

Suma

CO-OPERATIVE SINCE 1977

GLUTEN FREE

SEP - OCT 2023

Gluten Free

A bit more about it..

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

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

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



Key BFGSOV

B - Biodynamic // F - Fairtrade or BAFTS accredited // 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
ALCOHOL FREE AND LOW ALCOHOL BEVERAGES				
BELVOIR				
	Alcohol Free Cocktails			
JU315	Juniper and Tonic - J&T	750ml	4.10	GSV
JU205	Lime and Yuzu Mojito	750ml	4.15	GS
	XMAS 2023			
JU559	Spiced Ginger Punch	750ml	4.79	GSV
FUNGTN				
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
ALCOHOLIC DRINKS				
DIRTY COW				
RT057	Chocolate Cre*m Liqueur	70cl	24.99	GSV
RT052	Original Cre*m Liqueur	70cl	24.99	GSV
HOLLOWS				
	From Fentimans			
RT017	Superior Alcoholic Ginger Beer	500ml	4.23	GVS
SOMETHING AND NOTHING				
	Seltzer			
RT042	Junmai Sake & Yuzu Spritz	330ml	3.75	GV
BABY & CHILD FOOD				
BEAR				
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
LITTLE PASTA ORGANICS				
	Pasta			
BB151	Gluten Free Mini Gnocchi	250g	2.65	GOV
BB043	Red Lentil Dinosaur Pasta	250g	3.55	GOV
BAKING SUNDRIES				
SUMA				
LJ039	Baking Powder - Gluten Free	200g	2.45	GV
LJ040	G/Free Bicarbonate of Soda	200g	1.79	GV
LJ223	Gluten Free Xanthan Gum	100g	3.39	GV
DOVES FARM				
LJ206	Baking Powder	130g	1.95	GV
LJ202	Bicarbonate of Soda	200g	1.79	GV
LJ228	Choc Chip Cookie Mix	350g	3.49	GSV
LJ234	Chocolate Brownie Mix	350g	3.15	GS
LJ203	Cornflour Organic	110g	2.29	GOV
BT528	Gluten Free Sponge Mix	350g	2.79	GS
LJ233	Pancake Mix	300g	2.65	GV
LJ423	Quick Yeast	8 x 125g	1.75	GV
ENGEVITA				
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	FGV
LJ020	Yeast Flakes with Vitamin B12	100g	4.25	FGV
FOODS OF ATHENRY				
	XMAS 2023			
VF264	Very Fruity Mince Meat	320g	7.21	GSV
FREE & EASY				
LJ009	Cheese Flavour Sauce Mix	130g	2.55	GSV
LJ016	Egg Replacer	135g	2.69	GV
MONTEZUMA'S				
	Cooking Chocolate			
KB052	Dark Couverture	3kg	59.70	GOSV
KB060	Milk Couverture	3kg	63.65	GOS
NIELSEN MASSEY				
LJ242	Madagascan Vanilla Extract	1l	135.00	GV
LJ244	Vanilla Extract	60ml	1.85	GV
ORGRAN				
LJ656	Egg Replacer	200g	3.15	GV
LJ077	Vegan Easy Egg	250g	4.79	GSV
PLAMIL				
	Drops in 1kg bags			

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KB651	Baking Chocolate	1kg	13.70	GSV
KB652	Organic Baking Chocolate	1kg	15.53	GOSV
KB658	Organic Rich Chocolate	1kg	16.13	GOSV
SUPERGOOD! BAKERY				
LJ010	Flippin' Lovely Pancake Mix	200g	3.69	GSV
LJ021	Wakey Protein Pancake Mix	200g	4.65	GSV
THE RAW CHOCOLATE CO				
	Chocolate Making Ingredients			
KB051	Raw Cacao Powder	180g	3.75	GOV
BISCUITS CRACKERS & CRISPBREAD				
AMISA				
BT560	Chestnut Crispbread	100g	2.39	GOV
BT119	Chickpea Crispbread	100g	2.90	GOV
BT185	Crispbread - Buckwheat W/grain	120g	2.95	GOV
BT291	Crispbread - Veggie Garden GF	100g	1.89	GOV
BT159	Protein Lentil Crispbread	100g	2.19	GOV
CLEARSPRING				
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
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
DOVES FARM				
BT295	Choc Chip Cookies	180g	2.59	GOSV
BT271	Double Chocolate Cookies - GF	180g	2.59	GOSV
BT269	Lemon Zest Cookies - GF	150g	2.50	GOSV
BT008	Stem Ginger Cookies - GF	150g	2.50	GOSV
EASY BEAN				
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 Crispbreads	160g	4.15	GV
BT078	Chickpea Crispbread - Cheddar	110g	4.15	G
BT204	Chickpea Crispbread - Moroccan	110g	4.15	G
BT076	Chickpea Crispbread - Seaweed	110g	4.15	G
BT208	Chickpea Crispbread with Seeds	110g	4.15	G
HONEYROSE				
BT292	All Butter Lemon Shortbread	125g	3.39	GOS
BT249	All Butter Oat & Raisin Cookie	115g	3.39	GOS
BT232	All Butter Shortbread	125g	3.39	GOS
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
BT235	Triple Chocolate Cookie	115g	3.39	GOS
KALLO				
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
BT578	Lentil Cakes Protein Lentil Cake	100g	2.45	GV
BT810	Rice Cakes Milk Chocolate Rice Cakes OG	90g	3.45	GO
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
BT338	Thin Slice Rice Cake Dark Choc	90g	3.35	GO
LAZY DAY				
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

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BT443	Salted Caramel Crispie XMAS 2023	150g	3.45	GV
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
LE PAIN DES FLEURS				
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
MRS CRIMBLES				
BT245	Chocolate Macaroons	195g	2.15	GSV
BT288	Coconut Macaroon	180g	1.95	GSV
NAIRN'S				
BT149	Caramelised Onion Flatbreads	150g	2.39	GS
BT156	Cheese Cracker	137g	1.79	GS
ZX338	Original Flatbread	150g	2.39	GSV
BT027	Sourdough Flatbreads	125g	2.39	GSV
Biscuit Breaks				
BT425	Salted Caramel Oat Biscuit Gluten Free	160g	2.69	GS
BT558	Cracked Black Pepper Cracker	137g	2.19	GS
BT200	GF Apple&Cinnamon Chunky Bisc	160g	2.69	GSV
BT324	GF Biscuit Breaks Choc Chip	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 Biscuits	160g	2.69	GSV
BT347	GF Breaks Choc Chip & Mint	160g	2.69	GSV
BT572	GF Dark Choc&C'nut Chunky Bisc	160g	2.69	GS
BT549	GF Super Seeded Oatcake	180g	2.59	GV
BT420	Gluten Free Oatcakes	213g	2.59	GV
BT424	Gluten Free Oatcakes - Cheese	180g	2.59	G
BT127	Toffee Flavour Oaties	160g	1.70	GSV
BT559	W/Grain Super Seeded Cracker	137g	2.39	GS
BT557	Wholegrain Cracker	160g	2.39	GS
ORIGIN EARTH				
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
REAL FOODS				
BT381	Corn Thins - Original	150g	1.95	GV
RHYTHM 108				
Biscuit Share Bags				
BT333	Almond Biscotti	135g	3.29	GOV
BT334	Coconut Cookie	135g	3.29	GOV
BT335	Double Choc Hazelnut Biscuits	135g	3.29	OVG
BT344	Lemon Ginger Chia Biscuits	135g	3.29	GOSV
RUDE HEALTH FOODS				
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
BT313	High Protein Lentil Triangles	70g	1.85	GV
BT309	Multigrain Crackers	100g	2.49	GOV
SWEET FA				
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
BODY CARE				
DR BRONNER'S				
DY338	Lavender Castile Liquid Soap	3.8l	77.99	FGOVB
FAITH IN NATURE				
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

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DY395	2.5 Litre - Shampoo			
DY413	Shampoo-Lavender/Geranium	2.5l	3.00	GVB
	Shampoo-Wild Rose	2.5l	3.00	GVB
	Body Wash			
DY351	Body Wash - Avocado	400ml	5.99	GV
	Conditioner			
DY354	Conditioner - Blueberry	400ml	6.69	GV
	GREEN PEOPLE			
	Organic Skincare			
DY258	Prebiotic Foot Cream	50ml	14.29	GOV
	Scent Free and Organic			
DY262	Anti-Ageing Eye Cream	10ml	16.29	GOV
DY278	Day Moisturiser	50ml	22.99	GOV
DY259	Face Cream Anti Ageing 24hr	50ml	22.99	GOV
	LAVERA			
	Basis			
DY583	Lip Balm Sensitive	4.5g	4.50	OG
	BREADS & BREAD MIXES			
	AMISA			
BT125	GF Olive Ciabatta	180g	3.55	GOV
BT472	Seeded Breakfast Rolls	188g	3.55	GOV
BT468	Sundried Tomato Ciabatta	180g	3.75	GOV
	BIONA			
BT461	Rice Bread with Sunflower Seed	500g	6.90	GOV
	DILLON ORGANIC			
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
	FREE & EASY			
FG059	Afternoon Tea Scone Mix	350g	3.79	GSV
FG057	Yorkshire Pudding Mix	155g	2.79	GV
	ISABEL'S NATURALLY FREE FROM			
FG186	Baked Donut Mix Gluten Free	100g	3.15	GV
BT203	Gluten & Wheat Free Pizza Mix	300g	3.95	G
FG084	Yorkshire Pudding Mix - G/Free	100g	3.15	G
	NUTRI-FREE			
BT098	Gluten Free Panettone w/Raisin	350g	11.99	GS
	XMAS 2023			
BT035	Gluten Free Panettone w/Choco	680g	18.99	GS
	SCHNITZER GLUTEN FREE			
BT467	Baguette Classic	360g	4.90	GOV
BT466	Baguette Rainy Linseed/Sesame	320g	4.90	GOV
BT062	Baguette Rustic	320g	3.89	GO
	SUPERGOOD! BAKERY			
FG023	Go Splits! Banana Bread Mix	250g	3.69	GSV
	BURGERS SAUSAGES & TVP MIXES			
	SUMA PREPACKS			
VF154	Nut Roast Mix - Gluten Free	340g	3.49	GVS
	ARTISAN NATURES KITCHEN			
VF205	Moroccan Spiced GF Burger Mix	200g	2.89	GSV
VF206	Sweet Chilli GF Burger Mix	200g	2.89	GSV
	CLEARSPRING			
SY074	Organic Soya Chunks	200g	3.49	GOV
SY071	Organic Soya Mince	300g	4.90	GOV
	GORDON RHODES			
	XMAS 2022			
VF024	Apple, Apricot & Bay Stuffing	125g	2.79	GSV
	XMAS 2023			
VF034	Chestnut & Cranberry Stuffing	125g	3.71	GSV
VF049	Gourmet Bread Sauce Mix	125g	3.96	GS
VF045	Sage & Red Onion Stuffing	125g	3.71	GSVB
	PROFUSION			
SY092	Protein Chunks Pea & Fava	125g	3.85	GOV
SY095	Protein Mince Pea & Fava	125g	3.85	GOV
	SHROPSHIRE SPICE			
	XMAS 2023			
VF307	Bread Sauce - Gluten Free	100g	2.30	GSV
VF308	GF Cran/Apple Stuffing Mix	120g	2.30	GSV

code	product	size	rrp	bfgosv
VF309	GF Parsley/Thyme Stuffing Mix	120g	2.30	GSV
VF310	GF Sage/Onion Stuffing Mix	120g	2.30	GSV
BUTTER, CREAM & MILK (CHILLED)				
CALON WEN				
	The Farmers Co-op			
CV277	Lightly Salted Welsh Butter	250g	4.10	GO
CV174	Spreadable Butter	250g	3.75	GO
CV204	Unsalted Welsh Butter	250g	4.10	GO
DEVON CREAM COMPANY				
CV293	Clotted Cream	170g	4.40	GO
YEO VALLEY				
	Minimum 4 days shelf life			
CV101	Double Cream	220ml	2.20	GO
CAKES				
AUTHENTIC BREAD COMPANY				
	XMAS 2023			
BT040	Luxury Mince Pies -Gluten Free	300g	7.25	OSVG
DENISE'S DELICIOUS GLUTEN FREE				
	XMAS 2023			
BT022	4 Handmade GF Mince Pies	220g	5.49	GS
BT403	Rich GF Christmas Cake	500g	9.99	GS
FOODS OF ATHENRY				
	XMAS 2023			
BT151	Christmas Cake - Gluten Free	600g	1.24	GS
BT148	Very Fruity Mince Pies	280g	5.12	GSV
FREE & EASY				
FG031	Breakfast Pancake	230g	3.25	GSV
	Gluten & Dairy Free			
BT072	Chocolate Brownie Mix	350g	4.29	GSV
SUPERGOOD! BAKERY				
	Brownie Crisps			
LJ035	Choc Chip Hazelnut	110g	3.59	GSV
LJ064	Choc Chip Sea Salt	110g	3.59	GSV
LJ029	Double Choc Chip	110g	3.59	GSV
CANDLES, INCENSE & HOLDERS				
DALIT GOODS				
	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
CEREALS & MUESLIS				
ALARA				
	Everyday Range			
MX023	Gluten Free Muesli - organic	250g	3.59	GOV
	Into The Garden			
MX236	Active Muesli	250g	4.39	GOV
AMISA				
FX016	Organic Porridge Oats	325g	2.75	GOV
BIO & ME				
MX116	Burst Gluten Free Granola	350g	4.69	GV
MX117	Cashew & Almond GF Granola	350g	4.69	GV
MX050	Seed & Nut Gluten Free Granola	350g	4.49	GV
	Porridge Pot			
MX129	Porridge Pot - Nice & Nutty	58g	1.45	GV
MX122	Porridge Pot - Spiced Apple	58g	1.45	GV
DOVES FARM				
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

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MX074	Corn Flakes	30g	0.75	GOSV
MX073	Fibre Flakes	30g	0.75	GOSV
	Wholegrain			
MX088	Cocoa Rice Pops	300g	3.55	GOSV
	GLEBE FARM			
FX037	Porridge Oats GF	450g	2.65	GV
MX106	Porridge Oats GF	450g	2.79	GOV
	KALLO			
MX124	Puffed Rice Cereal - Natural	225g	3.69	GOV
	LIZI'S			
MX181	Gluten Free Granola	400g	4.59	GV
	NAIRN'S			
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
	NATURES PATH ORGANIC			
MX602	Gorilla Munch	300g	4.55	GOVS
MX194	Maple Sunrise	332g	4.75	GOSV
MX885	Mesa Sunrise	355g	4.95	GOSV
MX136	Mixed Berry Granola	300g	5.59	OG
	Envirokidz			
MX079	Choco Chimps	284g	4.59	GOVS
	PRIMROSE'S KITCHEN			
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
	RAW GORILLA			
MX102	Keto Berry Granola	250g	5.99	GOV
MX103	Keto Chocolate Granola	250g	5.99	GOV
MX113	Mighty Muesli	250g	5.99	GOV
MX105	Mighty Muesli Choc Chip	250g	5.99	GOV
	RUDE HEALTH FOODS			
	Muesli			
MX065	Coconut Muesli	400g	3.49	GV
	Porridge			
MX208	Gluten Free Sprouted Porridge	400g	4.99	GOV
	Puffs			
MX101	Choco Vanilla Puffs	200g	3.75	GOV
MX164	Honey Puffed Oats	240g	4.25	G
MX120	Puffed Brown Rice	225g	2.39	GV
	SPOON CEREALS			
MX039	Apple + Almond Butter Granola	400g	4.79	GV
MX003	Cinnamon + Pecan Granola	400g	4.09	GV
MX038	Dark Choc Zing Granola	400g	4.79	G
MX005	The Low Sugar One Granola	400g	4.79	GV
	WHOLE EARTH			
MX172	Classic Cornflakes - organic	375g	3.19	GOSV
MX174	Maple Frosted Flakes - og	375g	3.95	GOSV
	CHEESE, DAIRY (CHILLED)			
	BERGERIE			
CV583	Organic Fresh Goat Cheese	100g	2.35	GO
	CHEESE, NON DAIRY (CHILLED)			
	APPLEWOOD			
CV033	Grated Cheese	200g	3.15	GV
CV615	Smoked Cheese Block	200g	2.80	GSV
CV618	Smoked Cheese Slices	200g	3.10	GV
	BUTE ISLAND FOODS			
CV141	Blue Style Wedge	200g	2.70	GV
CV820	Garlic & Chive	200g	2.70	GV
CV016	Greek Style	200g	2.45	GV
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

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CV315	Creamy Original Spread	255g	2.65	GSV
CV024	Creamy Sweet Chilli Spread	255g	2.65	GV
	Grated Sheese			
CV165	Grated Mature Cheddar Style	200g	3.10	GV
CV186	Grated Mild Cheddar Style	200g	3.10	GV
CV183	Grated Mozzarella Style	200g	3.10	GV
	Sliced Sheese			
CV542	Mozzarella Style Slices	180g	2.65	GV
	COCOS			
CV295	Creamy Spread	150g	3.20	FGOV
	MOZZARISELLA			
CV027	MascaRice Vegan Mascarpone	150g	3.65	GOV
	VIOLIFE			
	Grated			
CV904	Grated Tex-Mex Cheese	180g	3.40	GSV
	Specialities			
CV905	Camembert	150g	3.80	GV
	CHOCOLATE			
	ANANDA FOODS			
	AVERAGE 6-8 WEEKS SHELF LIFE			
KB330	Gluten Free Round UP	80g	3.25	GVS
	XMAS 2023			
KB080	Gluten Free Round Up Selection	320g	14.50	GSV
	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
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
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
	Artist's Collection Gift Boxes			
KB927	Fine De Champagne Truffles	185g	24.99	GFOSV
KB929	Hazelnut Truffles	185g	24.99	GFOSV
	Four Corners			
KB655	The Gourmet Selection	230g	19.79	GOSV
	Gift Boxes			
KB815	Award-winning Selection	184g	12.49	GOSV
KB656	Champagne Truffles	138g	1.95	GOSV
KB793	The Signature Collection	184g	12.49	GOSV
	Gift Range			
KB623	Hazelnut Truffles	138g	15.15	GOSV
KB624	Truffle Selection 1	138g	15.15	GOSV
KB873	Truffle Selection 2	138g	15.15	GOSV
	Two Packs			
KB507	Almond Salted Caramel Truffles	23g	1.45	GOSV
KB513	Hazelnut Crunch Truffles	23g	1.45	GOSV
	XMAS 2023			
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
	BUTTERMILK			
	XMAS 2023			
KB317	Zingy Orange Choccy Segments	100g	3.49	GSV
	CAROBOO			
	Carob Bars			

code	product	size	rrp	bfgosv
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
CONSCIOUS CHOCOLATE				
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
ZX836	XMAS 2023 Chocolate Selection Box	240g	11.99	GOSV
DELICIOUSLY ELLA				
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
ENJOY!				
KB402	Chocolate Buttons			
KB392	Dark 70% Chocolate Buttons	96g	4.99	OSGV
KB401	Mint Filled Buttons	96g	4.99	OSGV
KB391	Orange Caramel Filled Buttons	96g	4.99	OSGV
	Salted Caramel Filled Buttons	96g	4.99	SGOV
	Filled Bars			
KB593	Mint 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
EQUAL EXCHANGE				
KB801	67% Dark Mint Crunch	100g	2.79	GOSV
KB803	88% Extreme Dark	80g	2.79	GOSV
FLOWER & WHITE				
KB770	Chocolate Crunch Meringue Bar	20g	1.49	G
KB766	Lemon Meringue Bar	20g	1.49	GS
KB765	Raspberry Crumble Meringue Bar	20g	1.49	GS
KB760	Salted Caramel Meringue Bar	20g	1.49	GS
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
FLOWER AND WHITE				
WS061	XMAS 2023 Chocolate Covered Mallowettes	150g	4.75	G
WS055	Chocolate Crunch Bites Box	120g	4.00	G
WS057	Chocolate Meringue Kisses	125g	4.00	G
WS099	Meringue Baubles Box	150g	4.49	G
WS098	Meringue Pop Gift Box	150g	4.49	G
WS025	Raspberry Crumble Bites Box	120g	4.00	G
WS054	Salted Caramel Bites Box	120g	4.00	G
GOUPIE				
WS009	XMAS 2023 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
HIP - HAPPINESS IN PLANTS				
KB105	25g Bars Original - Creamy & Smooth	25g	1.25	GSV
KB106	Salted Caramel 70g Bars	25g	1.25	GSV
KB607	Original - Creamy & Smooth	70g	2.95	GSV
KB606	Salted Caramel	70g	2.95	GSV
KB100	Salted Honeycomb	70g	2.95	GSV

code	product	size	rrp	bfgosv
	HAPPI			
	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			
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
	HU			
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 Chc	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
	LOVERAW			
	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
	MONTEZUMA'S			
	Giant Buttons			
ZX775	Absolute Black Giant Buttons	180g	4.99	GV
	Like No Udder			
KB530	Milk Alternative Bar	90g	3.29	GOVS
KB601	Milk Choc/Orange Alternative	90g	3.29	OSVG
	Organic Bars			
ZX779	Royal Mint Organic Dark W'Mint	90g	3.29	GOSV
	MOO FREE			
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	35g	1.25	GSV
	Buttons			
KB348	Buttons - Original	25g	0.80	GSV
	Everyday Bars			
KB354	Original Bars	80g	1.95	GSV
	Mini Moos			
KB324	Bunnycomb Bars	20g	0.70	GSV
KB337	Original Bars	20g	0.70	GSV
KB345	White Chocolate Bars	20g	0.70	GSV
	Premium Bar			
ZX636	Cinder Toffee Bar	80g	2.19	GSVO
WS050	Cocoa Chocolate Bar	80g	2.19	GSOV
WS051	Sea Salt & Caramel Bar	80g	2.19	GSOV
	XMAS 2023			
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
	OMBAR CHOCOLATE			
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

code	product	size	rrp	bfgoSV
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	35g	2.50	FGOSV
	70g Bars			
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	70g	3.39	FSGOV
	Buttons			
KB492	Coco Mylk Chocolate Buttons	25g	1.55	FGOSV
	XMAS 2023			
ZX145	Spiced Orange Hazelnut Truffle	70g	3.39	FGOSV
	PIP & NUT			
KB833	Dark Choc Almond Butter Cups	34g	1.99	GSV
KB837	Dark Choc Peanut Butter Cups	88g	3.19	GSV
KB831	Dark Choc Peanut Butter Cups	34g	1.99	GSV
KB835	Milk Choc Peanut Butter Cups	88g	3.19	GS
KB825	Milk Choc Peanut Butter Cups	34g	1.99	GS
	XMAS 2023			
WS103	Nut Butter Cup Advent Calendar	408g	21.49	GSV
	PLAYIN CHOC			
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
	PRODIGY			
	Chunky			
KB096	Salted Caramel Chocolate Bar	35g	1.75	GV
	XMAS 2023			
KB819	Daydreamer Chocolate Bites	120g	5.90	GV
	RAW HALO			
	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
	RHYTHM 108			
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
	SO FREE			
	No Added Sugar Large Bars			
ZX915	No Added Sugar 72% Dark Choc	80g	3.65	GV
ZX919	No Added Sugar Mint Dark Choc	80g	3.65	GV
	Oat Milk Chocolate Bars			
ZX561	No Added Sugar Vegan Oat Milk	70g	3.85	GV
ZX547	Vegan Caramilk	70g	3.85	GSV
ZX563	Vegan Oat Milk	70g	3.85	GSV
	Organic Large Bars			
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
ZX816	Santa Bar - Milk Alternative	20g	1.90	GSV
ZX444	White Choc Advent Calendar	100g	9.29	GSV

code	product	size	rrp	bfgosv
	SUMMERDOWN			
	XMAS 2023			
KB249	Chocolate Peppermint Truffles	100g	8.29	GS
KB257	Mint Chocolate Collection	170g	8.49	GS
	THE RAW CHOCOLATE CO			
KB307	Cacao Nibs	150g	3.75	GOV
	Raw Chocolate Coated Snacks			
KB054	Chocolate Covered Mulberries	125g	4.69	GOSV
KB053	Chocolate Goji Berries	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
	TONY'S CHOCOLONELY			
	Sharing Bags			
KB865	Littl'Bits Triple Choc Mix	100g	3.00	FGS
	UP-UP			
KB846	Milk Choc Salted Caramel Bar	130g	3.50	GS
KB856	Milk Choc Sea Salt & Lime Bar	130g	3.50	GS
KB860	Milk Chocolate Gingerbread Bar	130g	3.50	GS
KB842	Original Dark Chocolate Bar	130g	3.50	GSV
KB840	Original Milk Chocolate Bar	130g	3.50	GS
	VEGO			
KB669	Chocolate & Rice Crisp Bar	40g	1.60	FGOV
KB821	Mini Whole Hazel Chocolate Bar	65g	2.59	FGOSV
KB489	Whole Hazelnut Chocolate Bar	150g	4.55	FGOSV
	CHOCOLATE & SWEET SPREADS			
	COCOFINA			
GH136	Hazelnut Chocolate Spread -Org	200g	4.99	GOSV
	SO FREE			
GH223	Milk Choc Spread (Dairy Free)	275g	5.15	OSGV
GH225	Rich Dark Chocolate Spread	275g	5.15	OVGS
	CIDERS			
	DUNKERTONS			
RT041	Black Fox Organic Cider	500ml	4.50	GOSV
RT054	Organic Craft Cider	500ml	4.50	GOSV
RT053	Premium Reserve Organic Cider	500ml	4.50	GOSV
	WESTONS			
RT006	Vintage Organic Cider 6% ABV	500ml	3.35	GOV
	COCOA			
	BUTTERMILK			
	XMAS 2023			
TE313	Hot Choccy Bombe	57g	3.49	GSV
	CHEERFUL BUDDHA			
TE077	Cacao Bliss w/Mushroom Extract	150g	12.99	GV
	HAPPI			
	XMAS 2023			
ZX142	Christmas Hot Chocolate Bombes	135g	1.00	GSV
KB266	Oat Milk Hot Chocolate Spoons	80g	5.15	GSV
	COFFEE			
	CHEERFUL BUDDHA			
TE072	Chaga Mushroom Coffee Blend	150g	13.95	GV
TE075	Reishi Mushroom Coffee Blend	150g	13.95	GV
	COFFEE SUBSTITUTES			
	CHEERFUL BUDDHA			
TE111	Chaga Latte	150g	12.99	GV
TE090	Lion's Mane Latte	150g	12.99	GV
TE121	Matcha Latte	150g	14.99	GV
	THE CHICORY CO			
TE728	Chicory Drink - Cocoa	125g	4.49	GV
TE589	Chicory Drink - Organic	100g	5.19	GOV
	CONVENIENCE FOODS			
	ARTISAN GRAINS			
VF080	Falafel - Beetroot & Chilli	150g	1.89	GV
VF071	Falafel - Pumpkin & Quinoa	150g	1.89	GV
VF037	Falafel - Super Greens	150g	1.89	GV

code	product	size	rrp	bfgosv
VF213	Nut Roast - Cashew & Cranberry	200g	3.39	VG
	FREE & EASY			
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
VF128	Vegetable Hotpot - og	400g	3.50	GOV
	FUTURE FARM			
VF001	Future Tvna	150g	3.35	GV
	GRANOVITA			
VF036	Nut Luncheon	400g	2.99	GV
	LOMA LINDA			
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
	MARIGOLD			
SY154	Tempeh - Cans	280g	3.65	GV
	CRISPS & SNACKS			
	AMAIZIN			
ZX254	Salsa Dip Hot	260g	2.65	GOSV
ZX249	Salsa Dip Mild	260g	2.65	GOSV
	BOUNDLESS			
	CHIPS			
ZX385	Chipotle & Lime Chips	80g	1.99	GSV
ZX394	Sea Salt & Cider Vinegar Chips	80g	1.99	GV
ZX395	Smoky Bacon Chips	80g	1.99	GSV
ZX396	Sour Cream & Onion Chips	80g	1.99	GSV
	NUTS & SEEDS			
ZX413	Orange & Maple Syrup Nuts&Seed	90g	3.15	GV
ZX414	Salt & Chilli Nuts & Seeds	25g	1.15	GV
ZX420	Smoky BBQ Nuts & Seeds	25g	1.15	GV
ZX405	Sweet Chilli Nuts & Seeds	90g	3.15	GV
	BROWN BAG CRISPS			
	Impulse			
ZX266	Lightly Salted	40g	0.89	GV
ZX268	Oak Smoked Chilli	40g	0.89	GSV
ZX206	Rosemary & Sea Salt	40g	0.89	GSV
ZX267	Sea Salt and Vinegar	40g	0.89	GS
ZX265	West Country Cheddar & Onion	40g	0.89	G
	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
	CHEEKY MONKEY			
BB024	Peanut Butter Puffs	60g	2.49	FGOV
	CLEARSPRING			
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
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
	EAT REAL			
	Hummus Chips - Impulse			
ZX198	Hummus Sour Cream Chips	45g	0.89	GSV

code	product	size	rrp	bfgosv
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
	EMILY CRISPS			
ZX183	Rainbow Roots	30g	1.27	GV
ZX234	Sour Cream & Onion Thins	85g	1.69	GV
ZX235	Sour Cream & Onion Thins	23g	0.84	GV
ZX197	Veg Thins - Chipotle BBQ	85g	1.61	GV
	HENDERSON'S			
ZX569	Hendo's	23g	0.85	GSV
ZX583	Hendo's	85g	1.99	GSV
	KETTLE CHIPS			
	Sharing Bags			
ZX248	Lightly Salted	130g	3.35	GV
ZX427	Sheese & Red Onion	130g	3.35	GV
	LOVE CORN			
ZX849	Crunchy Corn - BBQ	115g	2.29	GV
ZX957	Crunchy Corn - Cheese & Onion	115g	2.29	GV
ZX607	Crunchy Corn - Habanero	115g	2.29	G
ZX852	Crunchy Corn - Salt & Vinegar	115g	2.29	GV
ZX608	Sea Salt	115g	2.29	G
	MR FILBERTS			
	Mixed Nuts			
ZX694	Roasted Nuts & Plump Fruits	150g	3.95	GSV
ZX685	Valencia Orange & Belgium Choc	150g	3.95	GS
ZX691	Woodland Truffle & Wild Garlic	150g	3.95	GSV
	NAIRN'S			
ZX335	Sea Salt & Rosemary Flatbread	150g	2.39	GS
ZX210	Snackers - Cheese	23g	0.69	G
	NUDIE SNACKS			
ZX958	Cheese & Caramelised Onion	80g	2.25	GSV
ZX979	Katsu Curry Crisps	80g	2.25	GSV
	PIPERS CRISPS			
	Impulse Bag			
ZX292	Anglesey Sea Salt	40g	0.85	GV
ZX296	Cider Vinegar & Sea Salt	40g	0.85	GS
ZX297	Lye Cross Cheddar & Onion	40g	0.85	GS
ZX434	Wild Thyme & Rosemary	40g	0.85	GSV
	Sharing Bag			
ZX291	Anglesey Sea Salt	150g	2.19	GV
ZX283	Cider Vinegar & Sea Salt	150g	2.19	GS
ZX289	Lye Cross Cheddar & Onion	150g	2.19	GS

code	product	size	rrp	bfgosv
ZX436	Wild Thyme & Rosemary	150g	2.19	GSV
PROPERCHIPS				
ZX725	Barbecue	20g	0.99	GSV
ZX521	Prawn Cocktail Chips	100g	1.79	GSV
ZX512	Salt & Vinegar Chips	20g	0.99	GSV
ZX726	Sea Salt	20g	0.99	GSV
ZX479	Sour Cream & Chive Chips	20g	0.99	GSV
ZX727	Sweet Sriracha Chilli	20g	0.99	GSV
	Sharing Bag			
ZX426	Barbecue Chips	85g	2.29	GSV
ZX467	Salt & Vinegar Chips	85g	2.29	GSV
ZX430	Sea Salt Chips	85g	2.29	GSV
ZX451	Sour Cream & Chive Chips	85g	2.29	GSV
ZX474	Sriracha Chilli Chips	85g	2.29	GSV
PROPERCORN				
	Sharing Bag			
ZX861	Popcorn - Lightly Sea Salted	70g	1.99	GV
ZX862	Popcorn - Salted Caramel	90g	1.95	GSV
ZX431	Popcorn - Sweet	90g	1.99	GSV
ZX860	Popcorn - Sweet & Salty	90g	1.95	GSV
ZX428	Popcorn - Sweet Cinnamon	90g	1.99	GSV
PROPERCRISPS				
ZX216	Cheese and Onion	100g	2.90	GSV
ZX217	Flame Grilled Steak	100g	2.90	GSV
ZX212	Thai Chilli	100g	2.90	GSV
PURELY PLANTAIN				
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
REBEL KITCHEN				
ZX252	Caramel Bytes	26g	1.79	GOSV
ZX240	Chocolate Bytes	26g	1.79	GOSV
TEN ACRE CRISPS				
ZX618	BBQ Beef Flavour Crisps	135g	1.99	FGV
ZX040	Cheese & Onion Crisps	35g	0.85	GV
ZX611	Cheese & Onion Crisps	135g	1.99	FGV
ZX597	Cheesy Chilli Crisps	135g	1.99	GV
ZX617	Fried Chicken Flavour Crisps	135g	1.99	FGV
ZX605	Sea Salt Crisps	135g	1.99	FGV
ZX031	Sea Salted Crisps	35g	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
TRAF0				
	Flips			
ZX359	Chickpea Flips Mild Curry	75g	2.95	GOV
ZX343	Pea Flips Lightly Salted	75g	2.95	GOV
ZX299	Rosemary Lentil Flips	75g	2.95	GOV
	Popcorn			
ZX112	Caramel Popcorn Organic	50g	3.25	GOSV
ZX094	Salted Popcorn Organic	50g	3.25	GOV
ZX118	Sweet Popcorn Organic	50g	3.25	GOSV
TYRRELLS				
	Potato Chips - Furrows Sharing			
ZX502	Sea Salt and Cider Vinegar	150g	2.85	GS
	Potato Chips - Impulse			
ZX907	Cheddar Cheese and Chives	40g	1.90	GS
	Potato Chips - Sharing			
ZX978	Black Truffle & Sea Salt	150g	2.79	GVS
ZX018	Cider Vinegar and Sea Salt	150g	2.79	GS
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

DESSERTS

AUTHENTIC BREAD COMPANY

XMAS 2023

code	product	size	rrp	bfgosv
BT155	Christmas Pudding DENISE'S DELICIOUS GLUTEN FREE XMAS 2023	450g	12.00	GOSV
BT402	Luxury GF Christmas Puddings FOODS OF ATHENRY XMAS 2023	350g	8.99	GS
BT150	Christmas Pudding Gluten Free LILLYPUDS XMAS 2023	400g	1.24	GS
BT306	Trad Vegan Christmas Pudding SOJADE	454g	12.63	GSV
SY099	Chocolate Soya Dessert	530g	1.89	GOSV
SY107	Vanilla Soya Dessert	530ml	1.95	GOSV
SY253	Chocolate Hemp Custard Dessert	530g	2.35	GOSV
SY252	Chocolate Rice Custard Dessert	530g	1.89	GOSV
SY251	Vanilla Rice Custard Dessert	530g	1.89	GOSV
SY060	Vegan Chocolate Custard	400g	2.15	GSV
SY015	Vegan Rice Pudding	400g	2.15	GSV
SY006	Vegan Vanilla Custard	400g	2.15	GSV
DESSERTS & PUDDINGS (CHILLED)				
ORIGIN KITCHEN				
CV789	Creamed Cashew Desserts			
CV780	Chocolate Mousse	80g	2.30	GSV
CV778	Forest Berry Mousse	80g	2.30	GSV
	Mango Passionfruit Pot	80g	2.30	GSV
THE COCONUT COLLABORATIVE				
CV507	Little Choc Pots	4 x 45g	3.50	GSV
CV511	Salted Caramel Pots	4 x 45g	3.50	GSV
CV464	Vanilla Rice Pudding	2 x 125g	3.55	GSV
VRAI				
CV627	Rice Pudding with Vanilla	110g	1.55	GOS
DESSERTS, NON-DAIRY (FROZEN)				
BOOJA-BOOJA				
	110ml Tubs			
XL340	Mango & Raspberry Ice Cream	110ml	2.10	GOSV
	465ml Tubs			
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
NATURLI'				
	Cones			
XL150	Salted Caramel Ice Cream Cones	4 x 130m	5.25	GSV
DRINKS (CHILLED)				
BIOTIFUL DAIRY				
CV359	Baked Milk Drink	500ml	3.65	GO
CV342	Kefir Milk Drink	500ml	3.65	GO
CV361	Kefir Milk Drink	250ml	2.20	GO
CV092	Peach Kefir Drink	250ml	2.45	GO
CV438	Raspberry Kefir Drink	250ml	2.45	GO
	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
CALIFIA FARMS				
CV826	Cold Brew Mocha	750ml	2.99	GSV
CV823	Unsweetened Almond Milk	750ml	2.50	GSV
COCOS				
CV482	Mango & Passionfruit Kefir	200ml	3.00	FGOV
CV898	Natural Coconut Milk Kefir	500ml	4.50	GOV
CV896	Strawberry Kefir	200ml	3.00	GOV
FLAX & KALE				
CV193	African Mule Kombucha	400ml	3.25	GSV

code	product	size	rrp	bfgo sv
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
KOKO DAIRY FREE				
CV021	Koko Dairy Free Original	1l	2.15	GSV
FAR EASTERN FOOD				
CLEARSPRING				
JP077	Brown&Wild Rice w/Tamari Sauce	250g	3.69	GOV
JP103	Teriyaki Sauce - Organic & GF	150ml	5.19	GOV
JP026	Tofu Silken	300g	2.29	GOV
	Miso Products			
JP048	Creamy Sesame Miso Soup	4 x 15g	3.29	GOV
JP049	Ginger & Turmeric Miso Soup	4 x 15g	3.29	GOV
JP047	Hot & Spicy Miso Soup Paste	4 x 15g	3.29	GOV
	Noodles			
JP056	All Buckwheat Soba Noodles	200g	4.49	GOV
JP053	Brown Rice Noodles - GF	200g	3.99	GOV
JP054	Brown Rice Wide Noodles - GF	200g	3.99	GOV
	Soya Sauce			
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
JP501	Tamari Soya Sauce	500ml	1.49	GOV
JP110	Tamari Soya Sauce	1l	18.99	GOV
KIKKOMAN				
JP067	Tamari Gluten Free Soy Sauce	150ml	3.59	GV
JP136	Teriyaki Marinade	250ml	3.99	GSV
KING SOBA				
JP087	Brown Rice Paper	200g	2.89	GOV
WT002	Pho Noodles	250g	2.99	GOV
JP089	White Rice Paper	200g	2.89	GOV
	MISO PASTES			
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
MEKHALA				
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
MERIDIAN				
JP058	Tamari	5l	38.29	GV
JP309	Tamari	150ml	3.29	GV
JP310	Tamari	500ml	6.89	GV
NOJO				
JP121	Orange Poke Sauce	200ml	4.90	GV
JP095	Sesame Sauce	200ml	4.90	GV
JP143	Tahini Sauce	200ml	4.90	GV
JP081	Teriyaki Sauce	200ml	4.90	GV
JP106	White Miso Sauce	200ml	4.90	GV
JP142	Yuzu Sauce	200ml	6.39	GV
THAI TASTE				
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
YAKSO				
JP012	Coconut Aminos	250ml	7.45	GOV
JP113	Tamari - organic	250ml	5.15	GOV
FLAKES, BRANS & WHEATGERM				
SUMA PREPACKS				
FX046	Oats - Jumbo & Gluten Free	750g	3.75	GV

code	product	size	rrp	bfgosv
FX045	Oats - Porridge & Gluten Free	750g	3.75	GV
	SUMA PREPACKS - ORGANIC			
FX042	Oats - Jumbo Gluten Free	750g	4.25	GOV
FX044	Oats - Porridge & Gluten Free	750g	4.25	GOV
	ALARA			
FX026	Gluten Free Scottish Porridge	500g	4.39	GOV
	FLOURS & BREAD MIXES			
	AMISA			
FG085	Chestnut Flour - Organic	350g	5.99	GOV
FG065	Chickpea Flour	400g	3.45	GOV
	CLEARSPRING			
FG180	Breadcrumbs - Brown Rice, GF	250g	4.59	GOV
	DOVES FARM			
FG097	Chickpea Flour	260g	2.85	GOV
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
FG096	OAT FLOUR	450g	4.45	GOV
FG047	Organic Coconut Flour	500g	3.95	GOV
FG117	Rice Flour	1kg	2.55	GV
FG116	Stoneground Gram Flour	1kg	3.19	GV
FG701	White Self Raising Flour GF	1kg	3.15	GV
	ORGRAN			
	Gluten Free Mixes			
FG061	Buckwheat Pancake Mix	375g	4.90	GV
	FRUIT - DRIED			
	PLANTLIFE			
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
	URBAN FRUIT			
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
	FRUIT (FROZEN)			
	NATURAL COOL			
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
	FRUIT & VEGETABLE JUICES			
	BERRY COMPANY			
	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
	FLAWSOME!			
	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
	JAMES WHITE			
	Tetrapack 1L			
JU391	British Carrot Juice	1l	3.69	FGVB

code	product	size	rrp	bfgosv
	ZINGER			
JU264	Zinger Health Shots Sour Cherry Zinger Shot	70ml	1.79	GV
	GRAINS			
	MR ORGANIC			
QS020	Red Lentil Rice	250g	3.69	GOV
	GRAVY, STOCK & BOUILLON			
	SUMA ORGANIC			
LJ650	Organic Bouillon	150g	2.65	GOV
	FREE & EASY			
LJ008	Gravy Sauce Mix	130g	2.19	GV
	KALLO			
LJ102	French Onion Stock Cubes	66g	1.95	GOVS
LJ103	Garlic & Herb Stock Cubes	66g	1.95	GOVS
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
LJ147	Yeast Free Veg.Stock Cubes	66g	1.95	GV
	MARIGOLD			
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
LJ062	Gravy Granules - Instant	170g	1.95	GSV
LJ195	Gravy Granules - Instant	2kg	16.99	GV
LJ208	Organic Bouillon	2kg	23.49	FGOV
LJ074	Organic Bouillon Reduced Salt	140g	2.79	GOV
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
	HERB & FRUIT TEA INFUSIONS			
	CLIPPER			
	Everyday Infusions			
TE035	Indian Chai	20 bags	2.99	FGOV
	HEATH AND HEATHER			
	Botanicals			
TE594	Turmeric Root Brew	20 bags	3.55	GOV
	LOVE CBD			
TE456	Hemp Tea	10 bags	5.99	GV
	PUKKA			
TE058	Turmeric Active	20 bags	5.90	GOV
	YOGI TEA			
TE593	Alkaline Herbs	17 bags	2.75	GOV
TE167	Ashwagandha Balance Tea	17g	2.79	GSV
TE630	Feel Pure with Lemon	17 bags	2.75	GOV
TE591	Finest Selection	18 bags	2.99	GOV
TE181	Mental Clarity Tea	17g	2.79	GSV
	For The Senses			
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
	HONEY			
	HILLTOP HONEY			
HY097	Lavender Honey, Spanish	277g	5.95	G
HY076	Organic Blossom Honey	340g	4.25	GO
	HOUSEHOLD CLEANING PRODUCTS			
	ECOZONE			
	Solutions			
HJ044	Appliance Descaler	500ml	5.49	GV

code	product	size	rrp	bfgoav
	INDIAN FOOD			
	MERIDIAN			
VF019	Korma Sauce	350g	2.89	GSV
VF025	Tikka Masala Sauce	350g	2.89	GSV
	PATAKS			
	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
	Pickles			
KJ041	Chilli Pickle	283g	3.39	GV
KJ047	Mango Pickle - Medium	283g	3.39	GV
KJ049	Mixed Pickle	283g	3.39	GV
	PUNJABAN			
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
	JAMS & FRUIT SPREADS			
	ST DALFOUR			
JS002	Apple & Cinnamon Spread	284g	2.99	GV
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
JS007	Lemon & Lime Spread	284g	2.99	GV
JS003	Mango & Passion Fruit 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
JS004	Strawberry & Rhubarb 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
	JUICE CONCENTRATES & CORDIALS			
	BELVOIR			
JU234	Blueberry Blackcurrant Cordial	500ml	5.79	GSV
JU516	Elderflower & Rose Cordial	500ml	5.79	GSV
JU578	Elderflower Cordial	500ml	5.79	GSV
JU577	Ginger Cordial	500ml	5.79	GSV
JU197	Honey, Lemon & Ginger Cordial	500ml	5.79	GS
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
	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
	MARGARINES & SPREADS (CHILLED)			
	KOKO DAIRY FREE			
CV317	Koko Dairy Free Spread	500ml	2.19	GV
	NATURLI'			
CV879	Spreadable Vegan Butter	225g	2.20	GOV
CV735	Spreadable Vegan Butter	450g	4.25	GOV
CV880	Vegan Butter Block	200g	2.10	GOV

code	product	size	rrp	bfgosv
MAYONNAISE & SALAD DRESSINGS				
HUNTER AND GATHER				
KJ332	Egg Free Olive Oil Mayo	250g	4.99	GV
INSPIRED VEGAN				
KJ249	Vegan Dill Mustard Sauce	200g	2.39	GSV
KJ270	Vegan Hollandaise Style Sauce	205g	2.39	GSV
KJ048	Vegan Honey 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
RUBIES IN THE RUBBLE				
KJ118	Plant Based Mayo - Chilli	285ml	3.59	GSV
KJ241	Plant Based Mayo - Garlic	285ml	3.59	GSV
MEAT FREE ALTERNATIVES(FROZEN)				
BEYOND MEAT				
XL053	Burgers	226g	5.20	GV
XL091	Meatballs	200g	5.20	GV
XL088	Mince	300g	5.20	GV
XL063	Sausages	200g	5.20	GV
NATURLI'				
XL101	'Shape Me' Vegan Mince	300g	4.65	GV
XL065	Schnitzel	300g	4.65	GV
XL071	Vegan Balls	300g	3.95	GV
STRONG ROOTS				
XL213	Pumpkin & Spinach Burgers	300g	4.10	GV
XL218	Spinach Bites	308g	4.10	GV
MEATLESS SUBSTITUTES (CHILLED)				
BONSAN				
CV837	Kofu Fishfree fillet	150g	4.50	GOSV
CV843	Kofu Ragu Chunks	150g	3.95	GOSV
FLORENTIN				
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
HEURA				
	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
MIDDLE EASTERN & AFRICAN FOOD				
AL'FEZ				
KJ548	Apricot & Coriander Sauce 450g	450g	3.15	GV
KJ190	Moroccan Style Tagine Sauce	450g	2.79	GV
KJ243	Smoky Harissa Tagine Sauce	450g	2.79	GV
AMISA				
KJ105	Falafel Mix	160g	2.75	GOV
MILK - NON DAIRY				
ALPRO				
TE004	Almond Barista	1l	2.95	GSV
TE083	Oat Barista	1l	2.45	GV
SY050	Organic Soya Drink	1l	2.90	GOV
BLUE DIAMOND				
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
DUG				
SY134	Potato Milk - Barista	1l	2.15	GV
SY127	Potato Milk - Original	1l	2.15	GV
SY128	Potato Milk - Unsweetened	1l	2.15	GV
ECOMIL				
SY247	Almond Drink Classic Low Sugar	1l	2.49	GOSV
SY012	Almond Drink Powder	400g	13.99	GOV
SY248	Coconut Drink Sugar Free	1l	2.49	GOV
SY030	Cuisine - Almond Cream	200ml	1.59	GOV
SY027	Cuisine - Bechamel	200ml	1.89	GOV

code	product	size	rrp	bfgosv
SY137	Cuisine - Cashew Cream	200ml	1.59	GOV
SY059	Cuisine - Coconut Milk	200ml	1.59	GOV
SY032	Cuisine - Thai	200ml	1.99	GOV
SY250	Oat Drink Gluten Free	1l	2.69	GOV
FOOD HEAVEN				
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
GAIA'S FARMING CO				
SY123	Hemp & Coco Chocolate M*lk	330ml	2.50	GV
SY081	Hemp & Oat Barista M*lk	1l	2.90	GV
GLEBE FARM				
SY165	Almond Drink Barista	1l	2.79	FGV
SY164	Coconut Drink Barista	1l	2.49	FGV
SY140	Pure Oaty Barista Drink	1l	2.39	GV
SY162	Pureoaty Creamy and enriched	1l	2.39	GV
SY161	PureOaty Organic Barista	1lT	2.59	GOV
KOKO DAIRY FREE				
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
PLAMIL				
SY009	Organic Soya Milk Heritage	1l	2.80	VOG
PLENISH				
SY206	Oat Barista - Organic	1l	2.65	GOV
SY170	Oat M*lk - Gluten Free	1l	2.39	GOV
REBEL KITCHEN				
SY214	Dairy Free Whole Mylk	1l	2.55	GOV
RUDE HEALTH FOODS				
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
SY117	Tiger Nut Drink Organic	1l	2.99	GOV
SY159	Ultimate Almond Milk - Organic	1l	3.85	GOV
SOJADE				
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
SPROUD				
SY218	Iced Coffee - Caramel	330ml	2.35	FGSV
SY217	Iced Coffee - Original	330ml	2.35	FGSV
SY069	Sproud Barista	1l	2.45	GSV
SY207	Sproud Chocolate Milk	1l	2.45	GSV
SY057	Sproud Original	1l	2.45	GSV
SY229	Sproud Vanilla	1l	2.45	GSV
THE BRIDGE				
SY160	Coconut Drink	1l	2.45	GOV
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
SY186	Soya Cream - Organic	200ml	1.19	GOV
THE COCONUT COMPANY				
SY116	Coconut Milk Powder - Organic	250g	6.99	GOV
NUT & SEED BUTTERS				
COCONUT MERCHANT				
GH076	Coconut Butter	300g	5.99	GOV

code	product	size	rrp	bfgosv
	SUNITA			
GH159	Black Tahini	170g	2.99	GOV
	WHOLE EARTH			
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
	OILS & FATS			
	SUMA PREPACKS			
GT028	Gluten Free Vegetarian Suet	250g	3.15	GV
	CLEARSPRING			
GT054	Coconut Oil	200g	4.59	GOV
GT055	Coconut Oil	400g	8.65	GOV
GT037	Sesame Oil organic	1l	15.49	GOV
	HUNTER AND GATHER			
GT057	Extra Virgin Avocado Oil	250ml	7.29	GV
	OLIVES			
	BIONA			
KJ349	Black Olives in Brine	280g	3.45	GOSV
KJ345	Green Olives in Brine	280g	3.35	GOVS
	MANI			
KJ425	Og Kalamata Olives in OliveOil	280g	4.99	GOV
	PASTA			
	SUMA ORGANIC			
	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
	BARENAKED			
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
	CIEMME			
WT136	OG Gluten Free Gnocchi Plain	400g	4.29	GOV
	CLEARSPRING			
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
	DIFATTI			
WT015	Gluten Free Egg Tagliatelle	250g	3.99	G
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
	DOVES FARM			
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
	EXPLORE CUISINE			
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
	LA BUONA VITA			
WT027	Gluten Free Fusilli	400g	2.99	GV

code	product	size	rrp	bfgo
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
MAIDEA				
WT007	Pacheri	250g	3.75	GV
WT010	Tagliatelle	250g	3.75	GV
ORGRAN				
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	350g	3.19	GV
PASTA LENSİ				
WT043	Gluten Free Fusilli Pasta	4kg	2.89	GV
PROFUSION				
WT130	Chickpea Fusilli	250g	3.35	GOV
WT129	Red Lentil Fusilli	250g	3.45	GOV
PASTA (CHILLED)				
SUNNY & LUNA				
CV213	Cauliflower Gnocchi	350g	5.35	GV
PASTA SAUCES & PESTOS				
MERIDIAN				
VF173	Tomato & Basil Pasta Sauce	350g	3.29	GOV
VF197	Tomato & Herb - organic	440g	3.39	GVO
MR ORGANIC				
KJ328	Chilli & Garlic Pesto	130g	2.29	GOV
VF106	Parmagiana Sauce	350ml	3.29	GOV
KJ216	Soya Pasta Sauce	350g	3.29	GOVS
ZEST				
KJ314	Red Pesto	165g	3.49	GV
VF256	Tomato&Mascarpone Pasta Sauce	340g	3.15	GV
PATE				
GRANOVITA				
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
TARTEX				
GH001	Classic Pate - og	200g	3.85	GOV
PATES, DIPS & TAPAS (CHILLED)				
DELPHI FOODS				
CV352	Tzatziki	170g	1.35	G
	Houmous			
CV349	Avocado Houmous	150g	2.40	GV
CV347	Smoky Red Lentil Houmous	170g	1.50	GV
FLORENTIN				
CV951	Baba Ganoush	170g	3.50	GOSV
CV931	Houmous	200g	3.80	GOV
CV526	Houmous Extra with Pinenuts	200g	3.70	GOV
THE REAL OLIVE COMPANY				
CV538	Chilli, Cumin & Garlic Olives	150g	3.10	GOV
CV554	Kalamata Olives	210g	3.45	GOV
CV549	Nocellara Del Belice Olives	210g	3.45	GOV
PET FOODS & PET CARE				
DENZEL'S				
	Seasonal Treats			
PF037	Christmas Dog Chew Gingerbread	75g	1.99	GV
PICKLES, CHUTNEYS & MUSTARDS				
SHAWS				
KJ175	Beetroot & Horseradish Chutney	290g	2.55	GSV
KJ174	Caramelised Red Onion Chutney	195g	2.55	GSV
KJ185	Fig & Honey Chutney	195g	2.55	GS
KJ028	Mango Chutney - Chunky	300g	1.79	GSV
KJ179	Piccaililli	280g	2.55	GSV
KJ203	Spiced Apricot Ginger Chutney	200g	2.55	GSV

code	product	size	rrp	bfgosv
READY MEALS (FROZEN)				
CLIVE'S				
	Gluten Free Pies			
XL030	Chickpea Tagine Pie	235g	4.10	GOSV
XL028	French Cassoulet Pie	235g	4.10	GOSV
XL114	Mushroom & Leek Pie	235g	4.10	GOV
XL308	Saag Aloo GF Pie	235g	4.10	GOV
	Nut Roasts			
XL338	Organic Nut Roast	280g	6.40	GOSV
	Tarts			
XL323	Bombay Curry Tart	195g	4.00	GOSV
XL336	Tomato and Olive Tart	195g	4.00	GOSV
GOODLIFE				
XL265	Falafel	280g	3.45	GV
NATURLI'				
XL312	Falafel	325g	4.95	GV
ROOT KITCHEN				
	Plant Based Ready Meals			
XL319	Thai Red Curry	400g	4.50	GV
STRONG ROOTS				
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
READY TO EAT FOODS (CHILLED)				
EATEN ALIVE				
CV090	Classic Kraut	375g	5.99	GV
CV078	Massive Classic Kimchi	775g	9.99	GV
CV081	Massive Pickled Cucumbers	775g	9.99	GV
LOVING FOODS				
	Raw, Organic, Vegan & UK made			
CV801	Classic Sauerkraut	475g	6.45	GOV
CV316	Hot 'N' Smoky Kimchi	475g	6.85	GOV
CV802	Kimchi	475g	6.85	GOV
CV928	Ruby Beetroot Kraut	475g	6.85	GOV
CV929	Sauerkraut with Caraway	475g	6.85	GOV
CV314	Spicy Cortido Kraut	475g	6.85	GOV
CV803	Turmeric & Black Pepper Kimchi	475g	6.85	GOV
SALT & SEASONINGS				
MARIGOLD				
LJ444	Liquid Aminos	250ml	3.99	GV
SAUSAGES & BURGERS (FROZEN)				
FRYS				
XL360	Rice Protein & Quinoa Burgers	320g	4.50	GV
NATURLI'				
XL078	Vegan Burger	320g	4.45	GV
XL086	Vegan Sausages	300g	4.65	GV
SEA VEGETABLES				
OCEAN'S HALO				
HE046	Korean BBQ Seaweed	4g	0.99	GV
SEAMORE				
LJ135	Seaweed Chips	135g	2.99	GV
SNACK BARS & FLAPJACKS				
ADONIS				
	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
B'GOOD				
KB646	Apricot & Almond	45g	0.79	GS
KB650	Peanut & Chocolate	45g	0.79	GS
KB664	Peanut & Salted Caramel	45g	0.79	GS
	Utterly Nutty			
KB638	Dark Chocolate & Sea Salt	40g	0.79	GS
KB643	Peanut Butter & Dark Chocolate	40g	0.79	GS
BEAR				
KB542	Carrot Cake Bars - Multipack	4 x 27g	2.51	GV
KB519	Forest Fruit Bars - Multipack	4 x 27g	2.51	GV

code	product	size	rrp	bfgosv
	BOUNCE			
	Dipped			
KB598	Dipped Choc Brownie Protein	40g	2.90	GSV
KB600	Dipped Hazelnut Praline	40g	2.90	GSV
	Filled			
ZX671	Filled almond protein	35g	1.99	GS
KB599	Filled Caramel Millionaire	40g	2.90	GSV
ZX651	Filled Coconut & Macadamia	35g	1.99	GS
ZX672	Filled Peanut Butter Cacao	35g	1.99	GS
ZX706	Filled peanut protein	35g	1.99	GS
ZX711	Filled salted caramel	35g	1.99	GS
	Vegan			
ZX593	Almond	35g	1.99	GSV
ZX592	Maple Pecan & Cashew	35g	1.99	GSV
	BRYNMOR			
	Flapjack			
KB559	Apricot & Almond	80g	0.75	GSV
KB562	Caramel Fudge	80g	0.79	GS
KB541	Cashew & Coconut	80g	0.75	GSV
KB563	Chocolate	80g	0.79	GS
KB575	Dark Chocolate & Ginger	80g	0.79	GS
KB543	Summer Berry	80g	0.75	GSV
	DAMN GOOD			
KB890	Chocolatey & Orangey	38g	1.79	GSV
KB891	Ginger, Chocolate, Orange	38g	1.79	GSV
KB888	Honeycomb & Chocolate	38g	1.79	GSV
	DELICIOUSLY ELLA			
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
	Nut Butter Filled			
WS071	Almond Butter Ball	36g	1.99	GV
WS072	Hazelnut Nut Butter Ball	36g	1.99	GV
	Oat Bars			
KB790	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
	DOVES FARM			
	Impulse			
KB228	Apple & Sultana Flapjack	35g	0.89	GOSV
KB230	Apricot & Chia Seed Flapjack	35g	0.89	GOSV
KB234	Chocolate Chip Flapjack	35g	0.89	GOSV
	Multipack			
KB237	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
	MISFITS			
KB145	Chocolate Brownie	45g	2.29	GV
KB140	Chocolate Caramel	45g	2.29	GV
KB192	Chocolate Speculoos	45g	2.29	GV
KB193	White Choc Cookies n' Cream	45g	2.29	GV
	NAIRN'S			
	Crunchy Oat Bars			
BT112	Belgian Chocolate	160g	3.49	GV
BT113	Honey	160g	3.49	GS
BT111	Raisin Apple & Cinnamon	160g	3.49	GSV
	NAKD			
	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

code	product	size	rrp	bfgosv
KB771	Salted Caramel Multipack Nudie Bars	4 x 35g	3.49	GV
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 Protein	35g	0.99	GV
KB719	Protein Caramel	45g	1.39	GV
KB708	Protein Cocoa Hazelnut	45g	1.39	GV
KB707	Protein Peanut Butter	45g	1.39	GV
NUGO				
	Protein			
KB376	D/Mint Choc Chip Protein Bar	50g	2.55	VG
KB871	Dark Chocolate Pretzel	50g	2.55	GV
PRIMAL PANTRY				
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
PULSIN'				
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 Keto Bars	35g	1.29	GSV
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 Protein Boosters	50g	1.99	GV
KB090	Maple & Peanut Protein Bar	50g	1.79	GV
KB148	Peanut Choc Protein Bar	50g	1.79	GV
KB706	Vanilla Choc Chip Protein Bar Raw Choc Brownie	50g	1.79	GV
WS056	Peanut Choc Chip Raw Brownie	35g	1.19	GSV
RAW BAKE STATION				
KB153	Salted Double Choc	40g	1.85	GV
KB150	Vanilla Choc Chip	40g	1.85	GV
RHEAL				
	Energy Bar			
KB635	Banana Bread	50g	1.99	GV
KB637	Hazelnut Cacao	50g	1.99	GV
KB636	Peanut Butter Energy Bars	50g	1.99	GV
KB626	Blueberry Muffin Bar	50g	1.99	GV
SQUIRREL SISTERS				
KB422	Cacao Brownie Snack Bars	40g	1.29	GV
KB426	Peanut Caramel Snack Bar	40g	1.35	GV
KB432	Peanut Raspberry Snack Bar	40g	1.35	GV
TREK				
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 FLAPJACKS	50g	1.15	GSV
KB499	Cocoa and oat protein flapjack	50g	1.15	GVS
KB500	Cocoa coconut protein flapjack	50g	1.15	GVS
KB505	Original oat protein flapjack Power	50g	1.15	GVS
KB663	Millionaire Shortbread	55g	2.35	GV
KB662	Peanut Butter Crunch TREK BARS	55g	2.35	GV
KB722	Cocoa Chaos	55g	1.29	GV
KB725	Peanut Power	55g	1.29	GV

code	product	size	rrp	bfgosv
SOFT DRINKS				
BELVOIR				
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
	Presse in Cans			
JU051	Elderflower & Rose	250ml	1.72	GSV
JU340	Elderflower Presse	250ml	1.75	GSV
BUMBLEZEST				
	Sparkling Botanical Water			
JU137	Refresh & Relax	250ml	1.79	GV
DALSTON'S				
	Cans			
JU163	Cherryade	330ml	1.19	GV
JU166	Fizzy Elderflower	330ml	1.19	GV
JU772	Fizzy Rhubarb	330ml	1.19	GV
JU162	Ginger Beer	330ml	1.19	GV
DASH WATER				
JU110	Sparkling Peach	330ml	1.29	GV
FENTIMANS				
	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			
JU573	Curiosity Cola	750ml	4.55	GSV
JU280	Ginger Beer	750ml	4.55	GSV
JU437	Pink Ginger Beer	750ml	4.55	GSV
JU455	Rose Lemonade	750ml	4.55	GSV
	Cans			
JU298	Gently Sparkling Elderflower	250ml	1.65	GSV
JU366	Ginger Beer	250ml	1.65	GSV
JU300	Rose Lemonade	250ml	1.65	GSV
	Mixer Range			
JU161	Pink Grapefruit Tonic Water	500ml	3.45	GSV
JU207	Premium Indian Tonic Water	500ml	3.19	GSV
FEVERTREE				
JU387	Tonic Water	4 x 200ml	5.39	GSV
FROBISHERS				
JU092	Raspberry and Rhubarb	250ml	1.15	GV
GUSTO				
JU376	Naturally Slim Cola	275ml	2.15	FGV
JU353	Organic Real Cola	275ml	2.15	FGOV
HIP POP				
	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
HULLABALOO'S DRINKS				
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

code	product	size	rrp	bfgosv
JU106	Still Original Lemonade	330ml	1.85	GSV
JU122	Still Raspberry Lemonade	330ml	1.85	GSV
JARR KOMBUCHA				
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
JAX COCO				
JU100	Coconut Water Pure	6 x 330ml	1.70	VG
PUNCHY				
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
REBEL KITCHEN				
JU059	Banana Mylk	250ml	1.65	GOV
JU178	Chocolate Mylk	250ml	1.65	GOV
SOUPS				
FREE & EASY				
VF302	Broccoli & Kale	400g	2.29	GOV
VF096	Butternut Squash & Ginger - Org	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
SOUPS (CHILLED)				
TIDEFORD ORGANIC VEGAN FOODS				
CV306	Caribbean Sweet Potato Soup	560g	3.80	GOV
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
CV297	Thai Green Vegetable Soup	560g	3.80	GOV
SUGARS & SYRUPS				
BILLINGTONS				
LJ057	Sugar - Golden Caster Sugar	250g	0.95	GVB
BUCKWUD				
HY001	Maple Syrup	250g	6.65	GOV
HY002	Maple Syrup	620g	1.99	GV
HILLTOP HONEY				
HY015	Maple Syrup Grade A Amber	640g	11.99	GV
HY050	Maple Syrup Grade A Dark	640g	11.99	GV
RAYNERS				
LJ901	Black Treacle - organic	340g	3.35	GOV
SUPERFOODS & SPORTS NUTRITION				
GRANOVITA				
GT300	Flax Oil - Organic	260ml	11.75	GOV
LINWOODS				
MD113	Chia Seed	200g	6.49	GOV
MD109	Flax,Almond,Brazil,Walnut,Q10	360g	6.55	CV
MD104	Flax,Sun,Pum,Chia,Goji Berries	425g	5.99	GOV
MD101	Flax,Sunflower & Pumpkin Seeds	425g	6.35	GOV
MD102	Flaxseed	425g	5.49	GOV
MD114	Flaxseed	200g	3.49	GOV
MD112	Flaxseed,Bio Cultures & Vit D	360g	6.55	CV
MD110	Linwoods Shelled Hemp	200g	7.35	CV
MD048	Milled Hemp	200g	4.49	GOV
VM263	Organic Sprouted Range Sprouted Flaxseed	360g	7.35	GOV
NATURES AID				
VM003	MCT Oil	500ml	18.95	FGV
NATURYA				
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	FGVO
MD111	Organic Chia Seeds	300g	5.99	GOV
MD156	Organic Chlorella Powder	200g	12.49	GOV

code	product	size	rrp	bfgosv
MD153	Organic Cocoa Nibs	300g	7.99	GOV
MD152	Organic Hemp Protein Powder	300g	9.99	GOV
MD155	Organic Spirulina Powder	200g	8.99	GOV
MD067	Organic Turmeric Superblend	250g	7.99	GOV
MD154	Organic Wheatgrass Powder	200g	7.99	GOV
PREWETT'S				
VM020	Organic Ground Flaxseed	175g	3.29	GOV
PULSIN'				
VM331	Berry Protein Powder	270g	12.49	GV
VM258	Chocolate Pea Protein Powder	280g	14.99	GV
VM332	Hazelnut Protein Powder	280g	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
RHEAL				
VF259	Berry Beauty	150g	24.99	GOV
VF212	Superfoods Balance Tonic	150g	24.99	GOV
VF031	Superfoods Clean Greens	150g	24.99	GOV
SUPPLEMENTS & REMEDIES				
ALLICINMAX				
VM324	Allicin Max Powder Capsules	30 capsules	8.75	GV
VM325	Allicinmax Powder Capsules	90 capsules	21.55	GV
VM328	Lesterol Caps	90 capsules	15.99	GV
BETTER YOU				
Kids Vitamins				
VM216	Immune Health Kids Spray	25ml	11.95	G
VM212	Vitamin D + K2 for Kids	15ml	11.95	G
Vitamins & Minerals				
VM005	Air Defence Oral Spray	25ml	11.95	G
VM171	Boost B12 Oral Spray	25ml	12.45	GV
VM051	D1000 Vegan Vitamin D Spray	15ml	12.95	GV
VM016	Immune Health Oral Spray	50ml	12.95	GV
VM106	Iron 10	25ml	14.95	GV
VM060	Selenium + ACE Oral Spray	50ml	14.95	GV
VM072	Vitamin C Oral Spray	50ml	11.95	GV
VM002	Zinc Oral Spray	50ml	12.95	G
BIO-KULT				
VM317	Boosted Extra Strength	30 capsules	25.65	G
VM330	Candea Advanced Multi-Action	60 capsules	17.95	G
VM310	Everyday Advanced Formulation	30 capsules	1.75	G
VM316	Everyday Advanced Formulation	60 capsules	2.55	G
VM306	Pro-Cyan Advanced Multi-Action	45 capsules	17.95	G
DR VEGAN				
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
FLORADIX				
MD016	Floradix Vitamin B Complex	250ml	14.95	GV
MD006	Kindervital Children's Fruity	250ml	11.79	GV
MD187	Magnesium Liquid	250ml	1.95	G
MD033	Neuro Balance with Ashwagandha	250ml	14.95	GV
MD280	Saludynam Calcium/Magnesium/Zn	250ml	13.75	G
HIGHER NATURE				
Body Health				
VM298	Red Sterol Complex	90	25.95	GV
Essentials				
VM361	Colloidal Silver	15ml	11.95	GV
Gut Health				

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VM302	Citricidal	25ml	9.95	GV
VM040	Citricidal	100ml	29.95	GV
VM300	Pro-Daily	90	11.95	GV
	Immunity			
VM297	Quercetin & Bromelain	60	17.95	GV
	Mind Health			
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
VM290	L-Theanine	90	28.95	GV
VM179	Serotone 5-HTP (100mg)	30 capsules	12.95	GV
	LEPICOL			
VM198	Lepicol Capsules	180 capsules	21.55	G
VM228	Lepicol Plus Powder	180g	17.45	G
VM142	Lepicol Powder	180g	14.35	G
VM195	Lepicol Powder	350g	21.55	G
VM294	Whole Psyllium Husk Powder	300g	13.35	G
	LINWOODS			
MD013	Linwoods Immune	210g	7.99	GV
MD029	Linwoods Menoligna	210g	1.99	GV
	NATURES AID			
	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
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
	CBD Range			
VM146	CBD Oil 2.5% Spray	10ml	16.99	GV
VM147	CBD Oil 5% Spray	10ml	29.99	GV
VM148	CBD Spray 10%	10ml	49.99	GV
	Effervescent			
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	20 tablets	4.25	GV
	Minerals			
VM274	Calcium, Magnesium & Vit D3	90 tablets	9.95	GV
VM275	Zinc & Vitamin C Lozenge	30loz	4.75	GV
	Multi-Vitamins			
VM288	Beta-Glucans Immune Support + Vegan Omegas	30 tablets	1.95	GV
VM256	Flaxseed Oil 1000mg	90	1.99	GV
VM257	Flaxseed Oil 1000mg	180	17.99	GV
	Vitamins			
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
	NATURES OWN			
	B Vitamins			
VM308	Vitamin B12 Sublingual	60 tablets	9.90	GV
	Minerals			
VM320	Foodstate Iron	50 tablets	13.20	G
	Multi-Formulations			
VM309	Bone Support Formula	60 capsules	17.35	GV
	Nutritional Support			
VM311	Hair Skin & Nails Formula	30 capsules	1.10	GV
VM307	Immune Support	60 capsules	25.50	GV
VM321	Natures Night - for sleep	80g	18.90	GV
	NEUBRIA			
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

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PROVEN				
VM322	Acidophilus,Bifidus & Digestiv	30	18.95	GV
VM116	Fit For School - Chewable	30	14.95	GV
VM323	Womens Lactobacillus & Bifidus Urgent-C	30	18.95	GV
VM114	Urgent C - Everyday Immune	30	15.95	G
VM144	Urgent C Daytime Kickstart	7	7.99	G
VM145	Urgent C Night Time Support	7	7.99	G
RICOLA				
	Soothe & Clear			
MD001	Honey Herb Bag	75g	1.65	SG
MD009	Honey, Lemon & Echinacea	75g	1.65	GS
MD008	Original Bag	75g	1.65	GSV
SIMPLEE ALOE				
MD041	Aloe Juice Health Supplement	500ml	9.99	GOV
MD025	Aloe Juice Health Supplement	1l	15.99	GOV
SOLARAY				
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
SYNO-VITAL				
VM226	Oral Hyaluronic Acid + Vit C	5ml	3.99	GV
TOGETHER HEALTH				
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
VM360	CBD Hemp	60	19.99	GV
VM358	Chaga Mushroom	60	27.99	GOV
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
VM356	Lion's Mane Mushroom	60	27.99	GOV
VM119	Magnesium	30	6.99	GV
VM112	Multi Vitamin & Mineral	30	1.99	GV
VM019	Multibiotic	30	15.99	GV
VM355	Mushroom 5 Complex	60	27.99	GOV
VM359	Natural Folate	30	7.99	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
VM357	Reishi Mushroom	60	27.99	GOV
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
SWEET SNACKS				
ANANDA FOODS				
	XMAS 2023			
KB309	Let's Celebrate Marshmallows	80g	4.60	GSV
BEAR				
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

code	product	size	rrp	bfgosv
	Bites			
ZX336	Blackcurrant and Beetroot	5 x 18g	3.19	GV
ZX333	Strawberry and Butternut	5 x 18g	3.19	GV
	Fruit Splits			
ZX637	Fruit Splits Cherry & Apple	100g	3.90	GSV
ZX623	Fruit Splits Strawberry & Apple	100g	3.90	GV
ZX632	Splits Pineapple & Raspberry	100g	3.90	GV
	Fruit Treasures			
ZX649	Fruit Treasures Berry	100g	2.99	GV
ZX646	Fruit Treasures Tropical	100g	2.99	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			
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
BIONA				
ZX002	Berry Burst Sweets - Organic	75g	2.90	GOSV
ZX446	Fizzy Peaches	75g	2.90	GOVS
ZX441	Jelly Dino Sweets - Organic	75g	2.90	GOSV
ZX911	Mini Fruit Bears	75g	2.90	GOSV
ZX443	Pomegranate Heart Sweets - Org	75g	2.90	GOSV
BUTTERMILK				
	XMAS 2023			
KB382	Candy Cane Fudge	100g	2.99	GS
KB319	Irish Cream Fudge	100g	2.99	GS
KB323	Mince Pie Fudge	100g	2.99	GS
CANDY KITTENS				
	Small Bags			
ZX645	Sour Watermelon	54g	1.45	SVG
COTSWOLD FUDGE CO				
ZX064	Vegan Bitterscotch 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
DANDIES				
ZX654	Vegan Chocolate Marshmallows	105g	2.29	GSV
ZX667	Vegan Maple Marshmallow	105g	2.29	GSV
ZX668	Vegan Vanilla Jumbo Campers	280g	4.99	GSV
ZX199	Vegan Vanilla Marshmallows	200g	3.99	GSV
ZX203	Vegan Vanilla Mini Marshmallow	200g	3.99	GSV
ZX650	Vegan Vanilla Mini Marshmallow	105g	2.29	GSV
FABULOUS FREE FROM FACTORY				
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
FLOWER & WHITE				
KB753	Mango & Passion Fruit Mallow	35g	1.59	G
KB758	Raspberry Mallow Bar	30g	1.59	G
KB755	Salted Caramel Mallow Bar	30g	1.59	G
KB744	Strawberry & Banana Mallow Bar	35g	1.59	G
FREE FROM FELLOWS				
ZX065	Cola Bottles	100g	2.90	GV
ZX060	Gummy Bears	100g	2.90	GV
ZX072	Midget Gems	100g	2.90	GV
	Boiled Sweets			
ZX321	Cola & Strawberry Lollipops	60g	2.15	VG
ZX373	Pear Drops	70g	2.90	GSV
ZX324	Rhubarb and Custard	70g	2.90	VG
FREEDOM CONFECTIONERY				
KB911	Mallow Out Bar Strawberry	35g	1.79	GV
KB910	Mallow Out Bar Vanilla	35g	1.79	GV

code	product	size	rrp	bfgosv
KB789	Pink & White Mini Marshmallows	105g	2.90	GSV
KB726	Veganatics - Large Mallows	105g	2.90	GSV
GOODY GUMMY DROPS				
ZX944	Bears	125g	2.39	GOSV
ZX660	Hedgehogs	125g	2.39	GOSV
ZX906	Orangutangies	125g	2.39	GOSV
ZX954	Turtles	125g	2.39	GOSV
JEALOUS SWEETS				
	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	SGV
	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	0.99	GSV
ZX950	Happy Bears Shot Bags	24g	0.99	GV
ZX955	Love Bears Shot Bags	24g	0.99	GV
ZX949	Tangy Worms Shot Bags	24g	0.99	GSV
NUDDERS				
ZX158	Chocovered Candy Orange Peel	65g	1.89	GSV
ZX149	Chocovered Caramel Hazelnuts	55g	1.89	GSV
ZX548	Chocovered Crunchee Bites	65g	1.85	GSV
ZX175	Chocovered Salty Corn Balls	55g	1.89	GSV
PENG				
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
PEPPERSMITH				
ZX048	Strawberry Pastilles	15g	1.59	GV
	Big Packs			
ZX772	Mighty Box Peppermint Mints	60g	4.39	GV
RICOLA				
ZX269	Glacier Peppermint -Sugar Free	45g	1.65	GV
ZX327	Mountain Mint - Sugar Free	45g	1.65	GV
SWEET LOUNGE				
	XMAS 2023			
ZX412	Blue Raspberry Bottles	150g	6.99	GSV
ZX378	Cola Bottles	150g	6.99	GSV
ZX407	Fruity Bears	150g	6.99	GSV
ZX381	Mixed Gummies	150g	6.99	GSV
TASTY MATES				
	136g Bags			
ZX750	The Salty One	136g	2.59	GSV
	54g Bags			
ZX773	The Salty One	54g	1.49	GSV
TROPICKS				
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
TABLE SAUCES				
BIONA				
KJ106	Classic Tomato Ketchup Squeezy	560g	4.35	GOSV
KJ463	Worcester Sauce	140ml	4.35	GOSV
HENDERSON'S				
KJ344	Henderson's Relish	284ml	2.49	GSV
HUNTER AND GATHER				
KJ323	Tomato Ketchup Unsweetened	350g	3.69	GV
MERIDIAN				
KJ621	Tomato Ketchup - organic	285g	2.79	GOSV

code	product	size	rrp	bfgovs
	MR ORGANIC			
KJ496	Naturally sweetened Ketchup	480g	3.79	GOV
	RIVER COTTAGE			
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
	STUBB'S			
KJ073	Hickory Liquid Smoke	148ml	3.49	GSV
	TEAS			
	CLIPPER			
	Pack 40			
TE172	English Breakfast Tea Organic	40 bags	3.35	FGOV
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	40 bags	3.55	FGOV
	Pack 80			
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
	HAMPSTEAD TEA			
	Looseleaf			
TE677	English Breakfast	100g	6.49	GOVB
	T. BUCKWHEAT TEA			
TE197	Buckwheat Teabags	15 bags	9.99	GV
	TOFU & TEMPEH (CHILLED)			
	BETTER NATURE			
CV763	BBQ Tempeh Pieces	180g	3.29	GSV
CV764	Curry Tempeh Pieces	180g	3.29	GV
CV766	Mediterranean Tempeh Pieces	180g	3.29	GV
CV767	Smoky Tempeh Rashers	180g	3.29	GV
	CLEAR SPOT			
CV777	Scrambled Tofu	200g	3.90	GOV
CV913	Silken Tofu	250g	2.45	GOV
	DRAGONFLY			
CV393	Organic Marinated Tofu	300g	3.70	GOV
	IMPULSE FOODS			
CV177	Black Turtle Bean Tempeh	200g	3.85	GOV
CV178	Chickpea & Chia Tempeh	200g	3.85	GOV
	TOOTH CARE			
	KINGFISHER			
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
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
	VEGETABLES			
	COOKS & CO			
KJ078	Sweetly Drop Peppers	235g	4.29	GV
	ST DALFOUR			
VF112	Whole Chestnuts	200g	4.69	GV
	VEGETABLES (FROZEN)			
	BIO INSIDE			
XL155	Organic Garden peas	300g	2.00	GOV
XL153	Organic Sweetcorn	300g	2.35	GOV
	NATURAL COOL			
XL183	Broccoli	300g	3.45	GOVB
XL221	Chips - Oven or Fry	600g	4.50	BGOV
XL178	Peas	450g	3.60	GOV
XL098	Potato Wedges	450g	3.65	BGOV
XL181	Sweetcorn	450g	3.60	GOV
XL134	Vegetable Mix	450g	3.30	BGOV

code	product	size	rrp	bfgosv
	STRONG ROOTS			
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
	VINEGARS			
	BRAGG			
KJ325	Apple Cider Vinegar w/Mother	473ml	6.99	GOV
KJ324	Apple Cider Vinegar w/Mother	946ml	11.98	GOV
	MR ORGANIC			
KJ492	Organic Apple Cider Vinegar	500ml	3.35	GOV
	WINES			
	RED WINE			
	Chile			
WN055	MontGras Pinot Noir	750ml	16.90	GOV
	France			
WN006	Merlot La Marouette	75cl	14.89	GOV
WN078	Rouge Sans Sulfite Marouette	750ml	15.29	GOV
	Italy			
WN020	Integro Organic Primitivo	75cl	13.95	GOV
	Spain			
WN050	Amigo de la Tierra Red	750ml	11.79	GOV
WN232	Tempranillo Camino	75cl	11.85	GOV
WN080	Tempranillo Finca Fabian	750ml	12.65	GOV
	ROSE WINE			
	France			
WN229	Grenache Rose La Marouette	75cl	15.19	GOV
	Spain			
WN022	Coral de Penascal Rose	75cl	15.49	GOV
	SPARKLING WINE			
	Italy			
WN009	Prosecco Col di Manza	75cl	23.45	GOVB
	Spain			
WN081	Cava Bodegas Enguera	750ml	2.25	GOV
WN054	Vallformosa Bio Organic Cava	750ml	16.90	GOV
	WHITE WINE			
	Chile			
WN016	MontGras Sauvignon Blanc	75cl	16.90	GOV
	France			
WN076	Blanc Sans Sulfite Marouette	750ml	16.65	GOV
	Spain			
WN079	Verdejo Finca Fabian	750ml	12.65	GOV
	YEAST EXTRACTS			
	VEGEMITE			
GH148	Vegemite Gluten Free	235g	2.85	GV
	YOGHURT, DAIRY (CHILLED)			
	BERGERIE			
CV581	Goat Milk Yoghurt Natural Org	125g	0.85	GO
CV585	Sheep Milk Yoghurt Greek Style	250g	1.95	GO
	YEO VALLEY			
	Kefir Yoghurt			
CV863	Mango & Passionfruit	350g	2.00	GOS
CV864	Natural	350g	2.00	GOS
CV862	Strawberry	350g	2.00	GOS
	YOGHURT, NON-DAIRY (CHILLED)			
	ALPRO			
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
	COCOS			
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

code	product	size	rrp	bfgosv
CV897	Natural Coconut Yoghurt	250g	4.15	GOV
CV894	Strawberry Coconut Yoghurt	125g	2.35	GOV
CV900	Strawberry Coconut Yoghurt	400g	5.65	GOV
CV895	Vanilla Coconut Yoghurt	125g	2.35	GOV
CV901	Vanilla Coconut Yoghurt	400g	5.65	GOV
KOKO DAIRY FREE				
Coconut Yoghurts				
CV229	Greek Style Yoghurt	350g	2.20	GV
CV032	Peach & Passionfruit Yoghurt	2 x 125g	1.95	GSV
CV020	Plain Yoghurt Alternative	400g	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
NUSH				
Almond Milk Dairy-Free Yoghurt				
CV796	Mango & Passionfruit	350g	3.50	GV
SOJADE				
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	1.60	GOV
CV266	Sojade Natural Yoghurt	250g	1.50	GOV
CV723	Vanilla Yoghurt	400g	2.45	GOSV
THE COCONUT COLLABORATIVE				
CV508	Mango-Passion Compote Yoghurt	360g	3.70	GV
CV495	Natural Yoghurt	350g	3.50	GV
CV825	Natural Yoghurt	600g	5.30	GV
CV497	Vanilla Yoghurt	350g	3.50	GV

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