

# Suma

CO-OPERATIVE SINCE 1977

**ORGANIC**

NOV - DEC 2023

# ORGANIC

A bit more about it..

Organic agriculture produces products using methods that preserve the environment and avoid synthetic materials, such as pesticides and antibiotics. Organic standards describe how farmers grow crops and raise livestock and which materials they may use.

Organic farmers and food processors follow a defined set of standards to produce organic food. These standards cover the product from farm to table, including soil and water quality, pest control, livestock practices, and rules for food additives.

This list covers it all, everything organic available from Suma.



## Key BFGSOV

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

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

code	product	size	rrp	bfgosv
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## ALCOHOL FREE AND LOW ALCOHOL BEVERAGES

### GIMBER

JU283	Gimber - ginger concentrate	500ml	2.99	OSV
JU284	Gimber - ginger concentrate	200ml	13.49	OSV

### ST PETER'S

JU048	Alcohol Free Beers St Peter's Without Pale Ale	500ml	2.19	OV
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## ALCOHOLIC DRINKS

### ATLANTIC DISTILLERY

WN021	Arancello Organic Liquer OG	70cl	39.50	OSV
WN002	Jynevra Classic Gin OG	70cl	39.00	OV
WN013	Organic Festive Spiced Gin	70cl	47.00	OSV

## BABY & CHILD FOOD

### ELLA'S KITCHEN

	Breakfast			
BB109	Baby Brekkie - Banana	100g	1.75	O
BB199	Baby Brekkie - Blueberry/Pear Smoothie Fruits	100g	1.75	O
BB238	The Green One - Multi Pack	5 x 90g	5.25	OV
BB048	The Green One - smoothie fruit	90g	1.90	OV
BB164	The Pink One	5 x 90g	5.25	OV
BB237	The Purple One - Multi Pack	5 x 90g	5.25	OV
BB007	The Purple One -smoothie fruit	90g	1.90	OV
BB239	The Red One - Multi Pack	5 x 90g	5.25	OV
BB011	The Red One - smoothie fruit	90g	1.90	OV
BB139	The White One - Multi Pack	4 x 90g	4.50	OV
BB236	The Yellow One - Multi Pack	5 x 90g	5.25	OV
BB010	The Yellow One -smoothie fruit	90g	1.90	OV
	Stage 1			
BB196	Apple & Pear Baby Rice	120g	1.65	OV
BB001	Apples & Bananas	120g	1.65	OV
BB198	Banana & Apricot Baby Rice	120g	1.65	OV
BB003	Broccoli, Pear & Peas	120g	1.65	OV
BB049	Butternut Squash, Carrot	120g	1.65	OV
BB006	Carrot, Apple & Parsnip	120g	1.65	OV
BB233	First Taste Mango Mango Mango	70g	1.29	OV
BB231	First Taste Pears Pears Pears	70g	1.29	OV
BB012	First Taste Prunes Prunes	70g	1.29	OV
BB137	Greek Yoghurt & Berries	90g	1.35	O
BB138	Greek Yoghurt & Strawberries	90g	1.35	O
BB095	Peaches & Bananas	120g	1.65	OV
BB063	Spinach, Apples & Swede	120g	1.65	OV
BB078	Strawberries & Apples	120g	1.65	OV
BB126	Sweet Potato,Broccoli,Carrot	120g	1.65	OV
	Stage 2			
BB229	Big Smiles Cheesy Pie	130g	2.29	O
BB127	Four Bean Feast	130g	2.29	O
BB058	Kitchen Vegetable Bake	130g	2.29	OV

### LITTLE PASTA ORGANICS

BB008	Little Stars Baby Pasta	250g	2.39	OV
BB002	Mini Alphabet Baby Pasta	250g	2.39	OV
BB005	Red Lentil & Pea Risoni Pasta Pasta	250g	2.45	OV
BB255	Animal Pasta Shapes - Tricolor	300g	2.99	OV
BB151	Gluten Free Mini Gnocchi	250g	2.65	GOV
BB043	Red Lentil Dinosaur Pasta	250g	3.55	GOV
BB051	Teddy Bear Pasta	300g	2.99	VO
BB174	Travel Shaped Pasta	300g	2.49	OV

### ORGANIX

BB019	Banana Weaning Wands	25g	1.35	OV
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code	product	size	rrp	bfgosv
BB020	Little Ruskits Vanilla	60g	2.68	O
BB009	Magnificent 7 Veggies	130g	2.15	OV
BB015	Strawberry Weaning Wands	25g	1.34	OV
BB014	Very Veggie Pasta	190g	2.97	OV
	Cereals - Stage 2			
BB052	Banana & Plum Porridge	200g	3.50	OV
BB053	Multigrain Porridge	200g	3.50	OV
	Cereals - Stage 3			
BB057	Banana,Peach & Apple Muesli	200g	3.61	OV
	Finger Foods - from 7 months			
BB715	Crunchy Carrot Sticks	20g	0.81	OV
BB717	Crunchy Sweetcorn Rings	20g	0.76	OV
	Goodies Biscuits			
BB711	Alphabet Biscuits	5 x 25g	2.76	OV
BB022	Animal Biscuits	100g	2.37	OV
BB247	Gingerbread Men	135g	2.76	OV
	Goodies Fruit Snacks			
BB159	Apple & Date Chunky Fruit Bars	6 x 17g	2.88	OV
BB158	Banana & Date Chunky Fruit Bar	6 x 17g	2.88	OV
BB150	Raisins Mini Boxes	12 x 14g	2.71	OV
	Goodies Savouries			
BB549	Carrot Stix	15g	0.50	OV
BB248	Cheese & Herb Curly Puffs	15g	0.50	O
BB094	Mini Cheese Crackers	4 x 20g	2.71	O
	Goodies Snack Bars			
BB076	Apple & Orange Soft Oaty Bar	6 x 30g	3.65	OV
BB075	Carrot Cake Soft Oaty Bars	6 x 30g	3.65	OV
BB080	Raspberry & Apple Soft Oaty	6 x 30g	3.65	OV
	Gruffalo Snacks			
BB073	Gruffalo Cocoa & Vanilla	5 x 20g	2.88	O
	Rice Cake Clouds			
BB030	Apple Rice Cake	40g	1.61	OV
BB039	Banana Rice Cake	40g	1.61	OV
BB036	Strawberry Rice Cake	40g	1.61	OV
<b>BABY CARE</b>				
<b>BEAMING BABY</b>				
	Wipes			
NF103	Organic Baby Wipes Unscented	72	4.69	OV
<b>EARTH FRIENDLY BABY</b>				
DY545	Shampoo & Bodywash	250ml	4.90	OV
<b>NATRACARE</b>				
NF099	Baby Wipes 50 Pack	50	4.59	OV
<b>BAGS, BOXES AND BASKETS</b>				
<b>SUMA</b>				
	Mesh Counter Bags			
NF001	Cotton Mesh Produce Bag-Large	bag	2.99	OV
NF002	Cotton Mesh Produce Bag-Medium	bag	2.49	OV
NF003	Cotton Mesh Produce Bag-Small	bag	2.29	OV
<b>BAKING SUNDRIES</b>				
<b>AUTHENTIC BREAD COMPANY</b>				
	XMAS 2023			
VF053	Luxury Mincemeat with Cognac	300g	4.86	OSV
<b>BREAD MATTERS</b>				
LJ218	Original Sourdough Starter	10g	4.99	OV
<b>CLEARSPRING</b>				
LJ138	Agar Agar Flakes Gelling Agent	30g	5.99	OV
<b>COCOA LOCO</b>				
KB139	Dark Chocolate Couverture	1.5kg	22.99	FOSV
<b>DOVES FARM</b>				
LJ203	Cornflour Organic	110g	2.29	GOV

code	product	size	rrp	bfgosv
	<b>ENGEVITA</b>			
LJ144	Organic Yeast Flakes	100g	6.49	FGOV
	<b>GREEN &amp; BLACKS</b>			
	Cooks Chocolate			
KB058	Dark Cooking Chocolate-Organic	150g	2.85	FOS
KB429	Milk Cooks Chocolate - organic	150g	2.85	OS
	<b>MONTEZUMA'S</b>			
	Cooking Chocolate			
KB052	Dark Couverture	3kg	59.70	GOSV
KB060	Milk Couverture	3kg	63.65	GOS
	<b>PLAMIL</b>			
	Drops in 1kg bags			
KB652	Organic Baking Chocolate	1kg	15.53	GOSV
KB658	Organic Rich Chocolate	1kg	16.13	GOSV
	<b>STEENBERGS</b>			
LJ117	Orange Flower Water Organic	100ml	4.19	OV
LJ085	Rose Water Organic	100ml	4.19	OV
	<b>TAYLOR &amp; COLLEDGE</b>			
LJ115	Vanilla Bean Extract	100ml	1.55	FOV
LJ113	Vanilla Bean Paste	65g	7.95	SOV
LJ036	Vanilla Pods	4g	12.29	OV
	<b>THE RAW CHOCOLATE CO</b>			
WS183	Cacao Butter Buttons	200g	6.99	OV
	Chocolate Making Ingredients			
KB051	Raw Cacao Powder	180g	3.75	GOV
	<b>VEGO</b>			
KB072	Hazelnut Chocolate Melts	180g	6.15	OFVS
	<b>VIVANI ORGANIC CHOCOLATE</b>			
KB408	Dark Cooking Chocolate	200g	4.49	OSV
	<b>BEANS &amp; PULSES - CANNED</b>			
	<b>SUMA ORGANIC</b>			
VF675	Aduki Beans - organic	400g	1.15	OV
VF800	Baked Beans - Low Sugar	400g	1.39	OV
VF550	Baked Beans - Organic	400g	1.39	OSV
VF625	Black Beans - organic	400g	1.15	OV
VF900	Black Beans - Organic	2.6kg	4.29	OV
VF230	Black Beluga Lentils - organic	400g	1.25	OV
VF300	Black Chickpeas - organic	400g	1.15	OV
VF630	Borlotti Beans - organic	400g	1.15	OV
VF073	Brown Lentils - organic	400g	1.15	OV
VF645	Butter Beans - organic	400g	1.19	VO
VF395	Cannellini Beans - organic	400g	1.15	OV
VF642	Chickpeas - organic	400g	1.15	VO
VF785	Chickpeas - organic	2.6kg	4.39	OV
VF647	Green Lentils - organic	400g	1.15	VO
VF644	Haricot Beans - organic	400g	1.15	VO
VF649	Mixed Beans - organic	400g	1.15	VO
VF255	Pinto Beans - organic	400g	1.15	OV
VF643	Red Kidney Beans - organic	400g	1.19	VO
	Canned From Fresh			
VF123	Fresh Borlotti Beans - Organic	400g	1.75	OV
VF169	Fresh Cannellini - Organic	400g	1.75	OV
VF560	Fresh Chickpeas - Organic	400g	1.75	OV
VF950	Fresh Edamame Soybeans - Org	200g	1.69	OV
VF350	Fresh Flageolet Beans - Org	200g	1.49	OV
	<b>BIONA</b>			
VF222	Baked Beans - Organic	400g	1.89	OSV
LJ167	Brown Lentil Curry	400g	1.99	OV
VF042	Chilli Beans - Organic	395g	1.89	OSV
VF227	Chilli Black Beans - Organic	400g	1.69	OV
VF306	Edamame Beans	200g	2.19	OV

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	<b>BIONOVA</b>			
VF495	Baked Beans - organic	340g	2.29	OSV
	<b>HODMEDOD'S</b>			
VF232	Organic Carlin Peas	400g	1.89	OV
VF129	Organic Vaal Dhal - British	400g	2.90	OSV
VF098	Organic Whole Fava Beans	400g	1.89	OV
	<b>MR ORGANIC</b>			
VF215	BBQ Baked Beans	400g	1.79	OV
VF059	Brazilian Style Black Beans	400g	2.90	OV
VF216	Chilli Mixed Beans	400g	1.79	OV
VF120	Greek Style Butter Beans	400g	2.90	OV
VF178	Italian Style Cannellini beans	400g	2.90	OV
VF198	Mexican Style Beans and Corn	400g	2.90	OV
VF245	Moroccan Style Chickpeas	400g	2.90	OV
	<b>BEANS &amp; PULSES - DRIED</b>			
	<b>SUMA PREPACKS - ORGANIC</b>			
PU202	Aduki Beans - Organic	500g	3.75	VO
PU222	Bean Mix - organic	500g	3.45	OV
PU034	Black Turtle Beans	500g	2.85	OV
PU004	Broth Mix - Organic	500g	2.25	OV
PU345	Butter Beans - organic	500g	3.59	VO
PU225	Cannellini Beans - organic	500g	3.15	OV
PU369	Chickpeas - organic	500g	2.75	VO
PU182	Green Split Peas - organic	500g	2.35	OV
PU145	Haricot Beans - organic	500g	3.15	OV
PU135	Lentils - Brown, organic	500g	2.39	VO
PU167	Lentils - Dark Speckled, org	500g	4.19	OV
PU129	Lentils - Green, organic	500g	2.69	VO
PU294	Lentils - Red split organic	750g	3.25	OV
PU267	Lentils - Red split, organic	500g	2.35	VO
PU151	Mung Beans - organic	500g	4.19	VO
PU136	Pinto Beans - organic	500g	2.99	OV
PU156	Red Kidney Beans - organic	500g	3.45	OV
PU146	Soya Beans - organic	500g	2.25	OV
PU166	Yellow Split Peas - organic	500g	2.45	OV
	<b>HODMEDOD'S</b>			
PU008	Carlin Peas Organic	500g	2.19	OV
PU029	Fava Beans Organic - whole	500g	2.49	OV
	<b>BEERS</b>			
	<b>BRASSERIE BRUNEHAUT</b>			
RT076	Belgian Beer - Amber	330ml	4.19	GOSV
RT077	Belgian Beer - Blanche	330ml	3.89	GOSV
RT075	Belgian Beer - Blonde	330ml	3.75	GOSV
	<b>LITTLE VALLEY BREWERY</b>			
RT027	Cragg Bitter	500ml	3.15	OV
RT016	Python IPA	500ml	3.59	OV
RT015	Tod's Blonde	500ml	3.29	OV
RT024	Withens Pale Ale	500ml	3.15	OV
	<b>SAM SMITHS</b>			
RT009	Chocolate Stout	550ml	4.75	OV
RT008	Organic Pale Ale	550ml	4.39	OV
RT120	Pure Brewed Organic Lager	550ml	4.39	OV
	<b>BISCUITS CRACKERS &amp; CRISPbread</b>			
	<b>ADONIS</b>			
	Keto Crackers			
BT432	Black Pepper & Sea Salt	60g	3.35	OV
BT433	Olive & Chia Seeds	60g	3.35	OV
	<b>AMISA</b>			
BT560	Chestnut Crispbread	100g	2.39	GOV
BT119	Chickpea Crispbread	100g	2.90	GOV
BT185	Crispbread - Buckwheat W/grain	120g	2.95	GOV

code	product	size	rrp	bfgosv
BT289	Crispbread - Quinoa Fibre Plus	100g	1.89	OV
BT291	Crispbread - Veggie Garden GF	100g	1.89	GOV
BT159	Protein Lentil Crispbread	100g	2.19	GOV
<b>AUTHENTIC BREAD COMPANY</b>				
XMAS 2023				
KB092	Beetroot & Rosemary Biscuits	100g	3.56	O
KB853	Fig & Walnut Cracker	120g	3.99	O
KB889	Pumpkin & Sunflower Oatcake	150g	3.64	O
KB852	Sea Salt & Cracked Pepper	100g	3.45	O
<b>BIONA</b>				
BT336	Blueberry Filled Cookies	175g	3.50	OS
BT167	Caramel Syrup Waffles	175g	3.25	OS
BT005	Crissini Breadsticks - Quinoa	125g	2.75	OV
BT004	Crissini Breadsticks - Sesame	125g	2.55	OV
BT166	Hazelnut Syrup Waffles	175g	3.25	OSV
BT157	Honey Waffles	175g	3.50	OS
<b>CLEARSPRING</b>				
BT229	Brown Rice Cakes	120g	1.59	GOV
BT261	Brown Rice Cakes	120g	1.59	GOV
BT270	Brown Rice Cakes	120g	1.69	GOV
BT276	Brown Rice Cakes	120g	1.69	GOV
BT277	Brown Rice Cakes	120g	1.69	GOV
BT318	Oatcakes - Sea Vegetable	200g	3.59	OV
BT290	Oatcakes - Sun Dried Tom /Herb	200g	3.59	OV
BT319	Oatcakes, Traditional, Organic	200g	2.99	OV
BT317	Organic Corncakes	130g	1.79	GOV
BT631	Rice Cakes - 3 Grain, Thin,Org	130g	1.79	GOV
BT630	Rice Cakes - Lightly Salted	130g	1.79	GOV
BT629	Rice Cakes - No Added Salt,Org	130g	1.79	GOV
BT576	Rye Crispbread - Original	200g	1.59	OV
BT577	Rye Crispbread - Sesame	200g	1.89	OV
<b>DOVES FARM</b>				
BT295	Choc Chip Cookies	180g	2.59	GOSV
BT092	Digestive Biscuits	400g	2.79	OSV
BT010	Digestives	200g	1.69	OSV
BT271	Double Chocolate Cookies - GF	180g	2.59	GOSV
BT202	Fruity Oat Digestives	200g	2.90	OSV
BT269	Lemon Zest Cookies - GF	150g	2.50	GOSV
BT029	Organic Ginger Oat Biscuits	200g	2.45	OSV
BT008	Stem Ginger Cookies - GF	150g	2.50	GOSV
<b>DR KARG</b>				
BT001	3 Grains & 3 Seeds Crispbreads	200g	3.50	OV
BT812	Classic 3 Seed Crispbread	200g	3.20	OV
BT815	Emmental Cheese & Pumpkin Seed	200g	3.69	O
BT813	Seeded Spelt Crispbread	200g	3.52	OV
<b>HONEYROSE</b>				
BT292	All Butter Lemon Shortbread	125g	3.39	GOS
BT249	All Butter Oat & Raisin Cookie	115g	3.39	GOS
BT232	All Butter Shortbread	125g	3.39	GOS
BT227	Date & Walnut Toast	110g	4.90	GOSV
BT228	Hazelnut & Agen Plum Toast	110g	4.90	GOSV
BT230	Kale & Spiced Nut Toast	110g	4.90	GOSV
BT235	Triple Chocolate Cookie	115g	3.39	GOS
<b>ISLAND BAKERY ORGANICS</b>				
BT121	Apple Crumbles Organic Biscuit	125g	3.25	OS
BT252	Blonde Chocaccinos	133g	4.90	OS
BT163	Chocolate Gingers	133g	4.90	OS
BT385	Classic Recipe Shortbread Tin	175g	7.99	O
BT164	Lemon Melts	133g	4.90	OS
BT006	Lime Melts	133g	4.90	OS
BT162	Oat Crumbles	125g	2.75	OS
BT253	Orange Melts	133g	4.90	OS

code	product	size	rrp	bfgosv
BT404	Orange/Cranbry/Pecan Shortb Tn	215g	1.99	O
BT165	Shortbread Biscuits	125g	2.75	OS
	Oatcakes			
BT351	Black Pepper Oatcakes	135g	2.79	VOS
	XMAS 2023			
BT388	Date & Walnut Shortbread Tin	215g	9.99	O
BT392	Lemon Melts Tin	180g	11.49	O
BT406	Peanut/Toffee/Choc Shortbr Tin	215g	9.99	O
	<b>KALLO</b>			
BT045	Ancient Grain Corn Cakes	150g	2.49	GOV
BT184	Corn Cakes OG	130g	2.25	GOV
	Rice Cakes			
BT810	Milk Chocolate Rice Cakes OG	90g	3.45	GO
BT034	Original Wholegrain Rice Cakes	130g	2.15	GVO
BT036	Thick Slice Sesame Rice Cake	130g	1.89	GOV
BT240	Thin Slice No Salt - organic	130g	2.50	GVO
BT338	Thin Slice Rice Cake Dark Choc	90g	3.35	GO
	<b>LE PAIN DES FLEURS</b>			
BT094	Buckwheat Crispbread	150g	4.19	GOV
BT189	Buckwheat Crispbread no Salt	150g	4.19	GOV
BT095	Chestnut Crispbread	150g	4.59	GOV
BT093	Quinoa Crispbread	150g	4.59	GOV
	<b>MR ORGANIC</b>			
BT354	Breadstick Classic	150g	3.29	OV
BT361	Breadstick with Olives	130g	3.29	OV
BT030	Chocolate Chip Digestive	250g	2.59	OSV
ZX221	Cocoa Biscuits	250g	2.39	OSV
BT350	Flatbread Classic	150g	3.29	OV
BT345	Flatbread with Rosemary	150g	3.29	OV
ZX219	Orange Biscuits/Cocoa Beans	250g	2.79	OSV
	<b>NAIRN'S</b>			
BT273	Oatcakes - Organic	250g	1.85	OV
BT386	Oatcakes -Organic Super Seeded	200g	2.90	OV
	<b>ORGANICO</b>			
	Rustic Breadsticks			
BT065	Classic Grissini - og	120g	2.35	OV
BT061	Omega Grissini - og	120g	2.35	OV
BT068	Sesame Grissini - og	120g	2.65	OV
BT067	Spelt Grissini - og	120g	2.95	OV
	<b>RHYTHM 108</b>			
	Biscuit Share Bags			
BT333	Almond Biscotti	135g	3.29	GOV
BT334	Coconut Cookie	135g	3.29	GOV
BT335	Double Choco Hazelnut Biscuits	135g	3.29	OVG
BT431	Hazelnut Chocolate Chip	135g	3.29	OSV
BT430	Hazelnut Chocolate Praline	135g	3.29	OSV
BT344	Lemon Ginger Chia Biscuits	135g	3.29	GOSV
	Soft Filled Cookies			
BT216	Chocolate Hazelnut Ganache	50g	1.75	OVS
BT115	Double Chocolate Peanut	50g	1.75	OVS
	<b>RUDE HEALTH FOODS</b>			
BT300	Buckwheat Crackers	100g	2.49	GOV
BT147	Chickpea & Lentil Crackers	120g	1.99	GOV
BT372	Chickpea Triangles	80g	1.85	GOV
BT054	Corn Crackers	130g	1.99	GOV
BT371	Corn Triangles	100g	1.85	GOV
BT309	Multigrain Crackers	100g	2.49	GOV
	<b>SWEET FA</b>			
	By Island Bakery			
BT358	Cranberry & Orange Cookies	125g	3.50	GOSV
BT359	Double Choc Chip Cookies	125g	3.50	GOSV
BT362	Oat & Raisin Cookies	125g	3.50	GOSV



code	product	size	rrp	bfgosv
BT364	Peanut Butter Cookies	125g	3.50	GOSV
	<b>BODY CARE</b>			
	<b>ALTER/NATIVE BY SUMA</b>			
	Accessories			
DY110	Organic Cotton Soap Bag	bag	1.95	OV
	<b>BADGER</b>			
	Balms			
DY411	Lip Balm Sticks - Green Pack	sticks	16.99	O
DY417	Lip Balm Sticks - Yellow Pack	sticks	16.99	O
MD874	Sleep Balm - Mini	21g	7.99	O
	Suncream			
DY286	Aftersun Balm	56g	12.99	O
	<b>BEN &amp; ANNA</b>			
	Deodorant Stick in Paper Tube			
DY065	Soda Deodorant - Coco Mania	40g	7.45	OV
DY076	Soda Deodorant - Green Fusion	40g	7.45	OV
DY083	Soda Deodorant - Mint	40g	7.45	OV
DY185	Soda Deodorant - Persian Lime	40g	7.45	OV
DY816	Soda Deodorant - Pink G/Fruit	40g	7.45	OV
DY077	Soda Deodorant - Urban Black	40g	7.45	OV
	Sensitive Deodorant			
DY458	Deodorant - Cherry Blossom	40g	8.45	OV
DY462	Deodorant - Highland Breeze	60g	8.45	OV
DY463	Deodorant - Lemon & Lime	40g	8.45	OV
	<b>DR BRONNER'S</b>			
DY443	Lavender - Pump Soap	355ml	13.99	FOV
DY183	Lavender All In One Magic Soap	240ml	9.69	FOV
DY338	Lavender Castile Liquid Soap	3.8l	77.99	FGOVB
	475ml Bottle			
DY191	Almond All In One Magic Soap	475ml	14.99	FOV
DY198	Baby All In One Magic Soap	475ml	14.99	FOV
DY205	Lavender All In One Magic Soap	475ml	14.99	FOV
DY201	Orange All In One Magic Soap	475ml	14.99	FOV
DY207	Peppermint AllInOne Magic Soap	475ml	14.99	FOV
	945ml Bottle			
DY208	Almond All In One Magic Soap	945ml	24.49	FOV
DY209	Baby Castile Liquid Soap	945ml	24.49	FOV
DY213	Lavender Castile Liquid Soap	945ml	24.49	FOV
DY572	Orange All In One Magic Soap	945ml	24.49	FOV
DY214	Peppermint Castile Liquid Soap	945ml	24.49	FOV
	Bar Soap			
DY117	Almond Pure Castile Bar Soap	140g	6.39	FOV
DY118	Baby Castile Bar Soap	140g	6.39	FOV
DY123	Lavender Castile Bar Soap	140g	6.39	FOV
DY119	Orange Castile Bar Soap	140g	6.39	FOV
DY138	Peppermint Castile Bar Soap	140g	6.39	FOV
	Hand Sanitiser			
DY455	Hand Sanitiser - Lavender	60ml	5.49	FOV
DY479	Hand Sanitiser - Peppermint	60ml	5.49	FOV
	<b>DR ORGANIC</b>			
	COCONUT			
DY356	Coconut Body Wash	250ml	6.49	OV
DY403	Coconut Conditioner	265ml	6.99	OV
DY361	Coconut Shampoo	265ml	6.99	OV
	Gift Sets			
DY238	Ageless Skincare Gift Set	gIFT set	2.00	OV
DY242	Nourish Me Lip Balm Trio	gIFT set	9.99	OV
	TEA TREE			
DY337	Tea Tree Bodywash	250ml	6.49	OV
DY334	Tea Tree Deodorant	50ml	5.99	VO

code	product	size	rrp	bfgosv
	<b>GREEN PEOPLE</b>			
DY262	Anti-Ageing Eye Cream	10ml	16.29	GOV
DY278	Day Moisturiser	50ml	22.99	GOV
DY258	Prebiotic Foot Cream	50ml	14.29	GOV
	<b>LAVERA</b>			
	Basis			
DY963	All-Round Cream	150ml	9.85	OV
DY230	Body Lotion	250ml	11.35	OV
DY202	Deodorant - Roll On	50ml	9.75	OV
DY589	Hand Cream	75ml	4.50	OV
DY583	Lip Balm Sensitive	4.5g	4.50	OG
DY581	Moisturising Face Cream	50ml	15.45	OV
	<b>SIMPLY GENTLE</b>			
DY097	Cotton Buds - organic	200	2.59	VO
DY098	Organic Cotton Wool Balls	100	2.59	OV
DY099	Organic Cotton Wool Pads	100	2.59	OV
DY100	Organic Cotton Wool Pleats	100g	2.59	O
	<b>UPCIRCLE</b>			
DY272	Face Serum with Coffee	30ml	16.99	VO
	<b>BREADS &amp; BREAD MIXES</b>			
	<b>AMAIZIN</b>			
BT268	Og Tortilla Wraps Extra Fibre	240g	2.95	OV
BT329	Organic Tortilla Wraps	240g	2.95	OV
	<b>AMISA</b>			
BT125	GF Olive Ciabatta	180g	3.55	GOV
BT472	Seeded Breakfast Rolls	188g	3.55	GOV
BT468	Sundried Tomato Ciabatta	180g	3.75	GOV
	<b>BIONA</b>			
BT465	Millet Bread - Organic	250g	3.75	O
BT135	Pizza Base - 2 Per Retail Pack	300g	3.50	OV
BT440	Pumpernickel Bread	500g	2.75	OV
BT461	Rice Bread with Sunflower Seed	500g	6.90	GOV
BT464	Rye Bread - Amaranth & Quinoa	500g	2.85	OV
BT073	Rye Bread - Chia & Flax	500g	2.95	OV
BT438	Rye Bread - Hemp Seed	500g	2.95	OV
BT206	Rye Bread - Omega 3	500g	2.75	OV
BT207	Rye Bread - Pumpkin Seed	500g	2.95	OV
BT210	Rye Bread - Sunflower Seed	500g	2.75	OV
BT439	Rye Bread - Vitality	500g	2.85	OV
BT145	Rye Bread - Wholegrain	500g	2.75	OV
BT422	Spelt Pizza Base - Organic	300g	4.25	OV
	<b>CROSTA &amp; MOLLICA</b>			
BT183	Wholeblend Piadina	300g	2.39	OV
	<b>DILLON ORGANIC</b>			
BT449	Beetroot Flax Keto Bread	250g	4.99	GOV
BT463	Chia Flax Keto Bread	250g	4.99	GOV
BT447	Original Flax Keto Bread	250g	4.99	GOV
BT079	Sliced Gluten Free Olive Bread	275g	4.79	GOV
BT084	Sliced Gluten Free Seeded Brea	275g	4.79	GOV
	<b>EVERFRESH NATURAL FOODS</b>			
BT048	Malt & Raisin Loaf	330g	2.39	OV
BT015	Sliced Sprouted Rye Bread	380g	3.90	OV
BT018	Sliced Sprouted Wheat Bread	380g	3.90	OV
BT934	Sprouted Rye Bread	400g	2.65	OV
BT935	Sprouted Spelt Bread	400g	3.55	OV
BT086	Sprouted Wheat Bread	380g	2.59	OV
	<b>FLORENTIN</b>			
BT091	Mini Naan Pita	280g	2.99	OSV
BT552	Pitta Bread - spelt	260g	2.70	OV
BT360	Pitta Bread - white	260g	2.25	OV
BT376	Pitta Bread - wholemeal	280g	2.25	OV

code	product	size	rrp	bfgosv
	<b>GO VEGAN</b>			
	XMAS 2023			
BT322	Chocolate Panettone	500g	18.99	OSV
	<b>PROBIOS</b>			
	XMAS 2023			
BT407	Dark Chocolate Panettone	300g	9.30	OSV
BT080	No Added Sugar Panettone	500g	2.00	O
BT293	Spelt Sourdough Panettone	300g	9.25	OSV
	<b>PROFUSION</b>			
BT405	Protein Bread - Rye / Flax	250g	3.45	OV
	<b>SCHNITZER GLUTEN FREE</b>			
BT467	Baguette Classic	360g	4.90	GOV
BT466	Baguette Grainy Linseed/Sesame	320g	4.90	GOV
BT062	Baguette Rustic	320g	3.89	GO
	<b>BURGERS SAUSAGES &amp; TVP MIXES</b>			
	<b>CLEARSPRING</b>			
SY074	Organic Soya Chunks	200g	3.49	GOV
SY071	Organic Soya Mince	300g	4.90	GOV
	<b>ORGANICO</b>			
SY236	Fajita Strips	110g	3.75	OV
SY235	Soya Kebab Pieces	100g	3.75	OV
	<b>PROFUSION</b>			
SY092	Protein Chunks Pea & Fava	125g	3.85	GOV
SY095	Protein Mince Pea & Fava	125g	3.85	GOV
	<b>BUTTER, CREAM &amp; MILK (CHILLED)</b>			
	<b>CALON WEN</b>			
	The Farmers Co-op			
CV277	Lightly Salted Welsh Butter	250g	4.10	GO
CV174	Spreadable Butter	250g	3.75	GO
CV204	Unsalted Welsh Butter	250g	4.10	GO
	<b>DEVON CREAM COMPANY</b>			
CV293	Clotted Cream	170g	3.70	GO
	<b>VRAI</b>			
	Minimum 5 days shelf life			
CV632	Creme Fraiche	200g	2.35	O
	<b>YEO VALLEY</b>			
CV304	Slightly Salted Organic Butter	200g	3.50	O
CV292	Spreadable Butter	400g	5.95	O
CV726	Unsalted Organic Butter	200g	3.50	O
	Minimum 4 days shelf life			
CV101	Double Cream	220ml	2.20	GO
CV309	Half Fat Creme Fraiche	200g	1.65	O
	<b>CAKES</b>			
	<b>AUTHENTIC BREAD COMPANY</b>			
	XMAS 2023			
BT028	Luxury Christmas Cake	450g	11.00	OSV
BT040	Luxury Mince Pies	300g	4.94	OSV
BT039	Luxury Mince Pies - GF	300g	5.71	OSV
BT154	Vegan Christmas Cake	450g	11.00	OSV
	<b>EVERFRESH NATURAL FOODS</b>			
BT014	Mixed Fruit & Warm Spice Cake	300g	5.79	OV
BT012	Rich Cacao & Sweet Prune Cake	300g	5.79	OV
BT246	Sprouted Banana & Walnut Cake	350g	4.29	OV
BT242	Sprouted Carrot & Raisin Cake	350g	3.89	OV
BT366	Sprouted Chocolate Cake	350g	3.99	OV
BT241	Sprouted Date & Pecan Cake	350g	4.65	OV
BT365	Sprouted Fig & Orange Cake	350g	3.99	OV
BT238	Sprouted Ginger Cake	350g	4.65	OV
BT368	Sprouted Rye Ginger Cake	350g	4.65	OV

code	product	size	rrp	bfgosv
<b>CANDLES, INCENSE &amp; HOLDERS</b>				
<b>WAFI ROOM FRAGRANCE</b>				
NF527	Lavender Air Freshener	100ml	5.99	OV
NF528	Lemongrass Room Fragrance	100ml	5.99	OV
<b>CEREALS &amp; MUESLIS</b>				
<b>ALARA</b>				
MX082	Bircher Apple and Cinnamon	650g	3.59	OV
MX123	Classic Apple Bircher	450g	3.85	OV
MX099	Everyday Muesli	550g	3.29	OV
MX085	Fruits and Seeds Muesli	650g	3.59	OV
MX047	Muesli Super Fruits	500g	4.39	OV
	Everyday Range			
MX023	Gluten Free Muesli - organic	250g	3.59	GOV
MX031	Rich Muesli - organic	500g	3.35	OV
	Into The Garden			
MX236	Active Muesli	250g	4.39	GOV
<b>AMISA</b>				
FX016	Organic Porridge Oats	325g	2.75	GOV
MX007	Spelt Crispy Flakes - Organic	250g	3.25	O
MX029	Spelt Puffs - Organic	200g	2.55	OV
<b>BIONA</b>				
MX198	Choco Coco Granola - Organic	375g	5.39	OS
MX199	Honey Hazel Granola - Organic	375g	5.79	O
MX133	Nutty Clusters Granola	375g	5.99	OSV
MX132	Oaty Clusters Granola	375g	5.49	OV
MX058	Pure Oaty Granola	375g	5.50	OSV
MX201	Wild Berry Granola - Organic	375g	6.79	OS
<b>DOVES FARM</b>				
MX019	Cereal Flakes	375g	3.99	GOSV
MX988	Chocolate Stars	300g	3.25	GOV
MX632	Corn Flakes	325g	3.15	GOV
MX171	Fibre Flakes	375g	3.85	GOSV
MX086	Fruit & Fibre Flakes	375g	4.99	GOV
MX002	Porridge Oats	430g	4.90	GOV
MX087	Supergrain Hoops	300g	3.85	GOV
	Ancient Grains			
MX090	Breakfast Flakes	375g	4.69	GOV
MX081	Cereal Hoops	300g	4.49	GOV
MX080	Fruit & Fibre Flakes	375g	4.99	GOSV
	Snack Size			
MX115	Chocolate Stars	25g	0.75	GOSV
MX074	Corn Flakes	30g	0.75	GOSV
MX073	Fibre Flakes	30g	0.75	GOSV
	Wholegrain			
MX088	Cocoa Rice Pops	300g	3.55	GOSV
<b>GLEBE FARM</b>				
MX106	Porridge Oats GF	450g	2.79	GOV
<b>KALLO</b>				
MX124	Puffed Rice Cereal - Natural	225g	3.69	GOV
<b>LIZI'S</b>				
MX011	Organic Granola	400g	4.59	OSV
<b>NATURES PATH ORGANIC</b>				
MX602	Gorilla Munch	300g	4.55	GOVS
MX194	Maple Sunrise	332g	4.75	GOSV
MX885	Mesa Sunrise	355g	4.95	GOSV
MX884	Millet Rice	375g	4.29	OV
MX136	Mixed Berry Granola	300g	5.59	OG
	Envirokidz			
MX079	Choco Chimps	284g	4.59	GOVS
<b>PRIMROSE'S KITCHEN</b>				
MX109	Beetroot & Ginger Muesli	400g	4.49	GOV
MX104	Carrot,Apple & Cinnamon Muesli	400g	4.49	GOV

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MX098	Fig & Apricot Bircher OG	400g	4.49	GOV
	<b>RAW GORILLA</b>			
MX102	Keto Berry Granola	250g	5.99	GOV
MX103	Keto Chocolate Granola	250g	5.99	GOV
MX113	Mighty Muesli	250g	5.99	GOV
MX105	Mighty Muesli Choc Chip	250g	5.99	GOV
MX142	Peanut Butter Choc Granola	250g	5.99	GOV
MX141	Peanut Butter Granola	250g	5.99	GOV
	<b>RUDE HEALTH</b>			
MX140	Instant Bircher Apple & Cinnam	375g	3.49	OV
	<b>RUDE HEALTH FOODS</b>			
	Children's			
MX232	Honey Puffed Spelt Granola	175g	3.49	O
MX108	Crunchy Berry Granola	400g	4.99	OSV
MX135	Ultimate Granola Muesli	400g	4.99	OS
MX060	Ultimate Muesli Porridge	400g	4.99	OSV
MX208	Gluten Free Sprouted Porridge Puffs	400g	4.99	GOV
MX101	Choco Vanilla Puffs	200g	3.75	GOV
	<b>WHOLE EARTH</b>			
MX172	Classic Cornflakes - organic	375g	3.19	GOSV
MX158	Cocoa Crunch	375g	3.29	OSV
MX174	Maple Frosted Flakes - og	375g	3.95	GOSV
MX155	Organic Muesli	750g	5.99	O
MX162	Red Fruit Crunch	450g	3.95	OSV
	<b>CHEESE, DAIRY (CHILLED)</b>			
	<b>BERGERIE</b>			
CV583	Organic Fresh Goat Cheese	100g	2.35	GO
CV590	Organic Fresh Sheeps Cheese	100g	2.25	O
	<b>CALON WEN</b>			
	Organic Welsh Cheese			
CV397	Extra Mature Cheddar Cheese	200g	3.25	O
CV398	Mellow Cheddar Cheese	200g	3.25	O
CV624	Rossett Red Cheese	200g	3.25	O
	<b>CYPRESSA</b>			
CV761	Organic Feta Cheese	200g	4.19	O
CV760	Organic Halloumi Cheese	200g	4.60	O
	<b>HIGH WEALD DAIRY</b>			
CV838	Ashdown Forester Cheese	150g	4.00	O
CV067	Duddleswell Sheeps Cheese	125g	5.30	O
CV443	Mixed Case Soft Sheeps Cheese	100g	3.75	O
CV047	Org Brighton Blue Cheese	150g	4.45	O
CV082	Org Cow & Sheeps Milk Halloumi	150g	3.85	O
CV051	Saint Giles Soft Cheese	150g	4.10	O
CV524	Seven Sisters Cheese	125g	5.00	O
CV924	Smoked Duddleswell Cheese	125g	5.65	O
CV922	Sussex Marble Cheese	150g	4.45	O
CV923	Sussex Velvet Cheese	150g	4.50	O
CV642	Tremains Cheddar Cheese	150g	4.50	O
	<b>LYE CROSS FARM</b>			
CV049	Double Gloucester Cheese	245g	4.45	O
CV591	Grass Fed Cheddar Cheese	200g	3.99	O
CV860	Grass Fed Cheddar Cheese	350g	6.30	O
CV506	Mature Cheddar Cheese	245g	4.65	O
CV166	Medium Cheddar Cheese	245g	4.45	O
CV477	Mild Cheddar Cheese	245g	4.35	O
CV105	Red Leicester Cheese	245g	4.45	O
CV522	Vintage Cheddar Cheese Grated	245g	4.80	O

code	product	size	rrp	bfgosv
CV323	Mature Grated Cheddar Cheese	180g	3.20	O
	<b>SOSTER</b>			
CV003	Italian Hard Cheese	200g each	6.70	O
	<b>CHEESE, NON DAIRY (CHILLED)</b>			
	<b>COCOS</b>			
CV295	Creamy Spread	150g	3.20	FGOV
	<b>KINDA CO</b>			
CV324	Blue Vegan Cheese	120g	7.50	OV
CV334	Farmhouse Vegan Cheese	120g	7.50	OV
CV339	Garlic & Herb Vegan Cheese	120g	7.50	OV
CV333	Greek Style Cheese	120g	7.50	OV
CV335	Smoked Vegan Cheese	120g	7.50	OV
CV340	Sour Creme & Chive Spread	130g	7.50	OV
	<b>MOUSE'S FAVOURITE</b>			
CV080	Aged Classic Cheese	125g	9.00	OV
CV086	Apricot Cheese	135g	8.25	OV
CV079	Camembert Blue Style Cheese	130g	9.35	OV
CV077	Camembert Style Cheese	135g	9.00	OV
	<b>MOZZARISELLA</b>			
CV858	Classic Vegan Cheese	125g	3.25	OV
CV027	MascaRice Vegan Mascarpone	150g	3.65	GOV
	<b>PALACE CULTURE</b>			
	Cashew Nut Cheese			
CV364	Herbes De Provence Cheese	150g	7.80	OV
CV368	Kimcheeze Cheese	150g	7.80	OV
CV384	Mouldy Goaty Cheese	150g	7.80	OV
CV386	Sacre Blue Cheese	150g	11.60	OV
CV380	Truffle Ash & Blk Pepp Cheese	150g	11.60	OV
	<b>CHOCOLATE</b>			
	<b>SUMA PREPACKS - ORGANIC</b>			
KB137	Cacao Nibs - Organic	100g	1.85	OV
	<b>ALTERECO</b>			
KB566	Dark Chocolate 70%	100g	2.89	FOSV
KB567	Dark Chocolate 85%	100g	2.89	FOSV
KB561	Dark Chocolate with Almond	100g	2.89	FOSV
KB568	Milk Chocolate	100g	2.89	FOS
KB571	Orange Dark Chocolate	100g	2.89	FOSV
KB572	Salted Caramel Milk Chocolate	100g	2.89	FOS
	<b>BOOJA-BOOJA</b>			
ZX869	Almond Salted Caramel	92g	6.80	GOSV
ZX871	Around Midnight Espresso	92g	6.80	GOSV
KB749	Chocolate Orange Truffles	92g	6.80	GOSV
KB987	Chocolate Salted Caramel	92g	6.80	OSV
KB694	Deeply Chocolate Truffles	92g	6.80	GOSV
ZX872	Fine De Champagne	92g	6.80	GOSV
ZX874	Hazelnut Crunch	92g	6.80	GOVS
KB718	Honeycomb Caramel Truffle	92g	6.80	GOSV
	Artist's Collection Gift Boxes			
KB927	Fine De Champagne Truffles	185g	25.99	GFOSV
KB929	Hazelnut Truffles	185g	25.99	GFOSV
	Four Corners			
KB655	The Gourmet Selection	230g	2.89	GOSV
	Gift Boxes			
KB815	Award-winning Selection	184g	13.49	GOSV
KB656	Champagne Truffles	138g	11.49	GOSV
KB612	Fine de Champagne Truffles	184g	13.49	OSV
KB605	Salted Caramel Choc Truffles	184g	13.49	OSV
KB793	The Signature Collection	184g	13.49	GOSV
	Gift Range			
KB623	Hazelnut Truffles	138g	16.69	GOSV
KB624	Truffle Selection 1	138g	16.69	GOSV

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KB873	Truffle Selection 2 Two Packs	138g	16.69	GOSV
KB507	Almond Salted Caramel Truffles	23g	1.55	GOSV
KB513	Hazelnut Crunch Truffles	23g	1.55	GOSV
KB594	Honeycomb Caramel Truffles	23g	1.55	OSV
KB595	Orange Chocolate Truffles	23g	1.55	OSV
KB602	Salted Caramel Choc Truffles XMAS 2023	23g	1.55	OSV
KB583	A Grand Adventure	243g	31.49	GOSV
KB589	A Magnificent Adventure	335g	46.99	GOSV
KB648	Chocolate Orange Truffle Logs	115g	1.45	GSOV
KB660	Gourmet Truffle Selection No1	289g	25.00	GSOV
KB667	Gourmet Truffle Selection No2	289g	25.00	GSOV
KB633	Hazelnut Crunch Truffle Logs	115g	1.45	GSOV
KB644	S/Caramel Mocha Truffle Logs	115g	1.45	GOSV
KB573	The Winter Collection	184g	13.55	GOSV
KB540	Yuletide Spice Truffle Logs	115g	1.45	GOSV
	<b>CHOCOLATE AND LOVE</b>			
WS082	Creamy Dark 55% Chocolate	80g	3.29	FOS
WS004	Milk Chocolate, Hazelnut	80g	3.29	OS
WS079	Mint 67% Chocolate	80g	3.29	FOSV
WS081	Orange 65% Chocolate	80g	3.29	FOSV
WS077	Panama 80% Chocolate Bar	80g	3.35	FOSV
WS078	Pomegranate 70% Chocolate	80g	3.35	FOSV
WS080	Sea Salt 55% Chocolate	80g	3.29	FOS
	<b>COCOA LOCO</b>			
	XMAS 2023			
KB411	Dark Choc & Raspberry Tree	150g	12.99	FOV
KB063	Dark Chocolate Coated Ginger	100g	6.00	FOSV
KB649	Dark Chocolate Mango	100g	6.00	FOSV
KB728	Dark Chocolate Santa Lolly	40g	1.99	FO
KB720	Milk & White Choc Pudding	70g	4.49	FO
KB195	Milk & White Chocolate Robins	100g	5.79	FOS
KB474	Milk Chocolate Elves	100g	5.79	FOS
KB724	Milk Chocolate Santa Lolly	40g	1.99	FO
KB642	Milk Chocolate Santas	100g	5.79	FOS
	<b>CONSCIOUS CHOCOLATE</b>			
ZX487	Dark Side 75% Raw Bar	60g	2.79	GOSV
ZX488	Dark Side 85% Raw Bar	60g	2.79	GOSV
ZX491	Four Nuts Raw Bar	60g	2.79	GOSV
ZX492	Goji & Coconut Raw Bar	60g	2.79	GOSV
ZX493	Love Potion No 9 Raw Bar	60g	2.79	GOSV
ZX497	Orange & Tangerine Raw Bar	60g	2.79	GOSV
ZX501	Peppermint Raw Bar	60g	2.79	GOSV
ZX505	Sour Cherry Raw Bar XMAS 2023	60g	2.79	GOSV
ZX836	Chocolate Selection Box	240g	11.99	GOSV
	<b>ENJOY!</b>			
	Chocolate Buttons			
KB392	Mint Filled Buttons	96g	4.99	OSGV
KB391	Salted Caramel Filled Buttons Filled Bars	96g	4.99	SGOV
KB593	Mint Filled Bar	70g	2.99	GOSV
KB603	Orange Caramel Filled Bar	70g	2.99	GOSV
KB389	Salted Caramel Filled Bar	70g	2.99	OSGV
KB388	Vanilla Caramel Filled Bar	70g	2.99	VSGO
	<b>EQUAL EXCHANGE</b>			
KB659	55% Dark Caramel & Sea Salt	100g	2.79	FOS
KB698	65% Organic Dark Orange	100g	2.79	FOSV
KB801	67% Dark Mint Crunch	100g	2.79	GOSV
KB654	71% Organic Very Dark	100g	2.79	FOSV
KB803	88% Extreme Dark	80g	2.79	GOSV

code	product	size	rrp	bfgosv
KB977	Dark 55% Choc with Almond	100g	2.79	FOS
KB640	Lemon, Ginger & Pepper	100g	2.79	OSV
	<b>GREEN &amp; BLACKS</b>			
	90g Bars			
KB116	70% Dark Chocolate	90g	2.80	FOSV
KB034	85% Dark Chocolate	90g	2.80	FOSV
KB796	Dark Choc Hazelnut & Currant	90g	2.80	FOS
KB132	Dark Chocolate & Ginger	90g	2.80	FOS
ZX251	Maya Gold Dark Chocolate	90g	2.80	FSOV
KB908	Milk Choc & Chopped Almonds	90g	2.80	FOS
ZX239	Milk Chocolate	90g	2.80	FOS
KB133	Milk Chocolate & Butterscotch	90g	2.80	FOS
WS091	Milk Chocolate & Sea Salt	90g	2.80	FOS
KB370	White Chocolate	90g	2.80	FOS
	Minibars			
KB199	70% Dark Chocolate	35g	1.50	FOS
KB198	Milk Chocolate	35g	1.50	OS
	Smooth Bars			
KB498	Dark Chocolate	90g	2.90	OSV
KB503	Mint Chocolate	90g	2.90	OSV
	<b>HU</b>			
KB674	Almond Butter Crispy Dark Bar	60g	3.79	FGOSV
KB677	Cashew Butter Orange Dark Choc	60g	3.79	FGOSV
KB675	Cashew Butter Vanilla Dark Chc	60g	3.79	FGOSV
KB678	Crunchy Mint Dark Chocolate	60g	3.79	FGOSV
KB673	Hazelnut Butter Dark Chocolate	60g	3.79	FGOSV
KB672	Salty Dark Chocolate Bar	60g	3.79	FGOSV
KB671	Simple Dark Chocolate Bar	60g	3.79	FGOSV
KB680	Vanilla Crunch Dark Chocolate	60g	3.79	FGOSV
	<b>ICHOC ORGANIC CHOCOLATE</b>			
	iChoc			
KB897	Almond & Orange	80g	2.99	FOSV
KB882	Choco Cookie	80g	2.99	FOSV
KB922	Classic Style	80g	2.99	FOSV
KB579	Salty Pretzel	80g	2.99	FOSV
KB738	Super Nut	80g	2.99	FOSV
KB582	White Barista Art	80g	2.99	FOSV
KB881	White Nougat Crisp	80g	2.99	FOSV
KB898	White Vanilla	80g	2.99	FOSV
	<b>MONTEZUMA'S</b>			
KB946	Great White Chocolate	90g	3.29	OS
	Giant Buttons			
KB005	Dark Chocolate Giant Buttons	180g	4.99	OVS
KB271	Milk Chocolate Button Bags	180g	4.99	O
KB270	White Chocolate Button Bag	180g	4.99	OS
	Like No Udder			
KB530	Milk Alternative Bar	90g	3.29	GOVS
KB601	Milk Choc/Orange Alternative	90g	3.29	OSVG
	Organic Bars			
KB194	Chilli Bonkers	90g	3.29	OSV
KB186	Darksides 51% Milk Chocolate	90g	3.29	OS
KB196	FitzRoy Very Dark Chocolate	90g	3.29	OSV
KB254	Happy Hippy	90g	3.29	OSV
KB616	Hot Pickle Milk Chocolate	90g	3.29	OS
ZX779	Royal Mint Organic Dark W/Mint	90g	3.29	GOSV
KB191	Smooth Operator Milk Chocolate	90g	3.29	OS
KB617	Splotch Milk Chocolate Bar	90g	3.29	OS
	XMAS 2023			
ZX811	Advent Calendar Dark Chocolate	200g	9.69	OSV
ZX812	Advent Calendar Milk Chocolate	200g	11.49	OS
ZX361	Milk Chocolate Hollow Snowman	100g	5.75	OS
ZX357	White Chocolate Hollow Snowman	100g	5.75	OS



code	product	size	rrp	bfgosv
	<b>MOO FREE</b>			
	Premium Bar			
ZX636	Cinder Toffee Bar	80g	2.19	GSVO
WS050	Cocoa Chocolate Bar	80g	2.19	GSOV
WS051	Sea Salt & Caramel Bar	80g	2.19	GSOV
	<b>OMBAR CHOCOLATE</b>			
ZX419	100% Cacao Chocolate Bar	35g	2.50	FGOV
KB763	72% Cacao Chocolate Bar	35g	2.50	FGOSV
ZX659	90% Cacao Chocolate Bar	35g	2.50	FGOSV
KB759	Blueberry & Acai Chocolate Bar	35g	2.50	FGOSV
KB761	Coco 60% Chocolate Bar	35g	2.50	FGOSV
KB406	Coco Mylk Chocolate Bar	35g	2.50	FGOSV
ZX657	Coconut & Vanilla Choc Centres	35g	2.50	FGOSV
ZX397	Hazelnut Truffle Centre Bar	35g	2.50	FGOSV
ZX421	Pistachio Centres Choc Bar	35g	2.50	FGOSV
ZX663	Raspberry & Coconut Centre Bar	35g	2.50	FGOSV
KB764	Strawberry Mylk Chocolate Bar 70g Bars	35g	2.50	FGOSV
ZX951	72% Cacao Chocolate Bar	70g	3.39	FGOSV
ZX952	Coco Almond Chocolate Bar	70g	3.39	FSGOV
ZX953	Coco Mylk Chocolate Bar	70g	3.39	FGOSV
ZX639	Coconut & Vanilla Chocolate	70g	3.39	FGOSV
ZX403	Hazelnut Truffle Chocolate Bar	70g	3.39	FGOSV
ZX641	Pistachio Chocolate Bar	70g	3.39	FGOSV
ZX644	Raspberry & Coconut Choc Bar	70g	3.39	FGOSV
ZX975	Salt & Nibs Chocolate Bar Buttons	70g	3.39	FSGOV
KB492	Coco Mylk Chocolate Buttons	25g	1.55	FGOSV
	Oat Mylk			
ZX184	Fruit & Nut	70g	2.99	FOSV
ZX187	Hazelnut	70g	2.99	FOSV
ZX155	Salted Caramel Truffle	70g	2.99	FOSV
ZX192	Smooth & Creamy XMAS 2023	70g	2.99	FOSV
ZX147	Oat Milk Advent Calendar	125g	14.99	FOSV
ZX145	Spiced Orange Hazelnut Truffle	70g	3.39	FGOSV
	<b>ORGANIC SEED &amp; BEAN COMPANY</b>			
	Large Bars			
KB152	37% Milk Choc Hazel & Almond	75g	2.99	FOS
KB733	37% Milk Chocolate	75g	2.99	FOS
KB813	37% Milk Chocolate Caramel	75g	2.99	FOS
KB816	37% Popped Rice Milk Chocolate	75g	2.99	FOS
KB184	47% Vegan Milk Coffee	75g	2.99	FOSV
KB970	58% Dark Espresso	75g	2.99	FOSV
KB155	58% Dark Hazelnut	75g	2.99	FOSV
KB979	58% Dark Lemon & Cardamom	75g	2.99	FOSV
WS117	58% Dark Salted Caramel	75g	2.99	OSV
KB740	66% Dark Raspberry & Coconut	75g	2.99	OSV
KB736	70% Dark Chocolate & Sea Salt	75g	2.99	FOSV
KB743	72% Dark Dominican	75g	2.99	FOSV
KB767	72% Dark Lavender	75g	2.99	FOSV
KB772	72% Dark Mandarin & Ginger	75g	2.99	FOSV
KB200	72% Dark Mint	75g	2.99	FOSV
KB181	Salted Caramel	75g	2.99	FOSV
KB183	Sea Salt & Orange	75g	2.99	FOSV
ZX126	Sea Salt & Tropical Lime XMAS 2023	75g	2.99	FOS
KB436	58% Dark Winter Spice	75g	2.99	OSV
KB731	Favourites Gift Set	1	9.99	OSV
KB729	Mini Bar Gift Set	1	8.89	OS
	<b>PLAYIN CHOC</b>			
WS005	Dinosaur Surprise	1	2.50	GOSV

code	product	size	rrp	bfgosv
WS133	Endangered Animal Surprise	1	2.50	GOSV
ZX066	Woodland Animal Surprise	1	2.50	GOSV
	XMAS 2023			
WS088	Christmas Surprise Collection	10g	2.49	GOSV
	<b>RADEKS</b>			
ZX433	75% Dark CBD Bar	72g	5.00	OSV
ZX439	Cocoa IPA Malted Barley Bar	72g	5.00	OSV
ZX449	Dark Hazelnut Gianduja	72g	3.95	OSV
ZX437	Radeks Lions Mane Bar	72g	6.00	OSV
ZX453	Silky Almond Gianduja Bar	72g	3.95	OSV
	Collab with Blind Owl Coffee			
ZX447	Almond M*lk Mocha Bar	72g	3.95	OSV
	<b>RAW HALO</b>			
	70g Bars			
KB002	Dark 76%	70g	2.99	GOSV
KB055	Dark 85%	70g	2.99	GOSV
KB006	Dark Raspberry	70g	2.99	GOSV
KB047	Dark Salted Caramel	70g	2.99	GOSV
KB020	Mylk & Pink Himalayan Salt	70g	2.99	GOSV
KB065	Mylk & Salted Caramel	70g	2.99	GOSV
KB007	Mylk & Vanilla	70g	2.99	GOSV
	Truffle Bars			
KB118	Dark Salt Almond Truffle Bar	90g	3.50	GOSV
KB103	Mylk Hazelnut Truffle Bar	90g	3.50	GOSV
	<b>RHYTHM 108</b>			
KB506	Hazelnut Praline Chocolate Bar	33g	1.85	GVOS
KB336	Super Coconut Swiss Choc Bar	33g	1.85	GSOV
KB276	Sweet N Salty Almond Choc Bar	33g	1.85	GOSV
KB994	Swiss Chocolate Orange Bar	33g	1.85	GSOV
	Chocolate Bars			
KB368	Cacao Orange	100g	4.25	SVO
KB125	Hazelnut Truffle	100g	4.25	OSV
KB168	Roasted Almond Butter	100g	4.25	OSV
	<b>SO FREE</b>			
	Organic Large Bars			
ZX926	White Chocolate	70g	3.65	GSOV
	<b>THE RAW CHOCOLATE CO</b>			
KB307	Cacao Nibs	150g	3.75	GOV
WS190	Salted Vanoffee Cashews	110g	4.69	OSV
	Raw Chocolate Coated Snacks			
KB054	Chocolate Covered Mulberries	125g	4.69	GOSV
KB053	Chocolate Goji Berries	125g	4.69	GOSV
KB855	Chocolate Raisins - Snack Pack	28g	1.39	GOSV
KB360	Goji Berries - Snack Pack	28g	1.39	GOSV
KB362	Mulberries - Snack Pack	28g	1.39	GOSV
ZX182	Raw Chocolate Covered Almonds	110g	4.69	GOSV
ZX884	Raw Chocolate Covered Almonds	25g	1.39	GOSV
ZX181	Raw Chocolate Covered Ginger	125g	4.69	GOSV
	Sharing Bags			
KB956	Chocolate Raisins	100g	4.69	OSV
KB957	Salty Chocolate Hazelnuts	100g	4.69	OSV
	Vegan Chocolate Buttons			
WS016	Caramel Buttons	150g	4.99	OSV
WS018	M*lk Chocolate Buttons	150g	4.99	OSV
WS001	Peruvian 72% Buttons	150g	4.99	OSV
WS002	Vanoffee Buttons	150g	4.99	OSV
	XMAS 2023			
KB235	Chocolate Fruit & Nut	180g	9.99	OSV
KB238	Chocolate Ginger & Hazelnuts	180g	9.99	OSV
TE312	Luxury Hot Chocolate	200g	8.49	OSV
KB222	M*lk Chocolate Christmas Trees	150g	9.99	OSV
KB219	Spiced Choc Buttons Cracker	220g	9.99	OSV

code	product	size	rrp	bfgosv
ZX839	Spiced Chocolate Almonds	180g	9.99	OSV
TE303	Winter Spiced Hot Chocolate	200g	8.49	OSV
	<b>VEGO</b>			
KB669	Chocolate & Rice Crisp Bar	40g	1.60	FGOV
KB821	Mini Whole Hazel Chocolate Bar	65g	2.59	FGOSV
WS003	Vego Dark Nuts & Berries	85g	3.45	FOVS
WS059	Vego White - Almond Bliss	50g	2.25	FOVS
KB943	Vegolino Pralines	180g	5.95	FOSV
KB489	Whole Hazelnut Chocolate Bar	150g	4.55	FGOSV
	<b>VIVANI ORGANIC CHOCOLATE</b>			
KB485	71% Dark Chocolate	100g	2.99	OSV
KB851	Dark Choc & Almonds	100g	2.99	OS
KB486	Dark Choc & Cassis Filling	100g	2.99	OS
KB693	Dark Choc & Nougat	100g	2.99	OSV
KB487	Dark Choc & Peppermint Filling	100g	2.99	OS
KB849	Dark Choc & Whole Hazelnuts	100g	2.99	OSV
KB484	Dark Chocolate & Orange	100g	2.99	OSV
KB243	Dark Marzipan Amaretto	100g	2.99	OS
KB488	Milk & White Cappuccino Choc	100g	2.99	OS
KB480	Milk Choc & Praline Filling	100g	2.99	OS
KB479	Milk Chocolate	100g	2.99	OS
	Premium Large Bars			
KB919	62% Dark Caramel Chocolate	80g	3.29	OSV
KB632	85% Dark Chocolate	100g	3.29	OSV
KB407	92% Dark Choc Panama Estate	80g	3.29	OSV
KB901	Dark 75% Chocolate	80g	3.29	OSV
KB909	Dark 75% Mallorca Flor de Sal	80g	3.29	OSV
KB048	Dark Choc & Cranberry	100g	3.29	OSV
KB042	Superior Dark 100% Cocoa	80g	3.29	OV
KB035	Superior Dark 89% Chocolate	80g	3.29	OSV
	Snack Size			
KB420	Almond Orange Rice Chocolate	35g	1.59	OSV
KB430	Black Cherry	35g	1.59	OSV
KB447	Creamy Caramel	40g	1.59	OS
KB049	Crunchy Coconut Chocolate Bars	35g	1.59	OSV
KB475	Dark Nougat Croccante	35g	1.59	OSV
KB452	Espresso Biscotti	40g	1.59	OS
KB476	White Nougat Crisp	35g	1.59	OSV
	<b>CHOCOLATE &amp; SWEET SPREADS</b>			
	<b>BIONA</b>			
GH840	Dark Chocolate Spread - org	350g	5.55	OSV
GH010	Milk Choc Hazel Spread - org	350g	5.69	OS
	<b>BONSAN</b>			
GH129	Mylk Hazelnut Cocoa Spread	350g	5.79	OV
GH123	Plain Choco Spread	350g	4.75	OSV
	<b>COCOFINA</b>			
GH136	Hazelnut Chocolate Spread -Org	200g	4.99	GOSV
	<b>ESSENTIAL TRADING</b>			
GH092	Dark Chocolate Spread	400g	4.39	OSV
	<b>SO FREE</b>			
GH225	Rich Dark Chocolate Spread	275g	5.15	OVGS
	<b>VEGO</b>			
GH075	Hazelnut Chocolate Spread	200g	4.99	SVO
	<b>CIDERS</b>			
	<b>ASPALL</b>			
RT023	Aspall Organic Suffolk Cyder	500ml	4.29	OSV
	<b>DUNKERTONS</b>			
RT041	Black Fox Organic Cider	500ml	4.50	GOSV
RT054	Organic Craft Cider	500ml	4.50	GOSV
RT053	Premium Reserve Organic Cider	500ml	4.50	GOSV
	<b>WESTONS</b>			
RT006	Vintage Organic Cider 6% ABV	500ml	3.35	GOV

code	product	size	rrp	bfgosv
<b>COCOA</b>				
<b>SUMA PREPACKS - ORGANIC</b>				
LJ189	Cocoa Powder - Organic	250g	3.35	FOV
<b>COCOA LOCO</b>				
XMAS 2023				
ZX320	Festive Spoon Set	115g	8.79	FOS
<b>EQUAL EXCHANGE</b>				
TE491	Hispaniola Cocoa Powder - og	250g	5.55	FOV
<b>GREEN &amp; BLACKS</b>				
TE453	Cocoa Powder - FT Organic	125g	3.30	FOV
TE131	Hot Chocolate	300g	5.95	FO
<b>RHEAL</b>				
VF266	Superfoods Coco Dream	180g	24.99	GOV
<b>COFFEE</b>				
<b>SUMA ORGANIC</b>				
Bulk Packs				
TE103	Columbia Beans	1kg	23.39	FOV
TE656	Espresso Beans	1kg	23.39	FOV
TE101	Ethiopia Yirgacheffe Beans	1kg	25.39	FOV
TE109	Honduras Coffee Beans	1kg	19.99	FOV
TE758	Medium Roast Blend Ground	1kg	21.99	FOV
TE106	Peru Cepicafe Beans	1kg	19.99	FOV
TE107	Sumatra Gayo Highlands Beans	1kg	24.79	FOV
TE113	Swiss Water Decaf Beans	1kg	25.39	FOV
Roast and Ground Coffees				
TE014	Bolivia Femenino Ground Coffee	227g	6.19	FOV
TE372	Colombia Ground Coffee	227g	5.39	FOV
TE650	Espresso Ground Coffee	227g	5.99	FOV
TE374	Ethiopia Yirgacheffe Ground	227g	6.19	FOV
TE384	Honduras Ground Coffee	227g	5.50	FOV
TE643	Medium Roast Ground Coffee	227g	4.89	FOV
TE397	Peru Ground Coffee	227g	5.29	FOV
TE641	Suma Dark Roast Ground	227g	4.89	FOV
TE399	Sumatra Ground Coffee	227g	5.49	FOV
TE400	Swiss Water Decaf Ground	227g	6.19	FOV
Roast Whole Bean Coffees				
TE373	Colombia Coffee Beans	227g	5.39	FOV
TE655	Espresso Coffee Beans	227g	5.89	FOV
TE375	Ethiopia Yirgacheffe Beans	227g	6.19	FOV
TE401	Peru Coffee Beans	227g	5.29	FOV
<b>CAFEDIRECT</b>				
Roast Wholebean Coffees				
TE901	Machu Picchu Organic Beans	227g	5.55	FOV
TE229	Machu Picchu Organic Beans	750g	14.99	FOV
TE302	Mayan Gold Beans	227g	5.55	FOV
Single Origin - Roast & Ground				
TE952	Machu Picchu Organic Ground	227g	5.55	FOV
TE226	Mayan Gold Ground	227g	5.55	FOV
<b>CLIPPER</b>				
Food Service Range				
TE724	Instant - Fairtrade & Organic	500g	36.45	FOV
TE526	Instant Decaf Organic	500g	41.35	FOV
Instant Coffees				
TE076	Fairtrade Organic Instant	100g	7.55	FOV
TE422	FT Org Everyday Instant Coffee	100g	7.15	FOV
TE879	FT Org Super Spec Decaf Coffee	100g	8.29	FOV
TE739	FT Org Super Special Coffee	100g	7.55	FOV
Roast and Ground Coffees				
TE845	Decaffeinated Ground Coffee	227g	6.65	FOV
TE849	Italian Style Ground Coffee	227g	5.69	FOV
TE705	Papua New Guinea Ground Coffee	227g	5.69	FOV

code	product	size	rrp	bfgosv
<b>EQUAL EXCHANGE</b>				
	Roast & Ground Coffees			
TE872	Anytime Medium Roast	200g	6.15	FOV
TE875	Colombian Excelso	200g	6.15	FOV
TE874	Dark City	200g	6.39	FOV
TE325	Dark Roast Decaffeinated	200g	6.99	FOV
TE870	Decaffeinated	200g	6.99	FOV
TE867	Ethiopia Yirgacheffe	200g	6.59	FOV
TE876	Grown by Women	200g	6.15	FOV
TE866	Italian Blend	200g	6.15	FOV
	Roast Wholebean Coffees 1kg			
TE898	Anytime Medium Roast	1kg	25.15	FOV
TE896	Espresso	1kg	25.15	FOV
TE008	Italian Blend	1kg	25.15	FOV
	Roast Wholebean Coffees 200g			
TE402	Dark City	200g	6.15	FOV
TE403	Decaffeinated	200g	6.99	FOV
TE409	Grown By Women	200g	6.15	FOV
TE408	Italian Blend	200g	6.15	FOV
TE371	Medium Roast	200g	6.15	FOV
	XMAS 2023			
TE138	Festive Blend Ground Coffee	200g	6.35	OV
<b>GRUMPY MULE</b>				
	Roast & Ground Coffees			
TE286	Colombia Cafe Equidad	227g	5.55	FOV
TE136	Cool Ground	227g	5.49	FOV
TE289	Decaf Ground Swiss Water	227g	6.39	FOV
TE134	Honduras Fuerza La Labor	227g	5.49	FOV
TE132	Honduras Pico Pijol	227g	5.49	FOV
TE559	Peru Cafe Femenino	227g	5.49	FOV
TE285	Sumatra Gayo Highlands	227g	5.69	FOV
	Roast Wholebean Coffees			
TE718	Colombia Cafe Equidad Beans	227g	5.59	FOV
TE130	Decaf Beans - Swiss Water	227g	6.29	FOV
TE290	Landscape Espresso Beans	227g	5.99	OV
	Roast Wholebean Coffees 1KG			
TE417	Landscape Espresso Beans	1kg	23.49	FOV
	XMAS 2023			
TE345	Grumpy Yule	227g	6.25	FOV
<b>PERCOL</b>				
	Roast & Ground Coffees			
TE632	Rich Americano Fairtrade	200g	4.75	FOV
<b>RHEAL</b>				
VF263	Superfoods Shroom Coffee	150g	34.99	GOV
<b>COFFEE SUBSTITUTES</b>				
<b>BARLEYCUP</b>				
TE480	Chicory Cup Organic	100g	5.79	OV
TE698	Instant Cereal Drink Organic	100g	5.59	OV
<b>THE CHICORY CO</b>				
TE589	Chicory Drink - Organic	100g	5.19	GOV
<b>WHOLE EARTH</b>				
TE389	No Caf Coffee Alternative	100g	3.29	VO
<b>CONVENIENCE FOODS</b>				
<b>SUMA ORGANIC</b>				
VF270	Aloo Saag	400g	3.90	OSV
VF269	Chickpea & Lentil Daal	400g	2.35	OSV
VF275	Ravioli with Mushroom Sauce	400g	2.95	OV
VF181	Ravioli with Tomato & Ricotta	400g	2.95	OS
VF172	Ravioli with Vegetable Sauce	400g	2.85	OSV
<b>BIONA</b>				
VF250	Coconut Milk Green Curry	400ml	2.85	OSV

code	product	size	rrp	bfgosv
	<b>CLEARSPRING</b>			
VF253	Coconut Milk	400ml	2.49	OV
	<b>FREE &amp; EASY</b>			
VF125	Bean Cassoulet - og	400g	3.50	GOV
VF006	Chickpea / Vegetable Curry	400g	3.50	GOV
VF116	Chickpea & Bean Tagine	400g	3.50	GOV
VF132	Middle Eastern Casserole	400g	3.50	GOV
VF141	Sweet Pot/Kale/Coconut Curry	400g	3.50	GOV
VF014	Three Bean Chilli - og	400g	3.50	GOV
VF127	Vegetable Balti - og	400g	3.50	GOV
VF128	Vegetable Hotpot - og	400g	3.50	GOV
	<b>GEO ORGANICS</b>			
KJ182	Chickpea & Apricot Tagine	400g	3.25	OSV
KJ183	Moroccan Chickpea Tagine	400g	3.25	OV
VF074	Organic Bombay Potatoes	400g	3.45	OSV
	Dahl			
VF148	Coconut & Kale	400g	3.15	OV
VF079	Organic Chickpea & Lentil Dahl	400g	2.90	OV
VF149	Tadka Dahl	400g	2.95	OV
	<b>RIFCO</b>			
VF108	Spanish Chickpea Casserole	400g	3.25	OV
VF100	Thai Green Curry Organic	400g	3.25	OV
VF093	Thai Temple Curry	400g	3.25	OV
	<b>SUNITA</b>			
FG601	Polenta - organic	500g	2.15	OV
	<b>CRISPS &amp; SNACKS</b>			
	<b>AMAIZIN</b>			
ZX544	Bio Corn Chips Chilli	75g	1.59	OSV
ZX543	Bio Corn Chips Natural	150g	2.50	OV
ZX542	Bio Corn Chips Natural	75g	1.49	OSV
ZX546	Bio Corn Chips Paprika	75g	1.59	OSV
ZX429	Natural Corn Chips Value Bag	250g	2.85	OV
ZX399	Organic Taco Shells	150g	3.65	OV
ZX482	Rice Paper Organic	110g	2.29	OV
ZX254	Salsa Dip Hot	260g	2.65	GOSV
ZX249	Salsa Dip Mild	260g	2.65	GOSV
ZX406	Tomato Corn Rolls	100g	1.95	VOS
	<b>BIONA</b>			
ZX424	Potato Chips - Lightly Salted	100g	2.45	OV
	<b>CHEEKY MONKEY</b>			
BB024	Peanut Butter Puffs	60g	2.49	FGOV
	<b>CLEARSPRING</b>			
BT026	Brown Rice Crackers	40g	2.29	GOV
BT033	Brown Rice Crackers	40g	2.29	GOV
BT053	Brown Rice Crackers Sesame	40g	2.29	GOV
BT129	Brown Rice Crackers-Blk Sesame	40g	2.29	GOV
ZX193	Rice Crackers - Tamari	50g	2.29	OV
BT055	Rice Crackers Olive Oil & Salt	50g	2.29	OV
ZX226	Tamari Roast Sicilian Almonds	30g	1.99	GOV
ZX207	Tamari Roasted Cashew Nuts	30g	1.99	GOV
ZX191	Tamari Roasted Pumpkin Seeds	30g	1.59	GOV
	Sea Veg			
JP073	Seaveg Crispies - Chilli	4g	1.29	GOV
JP082	Seaveg Crispies - Original	4g	1.29	GOV
JP035	Seaveg Crispies - Turmeric	4g	1.29	GOV
JP083	Seaveg Crispies Multipack-Orig	3 x 4g	2.99	GOV
JP085	Seaveg Crispies Multipk-Chilli	3 x 4g	2.99	GOV
	<b>EAT REAL</b>			
	Organic - Sharing			
ZX215	Hummus Sea Salt Chips - Org	100g	2.79	GOV
ZX214	Lentil Sea Salt Chips - Org	100g	2.79	GOV
ZX213	Veggie Straws - Organic	100g	2.79	GOSV

code	product	size	rrp	bfgosv
<b>TRAFO</b>				
	Flips			
ZX359	Chickpea Flips Mild Curry	75g	2.95	GOV
ZX343	Pea Flips Lightly Salted	75g	2.95	GOV
ZX299	Rosemary Lentil Flips	75g	2.95	GOV
	Handcooked Potato Crisps			
ZX709	Barbecue Potato Crisps	125g	3.79	OSV
ZX755	Hand Cook Cheese & Onion	40g	1.39	O
ZX473	Rosemary & Himalaya Salt	40g	1.39	OV
ZX710	Rosemary & Himalaya Salt Crisp	125g	3.79	OV
ZX707	Sea Salt & Black Pepper Crisps	125g	3.79	OSV
ZX460	Sea Salt Potato Crisps	40g	1.39	O
ZX705	Sea Salt Potato Crisps	125g	3.79	OV
ZX701	Truffle Potato Crisps	100g	4.99	OV
	Hummus Chips			
ZX932	Hummus Chips - Paprika	75g	3.50	OV
	Light Baked Crisps			
ZX625	Coconut Oil Baked Crisps	100g	3.25	OV
ZX624	Vegetable Chips	75g	3.90	OV
ZX575	Vegetable Chips Sweet Potato	80g	3.89	OV
	Popcorn			
ZX112	Caramel Popcorn Organic	50g	3.25	GOSV
ZX094	Salted Popcorn Organic	50g	3.25	GOV
ZX118	Sweet Popcorn Organic	50g	3.25	GOSV
	Potato Crisps Fried			
ZX053	Paprika Crisps - organic	40g	1.39	OV
ZX616	Salt & Vinegar Crisps	125g	2.95	OV
ZX055	Salted Crisps - organic	40g	1.39	OV
ZX626	Virgin Olive Oil Crisps	100g	3.69	OV
	Snacks			
ZX401	Corn Peanuts	75g	2.90	OV
BT075	Pretzel Sticks	100g	1.55	OV
	Tortilla Chips			
VF218	Tortilla Chips - Chilli	75g	1.59	OV
VF226	Tortilla Chips - Natural	75g	1.55	OV
ZX136	Tortilla Chips - Natural	200g	3.90	OV
<b>DESSERTS</b>				
<b>AUTHENTIC BREAD COMPANY</b>				
	XMAS 2023			
BT155	Christmas Pudding	450g	12.00	OSV
<b>BIONA</b>				
SY192	Coconut Whipping Cream	400ml	3.50	OV
<b>SOJADE</b>				
SY099	Chocolate Soya Dessert	530g	1.89	GOSV
SY017	Cuisine- Organic Soya Cream	200ml	1.19	OV
SY107	Vanilla Soya Dessert	530ml	1.95	GOSV
<b>SOON</b>				
SY253	Chocolate Hemp Custard Dessert	530g	2.35	GOSV
SY252	Chocolate Rice Custard Dessert	530g	1.89	GOSV
SY251	Vanilla Rice Custard Dessert	530g	1.89	GOSV
<b>DESSERTS &amp; PUDDINGS (CHILLED)</b>				
<b>RADEKS</b>				
CV311	Brownie with Pecans & Dates	60g	2.70	OSV
<b>SOJADE</b>				
CV445	La Fraiche Creme	200g	2.10	GOV
<b>VRAI</b>				
CV627	Rice Pudding with Vanilla	110g	1.55	GOS
CV634	Sheep's Milk Chocolate Dessert	110g	1.55	OS
<b>DESSERTS, DAIRY (FROZEN)</b>				
<b>ROSKILLYS</b>				
XL219	Caramel Crunch Ice Cream	500ml	5.95	OS

code	product	size	rrp	bfgosv
XL174	Caramel Crunch Ice Cream	120ml	1.89	OS
XL325	Chocolate Ice Cream	500ml	5.95	OS
XL171	Chocolate Ice Cream	120ml	1.89	OS
XL170	Clotted Cream Vanilla Ice	120ml	1.89	OS
XL326	Mint Choc Chip Ice Cream	500ml	5.95	OS
XL173	Mint Choc Chip Ice Cream	120ml	1.89	OS
XL327	Strawberry Ice Cream	500ml	5.95	OS
XL172	Strawberry Ice Cream	120ml	1.89	OS
XL220	Vanilla Ice Cream	500ml	5.95	OS
<b>YEO VALLEY</b>				
XL159	Blueberry Kefir Ice Cream	480ml	5.49	OS
XL347	Mint Chocolate Chip Ice Cream	500ml	5.49	OS
XL248	Sea Salted Caramel Ice Cream	500ml	5.49	OS
XL158	Strawberry Kefir Ice Cream	480ml	5.49	OS
XL246	Vanilla Ice Cream	500ml	5.49	OS
<b>DESSERTS, NON-DAIRY (FROZEN)</b>				
<b>BOOJA-BOOJA</b>				
110ml Tubs				
XL258	Caramel Pecan Praline Ice Crea	110ml	2.10	OV
XL048	Choc Salted Caramel Ice Cream	110ml	2.10	OV
XL332	Hazel Choc & Truffle Ice Cream	110ml	2.10	OV
XL031	Hunky Punky Chocolate	110ml	2.10	OV
XL410	Keep Smiling Vanilla M'Gorilla	110ml	2.10	OV
XL256	Raspberry Ripple Ice Cream	110ml	2.10	OV
465ml Tubs				
XL263	Caramel Pecan Ice Cream	465ml	5.69	GOSV
XL013	Choc Fudge Brownie Ice Cream	465ml	5.69	GOSV
XL259	Choc Salted Caramel Ice Cream	465ml	5.69	GOSV
XL002	Cookie Dough Ice Cream	465ml	5.69	GOSV
XL033	Deeply Chocolate Ice Cream	465ml	5.69	GOSV
XL023	Mango & Raspberry Ice Cream	465ml	5.69	GOSV
XL038	Vanilla Ice Cream	465ml	5.69	GOSV
<b>DRINKS (CHILLED)</b>				
<b>AGUA DE MADRE</b>				
CV411	Apple Elderflower Water Kefir	330ml	3.35	GOSV
CV417	Blood Orange Water Kefir	330ml	3.35	GOSV
CV419	Culture Shot	60ml	3.50	GOSV
CV388	Lemon & Ginger Water Kefir	330ml	3.35	GOSV
CV399	Passion Fruit Kefir Water	330ml	3.35	GOSV
CV396	Pomegranate & Hibiscus Kefir	330ml	3.35	GOSV
<b>BIOTIFUL DAIRY</b>				
CV359	Baked Milk Drink	500ml	3.65	GO
CV361	Kefir Milk Drink	250ml	2.20	GO
CV342	Kefir Milk Drink	500ml	3.65	GO
CV092	Peach Kefir Drink	250ml	2.45	GO
CV438	Raspberry Kefir Drink	250ml	2.45	GO
<b>COCOS</b>				
CV482	Mango & Passionfruit Kefir	200ml	3.00	FGOV
CV898	Natural Coconut Milk Kefir	500ml	4.50	GOV
CV896	Strawberry Kefir	200ml	3.00	GOV
<b>EQUINOX</b>				
CV736	Kombucha Ginger	275ml	2.35	OSV
CV830	Kombucha Grapefruit & Guava OG	275ml	2.35	OSV
CV737	Kombucha Original OG	275ml	2.35	OSV
CV741	Kombucha Raspberry & Elderflow	275ml	2.35	OSV
CV742	Kombucha Wild Berry OG	275ml	2.35	OSV
Large Bottles				
CV052	Ginger Kombucha	750ml	5.15	OV
CV048	Rasp & Elderflower Kombucha	750ml	5.15	OV
<b>KARMA DRINKS</b>				
Kefir				



code	product	size	rrp	bfgosv
CV753	Kefruit Elderflower	750ml	5.10	FOV
CV752	Kefruit Fig and Lemon Kombucha	750ml	5.10	FOV
CV425	Ginger Kombucha	500ml	3.65	OVB
CV256	Ginger Kombucha	1l	6.25	FOVB
CV060	Ginger Trilogy Kombucha	500ml	3.85	FOVB
CV245	Mango Kombucha	500ml	3.85	FOVB
CV276	Mango Kombucha	1l	6.25	FOVB
CV426	Pomegranate Kombucha	500ml	3.65	OVB
CV258	Pomegranate Kombucha	1l	6.25	FOVB
CV435	Raspberry Kombucha	500ml	3.85	OVB
CV259	Sunset Ltd. Edition Kombucha	1l	6.25	FOVB
<b>LOVING FOODS</b>				
CV176	Blueberry & Lavender Kombucha	330ml	2.99	OSV
CV205	Lemon & Ginger Jun Kombucha	330ml	2.99	OS
CV233	Matcha & Mint Kombucha	330ml	2.99	OSV
CV244	Raspberry & Tulsi Kombucha	330ml	2.99	OSV
<b>SOJADE</b>				
CV264	Blueberry & Cherry Soya Kefir	250ml	2.20	OV
CV268	Natural Organic Soya Kefir	250ml	1.90	OV
<b>EGGS</b>				
<b>THE ORGANIC EGG COMPANY</b>				
LJ794	Minimum 5 days 'display until' Organic Eggs	per dozen	5.10	O
<b>ESSENTIAL OILS</b>				
<b>AQUA OLEUM</b>				
AR241	Organic Essential Oils Lavender Organic	10ml	7.89	VO
AR006	Organic Eucalyptus	10ml	4.39	OV
AR012	Patchouli Organic	10ml	8.79	VO
AR025	Peppermint Organic	10ml	6.90	OV
AR016	Tea Tree Organic	10ml	5.29	VO
<b>FAR EASTERN FOOD</b>				
<b>SUMA ORGANIC</b>				
VF007	Coconut Cream	400ml	2.59	OV
LJ350	Coconut Milk Organic	400ml	2.19	OV
LJ400	Creamed Coconut Organic	200g	2.45	OV
LJ273	Light Coconut Milk	400ml	1.99	OV
<b>BIONA</b>				
WT071	Asia Noodles	250g	2.75	OV
KJ094	Coconut Aminos Original	250ml	4.50	OSV
VF167	Coconut Cream	400ml	2.75	OV
VF187	Coconut Milk Light Organic	400ml	1.99	OV
VF775	Coconut Milk Organic	400ml	2.29	OV
VF772	Creamed Coconut Organic	200g	2.55	OV
VF058	Golden Coconut Milk	400ml	2.75	OV
VF077	Organic Coconut Milk	200ml	1.59	OV
VF323	Organic Tempeh	400g	4.45	OV
JP042	Seitan Pieces	350g	5.50	OV
WT101	Spelt Asia Noodles	250g	3.25	OV
JP041	Tofu	500g	4.75	OV
JP014	Wasabi Style Horseradish Paste	50g	3.95	OV
<b>CLEARSPRING</b>				
JP060	Brown Rice Vinegar - Organic	150ml	2.69	OV
JP033	Brown Rice Vinegar - Organic	250ml	3.79	OV
JP077	Brown&Wild Rice w/Tamari Sauce	250g	3.69	GOV
JP111	Instant Noodle Broth	245ml	6.49	OV
JP025	Japanese Brown Miso - Tub	1kg	19.29	OV
JP096	Japanese Rice Vinegar	250ml	3.69	OV
JP134	Mikawa Mirin	150ml	4.99	OV
JP100	Rice Mirin	250ml	6.99	OV

code	product	size	rrp	bfgosv
JP066	Shiitake Mushrooms - Organic	40g	7.99	OV
JP059	Shoyu Ramen Noodles/Soy Soup	210g	5.39	OV
JP044	Shoyu Soya Sauce	250ml	4.19	OV
JP016	Sushi Ginger Pickle Organic	50g	3.69	OV
JP314	Sushi Rice - Organic	500g	3.59	OV
JP680	Teriyaki Sauce	150ml	4.49	OV
JP103	Teriyaki Sauce - Organic & GF	150ml	5.19	GOV
JP026	Tofu Silken	300g	2.29	GOV
JP039	Udon Noodles	200g	3.49	OV
JP112	Umami Instant Stock Paste	112g	3.99	OV
JP032	Umami Paste with Ginger - Org	150g	4.69	OV
JP101	Ume Su Seasoning	150ml	2.99	OV
JP027	Umeboshi Paste - Organic	150g	7.39	OV
JP079	Umeboshi Plums Organic	200g	9.99	OV
JP031	Yuzu Ponzu Seasoning	150ml	5.69	OV
	Condiments			
JP149	Shichimi Togarashi	50g	5.90	OV
	Miso Products			
JP211	Barley Miso Jar	300g	6.99	OV
JP212	Brown Rice Miso Jar	300g	5.79	OV
JP020	Brown Rice Miso Jar (Mini)	150g	3.89	OV
JP030	Brown Rice Miso Pouch	300g	5.99	OV
JP120	Chickpea Miso	150g	3.99	OV
JP048	Creamy Sesame Miso Soup	4 x 15g	3.29	GOV
JP049	Ginger & Turmeric Miso Soup	4 x 15g	3.29	GOV
JP047	Hot & Spicy Miso Soup Paste	4 x 15g	3.29	GOV
JP321	Instant Miso Soup and Sea Veg	4 x 10g	3.99	OV
JP018	Instant Miso Soup Paste	4 x 15g	3.29	OV
JP011	Instant White Miso Paste OG	60g	3.29	OV
JP046	Japanese Reduced Salt Miso	270g	5.39	OV
JP022	Japanese White Miso	270g	4.29	OV
JP213	Miso - Hatcho	300g	5.59	OV
JP057	Miso Ramen Noodles/Miso Soup	210g	5.39	OV
JP086	Sweet White Miso - Organic	250g	4.99	OV
	Noodles			
JP056	All Buckwheat Soba Noodles	200g	4.49	GOV
JP053	Brown Rice Noodles - GF	200g	3.99	GOV
JP037	Brown Rice Udon Noodles	200g	3.49	OV
JP054	Brown Rice Wide Noodles - GF	200g	3.99	GOV
JP036	Skinny Soba Somen Noodles	200g	3.49	OV
JP038	Soba Noodles	200g	3.49	OV
JP040	Wide Udon Noodles	200g	3.49	OV
	Savoury Sesame Condiments			
JP145	Gomashio Black Sesame Sea Salt	100g	4.90	OV
JP144	Gomashio Whole Sesame Sea Salt	100g	4.90	OV
JP147	Irigoma Toasted Black Sesame	100g	4.90	OV
JP146	Irigoma Toasted Whole Sesame	100g	4.90	OV
	Sea Veg			
JP003	Dulse - Atlantic Coast Organic	25g	4.69	OV
JP092	Wakame Organic	25g	4.19	OV
	Soya Sauce			
JP605	Shoyu	2.5l	26.99	OV
JP129	Shoyu Soya Sauce	150ml	2.99	VO
JP500	Shoyu Soya Sauce	500ml	6.49	VO
JP679	Soya Sauce	150ml	3.29	OV
JP130	Tamari Soy Sauce Double Strnth	150ml	3.99	GOV
JP029	Tamari Soy Sauce Double Strnth	250ml	5.99	GOV
JP098	Tamari Soya Sauce	150ml	2.99	GOV
JP099	Tamari Soya Sauce	250ml	3.99	GOV
JP001	Tamari Soya Sauce	2.5l	44.99	GOV
JP501	Tamari Soya Sauce	500ml	1.49	GOV

code	product	size	rrp	bfgosv
JP110	Tamari Soya Sauce	1l	18.99	GOV
	<b>COCOFINA</b>			
KJ319	Coconut Amino Sauce	250ml	5.99	OV
	<b>GEO ORGANICS</b>			
VF228	Indonesian Rendang Curry Paste	180g	3.95	OV
VF229	Indonesian Satay Curry Paste	180g	3.95	OV
VF738	Thai Green Curry Paste OG	180g	3.95	OV
VF739	Thai Red Curry Paste OG	180g	3.95	OV
VF247	Thai Yellow Curry Paste	180g	3.95	OV
	<b>KIKKOMAN</b>			
JP051	Organic Soy Sauce	250ml	4.99	OV
	<b>KING SOBA</b>			
WT210	100% Buckwheat Noodles	250g	2.79	OV
WT954	Black Rice Noodles	250g	2.99	OV
WT037	Brown Rice Noodles	250g	2.79	OV
JP087	Brown Rice Paper	200g	2.89	GOV
WT952	Brown Rice Wakame Noodles	250g	2.79	OV
WT953	Buckwheat & Sweet Potato	250g	2.79	OV
WT212	Millet & Brown Rice Noodles	250g	2.79	OV
WT057	Miso Soup Edamame Soya Bean	60g	3.45	OV
WT123	Og Basmati White Rice Noodles	250g	2.79	OFV
WT058	Og Miso Soup Pumpkin & Veg	60g	3.45	OV
WT059	Og Miso Soup Tofu & Ginger	60g	3.45	OV
WT099	Organic Brown Rice Ramen	280g	3.59	OV
WT097	Organic Buckwheat Ramen	280g	3.59	OV
WT088	Organic Vermicelli Noodles	250g	2.79	OV
WT002	Pho Noodles	250g	2.99	GOV
WT951	Pumpkin Ginger & Rice Noodles	250g	2.79	OV
WT217	Thai Rice Noodles	250g	2.79	OV
JP089	White Rice Paper	200g	2.89	GOV
	<b>MEKHALA</b>			
VF234	Green Curry Paste	100g	4.39	GOV
VF241	Lemongrass Turmeric Paste	100g	4.39	GOV
VF238	Miso Ginger Paste	100g	4.39	GOV
VF235	Red Curry Paste	100g	4.39	GOV
VF237	Tom Yum Paste	100g	4.39	GOV
VF236	Yellow Curry Paste	100g	4.39	GOV
	<b>OCEAN'S HALO</b>			
VF261	Spring Roll Wraps	120g	3.49	OV
	<b>SANCHI</b>			
JP670	Tamari - organic	150ml	3.95	OV
	<b>YAKSO</b>			
JP012	Coconut Aminos	250ml	7.45	GOV
WT164	Egg Noodles - organic	250g	2.69	O
JP094	Garlic Paste - Organic	100g	3.90	OV
JP127	Hoisin Sauce - Organic	250g	3.99	OV
JP128	Krupuk Crackers - Organic	60g	3.50	OV
JP131	Oyster Sauce - Organic	250g	3.29	OV
JP024	Rice Paper	150g	3.75	OV
JP132	Rice Paper with Tapioca - Org	150g	3.35	OV
JP102	Sea Sauce - Organic	250g	3.35	OV
VF010	Seitan in Tamari	330ml	4.25	OV
JP113	Tamari - organic	250ml	5.15	GVO
VF005	Tempeh	175g	3.89	OV
	<b>YUTAKA</b>			
JP005	Miso Paste - Organic	300g	5.15	OV
	<b>FLAKES, BRANS &amp; WHEATGERM</b>			
	<b>SUMA PREPACKS - ORGANIC</b>			
FX067	Bran Sticks - organic	250g	1.99	OV
FX024	Buckwheat Flakes - organic	500g	4.25	OV
QS124	Oat Groats - Organic	500g	2.45	VO
FX047	Oats - jumbo, organic	750g	3.49	VO

code	product	size	rrp	bfgosv
FX048	Oats - Porridge - Organic	750g	3.49	OV
FX031	Organic Millet Flakes	500g	4.55	OV
FX092	Organic Pearl Barley Flakes	500g	2.50	OV
FX656	Quinoa Flakes - organic	500g	4.85	OV
FX032	Rice Flakes Brown - organic	500g	4.45	OV
FX093	Rye Flakes - organic	500g	2.15	OV
FX213	Toasted Malted Wheat Flakes OG Gluten Free	400g	2.45	OV
FX042	Oats - Jumbo Gluten Free	750g	4.25	GOV
FX044	Oats - Porridge & Gluten Free	750g	4.25	GOV
<b>ALARA</b>				
FX026	Gluten Free Scottish Porridge	500g	4.39	GOV
<b>PIMHILL</b>				
FX006	Oats - jumbo, organic	850g	2.86	OV
FX005	Oats - porridge, organic	850g	2.86	OV
<b>FLOURS &amp; BREAD MIXES</b>				
<b>SUMA PREPACKS - ORGANIC</b>				
FG149	Brown Rice Flour - organic	500g	2.65	OV
LJ105	Coconut Flour, Organic	500g	2.99	OV
FG128	Maize Flour - organic	500g	2.49	OV
<b>AMISA</b>				
FG085	Chestnut Flour - Organic	350g	5.99	GOV
FG065	Chickpea Flour	400g	3.45	GOV
<b>BACHELDRE</b>				
FG165	Stoneground Malted Blend Flour	1.5kg	3.15	OV
FG187	Stoneground Plain White Flour	1.5kg	2.95	OV
FG175	Stoneground Rye Flour	1.5kg	2.59	OV
FG179	Stoneground Spelt Flour	1.5kg	4.39	OV
FG160	Stoneground Strong White Flour	1.5kg	2.95	OV
FG162	Strong 100% Wholemeal Flour	1.5kg	2.95	OV
<b>CLEARSPRING</b>				
FG180	Breadcrumbs - Brown Rice, GF	250g	4.59	GOV
<b>COCONUT MERCHANT</b>				
FG073	Organic Coconut Flour	500g	4.99	OV
<b>DOVES FARM</b>				
FG097	Chickpea Flour	260g	2.85	GOV
FG069	Fine Plain White Flour	1kg	1.99	OV
FG010	Fine Plain Wholemeal Flour	1kg	1.79	VO
FG103	Heritage Seeded Bread Flour	1kg	3.99	OV
FG004	Malthouse Bread Flour	1kg	2.39	OV
FG096	OAT FLOUR	450g	4.45	GOV
FG047	Organic Coconut Flour	500g	3.95	GOV
FG101	Seeded Bread Flour	1kg	3.69	OV
FG115	Self Raising Wholemeal Flour	1kg	1.79	OV
FG997	Speciality Pasta Flour	1kg	2.39	OV
FG072	Strong White Bread Flour	1.5kg	2.75	OV
FG008	Strong Wholemeal Bread Flour	1.5kg	2.55	OV
FG070	White Self Raising Flour	1kg	2.50	OV
<b>Artisan Flour</b>				
FG028	Buckwheat Wholegrain Flour	1kg	4.69	OV
FG082	Einkorn Flour	1kg	3.79	OV
FG011	Khorasan Flour Wholegrain	1kg	4.79	OV
FG152	Rye Flour White Organic	1kg	2.39	OV
FG016	Rye Flour Wholegrain Organic	1kg	1.99	OV
FG071	Spelt Flour White Organic	1kg	3.69	OV
FG102	Spelt Flour Whole Meal Organic	1kg	3.15	OV
<b>GILCHESTERS ORGANICS</b>				
FG014	Pizza & Ciabatta Wheat Flour	1.5kg	4.65	OV
FG018	Semolina Fine Wheat Flour	1kg	4.19	OV
FG009	Strong 100% Whole Wheat Flour	1.5kg	4.50	OV
FG006	Strong White Wheat Flour	1.5kg	4.49	OV
FG025	White Flour Strong Unbleached	3kg	8.99	OV

code	product	size	rrp	bfgosv
<b>HODMEDOD'S</b>				
FG099	YQ Population Wheat Flour	1.5kg	2.99	OV
<b>LITTLE SALKELD WATERMILL</b>				
FG804	Barley Flour - organic	500g	2.44	OVb
<b>SHIPTON MILL</b>				
FG899	3 Malts/Sunflower Brown Flour	1kg	2.69	OV
FG133	Light Rye 997 Flour Organic	1kg	2.90	OV
FG136	Soft Cake & Pastry White Flour	1kg	2.19	OV
FG190	Spelt Flour - White, Organic	1kg	3.71	OV
FG189	Spelt Flour - Wholemeal, Org	1kg	2.90	OV
FG898	White Flour - Organic	1kg	2.25	OV
FG876	White Strong Organic Flour	2.5kg	5.25	OV
FG077	Wholemeal Flour - Organic	1kg	2.29	OV
FG079	Wholemeal Organic Flour	2.5kg	5.29	OV
<b>FRUIT - CANNED &amp; JARRED</b>				
<b>SUMA ORGANIC</b>				
KJ700	Organic Young Jackfruit Chunks	400g	2.99	OV
<b>BIONA</b>				
VF134	Apple Puree Organic	700g	3.25	OSV
KJ184	Banana Blossom in Salted Water	400g	2.75	OV
KJ166	Jackfruit In Salted Water	2.8kg	1.79	OV
KJ506	Organic Jackfruit in Water	400g	3.50	OV
KJ288	Tropical Fruit Cocktail	400g	3.45	OV
<b>CLEARSPRING</b>				
VF190	Apple & Apricot Puree - Org	2 x 100g	1.89	OV
VF188	Apple & Blueberry Puree - Org	2 x 100g	1.89	OV
VF170	Apple & Mango Puree - Org	2 x 100g	1.89	OV
VF189	Apple & Plum Puree - Organic	2 x 100g	1.89	OV
VF335	Apple & Strawberry Puree - og	2 x 100g	1.89	OV
VF248	Apple Puree	2 x 100g	1.89	OV
JP061	Apple,Banana&S'berry Puree Org	2 x 100g	1.99	OV
JP076	Apple,Mango,Coconut Puree Org	2 x 100g	1.99	OV
VF152	Jackfruit Chunks	500g	3.49	OV
VF020	Pear & Banana Puree - Org	2 x 100g	1.89	OV
VF155	Pear Puree - organic	2 x 100g	1.89	OV
JP084	Pear,Apple,Peach Puree Org	2 x 100g	1.99	OV
<b>ESSENTIAL TRADING</b>				
KJ263	Mango Chunks in Org Juice	400g	2.55	VO
KJ262	Pineapple Chunks In Org Juice	400g	2.55	VO
KJ260	Tropical Fruits in Org Juice	400g	2.49	VO
<b>FRUIT - DRIED</b>				
<b>SUMA PREPACKS - ORGANIC</b>				
DR063	Apricots - organic	250g	4.25	OV
DR250	Apricots - organic	500g	7.99	OV
DR655	Banana Chips - Organic	250g	2.49	OS
DR132	Cherries sour - Organic	125g	3.45	OV
DR325	Cranberries - organic	125g	2.50	OSV
DR057	Cranberries - organic	250g	3.65	OSV
DR073	Currants - organic	250g	2.25	OV
DR251	Currants - organic	500g	3.89	OV
DR159	Dates - Medjool Organic	250g	4.55	OV
DR074	Dates - pitted organic	250g	2.39	OV
DR252	Dates - pitted organic	500g	4.15	OV
DR720	Dates -og pitted fairly traded	250g	3.50	FOV
DR064	Figs - organic	250g	3.49	OV
DR254	Figs - organic	500g	6.45	OV
DR011	Ginger - crystallised organic	125g	2.50	OSV
DR020	Ginger - crystallised organic	250g	3.49	OSV
DR049	Mulberries White - Organic	125g	1.85	OV
DR077	Pitted Prunes - organic	250g	4.39	OV
DR253	Pitted Prunes - organic	500g	8.25	OV

code	product	size	rrp	bfgosv
DR065	Raisins - organic	250g	2.50	OV
DR255	Raisins - organic	500g	3.39	OV
DR066	Sultanas - organic	250g	1.99	OV
DR256	Sultanas - organic	500g	3.35	OV
DR365	Vine Fruit Mix - organic	500g	3.75	OV
<b>CRAZY JACK</b>				
DR030	Organic Soft Apricots	200g	3.25	OV
DR031	Organic Soft Dates	200g	2.59	OV
DR034	Organic Soft Figs	200g	2.59	OV
DR356	Organic Soft Prunes	200g	3.89	OV
<b>PLANTLIFE</b>				
DR075	Baby Bananas	325g	7.99	GOV
DR083	Cereal Killer	110g	5.89	GOV
DR076	Coconut Cubes	235g	8.59	GOV
DR085	Sour Cherries	100g	5.19	GOV
DR019	Sweet Apricot kernels	325g	13.29	GOV
<b>TROPICAL WHOLEFOODS</b>				
DR200	Fairtrade Organic Mango	100g	3.19	FOV
DR233	Sun Dried Banana Chips	150g	2.45	FOV
<b>FRUIT (FROZEN)</b>				
<b>NATURAL COOL</b>				
XL142	Organic Berry Mix	300g	4.85	GOV
XL145	Organic Blueberries	300g	4.70	GOV
XL179	Organic Raspberries	300g	7.20	GOV
XL182	Organic Sour Cherries	300g	4.40	GOV
XL180	Organic Strawberries	300g	4.65	GOV
<b>PACK'D</b>				
XL252	Organic Blueberries	300g	5.50	OV
XL148	Organic Cherries	300g	5.25	OV
XL133	Organic Raspberries	300g	6.80	OV
XL135	Organic Strawberries	300g	5.25	OV
XL188	Organic Summer Berries	300g	5.50	OV
<b>WINDMILL HILL</b>				
XL282	British Organic Blackcurrants	400g	3.60	OV
<b>FRUIT &amp; VEGETABLE JUICES</b>				
<b>SUMA ORGANIC</b>				
JU245	Lemon Juice - organic	250ml	2.39	OV
JU251	Lemon Juice - organic	1l	7.65	OV
<b>BEET IT</b>				
JU201	From James White Beet It Stamina Shot	70ml	2.15	OV
JU453	Beetroot Juice	750ml	3.89	OV
JU719	Beetroot Juice with Apple	1l	4.65	OV
JU204	Beetroot Juice with Ginger	750ml	3.99	OV
<b>BIONA</b>				
1L Pressed Juices				
JU448	Peach, Apricot & Apple Juice	1l	5.75	OV
JU181	Pomegranate Juice	1l	7.59	OV
JU130	Tart Cherry Juice	1l	7.79	OV
750ml Pure Pressed				
JU543	Apple Juice	750ml	3.65	OV
JU288	Carrot Juice	750ml	3.95	OV
JU541	Orange Juice	750ml	5.99	OV
JU269	Red Grape Juice	750ml	4.95	OV
JU289	Tomato Juice	750ml	3.95	OV
Glass Bottles				
JU521	Cranberry Fruit Drink	750ml	6.29	OV
JU182	Pomegranate Juice	200ml	2.75	OV
JU085	Prune Juice	750ml	8.95	OV
Organic Pure Pressed Juices				
JU703	Ginger Juice	200ml	5.49	OV

code	product	size	rrp	bfgosv
JU702	Lemon Juice	200ml	2.45	OV
JU802	Lime Juice	200ml	3.50	OV
	Superjuice			
JU297	Acerola Cherry Juice	330ml	7.59	OV
JU028	Blueberry Juice	330ml	8.65	OV
JU508	Cranberry Juice	330ml	6.90	OV
JU127	Cranberry Juice	750ml	1.15	OV
JU132	Elderberry Juice	330ml	5.39	OV
	Tetrapacks			
JU252	Apple Juice	1l	3.75	OV
JU184	Beetroot Juice	500ml	2.69	OV
	<b>JAMES WHITE</b>			
	Glass Bottles 250ml			
JU621	Apple & Ginger Juice	250ml	1.75	OV
JU064	Apple Juice	250ml	1.75	OV
JU608	Carrot & Apple Juice	250ml	1.75	OV
JU599	Pear Juice	250ml	1.75	OV
	Glass Bottles 750ml			
JU864	Apple & Ginger Juice	750ml	3.89	OV
JU095	Apple Juice	750ml	3.89	OV
JU862	Carrot & Apple Juice	750ml	3.89	OV
JU325	Carrot Juice	750ml	3.89	OV
JU863	Pear & Raspberry Juice	750ml	5.25	OV
JU860	Pear Juice	750ml	3.89	OV
JU431	Tomato Juice	750ml	3.89	OV
JU324	Vegetable Juice	750ml	3.89	OV
	<b>PIP ORGANIC</b>			
	Fruit Juice			
JU670	Cloudy Apple Juice	4 x 180ml	5.49	OV
JU696	Strawberry & Blackcurrant	4 x 180ml	5.49	OV
	Fruit Juice with Spring Water			
JU698	Blackcurrant, Raspberry, Apple	4 x 180ml	5.49	OV
JU699	Mango, Orange & Apple	4 x 180ml	5.49	OV
	Smoothies			
JU697	Pineapple & Mango Smoothie	4 x 180ml	5.49	OV
JU065	Strawberry & Banana Smoothie	4 x 180ml	5.49	OV
	<b>SUNITA</b>			
JU129	Orange Juice - organic	1l	5.55	OV
	<b>ZINGER</b>			
	Zinger Health Shots			
JU647	Extra Hot Ginger Zinger Shot	70ml	1.79	OV
JU571	Ginger Zinger Shot	70ml	1.79	OV
	<b>GRAINS</b>			
	<b>SUMA PREPACKS - ORGANIC</b>			
QS068	Buckwheat - unroasted organic	500g	2.75	OV
QS300	Bulgur Wheat - Organic	500g	2.65	OV
QS150	Corn Couscous - Organic	500g	3.49	OV
QS301	Couscous - wholemeal, organic	500g	2.35	OV
QS322	Millet - organic	500g	2.25	VO
QS165	Pearl barley, organic	500g	1.69	OV
QS070	Popcorn - organic	500g	2.59	OV
QS065	Quinoa, Red - Organic	500g	3.45	OV
QS075	Quinoa, Tricolour - Organic	500g	3.39	OV
QS086	Quinoa, White - Organic	500g	3.90	OV
QS677	Rice - arborio, organic	500g	3.95	OV
QS302	Rice - basmati, brown organic	500g	2.59	OV
QS252	Rice - basmati, brown organic	750g	3.59	OV
QS303	Rice - white basmati organic	500g	2.99	OV
QS213	Rice - white basmati, organic	750g	4.25	OV
QS100	Rice -long grain brown organic	750g	3.69	VO
QS066	Rice-long grain brown organic	500g	2.65	OV

code	product	size	rrp	bfgosv
QS067	Rice-short grain brown organic	500g	2.65	OV
QS101	Rice-short grain brown organic	750g	3.65	VO
QS072	Wheat grain - organic	500g	1.75	OV
	<b>BIONA</b>			
QS096	Jasmine Brown Rice	500g	3.95	OV
QS105	Pudding Rice Organic	500g	3.35	OV
QS099	Red Camargue Rice Organic	500g	4.35	OV
QS098	Risotto Brown Rice Organic	500g	3.85	OV
QS097	Wild Rice Mix	500g	4.35	OV
	<b>MR ORGANIC</b>			
QS020	Red Lentil Rice	250g	3.69	GOV
	<b>SHARPHAM PARK</b>			
QS058	Pearled Spelt Organic	500g	3.29	OV
QS148	Spelt Grain Organic	500g	2.55	OV
	<b>ZAYTOUN</b>			
QS014	Maftoul Giant Couscous	200g	3.89	FOV
	<b>GRAVY, STOCK &amp; BOUILLON</b>			
	<b>SUMA ORGANIC</b>			
LJ650	Organic Bouillon	150g	2.65	GOV
	<b>KALLO</b>			
LJ102	French Onion Stock Cubes	66g	1.95	GOVS
LJ103	Garlic & Herb Stock Cubes	66g	1.95	GOVS
LJ034	Low Salt Org Gravy Granules	160g	3.59	OSV
LJ171	Low Salt Vegetable Stock Cubes	60g	1.99	GOVS
LJ122	Mushroom Stock Cubes	66g	1.95	GOVS
LJ101	Tomato & Herb Stock Cubes	66g	1.95	GOVS
LJ205	Umami Stock Cubes	66g	1.85	GOV
LJ120	Vegetable Stock Cubes	66g	1.95	GOV
	<b>MARIGOLD</b>			
LJ211	Bouillon Cubes	8	1.49	GOV
LJ073	Bouillon Powder - Organic	150g	2.55	GOV
LJ238	Bouillon Powder - Organic	500g	7.75	GOV
LJ326	Gravy Powder - Organic	110g	2.49	OVS
LJ208	Organic Bouillon	2kg	23.49	FGOV
LJ074	Organic Bouillon Reduced Salt	140g	2.79	GOV
LJ193	Organic Bouillon Reduced Salt	500g	7.85	OV
LJ253	Organic Reduced Salt Bouillon	2kg	4.65	FGOV
LJ321	Yeast Free Bouillon Stock Cube	84g	1.49	GOV
	<b>HERB &amp; FRUIT TEA INFUSIONS</b>			
	<b>BOS</b>			
TE241	Rooibos - Apple & Mint	20 bags	3.89	FGOV
TE281	Rooibos - Chai	20 bags	3.89	FGOV
TE242	Rooibos - Orange & Ginger	20 bags	3.89	FGOV
TE261	Rooibos - Strawberry & Vanilla	20 bags	3.89	FGOV
	<b>CELESTIAL SEASONINGS</b>			
TE986	Ginger & Turmeric	20 bags	3.49	OV
	<b>CLIPPER</b>			
TE011	Rooibos	80 bags	4.85	OV
	Everyday Infusions			
TE788	Chamomile	20 bags	2.65	OV
TE963	Dandelion	20 bags	2.65	OV
TE694	Fennel	20 bags	2.65	OV
TE035	Indian Chai	20 bags	2.99	FGOV
TE960	Lemon & Ginger	20 bags	2.65	OV
TE942	Liquorice	20 bags	2.65	OV
TE959	Nettle	20 bags	2.65	OV
TE631	Organic Sleep Easy	20 bags	2.65	OV
TE789	Peppermint	20 bags	2.65	OV
	Food Service Range			
TE148	Chamomile	25 bags	3.49	FOV
TE455	Lemon & Ginger	25 bags	4.50	OV



code	product	size	rrp	bfgosv
TE166	Peppermint	25 bags	3.49	FOV
TE454	Wild Berry Mood Infusions	25 bags	4.50	OV
TE118	After Dinner Mints	20 bags	2.99	OV
TE423	Cleanse With Benefits	20 bags	2.99	OV
TE264	Groovy Ginger	20 bags	3.59	OV
TE070	Karma Mama	20 bags	3.59	OV
TE352	Restoring Roots	20 bags	2.99	OV
TE127	Snore & Peace	20 bags	2.99	OV
	<b>DRAGONFLY TEA</b>			
TE440	Cape Malay Rooibos Chai	20 bags	2.85	OV
TE588	Cape Rooibos & Honeybush Tea	20 bags	2.85	OV
TE569	Golden Balance Turmeric Tea	20 bags	3.90	OV
TE813	Good Dragon Pu'er Tea	20 bags	2.85	OV
TE139	Happy Times Tulsi	20 bags	3.90	OV
TE124	Lemon Pu'er Digestive Tea	20 bags	3.90	OV
TE581	Mint Garden Digestif	20 bags	3.90	OV
TE338	Moonlight Jasmine	20 bags	2.85	OV
TE339	Moroccan Mint	20 bags	2.85	OV
TE046	Mountain Honeybush Tea	20 bags	2.85	OV
TE546	Night Sky Calm	20 bags	3.90	OV
TE234	Swirling Mist White Tea	20 bags	3.90	OV
TE145	True Clarity Ginger Rooibos Teas	20 bags	3.90	OV
TE363	Rooibos	40 bags	3.25	OV
TE367	Rooibos Earl Grey	40 bags	3.25	OV
TE376	Rooibos Vanilla	40 bags	3.25	OV
	<b>ELEVEN O'CLOCK</b>			
TE381	Rooibos	40 bags	2.95	OV
TE382	Rooibos	80 bags	5.77	OV
	<b>ESSENTIAL TRADING</b>			
TE271	Camomile Herbal Infusion	20 bags	2.45	OV
TE279	Peppermint Herbal Infusion	20 bags	2.45	OV
	<b>FLORADIX</b>			
TE126	Hawthorn	15 bags	2.55	OV
TE457	Sage	15 bags	2.55	VO
	<b>HAMPSTEAD TEA</b>			
TE550	Camomile	20 bags	3.59	OVB
TE600	Fennel and Peppermint	20 bags	3.59	OVB
TE555	Lavender Valerian	20 bags	3.59	OVB
TE572	Lemon Ginger	20 bags	3.59	OVB
TE556	Peppermint Spearmint	20 bags	3.59	FOVB
TE557	Rosehip Hibiscus Wellness Teas	20 bags	3.59	FOVB
TE180	Sleep Well	20 bags	3.59	OVB
	<b>HEATH AND HEATHER</b>			
	Botanicals			
TE295	Morning Time	20 bags	3.55	OV
TE296	Night Time Tea	20 bags	3.55	OV
TE594	Turmeric Root Brew Infusions	20 bags	3.55	GOV
TE096	Apple & Cinnamon	20 bags	2.95	OV
TE665	Camomile	20 bags	2.95	OV
TE122	Camomile & Spearmint	20 bags	2.95	OV
TE160	Dandelion, Burdock & Hawthorn	20 bags	2.95	OV
TE681	Fennel	20 bags	2.95	OV
TE685	Nettle	20 bags	2.95	OV
TE662	Peppermint	20 bags	2.95	OV
TE682	Raspberry Leaf	20 bags	3.55	OV
TE274	Wild Rosehip	20 bags	2.95	OV
	<b>PUKKA</b>			
TE438	After Dinner Tea	20 bags	5.90	OV

code	product	size	rrp	bfgosv
TE927	Blackcurrant Beauty	20 bags	5.90	OV
TE394	Breathe In	20 bags	5.90	O
TE719	Chamomile Vanilla Manuka Hon	20 bags	5.90	O
TE421	Clean Matcha Green	20 bags	5.90	FOV
TE331	Elderberry & Echinacea	20 bags	5.90	OV
TE731	Feel New	20 bags	5.90	OV
TE235	Fresh Start	20 bags	5.90	OV
TE609	Ginseng Matcha Green	20 bags	5.90	FOV
TE318	Joy	20 bags	5.90	OV
TE334	Lemon Ginger & Manuka Honey	20 bags	5.90	O
TE481	Lemongrass and Ginger	20 bags	5.90	OV
TE478	Liquorice & Cinnamon	20 bags	5.90	OV
TE393	Love	20 bags	5.90	OV
TE490	Mint Matcha Green	20 bags	5.90	FOV
TE165	Mint Refresh	20 bags	5.90	OV
TE232	Morning Berry	20 bags	5.90	FOV
TE246	Night Time	20 bags	5.90	OV
TE231	Night Time Berry	20 bags	5.90	OV
TE095	Original (Black Spice) Chai	20 bags	5.90	FOV
TE102	Peace	20 bags	5.90	OV
TE043	Peppermint & Liquorice	20 bags	5.90	OV
TE473	Radiance	20 bags	5.90	OV
TE170	Relax	20 bags	5.90	OV
TE542	Supreme Green Matcha	20 bags	5.90	FOV
TE811	Three Chamomile	20 bags	5.90	OV
TE602	Three Fennel	20 bags	5.90	OV
TE245	Three Ginger	20 bags	5.90	OV
TE238	Three Mint	20 bags	5.90	OV
TE592	Tulsi Clarity	20 bags	5.90	OV
TE058	Turmeric Active	20 bags	5.90	GOV
TE623	Turmeric Gold	20 bags	5.90	FOV
TE094	Vanilla Chai	20 bags	5.90	FOV
TE292	Winter Warmer	20 bags	5.90	OV
TE727	Womankind	20 bags	5.90	OV
	Collections			
TE509	Day To Night Collection	20 bags	5.59	OV
TE678	Green Collection	20 bags	5.59	OV
TE721	Herbal Collection	20 bags	5.59	O
	XMAS 2023			
TE268	Days of Giving Advent Calendar	48 sachet	25.99	FO
TE230	Hero Collection	1	13.69	O
TE335	Pukka Discovery Collection	42	3.15	OV
TE269	Tea Advent Calendar	24 sachet	12.99	O
	<b>TAKA</b>			
TE305	Masala Chai Turmeric	15 bags	3.49	OV
	<b>TICK TOCK</b>			
	40 Bags			
TE431	Green Rooibos - organic	40 bags	3.50	OV
TE430	Rooibos - organic	40 bags	2.89	OV
	80 Bags			
TE434	Rooibos - organic	80 bags	5.65	OV
	Loose Leaf			
TE436	Rooibos Loose Leaf - organic	100g	2.89	OV
	<b>YOGI TEA</b>			
TE593	Alkaline Herbs	17 bags	2.75	GOV
TE553	Bedtime	17 bags	2.75	OV
TE250	Bedtime Rooibos Vanilla	17 bags	2.75	OV
TE204	Black Chai	17 bags	2.75	OV
TE346	Breathe Deep	17 bags	2.75	OV
TE597	Choco	17 bags	2.75	OV
TE192	Classic Original	17 bags	2.75	OV
TE551	Detox	17 bags	2.75	OV

code	product	size	rrp	bfgosv
TE208	Echinacea	17 bags	2.75	OV
TE630	Feel Pure with Lemon	17 bags	2.75	GOV
TE591	Finest Selection	18 bags	2.99	GOV
TE835	Ginger	17 bags	2.75	OV
TE293	Ginger Lemon	17 bags	2.75	OV
TE836	Ginger Orange & Vanilla	17 bags	2.75	OV
TE195	Green Balance	17 bags	2.75	OV
TE209	Green Chai	17 bags	2.75	OV
TE194	Green Energy	17 bags	2.75	OV
TE787	Green Tea Matcha Lemon	17 bags	2.75	OV
TE028	Happy Nature	17 bags	2.75	OV
TE645	Heartwarming	17 bags	2.75	OV
TE187	Himalaya	17 bags	2.75	OV
TE785	Immune Support	17 bags	2.75	OV
TE998	Inner Harmony	17 bags	2.75	OV
TE638	Lime Mint	17 bags	2.75	OV
TE193	Liquorice	17 bags	2.75	OV
TE837	Liquorice Mint	17 bags	2.75	OV
TE342	Maca Chai	17 bags	2.75	OV
TE552	Men's Tea	17 bags	2.75	OV
TE252	Positive Energy Cranberry Hib	17 bags	2.75	OV
TE413	Pumpkin Chai - Limited Edition	17 bags	2.75	OV
TE348	Relax	17 bags	2.75	OV
TE001	Rooibos	17 bags	2.75	OV
TE283	Rose	17 bags	2.75	OV
TE414	Soul Balm	17 bags	2.75	OV
TE350	Stomach Ease	17 bags	2.75	OV
TE211	Sweet Chai	17 bags	2.75	OV
TE428	Sweet Chilli	17 bags	2.75	OV
TE554	Throat Comfort	17 bags	2.75	OV
TE349	Tulsi Relax	17 bags	2.75	OV
TE018	Turmeric Chai	17 bags	2.75	OV
TE088	Turmeric Orange	17 bags	2.75	OV
TE733	Wellbeing	17 bags	2.75	OV
TE012	White Tea with Aloe Vera	17 bags	2.75	OV
TE017	Women's Balance	17 bags	2.75	OV
TE355	Women's Energy	17 bags	2.75	OV
TE351	Women's Tea	17 bags	2.75	OV
TE013	Yoga Selection Box	88g	21.89	OV
	For The Senses			
TE615	Good Night	17 bags	2.75	GOV
TE263	Natural Energy	17 bags	2.75	GOV
TE129	Natural Wellbeing	17 bags	2.75	GOV
TE610	Pure Happiness	17 bags	2.75	GOV
	Loose Tea			
TE620	Classic Chai	90g	2.95	OV
	XMAS 2023			
TE031	Christmas Tea	17 bags	2.95	OV

## HERBS & SPICES - PREPACKED

### SUMA ORGANIC

	Curry Spices			
HE070	Curry Leaves - organic	5g	1.69	OV
	Herbs - organic			
HE365	Basil - organic	20g	1.69	OV
HE366	Bay Leaves - organic	10g	1.69	OV
HE377	Dill Herb - organic	15g	1.75	OV
HE378	Garlic Granules - organic	20g	1.75	OV
HE380	Mixed Herbs - organic	20g	1.69	OV
HE385	Oregano - organic	20g	1.69	OV
HE017	Organic Herb Selection	12	1.69	OV
HE387	Parsley - organic	15g	1.69	OV

code	product	size	rrp	bfgosv
HE390	Rosemary - organic	20g	1.69	OV
HE391	Sage - organic	25g	1.69	OV
HE393	Thyme - Organic	25g	1.69	OV
	Milled Spices - Organic			
HE062	Cayenne Pepper - organic	35g	1.99	OV
	Milled Spices - organic			
HE371	Chilli powder - organic	25g	1.75	OV
HE370	Cinnamon - organic	30g	1.75	OV
HE374	Coriander - organic	40g	1.69	OV
HE376	Cumin Ground - organic	25g	1.75	OV
HE379	Ginger - organic	30g	1.75	OV
HE381	Mixed Spice - organic	25g	1.75	OV
HE384	Nutmeg - organic	20g	1.99	OV
HE386	Paprika - organic	25g	1.75	OV
HE094	Smoked Paprika - organic	25g	1.75	OV
HE394	Turmeric - organic	30g	1.69	OV
	Whole Spices - organic			
HE367	Caraway Seeds - organic	30g	1.75	OV
HE092	Chilli Flakes - organic	25g	1.75	OV
HE369	Cinnamon Bark - organic	15g	1.99	OV
HE372	Cloves - organic	20g	1.75	OV
HE373	Coriander Seed - organic	40g	1.69	OV
HE375	Cumin Seed - organic	25g	1.75	OV
HE073	Fennel Seeds - organic	40g	1.69	OV
HE060	Fenugreek Seeds - organic	40g	1.75	OV
HE368	Green Cardamom Pods - organic	10g	1.75	OV
HE382	Mustard Seeds Black - organic	50g	1.75	OV
HE388	Peppercorns Black - Organic	25g	1.75	OV
HE389	Poppy Seed Blue - organic	40g	1.75	OV
HE089	Star Anise - organic	15g	1.69	OV
HE091	Whole Nutmeg - organic	20g	1.99	OV
	<b>STEENBERGS</b>			
	XMAS 2023			
HE114	Mulled Wine Sachets-Fairtrade	20g	2.35	FOV
	<b>HONEY</b>			
	<b>EQUAL EXCHANGE</b>			
HY005	Organic Raw Clear	500g	8.49	FO
HY004	Organic Raw Set	500g	8.19	FO
	<b>HILLTOP HONEY</b>			
HY075	Organic Acacia Honey	340g	4.49	O
HY076	Organic Blossom Honey	340g	4.25	GO
HY036	Organic Brazilian Mountain	340g	6.75	O
	<b>LITTLEOVER APIARIES</b>			
HY037	Organic Acacia Honey	340g	5.79	O
HY040	Organic Clear Wildflower Honey	340g	4.90	O
HY052	Organic Forest Honey	340g	8.79	O
HY041	Organic Wildflower Set Honey	340g	4.90	O
	<b>RAW HEALTH</b>			
HY013	Acacia Honey	350g	6.59	O
HY016	Tropical Honey	350g	7.39	O
	<b>ROWSE</b>			
HY263	Organic Honey - Clear	340g	4.35	O
HY264	Organic Honey - Set	340g	4.35	O
HY267	Squeezable Organic Honey	340g	4.35	O
	<b>WAINWRIGHT'S</b>			
HY100	Organic Forest Honey - Clear	380g	4.79	FO
HY099	Organic Forest Honey - Set	380g	4.79	FO
	<b>HOUSEHOLD CLEANING PRODUCTS</b>			
	<b>GREEN FROG BOTANIC</b>			
HJ189	Laundry Soap Nuts - 250g Bag	250g	4.50	OV

code	product	size	rrp	bfgosv
<b>HOUSEHOLD PRODUCTS</b>				
<b>WAX WRAP</b>				
	Reusable Cotton Roll			
NF249	Beeswax Cotton Food Roll - Lrg	1	9.99	O
NF247	Beeswax Cotton Food Roll - Med	1	12.79	O
<b>INDIAN FOOD</b>				
<b>GEO ORGANICS</b>				
VF740	Balti Paste OG	180g	3.95	OV
VF249	Bhuna Curry Paste	180g	3.95	OV
VF743	Korma Paste OG	180g	3.95	OV
VF742	Madras Curry Paste OG	180g	3.95	OV
KJ573	Mango Chutney - Organic	370g	4.59	OSV
VF744	Tikka Masala Paste OG	180g	3.95	OV
<b>INTIMATE CARE</b>				
<b>&amp; SISTERS</b>				
NF128	Breathable Everyday Liners	24	4.75	OV
NF095	Eco Applicator Tampon - Medium	14	3.80	OV
NF107	Eco Applicator Tampons - Heavy	12	3.80	OV
NF090	Eco Applicator Tampons - Light	16	3.80	OV
NF127	Pads with Wings - Heavy	10 pads	4.20	OV
NF117	Pads with Wings - Light	10 pads	3.80	OV
NF124	Pads with Wings - Medium	10 pads	4.20	OV
<b>HERE WE FLO</b>				
	Flo Period Care			
NF017	Bamboo Day Pads	16	3.95	OV
NF010	Bamboo Liners	24	3.29	OV
NF041	Bamboo Night Pads	14	3.95	OV
NF060	Bamboo Ultra-Long Pads	10	3.95	OV
NF009	Eco-Applicator Tampons	14	4.39	OV
<b>NATRACARE</b>				
	Panty Liners			
NF048	Organic Cotton Panty Liners	22	2.49	OV
	Tampons			
NF826	Applicator Tampon - Super	16	3.79	OV
NF823	Applicator Tampons - Regular	16	3.59	OV
NF085	Tampons Regular - Organic	20	3.19	VO
NF086	Tampons Super - Organic	20	3.29	OV
NF087	Tampons Super Plus - OG	20	3.59	VO
	Wipes			
NF204	Organic Cotton Intimate Wipes	12	2.59	OV
<b>JAMS &amp; FRUIT SPREADS</b>				
<b>BIONOVA</b>				
JS137	Bilberry Jam - organic	340g	4.25	OSV
JS141	Raspberry Jam - organic	340g	4.99	VOS
JS140	Strawberry Jam - organic	340g	4.55	OSV
JS133	Tangy Marmalade - organic	340g	3.59	OSV
<b>FRUTETO ITALIA</b>				
KJ197	Apricot Fruit Spread	250g	4.25	OV
KJ201	Blueberry Fruit Spread	250g	4.75	OV
KJ227	Cherry Fruit Spread	250g	4.25	OV
KJ199	Raspberry Fruit Spread	250g	5.25	OV
KJ196	Strawberry Fruit Spread	250g	4.25	OV
<b>MERIDIAN</b>				
JS018	Apricot Spread - organic	284g	3.89	VO
JS019	Blackcurrant Spread - organic	284g	3.89	VO
JS020	Morello Cherry Spread -organic	284g	3.89	VO
JS017	Seville Orange Spread -organic	284g	3.89	VO
JS021	Strawberry Spread - organic	284g	3.89	VO
JS100	Wild Blueberry Spread - og	284g	4.39	OV

code	product	size	rrp	bfgosv
<b>JUICE CONCENTRATES &amp; CORDIALS</b>				
<b>SUMA ORGANIC</b>				
JU241	Apple & Blackcurrant Juice	400ml	6.29	OV
JU240	Apple Juice - Concentrate	400ml	5.69	OV
<b>BELVOIR</b>				
JU275	Organic Elderflower Cordial	500ml	6.39	GOSV
JU276	Organic Ginger Cordial	500ml	6.39	GOSV
JU355	Organic Lemon & Mint Cordial	500ml	6.39	GOSV
<b>MARGARINES &amp; SPREADS (CHILLED)</b>				
<b>BIONA</b>				
MA468	Extra Olive Spread	250g	4.10	OV
MA061	Sunflower Spread	250g	3.55	OV
MA030	Sunflower Spread	500g	5.55	OV
<b>NATURLI'</b>				
CV879	Spreadable Vegan Butter	225g	2.20	GOV
CV735	Spreadable Vegan Butter	450g	4.25	GOV
CV880	Vegan Butter Block	200g	2.10	GOV
<b>MAYONNAISE &amp; SALAD DRESSINGS</b>				
<b>SUMA ORGANIC</b>				
KJ080	Organic Mayonnaise	300g	4.65	O
<b>BIONA</b>				
KJ401	Mayo - Egg & Soya Free	230g	3.55	OV
KJ013	Original Squeezy Mayonnaise	270g	4.75	OS
<b>GEO ORGANICS</b>				
KJ333	Organic Mayo, Vegan	232g	2.95	OV
<b>MR ORGANIC</b>				
KJ055	Egg Free Mayo	180g	2.79	OSV
<b>MEAT FREE ALTERNATIVES(FROZEN)</b>				
<b>IMPULSE FOODS</b>				
XL109	Organic Garlic & Herb Tempeh	227g	3.20	OV
XL107	Organic Tempeh	227g	3.15	OV
<b>MEATLESS SUBSTITUTES (CHILLED)</b>				
<b>BIONA</b>				
CV184	Beetroot Burger	150g	4.70	OV
CV377	Black Bean & Cashew Nut Burger	160g	4.70	OV
CV441	Energy Tofu Mini Burgers	250g	4.70	OV
CV321	Mini Quinoa Burgers	195g	4.70	OV
CV188	Mushroom Burger	150g	4.70	OV
CV372	Red Lentil Sun Seed Burger	160g	4.70	OV
CV745	Sweet Potato Buckwheat Burger	160g	4.70	OV
<b>BONSAN</b>				
CV837	Kofu Fishfree fillet	150g	4.50	GOSV
CV843	Kofu Ragu Chunks	150g	3.95	GOSV
CV586	Kofu Sausages	170g	4.35	OV
CV641	Kofu Steak	120g	3.25	OSV
CV573	Vegan Breakfast Scramble	200g	4.50	OSV
<b>FLORENTIN</b>				
CV950	Corn Falafel	240g	4.80	GOV
CV930	Falafel	240g	4.55	GOV
CV571	Sweet Potato Falafel	240g	4.55	GOV
CV944	Tamruc Falafel	240g	4.70	GOV
<b>TAIFUN</b>				
CV011	Grill Sausages	250g	5.10	OV
CV010	Weiner/Frankfurters	300g	6.10	OV
<b>VIANA</b>				
CV414	Real Jumbo Frankfurters	275g	4.50	SOV
<b>WHEATY</b>				
CV683	Chorizo Grande	200g	6.80	OV
CV241	Merguez Vegan Sausages	200g	4.40	OV
CV689	Salami Slices	100g	2.85	OV
CV690	Smoked Slices	100g	2.85	OV

code	product	size	rrp	bfgosv
CV851	Vegan Bacon	60g	2.20	OV
CV267	Vegan Chorizo Slices	80g	2.75	OV
CV250	Vegan Hot Dogs	200g	4.35	OV
CV023	Vegan Steak with Peppercorn Snackers	175g	4.45	OV
CV303	Chili Snacker	40g	1.45	OV
CV691	Chorizo Spacebar	40g	1.45	OV
<b>MIDDLE EASTERN &amp; AFRICAN FOOD</b>				
<b>AMISA</b>				
KJ105	Falafel Mix	160g	2.75	GOV
<b>BIONA</b>				
VF257	Hot Chili Paste	125g	3.45	OV
<b>CARLEY'S</b>				
KJ240	Preserved Lemon - Organic	700g	6.25	OV
<b>MILK - NON DAIRY</b>				
<b>ALPRO</b>				
SY050	Organic Soya Drink	1l	2.90	GOV
<b>BIONA</b>				
VF103	Coconut Milk Powder	150g	4.50	OV
VF324	Condensed Coconut Milk	210ml	2.39	OSV
<b>COCONUT MERCHANT</b>				
VF082	Coconut Milk Powder	250g	5.99	OV
<b>ECOMIL</b>				
SY087	Almond Barista Drink	1l	2.99	OV
SY246	Almond Drink Classic	1l	2.49	OV
SY247	Almond Drink Classic Low Sugar	1l	2.49	GOSV
SY012	Almond Drink Powder	400g	13.99	GOV
SY143	Coconut Barista	1l	2.99	OV
SY248	Coconut Drink Sugar Free	1l	2.49	GOV
SY030	Cuisine - Almond Cream	200ml	1.59	GOV
SY027	Cuisine - Bechamel	200ml	1.89	GOV
SY137	Cuisine - Cashew Cream	200ml	1.59	GOV
SY059	Cuisine - Coconut Milk	200ml	1.59	GOV
SY032	Cuisine - Thai	200ml	1.99	GOV
SY053	No Sugar Almond + Calcium	1l	3.49	OV
SY021	No Sugar Almond Drink	1l	3.49	OV
SY058	No Sugar Coconut Milk	1l	3.49	OV
SY146	Oat Barista Drink	1l	2.69	OV
SY250	Oat Drink Gluten Free	1l	2.69	GOV
SY133	Oat Drink NAS Plus	1l	2.29	OV
SY082	Oat Drink Powder	400g	11.99	OSV
SY249	Oat Drink Sugar Free	1l	2.29	OV
SY279	Soya Drink Powder (sweetened)	400g	11.49	OV
<b>GLEBE FARM</b>				
SY161	PureOaty Organic Barista	1lT	2.59	GOV
<b>JOYA</b>				
SY166	Rice Milk	1l	2.25	OV
<b>MINOR FIGURES</b>				
SY172	Masala Chai Organic	1l	6.50	SVO
SY196	Organic Barista Oat Drink	1l	2.45	OV
<b>NATURLI'</b>				
SY151	Organic Ice Coffee	330ml	1.85	OSV
SY153	Organic Oat Cuisine	330ml	1.75	OV
<b>OATLY</b>				
SY019	Cream - Dairy Free	250ml	1.25	VO
JU377	Oatly Oat Drink Organic	1l	2.19	OV
<b>PLAMIL</b>				
SY009	Organic Soya Milk Heritage	1l	2.80	VOG
<b>PLENISH</b>				
SY204	Almond Barista - Organic	1l	2.99	OSV
SY119	Almond M*lk - Organic	1l	2.95	OV
SY120	Cashew M*lk	1l	2.95	OV

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SY118	Coconut M*lk	1l	2.95	OV
SY121	Hazelnut M*lk	1l	2.95	OV
SY206	Oat Barista - Organic	1l	2.65	GOV
SY170	Oat M*lk - Gluten Free	1l	2.59	GOV
SY182	Soya Barista - Organic	1l	2.65	OSV
SY191	Soya M*lk	1l	2.59	OV
<b>REBEL KITCHEN</b>				
SY093	Barista Mylk	1l	2.55	OV
SY214	Dairy Free Whole Mylk	1l	2.55	GOV
<b>RUDE HEALTH FOODS</b>				
SY052	Almond Drink - No Sugars	1l	2.69	GOV
SY129	Almond Drink - Organic	1l	2.69	GOV
SY004	Almond Drink - Organic	250ml	1.65	GOV
SY233	Barista Soya	1l	2.00	GOV
SY130	Brown Rice Drink - Organic	1l	2.49	GOV
SY085	Cashew Drink - Organic	1l	3.50	GOV
SY044	Coconut Drink Organic	1l	2.99	GOV
SY148	Hazelnut Drink - Organic	1l	2.99	GOV
SY054	Oat Drink - No Sugars	1l	2.50	GOV
SY037	Oat Drink - Organic	1l	2.49	GOV
SY194	Organic Soya Drink	1l	2.29	GOV
SY223	Roast Almond Oat Drink OG	1l	2.49	OV
SY117	Tiger Nut Drink Organic	1l	2.99	GOV
SY159	Ultimate Almond Milk - Organic	1l	3.85	GOV
<b>SOJADE</b>				
SY018	Soya Drink - Mild Sweetened	1l	2.45	GOV
SY016	Soya Drink - Unsweetened	1l	2.19	GOV
SY023	Vanilla Soya Drink	1l	2.69	GOV
<b>SOON</b>				
SY241	Organic Hemp Drink	1l	3.90	OV
<b>THE BRIDGE</b>				
SY160	Coconut Drink	1l	2.45	GOV
SY002	Oat Drink	1l	2.19	OV
SY112	Oat Drink - Barista	1l	2.35	OV
SY068	Rice Drink - Cacao	250ml	0.99	OV
SY487	Rice Drink - Original	1l	2.15	GOV
SY452	Rice Drink + Almond	1l	2.49	GOV
SY008	Rice Drink + Coconut	1l	2.65	GOV
	Cooking Cream			
SY188	Coconut Cream - Organic	200ml	1.55	GOV
SY187	Oat Cream - Organic	200ml	1.35	OV
SY150	Rice Cream - Organic	200ml	1.29	OV
SY186	Soya Cream - Organic	200ml	1.19	GOV
<b>THE COCONUT COMPANY</b>				
SY116	Coconut Milk Powder - Organic	250g	6.99	GOV
<b>NUT &amp; SEED BUTTERS</b>				
<b>SUMA ORGANIC</b>				
GH047	Peanut Butter Crunchy + Salt	700g	8.90	VO
GH022	Peanut Butter, Crunchy + Salt	340g	4.90	VO
GH135	Peanut Butter, Crunchy + Salt	340g	4.35	FVO
GH256	Peanut Butter, Crunchy No Salt	340g	4.90	VO
GH248	Peanut Butter, Crunchy No Salt	700g	8.90	VO
GH023	Peanut Butter, Smooth + Salt	340g	4.90	OV
GH051	Peanut Butter, Smooth + Salt	700g	8.90	VO
GH257	Peanut Butter, Smooth No Salt	340g	4.90	VO
GH096	Peanut Butter, Smooth No Salt	700g	8.90	VO
GH950	Tahini - dark, organic	280g	4.35	OV
GH675	Tahini - light, organic	280g	4.35	OV
<b>BIONA</b>				
GH210	Almond Butter Smooth Organic	170g	6.39	OV
GH102	Almond Butter Smooth Organic	350g	12.15	OV
GH158	Black Tahini	250g	4.75	OV



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GH211	Cashew Nut Butter - og	170g	5.50	OV
GH122	Hi-Oleic Peanut Butter	250g	4.35	OV
GH126	Hi-Oleic Peanut Butter	250g	4.35	OV
GH141	ORGANIC HAZELNUT BUTTER	170g	6.39	OV
GH103	Organic Peanut Butter Crunchy	1kg	11.65	OV
GH104	Organic Peanut Butter Smooth	1kg	11.65	OV
<b>CARLEY'S</b>				
GH024	Almond Butter- Organic	170g	4.65	OV
GH025	Cashew Butter- Organic	170g	4.45	OV
GH034	Pumpkinseed Butter - og	250g	4.75	OV
GH215	Raw Almond Butter	250g	6.35	OV
GH216	Raw Almond Butter	425g	1.35	OV
GH014	Raw Pecan Butter	170g	6.25	OV
GH213	Raw Walnut Butter	170g	4.45	OV
GH712	Raw White Almond Butter	170g	4.65	OV
GH042	Sunflower Butter- Organic	250g	2.75	OV
<b>CLEARSPRING</b>				
GH131	Tahini - Black Sesame	170g	3.49	OV
<b>COCONUT MERCHANT</b>				
GH076	Coconut Butter	300g	5.99	GOV
<b>MERIDIAN</b>				
GH072	Almond Butter Smooth + salt	170g	5.89	OV
GH081	Cashew Butter Smooth	470g	1.49	OV
GH057	Cashew Butter Smooth Organic	170g	3.99	OV
GH128	Organic Crunchy Peanut Butter	470g	5.49	OV
GH009	Organic Dark Tahini	470g	5.19	OV
GH205	Organic Light Tahini	470g	5.19	OV
GH169	Organic Smooth Almond Butter	470g	14.79	OV
GH200	Organic Smooth Peanut Butter	470g	5.49	OV
GH028	Peanut Butter Crunchy + Salt	280g	3.39	OV
GH064	Tahini - dark, organic	270g	3.49	OV
GH020	Tahini - light, organic	270g	3.49	OV
100% Nuts				
GH094	Almond Butter Smooth Organic	170g	5.89	OV
GH063	Peanut Butter Crunchy	280g	3.39	OV
GH097	Peanut Butter Crunchy-Organic	1kg	1.75	OV
GH110	Peanut Butter Smooth	280g	3.39	OV
GH069	Peanut Butter Smooth-Organic	1kg	1.75	OV
100% Seeds				
GH046	Pumpkin Seed Butter - og	170g	4.45	OV
<b>SUNITA</b>				
GH159	Black Tahini	170g	2.99	GOV
GH149	Tahini - light, organic	3kg	39.62	VO
GH996	Tahini, Whole, Organic	3kg	39.62	VO
<b>WHOLE EARTH</b>				
GH091	Peanut Butter - smooth organic	227g	3.59	GOV
GH090	Peanut Butter -crunchy organic	227g	3.59	GOV
GH151	Peanut Butter-100% Nuts,Crunch	227g	3.45	GOV
<b>NUTS &amp; SEEDS</b>				
<b>SUMA PREPACKS - ORGANIC</b>				
NU217	Almonds - organic	125g	2.69	OV
NU102	Almonds - organic	250g	4.79	OV
NU159	Almonds - organic	500g	8.95	OV
NU097	Almonds, Flaked - Organic	125g	3.90	OV
NU387	Almonds, ground - organic	125g	2.79	OV
NU043	Almonds, ground - organic	250g	5.90	OV
NU344	Brazils - organic	125g	2.35	OV
NU219	Brazils - organic	250g	4.19	OV
NU033	Cashews whole - organic	125g	2.49	OV
NU255	Cashews whole - organic	250g	4.55	OV
NU120	Chia Seeds, Black - organic	250g	2.55	VO
NU041	Coconut - desiccated, organic	125g	1.35	OV

code	product	size	rrp	bfgosv
NU103	Hazelnuts - organic	125g	2.45	OV
NU258	Hazelnuts - organic	250g	4.39	OV
NU272	Hemp Seeds - organic	250g	2.99	VO
NU322	Linseed, golden - organic	250g	1.75	OV
NU136	Omega Seed Mix - Organic	125g	1.69	OV
NU288	Omega Seed Mix - organic	125g	1.69	OV
NU138	Omega Seed Mix - Organic	250g	2.45	OV
NU293	Omega Seed Mix - organic	250g	2.45	OV
NU069	Peanuts - organic	125g	1.49	OV
NU218	Peanuts - organic	500g	4.15	OV
NU545	Pine Kernels - organic	125g	5.55	OV
NU212	Pumpkin seeds - organic	125g	1.69	OV
NU323	Pumpkin seeds - organic	250g	2.95	OV
NU261	Pumpkin seeds - organic	500g	5.25	OV
NU213	Sesame seeds - organic	125g	1.49	OV
NU356	Sesame seeds - organic	250g	2.49	OV
NU105	Sunflower seeds - organic	125g	1.29	OV
NU254	Sunflower Seeds - organic	250g	1.79	OV
NU457	Sunflower seeds - organic	500g	2.79	OV
NU104	Walnuts - organic	125g	2.25	OV
NU012	Walnuts - organic	250g	3.99	OV
NU289	Walnuts - organic	375g	5.75	OV
<b>ALARA</b>				
NU098	Raw Milled Linseeds	500g	4.95	OV
<b>BIONA</b>				
NU304	Amaranth Seeds	500g	3.75	OV
<b>RAW HEALTH</b>				
NU187	Organic Black Chia Seeds	450g	9.15	OV
<b>OILS &amp; FATS</b>				
<b>SUMA ORGANIC</b>				
GT350	Coconut Oil - Culinary	320ml	4.19	OV
GT750	Coconut Oil - Culinary	650ml	7.15	OV
GT075	Coconut Oil - Culinary	1000ml	1.79	OV
GT320	Coconut Oil - Extra Virgin	320ml	7.20	OV
GT650	Coconut Oil - Extra Virgin	650ml	12.50	OV
GT017	Italian Organic Olive Oil	500ml	9.85	OV
GT018	Italian Organic Olive Oil	750ml	14.89	OV
GT019	Italian Organic Olive Oil	3l	55.00	OV
GT085	Olive Oil-Extra Virgin,organic	500ml	8.95	VO
GT087	Olive Oil-Extra Virgin,organic	5l	78.00	VO
GT080	Sunflower Oil - organic	500ml	4.95	VO
GT091	Sunflower Oil - organic	5l	38.00	VO
<b>ABEA</b>				
GT059	Olive Oil-Extra Virgin Organic	5l	79.99	O
<b>BIONA</b>				
GT030	Avocado Oil Cold Pressed	250ml	8.99	OV
GT025	Coconut Oil Cuisine Organic	875ml	9.90	OV
VM271	Flax Seed Oil (was Linseed)	250ml	6.95	OVB
GT060	Mild / Odourless Coconut Oil	610ml	6.90	OV
GT061	Mild / Odourless Coconut Oil	470ml	4.95	OV
GT014	Sesame Seed Oil Cold Pressed	500ml	7.39	OV
GT024	Toasted Sesame Seed Oil	250ml	5.39	OV
VF773	Virgin Coconut Oil Organic	200g	4.55	OV
VF774	Virgin Coconut Oil Organic	400g	8.90	OV
GT069	Virgin Coconut Oil Organic	800g	15.90	OV
<b>CLEARSPRING</b>				
GT070	Avocado Oil - Organic	250ml	9.49	OV
GT054	Coconut Oil	200g	4.59	GOV
GT055	Coconut Oil	400g	8.65	GOV
GT035	Flax Oil Organic	250ml	5.39	OV
GT001	Hemp Oil Organic	250ml	7.69	OV
GT204	Italian Olive Oil Organic	1l	18.49	OV

code	product	size	rrp	bfgosv
GT049	Italian Olive Oil Organic	250ml	5.99	OV
GT203	Italian Olive Oil Organic	500ml	9.99	OV
GT038	Organic Toasted Sesame Oil	500ml	9.99	OV
GT009	Rapeseed Oil Organic	500ml	5.49	OV
GT207	Sesame Oil organic	500ml	8.39	OV
GT037	Sesame Oil organic	1l	15.49	GOV
GT208	Sesame Oil Toasted organic	250ml	5.99	OV
GT231	Sunflower Frying Oil organic	500ml	5.69	OV
GT230	Sunflower Frying Oil organic	1l	9.29	OV
GT063	Sunflower Frying Oil Organic	2l	15.59	OV
GT051	Sunflower Oil	2l	14.49	OV
GT201	Sunflower Oil Organic	500ml	5.29	OV
GT202	Sunflower Oil organic	1l	8.99	OV
GT209	Toasted Pumpkin Seed Oil Org	250ml	14.49	OV
GT062	Toasted Sesame Oil	150ml	4.59	OV
GT211	Walnut Oil Toasted, Organic	250ml	13.49	OV
	<b>COCOFINA</b>			
GH074	Coconut Oil Neutral	500ml	4.99	OV
	<b>COCONUT MERCHANT</b>			
GT042	Raw Extra Virgin Coconut Oil	500ml	8.99	OV
	<b>HAPPY BUTTER</b>			
VF204	Organic Ghee	300g	9.49	O
VF202	Organic Ghee	150g	5.55	O
	<b>LA BIO IDEA</b>			
GT044	Italian Og Virgin Olive Oil	1l	14.99	OV
	<b>MANI</b>			
GT041	Greek Olive Oil with Ginger	250ml	6.99	OV
GT039	Greek Olive Oil with Orange	250ml	6.99	OV
GT007	Og Extra Virgin Olive Oil	500ml	11.49	OV
GT002	Og Extra Virgin Olive Oil	1l	19.99	OV
	<b>ZAYTOUN</b>			
GT056	Olive Oil - Fair Trade	500ml	16.89	FOV
GT020	Olive Oil - Organic Fairtrade	250ml	1.90	FOV
GT022	Olive Oil - Organic Fairtrade	750ml	24.35	FOV
	<b>OLIVES</b>			
	<b>BIONA</b>			
KJ349	Black Olives in Brine	280g	3.45	GOSV
KJ345	Green Olives in Brine	280g	3.35	GOVS
	<b>MANI</b>			
KJ432	Og Green & Kalamata Olives	175g	3.99	OV
KJ424	Og Green Olives al Naturel	205g	3.99	OV
KJ430	Og Kalamata Olives al Naturel	205g	3.99	OV
KJ425	Og Kalamata Olives in OliveOil	280g	5.49	GOV
KJ250	Og Mixed Olives al Naturel	205g	3.99	OV
	<b>SUNITA</b>			
KJ494	Green Olives Organic	360g	3.55	OV
KJ555	Kalamon Olives - organic	360g	3.90	VO
	<b>PASTA</b>			
	<b>SUMA / IRIS ORGANIC</b>			
WT018	Tricolore Spirals Pasta	500g	2.15	OV
WT075	White Fusilli Pasta	500g	1.79	OV
WT016	White Macaroni Pasta	500g	1.79	OV
WT085	White Penne Pasta	500g	1.79	OV
WT125	Wholewheat Fusilli Pasta	500g	1.79	OV
WT120	Wholewheat Spaghetti Pasta	500g	1.79	OV
	<b>SUMA ORGANIC</b>			
	Gluten Free			
WT011	Brown Rice Fusilli Gluten Free	500g	3.25	GOV
WT013	Brown Rice Penne Gluten Free	500g	3.25	GOV
WT008	Corn Rice Fusilli Gluten Free	500g	2.89	GOV
WT009	Corn Rice Penne Gluten Free	500g	2.89	GOV
WT089	Oat Casarecce Organic	340g	2.99	GOV

code	product	size	rrp	bfgosv
WT077	Oat Linguine Gluten Free	340g	3.19	GOV
WT073	Rigatoni Oat Pasta Gluten Free Paper Packaging	340g	2.99	GOV
WT019	Tricolore Fusilli Pasta	500g	2.25	FOV
WT017	White Fusilli Pasta	500g	1.89	FOV
WT062	White Macaroni Pasta	500g	1.89	FOV
WT020	White Penne Pasta	500g	1.89	FOV
WT022	White Spaghetti Pasta	500g	1.89	FOV
WT035	Wholewheat Fusilli Pasta	500g	1.89	FOV
WT044	Wholewheat Penne Pasta	500g	1.89	FOV
WT045	Wholewheat Spaghetti Pasta	500g	1.89	FOV
<b>BIONA</b>				
WT331	Penne Wholemeal Spelt	500g	2.95	OV
WT333	Spelt Lasagne Sheets - Organic	250g	3.25	OV
WT021	Spelt Pasta Spaghetti White	500g	3.45	OV
WT025	White Spelt Fusilli	500g	3.45	OV
WT024	White Spelt Penne	500g	3.45	OV
WT334	Whole Spelt Spaghetti	500g	2.95	OV
WT332	Wholewheat Spelt Fusilli Org Little Foodies	500g	2.95	OV
WT064	Spelt Safari Animals	250g	2.29	OV
WT063	Whole Wheat Dinosaurs	250g	2.19	OSV
<b>CIEMME</b>				
WT136	OG Gluten Free Gnocchi Plain	400g	4.29	GOV
<b>CLEARSPRING</b>				
WT148	Brown Rice Penne - Gluten Free	250g	3.90	GOV
WT052	Gluten Free Buckwheat Pasta	250g	3.90	GOV
WT149	Green Pea & Quinoa Fusilli	250g	3.49	GOV
WT150	Red Lentil & Brown Rice Pasta	250g	3.49	GOV
<b>DOVES FARM</b>				
WT038	Organic Brown Rice Fusilli	500g	4.19	GOV
WT047	Organic Brown Rice Penne Pasta	500g	4.19	GOV
WT036	Organic Brown Rice Spaghetti	500g	4.19	GOV
WT133	Organic Buckwheat Pasta	500g	4.99	GOV
WT167	Organic Green Pea Penne Pasta	250g	3.39	GOV
WT165	Organic Maize and Rice Lasagne	250g	3.29	GOV
WT051	Organic Maize/Rice Fusilli	500g	3.39	GOV
WT039	Organic Maize/Rice Penne Pasta	500g	3.39	GOV
WT053	Organic Maize/Rice Spaghetti	500g	3.39	GOV
WT135	Organic Multigrain Pasta	500g	4.19	GOV
WT166	Organic Red Lentil Penne Pasta	250g	3.39	GOV
<b>EXPLORE CUISINE</b>				
WT113	Black Bean Spaghetti	200g	4.90	GOV
WT145	Chickpea Fusilli	250g	4.90	GOV
WT093	Edamame & Mung Bean Fettuccine	200g	4.90	GOV
WT114	Edamame Bean Spaghetti	200g	4.90	GOV
WT143	Green Lentil Penne	250g	4.90	GOV
<b>LA BIO IDEA</b>				
Speciality				
WT232	Lasagne green White	250g	1.99	OV
WT974	Lasagne white	250g	1.99	OV
WT048	Macaroni Elbows	500g	2.69	VO
WT050	Penne White	500g	2.79	VO
WT049	Spaghetti - White Wholewheat	500g	2.69	VO
WT023	Lasagne	250g	1.99	OV
WT040	Macaroni Elbows - wholewheat	500g	2.69	VO
WT074	Penne Wholewheat	500g	2.79	VO
WT046	Tagliatelle - organic	500g	2.69	VO
<b>LA TERRA E IL CIELO</b>				
WT874	Spelt Fusilli	500g	3.65	OV

code	product	size	rrp	bfgosv
WT899	White Pappardelle Nest	500g	3.75	OV
	White			
WT990	Cavatappi - spirals	500g	2.79	OV
WT982	Fusilli with Spinach - organic	500g	2.99	OV
	Wholewheat			
WT978	Spelt Spaghetti - organic	500g	3.55	OV
	<b>MR ORGANIC</b>			
WT029	Tortellini / Porcini Mushrooms	250g	4.90	OV
WT031	Tortellini with Vegetables	250g	4.90	OV
WT072	Tortelloni - Red Pepper	250g	4.10	OV
WT068	Vegan Formaggio & Leek Ravioli	250g	4.90	OV
	<b>PROFUSION</b>			
WT130	Chickpea Fusilli	250g	3.35	GOV
WT129	Red Lentil Fusilli	250g	3.45	GOV
	<b>PASTA SAUCES &amp; PESTOS</b>			
	<b>SUMA ORGANIC</b>			
	Organic Pasta Sauces			
VF201	Organic Arrabbiata Sauce	350g	2.69	OV
VF191	Organic Bolognese Sauce	340g	2.69	OV
VF192	Organic Napoletana Sauce	350g	2.69	OV
	Organic Pestos			
KJ162	Organic Pesto Alla Genovese	190g	3.99	O
KJ161	Organic Pesto Rosso - Vegan	190g	3.99	OV
KJ160	Organic Pesto Siciliano -Vegan	190g	3.99	OV
	<b>MERIDIAN</b>			
VF197	Tomato & Herb - organic	440g	3.39	GVO
	<b>MR ORGANIC</b>			
KJ044	Aubergine Pesto	130g	3.29	OV
KJ060	Basil & Chilli Pesto	130g	3.29	OV
KJ087	Basilico Pasta Sauce	660g	3.79	OV
KJ238	Chilli & Garlic Passata Sauce	400g	2.49	OV
KJ328	Chilli & Garlic Pesto	130g	2.29	GOV
KJ074	Grilled Pepper Pesto	130g	3.29	OV
KJ359	Lentil Ragù	350g	3.29	OV
KJ239	Mixed Herbs Passata	400g	2.49	OV
VF106	Parmagiana Sauce	350ml	3.29	GOV
KJ215	Seitan Pasta Sauce	350g	3.29	OSV
KJ084	Tomato & Garlic Flavour Paste	200g	2.39	OV
KJ075	Tomato & Olive Pesto	130g	3.29	OV
KJ086	Tomato & Pepper Flavour Paste	200g	2.39	OV
KJ109	Tomato & Veg Flavour Paste	200g	2.39	OV
	Antipasti Dips			
KJ360	Antipasti Black Bean	230g	3.49	OV
KJ361	Antipasti Butter Bean	230g	3.49	OV
KJ362	Antipasti Chickpea & Tomato	230g	3.49	OV
	Kid's Pasta Sauce			
KJ358	Kid's Tomato Veg Pasta Sauce	200g	2.39	OV
KJ357	Kid's Vegetable Pasta Sauce	200g	2.39	OV
	<b>ORGANICO</b>			
VF043	Olive, Chilli & Garlic - og	360g	3.65	OSV
VF055	Red Wine and Porcini	360g	3.50	OSV
VF032	Vegetable Bolognese - og	360g	3.50	OSV
	<b>SUNITA</b>			
KJ790	Organic Pesto Genovese	130g	3.89	OV
	<b>PATE</b>			
	<b>SUMA ORGANIC</b>			
GH052	Bruschetta - Tomato & Basil	140g	2.59	OV
GH048	Hummus - Edamame	135g	2.59	OV
GH016	Pate - Bean & Mustard	140g	2.59	OV
GH003	Pate - Kidney Bean, Red Pepper	140g	2.59	OV

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<b>BONSAN</b>				
GH095	Beetroot & Horseradish Pate	130g	3.50	OV
GH100	Cashew & Bell Pepper Pate	130g	3.50	OV
GH162	Cashew Chive 'Cheese' Spread	135g	3.85	OSV
GH105	Lentil & Turmeric Pate	140g	2.95	OSV
GH161	Toscana Style Spread	135g	2.95	OSV
<b>GRANOVITA</b>				
GH168	Spicy Mexican Pate - organic	200g	3.35	GOV
<b>SUNITA</b>				
KJ791	Kalamata Olive Pate	180g	3.99	OV
<b>TARTEX</b>				
GH001	Classic Pate - og	200g	3.85	GOV
GH012	Herb & Garlic Pate - og	200g	3.85	OV
GH006	Herb Pate - og	200g	3.85	OV
GH007	Mushroom pate - og	200g	3.85	OV
<b>PATES, DIPS &amp; TAPAS (CHILLED)</b>				
<b>FLORENTIN</b>				
CV951	Baba Ganoush	170g	3.50	GOSV
CV931	Houmous	200g	3.80	GOV
CV526	Houmous Extra with Pinenuts	200g	3.70	GOV
<b>THE REAL OLIVE COMPANY</b>				
CV538	Chilli, Cumin & Garlic Olives	150g	3.10	GOV
CV806	Fresh Basil Pesto	150g	3.55	OV
CV807	Fresh Tomato & Olive Pesto	150g	3.55	OV
CV536	Garlic & Basil Olives	150g	3.10	OV
CV903	Harissa Tapenade	180g	3.50	OV
CV902	Kalamata Olive Tapenade	180g	3.50	OV
CV554	Kalamata Olives	210g	3.45	GOV
CV549	Nocellara Del Belice Olives	210g	3.45	GOV
<b>PET FOODS &amp; PET CARE</b>				
<b>YARRAH</b>				
PF023	Dog Biscuits - Larger Dogs	500g	6.59	OV
PF503	Dog Biscuits - Smaller Dogs	250g	3.99	OV
PF026	Dog Food - Grain Free	2kg	19.75	O
PF030	Dog Food - Grain Free	10kg	87.99	O
PF501	Dog Food - Vega Bio Organic	2kg	16.79	O
PF502	Dog Food - Vega Bio Organic	10kg	76.99	O
<b>PICKLES, CHUTNEYS &amp; MUSTARDS</b>				
<b>BIONA</b>				
KJ283	Biona Sauerkraut Golden Turmer	350g	2.55	OSVB
KJ052	Cherkin Slices	350g	4.25	OSV
LJ664	Harissa Relish - prepared	125g	3.25	OV
KJ076	Mustard Medium Hot	300ml	2.95	OV
KJ377	Org Cornichons (Mini Gherkins)	330g	4.65	OSV
KJ036	Sauerkraut - Organic	360g	2.29	OVB
<b>BIONOVA</b>				
KJ346	Cherkins - Sour	680g	6.25	VOS
KJ025	Cherkins - Sweet & Sour	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>				
KJ510	Raw Carrot & Fennel Sauerkraut	400g	5.35	OV
KJ512	Raw Juniper Berry Sauerkraut	400g	5.35	OV
KJ513	Raw Ruby Red Sauerkraut	400g	5.35	OV
KJ514	Raw Sauerkraut	400g	5.35	OV
<b>DELOUIS</b>				
KJ001	Organic Dijon Mustard	200g	3.40	OV
KJ007	Organic Wholegrain Mustard	200g	3.40	OV

code	product	size	rrp	bfgosv
<b>READY MEALS (FROZEN)</b>				
<b>CLIVE'S</b>				
	Gluten Free Pies			
XL030	Chickpea Tagine Pie	235g	4.10	GOSV
XL028	French Cassoulet Pie	235g	4.10	GOSV
XL114	Mushroom & Leek Pie	235g	4.10	GOV
	Nut Roasts			
XL338	Organic Nut Roast	280g	6.40	GOSV
	Pies & Pastries			
XL308	Saag Aloo GF Pie	235g	4.10	GOV
XL020	Saag Aloo Wholemeal Pie	235g	3.95	OSV
	Puff Pastry Pies			
XL200	Beefy Ale Puff Pie	235g	4.10	OV
XL201	Chickeny Puff Pie	235g	4.10	OV
XL024	Chickpea Coronation Puff Pie	235g	4.10	OV
XL022	Creamy Mushroom Puff Pie	235g	4.10	OV
XL014	Saag Aloo Puff Pie	235g	4.10	OV
	Quiches			
XL157	Broccoli & Green Pesto Quiche	165g	3.25	OV
XL152	Cauliflower Quiche	165g	3.25	OV
	Tarts			
XL323	Bombay Curry Tart	195g	4.00	GOSV
XL336	Tomato and Olive Tart	195g	4.00	GOSV
	Wholemeal Pies			
XL105	Creamy Cauliflower Pie	235g	3.95	OV
XL025	Mushroom Pie	235g	3.95	OSV
<b>READY TO EAT FOODS (CHILLED)</b>				
<b>BIONA</b>				
CV075	Asian Pumpkin & Almond Falafel	220g	4.75	OV
CV068	Beetroot Falafel Balls	180g	5.35	OV
CV456	Cashew & Red Lentil Corners	180g	4.55	OSV
CV563	Falafel Balls	220g	4.50	OV
CV328	Falafel Balls Mint and Sesame	220g	4.70	OV
CV678	Horseradish Sauce	125g	3.25	OBV
CV063	Lucky Stars	250g	4.65	OV
CV040	Mini Sweet & Sour Spring Rolls	200g	4.75	OV
CV036	Mini Thai Spring Rolls	200g	4.75	OV
CV180	Mini Vegan Spring Rolls	200g	4.80	OSV
CV061	Oaty Carrot Bites	165g	4.45	OV
CV376	Samosas	230g	5.55	OV
CV454	Spinach & Cashew Rolls	200g	4.65	OV
CV613	Spring Rolls	220g	5.10	OV
CV422	Thai Spring Rolls	220g	5.10	OV
CV455	Tofu & Herb Deli Corners	180g	4.55	OSV
CV065	Veggie Quinoa Sticks	170g	4.55	OV
<b>LOVING FOODS</b>				
	Raw, Organic, Vegan & UK made			
CV801	Classic Sauerkraut	475g	6.45	GOV
CV316	Hot 'N' Smoky Kimchi	475g	6.85	GOV
CV802	Kimchi	475g	6.85	GOV
CV928	Ruby Beetroot Kraut	475g	6.85	GOV
CV929	Sauerkraut with Caraway	475g	6.85	GOV
CV314	Spicy Cortido Kraut	475g	6.85	GOV
CV803	Turmeric & Black Pepper Kimchi	475g	6.85	GOV
<b>MORGIEL</b>				
CV936	Apple & Parsley Sauerkraut	300g	4.49	OV
CV938	Carrot Sauerkraut	300g	3.19	OV
CV933	Fresh Horseradish Relish	180g	3.50	OV
CV932	Raw Gherkins in Brine	500g	3.69	OV
CV934	Raw Kale Kimchi	300g	5.99	OV
CV937	Raw Kale Sauerkraut	300g	3.85	OV

code	product	size	rrp	bfgosv
CV935	Raw Sauerkraut	300g	3.19	OV
	<b>PROFUSION</b>			
CV006	Fresh Organic Sauerkraut	520g	2.75	OV
	<b>RAW HEALTH</b>			
	Fresh Sauerkraut			
CV813	Feel The Heat	410g	4.80	OV
CV814	Golden Glow	410g	4.80	OV
CV815	In the Pink	410g	4.80	OV
CV747	Organic Fresh Sauerkraut	410g	4.70	OV
	<b>SALADS &amp; SPROUTS (CHILLED)</b>			
	<b>SKY SPROUTS</b>			
	Minimum 4 days shelf life			
CV479	Alfalfa & Broccoli Sprouts	100g	2.35	OV
CV481	Alfalfa & Fenugreek Sprouts	100g	2.35	OV
CV476	Alfalfa & Radish Sprouts	100g	2.35	OV
CV475	Alfalfa Sprouts	100g	2.30	OV
CV721	Broccoli Sprouts	100g	2.45	OV
CV504	Mixed Bean Sprouts	225g	2.45	OV
CV503	Mung Bean Sprouts	200g	2.35	OV
CV510	Organic Sprouts Multi Pack	160g	3.35	OV
CV121	Organic Sprouts Protein Pack	175g	3.35	OV
CV131	Organic Sprouts Superfood Pack	110g	3.35	OV
CV509	Radish Sprout	100g	2.35	OV
	<b>SALT &amp; SEASONINGS</b>			
	<b>GEO ORGANICS</b>			
LJ005	Atlantic Fine Ground Sea Salt	500g	3.49	OV
LJ555	Atlantic Sea Salt Crystals	250g	1.65	OV
	<b>SEA VEGETABLES</b>			
	<b>CORNISH SEAWEED COMPANY</b>			
HE040	Organic Cornish Seaweed Salt	70g	3.90	OV
HE006	Organic Dulse	20g	4.59	OV
HE014	Organic Mixed Seaweed Flakes	60g	5.59	OV
HE048	Organic sea Salad	30g	5.75	OV
HE043	Organic Sea Spaghetti	40g	4.59	OV
	<b>I SEA</b>			
LJ176	Seaweed Bacon	20g	6.15	O
LJ198	Seaweed Tagliatelle	50g	4.79	O
	<b>OCEAN'S HALO</b>			
HE007	Sea Salt Seaweed	4g	0.99	OV
HE013	Wasabi Seaweed	4g	0.99	OV
	<b>SNACK BARS &amp; FLAPJACKS</b>			
	<b>CLIF BAR</b>			
KB782	Chocolate Chip & Peanut Butter	50g	2.59	OSV
KB365	Chocolate Peanut Butter	50g	2.59	OSV
	<b>DOVES FARM</b>			
	Impulse			
KB228	Apple & Sultana Flapjack	35g	0.89	GOSV
KB230	Apricot & Chia Seed Flapjack	35g	0.89	GOSV
KB234	Chocolate Chip Flapjack	35g	0.89	GOSV
	Multipack			
KB237	Apple & Sultana Flapjack	4 x 35g	2.89	GOSV
KB261	Apricot & Chia Seed Flapjack	4 x 35g	2.89	GOSV
KB463	Chocolate Chip Flapjack	4 x 35g	2.89	GOSV
	<b>ORGANICA</b>			
KB525	Creamy Marzipan Dream Bar	40g	1.45	OSV
KB703	Golden Coconut Delight	40g	1.45	OSV
KB702	Hazelnut Nougat Delight	40g	1.45	OSV
	<b>SUNITA</b>			
KB998	Sesame & Honey Bar - organic	30g	0.69	O
	<b>TROPICAL WHOLEFOODS</b>			
	JUST 5			



code	product	size	rrp	bfgosv
KB769	Organic F/T Apricot & Almond Just 5	40g	1.25	FOV
KB592	Organic F/T Banana & Cocoa	40g	1.25	FOV
KB590	Organic F/T Date & Cocoa JUST 5	40g	1.25	FOV
KB710	Organic F/T Mango & Brazil	40g	1.25	FOV
<b>SOFT DRINKS</b>				
<b>SUMA</b>				
JU169	Ginger Kombucha	250ml	1.75	OSV
JU172	Peach & Turmeric Kombucha	250ml	1.75	OSV
JU173	Strawberry & Rasp Kombucha	250ml	1.75	OSV
<b>BELVOIR</b>				
JU810	Elderflower Presse	250ml	2.90	GOSV
JU814	Ginger Beer	250ml	1.95	GOSV
JU811	Handmade Lemonade 750ML Bottles	250ml	2.90	GOSV
JU792	Elderflower Presse	750ml	4.45	GOSV
JU813	Ginger Beer	750ml	4.49	GOSV
<b>BIONA</b>				
	Kombucha			
JU556	Kombucha Ginger Lime	330ml	3.35	OSV
JU523	Kombucha Original	330ml	3.35	OSV
JU551	Kombucha Sour Cherry Mint	330ml	3.35	OSV
<b>CHARITEA</b>				
JU598	ChariTea Black	330ml	1.59	FOSV
JU597	ChariTea Green	330ml	1.59	FOS
JU596	ChariTea Mate	330ml	1.59	FOSV
JU595	ChariTea Red	330ml	1.59	FOSV
<b>CLIPPER</b>				
TE135	Iced Tea Chamomil Orange Peach	250ml	1.79	OV
TE137	Iced Tea Rooibos Ginger Lemon	250ml	1.79	OV
<b>COCOFINA</b>				
JU368	Cocofina Natural Coconut Water	1l	4.10	OV
<b>GUSTO</b>				
JU222	Cherry Cola	275ml	2.15	OV
JU223	Fiery Ginger With Chipotle	275ml	2.15	FOV
JU148	Lemon Energy	250ml	2.25	OV
JU353	Organic Real Cola	275ml	2.15	FGOV
JU147	Original Energy	250ml	2.25	OV
JU224	Sicilian Blood Orange	275ml	2.15	FOV
JU159	Sicilian Lemon with Fresh Yuzu	275ml	2.25	FOV
<b>JARR KOMBUCHA</b>				
JU062	Ginger & Lemon Kombucha	330ml	3.15	GOV
JU084	Original Kombucha	330ml	3.15	GOV
JU071	Passion Fruit Kombucha	330ml	3.15	GOV
JU077	Raspberry Kombucha	330ml	3.15	GOV
<b>KARMA DRINKS</b>				
Cans				
JU617	Gingerella Ginger Ale	250ml	1.45	FOSV
JU616	Karma Cola	250ml	1.45	FOSV
JU800	Karma Orangeade	250ml	1.45	FOSV
JU615	Lemony Lemon	250ml	1.45	FOSV
JU420	Razza Raspberry Lemonade Glass Bottles	250ml	1.45	FOSV
JU073	Gingerella Ginger Ale	300ml	2.15	FOVS
JU075	Karma Cola	300ml	2.15	FOSV
JU078	Lemony Lemon	300ml	2.15	FOSV
JU418	Razza Raspberry Lemonade	300ml	2.15	FOVS
JU302	Summer Orangeade	300ml	2.15	FOSV
<b>LEMONAID BEVERAGES</b>				
JU592	Lemonaid Blood Orange	330ml	1.95	FOSV
JU068	Lemonaid Ginger	330ml	1.95	FOSV

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JU587	Lemonaid Lime	330ml	1.95	OSV
JU589	Lemonaid Passion Fruit	330ml	1.95	FOSV
<b>LUSCOMBE DRINKS</b>				
JU584	Cool Ginger Beer	270ml	2.29	OSV
JU586	Hot Ginger Beer	270ml	2.29	OV
JU145	Raspberry Crush	270ml	2.49	OSV
JU583	Sicilian Lemonade	270ml	2.29	OSV
JU439	St Clements	270ml	2.29	OSV
<b>PIP ORGANIC</b>				
JU399	Sparkling Apple	250ml	1.89	OV
<b>REBEL KITCHEN</b>				
JU059	Banana Mylk	250ml	1.65	GOV
JU178	Chocolate Mylk	250ml	1.65	GOV
<b>VITA COCO</b>				
	1L			
JU221	Pure Coconut Water Organic	1l	4.19	OV
<b>WHOLE EARTH</b>				
JU311	Apple	330ml	1.49	OSV
JU946	Cola	330ml	1.49	OSV
JU947	Cranberry	330ml	1.49	OSV
JU935	Lemonade	330ml	1.49	OSV
JU310	Orange & Lemonade	330ml	1.49	OSV
JU189	Sparkling Elderflower	330ml	1.49	OV
JU186	Sparkling Ginger	330ml	1.49	OV
<b>SOUPS</b>				
<b>SUMA ORGANIC</b>				
VF390	Organic Minestrone Soup	400g	2.29	OV
VF655	Organic Mushroom Soup	400g	2.39	OV
VF595	Organic Pea Soup	400g	2.29	OV
VF525	Organic Rustic Vegetable Soup	400g	2.29	OV
VF365	Organic Spicy Lentil Soup	400g	2.15	OV
VF345	Organic Tomato & Basil Soup	400g	2.90	OSV
VF600	Organic Tomato Soup	400g	2.15	OSV
VF685	Organic Tuscan Bean Soup	400g	2.90	OV
<b>ESSENTIAL TRADING</b>				
VF085	Lentil & Pumpkin Soup	680g	3.65	OV
VF375	Pea Soup	680g	3.65	OV
<b>FREE &amp; EASY</b>				
VF302	Broccoli & Kale	400g	2.29	GOV
VF096	Butternut Squash & Ginger - Og	400g	2.29	GOV
VF297	Butternut, Sweet Potato, Turmeric	400g	2.29	GOV
VF124	Carrot & Coconut Soup	400g	2.29	GOV
VF720	Lentil & Red Pepper Soup - Org	400g	2.29	GOV
VF086	Pea & Mint Soup - Org	400g	2.29	GOV
VF097	Sweet Potato & Chia Soup - Org	400g	2.29	GOV
VF083	Tomato Soup - Org	400g	2.29	GOV
<b>RIFCO</b>				
VF220	Balinese Lentil & Pepper Soup	400g	2.39	OV
VF233	Mexican Bean Soup	400g	2.39	OV
VF225	Moroccan Chickpea Soup	400g	2.39	OV
VF114	Sri Lankan Lentil & Coconut	400g	2.39	OV
<b>SOUPS (CHILLED)</b>				
<b>TIDEFORD ORGANIC VEGAN FOODS</b>				
CV306	Caribbean Sweet Potato Soup	560g	3.80	GOV
CV782	Lentil & Spinach Soup	560g	3.80	GOV
CV720	Malaysian Coconut Noodle Soup	560g	3.80	GOV
CV297	Thai Green Vegetable Soup	560g	3.80	GOV
<b>SPIRITS &amp; LIQUEURS</b>				
<b>FATTYS ORGANIC SPIRITS</b>				
WN037	Pink Grapefruit Spirit	70cl	35.00	OV
WN039	Winter Spiced Orange Gin	70cl	52.78	OV

code	product	size	rrp	bfgosv
<b>SUGARS &amp; SYRUPS</b>				
<b>SUMA ORGANIC</b>				
LJ099	Agave Syrup - organic	240ml	3.99	OV
LJ121	Agave Syrup - organic	500ml	7.99	OV
LJ260	Barley Malt Extract - Organic	340g	2.99	OV
LJ300	Coconut Blossom Syrup Organic	350g	5.99	OV
<b>SUMA PREPACKS - ORGANIC</b>				
LJ100	Coconut Palm Sugar, Organic	500g	4.75	OV
LJ261	Demerara Sugar - organic	500g	3.49	OV
LJ255	Icing Sugar - organic	500g	4.65	OV
LJ251	Raw Cane Sugar - organic	500g	3.55	OV
<b>BILLINGTONS</b>				
LJ999	Granulated Sugar - organic	500g	2.59	VO
LJ190	Organic Natural Caster	500g	2.79	OV
<b>BIONA</b>				
LJ083	Coconut Blossom Nectar	350g	6.79	OV
LJ011	Coconut Palm Sugar - Organic	250g	3.50	OV
LJ014	Coconut Palm Sugar - Organic	500g	5.59	OV
LJ182	Dark Agave Syrup	350g	4.25	OV
HY020	Organic Date Syrup	350g	4.45	OV
HY022	Organic Maple Agave Syrup	350g	5.79	OV
HY026	Organic Rice Syrup	350g	4.35	OV
LJ181	Rapadura / Sucanat Sugar	500g	4.95	OV
<b>BUCKWUD</b>				
HY001	Maple Syrup	250g	6.65	GOV
<b>CLEARSPRING</b>				
JP123	Barley Malt Syrup	300g	3.69	OV
JP125	Date Syrup	300g	3.89	OV
JP124	Oat Syrup	300g	3.99	OV
HY210	Rice Malt Syrup	300g	3.69	OV
<b>EQUAL EXCHANGE</b>				
LJ500	Raw Cane Sugar - organic	500g	2.39	FOV
<b>MERIDIAN</b>				
HY006	Barley Malt Extract - og	370g	3.29	OV
HY300	Blackstrap Molasses - Organic	350g	2.39	FOV
HY012	Blackstrap Molasses - Organic	600g	3.29	FOV
HY250	Maple Syrup - organic	330g	8.99	OV
<b>RAYNERS</b>				
LJ901	Black Treacle - organic	340g	3.35	GOV
LJ704	Golden Syrup - Organic	5kg	45.90	FOV
LJ900	Malt Extract - Organic	340g	4.25	OV
LJ589	Malt Extract - Organic	5kg	34.79	OV
LJ587	Organic Golden Syrup	340g	4.79	OV
<b>SHADY MAPLE FARMS</b>				
HY025	Maple Syrup - organic	250ml	9.49	OV
<b>ST LAWRENCE GOLD</b>				
HY053	Og Maple Syrup Grade A Amber	250ml	7.49	OV
HY056	Og Maple Syrup Grade a Amber	1l	25.99	OV
HY042	Og Maple Syrup Grade A Dark	250ml	7.49	OV
<b>SUPERFOODS &amp; SPORTS NUTRITION</b>				
<b>BIONA</b>				
MD736	Cracked Linseed Gold Organic	500g	5.59	OV
<b>GRANOVITA</b>				
GT300	Flax Oil - Organic	260ml	11.75	GOV
<b>LINWOODS</b>				
MD113	Chia Seed	200g	6.49	GOV
MD104	Flax,Sun,Pum,Chia,Goji Berries	425g	5.99	GOV
MD101	Flax,Sunflower & Pumpkin Seeds	425g	6.35	GOV
MD102	Flaxseed	425g	5.49	GOV
MD114	Flaxseed	200g	3.49	GOV
MD048	Milled Hemp	200g	4.49	GOV
	Organic Sprouted Range			

code	product	size	rrp	bfgosv
VM263	Sprouted Flaxseed	360g	7.35	GOV
<b>NATURYA</b>				
MD040	Greens Blend Organic	250g	12.99	FGOV
MD158	Organic Acai Powder	125g	19.99	GOV
MD216	Organic Cacao Powder F/trade	250g	6.99	FGVO
MD111	Organic Chia Seeds	300g	5.99	GOV
MD156	Organic Chlorella Powder	200g	12.49	GOV
MD153	Organic Cocoa Nibs	300g	7.99	GOV
MD152	Organic Hemp Protein Powder	300g	9.99	GOV
MD150	Organic Maca Powder	300g	6.99	OV
MD155	Organic Spirulina Powder	200g	8.99	GOV
MD067	Organic Turmeric Superblend	250g	7.99	GOV
MD154	Organic Wheatgrass Powder	200g	7.99	GOV
<b>PREWETT'S</b>				
VM020	Organic Ground Flaxseed	175g	3.29	GOV
<b>RHEAL</b>				
VF259	Berry Beauty	150g	24.99	GOV
VF212	Superfoods Balance Tonic	150g	24.99	GOV
VF031	Superfoods Clean Greens	150g	24.99	GOV
<b>SUPPLEMENTS &amp; REMEDIES</b>				
<b>SUMA PREPACKS - ORGANIC</b>				
HE123	Psyllium Husk - Organic	200g	6.25	OV
<b>AYURVEDIQ WELLNESS</b>				
	Capsules			
VM346	Organic Ashwagandha	120 capsules	19.99	OV
VM352	Organic Moringa	120 capsules	18.99	OV
VM350	Organic Shatavari	120 capsules	19.99	OV
VM353	Organic Triphala	120 capsules	19.99	OV
VM344	Organic Turmeric	120 capsules	17.99	OV
<b>CORNISH SEAWEED COMPANY</b>				
VM056	Kelp Food Supplement	60 capsules	14.95	OV
VM058	Menstrual Ease Supplement	60 capsules	13.70	OV
VM038	Mental Clarity Supplement	60 capsules	14.95	OV
VM006	Sea Moss Food Supplement	60 capsules	13.40	OV
VM061	Seaweed & Mushrooms Supplement	60 capsules	17.40	OV
VM064	Wild & Beautiful Supplement	60 capsules	17.40	OV
<b>DR VEGAN</b>				
VM339	Ashwagandha KSM-66	30 capsules	1.99	GOV
VM345	Curcumin & Turmeric	30 capsules	9.99	GOV
<b>NATURES OWN</b>				
	Organic Range			
VM126	Organic Kelp	60 capsules	12.25	OV
<b>PUKKA</b>				
MD160	Elderberry Syrup	100ml	14.99	FOS
MD014	Mind Focus	60 capsules	24.99	OV
<b>SIMPLEE ALOE</b>				
MD041	Aloe Juice Health Supplement	500ml	9.99	GOV
MD025	Aloe Juice Health Supplement	1l	15.99	GOV
<b>TAKA</b>				
TE317	Joint Care Capsules	90 capsules	16.99	OV
TE315	Turmeric Blk Pepper Capsules	120 CAP	16.99	OV
<b>TOGETHER HEALTH</b>				
VM032	Ashwagandha Complex	30	1.99	GOV
VM358	Chaga Mushroom	60	27.99	GOV
VM102	Iodine	30	6.99	GOV
VM356	Lion's Mane Mushroom	60	27.99	GOV
VM355	Mushroom 5 Complex	60	27.99	GOV
VM357	Reishi Mushroom	60	27.99	GOV
VM150	Zinc	30	1.99	OV
<b>SWEET SNACKS</b>				
<b>BIONA</b>				
ZX002	Berry Burst Sweets - Organic	75g	2.90	GOSV

code	product	size	rrp	bfgosv
ZX662	Cola Bottle Sweets - Organic	75g	2.90	OSV
ZX446	Fizzy Peaches	75g	2.90	GOVS
ZX441	Jelly Dino Sweets - Organic	75g	2.90	GOSV
ZX911	Mini Fruit Bears	75g	2.90	GOSV
ZX443	Pomegranate Heart Sweets - Org	75g	2.90	GOSV
ZX576	Sour Snakes	75g	2.90	OSV
	<b>GOODY GUMMY DROPS</b>			
ZX944	Bears	125g	2.39	GOSV
ZX660	Hedgehogs	125g	2.39	GOSV
ZX906	Orangutangies	125g	2.39	GOSV
ZX954	Turtles	125g	2.39	GOSV
	<b>JUST WHOLEFOODS</b>			
ZX876	VegeHogs	70g	1.99	OSV
	<b>SUNITA</b>			
ZX587	Grape Juice & Sultana Halva OG	75g	1.95	OV
ZX099	Halva with Coconut	75g	1.95	OV
ZX850	Honey Halva - organic	75g	1.95	O
ZX588	Honey Halva with Almonds OG	75g	2.45	O
ZX524	Organic Honey Halva with Cocoa	75g	2.45	O
	<b>TROPICKS</b>			
ZX008	Fruit Balls Mango	50g	1.75	GOV
ZX023	Fruit Balls Pineapple	50g	1.75	GOV
ZX003	Fruit Roll Mango	27g	0.99	GOV
ZX006	Fruit Roll Pineapple	27g	0.99	GOV
	<b>TABLE SAUCES</b>			
	<b>BIONA</b>			
KJ228	Balsamic Glaze Organic	150ml	4.15	OV
KJ225	BBQ Sauce Organic	250ml	3.44	OSV
KJ082	Brown Sauce Organic	270g	3.75	OV
KJ106	Classic Tomato Ketchup Squeezy	560g	4.35	GOSV
KJ343	Sriracha Sauce	130ml	3.35	OSV
KJ226	Sweet Chilli Sauce Organic	250ml	3.45	OSV
KJ232	Tomato Ketchup, Organic	340g	3.45	OV
KJ463	Worcester Sauce	140ml	4.35	GOSV
	<b>GEO ORGANICS</b>			
KJ212	Worcestershire Sauce - organic	150ml	3.95	OSV
	<b>MERIDIAN</b>			
KJ621	Tomato Ketchup - organic	285g	2.79	GOSV
	<b>MR ORGANIC</b>			
KJ355	Chilli Ketchup	480g	3.79	OSV
KJ050	Italian Organic Ketchup	480g	3.49	OSV
KJ496	Naturally sweetened Ketchup	480g	3.79	GOV
	<b>TEAS</b>			
	<b>CLEARSPRING</b>			
JP210	Genmaicha Green Tea Tea Bags	20 bags	3.49	OV
JP097	Hojicha Roasted Green Tea	20 bags	3.49	OV
TE024	Japanese Matcha Green Tea Pwdr	100g	23.99	OSV
TE236	Japanese Oolong Tea (bags)	36g	3.99	OV
JP063	Kukicha,Roasted Twig Teabags	20 bags	3.49	OV
JP010	Matcha Sencha Green Tea (bags)	20 bags	3.99	OV
TE237	Matcha Tea Ceremonial Tin	30g	16.99	OV
TE504	Matcha Tea Premium (bulk)	1kg	193.00	OV
TE243	Matcha Tea Premium (Pouch)	40g	1.99	OV
TE022	Org Japanese Kuwa Mulberry Pow	40g	8.99	OSV
JP302	Sencha Green Tea	20 bags	3.49	OV
JP019	Sencha Traditional Green Tea	90g	7.49	OV
	LIMITED EDITION			
TE223	Matcha Green Tea Powder	30g	29.99	OV
	<b>CLIPPER</b>			
	Food Service Range - 250's			
TE152	Earl Grey	250 bags	27.59	FOV

code	product	size	rrp	bfgosv
TE451	Speciality English Breakfast Food Service Range - 6 X 25's	250 bags	27.59	FOV
TE150	Earl Grey Food Service Range - 6 x 25's	25 bags	3.35	FOV
TE635	Everyday Decaffeinated Tea Food Service Range - 6 X 25's	25 bags	4.50	OV
TE161	Green Tea Green Tea 20's	25 bags	3.49	FOV
TE990	Green Tea with Lemon Organic	20 bags	2.95	OFV
TE989	Organic Pure Green Tea Loose Leaf 80g	20 bags	2.95	OFV
TE463	Earl Grey	80g	3.79	FOV
TE467	English Breakfast	80g	3.79	FOV
TE460	Green Tea and Lemon	80g	3.79	FOV
TE466	Pure Green Loose Leaf Tea 80g	80g	3.79	FOV
TE458	Lemon & Ginger Pack 40	80g	3.79	FOV
TE154	Decaffeinated Green	40 bags	4.19	FOV
TE151	Decaffeinated Tea	40 bags	3.99	FOV
TE158	Earl Grey Decaff	40 bags	3.99	FOV
TE172	English Breakfast Tea Organic	40 bags	3.35	FGOV
TE983	FT Organic Assam	40 bags	2.89	FOV
TE177	FT Organic Earl Grey	40 bags	3.29	FGOV
TE168	FT Organic Everyday Tea	40 bags	3.29	FGOV
TE182	FT Organic Green Tea	40 bags	3.49	FGOV
TE183	FT Organic White Tea Pack 80	40 bags	3.55	FGOV
TE164	Decaffeinated Tea	80 bags	6.89	FOV
TE053	Earl Grey	80 bags	4.59	FOV
TE507	English Breakfast Organic	80 bags	4.65	FGOV
TE189	FT Organic Everyday Tea	80 bags	4.45	FGOV
TE190	FT Organic Green Tea	80 bags	4.79	FGOV
TE179	Green and Mint Super Green Teas	80 bags	4.79	FOV
TE379	Reviving Organic Green Tea	20 bags	2.99	FOV
	<b>HAMPSTEAD TEA</b>			
TE369	Assam	20 bags	3.59	OV
TE939	Clean Green	20 bags	3.59	FOV
TE936	Divine Earl Grey	20 bags	3.59	FOV
TE932	English Breakfast	20 bags	3.59	FOV
TE935	Pure Darjeeling 20 bags/box, 3 boxes/gift pack	20 bags	3.59	FOV
TE222	Triple Pack Teas - Gift Looseleaf	1	11.99	OV
TE249	Darjeeling	100g	6.49	OVB
TE251	Earl Grey	100g	6.49	OVB
TE677	English Breakfast	100g	6.49	GOVB
TE255	Green Tea Selection Box	100g	6.49	OVB
TE365	Black Tea Selection	20 bags	3.49	OV
	<b>PUKKA</b>			
TE213	Elegant English Breakfast	20 bags	5.90	FOV
TE214	Gorgeous Earl Grey	20 bags	5.90	FOV
	<b>RHEAL</b>			
VF262	Superfoods Magic Matcha	120g	34.99	GOV
	<b>TOFU &amp; TEMPEH (CHILLED)</b>			
	<b>BETTER NATURE</b>			
CV201	Organic Tempeh	200g	2.99	OV
	<b>CAULDRON</b>			
CV562	Organic Marinated Tofu Pieces	160g	3.40	SOV

code	product	size	rrp	bfgosv
CV561	Organic Tofu	396g	3.55	OV
	<b>CLEAR SPOT</b>			
CV209	Marinated Tofu	190g	2.90	OV
CV612	Oriental Tofu	225g	3.40	OV
CV206	Plain Tofu	280g	2.35	OV
CV272	Plain Tofu	450g	3.69	OV
CV777	Scrambled Tofu	200g	3.90	GOV
CV913	Silken Tofu	250g	2.45	GOV
CV249	Smoked Tofu	225g	3.20	OV
CV074	Tempeh	200g	3.69	OV
	<b>DRAGONFLY</b>			
CV431	Org Medium Firm Natural Tofu	300g	2.75	OV
CV395	Org Smoked Tofu	300g	3.20	OV
CV394	Org Super Firm Natural Tofu	300g	2.75	OV
CV393	Organic Marinated Tofu	300g	3.70	GOV
	<b>IMPULSE FOODS</b>			
CV177	Black Turtle Bean Tempeh	200g	3.85	GOV
CV178	Chickpea & Chia Tempeh	200g	3.85	GOV
CV537	Classic Original Tempeh	200g	3.15	OV
CV543	Tempeh with Hemp Seeds	200g	3.40	OV
CV544	Tempeh with Sea Vegetables	200g	3.35	OV
	<b>NATUREMADE OASIS</b>			
CV582	Marinated Tofu	200g	2.45	OV
	<b>TAIFUN</b>			
CV007	Almond/Sesame Tofu Slice	200g	4.55	OV
CV835	Basil Tofu with Fresh Herbs	200g	4.70	OVB
CV684	Firm Tofu - Natural	200g	2.75	OV
CV833	Smoked Tofu	200g	4.50	OV
CV133	Spinach Tofu	200g	4.65	OV
CV841	Tofu Fillet - Japanese Style	160g	3.85	OVB
CV840	Tofu Fillet - Mild Wild Garlic	160g	4.15	OVB
CV151	Tofu Fillets with Garden Peas	160g	4.15	OV
CV832	Tofu Rosso - Taste of the Med	200g	4.70	OVB
	<b>VIANA</b>			
CV408	Demeter Organic Standard Real Smoked Firm Tofu	250g	3.35	OV
	<b>TOMATOES &amp; TOMATO PRODUCTS</b>			
	<b>SUMA ORGANIC</b>			
LJ560	Organic Passata	690g	1.95	VO
LJ088	Tomato Puree - organic Canned	200g	1.89	OV
LJ075	Cherry Tomatoes - organic	400g	1.39	OV
LJ080	Tomatoes - chopped, organic	400g	1.90	OV
LJ123	Tomatoes - chopped, organic	2.5kg	6.90	OV
LJ081	Tomatoes - peeled, whole OG	400g	1.90	VO
	<b>SUMA PREPACKS - ORGANIC</b>			
LJ602	Dried Sundried Tomatoes - organic	125g	1.95	OV
	<b>MR ORGANIC</b>			
KJ071	Italian Tomato Puree	200g	2.90	OV
	<b>ORGANICO</b>			
KJ010	Sundried Tomatoes - og	190g	4.25	FOV
	<b>TOOTH CARE</b>			
	<b>BEN &amp; ANNA</b>			
DY300	Mouthwash - Sensitive	500ml	12.95	OV
DY302	Toothpaste - Charcoal	100ml	8.95	OV
DY293	Toothpaste - Sensitive	100ml	8.95	OV
DY291	Toothpaste - Whitening Toothpaste - Tubes	100ml	8.95	OV
DY193	Toothpaste Tube - Black	75ml	5.95	OV
DY203	Toothpaste Tube - Coco Mania	75ml	5.95	OV
DY204	Toothpaste Tube - Mint	75ml	5.95	OV

code	product	size	rrp	bfgosv
DY195	Toothpaste Tube - White	75ml	5.95	OV
	<b>GREEN PEOPLE</b>			
DY014	Childrens Toothpaste	50ml	5.75	VO
DY256	Childrens Toothpaste Mandarin	50ml	5.75	VO
	<b>VEGETABLES</b>			
	<b>SUMA ORGANIC</b>			
	Canned from Fresh			
VF111	Fresh Peas - Organic	340g	1.75	OV
LJ270	Supersweet Sweetcorn - Organic	160g	1.45	OV
LJ800	Supersweet Sweetcorn - Organic	340g	2.15	OV
LJ550	Sweetcorn - Organic	340g	1.79	OV
	<b>AMAIZIN</b>			
KJ117	Jalapeno Peppers	150g	2.69	OV
	<b>BIONA</b>			
LJ243	Capers In Olive Oil	120g	4.85	OV
KJ352	Capers in Wine Vinegar	140g	3.25	OV
	<b>BIONOVA</b>			
VF039	Garden Peas	350g	2.69	O
VF040	Sauerkraut	350g	2.89	VO
VF030	Sweetcorn - organic	340g	2.49	VO
	<b>CLEARSPRING</b>			
	Bio Kitchen			
VF339	Sauerkraut	360g	1.99	OVB
	<b>MANI</b>			
KJ440	Og Capers in Olive Oil	180g	4.99	OV
KJ434	Og Kalamata Oilve Paste	180g	4.49	OV
KJ437	Og Sun Dried Tomato Paste	180g	4.49	OV
	<b>ORGANICO</b>			
KJ016	Artichoke Hearts - og	190g	4.95	FOV
KJ428	Capers	100g	1.95	OV
KJ429	Capers	250g	3.45	OV
VF088	French Chestnuts in box - og	200g	4.95	OV
	<b>VEGETABLES (FROZEN)</b>			
	<b>BIO INSIDE</b>			
XL278	Organic Asia Vegetable Mix	400g	2.95	OV
XL261	Organic Baby Carrots	300g	2.90	OV
XL155	Organic Garden peas	300g	2.20	GOV
XL270	Organic Mushrooms	300g	2.45	OV
XL153	Organic Sweetcorn	300g	2.50	GOV
	<b>NATURAL COOL</b>			
XL183	Broccoli	300g	3.45	GOVB
XL221	Chips - Oven or Fry	600g	4.50	BGOV
XL176	Cut Green Beans	450g	2.99	OVB
XL177	Leaf Spinach Portions	450g	3.50	OVB
XL178	Peas	450g	4.50	GOV
XL098	Potato Wedges	450g	3.65	BGOV
XL181	Sweetcorn	450g	4.10	GOV
XL134	Vegetable Mix	450g	3.30	BGOV
	<b>PACK'D</b>			
XL195	Organic Cauliflower Rice	450g	3.15	OV
XL189	Organic Loose Leaf Spinach	450g	3.15	OV
XL228	Organic Petit Pois	450g	3.15	OV
XL239	Organic Super Sweet Sweetcorn	450g	3.15	OV
XL203	Organic Sweet Potato Chunks	450g	3.15	OV
	<b>VINEGARS</b>			
	<b>SUMA ORGANIC</b>			
KJ290	Apple Cider Vinegar Og	5l	14.29	OV
KJ304	Apple Cider Vinegar Organic	500ml	2.59	OV
KJ335	Apple Cider Vinegar Organic	750ml	3.10	OV
KJ151	OG Balsamic Vinegar - oak aged	250ml	3.89	OV
KJ153	Org Balsamic 5 Litre	5l	37.90	OV



code	product	size	rrp	bfgosv
KJ099	Organic Red Wine Vinegar	5l	18.59	OV
KJ089	Organic Red Wine Vinegar	500ml	2.29	OV
KJ107	Organic White Wine Vinegar	5l	18.59	OV
KJ091	Organic White Wine Vinegar	500ml	2.29	OV
<b>ASPALL</b>				
KJ382	Balsamic Vinegar - og	5l	51.69	OV
KJ478	Balsamic Vinegar - organic	350ml	4.25	OV
KJ481	Cyder Vinegar - organic	350ml	2.19	VO
KJ069	Cyder Vinegar - organic	500ml	2.69	VO
KJ205	Cyder Vinegar - organic	5l	2.79	OV
KJ395	Raw Unfiltered Cyder Vinegar	500ml	3.19	OV
KJ321	Raw Unfiltered Cyder Vinegar	5l	22.29	OV
KJ475	Red Wine Vinegar - organic	350ml	2.15	OV
KJ474	White Wine Vinegar - organic	350ml	2.15	OV
KJ210	White Wine Vinegar - organic	5l	23.90	OV
<b>BIONA</b>				
KJ131	Cider Vinegar with 'Mother'	5 l	16.90	OV
KJ130	Cider Vinegar with 'Mother'	500ml	3.50	OV
KJ311	Cider Vinegar with 'Mother'	75cl	3.75	OV
KJ350	Coconut Vinegar - Organic	250ml	3.35	OV
<b>BRAGG</b>				
KJ325	Apple Cider Vinegar w/Mother	473ml	6.99	GOV
KJ324	Apple Cider Vinegar w/Mother	946ml	11.98	GOV
<b>MR ORGANIC</b>				
KJ492	Organic Apple Cider Vinegar	500ml	3.35	GOV
<b>RAW HEALTH</b>				
KJ008	ACV Infusion Turmeric Ginger	500ml	3.75	OV
KJ489	Apple Cider Vinegar	1 l	4.85	OV
KJ129	Raw Organic Cider vinegar	500ml	3.35	OV
<b>RAYNERS</b>				
KJ500	Apple Cider Vinegar	500ml	3.25	OV
LJ272	Apple Cider Vinegar	750ml	4.49	OV
KJ505	Coconut Aminos	250ml	6.29	OV
<b>WINES</b>				
<b>ORANGE WINE</b>				
Spain				
WN024	El Troyano Verdejo	75cl	17.89	OVb
<b>RED WINE</b>				
Argentina				
WN119	Made in Mendoza Malbec	75cl	11.35	OV
Chile				
WN055	MontGras Pinot Noir	750ml	16.90	GOV
France				
WN006	Merlot La Marouette	75cl	14.89	GOV
WN078	Rouge Sans Sulfite Marouette	750ml	15.29	GOV
Italy				
WN140	Fedele Nero D'Avola	75cl	12.99	OV
WN058	Ingeno Nero D'Avola	75cl	11.65	OV
WN020	Integro Organic Primitivo	75cl	13.95	GOV
South Africa				
WN114	Running Duck Cab. Sauvignon	75cl	12.90	FOV
WN197	Running Duck Merlot	75cl	12.90	FOV
WN196	Running Duck Pinotage	75cl	12.19	FOV
WN116	Running Duck Shiraz	75cl	12.90	FOV
WN138	Stellar Organics Merlot	75cl	12.90	FOV
Spain				
WN050	Amigo de la Tierra Red	750ml	11.79	GOV
WN207	Cuesta Colora Tempranillo	75cl	15.90	OV
WN232	Tempranillo Camino	75cl	11.85	GOV
WN080	Tempranillo Finca Fabian	750ml	12.65	GOV
<b>ROSE WINE</b>				
France				

code	product	size	rrp	bfgosv
WN229	Grenache Rose La Marouette	75cl	15.19	GOV
WN060	Rose Sans Sulfite Marouette South Africa	750ml	15.75	OV
WN118	Running Duck Shiraz Rose Spain	75cl	12.90	FOV
WN022	Coral de Penascal Rose	75cl	15.49	GOV
<b>SPARKLING WINE</b>				
	Italy			
WN009	Prosecco Col di Manza	75cl	23.45	GOVB
WN133	Proverbio Prosecco Spain	75cl	16.90	OV
WN081	Cava Bodegas Enguera	750ml	2.25	GOV
WN054	Vallformosa Bio Organic Cava	750ml	16.90	GOV
<b>WHITE WINE</b>				
	Chile			
WN016	MontGras Sauvignon Blanc France	75cl	16.90	GOV
WN076	Blanc Sans Sulfite Marouette Italy	750ml	16.65	GOV
WN141	Fedele Catarratto Pinot Grigio	75cl	12.99	OV
WN057	Ingeno Pinot Grigio South Africa	75cl	11.65	OV
WN008	Running Duck Chenin Blanc	75cl	12.90	FOV
WN115	Running Duck Chenin Sauv Blanc	75cl	12.90	FOV
WN019	Stellar Org. Sauvignon Blanc Spain	75cl	12.90	FOV
WN079	Verdejo Finca Fabian	750ml	12.65	GOV
<b>YOGHURT, DAIRY (CHILLED)</b>				
<b>BERGERIE</b>				
CV581	Goat Milk Yoghurt Natural Org	125g	0.85	GO
CV084	Natural Goat Milk Yoghurt	400g	3.60	O
CV585	Sheep Milk Yoghurt Greek Style	250g	1.95	GO
CV621	Sheep's Milk Yoghurt Natural	125g	0.90	O
CV625	Sheep's Milk Yoghurt Natural	400g	3.45	O
<b>WOODLANDS DAIRY</b>				
CV420	Natural Sheeps Yoghurt	450g	4.45	O
<b>YEO VALLEY</b>				
	Kefir Yoghurt			
CV863	Mango & Passionfruit	350g	2.00	GOS
CV864	Natural	350g	2.00	GOS
CV862	Strawberry Minimum 4 days shelf life	350g	2.00	GOS
CV366	Apricot & Peach Yoghurt	450g	2.50	OS
CV709	Blueberry Yoghurt	450g	2.50	O
CV746	Fat Free Natural Yoghurt	450g	2.45	OS
CV403	Greek Style Natural Yoghurt	450g	2.80	O
CV604	Lemon Curd Yoghurt	450g	2.50	OS
CV360	Natural Yoghurt	450g	2.45	O
CV365	Raspberry Yoghurt	450g	2.50	OS
CV363	Strawberry Yoghurt Multipack Range	450g	2.50	OS
CV603	Fruity Favourites	4 x 110g	2.80	OS
<b>YOGHURT, NON-DAIRY (CHILLED)</b>				
<b>COCOS</b>				
CV892	Mango & Passionfruit	125g	2.35	GOV
CV013	Mango & Passionfruit Yoghurt	400g	5.65	GOV
CV893	Mixed Berry Coconut Yoghurt	125g	2.35	GOV
CV014	Mixed Berry Coconut Yoghurt	400g	5.65	GOV
CV899	Natural Coconut Milk Yoghurt	400g	5.65	GOV
CV891	Natural Coconut Yoghurt	125g	2.35	GOV
CV897	Natural Coconut Yoghurt	250g	4.15	GOV

code	product	size	rrp	bfgosv
CV894	Strawberry Coconut Yoghurt	125g	2.35	GOV
CV900	Strawberry Coconut Yoghurt	400g	5.65	GOV
CV895	Vanilla Coconut Yoghurt	125g	2.35	GOV
CV901	Vanilla Coconut Yoghurt	400g	5.65	GOV
	<b>SOJADE</b>			
	150g Pots			
CV916	Blueberry Yoghurt	150g	1.20	GOV
CV918	Mango Yoghurt	150g	1.20	GOV
CV915	Peach and Mango Yoghurt	150g	1.20	GOV
CV917	Strawberry Yoghurt	150g	1.20	GOV
	Soya Based Yoghurts			
CV485	Apricot Yoghurt	400g	2.45	GOSV
CV269	Banana & Passion Yoghurt	400g	2.75	GOV
CV289	Blueberry Cherry Yoghurt	400g	2.75	GOV
CV486	Blueberry Yoghurt	400g	2.45	GOSV
CV730	Greek Style Raspberry Yoghurt	400g	3.50	GOV
CV876	Greek Style Yoghurt	400g	2.30	GOV
CV724	Lemon Yoghurt	400g	2.45	GOSV
CV494	Mango & Peach Yoghurt	400g	2.45	GOSV
CV483	Natural Yoghurt	400g	1.60	GOV
CV266	Sojade Natural Yoghurt	250g	1.50	GOV
CV723	Vanilla Yoghurt	400g	2.45	GOSV
	<b>SOON</b>			
CV616	Banana & Coconut Oat Yoghurt	350g	2.70	OSV
CV636	Chocolate Hemp Dessert	150g	1.30	OSV
CV637	Coconut Yoghurt	350g	2.89	OV
CV681	Hazelnut Hemp Dessert	150g	1.30	OSV
CV559	Oat Yogurt	350g	2.49	OV

# Suma

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Lacy Way, Lowfields Business Park, HX5 9DB

Email: [sales@suma.coop](mailto:sales@suma.coop)

Sales: +44 (0)1422 313848

Shop online: [www.suma.coop/wholesale](http://www.suma.coop/wholesale)