

# Summa

CO-OPERATIVE SINCE 1977

**CATERING**

JAN - FEB 2024

# CATERING

A bit more about it..

This list is made up of the bulk quantities of fine foods used by restaurants, cafes, hotels and other caterers. It includes bulk coffee, cheese, oil, flour, herbs, spices and other cooking ingredients. This catering list covers all your dry store needs, chilled and frozen foods too. From ingredients to soft drinks, cleaning products to dairy-free milks, all clean label, with no undesirable additives.

Suma has a broad customer base. We supply delis, wholefood shops, restaurants, cafes, caterers, farm shops and many more, the diverse nature of who we supply means that we have a huge choice of wholesome, natural products for food lovers everywhere.

If you are not a caterer but just want to stock up on a larger size of your favourite Suma products, this is the list for you.



## 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	price	bfgovs
<b>ALCOHOLIC DRINKS</b>				
<b>HOLLOWS</b>				
	From Fentimans			
RT017	Superior Alcoholic Ginger Beer	500ml	21.17	GVS
<b>BAGS, BOXES AND BASKETS</b>				
<b>SUMA</b>				
	Plastic Free Cellophane Bags			
NF487	Cellophane Bags - Large	1000 bags	89.35	V
NF476	Cellophane Bags - Medium	1000 bags	64.90	V
NF484	Cellophane Bags - Small	1000 bags	47.30	V
NF477	Cellophane Bags - XLarge	1000 bags	129.75	V
NF482	Cellophane Bags - XSmall	1000 bags	41.15	V
<b>SUMA PAPER BAGS</b>				
	Counter Bags			
NF489	Paper Flour Bags - Holds 1.5kg	250 bags	47.32	V
<b>BAKING SUNDRIES</b>				
<b>SUMA</b>				
LJ039	Baking Powder - Gluten Free	200g	11.66	GV
LJ019	Cornflour	500g	1.13	V
LJ040	G/Free Bicarbonate of Soda	200g	8.96	GV
GT028	Gluten Free Vegetarian Suet	250g	15.53	GV
LJ223	Gluten Free Xanthan Gum	100g	16.69	GV
<b>DOVES FARM</b>				
LJ168	Baking Powder Bulk	1kg	19.30	GV
LJ166	Cornflour Bulk	1kg	2.24	GOV
LJ423	Quick Yeast	8 x 125g	23.64	GV
LJ165	Xanthan Gum	1kg	5.78	GV
<b>FERMIPAN</b>				
LJ061	Dried Yeast	500g	115.72	V
<b>GREEN &amp; BLACKS</b>				
	Cooks Chocolate			
KB058	Dark Cooking Chocolate-Organic	150g	32.10	FOS
KB429	Milk Cooks Chocolate - organic	150g	32.10	OS
<b>ORGRAN</b>				
LJ656	Egg Replacer	200g	18.86	GV
<b>STEENBERGS</b>				
LJ116	Almond Extract	100ml	3.17	V
LJ117	Orange Flower Water Organic	100ml	18.85	OV
LJ085	Rose Water Organic	100ml	18.85	OV
<b>TAYLOR &amp; COLLEDGE</b>				
LJ115	Vanilla Bean Extract	100ml	47.38	FOV
LJ113	Vanilla Bean Paste	65g	71.38	SOV
<b>BEANS &amp; PULSES - CANNED</b>				
<b>SUMA</b>				
VF707	Borlotti Beans	400g	7.55	V
VF119	Butter Beans	400g	7.55	V
VF709	Cannellini Beans	400g	7.55	V
VF117	Chickpeas	400g	7.55	V
VF118	Red Kidney Beans	400g	7.55	V
<b>SUMA ORGANIC</b>				
VF675	Aduki Beans - organic	400g	1.35	OV
VF550	Baked Beans - Organic	400g	12.51	OSV
VF750	Baked Beans - Organic	2.65kg	34.00	OSV
VF900	Black Beans - Organic	2.6kg	21.36	OV
VF645	Butter Beans - organic	400g	1.71	VO
VF395	Cannellini Beans - organic	400g	1.35	OV
VF642	Chickpeas - organic	400g	1.35	VO
VF785	Chickpeas - organic	2.6kg	19.75	OV

code	product	size	price	bfgovs
VF647	Green Lentils - organic	400g	1.35	VO
VF644	Haricot Beans - organic	400g	1.35	VO
VF649	Mixed Beans - organic	400g	1.35	VO
VF643	Red Kidney Beans - organic	400g	1.71	VO
	<b>BIONOVA</b>			
VF495	Baked Beans - organic	340g	13.33	OSV
	<b>BEANS &amp; PULSES - DRIED</b>			
	<b>SUMA BAGGED DOWN</b>			
PU147	Black Turtle Beans	3kg	8.35	V
PU015	Blackeye Beans	3kg	8.25	V
PU030	Butter Beans	3kg	12.75	V
PU041	Cannellini Beans - Alubia	3kg	1.59	V
PU019	Chickpeas	10kg	24.25	V
PU143	Chickpeas	3kg	7.49	V
PU055	Kidney Beans - red	3kg	8.99	V
PU185	Lentils - brown	3kg	8.75	V
PU054	Lentils - Dark Speckled	3kg	13.49	V
PU186	Lentils - green	3kg	8.59	V
PU040	Lentils - red split	10kg	22.25	V
PU137	Lentils - red split	3kg	6.49	V
PU179	Moong Dahl	3kg	11.50	V
PU051	Mung Beans	3kg	8.25	V
	<b>SUMA BAGGED DOWN - ORGANIC</b>			
PU212	Aduki Beans - Organic	3kg	16.50	VO
PU243	Butter Beans - Organic	3kg	16.55	VO
PU117	Chickpeas - organic	1kg	3.85	VO
PU190	Chickpeas - organic	3kg	9.99	VO
PU162	Green Split Peas - organic	3kg	1.58	VO
PU191	Haricot Beans - organic	3kg	13.29	VO
PU003	Lentils - brown, organic	3kg	9.99	VO
PU171	Lentils - Dark Speckled, org	1kg	6.39	VO
PU172	Lentils - Dark Speckled, org	3kg	17.45	VO
PU193	Lentils - green, organic	3kg	11.25	VO
PU127	Lentils - red split, organic	1kg	3.49	VO
PU194	Lentils - red split, organic	3kg	8.69	VO
PU195	Mung Beans - organic	3kg	14.65	VO
PU192	Red Kidney Beans - organic	3kg	14.65	VO
PU197	Yellow Split Peas - organic	3kg	1.15	VO
	<b>BULK COMMODITIES</b>			
PU150	Black Turtle Beans	25kg	51.72	V
PU303	Blackeye Beans	25kg	45.00	V
PU114	Broth Mix	25kg	48.55	V
PU111	Butter Beans (Lima)	25kg	84.00	V
PU016	Cannellini Beans - Alubia	25kg	7.00	V
PU018	Chickpeas	25kg	46.00	V
PU028	Haricot Beans - pea	25kg	46.00	V
PU039	Kidney Beans - red	25kg	55.62	V
PU010	Lentils - brown	25kg	49.00	V
PU082	Lentils - Dark Speckled	25kg	9.00	V
PU022	Lentils - green	25kg	54.00	V
PU081	Lentils - red split	25kg	4.00	V
PU175	Moong Dahl	25kg	72.00	V
PU033	Mung Beans	25kg	5.00	V
PU035	Pinto Beans	25kg	49.00	V
PU025	Split Peas - green	25kg	35.00	V
PU047	Split Peas - yellow	25kg	31.00	V
	<b>BULK COMMODITIES - ORGANIC</b>			
PU200	Aduki Beans - Organic	25kg	15.00	VO

code	product	size	price	bfgov
PU210	Butter Beans, Chinese - org	25kg	15.77	OV
PU220	Cannellini Beans - organic	25kg	89.00	OV
PU140	Chickpeas - organic	25kg	65.00	OV
PU083	Green Split Peas - organic	25kg	58.00	OV
PU052	Haricot Beans - organic	25kg	85.00	VO
PU001	Lentils - brown, organic	25kg	6.00	VO
PU116	Lentils - green	25kg	75.00	VO
PU126	Lentils - red split, organic	25kg	56.00	VO
PU084	Lentils Dark Speckled	25kg	12.00	VO
PU062	Mung Beans - organic	25kg	15.00	VO
PU061	Pinto Beans - organic	25kg	8.00	OV
PU057	Soya Beans - organic	25kg	57.85	VO
PU059	Yellow Split Peas - organic	25kg	62.00	OV

## BEERS

### SAM SMITHS

RT008	Organic Pale Ale	550ml	32.91	OV
RT120	Organic Pure Brewed Lager	550ml	32.91	OV

## BISCUITS CRACKERS & CRISPbread

### DOVES FARM

BT092	Digestive Biscuits	400g	25.34	OSV
BT010	Digestives	200g	15.28	OSV

### ORGANICO

Rustic Breadsticks

BT065	Classic Grissini - og	120g	14.90	OV
BT061	Omega Grissini - og	120g	14.90	OV
BT068	Sesame Grissini - og	120g	15.91	OV
BT067	Spelt Grissini - og	120g	17.69	OV

## BODY CARE

### ALTER/NATIVE BY SUMA

20L/5L POS Refill Accessories

DY484	5l pump - 30ml Dispenser	each	3.35	V
-------	--------------------------	------	------	---

### FAITH IN NATURE

Soap - Loose

DY050	Loose Soap - Aloe Vera	100g	23.91	V
DY154	Loose Soap - Hemp	100g	23.91	V
DY005	Loose Soap - Lavender	100g	23.91	V
DY006	Loose Soap - Orange	100g	23.91	V
DY008	Loose Soap - Rosemary	100g	23.91	V
DY239	Loose Soap - Tea Tree	100g	23.91	V

### OLIVA

DY561	Olive Oil Soap - Large Bar	600g	15.60	V
-------	----------------------------	------	-------	---

## BREADS & BREAD MIXES

### AMAIZIN

BT329	Organic Tortilla Wraps	240g	34.93	OV
-------	------------------------	------	-------	----

### BIONA

BT135	Pizza Base - 2 Per Retail Pack	300g	22.75	OV
BT422	Spelt Pizza Base - Organic	300g	31.88	OV

### ISABEL'S NATURALLY FREE FROM

BT203	Gluten & Wheat Free Pizza Mix	300g	23.80	G
-------	-------------------------------	------	-------	---

## BURGERS SAUSAGES & TVP MIXES

### SUMA BAGGED DOWN

SY097	Burger Mix - Vegan	1kg	13.79	V
VF406	Burger Mix - Vegan	5kg	62.87	V
SY098	Sausage Mix - Vegan	1kg	12.35	V
VF407	Sausage Mix - Vegan	5kg	57.25	V
SY113	Vegan TVP Mince	1kg	5.75	V

code	product	size	price	bfgovs
<b>BULK COMMODITIES</b>				
VF404	Burger Mix - Vegan	25kg	28.83	V
VF405	Sausage Mix - Vegan	25kg	243.75	V
<b>PROTOVEG</b>				
VF839	Sausage Mix	10kg	63.57	V
<b>CEREALS &amp; MUESLIS</b>				
<b>SUMA BULK MUESLI</b>				
MX184	Cranberry Crunch	3kg	12.64	
MX025	Crunchy Apricot Muesli	25kg	77.17	
MX026	Crunchy Apricot Muesli	10kg	33.54	
MX027	Crunchy Apricot Muesli	3kg	1.72	
MX017	Luxury Tropical Muesli	10kg	27.30	V
MX185	Luxury Tropical Muesli	3kg	8.77	V
MX041	Roast Hazelnut Muesli	10kg	28.84	V
MX042	Roast Hazelnut Muesli	3kg	1.90	V
MX032	Simply Muesli Base	20kg	3.72	V
MX033	Simply Muesli Base	10kg	17.90	V
MX034	Simply Muesli Base	3kg	5.94	V
<b>SUMA BULK MUESLI - ORGANIC</b>				
MX130	Deluxe Muesli	3kg	12.46	OV
MX119	Deluxe Muesli - Organic	10kg	4.19	OV
MX052	Muesli - organic	10kg	39.13	VO
MX160	Muesli - organic	25kg	91.30	VO
MX183	Muesli - organic	3kg	12.78	OV
<b>CHEESE, DAIRY (CHILLED)</b>				
<b>LYE CROSS FARM</b>				
Catering Sizes				
CV028	Mature Cheddar Cheese	per kg	13.36	O
CV451	Mild Cheddar Cheese	per kg	12.36	O
<b>CHOCOLATE</b>				
<b>BULK COMMODITIES - ORGANIC</b>				
KB081	Cacao Nibs - Organic	15kg	132.50	OV
<b>COCOA</b>				
<b>SUMA BAGGED DOWN - ORGANIC</b>				
LJ149	Cocoa Powder - Organic	3kg	25.79	FOV
<b>BULK COMMODITIES - ORGANIC</b>				
LJ173	Cocoa Powder Org Fairly Traded	25kg	179.40	FOV
<b>CLIPPER</b>				
TE196	Instant Hot Chocolate	1kg	46.60	FS
<b>DIVINE</b>				
TE687	Drinking Chocolate	400g	2.50	FVS
<b>COFFEE</b>				
<b>SUMA ORGANIC</b>				
Bulk Packs				
TE103	Columbia Beans	1kg	17.49	FOV
TE656	Espresso Beans	1kg	17.49	FOV
TE101	Ethiopia Yirgacheffe Beans	1kg	18.99	FOV
TE109	Honduras Coffee Beans	1kg	13.49	FOV
TE106	Peru Cepicafe Beans	1kg	13.49	FOV
TE107	Sumatra Gayo Highlands Beans	1kg	16.64	FOV
TE113	Swiss Water Decaf Beans	1kg	17.90	FOV
<b>CAFEDIRECT</b>				
Instant Coffees				
TE395	Smooth Roast Instant	500g	128.76	FV
<b>CLIPPER</b>				
Food Service Range				
TE724	Instant - Fairtrade & Organic	500g	19.37	FOV

code	product	size	price	bfgosv
TE526	Instant Decaf Organic	500g	123.99	FOV
	<b>CONVENIENCE FOODS</b>			
	<b>FREE &amp; EASY</b>			
VF125	Bean Cassoulet - og	400g	14.37	GOV
VF006	Chickpea / Vegetable Curry	400g	14.37	GOV
VF116	Chickpea & Bean Tagine	400g	14.37	GOV
VF014	Three Bean Chilli - og	400g	14.37	GOV
	<b>SUNITA</b>			
FG601	Polenta - organic	500g	9.62	OV
	<b>CRISPS &amp; SNACKS</b>			
	<b>SUMA BAGGED DOWN</b>			
ZX332	Bombay Mix	1kg	3.89	V
ZX083	Fruit & Nut Mix	5kg	34.75	V
ZX477	Wasabi Peas - Spicy	1kg	13.65	V
	<b>AMAIZIN</b>			
ZX543	Bio Corn Chips Natural	150g	15.24	OV
ZX429	Natural Corn Chips Value Bag	250g	21.37	OV
	<b>BULK COMMODITIES</b>			
ZX033	Bhusu	5kg	15.42	V
ZX034	Bombay Mix	10kg	27.80	V
ZX741	Bombay Mix w/ Coriander & Lime	10kg	32.50	V
ZX288	Garlic Gathia	5kg	16.33	V
ZX037	Spiced Roast Chickpeas	2.5kg	7.92	V
ZX038	Spicy Noodles	5kg	15.85	V
ZX087	Trail Mix	10kg	69.95	SV
ZX468	Wasabi Peas - Spicy	10kg	111.93	V
	<b>PIPERS CRISPS</b>			
	Sharing Bag			
ZX291	Anglesey Sea Salt	150g	2.47	GV
ZX283	Cider Vinegar & Sea Salt	150g	2.47	GS
ZX289	Lye Cross Cheddar & Onion	150g	2.47	GS
	<b>TRAFO</b>			
	Snacks			
BT075	Pretzel Sticks	100g	13.83	OV
	<b>DESSERTS</b>			
	<b>JUST WHOLEFOODS</b>			
VF068	Jelly, Strawberry, Vegan	85g	17.72	SV
	<b>SOJADE</b>			
SY017	Cuisine- Organic Soya Cream	200ml	2.94	OV
	<b>ESSENTIAL OILS</b>			
	<b>AQUA OLEUM</b>			
	Diffusion Blends			
AR001	Deep Sleep Diffusion Blend	10ml	19.50	V
	<b>FAR EASTERN FOOD</b>			
	<b>BIONA</b>			
VF775	Coconut Milk Organic	400ml	8.89	OV
VF772	Creamed Coconut Organic	200g	22.73	OV
	<b>BLUE DRAGON</b>			
JP220	Tofu - Firm Silken	349g	23.18	V
	<b>CLEARSPRING</b>			
	Soya Sauce			
JP605	Shoyu	2.5l	2.24	OV
JP001	Tamari Soya Sauce	2.5l	33.74	GOV
	<b>MORI-NU</b>			
JP205	Tofu - Firm Tofu	349g	3.69	V

code	product	size	price	bfgosv
<b>FLAKES, BRANS &amp; WHEATGERM</b>				
<b>SUMA BAGGED DOWN</b>				
FX104	Oats - Porridge	10kg	16.35	V
FX063	Wheatgerm	5kg	25.50	V
<b>SUMA BAGGED DOWN - ORGANIC</b>				
QS012	Oat Groats - Organic	5kg	16.45	VO
FX085	Oats - Porridge - Organic	10kg	24.99	OV
<b>BULK COMMODITIES</b>				
FX504	Oats - jumbo	25kg	28.75	V
FX010	Oats - Porridge Flakes	25kg	28.75	V
<b>BULK COMMODITIES - ORGANIC</b>				
FX250	Bran Sticks - Organic	15kg	5.64	OV
QS002	Oat Groats - Organic	25kg	6.00	VO
FX503	Oats - Jumbo - Organic	25kg	47.92	OV
FX009	Oats - Porridge - Organic	20kg	38.33	OV
FX014	Oats - Porridge - Organic	25kg	47.92	OV
FX004	Rice Flakes - Brown - Organic	15kg	71.54	OV
<b>FLOURS &amp; BREAD MIXES</b>				
<b>SUMA BAGGED DOWN</b>				
FG093	Polenta	5kg	9.55	V
<b>SUMA PREPACKS</b>				
FG002	Teff Flour - Brown	500g	18.88	V
<b>BULK COMMODITIES</b>				
FG046	Gram Flour	5kg	12.13	V
FG094	Polenta	25kg	32.42	V
FG048	Potato Starch	25kg	46.88	V
FG049	Semolina - fine	25kg	4.83	V
<b>DOVES FARM</b>				
FG069	Fine Plain White Flour	1kg	7.51	OV
FG010	Fine Plain Wholemeal Flour	1kg	6.78	VO
FG522	Gluten Free Brown Bread Flour	1kg	12.36	GV
FG700	Gluten Free Plain White Flour	1kg	11.73	GV
FG520	Gluten Free White Bread Flour	1kg	11.73	GV
FG004	Malthouse Bread Flour	1kg	8.93	OV
FG117	Rice Flour	1kg	9.59	GV
FG115	Self Raising Wholemeal Flour	1kg	6.83	OV
FG997	Speciality Pasta Flour	1kg	9.70	OV
FG116	Stoneground Gram Flour	1kg	11.89	GV
FG072	Strong White Bread Flour	1.5kg	1.31	OV
FG008	Strong Wholemeal Bread Flour	1.5kg	9.49	OV
FG070	White Self Raising Flour	1kg	7.61	OV
FG701	White Self Raising Flour GF Artisan Flour	1kg	11.73	GV
FG082	Einkorn Flour	1kg	14.24	OV
FG011	Khorasan Flour Wholegrain	1kg	17.94	OV
FG016	Rye Flour Wholegrain Organic	1kg	7.56	OV
FG071	Spelt Flour White Organic	1kg	13.76	OV
FG102	Spelt Flour Whole Meal Organic Bulk	1kg	11.77	OV
FG499	Gluten Free Plain White	16kg	32.60	GV
FG052	Gluten Free Self Raising Flour	16kg	32.60	GV
FG005	Maize Flour - organic	25kg	56.70	GOV
FG888	Malthouse Flour - organic	25kg	41.58	OV
FG067	Spelt Flour - organic	25kg	53.80	OV
FG020	Strong White Flour	25kg	32.60	VO
FG075	White flour - plain organic	25kg	3.89	VO
FG497	White flour - self raising org	25kg	34.33	OV
FG498	White flour - strong organic	16kg	2.52	OV



code	product	size	price	bfgosv
FG015	Wholemeal Rye Flour	25kg	2.31	V
FG995	Wholewheat Flour	25kg	28.40	OV
FG007	Wholewheat strong flour org	25kg	28.40	VO
<b>GILCHESTERS ORGANICS</b>				
FG014	Pizza & Ciabatta Wheat Flour	1.5kg	2.87	OV
FG009	Strong 100% Whole Wheat Flour	1.5kg	18.26	OV
FG006	Strong White Wheat Flour Bulk	1.5kg	2.26	OV
FG109	Strong White Flour - S/ground	15kg	29.35	OV
FG108	Wholemeal Flour - Stoneground	15kg	27.17	OV
<b>LITTLE SALKELD WATERMILL</b>				
FG804	Barley Flour - organic <b>SHIPTON MILL</b>	500g	1.98	OVb
FG876	White Strong Organic Flour	2.5kg	19.63	OV
FG079	Wholemeal Organic Flour <b>SUPREME</b>	2.5kg	19.90	OV
FG021	Gram Flour Blend Bulk <b>FRUIT - CANNED &amp; JARRED</b>	20kg	41.00	V
<b>ESSENTIAL TRADING</b>				
KJ263	Mango Chunks in Org Juice	400g	11.50	VO
KJ262	Pineapple Chunks In Org Juice	400g	11.50	VO
KJ260	Tropical Fruits in Org Juice	400g	11.22	VO
<b>FRUIT - DRIED</b>				
<b>SUMA BAGGED DOWN</b>				
DR004	Apple - Rings SO2	5kg	52.35	V
DR293	Apple - Rings SO2	1kg	11.45	V
DR090	Apricots - select SO2	2.5kg	26.35	V
DR168	Apricots - select SO2	1kg	11.29	V
DR122	Apricots - unsulphured	5kg	54.75	V
DR207	Apricots - unsulphured	1kg	11.75	V
DR174	Banana - Whole Chips	1kg	4.55	SV
DR027	Blueberries	1kg	21.49	SV
DR225	Cherries Glace - Dark Red	1kg	9.55	VS
DR058	Cranberries	1kg	7.45	VS
DR092	Cranberries	2.5kg	16.85	VS
DR173	Currants - medium	1kg	5.25	V
DR227	Dates - Chopped	1kg	3.89	V
DR148	Dates - loosepack	5kg	12.55	V
DR183	Dates - loosepack	1kg	3.59	V
DR208	Figs	1kg	9.65	V
DR178	Fruit Cake Mix	1kg	5.25	VS
DR068	Fruit Salad - SO2	5kg	45.25	V
DR344	Fruit Salad - SO2	1kg	9.95	V
DR169	Ginger	1kg	6.65	VS
DR153	Goji Berries	1kg	12.99	V
DR320	Mango Slices - SO2	1kg	17.35	V
DR228	Mixed Peel - Contains SO2	1kg	5.75	VS
DR209	Papaya	1kg	7.65	VS
DR210	Peaches - SO2	1kg	9.85	V
DR211	Pears - SO2	1kg	9.85	V
DR212	Pineapple - diced, SO2	1kg	7.35	VS
DR103	Prunes - pitted, Ashlock	2.5kg	18.79	V
DR239	Prunes - pitted, Ashlock	1kg	8.15	V
DR667	Raisins - Dark flame	1kg	4.85	V
DR078	Raisins - Thompson Seedless	5kg	2.79	V
DR109	Raisins - Thompson Seedless	2.5kg	11.15	V
DR171	Raisins - Thompson Seedless	1kg	5.15	V

code	product	size	price	bfgosv
DR128	Sultanas - 5 crown	5kg	32.15	V
DR152	Sultanas - No 9's	5kg	19.95	V
DR216	Sultanas - No 9's	1kg	4.99	V
DR069	Vine Fruit Mix	5kg	2.25	V
DR691	Vine Fruit Mix	1kg	4.85	V
<b>SUMA BAGGED DOWN - ORGANIC</b>				
DR050	Apricots - organic	1kg	13.25	OV
DR082	Apricots - organic	2.5kg	31.39	OV
DR219	Cranberries - organic	1kg	11.90	OSV
DR079	Currants - organic	2.5kg	14.69	OV
DR062	Dates - Medjool Organic	1kg	13.69	OV
DR080	Dates - organic	2.5kg	15.69	VO
DR236	Dates - organic	1kg	6.99	OV
DR072	Dates OG pitted fairly traded	1kg	9.15	FOV
DR048	Figs - organic	1kg	1.55	OV
DR105	Figs - organic	2.5kg	24.69	OV
DR026	Ginger - crystallised organic	1kg	8.59	OSV
DR052	Prunes, pitted - organic	1kg	13.35	OV
DR081	Prunes, pitted - organic	2.5kg	31.69	OV
DR053	Raisins - organic	1kg	5.79	OV
DR145	Raisins - organic	2.5kg	12.69	OV
DR056	Sultanas - organic	1kg	5.75	OV
DR146	Sultanas - organic	2.5kg	12.45	OV
DR391	Vine Fruit Mix - organic	5kg	29.49	OV
DR423	Vine Fruit Mix - organic	1kg	6.75	OV
<b>BULK COMMODITIES</b>				
DR003	Apple - Rings SO2	10kg	88.88	V
DR005	Apricots - Chopped SO2	12.5kg	75.00	V
DR008	Apricots - Select SO2	12.5kg	114.43	V
DR010	Apricots - Unsulphured	12.5kg	115.19	V
DR012	Banana - Whole Chips 15lbs	6.80kg	23.57	SV
DR999	Cranberries - Sliced 25lbs	11.34kg	59.54	VS
DR015	Currants	12.5kg	41.97	V
DR018	Dates - Whole Pitted	10kg	18.85	V
DR022	Ginger - Crystallised	5kg	25.00	VS
DR300	Mango Slices - SO2	12.50kg	173.13	V
DR023	Mixed Peel - Contains SO2	10kg	38.23	VS
DR024	Papaya - Diced & Sweetened	5kg	26.69	VS
DR025	Peaches - Halves SO2	12.5kg	93.27	V
DR163	Pears - Halves SO2	12.5kg	93.27	V
DR029	Pineapple - Diced SO2	5kg	24.17	VS
DR801	Prunes - Pitted Ashlock	10kg	59.20	V
DR143	Raisins - Dark Flame	10kg	29.95	V
DR039	Raisins - Thompson Seedless	12.5kg	4.71	V
DR041	Sultanas - Australian 5 Crown	14kg	73.92	V
DR042	Sultanas - Turkey/South Africa	12.5kg	39.76	V
<b>BULK COMMODITIES - ORGANIC</b>				
DR869	Banana Chips - Organic	6.8kg	33.95	OS
DR908	Cranberries - Organic	11.34kg	96.38	OSV
DR111	Currants - Organic	12.5kg	56.25	OV
DR986	Dates - Organic Fairly Traded	5kg	33.15	FOV
DR044	Figs, Whole Lerida - Organic	10kg	8.71	OV
DR007	Ginger - Organic	5kg	31.65	OSV
DR142	Prunes - Organic	12.5kg	132.70	OV
DR045	Raisins - Organic	12.5kg	48.34	OV
DR046	Sultanas - Organic	12.5kg	47.50	OV

code	product	size	price	bfgosv
------	---------	------	-------	--------

## FRUIT & VEGETABLE JUICES

### SUNITA

Foodservice

JU997	Lemon Juice - E224	5l	14.99	V
JU524	Lime juice	5l	13.25	V

### GRAINS

#### SUMA BAGGED DOWN

QS026	Barley Grain - pearl	10kg	17.99	V
QS112	Bulgur Wheat	3kg	6.75	V
QS018	Couscous	10kg	26.75	V
QS062	Couscous	3kg	8.25	V
QS032	Couscous - Pearl	3kg	1.50	V
QS078	Rice - arborio (risotto)	5kg	21.55	V
QS005	Rice - basmati, brown	10kg	36.15	V
QS064	Rice - basmati, brown	3kg	1.55	V
QS074	Rice - basmati, white	3kg	1.45	V
QS403	Rice - basmati, white	10kg	34.29	V
QS007	Rice - long grain brown	5kg	1.55	V
QS079	Rice - white pudding	5kg	16.59	V
QS033	Rice - wild	2.5kg	39.49	V

#### SUMA BAGGED DOWN - ORGANIC

QS040	Buckwheat - unroasted, organic	5kg	17.25	VO
QS030	Bulgur Wheat - Organic	3kg	9.99	VO
QS049	Couscous - wholemeal, organic	3kg	9.35	VO
QS092	Millet - organic	3kg	9.19	OV
QS151	Popcorn - organic	1kg	3.75	VO
QS153	Popcorn - organic	3kg	9.95	VO
QS071	Quinoa, Red - Organic	3kg	19.90	OV
QS606	Quinoa, White - Organic	3kg	16.55	OV
QS566	Rice - arborio, organic	3kg	17.45	OV
QS668	Rice - basmati, brown organic	3kg	1.79	VO
QS664	Rice - basmati, white organic	3kg	11.75	VO
QS035	Rice- long grain brown organic	10kg	37.19	VO
QS036	Rice- long grain brown organic	3kg	1.89	VO
QS038	Rice-short grain brown organic	10kg	35.99	VO
QS039	Rice-short grain brown organic	3kg	1.89	VO

#### BULK COMMODITIES

QS117	Barley Grain - pearl	25kg	32.31	V
QS990	Bulgur Wheat	25kg	39.80	V
QS017	Couscous	25kg	51.70	V
QS125	Rice - Arborio (risotto)	25kg	86.62	V
QS402	Rice - basmati, white	20kg	55.00	V
QS006	Rice - long grain brown	25kg	38.53	V
QS501	Rice - white pudding	25kg	64.23	V
QS008	Sushi Rice	10kg	19.42	V

#### BULK COMMODITIES - ORGANIC

QS116	Buckwheat - unroasted, organic	25kg	59.39	OV
QS250	Bulgur Wheat - Organic	25kg	64.59	OV
QS115	Couscous - wholemeal, organic	25kg	6.83	OV
QS235	Millet - organic	25kg	58.33	OV
QS042	Popcorn - organic	25kg	64.55	OV
QS201	Quinoa - organic	25kg	113.46	OV
QS063	Red Quinoa - organic	25kg	13.52	OV
QS825	Rice - arborio organic	25kg	12.19	OV
QS666	Rice - basmati, white organic	25kg	73.87	OV
QS034	Rice-long grain brown organic	25kg	72.33	OV
QS037	Rice-short grain brown organic	25kg	71.76	VO

code	product	size	price	bfgov
	<b>DOVES FARM</b>			
QS047	Wheat grain - organic	25kg	25.60	VO
	<b>GRAVY, STOCK &amp; BOUILLON</b>			
	<b>MARIGOLD</b>			
LJ238	Bouillon Powder - Organic	500g	34.88	GOV
LJ321	Yeast Free Bouillon Stock Cube	84g	13.50	GOV
	<b>HERB &amp; FRUIT TEA INFUSIONS</b>			
	<b>CLIPPER</b>			
	Food Service Range			
TE148	Chamomile	25 bags	15.69	FOV
TE455	Lemon & Ginger	25 bags	18.21	OV
TE166	Peppermint	25 bags	15.69	FOV
TE454	Wild Berry	25 bags	18.21	OV
	<b>HERBS &amp; SPICES - BULK</b>			
	<b>BULK MILLED SPICES - ORGANIC</b>			
HE707	Cassia Cinnamon Ground - OG	500g	7.52	OV
HE735	Ginger Powder Organic	500g	8.37	OV
HE732	Turmeric - Organic	500g	6.29	OV
	<b>BULK WHOLE SPICES</b>			
ZX100	Liquorice Root	1kg	13.49	V
HE021	Peppercorns - black	1kg	1.85	V
HE022	Peppercorns - black	3kg	31.35	V
HE207	Tamarind	200g	2.96	V
HE027	Vanilla Pods	10 pack	17.35	V
	<b>BULK WHOLE SPICES - ORGANIC</b>			
HE703	Whole Black Peppercorns - OG	500g	9.12	OV
	<b>HERBS &amp; SPICES - PREPACKED</b>			
	<b>SUMA PREPACKS</b>			
	Whole Spices			
HE001	Peppercorns - black	250g	16.88	V
	<b>HONEY</b>			
	<b>SUMA</b>			
HY082	Wildflower Pure Clear Honey	3kg	17.66	
HY083	Wildflower Pure Set Honey	3kg	17.66	
	<b>HOUSEHOLD CLEANING PRODUCTS</b>			
	<b>ECOLEAF BY SUMA</b>			
	20 Litres Bulk			
HJ083	Fabric Cond Lily & Rice Flower	20l	3.99	V
HJ060	Laundry Liquid-Summer Rain	20l	51.90	V
HJ077	Washing Up Liquid-Citrus Fruit	20l	29.79	V
	5 Litres Bulk			
HJ078	Fabric Cond Lily & Rice Flower	5l	7.79	V
HJ075	Laundry Liquid-Summer Rain	5l	14.99	V
HJ072	Toilet Cleaner - Fresh Green	5l	8.17	V
HJ067	Washing Up Liquid-Citrus Fruit	5l	8.29	V
	Powders			
HJ129	Washing Powder-Concentrated	10kg	27.59	V
	Retail - Cleaning			
HJ050	Multi Surface Cleaner	500ml	1.68	V
	Retail - Laundry Products			
HJ105	Fabric Cond Lily & Rice Flower	1.5l	18.00	V
HJ055	Laundry Liquid-Summer Rain	1.5l	29.72	V
	<b>BIO D</b>			
	5 Litres Bulk			
HJ608	Fabric Conditioner	5l	9.19	V
HJ107	Handwash - Antibacterial	5l	11.69	V

code	product	size	price	bfgosv
HJ116	Handwash - Lime & Aloe Vera	5l	13.79	V
HJ247	Home & Garden Cleaner	5l	8.99	V
HJ800	Laundry Liquid	5l	17.50	V
HJ654	Multi Surface Cleaner	5l	1.69	V
HJ665	Toilet Cleaner	5l	8.79	V
HJ097	Washing Up Liquid	5l	8.10	V
	Handwash			
HJ117	Handwash - Fragrance Free	500ml	15.85	V
HJ119	Handwash - Lime & Aloe Vera Powders	500ml	16.85	V
HJ081	Washing Powder Concentrated	1kg	3.25	V
HJ082	Washing Powder Concentrated	2kg	6.19	V
HJ103	Washing Powder Concentrated Retail	12.5kg	38.59	V
HJ004	Fabric Conditioner	1l	27.25	V
HJ003	Laundry Liquid	1l	46.85	V
HJ244	Toilet Cleaner	750ml	21.60	V
<b>CAMBRIDGE TRADITIONAL PRODUCTS</b>				
HJ017	Pure Beeswax	1oz	25.49	
<b>ECOVER</b>				
HJ024	Floor Cleaner	1l	28.11	V
	5 Litres Bulk			
HJ070	Floor Soap - Porous Surfaces	5l	11.57	V
HJ527	Hand Soap	5l	2.15	V
HJ071	Laundry Liquid - Delicate	5l	15.73	V
	Bag in Box Range			
HJ084	15L Refill Tap	each	4.99	V
HJ034	Washing Up Liquid	15l	29.17	V
	Dishwasher Products			
HJ086	Dishwasher Rinse Aid	500ml	33.99	V
HJ132	Dishwasher Tablets Classic	70 tablets	57.25	V
	Hand Products			
HJ054	Liquid Hand Soap Refill	1l	38.32	V
	Laundry			
HJ549	Laundry Liquid - Non Bio	1.5l	32.64	V
	Zero			
HJ203	Washing Powder Zero	7.5kg	25.91	V
<b>HOUSEHOLD PRODUCTS</b>				
<b>ECOLEAF BY SUMA</b>				
	Refuse Sacks/Bin Liners			
NF270	Refuse Sacks 110L 8 Bags\Roll	8 bags	16.89	V
NF483	Refuse Sacks 110L Bulk Pack	200 bags	32.99	V
<b>D2W</b>				
	Pedal Bin Liners			
NF169	Pedal Bin Liners 20L	30 bag	69.90	V
	Refuse Sacks			
NF406	Refuse Sacks 70L	10 bags	26.92	V
	Swing Bin Liner			
NF407	Swing Bin Liners 50L White	15 bag	68.51	V
<b>HILL BRUSH COMPANY</b>				
NF781	Wooden Vegetable Brush	each	6.75	V
NF782	Wooden Wash Up Brush & 4 Heads	each	8.79	V
<b>IF YOU CARE</b>				
	Baking & Cooking			
NF023	Baking Cups - Large	1 x 60	32.69	V
NF021	Parchment Baking Paper	1 rolls	38.86	V
	Cleaning			
NF018	Sponge Cloths	5 cloths	38.59	V

code	product	size	price	bfgosv
	Food Wrap and Bags			
NF032	Aluminium Foil - Extra Strong	1 rolls	5.82	V
NF500	Aluminium Foil 10M x 29.2cm	rolls	37.18	V
	<b>INDIAN FOOD</b>			
	<b>PATAKS</b>			
	Pappadums			
VF293	Pappadums - Plain	100g	18.38	V
	<b>JUICE CONCENTRATES &amp; CORDIALS</b>			
	<b>SUMA</b>			
	Chilled products			
JU057	Apple Juice - Concentrate	5l	37.99	V
	<b>MARGARINES &amp; SPREADS (CHILLED)</b>			
	<b>SUMA</b>			
MA055	Soya Spread	500g	13.65	V
MA051	Sunflower Spread	2kg	42.31	V
MA053	Sunflower Spread	500g	13.65	V
	<b>BIONA</b>			
MA061	Sunflower Spread	250g	21.23	OV
	<b>MAYONNAISE &amp; SALAD DRESSINGS</b>			
	<b>DINE WITH ATKINS &amp; POTTS</b>			
	BULK			
KJ139	Hollandaise Sauce	1kg	38.57	S
	<b>MIDDLE EASTERN &amp; AFRICAN FOOD</b>			
	<b>CARLEY'S</b>			
KJ240	Preserved Lemon - Organic	700g	27.56	OV
	<b>MILK - NON DAIRY</b>			
	<b>BONSOY</b>			
SY072	Soya Milk	1l	18.85	V
	<b>ECOMIL</b>			
SY012	Almond Drink Powder	400g	62.95	GOV
SY030	Cuisine - Almond Cream	200ml	28.62	GOV
	<b>KOKO DAIRY FREE</b>			
SY038	Coconut Milk Drink	1l	19.38	GSV
	<b>OATLY</b>			
SY019	Cream - Dairy Free	250ml	16.45	VO
	<b>THE BRIDGE</b>			
SY002	Oat Drink	1l	19.70	OV
	<b>NUT &amp; SEED BUTTERS</b>			
	<b>SUNITA</b>			
GH080	Tahini - light	3kg	26.57	V
GH149	Tahini - light, organic	3kg	29.71	VO
GH079	Tahini - Whole	3kg	24.19	V
GH996	Tahini, Whole, Organic	3kg	29.71	VO
	<b>NUTS &amp; SEEDS</b>			
	<b>SUMA BAGGED DOWN</b>			
NU004	Almonds	5kg	39.85	V
NU005	Almonds	1kg	8.25	V
NU135	Almonds - blanched	1kg	1.25	V
NU007	Almonds - Flaked	5kg	43.79	V
NU008	Almonds - flaked	1kg	8.85	V
NU010	Almonds - ground	5kg	39.49	V
NU011	Almonds - ground	1kg	8.25	V
NU017	Brazil - broken	5kg	37.89	V
NU078	Brazil - broken	1kg	7.99	V
NU015	Brazil - whole, medium	5kg	52.75	V
NU077	Brazil - whole, medium	1kg	1.55	V

code	product	size	price	bfgosv
NU019	Cashew - large pieces	5kg	36.85	V
NU020	Cashew - large pieces	1kg	7.75	V
NU237	Cashew - roasted & salted	1kg	18.55	V
NU131	Cashew - whole	5kg	48.29	V
NU134	Cashew - whole	1kg	9.99	V
NU054	Chia Seeds	1kg	5.75	V
NU274	Coconut - chips	1kg	4.99	V
NU240	Coconut - desiccated , medium	5kg	18.25	V
NU241	Coconut - desiccated , medium	1kg	3.99	V
NU030	Hazelnuts	5kg	6.49	V
NU096	Hazelnuts	1kg	12.49	V
NU204	Linseed / Flax	1kg	3.45	V
NU206	Linseed / Flax	5kg	1.95	V
NU079	Macadamia Nuts - Style 2	1kg	17.59	V
NU035	Mixed nuts	5kg	43.45	V
NU239	Mixed nuts	1kg	9.55	V
NU107	Mixed nuts - chopped	1kg	7.99	V
NU046	Peanuts - redskin	5kg	27.75	V
NU027	Pecan nuts	2.5kg	47.35	V
NU055	Pecan nuts	1kg	18.95	V
NU057	Pine kernels	1kg	28.79	V
NU251	Pistachio - raw, shelled	1kg	27.55	V
NU060	Pistachio - roasted & salted	1kg	16.65	V
HE026	Poppy Seeds	1kg	5.75	V
NU062	Pumpkin seeds	5kg	33.25	V
NU063	Pumpkin seeds	1kg	6.99	V
NU066	Sesame seeds - natural	5kg	21.45	V
NU227	Sesame seeds - natural	1kg	4.65	V
NU068	Sunflower seeds	5kg	11.25	V
NU231	Sunflower seeds	1kg	3.35	V
<b>SUMA BAGGED DOWN - ORGANIC</b>				
NU201	Almonds - organic	1kg	14.25	VO
NU430	Almonds, ground - organic	1kg	16.85	OV
NU032	Brazils Whole - organic	2.5kg	3.15	OV
NU278	Brazils Whole - organic	1kg	12.15	OV
NU070	Cashews - whole, organic	1kg	13.25	OV
NU038	Coconut - desiccated, organic	2.5kg	12.75	VO
NU071	Coconut - desiccated, organic	1kg	5.49	VO
NU202	Hazelnuts - organic	1kg	13.59	OV
NU271	Hemp Seeds - organic	1kg	8.69	VO
NU039	Linseed, golden - organic	2.5kg	9.35	OV
NU244	Linseed, golden - organic	1kg	4.35	OV
NU001	Omega Seed Mix - organic	1kg	7.15	OV
NU287	Omega Seed Mix - organic	5kg	29.69	OV
NU072	Peanuts - organic	1kg	6.55	OV
NU543	Pine Kernels - organic	1kg	33.89	OV
NU209	Pumpkin seeds - organic	1kg	8.95	OV
NU210	Sesame seeds - organic	1kg	6.75	OV
NU084	Sunflower seeds - organic	2.5kg	9.75	VO
NU203	Sunflower seeds - organic	1kg	4.45	OV
NU200	Walnuts - organic	1kg	11.95	OV
<b>BULK COMMODITIES</b>				
NU006	Almonds - flaked	10kg	7.40	V
NU009	Almonds - ground	10kg	64.50	V
NU003	Almonds 50lbs	22.68kg	141.68	V
NU016	Brazil Nuts - Broken 44lbs	19.96kg	12.00	V
NU014	Brazil Nuts - Whole 44lbs	19.96kg	171.67	V

code	product	size	price	bfgosv
NU021	Cashew - roasted & salted	3kg	46.25	V
NU018	Cashew Nut - Large Pieces	22.68kg	129.32	V
NU125	Cashew Nuts - Whole 50lbs	22.68kg	18.60	V
NU050	Chia Seeds	25kg	16.25	V
NU024	Coconut - chips	10kg	32.73	V
NU888	Coconut - desiccated medium	25kg	63.42	V
NU205	Linseed / Flax	25kg	37.60	V
NU076	Macadamia Nuts 25lbs	11.34kg	152.15	V
NU036	Mixed nuts - chopped	12.5kg	79.60	V
NU250	Peanuts - paleskin	25kg	71.74	V
NU044	Peanuts - redskin	25kg	15.55	V
NU051	Peanuts - roasted & salted	12.5kg	45.45	V
NU047	Peanuts - Roasted with Skins	12.5kg	43.25	V
NU056	Pine kernels - China	12.5kg	32.90	V
NU058	Pistachio - roasted & salted	10kg	138.34	V
NU061	Pumpkin seeds	25kg	137.50	V
NU065	Sesame seeds - natural	25kg	83.55	V
<b>BULK COMMODITIES - ORGANIC</b>				
NU109	Almonds - organic	10kg	116.50	OV
NU800	Almonds, Ground - organic	10kg	125.00	OV
NU890	Brazils Whole - organic	19.96kg	199.60	OV
NU112	Cashews - whole organic	50lb	246.58	OV
NU117	Coconut - desiccated, organic	25kg	91.66	OV
NU301	Hazelnuts - organic	10kg	112.73	VO
NU002	Hemp Seeds - organic	20kg	133.00	OV
NU791	Linseed, golden - organic	25kg	71.31	OV
NU885	Peanuts - organic	25kg	123.80	OV
NU542	Pine Kernels - organic	12.5kg	35.00	OV
NU207	Pumpkin seeds - organic	25kg	16.42	OV
NU208	Sesame seeds - organic	25kg	13.80	OV
NU083	Sunflower seeds - organic	25kg	75.00	OV
NU118	Walnuts Light Halves - organic	10kg	95.00	VO
<b>OILS &amp; FATS</b>				
<b>SUMA</b>				
GT010	Extra Virgin Rapeseed Oil	5l	21.34	V
GT100	Grapeseed Oil	500ml	24.00	V
GT086	Olive Oil - Extra Virgin	5l	67.00	V
GT090	Sunflower Oil - cold pressed	5l	20.25	V
<b>SUMA ORGANIC</b>				
GT018	Italian Organic Olive Oil	750ml	77.90	OV
GT019	Italian Organic Olive Oil	3l	192.00	OV
GT087	Olive Oil-Extra Virgin,organic	5l	72.00	VO
GT091	Sunflower Oil - organic	5l	28.00	VO
<b>BIONA</b>				
VF774	Virgin Coconut Oil Organic	400g	36.47	OV
<b>CLEARSPRING</b>				
GT204	Italian Olive Oil Organic	1l	83.21	OV
GT009	Rapeseed Oil Organic	500ml	24.71	OV
GT230	Sunflower Frying Oil organic	1l	41.81	OV
GT202	Sunflower Oil organic	1l	4.46	OV
<b>EQUAL EXCHANGE</b>				
Palestinian Fairtrade Oils				
GT555	Olive Oil	1l	118.75	FV
<b>HELLENIC</b>				
GT005	Olive Oil - Extra Virgin	3l	15.00	V
GT031	Olive Oil Extra Virgin	5l	245.97	V
<b>KHYBER</b>				
VF751	Ghee	2lb	5.90	V



code	product	size	price	bfgovs
<b>KTC</b>				
GT052	Sunflower Oil - refined	5l	13.99	V
<b>LA BIO IDEA</b>				
GT044	Italian Og Virgin Olive Oil	1l	67.98	OV
<b>WHARFE VALLEY FARMS</b>				
GT015	Rapeseed Oil	5l	21.32	V
<b>OLIVES</b>				
<b>CYPRESSA</b>				
KJ867	Cypressa Pitted Green Olives	2kg	9.78	V
<b>PAPER PRODUCTS &amp; STATIONERY</b>				
<b>ECOLEAF BY SUMA</b>				
Kitchen Towel				
NF091	Kitchen Towel 3 Ply Twin Pack	2 rolls	2.55	V
Toilet Tissue				
NF209	Toilet Tissue - 4 Pack	4 rolls	21.21	V
NF214	Toilet Tissue - 9 Pack	9 rolls	22.99	V
NF210	Toilet Tissue - Bulk Pack	12 rolls	28.57	V
<b>PASTA</b>				
<b>IRIS</b>				
WT086	Fusilli Wholewheat Pasta	5kg	11.80	OV
WT082	Penne Wholewheat Pasta	5kg	11.80	OV
WT079	Spaghetti Wholewheat Pasta	5kg	11.80	OV
<b>PASTA SAUCES &amp; PESTOS</b>				
<b>SUMA ORGANIC</b>				
Organic Pasta Sauces				
VF201	Organic Arrabbiata Sauce	350g	24.21	OV
VF191	Organic Bolognese Sauce	340g	24.21	OV
VF192	Organic Napoletana Sauce	350g	24.21	OV
<b>PICKLES, CHUTNEYS &amp; MUSTARDS</b>				
<b>BIONA</b>				
LJ664	Harissa Relish - prepared	125g	14.57	OV
<b>BIONOVA</b>				
KJ346	Gherkins - Sour	670g	28.00	VOS
<b>BYODO</b>				
KJ351	Mustard - Dijon, organic	1kg	9.85	VO
KJ354	Mustard - wholegrain, organic	1kg	7.74	VO
<b>DINE WITH ATKINS &amp; POTTS</b>				
BULK				
KJ191	Chipotle Chilli Jam	1.4kg	5.58	SV
KJ235	Red Onion & Jalapeno Relish	1.2kg	47.14	SV
<b>SALADS &amp; SPROUTS (CHILLED)</b>				
<b>SKY SPROUTS</b>				
Minimum 4 days shelf life				
CV479	Alfalfa & Broccoli Sprouts	100g	1.74	OV
CV481	Alfalfa & Fenugreek Sprouts	100g	1.74	OV
CV476	Alfalfa & Radish Sprouts	100g	1.74	OV
CV475	Alfalfa Sprouts	100g	1.70	OV
CV721	Broccoli Sprouts	100g	1.83	OV
CV504	Mixed Bean Sprouts	225g	1.83	OV
CV503	Mung Bean Sprouts	200g	1.74	OV
CV510	Organic Sprouts Multi Pack	160g	2.51	OV
CV509	Radish Sprout	100g	1.74	OV
<b>SALT &amp; SEASONINGS</b>				
<b>SUMA</b>				
LJ031	Sea Salt - fine	10kg	6.30	V
<b>BIOFORCE</b>				
LJ054	Herbamare	250g	19.30	V

code	product	size	price	bfgosv
<b>BULK COMMODITIES</b>				
LJ030	Sea Salt - coarse	10kg	7.28	V
<b>GEO ORGANICS</b>				
LJ005	Atlantic Fine Ground Sea Salt	500g	15.70	OV
<b>MARIGOLD</b>				
LJ444	Liquid Aminos	250ml	17.96	GV
<b>TIDMANS</b>				
LJ023	Tidmans Rock Salt	500g	17.23	V
<b>SOFT DRINKS</b>				
<b>FENTIMANS</b>				
275ML Range				
JU008	Cherry Cola	275ml	15.40	GSV
JU625	Curiosity Cola	275ml	15.40	GSV
JU908	Dandelion & Burdock	275ml	15.40	GSV
JU346	Ginger Beer	275ml	15.40	GSV
JU354	Mandarin Seville Orange Jigger	275ml	15.40	GSV
JU618	Rose Lemonade	275ml	15.97	GSV
JU435	Victorian Lemonade	275ml	15.40	GSV
<b>FEVERTREE</b>				
JU387	Tonic Water	4 x 200ml	2.23	GSV
<b>FIREFLY NATURAL DRINKS</b>				
Fruit Juice & Botanic Extracts				
JU299	Lemon, Lime & Ginger	330ml	15.45	V
JU296	Peach & Green Tea	330ml	15.45	V
JU180	Pomegranate & Elderflower	330ml	15.45	V
<b>GUSTO</b>				
JU148	Lemon Energy	250ml	16.92	OV
JU147	Original Energy	250ml	16.92	OV
<b>SUGARS &amp; SYRUPS</b>				
<b>SUMA</b>				
HY019	Barley Malt Extract	3.18kg	13.80	V
<b>SUMA BAGGED DOWN</b>				
LJ095	Dark Muscovado Sugar	3kg	12.45	V
LJ053	Demerara Sugar	3kg	11.85	V
LJ180	Demerara Sugar	10kg	38.99	V
LJ094	Light Muscovado Sugar	3kg	12.49	V
LJ097	Soft Brown Sugar	3kg	11.99	V
LJ184	Soft Brown Sugar	10kg	41.75	V
<b>SUMA BAGGED DOWN - ORGANIC</b>				
LJ679	Demerara Sugar - organic	3kg	9.95	OV
LJ159	Icing Sugar - organic	3kg	17.19	OV
LJ055	Raw Cane Sugar - organic	10kg	39.49	OV
LJ096	Raw Cane Sugar - organic	3kg	11.99	OV
<b>SUMA ORGANIC</b>				
LJ121	Agave Syrup - organic	500ml	35.96	OV
LJ150	Agave Syrup - organic	5l	5.00	OV
<b>BILLINGTONS</b>				
LJ056	Sugar - Golden Granulated	1kg	29.55	V
<b>BULK COMMODITIES</b>				
LJ066	Dark Muscovado Sugar	25kg	82.92	VS
LJ052	Demerara Sugar	25kg	79.00	V
LJ546	Fairly Traded Golden Granular	25kg	8.80	FV
LJ065	Light Muscovado Sugar	25kg	83.42	V
LJ069	Soft Brown Sugar	25kg	79.79	V
<b>BULK COMMODITIES - ORGANIC</b>				
LJ876	Demerara Sugar, organic	25kg	75.00	OV
LJ890	Icing Sugar - organic	25kg	115.50	OV
LJ068	Raw Cane Sugar - organic	25kg	91.33	OV

code	product	size	price	bfgovs
<b>RAYNERS</b>				
LJ901	Black Treacle - organic	340g	15.10	GOV
LJ704	Golden Syrup - Organic	5kg	33.81	FOV
LJ589	Malt Extract - Organic	5kg	26.90	OV
<b>SWEET FREEDOM</b>				
LJ041	Natural Sweetness - Original	350g	18.14	V
LJ137	Natural Sweetness - Original	5l	48.26	V
<b>TOTAL SWEET</b>				
LJ125	Total Sweet	1kg	55.72	V
<b>TRUVIA</b>				
LJ086	Sweetener from the Stevia Leaf	270g	29.84	V
<b>SWEET SNACKS</b>				
<b>SUNITA</b>				
ZX097	Honey & Pistachio Halva	2.5kg	35.67	
<b>TABLE SAUCES</b>				
<b>BIONA</b>				
KJ106	Classic Tomato Ketchup Squeezy	560g	39.16	GOSV
<b>MR ORGANIC</b>				
KJ050	Italian Organic Ketchup	480g	15.71	OSV
<b>TEAS</b>				
<b>CLIPPER</b>				
Food Service Range - 250's				
TE152	Earl Grey	250 bags	2.69	FOV
TE451	Speciality English Breakfast	250 bags	2.69	FOV
Food Service Range - 6 X 25's				
TE150	Earl Grey	25 bags	14.99	FOV
TE161	Green Tea	25 bags	15.69	FOV
<b>TOFU &amp; TEMPEH (CHILLED)</b>				
<b>CLEAR SPOT</b>				
CV209	Marinated Tofu	190g	17.14	OV
CV249	Smoked Tofu	225g	19.37	OV
<b>TOMATOES &amp; TOMATO PRODUCTS</b>				
<b>SUMA BAGGED DOWN - ORGANIC</b>				
Dried				
LJ601	Sundried Tomatoes-organic	1kg	1.35	OV
<b>SUMA ORGANIC</b>				
LJ560	Organic Passata	690g	17.55	VO
Canned				
LJ075	Cherry Tomatoes - organic	400g	12.51	OV
LJ080	Tomatoes - chopped, organic	400g	9.81	OV
LJ123	Tomatoes - chopped, organic	2.5kg	27.35	OV
LJ081	Tomatoes - peeled, whole OG	400g	9.81	VO
<b>SUMA PREPACKS - ORGANIC</b>				
Dried				
LJ602	Sundried Tomatoes - organic	125g	8.77	OV
<b>BULK COMMODITIES - ORGANIC</b>				
Dried				
LJ600	Sundried Tomatoes - organic	10kg	81.60	OV
<b>ZEST</b>				
LJ042	Sun-dried Tomato Paste	170g	15.53	V
<b>VEGETABLES</b>				
<b>BIONOVA</b>				
VF039	Garden Peas	350g	12.40	O
VF040	Sauerkraut	350g	12.94	VO
VF030	Sweetcorn - organic	340g	11.20	VO
<b>ORGANICO</b>				
VF088	French Chestnuts in box - og	200g	44.51	OV

code	product	size	price	bfgosv
	<b>ST DALFOUR</b>			
VF112	Whole Chestnuts	200g	21.30	GV
	<b>TROPICAL WHOLEFOODS</b>			
VF514	Shiitake Mushrooms	50g	18.00	V
	<b>VEGETABLES (FROZEN)</b>			
	<b>NATURAL COOL</b>			
XL177	Leaf Spinach Portions	450g	18.21	OVB
	<b>VINEGARS</b>			
	<b>ASPALL</b>			
KJ382	Balsamic Vinegar - og	5l	38.78	OV
KJ067	Cyder Vinegar	5l	12.69	V
KJ180	Cyder Vinegar	25l	48.48	V
KJ252	Cyder Vinegar - og	25l	58.43	OV
KJ205	Cyder Vinegar - organic	5l	15.62	OV
KJ353	Red Wine Vinegar	5l	12.69	V
KJ356	White Wine Vinegar	5l	12.69	V
	<b>WATERS</b>			
	<b>HARROGATE SPRING WATER</b>			
	750ml Glass Bottles			
WA222	Spring Water - Sparkling	750ml	12.19	V
WA223	Spring Water - Still	750ml	11.10	V

# Suma

CO-OPERATIVE SINCE 1977

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)