



# Suma

CO-OPERATIVE SINCE 1977

**FAIRTRADE**

JANUARY FEBRUARY 2019

# FAIRTRADE

A bit more about it..

Fairtrade is an organised social movement whose goal is to help producers in developing countries achieve better trading conditions and promote sustainability. Members of the movement advocate paying higher prices to growers and exporters, as well as aiming to establish higher social and environmental standards. The movement focuses in particular on exports from developing countries to developed countries, most notably coffee, cocoa, sugar, tea, bananas, and chocolate.

The movement seeks to promote greater equity in international trading partnerships through dialogue, transparency and respect. It promotes sustainable development by offering better trading conditions to, and securing the rights of, marginalised producers and workers in developing countries.

To find out more [www.fairtrade.org.uk](http://www.fairtrade.org.uk)



## Key BFGSOV

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

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

code	product	size	rrp	bfgosv
<b>BAGS, BOXES AND BASKETS</b>				
<b>SIESTA CRAFTS</b>				
NF467	Recycled Saree Bag - Folding	each	4.50	FV
<b>BAKING SUNDRIES</b>				
<b>DIVINE</b>				
KB687	70% Dark Cooking Chocolate	200g	3.69	F
<b>GREEN &amp; BLACKS</b>				
<i>Cooks Chocolate</i>				
KB058	Dark Cooking Chocolate-Organic	150g	2.65	FOS
<b>PLAMIL</b>				
<i>Drops in 1kg bags</i>				
KB652	Org & F/T Baking Chocolate	1kg	13.59	GFOSV
<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>BEERS</b>				
<b>SUMA</b>				
RT027	Erringden Light Pale + Ginger	500ml	2.57	FOV
<b>BISCUITS CRACKERS &amp; CRISPBREAD</b>				
<b>DOVES FARM</b>				
BT271	Double Chocolate Cookies - GF	180g	2.29	FOSV
<b>LE PAIN DES FLEURS</b>				
BT093	Quinoa Crispbread	125g	3.99	FGOV
<b>TRAIDCRAFT</b>				
BT369	Chewy Fruit & Oat Cookies	180g	2.29	FS
BT547	Double Chocolate Chip Cookies	180g	1.99	FS
BT236	Double Chocolate Chunk Cookies	45g	0.85	FS
BT481	Stem Ginger Cookies	180g	1.99	FS
<b>BODYCARE</b>				
<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

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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>FAIR SQUARED</b>			
DY950	Lube and Massage Gel-Green Tea	each	13.95	FOV
	<i>Natural Latex. Carbon Neutral</i>			
DY948	Extra Large Condoms	8	9.95	FV
DY942	Max Perform Condoms	8	9.95	FV
DY943	Original Condoms	10	9.95	FV
DY947	Sensitive Condoms	10	9.95	FV
DY945	Ultra Thin Condoms	10	9.95	FV
	<i>Packaging-Bioplastic/Cardboard</i>			
DY936	100% Rubber Period Cup - Large	each	17.95	FV
DY926	100% Rubber Period Cup - Med	each	17.95	FV
	<b>SIMPLY GENTLE</b>			
DY429	Organic Cotton Facial Pads	30 pads	3.29	FO
	<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
	<i>The Mother's India Incense</i>			
NF526	Aditi - Crisp Blend of Sage	20 sticks	3.50	F
NF394	Amrita - Earthy and Spicy	20 sticks	3.50	F
NF403	Ganesh - Rich and Sumptuous	20 sticks	3.50	F
NF469	Lila - Woody Patchouli	20 sticks	3.50	F
NF525	Meera - Sandalwood Blend	20 sticks	3.50	F
NF119	Mother's Incense Fan - Mixed	fan	6.99	F
NF412	Om - Cassia, Vanilla, Amber	20 sticks	3.50	F
NF408	Oudh - Sensuous	20 sticks	3.50	F
NF410	Prem - Sweet blend of Jasmine	20 sticks	3.50	F
NF402	Rishi - Exotic Rose	20 sticks	3.50	F
NF409	Sattva - Woody	20 sticks	3.50	F
NF411	Shanti - Woody, w/Rose,Jasmine	20 sticks	3.50	F
NF393	Yoga - Sandalwood blend	20 sticks	3.50	F
	<b>NAMASTE</b>			
NF460	Iron Tealight Holder - Medium	1	9.49	F
NF154	Iron Tealight Holder-Large	1	7.99	F
NF153	Rustic Finish Tealight Holder	1	4.55	F
	<b>SIESTA CRAFTS</b>			
NF278	Meditation Incense	15g	0.99	F
NF285	Satya Sai Nag Champa Incense	15g	0.99	FV
	<b>CEREALS &amp; MUESLIS</b>			
	<b>BIOFAIR</b>			
FX018	Quinoa Flakes Organic	400g	5.69	FO
MX009	Quinoa Pops Organic, FT	120g	4.49	GFO

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	<b>CHOCOLATE</b>			
	<b>BEAN AND POD</b>			
	<i>Bites</i>			
KB184	Peanut Butter Bites	150g	4.46	FS
	<b>BOOJA BOOJA</b>			
	<i>Artist's Collection Gift Boxes</i>			
KB927	Fine De Champagne Truffles	185g	20.99	GFOSV
KB929	Hazelnut Truffles	185g	20.99	GFOSV
	<b>COCOA LOCO</b>			
	<i>EASTER 2019</i>			
ZX319	3 Tone Striped Easter Egg	225g	12.82	FO
ZX353	73% Dark Choc Mini Eggs	140g	6.15	FOSV
ZX173	73% Dark Egg with Choc Buttons	225g	12.82	FOV
KB677	Ginger Dark Egg	225g	12.82	FOV
ZX329	Marbled Chocolate Easter Egg	225g	12.82	FO
ZX334	Milk & White Chocolate Chicks	100g	4.59	FO
ZX323	Milk Chocolate Mini Eggs	140g	6.15	FO
	<b>DIVINE</b>			
ZX385	Little Taster Bar Set	12 x 15	6.99	FS
	<i>35g Bars</i>			
ZX286	70% Dark Chocolate	35g	1.09	FSV
ZX180	Cappuccino Bar Fairtrade	35g	1.09	FS
KB138	Dark Caramel Bar	35g	1.09	FS
ZX499	Milk Chocolate	35g	1.09	FS
KB425	Milk Chocolate Caramel Bar	35g	1.09	FS
ZX422	Orange Milk Chocolate Bars	35g	1.09	FS
ZX287	White Chocolate Mini Bar	35g	1.09	FS
	<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
KB798	Dark Choc with Lemon & Juniper	90g	2.59	VSF
KB534	Dark Choc with Raspberries	90g	2.59	FSV
ZX001	Dark Chocolate with Mint	90g	2.59	FSV
ZX789	Dark Chocolate with Pink Salt	90g	2.59	FS
ZX410	Hazelnut & Cranberry Bar	90g	2.59	FS
KB459	Milk Choc Toffee & Sea Salt	90g	2.59	FS
KB961	Milk Choc with Gingerbread	90g	2.59	FS
ZX370	Milk Chocolate 45% Cocoa	90g	2.59	FS
ZX284	Milk Chocolate Orange	90g	2.59	FS
KB364	White Choc with Strawberries	90g	2.59	FS
ZX528	White Chocolate	90g	2.59	FS
	<i>EASTER 2019</i>			
KB613	Dark Choc Hazelnut Truffle Egg	100g	6.06	FV
ZX457	Dark Chocolate Mini Eggs	152g	5.49	FSV
ZX309	Easter Egg - Luxury Dark Choc	260g	11.54	FSV
KB870	Flight of Flavour Milk/White	100g	9.15	FS
KB835	Flight of Flavours- Dark Eggs	100g	9.15	FSV
KB825	Luxury Milk Egg	260g	11.59	FS
KB585	Milk Choc Hot Cross Bun Bar	90g	2.59	FS
KB741	Milk Chocolate Egg Hunt Box	120g	5.71	FS
KB577	Milk Mini Eggs	152g	5.45	FS
KB071	Orange Milk Chocolate Egg	100g	6.05	FS
KB242	Praline Mini Eggs	152g	5.45	FS
KB241	Speckled Milk Mini Eggs	152g	5.45	FS
	<i>Thins</i>			
KB696	Dark Choc Salted Caramel Thins	200g	4.79	FS

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KB119	Dark Chocolate Ginger Thins	200g	4.79	FSV
KB544	Dark Chocolate Mint Thins	200g	4.79	FSV
<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
KB257	Dark Chocolate with Turmeric	91g	3.99	FOS
KB256	Milk Chocolate with Cardamom	91g	3.99	FOS
KB249	Milk Chocolate with Sea Salt	91g	3.99	SOF
<i>Nougat</i>				
KB239	Milk Chocolate	91g	3.99	FOS
<b>EQUAL EXCHANGE</b>				
KB659	55% Dark Caramel & Sea Salt	100g	2.79	FOS
KB698	65% Organic Dark Orange	100g	2.79	FOSV
KB654	71% Organic Very Dark	100g	2.79	FOSV
KB977	Dark 55% Choc with Almond	100g	2.79	FOS
ZX597	Dark Chocolate with Raspberry	100g	2.79	VSFO
ZX577	Extreme Dark 88% Chocolate	80g	2.79	OVFS
<b>GREEN &amp; BLACKS</b>				
KB665	Miniature Collection, Milk	180g	7.99	FOS
KB746	Miniature Collection, Original	180g	7.99	FOS
KB615	The Connoisseur Collection	580g	20.65	FOS
<i>100g Bars</i>				
KB116	70% Dark Chocolate	100g	2.39	FOS
KB034	85% Dark Chocolate	100g	2.39	FOS
KB796	Dark Choc Hazelnut & Currant	100g	2.39	FOS
KB935	Dark Chocolate & Burnt Toffee	100g	2.39	FOS
KB132	Dark Chocolate & Ginger	100g	2.39	FOS
ZX251	Maya Gold Dark Chocolate	100g	2.39	FOS
KB908	Milk Choc & Chopped Almonds	100g	2.39	FOS
ZX239	Milk Chocolate	100g	2.39	FOS
KB133	Milk Chocolate & Butterscotch	100g	2.39	FOS
KB370	White Chocolate	100g	2.39	FOS
<i>Minibars</i>				
KB199	70% Dark Chocolate	35g	0.95	FOS
KB177	White Chocolate	35g	0.95	FOS
<b>ORGANIC SEED &amp; BEAN COMPANY</b>				
<i>Large Bars</i>				
KB152	37% Milk Choc, Hazels & Almonds	85g	2.69	FOS
KB733	37% Milk Chocolate	85g	2.69	FOS
KB970	58% Dark Choc & Espresso	85g	2.69	FOS
KB155	58% Dark Choc & Hazelnuts	85g	2.69	FOSV
KB979	58% Dark Choc, Lemon & Cardamon	85g	2.69	FOS
ZX793	58% Dark Sweet Orange & Thyme	85g	2.69	FOSV
KB736	70% Dark Choc & Sea Salt	85g	2.69	FOSV
KB767	72% Dark Choc & Lavender	85g	2.69	FOSV
KB200	72% Dark Choc & Mint	85g	2.69	FOSV
KB773	72% Dark Choc, Chilli & Lime	85g	2.69	FOSV
KB743	72% Dark choc, Dominican	85g	2.69	FOSV
KB772	72% Dark Choc, Mandarin & Ginger	85g	2.69	FOSV
ZX313	Raspberry & Vanilla White Bar	85g	2.69	FOS
ZX126	Sea Salt & Tropical Lime	85g	2.69	FOS
KB742	White Choc, Lemon & Poppy Seed	85g	2.69	FOS
<i>Mini Bars</i>				
ZX392	58% Dark Choc & Espresso	25g	1.25	FOS
ZX391	58% Dark Sweet Orange & Thyme	25g	1.25	FOSV
ZX400	72% Dark Choc, Dominican	25g	1.25	FOSV
ZX389	Sea Salt & Tropical Lime	25g	1.25	FOS

code	product	size	rrp	bfgov
	<b>ORGANICA</b>			
KB277	Vegan Diets White Chocolate	100g	2.89	FOVS
	<b>PLAYIN CHOC</b>			
	<i>EASTER 2019</i>			
ZX094	Box of 10 Playin Chocolates	100g	5.45	FSGVO
	<b>PONCHITO</b>			
	<i>EASTER 2019</i>			
KB318	3 Pack- Milk Choc Surprise Egg	3 x 20g	5.78	FOS
KB344	Milk Choc Large Surprise Egg	50g	3.69	FOS
KB341	Milk Chocolate Surprise Egg	20g	2.32	FOS
	<b>THE RAW CHOCOLATE CO</b>			
	<i>Bulk</i>			
ZX741	Goji Berries	10kg		GFVO
	<i>Raw Chocolate Coated Snacks</i>			
KB053	Goji Berries	125g	5.99	GFOV
KB360	Goji Berries - Snack Pack	28g	1.79	FOV
KB362	Mulberries - Snack Pack	28g	1.79	FOV
KB903	Vanoffe Covered Mulberries	125g	5.99	FOV
	<b>VEGO</b>			
KB821	Mini Whole Hazel Chocolate Bar	65g	2.19	FOVS
KB943	Vegolino Pralines	180g	5.95	FOSV
KB489	Whole Hazelnut Chocolate Bar	150g	3.95	FOV
	<b>ZOTTER CHOCOLATE</b>			
	<i>Labooko Twin Bars</i>			
KB917	Peru Dark 100%	65g	3.25	FOV
	<b>CHOCOLATE &amp; SWEET SPREADS</b>			
	<b>ESSENTIAL TRADING</b>			
GH092	Dark Chocolate Spread	400g	3.25	FOSV
GH089	Duo Swirl Chocolate Spread	400g	3.25	FOS
	<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	3.45	FOV
	<b>CAFEDIRECT</b>			
TE857	Drinking Chocolate	250g	3.55	FVS
TE603	Sao Tome Hot Chocolate	300g	3.80	FS
	<b>CLIPPER</b>			
TE205	Drinking Chocolate Fairtrade	250g	3.05	FS
TE196	Instant Hot Chocolate	1kg	10.15	FS
TE188	Instant Hot Chocolate	350g	3.59	FS
	<b>COCOA LOCO</b>			
ZX484	Dark & Praline Hot Choc Spoon	30g	2.19	VSOV
KB637	Dark Hot Chocolate Spoon	30g	2.19	FOSV
KB542	Milk & Orange Chocolate Spoons	30g	2.19	FOS
KB478	Milk Hot Chocolate Spoon	30g	2.19	FOS
KB564	Three Hot Chocolate Spoons	90g	6.15	FOS
	<b>DIVINE</b>			
TE687	Drinking Chocolate	400g	4.39	FVS
	<b>EQUAL EXCHANGE</b>			
TE491	Hispaniola Cocoa Powder - og	250g	4.49	FOV
	<b>GREEN &amp; BLACKS</b>			
TE453	Cocoa Powder - organic	125g	2.59	FOV
TE131	Hot Chocolate	300g	4.49	FOS
	<b>HASSLACHER'S</b>			
TE078	Bar of Drinking Chocolate	250g	5.29	FV
	<b>MONTEZUMA'S</b>			
KB190	Dark Drinking Chocolate	300g	5.75	FOSV

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<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
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
TE596	Handpicked Discovery Blend	200g	5.50	FV
TE599	Handpicked Organic Ethiopia	200g	5.50	FGV
TE608	Handpicked Organic Honduras	200g	5.50	FOV
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



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TE526	Instant Organic Decaff	500g	25.00	FOV
	<i>Instant Coffees</i>			
TE879	Fairtrade Org Decaf Instant	100g	5.49	FOV
TE739	Fairtrade Organic Instant	100g	4.99	FOV
TE076	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
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
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
	<i>Roast &amp; Ground Coffees</i>			
TE286	Colombia Cafe Equidad	227g	4.65	FOV
TE289	Decaffeinated	227g	5.25	FOV
TE032	Espresso - Landscape Blend	227g	4.99	FOV
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
	<b>PERCOL</b>			
	<i>Instant Coffees</i>			
TE005	Colombian Fairtrade	100g	4.49	FV
TE679	Colombian Fairtrade Decaff	100g	4.49	FV
	<i>Roast &amp; Ground Coffees</i>			
TE803	All Day Americano Fairtrade og	200g	4.49	FOV
TE717	Bold Peruvian Fairtrade Ground	200g	4.75	FOV
TE807	Decaff Colombia Fairtrade	200g	4.49	FV
TE636	Delicious Decaff Fairtrade Org	200g	4.75	FOV
TE633	Intense Espresso Fairtrade Org	200g	4.75	FOV
TE632	Rich Americano Fairtrade Org	200g	4.75	FOV
TE802	Smooth Colombia Fairtrade	200g	4.49	FV
TE634	Smooth Colombian Fairtrade Org	200g	4.75	FOV
TE804	Vibrant Guatemala Fairtrade	200g	4.49	FV
	<i>Roast Wholebean Coffees</i>			
TE729	Intense Espresso Fairtrade Org	200g	4.75	FOV

code	product	size	rrp	bfgosv
<b>FAR EASTERN FOOD</b>				
<b>KING SOBA</b>				
WT123	Og Basmati White Rice Noodles	250g	2.29	OFV
WT087	Pad Thai Noodles Fairtrade	250g	2.29	FOV
WT088	Vermicelli Noodles Fairtrade	250g	2.29	FOV
<b>FLAKES, BRANS &amp; WHEATGERM</b>				
<b>SUMA COMMODITIES - ORGANIC</b>				
FX654	Quinoa Flakes - organic	15kg		FOV
<b>FLOURS &amp; BREAD MIXES</b>				
<b>BIOFAIR</b>				
FG027	Organic Fairtrade Quinoa Flour	400g	6.99	FOV
<b>FRUIT - DRIED</b>				
<b>SUMA BAGGED DOWN - ORGANIC</b>				
DR072	Dates OG pitted fairly traded	1kg		FOV
<b>SUMA COMMODITIES</b>				
DR300	Mango Slices - SO2	12.50kg		FV
<b>SUMA COMMODITIES - ORGANIC</b>				
DR986	Dates - Fairtrade Organic	5kg		FOV
<b>SUMA PREPACKS - ORGANIC</b>				
DR720	Dates -og pitted fairly traded	250g	2.89	FOV
<b>TROPICAL WHOLEFOODS</b>				
DR134	Fairtrade Apricots	125g	1.89	FV
DR200	Fairtrade Organic Mango	100g	2.75	FOV
<b>ZAYTOUN</b>				
DR164	Palestinian Medjool Dates	250g	4.95	FV
<b>FRUIT &amp; VEGETABLE JUICES</b>				
<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>GRAINS</b>				
<b>BIOFAIR</b>				
QS015	Organic Fairtrade Quinoa Red	500g	5.69	FOV
QS024	Organic Fairtrade Quinoa Tri	500g	5.49	FOV
QS013	Quinoa Grain Organic Fairtrade	500g	4.99	FOV
<b>ZAYTOUN</b>				
QS014	Palestinian Couscous	250g	3.65	FV
QS131	Smoky Freekeh	250g	3.69	FV
<b>HERB &amp; FRUIT INFUSIONS</b>				
<b>CLIPPER</b>				
<i>FOOD SERVICE RANGE</i>				
TE148	Chamomile - og	25 bags	2.53	FOV
TE141	Chamomile - og	250 bags		FOV
TE162	Peppermint - og	250 bags		FOV
TE166	Peppermint - og	25 bags	2.53	FOV
<i>Gift Range</i>				
TE404	Caddy - English Breakfast	1	9.99	FOV
TE344	Caddy - Green Tea	1	9.99	FOV
TE327	Caddy - Snore & Peace	1	9.99	FO
TE324	Organic Infusions Variety Box	1	11.99	FOV
<b>ESSENTIAL TRADING</b>				
TE271	Camomile Tea	20 bags	1.65	FOV
TE279	Peppermint Tea	20 bags	1.65	FOVB
<b>PUKKA</b>				
TE421	Clean Matcha Green	20 bags	2.99	FOV
TE609	Ginseng Matcha Green	20 bags	2.99	FOV
TE490	Mint Matcha Green	20 bags	2.99	FOV

code	product	size	rrp	bfgosv
TE095	Original (Black Spice) Chai	20 bags	2.99	FOV
TE542	Supreme Green Matcha	20 bags	2.99	FOV
TE623	Turmeric Gold	20 bags	2.99	FOV
TE094	Vanilla Chai	20 bags	2.99	FOV
<b>HERBS &amp; SPICES - PREPACKED</b>				
<b>SUMA ORGANIC</b>				
<i>Milled Spices - Organic, F/T</i>				
HE166	Cinnamon - Fairtrade, organic	25g	1.35	FOV
HE169	Ginger - organic, Fairtrade	25g	1.35	FOV
HE162	Pepper - Black, F/T, organic	25g	1.45	FOV
HE170	Turmeric - organic, Fairtrade	25g	1.35	FOV
<i>Whole Spices - Organic, F/T</i>				
HE163	Whole Black Peppercorns OG, FT	25g	1.35	FOV
HE167	Whole Cloves - Organic & FT	25g	1.45	FOV
<b>STEENBERGS</b>				
HE047	Saffron - Fairtrade	0.5g	4.09	FV
<b>HONEY</b>				
<b>EQUAL EXCHANGE</b>				
HY003	Chilean Ulmo Blossom	500g	5.90	F
HY005	Organic clear	500g	5.90	FO
HY004	Organic set	500g	5.90	FO
<b>HILLTOP HONEY</b>				
HY068	Organic Fairtrade Honey	227g	4.49	FO
<b>TRAIIDCRAFT</b>				
HY028	Guatemalan Squeezy Honey	250g	2.85	F
<b>TROPICAL FOREST</b>				
HY032	Forest Honey - clear, organic	340g	4.35	FO
<b>WAINWRIGHT'S</b>				
HY033	Ethiopian Forest Honey	380g	4.99	FO
HY602	Forest Honey - Set, Organic	7lb		FO
HY071	Single Estate Autumn Ivy Honey	380g	8.49	F
<b>HOUSEHOLD PRODUCTS</b>				
<b>NAMASTE</b>				
NF133	Coconut Shell Lacquered Bowl	1	5.99	F
<b>TRAIIDCRAFT</b>				
NF181	Fair Trade Rubber Gloves	1 pairs	1.45	F
<b>INDIAN FOOD</b>				
<b>GEO ORGANICS</b>				
KJ573	Mango Chutney OG Fairtrade	300g	2.99	FOSV
<b>JAMS &amp; FRUIT SPREADS</b>				
<b>TRAIIDCRAFT</b>				
GH165	Organic Orange Marmalade	340g	2.59	FOVS
GH166	Organic Strawberry Jam	340g	3.09	FOVS
<b>NUT &amp; SEED BUTTERS</b>				
<b>SUMA</b>				
GH135	Peanut Butter, crunchy	340g	3.59	FVO
<b>EQUAL EXCHANGE</b>				
GH704	Peanut Butter -Crunchy no salt	280g	2.99	FOV
<b>NUTS &amp; SEEDS</b>				
<b>ZAYTOUN</b>				
NU040	Caramelised Almonds	140g	5.59	FVS
NU108	Palestinian Almonds	150g	5.75	FV
<b>OILS &amp; FATS</b>				
<b>EQUAL EXCHANGE</b>				
<i>Palestinian Fairtrade Oils</i>				
GT555	Olive Oil	1l	18.99	FV
<b>ZAYTOUN</b>				
GT056	Olive Oil - Fair Trade	500ml	14.69	FOV

code	product	size	rrp	bfgosv
GT023	Olive Oil - Fairtrade	5l	116.15	FOV
GT020	Olive Oil - Organic Fairtrade	250ml	9.01	FOV
GT022	Olive Oil - Organic Fairtrade	750ml	20.95	FOV
<b>PAPER PRODUCTS &amp; STATIONERY</b>				
<b>NAMASTE</b>				
NF122	Blue Geo Print Paper Bags Lge	1	2.25	F
NF166	Blue Geo Print Wrapping Paper	1	1.89	F
<b>READY MEALS (FROZEN)</b>				
<b>AMY'S KITCHEN</b>				
XL356	Breakfast Scramble	255g	4.15	FGV
XL355	Breakfast Tofu Wrap	155g	2.49	FGV
<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>SNACK BARS &amp; FLAPJACKS</b>				
<b>HANDMADE FLAPJACK CO</b>				
KB982	FT Chocolate Topped Flapjack	80g	0.85	FS
KB984	FT Fruity Flapjack	80g	0.85	FS
KB983	FT Yoghurt Topped Flapjack	80g	0.85	FS
<b>TROPICAL WHOLEFOODS</b>				
KB710	Organic Mango & Brazil	40g	0.79	FOV
<b>SOFT DRINKS</b>				
<b>CHARITEA</b>				
JU598	CharITea Black	330ml	1.29	FOSV
JU597	CharITea Green	330ml	1.29	FOS
JU596	CharITea Mate	330ml	1.29	FOS
JU595	CharITea Red	330ml	1.29	FOSV
<b>GUSTO</b>				
JU223	Fiery Ginger With Chipotle	275ml	1.89	FOV
JU376	Naturally Slim Cola	275ml	1.95	FGV
JU353	Organic Real Cola	275ml	1.95	FGOV
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>KARMA COLA</b>				
<i>Cans</i>				
JU617	Gingerella Ginger Ale	250ml	1.29	FOSV
JU616	Karma Cola	250ml	1.29	FOSV
JU749	Karma Cola - sugar free	250ml	1.29	FV
JU615	Lemony Lemon	250ml	1.29	FSOV
<i>Glass Bottles</i>				
JU073	Gingerella Ginger Ale	330ml	1.85	FOVS
JU075	Karma Cola	330ml	1.85	FOSV
JU750	Karma Cola - Sugar Free	330ml	1.85	FV
JU078	Lemony Lemon	330ml	1.85	FOSV
JU302	Summer Orangeade	330ml	1.85	FOSV
<b>LA MAISON DU COCO</b>				
JU756	Coconut Water - Fairtrade OG	330ml	1.89	OFV
<b>LEMONAID BEVERAGES</b>				
JU592	Lemonaïd Blood Orange	330ml	1.75	FOSV
JU589	Lemonaïd Passion Fruit	330ml	1.75	FOSV
<b>PERCOL</b>				
TE505	Iced Coffee Flat White	235ml	1.70	FOS
TE506	Iced Coffee Protein Latte	225ml	1.70	FOS

code	product	size	rrp	bfgosv
	<b>UBUNTU</b>			
JU506	Ubuntu Cola in cans	330ml	0.69	FS
	<b>SUGARS &amp; SYRUPS</b>			
	<b>SUMA COMMODITIES</b>			
LJ546	Fairtrade Golden Granulated	25kg		FVS
	<b>SUMA COMMODITIES - ORGANIC</b>			
LJ217	Caster Sugar Fairtrade Organic	25kg		FOV
	<b>SUMA PREPACKS</b>			
LJ090	Golden Granulated Sugar	500g	2.75	FV
	<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
	<b>EQUAL EXCHANGE</b>			
LJ500	Raw Cane Sugar - organic	500g	2.39	FOSV
LJ527	Sugar Sticks	1		FOVS
	<b>MERIDIAN</b>			
HY300	Molasses - Organic, Fairtrade	350g	1.99	FOV
	<b>RAYNERS</b>			
LJ587	Fairtrade Organic Golden Syrup	340g	3.75	FVO
LJ704	Golden Syrup - Organic	5kg	33.35	FOV
	<b>TRADCRAFT</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	FSV
	<b>SUPERFOODS &amp; SPORTS NUTRITION</b>			
	<b>NATURYA</b>			
MD040	Greens Blend Organic	250g	14.99	FGOV
MD216	Organic Cacao Powder F/trade	250g	6.99	FVO
	<b>TEAS</b>			
	<b>CAFEDIRECT</b>			
	<i>Everyday Teas</i>			
TE691	Everyday Tea	1100 bags	23.39	FV
TE390	Everyday Tea	160 bags	4.59	FV
TE690	Everyday Tea	80 bags	2.59	FV
TE637	Everyday Tea Decaff	80 bags	3.55	FV
	<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
TE897	English Breakfast Organic	125g	2.53	FOV
TE300	English Breakfast Organic	40 bags	2.53	FOV
TE507	English Breakfast Organic	80 bags	4.49	FGOV
TE967	Indian Chai organic	20 bags	1.90	FOV
TE508	National Trust Tea	80 bags	3.99	FCV
	<i>FOOD SERVICE RANGE</i>			
TE152	Earl Grey - og	250 bags		FOV
TE150	Earl Grey - og	25 bags	2.53	FOV
TE796	English Breakfast - og	25 bags	2.53	FOV
TE635	Everyday Decaffeinated - og	25 bags	2.53	FOV
TE447	Fairtrade Blend	100 bags	5.08	FV
TE149	Fairtrade Everyday blend	250 bags		FV

code	product	size	rrp	bfgosv
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
TE159	Green Tea - og	250 bags		FOV
TE161	Green Tea - og	25 bags	2.53	FOV
TE451	Speciality English Breakfast	250 bags		FOV
<i>GREEN TEA FAIRTRADE</i>				
TE486	Citrus Green Tea + Echinacea	20 bags	1.89	OFV
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>Originals</i>				
TE800	Fairtrade 80 Teabags	80 bags	3.49	FV
TE541	Fairtrade Blend	40 bags	1.99	FV
<b>DRINK ME CHAI</b>				
TE045	Fairtrade Spiced Chai	250g	3.25	FS
<b>HAMPSTEAD TEA</b>				
TE939	Clean Green	20 bags	2.49	FOV
TE936	Divine Earl Grey	20 bags	2.49	FOV
TE935	Pure Darjeeling	20 bags	2.49	FOV
TE932	Strong English Breakfast	20 bags	2.49	FOV
<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
<b>PUKKA</b>				
TE213	Elegant English Breakfast	20 bags	2.99	FOV
TE214	Gorgeous Earl Grey	20 bags	2.99	FOV
<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>SIMPLY CHAI</b>				
<i>Vegan, Organic, Fairly Traded</i>				
TE312	Classic	125g	5.89	FGOV
TE316	Matcha Anis	125g	5.89	FGOV

code	product	size	rrp	bfgosv
TE313	Spicy	125g	5.89	FGOV
TE320	Turmeric	125g	5.89	FGOV
TE314	Vanilla	125g	5.89	FGOV
<b>WILLIAMSON TEA</b>				
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>Gift Caddies</i>				
TE894	Elephant Kenyan Earth	1	10.99	FV
TE471	Elephant Regal	1	10.99	FV
<b>TOOTHCARE</b>				
<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>WINES</b>				
<b>RED WINE</b>				
<i>Argentina</i>				
WN176	Bonarda Malbec Casa Solero	75cl	8.59	FV
WN119	Made in Mendoza Malbec	75cl	10.83	FOV
WN060	Shiraz Malbec - Elementos	75cl	9.25	FV
<i>Chile</i>				
WN030	Merlot Carmenere	75cl	9.12	FV
<i>Lebanon</i>				
WN033	Coteaux Les Cedres Du Liban	75cl	19.55	FV
<i>South Africa</i>				
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	75cl	9.64	FOV
<b>ROSE WINE</b>				
<i>South Africa</i>				
WN118	Shiraz Rose - Running Duck	75cl	9.69	FOV
<b>WHITE WINE</b>				
<i>Chile</i>				
WN032	Sauvignon Blanc Semillon	75cl	9.12	FV
<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

# Suma

CO-OPERATIVE SINCE 1977

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