

Vegan List  
**Suma**

November December 2018



# Vegan

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## *A bit more about it..*

People choose to be vegan for health, environmental, and/or ethical reasons. Some vegans feel that consuming eggs and dairy products promotes the meat industry. Some people avoid these items because of the conditions associated with their production.

Many vegans choose this lifestyle to promote a more humane and caring world. They know they are not perfect, but believe they have a responsibility to try to do their best, while not being judgmental of others.

Whatever your reason for choosing vegan, we have everything that you could wish for, this list includes cheese, milk and meat alternatives, vegan chocolate and much more.



### **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
<b>ALCOHOLIC DRINKS</b>				
<b>FENTIMANS &amp; BLOOM</b>				
RT031	Gin & Rose Lemonade	275ml	4.05	SV
RT005	Gin and Tonic	275ml	4.05	SV
<b>HOLLOWS</b>				
<i>From Fentimans</i>				
RT012	Spiced Alcoholic Ginger Beer	330ml	1.75	SV
RT017	Superior Alcoholic Ginger Beer	500ml	3.09	SV
RT013	Superior Alcoholic Ginger Beer	330ml	2.19	SV
<b>KALOSA SPRITZ</b>				
RT046	Elderflower & Gin	275ml	2.99	SV
RT045	Pink Grapefruit & Vodka	275ml	2.99	SV
<b>BABY &amp; CHILD FOOD</b>				
<b>ANNABEL KARMEL</b>				
BB092	Baby Pasta Shells	250g	1.39	OV
<b>BEAR</b>				
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
<i>Paws in multipacks</i>				
ZX189	Paws Arctic- B'currant, Rasp	5 x 20g	2.69	V
ZX245	Paws Dino - Strawberry,Apple	5 x 20g	2.69	V
ZX253	Paws Safari - Mango/Strawberry	5 x 20g	2.69	V
<b>ELLA'S KITCHEN</b>				
<i>Smoothie Fruits</i>				
BB238	The Green One - Multi Pack	5 x 90g	5.25	OV
BB048	The Green One - smoothie fruit	90g	1.09	OV
BB160	The Orange One	5 x 90g	5.45	OV
BB164	The Pink One	5 x 90g	4.95	OV
BB237	The Purple One - Multi Pack	5 x 90g	5.25	OV
BB007	The Purple One -smoothie fruit	90g	1.09	OV
BB239	The Red One - Multi Pack	5 x 90g	5.25	OV
BB011	The Red One - smoothie fruit	90g	1.09	OV
BB139	The White One - Multi Pack	4 x 90g	4.35	OV
BB236	The Yellow One - Multi Pack	5 x 90g	5.25	OV
BB010	The Yellow One -smoothie fruit	90g	1.09	OV
<i>Stage 1</i>				
BB001	Apples & Bananas	120g	1.35	OV
BB021	Banana & Blueberry Baby Rice	120g	1.35	OV
BB003	Broccoli, Pear & Peas	120g	1.35	OV
BB049	Butternut Squash, Carrot	120g	1.35	OV
BB006	Carrot, Apple & Parsnip	120g	1.35	OV
BB230	First Taste Apples Apples	70g	1.25	OV
BB233	First Taste Mango Mango Mango	70g	1.25	OV
BB231	First Taste Pears Pears	70g	1.25	OV
BB012	First Taste Prunes Prunes	70g	1.25	OV
BB004	Mango, Pear & Papaya	120g	1.35	OV
BB095	Peaches & Bananas	120g	1.35	OV
BB013	Red Pepper,Sweet Potato,Apple	120g	1.35	OV
BB063	Spinach, Apples & Swede	120g	1.35	OV
BB078	Strawberries & Apples	120g	1.35	OV
BB126	Sweet Potato,Broccoli,Carrot	120g	1.29	OV
<b>HEAVENLY TASTY ORGANICS</b>				
<i>Biscuits</i>				
BB226	Mini Biscuits - Apple	10 x 30g	0.75	OV
BB225	Mini Biscuits - Strawberry	10 x 30g	0.75	OV

code	product	size	rrp	bfgosv
	<i>Breadsticks</i>			
BB161	Italian Breadsticks Original	30g	0.75	OV
BB162	Italian Breadsticks Rosemary	30g	0.75	OV
	<i>Puffs</i>			
BB224	Corn Puffs	15g	0.75	OV
BB195	Corn Puffs	15g	0.75	OV
	<i>Waffles</i>			
BB163	Veggie Waffles	10g	0.85	OV
BB172	Veggie Waffles- Carrot & Cumin	10g	0.85	OV
	<b>HELLO KITTY</b>			
WT141	Organic Pasta Shapes	250g	1.55	OV
	<b>HOLLE</b>			
	<i>Cereals</i>			
BB269	3-Grain Porridge	250g	3.35	OV
BB272	Millet Porridge	250g	3.35	OV
BB273	Rolled Oats Porridge	250g	3.19	OV
	<i>Snacks</i>			
BB068	Mini Fruit Bars- Ban/Orange	100g	3.29	OV
BB079	Organic Biscuits- Apple/Pear	125g	2.95	OV
	<b>LITTLE PASTA ORGANICS</b>			
	<i>Pasta</i>			
BB255	Animal Pasta Shapes - Tricolor	250g	1.95	OV
BB151	Gluten Free Mini Gnocchi	250g	2.39	GOV
BB043	Red Lentil Dinosaur Pasta	250g	3.55	OV
BB051	Teddy Bear Pasta	250g	1.95	VO
BB174	Travel Pasta Shapes - Tricolor	250g	1.95	OV
	<i>Pasta Pots</i>			
BB005	Tom & B/root Instant Pasta Pot	45g	1.89	OV
	<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
	<b>ORGANIX</b>			
	<i>Cereals - Stage 1</i>			
BB047	Fruity Apple Porridge	120g	2.19	OV
	<i>Cereals - Stage 2</i>			
BB052	Banana & Plum Porridge	200g	2.95	OV
BB053	Multigrain Porridge	200g	2.95	OV
	<i>Cereals - Stage 3</i>			
BB057	Banana, Peach & Apple Muesli	200g	3.50	OV
BB060	Raspberry & Banana Muesli	200g	3.50	OV
	<i>Finger Foods - from 7 months</i>			
BB713	Apple Rice Cakes	50g	1.69	OV
BB033	Baby Pea Puffs	15g	1.05	OV
BB153	Banana Rice Cakes	50g	1.69	OV
BB156	Banana Ring Biscuits	54g	1.95	OV
BB152	Carrot & Tomato Rice Cakes	50g	1.69	OV
BB715	Crunchy Carrot Sticks	20g	0.79	OV
BB717	Crunchy Sweetcorn Rings	20g	0.79	OV
BB030	Crunchy Sweetcorn Rings	4 x 18g	2.85	OV
BB069	Raspberry/Blueberry Rice Cake	50g	1.69	OV
BB154	Strawberry Ring Biscuits	54g	1.95	OV
	<i>Goodies Biscuits</i>			
BB711	Alphabet Biscuits	5 x 25g	2.55	OV
BB022	Animal Biscuits	100g	1.95	OV
BB247	Gingerbread Men	135g	2.55	OV

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	<i>Goodies Fruit Bites</i>			
BB045	Cocoa & Banana Fruit Bites	20g	1.19	OV
BB039	Cocoa & Coconut Fruit Bites	20g	1.19	OV
BB044	Cocoa & Seed Fruit Bites	20g	1.19	OV
	<i>Goodies Fruit Snacks</i>			
BB159	Apple & Date Chunky Fruit Bars	6 x 17g	2.85	OV
BB158	Banana & Date Chunky Fruit Bar	6 x 17g	2.85	OV
BB150	Raisins Mini Boxes	12 x 14g	2.89	OV
	<i>Goodies Savouries</i>			
BB549	Carrot Stix	15g	0.49	OV
	<i>Goodies Snack Bars</i>			
BB076	Apple & Orange Soft Oaty Bar	6 x 30g	4.29	OV
BB075	Carrot Cake Soft Oaty Bars	6 x 30g	4.29	OV
BB080	Raspberry & Apple Soft Oaty	6 x 30g	4.29	OV
	<b>PUMPKIN TREE ORGANICS</b>			
BB132	Apple & Grape Juice	200ml	0.85	OV
BB131	Blackcurrant & Apple Juice	200ml	0.85	OV
BB134	Tomato & Basil Pasta Sauce	300g	2.49	OV
	<b>TRAFO</b>			
BB056	Organic Raisins in Kids Boxes	12 box	2.59	OV
	<b>BABYCARE PRODUCTS</b>			
	<b>BEAMING BABY</b>			
	<i>Nappies</i>			
NF636	Bio Degradable - Maxi Plus	34	15.85	V
NF635	Bio Degradable Nappies - Maxi	34	14.15	V
NF637	Bio Degradable Nappy - Junior	31	15.29	V
NF634	Bio Degradable Nappy - Midi	40	14.15	V
NF633	Bio-Degradable Nappies - Mini	20	6.55	V
	<i>Nappy Sacks</i>			
NF259	Nappy Sacks - Fragrance Free	60	3.15	V
	<i>Wipes</i>			
NF688	Organic Baby Wipes	72	4.65	OV
NF103	Organic Baby Wipes Unscented	72	4.65	OV
	<b>EARTH FRIENDLY BABY</b>			
DY545	Chamomile Shampoo & Wash OG	250ml	4.09	OV
DY535	Eco Baby Wipes	pack	3.09	V
DY522	Organic Chamomile Bubble Bath	300ml	5.39	OV
DY524	Organic Lavender Bubble Bath	300ml	5.39	OV
DY558	Organic Lavender Shampoo &	250ml	4.09	OV
DY038	Organic Mandarin Shampoo	250ml	4.09	OV
	<b>JACK N' JILL</b>			
DY294	Toothpaste - Banana	50g	4.99	V
DY297	Toothpaste - Blueberry	50g	4.99	V
DY308	Toothpaste - Raspberry	50g	4.99	V
DY321	Toothpaste - Strawberry	50g	4.99	V
	<i>Biodegradable Toothbrush</i>			
DY335	Toothbrush - Bunny	1	3.49	V
	<b>NATRACARE</b>			
NF099	Organic Cotton Baby Wipes	50	4.05	OV
	<b>TOTSBOTS</b>			
	<i>Reusable Swim Nappies</i>			
NF481	Surf's Up Design Size 1	1	11.45	V
NF395	Surf's Up Design Size 2	1	11.45	V
NF401	Tiddlers Design Size 1	1	11.45	V
NF374	Tiddlers Design Size 2	1	11.45	V
NF485	Urchin Design Size 1	1	11.45	V

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NF398	Wee Sea Horses Design Size 1	1	11.45	V
NF372	Wee Sea Horses Design Size 2	1	11.45	V
NF472	Yellow Submarine Design Size 1	1	11.45	V
NF378	Yellow Submarine Design Size 2	1	11.45	V
<b>WELEDA</b>				
DY536	Calendula Shampoo & Body Wash	200ml	7.95	V
<b>BAGS, BOXES AND BASKETS</b>				
<b>SUMA</b>				
NF477	Cellophane Bags 13" x 8" x 5"	1000		V
NF484	Cellophane Bags 3" x 4.5" x 7"	1000		V
NF476	Cellophane Bags 3" x 5" x 9"	1000		V
NF487	Cellophane Bags 4" x 6" x 11"	1000		V
NF482	Cellophane Bags 5" x 4.5" x 3"	1000		V
NF489	Paper Flour Bags, hold 1.5kg	250 bags		V
NF144	Polypropylene Bags 11 in.	1000		V
NF145	Polypropylene Bags 13 in.	1000		V
NF142	Polypropylene Bags 7 in.	1000		V
NF143	Polypropylene Bags 9 in.	1000		V
NF490	Recycled Brown Paper Bags	500 bags		V
NF270	Refuse Sacks-Recycled Plastic	8 pack	1.59	V
NF483	Refuse Sacks-recycled plastic	200 pack		V
<b>D2W</b>				
NF406	100% Degradable Refuse Sacks	10 bags	1.49	V
NF076	Degradable Large Freezer Bags	100 bag	1.49	V
NF407	Degradable Swing Bin Liners	15 bags	1.85	V
NF050	Drawtape Refuse Sack Roll	10 bags	1.69	V
NF102	Drawtape Swing Bin Liner	15 roll	1.75	V
NF179	Multi Purpose Degradable Bags	10 x 50	2.05	V
NF169	Pedal Bin Liners	30 bags	1.85	V
<b>NAMASTE</b>				
NF205	Halloween Trick or Treat Bags	1	1.49	FV
<b>SIESTA CRAFTS</b>				
NF293	Circles Design Hip Bag	each	12.59	FV
NF467	Recycled Saree Bag - Folding	each	4.50	FV
<b>BAKING SUNDRIES</b>				
<b>SUMA</b>				
HE225	Baking Powder	1kg		GV
LJ039	Baking Powder - Gluten Free	200g	2.19	GV
HE299	Bicarbonate of Soda	1kg		V
LJ040	Bicarbonate of Soda	200g	1.89	V
LJ019	Cornflour	500g	1.19	V
LJ223	Xanthan Gum	100g	6.29	V
<b>BARKAT</b>				
LJ002	Gluten Free Baking Powder	100g	1.49	GV
<b>BREAD MATTERS</b>				
LJ218	Original Sourdough Starter	10g	4.95	OV
<b>CERTO</b>				
LJ216	Apple Pectin	250ml	2.95	V
<b>CLEARSPRING</b>				
JP087	Agar-Agar Flakes Gelling Agent	28g	5.79	V
JP064	Kuzu (Wild Arrowroot)	125g	6.49	GVO
<b>D &amp; D CHOCOLATES</b>				
ZX374	Dairy Free Chocolate Chips	160g	3.75	SV
<b>DOVES FARM</b>				
LJ206	Baking Powder	130g	1.49	GV
LJ168	Baking Powder Bulk	1kg		GV
LJ202	Bicarbonate of Soda	200g	1.59	V
LJ166	Cornflour Bulk	1kg		GOV

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LJ203	Cornflour Organic	110g	1.69	GOV
LJ423	Quick Yeast	8 x 125g	1.19	GV
LJ191	Vitamin C	120g	4.39	V
LJ165	Xanthan Gum	1kg		GV
	<b>ENGEVITA</b>			
LJ144	Organic Yeast Flakes	125g	4.95	GOV
LJ148	Super Yeast Flakes Vit D & B12	100g	3.99	GV
LJ143	Yeast Flakes	125g	2.99	GV
LJ020	Yeast Flakes with Vitamin B12	125g	3.59	GV
	<b>EPICURE</b>			
LJ187	Golden Marzipan	250g	2.25	SV
LJ196	White Marzipan	250g	2.25	SV
	<b>FERMIPAN</b>			
LJ061	Dried Yeast	500g	4.59	V
	<b>FOLLOW YOUR HEART</b>			
LJ015	Vegan Egg	114g	7.19	V
	<b>FREE &amp; EASY</b>			
LJ009	Cheese Flavour Sauce Mix	130g	1.79	VS
LJ016	Egg Replacer	135g	2.29	V
	<b>JUST WHOLEFOODS</b>			
LJ162	Veget - setting agent	25g	1.99	V
	<b>MAD MILLIE</b>			
LJ219	Coconut Yoghurt Making Kit	1	14.99	V
LJ215	Tofu & Vegan Treats Kit	1	24.99	V
LJ214	Vegan Cheese Making Kit	1	32.99	V
	<b>MERIDIAN</b>			
VF084	Mince Pie Filling - Organic	320g	3.59	OV
	<b>MONTEZUMA'S</b>			
	<i>Cooking Chocolate</i>			
KB412	Dark Chocolate Couverture	2kg		OSV
	<b>MOO FREE</b>			
LJ111	Alternative to Milk Couverture	2kg		OGVS
LJ311	Baking Drops	150g	3.79	GOSV
	<b>NIELSEN MASSEY</b>			
LJ252	Pure Almond Extract	60ml	4.35	V
LJ250	Pure Vanilla Extract	60ml	11.85	SV
LJ204	Vanilla Bean Paste	60ml	9.65	SV
	<b>ORGRAN</b>			
LJ656	Egg Replacer	200g	2.95	GV
LJ077	Vegan Easy Egg	250g	4.25	GV
	<b>PLAMIL</b>			
	<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
	<b>STEENBERGS</b>			
LJ116	Almond Extract	100ml	6.65	V
LJ117	Orange Flower Water Organic	100ml	3.75	OV
LJ085	Rose Water Organic	100ml	3.75	OV
	<b>TAYLOR &amp; COLLEDGE</b>			
LJ115	Vanilla Bean Extract	100ml	9.25	SOV
LJ113	Vanilla Bean Paste	65g	6.65	SOV
	<b>THE RAW CHOCOLATE CO</b>			
	<i>Chocolate Making Ingredients</i>			
KB050	Cacao Butter	240g	6.70	GFOV
KB051	Raw Cacao Powder	180g	4.20	FOV
	<b>VIVANI ORGANIC CHOCOLATE</b>			
KB408	Dark Cooking Chocolate	200g	3.39	OSV

code	product	size	rrp	bfgosv
<b>BEANS &amp; PULSES - CANNED</b>				
SUMA				
VF675	Aduki Beans - organic	400g	1.09	OV
VF800	Baked Beans - Low Sugar	400g	1.19	OV
VF550	Baked Beans - Organic	400g	1.19	OSV
VF750	Baked Beans - Organic	2.65K		OSV
VF625	Black Beans - organic	400g	1.09	OV
VF230	Black Beluga Lentils - organic	400g	1.19	OV
VF300	Black Chick Peas - organic	400g	1.09	OV
VF015	Blackeye Beans - organic	400g	1.09	OV
VF707	Borlotti Beans	400g	0.75	V
VF630	Borlotti Beans - organic	400g	1.09	OV
VF119	Butter Beans	400g	0.75	V
VF645	Butter Beans - organic	400g	1.09	VO
VF709	Cannellini Beans	400g	0.75	V
VF395	Cannellini Beans - organic	400g	1.09	OV
VF117	Chickpeas	400g	0.75	V
VF642	Chickpeas - organic	400g	1.09	VO
VF785	Chickpeas - organic	2.6kg	4.29	OV
VF647	Green Lentils - organic	400g	1.09	VO
VF644	Haricot Beans - organic	400g	1.09	VO
VF649	Mixed Beans - organic	400g	1.09	VO
VF795	Mixed Beans - organic	2.6kg	4.29	OV
VF118	Red Kidney Beans	400g	0.75	V
VF643	Red Kidney Beans - organic	400g	1.09	VO
VF711	Six Bean Mix	400g	0.99	V
BIONA				
VF222	Baked Beans - Organic	400g	1.25	OVS
VF042	Chilli Beans - Organic	395g	1.29	OSV
VF227	Chilli Black Beans - Organic	400g	1.29	OV
VF306	Edamame Beans	200g	1.69	OV
BIONOVA				
VF495	Baked Beans - organic	340g	1.55	OSV
CHEF WILLIAM				
VF020	Red Kidney Beans-Catering Size	2.50kg	4.45	V
GEO				
VF133	Edamame Beans in Water	400g	2.05	V
GEO ORGANICS				
VF094	Black Beluga Lentils Organic	400g	1.89	OV
HODMEDOD'S				
VF120	British Baked Beans	400g	1.19	VS
VF212	Carlin Peas	400g	0.99	V
VF129	Organic Vaal Dhal - British	400g	1.65	OSV
VF098	Organic Whole Fava Beans	400g	0.99	OV
TRIPLE LION				
VF021	Chick Peas - Catering Size	2.50kg	3.75	V
WHOLE EARTH				
VF161	Baked Beans - organic	400g	1.19	GOV
<b>BEANS &amp; PULSES - DRIED</b>				
SUMA BAGGED DOWN				
PU009	Aduki Beans	3kg		V
PU026	Beluga Lentils	3kg		V
PU147	Black Turtle Beans	3kg		V
PU015	Blackeye Beans	3kg		V
PU030	Butter Beans	3kg		V
PU041	Cannellini Beans - Alubia	3kg		V
PU143	Chickpeas	3kg		V



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PU019	Chickpeas	10kg		V
PU055	Kidney Beans - red	3kg		V
PU185	Lentils - brown	3kg		V
PU054	Lentils - Dark Speckled	3kg		V
PU186	Lentils - green	3kg		V
PU137	Lentils - red split	3kg		V
PU040	Lentils - red split	10kg		V
PU179	Moong Dahl	3kg		V
PU051	Mung Beans	3kg		V
<b>SUMA BAGGED DOWN - ORGANIC</b>				
PU212	Aduki Beans - Organic	3kg		VO
PU031	Black Turtle Beans	3kg		OV
PU243	Butter Beans - organic	3kg		VO
PU117	Chickpeas - organic	1kg		VO
PU190	Chickpeas - organic	3kg		VO
PU162	Green Split Peas - organic	3kg		VO
PU191	Haricot Beans - organic	3kg		VO
PU003	Lentils - brown, organic	3kg		VO
PU171	Lentils - Dark Speckled, org	1kg		VO
PU172	Lentils - Dark Speckled, org	3kg		VO
PU118	Lentils - green, organic	1kg		VO
PU193	Lentils - green, organic	3kg		VO
PU127	Lentils - red split, organic	1kg		VO
PU194	Lentils - red split, organic	3kg		VO
PU120	Mung Beans - organic	1kg		VO
PU195	Mung Beans - organic	3kg		VO
PU192	Red Kidney Beans - organic	3kg		VO
PU197	Yellow Split Peas - organic	3kg		VO
<b>SUMA COMMODITIES</b>				
PU300	Aduki Beans	25kg		V
PU002	Beluga Lentils	25kg		V
PU150	Black Turtle Beans	25kg		V
PU303	Blackeye Beans	25kg		V
PU114	Broth Mix	25kg		V
PU111	Butter Beans (Lima)	25kg		V
PU016	Cannellini Beans - Alubia	25kg		V
PU018	Chickpeas	25kg		V
PU028	Haricot Beans - pea	25kg		V
PU039	Kidney Beans - red	25kg		V
PU010	Lentils - brown	25kg		V
PU082	Lentils - Dark Speckled	25kg		V
PU022	Lentils - green	25kg		V
PU081	Lentils - red split	25kg		V
PU032	Marrowfat Peas	12.5kg		V
PU175	Moong Dahl	25kg		V
PU033	Mung Beans	25kg		V
PU035	Pinto Beans	25kg		V
PU025	Split Peas - green	25kg		V
PU047	Split Peas - yellow	25kg		V
<b>SUMA COMMODITIES - ORGANIC</b>				
PU200	Aduki Beans - Organic	25kg		VO
PU020	Black Turtle Beans	25kg		VO
PU210	Butter Beans, Chinese - org	25kg		OV
PU220	Cannellini Beans - organic	25kg		OV
PU140	Chickpeas - organic	25kg		OV
PU083	Green Split Peas - organic	25kg		OV
PU052	Haricot Beans - organic	25kg		VO

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PU001	Lentils - brown, organic	25kg		VO
PU084	Lentils - Dark Speckled, Org	25kg		VO
PU116	Lentils - green , organic	25kg		VO
PU126	Lentils - red split, organic	25kg		VO
PU062	Mung Beans - organic	25kg		VO
PU061	Pinto Beans - organic	25kg		OV
PU037	Red Kidney Beans - organic	25kg		VO
PU057	Soya Beans - organic	25kg		VO
PU059	Yellow Split Peas - organic	25kg		OV
<b>SUMA PREPACKS</b>				
PU013	Beluga Lentils	500g	2.25	V
PU144	Black Turtle Beans	500g	1.59	V
PU017	Blackeye Beans	500g	1.85	V
PU078	Broth Mix	500g	1.45	V
PU066	Butter Beans	500g	2.29	V
PU067	Chickpeas	500g	1.55	V
PU065	Lentils - brown	500g	1.25	V
PU133	Lentils - Dark Speckled	500g	1.85	V
PU069	Lentils - green	500g	1.49	V
PU076	Lentils - red split	500g	1.15	V
PU072	Marrowfat Peas	500g	1.35	V
PU177	Moong Dahl	500g	2.75	V
PU070	Split Peas - green	500g	1.25	V
PU080	Split Peas - yellow	500g	1.19	V
<b>SUMA PREPACKS - ORGANIC</b>				
PU202	Aduki Beans - Organic	500g	2.29	VO
PU222	Bean Mix - organic	500g	2.85	OV
PU034	Black Turtle Beans	500g	1.89	OV
PU004	Broth Mix - Organic	500g	1.95	OV
PU345	Butter Beans - organic	500g	3.19	VO
PU225	Cannellini Beans - organic	500g	2.15	OV
PU369	Chickpeas - organic	500g	2.15	VO
PU182	Green Split Peas - organic	500g	1.65	OV
PU145	Haricot Beans - organic	500g	1.99	OV
PU135	Lentils - Brown, organic	500g	2.55	VO
PU167	Lentils - Dark Speckled, org	500g	3.49	OV
PU129	Lentils - Green, organic	500g	2.95	VO
PU294	Lentils - Red split organic	750g	2.39	OV
PU267	Lentils - Red split, organic	500g	1.69	VO
PU151	Mung Beans - organic	500g	2.65	VO
PU136	Pinto Beans - organic	500g	2.19	OV
PU156	Red Kidney Beans - organic	500g	2.39	OV
PU146	Soya Beans - organic	500g	1.59	OV
PU166	Yellow Split Peas - organic	500g	1.85	OV
<b>HODMEDOD'S</b>				
PU029	Fava Beans Organic - whole	500g	1.85	OV
PU005	Organic Carlin Peas	500g	1.99	OV
PU014	Organic Fava Beans - Split	500g	2.29	OV
PU008	Red Haricot Beans	500g	1.99	V
<b>JUST WHOLEFOODS</b>				
VF263	Sprouting Mix - OG	250g	2.19	VO
<b>BEERS</b>				
<b>SUMA</b>				
RT028	Blackstone Yorkshire Moor Ale	500ml	2.89	OV
RT212	Elphin Brook Bitter OG	500ml	2.64	OV
RT027	Erringden Light Pale + Ginger	500ml	2.57	FOV
RT215	Long Wall Mouse Blonde Beer	500ml	2.84	OV

code	product	size	rrp	bfgosv
RT029	Mixed Case Suma Ales	500ml	2.84	OV
RT213	Mytholm Mist Wheat Beer OG	500ml	2.72	OV
RT214	Penumbra Stout OG	500ml	2.82	OV
RT032	Strength in Number IPA	500ml	1.99	OV
	<b>BUDELS</b>			
RT131	Budels Lager	330ml	2.03	OV
	<b>CANNABIA</b>			
RT004	Cannabia Hemp Beer	330ml	2.59	OV
	<b>SAM SMITHS</b>			
RT016	Cherry Beer	355ml	3.06	OV
RT009	Chocolate Stout	550ml	3.44	OV
RT008	Organic Pale Ale	550ml	3.44	OV
RT120	Pure Brewed Organic Lager	550ml	3.44	OV
RT007	Raspberry Beer	355ml	3.06	OV
	<b>ST PETER'S</b>			
	<i>Alcohol Free Beers</i>			
RT025	St Peter's Without - Gold	500ml	1.99	V
RT026	St Peter's Without - Organic	500ml	1.99	OV
RT021	St Peter's Without Original	500ml	1.99	V
	<b>BISCUITS CRACKERS &amp; CRISPREAD</b>			
	<b>AGAINST THE GRAIN</b>			
BT077	OG Berry Delicious Cookies	150g	3.26	GOV
BT341	Org 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
	<b>AMISA</b>			
BT106	Crispbread - Amaranth & Rice	120g	2.09	GOV
BT185	Crispbread - Buckwheat W/grain	120g	2.29	GOV
BT289	Crispbread - Quinoa Fibre Plus	100g	1.69	OV
BT398	Crispbread - Spelt/Chia, Org	200g	2.89	OSV
BT291	Crispbread - Veggie Garden GF	100g	1.69	GOV
BT211	Melba Toasts - Spelt, Organic	200g	2.99	OV
	<b>ANGELIC GLUTEN FREE</b>			
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
BT220	Cranberry & Sunflower Biscuits	150g	2.75	GSV
BT225	Cranberry Crunch Cookies	125g	2.59	GSV
	<b>BIONA</b>			
BT124	Apple & Pear Waffles	175g	2.29	OV
BT166	Hazelnut Syrup Waffles	175g	2.49	OSV
BT123	Maple Syrup Waffles	175g	2.39	OV
	<b>CLEARSPRING</b>			
BT573	Brown Rice Cakes - Buckwheat	120g	1.49	GOV
BT574	Brown Rice Cakes - Quinoa	120g	1.49	GOV
BT575	Brown Rice Cakes - Seeds	120g	1.49	GOV
BT129	Brown Rice Crackers-Blk Sesame	40g	1.99	OV
BT190	Japanese Rice Cakes	150g	3.19	V
BT195	Japanese Rice Cakes Teriyaki	150g	3.19	V
BT318	Oatcakes - Sea Vegetable	200g	2.49	OV
BT290	Oatcakes - Sun Dried Tom /Herb	200g	2.49	OV
BT319	Oatcakes, Traditional, Organic	200g	2.29	OV
BT317	Organic Corncakes	130g	1.15	GOV
BT631	Rice Cakes - 3 Grain, Thin,Org	130g	0.99	OV
BT630	Rice Cakes - Lightly Salted	130g	0.99	OV

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BT629	Rice Cakes - No Added Salt,Org	130g	0.99	GOV
BT576	Rye Crispbread - Original	200g	1.29	OV
BT577	Rye Crispbread - Sesame	200g	1.49	OV
	<b>DOVES FARM</b>			
BT295	Choc Chip Cookies	180g	2.25	GOSV
BT010	Digestives	200g	1.22	OSV
BT271	Double Chocolate Cookies - GF	180g	2.25	FOSV
BT202	Fruity Oat Digestives	200g	1.55	OSV
BT269	Lemon Zest Cookies - GF	150g	1.59	GOSV
BT029	Organic Ginger Oat Biscuits	200g	1.79	OSV
BT008	Stem Ginger Cookies - GF	150g	1.59	GOSV
	<b>DR KARG</b>			
BT001	3 Grains & 3 Seeds Crispbreads	200g	2.79	OV
BT812	Classic 3 Seed Crispbread	200g	2.55	OV
BT554	Quinoa & Amaranth Crispbread	200g	2.89	OV
	<b>EASY BEAN</b>			
BT304	Fava Bean & Poppy Seed	160g	2.95	GV
BT305	Green Pea & Chia Seed	160g	2.95	GV
BT303	Red Lentil & Poppy Seed	160g	2.95	GV
	<b>FINN CRISPBREADS</b>			
BT309	Five Wholegrains - Thin	190g	2.29	SV
BT025	Multigrain	175g	1.49	V
BT122	Organic Crispbread	200g	2.29	OV
BT003	Original Rye	200g	1.49	V
BT002	Original Rye	250g	1.49	V
	<b>HONEYROSE</b>			
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
	<b>INSPIRAL VISIONARY PRODUCTS</b>			
BT213	Raw Almond/Herb Crackits	100g	4.49	GOV
	<b>KALLO</b>			
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
BT011	Salt & Vinegar Corn/Rice Snack	25g	0.75	GSV
	<b>Lentil Cakes</b>			
BT578	Protein Lentil Cake	100g	1.99	GV
	<b>Rice Cakes</b>			
BT033	No Added Salt Organic	130g	1.69	GVO
BT034	Original Organic Wholegrain	130g	1.69	GVO
BT215	Savoury Thick Rice Cakes	110g	2.29	V
BT378	Sea Salt & Balsamic Rice Cakes	127g	1.79	V
BT036	Thick Slice Sesame Rice Cake	130g	1.48	GOV
BT240	Thin Slice No Salt - organic	130g	1.59	GVO
	<b>KOOKIE CAT</b>			
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
	<b>LAZY DAY</b>			
BT320	Belgian Dark Chocolate Tiffin	150g	3.79	SV
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

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BT197	Free From Shortbread	150g	3.79	GV
BT140	Ginger Truffle Slice	150g	3.79	GVS
BT316	Millionaires Shortbread	150g	3.79	GSV
BT489	Peppermint Slice	150g	3.79	GSV
	<i>Mini Bites Tubs</i>			
BT191	Millionaires Crispie Bites	180g	4.79	GSV
BT196	Rocky Road Bites	180g	4.79	GSV
BT183	Tiffin Bites	180g	4.79	GSV
	<b>LE PAIN DES FLEURS</b>			
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
	<b>METCALFE'S</b>			
BT222	Rice Cakes - Dark Chocolate	34g	0.99	GVS
	<b>NAIRN'S</b>			
BT090	Oatcakes - Fine	218g	1.25	V
BT046	Oatcakes - Fruit & Seed	225g	1.69	V
BT273	Oatcakes - Organic	250g	1.49	OV
BT275	Oatcakes - Traditional Rough	291g	1.36	V
BT301	Oatcakes -Cracked Black Pepper	200g	1.49	V
	<i>Gluten Free</i>			
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
BT549	GF Super Seeded Oatcake	180g	2.15	GV
BT420	Gluten Free Oatcakes	213g	2.15	GGV
	<i>Wheat Free Biscuits</i>			
BT416	Fruit and Spice	200g	1.65	SV
BT414	Mixed Berry	200g	1.65	SV
BT415	Stem Ginger	200g	1.65	SV
	<b>ORGANICO</b>			
	<i>Rustic Breadsticks</i>			
BT065	Classic Grissini - og	120g	1.95	OV
BT061	Omega Grissini - og	120g	1.95	OV
BT068	Sesame Grissini - og	120g	2.15	OV
BT067	Spelt Grissini - og	120g	2.50	OV
	<b>ORGRAN</b>			
BT525	Amaretti Biscotti	150g	2.39	GVS
	<b>ORIGIN EARTH</b>			
BT390	Gluten Free Crackers	150g	2.69	GV
BT389	Gluten Free Crackers Fennel	150g	2.69	GV
BT387	Gluten Free Crackers Sesame	150g	2.69	GV
	<b>PREWETTS</b>			
BT280	Jammy Wheels	160g	1.95	GV
	<b>REAL FOODS</b>			
BT497	Corn Thins - Multigrain	150g	1.55	GV
BT381	Corn Thins - Original	150g	1.89	V
BT377	Corn Thins - Sesame	150g	1.89	V
	<b>RUDE HEALTH FOODS</b>			
BT397	Brown Rice Crackers	130g	2.75	GOV
BT505	Buckwheat & Chia Crackers	150g	3.25	GOV
BT144	Buckwheat &Black Bean Crackers	120g	2.99	GOV
BT147	Chickpea & Lentil Crackers	120g	2.99	GOV
BT054	Corn Crackers	130g	2.75	GOV
BT266	Ginger & Turmeric Oaty	200g	2.49	SV
BT395	Multigrain Thins	160g	2.75	GOV
BT143	Seaweed & Sesame Oaty	200g	2.50	GV

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<b>BODYCARE</b>				
<b>SUMA CONDITIONERS</b>				
DY484	5l Pump	5l	3.25	V
DY481	Clear & simple Conditioner	5l	21.95	V
DY619	Clear & Simple Conditioner	500ml	4.69	V
DY483	Grapefruit & Aloe Conditioner	5l	21.95	V
DY621	Grapefruit & Aloe Conditioner	500ml	4.69	V
DY475	Rose & Geranium Conditioner	5l	21.95	V
DY627	Rose & Geranium Conditioner	500ml	4.69	V
DY474	White Lavender Conditioner	5l	21.95	V
DY645	White Lavender Conditioner	500ml	4.69	V
<b>SUMA GLYCERINE SOAP</b>				
DY540	Grapefruit & Aloe Vera Soap	90g	1.39	V
DY555	Hemp Oil & Vitamin E Soap	90g	1.39	V
DY532	Rose & Geranium Soap	90g	1.39	V
DY013	White Lavender Soap	90g	1.39	V
<b>SUMA HANDMADE SOAPS</b>				
DY433	Aloe Vera & Wheatgerm Oil	95g	2.09	V
DY497	Bergamot & Green Tea Soap	95g	2.09	V
DY452	Cinnamon & Orange Soap	95g	2.09	V
DY476	Coconut Milk Ylang Ylang Soap	95g	2.09	V
DY448	Grapefruit & Mandarin Soap	95g	2.09	V
DY438	Lavender & Lime Soap	95g	2.09	V
DY440	Lemongrass & Chamomile Soap	95g	2.09	V
DY560	Patchouli & Hemp Soap	95g	2.09	V
DY446	Peppermint & Pine Oil Soap	95g	2.09	V
DY502	Rose & Geranium Soap	95g	2.09	V
DY445	Rosemary & Lavender Soap	95g	2.09	V
DY444	Tea Tree & Eucalyptus Soap	95g	2.09	V
<b>SUMA SHAMPOO</b>				
DY595	Clear & Simple Shampoo	5l	21.95	V
DY226	Clear & Simple Shampoo	500ml	4.69	V
DY598	Grapefruit & Aloe Vera Shampoo	5l	21.95	V
DY235	Grapefruit & Aloe Vera Shampoo	500ml	4.69	V
DY608	Rose & Geranium Shampoo	5l	21.95	V
DY242	Rose Petal & Geranium Shampoo	500ml	4.69	V
DY593	White Lavender Shampoo	5l	21.95	V
DY269	White Lavender Shampoo	500ml	4.69	V
<b>ALOE PURA</b>				
DY196	Aloe Vera Gel + Tea Tree	200ml	6.49	V
DY199	Aloe Vera Gel + Vitamin A C E	200ml	6.49	V
DY040	Aloe Vera Gel OG	200g	6.49	OV
<i>Suncare</i>				
DY303	Aloe Vera After Sun Lotion	200ml	7.99	V
<b>AUSTRALIAN TEA TREE</b>				
DY228	Tea Tree Oil	10ml	5.49	V
<b>BEN &amp; ANNA</b>				
<i>Stick Deodorant in Paper Tube</i>				
DY788	Soda Deodorant - Nordic Timber	60g	9.95	OV
DY805	Soda Deodorant - Persian Lime	60g	9.95	OV
DY820	Soda Deodorant - Provence	60g	9.95	OV
DY796	Soda Deodorant - Pure	60g	9.95	OV
DY823	Soda Deodorant-Indian Mandarin	60g	9.95	OV
DY816	Soda Deodorant-Pink Grapefruit	60g	9.95	OV
DY795	Soda Deodorant-Vanilla Orchid	60g	9.95	OV

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<b>BLOOM &amp; NORA</b>				
<i>Bloom Reusable Sanitary Pads</i>				
NF311	Midi Pack - 3xMidis, Day Bag	packs	24.99	V
NF316	Mini Pack 3 Pads Plus Day Bag	packs	21.99	V
NF307	Trial Pack 4 x Mixed Pads, Bag	packs	36.39	V
<i>Nora Reusable Sanitary Pads</i>				
NF331	Midi Pack 3 Pads Plus Day Bag	packs	24.99	V
NF327	Mini Pack 3xPads Plus Day Bag	packs	21.99	V
NF319	Trial Pack 4 x Mixed Pads, Bag	packs	36.39	V
<b>CREATIVE NATURE</b>				
DY499	Apricot Kernels - Bitter	300g	9.99	GV
DY510	Apricot Kernels - Himalayan	150g	6.49	V
<b>DR BRONNER'S</b>				
DY160	Almond Castile Liquid Soap	237ml	7.69	FOV
DY191	Almond Castile liquid Soap	473ml	11.69	FOV
DY208	Almond Castile Liquid Soap	946ml	19.49	FOV
DY198	Baby Castile liquid Soap	473ml	11.69	FOV
DY209	Baby Castile Liquid Soap	946ml	19.49	FOV
DY182	Citrus Orange Liquid Soap	237ml	7.35	FOV
DY201	Citrus Orange Liquid Soap	473ml	11.69	FOV
DY183	Lavender Castile Liquid Soap	237ml	7.69	FOV
DY205	Lavender Castile Liquid Soap	473ml	11.69	FOV
DY213	Lavender Castile Liquid Soap	946ml	19.49	FOV
DY184	Peppermint Castile Liquid Soap	237ml	7.69	FOV
DY207	Peppermint Castile Liquid Soap	473ml	11.69	FOV
DY214	Peppermint Castile Liquid Soap	946ml	19.49	FOV
DY850	Pump Soap - Baby Unscented	710ml	19.49	FOV
DY443	Pump Soap - Lavender	355ml	10.49	FOV
DY825	Pump Soap - Lavender	710ml	19.49	FOV
DY459	Pump Soap - Lemongrass & Lime	355ml	10.49	FOV
DY854	Pump Soap - Lemongrass & Lime	710ml	19.49	FOV
DY465	Pump Soap - Peppermint	355ml	10.49	FOV
DY829	Pump Soap - Peppermint	710ml	19.49	FOV
DY454	Pump Soap - Tea Tree	355ml	10.49	FOV
DY838	Pump Soap - Tea Tree	710ml	19.49	FOV
<i>Bar Soap</i>				
DY117	Almond Pure Castile Bar Soap	140g	4.99	FOV
DY118	Baby Castile Bar Soap	140g	4.99	FOV
DY119	Citrus Orange Bar Soap	140g	4.99	FOV
DY123	Lavender Castile Bar Soap	140g	4.99	FOV
DY138	Peppermint Castile Bar Soap	140g	4.99	FOV
<i>Hand &amp; Body Lotion</i>				
DY086	Lavender Hand & Body Lotion	237ml	10.49	FOV
DY083	Orange Hand & Body Lotion	237ml	10.49	FOV
DY065	Patchouli Hand & Body Lotion	237ml	10.49	FOV
DY077	Peppermint Hand & Body Lotion	237ml	10.49	FOV
<i>Hand Sanitiser</i>				
DY455	Hand Sanitiser - Lavender	60ml	4.99	FOV
<b>EMMA'S SOAPS</b>				
<i>Plastic free shower puff</i>				
NF193	Ramie Wash Cloth	1	5.15	V
<b>FAITH</b>				
DY874	Aloe Vera Conditioner	5l	47.50	V
DY871	Aloe Vera Shampoo	5l	47.50	V
DY883	Coconut Body Wash	5l	55.00	V
DY881	Coconut Shampoo	5l	50.00	V
DY867	Lavender & Geranium Condition	5l	50.00	V

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DY507	Lavender & Geranium Gift Bag	each	16.99	V
DY868	Lavender & Geranium Shampoo	5l	50.00	V
	<b>Body Wash</b>			
DY877	Aloe Vera	5l	51.00	V
DY104	Aloe Vera Body Wash	400ml	5.45	V
DY885	Coconut	740ml	9.99	V
DY880	Coconut Body Wash	400ml	5.60	V
DY044	Fragrance Free	400ml	5.60	V
DY501	Grapefruit & Orange Body Wash	400ml	5.60	V
DY886	Lavender & Geranium	740ml	9.99	V
DY870	Lavender & Geranium	5l	55.00	V
DY105	Lavender & Geranium Body Wash	400ml	5.60	V
DY632	Lemon & Tea Tree	400ml	5.60	V
DY278	Pomegranate & Rooibos	400ml	5.60	V
DY848	Seaweed	400ml	5.45	V
DY107	Tea Tree Body Wash	400ml	5.45	V
DY011	Watermelon Body Wash	400ml	5.60	V
	<b>Conditioner</b>			
DY221	Aloe Vera Conditioner	400ml	5.35	V
DY272	Chocolate Conditioner	400ml	5.50	V
DY879	Coconut	5l	50.00	V
DY830	Coconut Conditioner	400ml	5.50	V
DY919	Dragon Fruit Conditioner	400ml	5.50	V
DY033	Fragrance Free Conditioner	400ml	5.50	V
DY508	Grapefruit Orange Conditioner	400ml	5.50	V
DY410	Hemp & Meadowfoam Conditioner	400ml	5.50	V
DY223	Jobba Conditioner	400ml	5.35	V
DY890	Lavender Geranium Conditioner	400ml	5.50	V
DY064	Pomegranate/Rooibos Conditioner	400ml	5.50	V
DY846	Rosemary Conditioner	400ml	5.35	V
DY845	Seaweed & Citrus Conditioner	400ml	5.35	V
DY222	Tea Tree	400ml	5.50	V
DY921	Turmeric & Lemon Conditioner	400ml	5.50	V
DY010	Watermelon Conditioner	400ml	5.50	V
	<b>Deodorants</b>			
DY969	Aloe Vera & Chamomile Roll On	50ml	3.99	V
DY968	Aloe Vera & Green Tea Roll On	50ml	3.99	V
DY174	Body Deodorant	100g	3.85	V
	<b>Hand Wash</b>			
DY245	Aloe Vera & Tea Tree Hand Wash	300ml	4.39	V
DY894	Coconut Hand Wash	300ml	4.39	V
DY505	Grapefruit & Orange Hand Wash	300ml	4.39	V
DY312	Lavender & Geranium Hand Wash	300ml	4.39	V
DY693	Pomegranate & Rooibos H/Wash	300ml	4.39	V
DY301	Seaweed Handwash	300ml	4.39	V
	<b>Men Care</b>			
DY054	Blue Cedar Body Wash	400ml	5.60	V
DY048	Blue Cedar Shampoo	400ml	5.15	V
DY056	mens - blue cedar soap	100g	1.95	V
	<b>Shampoo</b>			
DY844	Aloe Vera Shampoo	400ml	5.35	V
DY439	Cacao Shampoo	400ml	5.50	V
DY875	Coconut Shampoo	400ml	4.15	V
DY920	Dragon Fruit Shampoo	400ml	5.50	V
DY032	Fragrance Free Shampoo	400ml	5.50	V
DY512	Grapefruit & Orange	400ml	5.50	V
DY420	Hemp & Meadowfoam Shampoo	400ml	5.50	V



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DY839	Jojoba Shampoo	400ml	5.35	V
DY503	Lavender & Geranium Shampoo	400ml	5.50	V
DY076	Pomegranate & Rooibos Shampoo	400ml	5.50	V
DY843	Rosemary Shampoo	400ml	5.35	V
DY842	Seaweed & Citrus Shampoo	400ml	5.35	V
DY509	Tea Tree Shampoo	400ml	5.50	V
DY922	Turmeric & Lemon Shampoo	400ml	5.50	V
DY007	Watermelon Shampoo	400ml	5.50	V
	<b>Shower Gel/Foam Bath</b>			
DY884	Aloe Vera Shower Gel/Foam Bath	740ml	9.99	V
DY893	Feminine Wash	200ml	4.25	V
DY285	Hemp & Meadowfoam Foam Bath	400ml	5.45	V
	<b>Skincare</b>			
DY059	3-in-1 Facial Wipes	25	3.25	V
DY740	Exfoliating Face & Body Polish	150ml	6.25	V
DY708	Intensive Moisturising Cream	50ml	6.65	V
DY735	Purifying Cleansing lotion	150ml	6.25	V
DY722	Rejuvenating Facial Wash	150ml	6.25	V
DY706	Replenishing Moisture Cream	50ml	6.39	V
DY709	Restorative Hand Cream	50ml	6.39	V
	<b>Soap</b>			
DY050	Loose Soap - Aloe Vera	100g	1.55	V
DY918	Loose Soap - Coconut	100g	1.55	V
DY640	Loose Soap - Grapefruit	100g	1.55	V
DY154	Loose Soap - Hemp & Green Tea	100g	1.55	V
DY005	Loose Soap - Lavender	100g	1.55	V
DY006	Loose Soap - Orange	100g	1.55	V
DY008	Loose Soap - Rosemary	100g	1.55	V
DY239	Loose Soap - Tea Tree	100g	1.55	V
DY051	Wrapped Soap - Aloe Vera	100g	1.95	V
DY909	Wrapped Soap - Coconut	100g	1.95	V
DY153	Wrapped Soap - Hemp,Green Tea	100g	1.95	V
DY461	Wrapped Soap - Lavender	100g	1.95	V
DY464	Wrapped Soap - Rosemary	100g	1.95	V
DY460	Wrapped Soap - Tea Tree	100g	1.95	V
	<b>FRIENDLY SOAP</b>			
DY910	Ethical Man Gift Set	set	9.99	V
DY908	Ethical Woman Gift Set	set	9.99	V
DY103	Natural Shampoo Bar	95g	2.62	V
DY095	Natural Shampoo Bar	95g	2.62	V
DY093	Natural Shaving Soap	95g	2.62	V
DY106	Natural Travel Soap	95g	2.62	V
	<b>GREEN PEOPLE COMPANY</b>			
	<b>Gift Sets</b>			
DY378	Forest & Fruit Gift Set	1	22.95	OV
DY379	Leaf & Stem Gift Set	1	22.95	OV
DY473	Mens Facial Trio Gift Set	each	15.95	OVBF
DY352	Tree & Seed Mens Collection	1	24.95	OV
	<b>Hair &amp; Body Care</b>			
DY315	Aloe Vera & Lavender Shampoo	200ml	13.37	V
DY219	Intensive Repair Conditioner	200ml	14.99	V
DY218	Intensive Repair Shampoo	200ml	14.99	VO
DY624	Moisturising Conditioner	200ml	13.91	OV
	<b>Organic Skincare</b>			
DY072	Day Solution SPF15	50ml	21.40	OV
	<b>Organicchildren.com</b>			
DY257	Organic Children Bath & Shower	200ml	10.66	VO
DY090	Organic Children Shampoo	200ml	10.66	VO

code	product	size	rrp	bfgosv
<b>HEAVENLY ORGANICS SKIN CARE</b>				
DY547	Orange & Grapefruit Cleanser	110g	8.99	V
DY525	Rose Geranium Facial Cleanser	110g	8.99	V
<i>Apply Dry</i>				
DY515	Rose & Lemon Deodorant Powder	100g	8.99	V
DY523	Unscented Deodorant Powder	100g	8.99	V
<i>Just Add Water</i>				
DY500	Rosemary Conditioner Powder	25g	8.99	V
DY457	Seaweed Conditioner Powder	25g	8.99	V
DY453	Shampoo Powder	100g	8.99	V
DY586	Lavender Body Butter	100g	8.99	OV
DY578	Lavender Body Scrub	500g	15.99	V
DY605	Lemon & Lime Lip Balm	12g	3.99	OV
DY592	Mint Lip Balm	12g	3.99	OV
DY587	Orange & Rose Body Butter	100g	8.99	OV
DY575	Orange & Rose Body Scrub	500g	15.99	V
DY594	Orange Lip Balm	12g	3.99	OV
DY584	Rose & Geranium Body Butter	100g	8.99	OV
DY580	Rose & Geranium Body Scrub	500g	15.99	V
<b>HUMBLE</b>				
NF537	Bamboo Cotton Swab Blue	100	1.99	V
NF538	Bamboo Cotton Swab Purple/Pink	100	1.99	V
NF536	Bamboo Cotton Swabs - White	100	1.99	V
<b>KNEIPP</b>				
DY401	Herbal Bath - Eucalyptus	100ml	9.45	V
DY418	Herbal Bath - Lavender	100ml	9.45	V
<b>LAVERA</b>				
<i>Basis</i>				
DY202	Deodorant- Roll On	50ml	7.95	OV
DY589	Hand Cream	75ml	4.95	OV
DY581	Moisturising Face Cream	50ml	11.95	OV
DY607	Soft Moisturising Cream	150ml	7.95	OV
<b>LIVING NATURALLY</b>				
DY094	Coconutty Soapnut Shampoo Bar	90g	5.99	V
DY813	Rose Castile Soapnut Soap	90g	3.99	V
<b>LOOFCO</b>				
DY092	Bath-Time Loofah	1	3.05	V
DY091	Body Loofah	1	2.79	V
<b>MOONCUP</b>				
DY606	Mooncup Size 'A'	each	20.99	V
DY680	Mooncup Size 'B'	each	20.99	V
<b>NATRACARE</b>				
<i>Pads</i>				
NF059	Dry & Light Incontinence Pads	20	3.35	V
NF096	Mini Panty Liner	30	1.85	VO
NF152	New Mother Maternity Pads	10	2.65	V
NF889	Night-Time Pads	10	2.85	V
NF104	Org Cotton Wrapped Panty Liner	18	1.69	OV
NF048	Organic Cotton Panty Liners	22	2.15	OV
NF121	Panty Liner Curved	30	1.85	V
NF298	Press On Reg Towels	14	2.25	V
NF299	Press on Towels - Super	12	2.25	V
NF304	Ultra Extra Pad Normal - Wings	12	2.25	OV
NF300	Ultra Extra Pads Long - Wings	8	2.25	OV
NF313	Ultra Extra Super Pads Winged	10	2.25	OV
NF755	Ultra Pad - Long with Wings	10	2.45	V
NF862	Ultra Pads Super Plus	12	2.45	V
NF827	Ultra Regular Pad with Wings	14	2.45	V

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NF442	Ultra Super Pads with Wings <i>Tampons</i>	12	2.45	V
NF085	Tampons Regular - Organic	20	2.65	VO
NF030	Tampons Regular - Organic	10	1.75	OV
NF086	Tampons Super - Organic	20	2.75	OV
NF087	Tampons Super Plus - OG	20	2.85	VO
	<i>Wipes</i>			
NF204	Organic Cotton Intimate Wipes	12	2.25	OV
	<b>NATURE'S GREATEST SECRET</b>			
DY901	Colloidal Silver Deodorant	50ml	8.95	V
	<b>NATURTINT</b>			
	<i>Permanent Hair Colour</i>			
DY831	3N Dark Chestnut Brown	165ml	10.99	V
	<i>Permanent Hair Colour Golden</i>			
DY853	5G Light Golden Chestnut	165ml	10.99	V
	<i>Permanent Hair Colour Natural</i>			
DY847	10N Light Dawn Blonde	165ml	10.99	V
DY828	2N Brown Black	165ml	10.99	V
DY834	5N Light Chestnut Brown	165ml	10.99	V
DY835	6N Dark Blonde	165ml	10.99	V
DY837	7N Hazelnut Blonde	165ml	10.99	V
	<b>OLIVA</b>			
DY290	Olive Oil Soap	6 x 125g	1.89	V
DY561	Olive Oil Soap - Large Bar	600g	3.55	V
	<b>OPTIMA CHARCOAL</b>			
DY517	Charcoal Face Wash	200ml	5.99	V
DY519	Face Mask	125ml	5.99	V
DY518	Face Scrub	125ml	5.99	V
DY537	Purifying Body Wash	250ml	5.99	V
DY543	Purifying Conditioner	265ml	5.99	V
DY538	Purifying Shampoo	265ml	5.99	V
	<b>ORGANYC</b>			
NF227	Pads - Heavy Flow	10	3.89	OV
NF199	Pads - Moderate Flow	10	3.69	OV
	<b>PACIFICA</b>			
DY271	Ruby Guava Set	1	13.99	V
DY185	Tuscan Blood Orange Set	1	13.99	V
	<b>PATCH</b>			
	<i>Biodegradable Bamboo Plasters</i>			
NF547	Bamboo Kids Plasters - Coconut	1	6.99	OV
NF546	Bamboo Plasters - Aloe Vera	1	6.99	OV
NF548	Bamboo Plasters - Charcoal	1	6.99	OV
NF545	Bamboo Plasters - Natural	1	6.99	OV
	<b>PITROK</b>			
DY175	Deodorant Spray - Fragranced	100ml	4.99	V
DY250	Push Up Crystal Deodorant	100g	6.99	V
DY220	Roll On Crystal Deodorant	50ml	4.99	V
DY139	Spray Deodorant	100ml	4.99	V
	<b>RIO ROSA MOSQUETA</b>			
DY653	Anti-ageing day & night cream	50ml	15.99	V
DY659	Pure Chilean Rosehip Oil	20ml	11.99	V
DY660	Pure Chilean Rosehip Oil	50ml	22.99	V
	<b>SIMPLY GENTLE</b>			
DY097	Cotton Buds - organic	200	2.15	VO
	<b>SUNCOAT</b>			
DY565	Hair Calming Serum	180ml	10.99	V
DY769	Hair Spray - Fragrance Free	200ml	10.75	V
DY771	Hair Styling Gel	150ml	10.75	V
DY552	Hair Styling Mousse	210ml	10.99	V

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<b>THE KONJAC SPONGE COMPANY</b>				
DY866	Sponge - Baby	1	10.99	V
DY860	Sponge - Bamboo Charcoal	1	8.99	V
DY856	Sponge - Original	1	8.99	V
DY863	Sponge - Red Clay	1	8.99	V
DY775	Sponge in Snowman Box	1	6.99	V
DY768	Sponge w/Bamboo,Blitzen Box	1	6.99	V
DY785	Sponge w/Chamomile Gingerbread	1	6.99	V
DY767	Sponge w/Red Clay,Rudolph Box	1	6.99	V
<b>TSUNO</b>				
NF015	Tampons Mini Organic	16	2.89	OV
NF016	Tampons Regular Organic	16	2.99	OV
NF017	Tampons Super Organic	16	3.59	OV
<b>URTEKRAM</b>				
DY020	Brown Sugar Shower Gel	500ml	7.35	FOV
DY725	Lime Crystal Roll On Deodorant	50ml	4.89	OV
<b>Body Scrub</b>				
DY615	Aloe Vera	150ml	7.33	OV
DY610	Coconut	150ml	7.33	OV
<b>No Perfume</b>				
DY258	No Perfume Shower Gel	500ml	7.35	V
<b>Nordic Berries</b>				
DY282	Conditioner	180ml	4.69	OV
DY248	Shampoo	250ml	5.35	OV
DY274	Shower Gel	500ml	7.35	OV
<b>Purple Lavender</b>				
DY618	Body Lotion	245ml	6.69	OV
DY617	Body Scrub	150ml	7.33	OV
DY623	Conditioner	180ml	4.69	OV
DY631	Shampoo	250ml	5.35	OV
DY622	Shower Gel	250ml	4.99	VO
<b>Rose</b>				
DY702	Rose Body Lotion	245ml	6.69	OV
DY903	Rose Conditioner	180ml	4.69	V
DY060	Rose Crystal Deodorant	50ml	4.89	OV
DY904	Rose Shampoo	250ml	5.35	V
DY396	Rose Shower Gel	500ml	7.35	OV
<b>WELEDA</b>				
<b>Bath &amp; Shower</b>				
DY381	Citrus Creamy Body Wash	200ml	7.95	V
DY284	Lavender Creamy Body Wash	200ml	7.95	V
DY387	Sea Buckthorn Creamy Body Wash	200ml	7.95	V
DY431	Wild Rose Creamy Body Wash	200ml	7.95	V
<b>Body Care</b>				
DY636	Arnica Massage Oil	100ml	15.85	V
DY451	Wild Rose Body Lotion	200ml	24.95	V
<b>Deodorant</b>				
DY152	Spray Deodorant - Citrus	100ml	9.75	V
DY151	Spray Deodorant - Sage	100ml	9.75	V
DY305	Wild Rose Spray Deodorant	100ml	13.95	V
<b>Facial Care</b>				
DY927	Pomegranate Firming Day Cream	30ml	28.50	V
<b>Mother - See also Herb Teas</b>				
DY577	Nursing Oil	50ml	11.95	VB
DY574	Perineum Massage Oil	50ml	11.95	VB
DY572	Stretch Mark Massage Oil	100ml	18.95	VB

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DY322	Lip Balm - Berry Red Tinted	10ml	6.95	FVB
DY313	Lip Balm - Nude Tint	10ml	6.95	FVB
DY320	Lip Balm - Rose Tinted	10ml	6.95	FVB
DY801	Mini Body Lotions Gift Box	5 x 20ml	15.95	V
DY802	Mini Body Washes Draw Pack	5 x 20ml	13.95	V
<b>BREADS &amp; BREAD MIXES</b>				
<b>AMAIZIN</b>				
BT268	Og Tortilla Wraps Extra Fibre	240g	2.35	OV
<b>AMISA</b>				
BT437	Deep Pan Pizza Bases	260g	4.29	GOSV
BT125	Olive Ciabatta	180g	2.99	GOV
<b>BIONA</b>				
BT135	Pizza Base - 2 Per Retail Pack	300g	2.49	OV
BT440	Pumpnickel Bread	500g	1.99	OSV
BT461	Rice Bread with Sunflower Seed	500g	4.49	OV
BT464	Rye Bread - Amaranth & Quinoa	500g	1.99	OV
BT073	Rye Bread - Chia & Flax	500g	2.19	OV
BT041	Rye Bread - Coconut&Cranberry	500g	2.19	OV
BT438	Rye Bread - Hemp Seed	500g	2.09	OV
BT206	Rye Bread - Omega 3	500g	1.99	OV
BT207	Rye Bread - Pumpkin Seed	500g	2.09	OV
BT210	Rye Bread - Sunflower Seed	500g	1.99	OV
BT439	Rye Bread - Vitality	500g	2.09	OV
BT145	Rye Bread - Wholegrain	500g	1.99	OV
BT422	Spelt Pizza Base - Organic	300g	3.89	OV
<b>EVERFRESH NATURAL FOODS</b>				
BT048	Malt & Raisin Loaf	290g	1.65	OV
BT047	Mixed Grain Bread	400g	3.09	GOV
BT049	Rye Sourdough Bread	400g	1.69	OV
BT934	Sprouted Rye Bread	400g	2.05	OV
BT935	Sprouted Spelt Bread	400g	2.75	OV
BT086	Sprouted Wheat Bread	400g	1.99	OV
BT886	Sprouted Wheat Carrot & Raisin	400g	2.29	OV
BT546	Sprouted Wheat Hemp Bread	400g	2.55	OV
<b>FLORENTIN</b>				
BT552	Pitta Bread - spelt	260g	1.85	OV
BT360	Pitta Bread - white	260g	1.59	OV
BT376	Pitta Bread - wholemeal	280g	1.55	OV
<b>GO VEGAN</b>				
BT172	Vegan Wheat Croissants - Cocoa	5 45g	5.49	OSV
BT187	Vegan Whole Wheat Croissant	5 x 45g	4.99	OSV
<b>ISABEL'S NATURALLY FREE FROM</b>				
FG186	Baked Donut Mix Gluten Free	100g	2.22	GV
FG083	Batter Mix Gluten Free	125g	2.22	GV
<b>SCHNITZER GLUTEN FREE</b>				
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
BT288	Ciabatta Tomato	360g	4.49	GOSV
BT462	Focaccia Rolls	220g	3.09	GOV
BT469	Granello-Brown with Sunflowers	500g	4.45	GOV
BT285	Panini Royal	250g	3.19	GOV
BT516	Pizza Base	300g	3.69	GOV
BT517	Quinoa Bread with Chia	500g	4.65	GOV
BT471	Rustico GF Bread with Amaranth	500g	4.45	GOV

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<b>TASTE ITALIA</b>				
BT016	G/F Multigrain Vegan Wraps	4 x 65g	3.69	GV
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
<b>BURGERS SAUSAGES &amp; TVP MIXES</b>				
<b>SUMA BAGGED DOWN</b>				
SY097	Burger Mix - vegetarian	1kg		V
VF406	Burger Mix - vegetarian	5kg		V
VF166	Nut Roast Mix	1kg		GVS
VF157	Nut Roast Mix - Savoury/Vegan	1kg		VS
SY098	Sausage Mix - vegetarian	1kg		V
VF407	Sausage Mix - vegetarian	5kg		V
SY113	TVP Flavoured Coloured Mince	1kg		V
<b>SUMA COMMODITIES</b>				
VF404	Burger Mix - Vegetarian	25kg		V
VF405	Sausage Mix - Vegetarian	25kg		V
SY205	TVP Flavoured Coloured Mince	15kg		V
<b>SUMA PREPACKS</b>				
VF160	Burger Mix - Vegetarian	350g	4.65	V
VF154	Nut Roast Mix - Gluten Free	340g	2.95	GVS
VF153	Nut Roast Mix - Savoury/Vegan	370g	2.95	VS
VF162	Sausage Mix - Vegetarian	350g	4.45	V
SY109	TVP Flavoured Coloured Mince	250g	2.05	V
<b>CLEARSPRING</b>				
SY074	Organic Soya Chunks	200g	2.99	OSV
SY071	Organic Soya Mince	300g	3.49	OSV
<b>GRANOSE</b>				
VF099	Chargrilled Style Burger Mix	120g	1.85	V
VF087	Lincolnshire Sausage Mix	150g	1.85	V
<b>JUST WHOLEFOODS</b>				
VF320	Vegan Sunflower Mince	72g	3.79	OV
VF706	Vegetarian Banger Mix -organic	125g	1.65	OV
VF705	Vegetarian Burger Mix	125g	1.65	OV
<b>PROTOVEG</b>				
VF839	Sausage Mix	10kg		V
<b>SHROPSHIRE SPICE</b>				
VF307	Bread Sauce - Gluten Free	100g	1.99	GV
VF151	Cranb/Oran/Chestnut Stuffing	150g	1.29	V
VF308	GF Cran/Apple Stuffing Mix	120g	1.99	GV
VF309	GF Parsley/Thyme Stuffing Mix	120g	1.99	GV
VF310	GF Sage/Onion Stuffing Mix	120g	1.99	GV
VF217	Roasted Chestnut Stuffing	150g	1.29	V
VF150	Sage & Onion Stuffing	150g	1.29	V
<b>CAKES</b>				
<b>CREATIVE NATURE</b>				
BT223	Banana Bread Mix	250g	3.99	GOSV
BT231	Chocolate Chip Muffin Mix	250g	3.99	GSVO
<b>EVERFRESH NATURAL FOODS</b>				
BT246	Banana Cake - Organic	300g	3.79	OV
BT242	Carrot Cake with Raisins - Org	400g	3.79	OV
BT241	Date & Pecan Cake - Organic	380g	4.39	OV
BT089	Fruit Cake - Organic	400g	3.29	OV
BT238	Stem Ginger Cake - Organic	380g	4.39	OV

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<b>FREE &amp; EASY</b>				
<i>Gluten &amp; Dairy Free</i>				
BT072	Chocolate Brownie Mix	350g	3.99	GSV
BT299	Coffee Cake Mix	350g	3.99	SV
BT300	Lemon & Poppyseed Cake Mix	350g	3.49	SV
<b>CANDLES, INCENSE &amp; HOLDERS</b>				
<b>GREATER GOODS</b>				
<i>Mother's Vegan Incense</i>				
NF444	Cinnamon & Spice	12 sticks	2.00	FV
NF440	Frankincense	12 sticks	2.00	FV
NF448	Jasmine	12 sticks	2.00	FV
NF446	Lotus	12 sticks	2.00	FV
NF449	Musk	12 sticks	2.00	FV
NF445	Opium	12 sticks	2.00	FV
NF447	Orange Blossom	12 sticks	2.00	FV
NF441	Patchouli	12 sticks	2.00	FV
NF443	Vanilla	12 sticks	2.00	FV
<b>MANCHESTER CANDLE CO</b>				
NF250	Tealights - unscented	60	7.99	V
<b>MOORLANDS DIPPED CANDLES</b>				
NF432	Rainbow Colours, Long Burn	1 pairs	3.29	V
<i>Standard 9" x 0.85", 8hr burn</i>				
NF130	Boxed Candles-Each One Multi	1 pairs	2.45	V
NF077	Boxed Candles-Variou Colours	1 pairs	2.29	V
<i>Super Giant 8"x 2 1/2"</i>				
NF422	Mixed Selection	1 single	5.79	V
<b>NAMASTE</b>				
NF235	Whitewash Teak Tealight Holder	each	8.49	FV
<b>SIESTA CRAFTS</b>				
NF286	Long Hari Nag Champa Incense	5	2.99	FV
NF285	Satya Sai Nag Champa Incense	15g	0.99	FV
NF276	Incense Gift Set - 6 Varieties	6	3.99	FV
NF257	Thai Flower Tealights	10	4.99	FV
<b>CEREALS &amp; MUESLIS</b>				
<b>SUMA BULK MUESLI</b>				
MX185	Luxury Tropical Muesli	3kg		V
MX017	Luxury Tropical Muesli	10kg		V
MX042	Roast Hazelnut Muesli	3kg		V
MX041	Roast Hazelnut Muesli	10kg		V
MX034	Simply Muesli Base	3kg		V
MX033	Simply Muesli Base	10kg		V
MX032	Simply Muesli Base	20kg		V
MX045	Super Muesli	3kg		V
MX043	Super Muesli	25kg		V
<b>SUMA BULK MUESLI - ORGANIC</b>				
MX130	De Luxe Muesli - organic	3kg		OV
MX119	De Luxe Muesli - organic	10kg		OV
MX183	Muesli - organic	3kg		OV
MX052	Muesli - organic	10kg		VO
MX160	Muesli - organic	25kg		VO
MX167	Premium Muesli - organic	3kg		OV
MX107	Premium Muesli - organic	10kg		OV
MX035	Simply Muesli Base - Organic	3kg		VO
MX036	Simply Muesli Base - Organic	10kg		VO
MX037	Simply Muesli base - Organic	20kg		VO

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	<b>SUMA MUESLI</b>			
MX209	Fruit Burst Muesli - Organic	500g	3.85	OV
MX211	GF Multigrain Muesli - Organic	500g	3.59	GOV
MX196	Nutty Crunch Muesli - Organic	500g	4.69	OV
MX210	Simply Muesli Base - Organic	500g	1.95	OV
	<b>ALARA</b>			
MX123	Classic Apple Bircher	450g	3.49	OV
MX099	Everyday Muesli	550g	2.99	OV
MX096	Fruits and Seeds Muesli	650g	3.29	OV
	<i>Everyday Range</i>			
MX023	Gluten Free Muesli - organic	250g	2.99	GOV
MX031	Rich Muesli - organic	500g	2.99	OV
	<i>Into The Garden</i>			
MX236	Active Muesli	250g	3.99	GOV
	<i>Into The Garden Range</i>			
MX050	G/F Goji & Cranberry Muesli	650g	5.39	GOV
	<b>AMISA</b>			
FX016	Organic Porridge Oats	325g	2.69	GOV
MX029	Spelt Puffs - Organic	200g	2.39	OV
	<b>BEAR</b>			
MX202	Alphabites Cereal - Cocoa	350g	2.79	V
MX203	Alphabites Cereal - Multigrain	350g	2.79	V
	<b>BIG OZ</b>			
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
MX010	Organic Gluten Free Mix Puffs	225g	3.45	GOV
MX013	Organic Millet Flakes	500g	3.45	GOV
	<b>DOVES FARM</b>			
MX988	Chocolate Stars	300g	2.85	GV
MX173	Cocoa Rice Breakfast Cereal	375g	3.55	GOSV
MX171	Fibre Flakes Breakfast Cereal	300g	3.35	GOSV
	<b>GLEBE FARM</b>			
MX106	Porridge Oats GF	450g	2.79	GOV
FX037	Porridge Oats GF	450g	2.49	GV
	<i>Gluten Free Cake Mixes</i>			
FG074	Chocolate Cake Mix GF	300g	2.79	GSV
	<b>HODMEDOD'S</b>			
FX020	Organic Puffed Quinoa	150g	2.99	GOV
	<b>KALLO</b>			
MX124	Puffed Rice Cereal - Natural	225g	2.99	GOV
	<b>LIZI'S</b>			
MX061	Lizi's Belgian Choc Granola	400g	3.85	SV
MX181	Lizi's Gluten Free Granola	400g	4.89	GV
MX207	Lizi's Low Sugar Granola	500g	3.95	SV
MX178	Lizi's Mango Granola	400g	3.85	SV
MX133	Lizi's Organic Granola	500g	5.29	OV
MX125	Lizi's Original Granola	500g	3.65	SV
MX177	Lizi's Passionfruit Granola	400g	3.85	SV
MX063	Lizi's Pink Apple/Cinnamon	400g	3.85	V
MX064	Lizi's Treacle/Pecan Granola	400g	3.65	SV
	<i>Adventurers</i>			
MX105	Banana Adventurers	400g	3.29	SV
MX102	Strawberry Adventurers	400g	3.29	SV
	<b>NAIRN'S</b>			
MX154	Muesli - Gluten Free	450g	2.99	GSV



code	product	size	rrp	bfgosv
	<b>NATURES PATH ORGANIC</b>			
MX547	Crispy Rice	284g	3.75	GOSV
MX602	Gorilla Munch	300g	3.89	GOV
MX885	Mesa Sunrise	355g	4.19	GOSV
MX884	Millet Rice	375g	3.65	OV
	<i>Envirokidz</i>			
MX079	Choco Chimps	284g	3.89	GOVS
MX080	P/nut Butter & Choc Lemurs	284g	4.69	GOSV
	<b>NUTRI-BREX</b>			
MX237	Wholegrain Cereal GF	375g	3.65	GSV
	<b>PLANET ORGANIC</b>			
MX180	Caramel Apple Paleo Granola	350g	6.99	GOSV
MX169	Chocolate Bliss Paleo Granola	350g	6.99	GOSV
MX165	Super Berry Paleo Granola	350g	6.99	GOSV
MX168	Sweet Greens Paleo Granola	350g	6.99	GOSV
MX122	The Original Paleo Granola	350g	6.99	GOSV
	<i>Ancient Grains</i>			
MX094	Carrot & Apple Granola	300g	5.99	OSV
MX090	Raspberry & Beetroot Granola	300g	6.99	OSV
MX093	Three Seed Granola	300g	5.99	OSV
	<b>POST</b>			
MX121	Grapenuts	580g	3.95	V
	<b>PRIMROSE'S KITCHEN</b>			
MX126	Banana & Turmeric Granola	300g	5.99	GOV
MX221	Courgette & Cacao Granola	300g	6.95	OV
MX246	Lemon & Goji Granola	300g	5.95	GOV
MX245	Orange & Cashew Granola	300g	5.95	GOV
MX109	Raw Beetroot / Ginger Muesli	400g	5.95	V
MX104	Raw Carrot/Apple/Cin Muesli	400g	5.95	V
	<b>PROFUSION</b>			
MX088	Granola	350g	4.89	OSV
MX058	Granola	350g	4.89	OSV
	<b>RUDE HEALTH FOODS</b>			
MX101	Puffed Spelt	125g	2.25	V
	<i>Flakes</i>			
MX127	Spelt Flakes	300g	3.25	V
	<i>Muesli</i>			
MX143	Bircher Muesli - Soft & Fruity	450g	3.79	V
MX089	Coconut & Seed GF Muesli	500g	4.49	GV
MX057	No Raisin Muesli	500g	3.99	V
MX060	Organic Ultimate Muesli	500g	5.99	OV
MX134	Super Fruity Muesli	500g	3.79	V
MX128	Super Seed Muesli Organic	500g	4.49	OV
	<i>Porridge</i>			
MX055	5 Grain 5 Seed Porridge	500g	3.29	V
MX054	Fruity Date Porridge	500g	3.99	V
MX070	Naked Barley Porridge	350g	3.49	OV
MX208	Sprouted Porridge Oats Org GF	500g	4.99	GOV
	<i>Puffs</i>			
MX120	Puffed Brown Rice	225g	2.39	GV
MX118	Puffed Oats	175g	2.25	V
	<b>SHARPHAM PARK</b>			
MX051	Crunchy Spelt Bran Flakes	375g	3.19	SV
	<b>WHOLE EARTH</b>			
MX172	Classic Cornflakes - organic	375g	2.49	GOSV
MX174	Maple Frosted Flakes - og	375g	3.29	GOSV

code	product	size	rrp	bfgosv
<b>CHEESE SUBSTITUTES (CHILLED)</b>				
<b>BONSAN</b>				
CV490	Almond Spread - Plain	125g	2.55	OV
CV492	Almond Spread - Toms & Pepper	125g	2.55	OV
CV527	Almond Spread - Wild Garlic	125g	2.55	OV
<b>BUTE ISLAND FOODS</b>				
CV141	Blue Style Wedge	200g	2.49	GV
CV597	Cheddar w' Caramelised Onion	200g	2.39	V
CV820	Garlic & Chive	200g	2.49	GV
CV016	Greek Style	200g	2.19	V
CV191	Mature Cheddar Style	200g	2.95	V
CV187	Mild Cheddar Style	200g	2.19	V
CV755	Red Leicester Style	200g	2.19	GV
CV294	Smoked Cheddar	200g	2.49	GV
CV288	Strong Cheddar Wedge	200g	2.49	GV
CV596	Wensleydale Style	200g	2.35	V
<i><b>Creamy Sheese</b></i>				
CV302	Creamy Cheddar Spread	255g	2.35	SV
CV307	Creamy Chive Spread	255g	2.35	SV
CV308	Creamy Garlic and Herb Spread	255g	2.35	SV
CV284	Creamy Onion & Black Pepper	255g	2.35	V
CV315	Creamy Original Spread	255g	2.35	SV
CV024	Creamy Sweet Chilli Spread	255g	2.35	V
<i><b>Grated Sheese</b></i>				
CV754	Grated Italian Hard Style	60g	2.29	GV
CV165	Grated Mature Cheddar Style	200g	2.95	V
CV186	Grated Mild Cheddar Style	200g	2.95	V
CV183	Grated Mozzarella Style	200g	2.95	V
<i><b>Sliced Sheese</b></i>				
CV540	Mature Cheddar Style Slices	200g	2.39	V
CV541	Mild Cheddar Style Slices	200g	2.39	V
CV542	Mozzarella Style Slices	200g	2.39	V
<b>CICIONI</b>				
CV806	Fermentini Almond/Cashew	80g	4.95	GOV
CV115	Fermentini Almond/Cashew	160g	7.99	GOV
<b>FOLLOW YOUR HEART</b>				
CV130	Parmesan - Grated	142g	4.65	V
CV134	Parmesan - Shredded	113g	4.65	V
CV158	Vegan Gourmet Mozzarella	227g	4.65	V
CV159	Vegan Gourmet Pizzeria Blend	227g	4.65	V
CV157	Vegan Gourmet Shreds - Cheddar	227g	4.65	V
<i><b>Slices</b></i>				
CV122	Medium Cheddar	200g	3.39	V
CV675	Pepper Jack	200g	3.39	V
CV674	Smoked Gouda	200g	3.39	V
<b>GOOD CARMA</b>				
CV733	Mature Cheddar Style Spread	150g	4.49	GV
<b>KOKO DAIRY FREE</b>				
CV688	Cheddar Cheese Alternative	200g	2.49	GV
CV715	Soft Cheese Alternative	150g	1.99	GV
<b>NUSH</b>				
CV738	Almond & Chive Ch*ese Spread	150g	2.99	V
CV750	Natural Almond Ch*ese Spread	150g	2.99	V
<b>NUTCRAFTER</b>				
CV229	Out of the Blue Style	190g	9.49	V
CV217	The Ancient - Aged Cheddah	190g	9.29	V
CV259	The Indulgent - Chive Chevre	190g	8.50	OV

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CV276	The Piquant - Smoked Chipotle	190g	8.50	V
CV231	The Volcanic - Aged Charcoal	190g	9.29	V
CV306	Vhalloomi - Levantine Block	170g	6.49	V
<b>TOFUTTI</b>				
CV297	Cheddar Style D/Free Slices	150g	2.29	GSV
CV396	Creamy Smooth Garlic & Herb	227g	3.05	GSV
CV293	Creamy Smooth Herb & Chives	227g	3.05	GSV
CV295	Creamy Smooth Original	227g	3.05	GSV
CV601	Grated Mozzarella style Cheese	200g	2.75	GVS
CV560	Sour Supreme	225g	3.05	GV
<b>VBITES</b>				
CV640	Blue Style Cheezly	190g	2.19	SV
CV599	Cheezly Cheddar Style - No Soy	190g	2.19	SV
CV095	Hard Italian Style Cheezly	190g	2.29	SV
CV647	Mozzarella Style Block	190g	2.19	SV
CV227	Red Cheddar Style Cheezly	190g	2.19	V
CV228	White Cheddar Style Cheezly	190g	2.19	V
<b>VEGAMIGO</b>				
CV539	Melty Pizza Cheese	200g	2.99	V
<b>VIOLIFE</b>				
CV449	Cheese Block Cheddar	400g	4.85	V
CV448	Cheese Block Mozzarella	400g	4.85	V
CV446	Cheese Block Original	400g	4.85	V
CV452	Cheese Block Pizza Flavour	400g	4.75	V
CV444	Cheese Block Smoked	400g	4.85	V
CV781	Greek Style Cheese	200g	3.89	V
CV706	Mediterranean Grill Cheese	200g	3.49	V
CV014	Organic Original/Pizza Block	400g	6.39	OV
CV546	Prosociano Cheese	235g	6.59	V
CV453	Violife for Pizza	400g	4.75	V
<b>2.5KG Blocks</b>				
CV593	Cheddar Style	2.5kg		V
CV592	Mozzarella Style	2.5kg		V
CV700	Smoked Style	2.5kg		V
<b>After Dinner</b>				
CV701	Blue Cheese	150g	3.09	V
<b>Cream Cheese</b>				
CV538	Creamy Herbs	200g	2.75	V
CV534	Creamy Hot Peppers	200g	2.75	V
CV529	Creamy Original	200g	2.75	V
<b>Slices</b>				
CV407	Cheddar Flavour Slices	200g	3.15	V
CV421	Herb Flavour Cheese Slices	200g	3.15	V
CV411	Hot Pepper Flavour Slices	200g	3.15	V
CV779	Mature Cheddar Flavour Slices	200g	3.15	V
CV439	Mozzarella Cheese Slices	200g	3.15	V
CV013	Organic Original Slices	200g	3.65	OV
CV416	Original Flavour Cheese Slices	200g	3.15	V
CV436	Pizza Flavour Cheese Slices	200g	3.15	V
CV442	Smoked Cheese Slices	200g	3.15	V
CV419	Tomato & Basil Flavour Slices	200g	3.15	V
<b>WHEATY</b>				
CV142	Classic Melty Slices	150g	2.75	OV
CV145	Smoked Melty Slices	150g	2.75	OV
<b>CHOCOLATE</b>				
<b>SUMA BAGGED DOWN - ORGANIC</b>				
KB250	Cacao Nibs - Organic	1kg		OV

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	<b>SUMA COMMODITIES</b>			
KB081	Cacao Nibs - Organic	15kg		OV
	<b>SUMA PREPACKS - ORGANIC</b>			
KB137	Cacao Nibs - Organic	100g	1.99	OV
	<b>ANANDA FOODS</b>			
KB330	Gluten Free Round Up	75g	2.99	GVS
KB329	Gourmet Round Up	75g	2.99	SV
KB775	Let's Celebrate Round Up	75g	3.00	SV
KB332	Mint Me Round Up	75g	2.99	SV
KB333	Rudolph's Round Up	75g	2.99	SV
	<i>Average 2 Months Shelf Life</i>			
KB306	Orang E-Tang Round Up	75g	2.99	SV
	<b>BEAN AND POD</b>			
KB258	Chocolatiers Selection	144g	11.20	SV
KB157	Dark Strawberry Cream Hearts	44g	3.33	SV
KB154	Dark Turkish	110g	11.20	SV
KB179	Signature Triangles	44g	3.33	SV
KB159	Velvet Caramel Moments	47g	3.33	SV
	<b>Bites</b>			
KB236	Honeycomb Impulse Bites	150g	4.46	SV
	<b>Coated/Covered Nuts</b>			
KB266	Chocolate Coated Pumpkin Seeds	180g	5.60	SV
KB208	D/Choc Salt & Pepper Almonds	160g	5.60	V
	<b>BEECH'S FINE CHOCOLATES</b>			
KB375	After Dinner Mints	130g	3.99	GVS
KB458	Chocolate Lime & Chilli Thins	150g	4.99	GVS
KB340	Dark Chocolate Ginger	100g	3.99	GVS
KB366	Dark Chocolate Marzipan	150g	4.99	GVS
KB453	Dark Chocolate Mint Thins	150g	4.99	GVS
	<b>Creams</b>			
KB342	Dark Choc Fruit Creams	150g	4.99	GVS
KB471	Dark Chocolate Coffee Creams	150g	4.99	GVS
KB339	Mint Creams	90g	2.99	GVS
KB338	Strawberry Creams	90g	2.99	GVS
KB323	Violet Creams	90g	2.99	GVS
KB437	Dark Chocolate Ginger Thins	150g	4.99	GVS
	<b>BEYOND DARK</b>			
KB088	70% Dark Chocolate Drops	35g	0.99	GSV
	<b>BOOJA BOOJA</b>			
	<b>Artist's Collection Gift Boxes</b>			
KB927	Fine De Champagne Truffles	185g	20.99	GFOSV
KB929	Hazelnut Truffles	185g	20.99	GFOSV
	<b>Four Corners</b>			
KB790	Around Midnight Espresso	104g	7.35	GOSV
KB550	Hazelnut Truffles	104g	7.35	GOSV
KB490	Stem Ginger Truffles	104g	7.35	GOSV
KB655	The Gourmet Selection	230g	17.79	GOSV
	<b>Gift Range</b>			
KB622	Fine De Champagne Truffles	138g	13.55	GOSV
KB623	Hazelnut Truffles	138g	13.55	GOSV
KB624	Truffle Selection 1	138g	13.55	GOSV
KB625	Truffle Selection 2	138g	13.55	GOSV
	<b>CHOCOLATE AND LOVE</b>			
KB683	Panama light Turquoise Gift	40g	11.40	FGOV
KB682	Rich Dark Chocolate Gift Tin	1 l	12.09	FGOV

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	<b>COCOA LIBRE</b>			
KB539	Dark Choc Mint Penguin Cracker	50g	2.99	GSV
KB473	Dark Chocolate Bears	100g	4.16	GSV
KB477	Dark Chocolate Mint Owls	100g	4.16	GSV
KB538	Mini Slab Gift Set	120g	5.50	GSV
KB560	Rice Milk Penguin Crackers	50g	2.99	GSV
	<b>COCOA LOCO</b>			
ZX532	Xmas Cracker with Hat, Joke	70g	5.15	FSOV
KB681	Dark Choc Mint Thins	170g	7.19	FOSV
ZX451	Dark Chocolate Cinnamon Chilli	100g	4.59	FOSV
KB641	Dark Chocolate Stars	100g	4.59	FOSV
KB646	Ginger in Dark Choc	100g	4.59	FOSV
KB649	Mango in Dark Choc	110g	4.59	FOSV
	<b>DISCOVER CHOCOLATE</b>			
KB121	Cacao Nibs Dark Chocolate	50g	1.89	V
KB222	Cranberry/Raspberry Dark Choc	50g	1.89	GV
KB158	Dark Chocolate	50g	1.89	V
KB160	Fig and Cashew Dark Chocolate	50g	1.89	V
KB565	Gianduitto with Stevia	100g	5.25	V
KB295	Christmas Dark Chocolate	50g	1.89	V
	<b>DIVINE</b>			
	<i>35g Bars</i>			
ZX286	70% Dark Chocolate	35g	1.09	FSV
	<i>90g Bars</i>			
ZX498	70% Dark Chocolate	90g	2.59	FSV
ZX365	70% Dark Smooth Hazelnut	90g	2.59	SVF
ZX469	85% Dark Chocolate	90g	2.59	FSV
ZX471	Dark Choc with Ginger & Orange	90g	2.59	FSV
KB534	Dark Choc with Raspberries	90g	2.59	FSV
ZX001	Dark Chocolate with Mint	90g	2.59	FSV
	<i>Thins</i>			
KB119	Dark Chocolate Ginger Thins	200g	4.79	FSV
KB544	Dark Chocolate Mint Thins	200g	4.79	FSV
KB730	Dark Advent Calendar	1	5.75	FSV
ZX407	Dark Chocolate Black Cherries	150	5.75	FSV
KB114	Dark Chocolate Coins	65g	2.49	FSV
KB774	Discovery	4 x 90g	11.45	GSV
	<b>DIVINE ORGANIC</b>			
ZX616	85% Dark Choc & Cocoa Nibs	80g	3.49	OSV
ZX632	85% Dark Choc with Lemon	80g	3.45	OSV
ZX629	85% Dark Chocolate	80g	3.45	SVO
ZX630	85% Dark Chocolate	80g	3.45	OSV
ZX643	95% Dark Chocolate	80g	3.45	SVO
	<b>DOISY &amp; DAM</b>			
	<i>25g Bars</i>			
ZX959	Goji & Orange	25g	1.19	VOGS
	<i>80g Bars</i>			
KB068	Coconut & Lucuma	80g	2.85	OSV
KB065	Dark Chocolate Goji & Orange	80g	2.85	OSV
KB047	Maca, Vanilla & Cacao Nibs	80g	2.85	OSV
ZX800	Maple, Toast Rice & Pink Salt	80g	2.85	OSV
	<i>Snaps</i>			
ZX377	Coconut & Lucuma Snaps	100g	3.15	SV
ZX378	Maple, T/Rice, Pink Salt Snap	100g	3.15	SV
	<b>EAT YOUR HAT</b>			
KB215	70% Dark Chocolate	91g	3.99	FOSV
KB238	95% Dark Chocolate	81g	3.99	FVOS
KB259	Dark Chocolate with Mandarin	91g	3.99	FOSV

code	product	size	rrp	bfgosv
	<b>EQUAL EXCHANGE</b>			
KB698	65% Organic Dark Orange	100g	2.79	FOSV
KB654	71% Organic Very Dark	100g	2.79	FOSV
ZX597	Dark Chocolate with Raspberry	100g	2.79	VSFO
ZX577	Extreme Dark 88% Chocolate	80g	2.79	OVFS
KB640	Lemon, Ginger & Pepper	100g	2.79	OSV
	<b>GO MAX GO</b>			
	<i>Vegan Alt to Popular Classics</i>			
KB776	Buccaneer Candy Bar	57g	2.90	SV
KB787	Cleo Peanut Butter Cups	43g	2.90	SV
KB782	Cleo Peanut Butter Cups	43g	2.90	SV
KB808	Jokerz Candy Bar	60g	2.90	SV
KB810	Mahalo Candy Bar	57g	2.90	SV
KB814	Twilight Candy Bar	60g	2.90	SV
	<b>GOUPIE</b>			
	<i>Sharing Boxes</i>			
KB044	Cherry and Almond	180g	4.39	SV
KB041	Date and Walnut	180g	4.39	SV
ZX582	Ginger	180g	4.39	VS
KB030	Hazelnut	180g	4.39	FV
KB052	Mint	180g	4.39	SV
ZX711	Orange	180g	4.39	SV
KB079	Original	180g	4.39	SV
ZX574	Salted Sticky Toffee	180g	4.39	GSV
KB099	Taster of Christmas	180g	5.29	SV
KB106	Mini Mint	80g	2.19	SV
KB135	Orange Mini	80g	2.19	SV
KB127	Original Mini	80g	2.19	SV
KB105	Salted Sticky Toffee Mini	80g	2.19	SV
KB144	Taste of Christmas Mini	75g	2.45	SV
	<b>HADLEIGH MAID</b>			
	<i>Walnut Whirls</i>			
ZX785	Dark Choc Coffee Truffle Whirl	100g	2.99	SV
ZX786	Dark Choc Mint Truffle Whirl	100g	2.99	VS
ZX763	Dark Chocolate Truffle Whirl	100g	2.99	VS
	<i>Whirlpools</i>			
ZX822	Salted Caramel Truffle W/Pool	108g	3.89	SV
	<b>KING MONTY</b>			
KB566	King Monty Classic Cacao Tin	130g	4.45	GV
KB603	King Monty Hazelnut Crunch Tin	130g	4.45	GV
KB626	King Monty Pop Rice Tin	130g	4.45	GV
KB592	King Monty Pure Darkness Tin	130g	4.45	GV
KB605	King Monty Sunny Orange Tin	130g	4.45	GV
	<b>LOVERAW</b>			
	<i>Chocolate Butter Cups</i>			
KB511	Hazelnut Butter Cups	34g	2.09	V
KB410	Peanut Butter Cups	34g	2.09	V
KB417	Salted Caramel Butter Cups	43g	2.09	V
	<b>LOVING EARTH</b>			
	<i>30g Bars</i>			
ZX829	Caramel Raw Chocolate	30g	1.75	OSV
ZX830	Creamy Coconut Mylk Chocolate	30g	1.75	OSV
ZX832	Mint Dark Raw Chocolate	30g	1.75	OSV
ZX834	Salted Caramel Raw Chocolate	30g	1.75	OSV
	<i>45g Range</i>			
ZX113	Banoffee Bang Bang Choc	45g	2.99	SVO
ZX262	Nutty Mr Maple	45g	2.99	VO

code	product	size	rrp	bfgosv
ZX116	Salted Caramel Swayzee	45g	2.99	OSV
ZX115	Turkishly Delightful Truffle	45g	2.99	OSV
ZX111	Very Buck 'N Berry Raw Choc	45g	2.99	SVO
	<b>80g Bars</b>			
ZX823	Caramel Raw Chocolate	80g	3.99	OSV
ZX825	Creamy Coconut Mylk Chocolate	80g	3.99	OSV
ZX824	Crunchy Mint Raw Dark Choc	80g	3.99	OSV
ZX826	Dark Raw Chocolate	80g	3.99	OSV
ZX828	Salted Caramel Raw Chocolate	80g	3.99	OSV
	<b>MONTEZUMA'S</b>			
ZX707	Peanut Butter Truffle Bites	120g	2.79	VSG
	<b>100g Flavoured Bars</b>			
KB221	Black Forest Gateau Bar	100g	2.45	V
KB750	Dark Chocolate Lordy Lord	100g	2.45	SV
KB752	Dark Chocolate Sea Dog	100g	2.45	V
KB754	Dark Chocolate Spice It Up	100g	2.45	SV
	<b>100g Non - Organic Bars</b>			
ZX783	Absolute Black 100% Cocoa Bar	100g	2.59	V
ZX946	Absolute Black- Almond& C/Nibs	100g	2.59	V
ZX945	Absolute Black-Orange & C/Nib	100g	2.59	V
	<b>100g Organic Bars</b>			
KB196	73% Very Dark Chocolate	100g	2.45	OSV
KB254	Dark Choc, Geranium & Orange	100g	2.45	OSV
KB194	Dark Chocolate & Chilli	100g	2.45	OSV
	<b>Festival Bars</b>			
KB952	Dark Chocolate	100g	2.49	V
	<b>Giant Buttons</b>			
KB272	Dark Chocolate Button Bags	180g	3.79	OV
	<b>Mini Bars</b>			
KB871	Absolute Black 100% Cocoa Bar	30g	1.09	SOV
KB860	Sea Dog Bar	30g	1.09	SOV
	<b>Truffle Bars</b>			
KB885	Dark Chocolate With Cherry	100g	2.49	VS
KB305	Absolute Black Truffle Snowman	110g	5.49	VSG
ZX640	Dark Chocolate Advent Calendar	240g	9.99	OV
KB145	Vegan Truffle Collection Box	220g	12.49	GOSV
	<b>MOO FREE</b>			
KB958	Caramelised Hazelnut Bar	100g	2.65	GSV
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
	<b>Mini Moos</b>			
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	GOSV
KB836	Advent Calendar	100g	4.79	OSV
KB227	Hammys Selection Box	135g	4.79	OSV
KB226	Mini Moos Santa Bar	32g	0.99	OSV
KB240	Mini Moos Snowman	32g	0.99	OSV
	<b>MUMMY MEAGZ</b>			
	<b>Vegan Rocky Road Bars</b>			
ZX698	Mint Rocky Road Cake Bar	55g	2.15	VSG
ZX705	Orange Rocky Road Bar	55g	2.15	VSG
ZX704	Original Rocky Road Bar	55g	2.15	SVG

code	product	size	rrp	bfgosv
	<b>OMBAR RAW CHOCOLATE</b>			
ZX419	100% Raw Chocolate	35g	1.99	OVS
ZX659	90% Raw Chocolate	35g	1.99	OV
KB759	Blueberry & Acai Chocolate	35g	1.99	OV
KB761	Coco Dark Chocolate	35g	1.99	OV
KB406	Coco Mylk Raw Chocolate	35g	1.99	OV
ZX657	Coconut & Vanilla Centre	35g	1.99	OV
KB766	Cranberry & Mandarin Chocolate	35g	1.99	OV
KB763	Dark 72% Raw Chocolate	35g	1.99	OV
KB760	Goji Berry Chocolate	35g	1.99	OV
ZX421	Pistachio & Coconut Centre	35g	1.99	OVS
ZX663	Raspberry & Coconut Centre	35g	1.99	OV
KB764	Strawberry Mylk Raw Chocolate	35g	1.99	OV
	<i>70g Bars</i>			
ZX952	Coco Almonds Raw Chocolate	70g	3.29	GOV
ZX953	Coco Mylk	70g	3.29	GOV
ZX951	Raw Cacao 72%	70g	3.29	GOV
	<i>Buttons</i>			
KB492	Coco Mylk Chocolate Buttons	25g	1.49	OVS
ZX661	Dark 72% Chocolate Buttons	25g	1.49	OV
	<i>Xmas Range</i>			
ZX453	Gift Box of 4 Bars	4 x 35g	9.29	OSV
	<b>ORGANIC SEED &amp; BEAN COMPANY</b>			
	<i>Large Bars</i>			
KB155	58% Dark Choc & Hazelnuts	85g	2.69	FOSV
ZX793	58% Dark Sweet Orange & Thyme	85g	2.69	FOSV
KB740	66% Dark, Raspberry & Coconut	85g	2.69	OSV
KB736	70% Dark Choc & Sea Salt	85g	2.69	FOSV
KB767	72% Dark Choc & Lavender	85g	2.69	FOSV
KB200	72% Dark Choc & Mint	85g	2.69	FOSV
KB773	72% Dark Choc, Chilli & Lime	85g	2.69	FOSV
KB743	72% Dark choc, Dominican	85g	2.69	FOSV
KB772	72% Dark Choc, Mandarin & Ginger	85g	2.69	FOSV
	<i>Mini Bars</i>			
ZX391	58% Dark Sweet Orange & Thyme	25g	1.25	FOSV
ZX400	72% Dark Choc, Dominican	25g	1.25	FOSV
	<b>ORGANICA</b>			
KB277	Vegan Diets White Chocolate	100g	2.89	FOVS
	<b>PLAMIL</b>			
KB600	Alternative to Milk Snowmen	125g	4.95	FOSV
ZX807	Milk Chocolate Santa	20g	0.99	FOSV
ZX425	Milk Style Advent Calendar	110g	4.99	FOV
ZX418	No Added Sugar Snowmen	125g	4.99	V
	<b>PUNDITS</b>			
KB428	Dark Choc with Orange & Almond	100g	2.99	V
KB401	Dark Chocolate NAS	100g	2.99	V
KB402	Dark Chocolate with Mint	100g	2.99	V
	<b>SIESTA CAROB</b>			
	<i>UK made, no hydrogenated fat</i>			
KB714	Carob Bar Luxury - Mixed	50g	1.25	V
KB711	Carob Bar Luxury - Natural	50g	1.25	V
	<b>SO FREE</b>			
	<i>No Added Sugar Large Bars</i>			
ZX915	No Added Sugar 72% Dark Choc	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



code	product	size	rrp	bfgosv
	<i>Organic Large Bars</i>			
ZX922	72% 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	Intense Mint 60% Chocolate	80g	2.75	SVOG
ZX924	Tropical Orange Chocolate	80g	2.75	OSVG
ZX926	White Chocolate	70g	2.75	GSOV
ZX318	Milk Advent Calendar	110g	4.99	FOGSV
ZX535	Milk Alternative Santa Bar	20g	1.09	GOSV
ZX481	Mint Snowman in Tray	30g	1.99	VG
ZX462	Organic Snowman in Tray	30g	1.99	OSVG
ZX331	Penguin Box & Giant Buttons	65g	3.49	FGOVS
ZX444	White Choc Advent Calendar	110g	4.99	VSOG
	<b>THE RAW CHOCOLATE CO</b>			
KB307	Cacao Nibs	150g	4.20	GOV
	<i>Bulk</i>			
ZX749	Chocolate Covered Mulberries	10kg		GOV
ZX741	Goji Berries	10kg		GFVO
ZX717	Raw Chocolate Covered Almonds	10kg		OSV
	<i>Raw Chocolate Bars</i>			
ZX513	Koffee Kapow	38g	2.09	OSV
ZX510	Mint	38g	2.79	OSV
ZX692	Pitch Dark	38g	2.79	OSV
ZX690	Salted Vanoffee Hazelnut	38g	2.79	OSV
ZX517	Silky Coconut	38g	2.79	OSV
ZX689	Vanoffee	38g	2.79	OSV
	<i>Raw Chocolate Coated Snacks</i>			
KB924	Chocolate Cherries	40g	2.99	OSV
KB054	Chocolate Covered Mulberries	125g	5.99	GOV
KB923	Chocolate Favas	40g	2.25	OSV
KB053	Goji Berries	125g	5.99	GFOV
KB360	Goji Berries - Snack Pack	28g	1.79	FOV
KB362	Mulberries - Snack Pack	28g	1.79	FOV
KB855	Raisins - Snack Pack	28g	1.79	OV
ZX884	Raw Chocolate Covered Almonds	25g	1.79	GOSV
ZX182	Raw Chocolate Covered Almonds	110g	5.99	OSV
ZX885	Raw Chocolate Covered Ginger	28g	1.79	GOSV
ZX181	Raw Chocolate Covered Ginger	125g	5.99	OSV
KB903	Vanoffe Covered Mulberries	125g	5.99	FOV
KB915	Vanoffee Cashews	40g	2.99	OSV
	<b>VEGAN STORE</b>			
KB586	Golden Crunch Bag	150g	3.19	SV
KB805	Golden Crunch Bar	49g	2.26	SV
KB670	Cinder Toffee Xmas Gift Box	80g	5.79	SV
KB678	Polar Bear Christmas Gift Box	103g	6.49	SV
	<b>VEGO</b>			
KB821	Mini Whole Hazel Chocolate Bar	65g	2.19	FOVS
KB943	Vegolino Pralines	180g	6.09	FOSV
KB489	Whole Hazelnut Chocolate Bar	150g	3.95	FOV
	<b>VIVANI ORGANIC CHOCOLATE</b>			
KB693	Dark Choc & Nougat	100g	2.45	OSV
	<i>Premium Large Bars</i>			
KB407	92% Dark Choc Panama Estate	80g	2.49	OV
KB901	Dark 75% Chocolate	80g	2.49	OSV
KB048	Dark Choc & Cranberry	100g	2.49	OSV

code	product	size	rrp	bfgosv
	<i>Snack Size</i>			
KB420	Almond Orange Rice Chocolate	35g	1.09	OSV
KB430	Black Cherry	35g	1.09	OSV
KB728	Crispy Corn Flakes	35g	1.09	OSV
KB475	Dark Nougat Croccante	35g	1.09	OSV
KB690	Strawberry Wafer Crunch	35g	1.09	SOV
KB476	White Nougat Crisp	35g	1.09	OSV
	<i>Vivani iChoc</i>			
KB897	Almond & Orange	80g	2.29	OSV
KB882	Choco Cookie	80g	2.29	OSV
KB922	Milkless Chocolate	80g	2.29	VOS
KB738	Super Nut	80g	2.29	VOS
KB881	White Nougat Crisp	80g	2.29	OSV
KB898	White Vanilla	80g	2.29	OSV
	<b>ZOTTER CHOCOLATE</b>			
	<i>Labooko Twin Bars</i>			
KB917	Peru Dark 100%	65g	3.25	FOV
	<b>CHOCOLATE &amp; SWEET SPREADS</b>			
	<b>BIONA</b>			
GH112	CocoBella Spread Organic	250g	4.99	OSV
GH840	Dark Chocolate Spread - org	350g	3.59	OSV
	<b>BONSAN</b>			
GH129	Mylk Hazelnut Cocoa Spread	350g	4.49	OV
GH123	Plain Choco Spread	350g	3.59	OSV
	<b>ESSENTIAL TRADING</b>			
GH092	Dark Chocolate Spread	400g	3.25	FOSV
	<b>RAW HEALTH</b>			
GH033	Raw Cacao Brazilnut Bliss	170g	5.39	OV
	<b>SO FREE</b>			
GH223	Milk Choc Spread (Dairy Free)	275g	3.15	OSGV
GH225	Rich Dark Chocolate Spread	275g	3.15	OVGS
	<b>SWEET FREEDOM</b>			
GH206	Choc Pot Chocolate Spread	250g	3.99	V
	<b>VEGO</b>			
GH075	Hazelnut Chocolate Spread	200g	3.99	SVO
	<b>CHOCOLATES (CHILLED)</b>			
	<b>BOOJA BOOJA</b>			
	<i>Chilled Chocolate</i>			
KB823	Dark Ecuadorian Truffles	69g	5.29	GOSV
ZX679	Espresso Truffles	69g	3.99	GSOV
ZX682	Honeycomb Caramel Truffle	69g	3.99	GSOV
KB827	Raspberry Truffles	69g	5.29	GOSV
ZX680	Toffee Strudel Truffle	69g	3.99	GSOV
	<i>Chilled Chocolates</i>			
KB822	Almond Caramel Truffles	69g	3.99	GOSV
KB824	Fine De Champagne Truffles	69g	3.99	GOSV
KB826	Hazelnut Crunch Truffles	69g	3.99	GOSV
	<i>Gift Boxes</i>			
KB174	Almond Caramel Choc Truffles	138g	8.89	GOSV
KB656	Champagne Truffles	138g	9.95	GOSV
KB175	Fin De Champagne Choc Truffles	138g	8.89	GOSV
KB390	Hazelnut Crunch Choc Truffles	138g	8.89	GOV
KB395	The Wonderbox	230g	18.35	GOSV
KB396	Truffle Selection No.3	138g	8.89	GOSV
	<i>Two Packs</i>			
KB666	Almond Salted Caramel Truffles	2 pack	1.36	GOV
KB667	Fine De Champagne Truffles	2 pack	1.36	GOV
KB668	Hazelnut Crunch Truffles	2 pack	1.35	GOV

code	product	size	rrp	bfgosv
<b>CHRISTMAS FOOD</b>				
<b>ANGELIC GLUTEN FREE</b>				
BT111	Chocolate & Coconut Oat Slice	200g	2.85	GV
BT104	Chocolate Brownie Squares	200g	2.85	GV
BT218	Christmas Pudding Biscuits	125g	2.59	GSV
<b>AUTHENTIC BREAD COMPANY</b>				
BT155	Glutenless Christmas Pudding	450g	10.39	OSV
BT154	Glutenless Lux Christmas Cake	450g	9.35	OSV
BT040	Luxury Glutenless Mince Pies	200g	5.05	OSV
BT039	Luxury Mince Pies	200g	4.29	OSV
VF053	Luxury Mincemeat with Cognac	300g	4.59	OSV
<b>CELLO'S</b>				
ZX449	Turkish Delight Blueberry	284g	3.65	SV
ZX446	Turkish Delight Rose & Lemon	284g	3.65	SV
<b>FOODS OF ATHENRY</b>				
VF264	Very Fruity Mince Meat	320g	4.99	GSV
BT148	Very Fruity Mince Pies	280g	4.50	GSV
<b>FOSTERS</b>				
KJ142	Pickled Walnuts	390g	6.99	SV
<b>GO VEGAN</b>				
BT297	Organic Spelt Vegan Panettone	500g	14.99	OVS
BT331	Organic Wheat Vegan Panettone	500g	13.99	OVS
BT332	Wheat Panettoni With Chocolate	500g	14.99	OSV
<b>GREEN CUISINE</b>				
HE071	Gingerbread People Kit	125g	2.69	VS
HE227	Herbal Hangover Comforter	10g	1.95	V
HE066	Mulled Cider Cracker	10g	1.95	V
HE067	Mulled Whisky Cracker	10g	1.95	V
HE226	Spice & Fruit for Mulled Wine	10g	1.95	V
<b>LAZY DAY</b>				
BT539	Cranberry Orange Tiffin Slice	150g	3.85	GSV
BT435	Iced Fruit Cake Slice	150g	3.95	GSV
BT538	Tiffin Gift Selection Box	360g	8.75	GSV
<b>LILLYPUDS</b>				
<i>Vegan</i>				
BT306	Traditional Christmas pudding	454g	11.19	GSV
<b>LOTTIE SHAW'S</b>				
KB469	Flapjack Treat Box	400g	6.65	SV
KB517	Gin Iced Mince Pie	320g	5.65	SV
KB443	Rum Iced Mince Pie	320g	5.65	SV
KB533	Seriously Good Mince Pies	245g	3.59	SV
<b>MRS DARLINGTONS</b>				
VF281	Christmas Preserve	340g	2.29	SV
VF002	Mincemeat with Brandy	410g	2.59	SV
<b>ROOTS &amp; WINGS</b>				
VF286	Cranberry & Orange Sauce	200g	2.99	OSV
VF287	Redcurrant Sauce With Port	200g	2.99	OSV
<b>STEENBERGS</b>				
HE114	Mulled Wine Sachets-Fairtrade	20g	1.99	FOV
<b>CIDERS</b>				
<b>ASPALL</b>				
RT023	Aspall Organic Suffolk Cyder	500ml	3.35	OV
<b>CAIRN O' MOHR</b>				
RT001	Mulled Cider	75cl	7.69	V
<b>DUNKERTONS</b>				
RT015	Premium Organic Cider	500ml	3.01	OV
RT191	Sparkling Organic Perry	500ml	3.59	OV

code	product	size	rrp	bfgosv
RT190	<b>FRENCH CIDER</b> Cidre Brut	75cl	5.85	OV
	<b>GLEBE FARM</b>			
	<i>Side-R</i>			
RT044	Sparkling Cider + Elderflower	330ml	2.49	V
RT043	Sparkling Cider + Strawberry	330ml	2.49	V
	<b>LUSCOMBE DRINKS</b>			
RT011	Devon Cider - og	320ml	2.13	OV
	<b>WESTONS</b>			
RT006	Wyldwood Organic Cider	500ml	3.15	OV
	<b>CLOTHING</b>			
	<b>BAMBOO CLOTHING</b>			
NF345	Black Socks - size 8-11	1	3.60	V
NF343	Black Socks - sizes 4-7	1	3.60	V
NF344	Mixed Size Black Socks	1	3.60	V
	<i>Narrow Stripes</i>			
NF151	Mixed Narrow Stripe Socks 8-11	1	3.60	V
NF315	Mixed Narrow Stripe Socks: 4-7	1	3.60	V
	<b>SIESTA CRAFTS</b>			
NF269	Indonesian Ikat Scarf	each	9.99	FV
	<b>SOLMATE SOCKS</b>			
NF244	Large Socks - October Morning	1 pair	14.99	V
NF207	Medium Adult Socks - Carnation	1 pair	14.99	V
NF232	Medium Adult Socks - Cosmos	1 pair	14.99	V
NF255	Medium Adult Socks - Raspberry	1 pair	14.99	V
NF248	Medium Socks - October Morning	1 pair	14.99	V
NF219	Small Adult Socks - Carnation	1 pair	14.99	V
NF234	Small Adult Socks - Cosmos	1 pair	14.99	V
NF256	Small Adult Socks - Raspberry	1 pair	14.99	V
	<b>COCOA</b>			
	<b>SUMA BAGGED DOWN - ORGANIC</b>			
LJ149	Cocoa Powder - Organic	3kg		FOV
	<b>SUMA COMMODITIES - ORGANIC</b>			
LJ173	Cocoa Powder Fairtrade	25kg		FOV
	<b>SUMA PREPACKS</b>			
LJ189	Cocoa Powder - Organic	250g	4.79	FOV
	<b>CAFEDIRECT</b>			
TE857	Drinking Chocolate	250g	3.55	FVS
	<b>COCOA LOCO</b>			
ZX484	Dark & Praline Hot Choc Spoon	30g	2.19	VSOF
KB637	Dark Hot Chocolate Spoon	30g	2.19	FOSV
	<b>DIVINE</b>			
TE687	Drinking Chocolate	400g	4.39	FVS
	<b>EQUAL EXCHANGE</b>			
TE491	Hispaniola Cocoa Powder - og	250g	4.49	FOV
	<b>FUDGE KITCHEN</b>			
KB426	D/Free Drinking Fudge Mug Set	80g	10.65	VGS
KB424	Dairy Free Drinking Fudge Set	225g	18.50	VGS
	<b>GREEN &amp; BLACKS</b>			
TE453	Cocoa Powder - organic	125g	2.59	FOV
	<b>HASSLACHER'S</b>			
TE078	Bar of Drinking Chocolate	250g	5.29	FV
TE427	Enamel Mug with Hot Chocolate	1	11.99	V
TE222	Hot Chocolate Drops	250g	5.59	V
TE069	Hot Chocolate Tubes	200g	6.00	V
	<b>LOVING EARTH</b>			
TE026	Creamy Drinking Chocolate	250g	6.29	OV
TE033	Dark Drinking Chocolate	250g	6.29	OV

code	product	size	rrp	bfgosv
	<b>MONTEZUMA'S</b>			
KB190	Dark Drinking Chocolate	300g	5.65	FOSV
TE699	Xmas Dark Nutmeg Drinking Choc	250g	6.49	OSV
	<b>SWEET FREEDOM</b>			
TE772	Choc Shot Coconut	320g	3.99	V
TE233	Choc Shot Liquid Hot Chocolate	320g	3.99	V
TE765	Choc Shot Orange Spice	320g	3.99	V
	<b>SWEET REVOLUTION</b>			
TE783	Instant Hot Chocolate	200g	7.99	V
	<b>COCONUT MILK YOGURTS (CHILLED)</b>			
	<b>COYO</b>			
CV343	Morello Cherry Yoghurt	125g	1.99	OSV
CV132	Natural Coconut Milk Yoghurt	125g	1.99	OV
CV135	Natural Coconut Milk Yoghurt	250g	3.49	OV
CV351	Natural Coconut Milk Yoghurt	400g	4.99	OV
CV139	Raw Chocolate Coconut Yoghurt	125g	1.99	OV
CV580	Salted Caramel Coconut Yoghurt	125g	1.99	SOV
CV058	Strawberry Coconut Yoghurt	125g	1.99	OV
CV310	Vanilla Coconut Yoghurt	125g	1.99	OV
	<b>KOKO DAIRY FREE</b>			
CV042	Coconut & Lemon Yoghurt	2 x 125g	1.49	VS
CV032	Peach & Passionfruit Yoghurt	2 x 125g	1.49	VS
CV020	Plain Yoghurt Alternative	500g	1.99	V
CV031	Raspberry Yoghurt Alternative	2 x 125g	1.49	VS
CV029	Strawberry Yoghurt Alternative	2 x 125g	1.49	VS
	<b>COFFEE</b>			
	<b>SUMA</b>			
	<i>Bulk Packs</i>			
TE103	Colombia Cosurca Beans	1kg	20.28	FOV
TE656	Espresso Beans	1kg	19.69	FOV
TE101	Ethiopia Yirgacheffe Beans	1kg	21.28	FOV
TE109	Honduras Coffee Beans	1kg	17.24	FOV
TE758	Medium Roast Ground Coffee	1kg	19.20	FOV
TE106	Peru Cepicafe Beans	1kg	18.21	FOV
TE107	Sumatra Gayo Highlands Beans	1kg	20.56	FOV
TE113	Swiss Water Decaff Beans	1kg	21.28	FOV
	<i>Roast and Ground Coffees</i>			
TE014	Bolivia Femenino Ground Coffee	227g	4.65	FOV
TE372	Colombia Ground Coffee	227g	4.65	FOV
TE400	Decaffeinated Ground Coffee	227g	5.25	FOV
TE650	Espresso Ground Coffee	227g	4.99	FOV
TE374	Ethiopia Yirgacheffe Ground	227g	4.99	FOV
TE384	Honduras Ground Coffee	227g	4.29	FOV
TE658	India Araku Valley Ground	227g	4.99	FOV
TE643	Medium Roast Ground Coffee	227g	3.99	FOV
TE397	Peru Ground Coffee	227g	4.59	FOV
TE641	Suma Dark Roast	227g	3.99	FOV
TE399	Sumatra Ground Coffee	227g	4.65	FOV
	<i>Roast Whole Bean Coffees</i>			
TE373	Colombia Coffee Beans	227g	4.65	FOV
TE655	Espresso Coffee Beans	227g	4.99	FOV
TE375	Ethiopia Yirgacheffe Beans	227g	4.99	FOV
TE401	Peru Coffee Beans	227g	4.59	FOV
	<b>CAFEDIRECT</b>			
	<i>Instant Coffees</i>			
TE949	Decaffeinated Organic	100g	5.25	FOV
TE513	Machu Picchu	100g	5.10	FV

code	product	size	rrp	bfgosv
TE792	Smooth Organic	100g	4.99	FOV
TE329	Smooth Roast	100g	4.60	FV
TE203	Smooth Roast	200g	7.80	FV
TE395	Smooth Roast	500g	22.60	FV
	<i>Roast &amp; Ground Coffees</i>			
TE492	Arabica Espresso	227g	4.35	FV
TE540	Christmas Blend Organic	227g	4.99	FOV
TE493	Decaffeinated Machu Picchu	227g	4.75	FV
TE666	Intense Roast	227g	4.35	FV
TE951	Kilimanjaro Tanzania	227g	4.50	FV
TE156	Lively Roast	227g	4.35	FV
TE952	Machu Picchu Organic Ground	227g	4.50	FOV
TE950	Organic Roast	227g	4.60	FOV
TE793	Origins Blend Organic	227g	4.59	FOV
TE794	Peruvian Reserve Organic	227g	4.79	FOV
TE176	Smooth Roast	227g	4.35	FV
	<i>Roast Wholebean Coffees</i>			
TE791	Espresso Blend Organic	227g	4.59	FOV
TE901	Machu Picchu Organic	227g	4.50	FOV
TE795	Peruvian Reserve Organic	227g	4.79	FOV
	<b>CLIPPER</b>			
	<i>FOOD SERVICE RANGE</i>			
TE724	Instant - Fairtrade & Organic	500g	21.45	FOV
TE526	Instant Organic Decaff	500g	25.00	FOV
	<i>Instant Coffees</i>			
TE879	Fairtrade Org Decaf Instant	100g	5.49	FOV
TE076	Fairtrade Organic Instant	100g	4.99	FOV
TE739	Fairtrade Organic Instant	100g	4.99	FOV
TE422	Fairtrade Organic Instant	100g	4.99	FOV
	<i>Roast and Ground Coffees</i>			
TE845	Decaffeinated Ground Coffee	227g	4.49	FOV
TE849	Italian Style Ground Coffee	227g	3.99	FOV
TE705	Papua New Guinea Ground Coffee	227g	3.99	FOV
	<b>EQUAL EXCHANGE</b>			
	<i>Roast &amp; Ground Coffees</i>			
TE872	Anytime Med Roast Og Ground	227g	4.89	FOV
TE875	Colombian Excelso - og	227g	4.89	FOV
TE347	D.R. Congo	227g	4.89	FOV
TE874	Dark City Og Ground Coffee	227g	4.89	FOV
TE870	Decaffeinated Ground Coffee	227g	5.25	FOV
TE867	Ethiopia Yirgacheffe Og Ground	227g	5.25	FOV
TE812	Guatemalan Ground Coffee	227g	4.89	OV
TE866	Italian Blend Ground Coffee	227g	4.89	FOV
TE876	Women Grew This- Ground Coffee	227g	4.89	FOV
	<i>Roast Wholebean Coffees</i>			
TE898	Anytime Med Roast Og Beans	1kg	18.95	FOV
TE402	Dark City Og Coffee Beans	227g	4.89	FOV
TE403	Decaffeinated Og Coffee Beans	227g	5.25	FOV
TE896	Espresso - og	1kg	18.95	FOV
TE834	Guatemalan Og Coffee Beans	227g	4.89	OV
TE408	Italian Blend Coffee Beans	227g	4.89	FOV
TE008	Italian Blend Og Coffee Beans	1kg	18.95	FOV
TE371	Medium Roast Coffee Beans	227g	4.89	FOV
TE409	Women Grew This - Coffee Beans	227g	4.89	FOV
	<b>GRUMPY MULE</b>			
	<i>Gift Range</i>			
TE844	Grumpy Yule Christmas Blend	227g	4.99	FOV

code	product	size	rrp	bfgosv
	<i>Roast &amp; Ground Coffees</i>			
TE853	Brasil Daterra Sunrise	227g	4.65	V
TE286	Colombia Cafe Equidad	227g	4.65	FOV
TE289	Decaffeinated	227g	5.25	FOV
TE988	El Salvador Las Mercedes	227g	4.65	V
TE032	Espresso - Landscape Blend	227g	4.99	FOV
TE265	Ethiopia Shakisso	227g	5.25	OV
TE839	Guatemala Pocola	227g	5.25	FV
TE852	India Araku	227g	4.99	FOV
TE559	Peru Femenino	227g	4.65	FOV
TE285	Sumatra Gayo Highlands	227g	4.65	FOV
	<i>Roast Wholebean Coffees</i>			
TE718	Cafe Equidad - Colombia Beans	227g	4.65	FOV
TE290	Espresso - Landscape Blend	227g	4.99	OV
	<b>PERCOL</b>			
	<i>Instant Coffees</i>			
TE054	Americano	100g	4.49	V
TE005	Colombian Fairtrade	100g	4.49	FV
TE679	Colombian Fairtrade Decaff	100g	4.49	FV
TE570	Espresso Noir	100g	3.99	V
	<i>Roast &amp; Ground Coffees</i>			
TE803	All DayAmericano Fairtrade og	200g	4.49	FOV
TE807	Decaff Colombia Fairtrade	200g	4.49	FV
TE806	Italian Style Black & Beyond	200g	4.49	V
TE802	Smooth Colombia Fairtrade	200g	4.49	FV
TE804	Vibrant Guatemala Fairtrade	200g	4.49	FV
	<b>COFFEE SUBSTITUTES</b>			
	<b>BARLEYCUP</b>			
TE366	Barleycup Granules	200g	5.54	V
TE240	Instant Cereal Drink	200g	4.69	V
TE698	Instant Cereal Drink Organic	100g	3.69	OV
TE480	Organic Chicory Cup	100g	3.95	OV
	<b>BIOFORCE</b>			
TE368	Bambu	100g	5.05	V
	<b>PREWETTS</b>			
TE728	Chicory Cocoa Drink	125g	3.69	V
TE589	Chicory Drink - Organic	100g	3.05	OV
	<b>WHOLE EARTH</b>			
TE389	Nocaf - organic	100g	2.99	VO
TE215	Wake Cup	125g	3.89	V
	<b>CONVENIENCE FOODS</b>			
	<b>SUMA</b>			
VF850	Baked Beans & Vegan Burgers	400g	1.79	V
VF450	Baked Beans & Vegan Sausage	400g	1.79	V
VF875	Vegan Meatballs Bolognese	400g	1.95	V
	<b>AMY'S KITCHEN</b>			
VF008	Medium Chilli	416g	2.65	GV
VF009	Spicy Chilli	416g	2.65	GV
	<b>ARTISAN GRAINS</b>			
VF213	Nut Roast - Cashew & Cranberry	200g	2.99	VG
VF104	Nut Roast - Country Veg/Cashew	200g	2.89	V
VF110	Nut Roast - Sundried Tomato	200g	2.89	V
	<b>FREE &amp; EASY</b>			
VF125	Bean Cassoulet - og	400g	2.09	OV
VF116	Chick Pea & Bean Tagine	400g	2.09	OV
VF006	Chick Pea/Vegetable Curry - og	400g	2.09	OV
VF132	Middle Eastern Casserole	400g	2.35	OV

code	product	size	rrp	bfgosv
VF141	Sweet Pot/Kale/Coconut Curry	400g	2.35	OV
VF014	Three Bean Chilli - og	400g	2.09	OV
VF127	Vegetable Balti - og	400g	2.09	OV
VF128	Vegetable Hotpot - og	400g	2.09	OV
	<b>GEO ORGANICS</b>			
VF074	Organic Bombay Potatoes	400g	2.15	OSV
VF079	Organic Chickpea & Lentil Dahl	400g	1.99	OV
VF090	Organic Vegetable Hotpot	400g	2.15	OSV
	<b>GRANOVITA</b>			
VF211	Mock Duck	285g	2.59	SV
VF036	Nut Luncheon	420g	2.59	GV
	<b>MERIDIAN</b>			
	<i>Cooking Sauce</i>			
VF045	Brazilian Xim Xim	350g	2.49	GV
	<b>NATUR COMPAGNIE</b>			
	<i>Organic Snack Pots</i>			
VF318	Dhal Couscous Snack Pot	68g	1.99	OSV
VF317	Pasta Napoli Snack Pot	59g	1.99	OSV
	<b>ST DALFOUR FRENCH BISTRO</b>			
VF605	Three Beans with Sweetcorn	175g	2.29	GV
	<b>SUNITA</b>			
FG601	Polenta - organic	500g	1.99	OV
	<b>UPTON'S NATURALS</b>			
VF303	Jackfruit - Original	200g	3.75	V
VF304	Jackfruit - Smokey Barbecue	200g	3.75	VS
VF305	Jackfruit - Thai Curry	200g	3.75	SV
	<b>ZANAE</b>			
VF044	Butter Bean Salad	280g	1.99	V
VF527	Okra in Sauce	280g	2.49	V
VF017	Stuffed Vine Leaves	280g	2.29	V
	<b>CRISPS &amp; SNACKS</b>			
	<b>SUMA BAGGED DOWN</b>			
ZX332	Bombay Mix	1kg		V
ZX083	Fruit & Nut Mix	5kg		V
ZX477	Wasabi Peas - Spicy	1kg		V
	<b>SUMA COMMODITIES</b>			
ZX033	Bhusu	5kg		V
ZX034	Bombay Mix	10kg		V
ZX288	Garlic Gathia	5kg		V
ZX132	Rice Crackers - Thailand	8kg		V
ZX037	Spiced Roast Chick Peas	2.5kg		V
ZX038	Spicy Noodles	5kg		V
ZX087	Trail Mix	10kg		SV
ZX089	Tropical Mix	10kg		SV
ZX468	Wasabi Peas - Spicy	10kg		V
	<b>SUMA PREPACKS</b>			
ZX195	Bombay Mix	125g	0.95	V
ZX196	Bombay Mix	250g	1.35	V
ZX695	Bombay Mix w/ Coriander & Lime	125g	0.99	V
ZX696	Bombay Mix w/ Coriander & Lime	250g	1.49	V
ZX084	Fruit & Nut Mix	125g	1.85	V
ZX205	Oriental Rice Crackers	125g	1.49	V
ZX202	Sesame Sticks	125g	0.89	V
ZX294	Spiced Roast Chick Peas	125g	0.95	V
ZX204	Spicy Noodles	125g	0.99	V
ZX316	Super Seed And Berry Mix	125g	1.95	V
ZX088	Trail Mix	125g	1.45	SV



code	product	size	rrp	bfgosv
ZX244	Tropical Mix	125g	1.25	SV
ZX476	Wasabi Peas - Spicy	75g	1.09	V
	<b>SUMA PREPACKS - ORGANIC</b>			
ZX931	Bombay Mix - organic	125g	0.99	OV
ZX552	Bombay Mix - organic	250g	1.65	OV
	<b>AMAIZIN</b>			
ZX544	Bio Corn Chips Chilli	75g	1.30	OV
ZX543	Bio Corn Chips Natural	150g	1.75	OV
ZX542	Bio Corn Chips Natural	75g	1.30	OV
ZX546	Bio Corn Chips Paprika	75g	1.30	OV
ZX470	Fajita Seasoning Organic	27g	1.55	GOV
ZX429	Natural Corn Chips Value Bag	250g	2.39	OV
ZX399	Organic Taco Shells	150g	2.69	OV
ZX482	Rice Paper Organic	110g	1.99	GOV
ZX458	Tacho Seasoning Organic	30g	1.65	GOV
	<b>APE SNACKS</b>			
ZX504	Coconut Bites Chocolate	26g	1.69	GSV
ZX547	Coconut Curls Salted	20g	1.19	V
ZX851	Coconut Curls Salted Chocolate	20g	1.19	V
ZX596	Coconut Puffs - Cheese Flavour	24g	0.89	V
ZX412	Coconut Puffs Lightly Salted	25g	0.89	V
ZX438	Coconut Puffs Thai Chilli	25g	0.89	V
ZX854	Crunchy Coconut Bites Chia	30g	1.79	V
ZX855	Crunchy Coconut Bites Natural	30g	1.79	V
	<b>BIONA</b>			
ZX424	Potato Chips - Lightly Salted	100g	2.13	OV
	<b>BROWN BAG CRISPS</b>			
	<i>Impulse</i>			
ZX266	Lightly Salted	40g	0.75	GV
ZX268	Oak Smoked Chilli	40g	0.75	GSV
	<i>Sharing</i>			
ZX270	Lightly Salted	150g	1.95	GV
	<b>CLEARSPRING</b>			
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
ZX129	Tamari Roasted Cashew Nuts	30g	1.69	OV
	<b>CYPRESSA</b>			
ZX810	Roasted and Salted Broad Beans	150g	1.40	V
	<b>EAT REAL</b>			
ZX561	Snap Pea Crunch	60g	1.99	GSV
ZX563	Veggie Bites	60g	1.99	GSV
	<i>Hummus Chips - Impulse</i>			
ZX242	Hummus Chilli Cheez Chips	45g	0.69	GSV
ZX198	Hummus Sour Cream Chips	45g	0.69	GSV
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>Hummus Chips - Sharing</i>			
ZX237	Hummus Chilli Cheez	135g	1.79	GSV
ZX326	Hummus Sour Cream Chips	135g	1.79	GSV
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

code	product	size	rrp	bfgosv
	<i>Kale - Sharing</i>			
ZX057	Veggie & Kale Straws	113g	1.59	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	Hummus Sea Salt Chips - Org	100g	2.19	GOV
ZX214	Lentil Sea Salt Chips - Org	100g	2.19	GOV
ZX213	Veggie Straws - Organic	100g	2.19	GOSV
	<i>Potato Straws</i>			
ZX109	Potato Cheez Straws	45g	0.69	GSV
ZX190	Potato Cheez Straws	113g	1.79	GSV
	<i>Quinoa Chips - Impulse</i>			
ZX041	Quinoa Chilli & Lime Chips	30g	0.69	GV
ZX007	Quinoa Cream & Chive Chips	30g	0.69	GV
ZX263	Quinoa Paprika Chips	30g	0.69	GSV
ZX479	Quinoa Sweet Chilli Chips	30g	0.69	GSV
ZX046	Quinoa Tomato & Garlic Chips	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
ZX314	Quinoa Chips Tomato & Garlic	80g	1.79	GSV
ZX264	Quinoa Paprika Chips	80g	1.79	GSV
ZX327	Quinoa Sweet Chilli Chips	80g	1.79	GSV
	<i>Quinoa Puffs - Impulse</i>			
ZX440	Quinoa Puffs Mediterranean	40g	0.69	GSV
	<i>Quinoa Puffs - Sharing</i>			
ZX880	Quinoa Kale Puffs Jalapeno	113g	1.89	GSV
ZX881	Quinoa Kale Puffs with Cheese	113g	1.89	GSV
ZX878	Quinoa Puffs Cheddar Cheese	113g	1.89	GSV
ZX879	Quinoa Puffs Cheese Jalapeno	113g	1.89	GSV
ZX537	Quinoa Puffs Mediterranean	113g	1.89	GSV
	<b>FAIRFIELDS FARM</b>			
	<i>Lentil Bites</i>			
BT283	Lentil Bites - Jalapeno & Lime	20g	0.69	GSV
BT282	Lentil Bites - Tomato & Herbs	20g	0.69	GSV
	<i>Potato Crisps</i>			
ZX120	Bacon & Tomato Crisps	40g	0.69	GV
ZX122	Lightly Salted Crisps	40g	0.69	GV
ZX184	Sea Salt & Cider Vinegar Crisp	40g	0.69	GV
ZX104	Sweet Chilli Crisps	40g	0.69	GVS
	<b>GARCIA</b>			
	<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

code	product	size	rrp	bfgovs
	<i>Sharing Bag</i>			
ZX461	Blue Corn Tortilla Chips - Org	150g	2.59	OVG
ZX200	Veggie Mix Tortilla - Org	150g	2.59	GOV
	<b>GEOSTICKS</b>			
ZX964	Herby Geosticks	22g	0.90	FV
	<b>HIPPEAS</b>			
ZX179	Cheese & Love Chickpea Puffs	22g	1.09	SOV
ZX090	Chilli Haze Chickpea Puffs	22g	1.09	GOSV
ZX176	Far Out Fajita Chickpea Puffs	22g	1.09	SOV
ZX178	Herb Chickpea Puffs	22g	1.09	SOV
ZX538	Salt & Vinegar Puffs	22g	1.09	GOSV
ZX177	Sweet & Smokin' Chickpea Puffs	22g	1.09	GOVS
	<i>Large Bags</i>			
ZX070	Chilli Haze Chickpea Puffs	78g	2.29	GOSV
ZX172	Far Out Fajita Chickpea Puffs	78g	2.29	GOSV
ZX171	Herb Chickpea Puffs	78g	2.29	GOSV
ZX600	Salt & Vinegar Puffs	78g	2.29	GOSV
ZX166	Sweet & Smokin' Puffs	78g	2.29	GOVS
	<b>HODMEDOD'S</b>			
ZX549	Roast Fava Bean Salt & Vinegar	300g	2.25	SV
ZX562	Roasted Fava Beans Sea Salted	300g	2.25	V
ZX569	Roasted Peas Horseradish	300g	2.25	SV
ZX568	Roasted Peas Lightly Salted	300g	2.25	V
	<b>KALLO</b>			
	<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
	<b>KETTLE CHIPS</b>			
	<i>Impulse Bag</i>			
ZX912	Balsamic Vinegar & Sea Salt	40g	0.79	SV
ZX914	Lightly Salted	40g	0.79	V
ZX913	Sea Salt & Crushed Peppercorns	40g	0.79	SV
	<i>Sharing Bags</i>			
ZX381	Balsamic Vinegar & Sea Salt	150g	2.49	SV
ZX248	Lightly Salted	150g	2.49	V
	<b>LEAFY</b>			
BT315	Kale Crisps - Original	12g	1.79	GSV
BT323	Kale Crisps - Tomato & Oregano	12g	1.79	GSV
	<b>LUKE'S ORGANICS</b>			
ZX500	Ancient Grain Multigrain Chips	142g	2.95	GOV
ZX490	Blue Corn Multigrain Chips	142g	2.95	GOV
	<i>Sharing bags</i>			
ZX615	Chia Seed Multigrain Chips	142g	2.95	OV
ZX631	Kale Multigrain & Seed Chip	142g	2.95	OV
ZX634	S/Potato Hemp B/Wheat Chips	142g	2.95	OV
	<b>METCALFE'S POPCORN</b>			
ZX081	Sea Salt Popcorn	70g	1.89	V
ZX086	Sea Salt Popcorn	20g	0.79	V
ZX095	Sweet n Salt Popcorn	25g	0.79	SV

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<b>NUDIE SNACKS</b>				
	<i>Coconut Chips</i>			
NU122	Premium Toasted Coconut Chips	35g	1.39	SV
	<i>Roasted Products</i>			
ZX718	Broad Beans Sour Cream & Chive	30g	0.79	SV
ZX709	Chickpeas Chilli & Lime	30g	0.79	SV
ZX710	Lentils Salt & Black Pepper	30g	0.79	SV
ZX715	Split Peas BBQ Flavour	30g	0.79	SV
<b>OZIES (BIG OZ)</b>				
ZX363	Fajita Chickpea Snacks	22g	0.75	GSV
ZX355	Mediterranean Chickpea Snack	22g	0.75	GVS
ZX354	Salt & Pepper Chickpea Snacks	22g	0.69	GVS
ZX361	Sweetcure Chickpea Snacks	22g	0.75	GVS
<b>PIPERS CRISPS</b>				
	<i>Crispeas</i>			
ZX739	Crispeas - English Mint	21g	0.99	GSV
ZX723	Crispeas - Salsa Verde	21g	0.99	GSV
	<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
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
ZX436	Wild Thyme & Rosemary	150g	2.09	GSV
<b>PRIMAL VEGAN JERKY</b>				
ZX583	Seitan - Mesquite Lime Jerky	28g	1.45	V
ZX585	Seitan - Teriyaki Jerky	28g	1.45	V
ZX581	Seitan - Thai Peanut Jerky	28g	1.45	V
ZX580	Shiitake Mushroom Jerky	28g	1.45	V
ZX586	Soy - Hickory Smoked Jerky	28g	1.45	V
ZX584	Soy - Texas Barbecue Jerky	28g	1.45	V
<b>RUDE HEALTH</b>				
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
<b>SCOTT FARM CHIP COMPANY</b>				
	<i>Lightly Salted Crisps</i>			
ZX357	Orange Sweet Potato Chips	40g	0.99	GV
ZX356	Orange Sweet Potato Crisps	100g	1.99	GV
<b>TEN ACRE CRISPS</b>				
ZX556	Cheese & Onion	40g	0.80	GV
ZX559	Hickory & Barbecue Crisps	40g	0.80	GV
ZX554	Ready Salted Crisps	40g	0.80	GV
ZX557	Salt & Vinegar	40g	0.80	GV
ZX566	Sweet Chilli Crisps	40g	0.80	GV
<b>TRAF0</b>				
VF061	Lentil Crisps - Arabian Spices	75g	1.89	GOV
VF060	Lentil Crisps - Seasalt	75g	1.89	OV
	<i>Handcooked Baked Crisps</i>			
ZX473	Hand Cook Rosemary & Sea Salt	40g	0.95	OV
	<i>Hummus Chips</i>			
ZX932	Hummus Chips - Paprika	75g	1.79	OV
ZX934	Hummus Chips - Rosemary	75g	1.79	OV
ZX933	Hummus Chips - Sea Salt	75g	1.79	GOV

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	<i>Light Baked Crisps</i>			
ZX759	Coconut Oil Baked Crisps	40g	1.19	OV
ZX625	Coconut Oil Baked Crisps	100g	2.59	OV
ZX758	Vegetable Chips	40g	1.59	OV
ZX624	Vegetable Chips	75g	2.29	OV
ZX575	Vegetable Chips Sweet Potato	80g	2.15	OV
ZX626	Virgin Olive Oil Baked Crisps	100g	2.59	OV
	<i>Potato Crisps Fried</i>			
ZX053	Paprika Crisps - organic	40g	0.95	OV
ZX055	Salted Crisps - organic	40g	0.95	OV
	<i>Snacks</i>			
ZX401	Corn Peanuts	75g	1.39	OV
BT075	Pretzel Sticks	100g	1.35	OV
	<i>Tortilla Chips</i>			
VF218	Tortilla Chips - Chilli	75g	0.99	VO
VF226	Tortilla Chips - Natural	75g	0.99	VO
ZX136	Tortilla Chips - Natural	200g	1.89	OV
	<i>Tortilla Chips - Stoneground</i>			
VF048	Tortilla Chips - Natural	100g	1.79	OV
VF056	Tortilla Chips - Paprika	100g	1.79	OV
	<b>TYRRELLS</b>			
	<i>Potato Chips - Furrows Sharing</i>			
ZX502	Sea Salt and Cider Vinegar	150g	1.99	SV
ZX496	Sea Salted	150g	1.99	SV
	<i>Potato Chips - Impulse</i>			
ZX909	Cider Vinegar and Sea Salt	40g	0.79	SV
ZX908	Lightly Sea Salted	40g	0.79	V
ZX042	Naked - No added Salt	40g	0.79	V
ZX906	Sea Salt and Black Pepper	40g	0.79	SV
ZX918	Sweet Chilli and Red Pepper	40g	0.79	SV
	<i>Potato Chips - Sharing</i>			
ZX978	Black Truffle & Sea Salt	150g	1.99	GVS
ZX018	Cider Vinegar & Sea Salt	150g	1.99	V
ZX022	Lightly Sea Salted	150g	1.99	V
ZX023	Naked Chips	150g	1.99	V
ZX024	Sea Salt & Black Pepper	150g	1.99	V
ZX021	Sweet Chilli & Red Pepper	150g	1.99	V
	<i>Vegetable Chips</i>			
ZX658	Mixed Roots	40g	1.39	GV
ZX388	Mixed Roots	125g	3.05	GV
ZX390	Mixed Roots - Maple Syrup	125g	3.05	GV
	<b>YAKSO</b>			
ZX371	Java Chips - Seaweed	100g	1.85	OVS
	<b>DESSERTS</b>			
	<b>SUMA PREPACKS</b>			
VF075	Custard Powder	500g	2.99	V
	<b>BARKAT</b>			
VF114	Gluten Free Ice Cream Cones	60g	1.99	GV
	<b>CLEARSPRING</b>			
SY015	Sweet Grains Dessert - Millet	370g	3.89	OV
	<b>JUST WHOLEFOODS</b>			
VF065	Custard Powder	100g	1.29	V
VF067	Jelly Crystals - Lemon	85g	1.35	VS
VF176	Jelly Crystals - Raspberry	85g	1.35	VS
VF068	Jelly Crystals - Strawberry	85g	1.35	VS
VF066	Jelly Crystals - Trop Fruits	85g	1.35	VS

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<b>NATURE'S CHARM</b>				
SY127	Coconut Butterscotch Sauce	400g	4.65	VS
SY079	Coconut Caramel Sauce	400g	3.55	GSV
SY128	Coconut Chocolate Fudge Sauce	400g	5.45	VS
SY131	Coconut Salted Caramel Sauce	400g	4.59	SV
SY132	Coconut Whipping Cream	400g	3.25	SV
<b>PROVAMEL</b>				
SY040	Soya alternative to Cream	250ml	1.05	GOV
SY075	Soya Custard	525g	1.45	OV
SY645	Soya Dessert - Caramel	4 x 125g	1.89	SOV
SY780	Soya Dessert - Chocolate	4 x 125g	1.89	GSV
SY195	Soya Dessert - Vanilla	4 x 125g	1.95	GOSV
SY149	Soya Dessert Coconut Chocolate	4 x 125g	2.15	GOSV
<b>SOJADE</b>				
SY099	Chocolate Soya Dessert	530g	1.55	OSV
SY017	Cuisine- Organic Soya Cream	200ml	0.99	OSV
SY106	Rice Cream - Organic	200ml	1.45	GOV
SY107	Vanilla Custard Style Dessert	530ml	1.55	GOSV
<b>DESSERTS &amp; PUDDINGS (CHILLED)</b>				
<b>FREAKS OF NATURE</b>				
CV759	Chocolate Caramel Cheesecake	90g	2.29	GV
CV785	Chocolate Fudge Hot Pudding	100g	2.29	GV
CV757	Double Chocolate Ganache	90g	2.29	GV
CV784	Hot Sticky Toffee Pudding	100g	2.29	GV
CV119	Mango & Passionfruit Posset	90g	2.29	GV
<b>OATLY</b>				
CV827	Creamy Oat	250ml	1.05	V
CV828	Oat Fraiche	200ml	1.80	V
CV829	Vanilla Custard	250ml	1.40	V
<b>DRINKS (CHILLED)</b>				
<b>ALPRO</b>				
CV687	Fresh Almond Milk	1l	2.65	V
CV088	Organic Fresh Soya Drink	1l	1.89	OV
CV482	Soya Fresh - Chocolate	1l	1.89	VS
CV087	Soya Fresh - Natural	1l	1.59	V
<i>Origins</i>				
CV788	Almond Drink Unsweetened	750ml	2.79	V
CV789	Coconut Drink Unsweetened	750ml	2.79	V
<b>CALIFIA FARMS</b>				
CV824	Chocolate Coconut Almond Milk	750ml	2.50	GSV
CV826	Cold Brew Mocha	750ml	2.99	GSV
CV822	Mocha Noir Cold Brew Coffee	310ml	1.99	GSV
CV823	Unsweetened Almond Milk	750ml	2.50	GSV
CV821	XX Espresso Cold Brew Coffee	310ml	1.99	GSV
CV825	XX Espresso Cold Brew Coffee	750ml	2.99	GSV
<b>EQUINOX</b>				
CV736	Kombucha Ginger	275ml	2.15	OSV
CV830	Kombucha Grapefruit & Guava	275ml	2.15	OSV
CV737	Kombucha Original	275ml	2.15	OSV
CV741	Kombucha Raspberry/Elderflower	275ml	2.15	OSV
CV742	Kombucha Wild Berry	275ml	2.15	OSV
<b>KARMA KOMBUCHA</b>				
<i>Kombucha</i>				
CV425	Ginger	500ml	3.19	OV
CV434	Lemon	500ml	3.19	OV
CV426	Pomegranate	500ml	3.19	OV
CV435	Raspberry	500ml	3.19	OV

code	product	size	rrp	bfgosv
	<b>KOKO DAIRY FREE</b>			
CV021	Koko Dairy Free Original	1l	1.79	V
CV805	Koko Dairy Free Super Milk	1l	2.19	GV
	<b>MOJU</b>			
	<i>Cold Pressed Booster Shots</i>			
CV457	Chilli Energy	60ml	1.95	V
CV370	Ginger	60ml	1.95	V
CV391	Turmeric	60ml	1.95	V
	<i>Cold Pressed Juices</i>			
CV458	Green Greens	250ml	2.69	V
CV459	Orange Roots	250ml	2.69	V
CV484	Purple Berries	250ml	2.69	V
	<b>PROFUSION</b>			
	<i>Kefir</i>			
CV022	Fizzy Tropical Turmeric	250ml	2.89	OV
CV034	Fizzy Zesty Lime & Dragonfruit	250ml	2.89	OV
	<i>Kombucha</i>			
CV642	Baobab Mint Pomegrnt Kombucha	330ml	2.49	OSV
CV720	Blueberry Pro+ Kombucha	330ml	2.99	OSV
CV639	Maca Coconut Pineapp Kombucha	330ml	2.49	OSV
CV725	Mighty Greens Kombucha	330ml	2.99	OSV
CV638	Tumeric Lemon Ginger Kombucha	330ml	2.49	OSV
	<b>RHYTHM</b>			
	<i>Vegan Kefir</i>			
CV797	Mango & Coconut Kefir	125ml	1.89	V
CV798	Mango & Coconut Kefir	500ml	5.35	V
CV795	Pink Ginger & Coconut Kefir	125ml	2.09	V
CV796	Pink Ginger & Coconut Kefir	500ml	5.89	V
CV799	Pure Coconut Kefir	125ml	1.89	V
CV800	Pure Coconut Kefir	500ml	5.35	V
	<b>SAVSE SMOOTHIES</b>			
	<i>Smoothies</i>			
CV553	Super Blue Smoothie	250ml	2.29	V
CV551	Super Green Smoothie	250ml	2.29	V
CV552	Super Orange Smoothie	250ml	2.29	V
CV550	Super Red Smoothie	250ml	2.29	V
	<b>ESSENTIAL OILS</b>			
	<b>AQUA OLEUM</b>			
AR029	Carrier oil - Sweet almond	100ml	2.89	V
AR005	Clary Sage	10ml	7.89	V
AR008	Eucalyptus	10ml	3.95	V
AR150	Frankincense	10ml	11.29	V
AR010	Geranium	10ml	10.49	VO
AR011	Geranium	10ml	7.09	V
AR151	Jasmine - 5% dilution	10ml	8.35	V
AR241	Lavender	10ml	6.85	VO
AR014	Lavender	10ml	4.99	V
DY447	Lavender	100ml	34.95	V
AR143	Lavender Oil Merchandiser	10ml	4.99	V
AR015	Lemon	10ml	4.15	V
AR018	Neroli (orange blossom) 5% dil	10ml	7.29	V
AR012	Patchouli	10ml	7.65	VO
AR020	Patchouli	10ml	4.45	V
AR022	Peppermint	10ml	4.49	V
AR023	Rose Maroc - 5% dilution	10ml	6.05	V
AR024	Rosemary	10ml	4.45	V
AR056	Sandalwood - 5% dilution	10ml	7.29	V

code	product	size	rrp	bfgosv
AR016	Tea Tree	10ml	5.55	VO
AR026	Tea Tree	10ml	4.45	V
DY450	Tea Tree	100ml	31.25	V
AR144	Tea Tree Oil Merchandiser	10ml	4.45	V
AR017	Ylang Ylang	10ml	8.35	VO
AR028	Ylang Ylang	10ml	7.29	V
<b>FAR EASTERN FOOD</b>				
<b>SUMA</b>				
LJ350	Coconut Milk Organic	400ml	1.95	OV
LJ400	Creamed Coconut Organic	200g	2.15	OV
<b>AMAIZIN</b>				
LJ178	Og Creamed Coconut	200g	2.09	OV
LJ136	Rich Coconut Milk OG	400ml	2.09	OV
LJ131	Rich Coconut Milk OG	200ml	1.45	OV
WT132	Soya Bean Noodles Natural	200g	3.65	OV
<b>BIONA</b>				
WT071	Asia Noodles Organic	250g	2.49	OV
VF167	Coconut Cream	400ml	2.19	OV
VF187	Coconut Milk Light Organic	400ml	1.79	OV
VF775	Coconut Milk Organic	400ml	1.89	OV
VF103	Coconut Milk Powder	150g	3.99	OV
VF772	Creamed Coconut Organic	200g	1.99	OV
VF077	Organic Coconut Milk	200ml	1.29	OV
WT101	Spelt Noodles Organic	250g	2.79	OV
JP014	Wasabi Style Horseradish Paste	50g	3.49	OV
<b>BLUE DRAGON</b>				
LJ495	Coconut Cream UHT	250ml	1.95	V
LJ130	Coconut Milk	400ml	2.10	V
LJ652	Coconut Milk Mini Cans	165ml	0.89	V
LJ050	Creamed Coconut Block	200g	1.79	V
VF820	Springroll Wrappers	134g	1.25	V
JP093	Sushi Nori	11g	1.59	V
KJ159	Sweet Chilli Dipping Sauce	190ml	1.62	VS
JP220	Tofu - Firm Silken	349g	1.95	V
WT100	Wholewheat Noodles	300g	1.85	V
<b>CLEARSPRING</b>				
JP061	Brown Rice Mochi - GF	250g	5.99	GOV
JP060	Brown Rice Vinegar - Organic	150ml	2.39	OV
JP096	Japanese Rice Vinegar	250ml	3.29	OV
JP134	Mikawa Mirin	150ml	4.49	OV
JP135	Mirin	150ml	2.99	V
JP057	Miso Ramen Noodles/Miso Soup	170g	4.19	OV
JP100	Rice Mirin	250ml	4.99	OV
JP066	Shiitake Mushrooms - Organic	40g	6.79	OV
JP059	Shoyu Ramen Noodles/Soy Soup	170g	4.19	OV
JP016	Sushi Ginger Pickle Organic	50g	3.39	OV
JP314	Sushi Rice - Organic	500g	2.39	OV
JP680	Teriyaki Sauce	150ml	2.99	OV
JP026	Tofu	300g	1.95	GOV
JP023	Umami Paste with Chilli- Org	150g	4.49	OSV
JP032	Umami Paste with Ginger - Org	150g	4.49	OSV
JP101	Ume Shiso Seasoning	150ml	1.99	V
JP027	Umeboshi Paste - Organic	150g	5.99	OV
JP095	Umeboshi Plum Seasoning	500ml	6.49	GOV
JP079	Umeboshi Plums Organic	200g	8.99	OV
JP021	Wasabi Powder	25g	3.49	V
JP081	Wasabi Powder in Tin - Organic	25g	3.79	OV



code	product	size	rrp	bfgosv
	<i>Miso Products</i>			
JP211	Barley Miso Jar	300g	5.79	VO
JP212	Brown Rice Miso Jar	300g	4.49	VO
JP020	Brown Rice Miso Jar (Mini)	150g	2.89	OV
JP030	Brown Rice Miso Pouch	300g	5.59	OV
JP114	Hearty Red Miso Soup + Sea Veg	4 x 10g	3.59	V
JP321	Instant Miso Soup and Sea Veg	4 x 10g	3.99	VO
JP018	Instant Miso Soup Paste	4 x 15g	2.49	OV
JP148	Mellow White Miso Soup + Tofu	4 x 10g	3.59	V
JP213	Miso - Hatcho	300g	5.59	VO
JP011	Org Instant White Miso Paste	60g	2.49	OV
JP086	Sweet White Miso - Organic	250g	4.49	OV
	<i>Noodles</i>			
JP056	All Buckwheat Soba Noodles	200g	3.99	OV
JP053	Brown Rice Noodles - GF	200g	2.89	OV
JP037	Brown Rice Udon Noodles	200g	2.69	OV
JP054	Brown Rice Wide Noodles - GF	200g	3.15	GOV
JP036	Skinny Soba Somen Noodles	200g	2.69	OV
JP038	Soba Noodles	200g	2.69	OV
JP039	Udon Noodles	200g	2.59	OV
JP040	Wide Udon Noodles	200g	2.59	OV
	<i>Sea Veg</i>			
JP090	Arame	50g	4.49	V
JP025	Dulse - Atlantic Coast	30g	4.99	OV
JP069	Green Nori Sprinkle	20g	1.99	V
JP070	Hijiki (Wild)	50g	7.99	V
JP007	Japanese Sea Vegetable Salad	25g	5.99	V
JP091	Kombu	50g	5.49	V
JP071	Nori	25g	3.49	V
JP304	Sea Salad	30g	4.99	OV
JP084	Seaveg Crispies - Chilli	5g	1.15	GOSV
JP029	Seaveg Crispies - Ginger	4g	1.15	GOV
JP082	Seaveg Crispies - Original	5g	0.99	GOSV
JP035	Seaveg Crispies - Turmeric	4g	1.15	GOV
JP089	Seaveg Crispies Multipack-Ging	3 x 4g	2.59	GOV
JP083	Seaveg Crispies Multipack-Orig	3 x 5g	2.49	GOSV
JP094	Seaveg Crispies Multipack-Turm	3 x 4g	2.59	GOV
JP085	Seaveg Crispies Multiplk-Chilli	3 x 5g	2.59	GOSV
JP072	Sushi Nori - toasted	17g	2.99	V
JP092	Wakame	50g	5.29	V
	<i>Soya Sauce</i>			
JP605	Shoyu	2.5l	23.99	OV
JP129	Shoyu Soya Sauce	150ml	2.39	VO
JP500	Shoyu Soya Sauce	500ml	5.19	VO
JP679	Soya Sauce	150ml	2.19	OV
JP102	Soya Sauce	250ml	3.29	OV
JP098	Tamari Soya Sauce	150ml	2.69	GOV
JP130	Tamari Soya Sauce	150ml	3.39	GOV
JP099	Tamari Soya Sauce	250ml	3.69	GOV
JP001	Tamari Soya Sauce	2.5l	43.29	GOV
JP501	Tamari Soya Sauce	500ml	9.49	GOV
	<b>COCOFINA</b>			
KJ319	Coconut Amino Sauce	250ml	5.99	OV
	<b>COCONUT MERCHANT</b>			
LJ022	Coconut Milk Organic - Bulk	3l		OV
	<b>GEO ORGANICS</b>			
VF228	Indonesian Rendang Curry Paste	180g	2.75	OV
VF229	Indonesian Satay Curry Paste	180g	2.75	OV

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VF738	Thai Green Curry Paste OG	180g	2.55	OV
VF739	Thai Red Curry Paste OG	180g	2.55	OV
VF247	Thai Yellow Curry Paste	180g	2.55	OV
	<b>KING SOBA</b>			
WT210	100% Buckwheat Noodles	250g	2.29	OV
WT954	Black Rice Noodles	250g	2.29	OV
WT037	Brown Rice Noodles	250g	2.19	OV
WT952	Brown Rice Wakame Noodles	250g	2.29	OV
WT953	Buckwheat & Sweet Potato	250g	2.29	OV
WT212	Millet & Brown Rice Noodles	250g	2.19	OV
WT057	Miso Soup Edamame Soya Bean	60g	2.65	OV
WT123	Og Basmati White Rice Noodles	250g	2.29	OFV
WT170	Og Brown Rice Suparamen Noodle	84g	2.09	GOV
WT171	Og Buckwheat Suparamen Noodles	84g	2.09	GOV
WT169	Og Hearty Red Miso Soup	100g	2.89	GOV
WT168	Og Mellow White Miso Soup	100g	2.89	GOV
WT058	Og Miso Soup Pumpkin & Veg	60g	2.65	OV
WT059	Og Miso Soup Tofu & Ginger	60g	2.65	OV
WT099	Organic Brown Rice Ramen	280g	2.99	OV
WT097	Organic Buckwheat Ramen	280g	2.99	OV
WT069	Organic Edame Miso Ramen	80g	2.15	OV
WT087	Pad Thai Noodles Fairtrade	250g	2.29	FOV
WT951	Pumpkin Ginger & Rice Noodles	250g	2.29	OV
WT217	Thai Rice Noodles	250g	2.19	OV
WT088	Vermicelli Noodles Fairtrade	250g	2.29	FOV
	<b>KTC</b>			
MA066	Creamed Coconut	200g	1.29	V
	<b>MERIDIAN</b>			
JP308	Shoyu	500ml	3.69	V
JP307	Shoyu	150ml	1.99	V
JP309	Tamari	150ml	2.59	GV
JP310	Tamari	500ml	5.49	GV
JP058	Tamari	5l	39.33	GV
	<i>Cooking Sauce</i>			
VF033	Peanut Satay	350g	2.49	GV
VF013	Thai Peanut	350g	2.49	GV
	<b>MORI-NU</b>			
JP075	Tofu - Extra Firm	349g	2.29	V
JP205	Tofu - Firm Tofu	349g	1.85	V
	<b>SANCHI</b>			
JP105	Miso - Genmai (Brown Rice)	345g	3.79	V
JP055	Miso Soup	6 x 8g	2.99	V
JP670	Tamari - organic	150ml	3.75	OV
JP119	Tamari Soy Sauce	300ml	3.79	V
	<b>SEEDS OF CHANGE</b>			
VF063	Sweet & Sour Cooking Sauce	350g	2.99	OSV
	<b>THAI TASTE</b>			
VF178	Basil Leaves	114g	2.05	GV
VF174	Galangal	114g	1.65	GV
VF319	Green Curry Paste	114g	1.89	GV
VF198	Kaffir Lime Leaves	114g	1.65	GV
VF171	Red Curry Paste	114g	1.89	GV
VF258	Sriracha Chili Sauce	450ml	2.25	GSV
VF199	Tamarind Paste	130g	1.69	GSV
VF159	Vegan 'Fish' Sauce	180ml	1.99	GV
VF220	Yellow Curry Paste	114g	1.89	GV
	<b>YAKSO</b>			
JP012	Coconut Aminos	250ml	7.25	GOV

code	product	size	rrp	bfgosv
JP024	Rice Paper	150g	2.89	OV
VF010	Seitan in Tamari	330g	3.59	OV
JP002	Tamari - organic	125ml	2.25	GOV
JP113	Tamari - organic	250ml	3.95	GVO
VF005	Tempeh	175g	3.39	OV
	<b>YUTAKA</b>			
JP005	Miso Paste - Organic	300g	5.15	OV
JP013	Panko Bread Crumbs	180g	1.89	V
JP043	Rice Vinegar	150ml	2.20	V
JP044	Tamari Soy Sauce - Organic	150ml	3.65	OV
	<b>FLAKES, BRANS &amp; WHEATGERM</b>			
	<b>SUMA BAGGED DOWN</b>			
FX109	Oat Bran	5kg		V
FX104	Oats - porridge	10kg		V
FX063	Wheatgerm	5kg		V
	<b>SUMA BAGGED DOWN - ORGANIC</b>			
FX085	Oats - porridge, organic	10kg		VO
FX033	Oats - Porridge, Organic G/F	10kg		GOV
	<b>SUMA COMMODITIES</b>			
FX065	Oat Bran	25kg		V
FG032	Oatmeal - Coarse (Pinhead)	25kg		V
FX504	Oats - jumbo	25kg		V
FX064	Oats - Jumbo, Gluten Free	20kg		GV
FX010	Oats - porridge	25kg		V
FX061	Oats - Porridge, Gluten Free	20kg		GV
FX502	Wheat Bran	12.5kg		V
FX062	Wheatgerm	15kg		V
	<b>SUMA COMMODITIES - ORGANIC</b>			
FX029	Bran Flakes - Org - Added Salt	10kg		OV
FX250	Bran Sticks - organic	15kg		VO
FX027	Buckwheat Flakes - Organic	15kg		OV
FX057	Jumbo Oats - Gluten Free	20kg		OV
FX200	Malted Toasted Wheat Flakes OG	25kg		OV
FX053	Millet Flakes - Organic	15kg		VO
QS002	Oat Groats - Organic	25kg		VO
FX503	Oats - jumbo, organic	25kg		VO
FX009	Oats - porridge	20kg		OV
FX058	Oats - Porridge, Gluten Free	20kg		GOV
FX014	Oats - porridge, organic	25kg		VO
FX654	Quinoa Flakes - organic	15kg		FOV
FX004	Rice Flakes, Brown - organic	15kg		VO
FX019	Rye Flakes - Organic	20kg		VO
FX170	Wheat Flakes Organic	20kg		OV
	<b>SUMA PREPACKS</b>			
FG040	Coarse Oatmeal	500g	1.19	V
FX049	Oats - Jumbo	750g	2.15	V
FX046	Oats - Jumbo & Gluten Free	750g	3.95	GV
FX051	Oats - porridge	750g	2.15	V
FX045	Oats - Porridge & Gluten Free	750g	3.99	GV
FX035	Wheatgerm	500g	2.09	V
	<b>SUMA PREPACKS - ORGANIC</b>			
FX092	Barley Flakes - pearl OG	500g	1.55	OV
FX028	Bran Flakes Org - Added Salt	250g	2.45	OV
FX067	Bran Sticks - organic	250g	1.65	OV
FX024	Buckwheat Flakes - organic	500g	3.89	OV
FX031	Millet Flakes - organic	500g	3.75	OV
FX042	Oats - Jumbo & Gluten Free	750g	4.19	GOV

code	product	size	rrp	bfgosv
FX047	Oats - jumbo, organic	750g	2.75	VO
FX044	Oats - Porridge & Gluten Free	750g	4.19	GOV
FX048	Oats - porridge organic	750g	2.75	OV
FX656	Quinoa Flakes - organic	500g	4.25	OV
FX032	Rice Flakes Brown - organic	500g	3.75	OV
FX093	Rye Flakes - organic	500g	1.55	OV
FX213	Toasted Malted Wheat Flakes OG	400g	1.85	OV
FX094	Wheat Flakes - organic	500g	1.49	OV
	<b>ALARA</b>			
FX026	Gluten Free Scottish Porridge	500g	3.99	GOV
	<b>BULK COMMODITIES - ORGANIC</b>			
FX034	Pinhead Oatmeal - Organic	25kg		OV
	<b>HODMEDOD'S</b>			
FX030	Organic Naked Barley Flakes	500g	1.89	OV
	<b>JORDANS</b>			
MX200	Porridge Oats Organic	750g	2.89	OV
	<b>MORNFLAKE</b>			
FG037	Fine Oatmeal	500g	1.35	V
FG035	Medium Oatmeal	500g	1.35	V
FX008	Oat Bran	500g	1.79	V
	<b>PIMHILL</b>			
FX006	Oats - jumbo, organic	850g	2.39	OV
FX005	Oats - porridge, organic	850g	2.39	OV
	<b>PROFUSION</b>			
FX012	Protein Porridge	350g	4.39	OV
	<b>RUDE HEALTH FOODS</b>			
FX011	Smoothie Oats	250g	2.49	V
	<b>FLOURS &amp; BREAD MIXES</b>			
	<b>SUMA BAGGED DOWN</b>			
FG093	Polenta	5kg		V
FG033	Potato Starch	2kg		V
LJ038	Vital Wheat Gluten	3kg		V
	<b>SUMA BAGGED DOWN - ORGANIC</b>			
LJ107	Coconut Flour, Organic	3kg		OSV
FG043	Soya Flour - organic	1kg		OV
	<b>SUMA COMMODITIES</b>			
FG046	Gram Flour	5kg		V
FG094	Polenta	25kg		V
FG048	Potato Starch	25kg		V
FG049	Semolina - fine	25kg		V
	<b>SUMA COMMODITIES - ORGANIC</b>			
LJ126	Coconut Flour	20kg		OV
FG171	Polenta - organic	25kg		OV
FG243	Soya Flour - organic	25kg		OV
	<b>SUMA PREPACKS</b>			
FG078	Gram Flour	500g	1.99	V
FG092	Polenta	500g	1.35	V
FG041	Potato Starch	500g	1.65	V
FG038	Semolina Flour - Fine	500g	1.45	V
FG001	Tapioca Starch (flour)	500g	1.79	V
FG002	Teff Flour - Brown	500g	3.49	V
FG013	Teff Flour - White	500g	3.49	V
LJ092	Vital Wheat Gluten	500g	2.99	V
	<b>SUMA PREPACKS - ORGANIC</b>			
FG149	Brown Rice Flour - organic	500g	1.89	OV
LJ105	Coconut Flour, Organic	500g	2.99	OV
FG128	Maize Flour - organic	500g	1.59	OV
FG205	Soya Flour - organic	250g	1.85	OV

code	product	size	rrp	bfgosv
	<b>AMISA</b>			
FG085	Chestnut Flour - Organic	350g	5.89	GOV
FG139	Seeded Bread Mix - G/F, Org	500g	4.69	GOSV
	<b>BACHELDRE WATERMILL</b>			
FG164	Malted Strong 5 Seed Flour Org	1.5kg	4.09	OV
FG187	Plain White Flour - Organic	1.5kg	2.49	OV
FG175	Rye Flour -Organic,Stoneground	1.5kg	3.09	OV
FG179	Spelt Flour - Organic	1.5kg	3.69	OV
FG165	Strong Malted Blend Flour Org	1.5kg	2.59	OV
FG104	Strong Rustic Bread Flour	1kg	2.19	V
FG162	Strong Wholemeal Flour Organic	1.5kg	2.49	OV
FG160	White Flour Strong Unbleached	1.5kg	2.49	OV
	<b>BIOFAIR</b>			
FG027	Organic Fairtrade Quinoa Flour	400g	6.99	FOV
	<b>BIONA</b>			
FG163	Coconut Flour - Organic	500g	3.99	GOV
	<b>CLEARSPRING</b>			
FG180	Breadcrumbs - Brown Rice, GF	250g	3.99	GOV
FG182	Whole Buckwheat Flour	375g	2.59	OV
	<b>DOVES FARM</b>			
FG069	Fine Plain White Flour	1kg	1.39	OV
FG010	Fine Plain Wholemeal Flour	1kg	1.29	VO
FG039	GF Buckwheat Flour	1kg	3.39	GV
FG522	Gluten Free Brown Bread Flour	1kg	2.39	GV
FG700	Gluten Free Plain White Flour	1kg	2.25	GV
FG520	Gluten Free White Bread Flour	1kg	2.25	GV
FG004	Malthouse Bread Flour	1kg	1.59	OV
FG117	Rice Flour	1kg	1.85	GV
FG115	Self Raising Wholemeal Flour	1kg	1.35	OV
FG997	Speciality Pasta Flour	1kg	1.65	OV
FG116	Stoneground Gram Flour	1kg	2.35	GV
FG072	Strong White Bread Flour	1.5kg	1.95	OV
FG008	Strong Wholemeal Bread Flour	1.5kg	1.95	OV
FG070	White Self Raising Flour	1kg	1.45	OV
FG701	White Self Raising Flour GF	1kg	2.25	GV
	<i>Artisan Flour</i>			
FG028	Buckwheat Flour Wholegrain	1kg	3.39	V
FG082	Einkorn Flour	1kg	3.15	OV
FG153	Emmer Flour Wholemeal S/ground	1kg	3.29	OV
FG011	Khorasen Flour Wholegrain	1kg	4.39	OV
FG152	Rye Flour White Organic	1kg	1.95	OV
FG016	Rye Flour Wholegrain Organic	1kg	1.65	OV
FG071	Spelt Flour White Organic	1kg	3.29	OV
FG102	Spelt Flour Wholegrain Organic	1kg	2.79	OV
	<i>Bulk</i>			
FG062	Brown Rice Flour	25kg		GOV
FG499	Gluten Free Plain White	16kg		GV
FG052	Gluten Free Self Raising Flour	16kg		GV
FG005	Maize Flour - organic	25kg		OV
FG888	Malthouse Flour - organic	25kg		OV
FG197	Plain White Flour, Organic, GF	16kg		GOV
FG015	Rye Flour	25kg		V
FG886	Rye Flour Lite - Organic	25kg		OV
FG067	Spelt Flour - organic	25kg		OV
FG155	Spelt Flour White	25kg		V
FG154	Spelt Flour Wholemeal	25kg		V
FG020	Strong White Flour	25kg		VO

code	product	size	rrp	bfgosv
FG075	White flour - plain organic	25kg		VO
FG497	White flour - self raising org	25kg		OV
FG498	White flour - strong organic	16kg		OV
FG995	Wholewheat Flour	25kg		OV
FG007	Wholewheat strong flour org	25kg		VO
	<b>FERRERO</b>			
QS003	Polenta	500g	1.79	V
	<b>GILCHESTERS ORGANICS</b>			
FG019	100% Whole Spelt Flour	1.5kg	3.85	OV
FG014	Pizza & Ciabatta Wheat Flour	1.5kg	3.19	OV
FG018	Semolina Fine Wheat Flour	500g	1.89	OV
FG009	Strong 100% Whole Wheat Flour	1.5kg	2.79	OV
FG006	Strong White Wheat Flour	1.5kg	3.19	OV
FG025	White Flour Strong Unbleached	3kg	5.99	OV
FG036	Whole Wheat Strong Flour	3kg	5.25	OV
FG026	Wholemeal Rye Flour	1.5kg	2.89	OV
	<i>Bulk</i>			
FG110	Pizza & Ciabatta Flour	15kg		OV
FG109	Strong White Flour - S/ground	15kg		OV
FG108	Wholemeal Flour - Stoneground	15kg		OV
	<b>GLEBE FARM</b>			
FG177	Gluten Free Self Raising Flour	1kg	2.35	GV
FG113	Oat Flour Wheat/Gluten Free	300g	2.79	GSV
	<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
	<b>ISABEL'S NATURALLY FREE FROM</b>			
FG017	Wholemeal Cassava Flour	350g	4.07	GV
	<b>LITTLE SALKELD WATERMILL</b>			
FG804	Barley Flour - organic	500g	2.44	OVB
	<b>MARRIAGES</b>			
FG582	Canadian V Strong White	1.5kg	2.05	V
FG666	Canadian V Strong Wholemeal	1.5kg	2.05	V
FG089	Country Fayre Malted Brown	1kg	1.75	OV
FG173	Light Spelt Flour	1kg	2.09	V
FG172	Moulsham Seeded Strong Bread	1kg	1.55	V
FG258	Og Light Brown Self Raising	1kg	1.55	OV
FG259	Og Plain Light Brown Flour	1kg	1.55	OV
FG563	Og Plain White Flour	1kg	1.55	OV
FG562	Organic Self Raising White Flr	1kg	1.55	OV
FG024	Organic Strong Bread Flour	1kg	1.69	OV
FG564	Organic Strong White Bread Flr	1kg	1.69	OV
FG031	White Flour - Finest plain	1.5kg	1.75	V
FG030	White flour - Finest strong	1.5kg	1.95	V
FG029	White flour Finest self rais.	1.5kg	1.75	V
FG022	Wholemeal strong flour	1.5kg	1.95	V
	<i>Bulk</i>			
FG023	Wholemeal Bread Flour-organic	16kg		OV
	<b>RUDE HEALTH FOODS</b>			
FG168	Whole Buckwheat Flour Sprouted	500g	6.49	GOV
FG169	Whole Spelt Flour Sprouted	500g	5.49	OV
	<b>SHIPTON MILL</b>			
FG899	3 Malts/Sunflower Brown Flour	1kg	1.75	OV
FG133	Light Rye 997 Flour Organic	1kg	1.89	OV
FG136	Soft Cake & Pastry White Flour	1kg	1.49	OV
FG190	Spelt Flour - White, Organic	1kg	2.89	OV
FG189	Spelt Flour - Wholemeal, Org	1kg	2.59	OV

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FG898	White Flour - Organic	1kg	1.49	OV
FG876	White Strong Organic Flour	2.5kg	3.59	OV
FG077	Wholemeal Flour - Organic	1kg	1.49	OV
FG079	Wholemeal Organic Flour	2.5kg	3.55	OV
	<i>Specialist Flour</i>			
FG080	Chestnut Flour	500g	6.49	OV
FG123	Italian '00' White Flour	1kg	1.85	V
	<b>SUPREME</b>			
FG021	Gram Flour Bulk	20kg		V
	<b>FRESH MISO (CHILLED)</b>			
	<b>TIDEFORD ORGANIC FOODS</b>			
	<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
	<b>FRUIT - CANNED &amp; JARRED</b>			
	<b>BIONA</b>			
KJ166	Jackfruit In Salted Water	2.8kg	14.99	OV
KJ506	Organic Jackfruit in Water	400g	2.99	OV
	<b>CLEARSPRING</b>			
VF190	Apple & Apricot Puree - Org	2 x 100g	1.49	OV
VF188	Apple & Blueberry Puree - Org	2 x 100g	1.49	OV
VF170	Apple & Mango Puree - Org	2 x 100g	1.49	OV
VF189	Apple & Plum Puree - Organic	2 x 100g	1.49	OV
VF335	Apple & Strawberry Puree - og	2 x 100g	1.49	OV
VF152	Jackfruit Chunks	500g	2.99	OV
VF336	Pear & Banana Organic Puree	2 x 100g	1.49	OV
VF155	Pear Puree - organic	2 x 100g	1.49	OV
	<b>ESSENTIAL TRADING</b>			
KJ263	Mango Chunks in Org Juice	400g	2.29	VO
KJ125	Organic Jackfruit in Water	400g	2.99	OV
KJ262	Pineapple Chunks In Org Juice	400g	2.29	VO
KJ260	Tropical Fruits in Org Juice	400g	2.29	VO
	<b>FOSTERS</b>			
KJ404	Stem Ginger In Syrup	280g	3.85	VS
	<b>FRUIT - DRIED</b>			
	<b>SUMA BAGGED DOWN</b>			
DR004	Apple - rings SO2	5kg		V
DR293	Apple - rings SO2	1kg		V
DR168	Apricots - select SO2	1kg		V
DR090	Apricots - select SO2	2.5kg		V
DR207	Apricots - unsulphured	1kg		V
DR122	Apricots - unsulphured	5kg		V
DR174	Banana - chips	1kg		SV
DR027	Blueberries	1kg		SV
DR225	Cherries Glace - Dark Red	1kg		VS
DR058	Cranberries	1kg		VS
DR092	Cranberries	2.5kg		VS
DR173	Currants - medium	1kg		V
DR126	Currants - medium	5kg		V
DR227	Dates - chopped	1kg		V
DR183	Dates - loosepack	1kg		V
DR148	Dates - loosepack	5kg		V
DR208	Figs	1kg		V
DR178	Fruit Cake Mix	1kg		VS

code	product	size	rrp	bfgosv
DR344	Fruit Salad - SO2	1kg		V
DR068	Fruit Salad - SO2	5kg		V
DR169	Ginger	1kg		VS
DR153	Goji Berries	1kg		V
DR320	Mango Slices - SO2	1kg		V
DR228	Mixed Peel - Contains SO2	1kg		VS
DR209	Papaya	1kg		VS
DR210	Peaches - SO2	1kg		V
DR211	Pears - SO2	1kg		V
DR212	Pineapple - diced, SO2	1kg		VS
DR239	Prunes - pitted, Ashlock	1kg		V
DR103	Prunes - pitted, Ashlock	2.5kg		V
DR667	Raisins - Dark flame	1kg		V
DR171	Raisins - Thompson Seedless	1kg		V
DR109	Raisins - Thompson Seedless	2.5kg		V
DR078	Raisins - Thompson Seedless	5kg		V
DR128	Sultanas - 5 crown	5kg		V
DR216	Sultanas - No 9's	1kg		V
DR152	Sultanas - No 9's	5kg		V
DR691	Vine Fruit Mix	1kg		V
DR069	Vine Fruit Mix	5kg		V
<b>SUMA BAGGED DOWN - ORGANIC</b>				
DR050	Apricots - organic	1kg		OV
DR082	Apricots - organic	2.5kg		OV
DR131	Cherries Sour - Organic	1kg		OV
DR219	Cranberries - organic	1kg		OSV
DR079	Currants - organic	2.5kg		OV
DR236	Dates - organic	1kg		OV
DR080	Dates - organic	2.5kg		VO
DR062	Dates - organic Medjool	1kg		OV
DR072	Dates OG pitted fairly traded	1kg		FOV
DR048	Figs - Organic	1kg		OV
DR105	Figs - organic	2.5kg		OV
DR026	Ginger - crystallised organic	1kg		OSV
DR040	Mulberries White - Organic	1kg		OV
DR052	Prunes, pitted - organic	1kg		OV
DR081	Prunes, pitted - organic	2.5kg		OV
DR053	Raisins - organic	1kg		OV
DR145	Raisins - organic	2.5kg		OV
DR056	Sultanas - organic	1kg		OV
DR146	Sultanas - organic	2.5kg		OV
DR423	Vine Fruit Mix - organic	1kg		OV
DR391	Vine Fruit Mix - organic	5kg		OV
<b>SUMA COMMODITIES</b>				
DR003	Apple - Rings SO2	10kg		V
DR005	Apricots - Chopped SO2	12.5kg		V
DR010	Apricots - Natural Pitted	12.5kg		V
DR008	Apricots - Select Grade SO2	12.5kg		V
DR012	Banana - Chips	8kg		SV
DR528	Blueberries	25lb		SV
DR014	Cherries Glace - Bright Red	5kg		VS
DR013	Cherries Glace - Dark Red	5kg		VS
DR999	Cranberries - Sliced	12.50kg		VS
DR015	Currants - medium	12.5kg		V
DR017	Dates - chopped	12.5kg		V
DR018	Dates - Whole Pitted GAQ Grade	10kg		V
DR154	Dates - Whole Pitted Select	10kg		V



code	product	size	rrp	bfgosv
DR021	Figs	12.5kg		V
DR022	Ginger - Crystallised	5kg		VS
DR777	Lemon - Caps	3.5kg		VS
DR300	Mango Slices - SO2	12.50kg		FV
DR023	Mixed Peel - Contains SO2	10kg		VS
DR024	Papaya - Diced SO2	5kg		VS
DR025	Peaches - Halves SO2	12.5kg		V
DR163	Pears - Halves SO2	12.5kg		V
DR029	Pineapple - Diced SO2	5kg		VS
DR299	Pineapple - Unsweetened SO2	8kg		V
DR801	Prunes - Pitted Ashlock	10kg		V
DR143	Raisins - Dark Flame	10kg		V
DR039	Raisins - Thompson Seedless	12.5kg		V
DR041	Sultanas - Australian 5 Crown	14kg		V
DR042	Sultanas - Turkey	12.5kg		V
<b>SUMA COMMODITIES - ORGANIC</b>				
DR043	Apricots - Organic	12.5kg		VO
DR130	Cherries Sour - Organic	8kg		OV
DR908	Cranberries - Organic	11.34kg		OSV
DR111	Currants - Organic	12.5kg		OV
DR986	Dates - Fairtrade Organic	5kg		FOV
DR524	Dates - Medjool Whole Organic	6.8kg		OV
DR112	Dates - Whole Pitted Organic	5kg		OV
DR044	Figs - Organic	10kg		OV
DR007	Ginger - Organic	5kg		OSV
DR033	Mulberries White - Organic	6kg		OV
DR142	Prunes - Organic	12.5kg		OV
DR045	Raisins - Organic	12.5kg		OV
DR046	Sultanas - Organic	12.5kg		OV
<b>SUMA PREPACKS</b>				
DR047	Apple - rings SO2	150g	1.75	V
DR093	Apricots - select SO2	125g	1.25	V
DR094	Apricots - select SO2	250g	2.09	V
DR095	Apricots - select SO2	500g	3.59	V
DR096	Apricots - unsulphured	250g	1.99	V
DR054	Banana - chips	250g	1.49	SV
DR120	Banana Chips	125g	0.95	SV
DR133	Blueberries	125g	3.05	SV
DR202	Cherries Glace - Bright Red	200g	2.35	VS
DR221	Cherries Glace - Dark Red	200g	2.35	VS
DR060	Cranberries	125g	1.35	VS
DR084	Cranberries	250g	2.19	VS
DR097	Currants - medium	250g	1.95	V
DR099	Dates - pitted	250g	1.29	V
DR100	Dates - pitted	500g	2.09	V
DR101	Figs	250g	2.85	V
DR102	Figs	500g	5.25	V
DR038	Fruit Cake Mix	500g	2.89	SV
DR070	Fruit salad - SO2	250g	2.75	V
DR121	Ginger	125g	1.45	VS
DR182	Ginger	250g	2.55	SV
DR055	Goji Berries	100g	2.25	V
DR279	Mango Slices	125g	3.39	V
DR203	Mixed Peel - Contains SO2	200g	1.55	VS
DR123	Papaya	125g	1.25	SV
DR125	Peaches - SO2	250g	2.75	V
DR124	Pears - SO2	250g	2.59	SV

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DR129	Pineapple - diced SO2	125g	0.99	SV
DR180	Pineapple - diced SO2	250g	1.59	SV
DR288	Pineapple - Unsweetened SO2	125g	2.99	V
DR108	Prunes - pitted Ashlock	250g	1.65	V
DR140	Prunes - pitted Ashlock	500g	2.85	V
DR668	Raisins - Dark Flame	250g	1.65	V
DR089	Raisins - Dark Flame	500g	2.85	V
DR113	Raisins - Thompson Seedless	250g	1.59	V
DR167	Raisins - Thompson Seedless	500g	2.75	V
DR114	Sultanas - Australian 5 Crown	250g	1.99	V
DR115	Sultanas - Australian 5 Crown	500g	3.49	V
DR117	Sultanas - Turkish	500g	2.15	V
DR127	Super Berry Mix	125g	2.29	SV
DR119	Vine Fruit Mix	500g	2.95	V
<b>SUMA PREPACKS - ORGANIC</b>				
DR063	Apricots - organic	250g	2.19	OV
DR250	Apricots - organic	500g	3.95	OV
DR132	Cherries sour - Organic	125g	2.55	OV
DR325	Cranberries - organic	125g	2.35	OSV
DR057	Cranberries - organic	250g	4.25	OSV
DR073	Currants - organic	250g	2.75	OV
DR251	Currants - organic	500g	4.99	OV
DR159	Dates - organic Medjool	250g	5.45	OV
DR074	Dates - pitted organic	250g	2.65	OV
DR252	Dates - pitted organic	500g	4.75	OV
DR720	Dates -og pitted fairly traded	250g	2.85	FOV
DR064	Figs - organic	250g	3.25	OV
DR254	Figs - organic	500g	6.05	OV
DR011	Ginger - crystallised organic	125g	2.19	OSV
DR020	Ginger - crystallised organic	250g	3.99	OSV
DR049	Mulberries White - Organic	125g	1.99	OV
DR077	Pitted Prunes - organic	250g	3.75	OV
DR253	Pitted Prunes - organic	500g	6.95	OV
DR065	Raisins - organic	250g	1.89	OV
DR255	Raisins - organic	500g	3.29	OV
DR066	Sultanas - organic	250g	1.65	OV
DR256	Sultanas - organic	500g	2.69	OV
DR365	Vine Fruit Mix - organic	500g	3.79	OV
<b>BANANITO</b>				
DR138	Banana Bar - Dark Chocolate	25g	0.79	SV
DR136	Banana Bar - Dried	40g	0.89	V
DR141	Banana Bar Chocolate & Almond	30g	0.99	SV
<b>BULK COMMODITIES</b>				
DR643	Goji Berries	9kg		V
<b>CRAZY JACK</b>				
DR354	Organic Ready to Eat Apricots	250g	4.99	OV
DR191	Organic Ready to Eat Dates	250g	2.65	OV
DR355	Organic Ready To Eat Figs	250g	2.85	OV
DR356	Organic Ready to Eat Prunes	250g	5.30	OV
<b>PEARLS OF SAMARKAND</b>				
DR218	Barberries	100g	5.65	OV
DR019	Jack Fruit	100g	4.49	OV
DR217	Sour Cherries	100g	3.35	OV
DR232	Sweet Cherries	100g	3.29	OV
<b>THE RAW CHOCOLATE CO</b>				
DR188	Goji Berries	150g	6.49	OV
<b>TROPICAL WHOLEFOODS</b>				
DR134	Fairtrade Apricots	125g	1.89	FV

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DR200	Fairtrade Organic Mango	100g	2.75	FOV
DR233	Sun Dried Banana Chips	150g	2.45	V
DR234	Sun Dried Pineapple	100g	2.45	OV
<b>URBAN FRUIT</b>				
DR192	Mango	100g	2.29	GV
DR201	Pineapple	100g	2.29	GV
DR263	Snack Pack - Mango	35g	0.99	GV
DR002	Snack Pack - Strawberry	35g	0.99	GV
DR266	Strawberries	90g	2.29	GV
<b>ZAYTOUN</b>				
DR164	Palestinian Medjool Dates	250g	4.95	FV
<b>FRUIT (FROZEN)</b>				
<b>NATURAL COOL</b>				
XL142	Organic Berry Mix	300g	3.49	OVB
XL145	Organic Blueberries	300g	3.49	OVB
XL179	Organic Raspberries	300g	3.85	OV
XL182	Organic Sour Cherries	300g	3.49	OV
XL180	Organic Strawberries	300g	3.49	OV
XL148	Organic Tropical Mix	300g	3.65	OVB
<b>WINDMILL HILL</b>				
XL280	British Blackberries	330g	2.89	V
XL281	British Blackcurrants	450g	2.89	V
XL282	British Organic Blackcurrants	400g	2.89	OV
XL279	British Raspberries	300g	2.89	V
XL283	British Summer Fruits	330g	2.89	V
<b>FRUIT &amp; VEGETABLE JUICES</b>				
<b>BEET IT</b>				
<i>From James White</i>				
JU454	Beetroot Juice - og	250ml	1.59	OV
JU453	Beetroot Juice - og	750ml	3.09	OV
JU205	Beetroot Juice & Passion Fruit	750ml	3.09	OV
JU719	Beetroot Juice with Apple - og	1l	3.79	OV
JU204	Beetroot Juice with Ginger	750ml	3.09	OV
<b>BERRY COMPANY</b>				
JU373	Acai Berry Juice Drink	330ml	1.29	SV
JU737	Acai Juice Drink	1l	2.24	SV
JU375	Blueberry Juice Drink	330ml	1.29	SV
JU055	Blueberry Juice Drink	1l	2.24	V
JU253	Cranberry Juice Drink	1l	2.24	SV
JU372	Goji Berry Juice Drink	330ml	1.29	SV
JU063	Goji Berry Juice Drink	1l	2.24	V
JU735	Green Tea & Blueberry Drink	1l	2.24	SV
JU380	Pomegranate Juice Drink	330ml	1.29	SV
JU734	Pomegranate Juice Drink	1l	2.24	SV
JU370	Superberry Purple Juice Drink	330ml	1.29	SV
JU061	Superberry Purple Juice Drink	1l	2.24	V
JU371	Superberry Red Juice Drink	330ml	1.29	SV
JU050	Superberry Red Juice Drink	1l	2.24	V
JU736	White Tea & Peach Juice Drink	1l	2.24	SV
<b>BIG TOM</b>				
<i>From James White</i>				
JU419	Spiced Tomato Mix	750ml	3.05	SV
JU379	Spiced Tomato Mix	150ml	0.79	SV
JU381	Spiced Tomato Mix	250ml	1.19	SV
<b>BIONA</b>				
JU703	Biona Ginger Juice - og	200ml	3.89	OV
JU702	Lemon Juice - og	200ml	1.99	OV

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	<i>Glass Bottles</i>			
JU297	Acerola Cherry Juice - og	330ml	5.99	OV
JU543	Apple Juice - organic	1l	3.99	OV
JU288	Carrot Juice, pure pressed og	1l	3.69	OV
JU521	Cranberry Fruit Drink Organic	750ml	4.99	OV
JU508	Cranberry Juice 100% Pure	330ml	5.49	OV
JU127	Cranberry Juice 100% Pure	750ml	8.99	OV
JU132	Elderberry Pure Superjuice	330ml	3.69	OV
JU343	Multi-7 Red Fruit & Veg	1l	4.49	OV
JU541	Orange Juice - og	1l	5.69	OV
JU028	Organic Blueberry Juice	330ml	6.29	OV
JU448	Peach, Apricot & Apple Juice	1l	3.89	OV
JU182	Pomegranate Pure Juice - og	200ml	1.89	OV
JU181	Pomegranate Pure Juice - og	1l	4.99	OV
JU349	Purple Carrot Juice, Pressed	1l	4.49	OV
JU269	Red Grape Juice Organic	1l	4.69	OV
JU131	Tart Cherry Pure Superjuice	200ml	2.29	OV
JU130	Tart Cherry Pure Superjuice	1l	4.99	OV
JU289	Tomato Juice, pure pressed og	1l	3.69	OV
	<i>Tetrapacks</i>			
JU286	Apple & Blueberry Juice - og	1l	4.99	OV
JU295	Apple & Cranberry Juice - og	1l	4.99	OV
JU252	Apple Juice - og	1l	3.69	OV
JU184	Beetroot Juice, pressed - og	500ml	2.19	OV
JU151	Carrot Juice - og	500ml	1.99	OV
JU185	Vegetable Juice, pressed - og	500ml	1.99	OV
	<b>CAWSTON PRESS</b>			
JU328	Apple & Elderflower	1l	2.89	V
JU329	Apple & Ginger	1l	2.89	V
JU444	Apple & Rhubarb	1l	2.89	V
JU090	Brilliant Beetroot	1l	3.05	V
JU631	Cloudy Apple	1l	2.89	V
JU308	Kids Apple & Mango Juice	3 x 200ml	2.59	V
JU309	Kids Apple & Pear Juice	200ml	2.59	V
JU014	Kids Apple & Summer Berries	200ml	2.59	V
JU099	Radiant Roots	1l	3.05	V
	<b>DUSKIN</b>			
JU639	Apple Juice - Braeburn	1l	2.99	V
JU305	Apple Juice - Bramley	1l	2.99	V
JU292	Apple Juice - Cox	1l	2.99	V
JU487	Apple Juice - Gala	1l	2.99	V
JU550	Apple Juice - Golden Delicious	1l	2.99	V
JU317	Apple Juice - Russet	1l	2.99	V
	<b>EDEN</b>			
JU024	Beetroot Juice - Organic	750ml	5.60	OV
JU026	Carrot Juice - organic	750ml	5.60	VO
	<b>FROBISHERS</b>			
	<i>Not from concentrate juices</i>			
JU211	Apple Juice	250ml	1.49	V
JU213	Bumbleberry Juice	250ml	1.49	V
JU215	Mango Juice	250ml	1.49	V
JU210	Orange Juice	250ml	1.49	V
JU225	Pineapple Juice	250ml	1.49	V
	<i>Smoothies</i>			
JU217	Orange, Banana, Mango	250ml	1.61	V
JU216	Pineapple Banana Passionfruit	250ml	1.61	V

code	product	size	rrp	bfgosv
<b>FRUIT HIT</b>				
JU495	Apple Juice	500ml	1.45	FV
JU257	Apple Juice Drink	200ml	0.49	FV
JU497	Orange Juice	500ml	1.45	FV
JU263	Orange Juice Drink	200ml	0.49	FV
<b>JAMES WHITE</b>				
JU621	Apple & Crushed Ginger - og	250ml	1.39	OV
JU864	Apple & Ginger - og	750ml	3.09	OV
JU095	Apple Juice - og	750ml	3.09	OV
JU064	Apple Juice - og	250ml	1.39	OV
JU391	British Carrot	750ml	2.32	V
JU325	Carrot - og	750ml	3.09	OV
JU862	Carrot & Apple Juice - og	750ml	3.09	OV
JU608	Carrot & Apple Juice - og	250ml	1.39	OV
JU144	Carrot & Ginger - og	750ml	3.09	OV
JU152	Carrot & Ginger - og	250ml	1.39	OV
JU606	Mixed Case	250ml	1.39	OV
JU863	Pear & Raspberry Juice - og	750ml	3.25	OV
JU605	Pear & Raspberry Juice - og	250ml	1.39	OV
JU860	Pear Juice - og	750ml	3.09	OV
JU599	Pear Juice - og	250ml	1.39	OV
JU431	Tomato - og	750ml	3.09	OV
JU324	Vegetable Juice - og	750ml	3.09	OV
<b>LA BIO IDEA</b>				
JU088	Lemon Plus - OG lemon juice	200ml	1.05	OV
<b>LUSCOMBE DRINKS</b>				
JU106	Apple & Pear Juice	240ml	1.69	OV
JU105	English Apple Juice	240ml	1.52	OV
JU445	Orange Juice	240ml	1.65	OV
<b>PIP ORGANIC</b>				
JU670	Org Cloudy Apple Fruit Juice	4 x 180	4.65	OV
JU697	Pineapple & Mango Smoothie	4 x 180	4.65	OV
JU696	Strawberry & Blackcurrant	4 x 180	4.65	OV
<i>Fruity Waters</i>				
JU698	Blackcurrant,Raspberr,Apple	4 x 200	1.15	OV
JU699	Mango,Orange & Apple	4 x 200ml	1.15	OV
<b>RABENHORST</b>				
JU679	Beetroot Juice	750ml	3.99	OV
JU227	Cherry Nectar	750ml	5.47	OV
JU677	Cranberry Pure Juice	750ml	8.96	V
JU680	Prune Juice Drink	750ml	4.28	SV
JU212	Winter Warmer	750ml	4.99	OV
<b>SMOOZE</b>				
JU208	Banana & Coconut Fruit Ice	5 x 65ml	2.79	SV
JU489	Mango & Coconut Fruit Ice	5 x 65ml	2.79	SV
JU490	Pineapple & Coconut Fruit Ice	5 x 65ml	2.79	SV
JU491	Pink Guava & Coconut Fruit Ice	5 x 65ml	2.79	SV
JU492	Simply Coconut Fruit Ice	5 x 65ml	2.79	SV
<b>STUTE</b>				
JU177	Superior Apple Juice	1.5l	2.39	V
JU360	Superior Apple Juice	250ml	0.65	V
JU535	Superior Apple Juice - clear	1l	1.85	V
JU604	Superior Cranberry Juice Drink	1l	1.55	SV
JU013	Superior Mango Juice Drink	1.5l	2.15	SV
JU460	Superior Orange Juice	1l	1.85	V
JU175	Superior Orange Juice	1.5l	2.49	V
JU357	Superior Orange Juice	250ml	0.65	V
JU272	Superior Red Grape Juice	1l	2.55	V

code	product	size	rrp	bfgosv
	<b>SUNITA</b>			
JU997	Lemon Juice - E224	5l		V
JU671	Lemon Juice - organic	250ml	2.65	OV
JU672	Lemon Juice - organic	1l	7.25	OV
JU999	Lemon Juice - SO2	200ml	0.99	V
JU524	Lime juice	5l		V
JU129	Orange Juice - organic	1l	5.55	OV
	<b>WHAT A MELON</b>			
JU230	What a Melon Water	330ml	2.05	V
	<b>FRUIT JUICE CONCS &amp; CORDIALS</b>			
	<b>SUMA</b>			
JU058	Apple - concentrate	500ml	5.79	V
JU057	Apple - concentrate	5l	45.99	V
JU241	Apple & Blackcurrant og	400ml	6.29	OV
JU243	Apple Juice Concentrate - og	5l	50.99	OV
JU240	Apple Juice OG	400ml	5.69	OV
	<b>BELVOIR</b>			
JU234	Blueberry Blackcurrant Cordial	500ml	4.99	SV
JU516	Elderflower & Rose Cordial	500ml	4.99	SV
JU578	Elderflower Cordial	500ml	4.99	SV
JU577	Ginger Cordial	500ml	4.99	SV
JU155	Lime & Lemongrass Cordial	500ml	4.99	SV
JU285	Mulled Winter Cordial	500ml	4.99	SV
JU275	Organic Elderflower Cordial	500ml	5.49	OSV
JU359	Organic Elderflower Rose Cord	500ml	5.49	OSV
JU276	Organic Ginger Cordial	500ml	5.49	OSV
JU355	Organic Lemon & Mint Cordial	500ml	5.49	OSV
JU043	Raspberry & Lemon Cordial	500ml	4.99	SV
JU290	Raspberry & Rose Cordial	500ml	4.99	SV
	<b>BOTTLE GREEN</b>			
JU407	Blood Orange & Bergamot	500ml	4.79	SV
JU094	Coconut Water + Twist of Lime	500ml	4.79	SV
JU676	Cox's Apple & Plum Cordial	500ml	4.79	SV
JU051	Elderflower Cordial	500ml	4.79	SV
JU052	Ginger & Lemongrass Cordial	500ml	4.79	SV
JU096	Plump Summer Raspberry	500ml	4.79	SV
JU038	Pomegranate Elderflower C'dial	500ml	4.79	SV
JU415	Rhubarb & Ginger Cordial	500ml	4.79	SV
	<b>ROCKS</b>			
JU426	Blackcurrant Squash - organic	740ml	3.49	OSV
JU427	Lemon Squash - organic	740ml	3.49	OSV
JU428	Orange Squash - organic	740ml	3.49	OSV
	<b>THORNCROFT</b>			
JU593	Detox	330ml	3.70	SV
JU594	Kombucha	330ml	2.85	SV
JU475	Pink Ginger	330ml	2.95	SV
JU206	Wild Elderflower	330ml	2.95	SV
JU476	Wild Nettle Cordial	330ml	2.95	VS
	<b>GRAINS</b>			
	<b>SUMA BAGGED DOWN</b>			
QS026	Barley Grain - pearl	10kg		V
QS141	Black Rice - Nerone	3kg		V
QS112	Bulgar wheat - coarse	3kg		V
QS062	Couscous	3kg		V
QS018	Couscous	10kg		V
QS023	Freekeh - Cracked Wheat Grain	3kg		V
QS032	Pearl Couscous	3kg		V

code	product	size	rrp	bfgosv
QS078	Rice - arborio (risotto)	5kg		V
QS064	Rice - basmati, brown	3kg		V
QS005	Rice - basmati, brown	10kg		V
QS074	Rice - basmati, white	3kg		V
QS403	Rice - basmati, white	10kg		V
QS007	Rice - long grain brown	5kg		V
QS079	Rice - white pudding	5kg		V
QS033	Rice - wild	2.5kg		V
QS083	Tapioca	3kg		V
<b>SUMA BAGGED DOWN - ORGANIC</b>				
QS156	Amaranth - Organic	3kg		OV
QS040	Buckwheat - unroasted, organic	5kg		VO
QS030	Bulgar wheat - organic	3kg		VO
QS152	Corn Couscous - Organic	3kg		VO
QS049	Couscous - wholemeal, organic	3kg		VO
QS092	Millet - organic	3kg		OV
QS012	Oat Groats - Organic	5kg		VO
QS151	Popcorn - organic	1kg		VO
QS153	Popcorn - organic	3kg		VO
QS016	Quinoa - organic	1kg		OV
QS606	Quinoa - organic	3kg		OV
QS069	Red Quinoa - organic	1kg		OV
QS071	Red Quinoa - organic	3kg		OV
QS566	Rice - arborio, organic	3kg		OV
QS668	Rice - basmati, brown organic	3kg		VO
QS664	Rice - basmati, white organic	3kg		VO
QS036	Rice- long grain brown organic	3kg		VO
QS035	Rice- long grain brown organic	10kg		VO
QS039	Rice-short grain brown organic	3kg		VO
QS038	Rice-short grain brown organic	10kg		VO
<b>SUMA COMMODITIES</b>				
QS117	Barley Grain - pearl	25kg		V
QS139	Black Rice - Nerone	25kg		V
QS990	Bulgar wheat - coarse	25kg		V
QS017	Couscous	25kg		V
QS080	Freekeh - cracked wheat grain	25kg		V
QS031	Pearl Couscous	15kg		V
QS125	Rice - Arborio (risotto)	25kg		V
QS004	Rice - basmati, brown	25kg		V
QS402	Rice - basmati, white	20kg		V
QS006	Rice - long grain brown	25kg		V
QS501	Rice - white pudding	25kg		V
QS008	Sushi Rice	10kg		V
<b>SUMA COMMODITIES - ORGANIC</b>				
QS154	Amaranth	25kg		OV
QS116	Buckwheat - unroasted, organic	25kg		OV
QS250	Bulgar wheat - organic	25kg		OV
QS115	Couscous - wholemeal, organic	25kg		OV
QS235	Millet - organic	25kg		OV
QS149	Organic Corn Couscous	25kg		OV
QS564	Pearl Barley Grain	20kg		VO
QS042	Popcorn - organic	25kg		OV
QS201	Quinoa - organic	25kg		OV
QS063	Red Quinoa - organic	25kg		OV
QS825	Rice - arborio organic	25kg		VO
QS667	Rice - basmati, brown organic	25kg		OV
QS666	Rice - basmati, white organic	25kg		OV

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QS034	Rice-long grain brown organic	25kg		OV
QS037	Rice-short grain brown organic	25kg		VO
	<b>SUMA PREPACKS</b>			
QS055	Barley Grain - pearl	500g	1.15	V
QS140	Black Rice - Nerone	500g	2.85	V
QS111	Bulgar wheat - coarse	500g	1.49	V
QS051	Couscous	500g	1.35	V
QS082	Freekeh - Cracked Wheat Grain	500g	4.25	V
QS041	Pearl Couscous	500g	2.15	V
QS090	Rice - arborio (risotto)	500g	1.89	V
QS085	Rice - basmati brown	500g	1.79	V
QS050	Rice - basmati white	500g	1.79	V
QS052	Rice - long grain brown	500g	1.29	V
QS104	Rice - pudding white	500g	1.55	V
QS222	Rice - sushi	500g	1.95	V
QS102	Rice - wild	125g	2.35	V
QS061	Tapioca	500g	2.29	V
	<b>SUMA PREPACKS - ORGANIC</b>			
QS155	Amaranth - Organic	500g	2.09	OV
QS068	Buckwheat - unroasted organic	500g	1.95	OV
QS300	Bulgar wheat - organic	500g	1.85	OV
QS150	Corn Couscous - Organic	500g	3.79	OV
QS301	Couscous - wholemeal, organic	500g	2.09	OV
QS322	Millet - organic	500g	1.99	VO
QS124	Oat Groats - Organic	500g	2.05	VO
QS165	Pearl barley, organic	500g	1.35	OV
QS070	Popcorn - organic	500g	1.95	OV
QS086	Quinoa - organic	500g	2.99	OV
QS065	Red Quinoa - organic	500g	3.99	OV
QS677	Rice - arborio, organic	500g	3.15	OV
QS302	Rice - basmati, brown organic	500g	2.29	OV
QS252	Rice - basmati, brown organic	750g	3.25	OV
QS303	Rice - white basmati organic	500g	2.45	OV
QS213	Rice - white basmati, organic	750g	3.45	OV
QS100	Rice -long grain brown organic	750g	3.15	VO
QS066	Rice-long grain brown organic	500g	2.19	OV
QS067	Rice-short grain brown organic	500g	2.15	OV
QS101	Rice-short grain brown organic	750g	3.05	VO
QS072	Wheat grain - organic	500g	1.09	OV
	<b>ARTISAN GRAINS</b>			
QS135	Four Grain Couscous	200g	1.85	V
QS107	Greenwheat Freekeh	200g	2.19	V
QS109	Royal Quinoa	220g	2.65	V
QS159	Tricolour Quinoa	200g	2.65	V
QS145	Wholegrain Freekeh	200g	2.19	V
	<b>BIOFAIR</b>			
QS015	Organic Fairtrade Quinoa Red	500g	5.69	FOV
QS024	Organic Fairtrade Quinoa Tri	500g	5.49	FOV
QS081	Organic FT Black Quinoa Grain	400g	4.89	OV
QS013	Quinoa Grain Organic Fairtrade	500g	4.99	FOV
	<b>BIONA</b>			
QS096	Jasmine Brown Rice Organic	500g	2.69	OV
QS105	Pudding Rice Organic	500g	2.69	OV
QS099	Red Camargue Rice Organic	500g	3.49	OV
QS098	Risotto Brown Rice Organic	500g	2.89	OV
QS097	Wild Rice Mix Organic	500g	3.59	OV
	<b>CAULI RICE</b>			
QS114	Cauli Rice - Original	200g	2.39	V



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QS057	Cauli Rice - Tomato Garlic &	200g	2.39	V
QS010	Cauli Rice - with Broccoli	200g	2.39	V
QS044	Vegi Rice - Sweet Potato Rice	200g	2.39	V
	<b>CLEARSPRING</b>			
	<i>Quick Cook</i>			
QS126	Rice & Quinoa Organic	250g	2.79	OV
	<b>DOVES FARM</b>			
QS047	Wheat grain - organic	25kg		VO
	<b>HODMEDOD'S</b>			
QS045	Organic White Quinoa - British	500g	3.79	OV
QS021	Smoked Quinoa	300g	3.79	V
	<b>SEEDS OF CHANGE</b>			
QS091	Quinoa & Wholegrain Rice	240g	2.85	OV
	<b>SHARPHAM PARK</b>			
QS058	Pearled Spelt	500g	3.20	OV
QS148	Spelt Grain Organic	500g	2.05	OV
	<b>ZAYTOUN</b>			
QS014	Palestinian Couscous	250g	3.65	FV
QS131	Smoky Freekeh	250g	3.69	FV
	<b>GRAVY, STOCK &amp; BOUILLON</b>			
	<b>SUMA</b>			
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
	<b>FREE &amp; EASY</b>			
LJ008	Gravy Sauce Mix	130g	1.65	GV
	<b>KALLO</b>			
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
	<b>MARIGOLD</b>			
LJ211	Bouillon Cubes	8	1.29	GOV
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
LJ326	Gravy Powder - Organic	110g	2.19	OVS
LJ212	Low Salt Bouillon Cubes	8	1.49	GOV
LJ074	Organic Bouillon Reduced Salt	140g	2.49	GOV
LJ321	Yeast Free Bouillon Stock Cube	84g	1.39	GOV
	<b>NINE MEALS FROM ANARCHY</b>			
LJ210	Real Veg Stock - Garden Herb	105g	3.49	OV
LJ033	Real Veg Stock - Original	105g	3.49	OV
LJ213	Real Veg Stock - Umami	105g	3.49	OV
	<b>VECON</b>			
LJ049	Vegetable Stock	1kg	13.86	V
LJ048	Vegetable Stock	225g	3.45	V

code	product	size	rrp	bfgosv
<b>HERB &amp; FRUIT INFUSIONS</b>				
<b>SUMA</b>				
HE102	Chamomile	500g		V
<b>CELESTIAL SEASONINGS</b>				
TE333	Bengal Spice	20 bags	2.79	V
TE984	Chamomil & Lavander Herb Tea	20 bags	2.95	OV
TE987	Cinnamon & Cardamom Herb Tea	20 bags	2.95	OV
TE986	Ginger & Turmeric Herb Tea	20 bags	2.95	OV
TE985	Matcha Green Tea	20 bags	2.95	OV
TE266	Sleepytime	20 bags	2.53	V
TE336	Sleepytime Extra	20 bags	2.79	V
TE340	Tension Tamer	20 bags	2.53	V
<b>CINDY'S TEA</b>				
TE474	Awake	40g	5.99	V
TE472	Clear Skin	30g	5.99	V
TE502	Cooling Sage	40g	5.99	V
TE473	Deep Sleep Tea	30g	5.99	V
TE503	Detox	35g	5.99	V
TE476	Flowers of Scotland	30g	5.99	V
TE477	Herb Garden	35g	5.99	V
TE482	Relax with Poppy	30g	5.99	V
TE494	Ruby Mint	30g	5.99	V
<b>CLIPPER</b>				
<b>FOOD SERVICE RANGE</b>				
TE148	Chamomile - og	25 bags	2.53	FOV
TE141	Chamomile - og	250 bags		FOV
TE455	Lemon & Ginger - og	25 bags	2.96	OV
TE459	Lemon & Ginger - og	250 bags		OV
TE166	Peppermint - og	25 bags	2.53	FOV
TE162	Peppermint - og	250 bags		FOV
TE797	Redbush - og	25 bags	2.53	OV
TE454	Wild berry - og	25 bags	2.96	OV
<b>Functionals</b>				
TE629	Organic Detox	20 bags	1.45	OV
TE631	Organic Sleep Easy	20 bags	1.45	OV
<b>Gift Range</b>				
TE404	Caddy - English Breakfast	1	9.99	FOV
TE344	Caddy - Green Tea	1	9.99	FOV
TE324	Organic Infusions Variety Box	1	11.99	FOV
<b>Organic Infusions</b>				
TE118	After Dinner Mints	20 bags	2.19	OV
TE537	Blackcurrant & Acai - og	20 bags	2.00	OV
TE009	Calmer Chameleon	20 bags	2.39	OV
TE788	Chamomile - og	20 bags	1.45	OV
TE963	Dandelion - og	20 bags	1.45	OV
TE694	Fennel - og	20 bags	1.45	OV
TE197	Flower Power	20 bags	2.39	OV
TE200	Happy Mondays	20 bags	2.39	OV
TE960	Lemon & Ginger - og	20 bags	1.79	OV
TE942	Liquorice - og	20 bags	1.79	OV
TE120	Love Me Truly	20 bags	2.19	OV
TE959	Nettle - og	20 bags	1.45	OV
TE663	Nettle & Peppermint - og	20 bags	1.45	OV
TE958	Orange & Coconut - og	20 bags	1.79	OV
TE789	Peppermint - og	20 bags	1.45	OV
TE307	Raspberry Leaf - og	20 bags	1.79	OV
TE536	Red Fruits & Aronia Berry - og	20 bags	2.00	OV

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TE125	Rise & Shine	20 bags	2.19	OV
TE525	SKinni Vanilli	20 bags	2.39	OV
TE127	Snore & Peace	20 bags	2.19	OV
TE956	Wild Berry - og	20 bags	1.79	OV
	<i>Redbush</i>			
TE011	Redbush - og	80 bags	3.70	OV
	<b>DR STUARTS</b>			
TE223	Apple and Ginger	15 bags	2.72	V
TE220	Chamomile	15 bags	1.78	V
TE224	Detox	15 bags	2.72	V
TE770	Echinacea Plus	15 bags	2.72	V
TE060	Lax Plus	15 bags	2.73	V
TE614	Liver Detox	15 bags	2.72	V
TE050	Skin Purify	15 bags	2.72	V
TE744	Slim Plus	15 bags	2.72	V
TE219	Tranquility	15 bags	2.72	V
TE218	Valerian Plus	15 bags	2.72	V
	<b>DRAGONFLY</b>			
TE588	Cape Rooibos & Honeybush	20 bags	2.59	OV
	<b>DRAGONFLY TEAS</b>			
TE440	Cape Malay Rooibos Chai - og	20 bags	2.05	OV
TE569	Golden Balance Detox	20 bags	2.69	OV
TE581	Herb Garden Digestif	20 bags	2.69	OV
TE338	Moonlight Jasmine - og	20 bags	1.79	OV
TE339	Moroccan Mint - og	20 bags	2.05	OV
TE546	Night Sky Calm	20 bags	2.69	OV
TE363	Rooibos Breakfast	40 bags	2.25	V
TE367	Rooibos Earl Grey	40 bags	2.69	V
TE376	Rooibos Vanilla	40 bags	2.69	V
TE813	Skinny Dragon Pu'er Tea - og	20 bags	2.09	OV
TE234	Swirling Mist White Tea - og	20 bags	2.29	OV
	<b>ELEVEN O'CLOCK</b>			
TE382	Rooibosch - og	80 bags	5.09	VO
TE381	Rooibosch - organic	40 bags	2.59	VO
	<b>ESSENTIAL TRADING</b>			
TE271	Camomile Tea	20 bags	1.65	FOV
TE279	Peppermint Tea	20 bags	1.65	FOVB
	<b>FLORADIX</b>			
TE126	Hawthorn	15 bags	1.95	OV
TE457	Sage	15 bags	1.95	VO
	<b>HAMBLEDEN TEAS</b>			
TE598	Chamomile - og	20 bags	2.49	OV
TE604	Lemon Verbena - og	20 bags	2.49	OV
TE605	Lime Flower - organic	20 bags	3.49	OV
TE433	Nettle - og	20 bags	2.49	OV
TE606	Peppermint - og	20 bags	2.49	OV
TE607	Rosehip - og	20 bags	3.49	OV
	<b>HAMPSTEAD TEA</b>			
TE550	Camomile	20 bags	2.49	OV
TE600	Fennel Liquorice	20 bags	2.49	OV
TE555	Lavender Valerian	20 bags	2.49	OV
TE572	Lemon Ginger	20 bags	2.49	OV
TE556	Peppermint Spearmint	20 bags	2.49	OV
TE557	Rosehip Hibiscus	20 bags	2.49	OV
	<b>HEATH AND HEATHER</b>			
	<i>Organics</i>			
TE096	Apple & Cinnamon	20 bags	2.49	OV
TE299	Blackcurrant	20 bags	2.49	OV

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TE665	Camomile	20 bags	2.49	OV
TE122	Camomile & Spearmint	20 bags	2.49	OV
TE160	Dandelion, Burdock & Hawthorn	20 bags	2.49	OV
TE688	Echinacea	20 bags	2.49	OV
TE180	Echinacea & Cranberry	20 bags	2.49	OV
TE681	Fennel	20 bags	2.49	OV
TE621	Green Tea - organic	50 bags	3.19	OV
TE742	Green Tea with Coconut - og	20 bags	2.49	OV
TE295	Morning Time	20 bags	2.99	OV
TE685	Nettle	20 bags	2.49	OV
TE296	Night Time Tea	20 bags	2.99	OV
TE269	Oriental Chai & Licorice	20 bags	2.49	OV
TE662	Peppermint	20 bags	2.49	OV
TE682	Raspberry Leaf	20 bags	2.49	OV
TE273	Sage & Lemon Myrtle	20 bags	2.49	OV
TE297	Slim Tea	20 bags	2.99	OV
TE298	Super Seeds	20 bags	2.99	OV
TE594	Turmeric Root Brew	20 bags	2.99	GOV
TE274	Wild Rosehip	20 bags	2.49	OV
	<i>Relaxing Range</i>			
TE023	Chamomile	50 bags	3.09	V
	<i>Wellbeing Range</i>			
TE144	Fennel	50 bags	3.09	V
TE146	Nettle	50 bags	3.09	V
TE025	Peppermint	50 bags	3.09	V
TE028	Rosehip	50 bags	3.09	V
	<b>HIGHER LIVING</b>			
TE825	Chamomile & Vanilla - organic	15 bags	2.42	OV
TE771	Cinnamon - organic	15 bags	2.42	OV
TE757	Ginger Kick - organic	15 bags	2.42	OV
TE856	Golden Turmeric	15 bags	2.42	OV
TE826	Green Tea - organic	20 bags	2.42	OV
TE827	Green Tea Chai - organic	20 bags	2.42	OV
	<b>PUKKA</b>			
TE438	After Dinner Tea	20 bags	2.99	OV
TE927	Blackcurrant Beauty	20 bags	2.99	OV
TE719	Chamomile Vanilla Manuka Hon	20 bags	2.99	OV
TE421	Clean Matcha Green	20 bags	2.99	FOV
TE568	Cleanse	20 bags	2.99	OV
TE509	Day To Night Collection	20 bags	3.29	OV
TE387	Detox	20 bags	2.99	OV
TE331	Elderberry & Echinacea	20 bags	2.99	OV
TE609	Ginseng Matcha Green	20 bags	2.99	FOV
TE678	Green Collection	20 bags	3.29	OV
TE721	Herbal Collection	20 bags	3.29	OV
TE055	Lean Matcha Green	20 bags	2.99	GOV
TE334	Lemon Ginger & Manuka Honey	20 bags	2.99	OV
TE481	Lemongrass and Ginger	20 bags	2.99	OV
TE478	Licorice and Cinnamon Tea	20 bags	2.99	OV
TE393	Love	20 bags	2.99	OV
TE490	Mint Matcha Green	20 bags	2.99	FOV
TE165	Mint Refresh	20 bags	2.99	OV
TE640	Motherkind Baby	20 bags	2.99	OV
TE651	Motherkind Pregnancy	20 bags	2.99	OV
TE246	Night Time	20 bags	2.99	OV
TE095	Original (Black Spice) Chai	20 bags	2.99	FOV
TE043	Peppermint and Licorice	20 bags	2.99	OV

code	product	size	rrp	bfgosv
TE170	Relax	20 bags	2.99	OV
TE171	Revitalising	20 bags	2.99	OV
TE542	Supreme Green Matcha	20 bags	2.99	FOV
TE811	Three Chamomile	20 bags	2.99	OV
TE328	Three Cinnamon	20 bags	2.99	OV
TE602	Three Fennel	20 bags	2.99	OV
TE245	Three Ginger	20 bags	2.99	OV
TE814	Three Licorice	20 bags	2.99	OV
TE592	Three Tulsi	20 bags	2.99	OV
TE238	Triple Mint	20 bags	2.99	OV
TE058	Turmeric Active	20 bags	2.99	GOV
TE623	Turmeric Gold	20 bags	2.99	FOV
TE094	Vanilla Chai	20 bags	2.99	FOV
TE725	Wild Apple Cinnamon & Ginger	20 bags	2.99	OV
TE727	Womankind	20 bags	2.99	OV
TE692	Wonder Berry Green Tea	20 bags	2.99	OV
	<b>Lattes</b>			
TE530	Cacao Maca Magic Latte	90g	4.99	OV
TE534	Ginger Joy Latte	90g	4.99	OV
TE531	Majestic Matcha Chai Latte	90g	7.99	OV
TE532	Turmeric Gold latte	90g	4.99	OV
	<b>Wellbeing 7 Day Kits</b>			
TE278	Night Time 7 Day Kit	1	9.99	OV
TE281	Relax 7 Day Kit	1	9.99	OV
TE287	Seasonal Wellness 7 Day Kit	1	9.99	OV
TE303	Turmeric Brainwave 7 Day Kit	1	9.99	OV
	<b>TICK TOCK</b>			
TE431	Green Rooibos - organic	40 bags	1.89	OV
TE430	Rooibos - organic	40 bags	2.25	OV
TE434	Rooibos - organic	80 bags	4.39	OV
TE436	Rooibos Loose Leaf - organic	100g	1.99	OV
	<b>TULSI</b>			
TE175	Tulsi Brahmi	25 bags	3.29	OV
TE186	Tulsi Ginger	25 bags	3.29	OV
TE206	Tulsi Green	25 bags	3.29	OV
TE173	Tulsi Original	25 bags	3.29	OV
	<b>TWININGS</b>			
	<b>A Moment of Calm</b>			
TE515	Camomile	20 bags	2.25	V
TE268	Camomile - og	20 bags	2.99	OV
TE909	Camomile, Honey & Vanilla	20 bags	2.25	V
	<b>Fresh &amp; Fruity</b>			
TE090	Mango & Strawberry	20 bags	2.25	V
	<b>Revive &amp; Revitalise</b>			
TE354	Lemon and Ginger	20 bags	2.25	V
TE516	Peppermint	20 bags	2.25	V
TE696	Peppermint	80 bags	5.95	V
TE284	Peppermint Tea - og	20 bags	2.99	OV
	<b>Selection Packs</b>			
TE062	Fruit Selection	20 bags	3.49	V
	<b>Superblends</b>			
TE232	Energise	20 bags	3.55	V
TE241	Glow	20 bags	3.55	V
TE242	Sleep	20 bags	3.55	V
	<b>WELEDA</b>			
	<b>Mother</b>			
TE263	Nursing Tea	20 bags	5.95	VB

code	product	size	rrp	bfgosv
<b>YOGI TEA</b>				
TE593	Alkaline Herbs	17 bags	2.39	GOV
TE553	Bed Time - og	17 bags	2.39	OV
TE250	Bedtime Rooibos Vanilla - og	17 bags	2.39	OV
TE204	Black Chai - og	17 bags	2.39	OV
TE346	Breath Deep - og	17 bags	2.39	OV
TE348	Calming/Relax - og	17 bags	2.39	OV
TE863	Choc Mint - og	17 bags	2.39	OV
TE597	Choco - og	17 bags	2.39	OV
TE135	Choco Chilli Organic Tea	17 bags	2.39	OV
TE902	Christmas Tea	17 bags	2.39	OV
TE192	Classic Original	17 bags	2.39	OV
TE551	Detox - og	17 bags	1.99	OV
TE208	Echinacea - og	17 bags	2.39	OV
TE591	Finest Selection	18 bags	2.69	GOV
TE835	Ginger - og	17 bags	2.39	OV
TE293	Ginger Lemon - og	17 bags	2.39	OV
TE836	Ginger Orange & Vanilla	17 bags	2.39	OV
TE275	Ginseng - og	17 bags	2.39	OV
TE195	Green Balance - og	17 bags	2.39	OV
TE209	Green Chai - og	17 bags	2.39	OV
TE194	Green Energy - og	17 bags	2.39	OV
TE787	Green Tea Matcha Lemon	17 bags	2.39	OV
TE645	Heartwarming - og	17 bags	2.39	OV
TE187	Himalaya - og	17 bags	2.39	OV
TE785	Immune Support	17 bags	2.39	OV
TE998	Inner Harmony	17 bags	2.39	OV
TE193	Licorice - og	17 bags	2.39	OV
TE837	Licorice Mint - og	17 bags	2.39	OV
TE638	Lime Mint - og	17 bags	2.39	OV
TE552	Men's - og	17 bags	2.39	OV
TE252	Positive Energy Cranberry Hib	17 bags	2.39	OV
TE001	Rooibos - og	17 bags	2.39	OV
TE283	Rose - og	17 bags	2.39	OV
TE350	Stomach Ease - og	17 bags	2.39	OV
TE211	Sweet Chai - og	17 bags	2.39	OV
TE428	Sweet Chilli	17 bags	2.39	OV
TE554	Throat Comfort - og	17 bags	1.99	OV
TE018	Turmeric Chai - og	17 bags	2.39	OV
TE733	Wellbeing	17 bags	2.39	OV
TE012	White Tea with Aloe Vera	17 bags	2.39	OV
TE017	women's Balance Tea	17 bags	2.39	OV
TE355	Women's Energy	17 bags	2.39	OV
TE351	Women's tea-og	17 bags	2.39	OV
<b>HERBS &amp; SPICES - BULK</b>				
<b>BULK HERBS</b>				
HE100	Mixed Herbs	1kg		V
HE093	Oregano	1kg		V
HE096	Sage	1kg		V
HE099	Thyme	1kg		V
<b>BULK MILLED SPICES</b>				
HE036	Arrowroot	1kg		V
HE039	Cayenne Pepper	1kg		V
HE042	Chilli Powder	1kg		V
HE041	Cinnamon - Ground	1kg		V
HE044	Coriander	1kg		V
HE045	Cumin	1kg		V

code	product	size	rrp	bfgosv
HE049	Ginger	1kg		V
HE051	Mustard Powder	1kg		V
HE052	Nutmeg	500g		V
HE235	Paprika - Hungary	1kg		V
HE053	Paprika - Spain	1kg		V
HE117	Paprika, Smoked - Spain	1kg		V
HE401	Pepper - Black Cracked Ground	1kg		V
HE074	Sumac	1kg		V
HE054	Turmeric	1kg		V
<b>BULK ORGANIC</b>				
HE707	Cinnamon Ground - OG	500g		OV
HE079	Coriander Ground - OG	1kg		OV
HE076	Coriander Seeds - OG	1kg		OV
HE118	Cumin Seeds - Organic	1kg		OV
HE735	Ginger Powder Organic	500g		OV
HE082	Oregano - OG	1kg		OV
HE083	Smoked Paprika - OG	1kg		OV
HE732	Turmeric - OG	500g		OV
HE703	Whole Black Peppercorns - OG	500g		VO
<b>BULK SCENTED HERBS</b>				
HE090	Lavender	500g		V
<b>BULK SPICE BLENDS</b>				
HE057	Curry Powder - Madras	1kg		V
HE059	Mixed Spice	1kg		V
<b>BULK WHOLE SPICES</b>				
HE003	Caraway Seeds	1kg		V
HE004	Cardamoms (Whole) - green	500g		V
HE008	Cinnamon Quills	500g		V
HE009	Cloves	1kg		V
HE010	Coriander Seeds	1kg		V
HE011	Cumin Seeds	1kg		V
HE016	Juniper Berries	1kg		V
ZX100	Liquorice Root	1kg		V
HE018	Mustard Seeds - brown	1kg		V
HE019	Mustard Seeds - yellow	1kg		V
HE020	Nutmeg	500g		V
HE021	Peppercorns - black	1kg		V
HE022	Peppercorns - black	3kg		V
HE026	Poppy Seeds	1kg		V
NU137	Poppy Seeds	25kg		V
HE231	Star Anise	500g		V
HE207	Tamarind	200g	2.59	V
HE027	Vanilla Pods	10 pack		V

## HERBS & SPICES - PREPACKED

### SUMA

#### *Curry Spices*

HE330	Asafoetida Compound	20g	0.99	V
HE333	Curry Leaves	5g	0.99	V
HE363	Curry Powder - Hot	50g	0.99	V
HE334	Curry Powder - Madras	50g	0.99	V
HE335	Curry Powder - Mild	50g	0.99	V

#### *Herbs*

HE133	Basil - rubbed	20g	0.99	V
HE134	Bay Leaves	10g	0.99	V
HE165	Bouquet Garni	6 sachet	0.99	V
HE332	Coriander Leaf	10g	0.99	V
HE002	Dill Herb	15g	0.99	V

code	product	size	rrp	bfgosv
HE204	Lavender	15g	0.99	V
HE030	Lemon grass	25g	0.99	V
HE031	Lime leaves - whole	4g	0.99	V
HE146	Marjoram	10g	0.99	V
HE032	Methi Leaves	7g	0.99	V
HE185	Mint	20g	0.99	V
HE147	Mixed Herbs	20g	0.99	V
HE151	Oregano - rubbed	20g	0.99	V
HE153	Parsley - rubbed	15g	0.99	V
HE157	Rosemary	20g	0.99	V
HE158	Sage - rubbed	25g	0.99	V
HE159	Tarragon	12g	0.99	V
HE160	Thyme - rubbed	30g	0.99	V
	<i>Milled Spices</i>			
HE181	Allspice - ground	40g	0.99	V
HE182	Arrowroot - ground	50g	0.99	V
HE029	Cardamom - ground	10g	0.99	V
HE168	Cayenne Pepper	50g	0.99	V
HE028	Celery Salt	100g	0.99	V
HE138	Chilli - ground	50g	0.99	V
HE139	Cinnamon - ground	50g	0.99	V
HE189	Cloves - ground	18g	0.99	V
HE142	Coriander - ground	40g	0.99	V
HE143	Cumin - ground	50g	0.99	V
HE180	Garam Masala	50g	0.99	V
HE145	Ginger - ground	40g	0.99	V
HE148	Mixed Spice	50g	0.99	V
HE360	Mustard - ground	50g	0.99	V
HE150	Nutmeg - ground	20g	0.99	V
HE152	Paprika	50g	0.99	V
HE188	Pepper, black - ground	30g	0.99	V
HE034	Smoked Paprika	35g	0.99	V
HE161	Turmeric	40g	0.99	V
	<i>Seasonings Range</i>			
HE342	Cajun Spice	40g	0.99	V
HE116	Chilli Flakes	25g	0.99	V
HE077	Fajita Seasoning	40g	0.99	V
HE078	Five Spice Seasoning	40g	0.99	V
HE081	Piri Piri Seasoning	40g	0.99	V
HE084	Ras-el-hanout Seasoning	30g	0.99	V
	<i>Selection Packs</i>			
HE033	Curry Spice Selection	12		V
	<i>Whole Spices</i>			
HE135	Caraway Seeds	50g	0.99	V
HE136	Cardamom Pods - Green	10g	0.99	V
HE190	Celery Seed	50g	0.99	V
HE171	Chillies	25g	0.99	V
HE140	Cinnamon Sticks	20g	0.99	V
HE141	Cloves	18g	0.99	V
HE174	Coriander Seeds	40g	0.99	V
HE175	Cumin Seeds	50g	0.99	V
HE177	Fennel Seeds	50g	0.99	V
HE196	Fenugreek Seeds	50g	0.99	V
HE183	Juniper Berries	40g	0.99	V
HE149	Mustard Seeds - black	50g	0.99	V
HE186	Mustard Seeds - Yellow	50g	0.99	V
HE187	Nutmeg Whole	20g	0.99	V



code	product	size	rrp	bfgosv
HE206	Onion Seed	35g	0.99	V
HE154	Peppercorns - black	30g	0.99	V
HE001	Peppercorns - black	250g	3.99	V
HE361	Peppercorns - mixed	20g	0.99	V
HE193	Peppercorns - pink	12g	0.99	V
HE155	Pickling Spice	50g	0.99	V
HE156	Poppy Seeds	50g	0.99	V
HE164	Star Anise	25g	0.99	V
HE132	Whole Allspice	40g	0.99	V
HE109	Five Cinnamon Sticks	30g	2.99	V
HE111	Mulled Cider Spices	25g	2.99	V
HE105	Mulled Wine Spices	25g	2.99	V
HE110	Nutmeg Grater & Nutmegs	20g	2.99	V
HE106	Three Christmas Spices	50g	3.95	V
<b>SUMA ORGANIC</b>				
<i>Herbs - organic</i>				
HE365	Basil - organic	20g	1.35	OV
HE366	Bay Leaves - organic	10g	1.35	OV
HE377	Dill Herb - organic	15g	1.35	OV
HE380	Mixed Herbs - organic	20g	1.35	OV
HE385	Oregano - organic	20g	1.35	OV
HE387	Parsley - organic	15g	1.35	OV
HE390	Rosemary - organic	20g	1.35	OV
HE391	Sage - organic	25g	1.35	OV
HE392	Tarragon - Organic	10g	1.09	OV
HE393	Thyme - Organic	25g	1.35	OV
<i>Milled Spices - organic</i>				
HE371	Chilli powder - organic	25g	1.35	OV
HE166	Cinnamon - Fairtrade, organic	25g	1.35	FOV
HE370	Cinnamon - organic	30g	1.35	OV
HE374	Coriander - organic	40g	1.35	OV
HE376	Cumin Ground - organic	25g	1.35	OV
HE379	Ginger - organic	30g	1.35	OV
HE169	Ginger - organic, Fairtrade	25g	1.35	FOV
HE381	Mixed Spice - organic	25g	1.35	OV
HE384	Nutmeg, organic	20g	1.35	OV
HE386	Paprika - organic	25g	1.35	OV
HE162	Pepper - Black, F/T, organic	25g	1.45	FOV
HE394	Turmeric - organic	30g	1.35	OV
HE170	Turmeric - organic, Fairtrade	25g	1.35	FOV
<i>Seasonings - organic</i>				
HE378	Garlic Granules - organic	25g	1.35	OV
<i>Selection Packs</i>				
HE017	Organic Herb Selection	12		OV
HE025	Organic Spice Selection	12		OV
<i>Whole Spices - organic</i>				
HE367	Caraway Seeds - organic	30g	1.35	OV
HE369	Cinnamon Bark - organic	15g	1.35	OV
HE372	Cloves - organic	20g	1.35	OV
HE373	Coriander Seed - organic	40g	1.35	OV
HE375	Cumin Seed - organic	25g	1.35	OV
HE368	Green Cardamom Pods - organic	10g	1.65	OV
HE382	Mustard Seed - black, organic	50g	1.35	OV
HE388	Peppercorns - black, organic	25g	1.35	OV
HE389	Poppy Seed Blue - organic	40g	1.35	OV
HE163	Whole Black Peppercorns OG, FT	25g	1.35	FOV
HE167	Whole Cloves - Organic & FT	25g	1.45	FOV

code	product	size	rrp	bfgosv
	<b>BLACK GARLIC</b>			
HE068	Black garlic Balsajo	50g	3.49	V
	<b>EL REY DE LA VERA</b>			
HE013	Spicy Smoked Paprika	75g	2.35	V
HE075	Sweet Smoked Paprika	75g	2.35	V
	<b>HAMBLEDEN HERBS</b>			
HE070	Mulling Spices - og	25g	4.99	OV
	<b>PERSIAN TRADER</b>			
HE024	Saffron	125mg	1.29	V
HE037	Saffron	0.5g	2.59	V
	<b>SMOKY BRAE</b>			
HE058	Smoked BBQ Rub	80g	2.79	SV
HE062	Smoked Chilli Flakes	40g	2.85	V
HE055	Smoked Chilli Rub	80g	2.85	SV
HE060	Smoked Garlic Rub	80g	2.79	SV
LJ091	Smoked Sea Salt Coarse	100g	2.35	V
	<b>STEENBERGS</b>			
HE047	Saffron - Fairtrade	0.5g	4.09	FV
	<b>ZAYTOUN</b>			
HE224	Za'atar Wild Grown Herb Mix	80g	3.65	V
	<b>HOUSEHOLD CLEANING PRODUCTS</b>			
	<b>BIO D</b>			
HJ229	All Purpose Sanitiser Spray	500ml	2.99	V
HJ230	Bathroom Cleaner Spray	500ml	2.99	V
HJ236	Dishwasher Powder	720g	9.85	V
NF531	Drum Pump - Fits 15l & 20l	each	7.99	V
HJ258	Drum Tap - fits both 15l & 25l	each	6.49	V
HJ004	Fabric Conditioner	1l	2.49	V
HJ296	Fabric Conditioner Lavender	1l	2.89	V
HJ232	Floor Cleaner + Linseed Soap	750ml	4.25	V
HJ226	Glass and Mirror Spray	500ml	3.15	V
HJ003	Laundry Liquid	1l	5.09	V
HJ176	Laundry Liquid	1l	5.49	V
HJ222	Laundry Liquid with Lavender	1l	5.49	V
HJ228	Multi Surface Sanitiser	750ml	2.85	V
HJ244	Toilet Cleaner - angled head	750ml	2.49	V
HJ081	Washing Powder Concentrated	1kg	4.49	V
HJ082	Washing Powder Concentrated	2kg	8.69	V
HJ103	Washing Powder Concentrated	12.5kg	49.49	V
HJ225	Washing Up Liquid	750ml	2.15	V
HJ157	Washing Up Liquid	750ml	2.35	V
HJ341	Washing Up Liquid - Lavender	750ml	2.35	V
	<b>15 Litres Bulk</b>			
HJ215	Fabric Conditioner	15l		V
HJ218	Home & Garden Sanitiser	15l		V
HJ120	Laundry Liquid	15l		V
HJ208	Toilet Cleaner	15l		V
HJ115	Washing Up Liquid	15l		V
	<b>5 Litres Bulk</b>			
HJ608	Fabric Conditioner	5l	9.39	V
HJ233	Floor Cleaner + Linseed Soap	5l	21.59	V
HJ116	Handwash - Lime & Aloe Vera	5l	16.95	V
HJ107	Handwash - unfragranced	5l	14.25	V
HJ247	Home & Garden Sanitiser	5l	10.39	V
HJ800	Laundry Liquid	5l	24.19	V
HJ177	Laundry Liquid	5l	24.95	V
HJ171	Laundry Liquid Lavender	5l	24.95	V

code	product	size	rrp	bfgosv
HJ654	Multi Surface Cleaner	5l	13.25	V
HJ665	Toilet Cleaner	5l	10.69	V
HJ097	Washing Up Liquid	5l	10.19	V
HJ165	Washing Up Liquid	5l	12.09	V
	<b>Handwash</b>			
HJ235	Handwash - Geranium	500ml	3.99	V
HJ119	Handwash - Lime & Aloe Vera	500ml	3.99	V
HJ187	Handwash - Rosemary & Thyme	500ml	3.99	V
HJ117	Handwash - unfragranced	500ml	3.75	V
	<b>EARTH FRIENDLY</b>			
HJ112	Dishwasher Gel Wave	950ml	5.25	V
HJ014	Furniture Polish	500ml	3.99	V
HJ016	Kitchen Degreaser Orange Mate	500ml	3.99	V
HJ255	Laundry Liquid ECOS	3l	14.49	V
HJ562	Laundry Liquid Lavender ECOS	1.5l	7.95	V
HJ018	Multisurface Cleaner Parsley	500ml	3.39	V
HJ015	Surface Cleaner Orange Mate	500ml	3.59	V
	<b>ECO LUBE</b>			
HJ288	Slip Eco Lube	200ml	3.99	V
	<b>ECOLEAF</b>			
HJ090	20L Drum Tap	each		V
HJ105	Fabric Conditioner	1.5l	3.99	V
HJ088	Fabric Conditioner Concentrate	750ml	1.89	V
HJ055	Laundry Liquid	1.5l	5.99	V
HJ080	Laundry Liquid - concentrate	750ml	4.99	V
HJ096	Liquid Hand Soap	500ml	3.69	V
HJ050	Multi Surface Cleaner	500ml	2.29	V
HJ056	Toilet Cleaner	750ml	1.99	V
HJ089	Toilet Cleaner - Cool Blue	750ml	1.99	V
HJ047	Washing Up Liquid	1l	2.49	V
HJ131	Washing Up Liquid Concentrated	500ml	2.65	V
	<b>20 Litres Bulk</b>			
HJ083	Fabric Conditioner Bulk	20l		V
HJ060	Laundry Liquid Bulk	20l		V
HJ077	Washing Up Liquid Bulk	20l		V
	<b>5 Litres Bulk</b>			
HJ078	Fabric Conditioner	5l	9.99	V
HJ075	Laundry Liquid	5l	17.99	V
HJ124	Liquid Hand Soap	5l	18.99	V
HJ287	Multi Surface Cleaner	5l	9.99	V
HJ072	Toilet Cleaner	5l	11.99	V
HJ067	Washing Up Liquid	5l	9.75	V
	<b>Dishwasher Tablets</b>			
HJ160	Dishwasher Tablets	25 tablets	4.99	V
HJ161	Dishwasher Tablets	70 tablets	12.85	V
	<b>Powders</b>			
HJ130	Stain Remover	500g	2.49	V
HJ306	Washing Powder Concentrated	1kg	3.99	V
HJ307	Washing Powder Concentrated	2kg	7.89	V
HJ129	Washing Powder Concentrated	10kg	36.99	V
	<b>ECOVER</b>			
HJ100	All Purpose Cleaner	1l	2.99	V
HJ002	Bathroom Cleaner	500ml	3.15	V
HJ065	Cream Cleaner	500ml	1.59	V
HJ262	Delicate Laundry Liquid	750ml	3.69	V
HJ339	Fabric Con Soft Rose	1.5l	3.79	V
HJ340	Fabric Conditioner Soft Rose	750ml	2.15	V

code	product	size	rrp	bfgosv
HJ024	Floor Cleaner	1l	3.49	V
HJ076	Laundry Bleach	400g	2.25	V
HJ254	Liquid Hand Soap - Lavender	250ml	3.25	V
HJ054	Liquid Hand Soap Refill	1l	10.99	V
HJ095	Multi Surface Spray	500ml	3.15	V
HJ999	Stain Remover	200ml	3.19	V
HJ511	Toilet Cleaner Pine & Mint	750ml	2.19	V
HJ011	Toilet Cleaner Sea Breeze	750ml	2.19	V
HJ509	Washing Up Liquid	450ml	1.59	V
HJ221	Washing Up Liquid	450ml	1.59	V
HJ031	Washing Up Liquid	950ml	2.75	V
HJ888	Washing Up Liquid	950ml	2.75	V
HJ091	Window & Glass Cleaner	500ml	2.95	V
	<b>5 Litres Bulk</b>			
HJ070	Floor Cleaner	5l	15.45	V
HJ071	Laundry Liquid - Delicate	5l	18.99	V
HJ527	Liquid Hand Soap	5l	29.29	V
HJ069	Toilet Cleaner Pine & Mint	5l	12.85	V
HJ033	Washing Up Liquid	5l	12.25	V
HJ045	Washing Up Liquid	5l	12.25	V
	<b>Bag in Box Range</b>			
HJ035	Laundry Liquid	15l		V
HJ034	Washing Up Liquid	15l		V
HJ037	Washing Up Liquid	15l		V
	<b>Concentrated Laundry Liquid</b>			
HJ330	Laundry Liquid - Bio Colour	1.5l	12.49	V
HJ329	Laundry Liquid - Bio Colour	1.5l	12.49	V
HJ331	Laundry Liquid - Non Bio	1.5l	12.49	V
	<b>Dishwasher Products</b>			
HJ086	Dishwasher Rinse Aid	500ml	3.99	V
HJ087	Dishwasher Tablets	25 tablets	6.05	V
HJ132	Dishwasher Tablets - Bulk	70 tablets	14.55	V
HJ136	Dishwasher Tablets All In One	22 tablets	6.99	V
	<b>ECOZONE</b>			
HJ044	Appliance Descaler	500ml	4.25	GV
HJ057	Dishwasher Tablets - Classic	25 tablets	4.99	V
HJ298	Dishwasher Tablets Brilliance	45 tablets	8.29	V
HJ274	Dishwasher Tablets Brilliance	25 tablets	6.79	V
HJ275	Dishwasher Tablets Brilliance	65 tablets	12.99	V
HJ146	Dishwasher Tablets Classic 72	72 tablets	9.99	V
HJ154	Ecoballs 1000	1 l	15.89	V
HJ121	Enzymatic Drain Sticks	23g	7.99	V
HJ102	Forever Flush 2000	1	6.99	V
HJ241	Kitchen Drain Unblocker	1l	5.09	V
HJ052	Laundry Capsules Non-Bio	500g	8.99	V
HJ038	Limescale Remover - Tough	500ml	3.39	V
HJ114	Machine Cleaner	135g	4.99	V
HJ158	Multi Surface Wipes - Anti Bac	40	2.49	V
HJ197	Plughole Hair Unblocker	250ml	7.99	V
HJ020	Rinse Aid	500ml	2.99	V
HJ271	Soap Nuts 300g	300g	5.69	V
	<b>METHOD</b>			
HJ338	All Purpose Cleaner - Anti Bac	828ml	3.25	V
HJ253	All Purpose Floor Cleaner	739ml	3.25	V
HJ336	Bathroom Cleaner - Anti Bac	828ml	3.25	V
HJ245	Bathroom Spray	828ml	3.19	V
HJ246	Daily Kitchen Spray	828ml	3.25	V

code	product	size	rrp	bfgosv
HJ167	Daily Shower Spray	828ml	3.25	V
HJ238	Daily Shower Spray	828ml	3.25	V
HJ344	Floor Cleaner - Rhubarb	354ml	3.39	V
HJ093	Foaming Handwash Sweet Water	300ml	3.39	V
DY563	Gel Handsoap - Lavender	354ml	2.95	V
DY567	Gel Handsoap - Pink Grapefruit	354ml	2.95	V
HJ111	Gel Handsoap - Sweetwater	354ml	2.95	V
DY071	Gel Handsoap - Waterfall	354ml	2.95	V
HJ152	Glass Spray - Mint	828ml	4.35	V
HJ248	Granite Spray	345ml	3.49	V
HJ337	Kitchen Cleaner - Anti Bac	828ml	3.25	V
HJ333	Laundry liquid - Concentrated	1.56l	11.85	V
HJ335	Laundry Liquid - Concentrated	1.56l	11.85	V
HJ332	Laundry Liquid - Concentrated	1.56l	11.85	V
HJ334	Laundry Liquid- Concentrated	1.56l	11.85	V
HJ249	Multi Purpose Cleaner	828ml	3.25	V
HJ250	Multi Purpose Cleaner	828ml	3.25	V
HJ085	Washing up liquid - Clementine	532ml	3.55	V
HJ212	Washing Up Liquid - Lemon Mint	532ml	3.55	V
HJ098	Wood for Good Floor Liquid	739ml	4.35	V
HJ243	Wood Polish Spray	354ml	3.45	V

## HOUSEHOLD PRODUCTS

### CATERPACK ENVIRO

NF540	Black Paper Straws 150 Straws	150	3.99	V
NF542	Rigid 12oz Bowl - 50 Pack	50	5.29	V
NF543	Rigid Plates 18cm - 50 Pack	50	4.49	V
NF544	Rigid Plates 23cm - 50 Pack	50	6.75	V
NF539	Striped Paper Straws - 150	150	3.99	V
NF541	Wide Striped Straws 100 Straws	100	4.99	V

### COTTON SOFT

NF468	Facial Tissue	1	2.39	V
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### ECOFFEE CUP

NF493	Coffee Cup - Happier Design	14oz	8.99	V
NF006	Coffee Cup - Norweaven Design	14oz	8.99	V
NF007	Coffee Cup - Stargate Design	14oz	8.99	V
NF013	Coffee Cup - Stockholm Design	14oz	8.99	V
NF486	Coffee Cup - Widdlebirdy	14oz	8.99	V

#### *William Morris Design*

NF009	Coffee Cup - Corncockle Design	14oz	10.99	V
NF010	Coffee Cup - Lily Design	14oz	10.99	V
NF492	Coffee Cup - Pomme Design	14oz	10.99	V
NF488	Coffee Cup - Seaweed Marine	14oz	10.99	V
NF011	Coffee Cup - Thief Design	14oz	10.99	V

### ECOGLITTERFUN

#### *For cosmetic or craft use*

NF190	Biodegradable Glitter Kit Box	each	29.35	V
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### ECOLEAF FROM SUMA

NF091	Ecolaf 3 Ply Kitchen Towels	2 rolls	1.69	V
NF140	Ecolaf Jumbo Kitchen Towel	1 rolls	2.45	V
NF209	Ecolaf Toilet Tissue	4 pack	2.15	V
NF214	Ecolaf Toilet Tissue	9 rolls	4.75	V
NF210	Ecolaf Toilet Tissue Bulkpack	12 pack		V

### ECOZONE

NF473	Compostable Caddy Liner 10L	22 bags	2.69	V
NF067	LED E14A 5.5w Screw Biobulb	1	9.99	V
NF043	LED E27 14W Screw Biobulb	1	12.99	V
HJ320	Magno Ball	each	11.39	V

code	product	size	rrp	bfgosv
<b>HILL BRUSH COMPANY</b>				
NF781	Vegetable Brush	each	6.49	V
<b>IF YOU CARE</b>				
NF491	Firelighters	28	2.09	V
NF338	Firelighters	1 pack	4.69	V
<b>LOOFCO</b>				
HJ125	Cleaning Pad	1	2.95	V
HJ058	Washing Up Brush	1	2.55	V
HJ048	Washing Up Pad	1	2.80	V
<b>NAMASTE</b>				
NF197	Turquoise Metal Tiffin Tin	each	29.75	FV
NF253	Himalayan Salt Tealight Holder	1	3.99	FV
NF252	Salt Lamp, Wood Base, 2-3kgs	1	19.49	FV
NF249	Wooden Reindeer Decoration	1	2.49	FV
NF247	Wooden Star w/Bell Decoration	1	2.49	FV
<b>SIESTA CRAFTS</b>				
NF261	Candy Design Skull Wind Chime	each	3.19	FV
NF267	Candy Design Wooden Skeleton	each	9.95	FV
NF277	Round the World Instrument Pk	each	14.49	FV
<b>THE CHEEKY PANDA</b>				
NF524	Natural Bamboo Kitchen Towel	2 rolls	3.99	V
NF039	Natural Bamboo Toilet Tissue	9 rolls	5.59	V
NF044	Natural Bamboo Toilet Tissue	4 rolls	2.69	V
<i>Facial Tissues</i>				
NF523	Bamboo Facial Tissue - Pocket	8 packs	1.99	V
NF522	Bamboo Facial Tissue Cube Box	1 box	1.79	V
NF521	Bamboo Facial Tissue Flat Box	1 box	1.99	V
<b>THE WHEAT BAG COMPANY</b>				
NF180	Dotty Grey Print, Unscented	each	12.99	V
NF185	Orange Owl Print, Lav Scent	each	12.99	V
NF177	Pink Star Print, Lavender Scent	each	12.99	V
<i>Fleece backed</i>				
NF155	Black Cat Print, Lavender Scent	each	12.99	V
NF164	Black Dog Print, Lavender Scent	each	12.99	V
NF168	Strawb Print, Lavender Scented	each	12.99	V
<b>VEGAN FOOD WRAP COMPANY</b>				
NF532	Bread Wrap - Rice Bran Wax	1 pack	14.99	V
NF535	Large Kitchen Pack - Bran Wax	1 pack	29.99	V
NF534	Medium Kitchen Pack - Bran Wax	1 pack	21.99	V
NF533	Small Kitchen Pack - Bran Wax	1 pack	12.49	V
<b>VEGWARE</b>				
NF499	16oz PLA Cold Cup	1000		V
NF513	Black Hot Cup Lid - 10-20oz	1000		V
NF514	Brown Kraft Cup - Double Wall	500		V
NF512	Brown Kraft Cup - Doubled Wall	500		V
NF516	Cutlery Kit - Compostable	250		V
NF504	Greaseproof Sheets	960		V
NF501	Greaseproof Sheets Unbleached	500		V
NF510	Hot Cup Lid - Fits 8oz Cups	20		V
NF503	Medium Compostable Bag	500 bags		V
NF515	PLA Flat Lid, Straw Slot	50		V
NF505	PLA Sheets 300 x 400mm	1000 l		V
NF502	Soup Container 12oz	25		V
NF511	White Hot Cup - 8oz	20		V
<b>WAFU ROOM FRAGRANCE</b>				
NF529	Geranium Room Fragrance	100ml	5.99	OV
NF527	Lavender Room Fragrance	100ml	5.99	OV

code	product	size	rrp	bfgosv
NF528	Lemongrass Room Fragrance	100ml	5.99	OV
NF530	Peppermint Room Fragrance	100ml	5.99	OV
<b>INDIAN FOOD</b>				
<b>BIONA</b>				
VF100	Red Lentil & Turmeric Dahl	350g	3.39	OV
VF092	Satay Spicy Peanut Simmer	350g	3.39	OV
VF091	Tikka Masala Simmer Sauce	350g	3.39	OV
<b>GEO ORGANICS</b>				
VF740	Balti Paste OG	180g	2.19	OV
VF249	Bhuna Curry Paste	180g	2.19	OV
VF743	Korma Paste OG	180g	2.19	OV
VF742	Madras Curry Paste OG	180g	2.19	OV
KJ573	Mango Chutney OG Fairtrade	300g	2.99	FOSV
VF744	Tikka Masala Paste OG	180g	2.19	OV
<i>Dahl</i>				
VF148	Coconut & Kale	400g	2.10	OV
VF149	Tadka Dahl	400g	1.99	OV
<b>MERIDIAN</b>				
VF019	Korma Sauce	350g	2.49	GSV
VF025	Tikka Masala Sauce	350g	2.49	GSV
<b>PATAKS</b>				
<i>Chutneys</i>				
KJ444	Mango Chutney	340g	1.89	GSV
<i>Curry Pastes</i>				
KJ054	Madras Curry Paste	283g	2.59	GV
KJ152	Rogan Josh Curry Paste	283g	2.59	GSV
<i>Pappadums</i>				
VF293	Pappadums - Plain	100g	1.65	V
<i>Pickles</i>				
KJ040	Aubergine Pickle (was Brinjal)	312g	2.39	GVS
KJ041	Chilli Pickle	283g	2.39	GV
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
<b>PUNJABAN</b>				
<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
KJ383	Tasty Tamarind Curry Base	350g	2.99	GV
<i>Naans</i>				
BT499	Garlic and Coriander Naan	300g	1.75	V
BT498	Plain Tandoori Naan	300g	1.75	V
<b>JAMS &amp; FRUIT SPREADS</b>				
<b>SUMA</b>				
JS200	Pear and Apple Spread	300g	2.09	V
<b>BIONA</b>				
JS015	Organic Apricot Spread	250g	2.89	OV
JS016	Organic Forest Fruit Spread	250g	2.89	OV
JS039	Organic Strawberry Spread	250g	2.89	OV
JS001	Pear & Apple Spread - organic	450g	4.89	OV
<b>BIONOVA</b>				
JS137	Bilberry Jam - organic	340g	2.55	OSV

code	product	size	rrp	bfgosv
JS141	Raspberry Jam - organic	340g	2.55	VOS
JS140	Strawberry Jam - organic	340g	2.55	OSV
JS133	Tangy Marmalade - organic	350g	2.69	OSV
<b>FRUIT TREE</b>				
KJ197	Apricot Fruit Spread	250g	3.59	OV
KJ201	Blueberry Fruit Spread	250g	3.99	OV
KJ204	Mango Fruit Tree Spread	250g	3.59	OV
KJ198	Peach Fruit Spread	250g	3.59	OV
KJ199	Raspberry Fruit Spread-Organic	250g	3.99	OV
KJ196	Strawberry Fruit Spread	250g	3.59	OV
KJ200	Summer Berries Fruit Spread	250g	3.99	OV
<b>MERIDIAN</b>				
JS018	Apricot Spread - organic	284g	2.69	VO
JS019	Blackcurrant Spread - organic	284g	2.69	VO
JS304	Cherries & Berries Spread - og	284g	2.69	OV
JS020	Morello Cherry Spread -organic	284g	2.69	VO
JS077	Plum Spread - organic	284g	2.69	OV
JS245	Raspberry Spread - organic	284g	2.69	OV
JS017	Seville Orange Spread -organic	284g	2.69	VO
JS021	Strawberry Spread - organic	284g	2.69	VO
JS100	Wild Blueberry Spread - og	284g	2.69	OV
<b>ST DALFOUR</b>				
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	2.49	GV
JS120	Orange and Ginger Spread	284g	2.49	GV
JS046	Raspberry & Pomegranate Spread	284g	2.49	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
<b>STUTE</b>				
JS005	Apricot Extra Jam	430g	2.09	V
JS006	Blackcurrant Extra Jam	430g	2.09	V
JS116	Marmalade Fine Cut	430g	2.09	V
JS008	Raspberry Seedless Extra Jam	430g	2.09	V
JS119	Strawberry Extra Jam	430g	2.09	V
<b>TRAI DCRAFT</b>				
GH165	Organic Orange Marmalade	340g	2.59	FOVS
GH166	Organic Strawberry Jam	340g	3.09	FOVS
<b>MARGARINES &amp; SPREADS (CHILLED)</b>				
<b>SUMA</b>				
<i>Non Hydrogenated Oils</i>				
MA003	Olive Spread	500g	2.29	V
MA055	Soya Spread	500g	1.99	V
MA060	Soya Spread Organic	500g	3.09	VOS
MA053	Sunflower Spread	500g	1.99	V
MA051	Sunflower Spread	2kg	7.55	V
MA065	Sunflower Spread Organic	500g	3.09	VO
<b>BIONA</b>				
CV038	Cocomega Spread	250g	3.49	OV



code	product	size	rrp	bfgosv
MA468	Extra Olive Spread	250g	3.49	OV
MA061	Vegetable Margarine	250g	2.89	OV
MA030	Vegetable Margarine	500g	4.39	OV
	<b>KOKO DAIRY FREE</b>			
CV317	Koko Dairy Free Spread	500ml	2.19	GV
	<b>LANDKRONE</b>			
MA004	Organic Margarine	10kg		VO
	<b>NUTCRAFTER</b>			
CV311	Organic Buttah Spread	120g	4.50	OV
	<b>PURE</b>			
MA001	Olive Spread	500g	2.35	V
MA202	Soya Dairy Free Spread	500g	2.09	V
MA200	Sunflower Dairy Free Spread	500g	2.35	V
	<b>TRU</b>			
CV556	Dairy Free Coconut Oil Spread	500g	1.49	V
	<b>MAYONNAISE &amp; SALAD DRESSINGS</b>			
	<b>BIONA</b>			
KJ401	Mayo - Egg & Soya Free	230g	2.49	OV
	<b>BONSAN</b>			
KJ176	Caesar Dressing	325ml	3.19	OSV
KJ178	Cocomayo	235ml	2.69	OSV
KJ167	Sweet Mustard Dressing	325ml	3.19	OSV
KJ181	Vegan Aioli	235ml	2.69	OSV
	<b>GEO ORGANICS</b>			
KJ334	Organic Chilli Mayo, Vegan	232g	2.39	OV
KJ333	Organic Mayo, Vegan	232g	2.39	OV
	<b>GRANOVITA</b>			
KJ217	Mayola	280g	2.26	GV
KJ296	Salad Cream	290g	2.26	GSV
	<b>LUCY'S DRESSINGS</b>			
KJ039	Low Sugar Ginger & Sesame	250ml	4.25	SV
	<b>MARY BERRY</b>			
KJ220	Light Salad Dressing	235ml	3.15	SV
	<b>MR ORGANIC</b>			
KJ498	Egg Free Garlic Mayo	180g	2.79	GOV
KJ488	Free From Mayonnaise	180g	2.79	OV
KJ215	Seitan Pasta Sauce	350g	2.69	OV
	<b>PLAMIL</b>			
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
	<b>Catering</b>			
LJ360	Egg Free Mayonnaise - organic	2.5kg	23.59	GOSV
KJ254	Egg Free Mayonnaise - Plain	3kg	20.99	GV
	<b>Organic</b>			
LJ259	Egg Free Mayonnaise - organic	315g	3.19	GOSV
	<b>MEAT FREE ALTERNATIVES (FROZEN)</b>			
	<b>FRYS</b>			
XL074	Beef Style Chunky Strips	380g	3.59	V
XL010	Chicken Style Strips	380g	3.59	V
XL196	Crispy Prawns	250g	3.99	V
XL228	Soy & Quinoa Country Roast	500g	5.99	V
XL075	Vegetarian Mince	380g	3.59	V
	<b>IMPULSE FOODS</b>			
XL109	Organic Garlic & Herb Tempeh	227g	2.89	OV
XL107	Organic Tempeh	227g	2.85	OV

code	product	size	rrp	bfgosv
	<b>LINDA MCCARTNEY</b>			
XL301	Scampi Style Bites	250g	2.95	V
XL333	Shredded Hoisin Duck	300g	3.49	V
XL308	Vegemince	1kg	7.19	SV
XL320	Vegetarian Pulled Chicken	300g	3.49	V
	<b>OUMPH!</b>			
XL315	Kebab	280g	4.99	V
XL316	Pulled Pork Style	280g	4.99	V
XL317	The Chunk	280g	4.99	V
XL318	Thyme & Garlic	280g	4.99	V
	<b>QUORN</b>			
XL210	Vegan Pieces	280g	3.19	V
	<b>MEATLESS SUBSTITUTES (CHILLED)</b>			
	<b>BONSAN</b>			
CV578	Kofu Chicken Style Chunks	160g	4.19	OSV
CV586	Kofu Sausages	170g	4.19	OV
CV641	Kofu Steak	120g	2.99	OSV
CV573	Vegan Breakfast Scramble	200g	3.99	OSV
	<b>DELPHI FOODS</b>			
CV265	Falafel	110g	1.89	V
	<b>DRAGONFLY</b>			
	<i>Burgers</i>			
CV704	Country Vegetable Burger	200g	2.25	OV
CV705	Mexican Spice Burger	200g	2.25	OV
CV162	Mixed Burgers	200g	2.25	OV
CV702	Mushroom and Garlic Burger	200g	2.25	OV
	<i>Sausages</i>			
CV046	Original Soysage	200g	2.50	OV
	<b>FLORENTIN</b>			
CV930	Falafel	240g	3.75	OV
CV571	Sweet Potato Falafel	240g	3.59	GV
CV944	Tamruc Falafel	240g	3.85	OV
	<b>MACSWEEN</b>			
CV390	Veg Haggis 6 x 454g	454g	4.62	V
CV385	Veg Haggis 8 x 227g	227g	2.39	V
	<b>SGAIA</b>			
	<i>Artisan Vegan Mheat</i>			
CV772	Aromatico Burgers	220g	6.00	V
CV773	Fragrante Burger	220g	6.00	V
CV771	Hot Chilli Steak	150g	4.00	SV
CV770	Original Steak	150g	4.00	SV
CV769	Smoked Steak	150g	4.00	SV
CV774	Streaky Rashers	120g	4.50	V
	<b>SOJADE</b>			
CV167	Grilled Seitan Steak	200g	3.45	OV
CV790	Natural Seitan Steak	210g	3.45	OV
CV791	Spinach Seitan Steak	200g	3.99	OV
	<b>TAIFUN</b>			
CV011	Grill Sausages	250g	4.19	OV
CV686	Puszta Weiner	300g	4.99	OV
CV053	Spelt & Sunflower Cutlets	200g	3.19	OV
CV445	Tofu Mini Weiners	160g	3.19	OV
CV263	Tofu/Hazel/Spelt Cutlets	200g	3.79	OV
CV340	Veggie Barbeque Sausages	250g	4.29	OV
CV010	Wiener/Frankfurters	300g	4.99	OV
	<b>THE BURY BLACK PUDDING CO</b>			
CV696	Vegan Black Pudding	220g	1.59	V

code	product	size	rrp	bfgosv
	<b>THE REAL LANCASHIRE PUDDING CO</b>			
CV999	Vegetarian Black Pudding	200g	1.69	V
	<b>VBITES</b>			
CV232	Cheatin' Chicken	100g	1.79	V
CV260	Cheatin' Chorizo Style Chunks	150g	3.19	V
CV235	Cheatin' Garlic Sausage	100g	1.79	V
CV234	Cheatin' Ham	100g	1.79	V
CV568	Cheatin' Maple Rashers	115g	2.49	V
CV237	Cheatin' Pepperoni	100g	1.89	V
CV236	Cheatin' Roast Beef Slices	100g	1.89	V
CV233	Cheatin' Turkey	100g	1.79	V
CV602	Meat Free Hot Dog	200g	2.29	SV
CV643	Meat-free slices Sage & Onion	100g	1.79	V
CV098	Original Tempeh Rashers	120g	2.99	SV
CV238	Streaky-Style Rashers	115g	2.49	SV
	<i>Catering Pack</i>			
CV246	Original Tempeh Rashers	500g		VS
CV055	Streaky Style Rashers	500g		VS
	<i>Making Waves</i>			
CV555	Fish Style Fingers - Breaded	215g	2.99	V
CV093	Fish Style Steaks	200g	2.99	SV
CV566	Smoked Salmon Style Slices	100g	1.99	V
	<i>Roasts</i>			
CV630	Cheatin' Celebration Roast	445g	5.99	V
CV043	Cheatin' Turkey Roast	390g	4.79	V
	<i>Vegi Deli</i>			
CV025	Cheatin Chicken Style Pieces	150g	2.69	V
CV739	Duck Style Pieces	150g	2.99	V
CV668	Falafel-Traditional Style	250g	2.69	V
CV667	Lincolnshire Style Sausage	295g	2.69	V
CV193	Quarterpound Meat Free Burger	228g	2.79	SV
CV557	Sage & Marjoram Sausages	295g	2.69	V
CV172	Vegetarian Schnitzels	200g	2.49	V
CV565	Vegideli Mushroom Pate	150g	1.79	V
	<b>VIANA</b>			
CV404	Bonanza Veggie Steaks	210g	3.59	OSV
CV392	Organic Doner Kebab	200g	3.59	OV
CV414	Real Jumbo Frankfurters	275g	3.95	SOV
CV402	Robinson Burger	200g	3.09	OV
	<b>WHEATY</b>			
CV685	Country Style Sausages	150g	2.99	OV
CV683	Gran Chorizo	200g	5.59	OV
CV241	Merguez Vegan Sausage	200g	4.39	OV
CV689	Salami Slices	100g	2.35	OV
CV505	Seitan Medallions	175g	3.59	OV
CV690	Smoked Slices	100g	2.35	OV
CV267	Vegan Chorizo Slices	80g	2.75	OV
CV261	Vegan Doner Kebab	200g	4.79	OV
CV250	Vegan Hot Dogs	200g	4.39	OV
CV023	Virginia Steak	175g	3.59	OV
	<i>Spacebars</i>			
CV691	Chorizo	40g	1.19	OV
CV692	Hemp	40g	1.16	OV
CV303	Red Hot Chilli Peppers	40g	1.39	OV

code	product	size	rrp	bfgosv
<b>MIDDLE EASTERN &amp; AFRICAN FOOD</b>				
<b>AL'FEZ</b>				
KJ548	Apricot & Coriander Tagine	350g	2.55	SV
KJ065	Falafel Mix	150g	1.45	V
KJ312	Falafel Mix - Moroccan Spiced	150g	1.45	V
KJ236	Green Harissa Paste	100g	2.35	V
KJ753	Harissa	100g	2.25	V
KJ141	Harissa	500g	5.45	SV
KJ055	Harissa Spiced Couscous	200g	1.49	V
KJ313	Houmous	160g	3.99	V
KJ127	Lebanese Baharat Spice	42g	2.25	V
KJ302	Moroccan Couscous	200g	1.49	V
KJ308	Preserved Lemons	140g	3.35	V
KJ752	Ras El Hanout Rub (in jar)	42g	2.25	V
KJ101	Rose Harissa	95g	2.49	V
KJ057	Sumac	38g	2.25	V
KJ173	Tahini	1kg	9.25	GV
KJ242	Tahini	160g	2.15	V
KJ237	Tahini Dressing	200g	2.39	V
VF046	Vine Leaves Stuffed With Rice	280g	2.55	V
KJ172	Za'atar	38g	2.25	V
<b>AMISA</b>				
KJ105	Falafel Mix	160g	1.89	GOV
<b>CARLEY'S</b>				
KJ240	Preserved Lemon - Organic	700g	5.19	OV
<b>GEO ORGANICS</b>				
KJ182	Chickpea & Apricot Tagine	400g	1.99	OSV
KJ183	Moroccan Chickpea Tagine	400g	2.10	OV
<b>JUST WHOLEFOODS</b>				
VF183	Falafel Mix - organic	120g	1.65	OV
<b>OLIVES ET AL</b>				
KJ124	Moroccan Dukkah (spice mix)	90g	3.99	V
KJ123	Preserved Lemons	400g	7.99	V
<b>MILK - NON DAIRY</b>				
<b>ALPRO</b>				
TE004	Almond for Professionals	1l	2.25	GSV
TE624	Coconut for Professionals	1l	2.25	V
TE642	Soya for Professionals	1l	1.75	V
<b>BLUE DIAMOND</b>				
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
<b>BONSOY</b>				
SY072	Soya Milk	1l	3.75	V
<b>CALIFIA FARMS</b>				
SY169	Barista Blend Almond Milk	946ml	2.99	GSV
<b>CHAMPION</b>				
SY166	Soya Milk Portion Packs	20 x 12g	2.15	SV
<b>DREAM</b>				
JU488	Coconut Dream	1l	1.89	GV
JU540	Rice Dream - Calcium	1l	1.95	V
JU307	Rice Dream - Hazelnut & Almond	1l	2.15	V
JU361	Rice Dream - Original	1l	1.95	VO
JU362	Rice Dream - Vanilla	1l	2.15	VO

code	product	size	rrp	bfgosv
	<b>ECOMIL</b>			
SY275	Almond Drink	1l	3.49	OV
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
SY053	No Sugar Almond + Calcium	1l	3.49	OV
SY021	No Sugar Almond Drink	1l	3.49	OV
SY063	No Sugar Almond Vanilla	1l	3.49	OV
SY058	No Sugar Coconut Milk	1l	3.49	OV
SY014	No Sugar Hazelnut Drink	1l	3.49	OV
SY155	No Sugar Hemp Drink	1l	3.49	OV
SY279	Soya Drink Powder (sweetened)	400g	12.95	OV
	<b>FOOD HEAVEN</b>			
SY168	Heavenly Whipped Spray Cream	200ml	2.19	GSV
	<b>GOOD HEMP FOOD</b>			
SY065	Hemp Drink	1l	1.99	V
SY175	Hemp Drink - Unsweetened	1l	1.99	V
	<b>KOKO DAIRY FREE</b>			
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
SY122	Coconut Milk Drink Unsweetened	1l	1.79	GV
SY167	Coconut Super Milk	1l	2.19	GV
	<b>LEHA</b>			
SY092	Squirty Schlagcreme	200ml	2.19	V
	<b>MINOR FIGURES</b>			
SY171	Oat M*lk - Foamable	1l	1.95	V
SY172	Organic Masala Chai	1l	5.69	OSV
	<b>NATURE'S CHARM</b>			
SY077	Condensed Coconut Milk	320g	2.39	GSV
SY078	Evaporated Coconut Milk	360ml	1.89	GSV
	<b>OATLY</b>			
SY019	Cream - Dairy Free	250ml	1.09	VO
SY045	Oatly Chocolate Drink	1l	1.99	SV
JU385	Oatly Enriched - added calcium	1l	1.75	V
SY158	Oatly Oat Drink Foamable	1l	2.09	V
JU377	Oatly Oat Drink Organic	1l	1.75	OV
	<b>OOOMEGA</b>			
SY102	Flax Drink - Macchiato	1l	2.55	SV
SY104	Flax Drink Original	1l	2.55	V
SY100	Flax Drink Original Sweetened	1l	1.79	SV
	<b>PLAMIL</b>			
SY009	Soya Milk, unsweetened - og	1l	2.25	GOV
	<b>PLENISH</b>			
SY119	Almond M*lk	1l	2.99	OV
SY120	Cashew M*lk	1l	2.99	OV
SY118	Coconut M*lk	1l	2.99	OV
SY121	Hazelnut M*lk	1l	2.99	OV
SY170	Oat M*lk - Gluten Free	1l	2.99	GOV
	<b>PROVAMEL</b>			
SY090	Almond Drink - Organic	1l	2.79	OV
SY094	Almond Drink - Unsweetened	1l	2.79	GOV
SY146	Cashew Drink - Organic	500ml	1.79	OSV
SY152	Coconut & Almond Drink	1l	2.89	GOSV

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SY011	Coconut & Rice Drink	1l	1.89	GOV
SY086	Coconut & Rice Drink	250ml	1.19	OV
SY088	Oat Drink - Organic	1l	1.75	OV
SY064	Rice & Almond Drink	1l	2.35	GOSV
SY103	Rice & Calcium Drink - Organic	1l	1.89	GOV
SY007	Rice Drink - organic	1l	1.89	GVO
SY067	Soya Drink - Banana	250ml	0.60	OV
SY033	Soya Drink - Chocolate	250ml	0.60	OV
SY143	Soya Drink - Chocolate	1l	1.89	OV
SY032	Soya Drink - Strawberry	250ml	0.60	OV
SY027	Soya Drink - Vanilla	250ml	0.60	OV
SY034	Soya Drink - Vanilla	1l	1.89	OSV
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
SY123	Soya Unsweetened Organic PMP	1l	1.19	OV
	<b>PROVITAMIL</b>			
SY035	Oat Drink	1l	1.59	V
	<b>RUDE HEALTH FOODS</b>			
SY129	Almond Drink - Organic	1l	2.49	GOV
SY004	Almond Drink - Organic	250ml	1.50	GOV
SY130	Brown Rice Drink - Organic	1l	2.29	GOV
SY085	Cashew Drink - Organic	1l	3.50	GOV
SY082	Coconut Drink	250ml	1.50	GOV
SY044	Coconut Drink Organic	1l	2.99	GOV
SY060	Hazelnut Drink	250ml	1.50	GOV
SY148	Hazelnut Drink - Organic	1l	2.99	GOV
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
SY159	Ultimate Almond Milk - Organic	1l	3.85	GOV
	<b>SOJADE</b>			
SY010	Hemp Drink - unsweetened	1l	2.79	OV
SY400	Rice Drink - calcium enriched	1l	1.69	OV
SY018	Soya Milk - calcium & apple	1l	1.75	VO
SY016	Soya Milk - unsweetened	1l	1.49	OV
SY023	Soya Milk - Vanilla & Calcium	1l	1.95	OSV
	<b>SOYA SOLEIL</b>			
SY135	Soya Milk - Calcium,Sweetened	1l	1.25	SV
SY136	Soya Milk - Unsweetened	1l	1.25	V
	<b>SOYATOO!</b>			
SY375	Soy Whip - Spray Soya Cream	250g	2.15	V
	<b>SWEET REVOLUTION</b>			
SY081	Coconut Milk Powder	350g	8.75	OV
	<b>THE BRIDGE</b>			
SY160	Coconut Drink	1l	2.25	GOV
SY002	Oat Drink	1l	1.75	OV
SY560	Oat Drink - Calcium Enriched	1l	1.99	OV
SY150	Rice Cream - Organic	200ml	1.09	OV
SY068	Rice Drink - Cacao	250ml	0.99	OV
SY042	Rice Drink - Calcium Enriched	1l	1.75	GOV
SY487	Rice Drink - Original	1l	1.75	GOV
SY452	Rice Drink + Almond	1l	2.09	GOV
SY008	Rice Drink + Coconut	1l	2.09	GOV

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<b>THE COCONUT COMPANY</b>				
SY001	Coconut Milk Powder	250g	4.49	V
SY116	Coconut Milk Powder - Organic	250g	5.49	GOV
<b>NON-DAIRY DESSERTS (FROZEN)</b>				
<b>BOOJA BOOJA</b>				
<i>Alternative to Dairy Ice Cream</i>				
XL258	Caramel Pecan Praline Ice Crea	110ml	2.05	OV
XL263	Caramel Pecan Praline Ice Crm	500ml	6.19	OSV
XL259	Choc Salted Caramel Ice Cream	500ml	6.19	OV
XL255	Hazel Choc & Truffle Ice Cream	500ml	6.19	OV
XL332	Hazel Choc & Truffle Ice Cream	110ml	2.05	OV
XL033	Hunky Punky Chocolate	500ml	6.19	OV
XL031	Hunky Punky Chocolate	110ml	2.05	OV
XL038	Keep Smiling Vanilla M'Gorilla	500ml	6.19	OV
XL410	Keep Smiling Vanilla M'Gorilla	110ml	2.05	OV
XL257	Raspberry Ripple Ice Cream	500ml	6.19	OV
XL256	Raspberry Ripple Ice Cream	110ml	2.05	OV
<b>COYO</b>				
<i>Coconut Milk Ice-Cream</i>				
XL086	Coyo Date & Tamarind Ice-Cream	500ml	6.99	V
XL052	Coyo Natural Cocount Ice-Cream	500ml	6.99	V
XL088	Coyo Raw Chocolate Ice-Cream	500ml	6.99	V
XL053	Coyo Vanilla Nutmeg Ice-Cream	500ml	6.99	V
<b>FOOD HEAVEN</b>				
<i>Dairy-Free Desserts</i>				
XL070	Sicilian Lemon Cheesecake	375g	3.39	SV
<i>Dairy-Free Ice Cream</i>				
XL401	Chocolate Ice Cream	900ml	4.19	SV
XL400	Cool Vanilla Ice Cream	900ml	4.19	SV
XL399	Juicy Raspberry Ice Cream	900ml	4.19	SV
XL328	No Worries Strawb. Ice Cream	500ml	3.99	GV
XL294	Raspberry & Mango Ice Cream	900ml	4.19	GV
XL398	Wild Blueberry Ice Cream	900ml	4.19	SV
<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
<b>JOLLYUM</b>				
<i>Organic Soya Ice-Cream</i>				
XL091	Double Chocolate Ice Cream	125ml	1.89	OV
XL095	Double Chocolate Ice Cream	500ml	5.79	OV
XL099	Maple & Pecan Ice Cream	500ml	5.79	OV
XL092	Maple and Pecan Ice Cream	125ml	1.89	OV
XL093	Passion Fruit & Choc Ice Cream	125ml	1.89	OV
XL103	Passion Fruit & Choc Ice Cream	500ml	5.79	OV
XL094	Summer Strawberry Ice Cream	125ml	1.89	OV
XL110	Summer Strawberry Ice Cream	500ml	5.79	OV
<b>MIIRO</b>				
XL267	Chocolate & Hazelnut Lollies	70ml	2.49	V
XL269	Salted Caramel Lollies	70ml	2.49	V
XL268	Vanilla Peanut Butter Lollies	70ml	2.49	V
<b>NORTHERN BLOC</b>				
<i>Indulgent Vegan Ice Cream</i>				
XL118	Chocolate & Orange Blossom	500ml	5.49	SV
XL063	Grapefruit & Bergamot	500ml	4.99	SV
XL195	Hazelnut & Rose	500ml	5.49	SV
XL232	Peanut & Chocolate	500ml	5.49	SV
XL160	Strawberry & Yuzu	500ml	5.49	SV

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	<b>PIP ORGANIC</b>			
XL205	Apple Fruit Squeezer	105ml	0.99	OV
XL217	Berry Fruit Squeezer	105ml	0.99	OV
XL252	Tropical Fruit Squeezer	105ml	0.99	OV
	<b>SWEDISH GLACE</b>			
XL017	Juicy Raspberry	750ml	3.95	SV
XL018	Rich Chocolate	750ml	3.95	SV
XL016	Smooth Vanilla Ice Cream	750ml	3.95	VS
	<b>NUT &amp; SEED BUTTERS</b>			
	<b>SUMA</b>			
GH135	Peanut Butter, crunchy	340g	3.59	FVO
GH022	Peanut Butter, crunchy + salt	340g	3.49	VO
GH047	Peanut Butter, crunchy + salt	700g	6.35	VO
GH256	Peanut Butter, crunchy no salt	340g	3.49	VO
GH248	Peanut Butter, crunchy no salt	700g	6.35	VO
GH023	Peanut Butter, smooth + salt	340g	3.49	VO
GH051	Peanut Butter, smooth + salt	700g	6.35	VO
GH257	Peanut Butter, smooth no salt	340g	3.49	VO
GH096	Peanut Butter, smooth no salt	700g	6.35	VO
GH950	Tahini - dark, organic	280g	4.05	OV
GH675	Tahini - light, organic	280g	4.05	OV
	<b>BIONA</b>			
GH210	Almond Butter Smooth Organic	170g	4.99	OV
GH102	Almond Butter Smooth Organic	350g	9.39	OV
GH211	Cashew Nut Butter - og	170g	4.99	OV
GH103	Peanut Butter Crunchy Organic	1kg	7.89	OV
GH104	Peanut Butter Smooth Organic	1kg	7.89	OV
	<b>CARLEY'S</b>			
GH024	Almond Butter- Organic	170g	4.25	OV
GH025	Cashew Butter- Organic	170g	4.45	OV
GH034	Pumpkinseed Butter - og	250g	3.55	OV
GH215	Raw Almond Butter	250g	6.65	OV
GH216	Raw Almond Butter	425g	8.95	OV
GH209	Raw Brazilnut Butter	170g	5.45	OV
GH709	Raw Hemp & Linseed Butter	170g	3.65	OV
GH014	Raw Pecan Butter	170g	5.45	OV
GH041	Raw Rainforest Nut Butter	170g	5.75	OV
GH213	Raw Walnut Butter	170g	3.75	OV
GH712	Raw White Almond Butter	170g	3.95	OV
GH042	Sunflower Butter- Organic	250g	2.55	OV
	<b>COCOFINA</b>			
GH156	Coconut Butter	335g	6.99	OV
	<b>CYPRESSA</b>			
GH178	Tahini	300g	3.05	V
	<b>EQUAL EXCHANGE</b>			
GH704	Peanut Butter -Crunchy no salt	280g	2.99	FOV
	<b>MERIDIAN</b>			
GH122	Almond Butter + salt	170g	3.29	V
GH072	Almond Butter Smooth + salt	170g	3.99	OV
GH061	Cashew Butter Crunchy	170g	3.29	V
GH062	Cashew Butter Crunchy	1kg	19.99	V
GH088	Cashew Butter Smooth	1kg	19.99	V
GH027	Cashew Butter Smooth	170g	3.99	V
GH126	Cashew Butter Smooth	454g	9.99	V
GH057	Cashew Butter Smooth Organic	170g	4.49	OV
GH037	Peanut Butter - crunchy + salt	1kg	6.99	V
GH021	Peanut Butter - crunchy + salt	280g	2.49	V



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GH039	Peanut Butter - smooth + salt	1kg	6.99	V
GH026	Peanut Butter - smooth + salt	280g	2.49	V
GH009	Peanut Butter & Baobab	170g	2.49	GV
GH028	Peanut Butter Crunchy + Salt	280g	2.69	OV
GH109	Peanut Butter Smooth-org +salt	280g	2.69	OV
GH065	Tahini - dark	270g	2.49	V
GH064	Tahini - dark, organic	270g	2.99	OV
GH068	Tahini - light	270g	2.49	V
GH207	Tahini - light	454g	3.99	V
GH020	Tahini - light, organic	270g	2.99	OV
GH205	Tahini - light, organic	454g	4.49	OV
	<b>100% Nuts</b>			
GH054	Almond Butter Crunchy	1kg	17.99	V
GH056	Almond Butter Crunchy	170g	3.29	V
GH087	Almond Butter Smooth	1kg	17.99	V
GH060	Almond Butter Smooth	170g	3.29	V
GH164	Almond Butter Smooth	454g	8.49	V
GH094	Almond Butter Smooth Organic	170g	3.99	OV
GH169	Almond Butter Smooth Organic	454g	9.99	OV
GH171	Brazil Nut Butter	170g	6.99	OV
GH114	Hazelnut Butter Crunchy	170g	4.49	V
GH045	Peanut Butt Rich Roast Crunchy	280g	2.79	V
GH073	Peanut Butt Rich Roast Smooth	280g	2.79	V
GH063	Peanut Butter Crunchy	280g	2.69	OV
GH038	Peanut Butter Crunchy	1kg	6.99	V
GH066	Peanut Butter Crunchy	280g	2.49	V
GH097	Peanut Butter Crunchy Organic	1kg	7.99	OV
GH128	Peanut Butter Crunchy Organic	454g	3.99	OV
GH110	Peanut Butter Smooth	280g	2.69	OV
GH069	Peanut Butter Smooth	1kg	7.99	OV
GH040	Peanut Butter Smooth	1kg	6.99	V
GH067	Peanut Butter Smooth	280g	2.49	V
GH200	Peanut Butter Smooth Organic	454g	3.99	OV
GH174	Pecan Butter	170g	6.99	V
	<b>100% Seeds</b>			
GH046	Pumpkin Seed Butter - og	170g	2.99	OV
GH070	Sunflower Seed Butter Smooth	170g	2.99	OV
	<b>PROFUSION</b>			
GH137	Hemp Peanut Butter - Organic	350g	4.29	OV
	<b>RAW ECSTASY</b>			
GH141	Activated Almond Butter	140g	8.49	OV
	<b>RAW HEALTH</b>			
GH036	Raw Superseed Spread	170g	2.99	OV
GH011	Whole Raw Almond Butter - og	170g	5.69	OV
GH086	Whole Raw Hazelnut Butter	170g	5.69	OV
GH017	Whole Raw Tahini	170g	2.99	OV
	<b>SUNITA</b>			
GH080	Tahini - light	3kg	28.49	V
GH149	Tahini - light, organic	3kg	35.50	VO
GH079	Tahini - Whole	3kg	28.45	V
GH077	Tahini - Whole	280g	2.99	V
GH078	Tahini-Light	280g	2.99	V
GH996	Tahini, Whole, Organic	3kg	35.50	VO
	<b>WHOLE EARTH</b>			
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

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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
<b>NUT/SEED MILK YOGURTS(CHILLED)</b>				
<b>FREAKS OF NATURE</b>				
CV787	Blueberry Cashew Yoghurt	120g	1.99	GV
CV786	Strawberry Cashew Yoghurt	120g	1.99	GV
<b>NUSH</b>				
<i>Almond Milk Dairy-Free Yoghurt</i>				
CV062	Banoffee Yohurt	125g	1.99	V
CV326	Blueberry Yoghurt	120g	1.65	V
CV331	Caramel and Hibiscus Yoghurt	120g	1.65	V
CV348	Peach Melba Yoghurt	120g	1.65	V
<i>Cashew Milk Dairy-Free Yoghurt</i>				
CV530	Cashew Yoghurt	125g	1.99	GV
CV386	Cashew Yoghurt Natural	120g	1.65	V
CV514	Strawberry Yoghurt	120g	1.65	V
<i>Kids Yoghurt</i>				
CV319	Blueberry Almond Yoghurt Tubes	5 x 40g	3.19	GV
CV412	Strawberry Almond Yoghurt Tube	5 x 40g	3.19	GV
<b>NUTS &amp; SEEDS</b>				
NU054	Chia Seeds	1kg		V
<b>SUMA BAGGED DOWN</b>				
NU005	Almonds	1kg		V
NU004	Almonds	5kg		V
NU135	Almonds - blanched	1kg		V
NU008	Almonds - flaked	1kg		V
NU007	Almonds - flaked	5kg		V
NU011	Almonds - ground	1kg		V
NU010	Almonds - ground	5kg		V
NU214	Bird Nuts	5kg		V
NU078	Brazil - broken	1kg		V
NU017	Brazil - broken	5kg		V
NU077	Brazil - whole, medium	1kg		V
NU015	Brazil - whole, medium	5kg		V
NU020	Cashew - large pieces	1kg		V
NU019	Cashew - large pieces	5kg		V
NU237	Cashew - roasted & salted	1kg		V
NU134	Cashew - whole	1kg		V
NU131	Cashew - whole	5kg		V
NU195	Chia Seeds	3kg		V
NU274	Coconut - chips	1kg		V
NU241	Coconut - desiccated , medium	1kg		V
NU240	Coconut - desiccated , medium	5kg		V
NU096	Hazelnuts	1kg		V
NU030	Hazelnuts	5kg		V
NU204	Linseed / Flax	1kg		V
NU206	Linseed / Flax	5kg		V
NU079	Macadamia Nuts - Style 2	1kg		V
NU239	Mixed nuts	1kg		V
NU035	Mixed nuts	5kg		V
NU107	Mixed nuts - chopped	1kg		V

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NU046	Peanuts - redskin	5kg		V
NU055	Pecan nuts	1kg		V
NU027	Pecan nuts	2.5kg		V
NU057	Pine kernels	1kg		V
NU251	Pistachio - raw, shelled	1kg		V
NU060	Pistachio - roasted & salted	1kg		V
NU059	Pistachio - Roasted & Salted	2.5kg		V
NU063	Pumpkin seeds	1kg		V
NU062	Pumpkin seeds	5kg		V
NU227	Sesame seeds - natural	1kg		V
NU066	Sesame seeds - natural	5kg		V
NU231	Sunflower seeds	1kg		V
NU068	Sunflower seeds	5kg		V
NU172	Walnuts - light halves	1kg		V
NU169	Walnuts - light halves	5kg		V
NU182	Walnuts - light quarters	1kg		V
NU183	Walnuts - light quarters	5kg		V
<b>SUMA BAGGED DOWN - ORGANIC</b>				
NU790	Alfalfa Seeds - Organic	1kg		OV
NU201	Almonds - organic	1kg		VO
NU082	Almonds - Organic	2.5kg		OV
NU430	Almonds, ground - organic	1kg		OV
NU278	Brazils Whole - organic	1kg		OV
NU032	Brazils Whole - organic	2.5kg		OV
NU074	Cashew Nuts - Whole Organic	2.5kg		OV
NU070	Cashews - whole, organic	1kg		OV
NU071	Coconut - desiccated, organic	1kg		VO
NU038	Coconut - desiccated, organic	2.5kg		VO
NU202	Hazelnuts - organic	1kg		OV
NU081	Hazelnuts - Organic	2.5kg		OV
NU271	Hemp Seeds - organic	1kg		VO
NU244	Linseed, golden - organic	1kg		OV
NU039	Linseed, golden - organic	2.5kg		OV
NU001	Omega Seed Mix - organic	1kg		OV
NU287	Omega Seed Mix - organic	5kg		OV
NU072	Peanuts - organic	1kg		OV
NU245	Peanuts - Organic	2.5kg		OV
NU543	Pine Kernels - organic	1kg		OV
NU209	Pumpkin seeds - organic	1kg		OV
NU199	Pumpkin Seeds - Organic	2.5kg		OV
NU210	Sesame seeds - organic	1kg		OV
NU080	Sesame Seeds - Organic	2.5kg		OV
NU203	Sunflower seeds - organic	1kg		OV
NU084	Sunflower seeds - organic	2.5kg		VO
NU200	Walnuts - organic	1kg		OV
NU049	Walnuts - Organic	2.5kg		OV
<b>SUMA COMMODITIES</b>				
NU003	Almonds	50lb		V
NU126	Almonds - blanched	12.5kg		V
NU006	Almonds - flaked	10kg		V
NU009	Almonds - ground	10kg		V
NU053	Bird Nuts	25kg		V
NU016	Brazil - broken	20kg		V
NU014	Brazil - whole, medium	20kg		V
NU018	Cashew - large pieces	50lb		V
NU021	Cashew - roasted & salted	3kg		V
NU125	Cashew - whole	50lb		V

code	product	size	rrp	bfgosv
NU050	Chia Seeds	25kg		V
NU024	Coconut - chips	10kg		V
NU888	Coconut - desiccated medium	25kg		V
NU205	Linseed / Flax	25kg		V
NU076	Macadamia Nuts	25lb		V
NU036	Mixed nuts - chopped	12.5kg		V
NU250	Peanuts - paleskin	25kg		V
NU044	Peanuts - redskin	25kg		V
NU047	Peanuts - roasted	12.5kg		V
NU051	Peanuts - roasted & salted	12.5kg		V
NU312	Pecan Nuts	30lb		V
NU056	Pine kernels - China	12.5kg		V
NU300	Pistachio - raw, shelled	10kg		V
NU058	Pistachio - roasted & salted	10kg		V
NU061	Pumpkin seeds	25kg		V
NU065	Sesame seeds - natural	25kg		V
NU067	Sunflower Seeds	25kg		V
NU095	Walnuts - Light Halves	25lb		V
NU110	Walnuts - Light Quarters	10kg		V
<b>SUMA COMMODITIES - ORGANIC</b>				
NU789	Alfalfa seeds - organic	25kg		OV
NU109	Almonds - organic	10kg		OV
NU800	Almonds, ground - organic	10kg		OV
NU890	Brazils Whole - organic	20kg		OV
NU112	Cashews - whole organic	50lb		OV
NU117	Coconut - desiccated, organic	25kg		OV
NU301	Hazelnuts - organic	10kg		VO
NU002	Hemp Seeds - organic	20kg		OV
NU791	Linseed, golden - organic	25kg		OV
NU885	Peanuts - organic	25kg		OV
NU542	Pine Kernels - organic	12.5kg		OV
NU207	Pumpkin seeds - organic	25kg		OV
NU208	Sesame seeds - organic	25kg		OV
NU083	Sunflower seeds - organic	25kg		OV
NU118	Walnuts Light Halves - organic	10kg		VO
<b>SUMA PREPACKS</b>				
NU085	Almonds	125g	2.15	V
NU145	Almonds	250g	3.99	V
NU013	Almonds - blanched	125g	2.59	V
NU086	Almonds - flaked	125g	2.55	V
NU143	Almonds - ground	125g	2.05	V
NU144	Almonds - ground	250g	3.79	V
NU088	Brazil - broken	125g	1.99	V
NU146	Brazil - broken	250g	3.69	V
NU087	Brazil - whole medium	125g	2.25	V
NU147	Brazil - whole medium	250g	4.19	V
NU089	Cashew - large pieces	125g	2.45	V
NU149	Cashew - large pieces	250g	4.59	V
NU150	Cashew - roasted & salted	125g	3.75	V
NU152	Cashew - whole	125g	2.79	V
NU153	Cashew - whole	250g	5.35	V
NU151	Chia Seeds	250g	1.85	V
NU029	Coconut - chips	150g	1.45	V
NU090	Hazelnuts	125g	2.09	V
NU157	Hazelnuts	250g	3.85	V
NU211	Linseed / Flax	250g	0.99	V
NU291	Linseed / Flax	500g	1.29	V

code	product	size	rrp	bfgosv
NU101	Macadamias	125g	5.95	V
NU091	Mixed nuts	125g	1.99	V
NU162	Mixed nuts	250g	3.65	V
NU158	Mixed nuts - chopped	250g	2.75	V
NU168	Peanuts - redskin	250g	1.45	V
NU184	Peanuts - roasted	250g	1.59	V
NU170	Peanuts - roasted & salted	250g	1.99	V
NU171	Pecan nuts	125g	3.99	V
NU092	Pine kernels	125g	4.79	V
NU252	Pistachio - raw shelled	125g	4.55	V
NU093	Pistachio - roasted & salted	125g	2.65	V
NU175	Pistachio - roasted & salted	250g	5.59	V
NU094	Pumpkin seeds	125g	1.19	V
NU176	Pumpkin seeds	250g	2.05	V
NU099	Sesame seeds - natural	125g	0.99	V
NU177	Sesame seeds - natural	250g	1.65	V
NU100	Sunflower seeds	125g	0.65	V
NU178	Sunflower seeds	250g	0.99	V
NU179	Sunflower seeds	500g	1.39	V
NU173	Walnuts - light halves	125g	2.55	V
NU174	Walnuts - light halves	250g	4.75	V
NU185	Walnuts - light quarters	125g	2.25	V
NU186	Walnuts - light quarters	250g	4.05	V
<b>SUMA PREPACKS - ORGANIC</b>				
NU154	Alfalfa seeds - organic	250g	4.15	VO
NU217	Almonds - organic	125g	2.99	OV
NU102	Almonds - organic	250g	5.65	OV
NU159	Almonds - organic	500g	10.85	OV
NU387	Almonds, ground - organic	125g	3.25	OV
NU043	Almonds, ground - organic	250g	6.09	OV
NU344	Brazils - organic	125g	2.59	OV
NU219	Brazils - organic	250g	4.85	OV
NU033	Cashews whole - organic	125g	3.45	OV
NU255	Cashews whole - organic	250g	6.49	OV
NU041	Coconut - desiccated, organic	125g	1.19	OV
NU103	Hazelnuts - organic	125g	2.49	OV
NU258	Hazelnuts - organic	250g	4.65	OV
NU273	Hemp Seeds - organic	125g	1.19	VO
NU272	Hemp Seeds - organic	250g	2.09	VO
NU322	Linseed, golden - organic	250g	1.39	OV
NU288	Omega Seed Mix - organic	125g	1.19	OV
NU293	Omega Seed Mix - organic	250g	1.99	OV
NU069	Peanuts - organic	125g	1.09	OV
NU218	Peanuts - organic	500g	3.25	OV
NU545	Pine Kernels - organic	125g	4.99	OV
NU212	Pumpkin seeds - organic	125g	1.39	OV
NU323	Pumpkin seeds - organic	250g	2.45	OV
NU261	Pumpkin seeds - organic	500g	4.39	OV
NU213	Sesame seeds - organic	125g	1.09	OV
NU356	Sesame seeds - organic	250g	1.85	OV
NU105	Sunflower seeds - organic	125g	0.79	OV
NU254	Sunflower Seeds - organic	250g	1.25	OV
NU457	Sunflower seeds - organic	500g	1.99	OV
NU104	Walnuts - organic	125g	2.95	OV
NU012	Walnuts - organic	250g	5.59	OV
NU289	Walnuts - organic	375g	8.15	OV

code	product	size	rrp	bfgosv
	<b>ARTISAN GRAINS</b>			
NU148	Chia Seeds	125g	2.89	V
	<b>BIONA</b>			
NU304	Amaranth Seeds	500g	2.49	OV
NU303	Hemp Seeds	250g	2.29	OV
	<b>GOOD HEMP FOOD</b>			
NU026	Hemp Seed Hearts	225g	5.00	V
	<b>LINWOODS</b>			
NU023	Active Nuts - Almonds	70g	3.99	OV
NU034	Active Nuts - Organic Walnuts	70g	3.99	OV
	<b>PEARLS OF SAMARKAND</b>			
NU141	Og Black Sesame Seeds	330g	3.29	OV
	<b>PROFUSION</b>			
NU167	Hulled Hemp Seeds	150g	4.69	OV
	<b>RAW ECSTASY</b>			
NU156	Activated Almonds Raw Choc	70g	6.49	OSV
NU164	Activated Walnuts Raw Choc	70g	6.49	OSV
	<b>RAW HEALTH</b>			
NU187	Organic Black Chia Seeds	450g	9.49	OV
NU140	Organic White Chia Seeds	450g	10.39	OV
	<b>THE RAW CHOCOLATE CO</b>			
NU139	Chia Seeds	230g	3.80	OV
	<b>ZAYTOUN</b>			
NU040	Caramelised Almonds	140g	5.59	FVS
NU108	Palestinian Almonds	150g	5.75	FV
	<b>OILS &amp; FATS</b>			
	<b>SUMA</b>			
GT350	Coconut Oil - Culinary	320g	3.45	OV
GT750	Coconut Oil - Culinary	650g	5.95	OV
GT075	Coconut Oil - Culinary	900g	8.29	OV
GT320	Coconut Oil - Extra Virgin	320g	7.20	OV
GT650	Coconut Oil - Extra Virgin	650g	12.50	OV
GT010	Extra Virgin Rapeseed Oil	5l	23.99	V
GT100	Grapeseed Oil	500ml	3.99	V
GT017	Italian Organic Olive Oil	500ml	7.45	OV
GT018	Italian Organic Olive Oil	750ml	10.49	OV
GT019	Italian Organic Olive Oil	3l	35.95	OV
GT084	Olive Oil - Extra Virgin	500ml	5.15	V
GT086	Olive Oil - Extra Virgin	5l	45.50	V
GT085	Olive Oil-Extra Virgin,organic	500ml	6.50	VO
GT087	Olive Oil-Extra Virgin,organic	5l	46.90	VO
GT083	Sunflower Oil - cold pressed	500ml	3.25	V
GT090	Sunflower Oil - cold pressed	5l	19.75	V
GT080	Sunflower Oil - organic	500ml	3.45	VO
GT091	Sunflower Oil - organic	5l	22.80	VO
GT052	Sunflower Oil - refined	5l	15.45	V
	<b>SUMA BAGGED DOWN</b>			
GT032	Gluten Free Vegetarian Suet	2kg		GV
	<b>SUMA PREPACKS</b>			
GT028	Gluten Free Vegetarian Suet	250g	1.99	GV
	<b>AZADA</b>			
GT106	Set of 5 flavoured oils	5 x 20	9.65	OV
	<b>BIO PLANETE</b>			
GT136	Peanut Oil - og	250ml	8.95	OV
	<b>BIONA</b>			
GT067	Coconut Bliss	250g	4.95	OV
GT066	Coconut Bliss	400g	7.49	OV
GT096	Coconut Bliss - Salted Caramel	250g	4.95	OV

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GT025	Coconut Oil Cuisine Organic	875ml	8.65	OV
VM271	Flax Seed Oil (was Linseed)	250ml	6.49	OVB
GT061	Mild / Odourless Coconut Oil	470ml	4.79	OV
GT060	Mild / Odourless Coconut Oil	610ml	5.89	OV
VF773	Virgin Coconut Oil Organic	200g	4.39	OV
VF774	Virgin Coconut Oil Organic	400g	7.99	OV
GT069	Virgin Coconut Oil Organic	800g	14.89	OV
GT071	Virgin Coconut Oil Raw	1.2kg	19.89	OV
<b>CLEARSPRING</b>				
GT070	Avocado Oil - Organic	250ml	6.99	OV
GT035	Flax Oil Organic	250ml	4.15	OV
GT001	Hemp Oil Organic	250ml	5.99	OV
GT049	Italian Olive Oil Organic	250ml	4.89	OV
GT203	Italian Olive Oil Organic	500ml	8.49	VO
GT204	Italian Olive Oil Organic	1l	15.99	VO
GT009	Rapeseed Oil Organic	500ml	3.99	OV
GT206	Safflower Oil organic	500ml	6.49	VO
GT207	Sesame Oil organic	500ml	6.19	VO
GT045	Sesame Oil Toasted	150ml	3.49	V
GT208	Sesame Oil Toasted organic	250ml	4.39	VO
GT231	Sunflower Frying Oil organic	500ml	4.49	VO
GT230	Sunflower Frying Oil organic	1l	7.49	VO
GT063	Sunflower Frying Oil Organic	2l	13.69	OV
GT201	Sunflower Oil Organic	500ml	3.49	VO
GT202	Sunflower Oil organic	1l	5.99	VO
GT209	Toasted Pumpkin Seed Oil Org	250ml	11.79	VO
GT211	Walnut Oil Toasted, Organic	250ml	11.49	VO
<b>COCOFINA</b>				
GT006	Everyday Coconut Oil	450ml	3.99	V
GT011	Organic Coconut Oil	350ml	6.99	OV
GT003	Organic Coconut Oil	975ml	17.99	OV
GT024	Organic Coconut Oil in sachets	10ml	0.69	OV
<b>COCOWEL</b>				
GT058	Og Extra Virgin Coconut Oil	500ml	10.99	OV
<b>COMMUNITY</b>				
GT118	Sunflower Oil - refined	1l	3.19	V
<b>DROGHERIA &amp; ALIMENTARI</b>				
GT089	Basil Infused Oil	80ml	2.15	V
GT081	Chilli Infused Oil	80ml	2.15	V
GT079	Porcini & Truffle Infused Oil	80ml	2.15	V
<b>EQUAL EXCHANGE</b>				
<i>Palestinian Fairtrade Oils</i>				
GT555	Olive Oil	1l	18.99	FV
<b>GOOD HEMP FOOD</b>				
GT043	Hemp Oil - Original	250ml	4.49	V
GT046	Hemp Oil - Original	500ml	7.99	V
<b>HELLENIC</b>				
GT008	Olive Oil - Extra Virgin	250ml	3.79	V
GT402	Olive Oil - Extra Virgin	500ml	6.19	V
GT005	Olive Oil - Extra Virgin	3l	33.90	V
GT403	Olive Oil - Extra Virgin	1l	11.99	V
GT031	Olive Oil Extra Virgin	5l	53.90	V
<b>HONEST TOIL</b>				
GT040	Extra Virgin Olive Oil	5l	51.19	V
GT074	Extra Virgin Olive Oil	500ml	7.79	V
<b>KHYBER</b>				
VF751	Ghee	2lb	3.65	V

code	product	size	rrp	bfgosv
	<b>KTC</b>			
GT135	Almond Oil	200ml	2.65	V
GT133	Coconut Oil	250ml	2.19	V
	<b>LA BIO IDEA</b>			
GT044	Italian Og Virgin Olive Oil	1l	12.05	OV
	<b>LINWOODS</b>			
	<i>Organic Sprouted Range</i>			
VM264	Sprouted Flaxseed Oil	100ml	6.25	OV
VM265	Sprouted Hemp Oil	100ml	6.25	OV
	<b>MANI</b>			
GT007	Og Extra Virgin Olive Oil	500ml	7.49	OV
GT002	Og Extra Virgin Olive Oil	1l	13.49	OV
	<b>MERIDIAN</b>			
GT012	Olive Oil-Extra Virgin,organic	500ml	6.99	VO
GT034	Sesame Oil - og	500ml	6.99	OV
GT016	Sunflower Oil - organic	500ml	3.99	VO
GT033	Toasted Sesame Oil - og	500ml	6.99	OV
	<b>NATURES AID - SUPERFOOD OILS</b>			
GT077	Avocado Oil Organic	250ml	8.95	OV
GT072	Liquid Coconut Oil - Premium	250ml	7.95	V
GT076	Pumpkin Seed Oil Organic	250ml	8.95	OV
	<b>SUNITA</b>			
GT099	Olive Oil-Extra Virgin Organic	5l	67.00	VO
	<b>WHARFE VALLEY FARMS</b>			
GT014	Coconut and Rapeseed Oil	250ml	4.38	V
GT015	Rapeseed Oil	5l	25.00	V
GT030	Rapeseed Oil	500ml	5.99	V
	<b>ZAYTOUN</b>			
GT056	Olive Oil - Fair Trade	500ml	13.85	FOV
GT020	Olive Oil - Organic Fairtrade	250ml	8.49	FOV
GT022	Olive Oil - Organic Fairtrade	750ml	19.95	FOV
	<b>OLIVES</b>			
	<b>ATTIS GOURMET</b>			
KJ015	Aegean - Pitted Green Olives	400g	2.75	V
KJ009	Ionian-Pitted green & kalamata	400g	2.99	V
KJ070	Kalamata Olives	400g	2.59	V
KJ005	Mexicana - Pitted green&black	400g	2.99	V
KJ031	Mykonos - Pitted green olives	400g	2.99	V
	<b>COOKS &amp; CO</b>			
KJ413	Olives with Lemon,Garlic,R/mar	160g	2.49	V
KJ414	Olives with Oregano	160g	3.15	V
	<b>CRESPO</b>			
KJ136	Capers	198g	1.75	V
KJ269	Pitted Black Olives in Brine	198g	1.35	V
KJ268	Pitted Dry Black Olives	110g	2.39	V
KJ264	Pitted Dry Black Olives/Herbs	70g	1.35	V
KJ266	Pitted Mixed Cocktail Olives	70g	1.09	V
	<b>CYPRESSA</b>			
KJ867	Cypressa Pitted Green Olives	2kg	12.65	V
KJ062	Mixed Olives with Garlic&Herb	315g	1.92	V
KJ804	Pitted Black Olives	340g	1.24	V
KJ868	Pitted Black Olives	2kg	11.19	V
KJ803	Pitted Green Olives	340g	1.41	V
KJ805	Stuffed Pimento Olives	340g	1.54	V
	<b>GAEA</b>			
VF175	Kalamata Olives	300g	2.39	V
VF121	Kalamata Olives - organic	300g	2.95	OV



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VF070	Mixed Marinated Olives-organic	300g	2.59	OV
VF177	Pitted Kalamata Olives	290g	2.85	V
VF185	Tapenade - Aubergine	100g	1.79	V
VF184	Tapenade - Kalamata	100g	1.75	V
<b>JOSE LOU</b>				
KJ483	Manzallia Olive Pate	120g	4.05	V
KJ482	Pate de Aceituna Negra	120g	4.49	V
<b>MANI</b>				
KJ432	Og Green & Kalamata Olives	175g	3.49	OV
KJ424	Og Green Olives al Naturel	205g	3.49	OV
KJ430	Og Kalamata Olives al Naturale	205g	3.49	OV
KJ425	Og Kalamata Olives in OliveOil	280g	4.49	GOV
<b>OLIVES ET AL</b>				
KJ433	Pitted Kalamata Black Olives	250g	3.99	V
KJ431	Sunshine Olives	250g	3.99	V
KJ098	Verde Lemon & Coriander Olives	250g	3.99	V
KJ115	Very Deli Herb Pitted Olives	250g	3.99	V
<b>ORGANICO</b>				
KJ415	Garlic Stuffed Olives	190g	3.65	OV
KJ079	OG Black Olives	280g	3.65	OV
KJ410	Pitted Green Olives	280g	2.95	OV
KJ412	Provencale Olives	190g	3.65	OV
<b>PARTHENON</b>				
KJ012	Green with Fennel & Coriander	30g	0.79	GV
KJ013	Kalamata & Green chilli/basil	30g	0.79	GV
KJ008	Pitted Olives /Thyme & Parsley	30g	0.79	GV
<b>SUNITA</b>				
VF384	Black Kalamon Olives	2kg		V
KJ111	Black Kalamon Olives	450g	4.65	V
VF383	Green Olives	3kg		V
KJ097	Green Olives	1lb	3.15	V
KJ494	Green Olives Organic	360g	2.99	OV
KJ555	Kalamon Olives - organic	360g	3.90	VO
KJ556	Kalamon Olives - pitted OG	2kg		VO
<b>PAPER PRODUCTS &amp; STATIONERY</b>				
<b>NAMASTE</b>				
NF206	Halloween Spider Bunting	1	3.99	FV
NF229	Rolled Geo Print Paper	1	4.55	FV
<b>SIESTA CRAFTS</b>				
NF112	Halloween Bat Saa Paper Mobile	each	7.99	FV
<b>PASTA</b>				
<b>SUMA</b>				
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
<b>SUMA / IRIS</b>				
WT018	Organic Tricolore Spirals	500g	1.75	OV
WT075	Organic White Fusilli	500g	1.39	OV
WT016	Organic White Macaroni	500g	1.39	OV
WT085	Organic White Penne	500g	1.39	OV
WT090	Organic White Spaghetti	500g	1.39	OV
WT125	Organic Wholewheat Fusilli	500g	1.39	OV
WT095	Organic Wholewheat Penne	500g	1.39	OV
WT120	Organic Wholewheat Spaghetti	500g	1.39	OV
<b>BARENAKED</b>				
WT162	Barenaked Noodles	380g	2.29	GV

code	product	size	rrp	bfgosv
WT163	Barenaked Rice	380g	2.29	GV
WT172	Barenaked Spaghetti	380g	2.29	GV
WT004	Protein Noodles	380g	2.29	GV
	<b>BIONA</b>			
WT333	Spelt Lasagne Sheets - Organic	250g	2.89	OV
WT021	Spelt Spaghetti White Organic	500g	2.89	OV
WT025	White Spelt Fusilli	500g	2.89	OV
WT024	White Spelt Penne	500g	2.89	OV
WT334	Whole Spelt Spaghetti -Organic	500g	2.49	OV
WT331	Wholemeal Organic Spelt Penne	500g	2.49	OV
WT332	Wholewheat Spelt Fusili Org	500g	2.49	OV
	<b>CIEMME</b>			
WT136	OG Gluten Free Gnocchi Plain	400g	3.29	GOV
WT138	Og Gluten Free Gnocchi/ Quinoa	400g	3.29	GOV
	<b>CLEARSPRING</b>			
WT148	Brown Rice Penne - Gluten Free	250g	2.89	OSV
WT052	Gluten Free Buckwheat Pasta	250g	2.79	OV
WT094	Gluten Free Chickpea Pasta	250g	3.49	OV
WT149	Green Pea & Quinoa Fusilli	250g	2.89	OSV
WT150	Red Lentil & Brown Rice Pasta	250g	2.89	OSV
	<b>DIFATTI</b>			
WT151	Gnocchi- Gluten Free	250g	2.09	GV
WT153	Spinach Gnocchi - gluten free	250g	2.09	GV
WT152	Tomato Gnocchi - Gluten Free	250g	2.09	GV
	<b>DOVES FARM</b>			
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
	<b>EXPLORE CUISINE</b>			
WT113	Black Bean Spaghetti	200g	3.29	GOV
WT145	Chickpea Fusilli	250g	3.29	OV
WT146	Chickpea Spaghetti	250g	3.29	OV
WT093	Edamame & Mung Bean Fettuccine	200g	3.29	GOV
WT114	Edamame Bean Spaghetti	200g	3.29	GOV
WT144	Green Lentil Lasagne	250g	3.29	OV
WT143	Green Lentil Penne	250g	3.29	OV
WT012	Mung Bean Rotini	250g	3.29	GOV
WT142	Red Lentil Penne	250g	3.29	OV
WT147	Red Lentil Spaghetti	250g	3.29	OV
WT092	Soybean Spaghetti	200g	2.79	GOV
	<b>IRIS</b>			
WT084	Fusilli Organic White	5kg		OV
WT086	Fusilli Organic Wholewheat	5kg		OV
WT081	Penne Organic White	5kg		OV
WT082	Penne Organic Wholewheat	5kg		OV
WT076	Spaghetti Organic White	5kg		OV
WT079	Spaghetti Organic Wholewheat	5kg		OV

code	product	size	rrp	bfgosv
<b>LA BIO IDEA</b>				
WT140	Red lentil Fusilli	250g	3.65	OV
	<i>Speciality</i>			
WT232	Lasagne green	250g	1.99	OV
	<i>White</i>			
WT974	Lasagne White - og no pre cook	250g	1.99	OV
WT048	Macaroni Elbows	500g	1.45	VO
WT050	Penne (Tubes) - White	500g	1.45	VO
WT049	Spaghetti - White	500g	1.45	VO
	<i>Wholewheat</i>			
WT023	Lasagne	250g	1.99	OV
WT237	Linguine	500g	1.45	OV
WT040	Macaroni Elbows - wholewheat	500g	1.45	VO
WT074	Penne (Tubes) - Wholewheat	500g	1.45	VO
WT044	Shells - organic	500g	1.45	VO
WT041	Spaghetti - Wholewheat	500g	1.45	VO
WT046	Tagliatelle - organic	500g	1.45	VO
<b>LA BUONA VITA</b>				
WT027	Gluten Free Fusilli	500g	2.39	GV
WT056	Gluten Free Lasagne Sheets	250g	2.59	GV
WT026	Gluten Free Penne Pasta	400g	1.99	GV
WT028	Gluten Free Spaghetti	500g	2.39	GV
<b>LA TERRA E IL CIELO</b>				
WT091	Spelt Cavatappi	500g	3.45	OV
WT874	Spelt Fusilli	500g	3.45	OV
WT899	White Pappardelle Nest	500g	3.05	OV
	<i>White</i>			
WT990	Cavatappi - spirals	500g	2.59	OV
WT982	Fusilli with Spinach - organic	500g	2.69	OV
	<i>Wholewheat</i>			
WT978	Spelt Spaghetti - organic	500g	3.45	OV
<b>ORGRAN</b>				
WT078	Buckwheat Pasta Spirals	250g	2.35	V
WT105	Corn & Veg Shells	250g	2.15	GV
WT134	Rice & Corn Lasagne	200g	3.19	GV
WT109	Rice & Corn Macaroni	250g	2.15	GV
WT080	Vegetable Rice Spirals	250g	2.25	GV
<b>PROFUSION</b>				
WT130	Chick Pea Fusilli - GF	300g	3.49	GOV
WT129	Red Lentil Fusilli GF	300g	3.49	GOV
WT124	Sprouted Spelt Tagliatelle	250g	3.29	OV
<b>SEEDS OF CHANGE</b>				
WT003	Spinach Trotolle	500g	2.59	OV
WT001	Tortiglione - og	500g	2.59	OV
<b>YAKSO</b>				
WT010	Mie Organic	240g	3.09	GOV
WT007	Mihoen - organic	250g	2.99	GOV
<b>PASTA (FRESH, CHILLED)</b>				
<b>AMISA</b>				
CV345	Gluten Free Gnocchi	350g	3.95	GOV
<b>BIONA</b>				
CV440	Fresh Gnocchetti with Pumpkin	400g	4.19	OV
CV181	Fresh Gnocchi	400g	3.69	OV
<b>PASTA SAUCES &amp; PESTOS</b>				
<b>SUMA</b>				
KJ161	Organic Pesto Rosso	190g	3.15	OV
KJ160	Organic Pesto Siciliano	190g	3.15	OV

code	product	size	rrp	bfgosv
	<i>Organic Pasta Sauces</i>			
VF201	Organic Arrabbiata Sauce	350g	1.75	OV
VF191	Organic Bolognese Sauce	350g	1.75	OV
VF192	Organic Napoletana Sauce	350g	1.75	OV
	<i>Organic Pestos</i>			
KJ192	Pesto - Green, vegan	160g	2.59	GOV
KJ189	Pesto - Red, vegan	160g	2.59	GOV
	<b>LA CONSERVE DELLA NONNA</b>			
KJ126	Bechamel Sauce for Lasagne	340g	2.49	GV
KJ132	Soya Bolognese Pasta Sauce	350g	2.29	GOV
	<b>LAZZARI</b>			
KJ147	No 27 Tomato Basil Caper Sauce	180g	3.69	OV
KJ149	No 47 Vegetable Ragu Sauce	180g	3.69	OV
KJ137	No1 Tomato and Basil Sauce	180g	3.45	OV
KJ128	No68 Arrabbiata Pasta Sauce	180g	3.45	OV
	<b>MERIDIAN</b>			
VF031	Creamy Wine & Mushroom Sauce	350g	2.49	SV
VF023	Green Pesto	170g	2.79	V
VF173	Tomato & Basil Pasta Sauce	350g	2.49	GOV
VF197	Tomato & Herb - organic	440g	2.79	GVO
	<b>MR ORGANIC</b>			
KJ328	Chilli & Garlic Pesto	130g	2.99	OV
KJ163	Coconut & Turmeric Salsa	200g	2.35	GOV
KJ331	Grilled Aubergine Add-in	190g	2.69	OV
KJ158	Red Chilli & Ginger Hot Salsa	200g	2.35	GOV
KJ327	Red Pepper Pesto (vegan)	130g	2.99	OV
KJ216	Soya Pasta Sauce	350g	2.69	OVS
KJ214	Tofu Pasta Sauce	350g	2.69	OVS
	<b>ORGANICO</b>			
VF043	Olive, Chilli & Garlic - og	360g	3.45	OSV
VF055	Red Wine and Porcini	360g	2.95	OSV
KJ416	Vegan Pesto	120g	4.25	OV
VF032	Vegetable Bolognese - og	360g	2.95	OSV
	<b>SEEDS OF CHANGE</b>			
VF072	Bolognese Sauce OG	500g	2.99	OSV
VF038	Sundried Tom & Basil Stir in	195g	3.49	OSV
VF194	Tomato & Basil Pasta Sauce	350g	2.89	OV
VF076	Tomato and Basil - og	500g	3.10	OSV
	<b>SUNITA</b>			
KJ790	Organic Pesto Genovese	130g	4.19	OV
	<b>VEG-IT-UP</b>			
VF007	Red Sauce	340g	2.95	V
VF012	White Sauce	340g	2.95	V
	<b>ZEST</b>			
KJ026	Basil Pesto, Vegan	165g	2.80	V
KJ452	Basil Pesto, Vegan	340g	4.72	V
	<b>PASTRY (FROZEN)</b>			
	<b>DOUGHLICIOUS</b>			
	<i>Frozen Cookie Dough Pieces</i>			
XL353	Vegan Carrot & Oat Dough	340g	5.29	GSV
	<b>ST JAMES</b>			
XL106	Filo Pastry	400g	1.55	V
	<b>PATE</b>			
	<b>SUMA</b>			
GH700	Pate - Mushroom	200g	2.69	V
GH800	Pate - Savoury Herb	200g	2.69	V

code	product	size	rrp	bfgosv
	<b>BONSAN</b>			
GH095	Beetroot & Horseradish Pate	130g	2.69	OV
GH100	Cashew & Bell Pepper Pate	130g	2.69	OV
GH085	Tomato & Lupin Pate	140g	2.89	OV
	<b>GRANOVITA</b>			
GH193	Chickpea & Sesame Pate	125g	1.95	GOSV
GH132	Chickpea Pate	125g	1.85	SV
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
GH130	Peppercorn Pate	125g	1.95	OV
GH651	Ready Spreadable Pate - Mushroom	200g	2.99	GVO
GH650	Ready Spreadable Pate - Original	200g	2.99	GOV
GH192	Red Pepper & Almond Pate	125g	1.95	GOV
GH229	Red Pepper Pate - Palm Free	125g	2.25	GOV
GH016	Shiitake Pate	125g	1.85	GV
GH168	Spicy Mexican Pate - organic	200g	2.99	OV
GH131	Tomato & Pepper Tofu Pate	125g	1.95	OV
GH194	Tomato and Rocket Pate	125g	1.95	GOV
GH191	Walnut & Basil Pate	125g	1.95	GOV
	<b>ORGANICO</b>			
GH127	Roast Aubergine Spread & Dip	140g	2.79	OV
	<b>SUNITA</b>			
KJ791	Kalamon Olive Pate	135g	3.99	OV
	<b>TARTEX</b>			
GH001	Classic Pate - og	200g	2.79	OV
GH012	Herb & Garlic Pate - og	200g	2.79	OV
GH006	Herb Pate - og	200g	2.79	OV
GH007	Mushroom pate - og	200g	2.79	OV
GH008	Olive Pate - og	200g	2.79	OV
	<b>PATES, DIPS &amp; TAPAS (CHILLED)</b>			
	<b>SUMA</b>			
CV401	Pate - Mushroom (bombe)	200g	2.39	GV
	<b>DELPHI FOODS</b>			
CV430	Aubergine Dip	170g	1.65	V
CV286	Chargrill Red Pepper Houmous	170g	0.99	V
CV271	Couscous Salad	160g	1.65	V
CV291	Houmous	170g	0.85	V
CV018	Lemon & Coriander Houmous	170g	0.99	V
CV429	Lentil Salad	220g	1.65	V
CV290	Low Fat Houmous	170g	0.85	V
CV285	Three Bean Salad	220g	1.65	V
	<b>FLORENTIN</b>			
CV931	Hummus	200g	3.09	GV
CV526	Hummus Extra with Pinenuts	200g	2.99	V
CV125	Hummus Trio Pack	250g	3.99	GV
	<b>PROFUSION</b>			
CV559	Organic Beetroot Houmous	150g	3.49	OV
	<b>TIDEFORD ORGANIC FOODS</b>			
CV711	Basil Pesto	150g	3.05	GOV
CV710	Sun-Dried Tomato Pesto	150g	3.05	GOV
	<b>VBITES</b>			
CV262	Vegideli Beanfeast Pate	150g	1.79	V
CV374	Vegideli Brussels Pate	150g	1.79	SV

code	product	size	rrp	bfgosv
<b>PET FOODS &amp; PET CARE</b>				
<b>BENEVO</b>				
PF006	Adult Dog Original	2kg	8.79	V
PF007	Adult Dog Original	15kg	55.99	V
PF016	Biodegradable Dog Poo Bags	120 bags	6.45	V
PF019	Complete Adult Vegan Cat Food	2kg	10.99	V
PF015	Complete Vegan Adult Dog Food	2kg	10.99	OV
PF020	Complete Vegan Puppy Dog Food	2kg	10.99	V
PF032	Dog Cake Mix	140g	4.29	OV
PF012	Duo - Cat & Dog Food - Tinned	369g	2.65	V
PF029	Fresh Breath Dog Biscuits	250g	4.99	V
PF008	Grain-Free Vegetable Feast	395g	2.49	V
PF010	Rumble Dog Strips-soft & chewy	180g	2.19	V
<b>Pawtato</b>				
PF031	Large Vegan Dog Chew	180g	2.69	V
PF026	Mint & Parsley Dog Chews	90g	2.19	V
PF028	Pawtato Blueberry Dog Chews	120g	2.19	V
PF025	Pawtato Purple Knots Dog Chews	150g	2.99	V
PF018	Pawtato Root Chews	90g	2.15	V
PF011	Pawtato Small Knots	150g	2.69	V
PF027	Pawtato Spinach & Kale Chews	120g	2.19	V
<b>GOING CHEEP</b>				
NU666	Wild Bird Seed	20kg		V
<b>NATURE'S GREATEST SECRET</b>				
VM130	Pets Colloidal Silver 10PPM	100ml	9.95	V
VM131	Pets Colloidal Silver 10ppm	250ml	12.50	V
VM133	Pets Colloidal Silver Gel	100ml	14.50	V
<b>V DOG</b>				
PF030	Jumbo Veggie Chew -	210g	2.19	V
<b>YARRAH</b>				
PF002	Chunks for Dogs - Cranberries	380g	3.89	OV
PF023	Dog Biscuits - Vegan Org	500g	4.99	OV
PF024	Dog Food - Wheat Free	10kg	54.99	OV
PF021	Dog Food - Wheat Free, Vegan	2kg	13.49	OV
PF501	Dogfood Vegetarian Organic	2kg	11.89	OV
PF502	Dogfood Vegetarian Organic	10kg	54.99	OV
PF503	Multi Dog Biscuits	250g	3.09	OV
NF040	Organic Clay Cat Litter	7kg	10.39	OV
<b>PICKLES, CHUTNEYS &amp; MUSTARDS</b>				
<b>BIONA</b>				
LJ664	Harissa Relish - prepared	125g	2.89	OV
KJ076	Mustard Medium Hot	320ml	2.39	OV
KJ377	Org Cornichons (Mini Gherkins)	330g	3.19	OSV
KJ036	Sauerkraut - Organic	360g	1.89	OV
KJ423	Silverskin Onions Organic	340g	2.89	OV
<b>BIONOVA</b>				
KJ119	Classic Mustard - Organic	180g	1.95	OV
KJ121	Coarse French Mustard	180g	2.09	OV
KJ346	Gherkins - Sour	670g	3.45	VOS
<b>BYODO</b>				
KJ351	Mustard - Dijon, organic	1kg	9.65	VO
KJ354	Mustard - wholegrain, organic	1kg	7.55	VO
<b>DELOUIS</b>				
KJ001	Organic Dijon Mustard	200g	2.09	OV
KJ007	Organic Wholegrain Mustard	200g	2.09	OV
<b>GEO ORGANICS</b>				
KJ332	Apple, Apricot, Ginger Chutney	300g	2.99	OSV

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<b>MRS PICKLEPOTS</b>				
KJ360	Extra Chilli Pickled Onions	440g	3.99	VS
KJ114	Pickled Onions - Sweet Chilli	450g	3.99	V
KJ113	Pickled Onions & Apple Cider	450g	3.99	V
KJ348	Pickled Onions with Balsamic	440g	3.99	VS
KJ385	Pickled Shallots	440g	3.99	VS
<b>SHAWS</b>				
KJ206	Plum & Rhubarb Chutney	190g	2.99	SV
KJ203	Spiced Apricot Ginger Chutney	200g	2.99	SV
<b>READY MEALS (FROZEN)</b>				
<b>AMY'S KITCHEN</b>				
XL270	Bean & Rice Burrito	170g	1.99	V
XL288	Black Bean Enchilada	269g	3.25	GV
XL272	Free From Bean & Rice Burrito	156g	2.19	GV
XL273	Free From Macaroni Cheese	255g	3.19	GV
XL191	Gluten-Free Chinese Noodles	270g	4.15	GV
XL436	Gluten-free Vegan Veg Lasagne	255g	3.69	GV
XL434	Thai Red Curry	285g	3.99	GSV
<b>CLIVE'S</b>				
XL338	Organic Nut Roast	280g	5.25	GOSV
<i>Pies &amp; Pastries</i>				
XL019	Arabian Chickpea Pie	250g	2.89	OSV
XL021	Chestnut & Bean Cassoulet Pie	250g	2.89	OV
XL025	Creamy Mushroom Pie	250g	2.89	OSV
XL032	G/Free Vegetable Chilli Pie	250g	2.99	GOSV
XL028	Gltn Free French Cassoulet Pie	250g	2.99	GOSV
XL026	Gluten Free Aloo Gobi Pie	250g	2.99	GOSV
XL029	Gluten Free Lentil & Olive Pie	250g	2.99	GOSV
XL030	Gluten Free Minty Chickpea Pie	250g	2.99	GOSV
XL023	Greek Lentil & Olive Pie	250g	2.89	OSV
XL022	Hungarian Goulash Pie	250g	2.89	OSV
XL024	Mexican Chilli Pie	250g	2.89	OSV
XL114	Org G/F Mushroom & Leek Pie	235g	2.99	GOV
XL020	Saag Aloo Curry Pie	250g	2.89	OSV
<i>Tarts</i>				
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
<b>FRYS</b>				
XL297	Country Mushroom Pies	350g	3.65	V
XL390	Curry Pies	350g	3.65	V
XL296	Pepper Steak Style Pies	350g	3.65	V
XL234	Sausage Rolls	400g	3.45	V
<b>GOODLIFE</b>				
XL163	Catering Pack Falafel	25g		V
XL265	Falafel	280g	2.09	GV
<b>LINDA MCCARTNEY</b>				
XL131	Deep Dish Country Pies	2 x 190g	2.45	V
XL133	Meat Free Sausage Rolls	342g	1.59	V
XL321	Vegetarian Wellington Bites	340g	2.59	V
<b>ONE PLANET PIZZA</b>				
<i>Handmade Vegan Pizza</i>				
XL304	Fungi Feast Pizza	455g	5.49	V
XL305	Hawaiian Pizza	458g	5.49	V
XL306	Mediterranean Vegetable Pizza	486g	5.49	V
XL303	Three Sheese Margherita Pizza	430g	5.49	V

code	product	size	rrp	bfgosv
	<b>SAMOSACO</b>			
XL334	Large Vegetable Samosas	1	0.99	V
	<b>WICKEN FEN</b>			
XL382	Falafel	230g	2.39	V
	<b>YUTAKA</b>			
XL344	Quinoa Gyoza Dumplings	240g	2.99	SV
XL343	Vegetable Gyoza Dumplings	240g	2.99	SV
	<b>READY TO EAT FOODS (CHILLED)</b>			
	<b>BIONA</b>			
CV377	Black Bean & Cashew Nut Burger	160g	4.09	OV
CV327	Falafel Balls - Spinach	220g	4.29	OV
CV328	Falafel Balls Sesame & Mint	220g	4.09	OV
CV678	Horseradish Sauce	125g	2.99	OBV
CV063	Lucky Stars	250g	3.99	OV
CV441	Mini Energy Burgers	250g	4.09	OV
CV321	Mini Quinoa Burgers	195g	4.09	OV
CV180	Mini Vegan Spring Rolls	200g	3.99	OSV
CV372	Red Lentil Sun Seed Burger	160g	4.09	OV
CV613	Spring Rolls	220g	4.69	OV
CV745	Sweet Potato Buckwheat Burger	160g	4.09	OV
CV422	Thai Spring Rolls	225g	4.69	OV
	<b>CULTURED FOOD COMPANY</b>			
CV147	Raw Carrot & Fennel Sauerkraut	400g	5.35	OV
CV149	Raw Chilli & Dill Sauerkraut	400g	5.35	V
CV146	Raw Juniper Berry Sauerkraut	400g	5.35	OV
CV156	Raw Ruby Red Sauerkraut	400g	5.35	OV
CV609	Raw Sauerkraut	400g	5.35	OV
	<b>FOLLOW YOUR HEART</b>			
	<i>Dressings</i>			
CV670	Blue Cheese Salad Dressing	355ml	4.15	V
CV672	Caesar Salad Dressing	355ml	4.15	OV
CV133	Coleslaw Dressing	355ml	4.15	OV
CV671	Miso Ginger Salad Dressing	355ml	4.15	OV
	<i>Veganaise</i>			
CV137	Organic Garlic Veganaise	340g	3.29	OV
CV127	Organic Veganaise	340g	3.29	OSV
CV129	Original Veganaise	340g	3.09	SV
CV097	Soya Free Veganaise	340g	3.29	SV
CV117	Sriracha Veganaise	340g	4.09	SV
	<b>HURLY BURLY</b>			
CV731	Jalapeno & Oregano Raw Slaw	500g	5.25	OV
CV730	Lemon & Ginger Fermented Slaw	500g	5.25	OV
CV352	Original Fermented Slaw	500g	3.39	OV
CV732	Turmeric & Cumin Raw Slaw	500g	5.25	OV
	<b>LAURIE'S TUMMY LOVING FOODS</b>			
CV208	Beet Kraut	410g	5.49	OV
CV203	Kimchi Kraut	410g	5.49	OV
CV207	Original Sauerkraut	410g	4.69	GOV
	<b>LOVING FOODS</b>			
CV802	Classic Kimchi	500g	6.85	OV
CV801	Classic Sauerkraut	500g	6.35	OV
CV804	Juniper & Caraway Sauerkraut	500g	6.35	OV
CV803	Turmeric & Black Pepper Kimchi	500g	6.85	OV
	<b>PROFUSION</b>			
CV006	Fresh Organic Sauerkraut	520g	2.69	OV
CV718	Raw Fresh Organic Kimchi	250g	3.69	OV



code	product	size	rrp	bfgosv
	<b>RAW HEALTH</b>			
CV747	Organic Fresh Sauerkraut <i>Fresh Sauerkraut</i>	410g	4.39	OV
CV813	Feel The Heat	410g	4.39	OV
CV814	Golden Glow	410g	4.39	OV
CV815	In the Pink	410g	4.39	OV
	<b>SALADS &amp; SPROUTS (CHILLED)</b>			
	<b>SKY SPROUTS</b>			
	<i>Minimum 4 days shelf life</i>			
CV479	Alfalfa & Broccoli Sprouts	100g	1.45	OV
CV481	Alfalfa & Fenugreek Sprouts	100g	1.45	OV
CV476	Alfalfa & Radish Sprouts	100g	1.45	OV
CV475	Alfalfa Sprouts	100g	1.45	OV
CV721	Broccoli Sprouts	100g	1.45	OV
CV504	Mixed Bean Sprouts	227g	1.45	OV
CV503	Mung Bean Sprouts	200g	1.45	OV
CV510	Organic Sprouts Multi Pack	160g	2.19	OV
CV509	Radish Sprout	100g	1.45	OV
CV413	Red Clover	100g	1.55	OV
CV415	Red Clover and Radish	100g	1.55	OV
	<b>SALT &amp; SEASONINGS</b>			
	<b>SUMA</b>			
LJ031	Sea Salt - fine	10kg		V
	<b>BIOFORCE</b>			
LJ118	Herbamare	125g	2.85	V
LJ054	Herbamare	250g	3.95	V
	<b>BULK COMMODITIES</b>			
LJ030	Sea Salt - coarse	10kg		V
LJ087	Unrefined Course Salt	10kg		V
	<b>GEO ORGANICS</b>			
LJ005	Atlantic Fine Ground Sea Salt	500g	2.69	OV
LJ555	Atlantic Sea Salt Crystals	250g	1.35	OV
	<b>MALDON</b>			
LJ004	Maldon Smoked Sea Salt	125g	2.09	OV
LJ018	Sea Salt - Flaky Crystals	1.5kg	14.50	V
LJ888	Sea Salt - Flaky Crystals	250g	2.55	V
	<b>MARIGOLD</b>			
LJ444	Liquid Aminos	250ml	3.59	GV
	<b>PINK MOUNTAIN</b>			
LJ170	Pink Himalayan Coarse Salt	300g	2.79	OV
LJ174	Pink Himalayan Coarse Salt	1kg	6.69	OV
LJ169	Pink Himalayan Fine Salt	300g	2.79	OV
LJ172	Pink Himalayan Fine Salt	1kg	6.69	OV
	<b>PROFUSION</b>			
LJ152	Pink Himalayan Salt - Coarse	500g	3.99	V
LJ153	Pink Himalayan Salt Fine	500g	3.99	V
	<i>Table Shakers</i>			
LJ156	Pink Himalayan Salt - Fine	140g	2.39	V
	<b>TIDMANS</b>			
LJ023	Tidmans Rock Salt	500g	1.49	V
	<b>SAUSAGES &amp; BURGERS (FROZEN)</b>			
	<b>AMY'S KITCHEN</b>			
XL278	All American Veggie Burger	284g	3.99	V
	<b>FRYS</b>			
XL073	Braai Sausages	380g	3.85	V
XL011	Chicken Style Burgers	320g	3.59	V

code	product	size	rrp	bfgosv
XL008	Chicken Style Nuggets	380g	3.65	V
XL006	Golden Crumbed Schnitzel	320g	3.15	V
XL009	Hot Dogs	360g	3.65	V
XL007	Polony	500g	4.05	V
XL215	Quinoa Falafel Burgers	260g	3.59	V
XL216	Rice Protein & Chia Nuggets	240g	3.59	V
XL227	Soy and Flaxseed Schnitzels	320g	3.59	V
XL005	Spiced Burgers	320g	3.59	V
XL004	Traditional Burgers	320g	3.59	V
XL003	Traditional Sausages	380g	3.85	V
<b>GOODLIFE</b>				
XL233	Catering Vegetable Sausages	30 pack		GSV
XL141	Parsnip & Carrot Nut Burgers	250g	3.19	SV
<b>LINDA MCCARTNEY</b>				
XL129	Burgers (4 pack)	200g	1.45	V
XL322	Chorizo Style Cocktail Sausage	320g	2.69	V
XL335	Mushroom & Spinach Burger	2 x 110g	2.25	V
XL300	Pulled Pork Style Burgers	227g	2.59	SV
XL345	Red Onion & Rosemary Sausages	300g	2.35	V
XL130	Sausages	300g	2.29	V
XL302	Vegetarian Chorizo Sausages	300g	2.79	V
XL319	Vegetarian Cocktail Sausages	320g	2.39	V
XL254	Vegetarian Quarter Pounder	227g	2.49	V
<b>QUORN</b>				
XL211	Vegan Burgers	264g	3.19	V
<b>VEGETARIANS CHOICE</b>				
XL241	Lincolnshire Style Sausages	300g	1.76	V
XL175	Meat Free Burgers	200g	0.99	V
XL202	Meat Free Sausages	200g	0.99	V
<b>WICKEN FEN</b>				
XL381	Carrot & Coriander Sausages	280g	2.86	GV
XL384	Mushroom & Tarragon Sausages	280g	2.69	V
XL380	Tomato & Garlic Sausages	280g	2.69	V
<b>SEA VEGETABLES</b>				
<b>ATLANTIC KITCHEN</b>				
LJ106	Dulse Organic Seaweed	40g	5.95	OV
LJ076	Sea Spaghetti Organic Seaweed	50g	5.95	OV
<b>CORNISH SEAWEED COMPANY</b>				
HE040	Organic Cornish Seaweed Salt	70g	2.95	OV
HE006	Organic Dulse	20g	3.55	OV
HE014	Organic Mixed Seaweed Flakes	60g	4.55	OV
HE048	Organic sea Salad	30g	4.55	OV
HE043	Organic Sea Spaghetti	40g	3.99	OV
<b>I SEA BACON</b>				
LJ176	Seaweed Bacon	75g	6.95	OV
<b>I SEA PASTA</b>				
LJ198	Seaweed Tagliatelle	100g	5.79	OV
<b>I SEA WRAPS</b>				
LJ007	Seaweed Wraps	280g	2.79	V
<b>MARIVITA</b>				
HE012	Dried & Ground Seaweed Organic	100g	4.79	OV
<b>SHERRY, PORT &amp; DESSERT WINE</b>				
<b>DESSERT WINE</b>				
<i>South Africa</i>				
WN002	Heaven on Earth Muscat	37.5cl	10.99	FOV
<b>PORT</b>				
WN067	Finest Reserve Port	75cl	26.10	OV

code	product	size	rrp	bfgosv
<b>SNACK BARS &amp; FLAPJACKS</b>				
9 BAR				
<i>New Range</i>				
KB634	Almond & Raspberry	50g	0.99	GSV
KB597	Carob Raspberry & Chia Seed	40g	0.89	GSV
KB669	Carob Raspberry & Chia Seed	4 x 40g	2.25	GSV
KB907	Cocoa & Orange	40g	0.89	GSV
KB604	Double Cocoa & Coconut	40g	0.89	GSV
KB609	Double Cocoa & Raspberry	40g	0.89	GSV
KB614	Original Carob & Hemp Seed	40g	0.89	GSV
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
<b>ADUNA</b>				
KB890	Banana Boost Superfood Bar	40g	1.89	V
KB891	Berry Bite Superfood Bar	40g	1.89	V
KB884	Choco-Nut Bliss Superfood Bar	40g	1.89	OV
KB892	Choco-Orange Burst Bar	40g	1.89	GV
KB833	Green Goodness Superfood Bar	40g	1.89	OV
KB831	Superfruit Blast Superfood Bar	40g	1.89	OV
<b>ARTISAN SNACKS</b>				
BT448	Chewy Fruity Oat Bars Mix Case	45g	0.99	V
<b>BEET IT</b>				
<i>From James White</i>				
KB707	Sports Flapjack	40g	0.95	V
<b>BEOND</b>				
KB712	Apple & Cinnamon 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
<b>BOUNCE</b>				
<i>V Life Protein Balls</i>				
ZX899	Almond Spirulina Energy Balls	40g	1.85	GV
WS049	Cacao & Peanut Energy Balls	40g	1.89	GV
ZX900	Cashew & Peanut Energy Balls	40g	1.85	GV
<b>BRYNMOR</b>				
<i>Brynmor</i>				
KB409	Golden Syrup Flapjack	80g	0.99	GSV
<i>Flapjack</i>				
KB557	Apple & Raspberry	80g	0.69	SV
KB559	Apricot & Almond	80g	0.69	GSV
KB541	Cashew & Coconut	80g	0.69	SV
KB551	Cranberry	80g	0.69	SV
KB552	Pecan	80g	0.69	SV
KB555	Pistachio	80g	0.69	SV
KB543	Summer Berry	80g	0.69	GSV
<b>CLIF</b>				
KB285	Blueberry Crisp	68g	1.60	SV
KB283	Chocolate Almond Fudge Bar	68g	1.60	SV
KB083	Peanut Butter Bar	68g	1.60	SV
KB284	White Chocolate Macadamia Bar	68g	1.60	SV
<i>Builder's Bars</i>				
KB357	Choc Peanut Butter	68g	2.59	V
KB358	Chocolate	68g	2.59	V
KB356	Chocolate Mint	68g	2.59	V

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	<b>COCO-JACK</b>			
KB091	Coconut Flapjacks	65g	0.65	SV
KB315	Coconut Flapjk with Chia Seeds	65g	0.72	SV
	<b>CREATIVE NATURE</b>			
KB770	Apple Pie Flapjack Bar	40g	1.29	GV
KB755	Cacao Orange Flapjack Bar	40g	1.29	GV
KB275	Carrot Cake Flapjack Bar	38g	1.19	GV
KB946	Ginger Teatox Flapjack	38g	0.99	GV
KB947	Goji Goodness Flapjack	38g	0.99	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
	<b>DELICIOUSLY ELLA</b>			
KB435	Cacao & Almond Ball	40g	1.99	GV
KB441	Cashew & Ginger Ball	40g	1.99	GV
KB444	Coconut & Oat Ball	40g	1.99	GV
KB481	Peanut Butter & Raspberry Ball	48g	2.25	GV
KB454	Peanut Butter Ball	48g	2.25	GV
	<b>DOVES FARM</b>			
	<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
	<b>EAT NATURAL</b>			
WS031	Maple Syrup, Pecans & Peanuts	45g	0.89	GSV
	<b>FRUTINA</b>			
KB325	Fruit Snack - Variety Pack	15g	0.45	V
	<b>INSPIRAL VISIONARY PRODUCTS</b>			
ZX384	Banana Go-Go Protein Cluster	50g	1.95	GOV
ZX386	Berry Boost Protein Clusters	50g	1.95	GOV
ZX387	Mighty Mocha Protein Clusters	50g	1.95	GOV
	<b>LOVERAW</b>			
KB162	Almond & Coconut	45g	2.09	OV
KB863	Cacao & Maca	45g	2.09	OV
KB724	Cacao & Orange & Spirulina	45g	2.09	OV
KB878	Cashew & Lemon Bar	45g	2.09	OV
	<b>MA BAKER</b>			
KB679	Giant Berry Bar - Wheat Free	90g	0.85	SV
KB322	Giant Fruit Bar - Wheat Free	90g	0.85	VS
KB906	Nut Mixed Case	90g	0.85	VS
KB905	Tropical Mixed Case	90g	0.85	VS
	<i>Sugar'd Out Flapjack</i>			
KB294	Apricot	50g	0.79	V
KB293	Blueberry	50g	0.79	V
KB262	Raspberry	50g	0.79	V
	<b>MERIDIAN</b>			
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	1.25	GV
KB975	Peanut & Cocoa Bar	40g	1.25	GV
KB201	Peanut & Coconut Bar	40g	1.25	GV
KB721	Peanut Bar	40g	1.25	GV

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<b>NAIRN'S</b>				
<i>Gluten Free Oat Bars</i>				
BT330	Oat Bar Apple & Cinnamon	40g	0.89	GV
BT326	Oat Bar Cacao & Orange	40g	0.89	GV
BT325	Oat Bar Seeded Protein	40g	0.89	GV
<b>NAKD</b>				
<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	0.95	GV
KB916	Strawberries & Cream	40g	0.95	GV
<i>Multi Packs</i>				
KB930	Banana Crunch Multipack	4 x 30g	3.09	GV
KB029	Berry Delight Multipack	4 x 35g	3.09	GV
KB931	Cashew Cookie Multipack	4 x 35g	3.09	GV
KB933	Cocoa Crunch Multipack	4 x 30g	3.09	GV
KB031	Cocoa Delight Multipack	4 x 35g	3.09	GV
KB003	Cocoa Orange Multipack	4 x 35g	3.09	GV
KB936	Strawberry Crunch Multipack	4 x 30g	3.09	GV
<i>Nudie Bars</i>				
KB877	Bakewell Tart Bar	35g	0.89	GV
KB756	Berry Delight Bar	35g	0.89	GV
KB532	Blueberry Muffin	35g	0.89	GV
KB526	Carrot Cake	35g	0.89	V
KB554	Cashew Cookie Bar	35g	0.89	GV
KB347	Cocoa Coconut	35g	0.89	GV
KB757	Cocoa Delight Bar	35g	0.89	GV
KB556	Cocoa Orange Bar	35g	0.89	GV
KB558	Ginger Bread Bar	35g	0.89	GV
KB163	Lemon Drizzle Bar	35g	0.89	GV
WS021	Peanut Delight	35g	0.89	GV
KB553	Pecan Pie Bar	35g	0.89	GV
<i>Oaties</i>				
WS041	Apple Danish	30g	0.89	GV
WS045	Apple Danish Multipacks	4 x 30g	3.09	GV
WS043	Banana Bread Bars	30g	0.89	GV
WS042	Berry Bliss Bars	30g	0.89	GV
WS040	Cocoa Twist	30g	0.89	GV
<i>Posh Bits</i>				
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
<b>NOM BARS</b>				
KB964	Banana Organic Oat Bar	52g	1.59	OV
KB948	Original Organic Oat Bar	52g	1.49	OV
KB965	Protein Organic Oat Bar	52g	1.99	OV
<b>NUDIE SNACKS</b>				
ZX764	Protein Balls - Goji & Cashew	45g	1.69	GV
ZX773	Protein Balls Coconut & Pecan	45g	1.69	GV
ZX708	Protein Energy Balls	45g	1.69	GV
<b>ORGANICA</b>				
ZX776	Chewy Apricot Dream Bar	40g	0.99	OSV
KB525	Creamy Marzipan Dream Bar	40g	0.99	OSV
KB703	Golden Coconut Delight	40g	0.99	OSV
KB702	Hazelnut Nougat Delight	40g	0.99	OSV

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	<b>PERKIER</b>			
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
	<b>PLANET ORGANIC</b>			
BT070	Cacao Brazil Nut Energise Bar	30g	1.19	GOV
BT062	Chia Vanilla Energise Bar	30g	1.19	GOV
KB020	Chiamp Protein Bar	50g	1.99	GOSV
KB025	Chiamp Protein Bar	50g	1.99	GOSV
BT066	Coconut Barleygrass Bar	30g	1.19	GOV
BT057	Goji Pumpkinseed Energise Bar	30g	1.19	GOV
	<b>PULSIN'</b>			
	<i>Fruit and Nut Bars</i>			
ZX649	Berry & Beet Bar	35g	0.89	GSV
ZX650	Cacao & Raisin Bar	35g	0.89	VSG
ZX669	Raspberry & Acai Bar	35g	0.89	GSV
	<i>Fruity Oat Bars</i>			
KB792	Orange Choc Chip Fruity Oat	25g	0.59	GV
KB791	Strawberry Fruity Oat Bar	25g	0.59	GV
	<i>Porridge Bars</i>			
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
	<i>Protein Boosters</i>			
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
KB706	Vanilla Choc Chip Protein Bar	50g	1.59	GV
	<i>Raw Choc Brownies</i>			
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
	<b>RAW HEALTH</b>			
KB118	Chocada Truffles	65g	3.29	GOSV
	<b>RUDE HEALTH FOODS</b>			
ZX784	Sweet potato & cacao bar	35g	1.19	GV
KB282	The Beetroot	35g	1.19	V
KB350	The Peanut Bar	35g	1.19	GV
KB281	The Pumpkin	35g	1.19	V
	<b>SESAME SNAPS</b>			
KB001	Sesame Snaps	30g	0.32	SV
KB180	Sesame Snaps (Multipack)	4 x 1	1.10	SV
KB777	Sesame Snaps Chocolate Coated	30g	0.35	SV
KB587	Sesame Snaps Coconut	30g	0.32	SV
	<b>SUNITA</b>			
KB508	Sesame bar with Coconut Syrup	30g	0.89	OV
	<b>SWEET NOTHINGS</b>			
	<i>Flapjack Bites</i>			
KB384	Apple & Vine Fruit	68g	1.49	GV
KB334	Lime & Coconut	68g	1.49	GV
	<b>TREK</b>			
	<i>FLAPJACKS</i>			
KB498	banana bread protein flapjack	50g	1.05	GVS
KB582	Cocoa & Raisin Flapjack	50g	1.05	GSV

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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
	<b>Protein Energy Chunks</b>			
KB351	Cocoa Peanut Peak	60g	1.35	GV
KB595	Toffee Triumph	60g	1.35	GV
	<b>TREK BARS</b>			
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
	<b>TROPICAL WHOLEFOODS</b>			
KB710	Organic Mango & Brazil	40g	0.79	FOV
	<b>SOFT DRINKS</b>			
	<b>ALPRO CAFFE</b>			
JU717	Caffe Coconut Cup	235ml	1.80	V
JU626	Caffe Soy Caramel Cup	235ml	1.80	V
	<b>BELVOIR</b>			
JU315	Botanical Juniper Tonic Presse	750ml	2.95	V
JU352	Botanical Juniper Tonic Presse	250ml	1.49	V
JU628	Cucumber & Mint Presse	250ml	1.59	SV
JU629	Cucumber & Mint Presse	750ml	3.29	SV
JU060	Elderflower & Rose Presse	250ml	1.59	SV
JU236	Elderflower & Rose Presse	750ml	3.29	SV
JU694	Elderflower Light Presse	250ml	1.49	SV
JU041	Elderflower Light Presse	750ml	2.99	SV
JU795	Elderflower Presse	250ml	1.59	SV
JU674	Elderflower Presse	750ml	3.29	SV
JU810	Elderflower Presse - OG	250ml	1.69	OSV
JU792	Elderflower Presse - og	750ml	3.49	OSV
JU326	Festive Fruit Punch	750ml	3.49	SV
JU783	Freshly Squeezed Lemonade	250ml	1.59	SV
JU782	Freshly Squeezed Lemonade	750ml	3.29	SV
JU781	Ginger Beer	250ml	1.59	SV
JU780	Ginger Beer	750ml	3.29	SV
JU814	Ginger Beer - OG	250ml	1.69	OSV
JU813	Ginger Beer - or	750ml	3.49	OSV
JU812	Handmade Lemonade - og	750ml	3.49	OSV
JU811	Homemade Lemonade - OG	250ml	1.69	OSV
JU316	Light Ginger Beer Presse	750ml	2.95	V
JU344	Light Ginger Beer Presse	250ml	1.49	V
JU793	Lime and Lemongrass Presse	250ml	1.59	SV
JU739	Mulled Winter Punch	750ml	3.49	SV
JU695	Orange & Mandarin Light Presse	250ml	1.49	SV
JU314	Pink Grapefruit Presse	750ml	2.95	V
JU334	Pink Grapefruit Presse	250ml	1.49	V
JU554	Raspberry Lemonade	250ml	1.59	SV
JU045	Raspberry Lemonade Light	750ml	2.95	SV
JU313	Rhubarb & Apple with Cardamom	750ml	2.95	V
JU318	Rhubarb & Apple with Cardamom	250ml	1.49	V
JU559	Spiced Ginger Punch	750ml	3.49	SV
	<b>Non Alcoholic Wines</b>			
JU018	Red Shiraz	750ml	3.75	SV
JU021	Sparkling Rose	750ml	3.75	SV

code	product	size	rrp	bfgosv
	<i>Presses in Cans</i>			
JU340	Elderflower Presse	250ml	1.29	SV
JU345	Ginger Beer Presse	250ml	1.29	V
JU341	Raspberry Lemonade	250ml	1.29	SV
	<b>BIONA</b>			
JU591	ACV Drink Blackcurrant	330ml	2.99	OSV
JU590	ACV Drink Original	330ml	2.99	OSV
JU623	ACV Drink Raspberry Mint	330ml	2.99	OSV
JU183	Coconut Water - og	330ml	1.79	OV
JU556	Kombucha Ginger Lime	330ml	2.99	OSV
JU523	Kombucha Original	330ml	2.99	OSV
JU551	Kombucha Sour Cherry Mint	330ml	2.99	OSV
	<b>BOTTLE GREEN</b>			
JU264	Elderflower Presse	275ml	1.56	SV
JU046	Ginger & Lemongrass Sparkling	275ml	1.56	SV
JU350	Pomegranate/Elderflower Presse	275ml	1.56	SV
	<i>Cans</i>			
JU109	Elderflower Sparkling Infusion	250ml	1.15	SV
JU140	Raspberry Pomegranate Infusion	250ml	1.15	SV
	<i>Glass Bottles</i>			
JU011	Cox's Apple Sparkling Presse	275ml	1.56	SV
JU039	Ginger Beer	275ml	1.56	SV
JU072	Mango & Coconut Sparkling	275ml	1.56	SV
JU092	Raspberry Lemonade Sparkling	275ml	1.56	SV
	<b>CAPTAIN KOMBUCHA</b>			
JU711	California Raspberry	400ml	2.89	GSV
JU710	Coconut Summer Beach	400ml	2.89	GSV
JU404	Ginger & Lemon	400ml	2.89	GSV
JU709	Original	400ml	2.89	GSV
	<b>CAWSTON PRESS</b>			
JU265	Apple & Rhubarb in cans	330ml	1.09	SV
JU238	Cloudy Apple in cans	330ml	1.09	V
JU478	Elderflower Lemonade	330ml	1.09	V
JU477	Ginger Beer	330ml	1.09	V
	<b>CHARITEA</b>			
JU598	ChariTea Black	330ml	1.29	FOSV
JU595	ChariTea Red	330ml	1.29	FOSV
	<b>CHI</b>			
JU363	Chocolate Coconut Milk	330ml	1.79	SV
JU330	Coconut Water Pure	1l	3.65	V
	<b>COCOFINA</b>			
JU368	Cocofina Natural Coconut Water	1l	3.99	OV
	<b>DALSTON'S</b>			
	<i>Cans</i>			
JU163	Cherryade	330ml	1.09	GSV
JU059	Cola	330ml	1.09	SV
JU166	Fizzy Elderflower	330ml	1.09	GSV
JU162	Ginger Beer	330ml	1.09	GSV
JU069	Lemonade	330ml	1.09	SV
JU067	Orangeade	330ml	1.09	SV
	<b>DASH WATER</b>			
JU718	Dash Sparkling Cucumber	330ml	1.29	V
JU716	Dash Sparkling Lemon	330ml	1.29	V
JU170	Dash Sparkling Raspberry	330ml	1.29	V
	<b>FENTIMANS</b>			
JU008	Cherry Cola	275ml	1.19	SV
JU333	Cherry Cola	750ml	3.49	SV
JU625	Curiosity Cola	275ml	1.19	SV



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JU573	Curiosity Cola	750ml	3.49	SV
JU908	Dandelion & Burdock	275ml	1.19	SV
JU281	Dandelion & Burdock	750ml	3.49	SV
JU463	Gently Sparkling Elderflower	275ml	1.29	SV
JU632	Gently Sparkling Elderflower	750ml	3.49	SV
JU346	Ginger Beer	275ml	1.19	SV
JU280	Ginger Beer	750ml	3.49	SV
JU226	Lime & Jasmine	275ml	1.19	SV
JU354	Mandarin Seville Orange Jigger	275ml	1.19	SV
JU618	Rose Lemonade	275ml	1.29	SV
JU455	Rose Lemonade	750ml	3.49	SV
JU312	Sparkling Raspberry	275ml	1.19	SV
JU306	Sparkling Raspberry	750ml	3.49	SV
JU435	Victorian Lemonade	275ml	1.19	VS
	<b>Cans</b>			
JU268	Cherry Cola	250ml	1.45	SV
JU278	Curiosity Cola	250ml	1.45	SV
JU300	Rose Lemonade	250ml	1.45	SV
	<b>Mixer Range</b>			
JU153	Bitter Lemonade	500ml	2.29	SV
JU156	Botanical Tonic Water	500ml	2.29	SV
JU471	Botanical Tonic Water	4 x 200ml	4.10	SV
JU009	Connoisseurs Tonic	500ml	2.29	SV
JU467	Ginger Beer	4 x 275ml	6.10	SV
JU158	Ginger Beer & Muddled Lime	500ml	2.29	SV
JU160	Naturally Light Tonic	500ml	1.85	SV
JU755	Naturally Light Tonic	4 x 200ml	4.10	SV
JU422	Oriental Yuzu	500ml	1.85	SV
JU161	Pink Grapefruit Tonic Water	500ml	2.29	SV
JU421	Pink Rhubarb	500ml	2.29	SV
JU207	Premium Indian Tonic Water	500ml	1.85	SV
JU761	Premium Indian Tonic Water	125ml	0.78	SV
JU754	Premium Indian Tonic Water	4 x 200ml	4.10	SV
JU167	Rose Lemonade	500ml	2.29	SV
JU010	Valencian Orange Tonic	500ml	2.29	SV
	<b>Mixer Range - Cans</b>			
JU232	Ginger Ale	150ml	0.89	SV
	<b>FEVERTREE</b>			
JU387	Tonic Water	4 x 200ml	4.55	SV
	<b>FIREFLY NATURAL DRINKS</b>			
	<b>Fruit Juice &amp; Botanic Extracts</b>			
JU403	Grapefruit & Passionfruit	330ml	1.79	V
JU348	Kiwi, lime & Mint	330ml	1.79	V
JU299	Lemon, Lime & Ginger	330ml	1.79	V
JU715	Mr Lyan - Superfly	330ml	1.79	V
JU296	Peach & Green Tea	330ml	1.79	V
JU180	Pomegranate & Elderflower	330ml	1.79	V
	<b>FOR GOODNESS SHAKES</b>			
	<b>Plant Based Shakes</b>			
JU465	Smooth Chocolate	330ml	2.29	V
JU469	Strawberry	330ml	2.29	V
JU470	Vanilla Chai	330ml	2.29	V
	<b>FROBISHERS</b>			
	<b>Classics</b>			
JU724	Apple Pear & Elderflower	330ml	1.65	SV
JU727	Sparkling Ginger	330ml	1.65	SV
JU726	Sparkling Raspberry	330ml	1.65	SV
JU725	St Clements Orange & Lemon	330ml	1.65	SV

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<b>GUSTO</b>				
JU222	Cherry Cola	275ml	1.89	OV
JU223	Fiery Ginger With Chipotle	275ml	1.89	FOV
JU148	Lemon Energy	250ml	1.99	OV
JU376	Naturally Slim Cola	275ml	1.95	FGV
JU353	Organic Real Cola	275ml	1.95	FGOV
JU147	Original Energy	250ml	1.99	OV
JU224	Sicilian Blood Orange	275ml	1.89	FOV
<b>HAMPSTEAD TEA</b>				
JU033	Elderflower Iced Tea - og	330ml	1.39	FOSV
JU016	Lemon Iced Tea - og	330ml	1.39	FOSV
JU494	Peach Iced Tea - og	330ml	1.39	FOSVB
JU017	Raspberry Iced Tea - og	330ml	1.39	FOSV
<b>JAX COCO</b>				
<i>Glass bottles</i>				
JU740	Coconut Water Lemon Ginger	238ml	2.79	V
JU738	Pure Coconut Water	238ml	2.69	V
<i>Tetrapacks</i>				
JU743	Coconut Water Pure	330ml	1.89	V
JU742	Coconut Water Pure	1l	3.85	V
<b>KARMA COLA</b>				
<i>Cans</i>				
JU617	Gingerella Ginger Ale	250ml	1.20	FOSV
JU616	Karma Cola	250ml	1.20	FOSV
JU749	Karma Cola - sugar free	250ml	1.20	FV
JU615	Lemony Lemon	250ml	1.20	FSOV
<i>Glass Bottles</i>				
JU073	Gingerella Ginger Ale	330ml	1.75	FOVS
JU075	Karma Cola	330ml	1.75	FOSV
JU750	Karma Cola - Sugar Free	330ml	1.75	FV
JU078	Lemony Lemon	330ml	1.75	FOSV
JU302	Summer Orangeade	330ml	1.75	FOSV
<b>LA MAISON DO COCO</b>				
JU756	Coconut Water - Fairtrade OG	330ml	1.89	OFV
<b>LEMONAID BEVERAGES</b>				
JU592	Lemonaïd Blood Orange	330ml	1.75	FOSV
JU587	Lemonaïd Lime	330ml	1.75	OSV
JU589	Lemonaïd Passion Fruit	330ml	1.75	FOSV
<b>LOVERAW</b>				
SY087	Almond Caffè Latte	330ml	2.39	GV
SY084	Almond, Cacao & Cardamom Drink	330ml	2.39	V
SY095	Turmeric Chai Latte	330ml	2.39	GV
<b>LUSCOMBE DRINKS</b>				
JU434	Blueberry Crush	270ml	1.79	OV
JU584	Cool Ginger Beer	270ml	1.69	OV
JU438	Cranberry Crush	270ml	1.79	OV
JU482	Damascene Rose Bubbly	270ml	1.75	OV
JU586	Hot Ginger Beer	270ml	1.69	OV
JU483	Madagascar Vanilla Soda	270ml	1.75	OV
JU480	Passionate Ginger Beer	270ml	1.79	OV
JU145	Raspberry Crush	270ml	1.75	OV
JU583	Sicilian Lemonade	270ml	1.69	OV
JU439	St Clements	270ml	1.79	OV
JU442	Strawberry Crush	270ml	1.75	OV
JU585	Wild Elderflower Bubbly	270ml	1.75	OV
<i>Mixer range</i>				
JU759	Devon Tonic	200ml	0.95	SV

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JU760	Elderflower Tonic	200ml	0.95	SV
JU758	Grapefruit Tonic	200ml	0.95	SV
	<b>NORFOLK PUNCH</b>			
JU458	Hearts Delight	750ml	6.99	V
	<b>ORGANICO</b>			
JU367	Blueberry Sparkle	750ml	4.45	OV
JU473	Bubbly Blackcurrant Juice	750ml	4.45	OV
JU194	Lemon & Apple Refresher	750ml	4.45	OV
JU624	Perfect Passionfruit Juice	750ml	4.45	OV
JU369	Raspberry Fizz	750ml	4.45	OV
	<b>POPABALL</b>			
	<i>Bursting Fruity Fun Bubbles</i>			
JU262	Bubbles for Gin Duo	2 x 60g	3.69	V
JU245	Bubbles for Prosecco Duo	2 x 60g	3.69	V
JU214	Christmas Sharing Pack	2 x 125g	6.99	V
JU274	Passion Fruit Bursting Bubbles	125g	3.39	V
JU283	Raspberry Bursting Bubbles	125g	3.39	V
JU270	Strawberry Bursting Bubbles	125g	3.39	V
	<b>REBEL KITCHEN</b>			
JU303	Chai Mylk	330ml	1.89	V
JU392	Chocolate Mylk	330ml	1.89	V
JU528	Coffee Mylk	330ml	1.89	V
JU393	Matcha Green Tea Mylk	330ml	1.89	V
	<i>Kids Range</i>			
JU685	Banana Mylk	250ml	1.29	OV
JU689	Choco Mylk	250ml	1.29	OV
JU690	Orange Choc Mylk	250ml	1.29	OV
	<b>ROCKS</b>			
JU503	Blackcurrant & Elderflower	250ml	1.39	OSV
JU229	Elderflower	250ml	1.39	OSV
JU500	Ginger & Wasabi	250ml	1.39	OSV
JU502	Mango & Orange	250ml	1.39	OSV
JU499	Raspberry & Lime	250ml	1.39	OSV
JU501	Strawberry & Blackcurrant	250ml	1.39	OSV
	<b>SCHECKTERS</b>			
JU669	Scheckters Organic Energy	250ml	1.73	OVS
JU154	Scheckters Organic Energy Lite	250ml	1.73	OSV
JU203	Sparkling Green Tea & Ginger	250ml	1.73	OVS
JU219	Sparkling Green Tea & Mint	250ml	1.73	OVS
	<b>SIMPLEE ALOE</b>			
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
JU706	Aloe with Coconut Water	1l	3.49	GV
	<b>SWEET FREEDOM</b>			
JU378	Choc Shake Banana	310g	3.99	GV
JU464	Chock Shake Caramel	310g	3.99	GV
	<b>VIRTUE ENERGY WATER</b>			
JU765	Berries	250ml	1.35	V
JU766	Lemon & Lime	250ml	1.35	V
	<b>WHOLE EARTH</b>			
JU311	Apple Drink - og	330ml	1.29	OSV
JU946	Cola - organic	330ml	1.29	OSV
JU935	Lemonade - organic	330ml	1.29	OSV
JU947	Mountain Cranberry - Organic	330ml	1.29	OSV
JU310	Orange & Lemonade - og	330ml	1.29	OSV
JU189	Sparkling Elderflower - og	330ml	1.29	OV
JU186	Sparkling Ginger - og	330ml	1.29	OV

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<b>SOUPS</b>				
<b>SUMA</b>				
VF330	Carrot & Coriander Soup	400g	1.55	OV
VF345	Italian Tomato & Basil Soup	400g	1.55	OSV
VF390	Minestrone Soup	400g	1.55	OV
VF325	Pea Soup	400g	1.55	OV
VF500	Red Pepper & Tomato Soup	400g	1.55	OV
VF525	Rustic Vegetable Soup	400g	1.55	OV
VF365	Spicy Lentil Soup	400g	1.55	OV
VF340	Tomato Soup	400g	1.55	OV
VF685	Tuscan Bean Soup	400g	1.55	OV
<b>AMY'S KITCHEN</b>				
VF260	Lentil Soup	400g	2.10	GOV
VF265	Lentil Vegetable Soup	400g	2.10	GOV
VF268	Split Pea Soup	400g	2.10	GOV
VF245	Vegetable Barley Soup	400g	2.10	OV
<i>Hearty Soup</i>				
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
<b>ESSENTIAL TRADING</b>				
VF085	Lentil & Pumpkin Soup	680g	2.95	OV
VF225	Lentil Soup	680g	2.95	OV
VF375	Pea Soup	680g	2.95	OV
<b>FREE &amp; EASY</b>				
VF302	Broccoli & Kale	400g	1.65	GOV
VF096	Butternut Squash & Ginger - Og	400g	1.55	OV
VF297	Butternut, Sweet Potato, Turmeric	400g	1.65	GOV
VF124	Carrot & Coconut Soup	400g	1.55	OV
VF720	Lentil & Red Pepper Soup - Org	400g	1.55	OV
VF086	Pea & Mint Soup - Org	400g	1.55	OV
VF097	Sweet Potato & Chia Soup - Org	400g	1.65	OV
VF301	Sweet Potato & Quinoa	400g	1.65	GOV
VF083	Tomato Soup - Org	400g	1.55	OV
<b>SOUPS (CHILLED)</b>				
<b>TIDEFORD ORGANIC FOODS</b>				
CV382	Beetroot and Curly Kale	600g	3.05	OV
CV619	Country Veg, Rosemary & Thyme	600g	3.05	OV
CV356	Italian Tomato Soup	600g	3.05	OV
CV782	Lentil and Spinach Dahl	600g	3.05	GOV
CV357	Minestrone Soup	600g	3.05	OV
CV644	Pea Soup	600g	3.05	OV
CV383	Red Lentil Soup	600g	3.05	OV
CV699	Spiced Sweet Potato Soup	600g	3.05	OV
CV364	Spinach & Split Pea Soup	600g	3.05	OV
CV734	Tomato and Basil	600g	3.05	GOV
CV819	Winter Greens Soup	600g	3.05	OV
CV783	Winter Spiced Parsnip Soup	600g	3.05	GOV
<b>SOYA YOGS &amp; DESSERTS (CHILLED)</b>				
<b>PROVAMEL</b>				
CV719	Org Lime and Lemon Balm Yofu	500g	2.25	GOSV
CV108	Org Raspberry & Vanilla Yofu	4 x 125g	2.25	OSV
CV455	Org Soya Almond Yoghurt	500g	2.10	GOV
CV454	Org Soya Coconut Yoghurt	500g	2.10	OV
CV092	Organic Blueberry Yofu	4 x 125g	2.25	OSV

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CV078	Organic Blueberry Yofu	500g	2.25	OSV
CV075	Organic Forest Fruit Yofu	500g	2.25	GOSV
CV061	Organic Natural Soy Yoghurt	4 x 125g	2.10	GOV
CV069	Organic Natural Yofu	500g	2.10	OV
CV009	Organic Orange & Redbush Yofu	500g	2.25	GOSVB
CV081	Organic Peach & Mango Yofu	4 x 125g	2.25	GOSV
CV318	Organic Vanilla Yofu	500g	2.25	GOSV
<b>SOJADE</b>				
CV485	Apricot Soya Yoghurt	400g	2.04	OSV
CV722	Blkcurrant & Crnberry Soya Yog	400g	2.04	OSVB
CV486	Blueberry Soya Yoghurt	400g	2.04	OVS
CV724	Lemon Soya Yoghurt	400g	2.04	OSVB
CV096	Mango & Coconut Yoghurt	400g	2.04	GOSV
CV483	Natural Soya Yoghurt	400g	1.35	OV
CV248	Org Apricot & Guava Soya Yog	125g	0.70	OSV
CV244	Organic Blueberry Soya Yoghurt	125g	0.70	OSV
CV255	Organic Cherry Soya Yoghurt	125g	0.70	OSV
CV253	Organic Lemon Soya Yoghurt	125g	0.70	VOS
CV247	Organic Mango & Peach Soya Yog	125g	0.70	VOS
CV494	Organic Mango & Peach Soya Yog	400g	2.04	SOV
CV174	Organic Natural Soya Yogurt	125g	0.50	OV
CV102	Organic Strawberry Soya Yog	400g	2.04	OVS
CV173	Organic Strawberry Soya Yogurt	125g	0.70	VOS
CV251	Rasp/Passion soya dessert OG	125g	0.70	VOS
CV266	Sojade Natural soya dessert	250g	0.95	OV
CV723	Vanilla Soya Yoghurt	400g	2.04	OSVB
<i>Layered Soya Yoghurt</i>				
CV438	Pineapple Coconut Yoghurt	125g	0.75	GOVSB
<b>SPIRITS &amp; LIQUEURS</b>				
WN024	Highland Harvest Blended Malt	35cl	22.75	OV
WN086	Highland Harvest Blended Malt	70cl	39.35	OV
WN022	Highland Harvest Single Malt	70cl	47.77	OV
WN048	Juniper Green Fairwild Gin	70cl	28.22	OV
WN021	Juniper Green Trophy Gin	70cl	37.99	GOV
WN005	Papagayo Golden Rum	70cl	30.35	OV
WN087	Papagayo Spiced Rum	70cl	30.35	OV
WN088	Papagayo White Rum	70cl	29.89	OV
WN049	Utkins Single Estate Vodka	70cl	27.15	OV
<b>DA MHILE</b>				
WN129	Botanical Gin - organic	70cl	42.45	OV
WN039	Miniature Gins Gift Pack	5cl	19.99	OV
WN355	Oak Aged Gin - organic	70cl	42.45	OV
WN062	Orange Liqueur - organic	70cl	35.99	OSV
WN130	Seaweed Gin - organic	70cl	42.45	OV
WN035	Sloe Gin - organic	70cl	42.45	OSV
<b>KIN</b>				
WN037	Kin Toffee Vodka	5cl	3.29	V
WN038	Kin Toffee Vodka	50cl	18.15	V
<b>SWEET POTATO SPIRITS COMPANY</b>				
WN074	Chocolate & Chilli Moonshine	50cl	21.99	V
WN157	Chocolate Chilli Moonshine	5cl	4.65	V
WN161	Lavender Gin	5cl	4.65	V
WN152	Lavender Gin	50cl	26.49	V
WN162	Mini Gins Gift Pack	4 x 5cl	19.99	V
WN045	Mini Moonshines Gift Pack	4 x 5cl	19.99	V
WN160	Orange Gin	5cl	4.65	V
WN151	Orange Gin	50cl	26.49	V

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WN154	Pink Marshmallow Moonshine	5cl	4.65	V
WN047	Pink Marshmallow Moonshine	50cl	21.99	V
WN158	Plum Gin	5cl	4.65	V
WN073	Plum Gin	50cl	26.49	V
WN159	Raspberry Gin	5cl	4.65	V
WN150	Raspberry Gin	50cl	26.49	V
WN156	Toffee Apple Moonshine	5cl	4.65	V
WN053	Toffee Apple Moonshine	50cl	21.99	V
<b>SUGARS &amp; SYRUPS</b>				
<b>SUMA</b>				
LJ099	Agave Syrup - organic	240ml	3.95	OV
LJ121	Agave Syrup - organic	500ml	7.95	OV
LJ150	Agave Syrup - organic	5l		OV
LJ300	Coconut Blossom Syrup Organic	350g	5.69	OV
HY019	Malt Extract	3.18kg		V
<b>SUMA BAGGED DOWN</b>				
LJ095	Dark Muscovado Sugar	3kg		VS
LJ053	Demerara Sugar	3kg		VS
LJ180	Demerara Sugar	10kg		VS
LJ094	Light Muscovado Sugar	3kg		VS
LJ097	Soft Brown Sugar	3kg		VS
LJ184	Soft Brown Sugar	10kg		VS
<b>SUMA BAGGED DOWN - ORGANIC</b>				
LJ104	Coconut Palm Sugar, Organic	3kg		OSV
LJ679	Demerara Sugar - organic	3kg		OSV
LJ159	Icing Sugar - organic	3kg		VOS
LJ096	Raw Cane Sugar - organic	3kg		OVS
LJ055	Raw Cane Sugar - organic	10kg		OSV
<b>SUMA COMMODITIES</b>				
LJ066	Dark Muscovado Sugar	25kg		VS
LJ052	Demerara Sugar	25kg		VS
LJ546	Fairtrade Golden Granulated	25kg		FVS
LJ065	Light Muscovado Sugar	25kg		VS
LJ069	Soft Brown Sugar	25kg		VS
<b>SUMA COMMODITIES - ORGANIC</b>				
LJ217	Caster Sugar Fairtrade Organic	25kg		FOV
LJ098	Coconut Sugar	20kg		OV
LJ876	Demerara Sugar, organic	25kg		OSV
LJ890	Icing Sugar - organic	25kg		OSV
LJ068	Raw Cane Sugar - organic	25kg		SOV
<b>SUMA PREPACKS</b>				
LJ090	Golden Granulated Sugar	500g	2.75	FV
LJ241	Soft Light Brown Sugar	500g	2.75	SV
<b>SUMA PREPACKS - ORGANIC</b>				
LJ100	Coconut Palm Sugar, Organic	500g	4.55	OSV
LJ261	Demerara Sugar - organic	500g	3.15	OSV
LJ255	Icing Sugar - organic	500g	3.75	VOS
LJ251	Raw Cane Sugar - organic	500g	2.75	OSV
<b>ATKINS &amp; POTTS</b>				
LJ194	Rosehip Syrup	200g	3.50	SV
<b>BALI NUTRA</b>				
LJ295	Coconut Syrup	370g	6.99	OV
<b>BILLINGTONS</b>				
LJ188	Fairtrade Demerara	500g	1.75	FV
LJ185	Fairtrade Golden Gran Sugar	500g	1.59	FV
LJ186	Fairtrade Light Brown Soft	500g	1.65	FV
LJ192	Fairtrade Natural Dark Brown	500g	1.69	FV
LJ501	Golden Icing Sugar	500g	2.25	VS

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LJ999	Granulated Sugar - organic	500g	2.35	VO
LJ190	Organic Natural Caster	500g	2.69	OVS
LJ060	Sugar - Dark Muscovado	500g	1.89	VS
LJ058	Sugar - Demerara	500g	1.59	SV
LJ057	Sugar - Golden Caster	1kg	3.25	SV
LJ056	Sugar - Golden Granulated	1kg	3.29	VS
LJ059	Sugar - Light Muscovado	500g	1.85	VS
LJ109	Sugar - Molasses	500g	1.95	VS
	<b>BIONA</b>			
LJ083	Coconut Blossom Nectar	350g	6.39	OV
LJ011	Coconut Palm Sugar - Organic	250g	2.99	OSV
LJ014	Coconut Palm Sugar - Organic	500g	5.49	OSV
LJ182	Dark Agave Syrup	250ml	3.99	OV
HY026	Organic Brown Rice Syrup	350g	3.39	OV
HY020	Organic Date Syrup	350g	3.59	OV
HY022	Organic Maple Agave Syrup	350g	5.39	OV
LJ181	Rapadura / Sucanat Sugar	500g	3.69	OSV
	<b>CHANTICO</b>			
LJ026	Agave Sweetener - Golden	335g	3.49	OV
LJ025	Agave Sweetener - Original	335g	3.49	OV
LJ226	Raw Agave Syrup	333g	3.49	GOV
LJ227	Wild Agave Syrup	333g	3.49	GOV
	<b>CLEARSPRING</b>			
HY210	Rice Malt Syrup - organic	330g	3.19	OV
	<b>COCOFINA</b>			
HY057	Coconut Flower Nectar - og	350ml	6.99	OV
	<b>EQUAL EXCHANGE</b>			
LJ500	Raw Cane Sugar - organic	500g	2.39	FOSV
LJ527	Sugar Sticks	1		FOVS
	<b>HASSLACHER'S</b>			
LJ163	Colombian Panela	200g	2.99	OSV
	<b>HONEA</b>			
HY061	Lavender Honea - Vegan	230ml	6.00	SV
HY060	Orange Blossom Honea - Vegan	230ml	6.00	SV
HY058	Original Fennel Honea - Vegan	230ml	6.00	SV
	<b>MARIGOLD</b>			
LJ179	Pomegranate Molasses	250ml	4.29	V
	<b>MERIDIAN</b>			
LJ297	Agave Syrup Blue Grade-Squeezy	250g	3.99	OV
HY077	Barley Malt Extract	370g	2.29	V
HY006	Barley Malt Extract - og	370g	2.79	OV
HY080	Date Syrup	330g	2.99	V
LJ296	Date Syrup - Squeezy	335g	2.99	V
HY250	Maple Syrup - organic	330g	6.99	OV
LJ298	Maple Syrup Organic - Squeezy	250g	6.99	OV
HY300	Molasses - Organic, Fairtrade	350g	1.99	FOV
HY081	Organic Blackstrap Molasses	740g	2.99	OV
HY038	Pure Cane Molasses	740g	2.99	SV
	<b>RAYNERS</b>			
LJ901	Black Treacle - organic	340g	2.35	OV
HY088	Blackstrap Molasses	340g	1.95	VS
LJ587	Fairtrade Organic Golden Syrup	340g	3.75	FVO
LJ704	Golden Syrup - Organic	5kg	33.35	FOV
LJ900	Malt Extract - Organic	340g	2.59	OV
LJ589	Malt Extract - Organic	5kg	20.49	OV
	<b>SHADY MAPLE FARMS</b>			
HY899	Maple Syrup - organic	1.89l	55.49	OV
HY025	Maple Syrup - organic	250ml	7.99	OV
HY014	Maple Syrup - organic (Pouch)	125ml	4.35	OV

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	<b>ST LAWRENCE GOLD</b>			
HY009	Maple Syrup Grade A Amber	250ml	6.39	V
HY053	Og Maple Syrup Grade A Amber	250ml	6.79	OV
HY056	Og Maple Syrup Grade a Amber	1l	24.29	OV
HY035	Og Maple Syrup Grade A Amber	500ml	12.69	OV
HY042	Og Maple Syrup Grade A Dark	250ml	6.79	OV
	<b>SUGAVIDA</b>			
LJ314	Sugavida - Natural Sweetener	250g	7.99	OV
	<b>SWEET FREEDOM</b>			
LJ041	Natural Sweetness - Original	350g	3.38	V
LJ137	Natural Sweetness - Original	5l		V
	<b>SWEET LIKE SUGAR</b>			
LJ142	Stevia Sachet	50	4.99	V
	<b>TERRASANA</b>			
HY330	Blueberry & Maple Syrup	250ml	4.75	OV/S
HY754	Maple Syrup	1l	26.55	OV
HY654	Maple Syrup	250ml	7.39	OV
HY251	Maple Syrup Grade A No 1	250ml	7.65	OV
	<b>THE RAW CHOCOLATE CO</b>			
LJ071	Coconut Palm Sugar	230g	3.65	GOV
	<b>TOTAL SWEET</b>			
LJ124	Total Sweet	225g	2.99	V
LJ125	Total Sweet	1kg	11.15	V
	<b>TRAIDCRAFT</b>			
LJ515	Brown Sugar Sticks	3g	12.19	FVS
LJ889	Caster Sugar - Golden Caster	500g	1.65	FSV
LJ880	Sugar - Dark Muscovado Sugar	500g	1.75	FSV
LJ990	Sugar - Demerara	500g	1.65	FSV
LJ132	Sugar - Raw Cane	500g	1.65	FSV
LJ514	White Sugar Sticks	3g	12.19	FVS
	<b>TRUVIA</b>			
LJ086	Sweetener from the Stevia Leaf	270g	5.49	V
	<b>XYLITOL UK</b>			
LJ051	Xylitol Sweetener	250g	3.09	V
LJ047	Xylitol Sweetener	1kg	11.39	V
	<b>XYLOBRIT</b>			
LJ240	Xylobrit Sugar Free Sweetener	250g	3.15	V
LJ262	Xylobrit Sugar Free Sweetener	1kg	9.99	V
	<b>ZYLOSWEET</b>			
LJ001	Xylitol Crystals	300g	5.55	V
	<b>SUPERFOODS &amp; SPORTS NUTRITION</b>			
	<b>SUMA BAGGED DOWN</b>			
VM234	Organic Maca Powder	1kg		OV
	<b>SUMA COMMODITIES - ORGANIC</b>			
VM233	Organic Maca Powder	20kg		OV
	<b>ADUNA</b>			
VM198	Baobab Superfruit Powder	275g	12.99	OV
VM196	Moringa Green Superleaf Powder	100g	6.99	OV
VM195	Moringa Green Superleaf Powder	275g	13.99	OV
	<b>BEET IT</b>			
	<i>From James White</i>			
JU199	Beet It Sports Stamina Shot	70ml	1.59	V
JU201	Beet It Stamina Shot	70ml	1.45	OV
	<b>BIONA</b>			
MD736	Cracked Linseed Gold Organic	500g	4.79	OV
	<b>CLEARSPRING</b>			
MD069	Flaxseed Protein Powder	350g	5.89	GOV
MD048	Pumpkin Seed Protein Powder	350g	10.99	GOV



code	product	size	rrp	bfgosv
	<b>CREATIVE NATURE</b>			
MD103	Cacao Powder - Peruvian	200g	6.99	OV
MD079	Hemp Protein Powder	300g	7.70	V
MD142	Shelled Hemp Seeds	300g	8.99	OV
	<b>GOOD HEMP NUTRITION</b>			
MD201	Hemp Protein Powder - Natural	2.5kg	40.00	V
MD250	Hemp Protein Powder - Raw	500g	10.50	V
	<b>GRANOVITA</b>			
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
	<b>GREEN ORIGINS</b>			
MD015	Acai Berry Powder Organic	75g	9.99	OV
MD189	Baobab Powder Raw Organic	150g	8.99	OV
MD177	Cacao Butter Organic	150g	5.99	OV
MD021	Cacao Powder Organic	150g	5.99	OV
MD002	Chlorella Powder Organic	150g	9.99	OV
MD181	Lucuma Powder Raw Organic	150g	6.99	OV
MD054	Organic Hemp Protein Powder	200g	5.99	VO
MD052	Organic Raw Cacao Nibs	150	5.99	VO
MD014	Spirulina Powder Organic	150g	6.99	OV
	<i>Capsules &amp; Tablets</i>			
MD037	Chlorella & Spirulina Tablets	180	11.75	OV
MD044	Chlorella Tablets	180	11.75	OV
MD045	Maca Capsules	90	11.75	OV
MD029	Spirulina Tablets	180	11.75	OV
	<b>JAMES WHITE</b>			
JU141	Acai Caffeine Zinger Shot	70ml	1.65	V
JU647	Extra Ginger Zinger Shot	70ml	1.65	OV
JU571	Ginger Zinger Shot	70ml	1.49	OV
JU649	Lime & Chilli Ginger Shot	70ml	1.49	OV
JU640	Turmeric Zinger Shot	70ml	1.65	V
	<b>LINWOODS</b>			
MD113	Chia Seed	200g	6.19	GV
MD109	Flax,Almond,Brazil,Walnut,Q10	360g	6.25	GV
MD018	Flax,Chia,Apple & Cinnamon	200g	4.89	V
MD011	Flax,Cocoa & Mulberry	200g	3.99	GOV
MD147	Flax,Sunflower & Pumpkin Seeds	200g	3.55	GOV
MD101	Flax,Sunflower & Pumpkin Seeds	425g	6.05	OV
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
MD112	Flaxseed,Bio Cultures & Vit D	360g	6.25	V
MD110	Shelled Hemp	225g	7.09	V
	<i>Hemp Protein +</i>			
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
	<i>Organic Sprouted Range</i>			
VM263	Sprouted Flaxseed	360g	6.99	GOV
	<i>Seed Boost Sachets</i>			
MD050	Flax, Almond,Brazil,Walnut,Q10	15g	0.89	GV
MD049	Flaxseed & Goji Berries	15g	0.89	VSO
MD051	Flaxseed, Bio Cultures & Vit D	15g	0.89	VG
MD047	Shelled Hemp	12g	0.89	GV

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<b>LOVERAW ORGANIC FOOD BOOSTER</b>				
VM238	Easy Greens	150g	15.69	OV
VM237	Energise	150g	15.70	OV
VM240	Immunity	150g	15.70	OV
VM239	Skin Food	150g	15.70	OV
<b>NATURYA</b>				
MD111	Chia Seeds	300g	7.59	V
MD040	Greens Blend Organic	250g	19.99	FGOV
MD151	Lucuma Powder	300g	14.99	V
MD158	Organic Acai Powder	125g	25.99	OV
MD157	Organic Barleygrass Powder	200g	13.99	OV
MD216	Organic Cacao Powder F/trade	250g	7.99	FVO
MD156	Organic Chlorella Powder	200g	16.99	OV
MD153	Organic Cocoa Nibs	300g	8.35	OV
MD152	Organic Hemp Protein Powder	300g	14.35	OV
MD150	Organic Maca Powder	300g	12.99	OV
MD155	Organic Spirulina Powder	200g	13.99	OV
MD154	Organic Wheatgrass Powder	200g	13.99	OV
MD067	Turmeric Superblend	250g	7.99	GOV
<b>PREWETTS</b>				
VM020	Organic Ground Flaxseed	175g	2.45	OV
<b>PULSIN'</b>				
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
VM027	Pea Protein Isolate	1kg	23.99	GV
VM092	Pea Protein Powder	250g	7.99	GV
VM024	Rice Protein Powder	250g	9.99	GV
VM010	Soya Protein Isolate	1kg	17.99	GV
VM095	Soya Protein Powder	250g	5.99	GV
<b>RAINFOREST FOODS</b>				
<i>Capsules &amp; Tablets</i>				
MD248	Maca Root Capsules 500mg	120	15.99	OV
MD246	Spirulina Tablets 500mg	300	15.99	OV
<i>Pouches</i>				
MD261	4 Root Maca Powder	300g	10.99	OV
MD266	Acai Berry Powder	125g	18.99	OV
MD264	Cacao Powder	250g	9.99	OV
MD259	NZ Wheatgrass Powder	200g	15.99	OV
MD258	Spirulina Powder	200g	9.99	OV
<b>THE RAW CHOCOLATE CO</b>				
KB856	Acai Powder	80g	12.54	OV
<b>SUPPLEMENTS &amp; REMEDIES</b>				
<b>SUMA</b>				
MD106	Slippery Elm	500g		V
<b>SUMA PREPACKS</b>				
HE250	Psyllium Husk	200g	5.45	V
<b>ALOE PURA</b>				
MD030	Colax Tablets	60	9.99	V
<b>BETAVIVO</b>				
VM056	Crispy Oat Heart Cereal	23g	16.99	V
<b>BETTER YOU</b>				
VM171	Boost B12 Oral Spray	25ml	11.95	GV
VM282	Iron Daily Oral Spray	25ml	9.95	V
VM169	Magnesium Body Butter	200ml	9.95	V
VM029	Magnesium Flakes	250g	3.95	V

code	product	size	rrp	bfgosv
VM168	Magnesium Flakes	1kg	9.95	V
VM247	Magnesium Gel - Original	150ml	11.95	V
VM167	Magnesium Oil - Goodnight	100ml	12.20	V
VM164	Magnesium Oil - Original	100ml	12.20	V
VM002	Magnesium Oil - Recovery	100ml	12.20	V
VM166	Magnesium Oil - Sensitive	100ml	12.20	V
MD034	Turmeric Daily Oral Spray	25ml	17.95	V
VM262	Vitamin K2	25ml	17.95	V
	<b>BIOFORCE</b>			
MD670	Echinaforce	50ml	10.65	V
	<b>FLORADIX</b>			
MD023	Detox Bio Herbal Formula	250ml	16.95	OV
MD035	Floradix Intestecare	250ml	14.75	V
MD016	Floradix Vitamin B Complex	250ml	12.69	GV
MD172	Floravital Formula - Yeastfree	500ml	17.89	V
	<b>HEALTHPOL</b>			
DY720	Delacet - Head Lice Solution	100ml	13.95	OV
	<b>HIGHER NATURE</b>			
VM036	Active Silver High Stability	15ml	8.35	V
VM035	Active Silver High Stability	100ml	18.35	V
MD003	Fizzy C Effervescent Vitamin C	20 tablets	4.70	V
VM255	MSM Glucosamine Joint Complex	90	11.60	V
VM256	MSM Powder	200g	18.25	V
VM053	Probio-Daily	90	9.50	V
MD017	Serotone 5HTP 100mg	90	32.70	V
VM078	Serotone 5HTP 50mg	90	20.90	V
MD185	VisualEyes	30	11.25	V
MD070	VisualEyes	90	29.70	V
	<i>Truefood</i>			
VM232	Maxi Co-Q10	60	51.90	V
VM227	Selenium	60	9.95	V
VM230	Super Potency Soyagen	90	39.90	V
VM228	Vitamin B Complex	90	20.90	V
	<b>LOVE CBD</b>			
VM285	Dutch CBD Oil 300mg	20ml	18.99	V
VM286	Dutch CBD Oil 500mg	20ml	28.99	V
VM287	Dutch CBD Oil Capsules	80 capsules	23.99	V
	<b>NATURE'S GREATEST SECRET</b>			
VM269	Colloidal Silver 10PPM	300ml	14.95	V
VM266	Colloidal Silver 20 PPM	100ml	12.95	V
VM270	Colloidal Silver 20PPM	100ml	12.95	V
VM141	Colloidal Silver 20ppm	300ml	21.95	V
VM142	Colloidal Silver Foot Cream	50ml	8.95	V
VM162	Colloidal Silver Travel Gel	50g	9.95	V
VM137	Colloidal Silver Travel Spray	20ml	8.95	V
VM268	Silver Cream (Amber Salve)	100ml	17.95	V
VM267	Silver Gel (Silver Balm)	100ml	17.95	V
	<b>NATURES AID</b>			
VM293	Bilberry Capsules	60 capsules	16.55	GOV
VM210	DigestEeze	60 tablets	9.95	V
VM211	Echineeze	90 tablets	6.95	V
VM185	Evening Primrose Oil Organic	90 capsules	14.95	OV
VM183	Hyaluronic Acid	60 capsules	17.95	V
VM089	Inulin Powder	250g	9.95	SV
VM030	Mushroom Complex Organic	60 capsules	18.95	OV
VM213	PremEeze	60 capsules	8.95	V
VM294	Red Yeast Rice Capsules	30 capsules	17.95	GV

code	product	size	rrp	bfgosv
VM180	Sea Buckthorn Oil 500mg	60 capsules	16.95	V
VM214	SleepEezy	60 tablets	8.95	V
VM291	Turmeric Capsules	30 capsules	9.95	GV
VM292	Turmeric Capsules	60 capsules	17.95	GV
VM215	Ucalm	60 tablets	9.95	V
VM295	Vitamin D3 1000iu	60 tablets	5.95	GV
VM182	Vitamin E Oil - high strength	50ml	9.95	V
<b>NATURES OWN</b>				
<i>C Vitamins</i>				
VM023	Cherry-C: Vit C from Acerola	60 capsules	15.90	V
<i>D Vitamins</i>				
VM252	Vitamin D3 Vegan	60 tablets	7.70	V
<i>Digestive Aids</i>				
VM044	Biotic Plus - Live	30 capsules	17.80	V
<i>Essential Fatty Acids</i>				
VM400	Evening Primrose Oil	90 capsules	15.15	V
VM176	Omega 3 Vegan	60 capsules	24.30	V
<i>Minerals</i>				
VM001	Calcium - from seaweed	60 capsules	14.85	V
VM108	Magnesium Citrate	90 capsules	12.80	V
<i>Multi-Formulations</i>				
VM065	Wholefood Multi - Vits & Mins	60 capsules	17.30	V
<i>Nutritional Support</i>				
VM107	Aloe Vera Juice - Inner Leaf	500ml	8.50	V
VM088	Glucosamine Hydrochloride	60 capsules	12.10	V
VM128	Immune Support	30 capsules	13.30	V
<i>Organic Range</i>				
VM122	Organic Curcumin Complex	60 capsules	9.10	OV
VM126	Organic Kelp	60 capsules	10.95	OV
VM059	Organic Multi - for Women	60 capsules	37.00	OV
VM075	Organic Vitamin B Complex	30 capsules	18.90	OV
VM110	Organic Vitamin C	30 capsules	13.90	OV
<b>NELSONS</b>				
MD089	Arnicare Arnica 30c Clickpak	pack	6.45	V
<b>NUUN HYDRATION</b>				
<i>Vitamins</i>				
VM296	Blackberry Citrus	52g	8.99	GSV
VM299	Blueberry Pomegranate	52g	8.99	GSV
VM297	Ginger Lemonade	52g	8.99	GSV
VM300	Grapefruit Orange	52g	8.99	GSV
VM298	Strawberry Melon	52g	8.99	GSV
VM301	Tangerine Lime	52g	8.99	GSV
<b>OPTIMA</b>				
MD241	Lecithin Granules	250g	6.39	V
MD118	Montmorency Cherry Juice	500ml	16.49	V
<b>PLANET HEMP</b>				
VM290	Hemp Oil + CBD - Mint	150ml	45.99	OV
VM288	Hemp Oil + CBD - Orange	150ml	45.99	OV
VM289	Hemp Oil + CBD - Original	150ml	45.99	OV
<b>PUKKA</b>				
MD159	Ashwaganda - Wholistic	30 capsules	16.97	OV
MD202	Castor Oil	250ml	9.95	OV
MD131	Clean Greens Powder	112g	27.95	OV
MD143	Natural Vitamin C	60 capsules	14.95	OV
MD164	Night Time	30 capsules	7.45	OV
MD117	Organic Aloe Vera Juice	500ml	10.35	OV
MD056	Organic Aloe Vera Juice	1l	17.32	OV

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MD160	Organic Elderberry Syrup	100ml	10.99	OSV
MD182	Turmeric Active	30 capsules	15.95	OV
MD066	Turmeric Active	60 capsules	28.95	OV
MD013	Turmeric Brainwave Capsules	30 capsules	15.95	OV
MD178	Wholistic Turmeric	30 capsules	15.95	OV
MD184	Womankind	30 capsules	16.95	OV
MD064	Womankind Menopause	30 capsules	16.95	OV
MD036	Women Wholistic Shatavari	30 capsules	16.95	GOV
<b>SIMPLEE ALOE</b>				
MD041	Aloe Juice Health Supplement	500ml	9.99	GOV
MD042	Aloe Juice Health Supplement	500ml	9.99	GOV
MD025	Aloe Juice Health Supplement	1l	15.99	GOV
<b>SPATONE</b>				
MD175	Iron-Plus	28 x 25	12.49	V
MD005	Liquid Iron - Apple Flavour	28 x 25	12.49	V
<b>TOGETHER HEALTH</b>				
VM032	Ashwagandha Complex	30	9.99	V
VM022	Beautiful	60	14.99	GV
VM013	Bio CoQ10	30	13.99	V
VM018	Calcium - from seaweed	60	9.99	V
VM026	Curcumin & Turmeric	30	9.99	V
VM033	Gentle Iron	30	7.99	GV
VM016	Joint Aid	30	10.99	V
VM119	Magnesium	30	6.99	V
VM052	Night Time Marine Magnesium	60	12.99	V
VM121	Omega 3 - Algae	30	13.99	V
VM050	Stress Aid Vitamin & Mineral	30	9.99	GV
VM021	Vegan Vitamin D3	30	6.99	V
VM017	Vitamin B12 Complex	60	12.99	GV
VM113	Vitamin C with Bioflavonoids	30	7.99	GV
<b>VEGA</b>				
<i>B Vitamins</i>				
VM004	Vitamin B12 1000ug	30	5.85	V
<i>C Vitamins</i>				
VM100	Chewable Vitamin C 1000mg	30	6.75	V
<i>Multi Formulas</i>				
VM140	Co-Enzyme Q10	30 capsules	12.55	V
<i>Probiotics &amp; Digestive Aids</i>				
VM138	Acidophilus & Bifidus Complex	60 capsules	9.55	V
VM139	Digestive Enzymes	60 capsules	8.05	V
<b>VEGAN SOCIETY</b>				
VM241	VEG 1 - Blackcurrant Flavour	90 tablets	7.75	SV
VM244	VEG 1 - Blackcurrant Flavour	180 tablets	15.50	SV
VM245	VEG 1 - Orange Flavour	90 tablets	7.75	SV
VM246	VEG 1 - Orange Flavour	180 tablets	15.50	SV
<b>WELEDA</b>				
<i>Anthroposophic Medicines</i>				
DY155	Arnica Massage Balm	100ml	12.15	V
DY456	Arnica Massage Balm	200ml	19.80	V
DY156	Arnica Massage Balm	50ml	8.95	V
MD240	Rhinodoron Nasal Spray	20ml	9.95	V
<b>SWEET SNACKS</b>				
<b>SUMA BAGGED DOWN</b>				
ZX503	Liquorice Juice Sticks	1kg		V
<b>ANANDA FOODS</b>				
ZX272	Caramel Marshmallows	80g	4.20	VS
ZX273	Choca Mocha Marshmallows	80g	4.20	VS

code	product	size	rrp	bfgosv
ZX276	Coconut Marshmallows	80g	4.20	SV
KB310	Halloween Marshmallows	80g	4.20	GSV
KB309	Let's Celebrate Marshmallows	80g	4.20	SVG
ZX269	Raspberry Marshmallows	80g	4.20	VS
ZX274	Strawberry Marshmallows	80g	4.20	VS
ZX277	Vanilla Marshmallows	80g	4.20	VS
<b>BEAR</b>				
ZX526	Yoyo Pure Fruit Rolls - Apple	20g	0.59	GV
ZX529	Yoyo Pure Fruit Rolls - Mango	20g	0.59	GV
ZX545	Yoyo Pure Fruit Rolls - Pineap	20g	0.59	GV
ZX555	Yoyo Pure Fruit Rolls - Strawb	20g	0.59	GV
ZX525	Yoyo Pure Fruit Rolls-Blackcur	20g	0.59	GV
ZX550	Yoyo Pure Fruit Rolls-Raspb'ry	20g	0.59	GV
<i>Claws in multipacks</i>				
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
<i>Yoyo Sours</i>				
ZX514	Blackcurrant & Apple	20g	0.59	GV
ZX511	Mango & Apple	20g	0.59	GV
ZX448	Strawberry & Apple	20g	0.59	GV
<i>Yoyo Sours Multipack</i>				
ZX567	Strawberry & Apple	5 x 20g	2.69	GV
<i>Yoyos in multipacks</i>				
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
<b>BIONA</b>				
ZX002	Berry Burst Sweets - Organic	75g	1.89	GOSV
ZX662	Cola Bottle Sweets - Organic	75g	1.89	OSV
ZX441	Jelly Dino Sweets - Organic	75g	1.89	GOSV
ZX911	Mini Fruit Jelly Bear Sweets	75g	2.09	OSV
ZX443	Pomegranate Heart Sweets - Org	75g	1.89	GOSV
ZX576	Sour Snake Sweets - Organic	75g	2.09	GOSV
<b>BONSAN</b>				
KB418	Fruity Stars	50g	1.79	OSV
KB415	Tropical Kisses	50g	1.99	OSV
<b>CANDY KITTENS</b>				
ZX621	Blueberry Bliss	108g	2.05	VSG
ZX623	Peach Fizz	108g	2.05	GSV
ZX599	Sour Watermelon	108g	2.05	GSV
ZX622	Wild Strawberry	108g	2.05	SVG
<i>Small Bags</i>				
ZX646	Peach Fizz	54g	1.25	GSV
ZX645	Sour Watermelon	54g	1.25	SVG
<b>CYPRESSA</b>				
ZX778	Almond Halva	250g	2.99	V
<b>FABULOUS FREE FROM FACTORY</b>				
ZX548	Chocovered Crunchee Bites	65g	1.85	GSV
ZX928	Chocovered Peanuts	65g	1.69	GSV
ZX927	Chocovered S/Salt Fudgee Bites	65g	1.89	SV
ZX159	Dairy Free Chocolate Raisins	75g	1.69	GV
ZX432	Dairy Free Fudge	200g	3.29	GSV
ZX627	Dairy Free Fudgee Bites	75g	1.69	GSV
ZX628	Raspberry Ice Bites	75g	1.49	GSV

code	product	size	rrp	bfgosv
	<b>FREE FROM FELLOWS</b>			
ZX065	Cola Bottles	100g	1.89	GV
ZX060	Gummy Bears	100g	1.89	GV
ZX072	Midget Gems	100g	1.89	GV
	<i>Boiled Sweets</i>			
ZX321	Cola & Strawberry Lollipops	60g	1.89	VG
ZX324	Rhubarb and Custard	70g	1.89	VG
	<b>FREEDOM CONFECTIONERY</b>			
KB385	Strawberry Marshmallows	75g	2.49	GV
KB383	White Vanilla Marshmallows	75g	2.49	GSV
	<i>Mini Mallows</i>			
KB789	Pink & White Mini Marshmallows	75g	2.49	GSV
	<b>FUDGE KITCHEN</b>			
KB436	Fudge Making Kit	1025g	26.39	VSG
	<b>HENRY GOODES</b>			
ZX437	Soft Eating Liquorice	200g	1.99	SV
	<b>JEALOUS SWEETS</b>			
ZX303	Adventures Cracker	200g	7.75	SVG
ZX278	Cosmick Cracker	200g	7.75	SVG
ZX282	Revolution Cracker	200g	7.75	SGV
KB331	Sweet Magic Box	200g	8.05	SGV
KB319	Sweet Revolution Box	200g	8.05	GSV
KB653	Tangy Worm Treat Box	50g	2.49	SGV
KB657	Treat Box Grizzly Bears	50g	2.49	SV
	<i>40g Bags</i>			
ZX231	Fizzy Friends	40g	1.29	SVG
ZX238	Grizzly Bears	40g	1.29	GVS
ZX678	Happy Bears	40g	1.35	GV
ZX675	Love Bears	40g	1.35	GV
ZX229	Tangy Worms	40g	1.29	SVG
ZX233	Tropical Wonder	40g	1.29	SGV
	<b>JOM</b>			
	<i>25g Bags</i>			
ZX187	Fizzy Caramel	25g	1.25	OVS
ZX218	Wild Raspberry	25g	1.25	OSV
	<i>70g Bags</i>			
ZX203	Fizzy Caramel	70g	2.29	SOV
ZX633	Juicy Peach	70g	2.29	OSV
ZX652	Sour Blueberry	70g	2.29	SOV
ZX298	Wild Raspberry	70g	2.29	OVS
	<b>PANDA</b>			
ZX078	All Natural 4 Bar Pack	128g	1.95	V
ZX071	All Natural Liquorice Bar	32g	0.59	VS
ZX402	All Natural Liquorice Bears	125g	1.29	VS
ZX676	All Natural Raspberry Bar	32g	0.59	VS
ZX674	Liquorice Cuts Bag	240g	2.25	VS
ZX435	Liquorice Torpedos	100g	1.35	SV
ZX397	Natural Oat Liquorice Bar	32g	0.55	V
ZX409	Raspberry Liquorice	200g	2.25	V
	<b>PANDORA BELL</b>			
ZX894	Handmade Candy Cane	40g	1.39	SV
KB280	Pink Lemonade Lollipop	30g	1.67	SV
	<i>Liquorice</i>			
KB301	Authentic Salty Liquorice	120g	4.32	SV
KB303	Classic Sweet Liquorice	120g	4.32	SV
	<b>PEAKZ</b>			
ZX110	Crunchy Chocolate Squares	32g	1.20	SV

code	product	size	rrp	bfgosv
ZX144	Crunchy Chocolate Squares	32g	1.20	SV
ZX131	Salted Caramel Choc Squares	32g	1.20	SV
<b>PEPPERSMITH</b>				
ZX026	Extra Strong Mints	15g	1.59	V
	<i>Dental Gum Pouches</i>			
ZX150	Dental Peppermint Chewing Gum	50g	3.39	V
ZX155	Dental Spearmint Chewing Gum	50g	3.39	V
	<i>Dental Pocket Packs</i>			
ZX601	Peppermint Chewing Gum	15g	1.39	V
ZX536	Peppermint Fresh Mints	15g	1.59	V
ZX590	Sicilian Lemon Peppermints	15g	1.59	V
ZX606	Spearmint Chewing Gum	15g	1.39	V
<b>SQUBES</b>				
ZX762	Blueberry, Cranberry & Vanilla	30g	1.49	GSV
ZX752	Dark Chocolate, Coconut & Salt	30g	1.49	GSV
<b>SUNITA</b>				
ZX096	Grape Juice & Sultana Halva	2.5kg	39.25	V
ZX587	Grape Juice & Sultana Halva OG	75g	1.60	OV
<b>THE GINGER PEOPLE</b>				
ZX049	Original Ginger Chews	84g	2.89	SV
ZX050	Spicy Ginger Hard Sweets	84g	2.39	SV
<b>VEGEBEARS</b>				
ZX573	Frooty Fruits	100g	1.95	OSV
ZX571	Fruit Jellies	100g	1.95	SOV
<b>TABLE SAUCES</b>				
<b>A LITTLE BIT</b>				
KJ209	Rosemary & Tomato Ketchup	260g	3.99	SV
KJ211	Thyme & Blackberry Ketchup	260g	3.99	SV
	<i>Dips</i>			
KJ229	Mint, Pea & Parsley Dip	200g	3.99	SV
KJ219	Oregano & Aubergine Dip	200g	3.99	SV
KJ231	Thyme & Butternut Squash Dip	200g	3.99	SV
<b>BIONA</b>				
KJ228	Balsamic Glaze Organic	150ml	3.69	OV
KJ225	BBQ Brown Sauce Organic	250ml	2.79	OSV
KJ106	Classic Tomato Ketchup Squeezy	560g	2.99	GOSV
KJ226	Sweet Chilli Sauce Organic	250ml	2.79	OSV
KJ232	Tomato Ketchup, Organic	340g	2.39	OV
KJ463	Worcester Sauce	140ml	3.69	GOSV
<b>GEO ORGANICS</b>				
KJ212	Worcestershire Sauce - organic	150ml	2.79	OSV
<b>GRANOVITA</b>				
KJ134	Organic Brown Sauce	275g	2.26	GOSV
<b>GREAT BRITISH SAUCE CO</b>				
KJ139	Proper Brown Sauce	305g	2.35	SV
KJ157	Proper Tomato Sauce	315g	2.35	SV
KJ170	Tomato & Habanero Chilli Sauce	320g	2.35	SV
<b>JOCK'S HOT SAUCE</b>				
KJ066	Smoked Habanero Chilli Sauce	150ml	4.49	SV
<b>MARY BERRY</b>				
KJ509	Redcurrant & Mint Jelly	227g	1.55	SV
<b>MERIDIAN</b>				
KJ621	Tomato Ketchup - organic	285g	2.29	GOSV
JS081	Cranberry Sauce - organic	284g	2.69	OV
JS080	Redcurrant Jelly - organic	284g	2.69	OV
<b>MR ORGANIC</b>				
KJ050	Italian Organic Ketchup	480g	2.65	OSV



code	product	size	rrp	bfgosv
KJ496	Naturally sweetened Ketchup	480g	3.59	GOV
	<b>MY SAUCE</b>			
KJ193	Caribbean Sauce - Hot	150ml	2.89	V
KJ194	Caribbean Sauce - Mild	150ml	2.89	V
	<b>SHAWS</b>			
KJ110	Bramley Apple Sauce	200g	2.49	SV
KJ108	Cranberry & Cherry Sauce	200g	2.49	SV
	<b>STUBB'S</b>			
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
	<b>TEAS</b>			
	<b>CAFEDIRECT</b>			
	<i>Everyday Teas</i>			
TE690	Everyday Tea	80 bags	3.45	FV
TE390	Everyday Tea	160 bags	6.10	FV
TE691	Everyday Tea	1100 bags	34.21	FV
TE637	Everyday Tea Decaff	80 bags	4.75	FV
	<b>CLEARSPRING</b>			
JP210	Genmaicha Green Tea Bags	20 bags	3.59	OV
JP097	Hojicha Roasted Green Tea	20 bags	3.59	OV
JP009	Kukicha loose tea - organic	125g	4.69	OV
JP063	Kukicha, Roasted Twig Tea	20 bags	3.59	OV
TE237	Matcha Tea Ceremonial Tin	30g	16.99	OV
JP010	Matcha Tea Organic (bags)	40g	3.99	OV
TE504	Matcha Tea Premium (bulk)	1kg	193.00	OV
TE243	Matcha Tea Premium (Pouch)	40g	10.99	OV
JP033	Mu Tea Bags	20 bags	4.39	OV
JP302	Sencha Green Tea	20 bags	3.59	OV
JP019	Sencha loose tea - organic	125g	8.39	VO
	<b>CLIPPER</b>			
	<i>Classic</i>			
TE982	Assam - organic	125g	2.53	FOV
TE983	Assam - organic	50 bags	2.53	FOV
TE978	Earl grey - organic	125g	2.53	FOV
TE500	Earl Grey - organic	50 bags	2.99	FOV
TE053	Earl Grey - organic	80 bags	3.99	FOV
TE507	English Breakfast Organic	80 bags	4.49	FGOV
TE300	English Breakfast Organic	40 bags	2.53	FOV
TE897	English Breakfast Organic	125g	2.53	FOV
TE967	Indian Chai organic	20 bags	1.90	FOV
TE508	National Trust Tea	80 bags	3.99	FGV
	<b>FOOD SERVICE RANGE</b>			
TE150	Earl Grey - og	25 bags	2.53	FOV
TE152	Earl Grey - og	250 bags		FOV
TE796	English Breakfast - og	25 bags	2.53	FOV
TE635	Everyday Decaffeinated - og	25 bags	2.53	FOV
TE447	Fairtrade Blend	100 bags	5.08	FV
TE149	Fairtrade Everyday blend	250 bags		FV
TE801	Fairtrade Everyday Decaff	250 bags		FV
TE448	Fairtrade Everyday One Cup Bag	1100 bags		FV
TE726	Fairtrade One Cup Teabags	440 bags	14.72	FV
TE161	Green Tea - og	25 bags	2.53	FOV
TE159	Green Tea - og	250 bags		FOV
TE451	Speciality English Breakfast	250 bags		FOV
	<b>GREEN TEA FAIRTRADE</b>			
TE486	Citrus Green Tea + Echinacea	20 bags	1.89	OFV

code	product	size	rrp	bfgosv
TE968	Green Chai - og	20 bags	2.29	FOV
TE877	Green Tea - og	100g	2.69	FOV
TE484	Green Tea - og	50 bags	2.69	FOV
TE571	Green Tea with Aloe Vera - og	20 bags	2.38	FOV
TE754	Green Tea with Ginseng	20 bags	1.89	FV
TE996	Organic Green & Lemon 80 Bags	80 bags	3.99	OVF
TE993	Organic Green Decaf Tea	20 bags	2.19	OVF
TE991	Organic Green Tea & peppermint	20 bags	1.99	OFV
TE990	Organic Green Tea with Lemon	20 bags	1.99	OFV
TE997	Organic Pure Green 80 Bags	80 bags	3.99	OFV
TE989	Organic Pure Green Tea	20 bags	1.99	OFV
TE016	Pure Green Tea	50 bags	2.29	FV
	<i>Organic White Tea</i>			
TE683	White Tea - og	26 bags	1.90	VO
TE628	White Tea with Peppermint	26 bags	1.90	OV
TE423	White Tea with Raspberry	26 bags	1.90	OV
TE006	White Tea with Vanilla	26 bags	1.90	OV
	<i>Originals</i>			
TE800	Fairtrade 80 Teabags	80 bags	3.49	FV
TE541	Fairtrade Blend	40 bags	1.99	FV
TE522	Organic Blend	40 bags	1.99	OV
TE953	Organic Blend	80 bags	3.49	OV
TE776	Organic Decaff Everyday Tea	40 bags	3.49	OV
TE002	Organic Decaff Everyday Tea	80 bags	5.99	OV
	<b>DRINK ME CHAI</b>			
TE184	Free From Chai Latte	200g	2.89	V
	<i>Food Service Range</i>			
TE074	Artisan Blend	1kg	15.85	SV
TE181	Turmeric Latte	500g	18.05	V
	<i>Superblends</i>			
TE521	Beetroot Superblend	80g	3.65	V
TE528	Raw Cacao Superblend	80g	3.65	V
TE179	Turmeric Superblend	80g	3.29	V
	<b>HAMPSTEAD TEA</b>			
TE939	Clean Green	20 bags	2.49	FOV
TE249	Darjeeling Tea - og	100g	5.99	BOV
TE936	Divine Earl Grey	20 bags	2.49	FOV
TE938	Dreamy Jasmine Green Tea	20 bags	2.49	OV
TE251	Earl Grey Tea - og	100g	5.99	OVV
TE677	English Breakfast Tea - og	100g	5.99	GOVB
TE392	First Flush Darjeeling - og	100g	9.96	OVV
TE255	Green Tea - og	100g	5.99	BOV
TE935	Pure Darjeeling	20 bags	2.49	FOV
TE932	Strong English Breakfast	20 bags	2.49	FOV
TE937	Zesty Ginger Green	20 bags	2.49	OV
	<i>Chai Range</i>			
TE325	Energy Chai	20 bags	2.59	OV
TE326	Karma Chai	20 bags	2.59	OV
TE349	Life Chai	20 bags	2.59	OV
	<b>LONDON TEA COMPANY</b>			
	<i>Gift Range</i>			
TE450	Brew Crew Rectangular Gift Tin	72 bags	15.00	FV
TE437	Early Bird London Breakfast	15 bags	8.99	FV
TE432	Teabags at Dawn Duo	2 x 25 bags	8.99	FV
TE442	The Guvnor Earl Grey	15 bags	8.99	FV
TE443	The Tea-Totaller Jasmine Green	15 bags	8.99	FV
TE429	Three Cheers for Tea Triple	3 x 25 bags	12.99	FV

code	product	size	rrp	bfgosv
	<b>PUKKA</b>			
TE213	Elegant English Breakfast	20 bags	2.99	FOV
TE214	Gorgeous Earl Grey	20 bags	2.99	FOV
	<i>Gift Range</i>			
TE462	Advent Calendar	1	9.99	OV
	<b>QI</b>			
TE308	Decaffeinated Green Tea	20 bags	2.39	FOV
TE819	Fairtrade Chun Mee Tea	100g	2.39	FOV
TE583	Fairtrade Detox Tea	25 bags	2.09	FOV
TE582	Fairtrade Ginger Green Tea	25 bags	2.09	FOV
TE585	Fairtrade Ginkgo Green Tea	25 bags	2.09	FOV
TE485	Fairtrade Green Tea	25 bags	1.69	FOV
TE817	Fairtrade Gunpowder Tea	100g	2.39	FOV
TE114	Fairtrade White Tea	25 bags	1.89	FOV
TE257	Green Tea and Matcha	20 bags	2.09	FOV
TE261	Green Tea Ginseng & Matcha	20 bags	2.09	FOV
TE260	Green Tea, Turmeric & Matcha	20 bags	2.09	FOV
TE112	Jasmine Green Tea	25 bags	1.69	FOV
TE310	Matcha Green Tea Powder	40g	8.99	FOV
	<b>RIDGWAYS</b>			
TE619	Tea - Organic	80 bags	2.79	OV
	<b>SIMPLY CHAI</b>			
	<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
	<b>SWEET REVOLUTION</b>			
TE510	Instant Beetroot Latte	200g	7.99	OSV
TE511	Instant Chicory Latte	200g	7.99	OV
TE782	Instant Matcha Latte	200g	7.99	OV
TE780	Instant Reishi Latte	200g	7.99	OV
TE781	Instant Turmeric Latte	200g	7.99	OV
	<b>TWININGS</b>			
TE461	Assam	40 bags	4.16	V
TE378	Earl Grey	50 bags	4.25	V
TE379	Earl Grey - Decaffeinated	50 bags	6.11	V
TE761	Earl Grey - og	50 bags	6.11	OV
TE174	English Afternoon	50 bags	4.25	V
TE321	English Breakfast	125g	3.55	V
TE123	English Breakfast	50 bags	3.96	V
TE111	Lady Grey	50 bags	4.25	V
TE710	Smoky Lapsang	50 bags	4.25	V
TE590	Spicy Chai	50 bags	4.69	V
	<i>Green Tea Range</i>			
TE291	Lemon Green Tea	20 bags	2.85	V
TE292	Mint Green Tea	20 bags	2.85	V
TE743	Pure Green Tea	20 bags	2.85	V
	<b>WILLIAMSON TEA</b>			
TE081	Duchess Grey	50 bags	2.85	V
TE086	Earl Grey	50 bags	2.85	FV
TE087	English Breakfast	50 bags	2.85	FV
TE098	Traditional Afternoon	50 bags	2.85	FV
	<i>Cylinders</i>			
TE981	Christmas Special	100g	1.99	FV

code	product	size	rrp	bfgosv
	<i>Gift Caddies</i>			
TE893	Elephant Grey	1	10.99	FV
TE465	Elephant Home Where Heart Is	1	10.99	FV
TE894	Elephant Kenyan Earth	1	10.99	FV
TE884	Elephant Kenyan Winter	1	4.99	FV
TE858	Elephant Painterly Winter	1	10.99	FV
TE471	Elephant Regal	1	10.99	FV
TE467	Elephant Seasonal	1	10.99	FV
TE464	Elephant Winter Wreath	1	10.99	FV
	<i>Mini Caddies</i>			
TE280	Green Matcha	1	4.99	V
TE317	Purple Matcha	1	4.99	V
	<b>TOFU (CHILLED)</b>			
	<b>CAULDRON</b>			
CV562	Organic Marinated Tofu Pieces	160g	2.86	SOV
CV561	Organic Tofu	396g	2.60	OV
	<b>CLEAR SPOT</b>			
CV614	Indian Tofu	225g	2.59	OV
CV209	Marinated Tofu	190g	2.45	OV
CV610	Mexican Tofu	225g	2.59	OV
CV612	Oriental Tofu	225g	2.59	OV
CV206	Plain Tofu	280g	1.99	OV
CV272	Plain Tofu	450g	3.15	OV
CV210	Plain Tofu	3kg		OV
CV249	Smoked Tofu	225g	2.75	OV
CV358	Tofu and Bean Burger	250g	2.25	OV
CV214	Tofu Sea Cakes	190g	2.15	OV
CV213	Tofu Sesame Burgers	190g	2.09	OV
	<b>DRAGONFLY</b>			
CV394	Org Natural Tofu	300g	2.25	OV
CV393	Org Premium Marinated Tofu	200g	2.79	OV
CV395	Org Smoked Tofu	200g	2.49	OV
	<b>NATUREMADE OASIS</b>			
CV582	Marinated Tofu	200g	2.09	OV
	<b>TAIFUN</b>			
CV007	Almond/Ses Tofu Slice	200g	3.79	OV
CV835	Basil Tofu with Fresh Herbs	200g	3.69	OV/B
CV339	Black Forest Tofu Slices	200g	3.79	OV
CV716	Curcuma Turmeric Tofu	200g	3.79	OV
CV163	Curry/Mango Tofu	200g	3.69	OV
CV637	Feto Bell Pepper Tofu	200g	3.79	OV
CV636	Feto Herbs Tofu	200g	3.79	OV
CV635	Feto Natural Tofu	200g	3.49	OV
CV682	Firm Tofu - Natural	400g	2.99	OV
CV684	Firm Tofu - Natural	200g	2.09	OV
CV035	Natural Silken Tofu	400g	3.59	OV/B
CV834	Smoked Tofu + Herb&Sun Seeds	250g	3.99	OV
CV833	Smoked Tofu- Eat hot or cold.	200g	3.19	OV
CV841	Tofu Fillet - Japanese Style	160g	3.09	OV/B
CV840	Tofu Fillet - Mild Wild Garlic	160g	3.19	OV/B
CV839	Tofu Fillet - Pizza Style	160g	3.19	OV/B
CV384	Tofu Olive - Demeter Standard	200g	3.69	OV/B
CV832	Tofu Rosso - Taste of the Med	200g	3.69	OV/B
	<i>Crisper Tofu</i>			
CV810	Beetroot & Horseradish	180g	3.79	OV
CV811	Carrot & Cumin	180g	3.79	OV
CV812	Peas & Herbs	180g	3.79	OV

code	product	size	rrp	bfgosv
	<b>TOFURKY</b>			
CV547	Barbeque Chick'n	227g	4.19	SV
CV712	Beet Brats Style Sausages	250g	3.65	V
CV118	Hickory Smoked Style Slices	156g	3.15	SV
CV123	Italian Style Sausages	250g	3.65	SV
CV083	Kielbasa Styles Sausages	250g	3.65	SV
CV531	Lightly Seasoned Chick'n	227g	4.19	SV
CV091	Oven Roast Deli Slices	165g	3.15	SV
CV054	Roast with Herb Gravy	765g	11.55	SV
CV110	Smoked Ham Style Deli Slices	156g	3.15	SV
CV089	Smoked Maple Bacon Tempeh	200g	4.19	SV
	<b>VIANA</b>			
	<i>Demeter Organic Standard</i>			
CV410	Hazelnut Tofu	250g	2.55	OV
CV408	Real Smoked Firm Tofu	250g	2.89	OV
	<b>TOMATOES &amp; TOMATO PRODUCTS</b>			
LJ110	La Bio Idea Organic Passata	680g	1.75	OV
	<b>SUMA</b>			
LJ660	Organic Basil Passata	690g	1.79	VO
LJ560	Organic Passata	690g	1.75	VO
LJ088	Tomato Puree - organic	200g	1.25	VO
	<i>Canned</i>			
LJ075	Cherry Tomatoes - organic	400g	1.35	OV
LJ750	Chopped Tomatoes with Basil	400g	1.09	VO
LJ700	Chopped Tomatoes with Chilli	400g	1.09	VO
LJ080	Tomatoes - chopped, organic	400g	0.99	VO
LJ123	Tomatoes - chopped, organic	2.5kg	5.35	OV
LJ081	Tomatoes - peeled, whole OG	400g	1.05	VO
	<i>Jarred</i>			
LJ258	Sundried Tomatoes in Olive Oil	190g	4.25	OV
	<b>SUMA BAGGED DOWN - ORGANIC</b>			
	<i>Dried</i>			
LJ601	Sundried Tomatoes-organic	1kg		OV
	<b>SUMA COMMODITIES - ORGANIC</b>			
	<i>Dried</i>			
LJ600	Sundried Tomatoes - organic	10kg		OV
	<b>SUMA PREPACKS - ORGANIC</b>			
	<i>Dried</i>			
LJ602	Sundried Tomatoes - organic	125g	1.69	OV
	<b>CIRIO</b>			
LJ301	Passata	3 x 200ml	1.69	V
	<b>MR ORGANIC</b>			
KJ071	Italian Tomato Puree	200g	1.75	OV
	<b>MUTTI</b>			
LJ129	Finely Chopped Tomatoes	400g	1.00	V
LJ128	Flavoured Pizza Sauce	400g	1.45	V
LJ141	Passata	400g	1.19	V
LJ127	Tomato Puree in Tubes	130g	1.15	V
LJ133	Whole Peeled Tomatoes	400g	1.05	V
	<b>ORGANICO</b>			
KJ010	Sundried Tomatoes - og	190g	4.85	OV
	<b>SEGGIANO</b>			
LJ315	Organic Oven Roasted Tomatoes	280g	10.99	OV
	<b>ZEST</b>			
LJ042	Sun-dried Tomato Paste	170g	2.80	V

## TOOTHCARE

ALOE DENT

code	product	size	rrp	bfgosv
DY511	Aloe Vera Charcoal Toothpaste	100ml	4.59	V
DY516	Aloe Vera Coconut Toothpaste	100ml	4.59	V
DY864	Aloe Vera Mouthwash	250ml	4.59	V
	<b>AUSTRALIAN TEA TREE</b>			
DY192	Tea Tree Toothpaste	100ml	4.69	V
	<b>DR BRONNER'S</b>			
DY549	Anise Toothpaste	140ml	7.19	FV
DY546	Cinnamon Toothpaste	140ml	7.19	FV
DY544	Peppermint Toothpaste	140ml	7.19	FV
	<b>ENVIRONMENTAL TOOTHBRUSH</b>			
NF642	The Environmental Toothbrush	1	2.95	V
NF616	The Environmental Toothbrush	1	2.95	V
NF660	The Environmental Toothbrush	1	2.95	V
	<b>GREEN PEOPLE COMPANY</b>			
DY256	Childrens Mandarin	50ml	4.54	VO
DY014	Childrens Spearmint&AloeVera	50ml	4.54	VO
DY216	Minty Cool	50ml	4.54	V
	<b>HUMBLE</b>			
	<i>Chewing Gum</i>			
DY916	Fresh Mint Chewing Gum	12	1.99	V
DY917	Lemon Chewing Gum	12	1.99	V
	<i>Toothpaste</i>			
DY912	Charcoal Toothpaste	75ml	3.99	V
DY911	Fresh Mint Toothpaste	75ml	3.99	V
DY913	Kids Strawberry Toothpaste	75ml	3.99	V
DY914	Pink Ribbon Toothpaste	75ml	3.99	V
	<b>KINGFISHER</b>			
DY668	Aloe Vera Tea Tree Mint	100ml	2.85	V
DY669	Aloe Vera/ Tea Tree Fennel	100ml	2.85	V
DY527	Baking Soda & Mint Toothpaste	100ml	2.85	V
DY416	Charcoal Naturally Whitening	100ml	3.45	V
DY161	Children's Strawberry T'paste	75ml	2.49	V
DY111	Fennel Toothpaste	100ml	2.85	V
DY800	Fluoride Free Fennel T'Paste	100ml	2.85	V
DY529	Mint Fluoride Free	100ml	2.85	V
DY190	Mint Toothpaste	100ml	2.85	V
	<b>SARAKAN</b>			
DY035	Mouthfresh Rinse	300ml	3.79	V
DY113	Toothpaste	50ml	2.69	V
	<b>THE NATURAL FAMILY CO</b>			
	<i>Toothpaste</i>			
DY498	Original Toothpaste	110g	6.49	OVG
DY496	Sensitive Toothpaste	110g	6.49	OGV
DY494	Whitening Toothpaste	110g	6.49	GOV
	<b>URTEKRAM</b>			
DY395	Aloe Vera Toothpaste	75ml	2.99	OV
	<b>WELEDA</b>			
DY224	Ratanhia Mouthwash	50ml	8.75	V
DY146	Toothpaste - Calendula	75ml	4.95	V
DY149	Toothpaste - Plant Gel	75ml	4.95	V
DY147	Toothpaste - Ratanhia	75ml	4.95	V
	<b>YAWECO</b>			
DY015	Adult Toothbrush - Medium	1	3.25	V
DY332	Medium Refill Heads	1 x 4PK	5.45	V
	<b>VEGETABLES</b>			
	<b>SUMA</b>			
LJ550	Italian Sweetcorn - Organic	340g	1.39	OV

code	product	size	rrp	bfgosv
LJ146	Sweetcorn - Organic, tinned <i>Canned From Fresh</i>	340g	1.39	OV
VF123	Fresh Borlotti Beans - Organic	400g	1.39	OV
VF560	Fresh Chickpeas - Organic	400g	1.39	OV
VF111	Fresh Peas - Organic	340g	1.39	OV
<b>AMAIZIN</b>				
KJ117	Jalapeno Peppers	150g	2.39	GOV
<b>BIONA</b>				
LJ243	Capers In Olive Oil	120g	4.19	OV
<b>BIONOVA</b>				
VF040	Sauerkraut	350g	2.59	VO
VF030	Sweetcorn - organic	340g	1.85	VO
<b>COOKS &amp; CO</b>				
KJ020	Artichoke Bottoms in Brine	390g	2.49	V
KJ019	Hearts of Palm	400g	2.35	V
KJ017	Roasted Red Peppers	460g	2.99	V
KJ034	Semi Dried Tomatoes in Oil	295g	3.95	V
KJ018	Stuffed Vine Leaves	400g	2.99	V
KJ029	Sundried Tomatoes	295g	2.75	V
KJ027	Whole Green Chillies	300g	1.75	V
KJ030	Whole Red Chillies	300g	1.75	V
<b>CYPRESSA</b>				
VF047	Marinated Artichoke Hearts	280g	2.61	V
VF051	Marinated Sun-Dried Tomatoes	280g	2.55	V
VF964	Roasted Red Peppers	465g	2.31	SV
VF214	Stuffed Vineleaves	280g	1.95	V
<b>MANI</b>				
KJ440	Og Capers in Olive Oil	180g	3.49	OV
KJ434	Og Kalamata Olive Paste	180g	3.49	OV
KJ437	Og Sun Dried Tomato Paste	180g	3.49	OV
<b>MERCHANT GOURMET</b>				
VF145	Chestnut Puree	200g	2.09	V
VF146	Whole Chestnuts	180g	3.15	V
<b>ORGANICO</b>				
KJ016	Artichoke Hearts - og	190g	4.85	OV
KJ428	Capers	100g	1.95	OV
KJ429	Capers	250g	2.95	OV
VF088	French Chestnuts in box - og	200g	4.95	OV
<b>PEP UP LIFE</b>				
<i>Seed Sprouting Bags</i>				
VF004	Organic Alfalfa Sprouts	48g	2.95	OV
VF024	Organic Fenugreek Sprouts	80g	2.95	OV
VF001	Organic Mung Beans	80g	2.95	OV
VF034	Organic Sprouting Mix - One	80g	2.95	OV
VF049	Organic Sprouting Mix - Two	80g	2.95	OV
<b>ST DALFOUR</b>				
VF112	Whole Chestnuts	200g	2.89	GV
<b>SUNITA</b>				
KJ250	Capers - Organic	125g	5.19	OV
<b>TERRASANA</b>				
LJ084	Instant Mashed Potato	100g	2.19	VO
<b>TROPICAL WHOLEFOODS</b>				
VF164	Ceps / Porcini Mushrooms	30g	3.30	V
VF514	Shiitake Mushrooms	50g	3.30	V
<b>VEGETABLES (FROZEN)</b>				
<b>BIO INSIDE</b>				
XL155	Organic Garden peas	300g	1.45	OVB

code	product	size	rrp	bfgosv
XL153	Organic Sweetcorn <b>NATURAL COOL</b> <i>Vegetables</i>	300g	1.89	OVB
XL183	Broccoli	300g	2.19	OVB
XL221	Chips - Oven or Fry	600g	2.19	OV
XL156	Chips - Oven or Fry	1.25kg	4.55	OVB
XL176	Cut Green Beans	450g	2.05	OVB
XL177	Leaf Spinach Portions	450g	2.05	OVB
XL178	Peas	450g	2.65	OV
XL181	Sweetcorn	450g	2.79	OVB
XL134	Vegetable Mix	450g	2.35	OVB
	<b>YUTAKA</b>			
XL047	Shelled Edamame Beans	500g	2.20	V
	<b>VINEGARS</b>			
	<b>SUMA</b>			
KJ654	OG Balsamic Vinegar - oak aged	250ml	4.99	OV
	<b>ASPALL</b>			
KJ480	Apple Balsamic Vinegar	350ml	3.59	V
KJ382	Balsamic Vinegar - og	5l	33.69	OV
KJ478	Balsamic Vinegar - organic	350ml	3.59	OV
KJ477	Cyder Vinegar	350ml	1.69	V
KJ067	Cyder Vinegar	5l	14.95	V
KJ180	Cyder Vinegar	25l		V
KJ252	Cyder Vinegar - og	25l		OV
KJ481	Cyder Vinegar - organic	350ml	1.79	VO
KJ205	Cyder Vinegar - organic	5l	18.65	OV
KJ069	Cyder Vinegar - organic	500ml	2.29	VO
KJ052	Cyder Vinegar - organic	1l	3.79	OV
KJ408	Golden Malt Vinegar	250ml	0.89	V
KJ381	Malt Vinegar	5l	13.75	V
KJ395	Raw Unfiltered Cyder Vinegar	500ml	2.69	OV
KJ321	Raw Unfiltered Cyder Vinegar	5l	18.65	OV
KJ479	Red Wine Vinegar	350ml	1.69	V
KJ353	Red Wine Vinegar	5l	20.00	V
KJ475	Red Wine Vinegar - organic	350ml	1.79	OV
KJ476	White Wine Vinegar	350ml	1.69	V
KJ356	White Wine Vinegar	5l	13.85	V
KJ474	White Wine Vinegar - organic	350ml	1.79	OV
KJ210	White Wine Vinegar - organic	5l	16.15	OV
	<b>BIONA</b>			
KJ131	Cider Vinegar with `Mother`	5l	14.95	OV
KJ130	Cider Vinegar with `Mother`	500ml	2.69	OV
KJ311	Cider Vinegar with `Mother`	75cl	3.29	OV
	<b>BRAGG</b>			
KJ325	Apple Cider Vinegar w/Mother	473ml	5.49	OV
KJ324	Apple Cider Vinegar w/Mother	946ml	9.49	OV
	<b>HIGHER NATURE OMEGA EXCELLENCE</b>			
VM062	Organic Apple Cider Vinegar	350ml	7.50	OV
	<b>MR ORGANIC</b>			
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	3.35	GOV
	<b>OSTLERS</b>			
KJ156	Cider Vinegar with mother	750ml	4.65	V
	<b>RAW HEALTH</b>			
KJ489	Apple Cider Vinegar	1 l	4.29	OV
KJ129	Raw Organic Cider vinegar	500ml	2.99	OV



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KJ235	Raw Pomegranate Vinegar	5000ml	3.49	OV
	<b>RAYNERS</b>			
KJ500	Apple Cider Vinegar	500ml	2.79	OV
KJ505	Coconut Aminos	250ml	5.49	OV
KJ504	Coconut Vinegar	250ml	3.49	OV
KJ503	Pomegranate Vinegar	250ml	3.99	OV
KJ501	Red Wine Vinegar with Mother	500ml	2.49	OV
KJ502	White Wine Vinegar With Mother	500ml	2.49	OV
	<b>WATERS</b>			
	<b>CAN O WATER</b>			
WA003	Sparkling Spring Water	330ml	0.99	V
WA008	Still Water	330ml	0.99	V
	<b>HARROGATE SPRING WATER</b>			
WA224	Spring Water	10l	4.72	V
	<i>Glass Bottles</i>			
WA013	Spring Water - Sparkling	330ml	0.55	V
WA222	Spring Water - Sparkling	750ml	1.15	V
WA009	Spring Water - Still	330ml	0.55	V
WA223	Spring Water - Still	750ml	1.15	V
	<i>PET Bottles</i>			
WA011	Sports Cap - Still	500ml	0.50	V
WA221	Spring Water - Sparkling	1.5l	0.80	V
WA012	Spring Water - sparkling	500ml	0.46	V
WA220	Spring Water - Still	1.5l	0.80	V
WA010	Spring Water - still	500ml	0.46	V
	<b>THIRSTY PLANET</b>			
	<i>Glass Bottles</i>			
WA018	Spring Water - Sparkling	330ml	0.59	V
WA016	Spring Water - Still	330ml	0.59	V
	<i>PET Bottles</i>			
WA014	Spring water - sparkling	500ml	0.53	V
WA017	Spring Water - still	500ml	0.48	V
	<b>WINES</b>			
	<b>FRUIT WINE</b>			
	<i>Cairn o' Mohr</i>			
WN036	Berry Christmas	75cl	9.99	V
WN146	Bramble	75cl	9.99	V
WN148	Elderflower	75cl	9.99	V
WN013	Gooseberry & Elderflower fizz	75cl	14.39	V
WN014	Mulled Elderberry	75cl	10.99	V
WN145	Raspberry	75cl	9.99	V
WN144	Strawberry	75cl	9.99	V
WN149	Strawbubbly - sparkling	75cl	13.99	V
	<b>RED WINE</b>			
	<i>Argentina</i>			
WN176	Bonarda Malbec Casa Solero	75cl	8.59	FV
WN134	Grande Reserve Malbec	75cl	26.91	OV
WN119	Made in Mendoza Malbec	75cl	10.83	FOV
WN155	Malbec - Jean Bousquet	75cl	14.59	OV
WN060	Shiraz Malbec - Elementos	75cl	9.25	FV
	<i>Austria</i>			
WN025	Pinot Noir Meinklang	75cl	17.15	OVB
	<i>Bulgaria</i>			
WN132	Cabernet Sauvignon Deer Point	75cl	8.35	V
	<i>Chile</i>			
WN030	Merlot Carmenere	75cl	9.12	FV

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WN041	Proudly Vegan Merlot <i>France</i>	75cl	8.75	V
WN228	Chateau la Blanquerie	75cl	12.09	OV
WN010	Cotes du Rhone	75cl	12.21	OV
WN016	La Nature Le Rouge	75cl	10.17	OV
WN055	Merlot - Guvee Gabriel	75cl	11.05	OV
WN006	Merlot - La Marouette <i>Italy</i>	75cl	10.85	OV
WN063	Era Nero d'Avola	75cl	11.72	OV
WN140	Nero d'Avola - Fedele	75cl	10.35	OV
WN023	Nero D'Avola Insieme S. Tresa	75cl	12.89	OV
WN094	Vino Rosso - Fedele <i>Lebanon</i>	75cl	8.99	OV
WN033	Coteaux Les Cedres Du Liban <i>South Africa</i>	75cl	19.55	FV
WN114	Cab Suvignon - Running Duck	75cl	10.11	FOV
WN137	Dig This! Shiraz Merlot	75cl	10.59	FOV
WN197	Merlot - Running Duck	75cl	9.69	FOV
WN138	Merlot - Stellar	75cl	10.09	FOV
WN076	Pinot Noir - River's End	75cl	11.67	FOV
WN196	Pinotage - Running Duck	75cl	10.16	FOV
WN116	Shiraz - Running Duck <i>Spain</i>	75cl	9.64	FOV
WN232	Camino Tinto Tempranillo	75cl	8.79	OV
WN207	Cuesta Colora Tempranillo	75cl	11.87	OV
WN054	Dragora Syrah	75cl	9.75	OV
WN040	Dragora Tinto	75cl	9.15	OV
WN147	Rioja - Usoa de Bagordi	75cl	11.87	OV
WN103	Rioja Garnacha Crianza	75cl	15.22	OV
	<b>ROSE WINE</b>			
	<i>Bulgaria</i>			
WN174	Merlot Rose Deer Point	75cl	8.35	V
	<i>France</i>			
WN229	Grenache Rose - La Marouette <i>Italy</i>	75cl	11.02	OV
WN139	Vino Rose - Fedele <i>South Africa</i>	75cl	10.35	OV
WN118	Shiraz Rose - Running Duck	75cl	9.69	FOV
	<b>SPARKLING WINE</b>			
	<i>France</i>			
WN050	Champagne Carte d'Or <i>Italy</i>	75cl	34.35	OV
WN214	Perla Rosa Frizzante - Giol	75cl	11.55	OV
WN133	Prosecco - Proverbio	75cl	15.99	OV
WN009	Prosecco Col di Manza Perlage	75cl	20.48	OV/B
WN015	Prosecco Spumante Era	75cl	14.41	OV
	<b>WHITE WINE</b>			
	<i>Bulgaria</i>			
WN012	Chardonnay Deer Point <i>Chile</i>	75cl	8.35	V
WN034	Proudly Vegan Sauvignon Blanc	75cl	8.75	V
WN032	Sauvignon Blanc Semillon <i>England</i>	75cl	9.12	FV
WN235	Horsmonden Dry White Davenport <i>France</i>	75cl	19.06	OV
WN226	Sauvignon - La Marouette	75cl	11.08	OV

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	<i>Germany</i>			
WN101	Riesling - Sander	75cl	13.20	OV
	<i>Italy</i>			
WN095	Blanco - Fedele	75cl	8.99	OV
WN141	Catarratto Pinot Grigio Fedele	75cl	10.35	OV
WN029	Gavi Spinola cas. Tassarolo	75cl	16.30	OV
WN057	Pinot Grigio	75cl	9.07	OV
WN233	Pinot Grigio - Boira	75cl	12.93	OV
	<i>South Africa</i>			
WN071	Chenin Blanc - River's End	75cl	11.67	FOV
WN008	Chenin Blanc - Running Duck	75cl	9.64	FOV
WN115	Chenin Sauv Blanc - R/Duck	75cl	9.46	FOV
WN136	Dig This! Chenin Sauv Blanc	75cl	10.59	FOV
WN019	Sauvignon Blanc - Stellar	75cl	9.79	FOV
	<b>YEAST EXTRACTS</b>			
	<b>ESSENTIAL TRADING</b>			
GH059	Yeast Extract	125g	3.75	V
GH058	Yeast Extract	250g	6.39	V
	<b>MERIDIAN</b>			
GH160	Yeast Extract + B12 and salt	340g	3.99	V
GH098	Yeast Extract +B12, no salt	340g	3.99	V
	<b>NATEX</b>			
GH055	Yeast Extract - Low Salt	225g	3.95	V



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