

Suma

CO-OPERATIVE SINCE 1977

ORGANIC

MAY - JUN 2024

ORGANIC

A bit more about it..

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

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

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



Key BFGSOV

B - Biodynamic // F - Fairtrade 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
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ALCOHOL FREE AND LOW ALCOHOL BEVERAGES

GIMBER

JU283	Gimber - ginger concentrate	6 x 500ml	2.99	OSV
JU284	Gimber - ginger concentrate	12 x 200ml	13.49	OSV

ST PETER'S

JU048	Alcohol Free Beers St Peter's Without Pale Ale	8 x 500ml	2.19	OV
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BABY & CHILD FOOD

ELLA'S KITCHEN

Breakfast

BB109	Baby Brekkie - Banana	6 x 100g	1.75	O
BB199	Baby Brekkie - Blueberry/Pear	6 x 100g	1.75	O
	Smoothie Fruits			
BB238	The Green One - Multi Pack	6 x 5 x 90g	5.25	OV
BB048	The Green One - smoothie fruit	12 x 90g	1.90	OV
BB164	The Pink One	3 x 5 x 90g	5.25	OV
BB237	The Purple One - Multi Pack	6 x 5 x 90g	5.25	OV
BB007	The Purple One -smoothie fruit	12 x 90g	1.90	OV
BB239	The Red One - Multi Pack	6 x 5 x 90g	5.25	OV
BB011	The Red One - smoothie fruit	12 x 90g	1.90	OV
BB139	The White One - Multi Pack	3 x 4 x 90g	4.50	OV
BB236	The Yellow One - Multi Pack	6 x 5 x 90g	5.25	OV
BB010	The Yellow One -smoothie fruit	12 x 90g	1.90	OV

Stage 1

BB196	Apple & Pear Baby Rice	7 x 120g	1.65	OV
BB001	Apples & Bananas	7 x 120g	1.65	OV
BB198	Banana & Apricot Baby Rice	7 x 120g	1.65	OV
BB003	Broccoli, Pear & Peas	7 x 120g	1.65	OV
BB049	Butternut Squash, Carrot	7 x 120g	1.65	OV
BB006	Carrot, Apple & Parsnip	7 x 120g	1.65	OV
BB233	First Taste Mango Mango Mango	7 x 70g	1.29	OV
BB231	First Taste Pears Pears Pears	7 x 70g	1.29	OV
BB012	First Taste Prunes Prunes	7 x 70g	1.29	OV
BB137	Greek Yoghurt & Berries	6 x 90g	1.35	O
BB138	Greek Yoghurt & Strawberries	6 x 90g	1.35	O
BB095	Peaches & Bananas	7 x 120g	1.65	OV
BB078	Strawberries & Apples	7 x 120g	1.65	OV
BB126	Sweet Potato,Broccoli,Carrot	7 x 120g	1.65	OV

Stage 2

BB229	Big Smiles Cheesy Pie	6 x 130g	2.29	O
BB127	Four Bean Feast	6 x 130g	2.29	O
BB058	Kitchen Vegetable Bake	6 x 130g	2.29	OV

LITTLE PASTA

Pasta

BB002	Animal Pasta Shapes - Tricolor	12 x 300g	2.99	OV
BB051	Teddy Bear Pasta	12 x 300g	2.99	OV

LITTLE PASTA ORGANICS

Pasta

BB255	Animal Pasta Shapes - Tricolor	15 x 300g	2.99	OV
BB151	Gluten Free Mini Gnocchi	12 x 250g	2.65	GOV
BB043	Red Lentil Dinosaur Pasta	8 x 250g	3.75	GOV
BB174	Travel Shaped Pasta	15 x 300g	2.49	OV

ORGANIX

BB019	Banana Weaning Wands	5 x 25g	1.35	OV
BB020	Little Ruskits Vanilla	4 x 60g	2.68	O
BB009	Magnificent 7 Veggies	6 x 130g	2.15	OV
BB015	Strawberry Weaning Wands	5 x 25g	1.34	OV
BB014	Very Veggie Pasta	6 x 190g	2.97	OV
	Cereals - Stage 2			
BB052	Banana & Plum Porridge	4 x 200g	3.59	OV
	Cereals - Stage 3			

code	product	size	rrp	bfgosv
BB057	Banana,Peach & Apple Muesli	4 x 200g	4.25	OV
BB715	Finger Foods - from 7 months			
BB715	Crunchy Carrot Sticks	8 x 20g	0.89	OV
BB717	Crunchy Sweetcorn Rings	8 x 20g	0.89	OV
	Goodies Biscuits			
BB711	Alphabet Biscuits	6 x 5x25g	3.25	OV
BB022	Animal Biscuits	5 x 100g	2.79	OV
BB247	Gingerbread Men	6 x 135g	3.25	OV
	Goodies Fruit Snacks			
BB159	Apple & Date Chunky Fruit Bars	6 x 6 x 17g	3.79	OV
BB158	Banana & Date Chunky Fruit Bar	6 x 6 x 17g	3.79	OV
BB150	Raisins Mini Boxes	4 x 12 x 14g	3.19	OV
	Goodies Savouries			
BB549	Carrot Stix	6 x 15g	0.59	OV
BB248	Cheese & Herb Curly Puffs	6 x 15g	0.59	O
BB094	Mini Cheese Crackers	3 x 4 x 20g	3.19	O
	Goodies Snack Bars			
BB076	Apple & Orange Soft Oaty Bar	6 x 6 x 30g	4.29	OV
BB075	Carrot Cake Soft Oaty Bars	6 x 6 x 30g	4.29	OV
BB080	Raspberry & Apple Soft Oaty	6 x 6 x 23g	4.29	OV
	Gruffalo Snacks			
BB073	Gruffalo Cocoa & Vanilla	3 x 5 x 20g	3.39	O
	Rice Cake Clouds			
BB030	Apple Rice Cake	6 x 40g	1.99	OV
BB039	Banana Rice Cake	6 x 40g	1.99	OV
BB036	Strawberry Rice Cake	6 x 40g	1.99	OV
	BABY CARE			
	BEAMING BABY			
NF031	Organic Bamboo Baby Wipes	12 x 80	4.99	OV
	NATRACARE			
NF099	Baby Wipes 50 Pack	16 x 50	4.59	OV
	BAGS, BOXES AND BASKETS			
	SUMA			
	Mesh Counter Bags			
NF001	Cotton Mesh Produce Bag-Large	1 x bag	2.55	OV
NF002	Cotton Mesh Produce Bag-Medium	1 x bag	2.10	OV
NF003	Cotton Mesh Produce Bag-Small	1 x bag	1.95	OV
	BAKING SUNDRIES			
	BREAD MATTERS			
LJ218	Original Sourdough Starter	12 x 10g	5.69	OV
	CLEARSPRING			
LJ138	Agar Agar Flakes Gelling Agent	8 x 30g	5.99	OV
	COCOA LOCO			
KB139	Dark Chocolate Couverture	4 x 1.5kg	22.99	FOSV
	DOVES FARM			
LJ203	Cornflour Organic	5 x 110g	2.29	GOV
	ENGEVITA			
LJ144	Organic Yeast Flakes	6 x 100g	6.49	FGOV
	GREEN & BLACKS			
	Cooks Chocolate			
KB058	Dark Cooking Chocolate-Organic	15 x 150g	2.85	FOS
	MONTEZUMA'S			
	Cooking Chocolate			
KB052	Dark Couverture	3kg	59.70	GOSV
KB060	Milk Couverture	3kg	63.65	GOS
	PLAMIL			
	Drops in 1kg bags			
KB652	Organic Baking Chocolate	1 x 1kg	15.53	GOSV
KB658	Organic Rich Chocolate	1 x 1kg	16.13	GOSV
	STEENBERGS			
LJ117	Orange Flower Water Organic	6 x 100ml	4.19	OV

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LJ085	Rose Water Organic	6 x 100ml	4.19	OV
	TAYLOR & COLLEDGE			
LJ115	Vanilla Bean Extract	6 x 100ml	1.55	FOV
LJ113	Vanilla Bean Paste	12 x 65g	7.95	SOV
LJ036	Vanilla Pods	6 x 4g	12.29	OV
	THE RAW CHOCOLATE CO			
WS183	Cacao Butter Buttons	6 x 200g	6.99	OV
	Chocolate Making Ingredients			
KB051	Raw Cacao Powder	6 x 180g	3.75	GOV
	VEGO			
KB072	Hazelnut Chocolate Melts	10 x 180g	6.15	OFVS
	VIVANI ORGANIC CHOCOLATE			
KB408	Dark Cooking Chocolate	10 x 200g	4.49	OSV
	BEANS & PULSES - CANNED			
	SUMA ORGANIC			
VF675	Aduki Beans - organic	12 x 400g	1.15	OV
VF625	Black Beans - organic	12 x 400g	1.15	OV
VF230	Black Beluga Lentils - organic	12 x 400g	1.25	OV
VF300	Black Chickpeas - organic	12 x 400g	1.15	OV
VF630	Borlotti Beans - organic	12 x 400g	1.15	OV
VF073	Brown Lentils - organic	12 x 400g	1.15	OV
VF645	Butter Beans - organic	12 x 400g	1.19	VO
VF395	Cannellini Beans - organic	12 x 400g	1.15	OV
VF642	Chickpeas - organic	12 x 400g	1.15	VO
VF647	Green Lentils - organic	12 x 400g	1.15	VO
VF644	Haricot Beans - organic	12 x 400g	1.15	VO
VF649	Mixed Beans - organic	12 x 400g	1.15	VO
VF255	Pinto Beans - organic	12 x 400g	1.15	OV
VF643	Red Kidney Beans - organic	12 x 400g	1.19	VO
	Baked Beans			
VF800	Baked Beans - Low Sugar	12 x 400g	1.39	OV
VF550	Baked Beans - organic	12 x 400g	1.39	OSV
	Canned From Fresh			
VF123	Fresh Borlotti Beans - Organic	12 x 400g	1.75	OV
VF169	Fresh Cannellini - Organic	12 x 400g	1.75	OV
VF560	Fresh Chickpeas - Organic	12 x 400g	1.75	OV
VF950	Fresh Edamame Soybeans - Org	12 x 200g	1.69	OV
VF350	Fresh Flageolet Beans - Org	12 x 200g	1.49	OV
	Catering Size			
VF900	Black Beans - organic	6 x 2.6kg	4.75	OV
VF785	Chickpeas - organic	6 x 2.6kg	4.75	OV
	AMAIZIN			
VF115	Mixed Beans with Corn	12 x 200g	1.60	OV
	BIONA			
VF222	Baked Beans - Organic	12 x 400g	1.69	OSV
LJ167	Brown Lentil Curry	6 x 400g	2.19	OV
VF042	Chilli Beans - Organic	6 x 395g	1.69	OSV
VF227	Chilli Black Beans - Organic	6 x 400g	1.69	OV
VF306	Edamame Beans	12 x 200g	2.19	OV
	BIONOVA			
VF495	Baked Beans - organic	6 x 340g	2.99	OSV
	HODMEDOD'S			
VF232	Organic Carlin Peas	12 x 400g	1.89	OV
VF129	Organic Vaal Dhal - British	12 x 400g	2.90	OSV
VF098	Organic Whole Fava Beans	12 x 400g	1.89	OV
	LA BIO IDEA			
VF113	Beluga Lentils - Organic	12 x 200g	1.79	OV
VF075	Chickpeas - organic	12 x 200g	1.45	OV
VF062	Red Kidney Beans - organic	12 x 200g	1.45	OV
	MR ORGANIC			
VF215	BBQ Baked Beans	12 x 400g	1.79	OV
VF059	Brazilian Style Black Beans	12 x 400g	2.90	OV

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VF216	Chilli Mixed Beans	12 x 400g	1.79	OV
VF120	Greek Style Butter Beans	12 x 400g	2.90	OV
VF198	Mexican Style Beans and Corn	12 x 400g	2.90	OV
BEANS & PULSES - DRIED				
SUMA PREPACKS - ORGANIC				
PU202	Aduki Beans - Organic	6 x 500g	3.75	VO
PU222	Bean Mix - organic	6 x 500g	3.49	OV
PU034	Black Turtle Beans	6 x 500g	2.95	OV
PU004	Broth Mix - Organic	6 x 500g	2.45	OV
PU345	Butter Beans - organic	6 x 500g	4.65	VO
PU225	Cannellini Beans - organic	6 x 500g	3.35	OV
PU369	Chickpeas - organic	6 x 500g	2.55	VO
PU182	Green Split Peas - organic	6 x 500g	2.49	OV
PU145	Haricot Beans - organic	6 x 500g	2.99	OV
PU135	Lentils - Brown, organic	6 x 500g	2.45	VO
PU167	Lentils - Dark Speckled, org	6 x 500g	4.55	OV
PU129	Lentils - Green, organic	6 x 500g	2.85	VO
PU294	Lentils - Red split organic	6 x 750g	3.25	OV
PU267	Lentils - Red split, organic	6 x 500g	2.35	VO
PU151	Mung Beans - organic	6 x 500g	3.85	VO
PU136	Pinto Beans - organic	6 x 500g	3.50	OV
PU156	Red Kidney Beans - organic	6 x 500g	3.59	OV
PU146	Soya Beans - organic	6 x 500g	2.29	OV
PU166	Yellow Split Peas - organic	6 x 500g	2.49	OV
HODMEDOD'S				
PU008	Carlin Peas Organic	12 x 500g	2.19	OV
PU029	Fava Beans Organic - whole	12 x 500g	2.49	OV
BEERS				
BRASSERIE BRUNEHAUT				
RT076	Belgian Beer - Amber	24 x 330ml	4.19	GOSV
RT077	Belgian Beer - Blanche	24 x 330ml	3.75	GOSV
RT075	Belgian Beer - Blonde	24 x 330ml	3.99	GOSV
LITTLE VALLEY BREWERY				
RT027	Cragg Bitter	12 x 500ml	3.15	OV
RT016	Python IPA	12 x 500ml	3.59	OV
RT015	Tod's Blonde	12 x 500ml	3.29	OV
RT024	Withens Pale Ale	12 x 500ml	3.15	OV
SAM SMITHS				
RT009	Organic Chocolate Stout	12 x 550ml	4.79	OV
RT008	Organic Pale Ale	12 x 550ml	4.45	OV
RT120	Organic Pure Brewed Lager	12 x 550ml	4.45	OV
BISCUITS CRACKERS & CRISP BREAD				
ADONIS				
Keto Crackers				
BT432	Black Pepper & Sea Salt	10 x 60g	3.35	OV
BT433	Olive & Chia Seeds	10 x 60g	3.35	OV
AMISA				
BT560	Chestnut Crispbread	12 x 100g	2.39	GOV
BT119	Chickpea Crispbread	12 x 100g	2.90	GOV
BT185	Crispbread - Buckwheat W/grain	12 x 120g	2.95	GOV
BT289	Crispbread - Quinoa Fibre Plus	12 x 100g	1.89	OV
BT291	Crispbread - Veggie Garden GF	12 x 100g	1.89	GOV
BT159	Protein Lentil Crispbread	12 x 100g	2.19	GOV
BIONA				
BT336	Blueberry Filled Cookies	12 x 175g	3.50	OS
BT167	Caramel Syrup Waffles	12 x 175g	3.25	OS
BT005	Grissini Breadsticks - Quinoa	12 x 125g	2.75	OV
BT004	Grissini Breadsticks - Sesame	12 x 125g	2.55	OV
BT166	Hazelnut Syrup Waffles	12 x 175g	3.25	OSV
BT157	Honey Waffles	12 x 175g	3.50	OS

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CLEARSPRING				
BT229	Brown Rice Cakes	6 x 120g	1.59	GOV
BT261	Brown Rice Cakes	6 x 120g	1.59	GOV
BT270	Brown Rice Cakes	6 x 120g	1.69	GOV
BT276	Brown Rice Cakes	6 x 120g	1.69	GOV
BT277	Brown Rice Cakes	6 x 120g	1.69	GOV
BT318	Oatcakes - Sea Vegetable	15 x 200g	3.79	OV
BT290	Oatcakes - Sun Dried Tom /Herb	15 x 200g	3.79	OV
BT319	Oatcakes, Traditional, Organic	15 x 200g	3.79	OV
BT317	Organic Corncakes	12 x 130g	1.79	GOV
BT631	Rice Cakes - 3 Grain, Thin,Org	12 x 130g	1.79	GOV
BT630	Rice Cakes - Lightly Salted	12 x 130g	1.79	GOV
BT629	Rice Cakes - No Added Salt,Org	12 x 130g	1.79	GOV
BT576	Rye Crispbread - Original	10 x 200g	1.59	OV
BT577	Rye Crispbread - Sesame	10 x 200g	1.89	OV
DOVES FARM				
BT295	Choc Chip Cookies	12 x 180g	2.59	GOSV
BT092	Digestive Biscuits	12 x 400g	2.79	OSV
BT010	Digestives	12 x 200g	1.69	OSV
BT271	Double Chocolate Cookies - GF	12 x 180g	2.59	GOSV
BT202	Fruity Oat Digestives	12 x 200g	2.90	OSV
BT269	Lemon Zest Cookies - GF	12 x 150g	2.50	GOSV
BT029	Organic Ginger Oat Biscuits	12 x 200g	2.45	OSV
BT008	Stem Ginger Cookies - GF	12 x 150g	2.50	GOSV
DR KARG				
BT001	3 Grains & 3 Seeds Crispbreads	8 x 200g	3.69	OV
BT812	Classic 3 Seed Crispbread	8 x 200g	3.35	OV
BT815	Emmental Cheese & Pumpkin Seed	8 x 200g	3.89	O
BT813	Seeded Spelt Crispbread	8 x 200g	3.79	OV
HONEYROSE				
BT292	All Butter Lemon Shortbread	6 x 125g	3.59	GOS
BT249	All Butter Oat & Raisin Cookie	6 x 115g	3.59	GOS
BT232	All Butter Shortbread	6 x 125g	3.59	GOS
BT227	Date & Walnut Toast	6 x 110g	4.39	GOSV
BT228	Hazelnut & Agen Plum Toast	6 x 110g	4.59	GOSV
BT230	Kale & Spiced Nut Toast	6 x 110g	4.39	GOSV
BT235	Triple Chocolate Cookie	6 x 115g	3.59	GOS
IBIS				
BT187	Wholegrain Rice Cake	12 x 136g	1.69	FOV
BT179	Wholegrain Salted Rice Cake	12 x 136g	1.69	FOV
BT182	Wholegrain Unsalted Rice Cake	12 x 136g	1.69	FOV
ISLAND BAKERY ORGANICS				
BT121	Apple Crumbles Organic Biscuit	12 x 125g	3.29	OS
BT252	Blonde Chocaccinos	12 x 133g	4.19	OS
BT163	Chocolate Gingers	12 x 133g	4.19	OS
BT164	Lemon Melts	12 x 133g	4.19	OS
BT006	Lime Melts	12 x 133g	4.19	OS
BT162	Oat Crumbles	12 x 125g	2.79	OS
BT253	Orange Melts	12 x 133g	4.19	OS
BT165	Shortbread Biscuits	12 x 125g	2.79	OS
KALLO				
BT045	Ancient Grain Corn Cakes	12 x 150g	2.49	GOV
BT184	Corn Cakes OG	12 x 130g	2.25	GOV
	Rice Cakes			
BT810	Milk Chocolate Rice Cakes OG	16 x 90g	3.45	GO
BT034	Original Wholegrain Rice Cakes	12 x 130g	2.15	GVO
BT338	Thin Slice Rice Cake Dark Choc	16 x 90g	3.35	GO
LE PAIN DES FLEURS				
BT094	Buckwheat Crispbread	6 x 150g	4.19	GOV
BT189	Buckwheat Crispbread no Salt	6 x 150g	4.19	GOV
BT095	Chestnut Crispbread	6 x 150g	4.59	GOV
BT093	Quinoa Crispbread	6 x 150g	4.59	GOV

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MR ORGANIC				
BT354	Breadstick Classic	10 x 150g	3.29	OV
BT361	Breadstick with Olives	10 x 130g	3.29	OV
BT030	Chocolate Chip Digestive	12 x 250g	2.59	OSV
ZX221	Cocoa Biscuits	12 x 250g	2.39	OSV
BT350	Flatbread Classic	10 x 150g	3.29	OV
BT345	Flatbread with Rosemary	10 x 150g	3.29	OV
ZX219	Orange Biscuits/Cocoa Beans	12 x 250g	2.79	OSV
NAIRN'S				
BT273	Oatcakes - Organic	12 x 250g	1.85	OV
BT386	Oatcakes -Organic Super Seeded	8 x 200g	2.90	OV
ORGANICO				
	Rustic Breadsticks			
BT065	Classic Grissini - og	8 x 120g	2.35	OV
BT061	Omega Grissini - og	8 x 120g	2.35	OV
BT068	Sesame Grissini - og	8 x 120g	2.65	OV
BT067	Spelt Grissini - og	8 x 120g	2.95	OV
RHYTHM 108				
	Biscuit Share Bags			
BT333	Almond Biscotti	8 x 135g	3.29	GOV
BT334	Coconut Cookie	8 x 135g	3.29	GOV
BT335	Double Choco Hazelnut Biscuits	8 x 135g	3.29	OVG
BT431	Hazelnut Chocolate Chip	8 x 135g	3.29	OSV
BT430	Hazelnut Chocolate Praline	8 x 135g	3.29	OSV
BT344	Lemon Ginger Chia Biscuits	8 x 135g	3.29	GOSV
	Soft Filled Cookies			
BT216	Chocolate Hazelnut Ganache	12 x 50g	1.75	OVS
BT115	Double Chocolate Peanut	12 x 50g	1.75	OVS
RUDE HEALTH FOODS				
BT300	Buckwheat Crackers	8 x 100g	2.49	GOV
BT147	Chickpea & Lentil Crackers	8 x 120g	2.49	GOV
BT372	Chickpea Triangles	6 x 80g	1.85	GOV
BT054	Corn Crackers	8 x 130g	1.99	GOV
BT371	Corn Triangles	6 x 100g	1.85	GOV
BT309	Multigrain Crackers	8 x 100g	2.49	GOV
SWEET FA				
	By Island Bakery			
BT358	Cranberry & Orange Cookies	12 x 125g	3.90	GOSV
BT359	Double Choc Chip Cookies	12 x 125g	3.90	GOSV
BT362	Oat & Raisin Cookies	12 x 125g	3.90	GOSV
BT364	Peanut Butter Cookies	12 x 125g	3.90	GOSV
BODY CARE				
ALTER/NATIVE BY SUMA				
	Accessories			
DY110	Organic Cotton Soap Bag	1 x bag	1.95	OV
BADGER				
	Balms			
DY411	Lip Balm Sticks - Green Pack	4 x sticks	16.99	O
DY417	Lip Balm Sticks - Yellow Pack	4 x sticks	16.99	O
MD874	Sleep Balm - Mini	1 x 21g	7.99	O
BEN & ANNA				
	Deodorant Stick in Paper Tube			
DY065	Soda Deodorant - Coco Mania	1 x 40g	7.45	OV
DY076	Soda Deodorant - Green Fusion	1 x 40g	7.45	OV
DY083	Soda Deodorant - Mint	1 x 40g	7.45	OV
DY185	Soda Deodorant - Persian Lime	1 x 40g	7.45	OV
DY816	Soda Deodorant - Pink G/Fruit	1 x 40g	7.45	OV
DY077	Soda Deodorant - Urban Black	1 x 40g	7.45	OV
	Sensitive Deodorant			
DY458	Deodorant - Cherry Blossom	1 x 40g	8.45	OV
DY462	Deodorant - Highland Breeze	1 x 40g	8.45	OV
DY463	Deodorant - Lemon & Lime	1 x 40g	8.45	OV

code	product	size	rrp	bfgosv
DR BRONNER'S				
DY443	Lavender - Pump Soap	1 x 355ml	14.49	FOV
DY183	Lavender All In One Magic Soap	1 x 240ml	9.99	FOV
DY338	Lavender Castile Liquid Soap 475ml Bottle	1 x 3.8l	79.99	FGOVB
DY191	Almond All In One Magic Soap	1 x 475ml	15.49	FOV
DY198	Baby All In One Magic Soap	1 x 475ml	15.49	FOV
DY205	Lavender All In One Magic Soap	1 x 475ml	15.49	FOV
DY201	Orange All In One Magic Soap	1 x 475ml	15.49	FOV
DY207	Peppermint AllInOne Magic Soap 945ml Bottle	1 x 475ml	15.49	FOV
DY208	Almond All In One Magic Soap	1 x 945ml	24.99	FOV
DY209	Baby Castile Liquid Soap	1 x 945ml	24.99	FOV
DY213	Lavender Castile Liquid Soap	1 x 945ml	24.99	FOV
DY572	Orange All In One Magic Soap	1 x 945ml	24.99	FOV
DY214	Peppermint Castile Liquid Soap Bar Soap	1 x 945ml	24.99	FOV
DY117	Almond Pure Castile Bar Soap	12 x 140g	6.49	FOV
DY118	Baby Castile Bar Soap	12 x 140g	6.49	FOV
DY123	Lavender Castile Bar Soap	12 x 140g	6.49	FOV
DY119	Orange Castile Bar Soap Hand Sanitiser	12 x 140g	6.49	FOV
DY455	Hand Sanitiser - Lavender	1 x 60ml	5.49	FOV
DY479	Hand Sanitiser - Peppermint	1 x 60ml	5.49	FOV
DR ORGANIC				
COCONUT				
DY356	Coconut Body Wash	6 x 250ml	6.49	OV
DY403	Coconut Conditioner	6 x 265ml	6.99	OV
DY361	Coconut Shampoo Gift Sets	6 x 265ml	6.99	OV
DY238	Ageless Skincare Gift Set	1 x gift set	2.00	OV
DY242	Nourish Me Lip Balm Trio TEA TREE	1 x gift set	9.99	OV
DY337	Tea Tree Bodywash	6 x 250ml	6.49	OV
DY334	Tea Tree Deodorant	6 x 50ml	6.49	VO
LAVERA				
Basis				
DY963	All-Round Cream	4 x 150ml	9.85	OV
DY230	Body Lotion	4 x 250ml	11.35	OV
DY202	Deodorant - Roll On	4 x 50ml	9.75	OV
DY589	Hand Cream	4 x 75ml	4.50	OV
DY583	Lip Balm Sensitive	6 x 4.5g	4.50	OGV
DY581	Moisturising Face Cream	4 x 50ml	15.45	OV
SIMPLY GENTLE				
DY097	Cotton Buds - organic	24 x 200	2.59	VO
DY098	Organic Cotton Wool Balls	24 x 100	2.59	OV
DY099	Organic Cotton Wool Pads	24 x 100	2.59	OV
DY100	Organic Cotton Wool Pleats	24 x 100g	2.59	OV
UPCIRCLE				
DY272	Face Serum with Coffee	1 x 30ml	16.99	VO
BREADS & BREAD MIXES				
AMAIZIN				
BT268	Og Tortilla Wraps Extra Fibre	16 x 240g	2.95	OV
BT329	Organic Tortilla Wraps	16 x 240g	2.95	OV
AMISA				
BT125	GF Olive Ciabatta	8 x 180g	3.55	GOV
BT472	Seeded Breakfast Rolls	8 x 188g	3.55	GOV
BT468	Sundried Tomato Ciabatta	8 x 180g	3.75	GOV
BIONA				
BT465	Millet Bread - Organic	6 x 250g	3.75	O
BT135	Pizza Base - 2 Per Retail Pack	10 x 300g	3.50	OV
BT440	Pumpernickel Bread	9 x 500g	2.75	OV

code	product	size	rrp	bfgosv
BT461	Rice Bread with Sunflower Seed	6 x 500g	6.90	GOV
BT464	Rye Bread - Amaranth & Quinoa	7 x 500g	2.85	OV
BT073	Rye Bread - Chia & Flax	7 x 500g	2.93	OV
BT438	Rye Bread - Hemp Seed	7 x 500g	2.95	OV
BT207	Rye Bread - Pumpkin Seed	7 x 500g	2.95	OV
BT210	Rye Bread - Sunflower Seed	7 x 500g	2.75	OV
BT439	Rye Bread - Vitality	7 x 500g	2.85	OV
BT145	Rye Bread - Wholegrain	7 x 500g	2.75	OV
BT206	Rye Omega 3 Linseed Bread	7 x 500g	2.75	OV
BT422	Spelt Pizza Base - Organic	10 x 300g	4.25	OV
CROSTA & MOLLICA				
BT183	Wholeblend Piadina	12 x 300g	2.39	OV
DILLON ORGANIC				
BT449	Beetroot Flax Keto Bread	6 x 250g	4.99	GOV
BT463	Chia Flax Keto Bread	6 x 250g	4.99	GOV
BT447	Original Flax Keto Bread	6 x 250g	4.99	GOV
BT079	Sliced Gluten Free Olive Bread	4 x 275g	4.79	GOV
BT084	Sliced Gluten Free Seeded Brea	4 x 275g	4.79	GOV
EVERFRESH NATURAL FOODS				
BT048	Malt & Raisin Loaf	8 x 330g	2.39	OV
BT015	Sliced Sprouted Rye Bread	8 x 380g	3.90	OV
BT018	Sliced Sprouted Wheat Bread	8 x 380g	3.90	OV
BT934	Sprouted Rye Bread	8 x 400g	2.65	OV
BT935	Sprouted Spelt Bread	8 x 400g	3.55	OV
BT086	Sprouted Wheat Bread	8 x 380g	2.59	OV
FLORENTIN				
BT091	Mini Naan Pita	12 x 280g	2.99	OSV
BT552	Pitta Bread - spelt	12 x 260g	2.70	OV
BT360	Pitta Bread - white	12 x 260g	2.25	OV
BT376	Pitta Bread - wholemeal	12 x 280g	2.25	OV
PROFUSION				
BT405	Protein Bread - Rye / Flax	9 x 250g	3.45	OV
BURGERS SAUSAGES & TVP MIXES				
CLEARSPRING				
SY074	Organic Soya Chunks	12 x 200g	3.49	GOV
SY071	Organic Soya Mince	12 x 300g	4.90	GOV
ORGANICO				
SY236	Fajita Strips	6 x 110g	3.75	OV
SY235	Soya Kebab Pieces	6 x 100g	3.75	OV
PROFUSION				
SY092	Protein Chunks Pea & Fava	12 x 125g	3.85	GOV
SY095	Protein Mince Pea & Fava	12 x 125g	3.85	GOV
CAKES				
EVERFRESH NATURAL FOODS				
BT014	Mixed Fruit & Warm Spice Cake	8 x 300g	5.79	OV
BT012	Rich Cacao & Sweet Prune Cake	8 x 300g	5.79	OV
BT246	Sprouted Banana & Walnut Cake	8 x 350g	4.29	OV
BT242	Sprouted Carrot & Raisin Cake	8 x 350g	3.89	OV
BT366	Sprouted Chocolate Cake	8 x 350g	3.99	OV
BT241	Sprouted Date & Pecan Cake	8 x 350g	4.65	OV
BT365	Sprouted Fig & Orange Cake	8 x 350g	3.99	OV
BT238	Sprouted Ginger Cake	8 x 350g	4.65	OV
BT368	Sprouted Rye Ginger Cake	8 x 350g	4.65	OV
CANDLES, INCENSE & HOLDERS				
WAFI ROOM FRAGRANCE				
NF527	Lavender Air Freshener	6 x 100ml	6.49	OV
NF528	Lemongrass Room Fragrance	6 x 100ml	6.49	OV
CEREALS & MUESLIS				
ALARA				
MX082	Bircher Apple and Cinnamon	6 x 650g	4.25	OV
MX123	Classic Apple Bircher	6 x 450g	4.45	OV

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MX099	Everyday Muesli	6 x 550g	4.15	OV
MX085	Fruits and Seeds Muesli	6 x 650g	4.25	OV
MX047	Muesli Super Fruits	6 x 500g	4.75	OV
	Everyday Range			
MX023	Gluten Free Muesli - organic	6 x 250g	4.25	GOV
MX031	Rich Muesli - organic	6 x 500g	4.15	OV
	Into The Garden			
MX236	Active Muesli	6 x 250g	4.95	GOV
	AMISA			
FX016	Organic Porridge Oats	6 x 325g	2.75	GOV
MX007	Spelt Crispy Flakes - Organic	6 x 250g	3.25	O
MX029	Spelt Puffs - Organic	6 x 200g	2.55	OV
	BIONA			
MX198	Choco Coco Granola - Organic	6 x 375g	5.39	OS
MX199	Honey Hazel Granola - Organic	6 x 375g	5.79	O
MX133	Nutty Clusters Granola	6 x 375g	5.99	OSV
MX132	Oaty Clusters Granola	6 x 375g	5.49	OV
MX058	Pure Oaty Granola	6 x 375g	5.50	OSV
MX201	Wild Berry Granola - Organic	6 x 375g	6.79	OS
	DOVES FARM			
MX019	Cereal Flakes	5 x 375g	3.99	GOSV
MX988	Chocolate Stars	5 x 300g	3.25	GOV
MX632	Corn Flakes	5 x 325g	3.15	GOV
MX171	Fibre Flakes	5 x 375g	3.85	GOSV
MX086	Fruit & Fibre Flakes	5 x 375g	4.99	GOV
MX002	Porridge Oats	4 x 430g	4.90	GOV
MX087	Supergrain Hoops	5 x 300g	3.85	GOV
	Ancient Grains			
MX090	Breakfast Flakes	5 x 375g	4.69	GOV
MX081	Cereal Hoops	5 x 300g	4.49	GOV
MX080	Fruit & Fibre Flakes	5 x 375g	4.99	GOSV
	Bulk Cereals			
MX091	Chocolate Stars	1 x 10kg		GOSV
MX093	Corn Flakes	1 x 10kg		GOV
MX096	Fibre Flakes	1 x 10kg		GOSV
	Snack Size			
MX115	Chocolate Stars	20 x 25g	0.75	GOSV
MX074	Corn Flakes	20 x 30g	0.75	GOSV
MX073	Fibre Flakes	20 x 30g	0.75	GOSV
	Wholegrain			
MX088	Cocoa Rice Pops	5 x 300g	3.55	GOSV
	GLEBE FARM			
MX106	Porridge Oats GF	6 x 450g	2.79	GOV
	IBIS			
MX048	Wholegrain Rice Pops	6 x 275g	2.99	FOV
MX056	Wholegrain Rice Pops	6 x 275g	3.29	FOSV
	KALLO			
MX124	Puffed Rice Cereal - Natural	8 x 225g	3.69	GOV
	LIZI'S			
MX011	Organic Granola	10 x 350g	4.59	OSV
	NATURES PATH ORGANIC			
	Cereals			
MX194	Maple Sunrise	4 x 332g	4.75	GOSV
MX885	Mesa Sunrise	4 x 355g	4.95	GOSV
MX884	Millet Rice	4 x 375g	4.29	OV
	Envirokidz			
MX079	Choco Chimps	4 x 284g	4.59	GOVS
MX602	Gorilla Munch	4 x 300g	4.55	GOVS
	Granola			
MX136	Mixed Berry Granola	5 x 300g	5.59	OG
	PRIMROSE'S KITCHEN			
MX109	Beetroot & Ginger Muesli	6 x 400g	4.49	GOV

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MX104	Carrot,Apple & Cinnamon Muesli	6 x 400g	4.49	GOV
MX098	Fig & Apricot Bircher OG	6 x 400g	4.49	GOV
	RAW GORILLA			
MX102	Keto Berry Granola	6 x 250g	5.99	GOV
MX103	Keto Chocolate Granola	6 x 250g	5.99	GOV
MX113	Mighty Muesli	6 x 250g	5.99	GOV
MX105	Mighty Muesli Choc Chip	6 x 250g	5.99	GOV
MX142	Peanut Butter Choc Granola	6 x 250g	5.99	GOV
MX141	Peanut Butter Granola	6 x 250g	5.99	GOV
	ROLLAGRANOLA			
MX107	Organic & Nutty Granola	6 x 400g	5.39	GOV
	RUDE HEALTH FOODS			
MX140	Instant Bircher Apple & Cinnamon Children's	6 x 375g	3.49	OV
MX232	Honey Puffed Spelt Granola	8 x 175g	3.49	O
MX108	Crunchy Berry Granola	6 x 400g	4.99	OSV
MX135	Ultimate Granola	6 x 400g	4.99	OS
	Muesli			
MX060	Ultimate Muesli	6 x 400g	4.99	OSV
	Puffs			
MX101	Choco Vanilla Puffs	7 x 200g	3.75	GOV
	WHOLE EARTH			
MX172	Classic Cornflakes - organic	12 x 375g	3.19	GOSV
MX158	Cocoa Crunch	5 x 375g	3.29	OSV
MX174	Maple Frosted Flakes - og	10 x 375g	3.95	GOSV
MX155	Organic Muesli	12 x 750g	5.99	O
MX162	Red Fruit Crunch	5 x 450g	3.95	OSV
	CHOCOLATE			
	SUMA PREPACKS - ORGANIC			
KB137	Cacao Nibs - Organic	6 x 100g	2.55	OV
	ALTERECO			
KB566	Dark Chocolate 70%	14 x 100g	2.89	FOSV
KB567	Dark Chocolate 85%	14 x 100g	2.89	FOSV
KB561	Dark Chocolate with Almond	14 x 100g	2.89	FOSV
KB568	Milk Chocolate	14 x 100g	2.89	FOS
KB571	Orange Dark Chocolate	14 x 100g	2.89	FOSV
KB572	Salted Caramel Milk Chocolate	14 x 100g	2.89	FOS
	BOOJA-BOOJA			
ZX869	Almond Salted Caramel	8 x 92g	6.80	GOSV
ZX871	Around Midnight Espresso	8 x 92g	6.80	GOSV
KB648	Chocolate Orange Truffle Logs	8 x 115g	1.45	GSOV
KB749	Chocolate Orange Truffles	8 x 92g	6.80	GOSV
KB987	Chocolate Salted Caramel	8 x 92g	6.80	OSV
KB694	Deeply Chocolate Truffles	8 x 92g	6.80	GOSV
ZX872	Fine De Champagne	8 x 92g	6.80	GOSV
KB660	Gourmet Truffle Selection No1	4 x 289g	25.00	GSOV
KB667	Gourmet Truffle Selection No2	4 x 289g	25.00	GSOV
ZX874	Hazelnut Crunch	8 x 92g	6.80	GOVS
KB633	Hazelnut Crunch Truffle Logs	8 x 115g	1.45	GSOV
KB718	Honeycomb Caramel Truffle	8 x 92g	6.80	GOSV
KB644	S/Caramel Mocha Truffle Logs	8 x 115g	1.45	GOSV
	Artist's Collection Gift Boxes			
KB927	Fine De Champagne Truffles	3 x 185g	25.99	GFOSV
KB929	Hazelnut Truffles	3 x 185g	25.99	GFOSV
	Four Corners			
KB655	The Gourmet Selection Gift Boxes	4 x 230g	2.89	GOSV
	Award-winning Selection			
KB815	Award-winning Selection	5 x 184g	13.49	GOSV
KB656	Champagne Truffles	6 x 138g	11.49	GOSV
KB612	Fine de Champagne Truffles	5 x 184g	13.49	OSV
KB605	Salted Caramel Choc Truffles	5 x 184g	13.49	OSV

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KB793	The Signature Collection Gift Range	5 x 184g	13.49	GOSV
KB623	Hazelnut Truffles	4 x 138g	16.69	GOSV
KB624	Truffle Selection 1	4 x 138g	16.69	GOSV
KB873	Truffle Selection 2 Two Packs	4 x 138g	16.69	GOSV
KB507	Almond Salted Caramel Truffles	16 x 23g	1.55	GOSV
KB513	Hazelnut Crunch Truffles	16 x 23g	1.55	GOSV
KB594	Honeycomb Caramel Truffles	16 x 23g	1.55	OSV
KB595	Orange Chocolate Truffles	16 x 23g	1.55	OSV
KB602	Salted Caramel Choc Truffles	16 x 23g	1.55	OSV
CHOCOLATE AND LOVE				
WS082	Creamy Dark 55% Chocolate	14 x 80g	3.79	FOS
WS004	Milk Chocolate, Hazelnut	14 x 80g	4.10	OS
WS079	Mint 67% Chocolate	14 x 80g	3.79	FOSV
WS081	Orange 65% Chocolate	14 x 80g	3.79	FOSV
WS077	Panama 80% Chocolate Bar	14 x 80g	4.10	FOSV
WS078	Pomegranate 70% Chocolate	14 x 80g	4.10	FOSV
WS080	Sea Salt 55% Chocolate	14 x 80g	3.79	FOS
CONSCIOUS CHOCOLATE				
ZX487	Dark Side 75% Raw Bar	10 x 60g	3.49	GOSV
ZX488	Dark Side 85% Raw Bar	10 x 60g	3.49	GOSV
ZX491	Four Nuts Raw Bar	10 x 60g	3.49	GOSV
ZX492	Goji & Coconut Raw Bar	10 x 60g	3.49	GOSV
ZX493	Love Potion No 9 Raw Bar	10 x 60g	3.49	GOSV
ZX497	Orange & Tangerine Raw Bar	10 x 60g	3.49	GOSV
ZX501	Peppermint Raw Bar	10 x 60g	3.49	GOSV
ZX505	Sour Cherry Raw Bar	10 x 60g	3.49	GOSV
EQUAL EXCHANGE				
KB659	55% Dark Caramel & Sea Salt	12 x 100g	2.79	FOS
KB698	65% Organic Dark Orange	12 x 100g	2.79	FOSV
KB801	67% Dark Mint Crunch	12 x 100g	2.79	GOSV
KB654	71% Organic Very Dark	12 x 100g	2.79	FOSV
KB803	88% Extreme Dark	14 x 80g	2.79	GOSV
KB977	Dark 55% Choc with Almond	12 x 100g	2.79	FOS
KB640	Lemon, Ginger & Pepper	12 x 100g	2.79	OSV
GREEN & BLACKS				
90g Bars				
KB116	70% Dark Chocolate	15 x 90g	2.80	FOSV
KB034	85% Dark Chocolate	15 x 90g	2.80	FOSV
KB796	Dark Choc Hazelnut & Currant	15 x 90g	2.80	FOS
KB132	Dark Chocolate & Ginger	15 x 90g	2.80	FOS
ZX239	Milk Chocolate	15 x 90g	2.80	FOS
KB133	Milk Chocolate & Butterscotch	15 x 90g	2.80	FOS
KB370	White Chocolate	15 x 90g	2.80	FOS
Smooth Bars				
KB498	Dark Chocolate	15 x 90g	2.90	OSV
KB503	Mint Chocolate	15 x 90g	2.90	OSV
HU				
KB674	Almond Butter Crispy Dark Bar	12 x 60g	3.79	FGOSV
KB677	Cashew Butter Orange Dark Choc	12 x 60g	3.79	FGOSV
KB675	Cashew Butter Vanilla Dark Chc	12 x 60g	3.79	FGOSV
KB678	Crunchy Mint Dark Chocolate	12 x 60g	3.79	FGOSV
KB673	Hazelnut Butter Dark Chocolate	12 x 60g	3.79	FGOSV
KB672	Salty Dark Chocolate Bar	12 x 60g	3.79	FGOSV
KB671	Simple Dark Chocolate Bar	12 x 60g	3.79	FGOSV
KB680	Vanilla Crunch Dark Chocolate	12 x 60g	3.79	FGOSV
ICHOC ORGANIC CHOCOLATE				
iChoc				
KB897	Almond & Orange	10 x 80g	2.99	FOSV
KB882	Choco Cookie	10 x 80g	2.99	FOSV
KB922	Classic Style	10 x 80g	2.99	FOSV

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KB579	Salty Pretzel	10 x 80g	2.99	FOSV
KB738	Super Nut	10 x 80g	2.99	FOSV
KB582	White Barista Art	10 x 80g	2.99	FOSV
KB881	White Nougat Crisp	10 x 80g	2.99	FOSV
KB898	White Vanilla	10 x 80g	2.99	FOSV
MONTEZUMA'S				
KB946	Great White Chocolate Giant Buttons	12 x 90g	3.29	OS
KB005	Dark Chocolate Giant Buttons	8 x 180g	4.99	OVS
KB271	Milk Chocolate Button Bags	8 x 180g	4.99	O
KB270	White Chocolate Button Bag Organic Bars	8 x 180g	4.99	OS
KB194	Chilli Bonkers	12 x 90g	3.29	OSV
KB186	Darkside 51% Milk Chocolate	12 x 90g	3.29	OS
KB196	FitzRoy Very Dark Chocolate	12 x 90g	3.29	OSV
KB254	Happy Hippy	12 x 90g	3.29	OSV
KB616	Hot Pickle Milk Chocolate	12 x 90g	3.29	OS
ZX779	Royal Mint Organic Dark W'Mint	12 x 90g	3.29	GOSV
KB191	Smooth Operator Milk Chocolate	12 x 90g	3.29	OS
KB617	Spotch Milk Chocolate Bar	12 x 90g	3.29	OS
OMBAR CHOCOLATE				
ZX419	100% Cacao Chocolate Bar	10 x 35g	2.50	FGOV
KB763	72% Cacao Chocolate Bar	10 x 35g	2.50	FGOSV
ZX659	90% Cacao Chocolate Bar	10 x 35g	2.50	FGOSV
KB759	Blueberry & Acai Chocolate Bar	10 x 35g	2.50	FGOSV
KB761	Coco 60% Chocolate Bar	10 x 35g	2.50	FGOSV
KB406	Coco Mylk Chocolate Bar	10 x 35g	2.50	FGOSV
ZX657	Coconut & Vanilla Choc Centres	10 x 35g	2.50	FGOSV
ZX397	Hazelnut Truffle Centre Bar	10 x 35g	2.50	FGOSV
KB960	Oat m'lk Brownie Filled Bar	15 x 42g	1.99	FGOV
KB959	Oat M'lk Caramel Filled Bar	15 x 42g	1.99	FGOSV
ZX421	Pistachio Centres Choc Bar	10 x 35g	2.50	FGOSV
ZX663	Raspberry & Coconut Centre Bar	10 x 35g	2.50	FGOSV
KB764	Strawberry Mylk Chocolate Bar 70g Bars	10 x 35g	2.50	FGOSV
ZX951	72% Cacao Chocolate Bar	10 x 70g	3.39	FGOSV
ZX952	Coco Almond Chocolate Bar	10 x 70g	3.39	FSGOV
ZX953	Coco Mylk Chocolate Bar	10 x 70g	3.39	FGOSV
ZX639	Coconut & Vanilla Chocolate	10 x 70g	3.39	FGOSV
ZX403	Hazelnut Truffle Chocolate Bar	10 x 70g	3.39	FGOSV
ZX641	Pistachio Chocolate Bar	10 x 70g	3.39	FGOSV
ZX644	Raspberry & Coconut Choc Bar	10 x 70g	3.39	FGOSV
ZX975	Salt & Nibs Chocolate Bar Buttons	10 x 70g	3.39	FSGOV
KB492	Coco Mylk Chocolate Buttons Filled Bar	15 x 25g	1.55	FGOSV
KB373	Pistachio Cream Chocolate Bar Filled Bars	15 x 42g	2.25	FGOSV
KB321	Almond Butter Chocolate Bar	15 x 42g	2.25	FGOSV
KB374	Coco Raspberry Chocolate Bar	15 x 42g	2.25	FGOSV
KB359	Coconut Vanilla Chocolate Bar	15 x 42g	2.25	FGOSV
KB355	Hazelnut Truffle Chocolate Bar Oat Mylk	15 x 42g	2.25	FGOSV
ZX184	Fruit & Nut	10 x 70g	2.99	FOSV
ZX187	Hazelnut	10 x 70g	2.99	FOSV
ZX155	Salted Caramel Truffle	10 x 70g	2.99	FOSV
ZX192	Smooth & Creamy	10 x 70g	2.99	FOSV
ORGANIC SEED & BEAN COMPANY				
Large Bars				
KB152	37% Milk Choc Hazel & Almond	10 x 75g	2.99	FOS
KB733	37% Milk Chocolate	10 x 75g	2.99	FOS
KB813	37% Milk Chocolate Caramel	10 x 75g	2.99	FOS

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KB816	37% Popped Rice Milk Chocolate	10 x 75g	2.99	FOS
KB184	47% Vegan Milk Coffee	10 x 75g	2.99	FOSV
KB970	58% Dark Espresso	10 x 75g	2.99	FOSV
KB155	58% Dark Hazelnut	10 x 75g	2.99	FOSV
KB979	58% Dark Lemon & Cardamom	10 x 75g	2.99	FOSV
WS117	58% Dark Salted Caramel	10 x 75g	2.99	OSV
KB740	66% Dark Raspberry & Coconut	10 x 75g	2.99	OSV
KB736	70% Dark Chocolate & Sea Salt	10 x 75g	2.99	FOSV
KB743	72% Dark Dominican	10 x 75g	2.99	FOSV
KB767	72% Dark Lavender	10 x 75g	2.99	FOSV
KB772	72% Dark Mandarin & Ginger	10 x 75g	2.99	FOSV
KB200	72% Dark Mint	10 x 75g	2.99	FOSV
KB181	Salted Caramel	10 x 75g	2.99	FOSV
KB183	Sea Salt & Orange	10 x 75g	2.99	FOSV
ZX126	Sea Salt & Tropical Lime	10 x 75g	2.99	FOS
PLAYIN CHOC				
WS005	Dinosaur Surprise	18 x 1	2.50	GOSV
WS133	Endangered Animal Surprise	18 x 1	2.50	GOSV
ZX066	Woodland Animal Surprise	18 x 1	2.50	GOSV
EASTER 2024				
ZX079	Easter Rabbits Gift Set	3 x gift	14.95	GOSV
RADEKS				
ZX433	75% Dark CBD Bar	10 x 72g	5.00	OSV
ZX439	Cocoa IPA Malted Barley Bar	10 x 72g	5.00	OSV
ZX449	Dark Hazelnut Gianduja	10 x 67g	5.00	OSV
ZX437	Radeks Lions Mane Bar	10 x 67g	6.00	OSV
Collab with Blind Owl Coffee				
ZX447	Almond M*lk Mocha Bar	10 x 72g	3.95	OSV
RAW HALO				
70g Bars				
KB002	Dark 76%	10 x 70g	2.99	GOSV
KB055	Dark 85%	10 x 70g	2.99	GOSV
KB006	Dark Raspberry	10 x 70g	2.99	GOSV
KB047	Dark Salted Caramel	10 x 70g	2.99	GOSV
KB020	Mylk & Pink Himalayan Salt	10 x 70g	2.99	GOSV
KB065	Mylk & Salted Caramel	10 x 70g	2.99	GOSV
KB007	Mylk & Vanilla	10 x 70g	2.99	GOSV
Truffle Bars				
KB118	Dark Salt Almond Truffle Bar	8 x 90g	3.50	GOSV
KB103	Mylk Hazelnut Truffle Bar	8 x 90g	3.50	GOSV
RHYTHM 108				
BT143	Chocolate/Salt Caramel Biscuit	4 x 134g	3.79	GOV
KB506	Hazelnut Praline Chocolate Bar	15 x 33g	1.85	GVOS
KB336	Super Coconut Swiss Choc Bar	15 x 33g	1.85	GSOV
KB276	Sweet N Salty Almond Choc Bar	15 x 33g	1.85	GOSV
KB994	Swiss Chocolate Orange Bar	15 x 33g	1.85	GSOV
Chocolate Bars				
KB368	Cacao Orange	9 x 100g	4.25	SVO
KB125	Hazelnut Truffle	9 x 100g	4.25	OSV
KB168	Roasted Almond Butter	9 x 100g	4.25	OSV
THE RAW CHOCOLATE CO				
KB307	Cacao Nibs	6 x 150g	3.75	GOV
Raw Chocolate Coated Snacks				
KB855	Chocolate Raisins - Snack Pack	12 x 28g	1.39	GOSV
KB360	Goji Berries - Snack Pack	12 x 28g	1.39	GOSV
KB362	Mulberries - Snack Pack	12 x 28g	1.39	GOSV
ZX884	Raw Chocolate Covered Almonds	12 x 25g	1.39	GOSV
Sharing Bags				
ZX182	Chocolate Almonds	6 x 100g	4.69	OSV
ZX181	Chocolate Ginger	6 x 100g	4.69	OSV
KB033	Chocolate Goji Berries	6 x 100g	4.69	OSV
KB053	Chocolate Goji Berries	6 x 100g	4.69	OSV

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KB054	Chocolate Mulberries	6 x 100g	4.69	OSV
KB956	Chocolate Raisins	6 x 100g	4.69	OSV
WS190	Salted Vanoffee Cashews	6 x 100g	4.69	OSV
KB957	Salty Chocolate Hazelnuts	6 x 100g	4.69	OSV
	Vegan Chocolate Buttons			
WS016	Caramel Buttons	6 x 150g	4.99	OSV
WS018	M*lk Chocolate Buttons	6 x 150g	4.99	OSV
WS001	Peruvian 72% Buttons	6 x 150g	4.99	OSV
WS002	Vanoffee Buttons	6 x 150g	4.99	OSV
	VEGO			
KB669	Chocolate & Rice Crisp Bar	20 x 40g	1.60	FGOV
KB821	Mini Whole Hazel Chocolate Bar	20 x 65g	2.59	FGOSV
WS003	Vego Dark Nuts & Berries	12 x 85g	3.45	FOVS
WS059	Vego White - Almond Bliss	18 x 50g	2.25	FOVS
KB943	Vegolino Pralines	8 x 180g	5.95	FOSV
KB489	Whole Hazelnut Chocolate Bar	20 x 150g	4.55	FGOSV
	VIVANI ORGANIC CHOCOLATE			
KB485	71% Dark Chocolate	10 x 100g	3.30	OSV
KB851	Dark Choc & Almonds	10 x 100g	3.30	OS
KB486	Dark Choc & Cassis Filling	10 x 100g	3.30	OS
KB693	Dark Choc & Nougat	10 x 100g	3.30	OSV
KB487	Dark Choc & Peppermint Filling	10 x 100g	3.30	OS
KB849	Dark Choc & Whole Hazelnuts	10 x 100g	3.30	OSV
KB484	Dark Chocolate & Orange	10 x 100g	3.30	OSV
KB243	Dark Marzipan Amaretto	10 x 100g	3.30	OS
KB488	Milk & White Cappuccino Choc	10 x 100g	3.30	OS
KB480	Milk Choc & Praline Filling	10 x 100g	3.30	OS
KB479	Milk Chocolate	10 x 100g	2.99	OS
	Premium Large Bars			
KB919	62% Dark Caramel Chocolate	10 x 80g	3.50	OSV
KB632	85% Dark Chocolate	10 x 100g	3.50	OSV
KB407	92% Dark Choc Panama Estate	10 x 80g	3.50	OSV
KB901	Dark 75% Chocolate	10 x 80g	3.29	OSV
KB909	Dark 75% Mallorca Flor de Sal	10 x 80g	3.50	OSV
KB048	Dark Choc & Cranberry	10 x 100g	3.50	OSV
KB042	Superior Dark 100% Cocoa	10 x 80g	3.50	OV
KB035	Superior Dark 89% Chocolate	10 x 80g	3.50	OSV
	Snack Size			
KB420	Almond Orange Rice Chocolate	18 x 35g	1.59	OSV
KB430	Black Cherry	18 x 35g	1.59	OSV
KB447	Creamy Caramel	18 x 40g	1.59	OS
KB049	Crunchy Coconut Chocolate Bars	18 x 35g	1.59	OSV
KB475	Dark Nougat Croccante	18 x 35g	1.59	OSV
KB452	Espresso Biscotti	18 x 40g	1.59	OS
KB476	White Nougat Crisp	18 x 35g	1.59	OSV
	CHOCOLATE & SWEET SPREADS			
	BIONA			
GH840	Dark Chocolate Spread - org	6 x 350g	5.55	OSV
GH010	Milk Choc Hazel Spread - org	6 x 350g	5.69	OS
	BONSAN			
GH129	Mylk Hazelnut Cocoa Spread	6 x 350g	5.79	OV
GH123	Plain Choco Spread	6 x 350g	4.75	OSV
	ESSENTIAL TRADING			
GH092	Dark Chocolate Spread	6 x 400g	4.39	OSV
	CHRISTMAS FOOD			
	AUTHENTIC BREAD COMPANY			
KB224	Savoury Biscuit Selection Pack	5 x 215g	8.69	OS
	CIDERS			
	ASPALL			
RT023	Organic Suffolk Cyder	12 x 500ml	4.29	OSV

code	product	size	rrp	bfgosv
DUNKERTONS				
RT041	Black Fox Organic Cider	12 x 500ml	4.50	GOSV
RT054	Organic Craft Cider	12 x 500ml	4.50	GOSV
RT053	Premium Reserve Organic Cider	12 x 500ml	4.50	GOSV
WESTONS				
RT006	Vintage Organic Cider 6% ABV	8 x 500ml	3.59	GOV
COCOA				
SUMA PREPACKS - ORGANIC				
LJ189	Cocoa Powder - Organic	6 x 250g	3.55	FOV
EQUAL EXCHANGE				
TE491	Hispaniola Cocoa Powder - og	6 x 250g	5.55	FOV
GREEN & BLACKS				
TE453	Cocoa Powder - FT Organic	6 x 125g	3.70	FOV
TE131	Hot Chocolate	6 x 250g	6.80	FGO
RADEKS				
Drinking Chocolate				
TE029	CBD Drinking Chocolate	6 x 175g	8.95	OSV
TE010	Lions Mane Drinking Chocolate	6 x 175g	11.25	OSV
RHEAL				
VF266	Superfoods Coco Dream	6 x 180g	24.99	GOV
COFFEE				
SUMA ORGANIC				
Bulk Packs				
TE103	Colombia Beans	1kg	25.65	FOV
TE656	Espresso Beans	1kg	25.65	FOV
TE101	Ethiopia Yirgacheffe Beans	1kg	27.85	FOV
TE109	Honduras Coffee Beans	1kg	21.95	FOV
TE758	Medium Roast Blend Ground	1kg	22.65	FOV
TE106	Peru Cepicafe Beans	1kg	21.95	FOV
TE107	Sumatra Gayo Highlands Beans	1kg	27.80	FOV
TE113	Swiss Water Decaf Beans	1kg	27.55	FOV
Roast and Ground Coffees				
TE372	Colombia Ground Coffee	6 x 227g	5.95	FOV
TE650	Espresso Ground Coffee	6 x 227g	6.25	FOV
TE374	Ethiopia Yirgacheffe Ground	6 x 227g	6.69	FOV
TE384	Honduras Ground Coffee	6 x 227g	5.39	FOV
TE643	Medium Roast Ground Coffee	6 x 227g	5.25	FOV
TE397	Peru Ground Coffee	6 x 227g	5.69	FOV
TE641	Suma Dark Roast Ground	6 x 227g	5.25	FOV
TE399	Sumatra Ground Coffee	6 x 227g	6.15	FOV
TE400	Swiss Water Decaf Ground	6 x 227g	6.85	FOV
Roast Whole Bean Coffees				
TE373	Colombia Coffee Beans	6 x 227g	5.95	FOV
TE401	Peru Coffee Beans	6 x 227g	5.69	FOV
CAFEDIRECT				
TE901	Machu Picchu Organic Beans	6 x 200g	5.15	FOV
Roast Wholebean Coffees				
TE229	Machu Picchu Organic Beans	6 x 750g	14.99	FOV
TE302	Mayan Gold Beans	6 x 200g	5.15	FOV
Single Origin - Roast & Ground				
TE952	Machu Picchu Organic Ground	6 x 200g	5.15	FOV
TE226	Mayan Gold Ground	6 x 200g	5.15	FOV
CLIPPER				
Food Service Range				
TE724	Instant - Fairtrade & Organic	4 x 500g	36.45	FOV
TE526	Instant Decaf Organic	4 x 500g	41.35	FOV
Instant Coffees				
TE076	Fairtrade Organic Instant	6 x 100g	7.55	FOV
TE422	FT Org Everyday Instant Coffee	6 x 100g	7.15	FOV
TE879	FT Org Super Spec Decaf Coffee	6 x 100g	8.29	FOV
TE739	House Blend	6 x 100g	7.55	FOV

code	product	size	rrp	bfgosv
	Roast and Ground Coffees			
TE845	Decaffeinated Ground Coffee	8 x 227g	6.65	FOV
TE705	House Blend	8 x 227g	5.69	FOV
TE849	Italian Style Ground Coffee	8 x 227g	5.69	FOV
	EQUAL EXCHANGE			
	Roast & Ground Coffees			
TE872	Anytime Medium Roast	8 x 200g	6.15	FOV
TE875	Colombian Excelso	8 x 200g	6.15	FOV
TE874	Dark City	8 x 200g	6.15	FOV
TE325	Dark Roast Decaffeinated	8 x 200g	6.99	FOV
TE870	Decaffeinated	8 x 200g	6.99	FOV
TE867	Ethiopia Yirgacheffe	8 x 200g	6.59	FOV
TE876	Grown by Women	8 x 200g	6.15	FOV
TE866	Italian Blend	8 x 200g	6.15	FOV
	Roast Wholebean Coffees 1kg			
TE896	Espresso	6 x 1kg	25.15	FOV
TE008	Italian Blend	6 x 1kg	25.15	FOV
	Roast Wholebean Coffees 200g			
TE402	Dark City	8 x 200g	6.15	FOV
TE403	Decaffeinated	8 x 200g	6.99	FOV
TE409	Grown By Women	8 x 200g	6.15	FOV
TE408	Italian Blend	8 x 200g	6.15	FOV
TE371	Medium Roast	8 x 200g	6.15	FOV
	GRUMPY MULE			
	Roast & Ground Coffees			
TE286	Colombia Cafe Equidad	6 x 227g	5.55	FOV
TE289	Decaf Ground Swiss Water	6 x 227g	6.39	FOV
TE134	Honduras Fuerza La Labor	6 x 227g	5.49	FOV
TE559	Peru Cafe Femenino	6 x 227g	5.49	FOV
TE285	Sumatra Gayo Highlands	6 x 227g	5.69	FOV
	Roast Wholebean Coffees			
TE718	Colombia Cafe Equidad Beans	6 x 227g	5.59	FOV
TE130	Decaf Beans - Swiss Water	6 x 227g	6.29	FOV
TE290	Landscape Espresso Beans	6 x 227g	5.99	OV
	Roast Wholebean Coffees 1KG			
TE417	Landscape Espresso Beans	1kg	23.49	FOV
	PERCOL			
	Roast & Ground Coffees			
TE632	Rich Americano Fairtrade	6 x 200g	4.99	FOV
	RHEAL			
VF263	Superfoods Shroom Coffee	6 x 150g	34.99	GOV
	COFFEE SUBSTITUTES			
	BARLEYCUP			
TE480	Chicory Cup Organic	6 x 100g	5.79	OV
TE698	Instant Cereal Drink Organic	6 x 100g	5.59	OV
	THE CHICORY CO			
TE589	Chicory Drink - Organic	6 x 100g	5.69	GOV
	WHOLE EARTH			
TE389	No Caf Coffee Alternative	9 x 100g	3.29	VO
	CONVENIENCE FOODS			
	SUMA ORGANIC			
VF269	Chickpea & Lentil Daal	12 x 400g	2.35	OSV
VF275	Ravioli with Mushroom Sauce	6 x 400g	2.95	OV
VF181	Ravioli with Tomato & Ricotta	6 x 400g	2.95	OS
VF172	Ravioli with Vegetable Sauce	6 x 400g	2.85	OSV
VF270	Saag Aloo	12 x 400g	3.90	OSV
	BIONA			
VF250	Coconut Milk Green Curry	6 x 400ml	2.85	OSV
	CLEARSPRING			
VF253	Coconut Milk	6 x 400ml	2.49	OV
	FREE & EASY			
VF125	Bean Cassoulet - og	6 x 400g	3.19	GOV

code	product	size	rrp	bfgosv
VF116	Chickpea & Bean Tagine	6 x 400g	3.19	GOV
VF006	Chickpea / Vegetable Curry	6 x 400g	3.19	GOV
VF132	Middle Eastern Casserole	6 x 400g	3.19	GOV
VF141	Sweet Pot/Kale/Coconut Curry	6 x 400g	3.19	GOV
VF014	Three Bean Chilli - og	6 x 400g	3.19	GOV
VF127	Vegetable Balti - og	6 x 400g	3.19	GOV
VF128	Vegetable Hotpot - og	6 x 400g	3.19	GOV
GEO ORGANICS				
KJ182	Chickpea & Apricot Tagine	6 x 400g	3.25	OSV
KJ183	Moroccan Chickpea Tagine	6 x 400g	3.25	OV
VF074	Organic Bombay Potatoes Dahl	6 x 400g	3.45	OSV
VF079	Chickpea & Lentil Dahl	6 x 400g	2.90	OV
VF148	Coconut & Kale	6 x 400g	3.15	OV
VF149	Tadka Dahl	6 x 400g	2.95	OV
RIFCO				
VF108	Spanish Chickpea Casserole	6 x 400g	3.25	OV
VF100	Thai Green Curry Organic	6 x 400g	3.25	OV
VF093	Thai Temple Curry	6 x 400g	3.25	OV
SUNITA				
FG601	Polenta - organic	6 x 500g	2.15	OV
CRISPS & SNACKS				
AMAIZIN				
ZX544	Bio Corn Chips Chilli	15 x 75g	1.59	OSV
ZX542	Bio Corn Chips Natural	15 x 75g	1.49	OSV
ZX543	Bio Corn Chips Natural	10 x 150g	2.50	OV
ZX546	Bio Corn Chips Paprika	15 x 75g	1.59	OSV
ZX429	Natural Corn Chips Value Bag	10 x 250g	2.85	OV
ZX482	Rice Paper Organic	12 x 110g	2.29	OV
ZX254	Salsa Dip Hot	6 x 260g	2.65	GOSV
ZX249	Salsa Dip Mild	6 x 260g	2.65	GOSV
ZX406	Tomato Corn Rolls	14 x 100g	1.95	VOS
BIONA				
ZX424	Potato Chips - Lightly Salted	12 x 100g	2.45	OV
CLEARSPRING				
BT026	Brown Rice Crackers	12 x 40g	2.29	GOV
BT033	Brown Rice Crackers	12 x 40g	2.29	GOV
BT053	Brown Rice Crackers Sesame	12 x 40g	2.29	GOV
BT129	Brown Rice Crackers-Blk Sesame	12 x 40g	2.29	GOV
ZX193	Rice Crackers - Tamari	12 x 50g	2.29	OV
BT055	Rice Crackers Olive Oil & Salt	12 x 50g	2.29	OV
JP073	Seaveg Crispies - Chilli	20 x 4g	1.30	GOV
JP082	Seaveg Crispies - Original	20 x 4g	1.30	GOV
JP035	Seaveg Crispies - Turmeric	20 x 4g	1.30	GOV
JP085	Seaveg Crispies Multipack-Chil	6 x 5 x 4g	4.99	GOV
JP083	Seaveg Crispies Multipack-Orig	6 x 5 x 4g	4.99	GOV
ZX226	Tamari Roast Sicilian Almonds	15 x 30g	1.99	GOV
ZX207	Tamari Roasted Cashew Nuts	15 x 30g	1.99	GOV
ZX191	Tamari Roasted Pumpkin Seeds	15 x 30g	1.59	GOV
EAT REAL				
	Organic - Sharing			
ZX215	Hummus Sea Salt Chips - Org	10 x 100g	2.79	GOV
ZX214	Lentil Sea Salt Chips - Org	10 x 100g	2.79	GOV
ZX213	Veggie Straws - Organic	10 x 100g	2.79	GOSV
TRAF0				
	Flips			
ZX359	Chickpea Flips Mild Curry	6 x 75g	2.95	GOV
ZX343	Pea Flips Lightly Salted	6 x 75g	2.95	GOV
ZX299	Rosemary Lentil Flips	6 x 75g	2.95	GOV
	Handcooked Potato Crisps			
ZX709	Barbecue Potato Crisps	10 x 125g	3.79	OSV
ZX755	Hand Cook Cheese & Onion	15 x 40g	1.39	O

code	product	size	rrp	bfgosv
ZX473	Rosemary & Himalaya Salt	15 x 40g	1.39	OV
ZX710	Rosemary & Himalaya Salt Crisp	10 x 125g	3.79	OV
ZX707	Sea Salt & Black Pepper Crisps	10 x 125g	3.79	OSV
ZX705	Sea Salt Potato Crisps	10 x 125g	3.79	OV
ZX460	Sea Salt Potato Crisps	15 x 40g	1.39	O
ZX701	Truffle Potato Crisps	12 x 100g	4.99	OV
	Hummus Chips			
ZX932	Hummus Chips - Paprika	6 x 75g	3.50	OV
	Light Baked Crisps			
ZX625	Coconut Oil Baked Crisps	12 x 100g	3.25	OV
ZX624	Vegetable Chips	12 x 75g	3.90	OV
ZX575	Vegetable Chips Sweet Potato	6 x 80g	3.89	OV
	Popcorn			
ZX112	Caramel Popcorn Organic	6 x 50g	3.25	GOSV
ZX094	Salted Popcorn Organic	6 x 50g	3.25	GOV
ZX118	Sweet Popcorn Organic	6 x 50g	3.25	GOSV
	Potato Crisps Fried			
ZX053	Paprika Crisps - organic	15 x 40g	1.39	OV
ZX616	Salt & Vinegar Crisps	12 x 125g	2.95	OV
ZX055	Salted Crisps - organic	15 x 40g	1.39	OV
ZX626	Virgin Olive Oil Crisps	12 x 100g	4.99	OV
	Snacks			
ZX401	Corn Peanuts	12 x 75g	2.90	OV
BT075	Pretzel Sticks	12 x 100g	1.55	OV
	Tortilla Chips			
VF218	Tortilla Chips - Chilli	15 x 75g	1.59	OV
VF226	Tortilla Chips - Natural	15 x 75g	1.55	OV
ZX136	Tortilla Chips - Natural	10 x 200g	3.90	OV

DAIRY BUTTER, CREAM & MILK

CALON WEN

	The Farmers Co-op			
CV277	Lightly Salted Welsh Butter	20 x 250g	4.10	GO
CV174	Spreadable Butter	16 x 250g	3.75	GO
CV204	Unsalted Welsh Butter	20 x 250g	4.10	GO

DEVON CREAM COMPANY

CV293	Clotted Cream	12 x 170g	3.70	GO
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ORGANIC HERD

CV564	Mediterranean Butter	10 x 80g	3.79	O
CV545	Salted Butter	10 x 250g	3.79	O
CV552	Truffle Butter	10 x 80g	3.79	O
CV548	Unsalted Butter	10 x 250g	3.79	O

VRAI

	Minimum 5 days shelf life			
CV632	Creme Fraiche	6 x 200g	2.35	O

YEO VALLEY

CV304	Slightly Salted Organic Butter	20 x 200g	3.50	O
CV292	Spreadable Butter	8 x 400g	5.95	O
CV726	Unsalted Organic Butter	20 x 200g	3.50	O
	Minimum 4 days shelf life			
CV101	Double Cream	6 x 220ml	2.20	GO
CV309	Half Fat Creme Fraiche	6 x 200g	1.65	O

DAIRY CHEESE

BERGERIE

CV583	Organic Fresh Goat Cheese	6 x 100g	2.35	GO
CV590	Organic Fresh Sheeps Cheese	6 x 100g	2.25	O

CALON WEN

	Organic Welsh Cheese			
CV397	Extra Mature Cheddar Cheese	12 x 200g	3.25	O
CV398	Mellow Cheddar Cheese	12 x 200g	3.25	O
CV624	Rossett Red Cheese	12 x 200g	3.25	O

code	product	size	rrp	bfgosv
	CYPRESSA			
CV761	Organic Feta Cheese	12 x 200g	4.19	O
CV760	Organic Halloumi Cheese	10 x 200g	4.60	O
	ETHICAL DAIRY			
CV162	Finlay's Cheddar	6 x 150g	5.90	O
CV148	Laganory Cheese	6 x 150g	5.30	O
CV144	Mature Carrick Cheese	6 x 150g	5.90	O
CV157	Rainton Tomme Cheese	6 x 150g	5.65	O
	GODMINSTER			
CV305	Black Pepper Mature Cheddar	12 x 200g	5.35	GO
CV296	Mature Bruton Cheddar Cheese Waxed Rounds	12 x 200g	5.35	GO
CV255	Black Truffle Cheddar Cheese	8 x 200g	8.20	GO
CV248	Oak-Smoked Cheddar Cheese	8 x 200g	7.95	GO
CV282	Red Chilli Cheddar Cheese	8 x 200g	7.20	GO
CV224	Vintage Bruton Cheddar Cheese	8 x 200g	7.50	GO
	HIGH WEALD DAIRY			
CV838	Ashdown Forester Cheese	4 x 150g	4.30	O
CV067	Duddleswell Sheeps Cheese	4 x 125g	5.75	O
CV443	Mixed Case Soft Sheeps Cheese	6 x 100g	6.50	O
CV047	Org Brighton Blue Cheese	4 x 150g	4.75	O
CV082	Org Cow & Sheeps Milk Halloumi	4 x 150g	4.15	O
CV051	Saint Giles Soft Cheese	4 x 150g	4.30	O
CV524	Seven Sisters Cheese	4 x 125g	5.60	O
CV924	Smoked Duddleswell Cheese	4 x 125g	6.10	O
CV922	Sussex Marble Cheese	4 x 150g	4.65	O
CV923	Sussex Velvet Cheese	4 x 150g	4.45	O
CV642	Tremains Cheddar Cheese	4 x 150g	4.30	O
	LYE CROSS FARM			
CV049	Double Gloucester Cheese	10 x 245g	4.25	O
CV591	Grass Fed Cheddar Cheese	12 x 200g	3.39	O
CV860	Grass Fed Cheddar Cheese	14 x 350g	6.30	O
CV506	Mature Cheddar Cheese	10 x 245g	4.45	O
CV166	Medium Cheddar Cheese	10 x 245g	4.25	O
CV477	Mild Cheddar Cheese	10 x 245g	4.15	O
CV105	Red Leicester Cheese	10 x 245g	4.25	O
CV522	Vintage Cheddar Cheese Grated	10 x 245g	4.80	O
CV323	Mature Grated Cheddar Cheese	10 x 180g	3.90	O
	ORGANIC HERD			
CV480	Extra Mature Cheddar Cheese	12 x 200g	3.75	O
CV520	Garlic & Parsley Velvety Cheese	8 x 150g	5.19	O
CV453	Mature Cheddar Cheese	12 x 200g	3.50	O
CV452	Mild Cheddar Cheese	12 x 200g	3.50	O
CV487	Soft & Creamy Velvety Cheese	8 x 150g	4.95	O
CV498	Spicy & Marbled Velvety Cheese	8 x 150g	5.19	O
	SOSTER			
CV003	Italian Hard Cheese	200g each	6.70	O
	DAIRY YOGHURTS			
	BERGERIE			
CV581	Goat Milk Yoghurt Natural Org	8 x 125g	0.85	GO
CV084	Natural Goat Milk Yoghurt	6 x 400g	3.60	O
CV585	Sheep Milk Yoghurt Greek Style	6 x 250g	1.95	GO
CV621	Sheep's Milk Yoghurt Natural	8 x 125g	0.90	O
CV625	Sheep's Milk Yoghurt Natural	6 x 400g	3.45	O
	WOODLANDS DAIRY			
CV420	Natural Sheeps Yoghurt	6 x 450g	4.65	O
	YEO VALLEY			
	Kefir Yoghurt			
CV578	Honey Kefir Yoghurt	6 x 350g	2.00	GO
CV863	Mango & Passion. Kefir Yoghurt	6 x 350g	2.00	GOS
CV864	Natural Kefir Yoghurt	6 x 350g	2.00	GOS

code	product	size	rrp	bfgosv
CV560	Rhubarb Kefir Yoghurt	6 x 350g	2.00	GO
CV862	Strawberry Kefir Yoghurt Minimum 4 days shelf life	6 x 350g	2.00	GOS
CV366	Apricot & Peach Yoghurt	6 x 450g	2.50	OS
CV709	Blueberry Yoghurt	6 x 450g	2.50	O
CV746	Fat Free Natural Yoghurt	6 x 450g	2.45	OS
CV610	Greek 0% Natural Yoghurt	6 x 450g	2.85	O
CV614	Greek 5% Fat Natural Yogurt	6 x 450g	2.85	O
CV403	Greek Style Natural Yoghurt	6 x 450g	2.80	O
CV604	Lemon Curd Yoghurt	6 x 450g	2.50	OS
CV360	Natural Yoghurt	6 x 450g	2.45	O
CV365	Raspberry Yoghurt	6 x 450g	2.50	OS
CV363	Strawberry Yoghurt	6 x 450g	2.50	OS
CV603	Multipack Range Fruity Favourites	4 x 4 x 110g	2.80	OS
DESSERTS				
BIONA				
SY192	Coconut Whipping Cream	6 x 400ml	3.50	OV
SOJADE				
SY099	Chocolate Soya Dessert	8 x 530g	1.89	GOSV
SY107	Vanilla Soya Dessert	8 x 530ml	1.95	GOSV
DESSERTS & PUDDINGS (CHILLED)				
RADEKS				
CV311	Brownie with Pecans & Dates	12 x 60g	2.70	OSV
SOJADE				
CV445	La Fraiche Creme	6 x 200g	2.10	GOV
VRAI				
CV627	Rice Pudding with Vanilla	12 x 110g	1.55	GOS
CV634	Sheep's Milk Chocolate Dessert	12 x 110g	1.55	OS
DESSERTS, DAIRY (FROZEN)				
ROSKILLYS				
120ml Tubs				
XL174	Caramel Crunch Ice Cream	24 x 120ml	1.95	OS
XL171	Chocolate Ice Cream	24 x 120ml	1.95	OS
XL170	Clotted Cream Vanilla Ice	24 x 120ml	1.95	OS
XL173	Mint Choc Chip Ice Cream	24 x 120ml	1.95	OS
XL172	Strawberry Ice Cream	24 x 120ml	1.95	OS
500ml Tubs				
XL219	Caramel Crunch Ice Cream	6 x 500ml	5.95	OS
XL325	Chocolate Ice Cream	6 x 500ml	5.95	OS
XL326	Mint Choc Chip Ice Cream	6 x 500ml	5.95	OS
XL327	Strawberry Ice Cream	6 x 500ml	5.95	OS
XL220	Vanilla Ice Cream	6 x 500ml	5.95	OS
YEO VALLEY				
XL347	Mint Chocolate Chip Ice Cream	6 x 500ml	5.49	OS
XL248	Sea Salted Caramel Ice Cream	6 x 500ml	5.49	OS
XL246	Vanilla Ice Cream	6 x 500ml	5.49	OS
Kefir Ice Cream				
XL159	Blueberry Kefir Ice Cream	6 x 480ml	5.49	OS
XL158	Strawberry Kefir Ice Cream	6 x 480ml	5.49	OS
DRINKS (CHILLED)				
AGUA DE MADRE				
CV411	Apple Elderflower Water Kefir	12 x 330ml	3.35	GOSV
CV417	Blood Orange Water Kefir	12 x 330ml	3.35	GOSV
CV419	Culture Shot	12 x 60ml	3.50	GOSV
CV388	Lemon & Ginger Water Kefir	12 x 330ml	3.35	GOSV
CV399	Passion Fruit Kefir Water	12 x 330ml	3.35	GOSV
CV396	Pomegranate & Hibiscus Kefir	12 x 330ml	3.35	GOSV
BIOTIFUL DAIRY				
CV359	Baked Milk Drink	6 x 500ml	3.65	GO

code	product	size	rrp	bfgosv
CV342	Kefir Milk Drink	6 x 500ml	3.65	GO
CV361	Kefir Milk Drink	6 x 250ml	2.20	GO
CV092	Peach Kefir Drink	6 x 250ml	2.45	GO
CV438	Raspberry Kefir Drink	6 x 250ml	2.45	GO
COCOS				
CV482	Mango & Passionfruit Kefir	6 x 200ml	3.00	FGOV
CV898	Natural Coconut Milk Kefir	6 x 500ml	4.50	GOV
CV896	Strawberry Kefir	6 x 200ml	3.00	GOV
EQUINOX				
CV736	Ginger Kombucha	12 x 275ml	2.35	OSV
CV830	Grapefruit & Guava Kombucha	12 x 275ml	2.35	OSV
CV465	Orange & Yuzu Kombucha	12 x 275ml	2.35	OV
CV737	Original Kombucha	12 x 275ml	2.35	OSV
CV466	Peach & Strawberry Kombucha	12 x 275ml	2.35	OV
CV741	Raspberry Elderflower Kombucha	12 x 275ml	2.35	OSV
CV459	Sicilian Lemon Kombucha	12 x 275ml	2.35	OV
CV742	Wild Berry Kombucha Large Bottles	12 x 275ml	2.35	OSV
CV052	Ginger Kombucha	6 x 750ml	5.15	OV
CV048	Raspberry Elderflower Kombucha	6 x 750ml	5.15	OV
KARMA				
	Kefir			
CV753	Kefruit Elderflower	6 x 750ml	5.25	FOV
CV752	Kefruit Fig and Lemon Kombucha	6 x 750ml	5.25	FOV
CV318	Apple Kombucha	6 x 1l	6.25	
FGOSVB				
CV256	Ginger Kombucha	6 x 1l	6.25	FOVB
CV425	Ginger Kombucha	6 x 500ml	3.65	OVB
CV060	Ginger Trilogy Kombucha	6 x 500ml	3.85	FOVB
CV245	Mango Kombucha	6 x 500ml	3.85	FOVB
CV276	Mango Kombucha	6 x 1l	6.25	FOVB
CV258	Pomegranate Kombucha	6 x 1l	6.25	FOVB
CV426	Pomegranate Kombucha	6 x 500ml	3.65	OVB
CV435	Raspberry Kombucha	6 x 500ml	3.85	OVB
CV259	Sunset Ltd. Edition Kombucha Zero Sugar	6 x 1l	6.25	FOVB
CV322	Citrus Tangerine Kombucha	6 x 750ml	4.90	FGOV
CV343	Ginger & Lime Kombucha	6 x 750ml	4.90	FGOV
CV331	Red Fruits Kombucha	6 x 750ml	4.90	FGOV
LOVING FOODS				
CV176	Blueberry & Lavender Kombucha	12 x 330ml	2.99	OSV
CV205	Lemon & Ginger Jun Kombucha	12 x 330ml	2.99	OS
CV233	Matcha & Mint Kombucha	12 x 330ml	2.99	OSV
CV244	Raspberry & Tulsi Kombucha	12 x 330ml	2.99	OSV
SOJADE				
CV264	Blueberry & Cherry Kefir	6 x 250ml	2.20	OV
CV268	Natural Organic Soya Kefir	6 x 250ml	1.90	OV
UCHA				
CV158	Ginger Kombucha	12 x 350ml	2.39	FGOSV
CV161	Mango Kombucha	12 x 350ml	2.39	FGOSV
CV159	Raspberry Kombucha	12 x 350ml	2.39	FGOSV
YEO VALLEY				
CV558	Cherry Kefir Drink	6 x 500ml	2.49	OG
CV556	Mango & Passion Kefir Drink	6 x 500ml	2.49	GO
CV539	Natural Kefir Drink	6 x 500ml	2.49	GO
EGGS				
THE LAKES FREE-RANGE EGG CO.				
LJ794	Minimum 5 days 'display until' Organic Medium Eggs	per dozen	5.10	O

code	product	size	rrp	bfgosv
ESSENTIAL OILS				
AQUA OLEUM				
	Organic Essential Oils			
AR006	Essential Oil - Eucalyptus	3 x 10ml	4.39	OV
AR241	Essential Oil - Lavender	3 x 10ml	7.89	VO
AR012	Essential Oil - Patchouli	3 x 10ml	8.79	VO
AR025	Essential Oil - Peppermint	3 x 10ml	6.90	OV
AR016	Essential Oil - Tea Tree	3 x 10ml	5.29	VO
FAR EASTERN FOOD				
SUMA ORGANIC				
VF007	Coconut Cream	6 x 400ml	2.59	OV
LJ350	Coconut Milk Organic	6 x 400ml	2.19	OV
LJ400	Creamed Coconut Organic	12 x 200g	2.49	OV
LJ273	Light Coconut Milk	6 x 400ml	1.99	OV
AMAIZIN				
LJ192	Coconut Milk	12 x 200ml	1.19	OV
LJ197	Coconut Milk	12 x 400ml	2.65	OV
BIONA				
WT071	Asia Noodles	8 x 250g	2.75	OV
KJ094	Coconut Aminos Original	6 x 250ml	4.50	OSV
VF167	Coconut Cream	6 x 400ml	2.75	OV
VF187	Coconut Milk Light Organic	6 x 400ml	1.99	OV
VF775	Coconut Milk Organic	6 x 400ml	2.29	OV
VF772	Creamed Coconut Organic	12 x 200g	2.55	OV
JP008	Garlic and Ginger Paste	6 x 130g	3.25	OV
JP009	Garlic Paste	6 x 130g	3.25	OV
JP150	Ginger Paste	6 x 130g	3.25	OV
VF058	Golden Coconut Milk	6 x 400ml	2.75	OV
VF077	Organic Coconut Milk	8 x 200ml	1.59	OV
VF323	Organic Tempeh	6 x 400g	4.45	OV
JP042	Seitan Pieces	6 x 350g	5.59	OV
WT101	Spelt Asia Noodles	8 x 250g	3.25	OV
JP041	Tofu	6 x 500g	5.50	OV
JP014	Wasabi Style Horseradish Paste	8 x 50g	3.95	OV
CLEARSPRING				
JP033	Brown Rice Vinegar - Organic	6 x 250ml	3.79	OV
JP060	Brown Rice Vinegar - Organic	6 x 150ml	2.69	OV
JP077	Brown&Wild Rice w/Tamari Sauce	5 x 250g	3.69	GOV
JP111	Instant Noodle Broth	6 x 245ml	6.49	OV
JP025	Japanese Brown Miso - Tub	3 x 1kg	19.29	OV
JP096	Japanese Rice Vinegar	6 x 250ml	3.69	OV
JP134	Mikawa Mirin	6 x 150ml	4.99	OV
JP153	Pad Thai Sauce	6 x 150ml	5.59	GOV
JP100	Rice Mirin	6 x 250ml	6.99	OV
JP135	Rice Mirin	6 x 150ml	4.49	OV
JP066	Shiitake Mushrooms - Organic	6 x 40g	7.99	OV
JP059	Shoyu Ramen Noodles/Soy Soup	5 x 210g	5.39	OV
JP044	Shoyu Soya Sauce	6 x 250ml	4.19	OV
JP016	Sushi Ginger Pickle Organic	10 x 50g	3.69	OV
JP314	Sushi Rice - Organic	12 x 500g	3.59	OV
JP680	Teriyaki Sauce	6 x 150ml	4.49	OV
JP103	Teriyaki Sauce - Organic & GF	6 x 150ml	5.19	GOV
JP026	Tofu Silken	12 x 300g	2.29	GOV
JP039	Udon Noodles	12 x 200g	3.49	OV
JP112	Umami Instant Stock Paste	8 x 112g	3.99	OV
JP032	Umami Paste with Ginger - Org	6 x 150g	4.69	OV
JP101	Ume Su Seasoning	6 x 150ml	2.99	OV
JP027	Umeboshi Paste - Organic	6 x 150g	7.39	OV
JP079	Umeboshi Plums Organic	6 x 200g	9.99	OV
JP031	Yuzu Ponzu Seasoning	6 x 150ml	5.69	OV
	Condiments			

code	product	size	rrp	bfgosv
JP149	Shichimi Togarashi	8 x 50g	5.90	OV
	Miso Products			
JP211	Barley Miso Jar	6 x 300g	6.99	OV
JP212	Brown Rice Miso Jar	6 x 300g	5.79	OV
JP020	Brown Rice Miso Jar (Mini)	6 x 150g	3.89	OV
JP030	Brown Rice Miso Pouch	6 x 300g	5.99	OV
JP120	Chickpea Miso	6 x 150g	3.99	OV
JP048	Creamy Sesame Miso Soup	8 x 4 x 15g	3.29	GOV
JP049	Ginger & Turmeric Miso Soup	8 x 4 x 15g	3.29	GOV
JP047	Hot & Spicy Miso Soup Paste	8 x 4 x 15g	3.29	GOV
JP321	Instant Miso Soup and Sea Veg	8 x 4x10g	3.99	OV
JP018	Instant Miso Soup Paste	8 x 4 x 15g	3.29	OV
JP011	Instant White Miso Paste OG	8 x 60g	3.29	OV
JP046	Japanese Reduced Salt Miso	6 x 270g	5.39	OV
JP022	Japanese White Miso	6 x 270g	4.29	OV
JP213	Miso - Hatcho	6 x 300g	5.59	OV
JP057	Miso Ramen Noodles/Miso Soup	5 x 210g	5.39	OV
JP086	Sweet White Miso - Organic	6 x 250g	4.99	OV
	Noodles			
JP056	All Buckwheat Soba Noodles	6 x 200g	4.49	GOV
JP152	Black Rice Noodles	10 x 200g	3.99	GOV
JP053	Brown Rice Noodles - GF	10 x 200g	3.99	GOV
JP037	Brown Rice Udon Noodles	12 x 200g	3.49	OV
JP151	Brown Rice Vermicelli Noodles	8 x 180g	3.39	GOV
JP054	Brown Rice Wide Noodles - GF	5 x 200g	3.99	GOV
JP036	Skinny Soba Somen Noodles	6 x 200g	3.49	OV
JP038	Soba Noodles	12 x 200g	3.49	OV
JP040	Wide Udon Noodles	12 x 200g	3.49	OV
	Savoury Sesame Condiments			
JP145	Gomashio Black Sesame Sea Salt	6 x 100g	4.90	OV
JP144	Gomashio Whole Sesame Sea Salt	6 x 100g	4.90	OV
JP147	Irigoma Toasted Black Sesame	6 x 100g	4.90	OV
JP146	Irigoma Toasted Whole Sesame	6 x 100g	4.90	OV
	Sea Veg			
JP003	Dulse - Atlantic Coast Organic	8 x 25g	4.69	OV
JP091	Japanese Hokkaido Kombu	5 x 40g	5.49	OV
JP092	Wakame Organic	8 x 25g	4.19	OV
	Soya Sauce			
JP605	Shoyu	2.5l	26.99	OV
JP129	Shoyu Soya Sauce	6 x 150ml	2.99	VO
JP500	Shoyu Soya Sauce	6 x 500ml	6.49	VO
JP679	Soya Sauce	6 x 150ml	3.29	OV
JP130	Tamari Soy Sauce Double Strnth	6 x 150ml	3.99	GOV
JP001	Tamari Soya Sauce	2.5l	44.99	GOV
JP098	Tamari Soya Sauce	6 x 150ml	2.99	GOV
JP099	Tamari Soya Sauce	6 x 250ml	3.99	GOV
JP110	Tamari Soya Sauce	6 x 1l	18.99	GOV
JP501	Tamari Soya Sauce	6 x 500ml	1.49	GOV
JP029	Yaemon Tamari Soy Sauce	6 x 250ml	5.99	GOV
	COCOFINA			
KJ319	Coconut Amino Sauce	12 x 250ml	5.99	OV
	ESSENTIAL TRADING			
LJ022	Coconut Milk Organic - Bulk	3 x 2.9l		OV
	GEO ORGANICS			
VF228	Indonesian Rendang Curry Paste	6 x 180g	3.95	OV
VF229	Indonesian Satay Curry Paste	6 x 180g	3.95	OV
VF738	Thai Green Curry Paste	6 x 180g	3.95	OV
VF739	Thai Red Curry Paste	6 x 180g	3.95	OV
VF247	Thai Yellow Curry Paste	6 x 180g	3.95	OV
	KIKKOMAN			
JP051	Organic Soy Sauce	6 x 250ml	4.99	OV

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KING SOBA				
WT210	100% Buckwheat Noodles	12 x 250g	2.79	OV
WT954	Black Rice Noodles	12 x 250g	2.99	OV
WT037	Brown Rice Noodles	12 x 250g	2.79	OV
JP087	Brown Rice Paper	10 x 200g	2.89	GOV
WT952	Brown Rice Wakame Noodles	12 x 250g	2.79	OV
WT953	Buckwheat & Sweet Potato	12 x 250g	2.79	OV
WT054	Chilli Miso Ramen Cup	6 x 85g	2.39	GOV
WT055	Classic Miso Ramen Cup	6 x 85g	2.39	GOV
WT034	Ginger Miso Ramen Cup	6 x 85g	2.39	GOV
WT212	Millet & Brown Rice Noodles	12 x 250g	2.79	OV
WT057	Miso Soup Edamame Soya Bean	10 x 60g	3.45	OV
WT059	Og Miso Soup Tofu & Ginger	10 x 60g	3.45	OV
WT099	Organic Brown Rice Ramen	6 x 280g	3.59	OV
WT097	Organic Buckwheat Ramen	6 x 280g	3.59	OV
WT088	Organic Vermicelli Noodles	12 x 250g	2.79	OV
WT002	Pho Noodles	12 x 250g	2.99	GOV
WT951	Pumpkin Ginger & Rice Noodles	12 x 250g	2.79	OV
WT217	Thai Rice Noodles	12 x 250g	2.79	OV
JP089	White Rice Paper	10 x 200g	2.89	GOV
OCEAN'S HALO				
VF261	Spring Roll Wraps	12 x 120g	3.49	OV
SANCHI				
JP670	Tamari - organic	6 x 150ml	3.95	OV
YAKSO				
JP012	Coconut Aminos	6 x 250ml	7.45	GOV
WT164	Egg Noodles - organic	6 x 250g	2.69	O
JP094	Garlic Paste - Organic	6 x 100g	3.90	OV
JP127	Hoisin Sauce - Organic	6 x 250g	3.99	OV
JP128	Krupuk Crackers - Organic	6 x 60g	3.49	OV
JP131	Oyster Sauce - Organic	6 x 250g	3.29	OV
JP024	Rice Paper	15 x 150g	3.75	OV
JP132	Rice Paper with Tapioca - Org	15 x 150g	3.35	OV
JP102	Sea Sauce - Organic	6 x 250g	3.35	OV
VF010	Seitan in Tamari	6 x 330ml	4.25	OV
JP113	Tamari - organic	6 x 250ml	5.15	GVO
VF005	Tempeh	6 x 175g	3.89	OV
YUTAKA				
JP005	Miso Paste - Organic	6 x 300g	5.15	OV
FLAKES, BRANS & WHEATGERM				
SUMA PREPACKS - ORGANIC				
FX067	Bran Sticks - organic	6 x 250g	2.50	OV
FX024	Buckwheat Flakes - organic	6 x 500g	4.29	OV
QS124	Oat Groats - Organic	6 x 500g	2.45	VO
FX047	Oats - jumbo, organic	6 x 750g	3.49	VO
FX048	Oats - Porridge - Organic	6 x 750g	3.49	OV
FX031	Organic Millet Flakes	6 x 500g	4.59	OV
FX092	Organic Pearl Barley Flakes	6 x 500g	2.50	OV
FX656	Quinoa Flakes - organic	6 x 500g	4.89	OV
FX032	Rice Flakes Brown - organic	6 x 500g	4.75	OV
FX093	Rye Flakes - organic	6 x 500g	1.99	OV
	Gluten Free			
FX042	Oats - Jumbo Gluten Free	6 x 750g	4.25	GOV
FX044	Oats - Porridge & Gluten Free	6 x 750g	4.25	GOV
ALARA				
FX026	Gluten Free Scottish Porridge	6 x 500g	4.55	GOV
FX012	Oat Bran	6 x 650g	2.79	OV
FX002	Wheat Bran	6 x 650g	2.39	OV
BULK COMMODITIES - ORGANIC				
FX004	Rice Flakes - Brown - Organic	25kg		OV
PIMHILL				
FX006	Oats - jumbo, organic	12 x 850g	2.86	OV

code	product	size	rrp	bfgosv
FX005	Oats - porridge, organic	12 x 850g	2.86	OV
	FLOURS & BREAD MIXES			
	SUMA PREPACKS - ORGANIC			
FG149	Brown Rice Flour - organic	6 x 500g	2.69	OV
LJ105	Coconut Flour, Organic	6 x 500g	2.99	OV
FG128	Maize Flour - organic	6 x 500g	2.59	OV
	AMISA			
FG085	Chestnut Flour - Organic	6 x 350g	5.99	GOV
FG065	Chickpea Flour	6 x 400g	3.45	GOV
	BACHELDRE			
FG165	Stoneground Malted Blend Flour	5 x 1.5kg	3.15	OV
FG187	Stoneground Plain White Flour	5 x 1.5kg	2.95	OV
FG175	Stoneground Rye Flour	5 x 1.5kg	2.59	OV
FG179	Stoneground Spelt Flour	5 x 1.5kg	4.39	OV
FG160	Stoneground Strong White Flour	5 x 1.5kg	2.95	OV
FG162	Strong 100% Wholemeal Flour	5 x 1.5kg	2.95	OV
	CLEARSPRING			
FG180	Breadcrumbs - Brown Rice, GF	12 x 250g	3.79	GOV
	COCONUT MERCHANT			
FG073	Organic Coconut Flour	6 x 500g	4.25	OV
	DOVES FARM			
FG097	Chickpea Flour	5 x 260g	2.85	GOV
FG069	Fine Plain White Flour	5 x 1kg	1.99	OV
FG010	Fine Plain Wholemeal Flour	5 x 1kg	1.79	VO
FG103	Heritage Seeded Bread Flour	5 x 1kg	3.99	OV
FG004	Malthouse Bread Flour	5 x 1kg	2.39	OV
FG096	OAT FLOUR	4 x 450g	4.45	GOV
FG047	Organic Coconut Flour	4 x 500g	3.95	GOV
FG101	Seeded Bread Flour	5 x 1kg	3.69	OV
FG115	Self Raising Wholemeal Flour	5 x 1kg	1.79	OV
FG997	Speciality Pasta Flour	5 x 1kg	2.39	OV
FG072	Strong White Bread Flour	5 x 1.5kg	2.75	OV
FG008	Strong Wholemeal Bread Flour	5 x 1.5kg	2.55	OV
FG070	White Self Raising Flour	5 x 1kg	2.50	OV
	Artisan Flour			
FG028	Buckwheat Wholegrain Flour	5 x 1kg	4.69	OV
FG082	Einkorn Flour	5 x 1kg	3.79	OV
FG011	Khorasan Flour Wholegrain	5 x 1kg	4.79	OV
FG152	Rye Flour White Organic	5 x 1kg	2.39	OV
FG016	Rye Flour Wholegrain Organic	5 x 1kg	1.99	OV
FG071	Spelt Flour White Organic	5 x 1kg	3.69	OV
FG102	Spelt Flour Whole Meal Organic	5 x 1kg	3.15	OV
	Bulk			
FG062	Brown Rice Flour	25kg		GOV
FG197	Plain White Flour, Organic, GF	16kg		GOV
FG020	Strong White Flour	25kg	42.15	VO
	GILCHESTERS ORGANICS			
FG014	Pizza & Ciabatta Wheat Flour	6 x 1.5kg	4.65	OV
FG018	Semolina Fine Wheat Flour	10 x 1kg	4.19	OV
FG009	Strong 100% Whole Wheat Flour	6 x 1.5kg	4.50	OV
FG006	Strong White Wheat Flour	6 x 1.5kg	4.49	OV
FG025	White Flour Strong Unbleached	4 x 3kg	8.99	OV
	HODMEDOD'S			
FG099	YQ Population Wheat Flour	6 x 1.5kg	2.99	OV
	LITTLE SALKELD WATERMILL			
FG804	Barley Flour - organic	6 x 500g	2.44	OVB
	SHIPTON MILL			
FG899	3 Malts/Sunflower Brown Flour	6 x 1kg	2.69	OV
FG133	Light Rye 997 Flour Organic	6 x 1kg	2.90	OV
FG136	Soft Cake & Pastry White Flour	6 x 1kg	2.19	OV
FG190	Spelt Flour - White, Organic	6 x 1kg	3.71	OV
FG189	Spelt Flour - Wholemeal, Org	6 x 1kg	2.90	OV

code	product	size	rrp	bfgosv
FG051	Traditional White Flour No4	16kg		OV
FG898	White Flour - Organic	6 x 1kg	2.25	OV
FG876	White Strong Organic Flour	5 x 2.5kg	5.25	OV
FG077	Wholemeal Flour - Organic	6 x 1kg	2.29	OV
FG079	Wholemeal Organic Flour	5 x 2.5kg	5.29	OV
FRUIT - CANNED & JARRED				
SUMA ORGANIC				
KJ700	Organic Young Jackfruit Chunks	6 x 400g	2.99	OV
BIONA				
VF134	Apple Puree Organic	6 x 700g	3.25	OSV
KJ184	Banana Blossom in Salted Water	6 x 400g	2.75	OV
KJ166	Jackfruit In Salted Water	3 x 2.8kg	1.79	OV
KJ506	Organic Jackfruit in Water	6 x 400g	3.50	OV
CLEARSPRING				
VF190	Apple & Apricot Puree - Org	12 x 2x100g	1.99	OV
VF188	Apple & Blueberry Puree - Org	12 x 2x100g	1.99	OV
VF170	Apple & Mango Puree - Org	12 x 2x100g	1.99	OV
VF189	Apple & Plum Puree - Organic	12 x 2x100g	1.99	OV
VF335	Apple & Strawberry Puree - og	12 x 2x100g	1.99	OV
VF248	Apple Puree	12 x 2x100g	1.99	OV
JP061	Apple,Banana&S'berry Puree Org	12 x 2x100g	1.99	OV
JP076	Apple,Mango,Coconut Puree Org	12 x 2x100g	1.99	OV
VF152	Jackfruit Chunks	6 x 500g	3.49	OV
VF020	Pear & Banana Puree - Org	12 x 2x100g	1.99	OV
VF155	Pear Puree - organic	12 x 2x100g	1.99	OV
JP084	Pear,Apple,Peach Puree Org	12 x 2x100g	1.99	OV
ESSENTIAL TRADING				
KJ263	Mango Chunks in Org Juice	6 x 400g	2.55	VO
KJ262	Pineapple Chunks In Org Juice	6 x 400g	2.55	VO
KJ260	Tropical Fruits in Org Juice	6 x 400g	2.49	VO
FRUIT - DRIED				
SUMA PREPACKS - ORGANIC				
DR063	Apricots - organic	6 x 250g	4.49	OV
DR250	Apricots - organic	6 x 500g	7.99	OV
DR655	Banana Chips - Organic	6 x 250g	2.29	OS
DR132	Cherries sour - Organic	6 x 125g	3.49	OV
DR057	Cranberries - organic	6 x 250g	3.65	OSV
DR325	Cranberries - organic	6 x 125g	2.50	OSV
DR073	Currants - organic	6 x 250g	2.35	OV
DR251	Currants - organic	6 x 500g	4.50	OV
DR159	Dates - Medjool Organic	6 x 250g	4.59	OV
DR074	Dates - pitted organic	6 x 250g	2.39	OV
DR252	Dates - pitted organic	6 x 500g	4.15	OV
DR720	Dates -og pitted fairly traded	6 x 250g	3.90	FOV
DR064	Figs - organic	6 x 250g	4.15	OV
DR254	Figs - organic	6 x 500g	7.69	OV
DR011	Ginger - crystallised organic	6 x 125g	2.50	OSV
DR020	Ginger - crystallised organic	6 x 250g	3.49	OSV
DR049	Mulberries White - Organic	6 x 125g	1.85	OV
DR077	Pitted Prunes - organic	6 x 250g	4.29	OV
DR253	Pitted Prunes - organic	6 x 500g	7.95	OV
DR065	Raisins - organic	6 x 250g	2.55	OV
DR255	Raisins - organic	6 x 500g	4.45	OV
DR066	Sultanas - organic	6 x 250g	2.49	OV
DR256	Sultanas - organic	6 x 500g	4.39	OV
DR365	Vine Fruit Mix - organic	6 x 500g	3.75	OV
BULK COMMODITIES - ORGANIC				
DR033	Mulberries White - Organic	10kg		OV
CRAZY JACK				
DR030	Organic Soft Apricots	8 x 200g	4.90	OV
DR031	Organic Soft Dates	8 x 200g	3.15	OV

code	product	size	rrp	bfgosv
DR034	Organic Soft Figs	8 x 200g	3.59	OV
DR356	Organic Soft Prunes	8 x 200g	3.49	OV
PLANTLIFE				
DR075	Baby Bananas	7 x 325g	7.99	GOV
DR104	Black Shotut Mulberries	7 x 80g	5.29	GOV
DR083	Cereal Killer	7 x 110g	5.89	GOV
DR076	Coconut Cubes	7 x 235g	8.59	GOV
DR085	Sour Cherries	7 x 100g	5.29	GOV
DR107	Super Bowl	7 x 190g	5.99	OV
DR019	Sweet Apricot kernels	7 x 325g	13.29	GOV
DR116	Sweet Cherries	7 x 80g	5.59	GOV
DR106	White Mulberries	7 x 190g	5.99	GOV
TROPICAL WHOLEFOODS				
DR200	Fairtrade Organic Mango	14 x 100g	3.19	FOV
DR233	Sun Dried Banana Chips	14 x 150g	2.45	OV
FRUIT & VEGETABLE JUICES				
SUMA ORGANIC				
JU245	Lemon Juice - organic	12 x 250ml	2.39	OV
JU251	Lemon Juice - organic	6 x 1l	7.65	OV
BEET IT				
	From James White			
JU201	Beet It Shot	15 x 70ml	2.25	OV
JU453	Beetroot Juice	6 x 750ml	3.95	OV
JU719	Beetroot Juice with Apple	8 x 1l	4.65	OV
JU204	Beetroot Juice with Ginger	6 x 750ml	4.15	OV
BIONA				
	1L Pressed Juices			
JU448	Peach, Apricot & Apple Juice	6 x 1l	5.75	OV
JU181	Pomegranate Juice	6 x 1l	7.59	OV
JU130	Tart Cherry Juice	6 x 1l	7.79	OV
	750ml Pure Pressed			
JU543	Apple Juice	6 x 750ml	3.65	OV
JU288	Carrot Juice	6 x 750ml	3.95	OV
JU541	Orange Juice	6 x 750ml	5.99	OV
JU269	Red Grape Juice	6 x 750ml	4.95	OV
JU289	Tomato Juice	6 x 750ml	3.95	OV
	Glass Bottles			
JU521	Cranberry Fruit Drink	6 x 750ml	6.29	OV
JU182	Pomegranate Juice	6 x 200ml	2.75	OV
JU085	Prune Juice	6 x 750ml	8.95	OV
	Organic Pure Pressed Juices			
JU703	Ginger Juice	6 x 200ml	5.49	OV
JU702	Lemon Juice	6 x 200ml	2.45	OV
JU802	Lime Juice	6 x 200ml	3.50	OV
	Super Juice			
JU297	Acerola Cherry Juice	6 x 330ml	7.59	OV
JU028	Blueberry Juice	6 x 330ml	8.65	OV
JU127	Cranberry Juice	6 x 750ml	1.15	OV
JU508	Cranberry Juice	6 x 330ml	6.90	OV
JU132	Elderberry Juice	6 x 330ml	5.39	OV
	Tetrapacks			
JU252	Apple Juice	6 x 1l	3.75	OV
JU184	Beetroot Juice	12 x 500ml	2.69	OV
CULTURED FOOD COMPANY				
JU175	Fermented Beet Kvass	6 x 500ml	4.50	GOV
JAMES WHITE				
	Glass Bottles 250ml			
JU621	Apple & Ginger Juice	24 x 250ml	1.79	OV
JU064	Apple Juice	24 x 250ml	1.79	OV
JU608	Carrot & Apple Juice	24 x 250ml	1.79	OV
JU599	Pear Juice	24 x 250ml	1.79	OV
	Glass Bottles 750ml			

code	product	size	rrp	bfgosv
JU864	Apple & Ginger Juice	6 x 750ml	4.90	OV
JU095	Apple Juice	6 x 750ml	4.50	OV
JU862	Carrot & Apple Juice	6 x 750ml	4.90	OV
JU325	Carrot Juice	6 x 750ml	4.90	OV
JU863	Pear & Raspberry Juice	6 x 750ml	5.39	OV
JU860	Pear Juice	6 x 750ml	4.90	OV
JU431	Tomato Juice	6 x 750ml	4.90	OV
JU324	Vegetable Juice	6 x 750ml	4.90	OV
PIP ORGANIC				
	Fruit Juice			
JU670	Cloudy Apple Juice	6 x 4 x180ml	5.49	OV
JU047	Smooth Orange Juice	6 x 4 x180ml	5.49	OV
JU696	Strawberry & Blackcurrant	6 x 4 x180ml	5.49	OV
	Fruit Juice with Spring Water			
JU698	Blackcurrant, Raspberry, Apple	6 x 4x180ml	5.49	OV
JU699	Mango, Orange & Apple	6 x 4x180ml	5.49	OV
	Smoothies			
JU697	Pineapple & Mango Smoothie	6 x 4 x180ml	5.49	OV
JU065	Strawberry & Banana Smoothie	6 x 4 x180ml	5.49	OV
SUNITA				
JU129	Orange Juice - organic	6 x 1l	5.55	OV
VITACORE				
JU303	Blueberry Juice	6 x 500ml	5.95	OV
JU304	Cranberry Juice	6 x 500ml	5.95	OV
JU291	Pomegranate Juice	6 x 500ml	3.95	OV
JU272	Prune Juice	6 x 500ml	5.95	OV
ZINGER				
	Zinger Health Shots			
JU647	Extra Hot Ginger Zinger Shot	15 x 70ml	1.89	OV
JU571	Ginger Zinger Shot	15 x 70ml	1.89	OV
FRUIT (FROZEN)				
NATURAL COOL				
XL142	Organic Berry Mix	10 x 300g	4.85	GOV
XL034	Organic Blackberries	10 x 300g	4.99	OV
XL145	Organic Blueberries	10 x 300g	4.70	GOV
XL043	Organic Curly Kale	8 x 450g	2.99	OV
XL005	Organic Mango	10 x 300g	4.99	OV
XL179	Organic Raspberries	10 x 300g	7.20	GOV
XL182	Organic Sour Cherries	10 x 300g	4.40	GOV
XL180	Organic Strawberries	10 x 300g	4.65	GOV
XL036	Organic Tropical Fruit Mix	10 x 300g	4.99	OV
PACK'D				
XL252	Organic Blueberries	10 x 300g	5.50	OV
XL148	Organic Cherries	10 x 300g	5.25	OV
XL356	Organic Mango	10 x 300g	5.25	OV
XL133	Organic Raspberries	10 x 300g	6.80	OV
XL135	Organic Strawberries	10 x 300g	5.25	OV
XL188	Organic Summer Berries	10 x 300g	5.50	OV
WINDMILL HILL				
XL282	British Organic Blackcurrants	12 x 400g	3.75	OV
GRAINS				
SUMA BAGGED DOWN - ORGANIC				
QS106	Rice - Jasmine, white organic	3kg		VO
SUMA PREPACKS - ORGANIC				
QS068	Buckwheat - unroasted organic	6 x 500g	2.35	OV
QS300	Bulgur Wheat - Organic	6 x 500g	2.55	OV
QS150	Corn Couscous - Organic	6 x 500g	3.55	OV
QS301	Couscous - wholemeal, organic	6 x 500g	2.39	OV
QS322	Millet - organic	6 x 500g	2.29	VO
QS165	Pearl barley, organic	6 x 500g	1.75	OV
QS070	Popcorn - organic	6 x 500g	2.49	OV

code	product	size	rrp	bfgosv
QS065	Quinoa, Red - Organic	6 x 500g	4.29	OV
QS075	Quinoa, Tricolour - Organic	6 x 500g	4.50	OV
QS086	Quinoa, White - Organic	6 x 500g	3.59	OV
QS677	Rice - arborio, organic	6 x 500g	3.99	OV
QS252	Rice - basmati, brown organic	6 x 750g	3.75	OV
QS302	Rice - basmati, brown organic	6 x 500g	2.75	OV
QS095	Rice - Jasmine organic	6 x 500g	2.95	OV
QS303	Rice - white basmati organic	6 x 500g	2.85	OV
QS213	Rice - white basmati, organic	6 x 750g	3.89	OV
QS100	Rice -long grain brown organic	6 x 750g	3.69	VO
QS066	Rice-long grain brown organic	6 x 500g	2.65	OV
QS067	Rice-short grain brown organic	6 x 500g	2.69	OV
QS101	Rice-short grain brown organic	6 x 750g	3.75	VO
QS072	Wheat grain - organic	6 x 500g	1.75	OV
BIONA				
QS096	Jasmine Brown Rice	6 x 500g	3.95	OV
QS105	Pudding Rice Organic	6 x 500g	3.35	OV
QS099	Red Camargue Rice Organic	6 x 500g	4.35	OV
QS098	Risotto Brown Rice Organic	6 x 500g	3.85	OV
QS097	Wild Rice Mix	6 x 500g	4.35	OV
BULK COMMODITIES - ORGANIC				
QS093	Rice - Jasmine, white organic	25kg		OV
IBIS				
QS088	Brown Long Grain Jasmine Rice	6 x 1kg	4.99	FOV
QS089	Semi-Milled Jasmine Rice	6 x 1kg	4.99	FOV
QS087	White Long Grain Jasmine Rice	6 x 1kg	4.99	FOV
MR ORGANIC				
QS073	Chickpea Rice	12 x 250g	3.69	GOV
QS020	Red Lentil Rice	12 x 250g	3.69	GOV
ZAYTOUN				
QS014	Maftoul Giant Couscous	6 x 200g	3.95	FOV
GRAVY, STOCK & BOUILLON				
KALLO				
LJ102	French Onion Stock Cubes	15 x 66g	1.65	GOVS
LJ103	Garlic & Herb Stock Cubes	15 x 66g	1.65	GOVS
LJ034	Low Salt Org Gravy Granules	6 x 160g	3.59	OSV
LJ171	Low Salt Vegetable Stock Cubes	15 x 60g	1.99	GOVS
LJ122	Mushroom Stock Cubes	15 x 66g	1.65	GOVS
LJ101	Tomato & Herb Stock Cubes	15 x 66g	1.65	GOVS
LJ205	Umami Stock Cubes	15 x 66g	1.85	GOV
LJ120	Vegetable Stock Cubes	15 x 66g	1.65	GOV
LJ186	Vegetable Stock Pots	8 x 24g	2.79	GOSV
MARIGOLD				
LJ211	Bouillon Cubes	12 x 8	1.49	GOV
LJ073	Bouillon Powder - Organic	6 x 150g	2.55	GOV
LJ238	Bouillon Powder - Organic	6 x 500g	7.75	GOV
LJ326	Gravy Powder - Organic	6 x 110g	2.49	OVS
LJ208	Organic Bouillon	1 x 2kg	23.49	FGOV
LJ074	Organic Bouillon Reduced Salt	6 x 140g	2.79	GOV
LJ193	Organic Bouillon Reduced Salt	6 x 500g	7.85	OV
LJ253	Organic Reduced Salt Bouillon	1 x 2kg	24.99	FGOV
LJ321	Yeast Free Bouillon Stock Cube	12 x 84g	1.49	GOV
HERB & FRUIT TEA INFUSIONS				
BOS				
TE241	Rooibos - Apple & Mint	12 x 20 bags	3.89	FGOV
TE281	Rooibos - Chai	12 x 20 bags	3.89	FGOV
TE242	Rooibos - Orange & Ginger	12 x 20 bags	3.89	FGOV
TE261	Rooibos - Strawberry & Vanilla	12 x 20 bags	3.89	FGOV
CLIPPER				
TE011	Rooibos Everyday Infusions	6 x 80 bags	4.85	OV

code	product	size	rrp	bfgosv
TE788	Chamomile	6 x 20 bags	2.65	OV
TE963	Dandelion	6 x 20 bags	2.65	OV
TE694	Fennel	6 x 20 bags	2.65	OV
TE035	Indian Chai	4 x 20 bags	2.99	FGOV
TE960	Lemon & Ginger	6 x 20 bags	2.65	OV
TE942	Liquorice	6 x 20 bags	2.65	OV
TE959	Nettle	6 x 20 bags	2.65	OV
TE631	Organic Sleep Easy	6 x 20 bags	2.65	OV
TE789	Peppermint	6 x 20 bags	2.65	OV
	Food Service Range			
TE148	Chamomile	6 x 25 bags	3.49	FOV
TE455	Lemon & Ginger	6 x 25 bags	4.50	OV
TE166	Peppermint	6 x 25 bags	3.49	FOV
TE454	Wild Berry	6 x 25 bags	4.50	OV
	Mood Infusions			
TE118	After Dinner Mints	4 x 20 bags	2.99	OV
TE423	Cleanse With Benefits	4 x 20 bags	2.99	OV
TE264	Groovy Ginger	4 x 20 bags	3.59	OV
TE070	Karma Mama	4 x 20 bags	3.59	OV
TE352	Restoring Roots	4 x 20 bags	2.99	OV
TE127	Sleep Time Infusion	4 x 20 bags	2.99	OV
	DRAGONFLY TEA			
TE440	Cape Malay Rooibos Chai	4 x 20 bags	2.85	OV
TE588	Cape Rooibos & Honeybush Tea	4 x 20 bags	2.85	OV
TE038	Chai Pu'er Digestive Tea	4 x 20 bags	3.90	OV
TE569	Golden Balance Turmeric Tea	4 x 20 bags	3.90	OV
TE813	Good Dragon Pu'er Tea	4 x 20 bags	2.85	OV
TE139	Happy Times Tulsi	4 x 20 bags	3.90	OV
TE124	Lemon Pu'er Digestive Tea	4 x 20 bags	3.90	OV
TE581	Mint Garden Digestif	4 x 20 bags	3.90	OV
TE338	Moonlight Jasmine	4 x 20 bags	2.85	OV
TE339	Moroccan Mint	4 x 20 bags	2.85	OV
TE046	Mountain Honeybush Tea	4 x 20 bags	2.85	OV
TE546	Night Sky Calm	4 x 20 bags	3.90	OV
TE234	Swirling Mist White Tea	4 x 20 bags	3.90	OV
TE145	True Clarity Ginger	4 x 20 bags	3.90	OV
	Rooibos Teas			
TE363	Rooibos	4 x 40 bags	3.25	OV
TE367	Rooibos Earl Grey	4 x 40 bags	3.25	OV
TE376	Rooibos Vanilla	4 x 40 bags	3.25	OV
	ELEVEN O'CLOCK			
TE381	Rooibos	4 x 40 bags	2.95	OV
TE382	Rooibos	4 x 80 bags	5.77	OV
	ESSENTIAL TRADING			
TE271	Camomile Herbal Infusion	4 x 20 bags	2.45	OV
TE279	Peppermint Herbal Infusion	4 x 20 bags	2.45	OV
	FLORADIX			
TE126	Hawthorn	12 x 15 bags	2.55	OV
TE457	Sage	12 x 15 bags	2.55	VO
	HAMPSTEAD TEA			
TE550	Camomile	4 x 20 bags	3.59	OVB
TE600	Fennel and Peppermint	4 x 20 bags	3.59	OVB
TE555	Lavender Valerian	4 x 20 bags	3.59	OVB
TE572	Lemon Ginger	4 x 20 bags	3.59	OVB
TE556	Peppermint Spearmint	4 x 20 bags	3.59	FOVB
TE557	Rosehip Hibiscus	4 x 20 bags	3.59	FOVB
	Wellness Teas			
TE180	Sleep Well	4 x 20 bags	3.59	OVB
	HEATH AND HEATHER			
	Botanicals			
TE295	Morning Time	6 x 20 bags	3.55	OV
TE296	Night Time Tea	6 x 20 bags	3.55	OV

code	product	size	rrp	bfgosv
TE594	Turmeric Root Brew Infusions	6 x 20 bags	3.55	GOV
TE096	Apple & Cinnamon	6 x 20 bags	2.95	OV
TE665	Camomile	6 x 20 bags	2.95	OV
TE122	Camomile & Spearmint	6 x 20 bags	2.95	OV
TE160	Dandelion, Burdock & Hawthorn	6 x 20 bags	2.95	OV
TE681	Fennel	6 x 20 bags	2.95	OV
TE685	Nettle	6 x 20 bags	2.95	OV
TE662	Peppermint	6 x 20 bags	2.95	OV
TE682	Raspberry Leaf	6 x 20 bags	3.55	OV
TE274	Wild Rosehip	6 x 20 bags	2.95	OV
PUKKA				
TE927	Blackcurrant Beauty	4 x 20 bags	5.90	OV
TE394	Breathe In	4 x 20 bags	5.90	O
TE719	Chamomile Vanilla Manuka Hon	4 x 20 bags	5.90	O
TE421	Clean Matcha Green	4 x 20 bags	5.90	FOV
TE331	Elderberry & Echinacea	4 x 20 bags	5.90	OV
TE731	Feel New	4 x 20 bags	5.90	OV
TE235	Fresh Start	4 x 20 bags	5.90	OV
TE609	Ginseng Matcha Green	4 x 20 bags	5.90	FOV
TE318	Joy	4 x 20 bags	5.90	OV
TE334	Lemon Ginger & Manuka Honey	4 x 20 bags	5.90	O
TE481	Lemongrass and Ginger	4 x 20 bags	5.90	OV
TE478	Liquorice & Cinnamon	4 x 20 bags	5.90	OV
TE393	Love	4 x 20 bags	5.90	OV
TE490	Mint Matcha Green	4 x 20 bags	5.90	FOV
TE232	Morning Berry	4 x 20 bags	5.90	FOV
TE246	Night Time	4 x 20 bags	5.90	OV
TE231	Night Time Berry	4 x 20 bags	5.90	OV
TE095	Original (Black Spice) Chai	4 x 20 bags	5.90	FOV
TE102	Peace	4 x 20 bags	5.90	OV
TE043	Peppermint & Liquorice	4 x 20 bags	5.90	OV
TE473	Radiance	4 x 20 bags	5.90	OV
TE170	Relax	4 x 20 bags	5.90	OV
TE542	Supreme Green Matcha	4 x 20 bags	5.90	FOV
TE811	Three Chamomile	4 x 20 bags	5.90	OV
TE602	Three Fennel	4 x 20 bags	5.90	OV
TE245	Three Ginger	4 x 20 bags	5.90	OV
TE238	Three Mint	4 x 20 bags	5.90	OV
TE592	Tulsi Clarity	4 x 20 bags	5.90	OV
TE058	Turmeric Active	4 x 20 bags	5.90	GOV
TE094	Vanilla Chai	4 x 20 bags	5.90	FOV
TE727	Womankind Collections	4 x 20 bags	5.90	OV
TE509	Day To Night Collection	4 x 20 bags	5.59	OV
TE721	Herbal Collection	4 x 20 bags	5.59	O
TAKA				
TE305	Masala Chai Turmeric	4 x 15 bags	3.49	OV
TICK TOCK				
40 Bags				
TE431	Green Rooibos - organic	4 x 40 bags	3.50	OV
TE430	Rooibos - organic 80 Bags	4 x 40 bags	2.89	OV
TE434	Rooibos - organic Loose Leaf	4 x 80 bags	5.65	OV
TE436	Rooibos Loose Leaf - organic	6 x 100g	2.89	OV
YOGI TEA				
TE593	Alkaline Herbs	6 x 17 bags	2.75	OV
TE167	Ashwagandha Balance Tea	6 x 17 bags	2.75	GOV
TE553	Bedtime	6 x 17 bags	2.75	GOV
TE250	Bedtime Rooibos Vanilla	6 x 17 bags	2.75	GOV
TE204	Black Chai	6 x 17 bags	2.75	GOV

code	product	size	rrp	bfgosv
TE346	Breathe Deep	6 x 17 bags	2.75	GOV
TE597	Choco	6 x 17 bags	2.75	GOV
TE192	Classic Original	6 x 17 bags	2.75	GOV
TE551	Detox	6 x 17 bags	2.75	GOV
TE208	Echinacea	6 x 17 bags	2.75	GOV
TE630	Feel Pure with Lemon	6 x 17 bags	2.75	GOV
TE591	Finest Selection	6 x 18 bags	2.99	GOV
TE835	Ginger	6 x 17 bags	2.75	GOV
TE293	Ginger Lemon	6 x 17 bags	2.75	GOV
TE836	Ginger Orange & Vanilla	6 x 17 bags	2.75	GOV
TE195	Green Balance	6 x 17 bags	2.75	GOV
TE209	Green Chai	6 x 17 bags	2.75	GOV
TE194	Green Energy	6 x 17 bags	2.75	GOV
TE787	Green Tea Matcha Lemon	6 x 17 bags	2.75	GOV
TE028	Happy Nature	6 x 17 bags	2.75	GOV
TE645	Heartwarming	6 x 17 bags	2.75	GOV
TE187	Himalaya	6 x 17 bags	2.75	GOV
TE785	Immune Support	6 x 17 bags	2.75	GOV
TE998	Inner Harmony	6 x 17 bags	2.75	GOV
TE638	Lime Mint	6 x 17 bags	2.75	GOV
TE193	Liquorice	6 x 17 bags	2.75	GOV
TE837	Liquorice Mint	6 x 17 bags	2.75	GOV
TE342	Maca Chai	6 x 17 bags	2.75	GOV
TE552	Men's Tea	6 x 17 bags	2.75	OV
TE181	Mental Clarity Tea	6 x 17 bags	2.75	GOV
TE252	Positive Energy Cranberry Hib	6 x 17 bags	2.75	GOV
TE348	Relax	6 x 17 bags	2.75	OV
TE001	Rooibos	6 x 17 bags	2.75	GOV
TE283	Rose	6 x 17 bags	2.75	GOV
TE414	Soul Balm	6 x 17 bags	2.75	GOV
TE006	Star Salutation	6 x 17 bags	2.75	GOV
TE350	Stomach Ease	6 x 17 bags	2.75	OV
TE211	Sweet Chai	6 x 17 bags	2.75	GOV
TE428	Sweet Chilli	6 x 17 bags	2.75	GOV
TE554	Throat Comfort	6 x 17 bags	2.75	GOV
TE349	Tulsi Relax	6 x 17 bags	2.75	GOV
TE018	Turmeric Chai	6 x 17 bags	2.75	GOV
TE088	Turmeric Orange	6 x 17 bags	2.75	GOV
TE733	Wellbeing	6 x 17 bags	2.75	GOV
TE012	White Tea with Aloe Vera	6 x 17 bags	2.75	GOV
TE017	Women's Balance	6 x 17 bags	2.75	GOV
TE355	Women's Energy	6 x 17 bags	2.75	GOV
TE351	Women's Tea	6 x 17 bags	2.75	OV
	For The Senses			
TE615	Good Night	6 x 17 bags	2.75	GOV
TE263	Natural Energy	6 x 17 bags	2.75	GOV
TE129	Natural Wellbeing	6 x 17 bags	2.75	GOV
TE610	Pure Happiness	6 x 17 bags	2.75	GOV
	Loose Tea			
TE620	Classic Chai	8 x 90g	2.95	OV

HERBS & SPICES - PREPACKED

SUMA ORGANIC

	Curry Spices - organic			
HE070	Curry Leaves - organic	6 x 5g	1.69	OV
	Herbs - organic			
HE365	Basil - organic	6 x 20g	1.69	OV
HE366	Bay Leaves - organic	6 x 4g	1.69	OV
HE377	Dill Herb - organic	6 x 15g	1.85	OV
HE378	Garlic Granules - organic	6 x 20g	1.85	OV
HE380	Mixed Herbs - organic	6 x 20g	1.69	OV
HE385	Oregano - organic	6 x 20g	1.69	OV

code	product	size	rrp	bfgosv
HE387	Parsley - organic	6 x 15g	1.69	OV
HE390	Rosemary - organic	6 x 20g	1.69	OV
HE391	Sage - organic	6 x 25g	1.69	OV
HE393	Thyme - Organic	6 x 25g	1.69	OV
	Milled Spices - organic			
HE062	Cayenne Pepper - organic	6 x 35g	2.15	OV
HE371	Chilli powder - organic	6 x 25g	1.85	OV
HE370	Cinnamon - organic	6 x 30g	1.85	OV
HE374	Coriander - organic	6 x 40g	1.69	OV
HE376	Cumin Ground - organic	6 x 25g	1.85	OV
HE379	Ginger - organic	6 x 30g	1.85	OV
HE381	Mixed Spice - organic	6 x 25g	1.85	OV
HE384	Nutmeg - Ground	6 x 20g	2.15	OV
HE386	Paprika - organic	6 x 25g	1.85	OV
HE094	Smoked Paprika - organic	6 x 25g	1.85	OV
HE394	Turmeric - organic	6 x 30g	1.69	OV
	Whole Spices - organic			
HE367	Caraway Seeds - organic	6 x 30g	1.85	OV
HE092	Chilli Flakes - organic	6 x 25g	1.85	OV
HE369	Cinnamon Bark - organic	6 x 15g	2.15	OV
HE372	Cloves - organic	6 x 20g	1.85	OV
HE373	Coriander Seed - organic	6 x 40g	1.69	OV
HE375	Cumin Seed - organic	6 x 25g	1.85	OV
HE073	Fennel Seeds - organic	6 x 40g	1.69	OV
HE060	Fenugreek Seeds - organic	6 x 40g	1.85	OV
HE368	Green Cardamom Pods - organic	6 x 10g	1.85	OV
HE382	Mustard Seeds Black - organic	6 x 50g	1.85	OV
HE388	Peppercorns Black - Organic	6 x 25g	1.85	OV
HE389	Poppy Seed Blue - organic	6 x 40g	1.85	OV
HE089	Star Anise - organic	6 x 15g	1.85	OV
HE091	Whole Nutmeg - organic	6 x 20g	2.15	OV
	TARANTELLA			
HE085	Liquid Basil	12 x 40ml	2.59	GOV
HE067	Liquid Chilli	12 x 40ml	2.59	GOV
HE102	Liquid Garlic	12 x 40ml	2.59	GOV
HE109	Liquid Ginger	12 x 40ml	2.59	GOV
HE072	Liquid Thyme	12 x 40ml	2.59	GOV
	HONEY			
	EQUAL EXCHANGE			
HY005	Organic Raw Clear	10 x 500g	8.49	FO
HY004	Organic Raw Set	10 x 500g	8.19	FO
	HILLTOP HONEY			
HY075	Organic Acacia Honey	6 x 340g	4.49	O
HY076	Organic Blossom Honey	6 x 340g	4.25	GO
	LITTLEOVER APIARIES			
HY037	Organic Acacia Honey	6 x 340g	5.79	O
HY040	Organic Clear Wildflower Honey	6 x 340g	4.90	O
HY052	Organic Forest Honey	6 x 340g	7.65	O
HY041	Organic Wildflower Set Honey	6 x 340g	4.90	O
	RAW HEALTH			
HY013	Acacia Honey	6 x 350g	6.79	O
HY016	Tropical Honey	6 x 350g	7.39	O
	ROWSE			
HY263	Organic Honey - Clear	6 x 340g	4.35	O
HY264	Organic Honey - Set	6 x 340g	4.35	O
HY267	Squeezable Organic Honey	6 x 340g	4.35	O
	WAINWRIGHT'S			
HY100	Organic Forest Honey - Clear	6 x 380g	4.79	FO
HY099	Organic Forest Honey - Set	6 x 380g	4.79	FO

code	product	size	rrp	bfgosv
INDIAN FOOD				
GEO ORGANICS				
VF740	Balti Curry Paste	6 x 180g	3.95	OV
VF249	Bhuna Curry Paste	6 x 180g	3.95	OV
VF743	Korma Curry Paste	6 x 180g	3.95	OV
VF742	Madras Curry Paste	6 x 180g	3.95	OV
KJ573	Mango Chutney - Organic	6 x 370g	4.59	OSV
VF744	Tikka Masala Paste	6 x 180g	3.95	OV
INTIMATE CARE				
&SISTERS BY MOONCUP				
NF128	Breathable Everyday Liners	12 x 24	4.75	OV
NF095	Eco Applicator Tampon - Medium	12 x 14	3.80	OV
NF107	Eco Applicator Tampons - Heavy	12 x 12	3.80	OV
NF090	Eco Applicator Tampons - Light	12 x 16	3.80	OV
NF127	Pads with Wings - Heavy	12 x 10 pads	4.20	OV
NF117	Pads with Wings - Light	12 x 10 pads	3.80	OV
NF124	Pads with Wings - Medium	12 x 10 pads	4.20	OV
HERE WE FLO				
Flo Period Care				
NF030	Bamboo Day & Night Pads Pack	8 x 15 pads	3.95	VO
NF017	Bamboo Day Pads	8 x 16	3.95	OV
NF010	Bamboo Liners	12 x 24	3.29	OV
NF041	Bamboo Night Pads	8 x 14	3.95	OV
NF060	Bamboo Ultra-Long Pads	8 x 10	3.95	OV
NF009	Eco-Applicator Tampons	12 x 14	4.39	OV
NATRACARE				
Panty Liners				
NF048	Organic Cotton Panty Liners Tampons	16 x 22	2.49	OV
NF826	Applicator Tampon - Super	12 x 16	3.79	OV
NF823	Applicator Tampons - Regular	12 x 16	3.59	OV
NF085	Tampons Regular - Organic	12 x 20	3.19	VO
NF086	Tampons Super - Organic	12 x 20	3.29	OV
NF087	Tampons Super Plus - OG Wipes	12 x 20	3.59	VO
NF204	Organic Cotton Intimate Wipes	24 x 12	2.59	OV
JAMS & FRUIT SPREADS				
BIONOVA				
JS137	Bilberry Jam - organic	6 x 340g	4.25	OSV
JS141	Raspberry Jam - organic	6 x 340g	4.99	VOS
JS140	Strawberry Jam - organic	6 x 340g	4.55	OSV
JS133	Tangy Marmalade - organic	6 x 340g	3.59	OSV
FRUTETO ITALIA				
KJ197	Apricot Fruit Spread	6 x 250g	4.25	OV
KJ201	Blueberry Fruit Spread	6 x 250g	4.75	OV
KJ227	Cherry Fruit Spread	6 x 250g	4.25	OV
KJ199	Raspberry Fruit Spread	6 x 250g	5.25	OV
KJ196	Strawberry Fruit Spread	6 x 250g	4.25	OV
MERIDIAN				
JS100	Wild Blueberry Spread - og	6 x 284g	4.39	OV
JUICE CONCENTRATES & CORDIALS				
SUMA ORGANIC				
JU241	Apple & Blackcurrant Juice	6 x 400ml	6.29	OV
JU240	Apple Juice - Concentrate	6 x 400ml	5.69	OV
BELVOIR				
JU275	Organic Elderflower Cordial	6 x 500ml	6.39	GOSV
JU276	Organic Ginger Cordial	6 x 500ml	6.39	GOSV
JU355	Organic Lemon & Mint Cordial	6 x 500ml	6.39	GOSV

code	product	size	rrp	bfgosv
MARGARINES & SPREADS (CHILLED)				
BIONA				
MA468	Extra Olive Spread	8 x 250g	4.10	OV
MA030	Sunflower Spread	8 x 500g	5.55	OV
LANDKRONE				
MA004	Organic Margarine	10kg		OV
NATURLI'				
CV735	Spreadable Vegan Butter	16 x 450g	4.25	GOV
CV879	Spreadable Vegan Butter	24 x 225g	2.20	GOV
CV880	Vegan Butter Block	15 x 200g	2.10	GOV
MAYONNAISE & SALAD DRESSINGS				
SUMA ORGANIC				
KJ080	Organic Mayonnaise	6 x 300g	4.65	O
BIONA				
KJ401	Mayo - Egg & Soya Free	6 x 230g	3.55	OV
KJ013	Original Squeezy Mayonnaise	6 x 270g	4.75	OS
GEO ORGANICS				
KJ333	Organic Mayo, Vegan	6 x 240ml	2.95	OV
MEAT FREE ALTERNATIVES(FROZEN)				
IMPULSE FOODS				
XL109	Organic Garlic & Herb Tempeh	10 x 227g	3.80	OV
XL107	Organic Tempeh	10 x 227g	3.70	OV
MEATLESS SUBSTITUTES (CHILLED)				
BIONA				
CV184	Beetroot Burger	6 x 150g	4.70	OV
CV377	Black Bean & Cashew Nut Burger	8 x 160g	4.70	OV
CV441	Energy Tofu Mini Burgers	4 x 250g	4.70	OV
CV321	Mini Quinoa Burgers	6 x 195g	4.70	OV
CV188	Mushroom Burger	6 x 150g	4.70	OV
CV319	Quinoa & Broad Bean Burger	8 x 150g	4.70	OV
CV372	Red Lentil Sun Seed Burger	8 x 160g	4.70	OV
CV745	Sweet Potato Buckwheat Burger	8 x 160g	4.70	OV
BONSAN				
CV586	Kofu Sausages	5 x 170g	4.35	OV
CV641	Kofu Steak	5 x 120g	3.25	OSV
CV573	Vegan Breakfast Scramble	5 x 200g	4.50	OSV
FLORENTIN				
CV950	Corn Falafel	6 x 240g	4.80	GOV
CV930	Falafel	6 x 240g	4.55	GOV
CV571	Sweet Potato Falafel	6 x 240g	4.55	GOV
CV944	Tamruc Falafel	6 x 240g	4.70	GOV
TAIFUN				
CV011	Grill Sausages	6 x 250g	5.10	OV
CV010	Weiner/Frankfurters	6 x 300g	6.10	OV
MIDDLE EASTERN & AFRICAN FOOD				
AMISA				
KJ105	Falafel Mix	6 x 160g	2.75	GOV
BIONA				
VF257	Hot Chili Paste	6 x 125g	3.45	OV
CARLEY'S				
KJ240	Preserved Lemon - Organic	6 x 700g	6.25	OV
JUST WHOLEFOODS				
VF183	Falafel Mix - organic	6 x 120g	2.39	OV
NUT & SEED BUTTERS				
SUMA ORGANIC				
GH047	Peanut Butter Crunchy + Salt	6 x 700g	8.90	VO
GH022	Peanut Butter, Crunchy + Salt	6 x 340g	4.90	VO
GH135	Peanut Butter, Crunchy + Salt	6 x 340g	4.35	FVO
GH248	Peanut Butter, Crunchy No Salt	6 x 700g	8.90	VO
GH256	Peanut Butter, Crunchy No Salt	6 x 340g	4.90	VO

code	product	size	rrp	bfgosv
GH023	Peanut Butter, Smooth + Salt	6 x 340g	4.90	OV
GH051	Peanut Butter, Smooth + Salt	6 x 700g	8.90	VO
GH096	Peanut Butter, Smooth No Salt	6 x 700g	8.90	VO
GH257	Peanut Butter, Smooth No Salt	6 x 340g	4.90	VO
GH950	Tahini - dark, organic	6 x 280g	4.35	OV
GH675	Tahini - light, organic	6 x 280g	4.35	OV
BIONA				
GH102	Almond Butter Smooth Organic	6 x 350g	12.15	OV
GH210	Almond Butter Smooth Organic	6 x 170g	6.39	OV
GH158	Black Tahini	6 x 250g	4.75	OV
GH211	Cashew Nut Butter - og	6 x 170g	5.50	OV
GH122	Hi-Oleic Peanut Butter	6 x 250g	4.35	OV
GH126	Hi-Oleic Peanut Butter	6 x 250g	4.35	OV
GH141	ORGANIC HAZELNUT BUTTER	6 x 170g	6.39	OV
GH103	Organic Peanut Butter Crunchy	6 x 1kg	11.65	OV
GH104	Organic Peanut Butter Smooth	6 x 1kg	11.65	OV
CARLEY'S				
GH024	Almond Butter- Organic	6 x 170g	4.65	OV
GH025	Cashew Butter- Organic	6 x 170g	4.45	OV
GH034	Pumpkinseed Butter - og	6 x 250g	5.59	OV
GH215	Raw Almond Butter	6 x 250g	6.35	OV
GH216	Raw Almond Butter	6 x 425g	1.35	OV
GH014	Raw Pecan Butter	6 x 170g	6.25	OV
GH213	Raw Walnut Butter	6 x 170g	4.45	OV
GH712	Raw White Almond Butter	6 x 170g	4.65	OV
GH042	Sunflower Butter- Organic	6 x 250g	2.75	OV
CLEARSPRING				
GH131	Tahini - Black Sesame	6 x 170g	3.49	OV
COCONUT MERCHANT				
GH076	Coconut Butter	12 x 300g	5.90	GOV
MERIDIAN				
GH072	Almond Butter Smooth + salt	6 x 170g	5.89	OV
GH081	Cashew Butter Smooth	6 x 470g	1.49	OV
GH057	Cashew Butter Smooth Organic	6 x 170g	3.99	OV
GH128	Organic Crunchy Peanut Butter	6 x 470g	5.49	OV
GH009	Organic Dark Tahini	6 x 470g	5.19	OV
GH205	Organic Light Tahini	6 x 470g	5.19	OV
GH169	Organic Smooth Almond Butter	6 x 470g	14.79	OV
GH200	Organic Smooth Peanut Butter	6 x 470g	5.49	OV
GH028	Peanut Butter Crunchy + Salt	6 x 280g	3.39	OV
GH064	Tahini - dark, organic	6 x 270g	3.49	OV
GH020	Tahini - light, organic	6 x 270g	3.49	OV
100% Nuts				
GH094	Almond Butter Smooth Organic	6 x 170g	5.89	OV
GH063	Peanut Butter Crunchy	6 x 280g	3.39	OV
GH097	Peanut Butter Crunchy-Organic	6 x 1kg	1.75	OV
GH110	Peanut Butter Smooth	6 x 280g	3.39	OV
GH069	Peanut Butter Smooth-Organic	6 x 1kg	1.75	OV
100% Seeds				
GH046	Pumpkin Seed Butter - og	6 x 170g	4.45	OV
SUNITA				
GH159	Black Tahini	6 x 170g	2.99	GOV
GH149	Tahini - light, organic	3kg	39.62	VO
GH996	Tahini, Whole, Organic	3kg	39.62	VO
WHOLE EARTH				
GH091	Peanut Butter - smooth organic	6 x 227g	3.59	GOV
GH090	Peanut Butter -crunchy organic	6 x 227g	3.59	GOV
GH151	Peanut Butter-100% Nuts,Crunch	6 x 227g	3.45	GOV
NUTS & SEEDS				
SUMA PREPACKS - ORGANIC				
NU102	Almonds - organic	6 x 250g	4.69	OV
NU159	Almonds - organic	6 x 500g	8.79	OV

code	product	size	rrp	bfgosv
NU217	Almonds - organic	6 x 125g	2.59	OV
NU097	Almonds, Flaked - Organic	6 x 125g	3.90	OV
NU043	Almonds, ground - organic	6 x 250g	4.95	OV
NU387	Almonds, ground - organic	6 x 125g	2.75	OV
NU219	Brazils - organic	6 x 250g	4.29	OV
NU344	Brazils - organic	6 x 125g	2.39	OV
NU033	Cashews whole - organic	6 x 125g	2.39	OV
NU255	Cashews whole - organic	6 x 250g	4.25	OV
NU120	Chia Seeds, Black - organic	6 x 250g	2.55	VO
NU041	Coconut - desiccated, organic	6 x 125g	1.35	OV
NU103	Hazelnuts - organic	6 x 125g	2.65	OV
NU258	Hazelnuts - organic	6 x 250g	4.75	OV
NU272	Hemp Seeds - organic	6 x 250g	2.99	VO
NU322	Linseed, golden - organic	6 x 250g	1.75	OV
NU136	Omega Seed Mix - Organic	6 x 125g	1.69	OV
NU138	Omega Seed Mix - Organic	6 x 250g	2.45	OV
NU288	Omega Seed Mix - organic	6 x 125g	1.69	OV
NU293	Omega Seed Mix - organic	6 x 250g	2.45	OV
NU069	Peanuts - organic	6 x 125g	1.35	OV
NU218	Peanuts - organic	6 x 500g	3.69	OV
NU545	Pine Kernels - organic	6 x 125g	5.55	OV
NU212	Pumpkin seeds - organic	6 x 125g	1.69	OV
NU261	Pumpkin seeds - organic	6 x 500g	5.25	OV
NU323	Pumpkin seeds - organic	6 x 250g	2.95	OV
NU213	Sesame seeds - organic	6 x 125g	1.49	OV
NU356	Sesame seeds - organic	6 x 250g	2.49	OV
NU105	Sunflower seeds - organic	6 x 125g	1.29	OV
NU254	Sunflower Seeds - organic	6 x 250g	1.79	OV
NU457	Sunflower seeds - organic	6 x 500g	2.49	OV
NU012	Walnuts - organic	6 x 250g	3.85	OV
NU104	Walnuts - organic	6 x 125g	2.15	OV
NU289	Walnuts - organic	6 x 375g	5.45	OV
	ALARA			
NU098	Raw Milled Linseeds	6 x 500g	5.19	OV
	BIONA			
NU304	Amaranth Seeds	6 x 500g	3.95	OV
	RAW HEALTH			
NU187	Organic Black Chia Seeds	6 x 450g	9.15	OV
	OILS & FATS			
	SUMA ORGANIC			
GT075	Coconut Oil - Culinary	6 x 1000ml	1.79	OV
GT350	Coconut Oil - Culinary	6 x 320ml	4.19	OV
GT750	Coconut Oil - Culinary	6 x 650ml	7.15	OV
GT320	Coconut Oil - Extra Virgin	6 x 320ml	7.20	OV
GT017	Italian Organic Olive Oil	6 x 500ml	11.65	OV
GT018	Italian Organic Olive Oil	6 x 750ml	17.40	OV
GT019	Italian Organic Olive Oil	4 x 3l	64.00	OV
GT085	Olive Oil-Extra Virgin,organic	6 x 500ml	1.79	VO
GT087	Olive Oil-Extra Virgin,organic	5l	95.00	VO
GT080	Sunflower Oil - organic	6 x 500ml	4.95	VO
GT091	Sunflower Oil - organic	5l	4.99	VO
	ABEA			
GT059	Olive Oil-Extra Virgin Organic	5l	98.99	O
	BIONA			
GT030	Avocado Oil Cold Pressed	6 x 250ml	8.99	OV
GT025	Coconut Oil Cuisine Organic	6 x 875ml	9.90	OV
VM271	Flax Seed Oil (was Linseed)	6 x 250ml	6.95	OV/B
GT060	Mild / Odourless Coconut Oil	6 x 610ml	6.90	OV
GT061	Mild / Odourless Coconut Oil	6 x 470ml	4.95	OV
GT014	Sesame Seed Oil Cold Pressed	6 x 500ml	7.89	OV
GT024	Toasted Sesame Seed Oil	6 x 250ml	6.90	OV

code	product	size	rrp	bfgosv
VF773	Virgin Coconut Oil Organic	6 x 200g	4.55	OV
GT069	Virgin Coconut Oil Organic	6 x 800g	15.90	OV
VF774	Virgin Coconut Oil Organic	6 x 400g	8.90	OV
CLEARSPRING				
GT070	Avocado Oil - Organic	8 x 250ml	8.99	OV
GT054	Coconut Oil	6 x 200g	4.59	GOV
GT055	Coconut Oil	6 x 400g	8.65	GOV
GT035	Flax Oil Organic	8 x 250ml	5.39	OV
GT001	Hemp Oil Organic	8 x 250ml	7.69	OV
GT049	Italian Olive Oil Organic	8 x 250ml	7.49	OV
GT203	Italian Olive Oil Organic	6 x 500ml	12.99	OV
GT204	Italian Olive Oil Organic	6 x 1l	22.99	OV
GT038	Organic Toasted Sesame Oil	6 x 500ml	9.99	OV
GT009	Rapeseed Oil Organic	6 x 500ml	4.99	OV
GT037	Sesame Oil organic	6 x 1l	15.49	GOV
GT207	Sesame Oil organic	6 x 500ml	8.39	OV
GT208	Sesame Oil Toasted organic	8 x 250ml	5.99	OV
GT063	Sunflower Frying Oil Organic	6 x 2l	14.99	OV
GT230	Sunflower Frying Oil organic	6 x 1l	8.69	OV
GT231	Sunflower Frying Oil organic	6 x 500ml	5.29	OV
GT051	Sunflower Oil	6 x 2l	13.99	OV
GT201	Sunflower Oil Organic	6 x 500ml	4.99	OV
GT202	Sunflower Oil organic	6 x 1l	8.45	OV
GT209	Toasted Pumpkin Seed Oil Org	8 x 250ml	14.49	OV
GT062	Toasted Sesame Oil	6 x 150ml	4.59	OV
GT211	Walnut Oil Toasted, Organic	8 x 250ml	1.99	OV
COCOFINA				
GH074	Coconut Oil Neutral	6 x 500ml	4.99	OV
COCONUT MERCHANT				
GT042	Raw Extra Virgin Coconut Oil	12 x 500ml	7.65	OV
HAPPY BUTTER				
VF122	Organic Ghee	6 x 580g	16.49	O
VF202	Organic Ghee	12 x 150g	5.55	O
VF204	Organic Ghee	6 x 300g	9.49	O
HELLENIC				
GT403	Extra Virgin Olive Oil	12 x 750ml	14.99	GOV
MANI				
GT002	Og Extra Virgin Olive Oil	6 x 1l	24.49	OV
GT007	Og Extra Virgin Olive Oil	6 x 500ml	13.49	OV
ZAYTOUN				
GT056	Olive Oil - Fair Trade	6 x 500ml	19.50	FOV
GT020	Olive Oil - Organic Fairtrade	6 x 250ml	11.39	FOV
GT022	Olive Oil - Organic Fairtrade	6 x 750ml	27.55	FOV
OLIVES				
BIONA				
KJ349	Black Olives in Brine	5 x 280g	3.45	GOSV
KJ345	Green Olives in Brine	5 x 280g	3.35	GOVS
KJ051	Italian Pitted Black Olives	5 x 280g	3.75	OV
KJ145	Italian Pitted Green Olives	5 x 280g	3.75	OV
KJ313	Organic Sliced Green Olives	5 x 280g	3.69	OV
HELLENIC SUN				
KJ365	Green Olives	6 x 330g	2.99	GOV
MANI				
KJ432	Og Green & Kalamata Olives	6 x 175g	3.99	OV
KJ424	Og Green Olives al Naturel	6 x 205g	3.99	OV
KJ430	Og Kalamata Olives al Naturel	6 x 205g	3.99	OV
KJ425	Og Kalamata Olives in OliveOil	6 x 280g	5.49	GOV
KJ250	Og Mixed Olives al Naturel	6 x 205g	3.99	OV
ORGANICO				
KJ342	Creek Green Olives	6 x 230g	3.45	OV
KJ341	Kalamata Olives	6 x 230g	3.45	OV

code	product	size	rrp	bfgosv
PASTA				
SUMA / IRIS ORGANIC				
WT085	White Penne Pasta	12 x 500g	1.79	OV
WT125	Wholewheat Fusilli Pasta	12 x 500g	1.79	OV
SUMA ORGANIC				
Gluten Free				
WT011	Brown Rice Fusilli Gluten Free	8 x 500g	3.25	GOV
WT013	Brown Rice Penne Gluten Free	8 x 500g	3.25	GOV
WT089	Casarecce Oat Pasta	12 x 340g	2.99	GOV
WT008	Corn Rice Fusilli Gluten Free	8 x 500g	2.89	GOV
WT009	Corn Rice Penne Gluten Free	8 x 500g	2.89	GOV
WT077	Oat Linguine Pasta	12 x 340g	3.19	GOV
WT073	Rigatoni Oat Pasta	12 x 340g	2.99	GOV
Paper Packaging				
WT019	Tricolore Fusilli Pasta	12 x 500g	2.25	FOV
WT017	White Fusilli Pasta	12 x 500g	1.89	FOV
WT062	White Macaroni Pasta	12 x 500g	1.89	FOV
WT020	White Penne Pasta	12 x 500g	1.89	FOV
WT022	White Spaghetti Pasta	12 x 500g	1.89	FOV
WT035	Wholewheat Fusilli Pasta	12 x 500g	1.89	FOV
WT044	Wholewheat Penne Pasta	12 x 500g	1.89	FOV
WT045	Wholewheat Spaghetti Pasta	12 x 500g	1.89	FOV
BIONA				
WT331	Penne Wholemeal Spelt	10 x 500g	2.95	OV
WT333	Spelt Lasagne Sheets - Organic	12 x 250g	3.25	OV
WT021	Spelt Pasta Spaghetti White	12 x 500g	3.45	OV
WT025	White Spelt Fusilli	10 x 500g	3.45	OV
WT024	White Spelt Penne	10 x 500g	3.45	OV
WT334	Whole Spelt Spaghetti	12 x 500g	2.95	OV
WT332	Wholewheat Spelt Fusilli Org	10 x 500g	2.95	OV
Little Foodies				
WT064	Spelt Safari Animals	12 x 250g	2.29	OV
WT063	Whole Wheat Dinosaurs	12 x 250g	2.19	OSV
CIEMME				
WT136	OG Gluten Free Gnocchi Plain	12 x 400g	3.90	GOV
CLEARSPRING				
WT148	Brown Rice Penne - Gluten Free	8 x 250g	3.79	GOV
WT052	Gluten Free Buckwheat Pasta	8 x 250g	3.79	GOV
WT149	Green Pea & Quinoa Fusilli	8 x 250g	3.79	GOV
WT150	Red Lentil & Brown Rice Pasta	8 x 250g	3.79	GOV
DOVES FARM				
WT038	Organic Brown Rice Fusilli	8 x 500g	4.19	GOV
WT047	Organic Brown Rice Penne Pasta	8 x 500g	4.19	GOV
WT036	Organic Brown Rice Spaghetti	12 x 500g	4.19	GOV
WT133	Organic Buckwheat Pasta	8 x 500g	4.99	GOV
WT167	Organic Green Pea Penne Pasta	6 x 250g	3.39	GOV
WT165	Organic Maize and Rice Lasagne	6 x 250g	3.29	GOV
WT051	Organic Maize/Rice Fusilli	8 x 500g	3.39	GOV
WT039	Organic Maize/Rice Penne Pasta	8 x 500g	3.39	GOV
WT053	Organic Maize/Rice Spaghetti	12 x 500g	3.39	GOV
WT135	Organic Multigrain Pasta	8 x 500g	4.19	GOV
WT166	Organic Red Lentil Penne Pasta	6 x 250g	3.39	GOV
EXPLORE CUISINE				
WT113	Black Bean Spaghetti	6 x 200g	4.90	GOV
WT145	Chickpea Fusilli	6 x 250g	4.90	GOV
WT093	Edamame & Mung Bean Fettuccine	6 x 200g	4.90	GOV
WT114	Edamame Bean Spaghetti	6 x 200g	4.90	GOV
WT143	Green Lentil Penne	6 x 250g	4.90	GOV
LA BIO IDEA				
WT096	Orzo - White	6 x 400g	3.35	OV
Speciality				
WT232	Lasagne green	12 x 250g	1.99	OV

code	product	size	rrp	bfgosv
	White			
WT974	Lasagne white	12 x 250g	1.99	OV
WT048	Macaroni Elbows	12 x 500g	2.69	VO
WT050	Penne White	12 x 500g	2.79	VO
WT049	Spaghetti - White	12 x 500g	2.69	VO
	Wholewheat			
WT023	Lasagne	12 x 250g	1.99	OV
WT040	Macaroni Elbows - wholewheat	12 x 500g	2.69	VO
WT074	Penne Wholewheat	12 x 500g	2.79	VO
WT046	Tagliatelle - organic	12 x 500g	2.69	VO
LA TERRA E IL CIELO				
WT874	Spelt Fusilli	12 x 500g	3.65	OV
WT899	White Pappardelle Nest	6 x 500g	3.75	OV
	White			
WT982	Fusilli with Spinach - organic	12 x 500g	2.99	OV
MR ORGANIC				
WT029	Tortellini / Porcini Mushrooms	10 x 250g	4.90	OV
WT031	Tortellini with Vegetables	10 x 250g	4.90	OV
WT072	Tortelloni - Red Pepper	10 x 250g	4.10	OV
WT068	Vegan Formaggio & Leek Ravioli	10 x 250g	4.90	OV
PROFUSION				
WT130	Chickpea Fusilli	8 x 250g	3.35	GOV
WT042	Organic Chickpea Orzo	12 x 250g	3.15	GOV
WT030	Organic Red Lentil Orzo	12 x 250g	3.15	GOV
WT129	Red Lentil Fusilli	8 x 250g	3.45	GOV
PASTA SAUCES & PESTOS				
SUMA ORGANIC				
	Organic Pasta Sauces			
VF201	Organic Arrabbiata Sauce	12 x 350g	2.69	OV
VF191	Organic Bolognese Sauce	12 x 340g	2.69	OV
VF192	Organic Napoletana Sauce	12 x 350g	2.69	OV
	Organic Pestos			
KJ800	Green Basil Pesto	12 x 130g	2.79	OV
KJ900	Red Pesto - Sundried Tomatoes	12 x 130g	2.79	OV
MR ORGANIC				
KJ044	Aubergine Pesto	6 x 130g	3.29	OV
VF277	Aubergine Ragu Pasta Sauce	6 x 350g	3.29	OV
KJ060	Basil & Chilli Pesto	6 x 130g	3.29	OV
VF282	Basilico Pasta Sauce - Smooth	6 x 350g	3.29	OV
KJ046	Basilico Sauce	6 x 350g	2.29	GOV
VF283	Bolognese Sauce - Smooth	6 x 350g	3.29	OV
VF276	Cherry Tomatoes Pasta Sauce	6 x 350g	3.90	OV
KJ238	Chilli & Garlic Passata Sauce	6 x 400g	2.49	OV
KJ328	Chilli & Garlic Pesto	6 x 130g	3.29	GOV
KJ074	Grilled Pepper Pesto	6 x 130g	3.29	OV
KJ359	Lentil Ragu	6 x 350g	3.29	OV
VF278	Marinara Pasta Sauce	6 x 350g	3.90	OV
KJ239	Mixed Herbs Passata	6 x 400g	2.49	OV
VF279	Mushroom Ragu Pasta Sauce	6 x 350g	3.29	OV
VF280	Puttanesca Pasta Sauce	6 x 350g	3.90	OV
KJ215	Seitan Pasta Sauce	6 x 350g	3.29	OSV
KJ084	Tomato & Garlic Flavour Paste	6 x 200g	2.39	OV
KJ075	Tomato & Olive Pesto	6 x 130g	3.29	OV
	Antipasti			
KJ361	Antipasti Butter Bean	6 x 230g	3.49	OV
KJ362	Antipasti Chickpea & Tomato	6 x 230g	3.49	OV
KJ022	Artichoke Antipasti - Sliced	5 x 190g	4.89	GOV
KJ037	Peppers Grilled - Antipasti	5 x 190g	3.89	GOV
KJ039	Sundried Tomatoes - Antipasti	5 x 190g	3.89	GOV
	Kid's Pasta Sauce			
KJ358	Kid's Tomato Veg Pasta Sauce	6 x 200g	2.39	OV

code	product	size	rrp	bfgosv
KJ357	Kid's Vegetable Pasta Sauce	6 x 200g	2.39	OV
	ORGANICO			
VF043	Olive, Chilli & Garlic - og	6 x 360g	3.65	OSV
VF055	Red Wine and Porcini	6 x 360g	3.50	OSV
VF032	Vegetable Bolognese - og	6 x 360g	3.50	OSV
	SUNITA			
KJ790	Organic Pesto Genovese	6 x 130g	3.89	OV
	PATE			
	SUMA ORGANIC			
GH048	Hummus - Edamame	6 x 135g	2.59	OV
GH003	Pate - Kidney Bean, Red Pepper	6 x 140g	2.59	OV
	BONSAN			
GH095	Beetroot & Horseradish Pate	6 x 130g	3.50	OV
GH100	Cashew & Bell Pepper Pate	6 x 130g	3.50	OV
GH162	Cashew Chive 'Cheese' Spread	6 x 135g	3.85	OSV
GH105	Lentil & Turmeric Pate	6 x 140g	2.95	OSV
GH161	Toscana Style Spread	6 x 135g	2.95	OSV
	HELLENIC SUN			
KJ348	Kalamata Olive Pate	6 x 200g	2.99	GOV
	KALLO			
GH008	Chunky Tomato Dip	6 x 150g	3.19	GOV
GH033	Spicy Tomato Dip	6 x 150g	3.19	GOV
GH036	Tomato & Olives Dip	6 x 150g	3.19	GOV
	TARTEX			
GH001	Classic Pate - og	12 x 200g	3.85	GOV
GH012	Herb & Garlic Pate - og	12 x 200g	3.85	OV
GH006	Herb Pate - og	12 x 200g	3.85	OV
GH007	Mushroom pate - og	12 x 200g	3.85	OV
	PATES, DIPS & TAPAS (CHILLED)			
	FLORENTIN			
CV951	Baba Ganoush	6 x 170g	3.50	GOSV
CV931	Houmous	6 x 200g	3.80	GOV
CV526	Houmous Extra with Pinenuts	6 x 200g	3.70	GOV
	THE REAL OLIVE COMPANY			
CV538	Chilli, Cumin & Garlic Olives	6 x 150g	3.40	GOV
CV806	Fresh Basil Pesto	6 x 150g	3.65	OV
CV536	Garlic & Basil Olives	6 x 150g	3.40	OV
CV903	Harissa Tapenade	6 x 180g	3.89	OV
CV902	Kalamata Olive Tapenade	6 x 180g	3.89	OV
CV554	Kalamata Olives	12 x 210g	3.59	GOV
CV447	Lemon & Thyme Olives	6 x 150g	3.40	OV
CV549	Nocellara Del Belice Olives	12 x 210g	3.70	GOV
	PET FOODS & PET CARE			
	YARRAH			
PF001	Dental Sticks	12 x 180g	5.49	O
PF023	Dog Biscuits - Larger Dogs	4 x 500g	6.59	OV
PF503	Dog Biscuits - Smaller Dogs	6 x 250g	3.99	OV
PF026	Dog Food - Grain Free	4 x 2kg	19.75	O
PF030	Dog Food - Grain Free	10kg	4.39	O
PF501	Dog Food - Vega Bio Organic	4 x 2kg	16.79	O
PF502	Dog Food - Vega Bio Organic	10kg	76.99	O
	PICKLES, CHUTNEYS & MUSTARDS			
	BIONA			
KJ283	Biona Sauerkraut Golden Turmer	6 x 350g	2.55	OSVB
KJ052	Gherkin Slices	6 x 350g	4.25	OSV
LJ664	Harissa Relish - prepared	6 x 125g	3.25	OV
KJ076	Mustard Medium Hot	6 x 300ml	2.95	OV
KJ377	Org Cornichons (Mini Gherkins)	6 x 330g	4.65	OSV
KJ036	Sauerkraut - Organic	6 x 360g	2.45	OVB
	BIONOVA			
KJ346	Gherkins - Sour	6 x 670g	6.25	VOS

code	product	size	rrp	bfgosv
KJ025	Cherkins - Sweet & Sour	6 x 330g	5.90	OV
	BYODO			
KJ351	Mustard - Dijon, organic	1kg	13.19	VO
KJ354	Mustard - wholegrain, organic	1kg	1.35	VO
	CULTURED FOOD COMPANY			
KJ064	Fermented Beetroot	6 x 400g	5.35	GOV
KJ510	Raw Carrot & Fennel Sauerkraut	6 x 400g	5.35	OV
KJ512	Raw Juniper Berry Sauerkraut	6 x 400g	5.35	OV
KJ513	Raw Ruby Red Sauerkraut	6 x 400g	5.35	OV
KJ514	Raw Sauerkraut	6 x 400g	5.35	OV
	DELOUIS			
KJ001	Organic Dijon Mustard	6 x 200g	3.40	OV
KJ007	Organic Wholegrain Mustard	6 x 200g	3.40	OV
	READY MEALS (FROZEN)			
	CLIVE'S			
	Gluten Free Pies			
XL030	Chickpea Tagine Pie	6 x 235g	4.30	GOSV
XL114	Mushroom & Leek Pie	6 x 235g	4.30	GOV
XL308	Saag Aloo GF Pie	6 x 235g	4.30	GOV
	Nut Roasts			
XL338	Organic Nut Roast	6 x 280g	6.75	GOSV
XL044	Organic Sharing Nut Roast	4 x 600g	14.50	GOV
	Puff Pastry Pies			
XL200	Beefy Ale Puff Pie	6 x 235g	4.10	OV
XL014	Saag Aloo Puff Pie	6 x 235g	4.10	OV
	Sausage Rolls			
XL049	Vegan Sausagey Rolls	4 x 160g	3.85	OV
	Tarts & Quiches			
XL323	Bombay Curry Tart	6 x 195g	4.00	GOSV
XL057	Red Pepper & Harissa Quiche	4 x 380g	5.85	OV
XL336	Tomato and Olive Tart	6 x 195g	4.25	GOSV
	Wholemeal Pies			
XL105	Creamy Cauliflower Pie	6 x 235g	4.15	OV
XL022	Creamy Mushroom Puff Pie	6 x 235g	4.30	OV
XL025	Mushroom Pie	6 x 235g	4.15	OSV
XL020	Saag Aloo Wholemeal Pie	6 x 235g	4.15	OSV
	READY TO EAT FOODS (CHILLED)			
	SUMA			
CV088	Kimchi	6 x 300g	4.40	GOV
CV076	Sauerkraut	6 x 300g	4.20	GOV
	BIONA			
CV075	Asian Pumpkin & Almond Falafel	5 x 220g	4.75	OV
CV068	Beetroot Falafel Balls	6 x 180g	5.35	OV
CV456	Cashew & Red Lentil Corners	5 x 180g	4.55	OSV
CV563	Falafel Balls	5 x 220g	4.50	OV
CV328	Falafel Balls Mint and Sesame	5 x 220g	4.70	OV
CV678	Horseradish Sauce	6 x 125g	3.25	OBV
CV063	Lucky Stars	4 x 250g	4.65	OV
CV040	Mini Sweet & Sour Spring Rolls	6 x 200g	4.75	OV
CV036	Mini Thai Spring Rolls	6 x 200g	4.75	OV
CV180	Mini Vegan Spring Rolls	6 x 200g	4.80	OSV
CV061	Oaty Carrot Bites	6 x 165g	4.45	OV
CV376	Samosas	4 x 230g	5.55	OV
CV454	Spinach & Cashew Rolls	6 x 200g	4.65	OV
CV613	Spring Rolls	5 x 220g	5.10	OV
CV422	Thai Spring Rolls	5 x 220g	5.10	OV
CV455	Tofu & Herb Deli Corners	5 x 180g	4.55	OSV
CV065	Veggie Quinoa Sticks	6 x 170g	4.55	OV
	LOVING FOODS			
	Raw, Organic, Vegan & UK made			
CV801	Classic Sauerkraut	6 x 475g	6.45	GOV

code	product	size	rrp	bfgosv
CV316	Hot 'N' Smoky Kimchi	6 x 475g	7.85	GOV
CV802	Kimchi	6 x 475g	6.85	GOV
CV928	Ruby Beetroot Kraut	6 x 475g	6.85	GOV
CV929	Sauerkraut with Caraway	6 x 475g	6.85	GOV
CV314	Spicy Cortido Kraut	6 x 475g	6.85	GOV
CV803	Turmeric & Black Pepper Kimchi	6 x 475g	6.85	GOV
MORGIEL				
CV936	Apple & Parsley Sauerkraut	6 x 300g	4.49	OV
CV938	Carrot Sauerkraut	6 x 300g	3.19	OV
CV932	Raw Gherkins in Brine	6 x 500g	3.69	OV
CV934	Raw Kale Kimchi	6 x 300g	5.99	OV
CV937	Raw Kale Sauerkraut	6 x 300g	4.45	OV
CV935	Raw Sauerkraut	6 x 300g	3.19	OV
PROFUSION				
CV006	Fresh Organic Sauerkraut	20 x 520g	2.75	OV
RAW HEALTH				
	Fresh Sauerkraut			
CV813	Feel The Heat	6 x 410g	4.80	OV
CV814	Golden Glow	6 x 410g	4.80	OV
CV815	In the Pink	6 x 410g	4.80	OV
CV747	Organic Fresh Sauerkraut	6 x 410g	4.70	OV
SALADS & SPROUTS (CHILLED)				
SKY SPROUTS				
	Minimum 4 days shelf life			
CV479	Alfalfa & Broccoli Sprouts	100g	2.35	OV
CV481	Alfalfa & Fenugreek Sprouts	100g	2.35	OV
CV476	Alfalfa & Radish Sprouts	100g	2.35	OV
CV475	Alfalfa Sprouts	100g	2.30	OV
CV721	Broccoli Sprouts	100g	2.45	OV
CV504	Mixed Bean Sprouts	225g	2.45	OV
CV503	Mung Bean Sprouts	200g	2.35	OV
CV510	Organic Sprouts Multi Pack	160g	3.35	OV
CV121	Organic Sprouts Protein Pack	175g	3.35	OV
CV131	Organic Sprouts Superfood Pack	110g	3.35	OV
CV509	Radish Sprout	100g	2.35	OV
SALT & SEASONINGS				
GEO ORGANICS				
LJ005	Atlantic Fine Ground Sea Salt	6 x 500g	3.55	OV
LJ555	Atlantic Sea Salt Crystals	6 x 250g	1.65	OV
LJ183	Himalayan Pink Salt - Coarse	6 x 500g	3.55	OV
LJ175	Himalayan Pink Salt - Fine	6 x 500g	3.55	OV
SEA VEGETABLES				
CORNISH SEAWEED COMPANY				
HE040	Organic Cornish Seaweed Salt	8 x 70g	3.90	OV
HE006	Organic Dulse	5 x 20g	4.59	OV
HE014	Organic Mixed Seaweed Flakes	5 x 60g	5.59	OV
HE048	Organic sea Salad	5 x 30g	5.75	OV
HE043	Organic Sea Spaghetti	5 x 40g	4.59	OV
I SEA				
LJ176	Seaweed Bacon	6 x 20g	6.15	O
LJ198	Seaweed Tagliatelle	6 x 50g	4.79	O
OCEAN'S HALO				
HE007	Sea Salt Seaweed	20 x 4g	0.99	OV
HE013	Wasabi Seaweed	20 x 4g	0.99	OV
SNACK BARS & FLAPJACKS				
CLIF BAR				
KB782	Chocolate Chip & Peanut Butter	12 x 50g	2.59	OSV
KB365	Chocolate Peanut Butter	12 x 50g	2.59	OSV
DOVES FARM				
	Impulse			

code	product	size	rrp	bfgosv
KB228	Apple & Sultana Flapjack	18 x 35g	0.89	GOSV
KB230	Apricot & Chia Seed Flapjack	18 x 35g	0.89	GOSV
KB234	Chocolate Chip Flapjack Multipack	18 x 35g	0.89	GOSV
KB237	Apple & Sultana Flapjack	7 x 4 x 35g	2.89	GOSV
KB261	Apricot & Chia Seed Flapjack	7 x 4 x 35g	2.89	GOSV
KB463	Chocolate Chip Flapjack	7 x 4 x 35g	2.89	GOSV
ORGANICA				
KB525	Creamy Marzipan Dream Bar	24 x 40g	1.45	OSV
KB703	Golden Coconut Delight	24 x 40g	1.45	OSV
KB702	Hazelnut Nougat Delight	24 x 40g	1.45	OSV
TROPICAL WHOLEFOODS				
JUST 5				
KB769	Organic F/T Apricot & Almond Just 5	18 x 40g	1.25	FOV
KB592	Organic F/T Banana & Cocoa	18 x 40g	1.25	FOV
KB590	Organic F/T Date & Cocoa JUST 5	18 x 40g	1.25	FOV
KB710	Organic F/T Mango & Brazil	18 x 40g	1.25	FOV
SOFT DRINKS				
SUMA ORGANIC				
JU025	Cola Kombucha	24 x 250ml	1.75	OSV
JU034	Elderflower & Lemon Kombucha	24 x 250ml	1.55	OSV
JU169	Ginger Kombucha	24 x 250ml	1.75	OSV
JU032	Lychee & Lemongrass Kombucha	24 x 250ml	1.55	OSV
JU172	Peach & Turmeric Kombucha	24 x 250ml	1.75	OSV
JU173	Strawberry & Rasp Kombucha	24 x 250ml	1.75	OSV
JU004	Winter Berries Kombucha	24 x 250ml	1.75	OSV
BELVOIR				
JU810	Elderflower Presse	12 x 250ml	2.90	GOSV
JU814	Ginger Beer	12 x 250ml	1.95	GOSV
JU811	Handmade Lemonade 750ML Bottles	12 x 250ml	2.90	GOSV
JU792	Elderflower Presse	6 x 750ml	4.45	GOSV
JU813	Ginger Beer	6 x 750ml	4.49	GOSV
BIONA				
Kombucha				
JU556	Kombucha Ginger Lime	6 x 330ml	3.35	OSV
JU523	Kombucha Original	6 x 330ml	3.35	OSV
JU551	Kombucha Sour Cherry Mint	6 x 330ml	3.35	OSV
CHARITEA				
JU598	ChariTea Black	24 x 330ml	1.59	FOSV
JU597	ChariTea Green	24 x 330ml	1.59	FOS
JU596	ChariTea Mate	24 x 330ml	1.59	FOSV
JU595	ChariTea Red	24 x 330ml	1.59	FOSV
CLIPPER				
TE135	Iced Tea Chamomil Orange Peach	12 x 250ml	1.79	OV
COCOFINA				
JU368	Cocofina Natural Coconut Water	12 x 1l	4.10	OV
COUNTER CULTURE DRINKS				
Lightly Sparkling Kombucha				
JU102	Lemongrass & Ginger Kombucha	12 x 330ml	2.39	OSV
GUSTO				
JU222	Cherry Cola	12 x 275ml	2.15	OV
JU223	Fiery Ginger With Jalapeno	12 x 275ml	2.15	FOV
JU148	Lemon Energy	12 x 250ml	2.25	OV
JU353	Organic Real Cola	12 x 275ml	2.15	FGOV
JU147	Original Energy	12 x 250ml	2.25	OV
JU224	Sicilian Blood Orange	12 x 275ml	2.15	FOV
JU159	Sicilian Lemon with Fresh Yuzu	12 x 275ml	2.25	FOV
JARR KOMBUCHA				
JU062	Ginger & Lemon Kombucha	12 x 330ml	3.35	GOV

code	product	size	rrp	bfgosv
JU084	Original Kombucha	12 x 330ml	3.35	GOV
JU071	Passion Fruit Kombucha	12 x 330ml	3.35	GOV
JU077	Raspberry Kombucha	12 x 330ml	3.35	GOV
KARMA				
JU076	Hibiscus Ginger Beer	12 x 350ml	2.65	FGOSV
JU067	Original Ginger Beer	12 x 350ml	2.65	FGOSV
JU035	Spicy Ginger Beer	12 x 350ml	2.85	FGOSV
KARMA DRINKS				
Cans				
JU617	Gingerella Ginger Ale	24 x 250ml	1.45	FOSV
JU616	Karma Cola	24 x 250ml	1.45	FOSV
JU800	Karma Orangeade	24 x 250ml	1.45	FOSV
JU615	Lemony Lemon	24 x 250ml	1.45	FSOV
JU420	Razza Raspberry Lemonade	24 x 250ml	1.45	FOSV
Glass Bottles				
JU073	Gingerella Ginger Ale	24 x 300ml	2.15	FOVS
JU075	Karma Cola	24 x 300ml	2.15	FOSV
JU078	Lemony Lemon	24 x 300ml	2.15	FOSV
JU418	Razza Raspberry Lemonade	24 x 300ml	2.15	FOVS
JU302	Summer Orangeade	24 x 300ml	2.15	FOSV
LEMONAID BEVERAGES				
JU592	Lemonaid Blood Orange	24 x 330ml	1.95	FOSV
JU068	Lemonaid Ginger	24 x 330ml	1.95	FOSV
JU587	Lemonaid Lime	24 x 330ml	1.95	OSV
JU589	Lemonaid Passion Fruit	24 x 330ml	1.95	FOSV
LUSCOMBE DRINKS				
JU584	Cool Ginger Beer	24 x 270ml	2.45	OSV
JU586	Hot Ginger Beer	24 x 270ml	2.45	OV
JU145	Raspberry Crush	24 x 270ml	2.69	OSV
JU439	Sicilian Citrus Crush	24 x 270ml	2.49	OSV
JU583	Sicilian Lemonade	24 x 270ml	2.45	OSV
PIP ORGANIC				
JU399	Sparkling Apple	24 x 250ml	1.89	OV
WHOLE EARTH				
JU311	Apple	24 x 330ml	1.49	OSV
JU946	Cola	24 x 330ml	1.49	OSV
JU947	Cranberry	24 x 330ml	1.49	OSV
JU935	Lemonade	24 x 330ml	1.49	OSV
JU310	Orange & Lemonade	24 x 330ml	1.49	OSV
JU189	Sparkling Elderflower	24 x 330ml	1.49	OV
JU186	Sparkling Ginger	24 x 330ml	1.49	OV
SOUPS				
SUMA ORGANIC				
VF390	Organic Minestrone Soup	12 x 400g	2.29	OV
VF655	Organic Mushroom Soup	12 x 400g	2.39	OV
VF595	Organic Pea Soup	12 x 400g	2.29	OV
VF525	Organic Rustic Vegetable Soup	12 x 400g	2.29	OV
VF365	Organic Spicy Lentil Soup	12 x 400g	2.15	OV
VF345	Organic Tomato & Basil Soup	12 x 400g	1.99	OSV
VF600	Organic Tomato Soup	12 x 400g	2.15	OSV
VF685	Organic Tuscan Bean Soup	12 x 400g	2.90	OV
ESSENTIAL TRADING				
VF085	Lentil & Pumpkin Soup	6 x 680g	3.65	OV
VF375	Pea Soup	6 x 680g	3.65	OV
FREE & EASY				
VF302	Broccoli & Kale	6 x 400g	2.39	GOV
VF096	Butternut Squash & Ginger - Og	6 x 400g	2.39	GOV
VF297	Butternut,Sweet Potato,Turmerc	6 x 400g	2.39	GOV
VF124	Carrot & Coconut Soup	6 x 400g	2.39	GOV
VF720	Lentil & Red Pepper Soup - Org	6 x 400g	2.39	GOV
VF086	Pea & Mint Soup - Org	6 x 400g	2.39	GOV
VF097	Sweet Potato & Chia Soup - Org	6 x 400g	2.39	GOV

code	product	size	rrp	bfgosv
VF083	Tomato Soup - Org	6 x 400g	2.39	GOV
	RIFCO			
VF220	Balinese Lentil & Pepper Soup	6 x 400g	2.39	OV
VF233	Mexican Bean Soup	6 x 400g	2.39	OV
VF225	Moroccan Chickpea Soup	6 x 400g	2.39	OV
VF114	Sri Lankan Lentil & Coconut	6 x 400g	2.39	OV
	SOUPS (CHILLED)			
	TIDEFORD ORGANIC VEGAN FOODS			
CV306	Caribbean Sweet Potato Soup	6 x 560g	3.80	GOV
CV782	Lentil & Spinach Soup	6 x 560g	3.80	GOV
CV720	Malaysian Coconut Noodle Soup	6 x 560g	3.80	GOV
CV297	Thai Green Vegetable Soup	6 x 560g	3.80	GOV
	YEO VALLEY			
CV601	Carrot & Parsnip Soup	6 x 400g	3.10	GO
CV584	Cream of Tomato Soup	6 x 400g	3.10	GO
CV607	Creamy Vegetable Soup	6 x 400g	3.10	GO
CV588	Leek & Potato Soup	6 x 400g	3.10	GO
	SPIRITS & LIQUEURS			
	FATTYS ORGANIC SPIRITS			
WN037	Pink Grapefruit Spirit	1 x 70cl	35.00	OV
	SUGARS & SYRUPS			
	SUMA ORGANIC			
LJ121	Agave Syrup - organic	6 x 500ml	7.99	OV
LJ099	Agave Syrup Light - organic	6 x 240ml	3.99	OV
LJ260	Barley Malt Extract - Organic	6 x 340g	3.75	OV
LJ300	Coconut Blossom Syrup Organic	6 x 350g	5.99	OV
	SUMA PREPACKS - ORGANIC			
LJ100	Coconut Palm Sugar, Organic	6 x 500g	4.79	OV
LJ261	Demerara Sugar - organic	6 x 500g	3.59	OV
LJ255	Icing Sugar - organic	6 x 500g	4.75	OV
LJ251	Raw Cane Sugar - organic	6 x 500g	4.50	OV
	BILLINGTONS			
LJ999	Granulated Sugar - organic	10 x 500g	2.59	VO
LJ190	Organic Natural Caster	10 x 500g	2.79	OV
	BIONA			
LJ083	Coconut Blossom Nectar	6 x 350g	6.79	OV
LJ011	Coconut Palm Sugar - Organic	8 x 250g	3.50	OV
LJ014	Coconut Palm Sugar - Organic	5 x 500g	5.59	OV
LJ182	Dark Agave Syrup	6 x 350g	4.25	OV
HY020	Organic Date Syrup	6 x 350g	4.45	OV
HY022	Organic Maple Agave Syrup	6 x 350g	5.79	OV
HY026	Organic Rice Syrup	6 x 350g	4.45	OV
HY008	Pure Maple Syrup Amber Grade A	12 x 330g	6.90	OV
HY011	Pure Maple Syrup Amber Grade A	6 x 1l	23.65	OV
HY003	Pure Maple Syrup Dark Grade A	12 x 330g	6.90	OV
LJ181	Rapadura / Sucanat Sugar	5 x 500g	4.95	OV
	BUCKWUD			
HY001	Maple Syrup	6 x 250g	6.65	GOV
	BULK COMMODITIES - ORGANIC			
LJ217	Caster Sugar Org Fairly Traded	25kg		FOV
	CLEARSPRING			
JP123	Barley Malt Syrup	6 x 300g	3.69	OV
JP125	Date Syrup	6 x 300g	3.89	OV
JP124	Oat Syrup	6 x 300g	3.99	OV
HY210	Rice Malt Syrup	6 x 300g	3.69	OV
	EQUAL EXCHANGE			
LJ500	Raw Cane Sugar - organic	10 x 500g	2.39	FOV
	MERIDIAN			
HY006	Barley Malt Extract - og	6 x 370g	3.29	OV
HY012	Blackstrap Molasses - Organic	6 x 600g	3.29	FOV
HY300	Blackstrap Molasses - Organic	6 x 350g	2.39	FOV

code	product	size	rrp	bfgosv
RAYNERS				
LJ901	Black Treacle - organic	6 x 340g	3.49	GOV
LJ704	Golden Syrup - Organic	5kg	45.90	FOV
LJ589	Malt Extract - Organic	5kg	34.79	OV
LJ900	Malt Extract - Organic	6 x 340g	4.45	OV
LJ587	Organic Golden Syrup	6 x 340g	5.50	OV
SHADY MAPLE FARMS				
HY025	Maple Syrup - organic	12 x 250ml	9.49	OV
ST LAWRENCE GOLD				
HY053	Og Maple Syrup Grade A Amber	12 x 250ml	7.49	OV
HY056	Og Maple Syrup Grade a Amber	6 x 1l	25.99	OV
HY042	Og Maple Syrup Grade A Dark	12 x 250ml	7.49	OV
SUPERFOODS & SPORTS NUTRITION				
BIONA				
MD736	Cracked Linseed Gold Organic	6 x 500g	5.59	OV
BULK COMMODITIES - ORGANIC				
VM233	Organic Maca Powder	20kg		OV
GRANOVITA				
GT300	Flax Oil - Organic	6 x 260ml	11.75	GOV
LINWOODS				
MD113	Chia Seed	12 x 200g	6.99	GOV
MD104	Flax,Sun,Pum,Chia,Goji Berries	5 x 425g	6.79	GOV
MD101	Flax,Sunflower & Pumpkin Seeds	12 x 425g	6.79	GOV
MD102	Flaxseed	12 x 425g	5.99	GOV
MD114	Flaxseed	12 x 200g	3.79	GOV
MD048	Milled Hemp	6 x 200g	4.89	GOV
	Organic Sprouted Range			
VM263	Sprouted Flaxseed	5 x 360g	7.99	GOV
NATURYA				
MD040	Greens Blend Organic	6 x 250g	14.99	FGOV
MD020	Mushroom Blend	8 x 100g	1.99	OV
MD158	Organic Acai Powder	6 x 125g	19.99	GOV
MD216	Organic Cacao Powder F/trade	6 x 250g	6.99	FGVO
MD111	Organic Chia Seeds	6 x 300g	5.99	GOV
MD156	Organic Chlorella Powder	6 x 200g	12.49	GOV
MD153	Organic Cocoa Nibs	6 x 300g	7.99	GOV
MD152	Organic Hemp Protein Powder	6 x 300g	9.99	GOV
MD150	Organic Maca Powder	6 x 300g	6.99	OV
MD155	Organic Spirulina Powder	6 x 200g	8.99	GOV
MD067	Organic Turmeric Superblend	6 x 250g	7.99	GOV
MD154	Organic Wheatgrass Powder	6 x 200g	7.99	GOV
PREWETT'S				
VM020	Organic Ground Flaxseed	6 x 175g	3.49	GOV
RHEAL				
VF259	Berry Beauty	6 x 150g	24.99	GOV
VF212	Superfoods Balance Tonic	6 x 150g	24.99	GOV
VF031	Superfoods Clean Greens	6 x 150g	24.99	GOV
SUPPLEMENTS & REMEDIES				
SUMA BAGGED DOWN - ORGANIC				
HE009	Psyllium Husk - Organic	1kg		OV
AYURVEDIQ WELLNESS				
	Capsules			
VM346	Organic Ashwagandha	1 x 120 capsules	19.99	OV
VM352	Organic Moringa	1 x 120 capsules	18.99	OV
VM350	Organic Shatavari	1 x 120 capsules	19.99	OV
VM353	Organic Triphala	1 x 120 capsules	19.99	OV
VM344	Organic Turmeric	1 x 120 capsules	17.99	OV
CORNISH SEAWEED COMPANY				
VM056	Kelp Food Supplement	6 x 60 capsules	14.95	OV
VM058	Menstrual Ease Supplement	6 x 60 capsules	13.70	OV
VM038	Mental Clarity Supplement	6 x 60 capsules	14.95	OV
VM006	Sea Moss Food Supplement	6 x 60 capsules	13.40	OV

code	product	size	rrp	bfgosv
VM061	Seaweed & Mushrooms Supplement	6 x 60 capsules	17.40	OV
VM064	Wild & Beautiful Supplement	6 x 60 capsules	17.40	OV
DR VEGAN				
VM339	Ashwagandha KSM-66	1 x 30 capsules	1.99	GOV
VM345	Curcumin & Turmeric	1 x 30 capsules	11.99	GOV
NATURES OWN				
	Organic Range			
VM126	Organic Kelp	60 capsules	12.25	OV
SIMPLEE ALOE				
MD025	Aloe Juice Health Supplement	6 x 1l	15.99	GOV
MD041	Aloe Juice Health Supplement	6 x 500ml	9.99	GOV
TAKA				
TE317	Joint Care Capsules	1 x 90 capsules	16.99	OV
TE315	Turmeric Blk Pepper Capsules	1 x 120 CAP	16.99	OV
TOGETHER HEALTH				
VM032	Ashwagandha Complex	6 x 30	1.99	GOV
VM358	Chaga Mushroom	5 x 60	25.99	GOV
VM102	Iodine	6 x 30	6.99	GOV
VM356	Lion's Mane Mushroom	5 x 60	25.99	GOV
VM355	Mushroom 5 Complex	5 x 60	25.99	GOV
VM357	Reishi Mushroom	5 x 60	25.99	GOV
VM150	Zinc	6 x 30	1.99	OV
SWEET SNACKS				
BIONA				
ZX002	Berry Burst Sweets - Organic	10 x 75g	2.90	GOSV
ZX662	Cola Bottle Sweets - Organic	10 x 75g	2.90	OSV
ZX446	Fizzy Peaches	10 x 75g	2.90	GOVS
ZX441	Jelly Dino Sweets - Organic	10 x 75g	2.90	GOSV
ZX911	Mini Fruit Bears	10 x 75g	2.90	GOSV
ZX443	Pomegranate Heart Sweets - Org	10 x 75g	2.90	GOSV
ZX576	Sour Snakes	10 x 75g	2.90	OSV
PIP ORGANIC				
ZX730	Mango Pipstick	24 x 18g	0.89	OV
ZX545	Pineapple & Mango Pipstick	24 x 18g	0.89	OV
SUNITA				
ZX587	Grape Juice & Sultana Halva OG	12 x 75g	1.95	OV
ZX099	Halva with Coconut	12 x 75g	1.95	OV
ZX850	Honey Halva - organic	12 x 75g	1.95	O
ZX588	Honey Halva with Almonds OG	12 x 75g	2.45	O
ZX524	Organic Honey Halva with Cocoa	12 x 75g	2.45	O
TROPICKS				
ZX008	Fruit Balls Mango	8 x 50g	2.90	GOV
ZX023	Fruit Balls Pineapple	8 x 50g	2.90	GOV
ZX003	Fruit Roll Mango	30 x 27g	1.19	GOV
ZX006	Fruit Roll Pineapple	30 x 27g	1.19	GOV
TABLE SAUCES				
BIONA				
KJ228	Balsamic Glaze Organic	12 x 150ml	4.15	OV
KJ225	BBQ Sauce Organic	6 x 250ml	3.44	OSV
KJ082	Brown Sauce Organic	6 x 270g	3.75	OV
KJ106	Classic Tomato Ketchup Squeezy	12 x 560g	4.35	GOSV
KJ221	Organic French Dijon Mustard	6 x 200g	3.34	OV
KJ254	Organic Wholegrain Mustard	6 x 200g	3.54	OV
KJ343	Sriracha Sauce	6 x 130ml	3.35	OSV
KJ226	Sweet Chilli Sauce Organic	6 x 250ml	3.45	OSV
KJ232	Tomato Ketchup, Organic	6 x 340g	3.45	OV
KJ463	Worcester Sauce	6 x 140ml	4.35	GOSV
GEO ORGANICS				
KJ212	Worcestershire Sauce - organic	6 x 150ml	3.95	OSV
MR ORGANIC				
KJ355	Chilli Ketchup	6 x 480g	3.79	OSV
KJ050	Italian Organic Ketchup	6 x 480g	3.49	OSV

code	product	size	rrp	bfgosv
KJ496	Naturally sweetened Ketchup	6 x 480g	3.79	GOV
	TEAS			
	CLEARSPRING			
JP210	Genmaicha Green Tea Tea Bags	4 x 20 bags	3.49	OV
JP097	Hojicha Roasted Green Tea	4 x 20 bags	3.49	OV
TE024	Japanese Matcha Green Tea Pwdr	6 x 100g	23.99	OSV
TE236	Japanese Oolong Tea (bags)	4 x 36g	3.99	OV
JP063	Kukicha,Roasted Twig Teabags	4 x 20 bags	3.49	OV
JP010	Matcha Sencha Green Tea (bags)	4 x 20 bags	3.99	OV
TE237	Matcha Tea Ceremonial Tin	4 x 30g	16.99	OV
TE504	Matcha Tea Premium (bulk)	1kg	193.00	OV
TE243	Matcha Tea Premium (Pouch)	10 x 40g	1.99	OV
TE022	Org Japanese Kuwa Mulberry Pow	10 x 40g	8.99	OSV
JP302	Sencha Green Tea	4 x 20 bags	3.49	OV
JP019	Sencha Traditional Green Tea	6 x 90g	7.49	OV
	LIMITED EDITION			
TE223	Matcha Green Tea Powder	3 x 30g	29.99	OV
	CLIPPER			
	Food Service Range - 250's			
TE152	Earl Grey	250 bags	27.59	FOV
TE451	Speciality English Breakfast	250 bags	27.59	FOV
	Food Service Range - 6 X 25's			
TE150	Earl Grey	6 x 25 bags	3.35	FOV
	Food Service Range - 6 x 25's			
TE635	Everyday Decaffeinated Tea	6 x 25 bags	4.50	OV
	Food Service Range - 6 X 25's			
TE161	Green Tea	6 x 25 bags	3.49	FOV
	Green Tea 20's			
TE990	Green Tea with Lemon Organic	6 x 20 bags	2.95	OFV
TE989	Organic Pure Green Tea	6 x 20 bags	2.95	OFV
	Loose Leaf 80g			
TE463	Earl Grey	6 x 80g	3.79	FOV
TE467	English Breakfast	6 x 80g	3.79	FOV
TE466	Pure Green	6 x 80g	3.79	FOV
	Pack 40			
TE154	Decaffeinated Green	6 x 40 bags	4.19	FOV
TE151	Decaffeinated Tea	6 x 40 bags	3.99	FOV
TE158	Earl Grey Decaff	6 x 40 bags	3.99	FOV
TE172	English Breakfast Tea Organic	6 x 40 bags	3.35	FGOV
TE983	FT Organic Assam	6 x 40 bags	2.89	FOV
TE177	FT Organic Earl Grey	6 x 40 bags	3.29	FGOV
TE168	FT Organic Everyday Tea	6 x 40 bags	3.29	FGOV
TE182	FT Organic Green Tea	6 x 40 bags	3.49	FGOV
TE183	FT Organic White Tea	6 x 40 bags	3.55	FGOV
	Pack 80			
TE164	Decaffeinated Tea	4 x 80 bags	6.89	FOV
TE053	Earl Grey	6 x 80 bags	4.59	FOV
TE507	English Breakfast Organic	4 x 80 bags	4.65	FGOV
TE189	FT Organic Everyday Tea	4 x 80 bags	4.45	FGOV
TE190	FT Organic Green Tea	4 x 80 bags	4.79	FGOV
TE179	Green and Mint	4 x 80 bags	4.79	FOV
	Super Green Teas			
TE379	Reviving Organic Green Tea	4 x 20 bags	2.99	FOV
	HAMPSTEAD TEA			
TE369	Assam	4 x 20 bags	3.59	OV
TE939	Clean Green	4 x 20 bags	3.59	FOV
TE936	Divine Earl Grey	4 x 20 bags	3.59	FOV
TE932	English Breakfast	4 x 20 bags	3.59	FOV
TE935	Pure Darjeeling	4 x 20 bags	3.59	FOV
	20 bags/box, 3 boxes/gift pack			
TE222	Triple Pack Teas - Gift	4 x 1	11.99	OV

code	product	size	rrp	bfgosv
	Looseleaf			
TE249	Darjeeling	6 x 100g	6.49	OVB
TE251	Earl Grey	6 x 100g	6.49	OVB
TE677	English Breakfast	6 x 100g	6.49	GOVB
TE255	Green Tea	6 x 100g	6.49	OVB
	PUKKA			
TE213	Elegant English Breakfast	4 x 20 bags	5.90	FOV
TE214	Gorgeous Earl Grey	4 x 20 bags	5.90	FOV
	QI			
TE308	Decaffeinated Green Tea	6 x 20 bags	3.79	OV
TE485	Fairtrade Green Tea	6 x 25 bags	2.29	FOV
TE114	Fairtrade White Tea	6 x 25 bags	2.59	FOV
TE112	Green Tea & Jasmine	6 x 25 bags	2.89	FOV
TE200	Green Tea & Jasmine Loose Leaf	6 x 100g	6.90	OV
TE310	Matcha Green Tea Powder	8 x 40g	11.99	OV
	Looseleaf			
TE819	Fairtrade Chun Mee Tea	6 x 100g	3.29	FOV
	RHEAL			
VF262	Superfoods Magic Matcha	6 x 120g	34.99	GOV
	TOFU & TEMPEH (CHILLED)			
	BETTER NATURE			
CV201	Organic Tempeh	6 x 200g	2.99	OV
	CAULDRON			
CV562	Organic Marinated Tofu Pieces	6 x 160g	3.40	SOV
CV561	Organic Tofu	6 x 396g	3.55	OV
	CLEAR SPOT			
CV209	Marinated Tofu	8 x 190g	2.90	OV
CV612	Oriental Tofu	8 x 225g	3.40	OV
CV206	Plain Tofu	8 x 280g	2.35	OV
CV272	Plain Tofu	6 x 450g	3.69	OV
CV777	Scrambled Tofu	6 x 200g	3.90	GOV
CV249	Smoked Tofu	8 x 225g	3.20	OV
CV074	Tempeh	6 x 200g	3.69	OV
	DRAGONFLY			
CV431	Org Medium Firm Natural Tofu	5 x 300g	2.75	OV
CV395	Org Smoked Tofu	5 x 300g	3.20	OV
CV394	Org Super Firm Natural Tofu	5 x 300g	2.75	OV
CV393	Organic Marinated Tofu	5 x 300g	3.70	GOV
	IMPULSE FOODS			
CV177	Black Turtle Bean Tempeh	6 x 200g	4.55	GOV
CV178	Chickpea & Chia Tempeh	6 x 200g	4.55	GOV
CV537	Classic Original Tempeh	6 x 200g	3.75	OV
CV543	Tempeh with Hemp Seeds	6 x 200g	4.50	OV
CV544	Tempeh with Sea Vegetables	6 x 200g	3.95	OV
	TAIFUN			
CV007	Almond/Sesame Tofu Slice	8 x 200g	4.55	OV
CV835	Basil Tofu with Fresh Herbs	6 x 200g	4.70	OVB
CV140	Blackforest Tofu	6 x 200g	4.75	OV
CV635	Feto Natural Tofu	6 x 200g	4.55	OV
CV684	Firm Tofu - Natural	8 x 200g	2.75	OV
CV139	Natural Silken Tofu	6 x 400g	4.35	OV
CV833	Smoked Tofu	8 x 200g	4.50	OV
CV133	Spinach Tofu	6 x 200g	4.65	OV
CV841	Tofu Fillet - Japanese Style	8 x 160g	3.85	OVB
CV840	Tofu Fillet - Mild Wild Garlic	8 x 160g	4.15	OVB
CV151	Tofu Fillets with Garden Peas	8 x 160g	4.15	OV
CV413	Tofu Pizza Fillets	8 x 160g	4.25	OV
CV832	Tofu Rosso - Taste of the Med	6 x 200g	4.70	OVB
	TOMATOES & TOMATO PRODUCTS			
	SUMA ORGANIC			
LJ560	Organic Passata	12 x 690g	1.95	VO

code	product	size	rrp	bfgosv
LJ088	Tomato Puree - organic Canned	24 x 200g	1.89	OV
LJ075	Cherry Tomatoes - organic	12 x 400g	1.39	OV
LJ080	Tomatoes - chopped, organic	12 x 400g	1.19	OV
LJ123	Tomatoes - chopped, organic	6 x 2.5kg	6.90	OV
LJ081	Tomatoes - peeled, whole OG	12 x 400g	1.19	VO
	SUMA PREPACKS - ORGANIC			
	Dried			
LJ602	Sundried Tomatoes - organic	6 x 125g	2.50	OV
	MR ORGANIC			
KJ071	Italian Tomato Puree	6 x 200g	2.39	OV
	ORGANICO			
KJ010	Sundried Tomatoes - og	5 x 190g	4.25	FOV
	TOOTH CARE			
	BEN & ANNA			
DY300	Mouthwash - Sensitive	1 x 500ml	12.95	OV
DY302	Toothpaste - Charcoal	1 x 100ml	8.95	OV
DY293	Toothpaste - Sensitive	1 x 100ml	8.95	OV
DY291	Toothpaste - Whitening	1 x 100ml	8.95	OV
	Toothpaste - Tubes			
DY193	Toothpaste Tube - Black	6 x 75ml	5.95	OV
DY203	Toothpaste Tube - Coco Mania	6 x 75ml	5.95	OV
DY204	Toothpaste Tube - Mint	6 x 75ml	5.95	OV
DY195	Toothpaste Tube - White	6 x 75ml	5.95	OV
	ECOLIVING			
DY279	Dental Floss	6 x 50m	4.20	OV
	GREEN PEOPLE			
DY014	Childrens Toothpaste	12 x 50ml	6.50	VO
DY256	Childrens Toothpaste Mandarin	12 x 50ml	6.50	VO
	VEGAN & OAT MILK			
	ALPRO			
SY050	Organic Soya Drink	8 x 1l	2.90	GOV
	BIONA			
VF103	Coconut Milk Powder	12 x 150g	4.50	OV
VF324	Condensed Coconut Milk	8 x 210ml	2.39	OSV
	COCONUT MERCHANT			
VF082	Coconut Milk Powder	6 x 250g	5.90	OV
	ECOMIL			
SY279	Soya Drink Powder (sweetened)	6 x 400g	11.49	OV
	GLEBE FARM			
SY161	PureOaty Organic Barista	6 x 1lT	2.59	GOV
	JOYA			
SY166	Rice Milk	10 x 1l	2.25	OV
	MINOR FIGURES			
SY172	Masala Chai Organic	6 x 1l	6.50	SVO
SY196	Organic Barista Oat Drink	6 x 1l	2.45	OV
	OATLY			
SY048	Barista Oat Drink Organic	6 x 1l	2.55	OV
SY019	Cream - Dairy Free	18 x 250ml	1.25	VO
JU377	Oatly Oat Drink Organic	6 x 1l	2.19	OV
	PLAMIL			
SY009	Organic Soya Milk Heritage	8 x 1l	2.80	VOG
	PLENISH			
SY204	Almond Barista - Organic	6 x 1l	2.99	OSV
SY119	Almond M*lk - Organic	8 x 1l	2.95	OV
SY120	Cashew M*lk	8 x 1l	2.95	OV
SY118	Coconut M*lk	8 x 1l	2.95	OV
SY206	Oat Barista - Organic	6 x 1l	2.65	GOV
SY170	Oat M*lk - Gluten Free	8 x 1l	2.59	GOV
SY182	Soya Barista - Organic	6 x 1l	2.65	OSV
SY191	Soya M*lk	8 x 1l	2.59	OV

code	product	size	rrp	bfgosv
RUDE HEALTH FOODS				
SY052	Almond Drink - No Sugars	6 x 1l	2.69	GOV
SY129	Almond Drink - Organic	6 x 1l	2.69	GOV
SY031	Barista Oat Organic	6 x 1l	2.49	OV
SY233	Barista Soya	6 x 1l	1.99	GOV
SY130	Brown Rice Drink - Organic	6 x 1l	2.49	GOV
SY085	Cashew Drink - Organic	6 x 1l	3.50	GOV
SY044	Coconut Drink Organic	6 x 1l	2.99	GOV
SY148	Hazelnut Drink - Organic	6 x 1l	2.99	GOV
SY054	Oat Drink - No Sugars	6 x 1l	2.50	GOV
SY037	Oat Drink - Organic	6 x 1l	2.49	GOV
SY194	Organic Soya Drink	6 x 1l	2.29	GOV
SY223	Roast Almond Oat Drink OG	6 x 1l	2.49	OV
SY117	Tiger Nut Drink Organic	6 x 1l	2.99	GOV
SY159	Ultimate Almond Milk - Organic	6 x 1l	3.85	GOV
SOJADE				
SY063	Cooking Cream	8 x 500ml	2.39	GOV
SY017	Cuisine- Organic Soya Cream	24 x 200ml	1.19	OV
SY062	High Protein Drink	8 x 750ml	2.19	GOV
SY018	Soya Drink - Mild Sweetened	8 x 1l	2.45	GOV
SY016	Soya Drink - Unsweetened	8 x 1l	2.19	GOV
SY023	Vanilla Soya Drink	8 x 1l	2.69	GOV
SOON				
SY241	Organic Hemp Drink	8 x 1l	3.90	OV
THE BRIDGE				
SY160	Coconut Drink	12 x 1l	2.45	GOV
SY002	Oat Drink	12 x 1l	2.19	OV
SY112	Oat Drink - Barista	12 x 1l	2.35	OV
SY068	Rice Drink - Cacao	10 x 250ml	0.99	OV
SY487	Rice Drink - Original	6 x 1l	2.15	GOV
SY452	Rice Drink + Almond	6 x 1l	2.49	GOV
SY008	Rice Drink + Coconut	12 x 1l	2.65	GOV
	Cooking Cream			
SY188	Coconut Cream - Organic	10 x 200ml	1.55	GOV
SY187	Oat Cream - Organic	10 x 200ml	1.35	OV
SY150	Rice Cream - Organic	10 x 200ml	1.29	OV
SY186	Soya Cream - Organic	10 x 200ml	1.19	GOV
THE COCONUT COMPANY				
SY116	Coconut Milk Powder - Organic	12 x 250g	6.99	GOV
VEGAN CHEESE				
KINDA CO				
CV324	Blue Vegan Cheese	6 x 120g	7.50	OV
CV334	Farmhouse Vegan Cheese	6 x 120g	7.50	OV
CV339	Garlic & Herb Vegan Cheese	6 x 120g	7.50	OV
CV333	Greek Style Cheese	6 x 120g	7.50	OV
CV335	Smoked Vegan Cheese	6 x 120g	7.50	OV
CV340	Sour Creme & Chive Spread	6 x 130g	7.50	OV
MOUSE'S FAVOURITE				
CV080	Aged Classic Cheese	6 x 125g	9.00	OV
CV086	Apricot Cheese	6 x 135g	8.25	OV
CV079	Camembert Blue Style Cheese	6 x 130g	9.35	OV
CV077	Camembert Style Cheese	6 x 135g	9.35	OV
MOZZARISELLA				
CV858	Classic Vegan Cheese	10 x 125g	3.25	OV
CV027	MascaRice Vegan Mascarpone	6 x 150g	3.65	GOV
VEGAN DESSERTS				
BOOJA-BOOJA				
	110ml Tubs			
XL258	Caramel Pecan Ice Cream	22 x 110ml	2.10	GOSV
XL031	Deeply Chocolate Ice Cream	22 x 110ml	2.10	GOSV
XL340	Mango & Raspberry Ice Cream	22 x 110ml	2.10	GOSV

code	product	size	rrp	bfgosv
XL410	Vanilla Ice Cream 465ml Tubs	22 x 110ml	2.10	GOSV
XL263	Caramel Pecan Ice Cream	6 x 465ml	5.69	GOSV
XL013	Choc Fudge Brownie Ice Cream	6 x 465ml	5.69	GOSV
XL259	Choc Salted Caramel Ice Cream	6 x 465ml	5.69	GOSV
XL002	Cookie Dough Ice Cream	6 x 465ml	5.69	GOSV
XL033	Deeply Chocolate Ice Cream	6 x 465ml	5.69	GOSV
XL023	Mango & Raspberry Ice Cream	6 x 465ml	5.69	GOSV
XL038	Vanilla Ice Cream	6 x 465ml	5.69	GOSV

VEGAN YOGHURT

COCOS

CV892	Mango & Passionfruit	6 x 125g	2.35	GOV
CV013	Mango & Passionfruit Yoghurt	6 x 400g	5.65	GOV
CV014	Mixed Berry Coconut Yoghurt	6 x 400g	5.65	GOV
CV893	Mixed Berry Coconut Yoghurt	6 x 125g	2.35	GOV
CV899	Natural Coconut Milk Yoghurt	6 x 400g	5.65	GOV
CV891	Natural Coconut Yoghurt	6 x 125g	2.35	GOV
CV897	Natural Coconut Yoghurt	6 x 250g	4.15	GOV
CV894	Strawberry Coconut Yoghurt	6 x 125g	2.35	GOV
CV900	Strawberry Coconut Yoghurt	6 x 400g	5.65	GOV
CV895	Vanilla Coconut Yoghurt	6 x 125g	2.35	GOV
CV901	Vanilla Coconut Yoghurt	6 x 400g	5.65	GOV

SOJADE

	150g Pots			
CV916	Blueberry Yoghurt	6 x 150g	1.20	GOV
CV918	Mango Yoghurt	6 x 150g	1.20	GOV
CV915	Peach and Mango Yoghurt	6 x 150g	1.20	GOV
CV917	Strawberry Yoghurt	6 x 150g	1.20	GOV
	Soya Based Yoghurts			
CV485	Apricot Yoghurt	6 x 400g	2.45	GOSV
CV269	Banana & Passion Yoghurt	6 x 400g	2.75	GOV
CV289	Blueberry Cherry Yoghurt	6 x 400g	2.75	GOV
CV486	Blueberry Yoghurt	6 x 400g	2.45	GOSV
CV730	Greek Style Raspberry Yoghurt	6 x 400g	3.50	GOV
CV876	Greek Style Yoghurt	6 x 400g	2.30	GOV
CV724	Lemon Yoghurt	6 x 400g	2.45	GOSV
CV494	Mango & Peach Yoghurt	6 x 400g	2.45	GOSV
CV348	Natural Skyr Yoghurt	6 x 400g	2.60	OV
CV483	Natural Yoghurt	6 x 400g	1.60	GOV
CV356	Raspberry Skyr Yoghurt	6 x 400g	3.35	OSV
CV266	Sojade Natural Yoghurt	6 x 250g	1.50	GOV
CV723	Vanilla Yoghurt	6 x 400g	2.45	GOSV

SOON

CV616	Banana & Coconut Oat Yoghurt	6 x 350g	2.70	OSV
CV636	Chocolate Hemp Dessert	6 x 150g	1.30	OSV
CV637	Coconut Yoghurt	6 x 350g	2.89	OV
CV681	Hazelnut Hemp Dessert	6 x 150g	1.30	OSV

VEGETABLES

SUMA ORGANIC

	Canned from Fresh			
VF111	Fresh Peas - Organic	12 x 340g	1.75	OV
LJ270	Supersweet Sweetcorn - Organic	12 x 160g	1.45	OV
LJ800	Supersweet Sweetcorn - Organic	12 x 340g	2.15	OV

BIONA

KJ172	Artichokes in Olive Oil	5 x 190g	5.60	OV
LJ243	Capers In Olive Oil	6 x 120g	5.29	OV
KJ352	Capers in Wine Vinegar	6 x 140g	3.25	OV
KJ363	Grilled Peppers in Olive Oil	5 x 190g	3.95	OV
KJ364	Tomatoes in Olive Oil	5 x 190g	4.50	O

BIONOVA

VF039	Garden Peas	6 x 350g	2.69	O
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code	product	size	rrp	bfgosv
VF040	Sauerkraut	6 x 350g	2.89	VO
VF030	Sweetcorn - organic	6 x 340g	2.49	VO
CLEARSPRING				
	Bio Kitchen			
VF339	Sauerkraut	6 x 360g	1.99	OVB
MANI				
KJ440	Og Capers in Olive Oil	6 x 180g	5.29	OV
KJ434	Og Kalamata Olive Paste	6 x 180g	6.39	OV
KJ437	Og Sun Dried Tomato Paste	6 x 180g	6.39	OV
ORGANICO				
KJ016	Artichoke Hearts - og	5 x 190g	4.95	FOV
KJ428	Capers	12 x 100g	1.95	OV
KJ429	Capers	12 x 250g	3.45	OV
VEGETABLES (FROZEN)				
BIO INSIDE				
XL278	Organic Asia Vegetable Mix	12 x 400g	2.95	OV
XL155	Organic Garden peas	12 x 300g	2.20	GOV
XL270	Organic Mushrooms	12 x 300g	2.45	OV
XL153	Organic Sweetcorn	12 x 300g	2.50	GOV
NATURAL COOL				
XL183	Broccoli	8 x 300g	3.45	GOVB
XL221	Chips - Oven or Fry	12 x 600g	4.50	BGOV
XL176	Cut Green Beans	8 x 450g	2.99	OVB
XL177	Leaf Spinach Portions	8 x 450g	3.50	OVB
XL178	Peas	8 x 450g	4.50	GOV
XL098	Potato Wedges	12 x 450g	3.65	BGOV
XL134	Vegetable Mix	8 x 450g	3.30	BGOV
PACK'D				
XL189	Organic Loose Leaf Spinach	24 x 450g	3.15	OV
XL228	Organic Petit Pois	24 x 450g	3.15	OV
XL239	Organic Super Sweet Sweetcorn	24 x 450g	3.15	OV
XL203	Organic Sweet Potato Chunks	24 x 450g	3.15	OV
VINEGARS				
SUMA ORGANIC				
KJ290	Apple Cider Vinegar Org	5l	14.29	OV
KJ304	Apple Cider Vinegar Organic	6 x 500ml	2.59	OV
KJ335	Apple Cider Vinegar Organic	6 x 750ml	3.10	OV
KJ151	OG Balsamic Vinegar - oak aged	6 x 250ml	3.89	OV
KJ153	Org Balsamic 5 Litre	5l	37.90	OV
KJ089	Organic Red Wine Vinegar	12 x 500ml	2.29	OV
KJ099	Organic Red Wine Vinegar	5l	18.59	OV
KJ091	Organic White Wine Vinegar	12 x 500ml	2.29	OV
KJ107	Organic White Wine Vinegar	5l	18.59	OV
ASPALL				
KJ382	Balsamic Vinegar - og	5l	51.69	OV
KJ478	Balsamic Vinegar - organic	6 x 350ml	4.25	OV
KJ069	Cyder Vinegar - organic	6 x 500ml	2.69	VO
KJ205	Cyder Vinegar - organic	5l	2.79	OV
KJ481	Cyder Vinegar - organic	6 x 350ml	2.19	VO
KJ321	Raw Unfiltered Cyder Vinegar	5l	22.29	OV
KJ395	Raw Unfiltered Cyder Vinegar	6 x 500ml	3.19	OV
KJ475	Red Wine Vinegar - organic	6 x 350ml	2.15	OV
KJ210	White Wine Vinegar - organic	5l	23.90	OV
KJ474	White Wine Vinegar - organic	6 x 350ml	2.15	OV
BIONA				
KJ130	Cider Vinegar with 'Mother'	6 x 500ml	3.50	OV
KJ311	Cider Vinegar with 'Mother'	6 x 75cl	3.75	OV
KJ131	Cider Vinegar with 'Mother'	5 l	16.90	OV
KJ350	Coconut Vinegar - Organic	6 x 250ml	3.35	OV
BRAGG				
KJ324	Apple Cider Vinegar w/Mother	12 x 946ml	11.98	GOV

code	product	size	rrp	bfgosv
KJ325	Apple Cider Vinegar w/Mother	12 x 473ml	6.99	GOV
	MR ORGANIC			
KJ058	Apple Cider Vinegar	12 x 250ml	2.99	GOV
KJ492	Organic Apple Cider Vinegar	6 x 500ml	3.35	GOV
	RAW HEALTH			
KJ008	ACV Infusion Turmeric Ginger	12 x 500ml	3.75	OV
KJ489	Apple Cider Vinegar	12 x 1 l	4.85	OV
KJ129	Raw Organic Cider vinegar	6 x 500ml	3.35	OV
	RAYNERS			
KJ500	Apple Cider Vinegar	6 x 500ml	3.75	OV
LJ272	Apple Cider Vinegar	6 x 750ml	4.49	OV
KJ505	Coconut Aminos	6 x 250ml	6.29	OV
	WINES			
	ORANGE WINE			
	Spain			
WN024	El Troyano Verdejo	6 x 75cl	17.89	OVB
	RED WINE			
	Argentina			
WN119	Made in Mendoza Malbec	6 x 75cl	11.90	OV
	Chile			
WN055	MontGras Pinot Noir	6 x 750ml	16.90	GOV
	France			
WN006	Merlot La Marouette	6 x 75cl	14.89	GOV
WN078	Rouge Sans Sulfite Marouette	6 x 750ml	15.29	GOV
	Italy			
WN140	Fedele Nero D'Avola	6 x 75cl	13.35	OV
WN058	Ingeno Nero D'Avola	6 x 75cl	11.65	OV
WN020	Integro Organic Primitivo	6 x 75cl	13.95	GOV
	South Africa			
WN114	Running Duck Cab. Sauvignon	6 x 75cl	12.25	FOV
WN197	Running Duck Merlot	6 x 75cl	11.85	FOV
WN196	Running Duck Pinotage	6 x 75cl	12.25	FOV
WN116	Running Duck Shiraz	6 x 75cl	11.85	FOV
WN138	Stellar Organics Merlot	6 x 75cl	12.25	FOV
	Spain			
WN050	Amigo de la Tierra Red	6 x 750ml	11.79	GOV
WN207	Cuesta Colora Tempranillo	6 x 75cl	15.90	OV
WN232	Tempranillo Camino	6 x 75cl	11.85	GOV
WN080	Tempranillo Finca Fabian	6 x 750ml	12.55	GOV
	ROSE WINE			
	France			
WN229	Grenache Rose La Marouette	6 x 75cl	15.19	GOV
WN060	Rose Sans Sulfite Marouette	6 x 750ml	15.75	OV
	South Africa			
WN118	Running Duck Shiraz Rose	6 x 75cl	11.85	FOV
	SPARKLING WINE			
	Italy			
WN009	Prosecco Col di Manza	6 x 75cl	23.45	GOVB
WN133	Proverbio Prosecco	6 x 75cl	16.90	OV
	Spain			
WN081	Cava Bodegas Enguera	6 x 750ml	16.99	GOV
WN054	Vallformosa Bio Organic Cava	6 x 750ml	17.85	GOV
	WHITE WINE			
	Chile			
WN016	MontGras Sauvignon Blanc	6 x 75cl	16.90	GOV
	France			
WN076	Blanc Sans Sulfite Marouette	6 x 750ml	16.65	GOV
	Italy			
WN141	Fedele Catarratto Pinot Grigio	6 x 75cl	13.35	OV
WN057	Ingeno Pinot Grigio	6 x 75cl	1.59	OV
	South Africa			
WN008	Running Duck Chenin Blanc	6 x 75cl	11.85	FOV

code	product	size	rrp	bfgov
WN115	Running Duck Chenin Sauv Blanc	6 x 75cl	11.85	FOV
WN019	Stellar Org. Sauvignon Blanc Spain	6 x 75cl	11.85	FOV
WN079	Verdejo Finca Fabian	6 x 750ml	12.55	GOV

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