

**Organic List**

# Suma

November December 2018



# Organic

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*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 // G - Gluten-Free // O - Organic // S - Added Sugar // V - Vegan

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

code	product	size	rrp	bfgosv
<b>BABY &amp; CHILD FOOD</b>				
<b>ANNABEL KARMEL</b>				
BB092	Baby Pasta Shells	250g	1.39	OV
<b>ELLA'S KITCHEN</b>				
<i>Breakfast</i>				
BB109	Baby Brekkie - Banana	100g	1.29	O
BB199	Baby Brekkie - Blueberry/Pear	100g	1.29	O
BB120	Baby Brekkie - Mango	100g	1.29	O
<i>Smoothie Fruits</i>				
BB238	The Green One - Multi Pack	5 x 90g	5.25	OV
BB048	The Green One - smoothie fruit	90g	1.09	OV
BB160	The Orange One	5 x 90g	5.45	OV
BB164	The Pink One	5 x 90g	4.95	OV
BB237	The Purple One - Multi Pack	5 x 90g	5.25	OV
BB007	The Purple One -smoothie fruit	90g	1.09	OV
BB239	The Red One - Multi Pack	5 x 90g	5.25	OV
BB011	The Red One - smoothie fruit	90g	1.09	OV
BB139	The White One - Multi Pack	4 x 90g	4.35	OV
BB236	The Yellow One - Multi Pack	5 x 90g	5.25	OV
BB010	The Yellow One -smoothie fruit	90g	1.09	OV
<i>Snacks</i>				
BB263	Nibbly Fingers - Strawb/Apple	5 x 25g	3.35	O
BB275	Nibbly Fingers Banana/Raisin	5 x 25g	3.35	O
<i>Stage 1</i>				
BB196	Apple & Pear Baby Rice	120g	1.35	O
BB001	Apples & Bananas	120g	1.35	OV
BB198	Banana & Apricot Baby Rice	120g	1.35	O
BB021	Banana & Blueberry Baby Rice	120g	1.35	OV
BB003	Broccoli, Pear & Peas	120g	1.35	OV
BB049	Butternut Squash, Carrot	120g	1.35	OV
BB006	Carrot, Apple & Parsnip	120g	1.35	OV
BB230	First Taste Apples Apples	70g	1.25	OV
BB233	First Taste Mango Mango Mango	70g	1.25	OV
BB231	First Taste Pears Pears Pears	70g	1.25	OV
BB012	First Taste Prunes Prunes	70g	1.25	OV
BB137	Greek Yoghurt & Berries	90g	1.25	O
BB136	Greek Yoghurt & Mangoes	90g	1.25	O
BB138	Greek Yoghurt & Strawberries	90g	1.25	O
BB004	Mango, Pear & Papaya	120g	1.35	OV
BB095	Peaches & Bananas	120g	1.35	OV
BB013	Red Pepper,Sweet Potato,Apple	120g	1.35	OV
BB063	Spinach, Apples & Swede	120g	1.35	OV
BB078	Strawberries & Apples	120g	1.35	OV
BB126	Sweet Potato,Broccoli,Carrot	120g	1.29	OV
<i>Stage 2</i>				
BB229	Big Smiles Cheesy Pie	130g	1.97	O
BB127	Four Bean Feast	130g	1.97	O
BB058	Kitchen Vegetable Bake	130g	1.97	O
BB200	Rice Pudding Dessert	80g	1.69	O
<b>HEAVENLY TASTY ORGANICS</b>				
<i>Biscuits</i>				
BB226	Mini Biscuits - Apple	10 x 30g	0.75	OV
BB225	Mini Biscuits - Strawberry	10 x 30g	0.75	OV
<i>Breadsticks</i>				
BB161	Italian Breadsticks Original	30g	0.75	OV
BB162	Italian Breadsticks Rosemary	30g	0.75	OV

code	product	size	rrp	bfgosv
	<i>Puffs</i>			
BB224	Corn Puffs	15g	0.75	OV
BB195	Corn Puffs	15g	0.75	OV
	<i>Waffles</i>			
BB163	Veggie Waffles	10g	0.85	OV
BB172	Veggie Waffles- Carrot & Cumin	10g	0.85	OV
	<i>Wisps</i>			
BB093	Yummy Wafer Wisps	14g	0.69	O
BB112	Yummy Wafer Wisps	14g	0.69	O
	<b>HELLO KITTY</b>			
WT141	Organic Pasta Shapes	250g	1.55	OV
	<b>HOLLE</b>			
	<i>Cereals</i>			
BB269	3-Grain Porridge	250g	3.35	OV
BB272	Millet Porridge	250g	3.35	OV
BB273	Rolled Oats Porridge	250g	3.19	OV
	<i>Infant Milk Formula</i>			
BB155	Infant Goat Milk Formula 1	400g	13.65	OS
BB254	Infant Goat Milk Formula 2	400g	13.65	O
BB089	Infant Goat Milk Formula 3	400g	13.65	O
	<i>Jarred</i>			
BB025	Veggie Curry - Jarred	190g	1.65	GOB
	<i>Snacks</i>			
BB068	Mini Fruit Bars- Ban/Orange	100g	3.29	OV
BB079	Organic Biscuits- Apple/Pear	125g	2.95	OV
	<b>LITTLE PASTA ORGANICS</b>			
	<i>Pasta</i>			
BB255	Animal Pasta Shapes - Tricolor	250g	1.95	OV
BB151	Gluten Free Mini Gnocchi	250g	2.39	GOV
BB043	Red Lentil Dinosaur Pasta	250g	3.55	OV
BB051	Teddy Bear Pasta	250g	1.95	VO
BB174	Travel Pasta Shapes - Tricolor	250g	1.95	OV
	<i>Pasta Pots</i>			
BB015	Asparagus Instant Pasta Pot	45g	1.89	O
BB009	Cheese/Broc Instant Pasta Pot	45g	1.89	O
BB005	Tom & B/root Instant Pasta Pot	45g	1.89	OV
	<i>Pasta Sauce</i>			
BB017	Asparagus Pasta Sauce	130g	2.65	GOV
BB298	Pumpkin & Carrot Pasta Sauce	130g	2.05	GOV
BB257	Spinach & Broccoli Sauce	130g	2.05	GOV
	<b>ORGANIX</b>			
	<i>Cereals - Stage 1</i>			
BB047	Fruity Apple Porridge	120g	2.19	OV
	<i>Cereals - Stage 2</i>			
BB052	Banana & Plum Porridge	200g	2.95	OV
BB053	Multigrain Porridge	200g	2.95	OV
	<i>Cereals - Stage 3</i>			
BB057	Banana, Peach & Apple Muesli	200g	3.50	OV
BB060	Raspberry & Banana Muesli	200g	3.50	OV
	<i>Finger Foods - from 7 months</i>			
BB713	Apple Rice Cakes	50g	1.69	OV
BB033	Baby Pea Puffs	15g	1.05	OV
BB153	Banana Rice Cakes	50g	1.69	OV
BB156	Banana Ring Biscuits	54g	1.95	OV
BB152	Carrot & Tomato Rice Cakes	50g	1.69	OV
BB157	Creamy Vanilla Ring Biscuit	54g	1.95	O

code	product	size	rrp	bfgosv
BB715	Crunchy Carrot Sticks	20g	0.79	OV
BB717	Crunchy Sweetcorn Rings	20g	0.79	OV
BB030	Crunchy Sweetcorn Rings	4 x 18g	2.85	OV
BB069	Raspberry/Blueberry Rice Cake	50g	1.69	OV
BB154	Strawberry Ring Biscuits	54g	1.95	OV
	<i>Finger Foods- from 7 months</i>			
BB234	Apple rice cakes Multi Bag	4 x 28g	3.29	O
	<i>Goodies Biscuits</i>			
BB711	Alphabet Biscuits	5 x 25g	2.55	OV
BB022	Animal Biscuits	100g	1.95	OV
BB247	Gingerbread Men	135g	2.55	OV
	<i>Goodies Fruit Bites</i>			
BB045	Cocoa & Banana Fruit Bites	20g	1.19	OV
BB039	Cocoa & Coconut Fruit Bites	20g	1.19	OV
BB044	Cocoa & Seed Fruit Bites	20g	1.19	OV
	<i>Goodies Fruit Snacks</i>			
BB159	Apple & Date Chunky Fruit Bars	6 x 17g	2.85	OV
BB158	Banana & Date Chunky Fruit Bar	6 x 17g	2.85	OV
BB150	Raisins Mini Boxes	12 x 14g	2.89	OV
	<i>Goodies Savouries</i>			
BB549	Carrot Stix	15g	0.49	OV
BB248	Cheese & Herb Curly Puffs	15g	0.49	O
BB036	Cheese & Onion Lentil Hoops	4 x 15g	3.29	O
BB050	Cheesy Pea Snaps	4 x 15g	3.29	O
BB094	Mini Cheese Crackers	4 x 20g	2.55	O
	<i>Goodies Snack Bars</i>			
BB076	Apple & Orange Soft Oaty Bar	6 x 30g	4.29	OV
BB075	Carrot Cake Soft Oaty Bars	6 x 30g	4.29	OV
BB080	Raspberry & Apple Soft Oaty	6 x 30g	4.29	OV
	<b>PUMPKIN TREE ORGANICS</b>			
BB132	Apple & Grape Juice	200ml	0.85	OV
BB131	Blackcurrant & Apple Juice	200ml	0.85	OV
BB134	Tomato & Basil Pasta Sauce	300g	2.49	OV
	<b>TRAFO</b>			
BB056	Organic Raisins in Kids Boxes	12 box	2.59	OV
	<b>BABY CARE PRODUCTS</b>			
	<b>BEAMING BABY</b>			
	<i>Wipes</i>			
NF688	Organic Baby Wipes	72	4.65	OV
NF103	Organic Baby Wipes Unscented	72	4.65	OV
	<b>EARTH FRIENDLY BABY</b>			
DY545	Chamomile Shampoo & Wash OG	250ml	4.09	OV
DY522	Organic Chamomile Bubble Bath	300ml	5.39	OV
DY524	Organic Lavender Bubble Bath	300ml	5.39	OV
DY558	Organic Lavender Shampoo &	250ml	4.09	OV
DY038	Organic Mandarin Shampoo	250ml	4.09	OV
	<b>NATRACARE</b>			
NF099	Organic Cotton Baby Wipes	50	4.05	OV
	<b>SIMPLY GENTLE</b>			
DY896	Organic Baby Wet Wipes	52	2.79	O
	<b>BAGS, BOXES AND BASKETS</b>			
	<b>ORGANIC COTTON PRODUCE BAGS</b>			
NF336	Large Bags - Organic Cotton	1 bag	3.49	O
NF333	Medium Bags - Organic Cotton	1 bag	2.99	O

code	product	size	rrp	bfgosv
<b>BAKING SUNDRIES</b>				
<b>BREAD MATTERS</b>				
LJ218	Original Sourdough Starter	10g	4.95	OV
<b>CLEARSPRING</b>				
JP064	Kuzu (Wild Arrowroot)	125g	6.49	GVO
<b>DOVES FARM</b>				
LJ166	Cornflour Bulk	1kg		GOV
LJ203	Cornflour Organic	110g	1.69	GOV
<b>ENGEVITA</b>				
LJ144	Organic Yeast Flakes	125g	4.95	GOV
<b>GREEN &amp; BLACKS</b>				
<i>Cooks Chocolate</i>				
KB058	Dark Cooking Chocolate-Organic	150g	2.65	FOS
KB429	Milk Cooks Chocolate - organic	150g	2.65	OS
<b>MERIDIAN</b>				
VF084	Mince Pie Filling - Organic	320g	3.59	OV
<b>MONTEZUMA'S</b>				
<i>Cooking Chocolate</i>				
KB412	Dark Chocolate Couverture	2kg		OSV
KB413	Milk Chocolate Couverture	2kg		OS
KB411	White Chocolate Couverture	2kg		OS
<b>MOO FREE</b>				
LJ111	Alternative to Milk Couverture	2kg		OGVS
LJ311	Baking Drops	150g	3.79	GOSV
<b>PLAMIL</b>				
<i>Drops in 1kg bags</i>				
KB652	Org & F/T Baking Chocolate	1kg	13.59	GFOSV
KB658	Organic Rich Chocolate	1kg	13.89	GOSV
<b>STEENBERGS</b>				
LJ117	Orange Flower Water Organic	100ml	3.75	OV
LJ085	Rose Water Organic	100ml	3.75	OV
<b>TAYLOR &amp; COLLEDGE</b>				
LJ115	Vanilla Bean Extract	100ml	9.25	SOV
LJ113	Vanilla Bean Paste	65g	6.65	SOV
<b>THE RAW CHOCOLATE CO</b>				
<i>Chocolate Making Ingredients</i>				
KB050	Cacao Butter	240g	6.70	GFOV
KB051	Raw Cacao Powder	180g	4.20	FOV
<b>VIVANI ORGANIC CHOCOLATE</b>				
KB408	Dark Cooking Chocolate	200g	3.39	OSV
<b>BEANS &amp; PULSES - CANNED</b>				
<b>SUMA</b>				
VF675	Aduki Beans - organic	400g	1.09	OV
VF800	Baked Beans - Low Sugar	400g	1.19	OV
VF550	Baked Beans - Organic	400g	1.19	OSV
VF750	Baked Beans - Organic	2.65K		OSV
VF625	Black Beans - organic	400g	1.09	OV
VF230	Black Beluga Lentils - organic	400g	1.19	OV
VF300	Black Chick Peas - organic	400g	1.09	OV
VF015	Blackeye Beans - organic	400g	1.09	OV
VF630	Borlotti Beans - organic	400g	1.09	OV
VF645	Butter Beans - organic	400g	1.09	VO
VF395	Cannellini Beans - organic	400g	1.09	OV
VF642	Chickpeas - organic	400g	1.09	VO
VF785	Chickpeas - organic	2.6kg	4.29	OV
VF647	Green Lentils - organic	400g	1.09	VO
VF644	Haricot Beans - organic	400g	1.09	VO

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VF649	Mixed Beans - organic	400g	1.09	VO
VF795	Mixed Beans - organic	2.6kg	4.29	OV
VF643	Red Kidney Beans - organic	400g	1.09	VO
	<b>BIONA</b>			
VF222	Baked Beans - Organic	400g	1.25	OVS
VF042	Chilli Beans - Organic	395g	1.29	OSV
VF227	Chilli Black Beans - Organic	400g	1.29	OV
VF306	Edamame Beans	200g	1.69	OV
	<b>BIONOVA</b>			
VF495	Baked Beans - organic	340g	1.55	OSV
	<b>GEO ORGANICS</b>			
VF094	Black Beluga Lentils Organic	400g	1.89	OV
	<b>HODMEDOD'S</b>			
VF129	Organic Vaal Dhal - British	400g	1.65	OSV
VF098	Organic Whole Fava Beans	400g	0.99	OV
	<b>WHOLE EARTH</b>			
VF161	Baked Beans - organic	400g	1.19	GOV
	<b>BEANS &amp; PULSES - DRIED</b>			
	<b>SUMA BAGGED DOWN - ORGANIC</b>			
PU212	Aduki Beans - Organic	3kg		VO
PU031	Black Turtle Beans	3kg		OV
PU243	Butter Beans - organic	3kg		VO
PU117	Chickpeas - organic	1kg		VO
PU190	Chickpeas - organic	3kg		VO
PU162	Green Split Peas - organic	3kg		VO
PU191	Haricot Beans - organic	3kg		VO
PU003	Lentils - brown, organic	3kg		VO
PU171	Lentils - Dark Speckled, org	1kg		VO
PU172	Lentils - Dark Speckled, org	3kg		VO
PU118	Lentils - green, organic	1kg		VO
PU193	Lentils - green, organic	3kg		VO
PU127	Lentils - red split, organic	1kg		VO
PU194	Lentils - red split, organic	3kg		VO
PU120	Mung Beans - organic	1kg		VO
PU195	Mung Beans - organic	3kg		VO
PU192	Red Kidney Beans - organic	3kg		VO
PU197	Yellow Split Peas - organic	3kg		VO
	<b>SUMA COMMODITIES - ORGANIC</b>			
PU200	Aduki Beans - Organic	25kg		VO
PU020	Black Turtle Beans	25kg		VO
PU210	Butter Beans, Chinese - org	25kg		OV
PU220	Cannellini Beans - organic	25kg		OV
PU140	Chickpeas - organic	25kg		OV
PU083	Green Split Peas - organic	25kg		OV
PU052	Haricot Beans - organic	25kg		VO
PU001	Lentils - brown, organic	25kg		VO
PU084	Lentils - Dark Speckled, Org	25kg		VO
PU116	Lentils - green , organic	25kg		VO
PU126	Lentils - red split, organic	25kg		VO
PU062	Mung Beans - organic	25kg		VO
PU061	Pinto Beans - organic	25kg		OV
PU037	Red Kidney Beans - organic	25kg		VO
PU057	Soya Beans - organic	25kg		VO
PU059	Yellow Split Peas - organic	25kg		OV
	<b>SUMA PREPACKS - ORGANIC</b>			
PU202	Aduki Beans - Organic	500g	2.29	VO
PU222	Bean Mix - organic	500g	2.85	OV

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PU034	Black Turtle Beans	500g	1.89	OV
PU004	Broth Mix - Organic	500g	1.95	OV
PU345	Butter Beans - organic	500g	3.19	VO
PU225	Cannellini Beans - organic	500g	2.15	OV
PU369	Chickpeas - organic	500g	2.15	VO
PU182	Green Split Peas - organic	500g	1.65	OV
PU145	Haricot Beans - organic	500g	1.99	OV
PU135	Lentils - Brown, organic	500g	2.55	VO
PU167	Lentils - Dark Speckled, org	500g	3.49	OV
PU129	Lentils - Green, organic	500g	2.95	VO
PU294	Lentils - Red split organic	750g	2.39	OV
PU267	Lentils - Red split, organic	500g	1.69	VO
PU151	Mung Beans - organic	500g	2.65	VO
PU136	Pinto Beans - organic	500g	2.19	OV
PU156	Red Kidney Beans - organic	500g	2.39	OV
PU146	Soya Beans - organic	500g	1.59	OV
PU166	Yellow Split Peas - organic	500g	1.85	OV
<b>HODMEDOD'S</b>				
PU029	Fava Beans Organic - whole	500g	1.85	OV
PU005	Organic Carlin Peas	500g	1.99	OV
PU014	Organic Fava Beans - Split	500g	2.29	OV
<b>JUST WHOLEFOODS</b>				
VF263	Sprouting Mix - OG	250g	2.19	VO
<b>BEERS</b>				
<b>SUMA</b>				
RT028	Blackstone Yorkshire Moor Ale	500ml	2.89	OV
RT212	Elphin Brook Bitter OG	500ml	2.64	OV
RT027	Erringden Light Pale + Ginger	500ml	2.57	FOV
RT215	Long Wall Mouse Blonde Beer	500ml	2.84	OV
RT029	Mixed Case Suma Ales	500ml	2.84	OV
RT213	Mytholm Mist Wheat Beer OG	500ml	2.72	OV
RT214	Penumbra Stout OG	500ml	2.82	OV
RT032	Strength in Number IPA	500ml	1.99	OV
<b>BUDELS</b>				
RT131	Budels Lager	330ml	2.03	OV
<b>CANNABIA</b>				
RT004	Cannabia Hemp Beer	330ml	2.59	OV
<b>SAM SMITHS</b>				
RT016	Cherry Beer	355ml	3.06	OV
RT009	Chocolate Stout	550ml	3.44	OV
RT008	Organic Pale Ale	550ml	3.44	OV
RT120	Pure Brewed Organic Lager	550ml	3.44	OV
RT007	Raspberry Beer	355ml	3.06	OV
<b>ST PETER'S</b>				
<i>Alcohol Free Beers</i>				
RT026	St Peter's Without - Organic	500ml	1.99	OV
<b>BISCUITS CRACKERS &amp; CRISPREAD</b>				
<b>AGAINST THE GRAIN</b>				
BT077	OG Berry Delicious Cookies	150g	3.26	GOV
BT341	Og Choc Chip & Hazelnut Cookie	150g	3.10	GOSV
BT302	Org Chocolate & Orange Cookies	150g	3.10	GOSV
BT340	Organic Almond Cookies	150g	2.98	GOSV
BT339	Organic Ginger Crunches	150g	2.98	GOSV
<b>AMISA</b>				
BT560	Chestnut Crispbread	100g	2.39	GO
BT106	Crispbread - Amaranth & Rice	120g	2.09	GOV
BT185	Crispbread - Buckwheat W/grain	120g	2.29	GOV



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BT289	Crispbread - Quinoa Fibre Plus	100g	1.69	OV
BT398	Crispbread - Spelt/Chia, Org	200g	2.89	OSV
BT291	Crispbread - Veggie Garden GF	100g	1.69	GOV
BT211	Melba Toasts - Spelt, Organic	200g	2.99	OVB
	<i>Lactose Free</i>			
BT127	Choc/Coconut Coated Rice Cakes	100g	2.09	OS
BT126	Chocolate Coated Rice Cakes	100g	1.99	OS
	<b>AUTHENTIC BREAD COMPANY</b>			
KB889	Pumpkin & Sunflower Oatcake	150g	2.99	O
	<b>BIONA</b>			
BT124	Apple & Pear Waffles	175g	2.29	OV
BT336	Blueberry Filled Cookies	175g	2.25	OS
BT167	Caramel Syrup Waffles	175g	2.39	OS
BT166	Hazelnut Syrup Waffles	175g	2.49	OSV
BT157	Honey Waffles	175g	2.29	OS
BT123	Maple Syrup Waffles	175g	2.39	OV
	<b>CLEARSPRING</b>			
BT573	Brown Rice Cakes - Buckwheat	120g	1.49	GOV
BT574	Brown Rice Cakes - Quinoa	120g	1.49	GOV
BT575	Brown Rice Cakes - Seeds	120g	1.49	GOV
BT129	Brown Rice Crackers-Blk Sesame	40g	1.99	OV
BT318	Oatcakes - Sea Vegetable	200g	2.49	OV
BT290	Oatcakes - Sun Dried Tom /Herb	200g	2.49	OV
BT319	Oatcakes, Traditional, Organic	200g	2.29	OV
BT317	Organic Corncakes	130g	1.15	GOV
BT631	Rice Cakes - 3 Grain, Thin,Org	130g	0.99	OV
BT630	Rice Cakes - Lightly Salted	130g	0.99	OV
BT629	Rice Cakes - No Added Salt,Org	130g	0.99	GOV
BT576	Rye Crispbread - Original	200g	1.29	OV
BT577	Rye Crispbread - Sesame	200g	1.49	OV
	<b>DOVES FARM</b>			
BT295	Choc Chip Cookies	180g	2.25	GOSV
BT010	Digestives	200g	1.22	OSV
BT271	Double Chocolate Cookies - GF	180g	2.25	FOSV
BT202	Fruity Oat Digestives	200g	1.55	OSV
BT269	Lemon Zest Cookies - GF	150g	1.59	GOSV
BT092	Organic Digestive Biscuits	400g	1.99	OS
BT029	Organic Ginger Oat Biscuits	200g	1.79	OSV
BT008	Stem Ginger Cookies - GF	150g	1.59	GOSV
	<b>DR KARG</b>			
BT001	3 Grains & 3 Seeds Crispbreads	200g	2.79	OV
BT812	Classic 3 Seed Crispbread	200g	2.55	OV
BT815	Emmental Cheese & Pumpkin Seed	200g	2.79	O
BT554	Quinoa & Amaranth Crispbread	200g	2.89	OV
BT813	Seeded Spelt Crispbread	200g	2.95	O
BT550	Spelt with Emmental Cheese	200g	3.15	O
BT250	Tomato/Mozzarella Crispbread	200g	2.89	O
	<b>DUCHY ORIGINALS</b>			
BT411	Highland Shortbread	150g	2.75	OS
BT413	Stem Ginger Biscuits Dark Choc	100g	3.49	OS
	<b>FINN CRISPBREADS</b>			
BT122	Organic Crispbread	200g	2.29	OV
	<b>HONEYROSE</b>			
BT292	All Butter Lemon Shortbread	125g	2.89	GOS
BT249	All Butter Oat & Raisin Cookie	115g	2.89	GOS
BT232	All Butter Shortbread	125g	2.89	GOS
BT227	Date & Walnut Toast	110g	3.59	GOSV

code	product	size	rrp	bfgosv
BT228	Hazelnut & Agen Plum Toast	110g	3.59	GOSV
BT230	Kale & Spiced Nut Toast	110g	3.59	GOSV
BT235	Triple Chocolate Cookie	115g	2.89	GOS
<b>INSPIRAL VISIONARY PRODUCTS</b>				
BT213	Raw Almond/Herb Crackits	100g	4.49	GOV
<b>ISLAND BAKERY ORGANICS</b>				
BT121	Apple Crumbles Organic Biscuit	150g	2.79	OS
BT163	Chocolate Gingers	150g	3.69	OS
BT006	Chocolate Limes	150g	3.69	OS
BT164	Lemon Melts	150g	3.69	OS
BT162	Oat Crumbles	150g	2.35	OS
BT165	Shortbread Biscuits	150g	2.35	OS
<i>Snack Packs</i>				
BT158	Shortbread Biscuits 2-pack	35g	0.65	OS
<b>KALLO</b>				
BT045	Ancient Grain Corn Cakes	150g	1.99	GOV
BT184	Corn Cakes OG	130g	1.79	GOV
<i>Rice Cakes</i>				
BT096	Belgian Choc Mini Rice Cakes	40g	0.99	OS
BT810	Milk Chocolate Rice Cakes OG	90g	2.39	GO
BT033	No Added Salt Organic	130g	1.69	GVO
BT034	Original Organic Wholegrain	130g	1.69	GVO
BT036	Thick Slice Sesame Rice Cake	130g	1.48	GOV
BT240	Thin Slice No Salt - organic	130g	1.59	GVO
BT338	Thin Slice Rice Cake Dark Choc	90g	2.39	GO
<b>KOOKIE CAT</b>				
BT565	Cacao Nib & Walnut Cookie	50g	1.49	GOV
BT567	Chia & Lemon Cookie	50g	1.49	GOV
BT566	Hemp & Cacao Cookie	50g	1.49	GOV
BT563	Pineapple & Orange Cookie	50g	1.49	GOV
BT564	Vanilla & Choc Chip Cookie	50g	1.49	GOV
<b>LE PAIN DES FLEURS</b>				
BT094	Buckwheat Crispbread	125g	3.16	GOV
BT189	Buckwheat Crispbread (no salt)	125g	3.16	GOV
BT095	Chestnut Crispbread	125g	3.49	GOV
BT093	Quinoa Crispbread	125g	3.99	FGOV
<b>NAIRN'S</b>				
BT273	Oatcakes - Organic	250g	1.49	OV
BT386	Oatcakes -Organic Super Seeded	200g	1.69	O
<b>ORGANICO</b>				
<i>Rustic Breadsticks</i>				
BT065	Classic Grissini - og	120g	1.95	OV
BT061	Omega Grissini - og	120g	1.95	OV
BT068	Sesame Grissini - og	120g	2.15	OV
BT067	Spelt Grissini - og	120g	2.50	OV
<b>ROOTS &amp; WINGS</b>				
BT446	Seed & Cheese & Pepper Brittle	125g	2.69	O
<b>RUDE HEALTH FOODS</b>				
BT397	Brown Rice Crackers	130g	2.75	GOV
BT505	Buckwheat & Chia Crackers	150g	3.25	GOV
BT144	Buckwheat &Black Bean Crackers	120g	2.99	GOV
BT147	Chickpea & Lentil Crackers	120g	2.99	GOV
BT054	Corn Crackers	130g	2.75	GOV
BT395	Multigrain Thins	160g	2.75	GOV
<b>TERRASANA</b>				
BT102	Honey Waffles	175g	2.45	O
<b>TRAFO</b>				
BT021	Rice Cakes - Chocolate	60g	1.39	OS

code	product	size	rrp	bfgosv
<b>BODYCARE</b>				
<b>ALOE PURA</b>				
DY040	Aloe Vera Gel OG	200g	6.49	OV
<b>BADGER</b>				
DY331	Sunscreen Baby SPF30	87ml	16.99	O
DY333	Sunscreen Kids SPF30	87ml	16.99	O
DY340	Sunscreen Unscented SPF30	87ml	16.99	O
<b>BADGER BALM</b>				
DY309	Cheerful Mind Balm	17g	7.99	O
MD850	Hardworking Hands Balm	21g	5.99	O
DY411	Lip Balm Sticks - Blue Pack	sticks	12.99	O
DY417	Lip Balm Sticks - Green Pack	sticks	12.99	O
MD145	Muscle Rub	21g	5.99	O
MD874	Sleep Balm - Mini	21g	5.99	O
DY674	Tension Soother Balm	17g	7.99	O
<b>BEN &amp; ANNA</b>				
<i>Stick Deodorant in Paper Tube</i>				
DY788	Soda Deodorant - Nordic Timber	60g	9.95	OV
DY805	Soda Deodorant - Persian Lime	60g	9.95	OV
DY820	Soda Deodorant - Provence	60g	9.95	OV
DY796	Soda Deodorant - Pure	60g	9.95	OV
DY823	Soda Deodorant-Indian Mandarin	60g	9.95	OV
DY816	Soda Deodorant-Pink Grapefruit	60g	9.95	OV
DY795	Soda Deodorant-Vanilla Orchid	60g	9.95	OV
<b>DR BRONNER'S</b>				
DY160	Almond Castile Liquid Soap	237ml	7.69	FOV
DY191	Almond Castile liquid Soap	473ml	11.69	FOV
DY208	Almond Castile Liquid Soap	946ml	19.49	FOV
DY198	Baby Castile liquid Soap	473ml	11.69	FOV
DY209	Baby Castile Liquid Soap	946ml	19.49	FOV
DY182	Citrus Orange Liquid Soap	237ml	7.35	FOV
DY201	Citrus Orange Liquid Soap	473ml	11.69	FOV
DY183	Lavender Castile Liquid Soap	237ml	7.69	FOV
DY205	Lavender Castile Liquid Soap	473ml	11.69	FOV
DY213	Lavender Castile Liquid Soap	946ml	19.49	FOV
DY184	Peppermint Castile Liquid Soap	237ml	7.69	FOV
DY207	Peppermint Castile Liquid Soap	473ml	11.69	FOV
DY214	Peppermint Castile Liquid Soap	946ml	19.49	FOV
DY850	Pump Soap - Baby Unscented	710ml	19.49	FOV
DY443	Pump Soap - Lavender	355ml	10.49	FOV
DY825	Pump Soap - Lavender	710ml	19.49	FOV
DY459	Pump Soap - Lemongrass & Lime	355ml	10.49	FOV
DY854	Pump Soap - Lemongrass & Lime	710ml	19.49	FOV
DY465	Pump Soap - Peppermint	355ml	10.49	FOV
DY829	Pump Soap - Peppermint	710ml	19.49	FOV
DY454	Pump Soap - Tea Tree	355ml	10.49	FOV
DY838	Pump Soap - Tea Tree	710ml	19.49	FOV
<b>Bar Soap</b>				
DY117	Almond Pure Castile Bar Soap	140g	4.99	FOV
DY118	Baby Castile Bar Soap	140g	4.99	FOV
DY119	Citrus Orange Bar Soap	140g	4.99	FOV
DY123	Lavender Castile Bar Soap	140g	4.99	FOV
DY138	Peppermint Castile Bar Soap	140g	4.99	FOV
<b>Hand &amp; Body Lotion</b>				
DY086	Lavender Hand & Body Lotion	237ml	10.49	FOV
DY083	Orange Hand & Body Lotion	237ml	10.49	FOV
DY065	Patchouli Hand & Body Lotion	237ml	10.49	FOV
DY077	Peppermint Hand & Body Lotion	237ml	10.49	FOV

code	product	size	rrp	bfgosv
	<i>Hand Sanitiser</i>			
DY455	Hand Sanitiser - Lavender	60ml	4.99	FOV
	<b>EMMA'S SOAPS</b>			
DY756	Org Cocoa Butter Gift w/dish	set	16.15	O
DY750	Organic Cocoa Butter Relaxing	90g	4.25	O
DY736	Organic Shea Butter Lav Rose	90g	4.25	O
	<b>GREEN PEOPLE COMPANY</b>			
	<i>Gift Sets</i>			
DY378	Forest & Fruit Gift Set	l	22.95	OV
DY379	Leaf & Stem Gift Set	l	22.95	OV
DY473	Mens Facial Trio Gift Set	each	15.95	OVBF
DY352	Tree & Seed Mens Collection	l	24.95	OV
	<i>Hair &amp; Body Care</i>			
DY218	Intensive Repair Shampoo	200ml	14.99	VO
DY624	Moisturising Conditioner	200ml	13.91	OV
	<i>Organic Skincare</i>			
DY072	Day Solution SPF15	50ml	21.40	OV
	<i>Organicchildren.com</i>			
DY257	Organic Children Bath & Shower	200ml	10.66	VO
DY090	Organic Children Shampoo	200ml	10.66	VO
	<b>HEAVENLY ORGANICS SKIN CARE</b>			
DY586	Lavender Body Butter	100g	8.99	OV
DY605	Lemon & Lime Lip Balm	12g	3.99	OV
DY592	Mint Lip Balm	12g	3.99	OV
DY587	Orange & Rose Body Butter	100g	8.99	OV
DY594	Orange Lip Balm	12g	3.99	OV
DY584	Rose & Geranium Body Butter	100g	8.99	OV
	<b>LAVERA</b>			
	<i>Basis</i>			
DY963	All in One Cream	150ml	7.95	O
DY590	Deodorant Spray	75ml	9.95	O
DY202	Deodorant- Roll On	50ml	7.95	OV
DY589	Hand Cream	75ml	4.95	OV
DY583	Lip Balm - Jojoba/Shea Butter	4.5g	3.95	O
DY581	Moisturising Face Cream	50ml	11.95	OV
DY607	Soft Moisturising Cream	150ml	7.95	OV
	<b>NATRACARE</b>			
	<i>Pads</i>			
NF096	Mini Panty Liner	30	1.85	VO
NF104	Org Cotton Wrapped Panty Liner	18	1.69	OV
NF048	Organic Cotton Panty Liners	22	2.15	OV
NF304	Ultra Extra Pad Normal - Wings	12	2.25	OV
NF300	Ultra Extra Pads Long - Wings	8	2.25	OV
NF313	Ultra Extra Super Pads Winged	10	2.25	OV
	<i>Tampons</i>			
NF826	Applicator Tampon - Super	16	3.05	O
NF823	Applicator Tampons - Regular	16	2.95	O
NF085	Tampons Regular - Organic	20	2.65	VO
NF030	Tampons Regular - Organic	10	1.75	OV
NF086	Tampons Super - Organic	20	2.75	OV
NF087	Tampons Super Plus - OG	20	2.85	VO
	<i>Wipes</i>			
NF204	Organic Cotton Intimate Wipes	12	2.25	OV
	<b>ORGANYC</b>			
NF227	Pads - Heavy Flow	10	3.89	OV
NF199	Pads - Moderate Flow	10	3.69	OV

code	product	size	rrp	bfgosv
	<b>PATCH</b>			
	<i>Biodegradable Bamboo Plasters</i>			
NF547	Bamboo Kids Plasters - Coconut	1	6.99	OV
NF546	Bamboo Plasters - Aloe Vera	1	6.99	OV
NF548	Bamboo Plasters - Charcoal	1	6.99	OV
NF545	Bamboo Plasters - Natural	1	6.99	OV
	<b>SIMPLY GENTLE</b>			
DY897	3 in 1 Cosmetic Wipes	25	2.79	O
DY097	Cotton Buds - organic	200	2.15	VO
DY895	Cotton Cloths	30	2.79	O
DY429	Organic Cotton Facial Pads	30 pads	3.29	FO
DY098	Organic Cotton Wool Balls	100	2.15	O
DY099	Organic Cotton Wool Pads	100	2.05	O
DY100	Organic Cotton Wool Pleats	100g	2.15	O
	<b>TSUNO</b>			
NF015	Tampons Mini Organic	16	2.89	OV
NF016	Tampons Regular Organic	16	2.99	OV
NF017	Tampons Super Organic	16	3.59	OV
	<b>URTEKRAM</b>			
DY020	Brown Sugar Shower Gel	500ml	7.35	FOV
DY725	Lime Crystal Roll On Deodorant	50ml	4.89	OV
	<i>Body Scrub</i>			
DY615	Aloe Vera	150ml	7.33	OV
DY610	Coconut	150ml	7.33	OV
	<i>Nordic Berries</i>			
DY282	Conditioner	180ml	4.69	OV
DY248	Shampoo	250ml	5.35	OV
DY274	Shower Gel	500ml	7.35	OV
	<i>Purple Lavender</i>			
DY618	Body Lotion	245ml	6.69	OV
DY617	Body Scrub	150ml	7.33	OV
DY623	Conditioner	180ml	4.69	OV
DY631	Shampoo	250ml	5.35	OV
DY622	Shower Gel	250ml	4.99	VO
	<i>Rose</i>			
DY702	Rose Body Lotion	245ml	6.69	OV
DY060	Rose Crystal Deodorant	50ml	4.89	OV
DY396	Rose Shower Gel	500ml	7.35	OV
	<b>WELEDA</b>			
	<i>Facial Care</i>			
DY952	Almond Soothing Facial Lotion	30ml	17.50	O
	<b>BREADS &amp; BREAD MIXES</b>			
	<b>AMAIZIN</b>			
BT268	Og Tortilla Wraps Extra Fibre	240g	2.35	OV
BT329	Organic Tortilla Wraps	240g	2.35	O
	<b>AMISA</b>			
BT437	Deep Pan Pizza Bases	260g	4.29	GOSV
BT125	Olive Ciabatta	180g	2.99	GOV
	<b>BIONA</b>			
BT298	Butter Croissants - organic	200g	3.19	O
BT465	Millet Bread - Organic	250g	3.69	O
BT135	Pizza Base - 2 Per Retail Pack	300g	2.49	OV
BT440	Pumpernickel Bread	500g	1.99	OSV
BT461	Rice Bread with Sunflower Seed	500g	4.49	OV
BT464	Rye Bread - Amaranth & Quinoa	500g	1.99	OV
BT073	Rye Bread - Chia & Flax	500g	2.19	OV
BT041	Rye Bread - Coconut&Cranberry	500g	2.19	OV

code	product	size	rrp	bfgosv
BT438	Rye Bread - Hemp Seed	500g	2.09	OV
BT206	Rye Bread - Omega 3	500g	1.99	OV
BT207	Rye Bread - Pumpkin Seed	500g	2.09	OV
BT210	Rye Bread - Sunflower Seed	500g	1.99	OV
BT439	Rye Bread - Vitality	500g	2.09	OV
BT145	Rye Bread - Wholegrain	500g	1.99	OV
BT422	Spelt Pizza Base - Organic	300g	3.89	OV
<b>EVERFRESH NATURAL FOODS</b>				
BT048	Malt & Raisin Loaf	290g	1.65	OV
BT047	Mixed Grain Bread	400g	3.09	GOV
BT049	Rye Sourdough Bread	400g	1.69	OV
BT934	Sprouted Rye Bread	400g	2.05	OV
BT935	Sprouted Spelt Bread	400g	2.75	OV
BT086	Sprouted Wheat Bread	400g	1.99	OV
BT886	Sprouted Wheat Carrot & Raisin	400g	2.29	OV
BT546	Sprouted Wheat Hemp Bread	400g	2.55	OV
<b>FLORENTIN</b>				
BT552	Pitta Bread - spelt	260g	1.85	OV
BT360	Pitta Bread - white	260g	1.59	OV
BT376	Pitta Bread - wholemeal	280g	1.55	OV
<b>GO VEGAN</b>				
BT172	Vegan Wheat Croissants - Cocoa	5 x 45g	5.49	OSV
BT187	Vegan Whole Wheat Croissant	5 x 45g	4.99	OSV
<b>PROFUSION</b>				
BT405	Protein Bread - Rye / Flax	250g	2.89	O
<b>SCHNITZER GLUTEN FREE</b>				
BT467	Baguette Classic	360g	3.75	GOV
BT466	Baguette Grainy Linseed/Sesame	320g	3.75	GOV
BT470	Ciabatta Olive Bread GF	360g	4.45	GOV
BT288	Ciabatta Tomato	360g	4.49	GOSV
BT462	Focaccia Rolls	220g	3.09	GOV
BT469	Granello-Brown with Sunflowers	500g	4.45	GOV
BT083	Panini Bianco	250g	3.09	GO
BT285	Panini Royal	250g	3.19	GOV
BT516	Pizza Base	300g	3.69	GOV
BT517	Quinoa Bread with Chia	500g	4.65	GOV
BT471	Rustico GF Bread with Amaranth	500g	4.45	GOV
<b>TASTE ITALIA</b>				
BT014	Gluten Free Vegan OG Wraps	2 x 80g	3.69	GOV
<b>BURGERS SAUSAGES &amp; TVP MIXES</b>				
<b>CLEARSPRING</b>				
SY074	Organic Soya Chunks	200g	2.99	OSV
SY071	Organic Soya Mince	300g	3.49	OSV
<b>JUST WHOLEFOODS</b>				
VF320	Vegan Sunflower Mince	72g	3.79	OV
VF706	Vegetarian Banger Mix -organic	125g	1.65	OV
VF705	Vegetarian Burger Mix	125g	1.65	OV
<b>BUTTER &amp; CREAM (CHILLED)</b>				
<b>CALON WEN</b>				
<i>The Farmers Co-op</i>				
CV277	Lightly Salted Welsh Butter	250g	3.19	O
CV204	Unsalted Welsh Butter	250g	3.19	O
<b>YEO VALLEY</b>				
CV304	Slightly Salted Organic Butter	250g	2.45	O
CV292	Spreadable Butter	250g	2.35	O
CV726	Unsalted Organic Butter	250g	2.45	O

code	product	size	rrp	bfgosv
	<i>Minimum 4 days shelf life</i>			
PO101	Double Cream	227ml	1.39	O
CV309	Half Fat Creme Fraiche	200g	1.19	O
	<b>CAKES</b>			
	<b>CREATIVE NATURE</b>			
BT223	Banana Bread Mix	250g	3.99	GOSV
BT231	Chocolate Chip Muffin Mix	250g	3.99	GSVO
	<b>EVERFRESH NATURAL FOODS</b>			
BT246	Banana Cake - Organic	300g	3.79	OV
BT242	Carrot Cake with Raisins - Org	400g	3.79	OV
BT241	Date & Pecan Cake - Organic	380g	4.39	OV
BT089	Fruit Cake - Organic	400g	3.29	OV
BT238	Stem Ginger Cake - Organic	380g	4.39	OV
	<b>CEREALS &amp; MUESLIS</b>			
	<b>SUMA BULK MUESLI - ORGANIC</b>			
MX130	De Luxe Muesli - organic	3kg		OV
MX119	De Luxe Muesli - organic	10kg		OV
MX183	Muesli - organic	3kg		OV
MX052	Muesli - organic	10kg		VO
MX160	Muesli - organic	25kg		VO
MX167	Premium Muesli - organic	3kg		OV
MX107	Premium Muesli - organic	10kg		OV
MX035	Simply Muesli Base - Organic	3kg		VO
MX036	Simply Muesli Base - Organic	10kg		VO
MX037	Simply Muesli base - Organic	20kg		VO
	<b>SUMA MUESLI</b>			
MX209	Fruit Burst Muesli - Organic	500g	3.85	OV
MX211	GF Multigrain Muesli - Organic	500g	3.59	GOV
MX196	Nutty Crunch Muesli - Organic	500g	4.69	OV
MX210	Simply Muesli Base - Organic	500g	1.95	OV
MX191	Swiss Twist Muesli - Organic	500g	2.89	O
	<b>ALARA</b>			
MX123	Classic Apple Bircher	450g	3.49	OV
MX099	Everyday Muesli	550g	2.99	OV
MX096	Fruits and Seeds Muesli	650g	3.29	OV
MX077	Gluten Free Scottish Granola	400g	4.99	GO
MX103	Swiss Style Muesli	450g	2.99	OS
	<i>Everyday Range</i>			
MX023	Gluten Free Muesli - organic	250g	2.99	GOV
MX031	Rich Muesli - organic	500g	2.99	OV
	<i>Into The Garden</i>			
MX236	Active Muesli	250g	3.99	GOV
	<i>Into The Garden Range</i>			
MX050	G/F Goji & Cranberry Muesli	650g	5.39	GOV
	<b>AMISA</b>			
FX016	Organic Porridge Oats	325g	2.69	GOV
MX007	Spelt Crispy Flakes - Organic	250g	2.99	O
MX029	Spelt Puffs - Organic	200g	2.39	OV
	<b>BIG OZ</b>			
MX024	Organic Brown Rice Flakes	500g	3.45	GOV
MX021	Organic Brown Rice Puffs	225g	3.59	GOV
MX022	Organic Buckwheat Flakes	500g	3.29	GOV
MX028	Organic Buckwheat Puffs	175g	3.45	GOV
MX112	Organic Choc Buckwheat Flakes	350g	5.85	GOV
MX186	Organic Crispy Buckwheat Flake	350g	3.45	GO
MX010	Organic Gluten Free Mix Puffs	225g	3.45	GOV
MX013	Organic Millet Flakes	500g	3.45	GOV
MX030	Organic Quinoa Flakes	500g	9.49	GO

code	product	size	rrp	bfgosv
	<b>BIOFAIR</b>			
FX018	Quinoa Flakes Organic	400g	5.69	FO
MX009	Quinoa Pops Organic, FT	120g	4.49	GFO
	<b>BIONA</b>			
MX198	Choco Coco Granola - Organic	375g	3.99	OS
MX199	Honey Hazel Granola - Organic	375g	4.69	O
MX201	Wild Berry Granola - Organic	375g	4.99	OS
	<b>DOVES FARM</b>			
MX019	Cereal Flakes	375g	3.65	GO
MX173	Cocoa Rice Breakfast Cereal	375g	3.55	GOSV
MX632	Corn Flakes	325g	2.85	GO
MX171	Fibre Flakes Breakfast Cereal	300g	3.35	GOSV
	<b>GLEBE FARM</b>			
MX111	Granola Org Oats GF	325g	2.99	GOS
MX106	Porridge Oats GF	450g	2.79	GOV
	<b>HODMEDOD'S</b>			
FX020	Organic Puffed Quinoa	150g	2.99	GOV
	<b>KALLO</b>			
MX124	Puffed Rice Cereal - Natural	225g	2.99	GOV
	<b>LIZI'S</b>			
MX133	Lizi's Organic Granola	500g	5.29	OV
	<b>NATURES PATH ORGANIC</b>			
MX547	Crispy Rice	284g	3.75	GOSV
MX195	Gluten Free O's	325g	3.79	GOS
MX602	Gorilla Munch	300g	3.89	GOV
MX136	Granola - Berry	312g	4.79	GOS
MX074	Granola - Pumpkin, Raisin, Alm	312g	4.79	GOS
MX194	Maple Sunrise	332g	4.09	GOS
MX885	Mesa Sunrise	355g	4.19	GOSV
MX884	Millet Rice	375g	3.65	OV
	<i>Envirokidz</i>			
MX079	Choco Chimps	284g	3.89	GOVS
MX080	P/nut Butter & Choc Lemurs	284g	4.69	GOSV
	<i>Superflakes</i>			
MX081	Cocoa & Coconut	284g	4.55	GOS
MX091	Honey & Chia	284g	4.55	GOS
	<b>PLANET ORGANIC</b>			
MX180	Caramel Apple Paleo Granola	350g	6.99	GOSV
MX169	Chocolate Bliss Paleo Granola	350g	6.99	GOSV
MX165	Super Berry Paleo Granola	350g	6.99	GOSV
MX168	Sweet Greens Paleo Granola	350g	6.99	GOSV
MX122	The Original Paleo Granola	350g	6.99	GOSV
	<i>Ancient Grains</i>			
MX094	Carrot & Apple Granola	300g	5.99	OSV
MX090	Raspberry & Beetroot Granola	300g	6.99	OSV
MX093	Three Seed Granola	300g	5.99	OSV
	<b>PRIMROSE'S KITCHEN</b>			
MX126	Banana & Turmeric Granola	300g	5.99	GOV
MX221	Courgette & Cacao Granola	300g	6.95	OV
MX246	Lemon & Goji Granola	300g	5.95	GOV
MX245	Orange & Cashew Granola	300g	5.95	GOV
	<b>PROFUSION</b>			
MX088	Granola	350g	4.89	OSV
MX058	Granola	350g	4.89	OSV
	<b>RUDE HEALTH FOODS</b>			
	<i>Children's</i>			
MX232	Honey Puffed Spelt	175g	3.49	O



code	product	size	rrp	bfgosv
	<i>Granola</i>			
MX006	Strawberry & Raspberry Granola	450g	5.99	O
MX135	Ultimate Granola	500g	5.99	O
	<i>Muesli</i>			
MX060	Organic Ultimate Muesli	500g	5.99	OV
MX128	Super Seed Muesli Organic	500g	4.49	OV
	<i>Porridge</i>			
MX070	Naked Barley Porridge	350g	3.49	OV
MX208	Sprouted Porridge Oats Org GF	500g	4.99	GOV
	<b>WHOLE EARTH</b>			
MX172	Classic Cornflakes - organic	375g	2.49	GOSV
MX158	Cocoa Crunch - og	375g	2.99	OS
MX174	Maple Frosted Flakes - og	375g	3.29	GOSV
MX155	Organic Muesli	750g	4.99	O
MX162	Red Fruit Crunch - og	450g	3.59	OS
	<b>CHEESE SUBSTITUTES (CHILLED)</b>			
	<b>BIDDY MERKINS</b>			
CV101	Vegerella - Cheddar	170g	1.49	O
	<b>BONSAN</b>			
CV490	Almond Spread - Plain	125g	2.55	OV
CV492	Almond Spread - Toms & Pepper	125g	2.55	OV
CV527	Almond Spread - Wild Garlic	125g	2.55	OV
	<b>CICIONI</b>			
CV806	Fermentini Almond/Cashew	80g	4.95	GOV
CV115	Fermentini Almond/Cashew	160g	7.99	GOV
	<b>NUTCRAFTER</b>			
CV259	The Indulgent - Chive Chevre	190g	8.50	OV
	<b>VIOLIFE</b>			
CV014	Organic Original/Pizza Block	400g	6.39	OV
	<i>Slices</i>			
CV013	Organic Original Slices	200g	3.65	OV
	<b>WHEATY</b>			
CV142	Classic Melty Slices	150g	2.75	OV
CV145	Smoked Melty Slices	150g	2.75	OV
	<b>CHEESE, COWS MILK (CHILLED)</b>			
	<b>BIONA</b>			
CV076	Organic Emmental Cheese	200g	4.89	O
	<b>CALON WEN</b>			
	<i>Organic Welsh Cheese</i>			
CV397	Extra Mature Cheddar	200g	2.79	O
CV215	Extra Mature Cheddar	350g	4.45	O
CV398	Mellow Cheddar	200g	2.49	O
CV216	Mellow Cheddar	350g	4.25	O
	<b>CYPRESSA</b>			
CV761	Organic Feta	200g	3.29	O
CV760	Organic Halloumi	225g	3.99	O
	<b>HIGH WEALD DAIRY</b>			
CV082	Org Cow & Sheeps Milk Halloumi	per kg	19.99	O
	<b>LYE CROSS</b>			
CV049	Double Gloucester	245g	3.49	O
CV506	Mature Cheddar	245g	3.65	O
CV332	Mature Cheddar Slices	200g	3.05	O
CV166	Medium Cheddar	245g	3.49	O
CV477	Mild Cheddar	245g	3.39	O
CV105	Red Leicester	245g	3.49	O
CV296	Stilton	150g	3.09	O
CV522	Vintage Cheddar	245g	3.85	O
CV478	Wensleydale	245g	3.49	O

code	product	size	rrp	bfgosv
	<i>Catering Sizes</i>			
CV048	Double Gloucester	per kg		O
CV028	Mature Cheddar	per kg		O
CV451	Mild Cheddar	per kg		O
	<b>MOZZA</b>			
	<i>Minimum 4 days shelf life</i>			
CV066	Mozzarella Cheese	125g	2.29	O
	<b>OMA</b>			
CV447	Organic Cottage Cheese	200g	2.39	O
	<b>CHOCOLATE</b>			
	<b>SUMA BAGGED DOWN - ORGANIC</b>			
KB250	Cacao Nibs - Organic	1kg		OV
	<b>SUMA COMMODITIES</b>			
KB081	Cacao Nibs - Organic	15kg		OV
	<b>SUMA PREPACKS - ORGANIC</b>			
KB137	Cacao Nibs - Organic	100g	1.99	OV
	<b>BOOJA BOOJA</b>			
	<i>Artist's Collection Gift Boxes</i>			
KB927	Fine De Champagne Truffles	185g	20.99	GFOSV
KB929	Hazelnut Truffles	185g	20.99	GFOSV
	<i>Four Corners</i>			
KB790	Around Midnight Espresso	104g	7.35	GOSV
KB550	Hazelnut Truffles	104g	7.35	GOSV
KB490	Stem Ginger Truffles	104g	7.35	GOSV
KB655	The Gourmet Selection	230g	17.79	GOSV
	<i>Gift Range</i>			
KB622	Fine De Champagne Truffles	138g	13.55	GOSV
KB623	Hazelnut Truffles	138g	13.55	GOSV
KB624	Truffle Selection 1	138g	13.55	GOSV
KB625	Truffle Selection 2	138g	13.55	GOSV
	<b>CHOCOLATE AND LOVE</b>			
KB683	Panama light Turquoise Gift	40g	11.40	FGOV
KB682	Rich Dark Chocolate Gift Tin	1 l	12.09	FGOV
KB680	Sea Salt Gift Tin	1 l	12.10	FGO
	<b>COCOA LOCO</b>			
ZX532	Xmas Cracker with Hat, Joke	70g	5.15	FSOV
KB681	Dark Choc Mint Thins	170g	7.19	FOSV
ZX451	Dark Chocolate Cinnamon Chilli	100g	4.59	FOSV
KB641	Dark Chocolate Stars	100g	4.59	FOSV
KB646	Ginger in Dark Choc	100g	4.59	FOSV
KB649	Mango in Dark Choc	110g	4.59	FOSV
KB474	Milk Chocolate Elves	100g	4.59	OF
KB642	Milk Chocolate Santas	100g	4.59	FOS
KB704	Milk Chocolate Zesty Thins	170g	7.19	FOS
KB705	White Chocolate Latte Thins	170g	7.19	FOS
	<b>DIVINE ORGANIC</b>			
ZX616	85% Dark Choc & Cocoa Nibs	80g	3.49	OSV
ZX632	85% Dark Choc with Lemon	80g	3.45	OSV
ZX629	85% Dark Chocolate	80g	3.45	SVO
ZX630	85% Dark Chocolate	80g	3.45	OSV
ZX643	95% Dark Chocolate	80g	3.45	SVO
	<b>DOISY &amp; DAM</b>			
	<i>25g Bars</i>			
ZX961	Crunchy Almond Butter	25g	1.19	SOG
ZX959	Goji & Orange	25g	1.19	VOGS
ZX956	Lemon, Poppy Seed & Baobab	25g	1.19	OSG

code	product	size	rrp	bfgosv
	<i>80g Bars</i>			
KB068	Coconut & Lucuma	80g	2.85	OSV
KB065	Dark Chocolate Goji & Orange	80g	2.85	OSV
KB073	Date & Himalayan Salt Bar	80g	2.85	SO
KB047	Maca, Vanilla & Cacao Nibs	80g	2.85	OSV
ZX800	Maple, Toast Rice & Pink Salt	80g	2.85	OSV
	<b>EAT YOUR HAT</b>			
KB215	70% Dark Chocolate	91g	3.99	FOSV
KB238	95% Dark Chocolate	81g	3.99	FVOS
KB259	Dark Chocolate with Mandarin	91g	3.99	FOSV
KB257	Dark Chocolate with Turmeric	91g	3.99	FOS
KB256	Milk Chocolate with Cardamom	91g	3.99	FOS
KB249	Milk Chocolate with Sea Salt	91g	3.99	SOF
	<i>Nougat</i>			
KB239	Milk Chocolate	91g	3.99	FOS
	<b>EQUAL EXCHANGE</b>			
KB659	55% Dark Caramel & Sea Salt	100g	2.79	FOS
KB698	65% Organic Dark Orange	100g	2.79	FOSV
KB654	71% Organic Very Dark	100g	2.79	FOSV
KB977	Dark 55% Choc with Almond	100g	2.79	FOS
ZX597	Dark Chocolate with Raspberry	100g	2.79	VSFO
ZX577	Extreme Dark 88% Chocolate	80g	2.79	OVFS
KB640	Lemon, Ginger & Pepper	100g	2.79	OSV
	<b>GREEN &amp; BLACKS</b>			
KB665	Miniature Collection, Milk	180g	7.99	FOS
KB746	Miniature Collection, Original	180g	7.99	FOS
KB940	Tasting Collection	395g	14.90	FOS
KB615	The Connoisseur Collection	580g	20.65	FOS
	<i>100g Bars</i>			
KB116	70% Dark Chocolate	100g	2.39	FOS
KB034	85% Dark Chocolate	100g	2.39	FOS
KB796	Dark Choc Hazelnut & Currant	100g	2.39	FOS
KB935	Dark Chocolate & Burnt Toffee	100g	2.39	FOS
KB132	Dark Chocolate & Ginger	100g	2.39	FOS
ZX251	Maya Gold Dark Chocolate	100g	2.39	FOS
KB908	Milk Choc & Chopped Almonds	100g	2.39	FOS
ZX239	Milk Chocolate	100g	2.39	FOS
KB133	Milk Chocolate & Butterscotch	100g	2.39	FOS
KB370	White Chocolate	100g	2.39	FOS
	<i>Minibars</i>			
KB199	70% Dark Chocolate	35g	0.95	FOS
KB198	Milk Chocolate	35g	0.95	OS
KB136	Milk Chocolate & Butterscotch	35g	0.95	OS
KB177	White Chocolate	35g	0.95	FOS
	<b>LOVING EARTH</b>			
	<i>30g Bars</i>			
ZX829	Caramel Raw Chocolate	30g	1.75	OSV
ZX830	Creamy Coconut Mylk Chocolate	30g	1.75	OSV
ZX832	Mint Dark Raw Chocolate	30g	1.75	OSV
ZX834	Salted Caramel Raw Chocolate	30g	1.75	OSV
	<i>45g Range</i>			
ZX113	Banoffee Bang Bang Choc	45g	2.99	SVO
ZX262	Nutty Mr Maple	45g	2.99	VO
ZX116	Salted Caramel Swayzee	45g	2.99	OSV
ZX115	Turkishly Delightful Truffle	45g	2.99	OSV
ZX111	Very Buck 'N Berry Raw Choc	45g	2.99	SVO

code	product	size	rrp	bfgosv
	<i>80g Bars</i>			
ZX823	Caramel Raw Chocolate	80g	3.99	OSV
ZX825	Creamy Coconut Mylk Chocolate	80g	3.99	OSV
ZX824	Crunchy Mint Raw Dark Choc	80g	3.99	OSV
ZX826	Dark Raw Chocolate	80g	3.99	OSV
ZX828	Salted Caramel Raw Chocolate	80g	3.99	OSV
	<b>MONTEZUMA'S</b>			
	<i>100g Organic Bars</i>			
KB196	73% Very Dark Chocolate	100g	2.45	OSV
KB254	Dark Choc, Geranium & Orange	100g	2.45	OSV
KB194	Dark Chocolate & Chilli	100g	2.45	OSV
KB191	Milk Chocolate	100g	2.45	OS
KB617	Milk Chocolate & Butterscotch	100g	2.45	OS
KB186	Milk Chocolate the Dark Side	100g	2.45	OS
KB616	Milk Chocolate, Chilli & Lime	100g	2.45	OS
	<i>Giant Buttons</i>			
KB272	Dark Chocolate Button Bags	180g	3.79	OV
KB271	Milk Chocolate Button Bags	180g	3.79	O
KB270	White Chocolate Button Bag	180g	3.79	OS
	<i>Mini Bars</i>			
KB416	73% Very Dark Chocolate	30g	1.09	OS
KB871	Absolute Black 100% Cocoa Bar	30g	1.09	SOV
KB414	Milk Chocolate	30g	1.09	SO
KB862	Minted Bar	30g	1.09	SO
KB860	Sea Dog Bar	30g	1.09	SOV
ZX455	Children's Advent Calendar	144g	8.99	OS
ZX640	Dark Chocolate Advent Calendar	240g	9.99	OV
ZX414	Milk Advent Calendar	240g	9.99	O
KB145	Vegan Truffle Collection Box	220g	12.49	GOSV
	<b>MOO FREE</b>			
KB193	Choccy Chum Surprise	20g	0.55	GO
ZX673	Choccy Chums	98g	3.79	GOSV
ZX790	Choccy Drops	25g	0.89	GOSV
KB959	Cranberry & Hazelnut Bar	100g	2.85	GOSV
KB812	Dairy Free Milk Chocolate Bar	100g	2.70	GOSV
KB957	Milk Alternative Banana Bar	100g	2.69	GOSV
	<i>Mini Moos</i>			
KB536	Bunnycomb Bars - Singles	25g	0.85	GOSV
KB419	Dairy Free Cheeky Orange Bar	23g	0.85	GOSV
KB166	Hammy's Original Bar	20g	0.79	GOSV
KB966	Mint Bars - Singles	23g	0.85	GOSV
KB836	Advent Calendar	100g	4.79	OSV
KB227	Hammys Selection Box	135g	4.79	OSV
KB226	Mini Moos Santa Bar	32g	0.99	OSV
KB240	Mini Moos Snowman	32g	0.99	OSV
	<b>OMBAR RAW CHOCOLATE</b>			
ZX419	100% Raw Chocolate	35g	1.99	OVS
ZX659	90% Raw Chocolate	35g	1.99	OV
KB759	Blueberry & Acai Chocolate	35g	1.99	OV
KB761	Coco Dark Chocolate	35g	1.99	OV
KB406	Coco Mylk Raw Chocolate	35g	1.99	OV
ZX657	Coconut & Vanilla Centre	35g	1.99	OV
KB766	Cranberry & Mandarin Chocolate	35g	1.99	OV
KB763	Dark 72% Raw Chocolate	35g	1.99	OV
KB760	Goji Berry Chocolate	35g	1.99	OV
ZX421	Pistachio & Coconut Centre	35g	1.99	OVS
ZX663	Raspberry & Coconut Centre	35g	1.99	OV
KB764	Strawberry Mylk Raw Chocolate	35g	1.99	OV

code	product	size	rrp	bfgosv
	<i>70g Bars</i>			
ZX952	Coco Almonds Raw Chocolate	70g	3.29	GOV
ZX953	Coco Mylk	70g	3.29	GOV
ZX951	Raw Cacao 72%	70g	3.29	GOV
	<i>Buttons</i>			
KB492	Coco Mylk Chocolate Buttons	25g	1.49	OVS
ZX661	Dark 72% Chocolate Buttons	25g	1.49	OV
ZX453	Gift Box of 4 Bars	4 x 35g	9.29	OSV
	<b>ORGANIC SEED &amp; BEAN COMPANY</b>			
	<i>Large Bars</i>			
KB152	37% Milk Choc, Hazels & Almonds	85g	2.69	FOS
KB733	37% Milk Chocolate	85g	2.69	FOS
KB970	58% Dark Choc & Espresso	85g	2.69	FOS
KB155	58% Dark Choc & Hazelnuts	85g	2.69	FOSV
KB979	58% Dark Choc, Lemon & Cardamon	85g	2.69	FOS
ZX793	58% Dark Sweet Orange & Thyme	85g	2.69	FOSV
KB740	66% Dark, Raspberry & Coconut	85g	2.69	OSV
KB736	70% Dark Choc & Sea Salt	85g	2.69	FOSV
KB767	72% Dark Choc & Lavender	85g	2.69	FOSV
KB200	72% Dark Choc & Mint	85g	2.69	FOSV
KB773	72% Dark Choc, Chilli & Lime	85g	2.69	FOSV
KB743	72% Dark choc, Dominican	85g	2.69	FOSV
KB772	72% Dark Choc, Mandarin & Ginger	85g	2.69	FOSV
ZX313	Raspberry & Vanilla White Bar	85g	2.69	FOS
ZX126	Sea Salt & Tropical Lime	85g	2.69	FOS
KB742	White Choc, Lemon & Poppy Seed	85g	2.69	FOS
	<i>Mini Bars</i>			
ZX392	58% Dark Choc & Espresso	25g	1.25	FOS
ZX391	58% Dark Sweet Orange & Thyme	25g	1.25	FOSV
ZX400	72% Dark Choc, Dominican	25g	1.25	FOSV
ZX389	Sea Salt & Tropical Lime	25g	1.25	FOS
	<b>ORGANICA</b>			
KB277	Vegan Diets White Chocolate	100g	2.89	FOVS
	<b>PLAMIL</b>			
KB600	Alternative to Milk Snowmen	125g	4.95	FOSV
ZX807	Milk Chocolate Santa	20g	0.99	FOSV
ZX425	Milk Style Advent Calendar	110g	4.99	FOV
	<b>SO FREE</b>			
	<i>Organic Large Bars</i>			
ZX922	72% Dark Chocolate	80g	2.75	OGSV
ZX921	Extra Dark 87% Chocolate	80g	2.75	OSVG
ZX920	F/trade Milk Choc Alternative	80g	2.75	OGVS
ZX923	Intense Mint 60% Chocolate	80g	2.75	SVOG
ZX924	Tropical Orange Chocolate	80g	2.75	OSVG
ZX926	White Chocolate	70g	2.75	GSOV
ZX318	Milk Advent Calendar	110g	4.99	FOGSV
ZX535	Milk Alternative Santa Bar	20g	1.09	GOSV
ZX462	Organic Snowman in Tray	30g	1.99	OSVG
ZX331	Penguin Box & Giant Buttons	65g	3.49	FGOVS
ZX444	White Choc Advent Calendar	110g	4.99	VSOG
	<b>THE RAW CHOCOLATE CO</b>			
KB307	Cacao Nibs	150g	4.20	GOV
	<i>Bulk</i>			
ZX749	Chocolate Covered Mulberries	10kg		GOV
ZX741	Goji Berries	10kg		GFVO
ZX717	Raw Chocolate Covered Almonds	10kg		OSV

code	product	size	rrp	bfgosv
	<i>Raw Chocolate Bars</i>			
ZX513	Koffee Kapow	38g	2.09	OSV
ZX510	Mint	38g	2.79	OSV
ZX692	Pitch Dark	38g	2.79	OSV
ZX690	Salted Vanoffee Hazelnut	38g	2.79	OSV
ZX517	Silky Coconut	38g	2.79	OSV
ZX689	Vanoffee	38g	2.79	OSV
	<i>Raw Chocolate Coated Snacks</i>			
KB924	Chocolate Cherries	40g	2.99	OSV
KB054	Chocolate Covered Mulberries	125g	5.99	GOV
KB923	Chocolate Favas	40g	2.25	OSV
KB053	Goji Berries	125g	5.99	GFOV
KB360	Goji Berries - Snack Pack	28g	1.79	FOV
KB362	Mulberries - Snack Pack	28g	1.79	FOV
KB855	Raisins - Snack Pack	28g	1.79	OV
ZX884	Raw Chocolate Covered Almonds	25g	1.79	GOSV
ZX182	Raw Chocolate Covered Almonds	110g	5.99	OSV
ZX885	Raw Chocolate Covered Ginger	28g	1.79	GOSV
ZX181	Raw Chocolate Covered Ginger	125g	5.99	OSV
KB903	Vanoffe Covered Mulberries	125g	5.99	FOV
KB915	Vanoffee Cashews	40g	2.99	OSV
	<b>VEGO</b>			
KB821	Mini Whole Hazel Chocolate Bar	65g	2.19	FOVS
KB943	Vegolino Pralines	180g	6.09	FOSV
KB489	Whole Hazelnut Chocolate Bar	150g	3.95	FOV
	<b>VIVANI ORGANIC CHOCOLATE</b>			
KB485	71% Dark Chocolate	100g	2.19	OS
KB851	Dark Choc & Almonds	100g	2.39	OS
KB486	Dark Choc & Cassis Filling	100g	2.39	OS
KB693	Dark Choc & Nougat	100g	2.45	OSV
KB487	Dark Choc & Peppermint Filling	100g	2.39	OS
KB849	Dark Choc & Whole Hazelnuts	100g	2.45	OS
KB484	Dark Chocolate & Orange	100g	2.39	OS
KB243	Dark Marzipan Amaretto	100g	2.39	OS
KB488	Milk & White Cappuccino Choc	100g	2.39	OS
KB480	Milk Choc & Praline Filling	100g	2.39	OS
KB479	Milk Chocolate	100g	2.19	OS
ZX032	Mousse au Coco Chocolate	100g	2.25	SO
KB732	Winter Chocolate	100g	2.39	OS
	<i>Premium Large Bars</i>			
KB632	85% Dark Chocolate	100g	2.45	OS
KB407	92% Dark Choc Panama Estate	80g	2.49	OV
KB901	Dark 75% Chocolate	80g	2.49	OSV
KB048	Dark Choc & Cranberry	100g	2.49	OSV
KB002	Latte Macchiato Praline	100g	2.25	OS
KB008	Milk Caramel Pink Salt Maras	100g	2.49	OS
KB638	White Choc & Vanilla	80g	2.49	OS
	<i>Snack Size</i>			
KB420	Almond Orange Rice Chocolate	35g	1.09	OSV
KB430	Black Cherry	35g	1.09	OSV
KB447	Creamy Caramel	40g	1.09	OS
KB728	Crispy Corn Flakes	35g	1.09	OSV
KB475	Dark Nougat Croccante	35g	1.09	OSV
KB452	Espresso Biscotti	40g	1.09	OS
KB690	Strawberry Wafer Crunch	35g	1.09	SOV
KB476	White Nougat Crisp	35g	1.09	OSV

code	product	size	rrp	bfgosv
	<i>Vivani iChoc</i>			
KB897	Almond & Orange	80g	2.29	OSV
KB882	Choco Cookie	80g	2.29	OSV
KB922	Milkless Chocolate	80g	2.29	VOS
KB738	Super Nut	80g	2.29	VOS
KB881	White Nougat Crisp	80g	2.29	OSV
KB898	White Vanilla	80g	2.29	OSV
	<b>ZOTTER CHOCOLATE</b>			
	<i>Labooko Twin Bars</i>			
KB917	Peru Dark 100%	65g	3.25	FOV
	<b>CHOCOLATE &amp; SWEET SPREADS</b>			
	<b>BIONA</b>			
GH043	Carobia - Carob hazel spread	400g	4.69	OS
GH112	CocoBella Spread Organic	250g	4.99	OSV
GH840	Dark Chocolate Spread - org	350g	3.59	OSV
GH010	Milk Choc Hazel Spread - org	350g	4.19	OS
	<b>BONSAN</b>			
GH129	Mylk Hazelnut Cocoa Spread	350g	4.49	OV
GH123	Plain Choco Spread	350g	3.59	OSV
	<b>ESSENTIAL TRADING</b>			
GH092	Dark Chocolate Spread	400g	3.25	FOSV
GH089	Duo Swirl Chocolate Spread	400g	3.25	FOS
	<b>RAW HEALTH</b>			
GH033	Raw Cacao Brazilnut Bliss	170g	5.39	OV
	<b>SO FREE</b>			
GH223	Milk Choc Spread (Dairy Free)	275g	3.15	OSGV
GH225	Rich Dark Chocolate Spread	275g	3.15	OVGS
	<b>VEGO</b>			
GH075	Hazelnut Chocolate Spread	200g	3.99	SVO
	<b>CHOCOLATES (CHILLED)</b>			
	<b>BOOJA BOOJA</b>			
	<i>Chilled Chocolate</i>			
KB823	Dark Ecuadorian Truffles	69g	5.29	GOSV
ZX679	Espresso Truffles	69g	3.99	GSOV
ZX682	Honeycomb Caramel Truffle	69g	3.99	GSOV
KB827	Raspberry Truffles	69g	5.29	GOSV
ZX680	Toffee Strudel Truffle	69g	3.99	GSOV
	<i>Chilled Chocolates</i>			
KB822	Almond Caramel Truffles	69g	3.99	GOSV
KB824	Fine De Champagne Truffles	69g	3.99	GOSV
KB826	Hazelnut Crunch Truffles	69g	3.99	GOSV
	<i>Gift Boxes</i>			
KB174	Almond Caramel Choc Truffles	138g	8.89	GOSV
KB656	Champagne Truffles	138g	9.95	GOSV
KB175	Fin De Champagne Choc Truffles	138g	8.89	GOSV
KB390	Hazelnut Crunch Choc Truffles	138g	8.89	GOV
KB395	The Wonderbox	230g	18.35	GOSV
KB396	Truffle Selection No.3	138g	8.89	GOSV
	<i>Two Packs</i>			
KB666	Almond Salted Caramel Truffles	2 pack	1.36	GOV
KB667	Fine De Champagne Truffles	2 pack	1.36	GOV
KB668	Hazelnut Crunch Truffles	2 pack	1.35	GOV
	<b>CHRISTMAS FOOD</b>			
	<b>AUTHENTIC BREAD COMPANY</b>			
KB887	Beetroot & Rosemary Biscuits	100g	2.99	O
KB853	Fig & Walnut Cracker	120g	3.39	O

code	product	size	rrp	bfgosv
BT155	Glutenless Christmas Pudding	450g	10.39	OSV
BT154	Glutenless Lux Christmas Cake	450g	9.35	OSV
BT032	Luxury Christmas Pudding	450g	10.15	OS
BT040	Luxury Glutenless Mince Pies	200g	5.05	OSV
BT039	Luxury Mince Pies	200g	4.29	OSV
VF053	Luxury Mincemeat with Cognac	300g	4.59	OSV
KB852	Sea Salt & Cracked Pepper	100g	2.99	OS
	<b>GO VEGAN</b>			
BT297	Organic Spelt Vegan Panettone	500g	14.99	OVS
BT331	Organic Wheat Vegan Panettone	500g	13.99	OVS
BT332	Wheat Panettoni With Chocolate	500g	14.99	OSV
	<b>PROBIOS</b>			
BT370	Organic Gluten Free Panettone	500g	11.99	GOS
	<b>ROOTS &amp; WINGS</b>			
BT380	Christmas Pudding	454g	8.09	OS
BT393	Christmas Pudding In Bowl	454g	13.79	OS
VF286	Cranberry & Orange Sauce	200g	2.99	OSV
BT394	Mince Pies	300g	6.05	OS
BT535	Multiseed & Herb Brittles	125g	2.69	O
VF287	Redcurrant Sauce With Port	200g	2.99	OSV
BT408	Richly Fruited Christmas Cake	120g	4.89	OS
	<b>STEENBERGS</b>			
HE114	Mulled Wine Sachets-Fairtrade	20g	1.99	FOV
	<b>CIDERS</b>			
	<b>ASPALL</b>			
RT023	Aspall Organic Suffolk Cyder	500ml	3.35	OV
	<b>DUNKERTONS</b>			
RT015	Premium Organic Cider	500ml	3.01	OV
RT191	Sparkling Organic Perry	500ml	3.59	OV
	<b>FRENCH CIDER</b>			
RT190	Cidre Brut	75cl	5.85	OV
	<b>LUSCOMBE DRINKS</b>			
RT011	Devon Cider - og	320ml	2.13	OV
	<b>WESTONS</b>			
RT006	Wylldwood Organic Cider	500ml	3.15	OV
	<b>COCOA</b>			
	<b>SUMA BAGGED DOWN - ORGANIC</b>			
LJ149	Cocoa Powder - Organic	3kg		FOV
	<b>SUMA COMMODITIES - ORGANIC</b>			
LJ173	Cocoa Powder Fairtrade	25kg		FOV
	<b>SUMA PREPACKS</b>			
LJ189	Cocoa Powder - Organic	250g	4.79	FOV
	<b>COCOA LOCO</b>			
ZX484	Dark & Praline Hot Choc Spoon	30g	2.19	VSOF
KB637	Dark Hot Chocolate Spoon	30g	2.19	FOSV
KB542	Milk & Orange Chocolate Spoons	30g	2.19	FOS
KB478	Milk Hot Chocolate Spoon	30g	2.19	FOS
KB564	Three Hot Chocolate Spoons	90g	6.15	FOS
	<b>EQUAL EXCHANGE</b>			
TE491	Hispaniola Cocoa Powder - og	250g	4.49	FOV
	<b>GREEN &amp; BLACKS</b>			
TE453	Cocoa Powder - organic	125g	2.59	FOV
TE131	Hot Chocolate	300g	4.49	FOS
	<b>LOVING EARTH</b>			
TE026	Creamy Drinking Chocolate	250g	6.29	OV
TE033	Dark Drinking Chocolate	250g	6.29	OV



code	product	size	rrp	bfgosv
	<b>MONTEZUMA'S</b>			
KB190	Dark Drinking Chocolate	300g	5.65	FOSV
TE699	Xmas Dark Nutmeg Drinking Choc	250g	6.49	OSV
	<b>COCONUT MILK YOGURTS (CHILLED)</b>			
	<b>COYO</b>			
CV343	Morello Cherry Yoghurt	125g	1.99	OSV
CV132	Natural Coconut Milk Yoghurt	125g	1.99	OV
CV135	Natural Coconut Milk Yoghurt	250g	3.49	OV
CV351	Natural Coconut Milk Yoghurt	400g	4.99	OV
CV139	Raw Chocolate Coconut Yoghurt	125g	1.99	OV
CV580	Salted Caramel Coconut Yoghurt	125g	1.99	SOV
CV058	Strawberry Coconut Yoghurt	125g	1.99	OV
CV310	Vanilla Coconut Yoghurt	125g	1.99	OV
	<b>COFFEE</b>			
	<b>SUMA</b>			
	<i>Bulk Packs</i>			
TE103	Colombia Cosurca Beans	1kg	20.28	FOV
TE656	Espresso Beans	1kg	19.69	FOV
TE101	Ethiopia Yirgacheffe Beans	1kg	21.28	FOV
TE109	Honduras Coffee Beans	1kg	17.24	FOV
TE758	Medium Roast Ground Coffee	1kg	19.20	FOV
TE106	Peru Cepicafe Beans	1kg	18.21	FOV
TE107	Sumatra Gayo Highlands Beans	1kg	20.56	FOV
TE113	Swiss Water Decaff Beans	1kg	21.28	FOV
	<i>Roast and Ground Coffees</i>			
TE014	Bolivia Femenino Ground Coffee	227g	4.65	FOV
TE372	Colombia Ground Coffee	227g	4.65	FOV
TE400	Decaffeinated Ground Coffee	227g	5.25	FOV
TE650	Espresso Ground Coffee	227g	4.99	FOV
TE374	Ethiopia Yirgacheffe Ground	227g	4.99	FOV
TE384	Honduras Ground Coffee	227g	4.29	FOV
TE658	India Araku Valley Ground	227g	4.99	FOV
TE643	Medium Roast Ground Coffee	227g	3.99	FOV
TE397	Peru Ground Coffee	227g	4.59	FOV
TE641	Suma Dark Roast	227g	3.99	FOV
TE399	Sumatra Ground Coffee	227g	4.65	FOV
	<i>Roast Whole Bean Coffees</i>			
TE373	Colombia Coffee Beans	227g	4.65	FOV
TE655	Espresso Coffee Beans	227g	4.99	FOV
TE375	Ethiopia Yirgacheffe Beans	227g	4.99	FOV
TE401	Peru Coffee Beans	227g	4.59	FOV
	<b>CAFEDIRECT</b>			
	<i>Instant Coffees</i>			
TE949	Decaffeinated Organic	100g	5.25	FOV
TE792	Smooth Organic	100g	4.99	FOV
	<i>Roast &amp; Ground Coffees</i>			
TE540	Christmas Blend Organic	227g	4.99	FOV
TE952	Machu Picchu Organic Ground	227g	4.50	FOV
TE950	Organic Roast	227g	4.60	FOV
TE793	Origins Blend Organic	227g	4.59	FOV
TE794	Peruvian Reserve Organic	227g	4.79	FOV
	<i>Roast Wholebean Coffees</i>			
TE791	Espresso Blend Organic	227g	4.59	FOV
TE901	Machu Picchu Organic	227g	4.50	FOV
TE795	Peruvian Reserve Organic	227g	4.79	FOV

code	product	size	rrp	bfgosv
<b>CLIPPER</b>				
<i>FOOD SERVICE RANGE</i>				
TE724	Instant - Fairtrade & Organic	500g	21.45	FOV
TE526	Instant Organic Decaff	500g	25.00	FOV
<i>Instant Coffees</i>				
TE879	Fairtrade Org Decaf Instant	100g	5.49	FOV
TE076	Fairtrade Organic Instant	100g	4.99	FOV
TE739	Fairtrade Organic Instant	100g	4.99	FOV
TE422	Fairtrade Organic Instant	100g	4.99	FOV
<i>Roast and Ground Coffees</i>				
TE845	Decaffeinated Ground Coffee	227g	4.49	FOV
TE849	Italian Style Ground Coffee	227g	3.99	FOV
TE705	Papua New Guinea Ground Coffee	227g	3.99	FOV
<b>EQUAL EXCHANGE</b>				
<i>Roast &amp; Ground Coffees</i>				
TE872	Anytime Med Roast Og Ground	227g	4.89	FOV
TE875	Colombian Excelso - og	227g	4.89	FOV
TE347	D.R. Congo	227g	4.89	FOV
TE874	Dark City Og Ground Coffee	227g	4.89	FOV
TE870	Decaffeinated Ground Coffee	227g	5.25	FOV
TE867	Ethiopia Yirgacheffe Og Ground	227g	5.25	FOV
TE812	Guatemalan Ground Coffee	227g	4.89	OV
TE866	Italian Blend Ground Coffee	227g	4.89	FOV
TE876	Women Grew This- Ground Coffee	227g	4.89	FOV
<i>Roast Wholebean Coffees</i>				
TE898	Anytime Med Roast Og Beans	1kg	18.95	FOV
TE402	Dark City Og Coffee Beans	227g	4.89	FOV
TE403	Decaffeinated Og Coffee Beans	227g	5.25	FOV
TE896	Espresso - og	1kg	18.95	FOV
TE834	Guatemalan Og Coffee Beans	227g	4.89	OV
TE408	Italian Blend Coffee Beans	227g	4.89	FOV
TE008	Italian Blend Og Coffee Beans	1kg	18.95	FOV
TE371	Medium Roast Coffee Beans	227g	4.89	FOV
TE409	Women Grew This - Coffee Beans	227g	4.89	FOV
<b>GRUMPY MULE</b>				
<i>Gift Range</i>				
TE844	Grumpy Yule Christmas Blend	227g	4.99	FOV
<i>Roast &amp; Ground Coffees</i>				
TE286	Colombia Cafe Equidad	227g	4.65	FOV
TE289	Decaffeinated	227g	5.25	FOV
TE032	Espresso - Landscape Blend	227g	4.99	FOV
TE265	Ethiopia Shakisso	227g	5.25	OV
TE852	India Araku	227g	4.99	FOV
TE559	Peru Femenino	227g	4.65	FOV
TE285	Sumatra Gayo Highlands	227g	4.65	FOV
<i>Roast Wholebean Coffees</i>				
TE718	Cafe Equidad - Colombia Beans	227g	4.65	FOV
TE290	Espresso - Landscape Blend	227g	4.99	OV
<b>PERCOL</b>				
<i>Roast &amp; Ground Coffees</i>				
TE803	All Day Americano Fairtrade og	200g	4.49	FOV
<b>COFFEE SUBSTITUTES</b>				
<b>BARLEYCUP</b>				
TE698	Instant Cereal Drink Organic	100g	3.69	OV
TE480	Organic Chicory Cup	100g	3.95	OV
<b>PREWETTS</b>				
TE589	Chicory Drink - Organic	100g	3.05	OV

code	product	size	rrp	bfgosv
TE389	WHOLE EARTH Nocaf - organic	100g	2.99	VO
	<b>CONVENIENCE FOODS</b>			
	<b>FREE &amp; EASY</b>			
VF125	Bean Cassoulet - og	400g	2.09	OV
VF116	Chick Pea & Bean Tagine	400g	2.09	OV
VF006	Chick Pea/Vegetable Curry - og	400g	2.09	OV
VF132	Middle Eastern Casserole	400g	2.35	OV
VF141	Sweet Pot/Kale/Coconut Curry	400g	2.35	OV
VF014	Three Bean Chilli - og	400g	2.09	OV
VF127	Vegetable Balti - og	400g	2.09	OV
VF128	Vegetable Hotpot - og	400g	2.09	OV
	<b>GEO ORGANICS</b>			
VF074	Organic Bombay Potatoes	400g	2.15	OSV
VF079	Organic Chickpea & Lentil Dahl	400g	1.99	OV
VF090	Organic Vegetable Hotpot	400g	2.15	OSV
	<b>NATUR COMPAGNIE</b>			
	<i>Organic Snack Pots</i>			
VF313	Asia Veggie Noodle Soup	55g	1.99	OS
VF318	Dhal Couscous Snack Pot	68g	1.99	OSV
VF315	Oriental Couscous Snack Pot	68g	1.99	OS
VF314	Pasta al Funghi	50g	1.99	OS
VF317	Pasta Napoli Snack Pot	59g	1.99	OSV
VF316	Veggie Noodle Soup Snack Pot	50g	1.99	OS
	<b>SUNITA</b>			
FG601	Polenta - organic	500g	1.99	OV
	<b>CRISPS &amp; SNACKS</b>			
	<b>SUMA PREPACKS - ORGANIC</b>			
ZX931	Bombay Mix - organic	125g	0.99	OV
ZX552	Bombay Mix - organic	250g	1.65	OV
	<b>AMAIZIN</b>			
ZX544	Bio Corn Chips Chilli	75g	1.30	OV
ZX589	Bio Corn Chips Nachos	150g	2.29	GOS
ZX543	Bio Corn Chips Natural	150g	1.75	OV
ZX542	Bio Corn Chips Natural	75g	1.30	OV
ZX546	Bio Corn Chips Paprika	75g	1.30	OV
ZX470	Fajita Seasoning Organic	27g	1.55	GOV
ZX429	Natural Corn Chips Value Bag	250g	2.39	OV
ZX399	Organic Taco Shells	150g	2.69	OV
ZX482	Rice Paper Organic	110g	1.99	GOV
ZX458	Tacho Seasoning Organic	30g	1.65	GOV
ZX406	Tomato Corn Rolls	100g	1.55	OS
	<b>BIONA</b>			
ZX424	Potato Chips - Lightly Salted	100g	2.13	OV
	<b>CLEARSPRING</b>			
ZX342	Brown Rice Chips - Buckwheat	60g	1.49	GOV
ZX352	Brown Rice Chips - Red Lentil	60g	1.49	GOV
ZX340	Brown Rice Chips - Wholegrain	60g	1.49	GOV
ZX216	Roasted Seeds & Soya Snack	35g	0.99	GOV
ZX226	Tamari Roast Sicilian Almonds	30g	1.69	GO
ZX129	Tamari Roasted Cashew Nuts	30g	1.69	OV
	<b>EAT REAL</b>			
	<i>Organic - Sharing</i>			
ZX215	Hummus Sea Salt Chips - Org	100g	2.19	GOV
ZX214	Lentil Sea Salt Chips - Org	100g	2.19	GOV
ZX213	Veggie Straws - Organic	100g	2.19	GOSV

code	product	size	rrp	bfgosv
<b>GARCIA</b>				
<i>Sharing Bag</i>				
ZX461	Blue Corn Tortilla Chips - Org	150g	2.59	OVG
ZX200	Veggie Mix Tortilla - Org	150g	2.59	GOV
<b>HIPPEAS</b>				
ZX179	Cheese & Love Chickpea Puffs	22g	1.09	SOV
ZX090	Chilli Haze Chickpea Puffs	22g	1.09	GOSV
ZX176	Far Out Fajita Chickpea Puffs	22g	1.09	SOV
ZX178	Herb Chickpea Puffs	22g	1.09	SOV
ZX538	Salt & Vinegar Puffs	22g	1.09	GOSV
ZX177	Sweet & Smokin' Chickpea Puffs	22g	1.09	GOVS
<i>Large Bags</i>				
ZX188	Cheese & Love Chickpea Puffs	78g	2.29	GOS
ZX070	Chilli Haze Chickpea Puffs	78g	2.29	GOSV
ZX172	Far Out Fajita Chickpea Puffs	78g	2.29	GOSV
ZX171	Herb Chickpea Puffs	78g	2.29	GOSV
ZX600	Salt & Vinegar Puffs	78g	2.29	GOSV
ZX166	Sweet & Smokin' Puffs	78g	2.29	GOVS
<b>LUKE'S ORGANICS</b>				
ZX500	Ancient Grain Multigrain Chips	142g	2.95	GOV
ZX490	Blue Corn Multigrain Chips	142g	2.95	GOV
<i>Sharing bags</i>				
ZX615	Chia Seed Multigrain Chips	142g	2.95	OV
ZX631	Kale Multigrain & Seed Chip	142g	2.95	OV
ZX634	S/Potato Hemp B/Wheat Chips	142g	2.95	OV
<b>TRAF0</b>				
VF061	Lentil Crisps - Arabian Spices	75g	1.89	GOV
VF060	Lentil Crisps - Seasalt	75g	1.89	OV
<i>Handcooked Baked Crisps</i>				
ZX755	Hand Cook Cheese & Onion	40g	0.95	O
ZX473	Hand Cook Rosemary & Sea Salt	40g	0.95	OV
ZX460	Hand Cooked Crisps Seasalt	40g	0.95	O
<i>Hummus Chips</i>				
ZX932	Hummus Chips - Paprika	75g	1.79	OV
ZX934	Hummus Chips - Rosemary	75g	1.79	OV
ZX933	Hummus Chips - Sea Salt	75g	1.79	GOV
<i>Light Baked Crisps</i>				
ZX759	Coconut Oil Baked Crisps	40g	1.19	OV
ZX625	Coconut Oil Baked Crisps	100g	2.59	OV
ZX758	Vegetable Chips	40g	1.59	OV
ZX624	Vegetable Chips	75g	2.29	OV
ZX575	Vegetable Chips Sweet Potato	80g	2.15	OV
ZX626	Virgin Olive Oil Baked Crisps	100g	2.59	OV
<i>Potato Crisps Fried</i>				
ZX053	Paprika Crisps - organic	40g	0.95	OV
ZX055	Salted Crisps - organic	40g	0.95	OV
<i>Snacks</i>				
ZX401	Corn Peanuts	75g	1.39	OV
BT075	Pretzel Sticks	100g	1.35	OV
<i>Tortilla Chips</i>				
VF218	Tortilla Chips - Chilli	75g	0.99	VO
VF226	Tortilla Chips - Natural	75g	0.99	VO
ZX136	Tortilla Chips - Natural	200g	1.89	OV
<i>Tortilla Chips - Stoneground</i>				
VF048	Tortilla Chips - Natural	100g	1.79	OV
VF056	Tortilla Chips - Paprika	100g	1.79	OV
VF073	Tortilla Chips - Sour Cream	100g	1.79	O

code	product	size	rrp	bfgosv
	<b>YAKSO</b>			
ZX371	Java Chips - Seaweed	100g	1.85	OVS
	<b>DAIRY DESSERTS (FROZEN)</b>			
	<b>ROSKILLYS</b>			
XL219	OG Caramel Crunch Ice Cream	500ml	4.70	OS
XL174	OG Caramel Crunch Ice Cream	120ml	1.70	OS
XL325	OG Chocolate Ice Cream	500ml	4.70	OS
XL171	OG Chocolate Ice Cream	120ml	1.70	OS
XL170	OG Clotted Cream Vanilla Ice	120ml	1.70	OS
XL326	OG Mint Choc Chip Ice Cream	500ml	4.70	OS
XL173	OG Mint Choc Chip Ice Cream	120ml	1.70	OS
XL327	OG Strawberry Ice Cream	500ml	4.70	OS
XL172	OG Strawberry Ice Cream	120ml	1.70	OS
XL220	OG Vanilla Ice Cream	500ml	4.20	OS
	<b>YEO VALLEY</b>			
XL250	Double Chocolate Ice Cream	500ml	4.19	OS
XL347	Mint Chocolate Chip Ice Cream	500ml	4.19	OS
XL248	Sea Salted Caramel Ice Cream	500ml	4.19	OS
XL246	Vanilla Ice Cream	500ml	4.19	OS
	<b>DESSERTS</b>			
	<b>CLEARSPRING</b>			
SY015	Sweet Grains Dessert - Millet	370g	3.89	OV
	<b>PROVAMEL</b>			
SY040	Soya alternative to Cream	250ml	1.05	GOV
SY075	Soya Custard	525g	1.45	OV
SY645	Soya Dessert - Caramel	4 x 125g	1.89	SOV
SY195	Soya Dessert - Vanilla	4 x 125g	1.95	GOSV
SY149	Soya Dessert Coconut Chocolate	4 x 125g	2.15	GOSV
	<b>SOJADE</b>			
SY099	Chocolate Soya Dessert	530g	1.55	OSV
SY017	Cuisine- Organic Soya Cream	200ml	0.99	OSV
SY106	Rice Cream - Organic	200ml	1.45	GOV
SY107	Vanilla Custard Style Dessert	530ml	1.55	GOSV
	<b>DESSERTS &amp; PUDDINGS (CHILLED)</b>			
	<b>RACHELS DAIRY</b>			
	<i>Divine Rice Dessert</i>			
CV622	Traditional Creamy	150g	0.89	OS
	<b>DRINKS (CHILLED)</b>			
	<b>ALPRO</b>			
CV088	Organic Fresh Soya Drink	1l	1.89	OV
	<b>BIO-TIFUL DAIRY</b>			
CV342	Org Kefir Milk Drink	500ml	3.09	O
CV361	Org Kefir Milk Drink	250ml	1.79	O
CV359	Org Riazhenka Milk Drink	500ml	2.79	O
CV371	Org Riazhenka Milk Drink	250ml	1.79	O
	<b>BIONA</b>			
CV369	Organic Kefir	250g	1.99	O
	<b>EQUINOX</b>			
CV736	Kombucha Ginger	275ml	2.15	OSV
CV830	Kombucha Grapefruit & Guava	275ml	2.15	OSV
CV737	Kombucha Original	275ml	2.15	OSV
CV741	Kombucha Raspberry/Elderflower	275ml	2.15	OSV
CV742	Kombucha Wild Berry	275ml	2.15	OSV

code	product	size	rrp	bfgosv
	<b>KARMA KOMBUCHA</b>			
	<i>Kombucha</i>			
CV425	Ginger	500ml	3.19	OV
CV434	Lemon	500ml	3.19	OV
CV426	Pomegranate	500ml	3.19	OV
CV435	Raspberry	500ml	3.19	OV
	<b>PROFUSION</b>			
	<i>Kefir</i>			
CV022	Fizzy Tropical Turmeric	250ml	2.89	OV
CV034	Fizzy Zesty Lime & Dragonfruit	250ml	2.89	OV
	<i>Kombucha</i>			
CV642	Baobab Mint Pomegrnt Kombucha	330ml	2.49	OSV
CV720	Blueberry Pro+ Kombucha	330ml	2.99	OSV
CV639	Maca Coconut Pineapp Kombucha	330ml	2.49	OSV
CV725	Mighty Greens Kombucha	330ml	2.99	OSV
CV638	Turmeric Lemon Ginger Kombucha	330ml	2.49	OSV
	<b>EGGS</b>			
	<b>CHIPPENDALE FARM</b>			
CV794	Organic Free Range Eggs	per Doz	3.89	O
	<b>ESSENTIAL OILS</b>			
	<b>AQUA OLEUM</b>			
AR010	Geranium	10ml	10.49	VO
AR241	Lavender	10ml	6.85	VO
AR012	Patchouli	10ml	7.65	VO
AR016	Tea Tree	10ml	5.55	VO
AR017	Ylang Ylang	10ml	8.35	VO
	<b>FAR EASTERN FOOD</b>			
	<b>SUMA</b>			
LJ350	Coconut Milk Organic	400ml	1.95	OV
LJ400	Creamed Coconut Organic	200g	2.15	OV
	<b>AMAIZIN</b>			
LJ178	Og Creamed Coconut	200g	2.09	OV
LJ136	Rich Coconut Milk OG	400ml	2.09	OV
LJ131	Rich Coconut Milk OG	200ml	1.45	OV
WT132	Soya Bean Noodles Natural	200g	3.65	OV
	<b>BIONA</b>			
WT071	Asia Noodles Organic	250g	2.49	OV
VF167	Coconut Cream	400ml	2.19	OV
VF187	Coconut Milk Light Organic	400ml	1.79	OV
VF775	Coconut Milk Organic	400ml	1.89	OV
VF103	Coconut Milk Powder	150g	3.99	OV
VF772	Creamed Coconut Organic	200g	1.99	OV
VF077	Organic Coconut Milk	200ml	1.29	OV
WT101	Spelt Noodles Organic	250g	2.79	OV
JP014	Wasabi Style Horseradish Paste	50g	3.49	OV
	<b>CLEARSPRING</b>			
JP061	Brown Rice Mochi - GF	250g	5.99	GOV
JP060	Brown Rice Vinegar - Organic	150ml	2.39	OV
JP096	Japanese Rice Vinegar	250ml	3.29	OV
JP134	Mikawa Mirin	150ml	4.49	OV
JP057	Miso Ramen Noodles/Miso Soup	170g	4.19	OV
JP100	Rice Mirin	250ml	4.99	OV
JP066	Shiitake Mushrooms - Organic	40g	6.79	OV
JP059	Shoyu Ramen Noodles/Soy Soup	170g	4.19	OV
JP016	Sushi Ginger Pickle Organic	50g	3.39	OV
JP314	Sushi Rice - Organic	500g	2.39	OV

code	product	size	rrp	bfgosv
JP680	Teriyaki Sauce	150ml	2.99	OV
JP026	Tofu	300g	1.95	GOV
JP023	Umami Paste with Chilli- Org	150g	4.49	OSV
JP032	Umami Paste with Ginger - Org	150g	4.49	OSV
JP027	Umeboshi Paste - Organic	150g	5.99	OV
JP095	Umeboshi Plum Seasoning	500ml	6.49	GOV
JP079	Umeboshi Plums Organic	200g	8.99	OV
JP081	Wasabi Powder in Tin - Organic	25g	3.79	OV
	<b>Miso Products</b>			
JP211	Barley Miso Jar	300g	5.79	VO
JP212	Brown Rice Miso Jar	300g	4.49	VO
JP020	Brown Rice Miso Jar (Mini)	150g	2.89	OV
JP030	Brown Rice Miso Pouch	300g	5.59	OV
JP321	Instant Miso Soup and Sea Veg	4 x 10g	3.99	VO
JP018	Instant Miso Soup Paste	4 x 15g	2.49	OV
JP213	Miso - Hatcho	300g	5.59	VO
JP011	Org Instant White Miso Paste	60g	2.49	OV
JP086	Sweet White Miso - Organic	250g	4.49	OV
	<b>Noodles</b>			
JP056	All Buckwheat Soba Noodles	200g	3.99	OV
JP053	Brown Rice Noodles - GF	200g	2.89	OV
JP037	Brown Rice Udon Noodles	200g	2.69	OV
JP054	Brown Rice Wide Noodles - GF	200g	3.15	GOV
JP036	Skinny Soba Somen Noodles	200g	2.69	OV
JP038	Soba Noodles	200g	2.69	OV
JP039	Udon Noodles	200g	2.59	OV
JP040	Wide Udon Noodles	200g	2.59	OV
	<b>Sea Veg</b>			
JP025	Dulse - Atlantic Coast	30g	4.99	OV
JP304	Sea Salad	30g	4.99	OV
JP084	Seaveg Crispies - Chilli	5g	1.15	GOSV
JP029	Seaveg Crispies - Ginger	4g	1.15	GOV
JP082	Seaveg Crispies - Original	5g	0.99	GOSV
JP035	Seaveg Crispies - Turmeric	4g	1.15	GOV
JP089	Seaveg Crispies Multipack-Ging	3 x 4g	2.59	GOV
JP083	Seaveg Crispies Multipack-Orig	3 x 5g	2.49	GOSV
JP094	Seaveg Crispies Multipack-Turm	3 x 4g	2.59	GOV
JP085	Seaveg Crispies Multipk-Chilli	3 x 5g	2.59	GOSV
	<b>Soya Sauce</b>			
JP605	Shoyu	2.5l	23.99	OV
JP129	Shoyu Soya Sauce	150ml	2.39	VO
JP500	Shoyu Soya Sauce	500ml	5.19	VO
JP679	Soya Sauce	150ml	2.19	OV
JP102	Soya Sauce	250ml	3.29	OV
JP098	Tamari Soya Sauce	150ml	2.69	GOV
JP130	Tamari Soya Sauce	150ml	3.39	GOV
JP099	Tamari Soya Sauce	250ml	3.69	GOV
JP001	Tamari Soya Sauce	2.5l	43.29	GOV
JP501	Tamari Soya Sauce	500ml	9.49	GOV
	<b>COCOFINA</b>			
KJ319	Coconut Amino Sauce	250ml	5.99	OV
	<b>COCONUT MERCHANT</b>			
LJ022	Coconut Milk Organic - Bulk	3l		OV
	<b>GEO ORGANICS</b>			
VF228	Indonesian Rendang Curry Paste	180g	2.75	OV
VF229	Indonesian Satay Curry Paste	180g	2.75	OV
VF738	Thai Green Curry Paste OG	180g	2.55	OV

code	product	size	rrp	bfgosv
VF739	Thai Red Curry Paste OG	180g	2.55	OV
VF247	Thai Yellow Curry Paste	180g	2.55	OV
	<b>KING SOBA</b>			
WT210	100% Buckwheat Noodles	250g	2.29	OV
WT954	Black Rice Noodles	250g	2.29	OV
WT037	Brown Rice Noodles	250g	2.19	OV
WT952	Brown Rice Wakame Noodles	250g	2.29	OV
WT953	Buckwheat & Sweet Potato	250g	2.29	OV
WT212	Millet & Brown Rice Noodles	250g	2.19	OV
WT057	Miso Soup Edamame Soya Bean	60g	2.65	OV
WT123	Og Basmati White Rice Noodles	250g	2.29	OFV
WT170	Og Brown Rice Suparamen Noodle	84g	2.09	GOV
WT171	Og Buckwheat Suparamen Noodles	84g	2.09	GOV
WT169	Og Hearty Red Miso Soup	100g	2.89	GOV
WT168	Og Mellow White Miso Soup	100g	2.89	GOV
WT058	Og Miso Soup Pumpkin & Veg	60g	2.65	OV
WT059	Og Miso Soup Tofu & Ginger	60g	2.65	OV
WT099	Organic Brown Rice Ramen	280g	2.99	OV
WT097	Organic Buckwheat Ramen	280g	2.99	OV
WT069	Organic Edame Miso Ramen	80g	2.15	OV
WT087	Pad Thai Noodles Fairtrade	250g	2.29	FOV
WT951	Pumpkin Ginger & Rice Noodles	250g	2.29	OV
WT217	Thai Rice Noodles	250g	2.19	OV
WT088	Vermicelli Noodles Fairtrade	250g	2.29	FOV
	<b>SANCHI</b>			
JP668	Mugi Miso - organic	200g	3.90	O
JP670	Tamari - organic	150ml	3.75	OV
	<b>SEEDS OF CHANGE</b>			
VF063	Sweet & Sour Cooking Sauce	350g	2.99	OSV
	<b>YAKSO</b>			
JP012	Coconut Aminos	250ml	7.25	GOV
WT164	Egg Noodles - organic	250g	1.95	O
JP088	Ghee	300g	10.75	O
JP024	Rice Paper	150g	2.89	OV
VF010	Seitan in Tamari	330g	3.59	OV
JP002	Tamari - organic	125ml	2.25	GOV
JP113	Tamari - organic	250ml	3.95	GVO
VF005	Tempeh	175g	3.39	OV
	<b>YUTAKA</b>			
JP005	Miso Paste - Organic	300g	5.15	OV
JP044	Tamari Soy Sauce - Organic	150ml	3.65	OV
	<b>FLAKES, BRANS &amp; WHEATGERM</b>			
	<b>SUMA BAGGED DOWN - ORGANIC</b>			
FX085	Oats - porridge, organic	10kg		VO
FX033	Oats - Porridge, Organic G/F	10kg		GOV
	<b>SUMA COMMODITIES - ORGANIC</b>			
FX029	Bran Flakes - Org - Added Salt	10kg		OV
FX250	Bran Sticks - organic	15kg		VO
FX027	Buckwheat Flakes - Organic	15kg		OV
FX057	Jumbo Oats - Gluten Free	20kg		OV
FX200	Malted Toasted Wheat Flakes OG	25kg		OV
FX053	Millet Flakes - Organic	15kg		VO
QS002	Oat Groats - Organic	25kg		VO
FX503	Oats - jumbo, organic	25kg		VO
FX009	Oats - porridge	20kg		OV
FX058	Oats - Porridge, Gluten Free	20kg		GOV
FX014	Oats - porridge, organic	25kg		VO



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FX654	Quinoa Flakes - organic	15kg		FOV
FX004	Rice Flakes, Brown - organic	15kg		VO
FX019	Rye Flakes - Organic	20kg		VO
FX170	Wheat Flakes Organic	20kg		OV
	<b>SUMA PREPACKS - ORGANIC</b>			
FX092	Barley Flakes - pearl OG	500g	1.55	OV
FX028	Bran Flakes Org - Added Salt	250g	2.45	OV
FX067	Bran Sticks - organic	250g	1.65	OV
FX024	Buckwheat Flakes - organic	500g	3.89	OV
FX031	Millet Flakes - organic	500g	3.75	OV
FX042	Oats - Jumbo & Gluten Free	750g	4.19	GOV
FX047	Oats - jumbo, organic	750g	2.75	VO
FX044	Oats - Porridge & Gluten Free	750g	4.19	GOV
FX048	Oats - porridge organic	750g	2.75	OV
FX656	Quinoa Flakes - organic	500g	4.25	OV
FX032	Rice Flakes Brown - organic	500g	3.75	OV
FX093	Rye Flakes - organic	500g	1.55	OV
FX213	Toasted Malted Wheat Flakes OG	400g	1.85	OV
FX094	Wheat Flakes - organic	500g	1.49	OV
	<b>ALARA</b>			
FX026	Gluten Free Scottish Porridge	500g	3.99	GOV
	<b>BULK COMMODITIES - ORGANIC</b>			
FX034	Pinhead Oatmeal - Organic	25kg		OV
	<b>HODMEDOD'S</b>			
FX030	Organic Naked Barley Flakes	500g	1.89	OV
	<b>JORDANS</b>			
MX200	Porridge Oats Organic	750g	2.89	OV
	<b>PIMHILL</b>			
FX006	Oats - jumbo, organic	850g	2.39	OV
FX005	Oats - porridge, organic	850g	2.39	OV
	<b>PROFUSION</b>			
FX012	Protein Porridge	350g	4.39	OV
	<b>FLOURS &amp; BREAD MIXES</b>			
FG058	Chickpea Flour	100g	1.89	GO
	<b>SUMA BAGGED DOWN - ORGANIC</b>			
LJ107	Coconut Flour, Organic	3kg		OSV
FG043	Soya Flour - organic	1kg		OV
	<b>SUMA COMMODITIES - ORGANIC</b>			
LJ126	Coconut Flour	20kg		OV
FG171	Polenta - organic	25kg		OV
FG243	Soya Flour - organic	25kg		OV
	<b>SUMA PREPACKS - ORGANIC</b>			
FG149	Brown Rice Flour - organic	500g	1.89	OV
LJ105	Coconut Flour, Organic	500g	2.99	OV
FG128	Maize Flour - organic	500g	1.59	OV
FG205	Soya Flour - organic	250g	1.85	OV
	<b>AMISA</b>			
FG085	Chestnut Flour - Organic	350g	5.89	GOV
FG139	Seeded Bread Mix - G/F, Org	500g	4.69	GOSV
	<b>BACHELDRE WATERMILL</b>			
FG164	Malted Strong 5 Seed Flour Org	1.5kg	4.09	OV
FG187	Plain White Flour - Organic	1.5kg	2.49	OV
FG175	Rye Flour -Organic, Stoneground	1.5kg	3.09	OV
FG179	Spelt Flour - Organic	1.5kg	3.69	OV
FG165	Strong Malted Blend Flour Org	1.5kg	2.59	OV
FG162	Strong Wholemeal Flour Organic	1.5kg	2.49	OV
FG160	White Flour Strong Unbleached	1.5kg	2.49	OV

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	<b>BIOFAIR</b>			
FG027	Organic Fairtrade Quinoa Flour	400g	6.99	FOV
	<b>BIONA</b>			
FG163	Coconut Flour - Organic	500g	3.99	GOV
	<b>CLEARSPRING</b>			
FG180	Breadcrumbs - Brown Rice, GF	250g	3.99	GOV
FG182	Whole Buckwheat Flour	375g	2.59	OV
	<b>DOVES FARM</b>			
FG069	Fine Plain White Flour	1kg	1.39	OV
FG010	Fine Plain Wholemeal Flour	1kg	1.29	VO
FG004	Malthouse Bread Flour	1kg	1.59	OV
FG115	Self Raising Wholemeal Flour	1kg	1.35	OV
FG997	Speciality Pasta Flour	1kg	1.65	OV
FG072	Strong White Bread Flour	1.5kg	1.95	OV
FG008	Strong Wholemeal Bread Flour	1.5kg	1.95	OV
FG070	White Self Raising Flour	1kg	1.45	OV
	<i>Artisan Flour</i>			
FG082	Einkorn Flour	1kg	3.15	OV
FG153	Emmer Flour Wholemeal S/ground	1kg	3.29	OV
FG011	Khorasen Flour Wholegrain	1kg	4.39	OV
FG152	Rye Flour White Organic	1kg	1.95	OV
FG016	Rye Flour Wholegrain Organic	1kg	1.65	OV
FG071	Spelt Flour White Organic	1kg	3.29	OV
FG102	Spelt Flour Wholegrain Organic	1kg	2.79	OV
	<i>Bulk</i>			
FG062	Brown Rice Flour	25kg		GOV
FG005	Maize Flour - organic	25kg		OV
FG888	Malthouse Flour - organic	25kg		OV
FG197	Plain White Flour, Organic, GF	16kg		GOV
FG886	Rye Flour Lite - Organic	25kg		OV
FG067	Spelt Flour - organic	25kg		OV
FG020	Strong White Flour	25kg		VO
FG075	White flour - plain organic	25kg		VO
FG497	White flour - self raising org	25kg		OV
FG498	White flour - strong organic	16kg		OV
FG995	Wholewheat Flour	25kg		OV
FG007	Wholewheat strong flour org	25kg		VO
	<b>GILCHESTERS ORGANICS</b>			
FG019	100% Whole Spelt Flour	1.5kg	3.85	OV
FG014	Pizza & Ciabatta Wheat Flour	1.5kg	3.19	OV
FG018	Semolina Fine Wheat Flour	500g	1.89	OV
FG009	Strong 100% Whole Wheat Flour	1.5kg	2.79	OV
FG006	Strong White Wheat Flour	1.5kg	3.19	OV
FG025	White Flour Strong Unbleached	3kg	5.99	OV
FG036	Whole Wheat Strong Flour	3kg	5.25	OV
FG026	Wholemeal Rye Flour	1.5kg	2.89	OV
	<i>Bulk</i>			
FG110	Pizza & Ciabatta Flour	15kg		OV
FG109	Strong White Flour - S/ground	15kg		OV
FG108	Wholemeal Flour - Stoneground	15kg		OV
	<b>LITTLE SALKELD WATERMILL</b>			
FG804	Barley Flour - organic	500g	2.44	OVB
	<b>MARRIAGES</b>			
FG089	Country Fayre Malted Brown	1kg	1.75	OV
FG258	Og Light Brown Self Raising	1kg	1.55	OV
FG259	Og Plain Light Brown Flour	1kg	1.55	OV
FG563	Og Plain White Flour	1kg	1.55	OV

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FG562	Organic Self Raising White Flr	1kg	1.55	OV
FG024	Organic Strong Bread Flour	1kg	1.69	OV
FG564	Organic Strong White Bread Flr	1kg	1.69	OV
	<b>Bulk</b>			
FG023	Wholemeal Bread Flour-organic	16kg		OV
	<b>RUDE HEALTH FOODS</b>			
FG168	Whole Buckwheat Flour Sprouted	500g	6.49	GOV
FG169	Whole Spelt Flour Sprouted	500g	5.49	OV
	<b>SHIPTON MILL</b>			
FG899	3 Malts/Sunflower Brown Flour	1kg	1.75	OV
FG133	Light Rye 997 Flour Organic	1kg	1.89	OV
FG136	Soft Cake & Pastry White Flour	1kg	1.49	OV
FG190	Spelt Flour - White, Organic	1kg	2.89	OV
FG189	Spelt Flour - Wholemeal, Org	1kg	2.59	OV
FG898	White Flour - Organic	1kg	1.49	OV
FG876	White Strong Organic Flour	2.5kg	3.59	OV
FG077	Wholemeal Flour - Organic	1kg	1.49	OV
FG079	Wholemeal Organic Flour	2.5kg	3.55	OV
	<b>Specialist Flour</b>			
FG080	Chestnut Flour	500g	6.49	OV
	<b>FRESH MISO (CHILLED)</b>			
	<b>TIDEFORD ORGANIC FOODS</b>			
	<i>Organic, Vegan and Gluten-Free</i>			
CV628	Fresh Brown Rice Miso	320g	5.35	GOV
CV762	Fresh Haccho Miso	320g	5.35	GOV
CV629	Fresh Red Miso	320g	5.35	GOV
CV633	Fresh White Miso	320g	5.35	GOV
	<b>FRUIT - CANNED &amp; JARRED</b>			
	<b>BIONA</b>			
VF134	Apple Puree Organic	700g	2.79	OS
KJ166	Jackfruit In Salted Water	2.8kg	14.99	OV
KJ506	Organic Jackfruit in Water	400g	2.99	OV
	<b>CLEARSPRING</b>			
VF190	Apple & Apricot Puree - Org	2 x 100g	1.49	OV
VF188	Apple & Blueberry Puree - Org	2 x 100g	1.49	OV
VF170	Apple & Mango Puree - Org	2 x 100g	1.49	OV
VF189	Apple & Plum Puree - Organic	2 x 100g	1.49	OV
VF335	Apple & Strawberry Puree - og	2 x 100g	1.49	OV
VF152	Jackfruit Chunks	500g	2.99	OV
VF336	Pear & Banana Organic Puree	2 x 100g	1.49	OV
VF155	Pear Puree - organic	2 x 100g	1.49	OV
	<b>ESSENTIAL TRADING</b>			
KJ263	Mango Chunks in Org Juice	400g	2.29	VO
KJ125	Organic Jackfruit in Water	400g	2.99	OV
KJ262	Pineapple Chunks In Org Juice	400g	2.29	VO
KJ260	Tropical Fruits in Org Juice	400g	2.29	VO
	<b>FRUIT - DRIED</b>			
	<b>SUMA BAGGED DOWN - ORGANIC</b>			
DR050	Apricots - organic	1kg		OV
DR082	Apricots - organic	2.5kg		OV
DR131	Cherries Sour - Organic	1kg		OV
DR219	Cranberries - organic	1kg		OSV
DR079	Currants - organic	2.5kg		OV
DR236	Dates - organic	1kg		OV
DR080	Dates - organic	2.5kg		VO
DR062	Dates - organic Medjool	1kg		OV

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DR072	Dates OG pitted fairly traded	1kg		FOV
DR048	Figs - Organic	1kg		OV
DR105	Figs - organic	2.5kg		OV
DR026	Ginger - crystallised organic	1kg		OSV
DR040	Mulberries White - Organic	1kg		OV
DR052	Prunes, pitted - organic	1kg		OV
DR081	Prunes, pitted - organic	2.5kg		OV
DR053	Raisins - organic	1kg		OV
DR145	Raisins - organic	2.5kg		OV
DR056	Sultanas - organic	1kg		OV
DR146	Sultanas - organic	2.5kg		OV
DR423	Vine Fruit Mix - organic	1kg		OV
DR391	Vine Fruit Mix - organic	5kg		OV
<b>SUMA COMMODITIES - ORGANIC</b>				
DR043	Apricots - Organic	12.5kg		VO
DR869	Banana Chips - Organic	6.8kg		OS
DR130	Cherries Sour - Organic	8kg		OV
DR908	Cranberries - Organic	11.34kg		OSV
DR111	Currants - Organic	12.5kg		OV
DR986	Dates - Fairtrade Organic	5kg		FOV
DR524	Dates - Medjool Whole Organic	6.8kg		OV
DR112	Dates - Whole Pitted Organic	5kg		OV
DR044	Figs - Organic	10kg		OV
DR007	Ginger - Organic	5kg		OSV
DR033	Mulberries White - Organic	6kg		OV
DR142	Prunes - Organic	12.5kg		OV
DR045	Raisins - Organic	12.5kg		OV
DR046	Sultanas - Organic	12.5kg		OV
<b>SUMA PREPACKS - ORGANIC</b>				
DR063	Apricots - organic	250g	2.19	OV
DR250	Apricots - organic	500g	3.95	OV
DR655	Banana Chips - organic	250g	2.15	OS
DR132	Cherries sour - Organic	125g	2.55	OV
DR325	Cranberries - organic	125g	2.35	OSV
DR057	Cranberries - organic	250g	4.25	OSV
DR073	Currants - organic	250g	2.75	OV
DR251	Currants - organic	500g	4.99	OV
DR159	Dates - organic Medjool	250g	5.45	OV
DR074	Dates - pitted organic	250g	2.65	OV
DR252	Dates - pitted organic	500g	4.75	OV
DR720	Dates -og pitted fairly traded	250g	2.85	FOV
DR064	Figs - organic	250g	3.25	OV
DR254	Figs - organic	500g	6.05	OV
DR011	Ginger - crystallised organic	125g	2.19	OSV
DR020	Ginger - crystallised organic	250g	3.99	OSV
DR049	Mulberries White - Organic	125g	1.99	OV
DR077	Pitted Prunes - organic	250g	3.75	OV
DR253	Pitted Prunes - organic	500g	6.95	OV
DR065	Raisins - organic	250g	1.89	OV
DR255	Raisins - organic	500g	3.29	OV
DR066	Sultanas - organic	250g	1.65	OV
DR256	Sultanas - organic	500g	2.69	OV
DR365	Vine Fruit Mix - organic	500g	3.79	OV
<b>CRAZY JACK</b>				
DR354	Organic Ready to Eat Apricots	250g	4.99	OV
DR191	Organic Ready to Eat Dates	250g	2.65	OV
DR355	Organic Ready To Eat Figs	250g	2.85	OV
DR356	Organic Ready to Eat Prunes	250g	5.30	OV

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	<b>NATURYA</b>			
DR076	Mulberries - White Organic	210g	6.99	O
	<b>PEARLS OF SAMARKAND</b>			
DR218	Barberries	100g	5.65	OV
DR019	Jack Fruit	100g	4.49	OV
DR217	Sour Cherries	100g	3.35	OV
DR232	Sweet Cherries	100g	3.29	OV
	<b>THE RAW CHOCOLATE CO</b>			
DR188	Goji Berries	150g	6.49	OV
	<b>TROPICAL WHOLEFOODS</b>			
DR200	Fairtrade Organic Mango	100g	2.75	FOV
DR234	Sun Dried Pineapple	100g	2.45	OV
	<b>FRUIT (FROZEN)</b>			
	<b>NATURAL COOL</b>			
XL142	Organic Berry Mix	300g	3.49	OVB
XL145	Organic Blueberries	300g	3.49	OVB
XL179	Organic Raspberries	300g	3.85	OV
XL182	Organic Sour Cherries	300g	3.49	OV
XL180	Organic Strawberries	300g	3.49	OV
XL148	Organic Tropical Mix	300g	3.65	OVB
	<b>WINDMILL HILL</b>			
XL282	British Organic Blackcurrants	400g	2.89	OV
	<b>FRUIT &amp; VEGETABLE JUICES</b>			
	<b>BEET IT</b>			
	<i>From James White</i>			
JU454	Beetroot Juice - og	250ml	1.59	OV
JU453	Beetroot Juice - og	750ml	3.09	OV
JU205	Beetroot Juice & Passion Fruit	750ml	3.09	OV
JU719	Beetroot Juice with Apple - og	1l	3.79	OV
JU204	Beetroot Juice with Ginger	750ml	3.09	OV
	<b>BIONA</b>			
JU703	Biona Ginger Juice - og	200ml	3.89	OV
JU702	Lemon Juice - og	200ml	1.99	OV
	<i>Glass Bottles</i>			
JU297	Acerola Cherry Juice - og	330ml	5.99	OV
JU543	Apple Juice - organic	1l	3.99	OV
JU288	Carrot Juice, pure pressed og	1l	3.69	OV
JU521	Cranberry Fruit Drink Organic	750ml	4.99	OV
JU508	Cranberry Juice 100% Pure	330ml	5.49	OV
JU127	Cranberry Juice 100% Pure	750ml	8.99	OV
JU132	Elderberry Pure Superjuice	330ml	3.69	OV
JU343	Multi-7 Red Fruit & Veg	1l	4.49	OV
JU541	Orange Juice - og	1l	5.69	OV
JU028	Organic Blueberry Juice	330ml	6.29	OV
JU448	Peach, Apricot & Apple Juice	1l	3.89	OV
JU182	Pomegranate Pure Juice - og	200ml	1.89	OV
JU181	Pomegranate Pure Juice - og	1l	4.99	OV
JU349	Purple Carrot Juice, Pressed	1l	4.49	OV
JU269	Red Grape Juice Organic	1l	4.69	OV
JU131	Tart Cherry Pure Superjuice	200ml	2.29	OV
JU130	Tart Cherry Pure Superjuice	1l	4.99	OV
JU289	Tomato Juice, pure pressed og	1l	3.69	OV
	<i>Tetrapacks</i>			
JU286	Apple & Blueberry Juice - og	1l	4.99	OV
JU295	Apple & Cranberry Juice - og	1l	4.99	OV
JU252	Apple Juice - og	1l	3.69	OV
JU184	Beetroot Juice, pressed - og	500ml	2.19	OV

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JU151	Carrot Juice - og	500ml	1.99	OV
JU185	Vegetable Juice, pressed - og	500ml	1.99	OV
<b>EDEN</b>				
JU024	Beetroot Juice - Organic	750ml	5.60	OV
JU026	Carrot Juice - organic	750ml	5.60	VO
<b>JAMES WHITE</b>				
JU621	Apple & Crushed Ginger - og	250ml	1.39	OV
JU864	Apple & Ginger - og	750ml	3.09	OV
JU095	Apple Juice - og	750ml	3.09	OV
JU064	Apple Juice - og	250ml	1.39	OV
JU325	Carrot - og	750ml	3.09	OV
JU862	Carrot & Apple Juice - og	750ml	3.09	OV
JU608	Carrot & Apple Juice - og	250ml	1.39	OV
JU144	Carrot & Ginger - og	750ml	3.09	OV
JU152	Carrot & Ginger - og	250ml	1.39	OV
JU606	Mixed Case	250ml	1.39	OV
JU863	Pear & Raspberry Juice - og	750ml	3.25	OV
JU605	Pear & Raspberry Juice - og	250ml	1.39	OV
JU860	Pear Juice - og	750ml	3.09	OV
JU599	Pear Juice - og	250ml	1.39	OV
JU431	Tomato - og	750ml	3.09	OV
JU324	Vegetable Juice - og	750ml	3.09	OV
<b>LA BIO IDEA</b>				
JU088	Lemon Plus - OG lemon juice	200ml	1.05	OV
<b>LUSCOMBE DRINKS</b>				
JU106	Apple & Pear Juice	240ml	1.69	OV
JU105	English Apple Juice	240ml	1.52	OV
JU445	Orange Juice	240ml	1.65	OV
<b>PIP ORGANIC</b>				
JU670	Org Cloudy Apple Fruit Juice	4 x 180	4.65	OV
JU697	Pineapple & Mango Smoothie	4 x 180	4.65	OV
JU696	Strawberry & Blackcurrant	4 x 180	4.65	OV
<i>Fruity Waters</i>				
JU698	Blackcurrant,Raspberry,Apple	4 x 200	1.15	OV
JU699	Mango,Orange & Apple	4 x 200m	1.15	OV
<b>RABENHORST</b>				
JU679	Beetroot Juice	750ml	3.99	OV
JU227	Cherry Nectar	750ml	5.47	OV
JU173	Hot Apple Ginger	750ml	4.99	O
JU212	Winter Warmer	750ml	4.99	OV
<b>SUNITA</b>				
JU671	Lemon Juice - organic	250ml	2.65	OV
JU672	Lemon Juice - organic	1l	7.25	OV
JU129	Orange Juice - organic	1l	5.55	OV
<b>FRUIT JUICE CONCS &amp; CORDIALS</b>				
<b>SUMA</b>				
JU241	Apple & Blackcurrant og	400ml	6.29	OV
JU243	Apple Juice Concentrate - og	5l	50.99	OV
JU240	Apple Juice OG	400ml	5.69	OV
<b>BELVOIR</b>				
JU275	Organic Elderflower Cordial	500ml	5.49	OSV
JU359	Organic Elderflower Rose Cord	500ml	5.49	OSV
JU276	Organic Ginger Cordial	500ml	5.49	OSV
JU355	Organic Lemon & Mint Cordial	500ml	5.49	OSV
<b>ROCKS</b>				
JU426	Blackcurrant Squash - organic	740ml	3.49	OSV
JU427	Lemon Squash - organic	740ml	3.49	OSV
JU428	Orange Squash - organic	740ml	3.49	OSV

code	product	size	rrp	bfgosv
<b>GOATS MILK PRODUCTS (CHILLED)</b>				
<b>BERGERIE</b>				
CV583	Fresh Goat Cheese Organic	100g	1.95	0
CV581	Goat Milk Yoghurt Natural Org	125g	0.75	0
CV084	Natural Goat Milk Yoghurt	400g	2.99	0
<b>BIONA</b>				
CV205	Fresh Goats Cheese - Organic	100g	4.39	0
<b>GRAINS</b>				
<b>SUMA BAGGED DOWN - ORGANIC</b>				
QS156	Amaranth - Organic	3kg		OV
QS040	Buckwheat - unroasted, organic	5kg		VO
QS030	Bulgar wheat - organic	3kg		VO
QS152	Corn Couscous - Organic	3kg		VO
QS049	Couscous - wholemeal, organic	3kg		VO
QS092	Millet - organic	3kg		OV
QS012	Oat Groats - Organic	5kg		VO
QS151	Popcorn - organic	1kg		VO
QS153	Popcorn - organic	3kg		VO
QS016	Quinoa - organic	1kg		OV
QS606	Quinoa - organic	3kg		OV
QS069	Red Quinoa - organic	1kg		OV
QS071	Red Quinoa - organic	3kg		OV
QS566	Rice - arborio, organic	3kg		OV
QS668	Rice - basmati, brown organic	3kg		VO
QS664	Rice - basmati, white organic	3kg		VO
QS036	Rice- long grain brown organic	3kg		VO
QS035	Rice- long grain brown organic	10kg		VO
QS039	Rice-short grain brown organic	3kg		VO
QS038	Rice-short grain brown organic	10kg		VO
<b>SUMA COMMODITIES - ORGANIC</b>				
QS154	Amaranth	25kg		OV
QS116	Buckwheat - unroasted, organic	25kg		OV
QS250	Bulgar wheat - organic	25kg		OV
QS115	Couscous - wholemeal, organic	25kg		OV
QS235	Millet - organic	25kg		OV
QS149	Organic Corn Couscous	25kg		OV
QS564	Pearl Barley Grain	20kg		VO
QS042	Popcorn - organic	25kg		OV
QS201	Quinoa - organic	25kg		OV
QS063	Red Quinoa - organic	25kg		OV
QS825	Rice - arborio organic	25kg		VO
QS667	Rice - basmati, brown organic	25kg		OV
QS666	Rice - basmati, white organic	25kg		OV
QS034	Rice-long grain brown organic	25kg		OV
QS037	Rice-short grain brown organic	25kg		VO
<b>SUMA PREPACKS - ORGANIC</b>				
QS155	Amaranth - Organic	500g	2.09	OV
QS068	Buckwheat - unroasted organic	500g	1.95	OV
QS300	Bulgar wheat - organic	500g	1.85	OV
QS150	Corn Couscous - Organic	500g	3.79	OV
QS301	Couscous - wholemeal, organic	500g	2.09	OV
QS322	Millet - organic	500g	1.99	VO
QS124	Oat Groats - Organic	500g	2.05	VO
QS165	Pearl barley, organic	500g	1.35	OV
QS070	Popcorn - organic	500g	1.95	OV
QS086	Quinoa - organic	500g	2.99	OV
QS065	Red Quinoa - organic	500g	3.99	OV

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QS677	Rice - arborio, organic	500g	3.15	OV
QS302	Rice - basmati, brown organic	500g	2.29	OV
QS252	Rice - basmati, brown organic	750g	3.25	OV
QS303	Rice - white basmati organic	500g	2.45	OV
QS213	Rice - white basmati, organic	750g	3.45	OV
QS100	Rice -long grain brown organic	750g	3.15	VO
QS066	Rice-long grain brown organic	500g	2.19	OV
QS067	Rice-short grain brown organic	500g	2.15	OV
QS101	Rice-short grain brown organic	750g	3.05	VO
QS072	Wheat grain - organic	500g	1.09	OV
<b>BIOFAIR</b>				
QS015	Organic Fairtrade Quinoa Red	500g	5.69	FOV
QS024	Organic Fairtrade Quinoa Tri	500g	5.49	FOV
QS081	Organic FT Black Quinoa Grain	400g	4.89	OV
QS013	Quinoa Grain Organic Fairtrade	500g	4.99	FOV
<b>BIONA</b>				
QS096	Jasmine Brown Rice Organic	500g	2.69	OV
QS105	Pudding Rice Organic	500g	2.69	OV
QS099	Red Camargue Rice Organic	500g	3.49	OV
QS098	Risotto Brown Rice Organic	500g	2.89	OV
QS097	Wild Rice Mix Organic	500g	3.59	OV
<b>CLEARSPRING</b>				
<i>Quick Cook</i>				
QS126	Rice & Quinoa Organic	250g	2.79	OV
<b>DOVES FARM</b>				
QS047	Wheat grain - organic	25kg		VO
<b>HODMEDOD'S</b>				
QS045	Organic White Quinoa - British	500g	3.79	OV
<b>SEEDS OF CHANGE</b>				
QS091	Quinoa & Wholegrain Rice	240g	2.85	OV
<b>SHARPHAM PARK</b>				
QS058	Pearled Spelt	500g	3.20	OV
QS148	Spelt Grain Organic	500g	2.05	OV
<b>GRAVY, STOCK &amp; BOUILLON</b>				
<b>SUMA</b>				
LJ650	Organic Bouillon	150g	2.39	GOV
LJ675	Organic Bouillon	500g	7.15	GOV
LJ680	Organic Bouillon	800g	9.75	GOV
LJ685	Organic Bouillon Reduced Salt	150g	2.65	GOV
LJ690	Organic Bouillon Reduced Salt	500g	7.25	GOV
LJ695	Organic Bouillon Reduced Salt	800g	10.59	GOV
<b>KALLO</b>				
LJ102	French Onion Stock Cubes	66g	1.59	GOVS
LJ103	Garlic & Herb Stock Cubes	66g	1.59	GOVS
LJ171	Low Salt Vegetable Stock Cubes	60g	1.59	GOVS
LJ122	Mushroom Stock Cubes	66g	1.59	GOVS
LJ101	Tomato & Herb Stock Cubes	66g	1.59	GOVS
LJ120	Vegetable Stock Cubes	66g	1.59	GOV
LJ208	Vegetable Stock Pot	96g	1.99	GOSV
<b>MARIGOLD</b>				
LJ211	Bouillon Cubes	8	1.29	GOV
LJ073	Bouillon Powder - Organic	150g	2.39	GOV
LJ238	Bouillon Powder - Organic	500g	7.15	GOV
LJ326	Gravy Powder - Organic	110g	2.19	OVS
LJ212	Low Salt Bouillon Cubes	8	1.49	GOV
LJ074	Organic Bouillon Reduced Salt	140g	2.49	GOV
LJ321	Yeast Free Bouillon Stock Cube	84g	1.39	GOV



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<b>NINE MEALS FROM ANARCHY</b>				
LJ210	Real Veg Stock - Garden Herb	105g	3.49	OV
LJ033	Real Veg Stock - Original	105g	3.49	OV
LJ213	Real Veg Stock - Umami	105g	3.49	OV
<b>HERB &amp; FRUIT INFUSIONS</b>				
<b>CELESTIAL SEASONINGS</b>				
TE984	Chamomil & Lavander Herb Tea	20 bags	2.95	OV
TE987	Cinnamon & Cardamom Herb Tea	20 bags	2.95	OV
TE986	Ginger & Turmeric Herb Tea	20 bags	2.95	OV
TE985	Matcha Green Tea	20 bags	2.95	OV
<b>CLIPPER</b>				
<i>FOOD SERVICE RANGE</i>				
TE148	Chamomile - og	25 bags	2.53	FOV
TE141	Chamomile - og	250 bags		FOV
TE455	Lemon & Ginger - og	25 bags	2.96	OV
TE459	Lemon & Ginger - og	250 bags		OV
TE166	Peppermint - og	25 bags	2.53	FOV
TE162	Peppermint - og	250 bags		FOV
TE797	Redbush - og	25 bags	2.53	OV
TE454	Wild berry - og	25 bags	2.96	OV
<i>Functionals</i>				
TE629	Organic Detox	20 bags	1.45	OV
TE631	Organic Sleep Easy	20 bags	1.45	OV
<i>Gift Range</i>				
TE404	Caddy - English Breakfast	1	9.99	FOV
TE344	Caddy - Green Tea	1	9.99	FOV
TE327	Caddy - Snore & Peace	1	9.99	FO
TE324	Organic Infusions Variety Box	1	11.99	FOV
<i>Organic Infusions</i>				
TE118	After Dinner Mints	20 bags	2.19	OV
TE537	Blackcurrant & Acai - og	20 bags	2.00	OV
TE009	Calmer Chameleon	20 bags	2.39	OV
TE788	Chamomile - og	20 bags	1.45	OV
TE963	Dandelion - og	20 bags	1.45	OV
TE694	Fennel - og	20 bags	1.45	OV
TE197	Flower Power	20 bags	2.39	OV
TE200	Happy Mondays	20 bags	2.39	OV
TE960	Lemon & Ginger - og	20 bags	1.79	OV
TE942	Liquorice - og	20 bags	1.79	OV
TE120	Love Me Truly	20 bags	2.19	OV
TE959	Nettle - og	20 bags	1.45	OV
TE663	Nettle & Peppermint - og	20 bags	1.45	OV
TE958	Orange & Coconut - og	20 bags	1.79	OV
TE789	Peppermint - og	20 bags	1.45	OV
TE307	Raspberry Leaf - og	20 bags	1.79	OV
TE536	Red Fruits & Aronia Berry - og	20 bags	2.00	OV
TE125	Rise & Shine	20 bags	2.19	OV
TE525	SKinni Vanilli	20 bags	2.39	OV
TE127	Snore & Peace	20 bags	2.19	OV
TE956	Wild Berry - og	20 bags	1.79	OV
<i>Redbush</i>				
TE011	Redbush - og	80 bags	3.70	OV
<b>DRAGONFLY</b>				
TE588	Cape Rooibos & Honeybush	20 bags	2.59	OV
<b>DRAGONFLY TEAS</b>				
TE440	Cape Malay Rooibos Chai - og	20 bags	2.05	OV
TE569	Golden Balance Detox	20 bags	2.69	OV

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TE581	Herb Garden Digestif	20 bags	2.69	OV
TE338	Moonlight Jasmine - og	20 bags	1.79	OV
TE339	Moroccan Mint - og	20 bags	2.05	OV
TE546	Night Sky Calm	20 bags	2.69	OV
TE813	Skinny Dragon Pu'er Tea - og	20 bags	2.09	OV
TE234	Swirling Mist White Tea - og	20 bags	2.29	OV
	<b>ELEVEN O'CLOCK</b>			
TE382	Rooibosch - og	80 bags	5.09	VO
TE381	Rooibosch - organic	40 bags	2.59	VO
	<b>ESSENTIAL TRADING</b>			
TE271	Camomile Tea	20 bags	1.65	FOV
TE279	Peppermint Tea	20 bags	1.65	FOVB
	<b>FLORADIX</b>			
TE126	Hawthorn	15 bags	1.95	OV
TE457	Sage	15 bags	1.95	VO
	<b>HAMBLEDEN TEAS</b>			
TE598	Chamomile - og	20 bags	2.49	OV
TE604	Lemon Verbena - og	20 bags	2.49	OV
TE605	Lime Flower - organic	20 bags	3.49	OV
TE433	Nettle - og	20 bags	2.49	OV
TE606	Peppermint - og	20 bags	2.49	OV
TE607	Rosehip - og	20 bags	3.49	OV
	<b>HAMPSTEAD TEA</b>			
TE550	Camomile	20 bags	2.49	OVB
TE600	Fennel Liquorice	20 bags	2.49	OVB
TE555	Lavender Valerian	20 bags	2.49	OVB
TE572	Lemon Ginger	20 bags	2.49	OVB
TE556	Peppermint Spearmint	20 bags	2.49	OVB
TE557	Rosehip Hibiscus	20 bags	2.49	OVB
	<b>HEATH AND HEATHER</b>			
	<i>Organics</i>			
TE096	Apple & Cinnamon	20 bags	2.49	OV
TE299	Blackcurrant	20 bags	2.49	OV
TE665	Camomile	20 bags	2.49	OV
TE122	Camomile & Spearmint	20 bags	2.49	OV
TE160	Dandelion, Burdock & Hawthorn	20 bags	2.49	OV
TE688	Echinacea	20 bags	2.49	OV
TE180	Echinacea & Cranberry	20 bags	2.49	OV
TE681	Fennel	20 bags	2.49	OV
TE621	Green Tea - organic	50 bags	3.19	OV
TE742	Green Tea with Coconut - og	20 bags	2.49	OV
TE295	Morning Time	20 bags	2.99	OV
TE685	Nettle	20 bags	2.49	OV
TE296	Night Time Tea	20 bags	2.99	OV
TE269	Oriental Chai & Liquorice	20 bags	2.49	OV
TE662	Peppermint	20 bags	2.49	OV
TE682	Raspberry Leaf	20 bags	2.49	OV
TE273	Sage & Lemon Myrtle	20 bags	2.49	OV
TE297	Slim Tea	20 bags	2.99	OV
TE298	Super Seeds	20 bags	2.99	OV
TE594	Turmeric Root Brew	20 bags	2.99	GOV
TE274	Wild Rosehip	20 bags	2.49	OV
	<b>HIGHER LIVING</b>			
TE825	Chamomile & Vanilla - organic	15 bags	2.42	OV
TE771	Cinnamon - organic	15 bags	2.42	OV
TE757	Ginger Kick - organic	15 bags	2.42	OV
TE856	Golden Turmeric	15 bags	2.42	OV

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TE826	Green Tea - organic	20 bags	2.42	OV
TE827	Green Tea Chai - organic	20 bags	2.42	OV
	<b>PUKKA</b>			
TE438	After Dinner Tea	20 bags	2.99	OV
TE927	Blackcurrant Beauty	20 bags	2.99	OV
TE719	Chamomile Vanilla Manuka Hon	20 bags	2.99	OV
TE421	Clean Matcha Green	20 bags	2.99	FOV
TE568	Cleanse	20 bags	2.99	OV
TE509	Day To Night Collection	20 bags	3.29	OV
TE387	Detox	20 bags	2.99	OV
TE331	Elderberry & Echinacea	20 bags	2.99	OV
TE609	Ginseng Matcha Green	20 bags	2.99	FOV
TE678	Green Collection	20 bags	3.29	OV
TE721	Herbal Collection	20 bags	3.29	OV
TE055	Lean Matcha Green	20 bags	2.99	GOV
TE334	Lemon Ginger & Manuka Honey	20 bags	2.99	OV
TE481	Lemongrass and Ginger	20 bags	2.99	OV
TE478	Licorice and Cinnamon Tea	20 bags	2.99	OV
TE393	Love	20 bags	2.99	OV
TE490	Mint Matcha Green	20 bags	2.99	FOV
TE165	Mint Refresh	20 bags	2.99	OV
TE640	Motherkind Baby	20 bags	2.99	OV
TE651	Motherkind Pregnancy	20 bags	2.99	OV
TE246	Night Time	20 bags	2.99	OV
TE095	Original (Black Spice) Chai	20 bags	2.99	FOV
TE043	Peppermint and Licorice	20 bags	2.99	OV
TE170	Relax	20 bags	2.99	OV
TE171	Revitalising	20 bags	2.99	OV
TE542	Supreme Green Matcha	20 bags	2.99	FOV
TE811	Three Chamomile	20 bags	2.99	OV
TE328	Three Cinnamon	20 bags	2.99	OV
TE602	Three Fennel	20 bags	2.99	OV
TE245	Three Ginger	20 bags	2.99	OV
TE814	Three Licorice	20 bags	2.99	OV
TE592	Three Tulsi	20 bags	2.99	OV
TE238	Triple Mint	20 bags	2.99	OV
TE058	Turmeric Active	20 bags	2.99	GOV
TE623	Turmeric Gold	20 bags	2.99	FOV
TE094	Vanilla Chai	20 bags	2.99	FOV
TE725	Wild Apple Cinnamon & Ginger	20 bags	2.99	OV
TE727	Womankind	20 bags	2.99	OV
TE692	Wonder Berry Green Tea	20 bags	2.99	OV
	<b>Lattes</b>			
TE530	Cacao Maca Magic Latte	90g	4.99	OV
TE534	Ginger Joy Latte	90g	4.99	OV
TE531	Majestic Matcha Chai Latte	90g	7.99	OV
TE532	Turmeric Gold latte	90g	4.99	OV
	<b>Wellbeing 7 Day Kits</b>			
TE278	Night Time 7 Day Kit	1	9.99	OV
TE281	Relax 7 Day Kit	1	9.99	OV
TE287	Seasonal Wellness 7 Day Kit	1	9.99	OV
TE303	Turmeric Brainwave 7 Day Kit	1	9.99	OV
	<b>TICK TOCK</b>			
TE431	Green Rooibos - organic	40 bags	1.89	OV
TE430	Rooibos - organic	40 bags	2.25	OV
TE434	Rooibos - organic	80 bags	4.39	OV
TE436	Rooibos Loose Leaf - organic	100g	1.99	OV

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	<b>TULSI</b>			
TE175	Tulsi Brahmi	25 bags	3.29	OV
TE186	Tulsi Ginger	25 bags	3.29	OV
TE206	Tulsi Green	25 bags	3.29	OV
TE173	Tulsi Original	25 bags	3.29	OV
	<b>TWININGS</b>			
	<i>A Moment of Calm</i>			
TE268	Camomile - og	20 bags	2.99	OV
	<i>Revive &amp; Revitalise</i>			
TE284	Peppermint Tea - og	20 bags	2.99	OV
	<b>YOGI TEA</b>			
TE593	Alkaline Herbs	17 bags	2.39	GOV
TE553	Bed Time - og	17 bags	2.39	OV
TE250	Bedtime Rooibos Vanilla - og	17 bags	2.39	OV
TE204	Black Chai - og	17 bags	2.39	OV
TE346	Breath Deep - og	17 bags	2.39	OV
TE348	Calming/Relax - og	17 bags	2.39	OV
TE863	Choc Mint - og	17 bags	2.39	OV
TE597	Choco - og	17 bags	2.39	OV
TE135	Choco Chilli Organic Tea	17 bags	2.39	OV
TE902	Christmas Tea	17 bags	2.39	OV
TE192	Classic Original	17 bags	2.39	OV
TE551	Detox - og	17 bags	1.99	OV
TE208	Echinacea - og	17 bags	2.39	OV
TE591	Finest Selection	18 bags	2.69	GOV
TE835	Ginger - og	17 bags	2.39	OV
TE293	Ginger Lemon - og	17 bags	2.39	OV
TE836	Ginger Orange & Vanilla	17 bags	2.39	OV
TE275	Ginseng - og	17 bags	2.39	OV
TE195	Green Balance - og	17 bags	2.39	OV
TE209	Green Chai - og	17 bags	2.39	OV
TE194	Green Energy - og	17 bags	2.39	OV
TE787	Green Tea Matcha Lemon	17 bags	2.39	OV
TE645	Heartwarming - og	17 bags	2.39	OV
TE187	Himalaya - og	17 bags	2.39	OV
TE785	Immune Support	17 bags	2.39	OV
TE998	Inner Harmony	17 bags	2.39	OV
TE193	Licorice - og	17 bags	2.39	OV
TE837	Licorice Mint - og	17 bags	2.39	OV
TE638	Lime Mint - og	17 bags	2.39	OV
TE552	Men's - og	17 bags	2.39	OV
TE252	Positive Energy Cranberry Hib	17 bags	2.39	OV
TE001	Rooibos - og	17 bags	2.39	OV
TE283	Rose - og	17 bags	2.39	OV
TE350	Stomach Ease - og	17 bags	2.39	OV
TE211	Sweet Chai - og	17 bags	2.39	OV
TE428	Sweet Chilli	17 bags	2.39	OV
TE554	Throat Comfort - og	17 bags	1.99	OV
TE018	Turmeric Chai - og	17 bags	2.39	OV
TE733	Wellbeing	17 bags	2.39	OV
TE012	White Tea with Aloe Vera	17 bags	2.39	OV
TE017	women's Balance Tea	17 bags	2.39	OV
TE355	Women's Energy	17 bags	2.39	OV
TE351	Women's tea-og	17 bags	2.39	OV

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<b>HERBS &amp; SPICES - BULK</b>				
<b>BULK ORGANIC</b>				
HE707	Cinnamon Ground - OG	500g		OV
HE079	Coriander Ground - OG	1kg		OV
HE076	Coriander Seeds - OG	1kg		OV
HE118	Cumin Seeds - Organic	1kg		OV
HE735	Ginger Powder Organic	500g		OV
HE082	Oregano - OG	1kg		OV
HE083	Smoked Paprika - OG	1kg		OV
HE732	Turmeric - OG	500g		OV
HE703	Whole Black Peppercorns - OG	500g		VO
<b>HERBS &amp; SPICES - PREPACKED</b>				
<b>SUMA ORGANIC</b>				
<i>Herbs - organic</i>				
HE365	Basil - organic	20g	1.35	OV
HE366	Bay Leaves - organic	10g	1.35	OV
HE377	Dill Herb - organic	15g	1.35	OV
HE380	Mixed Herbs - organic	20g	1.35	OV
HE385	Oregano - organic	20g	1.35	OV
HE387	Parsley - organic	15g	1.35	OV
HE390	Rosemary - organic	20g	1.35	OV
HE391	Sage - organic	25g	1.35	OV
HE392	Tarragon - Organic	10g	1.09	OV
HE393	Thyme - Organic	25g	1.35	OV
<i>Milled Spices - organic</i>				
HE371	Chilli powder - organic	25g	1.35	OV
HE166	Cinnamon - Fairtrade, organic	25g	1.35	FOV
HE370	Cinnamon - organic	30g	1.35	OV
HE374	Coriander - organic	40g	1.35	OV
HE376	Cumin Ground - organic	25g	1.35	OV
HE379	Ginger - organic	30g	1.35	OV
HE169	Ginger - organic, Fairtrade	25g	1.35	FOV
HE381	Mixed Spice - organic	25g	1.35	OV
HE384	Nutmeg, organic	20g	1.35	OV
HE386	Paprika - organic	25g	1.35	OV
HE162	Pepper - Black, F/T, organic	25g	1.45	FOV
HE394	Turmeric - organic	30g	1.35	OV
HE170	Turmeric - organic, Fairtrade	25g	1.35	FOV
<i>Seasonings - organic</i>				
HE378	Garlic Granules - organic	25g	1.35	OV
<i>Selection Packs</i>				
HE017	Organic Herb Selection	12		OV
HE025	Organic Spice Selection	12		OV
<i>Whole Spices - organic</i>				
HE367	Caraway Seeds - organic	30g	1.35	OV
HE369	Cinnamon Bark - organic	15g	1.35	OV
HE372	Cloves - organic	20g	1.35	OV
HE373	Coriander Seed - organic	40g	1.35	OV
HE375	Cumin Seed - organic	25g	1.35	OV
HE368	Green Cardamom Pods - organic	10g	1.65	OV
HE382	Mustard Seed - black, organic	50g	1.35	OV
HE388	Peppercorns - black, organic	25g	1.35	OV
HE389	Poppy Seed Blue - organic	40g	1.35	OV
HE163	Whole Black Peppercorns OG, FT	25g	1.35	FOV
HE167	Whole Cloves - Organic & FT	25g	1.45	FOV
<b>HAMBLEDEN HERBS</b>				
HE070	Mulling Spices - og	25g	4.99	OV

code	product	size	rrp	bfgosv
	<b>HONEY</b>			
	<b>EQUAL EXCHANGE</b>			
HY005	Organic clear	500g	5.90	FO
HY004	Organic set	500g	5.90	FO
	<b>HILLTOP HONEY</b>			
HY075	Organic Acacia Honey	370g	6.59	O
HY068	Organic Fairtrade Honey	227g	4.49	FO
HY078	Organic Honeydew Honey	370g	6.69	O
HY301	Organic Limeflower Honey	370g	6.59	OG
HY076	Organic Multi Flower Honey	370g	6.69	OG
	<b>LITTLEOVER APIARIES</b>			
HY037	Organic Acacia Honey	340g	5.39	O
HY040	Organic Clear Wildflower Honey	340g	3.79	O
HY052	Organic Forest Honey	340g	8.00	O
HY041	Organic Wildflower Set Honey	340g	3.79	O
	<b>MERIDIAN</b>			
HY011	Pure Blossom Honey - Squeezy	340g	4.99	O
	<b>RAW HEALTH</b>			
HY013	Acacia Honey	350g	5.29	O
HY016	Tropical Honey	350g	6.29	O
	<b>ROWSE</b>			
HY263	Organic Honey - Clear	340g	3.99	O
HY264	Organic Honey - Set	340g	3.99	O
HY267	Squeezable Organic Honey	340g	3.99	O
	<b>TROPICAL FOREST</b>			
HY032	Forest Honey - clear, organic	340g	4.35	FO
HY601	Forest Honey - clear,organic	7lb		FO
HY033	Forest Honey - set, organic	340g	4.35	FO
HY602	Forest Honey - set,organic	7lb		FO
	<b>HOUSEHOLD CLEANING PRODUCTS</b>			
	<b>BRIOCHIN ARTISAN</b>			
HJ224	Disinfectant Cleaner	750ml	1.59	O
HJ174	Linseed Oil for Wood Floors	1l	1.99	O
HJ192	Linseed Oil Soap	1l	1.99	O
HJ308	Linseed Oil Soap Ready To Use	750ml	1.59	O
	<b>HOUSEHOLD PRODUCTS</b>			
	<b>WAFI ROOM FRAGRANCE</b>			
NF529	Geranium Room Fragrance	100ml	5.99	OV
NF527	Lavender Room Fragrance	100ml	5.99	OV
NF528	Lemongrass Room Fragrance	100ml	5.99	OV
NF530	Peppermint Room Fragrance	100ml	5.99	OV
	<b>INDIAN FOOD</b>			
	<b>BIONA</b>			
VF100	Red Lentil & Turmeric Dahl	350g	3.39	OV
VF092	Satay Spicy Peanut Simmer	350g	3.39	OV
VF091	Tikka Masala Simmer Sauce	350g	3.39	OV
	<b>GEO ORGANICS</b>			
VF740	Balti Paste OG	180g	2.19	OV
VF249	Bhuna Curry Paste	180g	2.19	OV
VF743	Korma Paste OG	180g	2.19	OV
VF742	Madras Curry Paste OG	180g	2.19	OV
KJ573	Mango Chutney OG Fairtrade	300g	2.99	FOSV
VF744	Tikka Masala Paste OG	180g	2.19	OV
	<b>Dahl</b>			
VF148	Coconut & Kale	400g	2.10	OV
VF149	Tadka Dahl	400g	1.99	OV

code	product	size	rrp	bfgosv
	<b>SEEDS OF CHANGE</b>			
VF069	Korma Sauce - og	350g	2.99	OS
VF064	Tikka Masala Sauce - OG	350g	2.99	OS
	<b>JAMS &amp; FRUIT SPREADS</b>			
	<b>BIONA</b>			
JS015	Organic Apricot Spread	250g	2.89	OV
JS016	Organic Forest Fruit Spread	250g	2.89	OV
JS039	Organic Strawberry Spread	250g	2.89	OV
JS001	Pear & Apple Spread - organic	450g	4.89	OV
	<b>BIONOVA</b>			
JS137	Bilberry Jam - organic	340g	2.55	OSV
JS141	Raspberry Jam - organic	340g	2.55	VOS
JS140	Strawberry Jam - organic	340g	2.55	OSV
JS133	Tangy Marmalade - organic	350g	2.69	OSV
	<b>FRUIT TREE</b>			
KJ197	Apricot Fruit Spread	250g	3.59	OV
KJ201	Blueberry Fruit Spread	250g	3.99	OV
KJ204	Mango Fruit Tree Spread	250g	3.59	OV
KJ198	Peach Fruit Spread	250g	3.59	OV
KJ199	Raspberry Fruit Spread-Organic	250g	3.99	OV
KJ196	Strawberry Fruit Spread	250g	3.59	OV
KJ200	Summer Berries Fruit Spread	250g	3.99	OV
	<b>MERIDIAN</b>			
JS018	Apricot Spread - organic	284g	2.69	VO
JS019	Blackcurrant Spread - organic	284g	2.69	VO
JS304	Cherries & Berries Spread - og	284g	2.69	OV
JS020	Morello Cherry Spread -organic	284g	2.69	VO
JS077	Plum Spread - organic	284g	2.69	OV
JS245	Raspberry Spread - organic	284g	2.69	OV
JS017	Seville Orange Spread -organic	284g	2.69	VO
JS021	Strawberry Spread - organic	284g	2.69	VO
JS100	Wild Blueberry Spread - og	284g	2.69	OV
	<b>TRADCRAFT</b>			
GH165	Organic Orange Marmalade	340g	2.59	FOVS
GH166	Organic Strawberry Jam	340g	3.09	FOVS
	<b>MARGARINES &amp; SPREADS (CHILLED)</b>			
	<b>SUMA</b>			
	<i>Non Hydrogenated Oils</i>			
MA060	Soya Spread Organic	500g	3.09	VOS
MA065	Sunflower Spread Organic	500g	3.09	VO
	<b>BIONA</b>			
CV038	Cocomega Spread	250g	3.49	OV
MA468	Extra Olive Spread	250g	3.49	OV
MA061	Vegetable Margarine	250g	2.89	OV
MA030	Vegetable Margarine	500g	4.39	OV
	<b>LANDKRONE</b>			
MA004	Organic Margarine	10kg		VO
	<b>NUTCRAFTER</b>			
CV311	Organic Buttah Spread	120g	4.50	OV
	<b>MAYONNAISE &amp; SALAD DRESSINGS</b>			
	<b>SUMA</b>			
KJ022	Organic Mayonnaise	1kg	9.75	O
KJ080	Organic Mayonnaise	300g	2.95	O
	<b>BIONA</b>			
KJ401	Mayo - Egg & Soya Free	230g	2.49	OV

code	product	size	rrp	bfgosv
<b>BONSAN</b>				
KJ176	Caesar Dressing	325ml	3.19	OSV
KJ178	Cocomayo	235ml	2.69	OSV
KJ167	Sweet Mustard Dressing	325ml	3.19	OSV
KJ181	Vegan Aioli	235ml	2.69	OSV
<b>GEO ORGANICS</b>				
KJ334	Organic Chilli Mayo, Vegan	232g	2.39	OV
KJ333	Organic Mayo, Vegan	232g	2.39	OV
<b>KITE</b>				
KJ230	Mayonnaise	2.5kg		O
KJ536	Mayonnaise organic	150g	1.99	O
<b>MR ORGANIC</b>				
KJ498	Egg Free Garlic Mayo	180g	2.79	GOV
KJ488	Free From Mayonnaise	180g	2.79	OV
KJ215	Seitan Pasta Sauce	350g	2.69	OV
<b>PLAMIL</b>				
<i>Catering</i>				
LJ360	Egg Free Mayonnaise - organic	2.5kg	23.59	GOSV
<i>Organic</i>				
LJ259	Egg Free Mayonnaise - organic	315g	3.19	GOSV
<b>SIMPLY DELICIOUS</b>				
KJ366	Garlic Mayonnaise	300ml	3.29	OS
KJ368	Plain Mayonnaise	300ml	3.29	OS
<b>MEAT FREE ALTERNATIVES (FROZEN)</b>				
<b>IMPULSE FOODS</b>				
XL109	Organic Garlic & Herb Tempeh	227g	2.89	OV
XL107	Organic Tempeh	227g	2.85	OV
<b>MEATLESS SUBSTITUTES (CHILLED)</b>				
<b>BONSAN</b>				
CV578	Kofu Chicken Style Chunks	160g	4.19	OSV
CV586	Kofu Sausages	170g	4.19	OV
CV641	Kofu Steak	120g	2.99	OSV
CV573	Vegan Breakfast Scramble	200g	3.99	OSV
<b>DRAGONFLY</b>				
<i>Burgers</i>				
CV704	Country Vegetable Burger	200g	2.25	OV
CV705	Mexican Spice Burger	200g	2.25	OV
CV162	Mixed Burgers	200g	2.25	OV
CV702	Mushroom and Garlic Burger	200g	2.25	OV
<i>Sausages</i>				
CV046	Original Soysage	200g	2.50	OV
<b>FLORENTIN</b>				
CV930	Falafel	240g	3.75	OV
CV944	Tamruc Falafel	240g	3.85	OV
<b>SOJADE</b>				
CV167	Grilled Seitan Steak	200g	3.45	OV
CV790	Natural Seitan Steak	210g	3.45	OV
CV791	Spinach Seitan Steak	200g	3.99	OV
<b>TAIFUN</b>				
CV011	Grill Sausages	250g	4.19	OV
CV686	Puszta Weiner	300g	4.99	OV
CV053	Spelt & Sunflower Cutlets	200g	3.19	OV
CV831	Tofu Herb Sausages	250g	4.29	O
CV445	Tofu Mini Weiners	160g	3.19	OV
CV263	Tofu/Hazel/Spelt Cutlets	200g	3.79	OV
CV340	Veggie Barbeque Sausages	250g	4.29	OV
CV010	Wiener/Frankfurters	300g	4.99	OV



code	product	size	rrp	bfgosv
	<b>VIANA</b>			
CV404	Bonanza Veggie Steaks	210g	3.59	OSV
CV392	Organic Doner Kebab	200g	3.59	OV
CV414	Real Jumbo Frankfurters	275g	3.95	SOV
CV402	Robinson Burger	200g	3.09	OV
	<b>WHEATY</b>			
CV685	Country Style Sausages	150g	2.99	OV
CV683	Gran Chorizo	200g	5.59	OV
CV241	Merguez Vegan Sausage	200g	4.39	OV
CV689	Salami Slices	100g	2.35	OV
CV505	Seitan Medallions	175g	3.59	OV
CV690	Smoked Slices	100g	2.35	OV
CV267	Vegan Chorizo Slices	80g	2.75	OV
CV261	Vegan Doner Kebab	200g	4.79	OV
CV250	Vegan Hot Dogs	200g	4.39	OV
CV023	Virginia Steak	175g	3.59	OV
	<i>Spacebars</i>			
CV691	Chorizo	40g	1.19	OV
CV692	Hemp	40g	1.16	OV
CV303	Red Hot Chilli Peppers	40g	1.39	OV
	<b>MIDDLE EASTERN &amp; AFRICAN FOOD</b>			
	<b>AMISA</b>			
KJ105	Falafel Mix	160g	1.89	GOV
	<b>CARLEY'S</b>			
KJ240	Preserved Lemon - Organic	700g	5.19	OV
	<b>GEO ORGANICS</b>			
KJ182	Chickpea & Apricot Tagine	400g	1.99	OSV
KJ183	Moroccan Chickpea Tagine	400g	2.10	OV
	<b>JUST WHOLEFOODS</b>			
VF183	Falafel Mix - organic	120g	1.65	OV
	<b>MILK - FRESH (CHILLED)</b>			
	<b>YEO VALLEY</b>			
	<i>Minimum 4 days shelf life</i>			
CV128	Yeo Organic Semi-Skimmed Milk	1l	1.45	O
CV124	Yeo Organic Whole Milk 1L	1l	1.45	O
	<b>MILK - NON DAIRY</b>			
	<b>DREAM</b>			
JU361	Rice Dream - Original	1l	1.95	VO
JU362	Rice Dream - Vanilla	1l	2.15	VO
	<b>ECOMIL</b>			
SY275	Almond Drink	1l	3.49	OV
SY012	Almond Drink Powder	400g	14.95	GOV
SY030	Cuisine - Almond Cream	200ml	1.60	GOV
SY144	Cuisine - Bechamel	200ml	1.89	GOV
SY137	Cuisine - Cashew Cream	200ml	1.69	GOV
SY059	Cuisine - Coconut Milk	200ml	1.69	GOV
SY134	Cuisine - Shiitake Cream	200ml	1.89	GOV
SY053	No Sugar Almond + Calcium	1l	3.49	OV
SY021	No Sugar Almond Drink	1l	3.49	OV
SY063	No Sugar Almond Vanilla	1l	3.49	OV
SY058	No Sugar Coconut Milk	1l	3.49	OV
SY014	No Sugar Hazelnut Drink	1l	3.49	OV
SY155	No Sugar Hemp Drink	1l	3.49	OV
SY279	Soya Drink Powder (sweetened)	400g	12.95	OV
	<b>MINOR FIGURES</b>			
SY172	Organic Masala Chai	1l	5.69	OSV

code	product	size	rrp	bfgosv
	<b>OATLY</b>			
SY019	Cream - Dairy Free	250ml	1.09	VO
JU377	Oatly Oat Drink Organic	1l	1.75	OV
	<b>PLAMIL</b>			
SY009	Soya Milk, unsweetened - og	1l	2.25	GOV
	<b>PLENISH</b>			
SY119	Almond M*lk	1l	2.99	OV
SY120	Cashew M*lk	1l	2.99	OV
SY118	Coconut M*lk	1l	2.99	OV
SY121	Hazelnut M*lk	1l	2.99	OV
SY170	Oat M*lk - Gluten Free	1l	2.99	GOV
	<b>PROVAMEL</b>			
SY090	Almond Drink - Organic	1l	2.79	OV
SY094	Almond Drink - Unsweetened	1l	2.79	GOV
SY146	Cashew Drink - Organic	500ml	1.79	OSV
SY152	Coconut & Almond Drink	1l	2.89	GOSV
SY011	Coconut & Rice Drink	1l	1.89	GOV
SY086	Coconut & Rice Drink	250ml	1.19	OV
SY088	Oat Drink - Organic	1l	1.75	OV
SY064	Rice & Almond Drink	1l	2.35	GOSV
SY103	Rice & Calcium Drink - Organic	1l	1.89	GOV
SY007	Rice Drink - organic	1l	1.89	GVO
SY067	Soya Drink - Banana	250ml	0.60	OV
SY033	Soya Drink - Chocolate	250ml	0.60	OV
SY143	Soya Drink - Chocolate	1l	1.89	OV
SY032	Soya Drink - Strawberry	250ml	0.60	OV
SY027	Soya Drink - Vanilla	250ml	0.60	OV
SY034	Soya Drink - Vanilla	1l	1.89	OSV
SY080	Soya Milk - sweetened	1l	1.65	GOV
SY126	Soya Milk - Sweetened with	250ml	0.55	GOV
SY026	Soya Milk - Unsweetened	500ml	1.05	GOV
SY025	Soya Milk - Unsweetened	1l	1.65	GOV
SY123	Soya Unsweetened Organic PMP	1l	1.19	OV
	<b>RUDE HEALTH FOODS</b>			
SY129	Almond Drink - Organic	1l	2.49	GOV
SY004	Almond Drink - Organic	250ml	1.50	GOV
SY130	Brown Rice Drink - Organic	1l	2.29	GOV
SY085	Cashew Drink - Organic	1l	3.50	GOV
SY082	Coconut Drink	250ml	1.50	GOV
SY044	Coconut Drink Organic	1l	2.99	GOV
SY060	Hazelnut Drink	250ml	1.50	GOV
SY148	Hazelnut Drink - Organic	1l	2.99	GOV
SY115	Hazelnut/Cacao Drink - Organic	1l	3.49	GOV
SY037	Oat Drink - Organic	1l	2.29	GOV
SY110	Peanut Drink - Organic	1l	2.49	GOV
SY117	Tiger Nut Drink Organic	1l	2.99	GOV
SY159	Ultimate Almond Milk - Organic	1l	3.85	GOV
	<b>SOJADE</b>			
SY010	Hemp Drink - unsweetened	1l	2.79	OV
SY400	Rice Drink - calcium enriched	1l	1.69	OV
SY018	Soya Milk - calcium & apple	1l	1.75	VO
SY016	Soya Milk - unsweetened	1l	1.49	OV
SY023	Soya Milk - Vanilla & Calcium	1l	1.95	OSV
	<b>SWEET REVOLUTION</b>			
SY081	Coconut Milk Powder	350g	8.75	OV
	<b>THE BRIDGE</b>			
SY160	Coconut Drink	1l	2.25	GOV
SY002	Oat Drink	1l	1.75	OV

code	product	size	rrp	bfgosv
SY560	Oat Drink - Calcium Enriched	1l	1.99	OV
SY150	Rice Cream - Organic	200ml	1.09	OV
SY068	Rice Drink - Cacao	250ml	0.99	OV
SY042	Rice Drink - Calcium Enriched	1l	1.75	GOV
SY487	Rice Drink - Original	1l	1.75	GOV
SY452	Rice Drink + Almond	1l	2.09	GOV
SY008	Rice Drink + Coconut	1l	2.09	GOV
<b>THE COCONUT COMPANY</b>				
SY116	Coconut Milk Powder - Organic	250g	5.49	GOV
<b>MILK (LONGLIFE)</b>				
<b>MOO</b>				
MJ011	Semi Skimmed Milk - Organic	1l	1.99	O
<b>NON-DAIRY DESSERTS (FROZEN)</b>				
<b>BOOJA BOOJA</b>				
<i>Alternative to Dairy Ice Cream</i>				
XL258	Caramel Pecan Praline Ice Crea	110ml	2.05	OV
XL263	Caramel Pecan Praline Ice Crm	500ml	6.19	OSV
XL259	Choc Salted Caramel Ice Cream	500ml	6.19	OV
XL255	Hazel Choc & Truffle Ice Cream	500ml	6.19	OV
XL332	Hazel Choc & Truffle Ice Cream	110ml	2.05	OV
XL033	Hunky Punky Chocolate	500ml	6.19	OV
XL031	Hunky Punky Chocolate	110ml	2.05	OV
XL038	Keep Smiling Vanilla M'Gorilla	500ml	6.19	OV
XL410	Keep Smiling Vanilla M'Gorilla	110ml	2.05	OV
XL257	Raspberry Ripple Ice Cream	500ml	6.19	OV
XL256	Raspberry Ripple Ice Cream	110ml	2.05	OV
<b>JOLLYUM</b>				
<i>Organic Soya Ice-Cream</i>				
XL091	Double Chocolate Ice Cream	125ml	1.89	OV
XL095	Double Chocolate Ice Cream	500ml	5.79	OV
XL099	Maple & Pecan Ice Cream	500ml	5.79	OV
XL092	Maple and Pecan Ice Cream	125ml	1.89	OV
XL093	Passion Fruit & Choc Ice Cream	125ml	1.89	OV
XL103	Passion Fruit & Choc Ice Cream	500ml	5.79	OV
XL094	Summer Strawberry Ice Cream	125ml	1.89	OV
XL110	Summer Strawberry Ice Cream	500ml	5.79	OV
<b>PIP ORGANIC</b>				
XL205	Apple Fruit Squeezer	105ml	0.99	OV
XL217	Berry Fruit Squeezer	105ml	0.99	OV
XL252	Tropical Fruit Squeezer	105ml	0.99	OV
<b>NUT &amp; SEED BUTTERS</b>				
<b>SUMA</b>				
GH135	Peanut Butter, crunchy	340g	3.59	FVO
GH022	Peanut Butter, crunchy + salt	340g	3.49	VO
GH047	Peanut Butter, crunchy + salt	700g	6.35	VO
GH256	Peanut Butter, crunchy no salt	340g	3.49	VO
GH248	Peanut Butter, crunchy no salt	700g	6.35	VO
GH023	Peanut Butter, smooth + salt	340g	3.49	VO
GH051	Peanut Butter, smooth + salt	700g	6.35	VO
GH257	Peanut Butter, smooth no salt	340g	3.49	VO
GH096	Peanut Butter, smooth no salt	700g	6.35	VO
GH950	Tahini - dark, organic	280g	4.05	OV
GH675	Tahini - light, organic	280g	4.05	OV
<b>BIONA</b>				
GH210	Almond Butter Smooth Organic	170g	4.99	OV
GH102	Almond Butter Smooth Organic	350g	9.39	OV

code	product	size	rrp	bfgosv
GH211	Cashew Nut Butter - og	170g	4.99	OV
GH103	Peanut Butter Crunchy Organic	1kg	7.89	OV
GH104	Peanut Butter Smooth Organic	1kg	7.89	OV
<b>CARLEY'S</b>				
GH024	Almond Butter- Organic	170g	4.25	OV
GH025	Cashew Butter- Organic	170g	4.45	OV
GH034	Pumpkinseed Butter - og	250g	3.55	OV
GH215	Raw Almond Butter	250g	6.65	OV
GH216	Raw Almond Butter	425g	8.95	OV
GH209	Raw Brazilnut Butter	170g	5.45	OV
GH709	Raw Hemp & Linseed Butter	170g	3.65	OV
GH014	Raw Pecan Butter	170g	5.45	OV
GH041	Raw Rainforest Nut Butter	170g	5.75	OV
GH213	Raw Walnut Butter	170g	3.75	OV
GH712	Raw White Almond Butter	170g	3.95	OV
GH042	Sunflower Butter- Organic	250g	2.55	OV
<b>COCOFINA</b>				
GH156	Coconut Butter	335g	6.99	OV
<b>EQUAL EXCHANGE</b>				
GH704	Peanut Butter -Crunchy no salt	280g	2.99	FOV
<b>MERIDIAN</b>				
GH072	Almond Butter Smooth + salt	170g	3.99	OV
GH057	Cashew Butter Smooth Organic	170g	4.49	OV
GH028	Peanut Butter Crunchy + Salt	280g	2.69	OV
GH109	Peanut Butter Smooth-org +salt	280g	2.69	OV
GH064	Tahini - dark, organic	270g	2.99	OV
GH020	Tahini - light, organic	270g	2.99	OV
GH205	Tahini - light, organic	454g	4.49	OV
<b>100% Nuts</b>				
GH094	Almond Butter Smooth Organic	170g	3.99	OV
GH169	Almond Butter Smooth Organic	454g	9.99	OV
GH171	Brazil Nut Butter	170g	6.99	OV
GH063	Peanut Butter Crunchy	280g	2.69	OV
GH097	Peanut Butter Crunchy Organic	1kg	7.99	OV
GH128	Peanut Butter Crunchy Organic	454g	3.99	OV
GH110	Peanut Butter Smooth	280g	2.69	OV
GH069	Peanut Butter Smooth	1kg	7.99	OV
GH200	Peanut Butter Smooth Organic	454g	3.99	OV
<b>100% Seeds</b>				
GH046	Pumpkin Seed Butter - og	170g	2.99	OV
GH070	Sunflower Seed Butter Smooth	170g	2.99	OV
<b>PROFUSION</b>				
GH137	Hemp Peanut Butter - Organic	350g	4.29	OV
<b>RAW ECSTASY</b>				
GH141	Activated Almond Butter	140g	8.49	OV
<b>RAW HEALTH</b>				
GH036	Raw Superseed Spread	170g	2.99	OV
GH011	Whole Raw Almond Butter - og	170g	5.69	OV
GH086	Whole Raw Hazelnut Butter	170g	5.69	OV
GH017	Whole Raw Tahini	170g	2.99	OV
<b>SUNITA</b>				
GH149	Tahini - light, organic	3kg	35.50	VO
GH996	Tahini, Whole, Organic	3kg	35.50	VO
<b>WHOLE EARTH</b>				
GH091	Peanut Butter - smooth organic	227g	2.99	GOV
GH090	Peanut Butter -crunchy organic	227g	2.99	GOV
GH151	Peanut Butter-100% Nuts,Crunch	227g	2.89	GOV

code	product	size	rrp	bfgosv
<b>NUTS &amp; SEEDS</b>				
<b>SUMA BAGGED DOWN - ORGANIC</b>				
NU790	Alfalfa Seeds - Organic	1kg		OV
NU201	Almonds - organic	1kg		VO
NU082	Almonds - Organic	2.5kg		OV
NU430	Almonds, ground - organic	1kg		OV
NU278	Brazils Whole - organic	1kg		OV
NU032	Brazils Whole - organic	2.5kg		OV
NU074	Cashew Nuts - Whole Organic	2.5kg		OV
NU070	Cashews - whole, organic	1kg		OV
NU071	Coconut - desiccated, organic	1kg		VO
NU038	Coconut - desiccated, organic	2.5kg		VO
NU202	Hazelnuts - organic	1kg		OV
NU081	Hazelnuts - Organic	2.5kg		OV
NU271	Hemp Seeds - organic	1kg		VO
NU244	Linseed, golden - organic	1kg		OV
NU039	Linseed, golden - organic	2.5kg		OV
NU001	Omega Seed Mix - organic	1kg		OV
NU287	Omega Seed Mix - organic	5kg		OV
NU072	Peanuts - organic	1kg		OV
NU245	Peanuts - Organic	2.5kg		OV
NU543	Pine Kernels - organic	1kg		OV
NU209	Pumpkin seeds - organic	1kg		OV
NU199	Pumpkin Seeds - Organic	2.5kg		OV
NU210	Sesame seeds - organic	1kg		OV
NU080	Sesame Seeds - Organic	2.5kg		OV
NU203	Sunflower seeds - organic	1kg		OV
NU084	Sunflower seeds - organic	2.5kg		VO
NU200	Walnuts - organic	1kg		OV
NU049	Walnuts - Organic	2.5kg		OV
<b>SUMA COMMODITIES - ORGANIC</b>				
NU789	Alfalfa seeds - organic	25kg		OV
NU109	Almonds - organic	10kg		OV
NU800	Almonds, ground - organic	10kg		OV
NU890	Brazils Whole - organic	20kg		OV
NU112	Cashews - whole organic	50lb		OV
NU117	Coconut - desiccated, organic	25kg		OV
NU301	Hazelnuts - organic	10kg		VO
NU002	Hemp Seeds - organic	20kg		OV
NU791	Linseed, golden - organic	25kg		OV
NU885	Peanuts - organic	25kg		OV
NU542	Pine Kernels - organic	12.5kg		OV
NU207	Pumpkin seeds - organic	25kg		OV
NU208	Sesame seeds - organic	25kg		OV
NU083	Sunflower seeds - organic	25kg		OV
NU118	Walnuts Light Halves - organic	10kg		VO
<b>SUMA PREPACKS - ORGANIC</b>				
NU154	Alfalfa seeds - organic	250g	4.15	VO
NU217	Almonds - organic	125g	2.99	OV
NU102	Almonds - organic	250g	5.65	OV
NU159	Almonds - organic	500g	10.85	OV
NU387	Almonds, ground - organic	125g	3.25	OV
NU043	Almonds, ground - organic	250g	6.09	OV
NU344	Brazils - organic	125g	2.59	OV
NU219	Brazils - organic	250g	4.85	OV
NU033	Cashews whole - organic	125g	3.45	OV
NU255	Cashews whole - organic	250g	6.49	OV

code	product	size	rrp	bfgosv
NU041	Coconut - desiccated, organic	125g	1.19	OV
NU103	Hazelnuts - organic	125g	2.49	OV
NU258	Hazelnuts - organic	250g	4.65	OV
NU273	Hemp Seeds - organic	125g	1.19	VO
NU272	Hemp Seeds - organic	250g	2.09	VO
NU322	Linseed, golden - organic	250g	1.39	OV
NU288	Omega Seed Mix - organic	125g	1.19	OV
NU293	Omega Seed Mix - organic	250g	1.99	OV
NU069	Peanuts - organic	125g	1.09	OV
NU218	Peanuts - organic	500g	3.25	OV
NU545	Pine Kernels - organic	125g	4.99	OV
NU212	Pumpkin seeds - organic	125g	1.39	OV
NU323	Pumpkin seeds - organic	250g	2.45	OV
NU261	Pumpkin seeds - organic	500g	4.39	OV
NU213	Sesame seeds - organic	125g	1.09	OV
NU356	Sesame seeds - organic	250g	1.85	OV
NU105	Sunflower seeds - organic	125g	0.79	OV
NU254	Sunflower Seeds - organic	250g	1.25	OV
NU457	Sunflower seeds - organic	500g	1.99	OV
NU104	Walnuts - organic	125g	2.95	OV
NU012	Walnuts - organic	250g	5.59	OV
NU289	Walnuts - organic	375g	8.15	OV
	<b>BIONA</b>			
NU304	Amaranth Seeds	500g	2.49	OV
NU303	Hemp Seeds	250g	2.29	OV
	<b>LINWOODS</b>			
NU023	Active Nuts - Almonds	70g	3.99	OV
NU034	Active Nuts - Organic Walnuts	70g	3.99	OV
	<b>PEARLS OF SAMARKAND</b>			
NU141	Og Black Sesame Seeds	330g	3.29	OV
	<b>PROFUSION</b>			
NU167	Hulled Hemp Seeds	150g	4.69	OV
	<b>RAW ECSTASY</b>			
NU156	Activated Almonds Raw Choc	70g	6.49	OSV
NU164	Activated Walnuts Raw Choc	70g	6.49	OSV
	<b>RAW HEALTH</b>			
NU187	Organic Black Chia Seeds	450g	9.49	OV
NU140	Organic White Chia Seeds	450g	10.39	OV
	<b>THE RAW CHOCOLATE CO</b>			
NU139	Chia Seeds	230g	3.80	OV
	<b>OILS &amp; FATS</b>			
	<b>SUMA</b>			
GT350	Coconut Oil - Culinary	320g	3.45	OV
GT750	Coconut Oil - Culinary	650g	5.95	OV
GT075	Coconut Oil - Culinary	900g	8.29	OV
GT320	Coconut Oil - Extra Virgin	320g	7.20	OV
GT650	Coconut Oil - Extra Virgin	650g	12.50	OV
GT017	Italian Organic Olive Oil	500ml	7.45	OV
GT018	Italian Organic Olive Oil	750ml	10.49	OV
GT019	Italian Organic Olive Oil	3l	35.95	OV
GT085	Olive Oil-Extra Virgin,organic	500ml	6.50	VO
GT087	Olive Oil-Extra Virgin,organic	5l	46.90	VO
GT080	Sunflower Oil - organic	500ml	3.45	VO
GT091	Sunflower Oil - organic	5l	22.80	VO
	<b>AZADA</b>			
GT106	Set of 5 flavoured oils	5 x 20	9.65	OV
	<b>BIO PLANETE</b>			
GT136	Peanut Oil - og	250ml	8.95	OV

code	product	size	rrp	bfgosv
<b>BIONA</b>				
GT067	Coconut Bliss	250g	4.95	OV
GT066	Coconut Bliss	400g	7.49	OV
GT096	Coconut Bliss - Salted Caramel	250g	4.95	OV
GT025	Coconut Oil Cuisine Organic	875ml	8.65	OV
VM271	Flax Seed Oil (was Linseed)	250ml	6.49	OV/B
GT061	Mild / Odourless Coconut Oil	470ml	4.79	OV
GT060	Mild / Odourless Coconut Oil	610ml	5.89	OV
VF773	Virgin Coconut Oil Organic	200g	4.39	OV
VF774	Virgin Coconut Oil Organic	400g	7.99	OV
GT069	Virgin Coconut Oil Organic	800g	14.89	OV
GT071	Virgin Coconut Oil Raw	1.2kg	19.89	OV
<b>CLEARSPRING</b>				
GT070	Avocado Oil - Organic	250ml	6.99	OV
GT035	Flax Oil Organic	250ml	4.15	OV
GT001	Hemp Oil Organic	250ml	5.99	OV
GT049	Italian Olive Oil Organic	250ml	4.89	OV
GT203	Italian Olive Oil Organic	500ml	8.49	VO
GT204	Italian Olive Oil Organic	1l	15.99	VO
GT009	Rapeseed Oil Organic	500ml	3.99	OV
GT206	Safflower Oil organic	500ml	6.49	VO
GT207	Sesame Oil organic	500ml	6.19	VO
GT208	Sesame Oil Toasted organic	250ml	4.39	VO
GT231	Sunflower Frying Oil organic	500ml	4.49	VO
GT230	Sunflower Frying Oil organic	1l	7.49	VO
GT063	Sunflower Frying Oil Organic	2l	13.69	OV
GT201	Sunflower Oil Organic	500ml	3.49	VO
GT202	Sunflower Oil organic	1l	5.99	VO
GT209	Toasted Pumpkin Seed Oil Org	250ml	11.79	VO
GT211	Walnut Oil Toasted, Organic	250ml	11.49	VO
<b>COCOFINA</b>				
GT011	Organic Coconut Oil	350ml	6.99	OV
GT003	Organic Coconut Oil	975ml	17.99	OV
GT024	Organic Coconut Oil in sachets	10ml	0.69	OV
<b>COCOWEL</b>				
GT058	Og Extra Virgin Coconut Oil	500ml	10.99	OV
<b>LA BIO IDEA</b>				
GT044	Italian Og Virgin Olive Oil	1l	12.05	OV
<b>LINWOODS</b>				
<i>Organic Sprouted Range</i>				
VM264	Sprouted Flaxseed Oil	100ml	6.25	OV
VM265	Sprouted Hemp Oil	100ml	6.25	OV
<b>MANI</b>				
GT007	Og Extra Virgin Olive Oil	500ml	7.49	OV
GT002	Og Extra Virgin Olive Oil	1l	13.49	OV
<b>MERIDIAN</b>				
GT012	Olive Oil-Extra Virgin,organic	500ml	6.99	VO
GT034	Sesame Oil - og	500ml	6.99	OV
GT016	Sunflower Oil - organic	500ml	3.99	VO
GT033	Toasted Sesame Oil - og	500ml	6.99	OV
<b>NATURES AID - SUPERFOOD OILS</b>				
GT077	Avocado Oil Organic	250ml	8.95	OV
GT076	Pumpkin Seed Oil Organic	250ml	8.95	OV
<b>SUNITA</b>				
GT099	Olive Oil-Extra Virgin Organic	5l	67.00	VO
<b>ZAYTOUN</b>				
GT056	Olive Oil - Fair Trade	500ml	13.85	FOV
GT020	Olive Oil - Organic Fairtrade	250ml	8.49	FOV
GT022	Olive Oil - Organic Fairtrade	750ml	19.95	FOV

code	product	size	rrp	bfgosv
<b>OLIVES</b>				
GAEA				
VF121	Kalamata Olives - organic	300g	2.95	OV
VF070	Mixed Marinated Olives-organic	300g	2.59	OV
MANI				
KJ432	Og Green & Kalamata Olives	175g	3.49	OV
KJ424	Og Green Olives al Naturel	205g	3.49	OV
KJ430	Og Kalamata Olives al Naturale	205g	3.49	OV
KJ425	Og Kalamata Olives in OliveOil	280g	4.49	GOV
ORGANICO				
KJ415	Garlic Stuffed Olives	190g	3.65	OV
KJ079	OG Black Olives	280g	3.65	OV
KJ410	Pitted Green Olives	280g	2.95	OV
KJ412	Provencale Olives	190g	3.65	OV
SUNITA				
KJ494	Green Olives Organic	360g	2.99	OV
KJ555	Kalamon Olives - organic	360g	3.90	VO
KJ556	Kalamon Olives - pitted OG	2kg		VO
<b>PASTA</b>				
SUMA				
WT011	Brown rice Fusilli Pasta - Org	500g	2.69	GOV
WT013	Brown Rice Penne Pasta - Org	500g	2.69	GOV
WT008	Corn Rice Fusilli Pasta - Org	500g	2.69	GOV
WT009	Corn Rice Penne Pasta - Org	500g	2.69	GOV
SUMA / IRIS				
WT018	Organic Tricolore Spirals	500g	1.75	OV
WT075	Organic White Fusilli	500g	1.39	OV
WT016	Organic White Macaroni	500g	1.39	OV
WT085	Organic White Penne	500g	1.39	OV
WT090	Organic White Spaghetti	500g	1.39	OV
WT125	Organic Wholewheat Fusilli	500g	1.39	OV
WT095	Organic Wholewheat Penne	500g	1.39	OV
WT120	Organic Wholewheat Spaghetti	500g	1.39	OV
BIONA				
WT333	Spelt Lasagne Sheets - Organic	250g	2.89	OV
WT021	Spelt Spaghetti White Organic	500g	2.89	OV
WT025	White Spelt Fusilli	500g	2.89	OV
WT024	White Spelt Penne	500g	2.89	OV
WT334	Whole Spelt Spaghetti -Organic	500g	2.49	OV
WT331	Wholemeal Organic Spelt Penne	500g	2.49	OV
WT332	Wholewheat Spelt Fusilli Org	500g	2.49	OV
CIEMME				
WT136	OG Gluten Free Gnocchi Plain	400g	3.29	GOV
WT138	Og Gluten Free Gnocchi/ Quinoa	400g	3.29	GOV
CLEARSPRING				
WT148	Brown Rice Penne - Gluten Free	250g	2.89	OSV
WT052	Gluten Free Buckwheat Pasta	250g	2.79	OV
WT094	Gluten Free Chickpea Pasta	250g	3.49	OV
WT149	Green Pea & Quinoa Fusilli	250g	2.89	OSV
WT150	Red Lentil & Brown Rice Pasta	250g	2.89	OSV
DOVES FARM				
WT038	Organic Brown Rice Fusilli	500g	3.10	GOV
WT047	Organic Brown Rice Penne Pasta	500g	3.10	GOV
WT036	Organic Brown Rice Spaghetti	500g	3.10	GOV
WT005	Organic Brown Rice Tortiglioni	500g	3.10	GOV
WT133	Organic Buckwheat Pasta	500g	4.15	GOV
WT167	Organic Green Pea Penne Pasta	250g	2.99	GOV



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WT165	Organic Maize and Rice Lasagne	250g	2.49	GOV
WT051	Organic Maize/Rice Fusilli	500g	2.59	GOV
WT039	Organic Maize/Rice Penne Pasta	500g	2.59	GOV
WT053	Organic Maize/Rice Spaghetti	500g	2.59	GOV
WT002	Organic Maize/Rice Tortiglioni	500g	2.59	GOV
WT135	Organic Multigrain Pasta	500g	3.09	GOV
WT166	Organic Red Lentil Penne Pasta	250g	2.99	GOV
<b>EXPLORE CUISINE</b>				
WT113	Black Bean Spaghetti	200g	3.29	GOV
WT145	Chickpea Fusilli	250g	3.29	OV
WT146	Chickpea Spaghetti	250g	3.29	OV
WT093	Edamame & Mung Bean Fettuccine	200g	3.29	GOV
WT114	Edamame Bean Spaghetti	200g	3.29	GOV
WT144	Green Lentil Lasagne	250g	3.29	OV
WT143	Green Lentil Penne	250g	3.29	OV
WT012	Mung Bean Rotini	250g	3.29	GOV
WT142	Red Lentil Penne	250g	3.29	OV
WT147	Red Lentil Spaghetti	250g	3.29	OV
WT092	Soybean Spaghetti	200g	2.79	GOV
<b>IRIS</b>				
WT084	Fusilli Organic White	5kg		OV
WT086	Fusilli Organic Wholewheat	5kg		OV
WT081	Penne Organic White	5kg		OV
WT082	Penne Organic Wholewheat	5kg		OV
WT076	Spaghetti Organic White	5kg		OV
WT079	Spaghetti Organic Wholewheat	5kg		OV
<b>LA BIO IDEA</b>				
WT140	Red lentil Fusilli	250g	3.65	OV
WT103	Tagliatelle Egg Pasta	250g	2.39	O
<i>Speciality</i>				
WT232	Lasagne green	250g	1.99	OV
<i>White</i>				
WT974	Lasagne White - og no pre cook	250g	1.99	OV
WT048	Macaroni Elbows	500g	1.45	VO
WT050	Penne (Tubes) - White	500g	1.45	VO
WT049	Spaghetti - White	500g	1.45	VO
<i>Wholewheat</i>				
WT023	Lasagne	250g	1.99	OV
WT237	Linguine	500g	1.45	OV
WT040	Macaroni Elbows - wholewheat	500g	1.45	VO
WT074	Penne (Tubes) - Wholewheat	500g	1.45	VO
WT044	Shells - organic	500g	1.45	VO
WT041	Spaghetti - Wholewheat	500g	1.45	VO
WT046	Tagliatelle - organic	500g	1.45	VO
<b>LA TERRA E IL CIELO</b>				
WT091	Spelt Cavatappi	500g	3.45	OV
WT874	Spelt Fusilli	500g	3.45	OV
WT899	White Pappardelle Nest	500g	3.05	OV
<i>White</i>				
WT990	Cavatappi - spirals	500g	2.59	OV
WT982	Fusilli with Spinach - organic	500g	2.69	OV
<i>Wholewheat</i>				
WT978	Spelt Spaghetti - organic	500g	3.45	OV
<b>PROFUSION</b>				
WT130	Chick Pea Fusilli - GF	300g	3.49	GOV
WT129	Red Lentil Fusilli GF	300g	3.49	GOV
WT124	Sprouted Spelt Tagliatelle	250g	3.29	OV

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	<b>SEEDS OF CHANGE</b>			
WT003	Spinach Trotolle	500g	2.59	OV
WT001	Tortiglione - og	500g	2.59	OV
	<b>YAKSO</b>			
WT010	Mie Organic	240g	3.09	GOV
WT007	Mihoen - organic	250g	2.99	GOV
	<b>PASTA (FRESH, CHILLED)</b>			
	<b>AMISA</b>			
CV345	Gluten Free Gnocchi	350g	3.95	GOV
	<b>BIONA</b>			
CV440	Fresh Gnocchetti with Pumpkin	400g	4.19	OV
CV181	Fresh Gnocchi	400g	3.69	OV
CV059	Fresh Green Tortellini	250g	2.99	O
CV182	Ravioli Pizzaoila	250g	3.19	O
CV677	Spelt & Almond Cutlets	200g	3.69	O
CV649	Tortelloni with Ricotta	250g	3.19	O
	<b>PASTA SAUCES &amp; PESTOS</b>			
	<b>SUMA</b>			
KJ162	Organic Pesto Alla Genovese	190g	3.25	O
KJ161	Organic Pesto Rosso	190g	3.15	OV
KJ160	Organic Pesto Siciliano	190g	3.15	OV
	<i>Organic Pasta Sauces</i>			
VF201	Organic Arrabbiata Sauce	350g	1.75	OV
VF191	Organic Bolognese Sauce	350g	1.75	OV
VF192	Organic Napoletana Sauce	350g	1.75	OV
	<i>Organic Pestos</i>			
KJ192	Pesto - Green, vegan	160g	2.59	GOV
KJ191	Pesto - Green, vegetarian	160g	2.59	GO
KJ189	Pesto - Red, vegan	160g	2.59	GOV
KJ190	Pesto - Red, vegetarian	160g	2.59	GO
	<b>LA CONSERVE DELLA NONNA</b>			
KJ132	Soya Bolognese Pasta Sauce	350g	2.29	GOV
	<b>LAZZARI</b>			
KJ147	No 27 Tomato Basil Caper Sauce	180g	3.69	OV
KJ149	No 47 Vegetable Ragu Sauce	180g	3.69	OV
KJ137	No1 Tomato and Basil Sauce	180g	3.45	OV
KJ128	No68 Arrabbiata Pasta Sauce	180g	3.45	OV
	<b>MERIDIAN</b>			
VF173	Tomato & Basil Pasta Sauce	350g	2.49	GOV
VF197	Tomato & Herb - organic	440g	2.79	GVO
	<b>MIR ORGANIC</b>			
KJ328	Chilli & Garlic Pesto	130g	2.99	OV
KJ163	Coconut & Turmeric Salsa	200g	2.35	GOV
KJ331	Grilled Aubergine Add-in	190g	2.69	OV
KJ158	Red Chilli & Ginger Hot Salsa	200g	2.35	GOV
KJ327	Red Pepper Pesto (vegan)	130g	2.99	OV
KJ216	Soya Pasta Sauce	350g	2.69	OVS
KJ214	Tofu Pasta Sauce	350g	2.69	OVS
	<b>ORGANICO</b>			
VF043	Olive, Chilli & Garlic - og	360g	3.45	OSV
VF055	Red Wine and Porcini	360g	2.95	OSV
KJ416	Vegan Pesto	120g	4.25	OV
VF032	Vegetable Bolognese - og	360g	2.95	OSV
	<b>SEEDS OF CHANGE</b>			
VF072	Bolognese Sauce OG	500g	2.99	OSV
VF038	Sundried Tom & Basil Stir in	195g	3.49	OSV
VF194	Tomato & Basil Pasta Sauce	350g	2.89	OV
VF076	Tomato and Basil - og	500g	3.10	OSV

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	<b>SUNITA</b>			
KJ790	Organic Pesto Genovese	130g	4.19	OV
	<b>PASTRY (FROZEN)</b>			
	<b>DORSET PASTRY</b>			
	<i>Pure Butter Handmade Pastry</i>			
XL124	Organic Puff Pastry	325g	6.59	O
XL264	Organic Shortcrust Pastry	325g	5.25	O
	<b>PATE</b>			
	<b>BONSAN</b>			
GH095	Beetroot & Horseradish Pate	130g	2.69	OV
GH100	Cashew & Bell Pepper Pate	130g	2.69	OV
GH085	Tomato & Lupin Pate	140g	2.89	OV
	<b>GRANOVITA</b>			
GH193	Chickpea & Sesame Pate	125g	1.95	GOSV
GH195	Grilled Aubergine Pate	125g	1.95	GOV
GH227	Herb Pate - Palm Oil Free	125g	2.25	GOV
GH228	Mushroom Pate - Palm Oil Free	125g	2.25	GOV
GH130	Peppercorn Pate	125g	1.95	OV
GH651	Ready Spreadable Pate - Mushroom	200g	2.99	GVO
GH650	Ready Spreadable Pate - Original	200g	2.99	GOV
GH192	Red Pepper & Almond Pate	125g	1.95	GOV
GH229	Red Pepper Pate - Palm Free	125g	2.25	GOV
GH168	Spicy Mexican Pate - organic	200g	2.99	OV
GH131	Tomato & Pepper Tofu Pate	125g	1.95	OV
GH194	Tomato and Rocket Pate	125g	1.95	GOV
GH167	Tomato Pate - organic	200g	2.99	O
GH191	Walnut & Basil Pate	125g	1.95	GOV
	<b>ORGANICO</b>			
GH127	Roast Aubergine Spread & Dip	140g	2.79	OV
	<b>SUNITA</b>			
KJ791	Kalamon Olive Pate	135g	3.99	OV
	<b>TARTEX</b>			
GH001	Classic Pate - og	200g	2.79	OV
GH012	Herb & Garlic Pate - og	200g	2.79	OV
GH006	Herb Pate - og	200g	2.79	OV
GH007	Mushroom pate - og	200g	2.79	OV
GH008	Olive Pate - og	200g	2.79	OV
	<b>PATES, DIPS &amp; TAPAS (CHILLED)</b>			
	<b>PROFUSION</b>			
CV559	Organic Beetroot Houmous	150g	3.49	OV
	<b>TIDEFORD ORGANIC FOODS</b>			
CV711	Basil Pesto	150g	3.05	GOV
CV710	Sun-Dried Tomato Pesto	150g	3.05	GOV
	<b>PET FOODS &amp; PET CARE</b>			
	<b>BENEVO</b>			
PF015	Complete Vegan Adult Dog Food	2kg	10.99	OV
PF032	Dog Cake Mix	140g	4.29	OV
	<b>YARRAH</b>			
PF002	Chunks for Dogs - Cranberries	380g	3.89	OV
PF023	Dog Biscuits - Vegan Org	500g	4.99	OV
PF024	Dog Food - Wheat Free	10kg	54.99	OV
PF021	Dog Food - Wheat Free, Vegan	2kg	13.49	OV
PF501	Dogfood Vegetarian Organic	2kg	11.89	OV
PF502	Dogfood Vegetarian Organic	10kg	54.99	OV
PF503	Multi Dog Biscuits	250g	3.09	OV
NF040	Organic Clay Cat Litter	7kg	10.39	OV

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<b>PICKLES, CHUTNEYS &amp; MUSTARDS</b>				
<b>BIONA</b>				
LJ664	Harissa Relish - prepared	125g	2.89	OV
KJ076	Mustard Medium Hot	320ml	2.39	OV
KJ377	Org Cornichons (Mini Gherkins)	330g	3.19	OSV
KJ036	Sauerkraut - Organic	360g	1.89	OVB
KJ423	Silverskin Onions Organic	340g	2.89	OV
<b>BIONOVA</b>				
KJ119	Classic Mustard - Organic	180g	1.95	OV
KJ121	Coarse French Mustard	180g	2.09	OV
KJ346	Gherkins - Sour	670g	3.45	VOS
KJ025	Gherkins - Sweet & Sour	330g	2.95	O
<b>BYODO</b>				
KJ351	Mustard - Dijon, organic	1kg	9.65	VO
KJ354	Mustard - wholegrain, organic	1kg	7.55	VO
<b>DELOUIS</b>				
KJ001	Organic Dijon Mustard	200g	2.09	OV
KJ007	Organic Wholegrain Mustard	200g	2.09	OV
<b>GEO ORGANICS</b>				
KJ332	Apple, Apricot, Ginger Chutney	300g	2.99	OSV
<b>READY MEALS (FROZEN)</b>				
<b>CLIVE'S</b>				
XL338	Organic Nut Roast	280g	5.25	GOSV
<i>Pies &amp; Pastries</i>				
XL019	Arabian Chickpea Pie	250g	2.89	OSV
XL021	Chestnut & Bean Cassoulet Pie	250g	2.89	OV
XL025	Creamy Mushroom Pie	250g	2.89	OSV
XL032	G/Free Vegetable Chilli Pie	250g	2.99	GOSV
XL028	Gltn Free French Cassoulet Pie	250g	2.99	GOSV
XL026	Gluten Free Aloo Gobi Pie	250g	2.99	GOSV
XL029	Gluten Free Lentil & Olive Pie	250g	2.99	GOSV
XL030	Gluten Free Minty Chickpea Pie	250g	2.99	GOSV
XL023	Greek Lentil & Olive Pie	250g	2.89	OSV
XL022	Hungarian Goulash Pie	250g	2.89	OSV
XL024	Mexican Chilli Pie	250g	2.89	OSV
XL114	Org G/F Mushroom & Leek Pie	235g	2.99	GOV
XL135	Organic G/F Homity Pie	235g	2.99	GO
XL020	Saag Aloo Curry Pie	250g	2.89	OSV
<i>Tarts</i>				
XL323	Bombay Vegetable Tart	190g	3.49	GOSV
XL324	Lentil & Kale Ragout Tart	190g	3.49	GOSV
XL337	Pea, Carrot and Cumin Tart	190g	3.49	GOSV
XL336	Tomato and Olive Tart	190g	3.49	GOSV
<b>READY TO EAT FOODS (CHILLED)</b>				
<b>BIONA</b>				
CV577	Ballini Mediterranean Style	250g	4.09	O
CV680	Ballini Provencale	250g	4.09	O
CV377	Black Bean & Cashew Nut Burger	160g	4.09	OV
CV327	Falafel Balls - Spinach	220g	4.29	OV
CV328	Falafel Balls Sesame & Mint	220g	4.09	OV
CV678	Horseradish Sauce	125g	2.99	OBV
CV063	Lucky Stars	250g	3.99	OV
CV441	Mini Energy Burgers	250g	4.09	OV
CV321	Mini Quinoa Burgers	195g	4.09	OV
CV180	Mini Vegan Spring Rolls	200g	3.99	OSV
CV372	Red Lentil Sun Seed Burger	160g	4.09	OV

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CV567	Spinach and Feta Cheese Wrap	150g	3.09	O
CV613	Spring Rolls	220g	4.69	OV
CV681	Sun Mini Burgers	220g	3.99	O
CV745	Sweet Potato Buckwheat Burger	160g	4.09	OV
CV422	Thai Spring Rolls	225g	4.69	OV
<b>CULTURED FOOD COMPANY</b>				
CV147	Raw Carrot & Fennel Sauerkraut	400g	5.35	OV
CV146	Raw Juniper Berry Sauerkraut	400g	5.35	OV
CV156	Raw Ruby Red Sauerkraut	400g	5.35	OV
CV609	Raw Sauerkraut	400g	5.35	OV
<b>FOLLOW YOUR HEART</b>				
<i>Dressings</i>				
CV672	Caesar Salad Dressing	355ml	4.15	OV
CV133	Coleslaw Dressing	355ml	4.15	OV
CV671	Miso Ginger Salad Dressing	355ml	4.15	OV
<i>Veganaise</i>				
CV137	Organic Garlic Veganaise	340g	3.29	OV
CV127	Organic Vegenaise	340g	3.29	OSV
<b>HURLY BURLY</b>				
CV731	Jalapeno & Oregano Raw Slaw	500g	5.25	OV
CV730	Lemon & Ginger Fermented Slaw	500g	5.25	OV
CV352	Original Fermented Slaw	500g	3.39	OV
CV732	Turmeric & Cumin Raw Slaw	500g	5.25	OV
<b>LAURIE'S TUMMY LOVING FOODS</b>				
CV208	Beet Kraut	410g	5.49	OV
CV203	Kimchi Kraut	410g	5.49	OV
CV207	Original Sauerkraut	410g	4.69	GOV
<b>LOVING FOODS</b>				
CV802	Classic Kimchi	500g	6.85	OV
CV801	Classic Sauerkraut	500g	6.35	OV
CV804	Juniper & Caraway Sauerkraut	500g	6.35	OV
CV803	Turmeric & Black Pepper Kimchi	500g	6.85	OV
<b>PROFUSION</b>				
CV006	Fresh Organic Sauerkraut	520g	2.69	OV
CV718	Raw Fresh Organic Kimchi	250g	3.69	OV
<b>RAW HEALTH</b>				
CV747	Organic Fresh Sauerkraut	410g	4.39	OV
<i>Fresh Sauerkraut</i>				
CV813	Feel The Heat	410g	4.39	OV
CV814	Golden Glow	410g	4.39	OV
CV815	In the Pink	410g	4.39	OV
<b>SALADS &amp; SPROUTS (CHILLED)</b>				
<b>SKY SPROUTS</b>				
<i>Minimum 4 days shelf life</i>				
CV479	Alfalfa & Broccoli Sprouts	100g	1.45	OV
CV481	Alfalfa & Fenugreek Sprouts	100g	1.45	OV
CV476	Alfalfa & Radish Sprouts	100g	1.45	OV
CV475	Alfalfa Sprouts	100g	1.45	OV
CV721	Broccoli Sprouts	100g	1.45	OV
CV504	Mixed Bean Sprouts	227g	1.45	OV
CV503	Mung Bean Sprouts	200g	1.45	OV
CV510	Organic Sprouts Multi Pack	160g	2.19	OV
CV509	Radish Sprout	100g	1.45	OV
CV413	Red Clover	100g	1.55	OV
CV415	Red Clover and Radish	100g	1.55	OV

code	product	size	rrp	bfgosv
<b>SALT &amp; SEASONINGS</b>				
GEO ORGANICS				
LJ005	Atlantic Fine Ground Sea Salt	500g	2.69	OV
LJ555	Atlantic Sea Salt Crystals	250g	1.35	OV
MALDON				
LJ004	Maldon Smoked Sea Salt	125g	2.09	OV
PINK MOUNTAIN				
LJ170	Pink Himalayan Coarse Salt	300g	2.79	OV
LJ174	Pink Himalayan Coarse Salt	1kg	6.69	OV
LJ169	Pink Himalayan Fine Salt	300g	2.79	OV
LJ172	Pink Himalayan Fine Salt	1kg	6.69	OV
<b>SEA VEGETABLES</b>				
ATLANTIC KITCHEN				
LJ106	Dulse Organic Seaweed	40g	5.95	OV
LJ076	Sea Spaghetti Organic Seaweed	50g	5.95	OV
CORNISH SEAWEED COMPANY				
HE040	Organic Cornish Seaweed Salt	70g	2.95	OV
HE006	Organic Dulse	20g	3.55	OV
HE014	Organic Mixed Seaweed Flakes	60g	4.55	OV
HE048	Organic sea Salad	30g	4.55	OV
HE043	Organic Sea Spaghetti	40g	3.99	OV
I SEA BACON				
LJ176	Seaweed Bacon	75g	6.95	OV
I SEA PASTA				
LJ198	Seaweed Tagliatelle	100g	5.79	OV
MARIVITA				
HE012	Dried & Ground Seaweed Organic	100g	4.79	OV
<b>SHEEPS MILK PRODUCTS (CHILLED)</b>				
BERGERIE				
CV064	Natural Sheep's Milk Yoghurt	400g	2.85	O
CV590	Organic Sheeps Cheese Fresh	100g	1.95	O
CV585	Sheep Milk Yoghurt Greek Style	250g	1.61	O
BIONA				
CV679	Greek Sheep Feta	180g	4.39	O
HIGH WEALD DAIRY				
<i>Sheeps Cheeses</i>				
CV067	Duddleswell Sheeps Cheese	per kg	33.53	O
CV443	Mixed Case Soft Sheeps Cheese	100g	2.75	O
STAFFORDSHIRE ORGANIC CHEESE				
<i>Unpasteurised Sheeps Cheese</i>				
CV027	Whitmore Sheeps Cheese	per kg		O
WOODLANDS DAIRY				
CV420	Natural Sheeps Yoghurt	450g	3.15	O
<b>SHERRY, PORT &amp; DESSERT WINE</b>				
DESSERT WINE				
<i>South Africa</i>				
WN002	Heaven on Earth Muscat	37.5cl	10.99	FOV
PORT				
WN067	Finest Reserve Port	75cl	26.10	OV
<b>SNACK BARS &amp; FLAPJACKS</b>				
ADUNA				
KB884	Choco-Nut Bliss Superfood Bar	40g	1.89	OV
KB833	Green Goodness Superfood Bar	40g	1.89	OV
KB831	Superfruit Blast Superfood Bar	40g	1.89	OV
BEOND				
KB712	Apple & Cinnamon Bar	35g	0.99	GOV
KB976	Cherry Bar	35g	0.99	GOV

code	product	size	rrp	bfgosv
KB314	Raspberry & Acai Berry Bar	35g	0.99	GOV
KB713	Raw Blueberry Bar	35g	0.99	GOV
KB313	Raw Chocolate Bar	35g	0.99	GOV
<b>DOVES FARM</b>				
<i>Impulse</i>				
KB228	Apple & Sultana Flapjack	35g	0.75	GOSV
KB230	Apricot & Chia Seed Flapjack	35g	0.75	GOSV
KB229	Banana & Hemp Seed Flapjack	35g	0.75	GOSV
KB234	Chocolate Chip Flapjack	35g	0.75	GOSV
<i>Multipack</i>				
KB237	Apple & Sultana Flapjack	4 x 35g	2.59	GOSV
KB261	Apricot & Chia Seed Flapjack	4 x 35g	2.59	GOSV
KB244	Banana & Hemp Seed Flapjack	4 x 35g	2.59	GOSV
KB463	Chocolate Chip Flapjack	4 x 35g	2.59	GOSV
<b>INSPIRAL VISIONARY PRODUCTS</b>				
ZX384	Banana Go-Go Protein Cluster	50g	1.95	GOV
ZX386	Berry Boost Protein Clusters	50g	1.95	GOV
ZX387	Mighty Mocha Protein Clusters	50g	1.95	GOV
<b>LOVERAW</b>				
KB162	Almond & Coconut	45g	2.09	OV
KB863	Cacao & Maca	45g	2.09	OV
KB724	Cacao & Orange & Spirulina	45g	2.09	OV
KB878	Cashew & Lemon Bar	45g	2.09	OV
<b>NOM BARS</b>				
KB964	Banana Organic Oat Bar	52g	1.59	OV
KB948	Original Organic Oat Bar	52g	1.49	OV
KB965	Protein Organic Oat Bar	52g	1.99	OV
<b>ORGANICA</b>				
ZX776	Chewy Apricot Dream Bar	40g	0.99	OSV
KB525	Creamy Marzipan Dream Bar	40g	0.99	OSV
KB703	Golden Coconut Delight	40g	0.99	OSV
KB702	Hazelnut Nougat Delight	40g	0.99	OSV
<b>PLANET ORGANIC</b>				
BT070	Cacao Brazil Nut Energise Bar	30g	1.19	GOV
BT062	Chia Vanilla Energise Bar	30g	1.19	GOV
KB020	Chiamp Protein Bar	50g	1.99	GOSV
KB025	Chiamp Protein Bar	50g	1.99	GOSV
BT066	Coconut Barleygrass Bar	30g	1.19	GOV
BT057	Goji Pumpkinseed Energise Bar	30g	1.19	GOV
<b>RAW HEALTH</b>				
KB118	Chocada Truffles	65g	3.29	GOSV
<b>SUNITA</b>				
KB998	Sesame & Honey Bar - organic	30g	0.89	O
KB508	Sesame bar with Coconut Syrup	30g	0.89	OV
<b>SWEET NOTHINGS</b>				
<i>Flapjack Bites</i>				
KB422	Fruit & Nut	63g	1.49	GO
KB442	Ginger & Lemon	68g	1.49	GO
<b>TROPICAL WHOLEFOODS</b>				
KB710	Organic Mango & Brazil	40g	0.79	FOV
<b>SOFT DRINKS</b>				
<b>BELVOIR</b>				
JU810	Elderflower Presse - OG	250ml	1.69	OSV
JU792	Elderflower Presse - og	750ml	3.49	OSV
JU814	Ginger Beer - OG	250ml	1.69	OSV
JU813	Ginger Beer - or	750ml	3.49	OSV
JU812	Handmade Lemonade - og	750ml	3.49	OSV
JU811	Homemade Lemonade - OG	250ml	1.69	OSV

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	<b>BIONA</b>			
JU591	ACV Drink Blackcurrant	330ml	2.99	OSV
JU590	ACV Drink Original	330ml	2.99	OSV
JU623	ACV Drink Raspberry Mint	330ml	2.99	OSV
JU183	Coconut Water - og	330ml	1.79	OV
JU556	Kombucha Ginger Lime	330ml	2.99	OSV
JU523	Kombucha Original	330ml	2.99	OSV
JU551	Kombucha Sour Cherry Mint	330ml	2.99	OSV
	<b>CHARITEA</b>			
JU598	ChariTea Black	330ml	1.29	FOSV
JU597	ChariTea Green	330ml	1.29	FOS
JU596	ChariTea Mate	330ml	1.29	FOS
JU595	ChariTea Red	330ml	1.29	FOSV
	<b>COCOFINA</b>			
JU368	Cocofina Natural Coconut Water	1l	3.99	OV
	<b>DAIONI</b>			
JU080	Banana Flavour Milk - og	250ml	1.20	OS
JU255	Chocolate Flavour Milk - og	200ml	0.79	OS
JU081	Chocolate Flavour Milk - og	250ml	1.20	OS
JU304	Strawberry Flavour Milk - og	200ml	0.79	OS
JU082	Strawberry Flavour Milk - og	250ml	1.20	OS
	<b>GUSTO</b>			
JU222	Cherry Cola	275ml	1.89	OV
JU223	Fiery Ginger With Chipotle	275ml	1.89	FOV
JU148	Lemon Energy	250ml	1.99	OV
JU353	Organic Real Cola	275ml	1.95	FGOV
JU147	Original Energy	250ml	1.99	OV
JU224	Sicilian Blood Orange	275ml	1.89	FOV
	<b>HAMPSTEAD TEA</b>			
JU033	Elderflower Iced Tea - og	330ml	1.39	FOSV
JU016	Lemon Iced Tea - og	330ml	1.39	FOSV
JU494	Peach Iced Tea - og	330ml	1.39	FOSVB
JU017	Raspberry Iced Tea - og	330ml	1.39	FOSV
	<b>KARMA COLA</b>			
	<i>Cans</i>			
JU617	Gingerella Ginger Ale	250ml	1.20	FOSV
JU616	Karma Cola	250ml	1.20	FOSV
JU615	Lemony Lemon	250ml	1.20	FOSV
	<i>Glass Bottles</i>			
JU073	Gingerella Ginger Ale	330ml	1.75	FOVS
JU075	Karma Cola	330ml	1.75	FOSV
JU078	Lemony Lemon	330ml	1.75	FOSV
JU302	Summer Orangeade	330ml	1.75	FOSV
	<b>LA MAISON DO COCO</b>			
JU756	Coconut Water - Fairtrade OG	330ml	1.89	OFV
	<b>LEMONAID BEVERAGES</b>			
JU592	Lemonaid Blood Orange	330ml	1.75	FOSV
JU587	Lemonaid Lime	330ml	1.75	OSV
JU589	Lemonaid Passion Fruit	330ml	1.75	FOSV
	<b>LUSCOMBE DRINKS</b>			
JU434	Blueberry Crush	270ml	1.79	OV
JU584	Cool Ginger Beer	270ml	1.69	OV
JU438	Cranberry Crush	270ml	1.79	OV
JU482	Damascene Rose Bubbly	270ml	1.75	OV
JU586	Hot Ginger Beer	270ml	1.69	OV
JU483	Madagascar Vanilla Soda	270ml	1.75	OV
JU480	Passionate Ginger Beer	270ml	1.79	OV



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JU145	Raspberry Crush	270ml	1.75	OV
JU583	Sicilian Lemonade	270ml	1.69	OV
JU439	St Clements	270ml	1.79	OV
JU442	Strawberry Crush	270ml	1.75	OV
JU585	Wild Elderflower Bubbly	270ml	1.75	OV
<b>ORGANICO</b>				
JU367	Blueberry Sparkle	750ml	4.45	OV
JU473	Bubbly Blackcurrant Juice	750ml	4.45	OV
JU194	Lemon & Apple Refresher	750ml	4.45	OV
JU624	Perfect Passionfruit Juice	750ml	4.45	OV
JU369	Raspberry Fizz	750ml	4.45	OV
<b>PERCOL</b>				
TE505	Iced Coffee Flat White	235ml	1.70	FOS
TE506	Iced Coffee Protein Latte	225ml	1.70	FOS
<b>REBEL KITCHEN</b>				
<i>Kids Range</i>				
JU685	Banana Mylk	250ml	1.29	OV
JU689	Choco Mylk	250ml	1.29	OV
JU690	Orange Choc Mylk	250ml	1.29	OV
<b>ROCKS</b>				
JU503	Blackcurrant & Elderflower	250ml	1.39	OSV
JU229	Elderflower	250ml	1.39	OSV
JU500	Ginger & Wasabi	250ml	1.39	OSV
JU502	Mango & Orange	250ml	1.39	OSV
JU499	Raspberry & Lime	250ml	1.39	OSV
JU501	Strawberry & Blackcurrant	250ml	1.39	OSV
<b>SCHECKTERS</b>				
JU669	Scheckters Organic Energy	250ml	1.73	OVS
JU154	Scheckters Organic Energy Lite	250ml	1.73	OSV
JU203	Sparkling Green Tea & Ginger	250ml	1.73	OVS
JU219	Sparkling Green Tea & Mint	250ml	1.73	OVS
<b>SWITCHLE</b>				
<i>Cans</i>				
JU400	Matcha, Lime & Mint	250ml	1.79	O
JU402	Rooibos, Raspberry & Pomegrnte	250ml	1.79	O
JU401	Turmeric, Ginger & Peach	250ml	1.79	O
<b>WHOLE EARTH</b>				
JU311	Apple Drink - og	330ml	1.29	OSV
JU946	Cola - organic	330ml	1.29	OSV
JU935	Lemonade - organic	330ml	1.29	OSV
JU947	Mountain Cranberry - Organic	330ml	1.29	OSV
JU310	Orange & Lemonade - og	330ml	1.29	OSV
JU189	Sparkling Elderflower - og	330ml	1.29	OV
JU186	Sparkling Ginger - og	330ml	1.29	OV
<b>SOUPS</b>				
<b>SUMA</b>				
VF330	Carrot & Coriander Soup	400g	1.55	OV
VF345	Italian Tomato & Basil Soup	400g	1.55	OSV
VF390	Minestrone Soup	400g	1.55	OV
VF325	Pea Soup	400g	1.55	OV
VF500	Red Pepper & Tomato Soup	400g	1.55	OV
VF525	Rustic Vegetable Soup	400g	1.55	OV
VF365	Spicy Lentil Soup	400g	1.55	OV
VF340	Tomato Soup	400g	1.55	OV
VF685	Tuscan Bean Soup	400g	1.55	OV

code	product	size	rrp	bfgosv
<b>AMY'S KITCHEN</b>				
VF252	Chunky Tomato Soup	400g	2.10	GO
VF248	Cream Of Mushroom Soup	400g	2.10	GO
VF260	Lentil Soup	400g	2.10	GOV
VF265	Lentil Vegetable Soup	400g	2.10	GOV
VF268	Split Pea Soup	400g	2.10	GOV
VF245	Vegetable Barley Soup	400g	2.10	OV
<i>Hearty Soup</i>				
VF267	Quinoa Kale & Red Lentil Soup	408g	2.65	GOV
<b>ESSENTIAL TRADING</b>				
VF085	Lentil & Pumpkin Soup	680g	2.95	OV
VF225	Lentil Soup	680g	2.95	OV
VF375	Pea Soup	680g	2.95	OV
<b>FREE &amp; EASY</b>				
VF302	Broccoli & Kale	400g	1.65	GOV
VF096	Butternut Squash & Ginger - Og	400g	1.55	OV
VF297	Butternut, Sweet Potato, Turmeric	400g	1.65	GOV
VF124	Carrot & Coconut Soup	400g	1.55	OV
VF720	Lentil & Red Pepper Soup - Org	400g	1.55	OV
VF086	Pea & Mint Soup - Org	400g	1.55	OV
VF097	Sweet Potato & Chia Soup - Org	400g	1.65	OV
VF301	Sweet Potato & Quinoa	400g	1.65	GOV
VF083	Tomato Soup - Org	400g	1.55	OV
<b>SOUPS (CHILLED)</b>				
<b>TIDEFORD ORGANIC FOODS</b>				
CV382	Beetroot and Curly Kale	600g	3.05	OV
CV619	Country Veg, Rosemary & Thyme	600g	3.05	OV
CV356	Italian Tomato Soup	600g	3.05	OV
CV782	Lentil and Spinach Dahl	600g	3.05	GOV
CV357	Minestrone Soup	600g	3.05	OV
CV644	Pea Soup	600g	3.05	OV
CV383	Red Lentil Soup	600g	3.05	OV
CV699	Spiced Sweet Potato Soup	600g	3.05	OV
CV364	Spinach & Split Pea Soup	600g	3.05	OV
CV734	Tomato and Basil	600g	3.05	GOV
CV819	Winter Greens Soup	600g	3.05	OV
CV783	Winter Spiced Parsnip Soup	600g	3.05	GOV
<b>SOYA YOGS &amp; DESSERTS (CHILLED)</b>				
<b>PROVAMEL</b>				
CV719	Org Lime and Lemon Balm Yofu	500g	2.25	GOSV
CV108	Org Raspberry & Vanilla Yofu	4 x 125g	2.25	OSV
CV455	Org Soya Almond Yoghurt	500g	2.10	GOV
CV454	Org Soya Coconut Yoghurt	500g	2.10	OV
CV092	Organic Blueberry Yofu	4 x 125g	2.25	OSV
CV078	Organic Blueberry Yofu	500g	2.25	OSV
CV075	Organic Forest Fruit Yofu	500g	2.25	GOSV
CV061	Organic Natural Soy Yoghurt	4 x 125g	2.10	GOV
CV069	Organic Natural Yofu	500g	2.10	OV
CV009	Organic Orange & Redbush Yofu	500g	2.25	GOSVB
CV081	Organic Peach & Mango Yofu	4 x 125g	2.25	GOSV
CV318	Organic Vanilla Yofu	500g	2.25	GOSV
<b>SOJADE</b>				
CV485	Apricot Soya Yoghurt	400g	2.04	OSV
CV722	Blkcurrant & Crnberry Soya Yog	400g	2.04	OSVB
CV486	Blueberry Soya Yoghurt	400g	2.04	OVS
CV724	Lemon Soya Yoghurt	400g	2.04	OSVB
CV096	Mango & Coconut Yoghurt	400g	2.04	GOSV

code	product	size	rrp	bfgosv
CV483	Natural Soya Yoghurt	400g	1.35	OV
CV248	Org Apricot & Guava Soya Yog	125g	0.70	OSV
CV244	Organic Blueberry Soya Yoghurt	125g	0.70	OSV
CV255	Organic Cherry Soya Yoghurt	125g	0.70	OSV
CV253	Organic Lemon Soya Yoghurt	125g	0.70	VOS
CV247	Organic Mango & Peach Soya Yog	125g	0.70	VOS
CV494	Organic Mango & Peach Soya Yog	400g	2.04	SOV
CV174	Organic Natural Soya Yogurt	125g	0.50	OV
CV102	Organic Strawberry Soya Yog	400g	2.04	OVS
CV173	Organic Strawberry Soya Yogurt	125g	0.70	VOS
CV251	Rasp/Passion soya dessert OG	125g	0.70	VOS
CV266	Sojade Natural soya dessert	250g	0.95	OV
CV723	Vanilla Soya Yoghurt	400g	2.04	OSVB
	<i>Layered Soya Yoghurt</i>			
CV438	Pineapple Coconut Yoghurt	125g	0.75	GOVSB
	<b>SPIRITS &amp; LIQUEURS</b>			
WN024	Highland Harvest Blended Malt	35cl	22.75	OV
WN086	Highland Harvest Blended Malt	70cl	39.35	OV
WN022	Highland Harvest Single Malt	70cl	47.77	OV
WN048	Juniper Green Fairwild Gin	70cl	28.22	OV
WN021	Juniper Green Trophy Gin	70cl	37.99	GOV
WN005	Papagayo Golden Rum	70cl	30.35	OV
WN087	Papagayo Spiced Rum	70cl	30.35	OV
WN088	Papagayo White Rum	70cl	29.89	OV
WN049	Utkins Single Estate Vodka	70cl	27.15	OV
	<b>DA MHILE</b>			
WN129	Botanical Gin - organic	70cl	42.45	OV
WN039	Miniature Gins Gift Pack	5cl	19.99	OV
WN355	Oak Aged Gin - organic	70cl	42.45	OV
WN062	Orange Liqueur - organic	70cl	35.99	OSV
WN130	Seaweed Gin - organic	70cl	42.45	OV
WN035	Sloe Gin - organic	70cl	42.45	OSV
	<b>SUGARS &amp; SYRUPS</b>			
	<b>SUMA</b>			
LJ099	Agave Syrup - organic	240ml	3.95	OV
LJ121	Agave Syrup - organic	500ml	7.95	OV
LJ150	Agave Syrup - organic	5l		OV
LJ300	Coconut Blossom Syrup Organic	350g	5.69	OV
	<b>SUMA BAGGED DOWN - ORGANIC</b>			
LJ104	Coconut Palm Sugar, Organic	3kg		OSV
LJ679	Demerara Sugar - organic	3kg		OSV
LJ159	Icing Sugar - organic	3kg		VOS
LJ096	Raw Cane Sugar - organic	3kg		OVS
LJ055	Raw Cane Sugar - organic	10kg		OSV
	<b>SUMA COMMODITIES - ORGANIC</b>			
LJ217	Caster Sugar Fairtrade Organic	25kg		FOV
LJ098	Coconut Sugar	20kg		OV
LJ876	Demerara Sugar, organic	25kg		OSV
LJ890	Icing Sugar - organic	25kg		OSV
LJ068	Raw Cane Sugar - organic	25kg		SOV
	<b>SUMA PREPACKS - ORGANIC</b>			
LJ100	Coconut Palm Sugar, Organic	500g	4.55	OSV
LJ261	Demerara Sugar - organic	500g	3.15	OSV
LJ255	Icing Sugar - organic	500g	3.75	VOS
LJ251	Raw Cane Sugar - organic	500g	2.75	OSV
	<b>BALI NUTRA</b>			
LJ295	Coconut Syrup	370g	6.99	OV

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	<b>BILLINGTONS</b>			
LJ999	Granulated Sugar - organic	500g	2.35	VO
LJ190	Organic Natural Caster	500g	2.69	OVS
	<b>BIONA</b>			
LJ083	Coconut Blossom Nectar	350g	6.39	OV
LJ011	Coconut Palm Sugar - Organic	250g	2.99	OSV
LJ014	Coconut Palm Sugar - Organic	500g	5.49	OSV
LJ182	Dark Agave Syrup	250ml	3.99	OV
HY026	Organic Brown Rice Syrup	350g	3.39	OV
HY020	Organic Date Syrup	350g	3.59	OV
HY022	Organic Maple Agave Syrup	350g	5.39	OV
LJ181	Rapadura / Sucanat Sugar	500g	3.69	OSV
	<b>CHANTICO</b>			
LJ026	Agave Sweetener - Golden	335g	3.49	OV
LJ025	Agave Sweetener - Original	335g	3.49	OV
LJ226	Raw Agave Syrup	333g	3.49	GOV
LJ227	Wild Agave Syrup	333g	3.49	GOV
	<b>CLEARSPRING</b>			
HY210	Rice Malt Syrup - organic	330g	3.19	OV
	<b>COCOFINA</b>			
HY057	Coconut Flower Nectar - og	350ml	6.99	OV
	<b>EQUAL EXCHANGE</b>			
LJ500	Raw Cane Sugar - organic	500g	2.39	FOSV
LJ527	Sugar Sticks	1		FOVS
	<b>HASSLACHER'S</b>			
LJ163	Colombian Panela	200g	2.99	OSV
	<b>MERIDIAN</b>			
LJ297	Agave Syrup Blue Grade-Squeezy	250g	3.99	OV
HY006	Barley Malt Extract - og	370g	2.79	OV
HY250	Maple Syrup - organic	330g	6.99	OV
LJ298	Maple Syrup Organic - Squeezy	250g	6.99	OV
HY300	Molasses - Organic, Fairtrade	350g	1.99	FOV
HY081	Organic Blackstrap Molasses	740g	2.99	OV
	<b>RAYNERS</b>			
LJ901	Black Treacle - organic	340g	2.35	OV
LJ587	Fairtrade Organic Golden Syrup	340g	3.75	FVO
LJ704	Golden Syrup - Organic	5kg	33.35	FOV
LJ900	Malt Extract - Organic	340g	2.59	OV
LJ589	Malt Extract - Organic	5kg	20.49	OV
	<b>SHADY MAPLE FARMS</b>			
HY899	Maple Syrup - organic	1.89l	55.49	OV
HY025	Maple Syrup - organic	250ml	7.99	OV
HY014	Maple Syrup - organic (Pouch)	125ml	4.35	OV
	<b>ST LAWRENCE GOLD</b>			
HY053	Og Maple Syrup Grade A Amber	250ml	6.79	OV
HY056	Og Maple Syrup Grade a Amber	1l	24.29	OV
HY035	Og Maple Syrup Grade A Amber	500ml	12.69	OV
HY042	Og Maple Syrup Grade A Dark	250ml	6.79	OV
	<b>SUGAVIDA</b>			
LJ314	Sugavida - Natural Sweetener	250g	7.99	OV
	<b>TERRASANA</b>			
HY330	Blueberry & Maple Syrup	250ml	4.75	OVS
HY754	Maple Syrup	1l	26.55	OV
HY654	Maple Syrup	250ml	7.39	OV
HY251	Maple Syrup Grade A No 1	250ml	7.65	OV
	<b>THE RAW CHOCOLATE CO</b>			
LJ071	Coconut Palm Sugar	230g	3.65	GOV

code	product	size	rrp	bfgosv
<b>SUPERFOODS &amp; SPORTS NUTRITION</b>				
<b>SUMA BAGGED DOWN</b>				
VM234	Organic Maca Powder	1kg		OV
<b>SUMA COMMODITIES - ORGANIC</b>				
VM233	Organic Maca Powder	20kg		OV
<b>ADUNA</b>				
VM198	Baobab Superfruit Powder	275g	12.99	OV
VM196	Moringa Green Superleaf Powder	100g	6.99	OV
VM195	Moringa Green Superleaf Powder	275g	13.99	OV
<b>BEET IT</b>				
<i>From James White</i>				
JU201	Beet It Stamina Shot	70ml	1.45	OV
<b>BIONA</b>				
MD736	Cracked Linseed Gold Organic	500g	4.79	OV
<b>CLEARSPRING</b>				
MD069	Flaxseed Protein Powder	350g	5.89	GOV
MD048	Pumpkin Seed Protein Powder	350g	10.99	GOV
<b>CREATIVE NATURE</b>				
MD103	Cacao Powder - Peruvian	200g	6.99	OV
MD142	Shelled Hemp Seeds	300g	8.99	OV
<b>GRANOVITA</b>				
GT300	Flax Oil - Organic	260ml	11.15	GOV
GT302	Hemp Oil - Organic	260ml	7.35	GOV
GT301	Omega Oil Blend - organic	260ml	11.79	GOV
<b>GREEN ORIGINS</b>				
MD015	Acai Berry Powder Organic	75g	9.99	OV
MD189	Baobab Powder Raw Organic	150g	8.99	OV
MD177	Cacao Butter Organic	150g	5.99	OV
MD021	Cacao Powder Organic	150g	5.99	OV
MD002	Chlorella Powder Organic	150g	9.99	OV
MD181	Lucuma Powder Raw Organic	150g	6.99	OV
MD054	Organic Hemp Protein Powder	200g	5.99	VO
MD052	Organic Raw Cacao Nibs	150	5.99	VO
MD014	Spirulina Powder Organic	150g	6.99	OV
<b>Capsules &amp; Tablets</b>				
MD037	Chlorella & Spirulina Tablets	180	11.75	OV
MD044	Chlorella Tablets	180	11.75	OV
MD045	Maca Capsules	90	11.75	OV
MD029	Spirulina Tablets	180	11.75	OV
<b>JAMES WHITE</b>				
JU647	Extra Ginger Zinger Shot	70ml	1.65	OV
JU571	Ginger Zinger Shot	70ml	1.49	OV
JU649	Lime & Chilli Ginger Shot	70ml	1.49	OV
<b>LINWOODS</b>				
MD011	Flax,Cocoa & Mulberry	200g	3.99	GOV
MD147	Flax,Sunflower & Pumpkin Seeds	200g	3.55	GOV
MD101	Flax,Sunflower & Pumpkin Seeds	425g	6.05	OV
MD114	Flaxseed	200g	3.35	GOV
MD102	Flaxseed	425g	4.99	GOV
<b>Hemp Protein +</b>				
MD024	Flax, Chia, Broccoli & Spinach	360g	13.99	GOV
MD026	Flax, Chia, Cocoa & Beetroot	360g	13.99	GOV
<b>Organic Sprouted Range</b>				
VM263	Sprouted Flaxseed	360g	6.99	GOV
<b>Seed Boost Sachets</b>				
MD049	Flaxseed & Goji Berries	15g	0.89	VSO

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<b>LOVERAW ORGANIC FOOD BOOSTER</b>				
VM238	Easy Greens	150g	15.69	OV
VM237	Energise	150g	15.70	OV
VM240	Immunity	150g	15.70	OV
VM239	Skin Food	150g	15.70	OV
<b>NATURYA</b>				
MD040	Greens Blend Organic	250g	19.99	FGOV
MD158	Organic Acai Powder	125g	25.99	OV
MD157	Organic Barleygrass Powder	200g	13.99	OV
MD216	Organic Cacao Powder F/trade	250g	7.99	FVO
MD156	Organic Chlorella Powder	200g	16.99	OV
MD153	Organic Cocoa Nibs	300g	8.35	OV
MD152	Organic Hemp Protein Powder	300g	14.35	OV
MD150	Organic Maca Powder	300g	12.99	OV
MD155	Organic Spirulina Powder	200g	13.99	OV
MD154	Organic Wheatgrass Powder	200g	13.99	OV
MD067	Turmeric Superblend	250g	7.99	GOV
<b>PREWETTS</b>				
VM020	Organic Ground Flaxseed	175g	2.45	OV
<b>PULSIN'</b>				
VM163	Organic Whey Protein Powder	1kg	49.99	GO
VM175	Organic Whey Protein Powder	250g	16.99	GO
<b>RAINFOREST FOODS</b>				
<i>Capsules &amp; Tablets</i>				
MD248	Maca Root Capsules 500mg	120	15.99	OV
MD246	Spirulina Tablets 500mg	300	15.99	OV
<i>Pouches</i>				
MD261	4 Root Maca Powder	300g	10.99	OV
MD266	Acai Berry Powder	125g	18.99	OV
MD264	Cacao Powder	250g	9.99	OV
MD259	NZ Wheatgrass Powder	200g	15.99	OV
MD258	Spirulina Powder	200g	9.99	OV
<b>THE ORGANIC PROTEIN COMPANY</b>				
VM272	Pure Unflavoured Whey Protein	400g	22.00	GO
VM274	Raspberry & Baobab Whey Prot	400g	24.99	GO
VM273	Raw Cacao & Maca Whey Protein	400g	24.99	GO
<i>Single Serve Sachets</i>				
VM275	Pure Unflavoured Whey Protein	25g	2.50	GO
VM277	Raspberry & Baobab Whey Prot	25g	2.99	GOS
VM276	Raw Cacao & Maca Whey Protein	25g	2.99	GO
<b>THE RAW CHOCOLATE CO</b>				
KB856	Acai Powder	80g	12.54	OV
<b>SUPPLEMENTS &amp; REMEDIES</b>				
<b>FLORADIX</b>				
MD023	Detox Bio Herbal Formula	250ml	16.95	OV
<b>GRANOVITA</b>				
VM278	Aronia Well Drink	250ml	6.95	O
VM279	Blackcurrant Well Drink	250ml	6.95	O
<b>HEALTHPOL</b>				
DY720	Delacet - Head Lice Solution	100ml	13.95	OV
<b>NATURES AID</b>				
VM293	Bilberry Capsules	60 capsules	16.55	GOV
VM185	Evening Primrose Oil Organic	90 capsules	14.95	OV
VM030	Mushroom Complex Organic	60 capsules	18.95	OV
<b>NATURES OWN</b>				
<i>Organic Range</i>				
VM122	Organic Curcumin Complex	60 capsules	9.10	OV
VM126	Organic Kelp	60 capsules	10.95	OV
VM059	Organic Multi - for Women	60 capsules	37.00	OV

code	product	size	rrp	bfgosv
VM075	Organic Vitamin B Complex	30 capsules	18.90	OV
VM110	Organic Vitamin C	30 capsules	13.90	OV
<b>PLANET HEMP</b>				
VM290	Hemp Oil + CBD - Mint	150ml	45.99	OV
VM288	Hemp Oil + CBD - Orange	150ml	45.99	OV
VM289	Hemp Oil + CBD - Original	150ml	45.99	OV
<b>PUKKA</b>				
MD159	Ashwaganda - Wholistic	30 capsules	16.97	OV
MD202	Castor Oil	250ml	9.95	OV
MD131	Clean Greens Powder	112g	27.95	OV
MD143	Natural Vitamin C	60 capsules	14.95	OV
MD164	Night Time	30 capsules	7.45	OV
MD117	Organic Aloe Vera Juice	500ml	10.35	OV
MD056	Organic Aloe Vera Juice	1l	17.32	OV
MD160	Organic Elderberry Syrup	100ml	10.99	OSV
MD182	Turmeric Active	30 capsules	15.95	OV
MD066	Turmeric Active	60 capsules	28.95	OV
MD013	Turmeric Brainwave Capsules	30 capsules	15.95	OV
MD178	Wholistic Turmeric	30 capsules	15.95	OV
MD184	Womankind	30 capsules	16.95	OV
MD064	Womankind Menopause	30 capsules	16.95	OV
MD036	Women Wholistic Shatavari	30 capsules	16.95	GOV
<b>SIMPLEE ALOE</b>				
MD041	Aloe Juice Health Supplement	500ml	9.99	GOV
MD042	Aloe Juice Health Supplement	500ml	9.99	GOV
MD025	Aloe Juice Health Supplement	1l	15.99	GOV
<b>SWEET SNACKS</b>				
<b>BIONA</b>				
ZX002	Berry Burst Sweets - Organic	75g	1.89	GOSV
ZX662	Cola Bottle Sweets - Organic	75g	1.89	OSV
ZX441	Jelly Dino Sweets - Organic	75g	1.89	GOSV
ZX911	Mini Fruit Jelly Bear Sweets	75g	2.09	OSV
ZX443	Pomegranate Heart Sweets - Org	75g	1.89	GOSV
ZX576	Sour Snake Sweets - Organic	75g	2.09	GOSV
<b>BONSAN</b>				
KB418	Fruity Stars	50g	1.79	OSV
KB415	Tropical Kisses	50g	1.99	OSV
<b>HASSLACHER'S</b>				
ZX307	Organic Panela Fudge	200g	5.39	O
ZX308	Organic Peru Cacao Fudge	200g	5.39	O
<b>JOM</b>				
<i>25g Bags</i>				
ZX187	Fizzy Caramel	25g	1.25	OVS
ZX218	Wild Raspberry	25g	1.25	OSV
<i>70g Bags</i>				
ZX203	Fizzy Caramel	70g	2.29	SOV
ZX633	Juicy Peach	70g	2.29	OSV
ZX652	Sour Blueberry	70g	2.29	SOV
ZX298	Wild Raspberry	70g	2.29	OVS
<b>ROSKILLYS</b>				
ZX341	Organic Assorted Fudge	100g	2.35	OS
ZX346	Organic Clotted Cream Fudge	100g	2.35	OS
<b>SUNITA</b>				
ZX587	Grape Juice & Sultana Halva OG	75g	1.60	OV
ZX850	Honey Halva - organic	75g	2.00	O
ZX588	Honey Halva with Almonds OG	75g	2.15	O
ZX099	Og Halva with Coconut	75g	1.79	O
ZX524	Organic Dark Chocolate Halva	75g	1.99	O

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	<b>VEGEBEARS</b>			
ZX573	Frooty Fruits	100g	1.95	OSV
ZX571	Fruit Jellies	100g	1.95	SOV
	<b>TABLE SAUCES</b>			
	<b>BIONA</b>			
KJ228	Balsamic Glaze Organic	150ml	3.69	OV
KJ225	BBQ Brown Sauce Organic	250ml	2.79	OSV
KJ106	Classic Tomato Ketchup Squeezy	560g	2.99	GOSV
KJ226	Sweet Chilli Sauce Organic	250ml	2.79	OSV
KJ232	Tomato Ketchup, Organic	340g	2.39	OV
KJ463	Worcester Sauce	140ml	3.69	GOSV
	<b>GEO ORGANICS</b>			
KJ212	Worcestershire Sauce - organic	150ml	2.79	OSV
	<b>GRANOVITA</b>			
KJ134	Organic Brown Sauce	275g	2.26	GOSV
	<b>MERIDIAN</b>			
KJ621	Tomato Ketchup - organic	285g	2.29	GOSV
JS081	Cranberry Sauce - organic	284g	2.69	OV
JS080	Redcurrant Jelly - organic	284g	2.69	OV
	<b>MR ORGANIC</b>			
KJ050	Italian Organic Ketchup	480g	2.65	OSV
KJ496	Naturally sweetened Ketchup	480g	3.59	GOV
	<b>TEAS</b>			
	<b>CLEARSPRING</b>			
JP210	Genmaicha Green Tea Bags	20 bags	3.59	OV
JP097	Hojicha Roasted Green Tea	20 bags	3.59	OV
JP009	Kukicha loose tea - organic	125g	4.69	OV
JP063	Kukicha, Roasted Twig Tea	20 bags	3.59	OV
TE237	Matcha Tea Ceremonial Tin	30g	16.99	OV
JP010	Matcha Tea Organic (bags)	40g	3.99	OV
TE504	Matcha Tea Premium (bulk)	1kg	193.00	OV
TE243	Matcha Tea Premium (Pouch)	40g	10.99	OV
JP033	Mu Tea Bags	20 bags	4.39	OV
JP302	Sencha Green Tea	20 bags	3.59	OV
JP019	Sencha loose tea - organic	125g	8.39	VO
	<b>CLIPPER</b>			
	<i>Classic</i>			
TE982	Assam - organic	125g	2.53	FOV
TE983	Assam - organic	50 bags	2.53	FOV
TE978	Earl grey - organic	125g	2.53	FOV
TE500	Earl Grey - organic	50 bags	2.99	FOV
TE053	Earl Grey - organic	80 bags	3.99	FOV
TE507	English Breakfast Organic	80 bags	4.49	FGOV
TE300	English Breakfast Organic	40 bags	2.53	FOV
TE897	English Breakfast Organic	125g	2.53	FOV
TE967	Indian Chai organic	20 bags	1.90	FOV
	<b>FOOD SERVICE RANGE</b>			
TE150	Earl Grey - og	25 bags	2.53	FOV
TE152	Earl Grey - og	250 bags		FOV
TE796	English Breakfast - og	25 bags	2.53	FOV
TE635	Everyday Decaffeinated - og	25 bags	2.53	FOV
TE161	Green Tea - og	25 bags	2.53	FOV
TE159	Green Tea - og	250 bags		FOV
TE451	Speciality English Breakfast	250 bags		FOV
	<b>GREEN TEA FAIRTRADE</b>			
TE486	Citrus Green Tea + Echinacea	20 bags	1.89	OFV
TE968	Green Chai - og	20 bags	2.29	FOV



code	product	size	rrp	bfgosv
TE877	Green Tea - og	100g	2.69	FOV
TE484	Green Tea - og	50 bags	2.69	FOV
TE571	Green Tea with Aloe Vera - og	20 bags	2.38	FOV
TE996	Organic Green & Lemon 80 Bags	80 bags	3.99	OVF
TE993	Organic Green Decaf Tea	20 bags	2.19	OVF
TE991	Organic Green Tea & peppermint	20 bags	1.99	OFV
TE990	Organic Green Tea with Lemon	20 bags	1.99	OFV
TE997	Organic Pure Green 80 Bags	80 bags	3.99	OFV
TE989	Organic Pure Green Tea	20 bags	1.99	OFV
	<i>Organic White Tea</i>			
TE683	White Tea - og	26 bags	1.90	VO
TE628	White Tea with Peppermint	26 bags	1.90	OV
TE423	White Tea with Raspberry	26 bags	1.90	OV
TE006	White Tea with Vanilla	26 bags	1.90	OV
	<i>Originals</i>			
TE522	Organic Blend	40 bags	1.99	OV
TE953	Organic Blend	80 bags	3.49	OV
TE776	Organic Decaff Everyday Tea	40 bags	3.49	OV
TE002	Organic Decaff Everyday Tea	80 bags	5.99	OV
	<b>HAMPSTEAD TEA</b>			
TE939	Clean Green	20 bags	2.49	FOV
TE249	Darjeeling Tea - og	100g	5.99	BOV
TE936	Divine Earl Grey	20 bags	2.49	FOV
TE938	Dreamy Jasmine Green Tea	20 bags	2.49	OV
TE251	Earl Grey Tea - og	100g	5.99	OVB
TE677	English Breakfast Tea - og	100g	5.99	GOVB
TE392	First Flush Darjeeling - og	100g	9.96	OVB
TE255	Green Tea - og	100g	5.99	BOV
TE935	Pure Darjeeling	20 bags	2.49	FOV
TE932	Strong English Breakfast	20 bags	2.49	FOV
TE937	Zesty Ginger Green	20 bags	2.49	OV
	<i>Chai Range</i>			
TE325	Energy Chai	20 bags	2.59	OV
TE326	Karma Chai	20 bags	2.59	OV
TE349	Life Chai	20 bags	2.59	OV
	<b>PUKKA</b>			
TE213	Elegant English Breakfast	20 bags	2.99	FOV
TE214	Gorgeous Earl Grey	20 bags	2.99	FOV
	<i>Gift Range</i>			
TE462	Advent Calendar	1	9.99	OV
	<b>QI</b>			
TE308	Decaffeinated Green Tea	20 bags	2.39	FOV
TE819	Fairtrade Chun Mee Tea	100g	2.39	FOV
TE583	Fairtrade Detox Tea	25 bags	2.09	FOV
TE582	Fairtrade Ginger Green Tea	25 bags	2.09	FOV
TE585	Fairtrade Ginkgo Green Tea	25 bags	2.09	FOV
TE485	Fairtrade Green Tea	25 bags	1.69	FOV
TE817	Fairtrade Gunpowder Tea	100g	2.39	FOV
TE114	Fairtrade White Tea	25 bags	1.89	FOV
TE257	Green Tea and Matcha	20 bags	2.09	FOV
TE261	Green Tea Ginseng & Matcha	20 bags	2.09	FOV
TE260	Green Tea, Turmeric & Matcha	20 bags	2.09	FOV
TE112	Jasmine Green Tea	25 bags	1.69	FOV
TE310	Matcha Green Tea Powder	40g	8.99	FOV
	<b>RIDGWAYS</b>			
TE619	Tea - Organic	80 bags	2.79	OV

code	product	size	rrp	bfgosv
	<b>SIMPLY CHAI</b>			
	<i>Vegan, Organic, Fairly Traded</i>			
TE312	Classic	125g	5.89	FGOV
TE316	Matcha Anis	125g	5.89	FGOV
TE315	Not Sweet	40g	5.89	FGOV
TE313	Spicy	125g	5.89	FGOV
TE320	Turmeric	125g	5.89	FGOV
TE314	Vanilla	125g	5.89	FGOV
	<b>SWEET REVOLUTION</b>			
TE510	Instant Beetroot Latte	200g	7.99	OSV
TE511	Instant Chicory Latte	200g	7.99	OV
TE782	Instant Matcha Latte	200g	7.99	OV
TE780	Instant Reishi Latte	200g	7.99	OV
TE781	Instant Turmeric Latte	200g	7.99	OV
	<b>TWININGS</b>			
TE761	Earl Grey - og	50 bags	6.11	OV
	<b>TOFU (CHILLED)</b>			
	<b>CAULDRON</b>			
CV562	Organic Marinated Tofu Pieces	160g	2.86	SOV
CV561	Organic Tofu	396g	2.60	OV
	<b>CLEAR SPOT</b>			
CV614	Indian Tofu	225g	2.59	OV
CV209	Marinated Tofu	190g	2.45	OV
CV610	Mexican Tofu	225g	2.59	OV
CV612	Oriental Tofu	225g	2.59	OV
CV206	Plain Tofu	280g	1.99	OV
CV272	Plain Tofu	450g	3.15	OV
CV210	Plain Tofu	3kg		OV
CV249	Smoked Tofu	225g	2.75	OV
CV358	Tofu and Bean Burger	250g	2.25	OV
CV214	Tofu Sea Cakes	190g	2.15	OV
CV213	Tofu Sesame Burgers	190g	2.09	OV
	<b>DRAGONFLY</b>			
CV394	Org Natural Tofu	300g	2.25	OV
CV393	Org Premium Marinated Tofu	200g	2.79	OV
CV395	Org Smoked Tofu	200g	2.49	OV
	<b>NATUREMADE OASIS</b>			
CV582	Marinated Tofu	200g	2.09	OV
CV312	Tofuburgers OG - Mixed Pack A	180g	1.85	O
CV313	Tofuburgers OG - Mixed Pack B	180g	1.85	O
	<b>TAIFUN</b>			
CV007	Almond/Ses Tofu Slice	200g	3.79	OV
CV835	Basil Tofu with Fresh Herbs	200g	3.69	OVB
CV339	Black Forest Tofu Slices	200g	3.79	OV
CV716	Curcuma Turmeric Tofu	200g	3.79	OV
CV163	Curry/Mango Tofu	200g	3.69	OV
CV637	Feto Bell Pepper Tofu	200g	3.79	OV
CV636	Feto Herbs Tofu	200g	3.79	OV
CV635	Feto Natural Tofu	200g	3.49	OV
CV682	Firm Tofu - Natural	400g	2.99	OV
CV684	Firm Tofu - Natural	200g	2.09	OV
CV035	Natural Silken Tofu	400g	3.59	OVB
CV834	Smoked Tofu + Herb&Sun Seeds	250g	3.99	OV
CV833	Smoked Tofu- Eat hot or cold.	200g	3.19	OV
CV841	Tofu Fillet - Japanese Style	160g	3.09	OVB
CV840	Tofu Fillet - Mild Wild Garlic	160g	3.19	OVB
CV839	Tofu Fillet - Pizza Style	160g	3.19	OVB

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CV384	Tofu Olive - Demeter Standard	200g	3.69	OVB
CV832	Tofu Rosso - Taste of the Med	200g	3.69	OVB
	<i>Crisper Tofu</i>			
CV810	Beetroot & Horseradish	180g	3.79	OV
CV811	Carrot & Cumin	180g	3.79	OV
CV812	Peas & Herbs	180g	3.79	OV
	<b>VIANA</b>			
	<i>Demeter Organic Standard</i>			
CV410	Hazelnut Tofu	250g	2.55	OV
CV408	Real Smoked Firm Tofu	250g	2.89	OV
	<b>TOMATOES &amp; TOMATO PRODUCTS</b>			
LJ110	La Bio Idea Organic Passata	680g	1.75	OV
	<b>SUMA</b>			
LJ660	Organic Basil Passata	690g	1.79	VO
LJ560	Organic Passata	690g	1.75	VO
LJ088	Tomato Puree - organic	200g	1.25	VO
	<i>Canned</i>			
LJ075	Cherry Tomatoes - organic	400g	1.35	OV
LJ750	Chopped Tomatoes with Basil	400g	1.09	VO
LJ700	Chopped Tomatoes with Chilli	400g	1.09	VO
LJ080	Tomatoes - chopped, organic	400g	0.99	VO
LJ123	Tomatoes - chopped, organic	2.5kg	5.35	OV
LJ081	Tomatoes - peeled, whole OG	400g	1.05	VO
	<i>Jarred</i>			
LJ258	Sundried Tomatoes in Olive Oil	190g	4.25	OV
	<b>SUMA BAGGED DOWN - ORGANIC</b>			
	<i>Dried</i>			
LJ601	Sundried Tomatoes-organic	1kg		OV
	<b>SUMA COMMODITIES - ORGANIC</b>			
	<i>Dried</i>			
LJ600	Sundried Tomatoes - organic	10kg		OV
	<b>SUMA PREPACKS - ORGANIC</b>			
	<i>Dried</i>			
LJ602	Sundried Tomatoes - organic	125g	1.69	OV
	<b>MR ORGANIC</b>			
KJ071	Italian Tomato Puree	200g	1.75	OV
	<b>ORGANICO</b>			
KJ010	Sundried Tomatoes - og	190g	4.85	OV
	<b>SEGGIANO</b>			
LJ315	Organic Oven Roasted Tomatoes	280g	10.99	OV
	<b>TOOTHCARE</b>			
	<b>GREEN PEOPLE COMPANY</b>			
DY256	Childrens Mandarin	50ml	4.54	VO
DY014	Childrens Spearmint&AloeVera	50ml	4.54	VO
	<b>LAVERA</b>			
DY591	Propolis-Echinacea Toothpaste	75ml	3.95	O
	<b>THE NATURAL FAMILY CO</b>			
	<i>Toothpaste</i>			
DY498	Original Toothpaste	110g	6.49	OVG
DY496	Sensitive Toothpaste	110g	6.49	OGV
DY494	Whitening Toothpaste	110g	6.49	GOV
	<b>URTEKRAM</b>			
DY395	Aloe Vera Toothpaste	75ml	2.99	OV

code	product	size	rrp	bfgosv
<b>VEGETABLES</b>				
<b>SUMA</b>				
LJ550	Italian Sweetcorn - Organic	340g	1.39	OV
LJ146	Sweetcorn - Organic, tinned	340g	1.39	OV
<i>Canned From Fresh</i>				
VF123	Fresh Borlotti Beans - Organic	400g	1.39	OV
VF560	Fresh Chickpeas - Organic	400g	1.39	OV
VF111	Fresh Peas - Organic	340g	1.39	OV
<b>AMAIZIN</b>				
KJ117	Jalapeno Peppers	150g	2.39	GOV
<b>BIONA</b>				
LJ243	Capers In Olive Oil	120g	4.19	OV
<b>BIONOVA</b>				
VF039	Garden Peas	350g	1.89	O
VF040	Sauerkraut	350g	2.59	VO
VF030	Sweetcorn - organic	340g	1.85	VO
<b>MANI</b>				
KJ440	Og Capers in Olive Oil	180g	3.49	OV
KJ434	Og Kalamata Olive Paste	180g	3.49	OV
KJ437	Og Sun Dried Tomato Paste	180g	3.49	OV
<b>ORGANICO</b>				
KJ016	Artichoke Hearts - og	190g	4.85	OV
KJ428	Capers	100g	1.95	OV
KJ429	Capers	250g	2.95	OV
VF088	French Chestnuts in box - og	200g	4.95	OV
<b>PEP UP LIFE</b>				
<i>Seed Sprouting Bags</i>				
VF004	Organic Alfalfa Sprouts	48g	2.95	OV
VF024	Organic Fenugreek Sprouts	80g	2.95	OV
VF001	Organic Mung Beans	80g	2.95	OV
VF034	Organic Sprouting Mix - One	80g	2.95	OV
VF049	Organic Sprouting Mix - Two	80g	2.95	OV
<b>SUNITA</b>				
KJ250	Capers - Organic	125g	5.19	OV
<b>TERRASANA</b>				
LJ084	Instant Mashed Potato	100g	2.19	VO
<b>VEGETABLES (FROZEN)</b>				
<b>BIO INSIDE</b>				
XL155	Organic Garden peas	300g	1.45	OVB
XL153	Organic Sweetcorn	300g	1.89	OVB
<b>NATURAL COOL</b>				
<i>Vegetables</i>				
XL183	Broccoli	300g	2.19	OVB
XL221	Chips - Oven or Fry	600g	2.19	OV
XL156	Chips - Oven or Fry	1.25kg	4.55	OVB
XL176	Cut Green Beans	450g	2.05	OVB
XL177	Leaf Spinach Portions	450g	2.05	OVB
XL178	Peas	450g	2.65	OV
XL181	Sweetcorn	450g	2.79	OVB
XL134	Vegetable Mix	450g	2.35	OVB
<b>VINEGARS</b>				
<b>SUMA</b>				
KJ654	OG Balsamic Vinegar - oak aged	250ml	4.99	OV
<b>ASPALL</b>				
KJ382	Balsamic Vinegar - og	5l	33.69	OV
KJ478	Balsamic Vinegar - organic	350ml	3.59	OV

code	product	size	rrp	bfgosv
KJ252	Cyder Vinegar - og	25l		OV
KJ481	Cyder Vinegar - organic	350ml	1.79	VO
KJ205	Cyder Vinegar - organic	5l	18.65	OV
KJ069	Cyder Vinegar - organic	500ml	2.29	VO
KJ052	Cyder Vinegar - organic	1l	3.79	OV
KJ395	Raw Unfiltered Cyder Vinegar	500ml	2.69	OV
KJ321	Raw Unfiltered Cyder Vinegar	5l	18.65	OV
KJ475	Red Wine Vinegar - organic	350ml	1.79	OV
KJ474	White Wine Vinegar - organic	350ml	1.79	OV
KJ210	White Wine Vinegar - organic	5l	16.15	OV
<b>BIONA</b>				
KJ131	Cider Vinegar with `Mother`	5l	14.95	OV
KJ130	Cider Vinegar with `Mother`	500ml	2.69	OV
KJ311	Cider Vinegar with `Mother`	75cl	3.29	OV
<b>BRAGG</b>				
KJ325	Apple Cider Vinegar w/Mother	473ml	5.49	OV
KJ324	Apple Cider Vinegar w/Mother	946ml	9.49	OV
KJ122	Apple Cider Vinegar with Honey	473ml	9.99	O
<b>HIGHER NATURE OMEGA EXCELLENCE</b>				
VM062	Organic Apple Cider Vinegar	350ml	7.50	OV
<b>MR ORGANIC</b>				
KJ493	Cider Vin Tumeric Chilli Ging	250ml	2.99	GOV
KJ495	Cider Vinegar / Tumeric & Cinn	250ml	2.99	GOV
KJ492	Organic Apple Cider Vinegar	500ml	3.35	GOV
<b>RAW HEALTH</b>				
KJ489	Apple Cider Vinegar	1 l	4.29	OV
KJ490	Apple Cider Vinegar With Honey	500ml	4.19	O
KJ129	Raw Organic Cider vinegar	500ml	2.99	OV
KJ235	Raw Pomegranate Vinegar	5000ml	3.49	OV
<b>RAYNERS</b>				
KJ500	Apple Cider Vinegar	500ml	2.79	OV
KJ505	Coconut Aminos	250ml	5.49	OV
KJ504	Coconut Vinegar	250ml	3.49	OV
KJ503	Pomegranate Vinegar	250ml	3.99	OV
KJ501	Red Wine Vinegar with Mother	500ml	2.49	OV
KJ502	White Wine Vinegar With Mother	500ml	2.49	OV
<b>WINES</b>				
<b>RED WINE</b>				
<i>Argentina</i>				
WN134	Grande Reserve Malbec	75cl	26.91	OV
WN119	Made in Mendoza Malbec	75cl	10.83	FOV
WN155	Malbec - Jean Bousquet	75cl	14.59	OV
<i>Austria</i>				
WN025	Pinot Noir Meinklang	75cl	17.15	OVb
<i>France</i>				
WN228	Chateau la Blanquerie	75cl	12.09	OV
WN010	Cotes du Rhone	75cl	12.21	OV
WN016	La Nature Le Rouge	75cl	10.17	OV
WN055	Merlot - Guvee Gabriel	75cl	11.05	OV
WN006	Merlot - La Marouette	75cl	10.85	OV
<i>Italy</i>				
WN063	Era Nero d'Avola	75cl	11.72	OV
WN058	Nero d'Avola	75cl	9.07	O
WN140	Nero d'Avola - Fedele	75cl	10.35	OV
WN023	Nero D'Avola Insieme S. Tresa	75cl	12.89	OV
WN094	Vino Rosso - Fedele	75cl	8.99	OV

code	product	size	rrp	bfgosv
	<i>South Africa</i>			
WN114	Cab Sauvignon - Running Duck	75cl	10.11	FOV
WN137	Dig This! Shiraz Merlot	75cl	10.59	FOV
WN197	Merlot - Running Duck	75cl	9.69	FOV
WN138	Merlot - Stellar	75cl	10.09	FOV
WN076	Pinot Noir - River's End	75cl	11.67	FOV
WN196	Pinotage - Running Duck	75cl	10.16	FOV
WN116	Shiraz - Running Duck	75cl	9.64	FOV
	<i>Spain</i>			
WN232	Camino Tinto Tempranillo	75cl	8.79	OV
WN207	Cuesta Colora Tempranillo	75cl	11.87	OV
WN054	Dragora Syrah	75cl	9.75	OV
WN040	Dragora Tinto	75cl	9.15	OV
WN147	Rioja - Usoa de Bagordi	75cl	11.87	OV
WN103	Rioja Garnacha Crianza	75cl	15.22	OV
	<b>ROSE WINE</b>			
	<i>France</i>			
WN229	Grenache Rose - La Marouette	75cl	11.02	OV
	<i>Italy</i>			
WN139	Vino Rose - Fedele	75cl	10.35	OV
	<i>South Africa</i>			
WN118	Shiraz Rose - Running Duck	75cl	9.69	FOV
	<b>SPARKLING WINE</b>			
	<i>France</i>			
WN050	Champagne Carte d'Or	75cl	34.35	OV
	<i>Italy</i>			
WN214	Perla Rosa Frizzante - Giol	75cl	11.55	OV
WN133	Prosecco - Proverbio	75cl	15.99	OV
WN009	Prosecco Col di Manza Perlage	75cl	20.48	OV/B
WN015	Prosecco Spumante Era	75cl	14.41	OV
	<b>WHITE WINE</b>			
	<i>England</i>			
WN235	Horsmonden Dry White Davenport	75cl	19.06	OV
	<i>France</i>			
WN226	Sauvignon - La Marouette	75cl	11.08	OV
	<i>Germany</i>			
WN101	Riesling - Sander	75cl	13.20	OV
	<i>Italy</i>			
WN095	Blanco - Fedele	75cl	8.99	OV
WN141	Catarratto Pinot Grigio Fedele	75cl	10.35	OV
WN029	Gavi Spinola cas. Tassarolo	75cl	16.30	OV
WN057	Pinot Grigio	75cl	9.07	OV
WN233	Pinot Grigio - Boira	75cl	12.93	OV
	<i>South Africa</i>			
WN071	Chenin Blanc - River's End	75cl	11.67	FOV
WN008	Chenin Blanc - Running Duck	75cl	9.64	FOV
WN115	Chenin Sauv Blanc - R/Duck	75cl	9.46	FOV
WN136	Dig This! Chenin Sauv Blanc	75cl	10.59	FOV
WN019	Sauvignon Blanc - Stellar	75cl	9.79	FOV
	<b>YOGURTS, COWS MILK (CHILLED)</b>			
	<b>CALON WEN</b>			
CV816	Natural Yoghurt	400g	1.59	O
CV817	Strawberry Yoghurt	400g	1.85	O
CV818	Vanilla Yoghurt	400g	1.85	O

code	product	size	rrp	bfgosv
<b>RACHELS DAIRY</b>				
CV616	Greek Style Coconut Yoghurt	450g	2.59	OS
CV378	Greek Style Ginger Yoghurt	450g	2.59	O
CV470	Greek Style Honey Yoghurt	450g	2.59	O
CV270	Greek Style Natural Yoghurt	450g	2.25	O
CV254	Greek Style Set Yogurt	450g	2.25	O
<b><i>Forbidden Fruits</i></b>				
CV501	Forbidden Fruits Cherry	150g	0.89	OS
CV927	Forbidden Fruits Peach	150g	0.89	OS
CV924	Forbidden Fruits Strawberry	150g	0.89	OS
<b><i>Low Fat Range</i></b>				
CV100	Low Fat Natural Yoghurt	450g	1.69	O
CV376	Low Fat Raspberry	150g	0.89	OS
CV920	Low Fat Strawberry	150g	0.89	OS
<b>YEO VALLEY</b>				
<b><i>Minimum 4 days shelf life</i></b>				
CV366	Apricot & Peach Yoghurt	450g	1.75	OS
CV709	Blueberry Yoghurt	450g	1.75	O
CV746	Fat Free Natural Yoghurt	500g	1.75	OS
CV403	Greek Style Natural	450g	1.99	O
CV604	Lemon Curd Yoghurt	450g	1.75	OS
CV362	Natural Yoghurt	150g	0.65	O
CV360	Natural Yoghurt	500g	1.75	O
CV365	Raspberry Yoghurt	450g	1.75	OS
CV363	Strawberry Yoghurt	450g	1.75	OS
<b><i>Multipack Range</i></b>				
CV603	Fruity Favourites	4 x 120g	2.05	OS



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