

Organic List

Summa

March April 2018



Organic

A bit more about it..

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

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

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



Key BFGSOV

B - Biodynamic // F - Fairtrade // 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
BABY & CHILD FOOD				
ANNABEL KARMEL				
BB092	Baby Pasta Shells	250g	1.39	OV
ELLA'S KITCHEN				
<i>Breakfast</i>				
BB109	Baby Brekkie - Banana	100g	1.29	O
BB199	Baby Brekkie - Blueberry/Pear	100g	1.29	O
BB120	Baby Brekkie - Mango	100g	1.29	O
BB042	Wakey Wakey Round Ones	46g	2.79	O
<i>Smoothie Fruits</i>				
BB238	The Green One - Multi Pack	5 x 90g	5.25	OV
BB048	The Green One - smoothie fruit	90g	1.09	OV
BB160	The Orange One	5 x 90g	5.45	OV
BB164	The Pink One	5 x 90g	4.95	OV
BB237	The Purple One - Multi Pack	5 x 90g	5.25	OV
BB007	The Purple One -smoothie fruit	90g	1.09	OV
BB239	The Red One - Multi Pack	5 x 90g	5.25	OV
BB011	The Red One - smoothie fruit	90g	1.09	OV
BB139	The White One - Multi Pack	4 x 90g	4.35	OV
BB236	The Yellow One - Multi Pack	5 x 90g	5.25	OV
BB010	The Yellow One -smoothie fruit	90g	1.09	OV
<i>Snacks</i>				
BB263	Nibbly Fingers - Strawb/Apple	5 x 25g	3.35	O
BB275	Nibbly Fingers Banana/Raisin	5 x 25g	3.35	O
<i>Stage 1</i>				
BB196	Apple & Pear Baby Rice	120g	1.35	O
BB001	Apples & Bananas	120g	1.35	OV
BB198	Banana & Apricot Baby Rice	120g	1.35	O
BB021	Banana & Blueberry Baby Rice	120g	1.35	OV
BB003	Broccoli, Pear & Peas	120g	1.35	OV
BB049	Butternut Squash, Carrot	120g	1.35	OV
BB006	Carrot, Apple & Parsnip	120g	1.35	OV
BB230	First Taste Apples Apples	70g	1.19	OV
BB233	First Taste Mango Mango Mango	70g	1.25	OV
BB231	First Taste Pears Pears Pears	70g	1.19	OV
BB012	First Taste Prunes Prunes	70g	1.25	OV
BB137	Greek Yoghurt & Berries	90g	1.25	O
BB136	Greek Yoghurt & Mangoes	90g	1.25	O
BB138	Greek Yoghurt & Strawberries	90g	1.25	O
BB004	Mango, Pear & Papaya	120g	1.35	OV
BB095	Peaches & Bananas	120g	1.35	OV
BB013	Red Pepper,Sweet Potato,Apple	120g	1.35	OV
BB063	Spinach, Apples & Swede	120g	1.35	OV
BB078	Strawberries & Apples	120g	1.35	OV
BB126	Sweet Potato,Broccoli,Carrot	120g	1.29	OV
<i>Stage 2</i>				
BB229	Big Smiles Cheesy Pie	130g	1.97	O
BB127	Four Bean Feast	130g	1.97	O
BB058	Kitchen Vegetable Bake	130g	1.97	O
BB200	Rice Pudding Dessert	80g	1.69	O
BB016	Vanilla & Banana Bread Pudding	4 x 80g	2.45	O
HEAVENLY TASTY ORGANICS				
BB118	Coconut Squishies	4 x 90g	3.35	OV
BB073	Happy Halo Bites - Apple	60g	2.19	O
<i>Biscuits</i>				
BB226	Mini Biscuits - Apple	10 x 30g	0.75	OV
BB225	Mini Biscuits - Strawberry	10 x 30g	0.75	OV

code	product	size	rrp	bfgosv
	Breadsticks			
BB161	Italian Breadsticks Original	30g	0.75	OV
BB162	Italian Breadsticks Rosemary	30g	0.75	OV
	Puffs			
BB224	Corn Puffs	15g	0.75	OV
BB195	Corn Puffs	15g	0.75	OV
	Waffles			
BB163	Veggie Waffles	10g	0.85	OV
BB172	Veggie Waffles- Carrot & Cumin	10g	0.85	OV
	Wisps			
BB093	Yummy Wafer Wisps	14g	0.69	O
BB112	Yummy Wafer Wisps	14g	0.69	O
	HELLO KITTY			
WT141	Organic Pasta Shapes	250g	1.55	OV
	HOLLE			
	Cereals			
BB269	3-Grain Porridge	250g	3.35	OV
BB272	Millet Porridge	250g	3.35	OV
BB273	Rolled Oats Porridge	250g	3.19	OV
	Infant Milk Formula			
BB155	Infant Goat Milk Formula 1	400g	13.65	OS
BB254	Infant Goat Milk Formula 2	400g	13.65	O
BB089	Infant Goat Milk Formula 3	400g	13.65	O
	Snacks			
BB068	Mini Fruit Bars- Ban/Orange	100g	3.29	OV
BB084	Org Crunchy Mango Millet Snack	25g	1.25	OV
BB079	Organic Biscuits- Apple/Pear	125g	2.95	OV
BB081	Organic Crunchy Millet Snack	25g	1.25	OV
	Tea			
BB227	Organic Nursing Tea	30g	2.59	OV
BB228	Organic Tea for Kids	30g	2.59	OV
	LITTLE PASTA ORGANICS			
BB255	Animal Pasta Shapes - Tricolor	250g	1.95	OV
BB015	Asparagus Instant Pasta Pot	45g	1.89	O
BB017	Asparagus Pasta Sauce	130g	2.65	GOV
BB009	Cheese/Broc Instant Pasta Pot	45g	1.89	O
BB151	Gluten Free Mini Gnocchi	250g	2.29	GOV
BB298	Pumpkin & Carrot Pasta Sauce	130g	2.05	GOV
BB043	Red Lentil Dinosaur Pasta	250g	3.55	OV
BB257	Spinach & Broccoli Sauce	130g	2.05	GOV
BB051	Teddy Bear Pasta	250g	1.95	VO
BB005	Tom & B/root Instant Pasta Pot	45g	1.89	OV
BB174	Travel Pasta Shapes - Tricolor	250g	1.95	OV
	ORGANIX			
	Cereals - Stage 1			
BB047	Fruity Apple Porridge	120g	2.19	OV
	Cereals - Stage 2			
BB052	Banana & Plum Porridge	200g	2.95	OV
BB053	Multigrain Porridge	200g	2.95	OV
	Cereals - Stage 3			
BB057	Banana, Peach & Apple Muesli	200g	3.50	OV
BB060	Raspberry & Banana Muesli	200g	3.50	OV
	Finger Foods - from 7 months			
BB713	Apple Rice Cakes	50g	1.69	OV
BB153	Banana Rice Cakes	50g	1.69	OV
BB156	Banana Ring Biscuits	54g	1.95	OV

code	product	size	rrp	bfgosv
BB152	Carrot & Tomato Rice Cakes	50g	1.59	OV
BB240	Cheese Baby Biscuits	50g	1.95	OV
BB157	Creamy Vanilla Ring Biscuit	54g	1.95	O
BB715	Crunchy Carrot Sticks	20g	0.95	OV
BB235	Crunchy Carrot Sticks M/pack	4 x 18g	2.59	O
BB717	Crunchy Sweetcorn Rings	20g	0.95	OV
BB069	Raspberry/Blueberry Rice Cake	50g	1.69	OV
BB154	Strawberry Ring Biscuits	54g	1.95	OV
	<i>Finger Foods- from 7 months</i>			
BB234	Apple rice cakes Multi Bag	4 x 28g	3.29	O
	<i>Goodies Biscuits</i>			
BB711	Alphabet Biscuits	5 x 25g	2.55	OV
BB022	Animal Biscuits	100g	1.95	OV
BB247	Gingerbread Men	135g	2.55	OV
	<i>Goodies Fruit Snacks</i>			
BB159	Apple & Date Chunky Fruit Bars	6 x 17g	3.39	OV
BB158	Banana & Date Chunky Fruit Bar	6 x 17g	3.39	OV
BB150	Raisins Mini Boxes	12 x 14g	2.89	OV
	<i>Goodies Savouries</i>			
BB549	Carrot Stix	15g	0.59	OV
BB248	Cheese & Herb Curly Puffs	15g	0.59	O
BB094	Mini Cheese Crackers	4 x 20g	2.55	O
	<i>Goodies Snack Bars</i>			
BB076	Apple & Orange Soft Oaty Bar	6 x 30g	4.29	OV
BB204	Berry Crispy Bar	6 x 18g	3.85	OV
BB075	Carrot Cake Soft Oaty Bars	6 x 30g	4.29	OV
BB080	Raspberry & Apple Soft Oaty	6 x 30g	4.29	OV
	PUMPKIN TREE ORGANICS			
BB132	Apple & Grape Juice	200ml	0.85	OV
BB131	Blackcurrant & Apple Juice	200ml	0.85	OV
BB134	Tomato & Basil Pasta Sauce	300g	2.49	OV
	TRAF0			
BB056	Organic Raisins in Kids Boxes	12 box	2.59	OV
	BABYCARE PRODUCTS			
	BEAMING BABY			
	<i>Wipes</i>			
NF688	Organic Baby Wipes	72	4.09	OV
NF103	Organic Baby Wipes Unscented	72	4.09	OV
	EARTH FRIENDLY BABY			
DY545	Chamomile Shampoo & Wash OG	250ml	4.09	OV
DY522	Organic Chamomile Bubble Bath	300ml	5.39	OV
DY524	Organic Lavender Bubble Bath	300ml	5.39	OV
DY558	Organic Lavender Shampoo &	250ml	4.09	OV
DY038	Organic Mandarin Shampoo	250ml	4.09	OV
	NATRACARE			
NF099	Organic Cotton Baby Wipes	50	4.05	OV
	BAKING SUNDRIES			
	BONPOM			
ZX768	Raw Organic Cacao Butter	200g	9.39	OV
	BREAD MATTERS			
LJ218	Original Sourdough Starter	10g	4.95	OV
	CLEARSPRING			
JP064	Kuzu (Wild Arrowroot)	125g	6.39	GVO
	DOVES FARM			
LJ203	Cornflour Organic	110g	1.69	GOV
	GREEN & BLACKS			

code	product	size	rrp	bfgosv
	<i>Cooks Chocolate</i>			
KB058	Dark Cooking Chocolate-Organic	150g	2.65	FOS
KB429	Milk Cooks Chocolate - organic	150g	2.65	OS
KB049	White Cooks Chocolate-Organic	150g	2.65	FOS
	MOO FREE			
LJ311	Baking Drops	150g	3.79	GOSV
	NIELSEN MASSEY			
LJ333	Vanilla Extract - OG	118ml	15.45	OV
	PLAMIL			
	<i>Drops in 1kg bags</i>			
KB652	Org & F/T Baking Chocolate	1kg	13.59	GFOSV
KB658	Organic Rich Chocolate	1kg	13.89	GOSV
	STEENBERGS			
LJ117	Orange Flower Water Organic	100ml	3.75	OV
LJ085	Rose Water Organic	100ml	3.75	OV
	TAYLOR & COLLEDGE			
LJ115	Vanilla Bean Extract	100ml	9.25	SOV
LJ113	Vanilla Bean Paste	65g	6.65	SOV
	THE RAW CHOCOLATE CO			
NU139	Chia Seeds	230g	3.80	OV
	<i>Chocolate Making Ingredients</i>			
KB050	Cacao Butter	240g	6.70	GFOV
KB051	Raw Cocoa Powder	180g	4.20	FOV
	VIVANI ORGANIC CHOCOLATE			
KB408	Dark Cooking Chocolate	200g	3.39	OSV
	BEANS & PULSES - CANNED			
	SUMA			
VF675	Aduki Beans - organic	400g	1.09	OV
VF550	Baked Beans - Organic	400g	1.09	OSV
VF625	Black Beans - organic	400g	1.09	OV
VF230	Black Beluga Lentils - organic	400g	1.19	OV
VF300	Black Chick Peas - organic	400g	1.09	OV
VF630	Borlotti Beans - organic	400g	1.09	OV
VF645	Butter Beans - organic	400g	1.09	VO
VF395	Cannellini Beans - organic	400g	1.09	OV
VF785	Chick Peas - organic	2.6kg	4.29	OV
VF642	Chick Peas - organic	400g	1.09	VO
VF647	Green Lentils - organic	400g	1.09	VO
VF644	Haricot Beans - organic	400g	1.09	VO
VF795	Mixed Beans - organic	2.6kg	4.29	OV
VF649	Mixed Beans - organic	400g	1.09	VO
VF643	Red Kidney Beans - organic	400g	1.09	VO
	BIONA			
VF222	Baked Beans - Organic	400g	1.25	OVS
VF042	Chilli Beans - Organic	395g	1.29	OSV
VF227	Chilli Black Beans - Organic	400g	1.29	OV
VF306	Edamame Beans	200g	1.69	OV
	BIONOVA			
VF495	Baked Beans - organic	340g	1.55	OSV
	GEO ORGANICS			
VF094	Black Beluga Lentils Organic	400g	1.89	OV
	HODMEDOD'S			
VF129	Organic Vaal Dhal - British	400g	1.65	OSV
VF098	Organic Whole Fava Beans	400g	0.99	OV
	WHOLE EARTH			
VF161	Baked Beans - organic	400g	1.19	GOV

code	product	size	rrp	bfgosv
BEANS & PULSES - DRIED				
SUMA PREPACKS - ORGANIC				
PU202	Aduki Beans - organic	500g	2.45	VO
PU222	Bean Mix - organic	500g	2.85	OV
PU034	Black Turtle Beans	500g	1.79	OV
PU004	Broth Mix - Organic	500g	1.95	OV
PU345	Butter Beans - organic	500g	3.05	VO
PU225	Cannellini Beans - organic	500g	2.15	OV
PU369	Chickpeas - organic	500g	2.89	VO
PU182	Green Split Peas - organic	500g	1.65	OV
PU145	Haricot Beans - organic	500g	1.99	OV
PU135	Lentils - Brown, organic	500g	2.45	VO
PU167	Lentils - Dark Speckled, org	500g	3.49	OV
PU129	Lentils - Green, organic	500g	2.89	VO
PU294	Lentils - Red split organic	750g	3.05	OV
PU267	Lentils - Red split, organic	500g	2.15	VO
PU151	Mung Beans - organic	500g	2.59	VO
PU136	Pinto Beans - organic	500g	2.19	OV
PU156	Red Kidney Beans - organic	500g	2.15	OV
PU146	Soya Beans - organic	500g	1.49	OV
PU166	Yellow Split Peas - organic	500g	1.69	OV
HODMEDOD'S				
PU029	Fava Beans Organic - whole	500g	1.85	OV
PU005	Organic Carlin Peas	500g	1.99	OV
PU014	Organic Fava Beans - Split	500g	2.29	OV
JUST WHOLEFOODS				
VF263	Sprouting Mix - OG	250g	2.19	VO
BEERS				
SUMA				
RT028	Blackstone Yorkshire Moor Ale	500ml	2.89	OV
RT212	Elphin Brook Bitter OG	500ml	2.64	OV
RT027	Erringden Light Pale + Ginger	500ml	2.57	FOV
RT215	Long Wall Mouse Blonde Beer	500ml	2.84	OV
RT029	Mixed Case Suma Ales	500ml	2.84	OV
RT213	Mytholm Mist Wheat Beer OG	500ml	2.72	OV
RT214	Penumbra Stout OG	500ml	2.82	OV
RT032	Strength in Number IPA	500ml	2.95	OV
BLACK ISLE				
RT038	Goldeneye - pale ale	330ml	2.71	OV
RT039	Porter	330ml	2.65	OV
RT037	Red Kite - amber ale	330ml	2.59	OV
RT041	Yellowhammer - anytime IPA	330ml	2.59	OV
BUDELS				
RT131	Budels Lager	330ml	1.99	OV
CANNABIA				
RT004	Cannabia Hemp Beer	330ml	2.59	OV
SAM SMITHS				
RT016	Cherry Beer	355ml	3.06	OV
RT009	Chocolate Stout	550ml	3.44	OV
RT008	Organic Pale Ale	550ml	3.44	OV
RT120	Pure Brewed Organic Lager	550ml	3.44	OV
RT007	Raspberry Beer	355ml	3.06	OV
BISCUITS CRACKERS & CRISPREAD				
AGAINST THE GRAIN				
BT077	OG Berry Delicious Cookies	150g	3.26	GOV
BT341	Og Choc Chip & Hazelnut Cookie	150g	3.10	GOSV
BT302	Org Chocolate & Orange Cookies	150g	3.10	GOSV

code	product	size	rrp	bfgosv
BT340	Organic Almond Cookies	150g	2.98	GOSV
BT339	Organic Ginger Crunches	150g	2.98	GOSV
AMISA				
BT560	Chestnut Crispbread	100g	2.39	GO
BT106	Crispbread - Amaranth and Rice	150g	2.09	OV
BT185	Crispbread - Buckwheat W/grain	120g	2.29	GOV
BT289	Crispbread - Quinoa Fibre Plus	100g	1.69	OV
BT398	Crispbread - Spelt/Chia, Org	200g	2.89	OSV
BT291	Crispbread - Veggie Garden GF	100g	1.69	GOV
BT211	Melba Toasts - Spelt, Organic	200g	2.99	OVB
BT307	Spelt Crispbread - Poppyseed	200g	2.99	OV
BT561	Vitality Breakfast Rolls Brown	250g	4.19	GO
BT562	Vitality Focaccia Rolls White	220g	3.99	GO
Lactose Free				
BT127	Choc/Coconut Coated Rice Cakes	100g	2.09	OS
BT126	Chocolate Coated Rice Cakes	100g	1.99	OS
AUTHENTIC BREAD COMPANY				
KB889	Pumpkin & Sunflower Oatcake	150g	2.89	O
BIONA				
BT124	Apple & Pear Waffles	175g	2.29	OV
BT336	Blueberry Filled Cookies	175g	2.25	OS
BT167	Caramel Syrup Waffles	175g	2.39	OS
BT166	Hazelnut Syrup Waffles	175g	2.49	OSV
BT157	Honey Waffles	175g	2.29	OS
BT123	Maple Syrup Waffles	175g	2.39	OV
CLEARSPRING				
BT573	Brown Rice Cakes - Buckwheat	120g	1.49	GOV
BT574	Brown Rice Cakes - Quinoa	120g	1.49	GOV
BT575	Brown Rice Cakes - Seeds	120g	1.49	GOV
BT129	Brown Rice Crackers-Blk Sesame	40g	1.99	OV
BT318	Oatcakes - Sea Vegetable	200g	2.49	OV
BT290	Oatcakes - Sun Dried Tom /Herb	200g	2.49	OV
BT319	Oatcakes, Traditional, Organic	200g	2.29	OV
BT317	Organic Corncakes	130g	1.15	GOV
BT631	Rice Cakes - 3 Grain, Thin,Org	130g	0.99	OV
BT630	Rice Cakes - Lightly Salted	130g	0.99	OV
BT629	Rice Cakes - No Added Salt,Org	130g	0.99	GOV
BT568	Rice Cakes-Buckwheat & Quinoa	55g	2.29	GOV
BT576	Rye Crispbread - Original	200g	1.29	OV
BT577	Rye Crispbread - Sesame	200g	1.49	OV
DOVES FARM				
BT295	Choc Chip Cookies	180g	2.25	GFOSV
BT010	Digestives	200g	1.22	OSV
BT271	Double Chocolate Cookies - GF	180g	2.25	FOSV
BT202	Fruity Oat Digestives	200g	1.55	OSV
BT269	Lemon Zest Cookies - GF	150g	1.59	GFOSV
BT092	Organic Digestive Biscuits	400g	1.99	OS
BT029	Organic Ginger Oat Biscuits	200g	1.79	OSV
BT008	Stem Ginger Cookies - GF	150g	1.59	GFOSV
DR KARG				
BT001	3 Grains & 3 Seeds Crispbreads	200g	2.79	OV
BT812	Classic 3 Seed Crispbread	200g	2.55	OV
BT815	Emmental Cheese & Pumpkin Seed	200g	2.79	O
BT554	Quinoa & Amaranth Crispbread	200g	2.89	OV
BT813	Seeded Spelt Crispbread	200g	2.95	O
BT550	Spelt with Emmental Cheese	200g	3.15	O
BT250	Tomato/Mozzarella Crispbread	200g	2.89	O

code	product	size	rrp	bfgosv
DUCHY ORIGINALS				
BT216	Chocolate Vanilla Shortbread	150g	2.95	OS
BT411	Highland Shortbread	150g	2.75	OS
BT418	Oaten Biscuits	150g	2.75	O
BT412	Sicilian Lemon Shortbread	150g	2.75	OS
BT413	Stem Ginger Biscuits Dark Choc	100g	3.49	OS
FINN CRISPBREADS				
BT122	Organic Crispbread	200g	2.29	OV
HONEYROSE				
BT292	All Butter Lemon Shortbread	125g	2.89	GOS
BT249	All Butter Oat & Raisin Cookie	115g	2.89	GOS
BT232	All Butter Shortbread	125g	2.89	GOS
BT227	Date & Walnut Toast	110g	3.59	GOSV
BT228	Hazelnut & Agen Plum Toast	110g	3.59	GOSV
BT230	Kale & Spiced Nut Toast	110g	3.59	GOSV
BT235	Triple Chocolate Cookie	115g	2.89	GOS
INSPIRAL VISIONARY PRODUCTS				
BT213	Raw Almond/Herb Crackits	100g	4.49	GOV
ISLAND BAKERY ORGANICS				
BT121	Apple Crumbles Organic Biscuit	150g	2.55	OS
BT163	Chocolate Gingers	150g	3.33	OS
BT006	Chocolate Limes	150g	3.33	OS
BT164	Lemon Melts	150g	3.33	OS
BT162	Oat Crumbles	150g	2.15	OS
BT165	Shortbread Biscuits	150g	2.15	OS
Snack Packs				
BT158	Shortbread Biscuits 2-pack	35g	0.71	OS
KALLO				
BT045	Ancient Grain Corn Cakes	150g	1.99	GOV
BT184	Corn Cakes OG	130g	1.79	GOV
Rice Cakes				
BT096	Belgian Choc Mini Rice Cakes	40g	0.99	OS
BT031	Fairtrade Rice Cake No Salt OG	130g	1.79	GFOV
BT810	Milk Chocolate Rice Cakes OG	90g	2.39	GO
BT033	No Added Salt Organic	130g	1.69	GVO
BT034	Original Organic Wholegrain	130g	1.69	GVO
BT036	Thick Slice Sesame Rice Cake	130g	1.48	GOV
BT240	Thin Slice No Salt - organic	130g	1.59	GVO
BT338	Thin Slice Rice Cake Dark Choc	90g	2.39	GO
KOOKIE CAT				
BT565	Cacao Nib & Walnut Cookie	50g	1.49	GOV
BT567	Chia & Lemon Cookie	50g	1.49	GOV
BT566	Hemp & Cacao Cookie	50g	1.49	GOV
BT563	Pineapple & Orange Cookie	50g	1.49	GOV
BT564	Vanilla & Choc Chip Cookie	50g	1.49	GOV
LE PAIN DES FLEURS				
BT094	Buckwheat Crispbread	125g	3.16	GOV
BT189	Buckwheat Crispbread (no salt)	125g	3.16	GOV
BT095	Chestnut Crispbread	125g	3.49	GOV
BT060	Corn Crispbread	125g	2.65	GOV
BT023	Oat Crispbread	125g	3.19	GOV
BT093	Quinoa Crispbread	125g	3.99	FGOV
BT042	Tigernut Crispbread	125g	3.70	GOV
NAIRN'S				
BT273	Oatcakes - Organic	250g	1.49	OV
BT386	Oatcakes -Organic Super Seeded	200g	1.69	O
ORGANICO				

code	product	size	rrp	bfgosv
	<i>Rustic Breadsticks</i>			
BT065	Classic Grissini - og	120g	1.95	OV
BT061	Omega Grissini - og	120g	1.95	OV
BT068	Sesame Grissini - og	120g	2.15	OV
BT067	Spelt Grissini - og	120g	2.50	OV
	ROOTS & WINGS			
BT446	Seed & Cheese & Pepper Brittle	125g	2.09	O
	RUDE HEALTH FOODS			
BT397	Brown Rice Crackers	130g	2.75	GOV
BT505	Buckwheat & Chia Crackers	150g	3.25	GOV
BT144	Buckwheat & Black Bean Crackers	120g	2.99	GOV
BT147	Chickpea & Lentil Crackers	120g	2.99	GOV
BT054	Corn Crackers	130g	2.75	GOV
BT395	Multigrain Thins	160g	2.75	GOV
	SCHNITZER			
BT134	Double Chocolate Cookies	105g	2.79	GOS
	TERRASANA			
BT102	Honey Waffles	175g	2.45	O
	TRAFO			
BT021	Rice Cakes - Chocolate	60g	1.39	OS
BT017	Rice Cakes - Natural	50g	1.25	OV
BT019	Rice Cakes - Yoghurt	60g	1.39	OS
	BODYCARE			
	ALOE PURA			
DY040	Aloe Vera Gel OG	200g	6.49	OV
	AUSTIN AUSTIN			
DY423	Bergamot & Juniper Conditioner	250ml	12.00	OV
DY422	Bergamot & Juniper Shampoo	300ml	12.00	OV
DY442	Neroli & Petitgrain Body Cream	120ml	14.00	OV
DY441	Neroli & Petitgrain Body Soap	300ml	14.00	OV
DY432	Palmarosa & Vetiver Hand Cream	250ml	13.00	OV
	BADGER BALM			
DY309	Cheerful Mind Balm	17g	7.99	O
MD850	Hardworking Hands Balm	21g	5.99	O
DY411	Lip Balm Sticks - Blue Pack	sticks	12.99	O
DY417	Lip Balm Sticks - Green Pack	sticks	12.99	O
MD145	Muscle Rub	21g	5.99	O
MD874	Sleep Balm - Mini	21g	5.99	O
DY674	Tension Soother Balm	17g	7.99	O
	BENTLEY ORGANIC			
	<i>Haircare</i>			
DY397	Conditioner - all hair types	250ml	5.22	OV
	<i>Soap & Handwash</i>			
DY341	Detoxifying Handwash	250ml	4.52	OV
	DR BRONNER'S			
DY160	Almond Castile Liquid Soap	237ml	7.69	OV
DY191	Almond Castile liquid Soap	473ml	11.69	OV
DY208	Almond Castile Liquid Soap	946ml	19.49	OV
DY198	Baby Castile liquid Soap	473ml	11.69	OV
DY209	Baby Castile Liquid Soap	946ml	19.49	OV
DY164	Baby Castille Liquid Soap	237ml	7.69	OV
DY182	Citrus Orange Liquid Soap	237ml	6.99	OV
DY201	Citrus Orange Liquid Soap	473ml	10.50	OV
DY210	Citrus Orange Liquid Soap	946ml	17.50	OV
DY183	Lavender Castile Liquid Soap	237ml	7.69	OV
DY205	Lavender Castile Liquid Soap	473ml	11.69	OV
DY213	Lavender Castile Liquid Soap	946ml	19.49	OV

code	product	size	rrp	bfgosv
DY184	Peppermint Castile Liquid Soap	237ml	7.69	OV
DY207	Peppermint Castile Liquid Soap	473ml	11.69	OV
DY116	Peppermint Castile Liquid Soap	60ml	2.15	VO
DY214	Peppermint Castile Liquid Soap	946ml	19.49	OV
DY443	Pump Soap - Lavender	355ml	10.49	OV
DY459	Pump Soap - Lemongrass & Lime	355ml	10.49	OV
DY465	Pump Soap - Peppermint	355ml	10.49	OV
DY454	Pump Soap - Tea Tree	355ml	10.49	OV
DY479	Pump Soap - Unscented	355ml	10.49	OV
	Bar Soap			
DY117	Almond Pure Castile Bar Soap	140g	4.99	OV
DY118	Baby Castile Bar Soap	140g	4.99	OV
DY119	Citrus Orange Liquid Soap	140g	4.50	OV
DY123	Lavender Castile Bar Soap	140g	4.99	OV
DY138	Peppermint Castile Bar Soap	140g	4.99	OV
	Hand & Body Lotion			
DY086	Lavender Hand & Body Lotion	237ml	9.49	FOV
DY083	Orange Hand & Body Lotion	237ml	9.49	FOV
DY065	Patchouli Hand & Body Lotion	237ml	9.49	FOV
DY077	Peppermint Hand & Body Lotion	237ml	9.49	FOV
	Hand Sanitiser			
DY455	Hand Sanitiser - Lavender	60ml	4.49	OV
	FAITH			
	Hand Wash			
DY245	Aloe Vera & Tea Tree Hand Wash	300ml	4.19	OV
DY312	Lavender & Geranium Hand Wash	300ml	4.19	OV
DY301	Organic Seaweed Handwash	300ml	4.19	OV
	GREEN PEOPLE COMPANY			
	Gift Sets			
DY388	Indulge - Night Cream	each	8.50	OVBF
DY473	Mens Facial Trio Gift Set	each	15.95	OVBF
	Hair & Body Care			
DY218	Intensive Repair Shampoo	200ml	14.99	VO
DY624	Moisturising Conditioner	200ml	13.91	OV
	Organic Skincare			
DY072	Day Solution SPF15	50ml	21.40	OV
	Organicchildren.com			
DY257	Organic Children Bath & Shower	200ml	10.66	VO
DY090	Organic Children Shampoo	200ml	10.66	VO
	Sun Care			
DY132	After Sun Lotion	200ml	15.95	O
	LAVERA			
	Basis			
DY963	All in One Cream	150ml	6.95	O
DY597	Cleansing Gel	125ml	6.95	OV
DY590	Deodorant Spray	75ml	8.95	O
DY202	Deodorant- Roll On	50ml	7.95	OV
DY589	Hand Cream	75ml	4.45	OV
DY583	Lip Balm - Jojoba/Shea Butter	4.5g	3.45	O
DY581	Moisturising Face Cream	50ml	10.45	OV
DY607	Soft Moisturising Cream	150ml	6.95	OV
	NATRACARE			
	Pads			
NF096	Mini Panty Liner	30	1.85	VO
NF104	Org Cotton Wrapped Panty Liner	18	1.69	OV
NF048	Organic Cotton Panty Liners	22	2.15	OV

code	product	size	rrp	bfgosv
NF304	Ultra Extra Pad Normal - Wings	12	2.25	OV
NF300	Ultra Extra Pads Long - Wings	8	2.25	OV
NF313	Ultra Extra Super Pads Winged	10	2.25	OV
	Tampons			
NF826	Applicator Tampon - Super	16	3.05	O
NF823	Applicator Tampons - Regular	16	2.95	O
NF030	Tampons Regular - Organic	10	1.75	OV
NF085	Tampons Regular - Organic	20	2.65	VO
NF086	Tampons Super - Organic	20	2.75	OV
NF087	Tampons Super Plus - OG	20	2.85	VO
	Wipes			
NF204	Organic Cotton Intimate Wipes	12	2.25	OV
	ORGANYC			
	Pads			
NF227	Pads - Heavy Flow	10	3.89	OV
NF199	Pads - Moderate Flow	10	3.69	OV
	SIMPLY GENTLE			
DY097	Cotton Buds - organic	200	2.15	VO
DY429	Organic Cotton Facial Pads	30 pads	3.29	FO
DY098	Organic Cotton Wool Balls	100	2.15	O
DY099	Organic Cotton Wool Pads	100	2.05	O
DY100	Organic Cotton Wool Pleats	100g	2.15	O
	URTEKRAM			
	Aloe Vera			
DY264	Aloe Vera Body lotion	245ml	6.69	OV
DY905	Aloe Vera Shampoo	250ml	5.35	OV
	Brown Sugar			
DY020	Brown Sugar Shower Gel	500ml	7.35	FOV
	Lime			
DY725	Lime Crystal Roll On Deodorant	50ml	4.89	OV
	Mens Range			
DY292	Face & Body Lotion	150ml	4.25	OV
DY289	Hair & Body Wash	150ml	3.89	OV
DY298	Roll On Deodorant	50ml	3.89	OV
	Nordic Berries			
DY286	Body Lotion	245ml	6.69	OV
DY282	Conditioner	200ml	4.75	OV
DY248	Shampoo	250ml	5.35	OV
DY274	Shower Gel	500ml	7.35	OV
	Nordic Birch			
DY247	Shower Gel	500ml	7.35	OV
	Rose			
DY702	Rose Body Lotion	245ml	6.69	OV
DY060	Rose Crystal Deodorant	50ml	4.89	OV
DY396	Rose Shower Gel	500ml	7.35	OV
	WELEDA			
	Facial Care			
DY952	Almond Soothing Facial Lotion	30ml	17.50	O
	BREADS & BREAD MIXES			
	AMAIZIN			
BT268	Og Tortilla Wraps Extra Fibre	240g	2.35	OV
BT329	Organic Tortilla Wraps	240g	2.35	O
	AMISA			
BT437	Deep Pan Pizza Bases	260g	4.29	GOSV
BT125	Olive Ciabatta	180g	2.99	GOV
	BIONA			

code	product	size	rrp	bfgosv
BT298	Butter Croissants - organic	200g	3.19	O
BT465	Millet Bread - Organic	250g	3.69	O
BT135	Pizza Base - 2 Per Retail Pack	300g	2.49	OV
BT440	Pumpernickel Bread	500g	1.99	OSV
BT461	Rice Bread with Sunflower Seed	500g	4.49	OV
BT464	Rye Bread - Amaranth & Quinoa	500g	1.99	OV
BT073	Rye Bread - Chia & Flax	500g	2.19	OV
BT041	Rye Bread - Coconut&Cranberry	500g	2.19	OV
BT438	Rye Bread - Hemp Seed	500g	2.09	OV
BT206	Rye Bread - Omega 3	500g	1.99	OV
BT207	Rye Bread - Pumpkin Seed	500g	2.09	OV
BT210	Rye Bread - Sunflower Seed	500g	1.99	OV
BT439	Rye Bread - Vitality	500g	2.09	OV
BT145	Rye Bread - Wholegrain	500g	1.99	OV
BT422	Spelt Pizza Base - Organic	300g	3.89	OV
EVERFRESH NATURAL FOODS				
BT048	Malt & Raisin Loaf	290g	1.55	OV
BT047	Mixed Grain Bread	400g	2.95	GOV
BT049	Rye Sourdough Bread	400g	1.62	OV
BT934	Sprouted Rye Bread	400g	1.95	OV
BT935	Sprouted Spelt Bread	400g	2.79	OV
BT229	Sprouted Wheat & Stem Ginger	400g	2.19	OV
BT086	Sprouted Wheat Bread	400g	1.89	OV
BT886	Sprouted Wheat Carrot & Raisin	400g	2.19	OV
BT546	Sprouted Wheat Hemp Bread	400g	2.45	OV
FLORENTIN				
BT552	Pitta Bread - spelt	260g	1.85	OV
BT360	Pitta Bread - white	260g	1.59	OV
BT376	Pitta Bread - wholemeal	280g	1.55	OV
GO VEGAN				
BT138	Vegan Spelt Croissant	5 x 35g	4.99	OSV
BT172	Vegan Wheat Croissants - Cocoa	5 x 35g	4.49	OSV
BT187	Vegan Whole Wheat Croissant	5 x 35g	3.99	OSV
PROFUSION				
BT405	Protein Bread - Rye / Flax	250g	2.89	O
BT071	Super Oat Bread - Rye & Chia	500g	2.49	OV
BT131	Turmeric Rice Bread	250g	2.69	GOV
SCHNITZER GLUTEN FREE				
BT467	Baguette Classic	360g	3.75	GOV
BT466	Baguette Grainy Linseed/Sesame	320g	3.75	GOV
BT470	Ciabatta Olive Bread GF	360g	4.45	GOV
BT462	Focaccia Rolls	220g	3.09	GOV
BT469	Granello-Brown with Sunflowers	500g	4.45	GOV
BT083	Panini Bianco	250g	3.09	GO
BT463	Panini Gold w/Sunflower Seeds	250g	2.85	GOV
BT516	Pizza Base	300g	3.69	GOV
BT517	Quinoa Bread with Chia	500g	4.65	GOV
BT471	Rustico GF Bread with Amaranth	500g	4.45	GOV
TASTE ITALIA				
BT016	G/F Multigrain Vegan Wraps	4 x 65g	3.69	GOV
BT014	Gluten Free Vegan OG Wraps	2 x 80g	3.69	GOV
BURGERS SAUSAGES & TVP MIXES				
CLEARSPRING				
SY074	Organic Soya Chunks	200g	2.99	OSV
SY071	Organic Soya Mince	300g	3.49	OSV
JUST WHOLEFOODS				
VF706	Vegetarian Banger Mix -organic	125g	1.55	OV

code	product	size	rrp	bfgosv
VF705	Vegetarian Burger Mix	125g	1.55	OV
	BUTTER & CREAM (CHILLED)			
	CALON WEN			
CV277	Lightly Salted OG Welsh Butter	250g	3.29	O
CV204	Unsalted Org Welsh Butter	250g	3.29	O
	YEO VALLEY			
CV304	Slightly Salted Organic Butter	250g	2.45	O
CV292	Spreadable Butter	250g	2.35	O
CV726	Unsalted Organic Butter	250g	2.45	O
	<i>Minimum 4 days shelf life</i>			
PO101	Double Cream	227ml	1.39	O
CV309	Half Fat Creme Fraiche - OG	200g	1.19	O
	CAKES			
	EVERFRESH NATURAL FOODS			
BT246	Banana Cake - Organic	300g	3.59	OV
BT242	Carrot Cake with Raisins - Org	400g	3.59	OV
BT241	Date & Pecan Cake - Organic	380g	4.25	OV
BT089	Fruit Cake - Organic	400g	3.15	OV
BT238	Stem Ginger Cake - Organic	380g	4.25	OV
	CEREALS & MUESLIS			
	SUMA MUESLI			
MX209	Fruit Burst Muesli - Organic	500g	3.85	OV
MX211	GF Multigrain Muesli - Organic	500g	3.59	GOV
MX196	Nutty Crunch Muesli - Organic	500g	4.69	OV
MX210	Simply Muesli Base - Organic	500g	1.95	OV
MX191	Swiss Twist Muesli - Organic	500g	2.89	O
	ALARA			
MX077	Gluten Free Scottish Granola	400g	4.99	GO
MX075	Gluten Free Scottish Muesli	500g	4.45	GOV
	<i>Everyday Range</i>			
MX023	Gluten Free Muesli - organic	250g	2.99	GOV
MX031	Rich Muesli - organic	500g	2.99	OV
	<i>Into The Garden Range</i>			
MX236	Active Muesli - organic	400g	5.89	GOV
MX050	G/F Goji & Cranberry Muesli	650g	5.39	GOV
MX234	Very Berry Muesli Organic	600g	5.49	OV
	AMISA			
FX016	Organic Porridge Oats	325g	2.69	GOV
MX007	Spelt Crispy Flakes - Organic	250g	2.99	O
MX029	Spelt Puffs - Organic	200g	2.39	OV
	BIG OZ			
MX024	Organic Brown Rice Flakes	500g	3.45	GOV
MX021	Organic Brown Rice Puffs	225g	3.59	GOV
MX022	Organic Buckwheat Flakes	500g	3.29	GOV
MX028	Organic Buckwheat Puffs	175g	3.45	GOV
MX112	Organic Choc Buckwheat Flakes	350g	5.85	GOV
MX186	Organic Crispy Buckwheat Flake	350g	3.45	GO
MX010	Organic Gluten Free Mix Puffs	225g	3.45	GOV
MX013	Organic Millet Flakes	500g	3.45	GOV
MX030	Organic Quinoa Flakes	500g	9.49	GO
	BIOFAIR			
FX018	Quinoa Flakes Organic	400g	5.69	FO
MX009	Quinoa Pops Organic, FT	120g	4.49	GFO
	BIONA			
MX198	Choco Coco Granola - Organic	375g	3.99	OS
MX199	Honey Hazel Granola - Organic	375g	4.29	O

code	product	size	rrp	bfgosv
MX201	Wild Berry Granola - Organic	375g	4.69	OS
	CLEARSPRING			
MX040	GF Instant Mega Porridge	160g	2.99	OV
MX046	GF Instant Super Porridge	160g	2.99	OV
	DOVES FARM			
MX019	Cereal Flakes - Organic	375g	3.55	GOS
MX988	Chocolate Stars	375g	3.19	GOS
MX173	Cocoa Rice Breakfast Cereal	375g	3.55	GOSV
MX632	Cornflakes - Organic	375g	2.85	GOV
MX171	Fibre Flakes Breakfast Cereal	300g	3.35	GOSV
	GLEBE FARM			
MX111	Granola Org Oats GF	325g	2.99	GOS
MX106	Porridge Oats GF	450g	2.79	GOV
	HODMEDOD'S			
FX020	Organic Puffed Quinoa	150g	2.99	GOV
	KALLO			
MX124	Puffed Rice Cereal - Natural	225g	2.99	GOV
	LIZI'S			
MX133	Lizi's Organic Granola	500g	5.29	OV
	NATURES PATH ORGANIC			
MX547	Crispy Rice	284g	3.75	GOSV
MX195	Gluten Free O's	325g	3.79	GOS
MX136	Granola - Berry	312g	4.79	GOS
MX074	Granola - Pumpkin, Raisin, Alm	312g	4.79	GOS
MX194	Maple Sunrise	332g	4.09	GOS
MX885	Mesa Sunrise	355g	4.19	GOSV
MX884	Millet Rice	375g	3.65	OV
	Envirokidz			
MX079	Choco Chimps	284g	3.89	GOVS
MX080	P/nut Butter & Choc Lemurs	284g	4.69	GOSV
	Kids Range			
MX166	Choc Munch	284g	3.89	GOS
MX602	Gluten Free Munch	300g	3.89	GOSV
	Superflakes			
MX081	Cocoa & Coconut	284g	4.55	GOS
MX091	Honey & Chia	284g	4.55	GOS
	PERTWOOD ORGANIC FARM			
MX814	Muesli Delicious Fruits	650g	3.75	OV
MX813	Muesli Fruit and Seed	650g	3.49	OV
	PLANET ORGANIC			
MX180	Caramel Apple Paleo Granola	350g	6.99	GOSV
MX169	Chocolate Bliss Paleo Granola	350g	6.99	GOSV
MX165	Super Berry Paleo Granola	350g	6.99	GOSV
MX168	Sweet Greens Paleo Granola	350g	6.99	GOSV
MX122	The Original Paleo Granola	350g	6.99	GOSV
MX156	Tropical Twist Paleo Granola	350g	6.99	GOSV
	PRIMROSE'S KITCHEN			
MX221	Courgette & Cacao Granola	300g	5.55	OV
MX246	Lemon/Goji/Pepper Granola	400g	5.55	OV
MX245	Orange / Cashew Granola	300g	5.55	OV
	PROFUSION			
MX058	Granola	350g	4.89	OSV
MX088	Granola	350g	4.89	OSV
	RUDE HEALTH FOODS			
MX018	Banana Berry Oats	325g	3.79	OV
	Children's			
MX232	Honey Puffed Spelt	175g	3.49	O

code	product	size	rrp	bfgosv
	Granola			
MX006	Strawberry & Raspberry Granola	450g	5.99	O
MX135	Ultimate Granola	500g	5.99	O
	Muesli			
MX060	Organic Ultimate Muesli	500g	5.99	OV
MX128	Super Seed Muesli Organic	500g	4.49	OV
	Porridge			
MX070	Naked Barley Porridge	350g	3.49	OV
MX208	Sprouted Porridge Oats Org GF	500g	4.99	GOV
	WHOLE EARTH			
MX172	Classic Cornflakes - organic	375g	2.49	GOSV
MX158	Cocoa Crunch - og	375g	2.99	OS
MX174	Maple Frosted Flakes - og	375g	3.29	GOSV
MX155	Organic Muesli	750g	3.49	OSV
MX162	Red Fruit Crunch - og	450g	3.59	OS
	CHEESE SUBSTITUTES (CHILLED)			
	BIDDY MERKINS			
CV101	Vegetella - Cheddar OG	170g	1.49	O
	CICIONI			
CV115	Fermentini Almond/Cashew	160g	8.50	GOV
	VIOLIFE			
CV014	Organic Original/Pizza Block	400g	6.85	OV
	Slices			
CV013	Organic Original Slices	200g	3.89	OV
	CHEESE, COWS MILK (CHILLED)			
	BIONA			
CV076	Organic Emmental Cheese	200g	4.89	O
	CALON WEN			
	Soil Association Ethical Trade			
CV216	Creamy Mellow Cheddar	350g	4.25	O
CV215	Extra Mature Cheddar	350g	4.45	O
CV397	Extra Mature Organic Cheddar	200g	2.79	O
CV398	Mellow Organic Cheddar	200g	2.49	O
	CYPRESSA			
CV761	Organic Feta	200g	3.29	O
CV760	Organic Halloumi	225g	3.99	O
	HIGH WEALD DAIRY			
CV082	Org Cow & Sheeps Milk Halloumi	per kg	19.99	O
	LYE CROSS			
CV523	Cheshire - organic	245g	3.49	O
CV049	Double Gloucester - organic	245g	3.49	O
CV506	Mature Cheddar - organic	245g	3.55	O
CV166	Medium Cheddar - organic	245g	3.39	O
CV477	Mild Cheddar - organic	245g	3.25	O
CV332	Organic Mature Cheddar Slices	200g	3.05	O
CV105	Red Leicester - organic	245g	3.49	O
CV296	Stilton - organic	150g	3.09	O
CV522	Vintage Cheddar - organic	245g	3.69	O
CV478	Wensleydale - organic	245g	3.49	O
	MOZZA			
	Minimum 4 days shelf life			
CV066	Mozzarella Cheese	125g	2.29	O
	OMA			
CV447	Organic Cottage Cheese	200g	2.39	O
	CHOCOLATE			
	SUMA PREPACKS - ORGANIC			

code	product	size	rrp	bfgosv
KB137	Cacao Nibs - Organic	100g	1.99	OV
	BOOJA BOOJA			
	<i>Artist's Collection Gift Boxes</i>			
KB927	Fine De Champagne Truffles	185g	20.99	GFOSV
KB929	Hazelnut Truffles	185g	20.99	GFOSV
	<i>Easter Range</i>			
KB902	Almond & Sea Salt Caramel Egg	34.5g	9.99	GOSV
KB125	Around Midnight Espresso Egg	34.5g	9.99	GOSV
KB126	Champagne Truffle Egg	34.5g	9.99	GOSV
KB129	Hazelnut Crunch Truffle Egg	34.5g	9.99	GOSV
ZX837	Large Almond & Sea Salt Egg	138g	24.99	GOSV
KB795	Large Champagne Truffle Egg	138g	24.99	GOSV
KB985	Large Hazelnut Truffle Egg	138g	24.99	GOSV
	<i>Four Corners</i>			
KB790	Around Midnight Espresso	104g	7.35	GOSV
KB550	Hazelnut Truffles	104g	7.35	GOSV
KB934	Rum Sozzled Sultana Truffles	104g	7.35	GOSV
KB490	Stem Ginger Truffles	104g	7.35	GOSV
KB655	The Gourmet Selection	237g	17.79	GOSV
	<i>Gift Range</i>			
KB622	Fine De Champagne Truffles	138g	13.55	GOSV
KB623	Hazelnut Truffles	138g	13.55	GOSV
KB624	Truffle Selection 1	138g	13.55	GOSV
KB625	Truffle Selection 2	138g	13.55	GOSV
	CHOCOLATE TREE			
KB287	Coconut- No Dairy	80g	4.65	OV
KB252	Madagascar Dark	80g	4.65	OV
KB255	Madagascar Milk	80g	4.65	O
KB245	Madagascar No Sugar	80g	4.65	OV
KB289	Orange and Amaretti	80g	5.19	O
KB265	Peru Dark	80g	4.65	OV
KB388	White Choc, Raspberry/Bergamot	80g	5.19	O
	COCOA LOCO			
KB380	Dark Chocolate Owl Lolly	26g	1.45	OSF
KB378	Milk Chocolate Owl Lolly	26g	1.49	OSF
KB704	Milk Chocolate Zesty Thins	170g	5.99	FOS
KB705	White Chocolate Latte Thins	170g	5.99	FOS
KB387	White Chocolate Owl Lolly	26g	1.85	OSF
	<i>EASTER 2018</i>			
ZX305	Raspberry Squiggle Egg	225g	12.19	FO
	<i>Easter Range</i>			
ZX319	3 Tone Striped Easter Egg	225g	12.19	FO
ZX353	73% Dark Choc Mini Eggs	140g	6.15	FOS
ZX173	73% Dark Egg with Choc Buttons	225g	11.99	FOV
KB343	Chocolate Flower Pot	160g	8.19	FOS
KB677	Ginger Dark Egg	225g	12.79	FOV
ZX329	Marbled Chocolate Easter Egg	225g	12.19	FO
ZX334	Milk & White Chocolate Chicks	100g	4.59	FO
ZX323	Milk Chocolate Mini Eggs	140g	6.15	FOS
KB011	Mini Eggs	140g	6.19	FOS
ZX186	White Choc & Raspberry Pigs	100g	4.59	FO
	DOISY & DAM			
	<i>25g Bars</i>			
ZX955	Coconut & Lucuma Bar	25g	1.19	GOSV
ZX961	Crunchy Almond Butter	25g	1.19	SOG
ZX957	Date & Himalayan Pink Salt	25g	1.19	GOS
ZX959	Goji & Orange	25g	1.19	VOGS

code	product	size	rrp	bfgosv
ZX956	Lemon, Poppy Seed & Baobab	25g	1.19	OSG
ZX958	Maca, Vanilla & Cacao Nibs	25g	1.19	OGSV
ZX960	Maple, Toast Rice & Pink Salt	25g	1.19	VGOS
	80g Bars			
KB069	Cacao Nibs and Vanilla Bar	80g	2.85	OS
KB068	Coconut & Lucuma	80g	2.85	OSV
KB065	Dark Chocolate Goji & Orange	80g	2.85	OSV
KB073	Date & Himalayan Salt Bar	80g	2.85	SO
KB074	Lemon, Poppy Seed & Baobab	80g	2.85	OS
KB047	Maca, Vanilla & Cacao Nibs	80g	2.85	OSV
ZX800	Maple, Toast Rice & Pink Salt	80g	2.85	OSV
	EQUAL EXCHANGE			
KB847	38% Milk Chocolate	100g	2.79	FOS
KB659	55% Dark Caramel & Sea Salt	100g	2.79	FOS
KB698	65% Organic Dark Orange	100g	2.79	FOSV
KB654	71% Organic Very Dark	100g	2.79	FOSV
KB640	Lemon, Ginger & Pepper	100g	2.79	OSV
	GREEN & BLACKS			
KB746	Miniature Collection, Original	180g	7.39	FOS
KB615	The Connoisseur Collection	580g	19.05	FOS
	100g Bars			
KB116	70% Dark Chocolate	100g	2.39	FOS
KB034	85% Dark Chocolate	100g	2.39	FOS
KB796	Dark Choc Hazelnut & Currant	100g	2.39	FOS
KB935	Dark Chocolate & Burnt Toffee	100g	2.39	FOS
KB132	Dark Chocolate & Ginger	100g	2.39	FOS
ZX251	Maya Gold Dark Chocolate	100g	2.39	FOS
KB908	Milk Choc & Chopped Almonds	100g	2.39	FOS
ZX239	Milk Chocolate	100g	2.39	FOS
KB133	Milk Chocolate & Butterscotch	100g	2.39	FOS
KB370	White Chocolate	100g	2.39	FOS
	Minibars			
KB199	70% Dark Chocolate	35g	0.95	FOS
KB198	Milk Chocolate	35g	0.95	OS
KB136	Milk Chocolate & Butterscotch	35g	0.95	OS
KB177	White Chocolate	35g	0.95	FOS
	Thin Bars			
KB873	Dark Thins Bar	100g	2.29	FOS
	LOVING EARTH			
	30g Bars			
ZX829	Caramel Raw Chocolate	30g	1.75	OSV
ZX833	Coconut Mylk Dark Chocolate	30g	1.75	OSV
ZX830	Creamy Coconut Mylk Chocolate	30g	1.75	OSV
ZX220	Hazelnut Mylk Chocolate	30g	1.99	OSV
ZX217	Lemon Cheesecake Caramel Choc	30g	1.75	OSV
ZX832	Mint Dark Raw Chocolate	30g	1.75	OSV
ZX834	Salted Caramel Raw Chocolate	30g	1.75	OSV
	45g Range			
ZX113	Banoffee Bang Bang Choc	45g	2.99	SVO
ZX114	Coffee Ka-Paw, Dark Choc truffe	45g	2.99	OSV
ZX262	Nutty Mr Maple	45g	2.99	VO
ZX116	Salted Caramel Swayzee	45g	2.99	OSV
ZX115	Turkishly Delightful Truffle	45g	2.99	OSV
ZX111	Very Buck 'N Berry Raw Choc	45g	2.99	SVO
	80g Bars			
ZX823	Caramel Raw Chocolate	80g	3.99	OSV
ZX825	Creamy Coconut Mylk Chocolate	80g	3.99	OSV

code	product	size	rrp	bfgosv
ZX824	Crunchy Mint Raw Dark Choc	80g	3.99	OSV
ZX826	Dark Raw Chocolate	80g	3.99	OSV
ZX828	Salted Caramel Raw Chocolate	80g	3.99	OSV
MONTEZUMA'S				
100g Organic Bars				
KB196	73% Very Dark Chocolate	100g	2.45	OSV
KB254	Dark Choc, Geranium & Orange	100g	2.45	OSV
KB194	Dark Chocolate & Chilli	100g	2.45	OSV
KB191	Milk Chocolate	100g	2.45	OS
KB617	Milk Chocolate & Butterscotch	100g	2.45	OS
KB186	Milk Chocolate the Dark Side	100g	2.45	OS
KB616	Milk Chocolate, Chilli & Lime	100g	2.45	OS
KB187	White Chocolate	100g	2.45	OS
Easter Range				
ZX993	Absolute Black Cocoa Nib Egg	250g	9.99	GOVS
KB811	Dark Chunky Egg	250g	9.99	OSV
KB212	Milk Chocolate Cheeky Bunnies	90g	4.99	OS
KB205	Milk Chocolate Truffle Egg	350g	19.99	OS
KB809	Milk Chunky Egg	250g	9.99	OS
KB467	Peanut Butter Mini Egg	150g	3.99	OS
ZX994	White Choc & Rasp Eco Egg	150g	8.50	OSG
ZX990	White Chocolate Cheeky Bunnies	90g	5.50	OS
Giant Buttons				
KB272	Dark Chocolate Button Bags	180g	3.79	OV
KB271	Milk Chocolate Button Bags	180g	3.79	O
KB270	White Chocolate Button Bag	180g	3.79	OS
Mini Bars				
KB416	73% Very Dark Chocolate	30g	1.09	OS
KB414	Milk Chocolate	30g	1.09	SO
MOO FREE				
KB193	Choccy Chum Surprise	20g	0.55	GO
ZX673	Choccy Chums	98g	3.79	GOSV
ZX790	Choccy Drops	25g	0.89	GOSV
KB959	Cranberry & Hazelnut Bar	100g	2.85	GOSV
KB812	Dairy Free Milk Chocolate Bar	100g	2.70	GOSV
KB957	Milk Alternative Banana Bar	100g	2.69	GOSV
KB818	Orange Moo Free Bar	86g	2.70	GOSV
Easter Range				
KB819	Cheeky Orange Egg	110g	4.25	GOVS
ZX979	Dairy Free Bunnycomb Egg	110g	4.25	GOVS
KB813	Dairy Free Milk Chocolate Egg	125g	4.25	GOSV
ZX989	Rosie Rabbit	32g	0.99	GOSV
Mini Moos				
KB536	Bunnycomb Bars - Singles	25g	0.85	GOSV
KB419	Dairy Free Cheeky Orange Bar	23g	0.85	GOSV
KB166	Hammy's Original Bar	20g	0.79	GOSV
KB966	Mint Bars - Singles	23g	0.85	GSOV
MULU RAW CHOCOLATE				
ZX030	Raw Chocolate - Banana	37g	2.49	OSV
OMBAR RAW CHOCOLATE				
ZX659	90% Raw Chocolate	35g	1.99	OV
KB759	Blueberry & Acai Chocolate	35g	1.99	OV
ZX952	Coco Almonds Raw Chocolate	70g	3.29	GOV
KB761	Coco Dark Chocolate	35g	1.99	OV
ZX953	Coco Mylk	70g	3.29	GOV
KB406	Coco Mylk Raw Chocolate	35g	1.99	OV
ZX657	Coconut & Vanilla Centre	35g	1.99	OV

code	product	size	rrp	bfgovs
KB766	Cranberry & Mandarin Chocolate	35g	1.99	OV
KB763	Dark 72% Raw Chocolate	35g	1.99	OV
KB760	Goji Berry Chocolate	35g	1.99	OV
ZX663	Raspberry & Coconut Centre	35g	1.99	OV
ZX951	Raw Cacao 72%	70g	3.29	GOV
KB764	Strawberry Mylk Raw Chocolate	35g	1.99	OV
	Buttons			
KB492	Coco Mylk Chocolate Buttons	25g	1.49	OVS
ZX661	Dark 72% Chocolate Buttons	25g	1.49	OV
	ORGANIC SEED & BEAN COMPANY			
ZX795	80% Dark Choc Wild Ecuador	75g	4.25	FOSV
	Large Bars			
KB152	37% Milk Choc, Hazels & Almonds	85g	2.69	FOS
KB733	37% Milk Chocolate	85g	2.69	FOS
ZX792	37% Milk Coffee Mocha	85g	2.69	FOS
KB970	58% Dark Choc & Espresso	85g	2.69	FOS
KB155	58% Dark Choc & Hazelnuts	85g	2.69	FOSV
KB979	58% Dark Choc, Lemon & Cardamon	85g	2.69	FOS
ZX793	58% Dark Sweet Orange & Thyme	85g	2.69	FOSV
KB740	66% Dark, Raspberry & Coconut	85g	2.69	OSV
KB736	70% Dark Choc & Sea Salt	85g	2.69	FOSV
KB767	72% Dark Choc & Lavender	85g	2.69	FOSV
KB200	72% Dark Choc & Mint	85g	2.69	FOSV
KB773	72% Dark Choc, Chilli & Lime	85g	2.69	FOSV
KB743	72% Dark choc, Dominican	85g	2.69	FOSV
KB772	72% Dark Choc, Mandarin & Ginger	85g	2.69	FOSV
ZX313	Raspberry & Vanilla White Bar	85g	2.69	FOS
ZX126	Sea Salt & Tropical Lime	85g	2.69	FOS
KB742	White Choc, Lemon & Poppy Seed	85g	2.69	FOS
	Mini Bars			
ZX392	58% Dark Choc & Espresso	25g	1.25	FOS
ZX391	58% Dark Sweet Orange & Thyme	25g	1.25	FOSV
ZX400	72% Dark Choc, Dominican	25g	1.25	FOSV
ZX389	Sea Salt & Tropical Lime	25g	1.25	FOS
	ORGANICA			
KB359	Non Dairy Milk Chocolate	100g	2.75	OSV
KB277	Vegan Diets White Chocolate	100g	2.89	FOVS
	PLAMIL			
	Easter Range			
KB349	'Milky' Half Eggs In Pouch	125g	4.99	GFOV
ZX999	Hollow Milk Chocolate Egg	85g	3.99	FGOV
	PONCHITO			
	Easter Range			
ZX971	Milk Chocolate Surprise Egg	20g	1.95	FSO
	SO FREE			
	Easter Range			
ZX968	Easter Bunny Bar	25g	1.35	OSV
	Organic Large Bars			
ZX925	72% Dark Chocolate	80g	2.75	GVSO
ZX922	Dark Chocolate	80g	2.75	OGSV
ZX921	Extra Dark 87% Chocolate	80g	2.75	OSVG
ZX920	F/trade Milk Choc Alternative	80g	2.75	OGVS
ZX923	Mint Chocolate	80g	2.75	SVOG
ZX924	Orange Chocolate	80g	2.75	OSVG
ZX926	White Chocolate	70g	2.75	GSOV
	THE RAW CHOCOLATE CO			

code	product	size	rrp	bfgosv
	Raw Chocolate Bars			
KB057	Goji Berry & Orange	44g	1.99	GFOV
KB061	Pitch Dark	44g	1.99	GFOV
ZX888	Salted Vanoffe & Hazelnut	44g	2.49	GOSV
KB063	Vanoffe	44g	2.29	GFOV
	Raw Chocolate Coated Fruit			
KB054	Chocolate Covered Mulberries	125g	5.99	GOV
KB053	Goji Berries	125g	4.79	GFOV
KB360	Goji Berries - Snack Pack	28g	1.49	FOV
KB362	Mulberries - Snack Pack	28g	1.49	FOV
KB855	Raisins - Snack Pack	28g	1.49	OV
KB903	Vanoffe Covered Mulberries	125g	5.99	FOV
	Raw Chocolate Covered Fruit			
ZX182	Raw Chocolate Covered Almonds	110g	5.99	OSV
ZX884	Raw Chocolate Covered Almonds	25g	1.59	GOSV
ZX181	Raw Chocolate Covered Ginger	125g	5.99	OSV
ZX885	Raw Chocolate Covered Ginger	28g	1.59	GOSV
ZX889	Vanoffe Covered Mulberries	28g	1.59	GOSV
	VEGO			
KB821	Mini Whole Hazel Chocolate Bar	65g	2.15	FOVS
KB943	Vegolino Pralines	180g	5.95	FOSV
KB489	Whole Hazelnut Chocolate Bar	150g	3.85	FOV
	VIVANI ORGANIC CHOCOLATE			
KB485	71% Dark Chocolate	100g	2.19	OS
KB851	Dark Choc & Almonds	100g	2.39	OS
KB486	Dark Choc & Cassis Filling	100g	2.39	OS
KB693	Dark Choc & Nougat	100g	2.45	OSV
KB487	Dark Choc & Peppermint Filling	100g	2.39	OS
KB849	Dark Choc & Whole Hazelnuts	100g	2.45	OS
KB484	Dark Chocolate & Orange	100g	2.39	OS
KB243	Dark Marzipan Amaretto	100g	2.39	OS
KB488	Milk & White Cappuccino Choc	100g	2.39	OS
KB694	Milk Choc & Caramel Cream	100g	2.39	OS
KB480	Milk Choc & Praline Filling	100g	2.39	OS
KB479	Milk Chocolate	100g	2.19	OS
KB732	Winter Chocolate	100g	2.39	OS
	Premium Large Bars			
KB632	85% Dark Chocolate	100g	2.45	OS
KB407	92% Dark Choc Panama Estate	80g	2.49	OV
KB483	Cocoa & Coconut Blossom Sugar	80g	2.49	OS
KB901	Dark 75% Chocolate	80g	2.49	OSV
KB048	Dark Choc & Cranberry	100g	2.49	OSV
KB002	Latte Macchiato Praline	100g	2.49	OS
KB008	Milk Caramel Pink Salt Maras	100g	2.49	OS
KB638	White Choc & Vanilla	100g	2.49	OS
	Snack Size			
KB420	Almond Orange Rice Chocolate	35g	1.09	OSV
KB430	Black Cherry	35g	1.09	OSV
KB447	Creamy Caramel	40g	1.09	OS
KB728	Crispy Corn Flakes	35g	1.09	OSV
KB475	Dark Nougat Croccante	35g	1.09	OSV
KB452	Espresso Biscotti	40g	1.09	OS
KB690	Strawberry Wafer Crunch	35g	1.09	SOV
KB476	White Nougat Crisp	35g	1.09	OSV
	Vivani iChoc			
KB897	Almond & Orange	80g	2.29	OSV
KB882	Choco Cookie	80g	2.29	OSV

code	product	size	rrp	bfgosv
KB224	Expedition Jungle Bites	50g	1.89	VSO
KB223	Expedition Sunny Almond	50g	1.89	VSO
KB922	Milkless Chocolate	80g	2.29	VOS
KB738	Super Nut	80g	2.29	VOS
KB881	White Nougat Crisp	80g	2.29	OSV
KB898	White Vanilla	80g	2.29	OSV
	ZOTTER CHOCOLATE			
	<i>Labooko Twin Bars</i>			
KB917	Peru Dark 100%	65g	3.25	FOV
	CHOCOLATE & SWEET SPREADS			
	BIONA			
GH043	Carobia - Carob hazel spread	400g	4.69	OS
GH112	CocoBella Spread Organic	250g	4.99	OSV
GH840	Dark Chocolate Spread - org	350g	3.59	OSV
GH232	Duo Choc Hazel Spread - org	350g	4.19	O
GH010	Milk Choc Hazel Spread - org	350g	4.19	OS
	ESSENTIAL TRADING			
GH092	Dark Chocolate Spread	400g	3.25	FOSV
GH089	Duo Swirl Chocolate Spread	400g	3.25	FOS
	RAW HEALTH			
GH033	Raw Cacao Brazilnut Bliss	170g	5.39	OV
	SO FREE			
GH224	Dark Chocolate Spread	275g	3.65	VGO
GH223	Milk Choc Spread (Dairy Free)	275g	3.15	OSGV
GH225	Rich Dark Chocolate Spread	275g	3.15	OVGS
GH226	Rich Dark Orange Choc Spread	275g	3.15	VOSG
	CHOCOLATES (CHILLED)			
	BOOJA BOOJA			
	<i>Chilled Chocolate</i>			
KB822	Almond Caramel Truffles	69g	4.19	GOSV
KB823	Dark Ecuadorian Truffles	69g	5.29	GOSV
KB824	Fine De Champagne Truffles	69g	4.19	GOSV
KB826	Hazelnut Crunch Truffles	69g	4.19	GOSV
KB827	Raspberry Truffles	69g	5.29	GOSV
KB839	Truffle Selection No.1	69g	4.19	GOSV
KB841	Truffle Selection No.2	69g	4.19	GOSV
	<i>Chilled Truffles</i>			
KB656	Champagne Truffles	138g	9.95	GOSV
	<i>Two Packs</i>			
KB666	Almond Salted Caramel Truffles	2 pack	1.29	GOV
KB667	Fine De Champagne Truffles	2 pack	1.29	GOV
KB668	Hazelnut Crunch Truffles	2 pack	1.29	GOV
	CIDERS			
	ASPALL			
RT023	Aspall Organic Suffolk Cyder	500ml	3.35	OV
	DUNKERTONS			
RT015	Premium Organic Cider	500ml	2.93	OV
RT191	Sparkling Organic Perry	500ml	3.37	OV
	FRENCH CIDER			
RT190	Cidre Brut	75cl	5.81	OV
	LUSCOMBE DRINKS			
RT011	Devon Cider - og	320ml	2.13	OV
	WESTONS			
RT006	Wylldwood Organic Cider	500ml	3.15	OV
	COCOA			
	SUMA PREPACKS			

code	product	size	rrp	bfgosv
LJ189	Cocoa Powder - Organic	250g	4.79	FOV
	EQUAL EXCHANGE			
TE491	Hispaniola Cocoa Powder - og	250g	4.49	FOV
	GREEN & BLACKS			
TE453	Cocoa Powder - organic	125g	2.59	FOV
TE131	Hot Chocolate	300g	4.49	FOS
	LOVING EARTH			
TE026	Creamy Drinking Chocolate	250g	6.99	OV
TE033	Dark Drinking Chocolate	250g	6.99	OV
	MONTEZUMA'S			
KB190	Dark Drinking Chocolate	300g	5.49	FOSV
	COFFEE			
	SUMA			
	<i>Bulk Packs</i>			
TE103	Colombia Cosurca Beans	1kg	20.28	FOV
TE656	Espresso Beans	1kg	19.69	FOV
TE101	Ethiopia Yirgacheffe Beans	1kg	21.28	FOV
TE109	Honduras Coffee Beans	1kg	17.24	FOV
TE758	Medium Roast Ground Coffee	1kg	19.20	FOV
TE106	Peru Cepicafe Beans	1kg	18.21	FOV
TE107	Sumatra Gayo Highlands Beans	1kg	20.56	FOV
TE113	Swiss Water Decaff Beans	1kg	21.28	FOV
	<i>Roast and Ground Coffees</i>			
TE014	Bolivia Femenino Ground Coffee	227g	4.65	FOV
TE372	Colombia Ground Coffee	227g	4.65	FOV
TE400	Decaffeinated Ground Coffee	227g	5.25	FOV
TE650	Espresso Ground Coffee	227g	4.99	FOV
TE015	Ethiopia Harar Ground Coffee	227g	5.79	FOV
TE374	Ethiopia Yirgacheffe Ground	227g	4.99	FOV
TE384	Honduras Ground Coffee	227g	4.29	FOV
TE658	India Araku Valley Ground	227g	4.99	FOV
TE643	Medium Roast Ground Coffee	227g	3.99	FOV
TE397	Peru Ground Coffee	227g	4.59	FOV
TE641	Suma Dark Roast	227g	3.99	FOV
TE399	Sumatra Ground Coffee	227g	4.65	FOV
	<i>Roast Whole Bean Coffees</i>			
TE373	Colombia Coffee Beans	227g	4.65	FOV
TE655	Espresso Coffee Beans	227g	4.99	FOV
TE375	Ethiopia Yirgacheffe Beans	227g	4.99	FOV
TE401	Peru Coffee Beans	227g	4.59	FOV
	CAFEDIRECT			
	<i>Instant Coffees</i>			
TE949	Decaffeinated Organic	100g	5.25	FOV
TE792	Smooth Organic	100g	4.99	FOV
	<i>Roast & Ground Coffees</i>			
TE952	Machu Picchu Organic Ground	227g	4.50	FOV
TE950	Organic Roast	227g	4.60	FOV
TE793	Origins Blend Organic	227g	4.59	FOV
TE794	Peruvian Reserve Organic	227g	4.79	FOV
	<i>Roast Wholebean Coffees</i>			
TE791	Espresso Blend Organic	227g	4.59	FOV
TE901	Machu Picchu Organic	227g	4.50	FOV
TE795	Peruvian Reserve Organic	227g	4.79	FOV
	CLIPPER			
	<i>FOOD SERVICE RANGE</i>			
TE724	Instant - Fairtrade & Organic	500g	21.45	FOV
TE526	Instant Organic Decaff	500g	25.00	FOV

code	product	size	rrp	bfgosv
<i>Instant Coffees</i>				
TE879	Fairtrade Org Decaf Instant	100g	4.69	FOV
TE422	Fairtrade Organic Instant	100g	3.99	FOV
TE739	Fairtrade Organic Instant	100g	4.39	FOV
TE076	Fairtrade Organic Instant	100g	4.55	FOV
<i>Roast and Ground Coffees</i>				
TE845	Decaffeinated Ground Coffee	227g	4.45	FOV
TE849	Italian Style Ground Coffee	227g	3.89	FOV
TE705	Papua New Guinea Ground Coffee	227g	3.89	FOV
EQUAL EXCHANGE				
<i>Roast & Ground Coffees</i>				
TE872	Anytime Med Roast Og Ground	227g	4.69	FOV
TE875	Colombian Excelso - og	227g	4.89	FOV
TE347	D.R. Congo	227g	4.89	FOV
TE874	Dark City Og Ground Coffee	227g	4.69	FOV
TE870	Decaffeinated Ground Coffee	227g	4.99	FOV
TE867	Ethiopia Yirgacheffe Og Ground	227g	4.89	FOV
TE812	Guatemalan Ground Coffee	227g	4.89	OV
TE866	Italian Blend Ground Coffee	227g	4.89	FOV
TE876	Women Grew This- Ground Coffee	227g	4.89	FOV
<i>Roast Wholebean Coffees</i>				
TE898	Anytime Med Roast Og Beans	1kg	18.95	FOV
TE416	D.R. Congo	227g	4.89	FOV
TE402	Dark City Og Coffee Beans	227g	4.69	FOV
TE403	Decaffeinated Og Coffee Beans	227g	4.99	FOV
TE896	Espresso - og	1kg	18.95	FOV
TE834	Guatemalan Og Coffee Beans	227g	4.89	OV
TE408	Italian Blend Coffee Beans	227g	4.89	FOV
TE008	Italian Blend Og Coffee Beans	1kg	18.95	FOV
TE371	Medium Roast Coffee Beans	227g	4.69	FOV
TE409	Women Grew This - Coffee Beans	227g	4.89	FOV
GRUMPY MULE				
<i>Roast & Ground Coffees</i>				
TE286	Cafe Equidad - Colombia	227g	4.65	FOV
TE559	Cafe Femenino - Peru	227g	4.65	FOV
TE289	Decaffeinated	227g	5.25	FOV
TE032	Espresso - Landscape Blend	227g	4.99	FOV
TE265	Ethiopia Shakisso	227g	5.25	OV
TE852	India Araku	227g	4.99	FOV
TE285	Sumatra Gaya Highlands	227g	4.65	FOV
<i>Roast Wholebean Coffees</i>				
TE718	Cafe Equidad - Colombia. Beans	227g	4.65	FOV
TE290	Espresso - Landscape Blend	227g	4.99	OV
PERCOL				
<i>Roast & Ground Coffees</i>				
TE803	All Day Americano Fairtrade og	200g	4.49	FOV
TE805	Lively Latino Fairtrade - og	200g	4.49	FOV
COFFEE SUBSTITUTES				
BARLEYCUP				
TE698	Instant Cereal Drink Organic	100g	3.69	OV
TE480	Organic Chicory Cup	100g	3.95	OV
PREWETTS				
TE589	Chicory Drink - Organic	100g	3.05	OV
WHOLE EARTH				
TE389	Nocaf - organic	100g	2.99	VO

code	product	size	rrp	bfgosv
CONVENIENCE FOODS				
FREE & EASY				
VF125	Bean Cassoulet - og	400g	2.09	OV
VF116	Chick Pea & Bean Tagine	400g	2.09	OV
VF006	Chick Pea/Vegetable Curry - og	400g	2.09	OV
VF014	Three Bean Chilli - og	400g	2.09	OV
VF127	Vegetable Balti - og	400g	2.09	OV
VF128	Vegetable Hotpot - og	400g	2.09	OV
GEO ORGANICS				
VF289	Bombay Potatoes	300g	1.49	GOV
VF291	Chickpea & Lentil Dahl	300g	1.49	GOSV
VF294	Green Lentil & Red Kidney Dahl	300g	1.49	GOSV
VF292	Mildly Spiced Thick Veg Stew	300g	1.49	OSV
VF079	Organic Chickpea & Lentil Dahl	400g	1.85	OV
VF295	Saag Aloo	300g	1.49	GOSV
VF290	Thick Vegetable Hot Pot	300g	1.49	GOV
NATUR COMPAGNIE				
<i>Organic Snack Pots</i>				
VF313	Asia Veggie Noodle Soup	55g	1.99	OS
VF318	Dhal Couscous Snack Pot	68g	1.99	OSV
VF315	Oriental Couscous Snack Pot	68g	1.99	OS
VF314	Pasta al Funghi	50g	1.99	OS
VF317	Pasta Napoli Snack Pot	59g	1.99	OSV
VF316	Veggie Noodle Soup Snack Pot	50g	1.99	OS
SUNITA				
FG601	Polenta - organic	500g	1.99	OV
CRISPS & SNACKS				
SUMA PREPACKS - ORGANIC				
ZX931	Bombay Mix - organic	125g	0.99	OV
ZX552	Bombay Mix - organic	250g	1.65	OV
AMAIZIN				
ZX544	Bio Corn Chips Chilli	75g	1.30	OV
ZX589	Bio Corn Chips Nachos	150g	2.29	GOS
ZX543	Bio Corn Chips Natural	150g	1.75	OV
ZX542	Bio Corn Chips Natural	75g	1.30	OV
ZX546	Bio Corn Chips Paprika	75g	1.30	OV
ZX429	Natural Corn Chips Value Bag	250g	2.39	OV
ZX406	Tomato Corn Rolls	100g	1.55	OS
BIONA				
ZX424	Potato Chips - Lightly Salted	100g	2.13	OV
CLEARSPRING				
ZX342	Brown Rice Chips - Buckwheat	60g	1.49	GOV
ZX352	Brown Rice Chips - Red Lentil	60g	1.49	GOV
ZX340	Brown Rice Chips - Wholegrain	60g	1.49	GOV
ZX216	Roasted Seeds & Soya Snack	35g	0.99	GOV
ZX226	Tamari Roast Sicilian Almonds	30g	1.69	GO
ZX129	Tamari Roasted Cashew Nuts	30g	1.69	OV
EAT REAL				
<i>Organic - Sharing</i>				
ZX215	Organic Hummus Sea Salt Chips	100g	2.19	GOV
ZX214	Organic Lentil Sea Salt Chips	100g	2.19	GOV
ZX213	Organic Veggie Straws	100g	2.19	GOSV
GARCIA				
<i>Sharing Bag</i>				
ZX461	Blue Corn Tortilla Chips - Org	150g	2.59	OVG
ZX200	Veggie Mix Tortilla - Org	150g	2.59	GOV
ZX393	Yellow Corn Tortillas - Org	150g	2.59	GOV

code	product	size	rrp	bfgosv
HIPPEAS				
ZX179	Cheese & Love Chickpea Puffs	22g	1.09	OV
ZX176	Far Out Fajita Chickpea Puffs	22g	1.09	OV
ZX178	Herb Chickpea Puffs	22g	1.09	OV
ZX538	Salt & Vinegar Puffs	22g	1.09	GOSV
ZX177	Sweet & Smokin' Chickpea Puffs	22g	1.09	OV
Large Bags				
ZX188	Cheese & Love Chickpea Puffs	78g	2.29	GO
ZX172	Far Out Fajita Chickpea Puffs	78g	2.29	GOV
ZX171	Herb Chickpea Puffs	78g	2.29	GOV
ZX600	Salt & Vinegar Puffs	78g	2.29	GOSV
ZX166	Sweet & Smokin' Puffs	78g	2.29	GOV
INSPIRAL VISIONARY PRODUCTS				
30g Kale Chips				
ZX250	Raw Kale Chips - Baobab/Onion	30g	2.19	OV
ZX255	Raw Kale Chips - Beetroot	30g	2.19	OV
ZX257	Raw Kale Chips - Purple Corn	30g	2.19	OV
ZX258	Raw Kale Chips - Wasabi	30g	2.19	OV
60g Kale Chips				
ZX260	Raw Kale Chips - Purple Corn	60g	3.79	OV
ZX259	Raw Kale Chips - Wasabi	60g	3.79	OV
Pecks				
ZX201	Caramel Coconut Pecks	25g	1.19	SOV
ZX651	Raspberry Coconut Pecks	25g	1.19	OSV
LUKE'S ORGANICS				
Sharing bags				
ZX615	Chia Seed Multigrain Chips	142g	2.95	OV
ZX631	Kale Multigrain & Seed Chip	142g	2.95	OV
ZX634	S/Potato Hemp B/Wheat Chips	142g	2.95	OV
TRAF0				
Handcooked Baked Crisps				
ZX756	Hand Cook Barbecue	40g	0.95	OV
ZX755	Hand Cook Cheese & Onion	40g	0.95	O
ZX473	Hand Cook Rosemary & Sea Salt	40g	0.95	OV
ZX474	Hand Cook Salt & Black Pepper	40g	0.95	OV
ZX460	Hand Cooked Crisps Seasalt	40g	0.95	O
Hummus Chips				
ZX932	Hummus Chips - Paprika	75g	1.79	OV
ZX934	Hummus Chips - Rosemary	75g	1.79	OV
ZX933	Hummus Chips - Sea Salt	75g	1.79	GOV
Light Baked Crisps				
ZX625	Coconut Oil Baked Crisps	100g	2.59	OV
ZX759	Coconut Oil Baked Crisps	40g	1.19	OV
ZX758	Vegetable Chips	40g	1.59	OV
ZX624	Vegetable Chips	75g	2.29	OV
ZX575	Vegetable Chips Sweet Potato	80g	2.15	OV
ZX626	Virgin Olive Oil Baked Crisps	100g	2.59	OV
Potato Crisps Fried				
ZX053	Paprika Crisps - organic	40g	0.95	OV
ZX055	Salted Crisps - organic	40g	0.95	OV
Snacks				
ZX401	Corn Peanuts	75g	1.39	OV
BT075	Pretzel Sticks	100g	1.35	OV
Tortilla Chips				
VF218	Tortilla Chips - Chilli	75g	0.99	VO
ZX136	Tortilla Chips - Natural	200g	1.89	OV

code	product	size	rrp	bfgosv
VF226	Tortilla Chips - Natural YAKSO	75g	0.99	VO
ZX371	Java Chips - Seaweed	100g	1.85	OVS
DAIRY DESSERTS (FROZEN)				
ROSKILLYS				
XL174	OG Caramel Crunch Ice Cream	120ml	1.70	OS
XL219	OG Caramel Crunch Ice Cream	500ml	4.70	OS
XL171	OG Chocolate Ice Cream	120ml	1.70	OS
XL325	OG Chocolate Ice Cream	500ml	4.70	OS
XL170	OG Clotted Cream Vanilla Ice	120ml	1.70	OS
XL173	OG Mint Choc Chip Ice Cream	120ml	1.70	OS
XL326	OG Mint Choc Chip Ice Cream	500ml	4.70	OS
XL172	OG Strawberry Ice Cream	120ml	1.70	OS
XL327	OG Strawberry Ice Cream	500ml	4.70	OS
XL220	OG Vanilla Ice Cream	500ml	4.20	OS
YEO VALLEY				
XL249	Double Chocolate Ice Cream	100ml	1.69	OS
XL250	Double Chocolate Ice Cream	500ml	4.19	OS
XL247	Sea Salted Caramel Ice Cream	100ml	1.69	OS
XL248	Sea Salted Caramel Ice Cream	500ml	4.19	OS
XL291	Strawberry & Cream Ice Cream	100ml	1.69	OS
XL295	Strawberry & Cream Ice Cream	500ml	4.19	OS
XL340	Strawberry Frozen Yoghurt	900ml	4.19	OS
XL245	Vanilla Ice Cream	100ml	1.69	OS
XL246	Vanilla Ice Cream	500ml	4.19	OS
DESSERTS				
CLEARSPRING				
SY015	Sweet Grains Dessert - Millet	370g	3.89	OV
PROVAMEL				
SY040	Soya alternative to Cream	250ml	1.05	GOV
SY075	Soya Custard	525g	1.45	OV
SY645	Soya Dessert - Caramel	4 x 125g	1.89	SOV
SY195	Soya Dessert - Vanilla	4 x 125g	1.95	GOSV
SY149	Soya Dessert Coconut Chocolate	4 x 125g	2.15	GOSV
SOJADE				
SY099	Chocolate Soya Dessert	530g	1.55	OSV
SY017	Cuisine- Organic Soya Cream	200ml	0.99	OSV
SY106	Rice Cream - Organic	200ml	1.45	GOV
SY107	Vanilla Custard Style Dessert	530ml	1.55	GOSV
DESSERTS & PUDDINGS (CHILLED)				
RACHELS DAIRY				
<i>Divine Rice Dessert</i>				
CV257	Organic Creamy Rice Dessert	500g	2.35	OS
CV622	Traditional Creamy	150g	0.86	OS
DRINKS (CHILLED)				
ALPRO				
CV088	Organic Fresh Soya Drink	1l	1.75	OV
BIO-TIFUL DAIRY				
CV361	Org Kefir Milk Drink	250ml	1.79	O
CV371	Org Riazhenka Milk Drink	250ml	1.79	O
CV359	Org Riazhenka Milk Drink	500ml	2.79	O
CV342	Organic Kefir Milk Drink	500ml	3.09	O
EQUINOX				
CV736	Kombucha Ginger	275ml	1.89	OSV
CV737	Kombucha Original	275ml	1.89	OSV
CV741	Kombucha Raspberry/Elderflower	275ml	1.89	OSV

code	product	size	rrp	bfgosv
CV742	Kombucha Wild Berry	275ml	1.89	OSV
	PROFUSION			
	<i>Kefir</i>			
CV022	Fizzy Tropical Turmeric	250ml	2.89	OV
CV034	Fizzy Zesty Lime & Dragonfruit	250ml	2.89	OV
	Kombucha			
CV642	Baobab Mint Pomegrnt Kombucha	330ml	2.55	OSV
CV720	Blueberry Pro+ Kombucha	330ml	2.45	OSV
CV639	Maca Coconut Pineapp Kombucha	330ml	2.55	OSV
CV725	Mighty Greens Kombucha	330ml	2.45	OSV
CV638	Tumeric Lemon Ginger Kombucha	330ml	2.55	OSV
	EGGS			
	HARESFIELD FARM			
CV480	Org Large Free-Range Eggs	per Doz	4.59	O
	ESSENTIAL OILS			
	AQUA OLEUM			
AR009	Eucalyptus	10ml	4.15	VO
AR010	Geranium	10ml	10.49	VO
AR241	Lavender	10ml	6.85	VO
AR012	Patchouli	10ml	7.65	VO
AR016	Tea Tree	10ml	5.55	VO
AR017	Ylang Ylang	10ml	8.35	VO
	FAR EASTERN FOOD			
	SUMA			
LJ350	Coconut Milk Organic	400ml	1.95	OV
LJ400	Creamed Coconut Organic	200g	1.95	OV
	AMAIZIN			
LJ178	Og Creamed Coconut	200g	2.09	OV
LJ131	Rich Coconut Milk OG	200ml	1.45	OV
LJ136	Rich Coconut Milk OG	400ml	2.09	OV
WT132	Soya Bean Noodles Natural	200g	3.65	OV
	BIONA			
WT071	Asia Noodles Organic	250g	2.39	OV
VF167	Coconut Cream	400ml	2.19	OV
VF187	Coconut Milk Light Organic	400ml	1.79	OV
VF775	Coconut Milk Organic	400ml	1.89	OV
VF103	Coconut Milk Powder	150g	3.99	OV
VF772	Creamed Coconut Organic	200g	1.99	OV
VF077	Organic Coconut Milk	200ml	1.29	OV
WT101	Spelt Noodles Organic	250g	2.79	OV
JP014	Wasabi Style Horseradish Paste	50g	3.49	OV
	CLEARSPRING			
JP061	Brown Rice Mochi - GF	250g	5.99	GOV
JP060	Brown Rice Vinegar - Organic	150ml	2.39	OV
JP134	Mikawa Mirin	150ml	4.49	O
JP057	Miso Ramen Noodles/Miso Soup	170g	3.99	OV
JP082	Seaveg Crispies - Original	5g	0.89	GOSV
JP083	Seaveg Crispies Multipack-Orig	3 x 5g	2.19	GOSV
JP066	Shiitake Mushrooms - Organic	40g	6.79	OV
JP059	Shoyu Ramen Noodles/Soy Soup	170g	3.99	OV
JP016	Sushi Ginger Pickle Organic	50g	3.39	OV
JP314	Sushi Rice - Organic	500g	2.39	OV
JP680	Teriyaki Sauce	150ml	2.99	OV
JP026	Tofu	300g	1.95	GOV
JP023	Umami Paste with Chilli- Org	150g	4.49	OSV
JP032	Umami Paste with Ginger - Org	150g	4.49	OSV

code	product	size	rrp	bfgosv
JP027	Umeboshi Paste - Organic	150g	5.55	OV
JP079	Umeboshi Plums Organic	200g	8.99	OV
JP081	Wasabi Powder in Tin - Organic	25g	3.79	OV
Miso Products				
JP211	Barley Miso Jar	300g	5.79	VO
JP212	Brown Rice Miso Jar	300g	4.49	VO
JP020	Brown Rice Miso Jar (Mini)	150g	2.89	OV
JP030	Brown Rice Miso Pouch	300g	5.59	OV
JP321	Instant Miso Soup and Sea Veg	4 x 10g	3.99	VO
JP018	Instant Miso Soup Paste	4 x 15g	2.49	OV
JP213	Miso - Hatcho	300g	5.59	VO
JP011	Org Instant White Miso Paste	60g	2.49	OV
JP086	Sweet White Miso - Organic	250g	4.49	OV
Noodles				
JP056	All Buckwheat Soba Noodles	200g	3.99	OV
JP053	Brown Rice Noodles - GF	200g	2.89	OV
JP037	Brown Rice Udon Noodles	200g	2.69	OV
JP054	Brown Rice Wide Noodles - GF	200g	2.89	GOV
JP036	Skinny Soba Somen Noodles	200g	2.69	OV
JP038	Soba Noodles	200g	2.69	OV
JP039	Udon Noodles	200g	2.59	OV
JP040	Wide Udon Noodles	200g	2.59	OV
Sea Veg				
JP025	Dulse - Atlantic Coast	30g	4.99	OV
JP304	Sea Salad	30g	4.99	OV
Soya Sauce				
JP605	Shoyu	2.5l	23.99	OV
JP129	Shoyu Soya Sauce	150ml	2.39	VO
JP500	Shoyu Soya Sauce	500ml	5.19	VO
JP679	Soya Sauce	150ml	1.99	OV
JP130	Tamari Soya Sauce	150ml	3.39	GOV
JP001	Tamari Soya Sauce	2.5l	43.29	GOV
JP501	Tamari Soya Sauce	500ml	9.49	GOV
COCOFINA				
KJ319	Coconut Amino Sauce	250ml	5.99	OV
GEO ORGANICS				
VF228	Indonesian Rendang Curry Paste	180g	2.75	OV
VF229	Indonesian Satay Curry Paste	180g	2.75	OV
VF738	Thai Green Curry Paste OG	180g	2.55	OV
VF739	Thai Red Curry Paste OG	180g	2.55	OV
VF247	Thai Yellow Curry Paste	180g	2.55	OV
KING SOBA				
WT210	100% Buckwheat Noodles	250g	2.29	OV
WT954	Black Rice Noodles	250g	2.29	OV
WT037	Brown Rice Noodles	250g	2.15	OV
WT952	Brown Rice Wakame Noodles	250g	2.15	OV
WT953	Buckwheat & Sweet Potato	250g	2.25	OV
WT070	Chilli Miso Ramen	80g	1.89	OV
WT212	Millet & Brown Rice Noodles	250g	2.15	OV
WT057	Miso Soup Edamame Soya Bean	60g	2.29	OV
WT123	Og Basmati White Rice Noodles	250g	2.29	OFV
WT170	Og Brown Rice Suparamen Noodle	84g	2.09	GOV
WT171	Og Buckwheat Suparamen Noodles	84g	2.09	GOV
WT169	Og Hearty Red Miso Soup	100g	2.89	GOV
WT168	Og Mellow White Miso Soup	100g	2.89	GOV
WT058	Og Miso Soup Pumpkin & Veg	60g	2.55	OV
WT059	Og Miso Soup Tofu & Ginger	60g	2.55	OV

code	product	size	rrp	bfgosv
WT099	Organic Brown Rice Ramen	280g	2.99	OV
WT097	Organic Buckwheat Ramen	280g	2.99	OV
WT069	Organic Edame Miso Ramen	80g	2.15	OV
WT087	Pad Thai Noodles Fairtrade	250g	2.29	FOV
WT951	Pumpkin Ginger & Rice Noodles	250g	2.15	OV
WT217	Thai Rice Noodles	250g	2.15	OV
WT088	Vermicelli Noodles Fairtrade	250g	2.29	FOV
	SANCHI			
JP668	Mugi Miso - organic	200g	3.90	O
JP670	Tamari - organic	150ml	3.75	OV
	SEEDS OF CHANGE			
VF063	Sweet & Sour Cooking Sauce	350g	2.99	OSV
	YAKSO			
JP012	Coconut Aminos	250ml	7.25	GOV
WT164	Egg Noodles - organic	250g	1.95	O
JP088	Ghee	300g	10.75	O
JP022	Ketjap Manis	250ml	2.69	OSV
JP024	Rice Paper	150g	2.89	OV
JP050	Sateh Sauce	275g	3.99	OSV
VF010	Seitan in Tamari	330g	3.59	OV
JP002	Tamari - organic	125ml	2.25	GOV
JP113	Tamari - organic	250ml	3.95	GVO
VF005	Tempeh	175g	3.39	OV
	YUTAKA			
JP005	Miso Paste - Organic	300g	5.15	OV
JP044	Tamari Soy Sauce - Organic	150ml	3.65	OV
	FLAKES, BRANS & WHEATGERM			
	SUMA PREPACKS - ORGANIC			
FX092	Barley Flakes - pearl OG	500g	1.55	OV
FX028	Bran Flakes Org - Added Salt	250g	2.29	OV
FX067	Bran Sticks - organic	250g	1.49	OV
FX024	Buckwheat Flakes - organic	500g	3.85	OV
FX031	Millet Flakes - organic	500g	3.99	OV
FX042	Oats - Jumbo & Gluten Free	750g	4.25	GOV
FX047	Oats - jumbo, organic	750g	2.69	VO
FX044	Oats - Porridge & Gluten Free	750g	4.15	GOV
FX048	Oats - porridge organic	750g	2.69	OV
FX656	Quinoa Flakes - organic	500g	4.75	OV
FX032	Rice Flakes Brown - organic	500g	3.65	OV
FX093	Rye Flakes - organic	500g	1.55	OV
FX213	Toasted Malted Wheat Flakes OG	400g	1.85	OV
FX094	Wheat Flakes - organic	500g	1.49	OV
	ALARA			
FX026	Gluten Free Scottish Porridge	500g	3.99	GOV
	HODMEDOD'S			
FX030	Organic Naked Barley Flakes	500g	1.89	OV
	JORDANS			
MX200	Porridge Oats Organic	750g	2.89	OV
	PERTWOOD ORGANIC FARM			
MX812	Porridge Oats	650g	2.29	OV
	PIMHILL			
FX006	Oats - jumbo, organic	850g	2.39	OV
FX005	Oats - porridge, organic	850g	2.39	OV
	PROFUSION			
FX012	Protein Porridge	350g	4.39	OV
	FLOURS & BREAD MIXES			
	SUMA PREPACKS - ORGANIC			

code	product	size	rrp	bfgosv
FG149	Brown Rice Flour - organic	500g	1.95	OV
LJ105	Coconut Flour, Organic	500g	4.59	OV
FG128	Maize Flour - organic	500g	1.55	OV
FG205	Soya Flour - organic	250g	1.85	OV
AMISA				
FG085	Chestnut Flour - Organic	350g	6.49	GOV
FG139	Seeded Bread Mix - G/F, Org	500g	4.69	GOSV
BACHELDRE WATERMILL				
FG164	Malted Strong 5 Seed Flour Org	1.5kg	4.09	OV
FG187	Plain White Flour - Organic	1.5kg	2.49	OV
FG175	Rye Flour -Organic,Stoneground	1.5kg	3.09	OV
FG179	Spelt Flour - Organic	1.5kg	3.69	OV
FG165	Strong Malted Blend Flour Org	1.5kg	2.59	OV
FG162	Strong Wholemeal Flour Organic	1.5kg	2.49	OV
FG160	White Flour Strong Unbleached	1.5kg	2.49	OV
BIOFAIR				
FG027	Organic Fairtrade Quinoa Flour	400g	6.99	FOV
BIONA				
FG163	Coconut Flour - Organic	500g	3.99	GOV
CLEARSPRING				
FG180	Breadcrumbs - Brown Rice, GF	250g	3.99	GOV
FG182	Whole Buckwheat Flour	375g	2.59	OV
DOVES FARM				
FG069	Fine Plain White Flour	1kg	1.39	OV
FG010	Fine Plain Wholemeal Flour	1kg	1.29	VO
FG004	Malthouse Bread Flour	1kg	1.59	OV
FG115	Self Raising Wholemeal Flour	1kg	1.35	OV
FG997	Speciality Pasta Flour	1kg	1.65	OV
FG072	Strong White Bread Flour	1.5kg	1.95	OV
FG008	Strong Wholemeal Bread Flour	1.5kg	1.95	OV
FG070	White Self Raising Flour	1kg	1.45	OV
Artisan Flour				
FG082	Einkorn Flour	1kg	3.15	OV
FG153	Emmer Flour Wholemeal S/ground	1kg	3.29	OV
FG011	Khorasen Flour Wholegrain	1kg	4.39	OV
FG152	Rye Flour White Organic	1kg	1.95	OV
FG016	Rye Flour Wholegrain Organic	1kg	1.65	OV
FG071	Spelt Flour White Organic	1kg	3.29	OV
FG102	Spelt Flour Wholegrain Organic	1kg	2.79	OV
GILCHESTERS ORGANICS				
FG019	100% Whole Spelt Flour	1.5kg	3.85	OV
FG014	Pizza & Ciabatta Wheat Flour	1.5kg	3.19	OV
FG018	Semolina Fine Wheat Flour	500g	1.89	OV
FG105	Spelt Flour Wholemeal	3kgS	5.99	OV
FG009	Strong 100% Whole Wheat Flour	1.5kg	2.79	OV
FG006	Strong White Wheat Flour	1.5kg	3.19	OV
FG025	White Flour Strong Unbleached	3kg	5.99	OV
FG036	Whole Wheat Strong Flour	3kg	5.25	OV
FG026	Wholemeal Rye Flour	1.5kg	2.89	OV
LITTLE SALKELD WATERMILL				
FG804	Barley Flour - organic	500g	2.44	OVB
MARRIAGES				
FG089	Country Fayre Malted Brown	1kg	1.99	OV
FG258	Og Light Brown Self Raising	1kg	1.65	OV
FG259	Og Plain Light Brown Flour	1kg	1.65	OV
FG563	Og Plain White Flour	1kg	1.65	OV
FG562	Organic Self Raising White Flr	1kg	1.65	OV
FG024	Organic Strong Bread Flour	1kg	1.75	OV

code	product	size	rrp	bfgosv
FG564	Organic Strong White Bread Flr	1kg	1.75	OV
	RUDE HEALTH FOODS			
FG168	Whole Buckwheat Flour Sprouted	500g	6.49	GOV
FG169	Whole Spelt Flour Sprouted	500g	5.49	OV
	SHIPTON MILL			
FG899	3 Malts/Sunflower Brown Flour	1kg	1.75	OV
FG133	Light Rye 997 Flour Organic	1kg	1.89	OV
FG132	Seeded White Organic Flour	1kg	1.85	OV
FG136	Soft Cake & Pastry White Flour	1kg	1.49	OV
FG190	Spelt Flour - White, Organic	1kg	2.89	OV
FG189	Spelt Flour - Wholemeal, Org	1kg	2.59	OV
FG898	White Flour - Organic	1kg	1.49	OV
FG876	White Strong Organic Flour	2.5kg	3.59	OV
FG077	Wholemeal Flour - Organic	1kg	1.49	OV
FG079	Wholemeal Organic Flour	2.5kg	3.55	OV
	Specialist Flour			
FG080	Chestnut Flour	500g	5.99	OV
	FRESH MISO (CHILLED)			
	TIDEFORD ORGANIC FOODS			
	<i>Organic, Vegan and Gluten-Free</i>			
CV628	Fresh Brown Rice Miso	320g	5.35	GOV
CV762	Fresh Haccho Miso	320g	5.35	GOV
CV629	Fresh Red Miso	320g	5.35	GOV
CV633	Fresh White Miso	320g	5.35	GOV
	FRUIT - CANNED & JARRED			
	BIONA			
VF288	Apple & Rhubarb Puree	360g	1.99	OV
VF134	Apple Puree Organic	700g	2.79	OS
KJ506	Organic Jackfruit in Water	400g	2.99	OV
	CLEARSPRING			
VF190	Apple & Apricot Puree - Org	2 x 100g	1.49	OV
VF188	Apple & Blueberry Puree - Org	2 x 100g	1.49	OV
VF170	Apple & Mango Puree - Org	2 x 100g	1.49	OV
VF189	Apple & Plum Puree - Organic	2 x 100g	1.49	OV
VF335	Apple & Strawberry Puree - og	2 x 100g	1.49	OV
VF336	Pear & Banana Organic Puree	2 x 100g	1.49	OV
VF155	Pear Puree - organic	2 x 100g	1.49	OV
	ESSENTIAL TRADING			
KJ263	Mango Chunks in Org Juice	400g	2.29	VO
KJ125	Organic Jackfruit in Water	400g	2.99	OV
KJ262	Pineapple Chunks In Org Juice	400g	2.29	VO
KJ260	Tropical Fruits in Org Juice	400g	2.29	VO
	FRUIT - DRIED			
	SUMA PREPACKS - ORGANIC			
DR063	Apricots - organic	250g	2.25	OV
DR250	Apricots - organic	500g	3.99	OV
DR655	Banana Chips - organic	250g	2.15	OS
DR325	Cranberries - organic	125g	2.15	OSV
DR057	Cranberries - organic	250g	3.95	OSV
DR073	Currants - organic	250g	2.95	OV
DR251	Currants - organic	500g	4.99	OV
DR159	Dates - organic Medjool	250g	5.45	OV
DR074	Dates - pitted organic	250g	2.65	OV
DR252	Dates - pitted organic	500g	4.75	OV
DR720	Dates -og pitted fairly traded	250g	2.75	FOV
DR064	Figs - organic	250g	3.45	OV

code	product	size	rrp	bfgosv
DR254	Figs - organic	500g	6.39	OV
DR011	Ginger - crystallised organic	125g	2.19	OSV
DR020	Ginger - crystallised organic	250g	3.99	OSV
DR077	Pitted Prunes - organic	250g	3.69	OV
DR253	Pitted Prunes - organic	500g	6.95	OV
DR065	Raisins - organic	250g	1.89	OV
DR255	Raisins - organic	500g	3.29	OV
DR066	Sultanas - organic	250g	1.55	OV
DR256	Sultanas - organic	500g	2.69	OV
DR365	Vine Fruit Mix - organic	500g	3.85	OV
BONPOM				
DR032	Dried White Mulberries	200g	5.99	OV
CRAZY JACK				
DR354	Organic Ready to Eat Apricots	250g	4.99	OV
DR191	Organic Ready to Eat Dates	250g	2.65	OV
DR355	Organic Ready To Eat Figs	250g	2.85	OV
DR356	Organic Ready to Eat Prunes	250g	5.30	OV
NATURYA				
DR086	Goji Berries Organic	200g	12.99	FGOV
DR076	Mulberries - White Organic	210g	6.99	O
PEARLS OF SAMARKAND				
DR218	Barberries	100g	5.70	OV
DR217	Sour Cherries	100g	3.59	OV
DR232	Sweet Cherries	100g	3.39	OV
TROPICAL WHOLEFOODS				
DR200	Fairtrade Organic Mango	100g	2.75	FOV
DR234	Sun Dried Pineapple	100g	2.45	OV
FRUIT (FROZEN)				
NATURAL COOL				
XL145	Blueberries, Organic	300g	3.49	OVB
XL142	Organic Berry Mix	300g	3.49	OVB
XL179	Organic Raspberries	300g	3.49	OV
XL182	Organic Sour Cherries	300g	3.49	OV
XL180	Organic Strawberries	300g	3.49	OV
XL148	Organic Tropical Mix	300g	3.65	OVB
WINDMILL HILL				
XL282	British Organic Blackcurrants	400g	2.72	OV
FRUIT & VEGETABLE JUICES				
BEET IT				
<i>From James White</i>				
JU454	Beetroot Juice - og	250ml	1.29	OV
JU453	Beetroot Juice - og	750ml	2.59	OV
JU205	Beetroot Juice & Passion Fruit	750ml	2.59	OV
JU719	Beetroot Juice with Apple - og	1l	3.19	OV
JU204	Beetroot Juice with Ginger	750ml	2.59	OV
BIONA				
JU703	Biona Ginger Juice - og	200ml	3.89	OV
JU702	Lemon Juice - og	200ml	1.99	OV
Glass Bottles				
JU297	Acerola Cherry Juice - og	330ml	5.99	OV
JU543	Apple Juice - organic	1l	3.99	OV
JU288	Carrot Juice, pure pressed og	1l	3.69	OV
JU521	Cranberry Fruit Drink Organic	750ml	4.99	OV
JU508	Cranberry Juice 100% Pure	330ml	5.49	OV
JU127	Cranberry Juice 100% Pure	750ml	8.99	OV
JU132	Elderberry Pure Superjuice	330ml	3.69	OV
JU343	Multi-7 Red Fruit & Veg	1l	4.49	OV

code	product	size	rrp	bfgosv
JU541	Orange Juice - og	1l	5.69	OV
JU028	Organic Blueberry Juice	330ml	6.29	OV
JU448	Peach, Apricot & Apple Juice	1l	3.89	OV
JU181	Pomegranate Pure Juice - og	1l	4.99	OV
JU182	Pomegranate Pure Juice - og	200ml	1.89	OV
JU349	Purple Carrot Juice, Pressed	1l	4.49	OV
JU269	Red Grape Juice Organic	1l	4.69	OV
JU130	Tart Cherry Pure Superjuice	1l	4.99	OV
JU131	Tart Cherry Pure Superjuice	200ml	2.29	OV
JU289	Tomato Juice, pure pressed og	1l	3.69	OV
	Tetrapacks			
JU286	Apple & Blueberry Juice - og	1l	4.99	OV
JU295	Apple & Cranberry Juice - og	1l	4.99	OV
JU252	Apple Juice - og	1l	3.69	OV
JU184	Beetroot Juice, pressed - og	500ml	2.19	OV
JU151	Carrot Juice - og	500ml	1.99	OV
JU185	Vegetable Juice, pressed - og	500ml	1.99	OV
	EDEN			
JU024	Beetroot Juice - Organic	750ml	5.60	OV
JU026	Carrot Juice - organic	750ml	5.60	VO
	JAMES WHITE			
JU621	Apple & Crushed Ginger - og	250ml	1.39	OV
JU864	Apple & Ginger - og	750ml	3.09	OV
JU064	Apple Juice - og	250ml	1.39	OV
JU095	Apple Juice - og	750ml	3.09	OV
JU325	Carrot - og	750ml	3.09	OV
JU608	Carrot & Apple Juice - og	250ml	1.39	OV
JU862	Carrot & Apple Juice - og	750ml	3.09	OV
JU152	Carrot & Ginger - og	250ml	1.39	OV
JU144	Carrot & Ginger - og	750ml	3.09	OV
JU606	Mixed Case	250ml	1.39	OV
JU605	Pear & Raspberry Juice - og	250ml	1.39	OV
JU863	Pear & Raspberry Juice - og	750ml	3.25	OV
JU599	Pear Juice - og	250ml	1.39	OV
JU860	Pear Juice - og	750ml	3.09	OV
JU431	Tomato - og	750ml	3.09	OV
JU324	Vegetable Juice - og	750ml	3.09	OV
	LA BIO IDEA			
JU088	Lemon Plus - OG lemon juice	200ml	1.05	OV
	LUSCOMBE DRINKS			
JU106	Apple & Pear Juice	240ml	1.69	OV
JU110	Apple Juice with Ginger	240ml	1.65	OV
JU149	Carrot & Orange Juice	240ml	1.69	OV
JU105	English Apple Juice	240ml	1.52	OV
JU445	Orange Juice	240ml	1.65	OV
	PIP ORGANIC			
JU670	Org Cloudy Apple Fruit Juice	4 x 180	1.15	OV
JU697	Pineapple & Mango Smoothie	180ml	1.15	OV
JU696	Strawberry & Blackcurrant	4 x 180	1.15	OV
	Fruity Waters			
JU698	Blackcurrant,Raspberry,Apple	4 x 200	1.15	OV
JU699	Mango,Orange & Apple	4 x 200ml	1.15	OV
	RABENHORST			
JU679	Beetroot Juice	750ml	3.91	OV
JU682	Carrot Juice	750ml	2.95	OV
JU227	Cherry Nectar	750ml	5.04	OV
JU209	Detox	750ml	5.20	OV

code	product	size	rrp	bfgosv
JU678	Ginger Mix Juice Smoothies	750ml	4.49	OV
JU686	Detox Smoothie	240ml	2.39	OV
JU683	Energy Smoothie	240ml	2.39	OV
JU684	Vitamin Smoothie	240ml	2.39	OV
SUNITA				
JU671	Lemon Juice - organic	250ml	2.65	OV
JU672	Lemon Juice - organic	1l	7.25	OV
JU129	Orange Juice - organic	1l	5.55	OV
FRUIT JUICE CONCS & CORDIALS				
SUMA				
JU241	Apple & Blackcurrant og	400ml	6.29	OV
JU243	Apple Juice Concentrate - og	5l	50.99	OV
JU240	Apple Juice OG	400ml	5.69	OV
BELVOIR				
JU275	Organic Elderflower Cordial	500ml	5.49	OSV
JU276	Organic Ginger Cordial	500ml	5.49	OSV
ROCKS				
JU142	Blackcurrant Cordial - og	360ml	3.49	OSV
JU426	Blackcurrant Squash - organic	740ml	3.49	OSV
JU196	Elderflower Cordial - og	360ml	3.49	OSV
JU638	Ginger Cordial - og	360ml	3.49	OSV
JU427	Lemon Squash - organic	740ml	3.49	OSV
JU256	Lime Cordial - og	360ml	3.49	OSV
JU428	Orange Squash - organic	740ml	3.49	OSV
GOATS MILK PRODUCTS (CHILLED)				
BERGERIE				
CV583	Fresh Goat Cheese Organic	100g	1.95	O
CV581	Goat Milk Yoghurt Natural Org	125g	0.75	O
CV084	Natural Goat Milk Yoghurt	400g	2.99	O
BIONA				
CV205	Fresh Goats Cheese - Organic	100g	4.29	O
GRAINS				
SUMA PREPACKS - ORGANIC				
QS155	Amaranth - Organic	500g	2.35	OV
QS068	Buckwheat - unroasted organic	500g	1.85	OV
QS300	Bulgar wheat - organic	500g	1.75	OV
QS150	Corn Couscous - Organic	500g	3.75	OV
QS301	Couscous - wholemeal, organic	500g	2.09	OV
QS322	Millet - organic	500g	2.19	VO
QS124	Oat Groats - Organic	500g	1.75	VO
QS165	Pearl barley, organic	500g	1.35	OV
QS070	Popcorn - organic	500g	1.95	OV
QS086	Quinoa - organic	500g	2.99	OV
QS065	Red Quinoa - organic	500g	3.99	OV
QS677	Rice - arborio, organic	500g	2.95	OV
QS302	Rice - basmati, brown organic	500g	2.25	OV
QS252	Rice - basmati, brown organic	750g	3.25	OV
QS303	Rice - white basmati organic	500g	2.35	OV
QS213	Rice - white basmati, organic	750g	3.35	OV
QS100	Rice - long grain brown organic	750g	3.09	VO
QS066	Rice - long grain brown organic	500g	2.15	OV
QS067	Rice - short grain brown organic	500g	2.09	OV
QS101	Rice - short grain brown organic	750g	2.99	VO
QS072	Wheat grain - organic	500g	1.09	OV
BIOFAIR				

code	product	size	rrp	bfgosv
QS015	Organic Fairtrade Quinoa Red	500g	5.69	FOV
QS024	Organic Fairtrade Quinoa Tri	500g	5.49	FOV
QS081	Organic FT Black Quinoa Grain	400g	4.89	OV
QS013	Quinoa Grain Organic Fairtrade	500g	4.99	FOV
BIONA				
QS096	Jasmine Brown Rice Organic	500g	2.69	OV
QS105	Pudding Rice Organic	500g	2.49	OV
QS099	Red Camargue Rice Organic	500g	3.29	OV
QS098	Risotto Brown Rice Organic	500g	2.69	OV
QS097	Wild Rice Mix Organic	500g	3.59	OV
CLEARSPRING				
QS009	Instant Buckwheat	140g	2.49	OV
Quick Cook				
QS128	Millet, Peas & Lentils Organic	250g	2.79	OV
QS126	Rice & Quinoa Organic	250g	2.79	OV
Ready in 90 seconds				
QS048	Tricolour Quinoa - GF	250g	3.45	GOV
HODMEDOD'S				
QS045	Organic White Quinoa - British	500g	3.79	OV
SEEDS OF CHANGE				
QS091	Quinoa & Wholegrain Rice	240g	2.85	OV
SHARPHAM PARK				
QS058	Pearled Spelt	500g	3.20	OV
QS148	Spelt Grain Organic	500g	2.99	OV
GRAVY, STOCK & BOUILLON				
SUMA				
LJ650	Organic Bouillon	150g	2.39	GOV
LJ675	Organic Bouillon	500g	7.15	GOV
LJ680	Organic Bouillon	800g	9.75	GOV
LJ685	Organic Bouillon Reduced Salt	150g	2.65	GOV
LJ690	Organic Bouillon Reduced Salt	500g	7.25	GOV
LJ695	Organic Bouillon Reduced Salt	800g	10.59	GOV
KALLO				
LJ102	French Onion Stock Cubes	66g	1.59	GOVS
LJ103	Garlic & Herb Stock Cubes	66g	1.59	GOVS
LJ171	Low Salt Vegetable Stock Cubes	60g	1.59	GOVS
LJ122	Mushroom Stock Cubes	66g	1.59	GOVS
LJ101	Tomato & Herb Stock Cubes	66g	1.59	GOVS
LJ120	Vegetable Stock Cubes	66g	1.59	GOV
LJ208	Vegetable Stock Pot	96g	1.99	GOSV
MARIGOLD				
LJ211	Bouillon Cubes	8	1.29	GOV
LJ073	Bouillon Powder - Organic	150g	2.39	GOV
LJ238	Bouillon Powder - Organic	500g	7.15	GOV
LJ326	Gravy Powder - Organic	110g	2.19	OVS
LJ212	Low Salt Bouillon Cubes	8	1.49	GOV
LJ074	Organic Bouillon Reduced Salt	140g	2.49	GOV
LJ321	Yeast Free Bouillon Stock Cube	84g	1.39	GOV
NINE MEALS FROM ANARCHY				
LJ210	Real Veg Stock - Garden Herb	105g	3.49	OV
LJ033	Real Veg Stock - Original	105g	3.49	OV
LJ213	Real Veg Stock - Umami	105g	3.49	OV
HERB & FRUIT INFUSIONS				
CELESTIAL SEASONINGS				
TE984	Chamomil & Lavander Herb Tea	20 bags	2.95	OV
TE987	Cinnamon & Cardamom Herb Tea	20 bags	2.95	OV
TE986	Ginger & Turmeric Herb Tea	20 bags	2.95	OV

code	product	size	rrp	bfgosv
TE985	Matcha Green Tea	20 bags	2.95	OV
	CLIPPER			
	FOOD SERVICE RANGE			
TE148	Chamomile - og	25 bags	2.53	FOV
TE455	Lemon & Ginger - og	25 bags	2.96	OV
TE166	Peppermint - og	25 bags	2.53	FOV
TE797	Redbush - og	25 bags	2.53	OV
TE454	Wild berry - og	25 bags	2.96	OV
	Functionals			
TE629	Organic Detox	20 bags	1.45	OV
TE631	Organic Sleep Easy	20 bags	1.45	OV
	Gift Range			
TE404	Caddy - English Breakfast	1	9.99	FOV
TE344	Caddy - Green Tea	1	9.99	FOV
TE327	Caddy - Snore & Peace	1	9.99	FO
TE324	Organic Infusions Variety Box	1	11.99	FOV
	Organic Infusions			
TE118	After Dinner Mints	20 bags	2.19	OV
TE537	Blackcurrant & Acai - og	20 bags	2.00	OV
TE009	Calmer Chameleon	20 bags	2.39	OV
TE535	Cham Lemon Balm Manuka	20 bags	2.00	O
TE788	Chamomile - og	20 bags	1.45	OV
TE963	Dandelion - og	20 bags	1.45	OV
TE694	Fennel - og	20 bags	1.45	OV
TE197	Flower Power	20 bags	2.39	OV
TE200	Happy Mondays	20 bags	2.39	OV
TE960	Lemon & Ginger - og	20 bags	1.79	OV
TE942	Liquorice - og	20 bags	1.79	OV
TE120	Love Me Truly	20 bags	2.19	OV
TE959	Nettle - og	20 bags	1.45	OV
TE663	Nettle & Peppermint - og	20 bags	1.45	OV
TE958	Orange & Coconut - og	20 bags	1.79	OV
TE789	Peppermint - og	20 bags	1.45	OV
TE307	Raspberry Leaf - og	20 bags	1.79	OV
TE536	Red Fruits & Aronia Berry - og	20 bags	2.00	OV
TE125	Rise & Shine	20 bags	2.19	OV
TE525	SKinni Vanilli	20 bags	2.39	OV
TE127	Snore & Peace	20 bags	2.19	OV
TE956	Wild Berry - og	20 bags	1.79	OV
	Redbush			
TE011	Redbush - og	80 bags	3.70	OV
	DRAGONFLY TEAS			
TE440	Cape Malay Rooibos Chai - og	20 bags	2.05	OV
TE068	Fairtrade Rooibos - og	40 bags	2.35	FOV
TE338	Moonlight Jasmine - og	20 bags	1.79	OV
TE339	Moroccan Mint - og	20 bags	2.05	OV
TE813	Pu'er Tea - og	20 bags	2.09	OV
TE234	Swirling Mist White Tea - og	20 bags	2.29	OV
	DRINK BOUILLON			
TE121	Hot Curry	50g	2.95	OV
TE143	Hot Fox	70g	2.95	OVS
TE140	Hot Ginger	50g	2.95	OSV
TE138	Rocking Veggie	50g	2.95	OV
	ELEVEN O'CLOCK			
TE382	Rooibosch - og	80 bags	5.09	VO
TE381	Rooibosch - organic	40 bags	2.59	VO
	ESSENTIAL TRADING			

code	product	size	rrp	bfgosv
TE271	Camomile Tea	20 bags	1.65	FOV
TE279	Peppermint Tea	20 bags	1.65	FOVB
	FLORADIX			
TE126	Hawthorn	15 bags	1.95	OV
TE457	Sage	15 bags	1.95	VO
	HAMBLEDEN TEAS			
TE598	Chamomile - og	20 bags	1.65	OV
TE604	Lemon Verbena - og	20 bags	2.15	OV
TE605	Lime Flower - organic	20 bags	2.99	OV
TE433	Nettle - og	20 bags	2.09	OV
TE606	Peppermint - og	20 bags	1.65	OV
TE607	Rosehip - og	20 bags	2.29	OV
	HAMPSTEAD TEA			
TE550	Camomile	20 bags	2.49	OVB
TE600	Fennel Liqueurice	20 bags	2.49	OVB
TE527	Honeybush & Vanilla	20 bags	2.49	OVB
TE555	Lavender Valerian	20 bags	2.49	OVB
TE572	Lemon Ginger	20 bags	2.49	OVB
TE556	Peppermint Spearmint	20 bags	2.49	OVB
TE557	Rosehip Hibiscus	20 bags	2.49	OVB
	HEATH AND HEATHER			
	<i>Organics</i>			
TE096	Apple & Cinnamon	20 bags	2.49	OV
TE299	Blackcurrant	20 bags	2.49	OV
TE665	Camomile	20 bags	2.19	OV
TE116	Camomile & Manuka Honey	20 bags	2.49	OV
TE122	Camomile & Spearmint	20 bags	2.49	OV
TE160	Dandelion, Burdock & Hawthorn	20 bags	2.49	OV
TE688	Echinacea	20 bags	2.19	OV
TE180	Echinacea & Cranberry	20 bags	2.49	OV
TE681	Fennel	20 bags	2.19	OV
TE198	Green Rooibos & Manuka Honey	20 bags	2.49	OV
TE621	Green Tea - organic	50 bags	3.19	OV
TE201	Green Tea & Aloe Vera	20 bags	2.49	OV
TE230	Green Tea & Jasmine	20 bags	2.49	OV
TE231	Green Tea & Lemongrass	20 bags	2.49	OV
TE742	Green Tea with Coconut - og	20 bags	2.49	OV
TE262	Lavender & Echinacea	20 bags	2.49	OV
TE267	Lemon Balm & Liqueurice	20 bags	2.49	OV
TE295	Morning Time	20 bags	2.99	OV
TE685	Nettle	20 bags	2.19	OV
TE296	Night Time Tea	20 bags	2.99	OV
TE269	Oriental Chai & Liqueurice	20 bags	2.49	OV
TE662	Peppermint	20 bags	2.19	OV
TE682	Raspberry Leaf	20 bags	2.19	OV
TE273	Sage & Lemon Myrtle	20 bags	2.49	OV
TE297	Slim Tea	20 bags	2.99	OV
TE294	Super Green Tea & Seaweed	20 bags	2.99	OV
TE298	Super Seeds	20 bags	2.99	OV
TE274	Wild Rosehip	20 bags	2.49	OV
TE276	Yerba Mate & Nettle	20 bags	2.49	OV
	HIGHER LIVING			
TE825	Chamomile & Vanilla - organic	15 bags	2.30	OV
TE771	Cinnamon - organic	15 bags	2.30	OV
TE840	Daily Detox	15 bags	2.30	OV
TE757	Ginger Kick - organic	15 bags	2.30	OV
TE856	Golden Turmeric	15 bags	2.30	OV

code	product	size	rrp	bfgosv
TE826	Green Tea - organic	20 bags	2.30	OV
TE827	Green Tea Chai - organic	20 bags	2.30	OV
TE860	Morning Mojo	15 bags	2.30	OV
TE861	Peppermint Licorice	15 bags	2.30	OV
TE887	Strawberry & Watermelon	15 bags	2.30	OV
PUKKA				
TE438	After Dinner Tea	20 bags	2.49	OV
TE927	Blackcurrant Beauty	20 bags	2.49	OV
TE719	Chamomile Vanilla Manuka Hon	20 bags	2.49	OV
TE421	Clean Matcha Green	20 bags	2.79	FOV
TE568	Cleanse	20 bags	2.49	OV
TE387	Detox	20 bags	2.49	OV
TE331	Elderberry & Echinacea	20 bags	2.49	OV
TE609	Ginseng Matcha Green	20 bags	2.79	FOV
TE721	Herbal Collection	20 bags	2.79	OV
TE055	Lean Matcha Green	20 bags	2.79	GOV
TE334	Lemon Ginger & Manuka Honey	20 bags	2.49	OV
TE481	Lemongrass and Ginger	20 bags	2.49	OV
TE478	Licorice and Cinnamon Tea	20 bags	2.49	OV
TE393	Love	20 bags	2.49	OV
TE490	Mint Matcha Green	20 bags	2.79	FOV
TE165	Mint Refresh	20 bags	2.49	OV
TE640	Motherkind Baby	20 bags	2.49	OV
TE651	Motherkind Pregnancy	20 bags	2.49	OV
TE246	Night Time	20 bags	2.49	OV
TE095	Original (Black Spice) Chai	20 bags	2.49	FOV
TE043	Peppermint and Licorice	20 bags	2.49	OV
TE678	Pukka Green Collection	20 bags	2.99	OV
TE170	Relax	20 bags	2.49	OV
TE171	Revitalising	20 bags	2.49	OV
TE723	Star Anise & Cinnamon	20 bags	2.49	FOV
TE542	Supreme Green Matcha	20 bags	2.79	FOV
TE811	Three Chamomile	20 bags	2.49	OV
TE328	Three Cinnamon	20 bags	2.49	OV
TE602	Three Fennel	20 bags	2.49	OV
TE245	Three Ginger	20 bags	2.49	OV
TE814	Three Licorice	20 bags	2.49	OV
TE592	Three Tulsi	20 bags	2.49	OV
TE238	Triple Mint	20 bags	2.49	OV
TE058	Turmeric Active	20 bags	2.49	GOV
TE623	Turmeric Gold	20 bags	2.49	FOV
TE094	Vanilla Chai	20 bags	2.49	FOV
TE725	Wild Apple Cinnamon & Ginger	20 bags	2.49	OV
TE727	Womankind	20 bags	2.49	OV
TE692	Wonder Berry Green Tea	20 bags	2.79	OV
Wellbeing 7 Day Kits				
TE278	Night Time 7 Day Kit	1	9.99	OV
TE281	Relax 7 Day Kit	1	9.99	OV
TE287	Seasonal Wellness 7 Day Kit	1	9.99	OV
TE303	Turmeric Brainwave 7 Day Kit	1	9.99	OV
TICK TOCK				
TE431	Green Rooibos - organic	40 bags	2.39	OV
TE430	Rooibos - organic	40 bags	2.25	OV
TE434	Rooibos - organic	80 bags	4.39	OV
TE436	Rooibos Loose Leaf - organic	100g	1.99	OV
TULSI				
TE175	Tulsi Brahmi	25 bags	3.29	OV

code	product	size	rrp	bfgosv
TE207	Tulsi Collection	25 bags	3.29	OV
TE186	Tulsi Ginger	25 bags	3.29	OV
TE206	Tulsi Green	25 bags	3.29	OV
TE173	Tulsi Original	25 bags	3.29	OV
	TWININGS			
	<i>A Moment of Calm</i>			
TE268	Camomile - og	20 bags	2.99	OV
	<i>Revive & Revitalise</i>			
TE284	Peppermint Tea - og	20 bags	2.99	OV
	YOGI TEA			
TE553	Bed Time - og	17 bags	2.39	OV
TE250	Bedtime Rooibos Vanilla - og	17 bags	2.39	OV
TE204	Black Chai - og	17 bags	2.39	OV
TE346	Breath Deep - og	17 bags	2.39	OV
TE348	Calming/Relax - og	17 bags	2.39	OV
TE863	Choc Mint - og	17 bags	2.39	OV
TE597	Choco - og	17 bags	2.39	OV
TE135	Choco Chilli Organic Tea	17 bags	2.39	OV
TE902	Christmas Tea	17 bags	2.39	OV
TE192	Classic Original	17 bags	2.39	OV
TE551	Detox - og	17 bags	1.99	OV
TE208	Echinacea - og	17 bags	1.99	OV
TE900	Finest Selection	18 bags	2.69	OV
TE835	Ginger - og	17 bags	2.39	OV
TE293	Ginger Lemon - og	17 bags	2.39	OV
TE836	Ginger Orange & Vanilla	17 bags	2.39	OV
TE275	Ginseng - og	17 bags	2.39	OV
TE195	Green Balance - og	17 bags	2.39	OV
TE209	Green Chai - og	17 bags	2.39	OV
TE194	Green Energy - og	17 bags	2.39	OV
TE787	Green Tea Matcha Lemon	17 bags	2.39	OV
TE645	Heartwarming - og	17 bags	2.39	OV
TE187	Himalaya - og	17 bags	2.39	OV
TE785	Immune Support	17 bags	2.39	OV
TE998	Inner Harmony	17 bags	2.39	OV
TE193	Licorice - og	17 bags	2.39	OV
TE322	Licorice and Choco Mint	2 x 17 bags	0.99	OV
TE837	Licorice Mint - og	17 bags	2.39	OV
TE638	Lime Mint - og	17 bags	2.39	OV
TE552	Men's - og	17 bags	2.39	OV
TE252	Positive Energy Cranberry Hib	17 bags	2.39	OV
TE001	Rooibos - og	17 bags	2.39	OV
TE283	Rose - og	17 bags	2.39	OV
TE350	Stomach Ease - og	17 bags	2.39	OV
TE211	Sweet Chai - og	17 bags	2.39	OV
TE428	Sweet Chilli	17 bags	2.39	OV
TE554	Throat Comfort - og	17 bags	1.99	OV
TE018	Turmeric Chai - og	17 bags	2.39	OV
TE733	Wellbeing	17 bags	2.39	OV
TE105	Wellness Collection - og	18 bags	2.69	OV
TE012	White Tea with Aloe Vera	17 bags	2.39	OV
TE355	Women's Energy	17 bags	2.39	OV
TE351	Women's tea-og	17 bags	2.39	OV
TE017	Womens Tea	17 bags	2.39	OV

HERBS & SPICES - PREPACKED

SUMA ORGANIC

code	product	size	rrp	bfgosv
<i>Herbs - organic</i>				
HE365	Basil - organic	20g	1.35	OV
HE366	Bay Leaves - organic	10g	1.35	OV
HE377	Dill Herb - organic	15g	1.35	OV
HE380	Mixed Herbs - organic	20g	1.35	OV
HE385	Oregano - organic	20g	1.35	OV
HE387	Parsley - organic	15g	1.35	OV
HE390	Rosemary - organic	20g	1.35	OV
HE391	Sage - organic	25g	1.35	OV
HE393	Thyme - Organic	25g	1.35	OV
<i>Milled Spices - organic</i>				
HE371	Chilli powder - organic	25g	1.35	OV
HE166	Cinnamon - Fairtrade, organic	25g	1.35	FOV
HE370	Cinnamon - organic	30g	1.35	OV
HE374	Coriander - organic	40g	1.35	OV
HE376	Cumin Ground - organic	25g	1.35	OV
HE379	Ginger - organic	30g	1.35	OV
HE169	Ginger - organic, Fairtrade	25g	1.35	FOV
HE381	Mixed Spice - organic	25g	1.35	OV
HE384	Nutmeg, organic	20g	1.35	OV
HE386	Paprika - organic	25g	1.35	OV
HE162	Pepper - Black, F/T, organic	25g	1.45	FOV
HE394	Turmeric - organic	30g	1.35	OV
HE170	Turmeric - organic, Fairtrade	25g	1.35	FOV
<i>Seasonings - organic</i>				
HE378	Garlic Granules - organic	25g	1.35	OV
<i>Whole Spices - organic</i>				
HE367	Caraway Seeds - organic	30g	1.35	OV
HE369	Cinnamon Bark - organic	15g	1.35	OV
HE372	Cloves - organic	20g	1.35	OV
HE373	Coriander Seed - organic	40g	1.35	OV
HE375	Cumin Seed - organic	25g	1.35	OV
HE368	Green Cardamom Pods - organic	10g	1.65	OV
HE382	Mustard Seed - black, organic	50g	1.35	OV
HE388	Peppercorns - black, organic	25g	1.35	OV
HE389	Poppy Seed Blue - organic	40g	1.35	OV
HE163	Whole Black Peppercorns OG, FT	25g	1.35	FOV
HE167	Whole Cloves - Organic & FT	25g	1.45	FOV
HONEY				
EQUAL EXCHANGE				
HY005	Organic clear	500g	4.99	FO
HY004	Organic set	500g	4.99	FO
HILLTOP HONEY				
HY075	Acacia Honey - Raw, Organic	370g	6.59	O
HY078	Honeydew Honey - Raw, Organic	370g	6.59	O
HY301	Limeflower Honey	370g	6.59	OG
HY076	Multi-Flower Honey	370g	6.59	OG
HY098	Orange Blossom Honey	227g	4.49	OG
HY097	Raw Lavender Honey	277g	4.49	OG
HY096	Raw Thyme Honey	277g	4.50	OG
LITTLEOVER APIARIES				
HY037	Organic Acacia Honey	340g	5.39	O
HY052	Organic Forest Honey	340g	7.99	O
HY040	Organic Wildflower Honey Clear	340g	3.79	O
HY041	Organic Wildflower Honey Set	340g	3.79	O
MERIDIAN				
HY011	Pure Blossom Honey - Squeezy	340g	4.99	O

code	product	size	rrp	bfgosv
RAW HEALTH				
HY013	Acacia Honey	350g	5.29	O
HY015	Honey With Cinnamon	350g	6.39	O
HY016	Tropical Honey	350g	6.29	O
ROWSE				
HY263	Organic Honey - Clear	340g	3.89	O
HY264	Organic Honey - Set	340g	3.89	O
HY267	Squeezable Organic Honey	340g	3.95	O
TROPICAL FOREST				
HY032	Forest Honey - clear, organic	340g	4.35	FO
HY033	Forest Honey - set, organic	340g	4.35	FO
HOUSEHOLD CLEANING PRODUCTS				
BRIOCHIN ARTISAN				
HJ224	Disinfectant Cleaner	750ml	3.99	O
HJ223	Hand & Dishwashing Liquid	500ml	4.35	O
HJ174	Linseed Oil for Wood Floors	1l	4.99	O
HJ192	Linseed Oil Soap	1l	4.15	O
HJ308	Linseed Oil Soap Ready To Use	750ml	4.05	O
ECOEGG				
NF470	Reusable Bamboo Towels	1	9.99	O
GREENSCENTS				
HJ318	Creamy Polish Lavender	300ml	6.95	OV
HJ309	Floor Soap Herbal	400ml	3.85	OV
HJ315	Laundry Conditioner Lavender	400ml	4.09	OV
HJ317	Laundry Liquid Lavender	500ml	4.79	OV
HJ312	Loo Cleaner Minty	500ml	3.85	OV
HJ313	Multi Surface Spray Citrus	500ml	3.85	OV
HJ311	Multi Surface Spray Lavender	500ml	3.85	OV
HJ310	Multi Surface Spray Minty	500ml	3.85	OV
HJ314	Washing Up Liquid Citrus	400ml	3.59	OV
INDIAN FOOD				
GEO ORGANICS				
VF740	Balti Paste OG	180g	2.19	OV
VF249	Bhuna Curry Paste	180g	2.19	OV
VF743	Korma Paste OG	180g	2.19	OV
VF742	Madras Curry Paste OG	180g	2.19	OV
KJ573	Mango Chutney OG Fairtrade	300g	2.99	FOSV
VF744	Tikka Masala Paste OG	180g	2.19	OV
SEEDS OF CHANGE				
VF069	Korma Sauce - og	350g	2.99	OS
VF064	Tikka Masala Sauce - OG	350g	2.99	OS
JAMS & FRUIT SPREADS				
BIONA				
JS001	Pear & Apple Spread - organic	450g	4.89	OV
BIONOVA				
JS137	Bilberry Jam - organic	340g	2.55	OSV
JS141	Raspberry Jam - organic	340g	2.55	VOS
JS140	Strawberry Jam - organic	340g	2.55	OSV
JS133	Tangy Marmalade - organic	350g	2.69	OSV
FRUIT TREE				
KJ197	Apricot Fruit Spread	250g	3.59	OV
KJ201	Blueberry Fruit Spread	250g	3.99	OV
KJ487	Clementine and Ginger Spreads	250g	3.99	O
KJ446	Dolce Vita Orange Spread	250g	3.59	O
KJ204	Mango Fruit Tree Spread	250g	3.59	OV
KJ198	Peach Fruit Spread	250g	3.59	OV
KJ199	Raspberry Fruit Spread-Organic	250g	3.99	OV

code	product	size	rrp	bfgosv
KJ196	Strawberry Fruit Spread	250g	3.59	OV
KJ200	Summer Berries Fruit Spread	250g	3.99	OV
MERIDIAN				
JS018	Apricot Spread - organic	284g	2.69	VO
JS019	Blackcurrant Spread - organic	284g	2.69	VO
JS078	Bramble Fruit Spread - organic	284g	2.69	OV
JS304	Cherries & Berries Spread - og	284g	2.69	OV
JS020	Morello Cherry Spread -organic	284g	2.69	VO
JS077	Plum Spread - organic	284g	2.69	OV
JS245	Raspberry Spread - organic	284g	2.69	OV
JS017	Seville Orange Spread -organic	284g	2.69	VO
JS021	Strawberry Spread - organic	284g	2.69	VO
JS100	Wild Blueberry Spread - og	284g	2.69	OV
NATURYA				
<i>Superfood Conserve</i>				
JS013	Acai & Blueberry	285g	4.99	GOVS
JS010	Baobab & Raspberry	285g	4.99	GOSV
JS011	Goji & Strawberry	285g	4.99	GOSV
JS012	Maca & Apricot	285g	4.99	GOSV
TRADCRAFT				
GH165	Organic Orange Marmalade	340g	2.59	FOVS
GH166	Organic Strawberry Jam	340g	3.09	FOVS
MARGARINES & SPREADS (CHILLED)				
SUMA				
<i>Non Hydrogenated Oils</i>				
MA060	Suma Soya Spread Organic	500g	3.45	VOS
MA065	Suma Sunflower Spread Organic	500g	3.45	VO
BIONA				
MA468	Extra Olive Spread, organic	250g	3.49	OV
CV038	Organic Cocomega Spread	250g	3.49	OV
MA061	Vegetable Margarine - organic	250g	2.89	OV
MA030	Vegetable Margarine - organic	500g	4.39	OV
MAYONNAISE & SALAD DRESSINGS				
SUMA				
KJ022	Organic Mayonnaise	1kg	9.75	O
KJ080	Organic Mayonnaise	300g	2.95	O
BIONA				
KJ401	Mayo - Egg & Soya Free	230g	2.49	OV
GEO ORGANICS				
KJ334	Organic Chillli Mayo, Vegan	232g	2.39	OV
KJ333	Organic Mayo, Vegan	232g	2.39	OV
KITE				
KJ536	Mayonnaise organic	150g	1.99	O
MR ORGANIC				
KJ498	Egg Free Garlic Mayo	180g	2.79	GOV
PLAMIL				
<i>Catering</i>				
LJ360	Egg Free Mayonnaise - organic	2.5kg	23.59	GOSV
<i>Organic</i>				
LJ006	Egg Free Mayo+Lemongrass - og	315g	3.19	GOSV
LJ259	Egg Free Mayonnaise - organic	315g	3.19	GOSV
SIMPLY DELICIOUS				
KJ366	Garlic Mayonnaise	300ml	3.29	O
KJ368	Plain Mayonnaise	300ml	3.29	O
MEAT FREE ALTERNATIVES (FROZEN)				
IMPULSE FOODS				

code	product	size	rrp	bfgosv
XL109	Organic Garlic & Herb Tempeh	227g	2.89	OV
XL107	Organic Tempeh	227g	2.85	OV
MEATLESS SUBSTITUTES (CHILLED)				
DRAGONFLY				
<i>Burgers</i>				
CV704	Country Vegetable Burger OG	200g	2.25	OV
CV705	Mexican Spice Burger OG	200g	2.25	OV
CV162	Mixed Burgers OG	200g	2.25	OV
CV702	Mushroom and Garlic Burger OG	200g	2.25	OV
CV695	Tatty Patty	200g	2.25	GOV
<i>Sausages</i>				
CV660	Org Devonshire Soysage	200g	2.69	OV
CV046	Organic Original Soysage	200g	2.50	OV
FLORENTIN				
CV930	Falafel	240g	3.75	OV
CV944	Tamruc Falafel	250g	3.85	OV
SOJADE				
CV167	Grilled Seitan Steak	200g	3.25	OVB
CV184	Org Seitan Burger with Veg	200g	3.23	OVB
TAIFUN				
CV008	Graffiti Terrine - organic	200g	3.79	OV
CV011	Grill Sausages - organic	250g	4.19	OV
CV340	Org Veggie Barbeque Sausages	250g	4.29	OV
CV445	Organic Tofu Mini Weiners	160g	3.19	OV
CV686	Puszta Weiner	300g	4.99	OV
CV053	Spelt & Sunflower Cutlets - OG	200g	3.19	OV
CV831	Tofu Herb Sausages	250g	4.29	O
CV263	Tofu/Hazel/Spelt Cutlets OG	200g	3.79	OV
CV010	Wiener/Frankfurters - organic	300g	4.99	OV
VIANA				
CV392	Organic Doner Kebab	200g	3.69	OV
<i>Demeter Organic Standard</i>				
CV404	Bonanza Veggie Steaks	210g	3.65	OSV
CV414	Real Jumbo Frankfurters	275g	3.69	SOV
CV402	Robinson Burger	200g	2.89	OV
WHEATY				
CV685	Country Style Sausages	150g	2.99	OV
CV261	Doner Kebab - Vegan	200g	4.79	OV
CV683	Gran Chorizo	200g	5.59	OV
CV241	Merguez Vegan Sausage	200g	4.39	OV
CV689	Salami Slices	100g	2.35	OV
CV505	Seitan Medallions	175g	3.59	OV
CV690	Smoked Slices	100g	2.35	OV
CV267	Vegan Chorizo Slices	80g	2.75	OV
CV250	Vegan Hot Dogs	200g	4.39	OV
CV023	Virginia Steak	175g	3.59	OV
<i>Spacebars</i>				
CV691	Chorizo	40g	1.19	OV
CV692	Hemp	40g	1.16	OV
CV303	Red Hot Chilli Peppers	40g	1.39	OV
MIDDLE EASTERN & AFRICAN FOOD				
AMISA				
KJ105	Falafel Mix	160g	1.89	GOV
KJ305	Harissa Falafel Mix GF	160g	1.99	GOV
CARLEY'S				
KJ240	Preserved Lemon - Organic	700g	5.19	OV

code	product	size	rrp	bfgosv
	JUST WHOLEFOODS			
VF183	Falafel Mix - organic	120g	1.55	OV
VF256	Houmous Mix - Organic	125g	1.55	OV
	MILK - FRESH (CHILLED)			
	YEO VALLEY			
	<i>Minimum 4 days shelf life</i>			
CV128	Yeo Organic Semi-Skimmed Milk	1l	1.35	O
CV124	Yeo Organic Whole Milk 1L	1l	1.35	O
	MILK - NON DAIRY			
	ECOMIL			
SY050	Almond Classic - Calcium	1l	2.49	OSV
SY275	Almond Drink	1l	3.49	OV
SY012	Almond Drink Powder	400g	14.95	GOV
SY049	Coconut Milk - Original	1l	3.49	OSV
SY030	Cuisine - Almond Cream	200ml	1.60	GOV
SY053	No Sugar Almond + Calcium	1l	3.49	OV
SY021	No Sugar Almond Drink	1l	3.49	OV
SY076	No Sugar Almond Protein Drink	1l	3.49	OV
SY063	No Sugar Almond Vanilla	1l	3.49	OV
SY125	No Sugar Chufa Tigernut Drink	1l	3.49	GOV
SY073	No Sugar Coconut & Calcium	1l	3.49	OV
SY058	No Sugar Coconut Milk	1l	3.49	OV
SY014	No Sugar Hazelnut Drink	1l	3.49	OV
SY155	No Sugar Hemp Drink	1l	3.49	OV
SY142	Quinoa Drink - Organic	1l	3.49	OV
SY279	Soya Drink Powder (sweetened)	400g	12.95	OV
	OATLY			
SY019	Cream - Dairy Free	250ml	1.09	VO
JU377	Oatly Oat Drink Organic	1l	1.75	OV
	PLAMIL			
SY009	Soya Milk, unsweetened - og	1l	2.25	GOV
	PLENISH			
SY162	Almond Chocolate M*lk	250ml	2.25	FOV
SY119	Almond M*lk	1l	2.99	OV
SY120	Cashew M*lk	1l	2.99	OV
SY118	Coconut M*lk	1l	2.99	OV
SY121	Hazelnut M*lk	1l	2.99	OV
SY163	Natural Almond M*lk	250ml	2.25	FOV
SY161	Plenish Coffee Almond M*lk	250ml	2.25	FOV
	PROVAMEL			
SY090	Almond Drink - Organic	1l	2.79	OV
SY094	Almond Drink - Unsweetened	1l	2.79	GOV
SY146	Cashew Drink - Organic	500ml	1.79	OSV
SY152	Coconut & Almond Drink	1l	2.89	GOSV
SY011	Coconut & Rice Drink	1l	2.35	GOV
SY086	Coconut & Rice Drink	250ml	1.19	OV
SY088	Oat Drink - Organic	1l	1.75	OV
SY064	Rice & Almond Drink	1l	2.35	GOSV
SY103	Rice & Calcium Drink - Organic	1l	1.79	GOV
SY007	Rice Drink - organic	1l	1.79	GVO
SY067	Soya Drink - Banana	250ml	0.60	OV
SY143	Soya Drink - Chocolate	1l	1.89	OV
SY033	Soya Drink - Chocolate	250ml	0.60	OV
SY032	Soya Drink - Strawberry	250ml	0.60	OV
SY034	Soya Drink - Vanilla	1l	1.89	OSV
SY027	Soya Drink - Vanilla	250ml	0.60	OV
SY080	Soya Milk - sweetened	1l	1.65	GOV

code	product	size	rrp	bfgosv
SY126	Soya Milk - Sweetened with	250ml	0.55	GOV
SY025	Soya Milk - Unsweetened	1l	1.65	GOV
SY026	Soya Milk - Unsweetened	500ml	1.05	GOV
SY123	Soya Unsweetened Organic PMP	1l	1.19	OV
RICE DREAM				
JU361	Rice Dream - Original	1l	1.95	VO
JU362	Rice Dream - Vanilla	1l	2.15	VO
RUDE HEALTH FOODS				
SY129	Almond Drink - Organic	1l	2.49	GOV
SY004	Almond Drink - Organic	250ml	1.50	GOV
SY105	Brown Rice Drink	500ml	1.65	GOV
SY130	Brown Rice Drink - Organic	1l	2.29	GOV
SY085	Cashew Drink - Organic	1l	3.50	GOV
SY082	Coconut Drink	250ml	1.50	GOV
SY044	Coconut Drink Organic	1l	2.99	GOV
SY060	Hazelnut Drink	250ml	1.50	GOV
SY148	Hazelnut Drink - Organic	1l	2.99	GOV
SY037	Oat Drink - Organic	1l	2.29	GOV
SY117	Tiger Nut Drink Organic	1l	2.99	GOV
SY114	Ultimate Almond Drink	500ml	2.75	GOV
SY159	Ultimate Almond Milk - Organic	1l	3.85	GOV
SOJADE				
SY010	Hemp Drink - unsweetened	1l	2.79	OV
SY400	Rice Drink - calcium enriched	1l	1.69	OV
SY018	Soya Milk - calcium & apple	1l	1.75	VO
SY016	Soya Milk - unsweetened	1l	1.49	OV
SY023	Soya Milk - Vanilla & Calcium	1l	1.95	VO
SWEET REVOLUTION				
SY081	Coconut Milk Powder	350g	8.75	OV
THE BRIDGE				
SY160	Coconut Drink	1l	2.25	GOV
SY002	Oat Drink	1l	1.75	OV
SY560	Oat Drink - Calcium Enriched	1l	1.99	OV
SY150	Rice Cream - Organic	200ml	1.09	OV
SY068	Rice Drink - Cacao	250ml	0.99	OV
SY042	Rice Drink - Calcium Enriched	1l	1.75	GOV
SY487	Rice Drink - Original	1l	1.75	GOV
SY024	Rice Drink - Original	250ml	0.89	GOV
SY452	Rice Drink + Almond	1l	2.09	GOV
SY013	Rice Drink + Almond	250ml	0.99	GOV
SY008	Rice Drink + Coconut	1l	2.09	GOV
THE COCONUT COMPANY				
SY116	Coconut Milk Powder - Organic	250g	5.49	GOV
MILK (LONGLIFE)				
MOO				
MJ011	Semi Skimmed Milk - Organic	1l	1.99	O
NON-DAIRY DESSERTS (FROZEN)				
BOOJA BOOJA				
<i>Alternative to Dairy Ice Cream</i>				
XL258	Caramel Pecan Praline Ice Crea	110ml	2.05	OV
XL263	Caramel Pecan Praline Ice Crm	500ml	6.19	OSV
XL259	Choc Salted Caramel Ice Cream	500ml	6.19	OV
XL307	Coconut Hullabaloo	110ml	2.05	OV
XL255	Hazel, Choc & Truffle Ice Cream	500ml	6.19	OV
XL031	Hunky Punky Chocolate	110ml	2.05	OV
XL033	Hunky Punky Chocolate	500ml	6.19	OV
XL410	Keep Smiling Vanilla M'Gorilla	110ml	2.05	OV

code	product	size	rrp	bfgosv
XL038	Keep Smiling Vanilla M'Gorilla	500ml	6.19	OV
XL256	Raspberry Ripple Ice Cream	110ml	2.05	OV
XL257	Raspberry Ripple Ice Cream	500ml	6.19	OV
XL036	Rollercoaster Ginger	500ml	6.19	OV
JOLLYUM				
<i>Organic Soya Ice-Cream</i>				
XL091	Double Chocolate Ice Cream	125ml	1.89	OV
XL095	Double Chocolate Ice Cream	500ml	5.79	OV
XL099	Maple & Pecan Ice Cream	500ml	5.79	OV
XL092	Maple and Pecan Ice Cream	125ml	1.89	OV
XL093	Passion Fruit & Choc Ice Cream	125ml	1.89	OV
XL103	Passion Fruit & Choc Ice Cream	500ml	5.79	OV
XL094	Summer Strawberry Ice Cream	125ml	1.89	OV
XL110	Summer Strawberry Ice Cream	500ml	5.79	OV
PIP ORGANIC				
XL205	Apple Fruit Squeezer	105ml	1.15	OV
XL217	Berry Fruit Squeezer	105ml	1.15	OV
XL252	Tropical Fruit Squeezer	105ml	1.15	OV
NUT & SEED BUTTERS				
SUMA				
GH135	Peanut Butter, crunchy	340g	3.59	FVO
GH022	Peanut Butter, crunchy + salt	340g	3.49	VO
GH047	Peanut Butter, crunchy + salt	700g	6.35	VO
GH256	Peanut Butter, crunchy no salt	340g	3.49	VO
GH248	Peanut Butter, crunchy no salt	700g	6.35	VO
GH051	Peanut Butter, smooth + salt	700g	6.35	VO
GH023	Peanut Butter, smooth + salt	340g	3.49	VO
GH257	Peanut Butter, smooth no salt	340g	3.49	VO
GH096	Peanut Butter, smooth no salt	700g	6.35	VO
GH950	Tahini - dark, organic	280g	4.05	OV
GH675	Tahini - light, organic	280g	4.05	OV
BIONA				
GH210	Almond Butter Smooth Organic	170g	4.99	OV
GH102	Almond Butter Smooth Organic	350g	9.39	OV
GH211	Cashew Nut Butter - og	170g	4.69	OV
GH124	Coconut Almond Butter	170g	4.89	OV
GH083	Coconut Peanut Butter	170g	2.39	OV
GH103	Peanut Butter Crunchy Organic	1kg	7.49	OV
GH104	Peanut Butter Smooth Organic	1kg	7.49	OV
CARLEY'S				
GH024	Almond Butter- Organic	170g	4.25	OV
GH025	Cashew Butter- Organic	170g	4.45	OV
GH034	Pumpkinseed Butter - og	250g	3.55	OV
GH215	Raw Almond Butter	250g	6.65	OV
GH216	Raw Almond Butter	425g	8.95	OV
GH209	Raw Brazilnut Butter	170g	5.45	OV
GH709	Raw Hemp & Linseed Butter	170g	3.65	OV
GH014	Raw Pecan Butter	170g	5.45	OV
GH041	Raw Rainforest Nut Butter	170g	5.75	OV
GH213	Raw Walnut Butter	170g	3.75	OV
GH712	Raw White Almond Butter	170g	3.95	OV
GH042	Sunflower Butter- Organic	250g	2.55	OV
COCOFINA				
GH156	Coconut Butter	335g	6.99	OV
EQUAL EXCHANGE				
GH501	Cashew Butter Organic	170g	3.99	FOV
GH704	Peanut Butter -Crunchy no salt	280g	2.99	FOV

code	product	size	rrp	bfgosv
GEO ORGANICS				
GH074	Choco Peanut Butter Organic	250g	3.99	OSV
MERIDIAN				
GH072	Almond Butter Smooth + salt	170g	3.99	OV
GH028	Peanut Butter Crunchy + Salt	280g	2.69	OV
GH109	Peanut Butter Smooth-org +salt	280g	2.69	OV
GH064	Tahini - dark, organic	270g	2.99	OV
GH020	Tahini - light, organic	270g	2.99	OV
GH205	Tahini - light, organic	454g	4.49	OV
100% Nuts				
GH094	Almond Butter Smooth Organic	170g	3.99	OV
GH169	Almond Butter Smooth Organic	454g	9.99	OV
GH171	Brazil Nut Butter	170g	6.99	OV
GH057	Cashew Butter Smooth Organic	170g	4.49	OV
GH063	Peanut Butter Crunchy	280g	2.69	OV
GH097	Peanut Butter Crunchy Organic	1kg	7.99	OV
GH128	Peanut Butter Crunchy Organic	454g	3.99	OV
GH110	Peanut Butter Smooth	280g	2.69	OV
GH069	Peanut Butter Smooth	1kg	7.99	OV
GH200	Peanut Butter Smooth Organic	454g	3.99	OV
100% Seeds				
GH046	Pumpkin Seed Butter - og	170g	2.99	OV
GH070	Sunflower Seed Butter Smooth	170g	2.99	OV
PROFUSION				
GH137	Hemp Peanut Butter - Organic	350g	4.29	OV
RAW ECSTASY				
GH141	Activated Almond Butter	140g	6.29	OV
RAW HEALTH				
GH036	Raw Superseed Spread	170g	2.99	OV
GH011	Whole Raw Almond Butter - og	170g	5.69	OV
GH086	Whole Raw Hazelnut Butter	170g	5.69	OV
GH017	Whole Raw Tahini	170g	2.99	OV
SUNITA				
GH181	Og Sesame & Cocoa Spread 25%	350g	4.35	SOV
GH230	Organic Dark Tahini	350g	3.99	OV
GH231	Organic Light Tahini	350g	3.99	OV
GH996	Tahini - dark, organic	3kg	35.50	VO
GH149	Tahini - light, organic	3kg	35.50	VO
WHOLE EARTH				
GH091	Peanut Butter - smooth organic	227g	2.99	GOV
GH090	Peanut Butter -crunchy organic	227g	2.99	GOV
GH151	Peanut Butter-100% Nuts,Crunch	227g	2.89	GOV
NUT/SEED MILK YOGURTS(CHILLED)				
SOJADE				
CV389	Natural Hemp Yogurt	250g	1.49	GOVB
NUTS & SEEDS				
SUMA PREPACKS - ORGANIC				
NU154	Alfalfa seeds - organic	250g	4.15	VO
NU217	Almonds - organic	125g	2.89	OV
NU102	Almonds - organic	250g	5.45	OV
NU159	Almonds - organic	500g	10.39	OV
NU387	Almonds, ground - organic	125g	3.19	OV
NU043	Almonds, ground - organic	250g	6.09	OV
NU344	Brazils - organic	125g	4.85	OV
NU219	Brazils - organic	250g	9.35	OV
NU297	Brazils Fairly Traded -organic	125g	5.65	FOV
NU298	Brazils Fairly Traded -organic	250g	10.95	FOV

code	product	size	rrp	bfgosv
NU033	Cashews whole - organic	125g	3.35	OV
NU255	Cashews whole - organic	250g	6.35	OV
NU041	Coconut - desiccated, organic	125g	1.09	OV
NU103	Hazelnuts - organic	125g	2.49	OV
NU258	Hazelnuts - organic	250g	4.65	OV
NU273	Hemp Seeds - organic	125g	1.19	VO
NU272	Hemp Seeds - organic	250g	2.09	VO
NU322	Linseed, golden - organic	250g	1.35	OV
NU288	Omega Seed Mix - organic	125g	1.19	OV
NU293	Omega Seed Mix - organic	250g	1.99	OV
NU069	Peanuts - organic	125g	1.09	OV
NU218	Peanuts - organic	500g	3.25	OV
NU545	Pine Kernels - organic	125g	4.75	OV
NU212	Pumpkin seeds - organic	125g	1.35	OV
NU323	Pumpkin seeds - organic	250g	2.35	OV
NU261	Pumpkin seeds - organic	500g	4.25	OV
NU213	Sesame seeds - organic	125g	1.05	OV
NU356	Sesame seeds - organic	250g	1.85	OV
NU105	Sunflower seeds - organic	125g	0.79	OV
NU254	Sunflower Seeds - organic	250g	1.25	OV
NU457	Sunflower seeds - organic	500g	1.99	OV
NU104	Walnuts - organic	125g	3.45	OV
NU012	Walnuts - organic	250g	6.55	OV
NU289	Walnuts - organic	375g	9.59	OV
	BIONA			
NU304	Amaranth Seeds	500g	2.49	OV
NU303	Hemp Seeds	250g	2.29	OV
	LINWOODS			
NU023	Active Nuts - Almonds	70g	3.99	OV
NU034	Active Nuts - Organic Walnuts	70g	3.99	OV
	PEARLS OF SAMARKAND			
NU141	Og Black Sesame Seeds	330g	3.35	OV
	PROFUSION			
NU167	Hulled Hemp Seeds	150g	4.39	OV
	RAW ECSTASY			
NU156	Activated Almonds Raw Choc	70g	5.05	OSV
NU164	Activated Walnuts Raw Choc	70g	5.05	OSV
	RAW HEALTH			
NU187	Organic Black Chia Seeds	450g	9.49	OV
NU140	Organic White Chia Seeds	450g	10.39	OV
	OILS & FATS			
	SUMA			
GT350	Coconut Oil - Culinary	320g	3.45	OV
GT750	Coconut Oil - Culinary	650g	5.95	OV
GT075	Coconut Oil - Culinary	900g	8.29	OV
GT320	Coconut Oil - Extra Virgin	320g	7.20	OV
GT650	Coconut Oil - Extra Virgin	650g	12.50	OV
GT019	Italian Organic Olive Oil	3l	35.95	OV
GT017	Italian Organic Olive Oil	500ml	7.45	OV
GT018	Italian Organic Olive Oil	750ml	10.49	OV
GT085	Olive Oil-Extra Virgin,organic	500ml	6.50	VO
GT087	Olive Oil-Extra Virgin,organic	5l	46.90	VO
GT080	Sunflower Oil - organic	500ml	3.45	VO
GT091	Sunflower Oil - organic	5l	22.80	VO
	AZADA			
GT106	Set of 5 flavoured oils	5 x 20	9.65	OV
	BIO PLANETE			

code	product	size	rrp	bfgosv
GT136	Peanut Oil - og	250ml	8.95	OV
	BIONA			
GT067	Coconut Bliss	250g	4.95	OV
GT066	Coconut Bliss	400g	7.49	OV
GT096	Coconut Bliss - Salted Caramel	250g	4.95	OV
GT025	Coconut Oil Cuisine Organic	875ml	8.65	OV
VM271	Flax Seed Oil (was Linseed)	250ml	6.49	OV
GT061	Mild / Odourless Coconut Oil	470ml	4.79	OV
GT060	Mild / Odourless Coconut Oil	610ml	5.89	OV
VF773	Virgin Coconut Oil Organic	200g	4.39	OV
VF774	Virgin Coconut Oil Organic	400g	7.99	OV
GT069	Virgin Coconut Oil Organic	800g	14.89	OV
GT071	Virgin Coconut Oil Raw	1.2kg	19.89	OV
	CLEARSPRING			
GT070	Avocado Oil - Organic	250ml	5.69	OV
GT035	Flax Oil Organic	250ml	4.99	OV
GT001	Hemp Oil Organic	250ml	5.99	OV
GT204	Italian Olive Oil Organic	1l	15.99	VO
GT049	Italian Olive Oil Organic	250ml	4.89	OV
GT203	Italian Olive Oil Organic	500ml	8.49	VO
GT009	Rapeseed Oil Organic	500ml	3.99	OV
GT206	Safflower Oil organic	500ml	6.49	VO
GT207	Sesame Oil organic	500ml	5.89	VO
GT208	Sesame Oil Toasted organic	250ml	4.19	VO
GT230	Sunflower Frying Oil organic	1l	7.49	VO
GT063	Sunflower Frying Oil Organic	2l	13.69	OV
GT231	Sunflower Frying Oil organic	500ml	4.49	VO
GT201	Sunflower Oil organic	500ml	3.49	VO
GT202	Sunflower Oil organic	1l	5.99	VO
GT209	Toasted Pumpkin Seed Oil Org	250ml	10.99	VO
GT211	Walnut Oil organic	250ml	10.49	VO
	COCOFINA			
GT011	Organic Coconut Oil	350ml	6.99	OV
GT003	Organic Coconut Oil	975ml	17.99	OV
GT024	Organic Coconut Oil in sachets	10ml	0.69	OV
	COCOWEL			
GT058	Og Extra Virgin Coconut Oil	500ml	10.99	OV
	LA BIO IDEA			
GT044	Italian Og Virgin Olive Oil	1l	12.05	OV
	MANI BLAEUEL			
GT002	Og Extra Virgin Olive Oil	1l	12.99	OV
GT007	Og Extra Virgin Olive Oil	500ml	6.99	OV
	MERIDIAN			
GT012	Olive Oil-Extra Virgin,organic	500ml	6.99	VO
GT034	Sesame Oil - og	500ml	6.99	OV
GT016	Sunflower Oil - organic	500ml	3.99	VO
GT033	Toasted Sesame Oil - og	500ml	6.99	OV
	NATURES AID - SUPERFOOD OILS			
GT077	Avocado Oil Organic	250ml	8.95	OV
GT076	Pumpkin Seed Oil Organic	250ml	8.95	OV
	SUNITA			
GT099	Olive Oil-Extra Virgin Organic	5l	67.00	VO
	ZAYTOUN			
GT056	Olive Oil - Fair Trade	500ml	13.85	FOV
GT020	Olive Oil - Organic Fairtrade	250ml	8.49	FOV
GT022	Olive Oil - Organic Fairtrade	750ml	19.95	FOV

code	product	size	rrp	bfgosv
OLIVES				
GAEA				
VF121	Kalamata Olives - organic	300g	2.95	OV
VF070	Mixed Marinated Olives-organic	300g	2.59	OV
MANI BLAEUEL				
KJ432	Og Green & Kalamon Olive Mix	175g	3.49	OV
KJ424	Og Green Olives al Naturel	205g	3.49	OV
KJ434	Og Kalamon Olive Paste	180g	3.49	OV
KJ430	Og Kalamon Olives al Naturale	205g	3.49	OV
KJ425	Og Kalamon Olives in Olive Oil	280g	4.49	GOV
ORGANICO				
KJ415	Garlic Stuffed Olives	190g	3.65	OV
KJ081	Moorish Olives	280g	3.65	OV
KJ079	OG Black Olives	280g	3.65	OV
KJ410	Pitted Green Olives	280g	2.95	OV
KJ412	Provencale Olives	190g	3.65	OV
SUNITA				
KJ494	Green Olives Organic	360g	2.99	OV
KJ555	Kalamon Olives - organic	360g	3.90	VO
PASTA				
SUMA				
WT011	Brown rice Fusilli Pasta - Org	500g	2.69	GOV
WT013	Brown Rice Penne Pasta - Org	500g	2.69	GOV
WT008	Corn Rice Fusilli Pasta - Org	500g	2.69	GOV
WT009	Corn Rice Penne Pasta - Org	500g	2.69	GOV
SUMA / IRIS				
WT018	Organic Tricolore Spirals	500g	1.75	OV
WT075	Organic White Fusilli	500g	1.39	OV
WT016	Organic White Macaroni	500g	1.39	OV
WT085	Organic White Penne	500g	1.39	OV
WT090	Organic White Spaghetti	500g	1.39	OV
WT125	Organic Wholewheat Fusilli	500g	1.39	OV
WT095	Organic Wholewheat Penne	500g	1.39	OV
WT120	Organic Wholewheat Spaghetti	500g	1.39	OV
BIONA				
WT333	Spelt Lasagne Sheets - Organic	250g	2.89	OV
WT330	Spelt Spaghetti White Organic	350g	4.69	OV
WT021	Spelt Spaghetti White Organic	500g	2.89	OV
WT025	White Spelt Fusilli	500g	2.89	OV
WT024	White Spelt Penne	500g	2.89	OV
WT334	Whole Spelt Spaghetti -Organic	500g	2.49	OV
WT331	Wholemeal Organic Spelt Penne	500g	2.49	OV
WT332	Wholewheat Spelt Fusilli Org	500g	2.49	OV
CIEMME				
WT136	OG Gluten Free Gnocchi Plain	400g	3.29	GOV
WT138	Og Gluten Free Gnocchi/ Quinoa	400g	3.29	GOV
CLEARSPRING				
WT148	Brown Rice Penne - Gluten Free	250g	2.89	OSV
WT052	Gluten Free Buckwheat Pasta	250g	2.79	OV
WT094	Gluten Free Chickpea Pasta	250g	3.49	OV
WT149	Green Pea & Quinoa Fusilli	250g	2.89	OSV
WT150	Red Lentil & Brown Rice Pasta	250g	2.89	OSV
DOVES FARM				
WT038	Organic Brown Rice Fusilli	500g	3.10	GOV
WT047	Organic Brown Rice Penne Pasta	500g	3.10	GOV
WT036	Organic Brown Rice Spaghetti	500g	3.10	GOV
WT005	Organic Brown Rice Tortiglioni	500g	3.10	GOV

code	product	size	rrp	bfgosv
WT133	Organic Buckwheat Pasta	500g	4.15	GOV
WT167	Organic Green Pea Penne Pasta	250g	2.99	GOV
WT165	Organic Maize and Rice Lasagne	250g	2.49	GOV
WT051	Organic Maize/Rice Fusilli	500g	2.59	GOV
WT039	Organic Maize/Rice Penne Pasta	500g	2.59	GOV
WT053	Organic Maize/Rice Spaghetti	500g	2.59	GOV
WT002	Organic Maize/Rice Tortiglioni	500g	2.59	GOV
WT135	Organic Multigrain Pasta	500g	3.09	GOV
WT166	Organic Red Lentil Penne Pasta	250g	2.99	GOV
EXPLORE CUISINE				
WT113	Black Bean Spaghetti	200g	3.29	GOV
WT145	Chickpea Fusilli	250g	3.29	OV
WT146	Chickpea Spaghetti	250g	3.29	OV
WT093	Edamame & Mung Bean Fettuccine	200g	3.29	GOV
WT114	Edamame Bean Spaghetti	200g	3.29	GOV
WT144	Green Lentil Lasagne	250g	3.29	OV
WT143	Green Lentil Penne	250g	3.29	OV
WT142	Red Lentil Penne	250g	3.29	OV
WT147	Red Lentil Spaghetti	250g	3.29	OV
WT092	Soybean Spaghetti	200g	3.29	GOV
LA BIO IDEA				
WT139	Chick Pea Penne	250g	2.59	OV
WT140	Red lentil Fusilli	250g	3.65	OV
WT103	Tagliatelle Egg Pasta	250g	2.39	O
Speciality				
WT232	Lasagne green <i>White</i>	250g	1.99	OV
WT974	Lasagne White - og no pre cook	250g	1.99	OV
WT048	Macaroni Elbows	500g	1.45	VO
WT050	Penne (Tubes) - White	500g	1.45	VO
WT049	Spaghetti - White	500g	1.45	VO
Wholewheat				
WT023	Lasagne	250g	1.99	OV
WT237	Linguine	500g	1.45	OV
WT040	Macaroni Elbows - wholewheat	500g	1.45	VO
WT074	Penne (Tubes) - Wholewheat	500g	1.45	VO
WT044	Shells - organic	500g	1.45	VO
WT041	Spaghetti - Wholewheat	500g	1.45	VO
WT046	Tagliatelle - organic	500g	1.45	VO
LA TERRA E IL CIELO				
WT091	Spelt Cavatappi	500g	3.45	OV
WT874	Spelt Fusilli	500g	3.45	OV
WT873	Spelt Penne	500g	3.45	OV
WT899	White Pappardelle Nest	500g	3.05	OV
White				
WT990	Cavatappi - spirals	500g	2.59	OV
WT982	Fusilli with Spinach - organic	500g	2.69	OV
Wholewheat				
WT978	Spelt Spaghetti - organic	500g	3.45	OV
PROFUSION				
WT035	Chick Pea & Flax Penne	300g	3.69	OV
WT130	Chick Pea Fusilli - GF	300g	3.49	GOV
WT014	Red Lentil & Flax Penne	300g	3.69	OV
WT129	Red Lentil Fusilli GF	300g	3.49	GOV
WT124	Sprouted Spelt Tagliatelle	250g	3.29	OV
SEEDS OF CHANGE				
WT003	Spinach Trotolle	500g	2.59	OV

code	product	size	rrp	bfgosv
WT001	Tortiglione - og	500g	2.59	OV
	PASTA (FRESH, CHILLED)			
	AMISA			
CV345	Gluten Free Fresh Org Gnocchi <i>Gluten-Free Filled Ravioli</i>	350g	3.69	GOV
CV201	G/F Ravioli with Cheese	200g	3.69	GO
	BIONA			
CV440	Fresh Gnocchetti with Pumpkin	400g	3.99	OV
CV059	Fresh Green Tortellini	250g	2.89	O
CV181	Organic Fresh Gnocchi	400g	3.59	OV
CV182	Organic Ravioli Pizzaoila	250g	3.09	O
CV677	Spelt & Almond Cutlets	200g	3.69	O
CV676	Tortellini filled with Veg	250g	3.19	GO
CV649	Tortelloni with Ricotta	250g	2.99	O
	PASTA SAUCES & PESTOS			
	SUMA			
KJ162	Organic Pesto Alla Genovese	190g	3.25	O
KJ161	Organic Pesto Rosso	190g	3.15	OV
KJ160	Organic Pesto Siciliano	190g	3.15	OV
	<i>Organic Pasta Sauces</i>			
VF201	Organic Arrabbiata Sauce	350g	1.75	OV
VF191	Organic Bolognese Sauce	350g	1.75	OV
VF192	Organic Napoletana Sauce	350g	1.75	OV
	<i>Organic Pestos</i>			
KJ192	Pesto - Green, vegan	160g	2.59	GOV
KJ191	Pesto - Green, vegetarian	160g	2.59	GO
KJ189	Pesto - Red, vegan	160g	2.59	GOV
KJ190	Pesto - Red, vegetarian	160g	2.59	GO
	LA CONSERVE DELLA NONNA			
KJ132	Soya Bolognese Pasta Sauce	350g	2.29	GOV
	MERIDIAN			
VF173	Tomato & Basil Pasta Sauce	350g	2.49	GOV
VF197	Tomato & Herb - organic	440g	2.79	GVO
	MR ORGANIC			
KJ328	Chilli & Garlic Pesto	130g	2.99	OV
KJ488	Free From Mayonnaise	180g	2.79	OV
KJ331	Grilled Aubergine Add-in	190g	2.69	OV
KJ329	Grilled Pepper Add-In	190g	2.69	OV
KJ327	Red Pepper Pesto (vegan)	130g	2.99	OV
KJ215	Seitan Pasta Sauce	350g	2.79	OV
KJ216	Soya Pasta Sauce	350g	2.69	OVS
KJ214	Tofu Pasta Sauce	350g	2.69	OVS
KJ330	Tomato & Olive Add-In	190g	3.29	OV
	ORGANICO			
VF043	Olive, Chilli & Garlic - og	360g	3.45	OSV
VF055	Red Wine and Porcini	360g	2.95	OSV
KJ416	Vegan Pesto	120g	4.25	OV
VF032	Vegetable Bolognese - og	360g	2.95	OSV
	SEEDS OF CHANGE			
VF072	Bolognese Sauce OG	500g	2.99	OSV
VF038	Sundried Tom & Basil Stir in	195g	3.49	OSV
VF194	Tomato & Basil Pasta Sauce	350g	2.89	OV
VF076	Tomato and Basil - og	500g	3.10	OSV
	SUNITA			
KJ790	Organic Pesto Genovese	130g	4.19	OV

code	product	size	rrp	bfgosv
PASTRY (FROZEN)				
CLIVE'S				
<i>Pies & Pastries</i>				
XL045	Wholemeal 'Rough Puff' Pastry	300g	2.35	OV
DORSET PASTRY				
<i>Pure Butter Handmade Pastry</i>				
XL124	Organic Puff Pastry	325g	5.89	O
XL264	Organic Shortcrust Pastry	325g	4.60	O
PATE				
GRANOVITA				
GH196	Buckwheat & Chia Pate	125g	1.95	GOSV
GH193	Chickpea & Sesame Pate	125g	1.95	GOSV
GH195	Grilled Aubergine Pate	125g	1.95	GOV
GH227	Herb Pate - Palm Oil Free	125g	2.25	GOV
GH228	Mushroom Pate - Palm Oil Free	125g	2.25	GOV
GH130	Peppercorn Pate	125g	1.95	OV
GH651	Ready Spreadable Pate - Mushroom	200g	2.99	GVO
GH650	Ready Spreadable Pate - Original	200g	2.99	GOV
GH192	Red Pepper & Almond Pate	125g	1.95	GOV
GH229	Red Pepper Pate - Palm Free	125g	2.25	GOV
GH168	Spicy Mexican Pate - organic	200g	2.99	OV
GH131	Tomato & Pepper Tofu Pate	125g	1.95	OV
GH194	Tomato and Rocket Pate	125g	1.95	GOV
GH167	Tomato Pate - organic	200g	2.99	O
GH191	Walnut & Basil Pate	125g	1.95	GOV
ORGANICO				
GH127	Roast Aubergine Spread & Dip	140g	2.79	OV
SUNITA				
KJ791	Kalamon Olive Pate	135g	3.99	OV
TARTEX				
GH001	Classic Pate - og	200g	2.79	OV
GH012	Herb & Garlic Pate - og	200g	2.79	OV
GH006	Herb Pate - og	200g	2.79	OV
GH007	Mushroom pate - og	200g	2.79	OV
GH008	Olive Pate - og	200g	2.79	OV
PATES, DIPS & TAPAS (CHILLED)				
PROFUSION				
CV559	Organic Beetroot Houmous	150g	3.49	OV
TIDEFORD ORGANIC FOODS				
CV711	Basil Pesto	150g	3.05	GOV
CV710	Sun-Dried Tomato Pesto	150g	3.05	GOV
PET FOODS & PET CARE				
BENEVO				
PF015	Complete Vegan Adult Dog Food	2kg	10.99	OV
YARRAH				
PF002	Chunks for Dogs - Cranberries	380g	3.69	OV
PF502	Dogfood Vegetarian Organic	10kg	46.99	O
PF501	Dogfood Vegetarian Organic	2kg	11.49	OV
PF503	Multi Dog Biscuits	250g	2.90	OV
NF040	Organic Clay Cat Litter	7kg	10.39	OV
PICKLES, CHUTNEYS & MUSTARDS				
BIONA				
LJ664	Harissa Relish - prepared	125g	2.89	OV
KJ076	Mustard Medium Hot	320ml	2.39	OV
KJ036	Sauerkraut - Organic	360g	1.89	OV
KJ423	Silverskin Onions Organic	340g	2.89	OV

code	product	size	rrp	bfgosv
	BIONOVA			
KJ346	Gherkins - Sour	670g	3.45	VOS
KJ025	Gherkins - Sweet & Sour	330g	2.95	O
	BYODO			
KJ351	Mustard - Dijon, organic	1kg	9.65	VO
KJ354	Mustard - wholegrain, organic	1kg	7.25	VO
	DELOUIS			
KJ001	Organic Dijon Mustard	200g	2.09	OV
KJ007	Organic Wholegrain Mustard	200g	2.09	OV
	GEO ORGANICS			
KJ332	Apple, Apricot, Ginger Chutney	300g	2.99	OSV
	TRAFO			
KJ265	Mustard - Coarse	200g	1.89	OV
KJ272	Mustard - Fine, Dijon Style	200g	1.79	OV
	READY MEALS (FROZEN)			
	CLIVE'S			
XL338	Organic Nut Roast	280g	5.25	GOSV
	Pies & Pastries			
XL019	Arabian Chickpea Pie	250g	2.89	OSV
XL021	Chestnut & Bean Cassoulet Pie	250g	2.89	OV
XL025	Creamy Mushroom Pie	250g	2.89	OSV
XL032	G/Free Vegetable Chilli Pie	250g	2.99	GOSV
XL028	GltN Free French Cassoulet Pie	250g	2.99	GOSV
XL026	Gluten Free Aloo Gobi Pie	250g	2.99	GOSV
XL029	Gluten Free Lentil & Olive Pie	250g	2.99	GOSV
XL030	Gluten Free Minty Chickpea Pie	250g	2.99	GOSV
XL023	Greek Lentil & Olive Pie	250g	2.89	OSV
XL022	Hungarian Goulash Pie	250g	2.89	OSV
XL024	Mexican Chilli Pie	250g	2.89	OSV
XL114	Org G/F Mushroom & Leek Pie	235g	2.99	GOV
XL135	Organic G/F Homity Pie	235g	2.99	GO
XL020	Saag Aloo Curry Pie	250g	2.89	OSV
XL040	Soysage Roll	120g	1.45	OSV
XL039	Vegetable Chilli Pasty	190g	2.45	OSV
	Pots of...			
XL042	Moroccan Tagine	400g	3.69	OV
XL041	Thai Veggie Curry	400g	3.69	OSV
	Tarts			
XL323	Bombay Vegetable Tart	190g	3.49	GOSV
XL324	Lentil & Kale Ragout Tart	190g	3.49	GOSV
XL337	Pea, Carrot and Cumin Tart	190g	3.49	GOSV
XL336	Tomato and Olive Tart	190g	3.49	GOSV
	READY TO EAT FOODS (CHILLED)			
	BIONA			
CV577	Ballini Mediterranean Style	250g	3.89	O
CV377	Black Bean & Cashew Nut Burger	160g	4.09	OV
CV678	Horseradish Sauce	125g	2.99	OBV
CV063	Lucky Stars	250g	3.99	OV
CV328	Og Falafel Balls Sesame & Mint	220g	4.09	OV
CV327	Org Falafel Balls - Spinach	220g	4.29	OV
CV321	Org Mini Quinoa Burgers	195g	4.09	OV
CV180	Org Mini Vegan Spring Rolls	200g	3.99	OSV
CV613	Org Spring Rolls	220g	4.69	OV
CV681	Org Sun Mini Burgers	220g	3.99	O
CV564	Organic Crispy Nuggets	200g	4.19	OV
CV441	Organic Mini Energy Burgers	250g	4.09	OV

code	product	size	rrp	bfgosv
CV372	Red Lentil Sun Seed Burger	160g	4.09	OV
CV567	Spinach and Feta Cheese Wrap	150g	3.09	O
CV745	Sweet Potato Buckwheat Burger	160g	4.09	OV
CV422	Thai Spring Rolls	225g	4.69	OV
CULTURED FOOD COMPANY				
CV146	Org Raw Juniper Berry Sauerkrt	400g	5.35	OV
CV156	Org Raw Ruby Red Sauerkraut	400g	5.35	OV
CV609	Org Raw Sauerkraut	400g	5.35	OV
CV147	Raw Carrot & Fennel Sauerkraut	400g	5.35	OV
FOLLOW YOUR HEART				
CV672	Caesar Salad Dressing	355ml	4.15	OV
CV671	Miso Ginger Salad Dressing	355ml	4.15	OV
CV127	Organic Vegenaïse	340g	3.29	OSV
HURLY BURLY				
CV731	Jalapeno & Oregano Raw Slaw	410g	5.25	OV
CV730	Lemon & Ginger Fermented Slaw	410g	5.25	OV
CV732	Turmeric & Cumin Raw Slaw	410g	5.25	OV
LAURIE'S TUMMY LOVING FOODS				
CV208	Beet Kraut	410g	5.49	OV
CV203	Kimchi Kraut	410g	5.49	OV
CV207	Original Sauerkraut	410g	4.69	GOV
PROFUSION				
CV006	Fresh Organic Sauerkraut	520g	2.69	OV
CV718	Raw Fresh Organic Kimchi	250g	3.69	OV
RAW HEALTH				
CV747	Organic Fresh Sauerkraut	410g	4.39	OV
SALADS & SPROUTS (CHILLED)				
SKY SPROUTS				
<i>Minimum 4 days shelf life</i>				
CV481	Alfalfa & Fenugreek Sprouts	100g	1.45	OV
CV509	OG Sango & China Rose Sprouts	100g	1.45	OV
CV479	Org Alfalfa & Broccoli Sprouts	100g	1.45	OV
CV476	Org Alfalfa & Radish Sprouts	100g	1.45	OV
CV475	Org Alfalfa Sprouts	100g	1.45	OV
CV721	Organic Broccoli Sprouts	100g	1.45	OV
CV504	Organic Mixed Bean Sprouts	227g	1.45	OV
CV503	Organic Mung Bean Sprouts	200g	1.45	OV
CV510	Organic Sprouts Multi Pack	160g	2.19	OV
CV508	Organic Sunflower Seed Sprouts	200g	1.59	OV
SALT & SEASONINGS				
GEO ORGANICS				
LJ005	Atlantic Fine Ground Sea Salt	500g	2.69	OV
LJ555	Atlantic Sea Salt Crystals	250g	1.35	OV
MALDON				
LJ004	Maldon Smoked Sea Salt	125g	2.09	OV
PINK MOUNTAIN				
LJ174	Pink Himalayan Coarse Salt	1kg	6.69	OV
LJ170	Pink Himalayan Coarse Salt	300g	2.79	OV
LJ172	Pink Himalayan Fine Salt	1kg	6.69	OV
LJ169	Pink Himalayan Fine Salt	300g	2.79	OV
SEA VEGETABLES				
ATLANTIC KITCHEN				
LJ106	Dulse Organic Seaweed	40g	5.95	OV
LJ076	Sea Spaghetti Organic Seaweed	50g	5.95	OV
CORNISH SEAWEED COMPANY				
HE040	Organic Cornish Seaweed Salt	70g	2.95	OV
HE006	Organic Dulse	20g	3.55	OV

code	product	size	rrp	bfgosv
HE014	Organic Mixed Seaweed Flakes	60g	4.55	OV
HE048	Organic sea Salad	30g	4.55	OV
HE043	Organic Sea Spaghetti	40g	3.99	OV
	I SEA BACON			
LJ176	Seaweed Bacon	75g	6.95	OV
	I SEA PASTA			
LJ198	Seaweed Tagliatelle	100g	5.79	OV
	MARIVITA			
HE012	Dried & Ground Seaweed Organic	100g	4.79	OV
	SHEEPS MILK PRODUCTS (CHILLED)			
	ATTIS			
CV587	Organic Greek Feta	200g	3.25	0
	BERGERIE			
CV064	Natural Sheep's Milk Yoghurt	400g	2.85	0
CV590	Organic Sheeps Cheese Fresh	100g	1.95	0
CV585	Sheep Milk Yoghurt Greek Style	250g	1.61	0
	BIONA			
CV679	Greek Sheep Feta	180g	4.39	0
	HIGH WEALD DAIRY			
	<i>Sheeps Cheeses</i>			
CV067	Duddleswell sheeps cheese - OG	per kg	33.53	0
CV443	Mixed Case Soft Sheeps Cheese	100g	2.75	0
CV073	Org Medita Feta Sheeps Cheese	per kg	28.25	0
	WOODLANDS DAIRY			
CV420	Nat Sheeps Yoghurt - organic	450g	3.15	0
	SHERRY, PORT & DESSERT WINE			
	DESSERT WINE			
	<i>South Africa</i>			
RS002	Heaven on Earth Muscat	37.5cl	10.99	FOV
	PORT			
RS067	Terra Prima Reserve Port	75cl	24.56	OV
	SNACK BARS & FLAPJACKS			
	9 BAR			
	<i>New Range</i>			
KB596	Organic Sunflower Seed Bar	40g	0.99	GOS
	ADUNA			
BT358	Baobab Raw Energy Bar	45g	1.89	OV
BT082	Cacao Energy Bar	40g	1.89	OV
BT359	Moringa Raw Energy Bar	45g	1.89	OV
	BEOND			
KB712	Apple & Cinnamon Bar	35g	0.99	GOV
KB185	Berry & Beetroot Bar	35g	0.99	GOV
KB976	Cherry Bar	35g	0.99	GOV
KB314	Raspberry & Acai Berry Bar	35g	0.99	GOV
KB713	Raw Blueberry Bar	35g	0.99	GOV
KB313	Raw Chocolate Bar	35g	0.99	GOV
	DOVES FARM			
	<i>Impulse</i>			
KB228	Apple & Sultana Flapjack	35g	0.75	GOSV
KB230	Apricot & Chia Seed Flapjack	35g	0.75	GOSV
KB229	Banana & Hemp Seed Flapjack	35g	0.75	GOSV
KB234	Chocolate Chip Flapjack	35g	0.75	GOSV
	<i>Multipack</i>			
KB237	Apple & Sultana Flapjack	4 x 35g	2.59	GOSV
KB261	Apricot & Chia Seed Flapjack	4 x 35g	2.59	GOSV
KB244	Banana & Hemp Seed Flapjack	4 x 35g	2.59	GOSV

code	product	size	rrp	bfgosv
KB463	Chocolate Chip Flapjack	4 x 35g	2.59	GOSV
	INSPIRAL VISIONARY PRODUCTS			
ZX384	Banana Go-Go Protein Cluster	50g	2.29	GOV
ZX386	Berry Boost Protein Clusters	50g	2.29	GOV
ZX387	Mighty Mocha Protein Clusters	50g	2.29	GOV
	LOVERAW			
KB162	Almond & Coconut	45g	2.49	OV
KB863	Cacao & Maca	45g	2.49	OV
KB724	Cacao & Spirulina	45g	2.49	OV
KB878	Rosehip & Lemon	45g	2.49	OV
	NATURYA			
KB545	Berry Superbar	40g	1.99	GOVS
KB509	Cacao Superbar	40g	1.99	GOV
KB627	Seed Superbar	40g	1.99	GOSV
	NOM BARS			
KB964	Banana Organic Oat Bar	52g	1.59	OV
KB948	Original Organic Oat Bar	52g	1.49	OV
KB965	Protein Organic Oat Bar	52g	1.99	OV
	ORGANICA			
ZX776	Chewy Apricot Dream Bar	40g	0.99	OSV
KB525	Creamy Marzipan Dream Bar	40g	0.99	OSV
KB703	Golden Coconut Delight	40g	0.99	OSV
KB702	Hazelnut Nougat Delight	40g	0.99	OSV
	PLANET ORGANIC			
BT070	Cacao Brazil Nut Energise Bar	30g	1.09	GOV
BT062	Chia Vanilla Energise Bar	30g	1.09	GOV
KB020	Chiamp Protein Bar	50g	1.99	GOSV
KB025	Chiamp Protein Bar	50g	1.99	GOSV
BT066	Coconut Barleygrass Bar	30g	1.09	GOV
BT057	Goji Pumpkinseed Energise Bar	30g	1.09	GOV
	RAW HEALTH			
KB118	Chocada Truffles	65g	2.79	GOSV
KB117	Fruity Coconut Energy Ball	60g	2.29	GOV
	SUNITA			
KB998	Sesame & Honey Bar - organic	30g	0.49	O
KB508	Sesame bar with Coconut Syrup	30g	0.89	OV
	TROPICAL WHOLEFOODS			
KB710	Organic Mango & Brazil	40g	0.79	FOV
	SOFT DRINKS			
	BELVOIR			
JU630	Dragonfruit & Raspberry Presse	250ml	1.69	OSV
JU810	Elderflower Presse - OG	250ml	1.69	OSV
JU792	Elderflower Presse - og	750ml	3.49	OSV
JU814	Ginger Beer - OG	250ml	1.69	OSV
JU813	Ginger Beer - or	750ml	2.49	OSV
JU812	Handmade Lemonade - og	750ml	3.49	OSV
JU811	Homemade Lemonade - OG	250ml	1.69	OSV
	BERRYWHITE			
	<i>PET Bottles, still</i>			
JU529	Cranberry & Apple	330ml	1.13	OV
JU533	Lemon & Lime	330ml	1.13	OV
JU534	Peach	330ml	1.13	OV
JU537	Pomegranate & Blueberry	330ml	1.13	OV
	BIONA			
JU183	Coconut Water - og	330ml	1.79	OV
	CHARITEA			
JU598	ChariTea Black	330ml	1.29	FOSV

code	product	size	rrp	bfgosv
JU597	ChariTea Green	330ml	1.29	FOS
JU596	ChariTea Mate	330ml	1.29	FOS
JU595	ChariTea Red	330ml	1.29	FOSV
COCOFINA				
JU368	Cocofina Natural Coconut Water	1l	3.99	OV
DAIONI				
JU080	Banana Flavour Milk - og	250ml	1.09	OS
JU255	Chocolate Flavour Milk - og	200ml	0.75	OS
JU081	Chocolate Flavour Milk - og	250ml	1.09	OS
JU304	Strawberry Flavour Milk - og	200ml	0.75	OS
JU082	Strawberry Flavour Milk - og	250ml	1.09	OS
GUSTO				
JU148	Lemon Energy	250ml	1.99	OV
JU353	Organic Real Cola	275ml	1.95	FGOV
JU147	Original Energy	250ml	1.99	OV
HAMPSTEAD TEA				
JU033	Elderflower Iced Tea - og	330ml	1.39	FOSV
JU016	Lemon Iced Tea - og	330ml	1.39	FOSV
JU494	Peach Iced Tea - og	330ml	1.39	FOSVB
JU017	Raspberry Iced Tea - og	330ml	1.39	FOSV
KARMA COLA				
<i>Cans</i>				
JU617	Gingerella Ginger Ale	250ml	1.15	FOSV
JU616	Karma Cola	250ml	1.15	FOSV
JU615	Lemony Lemon	250ml	1.15	FOSV
<i>Glass Bottles</i>				
JU073	Gingerella Ginger Ale	330ml	1.59	FOSV
JU075	Karma Cola	330ml	1.59	FOSV
JU078	Lemony Lemon	330ml	1.59	FOSV
KINETA				
JU763	Matcha Green Apple	240ml	1.99	OV
JU764	Matcha Peruvian Ginger	240ml	1.99	OV
JU762	Matcha Sicilian Lemon	240ml	1.99	OV
LEMONAID BEVERAGES				
JU592	Lemonaid Blood Orange	330ml	1.59	FOSV
JU587	Lemonaid Lime	330ml	1.59	FOSV
JU589	Lemonaid Passion Fruit	330ml	1.59	FOSV
LUSCOMBE DRINKS				
JU434	Blueberry Crush	320ml	1.79	OV
JU584	Cool Ginger Beer - organic	320ml	1.69	OV
JU438	Cranberry Crush	320ml	1.79	OV
JU646	Cranberry Crush	740ml	3.39	OV
JU482	Damascene Rose Bubbly	320ml	1.75	OSV
JU641	Damascene Rose Bubbly	740ml	3.39	OSV
JU586	Hot Ginger Beer - organic	320ml	1.69	OV
JU483	Madagascar Vanilla Soda	330ml	1.75	OV
JU480	Passionate Ginger Beer	320ml	1.79	OV
JU145	Raspberry Crush - og	320ml	1.75	OSV
JU645	Raspberry Crush - og	740ml	3.39	OSV
JU583	Sicilian Lemonade - organic	320ml	1.69	OSV
JU439	St Clements	320ml	1.79	OV
JU442	Strawberry Crush	320ml	1.75	OV
ORGANIC COLLECTION				
JU367	Blueberry Sparkle - og	750ml	4.95	OV
JU473	Bubbly Blackcurrant Juice - og	750ml	4.95	OV
JU369	Raspberry Fizz	750ml	4.95	OV
REBEL KITCHEN				

code	product	size	rrp	bfgosv
	<i>Kids Range</i>			
JU685	Banana Mylk	250ml	1.29	OV
JU689	Choco Mylk	250ml	1.29	OV
JU690	Orange Choc Mylk	250ml	1.29	OV
JU150	Vanilla Mylk	250ml	1.29	OV
	ROCKS			
JU503	Blackcurrant & Elderflower	250ml	1.39	OSV
JU229	Elderflower	250ml	1.39	OSV
JU500	Ginger & Wasabi	250ml	1.39	OSV
JU502	Mango & Orange	250ml	1.39	OSV
JU499	Raspberry & Lime	250ml	1.39	OSV
JU501	Strawberry & Blackcurrant	250ml	1.39	OSV
	SCHECKTERS			
JU669	Scheckters Organic Energy	250ml	0.89	OVS
JU154	Scheckters Organic Energy Lite	250ml	1.39	OSV
JU203	Sparkling Green Tea & Ginger	250ml	1.39	OVS
JU219	Sparkling Green Tea & Mint	250ml	1.39	OVS
	TREEVITALISE			
JU116	Birch Water - Lemon	250ml	2.19	OV
JU115	Birch Water - Mint	250ml	2.19	OV
	WHOLE EARTH			
JU311	Apple Drink - og	330ml	1.09	OSV
JU946	Cola - organic	330ml	1.09	OSV
JU935	Lemonade - organic	330ml	1.09	OSV
JU947	Mountain Cranberry - Organic	330ml	1.09	OSV
JU310	Orange & Lemonade - og	330ml	1.09	OSV
JU189	Sparkling Elderflower - og	330ml	1.09	OV
JU186	Sparkling Ginger - og	330ml	1.09	OV
	SOUPS			
	SUMA			
VF095	Barley & Bean Soup	400g	1.39	OV
VF493	Carrot & Coriander Soup	400g	1.39	OV
VF330	Carrot & Coriander Soup	400g	1.55	OV
VF350	Italian Tomato & Basil Soup	400g	1.39	OVS
VF345	Italian Tomato & Basil Soup	400g	1.55	OSV
VF640	Minestrone Soup	400g	1.39	OV
VF390	Minestrone Soup	400g	1.55	OV
VF481	Pea Soup	400g	1.39	VO
VF325	Pea Soup	400g	1.55	OV
VF500	Red Pepper & Tomato Soup	400g	1.55	OV
VF525	Rustic Vegetable Soup	400g	1.55	OV
VF365	Spicy Lentil Soup	400g	1.55	OV
VF275	Thick Vegetable Soup	400g	1.39	OV
VF641	Tomato & Red Pepper Soup	400g	1.39	OVS
VF250	Tomato Soup	400g	1.39	OSV
VF340	Tomato Soup	400g	1.55	OV
VF685	Tuscan Bean Soup	400g	1.55	OV
	AMY'S KITCHEN			
VF252	Chunky Tomato Soup	400g	2.10	GO
VF248	Cream Of Mushroom Soup	400g	2.10	GO
VF260	Lentil Soup	400g	2.10	GOV
VF265	Lentil Vegetable Soup	400g	2.10	GOV
VF268	Split Pea Soup	400g	2.10	GOV
VF245	Vegetable Barley Soup	400g	2.10	OV
	Hearty Soup			
VF267	Quinoa Kale & Red Lentil Soup	408g	2.65	GOV

code	product	size	rrp	bfgosv
VF085	Lentil & Pumpkin Soup	680g	2.95	OV
VF225	Lentil Soup	680g	2.95	OV
VF375	Pea Soup	680g	2.95	OV
FREE & EASY				
VF302	Broccoli & Kale	400g	1.65	GOV
VF096	Butternut Squash & Ginger - Og	400g	1.55	OV
VF297	Butternut, Sweet Potato, Turmeric	400g	1.65	GOV
VF124	Carrot & Coconut Soup	400g	1.55	OV
VF296	Carrot & Coriander Soup	400g	1.55	GOV
VF720	Lentil & Red Pepper Soup - Org	400g	1.55	OV
VF086	Pea & Mint Soup - Org	400g	1.55	OV
VF097	Sweet Potato & Chia Soup - Org	400g	1.65	OV
VF301	Sweet Potato & Quinoa	400g	1.65	GOV
VF083	Tomato Soup - Org	400g	1.55	OV
SOUPS (CHILLED)				
TIDEFORD ORGANIC FOODS				
CV354	Beetroot and Curly Kale	600g	3.05	OV
CV698	Brown Rice Miso Broth	600g	3.05	OV
CV619	Country Veg, Rosemary & Thyme	600g	3.05	OV
CV735	High Protein Red Pepper Soup	600g	3.05	GOV
CV356	Org Italian Tomato Soup	600g	3.05	OV
CV357	Org Minestrone Soup	600g	3.05	OV
CV364	Org Spinach & Split Pea Soup	600g	3.05	OV
CV644	Organic Pea Soup	600g	3.05	OV
CV383	Red Lentil Soup	600g	3.05	OV
CV624	Supergreens and Quinoa Soup	600g	3.05	OV
CV699	Sweet Potato Soup	600g	3.05	OV
CV734	Tomato and Basil	600g	3.05	GOV
SOYA YOGS & DESSERTS (CHILLED)				
PROVAMEL				
CV719	Org Lime and Lemon Balm Yofu	500g	2.10	GOSV
CV108	Org Raspberry & Vanilla Yofu	4 x 125g	2.10	OSV
CV455	Org Soya Almond Yoghurt	500g	2.10	GOV
CV454	Org Soya Coconut Yoghurt	500g	2.10	OV
CV092	Organic Blueberry Yofu	4 x 125g	2.10	OSV
CV078	Organic Blueberry Yofu	500g	2.10	OSV
CV075	Organic Forest Fruit Yofu	500g	2.10	GOSV
CV061	Organic Natural Soy Yoghurt	4 x 125g	2.10	GOV
CV069	Organic Natural Yofu	500g	2.10	OV
CV009	Organic Orange & Redbush Yofu	500g	2.10	GOSVB
CV081	Organic Peach & Mango Yofu	4 x 125g	2.10	GOSV
CV318	Organic Vanilla Yofu	500g	2.10	GOSV
SOJADE				
CV485	Apricot Soya Yoghurt	400g	2.04	OSV
CV487	Banana Soya Yoghurt	400g	2.04	OSV
CV722	Blkcurrant & Crnberry Soya Yog	400g	2.04	OSVB
CV486	Blueberry Soya Yoghurt	400g	2.04	OVS
CV724	Lemon Soya Yoghurt	400g	2.04	OSVB
CV096	Mango & Coconut Yoghurt	400g	2.04	GOSV
CV483	Natural Soya Yoghurt	400g	1.35	OV
CV248	Org Apricot & Guava Soya Yog	125g	0.70	OSV
CV244	Organic Blueberry Soya Yoghurt	125g	0.70	OSV
CV255	Organic Cherry Soya Yoghurt	125g	0.70	OSV
CV253	Organic Lemon Soya Yoghurt	125g	0.70	VOS
CV247	Organic Mango & Peach Soya Yog	125g	0.70	VOS
CV494	Organic Mango & Peach Soya Yog	400g	2.04	SOV
CV174	Organic Natural Soya Yogurt	125g	0.50	OV

code	product	size	rrp	bfgosv
CV102	Organic Strawberry Soya Yog	400g	2.04	OVS
CV173	Organic Strawberry Soya Yogurt	125g	0.70	VOS
CV251	Rasp/Passion soya dessert OG	125g	0.70	VOS
CV266	Sojade Natural soya dessert	250g	0.95	OV
CV723	Vanilla Soya Yoghurt	400g	2.04	OSVB
	Layered Soya Yoghurt			
CV438	Pineapple Coconut Yoghurt	125g	0.75	GOVSB
CV658	Raspberry & Rose Layered Yog	125g	0.75	GOSVB
	SPIRITS & LIQUEURS			
RS124	Creencias Reposado Tequila	75cl	55.05	OV
RS129	Da Mhile Botanical Gin	70cl	42.45	OV
RS062	Da Mhile Orange Liqueur	70cl	35.99	OSV
RS130	Da Mhile Seaweed Gin	70cl	42.45	OV
RS237	Estival Cognac	70cl	40.76	OV
RS024	Highland Harvest Blended Malt	35cl	22.75	OV
RS086	Highland Harvest Blended Malt	70cl	38.11	OV
RS022	Highland Harvest Single Malt	70cl	44.19	OV
RS048	Juniper Green Fairwild Gin	70cl	28.05	OV
RS021	Juniper Green Trophy Gin	70cl	37.15	OV
RS005	Papagayo Golden Rum	70cl	29.88	OV
RS087	Papagayo Spiced Rum	70cl	29.88	OV
RS088	Papagayo White Rum	70cl	29.53	OV
RS126	Pennard Mead Liqueur	35cl	13.99	OS
RS049	Utkins Single Estate Vodka	70cl	26.82	OV
RS127	Walcher Amaretto	70cl	28.70	OS
	SUGARS & SYRUPS			
	SUMA			
LJ099	Agave Syrup - organic	240ml	3.95	OV
LJ121	Agave Syrup - organic	500ml	7.95	OV
LJ300	Coconut Blossom Syrup Organic	350g	5.69	OV
	SUMA PREPACKS - ORGANIC			
LJ100	Coconut Palm Sugar, Organic	500g	5.05	OSV
LJ261	Demerara Sugar - organic	500g	3.65	OSV
LJ255	Icing Sugar - organic	500g	4.25	VOS
LJ251	Raw Cane Sugar - organic	500g	3.09	OSV
	ACADIAN MAPLE			
HY087	Grade A Amber Rich	1l	27.35	OV
HY086	Grade A Amber Rich	250ml	7.95	OV
HY085	Grade A Amber Rich	500ml	14.15	OV
	BALI NUTRA			
LJ295	Coconut Syrup	370g	6.99	OV
	BILLINGTONS			
LJ999	Granulated Sugar - organic	500g	2.35	VO
LJ190	Organic Natural Caster	500g	2.69	OVS
	BIONA			
LJ083	Coconut Blossom Nectar	350g	6.39	OV
LJ011	Coconut Palm Sugar - Organic	250g	2.99	OSV
LJ014	Coconut Palm Sugar - Organic	500g	5.49	OSV
LJ182	Dark Agave Syrup	250ml	3.99	OV
HY026	Organic Brown Rice Syrup	350g	3.39	OV
HY020	Organic Date Syrup	350g	3.59	OV
HY022	Organic Maple Agave Syrup	350g	5.39	OV
LJ181	Rapadura / Sucanat Sugar	500g	3.69	OSV
	CHANTICO			
LJ026	Agave Sweetener - Golden	335g	3.49	OV
LJ025	Agave Sweetener - Original	335g	3.49	OV
	CLEARSPRING			

code	product	size	rrp	bfgosv
HY210	Rice Malt Syrup - organic	330g	3.19	OV
	COCOFINA			
HY057	Coconut Flower Nectar - og	350ml	6.99	OV
	EQUAL EXCHANGE			
LJ500	Raw Cane Sugar - organic	500g	2.39	FOSV
	GREAT NORTHERN			
HY059	Maple Syrup Organic	236ml	5.99	OV
	MERIDIAN			
LJ297	Agave Syrup Blue Grade-Squeezy	250g	3.99	OV
HY006	Barley Malt Extract - og	370g	2.79	OV
HY250	Maple Syrup - organic	330g	6.99	OV
LJ298	Maple Syrup Organic - Squeezy	250g	6.99	OV
HY300	Molasses - Organic, Fairtrade	350g	1.99	FOV
HY081	Organic Blackstrap Molasses	740g	2.99	OV
	RAYNERS			
LJ901	Black Treacle - organic	340g	2.35	OV
LJ587	Fairtrade Organic Golden Syrup	340g	3.75	FVO
LJ704	Golden Syrup - Organic	5kg	33.35	FOV
LJ900	Malt Extract - Organic	340g	2.45	OV
LJ589	Malt Extract - Organic	5kg	20.49	OV
	SHADY MAPLE FARMS			
HY899	Maple Syrup - organic	1.89l	55.49	OV
HY025	Maple Syrup - organic	250ml	7.99	OV
HY014	Maple Syrup - organic (Pouch)	125ml	4.35	OV
	SUGAVIDA			
LJ314	Sugavida - Natural Sweetener	250g	7.99	OV
	TERRASANA			
HY330	Blueberry & Maple Syrup	250ml	4.75	OVS
HY754	Maple Syrup	1l	26.55	OV
HY654	Maple Syrup	250ml	7.39	OV
HY251	Maple Syrup Grade A No 1	250ml	7.65	OV
	THE RAW CHOCOLATE CO			
LJ071	Coconut Palm Sugar	230g	3.65	GOV
	SUPERFOODS & SPORTS NUTRITION			
	ADUNA			
VM198	Baobab Superfruit Powder	275g	12.99	OV
VM196	Moringa Green Superleaf Powder	100g	6.99	OV
VM195	Moringa Green Superleaf Powder	275g	13.99	OV
	BEET IT			
	<i>From James White</i>			
JU201	Beet It Stamina Shot	70ml	1.15	OV
	BIONA			
MD736	Cracked Linseed Gold Organic	500g	4.79	OV
	BONPOM			
ZX766	Raw Organic Cacao Paste	200g	9.39	OV
	CLEARSPRING			
MD069	Flaxseed Protein Powder	350	5.89	GOV
MD048	Pumpkin Seed Protein Powder	350g	10.99	GOV
MD058	Sunflower Seed Protein Powder	350g	9.89	GOV
	CREATIVE NATURE			
MD055	Cacao Powder - Peruvian	100g	4.55	OV
MD103	Cacao Powder - Peruvian	200g	6.99	OV
MD053	Maca Powder - Organic Peruvian	150g	4.49	OV
MD142	Shelled Hemp Seeds	300g	8.99	OV
	DRU NATURAL NUTRITION			
VM087	Barley Grass Leaf Powder	200g	12.95	OV
	GRANOVITA			
GT300	Flax Oil - Organic	260ml	11.15	GOV

code	product	size	rrp	bfgosv
GT302	Hemp Oil - Organic	260ml	7.35	GOV
GT301	Omega Oil Blend - organic	260ml	11.79	GOV
GT073	Pumpkin Oil - Organic	260ml	9.99	GOV
GREEN ORIGINS				
MD015	Acai Berry Powder Organic	75g	9.99	OV
MD189	Baobab Powder Raw Organic	150g	8.99	OV
MD177	Cacao Butter Organic	150g	5.99	OV
MD021	Cacao Powder Organic	150g	5.99	OV
MD002	Chlorella Powder Organic	150g	9.99	OV
MD181	Lucuma Powder Raw Organic	150g	6.99	OV
MD014	Spirulina Powder Organic	150g	6.99	OV
JAMES WHITE				
JU647	Extra Ginger Zinger Shot	70ml	1.65	OV
JU571	Ginger Zinger Shot	70ml	1.49	OV
JU649	Lime & Chilli Ginger Shot	70ml	1.49	OV
LINWOODS				
MD011	Flax,Cocoa & Mulberry	200g	3.99	GOV
MD147	Flax,Sunflower & Pumpkin Seeds	200g	3.55	GOV
MD101	Flax,Sunflower & Pumpkin Seeds	425g	6.05	OV
MD114	Flaxseed	200g	3.35	GOV
MD102	Flaxseed	425g	4.99	GOV
Hemp Protein +				
MD024	Flax, Chia, Broccoli & Spinach	360g	13.99	GOV
MD026	Flax, Chia, Cocoa & Beetroot	360g	13.99	GOV
Organic Sprouted Range				
VM263	Sprouted Flaxseed	360g	6.99	GOV
VM264	Sprouted Flaxseed Oil	100ml	6.25	OV
VM265	Sprouted Hemp Oil	100ml	6.25	OV
LOVERAW ORGANIC FOOD BOOSTER				
VM238	Easy Greens	150g	18.99	OV
VM237	Energise	150g	18.99	OV
VM240	Immunity	150g	18.99	OV
VM239	Skin Food	150g	18.99	OV
NATURYA				
MD040	Greens Blend Organic	250g	19.99	FGOV
MD158	Organic Acai Powder	125g	25.99	OV
MD157	Organic Barleygrass Powder	200g	13.99	OV
MD216	Organic Cacao Powder F/trade	250g	7.99	FVO
MD156	Organic Chlorella Powder	200g	16.99	OV
MD153	Organic Cocoa Nibs	300g	8.35	OV
MD152	Organic Hemp Protein Powder	300g	14.35	OV
MD150	Organic Maca Powder	300g	12.99	OV
MD155	Organic Spirulina Powder	200g	13.99	OV
MD212	Organic Sun-Dried Goji Berries	125g	9.99	VO
MD154	Organic Wheatgrass Powder	200g	13.99	OV
PREWETTS				
VM020	Organic Ground Flaxseed	175g	2.45	OV
PULSIN'				
VM163	Organic Whey Protein Powder	1kg	42.49	GO
VM175	Organic Whey Protein Powder	250g	14.45	GO
RAINFOREST FOODS				
Capsules & Tablets				
MD248	Maca Root Capsules 500mg	120	15.99	OV
MD246	Spirulina Tablets 500mg	300	15.99	OV
Pouches				
MD261	4 Root Maca Powder	300g	10.99	OV
MD266	Acai Berry Powder	125g	18.99	OV

code	product	size	rrp	bfgosv
MD264	Cacao Powder	250g	9.99	OV
MD259	NZ Wheatgrass Powder	200g	15.99	OV
MD258	Spirulina Powder	200g	9.99	OV
THE ORGANIC PROTEIN COMPANY				
VM008	Organic Whey Protein	400g	22.00	O
VM272	Pure Unflavoured Whey Protein	400g	22.00	GO
VM274	Raspberry & Baobab Whey Prot	400g	24.99	GO
VM273	Raw Cacao & Maca Whey Protein	400g	24.99	GO
Single Serve Sachets				
VM275	Pure Unflavoured Whey Protein	25g	2.50	GO
VM277	Raspberry & Baobab Whey Prot	25g	2.99	GOS
VM276	Raw Cacao & Maca Whey Protein	25g	2.99	GO
THE RAW CHOCOLATE CO				
KB856	Acai Powder	80g	12.54	OV
KB307	Cacao Nibs	150g	4.20	GOV
LJ072	Hemp Protein Powder	230g	7.99	GOV
SUPPLEMENTS & REMEDIES				
FLORADIX				
MD023	Detox Bio Herbal Formula	250ml	16.95	OV
HAY MAX				
VM200	Mix Counter Display - 9 Units	each	4.85	O
VM220	Og Barrier Balm - Aloe Vera	5ml	4.85	O
VM223	Og Barrier Balm - Frankincense	5ml	4.85	O
VM224	Og Barrier Balm - Kids	5ml	4.85	O
VM221	Og Barrier Balm - Lavender	5ml	4.85	O
VM222	Og Barrier Mixed Triple Tin	3 x 5ml	9.49	O
VM219	Organic Barrier Balm - Pure	5ml	4.85	O
HEALTHPOL				
DY720	Delacet - Head Lice Solution	100ml	13.95	OV
HERBFARMACY				
MD849	Herbfarmacy Calendla/Hypericum	20g	8.50	OV
NATURES AID				
VM185	Evening Primrose Oil Organic	90 capsules	14.95	OV
VM030	Mushroom Complex Organic	60 capsules	18.95	OV
VM072	Ultimate Superfoods Capsules	60 capsules	14.95	OV
VM085	Ultimate Superfoods Powder	150g	19.95	OV
NATURES OWN				
Nutritional Support				
VM149	Kelp Organic 400mg	60 capsules	10.95	OV
PUKKA				
MD159	Ashwaganda - Wholistic	30 capsules	16.97	OV
MD202	Castor Oil	250ml	9.95	OV
MD131	Clean Greens Powder	112g	27.95	OV
MD143	Natural Vitamin C	60 capsules	14.95	OV
MD164	Night Time	30 capsules	7.45	OV
MD056	Organic Aloe Vera Juice	1l	17.32	OV
MD117	Organic Aloe Vera Juice	500ml	10.35	OV
MD160	Organic Elderberry Syrup	100ml	10.99	OSV
MD206	Rosewater	100ml	11.95	OV
MD182	Turmeric Active	30 capsules	15.95	OV
MD178	Wholistic Turmeric	30 capsules	15.95	OV
MD184	Womankind	30 capsules	16.95	OV
MD036	Women Wholistic Shatavari	30 capsules	16.95	GOV
SIMPLEE ALOE				
MD042	Aloe Juice Health Supplement	500ml	9.99	GOV
MD041	Aloe Juice Health Supplement	500ml	9.99	GOV

code	product	size	rrp	bfgosv
SWEET SNACKS				
BIONA				
ZX002	Berry Burst Sweets - Organic	75g	1.89	GOSV
ZX662	Cola Bottle Sweets - Organic	75g	1.89	OSV
ZX441	Jelly Dino Sweets - Organic	75g	1.89	GOSV
ZX911	Mini Fruit Jelly Bear Sweets	75g	2.09	OSV
ZX443	Pomegranate Heart Sweets - Org	75g	1.89	GOSV
ZX576	Sour Snake Sweets - Organic	75g	2.09	GOSV
JOM				
<i>25g Bags</i>				
ZX187	Fizzy Caramel	25g	1.25	OVS
ZX218	Wild Raspberry	25g	1.25	OSV
<i>70g Bags</i>				
ZX203	Fizzy Caramel	70g	2.29	SOV
ZX298	Wild Raspberry	70g	2.29	OVS
ROSKILLYS				
ZX341	Organic Assorted Fudge	100g	2.35	OS
ZX346	Organic Clotted Cream Fudge	100g	2.35	OS
SUNITA				
ZX587	Grape Juice & Sultana Halva OG	75g	1.60	OV
ZX850	Honey Halva - organic	75g	2.00	O
ZX588	Honey Halva with Almonds OG	75g	2.15	O
ZX099	Og Halva with Coconut	75g	1.79	O
ZX524	Organic Dark Chocolate Halva	75g	1.99	O
THE RAW CHOCOLATE CO				
DR188	Goji Berries	150g	6.49	OV
VEGEBEARS				
ZX573	Froty Fruits	100g	1.65	OSV
ZX571	Fruit Jellies	100g	1.65	SOV
TABLE SAUCES				
BIONA				
KJ228	Balsamic Glaze Organic	150ml	3.69	OV
KJ225	BBQ Brown Sauce Organic	250ml	2.79	OSV
KJ106	Classic Tomato Ketchup Squeezy	560g	2.99	GOSV
KJ226	Sweet Chilli Sauce Organic	250ml	2.79	OSV
KJ232	Tomato Ketchup, Organic	320g	2.39	OV
KJ463	Worcester Sauce	140ml	3.69	GOSV
GEO ORGANICS				
KJ212	Worcestershire Sauce - organic	150ml	2.79	OSV
GRANOVITA				
KJ134	Organic Brown Sauce	275g	2.26	GOSV
MERIDIAN				
KJ621	Tomato Ketchup - organic	285g	2.29	GOSV
MR ORGANIC				
KJ050	Italian Organic Ketchup	480g	2.65	OSV
KJ496	No Added Sugar Tomato Ketchup	480g	3.59	GOV
TEAS				
CLEARSPRING				
TE928	Ceremonial Matcha Kit	each	36.49	OV
JP210	Genmaicha Green Tea Bags	20 bags	3.59	OV
JP097	Hojicha Roasted Green Tea	20 bags	3.59	OV
JP009	Kukicha loose tea - organic	125g	4.69	OV
JP063	Kukicha, Roasted Twig Tea	20 bags	3.59	OV
TE237	Matcha Tea Ceremonial Tin	30g	16.99	OV
JP010	Matcha Tea Organic (bags)	40g	3.99	OV
TE504	Matcha Tea Premium (bulk)	1kg	193.00	OV
TE243	Matcha Tea Premium (Pouch)	40g	10.99	OV

code	product	size	rrp	bfgosv
TE003	Matcha Tea Premium (Shot)	1g	0.89	OV
TE420	Matcha Tea Premium (Shot)	8 x 1g	6.25	OV
JP033	Mu Tea Bags	20 bags	4.39	OV
JP302	Sencha Green Tea	20 bags	3.59	OV
JP019	Sencha loose tea - organic	125g	8.39	VO
CLIPPER				
<i>Classic</i>				
TE982	Assam - organic	125g	2.53	FOV
TE983	Assam - organic	50 bags	2.53	FOV
TE978	Earl grey - organic	125g	2.53	FOV
TE500	Earl Grey - organic	50 bags	2.59	FOV
TE053	Earl Grey - organic	80 bags	3.59	FOV
TE897	English Breakfast Organic	125g	2.53	FOV
TE300	English Breakfast Organic	40 bags	2.53	FOV
TE967	Indian Chai organic	20 bags	1.90	FOV
FOOD SERVICE RANGE				
TE150	Earl Grey - og	25 bags	2.53	FOV
TE796	English Breakfast - og	25 bags	2.53	FOV
TE635	Everyday Decaffeinated - og	25 bags	2.53	FOV
TE161	Green Tea - og	25 bags	2.53	FOV
GREEN TEA FAIRTRADE				
TE968	Green Chai - og	20 bags	2.29	FOV
TE041	Green Detox Tea - og	20 bags	2.19	FOV
TE065	Green Energise Tea - og	20 bags	2.19	FOV
TE877	Green Tea - og	100g	2.69	FOV
TE484	Green Tea - og	50 bags	2.69	FOV
TE571	Green Tea with Aloe Vera - og	20 bags	2.38	FOV
TE996	Organic Green & Lemon 80 Bags	80 bags	3.99	OVF
TE994	Organic Green Decaf & Jasmine	20 bags	2.19	OVF
TE993	Organic Green Decaf Tea	20 bags	2.19	OVF
TE991	Organic Green Tea & peppermint	20 bags	1.99	OFV
TE990	Organic Green Tea with Lemon	20 bags	1.99	OFV
TE992	Organic Green tea with Mango	20 bags	1.99	OFV
TE995	Organic Green, Lime & Ginger	20 bags	1.99	OFV
TE997	Organic Pure Green 80 Bags	80 bags	3.99	OFV
TE989	Organic Pure Green Tea	20 bags	1.99	OFV
TE039	Sleepy Decaf Green Tea- og	20 bags	2.19	FOV
Organic White Tea				
TE683	White Tea - og	26 bags	1.90	VO
TE628	White Tea with Peppermint	26 bags	1.90	OV
TE423	White Tea with Raspberry	26 bags	1.90	OV
TE006	White Tea with Vanilla	26 bags	1.90	OV
Originals				
TE522	Organic Blend	40 bags	1.69	OV
TE953	Organic Blend	80 bags	2.79	OV
TE776	Organic Decaff Everyday Tea	40 bags	2.69	OV
TE002	Organic Decaff Everyday Tea	80 bags	5.40	OV
HAMPSTEAD TEA				
TE939	Clean Green	20 bags	2.49	FOV
TE249	Darjeeling Tea - og	100g	6.99	BOV
TE936	Divine Earl Grey	20 bags	2.49	FOV
TE938	Dreamy Jasmine Green Tea	20 bags	2.49	OV
TE251	Earl Grey Tea - og	100g	6.99	OVB
TE677	English Breakfast Tea - og	100g	6.99	OV
TE392	First Flush Tea - og	100g	9.96	OVB
TE255	Green Tea - og	100g	6.99	BOV
TE941	Misty Mint Green	20 bags	2.49	OV

code	product	size	rrp	bfgosv
TE365	Oolong Leaf Tea - og	50g	6.99	BOV
TE935	Pure Darjeeling	20 bags	2.49	FOV
TE932	Strong English Breakfast	20 bags	2.49	FOV
TE937	Zesty Ginger Green	20 bags	2.49	OV
	Chai Range			
TE325	Energy Chai	20 bags	2.59	OV
TE326	Karma Chai	20 bags	2.59	OV
TE349	Life Chai	20 bags	2.59	OV
	PUKKA			
TE213	Elegant English Breakfast	20 bags	2.39	FOV
TE214	Gorgeous Earl Grey	20 bags	2.39	FOV
	QI			
	Organic Teas			
TE308	Decaffeinated Green Tea	20 bags	2.39	OV
TE819	Fairtrade Chun Mee Tea	100g	2.39	FOV
TE583	Fairtrade Detox Tea	25 bags	2.09	FOV
TE582	Fairtrade Ginger Green Tea	25 bags	2.09	FOV
TE585	Fairtrade Ginkgo Green Tea	25 bags	2.09	FOV
TE485	Fairtrade Green Tea	25 bags	1.69	FOV
TE817	Fairtrade Gunpowder Tea	100g	2.39	FOV
TE114	Fairtrade White Tea	25 bags	1.89	FOV
TE257	Green Tea and Matcha	20 bags	2.09	OV
TE261	Green Tea Ginseng & Matcha	20 bags	2.09	OV
TE260	Green Tea, Turmeric & Matcha	20 bags	2.09	OV
TE112	Jasmine Green Tea	25 bags	1.69	FOV
TE310	Matcha Green Tea Powder	40g	8.99	OV
	RIDGWAYS			
TE619	Tea - Organic	80 bags	2.79	OV
	SIMPLY CHAI			
	Vegan, Organic, Fairly Traded			
TE312	Classic	125g	5.89	FGOV
TE316	Matcha Anis	125g	5.89	FGOV
TE315	Not Sweet	125g	5.89	FGOV
TE313	Spicy	125g	5.89	FGOV
TE320	Turmeric	125g	5.89	FGOV
TE314	Vanilla	125g	5.89	FGOV
	SWEET REVOLUTION			
TE782	Instant Matcha Latte	200g	7.99	OV
TE780	Instant Reishi Latte	200g	7.99	OV
TE781	Instant Turmeric Latte	200g	7.99	OV
	TWININGS			
TE761	Earl Grey - og	50 bags	5.69	OV
	TOFU (CHILLED)			
	CAULDRON			
CV562	Organic Marinated Tofu Pieces	160g	2.86	SOV
CV561	Organic Tofu	396g	2.60	OV
	CLEAR SPOT			
CV209	Marinated Tofu - organic	190g	2.45	OV
CV614	Org Indian Tofu	225g	2.59	OV
CV610	Org Mexican Tofu	225g	2.59	OV
CV612	Org Oriental Tofu	225g	2.59	OV
CV206	Plain Tofu - organic	280g	1.99	OV
CV272	Plain Tofu - organic	450g	3.15	OV
CV249	Smoked Tofu - organic	225g	2.75	OV
CV358	Tofu and bean burger	250g	2.25	OV
CV214	Tofu Sea Cakes, organic	190g	2.15	OV
CV213	Tofu Sesame Burgers, organic	190g	2.09	OV

code	product	size	rrp	bfgosv
	DRAGONFLY			
CV394	Org Natural Tofu	300g	2.25	OV
CV393	Org Premium Marinated Tofu	200g	2.79	OV
CV395	Org Smoked Tofu	200g	2.49	OV
	NATUREMADE OASIS			
CV582	Marinated Tofu	200g	1.91	OV
CV312	Tofuburgers OG - Mixed Pack A	180g	1.75	O
CV313	Tofuburgers OG - Mixed Pack B	180g	1.75	O
	TAIFUN			
CV007	Almond/Ses Tofu Slice -organic	200g	3.79	OV
CV835	Basil Tofu with Fresh Herbs	200g	3.69	OVB
CV339	Black Forest Org Tofu Slices	200g	3.79	OV
CV716	Curcuma Turmeric Tofu	200g	3.79	OV
CV035	Natural Silken Tofu - organic	400g	3.59	OVB
CV637	Org Feto Bell Pepper Tofu	200g	3.79	OV
CV636	Org Feto Herbs Tofu	200g	3.79	OV
CV635	Org Feto Natural Tofu	200g	3.49	OV
CV684	Org Firm Tofu - Natural	200g	2.09	OV
CV682	Org Firm Tofu - Natural	400g	2.99	OV
CV163	Organic Tofu 'Curry / Mango'	200g	3.69	OV
CV834	Smoked Tofu + Herb&Sun Seeds	250g	3.99	OV
CV833	Smoked Tofu- Eat hot or cold.	200g	3.19	OV
CV840	Tofu Filets - Mild Wild Garlic	160g	3.19	OVB
CV839	Tofu Filets: Pizza-Pizza Style	160g	3.19	OVB
CV841	Tofu Fillets - Japanese Style	160g	3.09	OVB
CV384	Tofu Olive - Demeter Standard	200g	3.69	OVB
CV832	Tofu Rosso - Taste of the Med	200g	3.69	OVB
	VIANA			
	<i>Demeter Organic Standard</i>			
CV410	Hazelnut Tofu	250g	2.45	OV
CV408	Real Smoked Firm Tofu	250g	2.79	OV
	TOMATOES & TOMATO PRODUCTS			
	SUMA			
LJ660	Organic Basil Passata	690g	1.79	VO
LJ560	Organic Passata	690g	1.75	VO
LJ088	Tomato Puree - organic	200g	1.25	VO
	Canned			
LJ075	Cherry Tomatoes - organic	400g	1.35	OV
LJ750	Chopped Tomatoes with Basil	400g	1.09	VO
LJ700	Chopped Tomatoes with Chilli	400g	1.09	VO
LJ123	Tomatoes - chopped, organic	2.5kg	5.35	OV
LJ080	Tomatoes - chopped, organic	400g	0.99	VO
LJ081	Tomatoes - peeled, whole OG	400g	1.05	VO
	Jarred			
LJ258	Sundried Tomatoes in Olive Oil	190g	4.99	OV
	SUMA PREPACKS - ORGANIC			
	Dried			
LJ602	Sundried Tomatoes - organic	125g	1.65	OV
	LA BIO IDEA			
LJ205	Organic Tomato Concentrate	70g	0.89	OV
	MR ORGANIC			
KJ071	Italian Tomato Puree	200g	1.75	OV
	ORGANICO			
KJ010	Sundried Tomatoes - og	190g	4.85	OV
	SEGGIANO			
LJ315	Organic Oven Roasted Tomatoes	280g	10.99	OV

code	product	size	rrp	bfgosv
TOOTHCARE				
DR BRONNER'S				
<i>Toothpaste</i>				
DY549	Anise Organic Toothpaste	140ml	7.19	FOV
DY546	Cinnamon Organic Toothpaste	140ml	7.19	FOV
DY544	Peppermint Organic Toothpaste	140ml	7.19	OFV
GREEN PEOPLE COMPANY				
DY256	Childrens Mandarin	50ml	4.54	VO
DY014	Childrens Spearmint&AloeVera	50ml	4.54	VO
LAVERA				
DY591	Propolis-Echinacea Toothpaste	75ml	3.45	O
THE NATURAL FAMILY CO				
<i>Toothpaste</i>				
DY498	Original Toothpaste	110g	6.49	OVG
DY496	Sensitive Toothpaste	100g	6.49	OGV
DY494	Whitening Toothpaste	110g	6.49	GOV
URTEKRAM				
DY395	Aloe Vera Toothpaste	75ml	2.99	OV
VEGETABLES				
SUMA				
LJ550	Italian Sweetcorn - Organic	340g	1.39	OV
LJ146	Sweetcorn - Organic, tinned	340g	1.39	OV
BIONA				
LJ243	Capers In Olive Oil	120g	4.19	OV
BIONOVA				
VF039	Garden Peas	350g	1.89	O
VF040	Sauerkraut	350g	2.59	VO
VF030	Sweetcorn - organic	340g	1.85	VO
MANI BLAEUEL				
KJ440	Og Capers in Olive Oil	180g	3.49	OV
KJ437	Og Sun Dried Tomato Paste	180g	3.49	OV
ORGANIC COLLECTION				
VF088	French Chestnuts in box - og	200g	4.95	OV
ORGANICO				
KJ016	Artichoke Hearts - og	190g	4.85	OV
KJ428	Capers	100g	1.95	OV
KJ429	Capers	250g	2.95	OV
KJ418	Grilled Peppers	185g	3.25	OV
PEP UP LIFE				
<i>Seed Sprouting Bags</i>				
VF004	Organic Alfalfa Sprouts	48g	1.79	OV
VF024	Organic Fenugreek Sprouts	80g	1.79	OV
VF001	Organic Mung Beans	80g	1.79	OV
VF029	Organic Radish Sprouts	80g	1.79	OV
VF034	Organic Sprouting Mix - One	80g	2.95	OV
VF049	Organic Sprouting Mix - Two	80g	2.95	OV
SUNITA				
KJ250	Capers - Organic	125g	5.19	OV
TERRASANA				
LJ084	Instant Mashed Potato	100g	2.19	VO
VEGETABLES (FROZEN)				
BIO INSIDE				
XL155	Organic Garden peas	300g	1.45	OVB
XL153	Organic Sweetcorn	300g	1.89	OVB
NATURAL COOL				
<i>Vegetables</i>				
XL183	Broccoli	300g	2.19	OVB

code	product	size	rrp	bfgosv
XL176	Cut Green Beans	450g	2.05	OVB
XL177	Leaf Spinach Portions	450g	2.05	OVB
XL221	Organic Chips (Oven or Fry)	600g	2.19	OV
XL156	Organic Chips- family size bag	1.25kg	4.55	OVB
XL178	Peas	450g	2.65	OV
XL181	Sweetcorn	450g	2.79	OVB
XL134	Vegetable Mix	450g	2.35	OVB

VINEGARS

SUMA

KJ654	OG Balsamic Vinegar - oak aged	250ml	4.99	OV
-------	--------------------------------	-------	------	----

ASPALL

KJ382	Balsamic Vinegar - og	5l	33.69	OV
KJ478	Balsamic Vinegar - organic	350ml	3.41	OV
KJ052	Cyder Vinegar - organic	1l	3.59	OV
KJ481	Cyder Vinegar - organic	350ml	1.69	VO
KJ069	Cyder Vinegar - organic	500ml	2.19	VO
KJ205	Cyder Vinegar - organic	5l	14.95	OV
KJ395	Raw Unfiltered Cyder Vinegar	500ml	2.59	OV
KJ321	Raw Unfiltered Cyder Vinegar	5l	14.95	OV
KJ475	Red Wine Vinegar - organic	350ml	1.69	OV
KJ474	White Wine Vinegar - organic	350ml	1.69	OV
KJ210	White Wine Vinegar - organic	5l	16.15	OV

BIONA

KJ130	Cider Vinegar with 'Mother'	500ml	2.69	OV
KJ131	Cider Vinegar with 'Mother'	5l	18.69	OV
KJ311	Cider Vinegar with 'Mother'	75cl	3.29	OV

BRAGG

KJ325	Apple Cider Vinegar w/Mother	473ml	5.49	OV
KJ324	Apple Cider Vinegar w/Mother	946ml	9.49	OV
KJ122	Apple Cider Vinegar with Honey	473ml	10.99	O

HIGHER NATURE OMEGA EXCELLENCE

VM062	Organic Apple Cider Vinegar	350ml	7.50	OV
-------	-----------------------------	-------	------	----

MR ORGANIC

KJ493	Cider Vin Tumeric Chilli Ging	250ml	2.99	GOV
KJ495	Cider Vinegar / Tumeric & Cinn	250ml	2.99	GOV
KJ492	Organic Apple Cider Vinegar	500ml	2.59	GOV

ORGANICO

KJ419	Balsamic Glaze	150ml	3.95	OV
-------	----------------	-------	------	----

RAW HEALTH

KJ489	Apple Cider Vinegar	1 l	4.29	OV
KJ490	Apple Cider Vinegar With Honey	500ml	4.19	O
KJ129	Raw Organic Cider vinegar	500ml	2.99	OV

RAYNERS

KJ500	Apple Cider Vinegar	500ml	2.79	OV
KJ505	Coconut Aminos	250ml	5.49	OV
KJ504	Coconut Vinegar	250ml	3.49	OV
KJ503	Pomegranate Vinegar	250ml	3.99	OV
KJ501	Red Wine Vinegar with Mother	500ml	2.49	OV
KJ502	White Wine Vinegar With Mother	500ml	2.49	OV

WINES

RED WINE

Argentina

RS134	Grande Reserve Malbec	75cl	26.91	OV
RS119	Made in Mendoza Malbec	75cl	10.73	FOV
RS155	Malbec - Jean Bousquet	75cl	14.59	OV

Austria

RS025	Pinot Noir Meinklang	75cl	17.17	OVB
-------	----------------------	------	-------	-----

code	product	size	rrp	bfgosv
	France			
RS228	Chateau la Blanquerie	75cl	12.08	OV
RS010	Cotes du Rhone	75cl	11.80	OV
RS016	La Nature Le Rouge	75cl	10.00	OV
RS055	Merlot - Cuvee Gabriel	75cl	10.85	OV
RS006	Merlot - La Marouette	75cl	10.59	OV
	Italy			
RS063	Era Nero d'Avola	75cl	11.23	OV
RS058	Nero d'Avola	75cl	9.07	O
RS140	Nero d'Avola - Fedele	75cl	9.76	OV
RS023	Nero D'Avola Insieme S. Tresa	75cl	12.49	OV
RS094	Vino Rosso - Fedele	75cl	8.99	OV
	South Africa			
RS114	Cab Sauvignon - Running Duck	75cl	10.11	FOV
RS137	Dig This! Shiraz Cabernet	75cl	10.59	FOV
RS197	Merlot - Running Duck	75cl	9.69	FOV
RS138	Merlot - Stellar	75cl	10.11	FOV
RS076	Pinot Noir - River's End	75cl	11.67	FOV
RS196	Pinotage - Running Duck	75cl	10.16	FOV
RS116	Shiraz - Running Duck	75cl	9.64	FOV
	Spain			
RS232	Camino Tinto Tempranillo	75cl	8.66	OV
RS207	Cuesta Colora Tempranillo	75cl	11.74	OV
RS054	Dragora Syrah	75cl	9.75	OV
RS040	Dragora Tinto	75cl	8.85	OV
RS147	Rioja - Usoa de Bagordi	75cl	11.57	OV
RS103	Rioja Garnacha Crianza	75cl	14.96	OV
	ROSE WINE			
	France			
RS229	Grenache Rose - La Marouette	75cl	10.76	OV
	Italy			
RS139	Vino Rose - Fedele	75cl	9.76	OV
	South Africa			
RS118	Shiraz Rose - Running Duck	75cl	9.68	FOV
	SPARKLING WINE			
	France			
RS050	Champagne Carte d'Or	75cl	34.35	OV
	Italy			
RS081	Franciacorta Brut Animante	75cl	26.91	O
RS214	Perla Rosa Frizzante - Giol	75cl	11.09	OV
RS012	Prosecco - Proverbio	75cl	14.89	OV
RS009	Prosecco Col di Manza Perlage	75cl	20.19	OV
RS015	Prosecco Spumante Era	75cl	13.86	OV
	WHITE WINE			
	England			
RS235	Horsmonden Dry White Davenport	75cl	17.60	OV
	France			
RS226	Sauvignon - La Marouette	75cl	11.04	OV
	Germany			
RS101	Riesling - Sander	75cl	13.10	OV
	Italy			
RS095	Blanco - Fedele	75cl	8.99	OV
RS141	Catarratto Pinot Grigio Fedele	75cl	9.76	OV
RS029	Gavi Spinola Cas. Tassarolo	75cl	15.01	OV
RS057	Pinot Grigio	75cl	9.07	OV
RS233	Pinot Grigio - Boira	75cl	12.65	OV

code	product	size	rrp	bfgosv
<i>South Africa</i>				
RS071	Chenin Blanc - River's End	75cl	11.67	FOV
RS008	Chenin Blanc - Running Duck	75cl	9.64	FOV
RS115	Chenin Sauv Blanc - R/duck	75cl	9.46	FOV
RS136	Dig This! Chenin Sauv Blanc	75cl	10.59	FOV
RS019	Sauvignon Blanc - Stellar	75cl	9.79	FOV
YOGURTS, COWS MILK (CHILLED)				
BIONA				
CV369	Organic Kefir	250g	1.99	O
RACHELS DAIRY				
CV501	Forbidden Fruits Cherry	150g	0.85	OS
CV927	Forbidden Fruits Peach	150g	0.85	OS
CV924	Forbidden Fruits Strawberry	150g	0.85	OS
CV616	Greek Style & Coconut organic	450g	2.45	OS
CV378	Greek Style Yoghurt - Ginger	450g	2.45	O
CV470	Greek Style Yoghurt + Honey OG	450g	2.45	O
CV920	Luscious Low Fat Strawberry	150g	0.85	OS
CV254	Org Greek-Style Set Yoghurt	450g	2.10	O
CV606	Org Low Fat Gooseberry Yoghurt	450g	1.99	O
CV270	Org Natural Greek-Style Yogurt	450g	2.10	O
<i>Low Fat Range</i>				
CV100	Low Fat Natural Yoghurt	450g	1.59	O
CV376	Low Fat Raspberry	150g	0.85	OS
CV099	Low Fat Raspberry Yoghurt	450g	1.99	OS
CV472	Low Fat Yoghurt + Vanilla OG	450g	1.99	OS
YEO VALLEY				
<i>Minimum 4 days shelf life</i>				
CV366	Apricot & Peach Yoghurt - Org	450g	1.75	OS
CV746	Fat Free Natural Yoghurt	500g	1.75	OS
CV403	Greek Style Natural	450g	1.99	O
CV604	Lemon Curd Yoghurt	450g	1.75	OS
CV362	Natural Yoghurt - OG	150g	0.65	O
CV360	Natural Yoghurt - OG	500g	1.75	O
CV709	Organic Blueberry Yoghurt	450g	1.75	O
CV365	Raspberry Yoghurt - OG	450g	1.75	OS
CV363	Strawberry Yoghurt - OG	450g	1.75	OS
<i>Multipack Range</i>				
CV603	Fruity Favourites	4 x 120g	2.05	OS



Suma Wholefoods, Lacy Way,
 Lowfields Business Park,
 Elland HX5 9DB
 Tel: +44 (0)1422 313845
 Fax: 01422 313869
 email: sales@suma.coop
 web: www.suma.coop