

Catering List
Suma

November December 2018



Catering

A bit more about it..

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

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

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



Key BFGSOV

B - Biodynamic // F - Fairtrade // 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
ALCOHOLIC DRINKS				
HOLLOWS				
<i>From Fentimans</i>				
RT017	Superior Alcoholic Ginger Beer	8 x 500ml	15.40	SV
BAGS, BOXES AND BASKETS				
SUMA				
NF477	Cellophane Bags 13" x 8" x 5"	1000	89.35	V
NF484	Cellophane Bags 3" x 4.5" x 7"	1000	33.08	V
NF476	Cellophane Bags 3" x 5" x 9"	1000	43.95	V
NF487	Cellophane Bags 4" x 6" x 11"	1000	62.34	V
NF482	Cellophane Bags 5" x 4.5" x 3"	1000	27.97	V
NF489	Paper Flour Bags, hold 1.5kg	250 bags	44.95	V
NF144	Polypropylene Bags 11 in.	1000	33.00	V
NF145	Polypropylene Bags 13 in.	1000	39.82	V
NF142	Polypropylene Bags 7 in.	1000	27.18	V
NF143	Polypropylene Bags 9 in.	1000	28.74	V
NF483	Refuse Sacks-recycled plastic	200 pack	22.95	V
NF270	Refuse Sacks-Recycled Plastic	12 x 8 pack	11.81	V
D2W				
NF406	100% Degradable Refuse Sacks	24 x 10 bags	22.20	V
NF407	Degradable Swing Bin Liners	50 x 15 bags	56.91	V
NF169	Pedal Bin Liners	50 x 30 bags	56.91	V
BAKING SUNDRIES				
SUMA				
HE225	Baking Powder	1kg	3.40	GV
LJ039	Baking Powder - Gluten Free	6 x 200g	9.87	GV
LJ040	Bicarbonate of Soda	6 x 200g	8.51	V
HE299	Bicarbonate of Soda	1kg	2.40	V
LJ019	Cornflour	6 x 500g	5.36	V
LJ223	Xanthan Gum	6 x 100g	23.59	V
BARKAT				
LJ002	Gluten Free Baking Powder	6 x 100g	6.66	GV
CLEARSPRING				
JP087	Agar-Agar Flakes Gelling Agent	8 x 28g	34.74	V
JP064	Kuzu (Wild Arrowroot)	6 x 125g	29.21	GVO
DOVES FARM				
LJ168	Baking Powder Bulk	3 x 1kg	11.00	GV
LJ166	Cornflour Bulk	3 x 1kg	12.00	GOV
LJ423	Quick Yeast	2 x 8 x 125g	14.04	GV
LJ165	Xanthan Gum	3 x 1kg	31.00	GV
ENGEVITA				
LJ143	Yeast Flakes	6 x 125g	13.46	GV
FERMIPAN				
LJ061	Dried Yeast	20 x 500g	69.05	V
GREEN & BLACKS				
<i>Cooks Chocolate</i>				
KB058	Dark Cooking Chocolate-Organic	15 x 150g	29.54	FOS
KB429	Milk Cooks Chocolate - organic	15 x 150g	29.54	OS
JUST WHOLEFOODS				
LJ162	Vegezet - setting agent	10 x 25g	15.00	V
MONTEZUMA'S				
<i>Cooking Chocolate</i>				
KB412	Dark Chocolate Couverture	2kg	26.36	OSV
KB413	Milk Chocolate Couverture	2kg	26.36	OS
KB411	White Chocolate Couverture	2kg	26.35	OS
ORGRAN				
LJ656	Egg Replacer	8 x 200g	17.55	GV

code	product	size	rrp	bfgosv
	STEENBERGS			
LJ116	Almond Extract	6 x 100ml	28.55	V
LJ117	Orange Flower Water Organic	6 x 100ml	16.19	OV
LJ085	Rose Water Organic	6 x 100ml	16.19	OV
	TAYLOR & COLLEDGE			
LJ115	Vanilla Bean Extract	6 x 100ml	41.50	SOV
LJ113	Vanilla Bean Paste	12 x 65g	59.35	SOV
	BEANS & PULSES - CANNED			
	SUMA			
VF675	Aduki Beans - organic	12 x 400g	9.81	OV
VF750	Baked Beans - Organic	6 x 2.65K	22.50	OSV
VF550	Baked Beans - Organic	12 x 400g	10.71	OSV
VF707	Borlotti Beans	12 x 400g	6.75	V
VF119	Butter Beans	12 x 400g	6.75	V
VF645	Butter Beans - organic	12 x 400g	9.81	VO
VF709	Cannellini Beans	12 x 400g	6.75	V
VF395	Cannellini Beans - organic	12 x 400g	9.81	OV
VF117	Chickpeas	12 x 400g	6.75	V
VF785	Chickpeas - organic	6 x 2.6kg	19.25	OV
VF642	Chickpeas - organic	12 x 400g	9.81	VO
VF647	Green Lentils - organic	12 x 400g	9.81	VO
VF644	Haricot Beans - organic	12 x 400g	9.81	VO
VF795	Mixed Beans - organic	6 x 2.6kg	19.25	OV
VF649	Mixed Beans - organic	12 x 400g	9.81	VO
VF118	Red Kidney Beans	12 x 400g	6.75	V
VF643	Red Kidney Beans - organic	12 x 400g	9.81	VO
VF711	Six Bean Mix	12 x 400g	8.91	V
	BIONA			
VF222	Baked Beans - Organic	6 x 400g	5.63	OVS
	BIONOVA			
VF495	Baked Beans - organic	6 x 340g	6.96	OSV
	CHEF WILLIAM			
VF020	Red Kidney Beans-Catering Size	6 x 2.50kg	20.00	V
	WHOLE EARTH			
VF161	Baked Beans - organic	12 x 400g	10.71	GOV
	BEANS & PULSES - DRIED			
	SUMA BAGGED DOWN			
PU009	Aduki Beans	3kg	7.65	V
PU147	Black Turtle Beans	3kg	6.19	V
PU015	Blackeye Beans	3kg	7.35	V
PU030	Butter Beans	3kg	9.55	V
PU041	Cannellini Beans - Alubia	3kg	7.35	V
PU143	Chickpeas	3kg	5.95	V
PU019	Chickpeas	10kg	19.25	V
PU055	Kidney Beans - red	3kg	7.79	V
PU185	Lentils - brown	3kg	4.49	V
PU054	Lentils - Dark Speckled	3kg	7.35	V
PU186	Lentils - green	3kg	5.79	V
PU137	Lentils - red split	3kg	4.19	V
PU040	Lentils - red split	10kg	13.49	V
PU179	Moong Dahl	3kg	11.69	V
PU051	Mung Beans	3kg	9.25	V
	SUMA BAGGED DOWN - ORGANIC			
PU212	Aduki Beans - Organic	3kg	9.55	VO
PU243	Butter Beans - organic	3kg	13.69	VO
PU190	Chickpeas - organic	3kg	8.79	VO
PU117	Chickpeas - organic	1kg	3.29	VO

code	product	size	rrp	bfgosv
PU162	Green Split Peas - organic	3kg	6.35	VO
PU191	Haricot Beans - organic	3kg	8.09	VO
PU003	Lentils - brown, organic	3kg	10.69	VO
PU172	Lentils - Dark Speckled, org	3kg	15.15	VO
PU171	Lentils - Dark Speckled, org	1kg	5.45	VO
PU193	Lentils - green, organic	3kg	12.39	VO
PU118	Lentils - green, organic	1kg	4.49	VO
PU194	Lentils - red split, organic	3kg	6.65	VO
PU127	Lentils - red split, organic	1kg	2.55	VO
PU195	Mung Beans - organic	3kg	10.95	VO
PU120	Mung Beans - organic	1kg	3.99	VO
PU192	Red Kidney Beans - organic	3kg	9.95	VO
PU197	Yellow Split Peas - organic	3kg	7.25	VO
SUMA COMMODITIES				
PU300	Aduki Beans	25kg	47.00	V
PU150	Black Turtle Beans	25kg	37.00	V
PU303	Blackeye Beans	25kg	45.00	V
PU114	Broth Mix	25kg	37.25	V
PU111	Butter Beans (Lima)	25kg	60.00	V
PU016	Cannellini Beans - Alubia	25kg	45.00	V
PU018	Chickpeas	25kg	35.00	V
PU028	Haricot Beans - pea	25kg	32.00	V
PU039	Kidney Beans - red	25kg	48.00	V
PU010	Lentils - brown	25kg	25.00	V
PU082	Lentils - Dark Speckled	25kg	45.00	V
PU022	Lentils - green	25kg	34.00	V
PU081	Lentils - red split	25kg	23.00	V
PU032	Marrowfat Peas	12.5kg	14.75	V
PU175	Moong Dahl	25kg	75.00	V
PU033	Mung Beans	25kg	58.00	V
PU035	Pinto Beans	25kg	33.75	V
PU025	Split Peas - green	25kg	25.00	V
PU047	Split Peas - yellow	25kg	24.00	V
SUMA COMMODITIES - ORGANIC				
PU200	Aduki Beans - Organic	25kg	60.00	VO
PU210	Butter Beans, Chinese - org	25kg	89.00	OV
PU220	Cannellini Beans - organic	25kg	55.00	OV
PU140	Chickpeas - organic	25kg	55.00	OV
PU083	Green Split Peas - organic	25kg	38.00	OV
PU052	Haricot Beans - organic	25kg	50.00	VO
PU001	Lentils - brown, organic	25kg	68.00	VO
PU084	Lentils - Dark Speckled, Org	25kg	99.00	VO
PU116	Lentils - green , organic	25kg	80.00	VO
PU126	Lentils - red split, organic	25kg	40.00	VO
PU062	Mung Beans - organic	25kg	70.00	VO
PU061	Pinto Beans - organic	25kg	56.50	OV
PU057	Soya Beans - organic	25kg	37.00	VO
PU059	Yellow Split Peas - organic	25kg	44.00	OV
BEERS				
SUMA				
RT212	Elphin Brook Bitter OG	12 x 500ml	19.86	OV
RT215	Long Wall Mouse Blonde Beer	12 x 500ml	21.32	OV
RT213	Mytholm Mist Wheat Beer OG	12 x 500ml	20.49	OV
RT214	Penumbra Stout OG	12 x 500ml	21.18	OV
BUDELS				
RT131	Budels Lager	24 x 330ml	30.56	OV
CANNABIA				
RT004	Cannabia Hemp Beer	12 x 330ml	19.54	OV

code	product	size	rrp	bfgosv
	SAM SMITHS			
RT008	Organic Pale Ale	12 x 550ml	25.89	OV
RT120	Pure Brewed Organic Lager	12 x 550ml	25.89	OV
	BISCUITS CRACKERS & CRISPREAD			
	DOVES FARM			
BT010	Digestives	12 x 200g	10.94	OSV
BT092	Organic Digestive Biscuits	12 x 400g	17.90	OS
	ISLAND BAKERY ORGANICS			
	<i>Snack Packs</i>			
BT158	Shortbread Biscuits 2-pack	30 x 35g	14.54	OS
	ORGANICO			
	<i>Rustic Breadsticks</i>			
BT065	Classic Grissini - og	8 x 120g	11.70	OV
BT061	Omega Grissini - og	8 x 120g	11.70	OV
BT068	Sesame Grissini - og	8 x 120g	12.90	OV
BT067	Spelt Grissini - og	8 x 120g	15.00	OV
	TRAIDCRAFT			
BT236	Double Chocolate Chunk Cookies	16 x 45g	9.75	FS
	BODYCARE			
	SUMA CONDITIONERS			
DY484	5l Pump	5l	3.09	V
DY481	Clear & simple Conditioner	5l	13.65	V
DY483	Grapefruit & Aloe Conditioner	5l	13.65	V
DY475	Rose & Geranium Conditioner	5l	13.65	V
DY474	White Lavender Conditioner	5l	13.65	V
	SUMA GLYCERINE SOAP			
DY540	Grapefruit & Aloe Vera Soap	12 x 90g	9.80	V
DY555	Hemp Oil & Vitamin E Soap	12 x 90g	9.80	V
DY532	Rose & Geranium Soap	12 x 90g	9.80	V
DY013	White Lavender Soap	12 x 90g	9.80	V
	SUMA SHAMPOO			
DY595	Clear & Simple Shampoo	5l	13.65	V
DY598	Grapefruit & Aloe Vera Shampoo	5l	13.65	V
DY608	Rose & Geranium Shampoo	5l	13.65	V
DY593	White Lavender Shampoo	5l	13.65	V
	FAITH			
	<i>Hand Wash</i>			
DY245	Aloe Vera & Tea Tree Hand Wash	6 x 300ml	15.37	V
DY312	Lavender & Geranium Hand Wash	6 x 300ml	15.37	V
DY693	Pomegranate & Rooibos H/Wash	6 x 300ml	15.37	V
DY301	Seaweed Handwash	6 x 300ml	15.37	V
	<i>Soap</i>			
DY050	Loose Soap - Aloe Vera	18 x 100g	17.43	V
DY154	Loose Soap - Hemp & Green Tea	18 x 100g	17.43	V
DY005	Loose Soap - Lavender	18 x 100g	17.43	V
DY006	Loose Soap - Orange	18 x 100g	17.43	V
DY008	Loose Soap - Rosemary	18 x 100g	17.43	V
DY239	Loose Soap - Tea Tree	18 x 100g	17.43	V
	OLIVA			
DY561	Olive Oil Soap - Large Bar	6 x 600g	13.29	V
	BREADS & BREAD MIXES			
	AMAIZIN			
BT329	Organic Tortilla Wraps	16 x 240g	28.20	O
	BIONA			
BT298	Butter Croissants - organic	6 x 200g	14.36	O
BT135	Pizza Base - 2 Per Retail Pack	10 x 300g	18.68	OV
BT422	Spelt Pizza Base - Organic	10 x 300g	29.18	OV

code	product	size	rrp	bfgosv
BT203	ISABEL'S NATURALLY FREE FROM Gluten & Wheat Free Pizza Mix	8 x 300g	19.94	G
BURGERS SAUSAGES & TVP MIXES				
SUMA BAGGED DOWN				
VF406	Burger Mix - vegetarian	5kg	46.65	V
SY097	Burger Mix - vegetarian	1kg	9.69	V
VF407	Sausage Mix - vegetarian	5kg	44.59	V
SY098	Sausage Mix - vegetarian	1kg	9.25	V
SY113	TVP Flavoured Coloured Mince	1kg	5.25	V
SUMA COMMODITIES				
VF404	Burger Mix - Vegetarian	25kg	188.30	V
VF405	Sausage Mix - Vegetarian	25kg	179.60	V
SY205	TVP Flavoured Coloured Mince	15kg	55.30	V
PROTOVEG				
VF839	Sausage Mix	10kg	54.06	V
BUTTER & CREAM (CHILLED)				
DEVON CREAM COMPANY				
CV335	Clotted Cream	6 x 454g	32.26	
YEO VALLEY				
CV304	Slightly Salted Organic Butter	20 x 250g	36.74	O
CV292	Spreadable Butter	16 x 250g	27.95	O
CEREALS & MUESLIS				
SUMA BULK MUESLI				
MX184	Cranberry Crunch	3kg	9.97	
MX027	Crunchy Apricot Muesli	3kg	8.12	
MX025	Crunchy Apricot Muesli	25kg	58.52	
MX026	Crunchy Apricot Muesli	10kg	25.43	
MX185	Luxury Tropical Muesli	3kg	6.92	V
MX017	Luxury Tropical Muesli	10kg	21.32	V
MX042	Roast Hazelnut Muesli	3kg	7.37	V
MX041	Roast Hazelnut Muesli	10kg	22.86	V
MX034	Simply Muesli Base	3kg	4.29	V
MX032	Simply Muesli Base	20kg	22.00	V
MX033	Simply Muesli Base	10kg	12.96	V
MX045	Super Muesli	3kg	8.42	V
MX043	Super Muesli	25kg	62.86	V
SUMA BULK MUESLI - ORGANIC				
MX130	De Luxe Muesli - organic	3kg	9.22	OV
MX119	De Luxe Muesli - organic	10kg	29.72	OV
MX183	Muesli - organic	3kg	8.57	OV
MX160	Muesli - organic	25kg	63.57	VO
MX052	Muesli - organic	10kg	27.14	VO
MX167	Premium Muesli - organic	3kg	12.00	OV
MX107	Premium Muesli - organic	10kg	38.57	OV
MX035	Simply Muesli Base - Organic	3kg	6.00	VO
MX037	Simply Muesli base - Organic	20kg	34.29	VO
MX036	Simply Muesli Base - Organic	10kg	18.60	VO
CHEESE, COWS MILK (CHILLED)				
LYE CROSS				
<i>Catering Sizes</i>				
CV048	Double Gloucester	per kg	9.93	O
CV028	Mature Cheddar	per kg	10.50	O
CV451	Mild Cheddar	per kg	9.50	O
SINGLETONS				
CV388	Mature Cheddar	per kg	6.71	
CV387	Mild Cheddar	per kg	6.35	

code	product	size	rrp	bfgosv
CHOCOLATE				
SUMA COMMODITIES				
KB081	Cacao Nibs - Organic	15kg	152.25	OV
CIDERS				
DUNKERTONS				
RT015	Premium Organic Cider	12 x 500ml	22.66	OV
RT191	Sparkling Organic Perry	12 x 500ml	26.97	OV
FRENCH CIDER				
RT190	Cidre Brut	6 x 75cl	22.00	OV
WESTONS				
RT006	Wylldwood Organic Cider	12 x 500ml	23.83	OV
COCOA				
SUMA BAGGED DOWN - ORGANIC				
LJ149	Cocoa Powder - Organic	3kg	40.15	FOV
SUMA COMMODITIES - ORGANIC				
LJ173	Cocoa Powder Fairtrade	25kg	272.00	FOV
CLIPPER				
TE196	Instant Hot Chocolate	4 x 1kg	30.50	FS
DIVINE				
TE687	Drinking Chocolate	6 x 400g	19.80	FVS
COFFEE				
SUMA				
<i>Bulk Packs</i>				
TE103	Colombia Cosurca Beans	1kg	15.25	FOV
TE656	Espresso Beans	1kg	14.80	FOV
TE101	Ethiopia Yirgacheffe Beans	1kg	16.00	FOV
TE109	Honduras Coffee Beans	1kg	12.97	FOV
TE106	Peru Cepicafe Beans	1kg	13.69	FOV
TE107	Sumatra Gayo Highlands Beans	1kg	15.46	FOV
TE113	Swiss Water Decaff Beans	1kg	16.00	FOV
CAFEDIRECT				
<i>Instant Coffees</i>				
TE395	Smooth Roast	6 x 500g	101.61	FV
CLIPPER				
<i>FOOD SERVICE RANGE</i>				
TE724	Instant - Fairtrade & Organic	4 x 500g	64.00	FOV
TE526	Instant Organic Decaff	4 x 500g	75.00	FOV
CONVENIENCE FOODS				
FREE & EASY				
VF125	Bean Cassoulet - og	6 x 400g	9.47	OV
VF116	Chick Pea & Bean Tagine	6 x 400g	9.47	OV
VF006	Chick Pea/Vegetable Curry - og	6 x 400g	9.47	OV
VF014	Three Bean Chilli - og	6 x 400g	9.47	OV
GRANOVITA				
VF036	Nut Luncheon	12 x 420g	23.15	GV
SUNITA				
FG601	Polenta - organic	6 x 500g	8.95	OV
CRISPS & SNACKS				
SUMA BAGGED DOWN				
ZX332	Bombay Mix	1kg	3.39	V
ZX083	Fruit & Nut Mix	5kg	37.55	V
ZX477	Wasabi Peas - Spicy	1kg	8.05	V
SUMA COMMODITIES				
ZX033	Bhusu	5kg	12.50	V
ZX034	Bombay Mix	10kg	22.80	V
ZX288	Garlic Gathia	5kg	14.75	V

code	product	size	rrp	bfgosv
ZX037	Spiced Roast Chick Peas	2.5kg	6.49	V
ZX038	Spicy Noodles	5kg	14.75	V
ZX087	Trail Mix	10kg	75.49	SV
ZX089	Tropical Mix	10kg	44.75	SV
ZX468	Wasabi Peas - Spicy	10kg	61.55	V
AMAIZIN				
ZX589	Bio Corn Chips Nachos	10 x 150g	17.15	GOS
ZX543	Bio Corn Chips Natural	10 x 150g	13.25	OV
ZX429	Natural Corn Chips Value Bag	10 x 250g	17.95	OV
KETTLE CHIPS				
<i>Sharing Bags</i>				
ZX381	Balsamic Vinegar & Sea Salt	12 x 150g	18.66	SV
ZX248	Lightly Salted	12 x 150g	18.66	V
PIPERS CRISPS				
<i>Sharing Bag</i>				
ZX291	Anglesey Sea Salt	15 x 150g	19.77	GV
ZX289	Lye Cross Cheddar & Onion	15 x 150g	19.77	GS
ZX283	Sea Salt & Somerset Cider V'gr	15 x 150g	19.77	GS
TRAF0				
<i>Snacks</i>				
BT075	Pretzel Sticks	12 x 100g	12.15	OV
<i>Tortilla Chips</i>				
ZX136	Tortilla Chips - Natural	14 x 200g	19.85	OV
TYRRELLS				
<i>Potato Chips - Furrows Sharing</i>				
ZX495	Mature Cheddar & Pickled Onion	12 x 150g	14.98	S
ZX502	Sea Salt and Cider Vinegar	12 x 150g	14.98	SV
ZX496	Sea Salted	12 x 150g	14.98	SV
<i>Potato Chips - Sharing</i>				
ZX016	Cheddar Cheese & Chive	12 x 150g	14.99	
ZX018	Cider Vinegar & Sea Salt	12 x 150g	14.99	V
ZX022	Lightly Sea Salted	12 x 150g	14.99	V
ZX023	Naked Chips	12 x 150g	14.99	V
ZX024	Sea Salt & Black Pepper	12 x 150g	14.99	V
ZX021	Sweet Chilli & Red Pepper	12 x 150g	14.99	V
DESSERTS				
SUMA PREPACKS				
VF075	Custard Powder	6 x 500g	13.46	V
JUST WHOLEFOODS				
VF067	Jelly Crystals - Lemon	12 x 85g	12.00	VS
VF068	Jelly Crystals - Strawberry	12 x 85g	12.00	VS
VF066	Jelly Crystals - Trop Fruits	12 x 85g	12.00	VS
PROVAMEL				
SY075	Soya Custard	16 x 525g	17.40	OV
SOJADE				
SY017	Cuisine- Organic Soya Cream	24 x 200ml	17.90	OSV
DESSERTS & PUDDINGS (CHILLED)				
CARTMEL STICKY TOFFEE PUDDING				
CV153	Sticky Toffee Pudding	730g	5.93	S
DRINKS (CHILLED)				
ALPRO				
CV088	Organic Fresh Soya Drink	6 x 1l	8.45	OV
EQUINOX				
CV736	Kombucha Ginger	20 x 275ml	25.71	OSV
CV737	Kombucha Original	20 x 275ml	25.71	OSV
CV741	Kombucha Raspberry/Elderflower	20 x 275ml	25.71	OSV
CV742	Kombucha Wild Berry	20 x 275ml	25.71	OSV

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FAR EASTERN FOOD				
BIONA				
VF775	Coconut Milk Organic	6 x 400ml	8.51	OV
VF772	Creamed Coconut Organic	12 x 200g	17.91	OV
BLUE DRAGON				
JP220	Tofu - Firm Silken	12 x 349g	17.59	V
CLEARSPRING				
<i>Soya Sauce</i>				
JP605	Shoyu	2.5l	17.99	OV
JP001	Tamari Soya Sauce	2.5l	32.47	GOV
MERIDIAN				
JP058	Tamari	5l	29.50	GV
MORI-NU				
JP205	Tofu - Firm Tofu	12 x 349g	16.30	V
FLAKES, BRANS & WHEATGERM				
SUMA BAGGED DOWN				
FX109	Oat Bran	5kg	7.99	V
FX104	Oats - porridge	10kg	13.25	V
FX063	Wheatgerm	5kg	12.65	V
SUMA BAGGED DOWN - ORGANIC				
FX085	Oats - porridge, organic	10kg	20.15	VO
SUMA COMMODITIES				
FX065	Oat Bran	25kg	27.20	V
FG032	Oatmeal - Coarse (Pinhead)	25kg	18.40	V
FX504	Oats - jumbo	25kg	22.43	V
FX010	Oats - porridge	25kg	22.44	V
SUMA COMMODITIES - ORGANIC				
FX250	Bran Sticks - organic	15kg	38.46	VO
FX027	Buckwheat Flakes - Organic	15kg	72.35	OV
FX053	Millet Flakes - Organic	15kg	65.80	VO
QS002	Oat Groats - Organic	25kg	50.42	VO
FX503	Oats - jumbo, organic	25kg	36.27	VO
FX009	Oats - porridge	20kg	29.39	OV
FX014	Oats - porridge, organic	25kg	35.94	VO
FX654	Quinoa Flakes - organic	15kg	70.40	FOV
FX004	Rice Flakes, Brown - organic	15kg	63.95	VO
FLOURS & BREAD MIXES				
SUMA BAGGED DOWN				
FG093	Polenta	5kg	6.65	V
SUMA BAGGED DOWN - ORGANIC				
FG043	Soya Flour - organic	1kg	4.19	OV
SUMA COMMODITIES				
FG046	Gram Flour	5kg	11.29	V
FG094	Polenta	25kg	21.60	V
FG048	Potato Starch	25kg	30.00	V
FG049	Semolina - fine	25kg	26.50	V
SUMA COMMODITIES - ORGANIC				
FG243	Soya Flour - organic	25kg	74.15	OV
SUMA PREPACKS				
FG002	Teff Flour - Brown	6 x 500g	15.74	V
FG013	Teff Flour - White	6 x 500g	15.74	V
BIOFAIR				
FG027	Organic Fairtrade Quinoa Flour	6 x 400g	31.46	FOV
DOVES FARM				
FG069	Fine Plain White Flour	5 x 1kg	5.24	OV
FG010	Fine Plain Wholemeal Flour	5 x 1kg	4.83	VO
FG522	Gluten Free Brown Bread Flour	5 x 1kg	8.94	GV

code	product	size	rrp	bfgosv
FG700	Gluten Free Plain White Flour	5 x 1kg	8.38	GV
FG520	Gluten Free White Bread Flour	5 x 1kg	8.38	GV
FG004	Malthouse Bread Flour	5 x 1kg	5.96	OV
FG117	Rice Flour	5 x 1kg	6.89	GV
FG115	Self Raising Wholemeal Flour	5 x 1kg	5.08	OV
FG997	Speciality Pasta Flour	5 x 1kg	6.17	OV
FG116	Stoneground Gram Flour	5 x 1kg	8.83	GV
FG072	Strong White Bread Flour	5 x 1.5kg	7.29	OV
FG008	Strong Wholemeal Bread Flour	5 x 1.5kg	7.29	OV
FG070	White Self Raising Flour	5 x 1kg	5.40	OV
FG701	White Self Raising Flour GF	5 x 1kg	8.38	GV
	Artisan Flour			
FG028	Buckwheat Flour Wholegrain	5 x 1kg	12.69	V
FG082	Einkorn Flour	5 x 1kg	11.82	OV
FG011	Khorasen Flour Wholegrain	5 x 1kg	16.54	OV
FG016	Rye Flour Wholegrain Organic	5 x 1kg	6.17	OV
FG071	Spelt Flour White Organic	5 x 1kg	12.33	OV
FG102	Spelt Flour Wholegrain Organic	5 x 1kg	10.48	OV
	Bulk			
FG499	Gluten Free Plain White	16kg	22.84	GV
FG052	Gluten Free Self Raising Flour	16kg	22.84	GV
FG005	Maize Flour - organic	25kg	32.17	OV
FG888	Malthouse Flour - organic	25kg	27.49	OV
FG015	Rye Flour	25kg	16.93	V
FG886	Rye Flour Lite - Organic	25kg	29.59	OV
FG067	Spelt Flour - organic	25kg	44.20	OV
FG020	Strong White Flour	25kg	22.64	VO
FG075	White flour - plain organic	25kg	22.85	VO
FG497	White flour - self raising org	25kg	23.49	OV
FG498	White flour - strong organic	16kg	15.66	OV
FG995	Wholewheat Flour	25kg	20.10	OV
FG007	Wholewheat strong flour org	25kg	20.10	VO
	GILCHESTERS ORGANICS			
FG019	100% Whole Spelt Flour	6 x 1.5kg	17.31	OV
FG014	Pizza & Ciabatta Wheat Flour	6 x 1.5kg	14.40	OV
FG018	Semolina Fine Wheat Flour	6 x 500g	8.57	OV
FG009	Strong 100% Whole Wheat Flour	6 x 1.5kg	12.47	OV
FG006	Strong White Wheat Flour	6 x 1.5kg	14.40	OV
	Bulk			
FG110	Pizza & Ciabatta Flour	15kg	19.15	OV
FG109	Strong White Flour - S/ground	15kg	19.15	OV
FG108	Wholemeal Flour - Stoneground	15kg	17.31	OV
	LITTLE SALKELD WATERMILL			
FG804	Barley Flour - organic	6 x 500g	10.98	OV/B
	MARRIAGES			
FG582	Canadian V Strong White	5 x 1.5kg	7.65	V
FG666	Canadian V Strong Wholemeal	5 x 1.5kg	7.65	V
FG031	White Flour - Finest plain	5 x 1.5kg	6.47	V
FG030	White flour - Finest strong	5 x 1.5kg	7.28	V
FG029	White flour Finest self rais.	5 x 1.5kg	6.47	V
FG022	Wholemeal strong flour	5 x 1.5kg	7.28	V
	Bulk			
FG023	Wholemeal Bread Flour-organic	16kg	20.81	OV
	SHIPTON MILL			
FG876	White Strong Organic Flour	5 x 2.5kg	13.55	OV
FG079	Wholemeal Organic Flour	5 x 2.5kg	13.32	OV
	SUPREME			
FG021	Gram Flour Bulk	20kg	32.00	V

code	product	size	rrp	bfgosv
FRUIT - CANNED & JARRED				
ESSENTIAL TRADING				
KJ263	Mango Chunks in Org Juice	6 x 400g	10.30	VO
KJ262	Pineapple Chunks In Org Juice	6 x 400g	10.30	VO
KJ260	Tropical Fruits in Org Juice	6 x 400g	10.30	VO
FRUIT - DRIED				
SUMA BAGGED DOWN				
DR004	Apple - rings SO2	5kg	32.69	V
DR293	Apple - rings SO2	1kg	7.35	V
DR090	Apricots - select SO2	2.5kg	13.35	V
DR168	Apricots - select SO2	1kg	5.95	V
DR122	Apricots - unsulphured	5kg	25.05	V
DR207	Apricots - unsulphured	1kg	5.85	V
DR174	Banana - chips	1kg	3.95	SV
DR027	Blueberries	1kg	18.15	SV
DR225	Cherries Glace - Dark Red	1kg	6.65	VS
DR092	Cranberries	2.5kg	14.79	VS
DR058	Cranberries	1kg	6.49	VS
DR126	Currants - medium	5kg	24.45	V
DR173	Currants - medium	1kg	5.75	V
DR227	Dates - chopped	1kg	3.85	V
DR148	Dates - loosepack	5kg	13.39	V
DR183	Dates - loosepack	1kg	3.49	V
DR208	Figs	1kg	8.49	V
DR178	Fruit Cake Mix	1kg	4.85	VS
DR068	Fruit Salad - SO2	5kg	32.50	V
DR344	Fruit Salad - SO2	1kg	7.25	V
DR169	Ginger	1kg	5.79	VS
DR153	Goji Berries	1kg	15.65	V
DR320	Mango Slices - SO2	1kg	19.25	V
DR228	Mixed Peel - Contains SO2	1kg	3.69	VS
DR209	Papaya	1kg	5.95	VS
DR210	Peaches - SO2	1kg	8.09	V
DR211	Pears - SO2	1kg	7.65	V
DR212	Pineapple - diced, SO2	1kg	4.25	VS
DR103	Prunes - pitted, Ashlock	2.5kg	10.49	V
DR239	Prunes - pitted, Ashlock	1kg	4.75	V
DR667	Raisins - Dark flame	1kg	4.79	V
DR078	Raisins - Thompson Seedless	5kg	18.89	V
DR109	Raisins - Thompson Seedless	2.5kg	10.15	V
DR171	Raisins - Thompson Seedless	1kg	4.59	V
DR128	Sultanas - 5 crown	5kg	25.05	V
DR152	Sultanas - No 9's	5kg	14.45	V
DR216	Sultanas - No 9's	1kg	3.75	V
DR069	Vine Fruit Mix	5kg	20.75	V
DR691	Vine Fruit Mix	1kg	4.89	V
SUMA BAGGED DOWN - ORGANIC				
DR082	Apricots - organic	2.5kg	14.65	OV
DR050	Apricots - organic	1kg	6.45	OV
DR219	Cranberries - organic	1kg	12.95	OSV
DR079	Currants - organic	2.5kg	19.79	OV
DR080	Dates - organic	2.5kg	17.89	VO
DR236	Dates - organic	1kg	7.75	OV
DR062	Dates - organic Medjool	1kg	16.49	OV
DR072	Dates OG pitted fairly traded	1kg	8.19	FOV
DR105	Figs - organic	2.5kg	23.25	OV
DR048	Figs - Organic	1kg	9.95	OV

code	product	size	rrp	bfgosv
DR026	Ginger - crystallised organic	1kg	9.65	OSV
DR081	Prunes, pitted - organic	2.5kg	26.55	OV
DR052	Prunes, pitted - organic	1kg	11.19	OV
DR145	Raisins - organic	2.5kg	12.29	OV
DR053	Raisins - organic	1kg	5.49	OV
DR146	Sultanas - organic	2.5kg	9.85	OV
DR056	Sultanas - organic	1kg	4.49	OV
DR391	Vine Fruit Mix - organic	5kg	27.65	OV
DR423	Vine Fruit Mix - organic	1kg	6.29	OV
SUMA COMMODITIES				
DR003	Apple - Rings SO2	10kg	52.00	V
DR005	Apricots - Chopped SO2	12.5kg	35.55	V
DR010	Apricots - Natural Pitted	12.5kg	49.00	V
DR008	Apricots - Select Grade SO2	12.5kg	49.85	V
DR528	Blueberries	25lb	159.95	SV
DR014	Cherries Glace - Bright Red	5kg	22.75	VS
DR013	Cherries Glace - Dark Red	5kg	22.95	VS
DR015	Currants - medium	12.5kg	47.85	V
DR017	Dates - chopped	12.5kg	28.19	V
DR018	Dates - Whole Pitted GAQ Grade	10kg	19.85	V
DR154	Dates - Whole Pitted Select	10kg	20.30	V
DR022	Ginger - Crystallised	5kg	21.50	VS
DR777	Lemon - Caps	3.5kg	19.95	VS
DR300	Mango Slices - SO2	12.50kg	189.00	FV
DR023	Mixed Peel - Contains SO2	10kg	21.50	VS
DR024	Papaya - Diced SO2	5kg	21.95	VS
DR025	Peaches - Halves SO2	12.5kg	72.50	V
DR163	Pears - Halves SO2	12.5kg	67.75	V
DR029	Pineapple - Diced SO2	5kg	14.95	VS
DR801	Prunes - Pitted Ashlock	10kg	30.35	V
DR143	Raisins - Dark Flame	10kg	30.65	V
DR039	Raisins - Thompson Seedless	12.5kg	36.65	V
DR041	Sultanas - Australian 5 Crown	14kg	54.95	V
DR042	Sultanas - Turkey	12.5kg	26.95	V
SUMA COMMODITIES - ORGANIC				
DR043	Apricots - Organic	12.5kg	56.50	VO
DR869	Banana Chips - Organic	6.8kg	29.75	OS
DR908	Cranberries - Organic	11.34kg	111.55	OSV
DR111	Currants - Organic	12.5kg	76.75	OV
DR986	Dates - Fairtrade Organic	5kg	29.50	FOV
DR112	Dates - Whole Pitted Organic	5kg	27.50	OV
DR044	Figs - Organic	10kg	72.50	OV
DR007	Ginger - Organic	5kg	37.50	OSV
DR142	Prunes - Organic	12.5kg	104.95	OV
DR045	Raisins - Organic	12.5kg	45.50	OV
DR046	Sultanas - Organic	12.5kg	35.25	OV
FRUIT & VEGETABLE JUICES				
STUTE				
JU013	Superior Mango Juice Drink	8 x 1.5l	10.70	SV
SUNITA				
JU997	Lemon Juice - E224	5l	14.41	V
JU672	Lemon Juice - organic	6 x 1l	32.43	OV
JU524	Lime juice	5l	12.16	V
FRUIT JUICE CONCS & CORDIALS				
SUMA				
JU057	Apple - concentrate	5l	28.74	V
JU243	Apple Juice Concentrate - og	5l	31.87	OV

code	product	size	rrp	bfgosv
GOATS MILK PRODUCTS (CHILLED)				
DELAMERE DAIRY				
<i>Butter</i>				
CV239	Goats Butter	10 x 250g	14.57	
<i>Minimum 5 days shelf-life</i>				
CV406	Fresh Goats Milk - semi skimmd	12 x 1l	18.51	
CV409	Fresh Goats Milk - whole	12 x 1l	18.51	
GRAINS				
SUMA BAGGED DOWN				
QS026	Barley Grain - pearl	10kg	13.05	V
QS112	Bulgar wheat - coarse	3kg	5.65	V
QS062	Couscous	3kg	4.95	V
QS018	Couscous	10kg	15.89	V
QS032	Pearl Couscous	3kg	8.69	V
QS078	Rice - arborio (risotto)	5kg	12.65	V
QS064	Rice - basmati, brown	3kg	7.19	V
QS005	Rice - basmati, brown	10kg	23.45	V
QS074	Rice - basmati, white	3kg	7.19	V
QS403	Rice - basmati, white	10kg	23.45	V
QS007	Rice - long grain brown	5kg	7.99	V
QS079	Rice - white pudding	5kg	10.05	V
QS033	Rice - wild	2.5kg	31.39	V
QS083	Tapioca	3kg	9.45	V
SUMA BAGGED DOWN - ORGANIC				
QS040	Buckwheat - unroasted, organic	5kg	12.75	VO
QS030	Bulgar wheat - organic	3kg	7.35	VO
QS049	Couscous - wholemeal, organic	3kg	8.59	VO
QS092	Millet - organic	3kg	7.75	OV
QS012	Oat Groats - Organic	5kg	13.59	VO
QS153	Popcorn - organic	3kg	7.85	VO
QS151	Popcorn - organic	1kg	2.99	VO
QS606	Quinoa - organic	3kg	12.75	OV
QS071	Red Quinoa - organic	3kg	17.45	OV
QS069	Red Quinoa - organic	1kg	6.15	OV
QS566	Rice - arborio, organic	3kg	13.45	OV
QS668	Rice - basmati, brown organic	3kg	9.39	VO
QS664	Rice - basmati, white organic	3kg	10.09	VO
QS036	Rice- long grain brown organic	3kg	9.09	VO
QS035	Rice- long grain brown organic	10kg	29.79	VO
QS039	Rice-short grain brown organic	3kg	8.79	VO
QS038	Rice-short grain brown organic	10kg	28.85	VO
SUMA COMMODITIES				
QS117	Barley Grain - pearl	25kg	22.00	V
QS990	Bulgar wheat - coarse	25kg	33.20	V
QS017	Couscous	25kg	28.00	V
QS031	Pearl Couscous	15kg	32.50	V
QS125	Rice - Arborio (risotto)	25kg	46.55	V
QS402	Rice - basmati, white	20kg	35.00	V
QS006	Rice - long grain brown	25kg	27.20	V
QS501	Rice - white pudding	25kg	35.70	V
QS008	Sushi Rice	10kg	18.95	V
SUMA COMMODITIES - ORGANIC				
QS116	Buckwheat - unroasted, organic	25kg	47.00	OV
QS250	Bulgar wheat - organic	25kg	44.70	OV
QS115	Couscous - wholemeal, organic	25kg	53.50	OV
QS235	Millet - organic	25kg	47.00	OV
QS042	Popcorn - organic	25kg	48.50	OV

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QS201	Quinoa - organic	25kg	82.00	OV
QS063	Red Quinoa - organic	25kg	115.00	OV
QS825	Rice - arborio organic	25kg	87.00	VO
QS666	Rice - basmati, white organic	25kg	63.90	OV
QS034	Rice-long grain brown organic	25kg	56.90	OV
QS037	Rice-short grain brown organic	25kg	55.00	VO
	DOVES FARM			
QS047	Wheat grain - organic	25kg	20.10	VO
	GRAVY, STOCK & BOUILLON			
	MARIGOLD			
LJ046	Bouillon Powder	1kg	8.75	G
LJ238	Bouillon Powder - Organic	6 x 500g	32.18	GOV
LJ164	Bouillon Powder - Reduced Salt	1kg	8.75	GV
LJ321	Yeast Free Bouillon Stock Cube	12 x 84g	12.51	GOV
	VECON			
LJ049	Vegetable Stock	1kg	10.39	V
	HERB & FRUIT INFUSIONS			
	SUMA			
HE102	Chamomile	500g	11.55	V
	CLIPPER			
	<i>FOOD SERVICE RANGE</i>			
TE148	Chamomile - og	6 x 25 bags	11.41	FOV
TE141	Chamomile - og	250 bags	14.70	FOV
TE455	Lemon & Ginger - og	6 x 25 bags	13.31	OV
TE459	Lemon & Ginger - og	250 bags	20.87	OV
TE166	Peppermint - og	6 x 25 bags	11.41	FOV
TE162	Peppermint - og	250 bags	14.70	FOV
TE454	Wild berry - og	6 x 25 bags	13.31	OV
	HERBS & SPICES - BULK			
	BULK HERBS			
HE100	Mixed Herbs	1kg	6.69	V
HE093	Oregano	1kg	8.95	V
HE096	Sage	1kg	8.95	V
HE099	Thyme	1kg	6.49	V
	BULK MILLED SPICES			
HE036	Arrowroot	1kg	5.09	V
HE039	Cayenne Pepper	1kg	6.95	V
HE042	Chilli Powder	1kg	6.15	V
HE041	Cinnamon - Ground	1kg	8.99	V
HE044	Coriander	1kg	3.75	V
HE045	Cumin	1kg	7.20	V
HE049	Ginger	1kg	6.75	V
HE051	Mustard Powder	1kg	5.20	V
HE052	Nutmeg	500g	12.89	V
HE235	Paprika - Hungary	1kg	9.50	V
HE053	Paprika - Spain	1kg	5.65	V
HE117	Paprika, Smoked - Spain	1kg	8.95	V
HE401	Pepper - Black Cracked Ground	1kg	17.55	V
HE054	Turmeric	1kg	6.75	V
	BULK ORGANIC			
HE707	Cinnamon Ground - OG	500g	9.35	OV
HE118	Cumin Seeds - Organic	1kg	17.85	OV
HE735	Ginger Powder Organic	500g	7.79	OV
HE732	Turmeric - OG	500g	6.49	OV
HE703	Whole Black Peppercorns - OG	500g	15.00	VO
	BULK SCENTED HERBS			
HE090	Lavender	500g	10.95	V

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BULK SPICE BLENDS				
HE057	Curry Powder - Madras	1kg	5.90	V
HE059	Mixed Spice	1kg	5.70	V
BULK WHOLE SPICES				
HE003	Caraway Seeds	1kg	6.65	V
HE004	Cardamoms (Whole) - green	500g	14.75	V
HE008	Cinnamon Quills	500g	16.40	V
HE009	Cloves	1kg	23.85	V
HE010	Coriander Seeds	1kg	4.50	V
HE011	Cumin Seeds	1kg	7.35	V
HE016	Juniper Berries	1kg	12.75	V
ZX100	Liquorice Root	1kg	18.40	V
HE018	Mustard Seeds - brown	1kg	3.95	V
HE019	Mustard Seeds - yellow	1kg	3.95	V
HE020	Nutmeg	500g	15.89	V
HE022	Peppercorns - black	3kg	47.65	V
HE021	Peppercorns - black	1kg	16.95	V
HE026	Poppy Seeds	1kg	6.39	V
HE231	Star Anise	500g	6.49	V
HE207	Tamarind	200g	1.96	V
HE027	Vanilla Pods	10 pack	30.75	V
HERBS & SPICES - PREPACKED				
SUMA				
<i>Whole Spices</i>				
HE001	Peppercorns - black	6 x 250g	17.96	V
HONEY				
SUMA				
HY082	Wildflower Honey - Clear, Bulk	3kg	17.66	
HY083	Wildflower Honey - Set, Bulk	3kg	17.66	
TROPICAL FOREST				
HY601	Forest Honey - clear,organic	7lb	23.81	FO
HY602	Forest Honey - set,organic	7lb	23.81	FO
HOUSEHOLD CLEANING PRODUCTS				
BIO D				
HJ258	Drum Tap - fits both 15l & 25l	each	4.30	V
HJ004	Fabric Conditioner	12 x 1l	18.72	V
HJ003	Laundry Liquid	12 x 1l	38.52	V
HJ244	Toilet Cleaner - angled head	12 x 750ml	18.66	V
HJ082	Washing Powder Concentrated	2kg	5.45	V
HJ081	Washing Powder Concentrated	1kg	2.81	V
HJ103	Washing Powder Concentrated	12.5kg	30.97	V
<i>15 Litres Bulk</i>				
HJ120	Laundry Liquid	15l	44.28	V
HJ115	Washing Up Liquid	15l	18.70	V
<i>5 Litres Bulk</i>				
HJ608	Fabric Conditioner	5l	5.86	V
HJ116	Handwash - Lime & Aloe Vera	5l	10.55	V
HJ107	Handwash - unfragranced	5l	8.88	V
HJ247	Home & Garden Sanitiser	5l	6.50	V
HJ800	Laundry Liquid	5l	15.13	V
HJ654	Multi Surface Cleaner	5l	8.26	V
HJ665	Toilet Cleaner	5l	6.71	V
HJ097	Washing Up Liquid	5l	6.39	V
<i>Handwash</i>				
HJ119	Handwash - Lime & Aloe Vera	6 x 500ml	14.95	V
HJ117	Handwash - unfragranced	6 x 500ml	14.06	V

code	product	size	rrp	bfgosv
	CAMBRIDGE TRADITIONAL PRODUCTS			
HJ017	Pure Beeswax	16 x 1oz	18.96	
	EARTH FRIENDLY			
HJ562	Laundry Liquid Lavender ECOS	8 x 1.5l	39.75	V
	ECOLEAF			
HJ090	20L Drum Tap	each	2.99	V
HJ105	Fabric Conditioner	6 x 1.5l	14.95	V
HJ055	Laundry Liquid	6 x 1.5l	22.46	V
HJ050	Multi Surface Cleaner	6 x 500ml	8.59	V
	20 Litres Bulk			
HJ083	Fabric Conditioner Bulk	20l	19.99	V
HJ060	Laundry Liquid Bulk	20l	36.49	V
HJ077	Washing Up Liquid Bulk	20l	19.43	V
	5 Litres Bulk			
HJ078	Fabric Conditioner	5l	6.24	V
HJ075	Laundry Liquid	5l	11.24	V
HJ072	Toilet Cleaner	5l	7.49	V
HJ067	Washing Up Liquid	5l	6.08	V
	Powders			
HJ129	Washing Powder Concentrated	10kg	23.14	V
	ECOVER			
HJ100	All Purpose Cleaner	12 x 1l	22.25	V
HJ065	Cream Cleaner	12 x 500ml	12.07	V
HJ024	Floor Cleaner	12 x 1l	26.20	V
HJ549	Laundry Liquid - Non Bio	6 x 1.5l	26.40	
HJ054	Liquid Hand Soap Refill	6 x 1l	41.44	V
HJ095	Multi Surface Spray	6 x 500ml	11.74	V
HJ185	Washing Powder - Non Bio	3 x 3kg	28.52	
HJ091	Window & Glass Cleaner	6 x 500ml	11.04	V
	5 Litres Bulk			
HJ070	Floor Cleaner	5l	9.64	V
HJ071	Laundry Liquid - Delicate	5l	11.87	V
HJ022	Laundry Liquid Non - Bio	5l	22.76	
HJ527	Liquid Hand Soap	5l	18.26	V
	Bag in Box Range			
HJ084	15L Refill Tap	each	2.81	
HJ035	Laundry Liquid	15l	26.89	V
HJ034	Washing Up Liquid	15l	21.93	V
	Dishwasher Products			
HJ086	Dishwasher Rinse Aid	12 x 500ml	30.11	V
HJ132	Dishwasher Tablets - Bulk	5 x 70 tablets	45.46	V
	Zero			
HJ202	Laundry Liquid Zero	6 x 1.5l	27.51	
HJ203	Washing Powder Zero	7.5kg	22.63	
	HOUSEHOLD PRODUCTS			
	ECOFORCE			
NF003	Recycled Dish Brush	12 x 1	15.43	
NF094	Recycled Dish Brush Refill	6 x 2 pack	7.85	
	ECOLEAF FROM SUMA			
NF091	Ecoleaf 3 Ply Kitchen Towels	12 x 2 rolls	12.68	V
NF214	Ecoleaf Toilet Tissue	5 x 9 rolls	14.85	V
NF209	Ecoleaf Toilet Tissue	10 x 4 pack	13.20	V
NF210	Ecoleaf Toilet Tissue Bulkpack	5 x 12 pack	18.90	V
	HILL BRUSH COMPANY			
NF781	Vegetable Brush	each	4.20	V
NF782	Washing Up Brush + Four Heads	each	5.55	

code	product	size	rrp	bfgosv
	IF YOU CARE			
NF500	100% Recycled Aluminium Foil	12 x rolls	21.84	
NF032	Heavy Duty Aluminium Foil	12 x 1 rolls	29.84	
NF023	Large Baking Cups	24 x 1 pack	22.68	
NF021	Parchment Paper Rolls	12 x 1 rolls	29.84	
NF018	Sponge Cloths	12 x 5 cloths	29.67	
	TRAIDCRAFT			
NF181	Fair Trade Rubber Gloves	12 x 1 pairs	10.86	F
	INDIAN FOOD			
	PATAKS			
	<i>Pappadums</i>			
VF293	Pappadums - Plain	12 x 100g	14.60	V
	MARGARINES & SPREADS (CHILLED)			
	SUMA			
	<i>Non Hydrogenated Oils</i>			
MA003	Olive Spread	8 x 500g	13.69	V
MA055	Soya Spread	8 x 500g	11.87	V
MA053	Sunflower Spread	8 x 500g	11.87	V
MA051	Sunflower Spread	6 x 2kg	33.99	V
	BIONA			
MA061	Vegetable Margarine	8 x 250g	17.34	OV
MA030	Vegetable Margarine	16 x 500g	52.68	OV
	MAYONNAISE & SALAD DRESSINGS			
	SUMA			
KJ022	Organic Mayonnaise	1kg	7.25	O
	KITE			
KJ230	Mayonnaise	2.5kg	13.00	O
	PLAMIL			
	<i>Catering</i>			
LJ360	Egg Free Mayonnaise - organic	2.5kg	17.60	GOSV
	MEATLESS SUBSTITUTES (CHILLED)			
	VBITES			
	<i>Catering Pack</i>			
CV055	Streaky Style Rashers	2 x 500g	13.77	VS
	MIDDLE EASTERN & AFRICAN FOOD			
	CARLEY'S			
KJ240	Preserved Lemon - Organic	6 x 700g	23.27	OV
	MILK - NON DAIRY			
	BONSOY			
SY072	Soya Milk	6 x 1l	16.85	V
	DREAM			
JU540	Rice Dream - Calcium	12 x 1l	17.23	V
JU307	Rice Dream - Hazelnut & Almond	12 x 1l	19.15	V
JU361	Rice Dream - Original	12 x 1l	17.22	VO
JU362	Rice Dream - Vanilla	12 x 1l	19.15	VO
	ECOMIL			
SY012	Almond Drink Powder	6 x 400g	67.28	GOV
SY030	Cuisine - Almond Cream	24 x 200ml	28.80	GOV
	GOOD HEMP FOOD			
SY065	Hemp Drink	12 x 1l	17.91	V
	KOKO DAIRY FREE			
SY046	Coconut Milk Drink	8 x 3x250ml	11.94	GV
SY038	Coconut Milk Drink	12 x 1l	16.11	GV
SY051	Coconut Milk Drink - Chocolate	12 x 1l	18.81	GSV
SY056	Coconut Milk Drink Chocolate	8 x 3x250ml	11.94	GSV

code	product	size	rrp	bfgosv
	OATLY			
SY019	Cream - Dairy Free	18 x 250ml	14.40	VO
	PLAMIL			
SY009	Soya Milk, unsweetened - og	6 x 1l	10.13	GOV
	PROVAMEL			
SY090	Almond Drink - Organic	12 x 1l	25.11	OV
SY094	Almond Drink - Unsweetened	12 x 1l	25.11	GOV
SY011	Coconut & Rice Drink	12 x 1l	16.92	GOV
SY007	Rice Drink - organic	12 x 1l	17.01	GVO
SY080	Soya Milk - sweetened	12 x 1l	14.85	GOV
SY126	Soya Milk - Sweetened with	15 x 250ml	6.18	GOV
SY025	Soya Milk - Unsweetened	12 x 1l	14.85	GOV
	SOJADE			
SY400	Rice Drink - calcium enriched	6 x 1l	7.60	OV
SY018	Soya Milk - calcium & apple	6 x 1l	7.80	VO
SY016	Soya Milk - unsweetened	6 x 1l	6.70	OV
SY023	Soya Milk - Vanilla & Calcium	6 x 1l	8.78	OSV
	SOYATOO!			
SY375	Soy Whip - Spray Soya Cream	12 x 250g	19.25	V
	THE BRIDGE			
SY002	Oat Drink	12 x 1l	15.75	OV
SY560	Oat Drink - Calcium Enriched	12 x 1l	17.91	OV
SY042	Rice Drink - Calcium Enriched	12 x 1l	15.75	GOV
SY487	Rice Drink - Original	12 x 1l	15.75	GOV
SY452	Rice Drink + Almond	12 x 1l	18.81	GOV
	MILK (LONGLIFE)			
	MOO			
MJ011	Semi Skimmed Milk - Organic	12 x 1l	17.90	O
	NON-DAIRY DESSERTS (FROZEN)			
	FOOD HEAVEN			
	<i>Dairy-Free Ice Cream</i>			
XL400	Cool Vanilla Ice Cream	6 x 900ml	15.71	SV
XL398	Wild Blueberry Ice Cream	6 x 900ml	15.71	SV
	NUT & SEED BUTTERS			
	SUMA			
GH047	Peanut Butter, crunchy + salt	6 x 700g	28.66	VO
GH248	Peanut Butter, crunchy no salt	6 x 700g	28.66	VO
GH051	Peanut Butter, smooth + salt	6 x 700g	28.66	VO
GH257	Peanut Butter, smooth no salt	6 x 340g	15.79	VO
	MERIDIAN			
GH037	Peanut Butter - crunchy + salt	1kg	5.24	V
GH039	Peanut Butter - smooth + salt	1kg	5.24	V
	100% Nuts			
GH038	Peanut Butter Crunchy	1kg	5.24	V
GH097	Peanut Butter Crunchy Organic	1kg	5.99	OV
GH040	Peanut Butter Smooth	1kg	5.24	V
GH069	Peanut Butter Smooth	1kg	5.99	OV
	SUNITA			
GH080	Tahini - light	3kg	21.40	V
GH149	Tahini - light, organic	3kg	26.70	VO
GH079	Tahini - Whole	3kg	21.35	V
GH996	Tahini, Whole, Organic	3kg	26.70	VO

code	product	size	rrp	bfgosv
NUTS & SEEDS				
NU054	Chia Seeds	1kg	5.09	V
SUMA BAGGED DOWN				
NU004	Almonds	5kg	56.65	V
NU005	Almonds	1kg	11.69	V
NU135	Almonds - blanched	1kg	14.59	V
NU007	Almonds - flaked	5kg	68.79	V
NU008	Almonds - flaked	1kg	14.09	V
NU010	Almonds - ground	5kg	54.15	V
NU011	Almonds - ground	1kg	11.19	V
NU214	Bird Nuts	5kg	11.55	V
NU017	Brazil - broken	5kg	52.19	V
NU078	Brazil - broken	1kg	10.79	V
NU015	Brazil - whole, medium	5kg	59.99	V
NU077	Brazil - whole, medium	1kg	12.35	V
NU019	Cashew - large pieces	5kg	66.35	V
NU020	Cashew - large pieces	1kg	13.65	V
NU237	Cashew - roasted & salted	1kg	17.95	V
NU131	Cashew - whole	5kg	77.95	V
NU134	Cashew - whole	1kg	15.95	V
NU274	Coconut - chips	1kg	5.75	V
NU240	Coconut - desiccated , medium	5kg	21.15	V
NU241	Coconut - desiccated , medium	1kg	4.59	V
NU030	Hazelnuts	5kg	54.89	V
NU096	Hazelnuts	1kg	11.35	V
NU206	Linseed / Flax	5kg	7.99	V
NU204	Linseed / Flax	1kg	2.35	V
NU079	Macadamia Nuts - Style 2	1kg	36.09	V
NU035	Mixed nuts	5kg	43.45	V
NU239	Mixed nuts	1kg	9.55	V
NU107	Mixed nuts - chopped	1kg	7.75	V
NU046	Peanuts - redskin	5kg	16.75	V
NU027	Pecan nuts	2.5kg	57.59	V
NU055	Pecan nuts	1kg	23.35	V
NU057	Pine kernels	1kg	28.49	V
NU251	Pistachio - raw, shelled	1kg	27.05	V
NU060	Pistachio - roasted & salted	1kg	16.79	V
NU062	Pumpkin seeds	5kg	26.69	V
NU063	Pumpkin seeds	1kg	5.69	V
NU066	Sesame seeds - natural	5kg	19.75	V
NU227	Sesame seeds - natural	1kg	4.29	V
NU068	Sunflower seeds	5kg	8.65	V
NU231	Sunflower seeds	1kg	2.25	V
SUMA BAGGED DOWN - ORGANIC				
NU201	Almonds - organic	1kg	16.95	VO
NU430	Almonds, ground - organic	1kg	18.35	OV
NU032	Brazils Whole - organic	2.5kg	35.35	OV
NU278	Brazils Whole - organic	1kg	14.45	OV
NU070	Cashews - whole, organic	1kg	19.69	OV
NU038	Coconut - desiccated, organic	2.5kg	13.45	VO
NU071	Coconut - desiccated, organic	1kg	5.69	VO
NU202	Hazelnuts - organic	1kg	13.85	OV
NU271	Hemp Seeds - organic	1kg	5.75	VO
NU039	Linseed, golden - organic	2.5kg	8.59	OV
NU244	Linseed, golden - organic	1kg	3.75	OV
NU287	Omega Seed Mix - organic	5kg	23.29	OV
NU001	Omega Seed Mix - organic	1kg	5.49	OV

code	product	size	rrp	bfgosv
NU072	Peanuts - organic	1kg	4.99	OV
NU543	Pine Kernels - organic	1kg	37.85	OV
NU209	Pumpkin seeds - organic	1kg	6.79	OV
NU210	Sesame seeds - organic	1kg	4.95	OV
NU084	Sunflower seeds - organic	2.5kg	6.79	VO
NU203	Sunflower seeds - organic	1kg	3.05	OV
NU200	Walnuts - organic	1kg	16.69	OV
SUMA COMMODITIES				
NU003	Almonds	50lb	225.20	V
NU006	Almonds - flaked	10kg	112.20	V
NU009	Almonds - ground	10kg	87.75	V
NU053	Bird Nuts	25kg	42.05	V
NU016	Brazil - broken	20kg	169.00	V
NU014	Brazil - whole, medium	20kg	195.00	V
NU018	Cashew - large pieces	50lb	245.25	V
NU021	Cashew - roasted & salted	3kg	43.30	V
NU125	Cashew - whole	50lb	289.00	V
NU050	Chia Seeds	25kg	97.85	V
NU024	Coconut - chips	10kg	42.50	V
NU888	Coconut - desiccated medium	25kg	82.00	V
NU205	Linseed / Flax	25kg	27.10	V
NU076	Macadamia Nuts	25lb	335.00	V
NU036	Mixed nuts - chopped	12.5kg	73.90	V
NU250	Peanuts - paleskin	25kg	58.80	V
NU044	Peanuts - redskin	25kg	63.50	V
NU047	Peanuts - roasted	12.5kg	36.50	V
NU051	Peanuts - roasted & salted	12.5kg	41.65	V
NU312	Pecan Nuts	30lb	297.15	V
NU056	Pine kernels - China	12.5kg	290.00	V
NU300	Pistachio - raw, shelled	10kg	220.00	V
NU058	Pistachio - roasted & salted	10kg	134.50	V
NU061	Pumpkin seeds	25kg	105.00	V
NU065	Sesame seeds - natural	25kg	76.15	V
SUMA COMMODITIES - ORGANIC				
NU789	Alfalfa seeds - organic	25kg	240.00	OV
NU109	Almonds - organic	10kg	135.95	OV
NU800	Almonds, ground - organic	10kg	147.65	OV
NU890	Brazils Whole - organic	20kg	230.00	OV
NU112	Cashews - whole organic	50lb	360.00	OV
NU117	Coconut - desiccated, organic	25kg	105.00	OV
NU301	Hazelnuts - organic	10kg	110.00	VO
NU002	Hemp Seeds - organic	20kg	85.00	OV
NU791	Linseed, golden - organic	25kg	64.60	OV
NU885	Peanuts - organic	25kg	90.75	OV
NU542	Pine Kernels - organic	12.5kg	357.00	OV
NU207	Pumpkin seeds - organic	25kg	127.90	OV
NU208	Sesame seeds - organic	25kg	90.00	OV
NU083	Sunflower seeds - organic	25kg	49.50	OV
NU118	Walnuts Light Halves - organic	10kg	133.65	VO
OILS & FATS				
SUMA				
GT010	Extra Virgin Rapeseed Oil	5l	17.90	V
GT100	Grapeseed Oil	6 x 500ml	17.95	V
GT018	Italian Organic Olive Oil	6 x 750ml	47.20	OV
GT019	Italian Organic Olive Oil	4 x 3l	107.85	OV
GT086	Olive Oil - Extra Virgin	5l	34.12	V
GT087	Olive Oil-Extra Virgin,organic	5l	35.18	VO

code	product	size	rrp	bfgosv
GT090	Sunflower Oil - cold pressed	5l	14.81	V
GT091	Sunflower Oil - organic	5l	17.09	VO
GT052	Sunflower Oil - refined	5l	11.60	V
SUMA PREPACKS				
GT028	Gluten Free Vegetarian Suet	6 x 250g	8.96	GV
BIONA				
VF774	Virgin Coconut Oil Organic	6 x 400g	35.96	OV
CLEARSPRING				
GT204	Italian Olive Oil Organic	6 x 1l	71.96	VO
GT009	Rapeseed Oil Organic	6 x 500ml	17.96	OV
GT206	Safflower Oil organic	6 x 500ml	29.21	VO
GT230	Sunflower Frying Oil organic	6 x 1l	33.71	VO
GT202	Sunflower Oil organic	6 x 1l	26.96	VO
COMMUNITY				
GT118	Sunflower Oil - refined	15 x 1l	35.85	V
EQUAL EXCHANGE				
<i>Palestinian Fairtrade Oils</i>				
GT555	Olive Oil	6 x 1l	85.46	FO
HELLENIC				
GT005	Olive Oil - Extra Virgin	4 x 3l	101.70	V
GT031	Olive Oil Extra Virgin	4 x 5l	161.70	V
KHYBER				
VF751	Ghee	1 x 2lb	2.74	V
LA BIO IDEA				
GT044	Italian Og Virgin Olive Oil	6 x 1l	54.22	OV
SUNITA				
GT099	Olive Oil-Extra Virgin Organic	5l	50.90	VO
WHARFE VALLEY FARMS				
GT015	Rapeseed Oil	5l	18.85	V
ZAYTOUN				
GT023	Olive Oil - Fairtrade	4 x 5l	329.55	F
OLIVES				
CYPRESSA				
KJ867	Cypressa Pitted Green Olives	2kg	9.49	V
KJ868	Pitted Black Olives	2kg	8.39	V
SUNITA				
VF384	Black Kalamon Olives	2kg	16.50	V
VF539	Black Olives - Pitted, natural	4kg	47.70	
VF383	Green Olives	3kg	11.20	V
KJ556	Kalamon Olives - pitted OG	2kg	19.90	VO
PASTA				
IRIS				
WT086	Fusilli Organic Wholewheat	5kg	9.50	OV
WT082	Penne Organic Wholewheat	5kg	9.50	OV
WT079	Spaghetti Organic Wholewheat	5kg	9.50	OV
PASTA SAUCES & PESTOS				
SUMA				
<i>Organic Pasta Sauces</i>				
VF201	Organic Arrabbiata Sauce	12 x 350g	15.75	OV
VF191	Organic Bolognese Sauce	12 x 350g	15.75	OV
VF192	Organic Napoletana Sauce	12 x 350g	15.75	OV
PATES, DIPS & TAPAS (CHILLED)				
SUMA				
CV401	Pate - Mushroom (bombe)	6 x 200g	10.72	GV
PICKLES, CHUTNEYS & MUSTARDS				
BIONA				
LJ664	Harissa Relish - prepared	6 x 125g	13.01	OV

code	product	size	rrp	bfgosv
	BIONOVA			
KJ346	Gherkins - Sour	6 x 670g	15.52	VOS
	BYODO			
KJ351	Mustard - Dijon, organic	1kg	7.23	VO
KJ354	Mustard - wholegrain, organic	1kg	5.65	VO
	SALADS & SPROUTS (CHILLED)			
	SKY SPROUTS			
	<i>Minimum 4 days shelf life</i>			
CV479	Alfalfa & Broccoli Sprouts	100g	1.09	OV
CV481	Alfalfa & Fenugreek Sprouts	100g	1.09	OV
CV476	Alfalfa & Radish Sprouts	100g	1.09	OV
CV475	Alfalfa Sprouts	100g	1.09	OV
CV721	Broccoli Sprouts	100g	1.09	OV
CV504	Mixed Bean Sprouts	227g	1.09	OV
CV503	Mung Bean Sprouts	200g	1.09	OV
CV510	Organic Sprouts Multi Pack	160g	1.65	OV
CV509	Radish Sprout	100g	1.09	OV
	SALT & SEASONINGS			
	SUMA			
LJ031	Sea Salt - fine	10kg	5.90	V
	BIOFORCE			
LJ054	Herbamare	6 x 250g	17.76	V
	BULK COMMODITIES			
LJ030	Sea Salt - coarse	10kg	5.90	V
	GEO ORGANICS			
LJ005	Atlantic Fine Ground Sea Salt	6 x 500g	12.10	OV
	MALDON			
LJ018	Sea Salt - Flaky Crystals	1.5kg	10.90	V
	MARIGOLD			
LJ444	Liquid Aminos	6 x 250ml	16.16	GV
	PINK MOUNTAIN			
LJ174	Pink Himalayan Coarse Salt	6 x 1kg	29.70	OV
LJ172	Pink Himalayan Fine Salt	6 x 1kg	29.70	OV
	TIDMANS			
LJ023	Tidmans Rock Salt	12 x 500g	13.45	V
	SNACK BARS & FLAPJACKS			
	EAT NATURAL			
KB464	Almond, Apricot & Yoghurt	12 x 50g	6.65	GS
	SOFT DRINKS			
	BIONA			
JU183	Coconut Water - og	12 x 330ml	13.42	OV
	BOTTLE GREEN			
JU264	Elderflower Presse	12 x 275ml	11.79	SV
JU350	Pomegranate/Elderflower Presse	12 x 275ml	11.79	SV
	DAIONI			
JU080	Banana Flavour Milk - og	12 x 250ml	10.88	OS
JU081	Chocolate Flavour Milk - og	12 x 250ml	10.88	OS
JU082	Strawberry Flavour Milk - og	12 x 250ml	10.88	OS
	FENTIMANS			
JU008	Cherry Cola	12 x 275ml	9.19	SV
JU573	Curiosity Cola	8 x 750ml	17.47	SV
JU625	Curiosity Cola	12 x 275ml	9.19	SV
JU281	Dandelion & Burdock	8 x 750ml	17.47	SV
JU908	Dandelion & Burdock	12 x 275ml	9.19	SV
JU280	Ginger Beer	8 x 750ml	17.47	SV
JU346	Ginger Beer	12 x 275ml	9.19	SV

code	product	size	rrp	bfgo sv
JU354	Mandarin Seville Orange Jigger	12 x 275ml	9.19	SV
JU455	Rose Lemonade	8 x 750ml	17.47	SV
JU618	Rose Lemonade	12 x 275ml	9.66	SV
JU435	Victorian Lemonade	12 x 275ml	9.19	VS
	Mixer Range			
JU467	Ginger Beer	6 x 4x 275ml	22.94	SV
JU755	Naturally Light Tonic	6 x 4x200ml	15.44	SV
JU754	Premium Indian Tonic Water	6 x 4x200ml	15.44	SV
JU761	Premium Indian Tonic Water	24 x 125ml	11.77	SV
	FEVERTREE			
JU387	Tonic Water	6 x 4x200ml	17.08	SV
	FIREFLY NATURAL DRINKS			
	<i>Fruit Juice & Botanic Extracts</i>			
JU299	Lemon, Lime & Ginger	12 x 330ml	13.43	V
JU296	Peach & Green Tea	12 x 330ml	13.43	V
JU180	Pomegranate & Elderflower	12 x 330ml	13.43	V
	GUSTO			
JU148	Lemon Energy	12 x 250ml	14.92	OV
JU147	Original Energy	12 x 250ml	14.92	OV
	HAMPSTEAD TEA			
JU033	Elderflower Iced Tea - og	8 x 330ml	8.34	FOSV
JU016	Lemon Iced Tea - og	8 x 330ml	8.34	FOSV
JU017	Raspberry Iced Tea - og	8 x 330ml	8.34	FOSV
	NORFOLK PUNCH			
JU195	Original Norfolk Punch	6 x 700ml	26.22	S
	ORGANICO			
JU367	Blueberry Sparkle	6 x 750ml	16.73	OV
JU473	Bubbly Blackcurrant Juice	6 x 750ml	16.73	OV
JU194	Lemon & Apple Refresher	6 x 750ml	16.73	OV
JU369	Raspberry Fizz	6 x 750ml	16.73	OV
	SCHECKTERS			
JU669	Scheckters Organic Energy	12 x 250ml	13.02	OVS
JU154	Scheckters Organic Energy Lite	12 x 250ml	13.02	OSV
	WHOLE EARTH			
JU311	Apple Drink - og	24 x 330ml	19.35	OSV
JU946	Cola - organic	24 x 330ml	19.35	OSV
JU935	Lemonade - organic	24 x 330ml	19.35	OSV
JU947	Mountain Cranberry - Organic	24 x 330ml	19.35	OSV
JU310	Orange & Lemonade - og	24 x 330ml	19.35	OSV
JU189	Sparkling Elderflower - og	24 x 330ml	19.35	OV
JU186	Sparkling Ginger - og	24 x 330ml	19.35	OV
	SUGARS & SYRUPS			
	SUMA			
LJ121	Agave Syrup - organic	6 x 500ml	35.77	OV
LJ150	Agave Syrup - organic	5l	50.00	OV
HY019	Malt Extract	3.18kg	10.39	V
	SUMA BAGGED DOWN			
LJ095	Dark Muscovado Sugar	3kg	9.09	VS
LJ053	Demerara Sugar	3kg	7.95	VS
LJ180	Demerara Sugar	10kg	26.09	VS
LJ094	Light Muscovado Sugar	3kg	9.09	VS
LJ097	Soft Brown Sugar	3kg	8.99	VS
LJ184	Soft Brown Sugar	10kg	29.45	VS
	SUMA BAGGED DOWN - ORGANIC			
LJ679	Demerara Sugar - organic	3kg	11.89	OSV
LJ159	Icing Sugar - organic	3kg	12.95	VOS
LJ096	Raw Cane Sugar - organic	3kg	9.05	OVS
LJ055	Raw Cane Sugar - organic	10kg	29.65	OSV

code	product	size	rrp	bfgosv
	SUMA COMMODITIES			
LJ066	Dark Muscovado Sugar	25kg	57.00	VS
LJ052	Demerara Sugar	25kg	49.20	VS
LJ546	Fairtrade Golden Granulated	25kg	52.18	FVS
LJ065	Light Muscovado Sugar	25kg	57.00	VS
LJ069	Soft Brown Sugar	25kg	56.18	VS
	SUMA COMMODITIES - ORGANIC			
LJ876	Demerara Sugar, organic	25kg	76.49	OSV
LJ890	Icing Sugar - organic	25kg	83.72	OSV
LJ068	Raw Cane Sugar - organic	25kg	56.60	SOV
	BILLINGTONS			
LJ057	Sugar - Golden Caster	10 x 1kg	24.28	SV
LJ056	Sugar - Golden Granulated	10 x 1kg	24.53	VS
	CHANTICO			
LJ026	Agave Sweetener - Golden	8 x 335g	20.38	OV
LJ025	Agave Sweetener - Original	8 x 335g	20.38	OV
	CLEARSPRING			
HY210	Rice Malt Syrup - organic	6 x 330g	14.36	OV
	EQUAL EXCHANGE			
LJ527	Sugar Sticks	1000 x 1	16.38	FOVS
	MERIDIAN			
HY081	Organic Blackstrap Molasses	6 x 740g	13.45	OV
HY038	Pure Cane Molasses	6 x 740g	13.45	SV
	RAYNERS			
LJ901	Black Treacle - organic	6 x 340g	10.56	OV
LJ704	Golden Syrup - Organic	5kg	26.50	FOV
LJ589	Malt Extract - Organic	5kg	17.27	OV
	SHADY MAPLE FARMS			
HY899	Maple Syrup - organic	1.89l	44.38	OV
	SWEET FREEDOM			
LJ041	Natural Sweetness - Original	6 x 350g	15.21	V
LJ137	Natural Sweetness - Original	5l	32.36	V
	TERRASANA			
HY754	Maple Syrup	1l	19.95	OV
	TOTAL SWEET			
LJ125	Total Sweet	6 x 1kg	50.37	V
	TRAIDCRAFT			
LJ515	Brown Sugar Sticks	500 x 3g	9.12	FVS
LJ514	White Sugar Sticks	500 x 3g	9.12	FVS
	TRUVIA			
LJ086	Sweetener from the Stevia Leaf	6 x 270g	24.30	V
	XYLITOL UK			
LJ047	Xylitol Sweetener	6 x 1kg	51.55	V
	ZYLOSWEET			
LJ001	Xylitol Crystals	1 x 300g	4.16	V
	SWEET SNACKS			
	SUMA BAGGED DOWN			
ZX503	Liquorice Juice Sticks	1kg	39.25	V
ZX614	Raisins - Yoghurt Coated	1kg	6.69	S
	SUNITA			
ZX096	Grape Juice & Sultana Halva	2.5kg	27.05	V
ZX097	Honey & Pistachio Halva	2.5kg	31.18	
	TABLE SAUCES			
	BIONA			
KJ106	Classic Tomato Ketchup Squeezy	12 x 560g	26.91	GOSV
	MERIDIAN			
JS080	Redcurrant Jelly - organic	6 x 284g	12.10	OV
	MR ORGANIC			
KJ050	Italian Organic Ketchup	6 x 480g	11.99	OSV

code	product	size	rrp	bfgosv
TEAS				
CAFEDIRECT				
	<i>Everyday Teas</i>			
TE691	Everyday Tea	2 x 1100 bags	51.31	FV
CLIPPER				
<i>FOOD SERVICE RANGE</i>				
TE150	Earl Grey - og	6 x 25 bags	11.41	FOV
TE152	Earl Grey - og	250 bags	14.70	FOV
TE149	Fairtrade Everyday blend	250 bags	14.70	FV
TE448	Fairtrade Everyday One Cup Bag	1100 bags	19.09	FV
TE161	Green Tea - og	6 x 25 bags	11.41	FOV
TE159	Green Tea - og	250 bags	14.70	FOV
TE451	Speciality English Breakfast	250 bags	14.70	FOV
DRINK ME CHAI				
	<i>Food Service Range</i>			
TE228	Spiced Chai	1kg	9.93	S
TE227	Vanilla Spiced Chai Latte	1kg	9.93	S
TOFU (CHILLED)				
CLEAR SPOT				
CV209	Marinated Tofu	8 x 190g	14.06	OV
CV210	Plain Tofu	2 x 3kg	27.30	OV
CV249	Smoked Tofu	8 x 225g	16.48	OV
NATUREMADE OASIS				
CV582	Marinated Tofu	5 x 200g	7.94	OV
TOMATOES & TOMATO PRODUCTS				
SUMA				
LJ660	Organic Basil Passata	12 x 690g	16.11	VO
LJ560	Organic Passata	12 x 690g	15.75	VO
LJ088	Tomato Puree - organic	12 x 200g	11.25	VO
<i>Canned</i>				
LJ075	Cherry Tomatoes - organic	12 x 400g	12.15	OV
LJ123	Tomatoes - chopped, organic	6 x 2.5kg	24.07	OV
LJ080	Tomatoes - chopped, organic	12 x 400g	8.91	VO
LJ081	Tomatoes - peeled, whole OG	12 x 400g	9.45	VO
SUMA BAGGED DOWN - ORGANIC				
<i>Dried</i>				
LJ601	Sundried Tomatoes-organic	1kg	8.65	OV
SUMA COMMODITIES - ORGANIC				
<i>Dried</i>				
LJ600	Sundried Tomatoes - organic	10kg	66.50	OV
SUMA PREPACKS - ORGANIC				
<i>Dried</i>				
LJ602	Sundried Tomatoes - organic	6 x 125g	7.61	OV
ZEST				
LJ042	Sun-dried Tomato Paste	6 x 170g	12.60	V
VEGETABLES				
SUMA				
LJ146	Sweetcorn - Organic, tinned	12 x 340g	12.51	OV
BIONOVA				
VF039	Garden Peas	6 x 350g	8.45	O
VF040	Sauerkraut	6 x 350g	11.65	VO
VF030	Sweetcorn - organic	6 x 340g	8.20	VO
ORGANICO				
VF088	French Chestnuts in box - og	12 x 200g	44.55	OV
ST DALFOUR				
VF112	Whole Chestnuts	6 x 200g	13.00	GV

code	product	size	rrp	bfgosv
	SUNITA			
KJ250	Capers - Organic	6 x 125g	23.34	OV
	TROPICAL WHOLEFOODS			
VF514	Shiitake Mushrooms	6 x 50g	14.85	V
	VEGETABLES (FROZEN)			
	NATURAL COOL			
	<i>Vegetables</i>			
XL156	Chips - Oven or Fry	6 x 1.25kg	20.37	OVB
XL177	Leaf Spinach Portions	8 x 450g	12.40	OVB
XL181	Sweetcorn	8 x 450g	16.75	OVB
	VINEGARS			
	SUMA			
KJ654	OG Balsamic Vinegar - oak aged	6 x 250ml	22.45	OV
	ASPALL			
KJ382	Balsamic Vinegar - og	5l	31.25	OV
KJ067	Cyder Vinegar	5l	11.24	V
KJ180	Cyder Vinegar	25l	48.00	V
KJ252	Cyder Vinegar - og	25l	51.55	OV
KJ205	Cyder Vinegar - organic	5l	14.01	OV
KJ381	Malt Vinegar	5l	10.32	V
KJ353	Red Wine Vinegar	5l	15.10	V
KJ356	White Wine Vinegar	5l	9.33	V
	WATERS			
	HARROGATE SPRING WATER			
WA224	Spring Water	10l	2.96	V
	<i>Glass Bottles</i>			
WA222	Spring Water - Sparkling	12 x 750ml	8.63	V
WA223	Spring Water - Still	12 x 750ml	8.63	V
	<i>PET Bottles</i>			
WA011	Sports Cap - Still	24 x 500ml	7.50	V
WA012	Spring Water - sparkling	24 x 500ml	6.90	V
WA221	Spring Water - Sparkling	12 x 1.5l	6.00	V
WA010	Spring Water - still	24 x 500ml	6.90	V
WA220	Spring Water - Still	12 x 1.5l	6.00	V
	THIRSTY PLANET			
	<i>PET Bottles</i>			
WA014	Spring water - sparkling	24 x 500ml	7.95	V
WA017	Spring Water - still	24 x 500ml	7.20	V



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