

Summa

CO-OPERATIVE SINCE 1977

GLUTEN FREE

MARCH APRIL 2019

Gluten Free

A bit more about it..

Since the very beginning, Suma has always aimed to cater for special dietary requirements. Our gluten-free range contains over 2000 different products. From every day essentials to special treats.

A gluten-free diet is essential for people with coeliac disease. Coeliac disease is caused by a reaction of the immune system to gluten—a protein found in wheat, barley and rye. Sales in this area have never been bigger with many non-coeliacs reporting a range of health benefits after adopting a gluten-free diet. Many basic foods are naturally gluten-free. Foods which require substituting with a gluten-free alternative are bread, pasta, cereals, biscuits, cakes, pies and sauces.

It is generally accepted that the term gluten-free refers to a harmless level of gluten, rather than to a food being 100% free of gluten. Food products labelled gluten-free may have been contaminated with gluten somewhere between being harvested and delivered to us.



Key BFGSOV

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

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

code	product	size	rrp	bfgosv
BABY & CHILD FOOD				
BABEASE				
BB100	Banana & Pear Coconut Water	100g	1.35	GOV
BB088	Butternut, Carrot & Broccoli	100g	1.35	GOV
BB090	Garden Vegetable Risotto	130g	1.75	GOV
BB096	Pumpkin & Peas	100g	1.35	GOV
BB103	Root Vegetable & Quinoa Pilaf	130g	1.75	GOV
BB097	Strawberry, Apple Coconut Water	100g	1.35	GOV
BEAR				
ZX512	Paws Safari - Mango/Strawberry	20g	0.59	GV
ZX515	Paws- Apple & Blackcurrant	20g	0.59	GV
ZX523	Paws- Raspberry & Blueberry	20g	0.59	GV
ZX520	Paws- Strawberry & Apple	20g	0.59	GV
HOLLE				
<i>Jarred</i>				
BB025	Veggie Curry - Jarred	190g	1.65	GOB
LITTLE PASTA ORGANICS				
<i>Pasta</i>				
BB151	Gluten Free Mini Gnocchi	250g	2.39	GOV
<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
BAKING SUNDRIES				
SUMA				
HE225	Baking Powder	1kg		GV
LJ039	Baking Powder - Gluten Free	200g	2.19	GV
BARKAT				
LJ002	Gluten Free Baking Powder	100g	1.49	GV
CLEARSPRING				
JP064	Kuzu (Wild Arrowroot)	125g	6.49	GVO
DOVES FARM				
LJ206	Baking Powder	130g	1.49	GV
LJ168	Baking Powder Bulk	1kg		GV
LJ228	Choc Chip Cookie Mix	350g	3.25	GSV
LJ234	Chocolate Brownie Mix	350g	2.95	GS
LJ166	Cornflour Bulk	1kg		GOV
LJ203	Cornflour Organic	110g	1.79	GOV
LJ233	Pancake Mix	300g	2.35	G
LJ423	Quick Yeast	8 x 125g	1.19	GV
LJ165	Xanthan Gum	1kg		GV
ENGEVITA				
LJ144	Organic Yeast Flakes	125g	4.95	GOV
LJ148	Super Yeast Flakes Vit D & B12	100g	3.99	GV
LJ143	Yeast Flakes	125g	2.99	GV
LJ020	Yeast Flakes with Vitamin B12	125g	3.59	GV
MOO FREE				
LJ111	Alternative to Milk Couverture	2kg		OGVS
LJ311	Baking Drops	150g	3.79	GOSV
ORGRAN				
LJ656	Egg Replacer	200g	2.95	GV
LJ077	Vegan Easy Egg	250g	4.25	GV
PLAMIL				
<i>Drops in 1kg bags</i>				
KB651	Baking Chocolate	1kg	11.99	GSV
KB652	Org & F/T Baking Chocolate	1kg	13.59	GFOSV
KB658	Organic Rich Chocolate	1kg	13.89	GOSV
THE RAW CHOCOLATE CO				
<i>Chocolate Making Ingredients</i>				
KB050	Cacao Butter	240g	6.70	GFOV

code	product	size	rrp	bfgosv
	BEANS & PULSES - CANNED			
	WHOLE EARTH			
VF161	Baked Beans - organic	400g	1.19	GOV
	BEERS			
	GLEBE FARM			
RT002	Gluten Free Beer-Night Mission	330ml	2.29	G
	BISCUITS CRACKERS & CRISPBREAD			
	AGAINST THE GRAIN			
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
	AMISA			
BT560	Chestnut Crispbread	100g	2.39	GO
BT106	Crispbread - Amaranth & Rice	120g	2.09	GOV
BT185	Crispbread - Buckwheat W/grain	120g	2.29	GOV
BT291	Crispbread - Veggie Garden GF	100g	1.69	GOV
	ANGELIC GLUTEN FREE			
BT179	Double Chocolate Cookies	125g	2.59	GSV
BT186	Ginger Crunch Cookies	125g	2.59	GSV
BT177	Rosemary Savoury Biscuits	145g	2.59	GS
	CLARANA			
	<i>Gluten Free</i>			
BT372	Wafer Rolls & Hazelnut Creme	100g	3.59	VGS
BT371	Wafer Rolls with Cocoa Creme	100g	3.59	GVS
	CLEARSPRING			
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
BT317	Organic Corncakes	130g	1.15	GOV
BT631	Rice Cakes - 3 Grain, Thin,Org	130g	0.99	GOV
BT629	Rice Cakes - No Added Salt,Org	130g	0.99	GOV
	DEAN'S			
KB918	Gingerbread Spiced Shortbread	125g	3.99	GS
	DOVES FARM			
BT295	Choc Chip Cookies	180g	2.29	GOSV
BT269	Lemon Zest Cookies - GF	150g	1.59	GOSV
BT008	Stem Ginger Cookies - GF	150g	1.59	GOSV
	EASY BEAN			
BT078	Chickpea Crispbread - Cheddar	110g	3.15	G
BT204	Chickpea Crispbread - Moroccan	110g	3.15	G
BT076	Chickpea Crispbread - Seaweed	110g	3.15	G
BT208	Chickpea Crispbread with Seeds	110g	3.15	G
BT205	Chickpea Crispbread-Mung Bean	110g	3.15	G
BT304	Fava Bean & Poppy Seed	160g	2.95	GV
BT305	Green Pea & Chia Seed	160g	2.95	GV
BT303	Red Lentil & Poppy Seed	160g	2.95	GV
	FOODS OF ATHENRY			
BT168	Caramel Latte Shortbread	150g	5.35	GS
BT161	Chocolate Chip Shortbread	150g	5.35	GS
	HONEYROSE			
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
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

code	product	size	rrp	bfgosv
KALLO				
BT045	Ancient Grain Corn Cakes	150g	1.99	GOV
BT152	Blueberry/Van Rice/Corn Cakes	131g	2.29	GSV
BT527	Chia Seed Corn Cake	130g	1.49	GV
BT184	Corn Cakes OG	130g	1.79	GOV
BT011	Salt & Vinegar Corn/Rice Snack	25g	0.75	GSV
<i>Lentil Cakes</i>				
BT578	Protein Lentil Cake	100g	1.99	GV
<i>Rice Cakes</i>				
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
KENT & FRASER				
BT274	Chilli & Coriander Wafer	110g	2.75	G
BT256	Garlic & Poppy Seed Wafer	110g	2.75	G
BT255	Onion & Nigella Seed Wafer	110g	2.75	G
KOOKIE CAT				
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
LAZY DAY				
BT194	Chocolate Chip Shortbread	150g	3.79	GV
BT141	Chocolate Orange Slice	150g	3.79	GV
BT214	Dark Belgian Chocolate Gingers	125g	4.09	GV
BT197	Free From Shortbread	150g	3.79	GV
BT140	Ginger Truffle Slice	150g	3.79	GVS
BT435	Iced Fruit Cake Slice	150g	3.95	GSV
BT524	Millionaire's Crispy Squares	150g	3.79	GS
BT316	Millionaires Shortbread	150g	3.79	GSV
BT489	Peppermint Slice	150g	3.79	GSV
<i>Mini Bites Tubs</i>				
BT191	Millionaires Crispie Bites	180g	4.79	GSV
BT196	Rocky Road Bites	180g	4.79	GSV
BT183	Tiffin Bites	180g	4.79	GSV
LE PAIN DES FLEURS				
BT094	Buckwheat Crispbread	125g	3.29	GOV
BT189	Buckwheat Crispbread (no salt)	125g	3.29	GOV
BT095	Chestnut Crispbread	125g	3.99	GOV
BT093	Quinoa Crispbread	125g	3.99	FGOV
METCALFE'S				
BT222	Rice Cakes - Dark Chocolate	34g	0.99	GVS
BT209	Rice Cakes - Milk Chocolate	34g	0.99	GS
BT198	Rice Cakes - Yoghurt	34g	0.99	GS
NAIRN'S				
<i>Gluten Free</i>				
BT558	Cracked Black Pepper Cracker	137g	1.99	GS
BT324	GF Biscuit Breaks Choc Chip	160g	2.25	GS
BT108	GF Biscuit Breaks Oat & Fruit	160g	2.25	GVS
BT109	GF Biscuit Breaks Oat & Syrup	160g	2.25	GSV
BT267	GF Biscuit Breaks Stem Ginger	160g	2.25	GSV
BT571	GF Blue&Rasp Chunky Biscuits	160g	2.25	GS
BT572	GF Dark Choc&C'nut Chunky Bisc	160g	2.25	GS
BT549	GF Super Seeded Oatcake	180g	2.15	GV
BT420	Gluten Free Oatcakes	213g	2.15	GGV

code	product	size	rrp	bfgosv
BT424	Gluten Free Oatcakes - Cheese	180g	2.15	G
BT559	W/Grain Super Seeded Cracker	137g	1.99	GS
BT557	Wholegrain Cracker	137g	1.99	GS
ORGRAN				
BT257	Toasted Corn Crispbread	125g	2.15	G
ORIGIN EARTH				
BT390	Gluten Free Crackers	150g	2.69	GV
BT389	Gluten Free Crackers Fennel	150g	2.69	GV
BT387	Gluten Free Crackers Sesame	150g	2.69	GV
PREWETTS				
BT260	Dark Chocolate & Ginger	150g	3.29	GS
BT280	Jammy Wheels	160g	1.95	GV
BT258	Milk Chocolate Digestives	165g	2.15	GS
BT251	Mini Cheese Biscuits	5 x 125g	3.30	G
BT239	Mini Milk Choc Chip Cookies	5 x 28g	3.30	GS
BT526	Rich Quadruple Choc Cookies	150g	3.05	GS
RHYTHM 108				
BT334	Coconut Cookie	135g	3.09	GOV
BT335	Double Choco Hazelnut Biscuits	135g	3.09	OVG
BT344	Lemon Ginger Chia Biscuits	135g	3.09	GOV
BT333	Oh-la-la Almond Biscotti	135g	3.09	GOV
RUDE HEALTH FOODS				
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
BODYCARE				
CREATIVE NATURE				
DY499	Apricot Kernels - Bitter	300g	10.15	GV
BREADS & BREAD MIXES				
AMISA				
BT437	Deep Pan Pizza Bases	260g	4.29	GOSV
BT125	Olive Ciabatta	180g	2.99	GOV
BIONA				
BT461	Rice Bread with Sunflower Seed	500g	4.49	GOV
ISABEL'S NATURALLY FREE FROM				
FG186	Baked Donut Mix Gluten Free	100g	2.35	GV
FG083	Batter Mix Gluten Free	125g	2.29	GV
BT203	Gluten & Wheat Free Pizza Mix	300g	3.25	G
BT201	Speciality Dough Balls Mix	250g	3.25	G
FG084	Yorkshire Pudding Mix - G/Free	100g	2.35	G
SCHNITZER GLUTEN FREE				
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
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
TASTE ITALIA				
BT016	G/F Multigrain Vegan Wraps	4 x 65g	3.69	GV
BT009	Gluten free Plain Wraps	2 x 80g	2.99	GV
BT007	Gluten free Quinoa Wraps	2 x 80g	2.99	GV
BT014	Gluten Free Vegan OG Wraps	2 x 80g	3.69	GOV
BT030	Thin Vegan Crispy Pizza Base	2 x 150	4.29	GV

code	product	size	rrp	bfgovs
	BURGERS SAUSAGES & TVP MIXES			
	SUMA BAGGED DOWN			
VF166	Nut Roast Mix	1kg		GVS
	SUMA PREPACKS			
VF154	Nut Roast Mix - Gluten Free	340g	2.95	GVS
	SHROPSHIRE SPICE			
VF309	GF Parsley/Thyme Stuffing Mix	120g	1.99	GV
	CAKES			
	CREATIVE NATURE			
BT223	Banana Bread Mix	250g	3.99	GOSV
BT231	Chocolate Chip Muffin Mix	250g	3.99	GSVO
	FREE & EASY			
	<i>Gluten & Dairy Free</i>			
BT072	Chocolate Brownie Mix	350g	3.99	GSV
	CEREALS & MUESLIS			
	SUMA GRANOLA			
MX213	GF Berry Burst Granola	350g	4.85	G
	SUMA MUESLI			
MX211	GF Multigrain Muesli - Organic	500g	3.59	GOV
	ALARA			
MX077	Gluten Free Scottish Granola	400g	3.99	GO
	<i>Everyday Range</i>			
MX023	Gluten Free Muesli - organic	250g	3.29	GOV
	<i>Into The Garden</i>			
MX236	Active Muesli	250g	3.99	GOV
MX050	Goji & Cranberry Muesli	450g	3.99	GOV
	AMISA			
FX016	Organic Porridge Oats	325g	2.69	GOV
	BIG OZ			
MX030	Organic Quinoa Flakes	500g	9.49	GO
	BIOFAIR			
MX009	Quinoa Pops Organic, FT	120g	4.49	GFO
	DOVES FARM			
MX019	Cereal Flakes	375g	3.65	GO
MX988	Chocolate Stars	300g	2.85	GV
MX632	Corn Flakes	325g	2.85	GO
MX171	Fibre Flakes	375g	3.45	GO
	EAT NATURAL			
MX241	Super Granola - Gluten Free	425g	3.80	GS
MX148	Toasted Muesli - Buckwheat	500g	3.49	GS
MX150	Toasted Muesli - Vine Fruits	500g	3.49	GS
	GLEBE FARM			
MX039	Granola Maple & Banana GF	325g	2.99	GS
MX113	Granola Oat GF	325g	2.79	GS
MX111	Granola Org Oats GF	325g	2.99	GOS
FX037	Porridge Oats GF	450g	2.49	GV
MX106	Porridge Oats GF	450g	2.79	GOV
	HODMEDOD'S			
FX020	Organic Puffed Quinoa	150g	2.99	GOV
	KALLO			
MX124	Puffed Rice Cereal - Natural	225g	2.99	GOV
	LIZI'S			
MX181	Lizi's Gluten Free Granola	400g	4.99	GV
	NAIRN'S			
MX152	Gluten Free Porridge Oats	450g	2.59	G
MX154	Muesli - Gluten Free	450g	2.99	GSV
	NATURES PATH ORGANIC			
MX547	Crispy Rice	284g	4.39	GOSV
MX195	Gluten Free O's	325g	4.39	GOS
MX602	Gorilla Munch	300g	3.95	GOVS

code	product	size	rrp	bfgosv
MX136	Granola - Berry	312g	4.89	GOS
MX074	Granola - Pumpkin, Raisin, Alm	312g	4.89	GOS
MX194	Maple Sunrise	332g	4.15	GOS
MX885	Mesa Sunrise	355g	4.29	GOSV
	<i>Envirokidz</i>			
MX079	Choco Chimps	284g	3.99	GOVS
MX080	P/nut Butter & Choc Lemurs	284g	4.75	GOSV
	<i>Superflakes</i>			
MX081	Cocoa & Coconut	284g	5.39	GOS
	NUTRI-BREX			
MX237	Wholegrain Cereal GF	375g	3.65	GSV
	PLANET ORGANIC			
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
MX122	The Original Paleo Granola	350g	6.99	GOSV
	PRIMROSE'S KITCHEN			
MX126	Banana & Turmeric Granola	300g	5.99	GOV
MX109	Beetroot & Ginger Muesli	300g	5.99	GOV
MX104	Carrot & Apple & Cinnamon Mues	300g	5.99	GOV
MX221	Courgette & Cacao Granola	300g	6.99	GOV
MX245	Orange & Cashew Granola	300g	5.99	GOV
	RUDE HEALTH FOODS			
MX208	Sprouted Porridge Oats	500g	4.99	GOV
	<i>Muesli</i>			
MX089	Coconut & Seed GF Muesli	500g	4.49	GV
	<i>Puffs</i>			
MX164	Honey Puffed Oats	240g	4.25	G
MX120	Puffed Brown Rice	225g	2.39	GV
	WHOLE EARTH			
MX172	Classic Cornflakes - organic	375g	2.49	GOSV
MX174	Maple Frosted Flakes - og	375g	3.29	GOSV
	CHEESE SUBSTITUTES (CHILLED)			
	BUTE ISLAND FOODS			
CV141	Blue Style Wedge	200g	2.49	GV
CV820	Garlic & Chive	200g	2.49	GV
CV755	Red Leicester Style	200g	2.19	GV
CV294	Smoked Cheddar	200g	2.49	GV
CV288	Strong Cheddar Wedge	200g	2.49	GV
	<i>Grated Sheese</i>			
CV754	Grated Italian Hard Style	60g	2.29	GV
	CICIONI			
CV806	Fermentini Almond/Cashew	80g	4.95	GOV
CV115	Fermentini Almond/Cashew	160g	7.99	GOV
	GOOD CARMA			
CV733	Mature Cheddar Style Spread	150g	4.49	GV
	KOKO DAIRY FREE			
CV688	Cheddar Cheese Alternative	200g	2.49	GV
CV715	Soft Cheese Alternative	150g	1.99	GV
	TOFUTTI			
CV297	Cheddar Style D/Free Slices	150g	2.29	GSV
CV396	Creamy Smooth Garlic & Herb	225g	3.05	GSV
CV293	Creamy Smooth Herb & Chives	225g	3.05	GSV
CV295	Creamy Smooth Original	225g	3.05	GSV
CV601	Grated Mozzarella style Cheese	200g	2.75	GVS
CV560	Sour Supreme	225g	3.05	GV
	CHOCOLATE			
	ANANDA FOODS			
KB330	Gluten Free Round UP	75g	2.99	GVS

code	product	size	rrp	bfgosv
BEECH'S				
KB375	After Dinner Mints	130g	3.99	GVS
KB340	Dark Chocolate Ginger	100g	3.99	GVS
KB453	Dark Chocolate Mint Thins	150g	4.99	GVS
<i>EASTER 2019</i>				
ZX152	Bunnies - Milk Chocolate	100g	3.49	G
ZX143	Easter Egg - Dark Chocolate	165g	6.99	GV
ZX149	Easter Egg - Milk Chocolate	165g	6.99	G
ZX151	Teddy Bears Picnic	100g	3.49	G
BEYOND DARK				
KB088	70% Dark Chocolate Drops	35g	0.99	GSV
BOOJA BOOJA				
<i>Artist's Collection Gift Boxes</i>				
KB927	Fine De Champagne Truffles	185g	20.99	GFOSV
KB929	Hazelnut Truffles	185g	20.99	GFOSV
<i>EASTER 2019</i>				
KB902	Almond & Sea Salt Caramel Egg	34.5g	10.49	GOSV
KB126	Champagne Truffle Egg	34.5g	10.49	GOSV
KB129	Hazelnut Crunch Truffle Egg	34.5g	10.49	GOSV
ZX837	Large Almond & Sea Salt Egg	138g	26.19	GOSV
KB795	Large Champagne Truffle Egg	138g	26.19	GOSV
KB985	Large Hazelnut Truffle Egg	138g	26.19	GOSV
<i>Four Corners</i>				
KB790	Around Midnight Espresso	104g	7.35	GOSV
KB550	Hazelnut Truffles	104g	7.35	GOSV
KB655	The Gourmet Selection	230g	17.79	GOSV
<i>Gift Boxes</i>				
KB656	Champagne Truffles	138g	9.95	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
COCOA LIBRE				
<i>EASTER 2019</i>				
ZX995	Alternative Chocolate Frogs	40g	1.95	GV
KB274	Milk ALternative Bear Lolly	20g	1.15	VGS
ZX998	Milk Alternative Easter Chicks	100g	4.15	GV
ZX997	Milk Alternative Easter Sheep	40g	1.95	GV
DISCOVER CHOCOLATE				
KB222	Cranberry/Raspberry Dark Choc	50g	2.05	GV
DOISY & DAM				
<i>25g Bars</i>				
ZX958	Maca, Vanilla & Cacao Nibs	25g	1.19	OGSV
GOUPIE				
<i>EASTER 2019</i>				
ZX010	Goupies in Painted Tin Egg	100g	9.29	GSV
KING MONTY				
KB566	King Monty Classic Cacao Tin	130g	4.45	GV
KB626	King Monty Pop Rice Tin	130g	4.45	GV
KB592	King Monty Pure Darkness Tin	130g	4.45	GV
KB605	King Monty Sunny Orange Tin	130g	4.45	GV
MIGHTY FINE				
ZX612	D/Choc Raspberry Almond Dips	75g	2.75	GS
ZX610	Dark Chocolate Almond Dips	75g	2.75	GS
ZX607	M/Choc Salted Caramel Almonds	75g	2.75	SG
ZX570	Milk Chocolate Almond Dips	75g	2.75	GS
MIGHTY FINE HONEYCOMB				
KB009	Dark Chocolate Honeycomb Bar	30g	0.99	GS

code	product	size	rrp	bfgosv
KB039	Milk Chocolate Honeycomb Bar	30g	0.99	GS
KB013	Salted Caramel Honeycomb Bar	30g	0.99	GS
	<i>Dips</i>			
KB842	Dark Choc Honeycomb Dips	90g	2.69	GS
KB837	Peanut Butter Choc Dips	90g	2.69	GS
	MONTEZUMA'S			
ZX707	Peanut Butter Truffle Bites	120g	2.79	VSG
	<i>EASTER 2019</i>			
ZX993	Absolute Black Cocoa Nib Egg	250g	9.99	GV
ZX991	Dark Choc P/Butter Mini Eggs	150g	3.99	GV
KB811	Dark Chunky Egg	250g	9.99	GOV
ZX139	Like No Udder Button Egg	250g	9.99	GOV
KB055	Milk & Butterscotch Eco Egg	150g	8.99	GO
KB809	Milk Chunky Egg	250g	9.99	GO
	<i>Like No Udder</i>			
KB530	Milk Alternative Bar	100g	2.79	GOVS
KB601	Milk Choc/Orange Alternative	100g	2.79	OSVG
	MOO FREE			
KB958	Caramelised Hazelnut Bar	100g	2.65	GSV
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>EASTER 2019</i>			
ZX103	65% Dark Chocolate Egg	160g	5.99	OSGV
KB819	Cheeky Orange Egg	110g	3.99	GOVS
ZX979	Dairy Free Bunnycomb Egg	110g	3.99	GOVS
KB813	Dairy Free Milk Chocolate Egg	125g	3.99	GOSV
ZX989	Rosie Rabbit	32g	0.99	GOSV
ZX056	Sea Salt & Caramel Egg	160g	5.99	VOSG
	<i>Marvellously Moreish</i>			
ZX398	65% Dark Bar	80g	2.19	GSOV
ZX405	85% Dark Bar	80g	2.19	GSOV
ZX636	Cinder Toffee Bar	80g	2.19	GSOV
WS050	Cocoa Chocolate Bar	80g	2.19	GSOV
WS051	Sea Salt & Caramel Bar	80g	2.19	GSOV
WS052	Sea Salt & Lime Bar	80g	2.19	FGSO
	<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	GSOV
	MUMMY MEAGZ			
	<i>Vegan Rocky Road Bars</i>			
ZX698	Mint Rocky Road Cake Bar	55g	2.15	VSG
ZX705	Orange Rocky Road Bar	55g	2.15	VSG
ZX704	Original Rocky Road Bar	55g	2.15	SVG
WS053	Sea Salt & Honeycomb Rocky Road	55g	2.15	GVS
	NUGO			
KB376	D/Mint Choc Chip Protein Bar	50g	2.35	SGV
KB493	Dark Choc Chip Protein Bar	50g	2.35	GSV
KB502	Dark Choc Coconut Protein Bar	50g	2.35	SGV
KB399	Dark Choc Mocha Protein Bar	50g	2.35	GSV
KB321	Dark Peanut Butter Protein Bar	50g	2.35	VSG
	<i>With Protein</i>			
KB468	D/Choc Pretzel Sea Salt Bar	50g	2.35	VSG

code	product	size	rrp	bfgosv
	OMBAR RAW CHOCOLATE			
	<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
	PLAMIL			
	<i>EASTER 2019</i>			
ZX969	NAS Bunny Box with Half Eggs	65g	3.49	GV
	PLAYIN CHOC			
	<i>EASTER 2019</i>			
ZX138	5 Pieces of Playin Chocolate	50g	2.75	GSOV
ZX094	Box of 10 Playin Chocolates	100g	5.45	FSGVO
ZX079	Complete Rabbit Set	4 box ES	12.99	SGOV
ZX077	Rabbit Surprise	1	3.29	OGSV
ZX066	Woodland Animal Surprise	1	3.29	OGSV
	RHYTHM 108			
KB506	Hazelnut Praline Chocolate Bar	33g	1.55	GVOS
KB336	Super Coconut Swiss Choc Bar	33g	1.55	GSOV
KB276	Sweet N Salty Almond Choc Bar	33g	1.55	GOSV
	SO FREE			
	<i>EASTER 2019</i>			
KB535	Easter Egg - Finest Dark	125g	4.00	GOV
KB520	Easter Egg - Milk	125g	4.00	GOSV
KB576	Easter Egg - White	125g	4.00	GOSV
	<i>No Added Sugar Large Bars</i>			
ZX915	No Added Sugar 72% Dark Choc	80g	2.75	GV
ZX917	No Added Sugar Hemp D/Choc	70g	2.75	GV
ZX919	No Added Sugar Mint Dark Choc	80g	2.75	SGV
	<i>Organic Large Bars</i>			
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
	THE RAW CHOCOLATE CO			
KB307	Cacao Nibs	150g	4.20	GOV
	<i>Bulk</i>			
ZX749	Chocolate Covered Mulberries	10kg		GOV
ZX741	Goji Berries	10kg		GFVO
	<i>Raw Chocolate Coated Snacks</i>			
KB054	Chocolate Covered Mulberries	125g	5.99	GOV
KB053	Goji Berries	125g	5.99	GFOV
ZX884	Raw Chocolate Covered Almonds	25g	1.79	GOSV
ZX885	Raw Chocolate Covered Ginger	28g	1.79	GOSV
	CHOCOLATE & SWEET SPREADS			
	COCOFINA			
GH136	Hazelnut Chocolate Spread -Org	200g	4.99	GOSV
	SO FREE			
GH223	Milk Choc Spread (Dairy Free)	275g	3.15	OSGV
GH225	Rich Dark Chocolate Spread	275g	3.15	OVGS
	CHOCOLATES (CHILLED)			
	BOOJA BOOJA			
	<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

code	product	size	rrp	bfgosv
	<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>Four Corners</i>			
KB296	Almond Salted Caramel Truffles	104g	7.35	GOV
	<i>Gift Boxes</i>			
KB174	Almond Caramel Choc Truffles	138g	8.89	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
	COCOA			
	FUDGE KITCHEN			
KB424	Dairy Free Drinking Fudge Set	225g	18.50	VSG
	COFFEE			
	CAFEDIRECT			
	<i>Roast & Ground Coffees</i>			
TE599	Handpicked Organic Ethiopia	200g	5.50	FGV
	CONVENIENCE FOODS			
	AMY'S KITCHEN			
VF008	Medium Chilli	416g	2.65	GV
VF009	Spicy Chilli	416g	2.65	GV
	ARTISAN GRAINS			
VF213	Nut Roast - Cashew & Cranberry	200g	2.99	VG
	GRANOVITA			
VF036	Nut Luncheon	420g	2.85	GV
	MERIDIAN			
	<i>Cooking Sauce</i>			
VF045	Brazilian Xim Xim	350g	2.49	GV
	ST DALFOUR FRENCH BISTRO			
VF605	Three Beans with Sweetcorn	175g	2.29	GV
	CRISPS & SNACKS			
	AMAIZIN			
ZX589	Bio Corn Chips Nachos	150g	2.29	GOS
ZX470	Fajita Seasoning Organic	27g	1.55	GOV
ZX482	Rice Paper Organic	110g	1.99	GOV
WS070	Taco Sauce Hot - Organic	220g	2.29	GOV
WS069	Taco Sauce Mild - Organic	220g	2.29	GOV
ZX458	Taco Seasoning Organic	30g	1.65	GOV
	APE SNACKS			
ZX504	Coconut Bites Chocolate	26g	1.69	GVS
	BROWN BAG CRISPS			
	<i>Impulse</i>			
ZX266	Lightly Salted	40g	0.75	GV
ZX268	Oak Smoked Chilli	40g	0.75	GSV
ZX206	Rosemary & Sea Salt	40g	0.75	GSV
ZX267	Sea Salt and Vinegar	40g	0.75	GS
ZX265	West Country Cheddar & Onion	40g	0.75	GS
	<i>Sharing</i>			
ZX270	Lightly Salted	150g	1.95	GV
ZX108	Rosemary & Sea Salt	150g	1.95	GSV
	CLEARSPRING			
ZX342	Brown Rice Chips - Buckwheat	60g	1.49	GOV

code	product	size	rrp	bfgosv
ZX216	Roasted Seeds & Soya Snack	35g	0.99	GOV
ZX226	Tamari Roast Sicilian Almonds	30g	1.69	GOV
	EAT REAL			
ZX561	Snap Pea Crunch	60g	2.09	GSV
ZX563	Veggie Bites	60g	2.09	GSV
	<i>Hummus Chips - Impulse</i>			
ZX242	Hummus Chilli Cheez Chips	45g	0.79	GSV
ZX198	Hummus Sour Cream Chips	45g	0.79	GSV
ZX162	Humus Chilli & Lemon Chips	45g	0.79	GSV
ZX163	Humus Creamy Dill Chips	45g	0.79	GV
ZX161	Humus Sea Salted Chips	45g	0.79	GV
ZX160	Humus Tomato & Basil Chips	45g	0.79	GSV
	<i>Hummus Chips - Sharing</i>			
ZX237	Hummus Chilli Cheez	135g	1.79	GSV
ZX326	Hummus Sour Cream Chips	135g	1.79	GSV
ZX125	Humus Chilli Lemon Chips	135g	1.79	GSV
ZX127	Humus Creamy Dill Chips	135g	1.79	GSV
ZX124	Humus Sea Salt Chips	135g	1.79	GV
ZX121	Humus Tomato & Basil Chips	135g	1.79	GSV
	<i>Kale - Sharing</i>			
ZX057	Veggie & Kale Straws	113g	1.59	GSV
	<i>Lentil Chips - Impulse</i>			
ZX169	Lentil Chilli & Lemon Chips	40g	0.79	GV
ZX170	Lentil Creamy Dill Chips	40g	0.79	GSV
ZX165	Lentil Sea Salted Chips	40g	0.79	GV
ZX168	Lentil Tomato & Basil Chips	40g	0.79	GSV
	<i>Lentil Chips - Sharing</i>			
ZX883	Lentil Chip Creamy Dill	113g	1.79	GSV
ZX135	Lentil Chips Chilli Lemon	113g	1.79	GSV
ZX128	Lentil Chips Sea Salt	113g	1.79	GSV
ZX130	Lentil Chips Tomato Basil 113g	113g	1.79	GSV
	<i>Multi Pack</i>			
ZX027	Hummus, Lentil, Quinoa Multi	116g	2.39	GVS
	<i>Organic - Sharing</i>			
ZX215	Hummus Sea Salt Chips - Org	100g	2.19	GOV
ZX214	Lentil Sea Salt Chips - Org	100g	2.19	GOV
ZX213	Veggie Straws - Organic	100g	2.19	GOSV
	<i>Potato Straws</i>			
ZX109	Potato Cheez Straws	45g	0.69	GSV
ZX190	Potato Cheez Straws	113g	1.89	GSV
	<i>Quinoa Chips - Impulse</i>			
ZX041	Quinoa Chilli & Lime Chips	30g	0.79	GV
ZX007	Quinoa Cream & Chive Chips	30g	0.79	GV
ZX263	Quinoa Paprika Chips	30g	0.79	GSV
ZX479	Quinoa Sweet Chilli Chips	30g	0.79	GSV
ZX046	Quinoa Tomato & Garlic Chips	30g	0.79	GV
	<i>Quinoa Chips - Sharing</i>			
ZX311	Quinoa Chips Chilli Lime	80g	1.79	GSV
ZX315	Quinoa Chips Cream & Chives	80g	1.79	GSV
ZX310	Quinoa Chips Hot and Spicy	80g	1.79	GSV
ZX314	Quinoa Chips Tomato & Garlic	80g	1.79	GSV
ZX264	Quinoa Paprika Chips	80g	1.79	GSV
ZX327	Quinoa Sweet Chilli Chips	80g	1.79	GSV
	<i>Quinoa Puffs - Impulse</i>			
ZX440	Quinoa Puffs Mediterranean	40g	0.69	GSV
	<i>Quinoa Puffs - Sharing</i>			
ZX880	Quinoa Kale Puffs Jalapeno	113g	1.89	GSV
ZX881	Quinoa Kale Puffs with Cheese	113g	1.89	GSV

code	product	size	rrp	bfgosv
ZX878	Quinoa Puffs Cheddar Cheese	113g	1.89	GSV
ZX879	Quinoa Puffs Cheese Jalapeno	113g	1.89	GSV
ZX537	Quinoa Puffs Mediterranean	113g	1.89	GSV
FAIRFIELDS FARM				
<i>Lentil Bites</i>				
BT282	Lentil Bites - Tomato & Herbs	20g	0.69	GSV
<i>Potato Crisps</i>				
ZX120	Bacon & Tomato Crisps	40g	0.69	GV
ZX122	Lightly Salted Crisps	40g	0.69	GV
ZX184	Sea Salt & Cider Vinegar Crisp	40g	0.69	GV
ZX104	Sweet Chilli Crisps	40g	0.69	GVS
GARCIA				
<i>Crackers</i>				
ZX445	Beetroot Crackers	180g	4.59	GV
ZX760	Crackers - Kale	180g	4.59	GV
ZX761	Crackers - Sweet Potato	180g	5.09	GV
<i>Sharing Bag</i>				
ZX461	Blue Corn Tortilla Chips - Org	150g	2.59	OVG
ZX200	Veggie Mix Tortilla - Org	150g	2.59	GOV
HIPPEAS				
ZX090	Chilli Haze Puffs	22g	1.09	GOSV
ZX178	In Herbs We Trust Puffs	22g	1.09	GOSV
ZX538	Salt & Vinegar Vibes Puffs	22g	1.09	GOSV
ZX177	Sweet & Smoking Puffs	22g	1.09	GOSV
ZX179	Take It Cheesy Puffs	22g	1.09	GOSV
<i>Large Bags</i>				
ZX070	Chilli Haze Puffs	78g	2.29	GOSV
ZX171	In Herbs We Trust	78g	2.29	GOSV
ZX600	Salt & Vinegar Vibes Puffs	78g	2.29	GOSV
ZX166	Sweet & Smokin' Puffs	78g	2.29	GOVS
ZX188	Take It Cheesy Puffs	78g	2.29	GOSV
KALLO				
<i>Pop Crisps</i>				
ZX017	Pink Salt & Pepper	85g	2.19	GV
ZX119	Sour Cream & Dill	85g	2.19	GV
ZX011	Wasabi & Soy Sauce	85g	2.19	GV
LEAFY				
BT315	Kale Crisps - Original	12g	1.79	GSV
BT323	Kale Crisps - Tomato & Oregano	12g	1.79	GSV
LUKE'S ORGANICS				
ZX500	Ancient Grain Multigrain Chips	142g	2.95	GOV
ZX490	Blue Corn Multigrain Chips	142g	2.95	GOV
NAIRN'S				
ZX338	Original Flatbread	150g	1.99	GS
ZX080	Popped Oat Chips BBQ	20g	0.85	GV
ZX106	Popped Oat Chips Salt & Vinegar	20g	0.85	GV
ZX107	Popped Oat Chips Sour Cream	20g	0.85	G
ZX335	Sea Salt & Rosemary Flatbread	150g	1.99	GS
ZX210	Snackers - Cheese	23g	0.59	G
PIPERS CRISPS				
<i>Crispeas</i>				
ZX739	Crispeas - English Mint	21g	0.99	GSV
ZX719	Crispeas - Matar Paneer	21g	0.99	GS
ZX723	Crispeas - Salsa Verde	21g	0.99	GSV
<i>Impulse Bag</i>				
ZX292	Anglesey Sea Salt	40g	0.79	GV
ZX423	Biggleswade Sweet Chilli	40g	0.79	GSV
ZX379	Jalapeno & Dill	40g	0.79	GSV
ZX295	Karnataka Bl Pepp & Sea Salt	40g	0.79	GSV

code	product	size	rrp	bfgosv
ZX297	Lye Cross Cheddar & Onion	40g	0.79	GS
ZX296	Somerset Cider Vinegar/Salt	40g	0.79	GS
ZX434	Wild Thyme & Rosemary	40g	0.79	GSV
ZX293	Wissington Spicy Tomato	40g	0.79	GSV
	<i>Sharing Bag</i>			
ZX291	Anglesey Sea Salt	150g	2.09	GV
ZX382	Jalapeno & Dill	150g	2.09	GSV
ZX289	Lye Cross Cheddar & Onion	150g	2.09	GS
ZX283	Sea Salt & Somerset Cider V'gr	150g	2.09	GS
ZX436	Wild Thyme & Rosemary	150g	2.09	GSV
	RUDE HEALTH			
ZX320	Cornitas - Black Bean	90g	2.19	GV
ZX317	Cornitas - Black Bean	30g	0.99	GV
ZX322	Cornitas - Chickpea & Lentil	90g	2.19	GV
ZX348	Cornitas - Chickpea & Lentil	30g	0.99	GV
	SCOTT FARM CHIP COMPANY			
BT427	Cheddar Cheese & Chive Chips	100g	1.99	G
BT441	Cheddar Cheese & Chive Chips	40g	0.99	G
BT423	Sea Salt & Cider Vinegar Chips	100g	1.99	VG
BT430	Sea Salt & Cider Vinegar Chips	40g	0.99	VG
	<i>Lightly Salted Crisps</i>			
ZX357	Orange Sweet Potato Chips	40g	1.05	GV
ZX356	Orange Sweet Potato Crisps	100g	2.09	GV
	TEN ACRE CRISPS			
ZX556	Cheese & Onion	40g	0.80	GV
ZX559	Hickory & Barbecue Crisps	40g	0.80	GV
ZX554	Ready Salted Crisps	40g	0.80	GV
ZX557	Salt & Vinegar	40g	0.80	GV
ZX566	Sweet Chilli Crisps	40g	0.80	GV
	TRAF0			
VF061	Lentil Crisps - Arabian Spices	75g	1.89	GOV
	<i>Hummus Chips</i>			
ZX933	Hummus Chips - Sea Salt	75g	1.89	GOV
	TYRRELLS			
	<i>Potato Chips - Sharing</i>			
ZX978	Black Truffle & Sea Salt	150g	1.99	GSV
	<i>Vegetable Chips</i>			
ZX658	Mixed Roots	40g	1.39	GV
ZX388	Mixed Roots	125g	3.05	GV
ZX390	Mixed Roots - Maple Syrup	125g	3.05	GV
	DESSERTS			
	BARKAT			
VF135	GF Waffle Ice Cream Cones	150g	3.99	GS
	NATURE'S CHARM			
SY079	Coconut Caramel Sauce	200g	2.99	GSV
	PROVAMEL			
SY040	Soya alternative to Cream	250ml	1.15	GOV
SY075	Soya Custard	525g	1.55	GOV
SY780	Soya Dessert - Chocolate	4 x 125g	2.09	GSV
SY195	Soya Dessert - Vanilla	4 x 125g	2.09	GOSV
SY149	Soya Dessert Coconut Chocolate	4 x 125g	2.29	GOSV
	SOJADE			
SY106	Rice Cream - Organic	200ml	1.45	GOV
	DESSERTS & PUDDINGS (CHILLED)			
	FREAKS OF NATURE			
CV759	Chocolate Caramel Cheesecake	90g	2.29	GV
CV785	Chocolate Fudge Hot Pudding	100g	2.29	GSV
CV757	Double Chocolate Ganache	90g	2.29	GV
CV784	Hot Sticky Toffee Pudding	100g	2.29	GSV
CV119	Mango & Passionfruit Posset	90g	2.29	GV

code	product	size	rrp	bfgosv
DRINKS (CHILLED)				
CALIFIA FARMS				
CV824	Chocolate Coconut Almond Milk	750ml	2.50	GSV
CV822	Cocoa Noir Cold Brew Coffee	310ml	1.99	GSV
CV826	Cold Brew Mocha	750ml	2.99	GSV
CV823	Unsweetened Almond Milk	750ml	2.50	GSV
CV821	XX Espresso Cold Brew Coffee	310ml	1.99	GSV
CV825	XX Espresso Cold Brew Coffee	750ml	2.99	GSV
KOKO DAIRY FREE				
CV805	Koko Dairy Free Super Milk	1l	2.19	GV
FAR EASTERN FOOD				
CLEARSPRING				
JP061	Brown Rice Mochi - GF	250g	5.99	GOV
JP103	Teriyaki Sauce - Organic & GF	150ml	3.99	GSV
JP026	Tofu	300g	1.95	GOV
JP095	Umeboshi Plum Seasoning	500ml	6.49	GOV
<i>Noodles</i>				
JP054	Brown Rice Wide Noodles - GF	200g	3.15	GOV
<i>Sea Veg</i>				
JP106	Seaveg Crispies - Black Pepper	8g	1.99	GOV
JP084	Seaveg Crispies - Chilli	5g	1.15	GOSV
JP029	Seaveg Crispies - Ginger	4g	1.15	GOV
JP082	Seaveg Crispies - Original	5g	0.99	GOSV
JP104	Seaveg Crispies - Original	8g	1.59	GOV
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
<i>Soya Sauce</i>				
JP130	Tamari Soy Sauce	150ml	3.49	GOV
JP098	Tamari Soya Sauce	150ml	2.69	GOV
JP099	Tamari Soya Sauce	250ml	3.69	GOV
JP001	Tamari Soya Sauce	2.5l	44.99	GOV
JP501	Tamari Soya Sauce	500ml	9.79	GOV
KING SOBA				
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
MERIDIAN				
JP309	Tamari	150ml	2.99	GV
JP310	Tamari	500ml	5.99	GV
JP058	Tamari	5l	39.33	GV
<i>Cooking Sauce</i>				
VF033	Peanut Satay	350g	2.49	GV
VF013	Thai Peanut	350g	2.49	GV
THAI TASTE				
VF178	Basil Leaves	114g	2.05	GV
VF174	Galangal	114g	1.65	GV
VF319	Green Curry Paste	114g	1.89	GV
VF198	Kaffir Lime Leaves	114g	1.65	GV
VF171	Red Curry Paste	114g	1.89	GV
VF258	Sriracha Chilli Sauce	450ml	2.25	GSV
VF199	Tamarind Paste	130g	1.69	GSV
VF159	Vegan 'Fish' Sauce	180ml	1.99	GV
VF220	Yellow Curry Paste	114g	1.89	GV

code	product	size	rrp	bfgosv
	YAKSO			
JP012	Coconut Aminos	250ml	7.25	GOV
JP002	Tamari - organic	125ml	2.25	GOV
JP113	Tamari - organic	250ml	3.95	GVO
	FLAKES, BRANS & WHEATGERM			
	SUMA BAGGED DOWN - ORGANIC			
FX033	Oats - Porridge, Organic G/F	10kg		GOV
	SUMA COMMODITIES			
FX064	Oats - Jumbo, Gluten Free	20kg		GV
FX061	Oats - Porridge, Gluten Free	20kg		GV
	SUMA COMMODITIES - ORGANIC			
FX058	Oats - Porridge, Gluten Free	20kg		GOV
	SUMA PREPACKS			
FX046	Oats - Jumbo & Gluten Free	750g	4.05	GV
FX045	Oats - Porridge & Gluten Free	750g	4.05	GV
	SUMA PREPACKS - ORGANIC			
FX042	Oats - Jumbo & Gluten Free	750g	4.35	GOV
FX044	Oats - Porridge & Gluten Free	750g	4.35	GOV
	ALARA			
FX026	Gluten Free Scottish Porridge	500g	3.99	GOV
	BARKAT			
MX270	Porridge - Millet & Rice Flake	500g	3.99	GOV
	FLOURS & BREAD MIXES			
FG058	Chickpea Flour	100g	1.89	GO
	AMISA			
FG085	Chestnut Flour - Organic	350g	5.89	GOV
FG065	Chick Pea Flour	400g	3.29	GOV
FG139	Seeded Bread Mix - G/F, Org	500g	4.69	GOSV
	BIONA			
FG163	Coconut Flour - Organic	500g	3.99	GOV
	CLEARSPRING			
FG180	Breadcrumbs - Brown Rice, GF	250g	3.99	GOV
FG182	Whole Buckwheat Flour	375g	2.59	GOV
	DOVES FARM			
FG039	GF Buckwheat Flour	1kg	3.45	GV
FG522	Gluten Free Brown Bread Flour	1kg	2.39	GV
FG700	Gluten Free Plain White Flour	1kg	2.25	GV
BT528	Gluten Free Sponge Mix	350g	2.49	GS
FG520	Gluten Free White Bread Flour	1kg	2.25	GV
FG117	Rice Flour	1kg	1.85	GV
FG116	Stoneground Gram Flour	1kg	2.39	GV
FG701	White Self Raising Flour GF	1kg	2.25	GV
	<i>Bulk</i>			
FG062	Brown Rice Flour	25kg		GOV
FG499	Gluten Free Plain White	16kg		GV
FG052	Gluten Free Self Raising Flour	16kg		GV
FG197	Plain White Flour, Organic, GF	16kg		GOV
	GLEBE FARM			
FG177	Gluten Free Self Raising Flour	1kg	2.35	GV
FG113	Oat Flour Wheat/Gluten Free	300g	2.79	GSV
	<i>Gluten Free Bread Mixes</i>			
FG076	Seeded Brown Bread Mix GF	300g	2.79	GV
FG068	White Bread & Pizza Mix	300g	2.65	GV
	ISABEL'S NATURALLY FREE FROM			
FG017	Wholemeal Cassava Flour	350g	3.19	GV
	ORGRAN			
	<i>Gluten Free Mixes</i>			
FG061	Buckwheat Pancake Mix	375g	3.19	G
	RUDE HEALTH FOODS			
FG168	Whole Buckwheat Flour Sprouted	500g	6.49	GOV

code	product	size	rrp	bfgosv
	FRESH MISO (CHILLED)			
	TIDEFORD ORGANIC FOODS			
	<i>Organic, Vegan and Gluten-Free</i>			
CV629	Fresh Red Miso	320g	5.35	GOV
CV633	Fresh White Miso	320g	5.35	GOV
	FRUIT - DRIED			
	URBAN FRUIT			
DR192	Mango	100g	2.29	GV
DR201	Pineapple	100g	2.29	GV
DR263	Snack Pack - Mango	35g	0.99	GV
DR002	Snack Pack - Strawberry	35g	0.99	GV
DR144	Snack Pack Pineapple	35g	0.99	VG
DR266	Strawberries	90g	2.29	GV
	FRUIT & VEGETABLE JUICES			
	FLAWSOME			
	<i>Not from concentrate juices</i>			
JU822	Apple & Beetroot Juice	250ml	1.75	GV
JU823	Apple & Orange Juice	250ml	1.75	GV
JU824	Apple & Pumpkin Juice	250ml	1.75	GV
JU825	Apple & Strawberry Juice	250ml	1.75	GV
JU826	Apple & Superberry Juice	250ml	1.75	GV
JU820	Orange Juice	250ml	1.75	GV
JU821	Sweet & Sour Apple Juice	250ml	1.75	GV
	GRAVY, STOCK & BOUILLON			
	SUMA			
LJ680	Organic Bouillon	800g	9.75	GOV
LJ650	Organic Bouillon	150g	2.39	GOV
LJ675	Organic Bouillon	500g	7.15	GOV
LJ695	Organic Bouillon Reduced Salt	800g	10.59	GOV
LJ685	Organic Bouillon Reduced Salt	150g	2.65	GOV
LJ690	Organic Bouillon Reduced Salt	500g	7.25	GOV
	FREE & EASY			
LJ008	Gravy Sauce Mix	130g	1.65	GV
	KALLO			
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
LJ147	Yeast Free Veg.Stock Cubes	6 x 10g	1.59	GV
	MARIGOLD			
LJ211	Bouillon Cubes	8	1.29	GOV
LJ046	Bouillon Powder	1kg	11.65	G
LJ043	Bouillon Powder	150g	2.24	G
LJ044	Bouillon Powder	500g	6.35	G
LJ073	Bouillon Powder - Organic	150g	2.39	GOV
LJ238	Bouillon Powder - Organic	500g	7.15	GOV
LJ164	Bouillon Powder - Reduced Salt	1kg	11.65	GV
LJ070	Bouillon Powder - Reduced Salt	150g	2.09	GV
LJ237	Bouillon Powder - Reduced Salt	500g	6.35	GV
LJ062	Gravy Granules - Instant	170g	1.70	GSV
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
	ORGRAN			
LJ158	Gravy Mix	200g	2.89	G

code	product	size	rrp	bfgosv
HERB & FRUIT TEA INFUSIONS				
HEATH AND HEATHER				
<i>Organics</i>				
TE594	Turmeric Root Brew	20 bags	2.99	GOV
PUKKA				
TE055	Lean Matcha Green	20 bags	2.99	GOV
TE058	Turmeric Active	20 bags	2.99	GOV
YOGI TEA				
TE593	Alkaline Herbs	17 bags	2.39	GOV
TE630	Detox Dandelion with Lemon	17 bags	2.39	GOV
TE591	Finest Selection	18 bags	2.69	GOV
<i>For The Senses</i>				
TE615	Good Night	20 bags	2.99	GOV
TE618	Peaceful Moment	20 bags	2.99	GOV
TE625	Pure Freshness	20 bags	2.99	GOV
TE610	Pure Happiness	20 bags	2.99	GOV
<i>Ready to Drink Tea</i>				
TE745	Hibiscus Mint Cold Tea	330ml	1.89	GOV
TE753	Mate Lemon Cold Tea	330ml	1.89	GOV
TE010	Orange and Ginger Cold Tea	330ml	1.89	GOV
TE030	Spearmint Lemon Cold Tea	330ml	1.89	GOV
HONEY				
HILLTOP HONEY				
HY361	Cut Comb Slab	400g	8.99	G
HY097	Lavender Honey, Spanish	277g	4.49	G
HY098	Orange Blossom Honey, Spanish	227g	4.49	G
HY301	Organic Limeflower Honey	370g	6.59	OG
HY076	Organic Multi Flower Honey	370g	6.69	OG
HY096	Thyme Honey, Spanish	277g	4.49	G
HOUSEHOLD CLEANING PRODUCTS				
ECOZONE				
HJ044	Appliance Descaler	500ml	4.25	GV
INDIAN FOOD				
MERIDIAN				
VF019	Korma Sauce	350g	2.49	GSV
VF025	Tikka Masala Sauce	350g	2.49	GSV
PATAKS				
<i>Chutneys</i>				
KJ444	Mango Chutney	340g	1.89	GSV
<i>Curry Pastes</i>				
KJ223	Balti Curry Paste	283g	2.59	GS
KJ222	Korma Curry Paste	290g	2.59	G
KJ054	Madras Curry Paste	283g	2.59	GV
KJ152	Rogan Josh Curry Paste	283g	2.59	GSV
KJ246	Tikka Masala Curry Paste	283g	2.59	GS
KJ059	Vindaloo Curry Paste	283g	2.59	G
<i>Pickles</i>				
KJ040	Aubergine Pickle (Was Bringal)	312g	2.39	GVS
KJ041	Chilli Pickle	283g	2.39	GV
KJ042	Garlic Pickle	300g	2.39	GS
KJ044	Lime Pickle - Hot	283g	2.39	GV
KJ045	Lime Pickle - Medium/Hot	283g	2.39	GV
KJ047	Mango Pickle - Medium	283g	2.39	GV
KJ049	Mixed Pickle	283g	2.39	GV
PUNJABAN				
<i>Bases (Sauce Concentrate)</i>				
KJ375	Authentic Curry Base - Hot	350g	2.99	GV
KJ374	Authentic Curry Base - Medium	350g	2.99	GV

code	product	size	rrp	bfgosv
KJ373	Authentic Curry Base - Mild	350g	2.99	GV
KJ379	Butter 'Chicken' Base	350g	2.99	GV
KJ383	Tasty Tamarind Curry Base	350g	2.99	GV

JAMS & FRUIT SPREADS

ST DALFOUR

JS051	Apricot Spread	284g	2.49	GV
JS064	Black Cherry Spread	284g	2.49	GV
JS063	Blackberry Spread	284g	2.49	GV
JS062	Blackcurrant Spread	284g	2.49	GV
JS026	Chestnut Spread - Gourmet	284g	2.49	GV
JS009	Cranberry & Blueberry	284g	2.49	GV
JS068	Fig Spread	284g	2.49	GV
JS067	Four Fruits Spread	284g	2.49	GV
JS066	Mirabelle Plum Spread	284g	2.49	GV
JS120	Orange and Ginger Spread	284g	2.49	GV
JS046	Raspberry & Pomegranate Spread	284g	2.49	GV
JS049	Raspberry Spread	284g	2.49	GV
JS050	Strawberry Spread	284g	2.49	GV
JS061	Thick Cut Orange Spread	284g	2.49	GV
JS060	Wild Blueberry Spread	284g	2.49	GV

MARGARINES & SPREADS (CHILLED)

KOKO DAIRY FREE

CV317	Koko Dairy Free Spread	500ml	2.19	GV
-------	------------------------	-------	------	----

NATURLI

CV879	Spreadable Vegan Butter	225g	1.89	GOV
CV880	Vegan Butter Block	200g	1.89	GOV

MAYONNAISE & SALAD DRESSINGS

GRANOVITA

KJ217	Mayola	280g	2.49	GV
KJ296	Salad Cream	290g	2.49	GSV

INSPIRED VEGAN

KJ247	Vegan Bearnaise Style Sauce	205g	2.25	GSV
KJ249	Vegan Dill Mustard Sauce	200g	2.25	GSV
KJ270	Vegan Hollandaise Style Sauce	250g	2.25	GSV
KJ271	Vegan Horseradish Sauce	210g	2.25	GSV
KJ245	Vegan Marie Rose Sauce	210g	2.25	GSV
KJ261	Vegan Tartare Sauce	210g	2.25	GSV

MR ORGANIC

KJ498	Egg Free Garlic Mayo	180g	2.79	GOSV
-------	----------------------	------	------	------

PLAMIL

KJ186	Egg Free Mayonnaise - Garlic	315g	2.65	GV
KJ187	Egg Free Mayonnaise - Plain	315g	2.65	GV
KJ188	Egg Free Mayonnaise - Tarragon	315g	2.65	GV

Catering

LJ360	Egg Free Mayonnaise - Organic	3kg	26.41	GOSV
KJ254	Egg Free Mayonnaise - Plain	3kg	20.99	GV

Organic

LJ259	Egg Free Mayonnaise - organic	315g	3.19	GOSV
-------	-------------------------------	------	------	------

MEAT FREE ALTERNATIVES(FROZEN)

FRYS

XL372	Chickpea & Butternut Balls	240g	4.15	GV
XL373	Chickpea & Quinoa Falafel	270g	4.29	GV
XL360	Rice Protein & Quinoa Burgers	320g	3.99	GV

MEATLESS SUBSTITUTES (CHILLED)

BONSAN

CV842	Kofu Classic	200g	3.29	GOSV
CV837	Kofu Fishfree fillet	150g	3.99	GOSV
CV838	Kofu Fishfree Tofuna	110g	2.99	GOSV

code	product	size	rrp	bfgovs
CV843	Kofu Ragu Chunks	150g	3.89	GOSV
	FLORENTIN			
CV571	Sweet Potato Falafel	240g	3.59	GV
	MIDDLE EASTERN & AFRICAN FOOD			
	AMISA			
KJ105	Falafel Mix	160g	1.89	GOV
	MILK - NON DAIRY			
	ALPRO			
TE004	Almond for Professionals	1l	2.25	GSV
	BLUE DIAMOND			
SY101	Almond Breeze - Barista Blend	1l	2.50	GV
SY061	Almond Breeze - Original	1l	1.79	GSV
SY108	Almond Breeze - Reduced Sugar	1l	1.79	GSV
SY066	Almond Breeze - Unsweetened	1l	1.79	GV
	CALIFIA FARMS			
SY169	Barista Blend Almond Milk	946ml	2.99	GSV
	DREAM			
JU488	Coconut Dream	1l	1.89	GV
	ECOMIL			
SY012	Almond Drink Powder	400g	14.95	GOV
SY030	Cuisine - Almond Cream	200ml	1.69	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
	FOOD HEAVEN			
SY179	Cafe Soy Latte	1l	1.89	GV
SY168	Heavenly Whipped Spray Cream	200ml	2.19	GSV
	KOKO DAIRY FREE			
SY046	Coconut Milk Drink	3 x 250ml	1.99	GV
SY038	Coconut Milk Drink	1l	1.79	GV
SY051	Coconut Milk Drink - Chocolate	1l	2.09	GSV
SY056	Coconut Milk Drink Chocolate	3 x 250ml	1.99	GSV
SY122	Coconut Milk Drink Unsweetened	1l	1.79	GV
SY167	Coconut Super Milk	1l	2.19	GV
	NATURE'S CHARM			
SY077	Condensed Coconut Milk	320g	2.39	GSV
SY078	Evaporated Coconut Milk	360ml	1.89	GSV
	PLAMIL			
SY009	Soya Milk, unsweetened - og	1l	2.25	GOV
	PLENISH			
SY170	Oat M*lk - Gluten Free	1l	2.99	GOV
	PROVAMEL			
SY094	Almond Drink - Unsweetened	1l	2.79	GOV
SY152	Coconut & Almond Drink	1l	2.89	GOSV
SY011	Coconut & Rice Drink	1l	2.35	GOV
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
SY043	Soya Milk - Light Blue	1l	1.65	GV
SY080	Soya Milk - sweetened	1l	1.85	GOV
SY126	Soya Milk - Sweetened with	250ml	0.59	GOV
SY026	Soya Milk - Unsweetened	500ml	1.15	GOV
SY025	Soya Milk - Unsweetened	1l	1.75	GOV
	REBEL KITCHEN			
SY181	Dairy Free Semi Skimmed Mylk	1l	2.99	GOV
SY182	Dairy Free Skimmed Mylk	1l	2.99	GOV
	RUDE HEALTH FOODS			
SY129	Almond Drink - Organic	1l	2.49	GOV
SY004	Almond Drink - Organic	250ml	1.50	GOV

code	product	size	rrp	bfgo sv
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
SY117	Tiger Nut Drink Organic	1l	2.99	GOV
SY159	Ultimate Almond Milk - Organic	1l	3.85	GOV
THE BRIDGE				
SY160	Coconut Drink	1l	2.25	GOV
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
THE COCONUT COMPANY				
SY116	Coconut Milk Powder - Organic	250g	5.49	GOV
NON-DAIRY DESSERTS (FROZEN)				
FOOD HEAVEN				
<i>Dairy-Free Ice Cream</i>				
XL328	No Worries Strawb. Ice Cream	500ml	3.99	GV
XL294	Raspberry & Mango Ice Cream	900ml	4.19	GV
<i>Lollies</i>				
XL239	Little Cherubs Swirl Lollies	4 x 80ml	3.19	GV
XL330	Lolly Tots Assorted Lollies	8 x 35ml	3.19	GV
NUT & SEED BUTTERS				
WHOLE EARTH				
GH091	Peanut Butter - smooth organic	227g	2.99	GOV
GH090	Peanut Butter -crunchy organic	227g	2.99	GOV
GH113	Peanut Butter -smooth original	1kg	6.99	GV
GH084	Peanut Butter -smooth original	340g	3.29	GV
GH108	Peanut Butter + Mixed Seeds	340g	3.59	GV
GH151	Peanut Butter-100% Nuts,Crunch	227g	2.89	GOV
GH115	Peanut Butter-crunchy original	1kg	6.99	GV
GH082	Peanut Butter-crunchy original	340g	3.29	GV
GH190	Peanut Butter-Hi Oleic Crunchy	340g	3.59	GV
GH013	Three Nut Butter	227g	3.29	GV
NUT/SEED MILK YOGURTS(CHILLED)				
FREAKS OF NATURE				
CV787	Blueberry Cashew Yoghurt	120g	1.99	GV
CV786	Strawberry Cashew Yoghurt	120g	1.99	GV
NUSH				
<i>Cashew Milk Dairy-Free Yoghurt</i>				
CV530	Cashew Yoghurt	125g	1.65	GV
<i>Kids Yoghurt</i>				
CV319	Blueberry Almond Yoghurt Tubes	5 x 40g	3.19	GV
CV412	Strawberry Almond Yoghurt Tube	5 x 40g	3.19	GV
NUTS & SEEDS				
LINWOODS				
NU037	Active Walnuts Apple Cinnamon	50g	3.99	G
OILS & FATS				
SUMA BAGGED DOWN				
GT032	Gluten Free Vegetarian Suet	2kg		GV
SUMA PREPACKS				
GT028	Gluten Free Vegetarian Suet	250g	1.99	GV

code	product	size	rrp	bfgosv
	OLIVES			
	MANI			
KJ425	Og Kalamata Olives in OliveOil	280g	4.49	GOV
	PARTHENON			
KJ012	Green with Fennel & Coriander	30g	0.79	GV
KJ013	Kalamata & Green chilli/basil	30g	0.79	GV
KJ008	Pitted Olives /Thyme & Parsley	30g	0.79	GV
	PASTA			
	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
	BARENAKED			
WT162	Barenaked Noodles	380g	2.29	GV
WT163	Barenaked Rice	380g	2.29	GV
WT172	Barenaked Spaghetti	380g	2.29	GV
WT004	Protein Noodles	380g	2.29	GV
	CIEMME			
WT136	OG Gluten Free Gnocchi Plain	400g	3.69	GOV
WT138	Og Gluten Free Gnocchi/ Quinoa	400g	3.69	GOV
	CLEARSPRING			
WT052	Gluten Free Buckwheat Pasta	250g	2.79	GOV
	DIFATTI			
WT015	Gluten Free Egg Tagliatelle	250g	3.79	G
WT151	Gnocchi- Gluten Free	250g	2.09	GV
WT153	Spinach Gnocchi - gluten free	250g	2.09	GV
WT152	Tomato Gnocchi - Gluten Free	250g	2.09	GV
	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
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
	EXPLORE CUISINE			
WT113	Black Bean Spaghetti	200g	3.29	GOV
WT093	Edamame & Mung Bean Fettuccine	200g	3.29	GOV
WT114	Edamame Bean Spaghetti	200g	3.29	GOV
WT012	Mung Bean Rotini	250g	3.29	GOV
WT092	Soybean Spaghetti	200g	3.29	GOV
	LA BUONA VITA			
WT027	Gluten Free Fusilli	400g	1.99	GV
WT056	Gluten Free Lasagne Sheets	250g	2.59	GV
WT026	Gluten Free Penne Pasta	400g	1.99	GV
WT028	Gluten Free Spaghetti	500g	2.39	GV
	ORGRAN			
WT078	Buckwheat Pasta Spirals	250g	2.35	GV
WT105	Corn & Veg Shells	250g	2.15	GV
WT134	Rice & Corn Lasagne	200g	3.19	GV
WT109	Rice & Corn Macaroni	250g	2.15	GV
WT080	Vegetable Rice Spirals	250g	2.25	GV

code	product	size	rrp	bfgozv
PROFUSION				
WT130	Chick Pea Fusilli - GF	300g	3.49	GOV
WT129	Red Lentil Fusilli GF	300g	3.49	GOV
YAKSO				
WT010	Mie Organic	240g	3.09	GOV
WT007	Mihoen - organic	250g	2.99	GOV
PASTA (FRESH, CHILLED)				
AMISA				
CV345	Gluten Free Gnocchi	350g	3.99	GOV
PASTA SAUCES & PESTOS				
SUMA				
<i>Organic Pestos</i>				
KJ192	Pesto - Green, vegan	160g	2.79	GOV
KJ191	Pesto - Green, vegetarian	160g	2.79	GO
KJ189	Pesto - Red, vegan	160g	2.79	GOV
KJ190	Pesto - Red, vegetarian	160g	2.79	GO
LA CONSERVE DELLA NONNA				
KJ126	Bechamel Sauce for Lasagne	340g	2.49	GV
MERIDIAN				
VF173	Tomato & Basil Pasta Sauce	350g	2.49	GOV
VF197	Tomato & Herb - organic	440g	2.79	GVO
MR ORGANIC				
KJ163	Coconut & Turmeric Salsa	200g	2.35	GOV
KJ158	Red Chilli & Ginger Hot Salsa	200g	2.35	GOV
PASTRY (FROZEN)				
DOUGHLICIOUS				
<i>Frozen Cookie Dough Pieces</i>				
XL351	Chocolate Chip Dough	340g	5.29	GS
XL352	Matcha & White Chocolate Dough	340g	5.29	GS
XL353	Vegan Carrot & Oat Dough	340g	5.29	GSV
PATE				
GRANOVITA				
GH193	Chickpea & Sesame Pate	125g	2.15	GOSV
GH195	Grilled Aubergine Pate	125g	1.95	GOV
GH227	Herb Pate - Palm Oil Free	125g	2.49	GOV
GH228	Mushroom Pate - Palm Oil Free	125g	2.49	GOV
GH015	Olive Pate	125g	2.05	GV
GH651	Ready Spreadable Pate - Mushroom	200g	3.30	GVO
GH650	Ready Spreadable Pate - Original	200g	3.30	GOV
GH192	Red Pepper & Almond Pate	125g	2.15	GOV
GH229	Red Pepper Pate - Palm Free	125g	2.49	GOV
GH016	Shiitake Pate	125g	2.05	GV
GH194	Tomato and Rocket Pate	125g	2.15	GOV
PATES, DIPS & TAPAS (CHILLED)				
SUMA				
CV401	Pate - Mushroom (bombe)	200g	2.49	GV
FLORENTIN				
CV931	Hummus	200g	3.15	GV
CV125	Hummus Trio Pack	250g	3.99	GV
ME TOO!				
CV848	Coriander Houmous	250g	1.89	GV
CV847	Jalapeno Houmous	250g	1.89	GV
CV845	Original Houmous	250g	1.89	GV
CV846	Red Pepper Houmous	250g	1.89	GV
TIDEFORD ORGANIC FOODS				
CV711	Basil Pesto	150g	3.05	GOV

code	product	size	rrp	bfgosv
READY MEALS (FROZEN)				
AMY'S KITCHEN				
XL288	Black Bean Enchilada	269g	3.25	GV
XL356	Breakfast Scramble	255g	4.15	FCV
XL355	Breakfast Tofu Wrap	155g	2.49	FCV
XL435	Broccoli and Cheddar Bake	270g	4.15	GS
XL287	Cheese Enchilada	255g	3.25	G
XL272	Free From Bean & Rice Burrito	156g	2.19	GV
XL273	Free From Macaroni Cheese	255g	3.19	GV
XL261	G/F 3 Cheese & Kale Bake	255g	4.39	G
XL364	Gluten Free Bean&Rice Burrito	156g	2.19	GS
XL275	Gluten Free Vegetable Lasagne	255g	3.15	G
XL191	Gluten-Free Chinese Noodles	270g	4.15	GV
XL436	Gluten-free Vegan Veg Lasagne	255g	3.69	GV
XL276	Indian Mattar Paneer	238g	3.59	G
XL285	Indian Vegetable Korma	269g	3.59	GV
XL354	Pad Thai	269g	4.15	GSV
XL274	Rice Macaroni Cheese	255g	2.99	G
CLIVE'S				
XL338	Organic Nut Roast	280g	5.25	GOSV
<i>Pies & Pastries</i>				
XL032	G/Free Vegetable Chilli Pie	250g	2.99	GOSV
XL028	Gln 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
XL114	Org G/F Mushroom & Leek Pie	235g	2.99	GOV
XL135	Organic G/F Homity Pie	235g	2.99	GO
<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
GOODLIFE				
XL265	Falafel	280g	2.29	GV
READY TO EAT FOODS (CHILLED)				
LAURIE'S TUMMY LOVING FOODS				
CV207	Original Sauerkraut	410g	4.69	GOV
SALT & SEASONINGS				
MARIGOLD				
LJ444	Liquid Aminos	250ml	3.59	GV
SAUSAGES & BURGERS (FROZEN)				
GOODLIFE				
XL233	Catering Vegetable Sausages	30 pack		GSV
QUORN				
XL203	Gluten Free Sausages	300g	3.19	G
WICKEN FEN				
XL381	Carrot & Coriander Sausages	280g	2.86	GV
SNACK BARS & FLAPJACKS				
ADUNA				
KB892	Choco-Orange Burst Bar	40g	1.89	GV
BEOND				
KB712	Apple & Cinnamon Bar	35g	0.99	GOV
KB976	Cherry Bar	35g	0.99	GOV
KB314	Raspberry & Acai Berry Bar	35g	0.99	GOV
KB713	Raw Blueberry Bar	35g	0.99	GOV
KB313	Raw Chocolate Bar	35g	0.99	GOV

code	product	size	rrp	bfgosv
BOUNCE				
KB572	Madagascar Vanilla Bar <i>Breakfast</i>	45g	1.55	G
KB531	Peanut Butter Bar	45g	1.55	G
KB503	Red Berry Bar <i>Indulgent</i>	45g	1.55	G
KB573	Salted Caramel Ball <i>Protein Energy Balls</i>	40g	1.99	G
ZX897	Cacao Mint Energy Balls	42g	1.98	G
ZX754	Coconut Macadamia Balls	40g	1.98	G
ZX896	Peanut Protein Balls <i>V Life Protein Balls</i>	45g	1.98	G
ZX899	Almond Spirulina Energy Balls	40g	1.85	GV
WS049	Cacao & Peanut Energy Balls	40g	1.89	GV
ZX900	Cashew & Peanut Energy Balls	40g	1.85	GV
BRYNMOR				
<i>Flapjack</i>				
KB559	Apricot & Almond	80g	0.69	GSV
KB575	Dark Chocolate & Ginger	80g	0.75	GS
KB409	Golden Syrup Flapjack	80g	0.99	GSV
KB543	Summer Berry	80g	0.69	GSV
<i>Protein Flapjack</i>				
ZX697	Golden Syrup Protein Flapjack	52g	1.05	GSV
ZX713	Salted Caramel Protein Flapjack	52g	1.05	GS
CREATIVE NATURE				
KB770	Apple Pie Flapjack Bar	40g	1.29	GV
KB755	Cacao Orange Flapjack Bar	40g	1.29	GV
KB275	Carrot Cake Flapjack Bar	38g	1.19	GV
KB946	Ginger Teatox Flapjack	38g	0.99	GV
KB947	Goji Goodness Flapjack	38g	0.99	GV
KB960	Peanut Protein Flapjack	38g	1.19	GV
KB944	Raw Cacao Superfood Flapjack	38g	0.99	GV
KB731	Salted Caramel Flapjack Bar	40g	1.29	GV
DELICIOUSLY ELLA				
WS071	Almond Butter Ball	36g	1.99	GV
KB435	Cacao & Almond Ball	40g	1.99	GV
KB441	Cashew & Ginger Ball	40g	1.99	GV
KB444	Coconut & Oat Ball	40g	1.99	GV
WS072	Hazelnut Nut Butter Ball	36g	1.99	GV
KB481	Peanut Butter & Raspberry Ball	48g	2.25	GV
KB454	Peanut Butter Ball	48g	2.25	GV
DOVES FARM				
<i>Impulse</i>				
KB228	Apple & Sultana Flapjack	35g	0.75	GOSV
KB230	Apricot & Chia Seed Flapjack	35g	0.75	GOSV
KB234	Chocolate Chip Flapjack	35g	0.75	GOSV
<i>Multipack</i>				
KB237	Apple & Sultana Flapjack	4 x 35g	2.55	GOSV
KB261	Apricot & Chia Seed Flapjack	4 x 35g	2.55	GOSV
KB244	Banana & Hemp Seed Flapjack	4 x 35g	2.55	GOSV
KB463	Chocolate Chip Flapjack	4 x 35g	2.55	GOSV
EAT NATURAL				
KB464	Almond, Apricot & Yoghurt	50g	0.89	GS
WS028	Apple, ginger & dark chocolate	45g	0.89	GS
KB470	Blueberry & Cashew Bar	45g	0.89	GS
KB466	Brazil, Sultana, Almond, Hazel	50g	0.89	GS
WS030	Chocolate chunks,peanuts,seeds	45g	0.89	GS
KB547	Dark 70% Choc,Brazils,Apricots	45g	0.89	G
KB465	Date, Walnut & Pumpkin Seed	45g	0.89	GS

code	product	size	rrp	bfgosv
WS031	Maple Syrup, Pecans & Peanuts	45g	0.89	GSV
	MERIDIAN			
KB709	Almond Bar	40g	1.50	GV
KB879	Cashew Bar	40g	1.49	GV
KB972	Peanut & Banana Bar	40g	1.25	GV
KB975	Peanut & Cocoa Bar	40g	1.25	GV
KB201	Peanut & Coconut Bar	40g	1.25	GV
KB721	Peanut Bar	40g	1.25	GV
	NAIRN'S			
	<i>Gluten Free Oat Bars</i>			
BT330	Oat Bar Apple & Cinnamon	40g	0.89	GV
BT326	Oat Bar Cacao & Orange	40g	0.89	GV
BT325	Oat Bar Seeded Protein	40g	0.89	GV
	NAKD			
	<i>Crunch Bars</i>			
WS022	Apricot Crunch	30g	0.89	GV
KB496	Banana Crunch	30g	0.89	GV
KB495	Cocoa Crunch	30g	0.89	GV
	<i>Mini Nibbles</i>			
KB913	Coconut Bliss	40g	0.95	GV
KB916	Strawberries & Cream	40g	0.95	GV
	<i>Multi Packs</i>			
KB930	Banana Crunch Multipack	4 x 30g	3.09	GV
KB029	Berry Delight Multipack	4 x 35g	3.09	GV
KB931	Cashew Cookie Multipack	4 x 35g	3.09	GV
KB933	Cocoa Crunch Multipack	4 x 30g	3.09	GV
KB031	Cocoa Delight Multipack	4 x 35g	3.09	GV
KB003	Cocoa Orange Multipack	4 x 35g	3.09	GV
KB936	Strawberry Crunch Multipack	4 x 30g	3.09	GV
	<i>Nudie Bars</i>			
KB877	Bakewell Tart Bar	35g	0.89	GV
KB756	Berry Delight Bar	35g	0.89	GV
KB532	Blueberry Muffin	35g	0.89	GV
KB554	Cashew Cookie Bar	35g	0.89	GV
KB347	Cocoa Coconut	35g	0.89	GV
KB757	Cocoa Delight Bar	35g	0.89	GV
KB556	Cocoa Orange Bar	35g	0.89	GV
KB995	Coffee & Walnut	35g	0.89	GV
KB558	Ginger Bread Bar	35g	0.89	GV
KB163	Lemon Drizzle Bar	35g	0.89	GV
WS021	Peanut Delight	35g	0.89	GV
KB553	Pecan Pie Bar	35g	0.89	GV
ZX609	Salted Caramel	35g	0.89	GV
	<i>Oaties</i>			
WS041	Apple Danish	30g	0.89	GV
WS045	Apple Danish Multipacks	4 x 30g	3.09	GV
WS043	Banana Bread Bars	30g	0.89	GV
WS042	Berry Bliss Bars	30g	0.89	GV
WS040	Cocoa Twist	30g	0.89	GV
	<i>Posh Bits</i>			
WS026	Cocoa Mandarin Posh Bits	130g	3.15	GV
WS025	Cocoa Raspberry Posh Bits	130g	3.15	GV
WS024	Cocoa Sea Salt Posh Bits	130g	3.15	GV
	NINE BAR			
	<i>New Range</i>			
KB634	Almond & Raspberry	50g	0.99	GSV
KB597	Carob Raspberry & Chia Seed	40g	0.89	GSV
KB669	Carob Raspberry & Chia Seed	4 x 40g	2.25	GSV

code	product	size	rrp	bfgosv
KB907	Cocoa & Orange	40g	0.89	GSV
KB604	Double Cocoa & Coconut	40g	0.89	GSV
KB609	Double Cocoa & Raspberry	40g	0.89	GSV
KB614	Original Carob & Hemp Seed	40g	0.89	GSV
KB692	Original Carob & Hemp Seed	4 x 40g	2.25	GSV
KB629	Peanut & Pumpkin Seed	40g	0.89	GSV
KB664	Peanut & Raisin	50g	0.99	GSV
KB630	Pumpkin & Sunflower Seed	40g	0.89	GSV
KB904	Salted Caramel	40g	0.89	GSV
NUDIE SNACKS				
ZX764	Protein Balls - Goji & Cashew	45g	1.69	GV
ZX773	Protein Balls Coconut & Pecan	45g	1.69	GV
ZX708	Protein Energy Balls	45g	1.69	GV
PERKIER				
WS018	Cacao & Cashew Quinoa Bar	35g	0.99	GSV
WS017	Cashew/Chia/Pumpkin/Quinoa Bar	35g	0.99	GSV
WS020	Coconut,Chia & Quinoa Bar	35g	0.99	GSV
WS016	Goji & Cranberry Quinoa Bar	35g	0.99	GSV
PLANET ORGANIC				
BT066	Coconut Barleygrass Bar	30g	1.19	GOV
	<i>Energy Bar</i>			
BT070	Cacao Brazil Nut Energise Bar	30g	1.19	GOV
BT062	Chia Vanilla Energise Bar	30g	1.19	GOV
BT057	Goji Pumpkinseed Energise Bar	30g	1.19	GOV
	<i>Protein Bar</i>			
KB020	Chiamp Protein Bar	50g	1.99	GOSV
KB025	Chiamp Protein Bar	50g	1.99	GOSV
BT373	Raw Protein Bar Espresso Mocha	50g	1.99	GOV
BT379	Sour Cherry & White Choc	50g	1.99	GOSV
PULSIN'				
	<i>Fruit and Nut Bars</i>			
ZX649	Berry & Beet Bar	35g	0.89	GSV
ZX650	Cacao & Raisin Bar	35g	0.89	VSG
ZX669	Raspberry & Acai Bar	35g	0.89	GSV
	<i>Fruity Oat Bars</i>			
KB660	Choc & Raisin Fruity Oat Bars	25g	0.59	GV
KB792	Orange Choc Chip Fruity Oat	25g	0.59	GV
KB791	Strawberry Fruity Oat Bar	25g	0.59	GV
	<i>Porridge Bars</i>			
ZX943	Apple & Cinnamon Porridge Bar	40g	0.99	GV
ZX942	Orange Choc Chip Porridge Bar	40g	0.99	GV
ZX944	Seed and Maple Porridge Bar	40g	0.99	GV
	<i>Protein Boosters</i>			
KB090	Maple & Peanut Protein Bar	50g	1.79	GV
KB875	Mint Choc Chip Protein Bar	50g	1.79	GV
KB279	Orange Choc Chip Protein Bar	50g	1.79	GV
KB643	Peanut Choc Chip Protein Bar	50g	1.79	G
KB089	Protein Sport	50g	1.79	G
KB706	Vanilla Choc Chip Protein Bar	50g	1.79	GV
	<i>Raw Choc Brownie</i>			
WS056	Peanut Choc Chip Raw Brownie	35g	1.19	GSV
WS058	Salted Caramel Raw Choc Brownie	35g	1.19	GV
WS055	Super Berry Raw Choc Brownie	35g	1.19	GV
	<i>Raw Choc Brownies</i>			
WS054	Maca Bliss Raw Choc Brownie	35g	1.19	GV
KB095	Maca Bliss Raw Choc Brownie	50g	1.59	GV
BT449	Peanut Choc Chip Raw Brownie	50g	1.59	GSV
KB100	Raw Choc Almond Raisin Brownie	50g	1.59	GV
KB807	Salted Caramel Raw Choc Brownie	50g	1.59	GV

code	product	size	rrp	bfgosv
KB097	Super Berry Raw Choc Brownie <i>Raw Chocolate Brownies</i>	50g	1.59	GV
WS057	Raw Choc Almond Raisin Brownie	35g	1.19	GV
RAW HEALTH				
KB118	Chocada Truffles	65g	3.29	GOSV
RHYTHM 108				
WS083	Choco Walnut Brownie	40g	1.39	VGSO
WS084	Coconut Macaroon	40g	1.39	OSGV
WS085	Hazelnut Cookie DOugh	40g	1.39	SGVO
RUDE HEALTH FOODS				
KB865	Peanut Crunch	3 x 25g	3.39	GOS
KB846	Sesame Crunch	3 x 25g	3.39	GOS
ZX784	Sweet potato & cacao bar	35g	1.19	GV
KB350	The Peanut Bar	35g	1.19	GV
SWEET NOTHINGS				
<i>Flapjack Bites</i>				
KB384	Apple & Vine Fruit	68g	1.59	GV
KB422	Fruit & Nut	63g	1.59	GV
KB442	Ginger & Lemon	68g	1.59	GV
KB334	Lime & Coconut	68g	1.59	GV
TREK				
<i>FLAPJACKS</i>				
KB498	banana bread protein flapjack	50g	1.05	GVS
KB582	Cocoa & Raisin Flapjack	50g	1.05	GSV
KB499	cocoa and oat protein flapjack	50g	1.05	GVS
KB500	cocoa coconut protein flapjack	50g	1.05	GVS
KB501	morning berry protein flapjack	50g	1.05	GVS
KB504	oat & raisin protein flapjack	50g	1.05	GVS
KB505	original oat protein flapjack	50g	1.05	GVS
<i>Protein Energy Chunks</i>				
KB351	Cocoa Peanut Peak	60g	1.35	GV
KB595	Toffee Triumph	60g	1.35	GV
<i>TREK BARS</i>				
KB719	Banana Blast	55g	1.15	GV
KB720	Berry Burst	55g	1.15	GV
KB722	Cocoa Chaos	55g	1.15	GV
KB725	Peanut Power	55g	1.15	GV
SOFT DRINKS				
BERRY COMPANY				
<i>Cans</i>				
JU784	Sparkling Acai Drink	250ml	1.19	GV
JU778	Sparkling Goji Drink	250ml	1.19	GV
CAPTAIN KOMBUCHA				
JU711	California Raspberry	400ml	2.89	GSV
JU710	Coconut Summer Beach	400ml	2.89	GSV
JU404	Ginger & Lemon	400ml	2.89	GSV
JU709	Original	400ml	2.89	GSV
COCOFINA				
JU777	Organic Coconut Water Turmeric	200ml	2.99	GOV
DALSTON'S				
<i>Cans</i>				
JU163	Cherryade	330ml	1.09	GSV
JU773	Fizzy Blackcurrant	330ml	1.09	GSV
JU166	Fizzy Elderflower	330ml	1.09	GSV
JU772	Fizzy Rhubarb	330ml	1.09	GSV
JU162	Ginger Beer	330ml	1.09	GSV
JU776	Light Sparkling Elderflower	330ml	1.09	GV
JU775	Light Sparkling Rhubarb	330ml	1.09	GV

code	product	size	rrp	bfgosv
FENTIMANS				
<i>Mixer Range - Cans</i>				
JU803	Elderflower Tonic Water	150ml	11.99	GV
JU804	Naturally Light Tonic Water	150ml	10.99	GV
JU805	Pink Grapefruit Tonic Water	150ml	11.99	GV
JU806	Pink Rhubarb Tonic Water	150ml	11.99	GV
JU807	Premium Indian Tonic Water	150ml	10.99	GV
JU808	Valencian Orange Tonic Water	150ml	11.99	GV
GUSTO				
JU376	Naturally Slim Cola	275ml	1.95	FGV
JU353	Organic Real Cola	275ml	1.95	FGOV
LOVERAW				
SY087	Almond Caffe Latte	330ml	2.39	GV
SY095	Turmeric Chai Latte	330ml	2.39	GV
SIMPLEE ALOE				
JU707	Aloe Water No Pulp	500ml	1.49	GV
JU708	Aloe Water with Pulp	500ml	1.49	GV
JU706	Aloe with Coconut Water	1l	3.49	GV
JU704	Aloe with Grape and Lemon	1l	3.49	GV
SWEET FREEDOM				
JU378	Choc Shake Banana	310g	3.99	GV
JU464	Chock Shake Caramel	310g	3.99	GV
UBUNTU				
JU506	Ubuntu Cola in cans	330ml	0.69	FGSV
SOUPS				
AMY'S KITCHEN				
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
<i>Hearty Soup</i>				
VF054	French Country Vegetable	408g	2.65	GV
VF267	Quinoa Kale & Red Lentil Soup	408g	2.65	GOV
VF057	Rustic Italian Vegetable	397g	2.65	GV
VF059	Spanish Rice & Red Bean Soup	416g	2.65	GV
FREE & EASY				
VF302	Broccoli & Kale	400g	1.65	GOV
VF297	Butternut,Sweet Potato,Turmerc	400g	1.65	GOV
VF301	Sweet Potato & Quinoa	400g	1.65	GOV
SOUPS (CHILLED)				
TIDEFORD ORGANIC FOODS				
CV782	Lentil and Spinach Dahl	600g	3.05	GOV
CV734	Tomato and Basil	600g	3.05	GOV
CV783	Winter Spiced Parsnip Soup	600g	3.05	GOV
SOYA YOGS & DESSERTS (CHILLED)				
PROVAMEL				
CV719	Org Lime and Lemon Balm Yofu	500g	2.35	GOSV
CV455	Org Soya Almond Yoghurt	500g	2.35	GOV
CV075	Organic Forest Fruit Yofu	500g	2.35	GOSV
CV061	Organic Natural Soy Yoghurt	4 x 125g	2.19	GOV
CV009	Organic Orange & Redbush Yofu	500g	2.35	GOSVB
CV081	Organic Peach & Mango Yofu	4 x 125g	2.35	GOSV
CV318	Organic Vanilla Yofu	500g	2.35	GOSV
SOJADE				
CV876	Greek Style Yoghurt	400g	2.05	GOV
SPIRITS & LIQUEURS				
WN021	Juniper Green Trophy Gin	70cl	37.99	GOV

code	product	size	rrp	bfgosv
SUGARS & SYRUPS				
CHANTICO				
LJ226	Raw Agave Syrup	333g	3.49	GOV
LJ227	Wild Agave Syrup	333g	3.49	GOV
SUPERFOODS & SPORTS NUTRITION				
CLEARSPRING				
MD069	Flaxseed Protein Powder	350g	5.89	GOV
FASTING FOR FITNESS				
VM308	Coconut Protein + Plant	480g	26.79	GOV
VM307	Coconut Protein+ Whey	480g	26.79	GO
GRANOVITA				
GT300	Flax Oil - Organic	260ml	11.75	GOV
GT302	Hemp Oil - Organic	260ml	7.89	GOV
GT301	Omega Oil Blend - organic	260ml	12.39	GOV
LINWOODS				
MD113	Chia Seed	200g	6.19	GV
MD109	Flax,Almond,Brazil,Walnut,Q10	360g	6.25	GV
MD147	Flax,Sunflower & Pumpkin Seeds	200g	3.55	GOV
MD104	Flax,Sunflower,Pump,Sesame,Goji	425g	5.99	GV
MD114	Flaxseed	200g	3.35	GOV
MD102	Flaxseed	425g	4.99	GOV
MD115	Flaxseed & Goji Berries	200g	3.55	GV
<i>Organic Sprouted Range</i>				
VM263	Sprouted Flaxseed	360g	6.99	GOV
<i>Seed Boost Sachets</i>				
MD050	Flax, Almond,Brazil,Walnut,Q10	15g	0.89	GV
MD051	Flaxseed, Bio Cultures & Vit D	15g	0.89	VG
MD047	Shelled Hemp	12g	0.89	GV
NATURYA				
MD040	Greens Blend Organic	250g	14.99	FGOV
MD067	Organic Turmeric Superblend	250g	7.99	GOV
PULSIN'				
VM257	Chocolate Flavour Pea Protein	25g	1.99	GV
VM258	Chocolate Pea Protein Powder	250g	14.99	GV
VM093	Hemp Protein Powder	250g	8.39	GV
VM012	Hemp Protein Powder	1kg	25.25	GV
VM175	Organic Whey Protein Powder	250g	16.99	GO
VM163	Organic Whey Protein Powder	1kg	49.99	GO
VM027	Pea Protein Isolate	1kg	25.25	GV
VM092	Pea Protein Powder	250g	8.39	GV
VM091	Premium Whey	250g	12.99	G
VM024	Rice Protein Powder	250g	9.99	GV
VM070	Simply Whey	250g	8.99	G
VM010	Soya Protein Isolate	1kg	17.99	GV
VM095	Soya Protein Powder	250g	5.99	GV
VM260	Vanilla Whey Protein Powder	250g	14.99	G
<i>Supershake</i>				
VM304	Cacao & Maca Energy Supershake	300g	17.59	GV
<i>Supershakes</i>				
VM305	Red Berry Immunity Shake	280g	17.59	GV
VM306	Vanilla Matcha Vitality Shake	300g	17.59	GV
THE ORGANIC PROTEIN COMPANY				
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
VM276	Raw Cacao & Maca Whey Protein	25g	2.99	GO

code	product	size	rrp	bfgosv
SUPPLEMENTS & REMEDIES				
BETTER YOU				
VM171	Boost B12 Oral Spray	25ml	11.95	GV
FLORADIX				
MD016	Floradix Vitamin B Complex	250ml	12.69	GV
NATURES AID				
VM293	Bilberry Capsules	60 capsules	16.55	GOV
VM317	CBD Oil 10% Spray	10ml	64.99	GV
VM315	CBD Oil 2.5% Spray	10ml	21.99	GV
VM316	CBD OIL 5% Spray	10ml	39.99	GV
VM294	Red Yeast Rice Capsules	30 capsules	17.95	GV
VM291	Turmeric Capsules	30 capsules	9.95	GV
VM292	Turmeric Capsules	60 capsules	17.95	GV
VM295	Vitamin D3 1000iu	60 tablets	5.95	GV
NUUN HYDRATION				
<i>Vitamins</i>				
VM296	Blackberry Citrus	52g	8.99	GSV
VM299	Blueberry Pomegranate	52g	8.99	GSV
VM297	Ginger Lemonade	52g	8.99	GSV
VM300	Grapefruit Orange	52g	8.99	GSV
VM298	Strawberry Melon	52g	8.99	GSV
VM301	Tangerine Lime	52g	8.99	GSV
PUKKA				
MD036	Women Wholistic Shatavari	30 capsules	16.95	GOV
SIMPLEE ALOE				
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
TOGETHER HEALTH				
VM022	Beautiful	60	14.99	GV
VM033	Gentle Iron	30	7.99	GV
VM025	Pregnancy - Multi Vit & Mins	60	14.99	G
VM050	Stress Aid Vitamin & Mineral	30	9.99	GV
VM111	Vitamin B Complex	30	9.25	G
VM017	Vitamin B12 Complex	60	12.99	GV
VM113	Vitamin C with Bioflavonoids	30	7.99	GV
VM054	Womens Multivit	30	9.99	G
SWEET SNACKS				
ANGELIC GLUTEN FREE				
BT111	Chocolate & Coconut Oat Slice	200g	2.85	GV
BT104	Chocolate Brownie Squares	200g	2.85	GV
BEAR				
ZX526	Yoyo Pure Fruit Rolls - Apple	20g	0.59	GV
ZX529	Yoyo Pure Fruit Rolls - Mango	20g	0.59	GV
ZX545	Yoyo Pure Fruit Rolls - Pineap	20g	0.59	GV
ZX555	Yoyo Pure Fruit Rolls - Strawb	20g	0.59	GV
ZX525	Yoyo Pure Fruit Rolls-Blackcur	20g	0.59	GV
ZX550	Yoyo Pure Fruit Rolls-Raspb'ry	20g	0.59	GV
<i>Claws</i>				
ZX302	Claws - Apple, Pear & Pumpkin	18g	0.69	GV
ZX531	Claws- Strawberry & Butternut	18g	0.69	GV
<i>Claws in multipacks</i>				
ZX008	Claws - Apple, Pear & Pumpkin	5 x 18g	2.69	GV
ZX006	Claws - Blackcurrant& Beetroot	5 x 18g	2.69	GV
ZX005	Claws - Mango & Carrot	5 x 18g	2.69	GV
ZX003	Claws - Strawberry & Butternut	5 x 18g	2.69	GV
<i>Yoyo Sours</i>				
ZX514	Blackcurrant & Apple	20g	0.59	GV
ZX511	Mango & Apple	20g	0.59	GV

code	product	size	rrp	bfgovs
ZX448	Strawberry & Apple <i>Yoyo Sours Multipack</i>	20g	0.59	GV
ZX567	Strawberry & Apple <i>Yoyos in multipacks</i>	5 x 20g	2.69	GV
ZX020	Yoyos - Blackcurrant Multipack	5 x 20g	2.59	GV
ZX014	Yoyos - Mango Multipack	5 x 20g	2.59	GV
ZX013	Yoyos - Raspberry Multipack	5 x 20g	2.59	GV
ZX012	Yoyos - Strawberry Multipack	5 x 20g	2.59	GV
BIONA				
ZX002	Berry Burst Sweets - Organic	75g	1.89	GOSV
ZX441	Jelly Dino Sweets - Organic	75g	1.89	GOSV
ZX443	Pomegranate Heart Sweets - Org	75g	1.89	GOSV
ZX576	Sour Snake Sweets - Organic	75g	2.09	GOSV
CANDY KITTENS				
ZX621	Blueberry Bliss	108g	2.05	VSG
ZX598	Eton Mess	108g	2.05	GS
ZX623	Peach Fizz	108g	2.05	GSV
ZX599	Sour Watermelon	108g	2.05	GSV
ZX622	Wild Strawberry <i>Small Bags</i>	108g	2.05	SVG
ZX642	Eton Mess	54g	1.25	SG
ZX646	Peach Fizz	54g	1.25	GSV
ZX645	Sour Watermelon	54g	1.25	SVG
FABULOUS FREE FROM FACTORY				
ZX548	Chocovered Crunchee Bites	65g	1.85	GSV
ZX928	Chocovered Peanuts	65g	1.69	GSV
ZX159	Dairy Free Chocolate Raisins	75g	1.69	GV
ZX432	Dairy Free Fudge	200g	3.29	GSV
ZX627	Dairy Free Fudgee Bites	75g	1.69	GSV
ZX628	Raspberry Ice Bites	75g	1.49	GSV
FREE FROM FELLOWS				
ZX065	Cola Bottles	100g	1.89	GV
ZX060	Gummy Bears	100g	1.89	GV
ZX072	Midget Gems	100g	1.89	GV
<i>Boiled Sweets</i>				
ZX321	Cola & Strawberry Lollipops	60g	1.89	VG
ZX373	Pear Drops	70g	1.89	GS
ZX324	Rhubarb and Custard	70g	1.89	VG
FREEDOM CONFECTIONERY				
KB385	Strawberry Marshmallows	75g	2.49	GV
KB383	White Vanilla Marshmallows <i>Mini Mallows</i>	75g	2.49	GSV
KB789	Pink & White Mini Marshmallows	75g	2.49	GSV
JEALOUS SWEETS				
<i>40g Bags</i>				
ZX231	Fizzy Friends	40g	1.29	SVG
ZX238	Grizzly Bears	40g	1.29	GVS
ZX678	Happy Bears	40g	1.35	GV
ZX675	Love Bears	40g	1.35	GV
ZX229	Tangy Worms	40g	1.29	SVG
ZX233	Tropical Wonder	40g	1.29	SGV
SQUBES				
ZX762	Blueberry, Cranberry & Vanilla	30g	1.09	GSV
ZX752	Dark Chocolate, Coconut & Salt	30g	1.09	GSV
ZX750	Salted Caramel & Almond Cubes	30g	1.09	GS
TABLE SAUCES				
BIONA				
KJ106	Classic Tomato Ketchup Squeezy	560g	2.99	GOSV
KJ463	Worcester Sauce	140ml	3.69	GOSV

code	product	size	rrp	bfgosv
	GRANOVITA			
KJ134	Organic Brown Sauce	275g	2.49	GOSV
	MERIDIAN			
KJ621	Tomato Ketchup - organic	285g	2.29	GOSV
	MR ORGANIC			
KJ496	Naturally sweetened Ketchup	480g	3.59	GOV
	STUBB'S			
KJ073	Hickory Liquid Smoke	148ml	2.59	GSV
KJ092	Original Bar-B-Q Sauce	510g	4.95	GSV
KJ100	Sticky Sweet Bar-B-Q Sauce	510g	4.95	GSV
	TEAS			
	CLIPPER			
	<i>Classic</i>			
TE507	English Breakfast Organic	80 bags	4.49	FGOV
TE508	National Trust Tea	80 bags	3.99	FCV
	HAMPSTEAD TEA			
TE677	English Breakfast Tea - og	100g	5.99	GOVB
	SIMPLY CHAI			
	<i>Vegan, Organic, Fairly Traded</i>			
TE312	Classic	125g	5.89	FGOV
TE316	Matcha Anis	125g	5.89	FGOV
TE313	Spicy	125g	5.89	FGOV
TE320	Turmeric	125g	5.89	FGOV
TE314	Vanilla	125g	5.89	FGOV
	TOOTHCARE			
	GREEN PEOPLE COMPANY			
DY980	Childrens Mandarin/Fluoride	50ml	4.49	GOV
	THE NATURAL FAMILY CO			
	<i>Toothpaste</i>			
DY498	Original Toothpaste	110g	6.49	OVG
DY496	Sensitive Toothpaste	110g	6.49	OGV
DY494	Whitening Toothpaste	100g	6.49	GOV
	VEGETABLES			
	AMAIZIN			
KJ117	Jalapeno Peppers	150g	2.39	GOV
	ST DALFOUR			
VF112	Whole Chestnuts	200g	2.89	GV
	VINEGARS			
	MR ORGANIC			
KJ492	Organic Apple Cider Vinegar	500ml	3.35	GOV
	YOGURTS, COWS MILK (CHILLED)			
	YEO VALLEY			
	<i>Kefir Yoghurt</i>			
CV863	Mango & Passionfruit	350g	1.45	GOS
CV864	Natural	350g	1.45	GOS
CV862	Strawberry	350g	1.45	GOS

code

product

size

rrp

bfgosv

Suma

CO-OPERATIVE SINCE 1977

Lacy Way, Lowfields Business Park, HX5 9DB

Email: sales@suma.coop

Sales: +44 (0)1422 313848

Shop online: www.suma.coop/wholesale