
DY227	Shampoo Flakes - Sea Buckthorn	2 20g	5.95	V
	<b>DR BRONNER'S</b>			
DY443	Lavender - Pump Soap	355ml	13.99	FOV
DY183	Lavender All In One Magic Soap	240ml	9.69	FOV
DY338	Lavender Castile Liquid Soap	3.8l	77.99	FGOVB

code	product	size	rrp	bfgosv
	473ml Bottle			
DY198	Baby All In One Magic Soap	475ml	14.99	FOV
DY205	Lavender Castile Liquid Soap	473ml	14.99	FOV
DY201	Orange All In One Magic Soap	475ml	14.99	FOV
DY207	Peppermint Castile Liquid Soap	473ml	14.99	FOV
	475ml Bottle			
DY191	Almond All In One Magic Soap	475ml	14.99	FOV
	945ml Bottle			
DY208	Almond All In One Magic Soap	945ml	24.49	FOV
DY572	Orange All In One Magic Soap	945ml	24.49	FOV
	946ml Bottle			
DY209	Baby Castile Liquid Soap	945ml	24.49	FOV
DY213	Lavender Castile Liquid Soap	945ml	24.49	FOV
DY214	Peppermint Castile Liquid Soap	945ml	24.49	FOV
	Bar Soap			
DY117	Almond Pure Castile Bar Soap	140g	6.39	FOV
DY118	Baby Castile Bar Soap	140g	6.39	FOV
DY123	Lavender Castile Bar Soap	140g	6.39	FOV
DY119	Orange Castile Bar Soap	140g	6.39	FOV
DY138	Peppermint Castile Bar Soap	140g	6.39	FOV
	Hand Sanitiser			
DY455	Hand Sanitiser - Lavender	60ml	5.49	FOV
DY479	Hand Sanitiser - Peppermint	60ml	5.49	FOV
	<b>DR ORGANIC</b>			
	ARGAN OIL			
DY615	Moroccan Argan Oil Body Wash	250ml	6.49	V
DY610	Moroccan Argan Oil Conditioner	265ml	6.99	V
DY580	Moroccan Argan Oil Hair Serum	100ml	15.99	V
DY596	Moroccan Argan Oil Shampoo	265ml	6.99	V
DY587	Moroccan Argan Oil Treatment	200ml	8.99	V
	GUAVA			
DY575	Guava Body Wash	250ml	6.49	V
DY578	Guava Exfoliating Face Wash	150ml	7.49	V
DY574	Guava Gel Face Mask	50ml	7.49	V
DY577	Guava Gel Moisturiser	50ml	1.99	V
	ROSE OTTO			
DY618	Rose Otto Body Wash	250ml	6.49	V
DY631	Rose Otto Conditioner	265ml	6.99	V
DY623	Rose Otto Day Cream	50ml	1.99	V
DY647	Rose Otto Deodorant	50ml	5.99	V
DY622	Rose Otto Face Wash	150ml	7.49	V
DY635	Rose Otto Shampoo	265ml	6.99	V
	SKIN CLEAR			
DY667	Charcoal Face Mask	100ml	7.99	V
DY663	Deep Pore Face Wash	125ml	7.49	V
DY671	Exfoliating Scrub	150ml	6.99	V
DY666	Oil Control Moisturiser	50ml	7.99	V
DY664	Purifying Toner	200ml	7.99	V
DY665	Treatment Gel	10ml	6.49	V
	<b>EARTH CONSCIOUS</b>			
	Deodorant Balm in a Tin			
DY148	Natural Deodorant - Lavender	60g	6.99	V
DY157	Natural Deodorant - Peppermint	60g	6.99	V
	Stick Deodorant in Paper Tube			
DY136	Natural Deodorant - Grapefruit	60g	6.99	V
DY137	Natural Deodorant - Jasmine	60g	6.99	V
DY144	Natural Deodorant - Lavender	60g	6.99	V
DY141	Natural Deodorant - Lemon	60g	6.99	V
DY145	Natural Deodorant - Peppermint	60g	6.99	V
DY143	Natural Deodorant - Pure	60g	6.99	V

code	product	size	rrp	bfgosv
	<b>EMMA'S SOAP</b>			
NF038	Bamboo Soap Dish	90g	6.80	V
	<b>ETHIQUE</b>			
	Accessories			
DY521	Aqua In - Shower Container	1	1.99	FV
	Body Butter			
DY499	Body Butter Jasmine+YlangYlang	100g	12.00	FV
DY519	Body Butter Swt Orange+Vanilla	100g	12.00	FV
	Body Wash			
DY492	Bodywash Lavender + Peppermint	120g	5.50	FV
DY496	Bodywash Orange + Vanilla	120g	5.50	FV
	CONCENTRATES			
DY547	Bloom Conditioner Concentrate	25g	7.00	FV
DY552	Sorbet Hand Wash Concentrate	50g	7.00	FV
	CONDITIONER BARS			
DY465	Curliosity Conditioner Bar	110g	14.00	FV
DY451	The Guardian Conditioner Bar	60g	14.00	FV
	DISCOVERY PACKS			
DY523	Discovery Pack - Balanced Hair	45g	8.50	FV
DY522	Discovery Pack - Dry Hair	45g	8.50	FV
	SHAMPOO BARS			
DY428	Frizz Wrangler Shampoo Bar	110g	13.00	FV
DY429	Heali Kiwi Shampoo Bar	110g	13.00	FV
DY434	Pinkalicious Shampoo Bar	110g	13.00	FV
DY439	Professor Curl Shampoo Bar	108g	13.00	FV
	<b>FAITH IN NATURE</b>			
	2.5 Litre - Body Wash			
DY406	Body Wash-Lavender/Geranium	2.5l	26.00	GVB
DY418	Body Wash-Wild Rose	2.5l	26.00	GVB
	2.5 Litre - Conditioner			
DY381	Conditioner-Lavender/Geranium	2.5l	3.00	GVB
DY409	Conditioner-Wild Rose	2.5l	3.00	GVB
	2.5 Litre - Shampoo			
DY395	Shampoo-Lavender/Geranium	2.5l	3.00	GVB
DY413	Shampoo-Wild Rose	2.5l	3.00	GVB
	5 Litres Bulk - Body Wash			
DY877	Body Wash - Aloe Vera	5l	5.00	V
DY883	Body Wash - Coconut	5l	5.00	V
DY430	Body Wash - Dragon Fruit	5l	5.00	V
DY427	Body Wash - Fragrance Free	5l	5.00	V
DY267	Body Wash - Tea Tree	5l	5.00	V
DY459	Body Wash - Wild Rose	5l	5.00	V
DY266	Body Wash-Grapefruit & Orange	5l	5.00	V
DY870	Body Wash-Lavender & Geranium	5l	5.00	V
	5 Litres Bulk - Conditioner			
DY874	Conditioner - Aloe Vera	5l	57.00	V
DY879	Conditioner - Coconut	5l	57.00	V
DY288	Conditioner - Tea Tree	5l	57.00	V
DY442	Conditioner - Wild Rose	5l	57.00	V
DY437	Conditioner-Grapefruit & Orange	5l	57.00	V
DY867	Conditioner-Lavender&Geranium	5l	57.00	V
	5 Litres Bulk - Hand Wash			
DY473	Hand Wash - Wild Rose	5l	5.00	V
DY268	Hand Wash-Aloe Vera & Tea Tree	5l	5.00	V
DY270	Hand Wash-Lavender & Geranium	5l	5.00	V
	5 Litres Bulk - Shampoo			
DY871	Shampoo - Aloe Vera	5l	57.00	V
DY881	Shampoo - Coconut	5l	57.00	V
DY436	Shampoo - Grapefruit & Orange	5l	57.00	V
DY188	Shampoo - Jojoba	5l	57.00	V



code	product	size	rrp	bfgosv
DY868	Shampoo - Lavender & Geranium	5l	57.00	V
DY135	Shampoo - Seaweed & Citrus	5l	57.00	V
DY280	Shampoo - Tea Tree	5l	57.00	V
DY441	Shampoo - Wild Rose	5l	57.00	V
	5L Bulk - Hand and Body Lotion			
DY614	Coconut	5l	57.00	V
DY620	Grapefruit & Orange	5l	57.00	V
DY612	Lavender & Geranium	5l	57.00	V
	Accessories			
HJ210	Aluminium Refill Bottle	450ml	4.99	V
HJ023	Pump for 5ltr Bulk Containers	each	6.29	V
	Body Wash			
DY104	Body Wash - Aloe Vera	400ml	5.99	V
DY351	Body Wash - Avocado	400ml	5.99	GV
DY880	Body Wash - Coconut	400ml	5.99	V
DY981	Body Wash - Dragon Fruit	400ml	5.99	V
DY044	Body Wash - Fragrance Free	400ml	5.99	V
DY501	Body Wash - Grapefruit & Orange	400ml	5.99	V
DY285	Body Wash - Hemp & Meadowfoam	400ml	5.99	V
DY244	Body Wash - Jojoba	400ml	5.99	V
DY848	Body Wash - Seaweed	400ml	5.99	V
DY628	Body Wash - Shea & Argan	400ml	5.99	V
DY107	Body Wash - Tea Tree	400ml	5.99	V
DY132	Body Wash - Wild Rose	400ml	5.99	V
DY105	Body Wash-Lavender & Geranium	400ml	5.99	V
	Conditioner			
DY128	Conditioner - Wild Rose	400ml	6.69	V
DY221	Conditioner - Aloe Vera	400ml	6.69	V
DY329	Conditioner - Avocado	400ml	6.69	V
DY354	Conditioner - Blueberry	400ml	6.69	GV
DY830	Conditioner - Coconut	400ml	6.69	V
DY919	Conditioner - Dragon Fruit	400ml	6.69	V
DY033	Conditioner - Fragrance Free	400ml	6.69	V
DY223	Conditioner - Jojoba	400ml	6.69	V
DY846	Conditioner - Rosemary	400ml	6.69	V
DY845	Conditioner - Seaweed & Citrus	400ml	6.69	V
DY626	Conditioner - Shea & Argan	400ml	6.69	V
DY222	Conditioner - Tea Tree	400ml	6.69	V
DY508	Conditioner-Grapefruit & Orange	400ml	6.69	V
DY890	Conditioner-Lavender&Geranium	400ml	6.69	V
	Gift Sets			
DY310	Soap Gift Set	3 x 100g	6.00	VB
	Hair Masks			
DY541	Hair Mask Coconut & SheaButter	300ml	6.99	V
	Hand & Body Lotion			
DY613	Hand & Body Lotion Coconut	400ml	6.69	V
DY616	Hand Body Lotion G'Fruit Ornge	400ml	6.69	V
DY611	Hand Body Lotion Lav Geranium	400ml	6.69	V
	Hand Wash			
DY894	Hand Wash - Coconut	400ml	4.59	V
DY301	Hand Wash - Seaweed & Citrus	400ml	4.59	V
DY245	Hand Wash-Aloe Vera & Tea Tree	400ml	4.59	V
DY505	Hand Wash-Grapefruit & Orange	400ml	4.59	V
DY312	Hand Wash-Lavender & Geranium	400ml	4.59	V
DY553	Wild Rose Hand Wash	400ml	4.59	V
	Men's Range			
DY054	Body Wash - Blue Cedar	400ml	5.99	V
DY048	Shampoo - Blue Cedar	400ml	6.69	V
DY056	Wrapped Soap - Blue Cedar	100g	2.99	V
	Shampoo			

code	product	size	rrp	bfgosv
DY844	Shampoo - Aloe Vera	400ml	6.69	V
DY328	Shampoo - Avocado	400ml	6.69	V
DY875	Shampoo - Coconut	400ml	6.69	V
DY920	Shampoo - Dragon Fruit	400ml	6.69	V
DY032	Shampoo - Fragrance Free	400ml	6.99	V
DY512	Shampoo - Grapefruit & Orange	400ml	6.69	V
DY420	Shampoo - Hemp & Meadowfoam	400ml	6.69	V
DY839	Shampoo - Jojoba	400ml	6.69	V
DY503	Shampoo - Lavender & Geranium	400ml	6.69	V
DY843	Shampoo - Rosemary	400ml	6.69	V
DY842	Shampoo - Seaweed & Citrus	400ml	6.69	V
DY625	Shampoo - Shea & Argan	400ml	6.69	V
DY509	Shampoo - Tea Tree	400ml	6.69	V
DY127	Shampoo - Wild Rose	400ml	6.69	V
	Shampoo Bars			
DY478	Shampoo Bar - Dragon Fruit	85g	7.00	V
DY480	Shampoo Bar Lavender	85g	7.00	V
DY477	Shampoo Bars Coconut SheaButtr	85g	7.00	V
	Soap - Loose			
DY050	Loose Soap - Aloe Vera	100g	2.28	V
DY918	Loose Soap - Coconut	100g	2.28	V
DY637	Loose Soap - Fragrance Free	100g	2.28	V
DY640	Loose Soap - Grapefruit	100g	2.28	V
DY154	Loose Soap - Hemp	100g	2.28	V
DY005	Loose Soap - Lavender	100g	2.28	V
DY006	Loose Soap - Orange	100g	2.28	V
DY008	Loose Soap - Rosemary	100g	2.28	V
DY239	Loose Soap - Tea Tree	100g	2.28	V
	Soap - Wrapped			
DY051	Wrapped Soap - Aloe Vera	100g	2.99	V
DY909	Wrapped Soap - Coconut	100g	2.99	V
DY461	Wrapped Soap - Lavender	100g	2.99	V
DY579	Wrapped Soap - Wild Rose	100g	2.99	V
	XMAS 2023			
DY642	Bodywash Travel Gift Set 300ml	300ml	5.00	VB
DY638	Coconut Handwash & Body Lotion	2 x 400	9.99	V
DY641	G'Fruit & Orange Bodycare Set	2 x 400	9.99	VB
	<b>FRIENDLY SOAP</b>			
	All in One Bar			
DY106	Natural Travel Soap	95g	2.95	V
	Cleansing Bars			
DY163	Cleansing Bar	95g	2.95	V
DY165	Cleansing Bar	95g	2.95	V
	Conditioner Bars			
DY421	Conditioner Bar	90g	4.95	V
DY424	Conditioner Bar	90g	4.95	V
	Gift Sets			
DY357	Facial Selection - 4 flavours	480g	1.99	V
DY355	Soap Selection - 4 flavours	480g	9.49	V
	Shampoo Bars			
DY095	Shampoo Bar	95g	2.95	V
DY103	Shampoo Bar	95g	2.95	V
DY507	Shampoo Bar	95g	2.95	V
DY510	Shampoo Bar	95g	2.95	V
	Shaving Range			
DY093	Natural Shaving Bar	95g	2.95	V
DY514	Shaving Bar	95g	2.95	V
	<b>FRUU</b>			
DY257	Colour Balm Lip Trio	set	14.99	V
DY252	Watermelon Lip Balm Trio Set	set	8.99	V

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DY229	XMAS 2023 Christmas Lip Balm Trio Set	set	8.99	V
	<b>GREEN PEOPLE</b>			
DY258	Organic Skincare Prebiotic Foot Cream	50ml	14.29	GOV
DY262	Scent Free and Organic Anti-Ageing Eye Cream	10ml	16.29	GOV
DY275	Calming Serum	50ml	23.99	GOV
DY273	Cleanser and Make-up Remover	150ml	23.99	GOV
DY278	Day Moisturiser	50ml	22.99	GOV
DY259	Face Cream Anti Ageing 24hr	50ml	22.99	GOV
	<b>HILL BRUSH COMPANY</b>			
NF783	Back & Body Brush	each	12.29	V
	<b>HUMBLE</b>			
NF536	Bamboo Cotton Swabs - White	100	1.99	V
NF200	Reusable Face Mask	1	3.99	V
	<b>LAVERA</b>			
DY963	Basis All-Round Cream	150ml	9.85	OV
DY230	Body Lotion	250ml	11.35	OV
DY202	Deodorant - Roll On	50ml	9.75	OV
DY589	Hand Cream	75ml	4.50	OV
DY581	Moisturising Face Cream	50ml	15.45	OV
	<b>LOOFCO</b>			
DY092	Bath Time Loofah	1	3.59	V
DY091	Body Loofah	1	2.79	V
	<b>MAISTIC</b>			
NF382	Face Pads Reusable	3cloth	3.21	V
	<b>MILLY AND SISSY</b>			
DY210	Almond and Honey Hand Wash Set	1 set	18.50	V
DY283	Alpine Flowers Hand Wash Set	1 set	15.50	V
DY313	Body Wash Refills 40g	40g	5.50	V
DY284	Passion Fruit Body Wash Set	1 set	21.50	V
	<b>NATURES AID</b>			
DY226	Almond Oil	150ml	5.45	V
DY233	Comfrey Oil	150ml	4.95	V
DY271	Rose Water Traditional	150ml	5.45	V
DY307	Witch Hazel - Distilled	150ml	4.45	V
	<b>OLIVA</b>			
DY090	Aloe Vera Olive Oil Soap	100g	1.99	V
DY290	Olive Oil Soap	6 x 125g	1.99	V
DY561	Olive Oil Soap - Large Bar	600g	3.99	V
DY094	Tea Tree Olive Oil Soap	100g	1.99	V
	<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	16.79	V
DY659	Pure Chilean Rosehip Oil	20ml	12.59	V
DY660	Pure Chilean Rosehip Oil	50ml	24.15	V
	<b>SIMPLY GENTLE</b>			
DY097	Cotton Buds - organic	200	2.59	VO
DY098	Organic Cotton Wool Balls	100	2.59	OV
DY099	Organic Cotton Wool Pads	100	2.59	OV
	<b>THE PRINTED PEANUT</b>			
DY987	Boxed Soaps 3 in 1 Travel Soap	95g	6.00	V
	<b>TINTS OF NATURE</b>			
DY388	Hand Sanitising Gel	100ml	3.00	V
	<b>WELEDA</b>			

code	product	size	rrp	bfgosv
DY387	Bath & Shower Sea Buckthorn Creamy Body Wash	200ml	8.25	V
DY636	Body Care Arnica Massage Oil	100ml	16.29	V
DY152	Deodorant Spray Deodorant - Citrus	100ml	11.49	V
DY151	Spray Deodorant - Sage	100ml	11.49	V
DY305	Wild Rose Spray Deodorant	100ml	11.59	V
DY927	Facial Care Pomegranate Firming Day Cream	30ml	23.29	V
DY134	Skin Food Skin Food Body Butter	150ml	23.99	FVB
DY086	Skin Food Body Lotion	200ml	14.95	FVB
DY181	Skin Food Cleansing Balm	75ml	12.95	VF
DY133	Skin Food Light	75ml	11.49	FV
DY180	Skin Food Night Cream	40ml	14.95	VF
DY179	Skin Food Nourishing Day Cream	40ml	14.95	VF
DY189	Skin Food Ultra Light Dry Oil	100ml	15.95	FVB
<b>WILD</b>				
	Deodorant Refills			
DY184	Deodorant Refill C\Nut Vanilla	40g	6.00	V
DY142	Deodorant Refill Cot. Sea Salt	40g	6.00	V
DY064	Deodorant Refill Cot. SeaSalt	40g	6.00	V
DY174	Deodorant Refill Jas.Mandarin	40g	6.00	V
DY114	Deodorant Refill Mint AloeVera	40g	6.00	V
DY115	Deodorant Refill Pom & Pink	40g	6.00	V
	Reusable Deodorant Cases			
DY109	Deodorant Aqua Case F\Cotton	40g	13.00	V
DY011	Deodorant Aqua Case Mint Aloe	40g	13.00	V
DY010	Deodorant Black Case F\Cotton	40g	13.00	V
DY007	Deodorant Gold Case Pom\grt	40g	13.00	V
DY126	Deodorant Pink Case Jasmin	40g	13.00	V
DY140	Deodorant Purple Case Coconut	40g	13.00	V
<b>YARE VALLEY</b>				
DY234	Balm Stick - Vanilla & Lemon	4g	2.79	V
DY585	Lip Balm - Elderflower & Clem	15g	3.99	V
DY236	Lip Balm Tin - Vanilla & Lemon	15g	3.95	V
	XTMAS 2023			
DY186	All Natural Lip Balm Gift pack	2 x 15g	9.25	V
<b>BREADS &amp; BREAD MIXES</b>				
<b>AMAIZIN</b>				
BT268	0g Tortilla Wraps Extra Fibre	240g	2.95	OV
BT329	Organic Tortilla Wraps	240g	2.95	OV
<b>AMISA</b>				
BT125	GF Olive Ciabatta	180g	3.55	GOV
BT472	Seeded Breakfast Rolls	188g	3.55	GOV
BT468	Sundried Tomato Ciabatta	180g	3.75	GOV
<b>BIONA</b>				
BT135	Pizza Base - 2 Per Retail Pack	300g	3.50	OV
BT440	Pumpernickel Bread	500g	2.75	OV
BT461	Rice Bread with Sunflower Seed	500g	6.90	GOV
BT464	Rye Bread - Amaranth & Quinoa	500g	2.85	OV
BT073	Rye Bread - Chia & Flax	500g	2.95	OV
BT438	Rye Bread - Hemp Seed	500g	2.95	OV
BT206	Rye Bread - Omega 3	500g	2.75	OV
BT207	Rye Bread - Pumpkin Seed	500g	2.95	OV
BT210	Rye Bread - Sunflower Seed	500g	2.75	OV
BT439	Rye Bread - Vitality	500g	2.85	OV
BT145	Rye Bread - Wholegrain	500g	2.75	OV
BT422	Spelt Pizza Base - Organic	300g	4.25	OV

code	product	size	rrp	bfgosv
	<b>DILLON ORGANIC</b>			
BT449	Beetroot Flax Keto Bread	250g	4.99	GOV
BT463	Chia Flax Keto Bread	250g	4.99	GOV
BT447	Original Flax Keto Bread	250g	4.99	GOV
BT079	Sliced Gluten Free Olive Bread	275g	4.79	GOV
BT084	Sliced Gluten Free Seeded Brea	275g	4.79	GOV
	<b>EVERFRESH NATURAL FOODS</b>			
BT048	Malt & Raisin Loaf	330g	2.39	OV
BT015	Sliced Sprouted Rye Bread	380g	3.90	OV
BT018	Sliced Sprouted Wheat Bread	380g	3.90	OV
BT934	Sprouted Rye Bread	400g	2.65	OV
BT935	Sprouted Spelt Bread	400g	3.55	OV
BT086	Sprouted Wheat Bread	400g	2.59	OV
	<b>FLORENTIN</b>			
BT091	Mini Naan Pita	280g	2.99	OSV
BT552	Pitta Bread - spelt	260g	2.70	OV
BT360	Pitta Bread - white	260g	2.25	OV
BT376	Pitta Bread - wholemeal	280g	2.25	OV
	<b>FREE &amp; EASY</b>			
FG059	Afternoon Tea Scone Mix	350g	3.79	GSV
FG056	Middle Eastern Flatbread Mix	250g	3.25	GV
FG057	Yorkshire Pudding Mix	155g	2.79	GV
	<b>GO VEGAN</b>			
	XMAS 2023			
BT322	Chocolate Panettone	500g	18.99	OSV
	<b>ISABEL'S NATURALLY FREE FROM</b>			
FG186	Baked Donut Mix Gluten Free	100g	3.15	GV
	<b>PROBIOS</b>			
	XMAS 2023			
BT407	Dark Chocolate Panettone	300g	9.30	OSV
BT293	Spelt Sourdough Panettone	300g	9.25	OSV
	<b>SCHNITZER GLUTEN FREE</b>			
BT467	Baguette Classic	360g	4.90	GOV
BT466	Baguette Grainy Linseed/Sesame	320g	4.90	GOV
	<b>SUPERGOOD! BAKERY</b>			
FG023	Go Splits! Banana Bread Mix	250g	3.69	GSV
	<b>BURGERS SAUSAGES &amp; TVP MIXES</b>			
	<b>SUMA PREPACKS</b>			
VF160	Burger Mix - Vegan	350g	6.15	V
VF154	Nut Roast Mix - Gluten Free	340g	3.49	GSV
VF153	Nut Roast Mix - Savoury/Vegan	370g	3.45	VS
VF162	Sausage Mix - Vegan	350g	5.45	V
SY109	Vegan TVP Mince	250g	2.29	V
	<b>ARTISAN NATURES KITCHEN</b>			
VF205	Moroccan Spiced GF Burger Mix	200g	2.89	GSV
VF206	Sweet Chilli GF Burger Mix	200g	2.89	GSV
	<b>CLEARSPRING</b>			
SY074	Organic Soya Chunks	200g	3.49	GOV
SY071	Organic Soya Mince	300g	4.90	GOV
	<b>GORDON RHODES</b>			
	XMAS 2022			
VF024	Apple, Apricot & Bay Stuffing	125g	2.79	GSV
	XMAS 2023			
VF034	Chestnut & Cranberry Stuffing	125g	3.71	GSV
VF045	Sage & Red Onion Stuffing	125g	3.71	GSVB
	<b>GRANOSE</b>			
VF087	Lincolnshire Sausage Mix	150g	1.85	V
	<b>JUST WHOLEFOODS</b>			
VF706	Vegetarian Banger Mix -organic	125g	2.39	OV
VF705	Vegetarian Burger Mix	125g	2.39	OV
	<b>MRS CRIMBLES</b>			
	XMAS 2023			

code	product	size	rrp	bfgosv
VF060	Stuffing Mix	150g	2.29	GV
	<b>ORGANICO</b>			
SY236	Fajita Strips	110g	3.75	OV
SY235	Soya Kebab Pieces	100g	3.75	OV
	<b>PROFUSION</b>			
SY092	Protein Chunks Pea & Fava	125g	3.85	GOV
SY095	Protein Mince Pea & Fava	125g	3.85	GOV
	<b>SHROPSHIRE SPICE</b>			
	XMAS 2023			
VF307	Bread Sauce - Gluten Free	100g	2.30	GSV
VF004	Chestnut, Cranb & App Stuffing	150g	1.75	SV
VF095	Cider Apple and Sage Stuffing	150g	1.65	SV
VF092	Cranb/Oran/Chestnut Stuffing	150g	1.65	SV
VF308	GF Cran/Apple Stuffing Mix	120g	2.30	GSV
VF309	GF Parsley/Thyme Stuffing Mix	120g	2.30	GSV
VF310	GF Sage/Onion Stuffing Mix	120g	2.30	GSV
VF109	Mushroom, Garlic and Herb	150g	1.65	SV
VF011	Parsley,Thyme & Lemon Stuffing	150g	1.65	SV
VF217	Roasted Chestnut Stuffing	150g	1.65	SV
VF150	Sage & Onion Stuffing	150g	1.65	SV
VF029	Sage and Roast Onion Stuffing	150g	1.75	SV
VF078	Sage Lemon & Chestnut Stuffing	150g	1.75	SV
	<b>TOFU TASTY</b>			
SY043	Tofu Knots	150g	4.59	V
	<b>CAKES</b>			
	<b>AUTHENTIC BREAD COMPANY</b>			
	XMAS 2023			
BT028	Luxury Christmas Cake	450g	11.00	OSV
BT039	Luxury Mince Pies	200g	4.94	OSV
BT040	Luxury Mince Pies	200g	5.71	OSVG
BT154	Vegan Christmas Cake	450g	11.00	OSV
	<b>EVERFRESH NATURAL FOODS</b>			
BT014	Mixed Fruit & Warm Spice Cake	300g	5.79	OV
BT012	Rich Cacao & Sweet Prune Cake	300g	5.79	OV
BT246	Sprouted Banana & Walnut Cake	350g	4.29	OV
BT242	Sprouted Carrot & Raisin Cake	350g	3.89	OV
BT366	Sprouted Chocolate Cake	350g	3.99	OV
BT241	Sprouted Date & Pecan Cake	350g	4.65	OV
BT365	Sprouted Fig & Orange Cake	350g	3.99	OV
BT238	Sprouted Ginger Cake	350g	4.65	OV
BT368	Sprouted Rye Ginger Cake	350g	4.65	OV
	<b>FOODS OF ATHENRY</b>			
	XMAS 2023			
BT148	Very Fruity Mince Pies	280g	5.12	GSV
	<b>FREE &amp; EASY</b>			
FG031	Breakfast Pancake	230g	3.25	GSV
	Gluten & Dairy Free			
BT072	Chocolate Brownie Mix	350g	4.29	GSV
	<b>LOTTIE SHAW'S</b>			
	XMAS 2023			
KB533	Seriously Good Mince Pies	245g	4.31	SV
	<b>MRS CRIMBLES</b>			
FG017	Pancake and Batter Mix	200g	1.99	GV
	<b>SPECIALITE LOCALE</b>			
	Loaf Cakes			
BT396	Dutch Apple Loaf Cake	1loaf	4.90	SV
BT384	Stem Ginger Loaf Cake	1loaf	4.90	SV
	<b>SUPERGOOD! BAKERY</b>			
	Brownie Crisps			
LJ035	Choc Chip Hazelnut	110g	3.59	GSV
LJ064	Choc Chip Sea Salt	110g	3.59	GSV

code	product	size	rrp	bfgosv
LJ029	Double Choc Chip	110g	3.59	GSV
<b>CANDLES, INCENSE &amp; HOLDERS</b>				
<b>DALIT GOODS</b>				
XMAS 2023				
NF047	Blue 5 pce Bauble set	5	19.99	GV
NF049	Dalit 5 pce Gold Bauble set	5	19.99	GV
NF046	Festive Bauble set	5	19.99	GV
<b>GREATER GOODS</b>				
Display Units With Stock				
NF365	Display with Stock - 162 Units	1	2.00	FV
Mother's Vegan Incense				
NF444	Incense Cinnamon & Spice	12 sticks	2.00	FV
NF440	Incense Frankincense	12 sticks	2.00	FV
NF441	Incense Patchouli	12 sticks	2.00	FV
The Mother's India Incense				
NF411	Incense - Shanti	20 sticks	3.50	FV
<b>MOORLANDS CANDLES</b>				
Plant Based Candle				
NF436	Candle Standard 9" White	pairs	4.49	V
<b>SIESTA CRAFTS</b>				
NF285	Satya Sai Nag Champa Incense	15g	1.25	FV
NF577	Satya Sai Patchouli Incense	15g	1.25	FV
NF576	Satya Sai Sandalwood Incense	15g	1.25	FV
NF578	Satya Sai White Sage Incense	15g	1.25	FV
XMAS 2023				
NF282	Festive Sari Stocking	each	7.49	V
NF257	Thai Flower Tealights	10	5.75	FV
<b>WAFI ROOM FRAGRANCE</b>				
NF527	Lavender Air Freshener	100ml	5.99	OV
NF528	Lemongrass Room Fragrance	100ml	5.99	OV
<b>CEREALS &amp; MUESLIS</b>				
<b>ALARA</b>				
MX082	Bircher Apple and Cinnamon	650g	3.59	OV
MX123	Classic Apple Bircher	450g	3.85	OV
MX099	Everyday Muesli	550g	3.29	OV
MX085	Fruits and Seeds Muesli	650g	3.59	OV
MX047	Muesli Super Fruits	500g	4.39	OV
Everyday Range				
MX023	Gluten Free Muesli - organic	250g	3.59	GOV
MX031	Rich Muesli - organic	500g	3.35	OV
Into The Garden				
MX236	Active Muesli	250g	4.39	GOV
<b>AMISA</b>				
FX016	Organic Porridge Oats	325g	2.75	GOV
MX029	Spelt Puffs - Organic	200g	2.55	OV
<b>BEAR</b>				
MX202	Alphabites Cereal - Cocoa	350g	2.79	V
MX203	Alphabites Cereal - Multigrain	350g	2.79	V
<b>BIO &amp; ME</b>				
MX077	Apple & Cinnamon Granola	360g	4.49	V
MX070	Apple & Cinnamon Porridge Pot	58g	1.39	V
MX116	Burst Gluten Free Granola	350g	4.69	GV
MX117	Cashew & Almond GF Granola	350g	4.69	GV
MX013	Cocoa & Hazelnut Granola	360g	4.49	V
MX075	Fruit & Nut Muesli	400g	3.69	V
MX008	Low Sugar Granola	360g	4.49	V
MX050	Seed & Nut Gluten Free Granola	350g	4.49	GV
MX030	Super Berry Granola	360g	4.49	V
MX020	Super Seedy & Nutty Granola	60g	1.39	V
MX071	Super Seedy & Nutty Granola	360g	4.49	V

code	product	size	rrp	bfgosv
MX076	Super Seedy & Nutty Porridge	58g	1.39	V
	<b>BIONA</b>			
MX058	Pure Oaty Granola	375g	5.50	OSV
	<b>DOVES FARM</b>			
MX019	Cereal Flakes	375g	3.99	GOSV
MX988	Chocolate Stars	300g	3.25	GOV
MX632	Corn Flakes	325g	3.15	GOV
MX171	Fibre Flakes	375g	3.85	GOSV
MX086	Fruit & Fibre Flakes	375g	4.99	GOV
MX002	Porridge Oats	430g	4.90	GOV
MX087	Supergrain Hoops	300g	3.85	GOV
	Ancient Grains			
MX090	Breakfast Flakes	375g	4.69	GOV
MX081	Cereal Hoops	300g	4.49	GOV
MX080	Fruit & Fibre Flakes	375g	4.99	GOSV
	Snack Size			
MX115	Chocolate Stars	25g	0.75	GOSV
MX074	Corn Flakes	30g	0.75	GOSV
MX073	Fibre Flakes	30g	0.75	GOSV
	Wholegrain			
MX088	Cocoa Rice Pops	300g	3.55	GOSV
	<b>GLEBE FARM</b>			
FX037	Porridge Oats GF	450g	2.65	GV
MX106	Porridge Oats GF	450g	2.79	GOV
	<b>KALLO</b>			
MX124	Puffed Rice Cereal - Natural	225g	3.69	GOV
	<b>LIZI'S</b>			
MX061	Belgian Choc	400g	4.19	SV
MX181	Gluten Free Granola	400g	4.59	GV
MX264	High Protein Granola	350g	4.45	SV
MX014	Low Sugar Maple & Pecan	500g	4.45	SV
MX207	Low Sugar Nut & Seeds	500g	4.29	SV
MX178	Mango & Macadamia	400g	4.19	SV
MX011	Organic Granola	400g	4.59	OSV
MX125	Original	500g	3.99	SV
MX177	Pistachio & Passionfruit	400g	4.19	SV
MX016	Super Muesli Boost	400g	4.25	V
MX021	Super Muesli Focus	400g	4.25	V
MX018	Super Muesli Glow	400g	4.25	V
MX064	Treacle & Pecan	400g	4.19	SV
	<b>NAIRN'S</b>			
MX152	Gluten Free Porridge Oats	450g	3.90	GV
MX154	Muesli - Gluten Free	450g	3.59	GSV
MX114	Porridge Oats with Maple Syrup	400g	3.55	GSV
	<b>NATURES PATH ORGANIC</b>			
MX602	Gorilla Munch	300g	4.55	GOVS
MX194	Maple Sunrise	332g	4.75	GOSV
MX885	Mesa Sunrise	355g	4.95	GOSV
MX884	Millet Rice	375g	4.29	OV
	Envirokidz			
MX079	Choco Chimps	284g	4.59	GOVS
	<b>PLANET ORGANIC</b>			
MX165	Super Berry Paleo Granola	350g	6.99	GOSV
	<b>POST</b>			
MX121	Grapenuts	580g	5.49	V
	<b>PRIMROSE'S KITCHEN</b>			
MX109	Beetroot & Ginger Muesli	400g	4.49	GOV
MX104	Carrot, Apple & Cinnamon Muesli	400g	4.49	GOV
MX098	Fig & Apricot Bircher OG	400g	4.49	GOV
	<b>RAW GORILLA</b>			
MX102	Keto Berry Granola	250g	5.99	GOV



code	product	size	rrp	bfgosv
MX103	Keto Chocolate Granola	250g	5.99	GOV
MX113	Mighty Muesli	250g	5.99	GOV
MX105	Mighty Muesli Choc Chip	250g	5.99	GOV
<b>RUDE HEALTH FOODS</b>				
MX110	Chocolate Crunch Granola	400g	3.99	VS
	Flakes			
MX127	Spelt Flakes	300g	3.25	V
	Granola			
MX067	Crunchy Almond Granola	400g	3.99	SV
MX108	Crunchy Berry Granola	400g	4.99	OSV
MX069	Low Sugar Granola	400g	3.99	SV
	Muesli			
MX143	Bircher Muesli - Soft & Fruity	400g	3.49	V
MX065	Coconut Muesli	400g	3.49	GV
MX060	Ultimate Muesli	400g	4.99	OSV
	Porridge			
MX055	5 Grain 5 Seed Porridge	400g	2.99	V
MX054	Fruity Date Porridge	400g	2.99	V
MX208	Gluten Free Sprouted Porridge	400g	4.99	GOV
	Puffs			
MX101	Choco Vanilla Puffs	200g	3.75	GOV
MX120	Puffed Brown Rice	225g	2.39	GV
MX118	Puffed Oats	175g	2.25	V
<b>SHARPHAM PARK</b>				
MX022	Millers Muesli	450g	3.89	OV
MX051	Spelt Bran Flakes	375g	3.59	SV
<b>SPOON CEREALS</b>				
MX039	Apple + Almond Butter Granola	400g	4.79	GV
MX003	Cinnamon + Pecan Granola	400g	4.79	GV
MX005	The Low Sugar One Granola	400g	4.79	GV
<b>WHOLE EARTH</b>				
MX172	Classic Cornflakes - organic	375g	3.19	GOSV
MX158	Cocoa Crunch	375g	3.29	OSV
MX174	Maple Frosted Flakes - og	375g	3.95	GOSV
MX162	Red Fruit Crunch	450g	3.95	OSV
<b>CHEESE, NON DAIRY (CHILLED)</b>				
<b>APPLEWOOD</b>				
CV033	Grated Cheese	200g	3.15	GV
CV615	Smoked Cheese Block	200g	2.80	GSV
CV618	Smoked Cheese Slices	200g	3.10	GV
<b>BONSAN</b>				
CV490	Almond Spread - Plain	125g	3.35	OV
CV527	Almond Spread - Wild Garlic	125g	3.35	OV
<b>BUTE ISLAND FOODS</b>				
CV141	Blue Style Wedge	200g	2.70	GV
CV820	Garlic & Chive	200g	2.70	GV
CV016	Greek Style	200g	2.45	GV
CV751	Grilling Block	200g	2.70	V
CV191	Mighty Mature Cheddar Style	200g	2.45	GV
CV187	Mild Cheddar Style	200g	2.45	GV
CV755	Red Leicester Style	200g	2.70	GV
CV294	Smoked Cheddar	200g	2.70	GV
CV288	Strong Cheddar Wedge	200g	2.65	GV
CV596	Wensleydale Style	200g	2.70	GV
	Creamy Sheese			
CV302	Creamy Cheddar Spread	255g	2.65	GSV
CV307	Creamy Chive Spread	255g	2.65	GSV
CV308	Creamy Garlic and Herb Spread	255g	2.65	GSV
CV284	Creamy Onion & Black Pepper	255g	2.65	GSV
CV315	Creamy Original Spread	255g	2.65	GSV

code	product	size	rrp	bfgosv
CV024	Creamy Sweet Chilli Spread Grated Sheese	255g	2.65	GV
CV165	Grated Mature Cheddar Style	200g	3.10	GV
CV186	Grated Mild Cheddar Style	200g	3.10	GV
CV183	Grated Mozzarella Style Sliced Sheese	200g	3.10	GV
CV749	Cheddar Jalapeno Slices	180g	2.70	V
CV540	Mature Cheddar Style Slices	180g	2.65	V
CV541	Mild Cheddar Style Slices	180g	2.65	V
CV542	Mozzarella Style Slices	180g	2.65	GV
CV748	Red Leicester Style Slices	180g	2.65	V
<b>I AM NUT OK</b>				
	Artisan Not Cheese			
CV786	Bluffalo Notzzarella Cheese	200g	4.99	V
CV787	C'e Dairy Cheese	120g	6.99	V
CV788	Fetamorphosis Cheese	140g	5.99	V
CV790	G.O.A.T. Tangy Cheese	120g	6.99	V
CV810	Meltdown Cheese	200g	5.50	V
CV791	Minerthreat Charcoal Cheese	120g	6.99	V
CV798	Nerominded Truffle Cheese	120g	6.99	V
CV805	Oh Grate Cheese	100g	4.99	V
CV811	Paparica Smoked Cheese	120g	6.99	V
CV812	Sauvignonsense Cabernet Cheese	120g	6.99	V
<b>KOKO DAIRY FREE</b>				
CV688	Cheddar Cheese Alternative	200g	2.49	GV
<b>MEXICANA</b>				
CV535	Spicy Mexican Cheddar Style	200g	2.80	GV
<b>MOUSE'S FAVOURITE</b>				
CV080	Aged Classic Cheese	125g	9.00	OV
CV086	Apricot Cheese	135g	8.25	OV
CV079	Camembert Blue Style Cheese	130g	9.35	OV
CV077	Camembert Style Cheese	135g	9.00	OV
<b>MOZZARISELLA</b>				
CV858	Classic Vegan Cheese	125g	3.25	OV
CV027	MascaRice Vegan Mascarpone	150g	3.65	GOV
<b>NUSH</b>				
CV738	Almond & Chive Ch*ese Spread	150g	3.25	V
CV750	Natural Almond Ch*ese Spread	150g	3.25	V
<b>OATLY</b>				
CV700	Creamy Oat Spread Plain	150g	2.40	V
<b>ORIGIN KITCHEN</b>				
CV717	Mushroom Spread & Stir	140g	2.99	V
CV722	Pesto Spread & Stir	140g	2.99	V
CV727	Tomato Spread & Stir	140g	2.99	V
<b>TYNE CHEASE</b>				
CV072	Applewood Cheese	160g	8.95	V
CV073	Ethiopian Spice Cheese	160g	7.95	V
CV109	Garlic Cheese	160g	7.95	V
CV114	Marinara Cheese	160g	8.95	V
CV099	Original Cheese	160g	7.95	V
CV104	Smoked Cheese	160g	7.95	V
CV107	Truffle Cheese	160g	8.95	V
<b>VBITES</b>				
	Allergen Free			
CV870	Mature Cheddar Block Cheezly	180g	2.55	V
CV875	Mozzerella Block Cheezly	180g	2.45	V
CV878	Smokey Block Cheezly	180g	2.65	V
CV877	Spicy Pepperjack Block Cheezly	180g	2.55	SV
<b>VIOLIFE</b>				
	Blocks			
CV125	Cheddarton Cheese Block	200g	3.60	V

code	product	size	rrp	bfgosv
CV449	Cheese Block Cheddar	400g	5.50	V
CV448	Cheese Block Mozzarella	400g	5.50	V
CV446	Cheese Block Original	400g	5.50	V
CV444	Cheese Block Smoked	400g	5.50	V
CV230	Epic Mature Cheddar Cheese Cream Cheese	200g	3.30	SV
CV225	Creamy Cheddar	150g	2.75	SV
CV529	Creamy Original	200g	3.00	V
CV226	Creamy with Garlic and Herb Grated	150g	2.75	V
CV433	Grated Epic Mature	150g	2.40	V
CV871	Grated Original	200g	3.10	V
CV904	Grated Tex-Mex Cheese Slices	180g	3.40	GSV
CV793	BBQ Flavour Slices	200g	3.55	V
CV407	Cheddar Flavour Slices	200g	3.40	V
CV779	Mature Cheddar Flavour Slices	200g	3.40	V
CV439	Mozzarella Cheese Slices	200g	3.40	V
CV416	Original Flavour Cheese Slices	200g	3.30	V
CV442	Smoked Cheese Slices Specialities	200g	3.40	V
CV905	Camembert	150g	3.80	GV
CV781	Greek Style Cheese	200g	3.50	V
CV706	Mediterranean Grill Cheese	200g	3.00	V
CV546	Prosociano Cheese	150g	4.45	V

## CHOCOLATE

### SUMA PREPACKS - ORGANIC

KB137	Cacao Nibs - Organic	100g	1.75	OV
<b>ALTERECO</b>				
KB566	Dark Chocolate 70%	100g	2.89	FOSV
KB567	Dark Chocolate 85%	100g	2.89	FOSV
KB561	Dark Chocolate with Almond	100g	2.89	FOSV
KB571	Orange Dark Chocolate	100g	2.89	FOSV

### ANANDA FOODS

AVERAGE 6-8 WEEKS SHELF LIFE

KB330	Gluten Free Round UP	80g	3.25	GVS
KB329	Gourmet Round Up XMAS 2023	90g	3.25	SV
KB080	Gluten Free Round Up Selection	320g	14.50	GSV
KB079	Round Up Selection Box	340g	14.50	SV
KB333	Rudolph's Round Up	90g	3.35	SV

### BEECH'S FINE CHOCOLATES

XMAS 2023

KB342	Dark Choc Fruit Creams	150g	6.79	GSV
WS097	Dark Chocolate Brazils	145g	8.49	GSV
WS096	Dark Chocolate Ginger	200g	8.49	GSV
KB366	Dark Chocolate Marzipan	150g	6.79	GSV
KB027	Ginger Creams	90g	2.93	GSV
KB339	Mint Creams	90g	2.93	GVS
KB019	Orange Creams	90g	2.93	SV
KB338	Strawberry Creams	90g	2.93	GSV

### BOOJA-BOOJA

ZX869	Almond Salted Caramel	92g	6.25	GOSV
ZX871	Around Midnight Espresso	92g	6.25	GOSV
KB749	Chocolate Orange Truffles	92g	6.25	GOSV
KB987	Chocolate Salted Caramel	92g	6.25	OSV
KB694	Deeply Chocolate Truffles	92g	6.25	GOSV
ZX872	Fine De Champagne	92g	6.25	GOSV
ZX874	Hazelnut Crunch	92g	6.25	GOVS
KB718	Honeycomb Caramel Truffle	92g	6.25	GOSV

code	product	size	rrp	bfgosv
	Artist's Collection Gift Boxes			
KB927	Fine De Champagne Truffles	185g	24.99	GFOVSV
KB929	Hazelnut Truffles	185g	24.99	GFOVSV
	Four Corners			
KB655	The Gourmet Selection Gift Boxes	230g	19.79	GOSV
KB815	Award-winning Selection	184g	12.49	GOSV
KB656	Champagne Truffles	138g	1.95	GOSV
KB612	Fine de Champagne Truffles	184g	12.49	OSV
KB605	Salted Caramel Choc Truffles	184g	12.49	OSV
KB793	The Signature Collection Gift Range	184g	12.49	GOSV
KB623	Hazelnut Truffles	138g	15.15	GOSV
KB624	Truffle Selection 1	138g	15.15	GOSV
KB873	Truffle Selection 2 Two Packs	138g	15.15	GOSV
KB507	Almond Salted Caramel Truffles	23g	1.45	GOSV
KB513	Hazelnut Crunch Truffles	23g	1.45	GOSV
KB594	Honeycomb Caramel Truffles	23g	1.45	OSV
KB595	Orange Chocolate Truffles	23g	1.45	OSV
KB602	Salted Caramel Choc Truffles XMAS 2023	23g	1.45	OSV
KB583	A Grand Adventure	243g	31.49	GOSV
KB589	A Magnificent Adventure	335g	46.99	GOSV
KB648	Chocolate Orange Truffle Logs	115g	1.45	GSOV
KB660	Gourmet Truffle Selection No1	289g	25.00	GSOV
KB667	Gourmet Truffle Selection No2	289g	25.00	GSOV
KB633	Hazelnut Crunch Truffle Logs	115g	1.45	GSOV
KB644	S/Caramel Mocha Truffle Logs	115g	1.45	GOSV
KB573	The Winter Collection	184g	13.55	GOSV
KB540	Yuletide Spice Truffle Logs	115g	1.45	GOSV
	<b>BUTTERMILK</b>			
	100g Bags			
KB165	Salted Caramel Cups Vegan Chocolate Bars	100g	3.29	SV
KB134	Caramel Nougat Bar	50g	1.85	SV
KB154	Honeycomb Blast Bar	45g	1.85	SV
KB135	Peanut & Caramel Nougat Bar XMAS 2023	50g	1.85	SV
KB317	Zingy Orange Choccy Segments	100g	3.49	GSV
	<b>CAROBOO</b>			
	Carob Bars			
ZX522	Raspberry & Honeycomb Crunch	32g	1.69	GSV
ZX516	Salted Caramel Nutty Bars	32g	1.69	GV
ZX985	Smooth & Creamy Coconut Bars	35g	1.69	GSV
ZX990	Smooth & Creamy Mint Bars	35g	1.69	GSV
ZX987	Smooth & Creamy Orange Bars	35g	1.69	GSV
	<b>CHOCOLATE AND LOVE</b>			
WS079	Mint 67% Chocolate	80g	3.29	FOSV
WS081	Orange 65% Chocolate	80g	3.29	FOSV
WS077	Panama 80% Chocolate Bar	80g	3.35	FOSV
WS078	Pomegranate 70% Chocolate	80g	3.35	FOSV
	<b>COCOA LOCO</b>			
	XMAS 2023			
KB411	Dark Choc & Raspberry Tree	150g	12.99	FOV
KB063	Dark Chocolate Coated Ginger	100g	6.00	FOSV
KB649	Dark Chocolate Mango	100g	6.00	FOSV
	<b>COCOBA</b>			
	XMAS 2023			
KB409	Christmas Chocolate Bar Set	150g	1.99	V
	<b>CONSCIOUS CHOCOLATE</b>			

code	product	size	rrp	bfgosv
ZX485	Citrus Zest Raw Bar	60g	2.79	GOSV
ZX487	Dark Side 75% Raw Bar	60g	2.79	GOSV
ZX488	Dark Side 85% Raw Bar	60g	2.79	GOSV
ZX491	Four Nuts Raw Bar	60g	2.79	GOSV
ZX492	Goji & Coconut Raw Bar	60g	2.79	GOSV
ZX493	Love Potion No 9 Raw Bar	60g	2.79	GOSV
ZX497	Orange & Tangerine Raw Bar	60g	2.79	GOSV
ZX501	Peppermint Raw Bar	60g	2.79	GOSV
ZX505	Sour Cherry Raw Bar	60g	2.79	GOSV
	Chocolate Coated Snacks			
ZX339	Chocolate Coated Brazils	50g	2.49	GOSV
ZX340	Chocolate Orange Coated Figs	50g	2.49	GOSV
	XMAS 2023			
ZX836	Chocolate Selection Box	240g	11.99	GOSV
	<b>DELICIOUSLY ELLA</b>			
ZX150	Chocolate Orange Dipped Almond	27g	1.29	GV
ZX151	Peanut Butter Cup	36g	1.69	GV
ZX152	Salted Caramel Cup	36g	1.69	GV
ZX144	Salted Chocolate Dipped Almond	27g	1.29	GV
	<b>DIVINE</b>			
	35g Bars			
ZX286	70% Dark Chocolate	35g	1.25	FSV
ZX828	70% Dark with Cool Mint Crisp	35g	1.25	FSV
	90g Bars			
ZX365	41% Dark Smooth Hazelnut	90g	2.95	SVF
ZX498	70% Dark Chocolate	90g	2.95	FSV
ZX469	85% Dark Chocolate	90g	2.95	FSV
ZX471	Dark Choc with Ginger & Orange	90g	2.95	FSV
KB534	Dark Choc with Raspberries	90g	2.95	FSV
ZX001	Dark Chocolate with Mint	90g	2.95	FSV
ZX789	Dark Chocolate with Pink Salt	90g	2.95	FSV
	XMAS 2023			
WS094	70% Dark Chocolate Coins	65g	2.89	FSV
KB730	Dark Advent Calendar	85g	5.75	FSV
KB119	Dark Chocolate Ginger Thins	200g	5.49	FSV
KB544	Dark Chocolate Mint Thins	200g	5.49	FSV
	<b>ENJOY!</b>			
	Chocolate Buttons			
KB402	Dark 70% Chocolate Buttons	96g	4.99	OSGV
KB392	Mint Filled Buttons	96g	4.99	OSGV
KB401	Orange Caramel Filled Buttons	96g	4.99	OSGV
KB391	Salted Caramel Filled Buttons	96g	4.99	SGOV
	Filled Bars			
KB593	Mint Caramel Filled Bar	70g	2.99	GOSV
KB603	Orange Caramel Filled Bar	70g	2.99	GOSV
KB389	Salted Caramel Filled Bar	70g	2.99	OSGV
KB388	Vanilla Caramel Filled Bar	70g	2.99	VSGO
	<b>EQUAL EXCHANGE</b>			
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
	<b>FLOWER &amp; WHITE</b>			
KB780	Vegan Double Choc Meringue Bar	20g	1.49	GV
KB781	Vegan Orange Meringue Bar	20g	1.49	GV
KB774	Vegan Strawberry Meringue Bar	20g	1.49	GV
	<b>GO MAX GO</b>			
	Vegan Alt to Popular Classics			
KB776	Buccaneer Candy Bar	57g	3.39	SV
KB808	Jokerz Candy Bar	60g	3.39	SV
KB810	Mahalo Candy Bar	57g	3.39	SV
KB814	Twilight Candy Bar	60g	3.39	SV

code	product	size	rrp	bfgosv
	<b>GOUPIE</b>			
	XMAS 2023			
WS009	Boozy Christmas Goupie	180g	6.39	GSV
WS008	Boozy Christmas Goupie Mini	75g	3.29	GSV
WS024	Choc covered Mint discs	50g	4.99	GSV
WS017	Crystallised Ginger	50g	4.99	GSV
WS022	Sweet Candied Orange Peel	50g	4.99	GSV
KB099	Taste of Christmas	180g	6.39	GSV
KB144	Taste of Christmas Mini	75g	3.29	GSV
WS120	White Christmas Goupie	160g	6.39	GSV
WS121	White Christmas Goupie Mini	75g	3.29	GSV
	<b>GREEN &amp; BLACKS</b>			
	90g Bars			
KB116	70% Dark Chocolate	90g	2.80	FOSV
KB034	85% Dark Chocolate	90g	2.80	FOSV
ZX251	Maya Gold Dark Chocolate	90g	2.80	FSOV
	Smooth Bars			
KB498	Dark Chocolate	90g	2.90	OSV
KB503	Mint Chocolate	90g	2.90	OSV
	<b>H!P - HAPPINESS IN PLANTS</b>			
	25g Bars			
KB105	Original - Creamy & Smooth	25g	1.25	GSV
KB106	Salted Caramel	25g	1.25	GSV
KB449	Salty Pretzels	25g	1.25	SV
	70g Bars			
KB618	Cookies & Cream	70g	2.95	SV
KB735	Crunchy Orange	70g	2.95	SV
KB607	Original - Creamy & Smooth	70g	2.95	GSV
KB606	Salted Caramel	70g	2.95	GSV
KB100	Salted Honeycomb	70g	2.95	GSV
KB621	Salty Pretzels	70g	2.95	SV
KB444	White Berry	70g	2.95	SV
	Sharing Bags			
KB213	H!P Crunchy Caramel Peanuts	90g	2.99	SV
KB210	H!P Oat Milk Chocolate Buttons	90g	2.99	SV
KB214	H!P Peanut Butter Truffle Bite	80g	3.50	SV
	<b>HADLEIGH MAID</b>			
	Maltybites			
KB523	Maltybites 50g Bag	50g	1.15	SV
	Walnut Whirls			
WS030	Champagne Ganache Truffle	90g	3.89	SV
ZX785	Coffee Ganache Truffle	90g	3.89	SV
ZX763	Dark Chocolate Ganache Truffle	90g	3.89	VS
ZX786	Mint Ganache Truffle	90g	3.89	VS
ZX076	Orange Ganache Truffle	90g	3.89	SV
ZX746	Vanilla Ganache Truffle	90g	3.69	VS
	XMAS 2023			
WS038	Irish Cream Ganache Truffle	90g	3.89	SV
WS139	Rum Ganache Truffle	90g	3.89	SV
WS064	Sloe Gin Ganache Truffle	90g	3.89	VS
	<b>HAPPI</b>			
	80g Bars			
KB953	Cacao Nibs Crunch	80g	3.19	GSV
KB988	Orange	80g	3.19	GSV
KB951	Plain Milk	80g	3.19	GSV
KB950	Salted Caramel	80g	3.19	GSV
KB996	White Chocolate	80g	3.19	GSV
ZX983	White Chocolate & Raspberry	80g	3.19	GSV
	Chocolate Buttons			
ZX986	Oat Milk Chocolate Buttons	100g	3.89	GSV
	XMAS 2023			

code	product	size	rrp	bfgosv
KB412	Chocolate Candy Cane Xmas Bar	80g	3.29	GSV
KB280	Christmas Selection Box	240g	13.75	GSV
KB274	Honeycomb Ginger	80g	3.29	GSV
KB275	Oat Milk Choc Advent Calendar	120g	15.45	GSV
KB413	Oat Milk Chocolate Library	320g	1.49	GSV
<b>HOLDSWORTH CHOCOLATES</b>				
XMAS 2023				
KB303	Bee Friendly Xmas Gift Box	110g	11.49	SV
<b>HU</b>				
KB674	Almond Butter Crispy Dark Bar	60g	3.79	FGOSV
KB677	Cashew Butter Orange Dark Choc	60g	3.79	FGOSV
KB675	Cashew Butter Vanilla Dark Choc	60g	3.79	FGOSV
KB678	Crunchy Mint Dark Chocolate	60g	3.79	FGOSV
KB673	Hazelnut Butter Dark Chocolate	60g	3.79	FGOSV
KB672	Salty Dark Chocolate Bar	60g	3.79	FGOSV
KB671	Simple Dark Chocolate Bar	60g	3.79	FGOSV
KB680	Vanilla Crunch Dark Chocolate	60g	3.79	FGOSV
<b>LOVERAW</b>				
KB473	Nutty Choc Balls	28g	1.95	SV
KB687	Peanut Caramel Bar	40g	1.85	SV
KB682	Vegan Cre&m Wafer Multipack	129g	5.35	SV
	Cre&m Wafer Bar			
KB478	Caramelised Biscuit Wafer Bar	45g	1.95	SV
KB451	Cre&m Filled Choc Wafer Bar	43g	1.95	VS
KB899	Cre&m Filled S/Caramel Wafer	45g	1.95	SV
KB878	Cre&m Filled White Choc Wafer	45g	1.95	SV
	Peanut Butter Cups			
KB127	Milk Chocolate PNB Cups	34g	1.95	GSV
KB131	White Chocolate PNB Cups	34g	1.95	GSV
	Vegan Milk Chocolate Bar			
KB126	Caramel Milk Chocolate	30g	1.75	GSV
KB124	Orange Milk Chocolate	30g	1.75	GSV
KB121	Smooth Milk Chocolate	30g	1.75	GSV
	XMAS 2023			
KB683	Nutty Choc Ball Giftbox	126g	8.50	SV
<b>MONTEZUMA'S</b>				
	Absolute Black Range			
ZX783	Absolute Black 100% Cocoa Bar	90g	2.79	V
ZX946	Absolute Black- Almonds C/Nibs	90g	2.79	V
ZX945	Absolute Black-Orange & C/Nib Flavoured Bars	90g	2.79	V
KB221	Black Forest Gateau Bar	90g	2.49	VS
KB752	Dark Chocolate Sea Dog	90g	2.79	V
KB754	Dark Chocolate Spice It Up	90g	2.79	SV
KB750	Lordy Lord Dark Chocolate Giant Buttons	90g	2.79	SV
ZX775	Absolute Black Giant Buttons	180g	4.49	GV
KB005	Dark Chocolate Giant Buttons	180g	4.49	OVS
	Like No Udder			
KB530	Milk Alternative Bar	90g	2.79	GOVS
KB601	Milk Choc/Orange Alternative Like No Udder Mini Bars	90g	2.79	OSVG
ZX743	Milk Chocolate Alternative Organic Bars	25g	1.90	GOSV
KB194	Chilli Bonkers	90g	2.79	OSV
KB196	FitzRoy Very Dark Chocolate	90g	2.79	OSV
KB254	Happy Hippy	90g	2.79	OSV
ZX779	Royal Mint Organic Dark W'Mint XMAS 2023	90g	2.79	GOSV
ZX811	Advent Calendar Dark Chocolate	200g	9.69	OSV
ZX440	Dark Chocolate Solid Snowmen	110g	5.75	SV

code	product	size	rrp	bfgosv
<b>MONTY BOJANGLES</b>				
KB448	Cocoa Nib Nights Vegan Truffle Vegan Truffles	180g	7.35	SV
KB023	Caramel Haze	100g	3.99	SV
KB015	Cocoa Nib Nights	100g	3.99	SV
KB017	Cocoberry Blush XMAS 2023	100g	3.99	SV
ZX925	Vegan Cat Tin	135g	12.99	SV
ZX939	Vegan Truffle Advent Calendar	235g	14.98	SV
ZX236	Xmas Vegan Truffle Selection	135g	8.99	SV
<b>MOO FREE</b>				
KB504	Choccy Rocks Bunnycomb Bar	35g	1.20	FGSV
KB477	Fizzy Cola Bar	20g	0.70	FGSV
KB419	Fizzy Lemon Bar	20g	0.70	FGSV
KB458	Fizzy Orange Bar	20g	0.70	FGSV
KB010	Moofreesas Buttons	35g	1.25	GSV
KB348	Buttons - Original	25g	0.80	GSV
KB354	Everyday Bars Original Bars	80g	1.95	GSV
KB324	Mini Moos Bunnycomb Bars	20g	0.70	GSV
KB337	Original Bars	20g	0.70	GSV
KB345	White Chocolate Bars Premium Bar	20g	0.70	GSV
ZX636	Cinder Toffee Bar	80g	2.19	GSVO
WS050	Cocoa Chocolate Bar	80g	2.19	GSOV
WS051	Sea Salt & Caramel Bar XMAS 2023	80g	2.19	GSOV
KB310	Advent Calendar Milk Chocolate	70g	3.99	GOSV
KB313	Christmas Bauble	65g	3.00	GSV
WS033	Kids White Choc Alt Advent	70g	3.99	GSV
KB226	Mini Moos Santa Bar	32g	0.85	GSV
WS089	Moo Free Snowman Bar	32g	0.85	GSV
KB830	Olivia The Bear	80g	3.97	GSV
KB828	Oscar The Bear	80g	3.97	GSV
KB311	Selection Box	80g	3.47	GSV
<b>OMBAR CHOCOLATE</b>				
ZX419	100% Cacao Chocolate Bar	35g	2.50	FGOV
KB763	72% Cacao Chocolate Bar	35g	2.50	FGOSV
ZX659	90% Cacao Chocolate Bar	35g	2.50	FGOSV
KB759	Blueberry & Acai Chocolate Bar	35g	2.50	FGOSV
KB761	Coco 60% Chocolate Bar	35g	2.50	FGOSV
KB406	Coco Mylk Chocolate Bar	35g	2.50	FGOSV
ZX657	Coconut & Vanilla Choc Centres	35g	2.50	FGOSV
ZX397	Hazelnut Truffle Centre Bar	35g	2.50	FGOSV
ZX421	Pistachio Centres Choc Bar	35g	2.50	FGOSV
ZX663	Raspberry & Coconut Centre Bar	35g	2.50	FGOSV
KB764	Strawberry Mylk Chocolate Bar 70g Bars	35g	2.50	FGOSV
ZX951	72% Cacao Chocolate Bar	70g	3.39	FGOSV
ZX952	Coco Almond Chocolate Bar	70g	3.39	FSGOV
ZX953	Coco Mylk Chocolate Bar	70g	3.39	FGOSV
ZX639	Coconut & Vanilla Chocolate	70g	3.39	FGOSV
ZX403	Hazelnut Truffle Chocolate Bar	70g	3.39	FGOSV
ZX641	Pistachio Chocolate Bar	70g	3.39	FGOSV
ZX644	Raspberry & Coconut Choc Bar	70g	3.39	FGOSV
ZX975	Salt & Nibs Chocolate Bar Buttons	70g	3.39	FSGOV
KB492	Coco Mylk Chocolate Buttons	25g	1.55	FGOSV



code	product	size	rrp	bfgosv
ZX184	Oat Mylk			
ZX187	Fruit & Nut	70g	2.99	FOSV
ZX155	Hazelnut	70g	2.99	FOSV
ZX192	Salted Caramel Truffle	70g	2.99	FOSV
	Smooth & Creamy	70g	2.99	FOSV
	XMAS 2023			
ZX147	Oat Milk Advent Calendar	416g	14.99	FOSV
ZX145	Spiced Orange Hazelnut Truffle	70g	3.39	FGOSV
	<b>ORGANIC SEED &amp; BEAN COMPANY</b>			
	Large Bars			
KB184	47% Vegan Milk Coffee	75g	2.99	FOSV
KB970	58% Dark Espresso	75g	2.99	FOSV
KB155	58% Dark Hazelnut	75g	2.99	FOSV
KB979	58% Dark Lemon & Cardamom	75g	2.99	FOSV
WS117	58% Dark Salted Caramel	75g	2.99	OSV
KB188	58% Dark Salted Pretzel	80g	2.99	FOSV
KB740	66% Dark Raspberry & Coconut	75g	2.99	OSV
KB736	70% Dark Chocolate & Sea Salt	75g	2.99	FOSV
KB743	72% Dark Dominican	75g	2.99	FOSV
KB767	72% Dark Lavender	75g	2.99	FOSV
KB772	72% Dark Mandarin & Ginger	75g	2.99	FOSV
KB200	72% Dark Mint	75g	2.99	FOSV
KB181	Salted Caramel	75g	2.99	FOSV
KB183	Sea Salt & Orange	75g	2.99	FOSV
	XMAS 2023			
KB436	58% Dark Winter Spice	75g	2.99	OSV
KB731	Favourites Gift Set	1	9.99	OSV
	<b>PLAYIN CHOC</b>			
WS005	Dinosaur Surprise	1	2.50	GOSV
WS133	Endangered Animal Surprise	1	2.50	GOSV
ZX066	Woodland Animal Surprise	1	2.50	GOSV
	XMAS 2023			
WS088	Christmas Surprise Collection	10g	2.49	GOSV
	<b>PRODIGY</b>			
	Cahoots			
KB820	Coconut	45g	1.75	V
KB817	Peanut & Caramel	45g	1.75	SV
	Chunky			
KB845	Chunky Chocolate Bars	35g	1.75	SV
KB369	Chunky Hazelnut	35g	1.75	VS
KB857	Chunky Orange & Baobab	35g	1.75	VS
KB265	Dark Chocolate & Sea Salt	35g	1.75	SV
KB096	Salted Caramel Chocolate Bar	35g	1.75	GV
	<b>RAW HALO</b>			
	70g Bars			
KB002	Dark 76%	70g	2.99	GOSV
KB055	Dark 85%	70g	2.99	GOSV
KB006	Dark Raspberry	70g	2.99	GOSV
KB047	Dark Salted Caramel	70g	2.99	GOSV
KB020	Mylk & Pink Himalayan Salt	70g	2.99	GOSV
KB065	Mylk & Salted Caramel	70g	2.99	GOSV
KB007	Mylk & Vanilla	70g	2.99	GOSV
	Truffle Bars			
KB118	Dark Salt Almond Truffle Bar	90g	3.50	GOSV
KB103	Mylk Hazelnut Truffle Bar	90g	3.50	GOSV
	<b>RHYTHM 108</b>			
KB506	Hazelnut Praline Chocolate Bar	33g	1.85	GVOS
KB336	Super Coconut Swiss Choc Bar	33g	1.85	GSOV
KB276	Sweet N Salty Almond Choc Bar	33g	1.85	GOSV
KB994	Swiss Chocolate Orange Bar	33g	1.85	GSOV
	Chocolate Bars			

code	product	size	rrp	bfgosv
KB368	Cacao Orange	100g	4.25	SVO
KB125	Hazelnut Truffle	100g	4.25	OSV
KB168	Roasted Almond Butter	100g	4.25	OSV
<b>SO FREE</b>				
	No Added Sugar Large Bars			
ZX915	No Added Sugar 72% Dark Choc	80g	3.65	GV
ZX919	No Added Sugar Mint Dark Choc Oat Milk Chocolate Bars	80g	3.65	GV
ZX561	No Added Sugar Vegan Oat M!lk	70g	3.85	GV
ZX547	Vegan Caram!lk	70g	3.85	GSV
ZX563	Vegan Oat M!lk	70g	3.85	GSV
	Organic Large Bars			
ZX921	Extra Dark 87% Chocolate	80g	3.65	OSVGV
ZX920	F/trade Milk Choc Alternative	80g	3.65	OGVS
ZX926	White Chocolate	70g	3.65	GSOV
	XMAS 2023			
ZX415	Oat Milk Choc Advent Calendar	110g	9.29	GSV
ZX417	Oat Milk Choc Advent Calendar	110g	9.29	GV
ZX444	White Choc Advent Calendar	100g	9.29	GSV
<b>THE RAW CHOCOLATE CO</b>				
KB307	Cacao Nibs	150g	3.75	GOV
WS190	Salted Vanoffee Cashews	110g	5.99	OSV
	Raw Chocolate Coated Snacks			
KB054	Chocolate Covered Mulberries	125g	4.69	GOSV
KB053	Chocolate Goji Berries	125g	4.69	GOSV
KB056	Chocolate Raisins	125g	4.69	GOSV
KB855	Chocolate Raisins - Snack Pack	28g	1.39	GOSV
KB360	Goji Berries - Snack Pack	28g	1.39	GOSV
KB362	Mulberries - Snack Pack	28g	1.39	GOSV
ZX884	Raw Chocolate Covered Almonds	25g	1.39	GOSV
ZX182	Raw Chocolate Covered Almonds	110g	4.69	GOSV
ZX181	Raw Chocolate Covered Ginger	125g	4.69	GOSV
	Vegan Chocolate Buttons			
WS016	Caramel Buttons	150g	4.99	OSV
WS018	M!lk Chocolate Buttons	150g	4.99	OSV
WS001	Peruvian 72% Buttons	150g	4.99	OSV
WS002	Vanoffee Buttons	150g	4.99	OSV
	XMAS 2023			
KB235	Chocolate Fruit & Nut	180g	9.99	OSV
KB238	Chocolate Ginger & Hazelnuts	180g	9.99	OSV
TE312	Luxury Hot Chocolate	200g	8.49	OSV
KB222	M!lk Chocolate Christmas Trees	150g	9.99	OSV
KB219	Spiced Choc Buttons Cracker	220g	9.99	OSV
ZX839	Spiced Chocolate Almonds	180g	9.99	OSV
TE303	Winter Spiced Hot Chocolate	200g	8.49	OSV
<b>TONY'S CHOCOLONELY</b>				
KB741	Dark Creamy Hazelnut Crunch 180g Bars	180g	3.65	FSV
ZX337	Dark Choc 51% Almonds&Sea Salt	180g	3.65	FSV
ZX345	Dark Chocolate 70% Small Bars	180g	3.65	FSV
ZX101	Dark Chocolate 51% Almond	47g	1.49	FSV
<b>VEGAN STORE</b>				
KB037	Golden Crunch Bar	59g	2.85	SV
<b>VEGO</b>				
KB821	Mini Whole Hazel Chocolate Bar	65g	2.59	FGOSV
WS003	Vego Dark Nuts & Berries	85g	3.45	FOVS
WS059	Vego White - Almond Bliss	50g	2.25	FOVS
KB943	Vegolino Pralines	180g	5.95	FOSV
KB489	Whole Hazelnut Chocolate Bar	150g	4.55	FGOSV
<b>VIVANI ORGANIC CHOCOLATE</b>				

code	product	size	rrp	bfgosv
KB485	71% Dark Chocolate	100g	2.99	OSV
KB693	Dark Choc & Nougat	100g	2.99	OSV
KB849	Dark Choc & Whole Hazelnuts	100g	2.99	OSV
KB484	Dark Chocolate & Orange Premium Large Bars	100g	2.99	OSV
KB919	62% Dark Caramel Chocolate	80g	3.29	OSV
KB632	85% Dark Chocolate	100g	3.29	OSV
KB407	92% Dark Choc Panama Estate	80g	3.29	OSV
KB901	Dark 75% Chocolate	80g	3.29	OSV
KB909	Dark 75% Mallorca Flor de Sal	80g	2.99	OSV
KB048	Dark Choc & Cranberry	100g	3.29	OSV
KB036	Dark Ginger Turmeric Chocolate	80g	2.95	OSV
KB042	Superior Dark 100% Cocoa	80g	3.29	OV
KB035	Superior Dark 89% Chocolate Snack Size	80g	3.29	OSV
KB420	Almond Orange Rice Chocolate	35g	1.59	OSV
KB430	Black Cherry	35g	1.59	OSV
KB049	Crunchy Coconut Chocolate Bars	35g	1.59	OSV
KB475	Dark Nougat Croccante	35g	1.59	OSV
KB476	White Nougat Crisp Vivani iChoc	35g	1.59	OSV
KB897	Almond & Orange	80g	2.99	FOSV
KB882	Choco Cookie	80g	2.99	FOSV
KB922	Classic Style	80g	2.99	FOSV
KB579	Salty Pretzel	80g	2.99	FOSV
KB738	Super Nut	80g	2.99	FOSV
KB582	White Barista Art	80g	2.99	FOSV
KB881	White Nougat Crisp	80g	2.99	FOSV
KB898	White Vanilla	80g	2.99	FOSV

## CHOCOLATE & SWEET SPREADS

	<b>BIONA</b>			
GH840	Dark Chocolate Spread - org	350g	5.55	OSV
	<b>BONSAN</b>			
GH129	Mylk Hazelnut Cocoa Spread	350g	5.79	OV
GH123	Plain Choco Spread	350g	4.75	OSV
	<b>COCOFINA</b>			
GH136	Hazelnut Chocolate Spread -Org	200g	4.99	GOSV
	<b>ESSENTIAL TRADING</b>			
GH092	Dark Chocolate Spread	400g	4.39	OSV
	<b>MERIDIAN</b>			
GH133	Chocca - Choc & Nut Spread	240g	3.59	V
GH054	Chocca Smooth	160g	3.39	SV
	<b>SO FREE</b>			
GH223	Milk Choc Spread (Dairy Free)	275g	5.15	OSGV
GH225	Rich Dark Chocolate Spread	275g	5.15	OVGS
	<b>SWEET FREEDOM</b>			
GH206	Choc Pot Chocolate Spread	250g	4.19	V
	<b>VEGO</b>			
GH075	Hazelnut Chocolate Spread	200g	4.85	SVO
	<b>CIDERS</b>			
	<b>ASPALL</b>			
RT023	Aspall Organic Suffolk Cyder	500ml	4.50	OSV
	<b>DUNKERTONS</b>			
RT041	Black Fox Organic Cider	500ml	3.79	GOSV
RT054	Organic Craft Cider	500ml	3.79	GOSV
RT053	Premium Reserve Organic Cider	500ml	3.79	GOSV
	<b>WESTONS</b>			
RT006	Vintage Organic Cider 6% ABV	500ml	3.19	GOV

## CLOTHING

### BAMBOO CLOTHING

code	product	size	rrp	bfgosv
NF344	Black Socks - Mixed Size	1	3.99	V
NF345	Black Socks - size 8-11	1	3.99	V
NF343	Black Socks - sizes 4-7 Narrow Stripes	1	3.99	V
NF151	Mixed Narrow Stripe Socks 8-11	1	3.99	V
NF315	Mixed Narrow Stripe Socks: 4-7	1	3.99	V
<b>SIESTA CRAFTS</b>				
NF088	Recycled Sari Gift Wrap/Scarf XMAS 2023	each	4.29	FV
NF083	Indian Acrylic Scarf	each	18.99	FV
<b>THE WHEAT BAG COMPANY</b>				
	Unscented			
NF180	Wheat Bag Bee Unscented	each	12.99	V
NF113	Wheat Bag Grey Star Unscented	each	12.99	V
NF125	Wheat Bag Rosebud Sage Unscent	each	12.99	V
NF109	Wheat Bag Scandi Wood Unscent	each	12.99	V
NF141	Wheat Bag Stars Blue Unscented	each	12.99	V
NF112	Wheat Bag Wildflower Unscented XMAS 2022	each	12.99	V
NF122	Wheat Bag Star Blue Lavender	each	12.99	V
NF114	Wheat Bag Wildflower Lavender XMAS 2023	each	12.99	V
NF158	Wheat Bag Bee Lavender	each	12.99	V
NF036	Wheat Bag Dapper Dog Lavender	each	12.99	V
NF042	Wheat Bag Dapper Dog Unscented	each	12.99	V
NF033	Wheat Bag Garden Fern Lavender	each	12.99	V
NF034	Wheat Bag GardenFern Unscented	each	12.99	V
NF110	Wheat Bag Grey Star Lavender	each	12.99	V
NF108	Wheat Bag Rosebud Lavender	each	12.99	V
NF380	Wheat Bag Scandi Wood Lavender	each	12.99	V
<b>COCOA</b>				
<b>SUMA PREPACKS - ORGANIC</b>				
LJ189	Cocoa Powder - Organic	250g	3.35	FOV
<b>BUTTERMILK</b>				
	XMAS 2023			
TE313	Hot Choccy Bombe	57g	3.49	GSV
<b>CHEERFUL BUDDHA</b>				
TE077	Cacao Bliss w/Mushroom Extract	150g	12.99	GV
<b>CLIPPER</b>				
TE205	Drinking Chocolate	250g	4.45	FSV
<b>COCOA LOCO</b>				
	XMAS 2023			
ZX123	Festive Hot Spoons Set	150g	8.79	SV
<b>COCOBA</b>				
	XMAS 2023			
KB398	Christmas Character Choc Bombe	150g	1.99	SV
KB393	Dark Hot Chocolate Bombe	150g	1.99	SV
ZX319	Hot Chocolate Spoon Gift Set	150g	9.99	SV
ZX120	Hot Chocolate Spoons	150g	1.99	SV
ZX841	Vegan Chocolate Spoon	50g	3.29	SV
ZX842	Vegan Hot Chocolate Bombe	150g	1.29	SV
<b>DIVINE</b>				
TE687	Drinking Chocolate XMAS 2023	400g	4.55	FVS
TE003	Salted Caramel Hot Chocolate	300g	5.75	FSV
WS193	Winter Spice Hot Chocolate	300g	5.75	FSV
<b>EQUAL EXCHANGE</b>				
TE491	Hispaniola Cocoa Powder - og	250g	5.55	FOV
<b>GREEN &amp; BLACKS</b>				
TE453	Cocoa Powder - FT Organic	125g	3.30	FOV
<b>HAPPI</b>				

code	product	size	rrp	bfgosv
	XMAS 2023			
ZX142	Christmas Hot Chocolate Bombes	135g	1.00	GSV
KB266	Oat Milk Hot Chocolate Spoons	80g	5.15	GSV
	<b>HASSLACHER'S</b>			
TE078	Bar of Drinking Chocolate	250g	6.49	FV
TE069	Hot Chocolate Tubes	200g	6.49	V
	<b>MONTEZUMA'S</b>			
KB190	Dark Drinking Chocolate	300g	8.15	FOSV
	<b>SPANISH CHOCOLATE COMPANY</b>			
TE272	Thick Hot Chocolate Drink	275g	4.29	SV
	<b>SWEET FREEDOM</b>			
TE233	Choc Shot Liquid Hot Chocolate	320g	4.29	V
	<b>COFFEE</b>			
	<b>SUMA ORGANIC</b>			
	Bulk Packs			
TE103	Columbia Beans	1kg	23.39	FOV
TE656	Espresso Beans	1kg	23.39	FOV
TE101	Ethiopia Yirgacheffe Beans	1kg	25.39	FOV
TE109	Honduras Coffee Beans	1kg	19.99	FOV
TE758	Medium Roast Blend Ground	1kg	21.99	FOV
TE106	Peru Cepicafe Beans	1kg	19.99	FOV
TE107	Sumatra Gayo Highlands Beans	1kg	24.79	FOV
TE113	Swiss Water Decaff Beans	1kg	25.39	FOV
	Roast and Ground Coffees			
TE014	Bolivia Femenino Ground Coffee	227g	6.19	FOV
TE372	Colombia Ground Coffee	227g	5.39	FOV
TE650	Espresso Ground Coffee	227g	5.99	FOV
TE374	Ethiopia Yirgacheffe Ground	227g	6.19	FOV
TE384	Honduras Ground Coffee	227g	5.50	FOV
TE643	Medium Roast Ground Coffee	227g	4.89	FOV
TE397	Peru Ground Coffee	227g	5.29	FOV
TE641	Suma Dark Roast Ground	227g	4.89	FOV
TE399	Sumatra Ground Coffee	227g	5.49	FOV
TE400	Swiss Water Decaf Ground	227g	6.19	FOV
	Roast Whole Bean Coffees			
TE373	Colombia Coffee Beans	227g	5.39	FOV
TE655	Espresso Coffee Beans	227g	5.89	FOV
TE375	Ethiopia Yirgacheffe Beans	227g	6.19	FOV
TE401	Peru Coffee Beans	227g	5.29	FOV
	<b>CAFEDIRECT</b>			
	Blend - Roast & Ground			
TE156	Lively Roast Ground	227g	5.35	FV
TE176	Smooth Roast Ground	227g	5.35	FV
	Instant Coffees			
TE513	Machu Picchu Instant	100g	6.35	FV
TE377	Machu Picchu Instant Decaff	100g	5.69	FV
TE449	Mayan Gold Instant	100g	6.35	FV
TE395	Smooth Roast Instant	500g	28.59	FV
	Roast Wholebean Coffees			
TE320	Machu Picchu Decaf Beans	227g	5.69	FV
TE901	Machu Picchu Organic Beans	227g	5.55	FOV
TE229	Machu Picchu Organic Beans	750g	14.99	FOV
TE302	Mayan Gold Beans	227g	5.55	FOV
	Single Origin - Roast & Ground			
TE323	Cauca Valley Columbia Ground	227g	5.55	FV
TE951	Kilimanjaro Tanzania Ground	227g	5.55	FV
TE493	Machu Picchu Decaf Ground	227g	5.39	FV
TE952	Machu Picchu Organic Ground	227g	5.55	FOV
TE226	Mayan Gold Ground	227g	5.55	FV
	<b>CHEERFUL BUDDHA</b>			

code	product	size	rrp	bfgosv
TE072	Chaga Mushroom Coffee Blend	150g	13.95	GV
TE032	Lion's Mane Mushroom Coffee	150g	13.95	V
TE075	Reishi Mushroom Coffee Blend	150g	13.95	GV
	<b>CLIPPER</b>			
	Food Service Range			
TE724	Instant - Fairtrade & Organic	500g	36.45	FOV
TE526	Instant Organic Decaff Instant Coffees	500g	41.35	FOV
TE076	Fairtrade Organic Instant	100g	7.55	FOV
TE422	FT Org Everyday Instant Coffee	100g	7.15	FOV
TE879	FT Org Super Spec Decaf Coffee	100g	8.29	FOV
TE739	FT Org Super Special Coffee Roast and Ground Coffees	100g	7.55	FOV
TE845	Decaffeinated Ground Coffee	227g	6.65	FOV
TE849	Italian Style Ground Coffee	227g	5.69	FOV
TE705	Papua New Guinea Ground Coffee	227g	5.69	FOV
	<b>EQUAL EXCHANGE</b>			
	Roast & Ground Coffees			
TE872	Anytime Medium Roast	200g	6.39	FOV
TE875	Colombian Excelso	200g	6.39	FOV
TE874	Dark City	200g	6.39	FOV
TE325	Dark Roast Decaffeinated	200g	6.99	FOV
TE870	Decaffeinated	200g	6.99	FOV
TE867	Ethiopia Yirgacheffe	200g	6.99	FOV
TE876	Grown by Women	200g	6.39	FOV
TE812	Guatemalen	200g	6.39	FOV
TE866	Italian Blend Roast Wholebean Coffees 1kg	200g	6.39	FOV
TE898	Anytime Medium Roast	1kg	25.99	FOV
TE896	Espresso	1kg	25.99	FOV
TE008	Italian Blend Roast Wholebean Coffees 200g	1kg	25.99	FOV
TE402	Dark City	200g	6.39	FOV
TE403	Decaffeinated	200g	6.99	FOV
TE409	Grown By Women	200g	6.39	FOV
TE408	Italian Blend	200g	6.39	FOV
TE371	Medium Roast	200g	6.39	FOV
	<b>GRUMPY MULE</b>			
	Roast & Ground Coffees			
TE853	Brasil Daterra Sunrise	227g	5.49	V
TE286	Colombia Cafe Equidad	227g	5.55	FOV
TE136	Cool Ground	227g	5.49	FOV
TE289	Decaf Ground Swiss Water	227g	6.39	FOV
TE988	El Salvador Las Mercedes	227g	5.49	V
TE839	Guatemala Pocola	227g	6.69	FV
TE134	Honduras Fuerza La Labor	227g	5.49	FOV
TE132	Honduras Pico Pijol	227g	5.49	FOV
TE559	Peru Cafe Femenino	227g	5.49	FOV
TE285	Sumatra Gayo Highlands Roast Wholebean Coffees	227g	5.69	FOV
TE718	Colombia Cafe Equidad Beans	227g	5.59	FOV
TE130	Decaf Beans - Swiss Water	227g	6.29	FOV
TE290	Landscape Espresso Beans Roast Wholebean Coffees 1KG	227g	5.99	OV
TE416	Dark Peak Espresso Beans	1kg	21.79	FV
TE417	Landscape Espresso Beans	1kg	23.49	FOV
TE424	Milestone Espresso Beans	1kg	21.79	FV
	XTMAS 2023			
TE345	Grumpy Yule	227g	5.76	FOV
	<b>PERCOL</b>			
	Instant Coffees			

code	product	size	rrp	bfgosv
TE679	Delicious Decaf	100g	4.79	FV
TE570	Intense Espresso	100g	4.25	V
TE054	Rich Americano	100g	4.79	V
TE005	Smooth Colombian	100g	4.79	FV
	Roast & Ground Coffees			
TE632	Rich Americano Fairtrade	200g	4.75	FOV
<b>COFFEE SUBSTITUTES</b>				
<b>BARLEYCUP</b>				
TE480	Chicory Cup Organic	100g	5.79	OV
TE366	Instant Cereal Drink Granules	200g	7.99	V
TE698	Instant Cereal Drink Organic	100g	5.59	OV
TE240	Instant Cereal Drink Powder	200g	7.50	V
<b>BIOFORCE</b>				
TE368	Bambu	100g	5.29	V
<b>CHEERFUL BUDDHA</b>				
TE111	Chaga Latte	150g	12.99	GV
TE090	Lion's Mane Latte	150g	12.99	GV
TE121	Matcha Latte	150g	14.99	GV
<b>THE CHICORY CO</b>				
TE007	Chicory Drink - Caramel	100g	3.99	V
TE728	Chicory Drink - Cocoa	125g	4.49	GV
TE470	Chicory Drink - Instant	100g	3.59	V
TE589	Chicory Drink - Organic	100g	5.19	GOV
<b>WHOLE EARTH</b>				
TE389	No Caf Coffee Alternative	100g	3.29	VO
TE215	Wake Up Coffee Alternative	125g	4.29	V
<b>CONVENIENCE FOODS</b>				
<b>SUMA</b>				
VF850	Baked Beans & Vegan Burgers	400g	2.79	V
VF450	Baked Beans & Vegan Sausage	400g	2.65	VS
VF770	Cheesy Pasta Pot	400g	3.19	V
VF012	Mac 'n' Cheeze	400g	2.69	V
VF251	Spaghetti Bolognese	400g	2.65	V
VF210	Spicy Chorizo Style Stew	400g	2.25	V
VF650	Vegan Meatball Chilli	400g	2.69	V
VF875	Vegan Meatballs Bolognese	400g	2.99	SV
VF209	Vegetable Stew & Dumplings	400g	2.49	V
<b>SUMA ORGANIC</b>				
VF172	Ravioli with Vegetable Sauce	400g	2.85	OSV
<b>ARTISAN GRAINS</b>				
VF080	Falafel - Beetroot & Chilli	150g	1.89	GV
VF071	Falafel - Pumpkin & Quinoa	150g	1.89	GV
VF037	Falafel - Super Greens	150g	1.89	GV
VF213	Nut Roast - Cashew & Cranberry	200g	3.39	VG
VF104	Nut Roast - Country Veg/Cashew	200g	3.39	V
VF110	Nut Roast - Sundried Tomato	200g	3.39	V
<b>BIONA</b>				
VF250	Coconut Milk Green Curry	400ml	2.85	OSV
<b>CLEARSPRING</b>				
VF253	Coconut Milk	400ml	2.49	OV
<b>CYPRESSA</b>				
KJ219	Falafel Wrap Kit	460g	4.99	V
KJ217	Cyros Wrap Kit	410g	4.75	V
<b>FREE &amp; EASY</b>				
VF125	Bean Cassoulet - og	400g	3.50	GOV
VF006	Chickpea / Vegetable Curry	400g	3.50	GOV
VF116	Chickpea & Bean Tagine	400g	3.50	GOV
VF132	Middle Eastern Casserole	400g	3.50	GOV
VF141	Sweet Pot/Kale/Coconut Curry	400g	3.50	GOV
VF014	Three Bean Chilli - og	400g	3.50	GOV
VF127	Vegetable Balti - og	400g	3.50	GOV

code	product	size	rrp	bfgosv
VF128	Vegetable Hotpot - og	400g	3.50	GOV
	<b>FUTURE FARM</b>			
VF001	Future Tvna	150g	3.35	GV
	<b>GEO</b>			
VF041	Saucy Pasta	400g	3.35	V
	<b>GEO ORGANICS</b>			
KJ182	Chickpea & Apricot Tagine	400g	3.25	OSV
KJ183	Moroccan Chickpea Tagine	400g	3.25	OV
VF074	Organic Bombay Potatoes	400g	3.45	OSV
	Dahl			
VF148	Coconut & Kale	400g	3.15	OV
VF079	Organic Chickpea & Lentil Dahl	400g	2.90	OV
VF149	Tadka Dahl	400g	2.95	OV
	<b>GRANOVITA</b>			
VF211	Mock Duck	285g	3.39	SV
VF036	Nut Luncheon	400g	2.99	GV
	<b>LOMA LINDA</b>			
VF035	Tuno - In Spring Water	142g	1.99	GV
VF246	Tuno - Mild Curry	142g	1.99	GV
VF026	Tuno - Thai Sweet Chilli	142g	1.99	GSV
VF022	Tuno Mayo	142g	1.99	GSV
	Ready Meals			
VF027	Spicy Pad Thai	284g	3.99	GSV
VF028	Thai Green Curry	284g	3.99	GSV
VF016	Tikka Masala	284g	3.99	GSV
	<b>MARIGOLD</b>			
SY022	Braised Tofu - Cans	225g	3.75	V
SY157	Mo-Du Braised Seitan Slices	225g	3.15	SV
SY154	Tempeh - Cans	280g	3.65	GV
SY156	Tunah - Cans	170g	3.99	SV
	<b>NATURE'S CHARM</b>			
VF207	Vegan Calamari	425g	6.39	V
	<b>RIFCO</b>			
VF108	Spanish Chickpea Casserole	400g	3.25	OV
VF100	Thai Green Curry Organic	400g	3.25	OV
VF093	Thai Temple Curry	400g	3.25	OV
	<b>SUNITA</b>			
FG601	Polenta - organic	500g	2.15	OV
	<b>THE VURGER CO</b>			
KJ257	Vegan Cheezy Sauce	300g	4.45	V
	<b>WE CAN VEGAN</b>			
VF137	Vegan Bolognese	400g	2.99	SV
VF136	Vegan Carbonara	400g	2.99	V
VF139	Vegan Mexican Chilli	400g	2.99	SV
VF140	Vegan Thai Green Curry	400g	2.99	SV
VF138	Vegan Thai Red Curry	400g	2.99	SV
	<b>ZANAE</b>			
VF044	Butter Bean Salad	280g	2.15	SV
VF527	Okra in Sauce	280g	2.79	SV
VF018	Stuffed Peppers -Tomato & Rice	280g	2.69	V
VF017	Stuffed Vine Leaves	280g	2.69	V
	<b>CRISPS &amp; SNACKS</b>			
	<b>SUMA PREPACKS</b>			
ZX195	Bombay Mix	125g	1.25	V
ZX196	Bombay Mix	250g	1.75	V
ZX695	Bombay Mix w/ Coriander & Lime	125g	1.25	V
ZX696	Bombay Mix w/ Coriander & Lime	250g	1.75	V
ZX084	Fruit & Nut Mix	125g	1.75	V
ZX205	Oriental Rice Crackers	125g	1.95	V
ZX202	Sesame Sticks	125g	1.25	V
ZX227	Smoked Paprika Twists	125g	1.25	V



code	product	size	rrp	bfgosv
ZX294	Spiced Roast Chickpeas	125g	1.25	V
ZX204	Spicy Noodles	125g	1.25	V
ZX316	Super Seed And Berry Mix	125g	2.25	V
ZX476	Wasabi Peas - Spicy	75g	1.75	V
<b>AMAIZIN</b>				
ZX544	Bio Corn Chips Chilli	75g	1.59	OSV
ZX543	Bio Corn Chips Natural	150g	2.50	OV
ZX542	Bio Corn Chips Natural	75g	1.49	OSV
ZX546	Bio Corn Chips Paprika	75g	1.59	OSV
ZX429	Natural Corn Chips Value Bag	250g	2.85	OV
ZX399	Organic Taco Shells	150g	3.65	OV
ZX482	Rice Paper Organic	110g	2.29	OV
ZX254	Salsa Dip Hot	260g	2.65	GOSV
ZX249	Salsa Dip Mild	260g	2.65	GOSV
ZX406	Tomato Corn Rolls	100g	1.95	VOS
<b>APE SNACKS</b>				
ZX504	Coconut Bites Chocolate	26g	2.90	GVS
ZX855	Crunchy Coconut Bites Natural	30g	2.90	V
<b>BIONA</b>				
ZX424	Potato Chips - Lightly Salted	100g	2.45	OV
<b>BOUNDLESS</b>				
ZX385	Chipotle & Lime Chips	80g	1.99	GSV
ZX413	Orange & Maple Syrup Nuts&Seed	90g	3.15	GV
ZX414	Salt & Chilli Nuts & Seeds	25g	1.15	GV
ZX394	Sea Salt & Cider Vinegar Chips	80g	1.99	GV
ZX395	Smoky Bacon Chips	80g	1.99	GSV
ZX420	Smoky BBQ Nuts & Seeds	25g	1.15	GV
ZX396	Sour Cream & Onion Chips	80g	1.99	GSV
ZX405	Sweet Chilli Nuts & Seeds	90g	3.15	GV
<b>BROWN BAG CRISPS</b>				
Impulse				
ZX266	Lightly Salted	40g	0.89	GV
ZX268	Oak Smoked Chilli	40g	0.89	GSV
ZX206	Rosemary & Sea Salt	40g	0.89	GSV
Sharing				
ZX270	Lightly Salted	150g	2.69	GV
ZX108	Rosemary & Sea Salt	150g	2.69	GSV
Vegetable Crisps				
ZX833	Vegetable Chips - Hand Cooked	40g	1.49	GV
<b>CAPTAIN TIPTOES</b>				
ZX818	Habas Fritas	201g	2.95	V
<b>CLEARSPRING</b>				
BT026	Brown Rice Crackers	40g	2.29	GOV
BT033	Brown Rice Crackers	40g	2.29	GOV
BT053	Brown Rice Crackers Sesame	40g	2.29	GOV
BT129	Brown Rice Crackers-Blk Sesame	40g	2.29	GOV
ZX193	Rice Crackers - Tamari	50g	2.29	OV
BT055	Rice Crackers Olive Oil & Salt	50g	2.29	OV
ZX226	Tamari Roast Sicilian Almonds	30g	1.99	GOV
ZX207	Tamari Roasted Cashew Nuts	30g	1.99	GOV
ZX191	Tamari Roasted Pumpkin Seeds	30g	1.59	GOV
Sea Veg				
JP073	Seaveg Crispies - Chilli	4g	1.29	GOV
JP082	Seaveg Crispies - Original	4g	1.29	GOV
JP035	Seaveg Crispies - Turmeric	4g	1.29	GOV
JP083	Seaveg Crispies Multipack-Orig	3 x 4g	2.99	GOV
JP085	Seaveg Crispies Multipk-Chilli	3 x 4g	2.99	GOV
<b>CYPRESSA</b>				
ZX810	Roasted and Salted Broad Beans	150g	1.65	V
<b>DJ&amp;A</b>				
ZX058	Broccoli Florets	25g	3.49	V

code	product	size	rrp	bfgosv
ZX059	Crispy Beetroot Slices	35g	3.49	V
ZX068	Shiitake Mushroom Crisps	30g	3.49	V
ZX061	Sugar Snap Pea Crisps	30g	3.49	V
<b>EAT REAL</b>				
	Hummus Chips - Impulse			
ZX900	Hummus Chips Sea Salt&Balsamic	45g	0.89	V
ZX198	Hummus Sour Cream Chips	45g	0.89	GSV
ZX161	Salted, Hummus Chips	45g	0.89	GV
ZX160	Tomato & Basil, Hummus Chips	45g	0.89	GSV
	Hummus Chips - Sharing			
ZX127	Creamy Dill, Hummus Chips	135g	2.19	GSV
ZX326	Hummus Sour Cream Chips	135g	2.19	GSV
ZX125	Lemon & Chilli, Hummus Chips	135g	2.19	GV
ZX124	Salted, Hummus Chips	135g	2.19	GV
ZX121	Tomato & Basil, Hummus Chips	135g	2.19	GSV
	Kale - Sharing			
ZX057	Veggie & Kale Straws	113g	2.48	GSV
	Lentil Chips - Impulse			
ZX169	Lentil Chilli & Lemon Chips	40g	0.89	GV
ZX170	Lentil Creamy Dill Chips	40g	0.89	GSV
ZX165	Lentil Sea Salted Chips	40g	0.89	GV
ZX168	Lentil Tomato & Basil Chips	40g	0.89	GSV
	Lentil Chips - Sharing			
ZX135	Lentil Chips Chilli Lemon	113g	2.19	GV
ZX883	Lentil Chips Creamy Dill	113g	2.19	GSV
ZX737	Lentil Chips Mango & Mint	113g	2.19	GSV
ZX128	Lentil Chips Sea Salt	113g	2.19	GV
ZX130	Lentil Chips Tomato Basil 113g	113g	2.19	GSV
	Multi Pack			
ZX027	Hummus, Lentil, Quinoa Multi	116g	3.19	GVS
	Organic - Sharing			
ZX215	Hummus Sea Salt Chips - Org	100g	2.79	GOV
ZX214	Lentil Sea Salt Chips - Org	100g	2.79	GOV
ZX213	Veggie Straws - Organic	100g	2.79	GOSV
	Quinoa Chips - Impulse			
ZX041	Quinoa Chilli & Lime Chips	30g	0.89	GSV
ZX007	Quinoa Cream & Chive Chips	30g	0.89	GSV
	Quinoa Chips - Sharing			
ZX315	Quinoa Chips Cream & Chives	80g	2.19	GSV
ZX314	Quinoa Chips Tomato & Garlic	80g	2.19	GSV
<b>EMILY CRISPS</b>				
ZX183	Rainbow Roots	30g	1.49	GV
ZX234	Sour Cream & Onion Thins	85g	1.99	GV
ZX235	Sour Cream & Onion Thins	23g	0.99	GV
ZX197	Veg Thins - Chipotle BBQ	85g	1.89	GV
<b>HODMEDOD'S</b>				
ZX549	Roast Fava Bean Salt & Vinegar	300g	2.99	V
ZX562	Roasted Fava Beans Sea Salted	300g	2.99	V
ZX568	Roasted Peas Lightly Salted	300g	2.99	V
<b>KETTLE CHIPS</b>				
	Sharing Bags			
ZX248	Lightly Salted	130g	3.35	GV
ZX427	Sheese & Red Onion	130g	3.35	GV
<b>LOVE CORN</b>				
ZX849	Crunchy Corn - BBQ	115g	2.29	GV
ZX957	Crunchy Corn - Cheese & Onion	115g	2.29	GV
ZX852	Crunchy Corn - Salt & Vinegar	115g	2.29	GV
<b>MANOMASA</b>				
ZX462	Tortilla - Chipotle & Lime	140g	2.15	V
ZX603	Tortilla - Lemon & Peppercorn	140g	2.15	V
ZX613	Tortilla - Tomatillo Salsa	140g	2.15	V

code	product	size	rrp	bfgosv
	<b>NUDIE SNACKS</b>			
ZX958	Cheese & Caramelised Onion	80g	2.25	GSV
ZX979	Katsu Curry Crisps	80g	2.25	GSV
	<b>OLIVES ET AL</b>			
ZX819	Smokey Chilli Nuts	150g	5.39	V
	<b>PETER'S YARD</b>			
	Sourdough Bites			
BT446	Kashmiri Chilli	90g	2.19	SV
	<b>PIPERS CRISPS</b>			
	Impulse Bag			
ZX292	Anglesey Sea Salt	40g	0.85	GV
ZX295	Karnataka Bl Pepp & Sea Salt	40g	0.85	GSV
ZX434	Wild Thyme & Rosemary Sharing Bag	40g	0.85	GSV
ZX291	Anglesey Sea Salt	150g	2.19	GV
ZX436	Wild Thyme & Rosemary	150g	2.19	GSV
	<b>PRIMAL VEGAN JERKY</b>			
ZX585	Seitan - Teriyaki Jerky	28g	2.25	V
ZX581	Seitan - Thai Peanut Jerky	28g	2.25	V
ZX580	Shiitake Mushroom Jerky	28g	2.25	V
ZX586	Soy - Hickory Smoked Jerky	28g	2.25	V
ZX584	Soy - Texas BBQ Jerky	28g	2.25	V
	<b>PROPERCHIPS</b>			
ZX725	Barbecue	20g	0.99	GSV
ZX726	Sea Salt	20g	0.99	GSV
ZX727	Sweet Sriracha Chilli Sharing Bag	20g	0.99	GSV
ZX426	Barbecue Chips	85g	2.29	GSV
ZX467	Salt & Vinegar Chips	85g	2.29	GSV
ZX430	Sea Salt Chips	85g	2.29	GSV
ZX474	Sriracha Chilli Chips	85g	2.29	GSV
	<b>PROPERCORN</b>			
	Sharing Bag			
ZX861	Popcorn - Lightly Sea Salted	70g	1.99	GV
ZX862	Popcorn - Salted Caramel	90g	1.95	GSV
ZX860	Popcorn - Sweet & Salty	90g	1.95	GSV
	<b>PROPERCRISPS</b>			
ZX216	Cheese and Onion	100g	2.90	GSV
ZX217	Flame Grilled Steak	100g	2.90	GSV
ZX212	Thai Chilli	100g	2.90	GSV
	<b>PURELY PLANTAIN</b>			
ZX244	Plantain Chip - Lemon Sea Salt	75g	1.99	GV
ZX961	Plantain Chips - Nice & Spicy	75g	1.99	GV
ZX959	Plantain Chips - Sea Salt	75g	1.99	GV
ZX960	Plantain Chips - Wild Garlic	75g	1.99	GV
ZX330	Sweet Treat	75g	1.99	GV
	<b>REBEL KITCHEN</b>			
ZX252	Caramel Bytes	26g	1.79	GOSV
ZX240	Chocolate Bytes	26g	1.79	GOSV
	<b>TEN ACRE CRISPS</b>			
ZX040	Cheese & Onion Crisps	35g	0.85	GV
ZX559	Hickory BBQ Crisps	40g	0.85	GV
ZX051	Ten Acre BBQ Beef Crisps	35g	0.85	GV
ZX054	Ten Acre Cheesy Chilli Crisps	35g	0.85	GV
ZX049	Ten Acre Fried Chicken Crisps	35g	0.85	GV
	<b>TRAF0</b>			
	Flips			
ZX359	Chickpea Flips Mild Curry	75g	2.45	GOV
ZX343	Pea Flips Lightly Salted	75g	2.45	GOV
ZX299	Rosemary Lentil Flips Handcooked Baked Crisps	75g	2.45	GOV

code	product	size	rrp	bfgosv
ZX473	Rosemary & Himalaya Salt	40g	1.90	OV
ZX932	Hummus Chips			
	Hummus Chips - Paprika	75g	2.65	OV
	Light Baked Crisps			
ZX759	Coconut Oil Baked Crisps	40g	1.35	OV
ZX625	Coconut Oil Baked Crisps	100g	2.75	OV
ZX758	Vegetable Chips	40g	1.75	OV
ZX624	Vegetable Chips	75g	2.75	OV
ZX575	Vegetable Chips Sweet Potato	80g	3.45	OV
	Popcorn			
ZX112	Caramel Popcorn Organic	50g	2.49	GOSV
ZX094	Salted Popcorn Organic	50g	2.49	GOV
ZX118	Sweet Popcorn Organic	50g	2.49	GOSV
	Potato Crisps Fried			
ZX053	Paprika Crisps - organic	40g	1.90	OV
ZX616	Salt & Vinegar Crisps	125g	1.99	OV
ZX055	Salted Crisps - organic	40g	1.90	OV
ZX626	Virgin Olive Oil Crisps	100g	3.19	OV
	Snacks			
ZX401	Corn Peanuts	75g	1.59	OV
BT075	Pretzel Sticks	100g	1.39	OV
	Tortilla Chips			
VF218	Tortilla Chips - Chilli	75g	1.35	OV
VF226	Tortilla Chips - Natural	75g	1.29	OV
ZX136	Tortilla Chips - Natural	200g	2.45	OV
	<b>TYRRELLS</b>			
	Potato Chips - Furrows Sharing			
ZX496	Sea Salted	150g	2.85	V
	Potato Chips - Impulse			
ZX908	Lightly Sea Salted	40g	1.90	V
ZX918	Sweet Chilli and Red Pepper	40g	1.90	SV
	Potato Chips - Sharing			
ZX978	Black Truffle & Sea Salt	150g	2.79	GVS
ZX022	Lightly Sea Salted	150g	2.79	GV
ZX024	Sea Salt & Black Pepper	150g	2.79	GV
ZX021	Sweet Chilli & Red Pepper	150g	2.79	GSV
	Vegetable Chips			
ZX658	Mixed Roots	40g	1.89	GV
ZX388	Mixed Roots	125g	3.99	GV
	<b>DESSERTS</b>			
	<b>AUTHENTIC BREAD COMPANY</b>			
	XMAS 2023			
BT155	Christmas Pudding	450g	12.00	GOSV
	<b>BIONA</b>			
SY192	Coconut Whipping Cream	400ml	3.50	OV
	<b>JUST WHOLEFOODS</b>			
VF065	Custard Powder	100g	3.65	V
VF067	Jelly, Lemon, Vegan	85g	1.99	SV
VF176	Jelly, Raspberry, Vegan	85g	1.99	SV
VF068	Jelly, Strawberry, Vegan	85g	1.99	SV
VF066	Jelly, Tropical, Vegan	85g	1.99	SV
	<b>LILLYPUDS</b>			
	XMAS 2023			
BT306	Trad Vegan Christmas Pudding	454g	12.63	GSV
	<b>NATURLI'</b>			
	Joe'Kurt			
SY033	Joe'Kurt - Blueberry	1l	3.99	V
SY026	Joe'Kurt - Natural	1l	3.99	V
SY028	Joe'Kurt - Pear & Banana	1l	3.99	V
SY034	Joe'Kurt - Strawberry	1l	3.99	V

code	product	size	rrp	bfgosv
SY041	Joe'Kurt - Vanilla	1l	3.99	V
	<b>SOJADE</b>			
SY099	Chocolate Soya Dessert	530g	1.89	GOSV
SY017	Cuisine- Organic Soya Cream	200ml	1.19	OV
SY107	Vanilla Soya Dessert	530ml	1.95	GOSV
	<b>SOON</b>			
SY253	Chocolate Hemp Custard Dessert	530g	2.35	GOSV
SY252	Chocolate Rice Custard Dessert	530g	1.89	GOSV
SY254	Hazelnut Oat Custard Dessert	530g	2.25	OSV
SY251	Vanilla Rice Custard Dessert	530g	1.89	GOSV
	<b>WE CAN VEGAN</b>			
SY060	Vegan Chocolate Custard	400g	2.15	GSV
SY015	Vegan Rice Pudding	400g	2.15	GSV
SY006	Vegan Vanilla Custard	400g	2.15	GSV
	<b>DESSERTS &amp; PUDDINGS (CHILLED)</b>			
	<b>OATLY</b>			
CV827	Creamy Oat	250ml	1.20	V
CV828	Oat Fraiche	200ml	2.50	V
CV829	Vanilla Custard	250ml	1.55	V
CV698	Whippable Creamy Oat	250ml	1.55	V
	<b>ORIGIN KITCHEN</b>			
	Creamed Cashew Desserts			
CV789	Chocolate	75g	2.30	GSV
CV780	Forest Berry	75g	2.30	GSV
CV778	Mango Passionfruit Pot	80g	2.30	GSV
CV792	White Chocolate	75g	2.30	GSV
CV154	Zesty Lemon Mousse	80g	2.30	SV
	<b>THE COCONUT COLLABORATIVE</b>			
CV471	Chocolate & Cre&m Desserts	4 x 60g	5.10	SV
CV472	Dark Chocolate Pudding	2 x 90g	4.15	SV
CV842	Double Cream	220ml	2.40	SV
CV507	Little Choc Pots	4 x 45g	3.50	GSV
CV511	Salted Caramel Pots	4 x 45g	3.50	GSV
CV694	Vanilla Custard	400g	3.55	SV
CV464	Vanilla Rice Pudding	2 x 125g	3.55	GSV
	<b>DESSERTS, NON-DAIRY (FROZEN)</b>			
	<b>BEAR</b>			
XL167	Strawberry Ice Lollies	5 x 55m	3.15	V
	<b>BOOJA-BOOJA</b>			
	110ml Tub			
XL258	Caramel Pecan Praline Ice Crea	110ml	2.10	OV
XL048	Choc Salted Caramel Ice Cream	110ml	2.10	OV
XL332	Hazel Choc & Truffle Ice Cream	110ml	2.10	OV
XL031	Hunky Punky Chocolate	110ml	2.10	OV
XL410	Keep Smiling Vanilla M'Gorilla	110ml	2.10	OV
XL256	Raspberry Ripple Ice Cream	110ml	2.10	OV
	465ml Tub			
XL263	Caramel Pecan Ice Cream	465ml	5.69	GOSV
XL013	Choc Fudge Brownie Ice Cream	465ml	5.69	GOSV
XL259	Choc Salted Caramel Ice Cream	465ml	5.69	GOSV
XL002	Cookie Dough Ice Cream	465ml	5.69	GOSV
XL033	Deeply Chocolate Ice Cream	465ml	5.69	GOSV
XL023	Mango & Raspberry Ice Cream	465ml	5.69	GOSV
XL038	Vanilla Ice Cream	465ml	5.69	GOSV
	<b>GRIDDLE</b>			
XL207	Blueberry Wholegrain Waffles	200g	3.40	V
XL208	Choc-Chip Wholegrain Waffles	200g	3.40	V
XL206	Original Wholegrain Waffles	200g	3.40	V
	<b>LICK</b>			
	Oat-Based Vegan Ice Cream			

code	product	size	rrp	bfgosv
XL331	Cookies & Cream Ice Cream	480ml	4.99	SV
XL330	Mint Chocolate Ice Cream	480ml	4.99	SV
XL328	Raspberry Ripple Ice Cream	480ml	4.99	SV
XL317	Vanilla Ice Cream	480ml	4.99	SV
<b>NATURLI'</b>				
XL146	Cookie Dough Deluxe Ice Cream	480ml	4.99	SV
XL144	Fudge Brownie Ice Cream	500ml	4.85	SV
XL027	Salted Caramel Ice Cream Cones	500ml	4.85	SV
XL147	Brownie Buzz Ice Cream Cones	4 x 130m	5.25	SV
XL149	Dark and Creamy Ice Cones	4 x 130m	5.25	GSV
XL150	Salted Caramel Ice Cream Cones	4 x 130m	5.25	GSV
<b>NEED</b>				
XL250	Caramel Ice Cream Sandwich	115ml	4.99	V
XL262	Chocolate Ice Cream Bar	45ml	3.35	V
XL260	Coconut Ice Cream Bar	45ml	3.35	V
XL286	Mango Ice Cream Sandwich	115ml	4.99	VS
XL281	PB & J Ice Cream Sandwich	115ml	4.99	V
XL271	Solid Gold Ice Cream Sandwich	155ml	4.99	V
XL251	Strawberry Ice Cream Sandwich	115ml	4.99	V
XL249	Too Choc Ice Cream Sandwich	115ml	4.99	V
XL277	Very-Dandy Ice Cream Sandwich	115ml	4.99	V
<b>PUKPIP</b>				
XL334	Dark Chocolate Dipped Bananas	3 x 70g	3.79	SV
<b>SWEDISH GLACE</b>				
XL017	Juicy Raspberry	750ml	5.10	SV
XL018	Rich Chocolate	750ml	5.10	SV
XL016	Smooth Vanilla Ice Cream	750ml	5.10	VS
<b>DRINKS (CHILLED)</b>				
<b>ALPRO</b>				
CV687	Fresh Almond Milk	1l	2.00	V
CV242	Oat Unsweetened Fresh	1l	2.00	V
CV087	Soya Fresh - Natural	1l	1.70	V
<b>BIOMEL</b>				
	Vegan Probiotics			
CV857	Dark Chocolate Probiotic Drink	510ml	3.35	V
CV855	Natural Probiotic Drink	510ml	3.35	V
CV856	Pure Vanilla Probiotic Drink	510ml	3.35	SV
<b>BIOTIFUL DAIRY</b>				
	Oat Kefir			
CV908	Mango Plant-Based Kefir	250ml	2.15	GV
CV906	Original Plant Based Kefir	250ml	2.15	GV
CV920	Original Plant-Based Kefir	500ml	3.80	GV
CV907	Strawberry Plant Based Kefir	250ml	2.15	GV
CV921	Vanilla Plant-Based Kefir	500ml	4.00	GV
<b>CALIFIA FARMS</b>				
CV826	Cold Brew Mocha	750ml	2.99	GSV
CV822	Mocha Cold Brew Almond Drink	250ml	1.99	SV
CV450	Oat Caramel Cold Brew Coffee	750ml	2.99	SV
CV823	Unsweetened Almond Milk	750ml	2.50	GSV
CV821	XX Espresso Cold Brew Almond	250ml	1.99	SV
<b>COCOS</b>				
CV482	Mango & Passionfruit Kefir	200ml	3.00	FGOV
CV898	Natural Coconut Milk Kefir	500ml	4.50	GOV
CV896	Strawberry Kefir	200ml	3.00	GOV
<b>EQUINOX</b>				
CV736	Kombucha Ginger	275ml	2.35	OSV
CV830	Kombucha Grapefruit & Guava OG	275ml	2.35	OSV
CV737	Kombucha Original OG	275ml	2.35	OSV
CV741	Kombucha Raspberry & Elderflow	275ml	2.35	OSV
CV742	Kombucha Wild Berry OG	275ml	2.35	OSV

code	product	size	rrp	bfgosv
	Large Bottles			
CV052	Ginger Kombucha	750ml	5.15	OV
CV048	Rasp & Elderflower Kombucha	750ml	5.15	OV
	<b>FLAX &amp; KALE</b>			
CV193	African Mule Kombucha	400ml	3.25	GSV
CV160	Blue Dragon Lemon Kombucha	400ml	3.25	GSV
CV168	Blue Mojito Kombucha	400ml	3.25	GSV
CV185	Kombucola	400ml	3.25	GSV
CV163	Lemon Fantasy Kombucha	400ml	3.25	GSV
CV167	Orange Fantasy Kombucha	400ml	3.25	GSV
	<b>HOLOS</b>			
CV217	Basil & Mint Kombucha	330ml	2.65	V
CV222	Citra Hops Kombucha	330ml	2.65	V
CV218	Classic Kombucha	330ml	2.65	V
CV240	Elderflower Kombucha	330ml	2.65	V
CV216	Ginger & Hibiscus Kombucha	330ml	2.65	V
	<b>KARMA DRINKS</b>			
	Kefir			
CV753	Kefruit Elderflower & Hibisc.	500ml	3.60	FOVB
CV752	Kefruit Fig and Lemon Kombucha	500ml	3.60	FOVB
CV425	Ginger Kombucha	500ml	3.65	OVB
CV256	Ginger Kombucha	1l	6.25	FOVB
CV060	Ginger Trilogy Kombucha	500ml	3.85	FOVB
CV276	Mango Kombucha	1l	6.25	FOVB
CV245	Mango Kombucha	500ml	3.85	FOVB
CV426	Pomegranate Kombucha	500ml	3.65	OVB
CV258	Pomegranate Kombucha	1l	6.25	FOVB
CV435	Raspberry Kombucha	500ml	3.85	OVB
CV259	Sunset Ltd. Edition Kombucha	1l	6.25	FOVB
	<b>KOKO DAIRY FREE</b>			
CV021	Koko Dairy Free Original	1l	2.15	GSV
	<b>LOVING FOODS</b>			
CV176	Blueberry & Lavender Kombucha	330ml	2.99	OSV
CV233	Matcha & Mint Kombucha	330ml	2.99	OSV
CV244	Raspberry & Tulsi Kombucha	330ml	2.99	OSV
	<b>MOCKINGBIRD</b>			
CV658	Raw Boost	250ml	3.50	V
CV661	Raw Defence Juice	250ml	3.50	V
CV662	Raw Green Juice	250ml	3.50	V
	<b>MOJU</b>			
	Cold Pressed Booster Shots			
CV370	Ginger	60ml	2.10	V
CV112	Hot Mango Immunity Shot	60ml	2.10	V
CV111	Multiberry Immunity Shot	60ml	2.10	V
CV391	Turmeric Shot	60ml	2.10	V
	<b>OATLY</b>			
CV530	Chilled Oat Drink - Barista	1l	2.45	V
CV489	Fresh Oat Drink - Semi	1l	2.40	V
CV488	Fresh Oat Drink - Skinny	1l	2.40	V
CV491	Fresh Oat Drink - Whole	1l	2.40	V
	<b>SOJADE</b>			
CV264	Blueberry & Cherry Soya Kefir	250ml	2.20	OV
CV268	Natural Organic Soya Kefir	250ml	1.90	OV
	<b>ESSENTIAL OILS</b>			
	<b>AQUA OLEUM</b>			
	Carrier Oils			
AR029	Carrier Oil - Sweet Almond	100ml	5.25	V
	Essential Oils			
AR008	Eucalyptus	10ml	3.49	V
AR150	Frankincense	10ml	12.29	V

code	product	size	rrp	bfgosv
AR011	Geranium	10ml	6.99	V
AR151	Jasmine - 5% dilution	10ml	8.79	V
AR014	Lavender	10ml	5.29	V
AR022	Peppermint	10ml	5.29	V
AR023	Rose Maroc - 5% dilution	10ml	6.99	V
AR024	Rosemary	10ml	4.39	V
AR056	Sandalwood - 5% dilution	10ml	6.90	V
AR026	Tea Tree	10ml	4.39	V
	Essential Oils - Merchandiser			
AR143	Lavender Oil Merchandiser	10ml	4.75	V
	Essential Oils 100ml			
DY447	Lavender	100ml	45.00	V
	Organic Essential Oils			
AR021	Frankincense Organic	10ml	16.59	OV
AR010	Geranium Organic	10ml	11.39	VO
AR241	Lavender Organic	10ml	7.89	VO
AR006	Organic Eucalyptus	10ml	4.39	OV
AR012	Patchouli Organic	10ml	8.79	VO
AR025	Peppermint Organic	10ml	6.90	OV
AR016	Tea Tree Organic	10ml	5.29	VO

## FAR EASTERN FOOD

### SUMA ORGANIC

VF007	Coconut Cream	400ml	2.59	OV
LJ350	Coconut Milk Organic	400ml	2.19	OV
LJ400	Creamed Coconut Organic	200g	2.45	OV
LJ273	Light Coconut Milk	400ml	1.99	OV

### BIONA

WT071	Asia Noodles Organic	250g	2.75	OV
KJ094	Coconut Aminos Original	250ml	4.50	OSV
VF167	Coconut Cream	400ml	2.75	OV
VF187	Coconut Milk Light Organic	400ml	1.99	OV
VF775	Coconut Milk Organic	400ml	2.29	OV
VF772	Creamed Coconut Organic	200g	2.55	OV
VF058	Golden Coconut Milk	400ml	2.75	OV
VF077	Organic Coconut Milk	200ml	1.59	OV
VF323	Organic Tempeh	400g	4.45	OV
JP042	Seitan Pieces	350g	5.50	OV
WT101	Spelt Asia Noodles	250g	3.25	OV
JP041	Tofu	500g	4.75	OV
JP014	Wasabi Style Horseradish Paste	50g	3.95	OV

### BLUE DRAGON

LJ495	Coconut Cream UHT	250ml	2.39	V
LJ130	Coconut Milk	400ml	2.55	V
VF820	Springroll Wrappers	134g	1.49	V
JP093	Sushi Nori	11g	1.79	V
JP220	Tofu - Firm Silken	349g	2.59	V
WT100	Wholewheat Noodles	300g	2.35	V

### CLEARSPRING

JP060	Brown Rice Vinegar - Organic	150ml	2.69	OV
JP033	Brown Rice Vinegar - Organic	250ml	3.79	OV
JP077	Brown&Wild Rice w/Tamari Sauce	250g	3.69	GOV
JP111	Instant Noodle Broth	245ml	6.49	OV
JP025	Japanese Brown Miso - Tub	1kg	19.29	OV
JP096	Japanese Rice Vinegar	250ml	3.69	OV
JP134	Mikawa Mirin	150ml	4.99	OV
JP135	Mirin	150ml	4.39	V
JP100	Rice Mirin	250ml	6.99	OV
JP066	Shiitake Mushrooms - Organic	40g	7.99	OV
JP059	Shoyu Ramen Noodles/Soy Soup	210g	5.39	OV
JP044	Shoyu Soya Sauce	250ml	4.19	OV



code	product	size	rrp	bfgosv
JP016	Sushi Ginger Pickle Organic	50g	3.69	OV
JP314	Sushi Rice - Organic	500g	2.99	OV
JP680	Teriyaki Sauce	150ml	4.49	OV
JP103	Teriyaki Sauce - Organic & GF	150ml	5.19	GOV
JP026	Tofu	300g	2.29	GOV
JP112	Umami Instant Stock Paste	112g	3.99	OV
JP032	Umami Paste with Ginger - Org	150g	4.69	OV
JP101	Ume Su Seasoning	150ml	2.99	OV
JP027	Umeboshi Paste - Organic	150g	7.39	OV
JP079	Umeboshi Plums Organic	200g	9.99	OV
JP021	Wasabi Powder	25g	3.99	V
JP031	Yuzu Ponzu Seasoning	150ml	5.69	OV
	Miso Products			
JP211	Barley Miso Jar	300g	6.99	OV
JP212	Brown Rice Miso Jar	300g	5.79	OV
JP020	Brown Rice Miso Jar (Mini)	150g	3.89	OV
JP030	Brown Rice Miso Pouch	300g	5.99	OV
JP120	Chickpea Miso	150g	3.99	OV
JP048	Creamy Sesame Miso Soup	4 x 15g	3.29	GOV
JP049	Ginger & Turmeric Miso Soup	4 x 15g	3.29	GOV
JP114	Hearty Red Miso Soup + Sea Veg	4 x 10g	3.99	V
JP047	Hot & Spicy Miso Soup Paste	4 x 15g	3.29	GOV
JP321	Instant Miso Soup and Sea Veg	4 x 10g	3.99	OV
JP018	Instant Miso Soup Paste	4 x 15g	3.29	OV
JP011	Instant White Miso Paste OG	60g	3.29	OV
JP046	Japanese Reduced Salt Miso	270g	5.39	OV
JP022	Japanese White Miso	270g	4.29	OV
JP148	Mellow White Miso Soup + Tofu	4 x 10g	3.99	V
JP213	Miso - Hatcho	300g	5.59	OV
JP057	Miso Ramen Noodles/Miso Soup	210g	5.39	OV
JP086	Sweet White Miso - Organic	250g	4.99	OV
	Noodles			
JP056	All Buckwheat Soba Noodles	200g	4.49	GOV
JP053	Brown Rice Noodles - GF	200g	3.99	GOV
JP037	Brown Rice Udon Noodles	200g	3.49	OV
JP054	Brown Rice Wide Noodles - GF	200g	3.99	GOV
JP036	Skinny Soba Somen Noodles	200g	3.49	OV
JP038	Soba Noodles	200g	3.49	OV
JP039	Udon Noodles	200g	3.49	OV
JP040	Wide Udon Noodles	200g	3.49	OV
	Sea Veg			
JP003	Dulse - Atlantic Coast Organic	25g	4.69	OV
JP069	Green Nori Sprinkle	20g	1.99	V
JP070	Hijiki (Wild)	30g	7.99	V
JP090	Japanese Arame	30g	5.29	V
JP091	Japanese Hokkaido Kombu	40g	5.49	V
JP007	Japanese Sea Vegetable Salad	25g	4.99	V
JP071	Nori	25g	3.99	V
JP072	Sushi Nori - toasted	17g	3.39	V
JP092	Wakame Organic	25g	4.19	OV
	Soya Sauce			
JP605	Shoyu	2.5l	26.99	OV
JP129	Shoyu Soya Sauce	150ml	2.99	VO
JP500	Shoyu Soya Sauce	500ml	6.49	VO
JP679	Soya Sauce	150ml	3.29	OV
JP130	Tamari Soy Sauce Double Strnth	150ml	3.99	GOV
JP029	Tamari Soy Sauce Double Strnth	250ml	5.99	GOV
JP098	Tamari Soya Sauce	150ml	2.99	GOV
JP099	Tamari Soya Sauce	250ml	3.99	GOV
JP001	Tamari Soya Sauce	2.5l	44.99	GOV

code	product	size	rrp	bfgosv
JP501	Tamari Soya Sauce	500ml	1.49	GOV
JP110	Tamari Soya Sauce	1l	18.99	GOV
<b>COCOFINA</b>				
KJ319	Coconut Amino Sauce	250ml	5.99	OV
<b>GEO ORGANICS</b>				
VF228	Indonesian Rendang Curry Paste	180g	3.95	OV
VF229	Indonesian Satay Curry Paste	180g	3.95	OV
VF738	Thai Green Curry Paste OG	180g	3.95	OV
VF739	Thai Red Curry Paste OG	180g	3.95	OV
VF247	Thai Yellow Curry Paste	180g	3.95	OV
<b>KIKKOMAN</b>				
JP065	Less Salt Soy Sauce	150ml	3.49	V
JP051	Organic Soy Sauce	250ml	4.99	OV
JP137	Poke Sauce	250ml	3.75	SV
JP062	Soy Sauce	150ml	3.49	V
JP067	Tamari Gluten Free Soy Sauce	150ml	3.59	GV
JP133	Teriyaki Marinade	250ml	3.75	SV
JP136	Teriyaki Marinade	250ml	3.99	GSV
<b>KING SOBA</b>				
WT210	100% Buckwheat Noodles	250g	2.79	OV
WT954	Black Rice Noodles	250g	2.99	OV
WT037	Brown Rice Noodles	250g	2.79	OV
JP087	Brown Rice Paper	200g	2.89	GOV
WT952	Brown Rice Wakame Noodles	250g	2.79	OV
WT953	Buckwheat & Sweet Potato	250g	2.79	OV
WT212	Millet & Brown Rice Noodles	250g	2.79	OV
WT057	Miso Soup Edamame Soya Bean	60g	3.45	OV
WT123	Og Basmati White Rice Noodles	250g	2.79	OFV
WT058	Og Miso Soup Pumpkin & Veg	60g	3.45	OV
WT059	Og Miso Soup Tofu & Ginger	60g	3.45	OV
WT099	Organic Brown Rice Ramen	280g	3.59	OV
WT097	Organic Buckwheat Ramen	280g	3.59	OV
WT055	Organic Classic Miso Ramen	85g	2.39	OV
WT088	Organic Vermicelli Noodles	250g	2.79	OV
WT002	Pho Noodles	250g	2.99	GOV
WT951	Pumpkin Ginger & Rice Noodles	250g	2.79	OV
WT217	Thai Rice Noodles	250g	2.79	OV
JP089	White Rice Paper	200g	2.89	GOV
<b>MISO PASTES</b>				
JP138	Aka Red Miso Paste	200g	3.99	GOV
JP140	Genmai Brown Rice Miso Paste	200g	4.69	GOV
JP139	Shiro White Miso Paste	200g	3.99	GOV
JP141	Yellow Pea Miso paste	200g	4.69	GOV
<b>KTC</b>				
MA066	Creamed Coconut	200g	1.45	V
<b>MEKHALA</b>				
VF234	Green Curry Paste	100g	4.39	GOV
VF241	Lemongrass Turmeric Paste	100g	4.39	GOV
VF238	Miso Ginger Paste	100g	4.39	GOV
VF235	Red Curry Paste	100g	4.39	GOV
VF237	Tom Yum Paste	100g	4.39	GOV
VF236	Yellow Curry Paste	100g	4.39	GOV
<b>MERIDIAN</b>				
JP308	Shoyu	500ml	4.49	V
JP058	Tamari	5l	38.29	GV
JP309	Tamari	150ml	3.29	GV
JP310	Tamari	500ml	6.89	GV
<b>MISO TASTY</b>				
<b>MISO PASTES</b>				
JP017	Red Miso Paste	200g	4.75	OV
JP015	White Miso Paste	200g	4.75	OV

code	product	size	rrp	bfgosv
	<b>SOUPS</b>			
JP064	Silken Tofu Miso Soup	78g	3.15	V
JP023	Sweetcorn Miso Soup	81g	3.15	V
	<b>MORI-NU</b>			
JP075	Tofu - Extra Firm	349g	3.89	V
JP205	Tofu - Firm Tofu	349g	3.45	V
	<b>SANCHI</b>			
JP105	Miso - Genmai (Brown Rice)	345g	3.79	V
JP034	Mugi Miso	345g	3.45	V
JP670	Tamari - organic	150ml	3.95	OV
JP119	Tamari Soy Sauce	300ml	4.90	V
	<b>THAI TASTE</b>			
VF174	Galangal	114g	1.99	GV
VF319	Green Curry Paste	114g	2.90	GV
VF171	Red Curry Paste	114g	2.90	GV
VF258	Sriracha Hot Chilli Sauce	435ml	2.69	GSV
VF199	Tamarind Paste	130g	1.99	GSV
VF159	Vegan 'Fish' Sauce	180ml	2.39	GSV
	<b>YAKSO</b>			
JP012	Coconut Aminos	250ml	7.25	GOV
JP094	Garlic Paste - Organic	100g	3.90	OV
JP127	Hoisin Sauce - Organic	250g	3.65	OV
JP128	Krupuk Crackers - Organic	60g	2.99	OV
JP131	Oyster Sauce - Organic	250g	3.90	OV
WT070	Rice Noodle Nests Organic	240g	4.85	OV
JP024	Rice Paper	150g	3.65	OV
JP132	Rice Paper with Tapioca - Org	150g	3.25	OV
JP102	Sea Sauce - Organic	250g	3.90	OV
VF010	Seitan in Tamari	330ml	3.99	OV
JP113	Tamari - organic	250ml	4.79	GVO
VF005	Tempeh	175g	3.49	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
JP108	Soba Noodles	250g	1.55	V
JP050	Sushi Rice	500g	2.50	V
JP074	Tempura Batter Mix	150g	1.89	V
JP107	Udon Noodles	250g	1.45	V
JP109	Wasabi Paste	43g	1.75	V
	<b>FLAKES, BRANS &amp; WHEATGERM</b>			
	<b>SUMA PREPACKS</b>			
FX049	Oats - Jumbo	750g	2.69	V
FX046	Oats - Jumbo & Gluten Free	750g	3.75	GV
FX051	Oats - porridge	750g	2.69	V
FX045	Oats - Porridge & Gluten Free	750g	3.75	GV
FX035	Wheatgerm	500g	3.55	V
	<b>SUMA PREPACKS - ORGANIC</b>			
FX067	Bran Sticks - organic	250g	1.99	OV
FX024	Buckwheat Flakes - organic	500g	4.25	OV
QS124	Oat Groats - Organic	500g	2.25	VO
FX042	Oats - Jumbo Gluten Free	750g	4.25	GOV
FX047	Oats - jumbo, organic	750g	3.49	VO
FX048	Oats - Porridge - Organic	750g	3.49	OV
FX044	Oats - Porridge & Gluten Free	750g	4.25	GOV
FX031	Organic Millet Flakes	500g	4.45	OV
FX092	Organic Pearl Barley Flakes	500g	2.50	OV
FX656	Quinoa Flakes - organic	500g	4.75	OV
FX032	Rice Flakes Brown - organic	500g	4.35	OV
FX093	Rye Flakes - organic	500g	2.50	OV

code	product	size	rrp	bfgosv
FX213	Toasted Malted Wheat Flakes OG	400g	2.39	OV
	<b>ALARA</b>			
FX026	Gluten Free Scottish Porridge	500g	4.39	GOV
FX013	Pure Gluten Free Oats	500g	3.39	V
	<b>MORNFLAKE</b>			
FG037	Fine Oatmeal	750g	2.89	V
FG035	Medium Oatmeal	750g	2.89	V
FX008	Oat Bran	800g	3.45	V
	<b>PIMHILL</b>			
FX006	Oats - jumbo, organic	850g	2.86	OV
FX005	Oats - porridge, organic	850g	2.86	OV
	<b>FLOURS &amp; BREAD MIXES</b>			
	<b>SUMA PREPACKS</b>			
FG078	Gram Flour	500g	2.25	V
FG092	Polenta	500g	1.95	V
FG041	Potato Starch	500g	2.35	V
FG038	Semolina Flour - Fine	500g	2.90	V
FG001	Tapioca Starch (flour)	500g	2.95	V
FG002	Teff Flour - Brown	500g	3.95	V
LJ092	Vital Wheat Gluten	500g	5.35	V
	<b>SUMA PREPACKS - ORGANIC</b>			
FG149	Brown Rice Flour - organic	500g	2.45	OV
LJ105	Coconut Flour, Organic	500g	2.99	OV
FG128	Maize Flour - organic	500g	2.49	OV
	<b>AMISA</b>			
FG085	Chestnut Flour - Organic	350g	5.99	GOV
FG065	Chickpea Flour	400g	3.45	GOV
	<b>BACHELDRE</b>			
FG165	Stoneground Malted Blend Flour	1.5kg	3.15	OV
FG187	Stoneground Plain White Flour	1.5kg	2.95	OV
FG175	Stoneground Rye Flour	1.5kg	2.59	OV
FG179	Stoneground Spelt Flour	1.5kg	4.39	OV
FG160	Stoneground Strong White Flour	1.5kg	2.95	OV
FG162	Strong 100% Wholemeal Flour	1.5kg	2.95	OV
	<b>CLEARSPRING</b>			
FG180	Breadcrumbs - Brown Rice, GF	250g	4.59	GOV
	<b>COCONUT MERCHANT</b>			
FG073	Organic Coconut Flour	500g	4.99	OV
	<b>DOVES FARM</b>			
FG097	Chickpea Flour	260g	2.85	GOV
FG069	Fine Plain White Flour	1kg	1.99	OV
FG010	Fine Plain Wholemeal Flour	1kg	1.79	VO
FG039	GF Buckwheat Flour	1kg	5.25	GV
FG522	Gluten Free Brown Bread Flour	1kg	3.29	GV
FG700	Gluten Free Plain White Flour	1kg	3.15	GV
FG520	Gluten Free White Bread Flour	1kg	3.15	GV
FG103	Heritage Seeded Bread Flour	1kg	3.99	OV
FG004	Malthouse Bread Flour	1kg	2.39	OV
FG096	OAT FLOUR	450g	4.45	GOV
FG047	Organic Coconut Flour	500g	3.95	GOV
FG117	Rice Flour	1kg	2.55	GV
FG101	Seeded Bread Flour	1kg	3.69	OV
FG115	Self Raising Wholemeal Flour	1kg	1.79	OV
FG997	Speciality Pasta Flour	1kg	2.39	OV
FG116	Stoneground Gram Flour	1kg	3.19	GV
FG072	Strong White Bread Flour	1.5kg	2.75	OV
FG008	Strong Wholemeal Bread Flour	1.5kg	2.55	OV
FG070	White Self Raising Flour	1kg	2.50	OV
FG701	White Self Raising Flour GF	1kg	3.15	GV
	Artisan Flour			
FG028	Buckwheat Wholegrain Flour	1kg	4.69	OV

code	product	size	rrp	bfgosv
FG082	Einkorn Flour	1kg	3.79	OV
FG011	Khorasan Flour Wholegrain	1kg	4.79	OV
FG152	Rye Flour White Organic	1kg	2.39	OV
FG016	Rye Flour Wholegrain Organic	1kg	1.99	OV
FG071	Spelt Flour White Organic	1kg	3.69	OV
FG102	Spelt Flour Whole Meal Organic	1kg	3.15	OV
	<b>FERRERO</b>			
QS003	Polenta	500g	2.19	V
	<b>GILCHESTERS ORGANICS</b>			
FG014	Pizza & Ciabatta Wheat Flour	1.5kg	4.65	OV
FG018	Semolina Fine Wheat Flour	500g	2.29	OV
FG009	Strong 100% Whole Wheat Flour	1.5kg	4.50	OV
FG006	Strong White Wheat Flour	1.5kg	4.49	OV
FG025	White Flour Strong Unbleached	3kg	8.99	OV
	<b>HODMEDOD'S</b>			
FG099	YQ Population Wheat Flour	1.5kg	2.99	OV
	<b>LITTLE SALKELD WATERMILL</b>			
FG804	Barley Flour - organic	500g	2.44	OVb
	<b>ORGRAN</b>			
	Gluten Free Mixes			
FG061	Buckwheat Pancake Mix	375g	4.90	GV
	<b>SHIPTON MILL</b>			
FG899	3 Malts/Sunflower Brown Flour	1kg	2.69	OV
FG133	Light Rye 997 Flour Organic	1kg	2.90	OV
FG136	Soft Cake & Pastry White Flour	1kg	2.19	OV
FG190	Spelt Flour - White, Organic	1kg	3.71	OV
FG189	Spelt Flour - Wholemeal, Org	1kg	2.90	OV
FG898	White Flour - Organic	1kg	2.25	OV
FG876	White Strong Organic Flour	2.5kg	5.25	OV
FG077	Wholemeal Flour - Organic	1kg	2.29	OV
FG079	Wholemeal Organic Flour	2.5kg	5.29	OV
	Specialist Flour			
FG123	Italian '00' White Flour	1kg	2.29	V
	<b>FRUIT - CANNED &amp; JARRED</b>			
	<b>SUMA ORGANIC</b>			
KJ700	Organic Young Jackfruit Chunks	400g	2.99	OV
	<b>BIONA</b>			
VF134	Apple Puree Organic	700g	3.25	OSV
KJ184	Banana Blossom in Salted Water	400g	2.75	OV
KJ166	Jackfruit In Salted Water	2.8kg	1.79	OV
KJ506	Organic Jackfruit in Water	400g	3.50	OV
KJ288	Tropical Fruit Cocktail	400g	3.45	OV
	<b>CLEARSPRING</b>			
VF190	Apple & Apricot Puree - Org	2 x 100g	1.89	OV
VF188	Apple & Blueberry Puree - Org	2 x 100g	1.89	OV
VF170	Apple & Mango Puree - Org	2 x 100g	1.89	OV
VF189	Apple & Plum Puree - Organic	2 x 100g	1.89	OV
VF335	Apple & Strawberry Puree - og	2 x 100g	1.89	OV
VF248	Apple Puree	2 x 100g	1.89	OV
JP061	Apple,Banana&S'berry Puree Org	2 x 100g	1.99	OV
JP076	Apple,Mango,Coconut Puree Org	2 x 100g	1.99	OV
VF152	Jackfruit Chunks	500g	3.49	OV
VF020	Pear & Banana Puree - Org	2 x 100g	1.89	OV
VF155	Pear Puree - organic	2 x 100g	1.89	OV
JP084	Pear,Apple,Peach Puree Org	2 x 100g	1.99	OV
	<b>COOKS &amp; CO</b>			
KJ133	Banana Blossom	400g	3.39	V
KJ012	Pitted Black Cherries	425g	2.25	SV
	<b>EPICURE</b>			
KJ023	Chinese Stem Ginger in Syrup	350g	4.80	SV
	<b>ESSENTIAL TRADING</b>			

code	product	size	rrp	bfgosv
KJ263	Mango Chunks in Org Juice	400g	2.55	VO
KJ262	Pineapple Chunks In Org Juice	400g	2.55	VO
KJ260	Tropical Fruits in Org Juice	400g	2.49	VO
<b>FRUIT - DRIED</b>				
<b>SUMA PREPACKS</b>				
DR047	Apple - Rings SO2	150g	2.25	V
DR093	Apricots - select SO2	125g	1.99	V
DR094	Apricots - select SO2	250g	3.49	V
DR095	Apricots - select SO2	500g	5.99	V
DR096	Apricots - unsulphured	250g	3.85	V
DR120	Banana - Whole Chips	125g	1.25	SV
DR054	Banana - Whole Chips	250g	1.85	SV
DR133	Blueberries	125g	3.65	SV
DR202	Cherries Glace - Bright Red	200g	3.50	VS
DR221	Cherries Glace - Dark Red	200g	3.50	VS
DR060	Cranberries	125g	1.69	VS
DR084	Cranberries	250g	2.75	VS
DR097	Currants - medium	250g	1.49	V
DR099	Dates - pitted	250g	1.29	V
DR100	Dates - pitted	500g	1.95	V
DR101	Figs	250g	2.99	V
DR102	Figs	500g	5.49	V
DR038	Fruit Cake Mix	500g	2.99	SV
DR070	Fruit salad - SO2	250g	3.85	V
DR121	Ginger	125g	1.69	VS
DR182	Ginger	250g	2.79	SV
DR055	Goji Berries	100g	1.99	V
DR279	Mango Slices	125g	3.25	V
DR203	Mixed Peel - Contains SO2	200g	2.25	VS
DR123	Papaya	125g	1.55	SV
DR125	Peaches - SO2	250g	3.25	V
DR124	Pears - SO2	250g	3.25	SV
DR129	Pineapple - diced SO2	125g	1.45	SV
DR180	Pineapple - diced SO2	250g	2.29	SV
DR108	Prunes - pitted Ashlock	250g	2.69	V
DR140	Prunes - pitted Ashlock	500g	4.85	V
DR668	Raisins - Dark Flame	250g	1.65	V
DR089	Raisins - Dark Flame	500g	2.79	V
DR113	Raisins - Thompson Seedless	250g	1.55	V
DR167	Raisins - Thompson Seedless	500g	2.65	V
DR114	Sultanas - Australian 5 Crown	250g	2.39	V
DR115	Sultanas - Australian 5 Crown	500g	4.29	V
DR117	Sultanas - Turkish	500g	2.29	V
DR127	Super Berry Mix	125g	2.49	SV
<b>SUMA PREPACKS - ORGANIC</b>				
DR063	Apricots - organic	250g	4.25	OV
DR250	Apricots - organic	500g	7.99	OV
DR132	Cherries sour - Organic	125g	3.25	OV
DR325	Cranberries - organic	125g	2.50	OSV
DR057	Cranberries - organic	250g	3.75	OSV
DR073	Currants - organic	250g	2.15	OV
DR251	Currants - organic	500g	3.79	OV
DR159	Dates - Medjool Organic	250g	4.49	OV
DR074	Dates - pitted organic	250g	2.39	OV
DR252	Dates - pitted organic	500g	3.99	OV
DR720	Dates -og pitted fairly traded	250g	2.99	FOV
DR064	Figs - organic	250g	3.45	OV
DR254	Figs - organic	500g	6.39	OV
DR011	Ginger - crystallised organic	125g	1.99	OSV
DR020	Ginger - crystallised organic	250g	3.49	OSV

code	product	size	rrp	bfgosv
DR049	Mulberries White - Organic	125g	1.79	OV
DR077	Pitted Prunes - organic	250g	4.35	OV
DR253	Pitted Prunes - organic	500g	7.75	OV
DR065	Raisins - organic	250g	1.99	OV
DR255	Raisins - organic	500g	3.19	OV
DR066	Sultanas - organic	250g	1.99	OV
DR256	Sultanas - organic	500g	3.15	OV
DR365	Vine Fruit Mix - organic	500g	3.75	OV
<b>CRAZY JACK</b>				
DR030	Organic Soft Apricots	200g	3.25	OV
DR031	Organic Soft Dates	200g	2.59	OV
DR034	Organic Soft Figs	200g	2.59	OV
DR356	Organic Soft Prunes	200g	3.89	OV
<b>PLANTLIFE</b>				
DR075	Baby Bananas	325g	7.99	GOV
DR083	Cereal Killer	110g	5.89	GOV
DR076	Coconut Cubes	235g	8.59	GOV
DR085	Sour Cherries	100g	5.19	GOV
DR019	Sweet Apricot kernels	325g	13.29	GOV
<b>TROPICAL WHOLEFOODS</b>				
DR200	Fairtrade Organic Mango	100g	3.19	FOV
DR233	Sun Dried Banana Chips	150g	2.45	FOV
DR234	Sun Dried Pineapple	100g	3.19	FV
<b>URBAN FRUIT</b>				
DR192	Mango	100g	2.85	GV
DR201	Pineapple	100g	2.85	GV
DR263	Snack Pack - Mango	35g	1.90	GV
DR002	Snack Pack - Strawberry	35g	1.90	GV
DR144	Snack Pack Pineapple	35g	1.90	VG
DR266	Strawberries	90g	2.85	GV
DR009	Tumbled Mango & Passionfruit	85g	2.85	GV
	Gently Tumbled			
DR086	Pineapple & Coconut	85g	2.59	GV
	Wellness			
DR061	Glow	85g	3.19	V
DR067	Immune	85g	3.19	V
DR059	Strength	85g	3.19	V
<b>ZAYTOUN</b>				
DR164	Palestinian Medjoul Dates	250g	5.29	FV
DR028	Palestinian Medjoul Dates	500g	1.69	FV
<b>FRUIT (FROZEN)</b>				
<b>NATURAL COOL</b>				
XL142	Organic Berry Mix	300g	4.85	GOV
XL145	Organic Blueberries	300g	4.70	GOV
XL179	Organic Raspberries	300g	7.20	GOV
XL182	Organic Sour Cherries	300g	4.40	GOV
XL180	Organic Strawberries	300g	4.65	GOV
<b>PACK'D</b>				
XL252	Organic Blueberries	300g	5.50	OV
XL148	Organic Cherries	300g	5.25	OV
XL133	Organic Raspberries	300g	6.80	OV
XL135	Organic Strawberries	300g	5.25	OV
XL188	Organic Summer Berries	300g	5.50	OV
<b>WINDMILL HILL</b>				
XL282	British Organic Blackcurrants	400g	3.60	OV
XL279	British Raspberries	300g	3.60	V
XL283	British Summer Fruits	330g	3.60	V
XL084	British Sweet Eating Selection	330g	3.60	V

## FRUIT & VEGETABLE JUICES

### SUMA ORGANIC

code	product	size	rrp	bfgosv
JU245	Lemon Juice - organic	250ml	2.39	OV
JU251	Lemon Juice - organic	1l	7.65	OV
	<b>BEET IT</b>			
	From James White			
JU201	Beet It Stamina Shot	70ml	2.15	OV
JU453	Beetroot Juice	750ml	3.89	OV
JU719	Beetroot Juice with Apple	1l	4.65	OV
JU204	Beetroot Juice with Ginger	750ml	3.99	OV
	<b>BERRY COMPANY</b>			
	1L Tetrapack			
JU737	Acai with Raspberry & Yerba	1l	2.69	GV
JU055	Blueberry Juice	1l	2.69	GV
JU253	Cranberry Juice	1l	2.69	GV
JU063	Goji Berry Juice	1l	2.69	GV
JU734	Pomegranate Juice	1l	2.69	GV
JU061	Superberries Purple Juice	1l	2.69	GV
JU050	Superberries Red Juice	1l	2.69	GV
JU736	White Tea and Peach Juice	1l	2.69	GV
	<b>BIG TOM</b>			
JU419	Spiced Tomato Mix - Bottle Lrg	750ml	3.35	SV
JU381	Spiced Tomato Mix - Bottle Sml	250ml	1.35	SV
JU379	Spiced Tomato Mix - Can	150ml	0.99	SV
	<b>BIONA</b>			
	1L Pressed Juices			
JU448	Peach, Apricot & Apple Juice	1l	5.75	OV
JU181	Pomegranate Juice	1l	7.59	OV
JU130	Tart Cherry Juice	1l	7.79	OV
	750ml Pure Pressed			
JU543	Apple Juice	750ml	3.65	OV
JU288	Carrot Juice	750ml	3.95	OV
JU541	Orange Juice	750ml	5.99	OV
JU269	Red Grape Juice	750ml	4.95	OV
JU289	Tomato Juice	750ml	3.95	OV
	Glass Bottles			
JU521	Cranberry Fruit Drink	750ml	6.29	OV
JU182	Pomegranate Juice	200ml	2.75	OV
JU085	Prune Juice	750ml	8.95	OV
	Organic Pure Pressed Juices			
JU703	Ginger Juice	200ml	5.49	OV
JU702	Lemon Juice	200ml	2.45	OV
JU802	Lime Juice	200ml	3.50	OV
	Superjuice			
JU297	Acerola Cherry Juice	330ml	7.59	OV
JU028	Blueberry Juice	330ml	8.65	OV
JU508	Cranberry Juice	330ml	6.90	OV
JU127	Cranberry Juice	750ml	1.15	OV
JU132	Elderberry Juice	330ml	5.39	OV
	Tetrapacks			
JU252	Apple Juice	1l	3.75	OV
JU184	Beetroot Juice	500ml	2.69	OV
JU151	Carrot Juice	500ml	2.45	OV
	<b>BUMBLEZEST</b>			
	Health Shots - Glass Bottle			
JU768	Calm & Comfort Shot	60ml	2.29	V
JU769	Detox & Defend Shot	60ml	2.15	V
JU771	Fire & Fortify Shot	60ml	2.29	V
JU767	Propel & Protect Shot	60ml	2.15	V
	<b>CAWSTON PRESS</b>			
JU328	Apple & Elderflower	1l	3.65	V
JU329	Apple & Ginger	1l	3.65	V
JU444	Apple & Rhubarb	1l	3.65	V



code	product	size	rrp	bfgosv
JU090	Brilliant Beetroot	1l	3.85	V
JU631	Cloudy Apple	1l	3.65	V
JU214	Orange Juice	1l	3.85	V
	Kids Cartons			
JU308	Kids Apple & Mango Juice	3 x 200ml	3.25	V
JU309	Kids Apple & Pear Juice	3 x 200ml	3.25	V
JU014	Kids Apple & Summer Berries	3 x 200ml	3.25	V
JU799	Kids Cloudy Apple Juice	3 x 200ml	3.25	V
	<b>DUSKIN</b>			
JU639	Apple Juice - Braeburn	1l	4.25	V
JU305	Apple Juice - Bramley	1l	4.25	V
JU292	Apple Juice - Cox	1l	4.25	V
JU487	Apple Juice - Gala	1l	4.25	V
JU550	Apple Juice - Golden Delicious	1l	4.25	V
JU317	Apple Juice - Russet	1l	4.25	V
	<b>FLAWSOME!</b>			
	Not from concentrate juices			
JU825	Apple & Strawberry Juice	250ml	2.15	GV
JU820	Orange Juice	250ml	2.35	GV
JU821	Sweet & Sour Apple Juice	250ml	2.15	GV
	<b>FROBISHERS</b>			
	Not from concentrate juices			
JU211	Apple Juice	250ml	1.85	V
JU213	Bumbleberry Juice	250ml	1.85	V
JU215	Mango Juice	250ml	1.85	V
JU210	Orange Juice	250ml	1.85	V
	<b>JAMES WHITE</b>			
	Glass Bottles 250ml			
JU621	Apple & Ginger Juice	250ml	1.75	OV
JU064	Apple Juice	250ml	1.75	OV
JU608	Carrot & Apple Juice	250ml	1.75	OV
JU599	Pear Juice	250ml	1.75	OV
	Glass Bottles 750ml			
JU864	Apple & Ginger Juice	750ml	3.89	OV
JU095	Apple Juice	750ml	3.89	OV
JU862	Carrot & Apple Juice	750ml	3.89	OV
JU325	Carrot Juice	750ml	3.89	OV
JU863	Pear & Raspberry Juice	750ml	5.25	OV
JU860	Pear Juice	750ml	3.89	OV
JU398	Prune Juice	750ml	4.90	V
JU431	Tomato Juice	750ml	3.89	OV
JU324	Vegetable Juice	750ml	3.89	OV
	Tetrapack 1L			
JU391	British Carrot Juice	1l	3.69	FCVB
	<b>JUICE BURST</b>			
JU263	Apple Juice	330ml	1.45	V
JU261	Orange Juice	330ml	1.45	V
	<b>LUSCOMBE DRINKS</b>			
JU105	English Apple Juice	270ml	2.29	OV
	<b>PIP ORGANIC</b>			
	Fruit Juice			
JU670	Cloudy Apple Juice	4 x 180ml	5.49	OV
JU696	Strawberry & Blackcurrant	4 x 180ml	5.49	OV
	Fruit Juice with Spring Water			
JU698	Blackcurrant, Raspberry, Apple	4 x 180ml	5.49	OV
JU699	Mango, Orange & Apple	4 x 180ml	5.49	OV
	Smoothies			
JU697	Pineapple & Mango Smoothie	4 x 180ml	5.49	OV
JU065	Strawberry & Banana Smoothie	4 x 180ml	5.49	OV
	<b>SUNITA</b>			
JU129	Orange Juice - organic	1l	5.55	OV

code	product	size	rrp	bfgosv
	<b>ZINGER</b>			
	Zinger Health Shots			
JU647	Extra Hot Ginger Zinger Shot	70ml	1.79	OV
JU571	Ginger Zinger Shot	70ml	1.79	OV
JU264	Sour Cherry Zinger Shot	70ml	1.79	GV
JU640	Turmeric Zinger Shot	70ml	1.79	V
	<b>GRAINS</b>			
	<b>SUMA PREPACKS</b>			
QS055	Barley Grain - pearl	500g	1.45	V
QS140	Black Rice - Nerone	500g	3.95	V
QS111	Bulgur Wheat	500g	1.75	V
QS051	Couscous	500g	1.99	V
QS041	Couscous - Pearl	500g	2.15	V
QS082	Freekeh - Cracked Wheat Grain	500g	3.55	V
QS090	Rice - arborio (risotto)	500g	2.99	V
QS085	Rice - basmati brown	500g	2.15	V
QS050	Rice - basmati white	500g	2.29	V
QS052	Rice - long grain brown	500g	1.59	V
QS104	Rice - pudding white	500g	2.35	V
QS222	Rice - sushi	500g	2.25	V
QS102	Rice - wild	125g	2.89	V
QS061	Tapioca	500g	2.39	V
	<b>SUMA PREPACKS - ORGANIC</b>			
QS068	Buckwheat - unroasted organic	500g	2.99	OV
QS300	Bulgur Wheat - Organic	500g	2.55	OV
QS150	Corn Couscous - Organic	500g	3.25	OV
QS301	Couscous - wholemeal, organic	500g	2.25	OV
QS322	Millet - organic	500g	2.15	VO
QS165	Pearl barley, organic	500g	1.65	OV
QS070	Popcorn - organic	500g	2.29	OV
QS065	Quinoa, Red - Organic	500g	3.25	OV
QS075	Quinoa, Tricolour - Organic	500g	3.35	OV
QS086	Quinoa, White - Organic	500g	2.99	OV
QS677	Rice - arborio, organic	500g	3.95	OV
QS302	Rice - basmati, brown organic	500g	2.85	OV
QS252	Rice - basmati, brown organic	750g	3.85	OV
QS303	Rice - white basmati organic	500g	3.90	OV
QS213	Rice - white basmati, organic	750g	4.35	OV
QS100	Rice -long grain brown organic	750g	3.35	VO
QS066	Rice-long grain brown organic	500g	2.45	OV
QS067	Rice-short grain brown organic	500g	2.55	OV
QS101	Rice-short grain brown organic	750g	3.59	VO
QS072	Wheat grain - organic	500g	1.35	OV
	<b>ARTISAN GRAINS</b>			
QS135	Four Grain Couscous	200g	1.76	V
QS107	Greenwheat Freekeh	200g	1.97	V
QS109	Royal Quinoa	220g	2.39	V
QS159	Tricolour Quinoa	200g	2.51	V
QS145	Wholegrain Freekeh	200g	1.97	V
	<b>BIONA</b>			
QS096	Jasmine Brown Rice	500g	3.95	OV
QS105	Pudding Rice Organic	500g	3.35	OV
QS099	Red Camargue Rice Organic	500g	4.35	OV
QS098	Risotto Brown Rice Organic	500g	3.85	OV
QS097	Wild Rice Mix	500g	4.35	OV
	<b>COOKS &amp; CO</b>			
QS046	Lemon & Pea Risotto	190g	3.15	V
QS053	Porcini Mushroom Risotto	190g	3.15	V
	<b>FULLGREEN</b>			
QS114	Riced Cauliflower	200g	2.49	V

code	product	size	rrp	bfgosv
QS010	Riced Cauliflower & Broccoli	200g	2.49	V
QS057	Riced Cauliflower Tomato Garlic	200g	2.49	V
QS044	Riced Sweet Potato	200g	2.49	V
<b>HODMEDOD'S</b>				
QS021	Smoked Quinoa	300g	3.79	V
<b>MR ORGANIC</b>				
QS020	Red Lentil Rice	250g	3.69	GOV
<b>SHARPHAM PARK</b>				
QS058	Pearled Spelt Organic	500g	3.29	OV
QS148	Spelt Grain Organic	500g	2.55	OV
<b>ZAYTOUN</b>				
QS014	Maftoul Giant Couscous	200g	3.89	FOV
QS131	Smoky Freekeh	200g	3.65	FV
<b>GRAVY, STOCK &amp; BOUILLON</b>				
<b>SUMA ORGANIC</b>				
LJ650	Organic Bouillon	150g	2.65	GOV
<b>FREE &amp; EASY</b>				
LJ008	Gravy Sauce Mix	130g	2.19	GV
<b>KALLO</b>				
LJ102	French Onion Stock Cubes	66g	1.95	GOVS
LJ103	Garlic & Herb Stock Cubes	66g	1.95	GOVS
LJ034	Low Salt Org Gravy Granules	160g	3.59	OSV
LJ171	Low Salt Vegetable Stock Cubes	60g	1.99	GOVS
LJ122	Mushroom Stock Cubes	66g	1.95	GOVS
LJ101	Tomato & Herb Stock Cubes	66g	1.95	GOVS
LJ205	Umami Stock Cubes	66g	1.85	GOV
LJ120	Vegetable Stock Cubes	66g	1.95	GOV
LJ249	Vegetable Stock Paste	100g	2.89	OV
LJ147	Yeast Free Veg.Stock Cubes	66g	1.95	GV
<b>MARIGOLD</b>				
LJ211	Bouillon Cubes	8	1.49	GOV
LJ043	Bouillon Powder	150g	2.55	GV
LJ044	Bouillon Powder	500g	6.89	GV
LJ073	Bouillon Powder - Organic	150g	2.55	GOV
LJ238	Bouillon Powder - Organic	500g	7.75	GOV
LJ070	Bouillon Powder - Reduced Salt	150g	2.45	GV
LJ237	Bouillon Powder - Reduced Salt	500g	7.39	GV
LJ178	Bouillon Reduced Salt	2kg	22.49	FGV
LJ032	Engevita with B12 Y/Flakes	750g	23.15	V
LJ062	Gravy Granules - Instant	170g	1.95	GSV
LJ195	Gravy Granules - Instant	2kg	16.99	GV
LJ326	Gravy Powder - Organic	110g	2.49	OVS
LJ208	Organic Bouillon	2kg	23.49	FGOV
LJ074	Organic Bouillon Reduced Salt	140g	2.79	GOV
LJ193	Organic Bouillon Reduced Salt	500g	7.85	OV
LJ253	Organic Reduced Salt Bouillon	2kg	4.65	FGOV
LJ139	Original Bouillon	2kg	21.75	FGV
LJ321	Yeast Free Bouillon Stock Cube	84g	1.49	GOV
<b>NINE MEALS FROM ANARCHY</b>				
LJ210	Real Veg Stock - Garden Herb	105g	3.49	OV
LJ033	Real Veg Stock - Original	105g	3.49	OV
LJ213	Real Veg Stock - Umami	105g	3.49	OV
<b>RIVER COTTAGE</b>				
LJ254	Garlic & Herb Veg Stock	105g	3.49	OV
LJ257	Hugh's Classic Veg Stock	105g	3.49	OV
LJ258	Smoky Spicy Veg Stock	105g	3.49	OV
LJ263	Tomato & Basil Veg Stock	105g	3.49	OV
LJ264	Ultimate Umami Veg Stock	105g	3.49	OV
<b>VECON</b>				
LJ049	Vegetable Stock	1kg	15.59	V
LJ048	Vegetable Stock	225g	3.89	V

code	product	size	rrp	bfgosv
<b>HERB &amp; FRUIT TEA INFUSIONS</b>				
<b>CELESTIAL SEASONINGS</b>				
TE333	Bengal Spice	20 bags	3.49	V
TE987	Cinnamon & Cardamom	20 bags	3.49	OV
TE986	Ginger & Turmeric	20 bags	3.49	OV
TE266	Sleepytime	20 bags	3.19	V
TE336	Sleepytime Extra	20 bags	3.49	V
TE340	Tension Tamer	20 bags	3.19	V
<b>CLIPPER</b>				
TE011	Rooibos	80 bags	4.85	OV
	Everyday Infusions			
TE788	Chamomile	20 bags	2.65	OV
TE963	Dandelion	20 bags	2.65	OV
TE694	Fennel	20 bags	2.65	OV
TE035	Indian Chai	20 bags	2.99	FGOV
TE960	Lemon & Ginger	20 bags	2.65	OV
TE942	Liquorice	20 bags	2.65	OV
TE959	Nettle	20 bags	2.65	OV
TE631	Organic Sleep Easy	20 bags	2.65	OV
TE789	Peppermint	20 bags	2.65	OV
	Food Service Range			
TE148	Chamomile	25 bags	3.49	FOV
TE455	Lemon & Ginger	25 bags	4.50	OV
TE166	Peppermint	25 bags	3.49	FOV
TE454	Wild Berry	25 bags	4.50	OV
	Mood Infusions			
TE118	After Dinner Mints	20 bags	2.99	OV
TE423	Cleanse With Benefits	20 bags	2.99	OV
TE264	Groovy Ginger	20 bags	3.59	OV
TE070	Karma Mama	20 bags	3.59	OV
TE352	Restoring Roots	20 bags	2.99	OV
TE127	Snore & Peace	20 bags	2.99	OV
<b>DRAGONFLY TEA</b>				
TE440	Cape Malay Rooibos Chai	20 bags	2.85	OV
TE588	Cape Rooibos & Honeybush Tea	20 bags	2.85	OV
TE569	Golden Balance Turmeric Tea	20 bags	3.90	OV
TE813	Good Dragon Pu'er Tea	20 bags	2.85	OV
TE139	Happy Times Tulsi	20 bags	3.90	OV
TE124	Lemon Pu'er Digestive Tea	20 bags	3.90	OV
TE581	Mint Garden Digestif	20 bags	3.90	OV
TE338	Moonlight Jasmine	20 bags	2.85	OV
TE339	Moroccan Mint	20 bags	2.85	OV
TE046	Mountain Honeybush Tea	20 bags	2.85	OV
TE546	Night Sky Calm	20 bags	3.90	OV
TE234	Swirling Mist White Tea	20 bags	3.90	OV
TE145	True Clarity Ginger	20 bags	3.90	OV
	Rooibos Teas			
TE363	Rooibos	40 bags	3.25	OV
TE367	Rooibos Earl Grey	40 bags	3.25	OV
TE376	Rooibos Vanilla	40 bags	3.25	OV
<b>ELEVEN O'CLOCK</b>				
TE381	Rooibos	40 bags	2.95	OV
TE382	Rooibos	80 bags	5.77	OV
<b>ESSENTIAL TRADING</b>				
TE271	Camomile Herbal Infusion	20 bags	2.45	OV
TE279	Peppermint Herbal Infusion	20 bags	2.45	OV
<b>FLORADIX</b>				
TE126	Hawthorn	15 bags	2.55	OV
TE457	Sage	15 bags	2.55	VO
<b>HAMPSTEAD TEA</b>				
TE550	Camomile	20 bags	2.99	OVB

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TE600	Fennel and Peppermint	20 bags	2.99	OVB
TE555	Lavender Valerian	20 bags	2.99	OVB
TE572	Lemon Ginger	20 bags	2.99	OVB
TE556	Peppermint Spearmint	20 bags	2.99	FOVB
TE557	Rosehip Hibiscus	20 bags	2.99	FOVB
	Wellness Teas			
TE184	Matcha Green Tea with Nettle	20 bags	2.99	OVB
TE220	Rooibos	20 bags	2.99	OVB
TE180	Sleep Well	20 bags	2.99	OVB
TE227	Turmeric with Cinnamon	20 bags	2.99	OVB
	<b>HEATH AND HEATHER</b>			
	Botanicals			
TE295	Morning Time	20 bags	3.55	OV
TE296	Night Time Tea	20 bags	3.55	OV
TE594	Turmeric Root Brew	20 bags	3.55	GOV
	Classic 50's			
TE023	Chamomile	50 bags	3.59	V
TE146	Nettle	50 bags	3.59	V
TE025	Peppermint	50 bags	3.59	V
	Infusions			
TE096	Apple & Cinnamon	20 bags	2.95	OV
TE665	Camomile	20 bags	2.95	OV
TE122	Camomile & Spearmint	20 bags	2.95	OV
TE160	Dandelion, Burdock & Hawthorn	20 bags	2.95	OV
TE681	Fennel	20 bags	2.95	OV
TE685	Nettle	20 bags	2.95	OV
TE662	Peppermint	20 bags	2.95	OV
TE682	Raspberry Leaf	20 bags	3.55	OV
TE274	Wild Rosehip	20 bags	2.95	OV
	<b>LOVE CBD</b>			
TE456	Hemp Tea	10 bags	5.99	GV
	<b>PUKKA</b>			
TE438	After Dinner Tea	20 bags	4.29	OV
TE927	Blackcurrant Beauty	20 bags	4.29	OV
TE421	Clean Matcha Green	20 bags	4.29	FOV
TE331	Elderberry & Echinacea	20 bags	4.29	OV
TE731	Feel New	20 bags	4.29	OV
TE235	Fresh Start	20 bags	4.29	OV
TE609	Ginseng Matcha Green	20 bags	4.29	FOV
TE318	Joy	20 bags	4.29	OV
TE481	Lemongrass and Ginger	20 bags	4.29	OV
TE478	Liquorice & Cinnamon	20 bags	4.29	OV
TE393	Love	20 bags	4.29	OV
TE490	Mint Matcha Green	20 bags	4.29	FOV
TE165	Mint Refresh	20 bags	4.29	OV
TE246	Night Time	20 bags	4.29	OV
TE231	Night Time Berry	20 bags	4.29	OV
TE095	Original (Black Spice) Chai	20 bags	4.29	FOV
TE102	Peace	20 bags	4.29	OV
TE043	Peppermint & Liquorice	20 bags	4.29	OV
TE473	Radiance	20 bags	4.29	OV
TE170	Relax	20 bags	4.29	OV
TE171	Revitalising	20 bags	4.29	OV
TE542	Supreme Green Matcha	20 bags	4.29	FOV
TE811	Three Chamomile	20 bags	4.29	OV
TE328	Three Cinnamon	20 bags	4.29	OV
TE602	Three Fennel	20 bags	4.29	OV
TE245	Three Ginger	20 bags	4.29	OV
TE814	Three liquorice	20 bags	4.29	OV
TE238	Three Mint	20 bags	4.29	OV

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TE592	Tulsi Clarity	20 bags	4.29	OV
TE058	Turmeric Active	20 bags	4.29	GOV
TE623	Turmeric Gold	20 bags	4.29	FOV
TE094	Vanilla Chai	20 bags	4.29	FOV
TE292	Winter Warmer	20 bags	4.29	OV
TE727	Womankind Collections	20 bags	4.29	OV
TE509	Day To Night Collection	20 bags	4.65	OV
TE678	Green Collection	20 bags	4.65	OV
	XMAS 2023			
TE335	Pukka Discovery Collection	42	3.15	OV
<b>TAKA</b>				
TE306	Ginger Lemon Turmeric	15 bags	3.49	OV
TE304	Hibiscus Cinnamon Turmeric	15 bags	3.49	OV
TE305	Masala Chai Turmeric	15 bags	3.49	OV
<b>TICK TOCK</b>				
	40 Bags			
TE659	Earl Grey	40 bags	3.50	V
TE431	Green Rooibos - organic	40 bags	3.50	OV
TE430	Rooibos - organic	40 bags	2.89	OV
	80 Bags			
TE434	Rooibos - organic	80 bags	5.65	OV
	Loose Leaf			
TE436	Rooibos Loose Leaf - organic	100g	2.89	OV
	Wellbeing Range			
TE110	Bedtime	20 bags	2.35	V
TE117	Bounce	20 bags	2.35	V
TE057	Chai Relax	20 bags	2.35	V
<b>YOGI TEA</b>				
TE593	Alkaline Herbs	17 bags	2.75	GOV
TE553	Bedtime	17 bags	2.75	OV
TE250	Bedtime Rooibos Vanilla	17 bags	2.75	OV
TE204	Black Chai	17 bags	2.75	OV
TE346	Breathe Deep	17 bags	2.75	OV
TE597	Choco	17 bags	2.75	OV
TE192	Classic Original	17 bags	2.75	OV
TE551	Detox	17 bags	2.75	OV
TE208	Echinacea	17 bags	2.75	OV
TE630	Feel Pure with Lemon	17 bags	2.75	GOV
TE591	Finest Selection	18 bags	2.99	GOV
TE835	Ginger	17 bags	2.75	OV
TE293	Ginger Lemon	17 bags	2.75	OV
TE836	Ginger Orange & Vanilla	17 bags	2.75	OV
TE195	Green Balance	17 bags	2.75	OV
TE209	Green Chai	17 bags	2.75	OV
TE194	Green Energy	17 bags	2.75	OV
TE787	Green Tea Matcha Lemon	17 bags	2.75	OV
TE028	Happy Nature	17 bags	2.75	OV
TE645	Heartwarming	17 bags	2.75	OV
TE187	Himalaya	17 bags	2.75	OV
TE785	Immune Support	17 bags	2.75	OV
TE998	Inner Harmony	17 bags	2.75	OV
TE638	Lime Mint	17 bags	2.75	OV
TE193	Liquorice	17 bags	2.75	OV
TE837	Liquorice Mint	17 bags	2.75	OV
TE342	Maca Chai	17 bags	2.75	OV
TE552	Men's Tea	17 bags	2.75	OV
TE353	Moon Salutation	17 bags	2.75	OV
TE252	Positive Energy Cranberry Hib	17 bags	2.75	OV
TE348	Relax	17 bags	2.75	OV

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TE001	Rooibos	17 bags	2.75	OV
TE283	Rose	17 bags	2.75	OV
TE414	Soul Balm	17 bags	2.75	OV
TE350	Stomach Ease	17 bags	2.75	OV
TE211	Sweet Chai	17 bags	2.75	OV
TE428	Sweet Chilli	17 bags	2.75	OV
TE554	Throat Comfort	17 bags	2.75	OV
TE349	Tulsi Relax	17 bags	2.75	OV
TE018	Turmeric Chai	17 bags	2.75	OV
TE088	Turmeric Orange	17 bags	2.75	OV
TE733	Wellbeing	17 bags	2.75	OV
TE012	White Tea with Aloe Vera	17 bags	2.75	OV
TE017	Women's Balance	17 bags	2.75	OV
TE355	Women's Energy	17 bags	2.75	OV
TE351	Women's Tea	17 bags	2.75	OV
TE013	Yoga Selection Box For The Senses	88g	21.89	OV
TE615	Good Night	17 bags	2.75	GOV
TE263	Natural Energy	17 bags	2.75	GOV
TE129	Natural Wellbeing	17 bags	2.75	GOV
TE610	Pure Happiness	17 bags	2.75	GOV
TE620	Loose Tea Classic Chai	90g	2.95	OV
<b>HERBS &amp; SPICES - BULK</b>				
<b>BULK WHOLE SPICES</b>				
HE207	Tamarind	200g	3.95	V
<b>HERBS &amp; SPICES - PREPACKED</b>				
<b>SUMA</b>				
Curry Spices				
HE047	Asafoetida Compound	15g	1.29	V
HE330	Asafoetida Compound	20g	1.29	V
HE333	Curry Leaves	5g	1.29	V
HE097	Curry Powder - Hot	45g	1.29	V
HE363	Curry Powder - Hot	50g	1.29	V
HE098	Curry Powder - Madras	45g	1.29	V
HE334	Curry Powder - Madras	50g	1.29	V
HE101	Curry Powder - Mild	45g	1.29	V
HE335	Curry Powder - Mild	50g	1.29	V
Herbs				
HE133	Basil - rubbed	20g	1.25	V
HE058	Bay Leaves	4g	1.29	V
HE134	Bay Leaves	10g	1.29	V
HE165	Bouquet Garni	6 sachet	1.29	V
HE332	Coriander Leaf	10g	1.29	V
HE032	Fenugreek Leaves	7g	1.25	V
HE030	Lemongrass	25g	1.29	V
HE031	Lime leaves - whole	4g	1.55	V
HE146	Marjoram	10g	1.25	V
HE185	Mint	20g	1.25	V
HE147	Mixed Herbs	20g	1.25	V
HE151	Oregano - rubbed	20g	1.25	V
HE153	Parsley - rubbed	15g	1.25	V
HE157	Rosemary	20g	1.25	V
HE158	Sage - rubbed	25g	1.29	V
HE122	Tarragon	10g	1.29	V
HE159	Tarragon	12g	1.29	V
HE160	Thyme - rubbed	30g	1.29	V
Milled Spices				
HE016	Allspice - ground	35g	1.55	V

code	product	size	rrp	bfgosv
HE181	Allspice - ground	40g	1.55	V
HE182	Arrowroot - ground	50g	1.29	V
HE029	Cardamom - ground	10g	1.29	V
HE103	Cayenne Pepper	40g	1.29	V
HE168	Cayenne Pepper	50g	1.29	V
HE028	Celery Salt	100g	1.29	V
HE071	Celery Salt	80g	1.29	V
HE065	Chilli - ground	45g	1.29	V
HE138	Chilli - ground	50g	1.29	V
HE082	Cinnamon - ground	35g	1.55	V
HE139	Cinnamon - ground	50g	1.55	V
HE189	Cloves - ground	18g	1.29	V
HE142	Coriander - ground	40g	1.29	V
HE079	Cumin - ground	45g	1.29	V
HE143	Cumin - ground	50g	1.29	V
HE106	Garam Masala	45g	1.29	V
HE180	Garam Masala	50g	1.29	V
HE145	Ginger - ground	40g	1.29	V
HE115	Mixed Spice	45g	1.29	V
HE148	Mixed Spice	50g	1.29	V
HE112	Mustard - ground	40g	1.29	V
HE360	Mustard - ground	50g	1.29	V
HE150	Nutmeg - ground	20g	1.55	V
HE120	Paprika	45g	1.29	V
HE152	Paprika	50g	1.29	V
HE188	Pepper, black - ground	30g	1.29	V
HE034	Smoked Paprika	35g	1.29	V
HE161	Turmeric	40g	1.25	V
	Seasonings Range			
HE342	Cajun Spice	40g	1.29	V
HE077	Fajita Seasoning	40g	1.29	V
HE078	Five Spice Seasoning	40g	1.29	V
HE104	Five Spice Seasoning	35g	1.29	V
HE084	Ras-el-hanout Seasoning	30g	1.29	V
	Whole Spices			
HE135	Caraway Seeds	50g	1.29	V
HE136	Cardamom Pods - green	10g	1.29	V
HE190	Celery Seed	50g	1.29	V
HE116	Chilli Flakes	25g	1.29	V
HE095	Cinnamon Sticks	12g	1.55	V
HE140	Cinnamon Sticks	20g	1.55	V
HE141	Cloves	18g	1.29	V
HE174	Coriander Seeds	40g	1.29	V
HE081	Cumin Seeds	45g	1.29	V
HE175	Cumin Seeds	50g	1.29	V
HE177	Fennel Seeds	50g	1.29	V
HE196	Fenugreek Seeds	50g	1.29	V
HE108	Juniper Berries	30g	1.55	V
HE183	Juniper Berries	40g	1.55	V
HE149	Mustard Seeds - black	50g	1.25	V
HE186	Mustard Seeds - Yellow	50g	1.29	V
HE119	Nutmeg Whole	15g	1.55	V
HE187	Nutmeg Whole	20g	1.55	V
HE206	Onion Seed	35g	1.29	V
HE154	Peppercorns - black	30g	1.29	V
HE001	Peppercorns - black	250g	3.55	V
HE361	Peppercorns - mixed	20g	1.29	V
HE193	Peppercorns - pink	12g	1.55	V
HE121	Poppy Seeds	40g	1.29	V
HE156	Poppy Seeds	50g	1.29	V



code	product	size	rrp	bfgosv
HE038	Star Anise	15g	1.55	V
HE164	Star Anise	25g	1.55	V
	XMAS 2023			
HE111	Mulled Cider Spices	25g	4.49	V
HE105	Mulled Wine Spices	25g	4.49	V
HE110	Nutmeg Grater & Nutmegs	20g	3.49	V
	<b>SUMA ORGANIC</b>			
	Curry Spices			
HE070	Curry Leaves - organic	5g	1.69	OV
	Herbs - organic			
HE365	Basil - organic	20g	1.69	OV
HE053	Bay Leaves - organic	4g	1.69	OV
HE366	Bay Leaves - organic	10g	1.69	OV
HE377	Dill Herb - organic	15g	1.75	OV
HE378	Garlic Granules - organic	20g	1.75	OV
HE380	Mixed Herbs - organic	20g	1.69	OV
HE385	Oregano - organic	20g	1.69	OV
HE017	Organic Herb Selection	12	1.69	OV
HE387	Parsley - organic	15g	1.69	OV
HE390	Rosemary - organic	20g	1.69	OV
HE391	Sage - organic	25g	1.69	OV
HE393	Thyme - Organic	25g	1.69	OV
	Milled Spices - Organic			
HE062	Cayenne Pepper - organic	35g	1.99	OV
	Milled Spices - organic			
HE371	Chilli powder - organic	25g	1.75	OV
HE370	Cinnamon - organic	30g	1.75	OV
HE374	Coriander - organic	40g	1.69	OV
HE376	Cumin Ground - organic	25g	1.75	OV
HE379	Ginger - organic	30g	1.75	OV
HE381	Mixed Spice - organic	25g	1.75	OV
HE384	Nutmeg, organic	20g	1.99	OV
HE386	Paprika - organic	25g	1.75	OV
HE094	Smoked Paprika - organic	25g	1.75	OV
HE394	Turmeric - organic	30g	1.69	OV
	Whole Spices - organic			
HE367	Caraway Seeds - organic	30g	1.75	OV
HE092	Chilli Flakes - organic	25g	1.75	OV
HE369	Cinnamon Bark - organic	15g	1.99	OV
HE372	Cloves - organic	20g	1.75	OV
HE373	Coriander Seed - organic	40g	1.69	OV
HE375	Cumin Seed - organic	25g	1.75	OV
HE073	Fennel Seeds - organic	40g	1.69	OV
HE060	Fenugreek Seeds - organic	40g	1.75	OV
HE368	Green Cardamom Pods - organic	10g	1.75	OV
HE382	Mustard Seed - black, organic	50g	1.75	OV
HE388	Peppercorns - black, organic	25g	1.75	OV
HE389	Poppy Seed Blue - organic	40g	1.75	OV
HE089	Star Anise - organic	15g	1.69	OV
HE091	Whole Nutmeg - organic	20g	1.99	OV
	<b>BLACK GARLIC</b>			
HE068	Black garlic Balsajo	50g	4.15	V
	<b>EL REY DE LA VERA</b>			
HE075	Sweet Smoked Paprika	75g	2.79	V
	<b>PERSIAN TRADER</b>			
HE024	Saffron	125mg	1.49	V
HE127	Saffron	1g	6.95	V
HE037	Saffron	0.5g	3.49	V
	<b>SHROPSHIRE SPICE</b>			
	XMAS 2023			
HE025	Mulled Wine	8g	1.15	SV

code	product	size	rrp	bfgosv
<b>STEENBERGS</b>				
HE015	Kala Namak XMAS 2023	100g	2.95	V
HE114	Mulled Wine Sachets-Fairtrade	20g	2.35	FOV
<b>ZAYTOUN</b>				
HE224	Za'atar Zesty Thyme Herb Mix	80g	4.29	V
<b>HOUSEHOLD CLEANING PRODUCTS</b>				
<b>ECOLEAF BY SUMA</b>				
HJ224	Bathroom Cleaner	500ml	2.75	V
HJ105	Fabric Conditioner	1.5l	4.79	V
HJ088	Fabric Conditioner Concentrate	750ml	2.75	V
HJ223	Hard Floor Cleaner	750ml	2.95	V
HJ159	Laundry Liquid	1.5l	7.59	V
HJ055	Laundry Liquid	1.5l	7.95	V
HJ080	Laundry Liquid Concentrate	750ml	5.99	V
HJ096	Liquid Hand Soap	500ml	4.19	V
HJ216	Liquid Stain Remover	500ml	2.89	V
HJ050	Multi Surface Cleaner	500ml	2.85	V
HJ056	Toilet Cleaner	750ml	2.65	V
HJ089	Toilet Cleaner	750ml	2.65	V
HJ047	Washing Up Liquid-Citrus Grove	1l	3.29	V
HJ131	Washing Up Liquid-Concentrated	500ml	3.15	V
HJ018	Washing Up Liquid-Orchard	1l	3.29	V
20L/5L POS Refill Accessories				
DY058	Drum Tap - Fits 20 Litres 5 Litres Bulk	each	6.99	V
HJ181	Bathroom Cleaner	5l	11.49	V
HJ078	Fabric Conditioner	5l	11.49	V
HJ182	Hard Floor Cleaner	5l	2.25	V
HJ075	Laundry Liquid	5l	23.99	V
HJ174	Laundry Liquid	5l	24.49	V
HJ124	Liquid Hand Soap	5l	21.99	V
HJ287	Multi Surface Cleaner	5l	15.99	V
HJ072	Toilet Cleaner	5l	12.99	V
HJ067	Washing Up Liquid-Citrus Grove	5l	12.75	V
HJ073	Washing Up Liquid-Orchard	5l	12.75	V
Dishwasher Products				
HJ160	Dishwasher Tablets All-In-One	25 tablets	5.69	V
HJ161	Dishwasher Tablets All-In-One	70 tablets	14.15	V
HJ217	Rinse Aid - Fragrance-Free	500ml	2.99	V
Powders				
HJ129	Washing Powder Concentrated	10kg	41.99	V
<b>BIO D</b>				
5 Litres Bulk				
HJ312	All Purpose Sanitiser	5l	12.49	V
HJ032	Bathroom Cleaner	5l	12.19	V
HJ608	Fabric Conditioner	5l	14.79	V
HJ233	Floor Cleaner + Linseed Soap	5l	24.99	V
HJ039	Glass Mirror Cleaner	5l	19.99	V
HJ107	Handwash - Antibacterial	5l	18.69	V
HJ178	Handwash - Geranium	5l	21.99	V
HJ116	Handwash - Lime & Aloe Vera	5l	21.99	V
HJ263	Handwash - Plum & Mulberry	5l	21.99	V
HJ247	Home & Garden Cleaner	5l	14.29	V
HJ800	Laundry Liquid	5l	27.99	V
HJ171	Laundry Liquid	5l	28.99	V
HJ177	Laundry Liquid	5l	28.99	V
HJ654	Multi Surface Cleaner	5l	16.99	V
HJ665	Toilet Cleaner	5l	13.99	V
HJ184	Toilet Cleaner	5l	13.99	V

code	product	size	rrp	bfgosv
HJ097	Washing Up Liquid	5l	12.99	V
HJ165	Washing Up Liquid	5l	15.39	V
HJ314	Washing Up Liquid	5l	15.39	V
	Handwash			
HJ117	Handwash - Fragrance Free	500ml	4.25	V
HJ235	Handwash - Geranium	500ml	4.49	V
HJ119	Handwash - Lime & Aloe Vera	500ml	4.49	V
HJ264	Handwash - Plum & Mulberry	500ml	4.49	V
	Powders			
HJ081	Washing Powder Concentrated	1kg	5.25	V
HJ082	Washing Powder Concentrated	2kg	9.95	V
HJ103	Washing Powder Concentrated	12.5kg	61.99	V
	Retail			
HJ229	All Purpose Sanitiser Spray	500ml	3.25	V
HJ230	Bathroom Cleaner Spray	500ml	3.35	V
HJ085	Dishwasher Rinse Aid	750ml	3.79	V
HJ234	Dishwasher Tablets	30 tablets	7.89	V
HJ004	Fabric Conditioner	1l	3.65	V
HJ296	Fabric Conditioner Concentrate	1l	4.19	V
HJ232	Floor Cleaner	750ml	4.75	V
HJ012	Furniture Polish	150g	8.99	V
HJ226	Glass and Mirror Spray	500ml	3.39	V
HJ003	Laundry Liquid	1l	6.25	V
HJ176	Laundry Liquid	1l	6.69	V
HJ222	Laundry Liquid	1l	6.69	V
HJ228	Multi Surface Cleaner	750ml	3.25	V
HJ244	Toilet Cleaner	750ml	2.89	V
HJ170	Toilet Cleaner	750ml	2.99	V
HJ225	Washing Up Liquid	750ml	2.65	V
HJ157	Washing Up Liquid	750ml	2.85	V
HJ315	Washing Up Liquid	750ml	2.85	V
	<b>ECOEGG</b>			
HJ141	Laundry Egg	1 egg	11.49	V
HJ142	Laundry Egg	1 egg	11.49	V
HJ155	Laundry Egg	1 egg	11.49	V
	Laundry Refills			
HJ163	Laundry Egg Refills	1	5.79	V
HJ164	Laundry Egg Refills	1	5.79	V
HJ168	Laundry Egg Refills	1	5.79	V
	<b>ECOVER</b>			
HJ100	All Purpose Cleaner	1l	3.59	V
HJ002	Bathroom Cleaner	500ml	2.89	V
HJ024	Floor Cleaner	1l	3.75	V
HJ874	Limescale Remover	500ml	4.90	V
HJ095	Multi Surface Cleaner	500ml	2.89	V
HJ214	Oven & Hob Cleaner	500ml	4.29	V
HJ999	Stain Remover	200ml	3.55	V
HJ011	Toilet Cleaner	750ml	2.75	V
HJ511	Toilet Cleaner	750ml	2.75	V
HJ304	Toilet Cleaner Fast Action	750ml	3.10	V
HJ041	Washing Up Liquid	450ml	2.25	V
HJ221	Washing Up Liquid	450ml	2.25	V
HJ260	Washing Up Liquid	450ml	2.25	V
HJ509	Washing Up Liquid	450ml	2.25	V
HJ031	Washing Up Liquid	950ml	4.10	V
HJ888	Washing Up Liquid	950ml	4.10	V
HJ091	Window Cleaner	500ml	4.29	V
	5 Litres Bulk			
HJ272	5L Pump	1	6.75	V
HJ008	All Purpose Cleaner - Conc	5l	12.49	V

code	product	size	rrp	bfgosv
HJ323	Fabric Conditioner	5l	14.49	V
HJ070	Floor Soap - Porous Surfaces	5l	18.49	V
HJ527	Hand Soap	5l	32.25	V
HJ071	Laundry Liquid - Delicate	5l	25.19	V
HJ030	Laundry Liquid Bio Concentrate	5l	34.49	V
HJ321	Laundry Liquid Non Bio	5l	22.29	V
HJ276	Laundry Liquid NonBio C\trate	5l	34.49	V
HJ069	Toilet Cleaner	5l	15.99	V
HJ033	Washing Up Liquid	5l	18.19	V
HJ045	Washing Up Liquid	5l	18.19	V
	Bag in Box Range			
HJ084	15L Refill Tap	each	7.99	V
	Dishwasher Products			
HJ086	Dishwasher Rinse Aid	500ml	4.55	V
HJ136	Dishwasher Tablets All In One	22 tablets	9.19	V
HJ211	Dishwasher Tablets All In One	68 tablets	21.29	V
HJ087	Dishwasher Tablets Classic	25 tablets	7.89	V
HJ132	Dishwasher Tablets Classic	70 tablets	18.49	V
	Hand Products			
HJ123	Liquid Hand Soap	250ml	3.95	V
HJ254	Liquid Hand Soap	250ml	3.95	V
HJ054	Liquid Hand Soap Refill	1l	1.25	V
	Laundry			
HJ325	Fabric Conditioner	750ml	2.59	V
HJ326	Fabric Conditioner	750ml	2.59	V
HJ324	Fabric Conditioner	1.5l	5.49	V
HJ327	Fabric Conditioner	1.5l	5.49	V
HJ339	Fabric Conditioner	1.5l	5.49	V
HJ076	Laundry Bleach	400g	2.29	V
HJ106	Laundry Liquid - Bio	1.5l	12.45	V
HJ262	Laundry Liquid - Delicate	750ml	5.45	V
HJ549	Laundry Liquid - Non Bio	1.5l	8.69	V
HJ257	Laundry Liquid - Non Bio	1.5l	12.69	V
HJ277	Laundry Liquid Non - Bio	1l	8.99	V
HJ145	Washing Powder - Biological	750g	5.89	V
HJ143	Washing Powder - Non Bio	750g	5.45	V
HJ238	Washing Powder - Non Bio	3kg	18.75	V
HJ188	Washing Powder Non - Bio	1.8kg	12.15	V
	Zero			
HJ349	Dishwasher Tablets Zero	25 tablets	8.59	V
HJ200	Fabric Conditioner	1.5l	5.49	V
HJ202	Laundry Liquid Zero	1.5l	12.49	V
HJ348	Laundry Liquid Zero - Delicate	1l	6.89	V
HJ203	Washing Powder Zero	7.5kg	41.49	V
HJ205	Washing Up Liquid Zero	450ml	2.25	V
	Zero - 5 Litres Bulk			
HJ133	Laundry Liquid Zero Non - Bio	5l	34.49	V
HJ134	Washing Up Liquid Zero	5l	18.19	V
	<b>ECOZONE</b>			
HJ158	Multi Surface Wipes - Anti Bac	40	3.30	V
	Dishwashing			
HJ275	Dishwasher Tablets Brilliance	65 tablets	14.29	V
HJ118	Dishwasher Tablets Brilliance	25 tablets	6.49	V
HJ146	Dishwasher Tablets Classic 72	72 tablets	15.99	V
HJ351	Dishwasher Tablets Ultra 25 PK	25 tablets	6.59	V
HJ352	Dishwasher Tablets Ultra 72 PK	72 tablets	17.49	V
HJ020	Rinse Aid	500ml	4.40	V
	Laundry			
HJ052	Laundry Capsules Non-Bio	500g	9.90	V
HJ318	Laundry Liquid - Non Bio	2l	12.10	V

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HJ317	Laundry Liquid Bio	2l	12.10	V
HJ204	Laundry Tablets - Brightening	48 tablets	14.99	V
HJ291	Soap Nuts - 330 Washes	1kg	14.29	V
HJ290	Soap Nuts 300g Solutions	300g	7.69	V
HJ044	Appliance Descaler	500ml	5.49	GV
HJ121	Enzymatic Drain Sticks	12 x 1	5.50	V
HJ038	Limescale Remover - Tough	500ml	3.62	V
HJ114	Machine Cleaner - 6 Tablets	120g	5.49	V
HJ278	Mould Remover	500ml	4.99	V
HJ197	Plughole Unblocker	250ml	7.69	V
<b>FAITH IN NATURE</b>				
5 Litres Bulk - Household				
HJ021	Laundry Liquid	5l	3.75	V
HJ028	Washing Up Liquid	5l	28.79	V
<b>GREEN FROG BOTANIC</b>				
HJ189	Laundry Soap Nuts - 250g Bag	250g	4.50	OV
<b>HOMETHINGS</b>				
HJ127	Laundry Pods Bio 27 Pack	27 pods	9.50	V
HJ128	Laundry Pods Non Bio 27 Pack	27 pods	9.50	V
Eco tab refill, 1 tab = 500ml				
HJ109	Bathroom Cleaner Refill Tabs	tablets	2.50	V
HJ101	Multi Surface Refill Tabs x 18	tablets	2.50	V
HJ126	Washing Up Liquid Refill Tabs	tablets	2.50	V
Refill Bottle plus Refill Tab				
HJ104	Bathroom Eco Spray	packs	4.50	V
HJ099	Multi Surface Eco Spray	packs	4.50	V
HJ110	Washing Up Liquid	packs	4.00	V
<b>LOOFCO</b>				
HJ149	Washing Up Soap	100g	3.29	V
HJ013	Washing Up Soap	100g	2.95	V
<b>METHOD</b>				
HJ147	All Purpose Cleaner - Anti Bac	828ml	4.35	V
HJ338	All Purpose Cleaner - Anti Bac	828ml	4.35	V
HJ358	Anti Bac Spray Refill	2l	7.65	V
HJ005	Antibacterial Spray	828ml	4.35	V
HJ336	Bathroom Cleaner - Anti Bac	828ml	4.35	V
HJ354	Bathroom Cleaner Refill	2l	7.65	V
HJ245	Bathroom Spray	828ml	4.35	V
HJ098	Floor Cleaner - Good for Wood	739ml	4.89	V
HJ253	Floor Cleaner - Lemon	739ml	4.89	V
HJ359	Floor Cleaner - Rhubarb	739ml	4.89	V
HJ152	Glass Spray	828ml	4.89	V
HJ248	Granite Spray	354ml	4.89	V
HJ246	Kitchen Spray	828ml	4.35	V
HJ249	Multi Purpose Cleaner	828ml	4.35	V
HJ250	Multi Purpose Cleaner	828ml	4.35	V
HJ305	Multi Surface Cleaner - Dreamy	240ml	5.49	V
HJ288	Multi Surface Cleaner - Joyful	240ml	5.49	V
HJ255	Multi Surface Cleaner - Lively	240ml	5.49	V
HJ298	Multi Surface Cleaner Refresh	240ml	5.49	V
HJ344	Shower Cleaner Refill	2l	7.65	V
HJ079	Shower Spray	828ml	4.35	V
HJ167	Shower Spray	828ml	4.35	V
HJ330	Washing Up Liquid	532ml	4.90	V
HJ331	Washing Up Liquid	532ml	4.90	V
HJ243	Wood Polish Spray	354ml	4.89	V
Hand Products				
HJ093	Foaming Handwash	300ml	3.69	V
DY071	Gel Handsoap	354ml	3.29	V
DY563	Gel Handsoap	354ml	3.29	V

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DY567	Gel Handsoap	354ml	3.29	V
HJ111	Gel Handsoap	354ml	3.29	V
	Hand Soaps - Anti Bacterial			
DY158	Anti Bacterial Handsoap	350ml	3.99	V
DY167	Anti Bacterial Handsoap	350ml	3.99	V
DY166	Anti Bacterial Handsoap	350ml	3.99	V
	Laundry Products			
HJ357	Fabric Conditioner	1.575l	8.29	V
HJ355	Fabric Softener	1.575l	8.29	V
HJ356	Fabric Softener	1.575l	8.29	V
HJ332	Laundry Liquid - Concentrated	1.56l	12.99	V
HJ335	Laundry Liquid - Concentrated	1.56l	12.99	V
HJ334	Laundry Liquid- Concentrated	1.56l	12.99	V
	<b>MINIML</b>			
	20L			
HJ294	White Vinegar	20l	29.95	V
	5L Refills			
HJ231	Anti Bac Surface Cleaner	5l	15.45	V
HJ279	Fabric Conditioner	5l	14.45	V
HJ258	Laundry Liquid	5l	25.49	V
HJ240	Multi Surface Cleaner	5l	16.49	V
HJ251	Toilet Cleaner	5l	15.45	V
HJ220	Washing Up Liquid	5l	15.45	V
	Refillable Glass Bottles			
HJ139	Anti Bac Surface Cleaner	500ml	3.95	V
HJ212	Fabric Conditioner	500ml	3.95	V
HJ191	Laundry Liquid	500ml	3.95	V
HJ156	Surface Cleaner	500ml	3.95	V
HJ138	Washing Up Liquid	500ml	3.95	V
	Refillable PCR Bottle			
HJ169	Toilet Cleaner	1l	3.95	V
	<b>SPRUCE CLEANING</b>			
	Reusable Bottle and Refill			
HJ267	Bathroom Starter Kit	500ml	9.59	V
	<b>HOUSEHOLD PRODUCTS</b>			
	<b>ECOLEAF BY SUMA</b>			
	Household			
NF277	Cling Film 30cm x 30M	1	3.99	V
	Refuse Sacks			
NF270	Refuse Sacks 110L 8 Bags\Roll	8 bags	2.90	V
	<b>D2W</b>			
NF076	Freezer Bags Large 10L	100 bag	1.85	V
NF074	Freezer Bags Medium 5L	200 bag	1.85	V
NF169	Pedal Bin Liners 20L	30 bag	2.25	V
NF494	Pedal Bin Liners Drawtape 20L	30 bag	2.25	V
NF050	Refuse Sack Drawtape 70L	10 bags	2.19	V
NF406	Refuse Sacks 70L	10 bags	1.79	V
NF495	Refuse Sacks 70L Value Pack	20 bags	2.49	V
NF102	Swing Bin Liner Drawtape 50L	15 bag	2.15	V
NF407	Swing Bin Liners 50L White	15 bag	2.19	V
NF358	Wheelie Bin Liners 240L	rolls	2.49	V
	<b>ECOLIVING</b>			
NF007	Baking Liner - Silicone	1lINER	13.00	V
NF008	Food Wraps - Vegan	pack 3	15.00	V
	Cleaning			
NF013	Cleaning Cloths - Compostable	pack 6	7.00	V
NF014	Cleaning Cloths - Compostable	pack 4	7.00	V
NF011	Dish Brush w\ Replaceable head	pack	6.00	V
NF020	Dishbrush Replacement Head	HEADS	2.75	V
NF019	Floor Cleaning Strips	24 STRP	7.00	V

code	product	size	rrp	bfgosv
NF016	Sponge - Compostable	30	2.50	V
	<b>ECOZONE</b>			
NF302	Bin Liners Tie Tape 30L	20 bags	4.99	V
NF473	Caddy Liner 10L	22 bags	3.30	V
	<b>HILL BRUSH COMPANY</b>			
NF781	Wooden Vegetable Brush	each	1.79	V
NF782	Wooden Wash Up Brush & 4 Heads	each	13.59	V
	<b>IF YOU CARE</b>			
	Baking & Cooking			
NF023	Baking Cups - Large	1 x 60	2.19	V
NF021	Parchment Baking Paper	1 rolls	5.19	V
NF186	Parchment Baking Sheets	24	4.50	V
NF466	Parchment Roasting Bags	6 bags	6.95	V
	Cleaning			
NF018	Sponge Cloths	5 cloths	5.15	V
	Coffee Filters			
NF198	Coffee Filters - Number 2	100	3.49	V
NF196	Coffee Filters - Number 4	100	3.49	V
	Compostable Waste Bags			
NF177	Food Waste Bags 11L	30 bags	5.99	V
NF185	Tall Kitchen Refuse Sacks 49L	12 bags	5.85	V
	Firelighters			
NF491	Firelighters	28	2.59	V
NF338	Firelighters	1 pack	5.79	V
	Food Wrap and Bags			
NF032	Aluminium Foil - Extra Strong	1 rolls	6.79	V
NF500	Aluminium Foil 10M x 29.2cm	rolls	4.99	V
NF405	Sandwich & Snack Bags - Paper	48 bags	4.95	V
NF375	Wax Paper - Unbleached	1	6.19	V
	<b>LOOFCO</b>			
	Bathroom			
NF166	Back Scrubber	single	4.99	V
	Brushes			
HJ053	Bottle Brush	1	3.55	V
	Cleaning			
HJ125	Cleaning Pad	1	2.95	V
NF278	Cleaning Pad 2 Pack	2 pack	4.99	V
NF206	Kitchen Cloth 2 Pack	2 pack	3.99	V
NF188	Mini Washing Up Pad	2 pack	2.99	V
HJ063	Root Vegetable Scrubber	1	2.99	V
HJ068	Washing Up Pad	2 pack	4.99	V
HJ058	Washing-Up Brush	1	2.79	V
HJ051	Washing-Up Brush with Handle	1	3.55	V
HJ048	Washing-Up Pad	1	2.95	V
HJ061	Washing-Up Scraper	1	2.95	V
	<b>MAD MONK</b>			
NF435	Bamboo Cutlery Set - 24 Pieces	1 set	6.99	V
	<b>MAISTIC</b>			
	Silly Range			
NF306	Food Sheets Medium	2PCS	4.49	V
NF335	Food Wrap - Large	1 PIECE	4.49	V
NF372	Food Wraps - Small & Large	2 PCS	4.49	V
NF353	Silicone Bag - Large	1 PIECE	12.99	V
	<b>TOFUTURE</b>			
NF354	Tofu Press	press	24.99	V
	<b>WASTE NOT</b>			
NF689	Caddy Liner 10L Compostable	20	4.25	V
	<b>INDIAN FOOD</b>			
	<b>AAGRAH</b>			
	CURRY BASES			
KJ147	Achari Tarka Base	270g	3.49	V

code	product	size	rrp	bfgosv
KJ156	Balti Tarka Base	270g	3.49	V
KJ170	Handi Tarka Base	270g	3.49	V
KJ142	Hydrabadi Tarka Base	270g	3.49	V
KJ159	Karahi Tarka Base	270g	3.49	V
KJ193	Kashmiri Korma Tarka Base	270g	3.49	V
KJ194	Lahsen Tarka Base	270g	3.49	V
KJ208	Tikka Masala Tarka Base	270g	3.49	V
	PICKLES			
KJ211	Lal Piaż	200g	3.49	V
KJ209	Mango Murabba	200g	3.49	V
	<b>GEO ORGANICS</b>			
VF740	Balti Paste OG	180g	3.95	OV
VF249	Bhuna Curry Paste	180g	3.95	OV
VF743	Korma Paste OG	180g	3.95	OV
VF742	Madras Curry Paste OG	180g	3.95	OV
KJ573	Mango Chutney OG Fairtrade	300g	3.39	FOSV
VF744	Tikka Masala Paste OG	180g	3.95	OV
	<b>MERIDIAN</b>			
VF019	Korma Sauce	350g	2.89	GSV
VF025	Tikka Masala Sauce	350g	2.89	GSV
	<b>PATAKS</b>			
	Curry Pastes			
KJ222	Korma Curry Paste	290g	3.99	GV
KJ054	Madras Curry Paste	283g	3.99	GV
KJ152	Rogan Josh Curry Paste	283g	3.99	GSV
KJ246	Tikka Masala Curry Paste	283g	3.99	GSV
KJ059	Vindaloo Curry Paste	283g	3.99	GV
	Pappadums			
VF293	Pappadums - Plain	100g	2.50	V
	Pickles			
KJ040	Aubergine Pickle (Was Bringal)	312g	3.39	VS
KJ041	Chilli Pickle	283g	3.39	GV
KJ045	Lime Pickle - Medium/Hot	283g	3.39	V
KJ047	Mango Pickle - Medium	283g	3.39	GV
KJ049	Mixed Pickle	283g	3.39	GV
	<b>PUNJABAN</b>			
KJ316	Jalfrezi Curry Sauce	350g	3.89	GV
KJ317	Korma Curry Sauce	350g	3.89	GV
	Bases (Sauce Concentrate)			
KJ374	Authentic Curry Base - Medium	350g	3.89	GV
KJ373	Authentic Curry Base - Mild	350g	3.89	GV
KJ379	Butter 'Chicken' Base	350g	3.89	GV
KJ383	Tasty Tamarind Curry Base	350g	3.89	GV
KJ083	Tikka Masala Curry Base Sauce	350g	3.89	GV
	Naan Breads			
KJ280	Chilli Naan Bread	220g	3.15	V
KJ281	Garlic and Coriander Naan	220g	3.15	SV
KJ282	Tandoori Naan Bread	220g	3.15	SV
	<b>INTIMATE CARE</b>			
	<b>HERE WE FLO</b>			
	Flo Period Care			
NF017	Bamboo Day Pads	16	3.95	OV
NF010	Bamboo Liners	24	3.29	OV
NF041	Bamboo Night Pads	14	3.95	OV
NF060	Bamboo Ultra-Long Pads	10	3.95	OV
NF009	Eco-Applicator Tampons	14	4.39	OV
	Glo Bladder Care			
NF082	Bamboo Liner Sensitive Bladder	16	3.29	OV
NF075	Bamboo Ultra-Long Pad	10	3.29	OV
	<b>MOONCUP</b>			



code	product	size	rrp	bfgosv
DY606	Mooncup Size 'A'	each	22.49	V
DY680	Mooncup Size 'B'	each	22.49	V
<b>NATRACARE</b>				
	Incontinence Pads			
NF059	Dry & Light Incontinence Pads	20	4.19	V
	Maternity Pads			
NF152	New Mother Maternity Pads	10	3.90	V
	Maxi Pads			
NF889	Maxi Pads - Night Time	10	3.19	V
NF298	Maxi Pads - Regular	14	2.59	V
NF299	Maxi Pads - Super	12	2.59	V
	Panty Liners			
NF096	Mini Panty Liner	30	2.90	V
NF048	Organic Cotton Panty Liners	22	2.49	OV
NF121	Panty Liner Curved	30	2.90	V
NF104	Wrapped Panty Liner	18	2.90	V
	Tampons			
NF826	Applicator Tampon - Super	16	3.79	OV
NF823	Applicator Tampons - Regular	16	3.59	OV
NF085	Tampons Regular - Organic	20	3.19	VO
NF086	Tampons Super - Organic	20	3.29	OV
NF087	Tampons Super Plus - OG	20	3.59	VO
	Ultra Pads			
NF304	Ultra Extra Pad Normal - Wings	12	2.69	V
NF300	Ultra Extra Pads Long - Wings	8	2.69	V
NF313	Ultra Extra Super Pads Winged	10	2.69	V
NF755	Ultra Pad - Long with Wings	10	2.69	V
NF862	Ultra Pads Super Plus	12	2.69	V
NF827	Ultra Regular Pad with Wings	14	2.69	V
NF442	Ultra Super Pads with Wings	12	2.69	V
	Wipes			
NF204	Organic Cotton Intimate Wipes	12	2.59	OV
NF251	Safe to Flush Moist Tissues	30	2.29	V
<b>NORA</b>				
	Accessories			
NF400	Reusable Out and About Bag	1	7.25	V
	Multipacks			
NF397	Reusable Light Pad 3 Pack	3	19.95	V
NF395	Reusable Liner Pads 3 Pack	3	17.95	V
NF398	Reusable Moderate Pad 3 Pack	3	23.95	V
	Single liners in mixed SRP			
NF389	Reusable Liner Pad	1	6.95	V
NF401	Reusable Liner Pad	1	6.95	V
	Single pads in mixed SRP			
NF392	Reusable Heavy Pad	1	9.95	V
NF404	Reusable Light Pad	1	7.95	V
NF390	Reusable Light Pad	1	7.95	V
NF413	Reusable Moderate Pad	1	8.95	V
NF391	Reusable Moderate Pad	1	8.95	V
<b>WUKA</b>				
	WUKA FLEX			
NF417	Period Pant Heavy Flow XL-4XL	single	17.99	V
NF416	Period Pant Heavy Flow XS - L	single	17.99	V
NF415	Period Pant Medium Flow XL-4XL	single	15.99	V
NF414	Period Pant Medium Flow XS-L	single	15.99	V
	WUKA ULTIMATE			
NF428	Period Pant Heavy Flow L	single	24.99	V
NF427	Period Pant Heavy Flow M	single	24.99	V
NF426	Period Pant Heavy Flow S	single	24.99	V
NF429	Period Pant Heavy Flow XL	single	24.99	V

code	product	size	rrp	bfgosv
NF425	Period Pant Heavy Flow XS	single	24.99	V
NF421	Period Pant Medium Flow L	single	23.99	V
NF420	Period Pant Medium Flow M	single	23.99	V
NF419	Period Pant Medium Flow S	single	23.99	V
NF423	Period Pant Medium Flow XL	single	23.99	V
NF418	Period Pant Medium Flow XS	single	23.99	V
<b>JAMS &amp; FRUIT SPREADS</b>				
<b>SUMA</b>				
JS200	Pear and Apple Spread	300g	2.99	V
<b>BIONOVA</b>				
JS137	Blueberry Jam - organic	340g	3.99	OSV
JS141	Raspberry Jam - organic	340g	4.79	VOS
JS140	Strawberry Jam - organic	340g	4.25	OSV
JS133	Tangy Marmalade - organic	340g	3.35	OSV
<b>FRUTETO ITALIA</b>				
KJ197	Apricot Fruit Spread	250g	4.25	OV
KJ201	Blueberry Fruit Spread	250g	4.75	OV
KJ227	Cherry Fruit Spread	250g	4.25	OV
KJ199	Raspberry Fruit Spread	250g	5.25	OV
KJ196	Strawberry Fruit Spread	250g	4.25	OV
<b>MERIDIAN</b>				
JS018	Apricot Spread - organic	284g	3.89	VO
JS019	Blackcurrant Spread - organic	284g	3.89	VO
JS304	Cherries & Berries Spread - og	284g	3.89	OV
JS020	Morello Cherry Spread -organic	284g	3.89	VO
JS017	Seville Orange Spread -organic	284g	3.89	VO
JS021	Strawberry Spread - organic	284g	3.89	VO
JS100	Wild Blueberry Spread - og	284g	4.39	OV
<b>MRS DARLINGTONS</b>				
JS005	Tangerine & Vodka Marmalade XMAS 2023	340g	2.59	SV
JS023	Bucks Fizz Marmalade	340g	2.79	SV
VF281	Christmas Preserve	340g	3.14	SV
VF009	Winter Berry Preserve	340g	3.14	V
<b>ST DALFOUR</b>				
JS051	Apricot Spread	284g	2.99	GV
JS064	Black Cherry Spread	284g	2.99	GV
JS063	Blackberry Spread	284g	2.99	GV
JS062	Blackcurrant Spread	284g	2.99	GV
JS009	Cranberry & Blueberry	284g	2.99	GV
JS068	Fig Spread	284g	2.99	GV
JS067	Four Fruits Spread	284g	2.99	GV
JS066	Mirabelle Plum Spread	284g	2.99	GV
JS120	Orange and Ginger Spread	284g	2.99	GV
JS046	Raspberry & Pomegranate Spread	284g	2.99	GV
JS049	Raspberry Spread	284g	2.99	GV
JS050	Strawberry Spread	284g	2.99	GV
JS061	Thick Cut Orange Spread	284g	2.99	GV
JS060	Wild Blueberry Spread	284g	2.99	GV
<b>JUICE CONCENTRATES &amp; CORDIALS</b>				
<b>SUMA</b>				
JU058	Apple Juice - Concentrate Chilled products	500ml	6.49	V
JU057	Apple Juice - Concentrate	5l	6.79	V
<b>SUMA ORGANIC</b>				
JU241	Apple & Blackcurrant Juice	400ml	6.29	OV
JU240	Apple Juice - Concentrate	400ml	5.69	OV
<b>BELVOIR</b>				
JU234	Blueberry Blackcurrant Cordial	500ml	5.79	GSV
JU516	Elderflower & Rose Cordial	500ml	5.79	GSV

code	product	size	rrp	bfgosv
JU578	Elderflower Cordial	500ml	5.79	GSV
JU577	Ginger Cordial	500ml	5.79	GSV
JU275	Organic Elderflower Cordial	500ml	6.39	GOSV
JU276	Organic Ginger Cordial	500ml	6.39	GOSV
JU355	Organic Lemon & Mint Cordial	500ml	6.39	GOSV
JU043	Raspberry & Lemon Cordial	500ml	5.79	GV
JU336	Strawberry and Lime Cordial	500ml	5.79	SV
	Family Size			
JU339	Blackcurrant Cordial	750ml	6.69	GSV
JU338	Orange Cordial	750ml	6.69	GSV
	XMAS 2023			
JU285	Mulled Winter Cordial	500ml	5.79	GSV
	<b>ROCKS</b>			
JU426	Blackcurrant Squash	740ml	3.69	SV
JU428	Orange Squash	740ml	3.69	SV
JU022	Summer Fruits Squash	740ml	3.69	SV
	<b>THORNCROFT</b>			
JU593	Herbal Liquorice	330ml	4.35	SV
JU594	Kombucha	330ml	4.19	SV
JU475	Pink Ginger	330ml	3.55	SV
JU206	Wild Elderflower	330ml	3.55	SV
JU476	Wild Nettle	330ml	3.55	VS
	<b>MARGARINES &amp; SPREADS (CHILLED)</b>			
	<b>SUMA</b>			
MA003	Olive Spread	500g	2.90	V
MA055	Soya Spread	500g	2.30	V
MA053	Sunflower Spread	500g	2.30	V
MA051	Sunflower Spread	2kg	9.40	V
	<b>BIONA</b>			
MA468	Extra Olive Spread	250g	4.10	OV
MA061	Sunflower Spread	250g	3.55	OV
MA030	Sunflower Spread	500g	5.55	OV
	<b>KOKO DAIRY FREE</b>			
CV317	Koko Dairy Free Spread	500ml	2.19	GV
	<b>NATURLI'</b>			
CV879	Spreadable Vegan Butter	225g	2.20	GOV
CV735	Spreadable Vegan Butter	450g	4.25	GOV
CV880	Vegan Butter Block	200g	2.10	GOV
	<b>VIOLIFE</b>			
CV436	Cocospread Chocolate Spread	150g	2.70	VS
	<b>MAYONNAISE &amp; SALAD DRESSINGS</b>			
	<b>BE SAUCY</b>			
KJ337	Basil Mayo -Vegan	180g	3.95	SV
KJ338	Black Truffle Mayo - Vegan	180g	4.45	SV
KJ339	Dill & Gherkin Mayo - Vegan	180g	3.95	SV
KJ336	Garlic Mayo - Vegan	180g	3.95	SV
KJ340	Smoked Chipotle Mayo - Vegan	180g	3.95	SV
	<b>BIONA</b>			
KJ401	Mayo - Egg & Soya Free	230g	3.55	OV
	<b>DINE WITH ATKINS &amp; POTTS</b>			
KJ038	Burger Sauce	240g	2.99	V
KJ098	Herbes de Provence Dressing	245g	3.49	SV
KJ110	Wasabi and Lime Dressing	255g	3.49	SV
	<b>GEO ORGANICS</b>			
KJ333	Organic Mayo, Vegan	232g	2.95	OV
	<b>HUNTER AND GATHER</b>			
KJ332	Egg Free Olive Oil Mayo	250g	4.99	GV
KJ334	Egg Free Olive Oil Mayo	250g	4.99	V
	<b>INSPIRED VEGAN</b>			
KJ309	BBQ & Black Garlic Sauce	225g	3.25	SV
KJ306	Blue Cheeze Dressing	250g	3.25	SV

code	product	size	rrp	bfgosv
KJ024	Mayonnaise	205g	2.39	SV
KJ053	Mayonnaise - Smoked Garlic	210g	2.39	SV
KJ307	Pineapple and Chilli Sauce	225g	3.25	SV
KJ305	Spiced Orange Dressing	225g	3.25	SV
KJ033	Sriracha Mayonnaise	205g	2.49	SV
KJ247	Vegan Bearnaise Style Sauce	205g	2.39	GSV
KJ011	Vegan Burger Sauce	240g	2.99	V
KJ043	Vegan Caesar Dressing	250g	3.19	SV
KJ249	Vegan Dill Mustard Sauce	200g	2.39	GSV
KJ270	Vegan Hollandaise Style Sauce	205g	2.39	GSV
KJ048	Vegan Honei Mustard Dressing	265g	3.19	GSV
KJ271	Vegan Horseradish Sauce	210g	2.69	GSV
KJ245	Vegan Marie Rose Sauce	210g	2.39	GSV
KJ261	Vegan Tartare Sauce	210g	2.69	GSV
	<b>MARY BERRY'S</b>			
KJ168	Mango, Lime & Chilli Dressing	235ml	3.79	SV
KJ390	Salad Dressing	235g	3.79	SV
	<b>MR ORGANIC</b>			
KJ055	Egg Free Mayo	180g	2.79	OSV
	<b>RUBIES IN THE RUBBLE</b>			
KJ118	Plant Based Mayo - Chilli	240g	2.99	V
KJ241	Plant Based Mayo - Garlic	240g	2.99	V
	<b>THE VURGER CO</b>			
KJ256	Smoky 'Bacon' Vegan Mayo	240g	3.85	V
	<b>MEAT FREE ALTERNATIVES(FROZEN)</b>			
	<b>BEYOND MEAT</b>			
XL053	Burgers	226g	5.20	GV
XL091	Meatballs	200g	5.20	GV
XL088	Mince	300g	5.20	GV
XL063	Sausages	200g	5.20	GV
	<b>FRYS</b>			
XL010	Chicken Style Strips	380g	4.00	V
XL006	Golden Crumbled Schnitzel	320g	3.55	V
XL070	Plant Based Chick'n Fillet	180g	3.80	V
XL302	Popcorn Chick'n	300g	3.90	V
XL216	Rice Protein & Chia Nuggets	240g	4.00	V
	<b>IMPULSE FOODS</b>			
XL109	Organic Garlic & Herb Tempeh	227g	3.20	OV
XL107	Organic Tempeh	227g	3.15	OV
	<b>LINDA MCCARTNEY</b>			
XL161	Vegemince	500g	4.35	V
	<b>NATURLI'</b>			
XL101	'Shape Me' Vegan Mince	300g	4.65	GV
XL311	Sausage Rolls	250g	4.75	V
XL065	Schnitzel	300g	4.65	GV
XL310	Supreme Burgers	240g	3.79	V
XL071	Vegan Balls	300g	3.95	GV
	<b>PERFECT SEASON</b>			
XL291	Beetroot Patties	200g	3.99	OSV
XL292	Dill Cakes	220g	3.99	OSV
XL295	Italian Falafels	240g	3.99	OSV
XL299	Mushroom Patties	240g	3.99	OV
XL298	Pea Fritters	220g	3.99	OSV
	<b>QUORN</b>			
XL210	Vegan Pieces	280g	3.25	V
	<b>STRONG ROOTS</b>			
XL212	Crispy Vegetable Nuggets	300g	4.10	V
XL214	Kale & Quinoa Burger	300g	4.10	V
XL213	Pumpkin & Spinach Burgers	300g	4.10	GV
	<b>THIS</b>			
XL284	Plant Based Chicken Nuggets	250g	3.60	V

code	product	size	rrp	bfgosv
XL290	Plant Based Pork Sausages	270g	3.50	V
XL289	Southern Chicken Tenders	240g	3.50	V
<b>VFC</b>				
	Vegan Fried Chick*n			
XL081	Original Fillets	190g	3.29	V
<b>MEATLESS SUBSTITUTES (CHILLED)</b>				
<b>BIONA</b>				
CV184	Beetroot Burger	150g	4.70	OV
CV377	Black Bean & Cashew Nut Burger	160g	4.70	OV
CV441	Energy Tofu Mini Burgers	250g	4.70	OV
CV321	Mini Quinoa Burgers	195g	4.70	OV
CV188	Mushroom Burger	150g	4.70	OV
CV372	Red Lentil Sun Seed Burger	160g	4.70	OV
CV745	Sweet Potato Buckwheat Burger	160g	4.00	OV
<b>BONSAN</b>				
CV837	Kofu Fishfree fillet	150g	4.50	GOSV
CV843	Kofu Ragu Chunks	150g	3.95	GOSV
CV586	Kofu Sausages	170g	4.35	OV
CV641	Kofu Steak	120g	3.25	OSV
CV573	Vegan Breakfast Scramble	200g	4.50	OSV
<b>DELPHI FOODS</b>				
CV265	Falafel	110g	2.70	V
<b>FLORENTIN</b>				
CV950	Corn Falafel	240g	4.80	GOV
CV930	Falafel	240g	4.55	GOV
CV571	Sweet Potato Falafel	240g	4.55	GOV
CV944	Tamruc Falafel	240g	4.70	GOV
<b>HEURA</b>				
	Minimum 5 days shelf life			
CV142	Chorizo	216g	3.69	GV
CV115	Mediterranean Chunks	160g	3.69	GV
CV119	Original Burger	227g	4.30	GV
CV116	Original Chunks	160g	3.69	GV
CV124	Original Nuggets	180g	3.69	GV
CV128	Original Sausages	216g	3.69	GV
CV145	Original Strips	160g	3.69	GV
<b>LA VIE</b>				
CV030	Plant Based Bacon Lardons	150g	4.25	V
CV026	Plant Based Smoked Bacon	120g	4.25	V
<b>MACSWEEN</b>				
CV390	Veg Haggis 6 x 400g	400g	5.15	V
CV385	Veg Haggis 8 x 200g	200g	2.65	V
<b>PLANTED</b>				
CV942	Herb & Spice Skewers	200g	4.49	FV
CV946	Kebab	220g	4.49	FV
CV940	Lemon & Herb Chicken	220g	4.49	FV
CV939	Original Chicken	220g	4.49	FV
CV941	Original Pulled Pork	220g	4.49	FV
CV945	Pulled 'Pork' Spicy Herbs	220g	4.49	FV
CV943	Pulled BBQ 'Pork'	220g	4.49	FSV
<b>SGAIA</b>				
	Artisan Vegan Mheat			
CV772	Italian Style Burgers	220g	6.00	SV
CV175	Lorne Sausages	280g	5.45	V
CV626	Original Burger	220g	6.00	V
CV770	Original Steak	200g	5.00	SV
CV769	Smoked Steak	200g	5.00	SV
CV774	Streaky Rashers	150g	5.00	SV
<b>TAIFUN</b>				
CV011	Grill Sausages	250g	5.10	OV
CV010	Weiner/Frankfurters	300g	6.10	OV

code	product	size	rrp	bfgosv
	<b>THE BURY BLACK PUDDING CO</b>			
CV696	Vegan Black Pudding	220g	1.80	V
	<b>THE REAL LANCASHIRE PUDDING CO</b>			
CV999	Vegan Black Pudding	200g	1.90	V
	<b>THIS</b>			
CV424	Plant-Based Bacon Rashers	120g	3.65	V
CV418	Plant-Based Chicken Pieces	170g	3.55	V
	<b>VBITES</b>			
CV232	Cheatin' Chicken	100g	2.10	V
CV260	Cheatin' Chorizo Style Chunks	150g	3.70	V
CV235	Cheatin' Garlic Sausage Slices	100g	2.10	V
CV234	Cheatin' Ham	100g	2.10	V
CV568	Cheatin' Maple Rashers	115g	2.90	V
CV237	Cheatin' Pepperoni	100g	2.20	V
CV236	Cheatin' Roast Beef Slices	100g	2.20	V
CV643	Meat-free slices Sage & Onion	100g	2.10	V
CV238	Streaky-Style Rashers	115g	2.90	SV
	Making Waves			
CV555	Fish Style Fingers - Breaded	215g	3.50	V
CV093	Fish Style Steaks	200g	3.50	SV
CV566	Smoked Salmon Style Slices	100g	2.30	V
	Vegi Deli			
CV025	Cheatin Chicken Style Pieces	150g	3.15	V
CV739	Duck Style Pieces	150g	3.50	V
CV668	Falafel-Traditional Style	250g	3.15	V
CV667	Lincolnshire Style Sausage	295g	3.15	V
CV557	Sage & Marjoram Sausages	295g	3.15	V
CV172	Vegetarian Schnitzels	200g	2.90	V
CV565	Vegideli Mushroom Pate	150g	2.10	V
	<b>VIANA</b>			
CV404	Bonanza Veggie Steaks	210g	4.10	OSV
CV414	Real Jumbo Frankfurters	275g	4.50	SOV
	<b>WHEATY</b>			
CV683	Chorizo Grande	200g	6.80	OV
CV241	Merguez Vegan Sausages	200g	4.40	OV
CV689	Salami Slices	100g	2.85	OV
CV690	Smoked Slices	100g	2.85	OV
CV851	Vegan Bacon	60g	2.20	OV
CV267	Vegan Chorizo Slices	80g	2.75	OV
CV261	Vegan Doner Kebab	200g	4.80	OV
CV250	Vegan Hot Dogs	200g	4.35	OV
CV023	Vegan Steak with Peppercorn	175g	4.45	OV
	Snackers			
CV303	Chili Snacker	40g	1.45	OV
CV691	Chorizo Spacebar	40g	1.45	OV
	<b>MIDDLE EASTERN &amp; AFRICAN FOOD</b>			
	<b>AL FEZ</b>			
VF046	Stuffed Vine Leaves	280g	2.55	V
KJ157	Za'atar Flatbreads	180g	2.89	V
	<b>AL'FEZ</b>			
KJ548	Apricot & Coriander Sauce 450g	450g	3.15	GV
KJ065	Falafel Mix	150g	1.65	V
KJ753	Harissa	180g	3.49	V
KJ302	Moroccan Couscous	200g	1.85	V
KJ190	Moroccan Style Tagine Sauce	450g	2.79	GV
KJ276	Pearl Couscous	200g	1.85	V
KJ101	Rose Harissa	180g	3.35	V
KJ243	Smoky Harissa Tagine Sauce	450g	2.79	GV
KJ242	Tahini	160g	2.15	V
	<b>AMISA</b>			
KJ105	Falafel Mix	160g	2.75	GOV

code	product	size	rrp	bfgosv
	<b>BIONA</b>			
VF257	Hot Chili Paste	125g	3.45	OV
	<b>CARLEY'S</b>			
KJ240	Preserved Lemon - Organic	700g	6.25	OV
	<b>CYPRESSA</b>			
KJ231	Rose Harissa Paste	170g	3.89	V
	<b>JUST WHOLEFOODS</b>			
VF183	Falafel Mix - organic	120g	2.39	OV
	<b>OLIVES ET AL</b>			
KJ124	Moroccan Dukkah (spice mix)	90g	4.19	V
KJ123	Preserved Lemons	400g	8.49	V
	<b>MILK - NON DAIRY</b>			
	<b>ALPRO</b>			
TE004	Almond Barista	1l	2.95	GSV
TE624	Coconut Barista	1l	2.95	V
TE083	Oat Barista	1l	2.45	GV
SY086	Oat Growing Up Drink	1l	2.49	V
SY047	Organic Almond Drink	1l	2.35	GOV
SY049	Organic Coconut Drink	1l	2.35	GOV
SY050	Organic Soya Drink	1l	2.90	GOV
TE642	Soya Barista	1l	2.35	V
SY213	Soya Milk Unsweetened	1l	1.79	V
	<b>BIONA</b>			
VF103	Coconut Milk Powder	150g	4.50	OV
VF324	Condensed Coconut Milk	210ml	2.39	OSV
	<b>BLUE DIAMOND</b>			
SY101	Almond Breeze - Barista Blend	1l	2.99	GV
SY061	Almond Breeze - Original	1l	2.29	GSV
SY066	Almond Breeze - Unsweetened	1l	2.29	GV
	<b>BONSOY</b>			
SY072	Soya Milk	1l	4.90	V
	<b>CALIFIA FARMS</b>			
SY226	Oat Barista Blend	1l	1.99	V
	<b>COCONUT MERCHANT</b>			
VF082	Coconut Milk Powder	250g	5.99	OV
	<b>DREAM</b>			
JU540	Rice Dream - Calcium	1l	2.15	V
JU361	Rice Dream Organic - Original	1l	2.15	OV
	<b>DUG</b>			
SY134	Potato Milk - Barista	1l	2.15	GV
SY127	Potato Milk - Original	1l	2.15	GV
SY128	Potato Milk - Unsweetened	1l	2.15	GV
	<b>ECOMIL</b>			
SY087	Almond Barista Drink	1l	2.99	OV
SY246	Almond Drink Classic	1l	2.49	OV
SY247	Almond Drink Classic Low Sugar	1l	2.49	GOSV
SY012	Almond Drink Powder	400g	13.99	GOV
SY143	Coconut Barista	1l	2.99	OV
SY248	Coconut Drink Sugar Free	1l	2.49	GOV
SY030	Cuisine - Almond Cream	200ml	1.59	GOV
SY027	Cuisine - Bechamel	200ml	1.89	GOV
SY137	Cuisine - Cashew Cream	200ml	1.59	GOV
SY059	Cuisine - Coconut Milk	200ml	1.59	GOV
SY032	Cuisine - Thai	200ml	1.99	GOV
SY053	No Sugar Almond + Calcium	1l	3.49	OV
SY021	No Sugar Almond Drink	1l	3.49	OV
SY058	No Sugar Coconut Milk	1l	3.49	OV
SY146	Oat Barista Drink	1l	2.69	OV
SY250	Oat Drink Gluten Free	1l	2.69	GOV
SY133	Oat Drink NAS Plus	1l	2.29	OV
SY082	Oat Drink Powder	400g	11.99	OSV

code	product	size	rrp	bfgosv
SY249	Oat Drink Sugar Free	1l	2.29	OV
SY279	Soya Drink Powder (sweetened)	400g	11.49	OV
	<b>FOOD HEAVEN</b>			
SY245	Chocolate Whipped Spray Cream	200ml	2.75	GSV
SY003	Cooking Cream - Unsweetened	1l	4.20	GV
SY168	Heavenly Whipped Spray Cream	200ml	2.49	GSV
	<b>GAIA'S FARMING CO</b>			
SY123	Hemp & Coco Chocolate M*lk	330ml	2.50	GV
SY081	Hemp & Oat Barista M*lk	1l	2.90	GV
	<b>GLEBE FARM</b>			
SY165	Almond Drink Barista	1l	2.50	FGV
SY164	Coconut Drink Barista	1l	2.15	FGV
SY140	Pure Oaty Barista Drink	1l	1.99	GV
SY162	Pureoaty Creamy and enriched	1l	1.99	GV
SY161	PureOaty Organic Barista	1lT	2.19	GOV
	<b>GOOD HEMP</b>			
SY104	Hemp & Oat Drink	1l	1.99	V
SY096	Hemp Drink - Barista	1l	2.40	V
SY070	Hemp Drink - Seed Milk	1l	2.40	V
	<b>KOKO DAIRY FREE</b>			
SY149	Barista Coconut Milk Drink	1l	2.25	GSV
SY038	Coconut Milk Drink	1l	2.15	GSV
SY122	Coconut Milk Drink Unsweetened	1l	2.15	GV
SY167	Coconut Super Milk	1l	2.65	GSV
	<b>MINOR FIGURES</b>			
SY227	Everyday Oat - Light	1l	2.29	V
SY228	Everyday Oat - Regular	1l	2.29	V
SY083	Light Barista Oat M*lk	1l	1.99	V
SY172	Masala Chai Organic	1l	6.50	SVO
SY171	Oat M*lk - Barista	1l	1.95	V
SY196	Organic Barista Oat Drink	1l	2.90	OV
	<b>NATURLI'</b>			
SY234	Do Not Call Me M_lk	1l	2.59	V
SY152	Oat Cocoa Drink	330ml	1.85	SV
SY151	Organic Ice Coffee	330ml	1.85	OSV
SY153	Organic Oat Cuisine	330ml	1.75	OV
	<b>OATLY</b>			
SY158	Barista Oat Drink	1l	2.39	V
SY019	Cream - Dairy Free	250ml	1.25	VO
SY239	Oatly Barista Oat Drink	500ml	1.45	V
SY045	Oatly Chocolate Drink	1l	2.19	SV
SY238	Oatly Chocolate Drink	250ml	0.95	SV
SY237	Oatly Enriched	250ml	0.95	V
JU385	Oatly Enriched - added calcium	1l	2.90	V
SY067	Oatly Oat Drink - Light	1l	2.29	V
SY075	Oatly Oat Drink - No Sugars	1l	2.29	V
SY064	Oatly Oat Drink - Semi	1l	2.29	V
SY056	Oatly Oat Drink - Whole	1l	2.29	V
JU377	Oatly Oat Drink Organic	1l	2.19	OV
SY005	Oatly Vanilla Drink	1l	2.19	SV
	<b>PLAMIL</b>			
SY009	Organic Soya Milk Heritage	1l	2.80	VOG
	<b>PLENISH</b>			
SY119	Almond M*lk - Organic	1l	2.95	OV
SY120	Cashew M*lk	1l	2.95	OV
SY118	Coconut M*lk	1l	2.95	OV
SY121	Hazelnut M*lk	1l	2.95	OV
SY170	Oat M*lk - Gluten Free	1l	2.39	GOV
SY191	Soya M*lk	1l	2.39	OV
	<b>PROVITAMIL</b>			
SY035	Oat Drink	1l	1.69	V
	<b>REBEL KITCHEN</b>			



code	product	size	rrp	bfgosv
SY093	Barista Mylk	1l	2.55	OV
SY214	Dairy Free Whole Mylk	1l	2.55	GOV
<b>RUDE HEALTH FOODS</b>				
SY052	Almond Drink - No Sugars	1l	2.69	GOV
SY129	Almond Drink - Organic	1l	2.69	GOV
SY004	Almond Drink - Organic	250ml	1.65	GOV
SY230	Barista Almond	1l	2.49	GV
SY231	Barista Coconut	1l	2.49	GV
SY232	Barista Oat	1l	2.00	GV
SY233	Barista Soya	1l	2.00	GOV
SY130	Brown Rice Drink - Organic	1l	2.49	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
SY054	Oat Drink - No Sugars	1l	2.50	GOV
SY037	Oat Drink - Organic	1l	2.49	GOV
SY194	Organic Soya Drink	1l	2.29	GOV
SY223	Roast Almond Oat Drink OG	1l	2.49	OV
SY117	Tiger Nut Drink Organic	1l	2.99	GOV
SY159	Ultimate Almond Milk - Organic	1l	3.85	GOV
<b>SOJADE</b>				
SY018	Soya Drink - Mild Sweetened	1l	2.45	GOV
SY016	Soya Drink - Unsweetened	1l	2.19	GOV
SY023	Vanilla Soya Drink	1l	2.69	GOV
<b>SOON</b>				
SY244	Organic Almond Drink	1l	2.99	OV
SY241	Organic Hemp Drink	1l	3.90	OV
SY242	Organic Oat Drink	1l	2.19	OV
SY243	Organic Rice Drink	1l	1.99	GOV
<b>SPROUD</b>				
SY218	Iced Coffee - Caramel	330ml	2.35	FGSV
SY217	Iced Coffee - Original	330ml	2.35	FGSV
SY069	Sproud Barista	1l	2.15	GSV
SY207	Sproud Chocolate Milk	1l	2.15	GSV
SY057	Sproud Original	1l	2.15	GSV
SY229	Sproud Vanilla	1l	2.15	GSV
<b>THE BRIDGE</b>				
SY160	Coconut Drink	1l	2.45	GOV
SY002	Oat Drink	1l	2.19	OV
SY112	Oat Drink - Barista	1l	2.35	OV
SY560	Oat Drink - Enriched	1l	2.29	OV
SY068	Rice Drink - Cacao	250ml	0.99	OV
SY042	Rice Drink - Calcium Enriched	1l	2.29	GOV
SY487	Rice Drink - Original	1l	2.15	GOV
SY452	Rice Drink + Almond	1l	2.49	GOV
SY008	Rice Drink + Coconut	1l	2.65	GOV
	Cooking Cream			
SY188	Coconut Cream - Organic	200ml	1.55	GOV
SY187	Oat Cream - Organic	200ml	1.35	OV
SY150	Rice Cream - Organic	200ml	1.29	OV
SY186	Soya Cream - Organic	200ml	1.19	GOV
<b>THE COCONUT COMPANY</b>				
SY001	Coconut Milk Powder	250g	5.89	V
SY116	Coconut Milk Powder - Organic	250g	6.99	GOV
<b>NUT &amp; SEED BUTTERS</b>				
<b>SUMA</b>				
GH119	Crunchy Peanut Butter	350g	3.79	V
GH120	Crunchy Peanut Butter	1kg	8.49	V
GH121	Smooth Almond Butter	1kg	16.59	V
GH117	Smooth Peanut Butter	350g	3.79	V

code	product	size	rrp	bfgosv
GH118	Smooth Peanut Butter	1kg	8.49	V
	<b>SUMA ORGANIC</b>			
GH047	Peanut Butter Crunchy + Salt	700g	8.90	VO
GH022	Peanut Butter, Crunchy + Salt	340g	4.90	VO
GH135	Peanut Butter, Crunchy + Salt	340g	4.35	FVO
GH256	Peanut Butter, Crunchy No Salt	340g	4.90	VO
GH248	Peanut Butter, Crunchy No Salt	700g	8.90	VO
GH023	Peanut Butter, Smooth + Salt	340g	4.90	OV
GH051	Peanut Butter, Smooth + Salt	700g	8.90	VO
GH257	Peanut Butter, Smooth No Salt	340g	4.90	VO
GH096	Peanut Butter, Smooth No Salt	700g	8.90	VO
GH950	Tahini - dark, organic	280g	4.35	OV
GH675	Tahini - light, organic	280g	4.35	OV
	<b>BIONA</b>			
GH210	Almond Butter Smooth Organic	170g	6.39	OV
GH102	Almond Butter Smooth Organic	350g	12.15	OV
GH158	Black Tahini	250g	4.75	OV
GH211	Cashew Nut Butter - og	170g	5.50	OV
GH132	Cocoa Hazel Peanut Butter	250g	4.35	GOSV
GH122	Hi-Oleic Peanut Butter	250g	4.35	OV
GH126	Hi-Oleic Peanut Butter	250g	4.35	OV
GH141	ORGANIC HAZELNUT BUTTER	170g	6.39	OV
GH103	Organic Peanut Butter Crunchy	1kg	11.65	OV
GH104	Organic Peanut Butter Smooth	1kg	11.65	OV
	<b>CARLEY'S</b>			
GH024	Almond Butter- Organic	170g	4.65	OV
GH025	Cashew Butter- Organic	170g	4.45	OV
GH034	Pumpkinseed Butter - og	250g	4.75	OV
GH215	Raw Almond Butter	250g	6.35	OV
GH216	Raw Almond Butter	425g	1.35	OV
GH014	Raw Pecan Butter	170g	6.25	OV
GH213	Raw Walnut Butter	170g	4.45	OV
GH712	Raw White Almond Butter	170g	4.65	OV
GH042	Sunflower Butter- Organic	250g	2.75	OV
	<b>CLEARSPRING</b>			
GH131	Tahini - Black Sesame	170g	3.49	OV
	<b>COCONUT MERCHANT</b>			
GH076	Coconut Butter	300g	5.99	GOV
	<b>CYPRESSA</b>			
GH178	Tahini	300g	3.59	V
	<b>MERIDIAN</b>			
GH146	Added Crunch Peanut Butter	280g	3.69	V
GH072	Almond Butter Smooth + salt	170g	5.89	OV
GH124	Banoffee Pie Almond Butter	170g	3.29	V
GH061	Cashew Butter Crunchy	170g	3.85	V
GH081	Cashew Butter Smooth	470g	1.49	OV
GH027	Cashew Butter Smooth	170g	3.85	V
GH088	Cashew Butter Smooth	1kg	2.99	V
GH057	Cashew Butter Smooth Organic	170g	3.99	OV
GH221	Cocoa and Hazelnut Butter	170g	4.19	V
GH220	Cocoa and Peanut Butter	280g	3.25	V
GH154	Coconut and Almond Butter	170g	3.39	V
GH155	Coconut and Peanut Butter	280g	3.55	V
GH004	High Fibre Smooth Peanut Buttr	160g	2.79	V
GH128	Organic Crunchy Peanut Butter	470g	5.49	OV
GH009	Organic Dark Tahini	470g	5.19	OV
GH205	Organic Light Tahini	470g	5.19	OV
GH169	Organic Smooth Almond Butter	470g	14.79	OV
GH200	Organic Smooth Peanut Butter	470g	5.49	OV
GH021	Peanut Butter - crunchy + salt	280g	3.15	V
GH026	Peanut Butter - smooth + salt	280g	3.15	V

code	product	size	rrp	bfgosv
GH037	Peanut Butter Crunchy	1kg	8.49	V
GH028	Peanut Butter Crunchy + Salt	280g	3.39	OV
GH039	Peanut Butter Smooth	1kg	8.49	V
GH147	Silky Smooth Peanut Butter	280g	3.69	V
GH002	Smooth Peanut Butter	160g	2.79	V
GH065	Tahini - dark	270g	3.25	V
GH064	Tahini - dark, organic	270g	3.49	OV
GH068	Tahini - light	270g	3.25	V
GH207	Tahini - light	454g	3.99	V
GH020	Tahini - light, organic	270g	3.49	OV
GH125	Toffee Apple Almond Butter	170g	3.29	V
GH013	Vitamin C Smooth Peanut Butter 100% Nuts	160g	2.79	V
GH056	Almond Butter Crunchy	170g	3.29	V
GH060	Almond Butter Smooth	170g	3.29	V
GH087	Almond Butter Smooth	1kg	17.25	V
GH094	Almond Butter Smooth Organic	170g	5.89	OV
GH114	Hazelnut Butter Crunchy	170g	3.99	V
GH045	Peanut Butt Rich Roast Crunchy	280g	3.49	V
GH073	Peanut Butt Rich Roast Smooth	280g	3.49	V
GH066	Peanut Butter Crunchy	280g	3.15	V
GH063	Peanut Butter Crunchy	280g	3.39	OV
GH038	Peanut Butter Crunchy	1kg	8.49	V
GH097	Peanut Butter Crunchy-Organic	1kg	1.75	OV
GH067	Peanut Butter Smooth	280g	3.15	V
GH110	Peanut Butter Smooth	280g	3.39	OV
GH040	Peanut Butter Smooth	1kg	8.49	V
GH069	Peanut Butter Smooth-Organic 100% Seeds	1kg	1.75	OV
GH046	Pumpkin Seed Butter - og	170g	4.45	OV
	<b>SUNITA</b>			
GH127	Light Tahini	900g	8.15	V
GH080	Tahini - light	3kg	35.39	V
GH149	Tahini - light, organic	3kg	39.62	VO
GH079	Tahini - Whole	3kg	32.25	V
GH077	Tahini - Whole	280g	3.26	V
GH078	Tahini-Light	280g	3.26	V
GH996	Tahini, Whole, Organic	3kg	39.62	VO
	<b>WHOLE EARTH</b>			
GH005	Chocolate Drizzler	320g	3.59	V
GH153	Golden Roasted Drizzler	320g	3.95	V
GH145	Golden Roasted P'NUT Butter	340g	4.25	V
GH152	Original Drizzler	320g	3.95	V
GH091	Peanut Butter - smooth organic	227g	3.59	GOV
GH090	Peanut Butter -crunchy organic	227g	3.59	GOV
GH113	Peanut Butter -smooth original	1kg	8.19	GV
GH084	Peanut Butter -smooth original	340g	3.95	GV
GH151	Peanut Butter-100% Nuts,Crunch	227g	3.45	GOV
GH115	Peanut Butter-crunchy original	1kg	8.19	GV
GH082	Peanut Butter-crunchy original	340g	3.95	GV
	<b>NUTS &amp; SEEDS</b>			
	<b>SUMA PREPACKS</b>			
NU085	Almonds	125g	1.75	V
NU145	Almonds	250g	2.99	V
NU053	Almonds - baked smoke flavour	125g	3.50	V
NU013	Almonds - blanched	125g	1.99	V
NU086	Almonds - flaked	125g	1.85	V
NU143	Almonds - ground	125g	1.79	V
NU144	Almonds - ground	250g	3.50	V
NU088	Brazil - broken	125g	1.79	V

code	product	size	rrp	bfgosv
NU146	Brazil - broken	250g	2.99	V
NU087	Brazil - whole medium	125g	1.99	V
NU147	Brazil - whole medium	250g	3.65	V
NU089	Cashew - large pieces	125g	1.65	V
NU149	Cashew - large pieces	250g	2.75	V
NU150	Cashew - roasted & salted	125g	3.59	V
NU152	Cashew - whole	125g	2.15	V
NU153	Cashew - whole	250g	3.65	V
NU122	Cashews - baked chilli & lime	125g	3.35	V
NU151	Chia Seeds	250g	2.25	V
NU029	Coconut - chips	150g	1.49	V
NU090	Hazelnuts	125g	2.15	V
NU157	Hazelnuts	250g	3.95	V
NU211	Linseed / Flax	250g	1.25	V
NU291	Linseed / Flax	500g	1.99	V
NU101	Macadamias	125g	2.99	V
NU091	Mixed nuts	125g	2.19	V
NU162	Mixed nuts	250g	3.75	V
NU158	Mixed nuts - chopped	250g	2.65	V
NU168	Peanuts - redskin	250g	1.99	V
NU184	Peanuts - roasted	250g	2.15	V
NU170	Peanuts - roasted & salted	250g	2.25	V
NU171	Pecan nuts	125g	3.65	V
NU092	Pine kernels	125g	4.79	V
NU252	Pistachio - raw shelled	125g	4.59	V
NU093	Pistachio - roasted & salted	125g	2.95	V
NU175	Pistachio - roasted & salted	250g	5.49	V
NU094	Pumpkin seeds	125g	1.45	V
NU176	Pumpkin seeds	250g	2.45	V
NU099	Sesame seeds - natural	125g	1.25	V
NU177	Sesame seeds - natural	250g	1.79	V
NU100	Sunflower seeds	125g	1.90	V
NU178	Sunflower seeds	250g	1.45	V
NU179	Sunflower seeds	500g	2.35	V
NU185	Walnuts - light amber quarters	125g	1.79	V
NU186	Walnuts - light amber quarters	250g	3.15	V
NU173	Walnuts - light halves	125g	1.95	V
NU174	Walnuts - light halves	250g	3.25	V
<b>SUMA PREPACKS - ORGANIC</b>				
NU217	Almonds - organic	125g	2.69	OV
NU102	Almonds - organic	250g	4.75	OV
NU159	Almonds - organic	500g	8.89	OV
NU097	Almonds, Flaked - Organic	125g	2.99	OV
NU387	Almonds, ground - organic	125g	2.75	OV
NU043	Almonds, ground - organic	250g	5.50	OV
NU344	Brazils - organic	125g	2.25	OV
NU219	Brazils - organic	250g	3.99	OV
NU033	Cashews whole - organic	125g	2.49	OV
NU255	Cashews whole - organic	250g	4.49	OV
NU120	Chia Seeds, Black - organic	250g	2.49	VO
NU041	Coconut - desiccated, organic	125g	1.35	OV
NU103	Hazelnuts - organic	125g	2.39	OV
NU258	Hazelnuts - organic	250g	4.29	OV
NU272	Hemp Seeds - organic	250g	2.65	VO
NU322	Linseed, golden - organic	250g	1.75	OV
NU288	Omega Seed Mix - organic	125g	1.69	OV
NU293	Omega Seed Mix - organic	250g	2.39	OV
NU069	Peanuts - organic	125g	1.39	OV
NU218	Peanuts - organic	500g	4.90	OV
NU545	Pine Kernels - organic	125g	6.75	OV

code	product	size	rrp	bfgosv
NU212	Pumpkin seeds - organic	125g	1.79	OV
NU323	Pumpkin seeds - organic	250g	3.15	OV
NU261	Pumpkin seeds - organic	500g	5.49	OV
NU213	Sesame seeds - organic	125g	1.29	OV
NU356	Sesame seeds - organic	250g	2.19	OV
NU105	Sunflower seeds - organic	125g	1.25	OV
NU254	Sunflower Seeds - organic	250g	1.79	OV
NU457	Sunflower seeds - organic	500g	2.99	OV
NU104	Walnuts - organic	125g	2.25	OV
NU012	Walnuts - organic	250g	3.99	OV
NU289	Walnuts - organic	375g	5.75	OV
<b>ALARA</b>				
NU098	Raw Milled Linseeds	500g	4.95	OV
<b>ARTISAN GRAINS</b>				
NU148	Chia Seeds	125g	2.89	V
<b>BIONA</b>				
NU304	Amaranth Seeds	500g	3.75	OV
<b>GOOD HEMP</b>				
NU026	Hemp Seed Hearts	225g	5.50	V
<b>RAW HEALTH</b>				
NU187	Organic Black Chia Seeds	450g	9.15	OV
<b>OILS &amp; FATS</b>				
<b>SUMA</b>				
GT036	Extra Virgin Rapeseed Oil	500ml	4.65	V
GT010	Extra Virgin Rapeseed Oil	5l	28.59	V
GT100	Grapeseed Oil	500ml	5.35	V
GT084	Olive Oil - Extra Virgin	500ml	7.29	V
GT086	Olive Oil - Extra Virgin	5l	55.15	V
GT090	Sunflower Oil - cold pressed	5l	45.15	V
<b>SUMA ORGANIC</b>				
GT350	Coconut Oil - Culinary	320ml	4.19	OV
GT750	Coconut Oil - Culinary	650ml	7.15	OV
GT075	Coconut Oil - Culinary	1000ml	1.79	OV
GT320	Coconut Oil - Extra Virgin	320ml	7.20	OV
GT650	Coconut Oil - Extra Virgin	650ml	12.50	OV
GT017	Italian Organic Olive Oil	500ml	9.25	OV
GT018	Italian Organic Olive Oil	750ml	13.95	OV
GT019	Italian Organic Olive Oil	3l	52.00	OV
GT085	Olive Oil-Extra Virgin,organic	500ml	7.89	VO
GT087	Olive Oil-Extra Virgin,organic	5l	62.49	VO
GT080	Sunflower Oil - organic	500ml	4.95	VO
GT091	Sunflower Oil - organic	5l	46.25	VO
<b>SUMA PREPACKS</b>				
GT028	Gluten Free Vegetarian Suet	250g	3.15	GV
<b>BIONA</b>				
GT030	Avocado Oil Cold Pressed	250ml	8.99	OV
GT025	Coconut Oil Cuisine Organic	875ml	9.90	OV
VM271	Flax Seed Oil (was Linseed)	250ml	6.95	OV
GT061	Mild / Odourless Coconut Oil	470ml	4.95	OV
GT060	Mild / Odourless Coconut Oil	610ml	6.90	OV
GT014	Sesame Seed Oil Cold Pressed	500ml	7.39	OV
GT024	Toasted Sesame Seed Oil	250ml	5.39	OV
VF773	Virgin Coconut Oil Organic	200g	4.55	OV
VF774	Virgin Coconut Oil Organic	400g	8.90	OV
GT069	Virgin Coconut Oil Organic	800g	15.90	OV
<b>CLEARSPRING</b>				
GT070	Avocado Oil - Organic	250ml	9.49	OV
GT054	Coconut Oil	200g	4.59	GOV
GT055	Coconut Oil	400g	8.65	GOV
GT035	Flax Oil Organic	250ml	5.39	OV
GT001	Hemp Oil Organic	250ml	7.69	OV

code	product	size	rrp	bfgosv
GT049	Italian Olive Oil Organic	250ml	5.99	OV
GT203	Italian Olive Oil Organic	500ml	9.99	OV
GT204	Italian Olive Oil Organic	1l	18.49	OV
GT038	Organic Toasted Sesame Oil	500ml	9.99	OV
GT009	Rapeseed Oil Organic	500ml	5.49	OV
GT207	Sesame Oil organic	500ml	8.39	OV
GT037	Sesame Oil organic	1l	15.49	GOV
GT045	Sesame Oil Toasted	150ml	3.79	V
GT208	Sesame Oil Toasted organic	250ml	5.99	OV
GT231	Sunflower Frying Oil organic	500ml	5.69	OV
GT230	Sunflower Frying Oil organic	1l	9.29	OV
GT063	Sunflower Frying Oil Organic	2l	15.59	OV
GT051	Sunflower Oil	2l	14.49	OV
GT201	Sunflower Oil Organic	500ml	5.29	OV
GT202	Sunflower Oil organic	1l	8.99	OV
GT209	Toasted Pumpkin Seed Oil Org	250ml	14.49	OV B
GT211	Walnut Oil Toasted, Organic	250ml	13.49	OV
	<b>COCOFINA</b>			
GH074	Coconut Oil Neutral	500ml	4.99	OV
	<b>COCONUT MERCHANT</b>			
GT029	MCT Oil with C8	500ml	16.99	V
GT042	Raw Extra Virgin Coconut Oil	500ml	8.99	OV
	<b>DROGHERIA &amp; ALIMENTARI</b>			
GT081	Chilli Infused Oil	80ml	1.85	V
	<b>EQUAL EXCHANGE</b>			
	Palestinian Fairtrade Oils			
GT555	Olive Oil	1l	26.39	FV
	<b>GOOD HEMP</b>			
GT046	Hemp Oil - Original	500ml	7.50	V
GT026	Hemp Seed Oil - Extra Virgin	500ml	7.99	V
	<b>HELLENIC</b>			
GT402	Olive Oil - Extra Virgin	500ml	6.89	V
GT008	Olive Oil - Extra Virgin	250ml	3.79	V
GT005	Olive Oil - Extra Virgin	3l	34.85	V
GT403	Olive Oil - Extra Virgin	1l	12.35	V
GT031	Olive Oil Extra Virgin	5l	56.90	V
	<b>HONEST TOIL</b>			
GT040	Extra Virgin Olive Oil	5l	52.65	V
GT074	Extra Virgin Olive Oil	500ml	8.95	V
	<b>HUNTER AND GATHER</b>			
GT057	Extra Virgin Avocado Oil	250ml	7.29	GV
	<b>KHYBER</b>			
VF751	Ghee	2lb	6.79	V
	<b>KTC</b>			
GT135	Almond Oil	200ml	3.29	V
GT133	Coconut Oil	250ml	2.79	V
GT052	Sunflower Oil - refined	5l	18.65	V
GT050	Sunflower Oil Refined	1l	3.79	V
	<b>LA BIO IDEA</b>			
GT044	Italian Og Virgin Olive Oil	1l	14.99	OV
	<b>MANI</b>			
GT041	Greek Olive Oil with Ginger	250ml	6.49	OV
GT043	Greek Olive Oil with Lemon	250ml	6.49	OV
GT039	Greek Olive Oil with Orange	250ml	6.49	OV
GT007	Og Extra Virgin Olive Oil	500ml	9.99	OV
GT002	Og Extra Virgin Olive Oil	1l	16.99	OV
	<b>MERIDIAN</b>			
GT012	Olive Oil-Extra Virgin,organic	500ml	11.19	VO
GT034	Sesame Oil - og	500ml	1.75	OV
GT016	Sunflower Oil - organic	500ml	5.95	VO
GT033	Toasted Sesame Oil - og	500ml	13.89	OV
	<b>NATURES AID</b>			

code	product	size	rrp	bfgosv
GT072	Liquid Coconut Oil - Premium	250ml	8.95	V
	<b>SUNITA</b>			
GT099	Olive Oil-Extra Virgin Organic	5l	69.00	VO
	<b>WHARFE VALLEY FARMS</b>			
GT015	Rapeseed Oil	5l	28.39	V
	<b>YARE VALLEY</b>			
	XMAS 2023			
GT058	Selection of kitchen oils	4 x 100m	18.50	SV
	<b>ZAYTOUN</b>			
GT056	Olive Oil - Fair Trade	500ml	16.89	FOV
GT020	Olive Oil - Organic Fairtrade	250ml	1.90	FOV
GT022	Olive Oil - Organic Fairtrade	750ml	24.35	FOV
	<b>OLIVES</b>			
	<b>ATTIS GOURMET</b>			
KJ015	Aegean - Pitted Green Olives	400g	2.75	V
KJ009	Ionian-Pitted green & kalamata	400g	3.49	V
KJ070	Kalamata Olives	400g	3.49	V
KJ005	Mexicana - Pitted green&black	400g	3.49	V
KJ031	Mykonos - Pitted green olives	400g	3.49	V
	<b>CRESPO</b>			
KJ136	Capers	198g	1.95	V
KJ269	Pitted Black Olives in Brine	198g	1.69	V
KJ268	Pitted Dry Black Olives	110g	2.99	V
KJ264	Pitted Dry Black Olives/Herbs	70g	1.69	V
KJ267	Pitted Green Olive Herb/Garlic	70g	1.45	V
	<b>CYPRESSA</b>			
KJ867	Cypressa Pitted Green Olives	2kg	13.50	V
KJ062	Mixed Olives with Garlic&Herb	315g	1.95	V
KJ804	Pitted Black Olives	340g	1.65	V
KJ868	Pitted Black Olives	2.1kg	12.55	V
KJ803	Pitted Green Olives	340g	1.89	V
KJ805	Stuffed Pimento Olives	340g	1.95	V
	<b>GAEA</b>			
VF177	Pitted Kalamata Olives	290g	2.99	V
	<b>MANI</b>			
KJ432	Og Green & Kalamata Olives	175g	3.99	OV
KJ424	Og Green Olives al Naturel	205g	3.99	OV
KJ430	Og Kalamata Olives al Naturale	205g	3.99	OV
KJ425	Og Kalamata Olives in OliveOil	280g	4.99	GOV
KJ250	Og Mixed Olives al Naturale	205g	3.99	OV
	<b>OLIVES ET AL</b>			
KJ137	Garlic Stuffed Olives	150g	4.49	V
KJ134	Pepper Stuffed Olives	150g	4.49	V
KJ433	Pitted Kalamata Black Olives	250g	4.39	V
KJ431	Sunshine Olives	250g	4.39	V
KJ115	Very Deli Herb Pitted Olives	250g	4.39	V
	<b>ORGANICO</b>			
KJ342	Greek Green Olives	230g	3.45	V
KJ341	Kalamata Olives	230g	3.45	V
KJ079	OG Black Olives	280g	3.50	FOV
	<b>SUNITA</b>			
KJ111	Black Kalamon Olives	450g	4.79	V
KJ494	Green Olives Organic	360g	3.55	OV
KJ555	Kalamon Olives - organic	360g	3.90	VO
	<b>PAPER PRODUCTS &amp; STATIONERY</b>			
	<b>ECOLEAF BY SUMA</b>			
	Kitchen Towel			
NF140	Kitchen Towel - Jumbo	1 rolls	3.19	V
NF091	Kitchen Towels 3 Ply Twin Pack	2 rolls	2.75	V
	Toilet Tissue			
NF209	Toilet Tissue - 4 Pack	4 pack	3.39	V

code	product	size	rrp	bfgosv
NF214	Toilet Tissue - 9 Pack	9 rolls	7.35	V
	<b>THE CHEEKY PANDA</b>			
NF524	Bamboo Kitchen Towel Kitchen Towel 2 Rolls	2 rolls	5.79	V
NF523	Bamboo Tissues			
NF522	Facial Tissue - Pocket	8 packs	1.99	V
NF521	Facial Tissues - Cube Box	1 box	1.99	V
	Facial Tissues - Flat Box	1 box	2.29	V
	Bamboo Toilet Tissue			
NF314	Toilet Tissue 24 Rolls	24 rolls	24.49	V
NF233	Toilet Tissue 4 Pack	4 rolls	4.79	V
NF312	Toilet Tissue 48 Rolls	48 rolls	44.49	V
NF039	Toilet Tissue 9 Rolls	9 rolls	8.69	V
	Bamboo Wipes			
NF269	Facial Wipes Unscented	1 pack	2.99	V
NF071	Multi Surface Wipes	100	8.25	V
	<b>PASTA</b>			
	<b>SUMA / IRIS ORGANIC</b>			
WT018	Tricolore Spirals Pasta	500g	2.15	OV
WT075	White Fusilli Pasta	500g	1.79	OV
WT016	White Macaroni Pasta	500g	1.79	OV
WT085	White Penne Pasta	500g	1.79	OV
WT090	White Spaghetti Pasta	500g	1.79	OV
WT125	Wholewheat Fusilli Pasta	500g	1.79	OV
WT095	Wholewheat Penne Pasta	500g	1.79	OV
WT120	Wholewheat Spaghetti Pasta	500g	1.79	OV
	<b>SUMA ORGANIC</b>			
	Gluten Free			
WT011	Brown Rice Fusilli Gluten Free	500g	3.25	GOV
WT013	Brown Rice Penne Gluten Free	500g	3.25	GOV
WT008	Corn Rice Fusilli Gluten Free	500g	2.89	GOV
WT009	Corn Rice Penne Gluten Free	500g	2.89	GOV
	Paper Packaging			
WT019	Tricolore Fusilli Pasta	500g	2.25	OV
WT017	White Fusilli Pasta	500g	1.89	OV
WT062	White Macaroni Pasta	500g	1.89	OV
WT020	White Penne Pasta	500g	1.89	OV
WT022	White Spaghetti Pasta	500g	1.89	OV
WT035	Wholewheat Fusilli Pasta	500g	1.89	OV
WT044	Wholewheat Penne Pasta	500g	1.89	OV
WT045	Wholewheat Spaghetti Pasta	500g	1.89	OV
	<b>BARENAKED</b>			
WT162	Barenaked Noodles	250g	2.45	GV
WT163	Barenaked Rice	250g	2.45	GV
WT172	Barenaked Spaghetti	250g	2.45	GV
WT004	Protein Noodles	250g	2.45	GV
	<b>BIONA</b>			
WT331	Penne Wholemeal Spelt	500g	2.95	OV
WT333	Spelt Lasagne Sheets - Organic	250g	3.25	OV
WT021	Spelt Pasta Spaghetti White	500g	3.45	OV
WT025	White Spelt Fusilli	500g	3.45	OV
WT024	White Spelt Penne	500g	3.45	OV
WT334	Whole Spelt Spaghetti	500g	2.95	OV
WT332	Wholewheat Spelt Fusilli Org	500g	2.95	OV
	Little Foodies			
WT064	Spelt Safari Animals	250g	2.29	OV
WT063	Whole Wheat Dinosaurs	250g	2.19	OSV
	<b>CIEMME</b>			
WT136	OG Gluten Free Gnocchi Plain	400g	4.29	GOV
	<b>CLEARSPRING</b>			



code	product	size	rrp	bfgosv
WT148	Brown Rice Penne - Gluten Free	250g	3.90	GOV
WT052	Gluten Free Buckwheat Pasta	250g	3.90	GOV
WT149	Green Pea & Quinoa Fusilli	250g	3.49	GOV
WT150	Red Lentil & Brown Rice Pasta	250g	3.49	GOV
<b>DIFATTI</b>				
WT065	Artisan Rainbow Farfalle Pasta	400g	3.95	V
WT151	Gnocchi - Gluten Free	250g	2.39	GV
WT033	Gnocchi - Pumpkin & Quinoa GF	250g	2.65	GV
WT153	Spinach Gnocchi - gluten free	250g	2.39	GV
WT152	Tomato Gnocchi - Gluten Free	250g	2.39	GV
<b>DOVES FARM</b>				
WT038	Organic Brown Rice Fusilli	500g	4.19	GOV
WT047	Organic Brown Rice Penne Pasta	500g	4.19	GOV
WT036	Organic Brown Rice Spaghetti	500g	4.19	GOV
WT133	Organic Buckwheat Pasta	500g	4.99	GOV
WT167	Organic Green Pea Penne Pasta	250g	3.39	GOV
WT165	Organic Maize and Rice Lasagne	250g	3.29	GOV
WT051	Organic Maize/Rice Fusilli	500g	3.39	GOV
WT039	Organic Maize/Rice Penne Pasta	500g	3.39	GOV
WT053	Organic Maize/Rice Spaghetti	500g	3.39	GOV
WT135	Organic Multigrain Pasta	500g	4.19	GOV
WT166	Organic Red Lentil Penne Pasta	250g	3.39	GOV
<b>EXPLORE CUISINE</b>				
WT113	Black Bean Spaghetti	200g	4.90	GOV
WT145	Chickpea Fusilli	250g	4.90	GOV
WT093	Edamame & Mung Bean Fettuccine	200g	4.90	GOV
WT114	Edamame Bean Spaghetti	200g	4.90	GOV
WT066	Fava Bean Fusilli	250g	4.90	GOV
WT143	Green Lentil Penne	250g	4.90	GOV
<b>LA BIO IDEA</b>				
Speciality				
WT232	Lasagne green	250g	1.99	OV
White				
WT974	Lasagne white	250g	1.99	OV
WT048	Macaroni Elbows	500g	2.69	VO
WT050	Penne White	500g	2.79	VO
WT049	Spaghetti - White	500g	2.69	VO
Wholewheat				
WT023	Lasagne	250g	1.99	OV
WT040	Macaroni Elbows - wholewheat	500g	2.69	VO
WT074	Penne Wholewheat	500g	2.79	VO
WT046	Tagliatelle - organic	500g	2.69	VO
<b>LA BUONA VITA</b>				
WT027	Gluten Free Fusilli	400g	2.99	GV
WT056	Gluten Free Lasagne Sheets	250g	2.89	GV
WT026	Gluten Free Penne Pasta	400g	2.89	GV
WT028	Gluten Free Spaghetti	400g	2.89	GV
<b>LA TERRA E IL CIELO</b>				
WT874	Spelt Fusilli	500g	3.65	OV
WT899	White Pappardelle Nest	500g	3.75	OV
White				
WT990	Cavatappi - spirals	500g	2.79	OV
WT982	Fusilli with Spinach - organic	500g	2.99	OV
Wholewheat				
WT978	Spelt Spaghetti - organic	500g	3.55	OV
<b>MAIDEA</b>				
WT007	Pacheri	250g	3.75	GV
WT010	Tagliatelle	250g	3.75	GV
<b>MR ORGANIC</b>				
WT029	Tortellini / Porcini Mushrooms	250g	4.90	OV
WT031	Tortellini with Vegetables	250g	4.90	OV

code	product	size	rrp	bfgosv
WT068	Vegan Formaggio & Leek Ravioli	250g	4.90	OV
	<b>ORGRAN</b>			
WT078	Buckwheat Pasta Spirals	350g	3.19	GV
WT105	Corn & Veg Penne	350g	3.19	GV
WT006	Garden Veggies Penne	350g	3.19	GV
WT005	Garden Veggies Spirals	350g	3.19	GV
WT109	Rice & Corn Macaroni	350g	3.19	GV
WT080	Vegetable Rice Spirals	250g	2.59	GV
	<b>PASTA LENSI</b>			
WT043	Gluten Free Fusilli Pasta	4kg	2.89	GV
	<b>PROFUSION</b>			
WT130	Chickpea Fusilli	250g	3.35	GOV
WT129	Red Lentil Fusilli	250g	3.45	GOV
	<b>PASTA (CHILLED)</b>			
	<b>BIONA</b>			
CV181	Fresh Gnocchi	400g	4.90	OV
CV136	Sweet Potato Gnocchi	400g	5.10	OV
	<b>BONSAN</b>			
CV523	Tortelloni Spinach & Pine Nuts	250g	4.80	OV
	<b>SUNNY &amp; LUNA</b>			
CV213	Cauliflower Gnocchi	350g	5.35	GV
CV215	Cauliflower Lentil Tagliatelle	250g	5.35	V
	<b>PASTA SAUCES &amp; PESTOS</b>			
	<b>SUMA ORGANIC</b>			
	Organic Pasta Sauces			
VF201	Organic Arrabbiata Sauce	350g	2.69	OV
VF191	Organic Bolognese Sauce	340g	2.69	OV
VF192	Organic Napoletana Sauce	350g	2.69	OV
	Organic Pestos			
KJ161	Organic Pesto Rosso - Vegan	190g	3.99	OV
KJ160	Organic Pesto Siciliano -Vegan	190g	3.99	OV
	<b>MERIDIAN</b>			
VF173	Tomato & Basil Pasta Sauce	350g	3.29	GOV
VF197	Tomato & Herb - organic	440g	3.39	GVO
	<b>MR ORGANIC</b>			
KJ044	Aubergine Pesto	130g	3.29	OV
KJ060	Basil & Chilli Pesto	130g	3.29	OV
KJ087	Basilico Pasta Sauce	660g	3.79	OV
KJ238	Chilli & Garlic Passata Sauce	400g	2.49	OV
KJ328	Chilli & Garlic Pesto	130g	2.29	GOV
KJ074	Grilled Pepper Pesto	130g	3.29	OV
KJ239	Mixed Herbs Passata	400g	2.49	OV
VF106	Parmagiana Sauce	350ml	3.29	GOV
KJ215	Seitan Pasta Sauce	350g	3.29	OSV
KJ216	Soya Pasta Sauce	350g	3.29	GOVS
KJ084	Tomato & Garlic Flavour Paste	200g	2.39	OV
KJ075	Tomato & Olive Pesto	130g	3.29	OV
KJ086	Tomato & Pepper Flavour Paste	200g	2.39	OV
KJ109	Tomato & Veg Flavour Paste	200g	2.39	OV
	<b>MUTTI</b>			
LJ207	Tomato Pasta Sauce - Basil	400g	3.65	VS
LJ220	Tomato Pasta Sauce - Chilli	400g	3.65	VS
LJ221	Tomato Pasta Sauce - Olive	400g	3.65	VS
LJ224	Tomato Pasta Sauce - Vegetable	400g	3.65	VS
	<b>ORGANICO</b>			
VF043	Olive, Chilli & Garlic - og	360g	3.65	OSV
VF055	Red Wine and Porcini	360g	3.50	OSV
VF032	Vegetable Bolognese - og	360g	3.50	OSV
	<b>SUNITA</b>			
KJ790	Organic Pesto Genovese	130g	3.89	OV
	<b>ZEST</b>			

code	product	size	rrp	bfgosv
VF168	Basil & Oregano Pasta Sauce	340g	3.15	V
KJ026	Basil Pesto, Vegan	165g	3.49	V
KJ452	Basil Pesto, Vegan	340g	5.85	V
KJ542	Coriander & Basil Pesto	165g	3.49	V
VF239	Mushroom & Garlic Pasta Sauce	340g	3.15	V
KJ314	Red Pesto	165g	3.49	GV
VF256	Tomato&Mascarpone Pasta Sauce	340g	3.15	GV
<b>PASTRY (FROZEN)</b>				
<b>ST JAMES</b>				
XL106	Filo Pastry	400g	1.95	V
<b>PATE</b>				
<b>SUMA</b>				
GH700	Pate - Mushroom	200g	2.89	V
GH800	Pate - Savoury Herb	200g	2.89	V
<b>SUMA ORGANIC</b>				
GH052	Bruschetta - Tomato & Basil	140g	1.95	OV
GH048	Hummus - Edamame	135g	1.95	OV
GH016	Pate - Bean & Mustard	140g	1.95	OV
GH003	Pate - Kidney Bean, Red Pepper	140g	1.95	OV
<b>BONSAN</b>				
GH095	Beetroot & Horseradish Pate	130g	3.50	OV
GH100	Cashew & Bell Pepper Pate	130g	3.50	OV
GH105	Lentil & Turmeric Pate	140g	2.95	OSV
<b>GRANOVITA</b>				
GH143	Mushroom Pate	125g	1.99	GV
GH651	Mushroom Pate - organic	200g	3.35	GOV
GH015	Olive Pate	125g	1.99	GV
GH168	Spicy Mexican Pate - organic	200g	3.35	GOV
GH144	Vegetable Pate	125g	1.99	GV
<b>SUNITA</b>				
KJ791	Kalamata Olive Pate	180g	3.99	OV
<b>TARTEX</b>				
GH001	Classic Pate - og	200g	3.85	GOV
GH012	Herb & Garlic Pate - og	200g	3.85	OV
GH006	Herb Pate - og	200g	3.85	OV
GH007	Mushroom pate - og	200g	3.85	OV
<b>PATES, DIPS &amp; TAPAS (CHILLED)</b>				
<b>DELPHI FOODS</b>				
CV430	Aubergine Dip	170g	2.40	V
CV271	Couscous Salad	160g	2.40	V
CV429	Lentil Salad	220g	2.40	V
CV428	Tabouli Salad	170g	2.40	V
CV285	Three Bean Salad	220g	2.40	V
	Houmous			
CV349	Avocado Hummus	150g	2.40	GV
CV286	Chargrill Red Pepper Hummus	170g	1.50	V
CV291	Hummus	170g	1.20	V
CV018	Lemon & Coriander Hummus	170g	1.50	V
CV290	Low Fat Hummus	170g	1.20	V
CV347	Smoky Red Lentil Hummus	170g	1.50	GV
<b>FLORENTIN</b>				
CV951	Baba Ganoush	170g	3.50	GOSV
CV931	Hummus	200g	3.80	GOV
CV526	Hummus Extra with Pinenuts	200g	3.70	GOV
<b>RAMONA'S</b>				
CV728	Original Hummus	500g	4.40	GV
<b>THE REAL OLIVE COMPANY</b>				
CV806	Fresh Basil Pesto	150g	3.55	OV
CV807	Fresh Tomato & Olive Pesto	150g	3.55	OV
CV536	Garlic & Basil Olives	185g	3.10	OV

code	product	size	rrp	bfgosv
CV903	Harissa Tapenade	180g	3.50	OV
CV902	Kalamata Olive Tapenade	180g	3.50	OV
CV554	Kalamata Olives	210g	3.45	OV
CV538	Kasbah Olives	185g	3.10	OV
CV549	Nocellara Del Belice Olives	210g	3.45	OV
<b>VBITES</b>				
CV262	Vegideli 7 Bean & Pea Pate	150g	2.10	V
CV374	Vegideli Brussels Pate	150g	2.10	SV
<b>PET FOODS &amp; PET CARE</b>				
<b>BENEVO</b>				
PF007	Adult Dog Original	15kg	77.30	V
PF012	Duo - Cat & Dog Food - Tinned	354g	2.95	V
PF008	Grain-Free Vegetable Feast	395g	3.25	V
PF010	Rumble Dog Strips-soft & chewy 2Kg Bags	180g	2.19	V
PF006	Adult Dog Original	2kg	13.00	V
PF019	Complete Adult Vegan Cat Food	2kg	12.85	V
PF020	Complete Vegan Puppy Dog Food Pawtato	2kg	14.20	V
PF028	Pawtato Blueberry Dog Chews	120g	2.19	V
PF018	Pawtato Root Chews	90g	2.15	V
PF011	Pawtato Small Knots	150g	2.69	V
PF027	Pawtato Spinach & Kale Chews	120g	2.19	V
Pet Accessories				
PF016	Biodegradable Dog Poo Bags Wheat, Grain & Soya Free	120 bags	6.65	V
PF013	Pawtato Ocean Treats - Medium	140g	3.79	V
PF009	Pawtato Ocean Treats - Small	140g	3.79	V
<b>BIO-CATOLET</b>				
NF970	Cat Litter	12l	7.75	V
NF971	Cat Litter	25l	14.49	V
<b>DENZEL'S</b>				
PF021	Birthday Gift Box for Dogs	110g	5.00	V
PF034	Dog Bites - Soft 'n' Squishy Dental Care Treats	100g	2.99	V
PF014	Daily Dentals - For Large Dogs	120g	3.50	V
PF005	Daily Dentals -For Medium Dogs	100g	3.00	V
<b>FAITH IN NATURE</b>				
Dog Shampoo				
PF036	Coconut Dog Shampoo Bar	85g	5.79	V
<b>V DOG</b>				
PF100	Crunchy Nuggets (Happidog)	15kg	52.00	V
<b>YARRAH</b>				
PF023	Dog Biscuits - Larger Dogs	500g	6.59	OV
PF503	Dog Biscuits - Smaller Dogs	250g	3.99	OV
<b>PICKLES, CHUTNEYS &amp; MUSTARDS</b>				
<b>BIONA</b>				
KJ283	Biona Sauerkraut Golden Turmer	350g	2.55	OSVB
KJ052	Gherkin Slices	350g	4.25	OSV
LJ664	Harissa Relish - prepared	125g	3.25	OV
KJ076	Mustard Medium Hot	300ml	2.95	OV
KJ377	Org Cornichons (Mini Gherkins)	330g	4.65	OSV
KJ036	Sauerkraut - Organic	360g	2.29	OVB
<b>BIONOVA</b>				
KJ346	Gherkins - Sour	680g	5.65	VOS
KJ025	Gherkins - Sweet & Sour	330g	4.49	OV
<b>BYODO</b>				
KJ351	Mustard - Dijon, organic	1kg	13.19	VO
KJ354	Mustard - wholegrain, organic	1kg	9.75	VO
<b>CULTURED FOOD COMPANY</b>				
KJ510	Raw Carrot & Fennel Sauerkraut	400g	5.35	OV

code	product	size	rrp	bfgosv
KJ511	Raw Chilli & Dill Sauerkraut	400g	5.35	V
KJ512	Raw Juniper Berry Sauerkraut	400g	5.35	OV
KJ513	Raw Ruby Red Sauerkraut	400g	5.35	OV
KJ514	Raw Sauerkraut	400g	5.35	OV
<b>DELOUIS</b>				
KJ001	Organic Dijon Mustard	200g	3.40	OV
KJ007	Organic Wholegrain Mustard	200g	3.40	OV
<b>DINE WITH ATKINS &amp; POTTS</b>				
KJ259	Balsamic & Plum Relish	250g	2.99	SV
KJ258	Cranberry Sauce	195g	2.99	SV
KJ272	Fig, Apple & Port Relish	255g	3.19	SV
<b>MRS DARLINGTONS</b>				
XMAS 2023				
KJ195	Boxing Day Chutney	312g	3.66	V
KJ032	Christmas Chutney	312g	3.00	SV
<b>RUBIES IN THE RUBBLE</b>				
KJ298	Apple & Cranberry Chutney	210g	3.49	SV
KJ294	Pear, Fig & Port Chutney	210g	3.49	SV
KJ112	Spicy Tomato Relish	200g	3.49	SV
KJ103	Sweet Apple Chutney	210g	3.49	SV
<b>SHAWS</b>				
KJ175	Beetroot & Horseradish Chutney	290g	2.55	GSV
KJ174	Caramelised Red Onion Chutney	195g	2.55	GSV
KJ028	Mango Chutney - Chunky	300g	1.79	GSV
KJ179	Piccalilli	280g	2.55	GSV
KJ203	Spiced Apricot Ginger Chutney	200g	2.55	GSV
<b>READY MEALS (FROZEN)</b>				
<b>CLIVE'S</b>				
Nut Roasts				
XL338	Organic Nut Roast	280g	6.40	GOSV
Pies & Pastries				
XL021	Chestnut & Bean Pie	250g	3.95	OV
XL105	Creamy Cauliflower Pie	250g	3.95	OV
XL028	Gltn Free French Cassoulet Pie	250g	4.10	GOSV
XL030	Gluten Free Chickpea Tagine	250g	4.10	GOSV
XL025	Mushroom Pie	250g	3.95	OSV
XL114	Org G/F Mushroom & Leek Pie	235g	4.10	GOV
XL020	Saag Aloo Curry Pie	250g	3.95	OSV
Puff Pastry Pies				
XL200	Beefy Ale Puff Pie	235g	4.10	OV
XL201	Chickeny Puff Pie	235g	4.10	OV
XL024	Chickpea Coronation Puff Pie	235g	4.10	OV
XL022	Creamy Mushroom Puff Pie	235g	4.10	OV
XL308	Gluten Free Saag Aloo Pie	235g	4.10	GOV
XL014	Saag Aloo Puff Pie	235g	4.10	OV
Quiches				
XL157	Broccoli & Green Pesto Quiche	165g	3.25	OV
XL152	Cauliflower Quiche	165g	3.25	OV
XL151	Quiche Lorraine	165g	3.25	OV
XL154	Roasted Red Pepper & Tomato	165g	3.25	OV
Tarts				
XL323	Bombay Curry Tart	195g	4.00	GOSV
XL336	Tomato and Olive Tart	195g	4.00	GOSV
<b>FRYS</b>				
XL234	Sausage Rolls	400g	3.90	V
<b>GOODLIFE</b>				
XL265	Falafel	280g	3.45	GV
<b>LINDA MCCARTNEY</b>				
XL131	Deep Dish Country Pies	380g	2.90	V
<b>NATURLI'</b>				
XL312	Falafel	325g	4.95	GV

code	product	size	rrp	bfgosv
XL045	Pizza Capriciosa	350g	4.50	SV
XL040	Pizza Mexicana	350g	4.50	SV
XL307	Tex Mex Pizza	190g	2.70	V
XL309	Vesuvio Pizza	190g	2.70	V
<b>ONE PLANET PIZZA</b>				
XL305	Hawaiian Vegan Pizza	329g	5.25	V
XL303	Margherita Pizza	301g	5.25	V
XL186	Peppernomi Pizza	311g	5.25	V
XL280	Tex Mex Pizza	361g	5.25	V
<b>ROOT KITCHEN</b>				
	Plant Based Ready Meals			
XL321	Butternut Squash Lasagne	400g	4.50	SV
XL313	Moussaka	400g	4.50	SV
XL319	Thai Red Curry	400g	4.50	GV
XL314	Tikka Massala with Rice	400g	4.50	SV
XL329	Vegetable Jalfrezi	400g	4.50	SV
XL322	Vegetable Shepherds Pie	400g	4.50	SV
<b>STRONG ROOTS</b>				
XL288	Creamy Mac	350g	4.50	V
XL293	Mediterranean Orzo Bake	350g	4.50	V
XL301	Thai Green Vegetable Curry	350g	4.50	GV
XL287	Veggie Masala	350g	4.50	GV
XL294	White Bean and Lentil Stew	350g	4.50	GV
<b>YUTAKA</b>				
XL039	Bao Buns	300g	4.95	SV
XL343	Vegetable Gyoza Dumplings	240g	3.50	SV
<b>READY TO EAT FOODS (CHILLED)</b>				
<b>BIONA</b>				
CV075	Asian Pumpkin & Almond Falafel	220g	4.75	OV
CV680	Ballini Provencale	250g	4.70	OV
CV068	Beetroot Falafel Balls	180g	5.35	OV
CV563	Falafel Balls	220g	4.50	OV
CV328	Falafel Balls Mint and Sesame	220g	4.70	OV
CV678	Horseradish Sauce	125g	3.25	OBV
CV063	Lucky Stars	250g	4.65	OV
CV040	Mini Sweet & Sour Spring Rolls	200g	4.75	OV
CV036	Mini Thai Spring Rolls	200g	4.75	OV
CV180	Mini Vegan Spring Rolls	200g	4.80	OSV
CV061	Oaty Carrot Bites	165g	4.45	OV
CV376	Samosas	230g	5.55	OV
CV613	Spring Rolls	220g	5.10	OV
CV422	Thai Spring Rolls	220g	5.10	OV
CV065	Veggie Quinoa Sticks	170g	4.55	OV
<b>EATEN ALIVE</b>				
CV090	Classic Kraut	375g	5.99	GV
CV221	Classic Mild Kimchi	375g	6.60	V
CV220	Classic Spicy Kimchi	375g	6.60	V
CV078	Massive Classic Kimchi	775g	9.99	GV
CV081	Massive Pickled Cucumbers	775g	9.99	GV
CV623	Smoky Pink Kraut	375g	6.50	V
CV493	White Cabbage Kimchi	375g	6.50	V
<b>GOOD NUDE</b>				
CV949	Firekraut Spicy Sauerkraut	460g	6.99	V
CV948	Supergreens Sauerkraut	460g	6.99	V
CV947	Superkraut Sauerkraut	460g	6.99	V
<b>LOVING FOODS</b>				
	Raw, Organic, Vegan & UK made			
CV316	Hot 'N' Smoky Kimchi	475g	6.85	GOV
CV802	Kimchi	475g	6.85	GOV
CV928	Ruby Beetroot Kraut	475g	6.85	GOV
CV801	Sauerkraut	500g	6.35	GOV

code	product	size	rrp	bfgosv
CV929	Sauerkraut with Caraway	475g	6.85	GOV
CV314	Spicy Cortido Kraut	500g	6.85	GOV
CV803	Turmeric & Black Pepper Kimchi	500g	6.85	GOV
<b>MORGIEL</b>				
CV936	Apple & Parsley Sauerkraut	300g	4.49	OV
CV938	Carrot Sauerkraut	300g	3.19	OV
CV933	Fresh Horseradish Relish	180g	3.50	OV
CV932	Raw Gherkins in Brine	500g	3.69	OV
CV934	Raw Kale Kimchi	300g	5.99	OV
CV937	Raw Kale Sauerkraut	300g	3.85	OV
CV935	Raw Sauerkraut	300g	3.19	OV
<b>PROFUSION</b>				
CV006	Fresh Organic Sauerkraut	520g	2.75	OV
<b>RAW HEALTH</b>				
	Fresh Sauerkraut			
CV813	Feel The Heat	410g	4.80	OV
CV814	Golden Glow	410g	4.80	OV
CV815	In the Pink	410g	4.80	OV
CV747	Organic Fresh Sauerkraut	410g	4.70	OV
<b>SALADS &amp; SPROUTS (CHILLED)</b>				
<b>SKY SPROUTS</b>				
	Minimum 4 days shelf life			
CV479	Alfalfa & Broccoli Sprouts	100g	2.35	OV
CV481	Alfalfa & Fenugreek Sprouts	100g	2.35	OV
CV476	Alfalfa & Radish Sprouts	100g	2.35	OV
CV475	Alfalfa Sprouts	100g	2.30	OV
CV721	Broccoli Sprouts	100g	2.45	OV
CV504	Mixed Bean Sprouts	225g	2.45	OV
CV503	Mung Bean Sprouts	200g	2.35	OV
CV510	Organic Sprouts Multi Pack	160g	3.35	OV
CV121	Organic Sprouts Protein Pack	175g	3.35	OV
CV131	Organic Sprouts Superfood Pack	110g	3.35	OV
CV509	Radish Sprout	100g	2.35	OV
<b>SALT &amp; SEASONINGS</b>				
<b>BIOFORCE</b>				
LJ118	Herbamare	125g	3.19	V
LJ054	Herbamare	250g	4.29	V
<b>DROGHERIA &amp; ALIMENTARI</b>				
LJ028	Black Peppercorns Mill	45g	2.90	V
LJ026	Himalayan Pink Salt	90g	2.29	V
<b>GEO ORGANICS</b>				
LJ005	Atlantic Fine Ground Sea Salt	500g	3.49	OV
LJ555	Atlantic Sea Salt Crystals	250g	1.65	OV
<b>MALDON</b>				
LJ004	Sea Salt - Crystals Smoked	125g	2.75	V
LJ018	Sea Salt - Flaky Crystals	1.4kg	17.59	V
LJ888	Sea Salt - Flaky Crystals	250g	3.29	V
<b>SALT</b>				
LJ006	Sea Salt-Flaky Crystals	570g	7.39	V
<b>MARIGOLD</b>				
LJ444	Liquid Aminos	250ml	3.99	GV
<b>PROFUSION</b>				
LJ152	Pink Himalayan Salt - Coarse	500g	4.50	V
LJ153	Pink Himalayan Salt Fine Table Shakers	500g	4.50	V
LJ156	Pink Himalayan Salt - Fine	140g	2.55	V
<b>TIDMANS</b>				
LJ023	Tidmans Rock Salt	500g	1.85	V
<b>SAUSAGES &amp; BURGERS (FROZEN)</b>				
<b>FRYS</b>				

code	product	size	rrp	bfgosv
XL011	Chicken Style Burgers	320g	3.95	V
XL008	Chicken Style Nuggets	380g	4.15	V
XL009	Hot Dogs	360g	4.20	V
XL007	Polony	500g	4.55	V
XL360	Rice Protein & Quinoa Burgers	320g	4.50	GV
XL004	Traditional Burgers	320g	3.95	V
XL003	Traditional Sausages	380g	4.35	V
<b>LINDA MCCARTNEY</b>				
XL051	Lincolnshire Sausages	300g	3.10	V
XL130	Sausages	270g	2.60	V
XL254	Vegetarian Quarter Pounder	227g	2.75	V
<b>NATURLI'</b>				
XL078	Vegan Burger	320g	4.45	GV
XL086	Vegan Sausages	300g	4.65	GV
<b>OUMPH!</b>				
XL012	Burgers (2 pack)	226g	4.49	V
<b>QUORN</b>				
XL211	Vegan Spicy Burgers	264g	3.40	V
<b>SEA VEGETABLES</b>				
<b>CORNISH SEAWEED COMPANY</b>				
HE040	Organic Cornish Seaweed Salt	70g	3.90	OV
HE006	Organic Dulse	20g	4.59	OV
HE014	Organic Mixed Seaweed Flakes	60g	5.59	OV
HE048	Organic sea Salad	30g	5.75	OV
HE043	Organic Sea Spaghetti	40g	4.59	OV
<b>I SEA WRAPS</b>				
LJ007	Seaweed Wraps	280g	3.85	SV
<b>OCEAN'S HALO</b>				
HE046	Korean BBQ Seaweed	4g	0.99	GV
HE055	Maui Onion Seaweed	4g	0.99	GV
HE007	Sea Salt Seaweed	4g	0.99	GV
HE013	Wasabi Seaweed	4g	0.99	GV
<b>SEAMORE</b>				
LJ135	Seaweed Chips	135g	2.99	GV
<b>SNACK BARS &amp; FLAPJACKS</b>				
<b>ADONIS</b>				
	Keto Bar			
KB379	Keto Chocolate Orange Bar	35g	1.79	GV
KB351	Keto Pecan, Hazelnut & Cocoa	35g	1.79	GV
KB371	Keto Vanilla & Coconut Bar	35g	1.79	GV
	Keto Protein			
KB381	Keto Hazelnut & Cocoa Prot Bar	45g	1.99	V
KB384	Keto Peanut Butter & Cocoa	45g	1.99	V
<b>BEAR</b>				
KB542	Carrot Cake Bars - Multipack	4 x 27g	2.51	GV
KB519	Forest Fruit Bars - Multipack	4 x 27g	2.51	GV
<b>BOUNCE</b>				
	Dipped			
KB598	Dipped Choc Brownie Protein	40g	2.90	GSV
KB600	Dipped Hazelnut Praline	40g	2.90	GSV
	Filled			
KB599	Filled Caramel Millionaire	40g	2.90	GSV
	Vegan			
ZX593	Almond	35g	1.99	GSV
ZX592	Maple Pecan & Cashew	35g	1.99	GSV
<b>BRYNMOR</b>				
	Flapjack			
KB557	Apple & Raspberry	80g	0.75	SV
KB559	Apricot & Almond	80g	0.75	GSV
KB541	Cashew & Coconut	80g	0.75	GSV
KB551	Cranberry	80g	0.75	SV



code	product	size	rrp	bfgosv
KB552	Pecan	80g	0.75	SV
KB555	Pistachio	80g	0.75	SV
KB543	Summer Berry	80g	0.75	GSV
<b>CLIF</b>				
KB782	Chocolate Chip & Peanut Butter	50g	2.39	OSV
<b>CLIF BAR</b>				
KB285	Blueberry Almond Crisp	68g	1.99	SV
KB283	Chocolate Almond Fudge Bar	68g	1.99	SV
KB086	Chocolate Chip Bar	68g	1.99	SV
KB365	Chocolate Peanut Butter	50g	2.39	OSV
KB083	Crunchy Peanut Butter	68g	1.99	SV
KB284	White Chocolate Macadamia Bar	68g	1.99	SV
KB357	Builder's Bars Choc Peanut Butter Mini	68g	2.79	V
KB278	Chocolate Chip	28g	1.50	SV
KB298	Crunchy Peanut Butter	28g	1.50	SV
KB316	White Chocolate Macadamia Nut	28g	1.50	SV
<b>DELICIOUSLY ELLA</b>				
KB783	Almond Fruit, Nut & Seed Bar	40g	1.39	GV
KB435	Cacao & Almond Ball	40g	1.99	GV
KB785	Cashew Cranberry Fruit Nut Bar	40g	1.39	GV
WS071	Nut Butter Filled Almond Butter Ball	36g	1.99	GV
WS072	Hazelnut Nut Butter Ball	36g	1.99	GV
KB790	Oat Bars Apple Raisin Cinnamon Oat Bar	50g	1.90	GV
KB791	Apricot & Coconut Oat Bar	50g	1.90	GV
KB792	Cacao & Almond Oat Bar	50g	1.90	GV
<b>DOVES FARM</b>				
KB228	Impulse Apple & Sultana Flapjack	35g	0.89	GOSV
KB230	Apricot & Chia Seed Flapjack	35g	0.89	GOSV
KB234	Chocolate Chip Flapjack	35g	0.89	GOSV
KB237	Multipack Apple & Sultana Flapjack	4 x 35g	2.89	GOSV
KB261	Apricot & Chia Seed Flapjack	4 x 35g	2.89	GOSV
KB463	Chocolate Chip Flapjack	4 x 35g	2.89	GOSV
<b>FATT BAR</b>				
KB166	Fatt Apple + Cinnamon Bar	30g	1.95	V
KB620	Fatt Caramel + Sea Salt Bar	30g	1.95	V
KB471	Fatt Coconut + Macadamia Bar	30g	1.95	V
KB613	Fatt Raspberry + Almond Bar	30g	1.95	V
<b>MA BAKER</b>				
KB679	Giant Berry Bar - Wheat Free	90g	0.89	SV
KB322	Giant Fruit Bar - Wheat Free	90g	0.99	VS
KB906	Nut Mixed Case	90g	0.89	VS
KB905	Tropical Mixed Case	90g	0.89	VS
KB293	Sugar'd Out Flapjack Blueberry	50g	0.99	V
KB262	Raspberry	50g	0.99	V
KB454	Superfood Snack Bar Apple & Baobab	45g	1.19	V
KB472	Chia, blueberries & pumpkin	45g	1.19	V
KB469	Goji berries, coconut, pumpkin	45g	1.19	V
KB467	Quinoa, apricots, pumpkin seeds	45g	1.19	V
<b>MERIDIAN</b>				
KB721	Peanut Bar	40g	1.39	GV
<b>MISFITS</b>				
KB145	Chocolate Brownie	45g	2.29	GV
KB140	Chocolate Caramel	45g	2.29	GV

code	product	size	rrp	bfgosv
KB192	Chocolate Speculoos	45g	2.29	GV
KB193	White Choc Cookies n' Cream	45g	2.29	GV
	<b>NAIRN'S</b>			
	Crunchy Oat Bars			
BT112	Belgian Chocolate	160g	3.49	GV
BT111	Raisin Apple & Cinnamon	160g	3.49	GSV
	<b>NAKD</b>			
	Big Bar			
KB712	Blueberry Muffin	45g	1.39	GV
KB713	Cocoa Orange	45g	1.39	GV
	Chocolish			
ZX756	Double Chocolish Big Bite	50g	1.79	GV
ZX766	Peanut Chocolish Big Bite	50g	1.79	GV
ZX768	Raspberry Chocolish Big Bite	50g	1.79	GV
	Multi Packs			
WS045	Apple Danish Multipacks	4 x 30g	3.49	GV
KB802	Banoffee Pie Multipack	4 x 35g	3.49	GV
KB029	Berry Delight Multipack	4 x 35g	3.49	GV
KB779	Blueberry Muffin Multipack	4 x 35g	3.49	GV
KB931	Cashew Cookie Multipack	4 x 35g	3.49	GV
KB031	Cocoa Delight Multipack	4 x 35g	3.49	GV
KB003	Cocoa Orange Multipack	4 x 35g	3.49	GV
KB771	Salted Caramel Multipack	4 x 35g	3.49	GV
	Nudie Bars			
KB877	Bakewell Tart Bar	35g	0.99	GV
KB686	Banoffee Pie Bar	35g	0.99	GV
KB756	Berry Delight Bar	35g	0.99	GV
KB532	Blueberry Muffin	35g	0.99	GV
KB526	Carrot Cake	35g	0.99	GV
KB554	Cashew Cookie Bar	35g	0.99	GV
KB757	Cocoa Delight Bar	35g	0.99	GV
KB556	Cocoa Orange Bar	35g	0.99	GV
KB995	Coffee & Walnut	35g	0.99	GV
KB163	Lemon Drizzle Bar	35g	0.99	GV
WS021	Peanut Delight	35g	0.99	GV
ZX609	Salted Caramel	35g	0.99	GV
KB691	Strawberry Sundae Bar	35g	0.99	GV
	Protein			
KB719	Protein Caramel	45g	1.39	GV
KB708	Protein Cocoa Hazelnut	45g	1.39	GV
KB707	Protein Peanut Butter	45g	1.39	GV
	<b>ORGANICA</b>			
KB525	Creamy Marzipan Dream Bar	40g	1.45	OSV
KB703	Golden Coconut Delight	40g	1.45	OSV
KB702	Hazelnut Nougat Delight	40g	1.45	OSV
	<b>PLANET ORGANIC</b>			
	Energy Bar			
BT070	Cacao Brazil Nut Energise Bar	30g	1.19	GOV
	<b>PRIMAL PANTRY</b>			
KB394	Almond & Cashew Brownie Bar	40g	1.65	GV
KB421	Cocoa Brownie Protein Bar	55g	2.29	GV
KB386	Coconut & Macadamia Brownie Ba	40g	1.65	GV
KB397	Hazelnut & Cocoa Brownie Bar	40g	1.65	GV
	<b>PULSIN'</b>			
WS040	Brownie Double Choc Dream	35g	1.29	GSV
KB727	Caramel Choc & P'nut Booster	50g	1.79	GV
KB723	Chocolate Hazelnut Brownie	35g	0.99	GV
WS049	Double Choc Fudge Brownie	35g	1.29	GSV
	Enrobed Protein Bar			
KB110	Choc Fudge	57g	2.39	V
KB109	Cookie Dough	57g	2.39	V

code	product	size	rrp	bfgosv
	Keto Bars			
KB784	Choc Fudge & Peanut Keto Bar	50g	1.99	GV
KB483	Choc Mint & Peanut Keto Bar	50g	1.99	GV
KB490	Choc Orange & Peanut Keto Bar	50g	1.99	GV
	Protein Boosters			
KB090	Maple & Peanut Protein Bar	50g	1.79	GV
KB148	Peanut Choc Protein Bar	50g	1.79	GV
KB706	Vanilla Choc Chip Protein Bar	50g	1.79	GV
	Raw Choc Brownie			
WS056	Peanut Choc Chip Raw Brownie	35g	1.19	GSV
	<b>RAW BAKE STATION</b>			
KB153	Salted Double Choc	40g	1.85	GV
KB150	Vanilla Choc Chip	40g	1.85	GV
	<b>RHEAL</b>			
	Energy Bar			
KB635	Banana Bread	50g	1.99	GV
KB637	Hazelnut Cacao	50g	1.99	GV
KB636	Peanut Butter	50g	1.99	GV
	Energy Bars			
KB626	Blueberry Muffin Bar	50g	1.99	GV
	<b>SESAME SNAPS</b>			
KB001	Sesame Snaps	30g	0.45	SV
KB180	Sesame Snaps (Multipack)	4 x 1	1.35	SV
KB777	Sesame Snaps Chocolate Coated	30g	0.50	SV
KB587	Sesame Snaps Coconut	30g	0.45	SV
	<b>SQUIRREL SISTERS</b>			
KB422	Cacao Brownie Snack Bars	40g	1.29	GV
KB442	Cacao Orange Share Bag	80g	2.49	GV
KB426	Peanut Caramel Snack Bar	40g	1.35	GV
KB432	Peanut Raspberry Snack Bar	40g	1.35	GV
	<b>TREK</b>			
KB097	Chocolate Orange	55g	2.35	GV
KB450	Peanut Butter Flapjack	50g	1.15	GSV
KB941	Salted Caramel Flapjack	50g	1.15	GSV
ZX738	Smooth Lemon	50g	1.15	GSV
	FLAPJACKS			
KB499	Cocoa and oat protein flapjack	50g	1.15	GVS
KB500	Cocoa coconut protein flapjack	50g	1.15	GVS
KB501	Morning berry protein flapjack	50g	1.15	GVS
KB505	Original oat protein flapjack	50g	1.15	GVS
	Power			
KB663	Millionaire Shortbread	55g	2.35	GV
KB662	Peanut Butter Crunch	55g	2.35	GV
	TREK BARS			
KB722	Cocoa Chaos	55g	1.29	GV
KB725	Peanut Power	55g	1.29	GV
	<b>TROPICAL WHOLEFOODS</b>			
	JUST 5			
KB769	Organic F/T Apricot & Almond	40g	1.25	FOV
	Just 5			
KB592	Organic F/T Banana & Cocoa	40g	1.25	FOV
KB590	Organic F/T Date & Cocoa	40g	1.25	FOV
	JUST 5			
KB710	Organic F/T Mango & Brazil	40g	1.25	FOV
	<b>VIVE</b>			
	Better Brownie			
BT409	Cherry Bakewell	35g	1.29	SV
BT410	Chocolate Orange	35g	1.29	SV
BT411	Coconut Cashew	35g	1.29	SV
	Natural Protein Bar			
BT412	Hazelnut	50g	1.89	SV

code	product	size	rrp	bfgosv
BT413	Peanut Butter Jelly	49g	1.89	SV
BT417	Salted Caramel	49g	1.89	SV
<b>SOFT DRINKS</b>				
<b>BELVOIR</b>				
JU795	Elderflower Presse	250ml	1.95	GSV
JU810	Elderflower Presse	250ml	2.90	GOSV
JU783	Freshly Squeezed Lemonade	250ml	1.95	GV
JU814	Ginger Beer	250ml	1.95	GOSV
JU811	Handmade Lemonade	250ml	2.90	GOSV
JU554	Raspberry Lemonade	250ml	1.75	GSV
	750ML Bottles			
JU629	Cucumber & Mint Presse	750ml	4.10	GSV
JU236	Elderflower & Rose Presse	750ml	4.10	GSV
JU041	Elderflower Light Presse	750ml	3.69	GSV
JU674	Elderflower Presse	750ml	4.10	GSV
JU792	Elderflower Presse	750ml	4.45	GOSV
JU782	Freshly Squeezed Lemonade	750ml	4.10	GSV
JU780	Ginger Beer	750ml	4.10	GSV
JU813	Ginger Beer	750ml	4.49	GOSV
JU007	Summer Spritz	750ml	3.85	GV
	Botanical Sodas			
JU024	Spicy Ginger Fizz	500ml	2.95	VS
	Presse in Cans			
JU051	Elderflower & Rose	250ml	1.72	GSV
JU340	Elderflower Presse	250ml	1.75	GSV
<b>BIONA</b>				
	Kombucha			
JU556	Kombucha Ginger Lime	330ml	3.35	OSV
JU523	Kombucha Original	330ml	3.35	OSV
JU551	Kombucha Sour Cherry Mint	330ml	3.35	OSV
<b>BUMBLEZEST</b>				
	Sparkling Botanical Water			
JU137	Refresh & Relax	250ml	1.79	GV
<b>CAWSTON PRESS</b>				
	750ML Bottles			
JU101	Elderflower Lemonade	750ml	3.99	SV
JU107	Sparkling Rhubarb	750ml	3.99	SV
	Cans			
JU265	Apple & Rhubarb	330ml	1.35	SV
JU238	Cloudy Apple	330ml	1.35	V
JU478	Elderflower Lemonade	330ml	1.35	V
JU477	Ginger Beer	330ml	1.35	V
JU231	Orange	330ml	1.35	SV
<b>CHARITEA</b>				
JU598	ChariTea Black	330ml	1.59	FOSV
JU596	ChariTea Mate	330ml	1.59	FOSV
JU595	ChariTea Red	330ml	1.59	FOSV
<b>CLIPPER</b>				
TE135	Iced Tea Chamomil Orange Peach	500ml	1.79	OV
TE137	Iced Tea Rooibos Ginger Lemon	500ml	1.79	OV
<b>COCOFINA</b>				
JU368	Cocofina Natural Coconut Water	1l	4.10	OV
<b>COUNTER CULTURE DRINKS</b>				
	Lightly Sparkling Kombucha			
JU097	Against the Current - Rhubarb	330ml	2.39	SV
JU103	Hit Reset - Grapefruit	330ml	2.39	SV
JU102	Look Up - Lemongrass	330ml	2.39	SV
JU104	TXT in a Bottle - Blackcurrant	330ml	2.39	SV
<b>DALSTON'S</b>				
	Cans			
JU163	Cherryade	330ml	1.19	GV

code	product	size	rrp	bfgosv
JU166	Fizzy Elderflower	330ml	1.19	GV
JU772	Fizzy Rhubarb	330ml	1.19	GV
JU162	Ginger Beer	330ml	1.19	GV
JU069	Lemonade	330ml	1.19	V
JU012	Peach Soda	330ml	1.19	V
<b>DASH WATER</b>				
JU817	Sparkling Blackcurrant	330ml	1.29	V
JU718	Sparkling Cucumber	330ml	1.29	V
JU716	Sparkling Lemon	330ml	1.29	V
JU156	Sparkling Lime	330ml	1.29	V
JU110	Sparkling Peach	330ml	1.29	GV
JU170	Sparkling Raspberry	330ml	1.29	V
<b>EQUINOX</b>				
JU005	Charge Kombucha	250ml	1.39	OSV
JU006	Chill Kombucha	250ml	1.39	OSV
<b>FENTIMANS</b>				
275ML Range				
JU008	Cherry Cola	275ml	2.50	GSV
JU625	Curiosity Cola	275ml	2.50	GSV
JU908	Dandelion & Burdock	275ml	2.50	GSV
JU463	Gently Sparkling Elderflower	275ml	2.15	GSV
JU346	Ginger Beer	275ml	2.50	GSV
JU354	Mandarin Seville Orange Jigger	275ml	2.50	GSV
JU618	Rose Lemonade	275ml	2.15	GSV
JU435	Victorian Lemonade	275ml	2.50	GSV
750ML Range				
JU333	Cherry Cola	750ml	4.55	SV
JU573	Curiosity Cola	750ml	4.55	GSV
JU281	Dandelion & Burdock	750ml	4.55	SV
JU280	Ginger Beer	750ml	4.55	GSV
JU437	Pink Ginger Beer	750ml	4.55	GSV
JU455	Rose Lemonade	750ml	4.55	GSV
Botanically Brewed Tonic Water				
JU277	Premium Indian Tonic Water Cans	4 x 200ml	4.29	GSV
JU298	Gently Sparkling Elderflower	250ml	1.65	GSV
JU366	Ginger Beer	250ml	1.65	GSV
JU300	Rose Lemonade	250ml	1.65	GSV
Mixer Range				
JU158	Ginger Beer & Muddled Lime	500ml	3.45	GSV
JU161	Pink Grapefruit Tonic Water	500ml	3.45	GSV
JU207	Premium Indian Tonic Water	500ml	3.19	GSV
<b>FEVERTREE</b>				
JU387	Tonic Water	4 x 200ml	5.39	GSV
<b>FIREFLY NATURAL DRINKS</b>				
Fruit Juice & Botanic Extracts				
JU348	Kiwi, lime & Mint	330ml	2.50	V
JU299	Lemon, Lime & Ginger	330ml	2.50	V
JU296	Peach & Green Tea	330ml	2.50	V
JU180	Pomegranate & Elderflower	330ml	2.50	V
<b>FROBISHERS</b>				
JU093	Apple and Elderflower	250ml	1.15	GV
JU092	Raspberry and Rhubarb	250ml	1.15	GV
JU091	Sicilian Lemonade	250ml	1.15	GSV
<b>GENIE</b>				
JU301	Blueberry and Raspberry Kombucha - Cans	330ml	2.90	V
JU157	Dry Apple	330ml	2.90	V
JU150	Fiery Kombucha	330ml	2.90	V
<b>GUSTO</b>				
JU222	Cherry Cola	275ml	2.15	OV

code	product	size	rrp	bfgosv
JU223	Fiery Ginger With Chipotle	275ml	2.15	FOV
JU148	Lemon Energy	250ml	2.25	OV
JU376	Naturally Slim Cola	275ml	2.15	FCV
JU353	Organic Real Cola	275ml	2.15	FGOV
JU147	Original Energy	250ml	2.25	OV
JU224	Sicilian Blood Orange	275ml	2.15	FOV
JU159	Sicilian Lemon with Fresh Yuzu	275ml	2.25	FOV
<b>HIP POP</b>				
JU052	Gut Lovin' Cola	330ml	1.79	SV
JU053	Gut Lovin' Lemonade	330ml	1.79	SV
JU054	Gut Lovin' Orange	330ml	1.79	SV
	CBD Kombucha			
JU099	CBD Blood Orange & Grapefruit	330ml	2.29	GSV
JU098	CBD Cherry & Blackberry	330ml	2.29	GSV
JU094	CBD Passionfruit Guava	330ml	2.29	GSV
	Craft Brewed Kombucha			
JU364	Apple Elderflower Kombucha	330ml	1.79	V
JU360	Blueberry Ginger Kombucha	330ml	1.79	V
JU363	Ginger Yuzu Kombucha	330ml	1.79	V
JU365	Strawberry Pineapple Kombucha	330ml	1.79	V
	Living Sodas - With ACV			
JU232	Ginger and Turmeric	330ml	1.79	V
JU257	Pink Grapefruit	330ml	1.79	V
JU255	Tropical Peach	330ml	1.79	V
<b>HULLABALOO'S DRINKS</b>				
JU154	Pure Apple Juice	250ml	1.85	GSV
JU153	Still Citrus Lemonade	330ml	1.85	GSV
JU134	Still Elderflower Presse	330ml	1.85	GSV
JU135	Still Ginger Beer	330ml	1.85	GSV
JU146	Still Lime & Mint Lemonade	330ml	1.85	GSV
JU106	Still Original Lemonade	330ml	1.85	GSV
JU122	Still Raspberry Lemonade	330ml	1.85	GSV
<b>JARR KOMBUCHA</b>				
JU062	Ginger & Lemon Kombucha	330ml	3.15	GOV
JU084	Original Kombucha	330ml	3.15	GOV
JU071	Passion Fruit Kombucha	330ml	3.15	GOV
JU077	Raspberry Kombucha	330ml	3.15	GOV
<b>JAX COCO</b>				
JU100	Coconut Water Pure Tetrapacks	6 x 330ml	12.59	VG
JU742	Coconut Water Pure	1l	4.25	V
<b>KARMA DRINKS</b>				
	Cans			
JU617	Gingerella Ginger Ale	250ml	1.42	FOSV
JU616	Karma Cola	250ml	1.42	FOSV
JU749	Karma Cola - sugar free	250ml	1.42	V
JU800	Karma Orangeade	250ml	1.42	FOSV
JU615	Lemony Lemon	250ml	1.42	FSOV
JU420	Razza Raspberry Lemonade	250ml	1.42	FOSV
	Glass Bottles			
JU073	Gingerella Ginger Ale	300ml	2.15	FOVS
JU075	Karma Cola	300ml	2.15	FOSV
JU750	Karma Cola - Sugar Free	300ml	2.15	V
JU078	Lemony Lemon	300ml	2.15	FOSV
JU418	Razza Raspberry Lemonade	300ml	2.15	FOVS
JU302	Summer Orangeade	300ml	2.15	FOSV
<b>LEMONAID BEVERAGES</b>				
JU592	Lemonaid Blood Orange	330ml	1.95	FOSV
JU068	Lemonaid Ginger	330ml	1.95	FOSV
JU587	Lemonaid Lime	330ml	1.95	OSV
JU589	Lemonaid Passion Fruit	330ml	1.95	FOSV

code	product	size	rrp	bfgosv
<b>LUSCOMBE DRINKS</b>				
JU584	Cool Ginger Beer	270ml	2.29	OSV
JU586	Hot Ginger Beer	270ml	2.29	OV
JU145	Raspberry Crush	270ml	2.49	OSV
JU583	Sicilian Lemonade	270ml	2.29	OSV
JU439	St Clements	270ml	2.29	OSV
JU585	Wild Elderflower Bubbly	270ml	2.29	SV
<b>MINOR FIGURES</b>				
Nitro Cold Brew Coffees				
JU786	Black Coffee Drink	200ml	2.50	V
JU202	Chai Latte Drink	200ml	2.50	V
JU787	Latte Coffee Drink	200ml	2.50	V
JU209	Matcha Latte Drink	200ml	2.50	V
JU788	Mocha Coffee Drink	200ml	2.50	V
<b>OHMG</b>				
JU203	Blackcurrant Sparkling Water	330ml	2.50	V
JU152	Peach Sparkling Mag. Water	330ml	2.50	V
<b>PIP ORGANIC</b>				
JU399	Sparkling Apple	250ml	1.89	OV
JU405	Sparkling Lemon	250ml	1.89	OV
<b>PUNCHY</b>				
JU089	Blood Orange,Bitters&Cardamon	250ml	1.89	GSV
JU096	Cucumber, Yuzu and Rosemary	250ml	1.89	GSV
JU086	Peach, Ginger & Chai Spice	250ml	1.89	GSV
<b>REBEL KITCHEN</b>				
JU059	Banana Mylk	250ml	1.65	GOV
JU178	Chocolate Mylk	250ml	1.65	GOV
<b>SIMPLEE CBD</b>				
JU819	CBD Infused Elderflower & Lime	250ml	2.49	V
JU818	CBD Infused Wild Berries	250ml	2.49	V
<b>SOMETHING AND NOTHING</b>				
JU332	Cucumber Premium Soda	330ml	1.65	V
JU337	Hibiscus & Rose Premium Soda	330ml	1.65	V
JU335	Yuzu Premium Soda	330ml	1.65	V
<b>VITA COCO</b>				
1L				
JU118	Pure Coconut Water	1l	4.50	SV
JU221	Pure Coconut Water Organic	1l	4.19	OV
JU117	Pure Pressed Coconut Water	1l	4.50	SV
330ML				
JU111	Pure Coconut Water	330ml	1.69	SV
JU113	Pure Pressed Coconut Water	330ml	1.69	SV
<b>WHOLE EARTH</b>				
JU311	Apple	330ml	1.49	OSV
JU946	Cola	330ml	1.49	OSV
JU947	Cranberry	330ml	1.49	OSV
JU935	Lemonade	330ml	1.49	OSV
JU310	Orange & Lemonade	330ml	1.49	OSV
JU189	Sparkling Elderflower	330ml	1.49	OV
JU186	Sparkling Ginger	330ml	1.49	OV
<b>SOUPS</b>				
<b>SUMA</b>				
VF565	Pea & Vegan Ham Soup	400g	2.25	V
<b>SUMA ORGANIC</b>				
VF390	Organic Minestrone Soup	400g	2.29	OV
VF655	Organic Mushroom Soup	400g	2.29	OV
VF595	Organic Pea Soup	400g	2.29	OV
VF525	Organic Rustic Vegetable Soup	400g	2.29	OV
VF365	Organic Spicy Lentil Soup	400g	2.15	OV
VF345	Organic Tomato & Basil Soup	400g	2.90	OSV
VF600	Organic Tomato Soup	400g	2.15	OSV

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VF685	Organic Tuscan Bean Soup	400g	2.90	OV
<b>ESSENTIAL TRADING</b>				
VF085	Lentil & Pumpkin Soup	680g	3.65	OV
VF375	Pea Soup	680g	3.65	OV
<b>FREE &amp; EASY</b>				
VF302	Broccoli & Kale	400g	2.29	GOV
VF096	Butternut Squash & Ginger - Og	400g	2.29	GOV
VF297	Butternut, Sweet Potato, Turmeric	400g	2.29	GOV
VF124	Carrot & Coconut Soup	400g	2.29	GOV
VF720	Lentil & Red Pepper Soup - Org	400g	2.29	GOV
VF086	Pea & Mint Soup - Org	400g	2.29	GOV
VF097	Sweet Potato & Chia Soup - Org	400g	2.29	GOV
VF083	Tomato Soup - Org	400g	2.29	GOV
<b>RIFCO</b>				
VF220	Balinese Lentil & Pepper Soup	400g	2.39	OV
VF233	Mexican Bean Soup	400g	2.39	OV
VF225	Moroccan Chickpea Soup	400g	2.39	OV
VF114	Sri Lankan Lentil & Coconut	400g	2.39	OV
<b>SOUPS (CHILLED)</b>				
<b>TIDEFORD ORGANIC VEGAN FOODS</b>				
CV754	Lebanese Lentil & Kale Soup	600g	4.50	GOV
CV782	Lentil and Spinach Dahl	600g	4.50	GOV
CV720	Malaysian Coconut Noodle Soup	600g	4.50	GOV
CV617	Moroccan Spiced Chickpea Soup	600g	4.50	GOV
CV783	Spiced Parsnip Soup	600g	4.50	GOV
<b>SPIRITS &amp; LIQUEURS</b>				
<b>FATTYS ORGANIC SPIRITS</b>				
WN036	London Dry Gin	70cl	45.00	OV
WN037	Pink Grapefruit Spirit	70cl	35.00	OV
WN039	Winter Spiced Orange Gin	70cl	45.00	OV
<b>SUGARS &amp; SYRUPS</b>				
<b>SUMA ORGANIC</b>				
LJ099	Agave Syrup - organic	240ml	3.99	OV
LJ121	Agave Syrup - organic	500ml	7.99	OV
LJ260	Barley Malt Extract - Organic	340g	2.99	OV
LJ300	Coconut Blossom Syrup Organic	350g	5.99	OV
<b>SUMA PREPACKS</b>				
LJ090	Golden Granulated Sugar	500g	3.55	FV
<b>SUMA PREPACKS - ORGANIC</b>				
LJ100	Coconut Palm Sugar, Organic	500g	4.75	OV
LJ261	Demerara Sugar - organic	500g	3.15	OV
LJ255	Icing Sugar - organic	500g	4.59	OV
LJ251	Raw Cane Sugar - organic	500g	3.49	OV
<b>BILLINGTONS</b>				
LJ999	Granulated Sugar - organic	500g	2.59	VO
LJ190	Organic Natural Caster	500g	2.79	OV
LJ060	Sugar - Dark Muscovado	500g	2.15	V
LJ058	Sugar - Demerara	500g	2.15	V
LJ057	Sugar - Golden Caster Sugar	250g	0.95	GVB
LJ056	Sugar - Golden Granulated	1kg	3.95	V
LJ059	Sugar - Light Muscovado	500g	2.15	V
LJ109	Sugar - Molasses	500g	2.25	V
<b>BIONA</b>				
LJ083	Coconut Blossom Nectar	350g	6.79	OV
LJ011	Coconut Palm Sugar - Organic	250g	3.50	OV
LJ014	Coconut Palm Sugar - Organic	500g	5.59	OV
LJ182	Dark Agave Syrup	350g	4.25	OV
HY026	Organic Brown Rice Syrup	350g	4.35	OV
HY020	Organic Date Syrup	350g	4.45	OV
HY022	Organic Maple Agave Syrup	350g	5.79	OV



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LJ181	Rapadura / Sucanat Sugar	500g	4.95	OV
	<b>BUCKWUD</b>			
HY001	Maple Syrup	250g	6.65	GOV
HY002	Maple Syrup	620g	1.99	GV
	<b>CLEARSPRING</b>			
JP123	Barley Malt Syrup	300g	3.69	OV
JP125	Date Syrup	300g	3.89	OV
JP124	Oat Syrup	300g	3.99	OV
HY210	Rice Malt Syrup	300g	3.69	OV
	<b>EQUAL EXCHANGE</b>			
LJ500	Raw Cane Sugar - organic	500g	2.39	FOV
	<b>HILLTOP HONEY</b>			
HY055	Maple Syrup Grade A Amber	230g	3.99	V
HY015	Maple Syrup Grade A Amber	640g	11.99	GV
HY050	Maple Syrup Grade A Dark	640g	11.99	GV
	<b>HONEA</b>			
HY089	Elderflower Honea - Vegan	230ml	4.99	SV
HY061	Lavender Honea - Vegan	230ml	4.99	SV
HY060	Orange Blossom Honea - Vegan	230ml	4.99	SV
HY058	Original Honea - Vegan	230ml	4.99	SV
HY051	Rose Honea - Vegan	230ml	4.99	SV
	<b>MARIGOLD</b>			
LJ179	Pomegranate Molasses	150ml	4.19	V
	<b>MERIDIAN</b>			
HY077	Barley Malt Extract	370g	2.79	V
HY006	Barley Malt Extract - og	370g	3.29	OV
HY300	Blackstrap Molasses - Organic	350g	2.29	FOV
HY012	Blackstrap Molasses - Organic	600g	2.79	FOV
HY080	Date Syrup	330g	3.25	V
HY250	Maple Syrup - organic	330g	8.99	OV
	<b>RAYNERS</b>			
LJ901	Black Treacle - organic	340g	3.35	GOV
HY088	Blackstrap Molasses	340g	2.89	V
LJ704	Golden Syrup - Organic	5kg	45.90	FOV
LJ900	Malt Extract - Organic	340g	4.25	OV
LJ589	Malt Extract - Organic	5kg	34.79	OV
LJ587	Organic Golden Syrup	340g	4.79	OV
	<b>SHADY MAPLE FARMS</b>			
HY025	Maple Syrup - organic	250ml	9.49	OV
	<b>ST LAWRENCE GOLD</b>			
HY009	Maple Syrup Grade A Amber	250ml	6.99	V
HY053	Og Maple Syrup Grade A Amber	250ml	7.49	OV
HY056	Og Maple Syrup Grade a Amber	1l	25.99	OV
HY042	Og Maple Syrup Grade A Dark	250ml	7.49	OV
	<b>SWEET FREEDOM</b>			
LJ157	Caramel Syrup	350g	4.15	V
LJ041	Natural Sweetness - Original	350g	4.50	V
LJ154	Vanilla Syrup	350g	4.15	V
	<b>TOTAL SWEET</b>			
LJ124	Total Sweet	225g	3.35	V
LJ125	Total Sweet	1kg	12.49	V
	<b>TRUVIA</b>			
LJ086	Sweetener from the Stevia Leaf	270g	6.65	V
	<b>SUPERFOODS &amp; SPORTS NUTRITION</b>			
	<b>BIONA</b>			
MD736	Cracked Linseed Gold Organic	500g	5.59	OV
	<b>GRANOVITA</b>			
GT300	Flax Oil - Organic	260ml	11.75	GOV
GT302	Hemp Oil - Organic	260ml	8.85	GOV
	<b>LINWOODS</b>			
MD113	Chia Seed	200g	6.49	GOV
MD109	Flax,Almond,Brazil,Walnut,Q10	360g	6.55	GV

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MD104	Flax,Sun,Pum,Chia,Goji Berries	425g	5.99	GOV
MD101	Flax,Sunflower & Pumpkin Seeds	425g	6.35	GOV
MD114	Flaxseed	200g	3.49	GOV
MD102	Flaxseed	425g	5.49	GOV
MD112	Flaxseed,Bio Cultures & Vit D	360g	6.55	GV
MD110	Linwoods Shelled Hemp	200g	7.35	GV
MD048	Milled Hemp	200g	4.49	GOV
	Organic Sprouted Range			
VM263	Sprouted Flaxseed	360g	7.35	GOV
	<b>NATURES AID</b>			
VM003	MCT Oil	500ml	18.95	FCV
	<b>NATURYA</b>			
MD040	Greens Blend Organic	250g	12.99	FGOV
MD158	Organic Acai Powder	125g	19.99	GOV
MD216	Organic Cacao Powder F/trade	250g	6.99	FCVO
MD111	Organic Chia Seeds	300g	5.99	GOV
MD156	Organic Chlorella Powder	200g	12.49	GOV
MD153	Organic Cocoa Nibs	300g	7.99	GOV
MD152	Organic Hemp Protein Powder	300g	9.99	GOV
MD150	Organic Maca Powder	300g	6.99	OV
MD155	Organic Spirulina Powder	200g	8.99	GOV
MD067	Organic Turmeric Superblend	250g	7.99	GOV
MD154	Organic Wheatgrass Powder	200g	7.99	GOV
	<b>PREWETT'S</b>			
VM020	Organic Ground Flaxseed	175g	3.29	GOV
	<b>PULSIN'</b>			
VM331	Berry Protein Powder	250g	12.49	GV
VM258	Chocolate Pea Protein Powder	250g	14.99	GV
VM332	Hazelnut Protein Powder	250g	12.49	GV
VM093	Hemp Protein Powder	250g	12.19	GV
VM027	Pea Protein Isolate	1kg	28.15	GV
VM092	Pea Protein Powder	250g	8.39	GV
VM024	Rice Protein Powder	250g	9.99	GV
VM095	Soya Protein Powder	250g	8.45	GV
VM155	Vanilla Faba Bean Powder	250g	12.49	GV
VM090	Vanilla Keto Protein Powder	252g	24.99	VG
	Supershakes			
VM304	Cacao & Maca Energy Supershake	300g	17.59	GV
	<b>RHEAL</b>			
VF259	Berry Beauty	150g	24.99	GOV
VF212	Superfoods Balance Tonic	150g	24.99	GOV
VF031	Superfoods Clean Greens	150g	24.99	GOV
	<b>SUPPLEMENTS &amp; REMEDIES</b>			
	<b>SUMA PREPACKS</b>			
HE250	Psyllium Husk	200g	6.25	V
	<b>ALLICINMAX</b>			
VM324	Allicin Max Powder Capsules	30 capsules	8.75	GV
VM325	Allicinmax Powder Capsules	90 capsules	21.55	GV
VM326	Alliderm Gel	30ml	1.49	V
VM329	Immune Caps	60 capsules	15.99	V
VM328	Lesterol Caps	90 capsules	15.99	GV
	<b>ALOE PURA JUICE</b>			
MD095	Aloe Vera Juice	500ml	8.99	V
MD094	Aloe Vera Juice	1l	15.99	V
	<b>AYURVEDIQ WELLNESS</b>			
	Capsules			
VM346	Organic Ashwagandha	120 capsules	19.99	OV
VM352	Organic Moringa	120 capsules	18.99	OV
VM350	Organic Shatavari	120 capsules	19.99	OV
VM353	Organic Triphala	120 capsules	19.99	OV
VM344	Organic Turmeric	120 capsules	17.99	OV

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<b>BE ACTIVE</b>				
VM122	Muscle & Sports Gel	2oz	8.99	V
VM100	Muscle & Sports Gel	4oz	15.99	V
VM130	Muscle & Sports Gel	8oz	27.99	V
<b>BETTER YOU</b>				
	Magnesium Range			
VM169	Magnesium Body Butter	200ml	12.95	V
VM029	Magnesium Flakes	250g	4.95	V
VM168	Magnesium Flakes	1kg	1.95	V
VM247	Magnesium Gel - Original	150ml	12.95	V
VM101	Magnesium Muscle Flakes	1kg	1.95	V
VM167	Magnesium Oil - Goodnight	100ml	13.95	V
VM164	Magnesium Oil - Original	100ml	13.95	V
VM166	Magnesium Oil - Sensitive	100ml	13.95	V
VM105	Magnesium Sleep Flakes	1kg	1.95	V
	Vitamins & Minerals			
VM117	B-Complete Oral Spray	25ml	11.95	V
VM171	Boost B12 Oral Spray	25ml	12.45	GV
VM051	DLux 1000 Vegan Vitamin D	15ml	12.95	GV
VM253	DLUX Junior Vitamin D Spray	15ml	7.45	V
VM016	Immune Health Oral Spray	50ml	12.95	GV
VM106	Iron 10	25ml	14.95	GV
VM282	Iron Daily Oral Spray	25ml	9.95	V
VM137	Lights Out Nightly Oral Spray	50ml	19.95	V
VM060	Selenium + ACE Oral Spray	50ml	14.95	GV
MD034	Turmeric Daily Oral Spray	25ml	22.95	V
VM312	Vegan Health Spray	25ml	14.95	V
VM072	Vitamin C Oral Spray	50ml	11.95	GV
<b>CHERRY ACTIVE</b>				
VM069	Cherry Active Capsules	60 capsules	19.99	V
CV108	Cherry Active Concentrate	473ml	17.99	V
CV095	Cherry Active Concentrate	946ml	34.99	V
VM086	Cherry Active Sleep Capsules	30 capsules	11.99	V
<b>CORNISH SEAWEED COMPANY</b>				
VM056	Kelp Food Supplement	60 capsules	14.95	OV
VM058	Menstrual Ease Supplement	60 capsules	13.70	OV
VM038	Mental Clarity Supplement	60 capsules	14.95	OV
VM006	Sea Moss Food Supplement	60 capsules	13.40	OV
VM061	Seaweed & Mushrooms Supplement	60 capsules	17.40	OV
VM064	Wild & Beautiful Supplement	60 capsules	17.40	OV
<b>DR VEGAN</b>				
VM339	Ashwagandha KSM-66	30 capsules	1.99	GOV
VM349	Brain Fuel	30 capsules	21.99	GV
VM345	Curcumin & Turmeric	30 capsules	9.99	GOV
VM347	Debloat & Detox	60 capsules	16.99	GV
VM342	Gut Works	30 capsules	26.99	GV
VM343	Magnesium	60 capsules	8.99	GV
VM340	MenoFriend	60 capsules	19.99	GV
VM348	Skin Saviour	60 capsules	24.99	GV
VM351	Stay Calm	60 capsules	16.99	GV
VM341	Vegan Omega 3	60 capsules	21.99	GV
<b>FLORADIX</b>				
MD021	Floradix Iron/Vitamin Tablets	84 tablets	13.39	V
MD016	Floradix Vitamin B Complex	250ml	14.95	GV
MD173	Floravital Formula - Yeastfree	250ml	13.15	V
MD172	Floravital Formula - Yeastfree	500ml	21.65	V
MD079	Immune Support Formula	250ml	13.69	V
MD075	Kids Iron & Vitamin Formula	250ml	14.25	V
MD006	Kindervital Children's Fruity	250ml	11.79	GV
MD033	Neuro Balance with Ashwagandha	250ml	14.95	GV
<b>GOOD HEMP</b>				

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VM222	CBD Oil - Citrus Flavour	10ml	15.00	V
VM221	CBD Oil - Natural	10ml	15.00	V
VM224	CBD Oil - Natural	10ml	4.00	V
VM225	CBD Oil - Natural	10ml	75.00	V
VM223	CBD Oil - Peppermint	10ml	15.00	V
<b>HIGHER NATURE</b>				
	Antioxidants			
VM297	Quercetin & Bromelain	60	17.95	GV
	Digestion			
VM303	Citricidal	45ml	14.95	V
VM299	Supergest	90	19.95	V
	Energy			
VM296	Thyroid Support Formula	60	17.95	V
	Everyday Essentials - Immunity			
VM035	Active Silver High Stability	100ml	22.95	V
	Everyday Essentials - Minerals			
MD010	Magnesium Effervescent	20 tablets	5.99	V
VM153	Super Magnesium 300mg	30	8.95	V
VM154	Super Magnesium 300mg	90	22.95	V
	Everyday Essentials - Vitamins			
MD003	Fizzy C Effervescent Vitamin C	20 tablets	4.95	V
MD043	High Strength B Complex	90	22.95	V
	Eye Health			
MD070	VisualEyes	90	35.95	V
	Heart Health			
VM298	Red Sterol Complex	90	25.95	GV
	Joint Health			
VM255	MSM Glucosamine Joint Complex	90	13.95	V
	Mind Health & Mood			
VM028	Ashwagandha & Rhodiola Complex	30 capsules	17.95	GV
VM128	Balance For Nerves	30 capsules	1.95	GV
VM133	Balance For Nerves	90 capsules	26.95	GV
VM191	Energy & Focus Effervescent	13 tablets	5.95	V
VM290	L-Theanine	90	28.95	GV
VM179	Serotone 5-HTP (100mg)	30 capsules	12.95	GV
MD017	Serotone 5HTP 100mg	90	32.70	V
	Probiotics			
VM300	Pro-Daily	90	11.95	GV
VM301	Pro-Easy Powder	90g	9.95	V
<b>LINWOODS</b>				
MD013	Linwoods Immune	210g	7.99	GV
MD029	Linwoods Menoligna	210g	1.99	GV
<b>LOVE CBD</b>				
VM125	CBD Balm 10mg	10g	13.99	V
VM135	CBD Entourage Capsules	30 capsules	18.99	V
VM285	Dutch CBD Oil 300mg	20ml	18.99	V
VM286	Dutch CBD Oil 500mg	20ml	28.99	V
VM287	Dutch CBD Oil Capsules	60 capsules	18.99	V
VM132	Entourage Oil Spray 800mg	20ml	48.99	V
<b>NATURE'S GREATEST SECRET</b>				
VM266	Colloidal Silver 20PPM Dropper	100ml	12.95	V
VM141	Colloidal Silver 20PPM Refill	300ml	21.95	V
VM008	Colloidal Silver 20PPM Spray	50ml	1.95	V
VM270	Colloidal Silver 20PPM Spray	100ml	12.95	V
<b>NATURES AID</b>				
	Bio360 Probiotics			
VM178	Pro-30 Max	30 capsules	17.95	GV
VM083	Pro-Daily Probiotic	30 capsules	9.95	GV
VM254	Pro-Defend	30 capsules	9.95	GV
	Botanicals			
VM259	Beetroot	60 capsules	9.95	GV

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VM264	Celery Seed Complex	60 tablets	11.95	GV
VM265	Fenugreek	90	9.95	GV
VM267	Spirulina	90 capsules	1.95	GV
VM291	Turmeric Capsules	30 capsules	1.45	GV
VM292	Turmeric Capsules	60 capsules	18.45	GV
VM269	Ultimate Greens & Berries CBD Range	60 capsules	16.95	V
VM073	CBD Cannabidiol Gel	50g	22.95	V
VM146	CBD Oil 2.5% Spray	10ml	16.99	GV
VM147	CBD Oil 5% Spray	10ml	29.99	GV
VM148	CBD Spray 10% Digestion	10ml	49.99	GV
VM089	Inulin Powder Effervescent	250g	12.45	SV
VM277	Daily Multivit Effervescent	20 tablets	5.95	GV
VM276	Energy Effervescent	20 tablets	4.95	GV
VM279	Immune Effervescent	20 tablets	4.95	GV
VM280	Magnesium Effervescent	20 tablets	5.59	GV
VM278	Vitamin C 1000mg Effervescent Immune Health	20 tablets	4.25	GV
VM030	Mushroom Complex Minerals	60 capsules	19.45	V
VM274	Calcium, Magnesium & Vit D3	90 tablets	9.95	GV
VM275	Zinc & Vitamin C Lozenge Multi-Vitamins	30loz	4.75	GV
VM288	Beta-Glucans Immune Support + Traditional Herbal Remedies	30 tablets	1.95	GV
VM210	DigestEeze	60 tablets	9.95	V
VM214	SleepEezy Vegan Omegas	60 tablets	8.95	V
VM185	Evening Primrose Oil	90 capsules	15.45	V
VM256	Flaxseed Oil 1000mg	90	1.99	GV
VM257	Flaxseed Oil 1000mg	180	17.99	GV
VM180	Sea Buckthorn Oil 500mg Vitamins	60 capsules	19.95	V
VM272	Vitamin B12 1000ug	90 tablets	9.95	GV
VM295	Vitamin D3 1000iu	60 tablets	5.95	GV
VM273	Vitamin D3 Liquid	50ml	11.95	GV
VM182	Vitamin E Oil - high strength	50ml	1.95	V
<b>NATURES OWN</b>				
	B Vitamins			
VM157	Vit B Complex + Vit C	50 tablets	19.40	V
VM308	Vitamin B12 Sublingual C Vitamins	60 tablets	9.90	GV
VM023	Cherry-C: Vit C from Acerola D Vitamins	60 capsules	17.35	V
VM252	Vitamin D3 Vegan Minerals	60 tablets	11.89	V
VM001	Calcium - from seaweed	60 capsules	16.00	V
VM108	Magnesium Citrate	90 capsules	14.30	V
VM189	Zinc/Copper Multi-Formulations	50 tablets	15.30	V
VM309	Bone Support Formula	60 capsules	17.35	GV
VM156	Multivitamin & Mineral	100 tablets	25.00	V
VM065	Wholefood Multi - Vits & Mins Nutritional Support	60 capsules	19.80	V
VM311	Hair Skin & Nails Formula	30 capsules	1.10	GV
VM307	Immune Support	60 capsules	25.50	GV
VM321	Natures Night - for sleep Omegas	80g	18.90	GV

code	product	size	rrp	bfgosv
VM176	Omega 3 Vegan Organic Range	60 capsules	28.60	V
VM126	Organic Kelp	60 capsules	12.25	OV
<b>NEUBRIA</b>				
VM338	Charge - Energy Supplement	60 capsules	19.99	GV
VM337	Drift - Sleep Supplement	60 capsules	19.99	GV
VM335	Edge - Focus Supplement	60 capsules	24.99	GV
VM336	Shine - Mood Supplement	60 capsules	19.99	GV
VM334	Spark - Memory Supplement	60 capsules	24.99	GV
<b>OPTIMA</b>				
MD118	Sour Cherry Juice	500ml	18.99	V
<b>PROVEN</b>				
VM322	Acidophilus, Bifidus & Digestiv	30	18.95	GV
VM116	Fit For School - Chewable	30	14.95	GV
VM323	Womens Lactobacillus & Bifidus	30	18.95	GV
<b>PUKKA</b>				
MD015	Inner Peace	60 capsules	24.99	OV
MD014	Mind Focus	60 capsules	24.99	OV
MD117	Organic Aloe Vera Juice	500ml	1.35	OV
MD056	Organic Aloe Vera Juice	1l	17.32	OV
<b>RICOLA</b>				
	Soothe & Clear			
MD008	Original Bag	75g	1.65	GSV
<b>SIMPLEE ALOE</b>				
MD041	Aloe Juice Health Supplement	500ml	9.99	GOV
MD025	Aloe Juice Health Supplement	1l	15.99	GOV
<b>SOLARAY</b>				
VM229	Biotin Timed Release 5000ug	60 capsules	14.99	GV
VM230	Chlorophyllin	60 tablets	13.69	GV
VM231	D-Mannose & CranActin	60 capsules	2.99	GV
VM235	D-Mannose & CranActin	120 capsules	36.99	GV
VM232	Hair, Skin & Nails	60 capsules	16.99	GV
VM236	Liposomal Vitamin C 500mg	30 capsules	19.99	GV
VM237	Magnesium Citrate 400mg	90 capsules	13.69	GV
VM238	Mega Vitamin B-Stress	120 capsules	29.99	GV
VM239	Prenatal Multivitamin	90 tablets	19.99	GV
VM242	Quercetin 500mg	90 capsules	29.99	GV
VM240	Quercetin Bromelain & Vit C	60 capsules	19.99	GV
VM243	Red Yeast Rice & Co Q10	60 capsules	2.99	GV
VM249	Selenium 100ug	90 capsules	14.99	GV
VM250	Turmeric 600mg	30 capsules	2.99	GV
VM251	Vitamin D3 & K2	60 capsules	26.39	GV
<b>SPATONE</b>				
MD175	Iron-Plus	28 x 20	13.99	V
MD005	Liquid Iron - Apple Flavour	28 x 25	14.75	V
<b>SYNO-VITAL</b>				
VM226	Oral Hyaluronic Acid + Vit C	5ml	3.99	GV
<b>TAKA</b>				
TE317	Joint Care Capsules	90 capsules	16.99	OV
TE315	Turmeric Blk Pepper Capsules	120 CAP	16.99	OV
<b>TOGETHER HEALTH</b>				
VM032	Ashwagandha Complex	30	1.99	GOV
VM022	Beautiful	60	15.99	GV
VM013	Bio CoQ10	30	14.99	GV
VM018	Calcium - from seaweed	60	9.99	GV
VM026	Curcumin & Turmeric	30	9.99	GV
VM033	Gentle Iron	30	7.99	GV
VM014	Immune	30	11.99	GV
VM102	Iodine	30	6.99	GOV
VM119	Magnesium	30	6.99	GV
VM149	Menopause	60	18.99	V

code	product	size	rrp	bfgosv
VM112	Multi Vitamin & Mineral	30	1.99	GV
VM019	Multibiotic	30	15.99	GV
VM052	Night Time Marine Magnesium	60	13.99	GV
VM121	Omega 3 - Algae	30	13.99	GV
VM025	Pregnancy - Multi Vit & Mins	60	15.99	GV
VM050	Stress Aid Vitamin & Mineral	30	1.99	GV
VM017	Vegan Multi Vitamin & Mineral	60	12.99	GV
VM021	Vegan Vitamin D3	30	6.99	GV
VM111	Vitamin B Complex	30	9.99	GV
VM113	Vitamin C with Bioflavonoids	30	8.99	GV
VM319	Vitamin K2	30	9.99	GV
VM054	Womens Multivit	30	1.99	GV
VM150	Zinc	30	1.99	OV
<b>VEGA</b>				
	B Vitamins			
VM004	Vitamin B12 1000ug	30	5.85	V
	Multi Formulas			
VM140	Co-Enzyme Q10	30 capsules	12.55	V
	Probiotics & Digestive Aids			
VM138	Acidophilus & Bifidus Complex	60 capsules	9.55	V
<b>VEGAN SOCIETY</b>				
VM241	VEG 1 - Blackcurrant Flavour	90 tablets	9.65	SV
VM244	VEG 1 - Blackcurrant Flavour	180 tablets	18.15	SV
VM245	VEG 1 - Orange Flavour	90 tablets	9.65	SV
VM246	VEG 1 - Orange Flavour	180 tablets	18.15	SV
<b>WELEDA</b>				
	Anthroposophic Medicines			
DY155	Arnica Massage Balm	100ml	14.19	V
DY456	Arnica Massage Balm	200ml	21.99	V
<b>SWEET SNACKS</b>				
<b>ANANDA FOODS</b>				
	XMAS 2023			
KB309	Let's Celebrate Marshmallows	80g	4.60	GSV
<b>BEAR</b>				
ZX529	Yoyo Pure Fruit Rolls - Mango	20g	0.69	GV
ZX555	Yoyo Pure Fruit Rolls - Strawb	20g	0.69	GV
ZX525	Yoyo Pure Fruit Rolls-Blackcur	20g	0.69	GV
ZX550	Yoyo Pure Fruit Rolls-Raspb'ry	20g	0.69	GV
	Bites			
ZX336	Blackcurrant and Beetroot	5 x 18g	3.19	GV
ZX333	Strawberry and Butternut	5 x 18g	3.19	GV
	Giant Yoyo			
ZX063	Giant Yoyo -Strawberry/Mango	5 x 20g	3.49	GV
ZX067	Giant Yoyo-Apple/Blackcurrant	5 x 20g	3.49	VG
	Yoyo Sours			
ZX448	Strawberry & Apple	20g	0.69	GV
	Yoyos in multipacks			
ZX009	Yoyo-Blueberry&Banana Smoothie	5 x 20g	3.90	FV
ZX050	Yoyos - Apple Multipack	5 x 20g	3.90	FV
ZX570	Yoyos - Banana Multipack	5 x 20g	3.90	GV
ZX020	Yoyos - Blackcurrant Multipack	5 x 20g	3.90	GV
ZX014	Yoyos - Mango Multipack	5 x 20g	3.90	GV
ZX013	Yoyos - Raspberry Multipack	5 x 20g	3.90	GV
ZX012	Yoyos - Strawberry Multipack	5 x 20g	3.90	GV
ZX015	Yoyos -Peach & Banana Smoothie	5 x 20g	3.90	V
<b>BIONA</b>				
ZX002	Berry Burst Sweets - Organic	75g	2.90	GOSV
ZX662	Cola Bottle Sweets - Organic	75g	2.90	OSV
ZX446	Fizzy Peaches	75g	2.90	GOVS
ZX441	Jelly Dino Sweets - Organic	75g	2.90	GOSV

code	product	size	rrp	bfgosv
ZX911	Mini Fruit Bears	75g	2.90	GOSV
ZX443	Pomegranate Heart Sweets - Org	75g	2.90	GOSV
ZX576	Sour Snakes	75g	2.90	OSV
<b>CANDY KITTENS</b>				
ZX178	Sour Shox 140g Bags	140g	3.15	VB
ZX594	Eton Mess	140g	3.15	SV
ZX598	Love Candy	140g	3.15	SV
ZX056	Orchard Apple & Dragon Fruit	140g	3.15	SV
ZX599	Sour Watermelon	140g	3.15	SV
ZX052	Sweet Raspberry & Guava	140g	3.15	SV
ZX113	Very Cherry	140g	3.15	SV
ZX622	Wild Strawberry Small Bags	140g	3.15	SV
ZX577	Eton Mess	54g	1.45	SV
ZX645	Sour Watermelon	54g	1.45	SVG
ZX116	Wild Strawberry XMAS 2023	54g	1.45	SV
ZX317	Advent Calendar	200g	14.99	SV
<b>CHEWSY</b>				
ZX677	Cinnamon Gum	15g	1.29	V
ZX665	Lemon Gum	15g	1.29	V
ZX565	Peppermint Gum	15g	1.29	V
ZX591	Spearmint Gum	15g	1.29	V
<b>COTSWOLD FUDGE CO</b>				
ZX064	Vegan Btterscotch Fudge	150g	3.79	FGSV
WS202	Vegan Caramel & Sea Salt Fudge	150g	3.79	GSV
ZX463	Vegan Chocolate Fudge	150g	3.79	FGSV
ZX464	Vegan Seasalt Fudge	150g	3.79	FGSV
ZX465	Vegan Vanilla Fudge	150g	3.79	FGSV
<b>CYPRESSA</b>				
ZX778	Almond Halva	250g	2.99	SV
<b>DANDIES</b>				
ZX199	Vegan Vanilla Marshmallows	200g	3.99	GSV
ZX203	Vegan Vanilla Mini Marshmallow	200g	3.99	GSV
<b>FABULOUS FREE FROM FACTORY</b>				
ZX928	Chocovered Peanuts	65g	1.69	GSV
ZX159	Dairy Free Chocolate Raisins	65g	1.69	GV
ZX432	Dairy Free Fudge	200g	3.29	GSV
ZX627	Dairy Free Fudgee Bites	65g	1.55	GV
ZX982	F&F's	55g	1.75	GSV
<b>FREE FROM FELLOWS</b>				
ZX065	Cola Bottles	100g	2.90	GV
ZX060	Gummy Bears	100g	2.90	GV
ZX072	Midget Gems	100g	2.90	GV
ZX744	Wine Gums Boiled Sweets	100g	2.90	V
ZX321	Cola & Strawberry Lollipops	60g	2.15	VG
ZX373	Pear Drops	70g	2.90	GSV
ZX324	Rhubarb and Custard Vegan Mallows	70g	2.90	VG
ZX173	Mini Pink and White Vanilla	105g	2.25	SV
ZX323	Strawberry Mallows	105g	2.25	SV
ZX243	Vanilla Mallows	105g	2.25	SV
<b>FREEDOM CONFECTIONERY</b>				
KB911	Mallow Out Bar Strawberry	35g	1.79	GV
KB910	Mallow Out Bar Vanilla	35g	1.79	GV
KB789	Pink & White Mini Marshmallows	105g	2.90	GSV
KB726	Vegantics - Large Mallows	105g	2.90	GSV
<b>FRUTINA</b>				
KB325	Fruit Snack - Variety Pack	15g	0.65	V



code	product	size	rrp	bfgosv
	<b>GOODY GUMMY DROPS</b>			
ZX944	Bears	125g	2.39	GOSV
ZX660	Hedgehogs	125g	2.39	GOSV
ZX906	Orangutangies	125g	2.39	GOSV
ZX954	Turtles	125g	2.39	GOSV
	<b>HOLLY'S LOLLIES</b>			
	XMAS 2023			
ZX302	Pornstar Martini Drink Stirrer	110g	6.20	SV
ZX256	Raspberry Gin Drink Stirrers	110g	6.20	SV
ZX273	Raspberry Prosecco Bah Humbugs	160g	7.35	SV
ZX307	Raspberry Prosecco Candy Canes	140g	6.20	SV
ZX308	Unicorn Candy Canes	140g	6.55	SV
	<b>JEALOUS SWEETS</b>			
	40g Bags			
ZX231	Fizzy Friends	40g	1.49	SVG
ZX238	Grizzly Bears	40g	1.49	GVS
ZX678	Happy Bears	40g	1.49	GV
ZX675	Love Bears	40g	1.49	GV
ZX229	Tangy Worms	40g	1.49	SVG
ZX233	Tropical Wonder	40g	1.49	SCV
	Share Bags			
WS047	Berry Foams	125g	2.99	GSV
ZX999	Berry Sours	125g	2.99	GSV
ZX480	Fizzy Friends Share Bags	125g	2.99	GSV
ZX466	Grizzly Bears Share Bags	125g	2.99	GSV
WS044	Juicy Foams	125g	2.99	GSV
ZX472	Tangy Worms Share Bags	125g	2.99	GSV
WS039	Zingy Sours	125g	2.99	GSV
	Shot Bags			
ZX948	Grizzly Bears Shot Bags	24g	0.95	GSV
ZX950	Happy Bears Shot Bags	24g	0.95	GV
ZX955	Love Bears Shot Bags	24g	0.95	GV
ZX949	Tangy Worms Shot Bags	24g	0.95	GSV
	<b>JUST WHOLEFOODS</b>			
ZX573	Frooty Fruits, Organic, Vegan	70g	1.99	OSV
ZX209	Vegebears, Organic, Vegan	70g	1.99	OSV
ZX571	Vegebears, Organic, Vegan	70g	1.99	SOV
ZX876	VegeHogs	70g	1.99	OSV
	<b>MALLOW PUFFS</b>			
	Vegan Marshmallows			
KB739	Raspberry Mallows	100g	3.59	SV
KB075	Salted Caramel Mallows	100g	3.59	SV
KB070	Vanilla Bean Mallows	100g	3.59	SV
	<b>MINTASTIC</b>			
ZX719	Cinnamon Mints	25g	1.79	V
ZX700	Peppermint Mints	36g	1.79	V
ZX708	Spearmint Mints	36g	1.79	V
ZX723	Strawberry Mints	36g	1.79	V
	<b>NUDDERS</b>			
ZX158	Choccovered Candy Orange Peel	65g	1.89	GSV
ZX149	Choccovered Caramel Hazelnuts	55g	1.89	GSV
ZX548	Choccovered Crunchee Bites	65g	1.85	GSV
ZX927	Choccovered S/Salt Fudgee Bites	65g	1.89	SV
ZX175	Choccovered Salty Corn Balls	55g	1.89	GSV
	<b>OH MY GUM!</b>			
ZX347	Mint Plant Based Chewing Gum	19g	3.25	V
ZX368	Plant Based Cherry Chewing Gum	19g	3.25	V
ZX362	Plant Based Cinnamon Gum	19g	3.25	V
	<b>PANDA</b>			
ZX078	All Natural 4 Bar Pack	128g	2.35	SV
ZX071	All Natural Liquorice Bar	32g	0.69	VS

code	product	size	rrp	bfgosv
ZX402	All Natural Liquorice Bears	125g	1.69	VS
ZX676	All Natural Raspberry Bar	32g	0.69	VS
ZX938	Chocolate Coated Liquorice	110g	3.15	V
ZX674	Liquorice Cuts Bag	240g	2.89	VS
ZX435	Liquorice Torpedos	100g	1.79	SV
ZX409	Raspberry Liquorice	200g	2.79	SV
<b>PANDORA BELL</b>				
XMAS 2021				
ZX117	Lemon & Elderflower Sweets	180g	4.65	VS
<b>PENG</b>				
ZX382	Cappuccino Chocolate Chickpeas	110g	2.99	GSV
ZX383	Coconut Chocolate Chickpeas	110g	2.99	GSV
ZX379	Fruity Candy Roasted Chickpeas	110g	2.99	GSV
<b>PEPPERSMITH</b>				
ZX048	Strawberry Pastilles	15g	1.59	GV
Big Packs				
ZX769	Mighty Box Peppermint Gum	50g	3.49	V
ZX772	Mighty Box Peppermint Mints	60g	4.39	GV
ZX771	Mighty Box Spearmint Gum	50g	3.49	V
Dental Pocket Packs				
ZX026	Extra Strong Mints	15g	1.59	V
ZX601	Peppermint Chewing Gum	15g	1.39	V
ZX536	Peppermint Fresh Mints	15g	1.59	V
ZX590	Sicilian Lemon Peppermints	15g	1.59	V
ZX606	Spearmint Chewing Gum	15g	1.39	V
<b>RICOLA</b>				
ZX853	Apple Mint - sugar free	45g	1.65	V
ZX372	Cranberry - sugar free	45g	1.65	V
ZX734	Elderflower - sugar free	45g	1.65	V
ZX269	Glacier Peppermint -Sugar Free	45g	1.65	GV
ZX351	Herb - sugar free	45g	1.65	V
ZX442	Lemon Mint - sugar free	45g	1.65	V
ZX350	Liquorice - sugar free	45g	1.65	V
ZX327	Mountain Mint - Sugar Free	45g	1.65	GV
<b>SUNITA</b>				
ZX587	Grape Juice & Sultana Halva OG	75g	1.95	OV
ZX099	Halva with Coconut	75g	1.95	OV
<b>TASTY MATES</b>				
136g Bags				
ZX748	The Perfect Pear	136g	2.59	GSV
ZX750	The Salty One	136g	2.59	GSV
54g Bags				
ZX773	The Salty One	54g	1.49	GSV
<b>TROPICKS</b>				
ZX008	Fruit Balls Mango	50g	1.75	GOV
ZX023	Fruit Balls Pineapple	50g	1.75	GOV
ZX003	Fruit Roll Mango	27g	0.99	GOV
ZX006	Fruit Roll Pineapple	27g	0.99	GOV
<b>TABLE SAUCES</b>				
<b>BIONA</b>				
KJ228	Balsamic Glaze Organic	150ml	4.15	OV
KJ225	BBQ Sauce Organic	250ml	3.44	OSV
KJ082	Brown Sauce Organic	270g	3.75	OV
KJ106	Classic Tomato Ketchup Squeezy	560g	4.35	GOSV
KJ343	Sriracha Sauce	130ml	3.35	OSV
KJ226	Sweet Chilli Sauce Organic	250ml	3.45	OSV
KJ232	Tomato Ketchup, Organic	340g	3.45	OV
KJ463	Worcester Sauce	140ml	4.35	GOSV
<b>CASA FIRELLI</b>				
KJ320	Extra Hot Sauce	155g	3.50	V
KJ318	Original Hot Sauce	155g	3.50	V

code	product	size	rrp	bfgosv
KJ322	Truffle Hot Sauce	155g	5.99	V
	<b>CHOLULA</b>			
KJ150	Hot Sauce Chili Garlic	150ml	3.15	V
KJ234	Hot Sauce Chipotle	150ml	3.15	SV
KJ014	Hot Sauce Original	150ml	3.15	V
	<b>EATEN ALIVE</b>			
KJ287	Jalapeno & Lime Hot Sauce	150ml	4.40	SV
KJ146	Preserved Lemon Hot Sauce	150ml	4.40	SV
KJ286	Raw Kimchi Hot Sauce	150ml	4.40	VS
KJ148	Scotch Bonnet Hot Sauce	150ml	4.40	SV
KJ144	Smoked Sriracha Hot Sauce	150ml	4.40	SV
	<b>GEO ORGANICS</b>			
KJ212	Worcestershire Sauce - organic	150ml	3.95	OSV
	<b>HUNTER AND GATHER</b>			
KJ326	Barbecue Sauce Unsweetened	350g	3.69	V
KJ323	Tomato Ketchup Unsweetened	350g	3.69	GV
	<b>JOCK'S HOT SAUCE</b>			
KJ066	Smoked Habanero Chilli Sauce	150ml	5.00	SV
	<b>MERIDIAN</b>			
KJ621	Tomato Ketchup - organic	285g	2.79	GOSV
	<b>MR ORGANIC</b>			
KJ050	Italian Organic Ketchup	480g	3.49	OSV
KJ496	Naturally sweetened Ketchup	480g	3.79	GOV
	<b>MRS DARLINGTONS</b>			
	XMAS 2023			
KJ035	Cranberry Sauce With Port	200g	2.76	SV
	<b>MUTTI</b>			
KJ056	Tomato Ketchup	340g	2.49	SV
	<b>RIVER COTTAGE</b>			
KJ114	Beetroot Ketchup	250g	4.25	GOSV
KJ149	Mushroom Ketchup	250g	4.25	GOSV
KJ121	Rhubarb Ketchup	250g	4.25	GOSV
KJ120	Spicy Squash Ketchup	250g	4.25	GOSV
KJ113	Tomato Ketchup	250g	4.25	GOSV
	<b>RUBIES IN THE RUBBLE</b>			
KJ279	Banana Ketchup	300g	3.49	V
KJ315	Tomato Ketchup - Squeezy	470g	4.25	V
	<b>STUBB'S</b>			
KJ073	Hickory Liquid Smoke	148ml	3.49	GSV
	<b>TEAS</b>			
	<b>CAFEDIRECT</b>			
TE388	Everyday Tea	440 bags	14.49	FV
	<b>CLEARSPRING</b>			
JP210	Genmaicha Green Tea Tea Bags	20 bags	3.49	OV
JP097	Hojicha Roasted Green Tea	20 bags	3.49	OV
TE024	Japanese Matcha Green Tea Pwdr	100g	23.99	OSV
TE236	Japanese Oolong Tea (bags)	36g	3.99	OV
JP063	Kukicha,Roasted Twig Teabags	20 bags	3.49	OV
JP010	Matcha Sencha Green Tea (bags)	20 bags	3.99	OV
TE237	Matcha Tea Ceremonial Tin	30g	16.99	OV
TE504	Matcha Tea Premium (bulk)	1kg	193.00	OV
TE243	Matcha Tea Premium (Pouch)	40g	1.99	OV
TE022	Org Japanese Kuwa Mulberry Pow	40g	8.99	OSV
JP302	Sencha Green Tea	20 bags	3.49	OV
JP019	Sencha Traditional Green Tea	90g	7.49	OV
	<b>CLIPPER</b>			
	Food Service Range			
TE178	Fairtrade Everyday	100 bags	7.69	FV
TE448	Fairtrade Everyday One Cup Bag	1120 bags	35.25	FV
TE726	Fairtrade One Cup Teabags	440 bags	16.75	FV
	Food Service Range - 250's			
TE152	Earl Grey	250 bags	27.59	FOV

code	product	size	rrp	bfgosv
TE451	Speciality English Breakfast Food Service Range - 6 X 25's	250 bags	27.59	FOV
TE150	Earl Grey Food Service Range - 6 x 25's	25 bags	3.35	FOV
TE635	Everyday Decaffeinated Tea Food Service Range - 6 X 25's	25 bags	4.50	OV
TE161	Green Tea Green Tea 20's	25 bags	3.49	FOV
TE990	Green Tea with Lemon Organic	20 bags	2.95	OFV
TE989	Organic Pure Green Tea Loose Leaf 80g	20 bags	2.95	OFV
TE463	Earl Grey	80g	3.79	FOV
TE467	English Breakfast	80g	3.79	FOV
TE460	Green Tea and Lemon	80g	3.79	FOV
TE466	Pure Green Loose Leaf Tea 80g	80g	3.79	FOV
TE458	Lemon & Ginger Pack 40	80g	3.79	FOV
TE154	Decaffeinated Green	40 bags	4.19	FOV
TE151	Decaffeinated Tea	40 bags	3.99	FOV
TE158	Earl Grey Decaff	40 bags	3.99	FOV
TE172	English Breakfast Tea Organic	40 bags	3.35	FGOV
TE983	FT Organic Assam	40 bags	2.89	FOV
TE177	FT Organic Earl Grey	40 bags	3.29	FGOV
TE168	FT Organic Everyday Tea	40 bags	3.29	FGOV
TE182	FT Organic Green Tea	40 bags	3.49	FGOV
TE183	FT Organic White Tea Pack 80	40 bags	3.55	FGOV
TE164	Decaffeinated Tea	80 bags	6.89	FOV
TE053	Earl Grey	80 bags	4.59	FOV
TE507	English Breakfast Organic	80 bags	4.65	FGOV
TE189	FT Organic Everyday Tea	80 bags	4.45	FGOV
TE190	FT Organic Green Tea	80 bags	4.79	FGOV
TE179	Green and Mint Super Green Teas	80 bags	4.79	FOV
TE379	Reviving Organic Green Tea	20 bags	2.99	FOV
	<b>ENGLISH TEA SHOP</b>			
	XMAS 2022			
TE284	Advent Calendar Hanging	25 bags	12.99	FOV
	<b>HAMPSTEAD TEA</b>			
TE369	Assam	20 bags	2.99	OV
TE939	Clean Green	20 bags	2.99	FOV
TE936	Divine Earl Grey	20 bags	3.49	FOV
TE932	English Breakfast	20 bags	3.49	FOV
TE935	Pure Darjeeling Looseleaf	20 bags	2.99	FOV
TE249	Darjeeling	100g	6.49	OVB
TE251	Earl Grey	100g	6.49	OVB
TE677	English Breakfast	100g	6.49	GOVB
TE255	Green Tea Selection Box	100g	6.49	OVB
TE365	Black Tea Selection	20 bags	3.49	OV
TE364	Green Tea Selection	20 bags	3.49	OV
	<b>PUKKA</b>			
TE213	Elegant English Breakfast	20 bags	4.29	FOV
TE214	Gorgeous Earl Grey	20 bags	4.29	FOV
	<b>QI</b>			
TE308	Decaffeinated Green Tea	20 bags	2.75	OV
TE485	Fairtrade Green Tea	25 bags	1.94	FOV
TE114	Fairtrade White Tea	25 bags	2.17	FOV
TE310	Matcha Green Tea Powder	40g	19.99	OV

code	product	size	rrp	bfgosv
TE819	Looseleaf Fairtrade Chun Mee Tea	100g	2.75	FOV
	<b>TOFU &amp; TEMPEH (CHILLED)</b>			
	<b>BETTER NATURE</b>			
CV763	BBQ Tempeh Pieces	180g	3.29	GSV
CV764	Curry Tempeh Pieces	180g	3.29	GV
CV766	Mediterranean Tempeh Pieces	180g	3.29	GV
CV201	Organic Tempeh	200g	2.99	OV
CV767	Smoky Tempeh Rashers	180g	3.29	GV
	<b>CAULDRON</b>			
CV562	Organic Marinated Tofu Pieces	160g	3.40	SOV
CV561	Organic Tofu	396g	3.55	OV
	<b>CLEAR SPOT</b>			
CV209	Marinated Tofu	190g	2.90	OV
CV612	Oriental Tofu	225g	3.40	OV
CV206	Plain Tofu	280g	2.35	OV
CV272	Plain Tofu	450g	3.69	OV
CV777	Scrambled Tofu	200g	3.90	GOV
CV913	Silken Tofu	250g	2.45	GOV
CV249	Smoked Tofu	225g	3.20	OV
CV074	Tempeh	200g	3.69	OV
	<b>DRAGONFLY</b>			
CV431	Org Medium Firm Natural Tofu	300g	2.75	OV
CV395	Org Smoked Tofu	300g	3.20	OV
CV394	Org Super Firm Natural Tofu	300g	2.75	OV
CV393	Organic Marinated Tofu	300g	3.70	GOV
	<b>HIKARI MISO</b>			
CV861	Shizenno Megumi Firm Tofu	300g	2.75	OV
CV865	Shizenno Megumi Soft Tofu	250g	2.75	OV
CV866	Shizenno Megumi SuperFirm Tofu	300g	2.75	OV
	<b>IMPULSE FOODS</b>			
CV177	Black Turtle Bean Tempeh	200g	3.85	GOV
CV178	Chickpea & Chia Tempeh	200g	3.85	GOV
CV537	Classic Original Tempeh	200g	3.15	OV
CV543	Tempeh with Hemp Seeds	200g	3.40	OV
CV544	Tempeh with Sea Vegetables	200g	3.35	OV
	<b>NATUREMADE OASIS</b>			
CV582	Marinated Tofu	200g	2.45	OV
	<b>TAIFUN</b>			
CV007	Almond/Sesame Tofu Slice	200g	4.55	OV
CV835	Basil Tofu with Fresh Herbs	200g	4.70	OVB
CV635	Feto Natural Tofu	200g	4.45	OV
CV684	Firm Tofu - Natural	200g	2.75	OV
CV833	Smoked Tofu	200g	4.50	OV
CV133	Spinach Tofu	200g	4.65	OV
CV841	Tofu Fillet - Japanese Style	160g	3.85	OVB
CV840	Tofu Fillet - Mild Wild Garlic	160g	4.15	OVB
CV151	Tofu Fillets with Garden Peas	160g	4.15	OV
CV832	Tofu Rosso - Taste of the Med	200g	4.70	OVB
	<b>VIANA</b>			
CV408	Demeter Organic Standard Real Smoked Firm Tofu	250g	3.35	OV
	<b>TOMATOES &amp; TOMATO PRODUCTS</b>			
	<b>SUMA ORGANIC</b>			
LJ560	Organic Passata	690g	1.95	VO
LJ088	Tomato Puree - organic Canned	200g	1.65	OV
LJ075	Cherry Tomatoes - organic	400g	1.39	OV
LJ080	Tomatoes - chopped, organic	400g	1.90	OV
LJ123	Tomatoes - chopped, organic	2.5kg	6.90	OV

code	product	size	rrp	bfgosv
LJ081	Tomatoes - peeled, whole OG	400g	1.90	VO
	<b>SUMA PREPACKS - ORGANIC</b>			
	Dried			
LJ602	Sundried Tomatoes - organic	125g	1.89	OV
	<b>MR ORGANIC</b>			
KJ071	Italian Tomato Puree	200g	2.90	OV
	<b>MUTTI</b>			
LJ142	Baby Roma Tomatoes	400g	2.39	V
LJ140	Classic Pizza Sauce	400g	2.19	V
LJ129	Finely Chopped Tomatoes	400g	1.49	V
LJ128	Flavoured Pizza Sauce	400g	2.90	V
LJ141	Passata	500g	1.99	V
LJ134	Passata (Bottled)	400g	2.50	V
LJ127	Tomato Puree in Tubes	130g	1.59	V
LJ093	Triple Conc' Tomato Puree	200g	2.29	V
LJ133	Whole Peeled Tomatoes	400g	1.49	V
	<b>ORGANICO</b>			
KJ010	Sundried Tomatoes - og	190g	4.25	FOV
	<b>ZEST</b>			
LJ042	Sun-dried Tomato Paste	170g	3.49	V
	<b>TOOTH CARE</b>			
	<b>ALOE DENT</b>			
DY511	Aloe Vera Charcoal Toothpaste	100ml	5.49	V
DY852	Aloe Vera Childrens Toothpaste	50ml	3.99	V
DY516	Aloe Vera Coconut Toothpaste	100ml	5.49	V
DY864	Aloe Vera Mouthwash	250ml	4.99	V
DY849	Aloe Vera Sensitive Toothpaste	100ml	5.49	V
DY836	Aloe Vera Whitening Toothpaste	100ml	5.49	V
DY528	Triple Action Toothpaste	100ml	5.49	V
	<b>BEN &amp; ANNA</b>			
DY300	Mouthwash - Sensitive	500ml	12.95	OV
DY302	Toothpaste - Charcoal	100ml	8.95	OV
DY293	Toothpaste - Sensitive	100ml	8.95	OV
DY291	Toothpaste - Whitening	100ml	8.95	OV
	Toothpaste - Tubes			
DY193	Toothpaste Tube - Black	75ml	5.95	OV
DY203	Toothpaste Tube - Coco Mania	75ml	5.95	OV
DY204	Toothpaste Tube - Mint	75ml	5.95	OV
DY195	Toothpaste Tube - White	75ml	5.95	OV
	<b>DR BRONNER'S</b>			
DY544	Peppermint Toothpaste	105ml	8.69	FV
DY629	Spearmint Toothpaste	105ml	8.69	FV
	<b>ECOLIVING</b>			
DY279	Dental Floss	50m	4.20	V
DY281	Dental Floss Refills	2 x 50m	5.20	V
DY170	Mouthwash Tablets w\Fluoride	125 tab	6.00	V
DY169	Toothpaste Tablets w\Fluoride	125 tab	5.50	V
	<b>ECOTOOTHBRUSH</b>			
NF356	Adult - Medium	1	3.29	V
NF355	Adult - Soft	1	3.29	V
NF357	Child - Soft	1	3.29	V
	<b>ENVIRONMENTAL TOOTHBRUSH</b>			
NF616	The Environmental Toothbrush	1	3.15	V
NF642	The Environmental Toothbrush	1	3.15	V
NF660	The Environmental Toothbrush	1	3.15	V
	<b>GREEN PEOPLE</b>			
DY014	Childrens Toothpaste	50ml	5.75	VO
DY256	Childrens Toothpaste Mandarin	50ml	5.75	VO
DY216	Toothpaste Minty Cool	50ml	5.75	V
DY255	Toothpaste Peppermint	50ml	5.75	V
	<b>HUMBLE</b>			

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	Dental Floss			
DY467	Charcoal Floss Picks	50	4.99	V
DY468	Dental Floss - Fresh Mint	50m	2.99	V
DY470	Natural Floss Picks	50	4.99	V
	Interdental Brushes			
DY172	Bamboo Tooth Picks	100	3.99	V
DY318	Interdental Brush blue	8 pack	4.15	V
DY323	Interdental Brush Pink	8 pack	4.15	V
DY319	Interdental Brush Red	8 pack	4.15	V
DY324	Interdental Brush Yellow	8 pack	4.15	V
	Toothbrushes			
DY648	Adult Medium - Mixed Colours	1	3.99	V
DY178	Adult Medium Flat Bamboo	1	1.99	V
DY649	Adult Mixed Pack Soft	1	3.99	V
DY176	Adult Soft Duo Pack	2	2.99	V
	Toothpaste Tablets			
DY412	Fresh Mint Tabs + Fluoride	60	5.99	V
	<b>KINGFISHER</b>			
DY668	Aloe Vera Tea Tree Mint	100ml	3.35	GV
DY669	Aloe Vera/ Tea Tree Fennel	100ml	3.35	GV
DY527	Baking Soda & Mint Toothpaste	100ml	3.35	GV
DY416	Charcoal Naturally Whitening	100ml	3.35	GV
DY565	Childrens Strawberry T'paste	100ml	3.35	V
DY161	Childrens Strawberry T'paste	100ml	3.35	GV
DY111	Fennel Toothpaste	100ml	3.35	GV
DY800	Fluoride Free Fennel T'Paste	100ml	3.35	GV
DY529	Mint Fluoride Free	100ml	3.35	GV
DY190	Mint Toothpaste	100ml	3.35	GV
	<b>SARAKAN</b>			
DY035	Mouthfresh Rinse	300ml	4.55	V
DY113	Toothpaste	64g	3.25	V
	<b>WELEDA</b>			
DY146	Toothpaste - Calendula	75ml	5.50	V
DY149	Toothpaste - Plant Gel	75ml	5.50	V
DY147	Toothpaste - Ratanhia	75ml	5.50	V
	<b>YAWECO</b>			
DY015	Adult Toothbrush - Medium	1	3.79	V
DY332	Medium Refill Heads	1 x 4PK	7.79	V
	<b>VEGETABLES</b>			
	<b>SUMA ORGANIC</b>			
	Canned from Fresh			
VF111	Fresh Peas - Organic	340g	1.39	OV
LJ270	Supersweet Sweetcorn - Organic	160g	1.29	OV
LJ800	Supersweet Sweetcorn - Organic	340g	1.65	OV
LJ550	Sweetcorn - Organic	340g	1.65	OV
	<b>AMAIZIN</b>			
KJ117	Jalapeno Peppers	150g	2.69	OV
	<b>BIONA</b>			
LJ243	Capers In Olive Oil	120g	4.85	OV
	<b>BIONOVA</b>			
VF040	Sauerkraut	350g	2.75	VO
VF030	Sweetcorn - organic	340g	2.25	VO
	<b>CLEARSPRING</b>			
	Bio Kitchen			
VF339	Sauerkraut	360g	1.99	OVB
	<b>COOKS &amp; CO</b>			
KJ020	Artichoke Bottoms in Brine	390g	3.55	V
KJ088	Artichoke Hearts in Brine	390g	3.59	V
KJ284	Dried Morel Mushrooms	30g	17.45	V
KJ090	Dried Porcini Mushrooms	40g	6.79	V
KJ096	Dried Shii-Take Mushrooms	30g	3.35	V

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KJ019	Hearts of Palm	400g	3.85	V
KJ093	Mixed Forest Mushrooms	40g	4.50	V
KJ132	Roasted Red Pepper Strips	300g	1.69	SV
KJ017	Roasted Red Peppers	460g	4.59	V
KJ018	Stuffed Vine Leaves	400g	3.39	V
KJ029	Sundried Tomatoes	280g	3.19	V
KJ078	Sweetly Drop Peppers	235g	4.29	GV
KJ244	Tri Colour Jalapenos	290g	2.89	V
KJ126	Vegan Stuffed Red Peppers	220g	4.49	SV
KJ027	Whole Green Chillies	300g	2.90	V
KJ030	Whole Red Chillies	300g	1.59	V
<b>CYPRESSA</b>				
VF047	Marinated Artichoke Hearts	280g	3.50	V
VF051	Marinated Sun-Dried Tomatoes	280g	3.50	V
VF964	Roasted Red Peppers	465g	3.15	SV
VF214	Stuffed Vineleaves	280g	1.95	V
<b>MANI</b>				
KJ440	Og Capers in Olive Oil	180g	3.99	OV
KJ434	Og Kalamata Olive Paste	180g	3.99	OV
KJ437	Og Sun Dried Tomato Paste	180g	3.99	OV
<b>MERCHANT GOURMET</b>				
VF145	Chestnut Puree	200g	2.90	V
VF146	Whole Chestnuts	180g	3.15	V
<b>ORGANICO</b>				
KJ016	Artichoke Hearts - og	190g	4.95	FOV
KJ428	Capers	100g	1.95	OV
KJ429	Capers	250g	3.45	OV
VF088	French Chestnuts in box - og	200g	4.95	OV
<b>ST DALFOUR</b>				
VF112	Whole Chestnuts	200g	4.69	GV
<b>TROPICAL WHOLEFOODS</b>				
VF164	Ceps / Porcini Mushrooms	30g	3.99	V
VF514	Shiitake Mushrooms	50g	3.99	V
<b>VEGETABLES (FROZEN)</b>				
<b>BIO INSIDE</b>				
XL278	Organic Asia Vegetable Mix	400g	2.95	OV
XL261	Organic Baby Carrots	300g	2.90	OV
XL155	Organic Garden peas	300g	2.00	GOV
XL270	Organic Mushrooms	300g	2.45	OV
XL153	Organic Sweetcorn	300g	2.35	GOV
<b>NATURAL COOL</b>				
XL183	Broccoli	300g	3.45	GOVB
XL221	Chips - Oven or Fry	600g	3.50	BGOV
XL156	Chips - Oven or Fry	1.25kg	7.20	GOVB
XL176	Cut Green Beans	450g	2.80	OVB
XL177	Leaf Spinach Portions	450g	2.85	OVB
XL178	Peas	450g	3.60	GOV
XL098	Potato Wedges	450g	2.99	BGOV
XL181	Sweetcorn	450g	3.60	GOV
XL134	Vegetable Mix	450g	3.30	BGOV
<b>PACK'D</b>				
XL195	Organic Cauliflower Rice	450g	3.15	OV
XL189	Organic Loose Leaf Spinach	450g	3.15	OV
XL228	Organic Petit Pois	450g	3.15	OV
XL239	Organic Super Sweet Sweetcorn	450g	3.15	OV
XL203	Organic Sweet Potato Chunks	450g	3.15	OV
<b>STRONG ROOTS</b>				
XL164	Cauliflower Hash Browns	375g	4.10	V
XL165	Mixed Root Vegetable Fries	500g	4.10	GV
XL166	Proper Potato Chips	750g	4.10	GV
XL162	Sweet Potato Fries	500g	4.10	GV



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	<b>YUTAKA</b>			
XL047	Shelled Edamame Beans	500g	2.70	V
	<b>VINEGARS</b>			
	<b>SUMA ORGANIC</b>			
KJ290	Apple Cider Vinegar Og	5l	14.29	OV
KJ304	Apple Cider Vinegar Organic	500ml	2.59	OV
KJ335	Apple Cider Vinegar Organic	750ml	3.10	OV
KJ151	OG Balsamic Vinegar - oak aged	250ml	3.89	OV
KJ153	Org Balsamic 5 Litre	5l	37.90	OV
KJ099	Organic Red Wine Vinegar	5l	18.59	OV
KJ089	Organic Red Wine Vinegar	500ml	2.29	OV
KJ107	Organic White Wine Vinegar	5l	18.59	OV
KJ091	Organic White Wine Vinegar	500ml	2.29	OV
	<b>ASPALL</b>			
KJ480	Apple Balsamic Vinegar	350ml	4.25	V
KJ382	Balsamic Vinegar - og	5l	51.69	OV
KJ478	Balsamic Vinegar - organic	350ml	4.25	OV
KJ477	Cyder Vinegar	350ml	2.90	V
KJ067	Cyder Vinegar	5l	16.89	V
KJ481	Cyder Vinegar - organic	350ml	2.19	VO
KJ069	Cyder Vinegar - organic	500ml	2.69	VO
KJ205	Cyder Vinegar - organic	5l	2.79	OV
KJ395	Raw Unfiltered Cyder Vinegar	500ml	3.19	OV
KJ321	Raw Unfiltered Cyder Vinegar	5l	22.29	OV
KJ479	Red Wine Vinegar	350ml	2.90	V
KJ353	Red Wine Vinegar	5l	16.89	V
KJ475	Red Wine Vinegar - organic	350ml	2.15	OV
KJ476	White Wine Vinegar	350ml	2.90	V
KJ356	White Wine Vinegar	5l	16.89	V
KJ474	White Wine Vinegar - organic	350ml	2.15	OV
KJ210	White Wine Vinegar - organic	5l	23.90	OV
	<b>BIONA</b>			
KJ131	Cider Vinegar with 'Mother'	5 l	16.90	OV
KJ130	Cider Vinegar with 'Mother'	500ml	3.50	OV
KJ311	Cider Vinegar with 'Mother'	75cl	3.75	OV
	<b>BRAGG</b>			
KJ325	Apple Cider Vinegar w/Mother	473ml	6.99	GOV
KJ324	Apple Cider Vinegar w/Mother	946ml	11.98	GOV
	<b>MR ORGANIC</b>			
KJ492	Organic Apple Cider Vinegar	500ml	3.35	GOV
	<b>RAW HEALTH</b>			
KJ008	ACV Infusion Turmeric Ginger	500ml	3.75	OV
KJ489	Apple Cider Vinegar	1 l	4.85	OV
KJ129	Raw Organic Cider vinegar	500ml	3.35	OV
	<b>RAYNERS</b>			
KJ500	Apple Cider Vinegar	500ml	3.25	OV
LJ272	Apple Cider Vinegar	750ml	4.49	OV
KJ505	Coconut Aminos	250ml	6.29	OV
	<b>WATERS</b>			
	<b>BOTTLE UP</b>			
	Re-Usable Sugar Cane Bottle			
WA002	Still Spring Water	500ml	2.99	V
WA004	Still Spring Water	500ml	2.99	V
	<b>CANO WATER</b>			
WA003	Sparkling Spring Water	330ml	0.99	V
WA008	Still Water	330ml	1.50	V
	<b>CHEDDAR WATER</b>			
WA011	Natural Spring Water Sparkling	750ml	1.25	OV
WA007	Natural Spring Water Still	750ml	1.25	OV
	<b>HARROGATE SPRING WATER</b>			
	330ml Single Serve Glass			

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WA013	Spring Water - Sparkling	330ml	0.79	V
WA009	Spring Water - Still	330ml	0.79	V
	750ml Glass Bottles			
WA222	Spring Water - Sparkling	750ml	1.65	V
WA223	Spring Water - Still	750ml	1.49	V
<b>ONE WATER</b>				
WA001	Natural Still Spring Water	500ml	2.79	V
WA006	Sparkling Natural Spring Water	330ml	0.89	V
WA005	Still Natural Spring Water	330ml	0.89	V
<b>THIRSTY PLANET</b>				
	Glass Bottles			
WA018	Spring Water - Sparkling	330ml	0.89	V
WA016	Spring Water - Still	330ml	0.89	V
<b>WINES</b>				
<b>ATLANTIC DISTILLERY</b>				
	XMAS 2023			
WN021	Arancello Organic Liquer OG	70cl	35.00	OSV
WN002	Jynevra Classic Gin OG	70cl	39.00	OV
WN013	Organic Festive Spiced Gin	70cl	47.00	OSV
<b>RED WINE</b>				
	Argentina			
WN119	Made in Mendoza Malbec	75cl	1.35	OV
WN010	Rewild Malbec	75cl	1.95	V
	Bulgaria			
WN132	Deer Point Cabernet Sauvignon	75cl	9.55	V
	Chile			
WN055	MontGras Pinot Noir	750ml	14.59	GOV
WN041	Proudly Vegan Merlot	75cl	1.75	V
	France			
WN006	Merlot La Marouette	75cl	13.55	GOV
WN078	Rouge Sans Sulfite Marouette	750ml	16.55	GOV
	Italy			
WN140	Fedele Nero D'Avola	75cl	12.29	OV
WN058	Ingeno Nero D'Avola	75cl	1.65	OV
WN020	Integro Organic Primitivo	75cl	12.99	GOV
WN063	Nero d'Avola Era	75cl	13.79	GOV
	Lebanon			
WN033	Coteaux Les Cedres Du Liban	75cl	18.25	FV
	South Africa			
WN114	Running Duck Cab. Sauvignon	75cl	11.19	FOV
WN197	Running Duck Merlot	75cl	1.75	FOV
WN196	Running Duck Pinotage	75cl	11.19	FOV
WN116	Running Duck Shiraz	75cl	1.75	FOV
WN138	Stellar Organics Merlot	75cl	11.19	FOV
	Spain			
WN050	Amigo de la Tierra Red	750ml	1.69	GOV
WN207	Cuesta Colora Tempranillo	75cl	13.59	OV
WN232	Tempranillo Camino	75cl	1.59	GOV
WN080	Tempranillo Finca Fabian	750ml	11.29	GOV
<b>ROSE WINE</b>				
	Argentina			
WN082	Rewild Rose	75cl	9.99	V
	Bulgaria			
WN174	Deer Point Merlot	75cl	9.55	V
	Chile			
WN043	Proudly Vegan Rose	75cl	1.79	V
	France			
WN229	Grenache Rose La Marouette	75cl	13.79	GOV
WN060	Rose Sans Sulfite Marouette	750ml	14.19	OV
	South Africa			

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WN118	Running Duck Shiraz Rose Spain	75cl	1.75	FOV
WN022	Coral de Penascal Rose	75cl	12.99	GOV
<b>SPARKLING WINE</b>				
	Italy			
WN009	Prosecco Col di Manza	75cl	23.19	GOVB
WN075	Proudly Vegan Prosecco	75cl	16.29	V
WN133	Proverbio Prosecco Spain	75cl	16.65	OV
WN081	Cava Bodegas Enguera	750ml	15.99	GOV
WN054	Vallformosa Bio Organic Cava	750ml	16.79	GOV
<b>WHITE WINE</b>				
	Bulgaria			
WN012	Deer Point Chardonnay Chile	75cl	9.55	V
WN016	MontGras Sauvignon Blanc	75cl	14.99	GOV
WN032	Pico a Pico Sauvignon Blanc	75cl	1.45	FV
WN034	Proudly Vegan Sauvignon Blanc	75cl	11.15	V
WN014	Rewild Sauvignon Blanc France	75cl	1.95	V
WN076	Blanc Sans Sulfite Marouette Italy	750ml	14.99	GOV
WN141	Fedele Catarratto Pinot Grigio	75cl	12.29	OV
WN057	Ingeno Pinot Grigio South Africa	75cl	1.65	OV
WN008	Running Duck Chenin Blanc	75cl	11.90	FOV
WN115	Running Duck Chenin Sauv Blanc	75cl	1.75	FOV
WN019	Stellar Org. Sauvignon Blanc Spain	75cl	1.75	FOV
WN079	Verdejo Finca Fabian	750ml	14.39	GOV
<b>YEAST EXTRACTS</b>				
<b>ESSENTIAL TRADING</b>				
GH059	Yeast Extract	125g	5.90	V
GH058	Yeast Extract	250g	8.60	V
<b>MERIDIAN</b>				
GH160	Yeast Extract + B12 and salt	340g	4.99	V
GH098	Yeast Extract +B12, no salt	340g	4.99	V
<b>NATEX</b>				
GH055	Yeast Extract - Reduced Salt	225g	4.35	V
<b>VEGEMITE</b>				
GH148	Vegemite Gluten Free	235g	2.85	GV
<b>YOGHURT, NON-DAIRY (CHILLED)</b>				
<b>ALPRO</b>				
CV575	Coconut Soya Yoghurt	500g	1.95	GV
CV576	Soya Blueberry Cherry Yoghurt	4 x 125g	2.39	GSV
CV572	Soya Blueberry Yoghurt	500g	1.95	GSV
CV579	Soya Greek Style	400g	1.95	GV
CV589	Soya Strwb/Bana/Peach Yoghurt	4 x 125g	2.39	GSV
<b>COCOS</b>				
CV892	Mango & Passionfruit	125g	2.35	GOV
CV013	Mango & Passionfruit Yoghurt	400g	5.65	GOV
CV893	Mixed Berry Coconut Yoghurt	125g	2.35	GOV
CV014	Mixed Berry Coconut Yoghurt	400g	5.65	GOV
CV899	Natural Coconut Milk Yoghurt	400g	5.65	GOV
CV891	Natural Coconut Yoghurt	125g	2.35	GOV
CV897	Natural Coconut Yoghurt	250g	4.15	GOV
CV501	Natural Light Coconut Yoghurt	400g	5.65	FGOV
CV894	Strawberry Coconut Yoghurt	125g	2.35	GOV
CV900	Strawberry Coconut Yoghurt	400g	5.65	GOV
CV895	Vanilla Coconut Yoghurt	125g	2.35	GOV

code	product	size	rrp	bfgosv
CV901	Vanilla Coconut Yoghurt	400g	5.65	GOV
	<b>KOKO DAIRY FREE</b>			
	Coconut Yoghurts			
CV042	Coconut & Lemon Yoghurt	2 x 125g	1.95	GSV
CV229	Greek Style Yoghurt	350g	2.20	GV
CV032	Peach & Passionfruit Yoghurt	2 x 125g	1.95	GSV
CV020	Plain Yoghurt Alternative	500g	2.20	GSV
CV031	Raspberry Yoghurt Alternative	2 x 125g	1.95	GSV
CV029	Strawberry Yoghurt Alternative	2 x 125g	1.95	GSV
CV300	Vanilla Yoghurt Alternative	450g	2.20	GSV
	<b>NUSH</b>			
	Almond Milk Dairy-Free Yoghurt			
CV326	Blueberry Yoghurt	120g	2.50	V
CV170	Blueberry Yoghurt	350g	3.50	V
CV796	Mango & Passionfruit	350g	3.50	GV
CV533	Natural Yoghurt	350g	3.50	V
CV515	Raspberry Yoghurt	350g	3.50	V
CV169	Strawberry Yoghurt	350g	3.50	V
	<b>OATLY</b>			
CV654	Oatgurt Greek	400g	3.20	V
CV650	Oatgurt Plain	400g	2.50	V
CV651	Oatgurt Strawberry	400g	3.10	SV
	<b>SOJADE</b>			
	150g Pots			
CV916	Blueberry Yoghurt	150g	1.20	GOV
CV918	Mango Yoghurt	150g	1.20	GOV
CV915	Peach and Mango Yoghurt	150g	1.20	GOV
CV917	Strawberry Yoghurt	150g	1.20	GOV
	Soya Based Yoghurts			
CV485	Apricot Yoghurt	400g	2.45	GOSV
CV269	Banana & Passion Yoghurt	400g	2.75	GOV
CV289	Blueberry Cherry Yoghurt	400g	2.75	GOV
CV486	Blueberry Yoghurt	400g	2.45	GOSV
CV730	Greek Style Raspberry Yoghurt	400g	3.50	GOV
CV876	Greek Style Yoghurt	400g	2.30	GOV
CV724	Lemon Yoghurt	400g	2.45	GOSV
CV494	Mango & Peach Yoghurt	400g	2.45	GOSV
CV483	Natural Yoghurt	400g	1.50	GOV
CV266	Sojade Natural Yoghurt	250g	1.50	GOV
CV723	Vanilla Yoghurt	400g	2.45	GOSV
	<b>SOON</b>			
CV616	Banana & Coconut Oat Yoghurt	350g	2.70	OSV
CV636	Chocolate Hemp Dessert	150g	1.30	OSV
CV637	Coconut Yoghurt	350g	2.89	OV
CV681	Hazelnut Hemp Dessert	150g	1.30	OSV
CV559	Oat Yogurt	350g	2.49	OV
CV622	Spelt Yogurt	350g	2.80	OV
	<b>THE COCONUT COLLABORATIVE</b>			
CV508	Mango-Passion Compote Yoghurt	360g	3.70	GV
CV495	Natural Yoghurt	350g	3.50	GV
CV825	Natural Yoghurt	600g	5.30	GV
CV270	Raspberry Yoghurt	350g	3.70	SV
CV497	Vanilla Yoghurt	350g	3.50	GV
	Gut Health			
CV427	Natural Cultured Yoghurt	350g	3.50	V

# Suma

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