

# Suma

CO-OPERATIVE SINCE 1977

**GLUTEN FREE**

JAN - FEB 2024

# Gluten Free

---

A bit more about it..

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

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

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



## Key BFGSOV

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

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

code	product	size	rrp	bfgosv
<b>ALCOHOL FREE AND LOW ALCOHOL BEVERAGES</b>				
<b>BELVOIR</b>				
	Alcohol Free Cocktails			
JU315	Juniper and Tonic - J&T	6 x 750ml	4.10	GSV
JU205	Lime and Yuzu Mojito	6 x 750ml	4.15	GS
<b>FUNGTN</b>				
RT001	Lion's Mane IPA 0.5%ABV	12 x 330ml	2.99	GV
RT010	Shiitake Dark Beer 0.5% ABV	12 x 330ml	2.99	GV
<b>ALCOHOLIC DRINKS</b>				
<b>DIRTY COW</b>				
RT057	Chocolate Cre*m Liqueur	6 x 70cl	24.99	GSV
RT052	Original Cre*m Liqueur	6 x 70cl	24.99	GSV
<b>HOLLOWS</b>				
	From Fentimans			
RT017	Superior Alcoholic Ginger Beer	8 x 500ml	4.23	GVS
<b>SOMETHING AND NOTHING</b>				
	Seltzer			
RT042	Junmai Sake & Yuzu Spritz	12 x 330ml	3.75	GV
<b>BABY &amp; CHILD FOOD</b>				
<b>BEAR</b>				
ZX523	Paws- Raspberry & Blueberry	18 x 20g	0.65	GV
ZX520	Paws- Strawberry & Apple	18 x 20g	0.65	GV
	Paws in multipacks			
ZX189	Paws- Raspberry & Blueberry	4 x 5 x 20g	2.99	GV
ZX245	Paws- Strawberry & Apple	4 x 5 x 20g	2.99	GV
<b>LITTLE PASTA ORGANICS</b>				
	Pasta			
BB151	Gluten Free Mini Gnocchi	12 x 250g	2.65	GOV
BB043	Red Lentil Dinosaur Pasta	8 x 250g	3.55	GOV
<b>BAKING SUNDRIES</b>				
<b>SUMA</b>				
LJ039	Baking Powder - Gluten Free	6 x 200g	2.59	GV
LJ040	C/Free Bicarbonate of Soda	6 x 200g	1.99	GV
GT028	Gluten Free Vegetarian Suet	6 x 250g	3.45	GV
LJ223	Gluten Free Xanthan Gum	6 x 100g	4.45	GV
<b>DOVES FARM</b>				
LJ206	Baking Powder	5 x 130g	1.95	GV
LJ202	Bicarbonate of Soda	5 x 200g	1.79	GV
LJ228	Choc Chip Cookie Mix	5 x 350g	3.49	GSV
LJ234	Chocolate Brownie Mix	5 x 350g	3.15	GS
LJ203	Cornflour Organic	5 x 110g	2.29	GOV
BT528	Gluten Free Sponge Mix	5 x 350g	2.79	GS
LJ233	Pancake Mix	5 x 300g	2.65	GV
LJ423	Quick Yeast	2 x 8 x 125g	1.75	GV
<b>ENGEVITA</b>				
LJ144	Organic Yeast Flakes	6 x 100g	6.49	FGOV
LJ148	Super Yeast Flakes Vit D & B12	6 x 100g	4.79	GV
LJ143	Yeast Flakes Protein & Fibre	6 x 100g	3.95	FGV
LJ020	Yeast Flakes with Vitamin B12	6 x 100g	4.25	FGV
<b>FREE &amp; EASY</b>				
LJ009	Cheese Flavour Sauce Mix	6 x 130g	2.55	GSV
LJ016	Egg Replacer	6 x 135g	2.69	GV
<b>MONTEZUMA'S</b>				
	Cooking Chocolate			
KB052	Dark Couverture	3kg	59.70	GOSV
KB060	Milk Couverture	3kg	63.65	GOS
<b>NIELSEN MASSEY</b>				
LJ242	Madagascan Vanilla Extract	6 x 1l	135.00	GV
LJ244	Vanilla Extract	8 x 60ml	1.85	GV
<b>ORGRAN</b>				
LJ656	Egg Replacer	8 x 200g	3.15	GV
LJ077	Vegan Easy Egg	8 x 250g	4.79	GSV
<b>PLAMIL</b>				
	Drops in 1kg bags			
KB651	Baking Chocolate	1 x 1kg	13.70	GSV
KB652	Organic Baking Chocolate	1 x 1kg	15.53	GOSV
KB658	Organic Rich Chocolate	1 x 1kg	16.13	GOSV
<b>SUPERGOOD! BAKERY</b>				
LJ010	Flippin' Lovely Pancake Mix	6 x 200g	3.69	GSV

code	product	size	rrp	bfgosv
LJ021	Wakey Protein Pancake Mix	6 x 200g	4.65	GSV
	<b>THE RAW CHOCOLATE CO</b>			
	Chocolate Making Ingredients			
KB051	Raw Cacao Powder	6 x 180g	3.75	GOV
	<b>BEERS</b>			
	<b>BRASSERIE BRUNEHAUT</b>			
RT076	Belgian Beer - Amber	24 x 330ml	4.19	GOSV
RT077	Belgian Beer - Blanche	24 x 330ml	3.89	GOSV
RT075	Belgian Beer - Blonde	24 x 330ml	4.50	GOSV
	<b>BISCUITS CRACKERS &amp; CRISPREAD</b>			
	<b>AMISA</b>			
BT560	Chestnut Crispbread	12 x 100g	2.39	GOV
BT119	Chickpea Crispbread	12 x 100g	2.90	GOV
BT185	Crispbread - Buckwheat W/grain	12 x 120g	2.95	GOV
BT291	Crispbread - Veggie Garden GF	12 x 100g	1.89	GOV
BT159	Protein Lentil Crispbread	12 x 100g	2.19	GOV
	<b>CLEARSPRING</b>			
BT229	Brown Rice Cakes	6 x 120g	1.59	GOV
BT261	Brown Rice Cakes	6 x 120g	1.59	GOV
BT270	Brown Rice Cakes	6 x 120g	1.69	GOV
BT276	Brown Rice Cakes	6 x 120g	1.69	GOV
BT277	Brown Rice Cakes	6 x 120g	1.69	GOV
BT317	Organic Corncakes	12 x 130g	1.79	GOV
BT631	Rice Cakes - 3 Grain, Thin,Org	12 x 130g	1.79	GOV
BT630	Rice Cakes - Lightly Salted	12 x 130g	1.79	GOV
BT629	Rice Cakes - No Added Salt,Org	12 x 130g	1.79	GOV
	<b>DOVES FARM</b>			
BT295	Choc Chip Cookies	12 x 180g	2.59	GOSV
BT271	Double Chocolate Cookies - GF	12 x 180g	2.59	GOSV
BT269	Lemon Zest Cookies - GF	12 x 150g	2.50	GOSV
BT008	Stem Ginger Cookies - GF	12 x 150g	2.50	GOSV
	<b>EASY BEAN</b>			
	<b>CRACKERS</b>			
BT304	Fava Bean & Poppy Seed Crackers	8 x 150g	4.15	GV
BT305	Greenpea & Chia Seed	8 x 150g	4.15	GV
BT303	Red Lentil & Poppy Seed	8 x 150g	4.15	GV
BT279	Turmeric & Nigella Seed	8 x 150g	4.15	GV
BT285	Yellow Pea & Sunflower Seed Crispbreads	8 x 160g	4.15	GV
BT078	Chickpea Crispbread - Cheddar	8 x 110g	4.15	G
BT204	Chickpea Crispbread - Moroccan	8 x 110g	4.15	G
BT076	Chickpea Crispbread - Seaweed	8 x 110g	4.15	G
BT208	Chickpea Crispbread with Seeds	8 x 110g	4.15	G
	<b>HONEYROSE</b>			
BT292	All Butter Lemon Shortbread	6 x 125g	3.39	GOS
BT249	All Butter Oat & Raisin Cookie	6 x 115g	3.39	GOS
BT232	All Butter Shortbread	6 x 125g	3.39	GOS
BT227	Date & Walnut Toast	6 x 110g	4.90	GOSV
BT228	Hazelnut & Agen Plum Toast	6 x 110g	4.90	GOSV
BT230	Kale & Spiced Nut Toast	6 x 110g	4.90	GOSV
BT235	Triple Chocolate Cookie	6 x 115g	3.39	GOS
	<b>KALLO</b>			
BT045	Ancient Grain Corn Cakes	12 x 150g	2.49	GOV
BT152	Blueberry/Van Rice/Corn Cakes	6 x 131g	2.99	GSV
BT184	Corn Cakes OG	12 x 130g	2.25	GOV
BT085	Lentil&Pea Veggie Cake	6 x 122g	3.59	GV
	Lentil Cakes			
BT578	Protein Lentil Cake	6 x 100g	2.45	GV
	Rice Cakes			
BT810	Milk Chocolate Rice Cakes OG	16 x 90g	3.45	GO
BT034	Original Wholegrain Rice Cakes	12 x 130g	2.15	GVO
BT338	Thin Slice Rice Cake Dark Choc	16 x 90g	3.35	GO
	<b>LAZY DAY</b>			
BT019	Chocolate Tiffin	12 x 50g	1.75	FGSV
BT197	Free From Shortbread	8 x 150g	3.45	GV
BT199	Golden Syrup Oaties	8 x 150g	2.55	GSV
BT017	Millionaire Shortbread	12 x 50g	1.75	FGSV
BT316	Millionaires Shortbread	8 x 150g	3.59	GSV
BT032	Orange Tiffin	12 x 50g	1.75	FGSV
BT436	Orange Tiffin	8 x 150g	3.59	GV

code	product	size	rrp	bfgosv
BT023	Rocky Road	12 x 50g	1.75	FGSV
BT437	Rocky Road	8 x 150g	3.59	GV
BT443	Salted Caramel Crispie	8 x 150g	3.59	GV
BT041	Scottish Shortbread	12 x 50g	1.75	FGSV
<b>LE PAIN DES FLEURS</b>				
BT094	Buckwheat Crispbread	6 x 150g	4.19	GOV
BT189	Buckwheat Crispbread no Salt	6 x 150g	4.19	GOV
BT095	Chestnut Crispbread	6 x 150g	4.59	GOV
BT093	Quinoa Crispbread	6 x 150g	4.59	GOV
<b>MRS CRIMBLES</b>				
BT245	Chocolate Macaroons	12 x 195g	2.15	GSV
BT288	Coconut Macaroon	12 x 180g	1.95	GSV
<b>NAIRN'S</b>				
BT149	Caramelised Onion Flatbreads	6 x 150g	2.39	GS
BT156	Cheese Cracker	8 x 137g	1.79	GS
ZX338	Original Flatbread	6 x 150g	2.39	GSV
BT027	Sourdough Flatbreads	6 x 125g	2.39	GSV
Biscuit Breaks				
BT425	Salted Caramel Oat Biscuit	6 x 160g	2.69	GS
Gluten Free				
BT558	Cracked Black Pepper Cracker	8 x 137g	2.19	GS
BT200	GF Apple&Cinnamon Chunky Bisc	6 x 160g	2.69	GSV
BT324	GF Biscuit Breaks Choc Chip	12 x 160g	2.69	GSV
BT108	GF Biscuit Breaks Oat & Fruit	12 x 160g	2.69	GSV
BT267	GF Biscuit Breaks Stem Ginger	12 x 160g	2.69	GSV
BT571	GF Blueb&Rasp Chunky Biscuits	6 x 160g	2.69	GSV
BT572	GF Dark Choc&C'nut Chunky Bisc	6 x 160g	2.69	GS
BT549	GF Super Seeded Oatcake	8 x 180g	2.59	GV
BT420	Gluten Free Oatcakes	8 x 213g	2.59	GV
BT424	Gluten Free Oatcakes - Cheese	8 x 180g	2.59	G
BT127	Toffee Flavour Oaties	8 x 160g	1.70	GSV
BT559	W/Grain Super Seeded Cracker	8 x 137g	2.39	GS
BT557	Wholegrain Cracker	8 x 160g	2.39	GS
<b>ORIGIN EARTH</b>				
BT390	Gluten Free Crackers	10 x 150g	2.99	GV
BT389	Gluten Free Crackers Fennel	10 x 150g	2.99	GV
BT387	Gluten Free Crackers Sesame	10 x 150g	2.99	GV
<b>REAL FOODS</b>				
BT381	Corn Thins - Original	6 x 150g	1.95	GV
<b>RHYTHM 108</b>				
Biscuit Share Bags				
BT333	Almond Biscotti	8 x 135g	3.29	GOV
BT334	Coconut Cookie	8 x 135g	3.29	GOV
BT335	Double Choco Hazelnut Biscuits	8 x 135g	3.29	OVG
BT344	Lemon Ginger Chia Biscuits	8 x 135g	3.29	GOSV
<b>RUDE HEALTH FOODS</b>				
BT300	Buckwheat Crackers	8 x 100g	2.49	GOV
BT147	Chickpea & Lentil Crackers	8 x 120g	2.49	GOV
BT372	Chickpea Triangles	6 x 80g	1.85	GOV
BT054	Corn Crackers	8 x 130g	1.99	GOV
BT371	Corn Triangles	6 x 100g	1.85	GOV
BT313	High Protein Lentil Triangles	6 x 70g	1.85	GV
BT309	Multigrain Crackers	8 x 100g	1.99	GOV
<b>SWEET FA</b>				
By Island Bakery				
BT358	Cranberry & Orange Cookies	12 x 125g	3.50	GOSV
BT359	Double Choc Chip Cookies	12 x 125g	3.50	GOSV
BT362	Oat & Raisin Cookies	12 x 125g	3.50	GOSV
BT364	Peanut Butter Cookies	12 x 125g	3.50	GOSV
<b>BODY CARE</b>				
<b>DR BRONNER'S</b>				
DY338	Lavender Castile Liquid Soap	1 x 3.8l	77.99	FGOVB
<b>FAITH IN NATURE</b>				
2.5 Litre - Body Wash				
DY406	Body Wash-Lavender/Geranium	4 x 2.5l	26.00	GVB
DY418	Body Wash-Wild Rose	4 x 2.5l	26.00	GVB
2.5 Litre - Conditioner				
DY381	Conditioner-Lavender/Geranium	4 x 2.5l	3.00	GVB
DY409	Conditioner-Wild Rose	4 x 2.5l	3.00	GVB
2.5 Litre - Shampoo				
DY395	Shampoo-Lavender/Geranium	4 x 2.5l	3.00	GVB

code	product	size	rrp	bfgosv
DY413	Shampoo-Wild Rose Body Wash	4 x 2.5l	3.00	GVB
DY351	Body Wash - Avocado Conditioner	6 x 400ml	5.99	GV
DY354	Conditioner - Blueberry	6 x 400ml	6.69	GV
<b>GREEN PEOPLE</b>				
DY262	Anti-Ageing Eye Cream	8 x 10ml	16.29	GOV
DY278	Day Moisturiser	6 x 50ml	22.99	GOV
<b>LAVERA</b>				
DY583	Basis Lip Balm Sensitive	6 x 4.5g	4.50	OG
<b>BREADS &amp; BREAD MIXES</b>				
<b>AMISA</b>				
BT125	GF Olive Ciabatta	8 x 180g	3.55	GOV
BT472	Seeded Breakfast Rolls	8 x 188g	3.55	GOV
BT468	Sundried Tomato Ciabatta	8 x 180g	3.75	GOV
<b>BIONA</b>				
BT461	Rice Bread with Sunflower Seed	6 x 500g	6.90	GOV
<b>DILLON ORGANIC</b>				
BT449	Beetroot Flax Keto Bread	6 x 250g	4.99	GOV
BT463	Chia Flax Keto Bread	6 x 250g	4.99	GOV
BT447	Original Flax Keto Bread	6 x 250g	4.99	GOV
BT079	Sliced Gluten Free Olive Bread	4 x 275g	4.79	GOV
BT084	Sliced Gluten Free Seeded Brea	4 x 275g	4.79	GOV
<b>FREE &amp; EASY</b>				
FG059	Afternoon Tea Scone Mix	4 x 350g	3.79	GSV
FG057	Yorkshire Pudding Mix	4 x 155g	2.79	GV
<b>ISABEL'S NATURALLY FREE FROM</b>				
FG186	Baked Donut Mix Gluten Free	8 x 100g	3.15	GV
BT203	Gluten & Wheat Free Pizza Mix	8 x 300g	3.95	G
FG084	Yorkshire Pudding Mix - G/Free	8 x 100g	3.15	G
<b>SCHNITZER GLUTEN FREE</b>				
BT467	Baguette Classic	6 x 360g	4.90	GOV
BT466	Baguette Rainy Linseed/Sesame	6 x 320g	4.90	GOV
BT062	Baguette Rustic	6 x 320g	3.89	GO
<b>SUPERGOOD! BAKERY</b>				
FG023	Go Splits! Banana Bread Mix	6 x 250g	3.69	GSV
<b>BURGERS SAUSAGES &amp; TVP MIXES</b>				
<b>SUMA PREPACKS</b>				
VF154	Nut Roast Mix - Gluten Free	6 x 340g	3.49	GVS
<b>ARTISAN NATURES KITCHEN</b>				
VF206	Sweet Chilli GF Burger Mix	6 x 200g	2.89	GSV
<b>CLEARSPRING</b>				
SY074	Organic Soya Chunks	12 x 200g	3.49	GOV
SY071	Organic Soya Mince	12 x 300g	4.90	GOV
<b>PROFUSION</b>				
SY092	Protein Chunks Pea & Fava	12 x 125g	3.85	GOV
SY095	Protein Mince Pea & Fava	12 x 125g	3.85	GOV
<b>BUTTER, CREAM &amp; MILK (CHILLED)</b>				
<b>CALON WEN</b>				
CV277	The Farmers Co-op Lightly Salted Welsh Butter	20 x 250g	4.10	GO
CV174	Spreadable Butter	16 x 250g	3.75	GO
CV204	Unsalted Welsh Butter	20 x 250g	4.10	GO
<b>DEVON CREAM COMPANY</b>				
CV293	Clotted Cream	12 x 170g	3.70	GO
<b>YEO VALLEY</b>				
CV101	Minimum 4 days shelf life Double Cream	6 x 220ml	2.20	GO
<b>CAKES</b>				
<b>FREE &amp; EASY</b>				
BT072	Gluten & Dairy Free Chocolate Brownie Mix	4 x 350g	4.29	GSV
<b>SUPERGOOD! BAKERY</b>				
LJ035	Brownie Crisps	5 x 110g	5.89	GSV
LJ064	Choc Chip Hazelnut	5 x 110g	5.89	GSV
LJ029	Choc Chip Sea Salt Double Choc Chip	5 x 110g	5.89	GSV

code	product	size	rrp	bfgosv
<b>CEREALS &amp; MUESLIS</b>				
<b>ALARA</b>				
MX023	Everyday Range Gluten Free Muesli - organic Into The Garden	6 x 250g	3.59	GOV
MX236	Active Muesli	6 x 250g	4.39	GOV
<b>AMISA</b>				
FX016	Organic Porridge Oats	6 x 325g	2.75	GOV
<b>BIO &amp; ME</b>				
MX116	Burst Gluten Free Granola	5 x 350g	4.69	GV
MX117	Cashew & Almond GF Granola Porridge Pot	5 x 350g	4.69	GV
MX129	Porridge Pot - Nice & Nutty	8 x 58g	1.45	GV
MX122	Porridge Pot - Spiced Apple	8 x 58g	1.45	GV
<b>DELICIOUSLY ELLA</b>				
MX010	Berry Granola	6 x 400g	4.19	GV
MX001	Nutty Granola	6 x 380g	4.19	GV
MX006	Original Granola	6 x 400g	4.19	GV
<b>DOVES FARM</b>				
MX019	Cereal Flakes	5 x 375g	3.99	GOSV
MX988	Chocolate Stars	5 x 300g	3.25	GOV
MX632	Corn Flakes	5 x 325g	3.15	GOV
MX171	Fibre Flakes	5 x 375g	3.85	GOSV
MX086	Fruit & Fibre Flakes	5 x 375g	4.99	GOV
MX002	Porridge Oats	4 x 430g	4.90	GOV
MX087	Supergrain Hoops Ancient Grains	5 x 300g	3.85	GOV
MX090	Breakfast Flakes	5 x 375g	4.69	GOV
MX081	Cereal Hoops	5 x 300g	4.49	GOV
MX080	Fruit & Fibre Flakes Snack Size	5 x 375g	4.99	GOSV
MX115	Chocolate Stars	20 x 25g	0.75	GOSV
MX074	Corn Flakes	20 x 30g	0.75	GOSV
MX073	Fibre Flakes Wholegrain	20 x 30g	0.75	GOSV
MX088	Cocoa Rice Pops	5 x 300g	3.55	GOSV
<b>GLEBE FARM</b>				
FX037	Porridge Oats GF	6 x 450g	2.65	GV
MX106	Porridge Oats GF	6 x 450g	2.79	GOV
<b>KALLO</b>				
MX124	Puffed Rice Cereal - Natural	8 x 225g	3.69	GOV
<b>LIZI'S</b>				
MX181	Gluten Free Nut & Seed Granola	10 x 350g	3.89	SGV
<b>NAIRN'S</b>				
MX152	Gluten Free Porridge Oats	5 x 450g	3.90	GV
MX154	Muesli - Gluten Free	5 x 450g	3.59	GSV
MX114	Porridge Oats with Maple Syrup	5 x 400g	3.55	GSV
<b>NATURES PATH ORGANIC</b>				
MX194	Cereals Maple Sunrise	4 x 332g	4.75	GOSV
MX885	Mesa Sunrise Envirokidz	4 x 355g	4.95	GOSV
MX079	Choco Chimps	4 x 284g	4.59	GOVS
MX602	Gorilla Munch Granola	4 x 300g	4.55	GOVS
MX136	Mixed Berry Granola	5 x 300g	5.59	OG
<b>PRIMROSE'S KITCHEN</b>				
MX109	Beetroot & Ginger Muesli	6 x 400g	4.49	GOV
MX104	Carrot, Apple & Cinnamon Muesli	6 x 400g	4.49	GOV
MX098	Fig & Apricot Bircher OG	6 x 400g	4.49	GOV
<b>RAW GORILLA</b>				
MX102	Keto Berry Granola	6 x 250g	5.99	GOV
MX103	Keto Chocolate Granola	6 x 250g	5.99	GOV
MX113	Mighty Muesli	6 x 250g	5.99	GOV
MX105	Mighty Muesli Choc Chip	6 x 250g	5.99	GOV
MX142	Peanut Butter Choc Granola	6 x 250g	5.99	GOV
MX141	Peanut Butter Granola	6 x 250g	5.99	GOV
<b>ROLLAGRANOLA</b>				
MX145	Absolutely Chocolate Granola	6 x 400g	5.39	GV
MX144	Almond Pecan Crunch Granola	6 x 400g	5.39	GV
MX035	Awesome Almond Granola	6 x 400g	5.39	GV
MX147	Cool Raspberry Granola	6 x 300g	5.59	GV

code	product	size	rrp	bfgosv
MX045	Healthy Hazelnut Granola	6 x 400g	5.39	GV
MX107	Organic & Nutty Granola	6 x 400g	5.39	GOV
MX146	Zesty Caveman Granola	6 x 300g	5.59	GV
<b>RUDE HEALTH FOODS</b>				
	Puffs			
MX101	Choco Vanilla Puffs	7 x 200g	3.75	GOV
MX164	Honey Puffed Oats	4 x 240g	4.25	G
MX120	Puffed Brown Rice	4 x 225g	2.39	GV
<b>SPOON CEREALS</b>				
MX039	Apple + Almond Butter Granola	5 x 400g	4.79	GV
MX003	Cinnamon + Pecan Granola	5 x 400g	4.79	GV
MX038	Dark Choc Zing Granola	5 x 400g	4.79	G
<b>WHOLE EARTH</b>				
MX172	Classic Cornflakes - organic	12 x 375g	3.19	GOSV
MX174	Maple Frosted Flakes - og	10 x 375g	3.95	GOSV
<b>CHEESE, DAIRY (CHILLED)</b>				
<b>BERGERIE</b>				
CV583	Organic Fresh Goat Cheese	6 x 100g	2.35	GO
<b>CHEESE, NON DAIRY (CHILLED)</b>				
<b>APPLEWOOD</b>				
CV033	Grated Cheese	6 x 200g	3.15	GV
CV615	Smoked Cheese Block	8 x 200g	2.80	GSV
CV618	Smoked Cheese Slices	12 x 200g	3.10	GV
<b>BUTE ISLAND FOODS</b>				
CV141	Blue Style Wedge	6 x 200g	2.70	GV
CV016	Greek Style	6 x 200g	2.45	GV
CV191	Mighty Mature Cheddar Style	6 x 200g	2.45	GV
CV187	Mild Cheddar Style	6 x 200g	2.45	GV
CV755	Red Leicester Style	6 x 200g	2.70	GV
	Creamy Sheese			
CV302	Creamy Cheddar Spread	6 x 255g	2.65	GSV
CV307	Creamy Chive Spread	6 x 255g	2.65	GSV
CV308	Creamy Garlic and Herb Spread	6 x 255g	2.65	GSV
CV284	Creamy Onion & Black Pepper	6 x 255g	2.65	GSV
CV315	Creamy Original Spread	6 x 255g	2.65	GSV
CV024	Creamy Sweet Chilli Spread	6 x 255g	2.65	GV
	Grated Sheese			
CV165	Grated Mature Cheddar Style	4 x 200g	3.10	GV
CV186	Grated Mild Cheddar Style	4 x 200g	3.10	GV
CV183	Grated Mozzarella Style	4 x 200g	3.10	GV
	Sheese Bakes			
CV457	Jalapeno Melting Bake	12 x 150g	4.80	GV
CV458	Spring Onion & Garlic Bake	12 x 150g	4.80	GV
	Sliced Sheese			
CV542	Mozzarella Style Slices	10 x 180g	2.65	GV
<b>COCOS</b>				
CV295	Creamy Spread	6 x 150g	3.20	FGOV
<b>MOZZARISELLA</b>				
CV027	MascaRice Vegan Mascarpone	6 x 150g	3.65	GOV
<b>VIOLIFE</b>				
	Grated			
CV904	Grated Tex-Mex Cheese	8 x 180g	3.40	GSV
	Specialities			
CV905	Camembert	6 x 150g	3.80	GV
<b>CHOCOLATE</b>				
<b>BOOJA-BOOJA</b>				
ZX869	Almond Salted Caramel	8 x 92g	6.80	GOSV
ZX871	Around Midnight Espresso	8 x 92g	6.80	GOSV
KB749	Chocolate Orange Truffles	8 x 92g	6.80	GOSV
KB694	Deeply Chocolate Truffles	8 x 92g	6.80	GOSV
ZX872	Fine De Champagne	8 x 92g	6.80	GOSV
ZX874	Hazelnut Crunch	8 x 92g	6.80	GOVS
KB718	Honeycomb Caramel Truffle	8 x 92g	6.80	GOSV
	Artist's Collection Gift Boxes			
KB927	Fine De Champagne Truffles	3 x 185g	25.99	GFOSV
KB929	Hazelnut Truffles	3 x 185g	25.99	GFOSV
	EASTER 2024			
KB129	Hazelnut Crunch Truffle Egg	6 x 34g	12.49	GOSV
KB795	Large Champagne Truffle Egg	4 x 138g	25.99	GOSV
KB985	Large Hazelnut Truffle Egg	4 x 138g	25.99	GOSV



code	product	size	rrp	bfgosv
KB223	Ltd Edition Easter Selection Four Corners	5 x 184g	13.99	GOSV
KB655	The Gourmet Selection Gift Boxes	4 x 230g	2.89	GOSV
KB815	Award-winning Selection	5 x 184g	13.49	GOSV
KB656	Champagne Truffles	6 x 138g	11.49	GOSV
KB793	The Signature Collection Gift Range	5 x 184g	13.49	GOSV
KB623	Hazelnut Truffles	4 x 138g	16.69	GOSV
KB624	Truffle Selection 1	4 x 138g	16.69	GOSV
KB873	Truffle Selection 2 Two Packs	4 x 138g	16.69	GOSV
KB507	Almond Salted Caramel Truffles	16 x 23g	1.55	GOSV
KB513	Hazelnut Crunch Truffles	16 x 23g	1.55	GOSV
<b>BUTTERMILK</b>				
EASTER 2024				
WS174	Easter Bunny Bar	12 x 35g	1.49	GSV
WS066	Honeycomb Choccy Egg	6 x 175g	6.99	GSV
WS068	Hot Cross Bun Fudge	7 x 100g	2.99	GS
WS067	Salted Caramel Crunch Egg	6 x 180g	6.99	GSV
<b>CAROBOO</b>				
Carob Bars				
ZX522	Raspberry & Honeycomb Crunch	20 x 32g	1.69	GSV
ZX516	Salted Caramel Nutty Bars	20 x 32g	1.69	GV
ZX985	Smooth & Creamy Coconut Bars	20 x 35g	1.69	GSV
ZX990	Smooth & Creamy Mint Bars	20 x 35g	1.69	GSV
ZX987	Smooth & Creamy Orange Bars	20 x 35g	1.69	GSV
<b>CHOC ON CHOC</b>				
EASTER 2024				
KB367	Bunny with Carrot	6 x 80g	9.99	GS
KB923	Chocolate Bunnies in a Pot	6 x 49g	9.99	GS
<b>COCO CHOCOLATIER</b>				
Easter 2024				
WS115	Marc De Champagne Truffles	6 x 125g	2.99	GS
EASTER 2024				
WS113	Matchbox Milk Chocolate Bunnies	12 x 33g	4.99	GS
<b>CONSCIOUS CHOCOLATE</b>				
ZX487	Dark Side 75% Raw Bar	10 x 60g	2.79	GOSV
ZX488	Dark Side 85% Raw Bar	10 x 60g	2.79	GOSV
ZX491	Four Nuts Raw Bar	10 x 60g	2.79	GOSV
ZX492	Goji & Coconut Raw Bar	10 x 60g	2.79	GOSV
ZX493	Love Potion No 9 Raw Bar	10 x 60g	2.79	GOSV
ZX497	Orange & Tangerine Raw Bar	10 x 60g	2.79	GOSV
ZX501	Peppermint Raw Bar	10 x 60g	2.79	GOSV
ZX505	Sour Cherry Raw Bar	10 x 60g	2.79	GOSV
<b>COX &amp; CO</b>				
EASTER 2024				
WS126	Bee Pollen Honey Easter Egg Bar	12 x 70g	5.00	GSB
WS125	Mint Crunch Easter Egg Bar	12 x 70g	5.00	GSVB
WS124	Miso Caramel Easter Egg Bar	12 x 70g	5.00	GSVB
WS127	Raw Cacao Nibs Easter Egg Bar	12 x 70g	5.00	GSVB
<b>DELICIOUSLY ELLA</b>				
ZX150	Chocolate Orange Dipped Almond	12 x 27g	1.29	GV
ZX151	Peanut Butter Cup	12 x 36g	1.69	GV
ZX152	Salted Caramel Cup	12 x 36g	1.69	GV
ZX144	Salted Chocolate Dipped Almond	12 x 27g	1.29	GV
<b>ENJOY!</b>				
KB954	70% Dark Chocolate Bar	12 x 70g	2.99	GV
KB402	70% Dark Chocolate Buttons Soft Centre Bars	6 x 100g	3.99	GV
KB593	Dark Chocolate Mint Centre bar	12 x 70g	2.99	GV
KB603	Dark Chocolate Orange Bar	12 x 70g	2.99	GV
KB952	Dark Chocolate Raspberry Bar	12 x 70g	2.99	GV
KB389	Dark Chocolate Salted caramel	12 x 70g	2.99	GV
KB388	Dark Chocolate Vanilla Centre Soft Centre Buttons	12 x 70g	2.99	GV
KB392	Mint soft Centre Buttons	6 x 100g	3.99	GV
KB401	Orange Soft Centre Buttons	6 x 100g	3.99	GV
KB391	Salted Caramel Buttons	6 x 100g	3.99	GV
<b>EQUAL EXCHANGE</b>				
KB801	67% Dark Mint Crunch	12 x 100g	2.79	GOSV
KB803	88% Extreme Dark	14 x 80g	2.79	GOSV

code	product	size	rrp	bfgosv
<b>FLOWER &amp; WHITE</b>				
KB770	Chocolate Crunch Meringue Bar	12 x 20g	1.49	G
KB766	Lemon Meringue Bar	12 x 20g	1.49	GS
KB765	Raspberry Crumble Meringue Bar	12 x 20g	1.49	GS
KB760	Salted Caramel Meringue Bar	12 x 20g	1.49	GS
KB780	Vegan Double Choc Meringue Bar	12 x 20g	1.49	GV
KB781	Vegan Orange Meringue Bar	12 x 20g	1.49	GV
KB774	Vegan Strawberry Meringue Bar	12 x 20g	1.49	GV
<b>GOUPIE</b>				
EASTER 2024				
WS106	Belgian Chocolate Jen Hen	4 x 100g	9.45	GSV
WS128	Chocolate Easter Bunnies	10 x 60g	4.25	GSV
<b>HIP - HAPPINESS IN PLANTS</b>				
70g Bars				
KB607	Original - Creamy & Smooth	12 x 70g	2.95	GSV
KB606	Salted Caramel	12 x 70g	2.95	GSV
<b>HAPPI</b>				
80g Bars				
KB953	Cacao Nibs Crunch	12 x 80g	3.19	GSV
KB988	Orange	12 x 80g	3.19	GSV
KB951	Plain Milk	12 x 80g	3.19	GSV
KB950	Salted Caramel	12 x 80g	3.19	GSV
KB996	White Chocolate	12 x 80g	3.19	GSV
ZX983	White Chocolate & Raspberry	12 x 80g	3.19	GSV
Chocolate Buttons				
ZX986	Oat Milk Chocolate Buttons	10 x 100g	3.89	GSV
EASTER 2024				
WS235	Easter Egg Bar Plain Milk	10 x 140g	7.29	GSV
WS236	Easter Egg Bar Raspberry	10 x 140g	7.29	GSV
WS234	Easter Egg Bar Salt Honeycomb	10 x 140g	7.29	GSV
WS218	Oat Milk Chocolate Bunny Lolly	18 x 40g	2.39	GSV
WS142	Orange Chocolate Easter Egg	9 x 170g	12.00	GSV
WS141	Plain Milk Choc Easter Egg	9 x 170g	12.00	GSV
WS118	Salted Caramel Easter Egg	9 x 170g	12.00	GSV
<b>HU</b>				
KB674	Almond Butter Crispy Dark Bar	12 x 60g	3.79	FGOSV
KB677	Cashew Butter Orange Dark Choc	12 x 60g	3.79	FGOSV
KB675	Cashew Butter Vanilla Dark Chc	12 x 60g	3.79	FGOSV
KB678	Crunchy Mint Dark Chocolate	12 x 60g	3.79	FGOSV
KB673	Hazelnut Butter Dark Chocolate	12 x 60g	3.79	FGOSV
KB672	Salty Dark Chocolate Bar	12 x 60g	3.79	FGOSV
KB671	Simple Dark Chocolate Bar	12 x 60g	3.79	FGOSV
KB680	Vanilla Crunch Dark Chocolate	12 x 60g	3.79	FGOSV
<b>LOVERAW</b>				
Peanut Butter Cups				
KB127	M:ilk Chocolate PNB Cups	18 x 34g	1.95	GSV
KB131	White Chocolate PNB Cups	18 x 34g	1.95	GSV
Vegan M:lk Chocolate Bar				
KB126	Caramel M:lk Chocolate	20 x 30g	1.75	GSV
KB124	Orange M:lk Chocolate	20 x 30g	1.75	GSV
KB121	Smooth M:lk Chocolate	20 x 30g	1.75	GSV
<b>MONTEZUMA'S</b>				
EASTER 2024				
WS219	Absolute Black 100% Eco Egg	4 x 150g	1.00	GV
WS220	Dark Chocolate Eco Egg	4 x 150g	1.00	GOSV
WS221	Milk Chocolate Eco Egg	4 x 150g	1.00	GOS
Giant Buttons				
ZX775	Absolute Black Giant Buttons	8 x 180g	4.99	GV
Like No Udder				
KB530	Milk Alternative Bar	12 x 90g	3.29	GOVS
KB601	Milk Choc/Orange Alternative	12 x 90g	3.29	OSVG
Organic Bars				
ZX779	Royal Mint Organic Dark W'Mint	12 x 90g	3.29	GOSV
<b>MOO FREE</b>				
KB504	Choccy Rocks Bunnycomb Bar	16 x 35g	1.20	FGSV
KB247	Cookie Crunch Bar	20 x 35g	1.20	GSV
KB477	Fizzy Cola Bar	20 x 20g	0.70	FGSV
KB419	Fizzy Lemon Bar	20 x 20g	0.70	FGSV
KB458	Fizzy Orange Bar	20 x 20g	0.70	FGSV
KB390	Moofreesa Bar	20 x 35g	1.20	GSV
KB010	Moofreesas	16 x 35g	1.25	GSV
Buttons				

code	product	size	rrp	bfgsov
KB348	Buttons - Original	25 x 25g	0.80	GSV
	EASTER 2024			
WS160	Bunny Bar	15 x 32g	0.90	GSV
WS161	Bunnycomb Easter Egg	6 x 100g	4.49	GSV
WS229	Caramel Centre Mini Eggs	8 x 88g	3.49	GSV
WS230	Easter Egg Hunt Kit	10 x 100g	4.99	GSV
WS168	Milk Chocolate Mini Eggs	16 x 50g	2.49	GSV
WS116	Rocky Road Easter Egg	6 x 85g	4.49	GSV
WS241	Strawberry Sundae Easter Egg	6 x 85g	4.49	GSV
	Everyday Bars			
KB354	Original Bars	12 x 80g	1.95	GSV
	Mini Moos			
KB324	Bunnycomb Bars	20 x 20g	0.70	GSV
KB337	Original Bars	20 x 20g	0.70	GSV
KB345	White Chocolate Bars	20 x 20g	0.70	GSV
	Premium Bar			
ZX636	Cinder Toffee Bar	12 x 80g	2.19	GSVO
WS050	Cocoa Chocolate Bar	12 x 80g	2.19	GSOV
WS051	Sea Salt & Caramel Bar	12 x 80g	2.19	GSOV
	<b>OMBAR CHOCOLATE</b>			
ZX419	100% Cacao Chocolate Bar	10 x 35g	2.50	FGOV
KB763	72% Cacao Chocolate Bar	10 x 35g	2.50	FGOSV
ZX659	90% Cacao Chocolate Bar	10 x 35g	2.50	FGOSV
KB759	Blueberry & Acai Chocolate Bar	10 x 35g	2.50	FGOSV
KB761	Coco 60% Chocolate Bar	10 x 35g	2.50	FGOSV
KB406	Coco Mylk Chocolate Bar	10 x 35g	2.50	FGOSV
ZX657	Coconut & Vanilla Choc Centres	10 x 35g	2.50	FGOSV
ZX397	Hazelnut Truffle Centre Bar	10 x 35g	2.50	FGOSV
KB960	Oat m'lk Brownie Filled Bar	15 x 42g	1.99	FGOV
KB959	Oat M'lk Caramel Filled Bar	15 x 42g	1.99	FGOSV
ZX421	Pistachio Centres Choc Bar	10 x 35g	2.50	FGOSV
ZX663	Raspberry & Coconut Centre Bar	10 x 35g	2.50	FGOSV
KB764	Strawberry Mylk Chocolate Bar	10 x 35g	2.50	FGOSV
	70g Bars			
ZX951	72% Cacao Chocolate Bar	10 x 70g	3.39	FGOSV
ZX952	Coco Almond Chocolate Bar	10 x 70g	3.39	FSGOV
ZX953	Coco Mylk Chocolate Bar	10 x 70g	3.39	FGOSV
ZX639	Coconut & Vanilla Chocolate	10 x 70g	3.39	FGOSV
ZX403	Hazelnut Truffle Chocolate Bar	10 x 70g	3.39	FGOSV
ZX641	Pistachio Chocolate Bar	10 x 70g	3.39	FGOSV
ZX644	Raspberry & Coconut Choc Bar	10 x 70g	3.39	FGOSV
ZX975	Salt & Nibs Chocolate Bar	10 x 70g	3.39	FSGOV
	Buttons			
KB492	Coco Mylk Chocolate Buttons	15 x 25g	1.55	FGOSV
	EASTER 2024			
KB916	Coco Mylk Easter Egg	6 x 200g	9.00	FGOSV
	<b>PIP &amp; NUT</b>			
KB833	Dark Choc Almond Butter Cups	15 x 34g	1.99	GSV
KB837	Dark Choc Peanut Butter Cups	8 x 88g	3.19	GSV
KB831	Dark Choc Peanut Butter Cups	15 x 34g	1.99	GSV
KB835	Milk Choc Peanut Butter Cups	8 x 88g	3.19	GS
KB825	Milk Choc Peanut Butter Cups	15 x 34g	1.99	GS
	<b>PLAYIN CHOC</b>			
WS005	Dinosaur Surprise	18 x 1	2.50	GOSV
WS133	Endangered Animal Surprise	18 x 1	2.50	GOSV
ZX066	Woodland Animal Surprise	18 x 1	2.50	GOSV
	EASTER 2024			
ZX079	Easter Rabbits Gift Set	3 x gift	14.95	GOSV
ZX077	Rabbit Surprise	18 x 1	2.49	OGSV
	<b>PRODIGY</b>			
	Chunky			
KB096	Salted Caramel Chocolate Bar	15 x 35g	1.75	GV
	<b>RAW HALO</b>			
	70g Bars			
KB002	Dark 76%	10 x 70g	2.99	GOSV
KB055	Dark 85%	10 x 70g	2.99	GOSV
KB006	Dark Raspberry	10 x 70g	2.99	GOSV
KB047	Dark Salted Caramel	10 x 70g	2.99	GOSV
KB020	Mylk & Pink Himalayan Salt	10 x 70g	2.99	GOSV
KB065	Mylk & Salted Caramel	10 x 70g	2.99	GOSV
KB007	Mylk & Vanilla	10 x 70g	2.99	GOSV
	Truffle Bars			

code	product	size	rrp	bfgosv
KB118	Dark Salt Almond Truffle Bar	8 x 90g	3.50	GOSV
KB103	Mylk Hazelnut Truffle Bar	8 x 90g	3.50	GOSV
<b>RHYTHM 108</b>				
KB506	Hazelnut Praline Chocolate Bar	15 x 33g	1.85	GVOS
KB336	Super Coconut Swiss Choc Bar	15 x 33g	1.85	GSOV
KB276	Sweet N Salty Almond Choc Bar	15 x 33g	1.85	GOSV
KB994	Swiss Chocolate Orange Bar	15 x 33g	1.85	GSOV
<b>SO FREE</b>				
EASTER 2024				
WS224	Blonde Caram!lk Easter Egg	3 x 92g	3.99	GSV
WS225	Carob Easter Egg	3 x 92g	3.99	GSV
WS226	No Added Sugar Oatm!lk Egg	3 x 92g	3.99	GV
WS227	Oatm!lk Easter Egg	3 x 92g	3.99	GSV
WS228	White Chocolate Easter Egg	3 x 92g	3.99	GSV
No Added Sugar Large Bars				
ZX915	No Added Sugar 72% Dark Choc	12 x 80g	3.65	GV
ZX919	No Added Sugar Mint Dark Choc	12 x 80g	3.65	GV
Oat Milk Chocolate Bars				
ZX561	No Added Sugar Vegan Oat M!lk	12 x 70g	3.85	GV
ZX547	Vegan Caram!lk	12 x 70g	3.85	GSV
ZX563	Vegan Oat M!lk	12 x 70g	3.85	GSV
Organic Large Bars				
ZX926	White Chocolate	12 x 70g	3.65	GSOV
<b>THE RAW CHOCOLATE CO</b>				
KB307	Cacao Nibs	6 x 150g	3.75	GOV
Raw Chocolate Coated Snacks				
KB855	Chocolate Raisins - Snack Pack	12 x 28g	1.39	GOSV
KB360	Goji Berries - Snack Pack	12 x 28g	1.39	GOSV
KB362	Mulberries - Snack Pack	12 x 28g	1.39	GOSV
ZX884	Raw Chocolate Covered Almonds	12 x 25g	1.39	GOSV
<b>TONY'S CHOCOLONELY</b>				
Sharing Bags				
KB865	Littl'Bits Triple Choc Mix	8 x 100g	3.00	FGS
<b>UP-UP</b>				
KB846	Milk Choc Salted Caramel Bar	15 x 130g	3.50	GS
KB856	Milk Choc Sea Salt & Lime Bar	15 x 130g	3.50	GS
KB860	Milk Chocolate Gingerbread Bar	15 x 130g	3.50	GS
KB842	Original Dark Chocolate Bar	15 x 130g	3.50	GSV
KB840	Original Milk Chocolate Bar	15 x 130g	3.50	GS
<b>VEGO</b>				
KB669	Chocolate & Rice Crisp Bar	20 x 40g	1.60	FGOV
KB821	Mini Whole Hazel Chocolate Bar	30 x 65g	2.59	FGOSV
KB489	Whole Hazelnut Chocolate Bar	20 x 150g	4.55	FGOSV
<b>CHOCOLATE &amp; SWEET SPREADS</b>				
<b>SO FREE</b>				
GH225	Rich Dark Chocolate Spread	6 x 275g	5.15	OVGS
<b>VEGO</b>				
GH075	Hazelnut Chocolate Spread	6 x 350ml	4.99	FGSV
<b>CIDERS</b>				
<b>DUNKERTONS</b>				
RT041	Black Fox Organic Cider	12 x 500ml	4.50	GOSV
RT054	Organic Craft Cider	12 x 500ml	4.50	GOSV
RT053	Premium Reserve Organic Cider	12 x 500ml	4.50	GOSV
<b>WESTONS</b>				
RT006	Vintage Organic Cider 6% ABV	8 x 500ml	3.35	GOV
<b>COCOA</b>				
<b>CHEERFUL BUDDHA</b>				
TE077	Cacao Bliss w/Mushroom Extract	6 x 150g	12.99	GV
<b>RHEAL</b>				
VF266	Superfoods Coco Dream	6 x 180g	24.99	GOV
<b>COFFEE</b>				
<b>CHEERFUL BUDDHA</b>				
TE072	Chaga Mushroom Coffee Blend	6 x 150g	13.95	GV
TE075	Reishi Mushroom Coffee Blend	6 x 150g	13.95	GV
<b>RHEAL</b>				
VF263	Superfoods Shroom Coffee	6 x 150g	34.99	GOV

code	product	size	rrp	bfgosv
	<b>COFFEE SUBSTITUTES</b>			
	<b>CHEERFUL BUDDHA</b>			
TE111	Chaga Latte	6 x 150g	12.99	GV
TE090	Lion's Mane Latte	6 x 150g	12.99	GV
TE121	Matcha Latte	6 x 150g	14.99	GV
	<b>THE CHICORY CO</b>			
TE728	Chicory Drink - Cocoa	6 x 125g	4.49	GV
TE589	Chicory Drink - Organic	6 x 100g	5.69	GOV
	<b>CONVENIENCE FOODS</b>			
	<b>ARTISAN GRAINS</b>			
VF080	Falafel - Beetroot & Chilli	6 x 150g	1.89	GV
VF213	Nut Roast - Cashew & Cranberry	6 x 200g	3.39	VG
	<b>FREE &amp; EASY</b>			
VF125	Bean Cassoulet - og	6 x 400g	3.19	GOV
VF116	Chickpea & Bean Tagine	6 x 400g	3.19	GOV
VF006	Chickpea / Vegetable Curry	6 x 400g	3.19	GOV
VF132	Middle Eastern Casserole	6 x 400g	3.19	GOV
VF141	Sweet Pot/Kale/Coconut Curry	6 x 400g	3.19	GOV
VF014	Three Bean Chilli - og	6 x 400g	3.19	GOV
VF127	Vegetable Balti - og	6 x 400g	3.19	GOV
VF128	Vegetable Hotpot - og	6 x 400g	3.19	GOV
	<b>FUTURE FARM</b>			
VF001	Future Tvna	6 x 150g	3.35	GV
	<b>GRANOVITA</b>			
VF036	Nut Luncheon	6 x 400g	2.99	GV
	<b>LOMA LINDA</b>			
VF035	Tuno - In Spring Water	12 x 142g	1.99	GV
VF246	Tuno - Mild Curry	12 x 142g	1.99	GV
VF026	Tuno - Thai Sweet Chilli	12 x 142g	1.99	GSV
VF022	Tuno Mayo	12 x 142g	1.99	GSV
	Ready Meals			
VF033	Jamaican Jerk Bowl	6 x 284g	3.99	GSV
VF027	Spicy Pad Thai	6 x 284g	3.99	GSV
VF013	Taco Filling	6 x 284g	3.99	GSV
VF028	Thai Green Curry	6 x 284g	3.99	GSV
VF016	Tikka Masala	6 x 284g	3.99	GSV
	<b>MARIGOLD</b>			
SY154	Tempeh - Cans	6 x 280g	3.65	GV
	<b>MERCHANT GOURMET</b>			
QS056	Brown, Red & Wild Rice	6 x 250g	2.40	GV
PU002	Puy Lentils	6 x 250g	2.85	GV
QS019	Red & White Quinoa	6 x 250g	2.85	GV
QS060	Sunblush Tomato & Basil Rice	6 x 250g	2.40	GV
PU005	Tomatoey French Lentils	6 x 250g	2.85	GV
	<b>CRISPS &amp; SNACKS</b>			
	<b>AMAIZIN</b>			
ZX254	Salsa Dip Hot	6 x 260g	2.65	GOSV
ZX249	Salsa Dip Mild	6 x 260g	2.65	GOSV
	<b>BOUNDLESS</b>			
	CHIPS			
ZX385	Chipotle & Lime Chips	10 x 80g	1.99	GSV
ZX394	Sea Salt & Cider Vinegar Chips	10 x 80g	1.99	GV
ZX395	Smoky Bacon Chips	10 x 80g	1.99	GSV
ZX396	Sour Cream & Onion Chips	10 x 80g	1.99	GSV
	NUTS & SEEDS			
ZX413	Orange & Maple Syrup Nuts&Seed	8 x 90g	3.15	GV
ZX414	Salt & Chilli Nuts & Seeds	16 x 25g	1.15	GV
ZX420	Smoky BBQ Nuts & Seeds	16 x 25g	1.15	GV
ZX405	Sweet Chilli Nuts & Seeds	8 x 90g	3.15	GV
	<b>BROWN BAG CRISPS</b>			
	Impulse			
ZX266	Lightly Salted	20 x 40g	0.89	GV
ZX268	Oak Smoked Chilli	20 x 40g	0.89	GSV
ZX206	Rosemary & Sea Salt	20 x 40g	0.89	GSV
ZX267	Sea Salt and Vinegar	20 x 40g	0.89	GS
ZX265	West Country Cheddar & Onion	20 x 40g	0.89	G
	Sharing			
ZX270	Lightly Salted	10 x 150g	2.69	GV
ZX108	Rosemary & Sea Salt	10 x 150g	2.69	GSV
	Vegetable Crisps			

code	product	size	rrp	bfgosv
ZX833	Vegetable Chips - Hand Cooked	15 x 40g	1.49	GV
<b>CLEARSPRING</b>				
BT026	Brown Rice Crackers	12 x 40g	2.29	GOV
BT033	Brown Rice Crackers	12 x 40g	2.29	GOV
BT053	Brown Rice Crackers Sesame	12 x 40g	2.29	GOV
BT129	Brown Rice Crackers-Blk Sesame	12 x 40g	2.29	GOV
ZX226	Tamari Roast Sicilian Almonds	15 x 30g	1.99	GOV
ZX207	Tamari Roasted Cashew Nuts	15 x 30g	1.99	GOV
ZX191	Tamari Roasted Pumpkin Seeds	15 x 30g	1.59	GOV
	Sea Veg			
JP073	Seaveg Crispies - Chilli	16 x 4g	1.29	GOV
JP082	Seaveg Crispies - Original	16 x 4g	1.29	GOV
JP035	Seaveg Crispies - Turmeric	16 x 4g	1.29	GOV
JP083	Seaveg Crispies Multipack-Orig	8 x 3 x 4g	2.99	GOV
JP085	Seaveg Crispies Multipk-Chilli	8 x 3 x 4g	2.99	GOV
<b>EAT REAL</b>				
	Hummus Chips - Impulse			
ZX198	Hummus Sour Cream Chips	12 x 45g	0.89	GSV
ZX161	Salted, Hummus Chips	12 x 45g	0.89	GV
ZX160	Tomato & Basil, Hummus Chips	12 x 45g	0.89	GSV
	Hummus Chips - Sharing			
ZX127	Creamy Dill, Hummus Chips	10 x 135g	2.19	GSV
ZX326	Hummus Sour Cream Chips	10 x 135g	2.19	GSV
ZX125	Lemon & Chilli, Hummus Chips	10 x 135g	2.19	GV
ZX124	Salted, Hummus Chips	10 x 135g	2.19	GV
ZX121	Tomato & Basil, Hummus Chips	10 x 135g	2.19	GSV
	Kale - Sharing			
ZX057	Veggie & Kale Straws	10 x 113g	2.48	GSV
	Lentil Chips - Impulse			
ZX169	Lentil Chilli & Lemon Chips	12 x 40g	0.89	GV
ZX170	Lentil Creamy Dill Chips	12 x 40g	0.89	GSV
ZX165	Lentil Sea Salted Chips	12 x 40g	0.89	GV
ZX168	Lentil Tomato & Basil Chips	12 x 40g	0.89	GSV
	Lentil Chips - Sharing			
ZX135	Lentil Chips Chilli Lemon	10 x 113g	2.19	GV
ZX883	Lentil Chips Creamy Dill	10 x 113g	2.19	GSV
ZX737	Lentil Chips Mango & Mint	10 x 113g	2.19	GSV
ZX128	Lentil Chips Sea Salt	10 x 113g	2.19	GV
ZX130	Lentil Chips Tomato Basil 113g	10 x 113g	2.19	GSV
	Multi Pack			
ZX027	Hummus, Lentil, Quinoa Multi	8 x 116g	3.19	GVS
	Organic - Sharing			
ZX215	Hummus Sea Salt Chips - Org	10 x 100g	2.79	GOV
ZX214	Lentil Sea Salt Chips - Org	10 x 100g	2.79	GOV
ZX213	Veggie Straws - Organic	10 x 100g	2.79	GOSV
	Quinoa Chips - Impulse			
ZX041	Quinoa Chilli & Lime Chips	12 x 30g	0.89	GSV
ZX007	Quinoa Cream & Chive Chips	12 x 30g	0.89	GSV
	Quinoa Chips - Sharing			
ZX315	Quinoa Chips Cream & Chives	10 x 80g	2.19	GSV
ZX314	Quinoa Chips Tomato & Garlic	10 x 80g	2.19	GSV
<b>EMILY CRISPS</b>				
ZX183	Rainbow Roots	12 x 30g	1.49	GV
ZX234	Sour Cream & Onion Thins	8 x 85g	1.99	GV
ZX235	Sour Cream & Onion Thins	24 x 23g	0.99	GV
ZX197	Veg Thins - Chipotle BBQ	8 x 85g	1.89	GV
<b>HENDERSON'S</b>				
ZX569	Hendo's	24 x 23g	0.85	GSV
ZX583	Hendo's	12 x 85g	1.99	GSV
<b>KETTLE CHIPS</b>				
	Sharing Bags			
ZX248	Lightly Salted	12 x 130g	3.35	GV
ZX427	Sheese & Red Onion	8 x 130g	3.35	GV
<b>LOVE CORN</b>				
ZX849	Crunchy Corn - BBQ	6 x 115g	2.29	GV
ZX957	Crunchy Corn - Cheese & Onion	6 x 115g	2.29	GV
ZX607	Crunchy Corn - Habanero	6 x 115g	2.29	GV
ZX852	Crunchy Corn - Salt & Vinegar	6 x 115g	2.29	GV
ZX608	Sea Salt	6 x 115g	2.29	G
<b>MR FILBERTS</b>				
	Mixed Nuts			
ZX694	Roasted Nuts & Plump Fruits	12 x 150g	3.95	GSV

code	product	size	rrp	bfgosv
ZX685	Valencia Orange & Belgium Choc	12 x 150g	3.95	GS
ZX691	Woodland Truffle & Wild Garlic	12 x 150g	3.95	GSV
<b>NAIRN'S</b>				
ZX335	Sea Salt & Rosemary Flatbread	6 x 150g	2.39	GS
ZX210	Snackers - Cheese	20 x 23g	0.69	G
<b>NUDIE SNACKS</b>				
ZX958	Cheese & Caramelised Onion	6 x 80g	2.25	GSV
ZX979	Katsu Curry Crisps	6 x 80g	2.25	GSV
<b>PIPERS CRISPS</b>				
Impulse Bag				
ZX292	Anglesey Sea Salt	24 x 40g	0.85	GV
ZX296	Cider Vinegar & Sea Salt	24 x 40g	0.85	GS
ZX297	Lye Cross Cheddar & Onion	24 x 40g	0.85	GS
ZX434	Wild Thyme & Rosemary Sharing Bag	24 x 40g	0.85	GSV
ZX291	Anglesey Sea Salt	15 x 150g	2.19	GV
ZX283	Cider Vinegar & Sea Salt	15 x 150g	2.19	GS
ZX289	Lye Cross Cheddar & Onion	15 x 150g	2.19	GS
ZX436	Wild Thyme & Rosemary	15 x 150g	2.19	GSV
<b>PROPERCHIPS</b>				
ZX725	Barbecue	24 x 20g	0.99	GSV
ZX521	Prawn Cocktail Chips	8 x 100g	1.79	GSV
ZX512	Salt & Vinegar Chips	24 x 20g	0.99	GSV
ZX726	Sea Salt	24 x 20g	0.99	GSV
ZX479	Sour Cream & Chive Chips	24 x 20g	0.99	GSV
ZX727	Sweet Sriracha Chilli Sharing Bag	24 x 20g	0.99	GSV
ZX426	Barbecue Chips	8 x 85g	2.29	GSV
ZX467	Salt & Vinegar Chips	8 x 85g	2.29	GSV
ZX430	Sea Salt Chips	8 x 85g	2.29	GSV
ZX451	Sour Cream & Chive Chips	8 x 85g	2.29	GSV
ZX474	Sriracha Chilli Chips	8 x 85g	2.29	GSV
<b>PROPERCORN</b>				
Sharing Bag				
ZX861	Popcorn - Lightly Sea Salted	8 x 70g	1.99	GV
ZX862	Popcorn - Salted Caramel	8 x 90g	1.95	GSV
ZX431	Popcorn - Sweet	8 x 90g	1.99	GSV
ZX860	Popcorn - Sweet & Salty	8 x 90g	1.95	GSV
ZX428	Popcorn - Sweet Cinnamon	8 x 90g	1.99	GSV
<b>PROPERCRISPS</b>				
ZX216	Cheese and Onion	8 x 100g	2.90	GSV
ZX217	Flame Grilled Steak	8 x 100g	2.90	GSV
ZX212	Thai Chilli	8 x 100g	2.90	GSV
<b>PURELY PLANTAIN</b>				
ZX244	Plantain Chip - Lemon Sea Salt	10 x 75g	1.99	GV
ZX961	Plantain Chips - Nice & Spicy	10 x 75g	1.99	GV
ZX959	Plantain Chips - Sea Salt	10 x 75g	1.99	GV
ZX960	Plantain Chips - Wild Garlic	10 x 75g	1.99	GV
ZX330	Sweet Treat	10 x 75g	1.99	GV
<b>TEN ACRE CRISPS</b>				
ZX618	BBQ Beef Flavour Crisps	10 x 135g	1.99	FGV
ZX040	Cheese & Onion Crisps	20 x 35g	0.85	GV
ZX611	Cheese & Onion Crisps	10 x 135g	1.99	FGV
ZX597	Cheesy Chilli Crisps	10 x 135g	1.99	GV
ZX617	Fried Chicken Flavour Crisps	10 x 135g	1.99	FGV
ZX605	Sea Salt Crisps	10 x 135g	1.99	FGV
ZX031	Sea Salted Crisps	20 x 35g	0.85	GV
ZX051	Ten Acre BBQ Beef Crisps	20 x 35g	0.85	GV
ZX054	Ten Acre Cheesy Chilli Crisps	20 x 35g	0.85	GV
ZX049	Ten Acre Fried Chicken Crisps	20 x 35g	0.85	GV
<b>TRAF0</b>				
Flips				
ZX359	Chickpea Flips Mild Curry	6 x 75g	2.95	GOV
ZX343	Pea Flips Lightly Salted	6 x 75g	2.95	GOV
ZX299	Rosemary Lentil Flips Popcorn	6 x 75g	2.95	GOV
ZX112	Caramel Popcorn Organic	6 x 50g	3.25	GOSV
ZX094	Salted Popcorn Organic	6 x 50g	3.25	GOV
ZX118	Sweet Popcorn Organic	6 x 50g	3.25	GOSV
<b>TYRRELLS</b>				
Potato Chips - Furrows Sharing				
ZX502	Sea Salt and Cider Vinegar	8 x 150g	2.85	GS

code	product	size	rrp	bfgosv
ZX907	Potato Chips - Impulse Cheddar Cheese and Chives Potato Chips - Sharing	24 x 40g	1.90	GS
ZX978	Black Truffle & Sea Salt	8 x 150g	2.79	GVS
ZX018	Cider Vinegar and Sea Salt	8 x 150g	2.79	GS
ZX022	Lightly Sea Salted	8 x 150g	2.79	GV
ZX024	Sea Salt & Black Pepper	8 x 150g	2.79	GV
ZX021	Sweet Chilli & Red Pepper	8 x 150g	2.79	GSV
ZX388	Vegetable Chips Mixed Roots	12 x 125g	3.99	GV
<b>DESSERTS</b>				
<b>SOJADE</b>				
SY099	Chocolate Soya Dessert	8 x 530g	1.89	GOSV
SY107	Vanilla Soya Dessert	8 x 530ml	1.95	GOSV
<b>DESSERTS &amp; PUDDINGS (CHILLED)</b>				
<b>ORIGIN KITCHEN</b>				
Creamed Cashew Desserts				
CV789	Chocolate Mousse	6 x 80g	2.65	GSV
CV780	Forest Berry Mousse	6 x 80g	2.65	GSV
CV778	Mango Passionfruit Pot	6 x 80g	2.65	GSV
<b>SOJADE</b>				
CV445	La Fraiche Creme	6 x 200g	2.10	GOV
<b>THE COCONUT COLLABORATIVE</b>				
CV507	Little Choc Pots	6 x 4 x 45g	3.50	GSV
CV511	Salted Caramel Pots	6 x 4 x 45g	3.50	GSV
CV464	Vanilla Rice Pudding	6 x 2 x 125g	3.55	GSV
<b>VRAI</b>				
CV627	Rice Pudding with Vanilla	12 x 110g	1.55	GOS
<b>DESSERTS, NON-DAIRY (FROZEN)</b>				
<b>BOOJA-BOOJA</b>				
110ml Tubs				
XL340	Mango & Raspberry Ice Cream	22 x 110ml	2.10	GOSV
465ml Tubs				
XL263	Caramel Pecan Ice Cream	6 x 465ml	5.69	GOSV
XL013	Choc Fudge Brownie Ice Cream	6 x 465ml	5.69	GOSV
XL259	Choc Salted Caramel Ice Cream	6 x 465ml	5.69	GOSV
XL002	Cookie Dough Ice Cream	6 x 465ml	5.69	GOSV
XL033	Deeply Chocolate Ice Cream	6 x 465ml	5.69	GOSV
XL023	Mango & Raspberry Ice Cream	6 x 465ml	5.69	GOSV
XL038	Vanilla Ice Cream	6 x 465ml	5.69	GOSV
<b>NATURLI'</b>				
Cones				
XL150	Salted Caramel Ice Cream Cones	8 x 4 x 130m	5.25	GSV
<b>DRINKS (CHILLED)</b>				
<b>AGUA DE MADRE</b>				
CV411	Apple Elderflower Water Kefir	12 x 330ml	3.35	GOSV
CV417	Blood Orange Water Kefir	12 x 330ml	3.35	GOSV
CV419	Culture Shot	12 x 60ml	3.50	GOSV
CV388	Lemon & Ginger Water Kefir	12 x 330ml	3.35	GOSV
CV399	Passion Fruit Kefir Water	12 x 330ml	3.35	GOSV
CV396	Pomegranate & Hibiscus Kefir	12 x 330ml	3.35	GOSV
<b>BIOTIFUL DAIRY</b>				
CV359	Baked Milk Drink	6 x 500ml	3.65	GO
CV361	Kefir Milk Drink	6 x 250ml	2.20	GO
CV342	Kefir Milk Drink	6 x 500ml	3.65	GO
CV092	Peach Kefir Drink	6 x 250ml	2.45	GO
CV438	Raspberry Kefir Drink	6 x 250ml	2.45	GO
Oat Kefir				
CV908	Mango Plant-Based Kefir	6 x 250ml	2.15	GV
CV906	Original Plant Based Kefir	6 x 250ml	2.15	GV
CV920	Original Plant-Based Kefir	6 x 500ml	3.80	CV
CV907	Strawberry Plant Based Kefir	6 x 250ml	2.15	GV
CV921	Vanilla Plant-Based Kefir	6 x 500ml	4.00	GV
<b>CALIFIA FARMS</b>				
CV826	Cold Brew Mocha	6 x 750ml	2.99	GSV
CV823	Unsweetened Almond Milk	6 x 750ml	2.50	GSV
<b>COCOS</b>				
CV482	Mango & Passionfruit Kefir	6 x 200ml	3.00	FGOV
CV898	Natural Coconut Milk Kefir	6 x 500ml	4.50	GOV



code	product	size	rrp	bfgosv
CV896	Strawberry Kefir	6 x 200ml	3.00	GOV
<b>FLAX &amp; KALE</b>				
CV193	African Mule Kombucha	6 x 400ml	3.25	GSV
CV160	Blue Dragon Lemon Kombucha	6 x 400ml	3.25	GSV
CV168	Blue Mojito Kombucha	6 x 400ml	3.25	GSV
CV185	Kombucola	6 x 400ml	3.25	GSV
CV163	Lemon Fantasy Kombucha	6 x 400ml	3.25	GSV
CV167	Orange Fantasy Kombucha	6 x 400ml	3.25	GSV
<b>KOKO DAIRY FREE</b>				
CV021	Koko Dairy Free Original	6 x 1l	2.15	GSV
<b>MOCKINGBIRD</b>				
Juices				
CV550	Raw Activate Juice	6 x 750ml	4.75	GV
CV514	Raw Pump Juice	6 x 750ml	4.75	GV
CV551	Raw Shield Juice	6 x 750ml	4.75	GV
Large Smoothies				
CV474	Raw Berry Smoothie	6 x 750ml	4.95	GV
CV473	Raw Greens Smoothie	6 x 750ml	4.95	GV
CV484	Raw Mango Smoothie	6 x 750ml	4.95	GV
<b>YEO VALLEY</b>				
CV558	Cherry Kefir Drink	6 x 500ml	2.49	OG
CV556	Mango & Passion Kefir Drink	6 x 500ml	2.49	GO
CV539	Natural Kefir Drink	6 x 500ml	2.49	GO
<b>FAR EASTERN FOOD</b>				
<b>CLEARSPRING</b>				
JP077	Brown&Wild Rice w/Tamari Sauce	5 x 250g	3.69	GOV
JP103	Teriyaki Sauce - Organic & GF	6 x 150ml	5.19	GOV
JP026	Tofu Silken	12 x 300g	2.29	GOV
Miso Products				
JP048	Creamy Sesame Miso Soup	8 x 4 x 15g	3.29	GOV
JP049	Ginger & Turmeric Miso Soup	8 x 4 x 15g	3.29	GOV
JP047	Hot & Spicy Miso Soup Paste	8 x 4 x 15g	3.29	GOV
Noodles				
JP056	All Buckwheat Soba Noodles	6 x 200g	4.49	GOV
JP053	Brown Rice Noodles - GF	10 x 200g	3.99	GOV
JP054	Brown Rice Wide Noodles - GF	5 x 200g	3.99	GOV
Soya Sauce				
JP130	Tamari Soy Sauce Double Strnth	6 x 150ml	3.99	GOV
JP501	Tamari Soya Sauce	6 x 500ml	1.49	GOV
JP098	Tamari Soya Sauce	6 x 150ml	2.99	GOV
JP099	Tamari Soya Sauce	6 x 250ml	3.99	GOV
JP001	Tamari Soya Sauce	2.5l	44.99	GOV
JP110	Tamari Soya Sauce	6 x 1l	18.99	GOV
JP029	Yaemon Tamari Soy Sauce	6 x 250ml	5.99	GOV
<b>KIKKOMAN</b>				
JP067	Tamari Gluten Free Soy Sauce	6 x 150ml	3.59	GV
JP136	Teriyaki Marinade	6 x 250ml	3.99	GSV
<b>KING SOBA</b>				
JP087	Brown Rice Paper	10 x 200g	2.89	GOV
WT002	Pho Noodles	12 x 250g	2.99	GOV
JP089	White Rice Paper	10 x 200g	2.89	GOV
<b>MEKHALA</b>				
VF234	Green Curry Paste	6 x 100g	4.39	GOV
VF241	Lemongrass Turmeric Paste	6 x 100g	4.39	GOV
VF238	Miso Ginger Paste	6 x 100g	4.39	GOV
VF235	Red Curry Paste	6 x 100g	4.39	GOV
VF237	Tom Yum Paste	6 x 100g	4.39	GOV
VF236	Yellow Curry Paste	6 x 100g	4.39	GOV
<b>MERIDIAN</b>				
JP309	Tamari	12 x 150ml	3.29	GV
JP310	Tamari	6 x 500ml	6.89	GV
<b>NOJO</b>				
JP121	Orange Poke Sauce	6 x 200ml	4.90	GV
JP095	Sesame Sauce	6 x 200ml	4.90	GV
JP143	Tahini Sauce	6 x 200ml	4.90	GV
JP081	Teriyaki Sauce	6 x 200ml	4.90	GV
JP106	White Miso Sauce	6 x 200ml	4.90	GV
JP142	Yuzu Sauce	6 x 200ml	6.39	GV
<b>THAI TASTE</b>				
VF174	Galangal	6 x 114g	1.99	GV
VF319	Green Curry Paste	6 x 114g	2.90	GV

code	product	size	rrp	bfgosv
VF171	Red Curry Paste	6 x 114g	2.90	GV
VF258	Sriracha Hot Chilli Sauce	6 x 435ml	2.69	GSV
VF199	Tamarind Paste	6 x 130g	1.99	GSV
VF159	Vegan 'Fish' Sauce	6 x 180ml	2.39	GSV
<b>YAKSO</b>				
JP012	Coconut Aminos	6 x 250ml	7.45	GOV
JP113	Tamari - organic	6 x 250ml	5.15	GVO
<b>FLAKES, BRANS &amp; WHEATGERM</b>				
<b>SUMA PREPACKS</b>				
Gluten Free				
FX046	Oats - Jumbo & Gluten Free	6 x 750g	3.75	GV
FX045	Oats - Porridge & Gluten Free	6 x 750g	3.75	GV
<b>SUMA PREPACKS - ORGANIC</b>				
Gluten Free				
FX042	Oats - Jumbo Gluten Free	6 x 750g	4.25	GOV
FX044	Oats - Porridge & Gluten Free	6 x 750g	4.25	GOV
<b>ALARA</b>				
FX026	Gluten Free Scottish Porridge	6 x 500g	4.39	GOV
<b>FLOURS &amp; BREAD MIXES</b>				
<b>AMISA</b>				
FG085	Chestnut Flour - Organic	6 x 350g	5.99	GOV
FG065	Chickpea Flour	6 x 400g	3.45	GOV
<b>CLEARSPRING</b>				
FG180	Breadcrumbs - Brown Rice, GF	12 x 250g	4.59	GOV
<b>DOVES FARM</b>				
FG097	Chickpea Flour	5 x 260g	2.85	GOV
FG039	GF Buckwheat Flour	5 x 1kg	5.25	GV
FG522	Gluten Free Brown Bread Flour	5 x 1kg	3.29	GV
FG700	Gluten Free Plain White Flour	5 x 1kg	3.15	GV
FG520	Gluten Free White Bread Flour	5 x 1kg	3.15	GV
FG096	OAT FLOUR	4 x 450g	4.45	GOV
FG047	Organic Coconut Flour	4 x 500g	3.95	GOV
FG117	Rice Flour	5 x 1kg	2.55	GV
FG116	Stoneground Gram Flour	5 x 1kg	3.19	GV
FG701	White Self Raising Flour GF	5 x 1kg	3.15	GV
<b>ORGRAN</b>				
Gluten Free Mixes				
FG061	Buckwheat Pancake Mix	8 x 375g	4.90	GV
<b>FRUIT - DRIED</b>				
<b>PLANTLIFE</b>				
DR075	Baby Bananas	7 x 325g	7.99	GOV
DR083	Cereal Killer	7 x 110g	5.89	GOV
DR076	Coconut Cubes	7 x 235g	8.59	GOV
DR085	Sour Cherries	7 x 100g	5.19	GOV
DR019	Sweet Apricot kernels	7 x 325g	13.29	GOV
<b>URBAN FRUIT</b>				
DR201	Gently Baked Pineapple	6 x 100g	2.85	GV
DR266	Gently Baked Strawberries	8 x 90g	2.39	GSV
Sharing				
DR192	Gently Baked Mango	6 x 100g	2.39	GV
Snacking				
DR263	Snack Pack - Mango	14 x 35g	1.90	GV
DR144	Snack Pack - Pineapple	14 x 35g	1.90	VG
DR002	Snack Pack - Strawberry	14 x 35g	1.90	GV
Tumbled				
DR009	Mango & Passionfruit	6 x 85g	2.85	GV
DR086	Pineapple & Coconut	6 x 85g	2.59	GV
<b>FRUIT &amp; VEGETABLE JUICES</b>				
<b>BERRY COMPANY</b>				
1L Tetrapack				
JU737	Acai with Raspberry & Yerba	12 x 1l	2.69	GV
JU055	Blueberry Juice	12 x 1l	2.69	GV
JU253	Cranberry Juice	12 x 1l	2.69	GV
JU063	Goji Berry Juice	12 x 1l	2.69	GV
JU061	Superberries Purple Juice	12 x 1l	2.69	GV
JU050	Superberries Red Juice	12 x 1l	2.69	GV
JU736	White Tea and Peach Juice	12 x 1l	2.69	GV
<b>FLAWSOME!</b>				
Not from concentrate juices				

code	product	size	rrp	bfgosv
JU825	Apple & Strawberry Juice	12 x 250ml	2.25	GV
JU820	Orange Juice	12 x 250ml	2.49	GV
JU821	Sweet & Sour Apple Juice	12 x 250ml	2.25	GV
	<b>JAMES WHITE</b>			
	Tetrapack 1L			
JU391	British Carrot Juice	8 x 1l	3.69	FGVB
	<b>ZINGER</b>			
	Zinger Health Shots			
JU264	Sour Cherry Zinger Shot	15 x 70ml	1.79	GV
	<b>FRUIT (FROZEN)</b>			
	<b>NATURAL COOL</b>			
XL142	Organic Berry Mix	10 x 300g	4.85	GOV
XL145	Organic Blueberries	10 x 300g	4.70	GOV
XL179	Organic Raspberries	10 x 300g	7.20	GOV
XL182	Organic Sour Cherries	10 x 300g	4.40	GOV
XL180	Organic Strawberries	10 x 300g	4.65	GOV
	<b>GRAINS</b>			
	<b>MR ORGANIC</b>			
QS020	Red Lentil Rice	12 x 250g	3.69	GOV
	<b>GRAVY, STOCK &amp; BOUILLON</b>			
	<b>SUMA ORGANIC</b>			
LJ650	Organic Bouillon	12 x 150g	2.65	GOV
	<b>FREE &amp; EASY</b>			
LJ008	Gravy Sauce Mix	6 x 130g	2.19	GV
	<b>KALLO</b>			
LJ102	French Onion Stock Cubes	15 x 66g	1.65	GOVS
LJ103	Garlic & Herb Stock Cubes	15 x 66g	1.65	GOVS
LJ171	Low Salt Vegetable Stock Cubes	15 x 60g	1.99	GOVS
LJ122	Mushroom Stock Cubes	15 x 66g	1.65	GOVS
LJ101	Tomato & Herb Stock Cubes	15 x 66g	1.65	GOVS
LJ205	Umami Stock Cubes	15 x 66g	1.85	GOV
LJ120	Vegetable Stock Cubes	15 x 66g	1.65	GOV
LJ147	Yeast Free Veg. Stock Cubes	15 x 66g	1.95	GV
	<b>MARIGOLD</b>			
LJ211	Bouillon Cubes	12 x 8	1.49	GOV
LJ043	Bouillon Powder	6 x 150g	2.55	GV
LJ044	Bouillon Powder	6 x 500g	6.89	GV
LJ073	Bouillon Powder - Organic	6 x 150g	2.55	GOV
LJ238	Bouillon Powder - Organic	6 x 500g	7.75	GOV
LJ070	Bouillon Powder - Reduced Salt	6 x 150g	2.45	GV
LJ237	Bouillon Powder - Reduced Salt	6 x 500g	7.39	GV
LJ178	Bouillon Reduced Salt	1 x 2kg	22.49	FGV
LJ195	Gravy Granules - Instant	1 x 2kg	16.99	GV
LJ062	Gravy Granules - Instant	6 x 170g	1.95	GSV
LJ208	Organic Bouillon	1 x 2kg	23.49	FGOV
LJ074	Organic Bouillon Reduced Salt	6 x 140g	2.79	GOV
LJ253	Organic Reduced Salt Bouillon	1 x 2kg	4.65	FGOV
LJ139	Original Bouillon	1 x 2kg	21.75	FGV
LJ321	Yeast Free Bouillon Stock Cube	12 x 84g	1.49	GOV
	<b>HERB &amp; FRUIT TEA INFUSIONS</b>			
	<b>BOS</b>			
TE241	Rooibos - Apple & Mint	12 x 20 bags	3.89	FGOV
TE281	Rooibos - Chai	12 x 20 bags	3.89	FGOV
TE242	Rooibos - Orange & Ginger	12 x 20 bags	3.89	FGOV
TE261	Rooibos - Strawberry & Vanilla	12 x 20 bags	3.89	FGOV
	<b>CLIPPER</b>			
	Everyday Infusions			
TE035	Indian Chai	4 x 20 bags	2.99	FGOV
	<b>HEATH AND HEATHER</b>			
	Botanicals			
TE594	Turmeric Root Brew	6 x 20 bags	3.55	GOV
	<b>LOVE CBD</b>			
TE456	Hemp Tea	12 x 10 bags	5.99	GV
	<b>PUKKA</b>			
TE058	Turmeric Active	4 x 20 bags	5.90	GOV
	<b>YOGI TEA</b>			
TE593	Alkaline Herbs	6 x 17 bags	2.75	GOV
TE167	Ashwagandha Balance Tea	6 x 17g	2.79	GSV
TE630	Feel Pure with Lemon	6 x 17 bags	2.75	GOV

code	product	size	rrp	bfgovs
TE591	Finest Selection	6 x 18 bags	2.99	GOV
TE181	Mental Clarity Tea	6 x 17g	2.79	GSV
TE006	Star Salutation For The Senses	6 x 17 bags	2.75	GOV
TE615	Good Night	6 x 17 bags	2.75	GOV
TE263	Natural Energy	6 x 17 bags	2.75	GOV
TE129	Natural Wellbeing	6 x 17 bags	2.75	GOV
TE610	Pure Happiness	6 x 17 bags	2.75	GOV

## HERBS & SPICES - PREPACKED

### TARANTELLA

HE085	Liquid Basil	12 x 40ml	2.59	GOV
HE067	Liquid Chilli	12 x 40ml	2.59	GOV
HE102	Liquid Garlic	12 x 40ml	2.59	GOV
HE109	Liquid Ginger	12 x 40ml	2.59	GOV
HE072	Liquid Thyme	12 x 40ml	2.59	GOV

### HONEY

#### HILLTOP HONEY

HY076	Organic Blossom Honey	6 x 340g	4.25	GO
-------	-----------------------	----------	------	----

#### WAINWRIGHT'S

HY007	Ukrainian Sunflower Honey	6 x 380g	4.75	GB
-------	---------------------------	----------	------	----

## HOUSEHOLD CLEANING PRODUCTS

### ECOZONE

HJ044	Solutions Appliance Descaler	12 x 500ml	5.49	GV
-------	---------------------------------	------------	------	----

### INDIAN FOOD

#### MERIDIAN

VF019	Korma Sauce	6 x 350g	2.89	GSV
VF025	Tikka Masala Sauce	6 x 350g	2.89	GSV

#### PATAKS

	Curry Pastes			
KJ222	Korma Curry Paste	6 x 290g	3.99	GV
KJ054	Madras Curry Paste	6 x 283g	3.99	GV
KJ152	Rogan Josh Curry Paste	6 x 283g	3.99	GSV
KJ246	Tikka Masala Curry Paste	6 x 283g	3.99	GSV
KJ059	Vindaloo Curry Paste	6 x 283g	3.99	GV
	Pickles			
KJ041	Chilli Pickle	6 x 283g	3.39	GV
KJ047	Mango Pickle - Medium	6 x 283g	3.39	GV
KJ049	Mixed Pickle	6 x 283g	3.39	GV

#### PUNJABAN

KJ316	Jalfrezi Curry Sauce	6 x 350g	3.89	GV
KJ317	Korma Curry Sauce	6 x 350g	3.89	GV
	Bases (Sauce Concentrate)			
KJ374	Authentic Curry Base - Medium	6 x 350g	3.89	GV
KJ373	Authentic Curry Base - Mild	6 x 350g	3.89	GV
KJ379	Butter 'Chicken' Base	6 x 350g	3.89	GV
KJ383	Tasty Tamarind Curry Base	6 x 350g	3.89	GV
KJ083	Tikka Masala Curry Base Sauce	6 x 350g	3.89	GV

## JAMS & FRUIT SPREADS

### ST DALFOUR

JS002	Apple & Cinnamon Spread	6 x 284g	2.99	GV
JS051	Apricot Spread	6 x 284g	2.99	GV
JS064	Black Cherry Spread	6 x 284g	2.99	GV
JS063	Blackberry Spread	6 x 284g	2.99	GV
JS062	Blackcurrant Spread	6 x 284g	2.99	GV
JS009	Cranberry & Blueberry	6 x 284g	2.99	GV
JS068	Fig Spread	6 x 284g	2.99	GV
JS067	Four Fruits Spread	6 x 284g	2.99	GV
JS007	Lemon & Lime Spread	6 x 284g	2.99	GV
JS003	Mango & Passion Fruit Spread	6 x 284g	2.99	GV
JS066	Mirabelle Plum Spread	6 x 284g	2.99	GV
JS120	Orange and Ginger Spread	6 x 284g	2.99	GV
JS046	Raspberry & Pomegranate Spread	6 x 284g	2.99	GV
JS049	Raspberry Spread	6 x 284g	2.99	GV
JS004	Strawberry & Rhubarb Spread	6 x 284g	2.99	GV
JS050	Strawberry Spread	6 x 284g	2.99	GV
JS061	Thick Cut Orange Spread	6 x 284g	2.99	GV
JS060	Wild Blueberry Spread	6 x 284g	2.99	GV

code	product	size	rrp	bfgosv
<b>JUICE CONCENTRATES &amp; CORDIALS</b>				
<b>BELVOIR</b>				
JU234	Blueberry Blackcurrant Cordial	6 x 500ml	5.79	GSV
JU516	Elderflower & Rose Cordial	6 x 500ml	5.79	GSV
JU578	Elderflower Cordial	6 x 500ml	5.79	GSV
JU577	Ginger Cordial	6 x 500ml	5.79	GSV
JU197	Honey, Lemon & Ginger Cordial	6 x 500ml	5.79	GS
JU275	Organic Elderflower Cordial	6 x 500ml	6.39	GOSV
JU276	Organic Ginger Cordial	6 x 500ml	6.39	GOSV
JU355	Organic Lemon & Mint Cordial	6 x 500ml	6.39	GOSV
JU043	Raspberry & Lemon Cordial Family Size	6 x 500ml	5.79	GV
JU339	Blackcurrant Cordial	6 x 750ml	6.69	GSV
JU338	Orange Cordial	6 x 750ml	6.69	GSV
<b>MARGARINES &amp; SPREADS (CHILLED)</b>				
<b>KOKO DAIRY FREE</b>				
CV317	Koko Dairy Free Spread	8 x 500ml	2.19	GV
<b>NATURLI'</b>				
CV879	Spreadable Vegan Butter	24 x 225g	2.20	GOV
CV735	Spreadable Vegan Butter	16 x 450g	4.25	GOV
CV880	Vegan Butter Block	15 x 200g	2.10	GOV
<b>MAYONNAISE &amp; SALAD DRESSINGS</b>				
<b>DINE</b>				
KJ164	Hollandaise Sauce	6 x 180g	2.99	G
<b>HUNTER AND GATHER</b>				
KJ332	Egg Free Olive Oil Mayo	6 x 250g	5.99	GV
<b>INSPIRED VEGAN</b>				
KJ270	Vegan Hollandaise Style Sauce	6 x 205g	2.39	GSV
KJ048	Vegan Honei Mustard Dressing	6 x 265g	3.19	GSV
KJ271	Vegan Horseradish Sauce	6 x 210g	2.69	GSV
KJ245	Vegan Marie Rose Sauce	6 x 210g	2.39	GSV
KJ261	Vegan Tartare Sauce	6 x 210g	2.69	GSV
<b>RUBIES IN THE RUBBLE</b>				
KJ118	Plant Based Mayo - Chilli	8 x 285ml	3.59	GSV
KJ241	Plant Based Mayo - Garlic	8 x 285ml	3.59	GSV
<b>MEAT FREE ALTERNATIVES(FROZEN)</b>				
<b>BEYOND MEAT</b>				
XL053	Burgers	8 x 226g	5.20	GV
XL091	Meatballs	8 x 200g	5.20	GV
XL088	Mince	8 x 300g	5.20	GV
XL063	Sausages	10 x 200g	5.20	GV
<b>FRYS</b>				
XL363	Mini Kiev's	12 x 300g	4.50	GV
<b>NATURLI'</b>				
XL065	Schnitzel	8 x 300g	4.65	GV
XL101	'Shape Me' Vegan Mince	8 x 300g	4.65	GV
XL071	Vegan Balls	8 x 300g	3.95	GV
<b>STRONG ROOTS</b>				
XL213	Pumpkin & Spinach Burgers	12 x 300g	4.10	GV
XL218	Spinach Bites	12 x 308g	4.10	GV
<b>MEATLESS SUBSTITUTES (CHILLED)</b>				
<b>BONSAN</b>				
CV837	Kofu Fishfree fillet	5 x 150g	4.50	GOSV
<b>FLORENTIN</b>				
CV950	Corn Falafel	6 x 240g	4.80	GOV
CV930	Falafel	6 x 240g	4.55	GOV
CV571	Sweet Potato Falafel	6 x 240g	4.55	GOV
CV944	Tamruc Falafel	6 x 240g	4.70	GOV
<b>HEURA</b>				
Minimum 5 days shelf life				
CV142	Chorizo	6 x 216g	4.30	GV
CV115	Mediterranean Chunks	6 x 160g	4.25	GV
CV119	Original Burger	6 x 227g	4.60	GV
CV116	Original Chunks	6 x 160g	4.20	GV
CV124	Original Nuggets	6 x 180g	3.85	GV
CV128	Original Sausages	6 x 216g	4.15	GV

code	product	size	rrp	bfgosv
<b>MIDDLE EASTERN &amp; AFRICAN FOOD</b>				
<b>AL'FEZ</b>				
KJ548	Apricot & Coriander Sauce 450g	6 x 450g	3.15	GV
KJ190	Moroccan Style Tagine Sauce	6 x 450g	2.79	GV
KJ243	Smoky Harissa Tagine Sauce	6 x 450g	2.79	GV
<b>AMISA</b>				
KJ105	Falafel Mix	6 x 160g	2.75	GOV
<b>MILK - NON DAIRY</b>				
<b>ALPRO</b>				
TE004	Almond Barista	12 x 1l	2.95	GSV
SY050	Organic Soya Drink	8 x 1l	2.90	GOV
<b>BLUE DIAMOND</b>				
SY101	Almond Breeze - Barista Blend	8 x 1l	2.99	GV
SY061	Almond Breeze - Original	8 x 1l	2.29	GSV
SY066	Almond Breeze - Unsweetened	8 x 1l	2.29	GV
<b>DUG</b>				
SY134	Potato Milk - Barista	8 x 1l	2.15	GV
SY127	Potato Milk - Original	6 x 1l	2.15	GV
<b>ECOMIL</b>				
SY247	Almond Drink Classic Low Sugar	6 x 1l	2.49	GOSV
SY012	Almond Drink Powder	6 x 400g	13.99	GOV
SY248	Coconut Drink Sugar Free	6 x 1l	2.49	GOV
SY030	Cuisine - Almond Cream	24 x 200ml	1.59	GOV
SY137	Cuisine - Cashew Cream	24 x 200ml	1.59	GOV
<b>FOOD HEAVEN</b>				
SY245	Chocolate Whipped Spray Cream	12 x 200ml	2.75	GSV
SY168	Heavenly Whipped Spray Cream	12 x 200ml	2.49	GSV
<b>GAIA'S FARMING CO</b>				
SY123	Hemp & Coco Chocolate M*lk	8 x 330ml	2.50	GV
<b>GLEBE FARM</b>				
SY165	Almond Drink Barista	6 x 1l	2.79	FGV
SY164	Coconut Drink Barista	6 x 1l	2.49	FGV
SY140	Pure Oaty Barista Drink	6 x 1l	2.39	GV
SY162	Pureoaty Creamy and enriched	6 x 1l	2.39	GV
SY161	PureOaty Organic Barista	6 x 1lT	2.59	GOV
<b>KOKO DAIRY FREE</b>				
SY149	Barista Coconut Milk Drink	6 x 1l	2.25	GSV
SY038	Coconut Milk Drink	12 x 1l	2.15	GSV
SY122	Coconut Milk Drink Unsweetened	6 x 1l	2.15	GV
SY020	Koko Kids Milk Alternative	6 x 1l	2.25	GSV
<b>ODDLY GOOD</b>				
SY256	Barista Oat Drink	6 x 1l	2.20	GV
SY210	Salted Caramel Barista Oat	10 x 1l	2.75	GSV
SY255	Vanilla Barista Oat Drink	10 x 1l	2.75	GSV
<b>PLAMIL</b>				
SY009	Organic Soya Milk Heritage	8 x 1l	2.80	VOG
<b>PLENISH</b>				
SY206	Oat Barista - Organic	6 x 1l	2.65	GOV
SY170	Oat M*lk - Gluten Free	8 x 1l	2.59	GOV
<b>REBEL KITCHEN</b>				
SY214	Dairy Free Whole Mylk	8 x 1l	2.55	GOV
<b>RUDE HEALTH FOODS</b>				
SY052	Almond Drink - No Sugars	6 x 1l	2.69	GOV
SY129	Almond Drink - Organic	6 x 1l	2.69	GOV
SY004	Almond Drink - Organic	10 x 250ml	1.65	GOV
SY230	Barista Almond	6 x 1l	2.49	GV
SY231	Barista Coconut	6 x 1l	2.49	GV
SY232	Barista Oat	6 x 1l	2.00	GV
SY233	Barista Soya	6 x 1l	2.00	GOV
SY130	Brown Rice Drink - Organic	6 x 1l	2.49	GOV
SY085	Cashew Drink - Organic	6 x 1l	3.50	GOV
SY044	Coconut Drink Organic	6 x 1l	2.99	GOV
SY148	Hazelnut Drink - Organic	6 x 1l	2.99	GOV
SY054	Oat Drink - No Sugars	6 x 1l	2.50	GOV
SY037	Oat Drink - Organic	6 x 1l	2.49	GOV
SY194	Organic Soya Drink	6 x 1l	2.29	GOV
SY117	Tiger Nut Drink Organic	6 x 1l	2.99	GOV
SY159	Ultimate Almond Milk - Organic	6 x 1l	3.85	GOV
<b>SOJADE</b>				
SY018	Soya Drink - Mild Sweetened	8 x 1l	2.45	GOV
SY016	Soya Drink - Unsweetened	8 x 1l	2.19	GOV

code	product	size	rrp	bfgosv
SY023	Vanilla Soya Drink	8 x 1l	2.69	GOV
<b>SPROUD</b>				
SY217	Iced Coffee - Original	15 x 250ml	1.99	FGV
SY218	Salted Caramel Vegan Ice Latte	15 x 250ml	1.99	FGSV
SY069	Sproud Barista	6 x 1l	2.45	GSV
SY057	Sproud Original	6 x 1l	2.45	GSV
<b>THE BRIDGE</b>				
SY160	Coconut Drink	12 x 1l	2.45	GOV
SY487	Rice Drink - Original	6 x 1l	2.15	GOV
SY452	Rice Drink + Almond	6 x 1l	2.49	GOV
SY008	Rice Drink + Coconut Cooking Cream	12 x 1l	2.65	GOV
SY188	Coconut Cream - Organic	10 x 200ml	1.55	GOV
SY186	Soya Cream - Organic	10 x 200ml	1.19	GOV
<b>THE COCONUT COMPANY</b>				
SY116	Coconut Milk Powder - Organic	12 x 250g	6.99	GOV
<b>NUT &amp; SEED BUTTERS</b>				
<b>COCONUT MERCHANT</b>				
GH076	Coconut Butter	12 x 300g	5.99	GOV
<b>SUNITA</b>				
GH159	Black Tahini	6 x 170g	2.99	GOV
<b>WHOLE EARTH</b>				
GH091	Peanut Butter - smooth organic	6 x 227g	3.59	GOV
GH090	Peanut Butter -crunchy organic	6 x 227g	3.59	GOV
GH113	Peanut Butter -smooth original	2 x 1kg	8.19	GV
GH084	Peanut Butter -smooth original	6 x 340g	3.95	GV
GH151	Peanut Butter-100% Nuts,Crunch	6 x 227g	3.45	GOV
GH115	Peanut Butter-crunchy original	2 x 1kg	8.19	GV
GH082	Peanut Butter-crunchy original	6 x 340g	3.95	GV
<b>OILS &amp; FATS</b>				
<b>CLEARSPRING</b>				
GT054	Coconut Oil	6 x 200g	4.59	GOV
GT055	Coconut Oil	6 x 400g	8.65	GOV
GT037	Sesame Oil organic	6 x 1l	15.49	GOV
<b>HUNTER AND GATHER</b>				
GT057	Extra Virgin Avocado Oil	6 x 250ml	7.29	GV
<b>MONINI</b>				
GT064	Black Truffle Flavoured Oil	6 x 250ml	6.39	GV
GT011	White Truffle Flavoured Oil	6 x 250ml	6.39	GV
<b>OLIVES</b>				
<b>BIONA</b>				
KJ349	Black Olives in Brine	5 x 280g	3.45	GOSV
KJ345	Green Olives in Brine	5 x 280g	3.35	GOVS
<b>MANI</b>				
KJ425	Og Kalamata Olives in OliveOil	6 x 280g	5.49	GOV
<b>PASTA</b>				
<b>SUMA ORGANIC</b>				
Gluten Free				
WT011	Brown Rice Fusilli Gluten Free	8 x 500g	3.25	GOV
WT013	Brown Rice Penne Gluten Free	8 x 500g	3.25	GOV
WT089	Casareece Oat Pasta Glutenfree	12 x 340g	2.99	GOV
WT008	Corn Rice Fusilli Gluten Free	8 x 500g	2.89	GOV
WT009	Corn Rice Penne Gluten Free	8 x 500g	2.89	GOV
WT077	Oat Linguine Gluten Free	12 x 340g	3.19	GOV
WT073	Rigatoni Oat Pasta	12 x 340g	2.99	GOV
<b>BARENAKED</b>				
WT162	Barenaked Noodles	6 x 250g	2.45	GV
WT163	Barenaked Rice	6 x 250g	2.45	GV
WT172	Barenaked Spaghetti	6 x 250g	2.45	GV
WT004	Protein Noodles	6 x 250g	2.45	GV
<b>CIEMME</b>				
WT136	OG Gluten Free Gnocchi Plain	12 x 400g	4.29	GOV
<b>CLEARSPRING</b>				
WT148	Brown Rice Penne - Gluten Free	8 x 250g	3.90	GOV
WT052	Gluten Free Buckwheat Pasta	8 x 250g	3.90	GOV
WT149	Green Pea & Quinoa Fusilli	8 x 250g	3.49	GOV
WT150	Red Lentil & Brown Rice Pasta	8 x 250g	3.49	GOV
<b>DIFATTI</b>				
WT015	Gluten Free Egg Tagliatelle	6 x 250g	3.99	G

code	product	size	rrp	bfgosv
WT151	Gnocchi - Gluten Free	10 x 250g	2.39	GV
WT033	Gnocchi - Pumpkin & Quinoa GF	12 x 250g	2.65	GV
WT153	Spinach Gnocchi - gluten free	10 x 250g	2.39	GV
<b>DOVES FARM</b>				
WT038	Organic Brown Rice Fusilli	8 x 500g	4.19	GOV
WT047	Organic Brown Rice Penne Pasta	8 x 500g	4.19	GOV
WT036	Organic Brown Rice Spaghetti	12 x 500g	4.19	GOV
WT133	Organic Buckwheat Pasta	8 x 500g	4.99	GOV
WT167	Organic Green Pea Penne Pasta	6 x 250g	3.39	GOV
WT165	Organic Maize and Rice Lasagne	6 x 250g	3.29	GOV
WT051	Organic Maize/Rice Fusilli	8 x 500g	3.39	GOV
WT039	Organic Maize/Rice Penne Pasta	8 x 500g	3.39	GOV
WT053	Organic Maize/Rice Spaghetti	12 x 500g	3.39	GOV
WT135	Organic Multigrain Pasta	8 x 500g	4.19	GOV
WT166	Organic Red Lentil Penne Pasta	6 x 250g	3.39	GOV
<b>EXPLORE CUISINE</b>				
WT113	Black Bean Spaghetti	6 x 200g	4.90	GOV
WT145	Chickpea Fusilli	6 x 250g	4.90	GOV
WT093	Edamame & Mung Bean Fettuccine	6 x 200g	4.90	GOV
WT114	Edamame Bean Spaghetti	6 x 200g	4.90	GOV
WT143	Green Lentil Penne	6 x 250g	4.90	GOV
<b>LA BUONA VITA</b>				
WT027	Gluten Free Fusilli	10 x 400g	2.99	GV
WT056	Gluten Free Lasagne Sheets	12 x 250g	2.89	GV
WT026	Gluten Free Penne Pasta	12 x 400g	2.89	GV
WT028	Gluten Free Spaghetti	12 x 400g	2.89	GV
<b>MAIDEA</b>				
WT007	Pacheri	10 x 250g	3.75	GV
WT010	Tagliatelle	12 x 250g	3.75	GV
<b>ORGRAN</b>				
WT078	Buckwheat Pasta Spirals	5 x 350g	3.19	GV
WT105	Corn & Veg Penne	5 x 350g	3.19	GV
WT006	Garden Veggies Penne	5 x 350g	3.19	GV
WT005	Garden Veggies Spirals	5 x 350g	3.19	GV
WT109	Rice & Corn Macaroni	5 x 350g	3.19	GV
WT080	Vegetable Rice Spirals	5 x 350g	3.19	GV
<b>PROFUSION</b>				
WT130	Chickpea Fusilli	8 x 250g	3.35	GOV
WT129	Red Lentil Fusilli	8 x 250g	3.45	GOV
<b>PASTA (CHILLED)</b>				
<b>SUNNY &amp; LUNA</b>				
CV213	Cauliflower Gnocchi	8 x 350g	5.35	GV
CV041	Spinach Gnocchi	8 x 350g	5.35	GV
<b>PASTA SAUCES &amp; PESTOS</b>				
<b>MR ORGANIC</b>				
KJ328	Chilli & Garlic Pesto	6 x 130g	2.29	GOV
VF106	Parmagiana Sauce	6 x 350ml	3.29	GOV
<b>MUTTI</b>				
VF008	Bolognese Sauce	6 x 400g	3.59	GV
VF271	Vegan Bolognese	6 x 400g	3.95	GV
<b>ZEST</b>				
KJ314	Red Pesto	6 x 165g	3.49	GV
VF256	Tomato&Mascarpone Pasta Sauce	6 x 340g	3.15	GV
<b>PATE</b>				
<b>GRANOVITA</b>				
GH143	Mushroom Pate	12 x 125g	1.99	GV
GH015	Olive Pate	12 x 125g	1.99	GV
GH168	Spicy Mexican Pate - organic	12 x 200g	3.35	GOV
GH144	Vegetable Pate	12 x 125g	1.99	GV
<b>TARTEX</b>				
GH001	Classic Pate - og	12 x 200g	3.85	GOV
<b>PATES, DIPS &amp; TAPAS (CHILLED)</b>				
<b>DELPHI FOODS</b>				
CV352	Tzatziki	6 x 170g	1.35	G
	Houmous			
CV349	Avocado Houmous	6 x 150g	2.40	GV
CV347	Smoky Red Lentil Houmous	6 x 170g	1.50	GV
<b>FLORENTIN</b>				
CV951	Baba Ganoush	6 x 170g	3.50	GOSV



code	product	size	rrp	bfgo
CV931	Houmous	6 x 200g	3.80	GOV
CV526	Houmous Extra with Pinenuts	6 x 200g	3.70	GOV
<b>THE REAL OLIVE COMPANY</b>				
CV538	Chilli, Cumin & Garlic Olives	6 x 150g	3.10	GOV
CV554	Kalamata Olives	12 x 210g	3.45	GOV
CV549	Nocellara Del Belice Olives	12 x 210g	3.45	GOV
<b>PET FOODS &amp; PET CARE</b>				
<b>DENZEL'S</b>				
PF037	Seasonal Treats Christmas Dog Chew Gingerbread	10 x 75g	1.99	GV
<b>PICKLES, CHUTNEYS &amp; MUSTARDS</b>				
<b>SHAWS</b>				
KJ175	Beetroot & Horseradish Chutney	6 x 290g	2.55	GSV
KJ174	Caramelised Red Onion Chutney	6 x 195g	2.55	GSV
KJ185	Fig & Honey Chutney	6 x 195g	2.55	GS
KJ028	Mango Chutney - Chunky	6 x 300g	1.79	GSV
KJ179	Piccalilli	6 x 280g	2.55	GSV
<b>READY MEALS (FROZEN)</b>				
<b>BEYOND MEAT</b>				
XL015	Chilli Non Carne	6 x 350g	3.79	GSV
XL366	Keema Curry	6 x 350g	3.79	GSV
<b>CLIVE'S</b>				
XL030	Gluten Free Pies Chickpea Tagine Pie	6 x 235g	4.10	GOSV
XL028	French Cassoulet Pie	6 x 235g	4.10	GOSV
XL114	Mushroom & Leek Pie	6 x 235g	4.10	GOV
XL308	Saag Aloo GF Pie	6 x 235g	4.10	GOV
XL338	Nut Roasts Organic Nut Roast	6 x 280g	6.40	GOSV
XL323	Tarts Bombay Curry Tart	6 x 195g	4.00	GOSV
XL336	Tomato and Olive Tart	6 x 195g	4.00	GOSV
<b>GOODLIFE</b>				
XL265	Falafel	6 x 280g	3.45	GV
<b>NATURLI'</b>				
XL312	Falafel	8 x 325g	4.95	GV
<b>STRONG ROOTS</b>				
XL301	Thai Green Vegetable Curry	9 x 350g	4.50	GV
XL287	Veggie Masala	9 x 350g	4.50	GV
WL294	White Bean and Lentil Stew	9 x 350g	4.50	GV
<b>READY TO EAT FOODS (CHILLED)</b>				
<b>EATEN ALIVE</b>				
CV090	Classic Kraut	8 x 375g	5.99	GV
CV078	Massive Classic Kimchi	6 x 775g	12.49	GV
CV081	Massive Pickled Cucumbers	6 x 775g	1.99	GV
<b>LOVING FOODS</b>				
CV801	Raw, Organic, Vegan & UK made Classic Sauerkraut	6 x 475g	6.45	GOV
CV316	Hot 'N' Smoky Kimchi	6 x 475g	6.85	GOV
CV802	Kimchi	6 x 475g	6.85	GOV
CV928	Ruby Beetroot Kraut	6 x 475g	6.85	GOV
CV929	Sauerkraut with Caraway	6 x 475g	6.85	GOV
CV314	Spicy Cortido Kraut	6 x 475g	6.85	GOV
CV803	Turmeric & Black Pepper Kimchi	6 x 475g	6.85	GOV
<b>SALT &amp; SEASONINGS</b>				
<b>LOSALT</b>				
LJ089	LoSalt Sodium Reduced Salt	6 x 350g	3.90	GV
<b>MARIGOLD</b>				
LJ444	Liquid Aminos	6 x 250ml	3.99	GV
<b>SAUSAGES &amp; BURGERS (FROZEN)</b>				
<b>FRYS</b>				
XL360	Rice Protein & Quinoa Burgers	6 x 320g	4.50	GV
<b>NATURLI'</b>				
XL078	Vegan Burger	8 x 320g	4.45	GV
XL086	Vegan Sausages	8 x 300g	4.65	GV

code	product	size	rrp	bfgosv
	<b>SEA VEGETABLES</b>			
	<b>I SEA</b>			
LJ135	Seaweed Chips	12 x 135g	2.99	GV
	<b>OCEAN'S HALO</b>			
HE046	Korean BBQ Seaweed	12 x 4g	0.99	GV
	<b>SNACK BARS &amp; FLAPJACKS</b>			
	<b>ADONIS</b>			
	Keto Bar			
KB379	Keto Chocolate Orange Bar	16 x 35g	1.79	GV
KB351	Keto Pecan, Hazelnut & Cocoa	16 x 35g	1.79	GV
KB371	Keto Vanilla & Coconut Bar	16 x 35g	1.79	GV
	<b>BEAR</b>			
KB542	Carrot Cake Bars - Multipack	12 x 4 x 27g	2.51	GV
KB519	Forest Fruit Bars - Multipack	12 x 4 x 27g	2.51	GV
	<b>B'GOOD</b>			
KB646	Apricot & Almond	16 x 45g	0.79	GS
KB650	Peanut & Chocolate	16 x 45g	0.79	GS
KB664	Peanut & Salted Caramel	16 x 45g	0.79	GS
	Utterly Nutty			
KB638	Dark Chocolate& Sea Salt	16 x 40g	0.79	GS
KB643	Peanut Butter & Dark Chocolate	16 x 40g	0.79	GS
	<b>BOUNCE</b>			
	Dipped			
KB598	Dipped Choc Brownie Protein	12 x 40g	2.90	GSV
KB600	Dipped Hazelnut Praline	12 x 40g	2.90	GSV
	Filled			
ZX671	Filled almond protein	12 x 35g	1.99	GS
KB599	Filled Caramel Millionaire	12 x 40g	2.90	GSV
ZX672	Filled Peanut Butter Cacao	12 x 35g	1.99	GS
ZX706	Filled peanut protein	12 x 35g	1.99	GS
ZX711	Filled salted caramel	12 x 35g	1.99	GS
	Vegan			
ZX593	Almond	12 x 35g	1.99	GSV
ZX592	Maple Pecan & Cashew	12 x 35g	1.99	GSV
	<b>BRYNMOR</b>			
	Flapjack			
KB559	Apricot & Almond	20 x 80g	0.75	GSV
KB562	Caramel Fudge	20 x 80g	0.79	GS
KB541	Cashew & Coconut	20 x 80g	0.75	GSV
KB563	Chocolate	20 x 80g	0.79	GS
KB575	Dark Chocolate & Ginger	20 x 80g	0.79	VGS
KB543	Summer Berry	20 x 80g	0.75	GSV
	<b>DAMN GOOD</b>			
KB891	Cookies Ginger, Choc, Orange	12 x 38g	1.79	GSV
KB888	Cookies Honeycomb & Chocolate	12 x 38g	1.79	GSV
KB153	Cookies Salted Double Choc	12 x 38g	1.79	GSV
KB150	Cookies Vanilla Choc Chip	12 x 38g	1.79	GSV
	<b>DELICIOUSLY ELLA</b>			
KB783	Almond Fruit, Nut & Seed Bar	12 x 40g	1.39	GV
KB030	Apple and Raisin Oat Bar	12 x 3x50g	3.90	GV
KB435	Cacao & Almond Ball	12 x 40g	1.99	GV
KB785	Cashew Cranberry Fruit Nut Bar	12 x 40g	1.39	GV
KB026	Peanut Butter Oat Bar	12 x 3x50g	3.90	GV
	Nut Butter Filled			
WS071	Almond Butter Ball	12 x 36g	1.99	GV
WS072	Hazelnut Nut Butter Ball	12 x 36g	1.99	GV
	Oat Bars			
KB790	Apple Raisin Cinnamon Oat Bar	16 x 50g	1.90	GV
KB791	Apricot & Coconut Oat Bar	16 x 50g	1.90	GV
KB792	Cacao & Almond Oat Bar	16 x 50g	1.90	GV
	<b>DOVES FARM</b>			
	Impulse			
KB228	Apple & Sultana Flapjack	18 x 35g	0.89	GOSV
KB230	Apricot & Chia Seed Flapjack	18 x 35g	0.89	GOSV
KB234	Chocolate Chip Flapjack	18 x 35g	0.89	GOSV
	Multipack			
KB237	Apple & Sultana Flapjack	7 x 4 x 35g	2.89	GOSV
KB261	Apricot & Chia Seed Flapjack	7 x 4 x 35g	2.89	GOSV
KB463	Chocolate Chip Flapjack	7 x 4 x 35g	2.89	GOSV
	<b>LOVE VEGAN</b>			
KB014	Chocolate Cherry	20 x 45g	1.49	GV

code	product	size	rrp	bfgosv
<b>MISFITS</b>				
KB145	Chocolate Brownie	12 x 45g	2.29	GV
KB140	Chocolate Caramel	12 x 45g	2.29	GV
KB192	Chocolate Speculoos	12 x 45g	2.29	GV
KB193	White Choc Cookies n' Cream	12 x 45g	2.29	GV
<b>NAIRN'S</b>				
	Crunchy Oat Bars			
BT112	Belgian Chocolate	10 x 160g	3.49	GV
BT113	Honey	10 x 160g	3.49	GS
BT111	Raisin Apple & Cinnamon	10 x 160g	3.49	GSV
<b>NAKD</b>				
	Big Bar			
KB712	Blueberry Muffin	16 x 45g	1.89	GV
KB713	Cocoa Orange	16 x 45g	1.89	GV
	Chocolish			
ZX756	Double Chocolish Big Bite	16 x 50g	1.89	GV
ZX766	Peanut Chocolish Big Bite	16 x 50g	1.89	GV
ZX768	Raspberry Chocolish Big Bite	16 x 50g	1.89	GV
	Multi Packs			
WS045	Apple Danish Multipacks	12 x 4 x 30g	3.69	GV
KB802	Banoffee Pie Multipack	12 x 4 x 35g	3.69	GV
KB029	Berry Delight Multipack	12 x 4 x 35g	3.49	GV
KB779	Blueberry Muffin Multipack	12 x 4 x 35g	3.69	GV
KB931	Cashew Cookie Multipack	12 x 4 x 35g	3.69	GV
KB031	Cocoa Delight Multipack	12 x 4 x 35g	3.69	GV
KB003	Cocoa Orange Multipack	12 x 4 x 35g	3.69	GV
KB771	Salted Caramel Multipack	12 x 4 x 35g	3.69	GV
	Nudie Bars			
KB877	Bakewell Tart Bar	18 x 35g	1.50	GV
KB686	Banoffee Pie Bar	18 x 35g	1.50	GV
KB756	Berry Delight Bar	18 x 35g	1.50	GV
KB532	Blueberry Muffin	18 x 35g	1.50	GV
KB526	Carrot Cake	18 x 35g	1.50	GV
KB554	Cashew Cookie Bar	18 x 35g	1.50	GV
KB757	Cocoa Delight Bar	18 x 35g	1.50	GV
KB556	Cocoa Orange Bar	18 x 35g	1.50	GV
KB995	Coffee & Walnut	18 x 35g	1.50	GV
KB163	Lemon Drizzle Bar	18 x 35g	1.50	GV
WS021	Peanut Delight	18 x 35g	1.50	GV
ZX609	Salted Caramel	18 x 35g	1.50	GV
	Protein			
KB719	Protein Caramel	16 x 45g	1.89	GV
KB708	Protein Cocoa Hazelnut	16 x 45g	1.89	GV
KB707	Protein Peanut Butter	16 x 45g	1.89	GV
<b>NUGO</b>				
	Protein			
KB376	D/Mint Choc Chip Protein Bar	12 x 50g	2.55	VG
KB871	Dark Chocolate Pretzel	12 x 50g	2.55	GV
<b>PULSIN'</b>				
WS040	Brownie Double Choc Dream	18 x 35g	1.29	GSV
KB727	Caramel Choc & P'nut Booster	18 x 50g	1.79	GV
KB723	Chocolate Hazelnut Brownie	18 x 35g	0.99	GV
WS049	Double Choc Fudge Brownie	18 x 35g	1.29	GSV
	Keto Bars			
KB784	Choc Fudge & Peanut Keto Bar	18 x 50g	1.99	GV
KB483	Choc Mint & Peanut Keto Bar	18 x 50g	1.99	GV
KB490	Choc Orange & Peanut Keto Bar	18 x 50g	1.99	GV
	Protein Boosters			
KB090	Maple & Peanut Protein Bar	18 x 50g	1.79	GV
KB148	Peanut Choc Protein Bar	18 x 50g	1.79	GV
KB706	Vanilla Choc Chip Protein Bar	18 x 50g	1.79	GV
	Raw Choc Brownie			
WS056	Peanut Choc Chip Raw Brownie	18 x 35g	1.19	GSV
<b>RHEAL</b>				
	Energy Bar			
KB635	Banana Bread	12 x 50g	1.99	GV
KB637	Hazelnut Cacao	12 x 50g	1.99	GV
KB636	Peanut Butter	12 x 50g	1.99	GV
	Energy Bars			
KB626	Blueberry Muffin Bar	12 x 50g	1.99	GV
<b>SQUIRREL SISTERS</b>				
KB422	Cacao Brownie Snack Bars	16 x 40g	1.29	GV

code	product	size	rrp	bfgosv
KB426	Peanut Caramel Snack Bar	16 x 40g	1.35	GV
KB432	Peanut Raspberry Snack Bar	16 x 40g	1.35	GV
<b>TREK</b>				
KB097	Chocolate Orange	16 x 55g	2.49	GV
KB450	Peanut Butter Flapjack	16 x 50g	1.19	GSV
KB941	Salted Caramel Flapjack	16 x 50g	1.19	GSV
ZX738	Smooth Lemon FLAPJACKS	16 x 50g	1.19	GSV
KB499	Cocoa and oat protein flapjack	16 x 50g	1.19	GVS
KB500	Cocoa coconut protein flapjack	16 x 50g	1.19	GVS
KB505	Original oat protein flapjack Power	16 x 50g	1.19	GVS
KB663	Millionaire Shortbread	16 x 55g	2.49	GV
KB662	Peanut Butter Crunch TREK BARS	16 x 55g	2.49	GV
KB722	Cocoa Chaos	16 x 55g	1.39	GV
KB725	Peanut Power	16 x 55g	1.39	GV
<b>SOFT DRINKS</b>				
<b>BELVOIR</b>				
JU795	Elderflower Presse	12 x 250ml	1.95	GSV
JU810	Elderflower Presse	12 x 250ml	2.90	GOSV
JU814	Ginger Beer	12 x 250ml	1.95	GOSV
JU811	Handmade Lemonade	12 x 250ml	2.90	GOSV
JU554	Raspberry Lemonade 750ML Bottles	12 x 250ml	1.75	GSV
JU629	Cucumber & Mint Presse	6 x 750ml	4.10	GSV
JU236	Elderflower & Rose Presse	6 x 750ml	4.10	GSV
JU041	Elderflower Light Presse	6 x 750ml	3.69	GSV
JU674	Elderflower Presse	6 x 750ml	4.10	GSV
JU792	Elderflower Presse	6 x 750ml	4.45	GOSV
JU782	Freshly Squeezed Lemonade	6 x 750ml	4.10	GSV
JU780	Ginger Beer	6 x 750ml	4.10	GSV
JU813	Ginger Beer Presse in Cans	6 x 750ml	4.49	GOSV
JU051	Elderflower & Rose	12 x 250ml	1.72	GSV
<b>DALSTON'S</b>				
Cans				
JU163	Cherryade	24 x 330ml	1.19	GV
JU166	Fizzy Elderflower	24 x 330ml	1.19	GV
JU772	Fizzy Rhubarb	24 x 330ml	1.19	GV
JU162	Ginger Beer	24 x 330ml	1.19	GV
JU023	Raspberry Prebiotic Soda	24 x 250ml	1.99	GV
JU027	Tropical Prebiotic Soda	24 x 250ml	1.99	GV
<b>DASH WATER</b>				
JU110	Sparkling Peach	12 x 330ml	1.29	GV
<b>FENTIMANS</b>				
275ML Range				
JU008	Cherry Cola	12 x 275ml	2.50	GSV
JU625	Curiosity Cola	12 x 275ml	2.50	GSV
JU908	Dandelion & Burdock	12 x 275ml	2.50	GSV
JU463	Gently Sparkling Elderflower	12 x 275ml	2.15	GSV
JU346	Ginger Beer	12 x 275ml	2.50	GSV
JU354	Mandarin Seville Orange Jigger	12 x 275ml	2.50	GSV
JU618	Rose Lemonade	12 x 275ml	2.15	GSV
JU435	Victorian Lemonade 750ML Range	12 x 275ml	2.50	GSV
JU573	Curiosity Cola	6 x 750ml	4.55	GSV
JU280	Ginger Beer	6 x 750ml	4.55	GSV
JU455	Rose Lemonade Cans	6 x 750ml	4.55	GSV
JU298	Gently Sparkling Elderflower	12 x 250ml	1.65	GSV
JU366	Ginger Beer	12 x 250ml	1.65	GSV
JU300	Rose Lemonade Mixer Range	12 x 250ml	1.65	GSV
JU161	Pink Grapefruit Tonic Water	8 x 500ml	3.45	GSV
JU207	Premium Indian Tonic Water	8 x 500ml	3.19	GSV
<b>FEVERTREE</b>				
JU387	Tonic Water	6 x 4x200ml	5.39	GSV
<b>GUSTO</b>				
JU376	Naturally Slim Cola	12 x 275ml	2.15	FGV
JU353	Organic Real Cola	12 x 275ml	2.15	FGOV

code	product	size	rrp	bfgo
	<b>HIP POP</b>			
	CBD Kombucha			
JU099	CBD Blood Orange & Grapefruit	12 x 330ml	2.29	GSV
JU098	CBD Cherry & Blackberry	12 x 330ml	2.29	GSV
JU094	CBD Passionfruit Guava	12 x 330ml	2.29	GSV
	<b>HULLABALOO DRINKS</b>			
JU154	Pure Apple Juice	12 x 250ml	1.89	GSV
JU153	Still Citrus Lemonade	12 x 330ml	1.89	GSV
JU134	Still Elderflower Presse	12 x 330ml	1.89	GSV
JU135	Still Ginger Beer	12 x 330ml	1.89	GSV
JU146	Still Lime & Mint Lemonade	12 x 330ml	1.89	GSV
JU106	Still Original Lemonade	12 x 330ml	1.89	GSV
JU122	Still Raspberry Lemonade	12 x 330ml	1.89	GSV
	<b>JARR KOMBUCHA</b>			
JU062	Ginger & Lemon Kombucha	12 x 330ml	3.15	GOV
JU084	Original Kombucha	12 x 330ml	3.15	GOV
JU071	Passion Fruit Kombucha	12 x 330ml	3.15	GOV
JU077	Raspberry Kombucha	12 x 330ml	3.15	GOV
	<b>JAX COCO</b>			
JU100	Coconut Water Pure	4 x 6 x330ml	12.59	VG
	<b>PUNCHY</b>			
JU089	Blood Orange,Bitters&Cardamom	12 x 250ml	1.89	GSV
JU096	Cucumber, Yuzu and Rosemary	12 x 250ml	1.89	GSV
JU086	Peach, Ginger & Chai Spice	12 x 250ml	1.89	GSV
	<b>REBEL KITCHEN</b>			
JU059	Banana Mylk	12 x 250ml	1.65	GOV
JU178	Chocolate Mylk	12 x 250ml	1.65	GOV
	<b>SOUPS</b>			
	<b>FREE &amp; EASY</b>			
VF302	Broccoli & Kale	6 x 400g	2.39	GOV
VF096	Butternut Squash & Ginger - Og	6 x 400g	2.39	GOV
VF297	Butternut,Sweet Potato,Turmerc	6 x 400g	2.39	GOV
VF124	Carrot & Coconut Soup	6 x 400g	2.39	GOV
VF720	Lentil & Red Pepper Soup - Org	6 x 400g	2.39	GOV
VF086	Pea & Mint Soup - Org	6 x 400g	2.39	GOV
VF097	Sweet Potato & Chia Soup - Org	6 x 400g	2.39	GOV
VF083	Tomato Soup - Org	6 x 400g	2.39	GOV
	<b>SOUPS (CHILLED)</b>			
	<b>TIDEFORD ORGANIC VEGAN FOODS</b>			
CV306	Caribbean Sweet Potato Soup	6 x 560g	3.80	GOV
CV782	Lentil & Spinach Soup	6 x 560g	3.80	GOV
CV720	Malaysian Coconut Noodle Soup	6 x 560g	3.80	GOV
CV297	Thai Green Vegetable Soup	6 x 560g	3.80	GOV
	<b>YEO VALLEY</b>			
CV601	Carrot & Parsnip Soup	6 x 400g	3.10	GO
CV584	Cream of Tomato Soup	6 x 400g	3.10	GO
CV607	Creamy Vegetable Soup	6 x 400g	3.10	GO
CV588	Leek & Potato Soup	6 x 400g	3.10	GO
	<b>SUGARS &amp; SYRUPS</b>			
	<b>BILLINGTONS</b>			
LJ057	Sugar - Golden Caster Sugar	10 x 250g	0.95	GVB
	<b>BUCKWUD</b>			
HY001	Maple Syrup	6 x 250g	6.65	GOV
HY002	Maple Syrup	6 x 620g	1.99	GV
	<b>HILLTOP HONEY</b>			
HY015	Maple Syrup Grade A Amber	5 x 640g	11.99	GV
HY050	Maple Syrup Grade A Dark	5 x 640g	11.99	GV
	<b>RAYNERS</b>			
LJ901	Black Treacle - organic	6 x 340g	3.35	GOV
	<b>SUPERFOODS &amp; SPORTS NUTRITION</b>			
	<b>GRANOVITA</b>			
GT300	Flax Oil - Organic	6 x 260ml	11.75	GOV
	<b>LINWOODS</b>			
MD113	Chia Seed	12 x 200g	6.99	GOV
MD109	Flax,Almond,Brazil,Walnut,Q10	12 x 360g	6.99	GV
MD104	Flax,Sun,Pum,Chia,Goji Berries	5 x 425g	6.79	GOV
MD101	Flax,Sunflower & Pumpkin Seeds	12 x 425g	6.79	GOV
MD114	Flaxseed	12 x 200g	3.79	GOV
MD102	Flaxseed	12 x 425g	5.99	GOV

code	product	size	rrp	bgfosv
MD112	Flaxseed,Bio Cultures & Vit D	12 x 360g	6.99	GV
MD110	Linwoods Shelled Hemp	12 x 200g	7.45	GV
MD048	Milled Hemp	6 x 200g	4.89	GOV
VM263	Organic Sprouted Range Sprouted Flaxseed	5 x 360g	7.99	GOV
<b>NATURES AID</b>				
VM003	MCT Oil	6 x 500ml	18.95	FGV
<b>NATURYA</b>				
MD040	Greens Blend Organic	6 x 250g	12.99	FGOV
MD158	Organic Acai Powder	6 x 125g	19.99	GOV
MD216	Organic Cacao Powder F/trade	6 x 250g	6.99	FGVO
MD111	Organic Chia Seeds	6 x 300g	5.99	GOV
MD156	Organic Chlorella Powder	6 x 200g	12.49	GOV
MD153	Organic Cocoa Nibs	6 x 300g	7.99	GOV
MD152	Organic Hemp Protein Powder	6 x 300g	9.99	GOV
MD155	Organic Spirulina Powder	6 x 200g	8.99	GOV
MD067	Organic Turmeric Superblend	6 x 250g	7.99	GOV
MD154	Organic Wheatgrass Powder	6 x 200g	7.99	GOV
<b>PREWETT'S</b>				
VM020	Organic Ground Flaxseed	6 x 175g	3.49	GOV
<b>PULSIN'</b>				
VM331	Berry Protein Powder	6 x 270g	12.49	GV
VM258	Chocolate Pea Protein Powder	6 x 280g	14.99	GV
VM332	Hazelnut Protein Powder	6 x 280g	12.49	GV
VM093	Hemp Protein Powder	6 x 250g	12.19	GV
VM027	Pea Protein Isolate	1kg	28.15	GV
VM092	Pea Protein Powder	6 x 250g	8.39	GV
VM024	Rice Protein Powder	6 x 250g	9.99	GV
VM095	Soya Protein Powder	6 x 250g	8.45	GV
VM155	Vanilla Faba Bean Powder	6 x 250g	12.49	GV
VM090	Vanilla Keto Protein Powder Supershakes	6 x 252g	24.99	VG
VM304	Cacao & Maca Energy Supershake	6 x 300g	17.59	GV
<b>RHEAL</b>				
VF259	Berry Beauty	6 x 150g	24.99	GOV
VF212	Superfoods Balance Tonic	6 x 150g	24.99	GOV
VF031	Superfoods Clean Greens	6 x 150g	24.99	GOV
<b>SUPPLEMENTS &amp; REMEDIES</b>				
<b>ALLICINMAX</b>				
VM324	Allicin Max Powder Capsules	6 x 30 capsules	8.75	GV
VM325	Allicinmax Powder Capsules	6 x 90 capsules	21.55	GV
VM328	Lesterol Caps	1 x 90 capsules	15.99	GV
<b>BETTER YOU</b>				
Vitamins & Minerals				
VM171	Boost B12 Oral Spray	6 x 25ml	12.45	GV
VM051	D1000 Vegan Vitamin D Spray	6 x 15ml	12.95	GV
VM106	Iron 10	6 x 25ml	14.95	GV
VM072	Vitamin C Oral Spray	6 x 50ml	11.95	GV
VM002	Zinc Oral Spray	6 x 50ml	12.95	G
<b>BIO-KULT</b>				
VM317	Boosted Extra Strength	1 x 30 capsules	27.59	G
VM330	Candea Advanced Multi-Action	1 x 60 capsules	18.69	G
VM310	Everyday Advanced Formulation	1 x 30 capsules	11.55	G
VM316	Everyday Advanced Formulation	1 x 60 capsules	22.90	G
VM306	Pro-Cyan Advanced Multi-Action	1 x 45 capsules	18.69	G
<b>DR VEGAN</b>				
VM339	Ashwagandha KSM-66	1 x 30 capsules	1.99	GOV
VM349	Brain Fuel	1 x 30 capsules	25.99	GV
VM345	Curcumin & Turmeric	1 x 30 capsules	9.99	GOV
VM049	Daily Multi-Vitamin	1 x 60 capsules	17.50	GV
VM347	Debloat & Detox	1 x 60 capsules	16.99	GV
VM342	Gut Works	1 x 30 capsules	26.99	GV
VM044	Hair Saviour	1 x 60 capsules	25.99	GV
VM343	Magnesium	1 x 60 capsules	8.99	GV
VM340	MenoFriend	1 x 60 capsules	19.99	GV
VM373	pH Hero	1 x 30 capsules	29.99	GV
VM372	Screen Eyes	1 x 30 capsules	23.99	GV
VM348	Skin Saviour	1 x 60 capsules	24.99	GV
VM351	Stay Calm	1 x 60 capsules	16.99	GV
VM371	Ultra Energy	1 x 30 capsules	1.99	GV
VM341	Vegan Omega 3	1 x 60 capsules	21.99	GV

code	product	size	rrp	bfgosv
<b>FLORADIX</b>				
MD016	Floradix Vitamin B Complex	250ml	14.95	GV
MD006	Kindervital Children's Fruity	250ml	11.79	GV
MD187	Magnesium Liquid	250ml	1.95	G
MD033	Neuro Balance with Ashwagandha	250ml	14.95	GV
MD280	Saludynam Calcium/Magnesium/Zn	250ml	13.75	G
<b>HIGHER NATURE</b>				
Body Health				
VM298	Red Sterol Complex	1 x 90	25.95	GV
Essentials				
VM361	Colloidal Silver	15ml	11.95	GV
Gut Health				
VM302	Citricidal	25ml	9.95	GV
VM040	Citricidal	100ml	29.95	GV
VM300	Pro-Daily	1 x 90	11.95	GV
Immunity				
VM297	Quercetin & Bromelain	1 x 60	17.95	GV
Mind Health				
VM028	Ashwagandha & Rhodiola Complex	1 x 30 capsules	17.95	GV
VM133	Balance For Nerves	1 x 90 capsules	26.95	GV
VM290	L-Theanine	1 x 90	28.95	GV
VM179	Serotone 5-HTP (100mg)	1 x 30 capsules	12.95	GV
<b>LEPICOL</b>				
VM198	Lepicol Capsules	1 x 180 capsules	21.55	G
VM228	Lepicol Plus Powder	1 x 180g	17.45	G
VM142	Lepicol Powder	1 x 180g	14.35	G
VM195	Lepicol Powder	1 x 350g	21.55	G
VM294	Whole Psyllium Husk Powder	1 x 300g	13.35	G
<b>LINWOODS</b>				
MD013	Linwoods Immune	5 x 210g	7.99	GV
MD029	Linwoods Menoligna	5 x 210g	1.99	GV
<b>NATURES AID</b>				
Bio360 Probiotics				
VM083	Pro-Daily Probiotic	5 x 30 capsules	9.95	GV
VM254	Pro-Defend	5 x 30 capsules	9.95	GV
Botanicals				
VM259	Beetroot	1 x 60 capsules	9.95	GV
VM267	Spirulina	1 x 90 capsules	1.95	GV
VM291	Turmeric Capsules	30 capsules	1.45	GV
VM292	Turmeric Capsules	60 capsules	18.45	GV
CBD Range				
VM146	CBD Oil 2.5% Spray	6 x 10ml	16.99	GV
VM147	CBD Oil 5% Spray	6 x 10ml	29.99	GV
VM148	CBD Spray 10%	6 x 10ml	49.99	GV
Minerals				
VM274	Calcium, Magnesium & Vit D3	1 x 90 tablets	9.95	GV
Vegan Omegas				
VM256	Flaxseed Oil 1000mg	1 x 90	1.99	GV
Vitamins				
VM272	Vitamin B12 1000ug	1 x 90 tablets	9.95	GV
VM295	Vitamin D3 1000iu	60 tablets	5.95	GV
<b>NATURES OWN</b>				
B Vitamins				
VM308	Vitamin B12 Sublingual	1 x 60 tablets	1.20	GV
Minerals				
VM320	Foodstate Iron	1 x 50 tablets	13.20	G
Multi-Formulations				
VM309	Bone Support Formula	1 x 60 capsules	17.35	GV
Nutritional Support				
VM311	Hair Skin & Nails Formula	1 x 30 capsules	1.10	GV
VM307	Immune Support	1 x 60 capsules	27.00	GV
VM321	Natures Night - for sleep	1 x 80g	18.90	GV
<b>NEUBRIA</b>				
VM338	Charge - Energy Supplement	1 x 60 capsules	19.99	GV
VM337	Drift - Sleep Supplement	1 x 60 capsules	19.99	GV
VM335	Edge - Focus Supplement	1 x 60 capsules	24.99	GV
VM336	Shine - Mood Supplement	1 x 60 capsules	19.99	GV
VM334	Spark - Memory Supplement	1 x 60 capsules	24.99	GV
<b>PROVEN</b>				
VM322	Acidophilus, Bifidus & Digestiv	1 x 30	18.95	GV
VM116	Fit For School - Chewable	1 x 30	14.95	GV
VM323	Womens Lactobacillus & Bifidus	1 x 30	18.95	GV

code	product	size	rrp	bfgosv
VM114	Urgent-C			
	Urgent C - Everyday Immune	1 x 30	15.95	G
VM145	Urgent C Night Time Support	1 x 7	7.99	G
	<b>RICOLA</b>			
	Soothe & Clear			
MD001	Honey Herb Bag	12 x 75g	1.65	SG
MD009	Honey, Lemon & Echinacea	12 x 75g	1.65	GS
MD008	Original Bag	12 x 75g	1.65	GSV
	<b>SIMPLEE ALOE</b>			
MD041	Aloe Juice Health Supplement	6 x 500ml	9.99	GOV
MD025	Aloe Juice Health Supplement	6 x 1l	15.99	GOV
	<b>SOLARAY</b>			
VM229	Biotin Timed Release 5000ug	1 x 60 capsules	14.99	GV
VM230	Chlorophyllin	1 x 60 tablets	19.99	GV
VM231	D-Mannose & CranActin	1 x 60 capsules	2.99	GV
VM232	Hair, Skin & Nails	1 x 60 capsules	16.99	GV
VM239	Prenatal Multivitamin	1 x 90 tablets	19.99	GV
VM242	Quercetin 500mg	1 x 90 capsules	49.99	GV
VM240	Quercetin Bromelain & Vit C	1 x 60 capsules	24.99	GV
VM250	Turmeric 600mg	1 x 30 capsules	2.99	GV
	<b>SYNO-VITAL</b>			
VM226	Oral Hyaluronic Acid + Vit C	30 x 5ml	3.99	GV
	<b>TOGETHER HEALTH</b>			
VM032	Ashwagandha Complex	6 x 30	1.99	GOV
VM022	Beautiful	5 x 60	15.99	GV
VM013	Bio CoQ10	6 x 30	14.99	GV
VM018	Calcium - from seaweed	5 x 60	9.99	GV
VM358	Chaga Mushroom	5 x 60	22.39	GOV
VM026	Curcumin & Turmeric	6 x 30	9.99	GV
VM033	Gentle Iron	6 x 30	7.99	GV
VM014	Immune	6 x 30	11.99	GV
VM102	Iodine	6 x 30	6.99	GOV
VM356	Lion's Mane Mushroom	5 x 60	22.39	GOV
VM119	Magnesium	6 x 30	6.99	GV
VM112	Multi Vitamin & Mineral	6 x 30	1.99	GV
VM019	Multibiotic	6 x 30	15.99	GV
VM355	Mushroom 5 Complex	5 x 60	22.39	GOV
VM359	Natural Folate	6 x 30	6.39	GV
VM052	Night Time Marine Magnesium	5 x 60	13.99	GV
VM121	Omega 3 - Algae	6 x 30	13.99	GV
VM025	Pregnancy - Multi Vit & Mins	5 x 60	15.99	GV
VM357	Reishi Mushroom	5 x 60	22.39	GOV
VM050	Stress Aid Vitamin & Mineral	6 x 30	1.99	GV
VM017	Vegan Multi Vitamin & Mineral	5 x 60	12.99	GV
VM021	Vegan Vitamin D3	6 x 30	6.99	GV
VM111	Vitamin B Complex	6 x 30	9.99	GV
VM113	Vitamin C with Bioflavonoids	6 x 30	8.99	GV
VM319	Vitamin K2	6 x 30	9.99	GV
VM054	Womens Multivit	6 x 30	1.99	GV
	<b>SWEET SNACKS</b>			
	<b>BEAR</b>			
ZX529	Yoyo Pure Fruit Rolls - Mango	18 x 20g	0.69	GV
ZX555	Yoyo Pure Fruit Rolls - Strawb	18 x 20g	0.69	GV
ZX525	Yoyo Pure Fruit Rolls-Blackcur	18 x 20g	0.69	GV
ZX550	Yoyo Pure Fruit Rolls-Raspb'ry	18 x 20g	0.69	GV
	Bites			
ZX336	Blackcurrant and Beetroot	4 x 5 x 18g	3.19	GV
ZX333	Strawberry and Butternut	4 x 5 x 18g	3.19	GV
	Fruit Splits			
ZX637	Fruit Splits Cherry & Apple	8 x 100g	3.90	GSV
ZX632	Splits Pineapple & Raspberry	8 x 100g	3.90	GV
ZX623	Strawberry & Apple	8 x 100g	3.90	GV
	Fruit Treasures			
ZX649	Fruit Treasure's Berry	4 x 100g	2.99	GV
ZX646	Fruit Treasure's Tropical	4 x 100g	2.99	GV
	Giant Yoyo			
ZX063	Giant Yoyo -Strawberry/Mango	6 x 5 x 20g	3.49	GV
ZX067	Giant Yoyo-Apple/Blackcurrant	6 x 5 x 20g	3.49	VG
	Yoyo Sours			
ZX448	Strawberry & Apple	18 x 20g	0.69	GV
	Yoyos in multipacks			



code	product	size	rrp	bfgosv
ZX570	Yoyos - Banana Multipack	6 x 5 x 20g	3.90	GV
ZX020	Yoyos - Blackcurrant Multipack	6 x 5 x 20g	3.90	GV
ZX014	Yoyos - Mango Multipack	6 x 5 x 20g	3.90	GV
ZX013	Yoyos - Raspberry Multipack	6 x 5 x 20g	3.90	GV
ZX012	Yoyos - Strawberry Multipack	6 x 5 x 20g	3.90	GV
<b>BIONA</b>				
ZX002	Berry Burst Sweets - Organic	10 x 75g	2.90	GOSV
ZX446	Fizzy Peaches	10 x 75g	2.90	GOVS
ZX441	Jelly Dino Sweets - Organic	10 x 75g	2.90	GOSV
ZX911	Mini Fruit Bears	10 x 75g	2.90	GOSV
ZX443	Pomegranate Heart Sweets - Org	10 x 75g	2.90	GOSV
<b>CANDY KITTENS</b>				
	Small Bags			
ZX645	Sour Watermelon	12 x 54g	1.45	SVG
<b>COTSWOLD FUDGE CO</b>				
ZX064	Vegan Bitterscotch Fudge	12 x 150g	3.79	FGSV
WS202	Vegan Caramel & Sea Salt Fudge	12 x 150g	3.79	GSV
ZX463	Vegan Chocolate Fudge	12 x 150g	3.79	FGSV
ZX464	Vegan Seasalt Fudge	12 x 150g	3.79	FGSV
ZX465	Vegan Vanilla Fudge	12 x 150g	3.79	FGSV
<b>DANDIES</b>				
ZX654	Vegan Chocolate Marshmallows	20 x 105g	2.29	GSV
ZX667	Vegan Maple Marshmallow	20 x 105g	2.29	GSV
ZX668	Vegan Vanilla Jumbo Campers	10 x 280g	4.99	GSV
ZX199	Vegan Vanilla Marshmallows	12 x 200g	3.99	GSV
ZX203	Vegan Vanilla Mini Marshmallow	12 x 200g	3.99	GSV
ZX650	Vegan Vanilla Mini Marshmallow	20 x 105g	2.29	GSV
<b>FLOWER &amp; WHITE</b>				
KB753	Mango & Passion Fruit Mallow	15 x 35g	1.59	G
KB758	Raspberry Mallow Bar	15 x 30g	1.59	G
KB755	Salted Caramel Mallow Bar	15 x 30g	1.59	G
KB744	Strawberry & Banana Mallow Bar	15 x 35g	1.59	G
<b>FREE FROM FELLOWS</b>				
ZX065	Cola Bottles	10 x 100g	2.90	GV
ZX060	Gummy Bears	10 x 100g	2.90	GV
ZX072	Midget Gems	10 x 100g	2.90	GV
	Boiled Sweets			
ZX321	Cola & Strawberry Lollipops	10 x 60g	2.15	VG
ZX373	Pear Drops	10 x 70g	2.90	GSV
ZX324	Rhubarb and Custard	10 x 70g	2.90	VG
<b>FREEDOM CONFECTIONERY</b>				
KB911	Mallow Out Bar Strawberry	12 x 35g	1.79	GV
KB910	Mallow Out Bar Vanilla	12 x 35g	1.79	GV
KB789	Pink & White Mini Marshmallows	10 x 105g	2.90	GSV
KB726	Vegantics - Large Mallows	10 x 105g	2.90	GSV
<b>GOODY GUMMY DROPS</b>				
ZX660	Hedgehogs	8 x 125g	2.39	GOSV
ZX906	Orangutangies	8 x 125g	2.39	GOSV
ZX954	Turtles	8 x 125g	2.39	GOSV
<b>JEALOUS SWEETS</b>				
	40g Bags			
ZX231	Fizzy Friends	10 x 40g	1.49	SVG
ZX238	Grizzly Bears	10 x 40g	1.49	GVS
ZX678	Happy Bears	10 x 40g	1.49	GV
ZX029	Happy Worms	10 x 40g	1.49	GV
ZX675	Love Bears	10 x 40g	1.49	GV
ZX229	Tangy Worms	10 x 40g	1.49	SVG
ZX233	Tropical Wonder	10 x 40g	1.49	SGV
	Share Bags			
WS047	Berry Foams	7 x 125g	2.99	GSV
ZX999	Berry Sours	7 x 125g	2.99	GSV
ZX480	Fizzy Friends Share Bags	7 x 125g	2.99	GSV
ZX005	Fizzy Lips Share Bag	10 x 125g	2.99	GSV
ZX466	Grizzly Bears Share Bags	7 x 125g	2.99	GSV
ZX073	Happy Worms	10 x 110g	2.99	GV
ZX472	Tangy Worms Share Bags	7 x 125g	2.99	GSV
ZX004	Tropical Wonder Share Bag	10 x 125g	2.99	GSV
WS039	Zingy Sours	7 x 125g	2.99	GSV
	Sharing Bags			
ZX044	Love Bears	10 x 110g	2.99	GV
	Shot Bags			
ZX948	Grizzly Bears Shot Bags	16 x 24g	0.99	GSV

code	product	size	rrp	bfgosv
ZX950	Happy Bears Shot Bags	16 x 24g	0.99	GV
ZX955	Love Bears Shot Bags	16 x 24g	0.99	GV
ZX949	Tangy Worms Shot Bags	16 x 24g	0.99	GSV
<b>NUDDERS</b>				
ZX158	Chocovered Candy Orange Peel	12 x 65g	1.89	GSV
ZX149	Chocovered Caramel Hazelnuts	12 x 55g	1.89	GSV
ZX548	Chocovered Crunchee Bites	12 x 65g	1.85	GSV
ZX928	Chocovered Peanuts	12 x 65g	1.69	GSV
ZX175	Chocovered Salty Corn Balls	12 x 55g	1.89	GSV
ZX159	Dairy Free Chocolate Raisins	12 x 65g	1.69	GV
ZX627	Dairy Free Fudgee Bites	12 x 65g	1.55	GV
ZX982	F&F's	12 x 55g	1.75	GSV
<b>PENG</b>				
ZX382	Cappuccino Chocolate Chickpeas	6 x 110g	2.99	GSV
ZX383	Coconut Chocolate Chickpeas	6 x 110g	2.99	GSV
ZX379	Fruity Candy Roasted Chickpeas	6 x 110g	2.99	GSV
<b>PEPPERSMITH</b>				
ZX048	Strawberry Pastilles Big Packs	12 x 15g	1.59	GV
ZX772	Mighty Box Peppermint Mints	18 x 60g	4.39	GV
<b>RICOLA</b>				
ZX269	Glacier Peppermint -Sugar Free	20 x 45g	1.65	GV
ZX327	Mountain Mint - Sugar Free	20 x 45g	1.65	GV
<b>TROPICKS</b>				
ZX008	Fruit Balls Mango	8 x 50g	1.75	GOV
ZX023	Fruit Balls Pineapple	8 x 50g	1.75	GOV
ZX003	Fruit Roll Mango	30 x 27g	0.99	GOV
ZX006	Fruit Roll Pineapple	30 x 27g	0.99	GOV
<b>TABLE SAUCES</b>				
<b>BIONA</b>				
KJ106	Classic Tomato Ketchup Squeezy	12 x 560g	4.35	GOSV
KJ463	Worcester Sauce	6 x 140ml	4.35	GOSV
<b>HENDERSON'S</b>				
KJ344	Henderson's Relish	12 x 284ml	2.49	GSV
<b>HUNTER AND GATHER</b>				
KJ323	Tomato Ketchup Unsweetened	6 x 350g	3.69	GV
<b>MERIDIAN</b>				
KJ621	Tomato Ketchup - organic	6 x 285g	2.79	GOSV
<b>MR ORGANIC</b>				
KJ496	Naturally sweetened Ketchup	6 x 480g	3.79	GOV
<b>STUBB'S</b>				
KJ073	Hickory Liquid Smoke	12 x 148ml	3.49	GSV
<b>TEAS</b>				
<b>CHEERFUL BUDDHA</b>				
TE221	Lion's Mane Mushroom Decaf Tea	6 x 15PK	4.99	GV
TE287	Lion's Mane Mushroom Green Tea	6 x 15PK	4.99	GV
<b>CLIPPER</b>				
Pack 40				
TE172	English Breakfast Tea Organic	6 x 40 bags	3.35	FGOV
TE177	FT Organic Earl Grey	6 x 40 bags	3.29	FGOV
TE168	FT Organic Everyday Tea	6 x 40 bags	3.29	FGOV
TE182	FT Organic Green Tea	6 x 40 bags	3.49	FGOV
TE183	FT Organic White Tea	6 x 40 bags	3.55	FGOV
Pack 80				
TE507	English Breakfast Organic	4 x 80 bags	4.65	FGOV
TE189	FT Organic Everyday Tea	4 x 80 bags	4.45	FGOV
TE190	FT Organic Green Tea	4 x 80 bags	4.79	FGOV
<b>HAMPSTEAD TEA</b>				
Looseleaf				
TE677	English Breakfast	6 x 100g	6.49	GOVB
<b>RHEAL</b>				
VF262	Superfoods Magic Matcha	6 x 120g	34.99	GOV
<b>T. BUCKWHEAT TEA</b>				
TE197	Buckwheat Teabags	6 x 15 bags	9.99	GV
<b>TOFU &amp; TEMPEH (CHILLED)</b>				
<b>BETTER NATURE</b>				
CV763	BBQ Tempeh Pieces	6 x 180g	3.29	GSV
CV764	Curry Tempeh Pieces	6 x 180g	3.29	GV

code	product	size	rrp	bfgosv
CV766	Mediterranean Tempeh Pieces	6 x 180g	3.29	GV
CV387	Smoky Tempeh	6 x 220g	2.95	GV
CV767	Smoky Tempeh Rashers	6 x 180g	2.95	GV
<b>CLEAR SPOT</b>				
CV777	Scrambled Tofu	6 x 200g	3.90	GOV
CV913	Silken Tofu	6 x 250g	2.45	GOV
<b>DRAGONFLY</b>				
CV393	Organic Marinated Tofu	5 x 300g	3.70	GOV
<b>IMPULSE FOODS</b>				
CV177	Black Turtle Bean Tempeh	6 x 200g	3.85	GOV
CV178	Chickpea & Chia Tempeh	6 x 200g	3.85	GOV
<b>TOOTH CARE</b>				
<b>KINGFISHER</b>				
DY669	Toothpaste Aloe TeaTree Fennel	12 x 100ml	3.35	GV
DY668	Toothpaste Aloe, TeaTree, Mint	12 x 100ml	3.35	GV
DY527	Toothpaste Baking Soda & Mint	12 x 100ml	3.35	GV
DY416	Toothpaste Charcoal Whitening	12 x 100ml	3.35	GV
DY111	Toothpaste Fennel	12 x 100ml	3.35	GV
DY800	Toothpaste Fennel FluorideFree	12 x 100ml	3.35	GV
DY161	Toothpaste Kids Strawberry	12 x 100ml	3.35	GV
DY190	Toothpaste Mint	12 x 100ml	3.35	GV
DY529	Toothpaste Mint Fluoride Free	12 x 100ml	3.35	GV
<b>VEGETABLES</b>				
<b>COOKS &amp; CO</b>				
KJ078	Sweety Drop Peppers	6 x 235g	4.29	GV
<b>MERCHANT GOURMET</b>				
VF146	Whole Chestnuts	6 x 180g	3.15	GV
<b>ST DALFOUR</b>				
VF112	Whole Chestnuts	6 x 200g	4.69	GV
<b>VEGETABLES (FROZEN)</b>				
<b>BIO INSIDE</b>				
XL155	Organic Garden peas	12 x 300g	2.20	GOV
XL153	Organic Sweetcorn	12 x 300g	2.50	GOV
<b>NATURAL COOL</b>				
XL183	Broccoli	8 x 300g	3.45	GOVB
XL221	Chips - Oven or Fry	12 x 600g	4.50	BGOV
XL178	Peas	8 x 450g	4.50	GOV
XL098	Potato Wedges	12 x 450g	3.65	BGOV
XL134	Vegetable Mix	8 x 450g	3.30	BGOV
<b>STRONG ROOTS</b>				
XL165	Mixed Root Vegetable Fries	12 x 500g	4.10	GV
XL166	Proper Potato Chips	12 x 750g	4.10	GV
XL162	Sweet Potato Fries	12 x 500g	4.10	GV
<b>VINEGARS</b>				
<b>BRAGG</b>				
KJ325	Apple Cider Vinegar w/Mother	12 x 473ml	6.99	GOV
KJ324	Apple Cider Vinegar w/Mother	12 x 946ml	11.98	GOV
<b>MR ORGANIC</b>				
KJ492	Organic Apple Cider Vinegar	6 x 500ml	3.35	GOV
<b>WINES</b>				
<b>ORANGE WINE</b>				
WN023	Austria Winzer Krems Gruner Veltliner	6 x 75cl	15.65	GV
<b>RED WINE</b>				
WN055	Chile MontGras Pinot Noir	6 x 750ml	16.90	GOV
WN006	France Merlot La Marouette	6 x 75cl	14.89	GOV
WN078	Rouge Sans Sulfite Marouette	6 x 750ml	15.29	GOV
WN020	Italy Integro Organic Primitivo	6 x 75cl	13.95	GOV
WN050	Spain Amigo de la Tierra Red	6 x 750ml	11.79	GOV
WN232	Tempranillo Camino	6 x 75cl	11.85	GOV
WN080	Tempranillo Finca Fabian	6 x 750ml	12.65	GOV
<b>ROSE WINE</b>				
WN229	France Grenache Rose La Marouette	6 x 75cl	15.19	GOV

code	product	size	rrp	bfgosv
WN022	Spain Coral de Penascal Rose	6 x 75cl	15.49	GOV
<b>SPARKLING WINE</b>				
WN009	Italy Prosecco Col di Manza	6 x 75cl	23.45	GOVB
WN081	Spain Cava Bodegas Enguera	6 x 750ml	2.25	GOV
WN054	Vallformosa Bio Organic Cava	6 x 750ml	16.90	GOV
<b>WHITE WINE</b>				
WN016	Chile MontGras Sauvignon Blanc	6 x 75cl	16.90	GOV
WN076	France Blanc Sans Sulfite Marouette	6 x 750ml	16.65	GOV
WN079	Spain Verdejo Finca Fabian	6 x 750ml	12.65	GOV
<b>YEAST EXTRACTS</b>				
<b>VEGEMITE</b>				
GH148	Vegemite Gluten Free	8 x 235g	3.35	GV
<b>YOGHURT, DAIRY (CHILLED)</b>				
<b>BERGERIE</b>				
CV581	Goat Milk Yoghurt Natural Org	8 x 125g	0.85	GO
CV585	Sheep Milk Yoghurt Greek Style	6 x 250g	1.95	GO
<b>YEO VALLEY</b>				
CV578	Kefir Yoghurt	6 x 350g	2.00	GO
CV863	Honey Kefir Yoghurt	6 x 350g	2.00	GOS
CV864	Mango & Passion. Kefir Yoghurt	6 x 350g	2.00	GOS
CV560	Natural Kefir Yoghurt	6 x 350g	2.00	GO
CV862	Rhubarb Kefir Yoghurt	6 x 350g	2.00	GOS
CV862	Strawberry Kefir Yoghurt	6 x 350g	2.00	GOS
<b>YOGHURT, NON-DAIRY (CHILLED)</b>				
<b>ALPRO</b>				
CV575	Coconut Soya Yoghurt	6 x 500g	1.95	GV
CV576	Soya Blueberry Cherry Yoghurt	6 x 4 x 125g	2.39	GSV
CV572	Soya Blueberry Yoghurt	6 x 500g	1.95	GSV
CV579	Soya Greek Style	6 x 400g	1.95	GV
CV589	Soya Strwb/Bana/Peach Yoghurt	6 x 4 x 125g	2.39	GSV
<b>BIOTIFUL DAIRY</b>				
CV199	Cherry Oat Kefir Yoghurt	6 x 350g	3.90	GV
CV327	Vanilla Kefir Oat Yoghurt	6 x 350g	3.90	GV
<b>COCOS</b>				
CV892	Mango & Passionfruit	6 x 125g	2.35	GOV
CV013	Mango & Passionfruit Yoghurt	6 x 400g	5.65	GOV
CV893	Mixed Berry Coconut Yoghurt	6 x 125g	2.35	GOV
CV014	Mixed Berry Coconut Yoghurt	6 x 400g	5.65	GOV
CV899	Natural Coconut Milk Yoghurt	6 x 400g	5.65	GOV
CV891	Natural Coconut Yoghurt	6 x 125g	2.35	GOV
CV897	Natural Coconut Yoghurt	6 x 250g	4.15	GOV
CV894	Strawberry Coconut Yoghurt	6 x 125g	2.35	GOV
CV900	Strawberry Coconut Yoghurt	6 x 400g	5.65	GOV
CV895	Vanilla Coconut Yoghurt	6 x 125g	2.35	GOV
CV901	Vanilla Coconut Yoghurt	6 x 400g	5.65	GOV
<b>KOKO DAIRY FREE</b>				
CV229	Coconut Yoghurts	6 x 350g	2.20	GV
CV032	Greek Style Yoghurt	6 x 350g	2.20	GV
CV020	Peach & Passionfruit Yoghurt	5 x 2 x 125g	1.95	GSV
CV031	Plain Yoghurt Alternative	6 x 400g	2.20	GSV
CV029	Raspberry Yoghurt Alternative	5 x 2 x 125g	1.95	GSV
CV300	Strawberry Yoghurt Alternative	5 x 2 x 125g	1.95	GSV
CV300	Vanilla Yoghurt	6 x 400g	2.20	GSV
<b>NUSH</b>				
CV796	Almond Milk Dairy-Free Yoghurt	6 x 350g	3.50	GV
CV796	Mango & Passionfruit	6 x 350g	3.50	GV
<b>SOJADE</b>				
CV916	150g Pots Blueberry Yoghurt	6 x 150g	1.20	GOV
CV918	Mango Yoghurt	6 x 150g	1.20	GOV
CV915	Peach and Mango Yoghurt	6 x 150g	1.20	GOV
CV917	Strawberry Yoghurt	6 x 150g	1.20	GOV
CV485	Soya Based Yoghurts Apricot Yoghurt	6 x 400g	2.45	GOSV

<b>code</b>	<b>product</b>	<b>size</b>	<b>rrp</b>	<b>bfgosv</b>
CV269	Banana & Passion Yoghurt	6 x 400g	2.75	GOV
CV289	Blueberry Cherry Yoghurt	6 x 400g	2.75	GOV
CV486	Blueberry Yoghurt	6 x 400g	2.45	GOSV
CV730	Greek Style Raspberry Yoghurt	6 x 400g	3.50	GOV
CV876	Greek Style Yoghurt	6 x 400g	2.30	GOV
CV724	Lemon Yoghurt	6 x 400g	2.45	GOSV
CV494	Mango & Peach Yoghurt	6 x 400g	2.45	GOSV
CV483	Natural Yoghurt	6 x 400g	1.60	GOV
CV266	Sojade Natural Yoghurt	6 x 250g	1.50	GOV
CV723	Vanilla Yoghurt	6 x 400g	2.45	GOSV
<b>THE COCONUT COLLABORATIVE</b>				
CV508	Mango-Passion Compote Yoghurt	6 x 360g	3.70	GV
CV495	Natural Yoghurt	6 x 350g	3.50	GV
CV825	Natural Yoghurt	6 x 600g	5.30	GV
CV497	Vanilla Yoghurt	6 x 350g	3.50	GV

# 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)