

Gluten Free
Summa

May June 2018



Gluten-Free

A bit more about it..

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

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

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



Key BFGSOV

B - Biodynamic // F - Fairtrade // 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	bfgo sv
BABY & CHILD FOOD				
BEAR				
ZX523	Paws Arctic - B'currant, Rasp	20g	0.59	GV
ZX520	Paws Dino - Strawberry, Apple	20g	0.59	GV
ZX515	Paws Jungle - Apple, B'currant	20g	0.59	GV
ZX512	Paws Safari - Mango/Strawberry	20g	0.59	GV
LITTLE PASTA ORGANICS				
<i>Pasta</i>				
BB151	Gluten Free Mini Gnocchi	250g	2.29	GOV
<i>Pasta Sauce</i>				
BB017	Asparagus Pasta Sauce	130g	2.65	GOV
BB298	Pumpkin & Carrot Pasta Sauce	130g	2.05	GOV
BB257	Spinach & Broccoli Sauce	130g	2.05	GOV
BAKING SUNDRIES				
SUMA				
LJ039	Baking Powder - Gluten Free	200g	2.19	GV
BARKAT				
LJ002	Gluten Free Baking Powder	100g	1.49	GV
CLEARSPRING				
JP064	Kuzu (Wild Arrowroot)	125g	6.39	GVO
DOVES FARM				
LJ206	Baking Powder	130g	1.49	GV
LJ203	Cornflour Organic	110g	1.69	GOV
LJ423	Quick Yeast	8 x 125g	1.19	GV
ENGEVITA				
LJ143	Yeast Flakes	125g	2.99	GV
LJ020	Yeast Flakes with Vitamin B12	125g	3.29	GV
MOO FREE				
LJ311	Baking Drops	150g	3.79	GOSV
ORGRAN				
LJ656	Egg Replacer	200g	2.95	GV
LJ077	Vegan Easy Egg	250g	4.25	GV
PLAMIL				
<i>Drops in 1kg bags</i>				
KB651	Baking Chocolate	1kg	11.99	GSV
KB652	Org & F/T Baking Chocolate	1kg	13.59	GFOSV
KB658	Organic Rich Chocolate	1kg	13.89	GOSV
THE RAW CHOCOLATE CO				
<i>Chocolate Making Ingredients</i>				
KB050	Cacao Butter	240g	6.70	GFOV
BEANS & PULSES - CANNED				
WHOLE EARTH				
VF161	Baked Beans - organic	400g	1.19	GOV
BEERS				
GLEBE FARM				
RT002	Gluten Free Beer-Night Mission	330ml	2.29	G
BISCUITS CRACKERS & CRISP BREAD				
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
BT340	Organic Almond Cookies	150g	2.98	GOSV
BT339	Organic Ginger Crunches	150g	2.98	GOSV
AMISA				
BT560	Chestnut Crispbread	100g	2.39	GO
BT185	Crispbread - Buckwheat W/grain	120g	2.29	GOV
BT291	Crispbread - Veggie Garden GF	100g	1.69	GOV

code	product	size	rrp	bfgosv
BT561	Vitality Breakfast Rolls Brown	250g	4.19	GO
BT562	Vitality Focaccia Rolls White	220g	3.99	GO
ANGELIC GLUTEN FREE				
BT192	Chocolate Chip Oat Biscuits	170g	2.69	GV
BT182	Coconut & Chia Oat Biscuits	170g	2.69	GV
BT179	Double Chocolate Cookies	125g	2.59	GSV
BT186	Ginger Crunch Cookies	125g	2.59	GSV
BT193	Multi Seed CrackerS	150g	2.59	GSV
BT181	Orange Chocolate Cookies	125g	2.59	GSV
BT177	Rosemary Savoury Biscuits	150g	2.59	GS
BT225	Cranberry Crunch Cookies	125g	2.59	GSV
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
BT317	Organic Corncakes	130g	1.15	GOV
BT629	Rice Cakes - No Added Salt,Org	130g	0.99	GOV
BT568	Rice Cakes-Buckwheat & Quinoa	55g	2.29	GOV
DEAN'S				
KB921	Cinnamon & Orange Chocolate	125g	5.05	GS
KB918	Gingerbread Spiced Shortbread	125g	5.05	GS
DOVES FARM				
BT295	Choc Chip Cookies	180g	2.25	GFOSV
BT269	Lemon Zest Cookies - GF	150g	1.59	GFOSV
BT008	Stem Ginger Cookies - GF	150g	1.59	GFOSV
EASY BEAN				
BT078	Chickpea Crispbread - Cheddar	110g	3.15	G
BT204	Chickpea Crispbread - Moroccan	110g	3.15	G
BT076	Chickpea Crispbread - Seaweed	110g	3.15	G
BT208	Chickpea Crispbread with Seeds	110g	3.15	G
BT205	Chickpea Crispbread-Mung Bean	110g	3.15	G
FOODS OF ATHENRY				
BT356	Almond/R'mary Soda Bread Toast	110g	3.29	GS
BT537	C'berry/Hazel Soda Bread Toast	110g	3.29	GS
BT352	Multi-seed Soda Bread Toasts	110g	3.29	GS
BT353	Seeds/Cumin Soda Bread Toasts	110g	3.29	GS
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
KALLO				
BT045	Ancient Grain Corn Cakes	150g	1.99	GOV
BT152	Blueberry/Van Rice/Corn Cakes	131g	2.29	GSV
BT527	Chia Seed Corn Cake	130g	1.49	GV
BT184	Corn Cakes OG	130g	1.79	GOV
BT347	Quinoa & Seeds Rice Cakes	55g	2.49	GV
BT011	Salt & Vinegar Corn/Rice Snack	25g	0.75	GSV
Lentil Cakes				
BT578	Protein Lentil Cake	100g	1.99	GV
Rice Cakes				
BT349	Buckwheat/Super Seed Ricecakes	130g	1.49	GV
BT342	Dark Choc/Orange Rice Cakes	71g	2.49	GS
BT031	Fairtrade Rice Cake No Salt OG	130g	1.79	GFOV

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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
KENT & FRASER				
BT274	Chilli & Coriander Crisuits	110g	2.75	G
BT256	Galic & Poppy Seed Crisuits	110g	2.75	G
BT255	Onion & Nigella Seed Crisuits	110g	2.75	G
BT278	Pepper & Smoked Salt Crisuits	110g	2.75	G
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
LAZY DAY				
BT194	Chocolate Chip Shortbread	150g	3.79	GV
BT141	Chocolate Orange Slice	150g	3.79	GV
BT214	Dark Belgian Chocolate Gingers	125g	4.09	GV
BT197	Free From Shortbread	150g	3.79	GV
BT140	Ginger Truffle Slice	150g	3.79	GVS
BT524	Millionaire's Crispy Squares	150g	3.79	GS
BT316	Millionaires Shortbread	150g	3.79	GSV
BT489	Peppermint Slice	150g	3.79	GSV
Mini Bites Tubs				
BT191	Millionaires Crispie Bites	180g	4.79	GSV
BT196	Rocky Road Bites	180g	4.79	GSV
BT183	Tiffin Bites	180g	4.79	GSV
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
BT093	Quinoa Crispbread	125g	3.99	FGOV
BT042	Tigernut Crispbread	125g	3.70	GOV
METCALFE'S				
BT222	Rice Cakes - Dark Chocolate	34g	0.99	GVS
BT209	Rice Cakes - Milk Chocolate	34g	0.99	GS
BT198	Rice Cakes - Yoghurt	34g	0.99	GS
NAIRN'S				
Gluten Free				
BT558	Cracked Black Pepper Cracker	137g	1.99	GS
BT324	GF Biscuit Breaks Choc Chip	160g	2.25	GS
BT108	GF Biscuit Breaks Oat & Fruit	160g	2.25	GVS
BT109	GF Biscuit Breaks Oat & Syrup	160g	2.25	GSV
BT267	GF Biscuit Breaks Stem Ginger	160g	2.25	GSV
BT571	GF Blueb&Rasp Chunky Biscuits	160g	2.25	GS
BT572	GF Dark Choc&C'nut Chunky Bisc	160g	2.25	GS
BT549	GF Super Seeded Oatcake	180g	2.15	GV
BT420	Gluten Free Oatcakes	213g	2.15	GGV
BT424	Gluten Free Oatcakes - Cheese	180g	1.69	G
BT559	W/Grain Super Seeded Cracker	137g	1.99	GS
BT557	Wholegrain Cracker	137g	1.99	GS
ORGRAN				
BT525	Amaretti Biscotti	150g	2.39	GVS
BT133	Litegrain Crispbread	130g	3.15	GV
BT132	Quinoa Crispbread	125g	2.55	GV
BT257	Toasted Corn Crispbread	125g	2.15	G

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	ORIGIN EARTH			
BT390	Gluten Free Crackers	150g	2.69	GV
BT388	Gluten Free Crackers Caraway	150g	2.69	GV
BT389	Gluten Free Crackers Fennel	150g	2.69	GV
BT387	Gluten Free Crackers Sesame	150g	2.69	GV
	PREWETTS			
BT261	Chewy Oat & Raisin Cookies	150g	3.05	GS
BT260	Dark Chocolate & Ginger	150g	3.09	GS
BT280	Jammy Wheels	160g	1.95	GV
BT258	Milk Chocolate Digestives	165g	2.15	GS
BT357	Plain Digestive Biscuits	160g	1.95	GS
BT526	Rich Quadruple Choc Cookies	150g	3.05	GS
BT569	White Chocolate & Cranberry	150g	3.79	GS
	REAL FOODS			
BT497	Corn Thins - Multigrain	150g	1.55	GV
	RUDE HEALTH FOODS			
BT153	Black Sesame & Chia Oaty	200g	2.50	GV
BT397	Brown Rice Crackers	130g	2.19	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
BT143	Seaweed & Sesame Oaty	200g	2.50	GV
	SCHNITZER			
BT134	Double Chocolate Cookies	105g	2.79	GOS
	WALKERS			
BT483	Chocolate Chip Shortbread	140g	3.55	G
BT488	Shortbread Rounds	140g	3.55	G
	BODYCARE			
	CREATIVE NATURE			
DY499	Apricot Kernels - Bitter	300g	9.99	GV
	BREADS & BREAD MIXES			
	AMISA			
BT437	Deep Pan Pizza Bases	260g	4.29	GOSV
BT125	Olive Ciabatta	180g	2.99	GOV
	DOVES FARM			
BT570	Gluten Free Seeded Bread Mix	500g	3.95	GS
BT555	Pizza Base Mix	350	2.35	GV
BT556	White Bread Mix	500g	3.49	GSV
	EVERFRESH NATURAL FOODS			
BT047	Mixed Grain Bread	400g	3.09	GOV
	ISABEL'S NATURALLY FREE FROM			
FG186	Baked Donut Mix Gluten Free	100g	2.22	GV
FG083	Batter Mix Gluten Free	125g	2.22	GV
BT203	Gluten & Wheat Free Pizza Mix	300g	3.29	G
BT201	Speciality Dough Balls Mix	250g	3.25	G
FG084	Yorkshire Pudding Mix - G/Free	100g	2.22	G
	PROFUSION			
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
BT516	Pizza Base	300g	3.69	GOV
BT517	Quinoa Bread with Chia	500g	4.65	GOV

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BT471	Rustico GF Bread with Amaranth	500g	4.45	GOV
	TASTE ITALIA			
BT016	G/F Multigrain Vegan Wraps	4 x 65g	3.69	GOV
BT009	Gluten free Plain Wraps	2 x 80g	2.99	GV
BT007	Gluten free Quinoa Wraps	2 x 80g	2.99	GV
BT014	Gluten Free Vegan OG Wraps	2 x 80g	3.69	GOV
BT030	Thin Vegan Crispy Pizza Base	2 x 150	4.29	GV
	BURGERS SAUSAGES & TVP MIXES			
	SUMA PREPACKS			
VF154	Nut Roast Mix - Gluten Free	340g	2.95	GVS
	CAKES			
	CREATIVE NATURE			
BT223	Banana Bread Mix	250g	3.99	GOSV
	FREE & EASY			
BT072	Chocolate Brownie Mix	350g	3.99	GSV
	CEREALS & MUESLIS			
	SUMA GRANOLA			
MX213	GF Berry Burst Granola	350g	4.85	G
	SUMA MUESLI			
MX211	GF Multigrain Muesli - Organic	500g	3.59	GOV
	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
	<i>Into The Garden Range</i>			
MX236	Active Muesli - organic	400g	5.89	GOV
MX050	G/F Goji & Cranberry Muesli	650g	5.39	GOV
	AMISA			
FX016	Organic Porridge Oats	325g	2.69	GOV
	BIG OZ			
MX059	Jumbo Oats	500g	3.45	GV
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			
MX009	Quinoa Pops Organic, FT	120g	4.49	GFO
	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
	EAT NATURAL			
MX241	Super Granola - Gluten Free	425g	3.80	GS
MX148	Toasted Muesli - Buckwheat	500g	3.49	GS
MX150	Toasted Muesli - Vine Fruits	500g	3.49	GS
	GLEBE FARM			
MX039	Granola Maple & Banana GF	325g	2.99	GS
MX113	Granola Oat GF	325g	2.79	GS
MX111	Granola Org Oats GF	325g	2.99	GOS
FX037	Porridge Oats GF	450g	2.49	GV

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MX106	Porridge Oats GF	450g	2.79	GOV
FG074	<i>Gluten Free Cake Mixes</i> Chocolate Cake Mix GF	300g	2.79	GSV
FX020	HODMEDOD'S Organic Puffed Quinoa	150g	2.99	GOV
MX124	KALLO Puffed Rice Cereal - Natural	225g	2.99	GOV
MX181	LIZI'S Lizi's Gluten Free Granola	400g	4.89	GV
MX152	NAIRN'S Gluten Free Porridge Oats	450g	2.59	G
MX154	Muesli - Gluten Free	450g	2.99	GSV
MX547	NATURES PATH ORGANIC 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
MX079	<i>Envirokidz</i> Choco Chimps	284g	3.89	GOVS
MX080	P/nut Butter & Choc Lemurs	284g	4.69	GOSV
MX166	<i>Kids Range</i> Choc Munch	284g	3.89	GOS
MX602	Gluten Free Munch	300g	3.89	GOSV
MX081	<i>Superflakes</i> Cocoa & Coconut	284g	4.55	GOS
MX091	Honey & Chia	284g	4.55	GOS
MX056	NUTRI-BREX 5 Ways Granola Hazelnut	400g	4.79	GSV
MX066	5 Ways Granola Honey	400g	4.79	GSV
MX248	GF Wholegrain Cereal - Coconut	400g	3.65	GSV
MX237	Wholegrain Cereal GF	375g	3.65	GSV
MX180	PLANET ORGANIC 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
MX246	PRIMROSE'S KITCHEN Lemon & Goji Granola	300g	5.95	GOV
MX089	RUDE HEALTH FOODS <i>Muesli</i> Coconut & Seed GF Muesli	500g	4.49	GV
MX208	<i>Porridge</i> Sprouted Porridge Oats Org GF	500g	4.99	GOV
MX164	<i>Puffs</i> Honey Puffed Oats	240g	4.25	G
MX120	Puffed Brown Rice	225g	2.39	GV
MX172	WHOLE EARTH Classic Cornflakes - organic	375g	2.49	GOSV
MX174	Maple Frosted Flakes - og	375g	3.29	GOSV
CV141	CHEESE SUBSTITUTES (CHILLED) BUTE ISLAND FOODS Blue Style Wedge	200g	2.49	GV
CV755	Red Leicester Style	200g	2.19	GV
CV288	Strong Cheddar Wedge	200g	2.49	GV

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CV754	<i>Grated Sheese</i> Grated Italian Hard Style	60g	2.29	GV
CV115	CICIONI Fermentini Almond/Cashew	160g	7.99	GOV
CV733	GOOD CARMA Mature Cheddar Style Spread	150g	4.49	GV
CV297	TOFUTTI Cheddar Style D/Free Slices	150g	2.15	GSV
CV396	Creamy Smooth Garlic & Herb	227g	2.85	GSV
CV293	Creamy Smooth Herb & Chives	227g	2.85	GSV
CV295	Creamy Smooth Original	227g	2.85	GSV
CV601	Grated Mozzarella style Cheese	200g	2.55	GSV
CV600	Mozzarella Style Block	200g	2.19	GSV
CV560	Sour Supreme	225g	2.85	GV
CV744	VIOLIFE <i>After Dinner</i> Blueberry Cheese	150g	3.29	GV
CV743	Cranberry Cheese	150g	3.29	GV
KB330	CHOCOLATE ANANDA FOODS <i>Average 2 Months Shelf Life</i> Gluten Free Round Up	75g	2.99	GVS
KB088	BEYOND DARK 70% Dark Chocolate Drops	35g	0.99	GSV
KB927	BOOJA BOOJA <i>Artist's Collection Gift Boxes</i> Fine De Champagne Truffles	185g	20.99	GFOSV
KB929	Hazelnut Truffles	185g	20.99	GFOSV
KB790	<i>Four Corners</i> 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
KB622	<i>Gift Range</i> 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
ZX995	COCOA LIBRE Alternative Chocolate Frogs	40g	1.95	GV
ZX996	Alternative D/Mint Choc Owls	40g	1.95	GV
KB222	DISCOVER CHOCOLATE Cranberry/Raspberry Dark Choc	50g	1.89	GV
ZX955	DOISY & DAM <i>25g Bars</i> 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
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
KB455	ESSY & BELLA CHOCOLATE Rose Bellini	100g	4.95	GSV
KB009	MIGHTY FINE HONEYCOMB Dark Chocolate Honeycomb Bar	43g	1.49	GS
KB039	Milk Chocolate Honeycomb Bar	43g	1.49	GS

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KB037	Peanut Butter Honeycomb Bar	43g	1.49	GS
KB013	Salted Caramel Honeycomb Bar	43g	1.49	GS
	MONTEZUMA'S			
	<i>Easter Range</i>			
ZX993	Absolute Black Cocoa Nib Egg	250g	9.99	GOVS
	MOO FREE			
KB958	Caramelised Hazelnut Bar	100g	2.65	GSV
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
	<i>Mini Moos</i>			
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
	OMBAR RAW CHOCOLATE			
ZX952	Coco Almonds Raw Chocolate	70g	3.29	GOV
ZX953	Coco Mylk	70g	3.29	GOV
ZX951	Raw Cacao 72%	70g	3.29	GOV
	SO FREE			
	<i>35g Bars</i>			
ZX910	No Added Sugar D/Choc Espresso	35g	1.20	GSV
ZX905	No Added Sugar Dark Choc	35g	1.20	GSV
ZX904	No Added Sugar Mint Dark Choc	35g	1.20	GSV
	<i>No Added Sugar Large Bars</i>			
ZX915	No Added Sugar 72% Dark Choc	80g	2.75	GV
ZX916	No Added Sugar Espresso Bar	80g	2.75	GV
ZX917	No Added Sugar Hemp D/Choc	70g	2.75	GV
ZX919	No Added Sugar Mint Dark Choc	80g	2.75	SGV
	<i>Organic Large Bars</i>			
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			
	<i>Raw Chocolate Bars</i>			
KB061	Pitch Dark	44g	1.99	GFOV
ZX888	Salted Vanoffe & Hazelnut	44g	2.49	GOSV
KB063	Vanoffe	44g	2.29	GFOV
	<i>Raw Chocolate Coated Fruit</i>			
KB054	Chocolate Covered Mulberries	125g	5.99	GOV
KB053	Goji Berries	125g	4.79	GFOV
	<i>Raw Chocolate Covered Fruit</i>			
ZX884	Raw Chocolate Covered Almonds	25g	1.59	GOSV
ZX885	Raw Chocolate Covered Ginger	28g	1.59	GOSV
ZX889	Vanoffe Covered Mulberries	28g	1.59	GOSV
	CHOCOLATE & SWEET SPREADS			
	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

code	product	size	rrp	bfgosv
	CHOCOLATES (CHILLED)			
	BOOJA BOOJA			
	<i>Chilled Chocolate</i>			
KB822	Almond Caramel Truffles	69g	4.19	GOSV
KB656	Champagne Truffles	138g	9.95	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>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
	CONVENIENCE FOODS			
	AMY'S KITCHEN			
VF008	Medium Chilli	416g	2.65	GV
VF009	Spicy Chilli	416g	2.65	GV
	ARTISAN GRAINS			
VF213	Nut Roast - Cashew & Cranberry	200g	2.99	VG
	GEO ORGANICS			
VF289	Bombay Potatoes	300g	1.89	GOV
VF294	Green Lentil & Red Kidney Dahl	300g	1.89	GOSV
VF295	Saag Aloo	300g	1.89	GOSV
VF290	Thick Vegetable Hot Pot	300g	1.89	GOV
	GRANOVITA			
VF036	Nut Luncheon	420g	2.59	GV
	MERIDIAN			
	<i>Cooking Sauce</i>			
VF045	Brazilian Xim Xim	350g	2.49	GV
	ST DALFOUR FRENCH BISTRO			
VF605	Three Beans with Sweetcorn	175g	2.29	GV
	CRISPS & SNACKS			
	AMAZIN			
ZX589	Bio Corn Chips Nachos	150g	2.29	GOS
ZX470	Fajita Seasoning Organic	27g	1.55	GOV
ZX482	Rice Paper Organic	110g	1.99	GOV
ZX458	Tacho Seasoning Organic	30g	1.65	GOV
	APE			
ZX504	Coconut Bites Chocolate	26g	1.69	GVS
	BROWN BAG CRISPS			
	<i>Impulse</i>			
ZX266	Lightly Salted	40g	0.75	GV
ZX268	Oak Smoked Chilli	40g	0.75	GSV
ZX267	Sea Salt and Vinegar	40g	0.75	GS
ZX265	West Country Cheddar & Onion	40g	0.75	GS
	<i>Sharing</i>			
ZX270	Lightly Salted	150g	1.95	GV
	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
	EAT REAL			
ZX047	Veggie & Kale Chips	80g	1.79	GV

code	product	size	rrp	bfgosv
	<i>Humus Chips - Impulse</i>			
ZX162	Humus Chilli & Lemon Chips	45g	0.69	GSV
ZX163	Humus Creamy Dill Chips	45g	0.69	GV
ZX161	Humus Sea Salted Chips	45g	0.69	GV
ZX160	Humus Tomato & Basil Chips	45g	0.69	GSV
	<i>Humus Chips - Sharing</i>			
ZX125	Humus Chilli Lemon Chips	135g	1.79	GSV
ZX127	Humus Creamy Dill Chips	135g	1.79	GSV
ZX124	Humus Sea Salt Chips	135g	1.79	GV
ZX121	Humus Tomato & Basil Chips	135g	1.79	GSV
	<i>Kale - Impulse</i>			
ZX174	Veggie & Kale Chips	40g	0.75	GSV
	<i>Kale - Sharing</i>			
ZX057	Veggie & Kale Straws	113g	1.49	GSV
	<i>Lentil Chips - Impulse</i>			
ZX169	Lentil Chilli & Lemon Chips	40g	0.69	GV
ZX170	Lentil Creamy Dill Chips	40g	0.69	GSV
ZX165	Lentil Sea Salted Chips	40g	0.69	GV
ZX168	Lentil Tomato & Basil Chips	40g	0.69	GSV
	<i>Lentil Chips - Sharing</i>			
ZX883	Lentil Chip Creamy Dill	113g	1.79	GSV
ZX135	Lentil Chips Chilli Lemon	113g	1.79	GSV
ZX128	Lentil Chips Sea Salt	113g	1.79	GSV
ZX130	Lentil Chips Tomato Basil 113g	113g	1.79	GSV
	<i>Multi Pack</i>			
ZX027	Hummus, Lentil, Quinoa Multi	116g	2.39	GVS
	<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
	<i>Quinoa Chips - Impulse</i>			
ZX041	Chilli & Fresh Lime	30g	0.69	GV
ZX007	Cream & Chive Chips	30g	0.69	GV
ZX064	Plain Chips	30g	0.69	GV
ZX046	Sundried Tomato & Roast Garlic	30g	0.69	GV
	<i>Quinoa Chips - Sharing</i>			
ZX311	Quinoa Chips Chilli Lime	80g	1.79	GSV
ZX315	Quinoa Chips Cream & Chives	80g	1.79	GSV
ZX310	Quinoa Chips Hot and Spicy	80g	1.79	GSV
ZX877	Quinoa Chips Plain	80g	1.79	GSV
ZX314	Quinoa Chips Tomato & Garlic	80g	1.79	GSV
	<i>Quinoa Puffs - Sharing</i>			
ZX880	Quinoa Kale Puffs Jalapeno	113g	1.79	GSV
ZX881	Quinoa Kale Puffs with Cheese	113g	1.79	GSV
ZX878	Quinoa Puffs Cheddar Cheese	113g	1.79	GSV
ZX879	Quinoa Puffs Cheese Jalapeno	113g	1.79	GSV
	GARCIA			
	<i>Crackers</i>			
ZX445	Beetroot Crackers	180g	4.59	GV
ZX760	Crackers - Kale	180g	4.59	GV
ZX761	Crackers - Sweet Potato	180g	5.09	GV
	<i>Sharing Bag</i>			
ZX461	Blue Corn Tortilla Chips - Org	150g	2.59	OVG
ZX200	Veggie Mix Tortilla - Org	150g	2.59	GOV
	HIPPEAS			
ZX538	Salt & Vinegar Puffs	22g	1.09	GOSV
	<i>Large Bags</i>			
ZX188	Cheese & Love Chickpea Puffs	78g	2.29	GO

code	product	size	rrp	bfgosv
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
	KALLO			
	<i>Pop Crisps</i>			
ZX246	Pink Salt & Pepper	20g	0.89	GV
ZX017	Pink Salt & Pepper	85g	2.19	GV
ZX271	Sea Salt & Vinegar	20g	0.89	GV
ZX234	Sea Salt & Vinegar	85g	2.19	GV
ZX261	Sour Cream & Dill	20g	0.89	GV
ZX119	Sour Cream & Dill	85g	2.19	GV
ZX290	Wasabi & Soy Sauce	20g	0.89	GV
ZX011	Wasabi & Soy Sauce	85g	2.19	GV
	LUKE'S ORGANICS			
ZX500	Ancient Grain Multigrain Chips	142g	2.95	GOV
ZX490	Blue Corn Multigrain Chips	142g	2.95	GOV
	NAIRN'S			
ZX338	Original Flatbread	150g	1.99	GS
ZX211	Sea Salt & Balsamic Snackers	23g	0.59	G
ZX335	Sea Salt & Rosemary Flatbread	150g	1.99	GS
ZX212	Smoked Paprika Snackers	23g	0.59	G
ZX210	Snackers - Cheese	23g	0.59	G
	NUDIE SNACKS			
NU045	Coconut Chips - Chocolate	35g	1.39	GSV
	OZIES (BIG OZ)			
ZX363	Fajita Chickpea Snacks	22g	0.89	GSV
ZX355	Mediterranean Chickpea Snack	22g	0.89	GVS
ZX354	Salt & Pepper Chickpea Snacks	22g	0.89	GVS
ZX361	Sweetcure Chickpea Snacks	22g	0.89	GVS
	PIPERS CRISPS			
	<i>Impulse Bag</i>			
ZX292	Anglesey Sea Salt	40g	0.79	GV
ZX423	Biggleswade Sweet Chilli	40g	0.79	GSV
ZX379	Jalapeno & Dill	40g	0.79	GSV
ZX295	Karnataka Bl Pepp & Sea Salt	40g	0.79	GSV
ZX297	Lye Cross Cheddar & Onion	40g	0.79	GS
ZX296	Somerset Cider Vinegar/Salt	40g	0.79	GS
ZX434	Wild Thyme & Rosemary	40g	0.79	GSV
ZX293	Wissington Spicy Tomato	40g	0.79	GSV
	<i>Sharing Bag</i>			
ZX291	Anglesey Sea Salt	150g	2.09	GV
ZX382	Jalapeno & Dill	150g	2.09	GSV
ZX289	Lye Cross Cheddar & Onion	150g	2.09	GS
ZX283	Sea Salt & Somerset Cider V'gr	150g	2.09	GS
ZX436	Wild Thyme & Rosemary	150g	2.09	GSV
	RUDE HEALTH			
ZX320	Cornitas - Black Bean	90g	2.19	GV
ZX317	Cornitas - Black Bean	30g	0.99	GV
ZX322	Cornitas - Chickpea & Lentil	90g	2.19	GV
ZX348	Cornitas - Chickpea & Lentil	30g	0.99	GV
	SCOTT FARM CHIP COMPANY			
	<i>Lightly Salted Crisps</i>			
ZX357	Orange Sweet Potato Chips	40g	0.99	GV
ZX356	Orange Sweet Potato Crisps	100g	1.99	GV
	TEN ACRE CRISPS			
ZX862	'Chicken' Soup Crisps	135g	2.05	GV
ZX556	Cheese & Onion	40g	0.80	GV
ZX861	Cheese and Onion Crisps	135g	2.05	GV

code	product	size	rrp	bfgosv
ZX859	Cracked Pepper Crisps	135g	2.05	GV
ZX559	Hickory & Barbecue Crisps	40g	0.80	GV
ZX029	Pastrami & Rye Crisps	40g	0.80	GV
ZX554	Ready Salted Crisps	40g	0.80	GV
ZX863	Ready Salted Crisps	135g	2.05	GV
ZX557	Salt & Vinegar	40g	0.80	GV
ZX860	Spicy Bombay Crisps	135g	2.05	GV
ZX566	Sweet Chilli Crisps	40g	0.80	GV
	Popcorn			
ZX339	Wasabi Popcorn	80g	1.69	GVS
	TRAFO			
VF061	Lentil Crisps - Arabian Spices	75g	1.89	GOV
	Hummus Chips			
ZX933	Hummus Chips - Sea Salt	75g	1.79	GOV
	TYRRELLS			
	Crinkle Mixed Roots			
ZX404	Rosemary and Wild Garlic	125g	3.05	G
	Potato Chips - Sharing			
ZX978	Black Truffle & Sea Salt	150g	1.99	GVS
	Sweet Potato Chips			
ZX403	Chilli	125g	3.05	GV
ZX408	Lightly Sea Salted	125g	3.05	GV
	Vegetable Chips			
ZX658	Mixed Roots	40g	1.39	GV
ZX388	Mixed Roots	125g	3.05	GV
ZX390	Mixed Roots - Maple Syrup	125g	3.05	GV
	DAIRY DESSERTS (FROZEN)			
	LITTLE MOONS			
XL309	Coconut Mochi Ice Cream	192g	5.49	GS
XL310	Green Tea Mochi Ice Cream	192g	5.49	GS
XL311	Mango Mochi Ice Cream	192g	5.49	GS
XL312	Raspberry Mochi Ice Cream	192g	5.49	GS
XL313	Toasted Sesame Mochi Ice Cream	192g	5.49	GS
XL314	Vanilla Mochi Ice Cream	192g	5.49	GS
	DESSERTS			
	BARKAT			
VF135	GF Waffle Ice Cream Cones	150g	3.99	GS
VF114	Gluten Free Ice Cream Cones	60g	1.99	GV
	NATURE'S CHARM			
SY079	Coconut Caramel Sauce	400g	3.55	GVS
	PROVAMEL			
SY040	Soya alternative to Cream	250ml	1.05	GOV
SY780	Soya Dessert - Chocolate	4 x 125g	1.89	GVS
SY195	Soya Dessert - Vanilla	4 x 125g	1.95	GOSV
SY149	Soya Dessert Coconut Chocolate	4 x 125g	2.15	GOSV
	SOJADE			
SY106	Rice Cream - Organic	200ml	1.45	GOV
SY107	Vanilla Custard Style Dessert	530ml	1.55	GOSV
	DESSERTS & PUDDINGS (CHILLED)			
	FREAKS OF NATURE			
CV759	Choc & Awe	90g	2.49	GV
CV757	Cocoa Loco	90g	2.49	GV
CV119	Mango Fandango	90g	2.49	GV
CV756	Strawberry Blonde Cheesecake	90g	2.49	GV
	FAR EASTERN FOOD			
	CLEARSPRING			
JP061	Brown Rice Mochi - GF	250g	5.99	GOV

code	product	size	rrp	bfgosv
JP082	Seaveg Crispies - Original	5g	0.89	GOSV
JP083	Seaveg Crispies Multipack-Orig	3 x 5g	2.19	GOSV
JP026	Tofu	300g	1.95	GOV
	Noodles			
JP054	Brown Rice Wide Noodles - GF	200g	2.89	GOV
	Soya Sauce			
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
	KING SOBA			
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
	MERIDIAN			
JP309	Tamari	150ml	2.59	GV
JP310	Tamari	500ml	5.49	GV
JP058	Tamari	5l	39.33	GV
	Cooking Sauce			
VF033	Peanut Satay	350g	2.49	GV
VF013	Thai Peanut	350g	2.49	GV
	YAKSO			
JP012	Coconut Aminos	250ml	7.25	GOV
JP002	Tamari - organic	125ml	2.25	GOV
JP113	Tamari - organic	250ml	3.95	GVO
	FLAKES, BRANS & WHEATGERM			
	SUMA PREPACKS			
FX046	Oats - Jumbo & Gluten Free	750g	3.95	GV
FX045	Oats - Porridge & Gluten Free	750g	3.99	GV
	SUMA PREPACKS - ORGANIC			
FX042	Oats - Jumbo & Gluten Free	750g	4.25	GOV
FX044	Oats - Porridge & Gluten Free	750g	4.15	GOV
	ALARA			
FX026	Gluten Free Scottish Porridge	500g	3.99	GOV
	ORGRAN			
FX068	Quinoa Porridge	230g	3.29	GV
FX050	Quinoa Porridge Sachets	7 x 30g	5.75	GVS
	FLOURS & BREAD MIXES			
	AMISA			
FG085	Chestnut Flour - Organic	350g	5.89	GOV
FG139	Seeded Bread Mix - G/F, Org	500g	4.69	GOSV
	BIONA			
FG163	Coconut Flour - Organic	500g	3.99	GOV
	CLEARSPRING			
FG180	Breadcrumbs - Brown Rice, GF	250g	3.99	GOV
	DENISE'S DELICIOUS GLUTEN FREE			
FG201	Sweet Pastry Mix Gluten Free	500g	5.09	GS
	DOVES FARM			
FG522	Gluten Free Brown Bread Flour	1kg	2.39	GV
FG700	Gluten Free Plain White Flour	1kg	2.25	GV
BT528	Gluten Free Sponge Mix	350g	2.49	GS
FG520	Gluten Free White Bread Flour	1kg	2.25	GV
FG117	Rice Flour	1kg	1.85	GV
FG116	Stoneground Gram Flour	1kg	2.35	GV
FG701	White Self Raising Flour GF	1kg	2.25	GV
	GLEBE FARM			
FG177	Gluten Free Self Raising Flour	1kg	2.35	GV
FG113	Oat Flour Wheat/Gluten Free	300g	2.79	GVS

code	product	size	rrp	bfgosv
	<i>Gluten Free Bread Mixes</i>			
FG076	Seeded Brown Bread Mix GF	300g	2.79	GV
FG068	White Bread & Pizza Mix	300g	2.65	GV
	ISABEL'S NATURALLY FREE FROM			
FG017	Wholemeal Cassava Flour	350g	4.07	GV
	ORGRAN			
	<i>Gluten Free Bread Mixes</i>			
FG054	Easy Bake Bread Mix	450g	3.20	G
	<i>Gluten Free Mixes</i>			
FG061	Buckwheat Pancake Mix	375g	3.19	G
	RUDE HEALTH FOODS			
FG168	Whole Buckwheat Flour Sprouted	500g	6.49	GOV
	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 - DRIED			
	NATURYA			
DR086	Goji Berries Organic	200g	12.99	FGOV
	URBAN FRUIT			
DR265	Cherries	90g	2.64	GV
DR192	Mango	100g	2.64	GV
DR201	Pineapple	100g	2.64	GV
DR263	Snack Pack - Mango	35g	0.99	GV
DR002	Snack Pack - Strawberry	35g	0.99	GV
DR266	Strawberries	90g	2.64	GV
	GRAINS			
	CLEARSPRING			
	<i>Ready in 90 seconds</i>			
QS048	Tricolour Quinoa - GF	250g	3.45	GOV
	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
	FREE & EASY			
LJ008	Gravy Sauce Mix	130g	1.65	GV
	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
LJ147	Yeast Free Veg. Stock Cubes	6 x 10g	1.59	GV
	MARIGOLD			
LJ211	Bouillon Cubes	8	1.29	GOV
LJ046	Bouillon Powder	1kg	11.65	G
LJ043	Bouillon Powder	150g	2.24	G
LJ044	Bouillon Powder	500g	6.35	G

code	product	size	rrp	bfgosv
LJ073	Bouillon Powder - Organic	150g	2.39	GOV
LJ238	Bouillon Powder - Organic	500g	7.15	GOV
LJ164	Bouillon Powder - Reduced Salt	1kg	11.65	GV
LJ070	Bouillon Powder - Reduced Salt	150g	2.09	GV
LJ237	Bouillon Powder - Reduced Salt	500g	6.35	GV
LJ062	Gravy Granules - Instant	170g	1.70	GSV
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
	ORGRAN			
LJ158	Gravy Mix	200g	2.89	G
	HERB & FRUIT INFUSIONS			
	PUKKA			
TE055	Lean Matcha Green	20 bags	3.29	GOV
TE058	Turmeric Active	20 bags	2.99	GOV
	HONEY			
	HILLTOP HONEY			
HY097	Lavender Honey	277g	4.49	OG
HY301	Limeflower Honey	370g	6.59	OG
HY076	Multi-Flower Honey	370g	6.59	OG
HY098	Orange Blossom Honey	227g	4.49	G
HY096	Thyme Honey	277g	4.49	OG
	INDIAN FOOD			
	MERIDIAN			
VF019	Korma Sauce	350g	2.49	GSV
VF025	Tikka Masala Sauce	350g	2.49	GSV
	PATAKS			
	<i>Chutneys</i>			
KJ444	Mango Chutney	340g	1.89	GSV
	<i>Curry Pastes</i>			
KJ223	Balti Curry Paste	283g	2.59	GS
KJ222	Korma Curry Paste	290g	2.59	G
KJ054	Madras Curry Paste	283g	2.59	GV
KJ152	Rogan Josh Curry Paste	283g	2.59	GSV
KJ246	Tikka Masala Curry Paste	283g	2.59	GS
KJ059	Vindaloo Curry Paste	283g	2.59	G
	<i>Pickles</i>			
KJ040	Aubergine Pickle (was Brinjal)	312g	2.39	GVS
KJ041	Chilli Pickle	283g	2.39	GV
KJ042	Garlic Pickle	300g	2.39	GS
KJ044	Lime Pickle - Hot	283g	2.39	GV
KJ045	Lime Pickle - Medium/Hot	283g	2.39	GV
KJ047	Mango pickle - Medium	283g	2.39	GV
KJ049	Mixed Pickle	283g	2.39	GV
	PUNJABAN			
	<i>Bases (Sauce Concentrate)</i>			
KJ375	Authentic Curry Base - Hot	350g	2.99	GV
KJ374	Authentic Curry Base - Medium	350g	2.99	GV
KJ373	Authentic Curry Base - Mild	350g	2.99	GV
KJ379	Butter 'Chicken' Base	350g	2.99	GV
KJ376	Keema Curry Base	350g	2.99	GV
KJ378	Naga Chilli Curry Base (v hot)	350g	2.99	GV
KJ383	Tasty Tamarind Curry Base	350g	2.99	GV
	JAMS & FRUIT SPREADS			
	NATURYA			
	<i>Superfood Conserve</i>			
JS013	Acai & Blueberry	285g	4.99	GOVS

code	product	size	rrp	bfgosv
JS010	Baobab & Raspberry	285g	4.99	GOSV
JS011	Goji & Strawberry	285g	4.99	GOSV
JS012	Maca & Apricot	285g	4.99	GOSV
ST DALFOUR				
JS051	Apricot Spread	284g	2.49	GV
JS064	Black Cherry Spread	284g	2.49	GV
JS063	Blackberry Spread	284g	2.49	GV
JS062	Blackcurrant Spread	284g	2.49	GV
JS026	Chestnut Spread - Gourmet	284g	2.49	GV
JS009	Cranberry & Blueberry	284g	2.49	GV
JS068	Fig Spread	284g	2.49	GV
JS067	Four Fruits Spread	284g	2.49	GV
JS066	Mirabelle Plum Spread	284g	2.45	GV
JS120	Orange and Ginger Spread	284g	2.49	GV
JS046	Raspberry & Pomegranate Spread	284g	2.45	GV
JS049	Raspberry Spread	284g	2.49	GV
JS050	Strawberry Spread	284g	2.49	GV
JS061	Thick Cut Orange Spread	284g	2.49	GV
JS060	Wild Blueberry Spread	284g	2.49	GV
MARGARINES & SPREADS (CHILLED)				
KOKO DAIRY FREE				
CV317	Koko Dairy Free Spread	500ml	2.19	GV
MAYONNAISE & SALAD DRESSINGS				
GRANOVITA				
KJ217	Mayola	280g	2.26	GV
KJ296	Salad Cream	290g	2.26	GSV
MR ORGANIC				
KJ498	Egg Free Garlic Mayo	180g	2.79	GOV
PLAMIL				
KJ186	Egg Free Mayonnaise - Garlic	315g	2.65	GV
KJ187	Egg Free Mayonnaise - Plain	315g	2.65	GV
KJ188	Egg Free Mayonnaise - Tarragon	315g	2.65	GV
Catering				
LJ360	Egg Free Mayonnaise - organic	2.5kg	23.59	GOSV
KJ254	Egg Free Mayonnaise - Plain	2.5kg	18.75	GV
Organic				
LJ006	Egg Free Mayo+Lemongrass - og	315g	3.19	GOSV
LJ259	Egg Free Mayonnaise - organic	315g	3.19	GOSV
MEATLESS SUBSTITUTES (CHILLED)				
DRAGONFLY				
Burgers				
CV695	Tatty Patty	200g	2.25	GOV
FLORENTIN				
CV571	Sweet Potato Falafel	240g	3.59	GV
O'LENTIL				
Slice & Dice Lentil Protein				
CV777	Masala	350g	4.99	GV
CV775	Mediterranean	350g	4.99	GV
CV776	Original	350g	4.99	GV
CV778	Thai	350g	4.99	GV
MIDDLE EASTERN & AFRICAN FOOD				
AL'FEZ				
KJ173	Tahini	1kg	9.25	GV
AMISA				
KJ105	Falafel Mix	160g	1.89	GOV
KJ305	Harissa Falafel Mix GF	160g	1.99	GOV

code	product	size	rrp	bfgosv
BIM'S KITCHEN				
HY050	African Baobab & Cacao Syrup	235g	4.95	GSV
KJ109	African Baobab BBQ Sauce	250ml	3.85	GSV
HY054	African Hibiscus Syrup	235g	4.95	GSV
KJ082	African Tomato/Tigernut Relish	210g	3.85	GSV
KJ084	Spicy African BBQ Sauce	250ml	3.85	GS
MILK - NON DAIRY				
ALPRO				
TE004	Almond for Professionals	1l	2.25	GSV
BLUE DIAMOND				
SY101	Almond Breeze - Barista Blend	1l	2.50	GV
SY061	Almond Breeze - Original	1l	1.79	GSV
SY108	Almond Breeze - Reduced Sugar	1l	1.79	GSV
SY066	Almond Breeze - Unsweetened	1l	1.79	GV
SY111	Almond Breeze - Vanilla	1l	2.19	GSV
SY036	Almond Breeze Nutri + Calcium	1l	2.69	GV
SY047	Almond Breeze Nutri + Fibre	1l	2.69	GSV
SY003	Almond Breeze Nutri + Protein	1l	2.69	GSV
DREAM				
JU488	Coconut Dream	1l	1.89	GV
SY164	Quinoa Drink	1l	2.25	GV
ECOMIL				
SY012	Almond Drink Powder	400g	14.95	GOV
SY030	Cuisine - Almond Cream	200ml	1.60	GOV
SY144	Cuisine - Bechamel	200ml	1.89	GOV
SY137	Cuisine - Cashew Cream	200ml	1.69	GOV
SY059	Cuisine - Coconut Milk	200ml	1.69	GOV
SY134	Cuisine - Shiitake Cream	200ml	1.89	GOV
SY125	No Sugar Chufa Tigernut Drink	1l	3.49	GOV
KOKO DAIRY FREE				
SY046	Coconut Milk Drink	3 x 250ml	1.99	GV
SY038	Coconut Milk Drink	1l	1.79	GV
SY051	Coconut Milk Drink - Chocolate	1l	2.09	GSV
SY056	Coconut Milk Drink Chocolate	3 x 250ml	1.99	GSV
SY055	Coconut Milk Drink Strawberry	3 x 250ml	1.99	GSV
SY122	Coconut Milk Drink Unsweetened	1l	1.79	GV
NATURE'S CHARM				
SY077	Condensed Coconut Milk	320g	2.39	GSV
SY078	Evaporated Coconut Milk	360ml	1.89	GSV
PLAMIL				
SY009	Soya Milk, unsweetened - og	1l	2.25	GOV
PROVAMEL				
SY094	Almond Drink - Unsweetened	1l	2.79	GOV
SY152	Coconut & Almond Drink	1l	2.89	GOSV
SY011	Coconut & Rice Drink	1l	2.35	GOV
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
SY043	Soya Milk - Light Blue	1l	1.55	GV
SY080	Soya Milk - sweetened	1l	1.65	GOV
SY126	Soya Milk - Sweetened with	250ml	0.55	GOV
SY026	Soya Milk - Unsweetened	500ml	1.05	GOV
SY025	Soya Milk - Unsweetened	1l	1.65	GOV
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

code	product	size	rrp	bfgosv
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
SY115	Hazelnut/Cacao Drink - Organic	1l	3.49	GOV
SY037	Oat Drink - Organic	1l	2.29	GOV
SY110	Peanut Drink - Organic	1l	2.49	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
THE BRIDGE				
SY160	Coconut Drink	1l	2.25	GOV
SY042	Rice Drink - Calcium Enriched	1l	1.75	GOV
SY024	Rice Drink - Original	250ml	0.89	GOV
SY487	Rice Drink - Original	1l	1.75	GOV
SY013	Rice Drink + Almond	250ml	0.99	GOV
SY452	Rice Drink + Almond	1l	2.09	GOV
SY008	Rice Drink + Coconut	1l	2.09	GOV
THE COCONUT COMPANY				
SY116	Coconut Milk Powder - Organic	250g	5.49	GOV
NON-DAIRY DESSERTS (FROZEN)				
FOOD HEAVEN				
<i>Dairy-Free Ice Cream</i>				
XL328	No Worries Strawb. Ice Cream	500ml	3.99	GV
XL294	Raspberry & Mango Ice Cream	900ml	4.19	GV
<i>Lollies</i>				
XL239	Little Cherubs Swirl Lollies	4 x 80ml	3.19	GV
XL330	Lolly Tots Assorted Lollies	8 x 35ml	3.19	GV
NUT & SEED BUTTERS				
MERIDIAN				
GH009	Peanut Butter & Baobab	170g	2.49	GV
WHOLE EARTH				
GH091	Peanut Butter - smooth organic	227g	2.99	GOV
GH090	Peanut Butter -crunchy organic	227g	2.99	GOV
GH113	Peanut Butter -smooth original	1kg	6.99	GV
GH084	Peanut Butter -smooth original	340g	3.29	GV
GH108	Peanut Butter + Mixed Seeds	340g	3.59	GV
GH151	Peanut Butter-100% Nuts,Crunch	227g	2.89	GOV
GH115	Peanut Butter-crunchy original	1kg	6.99	GV
GH082	Peanut Butter-crunchy original	340g	3.29	GV
GH190	Peanut Butter-Hi Oleic Crunchy	340g	3.59	GV
GH013	Three Nut Butter	227g	3.29	GV
NUT/SEED MILK YOGURTS(CHILLED)				
NUSH				
<i>Cashew Milk Dairy-Free Yoghurt</i>				
CV530	Cashew Yoghurt	125g	1.99	GV
<i>Kids Yoghurt</i>				
CV319	Blueberry Almond Yoghurt Tubes	5 x 40g	3.19	GV
CV341	Strawberry Almond Yoghurt Tube	5 x 40g	3.19	GV
SOJADE				
CV389	Natural Hemp Yogurt	250g	1.49	GOVB
NUTS & SEEDS				
LINWOODS				
NU037	Active Walnuts Apple Cinnamon	50g	3.99	G
OILS & FATS				
SUMA PREPACKS				
GT028	Gluten Free Vegetarian Suet	250g	1.99	GV

code	product	size	rrp	bfgosv
OLIVES				
MANI BLAEUEL				
KJ425	Og Kalamon Olives in Olive Oil	280g	4.49	GOV
PARTHENON				
KJ012	Green with Fennel & Corriander	30g	0.79	GV
KJ013	Kalamata & Green chilli/basil	30g	0.79	GV
KJ008	Pitted Olives /Thyme & Parsley	30g	0.79	GV
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
BARENAKED				
WT162	Barenaked Noodles	380g	2.29	GV
WT163	Barenaked Rice	380g	2.29	GV
WT172	Barenaked Spaghetti	380g	2.29	GV
WT004	Protein Noodles	380g	2.29	GV
CIEMME				
WT136	OG Gluten Free Gnocchi Plain	400g	3.29	GOV
WT138	Og Gluten Free Gnocchi/ Quinoa	400g	3.29	GOV
DIFATTI				
WT151	Gnocchi- Gluten Free	250g	2.09	GV
WT161	Pumpkin & Quinoa Gnocchi	250g	2.45	GV
WT153	Spinach Gnocchi - gluten free	250g	2.09	GV
WT152	Tomato Gnocchi - Gluten Free	250g	2.09	GV
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
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
WT093	Edamame & Mung Bean Fettuccine	200g	3.29	GOV
WT114	Edamame Bean Spaghetti	200g	3.29	GOV
WT092	Soybean Spaghetti	200g	3.29	GOV
LA BUONA VITA				
WT027	Gluten Free Fusilli	500g	2.39	GV
WT056	Gluten Free Lasagne Sheets	250g	2.59	GV
WT026	Gluten Free Penne	500g	2.39	GV
WT028	Gluten Free Spaghetti	500g	2.39	GV
ORGRAN				
WT105	Corn & Veg Shells	250g	2.15	GV
WT127	Corn Spirals	250g	2.15	GV
WT112	Quinoa Penne	250g	2.15	GV
WT134	Rice & Corn Lasagne	200g	3.19	GV
WT109	Rice & Corn Macaroni	250g	2.15	GV
WT077	Rice & Millet Spirals	250g	2.35	GV
WT080	Vegetable Rice Spirals	250g	2.25	GV

code	product	size	rrp	bfgosv
PROFUSION				
WT130	Chick Pea Fusilli - GF	300g	3.49	GOV
WT129	Red Lentil Fusilli GF	300g	3.49	GOV
YAKSO				
WT010	Mie Organic	240g	3.09	GOV
WT007	Mihoen - organic	250g	2.99	GOV
PASTA (FRESH, CHILLED)				
AMISA				
CV345	Gluten Free Gnocchi	350g	3.69	GOV
PASTA SAUCES & PESTOS				
SUMA				
<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				
KJ126	Bechamel Sauce for Lasagne	340g	2.49	GV
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
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
GH015	Olive Pate	125g	1.85	GV
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
GH016	Shiitake Pate	125g	1.85	GV
GH194	Tomato and Rocket Pate	125g	1.95	GOV
GH191	Walnut & Basil Pate	125g	1.95	GOV
PATES, DIPS & TAPAS (CHILLED)				
SUMA				
CV401	Pate - Mushroom (bombe)	200g	2.39	GV
FLORENTIN				
CV931	Hummus	200g	3.09	GV
CV125	Hummus Trio Pack	250g	3.99	GV
HOLY MOLY				
CV346	Original Guacamole	150g	2.99	GV
CV349	Pure Avocado Guacamole	150g	2.99	GV
CV347	Spicy Guacamole	150g	2.99	GV
TIDEFORD ORGANIC FOODS				
CV711	Basil Pesto	150g	3.05	GOV
CV710	Sun-Dried Tomato Pesto	150g	3.05	GOV
READY MEALS (FROZEN)				
AMY'S KITCHEN				
XL288	Black Bean Enchilada	269g	3.25	GV
XL435	Broccoli and Cheddar Bake	270g	4.15	GS
XL287	Cheese Enchilada	255g	3.25	G
XL272	Free From Bean & Rice Burrito	156g	2.19	GV
XL273	Free From Macaroni Cheese	255g	3.19	GV

code	product	size	rrp	bfgosv
XL261	G/F 3 Cheese & Kale Bake	255g	4.39	G
XL364	Gluten Free Bean&Rice Burrito	156g	2.19	GS
XL262	Gluten Free Chilli Mac	240g	3.75	G
XL275	Gluten Free Vegetable Lasagne	255g	3.15	G
XL437	Gluten-Free Cheese Pizza	170g	5.59	GS
XL191	Gluten-Free Chinese Noodles	270g	4.15	GV
XL438	Gluten-Free Manhattan Burger	270g	4.55	GV
XL436	Gluten-free Vegan Veg Lasagne	255g	3.69	GV
XL276	Indian Mattar Paneer	238g	3.59	G
XL285	Indian Vegetable Korma	269g	3.59	G
XL274	Rice Macaroni Cheese	255g	2.99	G
XL434	Thai Red Curry	285g	3.99	GSV
CLIVE'S				
XL338	Organic Nut Roast	280g	5.25	GOSV
Pies & Pastries				
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
XL114	Org G/F Mushroom & Leek Pie	235g	2.99	GOV
XL135	Organic G/F Homity Pie	235g	2.99	GO
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)				
LAURIE'S TUMMY LOVING FOODS				
CV207	Original Sauerkraut	410g	4.69	GOV
SALT & SEASONINGS				
MARIGOLD				
LJ444	Liquid Aminos	250ml	3.59	GV
SAUSAGES & BURGERS (FROZEN)				
QUORN				
XL203	Gluten Free Sausages	300g	2.99	G
WICKEN FEN				
XL381	Carrot & Coriander Sausages	280g	2.86	GV
SNACK BARS & FLAPJACKS				
9 BAR				
Bombes				
ZX947	Cocoa & Raspberry Bombes	48g	1.69	GV
ZX948	Double Cocoa & Coconut Bombes	48g	1.69	GV
New Range				
KB634	Almond & Raspberry	50g	0.99	GSV
KB621	Almond & Sesame Seed	40g	0.89	GSV
KB598	Carob Apricot & Hemp Seed	40g	0.89	GSV
KB597	Carob Raspberry & Chia Seed	40g	0.89	GSV
KB669	Carob Raspberry & Chia Seed	4 x 40g	2.25	GSV
KB689	Carob Sesame & Flax Seed	4 x 40g	2.25	GSV
KB606	Carob Sesame & Flaxseed	40g	0.89	GVS
KB663	Cashew & Cocoa	50g	0.99	GSV
KB907	Cocoa & Orange	40g	0.89	GSV
KB604	Double Cocoa & Coconut	40g	0.89	GSV
KB609	Double Cocoa & Raspberry	40g	0.89	GSV
KB596	Organic Sunflower Seed Bar	40g	0.99	GOS
KB614	Original Carob & Hemp Seed	40g	0.89	GSV

code	product	size	rrp	bfgosv
KB692	Original Carob & Hemp Seed	4 x 40g	2.25	GSV
KB629	Peanut & Pumpkin Seed	40g	0.89	GSV
KB664	Peanut & Raisin	50g	0.99	GSV
KB630	Pumpkin & Sunflower Seed	40g	0.89	GSV
KB904	Salted Caramel	40g	0.89	GSV
ADUNA				
KB892	Choco-Orange Burst Bar	40g	1.89	GV
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
BOUNCE				
<i>Protein Bites</i>				
ZX330	Blueberry & Banana Bites	90g	2.85	G
ZX328	Cacao & Orange Bites	90g	2.85	G
ZX333	Sweet & Salty Bites	90g	2.85	G
<i>Protein Energy Balls</i>				
ZX898	Apple Cinnamon Energy Balls	42g	1.98	G
ZX897	Cacao Mint Energy Balls	42g	1.98	G
ZX754	Coconut Macadamia Balls	40g	1.98	G
ZX896	Peanut Protein Balls	45g	1.98	G
<i>Protein Energy Bites</i>				
KB141	Blueberry & Banana	30g	1.29	G
KB067	Cacao & Orange	30g	1.29	G
KB639	Sweet & Salty Almond	30g	1.29	G
<i>V Life Protein Balls</i>				
ZX899	Almond Spirulina Energy Balls	40g	1.98	GV
ZX900	Cashew & Peanut Energy Balls	40g	1.98	GV
ZX901	Vegan Almond & Kale Balls	40g	1.98	GV
ZX902	Vegan Beetroot & Cashew Balls	40g	1.98	GV
ZX903	Vegan Coconut & Cumin Balls	40g	1.98	GV
CREATIVE NATURE				
KB770	Apple Pie Flapjack Bar	40g	1.29	GV
KB755	Cacao Orange Flapjack Bar	40g	1.29	GV
KB946	Ginger Teatox Flapjack	38g	0.99	GV
KB947	Goji Goodness Flapjack	38g	0.99	GV
KB894	Mocha Protein Coffee Cubies	36g	1.39	GV
KB960	Peanut Protein Flapjack	38g	1.19	GV
KB944	Raw Cacao Superfood Flapjack	38g	0.99	GV
KB731	Salted Caramel Flapjack Bar	40g	1.29	GV
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
KB463	Chocolate Chip Flapjack	4 x 35g	2.59	GOSV
EAT NATURAL				
KB464	Almond, Apricot & Yoghurt	50g	0.89	GS
WS028	Apple, ginger & dark chocolate	45g	0.89	GS
KB080	Assorted Mini Bars	220g	2.98	GS

code	product	size	rrp	bfgosv
KB470	Blueberry & Cashew Bar	45g	0.89	GS
KB466	Brazil, Sultana, Almond, Hazel	50g	0.89	GS
WS030	Chocolate chunks,peanuts,seeds	45g	0.89	GS
KB547	Dark 70% Choc,Brazils,Apricots	45g	0.89	G
KB465	Date, Walnut & Pumpkin Seed	45g	0.89	GS
WS031	Maple Syrup, Pecans & Peanuts	45g	0.89	GSV
WS029	Yoghurt Coated coconut/apricot	45g	0.89	GS
FRUIT BOWL				
KB864	Blackcurrant School Bars	20g	0.59	G
KB866	Strawberry School Bars	20g	0.59	G
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
MERIDIAN				
KB709	Almond Bar	40g	1.50	GV
KB879	Cashew Bar	40g	1.49	GV
KB972	Peanut & Banana Bar	40g	1.25	GV
KB618	Peanut & Baobab Nut Bar	40g	1.21	GV
KB975	Peanut & Cocoa Bar	40g	1.25	GV
KB201	Peanut & Coconut Bar	40g	1.25	GV
KB189	Peanut & Pumpkin Bar	40g	1.25	GV
KB721	Peanut Bar	40g	1.25	GV
NAKD				
<i>Crunch Bars</i>				
WS022	Apricot Crunch	30g	0.89	GV
KB496	Banana Crunch	30g	0.89	GV
KB495	Cocoa Crunch	30g	0.89	GV
KB497	Strawberry Crunch	30g	0.89	GV
<i>Mini Nibbles</i>				
KB913	Coconut Bliss	40g	0.85	GV
KB919	Salted Caramel	40g	0.85	GV
KB916	Strawberries & Cream	40g	0.85	GV
KB909	Toffee Treat	40g	0.85	GV
<i>Multi Packs</i>				
KB930	Banana Crunch Multipack	4 x 30g	3.29	GV
KB029	Berry Delight Multipack	4 x 35g	3.29	GV
KB931	Cashew Cookie Multipack	4 x 35g	3.29	GV
KB933	Cocoa Crunch Multipack	4 x 30g	3.29	GV
KB031	Cocoa Delight Multipack	4 x 35g	3.29	GV
KB003	Cocoa Orange Multipack	4 x 35g	3.29	GV
KB936	Strawberry Crunch Multipack	4 x 30g	3.29	GV
<i>Nudie Bars</i>				
KB877	Bakewell Tart Bar	35g	0.85	GV
KB756	Berry Delight Bar	35g	0.85	GV
KB532	Blueberry Muffin	35g	0.89	GV
KB554	Cashew Cookie Bar	35g	0.85	GV
KB347	Cocoa Coconut	35g	0.89	GV
KB757	Cocoa Delight Bar	35g	0.85	GV
KB556	Cocoa Orange Bar	35g	0.85	GV
KB558	Ginger Bread Bar	35g	0.85	GV
KB163	Lemon Drizzle Bar	35g	0.89	GV
WS021	Peanut Delight	35g	0.85	GV
KB553	Pecan Pie Bar	35g	0.85	GV
<i>Oaties</i>				
WS041	Apple Danish	30g	0.89	GV
WS045	Apple Danish Multipacks	4 x 30g	2.89	GV
WS043	Banana Bread Bars	30g	0.89	GV

code	product	size	rrp	bfgosv
WS042	Berry Bliss Bars	30g	0.89	GV
WS040	Cocoa Twist	30g	0.89	GV
	Posh Bits			
WS026	Cocoa Mandarin Posh Bits	130g	3.15	GV
WS025	Cocoa Raspberry Posh Bits	130g	3.15	GV
WS024	Cocoa Sea Salt Posh Bits	130g	3.15	GV
	NATURYA			
KB545	Berry Superbar	40g	1.99	GOVS
KB509	Cacao Superbar	40g	1.99	GOV
KB627	Seed Superbar	40g	1.99	GOSV
	PERKIER			
WS018	Cacao & Cashew Quinoa Bar	35g	0.99	GSV
WS017	Cashew/Chia/Pumpkin/Quinoa Bar	35g	0.99	GSV
WS020	Coconut, Chia & Quinoa Bar	35g	0.99	GVS
WS016	Goji & Cranberry Quinoa Bar	35g	0.99	GVS
WS015	Oaty Cashew/Cran Sprouted Bar	40g	0.99	GSV
	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
	PULSIN'			
	Fruity Oat Bars			
KB793	Blackcurrant & Apple Oat Bar	25g	0.59	GV
KB792	Orange Choc Chip Fruity Oat	25g	0.59	GV
KB791	Strawberry Fruity Oat Bar	25g	0.59	GV
	Porridge Bars			
ZX943	Apple & Cinnamon Porridge Bar	40g	0.99	GV
ZX942	Orange Choc Chip Porridge Bar	40g	0.99	GV
ZX944	Seed and Maple Porridge Bar	40g	0.99	GV
	Protein Boosters			
KB090	Maple & Peanut Protein Bar	50g	1.59	GV
KB875	Mint Choc Chip Protein Bar	50g	1.59	GV
KB279	Orange Choc Chip Protein Bar	50g	1.59	GV
KB643	Peanut Choc Chip Protein Bar	50g	1.59	G
KB089	Protein Sport	50g	1.59	G
KB706	Vanilla Choc Chip Protein Bar	50g	1.59	GV
	Raw Choc Brownies			
KB095	Maca Bliss Raw Choc Brownie	50g	1.59	GV
BT449	Peanut Choc Chip Raw Brownie	50g	1.59	GSV
KB100	Raw Choc Almond Raisin Brownie	50g	1.59	GV
KB807	Salted Caramel Raw Choc Brownie	50g	1.59	GV
KB097	Super Berry Raw Choc Brownie	50g	1.59	GV
	RAW HEALTH			
KB118	Chocada Truffles	65g	2.79	GOSV
KB117	Fruity Coconut Energy Ball	60g	2.29	GOV
	ROCKY RICE			
WS012	Ricecake - dark choc orange	18g	0.69	G
WS013	Ricecake - milk chocolate	18g	0.69	G
	RUDE HEALTH FOODS			
ZX784	Sweet potato & cacao bar	35g	1.19	GV
KB548	The Coconut Snack Bar	35g	1.20	GV
KB350	The Peanut Bar	35g	1.19	GV
	SWEET NOTHINGS			
	Flapjack Bites			
KB384	Apple & Vine Fruit	68g	1.49	GV

code	product	size	rrp	bfgosv
KB422	Fruit & Nut	63g	1.49	GO
KB442	Ginger & Lemon	68g	1.49	GO
KB334	Lime & Coconut	68g	1.49	GV
	TREK			
	FLAPJACKS			
KB498	banana bread protein flapjack	50g	1.05	GVS
KB499	cocoa and oat protein flapjack	50g	1.05	GVS
KB500	cocoa coconut protein flapjack	50g	1.05	GVS
KB501	morning berry protein flapjack	50g	1.05	GVS
KB504	oat & raisin protein flapjack	50g	1.05	GVS
KB505	original oat protein flapjack	50g	1.05	GVS
	MULTIPACKS			
WS032	Protein Peanut Power	3 x 55g	3.15	GVS
	Protein Energy Chunks			
KB351	Cocoa Peanut Peak	60g	1.35	GV
KB348	Cranberry Kick	60g	1.35	GV
KB595	Toffee Triumph	60g	1.35	GV
	TREK BARS			
KB719	Banana Blast	55g	1.15	GV
KB720	Berry Burst	55g	1.15	GV
KB722	Cocoa Chaos	55g	1.15	GV
KB725	Peanut Power	55g	1.15	GV
	WHOLEBAKE			
	Flapjack			
KB559	Apricot & Almond	80g	0.65	GSV
KB575	Dark Chocolate & Ginger	80g	0.70	GS
KB543	Summer Berry	80g	0.65	GSV
	SOFT DRINKS			
	CAPTAIN KOMBUCHA			
JU711	California Raspberry	400ml	2.89	GSV
JU710	Coconut Summer Beach	400ml	2.89	GSV
JU709	Original	400ml	2.89	GSV
	DALSTON'S			
	Cans			
JU163	Cherryade	330ml	1.09	GSV
JU166	Fizzy Elderflower	330ml	1.09	GSV
JU162	Ginger Beer	330ml	1.09	GSV
	GUSTO			
JU376	Naturally Slim Cola	275ml	1.95	FGV
JU353	Organic Real Cola	275ml	1.95	FGOV
	LOVERAW			
SY087	Almond Caffè Latte	330ml	2.29	GV
SY095	Tumeric Chai Latte	330ml	2.29	GV
	SIMPLEE ALOE			
JU704	Aloe Original with White Grape	1l	3.49	GV
JU707	Aloe Water No Pulp	500ml	1.49	GV
JU708	Aloe Water with Pulp	500ml	1.49	GV
JU705	Aloe with Apple & Mango	1l	3.49	GV
JU706	Aloe with Coconut Water	1l	3.49	GV
	SWEET FREEDOM			
JU378	Choc Shake Banana	310g	3.99	GV
JU464	Chock Shake Caramel	310g	3.99	GV
	SOUPS			
	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

code	product	size	rrp	bfgosv
VF268	Split Pea Soup	400g	2.10	GOV
	Hearty Soup			
VF054	French Country Vegetable	408g	2.65	GV
VF267	Quinoa Kale & Red Lentil Soup	408g	2.65	GOV
VF057	Rustic Italian Vegetable	397g	2.65	GV
VF059	Spanish Rice & Red Bean Soup	416g	2.65	GV
	FREE & EASY			
VF302	Broccoli & Kale	400g	1.65	GOV
VF297	Butternut, Sweet Potato, Turmeric	400g	1.65	GOV
VF296	Carrot & Coriander Soup	400g	1.55	GOV
VF301	Sweet Potato & Quinoa	400g	1.65	GOV
	SOUPS (CHILLED)			
	TIDEFORD ORGANIC FOODS			
CV164	Cucumber & Lemon Soup	600g	3.05	GOV
CV176	Gazpacho Andaluz Soup	600g	3.05	GOV
CV735	High Protein Red Pepper Soup	600g	3.05	GOV
CV734	Tomato and Basil	600g	3.05	GOV
	SOYA YOGS & DESSERTS (CHILLED)			
	PROVAMEL			
CV719	Org Lime and Lemon Balm Yofu	500g	2.10	GOSV
CV455	Org Soya Almond Yoghurt	500g	2.10	GOV
CV075	Organic Forest Fruit Yofu	500g	2.10	GOSV
CV061	Organic Natural Soy Yoghurt	4 x 125g	2.10	GOV
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			
CV096	Mango & Coconut Yoghurt	400g	2.04	GOSV
	Layered Soya Yoghurt			
CV438	Pineapple Coconut Yoghurt	125g	0.75	GOVSB
CV658	Raspberry & Rose Layered Yog	125g	0.75	GOSVB
	SUGARS & SYRUPS			
	THE RAW CHOCOLATE CO			
LJ071	Coconut Palm Sugar	230g	3.65	GOV
	SUPERFOODS & SPORTS NUTRITION			
	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
	GRANOVITA			
GT300	Flax Oil - Organic	260ml	11.15	GOV
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
	LINWOODS			
MD113	Chia Seed	200g	6.19	GV
MD109	Flax, Almond, Brazil, Walnut, Q10	360g	6.25	GV
MD011	Flax, Cocoa & Mulberry	200g	3.99	GOV
MD147	Flax, Sunflower & Pumpkin Seeds	200g	3.55	GOV
MD104	Flax, Sunflower, Pump, Sesame, Goji	425g	5.99	GV
MD114	Flaxseed	200g	3.35	GOV
MD102	Flaxseed	425g	4.99	GOV
MD115	Flaxseed & Goji Berries	200g	3.55	GV
	Hemp Protein +			
MD027	Flax, Bio-Culture & Vitamin D	360g	13.99	GV
MD024	Flax, Chia, Broccoli & Spinach	360g	13.99	GOV
MD026	Flax, Chia, Cocoa & Beetroot	360g	13.99	GOV

code	product	size	rrp	bfgosv
	Organic Sprouted Range			
VM263	Sprouted Flaxseed	360g	6.99	GOV
	NATURYA			
MD040	Greens Blend Organic	250g	19.99	FGOV
	PULSIN'			
VM257	Chocolate Flavour Pea Protein	25g	1.99	GV
VM258	Chocolate Pea Protein Powder	250g	14.99	GV
VM012	Hemp Protein Powder	1kg	23.99	GV
VM093	Hemp Protein Powder	250g	7.99	GV
VM163	Organic Whey Protein Powder	1kg	49.99	GO
VM175	Organic Whey Protein Powder	250g	16.99	GO
VM027	Pea Protein Isolate	1kg	23.99	GV
VM092	Pea Protein Powder	250g	7.99	GV
VM028	Premium Whey	1kg	39.99	G
VM091	Premium Whey	250g	12.99	G
VM011	Rice Protein Concentrate	1kg	29.99	GV
VM024	Rice Protein Powder	250g	9.99	GV
VM071	Simply Whey	1kg	26.99	G
VM070	Simply Whey	250g	8.99	G
VM010	Soya Protein Isolate	1kg	17.99	GV
VM095	Soya Protein Powder	250g	5.99	GV
VM259	Vanilla Whey Protein Powder	25g	1.99	G
VM260	Vanilla Whey Protein Powder	250g	14.99	G
	THE ORGANIC PROTEIN COMPANY			
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			
KB307	Cacao Nibs	150g	4.20	GOV
LJ072	Hemp Protein Powder	230g	7.99	GOV
	SUPPLEMENTS & REMEDIES			
	BETTER YOU			
VM171	Boost B12 Oral Spray	25ml	11.95	GV
	FLORADIX			
MD016	Floradix Vitamin B Complex	250ml	12.69	GV
	PUKKA			
MD036	Women Wholistic Shatavari	30 capsules	16.95	GOV
	SIMPLEE ALOE			
MD025	Aloe Juice Health Supplement	1l	15.99	GOV
MD042	Aloe Juice Health Supplement	500ml	9.99	GOV
MD041	Aloe Juice Health Supplement	500ml	9.99	GOV
	TOGETHER HEALTH			
VM022	Beautiful	60	14.99	GV
VM033	Gentle Iron	30	7.99	GV
VM049	Mens Multivit & Mineral	30	10.99	G
VM025	Pregnancy - Multi Vit & Mins	60	14.99	G
VM050	Stress Aid Vitamin & Mineral	30	9.99	GV
VM111	Vitamin B Complex	30	9.25	G
VM017	Vitamin B12 Complex	60	12.99	GV
VM113	Vitamin C with Bioflavonoids	30	7.99	GV
VM114	Vitamin D	30	5.99	G
VM054	Womens Multivit	30	9.99	G

code	product	size	rrp	bfgosv
SWEET SNACKS				
BEAR				
ZX526	Yoyo Pure Fruit Rolls - Apple	20g	0.58	GV
ZX529	Yoyo Pure Fruit Rolls - Mango	20g	0.58	GV
ZX545	Yoyo Pure Fruit Rolls - Pineap	20g	0.58	GV
ZX555	Yoyo Pure Fruit Rolls - Strawb	20g	0.58	GV
ZX525	Yoyo Pure Fruit Rolls-Blackcur	20g	0.58	GV
ZX550	Yoyo Pure Fruit Rolls-Raspb'ry	20g	0.58	GV
Claws in multipacks				
ZX008	Claws - Apple, Pear & Pumpkin	5 x 18g	2.69	GV
ZX006	Claws - Blackcurrant& Beetroot	5 x 18g	2.69	GV
ZX005	Claws - Mango & Carrot	5 x 18g	2.69	GV
ZX003	Claws - Strawberry & Butternut	5 x 18g	2.69	GV
Yoyo Sours				
ZX514	Blackcurrant & Apple	20g	0.58	GV
ZX511	Mango & Apple	20g	0.58	GV
ZX448	Strawberry & Apple	20g	0.58	GV
Yoyo Sours Multipack				
ZX516	Blackcurrant & Apple	5 x 20g	2.50	GV
ZX522	Mango & Apple	5 x 20g	2.50	GV
ZX567	Strawberry & Apple	5 x 20g	2.50	GV
Yoyos in multipacks				
ZX020	Yoyos - Blackcurrant Multipack	5 x 20g	2.59	GV
ZX014	Yoyos - Mango Multipack	5 x 20g	2.59	GV
ZX013	Yoyos - Raspberry Multipack	5 x 20g	2.59	GV
ZX012	Yoyos - Strawberry Multipack	5 x 20g	2.59	GV
BIONA				
ZX002	Berry Burst Sweets - Organic	75g	1.89	GOSV
ZX441	Jelly Dino Sweets - Organic	75g	1.89	GOSV
ZX443	Pomegranate Heart Sweets - Org	75g	1.89	GOSV
ZX576	Sour Snake Sweets - Organic	75g	2.09	GOSV
FABULOUS FREE FROM FACTORY				
ZX548	Chocovered Crunchee Bites	65g	1.85	GSV
ZX928	Chocovered Peanuts	65g	1.69	GSV
ZX159	Dairy Free Chocolate Raisins	75g	1.69	GV
ZX432	Dairy Free Fudge	200g	3.29	GSV
ZX627	Dairy Free Fudge Bites	75g	1.69	GSV
ZX628	Raspberry Ice Bites	75g	1.49	GSV
FREE FROM FELLOWS				
ZX065	Cola Bottles	100g	1.89	GV
ZX060	Gummy Bears	100g	1.89	GV
ZX072	Midget Gems	100g	1.89	GV
Boiled Sweets				
ZX321	Cola & Strawberry Lollipops	60g	1.89	VG
ZX373	Pear Drops	70g	1.89	GS
ZX324	Rhubarb and Custard	70g	1.89	VG
FREEDOM CONFECTIONERY				
KB385	Strawberry Marshmallows	75g	2.49	GV
KB383	White Vanilla Marshmallows	75g	2.49	GSV
Mini Mallows				
KB789	Pink & White Mini Marshmallows	75g	2.49	GSV
GOODY GOOD STUFF				
ZX197	Berry Mix	100g	1.45	GSV
ZX146	Cola Breeze	100g	1.45	GSV
ZX148	Koala Gummy Bears	100g	1.45	GS
ZX486	Sour Mix & Match	100g	1.45	GSV
JEALOUS SWEETS				

code	product	size	rrp	bfgosv
40g Bags				
ZX231	Fizzy Friends	40g	1.29	SVG
ZX238	Grizzly Bears	40g	1.29	GVS
ZX229	Tangy Worms	40g	1.29	SVG
ZX233	Tropical Wonder	40g	1.29	SGV
Gift Range				
ZX303	Adventures Cracker	200g	7.75	SVG
ORGRAN				
ZX183	Molasses Liquorice	200g	3.95	G
URBAN FRUIT				
DR016	Coconut Chips - Natural	25g	0.85	GV
Multi-packs				
DR098	Coconut Chips - Natural	18g	2.69	GV
DR116	Coconut Chips - Sriracha	18g	3.75	GVS
TABLE SAUCES				
BIONA				
KJ106	Classic Tomato Ketchup Squeezy	560g	2.99	GOSV
KJ463	Worcester Sauce	140ml	3.69	GOSV
GRANOVITA				
KJ134	Organic Brown Sauce	275g	2.26	GOSV
MERIDIAN				
KJ621	Tomato Ketchup - organic	285g	2.29	GOSV
MR ORGANIC				
KJ496	No Added Sugar Tomato Ketchup	480g	3.59	GOV
STUBB'S				
KJ073	Hickory Liquid Smoke	148ml	2.59	GSV
KJ092	Original Bar-B-Q Sauce	510g	4.95	GSV
KJ100	Sticky Sweet Bar-B-Q Sauce	510g	4.95	GSV
THE FORAGING FOX				
KJ358	Beetroot Ketchup - Original	255g	3.49	GSV
KJ359	Beetroot Ketchup - Smoked	255g	3.49	GSV
TEAS				
SIMPLY CHAI				
<i>Vegan, Organic, Fairly Traded</i>				
TE312	Classic	125g	5.89	FGOV
TE316	Matcha Anis	125g	5.89	FGOV
TE315	Not Sweet	40g	5.89	FGOV
TE313	Spicy	125g	5.89	FGOV
TE320	Turmeric	125g	5.89	FGOV
TE314	Vanilla	125g	5.89	FGOV
TOOTHCARE				
THE NATURAL FAMILY CO				
Toothpaste				
DY498	Original Toothpaste	110g	6.49	OVG
DY496	Sensitive Toothpaste	100g	6.49	OGV
DY494	Whitening Toothpaste	110g	6.49	GOV
VEGETABLES				
AMAIZIN				
KJ117	Jalapeno Peppers	150g	2.39	GOV
ST DALFOUR				
VF112	Whole Chestnuts	200g	2.89	GV
VINEGARS				
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

code

product

size

rrp

bfgosv

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Gluten-Free



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