

# Suma

CO-OPERATIVE SINCE 1977

**VEGAN**

MAY - JUN 2024

# 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 AND LOW ALCOHOL BEVERAGES</b>				
<b>BELLE &amp; CO</b>				
JU030	Alcohol Free Sparkling Brut	6 x 750ml	6.59	V
JU031	Alcohol Free Sparkling Rose	6 x 750ml	6.59	V
<b>BELVOIR</b>				
JU559	Spiced Ginger Punch	6 x 750ml	4.79	GSV
	Alcohol Free Cocktails			
JU330	Passionfruit Martini	6 x 750ml	4.10	SV
	Alcohol Free Cocktails - Cans			
JU237	Martini - Passionfruit	12 x 250ml	1.19	SVB
JU228	Mojito - Lime and Yuzu	12 x 250ml	1.19	SVB
JU235	Peach Bellini	12 x 250ml	1.19	SVB
<b>FUNGTN</b>				
RT001	Lion's Mane IPA 0.5%ABV	12 x 330ml	2.99	GV
RT010	Shiitake Dark Beer 0.5% ABV	12 x 330ml	2.99	GV
<b>GIMBER</b>				
JU283	Gimber - ginger concentrate	6 x 500ml	2.99	OSV
JU284	Gimber - ginger concentrate	12 x 200ml	13.49	OSV
<b>LA BREWERY</b>				
JU441	Citrus Hops Kombucha	12 x 330ml	2.75	SV
JU088	English Blush Kombucha	6 x 750ml	1.49	VS
JU440	English Rose Kombucha	6 x 750ml	1.49	V
JU443	Ginger Kombucha	12 x 330ml	2.75	SV
JU049	Strawberry Rhubarb Kombucha	12 x 330ml	2.75	SV
<b>ST PETER'S</b>				
	Alcohol Free Beers			
JU037	St Peter's Without - Gold	8 x 500ml	2.15	V
JU038	St Peter's Without Original	8 x 500ml	2.15	V
JU048	St Peter's Without Pale Ale	8 x 500ml	2.19	OV
<b>ALCOHOLIC DRINKS</b>				
<b>DIRTY COW</b>				
RT057	Chocolate Cre*m Liqueur	6 x 70cl	24.99	GSV
RT052	Original Cre*m Liqueur	6 x 70cl	24.99	GSV
RT030	Strawberry Cre*m Liqueur	6 x 70cl	24.99	GSV
<b>HOLLOWS</b>				
	From Fentimans			
RT017	Superior Alcoholic Ginger Beer	8 x 500ml	3.65	GVS
<b>SOMETHING AND NOTHING</b>				
	Seltzer			
RT042	Junmai Sake & Yuzu Spritz	12 x 330ml	3.75	GV
RT066	Sauvignon Blanc & Cucumber	12 x 330ml	3.45	V
<b>WILDJAC</b>				
RT073	Apple Spiced Rum-Bag in Sleeve	6 x 700ml	32.87	SV
RT072	Cherry Spice Rum-Bag in Sleeve	6 x 700ml	32.87	SV
RT074	Rhubarb Rum - Bag in Sleeve	6 x 700ml	32.87	SV
<b>BABY &amp; CHILD FOOD</b>				
<b>BEAR</b>				
ZX523	Paws- Raspberry & Blueberry	18 x 20g	0.65	GV
ZX520	Paws- Strawberry & Apple	18 x 20g	0.65	GV
	Paws in multipacks			
ZX189	Paws- Raspberry & Blueberry	4 x 5 x 20g	2.99	GV
ZX245	Paws- Strawberry & Apple	4 x 5 x 20g	2.99	GV
<b>ELLA'S KITCHEN</b>				
	Smoothie Fruits			
BB238	The Green One - Multi Pack	6 x 5 x 90g	5.25	OV
BB048	The Green One - smoothie fruit	12 x 90g	1.90	OV
BB164	The Pink One	3 x 5 x 90g	5.25	OV
BB237	The Purple One - Multi Pack	6 x 5 x 90g	5.25	OV
BB007	The Purple One -smoothie fruit	12 x 90g	1.90	OV
BB239	The Red One - Multi Pack	6 x 5 x 90g	5.25	OV

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BB011	The Red One - smoothie fruit	12 x 90g	1.90	OV
BB139	The White One - Multi Pack	3 x 4 x 90g	4.50	OV
BB236	The Yellow One - Multi Pack	6 x 5 x 90g	5.25	OV
BB010	The Yellow One -smoothie fruit Stage 1	12 x 90g	1.90	OV
BB196	Apple & Pear Baby Rice	7 x 120g	1.65	OV
BB001	Apples & Bananas	7 x 120g	1.65	OV
BB198	Banana & Apricot Baby Rice	7 x 120g	1.65	OV
BB003	Broccoli, Pear & Peas	7 x 120g	1.65	OV
BB049	Butternut Squash, Carrot	7 x 120g	1.65	OV
BB006	Carrot, Apple & Parsnip	7 x 120g	1.65	OV
BB233	First Taste Mango Mango Mango	7 x 70g	1.29	OV
BB231	First Taste Pears Pears Pears	7 x 70g	1.29	OV
BB012	First Taste Prunes Prunes	7 x 70g	1.29	OV
BB095	Peaches & Bananas	7 x 120g	1.65	OV
BB078	Strawberries & Apples	7 x 120g	1.65	OV
BB126	Sweet Potato,Broccoli,Carrot Stage 2	7 x 120g	1.65	OV
BB058	Kitchen Vegetable Bake	6 x 130g	2.29	OV
	<b>LITTLE PASTA</b>			
	Pasta			
BB002	Animal Pasta Shapes - Tricolor	12 x 300g	2.99	OV
BB051	Teddy Bear Pasta	12 x 300g	2.99	OV
	<b>LITTLE PASTA ORGANICS</b>			
	Pasta			
BB255	Animal Pasta Shapes - Tricolor	15 x 300g	2.99	OV
BB151	Gluten Free Mini Gnocchi	12 x 250g	2.65	GOV
BB043	Red Lentil Dinosaur Pasta	8 x 250g	3.75	GOV
BB174	Travel Shaped Pasta	15 x 300g	2.49	OV
	<b>ORGANIX</b>			
BB019	Banana Weaning Wands	5 x 25g	1.35	OV
BB009	Magnificent 7 Veggies	6 x 130g	2.15	OV
BB015	Strawberry Weaning Wands	5 x 25g	1.34	OV
BB014	Very Veggie Pasta	6 x 190g	2.97	OV
	Cereals - Stage 2			
BB052	Banana & Plum Porridge	4 x 200g	3.59	OV
	Cereals - Stage 3			
BB057	Banana,Peach & Apple Muesli	4 x 200g	4.25	OV
	Finger Foods - from 7 months			
BB715	Crunchy Carrot Sticks	8 x 20g	0.89	OV
BB717	Crunchy Sweetcorn Rings	8 x 20g	0.89	OV
	Goodies Biscuits			
BB711	Alphabet Biscuits	6 x 5x25g	3.25	OV
BB022	Animal Biscuits	5 x 100g	2.79	OV
BB247	Gingerbread Men	6 x 135g	3.25	OV
	Goodies Fruit Snacks			
BB159	Apple & Date Chunky Fruit Bars	6 x 6 x 17g	3.79	OV
BB158	Banana & Date Chunky Fruit Bar	6 x 6 x 17g	3.79	OV
BB150	Raisins Mini Boxes	4 x 12 x 14g	3.19	OV
	Goodies Savouries			
BB549	Carrot Stix	6 x 15g	0.59	OV
	Goodies Snack Bars			
BB076	Apple & Orange Soft Oaty Bar	6 x 6 x 30g	4.29	OV
BB075	Carrot Cake Soft Oaty Bars	6 x 6 x 30g	4.29	OV
BB080	Raspberry & Apple Soft Oaty Rice Cake Clouds	6 x 6 x 23g	4.29	OV
BB030	Apple Rice Cake	6 x 40g	1.99	OV
BB039	Banana Rice Cake	6 x 40g	1.99	OV
BB036	Strawberry Rice Cake	6 x 40g	1.99	OV

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<b>BABY CARE</b>				
<b>BEAMING BABY</b>				
NF031	Organic Bamboo Baby Wipes	12 x 80	4.99	OV
NF022	Organic Bamboo Nappies Size 1	4 x 32	12.99	V
NF024	Organic Bamboo Nappies Size 2	4 x 30	12.99	V
NF025	Organic Bamboo Nappies Size 3	4 x 26	12.99	V
NF026	Organic Bamboo Nappies Size 4	4 x 24	12.99	V
NF028	Organic Bamboo Nappies Size 5	4 x 22	12.99	V
NF636	Bio Degradable - Maxi Plus	5 x 29	12.49	V
NF635	Biodegradable Nappies - Maxi	5 x 33	13.89	V
NF634	Biodegradable Nappies - Midi	4 x 38	13.92	V
NF633	Bio-Degradable Nappies - Mini	8 x 22	6.41	V
NF259	Nappy Sacks - Fragrance Free	10 x 60	3.15	V
<b>BIO D</b>				
NF666	Nappy Fresh	12 x 500g	3.39	V
<b>NATRACARE</b>				
NF099	Baby Wipes 50 Pack	16 x 50	4.59	OV
<b>THE CHEEKY PANDA</b>				
NF167	Bamboo Wipes	12 x 100 SHT	5.99	V
NF580	Baby Wipes - Dry	12 x 60	2.99	V
<b>WELEDA</b>				
DY536	Calendula Shampoo & Body Wash	200ml	8.25	V
<b>BAGS, BOXES AND BASKETS</b>				
<b>SUMA</b>				
NF001	Mesh Counter Bags			
NF002	Cotton Mesh Produce Bag-Large	1 x bag	2.55	OV
NF003	Cotton Mesh Produce Bag-Medium	1 x bag	2.10	OV
NF003	Cotton Mesh Produce Bag-Small	1 x bag	1.95	OV
Shopping Bags				
NF437	String Bag-Lg Handles-Charcoal	1 x bag	3.85	V
NF438	String Bag-Lg Handles-Ivory	1 x bag	3.85	V
NF450	String Bag-Lg Handles-Mulberry	1 x bag	3.85	V
NF053	String Bag-Lg Handles-Natural	1 x bag	4.49	V
NF051	String Bag-Lg Handles-Ochre	1 x bag	4.49	V
NF451	String Bag-Lg Handles-Pumpkin	1 x bag	3.85	V
NF439	String Bag-Lg Handles-Teal	1 x bag	3.85	V
<b>SUMA BRANDED BAGS</b>				
NF100	Suma Branded Bags			
NF100	Cool Bag Insulated Large	1 x bag	3.99	V
<b>SUMA PAPER BAGS</b>				
Counter Bags				
NF286	Carrier Bags Lrg Twist Handle	200 x 1 bags		V
NF490	Patterned Flat Bags - Large	1 x 500 bags		V
NF295	Patterned Flat Bags - Small	1 x 1000 bags		V
<b>SIESTA CRAFTS</b>				
NF467	Recycled Saree Bag - Folding	each	4.79	FV
NF137	Sari Folding Bag - Recycled	1 x 20 bags	4.79	FV
<b>BAKING SUNDRIES</b>				
<b>SUMA</b>				
LJ039	Baking Powder - Gluten Free	6 x 200g	2.85	GV
LJ019	Cornflour	6 x 500g	2.29	V
LJ040	G/Free Bicarbonate of Soda	6 x 200g	2.19	GV
GT028	Gluten Free Vegetarian Suet	6 x 250g	3.75	GV
LJ223	Gluten Free Xanthan Gum	6 x 100g	4.85	GV
<b>BREAD MATTERS</b>				
LJ218	Original Sourdough Starter	12 x 10g	5.69	OV
<b>CERTO</b>				

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LJ216	Apple Pectin	6 x 250ml	3.90	V
	<b>CLEARSPRING</b>			
LJ138	Agar Agar Flakes Gelling Agent	8 x 30g	5.99	OV
	<b>COCOA LOCO</b>			
KB139	Dark Chocolate Couverture	4 x 1.5kg	22.99	FOSV
	<b>DOVES FARM</b>			
LJ206	Baking Powder	5 x 130g	1.95	GV
LJ202	Bicarbonate of Soda	5 x 200g	1.79	GV
LJ228	Choc Chip Cookie Mix	5 x 350g	3.49	GSV
LJ203	Cornflour Organic	5 x 110g	2.29	GOV
LJ233	Pancake Mix	5 x 300g	2.65	GV
LJ423	Quick Yeast	2 x 8 x 125g	1.75	GV
	<b>ENGEVITA</b>			
LJ144	Organic Yeast Flakes	6 x 100g	6.49	FGOV
LJ148	Super Yeast Flakes Vit D & B12	6 x 100g	4.79	GV
LJ265	Yeast Flakes - Bulk	25kg		GV
LJ143	Yeast Flakes Protein & Fibre	6 x 100g	3.95	FCV
LJ020	Yeast Flakes with Vitamin B12	6 x 100g	4.25	FCV
	<b>FERMIPAN</b>			
LJ061	Dried Yeast	20 x 500g	7.69	V
	<b>FREE &amp; EASY</b>			
LJ009	Cheese Flavour Sauce Mix	6 x 130g	2.85	GSV
LJ016	Egg Replacer	6 x 135g	2.95	GV
	<b>JUST WHOLEFOODS</b>			
LJ162	Vegezet - setting agent	10 x 25g	2.79	V
	<b>MONTEZUMA'S</b>			
	Cooking Chocolate			
KB052	Dark Couverture	3kg	59.70	GOSV
	<b>NIELSEN MASSEY</b>			
LJ242	Madagascar Vanilla Extract	6 x 1l	135.00	GV
LJ252	Pure Almond Extract	8 x 60ml	4.85	V
LJ250	Pure Vanilla Extract	8 x 60ml	12.25	SV
LJ204	Vanilla Bean Paste	6 x 60ml	12.75	SV
LJ244	Vanilla Extract	8 x 60ml	1.85	GV
	<b>NOTORIOUS NOOCH</b>			
LJ266	B12 Cheesy Immature	12 x 80g	4.15	V
LJ267	B12 Smoky Bacon	12 x 80g	4.15	V
LJ067	Flame Grilled Chicken	12 x 80g	4.15	V
	<b>OGGS</b>			
LJ110	Aquafaba	6 x 1 l	8.59	V
LJ082	Aquafaba Egg Alternative	12 x 200ml	2.59	V
	<b>ORGRAN</b>			
LJ656	Egg Replacer	8 x 200g	3.35	GV
LJ077	Vegan Easy Egg	8 x 250g	4.99	GSV
	<b>PLAMIL</b>			
	Drops in 1kg bags			
KB651	Baking Chocolate	1 x 1kg	13.70	GSV
KB652	Organic Baking Chocolate	1 x 1kg	15.53	GOSV
KB658	Organic Rich Chocolate	1 x 1kg	16.13	GOSV
	<b>STEENBERGS</b>			
LJ116	Almond Extract	6 x 100ml	6.69	V
LJ117	Orange Flower Water Organic	6 x 100ml	4.19	OV
LJ085	Rose Water Organic	6 x 100ml	4.19	OV
	<b>SUPERGOOD! BAKERY</b>			
LJ010	Flippin' Lovely Pancake Mix	6 x 200g	3.69	GSV
LJ021	Wakey Protein Pancake Mix	6 x 200g	4.65	GSV
	<b>TAYLOR &amp; COLLEDGE</b>			
LJ115	Vanilla Bean Extract	6 x 100ml	1.55	FOV
LJ113	Vanilla Bean Paste	12 x 65g	7.95	SOV
LJ036	Vanilla Pods	6 x 4g	12.29	OV
	<b>THE RAW CHOCOLATE CO</b>			
WS183	Cacao Butter Buttons	6 x 200g	6.99	OV

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	Chocolate Making Ingredients			
KB051	Raw Cacao Powder	6 x 180g	3.75	GOV
	<b>VEGO</b>			
KB072	Hazelnut Chocolate Melts	10 x 180g	6.15	OFVS
	<b>VIVANI ORGANIC CHOCOLATE</b>			
KB408	Dark Cooking Chocolate	10 x 200g	4.49	OSV
	<b>BEANS &amp; PULSES - CANNED</b>			
	<b>SUMA</b>			
VF290	Black Beans	12 x 400g	0.99	V
VF707	Borlotti Beans	12 x 400g	0.85	V
VF119	Butter Beans	12 x 400g	0.85	V
VF709	Cannellini Beans	12 x 400g	0.85	V
VF117	Chickpeas	12 x 400g	0.85	V
VF118	Red Kidney Beans	12 x 400g	0.85	V
	<b>SUMA ORGANIC</b>			
VF675	Aduki Beans - organic	12 x 400g	1.15	OV
VF625	Black Beans - organic	12 x 400g	1.15	OV
VF230	Black Beluga Lentils - organic	12 x 400g	1.25	OV
VF300	Black Chickpeas - organic	12 x 400g	1.15	OV
VF630	Borlotti Beans - organic	12 x 400g	1.15	OV
VF073	Brown Lentils - organic	12 x 400g	1.15	OV
VF645	Butter Beans - organic	12 x 400g	1.19	VO
VF395	Cannellini Beans - organic	12 x 400g	1.15	OV
VF642	Chickpeas - organic	12 x 400g	1.15	VO
VF647	Green Lentils - organic	12 x 400g	1.15	VO
VF644	Haricot Beans - organic	12 x 400g	1.15	VO
VF649	Mixed Beans - organic	12 x 400g	1.15	VO
VF255	Pinto Beans - organic	12 x 400g	1.15	OV
VF643	Red Kidney Beans - organic	12 x 400g	1.19	VO
	Baked Beans			
VF800	Baked Beans - Low Sugar	12 x 400g	1.39	OV
VF550	Baked Beans - organic	12 x 400g	1.39	OSV
	Canned From Fresh			
VF123	Fresh Borlotti Beans - Organic	12 x 400g	1.75	OV
VF169	Fresh Cannellini - Organic	12 x 400g	1.75	OV
VF560	Fresh Chickpeas - Organic	12 x 400g	1.75	OV
VF950	Fresh Edamame Soybeans - Org	12 x 200g	1.69	OV
VF350	Fresh Flageolet Beans - Org	12 x 200g	1.49	OV
	Catering Size			
VF900	Black Beans - organic	6 x 2.6kg	4.75	OV
VF785	Chickpeas - organic	6 x 2.6kg	4.75	OV
	<b>AMAIZIN</b>			
VF115	Mixed Beans with Corn	12 x 200g	1.60	OV
	<b>BIONA</b>			
VF222	Baked Beans - Organic	12 x 400g	1.69	OSV
LJ167	Brown Lentil Curry	6 x 400g	2.19	OV
VF042	Chilli Beans - Organic	6 x 395g	1.69	OSV
VF227	Chilli Black Beans - Organic	6 x 400g	1.69	OV
VF306	Edamame Beans	12 x 200g	2.19	OV
	<b>BIONOVA</b>			
VF495	Baked Beans - organic	6 x 340g	2.99	OSV
	<b>GEO</b>			
VF133	Edamame Beans in Water	6 x 400g	2.99	V
	<b>HODMEDOD'S</b>			
VF232	Organic Carlin Peas	12 x 400g	1.89	OV
VF129	Organic Vaal Dhal - British	12 x 400g	2.90	OSV
VF098	Organic Whole Fava Beans	12 x 400g	1.89	OV
	<b>LA BIO IDEA</b>			
VF113	Beluga Lentils - Organic	12 x 200g	1.79	OV
VF075	Chickpeas - organic	12 x 200g	1.45	OV

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VF062	Red Kidney Beans - organic	12 x 200g	1.45	OV
	<b>MR ORGANIC</b>			
VF215	BBQ Baked Beans	12 x 400g	1.79	OV
VF059	Brazilian Style Black Beans	12 x 400g	2.90	OV
VF216	Chilli Mixed Beans	12 x 400g	1.79	OV
VF120	Greek Style Butter Beans	12 x 400g	2.90	OV
VF198	Mexican Style Beans and Corn	12 x 400g	2.90	OV

## BEANS & PULSES - DRIED

### SUMA PREPACKS

PU013	Beluga Lentils	6 x 500g	2.89	V
PU144	Black Turtle Beans	6 x 500g	2.25	V
PU017	Blackeye Beans	6 x 500g	2.15	V
PU078	Broth Mix	6 x 500g	1.75	V
PU066	Butter Beans	6 x 500g	3.25	V
PU067	Chickpeas	6 x 500g	2.50	V
PU065	Lentils - brown	6 x 500g	2.25	V
PU133	Lentils - Dark Speckled	6 x 500g	2.75	V
PU069	Lentils - green	6 x 500g	2.45	V
PU076	Lentils - red split	6 x 500g	1.85	V
PU072	Marrowfat Peas	6 x 500g	2.39	V
PU177	Moong Dahl	6 x 500g	2.79	V
PU070	Split Peas - green	6 x 500g	1.75	V
PU080	Split Peas - yellow	6 x 500g	1.75	V

### SUMA PREPACKS - ORGANIC

PU202	Aduki Beans - Organic	6 x 500g	3.75	VO
PU222	Bean Mix - organic	6 x 500g	3.49	OV
PU034	Black Turtle Beans	6 x 500g	2.95	OV
PU004	Broth Mix - Organic	6 x 500g	2.45	OV
PU345	Butter Beans - organic	6 x 500g	4.65	VO
PU225	Cannellini Beans - organic	6 x 500g	3.35	OV
PU369	Chickpeas - organic	6 x 500g	2.55	VO
PU182	Green Split Peas - organic	6 x 500g	2.49	OV
PU145	Haricot Beans - organic	6 x 500g	2.99	OV
PU135	Lentils - Brown, organic	6 x 500g	2.45	VO
PU167	Lentils - Dark Speckled, org	6 x 500g	4.55	OV
PU129	Lentils - Green, organic	6 x 500g	2.85	VO
PU294	Lentils - Red split organic	6 x 750g	3.25	OV
PU267	Lentils - Red split, organic	6 x 500g	2.35	VO
PU151	Mung Beans - organic	6 x 500g	3.85	VO
PU136	Pinto Beans - organic	6 x 500g	3.50	OV
PU156	Red Kidney Beans - organic	6 x 500g	3.59	OV
PU146	Soya Beans - organic	6 x 500g	2.29	OV
PU166	Yellow Split Peas - organic	6 x 500g	2.49	OV

### HODMEDOD'S

PU008	Carlin Peas Organic	12 x 500g	2.19	OV
PU029	Fava Beans Organic - whole	12 x 500g	2.49	OV
PU007	Olive Green Lentils	12 x 500g	3.29	V

## BEERS

### BRASSERIE BRUNEHAUT

RT076	Belgian Beer - Amber	24 x 330ml	4.19	GOSV
RT077	Belgian Beer - Blanche	24 x 330ml	3.75	GOSV
RT075	Belgian Beer - Blonde	24 x 330ml	3.99	GOSV

### LITTLE VALLEY BREWERY

RT027	Cragg Bitter	12 x 500ml	3.15	OV
RT016	Python IPA	12 x 500ml	3.59	OV
RT015	Tod's Blonde	12 x 500ml	3.29	OV
RT024	Withens Pale Ale	12 x 500ml	3.15	OV

### SAM SMITHS

RT009	Organic Chocolate Stout	12 x 550ml	4.79	OV
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code	product	size	rrp	bfgosv
RT008	Organic Pale Ale	12 x 550ml	4.45	OV
RT120	Organic Pure Brewed Lager	12 x 550ml	4.45	OV
<b>BISCUITS CRACKERS &amp; CRISPbread</b>				
<b>ADONIS</b>				
Keto Crackers				
BT432	Black Pepper & Sea Salt	10 x 60g	3.35	OV
BT433	Olive & Chia Seeds	10 x 60g	3.35	OV
<b>AMISA</b>				
BT560	Chestnut Crispbread	12 x 100g	2.39	GOV
BT119	Chickpea Crispbread	12 x 100g	2.90	GOV
BT185	Crispbread - Buckwheat W/grain	12 x 120g	2.95	GOV
BT289	Crispbread - Quinoa Fibre Plus	12 x 100g	1.89	OV
BT291	Crispbread - Veggie Garden GF	12 x 100g	1.89	GOV
BT159	Protein Lentil Crispbread	12 x 100g	2.19	GOV
<b>BIONA</b>				
BT005	Grissini Breadsticks - Quinoa	12 x 125g	2.75	OV
BT004	Grissini Breadsticks - Sesame	12 x 125g	2.55	OV
BT166	Hazelnut Syrup Waffles	12 x 175g	3.25	OSV
<b>CLEARSPRING</b>				
BT229	Brown Rice Cakes	6 x 120g	1.59	GOV
BT261	Brown Rice Cakes	6 x 120g	1.59	GOV
BT270	Brown Rice Cakes	6 x 120g	1.69	GOV
BT276	Brown Rice Cakes	6 x 120g	1.69	GOV
BT277	Brown Rice Cakes	6 x 120g	1.69	GOV
BT318	Oatcakes - Sea Vegetable	15 x 200g	3.79	OV
BT290	Oatcakes - Sun Dried Tom /Herb	15 x 200g	3.79	OV
BT319	Oatcakes, Traditional, Organic	15 x 200g	3.79	OV
BT317	Organic Corncakes	12 x 130g	1.79	GOV
BT631	Rice Cakes - 3 Grain, Thin,Org	12 x 130g	1.79	GOV
BT630	Rice Cakes - Lightly Salted	12 x 130g	1.79	GOV
BT629	Rice Cakes - No Added Salt,Org	12 x 130g	1.79	GOV
BT576	Rye Crispbread - Original	10 x 200g	1.59	OV
BT577	Rye Crispbread - Sesame	10 x 200g	1.89	OV
<b>DOVES FARM</b>				
BT295	Choc Chip Cookies	12 x 180g	2.59	GOSV
BT092	Digestive Biscuits	12 x 400g	2.79	OSV
BT010	Digestives	12 x 200g	1.69	OSV
BT271	Double Chocolate Cookies - GF	12 x 180g	2.59	GOSV
BT202	Fruity Oat Digestives	12 x 200g	2.90	OSV
BT269	Lemon Zest Cookies - GF	12 x 150g	2.50	GOSV
BT029	Organic Ginger Oat Biscuits	12 x 200g	2.45	OSV
BT008	Stem Ginger Cookies - GF	12 x 150g	2.50	GOSV
<b>DR KARG</b>				
BT001	3 Grains & 3 Seeds Crispbreads	8 x 200g	3.69	OV
BT812	Classic 3 Seed Crispbread	8 x 200g	3.35	OV
BT137	Protein Thins	14 x 150g	3.59	V
BT813	Seeded Spelt Crispbread	8 x 200g	3.79	OV
<b>EASY BEAN</b>				
CRACKERS				
BT304	Fava Bean & Poppy Seed Crackers	8 x 150g	4.15	GV
BT305	Greenpea & Chia Seed	8 x 150g	4.15	GV
BT303	Red Lentil & Poppy Seed	8 x 150g	4.15	GV
BT279	Turmeric & Nigella Seed	8 x 150g	4.15	GV
BT285	Yellow Pea & Sunflower Seed	8 x 160g	4.15	GV
<b>FINN CRISPbreadS</b>				
BT025	Multigrain	9 x 175g	1.79	V
BT002	Original Rye	12 x 250g	1.79	V
BT003	Original Rye	9 x 200g	1.79	V
<b>HONEYROSE</b>				

code	product	size	rrp	bfgosv
BT227	Date & Walnut Toast	6 x 110g	4.39	GOSV
BT228	Hazelnut & Agen Plum Toast	6 x 110g	4.59	GOSV
BT230	Kale & Spiced Nut Toast	6 x 110g	4.39	GOSV
<b>IBIS</b>				
BT187	Wholegrain Rice Cake	12 x 136g	1.69	FOV
BT179	Wholegrain Salted Rice Cake	12 x 136g	1.69	FOV
BT182	Wholegrain Unsalted Rice Cake	12 x 136g	1.69	FOV
<b>KALLO</b>				
BT045	Ancient Grain Corn Cakes	12 x 150g	2.49	GOV
BT088	Beetroot & Three Seeds Thins	12 x 100g	3.19	GV
BT152	Blueberry/Van Rice/Corn Cakes	6 x 131g	2.99	GSV
BT114	Caramelised Onion Veggie Cakes	12 x 22g	1.15	V
BT184	Corn Cakes OG	12 x 130g	2.25	GOV
BT085	Lentil&Pea Veggie Cake	6 x 122g	3.59	GV
BT096	Mixed Seeds Veggie Thins	12 x 100g	3.19	GV
BT104	Rosemary & Sea Salt Veggie Ths	12 x 100g	3.19	GV
	Lentil Cakes			
BT578	Protein Lentil Cake	6 x 100g	2.45	GV
	Rice Cakes			
BT034	Original Wholegrain Rice Cakes	12 x 130g	2.15	GVO
	Snack Pack			
BT298	Beetroot & Balsamic Veggie	12 x 22g	1.15	V
	Veggie Cakes			
BT146	Beetroot Veggie Cakes	6 x 122g	3.59	SV
BT421	Caramelised Onion Veggie Cakes	6 x 122g	3.59	SV
BT153	Spinach & Pesto Veggie Cakes	6 x 122g	3.59	SV
BT418	Tomato Salsa, Lime Veg Cakes	6 x 122g	3.59	SV
<b>LAZY DAY</b>				
BT320	Belgian Dark Chocolate Tiffin	8 x 150g	3.59	SV
BT019	Chocolate Tiffin	12 x 50g	1.75	FGSV
BT017	Millionaire Shortbread	12 x 50g	1.75	FGSV
BT316	Millionaires Shortbread	8 x 150g	3.59	GSV
BT032	Orange Tiffin	12 x 50g	1.75	FGSV
BT436	Orange Tiffin	8 x 150g	3.59	GV
BT023	Rocky Road	12 x 50g	1.75	FGSV
BT437	Rocky Road	8 x 150g	3.59	GV
BT443	Salted Caramel Crispie	8 x 150g	3.59	GV
BT041	Scottish Shortbread	12 x 50g	1.75	FGSV
<b>LE PAIN DES FLEURS</b>				
BT094	Buckwheat Crispbread	6 x 150g	4.19	GOV
BT189	Buckwheat Crispbread no Salt	6 x 150g	4.19	GOV
BT095	Chestnut Crispbread	6 x 150g	4.59	GOV
BT093	Quinoa Crispbread	6 x 150g	4.59	GOV
<b>LOTTIE SHAW'S</b>				
ZX693	Vegan Gingerbread Man	12 x 50g	1.35	SV
<b>MR ORGANIC</b>				
BT354	Breadstick Classic	10 x 150g	3.29	OV
BT361	Breadstick with Olives	10 x 130g	3.29	OV
BT030	Chocolate Chip Digestive	12 x 250g	2.59	OSV
ZX221	Cocoa Biscuits	12 x 250g	2.39	OSV
BT350	Flatbread Classic	10 x 150g	3.29	OV
BT345	Flatbread with Rosemary	10 x 150g	3.29	OV
ZX219	Orange Biscuits/Cocoa Beans	12 x 250g	2.79	OSV
<b>MRS CRIMBLES</b>				
BT245	Chocolate Macaroons	12 x 195g	2.15	GSV
BT288	Coconut Macaroon	12 x 180g	1.95	GSV
<b>NAIRN'S</b>				
BT375	Choc Orange Oat Biscuits	6 x 200g	2.50	SV
BT419	Coconut and Chia Oat Biscuit	10 x 200g	2.50	SV
BT009	Mixed Pepper & Sea Salt Oatcak	8 x 200g	2.90	SV
BT090	Oatcakes - Fine	12 x 218g	1.49	V

code	product	size	rrp	bfgosv
BT046	Oatcakes - Fruit & Seed	8 x 225g	2.90	SV
BT273	Oatcakes - Organic	12 x 250g	1.85	OV
BT275	Oatcakes - Traditional Rough	10 x 291g	1.59	V
BT386	Oatcakes -Organic Super Seeded	8 x 200g	2.90	OV
ZX338	Original Flatbread	6 x 150g	2.39	GSV
BT027	Sourdough Flatbreads Gluten Free	6 x 125g	2.39	GSV
BT194	Chocolate Chip Oaties	8 x 160g	1.70	GSV
BT200	GF Apple&Cinnamon Chunky Bisc	6 x 160g	2.69	GSV
BT324	GF Biscuit Breaks Choc Chip	12 x 160g	2.69	GSV
BT108	GF Biscuit Breaks Oat & Fruit	12 x 160g	2.69	GSV
BT267	GF Biscuit Breaks Stem Ginger	12 x 160g	2.69	GSV
BT571	GF Blueb&Rasp Chunky Biscuits	6 x 160g	2.69	GSV
BT549	GF Super Seeded Oatcake	8 x 180g	2.59	GV
BT420	Gluten Free Oatcakes	8 x 213g	2.59	GV
BT195	Syrup Oaties	8 x 160g	1.70	GSV
BT127	Toffee Flavour Oaties Wheat Free Biscuits	8 x 160g	1.70	GSV
BT346	Dark Chocolate Chip	8 x 200g	2.50	SV
BT414	Mixed Berry	10 x 200g	2.50	SV
BT415	Stem Ginger	10 x 200g	2.50	SV
<b>ORGANICO</b>				
	Rustic Breadsticks			
BT065	Classic Grissini - og	8 x 120g	2.35	OV
BT061	Omega Grissini - og	8 x 120g	2.35	OV
BT068	Sesame Grissini - og	8 x 120g	2.65	OV
BT067	Spelt Grissini - og	8 x 120g	2.95	OV
<b>ORGRAN</b>				
BT176	Splits Pumpkin Crispbread	6 x 130g	3.75	GV
BT177	Splits Swt Potato Crispbread	6 x 130g	3.75	GV
<b>ORIGIN EARTH</b>				
BT390	Gluten Free Crackers	10 x 150g	2.99	GV
BT389	Gluten Free Crackers Fennel	10 x 150g	2.99	GV
BT387	Gluten Free Crackers Sesame	10 x 150g	2.99	GV
<b>PETER'S YARD</b>				
BT170	Sourdough Flatbreads Sea Salt	6 x 115g	2.85	V
BT173	Sourdough Flatbreads Seeded Sourdough Crackers	6 x 135g	2.85	V
BT118	Oregano & Olive Oil Crackers	8 x 90g	2.99	SV
BT011	Poppy Seed	8 x 100g	2.75	SV
BT120	Pumpkin & Sunflower Seed Crack	8 x 105g	2.99	SV
BT007	Rosemary & Sea Salt	8 x 90g	2.75	SV
<b>PRODIGY</b>				
	Phenomenoms			
BT423	Chocolate Digestives	12 x 32g	1.30	V
BT427	Chocolate Digestives	12 x 128g	2.89	V
BT428	Chocolate Oaties	12 x 32g	1.30	V
BT429	Chocolate Oaties	12 x 128g	2.89	V
<b>REAL FOODS</b>				
BT381	Corn Thins - Original	6 x 150g	1.95	GV
<b>RHYTHM 108</b>				
	Biscuit Share Bags			
BT333	Almond Biscotti	8 x 135g	3.29	GOV
BT334	Coconut Cookie	8 x 135g	3.29	GOV
BT335	Double Choco Hazelnut Biscuits	8 x 135g	3.29	OVG
BT431	Hazelnut Chocolate Chip	8 x 135g	3.29	OSV
BT430	Hazelnut Chocolate Praline	8 x 135g	3.29	OSV
BT344	Lemon Ginger Chia Biscuits Soft Filled Cookies	8 x 135g	3.29	GOSV
BT216	Chocolate Hazelnut Ganache	12 x 50g	1.75	OVS
BT115	Double Chocolate Peanut	12 x 50g	1.75	OVS

code	product	size	rrp	bfgosv
<b>RUDE HEALTH FOODS</b>				
BT300	Buckwheat Crackers	8 x 100g	2.49	GOV
BT147	Chickpea & Lentil Crackers	8 x 120g	2.49	GOV
BT372	Chickpea Triangles	6 x 80g	1.85	GOV
BT054	Corn Crackers	8 x 130g	1.99	GOV
BT371	Corn Triangles	6 x 100g	1.85	GOV
BT313	High Protein Lentil Triangles	6 x 70g	1.85	GV
BT309	Multigrain Crackers	8 x 100g	2.49	GOV
<b>SWEET FA</b>				
	By Island Bakery			
BT358	Cranberry & Orange Cookies	12 x 125g	3.90	GOSV
BT359	Double Choc Chip Cookies	12 x 125g	3.90	GOSV
BT362	Oat & Raisin Cookies	12 x 125g	3.90	GOSV
BT364	Peanut Butter Cookies	12 x 125g	3.90	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	each	9.39	V
BK019	Refill Point of Sale Kit	1 kit		V
BK004	Sticker - For Store Windows	each		V
	Accessories			
DY644	Bamboo Soap Dish - Rectangle	6 x 1 DISH	4.65	V
DY643	Bamboo Soap Dish - Round	6 x 1 DISH	3.35	V
DY110	Organic Cotton Soap Bag	1 x bag	1.95	OV
DY609	Travel Soap Tin - Double Size	1 x tin	5.99	V
DY153	Travel Soap Tin - Round Tin	1 x tin	3.99	V
DY607	Travel Soap Tin - Single Size	1 x tin	3.99	V
	Haircare - Conditioner 20l			
DY374	Conditioner - Clear & Simple	20l		V
DY384	Conditioner - Coconut & Argan	20l		V
DY386	Conditioner - Pink Grapefruit	20l		V
DY385	Conditioner - Rose & Geranium	20l		V
DY380	Conditioner - Tea Tree & Aloe	20l		V
DY383	Conditioner- Lavender&Geranium	20l		V
	Haircare - Conditioner 400ml			
DY031	Conditioner - Clear & Simple	6 x 400ml	5.99	V
DY041	Conditioner - Coconut & Argan	6 x 400ml	5.99	V
DY037	Conditioner - Patchouli	6 x 400ml	5.99	V
DY043	Conditioner - Pink Grapefruit	6 x 400ml	5.99	V
DY042	Conditioner - Rose & Geranium	6 x 400ml	5.99	V
DY036	Conditioner - Tea Tree & Aloe	6 x 400ml	5.99	V
DY039	Conditioner- Lavender&Geranium	6 x 400ml	5.99	V
	Haircare - Conditioner 5l			
DY045	Conditioner - Clear & Simple	5l	43.99	V
DY053	Conditioner - Coconut & Argan	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
DY052	Conditioner- Lavender&Geranium	5l	43.99	V
	Haircare - Shampoo 20l			
DY370	Shampoo - Clear & Simple	20l		V
DY369	Shampoo - Coconut & Argan Oil	20l		V
DY368	Shampoo - Lavender & Geranium	20l		V
DY372	Shampoo - Pink Grapefruit	20l		V
DY371	Shampoo - Rose & Geranium	20l		V
DY365	Shampoo - Tea Tree & Aloe	20l		V
	Haircare - Shampoo 400ml			
DY001	Shampoo - Clear & Simple	6 x 400ml	5.99	V

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DY017	Shampoo - Coconut & Argan Oil	6 x 400ml	5.99	V
DY016	Shampoo - Lavender & Geranium	6 x 400ml	5.99	V
DY009	Shampoo - Patchouli	6 x 400ml	5.99	V
DY021	Shampoo - Pink Grapefruit	6 x 400ml	5.99	V
DY019	Shampoo - Rose & Geranium	6 x 400ml	5.99	V
DY003	Shampoo - Tea Tree & Aloe	6 x 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
	Hair-Conditioner Bars/Boxed			
DY999	Hair Conditioner Bar - Coconut	6 x 90g	5.89	V
DY995	Hair Conditioner Bar - Rose	6 x 90g	5.89	V
DY994	Hair Conditioner Bar -Lavender	6 x 90g	5.89	V
DY993	Hair Conditioner Bar -P'chouli	6 x 90g	5.89	V
DY646	Hair Conditioner Bar -PG'fruit	6 x 90g	5.89	V
	Hair-Shampoo Bars/Boxed/Glyc			
DY997	Shampoo Bar-Glycerine-Coconut	6 x 90g	4.15	V
DY996	Shampoo Bar-Glycerine-P'chouli	6 x 90g	4.15	V
DY604	Shampoo Bar-Glycerine-PG'fruit	6 x 90g	4.15	V
	Hair-Shampoo Bars/Boxed/PF			
DY992	Shampoo Bar - Rose & Geranium	6 x 95g	3.25	V
DY991	Shampoo Bar-Lavender&Geranium	6 x 95g	3.25	V
	Skincare - Body Wash 20l			
DY389	Body Wash - Clear & Simple	20l		V
DY394	Body Wash - Coconut & Argan	20l		V
DY393	Body Wash - Lavender&Geranium	20l		V
DY399	Body Wash - Pink Grapefruit	20l		V
DY398	Body Wash - Rose & Geranium	20l		V
DY391	Body Wash - Tea Tree & Aloe	20l		V
	Skincare - Body Wash 400ml			
DY061	Body Wash - Clear & Simple	6 x 400ml	5.99	V
DY070	Body Wash - Coconut & Argan	6 x 400ml	5.99	V
DY069	Body Wash - Lavender&Geranium	6 x 400ml	5.99	V
DY068	Body Wash - Patchouli	6 x 400ml	5.99	V
DY074	Body Wash - Pink Grapefruit	6 x 400ml	5.99	V
DY073	Body Wash - Rose & Geranium	6 x 400ml	5.99	V
DY066	Body Wash - Tea Tree & Aloe	6 x 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 - Lavender&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	6 x 300ml	4.75	V
DY102	Hand Wash - Lavender&Geranium	6 x 300ml	4.75	V
DY101	Hand Wash - Patchouli	6 x 300ml	4.75	V
DY120	Hand Wash - Pink Grapefruit	6 x 300ml	4.75	V
DY112	Hand Wash - Rose & Geranium	6 x 300ml	4.75	V
	Skincare - Hand Wash 5l			
DY125	Hand Wash - Coconut & Argan	5l	43.99	V
DY124	Hand Wash - Lavender&Geranium	5l	43.99	V
DY122	Hand Wash - Patchouli	5l	43.99	V

code	product	size	rrp	bfgosv
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	6 x 95g	3.25	V
DY658	All-In-One - Far & Away Bar	6 x 95g	3.25	V
	Soap-Glycerine/Loose			
DY652	Glycerine Soap - Almond Milk	12 x 90g	2.15	V
DY540	Glycerine Soap - G'fruit&Aloe	12 x 90g	2.15	V
DY555	Glycerine Soap - Hemp & Vit E	12 x 90g	2.15	V
DY654	Glycerine Soap - Lav & Vetiver	12 x 90g	2.15	V
DY655	Glycerine Soap - Mandarin	12 x 90g	2.15	V
DY656	Glycerine Soap - Orange Bloss	12 x 90g	2.15	V
DY532	Glycerine Soap - Rose&Geranium	12 x 90g	2.15	V
DY013	Glycerine Soap - White Lav	12 x 90g	2.15	V
	Soap-Glycerine/Loose/Palm Free			
DY965	Glycerine Soap - Coconut	6 x 90g	3.15	V
DY960	Glycerine Soap - Coffee & Cedar	6 x 90g	3.15	V
DY959	Glycerine Soap - Jasmine Musk	6 x 90g	3.15	V
DY964	Glycerine Soap - Lav & Geranium	6 x 90g	3.15	V
DY962	Glycerine Soap - Patchouli	6 x 90g	3.15	V
DY971	Glycerine Soap - Pink G'fruit	6 x 90g	3.15	V
DY967	Glycerine Soap - Rose&Geranium	6 x 90g	3.15	V
DY961	Glycerine Soap - Tea Tree&Aloe	6 x 90g	3.15	V
	Soap-Handmade/Boxed/Gift Sets			
DY317	Gift Set - Floral - 4 Bars	1 x set	14.95	V
DY542	Gift Set - Nature's - 4 Bars	1 x set	1.95	V
	Soap-Handmade/Boxed/Palm Free			
DY433	Boxed Soap Aloe Vera	6 x 95g	3.15	V
DY497	Boxed Soap Bergamot& Green Tea	6 x 95g	3.15	V
DY452	Boxed Soap Cinnamon & Orange	6 x 95g	3.15	V
DY476	Boxed Soap Coconut Milk& Ylang	6 x 95g	3.15	V
DY448	Boxed Soap G'fruit & Mandarin	6 x 95g	3.15	V
DY438	Boxed Soap Lavender & Lime	6 x 95g	3.15	V
DY440	Boxed Soap L'grass & Chamomile	6 x 95g	3.15	V
DY560	Boxed Soap Patchouli & Hemp	6 x 95g	3.15	V
DY446	Boxed Soap P'mint & Pine Oil	6 x 95g	3.15	V
DY502	Boxed Soap Rose & Geranium	6 x 95g	3.15	V
DY445	Boxed Soap Rosemary & Lavender	6 x 95g	3.15	V
DY444	Boxed Soap Tea Tree & E'lyptus	6 x 95g	3.15	V
	Soap-Skincare/Boxed/Palm Free			
DY998	Skincare-Ayurvedic Soap Bar	6 x 95g	3.25	V
DY990	Skincare-Detox Bar-Charcoal	6 x 95g	3.25	V
DY988	Skincare-Facial Bar-Cocoa	6 x 95g	3.25	V
DY662	Skincare-Moisturising Bar-Rose	6 x 90g	7.49	V
DY661	Skincare-Pink Clay Cleanser	6 x 95g	3.25	V
DY989	Skincare-Shaving Bar Cedarwood	6 x 95g	3.25	V
	<b>ALOE PURA</b>			
DY600	Aloe Vera Face Wash	6 x 150ml	5.99	V
DY040	Aloe Vera Gel	6 x 200g	7.99	V
DY196	Aloe Vera Gel + Tea Tree	6 x 200ml	7.99	V
DY199	Aloe Vera Gel + Vitamin A C E	6 x 200ml	7.99	V
	Suncare			
DY303	Aloe Vera After Sun Lotion	6 x 200ml	9.49	V
DY251	Aloe Vera Sun Lotion SPF 15	6 x 200ml	14.49	V
DY211	Aloe Vera Sun Lotion SPF 50	6 x 200ml	19.99	V
	<b>BEN &amp; ANNA</b>			
	Deocreme in PolyPotato sphere			
DY564	Deodorant Cream - Love Me	6 x 40g	8.95	V
DY566	Deodorant Cream Green Balance	6 x 40g	8.95	V

code	product	size	rrp	bfgosv
DY065	Deodorant Stick in Paper Tube			
DY076	Soda Deodorant - Coco Mania	1 x 40g	7.45	OV
DY083	Soda Deodorant - Green Fusion	1 x 40g	7.45	OV
DY083	Soda Deodorant - Mint	1 x 40g	7.45	OV
DY185	Soda Deodorant - Persian Lime	1 x 40g	7.45	OV
DY816	Soda Deodorant - Pink G/Fruit	1 x 40g	7.45	OV
DY077	Soda Deodorant - Urban Black	1 x 40g	7.45	OV
	Lip Balm			
DY562	Lip Balm Pure stick	8 x 6g	4.99	V
DY539	Lip Balm Raspberry stick	8 x 6g	4.99	V
DY543	Lip Balm Strawberry Stick	8 x 6g	4.99	V
	Sensitive Deodorant			
DY458	Deodorant - Cherry Blossom	1 x 40g	8.45	OV
DY462	Deodorant - Highland Breeze	1 x 40g	8.45	OV
DY463	Deodorant - Lemon & Lime	1 x 40g	8.45	OV
	Shampoo Flakes			
DY206	Shampoo Flakes - Aloe Vera	6 x 2 x 20g	5.95	V
DY227	Shampoo Flakes - Sea Buckthorn	6 x 2 20g	5.95	V
	<b>DR BRONNER'S</b>			
DY443	Lavender - Pump Soap	1 x 355ml	14.49	FOV
DY183	Lavender All In One Magic Soap	1 x 240ml	9.99	FOV
DY338	Lavender Castile Liquid Soap	1 x 3.8l	79.99	FGOVB
	475ml Bottle			
DY191	Almond All In One Magic Soap	1 x 475ml	15.49	FOV
DY198	Baby All In One Magic Soap	1 x 475ml	15.49	FOV
DY205	Lavender All In One Magic Soap	1 x 475ml	15.49	FOV
DY201	Orange All In One Magic Soap	1 x 475ml	15.49	FOV
DY207	Peppermint AllInOne Magic Soap	1 x 475ml	15.49	FOV
	945ml Bottle			
DY208	Almond All In One Magic Soap	1 x 945ml	24.99	FOV
DY209	Baby Castile Liquid Soap	1 x 945ml	24.99	FOV
DY213	Lavender Castile Liquid Soap	1 x 945ml	24.99	FOV
DY572	Orange All In One Magic Soap	1 x 945ml	24.99	FOV
DY214	Peppermint Castile Liquid Soap	1 x 945ml	24.99	FOV
	Bar Soap			
DY117	Almond Pure Castile Bar Soap	12 x 140g	6.49	FOV
DY118	Baby Castile Bar Soap	12 x 140g	6.49	FOV
DY123	Lavender Castile Bar Soap	12 x 140g	6.49	FOV
DY119	Orange Castile Bar Soap	12 x 140g	6.49	FOV
	Hand Sanitiser			
DY455	Hand Sanitiser - Lavender	1 x 60ml	5.49	FOV
DY479	Hand Sanitiser - Peppermint	1 x 60ml	5.49	FOV
	<b>DR ORGANIC</b>			
	ARGAN OIL			
DY610	Moroccan Argan Oil Conditioner	6 x 265ml	6.99	V
DY596	Moroccan Argan Oil Shampoo	6 x 265ml	6.99	V
DY333	Moroccan Argan Pure Oil	1 x 50ml	17.99	V
	COCONUT			
DY356	Coconut Body Wash	6 x 250ml	6.49	OV
DY403	Coconut Conditioner	6 x 265ml	6.99	OV
DY361	Coconut Shampoo	6 x 265ml	6.99	OV
	Gift Sets			
DY238	Ageless Skincare Gift Set	1 x gift set	2.00	OV
DY242	Nourish Me Lip Balm Trio	1 x gift set	9.99	OV
	ROSE OTTO			
DY618	Rose Otto Body Wash	6 x 250ml	6.49	V
DY631	Rose Otto Conditioner	6 x 265ml	6.99	V
DY623	Rose Otto Day Cream	6 x 50ml	11.99	V
DY647	Rose Otto Deodorant	6 x 50ml	6.49	V
DY622	Rose Otto Face Wash	6 x 150ml	7.49	V

code	product	size	rrp	bfgosv
DY635	Rose Otto Shampoo TEA TREE	6 x 265ml	6.99	V
DY343	Tea Tree Body Lotion	6 x 200ml	8.49	V
DY337	Tea Tree Bodywash	6 x 250ml	6.49	OV
DY334	Tea Tree Deodorant	6 x 50ml	6.49	VO
<b>EARTH CONSCIOUS</b>				
	Deodorant Balm in a Tin			
DY148	Natural Deodorant - Lavender	6 x 60g	8.00	V
DY157	Natural Deodorant - Peppermint Stick Deodorant in Paper Tube	6 x 60g	8.00	V
DY136	Natural Deodorant - Grapefruit	6 x 60g	8.00	V
DY137	Natural Deodorant - Jasmine	6 x 60g	8.00	V
DY144	Natural Deodorant - Lavender	6 x 60g	8.00	V
DY141	Natural Deodorant - Lemon	6 x 60g	8.00	V
DY145	Natural Deodorant - Peppermint	6 x 60g	8.00	V
DY143	Natural Deodorant - Pure	6 x 60g	8.00	V
<b>FAITH IN NATURE</b>				
	2.5 Litre - Body Wash			
DY418	Body Wash-Wild Rose 2.5 Litre - Conditioner	4 x 2.5l	19.50	GVB
DY381	Conditioner-Lavender/Geranium	4 x 2.5l	22.50	GVB
DY409	Conditioner-Wild Rose 2.5 Litre - Shampoo	4 x 2.5l	22.50	GVB
DY395	Shampoo-Lavender/Geranium	4 x 2.5l	22.50	GVB
DY413	Shampoo-Wild Rose 5 Litres Bulk - Body Wash	4 x 2.5l	22.50	GVB
DY877	Body Wash - Aloe Vera	5l	5.00	V
DY883	Body Wash - Coconut	5l	5.00	V
DY430	Body Wash - Dragon Fruit	5l	37.50	V
DY427	Body Wash - Fragrance Free	5l	37.50	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 5 Litres Bulk - Conditioner	5l	37.50	V
DY874	Conditioner - Aloe Vera	5l	42.75	V
DY879	Conditioner - Coconut	5l	42.75	V
DY315	Conditioner - Shea & Argan	5l	42.75	V
DY288	Conditioner - Tea Tree	5l	42.75	V
DY442	Conditioner - Wild Rose	5l	42.75	V
DY437	Conditioner-Grapefruit & Orange	5l	42.75	V
DY867	Conditioner-Lavender&Geranium 5 Litres Bulk - Hand Wash	5l	42.75	V
DY473	Hand Wash - Wild Rose	5l	37.50	V
DY268	Hand Wash-Aloe Vera & Tea Tree	5l	37.50	V
DY270	Hand Wash-Lavender & Geranium 5 Litres Bulk - Shampoo	5l	37.50	V
DY871	Shampoo - Aloe Vera	5l	42.75	V
DY881	Shampoo - Coconut	5l	42.75	V
DY436	Shampoo - Grapefruit & Orange	5l	42.75	V
DY188	Shampoo - Jojoba	5l	42.75	V
DY868	Shampoo - Lavender & Geranium	5l	42.75	V
DY135	Shampoo - Seaweed & Citrus	5l	42.75	V
DY314	Shampoo - Shea & Argan	5l	42.75	V
DY280	Shampoo - Tea Tree	5l	42.75	V
DY441	Shampoo - Wild Rose 5L Bulk - Hand and Body Lotion	5l	42.75	V
DY614	Hand & Body Lotion - Coconut	5l	42.75	V
DY620	Lotion - Grapefruit & Orange	5l	42.75	V
DY612	Lotion - Lavender & Geranium	5l	42.75	V



code	product	size	rrp	bfgosv
	Accessories			
HJ210	Aluminium Refill Bottle	12 x 450ml	4.99	V
HJ023	Pump for 5ltr Bulk Containers	each	6.29	V
	Body Wash			
DY104	Body Wash - Aloe Vera	6 x 400ml	5.99	V
DY351	Body Wash - Avocado	6 x 400ml	5.99	GV
DY880	Body Wash - Coconut	6 x 400ml	5.99	V
DY981	Body Wash - Dragon Fruit	6 x 400ml	5.99	V
DY044	Body Wash - Fragrance Free	6 x 400ml	5.99	V
DY501	Body Wash - Grapefruit & Orange	6 x 400ml	5.99	V
DY244	Body Wash - Jojoba	6 x 400ml	5.99	V
DY474	Body Wash - Mint	6 x 400ml	5.99	V
DY848	Body Wash - Seaweed	6 x 400ml	5.99	V
DY628	Body Wash - Shea & Argan	6 x 400ml	5.99	V
DY107	Body Wash - Tea Tree	6 x 400ml	5.99	V
DY132	Body Wash - Wild Rose	6 x 400ml	5.99	V
DY105	Body Wash-Lavender & Geranium	6 x 400ml	5.99	V
	Conditioner			
DY128	Conditioner - Wild Rose	6 x 400ml	6.69	V
DY221	Conditioner - Aloe Vera	6 x 400ml	6.69	V
DY329	Conditioner - Avocado	6 x 400ml	6.69	V
DY830	Conditioner - Coconut	6 x 400ml	6.69	V
DY919	Conditioner - Dragon Fruit	6 x 400ml	6.69	V
DY033	Conditioner - Fragrance Free	6 x 400ml	6.69	V
DY223	Conditioner - Jojoba	6 x 400ml	6.69	V
DY846	Conditioner - Rosemary	6 x 400ml	6.69	V
DY845	Conditioner - Seaweed & Citrus	6 x 400ml	6.69	V
DY626	Conditioner - Shea & Argan	6 x 400ml	6.69	V
DY222	Conditioner - Tea Tree	6 x 400ml	6.69	V
DY508	Conditioner-Grapefruit & Orange	6 x 400ml	6.69	V
DY890	Conditioner-Lavender&Geranium	6 x 400ml	6.69	V
	Hair Masks			
DY541	Hair Mask Coconut & SheaButter	6 x 300ml	6.99	V
	Hand & Body Lotion			
DY613	Hand & Body Lotion Coconut	6 x 400ml	6.69	V
DY616	Hand Body Lotion G'Fruit Ornge	6 x 400ml	6.69	V
DY611	Hand Body Lotion Lav Geranium	6 x 400ml	6.69	V
	Hand Wash			
DY894	Hand Wash - Coconut	6 x 400ml	4.59	V
DY301	Hand Wash - Seaweed & Citrus	6 x 400ml	4.59	V
DY245	Hand Wash-Aloe Vera & Tea Tree	6 x 400ml	4.59	V
DY505	Hand Wash-Grapefruit & Orange	6 x 400ml	4.59	V
DY312	Hand Wash-Lavender & Geranium	6 x 400ml	4.59	V
DY553	Wild Rose Hand Wash	6 x 400ml	4.59	V
	Men's Range			
DY054	Body Wash - Blue Cedar	6 x 400ml	5.99	V
DY048	Shampoo - Blue Cedar	6 x 400ml	6.69	V
DY056	Wrapped Soap - Blue Cedar	6 x 100g	2.99	V
	Shampoo			
DY844	Shampoo - Aloe Vera	6 x 400ml	6.69	V
DY328	Shampoo - Avocado	6 x 400ml	6.69	V
DY875	Shampoo - Coconut	6 x 400ml	6.69	V
DY920	Shampoo - Dragon Fruit	6 x 400ml	6.69	V
DY032	Shampoo - Fragrance Free	6 x 400ml	6.69	V
DY512	Shampoo - Grapefruit & Orange	6 x 400ml	6.69	V
DY420	Shampoo - Hemp & Meadowfoam	6 x 400ml	6.69	V
DY839	Shampoo - Jojoba	6 x 400ml	6.69	V
DY503	Shampoo - Lavender & Geranium	6 x 400ml	6.69	V
DY843	Shampoo - Rosemary	6 x 400ml	6.69	V
DY842	Shampoo - Seaweed & Citrus	6 x 400ml	6.69	V

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DY625	Shampoo - Shea & Argan	6 x 400ml	6.69	V
DY509	Shampoo - Tea Tree	6 x 400ml	6.69	V
DY127	Shampoo - Wild Rose	6 x 400ml	6.69	V
	Shampoo Bars			
DY478	Shampoo Bar - Dragon Fruit	6 x 85g	7.00	V
DY480	Shampoo Bar Lavender	6 x 85g	7.00	V
DY477	Shampoo Bars Coconut SheaButtr	6 x 85g	7.00	V
	Soap - Loose			
DY050	Loose Soap - Aloe Vera	18 x 100g	2.28	V
DY918	Loose Soap - Coconut	18 x 100g	2.28	V
DY637	Loose Soap - Fragrance Free	18 x 100g	2.28	V
DY640	Loose Soap - Grapefruit	18 x 100g	2.28	V
DY154	Loose Soap - Hemp	18 x 100g	2.28	V
DY005	Loose Soap - Lavender	18 x 100g	2.28	V
DY006	Loose Soap - Orange	18 x 100g	2.28	V
DY008	Loose Soap - Rosemary	18 x 100g	2.28	V
DY239	Loose Soap - Tea Tree	18 x 100g	2.28	V
	Soap - Wrapped			
DY051	Wrapped Soap - Aloe Vera	6 x 100g	2.99	V
DY909	Wrapped Soap - Coconut	6 x 100g	2.99	V
DY461	Wrapped Soap - Lavender	6 x 100g	2.99	V
DY579	Wrapped Soap - Wild Rose	6 x 100g	2.99	V
	<b>FRIENDLY SOAP</b>			
	All In One Bar			
DY106	Natural Travel Soap	6 x 95g	2.95	V
	Cleansing Bars			
DY165	Cleansing Bar	6 x 95g	2.95	V
DY163	Cleansing Bar Cocoa Butter	6 x 95g	2.95	V
	Conditioner Bars			
DY421	Conditioner Bar	6 x 90g	5.29	V
DY424	Conditioner Bar	6 x 90g	5.29	V
	Shampoo Bars			
DY095	Shampoo Bar	6 x 95g	2.95	V
DY103	Shampoo Bar	6 x 95g	2.95	V
DY507	Shampoo Bar	6 x 95g	2.95	V
DY510	Shampoo Bar	6 x 95g	2.95	V
	Shaving Range			
DY093	Natural Shaving Bar	6 x 95g	2.95	V
DY514	Shaving Bar	6 x 95g	2.95	V
	<b>HILL BRUSH COMPANY</b>			
NF783	Back & Body Brush	each	12.79	V
	<b>HUMBLE</b>			
NF536	Bamboo Cotton Swabs - White	10 x 100	1.99	V
	<b>LAVERA</b>			
	Basis			
DY963	All-Round Cream	4 x 150ml	9.85	OV
DY230	Body Lotion	4 x 250ml	11.35	OV
DY202	Deodorant - Roll On	4 x 50ml	9.75	OV
DY589	Hand Cream	4 x 75ml	4.50	OV
DY583	Lip Balm Sensitive	6 x 4.5g	4.50	OGV
DY581	Moisturising Face Cream	4 x 50ml	15.45	OV
	<b>LOOFCO</b>			
DY092	Bath Time Loofah	8 x 1	3.59	V
DY091	Body Loofah	8 x 1	3.29	V
	<b>MILLY AND SISSY</b>			
DY313	Body Wash Refills 40g	12 x 40g	5.50	V
DY284	Passion Fruit Body Wash Set	6 x 1 set	21.50	V
	<b>NATURES AID</b>			
DY271	Rose Water Traditional	10 x 150ml	5.45	V
	<b>OIAMIGA</b>			
DY182	Hair Dye Permanent Drk Caramel	1 x 120ml	9.99	V

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DY215	Hair Dye Permanent, Bge Blonde	1 x 120ml	9.99	V
DY160	Hair Dye Permanent, Chocolate	1 x 120ml	9.99	V
DY156	Hair Dye Permanent, Dark Brown	1 x 120ml	9.99	V
DY162	Hair Dye Permanent, Lht Brown	1 x 120ml	9.99	V
DY034	Hair Dye Permanent, Raspberry	1 x 120ml	9.99	V
DY212	Hair Dye Permanent, Tangerine	1 x 120ml	9.99	V
<b>OLIVA</b>				
DY090	Aloe Vera Olive Oil Soap	12 x 100g	1.99	V
DY290	Olive Oil Soap	4 x 6 x 125g	1.99	V
DY561	Olive Oil Soap - Large Bar	6 x 600g	3.99	V
DY094	Tea Tree Olive Oil Soap	12 x 100g	1.99	V
<b>PITROK</b>				
DY175	Deodorant Spray - for Men	6 x 100ml	4.99	V
DY235	Deodorant Stick Refill	6 x 100g	7.29	V
DY250	Push Up Crystal Deodorant	6 x 100g	7.29	V
DY220	Roll On Crystal Deodorant	6 x 50ml	4.99	V
DY139	Spray Deodorant	6 x 100ml	4.99	V
<b>RIO ROSA MOSQUETA</b>				
DY653	Anti-ageing day & night cream	1 x 50ml	18.49	V
DY659	Pure Chilean Rosehip Oil	1 x 20ml	13.99	V
DY660	Pure Chilean Rosehip Oil	1 x 50ml	26.79	V
<b>SIMPLY GENTLE</b>				
DY097	Cotton Buds - organic	24 x 200	2.59	VO
DY098	Organic Cotton Wool Balls	24 x 100	2.59	OV
DY099	Organic Cotton Wool Pads	24 x 100	2.59	OV
DY100	Organic Cotton Wool Pleats	24 x 100g	2.59	OV
<b>UPCIRCLE</b>				
DY263	Citrus & Coffee Face Scrub	1 x 100ml	16.99	V
DY254	Cleansing Balm with oat	1 x 55ml	2.99	V
DY311	Cooling Eye Roller	1 x rollER	8.99	V
DY243	Cucumber & Coffee Eye Cream	1 x 15ml	19.99	V
DY272	Face Serum with Coffee	1 x 30ml	16.99	VO
DY295	Hand & Body Lotion Bergamot	1 x 250ml	16.99	V
DY269	Hyaluronic Acid Night Cream	1 x 55ml	2.99	V
DY306	The Pamper Kit	1 x kit	13.99	V
DY265	Vitamin E Face Moisturiser	1 x 60ml	2.99	V
	Sunscreen			
DY490	Sunscreen Mineral SPF 25	1 x 60ml	27.49	V
<b>WELEDA</b>				
DY232	Revitalising Hair Tonic	100ml	12.99	VB
	Bath & Shower			
DY387	Sea Buckthorn Creamy Body Wash	200ml	8.25	V
	Body Care			
DY636	Arnica Massage Oil	100ml	16.99	V
	Deodorant			
DY152	Spray Deodorant - Citrus	100ml	12.49	V
DY151	Spray Deodorant - Sage	100ml	12.49	V
DY305	Wild Rose Spray Deodorant	100ml	12.49	V
	Skin Food			
DY134	Skin Food Body Butter	150ml	23.99	FVB
DY086	Skin Food Body Lotion	5 x 200ml	14.95	FVB
DY181	Skin Food Cleansing Balm	1 x 75ml	12.95	VF
DY180	Skin Food Night Cream	1 x 40ml	14.95	VF
DY179	Skin Food Nourishing Day Cream	1 x 40ml	14.95	VF
DY189	Skin Food Ultra Light Dry Oil	1 x 100ml	15.95	FVB
<b>WILD</b>				
	Deodorant Refills			
DY184	Deodorant Refill C\Nut Vanilla	8 x 40g	6.00	V
DY504	Deodorant Refill Cherry	8 x 40g	6.00	V
DY142	Deodorant Refill Cot. Sea Salt	8 x 40g	6.00	V
DY064	Deodorant Refill Cot. SeaSalt	8 x 40g	6.00	V

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DY174	Deodorant Refill Jas.Mandarin	8 x 40g	6.00	V
DY500	Deodorant Refill Lemon\Basil	8 x 40g	6.00	V
DY114	Deodorant Refill Mint AloeVera	8 x 40g	6.00	V
DY115	Deodorant Refill Pom & Pink	8 x 40g	6.00	V
DY506	Deodorant Refill Thunderstorm	8 x 40g	6.00	V
	Mini Deodorants			
DY513	Mini Deodorant Cotton\Sea Salt	20 x 18g	3.20	V
DY515	Mini Deodorant Cotton\Vanilla	20 x 18g	3.20	V
DY517	Mini Deodorant Thunderstorm	20 x 18g	3.20	V
	Reusable Deodorant Cases			
DY109	Deodorant Aqua Case F\Cotton	8 x 40g	13.00	V
DY011	Deodorant Aqua Case Mint Aloe	8 x 40g	13.00	V
DY010	Deodorant Black Case F\Cotton	8 x 40g	13.00	V
DY007	Deodorant Gold Case Pom\grt	8 x 40g	13.00	V
DY495	Deodorant Ombre Case	8 x 40g	15.00	V
DY498	Deodorant Pink Case Cherry	8 x 40g	13.00	V
DY126	Deodorant Pink Case Jasmin	8 x 40g	13.00	V
DY140	Deodorant Purple Case Coconut	8 x 40g	13.00	V
<b>YARE VALLEY</b>				
DY234	Balm Stick - Vanilla & Lemon	20 x 4g	2.79	V
DY585	Lip Balm - Elderflower & Clem	12 x 15g	3.99	V
DY236	Lip Balm Tin - Vanilla & Lemon	12 x 15g	3.95	V
<b>BREADS &amp; BREAD MIXES</b>				
<b>AMAIZIN</b>				
BT268	Og Tortilla Wraps Extra Fibre	16 x 240g	2.95	OV
BT329	Organic Tortilla Wraps	16 x 240g	2.95	OV
<b>AMISA</b>				
BT125	GF Olive Ciabatta	8 x 180g	3.55	GOV
BT472	Seeded Breakfast Rolls	8 x 188g	3.55	GOV
BT468	Sundried Tomato Ciabatta	8 x 180g	3.75	GOV
<b>BIONA</b>				
BT135	Pizza Base - 2 Per Retail Pack	10 x 300g	3.50	OV
BT440	Pumpernickel Bread	9 x 500g	2.75	OV
BT461	Rice Bread with Sunflower Seed	6 x 500g	6.90	GOV
BT464	Rye Bread - Amaranth & Quinoa	7 x 500g	2.85	OV
BT073	Rye Bread - Chia & Flax	7 x 500g	2.93	OV
BT438	Rye Bread - Hemp Seed	7 x 500g	2.95	OV
BT207	Rye Bread - Pumpkin Seed	7 x 500g	2.95	OV
BT210	Rye Bread - Sunflower Seed	7 x 500g	2.75	OV
BT439	Rye Bread - Vitality	7 x 500g	2.85	OV
BT145	Rye Bread - Wholegrain	7 x 500g	2.75	OV
BT206	Rye Omega 3 Linseed Bread	7 x 500g	2.75	OV
BT422	Spelt Pizza Base - Organic	10 x 300g	4.25	OV
<b>CROSTA &amp; MOLLICA</b>				
BT139	Durum Wheat Mini Piadina	16 x 100g	1.29	V
BT178	Durum Wheat Piadina	12 x 300g	2.29	V
BT190	Piadina Emiliana	12 x 300g	2.29	V
BT183	Wholeblend Piadina	12 x 300g	2.39	OV
<b>DILLON ORGANIC</b>				
BT449	Beetroot Flax Keto Bread	6 x 250g	4.99	GOV
BT463	Chia Flax Keto Bread	6 x 250g	4.99	GOV
BT447	Original Flax Keto Bread	6 x 250g	4.99	GOV
BT079	Sliced Gluten Free Olive Bread	4 x 275g	4.79	GOV
BT084	Sliced Gluten Free Seeded Brea	4 x 275g	4.79	GOV
<b>EVERFRESH NATURAL FOODS</b>				
BT048	Malt & Raisin Loaf	8 x 330g	2.39	OV
BT015	Sliced Sprouted Rye Bread	8 x 380g	3.90	OV
BT018	Sliced Sprouted Wheat Bread	8 x 380g	3.90	OV
BT934	Sprouted Rye Bread	8 x 400g	2.65	OV
BT935	Sprouted Spelt Bread	8 x 400g	3.55	OV

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BT086	Sprouted Wheat Bread	8 x 380g	2.59	OV
<b>FLORENTIN</b>				
BT091	Mini Naan Pita	12 x 280g	2.99	OSV
BT552	Pitta Bread - spelt	12 x 260g	2.70	OV
BT360	Pitta Bread - white	12 x 260g	2.25	OV
BT376	Pitta Bread - wholemeal	12 x 280g	2.25	OV
<b>FREE &amp; EASY</b>				
FG059	Afternoon Tea Scone Mix	4 x 350g	3.99	GSV
FG057	Yorkshire Pudding Mix	4 x 155g	2.95	GV
<b>PROFUSION</b>				
BT405	Protein Bread - Rye / Flax	9 x 250g	3.45	OV
<b>SUPERGOOD! BAKERY</b>				
FG023	Go Splits! Banana Bread Mix	6 x 250g	3.69	GSV
<b>BURGERS SAUSAGES &amp; TVP MIXES</b>				
<b>SUMA PREPACKS</b>				
VF160	Burger Mix - Vegan	6 x 350g	6.15	V
VF154	Nut Roast Mix - Gluten Free	6 x 340g	3.85	GSV
VF153	Nut Roast Mix - Savoury/Vegan	6 x 370g	3.79	VS
VF162	Sausage Mix - Vegan	6 x 350g	5.49	V
SY109	Vegan TVP Mince	6 x 250g	2.45	V
<b>CLEARSPRING</b>				
SY074	Organic Soya Chunks	12 x 200g	3.49	GOV
SY071	Organic Soya Mince	12 x 300g	4.90	GOV
<b>ORGANICO</b>				
SY236	Fajita Strips	6 x 110g	3.75	OV
SY235	Soya Kebab Pieces	6 x 100g	3.75	OV
<b>PROFUSION</b>				
SY092	Protein Chunks Pea & Fava	12 x 125g	3.85	GOV
SY095	Protein Mince Pea & Fava	12 x 125g	3.85	GOV
<b>PROTOVEG</b>				
VF839	Sausage Mix	10kg		V
<b>CAKES</b>				
<b>EVERFRESH NATURAL FOODS</b>				
BT014	Mixed Fruit & Warm Spice Cake	8 x 300g	5.79	OV
BT012	Rich Cacao & Sweet Prune Cake	8 x 300g	5.79	OV
BT246	Sprouted Banana & Walnut Cake	8 x 350g	4.29	OV
BT242	Sprouted Carrot & Raisin Cake	8 x 350g	3.89	OV
BT366	Sprouted Chocolate Cake	8 x 350g	3.99	OV
BT241	Sprouted Date & Pecan Cake	8 x 350g	4.65	OV
BT365	Sprouted Fig & Orange Cake	8 x 350g	3.99	OV
BT238	Sprouted Ginger Cake	8 x 350g	4.65	OV
BT368	Sprouted Rye Ginger Cake	8 x 350g	4.65	OV
<b>FREE &amp; EASY</b>				
Gluten & Dairy Free				
BT072	Chocolate Brownie Mix	4 x 350g	4.49	GSV
<b>SPECIALITE LOCALE</b>				
Loaf Cakes				
BT396	Dutch Apple Loaf Cake	12 x 1loaf	4.90	SV
BT384	Stem Ginger Loaf Cake	12 x 1loaf	4.90	SV
<b>SUPERGOOD! BAKERY</b>				
Brownie Crips				
LJ035	Choc Chip Hazelnut	6 x 110g	5.79	GSV
LJ064	Choc Chip Sea Salt	6 x 110g	5.79	GSV
Brownie Crisps				
LJ029	Double Choc Chip	6 x 110g	5.79	GSV
<b>CANDLES, INCENSE &amp; HOLDERS</b>				
<b>GREATER GOODS</b>				
Mother's Vegan Incense				
NF444	Incense Cinnamon & Spice	6 x 12 sticks	2.00	FV

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NF440	Incense Frankincense	6 x 12 sticks	2.00	FV
NF441	Incense Patchouli	6 x 12 sticks	2.00	FV
	The Mother's India Incense			
NF411	Incense - Shanti	5 x 20 sticks	3.50	FV
	<b>HEAVEN SCENT</b>			
	Boxed 20CL Candles-Clear Glass			
NF054	Amber & Tonka Bean Candle	6 x 180g	13.99	V
NF055	Black Oud Candle	6 x 180g	13.99	V
NF056	Black Pomegranate Candle	6 x 180g	13.99	V
NF057	Hops & Herbs Candle	6 x 180g	13.99	V
NF058	Relaxing Candle	6 x 180g	13.99	V
NF061	Sea Salt & Spray Candle	6 x 180g	13.99	V
	Reed Diffusers			
NF062	Amber & Tonka Reed Diffuser	6 x 100ml	14.99	V
NF063	Black Oud Reed Diffuser	6 x 100ml	14.99	V
NF064	Blk Pomegranate Reed Diffuser	6 x 100ml	14.99	V
NF072	Hops & Herbs Reed Diffuser	6 x 100ml	14.99	V
NF079	Relaxing Reed Diffuser	6 x 100ml	14.99	V
NF080	Sea Salt & Spray Reed Diffuser	6 x 100ml	14.99	V
	<b>MOORLANDS CANDLES</b>			
NF436	Candle Standard 9" White	6 x pairs	4.79	V
	<b>SIESTA CRAFTS</b>			
NF285	Satya Sai Nag Champa Incense	12 x 15g	1.25	FV
NF577	Satya Sai Patchouli Incense	12 x 15g	1.25	FV
NF576	Satya Sai Sandalwood Incense	12 x 15g	1.25	FV
NF578	Satya Sai White Sage Incense	12 x 15g	1.25	FV
	<b>WAFI ROOM FRAGRANCE</b>			
NF527	Lavender Air Freshener	6 x 100ml	6.49	OV
NF528	Lemongrass Room Fragrance	6 x 100ml	6.49	OV
	<b>CEREALS &amp; MUESLIS</b>			
	<b>ALARA</b>			
MX082	Bircher Apple and Cinnamon	6 x 650g	4.25	OV
MX123	Classic Apple Bircher	6 x 450g	4.45	OV
MX099	Everyday Muesli	6 x 550g	4.15	OV
MX085	Fruits and Seeds Muesli	6 x 650g	4.25	OV
MX047	Muesli Super Fruits	6 x 500g	4.75	OV
	Everyday Range			
MX023	Gluten Free Muesli - organic	6 x 250g	4.25	GOV
MX031	Rich Muesli - organic	6 x 500g	4.15	OV
	Into The Garden			
MX236	Active Muesli	6 x 250g	4.95	GOV
	<b>AMISA</b>			
FX016	Organic Porridge Oats	6 x 325g	2.75	GOV
MX029	Spelt Puffs - Organic	6 x 200g	2.55	OV
	<b>BEAR</b>			
MX202	Alphabites Cereal - Cocoa	4 x 350g	2.79	V
MX203	Alphabites Cereal - Multigrain	4 x 350g	2.79	V
	<b>BIO &amp; ME</b>			
MX077	Apple & Cinnamon Granola	5 x 360g	4.49	V
MX116	Burst Gluten Free Granola	5 x 350g	4.69	GV
MX117	Cashew & Almond GF Granola	5 x 350g	4.69	GV
MX013	Cocoa & Hazelnut Granola	5 x 360g	4.49	V
MX075	Fruit & Nut Muesli	5 x 450g	3.69	V
MX008	Low Sugar Granola	5 x 360g	4.49	V
MX030	Super Berry Granola	5 x 360g	4.49	V
MX071	Super Seedy & Nutty Granola	5 x 360g	4.49	V
	Porridge Pot			
MX129	Porridge Pot - Nice & Nutty	8 x 58g	1.45	GV
MX122	Porridge Pot - Spiced Apple	8 x 58g	1.45	GV
	<b>BIONA</b>			
MX133	Nutty Clusters Granola	6 x 375g	5.99	OSV

code	product	size	rrp	bfgosv
MX132	Oaty Clusters Granola	6 x 375g	5.49	OV
MX058	Pure Oaty Granola	6 x 375g	5.50	OSV
	<b>DELICIOUSLY ELLA</b>			
MX010	Berry Granola	6 x 400g	4.19	GV
MX001	Nutty Granola	6 x 380g	4.19	GV
MX006	Original Granola	6 x 400g	4.19	GV
	<b>DOVES FARM</b>			
MX019	Cereal Flakes	5 x 375g	3.99	GOSV
MX988	Chocolate Stars	5 x 300g	3.25	GOV
MX632	Corn Flakes	5 x 325g	3.15	GOV
MX171	Fibre Flakes	5 x 375g	3.85	GOSV
MX086	Fruit & Fibre Flakes	5 x 375g	4.99	GOV
MX002	Porridge Oats	4 x 430g	4.90	GOV
MX087	Supergrain Hoops	5 x 300g	3.85	GOV
	Ancient Grains			
MX090	Breakfast Flakes	5 x 375g	4.69	GOV
MX081	Cereal Hoops	5 x 300g	4.49	GOV
MX080	Fruit & Fibre Flakes	5 x 375g	4.99	GOSV
	Bulk Cereals			
MX091	Chocolate Stars	1 x 10kg		GOSV
MX093	Corn Flakes	1 x 10kg		GOV
MX096	Fibre Flakes	1 x 10kg		GOSV
	Snack Size			
MX115	Chocolate Stars	20 x 25g	0.75	GOSV
MX074	Corn Flakes	20 x 30g	0.75	GOSV
MX073	Fibre Flakes	20 x 30g	0.75	GOSV
	Wholegrain			
MX088	Cocoa Rice Pops	5 x 300g	3.55	GOSV
	<b>GLEBE FARM</b>			
FX037	Porridge Oats GF	6 x 450g	2.65	GV
MX106	Porridge Oats GF	6 x 450g	2.79	GOV
	<b>IBIS</b>			
MX048	Wholegrain Rice Pops	6 x 275g	2.99	FOV
MX056	Wholegrain Rice Pops	6 x 275g	3.29	FOSV
	<b>KALLO</b>			
MX124	Puffed Rice Cereal - Natural	8 x 225g	3.69	GOV
	<b>LIZI'S</b>			
MX061	Belgian Choc	10 x 400g	4.19	SV
MX181	Gluten Free Nut & Seed Granola	10 x 350g	4.59	SCV
MX264	High Protein Granola	10 x 350g	4.45	SV
MX014	Low Sugar Maple & Pecan	10 x 450g	4.45	SV
MX207	Low Sugar Nut & Seeds	10 x 450g	4.29	SV
MX178	Mango & Macadamia	10 x 400g	4.19	SV
MX011	Organic Granola	10 x 350g	4.59	OSV
MX125	Original	10 x 450g	3.99	SV
MX177	Pistachio & Passionfruit	10 x 400g	4.19	SV
MX016	Super Muesli Boost	5 x 400g	4.25	V
MX021	Super Muesli Focus	5 x 400g	4.25	V
MX018	Super Muesli Glow	5 x 400g	4.25	V
MX064	Treacle & Pecan	10 x 400g	4.19	SV
	Indulgent			
MX139	Croquant Smoked Almonds	4 x 350g	4.49	SV
MX137	Sea Salted Fudge with Pralines	4 x 350g	4.49	SV
	<b>NAIRN'S</b>			
MX152	Gluten Free Porridge Oats	5 x 450g	3.90	GV
MX154	Muesli - Gluten Free	5 x 450g	3.59	GSV
MX114	Porridge Oats with Maple Syrup	5 x 400g	3.55	GSV
	<b>NATURES PATH ORGANIC</b>			
	Cereals			
MX194	Maple Sunrise	4 x 332g	4.75	GOSV
MX885	Mesa Sunrise	4 x 355g	4.95	GOSV

code	product	size	rrp	bfgosv
MX884	Millet Rice	4 x 375g	4.29	OV
	Envirokidz			
MX079	Choco Chimps	4 x 284g	4.59	GOVS
MX602	Gorilla Munch	4 x 300g	4.55	GOVS
	<b>NUTRI BREX</b>			
MX036	Nutri Brex	12 x 375g	5.69	GV
	<b>POST</b>			
MX121	Grapenuts	12 x 580g	5.49	V
	<b>PRIMROSE'S KITCHEN</b>			
MX109	Beetroot & Ginger Muesli	6 x 400g	4.49	GOV
MX104	Carrot,Apple & Cinnamon Muesli	6 x 400g	4.49	GOV
MX098	Fig & Apricot Bircher OG	6 x 400g	4.49	GOV
	<b>RAW GORILLA</b>			
MX102	Keto Berry Granola	6 x 250g	5.99	GOV
MX103	Keto Chocolate Granola	6 x 250g	5.99	GOV
MX113	Mighty Muesli	6 x 250g	5.99	GOV
MX105	Mighty Muesli Choc Chip	6 x 250g	5.99	GOV
MX142	Peanut Butter Choc Granola	6 x 250g	5.99	GOV
MX141	Peanut Butter Granola	6 x 250g	5.99	GOV
	<b>ROLLAGRANOLA</b>			
MX145	Absolutely Chocolate Granola	6 x 400g	5.39	GV
MX144	Almond Pecan Crunch Granola	6 x 400g	5.39	GV
MX035	Awesome Almond Granola	6 x 400g	5.39	GV
MX147	Cool Raspberry Granola	6 x 300g	5.59	GV
MX045	Healthy Hazelnut Granola	6 x 400g	5.39	GV
MX107	Organic & Nutty Granola	6 x 400g	5.39	GOV
MX146	Zesty Caveman Granola	6 x 300g	5.59	GV
	<b>RUDE HEALTH FOODS</b>			
MX110	Chocolate Crunch Granola	6 x 400g	3.99	VS
MX140	Instant Bircher Apple & Cinnam	6 x 375g	3.49	OV
MX057	Maple & Pecan Granola	6 x 400g	4.99	V
	Flakes			
MX127	Spelt Flakes	8 x 300g	3.25	V
	Granola			
MX067	Crunchy Almond Granola	6 x 400g	3.99	SV
MX108	Crunchy Berry Granola	6 x 400g	4.99	OSV
MX069	Low Sugar Granola	6 x 400g	3.99	SV
	Muesli			
MX143	Bircher Muesli - Soft & Fruity	6 x 375g	3.49	V
MX060	Ultimate Muesli	6 x 400g	4.99	OSV
	Porridge			
MX055	5 Grain 5 Seed Porridge	6 x 400g	2.99	V
MX054	Fruity Date Porridge	6 x 400g	2.99	V
	Puffs			
MX101	Choco Vanilla Puffs	7 x 200g	3.75	GOV
MX120	Puffed Brown Rice	4 x 225g	3.29	GV
MX118	Puffed Oats	8 x 175g	2.25	V
	<b>SPOON CEREALS</b>			
MX039	Apple + Almond Butter Granola	5 x 400g	4.79	GV
MX003	Cinnamon + Pecan Granola	5 x 400g	4.79	GV
MX038	Dark Chocolate Zing Granola	5 x 400g	4.99	V
MX037	Peanut Butter Granola	5 x 400g	4.79	SV
MX005	The Low Sugar One Granola	5 x 400g	4.99	V
	<b>WHOLE EARTH</b>			
MX172	Classic Cornflakes - organic	12 x 375g	3.19	GOSV
MX158	Cocoa Crunch	5 x 375g	3.29	OSV
MX174	Maple Frosted Flakes - og	10 x 375g	3.95	GOSV
MX162	Red Fruit Crunch	5 x 450g	3.95	OSV
	<b>CHOCOLATE</b>			
	<b>SUMA PREPACKS - ORGANIC</b>			
KB137	Cacao Nibs - Organic	6 x 100g	2.55	OV



code	product	size	rrp	bfgosv
	<b>ALTERECO</b>			
KB566	Dark Chocolate 70%	14 x 100g	2.89	FOSV
KB567	Dark Chocolate 85%	14 x 100g	2.89	FOSV
KB561	Dark Chocolate with Almond	14 x 100g	2.89	FOSV
KB571	Orange Dark Chocolate	14 x 100g	2.89	FOSV
	<b>BOOJA-BOOJA</b>			
ZX869	Almond Salted Caramel	8 x 92g	6.80	GOSV
ZX871	Around Midnight Espresso	8 x 92g	6.80	GOSV
KB648	Chocolate Orange Truffle Logs	8 x 115g	1.45	GSOV
KB749	Chocolate Orange Truffles	8 x 92g	6.80	GOSV
KB987	Chocolate Salted Caramel	8 x 92g	6.80	OSV
KB694	Deeply Chocolate Truffles	8 x 92g	6.80	GOSV
ZX872	Fine De Champagne	8 x 92g	6.80	GOSV
KB660	Gourmet Truffle Selection No1	4 x 289g	25.00	GSOV
KB667	Gourmet Truffle Selection No2	4 x 289g	25.00	GSOV
ZX874	Hazelnut Crunch	8 x 92g	6.80	GOVS
KB633	Hazelnut Crunch Truffle Logs	8 x 115g	1.45	GSOV
KB718	Honeycomb Caramel Truffle	8 x 92g	6.80	GOSV
KB644	S/Caramel Mocha Truffle Logs	8 x 115g	1.45	GOSV
	Artist's Collection Gift Boxes			
KB927	Fine De Champagne Truffles	3 x 185g	25.99	GFOSV
KB929	Hazelnut Truffles	3 x 185g	25.99	GFOSV
	Four Corners			
KB655	The Gourmet Selection	4 x 230g	2.89	GOSV
	Gift Boxes			
KB815	Award-winning Selection	5 x 184g	13.49	GOSV
KB656	Champagne Truffles	6 x 138g	11.49	GOSV
KB612	Fine de Champagne Truffles	5 x 184g	13.49	OSV
KB605	Salted Caramel Choc Truffles	5 x 184g	13.49	OSV
KB793	The Signature Collection	5 x 184g	13.49	GOSV
	Gift Range			
KB623	Hazelnut Truffles	4 x 138g	16.69	GOSV
KB624	Truffle Selection 1	4 x 138g	16.69	GOSV
KB873	Truffle Selection 2	4 x 138g	16.69	GOSV
	Two Packs			
KB507	Almond Salted Caramel Truffles	16 x 23g	1.55	GOSV
KB513	Hazelnut Crunch Truffles	16 x 23g	1.55	GOSV
KB594	Honeycomb Caramel Truffles	16 x 23g	1.55	OSV
KB595	Orange Chocolate Truffles	16 x 23g	1.55	OSV
KB602	Salted Caramel Choc Truffles	16 x 23g	1.55	OSV
	<b>BUTTERMILK</b>			
	Vegan Chocolate Bars			
KB134	Caramel Nougat Bar	24 x 50g	1.75	SV
KB314	Coconut Choccy Bar	24 x 45g	1.79	GSV
KB315	Double Choccy Crisp Bar	24 x 23g	1.35	GSV
KB154	Honeycomb Blast Bar	18 x 45g	1.75	SV
KB135	Peanut & Caramel Nougat Bar	24 x 50g	1.75	SV
	<b>CAROBOO</b>			
	Carob Bars			
ZX522	Raspberry & Honeycomb Crunch	20 x 32g	1.69	GSV
ZX516	Salted Caramel Nutty Bars	20 x 32g	1.69	GV
ZX985	Smooth & Creamy Coconut Bars	20 x 35g	1.69	GSV
ZX990	Smooth & Creamy Mint Bars	20 x 35g	1.69	GSV
ZX987	Smooth & Creamy Orange Bars	20 x 35g	1.69	GSV
	<b>CHOCOLATE AND LOVE</b>			
WS079	Mint 67% Chocolate	14 x 80g	3.79	FOSV
WS081	Orange 65% Chocolate	14 x 80g	3.79	FOSV
WS077	Panama 80% Chocolate Bar	14 x 80g	4.10	FOSV
WS078	Pomegranate 70% Chocolate	14 x 80g	4.10	FOSV
	<b>CONSCIOUS CHOCOLATE</b>			
ZX487	Dark Side 75% Raw Bar	10 x 60g	3.49	GOSV

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ZX488	Dark Side 85% Raw Bar	10 x 60g	3.49	GOSV
ZX491	Four Nuts Raw Bar	10 x 60g	3.49	GOSV
ZX492	Goji & Coconut Raw Bar	10 x 60g	3.49	GOSV
ZX493	Love Potion No 9 Raw Bar	10 x 60g	3.49	GOSV
ZX497	Orange & Tangerine Raw Bar	10 x 60g	3.49	GOSV
ZX501	Peppermint Raw Bar	10 x 60g	3.49	GOSV
ZX505	Sour Cherry Raw Bar	10 x 60g	3.49	GOSV
<b>DELICIOUSLY ELLA</b>				
ZX150	Chocolate Orange Dipped Almond	12 x 27g	1.29	GV
ZX151	Peanut Butter Cup	12 x 36g	1.69	GV
ZX152	Salted Caramel Cup	12 x 36g	1.69	GV
ZX144	Salted Chocolate Dipped Almond	12 x 27g	1.29	GV
<b>DIVINE</b>				
35g Bars				
ZX286	70% Dark Chocolate	30 x 35g	1.40	FSV
ZX828	70% Dark with Cool Mint Crisp	30 x 35g	1.40	FSV
90g Bars				
ZX365	41% Dark Smooth Hazelnut	15 x 90g	3.30	SVF
ZX498	70% Dark Chocolate	15 x 90g	3.30	FSV
ZX469	85% Dark Chocolate	15 x 90g	3.30	FSV
ZX471	Dark Choc with Ginger & Orange	15 x 90g	2.95	FSV
KB534	Dark Choc with Raspberries	15 x 90g	3.30	FSV
ZX001	Dark Chocolate with Mint	15 x 90g	3.30	FSV
ZX789	Dark Chocolate with Pink Salt	15 x 90g	3.30	FSV
<b>ENJOY!</b>				
KB954	70% Dark Chocolate Bar	12 x 70g	2.99	GV
KB402	70% Dark Chocolate Buttons	6 x 100g	3.99	GV
KB958	Vanilla & Chocolate Fudge	6 x 100g	3.20	GV
Soft Centre Bars				
KB593	Dark Chocolate Mint Centre bar	12 x 70g	2.99	GV
KB603	Dark Chocolate Orange Bar	12 x 70g	2.99	GV
KB952	Dark Chocolate Raspberry Bar	12 x 70g	2.99	GV
KB389	Dark Chocolate Salted caramel	12 x 70g	2.99	GV
KB388	Dark Chocolate Vanilla Centre	12 x 70g	2.99	GV
Soft Centre Buttons				
KB392	Mint soft Centre Buttons	6 x 100g	3.99	GV
KB401	Orange Soft Centre Buttons	6 x 100g	3.99	GV
KB391	Salted Caramel Buttons	6 x 100g	3.99	GV
<b>EQUAL EXCHANGE</b>				
KB698	65% Organic Dark Orange	12 x 100g	2.79	FOSV
KB801	67% Dark Mint Crunch	12 x 100g	2.79	GOSV
KB654	71% Organic Very Dark	12 x 100g	2.79	FOSV
KB803	88% Extreme Dark	14 x 80g	2.79	GOSV
KB640	Lemon, Ginger & Pepper	12 x 100g	2.79	OSV
<b>FLOWER &amp; WHITE</b>				
KB780	Vegan Double Choc Meringue Bar	12 x 20g	1.49	GV
KB781	Vegan Orange Meringue Bar	12 x 20g	1.49	GV
KB774	Vegan Strawberry Meringue Bar	12 x 20g	1.49	GV
<b>GREEN &amp; BLACKS</b>				
90g Bars				
KB116	70% Dark Chocolate	15 x 90g	2.80	FOSV
KB034	85% Dark Chocolate	15 x 90g	2.80	FOSV
Smooth Bars				
KB498	Dark Chocolate	15 x 90g	2.90	OSV
KB503	Mint Chocolate	15 x 90g	2.90	OSV
<b>H!P - HAPPINESS IN PLANTS</b>				
70g Bars				
KB618	Cookies & Cream	12 x 70g	2.95	SV
KB735	Crunchy Orange	12 x 70g	2.95	SV
KB607	Original - Creamy & Smooth	12 x 70g	2.95	GSV
KB606	Salted Caramel	12 x 70g	2.95	GSV

code	product	size	rrp	bfgosv
KB621	Salty Pretzels Sharing Bags	12 x 70g	2.95	SV
KB213	H!P Crunchy Caramel Peanuts	8 x 90g	2.99	SV
KB210	H!P Oat Milk Chocolate Buttons	8 x 90g	2.99	SV
KB214	H!P Peanut Butter Truffle Bite	8 x 80g	3.50	SV
<b>HADLEIGH MAID</b>				
	Walnut Whirls			
ZX785	Coffee Ganache Truffle	12 x 90g	3.89	SV
ZX763	Dark Chocolate Ganache Truffle	12 x 90g	3.89	VS
ZX746	Vanilla Ganache Truffle	12 x 90g	3.69	VS
<b>HAPPI</b>				
	80g Bars			
KB953	Cacao Nibs Crunch	12 x 80g	3.19	GSV
KB988	Orange	12 x 80g	3.19	GSV
KB951	Plain Milk	12 x 80g	3.19	GSV
KB950	Salted Caramel	12 x 80g	3.19	GSV
KB996	White Chocolate	12 x 80g	3.19	GSV
ZX983	White Chocolate & Raspberry Chocolate Buttons	12 x 80g	3.19	GSV
ZX986	Oat Milk Chocolate Buttons EASTER 2024	10 x 100g	3.89	GSV
WS235	Easter Egg Bar Plain Milk	10 x 140g	7.29	GSV
WS236	Easter Egg Bar Raspberry	10 x 140g	7.29	GSV
WS234	Easter Egg Bar Salt Honeycomb	10 x 140g	7.29	GSV
WS142	Orange Chocolate Easter Egg	9 x 170g	12.00	GSV
WS118	Salted Caramel Easter Egg	9 x 170g	12.00	GSV
<b>HU</b>				
KB674	Almond Butter Crispy Dark Bar	12 x 60g	3.79	FGOSV
KB677	Cashew Butter Orange Dark Choc	12 x 60g	3.79	FGOSV
KB675	Cashew Butter Vanilla Dark Choc	12 x 60g	3.79	FGOSV
KB678	Crunchy Mint Dark Chocolate	12 x 60g	3.79	FGOSV
KB673	Hazelnut Butter Dark Chocolate	12 x 60g	3.79	FGOSV
KB672	Salty Dark Chocolate Bar	12 x 60g	3.79	FGOSV
KB671	Simple Dark Chocolate Bar	12 x 60g	3.79	FGOSV
KB680	Vanilla Crunch Dark Chocolate	12 x 60g	3.79	FGOSV
<b>ICHOC ORGANIC CHOCOLATE</b>				
<b>iChoc</b>				
KB897	Almond & Orange	10 x 80g	2.99	FOSV
KB882	Choco Cookie	10 x 80g	2.99	FOSV
KB922	Classic Style	10 x 80g	2.99	FOSV
KB579	Salty Pretzel	10 x 80g	2.99	FOSV
KB738	Super Nut	10 x 80g	2.99	FOSV
KB582	White Barista Art	10 x 80g	2.99	FOSV
KB881	White Nougat Crisp	10 x 80g	2.99	FOSV
KB898	White Vanilla	10 x 80g	2.99	FOSV
<b>LOVERAW</b>				
KB473	Nutty Choc Balls	9 x 28g	1.95	SV
KB687	Peanut Caramel Bar	12 x 40g	1.85	SV
KB682	Vegan Cre&m Wafer Multipack Cre&m Wafer Bar	14 x 129g	5.35	SV
KB478	Caramelised Biscuit Wafer Bar	12 x 45g	1.95	SV
KB451	Cre&m Filled Choc Wafer Bar	12 x 43g	1.95	VS
KB899	Cre&m Filled S/Caramel Wafer	12 x 45g	1.95	SV
KB878	Cre&m Filled White Choc Wafer Peanut Butter Cups	12 x 45g	1.95	SV
KB127	M:ilk Chocolate PNB Cups	18 x 34g	1.95	GSV
<b>MONTEZUMA'S</b>				
KB944	Peanut Butter Truffle Bites Absolute Black Range	8 x 120g	4.99	SV
ZX783	Absolute Black 100% Cocoa Bar	12 x 90g	3.29	V
ZX946	Absolute Black- Almonds C/Nibs	12 x 90g	3.29	V

code	product	size	rrp	bfgosv
ZX945	Absolute Black-Orange & C/Nib EASTER 2024	12 x 90g	3.29	V
WS151	Dark Chocolate Solid Chicks Flavoured Bars	10 x 90g	7.50	SV
KB221	Black Forest Gateau Bar	12 x 90g	3.29	VS
KB752	Dark Chocolate Sea Dog	12 x 90g	3.29	V
KB754	Dark Chocolate Spice It Up	12 x 90g	3.29	SV
KB750	Lordy Lord Dark Chocolate Giant Buttons	12 x 90g	3.29	SV
ZX775	Absolute Black Giant Buttons	8 x 180g	4.99	GV
KB005	Dark Chocolate Giant Buttons Organic Bars	8 x 180g	4.99	OVS
KB194	Chilli Bonkers	12 x 90g	3.29	OSV
KB196	FitzRoy Very Dark Chocolate	12 x 90g	3.29	OSV
KB254	Happy Hippy	12 x 90g	3.29	OSV
ZX779	Royal Mint Organic Dark W'Mint	12 x 90g	3.29	GOSV
<b>MONTY BOJANGLES</b>				
Vegan Truffles				
KB023	Caramel Haze	9 x 100g	3.99	SV
KB015	Cocoa Nib Nights	9 x 100g	3.99	SV
KB017	Cocoberry Blush	9 x 100g	3.99	SV
<b>MOO FREE</b>				
KB504	Choccy Rocks Bunnycomb Bar	16 x 35g	1.40	FGSV
KB247	Cookie Crunch Bar	20 x 35g	1.35	GSV
KB390	Moofreesa Bar	20 x 35g	1.35	GSV
KB010	Moofreesas Buttons	16 x 35g	1.40	GSV
KB348	Buttons - Original EASTER 2024	25 x 25g	0.95	GSV
WS230	Easter Egg Hunt Kit Everyday Bars	10 x 100g	4.99	GSV
KB354	Original Bars Mini Moos	12 x 80g	1.95	GSV
KB324	Bunnycomb Bars	20 x 20g	0.80	GSV
KB337	Original Bars	20 x 20g	0.80	GSV
KB345	White Chocolate Bars	20 x 20g	0.80	GSV
<b>MUMMY MEEGZ</b>				
KB866	Billie Bar Oat M!lk Chococolate	48 x 16g	0.95	SV
KB868	Billie Bar White Oat M!lk Choc	48 x 16g	0.95	SV
KB870	Choccy Balls	22 x 36g	1.95	SV
KB892	Choccy Balls Gift Pack	8 x 144g	7.99	SV
<b>OMBAR CHOCOLATE</b>				
ZX419	100% Cacao Chocolate Bar	10 x 35g	2.50	FGOV
KB763	72% Cacao Chocolate Bar	10 x 35g	2.50	FGOSV
ZX659	90% Cacao Chocolate Bar	10 x 35g	2.50	FGOSV
KB759	Blueberry & Acai Chocolate Bar	10 x 35g	2.50	FGOSV
KB761	Coco 60% Chocolate Bar	10 x 35g	2.50	FGOSV
KB406	Coco Mylk Chocolate Bar	10 x 35g	2.50	FGOSV
ZX657	Coconut & Vanilla Choc Centres	10 x 35g	2.50	FGOSV
ZX397	Hazelnut Truffle Centre Bar	10 x 35g	2.50	FGOSV
KB960	Oat m'lk Brownie Filled Bar	15 x 42g	1.99	FGOV
KB959	Oat M'lk Caramel Filled Bar	15 x 42g	1.99	FGOSV
ZX421	Pistachio Centres Choc Bar	10 x 35g	2.50	FGOSV
ZX663	Raspberry & Coconut Centre Bar	10 x 35g	2.50	FGOSV
KB764	Strawberry Mylk Chocolate Bar 70g Bars	10 x 35g	2.50	FGOSV
ZX951	72% Cacao Chocolate Bar	10 x 70g	3.39	FGOSV
ZX952	Coco Almond Chocolate Bar	10 x 70g	3.39	FSGOV
ZX953	Coco Mylk Chocolate Bar	10 x 70g	3.39	FGOSV
ZX639	Coconut & Vanilla Chocolate	10 x 70g	3.39	FGOSV
ZX403	Hazelnut Truffle Chocolate Bar	10 x 70g	3.39	FGOSV

code	product	size	rrp	bfgosv
ZX641	Pistachio Chocolate Bar	10 x 70g	3.39	FGOSV
ZX644	Raspberry & Coconut Choc Bar	10 x 70g	3.39	FGOSV
ZX975	Salt & Nibs Chocolate Bar	10 x 70g	3.39	FSGOV
	Buttons			
KB492	Coco Mylk Chocolate Buttons Filled Bar	15 x 25g	1.55	FGOSV
KB373	Pistachio Cream Chocolate Bar Filled Bars	15 x 42g	2.25	FGOSV
KB321	Almond Butter Chocolate Bar	15 x 42g	2.25	FGOSV
KB374	Coco Raspberry Chocolate Bar	15 x 42g	2.25	FGOSV
KB359	Coconut Vanilla Chocolate Bar	15 x 42g	2.25	FGOSV
KB355	Hazelnut Truffle Chocolate Bar	15 x 42g	2.25	FGOSV
	Oat Mylk			
ZX184	Fruit & Nut	10 x 70g	2.99	FOSV
ZX187	Hazelnut	10 x 70g	2.99	FOSV
ZX155	Salted Caramel Truffle	10 x 70g	2.99	FOSV
ZX192	Smooth & Creamy	10 x 70g	2.99	FOSV
	<b>ORGANIC SEED &amp; BEAN COMPANY</b>			
	<b>Large Bars</b>			
KB184	47% Vegan Milk Coffee	10 x 75g	2.99	FOSV
KB970	58% Dark Espresso	10 x 75g	2.99	FOSV
KB155	58% Dark Hazelnut	10 x 75g	2.99	FOSV
KB979	58% Dark Lemon & Cardamom	10 x 75g	2.99	FOSV
WS117	58% Dark Salted Caramel	10 x 75g	2.99	OSV
KB740	66% Dark Raspberry & Coconut	10 x 75g	2.99	OSV
KB736	70% Dark Chocolate & Sea Salt	10 x 75g	2.99	FOSV
KB743	72% Dark Dominican	10 x 75g	2.99	FOSV
KB767	72% Dark Lavender	10 x 75g	2.99	FOSV
KB772	72% Dark Mandarin & Ginger	10 x 75g	2.99	FOSV
KB200	72% Dark Mint	10 x 75g	2.99	FOSV
KB181	Salted Caramel	10 x 75g	2.99	FOSV
KB183	Sea Salt & Orange	10 x 75g	2.99	FOSV
	<b>OTHERLY</b>			
ZX146	Oat*lk Chocolate Drops 80g Bars	12 x 80g	3.95	SV
ZX194	Cold Brew Coffee Oat*lk Choc	12 x 80g	2.99	SV
ZX176	Original Oat*lk Chocolate Bar	12 x 80g	2.99	SV
ZX177	Salted Caramel Oat*lk Choc	12 x 80g	2.99	SV
ZX179	Sea Salt Oat*lk Chocolate Snack Bars	12 x 80g	2.99	SV
ZX232	Coconut Chocolate Bar	15 x 40g	1.99	SV
ZX225	Peanut Caramel Chocolate Bar	15 x 40g	1.99	SV
	<b>PIP &amp; NUT</b>			
KB833	Dark Choc Almond Butter Cups	15 x 34g	1.99	GSV
KB831	Dark Choc Peanut Butter Cups	15 x 34g	1.99	GSV
	<b>PLAYIN CHOC</b>			
WS005	Dinosaur Surprise	18 x 1	2.50	GOSV
WS133	Endangered Animal Surprise	18 x 1	2.50	GOSV
ZX066	Woodland Animal Surprise	18 x 1	2.50	GOSV
	EASTER 2024			
ZX079	Easter Rabbits Gift Set	3 x gift	14.95	GOSV
	<b>PRODIGY</b>			
	Cahoots			
KB820	Coconut	15 x 45g	1.75	V
KB817	Peanut & Caramel Chunky	15 x 45g	1.75	SV
KB845	Chunky Chocolate Bars	15 x 35g	1.75	SV
KB369	Chunky Hazelnut	15 x 35g	1.75	VS
KB265	Dark Chocolate & Sea Salt	15 x 35g	1.75	SV
KB096	Salted Caramel Chocolate Bar	15 x 35g	1.75	GV
	<b>RADEKS</b>			

code	product	size	rrp	bfgosv
ZX433	75% Dark CBD Bar	10 x 72g	5.00	OSV
ZX439	Cocoa IPA Malted Barley Bar	10 x 72g	5.00	OSV
ZX449	Dark Hazelnut Gianduja	10 x 67g	5.00	OSV
ZX437	Radeks Lions Mane Bar	10 x 67g	6.00	OSV
	Collab with Blind Owl Coffee			
ZX447	Almond M*lk Mocha Bar	10 x 72g	3.95	OSV
	<b>RAW HALO</b>			
	70g Bars			
KB002	Dark 76%	10 x 70g	2.99	GOSV
KB055	Dark 85%	10 x 70g	2.99	GOSV
KB006	Dark Raspberry	10 x 70g	2.99	GOSV
KB047	Dark Salted Caramel	10 x 70g	2.99	GOSV
KB020	Mylk & Pink Himalayan Salt	10 x 70g	2.99	GOSV
KB065	Mylk & Salted Caramel	10 x 70g	2.99	GOSV
KB007	Mylk & Vanilla	10 x 70g	2.99	GOSV
	Truffle Bars			
KB118	Dark Salt Almond Truffle Bar	8 x 90g	3.50	GOSV
KB103	Mylk Hazelnut Truffle Bar	8 x 90g	3.50	GOSV
	<b>RHYTHM 108</b>			
BT143	Chocolate/Salt Caramel Biscuit	4 x 134g	3.79	GOV
KB506	Hazelnut Praline Chocolate Bar	15 x 33g	1.85	GVOS
KB336	Super Coconut Swiss Choc Bar	15 x 33g	1.85	GSOV
KB276	Sweet N Salty Almond Choc Bar	15 x 33g	1.85	GOSV
KB994	Swiss Chocolate Orange Bar	15 x 33g	1.85	GSOV
	Chocolate Bars			
KB368	Cacao Orange	9 x 100g	4.25	SVO
KB125	Hazelnut Truffle	9 x 100g	4.25	OSV
KB168	Roasted Almond Butter	9 x 100g	4.25	OSV
	<b>SO FREE</b>			
	EASTER 2024			
WS224	Blonde Caram!lk Easter Egg	3 x 92g	3.99	GSV
WS225	Carob Easter Egg	3 x 92g	3.99	GSV
WS228	White Chocolate Easter Egg	3 x 92g	3.99	GSV
	No Added Sugar Large Bars			
ZX915	No Added Sugar 72% Dark Choc	12 x 80g	3.65	GV
ZX919	No Added Sugar Mint Dark Choc	12 x 80g	3.65	GV
	Oat Milk Chocolate Bars			
ZX561	No Added Sugar Vegan Oat M!lk	12 x 70g	3.85	GV
	<b>THE RAW CHOCOLATE CO</b>			
KB307	Cacao Nibs	6 x 150g	3.75	GOV
	Raw Chocolate Coated Snacks			
KB855	Chocolate Raisins - Snack Pack	12 x 28g	1.39	GOSV
KB360	Goji Berries - Snack Pack	12 x 28g	1.39	GOSV
KB362	Mulberries - Snack Pack	12 x 28g	1.39	GOSV
ZX884	Raw Chocolate Covered Almonds	12 x 25g	1.39	GOSV
	Sharing Bags			
ZX182	Chocolate Almonds	6 x 100g	4.69	OSV
ZX181	Chocolate Ginger	6 x 100g	4.69	OSV
KB033	Chocolate Goji Berries	6 x 100g	4.69	OSV
KB053	Chocolate Goji Berries	6 x 100g	4.69	OSV
KB054	Chocolate Mulberries	6 x 100g	4.69	OSV
KB956	Chocolate Raisins	6 x 100g	4.69	OSV
WS190	Salted Vanoffee Cashews	6 x 100g	4.69	OSV
KB957	Salty Chocolate Hazelnuts	6 x 100g	4.69	OSV
	Vegan Chocolate Buttons			
WS016	Caramel Buttons	6 x 150g	4.99	OSV
WS018	M*lk Chocolate Buttons	6 x 150g	4.99	OSV
WS001	Peruvian 72% Buttons	6 x 150g	4.99	OSV
WS002	Vanoffee Buttons	6 x 150g	4.99	OSV
	<b>TONY'S CHOCOLONELY</b>			
KB741	Dark Creamy Hazelnut Crunch	15 x 180g	3.65	FSV

code	product	size	rrp	bfgosv
	180g Bars			
ZX337	Dark Choc 51% Almonds&Sea Salt	15 x 180g	3.65	FSV
ZX345	Dark Chocolate 70%	15 x 180g	3.65	FSV
	Sharing Bags			
KB862	Littl'Bits Dark Orange Cookie	8 x 100g	3.00	FSV
	Small Bars			
ZX101	Dark Chocolate 51% Almond	35 x 47g	1.49	FSV
	<b>UP-UP</b>			
KB842	Original Dark Chocolate Bar	15 x 130g	3.50	GSV
	<b>VEGO</b>			
KB669	Chocolate & Rice Crisp Bar	20 x 40g	1.60	FGOV
KB821	Mini Whole Hazel Chocolate Bar	20 x 65g	2.59	FGOSV
WS003	Vego Dark Nuts & Berries	12 x 85g	3.45	FOVS
WS059	Vego White - Almond Bliss	18 x 50g	2.25	FOVS
KB943	Vegolino Pralines	8 x 180g	5.95	FOSV
KB489	Whole Hazelnut Chocolate Bar	20 x 150g	4.55	FGOSV
	<b>VIVANI ORGANIC CHOCOLATE</b>			
KB485	71% Dark Chocolate	10 x 100g	3.30	OSV
KB693	Dark Choc & Nougat	10 x 100g	3.30	OSV
KB849	Dark Choc & Whole Hazelnuts	10 x 100g	3.30	OSV
KB484	Dark Chocolate & Orange	10 x 100g	3.30	OSV
	Premium Large Bars			
KB919	62% Dark Caramel Chocolate	10 x 80g	3.50	OSV
KB632	85% Dark Chocolate	10 x 100g	3.50	OSV
KB407	92% Dark Choc Panama Estate	10 x 80g	3.50	OSV
KB901	Dark 75% Chocolate	10 x 80g	3.29	OSV
KB909	Dark 75% Mallorca Flor de Sal	10 x 80g	3.50	OSV
KB048	Dark Choc & Cranberry	10 x 100g	3.50	OSV
KB042	Superior Dark 100% Cocoa	10 x 80g	3.50	OV
KB035	Superior Dark 89% Chocolate	10 x 80g	3.50	OSV
	Snack Size			
KB420	Almond Orange Rice Chocolate	18 x 35g	1.59	OSV
KB430	Black Cherry	18 x 35g	1.59	OSV
KB049	Crunchy Coconut Chocolate Bars	18 x 35g	1.59	OSV
KB475	Dark Nougat Croccante	18 x 35g	1.59	OSV
KB476	White Nougat Crisp	18 x 35g	1.59	OSV
	<b>CHOCOLATE &amp; SWEET SPREADS</b>			
	<b>BIONA</b>			
GH840	Dark Chocolate Spread - org	6 x 350g	5.55	OSV
	<b>BONSAN</b>			
GH129	Mylk Hazelnut Cocoa Spread	6 x 350g	5.79	OV
GH123	Plain Choco Spread	6 x 350g	4.75	OSV
	<b>ESSENTIAL TRADING</b>			
GH092	Dark Chocolate Spread	6 x 400g	4.39	OSV
	<b>MERIDIAN</b>			
GH133	Chocca - Choc & Nut Spread	6 x 240g	3.59	V
GH054	Chocca Smooth	6 x 240g	3.39	SV
	<b>SWEET FREEDOM</b>			
GH206	Choc Pot Chocolate Spread	6 x 250g	4.19	V
	<b>VEGO</b>			
GH075	Hazelnut Chocolate Spread	6 x 350ml	4.99	FGSV
	<b>CIDERS</b>			
	<b>ASPALL</b>			
RT023	Organic Suffolk Cyder	12 x 500ml	4.29	OSV
	<b>DUNKERTONS</b>			
RT041	Black Fox Organic Cider	12 x 500ml	4.50	GOSV
RT054	Organic Craft Cider	12 x 500ml	4.50	GOSV
RT053	Premium Reserve Organic Cider	12 x 500ml	4.50	GOSV
	<b>WESTONS</b>			
RT006	Vintage Organic Cider 6% ABV	8 x 500ml	3.59	GOV

code	product	size	rrp	bfgosv
<b>CLOTHING</b>				
<b>BAMBOO CLOTHING</b>				
NF344	Black Socks - Mixed Size	24 x 1	3.99	V
NF345	Black Socks - size 8-11	24 x 1	3.99	V
NF343	Black Socks - sizes 4-7	24 x 1	3.99	V
	Mixed designs			
NF315	Mixed Design Socks: 4-79	24 x 1	3.99	V
	Narrow Stripes			
NF151	Mixed Narrow Stripe Socks 8-11	24 x 1	3.99	V
<b>SIESTA CRAFTS</b>				
NF088	Recycled Sari Gift Wrap/Scarf	each	4.29	FV
NF139	Sari Recycled Gift Wrap/Scarf	1 x 30	4.35	FV
<b>THE WHEAT BAG COMPANY</b>				
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 Garden Fern 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
	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 Unscented	each	12.99	V
NF109	Wheat Bag Scandi Wood Unscented	each	12.99	V
<b>COCOA</b>				
<b>SUMA PREPACKS - ORGANIC</b>				
LJ189	Cocoa Powder - Organic	6 x 250g	3.55	FOV
<b>CHEERFUL BUDDHA</b>				
TE077	Cacao Bliss w/Mushroom Extract	6 x 150g	12.99	GV
<b>CLIPPER</b>				
TE205	Drinking Chocolate	6 x 250g	4.45	FSV
<b>COCOBA</b>				
	EASTER 2024			
WS107	Easter Egg Hot Choc Bombes	6 x 150g	1.95	SV
<b>DIVINE</b>				
TE687	Drinking Chocolate	6 x 400g	4.55	FVS
<b>EQUAL EXCHANGE</b>				
TE491	Hispaniola Cocoa Powder - organic	6 x 250g	5.55	FOV
<b>GNAW</b>				
ZX537	Hot Choc Shot Dark Mint	15 x 40g	2.49	SV
ZX530	Oat Milk Hot Choc Shot	15 x 40g	2.49	SV
ZX513	Vegan Hot Choc Shot Gift Set	6 x 120g	6.99	SV
<b>GREEN &amp; BLACKS</b>				
TE453	Cocoa Powder - FT Organic	6 x 125g	3.70	FOV
<b>HASSLACHER'S</b>				
TE069	Hot Chocolate Tubes	20 x 200g	6.49	V
<b>RADEKS</b>				
	Drinking Chocolate			
TE029	CBD Drinking Chocolate	6 x 175g	8.95	OSV
TE010	Lions Mane Drinking Chocolate	6 x 175g	11.25	OSV
<b>RHEAL</b>				
VF266	Superfoods Coco Dream	6 x 180g	24.99	GOV
<b>SPANISH CHOCOLATE COMPANY</b>				
TE272	Thick Hot Chocolate Drink	6 x 275g	4.29	SV
<b>SWEET FREEDOM</b>				
TE233	Choc Shot Liquid Hot Chocolate	6 x 320g	4.29	V
<b>COFFEE</b>				
<b>SUMA ORGANIC</b>				
	Bulk Packs			



code	product	size	rrp	bfgosv
TE103	Colombia Beans	1kg	25.65	FOV
TE656	Espresso Beans	1kg	25.65	FOV
TE101	Ethiopia Yirgacheffe Beans	1kg	27.85	FOV
TE109	Honduras Coffee Beans	1kg	21.95	FOV
TE758	Medium Roast Blend Ground	1kg	22.65	FOV
TE106	Peru Cepicafe Beans	1kg	21.95	FOV
TE107	Sumatra Gayo Highlands Beans	1kg	27.80	FOV
TE113	Swiss Water Decaf Beans	1kg	27.55	FOV
	Roast and Ground Coffees			
TE372	Colombia Ground Coffee	6 x 227g	5.95	FOV
TE650	Espresso Ground Coffee	6 x 227g	6.25	FOV
TE374	Ethiopia Yirgacheffe Ground	6 x 227g	6.69	FOV
TE384	Honduras Ground Coffee	6 x 227g	5.39	FOV
TE643	Medium Roast Ground Coffee	6 x 227g	5.25	FOV
TE397	Peru Ground Coffee	6 x 227g	5.69	FOV
TE641	Suma Dark Roast Ground	6 x 227g	5.25	FOV
TE399	Sumatra Ground Coffee	6 x 227g	6.15	FOV
TE400	Swiss Water Decaf Ground	6 x 227g	6.85	FOV
	Roast Whole Bean Coffees			
TE373	Colombia Coffee Beans	6 x 227g	5.95	FOV
TE401	Peru Coffee Beans	6 x 227g	5.69	FOV
	<b>CAFEDIRECT</b>			
TE901	Machu Picchu Organic Beans Blend - Roast & Ground	6 x 200g	5.15	FOV
TE156	Lively Roast Ground	6 x 200g	4.95	FV
TE176	Smooth Roast Ground	6 x 200g	4.95	FV
	Instant Coffees			
TE513	Machu Picchu Instant	6 x 100g	6.35	FV
TE377	Machu Picchu Instant Decaf	6 x 100g	5.69	FV
TE449	Mayan Gold Instant	6 x 100g	6.35	FV
TE395	Smooth Roast Instant	6 x 500g	28.59	FV
	Roast Wholebean Coffees			
TE320	Machu Picchu Decaf Beans	6 x 227g	5.69	FV
TE229	Machu Picchu Organic Beans	6 x 750g	14.99	FOV
TE302	Mayan Gold Beans	6 x 200g	5.15	FOV
	Single Origin - Roast & Ground			
TE323	Cauca Valley Columbia Ground	6 x 200g	5.15	FV
TE951	Kilimanjaro Tanzania Ground	6 x 200g	5.15	FV
TE493	Machu Picchu Decaf Ground	6 x 200g	5.15	FV
TE952	Machu Picchu Organic Ground	6 x 200g	5.15	FOV
TE226	Mayan Gold Ground	6 x 200g	5.15	FOV
	<b>CHEERFUL BUDDHA</b>			
TE072	Chaga Mushroom Coffee Blend	6 x 150g	13.95	GV
TE032	Lion's Mane Mushroom Coffee	6 x 150g	13.95	V
TE075	Reishi Mushroom Coffee Blend	6 x 150g	13.95	GV
	<b>CLIPPER</b>			
	Food Service Range			
TE724	Instant - Fairtrade & Organic	4 x 500g	36.45	FOV
TE526	Instant Decaf Organic	4 x 500g	41.35	FOV
	Instant Coffees			
TE076	Fairtrade Organic Instant	6 x 100g	7.55	FOV
TE422	FT Org Everyday Instant Coffee	6 x 100g	7.15	FOV
TE879	FT Org Super Spec Decaf Coffee	6 x 100g	8.29	FOV
TE739	House Blend	6 x 100g	7.55	FOV
	Roast and Ground Coffees			
TE845	Decaffeinated Ground Coffee	8 x 227g	6.65	FOV
TE705	House Blend	8 x 227g	5.69	FOV
TE849	Italian Style Ground Coffee	8 x 227g	5.69	FOV
	<b>EQUAL EXCHANGE</b>			
	Roast & Ground Coffees			
TE872	Anytime Medium Roast	8 x 200g	6.15	FOV

code	product	size	rrp	bfgosv
TE875	Colombian Excelso	8 x 200g	6.15	FOV
TE874	Dark City	8 x 200g	6.15	FOV
TE325	Dark Roast Decaffeinated	8 x 200g	6.99	FOV
TE870	Decaffeinated	8 x 200g	6.99	FOV
TE867	Ethiopia Yirgacheffe	8 x 200g	6.59	FOV
TE876	Grown by Women	8 x 200g	6.15	FOV
TE866	Italian Blend	8 x 200g	6.15	FOV
	Roast Wholebean Coffees 1kg			
TE896	Espresso	6 x 1kg	25.15	FOV
TE008	Italian Blend	6 x 1kg	25.15	FOV
	Roast Wholebean Coffees 200g			
TE402	Dark City	8 x 200g	6.15	FOV
TE403	Decaffeinated	8 x 200g	6.99	FOV
TE409	Grown By Women	8 x 200g	6.15	FOV
TE408	Italian Blend	8 x 200g	6.15	FOV
TE371	Medium Roast	8 x 200g	6.15	FOV
	<b>GRUMPY MULE</b>			
	Roast & Ground Coffees			
TE286	Colombia Cafe Equidad	6 x 227g	5.55	FOV
TE289	Decaf Ground Swiss Water	6 x 227g	6.39	FOV
TE134	Honduras Fuerza La Labor	6 x 227g	5.49	FOV
TE559	Peru Cafe Femenino	6 x 227g	5.49	FOV
TE285	Sumatra Gayo Highlands	6 x 227g	5.69	FOV
	Roast Wholebean Coffees			
TE718	Colombia Cafe Equidad Beans	6 x 227g	5.59	FOV
TE130	Decaf Beans - Swiss Water	6 x 227g	6.29	FOV
TE290	Landscape Espresso Beans	6 x 227g	5.99	OV
	Roast Wholebean Coffees 1KG			
TE416	Dark Peak Espresso Beans	1kg	21.79	FV
TE417	Landscape Espresso Beans	1kg	23.49	FOV
	<b>PERCOL</b>			
	Instant Coffees			
TE679	Delicious Decaf	6 x 100g	5.55	FV
TE570	Intense Espresso	6 x 100g	4.25	V
TE054	Rich Americano	6 x 100g	4.99	V
TE005	Smooth Colombian	6 x 100g	4.99	FV
	Roast & Ground Coffees			
TE632	Rich Americano Fairtrade	6 x 200g	4.99	FOV
	<b>QUIRKY MONKEY</b>			
TE275	Cordyceps Coffee Fusion	6 x 150g	13.50	GV
TE219	Lion's Mane Mushroom Coffee	6 x 150g	13.50	VG
	<b>RHEAL</b>			
VF263	Superfoods Shroom Coffee	6 x 150g	34.99	GOV
	<b>COFFEE SUBSTITUTES</b>			
	<b>BARLEYCUP</b>			
TE480	Chicory Cup Organic	6 x 100g	5.79	OV
TE366	Instant Cereal Drink Granules	6 x 200g	7.99	V
TE698	Instant Cereal Drink Organic	6 x 100g	5.59	OV
TE240	Instant Cereal Drink Powder	6 x 200g	7.50	V
	<b>BIOFORCE</b>			
TE368	Bambu	6 x 100g	5.29	V
	<b>CHEERFUL BUDDHA</b>			
TE111	Chaga Latte	6 x 150g	12.99	GV
TE090	Lion's Mane Latte	6 x 150g	12.99	GV
TE121	Matcha Latte	6 x 150g	14.99	GV
	<b>THE CHICORY CO</b>			
TE007	Chicory Drink - Caramel	6 x 100g	3.99	V
TE728	Chicory Drink - Cocoa	6 x 125g	4.49	GV
TE470	Chicory Drink - Instant	6 x 100g	4.25	V
TE589	Chicory Drink - Organic	6 x 100g	5.69	GOV
	<b>WHOLE EARTH</b>			

code	product	size	rrp	bfgosv
TE389	No Caf Coffee Alternative	9 x 100g	3.29	VO
TE215	Wake Up Coffee Alternative	9 x 125g	4.29	V
<b>CONVENIENCE FOODS</b>				
<b>SUMA</b>				
VF450	Baked Beans & Vegan Sausage	12 x 400g	2.65	VS
VF770	Cheesy Pasta Pot	12 x 400g	3.19	V
VF012	Mac 'n' Cheeze	12 x 400g	2.69	V
VF251	Spaghetti Bolognese	12 x 400g	2.65	V
VF210	Spicy Chorizo Style Stew	12 x 400g	2.25	V
VF875	Vegan Meatballs Bolognese	12 x 400g	2.99	SV
VF209	Vegetable Stew & Dumplings	12 x 400g	2.49	V
<b>SUMA ORGANIC</b>				
VF269	Chickpea & Lentil Daal	12 x 400g	2.35	OSV
VF275	Ravioli with Mushroom Sauce	6 x 400g	2.95	OV
VF172	Ravioli with Vegetable Sauce	6 x 400g	2.85	OSV
VF270	Saag Aloo	12 x 400g	3.90	OSV
<b>ARTISAN GRAINS</b>				
VF213	Nut Roast - Cashew & Cranberry	6 x 200g	3.39	VG
VF104	Nut Roast - Country Veg/Cashew	6 x 200g	3.39	V
VF110	Nut Roast - Sundried Tomato	6 x 200g	3.39	V
<b>BIONA</b>				
VF250	Coconut Milk Green Curry	6 x 400ml	2.85	OSV
<b>CLEARSPRING</b>				
VF253	Coconut Milk	6 x 400ml	2.49	OV
<b>FREE &amp; EASY</b>				
VF125	Bean Cassoulet - og	6 x 400g	3.19	GOV
VF116	Chickpea & Bean Tagine	6 x 400g	3.19	GOV
VF006	Chickpea /Vegetable Curry	6 x 400g	3.19	GOV
VF132	Middle Eastern Casserole	6 x 400g	3.19	GOV
VF141	Sweet Pot/Kale/Coconut Curry	6 x 400g	3.19	GOV
VF014	Three Bean Chilli - og	6 x 400g	3.19	GOV
VF127	Vegetable Balti - og	6 x 400g	3.19	GOV
VF128	Vegetable Hotpot - og	6 x 400g	3.19	GOV
<b>GEO ORGANICS</b>				
KJ182	Chickpea & Apricot Tagine	6 x 400g	3.25	OSV
KJ183	Moroccan Chickpea Tagine	6 x 400g	3.25	OV
VF074	Organic Bombay Potatoes	6 x 400g	3.45	OSV
	Dahl			
VF079	Chickpea & Lentil Dahl	6 x 400g	2.90	OV
VF148	Coconut & Kale	6 x 400g	3.15	OV
VF149	Tadka Dahl	6 x 400g	2.95	OV
<b>GRANOVITA</b>				
VF036	Nut Luncheon	6 x 400g	2.99	GV
<b>LOMA LINDA</b>				
VF035	Tuno - In Spring Water	12 x 142g	1.99	GV
VF246	Tuno - Mild Curry	12 x 142g	1.99	GV
VF026	Tuno - Thai Sweet Chilli	12 x 142g	1.99	GSV
VF022	Tuno Mayo	12 x 142g	1.99	GSV
	Ready Meals			
VF033	Jamaican Jerk Bowl	6 x 284g	3.99	GSV
VF013	Taco Filling	6 x 284g	3.99	GSV
VF028	Thai Green Curry	6 x 284g	3.99	GSV
VF016	Tikka Masala	6 x 284g	3.99	GSV
<b>MARIGOLD</b>				
SY022	Braised Tofu - Cans	12 x 225g	3.75	V
SY157	Mo-Du Braised Seitan Slices	12 x 225g	3.15	SV
SY154	Tempeh - Cans	6 x 280g	3.65	GV
SY156	Tunah - Cans	12 x 170g	3.99	SV
<b>MERCHANT GOURMET</b>				
	Ready-to-eat Pouches			
QS056	Brown, Red & Wild Rice	6 x 250g	2.40	GV

code	product	size	rrp	bfgosv
PU002	Puy Lentils	6 x 250g	2.85	GV
QS019	Red & White Quinoa	6 x 250g	2.85	GV
QS015	Spanish Style Grains	6 x 250g	2.85	V
QS060	Sunblush Tomato & Basil Rice	6 x 250g	2.40	GV
PU005	Tomatoey French Lentils	6 x 250g	2.85	GV
<b>NICE RICE</b>				
	Rice Pouches			
QS076	White Basmati Rice	6 x 250g	2.25	V
QS084	Wholegrain Basmati Chipotle	6 x 250g	2.55	SV
QS081	Wholegrain Basmati Provencal	6 x 250g	2.55	SV
QS077	Wholegrain Basmati Rice	6 x 250g	2.25	V
<b>RIFCO</b>				
VF108	Spanish Chickpea Casserole	6 x 400g	3.25	OV
VF100	Thai Green Curry Organic	6 x 400g	3.25	OV
VF093	Thai Temple Curry	6 x 400g	3.25	OV
<b>SUNITA</b>				
FG601	Polenta - organic	6 x 500g	2.15	OV
<b>ZANAE</b>				
VF044	Butter Bean Salad	12 x 280g	2.15	SV
VF527	Okra in Sauce	12 x 280g	2.79	SV
VF018	Stuffed Peppers -Tomato & Rice	12 x 280g	2.69	V
VF017	Stuffed Vine Leaves	12 x 280g	2.69	V
<b>CRISPS &amp; SNACKS</b>				
<b>SUMA PREPACKS</b>				
ZX195	Bombay Mix	6 x 125g	1.25	V
ZX196	Bombay Mix	6 x 250g	1.85	V
ZX084	Fruit & Nut Mix	6 x 125g	1.85	V
ZX202	Sesame Sticks	6 x 125g	1.35	V
ZX227	Smoked Paprika Twists	6 x 125g	1.25	V
ZX294	Spiced Roast Chickpeas	6 x 125g	1.25	V
ZX204	Spicy Noodles	6 x 125g	1.25	V
ZX316	Super Seed And Berry Mix	6 x 125g	2.25	V
ZX476	Wasabi Peas - Spicy	6 x 75g	1.49	V
ZX205	Yamato Rice Crackers	6 x 125g	1.95	V
<b>AMAIZIN</b>				
ZX544	Bio Corn Chips Chilli	15 x 75g	1.59	OSV
ZX542	Bio Corn Chips Natural	15 x 75g	1.49	OSV
ZX543	Bio Corn Chips Natural	10 x 150g	2.50	OV
ZX546	Bio Corn Chips Paprika	15 x 75g	1.59	OSV
ZX429	Natural Corn Chips Value Bag	10 x 250g	2.85	OV
ZX482	Rice Paper Organic	12 x 110g	2.29	OV
ZX254	Salsa Dip Hot	6 x 260g	2.65	GOSV
ZX249	Salsa Dip Mild	6 x 260g	2.65	GOSV
ZX406	Tomato Corn Rolls	14 x 100g	1.95	VOS
<b>BIONA</b>				
ZX424	Potato Chips - Lightly Salted	12 x 100g	2.45	OV
<b>BOUNDLESS</b>				
<b>CHIPS</b>				
ZX385	Chipotle & Lime Chips	10 x 80g	2.29	GSV
ZX394	Sea Salt & Cider Vinegar Chips	10 x 80g	2.29	GV
ZX395	Smoky Bacon Chips	10 x 80g	2.29	GSV
ZX396	Sour Cream & Onion Chips	10 x 80g	2.29	GSV
<b>NUTS &amp; SEEDS</b>				
ZX413	Orange & Maple Syrup Nuts&Seed	8 x 90g	3.15	GV
ZX414	Salt & Chilli Nuts & Seeds	16 x 25g	1.15	GV
ZX405	Sweet Chilli Nuts & Seeds	8 x 90g	3.15	GV
<b>BROWN BAG CRISPS</b>				
<b>Impulse</b>				
ZX266	Lightly Salted	20 x 40g	0.89	GV
ZX268	Oak Smoked Chilli	20 x 40g	0.89	GSV
ZX206	Rosemary & Sea Salt	20 x 40g	0.89	GSV

code	product	size	rrp	bfgosv
	Sharing			
ZX270	Lightly Salted	10 x 150g	2.69	GV
ZX108	Rosemary & Sea Salt	10 x 150g	2.69	GSV
	Vegetable Crisps			
ZX833	Vegetable Chips - Hand Cooked	15 x 40g	1.49	GV
	<b>BULK COMMODITIES</b>			
ZX132	Rice Crackers - Thailand	6.5kg		V
ZX036	Sesame Sticks - Soya	5kg		V
ZX157	Smoked Paprika Twists	5kg		V
	<b>CAPTAIN TIPTOES</b>			
ZX818	Habas Fritas	20 x 201g	2.99	V
	<b>CLEARSPRING</b>			
BT026	Brown Rice Crackers	12 x 40g	2.29	GOV
BT033	Brown Rice Crackers	12 x 40g	2.29	GOV
BT053	Brown Rice Crackers Sesame	12 x 40g	2.29	GOV
BT129	Brown Rice Crackers-Blk Sesame	12 x 40g	2.29	GOV
ZX193	Rice Crackers - Tamari	12 x 50g	2.29	OV
BT055	Rice Crackers Olive Oil & Salt	12 x 50g	2.29	OV
JP073	Seaveg Crispies - Chilli	20 x 4g	1.30	GOV
JP082	Seaveg Crispies - Original	20 x 4g	1.30	GOV
JP035	Seaveg Crispies - Turmeric	20 x 4g	1.30	GOV
JP085	Seaveg Crispies Multipack-Chil	6 x 5 x 4g	4.99	GOV
JP083	Seaveg Crispies Multipack-Orig	6 x 5 x 4g	4.99	GOV
ZX226	Tamari Roast Sicilian Almonds	15 x 30g	1.99	GOV
ZX207	Tamari Roasted Cashew Nuts	15 x 30g	1.99	GOV
ZX191	Tamari Roasted Pumpkin Seeds	15 x 30g	1.59	GOV
	<b>CYPRESSA</b>			
ZX810	Roasted and Salted Broad Beans	12 x 150g	2.29	V
	<b>DJ&amp;A</b>			
ZX058	Broccoli Florets	12 x 25g	3.49	V
ZX059	Crispy Beetroot Slices	10 x 35g	3.49	V
ZX679	Crispy Garlic Cloves	12 x 45g	3.90	SV
ZX669	Green Bean Crisps	10 x 30g	3.90	V
ZX681	Mixed Mushroom Crisps	12 x 25g	3.90	V
ZX619	Salt & Vinegar Broccoli Floret	12 x 25g	3.90	SV
ZX081	Shiitake Mushroom Crisp-Gravy	12 x 30g	3.49	V
ZX068	Shiitake Mushroom Crisps	12 x 30g	3.49	V
ZX620	Smoked Chilli & Garlic	12 x 25g	3.90	SV
ZX061	Sugar Snap Pea Crisps	10 x 30g	3.49	V
ZX080	Yellow Sweet Potato Crisps	10 x 35g	3.49	V
	<b>EAT REAL</b>			
	Hummus Chips - Impulse			
ZX900	Hummus Chips Sea Salt Balsamic	12 x 45g	0.89	V
ZX198	Hummus Sour Cream Chips	18 x 45g	0.89	GSV
ZX161	Salted, Hummus Chips	18 x 45g	0.89	GV
ZX160	Tomato & Basil, Hummus Chips	18 x 45g	0.89	GSV
	Hummus Chips - Sharing			
ZX127	Creamy Dill, Hummus Chips	10 x 135g	2.19	GSV
ZX326	Hummus Sour Cream & Chive Chip	10 x 110g	2.19	GSV
ZX125	Lemon & Chilli Hummus Chips	10 x 110g	2.19	GV
ZX124	Salted Hummus Chips	10 x 110g	2.19	GV
ZX423	Sea Salt & Balsamic Vinegar	10 x 110g	2.30	FSV
ZX121	Tomato & Basil, Hummus Chips	10 x 110g	2.19	GSV
	Kale - Sharing			
ZX057	Veggie & Kale Straws	10 x 113g	2.48	GSV
	Kids			
ZX246	Kids Veggie straws	24 x 20g	0.69	GSV
	Lentil Chips - Impulse			
ZX169	Lentil Chilli & Lemon Chips	18 x 40g	0.89	GSV
ZX170	Lentil Creamy Dill Chips	18 x 40g	0.89	GSV
ZX165	Lentil Sea Salted Chips	18 x 40g	0.89	GV

code	product	size	rrp	bfgosv
ZX168	Lentil Tomato & Basil Chips	12 x 40g	0.89	GSV
	Lentil Chips - Sharing			
ZX135	Lentil Chips Chilli Lemon	10 x 95g	2.19	GV
ZX883	Lentil Chips Creamy Dill	10 x 95g	2.19	GSV
ZX737	Lentil Chips Mango & Mint	10 x 113g	2.19	GSV
ZX128	Lentil Chips Sea Salt	10 x 95g	2.19	GV
ZX130	Lentil Chips Tomato Basil 113g	10 x 113g	2.19	GSV
	Multi Pack			
ZX027	Hummus, Lentil, Quinoa Multi	8 x 116g	3.19	GVS
	Organic - Sharing			
ZX215	Hummus Sea Salt Chips - Org	10 x 100g	2.79	GOV
ZX214	Lentil Sea Salt Chips - Org	10 x 100g	2.79	GOV
ZX213	Veggie Straws - Organic	10 x 100g	2.79	GOSV
	Quinoa Chips - Impulse			
ZX041	Quinoa Chilli & Lime Chips	12 x 30g	0.89	GSV
ZX007	Quinoa Cream & Chive Chips	12 x 30g	0.89	GSV
	Quinoa Chips - Sharing			
ZX315	Quinoa Chips Cream & Chives	10 x 90g	2.19	GSV
ZX314	Quinoa Chips Tomato & Garlic	10 x 90g	2.19	GSV
	Veggie Straws - Impulse			
ZX107	Veggie Straws with Sea Salt	18 x 45g	0.89	GSV
	Veggie Straws - Sharing			
ZX095	Veggie Straws Black Pepper	10 x 110g	2.19	GSV
ZX106	Veggie Straws Paprika & Chilli	10 x 110g	2.19	GSV
ZX090	Veggie Straws with Sea Salt	10 x 110g	2.19	GSV
	<b>EMILY CRISPS</b>			
ZX183	Rainbow Roots	12 x 30g	1.49	GV
ZX234	Sour Cream & Onion Thins	8 x 85g	1.99	GV
ZX235	Sour Cream & Onion Thins	24 x 23g	0.99	GV
ZX197	Veg Thins - Chipotle BBQ	8 x 85g	1.89	GV
	<b>HODMEDOD'S</b>			
ZX549	Roast Fava Bean Salt & Vinegar	10 x 300g	2.99	V
ZX562	Roasted Fava Beans Sea Salted	10 x 300g	2.99	V
ZX568	Roasted Peas Lightly Salted	10 x 300g	2.99	V
	<b>KETTLE CHIPS</b>			
	Sharing Bags			
ZX248	Lightly Salted	12 x 130g	3.35	GV
ZX427	Sheese & Red Onion	8 x 130g	3.35	GV
	<b>LOVE CORN</b>			
ZX849	Crunchy Corn - BBQ	6 x 115g	2.29	GV
ZX957	Crunchy Corn - Cheese & Onion	6 x 115g	2.29	GV
ZX607	Crunchy Corn - Habanero	6 x 115g	2.29	GV
ZX852	Crunchy Corn - Salt & Vinegar	6 x 115g	2.29	GV
ZX621	Sour Cream & Chive	6 x 115g	2.29	GV
	<b>MANOMASA</b>			
ZX462	Tortilla - Chipotle & Lime	10 x 140g	2.15	V
ZX603	Tortilla - Lemon & Peppercorn	12 x 140g	2.15	V
ZX613	Tortilla - Tomatillo Salsa	10 x 140g	2.15	V
	<b>MARIGOLD</b>			
ZX046	Popcorn Plus	18 x 20g	0.99	V
	<b>MR FILBERTS</b>			
BT186	Sweet Chilli Rice Crackers	12 x 40g	1.25	SV
BT192	Sweet Chilli Rice Crackers	6 x 150g	2.95	SV
	Mixed Nuts			
ZX694	Roasted Nuts & Plump Fruits	12 x 150g	3.95	GSV
ZX691	Woodland Truffle & Wild Garlic	12 x 150g	3.95	GSV
	<b>NUDIE SNACKS</b>			
ZX958	Cheese & Caramelised Onion	6 x 80g	2.25	GSV
ZX979	Katsu Curry Crisps	6 x 80g	2.25	GSV
	<b>PETER'S YARD</b>			
	Sourdough Bites			

code	product	size	rrp	bfgosv
BT446	Kashmiri Chilli	8 x 90g	2.19	SV
	<b>PIPERS CRISPS</b>			
	Impulse Bag			
ZX292	Anglesey Sea Salt	24 x 40g	0.85	GV
ZX434	Wild Thyme & Rosemary Sharing Bag	24 x 40g	0.85	GSV
ZX291	Anglesey Sea Salt	15 x 150g	2.19	GV
ZX436	Wild Thyme & Rosemary	15 x 150g	2.19	GSV
	<b>PRIMAL VEGAN JERKY</b>			
ZX585	Seitan - Teriyaki Jerky	24 x 28g	2.25	V
ZX581	Seitan - Thai Peanut Jerky	24 x 28g	2.25	V
ZX580	Shiitake Mushroom Jerky	24 x 28g	2.25	V
ZX586	Soy - Hickory Smoked Jerky	24 x 28g	2.25	V
ZX584	Soy - Texas BBQ Jerky	24 x 28g	2.25	V
	<b>PROPERCHIPS</b>			
ZX725	Barbecue	24 x 20g	0.79	GSV
ZX615	Ghost Chilli Chickpea Chips	30 x 30g	1.90	GSV
ZX604	Katsu Curry Chickpea Chips	30 x 30g	1.90	GSV
ZX521	Prawn Cocktail Chips	8 x 100g	1.79	GSV
ZX512	Salt & Vinegar Chips	24 x 20g	0.79	GSV
ZX726	Sea Salt	24 x 20g	0.79	GSV
ZX479	Sour Cream & Chive Chips	24 x 20g	0.79	GSV
ZX727	Sweet Sriracha Chilli Sharing Bag	24 x 20g	0.79	GSV
ZX426	Barbecue Chips	8 x 85g	2.29	GSV
ZX572	Ghost Chilli Chickpea Chips	8 x 85g	2.31	GSV
ZX578	Jerk Sauce Chickpea Chips	8 x 85g	2.31	GSV
ZX596	Katsu Curry Chickpea Chips	8 x 85g	2.31	GSV
ZX467	Salt & Vinegar Chips	8 x 85g	2.29	GSV
ZX430	Sea Salt Chips	8 x 85g	2.29	GSV
ZX451	Sour Cream & Chive Chips	8 x 85g	2.29	GSV
ZX474	Sriracha Chilli Chips	8 x 85g	2.29	GSV
	<b>PROPERCORN</b>			
	Sharing Bag			
ZX861	Popcorn - Lightly Sea Salted	8 x 70g	1.99	GV
ZX862	Popcorn - Salted Caramel	8 x 90g	1.95	GSV
ZX431	Popcorn - Sweet	8 x 90g	1.99	GSV
ZX860	Popcorn - Sweet & Salty	8 x 90g	1.95	GSV
ZX428	Popcorn - Sweet Cinnamon	8 x 90g	1.99	GSV
	<b>PROPERCRISPS</b>			
ZX216	Cheese and Onion	8 x 100g	2.90	GSV
ZX217	Flame Grilled Steak	8 x 100g	2.90	GSV
	<b>PURELY PLANTAIN</b>			
ZX244	Plantain Chip - Lemon Sea Salt	10 x 75g	1.99	GV
ZX961	Plantain Chips - Nice & Spicy	10 x 75g	1.99	GV
ZX959	Plantain Chips - Sea Salt	10 x 75g	1.99	GV
ZX960	Plantain Chips - Wild Garlic	10 x 75g	1.99	GV
ZX330	Sweet Treat	10 x 75g	1.99	GV
	<b>TRAFO</b>			
	Flips			
ZX359	Chickpea Flips Mild Curry	6 x 75g	2.95	GOV
ZX343	Pea Flips Lightly Salted	6 x 75g	2.95	GOV
ZX299	Rosemary Lentil Flips	6 x 75g	2.95	GOV
	Handcooked Potato Crisps			
ZX709	Barbecue Potato Crisps	10 x 125g	3.79	OSV
ZX473	Rosemary & Himalaya Salt	15 x 40g	1.39	OV
ZX710	Rosemary & Himalaya Salt Crisp	10 x 125g	3.79	OV
ZX707	Sea Salt & Black Pepper Crisps	10 x 125g	3.79	OSV
ZX705	Sea Salt Potato Crisps	10 x 125g	3.79	OV
ZX701	Truffle Potato Crisps	12 x 100g	4.99	OV
	Hummus Chips			

code	product	size	rrp	bfgosv
ZX932	Hummus Chips - Paprika	6 x 75g	3.50	OV
	Light Baked Crisps			
ZX625	Coconut Oil Baked Crisps	12 x 100g	3.25	OV
ZX624	Vegetable Chips	12 x 75g	3.90	OV
ZX575	Vegetable Chips Sweet Potato	6 x 80g	3.89	OV
	Popcorn			
ZX112	Caramel Popcorn Organic	6 x 50g	3.25	GOSV
ZX094	Salted Popcorn Organic	6 x 50g	3.25	GOV
ZX118	Sweet Popcorn Organic	6 x 50g	3.25	GOSV
	Potato Crisps Fried			
ZX053	Paprika Crisps - organic	15 x 40g	1.39	OV
ZX616	Salt & Vinegar Crisps	12 x 125g	2.95	OV
ZX055	Salted Crisps - organic	15 x 40g	1.39	OV
ZX626	Virgin Olive Oil Crisps	12 x 100g	4.99	OV
	Snacks			
ZX401	Corn Peanuts	12 x 75g	2.90	OV
BT075	Pretzel Sticks	12 x 100g	1.55	OV
	Tortilla Chips			
VF218	Tortilla Chips - Chilli	15 x 75g	1.59	OV
VF226	Tortilla Chips - Natural	15 x 75g	1.55	OV
ZX136	Tortilla Chips - Natural	10 x 200g	3.90	OV
	<b>TUK IN</b>			
ZX715	Bombay Mix - Lime Pickle	9 x 40g	1.49	V
ZX718	Bombay Mix - Mango Chutney	9 x 40g	1.49	V
ZX729	Bombay Mix - Red Chilli	9 x 40g	1.49	V
	<b>TYRRELLS</b>			
	Potato Chips - Furrows Sharing			
ZX496	Sea Salted	8 x 150g	2.85	V
	Potato Chips - Impulse			
ZX908	Lightly Sea Salted	24 x 40g	1.19	V
ZX918	Sweet Chilli and Red Pepper	24 x 40g	1.19	SV
	Potato Chips - Sharing			
ZX022	Lightly Sea Salted	8 x 150g	2.79	GV
ZX024	Sea Salt & Black Pepper	8 x 150g	2.79	GV
ZX021	Sweet Chilli & Red Pepper	8 x 150g	2.79	GSV
	Vegetable Chips			
ZX388	Mixed Roots	12 x 125g	3.99	GV
	<b>DESSERTS</b>			
	<b>BIONA</b>			
SY192	Coconut Whipping Cream	6 x 400ml	3.50	OV
	<b>JUST WHOLEFOODS</b>			
VF065	Custard Powder	12 x 100g	3.65	V
VF067	Jelly, Lemon, Vegan	12 x 85g	1.99	SV
VF176	Jelly, Raspberry, Vegan	12 x 85g	1.99	SV
VF068	Jelly, Strawberry, Vegan	12 x 85g	1.99	SV
VF066	Jelly, Tropical, Vegan	12 x 85g	1.99	SV
	<b>SOJADE</b>			
SY099	Chocolate Soya Dessert	8 x 530g	1.89	GOSV
SY107	Vanilla Soya Dessert	8 x 530ml	1.95	GOSV
	<b>DESSERTS &amp; PUDDINGS (CHILLED)</b>			
	<b>OATLY</b>			
CV827	Creamy Oat	10 x 250ml	1.20	V
CV828	Oat Fraiche	6 x 200ml	2.50	V
CV829	Vanilla Custard	10 x 250ml	1.55	V
CV223	Whippable Creamy Oat	6 x 1l	5.30	V
CV698	Whippable Creamy Oat	10 x 250ml	1.55	V
	<b>ORIGIN KITCHEN</b>			
	Creamed Cashew Desserts			
CV789	Chocolate Mousse	6 x 80g	2.65	GSV



code	product	size	rrp	bfgosv
CV778	Mango Passionfruit Pot	6 x 80g	2.65	GSV
CV202	Raspberry & Vanilla Mousse	6 x 80g	2.65	SV
CV154	Zesty Lemon Mousse	6 x 80g	2.65	SV
<b>RADEKS</b>				
CV311	Brownie with Pecans & Dates	12 x 60g	2.70	OSV
<b>SOJADE</b>				
CV445	La Fraiche Creme	6 x 200g	2.10	GOV
<b>THE COCONUT COLLABORATIVE</b>				
CV471	Chocolate & Cre&m Desserts	4 x 4 x 60g	5.10	SV
CV472	Dark Chocolate Pudding	6 x 2 x 90g	4.15	SV
CV842	Double Cream	6 x 220ml	2.40	SV
CV507	Little Choc Pots	6 x 4 x 45g	3.50	GSV
CV511	Salted Caramel Pots	6 x 4 x 45g	3.50	GSV
CV694	Vanilla Custard	6 x 400g	3.55	SV
<b>DRINKS (CHILLED)</b>				
<b>AGUA DE MADRE</b>				
CV411	Apple Elderflower Water Kefir	12 x 330ml	3.35	GOSV
CV417	Blood Orange Water Kefir	12 x 330ml	3.35	GOSV
CV419	Culture Shot	12 x 60ml	3.50	GOSV
CV388	Lemon & Ginger Water Kefir	12 x 330ml	3.35	GOSV
CV399	Passion Fruit Kefir Water	12 x 330ml	3.35	GOSV
CV396	Pomegranate & Hibiscus Kefir	12 x 330ml	3.35	GOSV
<b>ALPRO</b>				
CV687	Fresh Almond Milk	6 x 1l	2.00	V
CV242	Oat Unsweetened Fresh	6 x 1l	2.00	V
CV087	Soya Fresh - Natural	6 x 1l	1.70	V
<b>BIOMEL</b>				
Vegan Probiotics				
CV857	Dark Chocolate Probiotic Drink	6 x 510ml	3.35	V
CV855	Natural Probiotic Drink	6 x 510ml	3.35	V
CV856	Pure Vanilla Probiotic Drink	6 x 510ml	3.35	SV
<b>CALIFIA FARMS</b>				
CV826	Cold Brew Mocha	6 x 750ml	2.99	GSV
CV822	Mocha Cold Brew Almond Drink	8 x 250ml	1.99	SV
CV450	Oat Caramel Cold Brew Coffee	6 x 750ml	2.99	SV
CV823	Unsweetened Almond Milk	6 x 750ml	2.50	GSV
CV821	XX Espresso Cold Brew Almond	8 x 250ml	1.99	SV
<b>CHERRY ACTIVE</b>				
CV095	Cherry Active Concentrate	12 x 946ml	34.99	V
CV108	Cherry Active Concentrate	12 x 473ml	17.99	V
<b>COCOS</b>				
CV482	Mango & Passionfruit Kefir	6 x 200ml	3.00	FGOV
CV898	Natural Coconut Milk Kefir	6 x 500ml	4.50	GOV
CV896	Strawberry Kefir	6 x 200ml	3.00	GOV
<b>EQUINOX</b>				
CV736	Ginger Kombucha	12 x 275ml	2.35	OSV
CV830	Grapefruit & Guava Kombucha	12 x 275ml	2.35	OSV
CV465	Orange & Yuzu Kombucha	12 x 275ml	2.35	OV
CV737	Original Kombucha	12 x 275ml	2.35	OSV
CV466	Peach & Strawberry Kombucha	12 x 275ml	2.35	OV
CV741	Raspberry Elderflower Kombucha	12 x 275ml	2.35	OSV
CV459	Sicilian Lemon Kombucha	12 x 275ml	2.35	OV
CV742	Wild Berry Kombucha	12 x 275ml	2.35	OSV
Large Bottles				
CV052	Ginger Kombucha	6 x 750ml	5.15	OV
CV048	Raspberry Elderflower Kombucha	6 x 750ml	5.15	OV
<b>HOLOS</b>				
CV217	Basil & Mint Kombucha	12 x 330ml	2.65	V
CV222	Citra Hops Kombucha	12 x 330ml	2.65	V
CV216	Ginger & Hibiscus Kombucha	12 x 330ml	2.65	V
CV200	Rasp. & Elderflower Kombucha	12 x 330ml	2.65	V

code	product	size	rrp	bfgosv
	<b>KARMA</b>			
	Kefir			
CV753	Kefruit Elderflower	6 x 750ml	5.25	FOV
CV752	Kefruit Fig and Lemon	6 x 750ml	5.25	FOV
	Kombucha			
CV318	Apple Kombucha	6 x 1l	6.25	
FGOSVB				
CV256	Ginger Kombucha	6 x 1l	6.25	FOVB
CV425	Ginger Kombucha	6 x 500ml	3.65	OVB
CV060	Ginger Trilogy Kombucha	6 x 500ml	3.85	FOVB
CV245	Mango Kombucha	6 x 500ml	3.85	FOVB
CV276	Mango Kombucha	6 x 1l	6.25	FOVB
CV258	Pomegranate Kombucha	6 x 1l	6.25	FOVB
CV426	Pomegranate Kombucha	6 x 500ml	3.65	OVB
CV435	Raspberry Kombucha	6 x 500ml	3.85	OVB
CV259	Sunset Ltd. Edition Kombucha	6 x 1l	6.25	FOVB
	Zero Sugar			
CV322	Citrus Tangerine Kombucha	6 x 750ml	4.90	FGOV
CV343	Ginger & Lime Kombucha	6 x 750ml	4.90	FGOV
CV331	Red Fruits Kombucha	6 x 750ml	4.90	FGOV
	<b>KOKO DAIRY FREE</b>			
CV021	Koko Dairy Free Original	6 x 1l	2.15	GSV
	<b>LOVING FOODS</b>			
CV176	Blueberry & Lavender Kombucha	12 x 330ml	2.99	OSV
CV233	Matcha & Mint Kombucha	12 x 330ml	2.99	OSV
CV244	Raspberry & Tulsi Kombucha	12 x 330ml	2.99	OSV
	<b>MOCKINGBIRD</b>			
	Juices			
CV550	Raw Activate Juice	6 x 750ml	4.75	GV
CV514	Raw Pump Juice	6 x 750ml	4.75	GV
CV551	Raw Shield Juice	6 x 750ml	4.75	GV
	Large Smoothies			
CV474	Raw Berry Smoothie	6 x 750ml	4.95	GV
CV473	Raw Greens Smoothie	6 x 750ml	4.95	GV
CV484	Raw Mango Smoothie	6 x 750ml	4.95	GV
	Small Smoothies			
CV658	Raw Berry Smoothie	6 x 250ml	3.50	V
CV662	Raw Greens Smoothie	6 x 250ml	3.50	V
CV661	Raw Mango Smoothie	6 x 250ml	3.50	V
	<b>MOJU</b>			
	Cold Pressed Booster Shots			
CV370	Ginger Shot	18 x 60ml	2.10	V
CV112	Hot Mango Immunity Shot	12 x 60ml	2.10	V
CV111	Multiberry Immunity Shot	12 x 60ml	2.10	V
CV391	Turmeric Shot	12 x 60ml	2.10	V
	Dosing Bottles			
CV467	Ginger Vitality Dosing Bottle	8 x 420ml	6.15	V
CV469	Hot Mango Immunity Dose Bottle	8 x 420ml	6.15	V
CV553	Multiberry Immunity Dosing	8 x 420ml	6.15	V
CV468	Turmeric Vitality Dose Bottle	8 x 420ml	6.15	V
	<b>OATLY</b>			
CV530	Chilled Oat Drink - Barista	6 x 1l	2.45	V
CV489	Fresh Oat Drink - Semi	6 x 1l	2.40	V
CV488	Fresh Oat Drink - Skinny	6 x 1l	2.40	V
CV491	Fresh Oat Drink - Whole	6 x 1l	2.40	V
	<b>SOJADE</b>			
CV264	Blueberry & Cherry Kefir	6 x 250ml	2.20	OV
CV268	Natural Organic Soya Kefir	6 x 250ml	1.90	OV
	<b>UCHA</b>			
CV158	Ginger Kombucha	12 x 350ml	2.39	FGOSV
CV161	Mango Kombucha	12 x 350ml	2.39	FGOSV

code	product	size	rrp	bfgosv
CV159	Raspberry Kombucha	12 x 350ml	2.39	FGOSV
<b>ESSENTIAL OILS</b>				
<b>AQUA OLEUM</b>				
Carrier Oils				
AR029	Carrier Oil - Sweet Almond	6 x 100ml	5.25	V
Diffusion Blends				
AR002	Clear Head Diffusion Blend	3 x 10ml	9.99	V
AR001	Deep Sleep Diffusion Blend	3 x 10ml	12.99	V
AR003	Serenity Diffusion Blend	3 x 10ml	12.99	V
Essential Oils				
AR008	Essential Oil - Eucalyptus	3 x 10ml	3.49	V
AR150	Essential Oil - Frankincense	3 x 10ml	12.29	V
AR011	Essential Oil - Geranium	3 x 10ml	6.99	V
AR014	Essential Oil - Lavender	3 x 10ml	5.29	V
AR022	Essential Oil - Peppermint	3 x 10ml	5.29	V
AR023	Essential Oil - Rose Maroc	3 x 10ml	6.99	V
AR024	Essential Oil - Rosemary	3 x 10ml	4.39	V
AR026	Essential Oil - Tea Tree	3 x 10ml	4.39	V
Essential Oils - Merchandiser				
AR143	Lavender Oil Merchandiser	18 x 10ml	4.75	V
Essential Oils 100ml				
DY447	Essential Oil - Lavender	1 x 100ml	45.00	V
Organic Essential Oils				
AR006	Essential Oil - Eucalyptus	3 x 10ml	4.39	OV
AR241	Essential Oil - Lavender	3 x 10ml	7.89	VO
AR012	Essential Oil - Patchouli	3 x 10ml	8.79	VO
AR025	Essential Oil - Peppermint	3 x 10ml	6.90	OV
AR016	Essential Oil - Tea Tree	3 x 10ml	5.29	VO
<b>FAR EASTERN FOOD</b>				
<b>SUMA ORGANIC</b>				
VF007	Coconut Cream	6 x 400ml	2.59	OV
LJ350	Coconut Milk Organic	6 x 400ml	2.19	OV
LJ400	Creamed Coconut Organic	12 x 200g	2.49	OV
LJ273	Light Coconut Milk	6 x 400ml	1.99	OV
<b>AMAIZIN</b>				
LJ192	Coconut Milk	12 x 200ml	1.19	OV
LJ197	Coconut Milk	12 x 400ml	2.65	OV
<b>BIONA</b>				
WT071	Asia Noodles	8 x 250g	2.75	OV
KJ094	Coconut Aminos Original	6 x 250ml	4.50	OSV
VF167	Coconut Cream	6 x 400ml	2.75	OV
VF187	Coconut Milk Light Organic	6 x 400ml	1.99	OV
VF775	Coconut Milk Organic	6 x 400ml	2.29	OV
VF772	Creamed Coconut Organic	12 x 200g	2.55	OV
JP008	Garlic and Ginger Paste	6 x 130g	3.25	OV
JP009	Garlic Paste	6 x 130g	3.25	OV
JP150	Ginger Paste	6 x 130g	3.25	OV
VF058	Golden Coconut Milk	6 x 400ml	2.75	OV
VF077	Organic Coconut Milk	8 x 200ml	1.59	OV
VF323	Organic Tempeh	6 x 400g	4.45	OV
JP042	Seitan Pieces	6 x 350g	5.59	OV
WT101	Spelt Asia Noodles	8 x 250g	3.25	OV
JP041	Tofu	6 x 500g	5.50	OV
JP014	Wasabi Style Horseradish Paste	8 x 50g	3.95	OV
<b>BLUE DRAGON</b>				
LJ495	Coconut Cream UHT	12 x 250ml	2.39	V
LJ130	Coconut Milk	6 x 400ml	2.55	V
VF820	Springroll Wrappers	12 x 134g	1.49	V
JP093	Sushi Nori	15 x 11g	1.79	V
JP220	Tofu - Firm Silken	12 x 349g	2.59	V

code	product	size	rrp	bfgosv
WT100	Wholewheat Noodles	8 x 250g	2.35	V
	<b>CLEARSPRING</b>			
JP033	Brown Rice Vinegar - Organic	6 x 250ml	3.79	OV
JP060	Brown Rice Vinegar - Organic	6 x 150ml	2.69	OV
JP077	Brown&Wild Rice w/Tamari Sauce	5 x 250g	3.69	GOV
JP111	Instant Noodle Broth	6 x 245ml	6.49	OV
JP025	Japanese Brown Miso - Tub	3 x 1kg	19.29	OV
JP096	Japanese Rice Vinegar	6 x 250ml	3.69	OV
JP134	Mikawa Mirin	6 x 150ml	4.99	OV
JP153	Pad Thai Sauce	6 x 150ml	5.59	GOV
JP100	Rice Mirin	6 x 250ml	6.99	OV
JP135	Rice Mirin	6 x 150ml	4.49	OV
JP066	Shiitake Mushrooms - Organic	6 x 40g	7.99	OV
JP059	Shoyu Ramen Noodles/Soy Soup	5 x 210g	5.39	OV
JP044	Shoyu Soya Sauce	6 x 250ml	4.19	OV
JP016	Sushi Ginger Pickle Organic	10 x 50g	3.69	OV
JP314	Sushi Rice - Organic	12 x 500g	3.59	OV
JP680	Teriyaki Sauce	6 x 150ml	4.49	OV
JP103	Teriyaki Sauce - Organic & GF	6 x 150ml	5.19	GOV
JP026	Tofu Silken	12 x 300g	2.29	GOV
JP039	Udon Noodles	12 x 200g	3.49	OV
JP112	Umami Instant Stock Paste	8 x 112g	3.99	OV
JP032	Umami Paste with Ginger - Org	6 x 150g	4.69	OV
JP101	Ume Su Seasoning	6 x 150ml	2.99	OV
JP027	Umeboshi Paste - Organic	6 x 150g	7.39	OV
JP079	Umeboshi Plums Organic	6 x 200g	9.99	OV
JP021	Wasabi Powder	6 x 25g	3.99	V
JP031	Yuzu Ponzu Seasoning	6 x 150ml	5.69	OV
	Condiments			
JP149	Shichimi Togarashi	8 x 50g	5.90	OV
	Miso Products			
JP211	Barley Miso Jar	6 x 300g	6.99	OV
JP212	Brown Rice Miso Jar	6 x 300g	5.79	OV
JP020	Brown Rice Miso Jar (Mini)	6 x 150g	3.89	OV
JP030	Brown Rice Miso Pouch	6 x 300g	5.99	OV
JP120	Chickpea Miso	6 x 150g	3.99	OV
JP048	Creamy Sesame Miso Soup	8 x 4 x 15g	3.29	GOV
JP049	Ginger & Turmeric Miso Soup	8 x 4 x 15g	3.29	GOV
JP114	Hearty Red Miso Soup + Sea Veg	8 x 4x10g	3.99	V
JP047	Hot & Spicy Miso Soup Paste	8 x 4 x 15g	3.29	GOV
JP321	Instant Miso Soup and Sea Veg	8 x 4x10g	3.99	OV
JP018	Instant Miso Soup Paste	8 x 4 x 15g	3.29	OV
JP011	Instant White Miso Paste OG	8 x 60g	3.29	OV
JP046	Japanese Reduced Salt Miso	6 x 270g	5.39	OV
JP022	Japanese White Miso	6 x 270g	4.29	OV
JP148	Mellow White Miso Soup + Tofu	8 x 4x10g	3.99	V
JP213	Miso - Hatcho	6 x 300g	5.59	OV
JP057	Miso Ramen Noodles/Miso Soup	5 x 210g	5.39	OV
JP086	Sweet White Miso - Organic	6 x 250g	4.99	OV
	Noodles			
JP056	All Buckwheat Soba Noodles	6 x 200g	4.49	GOV
JP152	Black Rice Noodles	10 x 200g	3.99	GOV
JP053	Brown Rice Noodles - GF	10 x 200g	3.99	GOV
JP037	Brown Rice Udon Noodles	12 x 200g	3.49	OV
JP151	Brown Rice Vermicelli Noodles	8 x 180g	3.39	GOV
JP054	Brown Rice Wide Noodles - GF	5 x 200g	3.99	GOV
JP036	Skinny Soba Somen Noodles	6 x 200g	3.49	OV
JP038	Soba Noodles	12 x 200g	3.49	OV
JP040	Wide Udon Noodles	12 x 200g	3.49	OV
	Savoury Sesame Condiments			

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JP145	Gomashio Black Sesame Sea Salt	6 x 100g	4.90	OV
JP144	Gomashio Whole Sesame Sea Salt	6 x 100g	4.90	OV
JP147	Irigoma Toasted Black Sesame	6 x 100g	4.90	OV
JP146	Irigoma Toasted Whole Sesame Sea Veg	6 x 100g	4.90	OV
JP003	Dulse - Atlantic Coast Organic	8 x 25g	4.69	OV
JP069	Green Nori Sprinkle	10 x 20g	1.99	V
JP070	Hijiki (Wild)	5 x 30g	7.99	V
JP090	Japanese Arame	8 x 30g	5.29	V
JP091	Japanese Hokkaido Kombu	5 x 40g	5.49	OV
JP007	Japanese Sea Vegetable Salad	6 x 25g	4.99	V
JP071	Nori	6 x 25g	3.99	V
JP072	Sushi Nori - toasted	8 x 17g	3.39	V
JP092	Wakame Organic	8 x 25g	4.19	OV
JP605	Soya Sauce	2.5l	26.99	OV
JP129	Shoyu	6 x 150ml	2.99	VO
JP500	Shoyu Soya Sauce	6 x 500ml	6.49	VO
JP679	Soya Sauce	6 x 150ml	3.29	OV
JP130	Tamari Soy Sauce Double Strnth	6 x 150ml	3.99	GOV
JP001	Tamari Soya Sauce	2.5l	44.99	GOV
JP098	Tamari Soya Sauce	6 x 150ml	2.99	GOV
JP099	Tamari Soya Sauce	6 x 250ml	3.99	GOV
JP110	Tamari Soya Sauce	6 x 1l	18.99	GOV
JP501	Tamari Soya Sauce	6 x 500ml	1.49	GOV
JP029	Yaemon Tamari Soy Sauce	6 x 250ml	5.99	GOV
<b>COCOFINA</b>				
KJ319	Coconut Amino Sauce	12 x 250ml	5.99	OV
<b>ESSENTIAL TRADING</b>				
LJ022	Coconut Milk Organic - Bulk	3 x 2.9l		OV
<b>GEO ORGANICS</b>				
VF228	Indonesian Rendang Curry Paste	6 x 180g	3.95	OV
VF229	Indonesian Satay Curry Paste	6 x 180g	3.95	OV
VF738	Thai Green Curry Paste	6 x 180g	3.95	OV
VF739	Thai Red Curry Paste	6 x 180g	3.95	OV
VF247	Thai Yellow Curry Paste	6 x 180g	3.95	OV
<b>KIKKOMAN</b>				
JP065	Less Salt Soy Sauce	6 x 150ml	3.49	V
JP051	Organic Soy Sauce	6 x 250ml	4.99	OV
JP137	Poke Sauce	6 x 250ml	3.75	SV
JP062	Soy Sauce	6 x 150ml	3.49	V
JP067	Tamari Gluten Free Soy Sauce	6 x 150ml	3.59	GV
JP133	Teriyaki Marinade	6 x 250ml	3.75	SV
JP136	Teriyaki Marinade	6 x 250ml	3.99	GSV
<b>KING SOBA</b>				
WT210	100% Buckwheat Noodles	12 x 250g	2.79	OV
WT954	Black Rice Noodles	12 x 250g	2.99	OV
WT037	Brown Rice Noodles	12 x 250g	2.79	OV
JP087	Brown Rice Paper	10 x 200g	2.89	GOV
WT952	Brown Rice Wakame Noodles	12 x 250g	2.79	OV
WT953	Buckwheat & Sweet Potato	12 x 250g	2.79	OV
WT054	Chilli Miso Ramen Cup	6 x 85g	2.39	GOV
WT055	Classic Miso Ramen Cup	6 x 85g	2.39	GOV
WT034	Ginger Miso Ramen Cup	6 x 85g	2.39	GOV
WT212	Millet & Brown Rice Noodles	12 x 250g	2.79	OV
WT057	Miso Soup Edamame Soya Bean	10 x 60g	3.45	OV
WT059	Og Miso Soup Tofu & Ginger	10 x 60g	3.45	OV
WT099	Organic Brown Rice Ramen	6 x 280g	3.59	OV
WT097	Organic Buckwheat Ramen	6 x 280g	3.59	OV
WT088	Organic Vermicelli Noodles	12 x 250g	2.79	OV
WT002	Pho Noodles	12 x 250g	2.99	GOV

code	product	size	rrp	bfgosv
WT951	Pumpkin Ginger & Rice Noodles	12 x 250g	2.79	OV
WT217	Thai Rice Noodles	12 x 250g	2.79	OV
JP089	White Rice Paper	10 x 200g	2.89	GOV
<b>KTC</b>				
MA066	Creamed Coconut	12 x 200g	1.45	V
<b>MERIDIAN</b>				
JP310	Tamari	6 x 500ml	6.89	GV
<b>MORI-NU</b>				
JP075	Tofu - Extra Firm	12 x 349g	3.89	V
JP205	Tofu - Firm Tofu	12 x 349g	3.45	V
<b>NOJO</b>				
JP121	Orange Poke Sauce	6 x 200ml	4.90	GV
JP095	Sesame Sauce	6 x 200ml	4.90	GV
JP143	Tahini Sauce	6 x 200ml	4.90	GV
JP081	Teriyaki Sauce	6 x 200ml	4.90	GV
JP106	White Miso Sauce	6 x 200ml	4.90	GV
JP142	Yuzu Sauce	6 x 200ml	6.39	GV
<b>OCEAN'S HALO</b>				
VF261	Spring Roll Wraps	12 x 120g	3.49	OV
<b>SANCHI</b>				
JP105	Miso - Genmai (Brown Rice)	6 x 345g	3.79	V
JP034	Mugi Miso	6 x 345g	3.45	V
JP670	Tamari - organic	6 x 150ml	3.95	OV
JP119	Tamari Soy Sauce	6 x 300ml	4.90	V
<b>THAI TASTE</b>				
VF174	Galangal	6 x 114g	1.99	GV
VF319	Green Curry Paste	6 x 114g	2.90	GV
VF171	Red Curry Paste	6 x 114g	2.90	GV
VF258	Sriracha Hot Chilli Sauce	6 x 435ml	2.69	GSV
VF199	Tamarind Paste	6 x 130g	1.99	GSV
VF159	Vegan 'Fish' Sauce	6 x 180ml	2.39	GSV
<b>YAKSO</b>				
JP012	Coconut Aminos	6 x 250ml	7.45	GOV
JP094	Garlic Paste - Organic	6 x 100g	3.90	OV
JP127	Hoisin Sauce - Organic	6 x 250g	3.99	OV
JP128	Krupuk Crackers - Organic	6 x 60g	3.49	OV
JP131	Oyster Sauce - Organic	6 x 250g	3.29	OV
JP024	Rice Paper	15 x 150g	3.75	OV
JP132	Rice Paper with Tapioca - Org	15 x 150g	3.35	OV
JP102	Sea Sauce - Organic	6 x 250g	3.35	OV
VF010	Seitan in Tamari	6 x 330ml	4.25	OV
JP113	Tamari - organic	6 x 250ml	5.15	GVO
VF005	Tempeh	6 x 175g	3.89	OV
<b>YUTAKA</b>				
JP005	Miso Paste - Organic	6 x 300g	5.15	OV
JP013	Panko Bread Crumbs	8 x 180g	1.89	V
JP043	Rice Vinegar	6 x 150ml	2.20	V
JP108	Soba Noodles	10 x 250g	1.55	V
JP050	Sushi Rice	6 x 500g	2.50	V
JP074	Tempura Batter Mix	12 x 150g	1.89	V
JP107	Udon Noodles	10 x 250g	1.45	V
JP109	Wasabi Paste	10 x 43g	1.75	V
<b>FLAKES, BRANS &amp; WHEATGERM</b>				
<b>SUMA PREPACKS</b>				
FX049	Oats - Jumbo	6 x 750g	2.69	V
FX051	Oats - porridge	6 x 750g	2.69	V
FX035	Wheatgerm	6 x 500g	4.50	V
	Gluten Free			
FX046	Oats - Jumbo & Gluten Free	6 x 750g	3.75	GV
FX045	Oats - Porridge & Gluten Free	6 x 750g	3.75	GV

code	product	size	rrp	bfgosv
<b>SUMA PREPACKS - ORGANIC</b>				
FX067	Bran Sticks - organic	6 x 250g	2.50	OV
FX024	Buckwheat Flakes - organic	6 x 500g	4.29	OV
QS124	Oat Groats - Organic	6 x 500g	2.45	VO
FX047	Oats - jumbo, organic	6 x 750g	3.49	VO
FX048	Oats - Porridge - Organic	6 x 750g	3.49	OV
FX031	Organic Millet Flakes	6 x 500g	4.59	OV
FX092	Organic Pearl Barley Flakes	6 x 500g	2.50	OV
FX656	Quinoa Flakes - organic	6 x 500g	4.89	OV
FX032	Rice Flakes Brown - organic	6 x 500g	4.75	OV
FX093	Rye Flakes - organic	6 x 500g	1.99	OV
	Gluten Free			
FX042	Oats - Jumbo Gluten Free	6 x 750g	4.25	GOV
FX044	Oats - Porridge & Gluten Free	6 x 750g	4.25	GOV
<b>ALARA</b>				
FX026	Gluten Free Scottish Porridge	6 x 500g	4.55	GOV
FX012	Oat Bran	6 x 650g	2.79	OV
FX013	Pure Gluten Free Oats	6 x 500g	3.39	V
FX002	Wheat Bran	6 x 650g	2.39	OV
<b>BULK COMMODITIES</b>				
FX502	Wheat Bran	10kg		V
FX062	Wheatgerm	20kg		V
<b>BULK COMMODITIES - ORGANIC</b>				
FX004	Rice Flakes - Brown - Organic	25kg		OV
<b>MORNFLAKE</b>				
FG037	Fine Oatmeal	6 x 750g	2.89	V
FG035	Medium Oatmeal	6 x 750g	2.89	V
FX008	Oat Bran	6 x 800g	3.45	V
<b>PIMHILL</b>				
FX006	Oats - jumbo, organic	12 x 850g	2.86	OV
FX005	Oats - porridge, organic	12 x 850g	2.86	OV
<b>FLOURS &amp; BREAD MIXES</b>				
<b>SUMA BAGGED DOWN</b>				
LJ038	Vital Wheat Gluten	3kg		V
<b>SUMA PREPACKS</b>				
FG078	Gram Flour	6 x 500g	2.35	V
FG092	Polenta	6 x 500g	1.95	V
FG041	Potato Starch	6 x 500g	2.49	V
FG038	Semolina Flour - Fine	6 x 500g	2.25	V
FG001	Tapioca Starch (flour)	6 x 500g	3.25	V
FG002	Teff Flour - Brown	6 x 500g	4.59	V
LJ092	Vital Wheat Gluten	6 x 500g	3.95	V
<b>SUMA PREPACKS - ORGANIC</b>				
FG149	Brown Rice Flour - organic	6 x 500g	2.69	OV
LJ105	Coconut Flour, Organic	6 x 500g	2.99	OV
FG128	Maize Flour - organic	6 x 500g	2.59	OV
<b>AMISA</b>				
FG085	Chestnut Flour - Organic	6 x 350g	5.99	GOV
FG065	Chickpea Flour	6 x 400g	3.45	GOV
<b>BACHELDRE</b>				
FG165	Stoneground Malted Blend Flour	5 x 1.5kg	3.15	OV
FG187	Stoneground Plain White Flour	5 x 1.5kg	2.95	OV
FG175	Stoneground Rye Flour	5 x 1.5kg	2.59	OV
FG179	Stoneground Spelt Flour	5 x 1.5kg	4.39	OV
FG160	Stoneground Strong White Flour	5 x 1.5kg	2.95	OV
FG162	Strong 100% Wholemeal Flour	5 x 1.5kg	2.95	OV
<b>BULK COMMODITIES</b>				
FG076	Pure Gram Flour	20kg		V
<b>CLEARSPRING</b>				
FG180	Breadcrumbs - Brown Rice, GF	12 x 250g	3.79	GOV
<b>COCONUT MERCHANT</b>				

code	product	size	rrp	bfgosv
FG073	Organic Coconut Flour	6 x 500g	4.25	OV
	<b>DOVES FARM</b>			
FG097	Chickpea Flour	5 x 260g	2.85	GOV
FG069	Fine Plain White Flour	5 x 1kg	1.99	OV
FG010	Fine Plain Wholemeal Flour	5 x 1kg	1.79	VO
FG039	GF Buckwheat Flour	5 x 1kg	5.25	GV
FG522	Gluten Free Brown Bread Flour	5 x 1kg	3.29	GV
FG700	Gluten Free Plain White Flour	5 x 1kg	3.15	GV
FG520	Gluten Free White Bread Flour	5 x 1kg	3.15	GV
FG103	Heritage Seeded Bread Flour	5 x 1kg	3.99	OV
FG004	Malthouse Bread Flour	5 x 1kg	2.39	OV
FG096	OAT FLOUR	4 x 450g	4.45	GOV
FG047	Organic Coconut Flour	4 x 500g	3.95	GOV
FG117	Rice Flour	5 x 1kg	2.55	GV
FG101	Seeded Bread Flour	5 x 1kg	3.69	OV
FG115	Self Raising Wholemeal Flour	5 x 1kg	1.79	OV
FG997	Speciality Pasta Flour	5 x 1kg	2.39	OV
FG116	Stoneground Gram Flour	5 x 1kg	3.19	GV
FG072	Strong White Bread Flour	5 x 1.5kg	2.75	OV
FG008	Strong Wholemeal Bread Flour	5 x 1.5kg	2.55	OV
FG070	White Self Raising Flour	5 x 1kg	2.50	OV
FG701	White Self Raising Flour GF	5 x 1kg	3.15	GV
	Artisan Flour			
FG028	Buckwheat Wholegrain Flour	5 x 1kg	4.69	OV
FG082	Einkorn Flour	5 x 1kg	3.79	OV
FG011	Khorasan Flour Wholegrain	5 x 1kg	4.79	OV
FG152	Rye Flour White Organic	5 x 1kg	2.39	OV
FG016	Rye Flour Wholegrain Organic	5 x 1kg	1.99	OV
FG071	Spelt Flour White Organic	5 x 1kg	3.69	OV
FG102	Spelt Flour Whole Meal Organic	5 x 1kg	3.15	OV
	Bulk			
FG062	Brown Rice Flour	25kg		GOV
FG197	Plain White Flour, Organic, GF	16kg		GOV
FG155	Spelt Flour White	25kg		V
FG154	Spelt Flour Wholemeal	25kg		V
FG020	Strong White Flour	25kg	42.15	VO
	<b>FERRERO</b>			
QS003	Polenta	20 x 500g	2.19	V
	<b>GILCHESTERS ORGANICS</b>			
FG014	Pizza & Ciabatta Wheat Flour	6 x 1.5kg	4.65	OV
FG018	Semolina Fine Wheat Flour	10 x 1kg	4.19	OV
FG009	Strong 100% Whole Wheat Flour	6 x 1.5kg	4.50	OV
FG006	Strong White Wheat Flour	6 x 1.5kg	4.49	OV
FG025	White Flour Strong Unbleached	4 x 3kg	8.99	OV
	<b>HODMEDOD'S</b>			
FG099	YQ Population Wheat Flour	6 x 1.5kg	2.99	OV
	<b>LITTLE SALKELD WATERMILL</b>			
FG804	Barley Flour - organic	6 x 500g	2.44	OVB
	<b>ORGRAN</b>			
	Gluten Free Mixes			
FG061	Buckwheat Pancake Mix	8 x 375g	5.25	GV
	<b>SHIPTON MILL</b>			
FG899	3 Malts/Sunflower Brown Flour	6 x 1kg	2.69	OV
FG133	Light Rye 997 Flour Organic	6 x 1kg	2.90	OV
FG136	Soft Cake & Pastry White Flour	6 x 1kg	2.19	OV
FG190	Spelt Flour - White, Organic	6 x 1kg	3.71	OV
FG189	Spelt Flour - Wholemeal, Org	6 x 1kg	2.90	OV
FG051	Traditional White Flour No4	16kg		OV
FG898	White Flour - Organic	6 x 1kg	2.25	OV
FG876	White Strong Organic Flour	5 x 2.5kg	5.25	OV
FG077	Wholemeal Flour - Organic	6 x 1kg	2.29	OV



code	product	size	rrp	bfgosv
FG079	Wholemeal Organic Flour Specialist Flour	5 x 2.5kg	5.29	OV
FG123	Italian '00' White Flour	6 x 1kg	2.29	V
<b>WILDFARMED</b>				
FG034	Patisserie Flour T55	5 x 1.5kg	3.59	V
FG030	Pizza and Flatbread Flour	5 x 1.5kg	3.59	V
FG027	Rustic White flour	5 x 1.5kg	3.59	V
FG044	Self Raising Flour	5 x 1.5kg	3.59	V
FG029	White Bread Flour	5 x 1.5kg	3.59	V
FG024	Wholemeal Flour T150	5 x 1.5kg	3.59	V
<b>FRUIT - CANNED &amp; JARRED</b>				
<b>SUMA ORGANIC</b>				
KJ700	Organic Young Jackfruit Chunks	6 x 400g	2.99	OV
<b>BIONA</b>				
VF134	Apple Puree Organic	6 x 700g	3.25	OSV
KJ184	Banana Blossom in Salted Water	6 x 400g	2.75	OV
KJ166	Jackfruit In Salted Water	3 x 2.8kg	1.79	OV
KJ506	Organic Jackfruit in Water	6 x 400g	3.50	OV
<b>CLEARSPRING</b>				
VF190	Apple & Apricot Puree - Org	12 x 2x100g	1.99	OV
VF188	Apple & Blueberry Puree - Org	12 x 2x100g	1.99	OV
VF170	Apple & Mango Puree - Org	12 x 2x100g	1.99	OV
VF189	Apple & Plum Puree - Organic	12 x 2x100g	1.99	OV
VF335	Apple & Strawberry Puree - og	12 x 2x100g	1.99	OV
VF248	Apple Puree	12 x 2x100g	1.99	OV
JP061	Apple,Banana&S'berry Puree Org	12 x 2x100g	1.99	OV
JP076	Apple,Mango,Coconut Puree Org	12 x 2x100g	1.99	OV
VF152	Jackfruit Chunks	6 x 500g	3.49	OV
VF020	Pear & Banana Puree - Org	12 x 2x100g	1.99	OV
VF155	Pear Puree - organic	12 x 2x100g	1.99	OV
JP084	Pear,Apple,Peach Puree Org	12 x 2x100g	1.99	OV
<b>COOKS &amp; CO</b>				
KJ133	Banana Blossom	6 x 400g	3.39	V
KJ012	Pitted Black Cherries	6 x 425g	2.25	SV
<b>ESSENTIAL TRADING</b>				
KJ263	Mango Chunks in Org Juice	6 x 400g	2.55	VO
KJ262	Pineapple Chunks In Org Juice	6 x 400g	2.55	VO
KJ260	Tropical Fruits in Org Juice	6 x 400g	2.49	VO
<b>FRUIT - DRIED</b>				
<b>SUMA PREPACKS</b>				
DR047	Apple - Rings SO2	6 x 150g	2.39	V
DR093	Apricots - select SO2	6 x 125g	2.29	V
DR094	Apricots - select SO2	6 x 250g	3.95	V
DR095	Apricots - select SO2	6 x 500g	7.25	V
DR096	Apricots - unsulphured	6 x 250g	4.90	V
DR054	Banana - Whole Chips	6 x 250g	1.89	SV
DR120	Banana - Whole Chips	6 x 125g	1.25	SV
DR133	Blueberries	6 x 125g	3.65	SV
DR202	Cherries Glace - Bright Red	6 x 200g	3.15	VS
DR221	Cherries Glace - Dark Red	6 x 200g	3.25	VS
DR060	Cranberries	6 x 125g	1.59	VS
DR084	Cranberries	6 x 250g	2.49	VS
DR097	Currants - medium	6 x 250g	1.99	V
DR099	Dates - pitted	6 x 250g	1.49	V
DR100	Dates - pitted	6 x 500g	2.15	V
DR101	Figs	6 x 250g	3.75	V
DR102	Figs	6 x 500g	6.89	V
DR038	Fruit Cake Mix	6 x 500g	2.89	SV
DR070	Fruit salad - SO2	6 x 250g	3.89	V

code	product	size	rrp	bfgosv
DR121	Ginger	6 x 125g	1.75	VS
DR182	Ginger	6 x 250g	2.89	SV
DR055	Goji Berries	6 x 100g	1.99	V
DR279	Mango Slices	6 x 125g	3.15	V
DR203	Mixed Peel - Contains SO2	6 x 200g	2.29	VS
DR123	Papaya	6 x 125g	1.65	SV
DR125	Peaches - SO2	6 x 250g	3.49	V
DR124	Pears - SO2	6 x 250g	3.49	SV
DR129	Pineapple - diced SO2	6 x 125g	1.49	SV
DR180	Pineapple - diced SO2	6 x 250g	2.35	SV
DR108	Prunes - pitted Ashlock	6 x 250g	2.49	V
DR140	Prunes - pitted Ashlock	6 x 500g	4.49	V
DR089	Raisins - Dark Flame	6 x 500g	2.85	V
DR668	Raisins - Dark Flame	6 x 250g	1.75	V
DR113	Raisins - Thompson Seedless	6 x 250g	1.95	V
DR167	Raisins - Thompson Seedless	6 x 500g	3.25	V
DR114	Sultanas - Australian 5 Crown	6 x 250g	2.55	V
DR115	Sultanas - Australian 5 Crown	6 x 500g	4.45	V
DR117	Sultanas - Turkish	6 x 500g	3.90	V
DR127	Super Berry Mix	6 x 125g	2.49	SV
<b>SUMA PREPACKS - ORGANIC</b>				
DR063	Apricots - organic	6 x 250g	4.49	OV
DR250	Apricots - organic	6 x 500g	7.99	OV
DR132	Cherries sour - Organic	6 x 125g	3.49	OV
DR057	Cranberries - organic	6 x 250g	3.65	OSV
DR325	Cranberries - organic	6 x 125g	2.50	OSV
DR073	Currants - organic	6 x 250g	2.35	OV
DR251	Currants - organic	6 x 500g	4.50	OV
DR159	Dates - Medjool Organic	6 x 250g	4.59	OV
DR074	Dates - pitted organic	6 x 250g	2.39	OV
DR252	Dates - pitted organic	6 x 500g	4.15	OV
DR720	Dates -og pitted fairly traded	6 x 250g	3.90	FOV
DR064	Figs - organic	6 x 250g	4.15	OV
DR254	Figs - organic	6 x 500g	7.69	OV
DR011	Ginger - crystallised organic	6 x 125g	2.50	OSV
DR020	Ginger - crystallised organic	6 x 250g	3.49	OSV
DR049	Mulberries White - Organic	6 x 125g	1.85	OV
DR077	Pitted Prunes - organic	6 x 250g	4.29	OV
DR253	Pitted Prunes - organic	6 x 500g	7.95	OV
DR065	Raisins - organic	6 x 250g	2.55	OV
DR255	Raisins - organic	6 x 500g	4.45	OV
DR066	Sultanas - organic	6 x 250g	2.49	OV
DR256	Sultanas - organic	6 x 500g	4.39	OV
DR365	Vine Fruit Mix - organic	6 x 500g	3.75	OV
<b>BULK COMMODITIES - ORGANIC</b>				
DR033	Mulberries White - Organic	10kg		OV
<b>CRAZY JACK</b>				
DR030	Organic Soft Apricots	8 x 200g	4.90	OV
DR031	Organic Soft Dates	8 x 200g	3.15	OV
DR034	Organic Soft Figs	8 x 200g	3.59	OV
DR356	Organic Soft Prunes	8 x 200g	3.49	OV
<b>PLANTLIFE</b>				
DR075	Baby Bananas	7 x 325g	7.99	GOV
DR104	Black Shotut Mulberries	7 x 80g	5.29	GOV
DR083	Cereal Killer	7 x 110g	5.89	GOV
DR076	Coconut Cubes	7 x 235g	8.59	GOV
DR085	Sour Cherries	7 x 100g	5.29	GOV
DR107	Super Bowl	7 x 190g	5.99	OV
DR019	Sweet Apricot kernels	7 x 325g	13.29	GOV
DR116	Sweet Cherries	7 x 80g	5.59	GOV
DR106	White Mulberries	7 x 190g	5.99	GOV

code	product	size	rrp	bfgosv
<b>TROPICAL WHOLEFOODS</b>				
DR200	Fairtrade Organic Mango	14 x 100g	3.19	FOV
DR233	Sun Dried Banana Chips	14 x 150g	2.45	OV
DR234	Sun Dried Pineapple	14 x 100g	4.29	FV
<b>URBAN FRUIT</b>				
DR009	Baked Mango & Passionfruit	7 x 85g	2.85	GV
DR201	Gently Baked Pineapple	6 x 100g	2.85	GV
DR266	Gently Baked Strawberries	8 x 90g	2.85	GSV
	Sharing			
DR192	Gently Baked Mango	6 x 100g	2.85	GV
	Snacking			
DR263	Snack Pack - Mango	14 x 35g	1.90	GV
DR144	Snack Pack - Pineapple	14 x 35g	1.90	VG
DR002	Snack Pack - Strawberry	14 x 35g	1.90	GV
	Tumbled			
DR086	Pineapple & Coconut	6 x 85g	2.85	GV
<b>ZAYTOUN</b>				
DR189	Medjoul Dates - Palestine	5kg		FV
DR028	Palestinian Medjoul Dates	6 x 500g	13.35	FV
DR164	Palestinian Medjoul Dates	6 x 250g	5.99	FV
<b>FRUIT &amp; VEGETABLE JUICES</b>				
<b>SUMA ORGANIC</b>				
JU245	Lemon Juice - organic	12 x 250ml	2.39	OV
JU251	Lemon Juice - organic	6 x 1l	7.65	OV
<b>BEET IT</b>				
	From James White			
JU201	Beet It Shot	15 x 70ml	2.25	OV
JU453	Beetroot Juice	6 x 750ml	3.95	OV
JU719	Beetroot Juice with Apple	8 x 1l	4.65	OV
JU204	Beetroot Juice with Ginger	6 x 750ml	4.15	OV
<b>BERRY COMPANY</b>				
	1L Tetrapack			
JU737	Acai with Raspberry & Yerba	12 x 1l	2.69	GV
JU055	Blueberry Juice	12 x 1l	2.69	GV
JU253	Cranberry Juice	12 x 1l	2.69	GV
JU063	Goji Berry Juice	12 x 1l	2.69	GV
JU061	Superberries Purple Juice	12 x 1l	2.69	GV
JU050	Superberries Red Juice	12 x 1l	2.69	GV
JU736	White Tea and Peach Juice	12 x 1l	2.69	GV
<b>BIG TOM</b>				
JU419	Spiced Tomato Mix - Bottle Lrg	6 x 750ml	3.35	SV
JU381	Spiced Tomato Mix - Bottle Sml	24 x 250ml	1.35	SV
JU379	Spiced Tomato Mix - Can	24 x 150ml	0.99	SV
<b>BIONA</b>				
	1L Pressed Juices			
JU448	Peach, Apricot & Apple Juice	6 x 1l	5.75	OV
JU181	Pomegranate Juice	6 x 1l	7.59	OV
JU130	Tart Cherry Juice	6 x 1l	7.79	OV
	750ml Pure Pressed			
JU543	Apple Juice	6 x 750ml	3.65	OV
JU288	Carrot Juice	6 x 750ml	3.95	OV
JU541	Orange Juice	6 x 750ml	5.99	OV
JU269	Red Grape Juice	6 x 750ml	4.95	OV
JU289	Tomato Juice	6 x 750ml	3.95	OV
	Glass Bottles			
JU521	Cranberry Fruit Drink	6 x 750ml	6.29	OV
JU182	Pomegranate Juice	6 x 200ml	2.75	OV
JU085	Prune Juice	6 x 750ml	8.95	OV
	Organic Pure Pressed Juices			
JU703	Ginger Juice	6 x 200ml	5.49	OV

code	product	size	rrp	bfgosv
JU702	Lemon Juice	6 x 200ml	2.45	OV
JU802	Lime Juice	6 x 200ml	3.50	OV
	Super Juice			
JU297	Acerola Cherry Juice	6 x 330ml	7.59	OV
JU028	Blueberry Juice	6 x 330ml	8.65	OV
JU127	Cranberry Juice	6 x 750ml	1.15	OV
JU508	Cranberry Juice	6 x 330ml	6.90	OV
JU132	Elderberry Juice	6 x 330ml	5.39	OV
	Tetrapacks			
JU252	Apple Juice	6 x 1l	3.75	OV
JU184	Beetroot Juice	12 x 500ml	2.69	OV
	<b>BUMBLEZEST</b>			
	Health Shots - Glass Bottle			
JU768	Calm & Comfort Shot	10 x 60ml	2.29	V
JU769	Detox & Defend Shot	10 x 60ml	2.15	V
JU771	Fire & Fortify Shot	10 x 60ml	2.29	V
JU767	Propel & Protect Shot	10 x 60ml	2.15	V
	<b>CAWSTON PRESS</b>			
JU328	Apple & Elderflower	6 x 1l	3.65	V
JU329	Apple & Ginger	6 x 1l	3.65	V
JU444	Apple & Rhubarb	6 x 1l	3.65	V
JU090	Brilliant Beetroot	6 x 1l	3.85	V
JU631	Cloudy Apple	6 x 1l	3.65	V
JU214	Orange Juice	6 x 1l	3.85	V
	Kids Cartons			
JU308	Kids Apple & Mango Juice	6 x 3 x200ml	3.25	V
JU309	Kids Apple & Pear Juice	6 x 3 x200ml	3.25	V
JU014	Kids Apple & Summer Berries	6 x 3 x200ml	3.25	V
JU799	Kids Cloudy Apple Juice	6 x 3 x200ml	3.25	V
	<b>CULTURED FOOD COMPANY</b>			
JU175	Fermented Beet Kvass	6 x 500ml	4.50	GOV
	<b>DUSKIN</b>			
JU639	Apple Juice - Braeburn	6 x 1l	4.25	V
JU305	Apple Juice - Bramley	6 x 1l	4.25	V
JU292	Apple Juice - Cox	6 x 1l	4.25	V
JU487	Apple Juice - Gala	6 x 1l	4.25	V
JU550	Apple Juice - Golden Delicious	6 x 1l	4.25	V
JU317	Apple Juice - Russet	6 x 1l	4.25	V
	<b>FLAWSOME!</b>			
	Not from concentrate juices			
JU825	Apple & Strawberry Juice	12 x 250ml	2.25	GV
JU820	Orange Juice	12 x 250ml	2.49	GV
JU821	Sweet & Sour Apple Juice	12 x 250ml	2.25	GV
	<b>FROBISHERS</b>			
	Not from concentrate juices			
JU211	Apple Juice	24 x 250ml	1.95	V
JU213	Bumbleberry Juice	24 x 250ml	1.95	V
JU215	Mango Juice	24 x 250ml	1.95	V
JU210	Orange Juice	24 x 250ml	1.95	V
	<b>JAMES WHITE</b>			
	Glass Bottles 250ml			
JU621	Apple & Ginger Juice	24 x 250ml	1.79	OV
JU064	Apple Juice	24 x 250ml	1.79	OV
JU608	Carrot & Apple Juice	24 x 250ml	1.79	OV
JU599	Pear Juice	24 x 250ml	1.79	OV
	Glass Bottles 750ml			
JU864	Apple & Ginger Juice	6 x 750ml	4.90	OV
JU095	Apple Juice	6 x 750ml	4.50	OV
JU862	Carrot & Apple Juice	6 x 750ml	4.90	OV
JU325	Carrot Juice	6 x 750ml	4.90	OV
JU863	Pear & Raspberry Juice	6 x 750ml	5.39	OV

code	product	size	rrp	bfgosv
JU860	Pear Juice	6 x 750ml	4.90	OV
JU398	Prune Juice	6 x 750ml	4.90	V
JU431	Tomato Juice	6 x 750ml	4.90	OV
JU324	Vegetable Juice	6 x 750ml	4.90	OV
	Tetrapack 1 Litre			
JU087	Veg-It	8 x 1 l	3.89	GV
	<b>NINJU</b>			
	Cartons			
JU131	Apple Super Juice Drink	24 x 200ml	1.79	V
JU139	Tropical Super Juice Drink	24 x 200ml	1.79	V
	<b>PIP ORGANIC</b>			
	Fruit Juice			
JU670	Cloudy Apple Juice	6 x 4 x180ml	5.49	OV
JU047	Smooth Orange Juice	6 x 4 x180ml	5.49	OV
JU696	Strawberry & Blackcurrant	6 x 4 x180ml	5.49	OV
	Fruit Juice with Spring Water			
JU698	Blackcurrant, Raspberry, Apple	6 x 4x180ml	5.49	OV
JU699	Mango, Orange & Apple	6 x 4x180ml	5.49	OV
	Smoothies			
JU697	Pineapple & Mango Smoothie	6 x 4 x180ml	5.49	OV
JU065	Strawberry & Banana Smoothie	6 x 4 x180ml	5.49	OV
	<b>SUNITA</b>			
JU129	Orange Juice - organic	6 x 1l	5.55	OV
	<b>VITACORE</b>			
JU303	Blueberry Juice	6 x 500ml	5.95	OV
JU304	Cranberry Juice	6 x 500ml	5.95	OV
JU291	Pomegranate Juice	6 x 500ml	3.95	OV
JU272	Prune Juice	6 x 500ml	5.95	OV
	<b>ZINGER</b>			
	Zinger Health Shots			
JU647	Extra Hot Ginger Zinger Shot	15 x 70ml	1.89	OV
JU571	Ginger Zinger Shot	15 x 70ml	1.89	OV
JU264	Sour Cherry Zinger Shot	15 x 70ml	1.79	GV
JU640	Turmeric Zinger Shot	15 x 70ml	1.79	V
	<b>FRUIT (FROZEN)</b>			
	<b>NATURAL COOL</b>			
XL142	Organic Berry Mix	10 x 300g	4.85	GOV
XL034	Organic Blackberries	10 x 300g	4.99	OV
XL145	Organic Blueberries	10 x 300g	4.70	GOV
XL043	Organic Curly Kale	8 x 450g	2.99	OV
XL005	Organic Mango	10 x 300g	4.99	OV
XL179	Organic Raspberries	10 x 300g	7.20	GOV
XL182	Organic Sour Cherries	10 x 300g	4.40	GOV
XL180	Organic Strawberries	10 x 300g	4.65	GOV
XL036	Organic Tropical Fruit Mix	10 x 300g	4.99	OV
	<b>PACK'D</b>			
XL252	Organic Blueberries	10 x 300g	5.50	OV
XL148	Organic Cherries	10 x 300g	5.25	OV
XL356	Organic Mango	10 x 300g	5.25	OV
XL133	Organic Raspberries	10 x 300g	6.80	OV
XL135	Organic Strawberries	10 x 300g	5.25	OV
XL188	Organic Summer Berries	10 x 300g	5.50	OV
XL355	Ripe & Creamy Sliced Banana	10 x 300g	2.95	V
	<b>WINDMILL HILL</b>			
XL282	British Organic Blackcurrants	12 x 400g	3.75	OV
XL279	British Raspberries	12 x 300g	3.75	V
XL283	British Summer Fruits	12 x 330g	3.75	V
XL084	British Sweet Eating Selection	12 x 330g	3.75	V

## GRAINS

### SUMA BAGGED DOWN

code	product	size	rrp	bfgosv
QS103	Rice - Jasmine White	3kg		V
	<b>SUMA BAGGED DOWN - ORGANIC</b>			
QS106	Rice - Jasmine, white organic	3kg		VO
	<b>SUMA PREPACKS</b>			
QS055	Barley Grain - pearl	6 x 500g	1.49	V
QS140	Black Rice - Nerone	6 x 500g	3.25	V
QS111	Bulgur Wheat	6 x 500g	1.75	V
QS051	Couscous	6 x 500g	2.50	V
QS041	Couscous - Pearl	6 x 500g	2.45	V
QS082	Freekeh - Cracked Wheat Grain	6 x 500g	3.75	V
QS090	Rice - arborio (risotto)	6 x 500g	2.79	V
QS085	Rice - basmati brown	6 x 500g	2.59	V
QS050	Rice - basmati white	6 x 500g	2.59	V
QS094	Rice - Jasmine White	6 x 500g	1.99	V
QS052	Rice - long grain brown	6 x 500g	1.75	V
QS104	Rice - pudding white	6 x 500g	2.25	V
QS222	Rice - sushi	6 x 500g	2.50	V
QS102	Rice - wild	6 x 125g	2.75	V
QS061	Tapioca	6 x 500g	2.35	V
	<b>SUMA PREPACKS - ORGANIC</b>			
QS068	Buckwheat - unroasted organic	6 x 500g	2.35	OV
QS300	Bulgur Wheat - Organic	6 x 500g	2.55	OV
QS150	Corn Couscous - Organic	6 x 500g	3.55	OV
QS301	Couscous - wholemeal, organic	6 x 500g	2.39	OV
QS322	Millet - organic	6 x 500g	2.29	VO
QS165	Pearl barley, organic	6 x 500g	1.75	OV
QS070	Popcorn - organic	6 x 500g	2.49	OV
QS065	Quinoa, Red - Organic	6 x 500g	4.29	OV
QS075	Quinoa, Tricolour - Organic	6 x 500g	4.50	OV
QS086	Quinoa, White - Organic	6 x 500g	3.59	OV
QS677	Rice - arborio, organic	6 x 500g	3.99	OV
QS252	Rice - basmati, brown organic	6 x 750g	3.75	OV
QS302	Rice - basmati, brown organic	6 x 500g	2.75	OV
QS095	Rice - Jasmine organic	6 x 500g	2.95	OV
QS303	Rice - white basmati organic	6 x 500g	2.85	OV
QS213	Rice - white basmati, organic	6 x 750g	3.89	OV
QS100	Rice - long grain brown organic	6 x 750g	3.69	VO
QS066	Rice - long grain brown organic	6 x 500g	2.65	OV
QS067	Rice - short grain brown organic	6 x 500g	2.69	OV
QS101	Rice - short grain brown organic	6 x 750g	3.75	VO
QS072	Wheat grain - organic	6 x 500g	1.75	OV
	<b>BIONA</b>			
QS096	Jasmine Brown Rice	6 x 500g	3.95	OV
QS105	Pudding Rice Organic	6 x 500g	3.35	OV
QS099	Red Camargue Rice Organic	6 x 500g	4.35	OV
QS098	Risotto Brown Rice Organic	6 x 500g	3.85	OV
QS097	Wild Rice Mix	6 x 500g	4.35	OV
	<b>BULK COMMODITIES</b>			
QS091	Rice - Jasmine White	25kg		V
	<b>BULK COMMODITIES - ORGANIC</b>			
QS093	Rice - Jasmine, white organic	25kg		OV
	<b>COOKS &amp; CO</b>			
QS046	Lemon & Pea Risotto	6 x 190g	3.15	V
QS053	Porcini Mushroom Risotto	6 x 190g	3.15	V
	<b>FULLGREEN</b>			
QS114	Riced Cauliflower	6 x 200g	2.49	V
QS010	Riced Cauliflower & Broccoli	6 x 200g	2.49	V
QS057	Riced Cauliflower Tomato Garlic	6 x 200g	2.49	V
QS044	Riced Sweet Potato	6 x 200g	2.49	V
	<b>HODMEDOD'S</b>			
QS021	Smoked Quinoa	8 x 300g	3.79	V

code	product	size	rrp	bfgosv
<b>IBIS</b>				
QS088	Brown Long Grain Jasmine Rice	6 x 1kg	4.99	FOV
QS089	Semi-Milled Jasmine Rice	6 x 1kg	4.99	FOV
QS087	White Long Grain Jasmine Rice	6 x 1kg	4.99	FOV
<b>MR ORGANIC</b>				
QS073	Chickpea Rice	12 x 250g	3.69	GOV
QS020	Red Lentil Rice	12 x 250g	3.69	GOV
<b>ZAYTOUN</b>				
QS014	Maftoul Giant Couscous	6 x 200g	3.95	FOV
QS131	Smoky Freekeh	6 x 200g	3.95	FV
<b>GRAVY, STOCK &amp; BOUILLON</b>				
<b>FREE &amp; EASY</b>				
LJ008	Gravy Sauce Mix	6 x 130g	2.39	GV
<b>KALLO</b>				
LJ102	French Onion Stock Cubes	15 x 66g	1.65	GOVS
LJ103	Garlic & Herb Stock Cubes	15 x 66g	1.65	GOVS
LJ034	Low Salt Org Gravy Granules	6 x 160g	3.59	OSV
LJ171	Low Salt Vegetable Stock Cubes	15 x 60g	1.99	GOVS
LJ122	Mushroom Stock Cubes	15 x 66g	1.65	GOVS
LJ101	Tomato & Herb Stock Cubes	15 x 66g	1.65	GOVS
LJ205	Umami Stock Cubes	15 x 66g	1.85	GOV
LJ120	Vegetable Stock Cubes	15 x 66g	1.65	GOV
LJ186	Vegetable Stock Pots	8 x 24g	2.79	GOSV
LJ147	Yeast Free Veg.Stock Cubes	15 x 66g	1.95	GV
<b>MARIGOLD</b>				
LJ211	Bouillon Cubes	12 x 8	1.49	GOV
LJ043	Bouillon Powder	6 x 150g	2.55	GV
LJ044	Bouillon Powder	6 x 500g	6.89	GV
LJ073	Bouillon Powder - Organic	6 x 150g	2.55	GOV
LJ238	Bouillon Powder - Organic	6 x 500g	7.75	GOV
LJ070	Bouillon Powder - Reduced Salt	6 x 150g	2.45	GV
LJ237	Bouillon Powder - Reduced Salt	6 x 500g	7.39	GV
LJ178	Bouillon Reduced Salt	1 x 2kg	22.49	FCV
LJ195	Gravy Granules - Instant	1 x 2kg	16.99	GV
LJ062	Gravy Powder - Instant	6 x 170g	1.95	GSV
LJ326	Gravy Powder - Organic	6 x 110g	2.49	OVS
LJ208	Organic Bouillon	1 x 2kg	23.49	FGOV
LJ074	Organic Bouillon Reduced Salt	6 x 140g	2.79	GOV
LJ193	Organic Bouillon Reduced Salt	6 x 500g	7.85	OV
LJ253	Organic Reduced Salt Bouillon	1 x 2kg	24.99	FGOV
LJ139	Original Bouillon	1 x 2kg	21.75	FCV
LJ321	Yeast Free Bouillon Stock Cube Catering	12 x 84g	1.49	GOV
LJ032	Engevita with B12 Y/Flakes	1 x 650g	19.99	GV
<b>VECON</b>				
LJ048	Vegetable Stock	8 x 225g	4.35	V
<b>HERB &amp; FRUIT TEA INFUSIONS</b>				
<b>BOS</b>				
TE241	Rooibos - Apple & Mint	12 x 20 bags	3.89	FGOV
TE281	Rooibos - Chai	12 x 20 bags	3.89	FGOV
TE242	Rooibos - Orange & Ginger	12 x 20 bags	3.89	FGOV
TE261	Rooibos - Strawberry & Vanilla	12 x 20 bags	3.89	FGOV
<b>CELESTIAL SEASONINGS</b>				
TE333	Bengal Spice	6 x 20 bags	3.69	V
TE266	Sleepytime	6 x 20 bags	3.69	V
TE336	Sleepytime Extra	6 x 20 bags	3.99	V
TE340	Tension Tamer	6 x 20 bags	3.69	V
<b>CLIPPER</b>				
TE011	Rooibos	6 x 80 bags	4.85	OV

code	product	size	rrp	bfgosv
	Everyday Infusions			
TE788	Chamomile	6 x 20 bags	2.65	OV
TE963	Dandelion	6 x 20 bags	2.65	OV
TE694	Fennel	6 x 20 bags	2.65	OV
TE035	Indian Chai	4 x 20 bags	2.99	FGOV
TE960	Lemon & Ginger	6 x 20 bags	2.65	OV
TE942	Liquorice	6 x 20 bags	2.65	OV
TE959	Nettle	6 x 20 bags	2.65	OV
TE631	Organic Sleep Easy	6 x 20 bags	2.65	OV
TE789	Peppermint	6 x 20 bags	2.65	OV
	Food Service Range			
TE148	Chamomile	6 x 25 bags	3.49	FOV
TE455	Lemon & Ginger	6 x 25 bags	4.50	OV
TE166	Peppermint	6 x 25 bags	3.49	FOV
TE454	Wild Berry	6 x 25 bags	4.50	OV
	Mood Infusions			
TE118	After Dinner Mints	4 x 20 bags	2.99	OV
TE423	Cleanse With Benefits	4 x 20 bags	2.99	OV
TE264	Groovy Ginger	4 x 20 bags	3.59	OV
TE070	Karma Mama	4 x 20 bags	3.59	OV
TE352	Restoring Roots	4 x 20 bags	2.99	OV
TE127	Sleep Time Infusion	4 x 20 bags	2.99	OV
	<b>DRAGONFLY TEA</b>			
TE440	Cape Malay Rooibos Chai	4 x 20 bags	2.85	OV
TE588	Cape Rooibos & Honeybush Tea	4 x 20 bags	2.85	OV
TE038	Chai Pu'er Digestive Tea	4 x 20 bags	3.90	OV
TE569	Golden Balance Turmeric Tea	4 x 20 bags	3.90	OV
TE813	Good Dragon Pu'er Tea	4 x 20 bags	2.85	OV
TE139	Happy Times Tulsi	4 x 20 bags	3.90	OV
TE124	Lemon Pu'er Digestive Tea	4 x 20 bags	3.90	OV
TE581	Mint Garden Digestif	4 x 20 bags	3.90	OV
TE338	Moonlight Jasmine	4 x 20 bags	2.85	OV
TE339	Moroccan Mint	4 x 20 bags	2.85	OV
TE046	Mountain Honeybush Tea	4 x 20 bags	2.85	OV
TE546	Night Sky Calm	4 x 20 bags	3.90	OV
TE234	Swirling Mist White Tea	4 x 20 bags	3.90	OV
TE145	True Clarity Ginger	4 x 20 bags	3.90	OV
	Rooibos Teas			
TE363	Rooibos	4 x 40 bags	3.25	OV
TE367	Rooibos Earl Grey	4 x 40 bags	3.25	OV
TE376	Rooibos Vanilla	4 x 40 bags	3.25	OV
	<b>ELEVEN O'CLOCK</b>			
TE381	Rooibos	4 x 40 bags	2.95	OV
TE382	Rooibos	4 x 80 bags	5.77	OV
	<b>ESSENTIAL TRADING</b>			
TE271	Camomile Herbal Infusion	4 x 20 bags	2.45	OV
TE279	Peppermint Herbal Infusion	4 x 20 bags	2.45	OV
	<b>FLORADIX</b>			
TE126	Hawthorn	12 x 15 bags	2.55	OV
TE457	Sage	12 x 15 bags	2.55	VO
	<b>HAMPSTEAD TEA</b>			
TE550	Camomile	4 x 20 bags	3.59	OVB
TE600	Fennel and Peppermint	4 x 20 bags	3.59	OVB
TE555	Lavender Valerian	4 x 20 bags	3.59	OVB
TE572	Lemon Ginger	4 x 20 bags	3.59	OVB
TE556	Peppermint Spearmint	4 x 20 bags	3.59	FOVB
TE557	Rosehip Hibiscus	4 x 20 bags	3.59	FOVB
	Wellness Teas			
TE180	Sleep Well	4 x 20 bags	3.59	OVB
	<b>HEATH AND HEATHER</b>			
	Botanicals			



code	product	size	rrp	bfgosv
TE295	Morning Time	6 x 20 bags	3.55	OV
TE296	Night Time Tea	6 x 20 bags	3.55	OV
TE594	Turmeric Root Brew Infusions	6 x 20 bags	3.55	GOV
TE096	Apple & Cinnamon	6 x 20 bags	2.95	OV
TE665	Camomile	6 x 20 bags	2.95	OV
TE122	Camomile & Spearmint	6 x 20 bags	2.95	OV
TE160	Dandelion, Burdock & Hawthorn	6 x 20 bags	2.95	OV
TE681	Fennel	6 x 20 bags	2.95	OV
TE685	Nettle	6 x 20 bags	2.95	OV
TE662	Peppermint	6 x 20 bags	2.95	OV
TE682	Raspberry Leaf	6 x 20 bags	3.55	OV
TE274	Wild Rosehip	6 x 20 bags	2.95	OV
<b>LOVE CBD</b>				
TE456	Hemp Tea	12 x 10 bags	5.99	GV
<b>PUKKA</b>				
TE927	Blackcurrant Beauty	4 x 20 bags	5.90	OV
TE421	Clean Matcha Green	4 x 20 bags	5.90	FOV
TE331	Elderberry & Echinacea	4 x 20 bags	5.90	OV
TE731	Feel New	4 x 20 bags	5.90	OV
TE235	Fresh Start	4 x 20 bags	5.90	OV
TE609	Ginseng Matcha Green	4 x 20 bags	5.90	FOV
TE318	Joy	4 x 20 bags	5.90	OV
TE481	Lemongrass and Ginger	4 x 20 bags	5.90	OV
TE478	Liquorice & Cinnamon	4 x 20 bags	5.90	OV
TE393	Love	4 x 20 bags	5.90	OV
TE490	Mint Matcha Green	4 x 20 bags	5.90	FOV
TE232	Morning Berry	4 x 20 bags	5.90	FOV
TE246	Night Time	4 x 20 bags	5.90	OV
TE231	Night Time Berry	4 x 20 bags	5.90	OV
TE095	Original (Black Spice) Chai	4 x 20 bags	5.90	FOV
TE102	Peace	4 x 20 bags	5.90	OV
TE043	Peppermint & Liquorice	4 x 20 bags	5.90	OV
TE473	Radiance	4 x 20 bags	5.90	OV
TE170	Relax	4 x 20 bags	5.90	OV
TE542	Supreme Green Matcha	4 x 20 bags	5.90	FOV
TE811	Three Chamomile	4 x 20 bags	5.90	OV
TE602	Three Fennel	4 x 20 bags	5.90	OV
TE245	Three Ginger	4 x 20 bags	5.90	OV
TE238	Three Mint	4 x 20 bags	5.90	OV
TE592	Tulsi Clarity	4 x 20 bags	5.90	OV
TE058	Turmeric Active	4 x 20 bags	5.90	GOV
TE094	Vanilla Chai	4 x 20 bags	5.90	FOV
TE727	Womankind Collections	4 x 20 bags	5.90	OV
TE509	Day To Night Collection	4 x 20 bags	5.59	OV
<b>TAKA</b>				
TE305	Masala Chai Turmeric	4 x 15 bags	3.49	OV
<b>TICK TOCK</b>				
40 Bags				
TE659	Earl Grey	4 x 40 bags	3.50	V
TE431	Green Rooibos - organic	4 x 40 bags	3.50	OV
TE430	Rooibos - organic	4 x 40 bags	2.89	OV
80 Bags				
TE434	Rooibos - organic Loose Leaf	4 x 80 bags	5.65	OV
TE436	Rooibos Loose Leaf - organic Wellbeing Range	6 x 100g	2.89	OV
TE110	Bedtime	6 x 20 bags	2.35	V
TE117	Bounce	6 x 20 bags	2.35	V
TE057	Chai Relax	6 x 20 bags	2.35	V

code	product	size	rrp	bfgosv
<b>YOGI TEA</b>				
TE593	Alkaline Herbs	6 x 17 bags	2.75	OV
TE167	Ashwagandha Balance Tea	6 x 17 bags	2.75	GOV
TE553	Bedtime	6 x 17 bags	2.75	GOV
TE250	Bedtime Rooibos Vanilla	6 x 17 bags	2.75	GOV
TE204	Black Chai	6 x 17 bags	2.75	GOV
TE346	Breathe Deep	6 x 17 bags	2.75	GOV
TE597	Choco	6 x 17 bags	2.75	GOV
TE192	Classic Original	6 x 17 bags	2.75	GOV
TE551	Detox	6 x 17 bags	2.75	GOV
TE208	Echinacea	6 x 17 bags	2.75	GOV
TE630	Feel Pure with Lemon	6 x 17 bags	2.75	GOV
TE591	Finest Selection	6 x 18 bags	2.99	GOV
TE835	Ginger	6 x 17 bags	2.75	GOV
TE293	Ginger Lemon	6 x 17 bags	2.75	GOV
TE836	Ginger Orange & Vanilla	6 x 17 bags	2.75	GOV
TE195	Green Balance	6 x 17 bags	2.75	GOV
TE209	Green Chai	6 x 17 bags	2.75	GOV
TE194	Green Energy	6 x 17 bags	2.75	GOV
TE787	Green Tea Matcha Lemon	6 x 17 bags	2.75	GOV
TE028	Happy Nature	6 x 17 bags	2.75	GOV
TE645	Heartwarming	6 x 17 bags	2.75	GOV
TE187	Himalaya	6 x 17 bags	2.75	GOV
TE785	Immune Support	6 x 17 bags	2.75	GOV
TE998	Inner Harmony	6 x 17 bags	2.75	GOV
TE638	Lime Mint	6 x 17 bags	2.75	GOV
TE193	Liquorice	6 x 17 bags	2.75	GOV
TE837	Liquorice Mint	6 x 17 bags	2.75	GOV
TE342	Maca Chai	6 x 17 bags	2.75	GOV
TE552	Men's Tea	6 x 17 bags	2.75	OV
TE181	Mental Clarity Tea	6 x 17 bags	2.75	GOV
TE252	Positive Energy Cranberry Hib	6 x 17 bags	2.75	GOV
TE348	Relax	6 x 17 bags	2.75	OV
TE001	Rooibos	6 x 17 bags	2.75	GOV
TE283	Rose	6 x 17 bags	2.75	GOV
TE414	Soul Balm	6 x 17 bags	2.75	GOV
TE006	Star Salutation	6 x 17 bags	2.75	GOV
TE350	Stomach Ease	6 x 17 bags	2.75	OV
TE211	Sweet Chai	6 x 17 bags	2.75	GOV
TE428	Sweet Chilli	6 x 17 bags	2.75	GOV
TE554	Throat Comfort	6 x 17 bags	2.75	GOV
TE349	Tulsi Relax	6 x 17 bags	2.75	GOV
TE018	Turmeric Chai	6 x 17 bags	2.75	GOV
TE088	Turmeric Orange	6 x 17 bags	2.75	GOV
TE733	Wellbeing	6 x 17 bags	2.75	GOV
TE012	White Tea with Aloe Vera	6 x 17 bags	2.75	GOV
TE017	Women's Balance	6 x 17 bags	2.75	GOV
TE355	Women's Energy	6 x 17 bags	2.75	GOV
TE351	Women's Tea	6 x 17 bags	2.75	OV
	For The Senses			
TE615	Good Night	6 x 17 bags	2.75	GOV
TE263	Natural Energy	6 x 17 bags	2.75	GOV
TE129	Natural Wellbeing	6 x 17 bags	2.75	GOV
TE610	Pure Happiness	6 x 17 bags	2.75	GOV
	Loose Tea			
TE620	Classic Chai	8 x 90g	2.95	OV
<b>HERBS &amp; SPICES - BULK</b>				
<b>BULK WHOLE SPICES</b>				
HE207	Tamarind	200g	3.95	V

code	product	size	rrp	bfgosv
<b>HERBS &amp; SPICES - PREPACKED</b>				
<b>SUMA</b>				
	Curry Mixes			
HE126	Massaman Curry	6 x 40g		V
	Curry Spices			
HE330	Asafoetida Blend	6 x 20g	1.39	V
HE333	Curry Leaves	6 x 5g	1.39	V
HE363	Curry Powder - Hot	6 x 50g	1.39	V
HE334	Curry Powder - Madras	6 x 45g	1.39	V
HE335	Curry Powder - Mild	6 x 45g	1.39	V
	Herbs			
HE133	Basil - rubbed	6 x 20g	1.25	V
HE134	Bay Leaves	6 x 4g	1.39	V
HE165	Bouquet Garni	6 x 6 sachet	1.25	V
HE332	Coriander Leaf	6 x 10g	1.25	V
HE032	Fenugreek Leaves	6 x 7g	1.25	V
HE030	Lemongrass	6 x 25g	1.39	V
HE031	Lime leaves - whole	6 x 4g	1.65	V
HE146	Marjoram	6 x 10g	1.25	V
HE185	Mint	6 x 20g	1.25	V
HE147	Mixed Herbs	6 x 20g	1.25	V
HE151	Oregano - rubbed	6 x 20g	1.25	V
HE153	Parsley - rubbed	6 x 15g	1.39	V
HE157	Rosemary	6 x 20g	1.25	V
HE158	Sage - rubbed	6 x 25g	1.25	V
HE159	Tarragon	6 x 12g	1.39	V
HE160	Thyme - rubbed	6 x 30g	1.39	V
	Milled Spices			
HE181	Allspice - ground	6 x 40g	1.65	V
HE182	Arrowroot - ground	6 x 50g	1.25	V
HE029	Cardamom - ground	6 x 10g	1.39	V
HE168	Cayenne Pepper	6 x 40g	1.39	V
HE028	Celery Salt	6 x 100g	1.39	V
HE138	Chilli - ground	6 x 50g	1.39	V
HE139	Cinnamon - ground	6 x 35g	1.55	V
HE189	Cloves - ground	6 x 18g	1.39	V
HE142	Coriander - ground	6 x 40g	1.25	V
HE143	Cumin - ground	6 x 45g	1.29	V
HE180	Garam Masala	6 x 45g	1.39	V
HE145	Ginger - ground	6 x 40g	1.39	V
HE148	Mixed Spice	6 x 50g	1.39	V
HE360	Mustard - ground	6 x 50g	1.39	V
HE150	Nutmeg - ground	6 x 20g	1.65	V
HE152	Paprika	6 x 45g	1.29	V
HE188	Pepper, black - ground	6 x 30g	1.39	V
HE034	Smoked Paprika	6 x 35g	1.39	V
HE161	Turmeric	6 x 40g	1.25	V
	Seasonings Range			
HE342	Cajun Spice	6 x 40g	1.39	V
HE077	Fajita Seasoning	6 x 40g	1.39	V
HE078	Five Spice Seasoning	6 x 40g	1.39	V
HE084	Ras-el-hanout Seasoning	6 x 30g	1.39	V
	Whole Spices			
HE135	Caraway Seeds	6 x 50g	1.65	V
HE136	Cardamom Pods - green	6 x 10g	1.65	V
HE190	Celery Seed	6 x 50g	1.39	V
HE116	Chilli Flakes	6 x 25g	1.39	V
HE140	Cinnamon Sticks	6 x 12g	1.65	V
HE141	Cloves	6 x 18g	1.39	V

code	product	size	rrp	bfgosv
HE174	Coriander Seeds	6 x 40g	1.25	V
HE175	Cumin Seeds	6 x 50g	1.65	V
HE177	Fennel Seeds	6 x 50g	1.65	V
HE196	Fenugreek Seeds	6 x 50g	1.25	V
HE183	Juniper Berries	6 x 40g	2.15	V
HE149	Mustard Seeds - black	6 x 50g	1.25	V
HE186	Mustard Seeds - Yellow	6 x 50g	1.39	V
HE187	Nutmeg Whole	6 x 20g	1.65	V
HE206	Onion Seed	6 x 35g	1.65	V
HE154	Peppercorns - black	6 x 30g	1.39	V
HE361	Peppercorns - mixed	6 x 20g	1.65	V
HE193	Peppercorns - pink	6 x 12g	1.65	V
HE156	Poppy Seeds	6 x 50g	1.39	V
HE164	Star Anise	6 x 25g	1.39	V
<b>SUMA ORGANIC</b>				
	Curry Spices - organic			
HE070	Curry Leaves - organic	6 x 5g	1.69	OV
	Herbs - organic			
HE365	Basil - organic	6 x 20g	1.69	OV
HE366	Bay Leaves - organic	6 x 4g	1.69	OV
HE377	Dill Herb - organic	6 x 15g	1.85	OV
HE378	Garlic Granules - organic	6 x 20g	1.85	OV
HE380	Mixed Herbs - organic	6 x 20g	1.69	OV
HE385	Oregano - organic	6 x 20g	1.69	OV
HE387	Parsley - organic	6 x 15g	1.69	OV
HE390	Rosemary - organic	6 x 20g	1.69	OV
HE391	Sage - organic	6 x 25g	1.69	OV
HE393	Thyme - Organic	6 x 25g	1.69	OV
	Milled Spices - organic			
HE062	Cayenne Pepper - organic	6 x 35g	2.15	OV
HE371	Chilli powder - organic	6 x 25g	1.85	OV
HE370	Cinnamon - organic	6 x 30g	1.85	OV
HE374	Coriander - organic	6 x 40g	1.69	OV
HE376	Cumin Ground - organic	6 x 25g	1.85	OV
HE379	Ginger - organic	6 x 30g	1.85	OV
HE381	Mixed Spice - organic	6 x 25g	1.85	OV
HE384	Nutmeg - Ground	6 x 20g	2.15	OV
HE386	Paprika - organic	6 x 25g	1.85	OV
HE094	Smoked Paprika - organic	6 x 25g	1.85	OV
HE394	Turmeric - organic	6 x 30g	1.69	OV
	Whole Spices - organic			
HE367	Caraway Seeds - organic	6 x 30g	1.85	OV
HE092	Chilli Flakes - organic	6 x 25g	1.85	OV
HE369	Cinnamon Bark - organic	6 x 15g	2.15	OV
HE372	Cloves - organic	6 x 20g	1.85	OV
HE373	Coriander Seed - organic	6 x 40g	1.69	OV
HE375	Cumin Seed - organic	6 x 25g	1.85	OV
HE073	Fennel Seeds - organic	6 x 40g	1.69	OV
HE060	Fenugreek Seeds - organic	6 x 40g	1.85	OV
HE368	Green Cardamom Pods - organic	6 x 10g	1.85	OV
HE382	Mustard Seeds Black - organic	6 x 50g	1.85	OV
HE388	Peppercorns Black - Organic	6 x 25g	1.85	OV
HE389	Poppy Seed Blue - organic	6 x 40g	1.85	OV
HE089	Star Anise - organic	6 x 15g	1.85	OV
HE091	Whole Nutmeg - organic	6 x 20g	2.15	OV
<b>SUMA PREPACKS</b>				
	Whole Spices			
HE001	Peppercorns - black	6 x 250g	3.79	V
<b>BLACK GARLIC</b>				
HE068	Black garlic Balsajo	1 x 50g	4.15	V
<b>EL REY DE LA VERA</b>				

code	product	size	rrp	bfgosv
HE075	Sweet Smoked Paprika	14 x 75g	3.15	V
	<b>PERSIAN TRADER</b>			
HE024	Saffron	12 x 125mg	1.49	V
HE037	Saffron	12 x 0.5g	3.49	V
HE127	Saffron	6 x 1g	6.95	V
	<b>STEENBERGS</b>			
HE015	Kala Namak	12 x 100g	2.95	V
	<b>TARANTELLA</b>			
HE085	Liquid Basil	12 x 40ml	2.59	GOV
HE067	Liquid Chilli	12 x 40ml	2.59	GOV
HE102	Liquid Garlic	12 x 40ml	2.59	GOV
HE109	Liquid Ginger	12 x 40ml	2.59	GOV
HE072	Liquid Thyme	12 x 40ml	2.59	GOV
	<b>ZAYTOUN</b>			
HE224	Za'atar Zesty Thyme Herb Mix	6 x 80g	4.65	V

## HOUSEHOLD CLEANING PRODUCTS

### ECOLEAF BY SUMA

	20 Litres Bulk			
HJ374	Fabric Conditioner - Bamboo	20l		V
HJ369	Fabric Conditioner - Jasmine	20l		V
HJ364	Laundry Liquid - Jasmine	20l		V
HJ373	Laundry Liquid-Bamboo & Lotus	20l		V
	20L/5L POS Refill Accessories			
DY058	Drum Tap - Fits 20 Litres	each	6.99	V
BK005	Point of Sale Kit - 20L Kit	1 kit		V
BK015	Sticker - For Store Windows	each		V
	5 Litres Bulk			
HJ181	Bathroom Cleaner	5l	15.49	V
HJ371	Fabric Conditioner- Bamboo	5l	13.69	V
HJ372	Fabric Conditioner- Jasmine	5l	13.69	V
HJ078	Fabric Conditioner Lily&Ricefl	5l	12.39	V
HJ182	Hard Floor Cleaner	5l	2.25	V
HJ370	Laundry Liquid - Jasmine	5l	23.99	V
HJ368	Laundry Liquid-Bamboo & Lotus	5l	23.99	V
HJ174	Laundry Liquid-Fragrance-Free	5l	23.35	V
HJ075	Laundry Liquid-Summer Rain	5l	23.99	V
HJ124	Liquid Hand Soap-Grapefruit	5l	21.99	V
HJ287	Multi Surface Cleaner	5l	15.99	V
HJ072	Toilet Cleaner - Fresh Green	5l	12.99	V
HJ067	Washing Up Liquid-Citrus Fruit	5l	13.29	V
HJ073	Washing Up Liquid-Orange Blossom	5l	13.29	V
	Dishwasher Products			
HJ160	Dishwasher Tablets All-In-One	6 x 25 tablets	5.69	V
HJ161	Dishwasher Tablets All-In-One	5 x 70 tablets	14.15	V
HJ217	Rinse Aid - Fragrance-Free	6 x 500ml	2.99	V
	Powders			
HJ129	Washing Powder-Concentrated	10kg	43.99	V
	Retail - Cleaning			
HJ224	Bathroom Cleaner	6 x 500ml	2.85	V
HJ223	Hard Floor Cleaner	8 x 750ml	3.10	V
HJ050	Multi Surface Cleaner	6 x 500ml	2.85	V
HJ375	Toilet Cleaner - Floral Pink	6 x 750ml	2.65	V
HJ056	Toilet Cleaner - Fresh Green	6 x 750ml	2.65	V
HJ089	Toilet Cleaner-C/Blue-Antibac	6 x 750ml	2.65	V
HJ047	Washing Up Liquid-Citrus Fruit	6 x 1l	3.49	V
HJ131	Washing Up Liquid-Concentrate	6 x 500ml	3.15	V
HJ018	Washing Up Liquid-Orange Blossom	6 x 1l	3.49	V
	Retail - Hand Soap			
HJ096	Liquid Hand Soap-Grapefruit	6 x 500ml	4.19	V
	Retail - Laundry Products			

code	product	size	rrp	bfgosv
HJ366	Fabric Conditioner - Bamboo	6 x 1.5l	5.19	V
HJ367	Fabric Conditioner - Jasmine	6 x 1.5l	5.19	V
HJ105	Fabric Conditioner Lily&Ricefl	6 x 1.5l	4.79	V
HJ088	Fabric Conditioner-Concentrate	8 x 750ml	2.75	V
HJ346	Fabric Conditioner-Vanilla-Conc	8 x 750ml	2.95	V
HJ216	Fabric Stain Remover-Frag/Free	6 x 500ml	2.89	V
HJ365	Laundry Liquid - Jasmine	6 x 1.5l	7.95	V
HJ345	Laundry Liquid- Vanilla - Conc	8 x 750ml	5.99	V
HJ347	Laundry Liquid-Bamboo & Lotus	6 x 1.5l	7.95	V
HJ159	Laundry Liquid-Fragrance-Free	6 x 1.5l	7.59	V
HJ080	Laundry Liquid-Fresh Linen-Conc	8 x 750ml	5.99	V
HJ055	Laundry Liquid-Summer Rain	6 x 1.5l	7.95	V
<b>BIO D</b>				
20 Litres Bulk				
HJ242	Hand Wash - Sanitising	20l		V
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 5L - Concentrate	5l	19.59	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
HJ171	Laundry Liquid	5l	28.99	V
HJ177	Laundry Liquid	5l	28.99	V
HJ800	Laundry Liquid	5l	27.99	V
HJ654	Multi Surface Cleaner	5l	16.99	V
HJ184	Toilet Cleaner	5l	13.99	V
HJ665	Toilet Cleaner	5l	13.99	V
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	6 x 500ml	4.25	V
HJ235	Handwash - Geranium	6 x 500ml	4.49	V
HJ119	Handwash - Lime & Aloe Vera	6 x 500ml	4.49	V
HJ264	Handwash - Plum & Mulberry	6 x 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	12 x 500ml	3.25	V
HJ230	Bathroom Cleaner Spray	12 x 500ml	3.35	V
HJ085	Dishwasher Rinse Aid	12 x 750ml	3.79	V
HJ234	Dishwasher Tablets	8 x 30 tablets	7.89	V
HJ004	Fabric Conditioner	12 x 1l	3.65	V
HJ296	Fabric Conditioner Concentrate	12 x 1l	4.19	V
HJ232	Floor Cleaner 750ml	12 x 750ml	3.90	V
HJ012	Furniture Polish	6 x 150g	8.99	V
HJ226	Glass and Mirror Spray	12 x 500ml	3.39	V
HJ003	Laundry Liquid	12 x 1l	6.25	V
HJ176	Laundry Liquid	12 x 1l	6.69	V
HJ222	Laundry Liquid	12 x 1l	6.69	V
HJ228	Multi Surface Cleaner	12 x 750ml	3.25	V
HJ170	Toilet Cleaner	12 x 750ml	2.99	V
HJ244	Toilet Cleaner	12 x 750ml	2.89	V

code	product	size	rrp	bfgosv
HJ157	Washing Up Liquid	12 x 750ml	2.85	V
HJ225	Washing Up Liquid	12 x 750ml	2.65	V
HJ315	Washing Up Liquid	12 x 750ml	2.85	V
<b>ECOEGG</b>				
HJ141	Laundry Egg	5 x 1 egg	1.00	V
HJ142	Laundry Egg	5 x 1 egg	1.00	V
HJ155	Laundry Egg	5 x 1 egg	1.00	V
	Laundry Refills			
HJ163	Laundry Egg Refills	10 x 1	5.00	V
HJ164	Laundry Egg Refills	10 x 1	5.00	V
HJ168	Laundry Egg Refills	10 x 1	5.00	V
<b>ECOVER</b>				
HJ100	All Purpose Cleaner	6 x 1l	3.59	V
HJ002	Bathroom Cleaner	6 x 500ml	2.89	V
HJ024	Floor Cleaner	12 x 1l	3.75	V
HJ874	Limescale Remover	6 x 500ml	4.90	V
HJ095	Multi Surface Cleaner	6 x 500ml	2.89	V
HJ214	Oven & Hob Cleaner	6 x 500ml	4.29	V
HJ304	Power Toilet Cleaner	6 x 750ml	3.10	V
HJ999	Stain Remover	9 x 200ml	3.55	V
HJ011	Toilet Cleaner	6 x 750ml	2.75	V
HJ511	Toilet Cleaner	6 x 750ml	2.75	V
HJ041	Washing Up Liquid	8 x 450ml	2.25	V
HJ509	Washing Up Liquid	8 x 450ml	2.25	V
HJ888	Washing Up Liquid	8 x 950ml	4.10	V
HJ031	Washing Up Liquid	8 x 950ml	4.10	V
HJ221	Washing Up Liquid	8 x 450ml	2.25	V
HJ260	Washing Up Liquid	8 x 450ml	2.25	V
HJ091	Window Cleaner	6 x 500ml	4.29	V
	5 Litres Bulk			
HJ272	5L Pump	1 x 1	6.75	V
HJ008	All Purpose Cleaner - Conc	5l	12.49	V
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	12 x 500ml	4.55	V
HJ136	Dishwasher Tablets All In One	6 x 22 tablets	9.19	V
HJ211	Dishwasher Tablets All In One	5 x 68 tablets	21.29	V
HJ087	Dishwasher Tablets Classic	6 x 25 tablets	7.89	V
HJ132	Dishwasher Tablets Classic	5 x 70 tablets	18.49	V
	Hand Products			
HJ123	Liquid Hand Soap	6 x 250ml	3.95	V
HJ254	Liquid Hand Soap	6 x 250ml	3.95	V
HJ054	Liquid Hand Soap Refill	6 x 1l	1.25	V
	Laundry			
HJ324	Fabric Conditioner	6 x 1.5l	5.49	V
HJ325	Fabric Conditioner	6 x 750ml	2.59	V
HJ326	Fabric Conditioner	6 x 750ml	2.59	V
HJ327	Fabric Conditioner	6 x 1.5l	5.49	V
HJ339	Fabric Conditioner	6 x 1.5l	5.49	V

code	product	size	rrp	bfgosv
HJ076	Laundry Bleach	6 x 400g	2.29	V
HJ106	Laundry Liquid - Bio	6 x 1.43l	12.45	V
HJ262	Laundry Liquid - Delicate	6 x 750ml	5.45	V
HJ257	Laundry Liquid - Non Bio	6 x 1.5l	12.69	V
HJ549	Laundry Liquid - Non Bio	6 x 1.5l	8.69	V
HJ277	Laundry Liquid Non - Bio	6 x 1l	8.99	V
HJ145	Washing Powder - Biological	6 x 750g	5.89	V
HJ143	Washing Powder - Non Bio	6 x 750g	5.45	V
HJ238	Washing Powder - Non Bio	4 x 3kg	18.75	V
HJ188	Washing Powder Non - Bio Zero	3 x 1.8kg	12.15	V
HJ349	Dishwasher Tablets Zero	6 x 25 tablets	8.59	V
HJ200	Fabric Conditioner	6 x 1.5l	5.49	V
HJ202	Laundry Liquid Zero	6 x 1.43l	12.49	V
HJ348	Laundry Liquid Zero - Delicate	6 x 1l	5.19	V
HJ203	Washing Powder Zero	7.5kg	41.49	V
HJ205	Washing Up Liquid Zero Zero - 5 Litres Bulk	8 x 450ml	2.25	V
HJ133	Laundry Liquid Zero Non - Bio	5l	34.49	V
HJ134	Washing Up Liquid Zero	5l	18.19	V
<b>ECOZONE</b>				
Cleaning				
HJ158	Multi Surface Wipes - Anti Bac Dishwashing	8 x 40	3.50	V
HJ118	Dishwasher Tablets Brilliance	12 x 25 tablets	6.49	V
HJ146	Dishwasher Tablets Classic 72	6 x 72 tablets	16.95	V
HJ351	Dishwasher Tablets Ultra 25 PK	12 x 25 tablets	7.00	V
HJ352	Dishwasher Tablets Ultra 72 PK	6 x 72 tablets	18.54	V
HJ020	Rinse Aid Laundry	12 x 500ml	4.40	V
HJ052	Laundry Capsules Non-Bio	12 x 500g	1.49	V
HJ318	Laundry Liquid - Non Bio	2l	12.83	V
HJ317	Laundry Liquid Bio	2l	12.83	V
HJ204	Laundry Tablets - Brightening	12 x 48 tablets	14.99	V
HJ291	Soap Nuts - 330 Washes	1kg	15.15	V
HJ290	Soap Nuts 300g Solutions	1 x 300g	8.15	V
HJ044	Appliance Descaler	12 x 500ml	5.82	GV
HJ121	Enzymatic Drain Sticks	12 x 12 x 1	5.83	V
HJ038	Limescale Remover - Tough	6 x 500ml	3.84	V
HJ114	Machine Cleaner - 6 Tablets	8 x 120g	5.82	V
HJ278	Mould Remover	6 x 500ml	5.29	V
HJ197	Plughole Unblocker	9 x 250ml	8.15	V
<b>FAITH IN NATURE</b>				
5 Litres Bulk - Household				
HJ021	Laundry Liquid	5l	23.60	V
HJ028	Washing Up Liquid	5l	21.59	V
<b>HOMETHINGS</b>				
HJ328	Dishwasher Tablets 40 Pack	6 x 40 tablets	1.00	V
HJ127	Laundry Pods Bio 27 Pack	8 x 27 pods	9.50	V
HJ128	Laundry Pods Non Bio 27 Pack Eco tab refill, 1 tab = 500ml	8 x 27 pods	9.50	V
HJ109	Bathroom Cleaner Refill Tabs	18 x tablets	2.50	V
HJ101	Multi Surface Refill Tabs x 18	18 x tablets	2.50	V
HJ126	Washing Up Liquid Refill Tabs Refill Bottle plus Refill Tab	18 x tablets	2.50	V
HJ110	Washing Up Liquid	6 x packs	4.00	V
<b>LOOFCO</b>				
HJ013	Washing Up Soap	12 x 100g	2.95	V
<b>METHOD</b>				
HJ147	All Purpose Cleaner - Anti Bac	8 x 828ml	4.35	V



code	product	size	rrp	bfgosv
HJ338	All Purpose Cleaner - Anti Bac	8 x 828ml	4.35	V
HJ358	Anti Bac Spray Refill	4 x 2l	7.65	V
HJ005	Antibacterial Spray	8 x 828ml	4.35	V
HJ336	Bathroom Cleaner - Anti Bac	8 x 828ml	4.35	V
HJ354	Bathroom Cleaner Refill	4 x 2l	7.65	V
HJ245	Bathroom Spray	8 x 828ml	4.35	V
HJ098	Floor Cleaner - Good for Wood	6 x 739ml	4.89	V
HJ253	Floor Cleaner - Lemon	6 x 739ml	4.89	V
HJ359	Floor Cleaner - Rhubarb	6 x 739ml	4.89	V
HJ152	Glass Spray	8 x 828ml	4.89	V
HJ248	Granite Spray	8 x 354ml	4.89	V
HJ246	Kitchen Spray	8 x 828ml	4.35	V
HJ249	Multi Purpose Cleaner	8 x 828ml	4.35	V
HJ250	Multi Purpose Cleaner	8 x 828ml	4.35	V
HJ305	Multi Surface Cleaner - Dreamy	6 x 240ml	5.49	V
HJ344	Shower Cleaner Refill	4 x 2l	7.65	V
HJ079	Shower Spray	8 x 828ml	4.35	V
HJ167	Shower Spray	8 x 828ml	4.35	V
HJ330	Washing Up Liquid	6 x 532ml	4.90	V
HJ331	Washing Up Liquid	6 x 532ml	4.90	V
HJ243	Wood Polish Spray	8 x 354ml	4.89	V
	Hand Products			
HJ093	Foaming Handwash	6 x 300ml	3.69	V
DY071	Gel Handsoap	6 x 354ml	3.29	V
DY563	Gel Handsoap	6 x 354ml	3.29	V
DY567	Gel Handsoap	6 x 354ml	3.29	V
HJ111	Gel Handsoap	6 x 354ml	3.29	V
	Hand Soaps - Anti Bacterial			
DY158	Anti Bacterial Handsoap	6 x 350ml	3.99	V
DY167	Anti Bacterial Handsoap	6 x 350ml	3.99	V
DY166	Anti Baterial Handsoap	6 x 350ml	3.99	V
	Laundry Products			
HJ357	Fabric Conditioner	4 x 1.575l	8.29	V
HJ355	Fabric Softener	4 x 1.575l	8.29	V
HJ356	Fabric Softener	4 x 1.575l	8.29	V
HJ332	Laundry Liquid - Concentrated	4 x 1.56l	12.99	V
HJ335	Laundry Liquid - Concentrated	4 x 1.56l	12.99	V
HJ334	Laundry Liquid- Concentrated	4 x 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
HJ329	White Vinegar	5l	8.25	V
HJ337	White Vinegar	5l	8.95	V
	Refillable Glass Bottles			
HJ139	Anti Bac Surface Cleaner	6 x 500ml	3.95	V
HJ212	Fabric Conditioner	6 x 500ml	3.95	V
HJ191	Laundry Liquid	6 x 500ml	3.95	V
HJ156	Surface Cleaner	6 x 500ml	3.95	V
HJ138	Washing Up Liquid	6 x 500ml	3.95	V
	<b>SIMPLE LIVING ECO</b>			
HJ025	Laundry Detergent Sheet NonBio	10 x 32 SHT	7.99	V
HJ280	Laundry Detergent Sheet NonBio	10 x 32 SHT	7.99	V
	<b>SPRUCE CLEANING</b>			

code	product	size	rrp	bfgosv
HJ267	Reusable Bottle and Refill Bathroom Starter Kit	12 x 500ml	9.59	V
<b>HOUSEHOLD PRODUCTS</b>				
<b>ECOLEAF BY SUMA</b>				
NF277	Household Cling Film 30cm x 30M	20 x 1	3.99	V
NF270	Refuse Sacks/Bin Liners Refuse Sacks 110L 8 Bags\Roll	12 x 8 bags	2.25	V
<b>D2W</b>				
NF076	Freezer Bags Freezer Bags Large 10L	50 x 100 bag	1.85	V
NF074	Freezer Bags Medium 5L	50 x 200 bag	1.85	V
Pedal Bin Liners				
NF169	Pedal Bin Liners 20L	50 x 30 bag	2.25	V
NF494	Pedal Bin Liners Drawtape 20L	50 x 30 bag	2.25	V
Refuse Sacks				
NF050	Refuse Sack Drawtape 70L	24 x 10 bags	2.19	V
NF406	Refuse Sacks 70L	24 x 10 bags	1.79	V
NF495	Refuse Sacks 70L Value Pack	25 x 20 bags	2.49	V
Swing Bin Liner				
NF102	Swing Bin Liner Drawtape 50L	50 x 15 bag	2.15	V
NF407	Swing Bin Liners 50L White	50 x 15 bag	2.19	V
Wheelie Bin Liner				
NF358	Wheelie Bin Liners 240L	50 x rolls	2.49	V
<b>ECOLIVING</b>				
NF007	Baking Liner - Silicone	6 x 11INER	13.00	V
NF008	Food Wraps - Vegan Cleaning	1 x pack 3	15.00	V
NF013	Cleaning Cloths - Compostable	10 x pack 6	7.00	V
NF014	Cleaning Cloths - Compostable	10 x pack 4	7.00	V
NF011	Dish Brush w\ Replaceable head	12 x pack	6.00	V
NF020	Dishbrush Replacement Head	20 x HEADS	2.75	V
NF019	Floor Cleaning Strips	13 x 24 STRP	7.00	V
NF016	Sponge - Compostable	1 x 30	2.50	V
<b>ECOZONE</b>				
NF302	Bin Liners Tie Tape 30L Home & Lifestyle	35 x 20 bags	4.99	V
NF473	Caddy Liner 10L	25 x 22 bags	3.50	V
<b>HILL BRUSH COMPANY</b>				
NF781	Wooden Vegetable Brush	each	1.79	V
NF782	Wooden Wash Up Brush & 4 Heads	each	13.99	V
<b>IF YOU CARE</b>				
Baking & Cooking				
NF023	Baking Cups - Large	24 x 1 x 60	2.19	V
NF021	Parchment Baking Paper	12 x 1 rolls	5.19	V
NF186	Parchment Baking Sheets	12 x 24	4.50	V
NF466	Parchment Roasting Bags Cleaning	8 x 6 bags	6.95	V
NF223	Household Gloves - Large	12 x 1ARgE	4.79	FV
NF018	Sponge Cloths Coffee Filters	12 x 5 cloths	5.15	V
NF198	Coffee Filters - Number 2	12 x 100	3.49	V
NF196	Coffee Filters - Number 4	12 x 100	3.49	V
Compostable Waste Bags				
NF177	Food Waste Bags 11L	12 x 30 bags	5.99	V
NF185	Tall Kitchen Refuse Sacks 49L Firelighters	12 x 12 bags	5.85	V
NF338	Firelighters	12 x 1 pack	5.79	V
NF491	Firelighters Food Wrap and Bags	12 x 28	2.59	V

code	product	size	rrp	bfgosv
NF032	Aluminium Foil - Extra Strong	12 x 1 rolls	6.79	V
NF500	Aluminium Foil 10M x 29.2cm	12 x rolls	4.99	V
NF405	Sandwich & Snack Bags - Paper	12 x 48 bags	4.95	V
NF375	Wax Paper - Unbleached	12 x 1	6.19	V
<b>LOOFCO</b>				
Bathroom				
NF166	Back Scrubber	4 x single	4.99	V
Brushes				
HJ053	Bottle Brush	6 x 1	3.55	V
Cleaning				
HJ125	Cleaning Pad	6 x 1	2.95	V
NF206	Kitchen Cloth 2 Pack	6 x 2 pack	3.99	V
NF188	Mini Washing Up Pad	6 x 2 pack	2.99	V
HJ063	Root Vegetable Scrubber	6 x 1	2.99	V
HJ068	Washing Up Pad	6 x 2 pack	4.99	V
HJ058	Washing-Up Brush	6 x 1	2.79	V
HJ051	Washing-Up Brush with Handle	6 x 1	3.55	V
HJ048	Washing-Up Pad	8 x 1	2.95	V
HJ061	Washing-Up Scraper	6 x 1	2.95	V
<b>MAD MONK</b>				
NF435	Bamboo Cutlery Set - 24 Pieces	4 x 1 set	6.99	V
<b>SEEP</b>				
NF067	Bamboo All Purpose Cloth	10 x single	3.50	V
NF043	Loofah Scourer Single	10 x single	2.65	V
NF037	Rubber Gloves Large	12 x 1 pair	3.95	VF
NF015	Rubber Gloves Medium	12 x 1 pair	3.95	VF
<b>WASTE NOT</b>				
NF689	Caddy Liner 10L Compostable	24 x 20	4.25	V
<b>INDIAN FOOD</b>				
<b>GEO ORGANICS</b>				
VF740	Balti Curry Paste	6 x 180g	3.95	OV
VF249	Bhuna Curry Paste	6 x 180g	3.95	OV
VF743	Korma Curry Paste	6 x 180g	3.95	OV
VF742	Madras Curry Paste	6 x 180g	3.95	OV
KJ573	Mango Chutney - Organic	6 x 370g	4.59	OSV
VF744	Tikka Masala Paste	6 x 180g	3.95	OV
<b>MERIDIAN</b>				
VF019	Korma Sauce	6 x 350g	2.89	GSV
VF025	Tikka Masala Sauce	6 x 350g	2.89	GSV
<b>PATAKS</b>				
Curry Pastes				
KJ222	Korma Curry Paste	6 x 290g	3.99	GV
KJ054	Madras Curry Paste	6 x 283g	3.99	GV
KJ152	Rogan Josh Curry Paste	6 x 283g	3.99	GSV
KJ246	Tikka Masala Curry Paste	6 x 283g	3.99	GSV
KJ059	Vindaloo Curry Paste	6 x 283g	3.99	GV
Pappadums				
VF293	Pappadums - Plain	12 x 100g	2.50	V
Pickles				
KJ040	Aubergine Pickle (Was Bringal)	6 x 312g	3.39	VS
KJ041	Chilli Pickle	6 x 283g	3.39	GV
KJ045	Lime Pickle - Medium/Hot	6 x 283g	3.39	V
KJ047	Mango Pickle - Medium	6 x 283g	3.39	GV
KJ049	Mixed Pickle	6 x 283g	3.39	GV
<b>PUNJABAN</b>				
KJ316	JalFREZI Curry Sauce	6 x 350g	3.99	GV
KJ317	Korma Curry Sauce	6 x 350g	3.99	GV
Bases (Sauce Concentrate)				
KJ374	Authentic Curry Base - Medium	6 x 350g	3.99	GV
KJ373	Authentic Curry Base - Mild	6 x 350g	3.99	GV
KJ379	Butter 'Chicken' Base	6 x 350g	3.99	GV

code	product	size	rrp	bfgosv
KJ383	Tasty Tamarind Curry Base	6 x 350g	3.99	GV
KJ083	Tikka Masala Curry Base Sauce	6 x 350g	3.99	GV
	Naan Breads			
KJ280	Chilli Naan Bread	12 x 380g	3.29	V
KJ281	Garlic and Coriander Naan	12 x 380g	3.29	SV
KJ282	Tandoori Naan Bread	12 x 380g	3.29	SV
<b>INTIMATE CARE</b>				
<b>&amp;SISTERS BY MOONCUP</b>				
NF128	Breathable Everyday Liners	12 x 24	4.75	OV
NF095	Eco Applicator Tampon - Medium	12 x 14	3.80	OV
NF107	Eco Applicator Tampons - Heavy	12 x 12	3.80	OV
NF090	Eco Applicator Tampons - Light	12 x 16	3.80	OV
NF127	Pads with Wings - Heavy	12 x 10 pads	4.20	OV
NF117	Pads with Wings - Light	12 x 10 pads	3.80	OV
NF124	Pads with Wings - Medium	12 x 10 pads	4.20	OV
<b>HERE WE FLO</b>				
	Flo Period Care			
NF030	Bamboo Day & Night Pads Pack	8 x 15 pads	3.95	VO
NF017	Bamboo Day Pads	8 x 16	3.95	OV
NF010	Bamboo Liners	12 x 24	3.29	OV
NF041	Bamboo Night Pads	8 x 14	3.95	OV
NF060	Bamboo Ultra-Long Pads	8 x 10	3.95	OV
NF009	Eco-Applicator Tampons	12 x 14	4.39	OV
<b>MOONCUP</b>				
DY518	Mooncup Beginner Cup Size A	each	22.49	V
DY531	Mooncup Beginner Cup Size Teen	each	22.49	V
DY530	Mooncup Beginner Size B	each	22.49	V
DY538	Mooncup Cleaning Cup	each	1.50	V
DY606	Mooncup Size 'A'	each	23.50	V
DY680	Mooncup Size 'B'	each	23.50	V
<b>NATRACARE</b>				
	Incontinence Pads			
NF059	Dry & Light Incontinence Pads	6 x 20	4.19	V
	Maternity Pads			
NF152	New Mother Maternity Pads	10 x 10	3.90	V
	Maxi Pads			
NF889	Maxi Pads - Night Time	12 x 10	3.19	V
NF298	Maxi Pads - Regular	12 x 14	2.59	V
NF299	Maxi Pads - Super	12 x 12	2.59	V
	Panty Liners			
NF096	Mini Panty Liner	10 x 30	2.90	V
NF048	Organic Cotton Panty Liners	16 x 22	2.49	OV
NF121	Panty Liner Curved	16 x 30	2.90	V
NF104	Wrapped Panty Liner	10 x 18	2.90	V
	Tampons			
NF826	Applicator Tampon - Super	12 x 16	3.79	OV
NF823	Applicator Tampons - Regular	12 x 16	3.59	OV
NF085	Tampons Regular - Organic	12 x 20	3.19	VO
NF086	Tampons Super - Organic	12 x 20	3.29	OV
NF087	Tampons Super Plus - OG	12 x 20	3.59	VO
	Ultra Pads			
NF304	Ultra Extra Pad Normal - Wings	12 x 12	2.69	V
NF300	Ultra Extra Pads Long - Wings	12 x 8	2.69	V
NF313	Ultra Extra Super Pads Winged	12 x 10	2.69	V
NF755	Ultra Pad - Long with Wings	12 x 10	2.69	V
NF862	Ultra Pads Super Plus	12 x 12	2.69	V
NF827	Ultra Regular Pad with Wings	12 x 14	2.69	V
NF442	Ultra Super Pads with Wings	12 x 12	2.69	V
	Wipes			
NF204	Organic Cotton Intimate Wipes	24 x 12	2.59	OV

code	product	size	rrp	bfgosv
NF251	Safe to Flush Moist Tissues	16 x 30	2.29	V
	<b>WUKA</b>			
	WUKA FLEX			
NF416	Period Pant Heavy Flow XS - L	single	15.99	V
NF414	Period Pant Medium Flow XS-L	single	12.99	V
	WUKA ULTIMATE			
NF428	Period Pant Heavy Flow L	single	2.99	V
NF427	Period Pant Heavy Flow M	single	2.99	V
NF426	Period Pant Heavy Flow S	single	2.99	V
NF420	Period Pant Medium Flow M	single	19.99	V
NF419	Period Pant Medium Flow S	single	19.99	V
	<b>JAMS &amp; FRUIT SPREADS</b>			
	<b>SUMA</b>			
JS200	Pear and Apple Spread	12 x 300g	2.99	V
	<b>BIONOVA</b>			
JS137	Bilberry Jam - organic	6 x 340g	4.25	OSV
JS141	Raspberry Jam - organic	6 x 340g	4.99	VOS
JS140	Strawberry Jam - organic	6 x 340g	4.55	OSV
JS133	Tangy Marmalade - organic	6 x 340g	3.59	OSV
	<b>FRUTETO ITALIA</b>			
KJ197	Apricot Fruit Spread	6 x 250g	4.25	OV
KJ201	Blueberry Fruit Spread	6 x 250g	4.75	OV
KJ227	Cherry Fruit Spread	6 x 250g	4.25	OV
KJ199	Raspberry Fruit Spread	6 x 250g	5.25	OV
KJ196	Strawberry Fruit Spread	6 x 250g	4.25	OV
	<b>MERIDIAN</b>			
JS100	Wild Blueberry Spread - og	6 x 284g	4.39	OV
	<b>SQUISHED</b>			
JS015	Rescue Blueberry Jam	6 x 320g	2.25	GV
JS014	Rescue Raspberry Jam	6 x 320g	2.25	GV
	<b>ST DALFOUR</b>			
JS002	Apple & Cinnamon Spread	6 x 284g	2.99	GV
JS051	Apricot Spread	6 x 284g	2.99	GV
JS064	Black Cherry Spread	6 x 284g	2.99	GV
JS063	Blackberry Spread	6 x 284g	2.99	GV
JS062	Blackcurrant Spread	6 x 284g	2.99	GV
JS009	Cranberry & Blueberry	6 x 284g	2.99	GV
JS068	Fig Spread	6 x 284g	2.99	GV
JS067	Four Fruits Spread	6 x 284g	2.99	GV
JS007	Lemon & Lime Spread	6 x 284g	2.99	GV
JS003	Mango & Passion Fruit Spread	6 x 284g	2.99	GV
JS066	Mirabelle Plum Spread	6 x 284g	2.99	GV
JS120	Orange and Ginger Spread	6 x 284g	2.99	GV
JS046	Raspberry & Pomegranate Spread	6 x 284g	2.99	GV
JS049	Raspberry Spread	6 x 284g	2.99	GV
JS004	Strawberry & Rhubarb Spread	6 x 284g	2.99	GV
JS050	Strawberry Spread	6 x 284g	2.99	GV
JS061	Thick Cut Orange Spread	6 x 284g	2.99	GV
JS060	Wild Blueberry Spread	6 x 284g	2.99	GV
	<b>JUICE CONCENTRATES &amp; CORDIALS</b>			
	<b>SUMA</b>			
JU058	Apple Juice - Concentrate Chilled products	6 x 500ml	6.49	V
JU057	Apple Juice - Concentrate	5l	6.79	V
	<b>SUMA ORGANIC</b>			
JU241	Apple & Blackcurrant Juice	6 x 400ml	6.29	OV
JU240	Apple Juice - Concentrate	6 x 400ml	5.69	OV
	<b>BELVOIR</b>			
JU234	Blueberry Blackcurrant Cordial	6 x 500ml	5.79	GSV
JU516	Elderflower & Rose Cordial	6 x 500ml	5.79	GSV

code	product	size	rrp	bfgosv
JU578	Elderflower Cordial	6 x 500ml	5.79	GSV
JU577	Ginger Cordial	6 x 500ml	5.79	GSV
JU275	Organic Elderflower Cordial	6 x 500ml	6.39	GOSV
JU276	Organic Ginger Cordial	6 x 500ml	6.39	GOSV
JU355	Organic Lemon & Mint Cordial	6 x 500ml	6.39	GOSV
JU043	Raspberry & Lemon Cordial	6 x 500ml	5.79	GV
JU314	Summer Punch Cordial	6 x 500ml	5.79	SVB
	Family Size			
JU339	Blackcurrant Cordial	6 x 750ml	6.69	GSV
JU338	Orange Cordial	6 x 750ml	6.69	GSV
	<b>ROCKS</b>			
JU426	Blackcurrant Squash	6 x 740ml	3.69	SV
JU428	Orange Squash	6 x 740ml	3.69	SV
JU022	Summer Fruits Squash	6 x 740ml	3.69	SV
	<b>THORNCROFT</b>			
JU593	Herbal Liquorice	6 x 330ml	4.55	SV
JU475	Pink Ginger	6 x 330ml	3.69	SV
JU206	Wild Elderflower	6 x 330ml	3.69	SV
JU476	Wild Nettle	6 x 330ml	3.69	VS
	<b>MARGARINES &amp; SPREADS (CHILLED)</b>			
	<b>SUMA</b>			
MA055	Soya Spread	8 x 500g	2.30	V
MA051	Sunflower Spread	6 x 2kg	9.40	V
MA053	Sunflower Spread	8 x 550g	2.75	V
	<b>BIONA</b>			
MA468	Extra Olive Spread	8 x 250g	4.10	OV
MA030	Sunflower Spread	8 x 500g	5.55	OV
	<b>KOKO DAIRY FREE</b>			
CV317	Koko Dairy Free Spread	8 x 500ml	2.19	GV
	<b>LANDKRONE</b>			
MA004	Organic Margarine	10kg		OV
	<b>NATURLI'</b>			
CV648	Catering Vegan Butter Block	2 x 5kg		V
CV735	Spreadable Vegan Butter	16 x 450g	4.25	GOV
CV879	Spreadable Vegan Butter	24 x 225g	2.20	GOV
CV880	Vegan Butter Block	15 x 200g	2.10	GOV
	<b>VIOLIFE</b>			
CV436	Cocospread Chocolate Spread	10 x 150g	2.70	VS
	<b>MAYONNAISE &amp; SALAD DRESSINGS</b>			
	<b>BE SAUCY</b>			
KJ337	Basil Mayo -Vegan	6 x 180g	3.95	SV
KJ338	Black Truffle Mayo - Vegan	6 x 180g	4.45	SV
KJ339	Dill & Chervil Mayo - Vegan	6 x 180g	3.95	SV
KJ336	Garlic Mayo - Vegan	6 x 180g	3.95	SV
KJ340	Smoked Chipotle Mayo - Vegan	6 x 180g	3.95	SV
	<b>BIONA</b>			
KJ401	Mayo - Egg & Soya Free	6 x 230g	3.55	OV
	<b>DINE</b>			
KJ038	Burger Sauce	6 x 240g	2.99	V
	<b>GEO ORGANICS</b>			
KJ333	Organic Mayo, Vegan	6 x 240ml	2.95	OV
	<b>HUNTER AND GATHER</b>			
KJ332	Egg Free Olive Oil Mayo	6 x 250g	5.99	GV
KJ334	Egg Free Olive Oil Mayo	6 x 250g	5.99	V
	<b>INSPIRED VEGAN</b>			
KJ309	BBQ & Black Garlic Sauce	6 x 255g	3.25	SV
KJ306	Blue Cheeze Dressing	6 x 250g	3.25	SV
KJ245	Marie Rose Sauce	6 x 180g	2.55	SV
KJ024	Mayonnaise	6 x 180g	2.55	SV
KJ053	Mayonnaise - Smoked Garlic	6 x 210g	2.39	SV

code	product	size	rrp	bfgosv
KJ307	Pineapple and Chilli Sauce	6 x 255g	3.25	SV
KJ305	Spiced Orange Dressing	6 x 255g	3.25	SV
KJ033	Sriracha Mayonnaise	6 x 175g	2.55	SV
KJ043	Vegan Caesar Dressing	6 x 250g	3.19	SV
KJ270	Vegan Hollandaise Style Sauce	6 x 180g	2.55	SV
KJ048	Vegan Honei Mustard Dressing	6 x 265g	3.19	GSV
KJ271	Vegan Horseradish Sauce	6 x 180g	2.85	SV
KJ261	Vegan Tartare Sauce	6 x 180g	2.85	SV
<b>MARY BERRY'S</b>				
KJ390	Salad Dressing	6 x 235g	3.79	SV
<b>RUBIES IN THE RUBBLE</b>				
KJ118	Plant Based Mayo - Chilli	8 x 285ml	3.59	GSV
KJ135	Plant Based Mayo - Classic	8 x 285ml	3.35	V
KJ241	Plant Based Mayo - Garlic	8 x 285ml	3.59	GSV
<b>MEAT FREE ALTERNATIVES(FROZEN)</b>				
<b>BEYOND MEAT</b>				
XL053	Burgers	8 x 226g	5.20	GV
XL091	Meatballs	8 x 200g	5.20	GV
XL088	Mince	8 x 300g	5.20	GV
XL063	Sausages	10 x 200g	5.20	GV
<b>FRYS</b>				
XL010	Chicken Style Strips	10 x 380g	4.00	V
XL006	Golden Crumbed Schnitzels	6 x 320g	3.55	V
XL302	Popcorn Chick'n	6 x 300g	3.90	V
XL216	Rice Protein & Chia Nuggets	6 x 240g	4.00	V
<b>IMPULSE FOODS</b>				
XL109	Organic Garlic & Herb Tempeh	10 x 227g	3.80	OV
XL107	Organic Tempeh	10 x 227g	3.70	OV
<b>LINDA MCCARTNEY</b>				
XL161	Vegemince	8 x 500g	4.35	V
<b>NATURLI'</b>				
XL065	Schnitzel	8 x 300g	4.65	GV
XL101	'Shape Me' Vegan Mince	8 x 300g	4.65	GV
XL071	Vegan Balls	8 x 300g	3.95	GV
<b>OUMPH!</b>				
XL364	Mexican Fajita Strips	10 x 280g	4.50	SV
<b>QUORN</b>				
XL210	Vegan Pieces	8 x 280g	3.25	V
<b>STRONG ROOTS</b>				
XL212	Crispy Vegetable Nuggets	18 x 300g	4.10	V
XL214	Kale & Quinoa Burger	12 x 300g	4.10	V
XL213	Pumpkin & Spinach Burgers	12 x 300g	4.10	GV
XL218	Spinach Bites	12 x 308g	4.10	GV
<b>THIS</b>				
XL284	Plant Based Chicken Nuggets	8 x 250g	3.60	V
XL339	Plant Based Chicken Pieces	8 x 250g	3.60	V
XL290	Plant Based Pork Sausages	8 x 270g	3.50	V
XL289	Southern Chicken Tenders	8 x 240g	3.50	V
<b>MEATLESS SUBSTITUTES (CHILLED)</b>				
<b>BIONA</b>				
CV184	Beetroot Burger	6 x 150g	4.70	OV
CV377	Black Bean & Cashew Nut Burger	8 x 160g	4.70	OV
CV441	Energy Tofu Mini Burgers	4 x 250g	4.70	OV
CV321	Mini Quinoa Burgers	6 x 195g	4.70	OV
CV188	Mushroom Burger	6 x 150g	4.70	OV
CV319	Quinoa & Broad Bean Burger	8 x 150g	4.70	OV
CV372	Red Lentil Sun Seed Burger	8 x 160g	4.70	OV
CV745	Sweet Potato Buckwheat Burger	8 x 160g	4.70	OV
<b>BONSAN</b>				
CV586	Kofu Sausages	5 x 170g	4.35	OV

code	product	size	rrp	bfgosv
CV641	Kofu Steak	5 x 120g	3.25	OSV
CV573	Vegan Breakfast Scramble	5 x 200g	4.50	OSV
<b>DELPHI FOODS</b>				
CV265	Falafel	6 x 110g	2.79	V
<b>FLORENTIN</b>				
CV950	Corn Falafel	6 x 240g	4.80	GOV
CV930	Falafel	6 x 240g	4.55	GOV
CV571	Sweet Potato Falafel	6 x 240g	4.55	GOV
CV944	Tamruc Falafel	6 x 240g	4.70	GOV
<b>HEURA</b>				
	Minimum 5 days shelf life			
CV142	Chorizo	6 x 216g	4.30	GV
CV115	Mediterranean Chunks	6 x 160g	4.25	GV
CV119	Original Burger	6 x 227g	4.60	GV
CV116	Original Chunks	6 x 160g	4.20	GV
CV124	Original Nuggets	6 x 180g	3.85	GV
<b>MACSWEEN</b>				
CV390	Veg Haggis 6 x 400g	6 x 400g	5.15	V
CV385	Veg Haggis 8 x 200g	8 x 200g	2.65	V
<b>SGAIA</b>				
	Artisan Vegan Mheat			
CV772	Italian Style Burgers	5 x 220g	6.00	SV
CV175	Lorne Sausages	5 x 280g	5.45	V
CV770	Original Steak	5 x 200g	5.00	SV
CV769	Smoked Steak	5 x 200g	5.00	SV
CV774	Streaky Bacon Rashers	5 x 150g	5.00	SV
<b>TAIFUN</b>				
CV011	Grill Sausages	6 x 250g	5.10	OV
CV010	Weiner/Frankfurters	6 x 300g	6.10	OV
<b>THE BURY BLACK PUDDING CO</b>				
CV696	Vegan Black Pudding	12 x 220g	1.80	V
<b>THE REAL LANCASHIRE PUDDING CO</b>				
CV999	Vegan Black Pudding	200g	1.90	V
<b>THE TOFOO CO.</b>				
CV567	Original Seitan	6 x 225g	2.85	V
CV594	Pepperoni Seitan	6 x 225g	2.85	V
<b>THIS</b>				
CV424	Plant-Based Bacon Rashers	6 x 120g	3.65	V
CV418	Plant-Based Chicken Pieces	4 x 170g	3.55	V
<b>VBITES</b>				
CV400	60 Second Burgers	6 x 226g	4.35	SV
CV232	Cheatin' Chicken	6 x 100g	2.25	V
CV260	Cheatin' Chorizo Style Chunks	6 x 150g	3.95	V
CV235	Cheatin' Garlic Sausage Slices	6 x 100g	2.25	V
CV234	Cheatin' Ham	6 x 100g	2.20	V
CV236	Cheatin' Roast Beef Slices	6 x 100g	2.35	V
CV389	Crispy Fillet Burgers	6 x 226g	4.59	SV
CV379	Crunchy Nuggets	6 x 160g	4.85	SV
CV643	Meat-free slices Sage & Onion	6 x 100g	2.10	V
CV375	Southern Fried Tenders	6 x 175g	4.89	SV
CV238	Streaky-Style Rashers	6 x 115g	3.90	SV
	Catering Sizes			
CV402	Lincolnshire Sausages	12 x 500g		SV
CV410	Sage & Marjoram Sausages	12 x 500g		SV
CV055	Streaky Style Rashers	1 x 500g		VS
	Vegi Deli			
CV025	Cheatin Chicken Style Pieces	6 x 150g	3.35	V
CV739	Duck Style Pieces	6 x 150g	3.70	V
CV668	Falafel-Traditional Style	6 x 250g	3.35	V
CV667	Lincolnshire Style Sausage	6 x 295g	3.35	V
CV557	Sage & Marjoram Sausages	6 x 295g	3.35	V



code	product	size	rrp	bfgosv
CV565	Vegideli Mushroom Pate	6 x 150g	2.25	V
<b>MIDDLE EASTERN &amp; AFRICAN FOOD</b>				
<b>AL'FEZ</b>				
KJ548	Apricot & Coriander Sauce 450g	6 x 450g	3.15	GV
KJ065	Falafel Mix	12 x 150g	1.65	V
KJ753	Harissa	6 x 180g	3.49	V
KJ302	Moroccan Couscous	12 x 200g	1.85	V
KJ190	Moroccan Style Tagine Sauce	6 x 450g	2.79	GV
KJ276	Pearl Couscous	12 x 200g	1.85	V
KJ101	Rose Harissa	6 x 180g	3.35	V
KJ243	Smoky Harissa Tagine Sauce	6 x 450g	2.79	GV
VF046	Stuffed Vine Leaves	12 x 280g	2.55	V
KJ242	Tahini	6 x 160g	2.15	V
KJ157	Za'atar Flatbreads	8 x 180g	2.89	V
<b>AMISA</b>				
KJ105	Falafel Mix	6 x 160g	2.75	GOV
<b>BIONA</b>				
VF257	Hot Chili Paste	6 x 125g	3.45	OV
<b>CARLEY'S</b>				
KJ240	Preserved Lemon - Organic	6 x 700g	6.25	OV
<b>CYPRESSA</b>				
KJ231	Rose Harissa Paste	8 x 170g	3.89	V
<b>JUST WHOLEFOODS</b>				
VF183	Falafel Mix - organic	6 x 120g	2.39	OV
<b>OLIVES ET AL</b>				
KJ124	Moroccan Dukkah (spice mix)	6 x 90g	4.39	V
KJ123	Preserved Lemons	6 x 400g	8.95	V
<b>NUT &amp; SEED BUTTERS</b>				
<b>SUMA</b>				
GH119	Crunchy Peanut Butter	6 x 350g	3.79	V
GH120	Crunchy Peanut Butter	6 x 1kg	8.49	V
GH121	Smooth Almond Nut Butter	6 x 1kg	16.59	V
GH117	Smooth Peanut Butter	6 x 350g	3.79	V
GH118	Smooth Peanut Butter	6 x 1kg	8.49	V
<b>SUMA ORGANIC</b>				
GH047	Peanut Butter Crunchy + Salt	6 x 700g	8.90	VO
GH022	Peanut Butter, Crunchy + Salt	6 x 340g	4.90	VO
GH135	Peanut Butter, Crunchy + Salt	6 x 340g	4.35	FVO
GH248	Peanut Butter, Crunchy No Salt	6 x 700g	8.90	VO
GH256	Peanut Butter, Crunchy No Salt	6 x 340g	4.90	VO
GH023	Peanut Butter, Smooth + Salt	6 x 340g	4.90	OV
GH051	Peanut Butter, Smooth + Salt	6 x 700g	8.90	VO
GH096	Peanut Butter, Smooth No Salt	6 x 700g	8.90	VO
GH257	Peanut Butter, Smooth No Salt	6 x 340g	4.90	VO
GH950	Tahini - dark, organic	6 x 280g	4.35	OV
GH675	Tahini - light, organic	6 x 280g	4.35	OV
<b>BIONA</b>				
GH102	Almond Butter Smooth Organic	6 x 350g	12.15	OV
GH210	Almond Butter Smooth Organic	6 x 170g	6.39	OV
GH158	Black Tahini	6 x 250g	4.75	OV
GH211	Cashew Nut Butter - og	6 x 170g	5.50	OV
GH122	Hi-Oleic Peanut Butter	6 x 250g	4.35	OV
GH126	Hi-Oleic Peanut Butter	6 x 250g	4.35	OV
GH141	ORGANIC HAZELNUT BUTTER	6 x 170g	6.39	OV
GH103	Organic Peanut Butter Crunchy	6 x 1kg	11.65	OV
GH104	Organic Peanut Butter Smooth	6 x 1kg	11.65	OV
<b>CARLEY'S</b>				
GH024	Almond Butter- Organic	6 x 170g	4.65	OV
GH025	Cashew Butter- Organic	6 x 170g	4.45	OV
GH034	Pumpkinseed Butter - og	6 x 250g	5.59	OV

code	product	size	rrp	bfgosv
GH215	Raw Almond Butter	6 x 250g	6.35	OV
GH216	Raw Almond Butter	6 x 425g	1.35	OV
GH014	Raw Pecan Butter	6 x 170g	6.25	OV
GH213	Raw Walnut Butter	6 x 170g	4.45	OV
GH712	Raw White Almond Butter	6 x 170g	4.65	OV
GH042	Sunflower Butter- Organic	6 x 250g	2.75	OV
	<b>CLEARSPRING</b>			
GH131	Tahini - Black Sesame	6 x 170g	3.49	OV
	<b>COCONUT MERCHANT</b>			
GH076	Coconut Butter	12 x 300g	5.90	GOV
	<b>CYPRESSA</b>			
GH178	Tahini	12 x 300g	3.59	V
	<b>MERIDIAN</b>			
GH072	Almond Butter Smooth + salt	6 x 170g	5.89	OV
GH061	Cashew Butter Crunchy	6 x 170g	3.85	V
GH027	Cashew Butter Smooth	6 x 170g	3.85	V
GH088	Cashew Butter Smooth	6 x 1kg	16.79	V
GH081	Cashew Butter Smooth	6 x 470g	1.49	OV
GH057	Cashew Butter Smooth Organic	6 x 170g	3.99	OV
GH221	Cocoa and Hazelnut Butter	6 x 170g	4.19	V
GH220	Cocoa and Peanut Butter	6 x 280g	3.25	V
GH154	Coconut and Almond Butter	6 x 170g	3.39	V
GH155	Coconut and Peanut Butter	6 x 280g	3.55	V
GH128	Organic Crunchy Peanut Butter	6 x 470g	5.49	OV
GH009	Organic Dark Tahini	6 x 470g	5.19	OV
GH205	Organic Light Tahini	6 x 470g	5.19	OV
GH169	Organic Smooth Almond Butter	6 x 470g	14.79	OV
GH200	Organic Smooth Peanut Butter	6 x 470g	5.49	OV
GH021	Peanut Butter - crunchy + salt	6 x 280g	3.15	V
GH026	Peanut Butter - smooth + salt	6 x 280g	3.15	V
GH037	Peanut Butter Crunchy	6 x 1kg	6.79	V
GH028	Peanut Butter Crunchy + Salt	6 x 280g	3.39	OV
GH039	Peanut Butter Smooth	6 x 1kg	6.79	V
GH062	Protein Smooth Peanut Butter	3 x 700g	6.49	V
GH065	Tahini - dark	6 x 270g	3.25	V
GH064	Tahini - dark, organic	6 x 270g	3.49	OV
GH068	Tahini - light	6 x 270g	3.25	V
GH207	Tahini - light	6 x 454g	3.99	V
GH020	Tahini - light, organic	6 x 270g	3.49	OV
	100% Nuts			
GH056	Almond Butter Crunchy	6 x 170g	3.29	V
GH060	Almond Butter Smooth	6 x 170g	3.29	V
GH087	Almond Butter Smooth	6 x 1kg	13.79	V
GH094	Almond Butter Smooth Organic	6 x 170g	5.89	OV
GH114	Hazelnut Butter Crunchy	6 x 170g	3.99	V
GH045	Peanut Butt Rich Roast Crunchy	6 x 280g	3.49	V
GH073	Peanut Butt Rich Roast Smooth	6 x 280g	3.49	V
GH038	Peanut Butter Crunchy	6 x 1kg	6.79	V
GH066	Peanut Butter Crunchy	6 x 280g	3.15	V
GH063	Peanut Butter Crunchy	6 x 280g	3.39	OV
GH097	Peanut Butter Crunchy-Organic	6 x 1kg	1.75	OV
GH040	Peanut Butter Smooth	6 x 1kg	6.79	V
GH067	Peanut Butter Smooth	6 x 280g	3.15	V
GH110	Peanut Butter Smooth	6 x 280g	3.39	OV
GH069	Peanut Butter Smooth-Organic	6 x 1kg	1.75	OV
	100% Seeds			
GH046	Pumpkin Seed Butter - og	6 x 170g	4.45	OV
	<b>SUNITA</b>			
GH159	Black Tahini	6 x 170g	2.99	GOV
GH127	Light Tahini	6 x 900g	8.49	V
GH080	Tahini - light	3kg	35.39	V

code	product	size	rrp	bfgosv
GH149	Tahini - light, organic	3kg	39.62	VO
GH077	Tahini - Whole	12 x 280g	3.29	V
GH079	Tahini - Whole	3kg	32.25	V
GH996	Tahini, Whole, Organic	3kg	39.62	VO
GH078	Tahini-Light	12 x 280g	3.29	V
<b>WHOLE EARTH</b>				
GH153	Golden Roasted Drizzler	6 x 320g	3.95	V
GH152	Original Drizzler	6 x 320g	3.95	V
GH091	Peanut Butter - smooth organic	6 x 227g	3.59	GOV
GH090	Peanut Butter -crunchy organic	6 x 227g	3.59	GOV
GH084	Peanut Butter -smooth original	6 x 340g	3.95	GV
GH113	Peanut Butter -smooth original	2 x 1kg	8.19	GV
GH151	Peanut Butter-100% Nuts,Crunch	6 x 227g	3.45	GOV
GH082	Peanut Butter-crunchy original	6 x 340g	3.95	GV
GH115	Peanut Butter-crunchy original	2 x 1kg	8.19	GV
<b>NUTS &amp; SEEDS</b>				
<b>SUMA BAGGED DOWN</b>				
NU124	Almonds - Smoky & Spicy	1kg		V
NU127	Cashews - Baked Chillli & Lime	1kg		V
<b>SUMA PREPACKS</b>				
NU085	Almonds	6 x 125g	1.79	V
NU145	Almonds	6 x 250g	2.99	V
NU013	Almonds - blanched	6 x 125g	1.89	V
NU086	Almonds - flaked	6 x 125g	1.79	V
NU143	Almonds - ground	6 x 125g	1.75	V
NU144	Almonds - ground	6 x 250g	2.99	V
NU053	Almonds - Smoky & Spicy	6 x 125g	2.99	V
NU088	Brazil - broken	6 x 125g	1.79	V
NU146	Brazil - broken	6 x 250g	2.99	V
NU087	Brazil - whole medium	6 x 125g	2.90	V
NU147	Brazil - whole medium	6 x 250g	3.69	V
NU089	Cashew - large pieces	6 x 125g	1.55	V
NU149	Cashew - large pieces	6 x 250g	2.55	V
NU152	Cashew - whole	6 x 125g	1.99	V
NU153	Cashew - whole	6 x 250g	3.49	V
NU150	Cashew Nuts - baked & salted	6 x 125g	2.75	V
NU122	Cashews - Baked Chillli & Lime	6 x 125g	3.35	V
NU151	Chia Seeds	6 x 250g	1.99	V
NU029	Coconut - chips	6 x 150g	1.49	V
NU090	Hazelnuts	6 x 125g	2.39	V
NU157	Hazelnuts	6 x 250g	4.29	V
NU211	Linseed / Flax	6 x 250g	1.25	V
NU291	Linseed / Flax	6 x 500g	1.85	V
NU101	Macadamias	6 x 125g	2.75	V
NU091	Mixed nuts	6 x 125g	1.99	V
NU162	Mixed nuts	6 x 250g	3.35	V
NU158	Mixed nuts - chopped	6 x 250g	2.89	V
NU168	Peanuts - redskin	6 x 250g	1.79	V
NU184	Peanuts - roasted	6 x 250g	2.25	V
NU170	Peanuts - roasted & salted	6 x 250g	2.25	V
NU171	Pecan nuts	6 x 125g	3.39	V
NU092	Pine kernels	6 x 125g	4.99	V
NU252	Pistachio - raw shelled	6 x 125g	4.75	V
NU093	Pistachio - roasted & salted	6 x 125g	2.89	V
NU175	Pistachio - roasted & salted	6 x 250g	5.25	V
NU094	Pumpkin seeds	6 x 125g	1.55	V
NU176	Pumpkin seeds	6 x 250g	2.59	V
NU132	Roasted Monkey Nuts	6 x 175g	1.99	V
NU099	Sesame seeds - natural	6 x 125g	1.25	V
NU177	Sesame seeds - natural	6 x 250g	1.85	V

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NU100	Sunflower seeds	6 x 125g	1.90	V
NU178	Sunflower seeds	6 x 250g	1.35	V
NU179	Sunflower seeds	6 x 500g	1.79	V
NU185	Walnuts - light amber quarters	6 x 125g	1.75	V
NU186	Walnuts - light amber quarters	6 x 250g	2.85	V
NU173	Walnuts - light halves	6 x 125g	1.95	V
NU174	Walnuts - light halves	6 x 250g	3.25	V
<b>SUMA PREPACKS - ORGANIC</b>				
NU102	Almonds - organic	6 x 250g	4.69	OV
NU159	Almonds - organic	6 x 500g	8.79	OV
NU217	Almonds - organic	6 x 125g	2.59	OV
NU097	Almonds, Flaked - Organic	6 x 125g	3.90	OV
NU043	Almonds, ground - organic	6 x 250g	4.95	OV
NU387	Almonds, ground - organic	6 x 125g	2.75	OV
NU219	Brazils - organic	6 x 250g	4.29	OV
NU344	Brazils - organic	6 x 125g	2.39	OV
NU033	Cashews whole - organic	6 x 125g	2.39	OV
NU255	Cashews whole - organic	6 x 250g	4.25	OV
NU120	Chia Seeds, Black - organic	6 x 250g	2.55	VO
NU041	Coconut - desiccated, organic	6 x 125g	1.35	OV
NU103	Hazelnuts - organic	6 x 125g	2.65	OV
NU258	Hazelnuts - organic	6 x 250g	4.75	OV
NU272	Hemp Seeds - organic	6 x 250g	2.99	VO
NU322	Linseed, golden - organic	6 x 250g	1.75	OV
NU136	Omega Seed Mix - Organic	6 x 125g	1.69	OV
NU138	Omega Seed Mix - Organic	6 x 250g	2.45	OV
NU288	Omega Seed Mix - organic	6 x 125g	1.69	OV
NU293	Omega Seed Mix - organic	6 x 250g	2.45	OV
NU069	Peanuts - organic	6 x 125g	1.35	OV
NU218	Peanuts - organic	6 x 500g	3.69	OV
NU545	Pine Kernels - organic	6 x 125g	5.55	OV
NU212	Pumpkin seeds - organic	6 x 125g	1.69	OV
NU261	Pumpkin seeds - organic	6 x 500g	5.25	OV
NU323	Pumpkin seeds - organic	6 x 250g	2.95	OV
NU213	Sesame seeds - organic	6 x 125g	1.49	OV
NU356	Sesame seeds - organic	6 x 250g	2.49	OV
NU105	Sunflower seeds - organic	6 x 125g	1.29	OV
NU254	Sunflower Seeds - organic	6 x 250g	1.79	OV
NU457	Sunflower seeds - organic	6 x 500g	2.49	OV
NU012	Walnuts - organic	6 x 250g	3.85	OV
NU104	Walnuts - organic	6 x 125g	2.15	OV
NU289	Walnuts - organic	6 x 375g	5.45	OV
<b>ALARA</b>				
NU098	Raw Milled Linseeds	6 x 500g	5.19	OV
<b>BIONA</b>				
NU304	Amaranth Seeds	6 x 500g	3.95	OV
<b>BULK COMMODITIES</b>				
NU126	Almonds - blanched	10kg		V
<b>GOOD HEMP</b>				
NU026	Hemp Seed Hearts	6 x 225g	5.50	V
<b>RAW HEALTH</b>				
NU187	Organic Black Chia Seeds	6 x 450g	9.15	OV
<b>OILS &amp; FATS</b>				
<b>SUMA</b>				
GT010	Extra Virgin Rapeseed Oil	5l	28.59	V
GT036	Extra Virgin Rapeseed Oil	6 x 500ml	4.65	V
GT100	Grapeseed Oil	6 x 500ml	5.50	V
GT084	Olive Oil - Extra Virgin	6 x 500ml	9.85	V
GT086	Olive Oil - Extra Virgin	5l	9.00	V
<b>SUMA ORGANIC</b>				
GT075	Coconut Oil - Culinary	6 x 1000ml	1.79	OV

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GT350	Coconut Oil - Culinary	6 x 320ml	4.19	OV
GT750	Coconut Oil - Culinary	6 x 650ml	7.15	OV
GT320	Coconut Oil - Extra Virgin	6 x 320ml	7.20	OV
GT017	Italian Organic Olive Oil	6 x 500ml	11.65	OV
GT018	Italian Organic Olive Oil	6 x 750ml	17.40	OV
GT019	Italian Organic Olive Oil	4 x 3l	64.00	OV
GT085	Olive Oil-Extra Virgin,organic	6 x 500ml	1.79	VO
GT087	Olive Oil-Extra Virgin,organic	5l	95.00	VO
GT080	Sunflower Oil - organic	6 x 500ml	4.95	VO
GT091	Sunflower Oil - organic	5l	4.99	VO
<b>BIONA</b>				
GT030	Avocado Oil Cold Pressed	6 x 250ml	8.99	OV
GT025	Coconut Oil Cuisine Organic	6 x 875ml	9.90	OV
VM271	Flax Seed Oil (was Linseed)	6 x 250ml	6.95	OVB
GT060	Mild / Odourless Coconut Oil	6 x 610ml	6.90	OV
GT061	Mild / Odourless Coconut Oil	6 x 470ml	4.95	OV
GT014	Sesame Seed Oil Cold Pressed	6 x 500ml	7.89	OV
GT024	Toasted Sesame Seed Oil	6 x 250ml	6.90	OV
VF773	Virgin Coconut Oil Organic	6 x 200g	4.55	OV
GT069	Virgin Coconut Oil Organic	6 x 800g	15.90	OV
VF774	Virgin Coconut Oil Organic	6 x 400g	8.90	OV
<b>CLEARSPRING</b>				
GT070	Avocado Oil - Organic	8 x 250ml	8.99	OV
GT054	Coconut Oil	6 x 200g	4.59	GOV
GT055	Coconut Oil	6 x 400g	8.65	GOV
GT035	Flax Oil Organic	8 x 250ml	5.39	OV
GT001	Hemp Oil Organic	8 x 250ml	7.69	OV
GT049	Italian Olive Oil Organic	8 x 250ml	7.49	OV
GT203	Italian Olive Oil Organic	6 x 500ml	12.99	OV
GT204	Italian Olive Oil Organic	6 x 1l	22.99	OV
GT038	Organic Toasted Sesame Oil	6 x 500ml	9.99	OV
GT009	Rapeseed Oil Organic	6 x 500ml	4.99	OV
GT037	Sesame Oil organic	6 x 1l	15.49	GOV
GT207	Sesame Oil organic	6 x 500ml	8.39	OV
GT208	Sesame Oil Toasted organic	8 x 250ml	5.99	OV
GT063	Sunflower Frying Oil Organic	6 x 2l	14.99	OV
GT230	Sunflower Frying Oil organic	6 x 1l	8.69	OV
GT231	Sunflower Frying Oil organic	6 x 500ml	5.29	OV
GT051	Sunflower Oil	6 x 2l	13.99	OV
GT201	Sunflower Oil Organic	6 x 500ml	4.99	OV
GT202	Sunflower Oil organic	6 x 1l	8.45	OV
GT209	Toasted Pumpkin Seed Oil Org	8 x 250ml	14.49	OVB
GT062	Toasted Sesame Oil	6 x 150ml	4.59	OV
GT211	Walnut Oil Toasted, Organic	8 x 250ml	1.99	OV
<b>COCOFINA</b>				
GH074	Coconut Oil Neutral	6 x 500ml	4.99	OV
<b>COCONUT MERCHANT</b>				
GT029	MCT Oil with C8	6 x 500ml	14.45	V
GT042	Raw Extra Virgin Coconut Oil	12 x 500ml	7.65	OV
<b>GOOD HEMP</b>				
GT046	Hemp Oil - Original	6 x 500ml	7.50	V
GT026	Hemp Seed Oil - Extra Virgin	6 x 500ml	7.99	V
<b>HELLENIC</b>				
GT403	Extra Virgin Olive Oil	12 x 750ml	14.99	GOV
GT005	Olive Oil - Extra Virgin	4 x 3l	57.00	V
GT008	Olive Oil - Extra Virgin	24 x 250ml	6.69	V
GT402	Olive Oil - Extra Virgin	12 x 500ml	1.99	V
GT031	Olive Oil Extra Virgin	4 x 5l	94.00	V
<b>HONEST TOIL</b>				
GT040	Extra Virgin Olive Oil	5l	86.19	V
GT074	Extra Virgin Olive Oil	6 x 500ml	11.19	V

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<b>HUNTER AND GATHER</b>				
GT057	Extra Virgin Avocado Oil	6 x 250ml	7.29	GV
<b>KHYBER</b>				
VF751	Ghee	1 x 2lb	6.79	V
<b>KTC</b>				
GT135	Almond Oil	12 x 200ml	3.29	V
GT052	Sunflower Oil - refined	5l	18.65	V
GT050	Sunflower Oil Refined	6 x 1l	3.79	V
<b>MANI</b>				
GT002	Og Extra Virgin Olive Oil	6 x 1l	24.49	OV
GT007	Og Extra Virgin Olive Oil	6 x 500ml	13.49	OV
<b>MONINI</b>				
GT064	Black Truffle Flavoured Oil	6 x 250ml	6.39	GV
GT011	White Truffle Flavoured Oil	6 x 250ml	6.39	GV
<b>NATURES AID</b>				
GT072	Liquid Coconut Oil - Premium	6 x 250ml	8.95	V
<b>WHARFE VALLEY FARMS</b>				
GT015	Rapeseed Oil	5l	28.39	V
<b>ZAYTOUN</b>				
GT056	Olive Oil - Fair Trade	6 x 500ml	19.50	FOV
GT020	Olive Oil - Organic Fairtrade	6 x 250ml	11.39	FOV
GT022	Olive Oil - Organic Fairtrade	6 x 750ml	27.55	FOV
<b>OLIVES</b>				
<b>ATTIS GOURMET</b>				
KJ015	Aegean - Pitted Green Olives	8 x 400g	2.75	V
KJ009	Ionian-Pitted green & kalamata	8 x 400g	3.49	V
KJ070	Kalamata Olives	8 x 400g	3.49	V
KJ005	Mexicana - Pitted green&black	8 x 400g	3.49	V
KJ031	Mykonos - Pitted green olives	8 x 400g	3.49	V
<b>BIONA</b>				
KJ349	Black Olives in Brine	5 x 280g	3.45	GOSV
KJ345	Green Olives in Brine	5 x 280g	3.35	GOVS
KJ051	Italian Pitted Black Olives	5 x 280g	3.75	OV
KJ145	Italian Pitted Green Olives	5 x 280g	3.75	OV
KJ313	Organic Sliced Green Olives	5 x 280g	3.69	OV
<b>CRESCO</b>				
KJ136	Capers	6 x 198g	2.25	V
KJ269	Pitted Black Olives in Brine	6 x 198g	1.69	V
KJ268	Pitted Dry Black Olives	6 x 110g	2.99	V
KJ264	Pitted Dry Black Olives/Herbs	8 x 70g	1.69	V
KJ267	Pitted Green Olive Herb/Garlic	8 x 70g	1.45	V
<b>CYPRESSA</b>				
KJ867	Cypressa Pitted Green Olives	2kg	14.92	V
KJ062	Mixed Olives with Garlic&Herb	6 x 315g	2.15	V
KJ804	Pitted Black Olives	6 x 340g	2.90	V
KJ868	Pitted Black Olives	4 x 2.1kg	13.29	V
KJ803	Pitted Green Olives	6 x 340g	2.50	V
KJ805	Stuffed Pimento Olives	6 x 340g	2.19	V
<b>GAEA</b>				
VF177	Pitted Kalamata Olives	8 x 290g	3.65	V
<b>HELLENIC SUN</b>				
KJ365	Green Olives	6 x 330g	2.99	GOV
<b>MANI</b>				
KJ432	Og Green & Kalamata Olives	6 x 175g	3.99	OV
KJ424	Og Green Olives al Naturel	6 x 205g	3.99	OV
KJ430	Og Kalamata Olives al Naturale	6 x 205g	3.99	OV
KJ425	Og Kalamata Olives in OliveOil	6 x 280g	5.49	GOV
KJ250	Og Mixed Olives al Naturale	6 x 205g	3.99	OV
<b>OLIVES ET AL</b>				
KJ137	Garlic Stuffed Olives	6 x 150g	4.59	V
KJ433	Pitted Kalamata Black Olives	6 x 250g	4.59	V
KJ431	Sunshine Olives	6 x 250g	4.59	V

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KJ115	Very Deli Herb Pitted Olives	6 x 250g	4.59	V
	<b>ORGANICO</b>			
KJ342	Greek Green Olives	6 x 230g	3.45	OV
KJ341	Kalamata Olives	6 x 230g	3.45	OV
	<b>PARTHENON</b>			
KJ367	Natural Black Olives	10 x 250g	2.29	GV
<b>PAPER PRODUCTS &amp; STATIONERY</b>				
<b>ECOLEAF BY SUMA</b>				
	Bamboo Toilet Tissue			
NF650	Toilet Tissue - 24 Pack	1 x 24 rolls		V
NF600	Toilet Tissue - 6 Pack	8 x 6 rolls		V
NF625	Toilet Tissue - 9 Pack	5 x 9 rolls		V
	Kitchen Towel			
NF140	Kitchen Towel - Jumbo	12 x 1 rolls	3.19	V
NF091	Kitchen Towel 3 Ply Twin Pack	12 x 2 rolls	2.75	V
	Toilet Tissue			
NF209	Toilet Tissue - 4 Pack	10 x 4 rolls	3.39	V
NF214	Toilet Tissue - 9 Pack	5 x 9 rolls	7.35	V
<b>THE CHEEKY PANDA</b>				
	Bamboo Kitchen Towel			
NF524	Kitchen Towel 2 Rolls	5 x 2 rolls	5.79	V
	Bamboo Tissues			
NF523	Facial Tissue - Pocket	12 x 8 packs	1.99	V
NF078	Facial Tissue - Pocket - Card	1 x 14 packs	0.75	V
NF522	Facial Tissues - Cube Box	12 x 1 box	1.99	V
NF521	Facial Tissues - Flat Box	12 x 1 box	2.29	V
NF068	Facial Tissues - Flat, Balsam	12 x 1 box	2.45	V
	Bamboo Toilet Tissue			
NF226	Toilet Tissue - Natural Colour	5 x 9 rolls	7.49	V
NF314	Toilet Tissue 24 Rolls	1 x 24 rolls	24.49	V
NF233	Toilet Tissue 4 Pack	6 x 4 rolls	4.39	V
NF312	Toilet Tissue 48 Rolls	1 x 48 rolls	44.49	V
NF039	Toilet Tissue 9 Rolls	5 x 9 rolls	8.69	V
	Bamboo Wipes			
NF269	Facial Wipes Unscented	24 x 1 pack	2.99	V
NF070	Handy Wipes 12 x 12 Wipes	1 x SRP 12	1.75	V
NF071	Multi Surface Wipes	6 x 90	7.99	V
<b>PASTA</b>				
<b>SUMA / IRIS ORGANIC</b>				
WT085	White Penne Pasta	12 x 500g	1.79	OV
WT125	Wholewheat Fusilli Pasta	12 x 500g	1.79	OV
<b>SUMA ORGANIC</b>				
	Gluten Free			
WT011	Brown Rice Fusilli Gluten Free	8 x 500g	3.25	GOV
WT013	Brown Rice Penne Gluten Free	8 x 500g	3.25	GOV
WT089	Casarecce Oat Pasta	12 x 340g	2.99	GOV
WT008	Corn Rice Fusilli Gluten Free	8 x 500g	2.89	GOV
WT009	Corn Rice Penne Gluten Free	8 x 500g	2.89	GOV
WT077	Oat Linguine Pasta	12 x 340g	3.19	GOV
WT073	Rigatoni Oat Pasta	12 x 340g	2.99	GOV
	Paper Packaging			
WT019	Tricolore Fusilli Pasta	12 x 500g	2.25	FOV
WT017	White Fusilli Pasta	12 x 500g	1.89	FOV
WT062	White Macaroni Pasta	12 x 500g	1.89	FOV
WT020	White Penne Pasta	12 x 500g	1.89	FOV
WT022	White Spaghetti Pasta	12 x 500g	1.89	FOV
WT035	Wholewheat Fusilli Pasta	12 x 500g	1.89	FOV
WT044	Wholewheat Penne Pasta	12 x 500g	1.89	FOV
WT045	Wholewheat Spaghetti Pasta	12 x 500g	1.89	FOV

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<b>BARENAKED</b>				
WT162	Barenaked Noodles	6 x 250g	2.45	GV
WT163	Barenaked Rice	6 x 250g	2.45	GV
WT172	Barenaked Spaghetti	6 x 250g	2.45	GV
WT004	Protein Noodles	6 x 250g	2.45	GV
<b>BIONA</b>				
WT331	Penne Wholemeal Spelt	10 x 500g	2.95	OV
WT333	Spelt Lasagne Sheets - Organic	12 x 250g	3.25	OV
WT021	Spelt Pasta Spaghetti White	12 x 500g	3.45	OV
WT025	White Spelt Fusilli	10 x 500g	3.45	OV
WT024	White Spelt Penne	10 x 500g	3.45	OV
WT334	Whole Spelt Spaghetti	12 x 500g	2.95	OV
WT332	Wholewheat Spelt Fusilli Org Little Foodies	10 x 500g	2.95	OV
WT064	Spelt Safari Animals	12 x 250g	2.29	OV
WT063	Whole Wheat Dinosaurs	12 x 250g	2.19	OSV
<b>CIEMME</b>				
WT060	Gnocchi - Gluten Free	12 x 250g	1.90	GV
WT136	OG Gluten Free Gnocchi Plain	12 x 400g	3.90	GOV
<b>CLEARSPRING</b>				
WT148	Brown Rice Penne - Gluten Free	8 x 250g	3.79	GOV
WT052	Gluten Free Buckwheat Pasta	8 x 250g	3.79	GOV
WT149	Green Pea & Quinoa Fusilli	8 x 250g	3.79	GOV
WT150	Red Lentil & Brown Rice Pasta	8 x 250g	3.79	GOV
<b>DIFATTI</b>				
WT065	Artisan Rainbow Farfalle Pasta	12 x 400g	3.95	V
WT151	Gnocchi - Gluten Free	10 x 250g	2.39	GV
WT033	Gnocchi - Pumpkin & Quinoa GF	12 x 250g	2.65	GV
WT153	Spinach Gnocchi - gluten free	10 x 250g	2.39	GV
<b>DOVES FARM</b>				
WT038	Organic Brown Rice Fusilli	8 x 500g	4.19	GOV
WT047	Organic Brown Rice Penne Pasta	8 x 500g	4.19	GOV
WT036	Organic Brown Rice Spaghetti	12 x 500g	4.19	GOV
WT133	Organic Buckwheat Pasta	8 x 500g	4.99	GOV
WT167	Organic Green Pea Penne Pasta	6 x 250g	3.39	GOV
WT165	Organic Maize and Rice Lasagne	6 x 250g	3.29	GOV
WT051	Organic Maize/Rice Fusilli	8 x 500g	3.39	GOV
WT039	Organic Maize/Rice Penne Pasta	8 x 500g	3.39	GOV
WT053	Organic Maize/Rice Spaghetti	12 x 500g	3.39	GOV
WT135	Organic Multigrain Pasta	8 x 500g	4.19	GOV
WT166	Organic Red Lentil Penne Pasta	6 x 250g	3.39	GOV
<b>EXPLORE CUISINE</b>				
WT113	Black Bean Spaghetti	6 x 200g	4.90	GOV
WT145	Chickpea Fusilli	6 x 250g	4.90	GOV
WT093	Edamame & Mung Bean Fettuccine	6 x 200g	4.90	GOV
WT114	Edamame Bean Spaghetti	6 x 200g	4.90	GOV
WT143	Green Lentil Penne	6 x 250g	4.90	GOV
<b>LA BIO IDEA</b>				
WT096	Orzo - White Speciality	6 x 400g	3.35	OV
WT232	Lasagne green White	12 x 250g	1.99	OV
WT974	Lasagne white	12 x 250g	1.99	OV
WT048	Macaroni Elbows	12 x 500g	2.69	VO
WT050	Penne White	12 x 500g	2.79	VO
WT049	Spaghetti - White Wholewheat	12 x 500g	2.69	VO
WT023	Lasagne	12 x 250g	1.99	OV
WT040	Macaroni Elbows - wholewheat	12 x 500g	2.69	VO
WT074	Penne Wholewheat	12 x 500g	2.79	VO
WT046	Tagliatelle - organic	12 x 500g	2.69	VO



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<b>LA BUONA VITA</b>				
WT027	Gluten Free Fusilli	10 x 400g	2.75	GV
WT056	Gluten Free Lasagne Sheets	12 x 250g	2.75	GV
WT026	Gluten Free Penne Pasta	12 x 400g	2.75	GV
WT028	Gluten Free Spaghetti	12 x 400g	2.75	GV
<b>LA TERRA E IL CIELO</b>				
WT874	Spelt Fusilli	12 x 500g	3.65	OV
WT899	White Pappardelle Nest	6 x 500g	3.75	OV
	White			
WT982	Fusilli with Spinach - organic	12 x 500g	2.99	OV
<b>MAIDEA</b>				
WT007	Pacheri	10 x 250g	3.75	GV
WT010	Tagliatelle	12 x 250g	3.75	GV
<b>MR ORGANIC</b>				
WT029	Tortellini / Porcini Mushrooms	10 x 250g	4.90	OV
WT031	Tortellini with Vegetables	10 x 250g	4.90	OV
WT072	Tortelloni - Red Pepper	10 x 250g	4.10	OV
WT068	Vegan Formaggio & Leek Ravioli	10 x 250g	4.90	OV
<b>ORGRAN</b>				
WT078	Buckwheat Pasta Spirals	5 x 350g	3.99	GV
WT105	Corn & Veg Penne	5 x 350g	3.19	GV
WT006	Garden Veggies Penne	5 x 350g	3.19	GV
WT005	Garden Veggies Spirals	5 x 350g	3.99	GV
WT061	Pasta Roma Penne	8 x 350g	4.25	GV
WT091	Pasta Roma Rigatoni	8 x 350g	4.25	GV
WT092	Pasta Roma Spirals	8 x 350g	4.25	GV
WT109	Rice & Corn Macaroni	5 x 350g	3.99	GV
WT080	Vegetable Rice Spirals	5 x 350g	3.99	GV
<b>PROFUSION</b>				
WT130	Chickpea Fusilli	8 x 250g	3.35	GOV
WT042	Organic Chickpea Orzo	12 x 250g	3.15	GOV
WT030	Organic Red Lentil Orzo	12 x 250g	3.15	GOV
WT129	Red Lentil Fusilli	8 x 250g	3.45	GOV
<b>PASTA (CHILLED)</b>				
<b>SUNNY &amp; LUNA</b>				
CV213	Cauliflower Gnocchi	8 x 350g	5.35	GV
CV215	Lentil Tagliatelle	6 x 250g	5.35	V
CV041	Spinach Gnocchi	8 x 350g	5.35	GV
<b>PASTA SAUCES &amp; PESTOS</b>				
<b>SUMA ORGANIC</b>				
	Organic Pasta Sauces			
VF201	Organic Arrabbiata Sauce	12 x 350g	2.69	OV
VF191	Organic Bolognese Sauce	12 x 340g	2.69	OV
VF192	Organic Napoletana Sauce	12 x 350g	2.69	OV
	Organic Pestos			
KJ800	Green Basil Pesto	12 x 130g	2.79	OV
KJ900	Red Pesto - Sundried Tomatoes	12 x 130g	2.79	OV
<b>MR ORGANIC</b>				
KJ044	Aubergine Pesto	6 x 130g	3.29	OV
VF277	Aubergine Ragù Pasta Sauce	6 x 350g	3.29	OV
KJ060	Basil & Chilli Pesto	6 x 130g	3.29	OV
VF282	Basilico Pasta Sauce - Smooth	6 x 350g	3.29	OV
KJ046	Basilico Sauce	6 x 350g	2.29	GOV
VF283	Bolognese Sauce - Smooth	6 x 350g	3.29	OV
VF276	Cherry Tomatoes Pasta Sauce	6 x 350g	3.90	OV
KJ238	Chilli & Garlic Passata Sauce	6 x 400g	2.49	OV
KJ328	Chilli & Garlic Pesto	6 x 130g	3.29	GOV
KJ074	Grilled Pepper Pesto	6 x 130g	3.29	OV
KJ359	Lentil Ragù	6 x 350g	3.29	OV
VF278	Marinara Pasta Sauce	6 x 350g	3.90	OV

code	product	size	rrp	bfgosv
KJ239	Mixed Herbs Passata	6 x 400g	2.49	OV
VF279	Mushroom Ragù Pasta Sauce	6 x 350g	3.29	OV
VF280	Puttanesca Pasta Sauce	6 x 350g	3.90	OV
KJ215	Seitan Pasta Sauce	6 x 350g	3.29	OSV
KJ084	Tomato & Garlic Flavour Paste	6 x 200g	2.39	OV
KJ075	Tomato & Olive Pesto	6 x 130g	3.29	OV
	Antipasti			
KJ361	Antipasti Butter Bean	6 x 230g	3.49	OV
KJ362	Antipasti Chickpea & Tomato	6 x 230g	3.49	OV
KJ022	Artichoke Antipasti - Sliced	5 x 190g	4.89	GOV
KJ037	Peppers Grilled - Antipasti	5 x 190g	3.89	GOV
KJ039	Sundried Tomatoes - Antipasti	5 x 190g	3.89	GOV
	Kid's Pasta Sauce			
KJ358	Kid's Tomato Veg Pasta Sauce	6 x 200g	2.39	OV
KJ357	Kid's Vegetable Pasta Sauce	6 x 200g	2.39	OV
	<b>MUTTI</b>			
VF008	Bolognese Sauce	6 x 400g	3.59	GV
LJ207	Tomato Pasta Sauce - Basil	6 x 400g	3.65	VS
LJ220	Tomato Pasta Sauce - Chilli	6 x 400g	3.65	VS
LJ221	Tomato Pasta Sauce - Olive	6 x 400g	3.65	VS
LJ224	Tomato Pasta Sauce - Vegetable	6 x 400g	3.65	VS
VF271	Vegan Bolognese	6 x 400g	3.95	GV
	<b>ORGANICO</b>			
VF043	Olive, Chilli & Garlic - og	6 x 360g	3.65	OSV
VF055	Red Wine and Porcini	6 x 360g	3.50	OSV
VF032	Vegetable Bolognese - og	6 x 360g	3.50	OSV
	<b>SUNITA</b>			
KJ790	Organic Pesto Genovese	6 x 130g	3.89	OV
	<b>ZEST</b>			
VF168	Basil & Oregano Pasta Sauce	6 x 340g	3.15	V
KJ026	Basil Pesto, Vegan	6 x 165g	3.49	V
KJ452	Basil Pesto, Vegan	6 x 340g	5.85	V
KJ542	Coriander & Basil Pesto	6 x 165g	3.49	V
VF239	Mushroom & Garlic Pasta Sauce	6 x 340g	3.15	V
KJ314	Red Pesto	6 x 165g	3.49	GV
VF256	Tomato&Mascarpone Pasta Sauce	6 x 340g	3.15	GV
	<b>PASTRY (FROZEN)</b>			
	<b>ST JAMES</b>			
XL106	Filo Pastry	10 x 400g	1.95	V
	<b>PATE</b>			
	<b>SUMA ORGANIC</b>			
GH048	Hummus - Edamame	6 x 135g	2.59	OV
GH003	Pate - Kidney Bean, Red Pepper	6 x 140g	2.59	OV
	<b>BONSAN</b>			
GH095	Beetroot & Horseradish Pate	6 x 130g	3.50	OV
GH100	Cashew & Bell Pepper Pate	6 x 130g	3.50	OV
GH162	Cashew Chive 'Cheese' Spread	6 x 135g	3.85	OSV
GH105	Lentil & Turmeric Pate	6 x 140g	2.95	OSV
GH161	Toscana Style Spread	6 x 135g	2.95	OSV
	<b>GRANOVITA</b>			
GH143	Mushroom Pate	12 x 125g	1.99	GV
GH015	Olive Pate	12 x 125g	1.99	GV
GH144	Vegetable Pate	12 x 125g	1.99	GV
	<b>HELLENIC SUN</b>			
KJ348	Kalamata Olive Pate	6 x 200g	2.99	GOV
	<b>KALLO</b>			
GH008	Chunky Tomato Dip	6 x 150g	3.19	GOV
GH033	Spicy Tomato Dip	6 x 150g	3.19	GOV
GH036	Tomato & Olives Dip	6 x 150g	3.19	GOV
	<b>TARTEX</b>			
GH001	Classic Pate - og	12 x 200g	3.85	GOV

code	product	size	rrp	bfgosv
GH012	Herb & Garlic Pate - og	12 x 200g	3.85	OV
GH006	Herb Pate - og	12 x 200g	3.85	OV
GH007	Mushroom pate - og	12 x 200g	3.85	OV
<b>PATES, DIPS &amp; TAPAS (CHILLED)</b>				
<b>DELPHI FOODS</b>				
CV430	Aubergine Dip	6 x 170g	2.49	V
CV271	Couscous Salad	6 x 160g	2.49	V
CV429	Lentil Salad	6 x 220g	2.49	V
CV428	Tabouli Salad	6 x 170g	2.49	V
CV285	Three Bean Salad	6 x 220g	2.49	V
	Houmous			
CV349	Avocado Houmous	6 x 150g	2.49	GV
CV286	Chargrill Red Pepper Houmous	6 x 170g	1.55	V
CV018	Lemon & Coriander Houmous	6 x 170g	1.55	V
CV290	Low Fat Houmous	6 x 170g	1.25	V
CV291	Original Houmous	6 x 170g	1.25	V
CV347	Smoky Red Lentil Houmous	6 x 170g	1.55	GV
<b>FLORENTIN</b>				
CV951	Baba Ganoush	6 x 170g	3.50	GOSV
CV931	Houmous	6 x 200g	3.80	GOV
CV526	Houmous Extra with Pinenuts	6 x 200g	3.70	GOV
<b>THE REAL OLIVE COMPANY</b>				
CV538	Chilli, Cumin & Garlic Olives	6 x 150g	3.40	GOV
CV806	Fresh Basil Pesto	6 x 150g	3.65	OV
CV536	Garlic & Basil Olives	6 x 150g	3.40	OV
CV903	Harissa Tapenade	6 x 180g	3.89	OV
CV902	Kalamata Olive Tapenade	6 x 180g	3.89	OV
CV554	Kalamata Olives	12 x 210g	3.59	GOV
CV447	Lemon & Thyme Olives	6 x 150g	3.40	OV
CV549	Nocellara Del Belice Olives	12 x 210g	3.70	GOV
<b>VBITES</b>				
CV262	Vegideli 7 Bean & Pea Pate	6 x 150g	2.25	V
CV374	Vegideli Brussels Pate	6 x 150g	2.25	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	12 x 354g	3.25	V
PF008	Grain-Free Vegetable Feast	10 x 395g	4.35	V
PF010	Rumble Dog Strips-soft & chewy 2Kg Bags	14 x 180g	2.19	V
PF006	Adult Dog Original	1 x 2kg	13.00	V
PF019	Complete Adult Vegan Cat Food	1 x 2kg	17.99	V
PF020	Complete Vegan Puppy Dog Food Pawtato	1 x 2kg	17.29	V
PF028	Pawtato Blueberry Dog Chews	12 x 120g	2.39	V
PF018	Pawtato Root Chews	12 x 90g	2.39	V
PF011	Pawtato Small Knots	12 x 150g	3.25	V
PF027	Pawtato Spinach & Kale Chews	12 x 120g	2.39	V
	Pet Accessories			
PF016	Biodegradable Dog Poo Bags Wheat, Grain & Soya Free	6 x 120 bags	6.65	V
PF013	Pawtato Dog Chews Medium	10 x 140g	4.35	V
PF009	Pawtato Dog Chews Small	10 x 140g	4.35	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	8 x 110g	5.00	V
PF034	Dog Bites - Soft 'n' Squishy	10 x 100g	2.99	V

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PF033	Valentine's Bites	10 x 100g	2.90	V
	Dental Care Treats			
PF014	Daily Dentals - For Large Dogs	10 x 120g	3.50	V
PF005	Daily Dentals -For Medium Dogs	10 x 100g	3.00	V
	Seasonal Treats			
PF025	Dog Bites - Halloween Pumpkin	15 x 50g	2.00	V
	<b>FAITH IN NATURE</b>			
	Dog Shampoo			
PF036	Coconut Dog Shampoo Bar	6 x 85g	5.79	V
	<b>V DOG</b>			
PF100	Crunchy Nuggets (Happidog)	15kg	59.99	V
	<b>YARRAH</b>			
PF023	Dog Biscuits - Larger Dogs	4 x 500g	6.59	OV
PF503	Dog Biscuits - Smaller Dogs	6 x 250g	3.99	OV
	<b>PICKLES, CHUTNEYS &amp; MUSTARDS</b>			
	<b>BIONA</b>			
KJ283	Biona Sauerkraut Golden Turmer	6 x 350g	2.55	OSVB
KJ052	Cherkin Slices	6 x 350g	4.25	OSV
LJ664	Harissa Relish - prepared	6 x 125g	3.25	OV
KJ076	Mustard Medium Hot	6 x 300ml	2.95	OV
KJ377	Org Cornichons (Mini Gherkins)	6 x 330g	4.65	OSV
KJ036	Sauerkraut - Organic	6 x 360g	2.45	OVB
	<b>BIONOVA</b>			
KJ346	Cherkins - Sour	6 x 670g	6.25	VOS
KJ025	Cherkins - Sweet & Sour	6 x 330g	5.90	OV
	<b>BYODO</b>			
KJ351	Mustard - Dijon, organic	1kg	13.19	VO
KJ354	Mustard - wholegrain, organic	1kg	1.35	VO
	<b>CULTURED FOOD COMPANY</b>			
KJ064	Fermented Beetroot	6 x 400g	5.35	GOV
KJ510	Raw Carrot & Fennel Sauerkraut	6 x 400g	5.35	OV
KJ511	Raw Chilli & Dill Sauerkraut	6 x 400g	5.35	V
KJ512	Raw Juniper Berry Sauerkraut	6 x 400g	5.35	OV
KJ513	Raw Ruby Red Sauerkraut	6 x 400g	5.35	OV
KJ514	Raw Sauerkraut	6 x 400g	5.35	OV
KJ063	Vegan Kimchi	12 x 300g	5.35	GV
	<b>DELOUIS</b>			
KJ001	Organic Dijon Mustard	6 x 200g	3.40	OV
KJ007	Organic Wholegrain Mustard	6 x 200g	3.40	OV
	<b>DINE</b>			
KJ259	Balsamic & Plum Relish	6 x 250g	2.99	SV
KJ258	Cranberry Sauce	6 x 230g	2.99	V
KJ272	Fig, Apple & Port Chutney	6 x 220g	3.45	SV
	<b>RUBIES IN THE RUBBLE</b>			
KJ298	Apple & Cranberry Chutney	6 x 210g	3.49	SV
	<b>SHAWS</b>			
KJ175	Beetroot & Horseradish Chutney	6 x 290g	2.75	GSV
KJ174	Caramelised Red Onion Chutney	6 x 195g	2.65	GSV
KJ028	Mango Chutney - Chunky	6 x 300g	1.99	GSV
KJ179	Piccalilli	6 x 280g	2.95	GSV
	<b>READY MEALS (FROZEN)</b>			
	<b>BEYOND MEAT</b>			
XL015	Chilli Non Carne	6 x 350g	3.79	GSV
XL366	Keema Curry	6 x 350g	3.79	GSV
XL369	Spaghetti Bolognese	6 x 350g	3.89	SV
	<b>CLIVE'S</b>			
	Gluten Free Pies			
XL030	Chickpea Tagine Pie	6 x 235g	4.30	GOSV
XL114	Mushroom & Leek Pie	6 x 235g	4.30	GOV
XL308	Saag Aloo GF Pie	6 x 235g	4.30	GOV

code	product	size	rrp	bfgosv
	Nut Roasts			
XL338	Organic Nut Roast	6 x 280g	6.75	GOSV
XL044	Organic Sharing Nut Roast	4 x 600g	14.50	GOV
	Puff Pastry Pies			
XL200	Beefy Ale Puff Pie	6 x 235g	4.10	OV
XL014	Saag Aloo Puff Pie	6 x 235g	4.10	OV
	Sausage Rolls			
XL049	Vegan Sausagey Rolls	4 x 160g	3.85	OV
	Tarts & Quiches			
XL323	Bombay Curry Tart	6 x 195g	4.00	GOSV
XL057	Red Pepper & Harissa Quiche	4 x 380g	5.85	OV
XL050	Rustic Tart	4 x 380g	5.45	V
XL336	Tomato and Olive Tart	6 x 195g	4.25	GOSV
	Wholemeal Pies			
XL105	Creamy Cauliflower Pie	6 x 235g	4.15	OV
XL022	Creamy Mushroom Puff Pie	6 x 235g	4.30	OV
XL025	Mushroom Pie	6 x 235g	4.15	OSV
XL020	Saag Aloo Wholemeal Pie	6 x 235g	4.15	OSV
	<b>DALOON</b>			
XL361	Vegetable Samosas	60 x 70g		V
	<b>FRYS</b>			
XL234	Sausage Rolls	10 x 400g	3.90	V
	<b>GOODLIFE</b>			
XL265	Falafel	6 x 280g	3.45	GV
	<b>JAM 'N' VEGAN</b>			
XL352	Butter Chick Curry	9 x 395g	6.40	SV
XL349	Chettinad Coconut Masala	9 x 350g	6.40	SV
XL350	Indian Dhal Coconut Sambol	9 x 345g	6.40	SV
XL348	Indo-Chinese Chick Curry	9 x 342g	6.40	SV
XL344	Jamaican Jackfruit	9 x 400g	6.40	SV
XL351	Mac N Cheeze	9 x 340g	6.40	V
XL353	Mughlai Garlic Curry	9 x 393g	6.40	SV
XL354	Tuk Tuk Tikka Tofu Paneer	9 x 320g	6.40	V
	<b>LINDA MCCARTNEY</b>			
XL131	Deep Dish Country Pies	8 x 380g	2.90	V
	<b>NATURLI'</b>			
XL312	Falafel	8 x 325g	4.95	GV
XL045	Pizza Capriciossa	12 x 350g	4.50	SV
XL040	Pizza Mexicana	12 x 350g	4.50	SV
XL307	Tex Mex Pizza	18 x 190g	2.70	V
XL309	Vesuvio Pizza	18 x 190g	2.70	V
	<b>ONE PLANET PIZZA</b>			
XL305	Hawaiian Vegan Pizza	6 x 329g	5.45	V
XL303	Margherita Pizza	6 x 301g	5.45	V
XL186	Peppernomi Pizza	6 x 311g	5.45	V
XL280	Tex Mex Pizza	6 x 361g	5.45	V
	<b>PACK'D</b>			
	Goodness Bowls			
XL358	Asian Sticky Soy & Sesame Bowl	12 x 350g	4.99	SV
XL362	Smokey Mexican Bean Bowl	12 x 350g	4.99	V
XL359	Thai Green Curry Bowl	12 x 350g	4.99	SV
	<b>STRONG ROOTS</b>			
XL288	Creamy Mac	9 x 350g	4.50	V
XL293	Mediterranean Orzo Bake	9 x 350g	4.50	V
XL301	Thai Green Vegetable Curry	9 x 350g	4.50	GV
XL287	Veggie Masala	9 x 350g	4.50	GV
XL294	White Bean and Lentil Stew	9 x 350g	4.50	GV
	<b>YUTAKA</b>			
XL039	Bao Buns	12 x 300g	4.95	SV
XL343	Vegetable Gyoza Dumplings	10 x 240g	3.50	SV

code	product	size	rrp	bfgosv
<b>READY TO EAT FOODS (CHILLED)</b>				
<b>SUMA</b>				
CV088	Kimchi	6 x 300g	4.40	GOV
CV076	Sauerkraut	6 x 300g	4.20	GOV
<b>BIONA</b>				
CV075	Asian Pumpkin & Almond Falafel	5 x 220g	4.75	OV
CV068	Beetroot Falafel Balls	6 x 180g	5.35	OV
CV456	Cashew & Red Lentil Corners	5 x 180g	4.55	OSV
CV563	Falafel Balls	5 x 220g	4.50	OV
CV328	Falafel Balls Mint and Sesame	5 x 220g	4.70	OV
CV678	Horseradish Sauce	6 x 125g	3.25	OBV
CV063	Lucky Stars	4 x 250g	4.65	OV
CV040	Mini Sweet & Sour Spring Rolls	6 x 200g	4.75	OV
CV036	Mini Thai Spring Rolls	6 x 200g	4.75	OV
CV180	Mini Vegan Spring Rolls	6 x 200g	4.80	OSV
CV061	Oaty Carrot Bites	6 x 165g	4.45	OV
CV376	Samosas	4 x 230g	5.55	OV
CV454	Spinach & Cashew Rolls	6 x 200g	4.65	OV
CV613	Spring Rolls	5 x 220g	5.10	OV
CV422	Thai Spring Rolls	5 x 220g	5.10	OV
CV455	Tofu & Herb Deli Corners	5 x 180g	4.55	OSV
CV065	Veggie Quinoa Sticks	6 x 170g	4.55	OV
<b>EATEN ALIVE</b>				
CV220	Classic Kimchi	8 x 375g	6.60	V
CV090	Classic Kraut	8 x 375g	5.99	GV
CV221	Classic Mild Kimchi	8 x 375g	6.60	V
CV078	Massive Classic Kimchi	6 x 775g	12.49	GV
CV081	Massive Pickled Cucumbers	6 x 775g	1.99	GV
CV623	Smoky Pink Kraut	8 x 375g	6.50	V
CV493	White Cabbage Kimchi	8 x 375g	6.29	V
<b>GOOD NUDE</b>				
CV949	Firekraut Spicy Sauerkraut	6 x 460g	6.99	V
CV948	Supergreens Sauerkraut	6 x 460g	6.99	V
CV947	Superkraut Sauerkraut	6 x 460g	6.99	V
<b>LOVING FOODS</b>				
	Raw, Organic, Vegan & UK made			
CV801	Classic Sauerkraut	6 x 475g	6.45	GOV
CV316	Hot 'N' Smoky Kimchi	6 x 475g	7.85	GOV
CV802	Kimchi	6 x 475g	6.85	GOV
CV928	Ruby Beetroot Kraut	6 x 475g	6.85	GOV
CV929	Sauerkraut with Caraway	6 x 475g	6.85	GOV
CV314	Spicy Cortido Kraut	6 x 475g	6.85	GOV
CV803	Turmeric & Black Pepper Kimchi	6 x 475g	6.85	GOV
<b>MORGIEL</b>				
CV936	Apple & Parsley Sauerkraut	6 x 300g	4.49	OV
CV938	Carrot Sauerkraut	6 x 300g	3.19	OV
CV932	Raw Gherkins in Brine	6 x 500g	3.69	OV
CV934	Raw Kale Kimchi	6 x 300g	5.99	OV
CV937	Raw Kale Sauerkraut	6 x 300g	4.45	OV
CV935	Raw Sauerkraut	6 x 300g	3.19	OV
<b>PROFUSION</b>				
CV006	Fresh Organic Sauerkraut	20 x 520g	2.75	OV
<b>RAW HEALTH</b>				
	Fresh Sauerkraut			
CV813	Feel The Heat	6 x 410g	4.80	OV
CV814	Golden Glow	6 x 410g	4.80	OV
CV815	In the Pink	6 x 410g	4.80	OV
CV747	Organic Fresh Sauerkraut	6 x 410g	4.70	OV

code	product	size	rrp	bfgosv
<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>				
LJ054	Herbamare	6 x 250g	4.29	V
LJ118	Herbamare	6 x 125g	3.19	V
<b>BULK COMMODITIES</b>				
LJ030	Sea Salt - coarse	10kg		V
<b>DROGHERIA &amp; ALIMENTARI</b>				
LJ028	Black Peppercorns Mill	6 x 45g	2.45	V
LJ026	Himalayan Pink Salt	6 x 90g	2.29	V
<b>GEO ORGANICS</b>				
LJ005	Atlantic Fine Ground Sea Salt	6 x 500g	3.55	OV
LJ555	Atlantic Sea Salt Crystals	6 x 250g	1.65	OV
LJ183	Himalayan Pink Salt - Coarse	6 x 500g	3.55	OV
LJ175	Himalayan Pink Salt - Fine	6 x 500g	3.55	OV
<b>LOSALT</b>				
LJ089	Reduced Sodium Salt	6 x 350g	3.90	GV
<b>MALDON</b>				
LJ004	Sea Salt - Crystals Smoked	12 x 125g	2.89	V
LJ018	Sea Salt - Flaky Crystals	1.4kg	18.49	V
LJ888	Sea Salt - Flaky Crystals	12 x 250g	3.45	V
<b>SALT</b>				
LJ006	Sea Salt-Flaky Crystals	6 x 570g	7.79	V
<b>MARIGOLD</b>				
LJ444	Liquid Aminos	6 x 250ml	3.99	GV
<b>PROFUSION</b>				
LJ152	Pink Himalayan Salt - Coarse	8 x 500g	4.50	V
LJ153	Pink Himalayan Salt Fine	8 x 500g	4.50	V
<b>Table Shakers</b>				
LJ156	Pink Himalayan Salt - Fine	8 x 140g	2.69	V
<b>TIDMANS</b>				
LJ023	Tidmans Rock Salt	12 x 500g	1.95	V
<b>SAUSAGES &amp; BURGERS (FROZEN)</b>				
<b>FRYS</b>				
XL011	Chicken Style Burgers	10 x 320g	3.95	V
XL008	Chicken Style Nuggets	12 x 320g	4.50	V
XL009	Hot Dogs	10 x 360g	4.20	V
XL360	Rice Protein & Quinoa Burgers	6 x 320g	4.50	GV
XL004	Traditional Burgers	10 x 320g	3.95	V
XL003	Traditional Sausages	10 x 380g	4.35	V
<b>GOODLIFE</b>				
XL140	Spicy Bean Burgers	7 x 454g	4.65	SV
<b>LINDA MCCARTNEY</b>				
XL051	Lincolnshire Sausages	8 x 300g	3.10	V
XL130	Sausages	8 x 270g	2.60	V
XL254	Vegetarian Quarter Pounder	8 x 227g	2.75	V

code	product	size	rrp	bfgosv
	<b>NATURLI'</b>			
XL078	Vegan Burger	8 x 320g	4.45	GV
XL086	Vegan Sausages	8 x 300g	4.65	GV
	<b>OUMPH!</b>			
XL012	Burgers (2 pack)	7 x 226g	4.49	V
	<b>QUORN</b>			
XL211	Vegan Spicy Burgers	8 x 264g	3.40	V
	<b>SEA VEGETABLES</b>			
	<b>CORNISH SEAWEED COMPANY</b>			
HE040	Organic Cornish Seaweed Salt	8 x 70g	3.90	OV
HE006	Organic Dulce	5 x 20g	4.59	OV
HE014	Organic Mixed Seaweed Flakes	5 x 60g	5.59	OV
HE048	Organic sea Salad	5 x 30g	5.75	OV
HE043	Organic Sea Spaghetti	5 x 40g	4.59	OV
	<b>I SEA</b>			
LJ135	Seaweed Chips	12 x 135g	2.99	GV
LJ007	Seaweed Wraps	20 x 280g	3.85	SV
	<b>OCEAN'S HALO</b>			
HE007	Sea Salt Seaweed	20 x 4g	0.99	OV
HE013	Wasabi Seaweed	20 x 4g	0.99	OV
	<b>SNACK BARS &amp; FLAPJACKS</b>			
	<b>ADONIS</b>			
	Keto Bar			
KB351	Keto Pecan, Hazelnut & Cocoa	16 x 35g	1.79	GV
KB371	Keto Vanilla & Coconut Bar	16 x 35g	1.79	GV
	Keto Protein			
KB381	Keto Hazelnut & Cocoa Prot Bar	16 x 45g	1.99	V
KB384	Keto Peanut Butter & Cocoa	16 x 45g	1.99	V
	<b>BEAR</b>			
KB022	Bars Carrot Cake	21 x 27g	0.79	V
KB025	Bars Forest Fruits	21 x 27g	0.79	V
KB542	Carrot Cake Bars - Multipack	12 x 4 x 27g	2.51	GV
KB519	Forest Fruit Bars - Multipack	12 x 4 x 27g	2.51	GV
	<b>BIO &amp; ME</b>			
	Cut - Loving Oat Bar			
KB400	Cocoa & Hazelnut	18 x 38g	1.29	GV
KB399	Super Berry	18 x 38g	1.29	GV
KB396	Toffee Apple	18 x 38g	1.29	GV
	<b>BOUNCE</b>			
	Dipped			
KB598	Dipped Choc Brownie Protein	12 x 40g	2.90	GSV
KB600	Dipped Hazelnut Praline	12 x 40g	2.90	GSV
	Filled			
KB599	Filled Caramel Millionaire	12 x 40g	2.90	GSV
	Vegan			
ZX593	Almond	12 x 35g	1.99	GSV
ZX592	Maple Pecan & Cashew	12 x 35g	1.99	GSV
	<b>BRYNMOR</b>			
	Flapjack			
KB557	Apple & Raspberry	20 x 80g	0.75	SV
KB559	Apricot & Almond	20 x 80g	0.75	GSV
KB541	Cashew & Coconut	20 x 80g	0.75	GSV
KB551	Cranberry	20 x 80g	0.75	SV
KB575	Dark Chocolate & Ginger	20 x 80g	0.79	VGS
KB552	Pecan	20 x 80g	0.75	SV
KB555	Pistachio	20 x 80g	0.75	SV
KB543	Summer Berry	20 x 80g	0.75	GSV
	<b>CLIF BAR</b>			
KB285	Blueberry Almond Crisp	12 x 68g	2.15	SV
KB283	Chocolate Almond Fudge Bar	12 x 68g	2.15	SV



code	product	size	rrp	bfgosv
KB782	Chocolate Chip & Peanut Butter	12 x 50g	2.59	OSV
KB086	Chocolate Chip Bar	12 x 68g	2.15	SV
KB365	Chocolate Peanut Butter	12 x 50g	2.59	OSV
KB083	Crunchy Peanut Butter	12 x 68g	2.15	SV
KB284	White Chocolate Macadamia Bar Mini	12 x 68g	2.15	SV
KB278	Chocolate Chip	10 x 28g	1.19	SV
KB298	Crunchy Peanut Butter	10 x 28g	1.19	SV
KB316	White Chocolate Macadamia Nut	10 x 28g	1.19	SV
<b>DAMN GOOD</b>				
KB891	Cookies Ginger, Choc, Orange	12 x 38g	1.79	GSV
KB888	Cookies Honeycomb & Chocolate	12 x 38g	1.79	GSV
KB153	Cookies Salted Double Choc	12 x 38g	1.79	GSV
KB150	Cookies Vanilla Choc Chip	12 x 38g	1.79	GSV
<b>DELICIOUSLY ELLA</b>				
KB783	Almond Fruit, Nut & Seed Bar	12 x 40g	1.39	GV
KB030	Apple and Raisin Oat Bar	12 x 3x50g	3.90	GV
KB435	Cacao & Almond Ball	12 x 40g	1.99	GV
KB785	Cashew Cranberry Fruit Nut Bar	12 x 40g	1.39	GV
KB026	Peanut Butter Oat Bar Nut Butter Filled	12 x 3x50g	3.90	GV
WS071	Almond Butter Ball	12 x 36g	1.99	GV
WS072	Hazelnut Nut Butter Ball Oat Bars	12 x 36g	1.99	GV
KB790	Apple Raisin Cinnamon Oat Bar	16 x 50g	1.90	GV
KB791	Apricot & Coconut Oat Bar	16 x 50g	1.90	GV
KB792	Cacao & Almond Oat Bar	16 x 50g	1.90	GV
<b>DOVES FARM</b>				
	Impulse			
KB228	Apple & Sultana Flapjack	18 x 35g	0.89	GOSV
KB230	Apricot & Chia Seed Flapjack	18 x 35g	0.89	GOSV
KB234	Chocolate Chip Flapjack Multipack	18 x 35g	0.89	GOSV
KB237	Apple & Sultana Flapjack	7 x 4 x 35g	2.89	GOSV
KB261	Apricot & Chia Seed Flapjack	7 x 4 x 35g	2.89	GOSV
KB463	Chocolate Chip Flapjack	7 x 4 x 35g	2.89	GOSV
<b>LOVE VEGAN</b>				
KB014	Chocolate Cherry	20 x 45g	1.49	GV
KB011	Chocolate orange	20 x 45g		GV
<b>MA BAKER</b>				
KB679	Giant Berry Bar - Wheat Free	20 x 90g	0.89	SV
KB322	Giant Fruit Bar - Wheat Free	20 x 90g	0.99	VS
KB906	Nut Mixed Case	20 x 90g	0.89	VS
KB905	Tropical Mixed Case Sugar'd Out Flapjack	20 x 90g	0.89	VS
KB293	Blueberry	16 x 50g	0.99	V
KB262	Raspberry Superfood Snack Bar	16 x 50g	0.99	V
KB472	Chia, blueberries & pumpkin	16 x 45g	1.19	V
<b>MISFITS</b>				
KB145	Chocolate Brownie	12 x 45g	2.29	GV
KB140	Chocolate Caramel	12 x 45g	2.29	GV
KB192	Chocolate Speculoos	12 x 45g	2.29	GV
KB193	White Choc Cookies n' Cream	12 x 45g	2.29	GV
<b>NAIRN'S</b>				
	Crunchy Oat Bars			
BT112	Belgian Chocolate	10 x 160g	3.49	GV
BT111	Raisin Apple & Cinnamon	10 x 160g	3.49	GSV
<b>NAKD</b>				
	Big Bar			
KB712	Blueberry Muffin	16 x 45g	1.89	GV

code	product	size	rrp	bfgosv
KB713	Cocoa Orange Chocolish	16 x 45g	1.89	GV
ZX756	Double Chocolish Big Bite	16 x 50g	1.89	GV
ZX766	Peanut Chocolish Big Bite Fruit & Fibre	16 x 50g	1.89	GV
KB395	Strawberry & Raspberry Fruit & Fibre	16 x 44g	1.39	GV
KB378	Apple & Cinnamon Multi Packs	16 x 44g	1.39	GV
WS045	Apple Danish Multipacks	12 x 4 x 30g	3.69	GV
KB802	Banoffee Pie Multipack	12 x 4 x 35g	3.69	GV
KB029	Berry Delight Multipack	12 x 4 x 35g	3.49	GV
KB779	Blueberry Muffin Multipack	12 x 4 x 35g	3.69	GV
KB931	Cashew Cookie Multipack	12 x 4 x 35g	3.69	GV
KB031	Cocoa Delight Multipack	12 x 4 x 35g	3.69	GV
KB003	Cocoa Orange Multipack	12 x 4 x 35g	3.69	GV
KB771	Salted Caramel Multipack Nudie Bars	12 x 4 x 35g	3.69	GV
KB877	Bakewell Tart Bar	18 x 35g	1.50	GV
KB686	Banoffee Pie Bar	18 x 35g	1.50	GV
KB756	Berry Delight Bar	18 x 35g	1.50	GV
KB532	Blueberry Muffin	18 x 35g	1.50	GV
KB526	Carrot Cake	18 x 35g	1.50	GV
KB554	Cashew Cookie Bar	18 x 35g	1.50	GV
KB757	Cocoa Delight Bar	18 x 35g	1.50	GV
KB556	Cocoa Orange Bar	18 x 35g	1.50	GV
KB163	Lemon Drizzle Bar	18 x 35g	1.50	GV
WS021	Peanut Delight	18 x 35g	1.50	GV
ZX609	Salted Caramel Protein	18 x 35g	1.50	GV
KB719	Protein Caramel	16 x 45g	1.89	GV
KB708	Protein Cocoa Hazelnut	16 x 45g	1.89	GV
KB707	Protein Peanut Butter	16 x 45g	1.89	GV
	<b>NUGO</b>			
	Fiber d'Lish			
KB876	Fiber d'Lish Chocolate Brownie	16 x 45g	2.35	V
KB879	Fiber d'Lish Cinnamon Raisin	16 x 45g	2.35	V
KB884	Fiber d'Lish Peanut Chocolate Protein	16 x 45g	2.35	V
KB376	D/Mint Choc Chip Protein Bar	12 x 50g	2.55	VG
KB871	Dark Chocolate Pretzel	12 x 50g	2.55	GV
	<b>ORGANICA</b>			
KB525	Creamy Marzipan Dream Bar	24 x 40g	1.45	OSV
KB703	Golden Coconut Delight	24 x 40g	1.45	OSV
KB702	Hazelnut Nougat Delight	24 x 40g	1.45	OSV
	<b>PULSIN'</b>			
WS040	Brownie Double Choc Dream	18 x 35g	1.29	GSV
KB723	Chocolate Hazelnut Brownie	18 x 35g	0.99	GV
WS049	Double Choc Fudge Brownie Enrobed Protein Bar	18 x 35g	1.29	GSV
KB110	Choc Fudge	12 x 57g	2.49	V
KB109	Cookie Dough Keto Bars	12 x 57g	2.49	V
KB414	Almond Salted Caramel Keto Bar	18 x 50g	1.99	GV
KB784	Choc Fudge & Peanut Keto Bar	18 x 50g	1.99	GV
KB483	Choc Mint & Peanut Keto Bar	18 x 50g	1.99	GV
KB490	Choc Orange & Peanut Keto Bar	18 x 50g	1.99	GV
KB404	Raspberry Choc Chip Keto Bar Protein Boosters	18 x 50g	1.99	GV
KB727	Caramel Choc & P'nut Booster	18 x 50g	2.49	GV

code	product	size	rrp	bfgosv
KB090	Maple & Peanut Protein Bar	18 x 50g	1.99	GV
KB148	Peanut Choc Protein Bar	18 x 50g	1.99	GV
KB706	Vanilla Choc Chip Protein Bar	18 x 50g	1.99	GV
	Raw Choc Brownie			
WS056	Peanut Choc Chip Raw Brownie	18 x 35g	1.19	GSV
	<b>RHEAL</b>			
	Energy Bar			
KB635	Banana Bread	12 x 50g	1.99	GV
KB637	Hazelnut Cacao	12 x 50g	1.99	GV
KB636	Peanut Butter	12 x 50g	1.99	GV
	Energy Bars			
KB626	Blueberry Muffin Bar	12 x 50g	1.99	GV
	<b>SESAME SNAPS</b>			
KB001	Sesame Snaps	24 x 30g	0.45	SV
KB180	Sesame Snaps (Multipack)	30 x 4 x 1	1.50	SV
KB777	Sesame Snaps Chocolate Coated	24 x 30g	0.50	SV
KB587	Sesame Snaps Coconut	24 x 30g	0.45	SV
	<b>SQUIRREL SISTERS</b>			
KB422	Cacao Brownie Snack Bars	16 x 40g	1.29	GV
KB426	Peanut Caramel Snack Bar	16 x 40g	1.35	GV
KB432	Peanut Raspberry Snack Bar	16 x 40g	1.35	GV
	<b>TREK</b>			
KB097	Chocolate Orange	16 x 55g	2.49	GV
KB450	Peanut Butter Flapjack	16 x 50g	1.19	GSV
KB941	Salted Caramel Flapjack	16 x 50g	1.19	GSV
ZX738	Smooth Lemon	16 x 50g	1.19	GSV
	<b>FLAPJACKS</b>			
KB499	Cocoa and oat protein flapjack	16 x 50g	1.19	GVS
KB500	Cocoa coconut protein flapjack	16 x 50g	1.19	GVS
KB505	Original oat protein flapjack	16 x 50g	1.19	GVS
	<b>Power</b>			
KB038	Biscoff	16 x 55g	2.49	SV
KB663	Millionaire Shortbread	16 x 55g	2.49	GV
KB662	Peanut Butter Crunch	16 x 55g	2.49	GV
	<b>TREK BARS</b>			
KB722	Cocoa Chaos	16 x 55g	1.39	GV
KB725	Peanut Power	16 x 55g	1.39	GV
	<b>TROPICAL WHOLEFOODS</b>			
	<b>JUST 5</b>			
KB769	Organic F/T Apricot & Almond	18 x 40g	1.25	FOV
	Just 5			
KB592	Organic F/T Banana & Cocoa	18 x 40g	1.25	FOV
KB590	Organic F/T Date & Cocoa	18 x 40g	1.25	FOV
	<b>JUST 5</b>			
KB710	Organic F/T Mango & Brazil	18 x 40g	1.25	FOV
	<b>VIVE</b>			
	Better Brownie			
BT409	Cherry Bakewell	15 x 40g	1.35	GSV
BT410	Chocolate Orange	15 x 40g	1.49	GSV
BT411	Creamy Coconut Cashew	15 x 40g	1.35	GSV
	Natural Protein Bar			
BT412	Hazelnut	12 x 50g	1.89	SV
BT413	Peanut Butter Jelly	12 x 49g	1.89	SV
BT417	Salted Caramel	12 x 49g	1.89	SV
	<b>SOFT DRINKS</b>			
	<b>SUMA ORGANIC</b>			
JU025	Cola Kombucha	24 x 250ml	1.75	OSV
JU034	Elderflower & Lemon Kombucha	24 x 250ml	1.55	OSV
JU169	Ginger Kombucha	24 x 250ml	1.75	OSV
JU032	Lychee & Lemongrass Kombucha	24 x 250ml	1.55	OSV

code	product	size	rrp	bfgosv
JU172	Peach & Turmeric Kombucha	24 x 250ml	1.75	OSV
JU173	Strawberry & Rasp Kombucha	24 x 250ml	1.75	OSV
JU004	Winter Berries Kombucha	24 x 250ml	1.75	OSV
<b>BELVOIR</b>				
JU115	Elderflower Lemonade Cans	12 x 330ml	1.35	V
JU795	Elderflower Presse	12 x 250ml	1.95	GSV
JU810	Elderflower Presse	12 x 250ml	2.90	GOSV
JU814	Ginger Beer	12 x 250ml	1.95	GOSV
JU811	Handmade Lemonade	12 x 250ml	2.90	GOSV
JU554	Raspberry Lemonade	12 x 250ml	1.75	GSV
JU120	Raspberry Lemonade Cans	12 x 330ml	1.35	V
JU114	Sparkling Mango & Peach Cans 750ML Bottles	12 x 330ml	1.35	V
JU629	Cucumber & Mint Presse	6 x 750ml	4.10	GSV
JU236	Elderflower & Rose Presse	6 x 750ml	4.10	GSV
JU041	Elderflower Light Presse	6 x 750ml	3.69	GSV
JU674	Elderflower Presse	6 x 750ml	4.10	GSV
JU792	Elderflower Presse	6 x 750ml	4.45	GOSV
JU782	Freshly Squeezed Lemonade	6 x 750ml	4.10	GSV
JU780	Ginger Beer	6 x 750ml	4.10	GSV
JU813	Ginger Beer	6 x 750ml	4.49	GOSV
<b>BIONA</b>				
	Kombucha			
JU556	Kombucha Ginger Lime	6 x 330ml	3.35	OSV
JU523	Kombucha Original	6 x 330ml	3.35	OSV
JU551	Kombucha Sour Cherry Mint	6 x 330ml	3.35	OSV
<b>BRITE</b>				
JU193	Lemon Lime Nootropic Drink	24 x 330ml	1.99	V
JU174	Pineapple Mango Nootropic Drin	24 x 330ml	1.99	V
JU190	Raspberry Mint Nootropic Drink	24 x 330ml	1.99	V
<b>CAWSTON PRESS</b>				
	Cans			
JU265	Apple & Rhubarb	24 x 330ml	1.35	SV
JU238	Cloudy Apple	24 x 330ml	1.35	V
JU478	Elderflower Lemonade	24 x 330ml	1.35	V
JU477	Ginger Beer	24 x 330ml	1.35	V
JU231	Orange	24 x 330ml	1.35	SV
<b>CHARITEA</b>				
JU598	ChariTea Black	24 x 330ml	1.59	FOSV
JU596	ChariTea Mate	24 x 330ml	1.59	FOSV
JU595	ChariTea Red	24 x 330ml	1.59	FOSV
<b>CLIPPER</b>				
TE135	Iced Tea Chamomil Orange Peach	12 x 250ml	1.79	OV
<b>COCOFINA</b>				
JU368	Cocofina Natural Coconut Water	12 x 1l	4.10	OV
<b>COUNTER CULTURE DRINKS</b>				
	Lightly Sparkling Kombucha			
JU102	Lemongrass & Ginger Kombucha	12 x 330ml	2.39	OSV
JU227	Mango, Ginger & Lime Kombucha	12 x 330ml	2.39	SV
JU097	Rhubarb & Hibiscus Kombucha	12 x 330ml	2.39	SV
JU104	Spiced Blackcurrant Kombucha	12 x 330ml	2.39	SV
<b>DALSTON'S</b>				
	Cans			
JU163	Cherryade	24 x 330ml	1.19	GV
JU166	Fizzy Elderflower	24 x 330ml	1.19	GV
JU772	Fizzy Rhubarb	24 x 330ml	1.19	GV
JU162	Ginger Beer	24 x 330ml	1.19	GV
JU069	Lemonade	24 x 330ml	1.19	V
JU012	Peach Soda	24 x 330ml	1.19	V
JU155	Pineapple	24 x 330ml	1.19	GV
JU023	Raspberry Prebiotic Soda	24 x 250ml	1.99	GV

code	product	size	rrp	bfgosv
JU027	Tropical Prebiotic Soda	24 x 250ml	1.99	GV
	<b>DASH WATER</b>			
JU817	Sparkling Blackcurrant	12 x 330ml	1.29	V
JU718	Sparkling Cucumber	12 x 330ml	1.29	V
JU716	Sparkling Lemon	12 x 330ml	1.29	V
JU156	Sparkling Lime	12 x 330ml	1.29	V
JU110	Sparkling Peach	12 x 330ml	1.29	GV
JU170	Sparkling Raspberry	12 x 330ml	1.29	V
	<b>FENTIMANS</b>			
	275ML Range			
JU008	Cherry Cola	12 x 275ml	2.25	GSV
JU625	Curiosity Cola	12 x 275ml	2.25	GSV
JU908	Dandelion & Burdock	12 x 275ml	2.25	GSV
JU463	Gently Sparkling Elderflower	12 x 275ml	2.25	GSV
JU346	Ginger Beer	12 x 275ml	2.25	GSV
JU354	Mandarin Seville Orange Jigger	12 x 275ml	2.25	GSV
JU618	Rose Lemonade	12 x 275ml	2.25	GSV
JU435	Victorian Lemonade	12 x 275ml	2.25	GSV
	750ML Range			
JU333	Cherry Cola	6 x 750ml	4.89	SV
JU573	Curiosity Cola	6 x 750ml	4.89	GSV
JU281	Dandelion & Burdock	6 x 750ml	4.89	SV
JU280	Ginger Beer	6 x 750ml	4.89	GSV
JU455	Rose Lemonade	6 x 750ml	4.89	GSV
	Cans			
JU366	Ginger Beer	12 x 250ml	1.95	GSV
JU300	Rose Lemonade	12 x 250ml	1.95	GSV
	Mixer Range			
JU161	Pink Grapefruit Tonic Water	8 x 500ml	3.45	GSV
JU207	Premium Indian Tonic Water	8 x 500ml	17.21	GSV
	<b>FEVERTREE</b>			
JU387	Tonic Water	6 x 4x200ml	5.65	GSV
	<b>FIREFLY NATURAL DRINKS</b>			
	Fruit Juice & Botanic Extracts			
JU348	Kiwi, lime & Mint	12 x 330ml	2.50	V
JU299	Lemon, Lime & Ginger	12 x 330ml	2.50	V
JU296	Peach & Green Tea	12 x 330ml	2.50	V
JU180	Pomegranate & Elderflower	12 x 330ml	2.50	V
	<b>GENIE</b>			
	Kombucha - Cans			
JU301	Blueberry & Raspberry Kombucha	12 x 330ml	2.50	SV
JU157	Dry Apple Kombucha	12 x 330ml	2.50	SV
JU150	Fiery Ginger Kombucha	12 x 330ml	2.50	SV
	<b>GUSTO</b>			
JU222	Cherry Cola	12 x 275ml	2.15	OV
JU223	Fiery Ginger With Jalapeno	12 x 275ml	2.15	FOV
JU148	Lemon Energy	12 x 250ml	2.25	OV
JU376	Naturally Slim Cola	12 x 275ml	2.15	FGV
JU353	Organic Real Cola	12 x 275ml	2.15	FGOV
JU147	Original Energy	12 x 250ml	2.25	OV
JU224	Sicilian Blood Orange	12 x 275ml	2.15	FOV
JU159	Sicilian Lemon with Fresh Yuzu	12 x 275ml	2.25	FOV
	<b>HIP POP</b>			
JU052	Gut Lovin' Cola	12 x 330ml	1.79	SV
JU053	Gut Lovin' Lemonade	12 x 330ml	1.79	SV
JU054	Gut Lovin' Orange	12 x 330ml	1.79	SV
	CBD Kombucha			
JU099	CBD Blood Orange & Grapefruit	12 x 330ml	2.29	GSV
JU098	CBD Cherry & Blackberry	12 x 330ml	2.29	GSV
JU094	CBD Passionfruit Guava	12 x 330ml	2.29	GSV
	Craft Brewed Kombucha			

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JU364	Apple Elderflower Kombucha	12 x 330ml	1.79	V
JU360	Blueberry Ginger Kombucha	12 x 330ml	1.79	V
JU363	Ginger Yuzu Kombucha	12 x 330ml	1.79	V
JU365	Strawberry Pineapple Kombucha	12 x 330ml	1.79	V
	Living Sodas - With ACV			
JU232	Ginger and Turmeric	12 x 330ml	1.79	V
JU257	Pink Grapefruit	12 x 330ml	1.79	V
JU255	Tropical Peach	12 x 330ml	1.79	V
	<b>HULLABALOO'S DRINKS</b>			
JU154	Pure Apple Juice	12 x 250ml	1.89	GSV
JU153	Still Citrus Lemonade	12 x 330ml	1.89	GSV
JU134	Still Elderflower Presse	12 x 330ml	1.89	GSV
JU135	Still Ginger Beer	12 x 330ml	1.89	GSV
JU146	Still Lime & Mint Lemonade	12 x 330ml	1.89	GSV
JU106	Still Original Lemonade	12 x 330ml	1.89	GSV
JU122	Still Raspberry Lemonade	12 x 330ml	1.89	GSV
JU271	Still Wild Berry Presse	12 x 330ml	2.50	GSV
	<b>JARR KOMBUCHA</b>			
JU062	Ginger & Lemon Kombucha	12 x 330ml	3.35	GOV
JU084	Original Kombucha	12 x 330ml	3.35	GOV
JU071	Passion Fruit Kombucha	12 x 330ml	3.35	GOV
JU077	Raspberrry Kombucha	12 x 330ml	3.35	GOV
	<b>JAX COCO</b>			
JU100	Coconut Water Pure Tetrapacks	4 x 6 x330ml	12.59	VG
JU742	Coconut Water Pure	12 x 1l	4.25	V
	<b>KARMA</b>			
JU076	Hibiscus Ginger Beer	12 x 350ml	2.65	FGOSV
JU067	Original Ginger Beer	12 x 350ml	2.65	FGOSV
JU035	Spicy Ginger Beer	12 x 350ml	2.85	FGOSV
	<b>KARMA DRINKS</b>			
	Cans			
JU617	Gingerella Ginger Ale	24 x 250ml	1.45	FOSV
JU616	Karma Cola	24 x 250ml	1.45	FOSV
JU749	Karma Cola - sugar free	24 x 250ml	1.45	V
JU800	Karma Orangeade	24 x 250ml	1.45	FOSV
JU615	Lemony Lemon	24 x 250ml	1.45	FSOV
JU420	Razza Raspberry Lemonade	24 x 250ml	1.45	FOSV
	Glass Bottles			
JU073	Gingerella Ginger Ale	24 x 300ml	2.15	FOVS
JU075	Karma Cola	24 x 300ml	2.15	FOSV
JU750	Karma Cola - Sugar Free	24 x 300ml	2.15	V
JU078	Lemony Lemon	24 x 300ml	2.15	FOSV
JU418	Razza Raspberry Lemonade	24 x 300ml	2.15	FOVS
JU302	Summer Orangeade	24 x 300ml	2.15	FOSV
	<b>LEMONAID BEVERAGES</b>			
JU592	Lemonaid Blood Orange	24 x 330ml	1.95	FOSV
JU068	Lemonaid Ginger	24 x 330ml	1.95	FOSV
JU587	Lemonaid Lime	24 x 330ml	1.95	OSV
JU589	Lemonaid Passion Fruit	24 x 330ml	1.95	FOSV
	<b>LUSCOMBE DRINKS</b>			
JU584	Cool Ginger Beer	24 x 270ml	2.45	OSV
JU586	Hot Ginger Beer	24 x 270ml	2.45	OV
JU145	Raspberry Crush	24 x 270ml	2.69	OSV
JU439	Sicilian Citrus Crush	24 x 270ml	2.49	OSV
JU583	Sicilian Lemonade	24 x 270ml	2.45	OSV
JU585	Wild Elderflower Bubbly	24 x 270ml	2.45	SV
	<b>NOOX</b>			
JU267	Blackcurrant & Passionfruit	12 x 250ml	2.15	V
JU268	Orange & Mango	12 x 250ml	2.15	V
JU258	Raspberry & Lemonade	12 x 250ml	2.15	V

code	product	size	rrp	bfgosv
	<b>PIP ORGANIC</b>			
JU399	Sparkling Apple	24 x 250ml	1.89	OV
	<b>PUNCHY</b>			
JU089	Blood Orange,Bitters&Cardamom	12 x 250ml	1.89	GSV
JU096	Cucumber, Yuzu and Rosemary	12 x 250ml	1.89	GSV
JU313	Hydration Drink - Blueberry	12 x 330ml	2.15	GSV
JU307	Hydration Drink - Mango	12 x 330ml	2.15	GSV
JU086	Peach, Ginger & Chai Spice	12 x 250ml	1.89	GSV
	<b>SIMPLEE CBD</b>			
JU819	CBD Infused Elderflower & Lime	12 x 250ml	2.49	V
JU818	CBD Infused Wild Berries	12 x 250ml	2.49	V
	<b>SOMETHING AND NOTHING</b>			
JU332	Cucumber Premium Soda	12 x 330ml	1.65	V
JU337	Hibiscus & Rose Premium Soda	12 x 330ml	1.65	V
JU335	Yuzu Premium Soda	12 x 330ml	1.65	V
	<b>VITA COCO</b>			
	1L			
JU118	Pure Coconut Water	6 x 1l	4.50	SV
	330ML			
JU111	Pure Coconut Water	12 x 330ml	1.69	SV
JU113	Pure Pressed Coconut Water	12 x 330ml	1.69	SV
	<b>WHOLE EARTH</b>			
JU311	Apple	24 x 330ml	1.49	OSV
JU946	Cola	24 x 330ml	1.49	OSV
JU947	Cranberry	24 x 330ml	1.49	OSV
JU935	Lemonade	24 x 330ml	1.49	OSV
JU310	Orange & Lemonade	24 x 330ml	1.49	OSV
JU189	Sparkling Elderflower	24 x 330ml	1.49	OV
JU186	Sparkling Ginger	24 x 330ml	1.49	OV
	<b>SOUPS</b>			
	<b>SUMA</b>			
VF575	Chik'n Soup	12 x 400g	2.25	V
VF565	Pea & Vegan Ham Soup	12 x 400g	2.25	V
	<b>SUMA ORGANIC</b>			
VF390	Organic Minestrone Soup	12 x 400g	2.29	OV
VF655	Organic Mushroom Soup	12 x 400g	2.39	OV
VF595	Organic Pea Soup	12 x 400g	2.29	OV
VF525	Organic Rustic Vegetable Soup	12 x 400g	2.29	OV
VF365	Organic Spicy Lentil Soup	12 x 400g	2.15	OV
VF345	Organic Tomato & Basil Soup	12 x 400g	1.99	OSV
VF600	Organic Tomato Soup	12 x 400g	2.15	OSV
VF685	Organic Tuscan Bean Soup	12 x 400g	2.90	OV
	<b>ESSENTIAL TRADING</b>			
VF085	Lentil & Pumpkin Soup	6 x 680g	3.65	OV
VF375	Pea Soup	6 x 680g	3.65	OV
	<b>FREE &amp; EASY</b>			
VF302	Broccoli & Kale	6 x 400g	2.39	GOV
VF096	Butternut Squash & Ginger - Og	6 x 400g	2.39	GOV
VF297	Butternut,Sweet Potato,Turmerc	6 x 400g	2.39	GOV
VF124	Carrot & Coconut Soup	6 x 400g	2.39	GOV
VF720	Lentil & Red Pepper Soup - Org	6 x 400g	2.39	GOV
VF086	Pea & Mint Soup - Org	6 x 400g	2.39	GOV
VF097	Sweet Potato & Chia Soup - Org	6 x 400g	2.39	GOV
VF083	Tomato Soup - Org	6 x 400g	2.39	GOV
	<b>RIFCO</b>			
VF220	Balinese Lentil & Pepper Soup	6 x 400g	2.39	OV
VF233	Mexican Bean Soup	6 x 400g	2.39	OV
VF225	Moroccan Chickpea Soup	6 x 400g	2.39	OV
VF114	Sri Lankan Lentil & Coconut	6 x 400g	2.39	OV

## SOUPS (CHILLED)

### TIDEFORD ORGANIC VEGAN FOODS

code	product	size	rrp	bfgosv
CV306	Caribbean Sweet Potato Soup	6 x 560g	3.80	GOV
CV782	Lentil & Spinach Soup	6 x 560g	3.80	GOV
CV720	Malaysian Coconut Noodle Soup	6 x 560g	3.80	GOV
CV297	Thai Green Vegetable Soup	6 x 560g	3.80	GOV
<b>SPIRITS &amp; LIQUEURS</b>				
<b>FATTYS ORGANIC SPIRITS</b>				
WN037	Pink Grapefruit Spirit	1 x 70cl	35.00	OV
<b>SUGARS &amp; SYRUPS</b>				
<b>SUMA ORGANIC</b>				
LJ121	Agave Syrup - organic	6 x 500ml	7.99	OV
LJ099	Agave Syrup Light - organic	6 x 240ml	3.99	OV
LJ260	Barley Malt Extract - Organic	6 x 340g	3.75	OV
LJ300	Coconut Blossom Syrup Organic	6 x 350g	5.99	OV
<b>SUMA PREPACKS</b>				
LJ090	Golden Granulated Sugar	6 x 500g	3.69	FV
<b>SUMA PREPACKS - ORGANIC</b>				
LJ100	Coconut Palm Sugar, Organic	6 x 500g	4.79	OV
LJ261	Demerara Sugar - organic	6 x 500g	3.59	OV
LJ255	Icing Sugar - organic	6 x 500g	4.75	OV
LJ251	Raw Cane Sugar - organic	6 x 500g	4.50	OV
<b>BILLINGTONS</b>				
LJ999	Granulated Sugar - organic	10 x 500g	2.59	VO
LJ190	Organic Natural Caster	10 x 500g	2.79	OV
LJ060	Sugar - Dark Muscovado	10 x 500g	2.15	V
LJ058	Sugar - Demerara	10 x 500g	2.15	V
LJ057	Sugar - Golden Caster Sugar	10 x 250g	0.95	GVB
LJ056	Sugar - Golden Granulated	10 x 1kg	3.95	V
LJ059	Sugar - Light Muscovado	10 x 500g	2.15	V
LJ109	Sugar - Molasses	10 x 500g	2.25	V
<b>BIONA</b>				
LJ083	Coconut Blossom Nectar	6 x 350g	6.79	OV
LJ011	Coconut Palm Sugar - Organic	8 x 250g	3.50	OV
LJ014	Coconut Palm Sugar - Organic	5 x 500g	5.59	OV
LJ182	Dark Agave Syrup	6 x 350g	4.25	OV
HY020	Organic Date Syrup	6 x 350g	4.45	OV
HY022	Organic Maple Agave Syrup	6 x 350g	5.79	OV
HY026	Organic Rice Syrup	6 x 350g	4.45	OV
HY008	Pure Maple Syrup Amber Grade A	12 x 330g	6.90	OV
HY011	Pure Maple Syrup Amber Grade A	6 x 1l	23.65	OV
HY003	Pure Maple Syrup Dark Grade A	12 x 330g	6.90	OV
LJ181	Rapadura / Sucanat Sugar	5 x 500g	4.95	OV
<b>BUCKWUD</b>				
HY001	Maple Syrup	6 x 250g	6.65	GOV
HY002	Maple Syrup	6 x 620g	1.99	GV
<b>BULK COMMODITIES - ORGANIC</b>				
LJ217	Caster Sugar Org Fairly Traded	25kg		FOV
<b>CLEARSPRING</b>				
JP123	Barley Malt Syrup	6 x 300g	3.69	OV
JP125	Date Syrup	6 x 300g	3.89	OV
JP124	Oat Syrup	6 x 300g	3.99	OV
HY210	Rice Malt Syrup	6 x 300g	3.69	OV
<b>EQUAL EXCHANGE</b>				
LJ500	Raw Cane Sugar - organic	10 x 500g	2.39	FOV
<b>HILLTOP HONEY</b>				
HY015	Maple Syrup Grade A Amber	5 x 640g	11.99	GV
HY055	Maple Syrup Grade A Amber	6 x 230g	5.50	V
HY050	Maple Syrup Grade A Dark	5 x 640g	11.99	GV
<b>MARIGOLD</b>				
LJ179	Pomegranate Molasses	6 x 150ml	4.19	V
<b>MERIDIAN</b>				
HY077	Barley Malt Extract	6 x 370g	2.79	V



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HY006	Barley Malt Extract - og	6 x 370g	3.29	OV
HY012	Blackstrap Molasses - Organic	6 x 600g	3.29	FOV
HY300	Blackstrap Molasses - Organic	6 x 350g	2.39	FOV
<b>RAYNERS</b>				
LJ901	Black Treacle - organic	6 x 340g	3.49	GOV
HY088	Blackstrap Molasses	6 x 340g	3.19	V
LJ704	Golden Syrup - Organic	5kg	45.90	FOV
LJ589	Malt Extract - Organic	5kg	34.79	OV
LJ900	Malt Extract - Organic	6 x 340g	4.45	OV
LJ587	Organic Golden Syrup	6 x 340g	5.50	OV
<b>SHADY MAPLE FARMS</b>				
HY025	Maple Syrup - organic	12 x 250ml	9.49	OV
<b>ST LAWRENCE GOLD</b>				
HY009	Maple Syrup Grade A Amber	12 x 250ml	6.99	V
HY053	Og Maple Syrup Grade A Amber	12 x 250ml	7.49	OV
HY056	Og Maple Syrup Grade a Amber	6 x 1l	25.99	OV
HY042	Og Maple Syrup Grade A Dark	12 x 250ml	7.49	OV
<b>SWEET FREEDOM</b>				
LJ157	Caramel Syrup	6 x 350g	4.15	V
LJ041	Natural Sweetness - Original	6 x 350g	4.50	V
LJ137	Natural Sweetness - Original	5l		V
LJ154	Vanilla Syrup	6 x 350g	4.15	V
<b>TOTAL SWEET</b>				
LJ124	Total Sweet	6 x 225g	3.35	V
LJ125	Total Sweet	6 x 1kg	12.49	V
<b>TRUVIA</b>				
LJ086	Sweetener from the Stevia Leaf	6 x 270g	6.65	V
<b>SUPERFOODS &amp; SPORTS NUTRITION</b>				
<b>ARCTIC POWER</b>				
VM009	Black Currant Powder	6 x 70g	1.55	V
VM012	Blueberry Powder	6 x 70g	1.55	V
VM007	Cranberry Powder	6 x 70g	13.89	V
VM015	Lingonberry Powder	6 x 70g	1.55	V
VM042	Mixed Berry Powder	6 x 70g	1.55	V
VM037	Sea Buckthorn Powder	6 x 70g	1.55	V
VM039	Strawberry Powder	6 x 70g	1.55	V
<b>BIONA</b>				
MD736	Cracked Linseed Gold Organic	6 x 500g	5.59	OV
<b>BULK COMMODITIES - ORGANIC</b>				
VM233	Organic Maca Powder	20kg		OV
<b>GRANOVITA</b>				
GT300	Flax Oil - Organic	6 x 260ml	11.75	GOV
<b>LINWOODS</b>				
MD113	Chia Seed	12 x 200g	6.99	GOV
MD109	Flax,Almond,Brazil,Walnut,Q10	12 x 360g	6.99	GV
MD104	Flax,Sun,Pum,Chia,Goji Berries	5 x 425g	6.79	GOV
MD101	Flax,Sunflower & Pumpkin Seeds	12 x 425g	6.79	GOV
MD102	Flaxseed	12 x 425g	5.99	GOV
MD114	Flaxseed	12 x 200g	3.79	GOV
MD112	Flaxseed,Bio Cultures & Vit D	12 x 360g	6.99	GV
MD110	Linwoods Shelled Hemp	12 x 200g	7.45	GV
MD048	Milled Hemp	6 x 200g	4.89	GOV
VM263	Organic Sprouted Range Sprouted Flaxseed	5 x 360g	7.99	GOV
<b>NATURES AID</b>				
VM003	MCT Oil	6 x 500ml	18.95	FGV
<b>NATURYA</b>				
MD007	Collagen Support - Berry	8 x 140g	8.99	V
MD012	Collagen Support - Cocoa	8 x 140g	8.99	V
MD019	Collagen Support - Vanilla	8 x 140g	8.99	V
MD040	Greens Blend Organic	6 x 250g	14.99	FGOV

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MD020	Mushroom Blend	8 x 100g	1.99	OV
MD158	Organic Acai Powder	6 x 125g	19.99	GOV
MD216	Organic Cacao Powder F/trade	6 x 250g	6.99	FCVO
MD111	Organic Chia Seeds	6 x 300g	5.99	GOV
MD156	Organic Chlorella Powder	6 x 200g	12.49	GOV
MD153	Organic Cocoa Nibs	6 x 300g	7.99	GOV
MD152	Organic Hemp Protein Powder	6 x 300g	9.99	GOV
MD150	Organic Maca Powder	6 x 300g	6.99	OV
MD155	Organic Spirulina Powder	6 x 200g	8.99	GOV
MD067	Organic Turmeric Superblend	6 x 250g	7.99	GOV
MD154	Organic Wheatgrass Powder	6 x 200g	7.99	GOV
<b>PREWETT'S</b>				
VM020	Organic Ground Flaxseed	6 x 175g	3.49	GOV
<b>PULSIN'</b>				
VM331	Berry Protein Powder	6 x 270g	12.49	GV
VM258	Chocolate Pea Protein Powder	6 x 280g	14.99	GV
VM332	Hazelnut Protein Powder	6 x 280g	12.49	GV
VM093	Hemp Protein Powder	6 x 250g	12.19	GV
VM027	Pea Protein Isolate	1kg	28.15	GV
VM092	Pea Protein Powder	6 x 250g	8.39	GV
VM024	Rice Protein Powder	6 x 250g	9.99	GV
VM095	Soya Protein Powder	6 x 250g	8.45	GV
VM155	Vanilla Faba Bean Powder	6 x 250g	12.49	GV
VM090	Vanilla Keto Protein Powder	6 x 252g	24.99	VG
Supershakes				
VM304	Cacao & Maca Energy Supershake	6 x 300g	17.59	GV
<b>RHEAL</b>				
VF259	Berry Beauty	6 x 150g	24.99	GOV
VF212	Superfoods Balance Tonic	6 x 150g	24.99	GOV
VF031	Superfoods Clean Greens	6 x 150g	24.99	GOV
<b>SQUISHED</b>				
VM068	Rescue Apple Boost	16 x 150g	5.79	GV
VM063	Rescue Blueberry Boost	16 x 150g	5.79	GV
VM070	Strawberry Boost	16 x 150g	5.79	GV
<b>SUPPLEMENTS &amp; REMEDIES</b>				
<b>SUMA BAGGED DOWN - ORGANIC</b>				
HE009	Psyllium Husk - Organic	1kg		OV
<b>SUMA PREPACKS</b>				
HE250	Psyllium Husk	6 x 200g	7.59	V
<b>ALLICINMAX</b>				
VM324	Allicin Max Powder Capsules	6 x 30 capsules	8.75	GV
VM325	Allicinmax Powder Capsules	6 x 90 capsules	21.55	GV
VM326	Alliderm Gel	1 x 30ml	1.49	V
VM329	Immune Caps	1 x 60 capsules	15.99	V
VM328	Lesterol Caps	1 x 90 capsules	15.99	GV
<b>ALOE PURA</b>				
Juice				
MD094	Aloe Vera Juice	6 x 1l	15.99	V
MD095	Aloe Vera Juice	6 x 500ml	8.99	V
<b>AYURVEDIQ WELLNESS</b>				
Capsules				
VM346	Organic Ashwagandha	1 x 120 capsules	19.99	OV
VM352	Organic Moringa	1 x 120 capsules	18.99	OV
VM350	Organic Shatavari	1 x 120 capsules	19.99	OV
VM353	Organic Triphala	1 x 120 capsules	19.99	OV
VM344	Organic Turmeric	1 x 120 capsules	17.99	OV
<b>BE ACTIVE</b>				
VM100	Muscle & Sports Gel	1 x 4oz	15.99	V
VM122	Muscle & Sports Gel	1 x 2oz	8.99	V
VM130	Muscle & Sports Gel	1 x 8oz	27.99	V

code	product	size	rrp	bfgosv
<b>BETTER YOU</b>				
	Magnesium Range			
VM169	Magnesium Body Butter	6 x 200ml	12.95	V
VM029	Magnesium Flakes	10 x 250g	4.95	V
VM168	Magnesium Flakes	6 x 1kg	1.95	V
VM247	Magnesium Gel - Original	6 x 150ml	12.95	V
VM101	Magnesium Muscle Flakes	6 x 1kg	1.95	V
VM167	Magnesium Oil - Goodnight	6 x 100ml	13.95	V
VM164	Magnesium Oil - Original	6 x 100ml	13.95	V
VM166	Magnesium Oil - Sensitive	6 x 100ml	13.95	V
VM105	Magnesium Sleep Flakes	6 x 1kg	8.79	V
	Vitamins & Minerals			
VM117	B-Complete Oral Spray	6 x 25ml	11.95	V
VM171	Boost B12 Oral Spray	6 x 25ml	12.45	GV
VM051	D1000 Vegan Vitamin D Spray	6 x 15ml	12.95	GV
VM253	D400 Junior Vit D Oral Spray	6 x 15ml	7.45	V
VM106	Iron 10	6 x 25ml	14.95	GV
VM282	Iron Daily Oral Spray	6 x 25ml	9.95	V
VM137	Lights Out Nightly Oral Spray	6 x 50ml	19.95	V
MD034	Turmeric Daily Oral Spray	6 x 25ml	22.95	V
VM312	Vegan Health Spray	6 x 25ml	14.95	V
VM072	Vitamin C Oral Spray	6 x 50ml	11.95	GV
<b>CHERRY ACTIVE</b>				
VM069	Cherry Active Capsules	12 x 60 capsules	19.99	V
VM086	Cherry Active Sleep Capsules	12 x 30 capsules	11.99	V
<b>CORNISH SEAWEED COMPANY</b>				
VM056	Kelp Food Supplement	6 x 60 capsules	14.95	OV
VM058	Menstrual Ease Supplement	6 x 60 capsules	13.70	OV
VM038	Mental Clarity Supplement	6 x 60 capsules	14.95	OV
VM006	Sea Moss Food Supplement	6 x 60 capsules	13.40	OV
VM061	Seaweed & Mushrooms Supplement	6 x 60 capsules	17.40	OV
VM064	Wild & Beautiful Supplement	6 x 60 capsules	17.40	OV
<b>DR VEGAN</b>				
VM339	Ashwagandha KSM-66	1 x 30 capsules	1.99	GOV
VM349	Brain Fuel	1 x 30 capsules	25.99	GV
VM345	Curcumin & Turmeric	1 x 30 capsules	11.99	GOV
VM049	Daily Multi-Vitamin	1 x 60 capsules	17.99	GV
VM347	Debloat & Detox	1 x 60 capsules	17.99	GV
VM342	Gut Works	1 x 30 capsules	26.99	GV
VM044	Hair Saviour	1 x 60 capsules	25.99	GV
VM343	Magnesium	1 x 60 capsules	8.99	GV
VM340	MenoFriend	1 x 60 capsules	19.99	GV
VM373	pH Hero	1 x 30 capsules	29.99	GV
VM372	Screen Eyes	1 x 60 capsules	23.99	GV
VM348	Skin Saviour	1 x 60 capsules	24.99	GV
VM351	Stay Calm	1 x 60 capsules	16.99	GV
VM371	Ultra Energy	1 x 30 capsules	1.99	GV
VM341	Vegan Omega 3	1 x 60 capsules	21.99	GV
<b>FLORADIX</b>				
MD021	Floradix Iron/Vitamin Tablets	1 x 84 tablets	13.39	V
MD016	Floradix Vitamin B Complex	250ml	14.95	GV
MD172	Floravital Formula - Yeastfree	500ml	21.65	V
MD173	Floravital Formula - Yeastfree	250ml	13.15	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>GUT-SMART</b>				
VM010	COOL Digestion Support	20 tablets	7.49	V
VM115	COOL Digestion Support	60 tablets	16.95	V
VM175	DUO Turmeric & Black Pepper	120 tablets	12.95	V

code	product	size	rrp	bfgosv
VM370	LIVE 19 Billion Live Cultures	60 capsules	14.75	V
	<b>HIGHER NATURE</b>			
	Body Health			
MD043	High Strength B Complex	1 x 90	22.95	V
MD010	Magnesium Effervescent	1 x 20 tablets	5.99	V
VM255	MSM Glucosamine Joint Complex	1 x 90	13.95	V
VM298	Red Sterol Complex	1 x 90	25.95	GV
VM153	Super Magnesium 300mg	1 x 30	9.95	V
VM154	Super Magnesium 300mg	1 x 90	22.95	V
VM296	Thyroid Support Formula	1 x 60	17.95	V
MD070	VisualEyes	1 x 90	35.95	V
	Essentials			
VM035	Colloidal Silver	100ml	22.95	V
VM361	Colloidal Silver	15ml	11.95	GV
	Gut Health			
VM040	Citricidal	100ml	29.95	GV
VM302	Citricidal	25ml	9.95	GV
VM303	Citricidal	45ml	14.95	V
VM362	Glutamine Powder	1 x 100g	15.95	V
VM300	Pro-Daily	1 x 90	11.95	GV
VM301	Pro-Easy Powder	1 x 90g	9.95	V
	Immunity			
MD003	Fizzy C Effervescent Vitamin C	1 x 20 tablets	5.95	V
VM297	Quercetin & Bromelain	1 x 60	17.95	GV
VM363	Vitamin C & Rosehips	1 x 90 tablets	15.95	V
VM364	Zinc	1 x 90 tablets	7.95	V
	Mind Health			
VM028	Ashwagandha & Rhodiola Complex	1 x 30 capsules	17.95	GV
VM133	Balance For Nerves	1 x 90 capsules	26.95	GV
VM191	Energy & Focus Effervescent	1 x 13 tablets	5.95	V
VM290	L-Theanine	1 x 90	28.95	GV
VM179	Serotone 5-HTP (100mg)	1 x 30 capsules	12.95	GV
MD017	Serotone 5HTP 100mg	1 x 90	32.70	V
	<b>LAHDE</b>			
	Bulk Herbs			
MD106	Slippery Elm	500g		V
	<b>LINWOODS</b>			
MD013	Linwoods Immune	5 x 210g	7.99	GV
MD029	Linwoods Menoligna	5 x 210g	1.99	GV
	<b>LOVE CBD</b>			
VM135	CBD Entourage Capsules	1 x 30 capsules	18.99	V
VM285	Dutch CBD Oil 300mg	1 x 20ml	18.99	V
VM286	Dutch CBD Oil 500mg	1 x 20ml	28.99	V
VM287	Dutch CBD Oil Capsules	1 x 60 capsules	18.99	V
VM132	Entourage Oil Spray 800mg	1 x 20ml	48.99	V
	<b>NATURES AID</b>			
	Bio360 Probiotics			
VM083	Pro-Daily Probiotic	5 x 30 capsules	9.95	GV
	Botanicals			
VM259	Beetroot	1 x 60 capsules	9.95	GV
VM267	Spirulina	1 x 90 capsules	1.95	GV
VM291	Turmeric Capsules	30 capsules	1.45	GV
VM292	Turmeric Capsules	60 capsules	19.95	GV
	Digestion			
VM089	Inulin Powder	250g	12.45	SV
	Immune Health			
VM030	Mushroom Complex	60 capsules	19.45	V
	Minerals			
VM274	Calcium, Magnesium & Vit D3	1 x 90 tablets	9.95	GV
	Traditional Herbal Remedies			
VM210	DigestEeze	60 tablets	1.95	V

code	product	size	rrp	bfgosv
VM214	SleepEezy	60 tablets	9.95	V
	Vegan Omegas			
VM185	Evening Primrose Oil	90 capsules	17.95	V
VM256	Flaxseed Oil 1000mg	1 x 90	11.99	GV
VM180	Sea Buckthorn Oil 500mg	60 capsules	19.95	V
	Vitamins			
VM272	Vitamin B12 1000ug	1 x 90 tablets	9.95	GV
VM295	Vitamin D3 1000iu	60 tablets	5.95	GV
VM182	Vitamin E Oil - high strength	50ml	1.95	V
	<b>NATURE'S GREATEST SECRET</b>			
VM266	Colloidal Silver 20PPM Dropper	8 x 100ml	12.95	V
VM141	Colloidal Silver 20PPM Refill	8 x 300ml	21.95	V
VM008	Colloidal Silver 20PPM Spray	8 x 50ml	1.95	V
VM270	Colloidal Silver 20PPM Spray	8 x 100ml	12.95	V
	<b>NATURES OWN</b>			
	B Vitamins			
VM308	Vitamin B12 Sublingual	1 x 60 tablets	1.20	GV
	C Vitamins			
VM023	Cherry-C: Vit C from Acerola	60 capsules	17.35	V
	D Vitamins			
VM252	Vitamin D3 Vegan	60 tablets	11.89	V
	Minerals			
VM001	Calcium - from seaweed	60 capsules	16.30	V
VM108	Magnesium Citrate	90 capsules	14.90	V
	Multi-Formulations			
VM309	Bone Support Formula	1 x 60 capsules	17.35	GV
VM156	Multivitamin & Mineral	100 tablets	25.90	V
VM065	Wholefood Multi - Vits & Mins	60 capsules	2.20	V
	Nutritional Support			
VM311	Hair Skin & Nails Formula	1 x 30 capsules	1.10	GV
VM307	Immune Support	1 x 60 capsules	27.00	GV
VM321	Natures Night - for sleep	1 x 80g	18.90	GV
	Omegas			
VM176	Omega 3 Vegan	60 capsules	28.60	V
	Organic Range			
VM126	Organic Kelp	60 capsules	12.25	OV
	<b>NEUBRIA</b>			
VM338	Charge - Energy Supplement	1 x 60 capsules	19.99	GV
VM335	Edge - Focus Supplement	1 x 60 capsules	24.99	GV
VM336	Shine - Mood Supplement	1 x 60 capsules	19.99	GV
VM334	Spark - Memory Supplement	1 x 60 capsules	24.99	GV
	<b>OPTIMA</b>			
MD118	Sour Cherry Juice	6 x 500ml	18.99	V
	<b>PROVEN</b>			
VM322	Acidophilus,Bifidus & Digestiv	1 x 30	18.95	GV
VM116	Fit For School - Chewable	1 x 30	14.95	GV
VM323	Womens Lactobacillus & Bifidus	1 x 30	18.95	GV
	<b>RICOLA</b>			
	Soothe & Clear			
MD022	Eucalyptus Cherry Cough Drops	12 x 70g	1.65	V
MD008	Original Bag	12 x 75g	1.65	GSV
	<b>SIMPLEE ALOE</b>			
MD025	Aloe Juice Health Supplement	6 x 1l	15.99	GOV
MD041	Aloe Juice Health Supplement	6 x 500ml	9.99	GOV
	<b>SOLARAY</b>			
VM230	Chlorophyllin	1 x 60 tablets	19.99	GV
	<b>SPATONE</b>			
MD175	Iron-Plus	1 x 28 x 20	13.99	V
MD005	Liquid Iron - Apple Flavour	1 x 28 x 25	14.75	V
	<b>SYNO-VITAL</b>			
VM226	Oral Hyaluronic Acid + Vit C	30 x 5ml	3.99	GV

code	product	size	rrp	bfgosv
<b>TAKA</b>				
TE317	Joint Care Capsules	1 x 90 capsules	16.99	OV
TE315	Turmeric Blk Pepper Capsules	1 x 120 CAP	16.99	OV
<b>TOGETHER HEALTH</b>				
VM032	Ashwagandha Complex	6 x 30	1.99	GOV
VM022	Beautiful	5 x 60	15.99	GV
VM013	Bio CoQ10	6 x 30	14.99	GV
VM018	Calcium - from seaweed	5 x 60	9.99	GV
VM358	Chaga Mushroom	5 x 60	25.99	GOV
VM026	Curcumin & Turmeric	6 x 30	9.99	GV
VM033	Gentle Iron	6 x 30	7.99	GV
VM014	Immune	6 x 30	11.99	GV
VM102	Iodine	6 x 30	6.99	GOV
VM356	Lion's Mane Mushroom	5 x 60	25.99	GOV
VM119	Magnesium	6 x 30	6.99	GV
VM149	Menopause	5 x 60	18.99	V
VM112	Multi Vitamin & Mineral	6 x 30	1.99	GV
VM019	Multibiotic	6 x 30	15.99	GV
VM355	Mushroom 5 Complex	5 x 60	25.99	GOV
VM359	Natural Folate	6 x 30	6.39	GV
VM052	Night Time Marine Magnesium	5 x 60	13.99	GV
VM121	Omega 3 - Algae	6 x 30	13.99	GV
VM025	Pregnancy - Multi Vit & Mins	5 x 60	15.99	GV
VM357	Reishi Mushroom	5 x 60	25.99	GOV
VM050	Stress Aid Vitamin & Mineral	6 x 30	1.99	GV
VM017	Vegan Multi Vitamin & Mineral	5 x 60	12.99	GV
VM021	Vegan Vitamin D3	6 x 30	6.99	GV
VM111	Vitamin B Complex	6 x 30	9.99	GV
VM113	Vitamin C with Bioflavonoids	6 x 30	8.99	GV
VM319	Vitamin K2	6 x 30	9.99	GV
VM054	Womens Multivit	6 x 30	1.99	GV
VM150	Zinc	6 x 30	1.99	OV
<b>VEGA</b>				
B Vitamins				
VM004	Vitamin B12 1000ug	1 x 30	5.85	V
Multi Formulas				
VM140	Co-Enzyme Q10	1 x 30 capsules	12.55	V
Probiotics & Digestive Aids				
VM138	Acidophilus & Bifidus Complex	1 x 60 capsules	9.55	V
<b>VEGAN SOCIETY</b>				
VM241	VEG 1 - Blackcurrant Flavour	90 tablets	1.29	SV
VM244	VEG 1 - Blackcurrant Flavour	180 tablets	19.49	SV
VM245	VEG 1 - Orange Flavour	90 tablets	9.65	SV
VM246	VEG 1 - Orange Flavour	180 tablets	19.49	SV
<b>WELEDA</b>				
Anthroposophic Medicines				
DY155	Arnica Massage Balm	1 x 100ml	14.99	V
DY456	Arnica Massage Balm	1 x 200ml	22.99	V
<b>SWEET SNACKS</b>				
<b>BEAR</b>				
ZX529	Yoyo Pure Fruit Rolls - Mango	18 x 20g	0.69	GV
ZX555	Yoyo Pure Fruit Rolls - Strawb	18 x 20g	0.69	GV
ZX525	Yoyo Pure Fruit Rolls-Blackcur	18 x 20g	0.69	GV
ZX550	Yoyo Pure Fruit Rolls-Raspb'ry Bites	18 x 20g	0.69	GV
ZX336	Blackcurrant and Beetroot	4 x 5 x 18g	3.19	GV
ZX333	Strawberry and Butternut Fruit Splits	4 x 5 x 18g	3.19	GV
ZX637	Fruit Splits Cherry & Apple	8 x 100g	3.90	GSV
ZX632	Splits Pineapple & Raspberry	8 x 100g	3.90	GV

code	product	size	rrp	bfgosv
ZX623	Strawberry & Apple Fruit Treasures	8 x 100g	3.90	GV
ZX649	Fruit Treasure's Berry	4 x 100g	2.99	GV
ZX646	Fruit Treasure's Tropical Giant Yoyo	4 x 100g	2.99	GV
ZX063	Giant Yoyo -Strawberry/Mango	6 x 5 x 20g	3.49	GV
ZX067	Giant Yoyo-Apple/Blackcurrant Yoyo Sours	6 x 5 x 20g	3.49	VG
ZX448	Strawberry & Apple Yoyos in multipacks	18 x 20g	0.69	GV
ZX009	Yoyo-Blueberry&Banana Smoothie	6 x 5 x 20g	3.90	FV
ZX050	Yoyos - Apple Multipack	6 x 5 x 20g	3.90	FV
ZX570	Yoyos - Banana Multipack	6 x 5 x 20g	3.90	GV
ZX020	Yoyos - Blackcurrant Multipack	6 x 5 x 20g	3.90	GV
ZX014	Yoyos - Mango Multipack	6 x 5 x 20g	3.90	GV
ZX013	Yoyos - Raspberry Multipack	6 x 5 x 20g	3.90	GV
ZX012	Yoyos - Strawberry Multipack	6 x 5 x 20g	3.90	GV
ZX015	Yoyos -Peach & Banana Smoothie	6 x 5 x 20g	3.90	V
<b>BIONA</b>				
ZX002	Berry Burst Sweets - Organic	10 x 75g	2.90	GOSV
ZX662	Cola Bottle Sweets - Organic	10 x 75g	2.90	OSV
ZX446	Fizzy Peaches	10 x 75g	2.90	GOVS
ZX441	Jelly Dino Sweets - Organic	10 x 75g	2.90	GOSV
ZX911	Mini Fruit Bears	10 x 75g	2.90	GOSV
ZX443	Pomegranate Heart Sweets - Org	10 x 75g	2.90	GOSV
ZX576	Sour Snakes	10 x 75g	2.90	OSV
<b>CANDY KITTENS</b>				
ZX178	Sour Shox 140g Bags	10 x 140g	3.15	VB
ZX594	Eton Mess	10 x 140g	3.15	SV
ZX598	Love Candy	10 x 140g	3.15	SV
ZX599	Sour Watermelon	10 x 140g	3.15	SV
ZX052	Sweet Raspberry & Guava	10 x 140g	3.15	SV
ZX113	Very Cherry	10 x 140g	3.15	SV
ZX622	Wild Strawberry Small Bags	10 x 140g	3.15	SV
ZX577	Eton Mess	12 x 54g	1.45	SV
ZX645	Sour Watermelon	12 x 54g	1.45	SVG
ZX116	Wild Strawberry	12 x 54g	1.45	SV
<b>CHEWSY</b>				
ZX677	Cinnamon Gum	12 x 15g	1.29	V
ZX665	Lemon Gum	12 x 15g	1.29	V
ZX565	Peppermint Gum	12 x 15g	1.29	V
ZX591	Spearmint Gum	12 x 15g	1.29	V
<b>COTSWOLD FUDGE CO</b>				
ZX064	Vegan Btterscotch Fudge	12 x 150g	3.80	FGSV
WS202	Vegan Caramel & Sea Salt Fudge	12 x 150g	3.80	GSV
ZX463	Vegan Chocolate Fudge	12 x 150g	3.80	FGSV
ZX464	Vegan Seasalt Fudge	12 x 150g	3.80	FGSV
ZX465	Vegan Vanilla Fudge	12 x 150g	3.80	FGSV
<b>CYPRESSA</b>				
ZX778	Almond Halva	12 x 250g	3.10	SV
<b>DANDIES</b>				
ZX654	Vegan Chocolate Marshmallows	20 x 105g	2.29	GSV
ZX667	Vegan Maple Marshmallow	20 x 105g	2.29	GSV
ZX668	Vegan Vanilla Jumbo Campers	10 x 280g	4.99	GSV
ZX199	Vegan Vanilla Marshmallows	12 x 200g	3.99	GSV
ZX203	Vegan Vanilla Mini Marshmallow	12 x 200g	3.99	GSV
ZX650	Vegan Vanilla Mini Marshmallow	20 x 105g	2.29	GSV

**FABULOUS FREE FROM FACTORY**  
Bulk - Zero Waste

code	product	size	rrp	bfgosv
ZX782	Choc Covered Crunchee Bites	2 x 5kg		GSV
ZX776	Chocolate Covered Peanuts	2 x 5kg		GSV
	<b>FREE FROM FELLOWS</b>			
ZX065	Cola Bottles	10 x 100g	2.90	GV
ZX060	Gummy Bears	10 x 100g	2.90	GV
ZX072	Midget Gems	10 x 100g	2.90	GV
ZX744	Wine Gums	10 x 100g	2.90	V
	Boiled Sweets			
ZX321	Cola & Strawberry Lollipops	10 x 60g	2.15	VG
ZX373	Pear Drops	10 x 70g	2.90	GSV
ZX324	Rhubarb and Custard	10 x 70g	2.90	VG
	Vegan Mallows			
ZX173	Mini Pink and White Vanilla	10 x 105g	2.25	SV
ZX323	Strawberry Mallows	10 x 105g	2.25	SV
ZX243	Vanilla Mallows	10 x 105g	2.25	SV
	<b>FREEDOM CONFECTIONERY</b>			
KB292	Gummies Cola	10 x 100g	3.15	GSV
KB282	Gummies Mojis	10 x 100g	3.15	GSV
KB291	Mallow Gems	10 x 100g	4.19	GSV
KB789	Pink & White Mini Marshmallows	10 x 105g	2.90	GSV
KB726	Vegantics - Large Mallows	10 x 105g	2.90	GSV
	<b>FRUTINA</b>			
KB325	Fruit Snack - Variety Pack	60 x 15g	0.65	V
	<b>JEALOUS SWEETS</b>			
	40g Bags			
ZX238	Grizzly Bears	10 x 40g	1.49	GSV
ZX675	Love Bears	10 x 40g	1.49	GV
ZX229	Tangy Worms	10 x 40g	1.49	SVG
ZX233	Tropical Wonder	10 x 40g	1.49	SGV
	Share Bags			
ZX005	Fizzy Lips Share Bag	10 x 125g	2.99	GSV
ZX466	Grizzly Bears Share Bags	10 x 125g	2.99	GSV
ZX472	Tangy Worms Share Bags	10 x 125g	2.99	GSV
ZX004	Tropical Wonder Share Bag	10 x 125g	2.99	GSV
	Shot Bags			
ZX948	Grizzly Bears Shot Bags	16 x 24g	0.99	GSV
ZX950	Happy Bears Shot Bags	16 x 24g	0.99	GV
ZX955	Love Bears Shot Bags	16 x 24g	0.99	GV
ZX949	Tangy Worms Shot Bags	16 x 24g	0.99	GSV
	<b>MARSEL DELIGHTS</b>			
ZX279	Hazelnut Turkish Delights	6 x 85g	4.90	SV
ZX271	Pistachio Turkish Delights	6 x 85g	4.90	SV
ZX280	Pomegranate Turkish Delights	6 x 85g	4.90	SV
ZX278	Rose Turkish Delights	6 x 85g	4.90	SV
	<b>NUDDERS</b>			
ZX548	Chocovered Crunchee Bites	12 x 65g	1.85	GSV
ZX927	Chocovered S/Salt Fudgee Bites	12 x 65g	1.89	SV
ZX175	Chocovered Salty Corn Balls	12 x 55g	1.89	GSV
ZX159	Dairy Free Chocolate Raisins	12 x 65g	1.69	GV
ZX982	F&F's	12 x 55g	1.75	GSV
	<b>OH MY GUM!</b>			
ZX368	Plant Based Cherry Chewing Gum	12 x 19g	3.25	V
ZX362	Plant Based Cinnamon Gum	12 x 19g	3.25	V
ZX347	Plant Based Mint Chewing Gum	12 x 19g	3.25	V
ZX538	Plant Based Tropical Chew Gum	12 x 19g	3.25	V
	<b>OTHERLY</b>			
ZX129	Sweets Space Mix	12 x 80g	3.95	SV
	<b>PANDA</b>			
ZX078	All Natural 4 Bar Pack	18 x 128g	2.50	SV
ZX071	All Natural Liquorice Bar	36 x 32g	0.70	VS
ZX402	All Natural Liquorice Bears	12 x 125g	1.75	VS



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ZX676	All Natural Raspberry Bar	36 x 32g	0.70	VS
ZX938	Chocolate Coated Liquorice	8 x 110g	3.55	V
ZX674	Liquorice Cuts Bag	12 x 240g	3.50	VS
ZX435	Liquorice Torpedos	18 x 100g	1.89	SV
ZX409	Raspberry Liquorice	12 x 200g	2.95	SV
<b>PENG</b>				
ZX382	Cappuccino Chocolate Chickpeas	6 x 110g	2.99	GSV
ZX383	Coconut Chocolate Chickpeas	6 x 110g	2.99	GSV
ZX379	Fruity Candy Roasted Chickpeas	6 x 110g	2.99	GSV
<b>PEPPERSMITH</b>				
ZX048	Strawberry Pastilles Big Packs	12 x 15g	1.59	GV
ZX769	Mighty Box Peppermint Gum	18 x 50g	3.49	V
ZX772	Mighty Box Peppermint Mints	18 x 60g	4.39	GV
ZX771	Mighty Box Spearmint Gum Dental Pocket Packs	18 x 50g	3.49	V
ZX026	Extra Strong Mints	12 x 15g	1.59	V
ZX601	Peppermint Chewing Gum	12 x 15g	1.39	V
ZX536	Peppermint Fresh Mints	12 x 15g	1.59	V
ZX590	Sicilian Lemon Peppermints	12 x 15g	1.59	V
ZX606	Spearmint Chewing Gum	12 x 15g	1.39	V
<b>PIP ORGANIC</b>				
ZX730	Mango Pipstick	24 x 18g	0.89	OV
ZX545	Pineapple & Mango Pipstick	24 x 18g	0.89	OV
<b>RICOLA</b>				
ZX853	Apple Mint - sugar free	20 x 45g	1.65	V
ZX540	Blackcurrant - sugar free	20 x 45g	1.65	V
ZX372	Cranberry - sugar free	20 x 45g	1.65	V
ZX734	Elderflower - sugar free	20 x 45g	1.65	V
ZX269	Glacier Peppermint -Sugar Free	20 x 45g	1.65	GV
ZX351	Herb - sugar free	20 x 45g	1.65	V
ZX442	Lemon Mint - sugar free	20 x 45g	1.65	V
ZX350	Liquorice - sugar free	20 x 45g	1.65	V
ZX327	Mountain Mint - Sugar Free	20 x 45g	1.65	GV
ZX539	Raspberry Mint - sugar free	20 x 45g	1.65	V
<b>SUNITA</b>				
ZX587	Grape Juice & Sultana Halva OG	12 x 75g	1.95	OV
ZX099	Halva with Coconut	12 x 75g	1.95	OV
<b>TROPICKS</b>				
ZX008	Fruit Balls Mango	8 x 50g	2.90	GOV
ZX023	Fruit Balls Pineapple	8 x 50g	2.90	GOV
ZX003	Fruit Roll Mango	30 x 27g	1.19	GOV
ZX006	Fruit Roll Pineapple	30 x 27g	1.19	GOV
<b>TABLE SAUCES</b>				
<b>BIONA</b>				
KJ228	Balsamic Glaze Organic	12 x 150ml	4.15	OV
KJ225	BBQ Sauce Organic	6 x 250ml	3.44	OSV
KJ082	Brown Sauce Organic	6 x 270g	3.75	OV
KJ106	Classic Tomato Ketchup Squeezy	12 x 560g	4.35	GOSV
KJ221	Organic French Dijon Mustard	6 x 200g	3.34	OV
KJ254	Organic Wholegrain Mustard	6 x 200g	3.54	OV
KJ343	Sriracha Sauce	6 x 130ml	3.35	OSV
KJ226	Sweet Chilli Sauce Organic	6 x 250ml	3.45	OSV
KJ232	Tomato Ketchup, Organic	6 x 340g	3.45	OV
KJ463	Worcester Sauce	6 x 140ml	4.35	GOSV
<b>CASA FIRELLI</b>				
KJ320	Extra Hot Sauce	6 x 155g	3.50	V
KJ318	Original Hot Sauce	6 x 155g	3.50	V
KJ322	Truffle Hot Sauce	6 x 155g	5.99	V
<b>CHOLULA</b>				
KJ150	Hot Sauce Chili Garlic	12 x 150ml	3.15	V

code	product	size	rrp	bfgosv
KJ234	Hot Sauce Chipotle	12 x 150ml	3.15	SV
KJ014	Hot Sauce Original	12 x 150ml	3.15	V
<b>EATEN ALIVE</b>				
KJ287	Jalapeno & Lime Hot Sauce	12 x 150ml	4.40	SV
KJ146	Preserved Lemon Hot Sauce	12 x 150ml	4.40	SV
KJ286	Raw Kimchi Hot Sauce	12 x 150ml	4.40	VS
KJ148	Scotch Bonnet Hot Sauce	12 x 150ml	4.40	SV
KJ144	Smoked Sriracha Hot Sauce	12 x 150ml	4.40	SV
<b>GEO ORGANICS</b>				
KJ212	Worcestershire Sauce - organic	6 x 150ml	3.95	OSV
<b>HENDERSON'S</b>				
KJ344	Henderson's Relish	12 x 284ml	2.49	GSV
<b>HUNTER AND GATHER</b>				
KJ326	Barbecue Sauce Unsweetened	6 x 350g	3.69	V
KJ323	Tomato Ketchup Unsweetened	6 x 350g	3.69	GV
<b>JOCK'S HOT SAUCE</b>				
KJ066	Smoked Habanero Chilli Sauce	6 x 150ml	5.00	SV
<b>MR ORGANIC</b>				
KJ355	Chilli Ketchup	6 x 480g	3.79	OSV
KJ050	Italian Organic Ketchup	6 x 480g	3.49	OSV
KJ496	Naturally sweetened Ketchup	6 x 480g	3.79	GOV
<b>MUTTI</b>				
KJ056	TOMATO KETCHUP	6 x 300g	3.90	SV
<b>RUBIES IN THE RUBBLE</b>				
KJ315	Tomato Ketchup - Squeezy	6 x 485g	4.25	V
<b>STUBB'S</b>				
KJ073	Hickory Liquid Smoke	12 x 148ml	3.49	GSV
<b>TEAS</b>				
<b>CHEERFUL BUDDHA</b>				
TE217	Lion's Mane Mushroom Black Tea	6 x 15PK	4.99	V
TE221	Lion's Mane Mushroom Decaf Tea	6 x 15PK	4.99	GV
TE287	Lion's Mane Mushroom Green Tea	6 x 15PK	4.99	GV
<b>CLEARSPRING</b>				
JP210	Genmaicha Green Tea Tea Bags	4 x 20 bags	3.49	OV
JP097	Hojicha Roasted Green Tea	4 x 20 bags	3.49	OV
TE024	Japanese Matcha Green Tea Pwdr	6 x 100g	23.99	OSV
TE236	Japanese Oolong Tea (bags)	4 x 36g	3.99	OV
JP063	Kukicha,Roasted Twig Teabags	4 x 20 bags	3.49	OV
JP010	Matcha Sencha Green Tea (bags)	4 x 20 bags	3.99	OV
TE237	Matcha Tea Ceremonial Tin	4 x 30g	16.99	OV
TE504	Matcha Tea Premium (bulk)	1kg	193.00	OV
TE243	Matcha Tea Premium (Pouch)	10 x 40g	1.99	OV
TE022	Org Japanese Kuwa Mulberry Pow	10 x 40g	8.99	OSV
JP302	Sencha Green Tea	4 x 20 bags	3.49	OV
JP019	Sencha Traditional Green Tea	6 x 90g	7.49	OV
LIMITED EDITION				
TE223	Matcha Green Tea Powder	3 x 30g	29.99	OV
<b>CLIPPER</b>				
Food Service Range				
TE178	Fairtrade Everyday	6 x 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
TE451	Speciality English Breakfast	250 bags	27.59	FOV
Food Service Range - 6 X 25's				
TE150	Earl Grey	6 x 25 bags	3.35	FOV
Food Service Range - 6 x 25's				
TE635	Everyday Decaffeinated Tea	6 x 25 bags	4.50	OV
Food Service Range - 6 X 25's				
TE161	Green Tea	6 x 25 bags	3.49	FOV

code	product	size	rrp	bfgosv
TE990	Green Tea 20's			
TE989	Green Tea with Lemon Organic Organic Pure Green Tea	6 x 20 bags 6 x 20 bags	2.95 2.95	OFV OFV
TE463	Loose Leaf 80g Earl Grey	6 x 80g	3.79	FOV
TE467	English Breakfast	6 x 80g	3.79	FOV
TE466	Pure Green Pack 40	6 x 80g	3.79	FOV
TE154	Decaffeinated Green	6 x 40 bags	4.19	FOV
TE151	Decaffeinated Tea	6 x 40 bags	3.99	FOV
TE158	Earl Grey Decaff	6 x 40 bags	3.99	FOV
TE172	English Breakfast Tea Organic	6 x 40 bags	3.35	FGOV
TE983	FT Organic Assam	6 x 40 bags	2.89	FOV
TE177	FT Organic Earl Grey	6 x 40 bags	3.29	FGOV
TE168	FT Organic Everyday Tea	6 x 40 bags	3.29	FGOV
TE182	FT Organic Green Tea	6 x 40 bags	3.49	FGOV
TE183	FT Organic White Tea Pack 80	6 x 40 bags	3.55	FGOV
TE164	Decaffeinated Tea	4 x 80 bags	6.89	FOV
TE053	Earl Grey	6 x 80 bags	4.59	FOV
TE507	English Breakfast Organic	4 x 80 bags	4.65	FGOV
TE189	FT Organic Everyday Tea	4 x 80 bags	4.45	FGOV
TE190	FT Organic Green Tea	4 x 80 bags	4.79	FGOV
TE179	Green and Mint Super Green Teas	4 x 80 bags	4.79	FOV
TE379	Reviving Organic Green Tea	4 x 20 bags	2.99	FOV
<b>HAMPSTEAD TEA</b>				
TE369	Assam	4 x 20 bags	3.59	OV
TE939	Clean Green	4 x 20 bags	3.59	FOV
TE936	Divine Earl Grey	4 x 20 bags	3.59	FOV
TE932	English Breakfast	4 x 20 bags	3.59	FOV
TE935	Pure Darjeeling 20 bags/box, 3 boxes/gift pack	4 x 20 bags	3.59	FOV
TE222	Triple Pack Teas - Gift Looseleaf	4 x 1	11.99	OV
TE249	Darjeeling	6 x 100g	6.49	OVB
TE251	Earl Grey	6 x 100g	6.49	OVB
TE677	English Breakfast	6 x 100g	6.49	GOVB
TE255	Green Tea	6 x 100g	6.49	OVB
<b>PUKKA</b>				
TE213	Elegant English Breakfast	4 x 20 bags	5.90	FOV
TE214	Gorgeous Earl Grey	4 x 20 bags	5.90	FOV
<b>QI</b>				
TE308	Decaffeinated Green Tea	6 x 20 bags	3.79	OV
TE485	Fairtrade Green Tea	6 x 25 bags	2.29	FOV
TE114	Fairtrade White Tea	6 x 25 bags	2.59	FOV
TE112	Green Tea & Jasmine	6 x 25 bags	2.89	FOV
TE200	Green Tea & Jasmine Loose Leaf	6 x 100g	6.90	OV
TE310	Matcha Green Tea Powder Looseleaf	8 x 40g	11.99	OV
TE819	Fairtrade Chun Mee Tea	6 x 100g	3.29	FOV
<b>RHEAL</b>				
VF262	Superfoods Magic Matcha	6 x 120g	34.99	GOV
<b>T. BUCKWHEAT TEA</b>				
TE197	Buckwheat Teabags	6 x 15 bags	9.99	GV
<b>TOFU &amp; TEMPEH (CHILLED)</b>				
<b>BETTER NATURE</b>				
CV763	BBQ Tempeh Pieces	6 x 180g	3.29	GSV
CV766	Mediterranean Tempeh Pieces	6 x 180g	3.29	GV
CV201	Organic Tempeh	6 x 200g	2.99	OV

code	product	size	rrp	bfgosv
CV387	Smoky Tempeh	6 x 220g	3.29	GV
	<b>CAULDRON</b>			
CV562	Organic Marinated Tofu Pieces	6 x 160g	3.40	SOV
CV561	Organic Tofu	6 x 396g	3.55	OV
	<b>CLEAR SPOT</b>			
CV209	Marinated Tofu	8 x 190g	2.90	OV
CV612	Oriental Tofu	8 x 225g	3.40	OV
CV206	Plain Tofu	8 x 280g	2.35	OV
CV272	Plain Tofu	6 x 450g	3.69	OV
CV777	Scrambled Tofu	6 x 200g	3.90	GOV
CV249	Smoked Tofu	8 x 225g	3.20	OV
CV074	Tempeh	6 x 200g	3.69	OV
	<b>DRAGONFLY</b>			
CV431	Org Medium Firm Natural Tofu	5 x 300g	2.75	OV
CV395	Org Smoked Tofu	5 x 300g	3.20	OV
CV394	Org Super Firm Natural Tofu	5 x 300g	2.75	OV
CV393	Organic Marinated Tofu	5 x 300g	3.70	GOV
	<b>IMPULSE FOODS</b>			
CV177	Black Turtle Bean Tempeh	6 x 200g	4.55	GOV
CV178	Chickpea & Chia Tempeh	6 x 200g	4.55	GOV
CV537	Classic Original Tempeh	6 x 200g	3.75	OV
CV543	Tempeh with Hemp Seeds	6 x 200g	4.50	OV
CV544	Tempeh with Sea Vegetables	6 x 200g	3.95	OV
	<b>TAIFUN</b>			
CV007	Almond/Sesame Tofu Slice	8 x 200g	4.55	OV
CV835	Basil Tofu with Fresh Herbs	6 x 200g	4.70	OVB
CV140	Blackforest Tofu	6 x 200g	4.75	OV
CV635	Feto Natural Tofu	6 x 200g	4.55	OV
CV684	Firm Tofu - Natural	8 x 200g	2.75	OV
CV139	Natural Silken Tofu	6 x 400g	4.35	OV
CV833	Smoked Tofu	8 x 200g	4.50	OV
CV133	Spinach Tofu	6 x 200g	4.65	OV
CV841	Tofu Fillet - Japanese Style	8 x 160g	3.85	OVB
CV840	Tofu Fillet - Mild Wild Garlic	8 x 160g	4.15	OVB
CV151	Tofu Fillets with Garden Peas	8 x 160g	4.15	OV
CV413	Tofu Pizza Fillets	8 x 160g	4.25	OV
CV832	Tofu Rosso - Taste of the Med	6 x 200g	4.70	OVB
	<b>TOMATOES &amp; TOMATO PRODUCTS</b>			
	<b>SUMA ORGANIC</b>			
LJ560	Organic Passata	12 x 690g	1.95	VO
LJ088	Tomato Puree - organic Canned	24 x 200g	1.89	OV
LJ075	Cherry Tomatoes - organic	12 x 400g	1.39	OV
LJ080	Tomatoes - chopped, organic	12 x 400g	1.19	OV
LJ123	Tomatoes - chopped, organic	6 x 2.5kg	6.90	OV
LJ081	Tomatoes - peeled, whole OG	12 x 400g	1.19	VO
	<b>SUMA PREPACKS - ORGANIC</b>			
	Dried			
LJ602	Sundried Tomatoes - organic	6 x 125g	2.50	OV
	<b>MR ORGANIC</b>			
KJ071	Italian Tomato Puree	6 x 200g	2.39	OV
	<b>MUTTI</b>			
LJ142	Baby Roma Tomatoes	12 x 400g	2.59	V
LJ140	Classic Pizza Sauce	12 x 400g	2.29	V
LJ129	Finely Chopped Tomatoes	12 x 400g	1.59	V
LJ128	Flavoured Pizza Sauce	12 x 400g	2.29	V
LJ141	Passata	12 x 500g	2.19	V
LJ134	Passata (Bottled)	12 x 400g	2.29	V
LJ127	Tomato Puree in Tubes	24 x 130g	1.69	V
LJ093	Triple Conc' Tomato Puree	24 x 200g	2.59	V

code	product	size	rrp	bfgosv
LJ133	Whole Peeled Tomatoes	12 x 400g	1.65	V
	<b>ORGANICO</b>			
KJ010	Sundried Tomatoes - og	5 x 190g	4.25	FOV
	<b>ZEST</b>			
LJ042	Sun-dried Tomato Paste	6 x 170g	3.49	V
	<b>TOOTH CARE</b>			
	<b>ALOE DENT</b>			
DY511	Aloe Vera Charcoal Toothpaste	6 x 100ml	5.49	V
DY852	Aloe Vera Childrens Toothpaste	6 x 50ml	3.99	V
DY516	Aloe Vera Coconut Toothpaste	6 x 100ml	5.49	V
DY864	Aloe Vera Mouthwash	6 x 250ml	4.99	V
DY849	Aloe Vera Sensitive Toothpaste	6 x 100ml	5.49	V
DY836	Aloe Vera Whitening Toothpaste	6 x 100ml	5.49	V
DY528	Triple Action Toothpaste	6 x 100ml	5.49	V
	<b>BEN &amp; ANNA</b>			
DY300	Mouthwash - Sensitive	1 x 500ml	12.95	OV
DY302	Toothpaste - Charcoal	1 x 100ml	8.95	OV
DY293	Toothpaste - Sensitive	1 x 100ml	8.95	OV
DY291	Toothpaste - Whitening	1 x 100ml	8.95	OV
	Toothpaste - Tubes			
DY193	Toothpaste Tube - Black	6 x 75ml	5.95	OV
DY203	Toothpaste Tube - Coco Mania	6 x 75ml	5.95	OV
DY204	Toothpaste Tube - Mint	6 x 75ml	5.95	OV
DY195	Toothpaste Tube - White	6 x 75ml	5.95	OV
	<b>ECOLIVING</b>			
DY279	Dental Floss	6 x 50m	4.20	OV
DY170	Mouthwash Tablets w\Fluoride	10 x 125 tab	6.00	V
DY169	Toothpaste Tablets w\Fluoride	10 x 125 tab	5.50	V
	<b>ECOTOOTHBRUSH</b>			
NF356	Toothbrush Adult Charcoal Med	12 x 1	3.29	V
NF355	Toothbrush Adult Charcoal Soft	12 x 1	3.29	V
NF357	Toothbrush Child Charcoal Soft	12 x 1	3.29	V
	<b>ENVIRONMENTAL TOOTHBRUSH</b>			
NF616	The Environmental Toothbrush	12 x 1	3.15	V
NF642	The Environmental Toothbrush	12 x 1	3.15	V
NF660	The Environmental Toothbrush	12 x 1	3.15	V
	<b>GREEN PEOPLE</b>			
DY014	Childrens Toothpaste	12 x 50ml	6.50	VO
DY256	Childrens Toothpaste Mandarin	12 x 50ml	6.50	VO
DY216	Toothpaste Minty Cool	12 x 50ml	6.50	V
DY255	Toothpaste Peppermint	12 x 50ml	6.50	V
	<b>HUMBLE</b>			
	Dental Floss			
DY467	Charcoal Floss Picks	12 x 50	4.99	V
DY468	Dental Floss - Fresh Mint	12 x 50m	2.99	V
DY470	Natural Floss Picks	12 x 50	4.99	V
	Interdental Brushes			
DY318	Interdental Brush Blue	6 x 6 pack	3.30	V
DY323	Interdental Brush Pink	6 x 6 pack	3.30	V
DY319	Interdental Brush Red	6 x 6 packs	3.30	V
DY324	Interdental Brush Yellow	6 x 6 pack	3.30	V
	Toothbrushes			
DY178	Toothbrush Adult Medium Bamboo	20 x 1	1.99	V
DY648	Toothbrush Adult Medium Mixed	10 x 1	3.99	V
DY649	Toothbrush Adult Mixed Soft Pk	10 x 1	3.99	V
DY176	Toothbrush Adult Soft Duo Pack	20 x 2	2.99	V
DY651	Toothbrush Kids Ultra Soft Mix	20 x 1	3.99	V
	<b>KINGFISHER</b>			
DY669	Toothpaste Aloe TeaTree Fennel	12 x 100ml	3.35	GV
DY668	Toothpaste Aloe, TeaTree, Mint	12 x 100ml	3.35	GV
DY527	Toothpaste Baking Soda & Mint	12 x 100ml	3.35	GV

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DY416	Toothpaste Charcoal Whitening	12 x 100ml	3.35	GV
DY111	Toothpaste Fennel	12 x 100ml	3.35	GV
DY800	Toothpaste Fennel FluorideFree	12 x 100ml	3.35	GV
DY161	Toothpaste Kids Strawberry	12 x 100ml	3.35	GV
DY565	Toothpaste Kids Strawberry	12 x 100ml	3.35	V
DY190	Toothpaste Mint	12 x 100ml	3.35	GV
DY529	Toothpaste Mint Fluoride Free	12 x 100ml	3.35	GV
<b>SARAKAN</b>				
DY035	Mouthwash Anti-Plaque	6 x 300ml	4.99	V
DY113	Toothpaste	6 x 64g	3.59	V
<b>WELEDA</b>				
DY146	Toothpaste - Calendula	6 x 75ml	5.50	V
DY149	Toothpaste - Plant Gel	6 x 75ml	5.50	V
DY147	Toothpaste - Ratanhia	6 x 75ml	5.50	V
<b>YAWECO</b>				
DY015	Adult Toothbrush - Medium	6 x 1	3.79	V
DY332	Medium Refill Heads	6 x 4 HEADS	7.79	V
<b>VEGAN &amp; OAT MILK</b>				
<b>ALPRO</b>				
TE004	Almond Barista	12 x 1l	2.95	GSV
TE624	Coconut Barista	12 x 1l	2.95	V
TE083	Oat Barista	12 x 1l	2.45	V
SY086	Oat Growing Up Drink	8 x 1l	2.49	V
SY050	Organic Soya Drink	8 x 1l	2.90	GOV
TE642	Soya Barista	12 x 1l	2.35	V
SY213	Soya Milk Unsweetened	8 x 1l	1.79	V
<b>BIONA</b>				
VF103	Coconut Milk Powder	12 x 150g	4.50	OV
VF324	Condensed Coconut Milk	8 x 210ml	2.39	OSV
<b>BLUE DIAMOND</b>				
SY101	Almond Breeze - Barista Blend	8 x 1l	2.99	GV
SY061	Almond Breeze - Original	8 x 1l	2.29	GSV
SY066	Almond Breeze - Unsweetened	8 x 1l	2.29	GV
<b>BONSOY</b>				
SY072	Soya Milk	6 x 1l	4.90	V
<b>CALIFIA FARMS</b>				
SY226	Oat Barista Blend	6 x 1l	1.99	V
<b>COCONUT MERCHANT</b>				
VF082	Coconut Milk Powder	6 x 250g	5.90	OV
<b>ECOMIL</b>				
SY279	Soya Drink Powder (sweetened)	6 x 400g	11.49	OV
<b>FOOD HEAVEN</b>				
SY245	Chocolate Whipped Spray Cream	12 x 200ml	2.75	GSV
SY168	Heavenly Whipped Spray Cream	12 x 200ml	2.49	GSV
<b>GLEBE FARM</b>				
SY165	Almond Drink Barista	6 x 1 l	2.79	FCV
SY164	Coconut Drink Barista	6 x 1 l	2.49	FCV
SY140	Pure Oaty Barista Drink	6 x 1l	2.39	GV
SY162	Pureoaty Creamy and enriched	6 x 1 l	2.39	GV
SY161	PureOaty Organic Barista	6 x 1lT	2.59	GOV
<b>GOOD HEMP</b>				
SY070	Hemp Drink - Seed Milk	6 x 1l	2.40	V
<b>JOYA</b>				
SY163	Rice Milk	8 x 1l	2.15	V
SY166	Rice Milk	10 x 1l	2.25	OV
<b>KOKO DAIRY FREE</b>				
SY149	Barista Coconut Milk Drink	6 x 1l	2.25	GSV
SY038	Coconut Milk Drink	12 x 1l	2.15	GSV
SY122	Coconut Milk Drink Unsweetened	6 x 1l	2.15	GV
SY020	Koko Kids Milk Alternative	6 x 1l	2.25	GSV
<b>MINOR FIGURES</b>				
SY227	Everyday Oat - Light	6 x 1l	2.29	V

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SY228	Everyday Oat - Regular	6 x 1l	2.29	V
SY172	Masala Chai Organic	6 x 1l	6.50	SVO
SY171	Oat M*lk - Barista	6 x 1l	2.29	V
SY196	Organic Barista Oat Drink	6 x 1l	2.45	OV
<b>NATURLI'</b>				
SY234	Do Not Call Me M_lk	8 x 1l	2.59	V
<b>OATLY</b>				
SY158	Barista Oat Drink	6 x 1l	2.39	V
SY048	Barista Oat Drink Organic	6 x 1l	2.55	OV
SY073	Barista Single Portions	100 x 20ml	0.15	V
SY019	Cream - Dairy Free	18 x 250ml	1.25	VO
SY239	Oatly Barista Oat Drink	10 x 500ml	1.45	V
SY045	Oatly Chocolate Drink	6 x 1l	2.19	SV
SY238	Oatly Chocolate Drink	18 x 250ml	0.95	SV
SY075	Oatly Oat Drink - No Sugars	6 x 1l	2.29	V
SY064	Oatly Oat Drink - Semi	6 x 1l	2.29	V
SY056	Oatly Oat Drink - Whole	6 x 1l	2.29	V
JU377	Oatly Oat Drink Organic	6 x 1l	2.19	OV
SY005	Oatly Vanilla Drink	6 x 1l	2.19	SV
<b>ODDLY GOOD</b>				
SY256	Barista Oat Drink	6 x 1l	2.20	GV
SY210	Salted Caramel Barista Oat	10 x 1l	2.75	GSV
SY255	Vanilla Barista Oat Drink	10 x 1l	2.75	GSV
<b>PLAMIL</b>				
SY009	Organic Soya Milk Heritage	8 x 1l	2.80	VOG
<b>PLENISH</b>				
SY204	Almond Barista - Organic	6 x 1l	2.99	OSV
SY119	Almond M*lk - Organic	8 x 1l	2.95	OV
SY120	Cashew M*lk	8 x 1l	2.95	OV
SY118	Coconut M*lk	8 x 1l	2.95	OV
SY206	Oat Barista - Organic	6 x 1l	2.65	GOV
SY170	Oat M*lk - Gluten Free	8 x 1l	2.59	GOV
SY182	Soya Barista - Organic	6 x 1l	2.65	OSV
SY191	Soya M*lk	8 x 1l	2.59	OV
<b>REBEL KITCHEN</b>				
SY093	Barista Mylk	6 x 1l	2.55	V
<b>RUDE HEALTH FOODS</b>				
SY052	Almond Drink - No Sugars	6 x 1l	2.69	GOV
SY129	Almond Drink - Organic	6 x 1l	2.69	GOV
SY230	Barista Almond	6 x 1l	2.49	GV
SY231	Barista Coconut	6 x 1l	2.49	GV
SY232	Barista Oat	6 x 1l	1.99	GV
SY031	Barista Oat Organic	6 x 1l	2.49	OV
SY233	Barista Soya	6 x 1l	1.99	GOV
SY130	Brown Rice Drink - Organic	6 x 1l	2.49	GOV
SY085	Cashew Drink - Organic	6 x 1l	3.50	GOV
SY044	Coconut Drink Organic	6 x 1l	2.99	GOV
SY148	Hazelnut Drink - Organic	6 x 1l	2.99	GOV
SY054	Oat Drink - No Sugars	6 x 1l	2.50	GOV
SY037	Oat Drink - Organic	6 x 1l	2.49	GOV
SY194	Organic Soya Drink	6 x 1l	2.29	GOV
SY223	Roast Almond Oat Drink OG	6 x 1l	2.49	OV
SY117	Tiger Nut Drink Organic	6 x 1l	2.99	GOV
SY159	Ultimate Almond Milk - Organic	6 x 1l	3.85	GOV
<b>SOJADE</b>				
SY063	Cooking Cream	8 x 500ml	2.39	GOV
SY017	Cuisine- Organic Soya Cream	24 x 200ml	1.19	OV
SY062	High Protein Drink	8 x 750ml	2.19	GOV
SY018	Soya Drink - Mild Sweetened	8 x 1l	2.45	GOV
SY016	Soya Drink - Unsweetened	8 x 1l	2.19	GOV
SY023	Vanilla Soya Drink	8 x 1l	2.69	GOV

code	product	size	rrp	bfgosv
	<b>SOON</b>			
SY241	Organic Hemp Drink	8 x 1l	3.90	OV
	<b>SPROUD</b>			
SY217	Iced Coffee - Original	15 x 250ml	1.99	FGV
SY218	Salted Caramel Vegan Ice Latte	15 x 250ml	1.99	FGSV
SY069	Sproud Barista	6 x 1l	2.45	GSV
SY057	Sproud Original	6 x 1l	2.45	GSV
	<b>THE BRIDGE</b>			
SY160	Coconut Drink	12 x 1l	2.45	GOV
SY002	Oat Drink	12 x 1l	2.19	OV
SY112	Oat Drink - Barista	12 x 1l	2.35	OV
SY068	Rice Drink - Cacao	10 x 250ml	0.99	OV
SY487	Rice Drink - Original	6 x 1l	2.15	GOV
SY452	Rice Drink + Almond	6 x 1l	2.49	GOV
SY008	Rice Drink + Coconut Cooking Cream	12 x 1l	2.65	GOV
SY188	Coconut Cream - Organic	10 x 200ml	1.55	GOV
SY187	Oat Cream - Organic	10 x 200ml	1.35	OV
SY150	Rice Cream - Organic	10 x 200ml	1.29	OV
SY186	Soya Cream - Organic	10 x 200ml	1.19	GOV
	<b>THE COCONUT COMPANY</b>			
SY001	Coconut Milk Powder	12 x 250g	5.89	V
SY116	Coconut Milk Powder - Organic	12 x 250g	6.99	GOV
	<b>VEGAN CHEESE</b>			
	<b>APPLEWOOD</b>			
CV615	Smoked Cheese Block	8 x 200g	2.80	GSV
CV618	Smoked Cheese Slices	12 x 200g	3.10	GV
	<b>BUTE ISLAND FOODS</b>			
CV016	Greek Style	6 x 200g	2.45	GV
CV191	Mighty Mature Cheddar Style Creamy Sheese	6 x 200g	2.45	GV
CV308	Creamy Garlic and Herb Spread	6 x 255g	2.65	GSV
CV284	Creamy Onion & Black Pepper	6 x 255g	2.65	GSV
CV315	Creamy Original Spread	6 x 255g	2.65	GSV
CV024	Creamy Sweet Chilli Spread Grated Sheese	6 x 255g	2.70	GV
CV165	Grated Mature Cheddar Style	4 x 200g	3.10	GV
CV186	Grated Mild Cheddar Style	4 x 200g	3.10	GV
CV183	Grated Mozzarella Style Sheese Bakes	4 x 200g	3.10	GV
CV457	Jalapeno Melting Bake	12 x 150g	4.80	GV
CV458	Spring Onion & Garlic Bake Sliced Sheese	12 x 150g	4.80	GV
CV749	Cheddar Jalapeno Slices	10 x 180g	2.70	V
CV540	Mature Cheddar Style Slices	10 x 180g	2.65	V
CV542	Mozzarella Style Slices	10 x 180g	2.65	GV
	<b>HONESTLY TASTY</b>			
CV171	Blue Style Cheese	6 x 140g	4.55	SV
CV189	Garlic & Herb Style Cheese	6 x 130g	3.39	SV
CV195	Shamembert Style Cheese	6 x 160g	5.25	SV
	<b>I AM NUT OK</b>			
CV786	Artisan Not Cheese Bluffalo Notzarella Cheese	6 x 200g	4.99	V
CV787	C'e Dairy Cheese	6 x 120g	6.99	V
CV788	Fetamorphosis Cheese	6 x 140g	5.99	V
CV790	G.O.A.T. Tangy Cheese	6 x 120g	6.99	V
CV810	Meltdown Cheese	6 x 200g	5.50	V
CV791	Minerthreat Charcoal Cheese	6 x 120g	6.99	V
CV798	Nerominded Truffle Cheese	6 x 120g	6.99	V
CV805	Oh Grate Cheese	6 x 100g	4.99	V



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CV811	Paparica Smoked Cheese	6 x 120g	6.99	V
CV812	Sauvignonsense Cabernet Cheese	6 x 120g	6.99	V
<b>KINDA CO</b>				
CV324	Blue Vegan Cheese	6 x 120g	7.50	OV
CV334	Farmhouse Vegan Cheese	6 x 120g	7.50	OV
CV339	Garlic & Herb Vegan Cheese	6 x 120g	7.50	OV
CV333	Greek Style Cheese	6 x 120g	7.50	OV
CV355	Lemon & Dill Creamy Spread	6 x 130g	6.45	V
CV353	Nacho Vegan Cheese Spread	6 x 200g	5.60	V
CV335	Smoked Vegan Cheese	6 x 120g	7.50	OV
CV340	Sour Creme & Chive Spread	6 x 130g	7.50	OV
CV344	Truffle Vegan Cheese	6 x 120g	6.00	V
<b>MOUSE'S FAVOURITE</b>				
CV080	Aged Classic Cheese	6 x 125g	9.00	OV
CV086	Apricot Cheese	6 x 135g	8.25	OV
CV079	Camembert Blue Style Cheese	6 x 130g	9.35	OV
CV077	Camembert Style Cheese	6 x 135g	9.35	OV
<b>MOZZARISELLA</b>				
CV858	Classic Vegan Cheese	10 x 125g	3.25	OV
CV027	MascaRice Vegan Mascarpone	6 x 150g	3.65	GOV
<b>NUSH</b>				
CV738	Almond & Chive Ch*ese Spread	6 x 150g	3.25	V
CV750	Natural Almond Ch*ese Spread	6 x 150g	3.25	V
<b>OATLY</b>				
CV700	Creamy Oat Spread Plain	6 x 150g	2.40	V
<b>ORIGIN KITCHEN</b>				
CV717	Mushroom Spread & Stir	6 x 140g	3.70	V
CV722	Pesto Spread & Stir	6 x 140g	3.70	V
CV727	Tomato Spread & Stir	6 x 140g	3.70	V
<b>TYNE CHEASE</b>				
CV072	Applewood Cheese	4 x 160g	1.70	V
CV073	Ethiopian Spice Cheese	4 x 160g	9.95	V
CV109	Garlic Cheese	4 x 160g	9.95	V
CV114	Marinara Cheese	4 x 160g	1.70	V
CV099	Original Cheese	4 x 160g	9.95	V
CV104	Smoked Cheese	4 x 160g	9.95	V
CV107	Truffle Cheese	4 x 160g	1.70	V
<b>VBITES</b>				
	Allergen Free			
CV870	Mature Cheddar Block Cheezly	10 x 180g	2.75	V
CV875	Mozzerella Block Cheezly	10 x 180g	2.60	V
CV878	Smokey Block Cheezly	10 x 180g	2.79	V
<b>VIOLIFE</b>				
	Blocks			
CV125	Cheddarton Cheese Block	12 x 200g	3.60	V
CV449	Cheese Block Cheddar	7 x 400g	5.50	V
CV448	Cheese Block Mozzarella	7 x 400g	5.50	V
CV446	Cheese Block Original	7 x 400g	5.50	V
CV444	Cheese Block Smoked	7 x 400g	5.50	V
CV230	Epic Mature Cheddar Cheese Catering Size	12 x 200g	3.30	SV
CV593	Cheddar Style	5 x 2.5kg		V
CV592	Mozzarella Style Cream Cheese	5 x 2.5kg		V
CV225	Creamy Cheddar	10 x 150g	2.75	SV
CV529	Creamy Original	8 x 200g	3.00	V
CV226	Creamy with Garlic and Herb Grated	10 x 150g	2.75	V
CV433	Grated Epic Mature	12 x 150g	2.40	V
CV871	Grated Original	11 x 200g	3.10	V
CV904	Grated Tex-Mex Cheese	8 x 180g	3.40	GSV

code	product	size	rrp	bfgosv
	Slices			
CV793	BBQ Flavour Slices	12 x 200g	3.55	V
CV407	Cheddar Flavour Slices	12 x 200g	3.40	V
CV779	Mature Cheddar Flavour Slices	12 x 200g	3.40	V
CV439	Mozzarella Cheese Slices	12 x 200g	3.40	V
CV416	Original Flavour Cheese Slices	12 x 200g	3.30	V
CV442	Smoked Cheese Slices	12 x 200g	3.40	V
	Specialities			
CV905	Camembert	6 x 150g	3.80	GV
CV781	Greek Style Cheese	12 x 200g	3.50	V
CV706	Mediterranean Grill Cheese	12 x 200g	3.00	V
CV546	Prosociano Cheese	11 x 150g	4.45	V
<b>VEGAN DESSERTS</b>				
<b>BEAR</b>				
XL067	Mango Ice Lolly Squeezers	8 x 5 x 60ml	3.95	GV
XL064	Strawberry Ice Lolly Squeezers	8 x 5 x 60ml	3.95	GV
<b>BEAU'S GELATO</b>				
XL108	Chocolate Chip Ice Cream	6 x 450ml	5.69	SV
XL111	Mint Choc Chip Ice Cream	6 x 450ml	5.69	SV
XL112	Pistachio Ice Cream	6 x 450ml	5.69	SV
XL100	Raspberry Ice Cream	6 x 450ml	5.69	SV
XL097	Strawberry Ice Cream	6 x 450ml	5.69	SV
<b>BOOJA-BOOJA</b>				
	110ml Tubs			
XL258	Caramel Pecan Ice Cream	22 x 110ml	2.10	GOSV
XL031	Deeply Chocolate Ice Cream	22 x 110ml	2.10	GOSV
XL340	Mango & Raspberry Ice Cream	22 x 110ml	2.10	GOSV
XL410	Vanilla Ice Cream	22 x 110ml	2.10	GOSV
	465ml Tubs			
XL263	Caramel Pecan Ice Cream	6 x 465ml	5.69	GOSV
XL013	Choc Fudge Brownie Ice Cream	6 x 465ml	5.69	GOSV
XL259	Choc Salted Caramel Ice Cream	6 x 465ml	5.69	GOSV
XL002	Cookie Dough Ice Cream	6 x 465ml	5.69	GOSV
XL033	Deeply Chocolate Ice Cream	6 x 465ml	5.69	GOSV
XL023	Mango & Raspberry Ice Cream	6 x 465ml	5.69	GOSV
XL038	Vanilla Ice Cream	6 x 465ml	5.69	GOSV
<b>GRIDDLE</b>				
XL207	Blueberry Wholegrain Waffles	8 x 200g	3.40	V
XL208	Choc-Chip Wholegrain Waffles	8 x 200g	3.40	V
XL206	Original Wholegrain Waffles	8 x 200g	3.40	V
<b>NEED</b>				
XL250	Caramel Ice Cream Sandwich	12 x 115ml	4.49	V
XL281	PB & J Ice Cream Sandwich	12 x 115ml	4.49	V
XL251	Strawberry Ice Cream Sandwich	12 x 115ml	4.49	V
XL249	Too Choc Ice Cream Sandwich	12 x 115ml	4.49	V
	Mini Sandwich Multipacks			
XL073	Chocolate Ice Cream Sandwich	16 x 210ml	5.99	SV
XL096	Peanut Ice Cream Sandwich	16 x 210ml	5.99	SV
XL085	Raspberry Ice Cream Sandwich	16 x 210ml	5.99	SV
XL089	Strawberry Ice Cream Sandwich	16 x 210ml	5.99	SV
<b>PUKPIP</b>				
XL334	Dark Chocolate Dipped Bananas	12 x 3 x 70g	3.79	SV
<b>SWEDISH GLACE</b>				
XL017	Juicy Raspberry	6 x 750ml	5.25	SV
XL018	Rich Chocolate	6 x 750ml	5.25	SV
XL016	Smooth Vanilla Ice Cream	6 x 750ml	5.25	VS
<b>VEGAN YOGHURT</b>				
<b>ALPRO</b>				
CV575	Coconut Soya Yoghurt	6 x 500g	1.95	GV
CV576	Soya Blueberry Cherry Yoghurt	6 x 4 x 125g	2.39	GSV

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CV572	Soya Blueberry Yoghurt	6 x 500g	1.95	GSV
CV579	Soya Greek Style	6 x 400g	1.95	GV
CV589	Soya Strwb/Bana/Peach Yoghurt	6 x 4 x 125g	2.39	GSV
<b>BIOTIFUL DAIRY</b>				
CV199	Cherry Oat Kefir Yoghurt	6 x 350g	3.90	V
CV327	Vanilla Kefir Oat Yoghurt	6 x 350g	3.90	V
<b>COCOS</b>				
CV892	Mango & Passionfruit	6 x 125g	2.35	GOV
CV013	Mango & Passionfruit Yoghurt	6 x 400g	5.65	GOV
CV014	Mixed Berry Coconut Yoghurt	6 x 400g	5.65	GOV
CV893	Mixed Berry Coconut Yoghurt	6 x 125g	2.35	GOV
CV899	Natural Coconut Milk Yoghurt	6 x 400g	5.65	GOV
CV891	Natural Coconut Yoghurt	6 x 125g	2.35	GOV
CV897	Natural Coconut Yoghurt	6 x 250g	4.15	GOV
CV894	Strawberry Coconut Yoghurt	6 x 125g	2.35	GOV
CV900	Strawberry Coconut Yoghurt	6 x 400g	5.65	GOV
CV895	Vanilla Coconut Yoghurt	6 x 125g	2.35	GOV
CV901	Vanilla Coconut Yoghurt	6 x 400g	5.65	GOV
<b>KOKO DAIRY FREE</b>				
Coconut Yoghurts				
CV229	Greek Style Yoghurt	6 x 350g	2.20	GV
CV032	Peach & Passionfruit Yoghurt	5 x 2 x 125g	1.95	GSV
CV020	Plain Yoghurt Alternative	6 x 400g	2.20	GSV
CV031	Raspberry Yoghurt Alternative	5 x 2 x 125g	1.95	GSV
CV029	Strawberry Yoghurt Alternative	5 x 2 x 125g	1.95	GSV
CV300	Vanilla Yoghurt	6 x 400g	2.20	GSV
<b>NUSH</b>				
Almond Milk Dairy-Free Yoghurt				
CV170	Blueberry Yoghurt	6 x 350g	3.50	V
CV326	Blueberry Yoghurt	6 x 120g	2.50	V
CV796	Mango & Passionfruit	6 x 350g	3.50	GV
CV533	Natural Yoghurt	6 x 350g	3.50	V
CV515	Raspberry Yoghurt	6 x 350g	3.50	V
CV169	Strawberry Yoghurt	6 x 350g	3.50	V
<b>OATLY</b>				
CV654	Oatgurt Greek	6 x 400g	3.20	V
CV651	Oatgurt Strawberry	6 x 400g	3.10	SV
<b>SOJADE</b>				
150g Pots				
CV916	Blueberry Yoghurt	6 x 150g	1.20	GOV
CV918	Mango Yoghurt	6 x 150g	1.20	GOV
CV915	Peach and Mango Yoghurt	6 x 150g	1.20	GOV
CV917	Strawberry Yoghurt	6 x 150g	1.20	GOV
Soya Based Yoghurts				
CV485	Apricot Yoghurt	6 x 400g	2.45	GOSV
CV269	Banana & Passion Yoghurt	6 x 400g	2.75	GOV
CV289	Blueberry Cherry Yoghurt	6 x 400g	2.75	GOV
CV486	Blueberry Yoghurt	6 x 400g	2.45	GOSV
CV730	Greek Style Raspberry Yoghurt	6 x 400g	3.50	GOV
CV876	Greek Style Yoghurt	6 x 400g	2.30	GOV
CV724	Lemon Yoghurt	6 x 400g	2.45	GOSV
CV494	Mango & Peach Yoghurt	6 x 400g	2.45	GOSV
CV348	Natural Skyr Yoghurt	6 x 400g	2.60	OV
CV483	Natural Yoghurt	6 x 400g	1.60	GOV
CV356	Raspberry Skyr Yoghurt	6 x 400g	3.35	OSV
CV266	Sojade Natural Yoghurt	6 x 250g	1.50	GOV
CV723	Vanilla Yoghurt	6 x 400g	2.45	GOSV
<b>SOON</b>				
CV616	Banana & Coconut Oat Yoghurt	6 x 350g	2.70	OSV
CV636	Chocolate Hemp Dessert	6 x 150g	1.30	OSV
CV637	Coconut Yoghurt	6 x 350g	2.89	OV

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CV681	Hazelnut Hemp Dessert	6 x 150g	1.30	OSV
	<b>THE COCONUT COLLABORATIVE</b>			
CV508	Mango-Passion Compote Yoghurt	6 x 360g	3.70	GV
CV427	Natural Cultured Yoghurt	6 x 350g	3.50	V
CV495	Natural Yoghurt	6 x 350g	3.50	GV
CV825	Natural Yoghurt	6 x 600g	5.30	GV
CV369	Protein Yoghurt	6 x 350g	3.69	GV
CV270	Raspberry Yoghurt	6 x 350g	3.70	SV
CV497	Vanilla Yoghurt	6 x 350g	3.50	GV
	<b>VEGETABLES</b>			
	<b>SUMA ORGANIC</b>			
	Canned from Fresh			
VF111	Fresh Peas - Organic	12 x 340g	1.75	OV
LJ270	Supersweet Sweetcorn - Organic	12 x 160g	1.45	OV
LJ800	Supersweet Sweetcorn - Organic	12 x 340g	2.15	OV
	<b>BIONA</b>			
KJ172	Artichokes in Olive Oil	5 x 190g	5.60	OV
LJ243	Capers in Olive Oil	6 x 120g	5.29	OV
KJ352	Capers in Wine Vinegar	6 x 140g	3.25	OV
KJ363	Grilled Peppers in Olive Oil	5 x 190g	3.95	OV
	<b>BIONOVA</b>			
VF040	Sauerkraut	6 x 350g	2.89	VO
VF030	Sweetcorn - organic	6 x 340g	2.49	VO
	<b>CLEARSPRING</b>			
	Bio Kitchen			
VF339	Sauerkraut	6 x 360g	1.99	OVB
	<b>COOKS &amp; CO</b>			
KJ020	Artichoke Bottoms in Brine	12 x 390g	3.55	V
KJ088	Artichoke Hearts in Brine	12 x 390g	3.59	V
KJ090	Dried Porcini Mushrooms	6 x 40g	6.79	V
KJ096	Dried Shii-Take Mushrooms	6 x 30g	3.35	V
KJ019	Hearts of Palm	12 x 400g	3.85	V
KJ093	Mixed Forest Mushrooms	6 x 40g	4.50	V
KJ188	Pepperoncini Peppers	6 x 280g	1.80	V
KJ178	Red & Green Jalapenos	6 x 290g	2.61	V
KJ187	Roasted Red & Yellow Peppers	6 x 460g	3.90	V
KJ132	Roasted Red Pepper Strips	6 x 300g	1.69	SV
KJ017	Roasted Red Peppers	6 x 460g	4.59	V
KJ018	Stuffed Vine Leaves	6 x 400g	3.39	V
KJ029	Sundried Tomatoes	6 x 280g	3.19	V
KJ186	Sweet Red Peppers	12 x 390g	2.80	V
KJ078	Sweetly Drop Peppers	6 x 235g	4.29	GV
KJ244	Tri Colour Jalapenos	6 x 290g	2.89	V
KJ126	Vegan Stuffed Red Peppers	6 x 220g	4.49	SV
KJ027	Whole Green Chillies	6 x 300g	1.99	V
	<b>CYPRESSA</b>			
VF047	Marinated Artichoke Hearts	6 x 280g	3.50	V
VF051	Marinated Sun-Dried Tomatoes	6 x 280g	3.90	V
VF964	Roasted Red Peppers	6 x 465g	3.35	SV
VF214	Stuffed Vineleaves	6 x 280g	2.30	V
	<b>MANI</b>			
KJ440	Og Capers in Olive Oil	6 x 180g	5.29	OV
KJ434	Og Kalamata Olive Paste	6 x 180g	6.39	OV
KJ437	Og Sun Dried Tomato Paste	6 x 180g	6.39	OV
	<b>MERCHANT GOURMET</b>			
VF145	Chestnut Puree	6 x 200g	2.90	V
VF146	Whole Chestnuts	6 x 180g	3.15	GV
	<b>ORGANICO</b>			
KJ016	Artichoke Hearts - og	5 x 190g	4.95	FOV
KJ428	Capers	12 x 100g	1.95	OV
KJ429	Capers	12 x 250g	3.45	OV

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	<b>ST DALFOUR</b>			
VF112	Whole Chestnuts	6 x 200g	4.69	GV
	<b>TROPICAL WHOLEFOODS</b>			
VF164	Ceps / Porcini Mushrooms	6 x 30g	5.25	V
VF514	Shiitake Mushrooms	6 x 50g	3.99	V
	<b>VEGETABLES (FROZEN)</b>			
	<b>BIO INSIDE</b>			
XL278	Organic Asia Vegetable Mix	12 x 400g	2.95	OV
XL155	Organic Garden peas	12 x 300g	2.20	GOV
XL270	Organic Mushrooms	12 x 300g	2.45	OV
XL153	Organic Sweetcorn	12 x 300g	2.50	GOV
	<b>NATURAL COOL</b>			
XL183	Broccoli	8 x 300g	3.45	GOVB
XL221	Chips - Oven or Fry	12 x 600g	4.50	BGOV
XL176	Cut Green Beans	8 x 450g	2.99	OVB
XL177	Leaf Spinach Portions	8 x 450g	3.50	OVB
XL178	Peas	8 x 450g	4.50	GOV
XL098	Potato Wedges	12 x 450g	3.65	BGOV
XL134	Vegetable Mix	8 x 450g	3.30	BGOV
	<b>PACK'D</b>			
XL189	Organic Loose Leaf Spinach	24 x 450g	3.15	OV
XL228	Organic Petit Pois	24 x 450g	3.15	OV
XL239	Organic Super Sweet Sweetcorn	24 x 450g	3.15	OV
XL203	Organic Sweet Potato Chunks	24 x 450g	3.15	OV
	<b>STRONG ROOTS</b>			
XL164	Cauliflower Hash Browns	12 x 375g	4.10	V
XL165	Mixed Root Vegetable Fries	12 x 500g	4.10	GV
XL166	Proper Potato Chips	12 x 750g	4.10	GV
XL162	Sweet Potato Fries	12 x 500g	4.10	GV
	<b>YUTAKA</b>			
XL047	Shelled Edamame Beans	10 x 500g	2.70	V
	<b>VINEGARS</b>			
	<b>SUMA ORGANIC</b>			
KJ290	Apple Cider Vinegar Org	5l	14.29	OV
KJ304	Apple Cider Vinegar Organic	6 x 500ml	2.59	OV
KJ335	Apple Cider Vinegar Organic	6 x 750ml	3.10	OV
KJ151	OG Balsamic Vinegar - oak aged	6 x 250ml	3.89	OV
KJ153	Org Balsamic 5 Litre	5l	37.90	OV
KJ089	Organic Red Wine Vinegar	12 x 500ml	2.29	OV
KJ099	Organic Red Wine Vinegar	5l	18.59	OV
KJ091	Organic White Wine Vinegar	12 x 500ml	2.29	OV
KJ107	Organic White Wine Vinegar	5l	18.59	OV
	<b>ASPALL</b>			
KJ480	Apple Balsamic Vinegar	6 x 350ml	4.25	V
KJ382	Balsamic Vinegar - og	5l	51.69	OV
KJ478	Balsamic Vinegar - organic	6 x 350ml	4.25	OV
KJ067	Cyder Vinegar	5l	16.89	V
KJ477	Cyder Vinegar	6 x 350ml	2.90	V
KJ069	Cyder Vinegar - organic	6 x 500ml	2.69	VO
KJ205	Cyder Vinegar - organic	5l	2.79	OV
KJ481	Cyder Vinegar - organic	6 x 350ml	2.19	VO
KJ321	Raw Unfiltered Cyder Vinegar	5l	22.29	OV
KJ395	Raw Unfiltered Cyder Vinegar	6 x 500ml	3.19	OV
KJ353	Red Wine Vinegar	5l	16.89	V
KJ479	Red Wine Vinegar	6 x 350ml	2.90	V
KJ475	Red Wine Vinegar - organic	6 x 350ml	2.15	OV
KJ356	White Wine Vinegar	5l	16.89	V
KJ476	White Wine Vinegar	6 x 350ml	2.90	V
KJ210	White Wine Vinegar - organic	5l	23.90	OV
KJ474	White Wine Vinegar - organic	6 x 350ml	2.15	OV

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<b>BIONA</b>				
KJ130	Cider Vinegar with 'Mother'	6 x 500ml	3.50	OV
KJ311	Cider Vinegar with 'Mother'	6 x 75cl	3.75	OV
KJ131	Cider Vinegar with 'Mother'	5 l	16.90	OV
KJ350	Coconut Vinegar - Organic	6 x 250ml	3.35	OV
<b>BRAGG</b>				
KJ324	Apple Cider Vinegar w/Mother	12 x 946ml	11.98	GOV
KJ325	Apple Cider Vinegar w/Mother	12 x 473ml	6.99	GOV
<b>MR ORGANIC</b>				
KJ058	Apple Cider Vinegar	12 x 250ml	2.99	GOV
KJ492	Organic Apple Cider Vinegar	6 x 500ml	3.35	GOV
<b>RAW HEALTH</b>				
KJ008	ACV Infusion Turmeric Ginger	12 x 500ml	3.75	OV
KJ489	Apple Cider Vinegar	12 x 1 l	4.85	OV
KJ129	Raw Organic Cider vinegar	6 x 500ml	3.35	OV
<b>RAYNERS</b>				
KJ500	Apple Cider Vinegar	6 x 500ml	3.75	OV
LJ272	Apple Cider Vinegar	6 x 750ml	4.49	OV
KJ505	Coconut Aminos	6 x 250ml	6.29	OV
<b>WATERS</b>				
<b>BOTTLE UP</b>				
	Re-Usable Sugar Cane Bottle			
WA002	Still Spring Water	6 x 500ml	2.99	V
WA004	Still Spring Water	6 x 500ml	2.99	V
<b>CANO WATER</b>				
WA003	Sparkling Spring Water	24 x 330ml	0.99	V
WA008	Still Water	24 x 330ml	1.50	V
<b>CHEDDAR WATER</b>				
WA011	Natural Spring Water Sparkling	12 x 750ml	1.25	V
WA007	Natural Spring Water Still	12 x 750ml	1.25	V
<b>HARROGATE SPRING WATER</b>				
	330ml Single Serve Glass			
WA013	Spring Water - Sparkling	24 x 330ml	0.79	V
WA009	Spring Water - Still	24 x 330ml	0.79	V
	750ml Glass Bottles			
WA222	Spring Water - Sparkling	12 x 750ml	1.65	V
WA223	Spring Water - Still	12 x 750ml	1.49	V
<b>ONE WATER</b>				
WA006	Sparkling Natural Spring Water	24 x 330ml	0.89	V
WA005	Still Natural Spring Water	24 x 330ml	0.89	V
<b>THIRSTY PLANET</b>				
	Glass Bottles			
WA018	Spring Water - Sparkling	24 x 330ml	0.89	V
WA016	Spring Water - Still	24 x 330ml	0.89	V
<b>WINES</b>				
<b>ORANGE WINE</b>				
	Austria			
WN023	Winzer Krems Gruner Veltliner	6 x 75cl	15.19	GV
	Spain			
WN024	El Troyano Verdejo	6 x 75cl	17.89	OV
<b>RED WINE</b>				
	Argentina			
WN119	Made in Mendoza Malbec	6 x 75cl	11.90	OV
WN010	Rewild Malbec	6 x 75cl	11.65	V
	Bulgaria			
WN132	Deer Point Cabernet Sauvignon	6 x 75cl	1.35	V
	Chile			
WN055	MontGras Pinot Noir	6 x 750ml	16.90	GOV
WN030	Pico a Pico Merlot Carmenere	6 x 75cl	11.90	FV
	France			
WN006	Merlot La Marouette	6 x 75cl	14.89	GOV

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WN078	Rouge Sans Sulfite Marouette Italy	6 x 750ml	15.29	GOV
WN140	Fedele Nero D'Avola	6 x 75cl	13.35	OV
WN058	Ingeno Nero D'Avola	6 x 75cl	11.65	OV
WN020	Integro Organic Primitivo Lebanon	6 x 75cl	13.95	GOV
WN033	Coteaux Les Cedres Du Liban South Africa	6 x 75cl	19.25	FV
WN114	Running Duck Cab. Sauvignon	6 x 75cl	12.25	FOV
WN197	Running Duck Merlot	6 x 75cl	11.85	FOV
WN196	Running Duck Pinotage	6 x 75cl	12.25	FOV
WN116	Running Duck Shiraz	6 x 75cl	11.85	FOV
WN138	Stellar Organics Merlot Spain	6 x 75cl	12.25	FOV
WN050	Amigo de la Tierra Red	6 x 750ml	11.79	GOV
WN207	Cuesta Colora Tempranillo	6 x 75cl	15.90	OV
WN232	Tempranillo Camino	6 x 75cl	11.85	GOV
WN080	Tempranillo Finca Fabian	6 x 750ml	12.55	GOV
<b>ROSE WINE</b>				
	Argentina			
WN082	Rewild Rose Bulgaria	6 x 75cl	11.65	V
WN174	Deer Point Merlot France	6 x 75cl	1.35	V
WN229	Grenache Rose La Marouette	6 x 75cl	15.19	GOV
WN060	Rose Sans Sulfite Marouette South Africa	6 x 750ml	15.75	OV
WN118	Running Duck Shiraz Rose	6 x 75cl	11.85	FOV
<b>SPARKLING WINE</b>				
	Italy			
WN009	Prosecco Col di Manza	6 x 75cl	23.45	GOVB
WN133	Proverbio Prosecco Spain	6 x 75cl	16.90	OV
WN081	Cava Bodegas Enguera	6 x 750ml	16.99	GOV
WN054	Vallformosa Bio Organic Cava	6 x 750ml	17.85	GOV
<b>WHITE WINE</b>				
	Bulgaria			
WN012	Deer Point Chardonnay Chile	6 x 75cl	1.35	V
WN016	MontGras Sauvignon Blanc	6 x 75cl	16.90	GOV
WN032	Pico a Pico Sauvignon Blanc	6 x 75cl	11.90	FV
WN014	Rewild Sauvignon Blanc France	6 x 75cl	11.29	V
WN076	Blanc Sans Sulfite Marouette Italy	6 x 750ml	16.65	GOV
WN141	Fedele Catarratto Pinot Grigio	6 x 75cl	13.35	OV
WN057	Ingeno Pinot Grigio South Africa	6 x 75cl	1.59	OV
WN008	Running Duck Chenin Blanc	6 x 75cl	11.85	FOV
WN115	Running Duck Chenin Sauv Blanc	6 x 75cl	11.85	FOV
WN019	Stellar Org. Sauvignon Blanc Spain	6 x 75cl	11.85	FOV
WN079	Verdejo Finca Fabian	6 x 750ml	12.55	GOV
<b>YEAST EXTRACTS</b>				
<b>ESSENTIAL TRADING</b>				
GH058	Yeast Extract	6 x 250g	8.60	V
GH059	Yeast Extract	6 x 125g	5.90	V
<b>MERIDIAN</b>				
GH160	Yeast Extract + B12 and salt	6 x 340g	4.99	GV
GH098	Yeast Extract +B12, no salt	6 x 340g	4.99	GV

<b>code</b>	<b>product</b>	<b>size</b>	<b>rrp</b>	<b>bfgosv</b>
	<b>NATEX</b>			
GH055	Yeast Extract - Reduced Salt	8 x 225g	4.75	V
	<b>VEGEMITE</b>			
GH148	Vegemite Gluten Free	8 x 235g	3.35	GV



# Suma

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